



Portugal Confidential

The Best of Lisbon

Supplement to THE ADDRESS Magazine
www.theaddressmagazine.com



When in ... Lisbon



By Greg Boegner
Managing Director of
PortugalConfidential.com

Perhaps surprising to many, Lisbon is one of the oldest cities in the world, predating such international capitals as London, Paris and Rome. Phoenicians traded in Lisbon, before Romans used the city as a strategic port. Germanic tribes later raided the region, before they were ousted by Arab Moors. Finally, in 1147, Alfonso I besieged the city and once again claimed Lisbon for the Portuguese.

During the Age of Discoveries in the late 15th century, Portugal sent expeditions to the Americas, India and Asia. The seafarers returned with treasures of gold, spices, sugar and textiles, which transformed Lisbon into an international hub for commerce.

This distinctive history of occupation, exploration and trade, fused with centuries-old traditions of the Portuguese people, make Lisbon a city rich in culture and personality. From Manuelian architecture and stone “calçada” streets, to delicious seafood-based cuisine and passionate strains of Fado, Lisbon is steeped in old world charm.

Yet, Lisbon is also a vibrant cosmopolitan city. Trendy cafes and boutique hotels are abundant. Designer shops and art galleries are busy and cultural and popular events fill the calendar.

No wonder Lisbon is consistently at the top of travel experts' lists for best European destination and city breaks.

To help us get to know Lisbon better, we recruited Greg Boegner, Founder and Managing Director of online resource PortugalConfidential.com. As self-proclaimed "purveyor of everything cool in Portugal," no doubt he can provide a fresh look at an old city.

Lisbon is the capital of Portugal and the westernmost city in continental Europe. It sits on the edge of the Atlantic, where the Tagus River meets the ocean. Seven hills rise up from the banks of the river, creating steep inclined streets and walkways, but also providing beautiful vantage points from a multitude of locations.

There is no city centre, per se, in Lisbon. Many neighbourhoods (or bairros), each with their own unique character, stretch out from the Praça do Comercio at the river. The Baixa, perhaps the oldest part of the city, is the former business centre. Chiado attracts hipsters to its fashionable restaurants and trendy shops. Bairro Alto offers bohemian chic by day, and a bustling bar scene at night. Quaint Alfama leads up to the Castelo São Jorge, with some of the most spectacular views of the city. And, Parque das Nações, former dockyards revitalized for the 1998 World Exhibition, offer a modern perspective of the city.

Every facet of Lisbon has its own story to tell. Museums detail the rich heritage through art, fashion, carriages, tiles and Asian artefacts. Ancient ruins reveal former castles, monasteries, aqueducts and catacombs. Monuments relive histories of navigators, discoveries and conquests. Each café and every street uncovers the soul that permeates the city.

Explore and enjoy Lisbon.

WHERE TO STAY

Best Hotel

Four Seasons Hotel Ritz

The Four Season Hotel Ritz is considered to be one of grandest hotels in the city. In fact it was recently named in the "Top 100 Best Hotels in the World," in a Travel + Leisure readers' survey. The 10-floor mid-century design structure sits atop one of Lisbon's seven hills. It enjoys views of Eduardo VII Park, St. George's Moorish Castle, the Old Town and the Tagus River. All rooms are exquisitely decorated and include luxurious marble bathrooms. Most have terraces overlooking the park. Perhaps our favourite amenity is the rooftop gym and running track with 360° views of the city.

www.fourseasons.com/lisbon

Best Boutique Hotel

Hotel Bairro Alto

This sleek 55-room, 5-star boutique hotel sits at the point where the trendy and fashionable Chiado neighbourhood meets the artsy and bohemian Bairro Alto district. Built in the 18th century, Hotel Bairro Alto was known as a world-class hotel, hosting artists and intellectuals, including famous French actress Sarah Bernhardt. The hotel was renovated in the 21st century, with modern decor and high-technology amenities. The attic (Mansard) rooms with their own design characteristic are guest favourites.

www.bairroaltohotel.com

Best New Hotel

Beautique Hotel Figueira

Cool, boutique, design hotels are springing up all over Portugal. In this case, a 4-star "beautique hotel" has sprouted at Praça da Figueira ("plaza of the fig tree"), in the Baixa district. The fig tree figures prominently in the design of the Figueira, becoming the "soul" of the hotel. Superstar interior designer Nini



