



POP IN LISBOA

MAY 20TH 2017

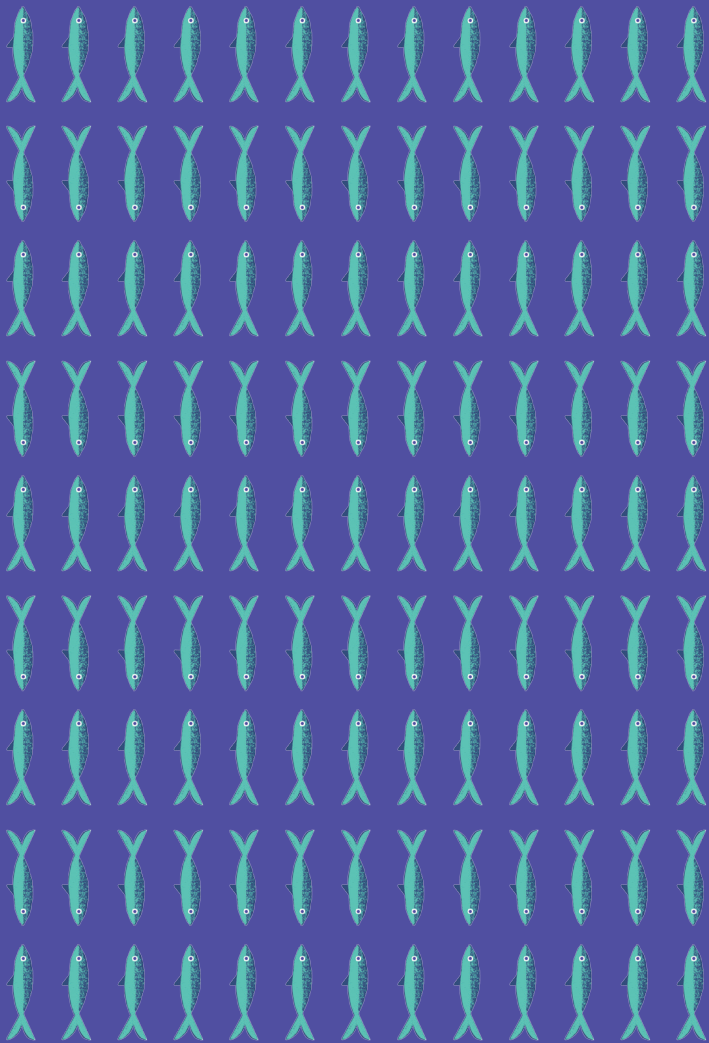
URBAN ADVENTURE RACE



POP IN
THE CITY

MonLisbonne.com







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LISBOA

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BOM DIAAAA LISBOA !

The first time Elliot came to Lisbon, it rained cats and dogs. Bad luck. A few years later, he decided to travel to Brazil on his bike. In order to learn a few words of Portuguese, Elliot decided to go back to Lisbon and... he never left again. Lisbon felt like home and Elliot felt like he'd found his Penelope after his Odyssey: he belonged nowhere else.

This is Lisbon. No matter where you come from, the city will touch your heart. Is it about the *saudade*, or the unique light refining the *azulejos*? Is it about the smiles you will share with locals while drinking a fresh *cerveja*? Is it about barbecued sardines?

A very smooth life, full on *pasteis* and a city where generosity is a religion.

An irresistible city, that will make you want to start over. Right here. We are not even telling stories: Marie, co-founder of Pop In the City, felt her heart beating faster when she first came to Oporto. She is now a happy citizen of Lisbon!

It's this kind of Lisbon that Elliot loves sharing with foreigners through his guided tours: 4 hours to become a local thanks to **monlisbonne.com**. Quite logical we asked him for some advice to create the race!

Lisbon was built on seven hills. Such a blessing for viewpoints. If your a big fan of endless perspectives and panoramas, you'll feel fulfilled here: exceptional views on river Tagus, chit-chats at the windows, a bar up the hill. Colorful *azulejos* and graphic *calçada* in the background, Lisbon will stay on your mind.

Bem-vindas a Portugal !

