

TURISMO DE
PORTUGAL



lisboa

MY OWN LISBON

MAFRA PALACE AND MONASTERY

IN THE KINGDOM OF THE BAROQUE

A GOLFING PARADISE

EVERYONE CAN TAKE A SWING

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The different cultures that cross each other in the Lisboa streets influence the rhythms of the new generations of musicians. Buraka Som Sistema exists, barely, because the group was raised in the Portuguese capital, but its development is taking place across the globe.

MY OWN LISBON
The magazine-guide for visitors to Lisbon
Nº 4

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1 November 1755, All Saints' Day, a religious holiday. Dawn had scarcely broken when Lisboa awoke to a violent tremor that unleashed a scene of destruction throughout the capital. First came the earthquake, followed by a tidal wave that overran the riverside area and then, the uncontrolled fires that lasted for days on end throughout the city. It was there, years later, that the Baixa was born.



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Today, the Parque das Nações is a lively, dynamic and multipurpose space. It is the brand of contemporary Lisboa, a place where the city's inhabitants have fun, enjoy shows, go for a walk, play sport, shop, work and live in quality and harmony.

WALKS

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LISBOA INFLUENCES THE SOUNDS OF THE NEW GENERATION

The different cultures that cross each other in the Lisboa streets influence the rhythms of the new generations of musicians. Buraka Som Sistema exists, barely, because the group was raised in the Portuguese capital, but its development is taking place across the globe.

Lil' John, Ivan, Hélder, Riot and Conductor, forerunners of a new electric sound – progressive *kuduro* – admit that they exist as a band because they were born and raised in the streets and outskirts of Lisboa under the influence of the various cultures that reverberate in the Portuguese capital.

This was how Buraka Som Sistema (Buraka Sound System) appeared, a band that has allowed itself to be surrounded by the rhythms brought from Africa like *funaná*, *kizomba* or *kuduro*, as well as the latest sounds from other locales, especially New York and London. "It can be said that Buraka was only possible because it was born in Lisboa. No other place in the world but Lisboa could bring together the musical influences that Buraka has," they acknowledge. For the elements of the Buraka Som Sistema, Lisboa is, therefore, a synonym for "mixture".

Their first hit was with "Yah!", in 2006, which featured Petty and Kalaf, followed by "Wawaba". Many difficulties were overcome during almost three years of work, but triumphs were also achieved. "I think one of the main triumphs was the fact that we were able to put our music in the mouths (or ears) of the world," they point out. "It's something we consider to be a major conquest for a Portuguese band: to be able to have its songs playing on dance floors along with songs by other international artists. It's not often that a Portuguese song succeeds internationally, unless it's *fado* music," they add.

Among the countless shows they have given abroad, one stands out: The concert we gave at the Hoxton Bar & Kitchen, in London, was one of the most remarkable because it was just a Buraka show. Anyone who was there went to see a concert by Buraka and it was a full house!" the group recalls.

THE INTERNET AS A MEANS OF PROMOTION

Without a doubt, they are a Portuguese band and from the capital, Lisboa. But that does not mean it was easier for them to achieve the success they have today. "Everything that we have to do to survive on the global musical scene, we've learned at our expense. But in a globalised society like today's, music speaks very much for itself and reaches those who like it relatively quickly." Even so, they had to knock on some doors to see their work recognised. "These days, nothing's gained by bringing demo tapes to large record labels. You don't get anywhere with that, simply because the major labels' true power to decide isn't here." For that very reason, in a global world



© Ana Gilbert



where music and the Internet coexist, the path was a different one: "The Internet was the way that helped Buraka succeed the most, along with the fact that we've always acted on our own and always delivered our music personally to those who were interested in us. I'm talking about important DJs and musicians who we gave our first songs to, like Diplo and Sinden, for example," they explain.

The alternative band of friends from Lisboa has conquered a wide range of ages. "Even though we have many members of our public in the 20-30 age range, we also have a lot of people who love Buraka who are much younger. Kids 10 or 14 years old who sing and dance to 'Yah!' and 'Kalemba (Wegue Wegue)' like grown-ups! But in the rest of the world, we're definitely an alternative dance music group that mostly attracts people aged 18 to 35 who are into the latest in urban music.

FROM PORTUGAL TO THE WORLD

In fact, Buraka places Portugal "more on the pop side of the global music map and less on the world music side," meaning that "we feel that people see Portugal as a European country with a strong cultural expression, almost equal to England or France."

After conquering European audiences, the United States of America are getting used to the alternative rhythm of Buraka Som Sistema. In April, Lil' John, Ivan, Hélder, Riot and Conductor are bound for one of the largest music festivals in California. "Expectations couldn't be higher. Buraka is beginning to make appearances in the USA right now and we already

have people who are really eager for a show and a few DJ sets." Until then, shows in the United Kingdom, the Netherlands and Australia are to follow.

Lisboa, however, continues to be the band's place of choice where they go to seek inspiration. If they could choose, the members of Buraka do not hesitate to name Rossio Square for a show "at the end of the working day, to make everyone get out of their cars and dance".

The Portuguese capital is the muse for many artists. However, its urban culture still has a long road to travel to match its European counterparts. "Lisboa is full of artists (designers, painters, writers, musicians), but it doesn't have the best infrastructures to receive them....I think urban culture is not yet viewed with the seriousness seen in other countries," the members of Buraka point out. "If an artist promotes an exhibition of graffiti, it's not taken as seriously as a more 'classical' painter, for example. But I think that mentality is changing with time."



DISCOGRAPHY

- 2006 – “Yah!” featuring Petty/Sem Makas 7” (Red Bull Home Groove/ Enchufada)
- 2006 - “From Buraka to the World” EP (Enchufada)
- 2007 - “From Buraka to the World” re-release (Enchufada/Sony BMG)
- 2008 - “Sound of Kuduro” Remix EP (Enchufada/Sony BMG)
- 2008 - “Black Diamond” LP (Enchufada/Sony BMG)

The image shows a sunlit interior of a Baroque room. The walls are made of light-colored stone blocks, with decorative blue and white tiled borders. A crucifix is mounted on the wall. Large windows are covered with heavy, light-colored curtains that are draped and partially open, allowing bright sunlight to stream in and create strong shadows on the floor. The floor is made of polished wooden planks. In the foreground, there are wooden benches or tables with metal legs. The overall atmosphere is warm and historical.

MAFRA PALACE AND MONASTERY

IN THE KINGDOM OF THE BAROQUE

A little less than fifty kilometres from Lisboa, the imposing building that houses the Mafra Palace and Monastery, the most important monument of the Portuguese Baroque era, rises majestically.



THE TOLLING OF THE BELLS

The palace and monastery of Mafra are an architectural complex whose construction was ordered by King João V of Portugal, “the Magnanimous”. In doing so, he fulfilled the vow he had made if he were given a descendant to occupy the throne.

Grandiose and imposing, the palace is in an excellent state of conservation. There, it is possible to discover how the Portuguese court lived in the 18th century. Worth noting are the apartments of the king and queen, which were built in separate towers at opposite locations in the palace. The king had to walk more than 200 metres from the south tower to visit the queen, whose apartments were located in the north tower. Construction of the building began in 1717, the year in which the first stone was laid, and ended with the consecration of the basilica in 1730 on the day of the king’s 41st birthday. The Royal Monastery of Mafra is a symmetrical building, with the basilica at the centre of a long façade flanked by two towers. The former monastery of the Ordem de São Francisco da Província da Arrábida (Franciscan monks of the Arrábida Order) is located at the rear. Directed by the German goldsmith known in Portugal as João Frederico Ludovice, the work follows classical Baroque lines with inspiration taken from the architecture of Papal Rome, a fact most likely the result of Ludovice’s having studied as an architect in Italy.

In this building, one can visit one of the most important libraries in Portugal. It is famous for its incomparable beauty and the unusual caretakers responsible for the good condition of its books.

Since the beginning, the monks who lived in the monastery were charged with preserving its vast estate. In order to do this, they raised a colony of bats that would fly freely about the library at night, feeding off the insects inside the room that could harm the preservation of the books. The animals would leave through small openings next to the windows and, although they cannot be seen during the day, at night it is still possible to see some examples of these special nocturnal custodians. The library has a collection of nearly 40,000 books in a representative summary of the encyclopaedic knowledge of the 18th century. Also present here is a vast collection of artwork commissioned by King João V, the king who was given the nicknames “The Magnanimous” and “The Portuguese Sun King” because of the opulence that adorned his kingdom, due in part to the gold and diamonds that came from Brazil.

In the library, visitors can also admire the two carillons containing 92 bells from Flanders, a prime example of a monument that defines the entire region in which it is located. Later, during the reign of King João VI, the palace underwent major decorative improvements in some of its most important rooms, despite being inhabited by the Portuguese court only occasionally. In 1910, the property saw the last Portuguese king, Manuel II, go into exile after 5 October, the day of the proclamation of the Portuguese Republic.

The collections in the royal palace include furniture, gold pieces, ceramics and aristocratic glassware from the 18th and 19th centuries, in addition to an extensive collection of paintings by masters from the Italian school in the first half of the 18th century and Portuguese painters from the 19th century.

The sculpture collection includes the most important collection of Baroque sculpture in Portugal.



MEMORIAL DO CONVENTO

The work of fiction by José Saramago, recipient of the Nobel Prize for Literature, takes place during the construction of the Mafra Monastery. In what constitutes one of the Portuguese author's most celebrated novels, the character of the absolute monarch King João V is portrayed, along with his promise to build the renowned monastery in Mafra, the result of a vow made in exchange for an heir.

Published for the first time in 1982, Saramago's work also tells the fictitious story of Baltasar, a labourer who worked on the construction of the monastery, and his love for Blimunda.

Palace: 10:00 to 17:30 (last admission at 16:30). Closed on Tuesdays and the bank holidays of 1 January, Easter Sunday, 1 May, 29 June (municipal holiday) and 25 December.

Library (services for patrons): Weekdays, from 10:00 to 12:30 and 14:00 to 17:00.

Basilica: Everyday, from 10:00 to 13:00 and 14:00 to 17:00.

