

Guide Book **Lisbon**

ASTP Annual Conference 2022 | 18 - 20 May 2022 | Lisbon Portugal





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Your guide to Lisbon

Welcome to the 2022 ASTP Annual Conference and the lively Portuguese capital, Lisbon. We have created this travel guide to help your adventures in the city. In here you shall find, helpful logistics, such as general information about the city, where to eat, what to do, and who to call if you have any questions about the conference or the city.

We hope you enjoy this vibrant city and our Annual Conference.

■ Iconic Places

★ Altis Grand Hotel

● Food

⬡ Clubs

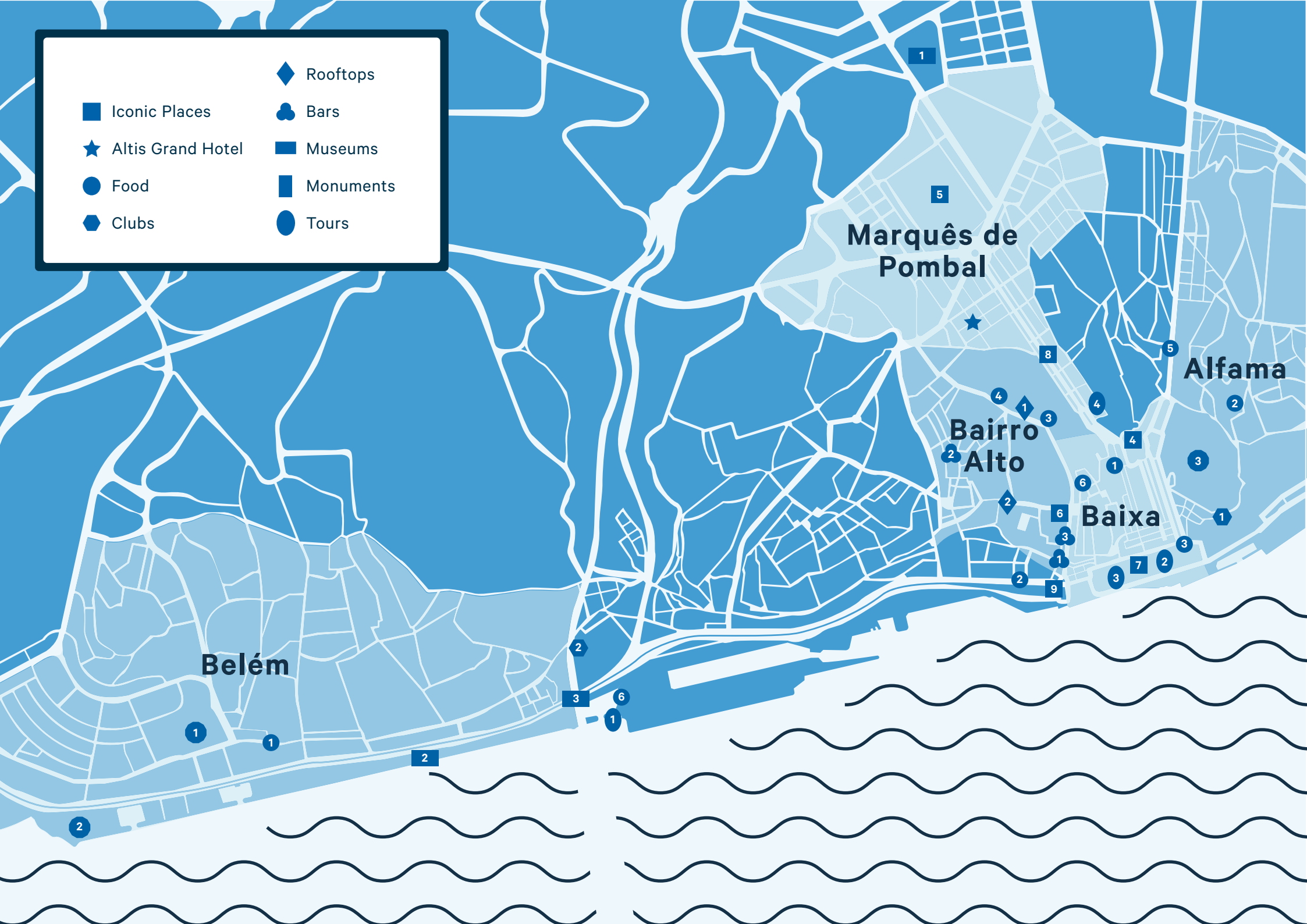
◆ Rooftops

⌘ Bars

■ Museums

■ Monuments

● Tours



Things to know about Lisbon



“Seven cinematic hillsides overlooking the Tagus River cradle Lisbon’s postcard perfect panorama of cobbled alleyways, ancient ruins and white-domed cathedrals – a captivating scene crafted over centuries” – Lonely Planet

Lisbon is the only European city that sits on the Atlantic coast. As Portugal’s largest, it is called home by almost 3 million people. This vibrant city is known for its seven hills, breezy sea views, glossy tiled facades, exquisite food and history.

From the 12th century Moorish castle that dominates the skyline, to the magnificent 16th century Manueline Monastery of Jerónimos, and its bombastic 18th century heart, built after the devastating Lisbon earthquake in 1755, Lisbon is a city steeped in history, alive with colour, and full of welcoming smiles.

Lisbon’s charismatic atmosphere is characterised by its locals’ authentic, genuine and welcoming hospitality. Unlike most European cities, Lisbon has not gone global: it remains resolutely Portuguese; looking out to the sea with the rest of Europe at its back and with its distinctive identity intact.

The small, hilly city centre is filled with monuments, tram lines, cobbled sidewalks, blue tiled shop facades, ancient buildings, museums, rooftop venues, and some of

Europe’s most exciting nightlife.

The Los Angeles Magazine recently described Lisbon as “The California of Europe” because of its emerging tech ecosystem. With Berlin-like living costs but warm weather and culinary excellence, Lisbon is emerging as one of the best places to live and work.

