

OVERVIEW

* Dark blue text in this highlights page links to more details; bright blue text is an external link

SCHEDULE

DAY 1:

Arrive in Lisbon early on Saturday morning and spent the day exploring the historic quarter of the city.

ACTIVITIES

[Walk Ribeira das Naus](#)

[Visit Time Out Market](#)

[Take Tram 28 through Alfama](#)

[Walk to Santa Luzia Viewpoint](#)

[Feira da Ladra \(Lisbon's Flea Market\)](#)

MEALS

[Breakfast @ Açai 21 Lisboa](#)

[Lunch @ Crème de la Crème](#)

[Dinner @ Mamma's Dinner at Home](#)

[Hostel](#)

DAY 2:

Explore the seaside district of Belém, before enjoying drinks and dinner in the center of Lisbon. Sleep at Home Lisbon Hostel again.

ACTIVITIES

[Walk along the River Tagus \(Rio Tejo\) to Belém](#)

[Visit Jerónimos Monastery](#)

[Relax @ Jardim Botânico Tropical](#)

[Walk Jardim de Belém](#)

MEALS

[Breakfast @ Vitaminas Garrett](#)

[Lunch @ A Padaria Portuguesa](#)

[Dinner @ Jardim das Cerejas](#)

[Custard tart @ Antiga Confeitaria de](#)

[Belém](#)

DAY 3:

Head to the seaside town of Cascais, take a surfing lesson and spend time at the beach.

ACTIVITIES

[Walk the Estoril-Cascais Promenade](#)

[View Cidadela de Cascais \(Cascais Fort\)](#)

[Surfing Lesson at Moana Surf School, Guincho Beach](#)

MEALS

[Breakfast @ Home Hostel](#)

[Lunch @ Mercearia da Vila](#)

[Pre-dinner Drinks @ Ray's Bar](#)

[Dinner @ Villa Saboia](#)

[Gelato @ Gelado Santini](#)

DAY 4:

Enjoy sunrise yoga class by the sea, have a relaxing massage, then a group meditation session outdoors. Stayed at the Salty Pelican again.

ACTIVITIES

[Practise Yang Yoga @ Sunrise by Sea](#)

[Yin Yoga and Meditation Session](#)

MEALS

[Breakfast @ The Salty Pelican](#)

[Lunch @ Picnic in Marechal Carmona Park](#)

[Gelato @ Gelado Santini](#)

[Dinner @ Cafe Gallery House](#)

THE BASICS

WHERE TO STAY:

[Home Lisbon Hostel](#)

[The Salty Pelican](#)

Click [here](#) for more lodging recommendations for Lisbon and [here](#) for Cascais.

INSIDER TIPS:

[What to Book Ahead](#)

[What to Pack](#)

[Arrival Tips](#)

[Spending Tips](#)

[Getting Around](#)

[What do I eat?](#)

[One More/Less Day](#)

NOTE:

We do our best to check regularly, but hours and costs are subject to change

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