

WHY SHOULD I GO TO LISBON



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THE CITY YOU DEFINITELY NEED TO
VISIT BEFORE YOU TURN 30 (OR 130)





THIS IS WHY!

If you're looking for a city that's buzzing with energy but also knows how to chill, Lisbon is calling your name. The mix of history, culture, gastronomy, sunshine, and good vibes is hard to beat.

You can spend hours walking up and down the seven hills. Yes, it involves a lot of climbing, but it's worth every second. Every corner has a story to tell, and each area has something cool: colourful buildings, tiled walls, vibrant cafés, iconic trams, and views that make you stop and stare. This city feels alive, but it doesn't get too crowded if you know where to go. Lisbon is fun without being overwhelming.

Lisbon is also more affordable than most European capitals. You can enjoy all the tasty local dishes, explore until your feet hurt, and still have money left for a rooftop cocktail or a sunset cruise on the River Tagus.

Lisbon is perfect for both a short break and a full week. There's something for every type of trip, whether you're travelling solo, with friend(s), or your family. Beaches? Only thirty minutes away. Castles and palaces? Hop on a quick train to Sintra. Or just enjoy the sun, good food, great company, and some music. It's the kind of place where every day feels like a little adventure, but without the stress.

Lisbon is beautiful, real, and never boring. This city isn't trying to impress – it just is. So, if you're planning your next escape, make it this one. Just pack a bag and go!

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NEIGHBOURHOODS

Lisbon is divided into twenty-four *freguesias* or districts. They cover even more *bairros* or neighbourhoods. These are our favourites:

Baixa

Downtown Lisbon. Big squares, classic cafés, and grand 18th-century buildings lining the streets. Home to Rua Augusta, numerous shops, and street performers. Yes, it's touristy, but also beautiful and the perfect place to start.

Chiado

Lisbon's artsy and elegant heart: classy with a touch of flair. Full of bookshops, theatres, and stylish cafés.

Alfama

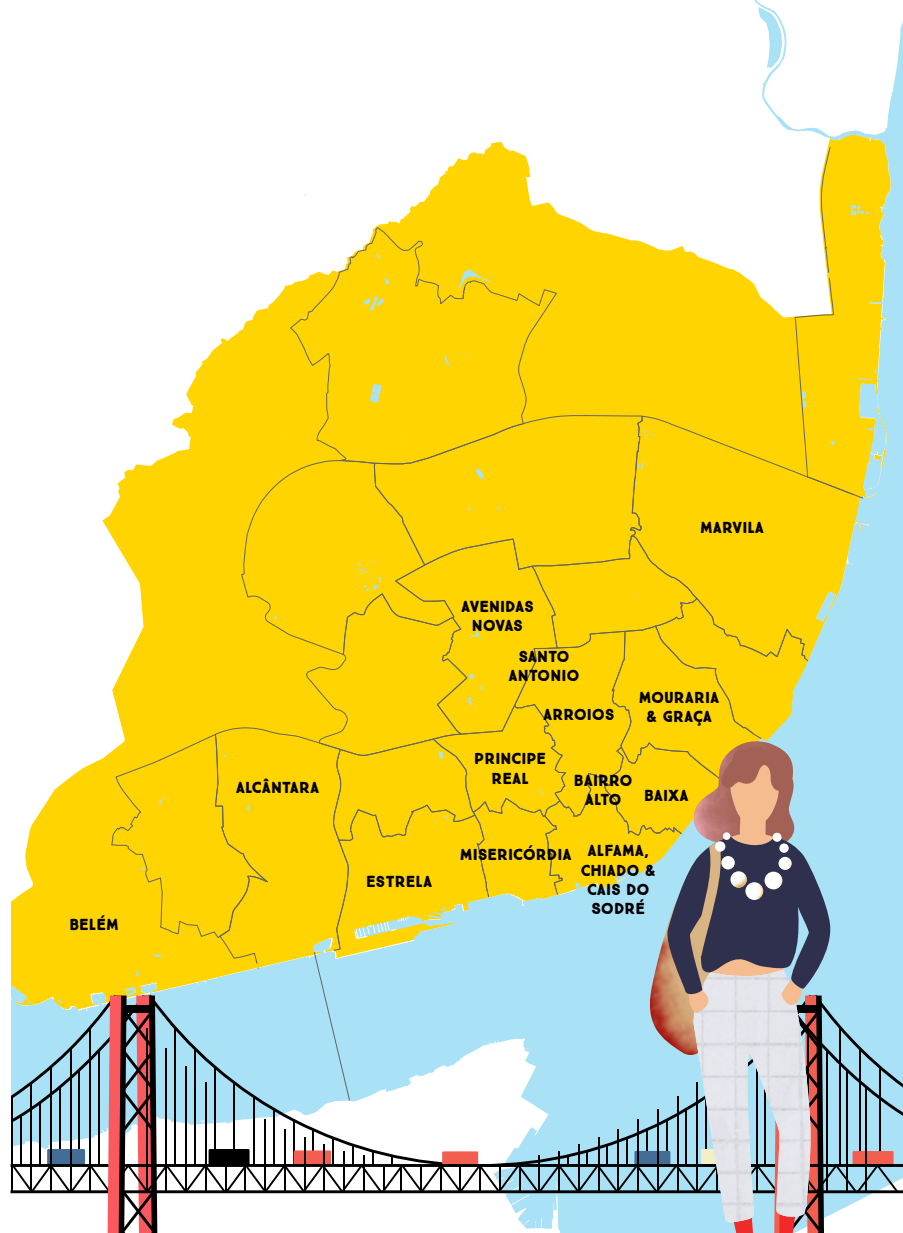
The heart and soul of historic Lisbon. Narrow streets with hidden staircases and drying laundry. It is also the home of Fado music – soulful, emotional, and full of history. Watch the sunset from a *miradouro* (viewpoint) and get lost in this maze.