USEFUL INFORMATION

ANECDOTES

- We learnt it the hard way: unless you are an oger, we advise you to mention “meia-dose” when ordering at the restaurant.
- Sardine is a real rockstar here. In June, Portuguese eat a ton and a half of these delicious fishes... per minute!
- The bridge 25 de Abril and the Cristo Rei statue were both created BEFORE the San Francisco bridge and Corcovado. Doesn't matter if history says it wasn't so as long as the national pride remains undamaged!

VOCABULARY

How to pronounce correctly weird Portuguese letter associations

J : as “j” in French

AO : just like in “bound”

ÇOES : like the beginning of “soy sauce”

LH : “lee”

MULHER : “muleerr”

NH : like “gnarls”

The **S** at the end of words are pronounced “shhh”.

Example: houses = cazashhh.

Deceptive cognates very often used

TA BEM : ok. – unlike in Spanish, don't answer, “si, gracias”

CAMARÃO : shrimp – common used for tourists when we get sunburnt.

QUE FIXE ! pronounced “qué fish” but has nothing to do with fish, it means “how cool!”

PHOTOS

LISBON IS SUPER PHOTOGENIC AND SO ARE YOUUUU! PLEASE SHARE YOUR BEST PICTURES AND VIDEOS ON   #POPINTHECITY #POPINLISBOA

CAUTION

THE CALÇADA PORTUGUESA, is famous for being the most slippery pavement of Europe! Boots spikes might be helpful.

WHEN TRAMWAYS STORM into a veeeery narrow street... press yourself against the wall and stop breathing. Even harder after ordering a “dose” instead of a “meia-dose”.

THE GINJINHA, that you can drink at any time, day or night. If you start at 9am, things can get tough.

LET'S BE CLEAR:
THE QUOTE “TOO MUCH OLIVE OIL” doesn't exist in Portugal.

LISBON ONE DAY, LISBON FOREVER. When leaving the city, only one thing will be on your mind: come back. It's what we call *saudade*: delicious nostalgia.

LOCAL SURPRISES

UNDER THE PAVEMENT, THE CITY

In 1755, in only one night, Lisbon successively faced an earthquake, a tsunami and numerous fires. The city was almost fully destroyed. Reconstruction works revealed ruins of an antic city. Go straight to the H&M Rua Augusta: the glazed floor enables you to see antic version of Lisbon. Magical.

BACALHAU, MY LOVE

Sardine and bacalhau are always competing for attention. Bacalhau is codfish and can be cooked a *braga*, *com grão-de-bico*, *com nata* or *a bras*... Rumor has it that there are 365 ways to cook bacalhau: one for each day of the year. A daily orgasm.

LOOKS LIKE THAILAND

You'll probably go to Belém, for the tower. Or at least to have a *pastel de nata*. Don't miss the exotic pavilion which was built in Thailand and shipped to Lisbon in 2011 as a symbol of the friendship between the two countries.

ANA & JOÃO

Ana and João are the most popular names in Portugal. If you call out one of these two names on the street, chances are at least 10 people will turn around. Usability of the joke: twice, before being spotted by locals.

YUMMY

To show he's enjoying a meal, a French will touch his belly, an Italian pretend to screw his cheek. The Portuguese will pinch his ear.

QUARTIERS LISBOËTES

PAR ELLIOT DE MONLISBONNE.COM

ALFAMA

A succession of narrow streets in a disorganized yet charming pattern. Endless steps and a promiscuity between neighbors, chatting from windows above your head. The Alfama is the oldest *bairro* of Lisbon. If walls could talk, they'd tell stories of a thousand year.

An place to capture the atmosphere of the bairro:

FADO EM SI

📍 Sao João da praça, 18

GRAÇA

A barrio with its place, its hill, its pride, its inhabitants.

The working-class mansions are as amazing as the panoramas they offer. With its own temper, Graça withstands to time and embellishes when spring is in the air. Don't miss *Milorde's* fresh pastries... The owner Miguel and the loud Smooth Radio playing really make this place super friendly.

