

# Lisbon, Portugal

A SAFE, INSPIRING, AND VIBRANT CITY







# Why Lisbon?

Lisbon offers the perfect blend of safety, culture, affordable travel, and world-class sport opportunities



## A Safe and Welcoming Destination

Lisbon has been consistently ranked as one of Europe's safest capital cities, making it an ideal destination for youth sport teams. Locals are friendly and welcoming and most speak English. Public transportation is reliable, neighborhoods are walkable and the city is easy to explore.



## Cultural and Educational Experiences

Lisbon offers a vibrant mix of historic landmarks, colourful neighbourhoods and stunning waterfront views. Iconic sites like Belém Tower, Jerónimos Monastery and the Alfama District provide meaningful cultural experiences that are engaging, educational, and perfect for group exploration.



## A Bustling City

Lisbon's character shines through its mosaic-decorated sidewalks, tree-lined streets, stylish cafés, and beautifully restored buildings. Its creative neighbourhoods and growing cultural scene make it one of Europe's most exciting cities to explore

## Why Lisbon works for sport teams

- Excellent training facilities for rugby, soccer, volleyball, and soccer
- Strong local sports culture with opportunities for friendly matches, international tournaments or skill-development sessions
- Mild climate year-round - ideal for outdoor training and excursions
- Balanced itineraries combining sport, sightseeing, culture, and team bonding

# Attractions

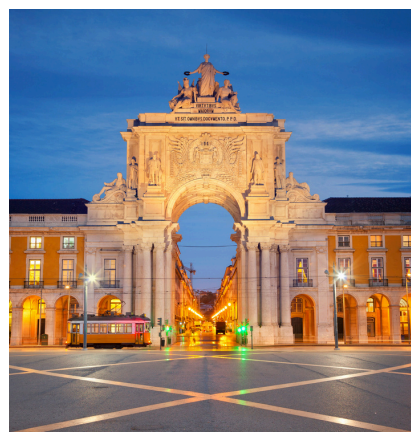
## Lisbon Riverside Tour

Discover the beauty and history of Lisbon's riverside in Belém. Explore the stunning Jerónimos Monastery and the Belém Tower, then enjoy a leisurely stroll along the scenic promenade by the Tagus River, taking in views of the Discoveries Monument and surrounding gardens. Don't miss tasting the famous pastéis de Belém, Portugal's beloved custard tarts, for a true local treat. Participate in a guided walking tour, or explore at your own pace.



## Lisbon Historical Center Tour

Wander through the narrow, winding streets of Graça, Alfama, and Mouraria, soaking in the historic charm of Lisbon's oldest neighborhoods. See renowned sights like São Jorge Castle and Lisbon Cathedral, while your local guide brings centuries of stories to life. Stop at scenic viewpoints along the way to admire panoramic city and river views.







## Oceanarium

Home to an astonishing collection of 8,000 different plant and animal species, the Oceanarium is a giant public aquarium dedicated entirely to oceans and their conservation.



## Visit the MAAT (Museum of Art, Architecture and Technology)

A modern, interactive museum along the riverfront, with architecture and tech-focused exhibits.

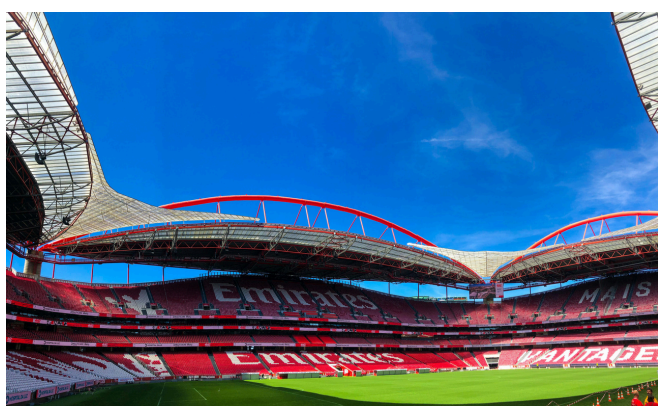
## Fado Experience

Immerse yourself in Portugal's soulful Fado music with an evening of live performance paired with traditional cuisine.

## Benfica Sporting Museum & Stadium Tour

Discover the legacy of one of Portugal's most famous football clubs. Tour Estádio da Luz, home of the legendary SL Benfica Football Club and the largest stadium in Portugal.

Explore the Benfica Museum, where memorabilia, trophies, and exhibits capture the passion and history of Portuguese football. A fun, engaging outing for sports teams and fans alike.





# Surf Clinic



Spend a day in the sun playing beach sports, swimming, and learning to surf! Catch waves along Portugal's stunning coastline with a beginner-friendly surf lesson. Experienced instructors guide groups safely, teaching the basics on gentle beaches near Lisbon. It's an exciting way to enjoy the ocean, build confidence, and try one of Portugal's most popular sports.



# Sado Boat Tour



Set sail on a 3-hour boat tour through the stunning waters of Arrábida National Park. Cruise along the dramatic coastline, admire towering cliffs and hidden beaches, and keep your eyes open for dolphins in their natural habitat. This scenic adventure combines nature, wildlife, and unforgettable views of Portugal's protected marine landscapes.



# Sintra Day Excursion

Step into a fairy-tale landscape as you visit the colorful Pena Palace and its lush gardens. Explore the charming streets of Sintra, then head to Cabo da Roca, the westernmost point of continental Europe. Stand atop dramatic cliffs overlooking the Atlantic Ocean, admire the historic Cabo da Roca Lighthouse, enjoy scenic coastal walks, and capture unforgettable panoramic views.





# Algarve & Benagil Caves Adventure

Spend a night or two in the Algarve, famous for its golden cliffs, hidden beaches and crystal-clear waters. A highlight of the region is the Benagil Sea Cave, one of Portugal's natural wonders. Explore the cave by boat or kayak, admire its unique rock formations and sunlit opening, and take in the scenery along this stunning stretch of coast.



Benagil is a quaint fishing village. The village is small, with narrow streets, local cafés and beachfront restaurants, making it easy to explore on foot.





# Other Ideas

- **Time out Market:** a curated food hall with a focus on food stalls from various chefs
- **LX Factory:** a revitalized industrial complex featuring trendy shops, murals and cafés
- **Praça do Comércio:** a public square lined with shops and cafes
- **Professional soccer match** (potentially in October)
- **Colombo Shopping Centre:** one of the largest shopping centers in the Iberian Peninsula
- **Visit Miradouros & Panoramic Viewpoints:** Climb (or ride) to viewpoints such as Miradouro de Santa Catarina or Nossa Senhora do Monte
- **Cultural Museum Visits:** National Tile Museum, Museum of Art, Gulbenkian, etc.
- Day trips to nearby towns: Ericeira, Nazare, Arrabida Natural Park Reserve, Cascais, etc
- **Picnic** in one of the many parks
- **Tram ride** through the city on the famous Tram 28
- **UV Indoor Minigolf**
- **Bowling**

