

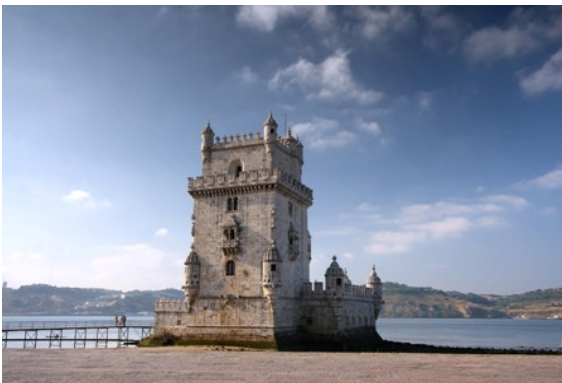


ISBS
Proposed holidays
LISBON VACATION
July 2011

1. Lisbon region

One of the few European capitals with both a river and a coastline, Lisbon has Praça do Comércio square as its main meeting area. The city has always been ready to welcome new visitors and to bid a fond farewell to those departing, something that was never more true than when saying goodbye to sailors at the time of the great Portuguese maritime discoveries. This is why there are many important Manueline monuments shining in the light of Lisbon and its surrounding region, such as the Torre de Belém and the Mosteiro dos Jerónimos. The modern leisure area of the Parque das Nações proves that Lisbon still maintains its close links with the river today. Here, for example, you will find the distinctive mark of Álvaro Siza Vieira on one of the buildings that hosted the last world exposition of the 20th century, dedicated to the theme of the oceans. In contrast to this, do not miss the picturesque mediaeval quarters of Alfama and Mouraria, above which stands the castle. This castle, matched by Bairro Alto on the other hill, leads down to the downtown city centre known as the Baixa pombalina. Just outside the city are the seaside resort of Estoril and the romantic hills of the Serra de Sintra, where the perfect bond between palaces and nature led to the area being classified as a world heritage site. It is the sea, the climate and the stunning nature that give this region its peculiar energy. Its many parks and nature reserves encourage visitors to spend time in the open air, enjoying the peace and quiet of a round of golf or the adrenaline buzz of surfing. Perhaps this is why Lisbon is a city that is full of life. Here people have an exuberant party spirit, doing things spontaneously for the sheer pleasure of spending time in the company of others.

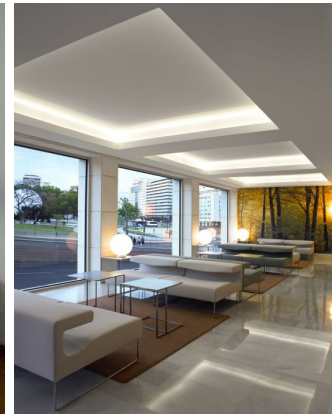
To end your day you could experience the traditional and relaxed atmosphere of a Fado House. Or, if you've still got enough energy left, pop into the various discos along the banks of the river and dance until the early hours. In fact why not stay up until dawn and take in the day-break on the banks of the River Tagus, before enjoying a well-earned sleep?



2. Suggestion of Hotels for accommodation in the region

Hotel Fénix Garden ***, Lisbon

Enjoy the tranquillity this hotel radiates, while staying in Lisbon's city centre, with the Eduardo VII park and the Marquês de Pombal square right at your doorstep. The most recent hotel of the HF group, the **HF Hotel Fénix Garden** is located in the Praça Marquês de Pombal, and has views to the park Eduardo VII, the jewel of Lisboa Pombalina. In the center of Lisbon, a privileged location, close to all important activities in Lisbon in terms of leisure, business, culture and shopping. At 6km from the Portela Airport, the hotel also has the entire public transportation network beside, as well the famous Av. da Liberdade, and the as famous Praça do Rossio, Praça do Comércio, Praça dos Restauradores and the Tejo River. The HF Fénix Garden offers comfortable, fashionable and quiet accommodations where you can unwind after a busy day. Accommodation comprises 94 guest-rooms, each fully equipped with air-conditioning, heating, telephone and cable TV. On the hotel's top floor, you'll find spacious rooms with fantastic balconies and breathtaking views over the city; the perfect context in which to lay down on a long chair and take a refreshing drink. Facilities include a bar, snack-bar, Wi-Fi, babysitting and laundry services and private garage parking.



Price and conditions:

- Price for accommodation in a double or single standard room: 77 Euros / room / night
- Includes Bed and Breakfast
- No-show charge: 1 night

Hotel Fénix Lisboa ****, Lisbon

Recently extended and renovated, the Hotel Fénix Lisboa is located in the noble Praça Marquês de Pombal, the focal point for the most important things happening in the city in terms of leisure, business, culture and shopping. Only 6 km from Lisbon International Airport, the hotel not only has the public transport network at its door, but also the city's most important park, Parque Eduardo VII, and a few yards away, the famous Avenida da Liberdade and the no less famous Rossio, Praça dos Restauradores, Praça do Comércio and the River Tagus. Its new décor, dominated by Portuguese marble and oak, creates a timeless, welcoming atmosphere.



