

2nd

LISBON eHEALTH SUMMER WEEK



CCB
Centro
Cultural
Belém

JUNE

18 22



In the short notes below you can find some suggestions, that can smooth your travel and also help you make the most out of your Lisbon experience.

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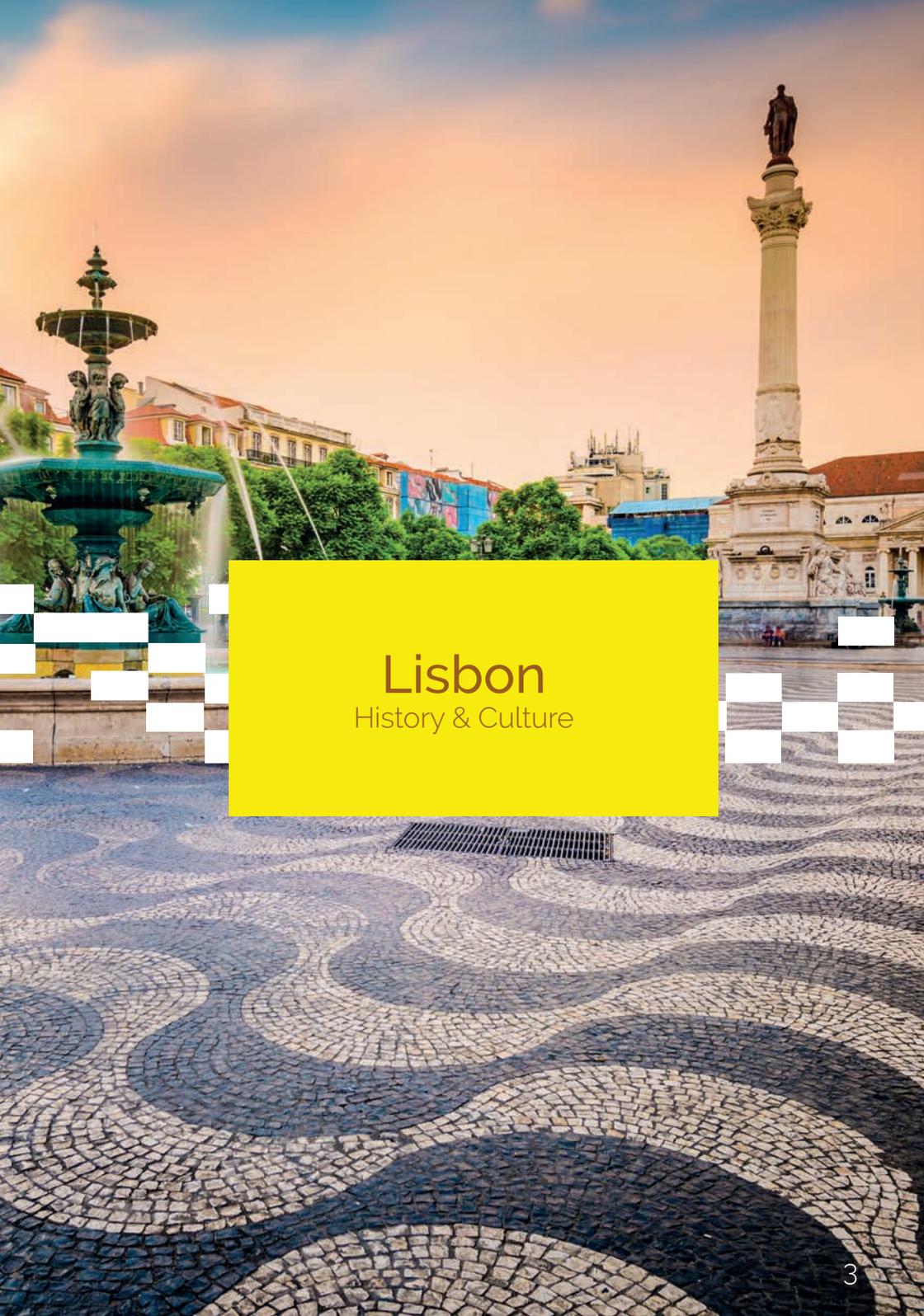
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Lisbon

History & Culture



Lisbon

History & Culture



Lisbon is the capital and largest city of Portugal, located in the estuary of the Tagus River (or in Portuguese, rio Tejo). The city has almost 550 000 inhabitants, but in the metropolitan area you have 2,6 million people.

