

SAS CITY PORTRAIT

# Lisbon

8th ed.

**SAS** SCANDINAVIAN AIRLINES



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All information given in this booklet is based on facts available in April 1971.



Front cover: Torre de Belém (Bethlehem Tower) see page 14.

## Introduction

Lisbon, enchanting capital of Portugal, nestles amidst low-lying hills ranging the right bank of the Tagus, widest river in Europe.

It is a warm, beautiful, smokeless city, proudly historic, dignified in much of its architecture, liberally spaced with green parks and floral belvederes. And as so many European cities, one of inevitable contrasts.

Its narrow, medieval streets that survived the violent, devastating earthquake of 1755, are offset by streamlined thoroughfares, such as the super-modern suspension bridge, said to be the longest in Europe (1<sup>3</sup>/<sub>4</sub> miles – 2<sup>1</sup>/<sub>2</sub> kms. in length).

Legend has it that the Greek hero, Ulysses, founded the city thousands of years ago. The historians credit the Phoenicians with the same achievement, in 600 B.C. There were prolonged invading influences: the Celts, Romans, Visigoths – and, in 711, the Moors who swarmed from North Africa to occupy what they then called "Lissibona".

Dom Afonso Henriques – Portugal's first king – founded the Kingdom of Portugal in 1139, and eight years later he won Lisbon from the Moors.

Today – the city that saw the embarkation of such great explorers as Bartolomeu Dias and Vasco da Gama, and gave birth to a vast, rich empire, which between the 15th and 17th centuries spanned the globe – possesses one of the finest ports in the world, with more than 10 miles of wharves.

The last 30 odd years have seen prodigious development. Modern schools, hospitals, stadiums, as well as an extremely efficient public transport system, have been established.

Ultimately, however, it is the warm, friendly, generous, exuberant Portuguese – there are over one million of them in the capital – that will make any stay in Lisbon unforgettable.

## Your arrival in Lisbon

On disembarking your SAS plane at Lisbon Airport, an SAS ground hostess will direct you to the Arrival Hall where passport and customs control take place.

In the Main Hall there are telephones and bank with a post office in the new building.

Buses do not operate from the airport, but taxis are always available outside the exit hall. A taxi to Lisbon's center costs approximately 25 esc. plus 10% gratuity; there is a surcharge of 50% for carrying over 66 lbs. (30 kgs.) of luggage. The drive takes approximately 20 minutes.

If you have ordered a self-drive or chauffeur-driven car through the SAS Travel Planning Service, contact the SAS hostess. Both in this respect, and in any other way possible, the SAS staff will be pleased to assist you.

If you are flying on from Lisbon by SAS, one of the first things to do is to reconfirm your onward reservation by informing SAS of the reservation you hold and your intention to use the space previously reserved.

**Currency:** The Portuguese monetary unit is the Escudo (esc.), divided into 100 Centavos. Do not let price-tags confuse you – the escudo symbol is \$, but 5 escudos is written 5\$00, and 50 centavos is written \$50.

To give you some idea of the cost of living: a cup of black coffee will cost 2 escudos; a packet of Portuguese cigarettes about 6 escudos; a newspaper 1.50 escudo; any ride on the underground 1 escudo 50 centavos; and a good seat in a Lisbon cinema 40 escudos.

## Entry regulations

All visitors to Lisbon must possess a valid passport. Most nationals do not require a visa. (It is, however, worth checking with your embassy or consulate office before setting off, especially if your visit is of a business or professional nature.) An unrestricted sum of money may be taken in, in the form of traveler's checks, letters of credit or even cash.

Duty-free allowances for those entering Lisbon include 200 cigarettes or 50 cigars or 1½ lb. (250 grams) of tobacco; one bottle of wine; and half a bottle of spirits.



## Hotels

Standards and charges of hotels in Lisbon (as throughout Portugal) are controlled by the State Tourist Department – "Direcção Geral de Turismo". It is advisable to book your accommodation in advance and, in this respect, you should contact your travel agent or SAS. Either can offer, through the SAS Travel Planning Service, detailed information on de luxe, first and tourist class hotels – with immediate confirmation of accommodation in most. Should you arrive unbooked, then the staff of the local SAS office will do their best to assist you.

The following list of hotels may also prove helpful:

### De luxe

*Ritz* (D1)  
88 Rua Rodrigo da Fonseca  
Tel. 68 41 31

### First class

*Avenida Palace* (H6)  
123 Rua 1º de Dezembro  
Tel. 3 01 54

*Diplomático* (E2)  
74 Rua Castilho  
Tel. 56 20 41/10

*D. Carlos* (G2)  
121 Av. Duque de Loulé  
Tel. 53 97 69/78

*Embaixador* (H1)  
73 Av. Duque de Loulé  
Tel. 53 01 71

*Fénix* (F2)  
8 Praça Marquês de Pombal  
Tel. 53 51 21

*Flórida* (F2)  
32 Rua Duque de Pamela  
Tel. 5 41 71

*Império* (G3)  
17 Rua Rodrigues Sampaio  
Tel. 4 91 44

*Lutécia* (north K1)  
Av. Frei Miguel Contreiras  
Tel. 71 70 20

*Mundial* (J7)  
4 Rua D. Duarte  
Tel. 86 31 01

*Tivoli* (G4)  
185 Avenida da Liberdade  
Tel. 4 11 01

*Rex* (E1)  
169 Rua Castilho  
Tel. 68 21 61

**Tourist class**

*Capitol* (G1)  
24 Rua Eça de Queiroz  
Tel. 53 68 11

*Eduardo VII* (G1)  
5 Av. Fontes Pereira de Melo  
Tel. 53 01 41

*Flamingo* (E2)  
41 Rua Castilho  
Tel. 53 21 91

*Jorge V* (F3)  
3 Rua Mousinho da Silveira  
Tel. 53 89 66

*Reno* (north F1)  
195 Avenida Duque d'Ávila  
Tel. 4 81 82

*Presidente* (G2)  
13 Rua Alexandre Herculano  
Tel. 53 95 01

**Hotels in the environs**

If you prefer to stay by the sea, then there are the following, all about 15 miles (24 kms.) from Lisbon:

**De luxe**

*Estalagem Albatroz*  
100-102 Rua Frederico  
Arouca  
Cascais  
Tel. 28 28 21

*Estalagem do Forte Muchaxo*  
Praia do Guincho  
Tel. 28 92 21

*Estoril Sol*  
Parque Palmela  
Cascais  
Tel. 28 28 31

*Guincho* (Fortress)  
Praia do Guincho  
Tel. 28 93 25

*Hotel Cidadela*  
Av. José Frederico Ulrich  
Cascais  
Tel. 28 26 80

*Hotel do Mar*  
Sesimbra  
Tel. 22 93 26

*Palácio do Estoril*  
Parque  
Estoril  
Tel. 26 04 00

**First class**

*Cibra*  
Estrada Marginal  
Estoril  
Tel. 26 18 11

*Grande Hotel do Monte Estoril*  
Av. Saboia  
Estoril  
Tel. 26 00 09

*Hotel Nau*  
Rua Dra. Iracy Doyle  
Cascais  
Tel. 28 27 00

And if you prefer the mountains, you may care to try:

**De luxe**

*Palácio dos Seteais*  
Seteais-Sintra  
Tel. 98 06 81/2/3

In de luxe hotels room rates range from escudos 350 to 650, in first class between escudos 250 and 400, and in tourist class hotels between escudos 180 and 300.

