



lisboa region

LISBON

A VERY PERSONAL EXPERIENCE





● Distances (km from Lisbon)



lisboa region

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INTRODUCTION

TO KNOW LISBON IS TO ENTER A WORLD OF POSSIBILITIES: YOURS.

LISBON IS A REGION THAT ALWAYS OFFERS SOMETHING SPECIAL TO THOSE WHO VISIT, FEEL AND DISCOVER IT.

HOWEVER MANY DESCRIPTIONS YOU HAVE READ, YOU WILL ONLY KNOW WHICH LISBON IS YOUR OWN WHEN YOU ARRIVE.

AND IT HAS SO MUCH TO OFFER:

TRADITION, ROMANCE, CULTURE, ENTERTAINMENT, MODERN LIFE, EXCITEMENT AND MUCH, MUCH MORE.

THE LISBON REGION OFFERS BOTH CONTRAST AND HARMONY IN A DIVERSE AND REMARKABLE LANDSCAPE

THE COLOURS, GASTRONOMY, HISTORY, PLURAL CULTURE AND THE DIVERSITY OF THE COUNTRYSIDE ALL HELP TO ENRICH YOUR VISIT.

IN THIS BROCHURE, WE OFFER YOU JUST SOME POINTERS FOR YOUR VISIT TO LISBON. EVERYTHING IS WAITING FOR YOU TO TRY.

THIS IS OUR PROMISE:

LISBON IS AN EXPERIENCE THAT IS NEVER REPEATED, BUT ALWAYS RENEWED.





LISBON

A CITY FOR WALKING

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Lisbon is known as the white city, thanks to its unique light. The clear light and the kind climate allow for marvellous walks all over the city. The city has a beauty that extends beyond its famed monuments that can be experienced in the streets, embraced by all the senses.

The historical neighbourhoods of central Lisbon are perfect for visitors to the Portuguese capital to experience for themselves. Their culture, the history, the architecture and the people are fundamental aspects of Lisbon's identity, and those who explore them will discover their own personal map. There are so many possibilities, don't let them get away.

The Bairro Alto is one of the most characterful and attractive neighbourhoods in the city. The Bairro Alto boasts boutiques and bars and is a place where people meet in an eclectic and multicultural atmosphere. To discover its streets, lanes and alleys, it is essential to explore it. Traditional restaurants nestle alongside cosy bookshops; tea rooms serving signature cakes vie for attention with funky design shops and the boutiques of the most respected Portuguese fashion designers. Bairro Alto is a unique experience within Lisbon packed with secrets ripe for discovery.

From Bairro Alto, stroll down to the Chiado, the sophisticated hub for the city's young people, artists and intellectuals. The Chiado is an area of iconic cafés including "A Brasileira", art schools, theatres and of living history. The intrinsic beauty of the Chiado, and it's people – going about their daily lives – makes the area what it is.

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PASSION FOR THE STREETS





The Carmo area, next to the Chiado, has some of the most fascinating historical sites in the city, such as the Convent and Church of Carmo, which maintain their elegance and grandeur. Don't miss the Museu Arqueológico do Carmo, which houses a collection of artefacts from pre-historic, Roman, Medieval, Manueline, Renaissance and Baroque periods. Largo do Carmo was the site of important events in the 1974 Revolution. Carmo is connected to the Baixa by the Elevador de Santa Justa, another of Lisbon's icons. The Elevador, designed by a disciple of Gustave Eiffel, is open to the public and boasts impressive views over the Baixa Pombalina and the rest of Lisbon.

The Baixa is the city's traditional shopping district where visitors can stroll around the streets and find dozens of shops offering a wide range of temptations. Rua Augusta is the main artery of the Baixa Pombalina leading north from Terreiro do Paço (known as Black Horse Square by the English), to the beautiful Praça do Rossio (Praça Dom Pedro V).

Just north of Rossio, discover Avenida da Liberdade, which in the 19th century, was the favourite promenade for the Lisbon elite. Today, the Avenida is home to exclusive international boutiques to tempt and inspire.



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BY TRAM OR ON FOOT?

The tram is one of the most famous and typical forms of transport in Lisbon. To travel by tram is to enter an imaginary but also traditional present. From the Baixa to the top of the hill in Alfama, you will find typical Lisbon streets and alleys and be able to discover the unique and extraordinary views of the city and river – either take a traditional tram or explore Alfama on foot.

As soon as the streets start to rise, look out for the most popular of Portuguese saints, Santo António (St Anthony), in a small restored statue on the front of the church dedicated to him. St Anthony is the inspiration for a number of famous Lisbon love poems. Just a few steps further, and discover the 13th century Sé Cathedral, an imposing monument which draws in the curious visitor.



Continuing up the hill, further discoveries keep us attentive and eager to see more. After passing the viewpoints of Santa Luzia and Portas do Sol, we arrive at the Castelo de São Jorge, where the history of the city began. This is one of the most visited monuments in the city, not only for its historical and cultural importance, but also for its magnificent views over Lisbon. We find pairs of sweethearts, children and young people, the elderly in conversation, families and tourists, in a friendly atmosphere that has been passed down from century to century. On the Costa do Castelo, head to the unique Chapitô viewpoint. Here a circus school, bar, café, terrace and restaurant, combine to create an exceptional, diversified, beautiful and spacious location.



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FULL OF HISTORY

Although it was at the castle that everything began, historical sites can be found across the city. As the capital of the Portuguese Empire, Lisbon boasts a thousand years of history, and is peppered with monuments of great importance, reflecting the key moments in the country's history. The peak of Lisbon's wealth was during the Age of Discovery a time which has left a heritage of rare beauty.

Close to the castle, in Graça, is the church and monastery of São Vicente de Fora, one of the most imposing and notable religious monuments in the city. It was built

immediately after the city was recaptured from the Moors following a vow made by King Afonso Henriques to São Vicente during the siege of the Lisbon in 1143.,

On Tuesdays and Saturdays, don't miss one of the most popular and busy markets in the city, the Feira da Ladra, or flea market, just a short stroll from the imposing church. Every imaginable object and curio – as well as genuine antiques – are on sale, and a visit to the flea market is a real walk through Lisbon culture.



Strolling down to Santa Apolónia to explore the riverside neighbourhood, it is impossible to miss the unique 16th century Casa dos Bicos, so named after the diamond-shaped stones that cover its façade. Note the Italian influences in the architecture combined with elements of the Portuguese Manueline style. The building belonged to Afonso de Albuquerque, Viceroy of India, and is the site of a number of Roman archaeological finds.

Next along the riverside is the neighbourhood with the largest number of heritage sites connected with the Portuguese voyages of discovery: Belém. It was from the beach in Belém that Vasco da Gama set sail to discover the sea route to India and the grandiosity of the former empire can be sensed throughout the area.

One of the most imposing symbols of the city is here - the Mosteiro dos Jerónimos, the construction of which was started in 1501 by King Manuel I and finished a century later. Overlooking the magnificent Praça do Império, the monument is an outstanding example of late Gothic and Renaissance architecture and is regarded as one of Lisbon's finest landmarks.



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Royal, religious, naturalist and nautical decorative elements combine to create a building that is considered the jewel of the distinctively Portuguese Manueline style, and it has been recognised as a World Cultural Heritage site by UNESCO.


In one of the wings of the former monastery is the Museu da Marinha, - an excellent place to discover the naval history of Portugal - and the Museu de Arqueologia.

The monastery church, the Igreja de Santa Maria de Belém, is a magnificent church with a nave flanked by

two aisles separated by elegant pillars supporting a unique ogival dome.

The sunlight filtered by the stained glass windows creates an almost dreamlike atmosphere complimenting the beauty and grandiosity of the building which embodies the history, the faith and the knowledge and determination that drove Portuguese culture.

The tombs of Vasco da Gama and the epic poet Luís de Camões can be found in the church.



Also in Belém, on the river bank, is another marvellous Manueline monument, again classified as a UNESCO World Heritage site -, the Torre de Belém. Designed in the 16th century by Francisco Arruda, the Torre de Belém is a square tower with a polygonal bastion facing the river Tagus. The exterior facades, balconies and verandas are covered with abundant decoration, with Arab and Venetian influences which contrasts with the austere interior. The organic elements of the Manueline style – such as plants and animals - are represented in many different forms and the Torre de Belém has the first sculptural portrayal of an African animal, in this case a rhinoceros.

THE CALL OF THE SEA

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Much more recent, but still invoking the grandeur of the Age of Discovery, is the Padrão dos Descobrimentos in Belém. The monument, dating from 1960, commemorates the five hundredth anniversary of the death of Henry the Navigator and pays tribute to the instigator of the Voyages of Discovery and to the most important Portuguese sailors.

Belém is the symbol of the “golden age” of the Voyages of Discovery, however the modern age is very much in evidence at the CCB – Centro Cultural de Belém. Not to be missed are walks in the extensive gardens to admire the river views, and a delicious "pastel de nata" with friends





EXTRAORDINARY ORIGINALITY

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The Pastel de Belém is a true culinary treasure. These delicious tarts are considered the most authentic and tastiest forms of the "pastel de nata" in Portugal. Founded in 1837, the home of these delicious cakes attracts many hungry visitors, not surprising since the secret recipe for these Belém tarts produces an unforgettable delicacy.

The food of Lisbon is original and very tasty. Steaks (bifes) are among the most popular dishes, Bife à Café being the most typical in Lisbon. Menus feature at least one salt cod dish and some restaurants specialise exclusively in recipes for this highly regarded fish. Walk through the streets in the autumn or winter to find the famous roast chestnuts - sold in the streets, they are an integral part of daily life in the city.

Tasty and crunchy, chestnuts are essential for any walk through the streets of Lisbon, so be sure to pick up a bag. Don't forget to look down though, or risk missing one of the most original elements of the city: the "calçada portuguesa", the traditional black and white stone mosaic pavements.

This traditional form of urban decoration has a genuine aesthetic value and is a clear expression of the national culture – in Lisbon the pavements are regarded as works of art!

When talking of all things cultural in Lisbon, Fado is never far away. This form of vocal music is unique to Lisbon and there are numerous Fado houses, mainly in Alfama or Bairro Alto. Ranging from the most formal, where the emotional force of the music generates an almost tangible appreciation among the audience, to the most informal, where everybody sings spontaneously. Fado combines joy and sadness, reflecting life in all its force and passion.

The Parque das Nações – the riverside venue for Expo98 - is ideal for all ages. Located in the eastern part of Lisbon, this extensive cultural, entertainment, residential and corporate complex is a focus of the city's cultural life. The gardens along the river, frame the facilities at the Parque, including the Pavilhão Atlântico, venue for concerts and major international sports events and the new Casino de Lisboa.

The Oceanário de Lisboa is not to be missed, amazing young and old alike with the diversity of its collections. The Pavilhão do Conhecimento and Torre Vasco da Gama are other attractions in this unique park. Take a ride on the cable car offering breathtaking views of the river and the city along its one kilometre circuit.



TOWARDS THE CONTEMPORARY WORLD

The Lisbon Docas – west of the city centre -, particularly Alcântara, are a favourite meeting place for the people of Lisbon. Families, friends and people of all ages enjoy the river views and the wide variety of places to walk and spend time with friends. Café terraces, bars and restaurants bustle with the hubbub of people enjoying themselves. More than just entertainment, in this modern age Lisbon now offers excellent conditions and facilities for professional actions and events, such as conferences.

The FIL, in the Parque das Nações, and also the remodelled and modernised Centro de Congressos de Lisboa or the unique Centro Cultural de Belém are examples of some of the facilities available for professional activities. Indeed, Lisbon has found the impossible formula for combining work and entertainment in a single journey.





Lisbon is an extremely lively city. There is always something happening, 365 days a year. Cultural events, "festas", fairs and festivals are all a constant in the Portuguese capital. But it is at night that the main doors of entertainment open, with whole

neighbourhoods dedicated to fun, partying and good company. Join in and help maintain the tradition of night life entertainment into the early morning.

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ALWAYS LIVELY

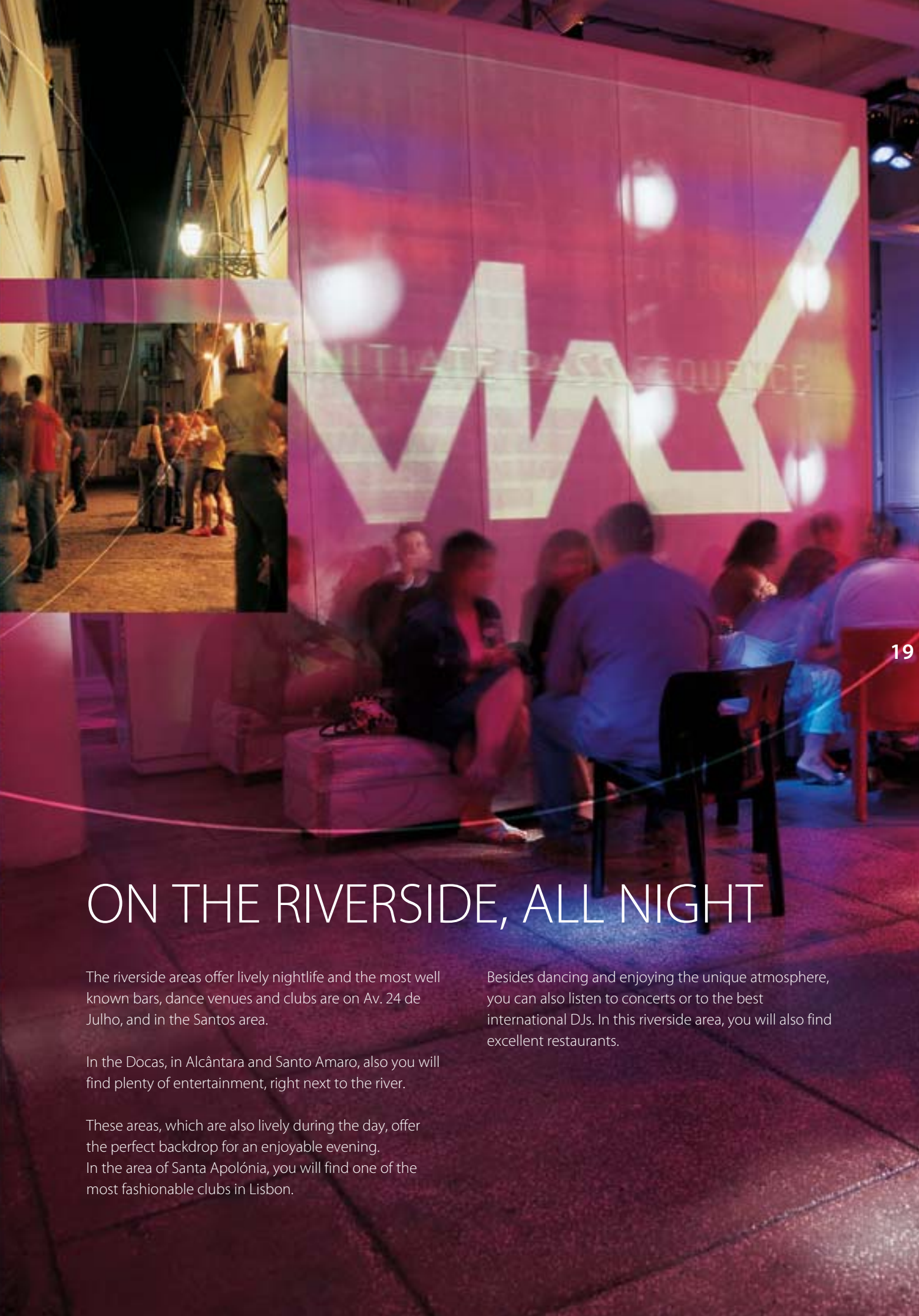
INSIDE AND OUTSIDE

The Bairro Alto – or the Bairro as locals call it - has a unique tradition in the history of Lisbon night life. Always changing, it has become one of the parts of the city with most bars.

