



TRIP GLOBAL

3 Days in Lisbon: Itinerary with a Sintra Day Trip

Lisbon, Portugal · September · 3 days

Tailored for couples - includes romantic spots, intimate dining, and couple-friendly activities

Three days in Lisbon for two: a slow first day around Baixa, a morning at Castelo de São Jorge, and a full day out in Sintra. Save room for dinner at Cervejaria Ramiro on the first night.

Open the interactive trip: live map, photos and links

Before you go:

Get a Portugal eSIM: data on landing

What this trip might cost, per person for 3 days, flights extra:

Budget \$180-230 · Mid-range \$280-390 · Comfort \$490-650

Opening hours, prices and transport change. Please double-check bookings and times before you go.

YOUR TRIP AT A GLANCE

1

DAY 1

Baixa, Terreiro do Paço and Cervejaria Ramiro

Baixa · 3 nights

2

DAY 2

Castelo de São Jorge and Alfama

3

DAY 3

Day Trip to Sintra: Pena and Regaleira

?

AFTER THE LAST DAY

Before you go: Lisbon

Baixa, Terreiro do Paço and Cervejaria Ramiro

Arrival day: an easy start close to your stay

Sunrise 7:18 AM

Golden hour 7:12 PM

Sunset 7:47 PM

Your base for 3 nights: **Baixa**

Start with coffee at Café com Calma, browse Livraria Bertrand, walk down to the water at Terreiro do Paço, then have dinner at Cervejaria Ramiro.

GO

12:30 PM · 1 hour

Humberto Delgado Airport to Baixa

Take the Aerobus A91 (red line) direct from the airport to Rossio Square, 45 minutes, about EUR 4 one-way. Drop your bags at the hotel and head straight out: the neighbourhood unfolds best on foot.

- Airport Bus (Aerobus) · 45 minutes · \$4.50
- Metro Red Line + connection · 60 minutes · \$1.50
- Taxi or rideshare · 30-45 minutes · \$12-18

[Book a transfer](#)

1

1:30 PM · 45 minutes

Café com Calma

\$6.50-10 per person · Open 8 AM-8 PM

A neighbourhood spot with honest Portuguese pastries and espresso. Sit at the counter, order a pastel de nata and a bica (small black coffee), and watch locals grab lunch. It's a real first taste of Lisbon. On Rua da Rosa, a 3-minute walk from Rossio.

Insider tip: Go after 1:30 PM; the morning crush of office workers will have cleared.

[Open in Google Maps >](#)

2



2:30 PM · 1 hour

Livraria Bertrand

Free to browse · Open 10 AM-10 PM

The world's oldest bookshop (1732), tucked on Rua Garrett. Browse the Portuguese literature section on the ground floor, climb the narrow stairs to the upper levels, and soak in the wood and spines. A 10-minute walk from the cafe via Rossio.

Insider tip: Skip the souvenirs upstairs; the Portuguese fiction and history sections are the real treasure.

[Open in Google Maps >](#)

3



6:45 PM · 1 hour

Terreiro do Paço

Free

The grand riverside square, ringed by arcades and the Tagus beyond. Walk the full length at golden hour (starting around 7:15 PM), watch the light turn amber on the water, and feel the city settle into evening. A 10-minute walk downhill from Bertrand.

Insider tip: Stand on the central steps facing the water for the best light and the clearest view across to the far bank.

[Open in Google Maps >](#)

4

8:00 PM · 1.5 hours

Cervejaria Ramiro

\$27-49 per person for dinner · Open 12 PM-12 AM

A wood-panelled seafood institution since 1930. Order the garlic prawns, grilled octopus, and a cold Sagres. Sit at the bar if there's no table; locals eat fast and leave. A 5-minute walk north from Terreiro do Paço on Avenida Almirante Reis.

Insider tip: No reservations: arrive by 8 PM or after 10:30 PM to skip the queue. Order the percebes (barnacles) if they have them.

[Open in Google Maps >](#)

If you land early (optional, close to your stay, before the plan above)

Mercado da Ribeira: The Time Out Market: 40 food stalls from Lisbon's best chefs in a riverside hall. Grab a pastry and coffee, sit by the window, watch the Tagus. Five minutes from Terreiro do Paço.

Jardim de São Jorge: A quiet planted garden in the castle walls, north of Baixa. Green, peaceful, no crowds at 10 AM. Twenty minutes walk uphill from Rossio, or skip it if tired.

[Open Day 1 as a route in Google Maps](#)

Where to stay in Baixa

Book in Baixa, between Rossio and Terreiro do Paço: you're steps from trams, cafes, and the Tagus. It's flat, walkable, and feels like the centre of Lisbon without the tourist traps of Chiado or the climb of Alfama.