MILORDE

📍 R. da Graça, 62

BAIXA

The Marques de Pombal gave Baixa a new look after it got destroyed by the 1755 earthquake. Baixa (= the low quarter) is now the buzzing area of the city, with a boastful pedestrian alley, between river Tagus and Rossio... Have a break at:

A OUTRA FACE DA LUA

📍 R. Assunção, 22

CHIADO

Chiado is at the top of the hill from Baixa. Over time, the identity of Chiado grew strong thanks to an emblematic building: the “ Armazens Grandella ”, the very first Portuguese mall. Have a break at Benard or Brasileira,

BENARD

📍 R. Garrett, 104

BRASILEIRA

📍 R. Garrett, 120

PRINCIPE REAL

Principe Real is becoming a gentrified neighborhood, full of designers, trendy bars, and boutiques offering the latest best-sellers. Visit the surprising “Pavilhão chinês”

PAVILÃO CHINÊ

📍 R. Dom Pedro V 89

BAIRRO ALTO

During the day, you could hear a pin drop. But by 9pm, the Bairro Alto is all about live music, drinks and fresh busy streets... The perfect combination for an inhibited evening. Don't be afraid to do like Portuguese: take your plastic cup out on the streets!

Rua Atalaia is full of good spots: Mascotte d'Atalaia (for Fado), Capela (electro music), Arroz Doce (live music).

MASCOTTE D'ATALAIA

📍 R. da atalaia 13

CAPELA

📍 R. da Atalaia 45

ARROZ DOCE

📍 R. da Atalaia 119

BELÉM

The historical heart of Lisbon. Picture yourself as a modern explorer. Facing the sea, gazing at the ocean, the world is yours. We bet Christopher Columbus experienced the same feeling before leaving for India, well, America.

If you're the sea sick kind, your trip can simply put you on the road to *pasteis*. More than enough.

A MOURARIA (BY POP IN!)

This neighborhood is clearly different from the rest of the city, and still very little tourists decide to cross its walls. It is the quarter of the migrants: indians, pakistanis, bangladeshis, senegalese, chinese, cabo-verdians and mozambicans, who transit through Portugal before they depart for other places in Europe. Formerly famous for its prostitutes – who invented Fado to attract the men in the taverns, it is a maze of quaint streets, like a village, food stops from all continents and street art.

FOOD

BREAKFAST & BRUNCHS

A PADARIA PORTUGUESA

The most complete and cheap breakfast of Lisbon: 2,5 euros for a coffee, a fresh orange juice, and a tasteful sandwich.

You won't find better. Otherwise, any cafe will do it in Lisbon!

📍Praça do Restauradores, 58

CAFÉ POIS

The colorful and comfy couch of Café Pois will make you want to linger a little more.

The homemade brunch will definitely make you stay!

📍R. de São João da Praça, 93-95.

MUSEO DO ORIENTE

Certainly once of the best brunches in town, which you can complete with an exhibit on Chinese Opera in the museum.

📍Av. Brasília Doca de Alcântara Norte

RESTAURANTS

We really advise you to book for dinner (call, most Portuguese speak English!), as nice places are often full in the city.

MADAME PETISCA

Small plates are perfect for sharing at Madame Petisca, with a beautiful view! Remember to book!

📍R. de Santa Catarina, 17 – 3º andar.

☎ +351 915 150 860

THE DECADENTE RESTAURANTE & BAR

So good it made us quiet.

📍R. São Pedro de Alcântara, 81

☎ +351 21 346 1381

PHARMACIA

No medication here, but a cute decoration and tasteful dishes. We advise you to book.

📍 R. Marechal Saldanha, 2

☎ +351 21 346 2146

ESTRELA DA BICA

Small, delicious restaurant where 10 amazing dishes are fighting for you to share them. Trendy Portuguese atmosphere. If it's full, try Santa Bica just opposite de tram way.

📍 Tv. do Cabral, 33

☎ +351 21 347 3310

TABERNA RUA DAS FLORES

Really good food but you can't book! You'll have to play it the Pop In way, hehe.

📍 R. das Flores, 103

OS GAZETEIROS

Nestled near the Castle São Jorge, with its self-made chef who will guide you through your meal. Don't hesitate, go!

