

Bairro Alto is the place for nightlife. The streets in this quarter buzz from early afternoon to early morning. You can bar hop from tiny bohemian holes in the wall to more selective places, or you can just stroll and people watch; as most of the establishments are tiny, life is very much out in the streets. Its neighbour, fashionable Chiado with its elegant shop fronts, is home to some of the country's best fashion and interior designers, as well as traditional bespoke houses such as Luvária Ulisses, where affluent Lisbonites have had their gloves made since 1925.

Belém is where most visitors head, as it offers gardens, museums, churches and monuments. These include two UNESCO World Heritage sites – the 16th-century Monastery of the Hieronymites (Mosteiro dos Jerónimos) and the Tower of Belém. It's a lovely place to walk around and if sunshine appeals more than spending time in museums, there's a beautiful riverside promenade broad enough to share with cyclists, joggers and strollers. Don't forget to drop into Pastéis de Belém to experience possibly the best Portuguese custard tarts in the country.



Palácio de Fronteira



Portuguese custard tarts in Belém.



EAT & DRINK

Cantinho do Avillez

7 Rua dos Duques de Bragança, Chiado.
(21) 199 2369.

www.cantinhodoavillez.pt

José Avillez is one of Lisbon's star young chefs and his restaurant turns out sensational Portuguese cuisine. The small space is simple but sophisticated. Try the black pork (much better than the more famous Spanish variety) or his take on the *prego* (steak sandwich), or salt cod and black olives.

A Baiuca

20 Rua de São Miguel, Alfama.
(21) 886 7284.

Family run, this tiny restaurant has been open for decades and the decor has not changed. The food is basic with dishes such as monkfish stew and char-grilled fish, but the real draw is the fado, sung by women accompanied by male guitarists. When the singing starts, everything else stops – the kitchen, table service and even the neighbours, who often drop in for the performance. This is authentic Lisbon.

Tasca Do Chico

39 Rua Diário de Notícias, Bairro Alto. (21) 343 1040.

Bairro Alto and Alfama are two places to find raw or bohemian fado, the underground version of what has become a mainstream art form. Walls are lined with portraits of singers and celebrities and the food tends towards Portuguese tapas.

Restaurante 100 Maneiras

35 Rua do Teixeira, Bairro Alto.
(21) 099 0475. www.restaurante100maneiras.com

Chef Ljubomir Stanic's restaurant is highly regarded and his tasting menu accompanied by Portuguese wines is a great way to sample things you might not try otherwise. From the tiny kitchen comes an excellent version of the *prego*, done with salmon instead of steak, and dried salt cod – presented hanging on a line. A favourite dish is the seared lamb tenderloin with nuts and a red wine reduction.

Sea Me

21 Rua do Loreto, Chiado.
(21) 346 1564.

www.peixariamoderna.com

Sea Me is a fish *pestico* (the Portuguese version of Spanish tapas) house, a lively place where you need to book or arrive early because it fills up fast. The chefs work in an open kitchen and everything on the menu is excellent. This is seafood at its freshest and there is a distinct Japanese influence at work. The main stars are the *petiscos*: tempura fried squid, grilled prawn sausage rolls, cod with chillies, and sautéed fish eggs with olive oil and parsley.



SEE & DO

Palácio de Fronteira

1 Largo de São Domingos de Benfica, Benfica. (21) 778 2023.
www.frenteira-alorna.pt

For glorious palaces, it's fairly hard to beat the 1670 home of the ➤