Looking forward to seeing you all in Lisbon next month, we present here some suggestions for walking tours and excursions, both in and around Lisbon. Please note that neither the UCP nor the MLA has received any monetary compensation from the organizations noted below. If you wish to book a walking tour or an excursion, please click on the Book now! link next to the description.

### Walking Tours

#### Lisbon Walker - 15€/person

1. **Oldtown** – This Lisbon walking tour will take you through the origins of Lisbon, behind the city walls, and inside the Alfama district.¹ [Book now!](#)

2. **Downtown** – A Lisbon walking tour that will take you through downtown, the heart of the city, and explore the innovative architecture of a district reborn after the 1755 earthquake.² [Book now!](#)

3. **Chiado & Bairro Alto** – A Lisbon walking tour around the cosmopolitan and literary Chiado, together with the bohemian Bairro Alto. The life and personality of the best-known player of the modernist generation in Portugal – the poet Fernando Pessoa – provides the script. You will also enjoy unique perspectives of the city, available only from Lisbon's most romantic hill, the first one to be planned as an urban site in the 16th century.³ [Book now!](#)

1,2,3 Adapted from [Lisbon Walker](#).

### African Lisbon Tour - 20€/person

This walking tour allows you to explore Lisbon’s African roots, the influence that the Portuguese expeditions had on the history of Africa and Europe, and the inheritance that remains in the lifestyle of the Portuguese people. We will also visit an African market to taste nuts and traditional juice.

At the end of the tour, you can choose to dine at an African restaurant where you can taste excellent cuisine from countries like Angola and Cape Verde (prices to enjoy an authentic African meal cost on average an extra 10€, which includes meal + 1 drink + dessert + espresso). All you need is a good camera and appetite for traditional African cuisine. Vegetarian options available.⁴ [Book now!](#)

⁴ Adapted from [Lisbon’s African Roots](#).
TOURS AROUND LISBON

Excursions

One-Day Tour: Sintra / Cabo da Roca / Cascais / Estoril

210€/up to 3 persons; 285€/4 to 8 persons

This one-day tour will take you to four of the most beautiful places around Lisbon, where you can visit monuments such as the palaces in Sintra and the iconic seacoast. The bus departs from the university. A guide can be hired in conjunction with the tour.

Book by sending an e-mail to j.rodrigues@barceloviagens.pt, with the subject “MLA Symposium.”

Sightseeing Boat Tour - 18€/person

Far from the noise and rush of the city, in Lisbon’s boat trips you’ll feel like you are standing on a floating stage with a privileged view of the “7 Hills City.” We cross to the southern bank, to Cacilhas, where you can visit the emblematic Christ-King.

While gliding along the Tagus River, you can observe some of the most important monuments and edifices, including the Saint Jorge Castle, the Sé Cathedral, and the April 25th Bridge. Book now!

Adapted from Yellow Bus Tours.