Graça

Sitting on one of Lisbon's highest hills, Graça has some of the best views in the city. More local and low-key, with cool cafés, street art, and epic *miradouros*. Perfect for a slow morning or a quiet evening walk.

Mouraria

One of Lisbon's oldest and most multicultural neighbourhoods, known for



narrow alleys, Fado music, and vibrant street art.

Arroios

A multicultural hub where street art meets fun cafés. Food spots from every corner of the globe and an artsy vibe that's ever-changing.

Avenidas Novas

The polished part of the city: broad avenues, chic boutiques, and a modern feel with a hint of old-school elegance. Perfect for a coffee or a stylish brunch.

Santo Antonio

A lively mix of high-end shopping, fancy hotels, and hidden gems. Where classic Lisbon meets a modern vibe.

Príncipe Real

Trendy and green, and one of Lisbon's coolest neighbourhoods. With its leafy

square, laid-back cafés, and vintage shops, it's a favourite weekend hangout.

Bairro Alto

Quiet by day, party central by night. Packed with bars and tiny clubs, and the streets are filled with people hanging out. Casual, fun, and perfect for bar hopping.

Misericórdia

The boho heart of Lisbon. Cobblestones, tiny bars, and secret viewpoints. Where the city's charm shines brightest, especially as the sun sets.

Cais do Sodré

Along the river, Cais do Sodré transformed from sketchy to cool. Home to Time Out Market, music venues, and some of the best nightlife in town. Think street food meets DJs meets neon lights.

Estrela

Calm and charming, Estrela has its iconic basilica and leafy garden. There's a slow but steady rhythm. A beautiful mix of residential peace and timeless character.

Alcântara

Alcântara mixes old warehouses with a modern vibe. Home to the trendy LX Factory, full of indie shops, rooftop bars, and the best street art. With views of the 25 de Abril Bridge, it's great for a riverside drink.

Marvila

Lisbon's up-and-coming creative district. A little off the beaten path, packed with craft breweries, art galleries, and coworking spaces. Raw, industrial, and full of potential, you'll experience Lisbon's edgy, evolving side.

Belém

Belém is relaxed, green, filled with history and is home to the original *Pastel de Belém*, the famous pastry. Riverside views, museums, gardens, and the Jerónimos Monastery: perfect for a sunny afternoon.

A vibrant, stylized illustration of a city scene. In the foreground, a woman wearing a black hijab and a white t-shirt is walking towards the right. To her left, a man is partially visible, holding a smartphone. The background features a variety of colorful buildings, including a yellow building with arched windows, a red building with a dome, and a pink building with a minaret. A large green tree is on the right, and a black silhouette of a person is on the left. The text "PRACTICAL INFO" is written in white capital letters on the right side of the image.