In 1147, D. Afonso Henriques and the army of Crusades managed to win the city from the Mouros. The king of Portugal ordered the construction of the Castle of São Jorge.

In the 15th century, Portugal ventured into the discoveries, giving beginning to the Renaissance. It was from the river Tagus that the Armies that would come to discover the world, making Portugal the richest country in Europe. Some monuments had been constructed to eternalize the Portuguese Discoveries, being the Torre de Belém (Tower of Belém) and Mosteiro de Jerónimos (Monastery of Jerónimos) the most emblematic ones.

With the 1755 earthquake, the City of Lisbon was almost totally destroyed. Marquês de Pombal, the Prime-Minister of King D. José, reconstructed the city. The buildings and squares of downtown Lisbon still prevail, being one of Lisbon's tourist attractions, such as Terreiro do Paço.





Although the 1755 earthquake destroyed most of the city, some of Lisbon's traditional districts survived. In the area surrounding the Castle of São Jorge, you can find Alfama, the ancient mourish quarter with its narrow and labyrinth-like side streets. Also Bairro Alto, a typically Portuguese quarter, where Fado still echoes in the little taverns.

Besides typical and enchanted streets and quarters full of history, Lisbon also differentiates itself for its modern and bold architecture. Expo '98 revolutionized Parque das Nações, linking Lisbon to the future. It enabled a new and clean area which probably turned out to be the most ambitious national project of urban development of the century.



Lisbon

History & Culture

Music

Lisbon's traditional music is Fado, a nostalgic song accompanied by the Portuguese guitar. Fado is a Portuguese musical style, generally sung by only one person (fadista) and accompanied by the Portuguese guitar. The song's themes are related to destiny, nostalgia, jealousy or the small stories of the daily life in the typical districts. The word Fado comes of Latin *fatum*, which means, "destiny".