The narrow cobbled streets fill with people every night, especially to Fridays and Saturdays as everybody is taking the best possible advantage of the weekend.

The number of venues and the highly diversified clientele make the Bairro Alto a mixed and friendly place to be: everybody is welcome from young people in search of lively cocktail bars, to older customers who seek out quiet bars with good music.

The great vibe of the Bairro spreads to neighbourhoods nearby including Bica and Príncipe Real.



ON THE RIVERSIDE, ALL NIGHT

The riverside areas offer lively nightlife and the most well known bars, dance venues and clubs are on Av. 24 de Julho, and in the Santos area.

In the Docas, in Alcântara and Santo Amaro, also you will find plenty of entertainment, right next to the river.

These areas, which are also lively during the day, offer the perfect backdrop for an enjoyable evening. In the area of Santa Apolónia, you will find one of the most fashionable clubs in Lisbon.

Besides dancing and enjoying the unique atmosphere, you can also listen to concerts or to the best international DJs. In this riverside area, you will also find excellent restaurants.





ESTORIL

ONE PLACE ONE THOUSAND SENSATIONS

The Costa do Estoril is ripe for discovery. Romantic, cosmopolitan, packed with entertainment and boasting a unique character, Estoril is where Lisbon meets the sea. Considered to be the Portuguese Riviera, Estoril and Cascais are full of glamour and charisma. They offer a great diversity of attractions and the experiences in a limited area and in a setting that is

exceptional in terms of nature, culture and heritage along the whole of this marvellous coast. Estoril is a destination with a life of its own, providing a range of experiences, with romantic Sintra and the capital just a short hop away.

CHARM WITH A LIFE OF ITS OWN

The attractions of this region are not limited to the sea and the extraordinary coastline. The historical heritage, particularly the delicious and picturesque town of Cascais, is one of the great interests of the area, with important architectural and artistic works.

There is a wide variety of cultural activities to ensure that visitors are never bored. The Casino de Estoril, the largest in Europe, is one of the most important entertainment venues in Portugal offering an outstanding range of entertainment from the many different forms of gaming on the floor, to daily revue shows

Nature is also an important attraction. Complementing the sea, green spaces are also fundamental for the ecological balance of the region. The Parque Natural Sintra-Cascais is an oasis for the protection of species and in addition is a hub for leisure activities connected with eco-tourism, with a range of activities available to visitors.

In Estoril, culture and entertainment are a constant source of pleasure, supported by diverse and high quality accommodation, including some of the best hotels in the country.



PLEASURE AND BUSINESS MIX AFTER ALL

The almost inexhaustible selection of leisure activities is complemented by the best facilities for working meetings. Does that sound impossible? In Estoril, mixing business with pleasure is mandatory!

The lengthy tradition in organising business tourism events, from seminars and conferences to international level meetings, has led to the development of an

unequalled range of services and support facilities including the Centro de Congressos do Estoril.

The unique characteristics of the location, including the excellent mild climate, the varied landscape and the abundance of tourist facilities promise memorable visits and ensure that all working meetings are a great success.



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THE SUN EVER PRESENT

Facing south, the beaches of the Tagus river boast calm waters, fine sand and modern facilities, catering for the comfort of all. From Carcavelos beach, - ideal for surfing, to Guincho - a paradise for windsurfers, visitors can discover many other beaches for themselves, all different but all offering the promise of pleasure.

The Costa do Estoril is blessed with natural beauty and is irresistible to sea lovers, with the Cascais Marina providing a convenient berth for those seeking seaborne adventure.



SAVOURING LIFE

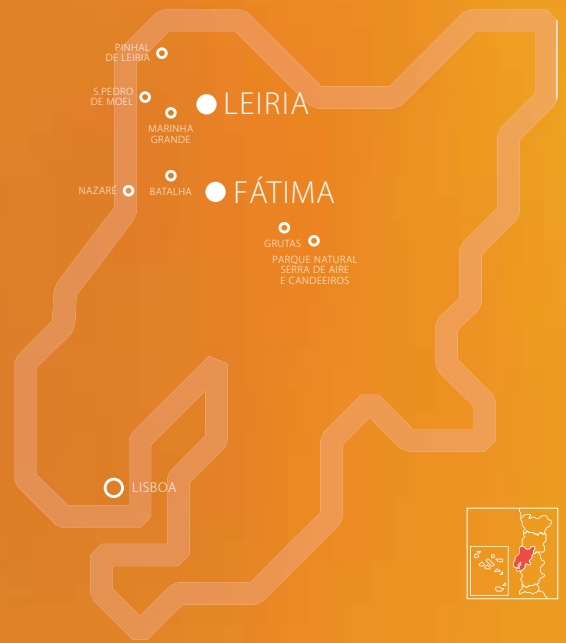
Try some of the local delicacies including freshly caught fish and shellfish, steamed lobster, sea bass, white bream or the notable Cascais sole.

One of the greatest flavours in life is adrenalin, and there's no lack of it in Estoril for the sports mad! The Autódromo do Estoril, the most important race track in Portugal, hosts spectacular national and international races.

The magnificent selection of golf courses in the Costa do Estoril golfers from around the world.

Considered among the best in Europe, the courses boast some of the best facilities and greens to be found – not to mention the breathtaking views of countryside and coast. Playing golf in Estoril is pure pleasure.





LEIRIA FÁTIMA PORTUGUESE FAITH

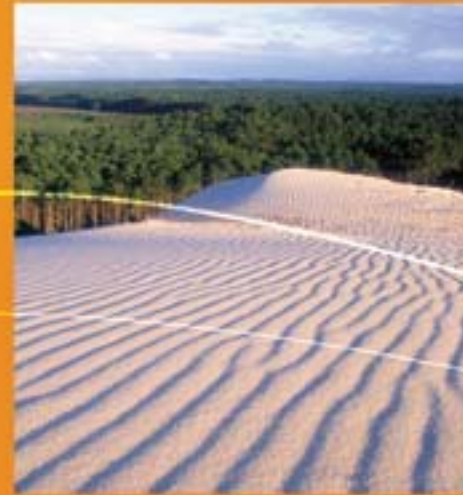
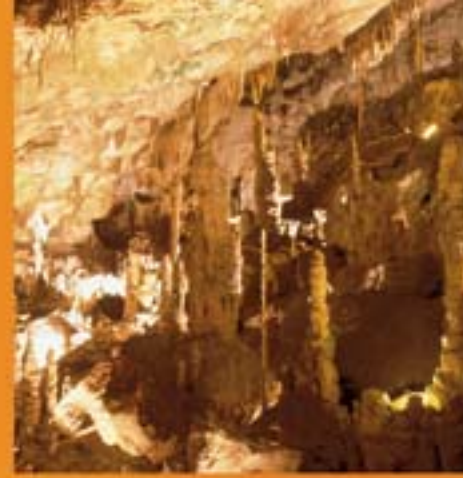
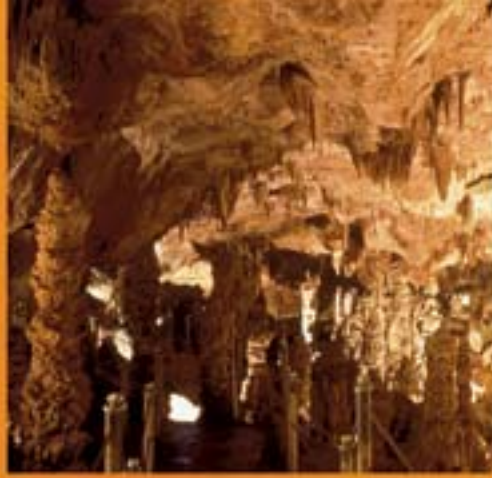
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The Region of Leiria/Fátima boasts a wealth of natural attractions, including its incomparable coast. Majestic monuments and places of religious pilgrimage, offering spiritual comfort, fascinate and inspire.

The Parque Natural das Serras de Aire e Candeeiros, occupying an area of approximately 35000 hectares, and the Serra de Sicó, are incredible natural spaces. The tranquillity of the majestic hills together with excellent conditions for various open air sports make them ideal destinations for those who like to contemplate and enjoy contact with nature.

The Pinhal de Leiria, which occupies an area of around 12000, is of both ecological and historical interest.

Timbers from this forest were used to build the great ships of the Portuguese explorers and now, among the tranquil green trees, visitors can take advantage of the longest cycle path in Europe, stretching 65 km from Nazare to the golden beach of Osso da Baleia.



LEIRIA FÁTIMA

PORTUGUESE FAITH

The spa of Monte Real the former royal town of King Dinis, is another favourite destination in this area and its waters have been used for therapeutic purposes since the time of the Roman occupation.

In the heart of the Pinhal de Leiria, close to the beaches of Pedrógão, Vieira, and São Pedro de Moel and within easy reach of Leiria, Marinha Grande, Fátima and the Monasteries of Batalha and Alcobaça, the spa town is surrounded by ancient trees. Monte Real is noted for its romantic park bursting with blue hydrangeas that give the town a singular beauty.

Other locations of interest are the dinosaur tracks at the Monumento Natural das Pegadas de Dinossauros and caves in the Parque Natural das Serras de Aire e Candeeiros. The Jurassic Path is of great scientific and educational interest and is one of the oldest in the Iberian Peninsula. The hundreds of tracks along two dozens paths are perfectly visible to visitors – fascinating for young and old alike!. The caves reveal their secrets to those that venture inside - tracery calcareous formations and spectacular stalactites and stalagmites.

Other obvious reasons to visit the region are the sun and the sea. The coast has many stunning beaches, from the most traditional holiday beaches such as Nazaré, Praia da Vieira and Pedrógão, to most cosmopolitan beaches such as São Pedro de Moel and São Martinho do Porto. There are also 57 km of more natural and wild beaches, such as Osso da Baleia and Gralha, all emblematic and all offering water sports in unforgettable locations.

Unforgettable also is the magic craft of fire and sand created by the experienced hands of the craftsman glassblowers in Marinha Grande, who produce truly fascinating works of art.

PORTUGUESE MONUMENTS

Two of the most important National Monuments can be found in the region of Leiria/Fátima, both commemorating landmarks in Portuguese history and both recognised as World Heritage sites by UNESCO: the Monastery of Batalha and the Monastery of Alcobaça.

Also of great cultural significance in this region are four of the most majestic and remarkable castles: Leiria, Porto de Mós, Pombal and Ourém, each of which has a story to tell.

The Monastery of Batalha, or Monastery of Santa Maria da Vitória, symbol of the independence of the Portuguese nation, dates from the 14th century and was built to commemorate victory at the Battle of Aljubarrota against the Castilians. It was built to honour a vow made

by João I to the Our Lady, promising to build a church in the event of victory. It is undoubtedly the greatest monument of Portuguese late Gothic and is the first example of the so-called "Manueline style".

The Monastery of Alcobaça, or Abadia de Santa Maria de Alcobaça, was founded in 1178 by the Cistercian order, after Afonso Henriques vowed to make a donation to the order if he could capture Santarém from the Moors. It houses the tombs of Pedro and Inês, protagonists of the most moving and beautiful love story in Portuguese history.

Not to be missed either are the proud and majestic castles overlooking the towns of Leiria, Porto de Mós, Pombal and Ourém, each with its own unique character.



Visit churches such as Nossa Senhora da Nazaré, Nossa Senhora da Encarnação or Senhor Jesus dos Milagres, in Leiria, and many other convents, churches and chapels where prayers are dedicated to the Altar of the World: Fátima. Seeking spiritual comfort under the watchful eye of the Virgin Mary, millions of pilgrims visit Fátima, moved by ardent faith to visit the town of peace.



The history of Fátima is will always be associated with three children: Lúcia and her cousins, Francisco and Jacinta Marto. The sweet and innocent faith of these humble little "pastorinhos" (shepherd) allowed them to see the most holy of images: Our Lady.

On 13 May 1917, at Cova da Iria, a few kilometres from Fátima, they saw a light where the Capela das Aparições is now situated. The Virgin asked them to pray for the good of the world, and announced that She would return during the following months, on every 13th day of the month.

THE FORCE OF FAITH

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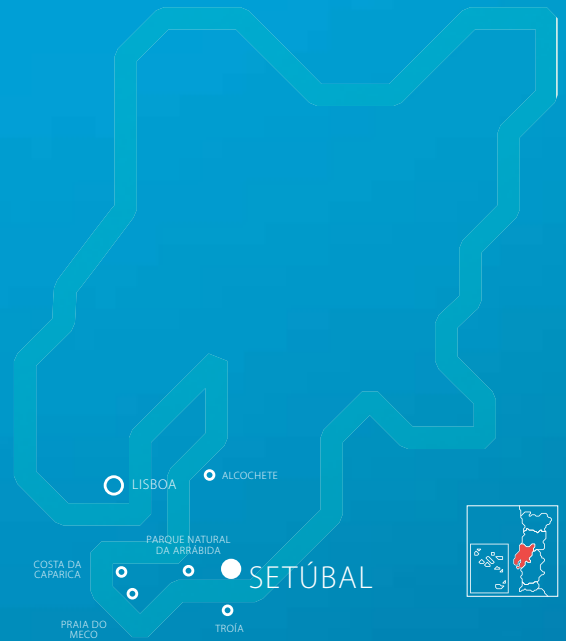
The last Apparition occurred in October 1917, and around 70,000 pilgrims witnessed the Miracle of the Sun. A Basilica was built in the neo-Baroque style and it is visited by more than 7 million visitors every year, making it one of the most important religious tourism destinations in the world. The Capelinha das Aparições, symbol of the Sanctuary, was the first place of worship to be built.

Still in the vicinity of the Sanctuary you can see the large holm oak, the monument to the Sacred Heart of Jesus, in the centre of the Square, and the Cruz Alta at the south end of the Sanctuary area.

In addition to the Sanctuary, you can visit the Centro Pastoral Paulo VI, the Casa dos Pastorinhos (House of the "Pastorinhos") and the Museu Etnográfico in Aljustrel, the monument to Our Lady in Valinhos, the Loca do Anjo, the Via Sacra, the Calvário, the Museu de Cera de Fátima (Wax Museum), the Museu de Arte Sacra e Etnologia de Fátima, the Museu Aparições 1917 and also the Museu O Presépio e Aldeia de Belém Animados. Fátima today is the Altar of the World, one of the main pilgrimage centres in the world, where millions of pilgrims find spiritual comfort.



COSTA AZUL BLUE LIKE THE SEA



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The Costa Azul has a wide natural diversity of landscapes and environments, favoured by the presence of the sea, and is a wonderful region to discover. It has a wealth of natural and cultural attractions and comprehensive modern infrastructures to ensure that you thoroughly enjoy your holidays.

