



Tour Name

New York Times Journeys - The Contrasts of Lisbon: Traditions to Trendy

Tour City

Lisbon

Tour Snapshot

As Lisbon changes, it still honors its traditions. See how on an exclusive tour inspired by The New York Times's 36 Hours feature. Learn to cook traditional chouriço, sample local cheese and wine, and see how the new and the old coexist. Visit four iconic Lisbon neighborhoods, talk with locals about the changes these areas have undergone, taste some of the city's best pastries, and have a drink on a rooftop deck overlooking the city.

Highlights

- See the reinvented Lisbon with a modern and trendy ambience
- Explore the elegant district of Chiado, an ideal spot for browsing boutiques, bookstores, and historic cafes
- From a rooftop bar, admire the Santa Justa lift and sweeping views of the city, with a porto tónico, a local specialty
- Immerse yourself in the oldest neighborhood of Lisbon, where the narrow streets are filled with old-world charm and a surprise on every corner

New York Times Exclusives

- *Behind-the-Scenes Access*: Visit a neighborhood cheese shop for an exclusive tutorial and tasting on the production of artisanal cheese, the cutting of different cheeses, and the art of pairing cheese with wine
- *Hands-on Element*: Learn the traditional way to prepare Portuguese sausage, chouriço, in a ceramic pot with flaming brandy, and enjoy it with olives, bread, and honey
- *Local Interactions*: Tour a community center in the oldest neighborhood of Lisbon, founded in 1870, and learn about local life and the changes the community center has endured

Local Impact: How you taking this tour will benefit the local community:

- All the stores and foodie spots we visit are 100% owned and run by locals, ensuring that local people benefit from tourism to their city. So any inclusions on the tour and additional purchases you make will directly benefit the local community.
- Help keep local food traditions alive by visiting a small local cheese shop who still make cheese the old fashioned way as well as patronising the store of a local chocolate producer.

Inclusions: 3 cheese tastings and wine pairings, coffee and chocolate tasting, Torresmo do Céu (Portuguese almond cake), Porto Tónico, chouriço, bread, olives, and toast with honey, taxi to Alfama neighborhood.

Exclusions: Gratuity

Schedule details

- Duration:3.5 Hours
- Meeting point:
Embaixada Concept Store, Praça do Príncipe Real 26, 1250-184 Lisboa.

[Google Maps Link](#)

- {label-what3words-location}

- Starting time: 2.30 PM
- Ending point:
Museo do Fado, Largo do Chafariz de Dentro 1, 1100-139 Lisboa, Portugal

Full Itinerary

Meet at the center of Príncipe Real, an inspiring neighborhood of Lisbon. Developed in the 19th century, this neighborhood had the ability to renew itself but kept its traditional roots. Explore streets filled with antique shops, concept stores and trendy cafes, and admire the architectural taste of the upper bourgeoisie of yesterday. Stop at a cheese shop for a lesson in choosing, cutting and tasting cheese, paired with wine. Follow that with coffee and chocolate that is still produced by a family-owned farm.

Go downhill to the Bairro Alto, a 16th-century neighborhood known simply as Bairro. Elder Lisboetas and young artsy hipsters give Barrio a vibe simultaneously old-fashioned and avant-garde. Among the tattoo parlors and vintage clothing stores, visit two designer cork stores that show how a traditional material can be used for fashion and lifestyle pieces. Stop at Pastelaria Alcôa in the aristocratic and elegant quarter of Chiado to learn about and sample Torresmo do Céu, a local treat which translates as 'Bacon from Heaven,' and learn about lesser-known specialties that originated in Catholic monasteries and convents. Chiado is where poets, artists and intellectuals have gathered for more than 200 years, but recently rooftop bars have been the draw. Sit with a porto tónico, white port and tonic, and admire the view overlooking the wrought-iron Santa Justa Lift.

Hop in a taxi to old Lisbon, where eventually even the cabs won't fit on the streets. Walk the narrow alleyways of Alfama to a community center founded in 1870 that almost disappeared because of area gentrification. It has been learning to adapt but keeps its heart. Explore the center and speak with the workers on their mission. Then, learn to cook Portuguese sausage, chouriço, in the traditional way, flamed with brandy in a ceramic dish. Then your guide will take you back to where cars once again fit on the streets. Be sure to ask for recommendations on other places to check out in the area.

The New York Times Reading List

- [Potato and Chouriço Soup With Crunchy Kale](#)
- [Portuguese Egg Custard Tarts](#)
- [Portuguese Fish Stew](#)
- [Savoring Lisbon's Local Tastes on a Budget](#)

- [Nídia Is Bringing the Sound of Lisbon's Ghettos to the World](#)
- [Lisbon Is Thriving. But at What Price for Those Who Live There?](#)
- [Colares, Where the Vineyards Snake Through the Sand](#)

Additional information

Inclusions: 3 cheese tastings and wine pairings, coffee and chocolate tasting, Torresmo do Céu (Portuguese almond cake), Porto Tónico, chouriço, bread, olives, and toast with honey, taxi to Alfama neighborhood.

Exclusions: Gratuity

Dress standard: Please wear comfortable shoes for this walking tour.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 8 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

Dietary Notes

We can accommodate vegetarians and other dietary restrictions. Please notify us in advance if you have any dietary requests. You can do so in the "Additional information" box at checkout, or by emailing us at info@lisbonurbanadventures.com

Local contact

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