Note: The voltage in Lisbon for electrical appliances is 220 A.C.

**Restaurants and cuisine**

Eating out in Lisbon is a pleasure, whatever your taste! Refined French cuisine, Indian and Chinese food, abundant Spanish delicacies and a wealth of special Portuguese dishes (usually less oily than Spanish preparations) – all feature prominently on Lisbon menus, whether you choose from the city's de luxe restaurants, or the cozy corner taverns frequented by all classes of people. An especially enchanting side to dining "à la Portugues" is the delightful accompaniment of haunting "Fado" songs and folk dances.

Whatever your choice – de luxe, first or second class restaurants; Portuguese or international cuisine; cocktail bar or tea-room – here are a few suggestions in the way of where to eat:

**INTERNATIONAL****De luxe**

*Aviz* (G8)  
12B-1º Rua Serpa Pinto

*Gambrinus* (H6)  
23 Rua Portas de Sto. Antão

*Ritz Grill* (E1)  
Rua Castilho

*Tavares* (G8)  
35 Rua da Misericórdia

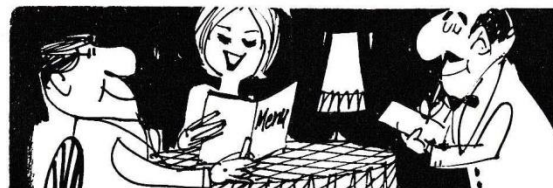
*Varanda do Chanceler* (K9)  
7 Largo do Chanceler

**First class**

*Bodegon-Grill Fenix* (F2)  
8 Praça Marquês de Pombal

*Cozinha d'El Rey* (E1)  
169 Rua Castilho

*Gôndola* (north of G1)  
64 Avenida de Berna





*Escorial* (H6)  
49 Rua Portas de Sto. Antão

*Solmar* (H6)  
108 Rua Portas de Sto. Antão

#### **Second class**

*António* (north G1)  
63 Rua Tomás Ribeiro

*Arameiro* (H6)  
21 Travessa de Sto. Antão

*Arraial* (north K1)  
Rua Conde de Sabugosa

*Manel* (G4)  
Parque Mayer  
(Av. Liberdade)

*Churrasco* (H6)  
83 Rua Portas de Sto. Antão

*Pérola* (H6)  
95 Rua Portas de Sto. Antão

*Porto de Abrigo* (F9)  
16 Rua dos Remolares

#### **CHINESE**

##### **First class**

*Peypin* (G1)  
Av. Duque de Loulé

*Hong Kong* (G2)  
23 R. Camilo Castelo Branco

*Macau* (F3)  
26 Rua Barata Salgueiro

#### **PORTUGUESE**

##### **Restaurants with Fado singing, folklore and folk dances**

*Folclore* (G7)  
20C Rua Nova da Trindade

*Adega Machado* (G7)  
91 Rua do Norte

*Faia* (G7)  
48 Rua da Barroca

*Severa* (F7)  
57 Rua das Gáveas

*Café Luso* (G7)  
10 T. Queimada

##### **Restaurants with Fado singing**

*Adega Mesquita* (G7)  
107 Rua do Diário de Notícias

*Lisboa à Noite* (G7)  
69 Rua das Gáveas

*Parreirinha de Alfama* (K9)  
1 Beco do Espírito Santo

*Taverna do Embuçado* (K9)  
10 Beco dos Curtumes

*Tipoia* (G7)  
102 Rua do Norte

*Vielá* (G6)  
14 Rua das Taipas

#### **Cocktail Bars**

*Carioca* (G7)  
32 Rua da Trindade

*Iberia* (H8)  
28 Rua Ivens

*Lorde* (H9)  
14 Rua Victor Cordon

*Rex* (G7)  
1 Rua Nova da Trindade

#### *Restaurants in environs*

*Cozinha Velha*  
Queluz

Palácio dos Seteais  
Sintra

*Muchaxo*  
Praia do Guincho

*Choupana*  
S. João do Estoril  
Estrada Marginal

*Monaco*  
Caxias  
Estrada Marginal

*Saís*  
Santo Amaro de Oeiras  
Estrada Marginal – Praia

*Floresta do Ginjal*  
Cacilhas

In Cascais there is a good selection of fine restaurants with reasonable prices.

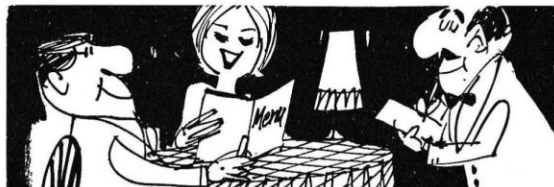
#### *What to eat*

Portuguese food is renowned for its variety and freshness and the vegetables, salads, meat (especially beef) and fish are excellent. Portuguese tinned tunny and sardines, are, in fact, world-famous.

For the uninitiated, here are some typical local dishes:

*Bacalhau à Braz* – minced cod fried with onions, potatoes and eggs and French fries.

*Bacalhau à Gomes de Sá* – sautéed cod with potatoes, onions, parsley and olives.





*Bife na Frigideira* – steak served on earthenware, sometimes garnished with fried egg.

*Caldeirada* – Portuguese bouillabaisse with several kinds of fish.

*Perdiz ou Frango na Púcara* – partridge or spring chicken served in earthenware.

*Sardinhas Assadas* – grilled sardines with grilled green peppers and salad.

*Lulas Recheadas* – stuffed squid in rich tomato sauce.

*Carne de Porco à Alentejana* – fried pork with clams.

*Ameijoas* – clams in garlic sauce.

*Leitao Assado à Bairrada* – roasted suckling-pig.

*Iscas com Elas* – thin slices of veal or fried pig's liver with boiled or French fried potatoes.

*Lagosta Suada* – lobster stewed with paprika and white wine.

A wide array of mouth-watering fruits enhance the dessert selection on the Portuguese menu; among the many – peaches, oranges, strawberries, melons, grapes, pineapples and custard apples. Portuguese patisserie is also famous, as are the many cheeses, for example serra, serpa, azeitão, castelo branco, frescos and ilhas (São Jorge and Pico).

### What to drink

For centuries epicures the world over have enjoyed Portuguese wines. The quality and purity of all the various types are constant thanks to a threefold guarantee: the pride of the wine-grower; the competitive spirit of wine-shippers; and the watchfulness of the National Board of Wine and the local bodies controlling individual zones.

There are the light and refreshing "Green" wines (the term "Green" is not indicative of the wine's color, but derives from the type of grape); the heavier Lafões; the fragrant, semi-sweet Rosé; the rich, renowned Port (semi-sweet or sweet); the clear, naturally-sparkling champagne-like Lamego and Bairrada; velvety smooth Dão; tawny Setubal; and the three kinds of Madeira.

White Port and dry Madeira are drunk as an aperitif. For dessert the Portuguese prefer sweet Madeira or red Port. Try Portuguese cognac (brandy) with your coffee – a coffee specially blended from different origins: the Portuguese Overseas Provinces of Cabo Verde, São Tomé Príncipe, Angola, Guiné, Moçambique and Timor, also from Brazil. All taste the better for the accompaniment of Portugal's excellent liqueur.