The northern boundary of the Costa Azul is the River Tagus, and the region stretches from the south bank of Lisbon as far south as Setúbal.

The Costa Azul also extends into the interior, combining unforgettable beaches, with two estuaries, mountains and pure vegetation on the quiet inland plains.

The area boasts a mixture of colours that radiate a unique light that always has a special charm.

The statue of the Santuário do Cristo-Rei, one of the most emblematic monuments of the 20th century, can be found in Almada. Built in 1959, it is 110 metres high and offers a unique view over the capital and the Tagus estuary. Inspired by the Cristo Redentor monument in Rio de Janeiro, the figure of Christ opens its arms to Lisbon and receives hundreds of tourists, as well as pilgrims. The Costa de Caparica, one of the most popular beach destinations in the region, can be found on what is known by the people of Lisbon as "the other side" or the "south bank".

More than 13 kilometres of excellent beaches wait to receive those who love the sun and the sea. In Caparica you can also find the Convento dos Capuchos, a 16th century Franciscan monastery that has several interesting and admirable details, and is an excellent spot for a walk.



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EXCEPTIONAL BEACHES

Beaches can often be a decisive factor in a holiday and this region of Portugal offers a wide range of fantastic beaches. The Lagoa de Albufeira, a coastal lagoon separated from the sea by a line of dunes is both a fresh water lagoon and a lagoonal area of brackish water, depending on the tides. With its flat water and moderate wind, the Lagoa de Albufeira offers an excellent beach with perfect conditions for water sports.

Meco is a well known naturist beach. Contrasting with this extensive beach is Portinho da Arrábida, offering more intimate contact with the sea. Discover the beaches in Sesimbra and enjoy some of the most exciting food in Portugal, based on the very best fish and shellfish.



The Costa Azul has two important estuaries with Nature Reserves to protect various species that, besides helping to protect unique ecosystems, are also fascinating spectacles to watch.

Closer to the city of Lisbon, on the other side of the fantastic Vasco da Gama Bridge, is the Reserva Natural do Estuário do Tejo, a protected area of more than 45 thousand hectares, considered the largest wetland in Portugal and one of the most important in Europe. Mouchão do Lombo do Tejo and Pancas are two restricted nature reserve areas.

NATURE RIGHT AT HAND

An important passage for migratory birds and for fish, one of the main attractions of the reserve is its colony of flamingos, which has over six thousand birds. Its agricultural habitats are highly characteristic, in particular the pastures and "lezíria" plains. Outside the reserve, you can visit the salt pans of Alcochete, and the pleasant town itself. Other interesting sites include the beautiful tidal water mills, particularly in Seixal and Montijo, and the windmills in Alcochete and Barreiro.

Further south, the Sado Estuary has another Nature Reserve. This vast estuary flows into the Atlantic Ocean. The notably diverse landscape of the 25,000 hectare Reserve includes dunes with rare vegetation cover,

sandbanks, vast marshes, reed beds and thickets. The main attraction of the reserve is the dozens of dolphins that live in the estuary and delight both adults and children – they are unique in Portugal and very easily observed. Other endangered species in the zone include the Barbastelle bat and the otter.

We recommend taking one of the mini-cruises that depart from the city of Setúbal, to admire the dolphins, the estuary and the stunning coastline of the Parque Natural da Arrábida.

Arrábida is a spectacular landscape, in which human activity has been carefully integrated into the beautiful backdrop of nature. The Hills, the Natural Park, the beaches and the historical buildings show how the best of nature can lead to best of Mankind, if people are able to integrate natural elements into their daily leisure life, whilst preserving and protecting them.

The Parque Natural da Arrábida extends from the Morro de Palmela to Cabo Espichel, and includes three full botanical and landscape reserves: Reserva do Solitário, Reserva Integral da Mata Coberta and Reserva dos Vidais. It also has a zoological reserve on the islet Ilhéu da Pedra da Anixa, which includes the Parque Marinho da Arrábida, with fully protected species .

Several beaches can also be found in the Serra da Arrábida, including Galapos and Creiro. The main beach is Portinho da Arrábida, found between the highest part of the hills and the sea. This is a large beach of white sand, and is an absolute delight for beach lovers. The small rocky islet of Pedra da Anixa can be found off the beach, and is very popular amongst divers. Whilst at the beach visit one of the restaurants to try the popular "caldeirada" (fish stew) or some exceptional shellfish.

There are also plenty of historical sites in Arrabida. Near the small Creiro bay are some interesting Roman ruins. The Convento da Arrábida can be found in the heart of the natural park on a secluded hillside, and was originally founded by Arrabidino Franciscan friars who built cells, a church and other outbuildings in 1542. It is a fascinating collection of buildings that resembles a small village. Another important site is the 17th century Forte da Arrábida, which was built to defend the coast. Today, it houses the Museu Oceanográfico do Parque Natural da Arrábida.

In Arrábida, walking is always the best choice. There is no other place like it.

ONE STEP FROM PARADISE



SUPER SHOTS

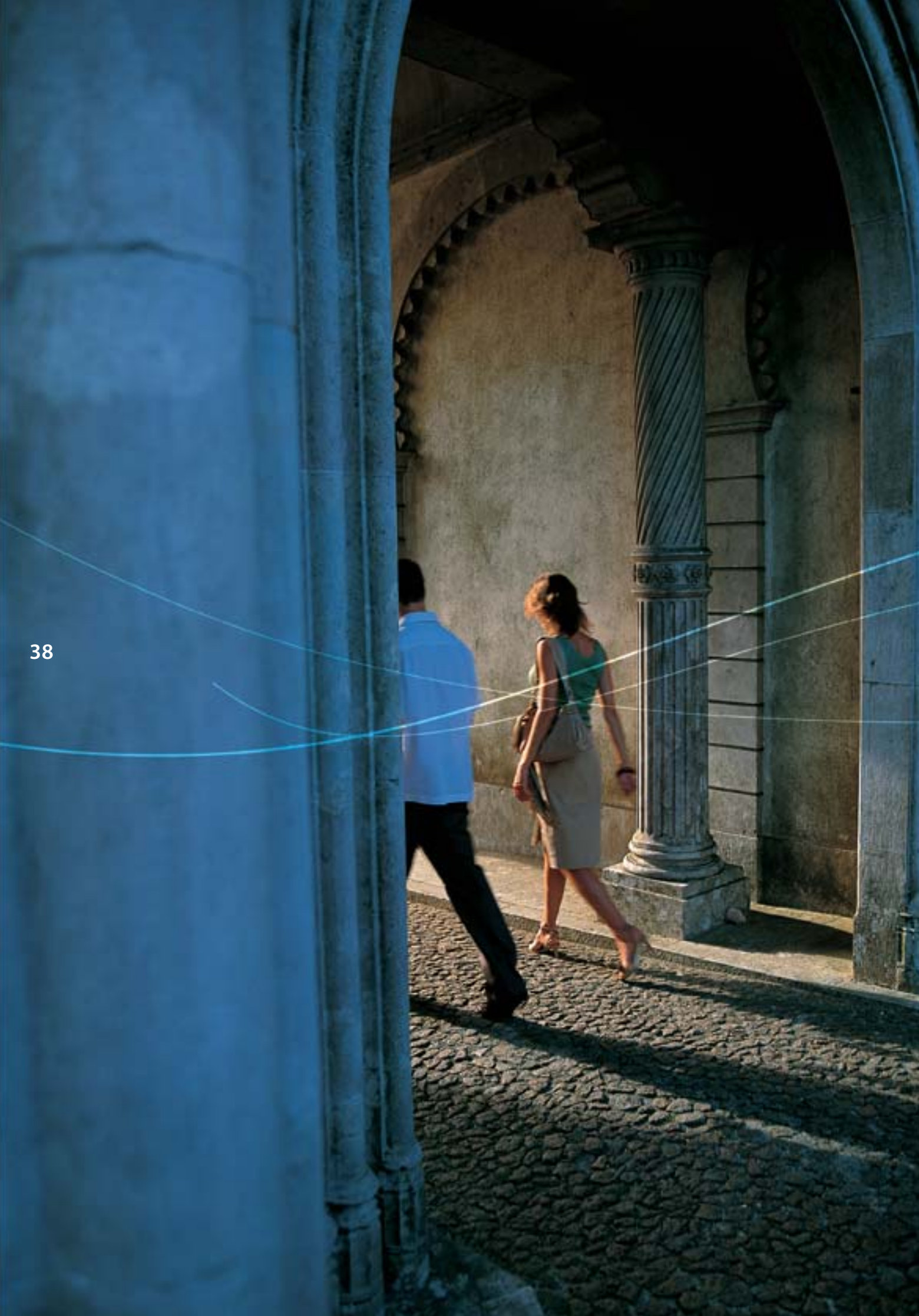
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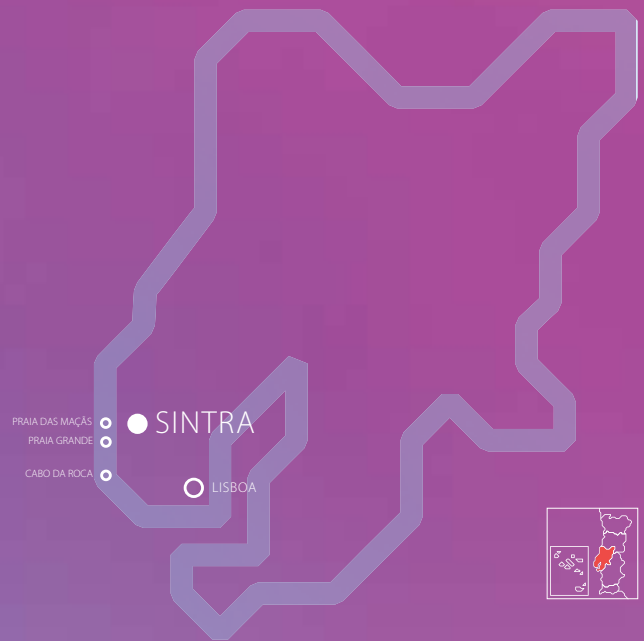
The Costa Azul is an exceptional destination for golf, with five courses offering excellent conditions. Next to the Fonte da Telha beach, on the Costa de Caparica, are two courses: Aroeira I and Aroeira II. The first, designed by the British architect Frank Pennink, is integrated into a dense pine wood which gives it a unique atmosphere.

Aroeira II has quite different characteristics and together they make up the largest golfing complex in the Lisbon region. These two courses and their excellent and complementary facilities form a popular leisure and tourism centre, with the advantage of their close proximity to the beach.

Quinta do Peru is the newest course on the Costa Azul. Situated in Azeitão, it was designed by the North American architect Rocky Roquemore with an ideal layout. The Quinta do Peru course boasts many trees and wild flowers and offers a series of complementary activities besides golf, as well as excellent scenery, including the imposing and beautiful Arrábida hills.

Designed by the Portuguese architect Duarte Sottomayor, the Montado course is in the Setúbal region, near Palmela. Surrounded by Moscatel vineyards, the course has many cork oaks, which are the typical trees of the region, as well as natural lakes.





SINTRA

PURE DAZZLEMENT

39

Sintra is an inexhaustible attraction. The perfect symbiosis between nature and its man made heritage led to its UNESCO World Heritage status in the Cultural Landscape category in 1995.

The town has been adored over the years by artists and writers from all over the world. The passion for the town reached its peak in the 19th century, in the heart of the romantic era. Poets such as Lord Byron, who called it a "a Garden of the Earthly Paradise", and Portuguese writers such as Eça de Queiroz, who described it in many passages of his works, helped create an aura of the town, which is theirs by right.

What makes Sintra such an exceptional place? It is exuberant in all senses of the word. Essentially, it is the perfect fusion between natural richness and the magnificence of its monuments, combined in an extreme beauty. Take, for example, the vast UNESCO World Heritage area. The Paço Real stands in the historic town centre, one of the many monumental buildings of the region. To walk through the centre of the town is to travel through a magical world, full of extremely rich apparently insignificant details. All this surrounded and watched over by the grandeur of the Serra de Sintra, which offers endless walks through the luxurious vegetation.

SINTRA

PURE DAZZLEMENT

Sintra has unique examples of parks and gardens and has influenced many European landscapes. Highlights are the Parque da Pena and the Jardins de Monserrate.

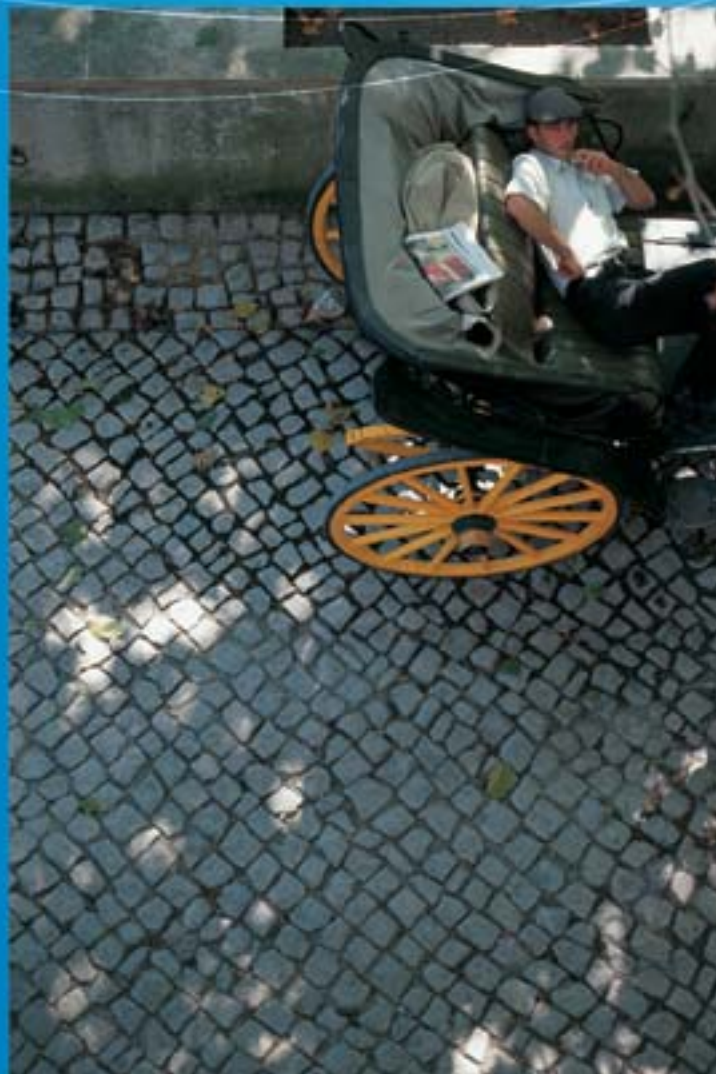
High in the Serra, on one of its steep peaks, we can find the Palácio da Pena, the most complete and notable example of Portuguese Romantic architecture, recently restored and painted in the original colours and standing out in sharp contrast to the surrounding greenery.


Built on the site of the ruins of the Mosteiro Jerónimo de Nossa Senhora da Pena, the palace was built in 1839.

The monuments that are part of the area classified by UNESCO are numerous and all deserve a visit. But it is a walk through the town and up into the Serra that shows its unique charm, particularly when the typical mist creates a unique, magical atmosphere.

