



CUT-OUT-AND-GO GUIDE | LIP-SMACKING LISBON



instant escapes

# Lip-smacking Lisbon

The Portuguese capital is mouthwatering in more ways than one. Dip in...

Everyone's talking about Lisbon. It's an astonishingly pretty city, with vistas galore and foodie bites on every corner. The trick is to snatch as many delicious morsels as you can while roaming the streets, wide-eyed: a custard tart here, a work of art there, and the occasional glass of Portuguese wine to help you digest all you've taken in. **By Laura Goodman**



**SEE & DO**

Are you ready for the hills and cobbles? Both are abundant. Get your strength up at the food market: Mercado da Ribeira is a **mindblowing intro to Lisbon's finest snacks**. Behold the tartare of the day at Sea Me, the cod *croquettes* at Croqueteria, and the *brigadeiros* (condensed milk truffles) at Nós é Mais Bolos. Factor in return visits — it's a lot to take in (Ave 24 de Julho; [timeoutmarket.com](http://timeoutmarket.com); ① on map).

The Museum of Art, Architecture and Technology (MAAT), opened in 2016, fits in nicely with the city's old soul and liberal heart. The building has a **flowing form that echoes rippling water**, and a terrace from which you can see the Moorish São Jorge Castle on a hilltop above, and the river below. The curvy space within is **filled with thought-provoking exhibitions** and video art (Ave Brasília; [maat.pt](http://maat.pt); £4.50; ②).

You'll want to bottle Lisbon's loveliness and take it home. Do so at A Vida Portuguesa, a chic old shop that displays locally made **rugs, candles, chocolates, soaps and pottery** in antique cabinets (Rua Anchieta 11; [avidaportuguesa.com](http://avidaportuguesa.com); ③). A lesser known store is the nearby Cerâmicas na Linha, which sells Portuguese ceramics by weight. **Make a beeline for the bargain corner** (back left), where you'll find chipped, glorious plant pots for £1.30 (Rua Capelo 16; ④).

The castles and towers get all the limelight, but here's an unexpected

**BEST FOR BREAKFAST**  
Get to Manteigaria before 9am. The regulars prop up the atmospheric bar for quick-bite custard tarts — a bell even rings with every fresh batch!

**Glow in the dark:** view over the Alfama district at sunrise; below, the swirling lines of the Museum of Art, Architecture and Technology; Portugal's iconic custard tarts

delight: the Museu Nacional dos Coches has the most valuable collection of coaches in the world — the kind that conveyed princesses from Portugal to Spain in the 16th century. It's a **riot of ornate gold and cherubs** (Praça Afonso de Albuquerque; [museudoscoches.pt](http://museudoscoches.pt); £7; ⑤).

A moment now for the *pastel de nata*, the Portuguese custard tart, with its shatteringly crisp pastry. Only the best is good enough, so head to Belém and join the queue at Pastéis de Belém. **Get a still-warm tart to yourself (no sharing!) and sprinkle with icing sugar and cinnamon** (Rua Belém 84-92; [pasteisdebelem.pt](http://pasteisdebelem.pt); 90p; ⑥). Compare and contrast with the tarts at the similarly spectacular Manteigaria (Rua do Loreto 2; 90p; ⑦). As a tourist in Lisbon, it's your duty.

A day in Sintra is a real fairy tale and easy to fit in: the train there from Rossio station takes just 45 minutes. Atop the town, the **buttercup-coloured Pena Palace** ([parquesdesintra.pt](http://parquesdesintra.pt); £10; ⑧) is **alluringly Disney-esque**, and its interiors are worth a visit, too. Take a No. 434 bus up (nab a window seat), or you can just walk from the station to Quinta da Regaleira estate to stroll through gardens filled with **tunnels, towers, grottoes, gargoyles and hidden references to the Knights Templar** ([regaleira.pt](http://regaleira.pt); £5.40; ⑨).

The place everyone's talking about is the LX Factory, an old industrial space that's been turned into a **warren of hip workspaces, shops, cafes, pop-ups and photography studios** (Rua Rodrigues de Faria 103; [lxfactory.com](http://lxfactory.com); ⑩). It's a happy coincidence that exquisite browsing fodder is available on-site — the chocolate cake at Landeau is 50 per cent *ganache* ([landeau.pt](http://landeau.pt); £3.10).

