

Recommendations from Pedro Mendes Bastos, MD:

A day trip from Lisbon

- Sintra: visit the village, Palácio da Vila and Palácio da Pena, enjoy a typical Sintra pastry at Periquita (you can travel by train from central Lisbon; reservations for the palaces are needed ahead)

Scenic spots in Lisbon

- Miradouro de São Pedro de Alcântara

- Largo da Graça

- Miradouro das Portas do Sol

- Rua da Bica de Duarte Belo

- Crossing the air passage from Centro de Congressos de Lisboa to the riverside and strolling across the Tagus river riverside (Alcântara)

Regarding restaurants

- Ramiro Restaurant in Lisboa

- Porto de Santa Maria Restaurant in Cascais

- Pátio do Avillez Restaurant in Lisboa

All restaurants in Lisboa are very busy right now, so planning ahead and making a reservation is mandatory