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# MAIN CITIES AND DESTINATIONS

## Lisboa Region

Lisbon, an illuminated city; diversity is the region's principal hallmark.



Lisboa is Portugal's capital and the hub of a multifaceted area that appeals to different tastes and senses. In a city that has been influenced by many different far-off cultures over time, there is still a village feel in each historic neighborhood. Stroll through the Pombaline grid of streets in the Baixa, Lisboa district that opens on to the Tagus in Praça do Comércio, then follow the river to discover some of the city's most beautiful parts: the monumental area of Belém with its World Heritage monuments, the mediaeval quarters and the latest contemporary leisure spaces, such as the Parque das Nações.

If you continue to the mouth of the river, you'll understand why we say that Lisboa is the center of a vast resort. Along the coastal road you'll find beaches and beach resorts that combine villas and hotels from the beginning of the 20th century with marinas, terraces and excellent golf courses. Cascais and Estoril are the most iconic. Further along the coast you'll come across world-renowned surfing beaches, but also the palaces scattered across the cultural landscape of Sintra, a World Heritage Site.



**Gastronomy:** The grilled sardines are mandatory fare in any typical restaurant or beach terrace, particularly in the summer, accompanied by grilled peppers and seasoned with the excellent Portuguese olive oil. However, the boats that lend color to the region's fishing ports bring many other fish and seafood for scrumptious bouillabaisse, fish soups or simple grilled fish, such as the red mullet from Setúbal and the fried cuttlefish. As for sweets, the temptations around the capital are many and by themselves justify the trip: walnuts in Cascais; queijadas (cheese tarts) and travesseiros (egg and almond pastries) in Sintra; when you cross the Tagus to the south, you will find the Azeitão tortas (egg cream-filled rolls). But there is one that no-one can miss when visiting Lisboa: the mouth-watering pastéis de Belém.



**Suggested trips: Mini-cruises that depart from Setúbal** - during which you can admire the dolphins, the estuary and the stunning coastline of the Parque Natural da Arrábida. **Baixa, Lisboa** - to better view the Tagus River, why not descend the hill to the Baixa; there one finds many typical Lisboa esplanades, the muse of many intellectuals; the nest of poets, writers, singers and other artists, in the Baixa one feels the weight of tradition. **Fado** - is an expression of what it is to be Portuguese that has also been awarded World Heritage status. You can hear it at night in a fado house.

**Explore Portugal's preferred landmarks: The Palácio Nacional de Mafra** - a monumental complex that contains a basilica, a monastery and a palace, and is the most important masterpiece of Portuguese Baroque. The **Quinta da Regaleira in Sintra** - a mythical magical place to be felt. **Belém quarter** - in Lisboa, next along the riverside is the neighborhood with the largest number of heritage sites connected with the Portuguese voyages of discovery. **Arrábida** - the hills, the Natural Park, the beaches and the historical buildings show how the best of nature can lead to best of Mankind.