### Meal times

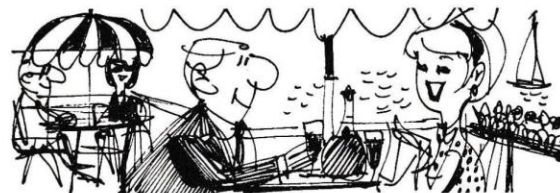
Breakfast (continental style: coffee or tea with rolls, butter and marmalade) usually starts about 7.30 a.m.

Lunch 12.30 to 3 p.m.

Dinner starts any time between 8 and 10 p.m. (You may, if you wish, order supper after midnight!)

### Money-Saving Hints

Where a fixed menu exists, it is more economic to order the menu of the day (usually a choice of four dishes) than à la carte. In the latter case, you often have to pay about 40 escudos for one dish, whereas the full course on a fixed menu will cost you only 80 to 150 escudos (wines and taxes included). Alternatively, if ordering à la carte, it's quite normal to specify "meia dose" (half portion), or for two persons to share one portion. You will find this quite sufficient and, when trying one of the





special Portuguese dishes for the first time, it might well be the better part of wisdom. For a cup of tea, coffee or chocolate with pastry, do not go into a café, but rather to a "Pastelaria" or a "Casa de Chá" (tea-room).

### Sightseeing and excursions

All of Lisbon's leading travel agencies offer sightseeing tours by coach through the city, plus excursions to nearby places of interest. The SAS Office (G3), will be pleased to give you detailed information and book seats for you if you wish. You will also want to stroll the city on your own – admire the wide boulevards, quaint narrow streets and enchanting vistas from the belvederes. Both for the casual stroller and the coach-tour participant, the following information should prove useful.

**Praça do Comercio** formerly **Terreiro do Paço** (Black Horse Square – I10). This is perhaps the most beautiful square in Europe. In its center stands the statue of King Joseph I, by the Portuguese sculptor, Machado de Castro. A triumphal arch spans the entrance of Rua Augusta into the square.

**The Cathedral** (J9). A striking example of Portuguese Roman-Gothic architecture, this splendid edifice, originally erected in 1147, was built by order of the first king of Portugal, Afonso Henriques.

**Castelo de São Jorge** (J8). The fortified Castle of St. George is perched high above the oldest part of the city, *Alfama*, a charming patchwork of medieval streets and houses below. Oldest monument in Lisbon, the Castle dates back to pre-Roman times, and encloses lovely gardens. From its tranquil esplanades and towers you may enjoy the most breathtaking of all Lisbon's famous views over the old walls and city, across the river to the high mountain on the opposite side, back to the Monsanto hills on the near side of the Tagus where it

joins the Atlantic Ocean. Originally, Castelo de São Jorge was a Moorish castle where the early kings of Portugal resided. Open daily 8 a.m. to sunset.

**Alfama** (K9). The oldest quarter of the city, picturesque Alfama was constructed by the Arabians before the Christian conquest. Here you may explore the ancient Moorish "cashbah" and the Jewish "ghetto", Judiaria – stop off, perhaps, in one of the many tiny restaurants where Fado singers bewitch. (See "Restaurants and cuisine" for a list of possibilities.)

**Bairro Alto** (G7). Another part of the old city, Bairro Alto, is also characterized by narrow winding streets and by cozy restaurants where scenes of gregarious locals compete with Fado and folk songs.

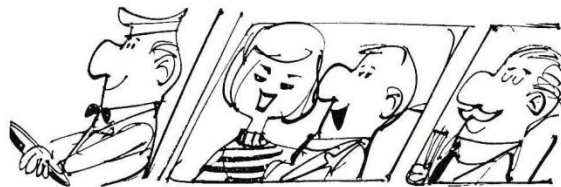
**Museu Nacional dos Coches** (National Coach Museum – west of A9). Here you will enjoy browsing a dazzling collection of vehicles from the 17th, 18th and 19th centuries – Royal and noblemen's coaches, old uniforms, harnesses, etc. The museum is open 10 a.m. to 5 p.m., except Mondays and holidays.

**Mosteiro dos Jeronimos** (The Jeronymite Monastery – west of A9). Built by King Manuel I at the beginning of the 16th century, the Jeronymite Monastery and church provide together a vivid example of Gothic-Manueline style at its very best. Inside the church are tombs of notable Portuguese personalities, among them Vasco da Gama, and the great poet, Camões. Between the Monastery and the Memorial to the Discoveries stands an illuminated fountain.

**Museu Ricardo Espírito Santo** (east of L7 – 27 Largo de S. Tomé). This interesting little museum contains a collection of artistic ancient furniture, tapestry and books. Open 10 a.m. to 5 p.m., except Mondays.

**Museu Calouste Gulbenkian**. Located in the premises of the Gulbenkian Foundation, at Avenida de Berne, the museum provides the visitor with a fine collection of precious old ceramics, tapestry and furniture, also possesses a library of note.





**Torre de Belém** (Bethlehem Tower – west A9). From the imposing ramparts of this Manueline-style tower, erected between 1515 and 1521, you can enjoy yet another magnificent view of the city – and its harbor entrance.

**Planetarium** (Museu da Marinha – Praça do Imperio – west A9). Open on Wednesdays, Saturdays and Sundays with two performances, at 3.30 and 4.45 p.m. Admission fee.

**Museu de Arte Antiga** (Museum of Ancient Art – A9). One of the most precious museums of Europe, the Museu de Arte Antiga is especially renowned for its paintings, ceramics, silver, manuscripts, etc. Fine works by Durer, Cranach, Rubens, Murillo and Hieronymus Bosch. Open daily 10. a.m. to 5 p.m., except Mondays and public holidays.

**Museu de Arte Popular** (Museum of Popular Art – west A9). A most interesting multi-roomed exhibition of modern Portuguese art and handicraft – paintings, sculpture, fabrics, lace, pottery – situated on the Estrada Marginal, Belém. Open 10 a.m. to 5 p.m. except Sundays and public holidays.

**Museu de Arte Religiosa** (Museum of Religious Art – G7). At the Igreja da Misericórdia you will find a priceless collection of religious objets d'art – gold, silver and ancient embroideries etc. A great many of these treasures were brought from Italy by King João V. Open 11 a.m. to 5 p.m. daily except Mondays.

**Museu Militar** (Military Museum – L9). The Museum houses not only a vast collection of old guns, swords, spears, helmets and armor from all over the world, but also a valuable array of Portuguese paintings and coins. Open 10 a.m. to 5 p.m. except Mondays and public holidays.

**Museu da Marinha** (Naval Museum – west of A9). Situated close to the Jeronymite Monastery this museum evokes Portugal's glorious links with the sea – your opportunity to browse a rare collection of old man-of-war models, maps, navigational instruments, uniforms and weapons – all relics of Portugal's by-gone days. Open 10 a.m. to 5.30 p.m. except Mondays and public holidays.

**Feira da Ladra** (The Rogue's Fair – L8). Every Tuesday and Saturday, from 9 a.m. to 6 p.m., this fascinating junk market – a colorful confusion of stalls, vendors, commodities – is held in the streets immediately behind the Church of São Vicente de Fora.

**Monumento a Cristo Rei** (across the river at H10). Cross over the river at Terreiro do Paço do Cacilhas and enjoy the tremendous view of Lisbon and its surroundings from the veranda of this monument. Try when visiting here, to arrange your trip so that you may eat at one of the excellent seafood restaurants on the wharf – a delectable side-activity.

