



CUT-OUT-AND-GO GUIDE | LOCALS' LISBON

**SEE & DO**

The living is breezy along Lisbon's waterfront. **It's easy to explore on two wheels (it's flatter than the rest of the city)** — and the more you pedal, the more custard tarts you can eat! Pick up a bike (lisbonbike.rentals.com; from £22 a day; ① on map) then zip along the cycle lane from Cais do Sodré to Belém. Avoid the crowds by Jerónimos Monastery ② and Belém Tower ③ and join locals to enjoy an 'imperial' (a 20cl draught beer) on a terrace, such as the one next to Belém's ferry ④.

The Museu Nacional do Azulejo, the tile museum, isn't just for tourists (museudoazulejo.gov.pt; £4; ⑤). At weekends, **families pour into this former 16th-century monastery to treat little ones** to ceramic-painting workshops. Finish up with a coffee in the beautiful tiled cafe.

**Pastéis de nata**, Lisbon's signature custard tarts, are everywhere, but they're not the only pastry you'll find. Try *bolas de Berlim* (custard doughnuts) and *cornucopia* ('convent' sweets), filled with egg yolk and sugar. **Try them at under-the-radar bakeries Casa dos Ovos Moles** (casadosovosmolesem.lisboa.pt; ⑥) and **Aloma** (aloma.pt; ⑦).

Time for *petiscos* (think tapas). Favourites range from salt cod to pork, but as soon as the weather warms up, **it's all about the caracóis: tiny snails served in a broth of garlic and oregano**, sometimes with hot sauce. If you see

**Going down: the Elevador da Gloria yellow tram descending a steep street in Bairro Alto; below, the Miradouro da Graça; beach along the Costa da Caparica, the locals' fave**

a sign saying *Há Caracóis*, pop in and order it. The best in town are at O Lutador (olutador.pt; ⑧), a restaurant in Alcântara packed with regulars.

Skip busy sightseers' tram No. 28 and instead take the No. 24, used mostly by residents. Ride it all the way to Campolide for a monument most visitors miss: the 65-metre-high Aqueduto das Aguas Livres ⑨. High up, you'll cross **an 18th-century aqueduct, with dizzying views either side, and peek into tunnels** where water used to flow.

Another way to get a high is at a *miradouro*, as Lisbon's vertiginous viewpoints are called. At sunset, look for one with a drinks kiosk, such as Graça's ⑩. Or do as the locals do and combine home-cooked food with a view at Cantina das Freiras ('the nun's canteen'; Travessa Ferragial 1; ⑪), in Chiado. **It has a spectacular terrace facing the river and suspension bridge**, but is only open for lunch. Go at noon to grab a seat before the workers and students drift in.

Lisbon is lovely seen from the water. Instead of a touristy boat trip, take the £1.10 commuter ferry from Cais do Sodré ① to Cacilhas at the golden hour, just before sunset, with people heading home or out for dinner. The 10-minute **voyage deposits you in a quaint neighbourhood of old-fashioned pubs and seafood restaurants**, scented with fresh charcoal-grilled fish. Before dinner, check out the Dom Fernando II e Glória (Dock No. 2, 150 metres from Cacilheiros ferry; £3.40; ⑫), a Portuguese naval warship where kids can act out pirate adventures.

**SAVOUR THIS**  
Be sure to sprinkle a generous portion of cinnamon on your *pastéis de nata* — as the locals do

From spring to autumn, Lisboetas flock to the beaches around Costa da Caparica ⑬ at the weekend. Take the train there, then hop in a taxi along the Setúbal Peninsula. (In summer, there's a mini train that kids will love.) **Tuck into fresh seafood on the beach at Praia da Princesa** (praia.princesa.com; mains about £14; ⑭), or **try garlic-and-coriander clams at Borda d'Água**, on Praia da Morena (bordadagua.com.pt; mains about £16; ⑮), with a jug of white sangria. In warmer months, rent a lounge and snooze to the sound of Atlantic waves. ➤



instant escapes

# Locals' Lisbon

Go against the holidaymakers' flow with our resident's off-beat tips

Whether cycling or reclining on a riverside terrace, Lisboetas like to get out and about. Some go jogging, some stroll, but the best-loved pursuit in the Portuguese capital is dining out. Small wonder, what with all the seafood and sweet pastries on offer! Don't stick with the tourists — follow the locals and you'll find your way to the real deal. **By Célia Pedroso**





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EAT

● Fish fusion

**A TABERNA DO MAR** (Mains about £8)

**Because:** Fusing Portuguese and Japanese flavours, Do Mar has a great tasting menu, the star of which is the sardine nigiri. **Travel's tip:** Book at least a week ahead. *Calçada da Graça 20B; 00 35121093 9360, atabernadomar.negocio.site; ⑩*

● Factory food

**PRADO** (Small plates about £8)

**Because:** Nobody showcases the flavours and ingredients of the region quite like chef António Galapito in this former factory with large windows and wooden tables. **Travel's tip:** Portions are small, so order two or three plates per person. *Travessa das Pedras Negras 2; 00 35121053 4649, pradorestaurante.com; ⑩*

