

NECTAR & PULSE®

LIFE IS A JOURNEY



Hello curious soul,

Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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Have you already seen our other guides to New York, Zermatt, Ibiza, London, Iceland, Oman, Maldives ... ?

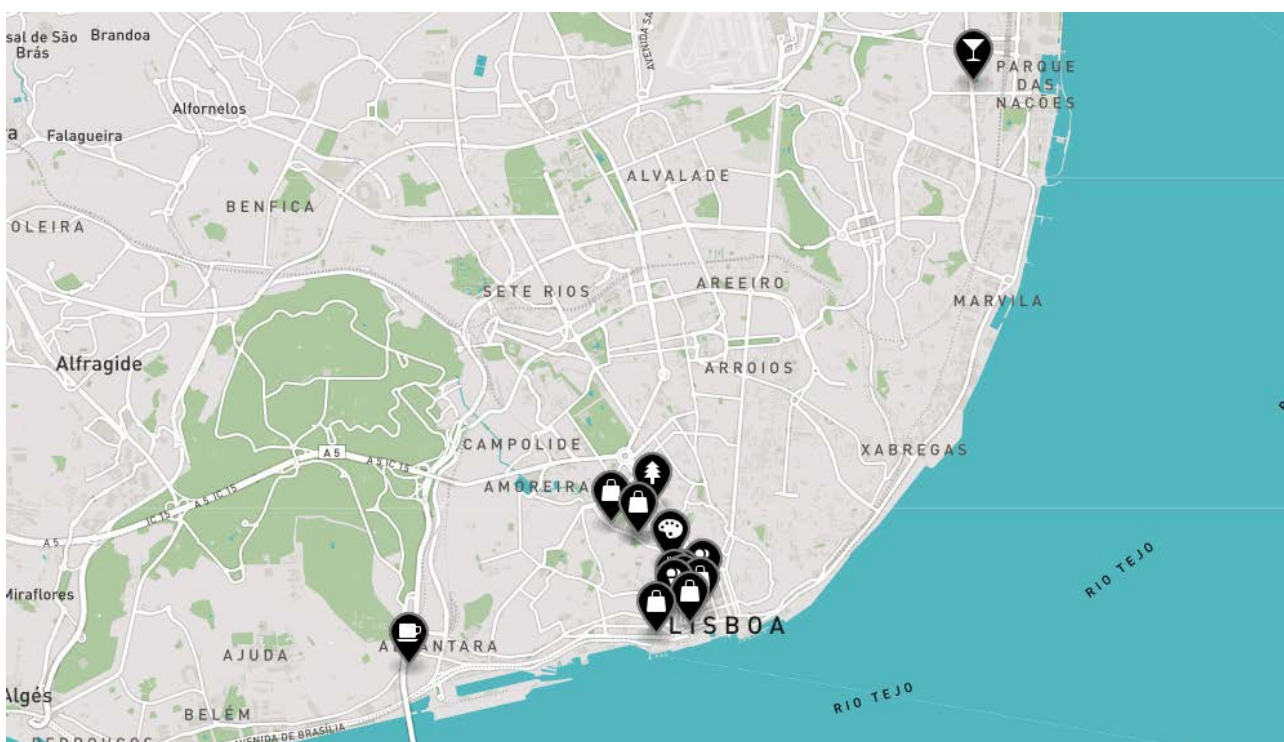
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24 HOURS IN

Lisbon

BY ANA WESTERLUND

Ceramic Designer | Mom | City Lover



OUR PERFECT 24 HOURS IN LISBON

It starts with an easy breakfast at **Lx Factory** at Wish Coffee House, then I take the tram to the big market **Mercado da Ribeira** to buy flowers (the tram can take a while, which can be an advantage because by the time you arrive at the market you have an excuse to eat ice cream at **Santini's** before lunch).

Afterwards I like to walk to **Chiado**, the heart of Lisbon. Here I find some of my favourite shops like **Vintage Bazaar**. I love having lunch in this busy part of town, especially at a tiny little restaurant called **Taberna das Flores** and the best part is, it's near **Landeau**, a spot with the best chocolate cake. Naturally I go there for dessert.

I like to walk so from here I head up to **Principe Real**, a neighbourhood that's becoming very trendy and has a really nice park. On the way up, there's a beautiful view over the castle of **Miradouro de S. Pedro de Alcantara**. Then I might do some shopping. **Organii** in the shopping gallery Embaixada is one of my favourite spots for beauty products because everything is organic. In Principe Real I always visit **This&That** and **Quer** - I love their beautiful stuff for kids.

