

LISBON

**Travel tips, accessibility and tourist information for
exploring the Lusitanian capital**



willeASY'S GUIDES
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CREDITS

Content: Aldo Enrico Cargnello, Maria Lazzati

Accessibility analysis and content review: William Del Negro and Maria Lazzati

Project supervision: William Del Negro

Text revision: Gaia Citran

English translation: Translation Agency s.a.s.

Pictures: Aldo Enrico Cargnello, Maria Lazzati, William Del Negro, public archive pictures

Layout: William Del Negro

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Author info and contacts

Aldo Enrico Cargnello: anthropologist, blogger, freelance content creator.

Maria Lazzati: Master's degree in Cultural Tourism and Event Management, Project Manager at Willeasy

William Del Negro: CEO of Willeasy, accessibility expert

Email: info@willeasy.net

Website: www.willeasy.net



Maria Lazzati and Aldo Enrico
Cargnello



William Del Negro and Maria
Lazzati

INTRODUCTION

How the guide originated

This guide was created by Willeasy Srl - an Innovative Startup with a social vocation within the scope of VoxPop, a European project promoted by the City of Lisbon and co-funded by the European Commission and UIA (Urban Innovative Actions).

With the aim of making it possible for **everyone, including people with a variety of accessibility-related needs**, to experience and **visit Lisbon easily** and without worrying, the Willeasy team has collected and analysed hard-to-find information and made it available.

The contents of the guide are the result of ten months of hard work and several visits to Lisbon. During these visits, we created and tested 20 inclusive tourist routes and collected and analysed data on the accessibility of:

- **50 underground stations**, with a particular focus on all the station devices (lifts, escalators, stair lifts).
- **51 restaurants, cafés and bars**.
- **30 points of tourist interest** (museums or tourist attractions).

Our collaboration with **APD - Associação Portuguesa de Deficientes** (Portuguese Association of People with Disabilities), which supported Willeasy and provided lots of valuable information, was of the utmost importance.



Pictured: Maria Lazzati (Willeasy), William Del Negro (Willeasy), Sandra Costa (APD)

How to use the guide

"LISBON. Travel tips, accessibility and tourist information for exploring the Lusitanian capital" is a **guide designed to meet the needs of those who want to get to know Lisbon** while also paying attention to those who need information on accessibility or certain services. It is aimed in particular at **people with disabilities and those accompanying them; families with small children; people with dietary needs** due to personal choices (vegetarian, vegan, etc.) or intolerances, allergies, coeliac disease, etc.

It is intended to be a **tool** which, when used in conjunction with other information available online, **can help with the organisation of the trip and make life easier for visitors to Lisbon** who have specific accessibility needs. **The choice of the places to visit is left to readers but, thanks to the information provided, they will have all the tools they need to create a tailor-made travel experience based on their individual requirements.** We recommend that you plan your trip before setting off, consulting the data and information available in the guide along with the links provided, so that you can make the most of your days in Lisbon.

As regards accessibility (to points of tourist interest, restaurants, cafés, etc.), some sections of the guide offer a summarised report, accompanied by some icons, details of which are given in the box on this page, along with specific links to consult the complete accessibility sheets, which you will find at **willeasy.net**.

This guide also includes **20 visitor itineraries** developed in different parts of Lisbon. **The more complex ones were tested with a mobility scooter.** A brief description of each one indicates the characteristics of the route, the points of interest touched upon, highlights on accessibility and some notes by the guide's authors.

For each of the 20 itineraries there is a **GPX track that can be downloaded free of charge** and the option to follow the precise route using the Outdooractive® app, sharing your experiences with others.

More details can be found at the links below.

- **What to do, where to eat and where to stay:** <https://willeasy.it/VisitLisbon>
- **Itineraries tested by Willeasy:** <https://willeasy.it/LisbonItineraries>

Accessibility icons

The accessibility icons indicated below have been included, along with the cases that follow, to offer a clearer idea of the accessibility of the places featured in the guide and of which accessibility requirements are being met.

- **The accessibility icon is shown:** this means that the accessibility for that specific need has been checked.
- **The accessibility icon is shown with a line through it:** this means that the place is not accessible to persons with that specific need.
- **The accessibility icon is not shown:** this means that no information has been provided.



Reduced mobility



Wheelchair user without the need for assistance



Wheelchair user requiring assistance



Seats for resting along the route



Accessible toilets



Blind or sight-impaired persons



Vegetarians



Vegans



Gluten-free



Lactose-free

THE CITY

Lisbon, between history and modernity

Lisbon is a fascinating city with a **unique blend of history, culture and modernity**, and a superb geographical location. Set on the estuary of the **River Tagus**, Portugal's capital is **one of the oldest cities in Europe**, with a history dating back more than 2000 years. It is famous for its Moorish architecture, magnificent monasteries, churches and castles, as well as its cobbled streets and picturesque neighbourhoods. Lisbon is also a modern city with a lively cultural, musical and artistic scene. It is known for its **delicious cuisine**, which combines the close relationship between the **Atlantic Ocean**, inland flavours and the colonial influence.



Panoramic view of the city. The 25 de Abril Bridge is just visible in the distance, on the left.

Accessibility in Lisbon

Progress has been made in Lisbon in recent years to enhance the city's accessibility and encourage inclusive tourism, improving access for those with disabilities. There are, however, some complexities that need to be addressed to ensure full and independent access for everyone.



Priority access is always given to people with disabilities or reduced mobility, the elderly, pregnant women and families with babies and young children.

There are some important aspects to be considered when navigating Lisbon independently: **the city streets can be steep and bumpy**, and some areas are difficult to reach due to **steps or steep ramps**.

Lots of pavements are made of the **characteristic Portuguese flagstones**, which, while attractive, have the disadvantage of being very smooth and therefore slippery when it rains or is damp. In the case of motorised wheelchairs or mobility scooters, the wheels may slip on uphill paths. In bright sunshine, this type of paving is very reflective, and this could dazzle people and be dangerous or disturbing, particularly for sight-impaired people.

Some areas of the Lusitanian capital can be **visited easily by people with special mobility requirements** (Oriente, Belém and the riverside walk along the Tagus), while others (Alfama and Bairro Alto, for example) are best explored using public or tourist transport, such as a tuk tuk.



Typical tuk tuk

For people with **sensory disabilities**, there are museums that offer visitor aids, and when it comes to **dietary requirements**, a high level of attention is paid to allergies and intolerances in many restaurants. **It is hard to find certified establishments** with separate kitchens, but they do claim to be prepared to accommodate people with allergies and to have several courses available, including **vegetarian options**. In this guide you will find useful information on the most suitable venues for each individual requirement.



Examples of accessibility in museums

Walking around Lisbon

BAIRRO ALTO AND ALFAMA

Bairro Alto and Alfama are two very characteristic central districts of Lisbon, rich in history and culture. They are very popular with tourists, who love to stroll through them and discover the charming and timeless views.

Bairro Alto is known for its **nightlife**, paved streets, **vintage shops and craft shops**. By day, it is a quiet neighbourhood where visitors can stroll and admire the views of the city; by night, it comes to life with bars, restaurants and clubs that stay open until late.

Lisbon's oldest district is **Alfama**, which still retains many of its **medieval characteristics**. It is famous for its narrow streets and **colourful houses** decorated with **typical Portuguese tiles** known as azulejos. Some of the capital's most important monuments can also be found here, such as the **Castelo de São Jorge** (St George's Castle) and the **Sé de Lisboa** (Cathedral).



Arco Grande de Cima near
Campo de Santa Clara



Panoramic view of Alfama

For those with **reduced mobility**, these are two **neighbourhoods that can be difficult to reach due to their steep streets and steps**. There are, **however**, some **options to make access to Bairro Alto and Alfama easier to explore**, such as public lifts connecting them to the city or tourist transport such as the **tuk tuk**. Hiring a **mobility scooter** with sufficient power to tackle the steep climbs in these areas can also be a good solution. You can find the contact details of local rental companies in the useful numbers section at the end of this guide. .

BAIXA AND CHIADO

Baixa and Chiado are two historical districts of Lisbon located in the heart of the city.

Baixa is Lisbon's **commercial district**, full of shops, restaurants and cafés. Towards the River Tagus, the streets open onto **Praça do Comércio**: overlooking the estuary and surrounded by historical buildings such as **Arco da Rua Augusta** and **Paço da Ribeira**, it is considered one of Lisbon's biggest and most impressive squares.



Praça do Comércio, easily accessible with mobility scooters and wheelchairs.



Arco da Rua Augusta and Paço da Ribeira

Chiado is a district with a **bohemian atmosphere** characterised by a wide range of bookshops, art galleries and historic cafés. Rebuilt after the fire of 1755, it is now one of the capital's trendiest and liveliest neighbourhoods. Its **streets are pedestrianised** and slightly steep in places, but the area is **mainly flat**. Generally speaking, if you use an

assisted mobility device, it is best to plan your route carefully to avoid steep or awkward streets.



Baixa from above

Baixa and Chiado are destinations not to be missed when visiting Lisbon due to their unique combination of history, culture, shopping and gastronomy. The two neighbourhoods are **accessible** as there are no steps, but it should be noted that the **pavements may present some difficulties**, including holes or loose cobblestones, which can be challenging for wheelchair users, people using mobility aids or those wearing inappropriate footwear.

BELÉM

Historical monuments, architecture, culture and typical local sweets: **Belém** is one of Lisbon's **best known and most visited districts**. Located in the western part of the city, it is home to some of the most famous monuments and offers panoramic views of the city and the Atlantic Ocean.



Belém Tower

One of the highlights is **Belém Tower**: an impressive 16th century fortress tower by the riverside. The tower, built as part of the city's defence system, has been declared a **UNESCO World Heritage Site**. **Very crowded and inaccessible for people with disabilities**, it is considered one of Lisbon's most iconic landmarks. Another UNESCO World Heritage monument is the **Mosteiro dos Jerónimos**: a 16th century monastery, a masterpiece of the **Manueline style** and a symbol of Portuguese identity and culture.

Near the Mosteiro dos Jerónimos and the **Jardim Botânico Tropical** is the famous **Pastéis de Belém**, the cake shop that still produces pastéis de Belém, the internationally famous Portuguese pastries, to the original recipe.



Jardim Botânico Tropical

Its accessibility makes Belém an ideal destination for those with motor disabilities, especially wheelchair users.

ALONG THE TAGUS



Strolling along the Tagus

A walk along the Tagus offers exceptional **panoramic views of the city**. There are **many places** of interest along the way, including **Praça do Comércio**, Lisbon's main square, **Cais das Colunas** and **Cais do Sodré**, two piers where you will find numerous restaurants, bars and shops. **Continuing along the coast**, you will come to the Belém district, home to some of the city's most important monuments, **Belém Tower** and the **Mosteiro dos Jerónimos**. This stretch of the Tagus is also famous for the MAAT (Museum of Art, Architecture and Technology) and the **25 de Abril Bridge**.

The **flat promenade is very pleasant and accessible**. Easy to walk along, it has few significant ascents or descents. There are numerous benches along the footpath where you can take a break, as well as several rest areas with accessible toilets.



25 de Abril Bridge

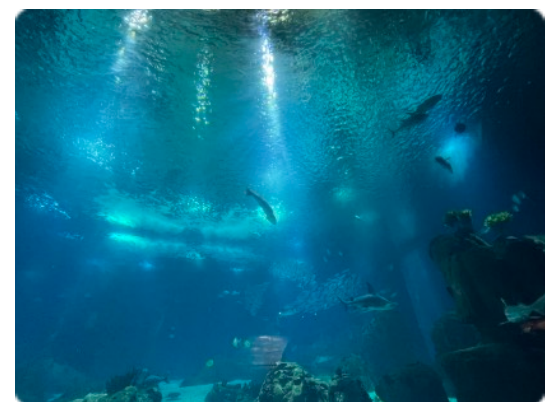
ORIENTE

Oriente is a modern and lively area, known for its futuristic architecture and some of the city's most emblematic landmarks. A visit to this neighbourhood allows you to **discover Lisbon's contemporary character** and its cultural attractions, most of which are accessible. The **walking route** is **accessible** also to those with **motor disabilities** and you can rest on the numerous benches along the way.



View of the Oriente district

The district is home to the **Parque das Nações**, a public park on the banks of the Tagus, which also houses the **Oceanário de Lisboa**, one of Europe's largest aquariums. The **Torre Vasco da Gama**, a 145-metre-high tower which offers a breathtaking view of the city and is accessible to people with motor disabilities is also one of Oriente's landmarks. Those who wish to do some shopping or stop for a meal can head for the **Centro Vasco da Gama shopping centre**, which offers a wide variety of shops and restaurants. The Centre is equipped with ramps and lifts.



Funicolare - Centro Commerciale Vasco da Gama - Oceanário

MUSEUMS

Museums and accessibility

Lisbon, a city rich in culture and history, is home to a wide range of interesting and educational museums, many of which are **accessible to people with disabilities**. However, levels of accessibility may vary from museum to museum.

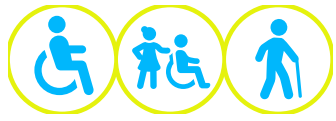
It is usually now possible to have **detailed information on the spaces of the main museums and the services offered**: ramps, lifts, display heights, size of doors and access, presence of accessible toilets, audio guides, possibility of tactile experiences, etc.

In order to offer a unique cultural experience, Lisbon is striving increasingly to **ensure accessibility for everyone, regardless of their age or ability**.

With this in mind, museums are being adapted to offer visitors with sensory and intellectual disabilities the possibility to enjoy the museum experience to the full.

- The **museums** indicated in this section are **listed under the district or area** in which they are located.
- For each museum there is a **description** that also comprises a few **details related to accessibility**.
- The complete accessibility sheets can be consulted using the **links indicated**.

MUSEO DO FADO



The **Museu do Fado** is a museum located in the Alfama district dedicated to fado, a musical genre that developed in Lisbon during the 19th century and has become a symbol of Portuguese culture. The collection includes objects, photographs, documents and audio and video recordings that tell the **story of fado and its most famous performers**. Musical instruments, costumes and traditional clothes used are also on display. **The museum hosts live fado performances**, offering visitors the chance to hear some of the genre's finest singers and musicians.



Typical musical instrument

The **Museu do Fado** is **accessible by people with motor disabilities**. In fact, the building has been completely renovated and adapted to the needs of people with disabilities. There is also an **audio guide available in several languages**, giving an overview of the history of fado and its most important artists. We recommend making reservations to attend live fado performances, as places are limited.



A glimpse of the museum's display

Baixa and Chiado

CONVENTO DO CARMO (MUSEU ARQUEOLÓGICO DO CARMO)



The Convento do Carmo is an old convent located in the Chiado district, in the heart of Lisbon. It dates back to the 14th century and was built by Carmelite monks. A popular tourist destination, it is now an archaeological site and museum offering an overview of Portuguese history and culture. The Convento do Carmo is known for its **Gothic architecture and its ruins, left exposed after the Lisbon earthquake of 1755**. It also houses an extensive collection of historical objects, including paintings, artefacts, mosaics, tombs and other archaeological finds.