The Independente Hostel & Suites

Budget · Hostel · \$

Private double rooms available. Rooftop terrace with sunset views, social crowd.

[Book now](#)[Google Maps >](#)

Lisbon Destination Hostel

Budget · Hostel · \$

Baixa. Kitchen access, helpful staff. Good base for early train to Sintra.

[Book now](#)[Google Maps >](#)

Memmo Alfama Hotel

Mid-range · Hotel · \$\$

Boutique feel, rooftop pool, Alfama edge. Great base for Days 2-3 onwards.

[Book now](#)[Google Maps >](#)

Baixa Suites

Mid-range · Apartment · \$\$

Studio apartments in converted townhouse. Central Baixa, self-catering option, home comfort.

[Book now](#)[Google Maps >](#)

Baixa Congress Hotel

Mid-range · Hotel · \$\$

Baixa base, helpful staff, soundproofed rooms. Ten-minute walk to Alfama's first street.

[Book now](#)[Google Maps >](#)[All stays in Baixa](#)[Holiday rentals](#)

DAY 1: BAIXA, TERREIRO DO PAÇO AND CERVEJARIA RAMIRO (CONTINUED)

Where to eat

Café com Calma

Portuguese Breakfast · Breakfast · \$

Pastéis de nata and espresso. Corner spot on Rua da Rosa, perfect landing after arrival.

[Google Maps >](#)

Martinho da Arcada

Portuguese Traditional · Lunch · \$\$

Grilled fish, rice with seafood. Historic café under the Rossio arcade since 1782.

[Google Maps >](#)

Fado in Chiado

Portuguese/Fado · Dinner · \$\$\$

Grilled sardines, cheap wine. Live fado singers nightly. Book ahead, arrive by 8pm.

[Google Maps >](#)

TOURS & DAY TRIPS FROM LISBON

3 HOURS

Fado evening with dinner

Hearing fado in a candlelit restaurant in Alfama is where the city's soul lives; pick a smaller, local spot over the tourist-packed ones on the main drag.

[Book now](#)

2 HOURS

Sunset at miradouros

São Jorge and Portas do Sol frame the city's tiles and river perfectly as the light goes gold; go early (by 6:30pm) to claim a spot.

[Book now](#)

4 HOURS

Food tour in Ribeira and Belém

You'll taste pastéis de bacalhau, local cheeses, and Portuguese wine while learning the neighbourhood stories from someone who knows the best spots.

[Book now](#)

2 HOURS

Skip-the-line at Mosteiro dos Jerónimos

The 16th-century monastery is intricate and vast; skip the queue so you can linger over the stonework without guilt.

[Book now](#)

Castelo de São Jorge and Alfama

Sunrise 7:18 AM

Golden hour 7:12 PM

Sunset 7:47 PM

Sleep in Baixa · night 2 of 3

Go up to the castle first, then wander down through Alfama, stop at Largo das Portas do Sol, and finish with dinner at Merceria Baixa.

1



9:00 AM · 2 hours

Castelo de São Jorge

\$13 per person · Open 9 AM-6 PM

The castle's stone walls and towers offer unobstructed views across Lisbon and the river. Walk the ramparts, peek into the archaeological museum inside, and stake out your sunset spot early. Take tram 28 from Baixa up to the castle, or climb the steep Escadinhas cobble steps from Alfama if your legs are game (20 minutes uphill).

Insider tip: Arrive by 9 AM to dodge tour groups. The north wall has the clearest river views and the softest morning light for photos.

[Book tickets](#)
[Open in Google Maps >](#)

2



11:15 AM · 1.5 hours

Alfama

Free

Wander the maze of lanes, steep stairs, and narrow alleys below the castle. You'll find laundry strung between buildings, tiny tasca bars, and locals sitting on doorsteps. The warren rewards getting lost. A 5-minute walk downhill from Castelo brings you into the heart of the quarter.

Insider tip: Skip the main tourist lanes near Cathedral; head east toward Largo das Portas do Sol and the quieter residential alleys where locals actually live.

[Open in Google Maps >](#)

3

12:45 PM · 1 hour

Largo das Portas do Sol

Free

A viewpoint terrace overlooking the Tagus and Alfama's terracotta roofs. Grab a drink at the cafe here and watch the light soften as afternoon slides into golden hour. A natural resting spot after climbing. From the Alfama lanes, follow signs uphill (10 minutes).

Insider tip: Come back here at 7:15 PM for golden hour. The cafe clears out after lunch; it's perfect for a late-afternoon beer and planning the evening.