Take a quiet walk on foot or a ride in a picturesque horse-drawn carriage. The attractions of Sintra are not only limited, however, to its romantic aspects. Indeed, the region delimited by the municipality of Sintra has been occupied since ancient times and many archaeological finds from the distant past have been discovered.

40

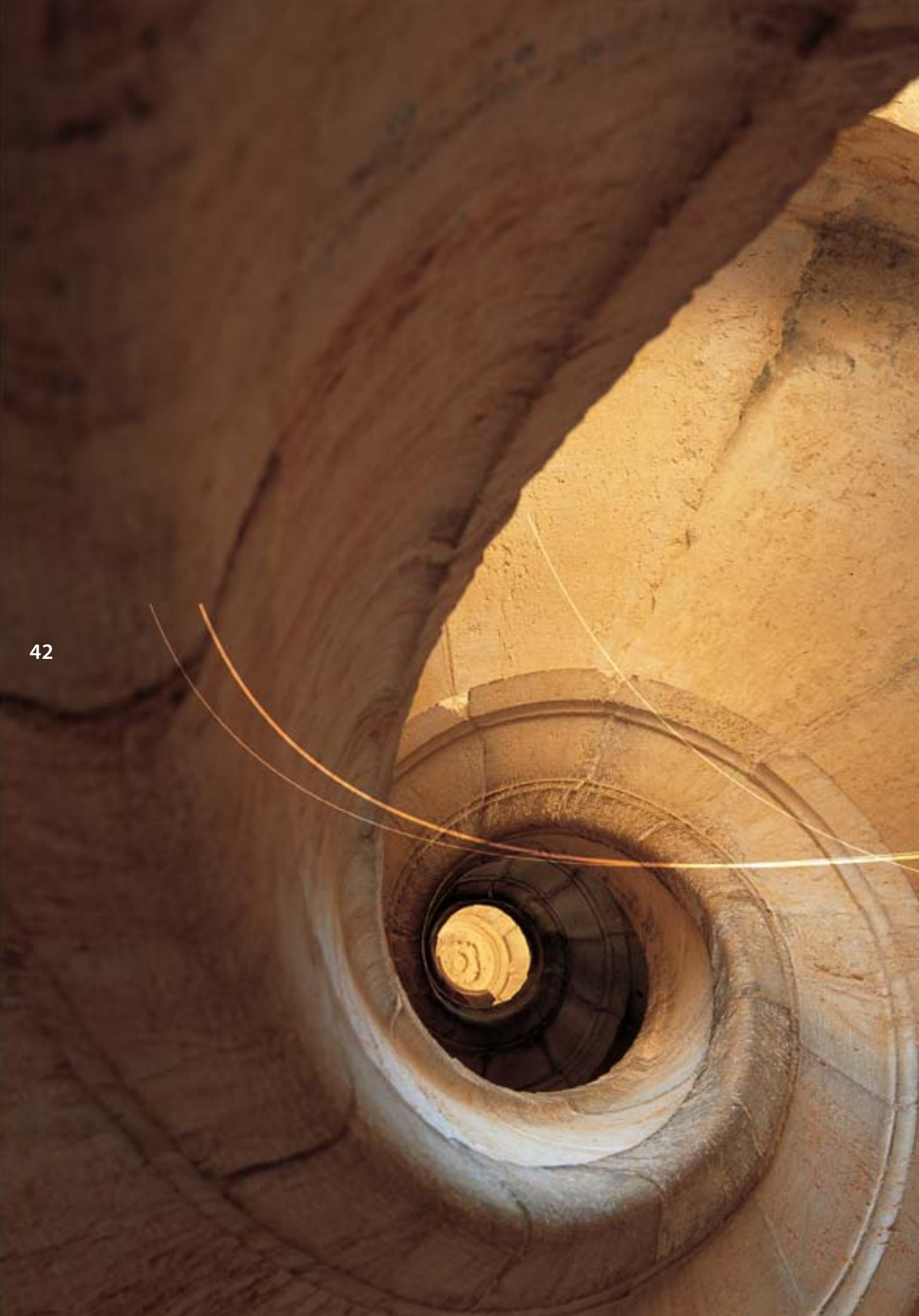


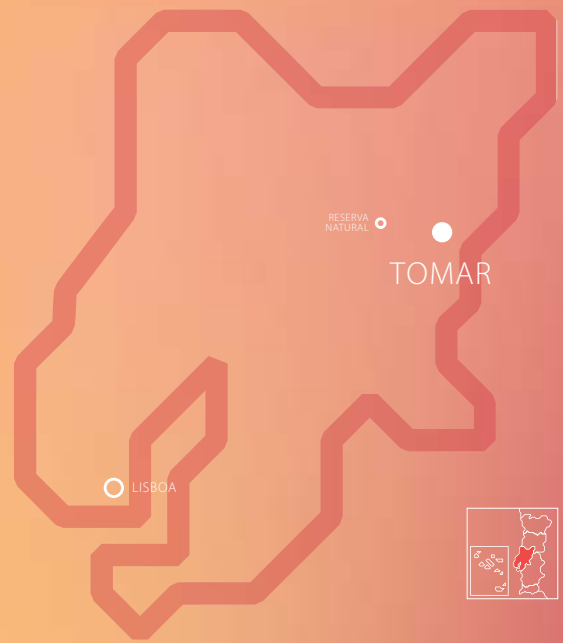
A man and a woman are seated at a table in a cafe. The man is seen from the back, wearing a white shirt. The woman is wearing a white tank top and is holding a white coffee cup. They are sitting at a table with a white tablecloth. The background features a wall with blue tiles and ornate black lanterns. The scene is lit with warm, golden light, suggesting late afternoon or early evening. The overall atmosphere is romantic and cozy.

The proximity of the sea also makes the region a unique destination, since it has some of the most beautiful beaches in Portugal, including Praia Grande and Praia das Maças.

To reach this beach from Sintra, you can take a wonderful old-fashioned tram along the old restored track from Sintra to the sea. Further south is Cabo da Roca, the most westerly point in mainland Europe, immortalised by Camões as the place “where the earth finishes and the sea starts ...”.

For pure fascination, Sintra is the solution.





OS TEMPLÁRIOS

RELIVING THE PAST

43

Closely connected with the Order of the Templars, this zone has numerous vestiges and buildings that bear witness to their presence. This order, an ally of the first kings during the Christian reconquest of Portugal, was later substituted by a Portuguese order, the Order of Christ. Its influence during the Age of Discovery in the 15th and 16th centuries had an important impact on the cultural and historical legacy of this region, particularly in Sacred Art.

The Convento de Cristo in Tomar is the finest example of Templar art, particularly the Charola and the Castelo dos Templários, but there are other fundamental sites, such

as the castles of Torres Novas and Sertã, the parish church of Sardeal, the church of São Pedro da Sertã, and many others.

In a region with ten municipalities, there are also many other attractions, such as the excellent regional food and the wide range of crafts. Throughout the region, we can find numerous and valuable sign of its wealth and importance in the past as well as interesting festivals, such as the "Festa dos Tabuleiros" in Tomar.



OS TEMPLÁRIOS

RELIVING THE PAST

Nature is also an attraction in the region, with several natural parks, such as the Reserva Natural do Paúl do Boquilobo, which is a UNESCO Biosphere Reserve, and hydrological resources, with rivers, streams and reservoirs that offer excellent opportunities for sports. River beaches abound in this region, offering tranquillity surrounded by stunning landscapes.

In the splendour of the countryside, you will find typical villages, with houses built from schist stone, and even traces of dinosaur tracks in the Serra d'Áire that have been classified as a Natural Monument.

The vestiges of the Templar past are, essentially, a form of contact not just with nature, but also with the past of Portugal, at its richest and most sumptuous, and at its most typical and humble.

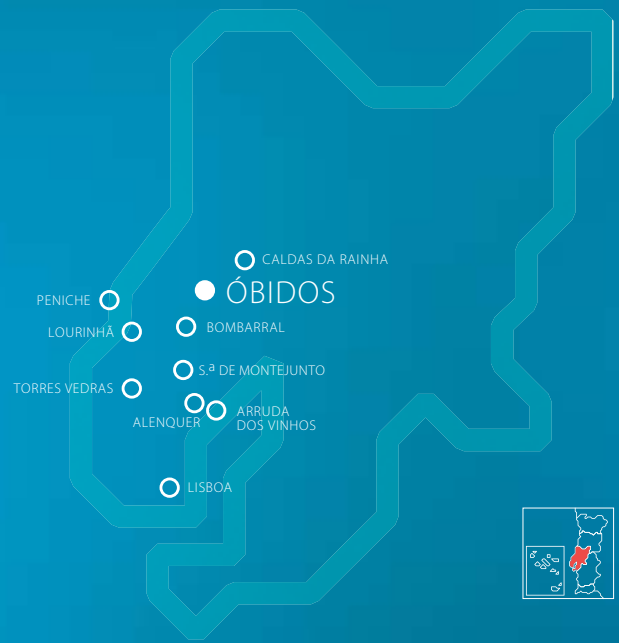
CONVENTO DE CRISTO

The Convento de Cristo, in Tomar, is the richest monument in the region and was designated a World Heritage site by UNESCO in 1983.

The Convent comprises seven cloisters and numerous buildings, all of which are significant and notable in architectural terms.

The highlights are the famous "Janela do Capítulo" window, considered by many to be the most monumental work in the Manueline style in Portugal, the famous Charola, inspired by Syrian mosques, and the beautiful cloister (Claustro de Dom João III), an important work in the Italian Renaissance style.





OESTE

PALETTE OF COLOURS

47

The Oeste is a fertile region, full of natural and cultural attractions.

Its landscapes, full of colour, varying with the seasons of the year, are dominated by thousands of hills scattered with whitewashed villages and the characteristic windmills that symbolise the Oeste region.

Between the Atlantic Ocean and at Área de Paisagem Protegida da Serra de Montejunto (ideal for walks), the Oeste connects the sea and the countryside, in a land with the marks of many different cultures.

Its extensive vineyards and numerous wine cellars can be visited by following the Rota dos Vinhos.

In Peniche, the most westerly town in Europe, discover the largest traditional fishing port in Portugal. In this major centre for marine tourism activities, you will find delicious and traditional fish and shellfish dishes.

Exceptional, iodine-rich beaches, with clear water, are excellent locations for surfing, fishing or diving. The beach in Santa Cruz is one of the most popular, due to its size and the beauty of its sands, but also popular are Baleal, Areia Branca and Foz do Arelho. At the Lagoa de Óbidos, which is connected to the Sea, you can enjoy wonderful shellfish.

FULL OF HARMONY

Óbidos is a magnificent Medieval Town surrounded by town walls dating back to the Moorish occupation. Captured by King Afonso Henriques in 1148, Óbidos has many attractions including the fine castle, which has been converted into a Pousada de Portugal and from which you can contemplate the magnificent landscape. Known as the "Town of the Queens", due to the royal tradition of the King giving the town to his Queen as a present at their wedding.

Óbidos is an enchanting town, with many churches and chapels full of works of art, tiles, paintings, gilt woodcarving and religious vestments. Well worth a visit are the paintings by Josepha de Óbidos and her father Baltazar Gomes Figueira, illustrious painters of the Portuguese Baroque. All the streets and alleys, with their picturesque charm, invite visitors to take a peaceful and relaxing walks, displaying the balance and harmony of this little Museum Town.

The whitewashed houses with their coloured highlights and flowers complete the portrait.

In the different galleries of the Museu Municipal de Óbidos you can learn more about the culture and heritage of this historical Town. Don't leave without tasting the exceptional "ginjinha de Óbidos", a delicious typical cherry liqueur that has been made since the town was reconquered from the Moors. "The Town of Óbidos is today a meeting point all year round for all those who seek, in a very special atmosphere, the numerous cultural events the town hosts – concerts, exhibitions, medieval fair, International Chocolate Festival, Theatre with History, or the Holy Week celebrations".



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OESTE LAND OF VINEYARDS AND THE SEA

The Reserva Natural da Berlenga is another fascinating place to visit. The Arquipélago das Berlengas, facing Cabo Carvoeiro and Peniche, is the only marine reserve in the country and is classified by the Council of Europe. Its biological diversity makes the Berlengas a unique place and the islands can be visited by boat from the port of Peniche.

The Oeste is also well-known for its spas, in particular the Termas do Vimeiro, the Termas do Vale dos Cucos, in Torres Vedras, and that true spa town Caldas da Rainha. In Caldas da Rainha, you can also find a strong tradition of earthenware pottery production and artistic and utilitarian pottery.

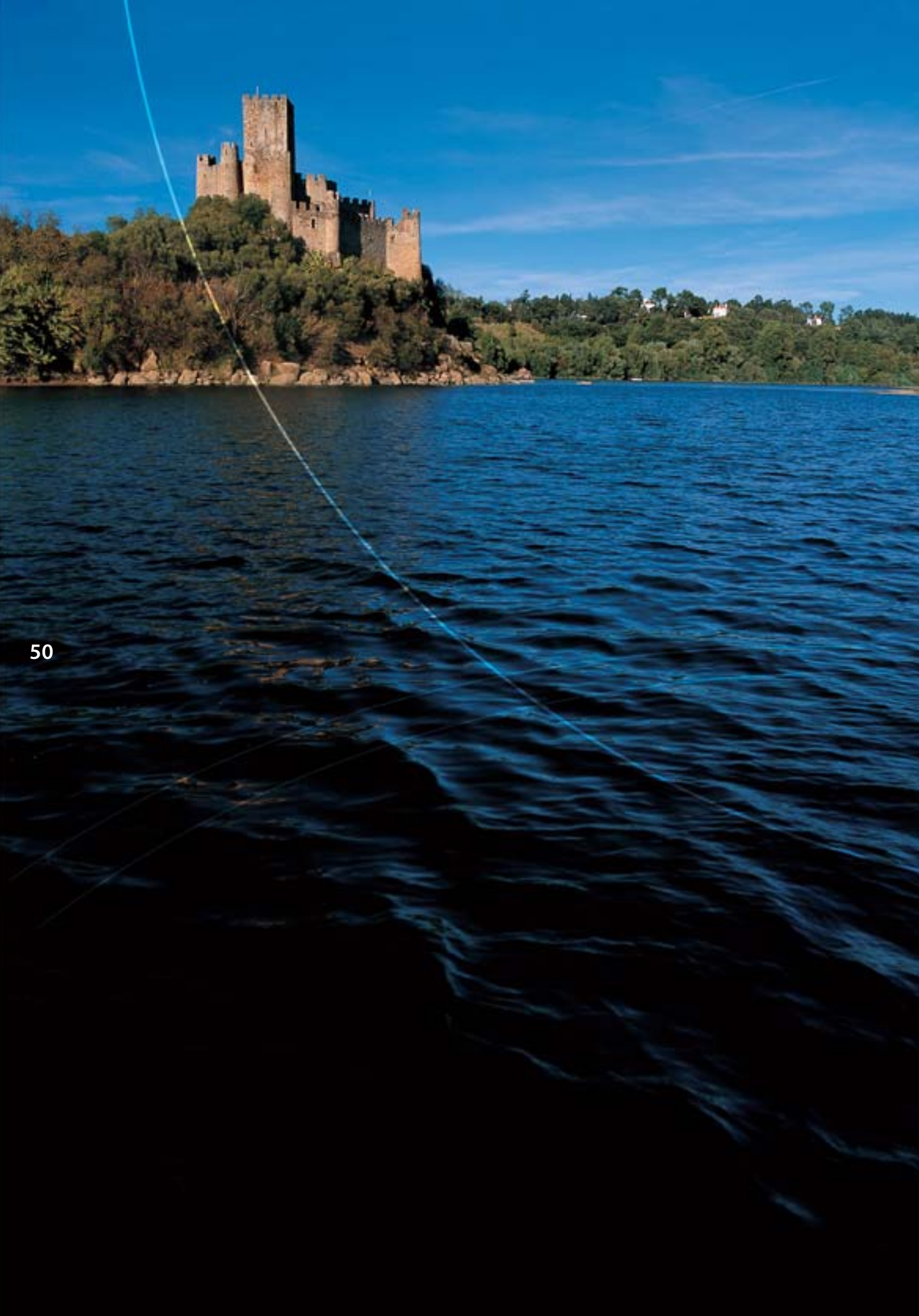
Other important attractions include the magnificent Jurassic sites in Lourinhã and the Lines of Torres Vedras, built on the orders of the Duke of Wellington. Traditional sweets are also a tasty souvenir of the Oeste."