Tickets: 5 euros. Free admission on Sundays and holidays until 14:00 and for children up to 14 years of age. A 50% discount for people over 65 and the disabled. Special tickets for families with two or more children under 18. Guided tours with mandatory advance booking (+351 261 817 550).

Transport: buses departing from Sintra, Ericeira and Lisboa (Campo Grande).







Praça Martim Moniz (Martim Moniz Square) is the starting point for a unique journey through the streets of Lisboa by means of one of the capital's symbols: the mythical tram 28.

Among slopes and hills, the 28 introduces the architectural wealth and history of the city through some of its most typical neighbourhoods.

One of the first stops is located at Anjos Church, a church rebuilt in 1910 with a neoclassical influence. In its interior, rich in 17th century gilded woodwork, one can find the image of Nossa Senhora da Conceição (Our Lady of the Conception) from the second half of the 16th century and the 16th century painting of St. Anthony. The trip then continues to Graça where, between palatial and bourgeois homes, the 28 makes a guided tour through an aristocratic neighbourhood of another era. Here, tourist attractions include the famous viewpoint of Graça, with a privileged view of Castelo de São Jorge (São Jorge Castle), Mouraria and the Pombaline Baixa, Convento do Carmo (Carmo Convent) and Monsanto, among many other Lisboa treasures, with the Tagus River as the backdrop.

Making its way through Rua Voz do Operário, the 28 then passes by old palaces and the São Vicente de Fora church the most important piece of Portuguese architecture from the late 16th century.

The tram then takes a turn around the Feira da Lada, the oldest flea market in Lisboa, and stops at the Arco de São Vicente (São Vicente Arch). Meanwhile,

the street known as Calçada de S. Vicente requires the 28 to perform an unbelievable balancing act, forcing it to pass flush against doors and windows, with its conductor ringing the bell to warn the other vehicles coming in the opposite direction of its advance. The Tagus River appears majestically at the end of this journey; it can be glimpsed between the Santa Luzia miradouro (viewpoint) and the tile roofs of the Alfama neighbourhood. Continuing through the sloping Travessa de Santa Luzia, with its handicraft and antique shops, the 28 arrives at the majestic Sé Cathedral of Lisboa, a founding landmark of the city after it was taken from the Moors.

The emblematic vehicle continues its route through the Pombaline Baixa, the most symbolic urban plan of the capital. From its window, one can see the outline of the Arco da Rua Augusta (Augusta Street Arch) that allows a preview of the Praça do Comércio (Commerce Square).

At this point, the tram takes a deep breath to climb one more hill, passing majestic stately homes on its way to the restored and elegant Chiado neighbourhood. It is time to visit the "A Brasileira" café, one of the oldest in Lisboa, or take a walk by the Teatro Nacional de S. Carlos (São Carlos National Theatre) and the Museu do Chiado (Chiado Museum).

A JOURNEY THROUGH THE STREETS OF LISBOA



PRAÇA DO COMÉRCIO

Before continuing the journey, there is time to observe the statue of the poet in Praça Luís de Camões (Luís de Camões Square). Along the way, the cross-streets of Largo do Calhariz and Calçada do Combro lead to the Mirante de Santa Catarina viewpoint, with another panoramic view of the Tagus River, and to the picturesque Elevador da Bica (Bica Funicular Tram) that climbs and descends the narrow fissure opened up by an earthquake.

The 28 then reaches the top of Rua de São Bento, where the magnificent building of the Assembly of the Republic can be seen, formerly a Benedictine monastery and today the seat of the Portuguese Parliament. The hillside is now steep but the tram carries on, undaunted, until it reaches the Largo da

Estrela (Estrela Square), where the Estrela Basilica and Garden are located.

The final journey of the 28 passes through the elegant streets of the Campo de Ourique neighbourhood, filled with buildings from the start of the century that house commercial as well as living spaces. The Santo Condestável Church, a monument from the mid-20th century, is another one of the attractions discovered by travellers.

The final stop is in front of the Prazeres Cemetery, a former rural estate and a splendid testament to the way in which death was viewed in the 19th century. Here, one can find one of the largest burial monuments in Europe, designed by the Italian architect Giuseppe Cinatti.



MIRADOURO
DE
SANTA LUZIA



CASTELO
DE
SÃO JORGE

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A MEANS OF LOCAL TRANSPORT

Tram 28, which currently covers the extensive route from Martim Moniz to Prazeres, is the most characteristic example of the Lisboa tram network. More than a means of transport, the 28 is a unique way to tour and discover Lisboa and its history, even for those who live in the city.

For more information, ring (+351) 213 613 000 or visit www.carris.pt.



BASÍLICA
DA
ESTRELA

ASK ME LISBOA

AN EASY WAY TO GET TO KNOW LISBOA

The network of Ask Me Lisboa kiosks is more than an integrated system of information, products and services designed for those who visit our region for business or leisure. It's the easiest way to get to know Lisboa.





As soon as you arrive at the airport in Lisboa, it is possible to find one of the many tourist information kiosks. Ask Me Lisboa is more than a series of tourist kiosks. It is an integrated system of information, products and services designed for those who visit our region for work or leisure.

Using the Ask Me Lisboa network, you can conveniently book a room in Lisboa, even at the last minute. This service is available at the Arrivals desk in the airport, the Lisboa Welcome Centre kiosks in the heart of Praça do Comércio (Commerce Square) the Santa Apolónia train station and Palácio Foz, in Praça dos Restauradores (Restauradores Square).

You can also book your journey from the point of arrival to the hotel using the Táxi Voucher service, which allows you to enjoy complete safety with the guarantee of a fixed price.

In addition, you can obtain information about monuments, museums, attractions and places of interest and enjoy discounts and other advantages offered by the Lisboa Card, Restaurant Card and Shopping Card.

With the Lisboa Card, you receive free access to public transport, museums and monuments as well as discounts at other tourist attractions.

LISBOA CARD

The Lisboa Card offers free access to all public transport and over 20 museums and monuments, as well as discounts at many places of interest throughout the Lisboa area.

Available in 24, 48 or 72-hour versions, it provides visitors to Lisboa with an easy, organised and useful way to get to know the capital.

RESTAURANT CARD

The Lisboa Restaurant Card is valid for 72 hours and offers discounts to users at nearly 40 restaurants that make up the directory.

Created to promote our excellent cuisine, member restaurants offer a 10-20% discount per meal. You can buy the card at the Postos de Turismo (Tourism Kiosks). It is available in the following formats: Individual, Couple and Family (two people with two children up to 14 years of age).

ASK ME KIOSKS

LISBOA WELCOME CENTER

Pç. do Comércio
Tel. 210 312 810
09:00 to 20:00

AIRPORT – ARRIVALS

Portela Airport
Tel. 218 450 660
07:00 to 24:00

PALÁCIO FOZ

Pç. dos Restauradores
Tel. 213 463 314
09:00 to 20:00

SANTA APOLÓNIA TRAIN STATION

Estação CP (CP Station) – Sta. Apolónia
International Terminal
Tel. 218 821 606
8:00 to 13:00
Tuesdays to Saturdays

RUA AUGUSTA

Rua Augusta – Kiosk
Tel. 213 259 131
10:00 to 13:00 / 14:00 to 18:00

BELÉM

Mosteiro dos Jerónimos
(Jerónimos Monastery) - Kiosk
Tel. 213 658 435
10:00 to 13:00 / 14:00 to 18:00,
Tuesdays to Saturdays



TAXI VOUCHER

The Taxi Voucher is a service that you can purchase at the tourist kiosks in the airport, the Welcome Centre and Palácio Foz for any destination in the city or country. It ensures excellent service and guarantees a fixed rate with all extras included.

Taxi Voucher is a pre-paid outbound service available at the Turismo de Lisboa desk located in the Arrivals area of the airport and based on predetermined prices.

The price list includes daytime and night time periods within the city of Lisboa, its outskirts, predetermined destinations in the country and tourist routes.



SHOPPING CARD

The Lisboa Shopping Card is valid for 24 or 72 hours and makes it possible to receive discounts on several products for everyone who visits Lisboa. The Lisboa Shopping Card has over 200 stores member stores in the Baixa, Chiado and Avenida da Liberdade districts. To enjoy prices at a 5 to 15% discount (not valid during sales and promotional periods), simply purchase the card at the Postos de Turismo and validate it before your first purchase. After that, just shop...and win!

ARTESANATO DO TEJO

Artesanato do Tejo (Tagus Handicrafts) is a privileged venue, located at Rua do Arsenal 25, to connect with the cultural wealth of the entire Lisboa region. It is a space for tourism and culture that offers a wide range of products and services. It includes a representative exhibition and sale of the wealth of popular and urban arts from the Lisboa region, from the "fire arts", with ceramic and painted pieces, to woven textiles, bobbin lace and cork pieces.

Located in the heart of the Pombaline Baixa, it is also possible to find an area with temporary painting exhibitions where you can get to know the work of young Portuguese painters.

Music, literature and cuisine are also represented in the space of this unique shop that forms part of the Lisboa Welcome Centre.



ARTESANATO DO TEJO
Rua do Arsenal, 15
Everyday from 10:00 to 18:00

BAIXA POMBALINA



*Accourez, contemplez ces ruines affreuses,
Ces débris, ces lambeaux, ces cendres malheureuses.
Ces femmes, ces enfants l'un sur l'autre entassés,
Sous ces marbres rompus ces membres dispersés.*

*Come, [...] contemplate this ruin of a world.
Behold these shreds and cinders of your race,
This child and mother heaped in common wreck,
These scattered limbs beneath the marble shafts.*

Voltaire, Poèmes sur le Désastre de Lisbonne (1756)

REBORN FROM THE ASHES

1 November 1755, All Saints' Day, a religious holiday. Dawn had scarcely broken when Lisboa awoke to a violent tremor that unleashed a scene of destruction throughout the capital. First came the earthquake, followed by a tidal wave that overran the riverside area and later, the uncontrolled fires that lasted for days on end throughout the city. After that came the pillaging, famine and disease. On that day, the scene of destruction began that was described a year later in Voltaire's poem, *Poème sur le désastre de Lisbonne* (*Poem on the Lisbon Disaster*).

