



Day 1 | IN THE HEART OF LISBON

Cathedral → Parque das Nações

This first day's journey covers an urban area between **Lisbon's Cathedral, in the historic centre** of the capital, and **Parque das Nações**, in the eastern part of the city, on a route of around **12.5 km** lasting approximately **5 hours**. It's a walk that allows you to enjoy the city, from the old Castle hill to the eastern area, passing through various neighbourhoods along the riverfront, where the relationship between nature and urban life creates environments of rare beauty. This part of the track coincides with the Way of Saint James.

The trail has an easy level of difficulty. We suggest a measured pace in order to observe multiple surprising aspects of a very rich and original cultural and environmental heritage.



LISBON | Located on the northern bank of the Tagus Estuary, close to the mouth of the river and the Atlantic Ocean, Lisbon is the capital of Portugal and the major urban centre of the Lisbon Metropolitan Area. Populations have settled here since ancient times, attracted by its privileged geographical location. The Roman occupation gave it a central urban presence. Between the 8th and 12th centuries, it became a Muslim city. Conquered in 1147 by the first King of Portugal, Afonso Henriques, it was organised as a Christian city and in the 13th century became the capital of the kingdom.

The starting point of the sea voyages that brought about the discovery of new worlds and the meeting of different cultures, it stood out as Europe's great mercantile centre, where exotic products, merchants, scientists and artists flocked in the 16th century. In 1755, the multicultural city was struck by a major earthquake. While the neighbourhoods of Castelo Hill were rebuilt and restored, the reconstruction of the central Baixa and Chiado areas was based on the urban and architectural models of the philosophy and political culture of the Enlightenment.

With a rich historical and cultural heritage that bears witness to its ancestral heritage, the City of the Seven Hills offers a strong relationship between nature and urban life, allowing for unforgettable experiences. Lisbon is a cosmopolitan city where tradition coexists and interacts with innovation.

Castle Hill marks the beginning of a multifaceted landscape that reveals the history and experiences of a city that has been around for centuries, where the dense old houses are punctuated by monumental churches and palaces. The route starts at the **Cathedral**, one of the city's most important monuments. Right next to it is **St Anthony's Church**, built in 1767 on the site of a 15th-century chapel that marks the birthplace of St Anthony of Lisbon.

Walk around the Cathedral along **Rua Augusto Rosa**, past the **Aljube Museum**, and stop at the **Santa Luzia viewpoint**, where the **Church of Santa Luzia** stands out with its exterior tile panel. This is a pleasant spot with an amazing view that extends over the neighbourhoods of the castle hill and the wide Tagus estuary. The riverside villages on the south bank of the river can be seen on the horizon.

LISBON CATHEDRAL | also known as the Church of Santa Maria Maior, is a monument dating to the medieval period, strongly associated with the history and identity of both the city and the country as a whole. Located on the hillside facing the river, it was built in the 12th century by the first king of Portugal to house the country's first episcopate. Romanesque in appearance, it features three vaulted naves. The façade, framed by two large towers, opens onto a Romanesque portal topped by a rose window filled with multicoloured stained glass. The cloister and chevet (with ambulatory and apsidal chapels) were built in the 13th and 14th centuries using construction techniques typical of the Gothic period (barrel vaults and flying buttresses) and naturalist decoration. The main chapel dates from the 18th century and was erected after the 1755 earthquake, introducing Baroque and Neoclassical elements. The cloister is built over the pre-existing Roman structures of the city which remain open to visitors to this day. The organs inside the church are also works of historical and artistic interest. Also of note is the Cathedral's Treasury, a museum of liturgical objects, statues and manuscripts.

Next, at the **Portas do Sol viewpoint**, stands the statue of St Vincent, the city's patron saint. Here, the view of the centuries-old city is impressive, with the towers of the Church of São Vicente de Fora and the dome of the Church of Santa Engrácia. This is a fantastic place to appreciate the colour and light of Lisbon.



Going down **Rua de São Tomé**, the route enters the popular **Alfama neighbourhood**, where every nook and cranny surprises with its Moorish, Christian and Jewish reminiscences. Narrow streets, stairways, lanes and alleys define a unique urban fabric of great historical, cultural and social value. The path continues along **Rua das Escolas Gerais**, where the first University created by King Dinis in the 13th century was located, and then along **Rua do Vigário** and **Rua dos Remédios**.

The route continues along **Rua do Paraíso**, which takes you to **Campo de Santa Clara**, where the popular **Feira da Ladra** market is held every Tuesday and Saturday. With roots dating back to the 13th century, a huge range of new and second-hand goods are sold here.

Head towards the eastern waterfront, following the old roads that today make up Rua do Mirante, Rua de Santa Apolónia and Calçada da Cruz da Pedra. At Rua Madre de Deus, you enter the historic neighbourhood of **Xabregas**, where the **Madre de Deus Convent** stands, founded by Queen Leonor in 1509. This remarkable artistic complex is classified as a National Monument and hosts the **National Tile Museum**.





