

Beyond the City - Delightful Day Trips from Lisbon

From incredible history to Europe's best surf, Visit Lisbon recommends the region's unmissable day trips



From l to r: Views of Sintra, Cascais and Ericeira. [Download images here.](#)

XX September 2024: Lisbon's historic city centre is packed with delights, but there are many more attractions to discover and explore across the region, including a multi-coloured castle and Europe's first surf reserve. Here, the team at Visit Lisboa (visitlisboa.com/en) pick out six unbeatable day trips which can be enjoyed by bus or train from the city centre.

Mafra - Royal Grandeur

A 45-minute bus ride from Lisbon's Campo Grande station is the majestic Mafra National Palace, which was built in the 18th century by King João V as a symbol of his wealth and power. Visitors can explore dozens of the palace's 1,200 rooms, including the stunning Baroque library, the ornate Throne Room and the impressive Basilica with its historic and rare Carillion organs. Just a short distance away, the Tapada Nacional de Mafra was once a royal hunting ground but is now a nature-filled escape where walkers can spot wildlife including deer and wild boar and follow a variety of trails.

Arrábida Natural Park - Pristine Nature

An hour's journey from the centre of Lisbon, Arrábida Natural Park offers an escape into one of Portugal's most stunning natural landscapes. This coastal park is renowned for its dramatic limestone cliffs, lush Mediterranean vegetation and secluded, turquoise beaches like Praia dos Coelhos and Praia da Figueirinha. Visitors can explore a variety of trails that wind through dense forests and end with breathtaking views over the Atlantic Ocean and the Sado River. The trails range in difficulty, with options suitable for both casual walkers and experienced hikers.

Sintra – Fairytale Setting

Sintra is a town steeped in history and natural beauty. Just a 40-minute train ride from Rossio Station in central Lisbon, Sintra's highlights include the multi-coloured Pena Palace, which was created by King Ferdinand II in the 19th century in vibrant reds, yellows and blues to bring his romantic vision to life. Elsewhere, the intriguing Quinta da Regaleira is designed with hidden tunnels, symbolic gardens and mystical architecture, and the



Castle of the Moors, a fortress dating back to the 8th century, offers breathtaking views of the surrounding lush, green hills and the distant Atlantic Ocean.

Cascais - Coastal Charm

For a complete switch-off from the busy city locals head to the golden beaches of Cascais, which are only 30-minutes by train from Cais do Sodré station. Known for its stunning coastline, Cascais is a charming old town filled with boutique shops and cafes, along with the scenic Boca do Inferno cliff formation. Nearby Estoril is famous for its casino and gardens.

Setúbal – Seafood Favourite

Setúbal is a vibrant port city just under an hour by train from Lisbon's Oriente Station. Located on the Sado River estuary, Setúbal is renowned for its rich seafood tradition, thanks to its historic fishing industry and location by both the river and the Atlantic Ocean. Visitors can explore historical sites such as the 16th-century Church of Jesus and the São Sebastião Fort, and seek out the iconic choco frito (fried cuttlefish) at a local restaurant.

Ericeira - Surfing Haven

Just an hour's bus ride from Lisbon's Campo Grande, Ericeira was Europe's first World Surfing Reserve – an accolade that celebrates the area's exceptional 4 km stretch of coastline where there are seven world-class surf breaks catering to both seasoned surfers and beginners. For visitors, this means access to some of the continent's best and most consistent surfing conditions, all within a protected and preserved environment. Beyond the waves, Ericeira is a charming fishing village with cobblestone streets, whitewashed houses and a laidback vibe.

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

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Notes to editors

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 Lisboa as a tourist destination and therefore enhance the quality and competitiveness of the city.

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