Opposite the Mercado da Ribeira ① is the perfect little wine bar in which to take stock. Cafe Tati has mis-matchy tables, **gentle live music from 10pm, and a super-delicious, pared-down selection of natural wines**. Also, it serves sophisticated nibbles such as marinated salmon and Padrón peppers (Rua da Ribeira Nova 36; wines from £2.70 a glass, small plates about £4.40; ⑪). >





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**EAT**

● **Killer sandwiches**

**OPREGO DA PEIXARIA** (Mains about £10)

**Because:** This place celebrates the prego, Portugal's steak and mustard sandwich. Locals love the tuna-steak version, incorporating salt flakes from the Algarve. **Travel's tip:** Get here at 12.15pm — by 1pm, the place will be jumping. *Rua da Escola Politécnica 40; opregodapeixaria.com; @*

● **Multi-storey seafood palace**

**CERVEJARIA RAMIRO** (Seafood plates from £10)

**Because:** It's unmissable and often so busy you have to take numbered tickets and wait your turn. Lunchtime is less crazy. **Travel's tip:** The clams in garlic butter are spectacular, as are the tiger prawns. *Ave Almirante Reis 1; 00 351 218 851024; cervejariaramiro.pt; @*

● **Sunday lunch spot**

**A VALENCIANA** (Mains about £12)

**Because:** It's huge, boisterous and popular with families. A whole piri-piri chicken for two with chips, rice and salad costs £12.50 — it's a Portuguese feast like no other. **Travel's tip:** Ignore the waiter's pick: the best dessert is *pudim de leite*, a toffee-custard flan. *Rua Marquês de Fronteira 157; 00 351 213 884926; restaurantvalenciana.pai.pt; @*

● **All-star chef**

**TABERNA AT BAIRRO DO AVILLEZ** (Plates about £12)

**Because:** Bairro do Avillez is a complex of restaurants by Lisbon's Jamie Oliver, José Avillez (see Ask a Local). Taberna is based on the traditional cheap 'n' cheerful inn, or *tasca*, made 'modish' with pig-skin popcorn and octopus with kimchi. **Travel's tip:** As this is a meal to idle over, request the special table for two in a grandiose window. *Rua Nova da Trindade 18; 00 351 215 830290; bairrodoavillez.com; @*

● **Eccentric style**

**LOCO** (Tasting menu £80)

**Because:** As you enter, you encounter a suspended olive tree, and it only gets wackier from there on in. **Travel's tip:** Go for the 18 'moments' tasting menu. The chef considers it 'complete'. *Rua dos Navegantes 53-B; 00 351 213 951861; loco.pt; @*

**DRINK & SHOP**

● **Characterful cavern**

**THE OLD PHARMACY**

**Because:** This former pharmacy contains more than 160 local wines, so you can work your way through the region. **Travel's tip:** Make sure to try the Fulgor Edição Especial, a Lisboa red — it costs just £2.65 a glass (the ports start at £3). *Rua do Diário de Notícias 73; @*

● **Minimalist Nordic cafe**

**COPENHAGEN COFFEE LAB**

**Because:** For the most part, coffee in Lisbon is a swift espresso. But locals have fallen for the fancy filters and *cortados* at this lovingly tended joint. **Travel's tip:** The breakfast deal is a steal at just £4.50. *Rua Nova da Piedade 10; cphcoffeeab.pt; @*

● **Canned fish nirvana**

**CONSERVEIRA DELISBOA**

**Because:** This amazing shop, with its wall of beautiful tins of sardines, has been here for 88 years. **Travel's tip:** Ask the staff to talk you through the selection and get tins gift-wrapped to take home. *Rua dos Bacalhoiros 34; conserveiradelisboa.pt; @*



**ASK THE LOCAL**

José Avillez is a renowned Portuguese chef. He has several restaurants in Lisbon, including the two-Michelin-starred Belcanto

You need a terrace to take the city in. Park Bar is on top of a parking lot, and you enter via a dingy lift, but it's worth it! The rooftop bar is full of plants, with killer views (Calçada do Combro 58; @). I never get tired of Manteigaria Silva, a *charcuterie* that's been around since 1890. It sells the best dry-cured ham I've ever eaten (Rua Dom Antão De Almada 1; @). Another institution is Gambrinus, a trad seafood joint. It's consistently excellent — we local chefs check in regularly (Rua das Portas de Santo Antão 23; @). Lastly, everyone goes to Pastelaria Benard (Rua Garrett 104; @) for *croissants* and coffee, but I promise you: it's all about the veal pie. Trust me.