On that day and in the days that followed, more than 10,000 people would die in Lisboa and the city lay beneath the rubble.

Sebastião José de Carvalho e Melo (Marquis of Pombal) was Prime Minister of King José and immediately undertook the task of reorganising the city. He took on the assignment of interring the dead to avoid the spreading of disease, assisting survivors, preventing theft and rebuilding the buried city.



Little by little, the city that we know today was born: aided by the engineer Manuel da Maia, the map drawn by architect Eugénio dos Santos began to take shape. Gone was the Lisboa of mediaeval characteristics and narrow streets. A city was born that was organised into linear streets that intersected each other and buildings of equal height that led to the city's "reception room", the beautiful and magnificent Praça do Comércio (Commerce Square), where the statue of the monarch, sculpted by Machado de Castro, received visitors who arrived there by boat.



FLAMES ON A SUMMER NIGHT



Exactly 20 years ago, flames once again invaded this part of the city, this time a bit higher up, on the hill that extends through the Chiado district. It was at daybreak, 25 August 1988, that the fire burned in one of the shops in the Armazéns Grandella and quickly spread to neighbouring buildings, provoking significant damage on the streets of Rua do Carmo, Rua Garrett and Rua Nova do Almada.

With the fire of the Chiado district, a glorious period of early 20th century literary salons, fine shops, cafés and the cultural liveliness of a vibrant era came to a close.

Once again, the city was compelled to rise from the ashes and find new ways to reinvent itself. Coordinated by the architect Álvaro Siza Vieira, the plan to rebuild the Chiado is now coming to its end and is linked to other regeneration schemes that include activities in the development plan to rebuild the Baixa in the future.

The regeneration of the upscale district of the city aims to attract more people to that area, providing more safety and comfort, adding to what Lisboa has to offer and respecting its historic and cultural origins.

The process includes the creation of housing, hotels and other public spaces that will guarantee leisure and entertainment, strengthening the beat of the city's "heart", always bearing in mind its transformation within a living and dynamic area.

A GOLFING PARADISE



EVERYONE
CAN TAKE
A SWING



A short distance from the city centre, the most demanding golfer can find more than 20 world-famous golf courses surrounded by an idyllic and unique landscape.

Lisboa is, without a doubt, a true paradise for golfers.

In Lisboa, golf can be played year-round due to the region's mild climate and the security of a destination that combines an excellent price-quality ratio with an operational know-how, something which has already earned it various nominations for international awards and honours as a privileged place to practise the game.

In Portugal, the number of Portuguese as well as foreign golf players is growing day by day. In this context, Lisboa presents a distinctive and comprehensive offer with courses of different sizes, exceptional landscapes and specially-designed courses aimed at the most demanding golfers.

The more than two dozen golf courses in the entire region are divided among the destinations known as the Estoril Golf Coast, Costa Azul Golf, and Golf Oeste, an added-value that sets them apart for their distinctive landscapes and inspirations.

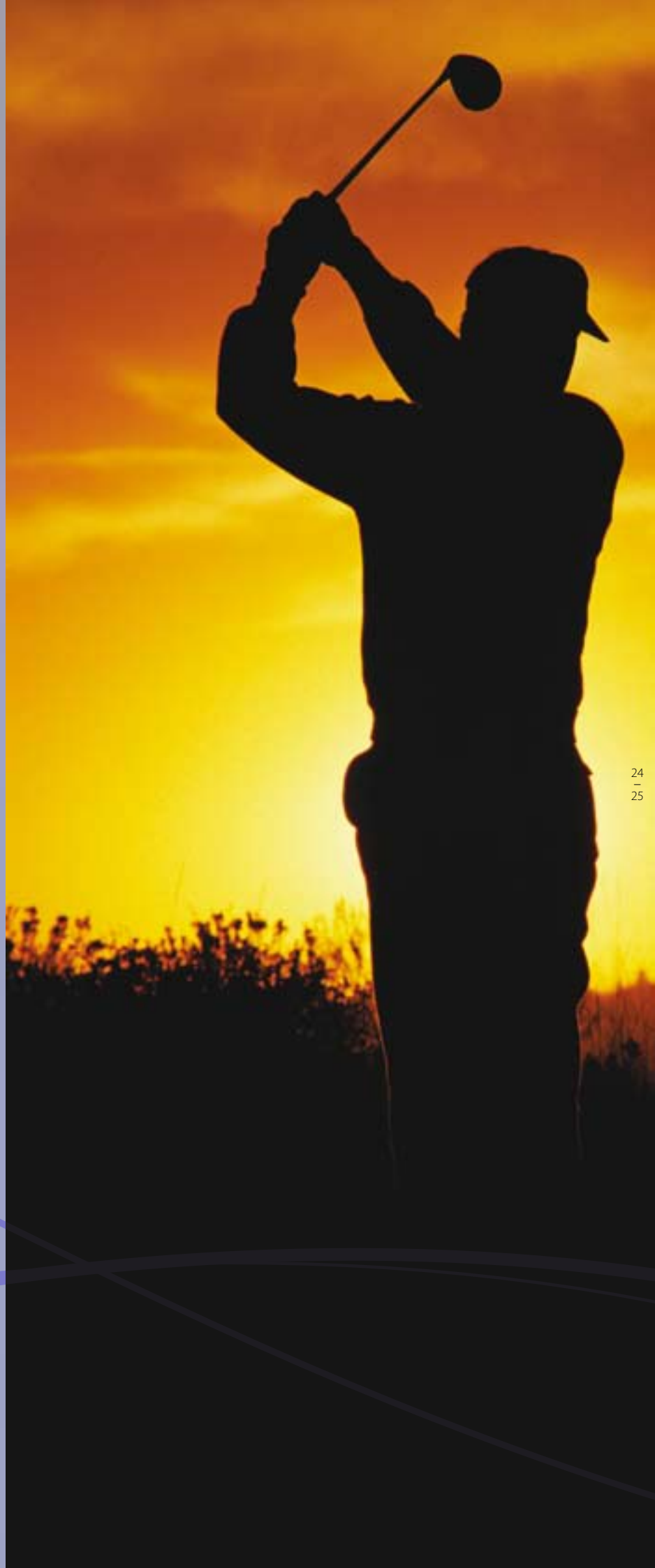
A CHALLENGE IN EVERY SENSE

Lisboa is a lively and rich city, with over 800 years of history and a diverse range of cultural offerings.

On and in every corner, a new experience is always waiting to be discovered, whether through the streets, lanes and alleys that tell the story of the city, its characteristic monuments or its most typical architecture.

Monuments and museums capable of pleasing the most curious of visitors match the vibrant nightlife and a shopping experience where the latest stores can be found.

The region possesses a landscape of remarkable beauty and many fine beaches with golden sand and clear water.



BELAS CLUBE DE CAMPO

The Belas Clube de Campo golf course features the romantic splendour of the Serra de Sintra mountain range as its backdrop. It is located 20 minutes from Lisboa, between the towns of Belas and Vale de Lobos. Designed by renowned golf course architect Rocky Roquemore, it has five lakes along its winding circuit and is covered by several small, picturesque watercourses. With 18 holes, par 72 and 6,380 metres, the course also has a driving range and two putting greens. A clubhouse with all the necessary services supports this championship golf course.

Holes: 18
Par: 72
Alameda do Aqueduto, Club House, Belas
☎ 219 626 640
@ www.belasclubedecampo.pt

BOM SUCESSO GOLF

For those coming from the A8 motorway, take exit (*saída*) 13 to A-da-Gorda, heading towards Peniche, via national road N114. On the N114, you will arrive at Amoreira. Turn right at the traffic lights. You will pass Vau, heading toward Lagoa de Óbidos. When you arrive at Lagoa de Óbidos, you will find the entrance to the Empreendimento Turístico do Bom Sucesso (Bom Successo Tourist Development).

Holes: 18
Par: 72
Bom Sucesso, Vau, Óbidos
☎ 213 303 430
@ www.bomsucesso.com.pt

CAMPO DE GOLFE DO MONTADO

Located near Setúbal, the Montado golf course sets itself apart with its streams and small lakes. The circuit is also bordered by cork oak trees and the famous Muscat vineyards, which are more than a century old. Hole 13 is an excellent opportunity to try for a birdie after admiring the view of Palmela Castle. The Montado circuit has 18 holes for a par 72 over 6,060 metres. It also features a driving range, restaurant, bar and golf shop.

Holes: 18
Par: 72
Urbanização Golfe do Montado, Lt. 1,
Algeruz, Palmela
☎ 265 708 150
@ www.golfdomontado.com



CLUBE DE CAMPO AROEIRA I

Located on the south side of the Tagus River, 20 minutes from Lisboa, the Aroeira golf course was designed to reconcile the demands of a professional golf course, integrated into the landscape, that would put the golfer in contact with nature. The course is close to the Caparica Coast and has 18 holes over 6,040 metres for a par of 72. It also has a driving range, putting green, restaurant, bar and golf shop.

Holes: 18
Par: 72
Herdade da Aroeira, Charneca da Caparica
☎ 212 979 100
@ www.aroeira.com

CLUBE DE GOLFE DE SANTO ESTEVÃO

The complex includes a clubhouse with a restaurant and leisure areas. It also has a golf academy that uses dedicated training spaces for long and short games, providing ideal conditions for beginners and golf practice for the entire family. Residents have special conditions of access and their numbers as players of the game are growing.

Santo Estêvão Golfe, with its 18-hole golf course designed by Donald Steel and in operation since 2004, has achieved a high degree of notoriety in the Portuguese and foreign markets in a short period of time. With two more 18-hole golf courses in the area, Santo Estêvão has become a new destination for tourism and golf in Portugal.

Santo Estêvão Golfe is now accessible via the motorway from Lisboa and its airport via the new Carregado Bridge.

Likewise, with a direct connection by motorway to Ota and nearly 20 kilometres from the Campo do Tiro de Alcochete firing range, Santo Estêvão Golfe is ideally located in relation to the future airport, which will increase subsequent tourist flows.