**PRACTICAL
INFO**

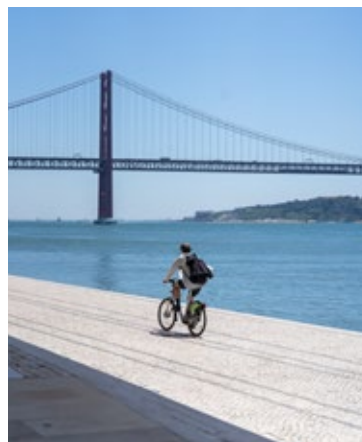
TRAVEL

Lisbon's city centre is relatively small. The best way to get around town is on foot. While walking, you can soak up the atmosphere, change your plan along the way or take a break in a local café whenever the mood strikes. And most importantly, Lisbon's real beauty lies in the details, like the famous *azulejos*, the intricate tiles on buildings and pavements. Walking allows you to appreciate the smallest details. But climbing the steep hills can be exhausting at times. Luckily there is also a very good network of metros, trams, buses, lifts, and ferries.

There are four different metro lines, covering the north, east, and south of the city. Trams are easy to use, running from 6.30am to 1am. Check metrolisboa.pt for more information.

For visiting the western parts of town, trams are the best option. The yellow tram 28 is iconic and super scenic but also packed with tourists. Use it early in the morning or try tram 12 or 24 for less tourist traffic. Buses are clean and efficient too. There are also four *elevadores*, lifts that carry you up or downhill. Three of them are the typical yellow tram lifts, Elevador da Glória, Elevador do Lavra, and Elevador da Bica. The fourth lift, the beautiful Elevador de Santa Justa, brings you from Baixa up to Chiado. It has been doing so since 1902!

You can use single tickets or purchase a 24-hour travel card. Pay contactless or use Viva Viagem Card, a reloadable card for travel on all Lisbon public transport. More information on prices and options can be found on carris.pt.



If you purchase the Lisboa Card, public transport is covered, including tram 28 and trains to Sintra, Cascais, Azambuja, and Setúbal. It also gives you free or discounted entrance to various tourist attractions, as well as discounts at a selection of shops and restaurants. Cards are valid for 24, 48, or 72 hours. Check the different prices and purchase your card on lisboa-card.com.

The train network is affordable and reliable for travelling to and from towns and villages around Lisbon. For more information, check cp.pt. There are also five ferry routes, with three terminals in Lisbon and four on the southern banks. The ferry offers a very enjoyable mode of transport if you want to explore a bit further out of town, with the ride itself as the main attraction. Visit ttsl.pt for more information.

Although new cycle paths are popping up all the time, cycling in Lisbon can be challenging. Paths are not always connected, and drivers aren't accustomed to cyclists. However, it is a great mode of transport in some areas, especially along the coast. You can rent a bicycle or use Gira, Lisbon's bike-sharing system. You can choose from electric and regular bikes, with docking stations all across the city. More information can be found on gira-bicicletasdelisboa.pt.

You can either use traditional taxis or use one of the apps. Uber, Bolt, and FreeNow are all available in Lisbon. They tend to provide a cheaper ride, but the official taxis are regulated and safe; just make sure the meter is switched on.





WHERE TO STAY

HOSTELS

Lisbon Lounge

*Rua De São Nicolau
41, 1100-547 Baixa,
lisbonlounge.com*

This is one of our favourites. With a great design, there is a choice of double, quadruple, or dorm rooms, and they organise lots of fun activities. You can go on a surfing trip, join their tour to Sintra, go on a pub crawl, or stay and enjoy their cocktail bar. Whatever you do, you must really try Mamma Lu's Portuguese and Brazilian four-course meal. Highly recommended!

Inn Possible

*Rua Regedor 3, 1100 Baixa,
innpossiblelisbon.com*

Excellent location, extremely friendly and helpful staff, a great breakfast for only €2, a communal kitchen, lounge and TV rooms – what more do you need? From private rooms to ten-bed dorms, you will find something there to suit your needs.