● Asian flavours

**CASA DOS PRAZERES** (Mains about £8)

**Because:** The Argentinian chef cut his teeth in Asia before partnering with the Michelin-standard José Avillez. Try the seafood soup or Thai cod fritters; the decor is as sophisticated as the food. **Travel's tip:** Arrive early for a cocktail in the stunning, softly lit lounge. *Rua Nova da Trindade 13; 00 35121134 2160, casadosprazeres.pt; ⑩*

● Stews and dance

**ASSOCIACAO CABOVERDEANA** (Mains about £9)

**Because:** This restaurant at the top of an office building celebrates the cuisine of former Portuguese colony Cape Verde. Join devotees for *cachupa*, a traditional bean, corn and meat stew. **Travel's tip:** Go on Tuesday or Thursday lunchtime, when there's live music. *Rua Duque de Palmela 2, 8th floor; 00 35121353 1932; ⑩*

● Meaty feast

**VICENTE** (Mains about £21)

**Because:** Lisboetas love Alentejo and this restaurant lays on the region's best produce. The 18th-century stone and brick walls have been beautifully renovated, too. Try the beef cheeks or the black-pig skewers. **Travel's tip:** Order the house wine — it's excellent and also from Alentejo. *Rua das Flores 6; 00 35193 672 5384, carnalentejana.pt/restaurantes; ⑩*

AROUND THE CORNER

You're up high here, just minutes from one of Lisbon's best viewpoints — Miradoura da Graça — so make the most of the journey and take a photograph!

WRITER'S TIP

Casados Prazeres only opens for dinner, so if you can't make it, taste chef Careno's take on ramen, *banh mi* and other Asian snacks at the all-day Reid da China, a casual joint at the entrance to Prazeres (reidachina.pt; mains about £8)

DINING TIMING

It's rare to go out for dinner before 8.30pm here and younger folk like it even later, around 9.30pm, before heading out for late-night adventures in bars and nightclubs

DRINK & SHOP

● Drink with a view

**ROSSIO GASTROBAR**

**Because:** It's the rooftop professionals flock to for after-work cocktails. It also serves small plates crafted by a top local chef — the beef croquettes are irresistible. **Travel's tip:** Insist on a fortified wine such as Moscatel Roxo, produced in Setúbal, south of Lisbon. *Rua 1º de Dezembro 118; rossio.gastrobar.com; ⑩*

● For glove lovers

**LUVARIA ULISSES**

**Because:** This tiny shop has been selling handmade leather gloves since 1925. It's an institution, so you may have to queue. **Travel's tip:** Check out nearby Joalharia do Carmo, too, for its delicate filigree jewellery. *Rua do Carmo 87º; luvariaulisses.com; ⑩*

● Chocs away

**BETTINA AND NICCOLO CORALLO**

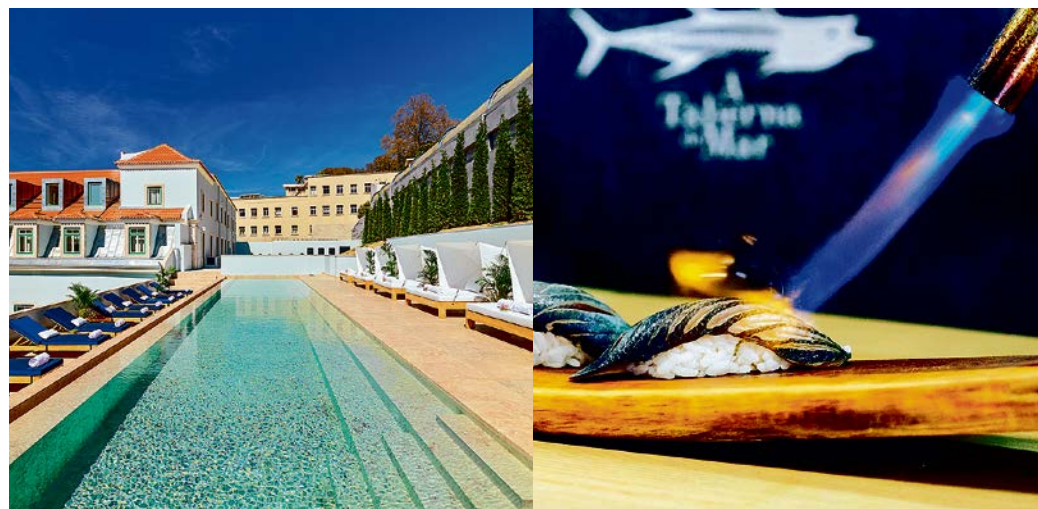
**Because:** This shop serves every type of chocolate you can imagine. Indulge in its rich 100% sorbet. **Travel's tip:** The gift to stock up on is its chocolate with caramel and *flor de sal*. *Rua da Escola Politécnica 4; 00 35 121386 2158; ⑩*



ASK THE LOCAL

Patricia Brum is a Portuguese archaeologist who lives in Lisbon

**“If you want to uncover Lisbon's past, it is just under your feet.** Take a peek at the Roman city of Felicitas Julia Olisipo, in the lobby of the Eurostars Museum Hotel (eurostarshotels.com.pt; ⑩), or at Casa dos Bicos (www.museude lisboa.pt; £5; ⑩). For dinner, **Taberna Sal Grosso is a small restaurant where you'll find good, trad Portuguese food.** But book in advance — it's very popular (00 35 121598 2212; mains about £7; ⑩). For coffee, I go to Bertrand Chiado, **one of the world's oldest bookshops.** I tend to go for breakfast or *lanche* (our afternoon snack) at the lovely cafe in the back (bertrand.pt; ⑩).