Holes: 18
Par: 73
Vila Nova de Santo Estêvão, C.C.I. 19, Benavente
☎ 263 949 492
@ www.vnsantoestevao.com

GOLDEN EAGLE

The Golden Eagle Golf & Country Club is located in the vicinity of Rio Maior, nearly 60 kilometres north of Lisboa. The course extends over 90 hectares with 18 holes for a par of 72. It is complemented by a driving range, putting green, golf shop, bar and restaurant.

Holes: 19
Par: 72
Estrada Nacional 1, Km. 63/64, Asseiceira, Rio Maior
☎ 243 940 040
@ www.goldeneagleresort.com

OITAVOS GOLF

Considered by the January 2003 edition of *Golf Monthly* magazine to be one of the ten best golf courses in continental Europe, the Quinta da Marinha Oitavos Golf Course is located in the Parque Natural de Sintra-Cascais (Sintra-Cascais Nature Park). The presence of the sea is a constant. To the north, one can enjoy the Serra de Sintra mountain range and Cabo da Roca (Cape Roca); to the west, the Atlantic Ocean. The course was carefully designed by one of the best modern-day golf architects and the former president of the American Society of Golf Course Architects, Arthur Hills, who preserved the unique characteristics of the land. It received environmental certification from Audubon International, an American environmental association. Quinta da Marinha Oitavos Golf Course is the first golf course in Europe, and the second in the world, to be recognised as a Certified Signature Sanctuary – Gold.

Holes: 18
Par: 71
Quinta da Marinha, Casa da Quinta, 25, Cascais
☎ 214 860 000
@ www.oitavosdunes.pt

PESTANA BELOURA GOLFE

The 60 hectare Quinta da Beloura Golf Course is located in the region between Cascais and Sintra. Its level circuit affords excellent views of the mountain range. It has 18 holes for a par of 73. Its fairways are bordered by 40,000 trees of a variety of species. Holes 16 and 17 are separated by a lake that will challenge the golfer's precision. It is complemented by a driving range, putting green and restaurant.

Holes: 18
Par: 73
Rua das Sesmarias, 3 - Quinta da Beloura
☎ 219 106 350
@ www.pestanagolf.com

PRAIA D'EL REY GOLF & BEACH RESORT

Located by the sea, the green swathe of the Praia d'El Rey golf circuit extends across dunes, sea cliffs and pine tree groves. Nature has been generous here: the horizon is dominated by the blue of the sea and the yellow of the sandy beach. The course is located near Óbidos, a walled town that has kept mediaeval times alive. It is a championship golf course with 18 holds for a par of 72 over 6,467 metres. Its location within the Praia d'El Rey Golf & Country Club tourist complex allows the golfer to enjoy quality facilities and service.

Holes: 18
Par: 72
Praia D'El Rey, Vale das Janelas, Óbidos
☎ 262 905 005
@ www.praia-del-rey.com

QUINTA DO PERU GOLF & COUNTRY CLUB

Quinta do Perú is located in the region of Azeitão, on the southern side of the Tagus. With the Serra da Arrábida mountain range in the background, the Quinta do Perú circuit features a lake near hole 12 which runs along the fairway to the green. The golf course is 6,033 metres long with 18 holes for a par of 72. It also features two driving ranges, two putting greens, chipping and bunker areas, a restaurant and golf shop.

Holes: 18
Par: 72
Alameda da Serra, 2,
Quinta do Conde, Sesimbra
☎ 212 134 320
@ www.golfquintadoperu.com



RIBAGOLFE I -RIBAGOLFE II

Located in the middle of the Vale do Tejo (Tagus Valley) in the heart of the Charneca Ribatejana (Ribatejo moors) and situated in an exceptional landscape at Herdade da Vargem Fresca. It is 30 minutes from the capital, west of the Infantado junction, between National Roads EN10 and EN118, easily accessible from the Vasco da Gama Bridge and the A1, A2 and A13 motorways. The golf complex includes two circuits, Ribagolfe I and Ribagolfe II, each one with 18 holes, par 72, a large practice course which, in addition to a driving range, includes chipping areas, practice bunkers and putting greens. It also has a fully equipped clubhouse, a shop and restaurant services.

Holes: 18
Par: 72
National Road EN10, Vargem Fresca, St. Estevão, Benavente
☎ 263 949 306
@ www.ribagolfe.pt

THE WESTIN CAMPOREAL

The jewel in the crown of the Westin CampoReal Golf Resort & Spa is the extraordinarily beautiful and challenging 18 hole, par 72 golf course designed by Donald Steel, responsible for over 100 courses in 20 countries, including Turnberry (Scotland), Forest of Arden (England) and Vila Sol (Portugal). Situated between two winding hills and expressive, forested valleys, CampoReal will challenge and delight even the most experienced players. Pleasant, harmonious and serene, this is a course that will provide an unforgettable experience matched only by the clubhouse, with its superb service and excellent facilities for its members.

Holes: 18
Par: 72
Estrada Municipal (Municipal Road), 619-1 - Turcifal
☎ 261 950 200
@ www.westin.com/camporeal

TRÓIA

The Tróia golf course is considered to be the most difficult in Portugal. Stretching across the Tróia peninsula, the primary obstacle of the course is the sand that borders its entire length. The greens, located in a magnificent landscape, are small, narrow and well protected. The fairways are wide and the challenge lies in reaching the greens. Hole 3 is considered to be an example of the ideal golf course. It is complemented by a driving range, two putting greens, bunker and chipping areas, a restaurant, bar, tennis courts and a golf shop. 18 holes for a par of 72 (6,337 metres).

Holes: 18
Par: 72
Tróia Tourist Complex (Complexo Turístico de Tróia, Setúbal)
☎ 265 494 112



OTHER GOLF COURSES IN THE LISBOA REGION

Belavista

Holes: 9
Par: 32

Botado

Holes: 9
Par: 67

Clube de Campo Aroeira II

Holes: 18
Par: 72

Club de Golf do Estoril

Holes: 18 + 9
Par: 69 / 34

Lisbon Sports Club

Holes: 18
Par: 69

Paço do Lumiar

Holes: 9
Par: 29

Penha Longa Atlantic

Holes: 18
Par: 72

Penha Longa Monastery

Holes: 9
Par: 35

Quinta da Marinha

Holes: 18
Par: 71

Vimeiro

Holes: 9
Par: 67



THE NEW ARCHITECTURE OF THE PARQUE DAS NAÇÕES

LIVING LISBOA AND THE TAGUS

The Parque das Nações (Park of Nations) is located in the area where the 1998 World Fair was held. It is a large space for public enjoyment that has joined the city and the river. It has also taken advantage, perfectly, of a vast riverfront area with a magnificent view overlooking the opposite bank of the river and the Vasco da Gama Bridge, the longest in Europe. Also inaugurated in 1998 as part of the World Fair, it is the fifth longest bridge in the world, measuring 17 km in length, ten of which are located over the waters of the Tagus.

The Expo '98 was the landmark event which, ten years ago, transformed this eastern zone of the city into a visionary, ambitious and multidisciplinary project that discovered how to bring together and utilise all of Portugal's areas of activity and knowledge, re-converting an important part of the city by creating a new concept and a modern urban space. It has a train station, an enjoyable shopping centre and an extensive complex that combines culture, leisure, homes and businesses.

There, we find qualified spaces with urban planning suitable for the needs of an ideal, modern city. Residential areas, facilities and services appeared with environmentally integrated urban infrastructures that made decisive contributions to the modernisation and internationalisation of Lisboa. They also brought to Lisboa the features of modern architecture in its most varied expressions.

The scheme drawn up at the time of the World Fair already anticipated the change to an urban environment to be strengthened. For this reason, few changes were made which had not already been already planned for. The period following Expo '98 witnessed the natural development of the projects anticipated for the surrounding area. In terms of culture, several facilities must be highlighted: the Pavilhão de Portugal (Portugal Pavilion), the Pavilhão Atlântico (Atlantic Pavilion), the Oceanário (Oceanarium), the Área Internacional (International Area), which became the Feira Internacional de Lisboa exhibition centre, and the Estação do Oriente train station.

At the Parque das Nações, one can also find an extensive area of bars, restaurants, esplanades and design shops.

Today, the Parque das Nações is a lively, dynamic and multipurpose space. It is the brand of contemporary Lisboa, a place where the city's inhabitants have fun, enjoy shows, go for a walk, play sport, shop, work and live in quality and harmony.

THE GREAT HALL OF LISBOA

The Pavilhão Atlântico is one of the biggest and most modern covered pavilions in Europe, capable of accommodating all kinds of events. With a 20,000-person capacity, the enclosure hosts nearly 100 events per year.

With an architecture based on the old ships that played a central role in the Portuguese Age of Discovery, the Pavilhão Atlântico is now the stage for countless sporting events and welcomes the large-scale shows that take place in the capital.



PAVILHÃO ATLÂNTICO

A MULTIPURPOSE SPACE

At the 1998 World Fair (Expo '98), the Pavilhão de Portugal, located at the Parque das Nações in Lisboa, was the building responsible for housing the representation of the Portuguese nation at that event, and it still stands today. The project was developed by Álvaro Siza Vieira with the assistance of the architect Eduardo Souto de Moura.

The entrance area of the building is a wide plaza covered by an imposing panel of pre-stressed concrete, designed like a sheet of paper resting on top of two bricks. It opens up the area to the city to house the many events that are welcomed by a space of this scale.



PAVILHÃO DE PORTUGAL

GARE DO ORIENTE

Upon arrival at the Parque das Nações, it is impossible not to notice the work of the Spanish architect Santiago Calatrava. The Gare do Oriente station dominates the view, serving as an element of urban order, majestic, and includes a bus terminal, car park, underground station, train station and shopping gallery.



THE PAVILHÃO DE PORTUGAL WELCOMES “PEIXE EM LISBOA”

The third edition of the “Peixe em Lisboa” (“Fish in Lisboa”) food festival will be held from 18 to 26 April 2009 at the Pavilhão de Portugal in the Parque das Nações. This event is sponsored by Turismo de Lisboa (Portuguese Tourism Board) and seeks to transform the city into a national and international culinary meeting point.