With its hilly city centre, Lisbon comes with many different viewpoints from which you can observe the city’s landscape from different perspectives. You can either hop on the Santa Justa Lift and see Lisbon from seven lights up above or sit at a terrace enjoying a cold Imperial (beer in Portuguese) at Miradouro da Graça or Miradouro de São Pedro de Alcântara.

There is so much to do in Lisbon but don’t leave town before tasting a Pastél de Bacalhau (salted Cod) or a Pastel de Nata (custard tart).

Dive into one of Europe’s most attractive riverside city, enjoy good food, a Mediterranean weather and great sightseeing.



Lisbon is divided into **seven main districts**, this guide takes you through four of them in detail: Belém, Baixa, Bairro Alto and Alfama. Maquês de Pombal is the district where the conference venue is located. Take a look at page three to see where they are located in the map.

Baixa

Baixa is an elegant and traditional neighbourhood in Lisbon. It is full of famous cafes, theatres and museums and graced with traditional Portuguese architecture. If you are in a shopping mood this is the place to go.

Alfama

Alfama is an old, gentle and humble fishing suburb in Lisbon. Located at the foot of São Jorge Castle, between the hill and the ocean, this neighbourhood retains the essence of the city. Filled with traditional taverns with food to feast your eyes.

Bairro Alto

Bairro Alto is Lisbon's bohemian neighbourhood. Here you can find fado restaurants, typical Portuguese taverns and bars for all tastes. The streets are full of graffiti and laundry hanging from the windows. It is full of character and characters!

Belém

Belém is the southwestern most district of Lisbon. Far from the city centre, but easily accessible, this neighbourhood is located at the mouth of the River Tagus where various Portuguese explorers set sail to discover the world.





Public Transport

The best way to move around the city centre is to put on your most comfortable shoes and walk up and down the seven hills of this lively city

Most attractions are within walking distance and strolling around can be considered an attraction in itself. When your feet get tired, however, the city centre has many types of public transport: trams, buses, and the metro.