Convento do Carmo - Interior

Despite being a historic building, it is **accessible throughout: there is a ramp and a stair lift at the entrance and the rest of the building is on one level**. Staff are trained to **welcome people with disabilities**. The proposals at the Convento da Carmo include a **tactile experience**. This is particularly suitable for the sight-impaired, who can get an idea of its structure by exploring a model of the building with their hands.

There is a **toilet equipped for people with disabilities**, access to which can be obtained by asking staff for the key.

ELEVADOR DE SANTA JUSTA



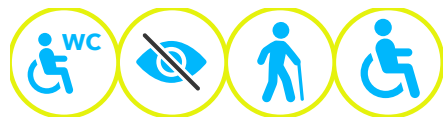
The Elevador de Santa Justa is an iconic tourist attraction located in Lisbon's historic old town. The **lift**, which is approximately 45 metres high, was designed by Portuguese engineer Raoul Mesnier du Ponsard and inaugurated in 1902. It is a **work of engineering art made of wrought iron**, with a tower-like structure and a wooden cabin that carries visitors from the level of the old town to the Chiado district on the hill. A small spiral staircase leads from the lift's arrival point to the **viewing terrace** and a footbridge from the lift's arrival point can be crossed to enjoy another view of the city. The Elevador de Santa Justa is a must for anyone with an interest in engineering and architecture or who is looking for a panoramic view of Lisbon.



Elevador de Santa Justa - view from the footbridge

Accessibility to the Elevador de Santa Justa may be limited for **wheelchair users** or **mobility scooters**, due to the small size of the cabin. One wheelchair is allowed on each trip, with staff providing assistance during boarding and alighting. **Entry is priority**: this allows you to skip the queue, which is usually long. There are a few steps at the top to reach Largo do Carmo. Alternatively, you can go back down in the same lift.

MOSTEIRO DOS JERÓNIMOS



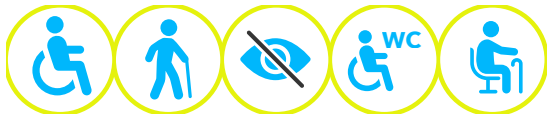
The **Mosteiro dos Jerónimos**, located in the **Belém district**, is a masterpiece of Manueline architecture and a **UNESCO World Heritage Site**. With its extensive collection of archaeological and historical objects, it is one of the most important and well-known museums in Portugal. It also houses the Museu Nacional de Arqueologia. The monastery's architecture is characterised by intricate details and elaborate decoration, including garlands, coats of arms and marine motifs. One of the most famous features of the Mosteiro dos Jerónimos is its church, which features a cross-vaulted ceiling and a series of stained glass windows.



view of the inner garden

The museum is **accessible** to those with motor disabilities, although some areas may be hard to reach due to steep steps. The first floor of the building, for example, is not accessible to wheelchair users. The museum has **accessible toilets and charging stations for motorised chairs**. Admission is **free of charge for people with disabilities** and is **prioritised**, allowing them to skip the queue, which is usually quite long.

MUSEU NACIONAL DOS COCHES



The Museu Nacional dos Coches, also known as the **Carriage Museum**, is one of the most visited museums in Lisbon. Located in the **Belém district**, it houses an extensive collection of carriages, built between the 16th and 19th centuries and used by Portuguese nobility and members of the royal family. **The museum's collection includes over 70 carriages**, some of which date back to the period when Portugal was one of the most important colonial powers in the world. The Museu Nacional dos Coches is a must for anyone interested in Portuguese history and European culture of the pre-industrial period.

The museum is **very advanced in terms of accessibility**: there is a huge lift to all the floors of the building; the carriages are displayed within perimeter partitions on which there are captions, placed at floor level and printed in large, easy-to-read letters.

The museum offers an audio guide for the sight-impaired, which provides detailed information on the various vehicles on display. A virtual tour of the interior of some carriages is available.



Carriages on display at the museum

PLANETÁRIO AND MUSEU DE MARINHA



The **Planetário de Marinha** and the **Museu de Marinha** are two separate attractions in Belém, but both can be visited with the same ticket. The Planetário de Marinha (Naval Planetarium) is dedicated to **astronomy and space science**. It offers performances and **immersive projections** of the celestial vault, using state-of-the-art technology and a **domed theatre with a hemispherical screen**. The Museu de Marinha (Naval Museum), on the other hand, is dedicated to Portugal's naval history. It houses a vast collection of **objects related to navigation**, including model ships, navigation instruments, maps and paintings.

Both attractions are very popular with tourists and locals alike and provide an insight into the history of navigation and astronomy. The **facilities are accessible**: there are ramps to access the building and lifts to reach the various floors of the museum, and both have accessible toilets. The **audio guide** that accompanies the screening in the planetarium is available in Portuguese, English and French, but not in Italian. **Admission is free of charge for people with disabilities and those accompanying them** upon presentation of a document certifying the person's disability.



Naval Museum Exhibition

QUAKE - CENTRO DO TERRAMOTO DE LISBOA



The **Centro do Terramoto de Lisboa**, or **Quake Museum**, is an **interactive and experiential museum** that reconstructs the earthquake of 1755, which registered magnitude 9 on the Richter scale and caused a tidal wave and fire, devastating much of the city of Lisbon. This is an excellent starting point to gain a better understanding of the city's history.

The centre uses **state-of-the-art technology**, such as **interactive screens, audiovisual projections and 3D models**, to create an immersive and engaging experience for visitors. There are also displays of objects related to the earthquake, including seismic measuring instruments, maps and historical documents.

The museum has **lifts and ramps allowing access by people with motor disabilities**. The staff, who are prepared and trained in assisting people with disabilities, are always available to help people get around the facility and to conduct a personalised tour based on the needs of the museum visitor. Considering the presence of some experiences that actively simulate earthquake tremors, we **recommend that you take your physical condition** into consideration before undertaking the visit.



Entrance to Quake

JARDIM BOTÂNICO TROPICAL



The Jardim Botânico Tropical (Tropical Botanical Garden) is located in the **Belém district** and is one of the **most beautiful and interesting botanical gardens in Lisbon**. It covers an area of about seven hectares and houses a large collection of tropical plants from all over the world, including palms, orchids, bamboos and ferns. The garden is open to the public and allows visitors to explore a series of paths and scenic routes where they can observe various types of vegetation. The view of the Tagus and the city is breathtaking.

In terms of **accessibility**, the Jardim Botânico Tropical offers **several signposted and paved routes** to simplify things for visitors with reduced mobility. The proposals include an **itinerary for people with disabilities** that avoids paths with steps. The Jardim Botânico Tropical also has accessible toilets.

Those travelling by car can consult the **accessibility sheet** for the **parking area**, which also has a **space reserved for people with disabilities**: Jardim Botânico Tropical parking area.



Entrance to the Garden

Along the Tagus

CENTRAL TEJO - MUSEU DA ELETRICIDADE



The Museu da Eletricidade or Central Tejo is an example of industrial archaeology located in the **Belém district**. Today, the Central Tejo (**Tejo Power Station**) has been **transformed into a museum** that holds both **permanent and temporary exhibitions**. Permanent exhibitions include the history of electricity and the power plant's original machinery, while temporary exhibitions vary throughout the year and cover topics related to energy, science, technology and the environment. For those with an interest in sustainability, this is a visit not to be missed.

All the buildings have been recently renovated and are equipped with **ramps and lifts** to facilitate access for people with motor disabilities. It is also possible to use a historical lift to reach the highest floors of the building. As this is a **very large museum**, seating is available in the various exhibition areas. The **captions** are in Portuguese and English. The **entrance ticket** is also valid for the MAAT.



Entrance to the Central Tejo - Museu da Eletricidade

MAAT



The MAAT, Museu de Arte, Arquitetura e Tecnologia, is a **contemporary art museum** inaugurated in 2016. It is one of the newest and most innovative museums in Lisbon and a must-see for enthusiasts. It hosts exhibitions of art, technology and architecture by contemporary Portuguese and international artists.

The MAAT is next to the **Tagus River** and was designed by **British architect Amanda Levete**. **The modern and innovative building** features a white ceramic structure that reflects sunlight and creates an effect of movement.

The building is designed with a **huge access ramp** leading into the basement area, where the exhibitions are located. Easy access is offered from the central, ellipsoid-shaped area to the other exhibition halls. The design also makes the **structure accessible to people with motor disabilities**. The **captions** are in Portuguese and English. The MAAT has an **accessible bathroom**.

From the MAAT it is possible to reach the Miradouro do MAAT, a marvellous viewpoint over the Tagus, which links the museum with the nearest bus stop along Rua da Junqueira and passes over the MAAT itself.



Entrance to the MAAT

OCEANÁRIO DE LISBOA



The Oceanário de Lisboa is located in the **Parque das Nações**, site of the 1998 EXPO, in Lisbon's modern Oriente district. Known to be **one of the largest aquariums in the world**, it offers an **immersive experience for people of all ages**.

The **facility is accessible** and is divided into four main areas, each representing a **different marine ecosystem**. The main attraction is the central tank, which contains a wide range of sea creatures, including sharks, tuna, stingrays and other tropical fish. Various seats and comfy sofas are available along the way. There are toilets equipped for people with disabilities on each floor.

There are also **interactive activities** (touching starfish and echinoderms, for example) and **educational exhibitions** on marine science and ocean conservation. There is a **panoramic restaurant** with spectacular views of the tank and the marine species that inhabit it.

Admission is free for the disabled person and discounted for a person accompanying them.



The Oceanário building

Other areas

ESTUFA FRIA



The Estufa Fria, or cold greenhouse, is a botanical garden which was created in 1930 and is one of the **largest open-air botanical gardens** in Portugal. It is located within the **Parque Eduardo VII** and consists of a series of greenhouses and outdoor green areas, housing a wide range of plants and flowers from all over the world. Inside the greenhouses, visitors can admire many exotic and rare plants, including orchids, ferns, palms and cacti. Outside, there are large green areas where you can walk and enjoy nature. Visiting this botanical garden allows you to discover the beauty and botanical diversity of the planet.

Although the Estufa Fria is **largely accessible** to people with motor disabilities, it does have **some limitations**. The greenhouses are accessible via ramps and walkways, but given the unevenness of the terrain in some areas and the presence of steps, we recommend that you ask for a **map at the entrance in order to find your way around and identify the route best suited to your needs**. The toilets are not accessible for wheelchairs, given the limited space for manoeuvring. However, Estufa Fria is working on improving the accessibility of services and infrastructure to make the garden as accessible as possible.



Inside the Estufa Fria

JARDIM DA FUNDAÇÃO CALOUSTE GULBENKIAN (JARDIM GULBENKIAN)



The Jardim da Fundação Calouste Gulbenkian, also known as **Jardim Gulbenkian**, is a **large public park** created in 1969 by the Portuguese landscape architect António Facco Viana Barreto and is located on Avenida de Berna (metro stops: São Sebastião and Praça de Espanha), near **Praça Espanha** and within the Fundação Calouste Gulbenkian. It covers an **area of about eight hectares** and houses a wide range of plants and flowers from all over the world. It is divided into several sections, including an **Italian-style garden** with fountains and statues, a pond with aquatic plants, a **Japanese garden** with a red bridge and an avenue of trees. A **green oasis in the heart of Lisbon**, the Jardim Gulbenkian is an ideal place to walk, relax and enjoy nature. It also features a **series of benches, fountains and picnic areas**, perfect for staying cool on hot summer days. Most of the park is accessible via **ramps and paved paths**. However, the **flat path** does not allow you to go all the way around: once you arrive at the restaurant, you have to go back the way you came.



Garden visitors' route

MUSEU DA CARRIS



The **Museu da Carris** is a museum located in the **Alcântara district** and dedicated to the history of the **public transport company Carris**. The Carris company was founded in 1872 and is the city's main public transport operator. With its **extensive collection of Carris-related objects**, including **vintage buses and trams**, the museum offers an **insight into the history of public transport in Lisbon**. The museum is located within the company's headquarters in two separate buildings. One has been renovated and adapted to house the museum's exhibitions and activities.

The **museum building is accessible via ramps** and has **accessible toilets** in one section. Due to their size or configuration, some of the vehicles on display are not accessible to people with motor disabilities or short stature. The museum also offers guided tours for the sight and hearing impaired, with specialised guides providing information and explanations using tactile aids or audio guides.



Vehicles on display in the museum

MUSEU DO ORIENTE



The **Museu do Oriente**, in English Orient Museum, is located in the **Alcântara district** and is dedicated to the history and **culture of Asia**, particularly the former Portuguese colonies. The **collection of the Museu do Oriente** consists of more than **16,000 objects** from different parts of Asia, including China, Japan, Korea, India and Indonesia. The collection includes art, crafts, religious, historical and cultural objects, such as **paintings, ceramics, textiles, sculptures, liturgical objects, weapons and musical instruments**.

The museum also hosts various **temporary exhibitions related to Asian culture** and organises **dance and music performances, film screenings and lectures**.

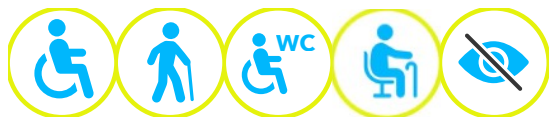
The facility is accessible and has **ramps** to access the building and **lifts** to reach the various floors. The corridors of the museum are very spacious and dimly lit. There are also displays and captions placed at a height that is not accessible to everyone.

The Museu do Oriente provides an **audio guide service** in English **included in the ticket price**, offering a detailed explanation of the works and objects on display.



Entrance to the museum

MUSEU NACIONAL DO AZULEJO



The Museu Nacional do Azulejo is one of Lisbon's most important museums and a must for anyone interested in Portuguese art, history and culture. It is located in the **bustling Penha de França** (on Rua Madre de Deus, between Avenida Infante Dom Henrique and Avenida Afonso III) and is housed in the former Convento da Madre de Deus, founded in 1509.

The museum is **dedicated to the history and production of Portuguese tiles (azulejos)** and boasts a collection that includes pieces dating from the 14th century to the present day, touching on various eras and styles: from Gothic to Baroque, Rococo to Modernism.

There are **5,000 azulejos** in the collection, including pieces of great artistic and historical value, such as hand-painted tiles, decorative panels and wall coverings.

The **entire building is accessible** to visitors thanks to **large lifts**, which allow visitors to reach the various floors. In addition, areas with significant differences in height are equipped with comfortable **ramps**. The museum has **accessible toilets** and provides an **audio guide service** with information on the azulejos on display. It is also possible to touch the textured azulejos, which is particularly suitable for those with sight impairments.



Items on display in the museum

MOBILITY

Getting around Lisbon

Thanks to the wide range of options available, getting around Lisbon is **cheap and easy**. Using the means of transport listed below, visitors have the opportunity to see the city from different perspectives and get to know it by following different tourist routes.