**Igreja da Madre de Deus** (Church of Madre de Deus – east of L8). The church is a masterpiece of the Baroque style offering, within, a magnificent collection of paintings and sculptures, as well as a famous collection of tiles.

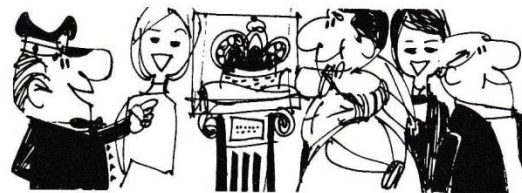
**Igreja de São Roque** (Church of St. Roque – G7). Sculptures and precious paintings of the sixteenth and seventeenth centuries are displayed here, in the Chapel of St. John, while magnificent tiling, gilt wood-carving and beautiful paintings enhance the interior as a whole.

**Igreja de São Vicente de Fora** (L8). A Renaissance monument and Pantheon of the Royal House of Bragança – the last Portuguese Dynasty.

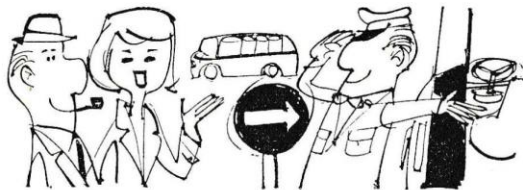
**Ruínas do Convento do Carmo** (G8). These are the ruins of an old Carmelite Monastery, 14th-century Gothic, whose columns resisted the earthquake of 1755. Here, too, you can browse collections of Hispano-Arab and French ceramics, coins and medals. Open 10 a.m. to 5 p.m. Closed on Mondays and holidays.

**Igreja de Santa Engracia** (St. Engracia Basilica – east of L7). This is the pantheon of politicians and poets. Four lofty towers with rounded apses – a gem of Portuguese Baroque.

**Parque Eduardo VII** (E1). This park, at the top of the famous boulevard Avenida da Liberdade, has one of the largest and most interesting greenhouses in Europe, the *Estufa Fria*.







**Casa dos Bicos** (House of the Pointed Stones, Rua da Alfândega – J9). A much-photographed landmark: the lower-storey remains of a 16th-century residence, now an archaeological curiosity with façade completely covered by pyramid-shaped stones.

**Zoological Gardens** (north G1). One of the finest in Europe, with a large collection of wild animals, a beautiful rose garden, a restaurant, a lake with pedalling and motor boats. There is also a children's play park. It is open every day from 9 a.m. to 6 p.m. Admission fee.

**Parque de Monsanto** (Monsanto Park – west A1). A beautiful wooded park occupying one-sixth of the area of the city. Here you can enjoy more breathtaking views of Lisbon, the Tagus and the ocean. To boot, there are swimming pools, children's play-park and adjoining camping site.

## Surrounding Interest-Points

### ESTORIL

Estoril, Lisbon's leading seaside resort, lies but 16 miles (26 kms.) west of the city center on the lovely Costa do Sol (the sunny coast). The wonderful climate here makes swimming and sunbathing possible most of the year. Among the many delightful attributes offered, are several excellent hotels and boarding houses, including the Palácio do Estoril, Cibra and Estoril-Sol, many tempting restaurants and bars, an 18-hole golf course, a casino and a magnificent beach.

### CASCAIS

Another most attractive spot, Cascais lies about 17 miles (28 kms.) west of Lisbon. A photographer's dream, this is a picturesque, colorful, busy fishing center. Every morning and evening there are interesting fish auctions and, periodically international regattas are staged on the inviting blue gulf. A fashionable resort offering swimming pools, horse shows, bullring, art museum.

### PRAIA DO GUINCHO

Only a few miles along the sunny coast from Cascais, Guincho is famous for its beautiful beach and lovely forests of pines and acacias. Besides the obvious delights of a paradisiac shoreline washed by a warm Atlantic, there are excellent hotels (the Hotel do Guincho, furnished and decorated in medieval style, is particularly attractive), fashionable restaurants (lunch at Muchaxo, Faroleiro, speciality lobster, or Mestre Zé, speciality grilled chicken with hot sauce) and days of happy exploring. Make a point of visiting the roaring Boca do Inferno (Hell's Mouth), which you can reach by taking the coast road, and Cabo da Roca – westernmost point of Europe's mainland, on the road to Sintra (see below).

### SINTRA

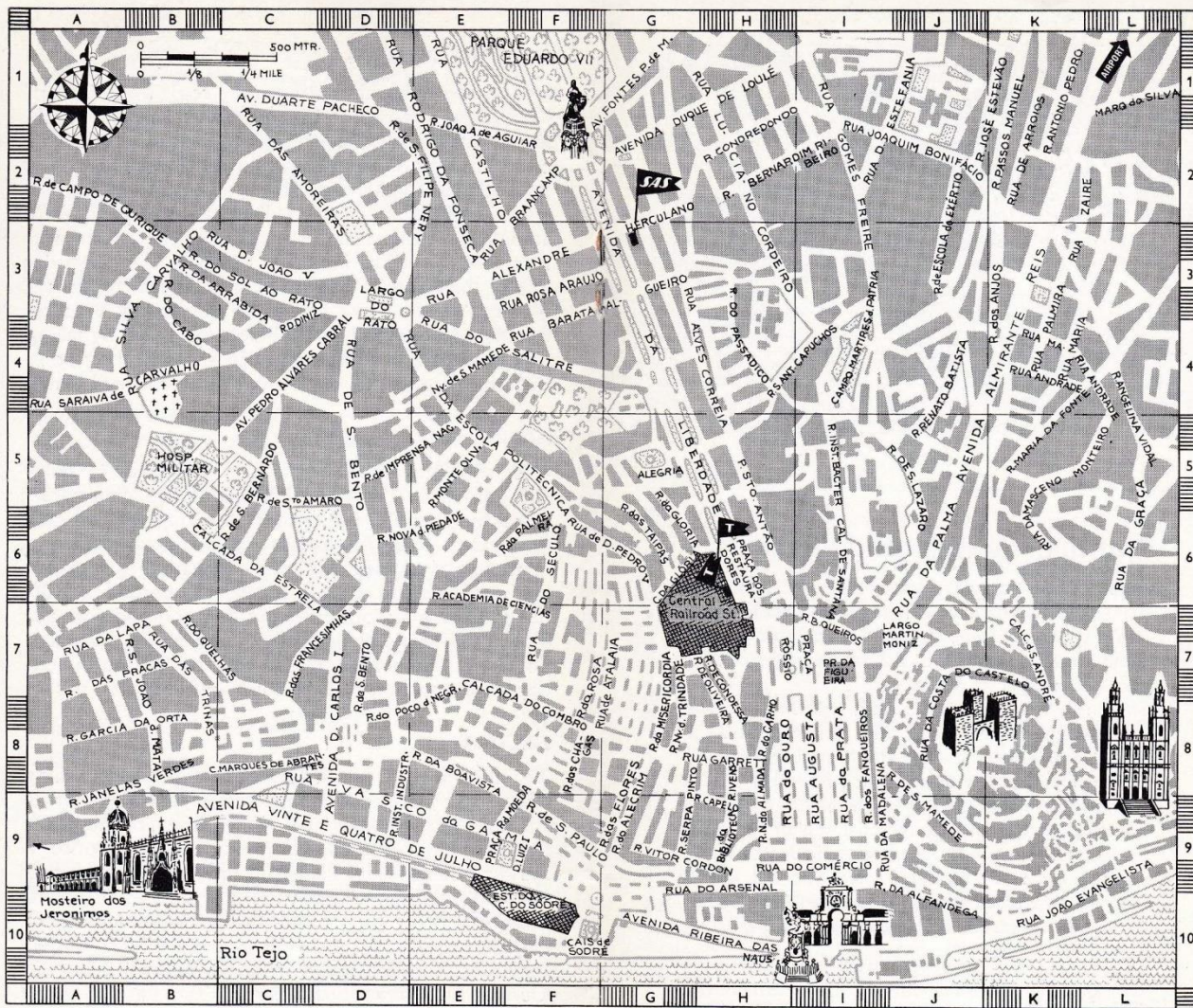
This wonderful holiday center nestles about 15 miles (24 kms.) from Lisbon in the hills of the same name. Once the summer residence of the kings of Portugal, the ancient town boasts two venerable castles and a scattering of imposing palaces – imparting a romance and fascination to what is already picturesque. A half-day tour from Lisbon, including transport and entrance fees to places of interest; costs approximately 130 escudos. If you are here on the second and the fourth Sundays of the month, visit the São Pedro market.

