



# Portugal 7-Day Itinerary

From Lisbon to Porto and in-between



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 Lisbon in the morning 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
<a href="#">Lisbon</a>	<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 data-bbox="425 201 656 226"><b>**Morning:**</b> Belém</p> <ul data-bbox="451 275 1511 548" style="list-style-type: none"><li data-bbox="451 275 1435 342">● Start at the Tower of Belém. If you want to go inside, make sure you book tickets in advance.</li><li data-bbox="451 359 1357 384">● Jerónimos Monastery--book tickets in advance, and they are timed.</li><li data-bbox="451 401 1338 426">● Stop into Belém de Pastéis and have a pastel de nata and coffee.</li><li data-bbox="451 443 1511 548">● 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 data-bbox="425 596 607 621"><b>**Afternoon:**</b></p> <ul data-bbox="451 669 1523 1062" style="list-style-type: none"><li data-bbox="451 669 1487 737">● Take a Bolt, Uber, or Tram over to LX Factory for Lunch and stroll through the shops.</li><li data-bbox="451 753 1500 863">● 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 data-bbox="451 879 1523 947">● Make sure you check out the Miradouro Santa Luzia and Miradouro da Senhora do Monte for fantastic views of the city.</li><li data-bbox="451 963 813 989">● Walk the winding streets.</li><li data-bbox="451 1005 1455 1062">● Check out the National Museum of Tiles. It is a little out of the way but very worth it.</li></ul> <p data-bbox="425 1110 574 1136"><b>**Evening:**</b></p> <ul data-bbox="451 1184 1523 1335" style="list-style-type: none"><li data-bbox="451 1184 1523 1293">● 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 data-bbox="451 1310 894 1335">● <a href="#">Find a great Fado performance</a></li></ul>

## Day 3: Day Trips from Lisbon

City	Activities	Pros	cons
<a href="#">Sintra</a> ~ 40 min by train from Rossio station	<ul style="list-style-type: none"> <li>● Pena Palace</li> <li>● Quinta da Regaleira</li> <li>● Moorish Castle ruins</li> <li>● National Palace in the town centre</li> <li>● Stroll the historic village</li> </ul>	<ul style="list-style-type: none"> <li>● UNESCO World Heritage Site</li> <li>● Easy train access — no car needed</li> <li>● Stunning palaces and lush forest scenery</li> <li>● Can fill a full day easily</li> </ul>	<ul style="list-style-type: none"> <li>● Gets very crowded, especially in summer</li> <li>● Palace tickets sell out — book ahead</li> <li>● Hilly terrain; lots of walking</li> <li>● Tuk-tuks and buses between sites add cost</li> </ul>
<a href="#">Cascais</a> ~40 minutes by train from Cais do Sodré	<ul style="list-style-type: none"> <li>● Scenic seafront promenade</li> <li>● Cascais old town and market</li> <li>● Boca do Inferno cliffside viewpoint</li> <li>● Beaches (Praia da Rainha, Praia do Guincho)</li> <li>● Museum of the Counts of Castro Guimarães</li> </ul>	<ul style="list-style-type: none"> <li>● Relaxed, coastal vibe — great for beach days</li> <li>● Easy, scenic train ride along the Tagus/coast</li> <li>● Great café and restaurant scene</li> <li>● Can combine with Estoril on the way</li> </ul>	<ul style="list-style-type: none"> <li>● More resort-town feel than cultural depth</li> <li>● Beaches get packed in summer</li> <li>● Guincho beach requires a taxi or bike</li> </ul>
<a href="#">Évora</a> ~1.5 hours by car or bus	<ul style="list-style-type: none"> <li>● Roman Temple of Évora</li> <li>● Chapel of Bones (Igreja de São Francisco)</li> <li>● Évora Cathedral</li> <li>● Giraldo Square and historic centre</li> <li>● Alentejo wine and cuisine</li> </ul>	<ul style="list-style-type: none"> <li>● UNESCO-listed historic centre</li> <li>● Unique Alentejo culture and food scene</li> <li>● Far fewer crowds than Sintra</li> <li>● Rich history spanning Roman to medieval eras</li> </ul>	<ul style="list-style-type: none"> <li>● Longer journey — a full day is needed</li> <li>● Car is more convenient than public transport</li> <li>● Hot in summer — not much shade</li> <li>● Can feel quiet/sleepy compared to coastal options</li> </ul>
<a href="#">Mafra Palace &amp; Ericeira</a> ~ 40 km northwest, ~1 hour by bus from Campo Grande ~45 min by car	<ul style="list-style-type: none"> <li>● National Palace and Convent of Mafra</li> <li>● Magnificent baroque library</li> <li>● Basilica and royal apartments</li> <li>● Tapada de Mafra (royal hunting park)</li> <li>● Mafra town centre</li> </ul>	<ul style="list-style-type: none"> <li>● UNESCO World Heritage Site</li> <li>● Fewer tourists than Sintra</li> <li>● Incredibly impressive scale and architecture</li> <li>● A must for history and architecture lovers</li> </ul>	<ul style="list-style-type: none"> <li>● No direct train — bus or car required</li> <li>● Mafra town itself has limited other attractions</li> <li>● Can feel very quiet — limited dining options nearby</li> <li>● Half-day may be enough for some visitors</li> </ul>

Want even more options? Check out the full guide: [12 Incredible Day Trips from Lisbon by Bus or Train](#)

## 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://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
<a href="#">Porto</a>	<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. Getting around the city is easy with the public bus, tram, metro or you can use BOLT or Uber.
  - Porto airport: Metro will take about 30 min and cost around €3. Porto is one big hill so we usually start at the top for the day and walk down and then Uber our way back to our hotel (if it is back up the hill). Metro and buses are easy to take.
- **Accommodations:** check out [Booking.com](#) for hotels. We like to stay at the Ikonik In Lisbon because it is very close to the Oriente Bus/train/metro station. [or](#)
- **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