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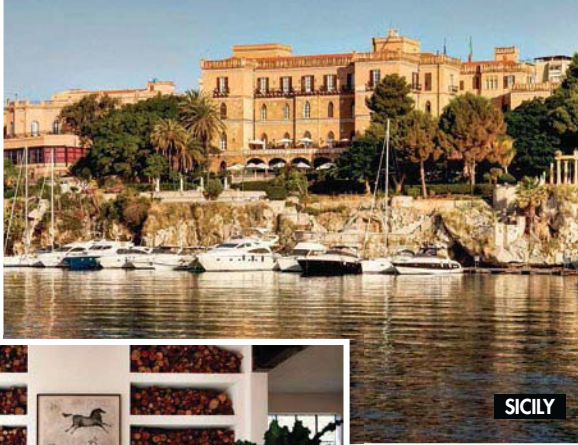
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APRIL 2017

## A WHIRLWIND TOUR OF **WASHINGTON DC**







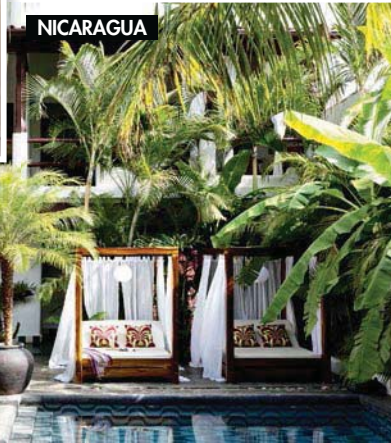
# GLOBAL EYE

By Daniel Scheffler

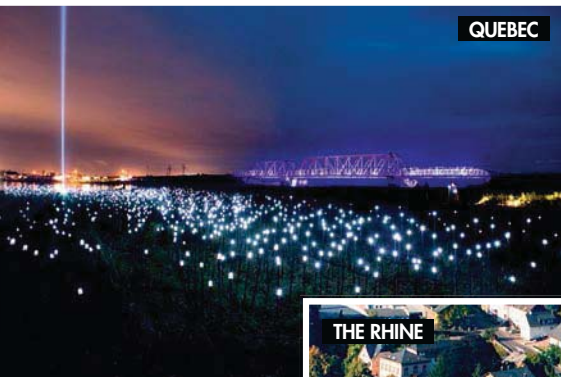
**PALERMO, SICILY** Known for its glorious street markets and culture, Palermo's also famous for its cuisine. Take a tour with Discover Your Italy ([www.discoveryouritaly.com](http://www.discoveryouritaly.com)) to get a taste of the city's finest culinary treats. When you've had your fill, end your day in style at the Grand Hotel Villa Ignea. Visit: <http://villa-igiea.com/>



**MALIBU, USA** If you're serious about a real wellness reset and want expert guidance, consider The Ranch at Live Oaks, which now offers 4.0 at the Four Seasons West Lake nearby – a four-day programme to kickstart your health and wellness goals. Eight hours of low-impact activities a day, many performed outdoors, allow guests to connect with the healing properties of nature. Visit: <https://theranchmalibu.com>



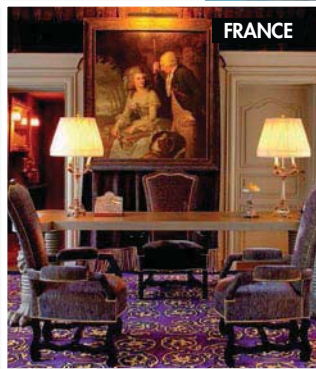
**GRANADA, NICARAGUA** From Jean-Marc Houmard, the owner of New York's famous Indochine restaurant, comes a gorgeous boutique property in undiscovered Nicaragua. Although you may never want to leave the suites, you can sip cocktails at the poolside, swim in the lake in the dormant Apoyo volcano or boat around Lake Nicaragua's hundreds of islets. Visit: [www.tribal-hotel.com](http://www.tribal-hotel.com)



**QUEBEC, CANADA** Nova Lumina is a brand-new night-time attraction in the Gaspé Peninsula, near Percé in Quebec. It's an illuminated night walk by the sea, created by Montreal-based, world-renowned multimedia firm Moment Factory linking the Circuit des Bâtisseurs, the Parc du Bourg de Pabos and the Base de Plein Air Bellefeuille. Visit: <http://novalumina.com>



**THE RHINE RIVER** Uniworld's new river cruises are the idyllic way to see Germany. Its latest offering is a Jewish History tour. The 10-day Rhine-Main itinerary on the 116-passenger River Ambassador runs between Munich and Cologne. Expect fine dining, yoga on the deck and beautiful sights. Visit: [Uniworld.com](http://Uniworld.com)



**AQUITAINE DORDOGNE, FRANCE** The Lascaux IV is an exact replica of Lascaux, the world's most famous prehistoric cave and is definitely worth a visit. The new high-speed train from Paris to Bordeaux will get you there in two hours. Be sure to book into the opulent Aubergade Hotel Luxury Lot-et-Garonne, a Jacques Garcia-designed venue. Visit: [www.aubergade.com/en/](http://www.aubergade.com/en/)

## 5 MINUTES WITH...

**Sarah Scarborough, co-founder of Firepot Nomadic Teas in Nashville.**

Scarborough's always on the hunt for the finest leaves and her travels, which regularly uncover new varieties, would have inspired Christopher Columbus.