Living Lounge Hostel

*Rua do Crucifixo
116, 1100-185 Baixa,
livingloungehostel.com*

The location of this hostel is excellent, within walking distance from most major attractions. Free breakfast, a communal kitchen, a bar, and affordable local dinners create a sociable atmosphere that attracts a slightly more mature crowd.

Yes Lisbon Hostel

*Rua de São Julião
148, 1100-527 Baixa,
yeshostels.com*

This centrally located hostel is comfortable, clean, and a great place to make new friends. The staff are very friendly, and they really go out of their way to make you feel at home. They offer walking tours, shared dinners, pub crawls, and day trips, making it perfect for solo travellers too.

Lisb'on Hostel

*Rua do Ataíde 7A,
1200-034 Chiado,
lisb-onhostel.com*

Downtown in the historical centre, you are never far from the action when you're staying at Lisb'on. Located in a beautiful period building, they offer both double rooms and dorms. There is a garden and outdoor seating with views of the river, so you can watch the sunset during Happy Hour. They also organise surfing trips, evening tours, walking tours, and local dinners.

Sunset Destination Hostel

*Estação Ferroviária
do Cais do Sodré, piso
Misericórdia, 1200-161,
destinationhostels.com*

This hostel is located inside the beautiful Cais do Sodré train station. There is a choice of dorms and private bedrooms. You'll find a small, heated pool on their rooftop, from where you can watch the sunset or join in on one of their famous sunset barbecues.

Independente Príncipe Real

*Rua de São Pedro da
Alcântara 81, 1250-
138 Misericórdia,
independente.eu/principe-
real*

From a twelve-bed dorm to a suite for two: whatever your mood and budget, you will find it here. It is both a hostel and a hotel, set in a beautiful old palace at the perfect location. It has been turned into a funky place to have a drink, enjoy a delicious dinner, sip on some cocktails, make new friends, and rest your head.

LX Hostel

Rua Rodrigues de Faria
103, 1300-501 Alcântara,
lxhostel.pt

This is our favourite place to stay. Situated in the heart of LX Factory, the design is suitably cool and industrial. They offer a fantastic free breakfast as well as a bar on their rooftop. More than fifty shops and restaurants are waiting for you at LX Factory, and if you want to explore further, it's only a short train ride downtown or to the beach.

HOTELS

M'AR De AR Auria

Rua Pascoal De Melo 130-
132, Arroios, 1000-237,
[mardearhotels.com/en/
mar-de-ar-auria](http://mardearhotels.com/en/mar-de-ar-auria)

A very comfortable and affordable option at a perfect, central location. The rooms are elegant and very clean and most have a seating area or a balcony. There are also indoor and outdoor lounge areas, a bar, and a small 24/7 gym.

Hotel Principe Avila

Avenida Duque de
Ávila 203, 1050-082
Avenidas Novas,
hotelprincipeavila.com

A modern, spotless, and welcoming hotel in a quiet area close to the Gulbenkian Modern Art Centre. With a metro station nearby, it is easy to quickly go downtown. There are single, double, and triple rooms available, as well as a bar and a very good breakfast.

Mama Shelter Lisboa

Rua Vale do Pereiro 19,
1250-009 Santo António,
mamashelter.com/lisboa

Come to mama for luxury without completely blowing your budget. Quirky, beautiful and always buzzing. The beds are super comfy, and there is an all-day restaurant as well as an amazing rooftop bar. It has some of the best views of the city and the River Tagus and you don't even need to climb the hills for that reward!

↓ MAMA SHELTER LISBON





GOOD TO KNOW

Lisbon is easy to love with its sunny skies, cool neighbourhoods, and laid-back energy. But like any city, it has its own rhythms and rules. Whether it's your first time here or you're coming back for more, knowing a few local habits and practical tips can make your trip smoother and even more fun. Here's everything you should know before hitting the streets of Portugal's capital.

Water

Although tap water in Lisbon is treated and officially safe, many locals and tourists prefer bottled water. Portugal is known for its clean, top-quality spring waters with naturally high pH levels. You can find a huge variety in shops and restaurants, making it both widely available and affordable.