- **Boat.** Taking a boat trip is an excellent way to admire Lisbon and its main attractions from the Tagus, including the Belém Tower and the 25 de Abril Bridge.
- **Metro.** The Lusitanian capital's underground system is modern and efficient, and allows you to move quickly from one point of the city to another.
- **Taxi** Lisbon has a network of affordable taxis of various types. Transport of wheelchairs or large suitcases is among the services provided.
- **Bus.** Using the bus in Lisbon is a cheap way to get around parts of the city that are not served by the underground.
- **Historical tram.** One of the icons of the Lusitanian capital, the tram allows you to explore the historical districts of the city. Tram number 28 is particularly popular with tourists as it passes through some of Lisbon's most picturesque neighbourhoods: Baixa, Alfama, Barrio Alto and Graça.
- **Tuk tuk.** This is an original and characteristic way to reach even the least accessible areas of the city.

More details about the types of transport listed are given below.

BOAT

Seeing the city from the Tagus is an unforgettable experience for anyone visiting Lisbon. There are several companies that organise **boat trips**, offering a variety of options, such as **panoramic city tours, beach tours and sunset tours**.

As far as **accessibility** is concerned, many of the tour boats are equipped with access ramps for boarding and disembarking passengers with motor disabilities. However, passengers must cross a small ramp to access the boat and some manoeuvring may be required to board. Only some boats are equipped with wheelchair-accessible toilets so we recommend that you **check with the company in advance to avoid finding yourself in difficulty**. During **high season**, the boats can also be very crowded and sailing can be a bit rough. With this in mind, it is important to assess your ability to cope with these conditions before booking a boat trip.

Here are the details of a private company that offers boat trips:

Lisboat

- **Website:** <https://www.lisboat.com/en/>
- **Email:** <https://www.lisboat.com/es/contacto/>
- **Telephone:** +351 918 374 808; +351 913 137 314

METRO

Lisbon has a modern underground network called Metropolitano de Lisboa, which covers a large part of the city with **four lines and fifty stations**. The underground system is very efficient and reliable and trains run frequently during peak hours.

Almost all stations have a distance between platform and train of between 8 and 10 cm, as well as a 10 cm step, and no automatic ramps are available. **Manual wheelchair users** may need assistance; **motorised wheelchair users** may not be able to overcome the difference in height. **Manual ramps** are available for boarding the metro trains, but it is necessary to contact the staff at the station of departure and arrival. Please note that despite the presence of this service, sometimes assistance is not offered by the staff.

For information on the accessibility of metro stations, please see the official website.

Metropolitano de Lisboa: <https://www.metrolisboa.pt/>

Tickets can be purchased from the machines or payment can be made by placing a contactless card directly on the turnstiles.

For wheelchair users, there is a wider gate at the turnstiles to simplify passage. In this case, it is advisable to press the button on the side column and call the operator to have the gate opened.

Most of the fifty metro stations have lifts and escalators. It is possible to follow a path from street level to the platform to board the train.

The **main stations of interest** are described briefly below:

- **Aeroporto**: Next to the airport, the underground provides an easy connection to the city centre. Aeroporto station has lifts and escalators. At the entrance there are several machines for purchasing the most suitable ticket or pass for your stay. Given the large numbers of people travelling with luggage from the airport, wheelchair users or those with reduced mobility are advised to stand at the head of the platform, immediately in front of the doors, for priority access.
- **Oriente**: the station of the city's exhibition and shopping district, it is also a bus and coach station and is chaotic at peak hours. It is possible to walk from here to Parque das Nações and the fairground along a flat route.

-

- **Alameda:** two lines pass through this station, which is equipped with lifts and escalators. Bear in mind that the only lift connecting the station with the outside, at the time this guide was published, had been out of order for a long time. We recommend that you keep an eye on the Metropolitano de Lisboa website: (<https://www.metrolisboa.pt/en/>). To travel to the centre, take the green line towards Cais do Sodré. There is a breastfeeding and baby changing area at this station, along with a lost property office and several shops.
- **Rossio:** a city centre station with lifts and escalators. At the moment it is the most strategic accessible city centre station to reach several districts in the shortest time.
- **Baixa-Chiado:** central station with two lines. There are lifts and escalators inside but no lift to the outside of the station. Suitable for people with wheelchairs or reduced mobility only when changing lines, not when used as an entrance station. There are no lifts from the entrances to the atrium.
- **Saldanha - São Sebastião - Marquês de Pombal:** two lines pass through each of these three stations, which have lifts and escalators. They are used mainly for changing lines or to reach certain places presented in this guide.



Map of stations with information on accessibility

TAXI

A network of taxis of various types is always available in Lisbon, whenever you need one.

Those who need to carry large items of luggage or load a wheelchair can request a large taxi ("*carro grande*" in Portuguese). Taxis that are able to pick up a person who cannot get out of their wheelchair are much less common. The costs are not too expensive.

There is some useful information for booking a taxi suitable for wheelchair transport below:

- **Teletáxis de Lisboa.** 6 wheelchair-accessible vehicles. Booking: +351 218 111 100
- **Auto Coops - Cooperativa de Táxis de Lisboa.** 18 wheelchair-accessible vehicles. Booking: +351 217 932 756
- **Radio Táxis de Lisboa.** 6 wheelchair-accessible vehicles. Booking: +351 218 119 000

Bus

Getting around by bus is a cheap way to explore the city and allows you to **reach areas of Lisbon that are not served by the underground.**

To board the bus with a wheelchair or pushchair, you must use the rear door. There is a button on the outside of the bus to open the door and you must lower the ramp manually to board the bus. To alight the bus, you must inform the driver of your destination so that you can get off easily. **Mobility scooters and electric wheelchairs** are not allowed on the bus.

We should point out that there are some buses on which the ramp does not work and some drivers who are not particularly willing to provide assistance to passengers.

See the **Carris website** for more information:

- **Website:** <https://www.carris.pt/en>
- **Information on accessibility for people with reduced mobility:** <https://www.carris.pt/en/travel/reduced-mobility/>

HISTORIC TRAMS

Lisbon's historic trams are one of the main **tourist attractions** of the Lusitanian capital. They are vintage trams that run through the streets, offering panoramic views and interesting glimpses of the city, and pass several significant sights, including the **Castelo de São Jorge**, the Tagus and Alfama.

The historical trams are not accessible to people with motor disabilities or those who are unable to cope with a step of more than 40 cm. Most historical trams do not have ramps. The trams also have steep and narrow stairs, which can make accessing and moving around inside difficult.

If you have a motor disability, we recommend choosing other forms of transport, such as the underground, accessible buses or accessible taxis. If you still wish to travel on Lisbon's historic trams, there are some options to make the experience more **accessible**.

For more information:

- Official Carris website: <https://www.carris.pt/en>
- Information on accessibility for people with reduced mobility: <https://www.carris.pt/en/travel/reduced-mobility/>
- Tram lines and routes: <https://www.carris.pt/en/travel/carreiras/>
- Tram 28E: <https://www.carris.pt/en/travel/carreiras/28e/>

TUK TUK

These small three-wheeled vehicles are very popular in Lisbon and offer a **fun and original way to explore the city**. Perfect for discovering the old city centre, **they can access narrow streets that larger vehicles are unable to reach**.

This type of vehicle can be used to **visit several of the city's districts, including those that are harder to access**, such as Bairro Alto and Alfama, and take a **guided tour** at the same time. In a tuk tuk you can **travel along historical and tourist itineraries** and to various viewpoints, including the Castelo de São Jorge. Some tuk tuk companies even offer **tailor-made tours**, basing the itinerary on the specific requirements of the tourist.

Those with reduced mobility in particular should bear in mind that **boarding a tuk tuk can be a complex operation**.

Particular care should also be taken if you have physical difficulties which could be aggravated by vibrations or movements of the vehicle. We suggest that you consider this and plan a tour on this type of vehicle in advance.



Close up of a Tuk Tuk – right: a small stool to help passengers climb inside

EATING OUT

Lisbon's gastronomy presents a wide choice of **characteristic dishes**, with an increase in the supply of **street food**, as well as good options for those who follow a **vegetarian or vegan** diet or prefer to eat organic or locally-grown and produced food. There is also an increasing **focus on sustainability**, resulting in the increased use of local ingredients and the **reduction of waste**.

Traditional cuisine

Lisbon's gastronomy is a combination of **traditional Portuguese flavours and international influences** and is characterised by a wide variety of delicious and authentic dishes.

Among the typical dishes, *bacalhau* is one of the most famous and can be enjoyed in many different ways. The most common is *bacalhau à Bras*: an omelette made with cod, eggs, potatoes and onion. Sardines are another Portuguese speciality and can be grilled with bread and potatoes as *sardinha assada*. *Pastéis de nata or pastéis de Belém* are typical pastries, similar to custard tarts, which can be found in all the city's cake shops and bakeries. *Caldo verde*, the traditional Portuguese soup, is made with potatoes, cabbage and salami and is very tasty and warming. *Bifana*, on the other hand, is a pork sandwich, often served with mustard. *Vinho Verde* is a Portuguese wine characterised by its low alcohol content. It has become very popular in recent years due to its freshness and unique flavour.

Street food

Lisbon has a vibrant street food scene, making it the perfect place to **enjoy an outdoor meal**. **Street food trucks and kiosks** abound, offering a wide choice even for those who follow a **vegetarian or vegan diet**. A wide range of delicious and affordable street food options are available, many of which featuring **traditional Portuguese cuisine**.

Accessibility and eating out

Those with motor disabilities may find it difficult to access and move around Lisbon's restaurants. They are often housed in historic buildings and, as a result, are mostly narrow, with steps at the entrance and inaccessible toilets. For those with specific accessibility needs, finding a suitable restaurant is not always easy.

The **wide range of vegan, vegetarian and gluten-free food** on offer is an indication of the **increasing attention** being paid to people's dietary needs and requirements.

To make it easier for people to find a place to eat that suits their needs, we collected data on the physical, sensory and dietary accessibility of several places in Lisbon.

Some of these are listed in the **"Where to eat"** section, and have **accessible bathrooms, large outdoor terraces**, or offer different types of food options depending on the needs of their clientele.

Where to eat

MERCADO DA RIBEIRA



For those looking for an authentic and immersive experience of food and culture in Lisbon, the **Mercado da Ribeira** is definitely worth a visit.

Located at Avenida 24 de Julho 49, near the **Cais do Sodré** metro station, it houses a wide range of restaurants and stalls, making it the ideal place to discover Portuguese **street food** and **try both traditional and innovative dishes**. Check out the Market's website to find the most suitable menu options.

Usually **very crowded**, the Mercado da Ribeira still has **plenty of seating to accommodate** a large number of visitors.

The Mercado da Ribeira is **accessible to those with motor disabilities**, with ramps for access to the restaurants and toilets, tables of different heights and highchairs for families with young children.

PASTÉIS DE BELÉM PATISSERIE



Pastéis de nata or *pastéis de Belém* are typical Portuguese pastries made of crispy puff pastry and custard. A symbol of Portuguese gastronomy, they are very popular in Lisbon and can be found in all cake shops and bakeries. The most famous is undoubtedly **Pastéis de Belém**, an **obligatory destination** for anyone wishing to taste these famous Portuguese pastries. Pastéis de Belém was established in 1837 and has become a veritable institution in Lisbon, attracting visitors from all over the world to taste its famous *pastéis*. The recipe is a closely guarded secret and only a few people know exactly what goes into making these pastries.

Pastéis de Belém is always **very crowded** but it is also **very well organised** and has a large area with tables and chairs to sit and enjoy the cakes.

This cake shop is **accessible to people with motor disabilities**: it has an entrance with no steps and is very spacious inside. There are ramps for access to the tables and toilets and staff are usually willing to assist those with motor disabilities.

HONEST GREENS



Honest Greens is a restaurant chain that was launched in Madrid in 2017 and now has several branches in Spain and Portugal. There are two Honest Greens restaurants in Lisbon: one in Cais do Sodré and one in Parque das Nações. The chain's philosophy is based on **offering fresh food made with organic and sustainable ingredients**.

The menu offers a wide selection of fresh and healthy dishes, including salads, cereal-based dishes, and fresh fruit juices. Considerable attention is paid to the needs of customers with **specific diets or dietary requirements, providing options for vegetarians, vegans, those with celiac disease, etc.**

Honest Greens is also committed to sustainability: from reducing waste to using local and organic ingredients, in order to minimise its environmental impact.

Regarding **accessibility**, the interior design of Honest Greens restaurants is modern, comfortable and inclusive. All premises are designed with entrances without steps and wide doors that allow access to wheelchair users. The interiors are barrier-free, with tables and chairs of different heights, and bathrooms are accessible.

VERSAILLES RESTAURANT AND PATISserie

Restaurant



Patisserie



Versailles is a historic eatery located in the **Belém district**. It was established in 1922 and is very popular in Lisbon, frequented by locals and tourists from all over the world. It is famous for its **desserts and traditional Portuguese dishes**, as well as its elegant ambience and **Art Deco décor**, which dates back to the 1940s. The patisserie offers a wide range of sweets and pastries, including the famous *pastéis de nata*.

The restaurant can be very crowded, especially during peak hours at weekends, but has a very spacious interior.

Versailles is **accessible to those with motor disabilities**. The main entrance is equipped with an access ramp and the restaurant has a bathroom for people with disabilities. In terms of dietary requirements, **vegetarian dishes** are also served.

FLOR DOS ARCOS RESTAURANT



Flor dos Arcos is a restaurant located on the edge of the **Alfama district**, near the **Museu do Fado**. It serves **traditional Portuguese dishes**, such as the famous *bacalhau à Bras*, **grilled octopus and chicken and rice**. **Vegetarian dishes** are also available. The restaurant is decorated in a traditional, rustic style with stone arches and exposed brick walls. You can choose to eat inside the restaurant or outside in the pedestrian area. Service is friendly and welcoming and staff are willing to provide information on local dishes and wines.

In terms of **accessibility**, the restaurant has two steps that make entry difficult for those with motor disabilities. The outdoor area has large spaces overlooking Alfama main square. It is possible to pay the bill outside, without entering the premises. The toilets are not spacious or equipped to accommodate people with motor disabilities.

SOLAR DOS BICOS



The Solar dos Bicos restaurant is located a few steps away from Praça do Comércio on a spacious pedestrian area and close to the Terreiro do Paço metro station. The restaurant features an outdoor dining area, very pleasant during the warmer seasons due to its shaded position and proximity to the Tagus River.

Inside, the venue is organized across two floors; the upper floor is accessible only via stairs. Access to the restaurant has a step, but the staff is available to assist guests in entering. The restaurant is internally decorated with azulejos, showcasing vaulted arches and ceilings with exposed beams.

The menu offers dishes based on typical Portuguese culinary fish and meat, complemented by vegetarian or vegan options."

ITINERARIES

Itineraries tested by Willeasy

Visiting Lisbon can be difficult for those with motor disabilities due to the city's steep slopes, its steep, narrow streets and cobbled and uneven pavements, particularly in the iconic, historic districts of Alfama and Bairro Alto. These difficulties can also be encountered by families with small children.