If you are staying at a hotel in another district, you can easily walk to the conference venue or take the **Metro** to one of the metro stops: Avenida, Marquês de Pombal or Rato (these are equally close to the conference venue). We advise you to purchase a travel card called 7 Colinas Card, which is valid in all public transport. Buying a

ticket on board will result in higher costs.

The **traditional yellow trams** are a nice trip even if you don't have a specific destination. From these cabled cars you will be able to see the best in the city centre.

Lisbon **taxis** are plentiful and affordable, they are characterised by black and green colours, and can be hailed on the street or from taxi ranks. All taxi drivers are registered, making it safe to ride with them. Most of them speak some English and use satellite navigation to get around. **Uber** has as well a very strong presence in Lisbon, and fares are similar to regular taxis fares.

From the Airport to the Conference Hotel

You can get from Lisbon airport to the conference venue, Altis Grand Hotel, either by public transport, bus, shuttle bus, or taxi.

Metro

Lisbon's metro system is both the quickest and cheapest public transport option to go from the airport to Lisbon's city centre. Buy a one-way ticket for €1.50 or a daily pass for €6,45. The metro runs from 6:30am until 1am.

From the airport, the best way to reach Altis Grand Hotel is to take the Red Metro Line reaching São Sebastião, then change to the Blue Metro Line to Santa Apolónia and finally step out at Avenida. The journey will take 45 minutes. The Altis Grand Hotel is approximately 450 meters from the Avenida station.

If you wish to go to the city centre from the airport, take the Red Metro Line to São Sebastião then change to the Blue Metro Line and step out at Terreiro do Paço.

Bus

Lisbon International Airport offers a bus service that connects the airport to the principal areas of the city. The Aerobus runs

every 20 min from 8am until 9pm, the trip will cost about €4. To go from the airport to the Altis Grand Hotel, you can take the Aerobus 1 from the airport to Rossio (City Center). This will take you approximately 35 minutes. Please keep in mind that there is no bus stop close to the Altis Grand Hotel.

Hotel Shuttle Bus

The Altis Hotel Group offers a regular shuttle bus service that runs between the Altis Grand Hotel and the airport. The service free for hotel guests but requires pre booking at the front desk and depends on availability.

Please keep in mind that this service is only offered from the Altis Grand Hotel to the Lisbon International Airport and not from the airport to the hotel.

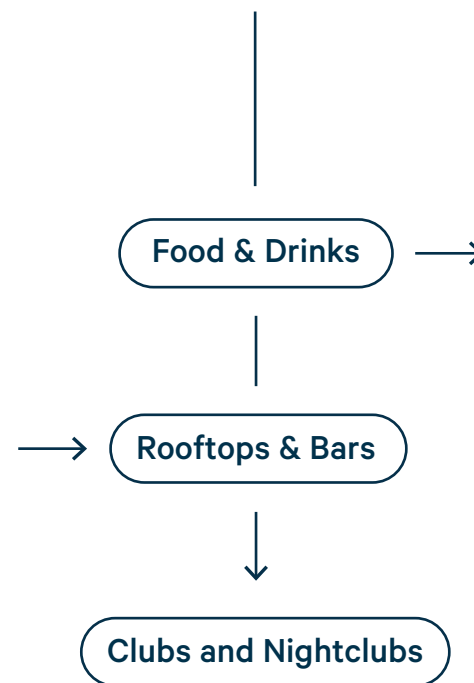
Taxi

Traveling from the airport to the hotel by taxi should take about 30 minutes and cost about €25. Please note that some taxis only take cash. There are taxis located at the taxi stand of the airport. However, it is also possible to book a taxi in advance. We recommend WelcomePickups. You can contact them via +351 308 812 233



Going out into town

Feast your eyes with wondrous rooftops, quench your thirst with sweet cocktails, surprise your palate with a unique cuisine and take out your dancing shoes in Lisbon's nightlife





Food & Drinks

The roots of Portuguese food lie in both native peasant cookery and the ingredients obtained through trade routes established across centuries ago. Bread, rice, spices, sausages and seafood remain the staples of many Portuguese meals. As you walk around Lisbon you see a

restaurant in every corner, Portuguese people like their food, and even though you see some foreign restaurants, the Portuguese prefer the traditional. Nowadays the Lisbon food scene is changing rapidly, with Michelin star restaurants, gourmet and experimental food being introduced. However, if you plan to eat like a native would, there are a couple of restaurants we can suggest.