📍 R. das 220, Escolas Gerais, 114-116

☎ +351 21 886 03990

DRINKS AND CAFES WITH OR WITHOUT A VIEW

L'ATELIER PORTO

Enter this porto tasting bar, held by a former Popin who decided to start over here in Lisbon. She will be thrilled to welcome you!

📍 Travessa da Portuguesa, 38A

CAFÉ DA GARAGEM

A trendy spot, disconnected from time and offering a unique panorama on the city.

📍 Costa do castelo, 75

PARK

A classy bar, on a parking rooftop where you will enjoy a view on Tagus River. It's the ideal spot if you want to see sun set while drinking a fresh beer or a cocktail! Take the elevator until the last floor. Then use the stairs and here you are.

📍 Calçada do Combro, 58

KAIS K

In a former tramway garage, this place was turned into a spacious restaurant. Portuguese and international dishes match perfectly the jazz fusion music, the trendy decoration but still a “no-frills” kind of place.

Cais da Viscondessa

📍 Cais da Viscondessa – Rua da Cintura

CAFETERIA VILLAGE

In the heart of Village Underground, you will find one of the most unusual bars of Lisbon: are you bold enough to grab a coffee in a bus high up?

📍 R. Primeiro de Maio, 103

NOOBAI

Fancying a mojito facing Tagus River? Come over here!

📍 Miradouro de Santa Catarina

VEGAN

JARDIM DO TOREL

A garden with a breathtaking view. And a kiosk where you can order a refreshing lemonade.

📍 R. Júlio de Andrade

JARDIM DE SÃO PEDRO DE ALCANTARA

By the end of the day, the landscape becomes particularly magnificent. Order a cerveja and linger to enjoy to panorama on Lisbon. Unforgettable.

📍 R. São Pedro de Alcântara

THE GREEN ROOM

aurants are quite rare here. Hopefully, The Green Room bypasses the rule.

📍 Cais do Sodré, 16

MARCHÉS

CAMPO DE OURIQUE

The covered market Campo de Ourique is one of the oldest ones of Lisbon. A little off-road, it's also one of the most friendly place in the city.

📍 R. Coelho de Rocha, 106

MERCADO DE FUSÃO

Right in the Mouraria, this is one of the nicest and most cosmopolitan street-food markets in Lisbon.

📍 Praça Martim Moniz

VISIT & STROLL

ORIGINAL

JARDIM TROPICAL

Heaven on Earth where you will meet peacocks, ruins of the 1940 Exhibition or... an identical reproduction of a street of Macao. Run!

📍 Largo dos Jeronimos.

🌿 Entrance: 2 euros.

FEIRA DA LADRA

You will probably come back from this flea market with a few bags.

📍 Campo de Santa Clara

LX FACTORY

A brownfield site under the Ponte de 25 de Abril, super original place and atmosphere. The perfect place for an afternoon stroll after a race.

📍 R. Rodrigues de Faria, 103

JARDIM TAPADA DAS NECESSIDADES

Probably the most well kept secret of Lisbon: enjoy the endless alleys in the shade and breathe the soothing perfume of blowing flowers.

TRAVEL IN TIME

The app Rewind Cities Lisbon allows you to see the monuments of the city as they were in the past. Absolutely amazing!

STREET-ART

Lisbon is known as the capital of street-art. Both poetic and dissenting, street-art rose incredibly fast in the charming streets of the city.

ESCADINHAS DE SÃO CRISTÓVÃO

An impasse with walls covered of graffitis. No need to be an expert, just watch.

📍 Escadinhas de São Cristóvão

UNDERDOGS GALLERY

A gallery created by Vhils (an international renowned street-artist international) that is also a coffee shop, a boutique and an artist residency. Guided tours are also available for novices.

📍 R. Fernando Palha, 56

STICK2TARGET

An amazing and complete app if you want to chase street-artworks on your own.

BOUTIQUES

EUREKA

Our favorite shoe brand from Portugal. 4 stores in the city!

EMBAIXADA

A fancy concept store. Behind the orient style facade of this 1850 building hides a patio with alcoves. Take your time to choose between jewelry, shoes, furniture of the latest portuguese designers.