Picture: LisbonGreenTour

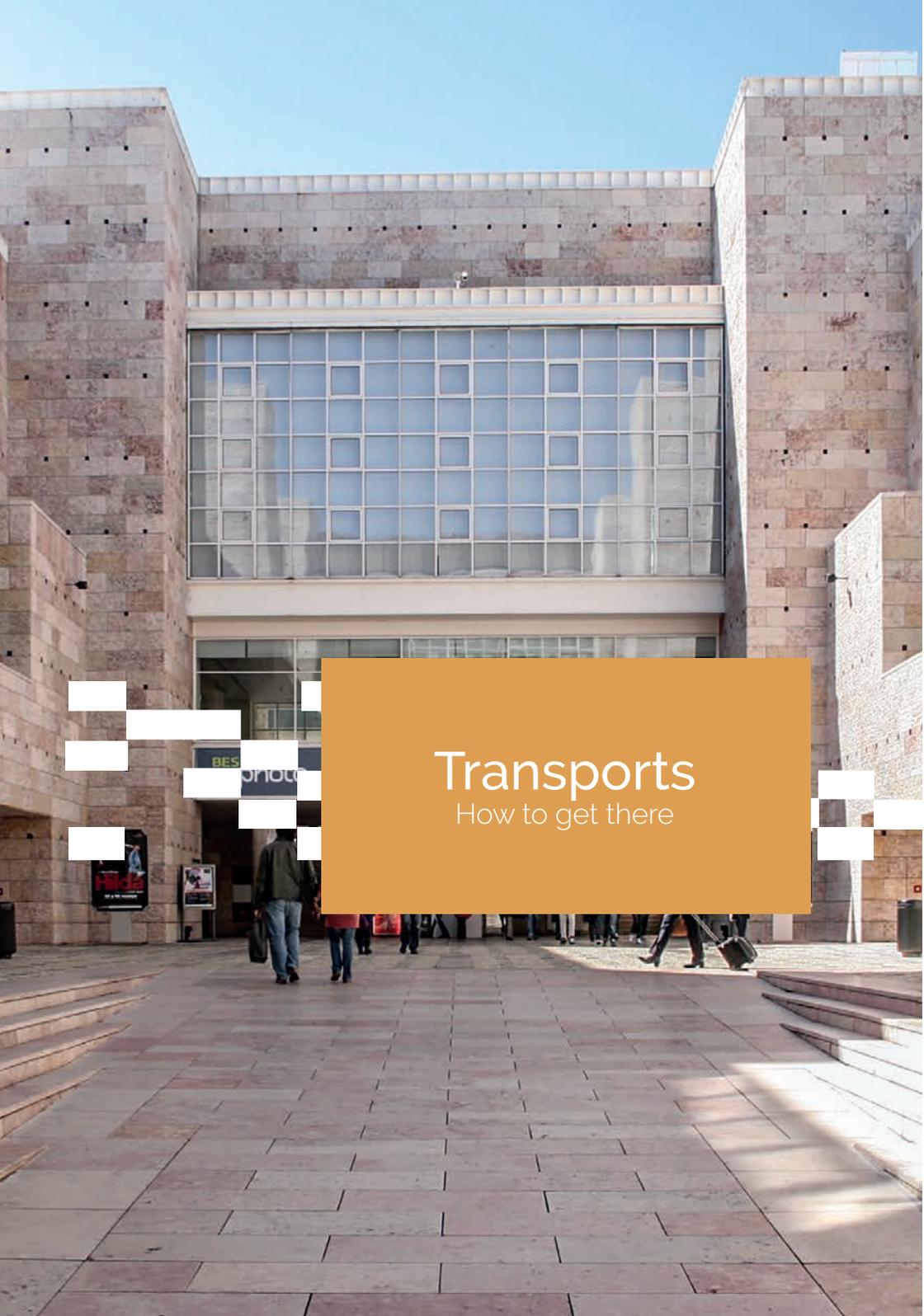
Public areas and museums

Lisbon has a vast number of libraries (National Library) and museums, being relevant to mention the following:

- National Museum of Ancient Art
- National Coach Museum
- Berardo Museum - CCB
- Chiado Museum
- Electricity Museum
- Orient Museum
- Tile Museum
- Fado Museum



Picture: Wikipédia | Ronn



Transports

How to get there

Transports

How to get there

VENUE

CCB- Centro Cultural de Belém

<https://www.ccb.pt/Default/pt/Inicio>

Address: Praça do Império, 1449-003
Lisboa

Route: Airport - Centro Cultural Belém (CCB)

Underground

With this option, you must exchange lines and take the Tram in the following order:

1st | Red line

Station: Aeroporto (nine stops from Airport) > Alameda

Direction: São Sebastião

2nd | Green line

Station: Alameda > Cais do Sodré

Direction: Cais do Sodré

Underground info: <http://www.metrolisboa.pt/en/>

3rd | Tram 15E- Station: Cais do Sodré > Centro Cultural Belém

Direction: Algés (Jardim)

Tram info: <http://www.carris.pt/pt/electrico/15E/ascendente/>

Bus

To catch the bus, you have to take the underground first.

1st | Underground Red line

Station: Aeroporto > Oriente

Direction: São Sebastião

2nd | Bus 728

Station: Oriente > Mosteiro dos Jerónimos - Centro Cultural

Direction: Restelo

Bus info: <http://www.carris.pt/pt/autocarro/728/descendente/>
<http://www.carris.pt/pt/autocarro/728/ascendente/>

Taxi

App MyTaxi - <https://pt.mytaxi.com/index.html>

App Store: <https://itunes.apple.com/app/id357852748?mt=8>

Play Store: <https://play.google.com/store/apps/details?id=taxi.android.client>

Táxis Lisboa - <https://taxislisboa.com/>

Contacts: 21 811 9000 / 96 953 1660 / 91 978 1000 / 93 811 9002

Uber

App Store: <https://itunes.apple.com/pt/app/uber/id368677368?mt=8>

Play Store: https://play.google.com/store/apps/details?id=com.ubercab&hl=pt_PT

Cabify

App Store: <https://itunes.apple.com/us/app/cabify-enjoy-the-ride/id476087442?mt=8>

Play Store: https://play.google.com/store/apps/details?id=com.cabify.rider&hl=pt_PT