Language

The language in Portugal is Portuguese. Never assume you can get by in Spanish, but in most places, you can speak English. Obviously, learning a few basic words is much appreciated:

Hello = *Olá!*

Goodbye = *Adeus*

Thank you = *Obrigada*

Please = *Por favor*

Yes = *Sim*; No = *Não*

Lisboetas

Lisboetas, also called *alfacinhas* or 'little lettuces', are friendly, warm, welcoming, and not too loud. They're not the chattiest with strangers, but a smile and a simple *Olá* go a long way. Every *Lisboeta* has their favourite bakery, tram route, or viewpoint and they will de-

fend it like it's a sports team. So now you know how to get them started ...

Local routine

Lisbon just doesn't rush. Most shops and cafés open around 9am or 10am. Mornings are calm, and the city slowly picks up speed throughout the day. Lunch is sacred: expect long lunch breaks. Many businesses close between 1pm and 3pm, especially outside the tourist zones. Locals usually eat dinner around 8pm. If you show up at a restaurant earlier, don't be surprised if it's empty or not even open yet.

Coffee culture

Lisboetas love their coffee! To start your day like a local, order a *bica* (an inky espresso) and sip it standing at the counter. Or sit down with a pastry and a *meia de leite* (espresso with warm milk) or a *galão* (with extra milk).

Dining etiquette

Meals in Lisbon are unhurried and sociable; *Lisboetas* like their *petiscos*, small dishes to share. Don't expect fast service, and don't take the waiters' pace personally. The staff are usually very friendly and relaxed. In many restaurants, waiters will bring bread, butter, cheese, or olives to the table without asking. These aren't free: you'll be charged for them. If you're not interested, just say so – this is completely normal. Tipping isn't required but always appreciated. Round up the bill or leave 5-10% for good service. In cafés, some small change is enough.

Local delicacies

Pastel de Nata, the famous custard tart: you simply can't visit Lisbon without trying this pastry. Every local has their favourite bakery so do ask around! *Ginjinha*, the city's sweet cherry liquor. It is a must-try, ideally in a tiny bar in Rossio or Alfama. It is



usually served in a shot glass, sometimes even in a chocolate cup!

Bacalhau, codfish, is served in many ways. A typical local dish is *bacalhau à brás*, cod with scrambled eggs.

Sardinhas assadas, grilled sardines. Although some restaurants serve them all year round, it's best to enjoy them between June and October. If you get them out of season, they were likely frozen. *Ameijôas à bulhão pato*, clams. This dish, usually prepared with olive oil, white wine, lemon juice, and garlic, is named after the Portuguese writer Raimundo António de Bulhão Pato.

Miradouros

Lisbon is filled with numerous *miradouros*, and these viewpoints are a big deal. They offer incredible views over the colourful houses with terracotta roofs, the river in the background, a glimpse of Ponte 25

de Abril and Cristo Rei on the other side of the river. Ideally soaked in the golden light of the sun setting, locals gather to enjoy a few drinks, watch the sunset, or simply relax. This really is the local way of life.

Dress code

Lisbon is casual, but stylish. You don't need to dress up, but locals love their clean trainers and simple looks that are well put together. Flip-flops are strictly for the beach. You will need proper shoes to climb those hills anyway.

Money

Portugal is mostly card-friendly, especially Lisbon. You can pay with your card in restaurants, shops, and even taxis. But always carry some euros just in case, especially for local markets, small bakeries or cafés, street vendors, and older shops outside the tourist zones. Cash machines (Multi-

banco) are everywhere but always check your bank's fees before using them.

Museums & sights

Most major attractions open around 10am and close between 5pm and 7pm. Many museums are closed on Mondays, so make sure to plan ahead. Some museums offer free entrance on the first Sunday of the month, and many offer discounts to students. Make sure to check their website for opening hours and the availability of discounted tickets. Booking your ticket in advance will often save you from queuing.

Tram 28

A ride on the yellow tram 28 is iconic and incredibly scenic but it's also packed with tourists. And pickpockets! Always keep your valuables close. Use it early in the morning or try

tram 12 or 24 for less tourist traffic.

Shopping

Expect a mix of modern malls, local shops, and outdoor markets for your shopping spree. Shops usually open from 10am until 7pm or 8pm Mondays to Saturdays. Independent shops and boutiques may close for lunch. Most small businesses don't open on Sundays. Shopping malls like Colombo or Amoreiras are open daily, often until 11pm or midnight.

WHEN TO TRAVEL