[Open in Google Maps >](#)

DAY 2: CASTELO DE SÃO JORGE AND ALFAMA (CONTINUED)

4

1:30 PM · 1.5 hours

Mercearia Baixa

\$8.50-13 per person for lunch · Open 12 PM-4 PM

A small, honest tasca serving stewed pork, grilled fish, and wine in a neighbourhood spot with mismatched tiles and locals at the bar. Order pork cheeks or sardines, drink something young and white, and sit elbow-to-elbow with Lisboaetas. Off Rua da Rosa in Alfama, a 5-minute walk from Largo das Portas do Sol.

Insider tip: No menu, no reservations. Point at what others are eating. Ask for the house wine. Budget 12-16 euros per person.

[Open in Google Maps >](#)

5



7:12 PM · 45 minutes

Miradouro de Santa Luzia

Free

Another terraced viewpoint, quieter than Largo das Portas do Sol, with a whitewashed pergola and wide river vistas. Ideal for watching the light turn gold and pink before sunset. A 5-minute walk from Mercearia Baixa, following signs up from the Alfama lanes.

Insider tip: Arrive by 7:15 PM to catch the peak of golden hour. The pergola frames the sun beautifully on the river. Stay for the pink fade after.

[Open in Google Maps >](#)

6

8:30 PM · 2 hours

Book ahead

A Tasca do Camões

\$16-33 per person for dinner · Open 6 PM-11 PM

A fado house tucked into a side street, intimate and unpretentious, where musicians play while you eat. No stage, no tourist menu. Grilled fish, dark wine, and the raw emotion of fado sung a few feet away. Rua Salitre near Campo de Santa Clara, a 15-minute walk downhill from Miradouro de Santa Luzia (or tram 28 back toward Baixa and a 10-minute walk).

Insider tip: Book ahead for Friday or Saturday. Dinner starts at 8 PM; the first fado set runs 9-10 PM. Expect 35-45 euros per person with food and wine. Sit near the back wall for the best acoustics.

[Open in Google Maps >](#)

[Open Day 2 as a route in Google Maps](#)

DAY 2: CASTELO DE SÃO JORGE AND ALFAMA (CONTINUED)

Where to eat

Café com Calma

Portuguese · Breakfast · \$

Tiny spot in Alfama. Pastéis de nata and strong coffee before the crowds hit.

[Google Maps >](#)

Cerca Moura

Portuguese · Lunch · \$\$

Castle views, rooftop terrace. Sardines, grilled fish, cold beer. Worth the queue.

[Google Maps >](#)

Tasca do Camilo

Portuguese · Dinner · \$\$

Alfama classic. Tight, noisy, honest food. Bacalhau à Brás, pork cheeks, house wine.

[Google Maps >](#)

Day Trip to Sintra: Pena and Regaleira

Sunrise 7:18 AM

Golden hour 7:12 PM

Sunset 7:47 PM

Sleep in Baixa · night 3 of 3

Take the train out to Sintra and see the Palácio Nacional, Quinta da Regaleira and Palácio da Pena, with a coffee break at Café Paris.

GO

8:15 AM · 1 hour 15 minutes

Rossio Railway Station to Sintra Station

40-minute train ride from central Lisbon to Sintra. Buy a return ticket at the station (around EUR 6 each way). Trains run every 15-30 minutes; aim for 8:30 AM departure to reach Sintra by 9:10 AM with minimal crowds.

PREFER A GUIDE? · FULL DAY

Day trip to Sintra

The royal palaces, forest, and hilltop views justify the 30-minute train ride; you'll see why Portuguese royalty chose this spot.

[Book this tour](#)

1



9:30 AM · 1.5 hours

Palácio Nacional de Sintra

\$13 per person · Open 9:30 AM-7 PM

Twin chimneys and Gothic-Manueline palace filled with azulejo tiles and royal rooms. Climb to the kitchen's chimney for a view into the courtyard. A 5-minute walk downhill from Sintra Station; entry around EUR 14.

Insider tip: Go straight upstairs to the Swans Room and Chapel before other visitors arrive; the azulejos are best in morning light.

[Book tickets](#)
[Open in Google Maps >](#)

2



11:15 AM · 2 hours

Quinta da Regaleira

\$13 per person · Open 9:30 AM-7 PM

Romantic estate with a mysterious initiation well, grottoes, and lush gardens. A 15-minute walk or quick local bus ride from the palace; entry around EUR 16. Explore the winding stone spiral down into the well and underground tunnels.

Insider tip: Skip the crowded main chapel; head straight to the wells on the far side for solitude and the best photo light around noon.

[Book tickets](#)
[Open in Google Maps >](#)

DAY 3: DAY TRIP TO SINTRA: PENA AND REGALEIRA (CONTINUED)

3



1:30 PM · 45 minutes

Café Paris Sintra

\$6.50-10 per person · Open 10 AM-7 PM

Small local café on the main square with strong coffee and pastéis de nata. Rest your legs, refuel, and watch town life. A 10-minute walk downhill from Quinta da Regaleira.