Tours

Yellow Bus Tours

www.yellowbustours.com/en/cities/lisbon/tours/

Tuk-Tuk

www.tuk-tuk-lisboa.pt

Segways, Buggies and Bicycle

www.redtours.com/home.php

Go Car

www.gocartours.com

Hippotrip

www.hippotrip.com/en

Lisbon Walker

www.lisbonwalker.com



Promotional Videos

Lisbon Promotional Video

www.youtube.com/watch?v=R2c6r5aiMuU

Electrico 28

www.youtube.com/watch?v=BqpTU0vwP7o

Spot Lisboa

www.youtube.com/watch?v=Mx-d6mOYjhE

Bus

Carris/Bus

On-board fare - bus 1,80€

On-board fare - tram 2,85€

Bica, Glória and Lavra Funiculars
(up to journeys) 3,60€

Sta. Justa Lift (up to 2 journeys) 5€

Palace of Pena



Luz Stadium



IC 19

2ª Circular

Marquês de Pombal

< Sintra - 10 kms
< Cascais - 15 kms

Monsanto

A5

CCB
Centro Cultural
de Belém



Jerónimos
Monastery



Monument to
the Discoveries



Belem Tower



Bay of Cascais



TEJO RIVER

25th of April Bridge



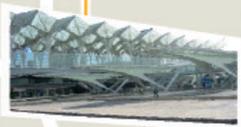
Vasco da Gama Bridge



Lisbon airport



Lisbon Orient Station



MEO Arena Sala Tejo



Bullring Campo Pequeno



Oceanarium



Santa Apolonia Train Station



São Jorge Castle



Bairro Alto



Baixa Chiado



Terreiro do Paço



Cais do Sodré

Cristo Rei



Tejo River

Transports

Other Information



Subway



Blue line

Reboleira - Santa Apolónia



Yellow line

Odivelas - Rato



Green line

Telheiras - Cais do Sodré



Red line

São Sebastião - Aeroporto



Non-Frequent tickets

Carris/Metro singles ticket 1,40€

Valid for one journey in the Carris/Metro whole network, during 1 hour after the first validation

1 day ticket Carris/Metro network (24h) 6€

Valid in the Carris/Metro whole network for 24 hours after the first validation

Viva viagem card

The Viva viagem card is an electronic card that is validated by approaching the card to the contactless validators; it is reloadable and specially designed for non-frequent customers.



Accommodation

Accommodation

Below you can find Hotels per area, for your convenience.

4 Stars Hotels

Belém | Jerónimos | Alcântara

Altis Belém: <http://www.altishotels.com/PT/HotelAltisBelem/Hotel-Design-Lisboa/>

Vila Galé Opera: <https://www.vilagale.com/br/hoteis/costa-de-lisboa/vila-gale-opera>

Avenida da Liberdade

Inspira Santa Marta Hotel: <http://www.inspirahotels.com/en/boutique-hotel-in-lisbon>

Baixa-Chiado

Boutique Hotel Lisbon- Internacional Design Hotel: <http://www.idesignhotel.com/>

Lisboa Prata Boutique Hotel: <http://www.lpboutiquehotel.com/lisboa-prata>

Lisboa Carmo Hotel: <http://www.lisboacarmohotel.com/pt/>

Hotel Chiado: <http://www.hoteldochiado.pt/hotel-overview.html#ViEOXvIViko>

Mercy Hotel: <http://www.mercyhotel.com/hotel-overview.html>

Hotel Lis Baixa: <http://www.hotellis.pt/>

Hotel Portugal: <http://www.hotelportugal.com/hotel-overview.html>

Hotel Mundial: <http://www.hotel-mundial.pt/>

Marquês de Pombal

Hotel Fénix Lisboa: <http://www.hfhotels.com/hf-fenix-lisboa>

Hotel Expo Astória: <http://www.evidenciaastoria.com/>

Sana Capitol Hotel: <http://www.capitol.sanahotels.com/>

very beautiful view from the river as you pass on a boat.

Accommodation

3 Stars Hotels

Belém | Jerónimos | Alcântara

Jerónimos 8 | Alexandre Almeida Hotels: <https://www.almeidahotels.pt/pt/lisboa-hotel>

Holiday Inn Express Lisboa Alfragide: <http://www.hielisboaalfragide.pt/>

IBIS Lisboa Alfragide: <http://www.ibis.com/pt/hotel-5270-ibis-lisboa-alfragide/index.shtml>

Avenida da Liberdade

Lisboa Central Park: <http://www.lcpark.com/>

Dom Carlos Park Hote: <http://www.domcarloshoteis.com/domcarloshoteis/Hoteis-Dom-Carlos>

Hotel Embaixador: <http://www.embaixadorhotel.com/>

Hotel Nacional: <http://www.hotel-nacional.com/pt/>

Baixa-Chiado

Brown's Downtown: <http://www.brownsdowntown.com/>

Hotel Métropole Lisbon: <http://www.metropole-lisbon.com/>

Rossio Garden Hotel: <http://www.rossiogardenhotel.com/>

Hotel Lisboa Tejo: <http://www.lisboatejohotel.com/>

Turim Hotel Suisso Atlântico: http://turim-hotels.com/hotels/lisboa/turim_suisso_atlantico_hotel