Open to all kinds of people who are passionate about cuisine, the “Peixe em Lisboa” festival focuses primarily on fish and shellfish in their various methods of preparation.

From selection to preparation and tasting, the stars of this festival are the main species of fish that make up the Portuguese diet. Renowned chefs will also be in attendance. During the event, various chefs with different backgrounds and styles will hold cooking shows for the enjoyment of connoisseurs of fine food, helping audiences to unravel “the mysteries of the products of the sea”.



LISBON FISH&FLAVOURS

peixe

EM LISBOA

PORTUGAL



PROMOTING AWARENESS OF THE OCEANS



FESTIVAL OF THE OCEANS

PRESERVING BIODIVERSITY

Right in the middle of the Parque das Nações stands the Oceanário (Oceanarium), a gigantic aquarium that keeps the message of the Expo '98 alive, entirely dedicated to the oceans and their conservation.

With more than twelve million visitors since its opening, it is the most visited facility in the Parque das Nações as well as the biggest attraction for adults and children who travel to this part of the city. Inside, four oceans, five hundred different plant and animal species and eight million marine organisms can be discovered.

The oceans are the responsibility of everyone. The Oceanário plays an important role in promoting knowledge about the oceans and raising awareness among visitors and citizens in general about the duty to preserve natural heritage by changing behaviours. Here, visitors can come into contact with a living exhibition that is increasingly rich, diverse and cared for.

More than 300,000 people attended the 2008 Festival dos Oceanos (Festival of the Oceans), a regular event designed to entertain the city throughout August, promote earth sciences and contribute to solving the problems that affect humanity.

This is an initiative of Turismo de Lisboa which extends throughout the entire city and spans the whole of the riverside area, from Belém to the Parque das Nações and the historic centre.

The mysteries and delights of the seas are the central characters in the Festival dos Oceanos, which is held during the month of August. Nearly two dozen events take place, all with free admission, representing a variety of types and interests. From concerts to kites, from theatre to exhibitions, the magic of the oceans as reflected in the magnificence of the Ocean Parade or the L'Utopie show is a great way to liven up the summer in the city.

THE FELIPES IN LISBOA

PORTUGAL AND THE DYNASTY OF THE FELIPES

The Iberian union of the Portuguese and Spanish crowns in the 16th century created the largest empire that the world had ever known, uniting the Spanish possessions in Europe - Franche - Comté, Roussillon, the Low Countries, Sardinia, Corsica, Mallorca, Sicily, Milan and Naples - and those in the Americas (except Brazil), with the Portuguese possessions in Africa - northwest Morocco, Angola, Mozambique, Guinea-Bissau, Cape Verde and São Tomé - and the East-Ormuz, India, Ceylon, Macau and Indonesia - in addition to Brazil, the Azores and Madeira. Following the death of the last descendant of the House of Avis, the cardinal-

king Henrique, King Felipe II of Spain was recognised as Filipe I of Portugal at the Courts of Tomar in 1581, thereby creating this megalomaniacal empire.

Years before, faced with the threat posed by the entry of the Turks at Morocco, King Sebastião had decided to conduct a military intervention in the region where the Portuguese held important garrisons.

The campaign, however, ended in a colossal failure, with the Portuguese armed forces conquered and the king of Portugal killed at the Battle of Alcácer Quibir (Ksar el Kebir) in 1578.



THE FELIPES IN LISBOA

LISBOA IN THE TIME OF THE FELIPES AND ARCHITECTURE

Because of its exceptional geographic location as a strategic port for maritime trade and support for the imperial fleet, investment in the Portuguese capital became a necessity for Felipe II, or else his own father, Carlos V, would not have declared that "if he were king of Lisboa, he would be king of the world".

As a result, the city experienced new growth following the boom of the Age of Discovery, guided not only by the renovation of older infrastructures such as **São Julião Fort (14)**, the Royal Hospital, the port and the Paço da Ribeira (Riverside Palace), but also by the construction of new buildings (the Viceroy Palace) and religious institutions such as **São Vicente de Fora (4)**, **Santos-o-Novo (1)**, Encarnação, São Bento, São Domingos de Benfica, Desterro and Flamengas.

However, this intervention in the city by the Felipes would irreversibly decline in the 1630s as the result of a significant administrative, political and economic crisis that brought Spain to its knees and which the restoration of independence in 1640 later sought to reverse.

Despite subsequent renovation efforts and the damages caused by the 1755 earthquake, it is still possible to enjoy many of these buildings which were begun in the late 16th and 17th centuries. Their style, classical, refined and austere but not uncommonly grandiose, has helped shape the current image of the old city.

Such is the case of the formidable **São Julião Fort (14)**, located at the mouth of the Barra do Tejo (Tagus sandbank) and praised by Scamozzi and Cervantes. The building's significance was immediately noted by the new authority, who soon attempted to strengthen - primarily on the landward side - this Achilles heel that had been taken by the Duke of Alba's soldiers in 1580.

Felipe II would only enter Lisboa in 1581. The new monarch was received by the city at a royal procession that stretched from the quay, next to the Paço Real da Ribeira, to the cathedral. The ceremony would be repeated in 1619 for Felipe III and there are engravings of the two dozen triumphal arches which were used, as recorded by João Baptista Lavanha. The coach that carried the king during this last entrance, the oldest one preserved in the world, is on exhibition in Belém, in the museum dedicated to these vehicles, the **Museu dos Coches (13)**.

In terms of palatial architecture, the image of the city during this period is represented primarily by two structures, both of which disappeared in the earthquake: the new Paço Real da Ribeira, whose construction was ordered by Felipe II to replace the older palace from the time of King Manuel I, and the palace of the Viceroy of Portugal, D. Cristóvão de Moura, Marquis of Castelo Rodrigo.

However, the interventions of the Felipes would largely take the form of patronage for the building of large monastic structures such as the new **Mosteiro de São Vicente de Fora (4)**, designed by Herrera, Terzi and Baltazar Álvares.

Begun in 1582 during the residence of Felipe II in Lisboa, the building represents the political will of the "Prudent" king, a nickname by which he was known, to symbolically rewrite the founding of the city by King Afonso Henriques after Lisboa was taken from the Moors in 1147.

The current building, which survived the earthquake intact (with the exception of the cupola in the transept, which collapsed) reproduces the spatial design of the Church of the Gesù in Rome within its monumental vaulted nave and side chapels. This is juxtaposed with the most balanced façade with European mannerist towers.

Imposing itself as a model to be followed, its architectural style spread to other monastic buildings of the same period such as **Santos-o-Novo (1)** and **São Domingos de Benfica (6)**.

The first, which was begun in 1609, anticipated in its colossal plan a large church flanked on its axis by two cloisters three storeys high. Financial difficulties and the advent of the Restoration frustrated the completion of the project, however, which was reduced to only one cloister (still the largest covered space in the Iberian Peninsula) and a provisional church famous today for its Baroque decorations of gilded woodwork and painted *azulejo* tiles.

The main attraction of the second monastery is located in its church, which replicates **São Vicente de Fora (4)** church on a smaller scale. Above all, there is the altarpiece, with paintings by Vincenzo Carducci, and the sculptures in the transept by Manuel Pereira, a Portuguese sculptor from the court of Felipe IV who has an important artwork at the Carthusian monastery of Miraflores, in Burgos. It is also worth visiting the small cloister, which leads to the Pantheon of the Castros, the imposing marble chapel founded by Bishop and Inquisitor General D. Francisco de Castro, for his family mausoleum and where D. João de Castro, the fourth viceroy of India, is buried.

The **Convent of Nossa Senhora da Quietação (11)** (Our Lady of Tranquility) was founded by Felipe II to house the Clarissa nuns who fled the religious wars in Flanders. For this reason it is also known as the "Convento das Flamengas" (Convent of the Flemish Ladies), begun in 1582 by the royal architect Nicolau de Frias.



ART AND HERALDRY

Felipe II was a great admirer and collector of art, evident in his taste for painters like Hieronymus Bosch, whose works he brought together in a significant collection currently on display at the Prado Museum in Madrid. One of the key works of this painter can be found, however, in Lisboa: the triptych entitled *The Temptations of St. Anthony*, on exhibit at the **Museu Nacional de Arte Antiga (National Museum of Early Art) (10)**.

In addition to being a patron of architecture and collector of art, Felipe II commissioned some exceptional works for Portugal which have remained indelibly associated with his name.

The Cruz de Tomar (Tomar Cross) stands out in the field of goldsmithing, a precious mannerist piece decorated in enamel from the workshops of Augsburg. Offered to the Convento de Cristo (Monastery of Christ), it can be enjoyed today at the **Museu do Tesouro da Sé (Cathedral Treasure Museum) (9)**.

Of equal note is a chalice decorated with mannerist engravings and adorned with cut crystal pendants. Its base features the coat of arms of Felipe II and above it, next to the stem, the inscription "PHILIPPVS II HISPANIORUM REX ME DONAT ANNO 1582. D. LUDOVICO MANRQZ, ELLE MOSVNIS REGIIS PRAEFECTO". It was a gift from the monarch to a Carmelite convent, as it also bears the shield of this order.

In fact, the inscription of royal insignia on ceremonial pieces was common practice, perpetuating or commemorating the name of the royal benefactors. «A silver-gilt medallion with the effigy of Felipe II appears on a 17th century Portuguese salver. This type of ceremonial salver, with a very deep bottom and divided into several sections, engraved patterns and a central medallion, is typical of the work

corresponding to the rule of the Austrian Habsburgs.

In other pieces, heraldry is used as a decorative motif, which becomes particularly interesting in the case of Chinese porcelain commissioned from Europe.

One plate bearing the coat of arms of Matias de Albuquerque includes the small group of the first orders destined for the Portuguese market, preceding by more than a century the armorial china for other foreign powers. Matias de Albuquerque was appointed the 16th viceroy and 34th governor of India by Felipe II. He occupied this post for two three-year periods between 1591 and 1597.

