

TRAVEL GUIDE

LISBON

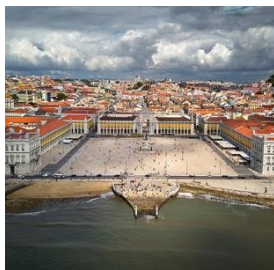


LISBON TRAVEL GUIDE

by DANIELROWLAND

Old town of Lisbon

Lisbon's "Old town" has several neighbourhoods like Barrio Alto, Chiado, Baixa and Alfama. Come with me and discover it's sights on foot or on the lovely old Tram 28.



1. Praça do Comércio / Commerce Square

The Commerce Square is and was Lisbon's main square, where the Royal Palace stood for over two centuries until 1755, when its was destroyed by the Great Earthquake, firestorm and tsunami.

At the time, Marquis of Pombal the Minister of Foreign Affairs and later Prime Minister started to rebuild Lisbon and in honour of the ruling king, Jose I a statue of him was erected in the center of the square.

The palace was also rebuilt, and now yellow-coloured buildings surround the square on 3 sides and the Tagus River on one side. In the old days commercial ships would dock here and unload their goods that Portuguese took during they voyages, like Gold, Silver, Spice, Silk, Cacao, Coffee.



2. Rua Augusta Arch

The square is surrounded by yellow-coloured buildings on the 3 other sides, and the Rua Augusta Arch is the "door" to Lisbon.

Climb to the top of one of this iconic monument and enjoy the amazing 360° views of Lisbon and its beautiful harbor from the top!



3. Sé de Lisboa / Lisbon Cathedral

Lisbon Cathedral or better known as Sé de Lisboa is the oldest church in the city because it survived many natural disasters. It was built by Portugal's first king, Afonso I on the site of an old mosque, when Lisbon was recaptured from the Moors.



4. Castelo de São Jorge / St. George's Castle

An other reminder of the Moorish times is the St. George's Castle, which was built on the highest hill in Lisbon. It was a wedding gift to Afonso's English wife, hence it's got its name from the patron Saint of England. The old fort was transformed into a royal residence and the castle was the setting where king King Manuel I received Vasco da Gama after his voyage to India.

Website: <https://castelodesaojorge.pt/>



5. Miradouro de Santa Luzia / Santa Luzia Viewpoint

This is one of Lisbon's most beautiful miradouros and most romantic spot. The pergola provides shade to tourists who sit next to the beautiful garden and pond.



6. Miradouro da Graça / Graça Viewpoint

This viewpoint and terrace offer a panoramic view of the castle and central Lisbon on the line of the tram 28.



7. Elevador de Santa Justa / Santa Justa elevator

This strange metal building is actually an elevator which connects two neighbouring districts.

There is also a rooftop café with sweeping views of the city.



8. Ruínas do Carmo / Carmo Convent

If you get to the Carmo Square you will find the ruins of Carmo Convent which is also a reminder of the earthquake. Unfortunate coincidence, that the earthquake happened on November 1st, which is All Saints' Day in the Catholic Church.

Website: <https://www.museuarqueologicodocarmo.pt/>



9. Rua Nova do Carvalho / Pink street

Lisbon was an important port city, which means lots of sailors would come into the city to gamble, drink and have fun. Shady bars and brothels opened in the tiny alley and transformed this area into Lisbon's former Red Light District.

