

## Parque das Nações

Once a crumbling industrial area, the eastern riverside area of Lisbon was rehabilitated to host the last World Fair of the 20th century, the Expo 98. Currently, this “by the river neighbourhood” with futuristic architecture, contrasts with the old quarters of the city, hosting some fine examples of modern architecture.

### Transports – Estação do Oriente (Orient Station)

Designed by architect Santiago Calatrava in 1995 and inaugurated on May 19, 1998, the “Gare do Oriente” was at the time the largest intermodal station in Portugal.

Nowadays, it houses a train and subway stations as well as a bus terminal and a taxi rank.

#### Subway

##### Red Line

The entrance to the Metro platform has tile murals designed by the local and international contemporary artists.

It is connected with the Lisbon Airport.

#### Buses

##### Urban Bus station - Carris

- 208 Cais do Sodré <> Estação Oriente (Interface)
- 210 Cais do Sodré <> Prior Velho
- 400 Rossio de Levante <> Parque das Nações Sul
- 705 Estação Oriente (Interface) <> Estação Roma-Areeiro
- 708 Martim Moniz <> Parque das Nações Norte
- 725 Estação Oriente (Interface) <> Prior Velho - Rua Maestro Lopes Graça
- 728 Restelo - Avenida das Descobertas <> Portela - Avenida dos Descobrimentos
- 744 Marquês de Pombal <> Moscavide (Qta. Laranjeiras)
- 750 Estação Oriente (Interface) <> Algés
- 759 Restauradores <> Estação Oriente (Interface)
- 782 Cais do Sodré <> Praça José Queirós
- 794 Terreiro do Paço <> Estação Oriente (Interface)

##### Suburban buses

- Rodoviária de Lisboa (<http://www.rodoviariadelisboa.pt>)
- TST - Transportes Sul do Tejo (<http://www.tsuldotejo.pt>)

### Interregional buses

- RENEX - Rede Nacional de Transportes (<http://www.renex.pt>)
- RodoNorte (<http://www.rondonorte.pt>)

### **Railway**

Operated by CP (<https://www.cp.pt>):

- Alfa Pendular, Urban, Intercity, International and Regional Trains

### **Attractions**

#### **A walk in the park**

To a weekend stroll or a morning jogging, the route is marked by several gardens with exotic plants, numerous examples of public art from national and international artists, and the ever-present river. At a not too far distance the Vasco da Gama Tower, one of the city's tallest buildings, and Europe's longest bridge - the "Ponte Vasco da Gama", frame the picture.

You can rent a bike (<http://ringabike.pt/>) or use the cable cars (<http://www.telecabinelisboa.pt/>) to get a different view of this part of the town.

#### **Marina Parque das Nações**

In the east, the small marina (<http://www.marinaparquedasnacoes.pt/>) hosts several activities from sailing, canoeing, navigation courses and windsurf, to birthday parties.

#### **Oceanarium**

One of the world's biggest aquariums it offers several activities and conferences. It also hosts birthday parties (<http://www.oceanario.pt>)

#### **Teatro Camões**

Teatro Camões hosts several performances around the year, from the traditional Christmas ballet "The Nutcracker" to more modern productions (<http://www.cnb.pt>)

#### **Concert Hall: Pavilhão Atlântico-MEO Arena**

The largest concert arena of Portugal, MEO Arena is a space for public events and festivals (<http://arena.meo.pt/agenda>)

## **Lisbon Casino**

To try your luck or only to drink a coffee with friends (<http://www.casino-lisboa.pt/>)

## **Interactive Science Museum – Pavilhão do Conhecimento**

The Knowledge Pavilion – Ciência Viva is one of the largest interactive science centres in Lisbon. It hosts several activities for children where it is also possible to host birthday parties (<http://www.pavconhecimento.pt/home/>)

## **Feira Internacional de Lisboa**

Exposition site that hosts some of the largest thematic fairs in the country (<http://www.fil.pt/irj/portal/fil>)

## **Shopping - Vasco da Gama Shopping Centre**

Directly accessible by the metro station, it includes 170 stores with several international brands, a movie theatre, a health club and several restaurants of Portuguese and international cuisine. The top terrace offers a view of the river and of the surrounding area.

<http://www.centrovascodagama.pt/>

## **Restaurants**

### **Bota Feijão**

Near the train line and in a considerably modest building an authentic Portuguese gastronomy experience waits. The speciality of this restaurant is Leitão Assado (roasted piglet) and is considered the best place in Lisbon to eat this traditional Portuguese dish.

<http://restaurantebotafeijao.pt/pt>

<https://www.zomato.com/pt/grande-lisboa/bota-feij%C3%A3o-parque-das-na%C3%A7%C3%B5es-lisboa>

### **Alqueire**

This is a typical Portuguese restaurant, with several dishes from the Alentejo region.