Four Seasons Hotel Ritz



Hotel Bairro Alto



Four Seasons Hotel Ritz



Belcanto



Belletrique Hotel Figueira



Belletrique Hotel Figueira



Forteleza do Guincho

Andrade e Silva is the creative mind behind the concept. She literally shaped the walls and notched out niches, producing an organic effect resembling fig tree trunks, branches and leaves. The 50 rooms are mid-century modern in inspiration, with a nod to the earthiness of the 1970's, yet finished in pure 21st century comfort.

www.theboutiquehotels.com

Best Hotel in an Old Fortress

Forteleza do Guincho

For three centuries, the Forteleza do Guincho in Cascais (outside of Lisbon to the west) stood as security for the people of Portugal. Today, the fortress stands as a meticulously remodelled 5-star hotel masterpiece. Architectural elements of the former structure remain in place adding charm and an air of nobility. Yet, modern amenities secure its place as a contemporary hotel with elegant and boutique qualities. The chambers of the old fortress have all been transformed into luxury guest rooms with views to the sea. A stay at the Forteleza do Guincho would not be complete without having dinner at their Michelin Star restaurant.

www.fortalezadoguincho.pt

WHERE TO EAT

Best Haute Cuisine

Belcanto

In the 1950's and 60's, Belcanto was Lisbon's most fashionable restaurant. Decades later, the restaurant fell out of favour and out of site. Just a couple years ago, popular Portuguese chef José Avillez renovated the space, transforming Belcanto into a sophisticated cosmopolitan restaurant. In the kitchen, Avillez's innovative variations on lamb, beef, veal, crab, lobster and ray, earned Belcanto rave reviews and a Michelin star within the first year of

reopening. Today, Belcanto is once again one of Lisbon's top restaurants.

www.joseavillez.pt

Best Traditional Portuguese

Pap'Açorda

Pap'Açorda is where Portuguese socialites go for Portuguese food. The small restaurant on a narrow street in the artsy Bairro Alto district, is usually crowded with Portuguese celebrities and society sophisticates. The name is taken from one of Portugal's favourite dishes: Açorda – a stew thickened with bread and seasoned with garlic and coriander. Of course, at Pap'Açorda, açorda is the house speciality. Try the, codfish açorda, or indulge in the "Açorda Real," made with lobster and shrimp. Be sure to book in advance!

<https://www.facebook.com/pages/Papa%C3%A7orda/230548140319584>

Best Contemporary Portuguese

Can the Can

In Lisbon, the humble little can of fish is celebrated as haute cuisine in a cool, modern restaurant in Terreiro do Paço at the waterfront. Chef de Canned Cuisine is Kleanthis "Akis" Konstantinidis, a native of Greece. Akis creates innovative dishes such as slices of cod confit with cornbread on a bed of greens sautéed with garlic, and grilled beef loin with olive oil infused with citrus zest, thyme and anchovies. Fado performers entertain on most evenings.

www.canthecanlisboa.com

Best Trendy Casual

Guilty!

In recent years, Chef Olivier da Costa has become a "rock star of cuisine" in Portugal with highly-lauded and extremely popular restaurants Olivier, Olivier Avenida, and Yakuza. With Guilty!, he turns his attention to casual food with a twist. The result is an innovative



The Terrace Bar at Hotel Bairro Alto



Guilty!



Casa de Linhares



Guilty!



Can the Can

menu of salads, burgers, pizzas and pastas, which have both food snobs and budget-watchers grinning. Pizza dough rolls with black truffles, ham and cheese are favourites, as is the pappardelle with leitão (suckling pig) and snow peas. At night, the bar becomes a hot spot for hipsters.

www.restauranteguilty.com

Best Fado Restaurant

Casa de Linhares

Dine amidst rich Portuguese culture at Casa de Linhares. Vaulted ceilings, stone pillars and a large fireplace in the former home of the Count of Linhares is the perfect setting for traditional cuisine and music. Portuguese variations of fish, beef and pork are on the menu, as are several options to savour the much-loved bacalhau (codfish). The meal is accompanied by well-known and amateur artists performing beautiful and passionate Fado. It is an evening that appeases the appetite and touches the soul.

www.casadelinhares.com

Best Ice Cream

Santini's

In 1949, Italian immigrant Attilio Santini started producing handmade gelato from a little shop in Praia do Tamariz. The Portuguese immediately started queuing. Today, ice cream lovers continue to form lines outside Santini shops in Cascais, Estoril and Chiado. The 100% natural product is still made using the original recipes. Flavours change with the seasons, but some outstanding favourites include: bitter orange with chocolate, passion fruit, cinnamon, blood orange and sweet egg with pine nuts.