To offer everyone a complete and inclusive experience in Lisbon, regardless of age or ability, and make it possible to get around the city in complete autonomy and serenity, we created 20 itineraries based on the accessibility information collected. Then we tested each one.

The routes are organised by district or area of the city, with several proposals for each area. There are also some itineraries that visit two areas or districts of Lisbon: these itineraries can be interesting not only for getting around the city, but also for discovering the **unique features** of each area and seeing how the **architectural style** changes from district to district.

This approach is designed to give the reader the **opportunity to independently organise their stay in Lisbon based on their personal accessibility needs** and visit the most typical, historical or contemporary areas in order to **understand the beauty of Lisbon** and its many different faces.

While we were collecting data and creating the routes, we paid close attention to physical accessibility and especially to analysing elements such as thresholds, steps and differences in level. **For each itinerary, we indicate the accessibility needs met, for wheelchair users, those who use mobility scooters or families with babies or toddlers in pushchairs.**

A summary of the routes is then presented. For **full details**, you can access a navigation platform from the [Willeasy website](https://willeasy.it) which offers lots of useful information, such as the time it takes to complete the route, the difference in elevation, ascent and descent, and details on points of interest and places to eat. You can also check the map, see photos of points of interest and download the GPX track.

To access the Itineraries page: <https://willeasy.it/itineraries-for-discovering-lisbon>

ALFAMA

Walking around Alfama gives you an understanding of Lisbon's **essence, uniqueness and typicality**. The oldest district of Lisbon retains many of its medieval characteristics and is known for **fado, picturesque views, narrow streets, steep steps and colourful houses** decorated with **azulejos**. Alfama is home to the **Castelo de São Jorge** (Saint George's Castle) and the **Sé de Lisboa** (Cathedral).

This district is hard to reach for those with reduced mobility, due to the narrow streets and steep steps. Nevertheless, there are various kinds of tourist transport, such as the **tuk tuk**, which make it easier to access Alfama.

In the itineraries proposed below, the **starting points** (**Museu do Fado** or the **Terreiro do Paço** underground station) are easy to reach by public transport and completely on one level, with no differences in elevation.

FROM THE MUSEU DO FADO TO THE MUSEU NACIONAL DO AZULEJO

An easy and accessible route along the lower part of Alfama, exploring one of Lisbon's most characteristic neighbourhoods and a symbol of Portuguese culture.



This route is accessible to everyone and takes visitors to explore the lower part of Alfama on foot and visit two museums: the **Museu do Fado** and the **Museu Nacional do Azulejo**.

The itinerary starts at **Old Alfama Square**, opposite the Museu do Fado, which can be reached on foot from either Santa Apolónia station or Terreiro do Paço. The streets from the square to the Museu Nacional do Azulejo are paved and level. This route allows visitors

to admire the characteristic alleyways along the way, easily, accessibly and without encountering any obstructions.

Here are some details on the two museums:

- The **Museu do Fado**, accessible to people with motor disabilities, is dedicated to fado, the musical genre which symbolises Portuguese culture. Audio guides are available, also in English.
- The [Museu Nacional do Azulejo](#) is accessible to people with motor and sensory disabilities. The collection of tiles (*azulejos*) is clearly and accessibly displayed, with captions in several languages and tactile reproductions.

Notes

- We recommend booking to watch the live fado performances organised by the museum.
- **For details of the route:** <https://www.willeasy.net/project/progetto-lisbona/visita-lisbona/itinerari-per-scoprire-lisbona/>

ALFAMA AND MUSEU DO FADO

Easy and accessible urban itinerary through the lower part of the iconic Alfama district, starting from the famous square overlooking the River Tagus: Praça do Comércio.



The route, which is also suitable for those with reduced mobility, starts at the **Terreiro do Paço** underground station and is ideal for easily and accessibly exploring some of Lisbon's most famous central areas.

From **Praça do Comércio**, where it is possible to admire the **Arco da Rua Augusta** and enjoy a breathtaking view of the **River Tagus**, it crosses the lower part of the characteristic **Alfama** district, taking you to the **Museu do Fado**.

Praça do Comércio is one of Lisbon's main squares: from here, the route travels through the streets of **Alfama**, where you can admire the beauty of traditional Portuguese architecture.

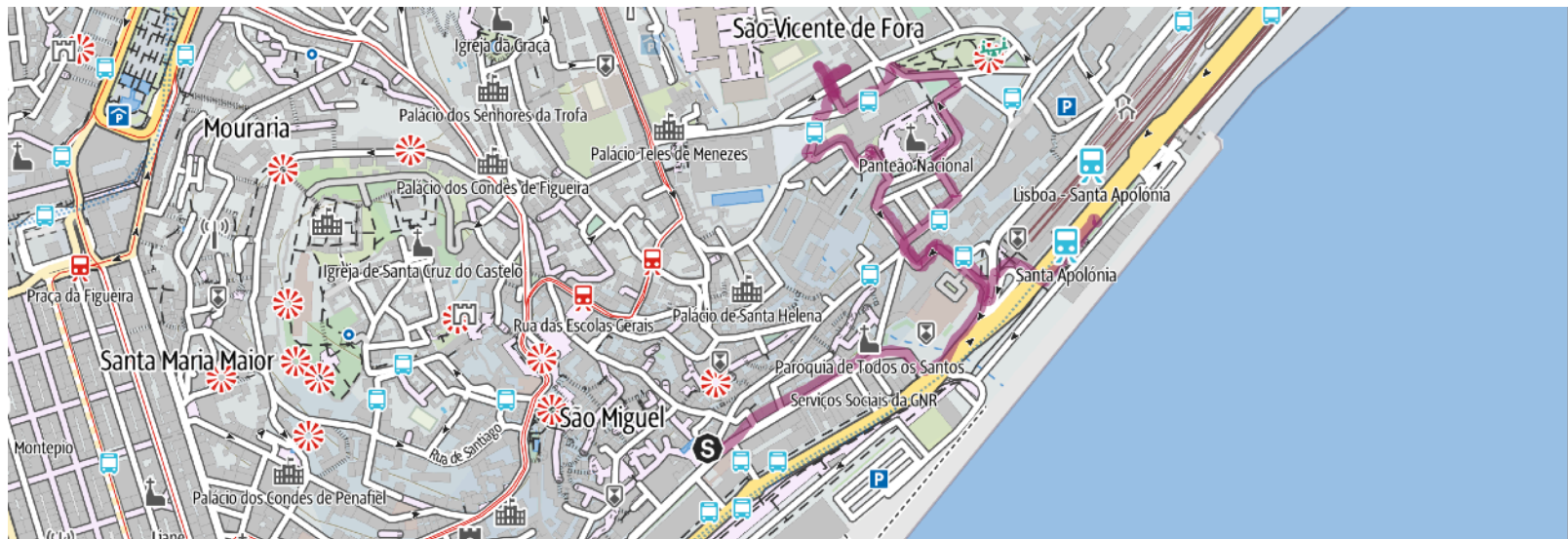
The route ends in front of the **Museu do Fado**, a museum dedicated to the musical genre that symbolises Portuguese culture: fado. The museum is accessible to people with disabilities, with ramps and lifts to all floors. Audio guides are available in several languages, including English.

Notes

- We recommend booking to watch the live fado performances organised by the museum because places are limited.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

FROM THE MUSEU DO FADO TO GRAÇA

A walk through the narrow streets of Graça, one of Lisbon's oldest neighbourhoods, famous for its little streets and colourful houses with typical Portuguese tiles: *azulejos*.



Next to **Alfama** and above the **Castelo de São Jorge**, the **Graça** district is **one of Lisbon's most characteristic**. This itinerary takes you on a discovery of its history, culture and traditions, and also offers you the chance to admire the beauty of typical Portuguese architecture.

The route begins in the square in front of the **Museu do Fado** and is rather challenging for those with reduced mobility or who have difficulty walking on steeply sloping ground.

The itinerary leads to **Campo de Santa Clara**, the little square where the weekly **Feira da Ladra**, a popular flea market where you can find vintage items, is held.

The route ends in the heart of Alfama, exactly where it started: here you can stroll through the streets full of shops, restaurants and bars.

Notes

- This itinerary, recommended for those who want to get to know historical and representative areas of Lisbon, is unsuitable for wheelchair users or those with reduced mobility.
- We recommend that users of mobility scooters or wheelchairs with a triaxle attachment be accompanied, especially in steep places and where there is a risk of slipping.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

ORIENTE

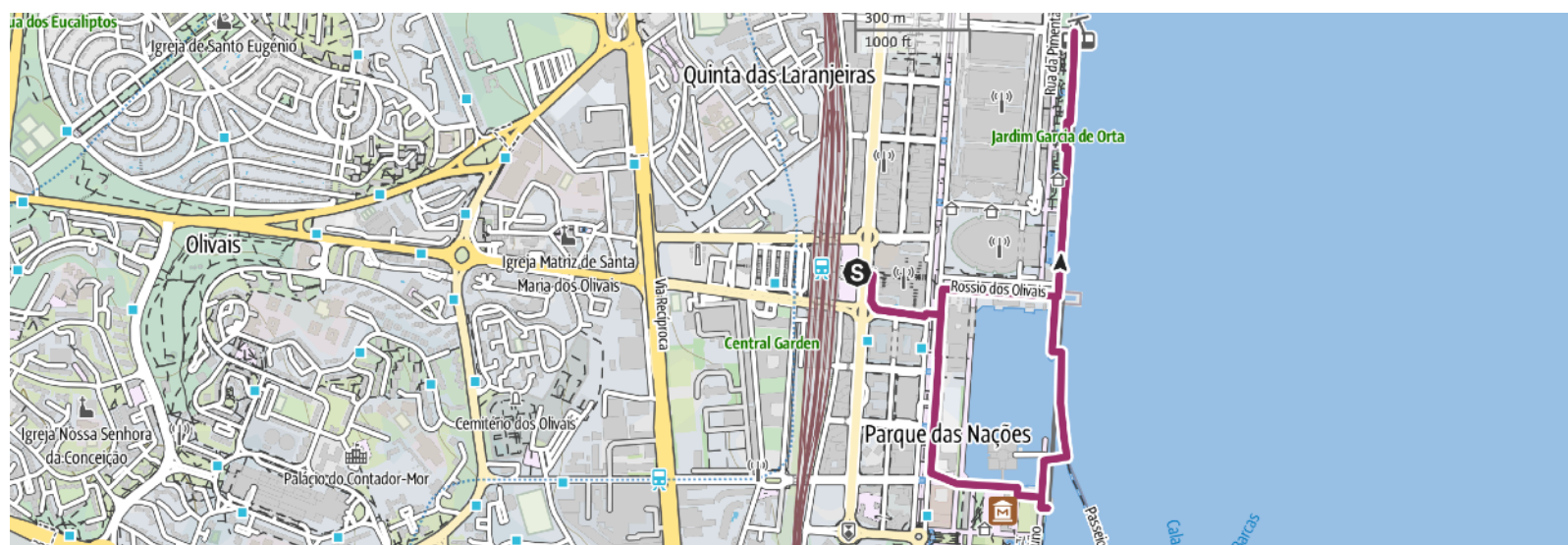
Visiting Oriente is all about getting to know the most modern and lively area of Lisbon. Known for its futuristic architecture and several cultural attractions, most of which are accessible, the Oriente district is home to the **Parque das Nações**, **Oceanário de Lisboa** and **Torre Vasco da Gama**, all sites that are accessible to those with motor disabilities.

The itineraries proposed for the Oriente district are also accessible to those with motor disabilities and the routes are characterised by the presence of benches, allowing people to stop and rest along the way.

The district can be easily reached by the underground, using the **Oriente** station, which is accessible and equipped with lifts and escalators.

TELECABINA DO PARQUE DAS NAÇÕES AND OCEANÁRIO DE LISBOA

An easy route, accessible on foot and by cable car (*telecabina*), in the Oriente area, Lisbon's modern, commercial district. Great for admiring the view of the River Tagus and Lisbon.



This walking itinerary, also accessible to people with motor disabilities and those who use wheelchairs or mobility scooters, allows you to discover the most modern area of Lisbon: Oriente.

The start of the route is at the **Oriente underground station**, which is accessible, equipped with lifts and escalators. From here, it continues along the **River Tagus** on a paved, level path to the **Telecabina do Parque das Nações**: simply ask the staff and they will stop it to allow **comfortable access by wheelchair users**. The cable car runs from the **Torre Vasco da Gama** to the **Oceanário de Lisboa**, offering views of the Parque das Nações and the Tagus.

At the exit you can visit the **Oceanário de Lisboa** which is fully accessible to people with disabilities and equipped with ramps and lifts to the floors. The visit to the Oceanário takes about a couple of hours:

The whole building can be visited using a wheelchair or mobility scooter, and there are seats or sofas along the way to take a break. This visit is also suitable for families with children. There is a baby changing table in the toilets of the Oceanário.

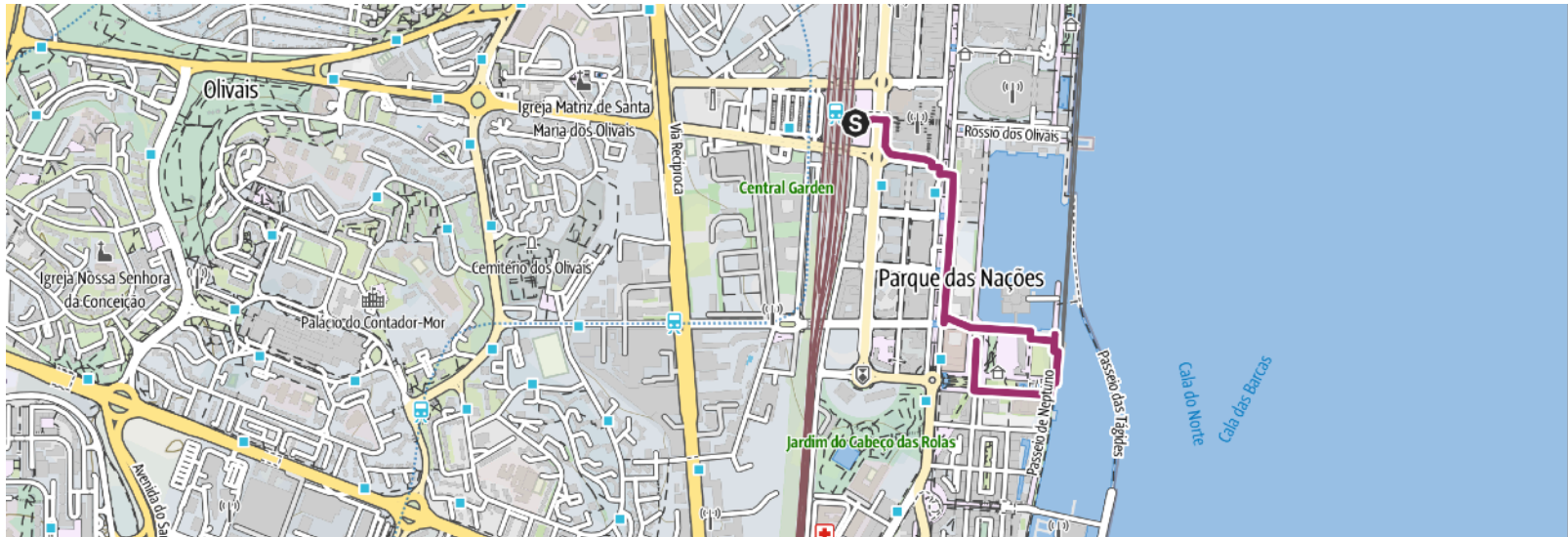
The walk back to the underground station is through the **Parque das Nações**, where you can admire the gardens and fountains and also grab a bite to eat. The path is accessible to all, with paved roads and no differences in elevation.