My perfect day ends with some theatre or a dance performance. There are usually great options in Chiado. As a good Portuguese I love to go for a late dinner and **Mini Bar** is my favourite spot. Even more perfect, but not that easy with three kids and a baby on the way, would be if I still had the energy to go out dancing at **Lux**!

*Enjoy exploring,
Ana*

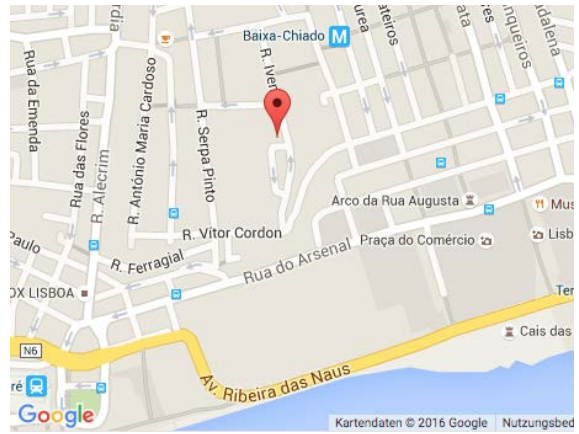
VINTAGE BAZAAR

SHOP

Largo da Academia Nacional de Belas Artes 6, Lissabon, Portugal

www.vintagebazaar.pt

Boho-inspired clothes and accessories.

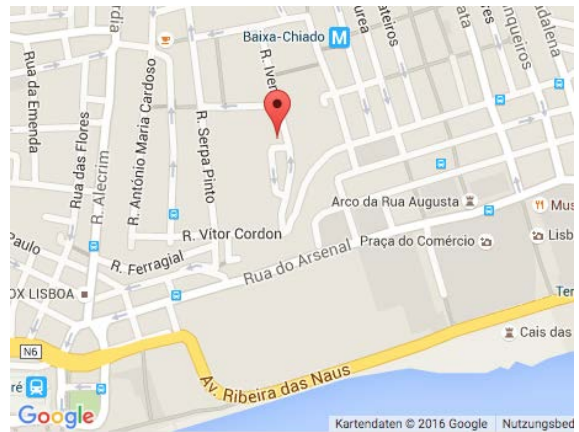


TABERNA DES FLORES

RESTAURANT

Rua das Flores 103, Lissabon, Portugal

A small restaurant owned by a young chef who cooks with seasonal ingredients from the market.



LANDEAU

SWEETS

Rua das Flores 70, Lissabon, Portugal

www.landeau.pt

The best chocolate cake served in a cozy and beautiful atmosphere.

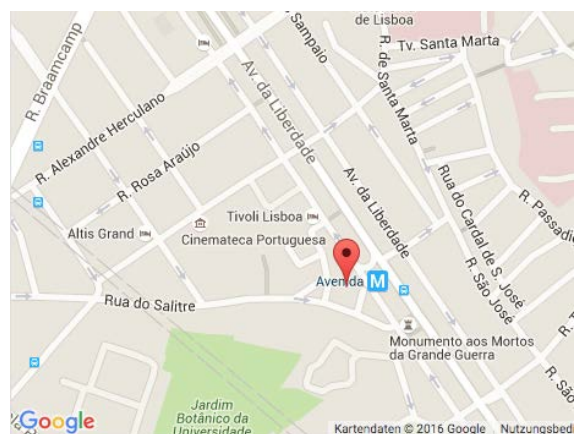


PRINCIPE REAL

ESCAPE

Príncipe Real, Lissabon, Portugal

An up-and-coming district of Lisbon.



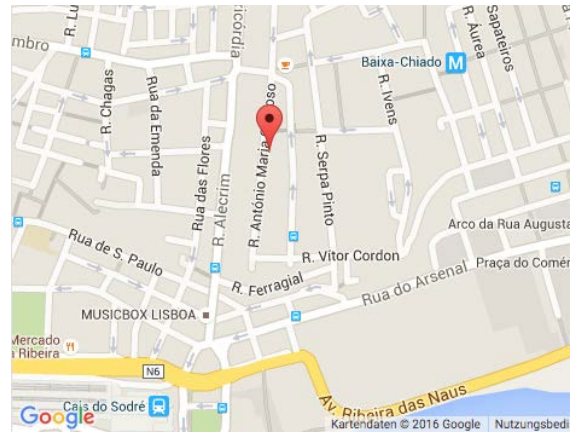
MINI BAR

RESTAURANT

R. António Maria Cardoso 58, Lissabon, Portugal

www.minibar.pt

Molecular food owned by one of the most awarded chefs in Portugal.



LUX

BARS & CLUBS

Av. Infante Dom Henrique, 1800 Lisboa, Portugal

www.luxfragil.com

Exciting nightclub!