### ERICEIRA

35 miles (56 kms.) from Lisbon, this charming fishing village and popular summer resort is renowned for its shellfish. Places to visit include the Church of São Pedro and the Catholic Chapel of São Sebastião, once a mosque; Santa Marta Park with its mineral waters and children's garden; and the lobster nurseries. If you're fond of seafood, then you're in for a delectable time: Specialities of the area include lobster, rock lobster, big crabs, shellfish soup, in addition to sweetmeats, Ouriços, Cavacas and Suspiros.

*(cont'd on page 21)*





Code numbers in this booklet refer to the above map. Thus (G3) is located where lines drawn from "G" and "3" cross each other.

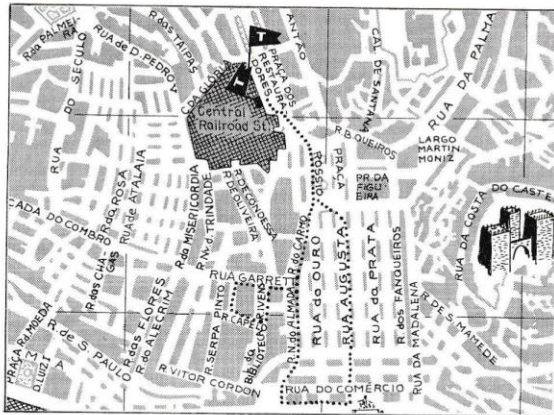
### Interesting sights in Lisbon

- |                                         |                                                                  |
|-----------------------------------------|------------------------------------------------------------------|
| (I10) Praça do Comercio.                | (H10) Monumento a Cristo Rei.                                    |
| (J9) The Cathedral.                     | (G7) Igreja de São Roque (Church of St. Rogue).                  |
| (J8) Castelo de São Jorge.              | (L8) Igreja de São Vicente de Fora (Monument and Pantheon).      |
| (K9) Alfama (oldest quarter of city).   | (G8) Ruínas do Convento do Carmo (ruins of Carmelite Monastery). |
| (G7) Bairro Alto (old part of city).    | (I10) Casa dos Bicos (House of the Pointed Stones).              |
| (A9) Museu de Arte Antiga.              |                                                                  |
| (A9) Museu de Arte Popular.             |                                                                  |
| (G7) Museu de Arte Religiosa.           |                                                                  |
| (L9) Museu Militar.                     |                                                                  |
| (L8) Feira da Ladra (The Rogue's Fair). |                                                                  |

### Useful addresses

- SAS** SAS Ticket Office: 236-A Avenida da Liberdade (G3).  
 Telephones: 53 70 01-2-3-4 and 5 71 16  
 Office hours: daily except Sundays 9.30 a.m. to 1 p.m. and 2.30 to 6 p.m.
- T** Tourist Information Office: Secretariado Nacional da Informação (S.N.I.), Palácio Foz, Praça dos Restauradores (H6).  
 Telephone: 36 25 31.  
 Office hours: daily except Sundays 9 a.m. to 8 p.m.

Distance from city center to airport: 5 miles (8 kms.).



### One hour's walk around Lisbon

Starting from Praça dos Restauradores (location of the State Tourist Department), walk down to Rossio passing the Central Railroad and the Dramatic Theater. From Rossio – threshold of Lisbon's shopping center – continue along two of the capital's most fashionable streets: first, Rua do Carmo, then right into Rua Garrett. Throughout this stretch, take time off to window-shop Lisbon's latest fashions and to browse the colorful flower shops. When you reach the Praça Luis de Camoes (in the center stands the statue of Luis de Camoes, the great Portuguese poet, author of the *Lusiadas*), turn into Rua Paiva de Andrade, down the steps to Largo do Directorio where you will see the National Opera and Ballet Theater. Stroll Rua Capelo, left into Rua Ivens and right again at Rua Garrett.

Turn right at Rua Novo do Almada, proceed to Praça do Município where the City Hall is situated. Go left along Rua do Arsenal and you come to the famous Black Horse Square where all the Ministries and the Stock Exchange are congregated. From here you have a wide view of the other bank of the river Tagus.

Return to Rossio and Restauradores, via either Rua Augusta (more fashion shops) or Rua Aurea (mostly jewelry shops), both enjoyable.

(cont'd from page 17)

### MAFRA

The small town of Mafra is dominated by a colossal group of buildings erected by King John V in the 18th century, comprising a church, convent and palace. The church – celebrated for its carillon chimes – is an architectural masterpiece and the library contains 35,000 precious volumes. During the summer classical and folk music concerts are held here.

### BATALHA

In this village, 80 miles (128 kms.) from Lisbon, stands the Monastery of Our Lady of Victory, built in thanksgiving for the Portuguese victory over the Spanish in 1385, one of Portugal's most hallowed monuments.

### FÁTIMA

This is the site of annual pilgrimages commemorating the Apparition of Our Lady. Here on 13th May 1817, three shepherd children saw a vision of the Virgin Mary. Every year, on this date and on the 13th of each month up until October great processions take place.