**SKIP THE QUEUE**

Ramiro is on the boil as early as midday: a perfect pitstop if you've missed breakfast, and quieter at that hour

**PRESSED FOR TIME?**

There's a branch offering a brisker service in the Mercado da Ribeira (see previous page) — less charming, but just as good

**WRITER REVEALS**

Behind a hidden door is Beco, a beautiful vintage-style cabaret club. You need tickets in the evening, but if you're in at lunch, ask your waiter for a sneak peek



**STAY**

● **The buzzy weekender**

**THE INDEPENDENTE** (Doubles from £70, B&B)

**Because:** This budget number, in one of the city's most scenic spots, comes with chic double suites and perfectly fine dorms. Its rooftop Insolito bar has views that are the envy of Lisbon. **Travel's tip:** The Decadente restaurant serves sour cherry Ginjinha (a local liqueur, usually sipped as a shot) with Prosecco as a cocktail — it's the 2018 way to drink it. *Rua de São Pedro de Alcântara 81; 00 351 213 461381; theindependente.pt; @*

● **The homely hang-out**

**A CASA DAS JANELAS COM VISTA** (Doubles from £97, B&B)

**Because:** With just a handful of rooms and full of interesting treasures, this place, on a quiet street in the Bairro Alto district, is like your home would be — if you had better taste. **Travel's tip:** You can use the kitchen, so you can dine and hang out 'at home' if you want. *Rua Nova do Loureiro 35; 00 351 213 429110; casadasjanelascomvista.com; @*

● **Ronaldo's retreat**

**PESTANA CR7** (Doubles from £106, B&B)

**Because:** Cristiano Ronaldo's hotel is as suave (and swaggering) as its owner — all teal velvet, copious mirrors and, inevitably, table football. Plus, outlines of his boots designed into the carpets. **Travel's tip:** Take out the iPhone that comes with your room — pre-loaded with local numbers, it's handy for dinner reservations. *Rua do Comércio 54; 00 351 210 401710; pestanacr7.com; @*

● **The calming sanctuary**

**AVANI** (Doubles from £119, room only)

**Because:** Up in swankier environs, this hotel is light and plush, with a lavender-scented lobby that's a dream to return to after a day marching up and down hills (and squeezing on to packed trams). **Travel's tip:** At breakfast (abundant and delicious), keep an eye out for the daily pastry selection. One is a herby *gougère*, which will elevate your scrambled eggs. *Rua Júlio César Machado 9; 00 351 213 591000; minorhotels.com/avani; @*



**WHAT TO ORDER**

Don't be put off by the football: the drinks in the bar are fantastic. There are various sangrias — El Equipo contains strawberry, lemon, ruby port, *janeiro cachaca*, red wine and lemonade

Get a taste for it: clockwise from top left, visual treat at Loco; Pena Palace dominates Sintra's skyline; caffeine lovers should head for Copenhagen Coffee Lab; sardine tins at Conserveira de Lisboa; fine style on a budget at the Independente

● **Local living**

**LISBOANS** (Doubles from £170, B&B)

**Because:** This is a collection of 15 designer apartments in a former canning factory in the cobbled Old Town. The fridges are stocked with breakfast bits, and bread and juice are delivered every morning. **Travel's tip:** Ask to go high for the best views (bearing in mind the penthouse is pricier). *Travessa do Almada 9; 00 351 968 802977; thelisboans.com; @*

● **The chic showstopper**

**SANTIAGO DE ALFAMA** (Doubles from £181, B&B)

**Because:** This boutique is sophisticated without being dull or OTT. Crisp white walls and polished wood floors are jazzed up with velvets and tiles. It's in Alfama, in the heart of things, with river views from the upper floors. There's a restaurant and beauty bar on-site. **Travel's tip:** There are two rooms at the top: go for the Classic — it has the same dramatic views as the Santiago and is cheaper. *Rua de Santiago 10; 00 351 213 941616; santiagodealfama.com; @*

**GET ME THERE**  
GO INDEPENDENT

**EasyJet** (easyjet.com) flies from Bristol, Edinburgh, Gatwick, Luton and Liverpool from £41 return. **Ryanair** (ryanair.com) flies from Stansted and Manchester from £44 return. Or try **TAP Air Portugal** (flytap.com) or **BA** (ba.com).

GO PACKAGED

**Kirker** (020 7593 1899; kirkerholidays.com) has three nights at a four-star from £598pp, B&B, with return flights and a Lisboa Card (see below). **Co-operative Travel** (01922 896947; cooptravel.co.uk.com) has three nights from £145pp, B&B, with flights.

FURTHER INFORMATION

The **Lisboa Card** costs £17 for 24 hours or £28 for 48 hours. It includes unlimited travel in the city (and the train to Sintra), and free entry to lots of attractions, including the Coach Museum and the MAAT. Plus, it offers savings on the airport shuttle and other museums. Reserve at **golisbon.com** — and collect at the airport information desk. ■