With its 5 courses, golfers can find here the perfect symbiosis between the sea and the countryside, in a wonderfully peaceful atmosphere.

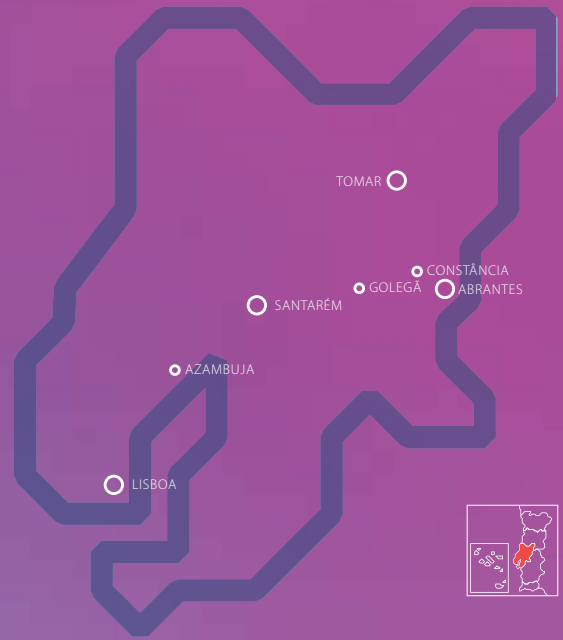


ÓBIDOS

49



50



RIBATEJO

RIGHT ON THE TAGUS

51

Ribatejo is clearly marked by the river Tagus. In its name, in its geography and even in its culture, Ribatejo is moulded by Portugal's largest river. One of the most typical features of the landscape are the "lezírias" or plains, where bulls and horses roam, unique to this region of Portugal.

The main city, Santarém, has a valuable architectural heritage that is well worth exploring. The City Walls offer fine views over the Tagus and river plains.

In Santarém don't forget to visit also the Santuário do Santíssimo Milagre, the Igreja da Graça, the Igreja and

Claustro do Convento de São Francisco and the Núcleo Museológico do Tempo.

Exceptional and quite unique is the Castelo de Almourol, built on a small granite island in the middle of the Tagus, near Tancos. Dating from the 12th century, the Castelo de Almourol is one of the best preserved medieval monuments in the country. There is a permanent ferry service to take visitors to see the castle close up.

Finish this journey back in time with a visit to Constância and Abrantes.

A SPECIAL CULTURE

The great pastures that abound in this area have a very special use: the raising of horses and bulls. Utterly typical of the Ribatejo, the raising of horses and bulls is deeply rooted in rural life and marks part of Ribatejo culture. Ribatejo is the land of the world famous and unique pure-blood Lusitanian horses, and it is also a region of bullfights and bull running festivals, which are still very popular in Portugal.

To understand the genuine traditions of the Ribatejo, go to a bullfight in one of the many bullrings, feel the thrill of bull running at one of the many festivals and fairs held in the Region in the summer.

Ride on horseback through the fields and you will understand why the Ribatejo has a National Fair dedicated to horses. If you are in Golegã in November, don't miss this traditional festival where horses, riders and visitors create a unique exhibition – a passion for horses.





To discover another unique feature of the region, visit the Casa Típica Avieira – Museu do Escaroupim, in Salvaterra de Magos. In other locations in the Ribatejo you will also find some of these palafitte houses - those that have still survived. These wooden homes built on piles over the river are inhabited by fishermen and are of clear ethnographic interest.

In Azambuja take a trip on a "varino" boat and discover these villages and the natural beauty of the river Tagus. Also of great ethnographic interest is the town of

Chamusca, with its beautiful old houses and buildings typical of the Art Nouveau style or its Arab-style Bullring. One of the most beautiful views of the Ribatejo can be seen from the Ermida de Nossa Senhora do Pranto, the interior of which is covered in precious tiles from the 17th and 18th centuries. Visit the Casa Rural, a reconstruction of a rural house from the 1930s and 1940s, and also the Centro Regional de Artesanato, where you can see and buy crafts from the whole Lisbon Region.



OEIRAS

The municipality of Oeiras has various points of cultural interest and pleasant locations for sports and leisure. Besides the forts of São Bruno and São Julião da Barra, on its coast, you will find also the fantastic Piscina Oceânica swimming pool. Oeiras has one of the finest examples of the Portuguese 18th century mansions, the Palácio do Marquês de Pombal. The former residence of the first minister of King José, the Marquês de Pombal (who was also Conde de Oeiras), it is in the Baroque and Rococo styles. The elegance of its gardens, full of statues, panels of tiles and waterfalls, is complemented by a fascinating interior, with paintings, frescos, tiles and statues of rare quality. The palace's monumental wine cellar is also impressive. In this municipality, don't miss the opportunity to visit the Quinta Real de Caxias and the Parish Church. For more relaxed sightseeing, visit the Fábrica da Pólvora and, with children, the Aquário Vasco da Gama.

ODIVELAS

In Odivelas you will find the Mosteiro de Odivelas – Convento de Dom Dinis, the construction of which began in 1295 on the orders of King Dinis. The story has it that the King made a vow to St Louis after having escaped from an attack by a bear. Originally, the Monastery was purely Gothic in style, but after successive restorations, it has integrated other styles, in particular Manueline in the cloister, Renaissance in the fountain, and Baroque in the chapels, porches and tiles. King Dinis is buried in a fine Gothic tomb in the Monastery.

AMADORA

Until recently, Amadora was a predominantly rural area, but it is now a highly developed town, although it has preserved some interesting monuments.

Marking the boundary with the city of Lisbon, are the Portas de Benfica, a curious construction from the early 20th century with eight turrets, where traffic used to pay a fee, like an old-fashioned toll. Casa Roque Gameiro is an essential visit, not just because it is the former home of the painter and houses part of his collection, but also because it is a perfect example of the architectural concept of the "Casa Portuguesa". An important archaeological discovery in 1932 was the Grutas de Carenque, dating back to the third millennium bce. Fundamental for an understanding of Portuguese prehistory, the caves are a necropolis with three collective sepulchres carved out of the rock, examples of Mediterranean burial culture. Guided visits can be arranged by appointment at the Museu Municipal de Arqueologia da Amadora. It is also in Amadora that the Aqueduto das Águas Livres begins, and the Mãe d'Água Nova and Mãe d'Água Velha are both open to visitors. While you are here, visit the Igreja de Nossa Senhora da Conceição da Lapa.

VILA FRANCA DE XIRA

A land of horses and bulls, the municipality of Vila Franca de Xira is a perfect place to visit "quintas" and farms, and also offers rich regional gastronomy and excellent wines. You will find several places of cultural interest, including the Santuário do Senhor da Boa Morte. This important monument is the oldest church in the region, dating back to the Roman era. Set on a hillside, the Santuário is in a wonderful location, with superb views over the town and the estuary. On the south bank of the Tagus, you will find in the heart of the "lezíria" plains the Ermida de Nossa Senhora de Alcamé, built in a monumental neoclassical style. In the town, don't forget to visit the Igreja do Mártir Santo, transformed into the centre for Sacred Art of the Museu Municipal de Vila Franca, and also Museu Etnográfico, which exhibits some of the most typical and traditional objects of the region. For a typical event, go to the Festas do Colete Encarnado, held in July and the occasion for many traditional regional activities.





LOURES

The municipality of Loures has several points of interest, from rural constructions, such as quintas, mills and wine cellars, to other monuments of significance for Portuguese history and culture. The famous and valued light and aromatic white wine of Bucelas is made in this municipality, and a wine and harvest festival is held in the second weekend of October.

A natural highlight in the north of the municipality is the Parque Municipal do Cabeço de Montachique, with 32 hectares of woodland, fauna and flora, and in the east is the Parque do Tejo, a zone of calm waters that is a privileged place to watch various species of birds, particularly the exuberant flamingos.

Religious monuments include the Igreja Matriz de Loures, a 16th century church, and the Palácio dos Arcebispos which was reconstructed in the 18th century and has interesting figures on its stairs.

The Castelo de Pirescoxe, dating from the 15th century, still has embattled medieval towers, now rebuilt with an auditorium and exhibition rooms.

You can also visit the Museu Municipal de Loures, inaugurated in 1998, with temporary and permanent exhibitions (agricultural implements, rural furniture) and the Museu de Cerâmica, inaugurated in 2000, where you can visit exhibitions of pottery manufactured in the Sacavém pottery factory and also kiln 18.

MAFRA

Mafra has one of the most magnificent monuments in the whole world: the Palácio Nacional de Mafra, also known as the Convento de Mafra. This monumental complex contains a basilica, a monastery and a palace, and is the most important masterpiece of Portuguese Baroque. Its 40,000 m² took 27 years to be built, work being concluded in 1744. The two carillons and six organs are quite unique and the Library, which contains more than 38,000 books, many rare, is considered the most beautiful in the country.

In Mafra you can also visit the Tapada Nacional, created in the mid-18th century as a park for King João V and his court. In the Tapada, besides the rich flora, there are many different species of animals, such as deer, wild boar, foxes, partridges and various types of birds, including the endangered Bonelli's eagles. Surrounded by a 21 kilometre, three-hundred year old wall, the park has a small Rural Tourism house, the former Real Chalet de Caça, and two museums. You can visit the Tapada on a tourist train, on foot, by bicycle or even on horseback.

ERICEIRA

Ericeira is a favourite destination for seaside holidays. This coastal town, founded eight centuries ago, is 50 kilometres north of Lisbon and offers a perfect atmosphere for visitors to relax and enjoy themselves. With clear water rich in minerals salts and an iodine-rich climate, the area of Ericeira has beaches of excellent quality such as Praia da Foz do Lizandro, Praia de São Lourenço, Praia de São Sebastião or Praia da Ribeira d'Ilhas, which is internationally renowned for surfing, bodyboard and skimming.

If you like smaller, more intimate beaches, visit the Praia da Orelheira. With a long fishing tradition, Ericeira also has the Praia do Peixe and the large Praia do Sul.

The importance of the fishing in the area makes it a perfect place to eat marvellous fish and shellfish.

Ericeira is also a pretty town to for you to discover. It is a peaceful and charming town that offers pleasant walks, numerous shops and interesting crafts.

CLOSE BY





A PERSONAL EXPERIENCE

57

The Lisbon Region is a world full of possibilities that each visitor can discover in a different way. The discovery of the region is always a personal and revealing experience. This is the unique possibility that the Lisbon Region has to offer: the possibility of designing one's own

map of priorities, according to one's own motivations and interests.

Set off to discover the perfect holiday. Here we will present a few suggestions.



58



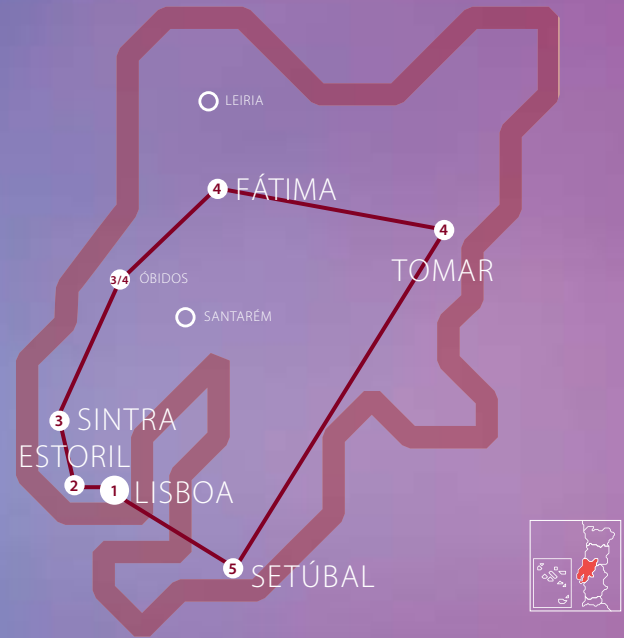
"We'd been needing a holiday like that for some time, quiet but full of moments in which we could celebrate the moments we are together. I never thought it would be possible to do so much in five days and still want to do more."

We were enchanted by the light and the streets. We lost each other on purpose and then re-found each other. We explored Castles and Palaces. In Sintra, he called me princess and, in Óbidos, I was a real queen. The stories have no ending, like the History of this unique and magical place."

PATRICIA, 35, FROM LONDON WITH HER HUSBAND ALAN

FOR COUPLES, WE PROPOSE FIVE UNIQUE, CHARMING AND UNFORGETTABLE DAYS, FULL OF RICH EXPERIENCES. THE CHARISMA OF THE REGION, ITS HISTORY, CULTURE AND MODERNITY, ASSOCIATED WITH EXCELLENCE AND QUALITY OF ALL THE RANGE OF POSSIBILITIES FOR TOURISTS.

START IN THE CITY, DISCOVER THE REGION AND FINISH AGAIN IN THE CITY, NOW WITH A NEW VISION.



TO CELEBRATE ROMANCE

59

SUGGESTIONS FOR DAY 1

- Visit the Castelo de São Jorge and enjoy the magnificent view over the city.
- Walk through the streets of Alfama - don't worry you won't really get lost!
- Explore the Terreiro do Paço and the Baixa Pombalina.
- Return to the Alfama and have dinner in a typical restaurant with Fado singing.
- After dinner, go shopping in the boutiques on Rua do Norte, in the Bairro Alto.
- Finish the night with a drink or two in one of the many bars in the Bairro Alto.

SUGGESTIONS FOR DAY 2

- Visit the Museu dos Coches, in Belém, and learn about the history of this form of transport and the beautiful coaches in the museum.
- Visit the Mosteiro dos Jerónimos, the key monument in the city.
- For something more modern, visit the Museu do Design, in the Centro Cultural de Belém.
- Enjoy some of the famous Pastéis de Belém and buy an extra box or two.
- Drive along the Tagus, out of the city, stopping at the Torre de Belém.
- Check in at a Hotel in Cascais
- Dine in the town and go out for a drink.