www.santini.pt

Best Traditional Pastry

Pastel de Belém

It's a little bit touristy, but everyone will tell you it's a "must do" on any trip to Lisbon. In the Belém neighbourhood of Lisbon, just adjacent

to the beautiful Jerónimos Monastery, is a little café that has been producing a prized pastry since the 1830s. This little puff-pastry tart filled with a custard cream is the pride of Lisbon. Typically, they are served warm, fresh from the oven. Advice from the locals: sprinkle your Pastel de Belém with cinnamon.

www.pasteisdebelem.pt

NIGHTLIFE

Best Roof Top Bar

Terrace Bar

Trivago.com calls the Terrace Bar at Hotel Bairro Alto the "4th Best Hotel Terrace View in the World!" It's easy to understand why. Sitting on the sixth floor rooftop, the Terrace Bar offers stunning views across the city and to the Rio Tejo. Chill out music is playing and chaise lounges are waiting. The atmosphere is trendy, but with a relaxed vibe. Bring a book for afternoon tea, or come with friends for after work cocktails. Terrace Bar is a perfect location for sunsets.

www.bairroaltohotel.com

Best Cocktails

Cinco Lounge

Cocktail culture is alive and well at this sleek nightspot. Located in Príncipe Real, just a short walk from the Bairro Alto, Cinco Lounge is a cool hangout to unwind in an uptown atmosphere while sipping on a perfectly blended beverage. The menu of over 100 cocktails includes classics from the 20th century as well as innovative new concoctions created for modern trendsters. Check out the "Utterly Butterfly," made with fresh nutmeg, butter, apple, cloves, lemon, all spice and Element 8 rum heated up with pressed apple juice, or the "Hot Tub," prepared with Pampero rum, Grand Marnier, orange oil and a hint of cinnamon and flamed in a brandy balloon.

www.cincolounge.com

Best Disco

Lux Frágil

If you're Madonna, Cameron Diaz or Prince, and you're in Lisbon for the night, where do you hang? The stylish and fashionable Lux-Frágil, of course. There are two floors of entertainment. Top DJs spin edgy tracks on the ground level, whipping dancers into a frenzy on the large dance floor. Upstairs alternative music sets a different tone for guests who want to relax a little and take in the scenery. Keep going up, though. On the roof is a terrace with expansive views across the river. Hint: Lux-Frágil has a very strict and subjective door policy. For the best chance at entering, get there between 23:00 and 02:00. The busiest arrival time is between 2:00 and 3:00.

www.luxfragil.com

Best Live Music

Musicbox

It's a nightclub, music stage, lounge and bar all in one space. It's rock and roll. It's cocktail cool. It's party rockin'. It's Musicbox in the newly revitalized Cais do Sodré neighbourhood. Musicbox programs an agenda of diverse musical acts--sometimes funky, sometimes punk-y, sometimes old school, sometimes futuristic. Either way, guests are always guaranteed the freshest acts and great music. Don't miss the club's resident band, Cais Sodré Funk Connection, recreating the sound and sensation of the '60's and '70's.

www.musicboxlisboa.com

Best Pub Crawl

Bairro Alto

Imagine Temple Bar in Dublin, Soho in London or Bourbon Street in New Orleans, and you will understand the nightly festivities in Bairro Alto. In the 16th century, this neighbourhood was one of the first "suburbs" of old Lisbon. Today, Bairro Alto is part of the city centre. It is popular for bohemian-chic shops by day, and a lively bar-after-bar nightlife

late into the morning hours. The typically younger crowd pours into the cobblestone streets, chatting and mingling as they hop from one cool hangout to the next. The fun begins around midnight.

SHOP 'TIL YOU DROP

Best Luxury Labels Shopping

Avenida da Liberdade

Built in the late 1800's and modelled after the wide boulevards of Paris, Avenida da Liberdade is a majestic avenue in the heart of Lisbon. Ten lanes wide, with pedestrian gardens on either side, Avenida da Liberdade has become the preferred address for luxury retailers. International designers such as Gucci, Prada, Cartier, Burberry and Armani, all have shops here, along with many other international and Portuguese labels. Enjoy a long, relaxed stroll on the avenue and treat yourself to a little something special.