📍 Praça do Principe Real, 26

ISABEL LARA

Isabel's path for the future was not clearly mapped. After a few years as a lawyer, she decided to leave it all behind and create her own concept-store. Her household linen and embroideries are both delicate and subtle, a real tribute to Portuguese culture. Come!

📍 R. Poço dos Negros, 181

FADO TIME

Lisbon wouldn't be the same without music. Especially fado. Fado is the Portuguese version of blues, talking about exile, disillusioned lovers and saudade.

TASCA DO JAIME

The best place for the best fado, in Graça. An authentic address. It's hard not to shed a few tears.

📍 R. da Graça 91

BOTECO DA FÁ

Very simple restaurant and classic dinner but when the lights go out, and when the first notes of fado resound, we promise magic will happen.

📍 R. do Vigário, 70€

MARIA DE MOURARIA

A new spot situated in “Casa da Severa” where the first female fado singer Maria Severa Onofriana is said to have lived.

📍 Largo da Severa, 2

MESA DE FRADES

Popular fado in chapel? Mesa de Frades is located in the former chapel Nossa Senhora da Conceição of Dona Rosa’s palace. An incredible acoustic and artists performing fado vadio, a popular form of fado talking about everyday life and intimate feelings.

📍 R. dos Remedios, 139A

THINGS TO DO ON SUNDAY

TO BELÉM

Walk from the center of Lisbon to the Torre de Belém. A two-hour stroll along the Tagus River where you can watch sailboats pass by. If you're too tired to walk back, you can always use the train to return.

🚆 1,80€ the ticket

SWEET ESCAPE IN SINTRA

Up from its hill, Sintra resists time. You will be seduced by the flashy colors of Palace Peña and by the great Jardim Quinta da Regaleira. Have a *ginjinha*, and eat *travesseiros* and *queijadas* at Piriquita, Sintra's specials!

📍 1-7 rua das padarias

Sintra is only 40 minutes away from Lisbon by train. Departures from Rossio station.

GO ANTIQUE

On Sunday morning, visit the feira do Relógio, very close to the airport. It's the local flea market.

📍 bus 5, 8, 21, 22, 31, 50, 55 and 85

SURF SESSION IN CASCAIS

As soon as the sun is shining, the inhabitants of Lisbon drive to Cascais to relax by the sea. Surf rides, grilled fish and a visit to the *boca do inferno* are on the menu...

📍 Cascais is only 40 minutes away from Lisbon by train.

Departures from Cais do Sodre.

OVER THE BRIDGE

An amazing spot, over the bridge 25 de Abril. Fresh fish and a sunny terrace, facing river Tagus. A peaceful paradise we highly recommend. Don't forget to book.

📍 Ponto Final – Rua do Ginjal 72

SAIL AWAY

Sailing boats for 7 to 14 people, with skipper and for 2/4/6 hours on the water... You'll have time for drinks, swimming (for the brave), sunset (for saudade), the ocean... We did it and we loved it!!

✉ To see all available boats:
Send an email to Ricardo mentioning that you are Popins :
samuel.castro@raboattours.com

POPIN
THE CITY

VIS
MA VIE
DE LISBOËTE

ENJOY
**PEQUENO
ALMOÇO**
AT A CAFÉ
IN THE
MORNING

RUSH TO MANTEIGARIA
FABRICA WHEN THE
BELL RINGS
TO GET A WARM PASTEL

GET INTO
A DRUNK
**PEOPLE
FIGHT**
ONCE IN
YOUR LIFE IN
BAIRRO ALTO

INDULGE
YOURSELF
WITH
AN ENTIRE
CHOURICO
WITH
A DRINK

DRY PANTIES
OUTSIDE
YOUR WINDOW

JOGG ALONG
**TAGUS
RIVER**
ON SUNDAY
MORNINGS.

WEAR A
FOOTBALL SHIRT
ONLY
ON MATCH DAYS

MEET UP FOR A
GINJINHA
BEFORE THE EVENING
STARTS

COMB BACK
**GREASE-
STYLE**
YOUR HAIR
LIKE NO ONE
ELSE.

DRIVE
A CAR
ONLY AT
THE
BEGINNING
OF THE
MONTH.



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