

## The best of both worlds in Lisbon

**With stunning Atlantic beaches only 20 minutes from the city centre, visitors don't have to choose between a city or coastal break in Portugal's capital**



*L to R: Historic neighbourhoods of Lisbon, Sé Catedral (Cathedral) in Alfama and the beach in Arrábida*

**December 2020** - Having recently been awarded the World's Leading City Break Destination in the World Travel Awards 2020, Lisbon's popularity for an urban escape is well-established. Yet this sunny capital has more to offer visitors than its cultural attractions, World Heritage architecture, fantastic shopping, gastronomy and nightlife. Within a short distance of the city are golden Atlantic beaches, estuaries teeming with wildlife and a natural surfing reserve. With so many experiences on offer, Lisbon has something for every visitor, whether they are looking for city buzz, coastal relaxation... or a little of both.

Here, the Lisbon Tourism Association highlights some of the "must-do's" for visitors looking to enjoy the best of both worlds in Lisbon in 2021...

### **The coast: golden beaches, world-class surfing and captivating nature**

Lisbon's metropolitan centre is just 20 minutes from the idyllic Atlantic coastline, making a day at the seaside within easy reach for travellers to the city. Some of the closest and most easily accessible beaches can be found along the **Costa da Caparica**, a 15km stretch of golden sand with a variety of coastal towns to explore.

Those looking for family-friendly beaches and a charming resort town atmosphere should head to **Cascais**. Here, the shores of **Santo Amaro**, **Oeiras** and **Cascavelos** are all favoured amongst local Lisboetas and tourists alike. Those seeking adrenaline sports can visit the bays of **Ericeira** such as **Foz do Lizandro** and **Praia do Sul**. Home to Europe's first World Surfing Reserve, the area is great for water

sports including surfing, coasteering, sailing, canoeing, windsurfing, diving and caving. For more secluded sands **Ursa Beach** in **Sintra**, which can only be reached via a steep and twisting route, is ideal for more adventurous travellers.

The versatile coastline also offers an array of options for travellers wanting to explore Lisbon's rural countryside and wildlife. Parks such as the **Arrábida Nature Park** and the **Sintra-Cascais Nature Park**, boast walking trails with breath-taking vistas of deep blue seas and idyllic beaches, while stunning estuaries teem with wild inhabitants. The **Sado Estuary Nature Reserve** is home to a group of 30 wild bottlenose dolphins that can be spotted all year round, and the **Tagus Estuary Nature Reserve**, Portugal's largest wetland, is one of the country's best spots for bird watching.

### **The city: vibrant streets, historic sites, world class gastronomy and shopping**

Travellers are never short of things to see and do in the buzzing neighbourhoods of Lisbon. Famous for its cuisine, there's plenty for foodies to enjoy from sampling the traditional flavours of the region at local tascas in the historic neighbourhoods of **Baixa** and **Belém**, to innovative dining in the up-and-coming areas of **Bairro Alto**, **Alcântara** and **Cais do Sodré**. By evening, **Rua Nova do Carvalho** (commonly known as "Pink Street") is one of the hottest hubs for nightlife in the city where locals and visitors gather to enjoy the buzz of the area's bars and clubs.

Lisbon's picturesque streets also provide plenty of opportunities to shop. **Baixa Pombalina** is a traditional shopping area great for authentic souvenirs, whereas **Chiado** is the design centre of the capital where fashion and art come together amid galleries and avant-garde shops. This area is also home to the studios of some of the best Portuguese designers. **Príncipe Real** is ideal for those wanting to seek out innovative brands and artisanal products, whereas **Avenida da Liberdade** is the go-to place for international labels and luxury.

As one of the oldest cities in Europe, it's no surprise that Lisbon is also packed with historic attractions. For a glimpse of the past, visitors should head to **Alfama**, the capital's oldest neighbourhood and home to the superbly located Moorish **Castelo de São Jorge**, perched upon one of the city's highest viewpoints and the **Sé Catedral** (Cathedral), Lisbon's oldest church. The city's captivating history can also be discovered through its museums including the **Museu Nacional da Arte Antiga** (National



Ancient Art Museum), home to a collection of classic paintings and sculptures and the **Museu Nacional do Azulejo** (National Tile Museum), featuring azulejos (painted tiles) dating back to the 15th century.

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For more information about Lisbon, please see [www.visitlisboa.com](http://www.visitlisboa.com).

### **About Turismo de Lisboa**

Turismo de Lisboa is a non-profit organisation established through an alliance of public and private bodies operating in the tourist sector. It has around 900 associated members. Since its inception in 1998, the main objective of this association is to improve and increase the promotion of Lisbon as a tourist destination and therefore enhance the quality and competitiveness of the city.

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