2 Mercado da Ribeira

This is Lisbon's main market hall and food court. Fitted with stalls from the top chefs in Portugal, offering local products and food, ranging from seafood to steak sandwiches, hamburgers and ice cream.



3 Beer Museum

This two in one, museum and restaurant, offers you the history of beer in Portugal and a great terrace for you to enjoy a cold homemade beer and typical Portuguese snacks such as *Prego* and *Pastél de Bacalhau*.



4 Atalho Real

This is one of Lisbon's most exquisite places for meat lovers, with fresh meat cuts from all over the world. Located in a traditional looking building in Bairro Alto, with a paradisiacal interior garden.



5 Cervejaria Ramiro

If you are looking for superb fresh seafood at a great price, this is the place for you. It's always crowded and rather noisy, but the tables are filled with locals having a great time and enjoying great food.



6 Rui dos Pregos

This is a great place for a late afternoon dinner overlooking the river. Rui dos Pregos is known for its Pregos, which are thinly sliced steaks served on bread, but you can also enjoy some high-quality seafood! And it is extremely budget friendly!



Traditional Portuguese food is not complete without its desserts, sweets and pasteries. You can see as many restaurants as bakeries, or as the natives call them, *Cafés*. Join this tradition, and sit back on a cozy terrace with a typical Portuguese espresso and a *Pastél de Nata* in your hand! Through personal experience, we recommend the best place for this traditional custard tart is Pastéis de Belém.

1 Pastéis de Belém

This is where you will get the best traditionally Portuguese custard cake. Open since 1837, this gem located in Belém is definitely worth the trip and the time waiting in cue!





Rooftops & Bars





Lisbon and rooftop bars is a true love story. Luxuriate in the warm climate, charming atmosphere and great food, Lisbon is the perfect place for you to eat, drink and chill with a view. From fancy rooftop restaurants on top of parking garages to terraces in the hills of Alfama, Lisbon has it all. Lost In and the Park are two rooftop bars that our Portuguese connoisseur recommends.

1 **Lost In**   2 **Park**   +351 215 914 011



Visiting Lisbon and not going to Bairro Alto for a drink and some dancing wouldn't be a fulfilling visit. Bairro Alto is Lisbon's bohemian and alternative neighborhood. Here you can find fado restaurants, typical Portuguese taverns, and bars of all types. During the day, the streets are full of graffiti and laundry hanging from the houses, but during the night locals and tourists fill the streets as they stroll the neighborhood stopping to eat, drink and dance in the middle of the quaint streets. You can wander the streets and see what you fancy, but here are some places we recommend.

1 **Pensão Amor** 2 **Foxtrot**

  +351 213 143 399  

3 **O Bom, o Mau e o Vilão**



Clubs & Nightclubs

Lisbon has a vibrant nightlife which spills onto the cobbled streets of Chiado, watches the dawn come up over the Tagus River and serenades the stars from rooftop bars in the fragrant, warm night air. With its many facets we also recommend different clubs. There's one for all tastes. There's the traditional fado in the intimate Clube de Fado, the alternative in the different spaces at LX Factory and the lively dance music scene in Lux Frágil.

1 Clube de Fado

Fado is a performance and a type of music that is deeply personal and its descriptions hinge on the mood of the moment. Spread across Bairro Alto you can see an abundance of touristy and folksy performances, but for you to understand the true grit of fado you should go to the place it was born: Alfama. Clube de Fado hosts many different performances, but you can expect to have a heart-warming evening with typical Portuguese food.