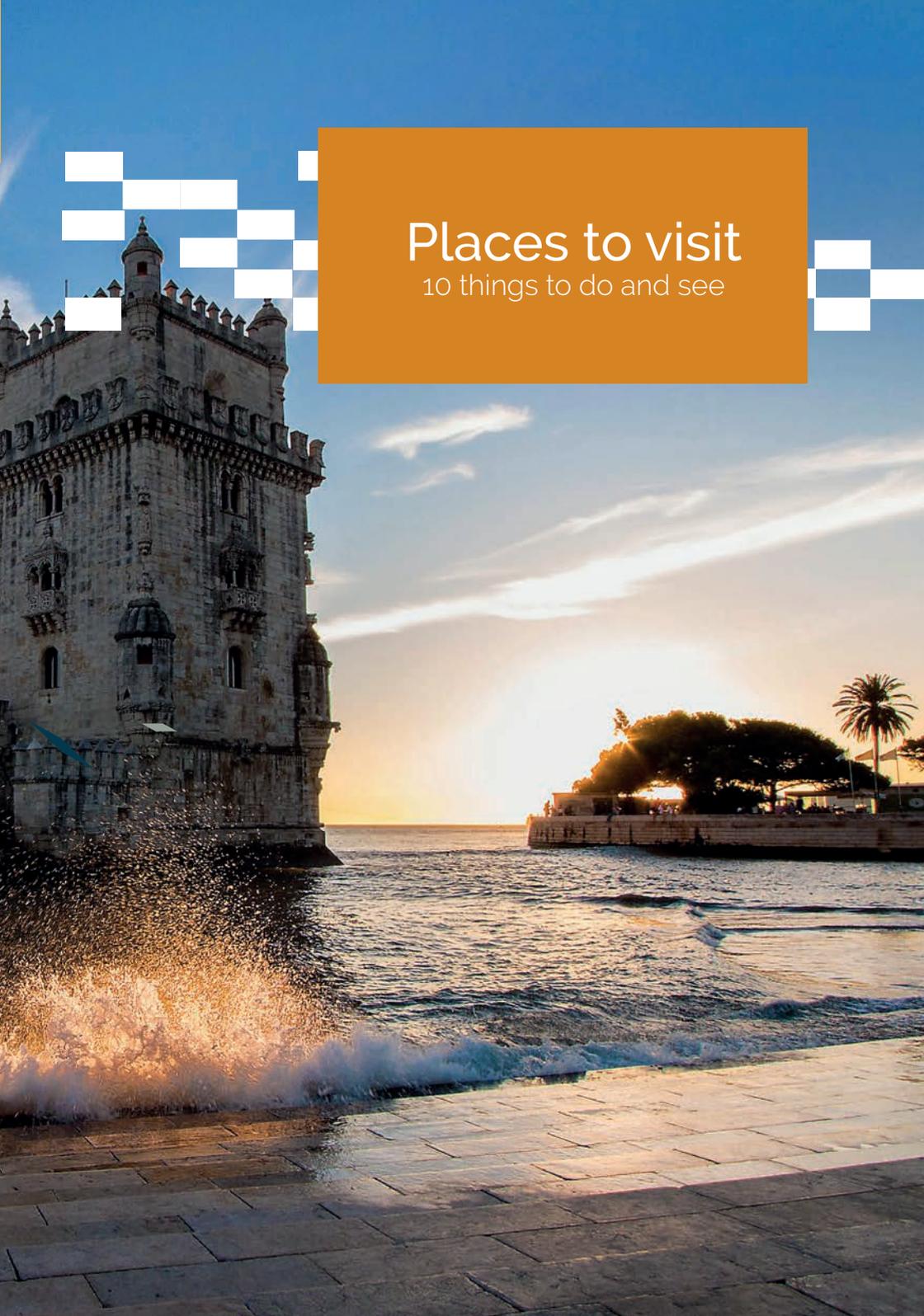
Hotel Gat Rossio: <http://hotelgatrossio.com/>

Marquês de Pombal

Hotel Fénix Garden: <http://www.hfhotels.com/hf-fenix-garden>

Hotel Expo Astória: <http://www.evidenciaastoria.com/>

Sana Capitol Hotel: <http://www.capitol.sanahotels.com/>



Places to visit

10 things to do and see

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10 things to do and see

1. Climb to the Castle of São Jorge and stroll through Alfama

Anyone coming to Lisbon and not going to the Castle of São Jorge will have surely missed an unforgettable moment. It is the highest point in the city, set amongst the most typical of neighborhoods. A unique opportunity to feel and understand the city's relationship with the river Tagus.



