



# 7-Day Travel Itinerary

Notes and suggestions included



This 7 Day itinerary for Portugal is built as if you have 7 full days in Portugal (not including the day you travel back home.) Most airlines arrive in the morning in Lisboa and leave in the morning as well. This **itinerary is very heavy**--much to do in one day. We suggest that you pick two of the suggestions for morning and afternoon. You can adjust this for what works for you.

## Day 1

City	Activities
Lisboa	<p><b>**Morning:**</b></p> <ul style="list-style-type: none"><li>● Arrive at the Lisboa airport and transfer to the Hotel. This could take an hour. It could take three. A taxi ride is usually around €25, but make sure you agree in advance. You can also order a Bolt or Uber. Pick up is by the Starbucks exit.</li><li>● Drop off luggage for storage at the hotel.</li></ul> <p><b>**Afternoon:**</b></p> <ul style="list-style-type: none"><li>● Lunch in Chiado--try Bifanas do Alfonso! Or the Folks is good for brunch</li><li>● Explore Chiado: shopping, Santa Justa Lift, Carmo Archaeology Museum, Rossio Square, and have some ginja at A Ginja.</li><li>● Wander through Praça Luís de Camões in Barrio Alto.</li><li>● Head back to the hotel to check in.</li></ul> <p><b>**Evening:**</b></p> <ul style="list-style-type: none"><li>● If you are still awake, have dinner close to your hotel. Restaurants will open at 7.</li></ul>

## Day 2

City	Activities
Lisboa/Belém	<p><b>**Morning:**</b> Belém</p> <ul style="list-style-type: none"><li>● Start at the Tower of Belém. If you want to go inside, make sure you book tickets in advance.</li><li>● Jerónimos Monastery--book tickets in advance, and they are timed.</li><li>● Stop into Belém de Pastéis and have a pastel de nata and coffee.</li><li>● Check out <b>one</b> of the many museums: the Maritime Museum, the Museum of Art and Architecture, the Contemporary Art Museum, and the Quake Interactive Museum.</li></ul> <p><b>**Afternoon:**</b></p> <ul style="list-style-type: none"><li>● Take a Bolt, Uber, or Tram over to LX Factory for Lunch and stroll through the shops.</li><li>● Take a bus over to Alfama to explore the area. Check out our <a href="#">Google Maps</a> for suggestions. On a sunny day, climb up to São Jorge Castle and check out the view.</li><li>● Make sure you check out the Miradouro Santa Luzia and Miradouro da Senhora do Monte for fantastic views of the city.</li><li>● Walk the winding streets.</li><li>● Check out the National Museum of Tiles. It is a little out of the way but very worth it.</li></ul> <p><b>**Evening:**</b></p> <ul style="list-style-type: none"><li>● Alfama is a lovely area to get some Portuguese food for dinner or wander down the hill to the Praça de Comércio for drinks and dining. Get a good sunset pic at the water.</li><li>● <a href="#">Find a great Fado performance</a></li></ul>

## Day 3

City	Activities
Lisboa Day Trips	<p data-bbox="424 197 1461 275"><a href="#">Sintra</a> – Fairytale palaces, Pena Palace, Quinta da Regaleira, and historic town center (easy train ride).</p> <ul data-bbox="424 320 1461 640" style="list-style-type: none"><li data-bbox="424 320 1461 398">• Cascais – Coastal town with beaches, cliffs, and a relaxed seaside vibe (train from Cais do Sodré).</li><li data-bbox="424 443 1461 521">• <a href="#">Évora</a> – UNESCO-listed city with Roman ruins, Chapel of Bones, and Alentejo wine (best as a guided tour).</li><li data-bbox="424 566 1461 640">• <a href="#">Mafra Palace</a> &amp; Ericeira – Grand royal palace paired with a charming surf town (recommended via day tour).</li></ul> <p data-bbox="424 685 1426 763">Also Use our <a href="#">12 Incredible Day Trips from Lisbon by Bus or Train</a> to help you make a plan.</p>

## Day 4

City	Activities
Travel Day	<p>Base Plan: Travel North</p> <ul style="list-style-type: none"><li>● Morning train Lisbon → Porto (~3 hrs) book tickets at <a href="https://www.ct.pt">ct.pt</a></li><li>● OR <a href="#">rental car</a> if stopping more extensively</li></ul> <p>★ Option 1: <b>Coimbra (Highly Recommended)</b></p> <ul style="list-style-type: none"><li>● Stop halfway (easy by train or car)</li><li>● University of Coimbra (UNESCO site)</li><li>● Joanina Library</li><li>● Old town lunch</li><li>● Continue to Porto in the late afternoon</li></ul> <p><b>Why it works:</b> Cultural, historic, and it breaks up travel beautifully.</p> <p>★ Option 2: <b>Óbidos + Nazaré (Car Required)</b></p> <ul style="list-style-type: none"><li>● <a href="#">Óbidos</a> medieval village stroll</li><li>● <a href="#">Nazaré</a> cliffs &amp; ocean views</li><li>● Seafood lunch</li><li>● Continue north to Porto</li></ul> <p><b>Evening</b></p> <ul style="list-style-type: none"><li>● Arrive Porto</li><li>● Light dinner near the hotel or riverside stroll (highly recommend the riverside!)</li></ul>