Notes

- The route is accessible to people with motor disabilities, people using wheelchairs or mobility scooters and families with babies and children.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

THE ORIENTE GARDENS

Exploring the modern district of Oriente: from the underground station to the green areas around the Parque das Nações.



This route runs through the modern Lisbon neighbourhood of Oriente, via the **Jardins da Água** ending up at the **Pavilhão do Conhecimento - Ciência Viva**.

The itinerary crosses the **Parque das Nações** area, where EXPO 1998 was held, and some parts of it run alongside the **River Tagus**.

The parks are easy to reach from the Oriente station on the red underground line, which is fully accessible to people with motor disabilities.

One of the emblematic places along this itinerary is the **Jardins d'Água**, a water-themed garden and an ideal place for families to cool off in warm weather.

The route ends at the **Pavilhão do Conhecimento - Ciência Viva**, an interactive centre in which to explore science through fun and games, which pays special attention to families with children. The museum is fully accessible to persons with motor disabilities. For more information, visit the official website, which offers a virtual tour of the museum areas.

Note

- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

ALONG THE TAGUS

For those visiting Lisbon, a walk along the River Tagus is a relaxing and pleasant experience not to be missed. The view of the Tagus and city of Lisbon is stunning and there are many numerous places of interest along the way.

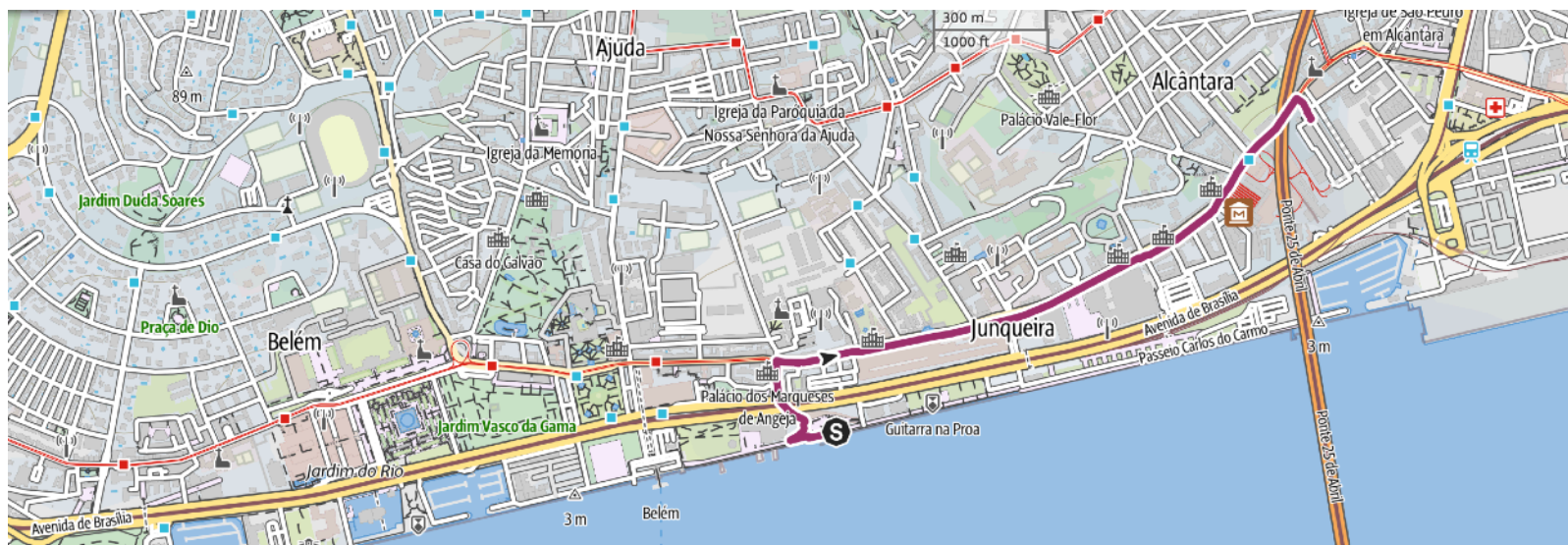
These include **Praça do Comércio**, **Cais das Colunas** and **Cais do Sodré** and, continuing along the coast, the **Belém Tower** and the **Mosteiro dos Jerónimos**, in the Belém district. This stretch of the Tagus is also known for the presence of **MAAT** (Museum of Art, Architecture and Technology) and the **25 de Abril Bridge**.

Flat, very pleasant and accessible, the route along the **Tagus** is quite easy to navigate on foot and is characterised by the presence of few significant ascents or descents. There are also many benches along the footpath where you can stop for a break, as well as several rest areas with accessible toilets.

This area is served by the **Cais do Sodré** underground station and bus services to Belém.

FROM CENTRAL TEJO TO LX FACTORY

An itinerary to explore the Alcântara neighbourhood, from Central Tejo to LX FACTORY, "the Portuguese Camden Town".



Museums, monuments and a cool area: this route is perfect for learning about the history and culture of Lisbon from the end of the 19th century to the present day.

The starting point of the itinerary is at the **MAAT** (Museu de Arte, Arquitetura e Tecnologia) and the **Central Tejo - Museu da Eletricidade**, and it continues via the **Museu da Carris** and ends at **LX FACTORY**.

The route, which is also suitable for those with reduced mobility, is easy and accessible with no differences in elevation. However, it is necessary to cross a fairly busy road served by several bus services along the way. The bus could be an option for getting around, but

full operation of the bus access ramps is not guaranteed and no battery-powered vehicles are allowed to board.

As regards the **accessibility of LX FACTORY**, the final destination of the route, the paving is uneven and access to most of the shops involves a change in elevation. Consequently, not everywhere in the area is accessible to those who cannot get up and down a step.

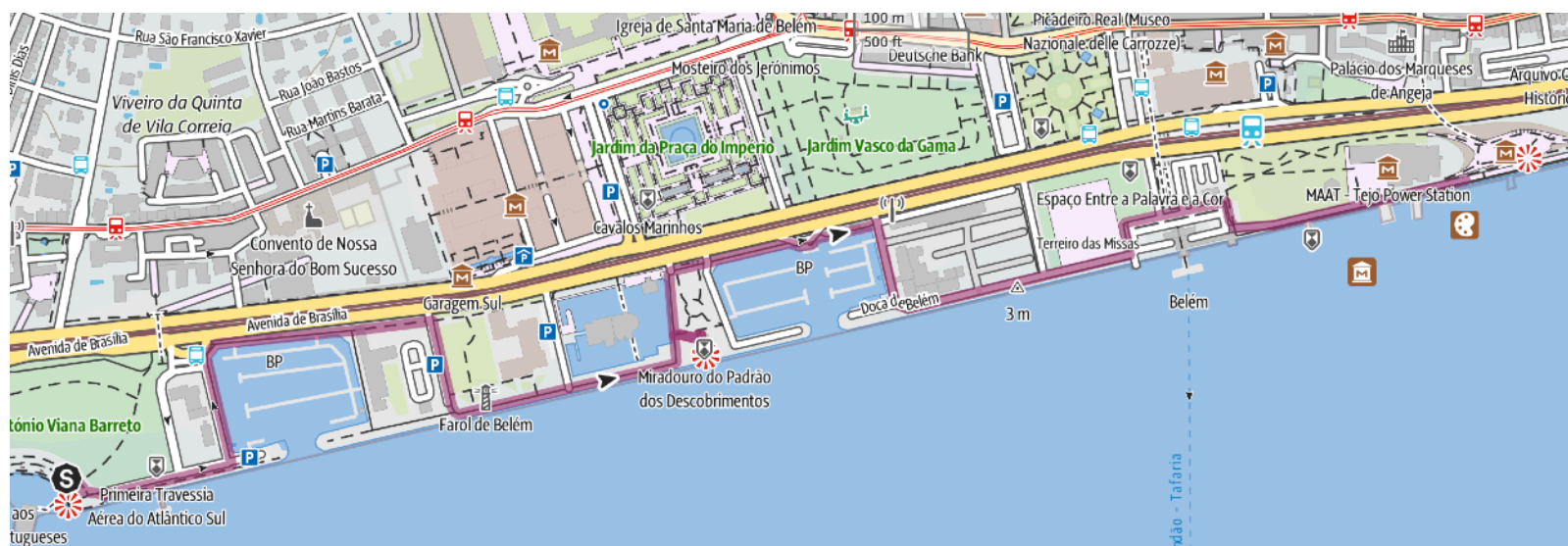
Dedicated to the history of the Carris public transport company, the **Museu da Carris** presents a large collection of Carris-related objects, including vintage buses and trams. After the visit, you can go to **LX FACTORY**. This is a converted 19th century industrial complex that has now become a youthful and dynamic space dedicated to creativity, dining, reading, discovery, work, knowledge and leisure. Urban style and street art characterise this area, which houses restaurants, shops, studios, bookshops and markets.

Notes

- The route is easy, accessible and has no differences in elevation, but it crosses a fairly busy road. The paving in the area where LX FACTORY is located is uneven and access to some of the shops and venues is via steps.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

ALONG THE TAGUS TO BELÉM

A riverside walk from the famous Belém Tower to the Central Tejo and MAAT (Museum of Art, Architecture and Technology). The view is breathtaking.



This route is ideal for getting to know the Belém district and enjoying an unforgettable view of the **Tagus** and **Lisbon**, starting from the Belém Tower and ending with a visit to the **MAAT** and **Central Tejo**.

The **Belém Tower** is one of the main symbols of Lisbon. The tower's historic structure is inaccessible to people with motor disabilities, so we recommend that those who cannot visit the inside of the monument remain on the large square outside to admire the exterior details. From the tower, it is then easy to walk to the [MAAT](#).

Walking from the Belém Tower to the Padrão dos Descobrimentos (Monument to Discovery), it is possible to admire the beauty of the Tagus and its banks.

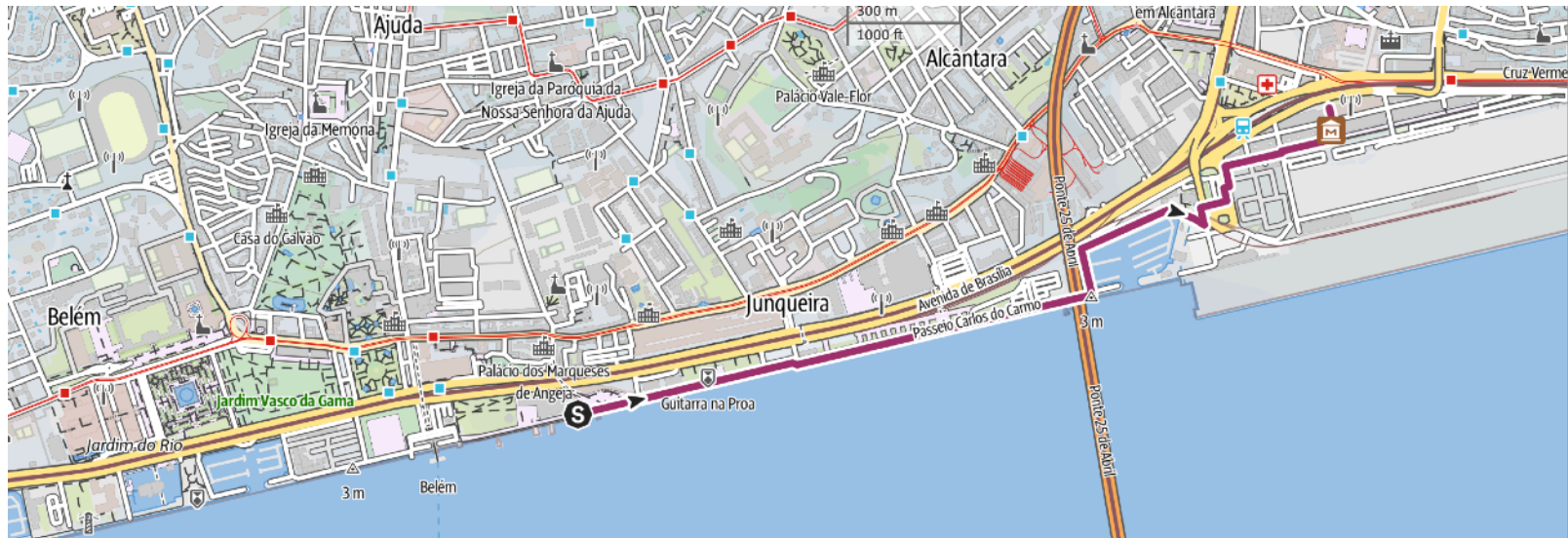
After the Padrão dos Descobrimentos, a monument which celebrates the age of the great Portuguese journeys and explorations, the itinerary continues to the MAAT and [Central Tejo](#). Both museums, equipped with ramps and lifts to all the floors, are accessible to those with disabilities.

Notes

- It is best to make your own way to the Belém Tower. From there, it is easy to walk to the MAAT.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

FROM THE MAAT TO THE MUSEU DO ORIENTE

Spectacular views while strolling along the Tagus: a footpath with no difference in elevation that leads from the MAAT to the Museu do Oriente, to discover art, history and culture.



You can explore Lisbon on foot along this easy and accessible route, starting at the MAAT, one of the city's most innovative contemporary art museums, and ending at the Museu do Oriente. Dedicated to the history and culture of Asia, particularly the countries which were once Portuguese colonies, the Museu do Oriente is in the **Alcântara** district.

From the [MAAT](#), a museum that is fully accessible to people with disabilities, the route following the **River Tagus**, where the beautiful sights catch the eye. The path passes under the **25 de Abril Bridge**, which offers a spectacular view of Lisbon. Beyond the bridge there is an area which was once part of the port and has now been redeveloped, with an old *bacalhau* warehouse now hosting the [Museu do Oriente](#).

The walk ends at the **Museu do Oriente**, a museum which illustrates the strong link that exists between Portugal and Asia. Accessible to people with disabilities, this museum has ramps and lifts that link all the floors. The corridors are spacious, although they are dimly lit and displays and captions are positioned at a height which is not suitable for everyone. The cost of admission includes audio guides in English.