Click for a list of shops on Avenida da Liberdade - portugalconfidential.com

Best Boutique Shopping

Chiado

Located between the lower Baixa district and the higher Bairro Alto, Chiado is Lisbon's chic and trendy neighbourhood. Fashionable restaurants and hip bars share the streets with Lisbon's coolest shops. International labels such as Diesel, Boss, G-Star Raw and Hilfiger are here, as are popular Portuguese brands such as Ana Salazar, Lanidor, Cubanas and a Vida Portuguesa.

Best Concept Shop

Fashion Clinic

If looking for the latest in designer fashions is on the agenda, but the itinerary leaves limited time to shop, hop on over to Fashion Clinic. These concept stores are stocked full of the very latest trends in ready-to-wear shoes,



Musicbox



Cinco Lounge



Cinco Lounge

accessories, perfumes, jewellery, eyewear and more, from the most popular designer labels. There are two Fashion Clinic locations on Avendia da Liberdade. A shop for women is in the Tivoli Forum. A companion men's shop is at No. 192.

www.fashionclinic.pt

Best Wine Store

Garrafeira Nacional

Established in 1927, this family-run merchant in Lisbon's Baixa district has become the foremost supplier of the rarest Ports, Madeiras, whiskeys, champagnes and cognacs. Over the last 80 years, they have acquired such a sizable and unique collection of priceless vintage wines and liquors, they decided to create a museum within the shop. Some bottles date back to 1795. A must stop for oenophiles.

www.garrafeiranacional.com

Best Book Store

Ler Devagar

"Ler devagar" is Portuguese for "read slowly." Book lovers will want to heed the advice at this unique space within a reclaimed fabric factory in the Alcantara neighbourhood. A large collection of books in many languages, especially with themes of arts and culture, are shelved across two floors. Additional cultural amenities include an art gallery, seminar space and a café. Special events and performances are programmed throughout every week.

www.lerdevagar.com

Best Souvenir Shopping

A Vida Portuguesa

So, you need a souvenir but a refrigerator magnet of a cockrell, or a T-shirt with an image of Cristiano Ronaldo is not what you have in mind? Step inside A Vida Portuguesa in the Chiado. The store celebrates

Portuguese identity with old-style products that are still manufactured today. Unique items like soaps, teas, toothpaste, bolts of fabric and cake forms are handmade or Portuguese-crafted. Most gifts are wrapped in charming retro packages.

www.avidaportuguesa.com

CULTURE AGENDA

Best Museum

National Museum of Ancient Art

The Museu Nacional de Arte Antiga is considered to be among one of the most important art museums in Europe. Works in the museum span a period from the 12th to 19th centuries, reflecting the history, culture and role played by Portugal in the world during those eight centuries. Housed inside the 17th century Palácio de Alvor-Pombal (a work of art itself), the museum includes painting, sculpture, metalwork, textiles, furniture, drawings, and other decorative art forms. Perhaps the most famous works in the museum are the Saint Vincent Panels, which date from before 1470 and are attributed to Nuno Gonçalves, court painter of King Afonso V.

www.museudearteantiga.pt

Best Modern and Contemporary Museum

Berardo Collection

This beautiful facility, located in the Centro Cultural de Belém, houses the vast collection of Madeira-born businessman, art collector and philanthropist José Berardo. All forms of modern and contemporary art fill this space from art deco and advertising art, to photography and pop art. Paintings and sculptures in the collection include works by Dubuffet, Picasso, Warhol, Bacon, Miro, Mondrian and more.

www.berardocollection.com



Santa Justa Elevator



Ler Devagar



Museum of Design & Fashion

Best Funky Museum

Museum of Design & Fashion

MUDE is a unique institution celebrating modern design of the 20th century. Household items and garments are exhibited in chronological themes from art deco to modernism, continuing to pop art and post-modernism. Represented are product designers such as Russel Wright, Jean Prouvé, Hans Wegner, Le Corbusier and Charles & Ray Eames. Fashionistas will delight in seeing garments created by style icons André Courrèges, Paco Rabanne, Vivienne Westwood, Jean Paul Gaultier and John Galliano.

www.mude.pt

Best Art Gallery

Galeria São Mamede

Galeria São Mamede is one of Lisbon's oldest

and most respected art galleries. Located on Rua Escola Politécnica in the elegant Príncipe Real neighbourhood, Galeria São Mamede specializes in Portuguese modernism and contemporary movements. Established national artists are well represented via paintings, sculptures, drawings, ceramics and photography. Yet, new, innovative talent is also given opportunity to express and impress.