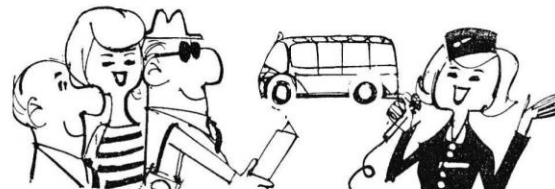
### TOMAR

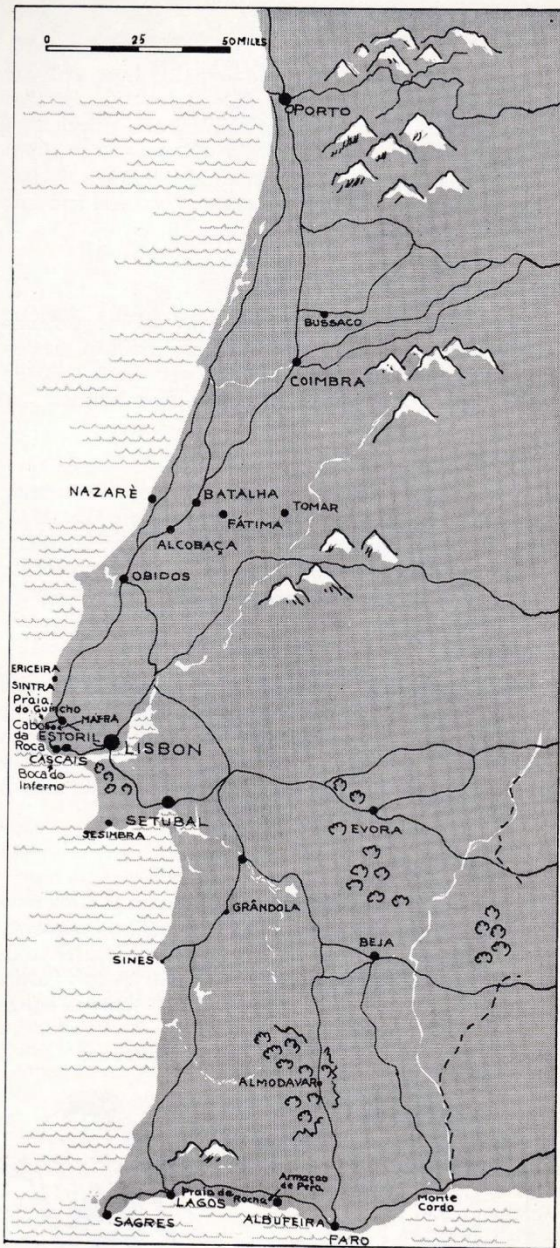
90 miles (145 kms.) north of Lisbon, Tomar is the site of a 12th-century castle of the Templar Knights. Virtually a museum-city, it also contains two lovely churches in Manueline style and an ancient synagogue. The window of the Capitulary Hall is magnificent. In the suburbs is the hydroelectric dam of Castelo do Bode.

### SETÚBAL

Key sea and fishing port, Setúbal is also an inviting mixture of beautiful sandy beaches and historic monuments. You should not miss seeing the Church of Jesus, Manueline in style of Arrabida marbles, and St. Philip's Castle,

(cont'd on page 23)





(cont'd from page 21)

now an Inn. Stay in excellent hotels, like the Hotel Esperança (first class), which has its own nightclub, the Estalagem S. Filipe (de luxe), or the Casa de S. João (de luxe). Enjoy the sport of bullring or swimming pool.

Setúbal is about 26 miles (40 kms.) south of Lisbon, and if you decide to explore the surroundings you open the door on stretches of wonderful scenery.

### SESIMBRA

20 miles (32 kms.) from Lisbon and Setúbal, Sesimbra is a typical Portuguese fishing village, overlooked by a magnificent castle built by the Moors – and endowed with lovely scenery including breathtaking views of the bay. This is one of the most important regions for fishing and angling (maintaining the world record for sword fishing) as well as skin diving. The Hotel do Mar (de luxe) is a pleasant place to stay, with its excellent swimming pool, club and restaurant. As is, too, the Hotel Espadarte (tourist class). Recommended for its gay night life is "O Forno" nightclub.

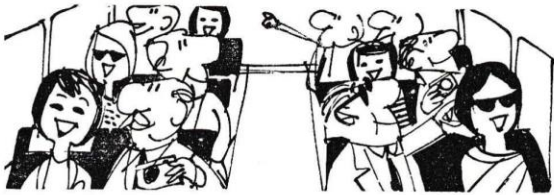
### ÉVORA (Alentejo Province)

This pretty, old-world city stands in the center of vast plains of corn and cork-trees, 95 miles (155 kms.) from Lisbon. See, while here, the remains of the Roman Temple of Diana, as well as the 12th–13th-century cathedral, the Church of São Francisco and the Chapel of Bones (15th-century). Also the Lyceum (former University), the Regional Museum and the lovely gardens, the picturesque narrow streets running between 18th-century palaces, and the bullring.

### SINES

Fishing village, holiday resort, Sines on the Atlantic coast of the Province of Alentejo, is the birthplace of Vasco da Gama. Beautiful beach and excellent facilities for water-sports make it everyone's discovery: to the





north, the magnificent beaches of Santo André and Melides, and to the south, Porto-Covo and St. Torpes, the Island of Pecegueiro and Villa Nova de Milfontes. 100 miles (160 kms.) from Lisbon, Sines is best reached by car. If you are stopping the night, try the de luxe Pensão Malhada, the first class Pensão Clemente, the Pensão de São Rafael, or Pensão Habimar.

### **ALCOBAÇA**

The Convent of Alcobaca, biggest in Portugal, was founded in the 12th century, and is well worth a visit. The region is also renowned for its orchards and hand-made crockery. Shoppers will want to take home an item of pottery, chintz, or one of the colorful scarves. 65 miles (108 kms.) north of Lisbon.

### **NAZARÉ**

Located at the foot of towering cliffs, Nazaré is famed for its folkloristic color. Its beaches are always thronged with typically Portuguese boats and colorfully costumed fisherfolk. Highlight of the scene is the departure and return of the fishing boats. Ideal viewing point is the promontory "O Sitio". Nazaré stands 8 miles (12 kms.) from Alcobaca.

### **COIMBRA AND BUSSACO**

If you have time to spare, we recommend the three-day tour to the north to Coimbra and Bussaco. En route, you will visit the 12th-century walled town of Obidos; Nazaré, Alcobaca, Batalha, Fatima, Coimbra and Bussaco. The charge for a tour of this nature is approximately escudos 1,550. For details contact SAS office in Lisbon.

### **OPORTO**

Second city of Portugal, Oporto can be reached by plane, railroad or car (via Coimbra). Though modern, it has retained the old-town atmosphere, with narrow

streets and quaint houses. Among its prime attractions are the beautiful Romanesque cathedral, the Clerigos Church with its remarkable rococo tower, and the Soares dos Reis Museum in the ancient royal palace of Carrancas, which houses a fine collection of paintings. Enjoy the wonderful view from the Palácio dos Desportos Gardens over the Douro River – the park is one of the loveliest in Portugal. The Praça da Ribeira, a typical Portuguese market, is also worth visiting. This, of course, is Port Wine Country and next to partaking of the region's famous produce, will be your vivid memories of the quaint, colorful "Rabelo" boats which bring the wine down from the vineyards.

### **MADEIRA**

If you have a week to spare, visit this "Pearl of the Atlantic" – hire a car and tour every inch of the lovely island, at its best from November to March. You can reach the capital, Funchal, by plane or boat directly from Lisbon.

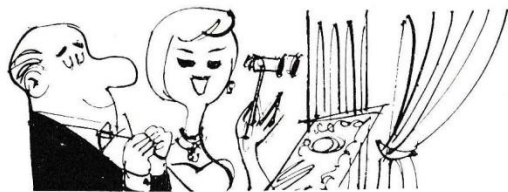
## **Entertainment and night life**

Spectacular corridas or soul-reflecting Fado singers – each typifies the Latin excitement and color that thrills the visitor to Lisbon. Along, of course, with all that is universal in nocturnal fare . . . opera, ballet, cinemas, circuses, eating-spots with dancing and international cabarets.

### *Bullfights*

The Portuguese "festa brava", as it is sometimes called, differs markedly from the bullfights of Spain. Bulls are not slain in the arenas of Portugal, but are led out by





tame oxen after the fight. Clad in 18th-century costumes of velvet and silk, it is the "Cavaleiros" – skilled horse- men riding specially-trained thoroughbred horses, and equipped with banderillas – who first enter into combat with the bull. They are succeeded by the equally adroit "Moços de forcado" who, unarmed and on foot, attempt to ground the bull.