Notes

- The MAAT is accessible to those with motor disabilities.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

FROM CAIS DO SODRÉ TO THE MUSEU DO ORIENTE

Easy, accessible and mostly pedestrian route along the riverfront to explore Lisbon's hidden treasures. From Cais do Sodré to the Museu de Arte Antiga and the Museu do Oriente.



History, culture and a breathtaking view of the river and Lisbon characterise this route, which is an excellent choice for those who want to get to know two major museums and stroll along the riverfront.

The route, which runs entirely on pavements or cycle paths, is suitable for those with reduced mobility and can also be walked in the opposite direction. Bear in mind that the **Museu de Arte Antiga** can only be reached from this route by stairs, making it inaccessible to those with motor disabilities who can, however, access the museum from Rua das Janelas Verdes.

The route begins at Cais do Sodré, near the underground station, and runs along the River Tagus to Lisbon's **Museu Nacional de Arte Antiga** (National Museum of Ancient Art) and the **Museu do Oriente** (Museum of the Orient).

The **Museu do Oriente**, located in the Alcântara district, is dedicated to the history and culture of Asia, in particular the countries of Portugal's former colonies. The structure is designed to ensure accessibility for everyone: there are ramps to access the building and lifts to reach the floors.

Notes

- The route can also be travelled in the opposite direction, closing the loop and returning to the Cais do Sodré underground.

- There are not many trees or shady areas along the route, so we do not recommend walking it in the middle of the day in summer. The best time of day is at sunset, when the view of Lisbon and the Tagus is spectacular.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

LISBON, BETWEEN PARKS AND MUSEUMS

This route crosses two areas of the city: the Tagus riverside and Belém. Given the length of the route, it is advisable to organise the stages or select the ones you prefer to adapt it to your needs.

Easy, accessible tour to discover famous museums and parks, including Jardim Botânico Tropical, Mosteiro dos Jerónimos, MAAT, Central Tejo, Museo Nacional dos Coches and Quake.



An itinerary that allows you to observe the beauty of some of the city's most emblematic parks and discover Lisbon's history and culture by visiting some of its main museums.

The stops along the route include Jardim Botânico Tropical; Parco Vasco da Gama; Mosteiro dos Jerónimos; Museo Nacional dos Coches, Quake; MAAT and Central Tejo.

The route starts at the **Jardim Botânico Tropical** and follows a tourist circuit to the riverfront at the **MAAT** and **Central Tejo**.

Visiting the museums takes time, so we recommend selecting the museums you would like to visit and/or covering the itinerary over several days.

Here is a brief overview of the museums:

- **Mosteiro dos Jerónimos:** a masterpiece of Manueline architecture and a UNESCO World Heritage site.
- **Quake:** an interactive museum on the earthquake which is an excellent starting point to understand the city's history.
- **Museo dos Coches:** one of Lisbon's most visited museums, it is home to an extensive collection of carriages built between the 16th and 19th centuries and used by the Portuguese aristocracy and members of the royal family.

- **MAAT:** one of Lisbon's most recent and innovative contemporary art museums, which hosts permanent and temporary exhibitions.
 - **Central Tejo:** an electrical power station which has been turned into a museum, where permanent and temporary museums are held.
-

Notes

- If you want to cover the route in one day, we suggest you select the museums you want to visit. If you want to visit them all, we recommend covering the route over several days.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

BELÉM

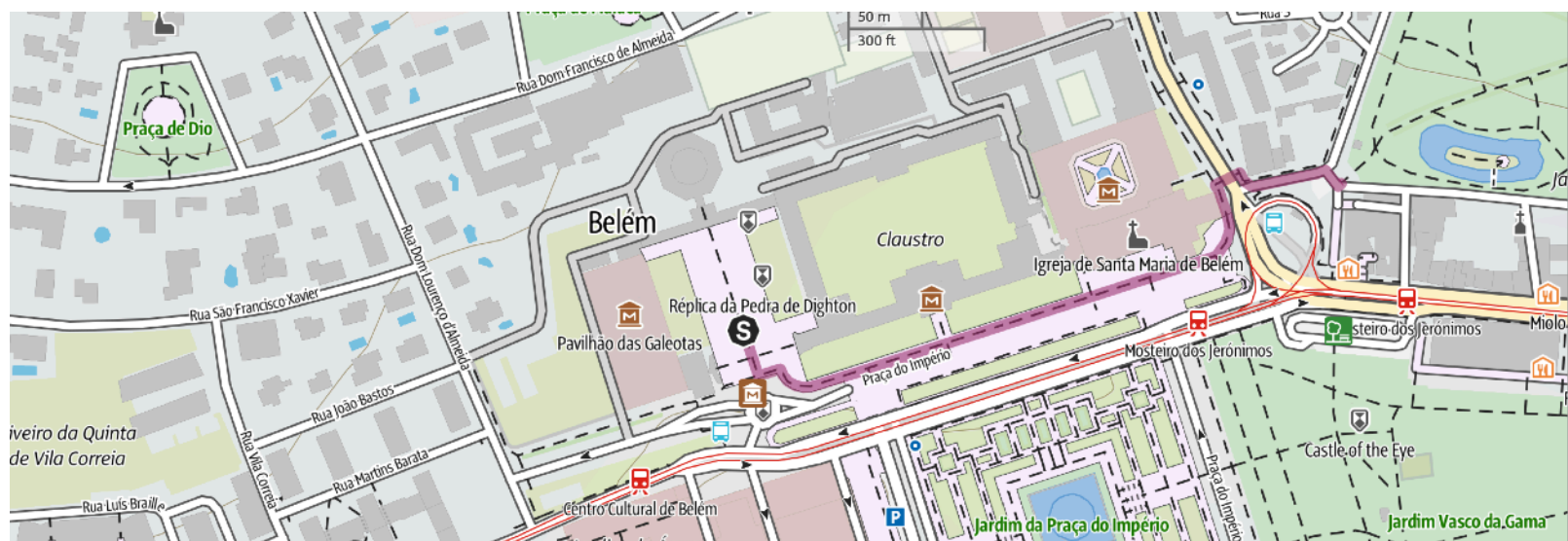
Located in the western part of the Lusitanian capital, the Belém district is one of the best known and most visited in Lisbon. History, culture, architecture and typical Portuguese sweets characterise Belém, which is home to some of Portugal's most famous monuments and museums, including **Belém Tower**, **Mosteiro dos Jerónimos** and **Jardim Botânico Tropical**. Belém is also home to **Pastéis de Belém**, the famous patisserie offering the original recipe for pastéis de Belém and a must for gourmands and those who love to try local flavours.

Also known for its splendid views of the city and the Atlantic Ocean, the accessibility of the Belém district makes it an ideal destination for those with motor disabilities and wheelchair users in particular.

The district can be reached by bus and taxi; however, there is no underground station nearby.

BELÉM'S MUSEUMS

History, art, culture and nature in Belém. Discover some of the main museums on foot: Museu e Planetário de Marinha, Mosteiro dos Jerónimos, Jardim Botânico Tropical.



This short walking tour offers a chance to get to know the Belém district and some of its main museums. The itinerary starts at the **Museu e Planetario de Marinha** and continues to the **Mosteiro dos Jerónimos** and ends with a visit to the **Jardim Botânico Tropical**.

The [Museu de Marinha](#) and the Planetário de Marinha are separate attractions, but both can be accessed with the same ticket. The structures are completely accessible to those with motor disabilities.

The second stop along the route is the **Mosteiro dos Jerónimos**: this UNESCO World Heritage Site is accessible and is considered one of Portugal's most important museums. It also hosts the [Museu Nacional de Arqueologia](#) and admission is free for people with disabilities.

From the Mosteiro dos Jerónimos there is a short uphill walk to the entrance of the [Jardim Botânico Tropical](#), which boasts a vast collection of tropical plants from all over the world. There are three paths inside the Garden, one of which is inclusive, where you can enjoy a walk among palm trees, flowers and tropical plants.

Notes

- We suggest selecting the museums to visit in advance, as it is not possible to visit them all in one day.
- The visit to the **Mosteiro dos Jerónimos** takes all day and it is best to make a reservation. People with disabilities are entitled to free admission and priority entry, which allows them to skip the queue, which is usually long. For more information, please see the official website.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

BAIXA AND ROSSIO

History, culture, shopping and gastronomy characterise the Baixa and Rossio districts, located in the heart of Lisbon. Baixa, built after the city's earthquake of 1755, features large buildings arranged orthogonally to the edge of Praça do Comércio, the main square overlooking the Tagus and one of the largest in Europe.

Places to visit and admire in the district are the **Arco da Rua Augusta**, **Paço da Ribeira** and the **Elevador de Santa Justa**.

Each of the districts has its own underground station: Rossio, equipped with lifts, and Baixa-Chiado, which has no lifts but does have a stair lift. Alternatively, you can use the Terreiro di Paço station, equipped with lifts and escalators.

FROM RESTAURADORES TO PRAÇA DO COMERCIO

An easy and accessible pedestrian route to get to know some of the iconic areas in the centre of Lisbon, admire the architecture and taste typical Portuguese dishes.



An easy, flat pedestrian route that takes you through the heart of Lisbon and some of its iconic areas: from the **Ascensor da Glória** to **Praça do Comércio**, via the streets of **Baixa**. The route passes through neighbourhoods rebuilt after the 1755 earthquake, exploring the city's history and culture. There are numerous bars and restaurants along the way, where you can stop to taste Portuguese gastronomic dishes.

The route, which is also suitable for persons with motor disabilities, is flat and runs mostly through areas that are subject to traffic restrictions but are very busy.

The itinerary begins in **Restauradores**, at the entrance to the Ascensor da Glória, one of the city's oldest cableways which links the square and Bairro Alto. Wheelchair users are

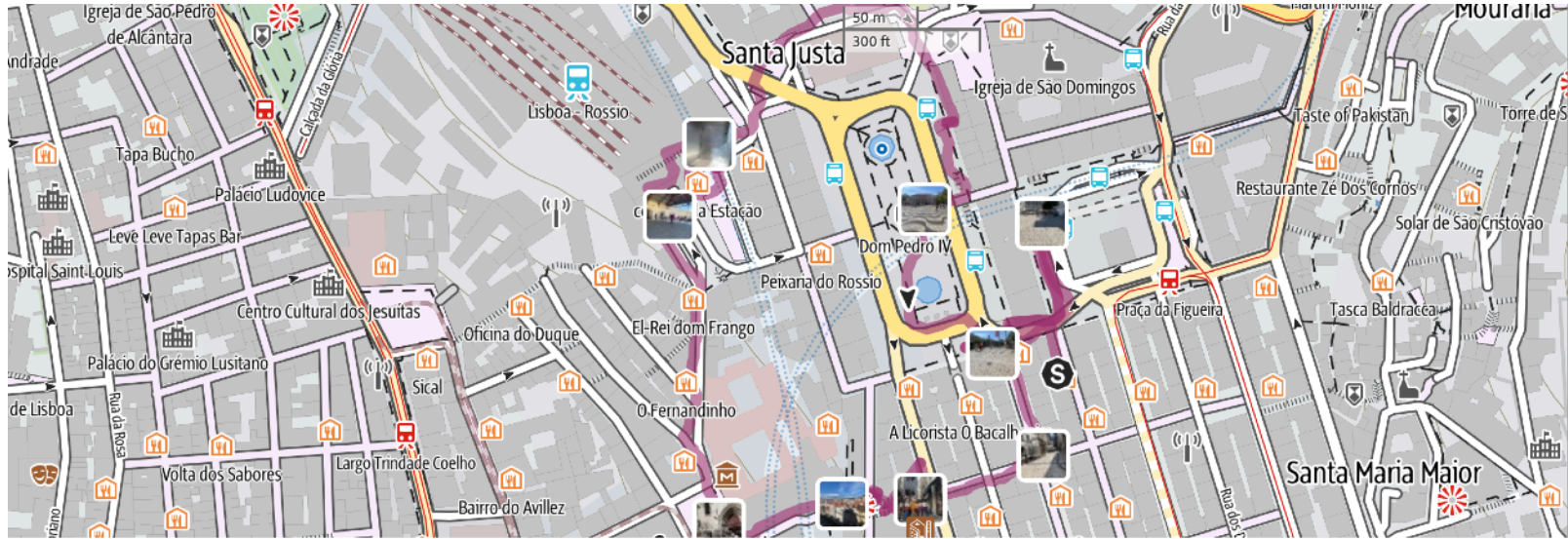
advised to use the **Rossio** metro station and walk to the start of the route, rather than the Restauradores station, as the lift exit is not accessible. The route ends at Praça do Comércio, Lisbon's most iconic square overlooking the River Tagus.

Notes

- Itinerary also suitable for those with motor disabilities.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

A TRIP IN THE LIFT FROM BAIXA TO ROSSÍO

Lisbon at its best. An itinerary that takes you through the heart of the city to discover the history, culture, architecture and landscapes of the Lusitanian capital.



This itinerary, which allows you to discover the most representative places in Lisbon, has some steps, so does not allow full access to those who move around on wheels. The route is recommended only for people who are able to get around on foot.

The route begins in the old town, at the **Elevador de Santa Justa**, the lift that offers panoramic views of the city and is an iconic tourist attraction in Lisbon.

The lift takes you to **Largo do Carmo**, where you can visit the **Convento do Carmo (Museu Arqueológico do Carmo)**: a former convent located in the **Chiado** district, now characterised by the ruins of the church that rise up towards the sky. This site is included in the archaeological museum, which is home to finds linked to Portugal's history and its relationship with its overseas colonies.

The route then continues down to **Praça do Rossio** and ends in **Praça da Figueira**.

From there you can use the accessible underground station or continue through the streets of Baixa.

Notes

- Due to the presence of some steps after the ascent in the lift, the tour is not suitable for wheelchair users or those unable to cope with stairs. However, it is possible to ride the lift up, admire the view of the city and ride the same lift down, continuing the tour through the Chiado district, one of the more tourist-filled areas of Lisbon.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

BAIRRO ALTO AND CHIADO

Characteristic and lively, these two districts are reached by streets with a difference in elevation.

