

1st European Nanomanipulation workshop

Cascais 2010, May 17-19

Excursion to Belem and Lisbon, the 18th of May 2010

- **Departure time from Cascais station : 15:48 h**

See **Map 1**, last pages

A) Arrival time in BELEM by train at 16:24.

B) Crossing the Jardim do Ultramar, we will stop by one of the most ancient pastry where we can taste the famous "Pastel de Nata" or "Pastel de Belém", a specialty of the traditional Portuguese cuisine, invented in 1837.

C) After the sweet break, we'll continue toward the astonishing Jeronimos Monastery.

The Jeronimos Monastery is the most impressive symbol of Portugal's power and wealth during the Age of Discovery. Built in a fascinating combination of late-baroque and the Renaissance styles in the 16th century, on the site of a hermitage founded by Prince Henry the Navigator, where Vasco da Gama and his crew spent their last night in Portugal in prayer before leaving for India. It was built to commemorate Vasco Da Gama's voyage and to give thanks to the Virgin Mary for its success. Vasco da Gama's tomb was placed inside by the entrance, as was the tomb of poet Luis de Camões, author of the epic *The Lusiads* in which he glorifies the triumphs of Da Gama and his compatriots. The church interior is spacious with octagonal piers richly decorated with reliefs, and outside is a garden laid out in 1940 consisting of hedges cut in the shape of various municipal coats of arms of Portugal. In the center is a large fountain also decorated with coats of arms, often illuminated on special occasions.



Jeronimos Monastery was declared a World Heritage monument by Unesco.

On the right side of the monastery we can see the Belém Cultural Center (CCB - Centro Cultural de Belém). The CCB is the largest building with cultural facilities in Portugal, it includes very complex areas such as an auditorium for opera, ballet, symphony concerts and congresses, high security meeting halls, and a 7,000 m² exhibition area.



D) Walking in the direction of the river, after having crossed the subway, we face the Padrão dos Descobrimentos, Monument to the Discoveries. This monument celebrates the Portuguese who took part in the Age of Discovery, or the Age of Exploration, of the 15th and 16th centuries, it is located on the estuary of the Tagus river where ships departed to their often unknown destinations.

The monument consists of a 52 metre-high slab of concrete, carved into the shape of the prow of a ship. The side that faces away from the river features a carved sword stretching the full height of the monument. It was conceived by Portuguese artists, architect Cottinelli Telmo and sculptor Leopoldo de Almeida as a temporary beacon of the Portuguese World Fair in 1940. The Monument to the Discoveries represents a romantic idealisation of the Portuguese past that was typical during the regime of Salazar.

- **Meeting point in front of the Monument to the Discoveries at 17:45 h**

E) Departure time: 18:00 h, we'll catch the tram 15 in Rua Bartolomeo dias, direction Praça da Figueira.

See Map 2

A) Arrival time in Praça Figueira at 18:45.

B) Walking along the pedestrian path we reach Praça Sao Domingus, a small square off the Praca Dom Pedro IV (Rossio). Here in 2008 a Star of David memorial was created, it commemorates the 1506 massacre of 3000 Jews, burned alive at two stakes in Rossio and Ribiera. Those massacred were 'New Christians' those Jews who remained after their expulsion from Portugal in 1497. Some were full converts, some practised Christian religion publicly and maintained their Jewish religion in private.



In Praça Sao Domingus, we find “The Ginjinha” the first establishment in the city to commercialize the typical drink that gives its name to it. Ginjinha or simply Ginja, is a liqueur made by infusing ginja berries, (sour cherry) in alcohol (aguardente is used) and adding sugar together with other ingredients. Ginjinha is served in a shot form with a piece of the fruit in the bottom of the cup. It is a favourite liqueur of many Portuguese and a typical drink in Lisbon.



C) Rossio Square is the liveliest square in the city, where people stop to sit and relax, or for a drink at the several atmospheric cafes with outdoor sitting (the most popular is the art deco Café Nicola on the western side).