See "Sports" on page 32 for locality of ticket offices, venues, admission prices, etc.

### Fados

Most tourists find delight in the Fados. The Fado is a form of singing that expresses the "mood of the soul", and contrary to popular conception may be either melancholy or happy. The Old City, Bairro Alto (G7) and Alfama (K9), is clustered with spots where fado singers give forth. For a suggestion or two see "Restaurants and cuisine", page 8.

### Opera and ballet

Performances of opera and ballet are given in the National Theater (G9) by both local and visiting international companies during the winter and spring seasons.

### Cinemas

In Lisbon there are many cinemas showing American and European pictures in their original languages. Afternoon and evening shows: 3.15, 6.15 and 9.30 p.m. For details of programs, prices, etc., get yourself a copy of "This Week in Lisbon", available at your hotel.

### Dancing and floor shows

Much of what is best in dancing and floor show entertainment is to be found in the city's major restaurants and hotels. There are also a good number of boîtes (nightclubs with dancing). See below:

#### Boîtes

*Embaixador* (G1)  
73 Avenida Duque de Loulé  
Tel. 53 01 71

*Porão da Nau* (north G1)  
1 Pinheiro Chagas  
Tel. 5 15 01

*POP* (north L1)  
128 Av. Estados Unidos  
da América  
Tel. 76 09 03

*Ad Lib* (F4)  
28-7º Rua Barata Salgueiro  
Tel. 56 17 17

*Barbarela* (G7)  
12-16 Rua da Atalaia  
Lisbon

*Lord Jim* (north G1)  
32C Rua D. Luis de Noronha  
Lisbon

#### Stones (B8)

1 Rua Olival (à Lapa)  
Tel. 66 56 51

*Calhambeque* (north L1)  
11C R. Conde Sabugosa  
Tel. 71 58 68

*Bataclan* (north F1)  
39A R. Ramalho Ortigão  
Tel. 56 04 30

#### Cabarets

*Maxime* (G5)  
58 Praça da Alegria  
Tel. 3 53 66

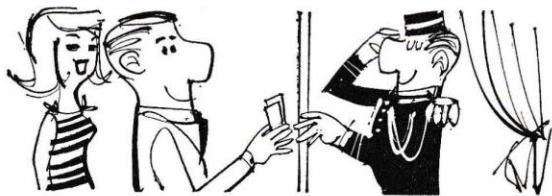
*Bico Dourado* (G8)  
12 Largo da Misericórdia  
Tel. 36 86 49

*Nina* (G8)  
13 Paiva de Andrade  
Tel. 3 48 59

### In the suburbs

In Estoril, Lisbon's fashionable seaside resort, the night-life swings, too. Try the chic and gay Casino Estoril (where you can enjoy a good floor show and play the gambling tables). Cascais, another coastal playground, is





also worth your "play" time, as are many of the following dance-spots en route between Lisbon and Cascais.

*Monaco*  
Caxias  
Estrada Marginal  
Tel. 242 03 39

*Choupana*  
S. João do Estoril  
Estrada Marginal  
Tel. 26 30 99

*Palm Beach*  
Cascais  
Praça Concreição  
Tel. 28 08 51

*Juliana's*  
10 cv Av. José Frederico  
Ulrich  
Cascais

*Frolic*  
Galerias do Parque  
Estoril

*Forte Velho*  
Monte Estoril

**Dates ahead.** There is always some kind of carnival, fair or festival (Romaria), in Portugal. So if you know well in advance when you're going to be here, check the Portuguese calendar with your SAS agent or office.

## Tipping

Tip 5 escudos per suitcase to porters handling your baggage. Hotels and restaurants usually charge a fixed 10% for service and it is customary to add a further 5 to 10% to this.

Hairdressers are tipped about 5 escudos, garage attendants 2 escudos 50 centavos, cloakroom attendants and ushers in cinemas and theaters also 2 escudos 50 centavos, chambermaids 10-20 escudos a week! Cab drivers expect 12-15% of the metered fare.

## Shopping

Rua Garrett (the Chiado), Rua do Carmo, Rua do Ouro, Rua Augusta and Rua da Prata form the kernel of the capital's shopping.

## What to buy

The Portuguese are craftsmen unsurpassed when it comes to making anything and everything of cork. Gold and silver jewelry is also excellent here, as are the traditionally-patterned ceramics, and the leathersgoods. Port wine can be purchased at bargain prices and the home-made cotton and lace textiles make worthwhile souvenirs.

## Where to buy

Fabrica de Louças de Sacavem are the largest pottery manufacturers. You will find attractively glazed tiles at Fabrica Sant'Anna (G9) and Viuva Lamego (J6), also fine porcelain at Fabrica de Porcelena da Vista Alegre (H8).

For delicate linens, blouses and embroidered organdies, try Casa Regional da Ilha Verde, the Madeira House and Madeira Supérbia. For silver filigree, try Joalheria Correia, Joalheria Mergulhão and Sarmento; for silver and jewelry, Leitão and Irmão, Ourivesaria Pimenta.

Casa Simões (H8), J. Nunes da Silva and Solar do Velho Porto are all reliable wine shops and Blandy Brothers (G9), is the best spot for Madeira. All manner of Portuguese handicraft is on sale at Centro de Turismo e Artesanato (International Travel Office), 61 Rua Castilho (E2), while cork creations galore are available at Casa das Cortiças, 6 Rua da Escola Politécnica (F5).

If you are interested in handicrafts from the Azores and Madeira, visit the Casa Regional, 94 Rua da Misericórdia (G7), Madeira Supérbia, 75 Avenida Duque de Loulé (G1); Pavilhão de Madeira, 15 Avenida da Liberdade (G5); Casa Regional da Ilha Verde, 4 Rua Paiva de Andrade (H8).

## Business hours

**Shops** open daily (except Sundays) from 9 a.m. to 1 p.m. and from 3 to 7 p.m. During July, August and September some shops close Saturday afternoon.





**Banks** open on weekdays 9.30 a.m. to noon and 2 to 4 p.m.; Saturdays until 11.30 a.m.

**Offices:** The best time to make a business call is between 10 a.m. and 12.30 p.m., or between 3 and 6 p.m.

**Cafés, restaurants and bars** stay open until late evening and are also open on Sundays. The "Casas de Fado" (restaurants with Fado singing) are open until 3 a.m. or later, and also on Sundays, but close once a week on a weekday.

## Transportation

Lisbon's Public Transport System is efficient, modern, and offers a network of trams and buses throughout the city (fare: between 1 and 3 escudos depending on distance). There is also an underground which stretches northwards in two directions (fare: 1.50 escudos).

The green and black taxis are popular with tourists, fares being very reasonable. For a four-seater cab the basic rate is 2.50 escudos for the first 500 yards (460 meters), with an additional charge of 50 centavos for each successive 250 yards (230 meters). A trip round the town of about three miles (5 kms.) would cost about 20 escudos. A taxi from the airport to the center of Lisbon costs approximately 25 escudos, plus a surcharge of 50% when taking over 66 lbs. (30 kgs.) of baggage, and 10% voluntary gratuity. Taxis may also be hired by the day for a fixed rate. Ferry-service across the Tagus costs 1 escudo per person. Departure-arrival point is Terreiro do Paço.