The dishes "Polvo na areia" (octopus) and the "Lagartos de porco preto" (pork) are quite good.

<https://www.zomato.com/pt/grande-lisboa/alqueire-parque-das-na%C3%A7%C3%B5es-lisboa>

### **La Brasserie de L'Entrecôte Parque das Nações**

This is a more sophisticated restaurant with a modern space and a good service. The speciality is the Entrecote Brasserie with sauce and French fries

<https://www.zomato.com/pt/grande-lisboa/la-brasserie-de-lentrec%C3%B4te-parque-das-na%C3%A7%C3%B5es-parque-das-na%C3%A7%C3%B5es-lisboa>

<http://www.brasserieentrecote.pt/>

### **The Fifties American Diner**

An American diner, with a great decoration and several meal choices from burgers to "appetizers" as Nachos and hot dogs.

<https://www.zomato.com/pt/grande-lisboa/the-fifties-american-diner-parque-das-na%C3%A7%C3%B5es-lisboa>

### **Sushisan**

Sushi restaurant

<https://www.zomato.com/pt/grande-lisboa/sushisan-parque-das-na%C3%A7%C3%B5es-lisboa>

### **Drinks with friends**

#### **Irish & Co.**

For lovers of beers and snacks

<https://www.zomato.com/pt/grande-lisboa/irish-co-parque-das-na%C3%A7%C3%B5es-lisboa>

### **Lisboa Marina**

To an afternoon drink with friends this is a very nice place, with a fantastic view especially at sunset

<https://www.zomato.com/pt/grande-lisboa/lisboa-marina-parque-das-na%C3%A7%C3%B5es-lisboa>

### **Bakeries, pastry shops and Ice-cream parlours**

#### **Namur**

Namur has a pastry showcase that will make your mouth water. After entering, the difficulty will be to choose which delicacy to try.

<https://www.zomato.com/pt/grande-lisboa/namur-ii-parque-das-na%C3%A7%C3%B5es-lisboa>

#### **A Padaria Portuguesa – Expo**

A friendly and pleasant space, with an ok service, in line with the other stores of the chain.

<https://www.zomato.com/pt/apadariaportuguesaexpo>

#### **Emanha Geladarias**

Delicious homemade ice creams

<https://www.zomato.com/pt/grande-lisboa/emanha-parque-das-na%C3%A7%C3%B5es-lisboa>

### **Private Hospitals and clinics**

#### **Clínica Lusíadas Parque das Nações**

<http://www.lusiadas.pt/pt/unidades/ClinicaParqueDasNacoes/Paginas/boas-vindas.aspx>

#### **Hospital CUF Descobertas**

<https://www.saudecuf.pt/descobertas>

## **Pharmacies**

Farmácia Exposul

Alameda dos Oceanos, Lt 2.06.05,

1990-225 Lisboa

+351 21 896 70 33

[geral@farmaciaesposul.com](mailto:geral@farmaciaesposul.com)

Near the Oceanário/Hospital CUF Descobertas

Farmácia Gare do Oriente

Avenida Dom João II Estação do Oriente, Lt 1.15, Lj 220G

1990-233 Lisboa

+351 21 896 32 70 / +351 21 896 72 76 / +351 21 896 72 78

<http://farmaciagareoriente.pai.pt/>

Near Gare do Oriente.

Farmácia Oceanos

Alameda dos Oceanos, Lt 3.13.01 Lj C

1990-196 Lisboa

+351 21 354 39 38 / +351 96 348 77 26

[farmaciadosoceanos@sapo.pt](mailto:farmaciadosoceanos@sapo.pt)

Farmácia Oriental de Lisboa

Av. da Boa Esperança, Lt. 4.45.01, Lj. S4, 5 e 7

1990-261 Lisboa

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fax. +351 21 357 16 22

[orientalfarmacia@gmail.com](mailto:orientalfarmacia@gmail.com)

[http://www.farmaciabarral.com/?page\\_id=39](http://www.farmaciabarral.com/?page_id=39)

Farmácia Parque das Nações

Vila Expo Jardim dos Jacarandás, Lt. 4.28.01-H

1990-237 Lisboa

+351 21 894 70 00

fax. +351 21 894 70 01

[farmacia.pq.nacoes@sapo.pt](mailto:farmacia.pq.nacoes@sapo.pt)

Farmácia Saldanha

Alameda dos Oceanos Lote 3, 13.01, Loja C

1990-196 Lisboa

+351 21 354 39 38

Farmácia Vasco da Gama

Alameda dos Oceanos 1.07.1E

1990-208 Lisboa

+351 21 347 89 32

fax. +351 21 342 17 71

[farmaciavascodagama@sapo.pt](mailto:farmaciavascodagama@sapo.pt)

Near FIL

Farmácia Vila Expo

Zona Norte

Avenida da Peregrinação, Lj. 5C

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<http://www.facebook.com/farmaciavilaexpo>