Picture: Wikipédia | Stefan Didam

2. Listen to Fado

Whether or not you like the style of music, dinner by candlelight listening to fado in Lisbon is a must. Consider yourself lucky and do stop if you hear it sung while strolling through some street in Alfama, Mouraria or Madragoa. This style is the so-called fado vadio, or amateur, sung when someone gets the urge to sing, with the guitars simply joining in.



Picture: Wikipédia | Bryan Ledgard

3. Terreiro do Paço

The largest square in Lisbon and also one of the most iconic symbols of the city that was rebuilt after the great earthquake of 1755. Currently, it mostly offers a very pleasant walk along the river in the late afternoon. It is also a very beautiful view from the river as you pass on a boat.



Picture: Wikipédia | Husond

Places to visit

10 things to do and see

4. Go up the Santa Justa elevator

You cannot miss this fantastic monument in the city center. It offers enviable views over this old part of Lisbon, and it is a privilege to travel in this elevator designed by Ponsard, a disciple of the great master of iron works, Gustave Eiffel, more than a hundred years ago.



Picture: Wikipédia | Concierge.2C

5. Take a tram ride

The tram is a common mean of transport for "Lisboetas", but also one of the best ways to travel through the historic neighborhoods. It looks good on any photo, and the sound of the trams running on their rails is one of the most characteristic of the city. The no. 28 is the best known, but there are others.



Picture: Wikipédia | MGA73bot2

6. Jerónimos Monastery and Belém Tower

Lisbon has two unique monuments which are World Heritage Sites. They are two jewels of the Gothic Manueline style very unique and magnificent. Apart from the vaults carved in stone that are a remarkable piece of engineering, the wealth of decorative elements linked to maritime aspects and the voyages of the Navigators is fascinating.



Picture: Wikipédia | Fulviusbas

Places to visit

10 things to do and see

7 Taste 'a pastel de Belém

This is a highlight of Portuguese cuisine and its recipe is a closely guarded secret that makes them unique. Not to be missed! A sweet pastry that “Lisboetas” like to eat along their coffee.



Picture: Flickr | Meg Zimbeck

8 Oceanarium ,in the Parque das Nações

The Parque das Nações is a success story in the revitalization of an industrial area, with a privileged location on the river. It is worth visiting the Oceanarium, one of the largest in Europe, where you can appreciate the flora and fauna of the various oceans of our planet.



Picture: Wikipédia | TM

9 National Tile Museum 'and the Coach Museum

These two museums are unequalled anywhere in the world. One tells the story of its usage on the 16th century buildings' walls till nowadays. The other has an unrivalled collection of carriages, with fine examples from the 18th century, exuberantly decorated with paintings and gild work.



Picture: Flickr | Uploadbot

10 Dine ,at Bairro Alto

Lisbon is also known for its very lively and busy nightlife. After an afternoon shopping in the elegant Chiado district, there's nothing like a late afternoon at one of the viewpoints of Santa Catarina or São Pedro de Alcântara, then staying for dinner in the Bairro Alto. It's the place to be for those who enjoy a night out having fun.



Picture: Wikipédia | TM

Other Cities

Sintra (Distance: 30 km from Lisbon)

The enchanting town of Sintra is all about scenic splendor; the realm of romance where majestic fairytale-like palaces, the grandiose castle, regal estates and charming red-tiled houses stand amidst a landscape of luxuriant forests and hilltops.

Characterized by its unique mystique and peacefulness, the province of Sintra offers scenery of striking beauty with its rocky mountain range, lush greenery and amazing beaches. The Sintra's sleepy mountain range is also home to an extensive natural park that stretches out to Cascais wave-lapped coast.

Places to see: Palácio da Pena; Quinta da Regaleira; Palácio Nacional de Sintra; Palácio de Monserrate; Palácio Real de Queluz; Castelo dos Mouros.