On either side of the square are two baroque fountains, and in the center is a monument measuring 27 meters in height. It consists of a pedestal with marble allegories of Justice, Wisdom, Strength, and Moderation, qualities attributed to Dom Pedro IV, whose statue stands on top of the monument. On the north side of the square is the Dona Maria II National Theater, a monumental neoclassical building built in the 1840s. The portico has six Ionic columns (originally from the Church of St. Francis, destroyed in the 1755 earthquake), and crowning the pediment is a statue of playwright Gil Vicente.

D) Rossio Square opens into Rua Augusta. This is a lively pedestrian street with mosaic pavements, outdoor cafes, international shops, and the occasional street artist and peddler.

A curious thing in this area is the name of the streets that run parallel to Rua Augusta. They all come from the occupations or the materials once existent and worked on here: Rua dos Sapateiros (shoemakers), Rua da Prata (silver), Rua do Ouro (gold), etc.

The old architectural style, originally from the reconstruction of Lisbon made by Marquês do Pombal after the 1755 earthquake, is still intact, so you can see many of the buildings as they originally were.

Walking down the street we can see on our right the Santa Justa Lift, also called Carmo Lift.

Santa Justa elevator has a similar look to the Eiffel Tower in Paris. The same iron cast in a high tower hidden in the centre of Lisbon. It was actually a disciple of Eiffel (Raoul Mesnier du Ponsard) that created this connection from downtown (Rua do Ouro) to Carmo square where there is the archeological museum. Construction began in 1900 and was finished in 1902.



- **Meeting point at the corner between Rua Augusta and Rua da Conceição at 19:45.**

E) We catch the tram 28, direction Martim Moniz in Rua da Conceição at 20:00.

See Map 3

A) By tram 28, the most appealing for tourists as it crosses several of the interesting tourist points, we will cross part of Alfama, the oldest district of Lisbon. Alfama spreads on the slope between the Castle of Lisbon and the Tejo river. Its name comes from the Arabic Al-hamma, meaning fountains or baths. It contains many important historical attractions, with many Fado bars and restaurants.

B) We will pass in front of the cathedral of Lisbon, the Santa Maria Maior de Lisboa or Sé de Lisboa. With heavy walls and two battlemented belltowers, Lisbon Cathedral has a stern appearance - more like a medieval fortress than a place of worship. This reflects the outlook of Lisbon's new rulers, who knew they would have to hold the city against attempts by the Moors to retake it. The facade is primarily 12th-century Romanesque, with a central rose window and a large porch. It is the oldest church in the city, since the beginning of the construction of the cathedral, in the year 1147, the building has been modified several times and survived many earthquakes. It is nowadays a mix of different architectural styles.



C) Finally we reach Largo das Portas do Sol (Gates of Sun), one of the most astonishing viewpoints Lisbon city offers you. It looks like a big open terrace and allows you to catch a spectacular views to the city, to the river, view over a labyrinth of antique Alfama neighbourhood, as well from there you can see the church and Monastery of São Vicente de Fora and National Pantheon Dome on the left side. There is also a statue of St. Vincent (the city's patron saint) holding a boat with two ravens, the symbols of Lisbon.

C) After having enjoyed the astonishing view we will reach on foot our restaurant, Restô at Chapitô. Chapitô is located in Costa do Castelo. As we walk down the road, on our left we'll see a large white building with giant pictures of circus acts hanging down from it. This fabulous building was built in the 17th century, it used to be a prison but now is used as a state funded school for circus performers. Entering the little door and walking down the steps into the gardens, we'll be treated to a stunning view over Alfama and beyond to the river.



- **Arrival time at Chapitô 21:00.**

For the way back to the hotel we'll walk to the Metro Station at Rossio (see MAP 4). Here we'll take the subway, green line direction Cais do Sodré, to Cais do Sodré station where we'll catch the train back to Cascais.

MAP 1 : BELEM



MAP 2 : ROSSIO/BAIXA CHIADO



