

# PORTUGAL: A MONOCLE TRAVEL GUIDE

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A Monocle  
Special Edition





#### VISITORS WELCOME

In 1255, Lisbon became the capital of what grew into modern Portugal but not before the Phoenicians, Romans and Moors left their mark.

#### WINNING NUMBERS

The city of Lisbon has a population of 524,000, while the greater metropolitan area has a population of just over two million.

#### ALL AT SEA

Lisbon is the westernmost capital in Europe and can thank the Atlantic Ocean for both its commerce and the cooling sea breezes.

### Food and drink

#### Café Lisboa

José Avillez's restaurant is in the same building as the São Carlos National Theatre and combines elements of the chef's Michelin-starred Belcanto and his more laidback Cantinho do Avillez. Try the Café Lisboa steak with secret sauce and follow with a traditional *pastel de nata* (custard tart).

[cafelisboa.pt](http://cafelisboa.pt)



### Q&A

**José Avillez**  
Owner, **Café Lisboa**

#### What is the concept behind Café Lisboa?

It is not fine dining and the dishes aren't as creative as at Belcanto or Cantinho do Avillez but this is typical Portuguese dining that people eat at home.

#### What traditional Portuguese dish should everyone try?

*Bacalhau à Brás*, which is salted cod, potato and olives: all cooked together in a pot. It's comfort food that maybe your mother or grandmother would make.



### Womenswear

#### Mini by Luna

Araceli Piqué (pictured) recently consolidated two shops in Príncipe Real – which stocked clothing for women and children separately – into one single premises on the Rua Dom Pedro V. Look out for womenswear by Brazilian brand Osklen and Leon & Harper from France, plus Piqué's new homeware range.

[Rua Dom Pedro V 74](http://Rua Dom Pedro V 74)

### Menswear

#### Slou

André Lima and Alex Vinent (pictured) set up Slou (pronounced "slow"), a finely put together menswear shop, in September 2013. "We've gone for smaller, less commercial brands," says Vinent. But trusty staples such as Common Projects, Comme des Garçons and Frank Leder are also on hand.

[sloulisbon.com](http://sloulisbon.com)



### Hotel

#### Memmo Alfama

Weave your way uphill from Chiado to Alfama, Lisbon's oldest district. The Memmo Alfama hotel owned by Rodrigo Machaz and João Corrêa Nunes (pictured left and right, respectively) can be found at the end of a narrow alley but once inside it is all openness and light thanks to Lisbon-based architect Samuel Torres



de Carvalho. The hotel has 42 plush rooms and a vast terrace that sits on the old Moorish city walls. Take a dip in the red-tiled pool or relax with a glass of wine. [memmoalfama.com](http://memmoalfama.com)



### Three getaways

Within 30 minutes of Lisbon, you can easily relax on the beach or admire an ancient castle.

#### 01

##### Cascais

This beach is close to Lisbon and considered a suburb of the capital but the vibe is completely different: laidback and easy.

#### 02

##### Sintra

Home to the fairytale Palácio da Pena castle, Sintra is a pretty town less than an hour's train ride or drive from Lisbon.

#### 03

##### Parque Natural da Arrábida

A stunningly beautiful park around 30km south of Lisbon.



### Cinema

#### Cinema Ideal

Built in 1908, this intimate space was Lisbon's first fully functioning cinema. It went through many incarnations (including a somewhat risqué period as a theatre for adult films) before closing down in November 2013. Now the Chiado treasure has been lovingly restored by Lisbon film aficionado Pedro Borges, who reopened it in August as a beautiful independent cinema. Sit back in the comfy chairs (the same as those used at the Helsinki Opera) and catch an art-house flick. [cinemaideal.pt](http://cinemaideal.pt)