



BTL 2019

Tour Program in Lisboa and Arrábida

March 15, 2019



08:30 Pick up at the hotels. Full day tour in Arrábida region.

To start our full day tour, we will go across the 25th of April bridge, heading south of Lisbon, to Setúbal. Visit the *Livramento* market, considered by “USA Today” as one of the best fish markets worldwide. Outside the food market, 4x4 jeeps will be waiting for the group, for a tour through the *Arrábida* Natural Park. With a wide natural diversity of landscapes and environments favored by the blue and emerald green sea, this region offers one of the most beautiful Portuguese landscapes. Arrábida is a spectacular landscape, in which human activity has been carefully integrated into the beautiful backdrop of nature.

Stop in Sesimbra for lunch. This little town has always had a close connection to the sea. First, due to fishing, which, for generations, has been the community’s main activity and which still plays an important role in the council’s life, and secondly, by all the sea tourism activities. Sesimbra’s coast has the perfect conditions for the practice of sports such as sailing, diving, big game sport fishing and, most recently, canoeing, surf, windsurf, and skimboard.

Departure to *Brejos de Azeitão* to visit the local famous wine cellars *Jose Maria da Fonseca* and enjoy a wine tasting experience.

Return to Lisbon.

Before dinner the group will gather at Sing Fado, the most immersive and complete Fado experience in Portugal. Designed to be an interactive cultural product that showcases Lisbon’s most beloved urban song, now considered by UNESCO Intangible Cultural Heritage of Humanity, Sing Fado will make you fall in love with the songs, the history and with the artists. You will not only listen to a wonderful Fado show but also learn what Fado is and where it comes from, see and touch the musical instruments and sing a traditional Fado. A fun, touching and culturally rich challenge that you will not want to miss.

Dinner at a local restaurant (tba).

Transfer back to the hotel

End of program

(All times are approximate and subject to change)

www.visitlisboa.com