2 LX Factory

Set in a converted 19th century industrial complex, the Factory of the Arts is Lisbon's coolest hub of creativity. LX Factory is a great spot to check out an alternative side of Lisbon, with art studios, galleries, creative restaurants bars and shops. Take a look at Lisbon's alternative scene by entering this creativity boosting space!



3 Lux Frágil

A three story club with three dance floors and a terrace overlooking the Tagus River. This is Lisbon's most stylish dance club and bar with nightly concerts. If you are looking for an exciting night out with a lot of dancing and cocktails, then this is the place for you.





Lisbon Museums

1 Glubenkian Modern Arts Museum

Visit Europe's museum with the most amazing art collections with pieces dating back to Ancient Egypt, Greece, and Rome. This is a unique attraction blending historical and contemporary art.

Admission Fee: €14 per person



2 Museum of Art, Architecture and Technology (MAAT)

Not only a cultural experience but also one of Lisbon's architectural wonders. This museum brings together visual arts, urban affairs, technology and science.

Admission Fee: €5 per person



3 National Museum of Ancient Art

If you are more into art from the bygone era, this is the museum for you. The National Museum of Ancient Art holds the most valuable collection in Portugal, with 40,000 pieces of artwork from Europe and around the world.

Admission Fee: €6 per person



4 Pilar 7 Bridge Experience

Experience the iconic 25th April Bridge from another perspective! Join a tour that takes you to the exterior areas of the bridge's key pillar and enjoy the sensory experience of visiting its interior. The bridge is depicted on the photograph on the left.

Admission Fee: €5 per person, for groups larger than 10 people it is €3.50 per person





Lisbon Monuments

1 Jerónimos Monastery

This monastery is not only one of the main attractions near Lisbon but also the most important landmarks in Portugal. In 1983, it was designated as a UNESCO World Heritage Site. Built over 100 years during the 16th century, to honour Portugal's role during the Age of Discoveries, it is now the tomb of many prominent historical people including the Portuguese explorer and navigator Vasco da Gama.

Admission Fee: €10 per person



2 Belém Tower

Designated as UNESCO World Heritage Site in 1983, because of its role in protecting Portugal's coast during the Age of Discoveries and later. Characterised by a Gothic and Manueline architecture, this monument attracts visitors not only for its beautiful sight but also for its role in history.

Admission Fee: €6 per person



3 São Jorge Castle

This castle is not only a Moorish hilltop fortification with stonewalls and exceptional views, it is one of the oldest and most recognisable structures in Lisbon. There you can enjoy Lisbon's heritage, understand the city's history, explore traces of the Moorish neighbourhood dating back to the 11th century at the archaeological site, and discover unseen sights over the city in the Camara Obscura.

Admission Fee: €10 per person





1 HIPPO Trip

Visit the Portuguese capital by land and river without leaving the comfort of your own seat on this amphibious vehicle, the HIPPO. Tours starting at 10:00, 12:00, 14:00, 16:00 and 18:00.

Admission Fee: €28 per person

Book a tour: either call +351 211 922 030, buy a ticket in their website or at the departure point



2 Lisbon Sightseeing Tour

Discover Lisbon from another point of view on a cruise down the river Tagus.

Admission Fee: €20 per person/1h 45min cruise

Book a tour: through their website



3 Belém Walking Tour

Walk along the waterfront of the UNESCO World Heritage site of Belém.

Admission Fee: €37 per person/ 3h

Book a tour: through their website



3 Day Trip to Sintra

Discover Sintra, one of the most magical places just outside of Lisbon.

Admission Fee: €65 per person

Book a tour: through their website



Lisbon Tours



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Conference Venue

Set on a leafy street, this contemporary hotel is right in the heart of Lisbon's city centre. Offering ebony and steel accents, the elegant and contemporary atmosphere provides a great place for a stay and for a conference.

Altis Grand Hotel

   +351 213 106 000

Emergency Numbers

The national emergency number is **112**, which can be used to contact the police, the fire service and an ambulance.