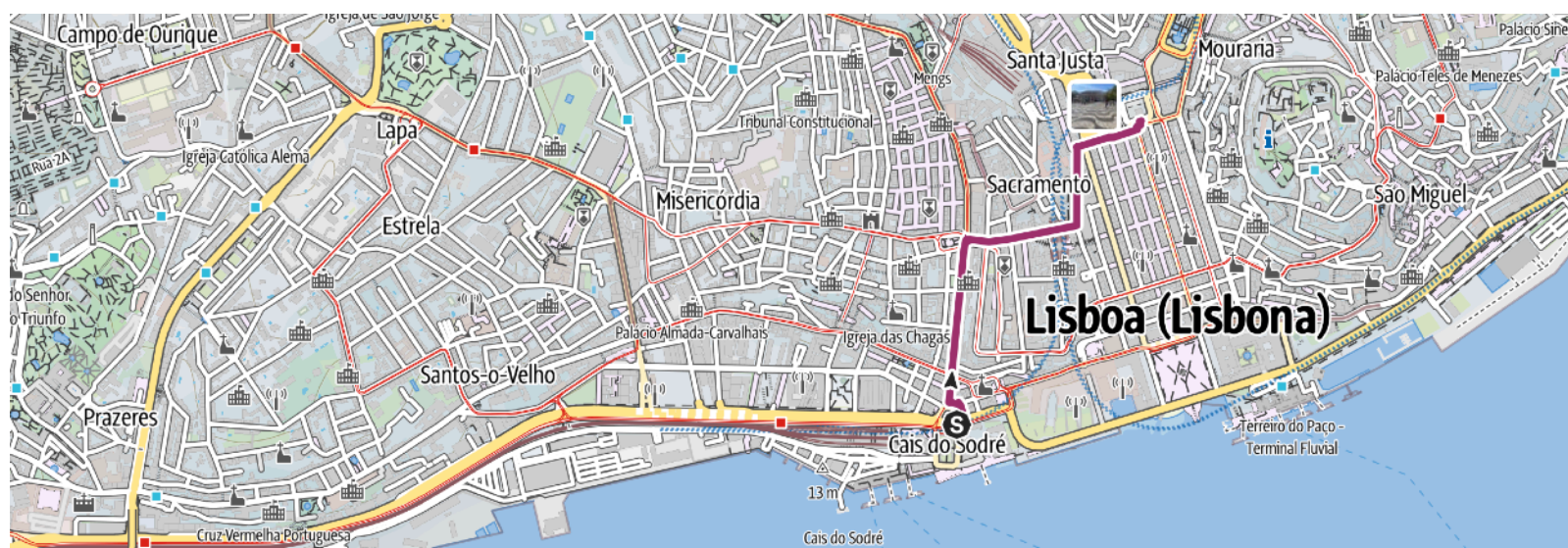
Paved streets and steps characterise **Bairro Alto**, known for its nightlife and beautiful views.

The streets of **Chiado** are pedestrianised and a little steep in places, but the district is mainly flat. If you use a **mobility assistance device**, we recommend that you plan your route carefully to avoid steep or difficult streets.

Chiado can also be reached from Baixa via the **Elevador de Santa Justa**, but there are some steps. The nearest underground station is **Baixa-Chiado** but the **Rossio** station is recommended for those with reduced mobility.

FROM CAIS DO SODRÉ TO PRAÇA DA FIGUEIRA

An easy route with slight differences in elevation that winds through the streets of the heart of Lisbon, exploring some of the city's most central and tourist-filled squares.



The itinerary, which is **suitable for people with motor disabilities**, is simple and has slight differences in elevation. It touches the streets and squares of the city centre, one of the most tourist-filled areas of Lisbon.

The route, which starts from **Cais do Sodré** then continues to **Praça Luís de Camões**, one of Lisbon's most famous squares, and **Largo do Chiado**, ending at **Praça da Figueira**.

The route takes us through Chiado, a traditional and characteristic district of Lisbon where there are lots of boutiques and literary cafés. Part of the route is in an often-crowded

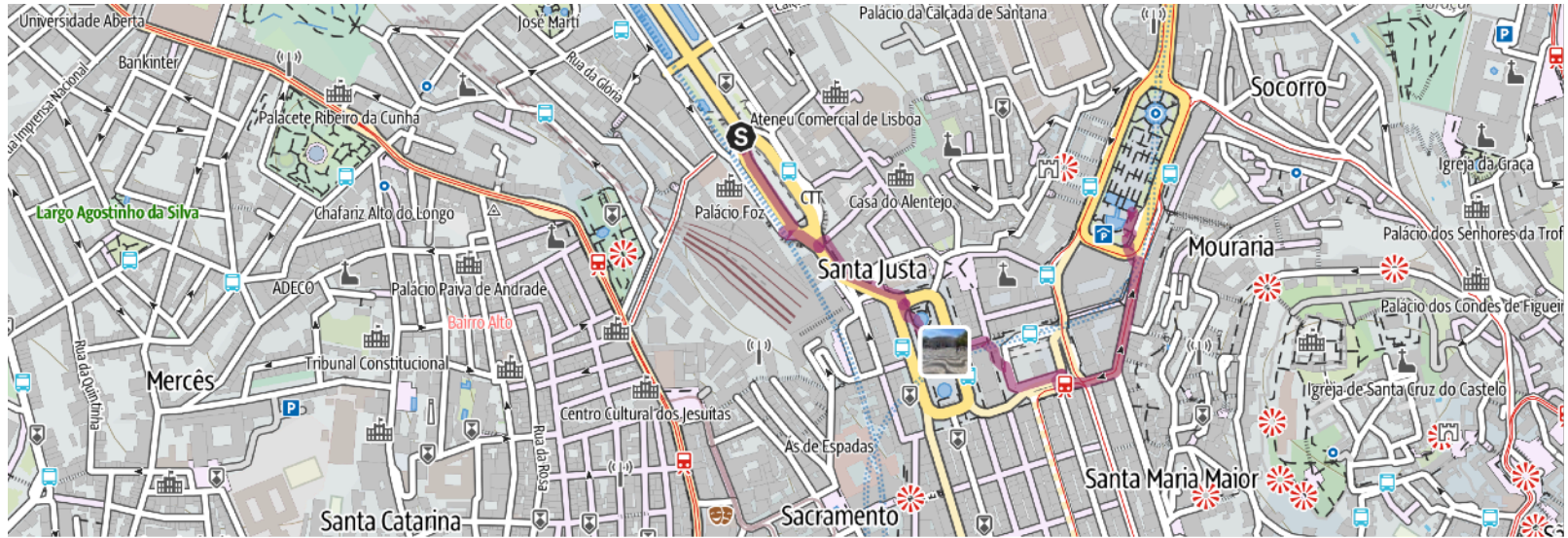
pedestrian area, which is home to numerous businesses and hotels, and where you can buy local handicrafts and sample typical Portuguese cuisine.

Note

- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

FROM THE ASCENSOR DA GLÓRIA TO MARTIM MONIZ

An itinerary to explore some of Lisbon's most iconic squares and enjoy splendid views of the city from one of its famous viewpoints (*miradouros*).



Easy, accessible and suitable for those with motor disabilities, this itinerary is designed for those who wish to experience the atmosphere that can be felt in the heart of Lisbon, wander around some of its main squares and discover the famous **Ascensor da Glória**, the cable car that connects **Praça dos Restauradores** to the **Miradouro de São Pedro de Alcântara**.

The trip begins at the **Ascensor da Glória**, from where you can choose to take the cable car to the viewpoint or continue the route via some of the city's most famous squares (**Praça dos Restauradores**; **Praça D. Pedro IV**, also known as **Praça do Rossio**; **Praça da Figueira**) to **Martim Moniz**, the multicultural central district from where you can take the famous tram number **28E tram**.

The tram is not accessible to wheelchair users or those with reduced mobility, as there are three steps to board the tram.

Notes

- At the Ascensor da Glória you can either take the route to Martim Moniz or take the cable car to the **Miradouro de São Pedro de Alcântara** and then alight and continue along the route indicated.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

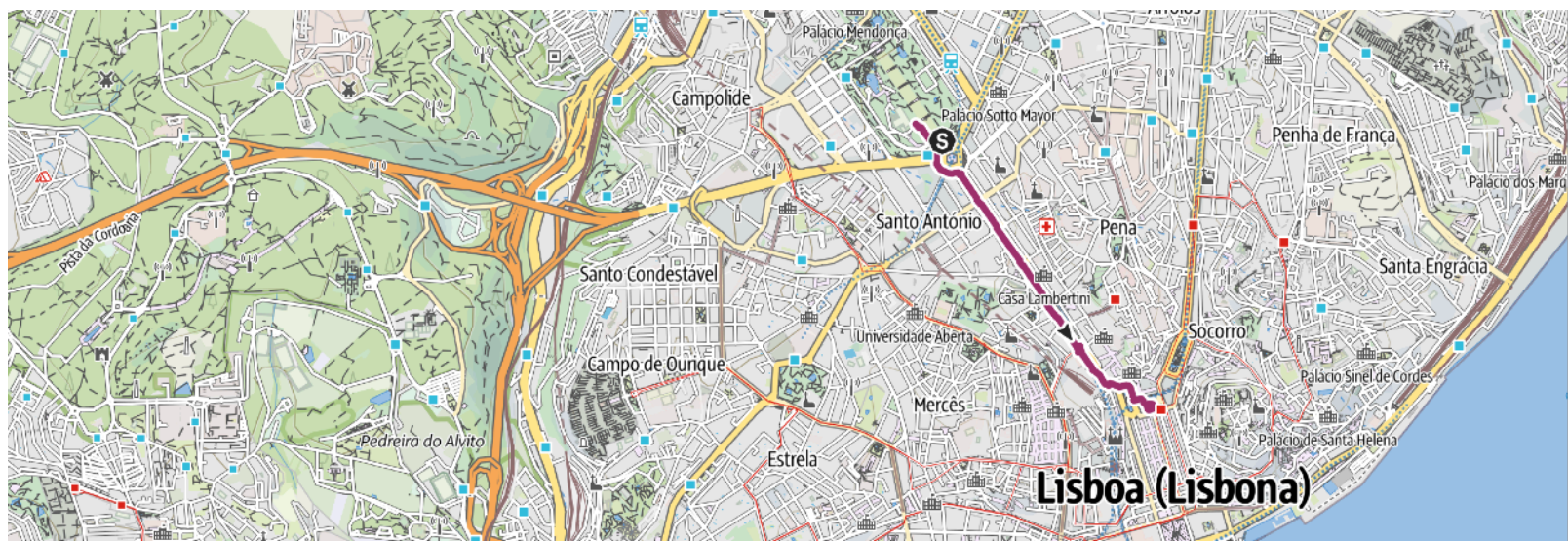
PARQUE EDUARDO VII AND RESTAURADORES

This district is characterised by a large number of green areas, ideal for exploring a central area of Lisbon at your own pace.

There are several points of interest here, including **Museu Calouste Gulbenkian**, **Estufa Fria**, **Parque Eduardo VII**. The area is served by the **Marques de Pombal** underground station, equipped with escalators and lifts.

FROM PARQUE EDUARDO VII TO ROSSIO

An easy and accessible route from the residential and lesser-known areas of the city to Rossio, in the heart of Lisbon. Don't miss the park and the city skyline.



This is a long route with few differences in elevation, suitable for most people, including those with reduced mobility.

The route starts at the **Marquês de Pombal** underground station and runs along **Avenida da Liberdade**, ending at the **Rossio station**, where the tourist area begins.

At the beginning of the route, you can enjoy a broad view from **Parque Eduardo VII** over Lisbon and the **River Tagus**. The **Estufa Fria**, or cold greenhouse, one of Portugal's largest open-air botanical gardens, created in 1930 and housing an enormous variety of plants from all over the world, is located inside the park.

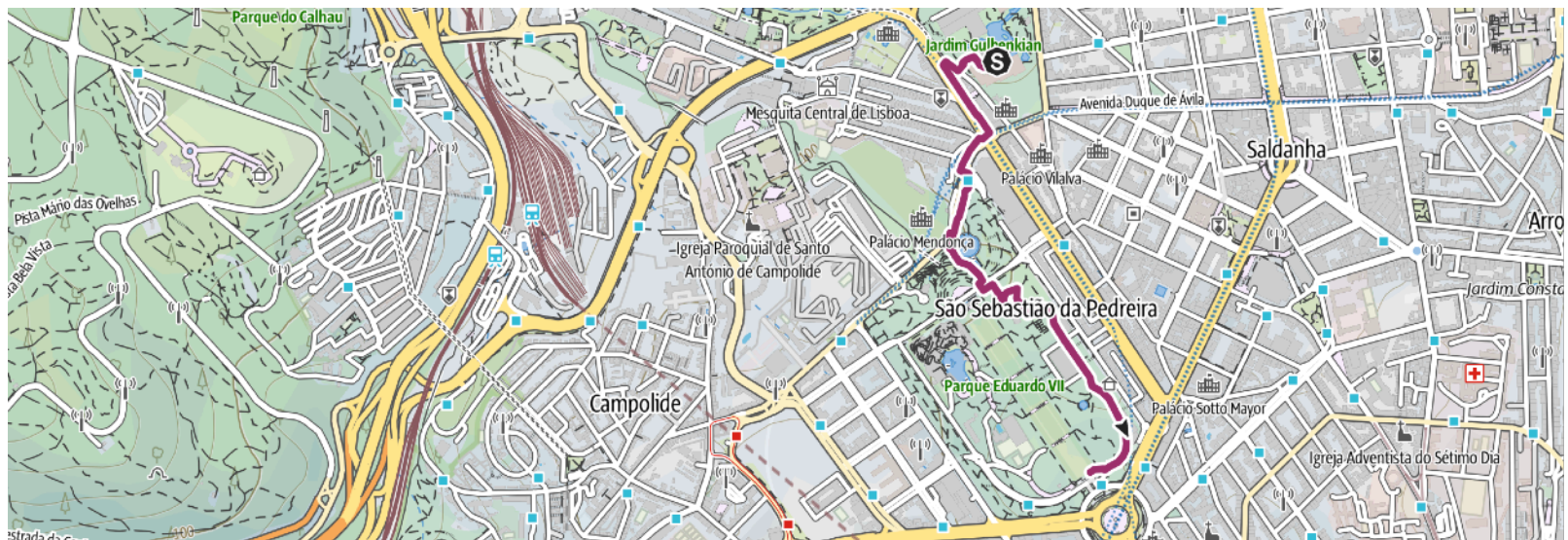
From Parque Eduardo VII, the city skyline can be admired by continuing the route and following the tree-lined **Avenida da Liberdade**. The route ends at the Rossio underground station, a meeting place for tourists and residents and the beginning of Lisbon's lively tourist area. Numerous bars and shops can be found here.

Note

- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

FROM JARDIM GULBENKIAN TO PARQUE EDUARDO VII

An easy and mostly naturalistic route in the city centre, ideal on hot days. Explore the Jardim Gulbenkian and Parque Eduardo VII, stopping off at Palacete Mendonça along the way.



This easy and accessible walk is also suitable for people with reduced mobility and is especially recommended on hot summer days.

The itinerary takes in a captivating and lesser-known area of Lisbon and is designed for those who want to spend a day surrounded by culture and nature.

The route, which includes the historic **Palacete Mendonça**, allows you to admire the city's blend of style and culture along the way and get to know two famous parks: the Jardim da Fundação Calouste Gulbenkian, also known as the Jardim Gulbenkian, and the **Parque Eduardo VII**.

The **Jardim Gulbenkian**, a green oasis in the heart of Lisbon, is ideal for walking and enjoying nature, as well as for keeping cool on hot days. It is home to one of the most famous museums: the **Museu Calouste Gulbenkian**. The park has **benches, fountains and picnic areas** and there is a **route for wheelchair users**. The route covers about half the park and includes **a café** where you can get grab a drink or a bite to eat. The café is fully

accessible, and also has bathrooms that are equipped with baby changing tables and accessible to wheelchair users.