SUGGESTIONS FOR DAY 3

- Wake up late and take a swim in the Hotel swimming pool.
- Go shopping in Cascais.
- Go up to Sintra and learn about its World Heritage, and don't miss the Palácio da Pena.
- Have something to eat in the centre of the town and try one of the many regional sweets: queijadas, travesseiros...
- Drive up to Óbidos and stay around there.

SUGGESTIONS FOR DAY 4

- Walk around Óbidos, and explore the town walls.
- Visit the Mosteiro de Alcobaça in all its splendour.
- Visit Fátima, mark of faith.
- Drive up to Tomar and visit the Convento de Cristo.
- Stay the night near Tomar.

SUGGESTIONS FOR DAY 5

- Drive south, down to Arrábida.
- Have some delicious fish or shellfish in Sesimbra for lunch.
- Design a tile at a pottery workshop.
- Return to Lisbon and visit the Parque das Nações.
- Go shopping in a Shopping Centre.
- Finish your holiday with dinner by the river, followed by dancing.



"Renewed spirit, fresh soul and a well worked body, could be the conclusion of our holiday in Lisbon. Far more than just the sea or the beaches, which are wonderful, in Lisbon, we were taming the world. We made friends, we enjoyed the sun and the wind, we hit the waves and, at night, we really enjoyed ourselves. Pure fun, at a pace that never slowed down. In the end, we had tears in our eyes at the thought of having to leave and how much we wanted to return. Now, we need more holidays to rest from these."

STEPHANIE, 24, CAME FROM DUBLIN WITH 3 FRIENDS

FOR THOSE WHO ARE LOOKING FOR HECTIC HOLIDAYS, FULL OF ADRENALIN AND LOTS OF ADVENTURE, WE PROPOSE FIVE FANTASTIC DAYS, IN WHICH EVERY HOUR IS LIVED TO THE FULL.



GROUP SPIRIT

61

SUGGESTIONS FOR DAY 1

- Surf in Guincho during the morning.
- Rest and sunbathe at a beach bar.
- Windsurf in Guincho during the afternoon.
- The day's stories on Praça do Camões and drinks in the bars of the Bairro Alto

SUGGESTIONS FOR DAY 2

- Wake up nice and early to go and surf in Ribeira D'Ilhas.
- Lunch in Ericeira.
- Drive up to Peniche to the Praia dos Supertubos.
- Enjoy the lively nightlife in São Martinho do Porto.
- Return to Lisbon, driven by the designated driver.

SUGGESTIONS FOR DAY 3

- Take advantage of the excellent beaches south of Lisbon, visiting Praia da Nova Vaga.
- Visit the other beaches on the Costa de Caparica, looking out for the best spots.
- Dinner and drinks at a beach bar.

SUGGESTIONS FOR DAY 4

- Stay in Lisbon, and visit the Castelo de São Jorge.
- Walk around the Alfama.
- Have dinner in the Bairro Alto, do some shopping and have a drink.
- Dance until you fall at a disco on Av. 24 de Julho

SUGGESTIONS FOR DAY 5

- Wake up nice and late.
- Brunch in the Chiado.
- Visit Belém and the famous Torre de Belém.
- Visit the Centro Cultural de Belém and the Museu do Design.
- Have dinner with a view over the river.
- Enjoy your last night at the Docas and 24 de Julho.



"Holidays with the kids are always a priority, but not always easy. We can easily end up being more tired than when we started the holidays. In Lisbon, we had a perfect holiday for the kids, but also for us. They enjoyed themselves and weren't bored with our sightseeing. We managed to transform cultural and historical visits into adventures for them. In the end, we were all satisfied and nobody lost out. We each captured what we most wanted. Amazing!"

EMILY, 38, TRAVELLED FROM LIVERPOOL WITH HER HUSBAND AND TWO CHILDREN, AN 11 YEAR OLD BOY AND A GIRL OF 8.

FAMILY HOLIDAYS ARE MADE OF BALANCE AND LOTS OF AFFECTION. IN THE LISBON REGION, THERE ARE COUNTLESS POSSIBILITIES FOR FAMILIES, GUARANTEEING THE BEST FOR PARENTS AND FUN FOR CHILDREN.

FOR HOLIDAYS FULL OF FUN, WE SUGGEST THAT YOU STAY IN CASCAIS AND DIVIDE YOUR DAYS BETWEEN SIGHTSEEING AND DOING THINGS, SEEKING ALTERNATIVES TO SATISFY EVERYBODY'S INTERESTS.



ENTERTAINMENT AND TRANQUILLITY

63

SUGGESTIONS FOR DAY 1

- Visit the Oceanário.
- Travel on the cable car and feel the thrill.
- While you are in the Parque das Nações, visit the Pavilhão do Conhecimento, full of educational experiments.
- In the centre of Lisbon, take the tram to the Castelo de São Jorge.
- Walk around the Alfama.
- Relax at the end of the afternoon at the hotel swimming pool.

SUGGESTIONS FOR DAY 2

- Visit Sintra and Museu do Brinquedo (Toy Museum).
- Walk up to the Palácio da Pena.
- Drive to Cabo da Roca and ask for the certificate from the most Westerly point in Europe.
- Spend the afternoon at Praia Grande.
- Have some fine suckling pig in Negrais for dinner.

SUGGESTIONS FOR DAY 3

- Mother and daughter go shopping in the Baixa, while father and son go to the Benfica stadium to buy an official team shirt.
- Mother and daughter visit the Museu dos Coches. The father takes the son to a "driving range".
- They all meet up in Belém for some delicious Pastéis de nata.
- Dinner in the Docas.

SUGGESTIONS FOR DAY 4

- Drive to Serra D'Aires to look for dinosaur tracks.
- "Attack" the Castelo de Almourol.
- Learn about Lusitanian horses and have a riding lesson in Golegã.

SUGGESTIONS FOR DAY 5

- Drive south to the Sado Bay.
- Look for dolphins in the estuary.
- Explore the Serra da Arrábida, finishing at Praia do Meco.
- Let the children run and play as much as they can.
- Finish the holidays on a perfect note with supper at a beach bar, watching the sunset.



"I don't know what sort of holidays I was expecting, but these ended up much better than I could have imagined. I went for the golf, for the climate, for the novelty, and I ended up enjoying so much more. In the end, the golf was just one of the excellent reasons to be there and to be sure that I will be back. Really, I'd like my life to be always like that, divided between golf, sun and beach and wine, dinners and friends. Everything with a bit of culture and a special atmosphere."

JAMES, 41, CAME FROM MANCHESTER WITH TWO FRIENDS.

THE LISBON REGION HAS EXCELLENT GOLF COURSES, DESIGNED BY SOME OF THE MOST PRESTIGIOUS ARCHITECTS IN THE WORLD. THE PROPITIOUS CLIMATE AND THE EXCELLENT INFRASTRUCTURES MAKE THE REGION AN EXCEPTIONAL DESTINATION FOR GOLF LOVERS.

WE SUGGEST FIVE DAYS OF GOLF IN THE MORNING, BALANCED BY OTHER GOLDEN MOMENTS DURING THE REST OF THE DAY.



BEYOND GOLF, MAXIMUM ENTERTAINMENT

65

SUGGESTIONS FOR DAY 1

- Wake up early to play golf.
- Lunch at the Clubhouse.
- Visit Sintra and have some typical queijadas for tea.
- Dinner in Lisbon.
- Enjoy the numerous clubs and have a couple of drinks.

SUGGESTIONS FOR DAY 2

- Start the day on a golf course.
- Lunch at the Clubhouse.
- Explore the café terraces in Estoril and the Cascais Marina.
- Dinner and gambling at the Casino do Estoril.

SUGGESTIONS FOR DAY 3

- Wake up really early to play golf.
- Lunch at the Clubhouse.
- Drive up to Óbidos and buy a souvenir to take home.
- Try some wines at one of the local quintas.
- Stay on for dinner after the wine tasting.

SUGGESTIONS FOR DAY 4

- Take the day off from golf - go to visit and get to know Lisbon.
- Walk around the Chiado and have lunch in the neighbourhood.
- Visit the Baixa and Alfama.
- Walk or ride up to the Castelo de São Jorge.
- Have dinner and drinks in the Docas.

SUGGESTIONS FOR DAY 5

- Wake up early to play golf.
- Lunch at the Clubhouse.
- Spend the afternoon at Praia do Meco.
- To finish your holidays, have a great dinner in the Bairro Alto and visit its bars until the early hours.

CONTACT

ASSOCIAÇÃO DE TURISMO DE LISBOA
Tel. 21 031 27 00
Internet: www.visitlisboa.com
E: at@at-turismolisboa.pt

CÂMARA MUNICIPAL DA AMADORA
Tel. 21 436 90 00
Internet: www.cm-amadora.pt

CÂMARA MUNICIPAL DE LOURES
Tel. 21 983 93 00
Internet: www.cm-looures.pt

CÂMARA MUNICIPAL DE MAFRA
Tel. 261 810 100
Internet: www.cm-mafra.pt

CÂMARA MUNICIPAL DE OBRAS
Tel. 21 440 83 00
Internet: www.cm-obras.pt

CÂMARA MUNICIPAL DE ODIVELAS
Tel. 21 932 00 00
Internet: www.cm-odivelas.pt

CÂMARA MUNICIPAL DE SINTRA
Tel. 21 923 61 00
Internet: www.cm-sintra.pt

COMISSÃO MUNICIPAL DE TURISMO DE VILA FRANCA DE XIRA
Tel. 263 27 00 43/53
W: www.cm-vila-franca-de-xira.pt

COSTA AZUL/REGIÃO DE TURISMO DE SETUBAL
Tel. 265 53 91 20
Internet: www.costa-azul.rts.pt

JUNTA DE TURISMO DA COSTA DO ESTORIL
Tel. 21 466 38 13
W: www.estorilcoast-tourism.com

JUNTA DE TURISMO DA ERICEIRA
Tel. 261 863 122
Internet: www.ericera.net

REGIÃO DE TURISMO LEIRIA/FÁTIMA
Tel. 244 84 87 71/0
Internet: www.rtl-leiriafatima.pt

REGIÃO DE TURISMO DO OESTE
Tel. 262 955 060/6
Internet: www.rtoeste.pt

REGIÃO DE TURISMO DO RIBATEJO
Tel. 243 330 330/1
Internet: www.rtribatejo.org

REGIÃO DE TURISMO DOS TEMPLARIOS
Tel. 249 32 90 00
Internet: www.rtemplarios.pt

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CORINTHIA ALFA HOTEL
Av. Columbano Bordalo Pinheiro
1099-031 LISBOA
Tel. 217 236 363
Fax: 217 236 364
E: alfa@corinthia.com
W: www.corinthiahotels.com

DOM PEDRO LISBOA HOTEL
Av. Eng. Duarte Pacheco, 24
1070-109 LISBOA
Tel. 21 389 66 00
Fax: 21 389 66 01
E: dp.lisboa@dompedro.com
W: www.dompedro.com

HOTEL ALBATROZ
R. Frederico Arouca - 100
2750-353 CASCAIS
Tel. 214 847 380
Fax: 214 844 827
E: albatroz@albatrozhotels.com
W: www.albatrozhotels.com

HOTEL ALTIS
Rua Castilho, 11
1269-072 LISBOA
Tel. 21 310 60 00
Fax: 21 310 62 62
E: reservations@hotel-altis.pt
W: www.hotel-altis.pt

HOTEL AVENIDA PALACE
Rua 1º de Dezembro, 123
1200-359 LISBOA
Tel. 21 321 81 00
Fax: 21 342 78 84
E: reservas@hotel-avenida-palace.pt
W: www.hotel-avenida-palace.pt

HOTEL CASCAIS MIRAGE
Av. Marginal, 8554
2754-536 CASCAIS
Tel. 21 006 06 00
Fax: 21 006 06 26
E: geral@cascaismirage.com
W: www.cascaismirage.com

HOTEL PALÁCIO
Rua do Parque
2769-504 ESTORIL
Tel. 21 464 80 00
Fax: 21 468 48 67
E: info@hotel-estoril-palacio.pt
W: www.hotel-estoril-palacio.pt

HOTEL REAL PALÁCIO
Rua Tomás Ribeiro, 115
1050-228 LISBOA
Tel. 21 319 95 00
Fax: 21 319 95 02
E: info@hoteisreal.com
W: www.hoteisreal.com

HOTEL TIVOLI LISBOA
Av. da Liberdade, 185
1269-050 LISBOA
Tel. 21 319 89 00
Fax: 21 319 89 50
E: htlisboa@tivolihotels.com
W: www.tivolihotels.com

HOTEL TIVOLI - PALÁCIO DE SETEAIOS
Av. Barbosa do Bocage, 10
Seteais
2710-517 Sintra
Tel. 21 923 32 00
Fax: 21 923 42 77
E: htpseteais@tivolihotels.com
W: www.tivolihotels.com

LAPA PALACE
Rua Pau de Bandeira, 4
1249-021 LISBOA
Tel. 21 394 94 94
Fax: 21 395 06 65
E: info@lapa-palace.com
W: www.lapa-palace.com

LE MERIDIEN PARK ATLANTIC LISBOA
Rua Castilho, 149
1099-034 LISBOA
Tel. 21 381 87 00
Fax: 21 389 05 00
E: reservas.lisboa@lemeridien.pt
W: www.lemeridien-lisbon.com

PENHA LONGA HOTEL & GOLF RESORT
Estrada da Lagoa Azul
Linha 2
2714-511 SINTRA
T. 21 924 90 11/41
F. 21 924 90 07/90
E: resort@penhalonga.com
W: www.penhalonga.com

PESTANA PALACE HOTEL
Rua Jau, 54
1300-314 LISBOA
Tel. 21 261 56 00
Fax: 21 361 56 25/01
E: sales.cph@pestanacom
W: www.pestanacom

PRAIA D'EL REY MARRIOTT GOLF & BEACH RESORT
Av. D. Inês de Castro, 1 - Vale de Janelas
Amoreira
2510-451 ÓBIDOS
Tel. 262 905 100
Fax: 262 905 101
E: info.pdr@marrriott-pdr.com.pt
W: www.marrriott.com/lisdr

RITZ FOUR SEASONS HOTEL LISBOA
Rua Rodrigo da Fonseca, 88
1099-039 LISBOA
Tel. 21 381 14 00/23
Fax: 21 383 17 83
E: reservations.lis@fourseasons.com
W: <http://www.fourseasons.com>

SHERATON LISBOA HOTEL & TOWERS
Rua Latino Coelho, 1
1069-025 LISBOA
Tel. 21 312 00 00
Fax: 21 354 71 64
E: sheraton.lisboa@sheraton.com
W: <http://www.sheraton.com/lisboa>

4* HOTELS

ALTIS PARK HOTEL
Av. Eng. Arantes e Oliveira, 9
1900-221 LISBOA
Tel. 21 843 42 00
Fax: 21 846 08 37/8
E: reservations@altisparkhotel.com
W: www.altishotels.com

BEST WESTERN HOTEL FLÓRIDA
Rua Duque de Palmela, 34
1250-098 LISBOA
Tel. 21 357 61 45
Fax: 21 354 35 84/21 314 13 47
E: sales@hotel-florida.pt
W: www.hotel-florida.pt

