

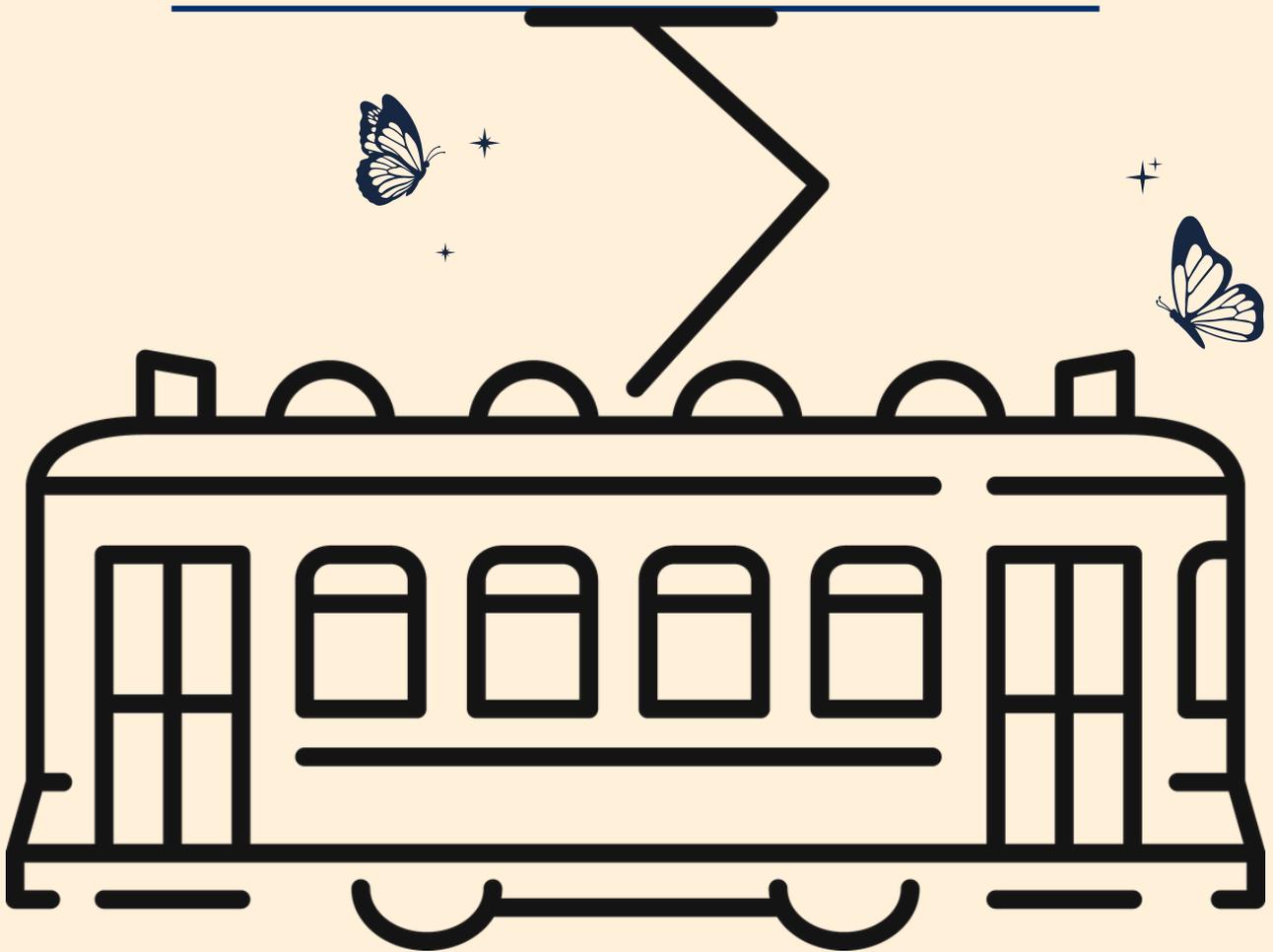


BIO-Europe[®]
by informa•••

Spring

Lisbon

TRAVEL GUIDE





Welcome

Portugal is ready. We look forward to welcoming you

Welcome to Lisbon, a city shaped by discovery, creativity and connection. Set along the Atlantic coast, Portugal's capital combines historic character with a modern, outward-looking mindset, making it a fitting home for BIO-Europe Spring and Spring Innovation Week.

Lisbon is a place where ideas move easily beyond the conference floor. Conversations continue over coffee in sunlit squares, meetings turn into long lunches overlooking the river, and new connections are often made while exploring the city's winding streets or vibrant neighbourhoods. There's a natural rhythm here that encourages openness, reflection and collaboration.

As one of Europe's fastest-emerging innovation hubs, Lisbon brings together a growing life sciences and tech ecosystem with a strong culture of hospitality. It's a city that feels both established and evolving, confident in its history, yet focused on the future.

This guide is designed to help you make the most of your time in Lisbon, whether you're here for a few days of partnering or staying on to explore more. From where to eat and meet, to how to experience the city between sessions, consider this your starting point for discovering Lisbon during Spring Innovation Week.