## Day 5

City	Activities
Porto	<p><b>**Morning:**</b></p> <ul style="list-style-type: none"> <li>● Livraria Lello (bookstore) book tickets in advance</li> <li>● Igreja do Carmo to see the famous azulejo facade</li> <li>● Clérigos Tower (climb for views if you wish)</li> </ul> <p><b>**Afternoon:**</b></p> <ul style="list-style-type: none"> <li>● Lunch at a local restaurant--maybe try the Francesinhas</li> <li>● Miradoura da Victória--great pics of the city</li> <li>● Porto Cathedral (Sé do Porto)--a beautiful church, often where the Caminho to Santiago is started. There is a bell tower to climb for views.</li> </ul> <p><b>**Evening:**</b></p> <ul style="list-style-type: none"> <li>● Dinner down by the River Front</li> <li>● Stroll along the Ribeira to the Luis I Bridge (get a great sunset pic)</li> </ul>

## Day 6

City	Activities
Porto	<p><b>**Morning:**</b></p> <ul style="list-style-type: none"> <li>● Stroll through the Mercado do Bolhão for some snacks and wine</li> <li>● Visit São Bento Train Station to see the azulejos.</li> <li>● Take the metro from São Bento (or walk across the Luis I Bridge to Jardim do Morro and get a great pic from the Serra do Pilar Monastery.</li> </ul> <p><b>**Afternoon:**</b></p> <ul style="list-style-type: none"> <li>● Eat Lunch in the Jardim or at the restaurants down by the river.</li> <li>● Port tastings in Gaia (if you opt for a day trip tomorrow). Port caves close at 5 so make reservations if you plan to tour and taste. For more info on the Caves, use our <a href="#">Port Wine Cellars Guide</a></li> <li>● Walk the riverfront markets for souvenirs</li> </ul> <p><b>**Evening:**</b></p> <p>Have dinner at Pip Restaurant or another place in Gaia</p>

## Day 7

City	Activities
Optional Day trips	<p>Option 1: <a href="#">Douro Valley Wine Day</a></p> <ul style="list-style-type: none"> <li>● Morning vineyard tour &amp; tasting</li> <li>● Traditional lunch</li> <li>● Douro River boat cruise</li> <li>● Second vineyard visit</li> <li>● Return to Porto evening</li> </ul> <p>Option 2: <b>Braga &amp; Guimarães</b></p> <ul style="list-style-type: none"> <li>● <a href="#">Braga:</a> <ul style="list-style-type: none"> <li>○ Bom Jesus do Monte</li> <li>○ Cathedral &amp; historic center</li> </ul> </li> <li>● Lunch in Braga</li> <li>● <a href="#">Guimarães:</a> <ul style="list-style-type: none"> <li>○ Castle</li> <li>○ Palace of the Dukes</li> <li>○ Medieval center</li> </ul> </li> <li>● Dinner back in Porto</li> </ul>

## Notes and Suggestions

- **Transportation:** Transportation from the airport in Lisboa: You can take a taxi but be aware they will charge you a minimum of €25 within the city. You can meet an Uber or Bolt by the exit where the Starbucks (go left out of the exit). You can go right to rent a car or catch a bus or metro.
- **Accommodations:** check out [Booking.com](#) for hotels. We like to stay at the Ikonik because it is very close to the Oriente Bus/train/metro station.
- **Packing List:** Check out our packing list here: [Portugal Packing List](#)

### What to know before you go:

**Portugal rewards slow travel.** Build in time to wander, sit at cafés, and enjoy viewpoints instead of packing every hour.

**Group sights by neighborhood.** Lisbon and Porto are hilly; hopping across the city multiple times a day is exhausting. This guide is set up by neighborhoods or as for Porto, starting at the top and moving down.

**Book “must-do” attractions early** (Livraria Lello, Jerónimos Monastery, Douro tours), but leave afternoons flexible.

**Both Lisbon and Porto are extremely hilly** with uneven cobblestones.

Wear **supportive walking shoes with grip**. Smooth soles slide on tile.

Don't hesitate to use **Uber/Bolt for short distances** to save energy.

**Dinner starts late** (7:30–9 PM is normal).

Bread, olives, and cheese placed on the table are **not free**. Politely decline if you don't want them.

Service is relaxed; meals are meant to be enjoyed, not rushed.

Try regional specialties:

- Lisbon: bifanas, sardines, ginja
- Porto: francesinha, tripas, port wine