HOTEL AC LISBOA
Largo de Andaluz, 13B
1050-121 LISBOA
T. 21 005 09 30
F. 21 005 09 31
E: ac.lisboa@ac-hotels.com
W: www.ac-hotels.com

HOTEL AÇORES LISBOA
Av. Columbano Bordalo Pinheiro, Lt. 1833
1099 LISBOA
T. 213 243 625
F. 213 243 649
E: comercialhoteis@bensaude.pt
W: www.bensaude.pt

HOTEL ATLÂNTICO
Av. Marginal, 8023/A
2765-249 ESTORIL
T. 214 680 270
F. 214 683 619
E: hotel.atlantico@mail.telepac.pt
W: www.maisturismo.pt/hatlantico

HOTEL BAIRRO ALTO
Pr. Luis de Camões, 8
1200-243 LISBOA
T. 213 408 288
F. 213 408 299
E: mjrocha@vianw.pt
W: www.bairroaltohotel.com

HOTEL BRITÂNIA
Rua Rodrigues Sampaio, 17
1150-278 LISBOA
Tel. 21 315 50 16
Fax: 21 315 50 21
E: britania.hotel@heritage.pt
W: <http://www.heritage.pt>

HOTEL CIDADELA
Avenida 25 de Abril
2754-517 CASCAIS
Tel. 21 482 76 00
Fax: 21 486 72 26
E: hotelcidade@hotelcidade.com
W: www.hotelcidade.com

HOTEL DIPLOMÁTICO
Rua Castilho, 74
1250-071 Lisboa
Tel. 21 383 90 20/25
Fax: 21 386 21 55/24 22
E: hoteldiplomatico@vip-hotels.com
W: www.vip-hotels.com

HOTEL D. MANUEL I
Av. Duque de Ávila, 189
1050-082 LISBOA
T. 21 359 30 00
F. 21 357 69 85
E: dmanuel@hoteldmanuel.pt
W: www.hoteldmanuel.pt

HOTEL DO CAMPO GRANDE
Campo Grande, 7
1700-087 Lisboa
T. 21 795 75 55
F. 21 797 47 61
E: quality.lisboa@netcabo.pt
W: www.hoteldocampo grande.com

HOTEL DO MAR
Rua General Humberto Delgado, 10
2970-628 SESIMBRA
Tel. 21 228 83 00
Fax: 21 223 38 88
E: hoteldomar@hoteldomar.pt
W: www.hoteldomar.pt

HOTEL ESTORIL EDEN
Av. de Sabóia, nº 209
2769-502 ESTORIL
Tel. 21 466 76 00
Fax: 21 466 76 01
E: geral@hotelestorileden.pt
W: www.hotel-estoril-eden.pt

HOTEL FÉNIX LISBOA
Praça Marquês de Pombal, 8
1269-133 LISBOA
Tel. 21 386 01 31/21 27
Fax: 21 386 01 31/21 27
E: fenixlisboa@fenixlisboa.com
W: www.fenixlisboa.com

HOLIDAY INN LISBOA
Avenida António José de Almeida, 28 A
1000-043 Lisboa
Tel. 21 004 40 00/20
Fax: 21 793 66 72
E: hil@grupo-continental.com
W: www.holiday-inn.com/lisbonprt

HOLIDAY INN LISBOA-CONTINENTAL
Rua Laura Alves, 9
1069-169 Lisboa
Tel. 21 004 60 00
Fax: 21 797 36 69
E: hic@grupo-continental.com
W: www.grupo-continental.com

HOTEL LISBOA PLAZA
Trav. do Salitre, 7/Av. da Liberdade
1269-066 LISBOA
Tel. 21 321 82 18
Fax: 21 347 16 30
E: plaza.hotels@heritage.pt
W: www.heritage.pt

HOTEL LUTÉCIA
Av. Frei Miguele Contreiras, 52
1749-086 LISBOA
Tel. 21 841 13 00
Fax: 21 841 13 11
E: lutecia@mail.telepac.pt
W: www.hotel-lutecia.pt

HOTEL MARQUÊS DE POMBAL
Av. da Liberdade, 243
1250-143 LISBOA
Tel. 21 319 79 00/34
Fax: 21 319 79 90/94
E-mail: info@hotel-marquesdepombal.pt
Internet: www.hotel-marquesdepombal.pt

HOTEL MERCURE LISBOA
Avenida José Malhoa, lote 1684
1099-051 LISBOA
Tel. 21 720 80 00
Fax: 21 720 80 89
E: h3346@accor-hotels.com

HOTEL MUNDIAL
Rua D. Duarte, 4
1100-198 LISBOA
Tel. 21 884 20 00
Fax: 21 884 21 08/10
E: comercial@hotel-mundial.pt
W: www.hotel-mundial.pt

HOTEL NH LIBERDADE
Avenida da Liberdade, 180 B
1250-146 LISBOA
Tel. 21 351 40 60
Fax: 21 314 36 74
E: nhliberdade@nh-hotels.com
W: www.nh-hotels.com

HOTEL OLISSIPPO CASTELO
R. Costa do Castelo, 126
1100-179 LISBOA
Tel. 21 882 01 90
Fax: 21 882 01 94
E: dmm@olissippohotels.com
W: www.olissippohotels.com

HOTEL PRAIA MAR
Rua do Gurú, 16
2775-581 CARCAVELOS
Tel. 21 458 51 00
Fax: 21 457 31 30
E: praiaamar@almeidahotels.com
W: www.almeidahotels.com

HOTEL QUINTA DA MARINHA & VILLAS - GOLF RESORT
Quinta da Marinha
2750-715 CASCAIS
T. 21 486 01 00
F. 21 486 94 88
E: sales@quintadamarinha.com
W: www.quintadamarinha.com

HOTEL REAL OBRAS
R. Álvaro Rodrigues de Azevedo, 5
2770-197 PAÇO DE ARCOS
T. 21 446 99 00
F. 21 446 99 01
E: realsobras@hoteisreal.com
W: www.hoteisreal.com

HOTEL TIVOLI JARDIM
R. Júlio César Machado, 7 / 9
1250-135 LISBOA
T. 21 359 10 00
F. 21 359 12 45
E: htjardim@tivolihotels.com
W: www.tivolihotels.com

HOTEL TIVOLI TEJO
Av. D. João II
Parque das Nações
1990-093 LISBOA
T. 21 891 51 00
F. 21 891 53 45
E: [htjtejo@tivolihotels.com](mailto:hjtejo@tivolihotels.com)
W: www.tivolihotels.com

HOTEL SOFITEL LISBOA
Av. da Liberdade, 127
1269-038 LISBOA
Tel. 21 322 83 00/20
Fax: 21 322 83 10/30
E: h1319@accor-hotels.com
W: www.sofitel.com

HOTEL TIVOLI SINTRA
Praça da República
2710-016 SINTRA
Tel. 21 923 72 00
Fax: 21 923 72 45
E: htsintra@tivolihotels.com
W: www.tivolihotels.com

HOTEL VILA GALE OPERA
Travessa do Conde da Ponte
1300-141 LISBOA
Tel. 21 360 54 00/12
Fax: 21 360 54 50/30
E: opera@vilagale.pt
W: www.vilagale.pt

HOTEL VILLA RICA
Avenida 5 de Outubro, 295
1600-035 LISBOA
Tel. 21 004 30 00/44
Fax: 21 004 34 99/98
E: villarica@fibeira.pt
W: www.hotelvillarica.com

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Av. dos Combatentes, nº 45
1600-042 Lisboa
Tel. 21 723 54 00
Fax: 21 726 42 81
E: lisbon@marrriotthotels.com
W: www.marrriott.com/lispt

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Rua Nova da Almada, 114
1200-290 LISBOA
Tel. 21 325 61 00 (Geral) / 21 325 62 00 (Reservas)
Fax: 21 325 61 61
E: eregencychiado@madeiraregency.pt
W: www.hotel-lisboa-resorts.com

RADISSON SAS HOTEL LISBOA
Avenida Marechal Craveiro Lopes,
390 Campo Grande
1749-009 Lisboa
T. 21 004 50 00
F. 21 004 50 01
E: rad@grupo-continental.com
W: www.radisson.com/lisbonpt

REAL PARQUE HOTEL
Av. Luís Bivar, 67
1069-146 LISBOA
Tel. 21 319 90 00
Fax: 21 357 07 50
E: info@hoteisreal.com
W: www.hoteisreal.com

SANA LISBOA PARK HOTEL
Av. Fontes Pereira de Melo, 8
1069-310 LISBOA
Tel. 21 006 43 00
Fax: 21 006 43 01
E: info@sanahotels.com
W: www.sanahotels.com

SANA METROPOLITAN HOTEL
Rua Soeiro Pereira Gomes, Parcela 2
1600-198 LISBOA
Tel. 21 798 25 00
Fax: 21 795 08 64
E: sanametropolitan@sanahotels.com
W: www.sanahotels.com

SANA MALHOA PARK HOTEL
Av. José Malhoa, 8
1099-089 LISBOA
T. 21 006 18 00
F. 21 006 18 01
E: sanamalhoa@sanahotels.com
W: www.sanahotels.com

SANA SESIMBRA PARK HOTEL
Av. 25 de Abril
2970-634 SESIMBRA
T. 21 228 90 00
F. 21 228 90 01
E: sanasesimbra@sanahotels.com
W: www.sanahotels.com

SUITES DO MARQUÊS
Av. Duque de Loulé, 45
1050-086 LISBOA
T. 21 351 04 80
Fax: 21 353 18 65
E: lisboa.hotel@suitesmarques.com
W: www.hotelsuitesdomarques.com

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BEST WESTERN HOTEL DE TURISMO
Largo de Santo António
2200-349 ABRANTES
Tel. 241 361 261/71
Fax: 241 365 218
E: sales@hotelabrantes.pt
W: www.hotelabrantes.pt

BEST WESTERN PREMIER HOTEL EDUARDO VII
Av. Fontes Pereira de Melo, 5
1069-114 LISBOA
T. 21 356 88 02/22
F. 21 356 88 33/44
E: sales@hoteleduardovii.pt
W: www.hoteleduardovii.pt

BEST WESTERN HOTEL FLAMINGO
Rua Castilho, 41
1250-068 LISBOA
Tel. 21 384 12 00
Fax: 21 384 12 08
E: hotelflamingo@netcabo.pt

COMFORT HOTEL PRÍNCIPE
Av. Duque de Ávila, 201
1050-082 LISBOA
Tel. 21 353 61 51
Fax: 21 353 43 14
E: comfortprincipe@esoterica.pt
W: www.hotelprincipe.lisboa.com

HOTEL A. S. LISBOA
Av. Almirante Reis, 188
1000-055 LISBOA
Tel. 21 842 93 60
Fax: 21 842 93 74
E: info@hotel-aslisboa.com
W: www.hotel-aslisboa.com

HOTEL AL FOZ
Av. D. Manuel I
2890-014 ALCOCHETE
Tel. 21 234 11 79
Fax: 21 234 11 90
E: comercial@al-foz.pt
W: www.al-foz.pt

HOTEL ALMIRANTE
Avenida Almirante Reis, 68
1150-020 LISBOA
Tel. 21 816 80 00/2
Fax: 21 816 80 01/8
E: sales@hotelalmirante.pt
W: www.hotelalmirante.pt

HOTEL ARRIBAS
Avenida Alfredo Coelho
Praia Grande
2705-329 Colares
Tel. 21 928 90 50
Fax: 21 929 24 20
E: hotelarribas@mail.telepac.pt
W: www.hotelarribas.com

HOTEL BAIA
Avenida Marginal
2754-509 CASCAIS
Tel. 21 483 10 33
Fax: 21 483 10 95
E: reservas@hotelbaia.com
W: www.hotelbaia.com

HOTEL BERNA
Av. António Serpa, 13
1169-199 LISBOA
Tel. 21 781 43 00
Fax: 21 793 62 78
E: hotelberna@vip-hotels.com
W: www.vip-hotels.com

HOTEL BOTÂNICO
Rua da Mãe d'Água, 16-20
1250-156 LISBOA
Tel. 21 342 03 92
Fax: 21 342 01 25
E: hotelbotanico@netcabo.pt
W: www.hotelbotanico.net

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Rua Alexandre Herculano, 13
1150-005 LISBOA
Tel. 21 351 25 90
Fax. 21 352 07 28
E: comercial@domcarlos-hotels.com
W: www.domcarlos-hotels.com

HOTEL DOM CARLOS PARK
Av. Duque de Loulé, 121
1050-089 LISBOA
Tel. 21 351 25 90
Fax. 21 352 07 28
E: direcao@domcarlos-hotels.com
W: www.domcarlos-hotels.com

HOTEL EXCELSIOR
Rua Rodrigues Sampaio, 172
1150-282 LISBOA
Tel. 21 353 71 51
Fax. 21 357 87 79
E: geral@excelior@hotmail.com
W: www.hotel-excelior.pt

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LISBON - OIRAS
Est. Paço de Arcos
2740-243 PORTO SALVO
T. 214 232 040
F. 214 232 041
E: holidayinn.smdir@nsl.pt
W: www.hiexpress-lisbonoiras.com

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R. Prof. Augusto Gomes, 3
2910-123 SETÚBAL
Tel. 265 535 099
Fax. 265 535 118
E: hotelisidro@gmail.com
W: www.maisturismo.pt/Hisidro

HOTEL JORGE V
Rua Mousinho da Silveira, 3
1250-165 LISBOA
Tel. 21 356 25 25
Fax. 21 315 03 19
E: info@hoteljorgev.com
W: www.hoteljorgev.com

HOTEL LISBOA TEJO
Rua dos Condes de Monsanto, 2
1100-159 LISBOA
Tel. 21 886 61 82/7
Fax. 21 886 51 63
E: hotel@lisboa.tejo.reservas@
evidenciagrup.com
W: www.hotellisboatejo.com

HOTEL LONDRES
Av. Fausto de Figueiredo, 17
2765-412 ESTORIL
Tel. 21 464 83 00
Fax. 21 467 26 33
E: portugal@hotellondres.com
W: www.hotellondres.com

HOTEL MARÉ
Rua Mouzinho Albuquerque, 10
2450-901 NAZARÉ
Tel. 262 561 122
Fax. 262 561 750
E: hotel.mare@gmail.com
W: www.marehotel.com

HOTEL MARQUÊS DE SÁ
Avenida Miguel Bombarda, 130
1050-167 LISBOA
T. 21 791 10 14
F. 21 793 69 86
E: reservas.oms@olisippohotels.com
W: www.hotelmarquesdesa.pt

HOTEL MÉTROPOLIS
Rossio, 30
1100-200 LISBOA
Tel. 21 321 90 30
Fax. 21 346 91 66
E: metropole@almeidahotels.com
W: www.almeidahotels.com

HOTEL MIRAPARQUE
Av. Sidónio Pais, 12
1050-214 LISBOA
Tel. 21 352 42 86
Fax. 21 357 89 20
E: hotel@miraparque.com
W: www.miraparque.com

HOTEL NACIONAL
R. Castilho, 34
1250-070 LISBOA
Tel. 21 355 44 33
Fax. 21 356 11 22
E: hotelnacional@mail.telepac.pt
W: www.hotel-nacional.com