STAY

● Retro rooms

**THE VINTAGE HOTEL & SPA**

**Because:** It's a modern designer pad in a city of historic houses. Highlights include a wooden-decked rooftop with leafy 'living' wall, a bijou courtyard restaurant, a spa — and cava at the breakfast buffet. **Travel's tip:** Rooms come in bold colours — teal blue, avocado green and burnt orange — so ask for your preference. *Rua Rodrigo da Fonseca 2; thevintagelisbon.com; ⑩*

● Local vibes

**MEMMO ALFAMA** (Doubles from £120, B&B)

**Because:** It has a lovely roof terrace, delivering an uninterrupted panorama of the Tagus River and endless russet-tiled houses. Rooms are basic, in tones of cream and biscuit; staff are full of tips. **Travel's tip:** You're in Alfama, Lisbon's prettiest, vintage-tiled, bougainvillea-draped quarter, so get up early for a wander and photos. *Travessa das Merceiras 27; memmohotels.com; ⑩*

● All about the pool

**THE ONE PALACIO DA ANUNCIADA**

**Because:** It has the best rooftop pool in Lisbon. And if it's too chilly to use, you can lounge in the converted 16th-century palace, or head out to Baixa, for grand boulevards and grander shopping. **Travel's tip:** Breakfast is glorious, but the menus are complex, so leave enough time to digest it all. *Rua das Portas de Santo Antão 112-134; hotelstheone.com; ⑩*

● Nightlife base

**THE LUMIARES** (Doubles from £150, room only)

**Because:** Tucked away in the after-dark-buzzy Bairro Alto, it has its own fabulous, scene-y rooftop. Head up for brunch or aperitif cocktails. The decor is glossy modern monochrome, with arty gold light fixtures and powder-pink accent walls. **Travel's tip:** There's some late-night noise from surrounding streets, so stay here only if you're up for the revelry. *Rua do Diario de Noticias 142; thelumiare.com; ⑩*



Thirsty work: clockwise from top left, cocktail at Rossio Gastrobar; bar at the Vintage Hotel & Spa; a light-filled apartment at Baixa House; mackerel sushi at A Taberna do Mar; the spectacular rooftop swimming pool at the One Palácio da Anunciada

SPECIAL REQUESTS

Got any queries or celebrating an occasion? Download the hotel app and chat with staff on WhatsApp before you arrive. English-fluent staff can add extra-special touches

● Home from home

**BAIXA HOUSE** (One-bed apartments from £158, B&B)

**Because:** Once an azulejo-tiled mansion block of grand proportions, Baixa House is now a hotel of unique rooms. It's also stylish as hell, thanks to the owner-designer's impeccable taste. **Travel's tip:** Be aware breakfast is continental, not cooked (and left by the door daily to prepare in your own kitchen). *Rua dos Fanqueiros 8; baixahouse.com; ⑩*

● Royal pedigree

**PALACIO BELMONTE** (Doubles from £417, B&B)

**Because:** It's in a 15th-century palace, part of Lisbon's castle complex, with one of the city's ritziest restaurants (Grenache), and high-ceilinged lounges with original azulejo tiling. **Travel's tip:** Rooms are wildly different, as wings couldn't be structurally altered — so check the pictures on the website. The Fernão Magalhães suite, with high views from a palace turret, is highly recommended. *Patio de Dom Fradique 14; palaciobelmonte.com; ⑩*

GET ME THERE GO INDEPENDENT

**TAP Air Portugal** flies from Heathrow, Gatwick and Manchester, from £49 one way. **EasyJet** flies from Gatwick, Luton, Edinburgh, Manchester and Bristol, from £36 one way. Or try **Wizz Air**, **Ryanair** or **BA**.

GO PACKAGED

**Barrhead Travel** (barrheadtravel.co.uk) has three nights at the Vintage Hotel from £323pp, B&B, with flights. **EasyJet Holidays** (easyjet.com/holidays) has three nights at Memmo Alfama from £341pp, B&B, with flights.

FURTHER INFORMATION

The 35-minute **Aerobus** from the airport costs £5 return; you can use the **metro** (£1.20 per journey), but you'll have to change lines. Many Lisbon streets are sloping, cobbled or narrow, so taxis can save you a struggle to the hotel door and shouldn't cost more than £13, but pick up at the Departures exit to avoid being ripped off. For city nitty-gritty, see **visitlisboa.com**.