Price and conditions:

- Price for accommodation in a double or single standard room: 93 Euros / room / night
- Includes Bed and Breakfast

- No-show charge: 1 night

3. Suggestion of visits in the region

The modern architecture of Lisbon at Park of Nations, the Expo'98 Park

The area where the World Exposition of 1998 took place was conceived as a space for public enjoyment. The new Park of Nations makes available a series of facilities aimed at leisure, trade and cultural activities. Imagine a site that offers some of the most daring examples of contemporary architecture, Europe's largest Oceanarium, delightful thematic gardens, exhibition centres, theatres, casino and event halls. All located along a breathtaking 5 km stretch of the Tagus riverfront, in the heart of Lisbon, with easy access, and benefiting from a wide array of shops, restaurants and bars. Park of Nations builds on the heritage of EXPO'98 - the last world exposition of the twentieth century. An invented city turned into reality.



Oceanário de Lisboa, Parque das Nações

The Oceanário de Lisboa is located in Parque das Nações, at the south end of Doca dos Olivais. Designed by renowned architect Peter Chermayeff, the Oceanário de Lisboa is beautifully located by the water and perfectly integrated in full harmony with Lisbon's newly developed and modern eastern area. With each venue a complimentary tour of the Oceanário's exhibits will certainly render whatever events hosted in our facility as memorable. Tours may include one marine educator / guide per group of 25 people, offering English, French and Spanish.



Castelo de S. Jorge

The Castelo de São Jorge (St. George's Castle), the name comes from the time of King Joao I (late 14 century) Before it was known simply as Lisbon Castle. In 1910 the building was declared a National Monument and restoration work began.

It consist of the former citadel of Alcazar, twelve gateways (seven of which lead to the parish of Santa Cruz do Castelo), the battlements and wall of Barbica (Barbican) and eighteen towers (eleven of which belong to the fortress, and one, Torre de Sao Lourenco, is linked to the battlements by a long stairway. If we go though Portao Sul (the south gate) which leads to Rua de Santa Cruz do Costelo, we enter the old Praca de Armas.

After a short period of splendor in the reign of King Sebastiao, who hat it restores and went to live there, the royal palace on the site of the castelo fell into complete neglect during the reign of the Spanish kings and was used as a barrack and later as a prison. The building was severely damages by the 1755 earthquake.



The Cultural Landscape of Sintra

In 1995, Sintra gained the UNESCO Cultural Landscape classification. The town and the northern slope of the Serra de Sintra with its wonderful natural characteristics and impressive historic landmarks were thus accepted as worthy of world heritage status.

In the 19th century Sintra became the first centre of European Romantic architecture. Ferdinand II turned a ruined monastery into a castle where this new sensitivity was displayed in the use of Gothic, Egyptian, Moorish and Renaissance elements and in the creation of a park blending local and exotic species of trees. Other fine dwellings, built along the same lines in the surrounding serra, created a unique combination of parks and gardens which influenced the development of landscape architecture throughout Europe. Be sure to visit to the astonishing Pena National Palace.



Palace of Pena

Palace of Pena, or "Castelo da Pena" as it is more commonly known, is the most complete and notable example of Portuguese architecture in the Romantic period. It stands on one of the rocky peaks of the Serra de Sintra, and blends in a surprisingly fortunate manner with its natural background of greenery and crags, testifying to the aesthetic potentialities of the project. Fanciful to an extreme, the architectural fabric of Pena finds much of its inspiration in the Moorish, Gothic and Manueline motifs of Portuguese art, as well as in the Wagnerian spirit of the Schinkel Castles of Central Europe. It is to be noted that of the former 16th Century monastery there were preserved the Manueline cloister and the chapel, the latter with a celebrated Renaissance reredos by the sculptor Nicolau Chanterene.



Cascais and Estoril

The Atlantic resorts of Estoril and Cascais - which along with nearby Sintra make up Portugal so-called 'Golden Triangle' - are an excellent base for visitors to Portugal. Cascais was a small fishing port throughout early history as it lies protected from nature's elements at the mouth of the Rio Tejo. Cascais is famed for its traditional black and white calçada wave-patterned pavements, fine seafood restaurants and lively seafront street cafes. There's a colorful market every Wednesday on Rua do Mercado and occasional evening bullfights in the summer in the Praca de Touros Avenida Pedro Alvares Cabral to the west of the center. The next town to the east of *Cascais* is the resort town of *Estoril* with its popular Casino. Known as a haunt of international spies in World War II, Estoril is now a palm-fringed, pastel playground of the rich and well connected, drawn by a winning combination of Europe's largest casino.



Visit to the picturesque small fishing town of Sesimbra

Being more than half its territory in a protected area, the Sesimbra council is a privileged place for those who like to enjoy nature. From Arrábida to Cabo Espichel, the green of the mountain entwines in perfect harmony with the blue of the sea, creating the most unique landscapes. Sesimbra, itself is a picturesque small fishing town and very rich in edified patrimony, which preserves many important moments of its local history and culture. Of all these we can point out the Medieval Castle, the Espírito Santo dos Mareantes Chapel, the Cabo Espichel, which was constructed at the turn of the 17th Century as a sanctuary and has often been used as a location for filming due to its singular architectural design, the Sanctuary, the Santiago Fortress and Lagoa de Albufeira, a favourite spot for wind surfers. The excellent local cuisine, specializing in shellfish and fresh fish, deserves a special mention, and this can be sampled in the numerous local restaurants.