There is, in addition, a fast and frequent electric train service to Estoril and Cascais on the coast.

The car-hire firms in Lisbon are numerous, and if you wish to hire a self-drive or chauffeur-driven car, contact the SAS Office (G3) – the staff there will help you to secure the model of your choice.

## Sports

Every imaginable beach and water sport lies within reach of Lisbon. Water-skiing is a popular pastime at most resorts. Boats and equipment can be hired at Tamariz (Estoril), tel. 26 35 12, at the rate of: escudos 65 (15 minutes), escudos 130 (30 minutes) and escudos 260 (1 hour). These prices include a driver if needed. Whenever the weather is good one can practise this sport. There are uncountable bathing beaches. And picturesque spas – Cucos and Vimeiro, for example, just north of Lisbon.

For the fisherman there's the tunnies off the Algarve Coast to the south, the famed trout fishing of Trás-os-Montes to the north.

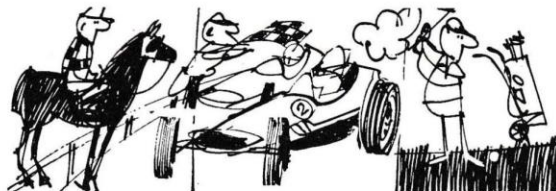
Many resorts also have facilities for golf, tennis and horse riding, as well as for sailing – you may enjoy sailing competitions at Estoril or Cascais Bay during summer.

Football fans will no doubt want to attend the soccer matches at the National Stadium (Jamor-Cruz Quebrada), at "Belenenses" (Avenida do Restelo – Belém), "Sporting" (Alvalade – Alameda das Linhas de Torres), or "Benfica" (Estrada da Circunvalação). Seats 20–60 escudos; kick-off in summer 4 p.m. and in winter 3 p.m.

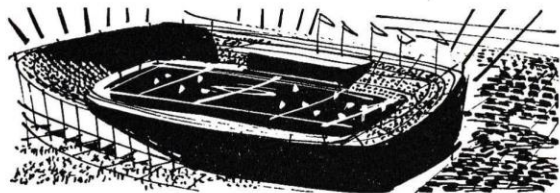
Alternatively, there's bowling (at the Hotel Estoril Sol, Cascais), or, if you're here in February and March, skiing at Serra da Estrela.

A modern sport, in which the Portuguese have been many times champions of Europe (and there are only European competitions), is hockey on roller skates. In Lisbon, matches can be seen at Pavilhão dos Desportos.

Yet another popular spectator sport is the corrida – different from the traditional Spanish bullfight in that the bull is never killed in the arena. (See "Entertainment and night life".) It is advisable to reserve seats for this colorful spectacle in advance (we suggest you request







the shady side of the arena); tickets cost between 60 and 300 escudos and are available from ticket office at 7 Praça Restauradores (H6), telephone 3 07 69. Bullfights are staged, from Easter through September, on Sunday afternoons and Thursday evenings each week, at "Praça de Touros", Campo Pequeno, or at Cascais.

### Climate and clothing

The Portuguese climate is generally mild and pleasant, though spring and autumn evenings tend to be chilly – at this time, as in winter, it is advisable to have warm clothes at hand. There is little rain from May to October, the summer being long, dry and glorious, but during the winter months thunderous showers make a raincoat and/or an umbrella imperative.

The following are the average monthly high and low temperatures:

	Max.		Min.			Max.		Min.	
	F	C	F	C		F	C	F	C
January	56°	14°	46°	8°	July	79°	26°	63°	17°
February	58°	14°	47°	8°	August	80°	26°	64°	18°
March	61°	16°	49°	9°	September	76°	24°	62°	16°
April	64°	18°	52°	11°	October	69°	20°	57°	14°
May	69°	20°	56°	13°	November	62°	16°	52°	11°
June	75°	24°	60°	15°	December	57°	14°	47°	8°

In Lisbon, dress is generally informal. Laundry and dry-cleaning facilities are quick and excellent – your hotel porter will make all the necessary arrangements as far as this is concerned.

### Twenty words to begin with

Starting out with a few words in the language of the city you are visiting makes you feel just that much more at home. Although most Lisbonese do understand some English, they will be pleased with your courteous attempt, even the basic "thank you" and "please".

#### English

Good morning  
 Good afternoon  
 Good evening  
 Goodbye  
 How do you do?  
 Thank you  
 Excuse me  
 Please  
 How much does it cost?  
 I don't understand  
 Where...?  
 Yes  
 No  
 When...?  
 Can you direct me to...?  
 What is the 'phone number...?

One  
 Two  
 Three  
 Four  
 Five  
 Six  
 Seven  
 Eight  
 Nine  
 Ten

#### Portuguese

*Bom dia*  
*Boa tarde*  
*Boa noite*  
*Adeus*  
*Faz favor*  
*Muito obrigado*  
*Com licença*  
*Por favor*  
*Quanto custa?*  
*Não compreendo*  
*Onde...?*  
*Sim*  
*Não*  
*Quando...?*  
*Pode indicar-me o caminho para...?*  
*Qual o número de telefone...?*  
*Um*  
*Dois*  
*Três*  
*Quatro*  
*Cinco*  
*Seis*  
*Sete*  
*Oito*  
*Nové*  
*Dez*

### Religious services

Portugal is foremost a Catholic country, the predominance of the capital's churches being, therefore, of this creed. There are, however, edifices of other denominations, see below:

*Roman Catholic:* Igreja Italiana do Loreto (Italian-speaking priests), 2 R. da Misericórdia (G8), tel. 32 36 55. Igreja S. Luís dos Franceses (French-speaking priests), R. Portas de Stº Antão (H6), tel. 32 58 21. Igreja do



Corpo Santo (English-speaking priests), 32 Travessa do Sorpo Santo (G9), tel. 32 32 08. Igreja da Conceição Velha de Lisboa, R. da Alfândega (J10), tel. 87 02 02.

*Anglican:* St. George's Church of England, 6 Rua da Estrela, tel. 66 30 10.

*Lutheran:* German Evangelic Church, 48 Av. Columbano Bordalo Pinheiro, tel. 77 09 76.

*Baptist:* Igreja Evangélica Baptista da Graça, 42-1º-D R. Bica Sapato, tel. 83 56 65.

*Presbyterian:* Igreja Evangélica Presbiteriana de Lisboa, R. Tomás da Aunção, 56-1º-Dtº, tel. 67 49 59.

*Seventh Day Adventist:* Igreja Adventista, 17 R. Joaquim Bonifácio (L1), tel. 53 81 77.

*Jewish:* Sinagoga Israelita, 59 R. Alexandre Herculano (E3), tel. 68 15 92.

## Public holidays

Shops and offices are closed on the following official holidays:

January 1	New Year's Day
June 10	Day of Camões – National Holiday
June 13	St. Anthony
	Lisbon's Popular Saint Festivals, with night celebrations, flowered windows, etc.
August 15	Assumption Day
October 5	Republic Day
November 1	All Saints' Day
December 1	Independence Day
December 8	Conception Day
December 25	Christmas Day

Establishments also close on the movable holidays, Mardi Gras (Shrove Tuesday), Good Friday, and Corpo de Deus.



Name of my hotel:

Address:

Tel.:

*Edited by Alan C. Lovejoy*

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