The "Pote dos Agostinhos" (Pot of the Augustines) owes its name to the presence of the ecclesiastical heraldry of the Order of the Hermits of St. Augustine that adorns it: the Austrian double-headed eagle perched on a heart crossed by two arrows. This, along with a similar piece from the **Centro Científico e Cultural (Scientific and Cultural Centre) of Macau (12)**, may have been commissioned for the Convent of St. Augustine in Macau, founded by the monarch (1586-1591).

PAINTING

Francisco de Zurbarán (1598-1664) was an illustrious Spanish painter from the Baroque era. In the 1630s he received a commission to paint the Apostles in a work consisting of twelve canvases representing the disciples of Christ.

The solemn piece was intended for the upper choir seats in the church of the Monastery of **São Vicente de Fora (4)**, thus complementing the series of "Philippine dynasty" works commissioned for this building.



THE FELIPES IN LISBOA

THE JESUITS AND THE RELICS OF THE CASA PROFESSA DE SÃO ROQUE

Founded in 1534 by a group of scholars (including two Spaniards, Ignacio de Loyola and Francisco Xavier, and one Portuguese, Simão Rodrigues), the Company of Jesus established its first house in Lisboa in 1542, the **Coleginho de Santo Antão-o-Velho (College of Old St. Anthony) (5)**, which was taken over from the Augustinians.

The Company was enormously important in Portugal and its overseas territories, given that the Jesuit priests took on the roles of educators and confessors to members of the monarchy and missionaries for other cultures.

The scale of their importance can be judged by the number of houses and colleges that were built. In Lisboa alone, at the beginning of the 17th century, they ran the Colégio de Santo Antão-o-Novo, the Noviciado da Cotovia (Novitiate of Cotovia) and the **Casa Professa de São Roque (Professed House of Sao Roque) (7 / 8)**.

The **Church of São Roque (8)** would enjoy a donation in 1587 from D. João de

Borja, Duke of Gandia and son of S. Francisco de Borja, third General of the Company. In his travels through European cities, the ambassador to Felipe II at the court of Rudolf II of Germany, gathered together a large collection of relics that the king sent to the Casa Professa dos Jesuítas in Lisboa, because of the important role that his father played in founding the institution and the close ties that he maintained with Portugal (his mother and wife were both Portuguese).

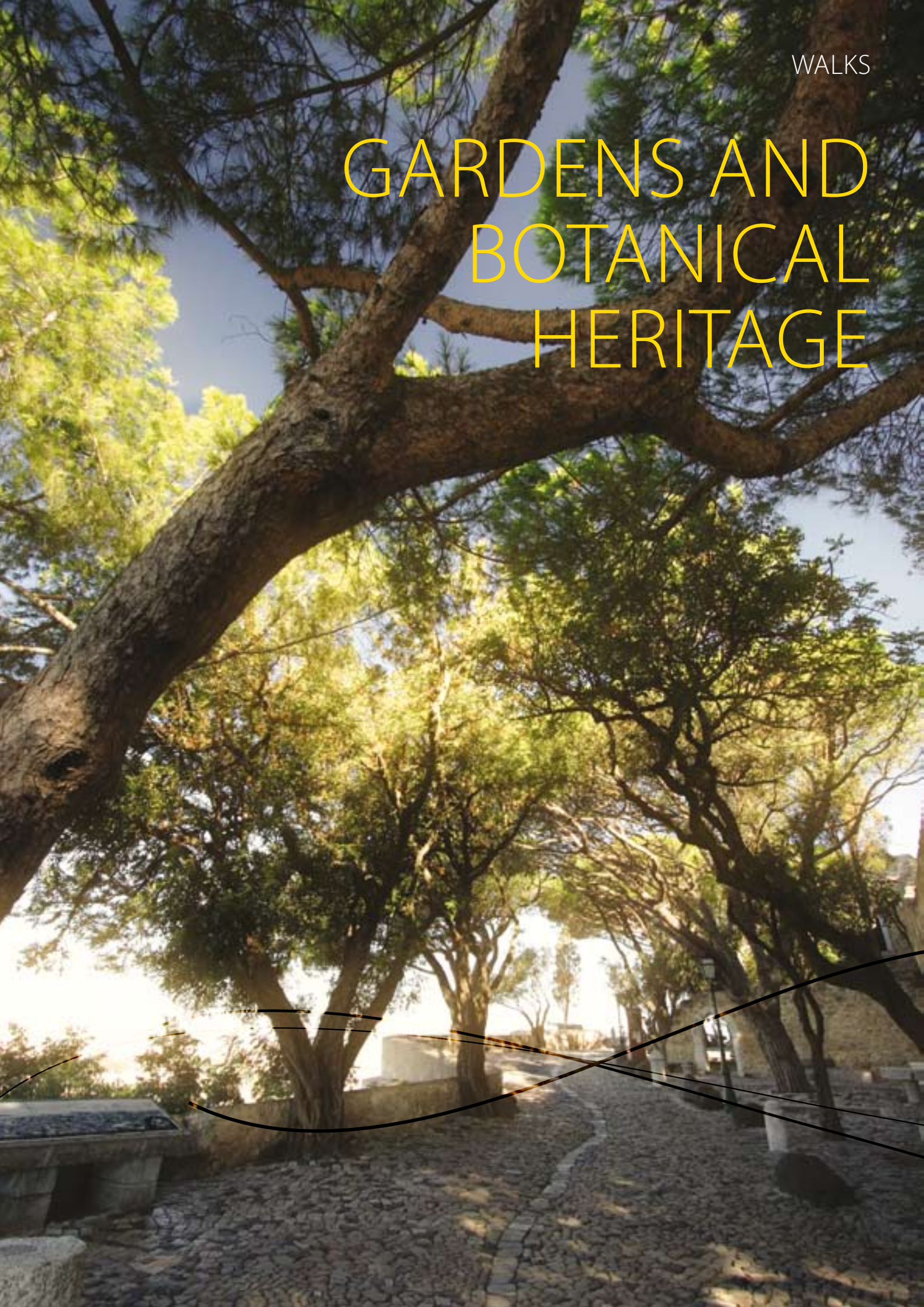
In order to house the relics, polychrome wood reliquaries were made and placed at two altars, those of the Holy Martyrs and the Holy Virgins, along with those which already existed at **São Roque**.

The worship of reliquaries had even greater value during the period of the Catholic Reformation, strengthening the faith and spiritual values transmitted to the faithful. The collection at São Roque was one of the largest in Portugal. Even today, it maintains a unique historic importance on an international scale.



WALKS

GARDENS AND BOTANICAL HERITAGE



The idea of the public garden as a necessary space in the theoretical design of the city came about after the Lisboa earthquake in 1755, though it took more than 100 years before it entered into the everyday life of the capital.

The reconstruction plan of Lisboa, however, abolished from the city centre the memory of the *horto*, a supplier of plants and fruits, that existed in the pre-earthquake Baixa district. Instead, a public promenade was planned, intended for the enjoyment of Lisboa's residents.

It was in this way that the garden increased in value in the 18th century, combining the economic element with the sense of appreciation for the exotic plants native to the overseas territories.

Some gardens were then designed for the city, primarily for scientific purposes, from places designed to acclimate plants for study and enjoyment. Examples include the **Jardim Botânico da Ajuda (Ajuda Botanical Garden) (12)**, a space of geometric severity and considered to be the first and most important institution dedicated to the cultivation of Portugal's natural history, and the magnificent **Parque do Monteiro-mor (2)** of the Marquis of Angeja, one of the most beautiful and tranquil parks in Lisboa.

The curiosity about exotic plants also led to the introduction of species like palm trees and jacarandas into the gardens, as well as mulberry trees to feed silkworms, which was made fashionable in Lisboa by the thrift of the Marquis of Pombal.

It was around this time that nature definitively took its place in the city. From the "garden-block" - as seen in the **Príncipe Real (9)** or Praça das Flores gardens - to the *boulevard à la Haussmann* - a French import that reached its high point with the Avenida da Liberdade but also made its way into other urban spaces by introducing trees along the street - to various gardens and parks from **Estrela (11)** to **Eduardo VII (6)**, the story is being written in the capital of an evolution that has known its highs and lows along a path where nature gained a stronger presence in the urban space each day.

This evolution culminated in two decisive moments: the planting of **Monsanto (5)**, the true lungs of the city, and the establishment in Olivais of a neighbourhood designed as if it were a park.

More recently, this has continued with the **Parque da Bela Vista (14)** and the **Parque das Nações (1)**.

GREEN SPACES IN LISBOA

Gardens	163,22 ha
Forests	1.098,67 ha
Parks	180,37 ha



5 OCEANOS

Doca de Santo Amaro, Armazém 12
1350-353 LISBOA
T: +351 213 978 015
F: +351 213 950 073
E: geral@5oceanos.pt

ATIRA-TE AO RIO

Cais do Ginjal, 69/70
2800-284 CACILHAS
T: +351 212 751 380
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W: www.atirateaorio.pt

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ÁGUA E SAL

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– Esplanada Dom Carlos I
Doca dos Olivais
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T: +351 218 936 189
F: +351 218 936 187
E: aguaesal@gmail.com

ALECRIM ÀS FLORES

Travessa do Alecrim, 4
1200-019 LISBOA
T: +351 213 225 368
F: +351 213 431 600
E: alecrim@alecrimasflores.com
W: www.alecrimasflores.com

ATANVÁ

R. da Pimenta, 43/45
1990-254 LISBOA
T: +351 218 950 480
F: +351 218 950 484
E: mail@atanva.com
W: www.parquedasnacoes.pt/pt/
restauracao/

BICA DO SAPATO

Av. Infante Dom Henrique
Cais da Pedra a Santa Apolónia B
1900 LISBOA
T: +351 218 810 320
F: +351 218 810 329
E: info.bicadosapato@net.vodafone.pt
W: www.luxfragil.com/bicasapato/
bica_beta.html

BIZARRO

R. da Atalaia, 133 Bairro Alto
1200-039 LISBOA
T: +351 213 471 899
W: restaurantebizarro.sapo.pt

BOCCA RESTAURANTE-BAR

Rua Rodrigo da Fonseca, 87 D
1250-190 LISBOA
T: +351 213 808 383
F: +351 213 808 387
E: reservas@bocca.pt
W: www.bocca.pt