**Favourite place in the world?** Finland. The hot saunas, cold lake plunges and wild forest berries reset my soul.

**Best cup of tea you've ever had?** Bed tea in Darjeeling. You're awoken with a hot pot of fresh tea and if you're lucky, a majestic view of the Himalayas.

**Favourite travel book?** *Desert Solitaire* by Edward Abbey.

**Where to go for a tea pilgrimage?** China. – DS

To learn more, visit: [www.firepot.com](http://www.firepot.com)





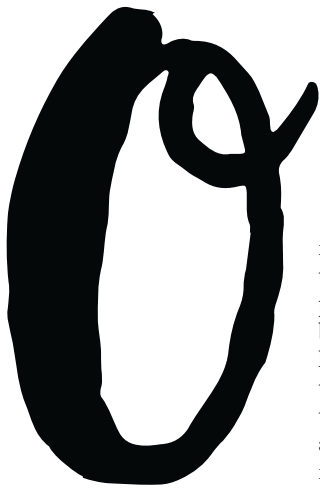
LISBON



# Get lost in the magical city of light

Lisbon is emerging from the shadows to become a favourite destination for travellers looking for the next European sweet spot.  
By Daniel Scheffler





ne of the oldest cities in the world and the oldest in Western Europe, Lisbon predates cities like Paris and Rome by centuries. Today, Lisboa – as the locals call it, pronouncing it with a throaty “ahh” – is experiencing a major transformation. It offers travellers a heady mix of old and new that includes a revitalised marketplace and

downtown harbour area – home to numerous tech start-ups – along with the old-world charm of tiny, cobbled roads and narrow, hilly streets. The city’s quiet grace is a pleasant contrast to the frenetic pace of its more popular European counterparts.

Blessed with a sultry Mediterranean climate and an atmosphere of contemporary sophistication, Lisbon truly draws you in. Often referred to as “*a cidade da luz*” [the city of light], it’s fast becoming one of the continent’s hottest destinations.

Portugal’s capital, Lisbon is also known as the “City of Seven Hills” and is divided into numerous historic *bairros* [neighbourhoods]. Here are a few favourites:



The beauty of the buildings, tiled in centuries-muted colours, is ample reward for your exertion.

## Baixa

This is Lisbon’s official business district, but it’s not just for the suits. It’s also where you’ll find the stark, modernist Four Seasons Hotel, which towers over the city. The hotel’s Extraordinary Experience – a sidecar tour of the city’s alleys and streets – is one of the of the best ways to explore, so go ahead and sign up. It’s a thrilling way to get your bearings and take in the street art.

This downtown area is just 15 minutes from the city’s major international airport by taxi. It’s

also where Lisbon shows off its Pombaline-style architecture – named after the architect who rebuilt the city after a major earthquake in 1755.

Baixa is the best place to see the famous *azulejo* tiling that Portugal’s famous for and to shop for your own tiles. The two main streets in this area are Rua da Prata (Street of Silver) and Rua Áurea, formerly called Rua do Oro (Street of Gold).

## Alfama

The oldest district in the city, Alfama’s streets form a fascinating maze. You’ll certainly get your fair share of exercise traversing the dozens of staircases you have to climb to explore the area properly. The beauty of the buildings, tiled in centuries-muted colours, is ample reward for your exertion. This vibrant neighbourhood is where sailors used to congregate in times gone by and that lingering free spirit must be what appealed to the hipsters who have turned the district into what it is today.

The São Jorge Castle, one of Lisbon’s most famous tourist attractions, is found in this neighbourhood. Situated on a hilltop, it towers over the city, offering 360° views of Lisbon’s historic centre and the Tagus River. A vital part of the city’s colourful and long history, the castle

**Above:** Lisbon is famous for its colourfully tiled buildings.

**Below left:** Eclectic street art at the Picoas Metro Stop.

**Opposite:** The Remodelado trams are charming and affordable.





**Below:** The Lisbon skyline, with the São Jorge Castle visible on the left.

is where the Christian Crusaders defeated the North African Moors in 1147.

When all the walking has exhausted you, take a coffee break at Fabrica, just off the famous Avenida da Liberdade. Nearby, you'll find the famous seafood dining spot Solar dos Presuntos. It's fairly traditional (and well-known among rich and famous footballers and politicians) and is where you'll get your ultimate fresh seafood fix.

If you're looking for somewhere to rest your head, the newly revamped, five-star Santiago de Alfama is a charming option.

## Chiado

If you need some excellent retail therapy, look no further than the Chiado Square and surrounding area. Visit Luvaria Ulisses, a specialty leather glove store the size of a hotel bathroom (with space for just one customer at a time). A Vida Portuguesa is a fascinating, must-visit store if you love all things eclectic. Expect everything from vintage jewellery

to reproduction '60s colognes to colourful tiles, traditional tableware and earthenware.