Visit to the Natural Park of Arrábida

Located next to the sea, between Setúbal and the fishing town of Sesimbra, Arrábida Natural Park has incomparable natural beauty, where the blue of the sea alternates with the white tones of the chalk cliffs and the depths of the green vegetation that covers the mountain range. One of the main attractions of the Park is the wealth of its indigenous vegetation. One of the rare examples of Mediterranean maquis in Portugal can be found here, and its preservation was one of the reasons which led the Arrábida zone to be considered as a genuine international scientific relic. In addition to the Serra da Arrábida, the Park also includes other mountain ranges such as the Serra do Risco, which contains the highest peak along the Portuguese mainland coast – it is a magnificent cliff measuring 380 m high, that overlooks the sea, from which it is possible to appreciate an unforgettable panoramic view over the Atlantic. Located within the Serra da Arrábida Natural Park, Portinho Beach is deemed one of the prettiest in all of Portugal. Its fine white sands and the various tones of blue of these clear waters contrast with the deep greens of the hills to create a beautiful scenario that is perfect for contemplative relaxation.



Batalha and its Monastery, World Heritage by UNESCO

At a distance of 12 km from Leiria, we find Batalha in the banks of the Lena River. The name and the history of the town are the history of its Monastery of "Santa Maria da Vitória" (St. Mary of the Victory). Three years had passed from August 14th 1385, the date of the Aljubarrota battle, when the Monastery's construction began in fulfillment of the vow made by King John I to the Virgin Mary. The Monastery, UNESCO's World Heritage, was built not on the battlefield, but 3 km away, in the valley of the Lena River, to allow the presence of a monastic community. This magnificent building is the Portuguese final Gothic greatest monument, one of the first to receive "Manueline" art decoration and one of the most beautiful European churches of the late Middle Ages. The village developed around the Monastery. One can also admire the tower of the Parish Church; a beautiful temple decorated with a Manueline doorway, and in the interior, having two Renaissance altarpieces. On the back of this church stands the Church of Mercy of King John V of baroque style inspiration, from the 18th century.



The pilgrimage town Fátima.

Fátima is one of the most important shrines of the world dedicated to the Virgin Mary. This Sanctuary welcomes millions of pilgrims and tourists from all over the world. The fame of this place is the result of the Apparitions of Our Lady of the Rosary to three shepherd children Lúcia and her cousins, Francisco and Jacinta that, between May and October of 1917, witnessed successive apparitions. The last one, on October 13th, was confirmed by a miracle witnessed by 70,000 people "on the day the sun danced".

The Sanctuary of Our Lady of the Rosary of Fátima, placed at Cova da Iria, possesses today not only a vast assemblage of buildings as well as a wide open air sanctuary with an area of 86400 m2. Still in the Sanctuary open area one should visit the Big Holm-oak, the Monument to the Sacred Heart of Jesus, which stands in the middle of the square, the Lausperene Chapel, the Monument that houses a piece of the Berlin Wall and also, beyond the D. José Alves Correia da Silva Avenue, the Pastoral Centre Paul VI.



The walled town of Óbidos

The delightful town of Óbidos, with white houses adorned with bougainvilleas and honeysuckle was captured from the Moors by the first king of Portugal, D. Afonso Henriques, in 1148. D. Dinis later presented it to his wife, Queen Santa Isabel. From then until 1883, the town of Óbidos and the surrounding land was always the property of the queens of Portugal.

Encircled by a ring of medieval walls and crowned by the Moorish castle rebuilt by D. Dinis, Óbidos is one of the most perfect examples of our medieval fortress. It is in olden times, the town is entered through the southern gate of Santa Maria, embellished with eighteenth-century azulejo decoration.

Inside the walls, which at sunset take on a golden colouring, one can sense a cheerful medieval ambience of winding streets, old whitewashed houses bordered with blue or yellow, Manueline embrasures and windows, reminding us that King D. Manuel I (sixteenth century) carried out major works here, and masses of colourful flowers and plants.

Be sure to visit the Igreja Matriz de Santa Maria (Parish Church of Santa Maria), the pretty Capela de São Martinho (Chapel of S. Martinho) and, outside the town walls, the Igreja do Senhor da Pedra (Church of the Senhor da Pedra).



Évora, World Heritage by Unesco

True city-museum, Évora has its origin in the period of the Roman Empire and was marked by the Arabian occupation between the 7th and 12th centuries. The city extends itself over a hill at the golden plain of Alentejo, and guards its historic centre with a vast outer wall and represents a valuable cultural legacy that UNESCO has classified World Heritage. Its narrow streets of Moorish origin contrasting with squares where the light floods in, holds two millennia of history, revealing surprises of a monumentality where stands out the cathedral, the greatest of Portugal, and the roman temple of Diana.