DON'T MISS

Best Lift

Santa Justa Elevator

The Santa Justa Elevator is one of Lisbon's most interesting, and perhaps, beloved, landmarks. It was built in 1902 as a means of transportation between the high Bairro Alto and the lower Baixa business district.

The steel frame architecture and close resemblance to Paris' Eiffel Tower can be attributed to Portugal-born French architect Raoul de Mesnier du Ponsard (who coincidentally, was an apprentice of Gustave Eiffel). The elevator ride only takes about a minute, but it's worth the experience...and the steps saved.

www.carris.pt/en/elevators

Best Attraction

Lisbon Oceanário

The Oceanário is an homage to Portugal's close relationship to the sea. Built for the Lisbon World Exhibition in 1998, the Oceanário continues to delight visitors today. Multiple tanks around the building offer a global perspective of sea life, including many varieties of fish, crustaceans, mollusks and marine mammals. The highlight, no doubt,

is the massive central tank, completely surrounding visitors.

www.oceanario.pt

Best Historical Landmark

Jerónimos Monastery

500 years ago, this monastery was the site of a modest chapel used by seafarers to pray before departing and after arriving from their perilous journeys. In 1496, King Manuel transformed the site into this remarkable structure as a prayer to the Virgin of Belém, for the success of Vasco da Gama's voyage to India. Today, the monastery stands as a monument to the great navigators who lead the Portuguese Discoveries. Due to its historical significance as well as fine examples of Portuguese sculpture and architecture, UNESCO has designated the monastery a World Heritage site.

www.mosteirojeronimos.pt



Berardo Collection



Galeria São Mamede

Best Day Trip

Sintra

There are many reasons to take the half-hour drive or train trip to the north-western village of Sintra. Ruins of an 8th century Moorish castle survive as reminder of the Portugal's Arab past. The Palácio da Pena is a stunning 19th century castle built by monarchs as a summer retreat. The Chalet Condessa d'Edla is an alpine-influenced structure made for the Countess as a recreational house. The village of Sintra is honoured by UNESCO as the first centre for 19th century European Romantic architecture. But, perhaps our favourite reason to visit Sintra is to savour the queijadas (sweet cheese cakes) and travesseiros (almond pastries) at Casa Piriquita.

www.parquesdesintra.pt

FUN FOR KIDS

Best Play Day

Kidzania

KidZania is a small-scale city built inside a safe facility for kids aged 3-15. Here they "pretend play" in a highly-realistic adult environment. Kids check-in at an airport gateway, and proceed to a make-believe world, participating in over 60 different professions. Activities as diverse as banking and nursing, to cooking and TV producing, are designed to be both fun and educational.

www.kidzania.pt

Best Unique Experience

The Doll Hospital

Since 1830, dolls of all kinds, from antique cardboard to modern Barbies, have been brought to the Lisbon Doll Hospital when they need special atten-

tion. "Caregivers" attend to the special needs of each mishandled or damaged doll, with the utmost in care and love. Kids can observe restoration of broken limbs or loose stuffing, as well as see a large selection of dolls' clothes, shoes and wigs. An onsite Toy Museum displays many types of playthings from times past.

www.hospitaldebonecas.com

Greg Boegner is an American content producer and marketing executive living in the Algarve, Portugal. With a background that includes producing space shuttle TV at NASA in Houston, acquiring films and developing home video programming at Warner Bros. and Fox in Los Angeles, and supervising children's content for eKids Internet in San Francisco, Greg is now focusing on international business and media from his European base.

As Founder and Managing Director of PortugalConfidential.com, Greg is developing an intellectual property around the promotion of Portugal as a contemporary and trendy destination. With original online content and ancillary products, such as the recently published ebook, "Haute and Cool Cuisine in Portugal," the Portugal Confidential brand is quickly gaining acceptance by those searching for everything cool and current about Portugal.

Greg has recently launched a companion site, Portugal-LOL.com, "Everything FUN for Kids in Portugal."

<http://portugalconfidential.com>

<http://portugalconfidential.com/free-portugal-restaurant-guide-cool-cuisine-ebook>

<http://portugal-lol.com>



The Doll Hospital



Jerónimos Monastery



National Museum of Ancient Art



Photo Copyright: Joachim Gisewski