

Lisbon For Pre-Schoolers, Parents And Grandparents

With multi-generational holidays on the rise, Visit Lisbon highlights a variety of attractions across Portugal's capital that are perfect for all ages



From L-R: Tram tours, Alfama and Pena Palace in Sintra are among the highlights for multi-gem tours in Lisbon.

[Download all images here.](#)

07 September 2023, With a recent survey showing that more than 40 per cent of UK adults are planning a holiday in 2023 with their parents*, the team at Visit Lisboa (visitlisboa.com) have picked out attractions in the city and surrounding area for multi-generational holidays with pre-schoolers, parents and grandparents.

Tour the city by tram

Riding Lisbon's tram system is a great way to see the city without tiring out. Small kids will enjoy the ride itself, while adults can appreciate the views and history on show. Most famous is Tram 28, a canary-yellow tramway that glides through the bustling district of Baixa to ancient Alfama, and up to the sweeping views at Graça. Along its route, noteworthy stops include Sé Cathedral, the Miradouro das Portas do Sol, and the Estrela Basilica. Alternatives include Tram 12 for a shorter loop of Alfama, or Tram 15 for a journey to Belém which passes some of Lisbon's most famous heritage sites.

Relax at the beach

Lisbon's coastline boasts toddler-friendly beaches that ensure relaxing seaside fun for all ages. In Cascais, Carcavelos is one of the most popular beaches near the centre of Lisbon and is known for its broad expanse of sand, gentle waves, and facilities that include sunbeds, umbrellas and eateries. Tamariz, also in Cascais, is shielded by a sea wall for calmer waters, and Praia da Conceição is perfect for safe paddling and sandcastles. Just a few minutes from Lisbon centre are 15 km of the popular beaches of Costa da Caparica, whether in summer or winter, where you'll find places to suit every taste and temperament along this sun and sand-filled coast, with plenty of bars and restaurants.

Take a deep dive under the ocean

Oceanário de Lisboa, one of Europe's largest indoor aquariums, offers a deep dive into the world's oceans that appeals to both young and old. Home to over 8,000 marine creatures from diverse habitats, visitors can marvel at everything from sleek sharks to playful penguins and its central tank, simulating the open ocean, is



a mesmerising spectacle. Located in the modern Parque das Nações district, the Oceanário provides an educational and enchanting journey through marine biodiversity.

Enjoy the creative buzz of LX Factory

LX Factory, beneath Lisbon's iconic 25 de Abril Bridge, is a dynamic cultural hub. Once an industrial complex, this space has been transformed into an eclectic mix of art studios, trendy cafes, boutique shops, playgrounds and unique eateries. Walls are adorned with vibrant street art and the air buzzes with creativity, with events and artisan crafts offering a taste of the city's contemporary pulse.

Take a bite out of Time Out Market

Time Out Market, in Lisbon's historic Mercado da Ribeira, is a gastronomic haven that showcases the best of Portuguese cuisine under one roof. Visitors can sample everything from creamy pastéis de nata to fresh seafood delights, from star chefs and traditional eateries alike. With its curated blend of restaurants and artisanal shops, Time Out Market offers an authentic Lisbon culinary experience for every taste and age group.

Explore Lisbon's oldest district

Alfama is a labyrinth of narrow streets, historic churches, and sun-drenched squares. With trams rattling past, soulful fado music filling the air, and laundry billowing from balconies, it encapsulates the city's traditional charm. Home to the São Jorge Castle, Lisbon Cathedral, and numerous fado houses, Alfama's mosaic of history and culture makes it an atmospheric destination for all ages.

Ride the Elevador de Santa Justa

Lisbon's Elevador de Santa Justa is a striking 19th-century wrought-iron elevator that connects the Baixa and Chiado districts. More than a practical transport link, it's an architectural marvel adorned with intricate neo-Gothic details, and an exciting ride that takes visitors 45 metres up for panoramic views of the city's red rooftops, the Tagus River, and São Jorge Castle.

Soak up the colours of Museu Nacional do Azulejo

Museu Nacional do Azulejo in Lisbon celebrates Portugal's rich tradition of azulejo, the ornate ceramic tiles that adorn countless buildings. Housed in a 16th-century convent, the museum traces the evolution of tilework from Moorish patterns to contemporary designs, with the highlight being a 23-metre-long panorama of pre-earthquake Lisbon, exquisitely depicted on tiles. Kids will be wowed by the colours and patterns on display, while adults can enjoy the historical depth and artistic brilliance.

Cruise on the Tagus River

The iconic Sul Sueste Station and Doca da Marinha on the banks of the River Tagus were revitalised with a €30 million investment in 2021. The art deco gem has retained its classic allure, but now buzzes with tour providers offering diverse river cruises on more than 20 different types of sailboats, catamarans, and unique amphibious vehicles. The Tagus Centre next door provides an immersive journey into Lisbon's aquatic heritage, employing holograms to recreate river-centric stories from the past.

Take a fairytale trip to Sintra

Sintra rises from the forests of Sintra-Cascais Natural Park like a fairytale town of palaces, gardens, and enchanted woods. Pre-schoolers will marvel at the colourful Palácio da Pena and its dreamlike charm, and the Moorish Castle's imposing battlements, and all ages can wander through the enigmatic gardens of Quinta da Regaleira and taste the famed "travesseiros" pastries.



For more information, ideas and inspiration on visiting Lisbon, please go to www.visitlisboa.com.

-Ends-

Notes to editors

*In a March 2023 survey of 2,000 people across the UK, Censuwide, on behalf of Starling Bank found that 42% of holidaymakers are planning trips with their parents, rising to 58% of holidaymakers aged 35 to 44, many of whom will have their own children living at home.

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.

For media information and images, please contact Hume Whitehead Ltd:

Rebecca Pasha (rebecca@humewhitehead.co.uk / 020 3375 4054 or 020 3375 4050)

Laura Boo (laura@humewhitehead.co.uk / 020 3375 4056 or 020 3375 4050)

Daniel Johnson (dan@humewhitehead.co.uk / 07429 256 670)