Insider tip: Order a bica (espresso) and a pastel de nata; sit outside to people-watch and plan the afternoon.

[Open in Google Maps >](#)

4



2:30 PM · 2.5 hours

Palácio da Pena

\$16 per person · Open 9:30 AM-7 PM

Candy-coloured Romantic palace on a hilltop wrapped in mist and forest. Toy-like turrets, stained glass, and views over the Sintra hills. Reach it by hiking 30-40 minutes uphill through the Parque da Pena forest, or catch a local bus from town (around EUR 10 return). Entry around EUR 16.

Insider tip: Hike up through the forest path for solitude and to avoid the bus queues; explore the upper terraces first, then drift down to the palace interiors as light softens at 6 PM.

[Book tickets](#)

[Open in Google Maps >](#)

GO

5:15 PM · 1 hour

Sintra Station to Rossio Railway Station

Return train to Lisbon. Depart Sintra by 5:30 PM or 5:45 PM to reach Baixa by 6:15-6:30 PM with time to freshen up before fado at 8 PM. Around EUR 6.

[Open Day 3 as a route in Google Maps](#)

Where to eat

Café da Vila

Portuguese · Breakfast · \$

Quick pastéis de nata and coffee before the train. Leave by 7:45am.

[Google Maps >](#)

Tulhas

Portuguese · Lunch · \$\$

Sintra town centre. Grilled fish, hearty soups. Book ahead or arrive before noon.

[Google Maps >](#)

Adega do Camponês

Portuguese Fado · Dinner · \$\$

Baixa, Alfama side. Fado performances nightly. Bacalhau à Brás, atmospheric. Reserve fado seats.

[Google Maps >](#)

BEFORE YOU GO: LISBON

How do I book a fado dinner?

Call ahead or book online through the restaurant. O Fado, A Severa, and Clube do Fado are reliable. Expect EUR 40-60 per person with food and one drink. Go around 9pm, dinner first, fado after 10pm.

What's the best Sintra day trip timing?

Leave at 8.30am from Rossio station (35 mins by train, EUR 3.80 return). Visit Palácio da Pena first (arrive 9.30am), then Quinta da Regaleira, then Palácio Nacional. Last train back around 8.30pm. Book tickets online to skip queues.

Which miradouro should we hit for sunset?

Miradouro da Senhora do Monte in Graça at 7-8pm depending on the date. Arrive by 6.45pm to grab a spot. Bring a small bottle of wine from a local shop. The view is city-wide and the crowd is local, not tour groups.

Do I need to book museums ahead?

Palácio da Pena and Quinta da Regaleira in Sintra, yes. Book online a day or two before. Mosteiro dos Jeronimos and Torre de Belém in Lisbon are less urgent but skip-the-line tickets save 20-30 mins in September.

What's the weather like in Lisbon in September?

Expect 20-28°C (68-82°F), mostly sunny with occasional rain. Pack light layers, sunscreen, and comfortable walking shoes. A light cardigan for evenings by the river is wise.

Do people speak English in Lisbon?

Spoken here: Portuguese. English is widely spoken in hotels, restaurants, and attractions, but less common in neighbourhood shops and older cafes.

Useful phrases:

- Olá (oh-lah): hello
- Obrigado/Obrigada (oh-bree-GAH-doo/duh): thank you (male/female)
- Quanto custa? (KWAN-too KOOSH-tuh): how much does it cost?
- A conta, por favor (ah KOHN-tuh, poor fuh-VOR): the bill, please
- Fado (FAH-doo): melancholic traditional music

Is Lisbon safe for visitors?

Lisbon is safe and straightforward. Watch for pickpockets in crowded trams and tourist areas, especially on Tram 28.

What's the emergency number in Portugal?

Call 112 for police, ambulance or fire. It's free and works from any phone, including a foreign mobile.

Do you tip in Portugal?

Tipping isn't obligatory. Round up your bill or leave 5-10% for good service in restaurants. Tram drivers and cafe staff won't expect it.

What do only locals know about Lisbon?

- Tram 28 is the scenic line but packed with tourists; take it early morning or skip it and walk the same hills instead.
- Pastéis de Nata from a proper pastelaria (bakery) cost around EUR 1.20 and will change your morning routine.
- Sunday morning in Alcântara, along the river near MAAT museum, is local and relaxed before the crowds arrive.
- Miradouro das Portas do Sol and Miradouro de São Jorge are the big two, but Miradouro do Adamastor (near Calvário church) is quieter and just as good at sunset.