

A 7-day trip to Lisbon and its surroundings allows you to fully experience the city's historic charm, coastal beauty, and fairytale palaces without changing hotels. Keeping **Lisbon as your single home base** lets you avoid the hassle of repacking while exploring nearby gems like Sintra, Cascais, and Évora using Portugal's excellent train network.

Itinerary Overview

Day	Focus Area	Key Highlights	Transport From Base
Day 1	Historic Lisbon	Alfama, Baixa, Castelo de São Jorge, Fado show	Walk / Tram
Day 2	Maritime History	Belém Tower, Jerónimos Monastery, Pastéis de Belém	Tram 15 / Train
Day 3	Day Trip: Sintra	Pena Palace, Quinta da Regaleira	Train (Rossio)
Day 4	Trendy Lisbon & Sunset	LX Factory, Time Out Market, Tagus Sunset Cruise	Walk / Uber
Day 5	Day Trip: Cascais	Chic fishing village, Boca do Inferno, Tamariz Beach	Train (Cais do Sodré)
Day 6	Day Trip: Évora	Roman Temple, Chapel of Bones, Alentejo wine tasting	Train (Oriente) / Bus
Day 7	Hidden Gems & Departure	Carmo Convent ruins, Miradouros, Príncipe Real shopping	Metro / Walk

Day-by-Day Details

Day 1: Historic Heart & Fado Culture

- **Morning:** Begin at [Praça do Comércio](#), a massive waterfront plaza. Walk through the monumental Augusta Arch into the gridded lanes of the Baixa district.
- **Afternoon:** Wander the maze-like, cobblestone alleyways of **Alfama**, Lisbon's oldest neighborhood. Climb up to the 11th-century Castelo de São Jorge for panoramic views.
- **Evening:** Catch the golden hour at [Miradouro de Santa Luzia](#). Afterward, have dinner at a traditional tavern in Mouraria or Alfama while listening to live **Fado music**.

Day 2: The Age of Discoveries in Belém

- **Morning:** Take Tram 15 out to the Belém district. Visit the extravagant, UNESCO-listed Mosteiro dos Jerónimos and the waterfront Torre de Belém.
- **Afternoon:** Line up outside the iconic Pastéis de Belém to sample the original recipe for warm, flaky egg custard tarts. Walk along the river to see the massive Monument to the Discoveries.
- **Evening:** Head to the bohemian [Bairro Alto](#) neighborhood. Sip a *Ginjinha* (sour cherry liqueur) and explore the lively bar and street party scene.

Day 3: A Fairytale Excursion to Sintra

- **Morning:** Catch a direct 40-minute train from Rossio Station to Sintra. Head straight to the vividly colored, romanticist [Parque e Palácio da Pena](#) perched high in the hills.
- **Afternoon:** Explore the mystical gardens and secret tunnels of Quinta da Regaleira. Grab lunch in Sintra's historic town center and try a *travesseiro* (local almond pastry).
- **Evening:** Return to Lisbon via train. Relax with a quiet dinner in the elegant, upscale Chiado shopping district.

Day 4: Modern Culture & River Sunsets

- **Morning:** Start your day in the trendy, industrial-chic [LX Factory](#), a revitalized manufacturing complex filled with art galleries, indie boutiques, and street murals.
- **Afternoon:** Grab lunch at the bustling Time Out Market in Cais do Sodré, which curates food stalls from some of Portugal's top chefs.
- **Evening:** Head down to the marina and hop on a [sunset catamaran cruise](#) along the Tagus River to see Lisbon's illuminated hills from the water.

Day 5: Coastal Relaxation in Cascais

- **Morning:** Take the scenic regional train from Cais do Sodré along the Atlantic coast to the chic beach town of **Cascais**. Stroll through its historic center and lounge at the sandy [Praia da Rainha](#).
- **Afternoon:** Walk or rent a local bike to follow the coastline 20 minutes out to **Boca do Inferno** (Hell's Mouth), a dramatic sea cliff formation where waves crash into an open cave.
- **Evening:** Eat a fresh seafood dinner right by the water in Cascais before catching the train back to Lisbon.

Day 6: Historical Tapestry in Évora

- **Morning:** Take a day trip east into the sun-drenched Alentejo region to the ancient walled city of **Évora**. Marvel at the remarkably preserved 1st-century Roman Temple.
- **Afternoon:** Visit the hauntingly beautiful Chapel of Bones (*Capela dos Ossos*). Enjoy a leisurely lunch featuring hearty Alentejo cuisine paired with local full-bodied red wines.
- **Evening:** Head back to Lisbon. Cap off your night with a drink at a scenic rooftop hotspot like Hotel Mundial or Park Bar.

Day 7: Hidden Gems & Grand Views

- **Morning:** Visit the roofless ruins of the Gothic [Carmo Convent](#), which stands as a haunting monument to the devastating 1755 earthquake.
 - **Afternoon:** Spend your last hours exploring the trendy neighborhood of Príncipe Real. Walk through the botanical gardens or grab some souvenirs like local ceramics. Take in one final epic view from the Miradouro da Senhora do Monte.
 - **Evening:** Pick up your luggage from your hotel and catch the Metro's Red Line directly to the Lisbon Airport for your departure.
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Essential Travel Tips

- **Avoid Renting a Car:** Driving and parking in Lisbon or Sintra is highly stressful due to narrow, steep streets and restricted zones. Trains and Ubers/Bolts are incredibly efficient and cheap.
- **Book Palaces Early:** Time-slot tickets for Sintra's **Pena Palace** sell out weeks in advance. Book the earliest morning slot to avoid massive midday crowds.
- **Pack the Right Shoes:** Lisbon is famous for its steep hills and beautiful—but incredibly slick—cobblestone streets (*calçada portuguesa*). Leave the heels behind and bring sturdy walking shoes with good grip.

To help tailor this plan, what **time of year** are you planning to visit? Also, let me know if you prefer to prioritize **historic sightseeing, beach relaxation, or food and wine experiences!**