CAFÉ PLAZA

Hotel Lisboa Plaza
Tv. do Salitre, 7
1269-066 LISBOA
T: +351 213 218 218
F: +351 213 471 630
E: plaza.hotels@heritage.pt
W: www.heritage.pt

CAFÉ IN

Av. Brasília, Pavilhão Nascente, 311
1300-123 LISBOA
T: +351 213 626 248
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E: cafe-in@gastromias.com
W: www.gastromias.com/cafe-in

CAFÉ MARTINHO DA ARCADEA

Pç. do Comércio, 3
1100-148 LISBOA
T: +351 218 866 213
F: +351 218 867 757
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Rua Padre António Vieira, 9 E
1070-190 LISBOA
T: +351 213 861 089
F: +351 213 861 089
E: lojadositos@sapo.pt
W: www.lojadositos.pt

NAPOLEÃO WINE SHOPS
R. dos Fanqueiros, 70
1100-231 LISBOA
T: +351 218 872 042
F: +351 218 861 109
E: wine@napoleao.co.pt
W: www.napoleao.co.pt

NOVA AÇOREANA
R. da Prata, 116/118 1100-420 LISBOA
T: +351 218 879 870
E: nova-acoreana@netcabo.pt

SCC – Sociedade Central de Cervejas e Bebidas
Estrada da Alfarrobeira 2625-244 VIALONGA
T: +351 219 528 600
F: +351 219 520 838
E: scc@centralcervejas.pt
W: www.centralcervejasbebidas.pt

VINIPTUGAL
Sala Ogival Lisboa Terreiro do Paço,
Ala Poente 1100-148 LISBOA
T: +351 213 420 690
F: +351 213 420 691
E: sala.ogival@viniportugal.pt
W: www.viniportugal.pt

VINITURISMO
Av. de Berna, 35, 3º Dto. 1050-038 LISBOA
T: +351 217 938 586
F: +351 217 978 625
E: viniturismo@mail.telepac.pt
W: www.viniturismo.com

HANDICRAFTS AND SOUVENIRS

A ARTE DA TERRA
Rua de Augusto Rosa, 40
1100-059 LISBOA
T: +351 212 745 975
E: arte@net.sapo.pt
W: www.aartedaterra.pt

ARTANTICA, LDA.
Rua de São Tomé, 54, 1100-563 LISBOA
T: +351 218 879 434
F: +351 218 879 434
E: artantica@iol.pt
W: www.artantica-online.com

ARTESANATO REGIONAL PORTUGUÊS
Pç. dos Restauradores, 64, 1250-188 LISBOA
T: +351 213 477 875
F: +351 213 420 236

ARTESANATO DO TEJO
R. do Arsenal, 25
1100-038 LISBOA
T: +351 210 312 820
F: +351 210 312 819
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W: www.atlx.pt

BAZAR MUMI
Lg. Santo António da Sé, 6/8
1100-499 LISBOA
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E: bazar_mumi@hotmail.com

ELÉCTRICO DE LISBOA
Apartado 14334
1064-004 LISBOA
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F: +351 217 540 123
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LINHO BORDADO
R. Cidade de Horta, 36 A 1000 LISBOA
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F: +351 218 476 941

LOJA DOS DESCOBRIMENTOS
R. dos Bacalhoiros, 12 A 1100-070 LISBOA
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E: loja-dos-descobrimentos@ciberguia.pt

MATEUS SHOP
R. Castilho, 61 B 1250-068 LISBOA
T: +351 213 863 830
F: +351 213 860 879
E: info@mateus-shop.com
W: www.mateus-shop.com

SHOPPING

A OUTRA FACE DA LUA
R. da Assunção, 22, 1100-044 LISBOA
T: +351 218 863 430
F: +351 218 863 168
E: baixa@aoutrafacedalua.com
W: www.aoutrafacedalua.com

AMOREIRAS SHOPPING CENTER
Amoreiras Shopping Center, Lj. 2037
Av. Eng. Duarte Pacheco 1070-103 LISBOA
T: +351 213 810 200
F: +351 213 832 735
E: amoreiras@mundicenter.pt
W: www.amoreiras.com

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2750-374 CASCAIS
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EL CORTE INGLÉS
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W: www.elcorteingles.pt

FREEPORT DESIGNER OUTLET
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2890-154 ALCOCHETE
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F: +351 212 349 119
E: recep.lisboa@freeportheisure.com
W: www.freeport.com

NUNES CORRÊA ALFAIATES
Rua Augusta, 250
1100-056 LISBOA
T: +351 213 240 930
F: +351 256 811 535
E: vigorbanis@mail.telepac.pt
W: www.nunescorreia.com

PELCOR
Rua das Pedras Negras, 32
1100-043 LISBOA
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E: pelcor.lisboa@pelcor.pt
W: www.pelcor.pt

LEISURE

HOTEL TIVOLI JARDIM
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F: +351 213 591 245
E: htjardim@tivolihotels.com
W: www.tivolihotels.com

JERÓNIMOS 8
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1400-211 LISBOA
T: +351 213 600 900
F: +351 213 600 908
E: jeronimos8@almeidahotels.com
W: www.jeronimos8.com

TURIM EUROPA HOTEL
R. São Sebastião da Pedreira, 17/19
1050-206 LISBOA
T: +351 210 330 800
F: +351 210 330 899
E: geral-europa@hotelturim.com
W: www.turimhoteis.com

HOTEL TIVOLI SINTRA
Pç. da República,
2710-616 SINTRA
T: +351 219 237 200
F: +351 219 237 245
E: htsintra@tivolihotels.com
W: www.tivolihotels.com

LISBOA MARRIOTT HOTEL
Av. dos Combatentes, 45
1600-042 LISBOA
T: +351 217 235 400
F: +351 217 264 281
E: lisbon@marriott-hotels.com
W: www.marriott.com/lispt

TURIM IBERIA HOTEL
Av. 5 de Outubro, 160
1050-062 LISBOA
T: +351 217 906 110
F: +351 217 906 119
E: geral-iberia@hotelturim.com
W: www.turimhoteis.com

HOTEL TIVOLI TEJO
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T: +351 218 915 100
F: +351 218 915 345
E: httejo@tivolihotels.com
W: www.tivolihotels.com

LISBOA REGENCY CHIADO
R. Nova do Almada, 114
1200-290 LISBOA
T: +351 213 256 100
F: +351 213 256 161
E: regencychiado@madeiraregency.pt
W: www.regency-hotels-resorts.com

TURIM LISBOA HOTEL
R. Filipe Folque, 20,
1050-113 LISBOA
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E: geral@hotelturim.com
W: www.turimhoteis.com

HOTEL TRYP ORIENTE
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F: +351 218 930 099
E: tryp.oriente@solmeliaportugal.com
W: www.tryporiente.solmelia.com

RADISSON SAS HOTEL LISBOA
Av. Marechal Craveiro Lopes, 390
1749-009 LISBOA
T: +351 210 045 000
F: +351 210 045 001
E: rad@grupo-continental.com
W: www.radisson.com/lisbonpt

VIP EXECUTIVE ARTS
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F: +351 210 020 401
E: hotelarts@vip-hotels.com
W: www.vip-hotels.com

HOTEL VILA GALÉ ÓPERA
Tv. do Conde da Ponte
1300-141 LISBOA
T: +351 213 605 400
F: +351 213 605 450
E: opera@vilagalé.pt
W: www.vilagalé.pt

REAL PARQUE HOTEL
Av. Luís Bivar, 67
1069-146 LISBOA
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F: +351 213 570 750
E: info@hoteisreal.com
W: www.hoteisreal.com

3* HOTELS

AMÉRICA DIAMOND'S HOTEL
Rua Tomás Ribeiro, 47
1050-226 LISBOA
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F: +351 213 531 176
E: info@americadiamondshotel.com
W: www.americadiamondshotel.com

HOTEL VILLA RICA
Av. 5 de Outubro, 301/319
1600-035 LISBOA
T: +351 210 043 000
F: +351 210 043 499
E: villarica@fibeira.pt
W: www.hotelvillarica.com

SANA LISBOA HOTEL
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1069-310 LISBOA
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F: +351 210 064 301
E: info@sanahotels.com
W: www.sanahotels.com

HOTEL DE TURISMO/ABRANTES
Lg. de Santo António
2200-348 ABRANTES
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F: +351 241 365 218
E: sales@hotelabranes.pt
W: www.hotelabranes.pt

HOTEL VINCCI BAIXA
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1100-524 LISBOA
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F: +351 218 866 081
E: baixa@vincchoteles.com
W: www.vincchoteles.com

SANA MALHOA HOTEL
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BEST WESTERN HOTEL FLAMINGO
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1250-068 LISBOA
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E: hotelflamingo@netcabo.pt
W: www.bestwestern.com/pt/hotelflamingo

HOTEL VIP DIPLOMÁTICO
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1250-071 LISBOA
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F: +351 213 862 155
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W: www.vip-hotels.com

SANA METROPOLITAN HOTEL
R. Soeiro Pereira Gomes, Parcela 2
1600-198 LISBOA
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F: +351 217 950 864
E: sanametropolitan@sanahotels.com
W: www.sanahotels.com

HOTEL EDUARDO VII/LISBOA
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W: www.hoteleduardovii.pt

HOTEL ZENIT LISBOA
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1050-047 LISBOA
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F: +351 213 102 209
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W: www.zenithoteles.com

SANA SESIMBRA HOTEL
Av. 25 de Abril 2970-634 SESIMBRA
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E: sanasesimbra@sanahotels.com
W: www.sanahotels.com

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W: www.inspirahotels.com

SESIMBRA HOTEL & SPA
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E: info@sesimbrahotelspa.com
W: www.sesimbrahotelspa.com

INTERNACIONAL DESIGN HOTEL
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T: +351 213 240 990
F: +351 213 240 999
E: info@idesignhotel.com
W: www.idesignhotel.com

TURIM ALAMEDA HOTEL
Av. Rovisco Pais, 34
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F: +351 218 411 559
E: turimalamedahotel@turimhoteis.com
W: www.turimhoteis.com