Chiado is where the Almalusa Hotel recently opened its doors. With just 28 rooms, all overlooking a tiled square, it offers an authentic taste of Portugal. Enjoy a meal in its brasserie-style restaurant, Delfina, and after dinner, sip some delicious port out in the courtyard and watch the world go by.

## Bairro Alto

There's a yellow trolley car which will deliver you to Bairro Alto [Upper City], but it's a lot more fun to walk and get a little lost in the narrow streets that take you up the hill. This avant-garde area is home to most of the city's *fado* (traditional



*A vital part of the city's colourful and long history, the castle is where the Christian Crusaders defeated the North African Moors in 1147.*







Portuguese music) clubs, boutiques, cinemas, glamorous restaurants, art galleries and fine delis, as well as a good deal of charm.

Make sure you explore the Embaixada, the 14<sup>th</sup>-century Arabian Palace shopping gallery on the Príncipe Real high street. It's a showcase for Portuguese contemporary artists and designers.

Reserve a table at the quirky Restaurante Insólito. Its tiny terrace overlooks the city and the food and music are sublime

There's also a small hotel attached to the venue.

Not far away is a quintessential Lisbon square – the Jardim Fialho de Almeida. Grab a delicious bite to eat at Le Moustache Smokery or just relax under one of the ancient trees.

If you're looking for someone to hang out with, be sure to go around the corner to the Copenhagen Coffee Lab. Helle, who runs the



joint, knows the city better than anyone and she pours the best espresso – a double win.

**Above:** Lisbon's outdoor cafés are popular among tourists and locals. **Above left:** Some of Portugal's most beautiful beaches are just a short drive from the city.

## Address Book:

### WHERE TO STAY:

**Four Seasons Hotel** Rua Rodrigo da Fonseca 88, Lisbon.  
Visit: [www.fourseasons.com/Lisbon](http://www.fourseasons.com/Lisbon)

**Santiago de Alfama** Rua de Santiago 10 a 14, Lisbon.  
Visit: [www.santiagodealfama.com/santiago-de-alfama](http://www.santiagodealfama.com/santiago-de-alfama)

**Almalusa Hotel** Praça do Município 21, Lisbon.  
Visit: [www.almalusahotels.com/en/hotel](http://www.almalusahotels.com/en/hotel)

**Memmo Baleeira Hotel** Sítio da Baleeira, 8650-357, Sagres. Visit: [memmobaleeira.com](http://memmobaleeira.com)

**Mareta Bed and Breakfast** Praça da República, Sagres. Visit: [www.maretabeachhotel.com](http://www.maretabeachhotel.com)

### WHERE TO EAT AND DRINK:

**Fabrica** Visit: [fabricacoffeeorasters.com](http://fabricacoffeeorasters.com)

**Solar dos Presuntos** [www.solarpresuntos.com](http://www.solarpresuntos.com)

**Sal Restaurant** [www.restaurantesal.pt](http://www.restaurantesal.pt)

**Mum's** [www.mums-sagres.com](http://www.mums-sagres.com)

**Restaurante Insólito** [www.theinsolito.pt](http://www.theinsolito.pt)

**Le Moustache Smokery** [www.thefork.pt](http://www.thefork.pt)

**Copenhagen Coffee Lab** [www.copenhagencoffeelab.com](http://www.copenhagencoffeelab.com)

### WHERE TO SHOP:

**Praça do Príncipe Real** [www.embaixadalx.pt](http://www.embaixadalx.pt)

**Luvária Ulisses** [www.luvariaulisses.com](http://www.luvariaulisses.com)

**A Vida Portuguesa** [www.avidaportuguesa.com](http://www.avidaportuguesa.com)

### FOR TOURS:

If you need help booking a trip, you can contact Azores Getaways. Visit: [www.azoresgetaways.com](http://www.azoresgetaways.com)

## Leaving the city for a weekend?

The Algarve is overcrowded and overdone. What you really want to do is rent a car and stay on the west coast, facing the Atlantic Ocean. Drive out of Lisbon and head south on the open road.

If you're looking for a great day trip, Comporta is just over an hour's drive from Lisbon. This is where the ultra-chic Europeans have secluded homes in the dunes and forests.

The Herdade da Comporta is a stretch of coast between the Sado Estuary and the sea. Its 12 500ha comprise seven hamlets that are definitely worth exploring: Pego, Carvalhal, Brejos, Torre, Possanco, Carrasqueira and Comporta. Take a wooden staircase down to the quiet beaches or enjoy lunch at Sal Restaurant.

If you have more time, go all the way south to the tiny seaside village of Sagres for a surfing adventure. The locals are friendly and you simply have to eat at one of the finest foodie spots in Europe – Mum's.

If you want to linger for while, stay at the four-star Memmo Baleeira Hotel (overlooking the ocean), or the Mareta Bed and Breakfast in the town centre for something a little more intimate. 🌈