Continuing along Rua do Grilo, Rua do Beato and Rua do Açúcar, the route passes through the historic centres of the parishes of **Beato** and **Marvila**, where stately buildings coexist with urban and rural environments. Over the years, manor houses and estates were built here with fertile vegetable gardens, bathed by the waters of the Tagus River. From **Largo do Poço do Bispo**, you will discover important **industrial heritage** from the 19th and 20th centuries, made up of factories and warehouses that received raw materials and transported their goods on the Tagus riverboats or via the railway. With the major **urban redevelopment** that began in the 1990s, residential areas were built here. Cafés, restaurants, various shops, art galleries, artists' studios and innovative businesses with a lively cultural programme give this area a new urban centrality.

After **Rua Fernando Palha**, the path follows **Avenida Infante D. Henrique** to the banks of the Tagus, entering the **Parque Ribeirinho do Oriente** (Eastern Riverside Park). It continues through the **Parque das Nações** neighbourhood, where you can take several breaks and enjoy the riverside area. This is an extensive pedestrianised area with fountains, themed gardens and various equipment including the Knowledge Pavilion/Living Science Centre, the Oceanarium and the Pavilion of Portugal (an emblematic building designed by architect Álvaro Siza Vieira and classified as Cultural Heritage).

PARQUE DAS NAÇÕES AND PORTUGAL PAVILION

| This part of the city has its origins in the World Exhibition that took place in Lisbon in 1998 (EXPO 98), dedicated to the theme “The Oceans: a Heritage for the Future”. This event enabled the urban redevelopment of an extensive area in the city’s east, which was at the time occupied by abandoned industrial facilities. The landscape conditions and the quality of the landscape and buildings in the new neighbourhood, known as Parque das Nações, have attracted many residents to this part of the city. Large leisure areas contribute to a privileged relationship with the River Tagus, especially the Garcia de Orta Garden.

This urban landscape is characterised by contemporary architecture of various styles and designed by architects of international renown. The modern facilities are worth a closer look and some are definitely worthy of longer exploration. The Portugal Pavilion has a strong presence in the area and a special significance. Designed by internationally-renowned and award-winning Portuguese architect Álvaro Siza Vieira, the Pavilion establishes a remarkable relationship with the water. Restrained and beautiful, the huge reinforced concrete canopy of the large pavilion, creates a welcoming shade for those passing by. This landmark is classified as a National Monument and is also a reference point of the Tagus Route.



➔ 38°45'55" N 9°5'41" W

From the Portugal Pavilion, head towards the waterfront, passing the **Jardim Garcia de Orta** and continuing along the riverbank. With its wide **Estuary** and the **Mar da Palha** on the horizon, the pedestrian track continues along the bank of the Tagus in wooded areas with large garden terraces. The landscape is both restful and vibrant and provides an ideal introduction into the rest of the journey ahead.

The **Passeio das Tágides** eventually meets the **Passeio do Tejo**. The street art here enriches the public squares and gardens we pass through, accompanying us on a route that follows the shore along the wooden walkways and footpaths. We eventually arrive at the **Vasco da Gama Bridge**, inaugurated in 1998 to join the two banks of the river and provide a better connection between north and south in the greater metropolitan area of Lisbon.



➔ 38°47'5" N 9°5'46" W



Next to the **Jardim do Passeio dos Heróis do Mar** you will find the **Igreja de Nossa Senhora dos Navegantes**, where visitors can make a visit of religious interest.

The **CHURCH OF NOSSA SENHORA DOS NAVEGANTES** is the main church of Parque das Nações, a new parish formed in 2003 in Lisbon's east. This area was urbanised in the context of the Great World Exhibition of 1998. Inaugurated in 2014, the church and its surrounding structures form a large modern complex designed by architect J. Dias Coelho and serve parish activity. It is an example of contemporary religious architecture, with a clean exterior and an interior of great spiritual ambience, with capacity for 1,300 people.

A circular temple whose main entrance is decorated with a hollow cross, the church's 40m-high tower emerges over the landscape to suggest the shape of a ship, recalling the Portuguese maritime vocation. Inside, the pews approach the altar in an ecumenical atmosphere of true contemplation. The space is punctuated with works by sculptor Alípio Pinto, which evoke the mysteries of the Rosary. The main retable on the high altar, which alludes to the transfiguration of Christ, and the large stained-glass window above the tabernacle are particularly noteworthy.

Starting at the Igreja dos Navegantes and continuing along the **Passeio do Tejo**, the path leads to **Parque Tejo-Trancão**, an extensive green leisure area designed for the 2023 World Youth Day in Lisbon. This first day ends at the footbridge over the **River Trancão**, a tributary of the Tagus. In Sacavém, now in the municipality of Loures, you will find a variety of logistical support.