HOTEL A.S. LISBOA
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1000-055 LISBOA
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E: info@hotel-aslisboa.com
W: www.hotel-aslisboa.com

ACCOMMODATION

HOTEL AL FOZ
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F: +351 212 341 190
E: comercial@al-foz.pt
W: www.al-foz.pt

HOTEL ALMIRANTE
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E: sales@hotelalmirante.pt
W: www.hotelalmirante.pt

HOTEL ALVORADA
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2765-240 ESTORIL
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E: geral@hotelalvorada.com
W: www.hotelalvorada.com

HOTEL ARRIBAS
Av. Alfredo Coelho
– Praia Grande
2705-329 COLARES
T: +351 219 289 050
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E: hotel.arribas@mail.telepac.pt
W: www.hotelarribas.com

HOTEL BOTÂNICO
R. da Mãe D'Água,
16/20
1250-156 LISBOA
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E: hotelbotanico@netcabo.pt
W: www.hotelbotanico.net

HOTEL DOM CARLOS LIBERTY
R. Alexandre Herculano, 13
1150-005 LISBOA
T: +351 213 173 570
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E: comercial@domcarlos-hotels.com
W: www.domcarlos-hotels.com

HOTEL DOM CARLOS PARK
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HOTEL EXCELSIOR
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1150-282 LISBOA
T: +351 213 537 151
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W: www.hotel-excelsior.pt

HOTEL EXPRESS BY HOLIDAY INN LISBON-OEIRAS
Est. de Paço de Arcos
à Pç. Sérgio Vieira de Melo
2740-243 PORTO SALVO
T: +351 214 232 040
F: +351 214 232 041
E: rmanager@grupo-continental.com
W: www.hiexpress-lisbonoeiras.com

HOTEL ISIDRO
R. Prof. Augusto Gomes, 3
2910-123 SETÚBAL
T: +351 265 535 099
F: +351 265 535 118
E: hotelisidro@netcabo.pt
W: www.maisturismo.pt/hisidro

HOTEL JORGE V
R. Mouzinho
da Silveira, 3
1250-165 LISBOA
T: +351 213 562 525
F: +351 213 150 319
E: info@hoteljorgev.com
W: www.hoteljorgev.com

HOTEL LIDO
Rua do Alentejo, 12,
2765-188 ESTORIL
T: +351 214 679 420
F: +351 214 679 429
E: lido@hotellido.pt
W: www.hotellido.pt

HOTEL LISBOA TEJO
R. dos Condes
de Monsanto, 2
1100-159 LISBOA
T: +351 218 866 182
F: +351 218 865 163
E: hotelisboatejo.reservas@eviden-
ciagrupos.com
W: www.evidenciahotels.com

HOTEL LONDRES
Av. Fausto de Figueiredo, 17
2765-412 ESTORIL
T: +351 214 648 300
F: +351 214 672 633
E: portugal@hotellondres.com
W: www.hotellondres.com

HOTEL MÉTROPOLE
Pç. Dom Pedro IV, 30
1100-200 LISBOA
T: +351 213 219 030
F: +351 213 469 166
E: metropole@almeidahotels.com
W: www.almeidahotels.com

HOTEL MIRAPARQUE
Av. Sidónio Pais, 12
1050-214 LISBOA
T: +351 213 524 286
F: +351 213 578 920
E: hotel@miraparque.com
W: www.miraparque.com

HOTEL NACIONAL
R. Castilho, 34
1250-070 LISBOA
T: +351 213 554 433
F: +351 213 561 122
E: hotelnacional@mail.telepac.pt
W: www.hotel-nacional.com

HOTEL OLISSIPPO
MARQUÊS DE SÁ
Av. Miguel Bombarda, 130
1050-167 LISBOA
T: +351 217 911 014
F: +351 217 936 983
E: dmv@olissippohotels.com
W: www.olissippohotels.com

HOTEL PRÍNCIPE LISBOA
Av. Duque de Ávila, 201
1050-082 LISBOA
T: +351 213 592 050
F: +351 213 592 055
E: hotel@hotelprincipelisboa.com
W: www.hotelprincipelisboa.com

HOTEL ROMA
Av. de Roma, 33
1749-074 LISBOA
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F: +351 217 932 981
E: info@hotelroma.pt
W: www.hotelroma.pt

HOTEL TRAVEL
PARK LISBOA
Av. Almirante Reis, 64
1150-020 LISBOA
T: +351 218 102 100
F: +351 218 102 199
E: reservas@hoteltravelpark.com
W: www.hoteltravelpark.com

HOTEL VIP BERNA
Av. António Serpa, 13
1169-199 LISBOA
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E: hotelberna@vip-hotels.com
W: www.vip-hotels.com/vip-berna.htm

HOTEL VIP ZURIQUE
R. Ivone Silva, 18
1050-124 LISBOA
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E: hotelzurique@vip-hotels.com
W: www.vip-hotels.com/vip-zurique.htm

SABÓIA ESTORIL HOTEL
Rua Belmonte, 1
Monte Estoril
2765-398 ESTORIL
T: +351 214 680 202
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F: www.saboiastorilhotel.com

SANA CAPITOL HOTEL
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T: +351 213 536 811
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W: www.sanahotels.com

SANA ESTORIL HOTEL
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SANA EXECUTIVE HOTEL
Av. Conde de Valbom, 56
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F: +351 217 951 166
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W: www.sanahotels.com

SANA RENO HOTEL
Av. Duque de Ávila, 195/197
1050-082 LISBOA
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F: +351 213 135 001
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W: www.sanahotels.com

SANA REX HOTEL
R. Castilho, 169
1070-051 LISBOA
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F: +351 213 887 581
E: sanarex@sanahotels.com
W: www.sanahotels.com

2* HOTELS

HOTEL CHILE
R. António Pedro, 40
1000-039 LISBOA
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E: info@hoteldochile.com
W: www.hoteldochile.com

HOTEL IBIS
LISBOA ALFRAGIDE
Alto da Cabreira,
Estrada da Circunvalação
2610-041 AMADORA
T: +351 217 625 090
F: +351 217 625 091
E: sergio.bastos@accor.com
W: www.ibishotel.com

HOTEL IBIS LISBOA
JOSE MALHOA
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E: h1668@accor-hotels.com
W: www.accorhotels.com

HOTEL IBIS LISBOA – OEIRAS
Área de Serviço da
Auto-Estrada A5 – Km 9,6
2780-826 OEIRAS
T: +351 214 216 215
F: +351 214 217 039
E: h1634@accor-hotels.com
W: www.ibishotel.com

HOTEL IBIS LISBOA LIBERDADE
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1250-043 LISBOA
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E: h1337-gm@accor-hotels.com
W: www.accorhotels.com

HOTEL IBIS LISBOA
SALDANHA
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1000-090 LISBOA
T: +351 213 191 690
F: +351 213 191 699
E: h2117@accor-hotels.com
W: www.accorhotels.com

HOTEL PRAIA DO SOL
Rua dos Pescadores, 12
2825-386 COSTA DA CAPARICA
T: +351 212 900 012
F: +351 212 902 541
E: hotelpraiaidosol@netcabo.pt
W: www.hotelpraiaidosol-caparica.com

HOTEL VIP MIRAMONTE
Av. do Atlântico, 155
2705-287 SINTRA
T: +351 219 288 200
F: +351 219 291 480
E: hotelmiramonte@vip-hotels.com
W: www.vip-hotels.com

INNS AND OTHER HOTELS

AS JANELAS VERDES
R. das Janelas Verdes, 47
1200-690 LISBOA
T: +351 213 968 143
F: +351 213 968 144
E: jverdes@heritage.pt
W: www.heritage.pt

ESTALAGEM DO FAROL – DESIGN HOTEL
Av. Rei Humberto II
de Itália, 7
2750-465 CASCAIS
T: +351 214 823 490
F: +351 214 841 447
E: farol@farol.com.pt
W: www.farol.com.pt

ESTALAGEM DO SADO
R. Irene Lisboa, 1/3, 2900-023 SETÚBAL
T: +351 265 542 800
F: +351 265 542 828
E: pedro.costa@estalagemdosado.com
W: www.estalagemdosado.com

ESTALAGEM SENHORA DA GUIA
Est. do Guincho, 2750-642 CASCAIS
T: +351 214 869 239
F: +351 214 869 227
E: senhora.da.guia@mail.telepac.pt
W: www.senhoradagui.com

ESTALAGEM VALE MANSO
Martinchel
2200-648 ABRANTES
T: +351 241 840 000
F: +351 241 840 009
E: reservas@estalagemvalemanso.com
W: www.estalagemvalemanso.com

POUSADA DE PALMELA
CASTELO DE PALMELA
2950-997 PALMELA
T: +351 212 351 226
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E: rececao.palmela@pousadas.pt
W: www.pousadas.pt

SOLAR DO CASTELO
R. das Cozinhas, 2 (ao Castelo)
1100-181 LISBOA
T: +351 218 870 909
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E: solar.castelo@heritage.pt
W: www.heritage.pt

YORK HOUSE
R. das Janelas Verdes, 32
1200-691 LISBOA
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F: +351 213 972 793
E: manager@yorkhouselisboa.com
W: www.yorkhouselisboa.com

HOTEL APARTMENTS

APARTHOTEL SUITES DO MARQUÊS 4*
Av. Duque de Loulé, 45
1050-086 LISBOA
T: +351 213 510 480
F: +351 213 531 865
E: res.suitesdomarquês@vip-hotels.com
W: www.vip-hotels.com

APARTHOTEL VIP EDEN 4*
Pç. dos Restauradores, 24
1250-187 LISBOA
T: +351 213 216 600
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E: aparthoteleden@vip-hotels.com
W: www.vip-hotels.com

AQUALUZ TROIAMAR SUITE HOTEL 4*
Tróia, Carvalhal, 7570-789 TRÓIA
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E: aqualuztroia@troiaresort.pt
W: www.aqualuz.com

HOTEL MELIÁ ALDEIA DOS CAPUCHOS 4* Sup
Largo Aldeia dos Capuchos
2825-017 CAPARICA
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W: www.solmelia.com

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