HOTEL NOVOTEL LISBOA
Av. José Malhoa, Lote 1642
1099-051 LISBOA
Tel. 21 724 48 00
Fax. 21 724 48 01
E: h0784@accor-hotels.com

HOTEL ROMA
Av. de Roma, 33
1749-074 LISBOA
Tel. 21 793 22 44/29 74
Fax. 21 793 29 81
E: info@hotelroma.pt
W: www.hotelroma.pt

HOTEL TRAVEL PARK LISBOA
Av. Almirante Reis, 64
1150-020 LISBOA
Tel. 21 810 21 00
Fax. 21 810 21 99
E: reservas@hoteltravelpark.com
W: www.hoteltravelpark.com

HOTEL TRYP ORIENTE
Av. D. João II, lote 1.16.02 b
Parque das Nações
1990-083 LISBOA
Tel. 21 893 00 00/10
Fax. 21 893 00 99
E: tryporiente@solmellaportugal.com
E: www.solmella.com

HOTEL ZURIQUE
Rua Vorne Silva, 18
1050-124 LISBOA
Tel. 21 781 40 00
Fax. 21 793 72 90
E: hotelzurique@vip-hotels.com

SANA CLASSIC CAPITOL HOTEL
Rua Eça de Queiroz, 24
1050-096 LISBOA
Tel. 21 353 68 11
Fax. 21 352 61 65
E: sanacapitol@sanahotels.com
W: www.sanahotels.com

SANA CLASSIC REX HOTEL
Rua Castilho, 169
1070-051 LISBOA
Tel. 21 388 21 61
Fax. 21 388 75 81
E: sanarex@sanahotels.com
W: www.sanahotels.com

2* HOTELS

HOTEL CENTRAL
Praça da República, 35
2710-616 SINTRA
Tel. 21 923 09 63
E: hotel.central@clix.pt
W: www.hotelcentral.f25.com

HOTEL D. AFONSO HENRIQUES
Rua Cristóvão Falcão, 8
1900-172 LISBOA
Tel. 21 814 65 74
Fax. 21 812 33 75
E: hafonsohenriques@mail.telepac.pt

HOTEL IBIS LISBOA JOSÉ MALHOA
Av. José Malhoa, Lote H
1070-158 LISBOA
Tel. 21 723 57 00
Fax. 21 723 57 01
E: h1668@accor-hotels.com

HOTEL IBIS LISBOA LIBERDADE
R. Barata Salgueiro, 53
1250-043 LISBOA
Tel. 21 330 06 30
Fax. 21 330 06 31
E: h3137-gm@accor-hotels.com

HOTEL IBIS LISBOA OIRAS
Área de Serviço da AE-AS, Km 9,6
PAÇO DE ARÇOS
2780-019 OIRAS
Tel. 21 421 62 15
Fax. 21 421 70 99
E: h1634@accor-hotels.com
W: www.ibishotel.com

HOTEL IBIS LISBOA SALDANHA
Av. Casal Ribeiro, 23
1000-090 LISBOA
Tel. 21 319 16 90
Fax. 21 319 16 99
E: h2117@accor-hotels.com

HOTEL INTERNACIONAL
R. da Betesga, 3
1100-090 LISBOA
Tel. 213 240 990
Fax. 213 240 999
E: geral@hotel-internacional.com
W: www.hotel-internacional.com

HOTEL MIRAMONTE
Av. do Atlântico, 155
Colares
2705-287 SINTRA
Tel. 21 928 82 00
Fax. 21 929 14 80
E: hotelmiramonte@vip-hotels.com
W: www.vip-hotels.com

HOTEL PRAIA DO SOL
R. dos Pescadores, 12
2825-386 COSTA DA CAPARICA
Tel. 21290012
Fax. 21290254
E: hotelpraiaidosol@vip-hotels.com
W: www.vip-hotels.com

HOTEL SUICO ATLÂNTICO
R. da Glória, 3
1250-114 LISBOA
Tel. 21 346 17 13
Fax. 21 346 90 13
E: hotelsuicoatlantico@grupofbarata.com
W: www.grupofbarata.com

HOTEL VIP
R. Fernão Lopes, 25
1000-132 LISBOA
Tel. 213568600
Fax. 213158773
E: hotelvip@vip-hotels.com
W: www.vip-hotels.com

"POUSADAS", INNS AND SIMILAR ACCOMMODATION

AS JANELAS VERDES
Rua das Janelas Verdes, 47
1200-690 LISBOA
Tel. 21 396 81 43
Fax. 21 396 81 44
E: jverdes@heritage.pt
W: http://www.heritage.pt

ESTALAGEM DO SADO
R. Irene Lisboa, 1/3
1900-023 SETÚBAL
Tel. 265 542 800
Fax. 265542828
E: pedro.costa@estalagemdosado.com
W: www.estalagemdosado.com

ESTALAGEM SENHORA DA GUIA
Estrada do Guincho
2750-642 CASCAIS
T. 214 869 239
F. 214 869 227
E: senhora.da.guia@mail.telepac.pt
W: www.senhoraadaguaia.com

ESTALAGEM VALE MANSO
Martínchel
2200-648 ABRANTES
Tel. 241 840 000
Fax. 241 840 009
E: reservas@estalagemvalemanso.com
W: www.estalagemvalemanso.com

FAROL DESIGN HOTEL
Av. Rei Humberto II de Itália, 7
2750-465 CASCAIS
Tel. 21 482 34 90
Fax. 21 484 14 47
E: faroldh@mail.telepac.pt
W: www.cascais.org

PALÁCIO BELMONTE
Pátio Dom Fradique, 14
1100-624 LISBOA
Tel. 218 816 600
Fax. 218 816 609
E: office@palaciobelmonte.com
W: www.palaciobelmonte.com

POUSADA CONDE DE OUREM
2490 OUREM
Tel. 249 540 920
Fax. 249 542 955
E: recepcao.ourem@pousadas.pt
W: www.pousadas.pt

POUSADA D. MARIA I
2745-191 QUELUZ
Tel. 214 356 158
Fax. 214 356 189
E: recepcao.dmaria@pousadas.pt
W: www.pousadas.pt

POUSADA DE S. FILIPE
2900-300 SETÚBAL
Tel. 265 550 070
Fax. 265 539 240
E: recepcao.sfilipe@pousadas.pt
W: www.pousadas.pt

POUSADA DO CASTELO
2510 OBIDOS
Tel. 262 955 080
Fax. 262 959 148
E: recepcao.castelo@pousadas.pt
W: www.pousadas.pt

POUSADA DO CASTELO DE PALMELA
2950-997 PALMELA
Tel. 212 351 226
Fax. 212 330 440
E: recepcao.palmela@pousadas.pt
W: www.pousadas.pt

POUSADA DO MESTRE AFONSO
DOMINGUES
2440-102 BATALHA
Tel. 244 765 260
Fax. 244 765 247
E: recepcao.mestreafonso@pousadas.pt
W: www.pousadas.pt

SOLAR DO CASTELO
R. das Cozinhas, 2
(ao Castelo)
1100-181 LISBOA
Tel. 21 887 09 09
Fax. 21 887 09 07
E: solar.castelo@heritage.pt
W: www.heritage.pt

VINHA DA QUINTA
R. dos Malmesqueres nº 1-3
Janas
2710-268 SINTRA
Tel. 219 292 247
Fax. 219 280 725
E: vinhadaquinta@iol.pt
W: www.vinhadaquinta.pt

YORK HOUSE
Rua das Janelas Verdes, 32
1200-691 LISBOA
Tel. 21 396 24 35
Fax. 21 397 27 93
E: manager@yorkhouselisboa.com
W: www.yorkhouselisboa.com

APARTMENT HOTELS

HOTEL APARTAMENTO VIP EDEN
LISBOA
Praça dos Restauradores, 24
1250-187 LISBOA
Tel. 21 321 66 00
Fax. 21 321 66 66
E: eden.lisboa@mail.telepac.pt

PESTANA ATLANTIC GARDENS
APARTHOTEL
Av. Manuel Júlio Carvalho e Costa,
115
2754-518 CASCAIS
T. 21 482 59 00
F. 21 482 59 77
E: atlantic.gardens@pestana.com
W: http://www.pestana.com

REAL RESIDÊNCIA
Rua Ramalho Ortigão, 41
1070-228 LISBOA
Tel. 21 382 29 00
Fax. 21 382 29 30
E: info@hotelsreal.com
W: www.hotelsreal.com

SOLPLAY HOTEL DE
APARTAMENTOS
Rua Manuel da Silva Gaio, 2
2795-132 LINDA-A-VELHA
Tel. 21 006 60 00
Fax. 21 006 61 99
E: info@hotel@solplay.pt
W: www.solplay.pt/hotel

TOURISM COMPLEXES

VILA BICUDA
Rua dos Faisões - Recepção
2750-689 CASCAIS
Tel. 21 486 02 00
Fax. 21 486 02 29
E: info@vilabicuda.com
W: www.vilabicuda.com

MANOR HOUSES AND RURAL
TOURISM

CASA DA QUINTA NOVA DA
CONCEIÇÃO - TH
Rua Cidade de Rabat, nº 5
1500-158 LISBOA
Tel. 21 778 00 91
Fax. 21 772 47 65
E: qtnovaconceicao@netcabo.pt

QUINTA DE SANTO ANTÓNIO DE
BOLONHA - TR
Apartado 43
2625 POVOA DE STA IRIA
Tel. 21 939 79 96
Fax. 21 953 03 76
E: qsabtr@hotmail.com
W: www.portugalinsite.pt

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Rua António Pedro, 40
S. Jorge de Arroios
1000-039 LISBOA
Tel. 21 354 91 71
Fax. 21 353 06 37
E: albergaria.chille@mail.telepac.pt
W: www.albergariadochille.com

ALBERGARIA S. LOURENÇO
Estrada Nacional 10/10-5
Porto Alto
2135-115 SAMORA CORREIA
Tel. 263 654 447
Fax. 263 654 694
E: slourenco@mail.telepac.pt
W: www.hotelslourenco.com

ALBERGARIA RESIDENCIAL
INSULANA
R. da Assunção, 52
1100-044 LISBOA
Tel. 21 342 76 25
Fax. 21 342 89 24
E: Insulana@netc.net
W: Insulana.cjb.net

HOSPEDARIA JARDIM DA
AMADORA
Largo Major Humberto da Cruz, 3
2700-545 AMADORA
Tel. 21 494 31 09
Fax. 21 494 79 07
E: jardim-amadora@mail.telepac.pt

PENSÃO CASAL RIBEIRO
Rua Braancamp, 10 R/C Dto.
1250-050 LISBOA
Tel. 21 386 15 44/12 40
Fax. 21 386 00 67

PENSÃO RESIDENCIAL CARAVELA
R. Ferreira Lapa, 38
1150-159 LISBOA
Tel. 21 352 90 11
Fax. 21 357 17 11
E: residencial_caravela@sapo.pt
W: www.caravela.no.sapo.pt

PENSÃO RESIDENCIAL ESTORIL
LISBOA
Av. João XXI, 6-2º
1000-301 LISBOA
Tel. 21 848 56 36
Fax. 21 845 10 66
E: pensao-estoril@netcabo.pt

PENSÃO RESIDENCIAL GERÊS
Calçada do Garcia, 6 - 1º
1150-168 LISBOA
T. 21 881 04 97/8
F. 21 888 20 06
E: info@pensaogeres.com
W: www.pensaogeres.com

PENSÃO RESIDENCIAL LUENA
Rua Pascoal de Melo, Nº 9
1000-230 LISBOA
Tel. 21 355 82 46
Fax. 21 354 34 56
E: rluenta@mail.telepac.pt
W: www.pensaoresidencialluena.pt

PENSÃO RESIDENCIAL PRINCESA
Rua Gomes Freire, 130
1150-180 LISBOA
T: 21 319 30 70/6
F: 21 319 30 79
E: info@residencial-princesa.pt
W: www.residencial-princesa.pt

RESIDENCIAL AMERICANO
R. 1º de Dezembro, 73
1200-358 LISBOA
Tel. 213 474 976
Fax. 213 474 979
E: info@hotellamericano.com
W: www.hotellamericano.com

RESIDENCIAL ASTORIA
Rua Braancamp, 10
1250-050 LISBOA
Tel. 21 386 13 17
Fax. 21 386 04 91
E: hotellisboaastoria@
evidenciagrup.com
W: www.evidenciahotels.com

RESIDENCIAL AVENIDA PARQUE
Av. Sidónio Pais, 6
1050-214 LISBOA
Tel. 213 53 181
Fax. 213 532 185
E: info@avenidapark.com
W: www.avenidapark.com

RESIDENCIAL BORGES
R. Garret, 108
1200-205 LISBOA
Tel. 213 461 951
Fax. 213 426 617
E: info@hotelborges.com
W: www.hotelborges.com

RESIDENCIAL D. SANCHO I
Av. da Liberdade, 202
1250-147 LISBOA
Tel. 21 351 31 60
Fax. 21 354 80 42
E: dsancho@iol.pt
W: www.domsancho.com

RESIDENCIAL DELTA
R. Ilha do Pico, 3
1000-169 LISBOA
T. 21 352 13 00 / 21 355 85 86
F. 21 355 78 91
E: residencial.delta@mail.telepac.pt

RESIDENCIAL DOM JOÃO
Rua José Estevão, 43
1150-200 LISBOA
Tel. 21 314 41 71/44 24
Fax. 21 352 45 69

RESIDENCIAL DUAS NAÇÕES
R. da Vitoria, 41
1100-618 LISBOA
Tel. 213 460 710
Fax. 213 470 618
E: info@duasnacoes.com
W: www.duasnacoes.com

RESIDENCIAL HORIZONTE
Av. António Augusto de Aguiar, 42
1050-017 LISBOA
Tel. 21 353 95 26
Fax. 21 353 84 74
E: residhorizonte@netcabo.pt
W: www.hotelhorizonte.com

RESIDENCIAL ITÁLIA
Av. Visconde Valmor, 67
1050-229 LISBOA
Tel. 21 761 14 90
Fax. 21 761 14 99
E: reservas@residencial-italia.com
W: www.residencial-italia.com

RESIDENCIAL JOÃO XXI
R. Gomes Freire, 179
1150-177 LISBOA
T. 213 155 018
F. 213 533 580
E: admin@residencialjoaoxxi.com
W: www.residencialjoaoxxi.com

RESIDENCIAL LAR DO AREIRO
Praça Dr. Francisco Sá Carneiro, 4
1000-159 LISBOA
Tel. 21 849 31 50
Fax. 21 840 63 21

RESIDENCIAL MAR DOS AÇORES
R. Bernardim Ribeiro, 14
1150-071 LISBOA
T. 213 577 085
F. 213 530 638
E: nori@netcabo.pt

SOLAR DOS MOUROS
Rua do Milagre de Sto. António, 6
1100-351 LISBOA
Tel. 218 854 940
Fax. 218 854 945
E: reservation@solarosmouros.pt
W: www.solarosmouros.pt

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1400-061 LISBOA
Tel. 21 762 31 00
Fax. 21 762 31 05



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Turismo de Lisboa
Rua do Arsenal, nº15
1100-038 Lisboa
T: (351) 21 031 27 00
F: (351) 21 031 28 99
E: atl@atl-turismolisboa.pt
www.visitlisboa.com
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