Picture 1: Wikipédia I Maragato
Picture 2: Flickr I F Mira

Cascais (Distance: 35 km from Lisbon)

Renowned for its glorious stretch of white, sandy beach, myriad of shopping opportunities and cosmopolitan vibrancy, the former fishing village of Cascais has reinvented itself into a refined seaside resort and one of Lisbon's most sophisticated destinations. Snuggled between the sun-dappled shores of the Cascais bay and Sintra's dramatic mountain range, this stylish coastal town is situated just a few miles from the mouth of the Tagus estuary and captures the attention of visitors year-round with its delightful maritime feel and contemporary charm.

Places to see: Baía de Cascais; Parque Natural Sintra-Cascais (Sintra-Cascais Natural Park); Boca do Inferno ('Hell's Mouth'Grotto); Casino Estoril (Estoril Casino); Praia do Tamariz (Tamariz Beach).



Picture 1 and 2: All-free-photos



Gastronomy

Food & Restaurants

Gastronomy

Food & Restaurants

Lisbon's gastronomy takes a lot of its influence from the proximity of the sea. Pataniscas (cod cookies), peixinhos da horta (fried cookies of green beans, not of fish) are typically Lisbon specialties and and if we're talking about pastries, the renowned Belém custard pies are worth a try. Regarding seafood, the specialties are mussels, cockle, lobsters and langoustines amongst others. The variety and flavour of the shellfishes that are served in Lisbon is quite impressive. The meat is cooked in the most diverse ways. The most delicious and most common steaks are *à la Marraré*, *à la Café*, *à la Cortador* and in the clay fry pan with an egg on top. Soups are usually made of vegetables or also with fish, shellfish or sausages. From October and during the entire winter-season, there are plenty of ambulant salesmen selling chestnuts baked in the street.

Restaurants

Restaurants are recognized for their illustrious history and memories, exceptional views of the city, historic or old district location, and gastronomic quality.

Almost all of them are traditional Portuguese cuisine restaurants, an unforgettable experience when visiting the city.

Suggestions



Antiga Casa Faz Frio Portuguese cuisine

Adress: Rua Dom Pedro V, n. 96, 1250 Lisboa



Bica do Sapato Fusion cuisine

Adress: Avenida Infante D. Henrique, Armazém B, Cais da Pedra a Sta Apolónia, 1950-376 Lisboa



Café Nicola Portuguese cuisine

Adress: Praça D. Pedro IV, 24/25, 1100-200 Lisboa

Gastronomy

Food & Restaurants



Casa da Comida Stories Fusion cuisine

Adress: Travessa das Amoreiras, 1, 1250-025 Lisboa



Casa do Alentejo Portuguese cuisine

Adress: Rua das Portas de Santo Antão, 58, Rossio 1150 Lisboa



Casa do Leão Portuguese cuisine

Adress: Castelo de São Jorge, 1100-129 Lisboa



Cervejaria Portugália Portuguese cuisine

Adress: Rua da Cintura do Porto de Lisboa, 1200-109 Lisboa



Cervejaria Trindade Portuguese cuisine

Adress: Rua Nova da Trindade 20 C, 2715-311 Lisboa



Estrela da Sé Portuguese cuisine

Adress: Largo Santo António da Sé, 4, 1100 Lisboa



Faz Figura Portuguese cuisine

Adress: Rua do Paraíso 15B, 1100-395 Lisboa



Gambrinus Portuguese cuisine

Adress: Rua das Portas de Santo Antão 23, 1150-264 Lisboa



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Food & Restaurants

João do Grão Portuguese cuisine

Adress: Rua dos Correiros 222, 1100 Lisboa



Laurentina Portuguese cuisine

Adress: Avenida Conde Valbom 71A, 1050-067 Lisboa



Martinho da Arcada Portuguese cuisine

Adress: Praça do Comércio 3, 1100-148 Lisboa



Papaçorda Portuguese cuisine

Adress: Rua da Atalaia 57, 1200-037 Lisboa



Solar dos Presuntos Portuguese cuisine

Adress: Rua Portas de Santo Antão 150, 1150-269 Lisboa



Tavares Portuguese cuisine

Adress: Rua da Misericórdia 37 R/C, 1200-270 Lisboa



Restaurant 31 da Armada Portuguese cuisine

Adress: Largo da Armada 31, 1250-000 Lisboa



Varanda de Lisboa Portuguese cuisine

Adress: Rua Rodrigo da Fonseca 88, 1099-039 Lisboa





2nd

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