

7-DAY PREMIUM GUIDE

LISBON

Portugal, Europe

Fado, azulejos, seven hills & the soul of the Atlantic

Day-by-Day Itinerary

Top Hotels

Best Restaurants

Insider Tips

Welcome to Lisbon

Lisbon is Europe's most soulful capital — a city of faded grandeur, melancholy fado music, hand-painted azulejo tiles, and one of the world's great waterfronts. Built on seven hills, the city rewards the walker with constant surprises: a miradouro (viewpoint) around every corner, a custard tart bakery at every turn, and a neighborhood feel that larger cities have long lost. Lisbon is also extraordinarily affordable for a European capital — exceptional food and wine come at half the price of Paris or London.

BEST TIME TO VISIT

March–May & Sept–Oct

TYPICAL BUDGET

\$90–\$160/day (excellent value)

COUNTRY

Portugal, Europe

GUIDE LENGTH

7 Days

7-Day Overview

- 1 Arrive & Alfama
- 2 Belem & Age of Discoveries
- 3 Tram 28 & Miradouros
- 4 Sintra Day Trip
- 5 LX Factory, Intendente & Pink Street
- 6 Setubal & Arrábida Peninsula
- 7 Chiado, Baixa & Departure

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Days 1 & 2

DAY 1	Arrive & Alfama	DAY 2	Belem & Age of Discoveries
● Arrive at Lisbon Humberto Delgado Airport ● Check in, explore your neighborhood ● Alfama — Lisbon's oldest Moorish quarter ● Sao Jorge Castle & panoramic views ● Fado dinner in Alfama — book a traditional restaurant show TIP: The best fado experiences are at small family-run restaurants — book Tasca c		● Belem Tower (UNESCO) ● Jeronimos Monastery (UNESCO — stunning Manueline cloisters)... ● Monument to the Discoveries ● Original Pasteis de Belem (est. 1837) — queue worth it ● MAAT contemporary art museum TIP: The original Pasteis de Belem bakery is a pilgrimage — the recipe is secret and guarded s	

Days 3 & 4

DAY 3	Tram 28 & Miradouros	DAY 4	Sintra Day Trip
● Tram 28 scenic route through historic neighborhoods ● Miradouro da Graca — best sunrise view ● Miradouro de Santa Luzia & Portas do Sol ● Mouraria — birthplace of fado ● LX Factory (if visiting Thursday-Sunday) TIP: Tram 28 is heavily pickpocketed in tourist season — keep bags in front and av		● Train to Sintra (40 min from Rossio station) ● Pena Palace — fairy-tale hilltop palace ● Castle of the Moors (ruins with Atlantic views) ● Quinta da Regaleira (mysterious gardens) ● Sintra pastries — travesseiros & queijadas TIP: Pena Palace sells out — book tickets online before your trip, not on arrival day.	

Days 5, 6 & 7

DAY 5	DAY 6	DAY 7
Chiado, Intendente & Pink Street	Setubal & Arrábida Peninsula	Chiado, Baixa & Departure
- LX Factory market (Sundays best) - Intendente square — gentrifying neighborh - Pink Street (Rua Nova do Carvalho) by day - Cais do Sodre market hall - Bar crawl along the Pink Street at night... TIP: LX Factory on Sundays transforms into a wonder	- Drive or tour to Setubal (45 min) - Arrábida Natural Park — Portugal's turquoi - Portinho da Arrabida beach (stunning)... - Palmela Castle views - Return Lisbon for farewell dinner in Chiado TIP: The Arrabida beaches have some of the cleare	- Chiado neighborhood — cafes & bookshops... - Livraria Bertrand (oldest bookshop in the world, 1732) - Baixa (Downtown) & Praça do Comercio... - Last pastel de nata & galao coffee - Airport transfer (20 min) TIP: A galao (Portuguese latte) at A Brasileira cafe in Chiado is

Where to Stay in Lisbon

Bairro Alto Hotel

★★★★★

Chiado

\$400–\$700/night

Lisbon's finest boutique hotel. Rooftop bar with Tagus views, perfect Chiado location.

Memmo Alfama

★★★★

Alfama

\$220–\$380/night

Contemporary design hotel perched in the Alfama with a stunning infinity pool over the rooftops.

Hotel do Chiado

★★★★

Chiado

\$180–\$280/night

Chic 4-star in the heart of Chiado with a terrace overlooking the Bairro Alto hills.

Lisbon Story Guesthouse

★★★

Mouraria

\$80–\$120/night

Charming, well-run guesthouse in the historic Mouraria — excellent value and great atmosphere.

Where to Eat in Lisbon

Tasca do Chico, Madragoa Intimate Fado Restaurant	Must order: Bacalhau com natas & fado from 9pm
Time Out Market Lisboa Gourmet Food Hall	Must order: Pasteis, wine, bifanas — all of Lisbon in one hall
Solar dos Presuntos, Baixa Traditional Portuguese	Must order: Ameijoas a Bulhao Pato (clams) & bacalhau
A Cevicheria, Principe Real Modern Portuguese Seafood	Must order: Ceviche with passion fruit & inventive tapas
Taberna da Rua das Flores Wine Bar & Petiscos	Must order: Presunto, cheese, anchovies & natural Portuguese wine
Cervejaria Ramiro Seafood Institution (since 1956)	Must order: Garlic prawns, percebes & giant tiger prawns
Pasteis de Belem Historic Bakery (est. 1837)	Must order: The original pastel de nata — with cinnamon & sugar

Tips & Logistics

Getting There:	Humberto Delgado Airport is 7km from centre. Metro Red Line direct to Oriente/Alameda.
Getting Around:	Walk hills, take trams for scenic routes, metro for speed. Uber is cheap and reliable.
Viva Viagem Card:	Rechargeable transport card works on metro, buses, trams, and some suburban trains.
Hills:	Lisbon's hills are steep — wear comfortable walking shoes. The views from the top are always worth it.
Food Timing:	Lunch 1-3pm, dinner 8-10pm. Many locals eat dinner at 9pm — kitchens close late.
Azulejos:	Portugal's hand-painted tile tradition is extraordinary — visit the National Azulejo Museum.
Safety:	Lisbon is very safe. Normal big-city awareness on busy trams (Tram 28) is sufficient.

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