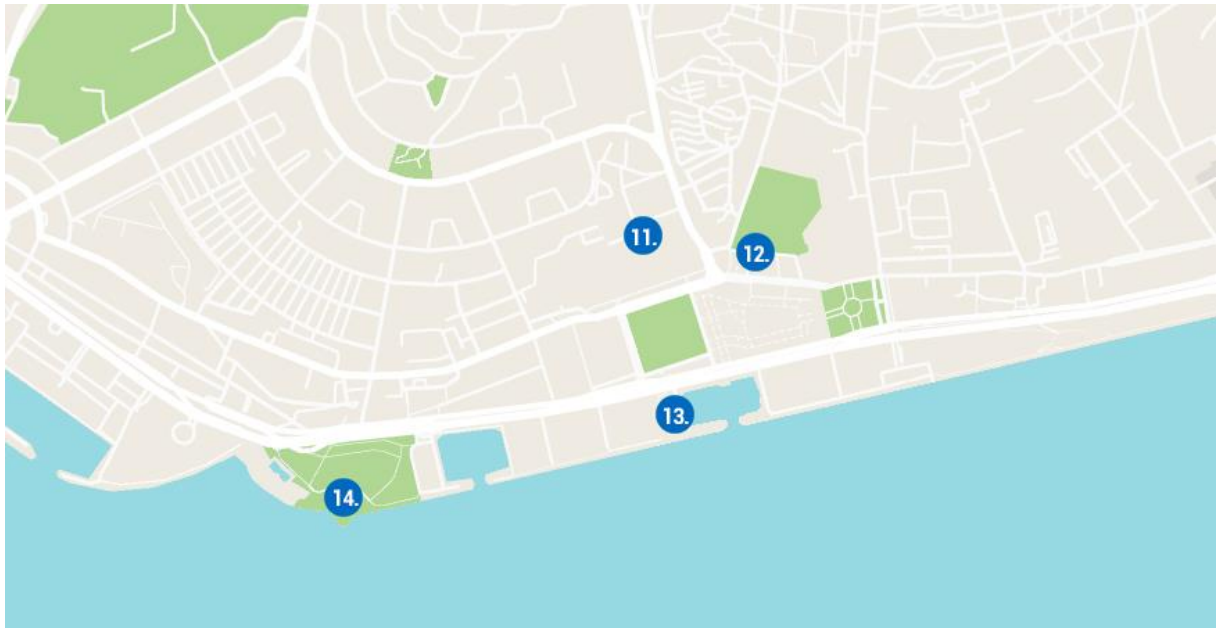


10. Time Out Market Lisbon

And if you are hungry head to the Time Out Market which is not just a fresh produce market but also a food court. There are more than 30 restaurants and bars, some overseen by Michelin-starred Portuguese chefs. Here, you'll find basically every cuisine you could wish for from traditional Portuguese seafood, to pizza, or sushi.

Belém district

Originally Belém was the location of Lisbon's shipyards and docks. This is where the Portugal sailors started their world discoveries. Follow their footsteps!



11. Mosteiro dos Jerónimos / Jerónimos Monastery

The Jeronimos Monastery is the most impressive symbol of Portugal's power and wealth during the Age of Discovery.

The building was designed by the Portuguese architect to commemorate the return of Vasco da Gama from India. According to the story Vasco da Gama and his crew spent their last night here before their trip. And you will find his tomb inside the Church of Santa Maria.



12. Pastéis de Belém

This shop close by is the center of the famous traditional Portuguese custard tart, the Pastel de Belém or Also known as Pastel de nata. After the Liberal Revolution of 1820, many convents and monasteries were closed down. The monks of Jerónimos Monastery started to sell their pastries at a nearby sugar refinery for some extra money. Unfortunately, the monastery was shut down and the 'secret' recipe was sold to that sugar refinery who opened their own pastry shop.

Website: <https://pasteisdebelem.pt/en/>



13. Padrão dos Descobrimentos / Discoveries Monument

This is the Discoveries Monument, which represents a ship featuring more than 30 statues of historical figures who played a big part in Portugal's Age of Discoveries. Portuguese sailors discovered large parts of the world, years before the rest of Europe. Like Brazil, Australia and several countries and islands in Asia. Vasco de Gama was the first European to sail around the southern tip of Africa all the way to India by sea.



14. Torre de Belém / Belém Tower

Lisbon became a worldwide center of commerce thanks to the Discoveries. And in order to protect the city several fortresses were built. The Belem tower has five floors which lead to a roof terrace. It was used as prison and lighthouse and now this UNESCO World Heritage sight is the symbol of Lisbon.

On the western side of the Tower of Belém, you'll find a special gargoyle. It is shaped like a rhinoceros. Interestingly, the first rhino to set foot in Portugal was in 1513 from India.

PLACES TO STAY IN LISBON

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The 7 Hotel



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FOOD GUIDE

After a long day dine at amazing restaurants and try the original flavours and dishes of Portugal. I am sure you won't be hungry in Lisbon, especially if you know what to eat. And also taste the Portugal wines, from which many are made of grape varieties that do not grow anywhere else in the world.

Sardines



Pastel de Nata



Bifanas (pork sandwiches)



Francesinha (smoked meats and cheese sandwich)



Bacalhau



Ginjinha



DAY TRIPS FROM LISBON

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Sail in the sunset



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Hey! I am Daniel Rowland!

I don't consider myself a real adrenaline junkie, but I love to travel and keep looking for adventures. You can follow my journey around the world on social media!

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