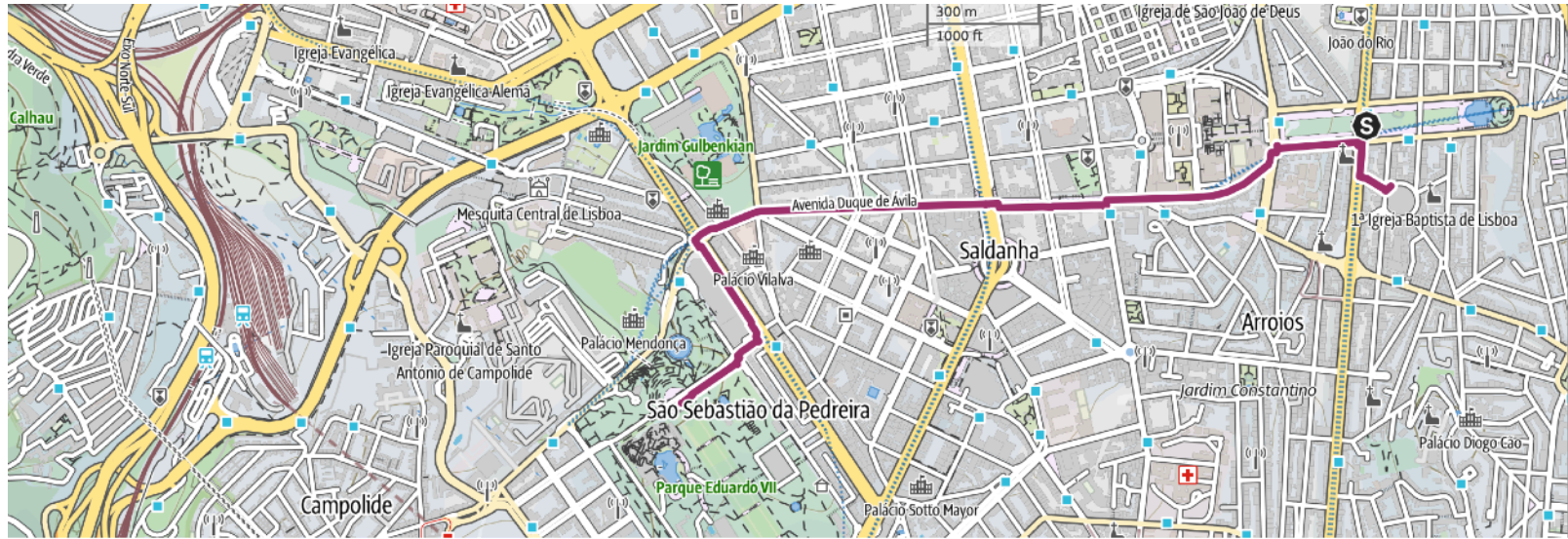
Parque Eduardo VII is one of the largest parks in the city and the top of its hill offers a splendid view of Lisbon. It is home to the Estufa Fria, or cold greenhouse, one of Portugal's largest open-air botanical gardens. Created in 1930, it houses an enormous variety of plants from all over the world.

Notes

- Most of the Jardim Gulbenkian is accessible via ramps and paved paths. The flat route does not, however, go all the way around: once you arrive at the restaurant, you have to go back the way you came.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

LISBON'S PARKS

Explore the parks, off the beaten tourist track: an unusual tour in the upper part of the city to experience the everyday life of Lisbon.



An itinerary suitable for people with reduced mobility, families and the elderly, which winds its way through the upper part of the Lusitanian capital and is designed for those who wish to discover the more authentic and less tourist-filled parts of the city. The itinerary includes a slight gradient for about 20 metres.

The route begins at Alameda station and continues to the park of the square of Alameda (**Jardim da Alameda Dom Afonso Henriques**), home to the Fonte Luminosa, a monumental fountain where light shows can be admired at night.

The **Mercado de Arroios**, a market where you can buy fruit, vegetables and local produce, is the next stop on this itinerary, which takes you to the upper entrance of **Parque Eduardo VII**.

Notes

- The itinerary is also suitable for those with motor disabilities or reduced mobility.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

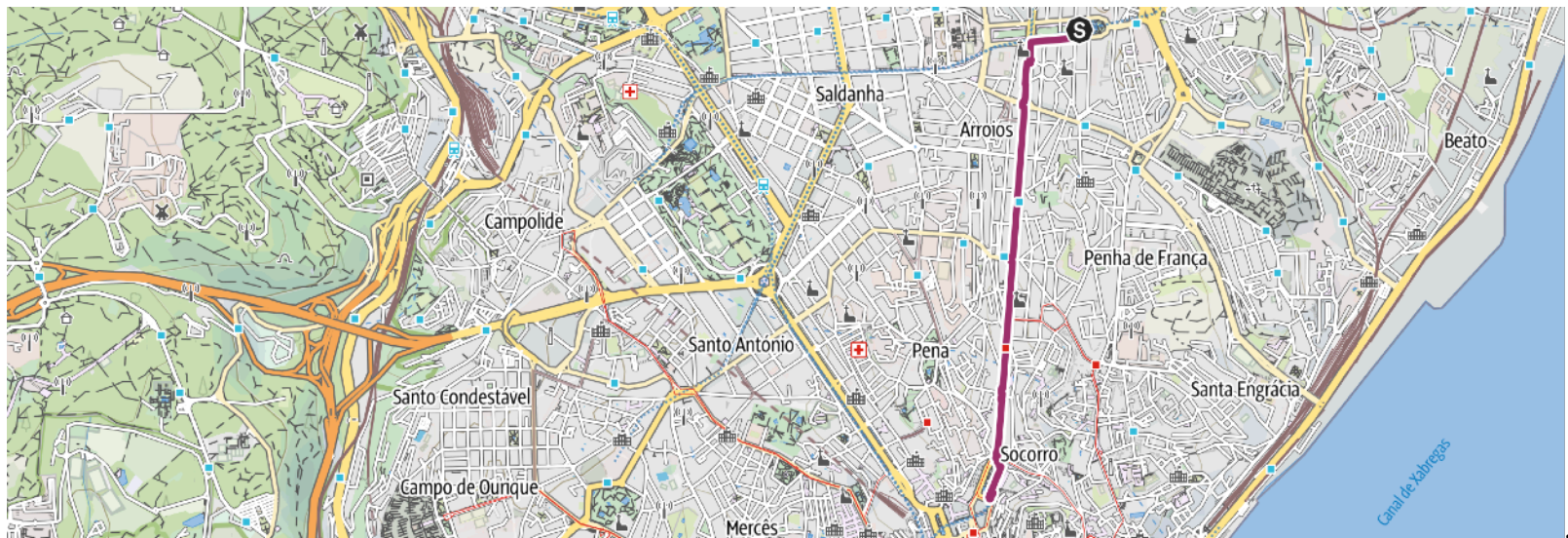
ALAMEDA, ARROIOS AND MARTIM MONIZ

Far from the areas most popular with tourists, these districts are ideal for **experiencing the city like residents**. Connected by **Avenida Almirante Reis**, a long avenue that runs from Alameda to **Praça Martim Moniz** and just a short walk from **Rossio**, they have lots of cafés, restaurants and local markets, like the **Arroios market**.

From Praça Martim Moniz you can take the famous **historic 28E tram**. The Alameda and Arroios underground stations have lifts between levels.

FROM FONTE LUMINOSA TO MARTIM MONIZ

A route through the streets of Lisbon, off the beaten track, leading from Fonte Luminosa to Martim Moniz, a lively multicultural neighbourhood in the heart of the city



Downhill all the way, this route begins at the **Fonte Luminosa** (in the **Jardim da Alameda Dom Afonso Henriques** and famous for its light shows at night), and ends in the multicultural central district of **Martim Moniz**.

You can explore this area, which is undergoing extensive redevelopment, characterised by its ethnicity and busy nightlife. Martim Moniz is a very young neighbourhood, with numerous venues offering ethnic, vegetarian and vegan cuisine, and craft beers.

Praça Martim Moniz is the departure point for the number 28E tram, one of the historical symbols of Lisbon, which runs as far as **Campo de Ourique**. This tram is not accessible to wheelchair users and people with reduced mobility due to the high steps at the entrance of the vehicle.

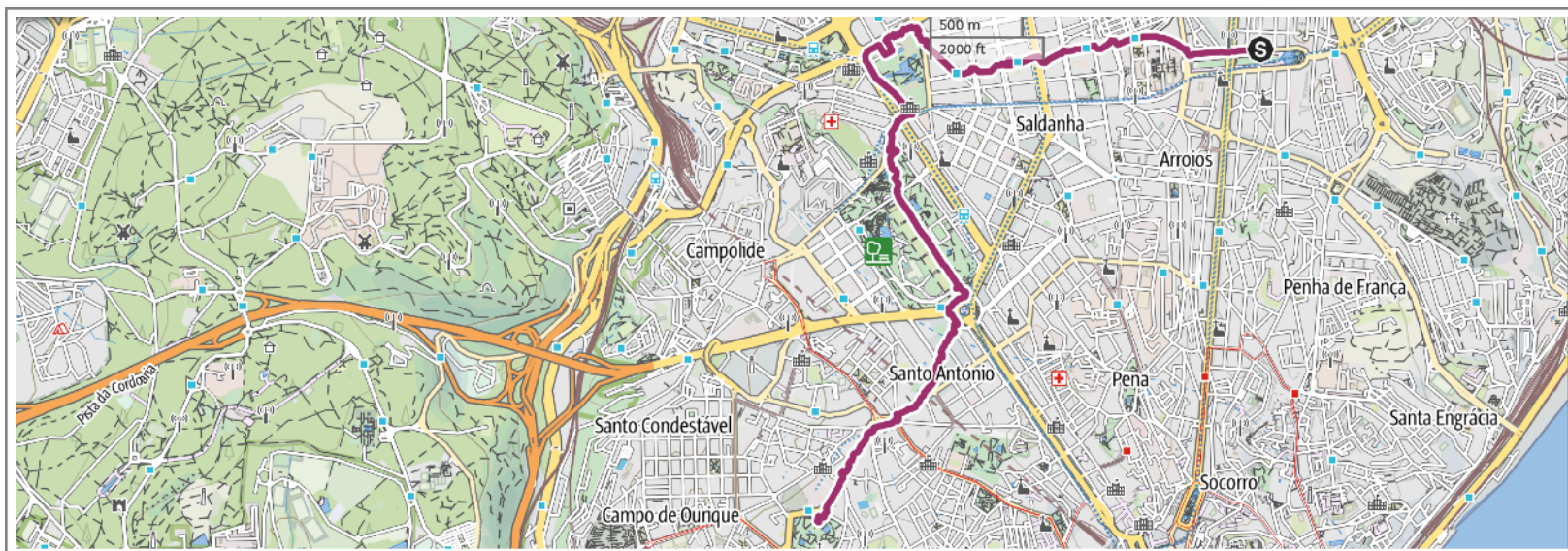
Notes

- We recommend following the route only in the direction indicated, as it is all downhill.
- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

As a conclusion to these itineraries, we recommend one which is longer than the others, running from Alameda to the Jardim da estrela, crossing some of the districts mentioned earlier.

URBAN LISBON

Authentic Lisbon, from the city's parks to its residential districts. A long route to explore the Lusitanian capital away from the traditional tourist routes.



This long itinerary, suitable for those who are physically fit, begins at the **Fonte Luminosa**, famous for its light shows at night and located in the **Jardim da Alameda Dom Afonso Henriques**, and continues, through **Saldanha**, to the **Jardim da Fundação Calouste Gulbenkian**, where you can take a break at the restaurant. The route then continues to the **Jardim Amália Rodrigues** and **Parque Eduardo VII**. Walking along the paths through the park, you will come to **Praça Marquês de Pombal**, the final stop along the way and the underground station.

Continuing on, you reach Largo do Rato, a traffic junction in the city and therefore busy. Finally, you reach the Jardim de Estrela, a beautiful, peaceful green area where you can relax in the shade of large trees or at one of the outdoor cafés.

Walking this long route will show you the real essence of Lisbon, allowing you to explore its parks and residential neighbourhoods and observe the everyday life of those who live there, as well as being an opportunity to admire the buildings and their traditional Portuguese architecture. The route also touches some of the best known shopping and dining areas.

You can take a **break** in the various parks along the way, enjoy **typical Portuguese dishes** in one of the many restaurants that you'll find as you walk, or do a little bit of shopping.

Notes

- This is a long route, so you need to be in good physical shape.

- For details of the route: <https://www.willeasy.net/project/en/lisbon-project/visit-lisbon/itineraries-for-discovering-lisbon/>

USEFUL NUMBERS AND CONTACTS

Transport

CARRIS

- Centro de atendimento: +351 213 613 000
- Website: <https://www.carris.pt/>

Informations

- On the homepage of the site, there is a journey planner offering solutions for getting around by metro. Accessibility information is not included in this search, so please contact customer service if necessary. The company's official website indicates the lines with access ramps and reserved seats for people with manual and motorised wheelchairs.

Vehicles with the following measurements or larger are not permitted to be transported:

Length: maximum 1250 mm

Width: maximum 700 mm

Height: maximum 1350 mm

Weight (including persons): 300 kg

Mobility scooters are not allowed

METROPOLITANO DE LISBOA

- Centro de atendimento: + 351 213 500 115
- Website: <https://www.metrolisboa.pt/>

Informations:

- The homepage of the site shows the status of working of the lifts in the stations.

VARIOUS TAXI FIRMS

Below is useful information for booking a taxi suitable for wheelchair transport:

- Teletáxis de Lisboa. It has 6 wheelchair-accessible vehicles. Booking: +351 218 111 100
- Auto Coops - Cooperativa de Táxis de Lisboa. It has 18 wheelchair-accessible vehicles. Reservation: +351 217 932 756
- Radio Táxis de Lisboa. It has 6 wheelchair-accessible vehicles. Reservation: +351 218 119 000

LISBON AIRPORT

- Official airport website: <https://www.aeroporto lisboa.pt/en/lis/home>
- Assistance for people with reduced mobility: <https://www.aeroporto lisboa.pt/en/lis/services-shopping/essential-services/reduced-mobility>

Informations:

The airport is easily reachable by public transport. The metro has a stop outside the airport a few metres from the Arrivals exit.

Assistance for people with reduced mobility:

Passengers with reduced mobility must first request assistance from their airline and then contact the MyWay service inside the airport.

Mobility aids

MAIS QUE CUIDAR

- Website: <https://www.maisquecuidar.com/>
- Phone: +351 210 402 220
- Address: Rua Manuel Martins da Hora nº2 Loja A, Lisboa

Informations:

- The company Mais que Cuidar offers the rental and sale of mobility aids such as wheelchairs, mobility scooters, walkers, as well as assistive devices such as lifts.
- People with reduced mobility can request that devices be found at the property where they are staying. In addition, an assistance service is available for the maintenance of personal aids.

- To request the rental of a mobility scooter, it is necessary to contact the company in advance, while the availability of wheelchairs and lifts is immediate.