Planning Your Trip

Best Time To Visit Lisbon

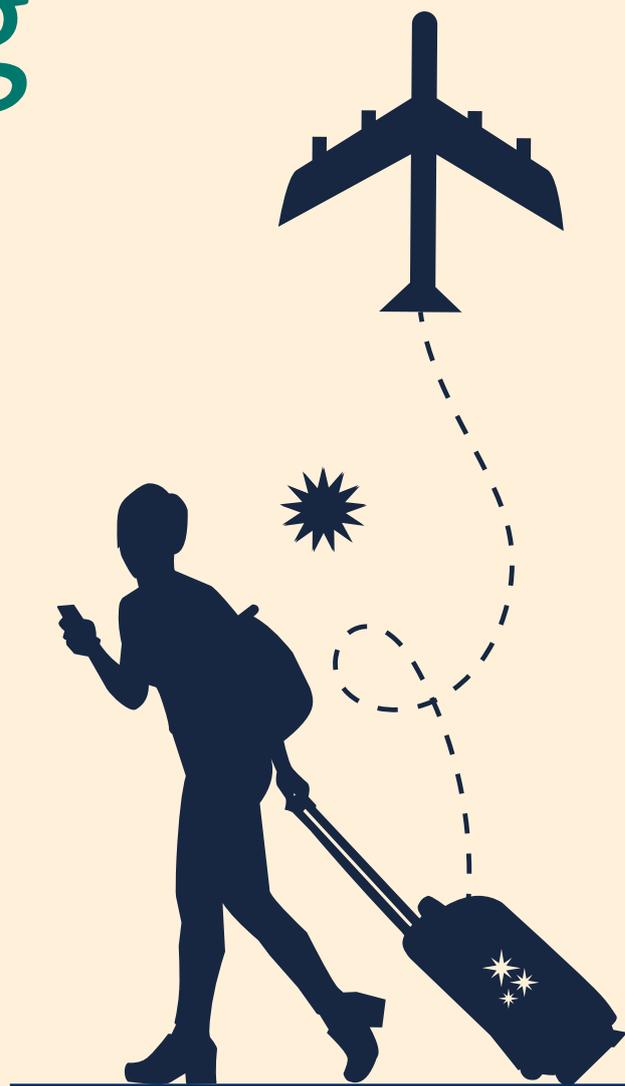
March is one of the best times to experience Lisbon. The city begins to warm after winter, with mild temperatures, longer days and plenty of sunshine, making it ideal for exploring on foot or meeting outdoors between sessions. The crowds of peak summer haven't yet arrived, so the city feels relaxed and accessible, while restaurants, cafés and cultural spaces are fully alive. It's a month that strikes the perfect balance, energising without being overwhelming, and sets an ideal tone for connection, conversation and discovery during Spring Innovation Week.

Entry requirements

Entry to Portugal is straightforward for most international travellers. As a member of the Schengen Area, Portugal allows visa-free entry for short stays for citizens of many countries, including those from the EU, UK, US, Canada and Australia. Travellers simply need a valid passport with sufficient remaining validity, and standard border checks apply on arrival. For delegates travelling from outside the Schengen zone, it's recommended to check specific visa requirements in advance, but for most visitors attending Spring Innovation Week, entry is smooth and hassle-free.

Budget Information

Lisbon is known for offering excellent value compared to many other European capitals, making it an attractive destination for business travellers. Everyday costs such as food, coffee and local transport are generally affordable, with high-quality meals available at a wide range of price points.



Accommodation

Lisbon offers a diverse range of accommodation options to suit every style of travel, from international business hotels and modern serviced apartments to boutique stays full of local character. To help you plan with ease, we've created a dedicated BIO-Europe Spring travel help site and hotel map, designed specifically for delegates attending Spring Innovation Week.

The hotel map highlights recommended properties near the venue, as well as options in key neighbourhoods with easy access to transport, dining and meeting spots across the city. Whether you're prioritising convenience, comfort or the chance to experience more of Lisbon, the site provides a clear overview to help you choose the right base for your stay. As March is a popular time to visit the city, we recommend booking early to secure your preferred hotel and take advantage of the best availability.

Getting Around Lisbon



Public Transportation

Lisbon's public transportation system is an efficient and charming way to explore the city. From the iconic yellow trams that climb the city's steep hills to the extensive metro network connecting neighborhoods, visitors can easily navigate Lisbon without a car. Buses and trains reach both urban and nearby coastal areas, while ferries offer scenic crossings of the Tagus River. Affordable and user-friendly, Lisbon's public transport allows travelers to experience the city like a local while enjoying its historic streets and stunning viewpoints.

Walking and Cycling Options

Lisbon is a surprisingly walkable city, especially in its historic neighborhoods like Alfama, Bairro Alto, and Chiado, where narrow streets and scenic viewpoints invite leisurely exploration. For longer distances or a faster pace, cycling is becoming increasingly popular, with dedicated bike lanes along the waterfront and the Gira bike-sharing system offering electric and regular bikes for short-term use. While some hilly areas can be challenging on foot or by bike, the combination of pedestrian-friendly streets, scenic routes, and rental options makes walking and cycling a rewarding way to experience Lisbon up close.

Lisbon Transport Cards and Tickets

Lisbon offers a variety of transport cards and tickets that make getting around the city simple and cost-effective. The Viva Viagem card is the most popular option—a rechargeable card that works on metro, buses, trams, funiculars, and suburban trains. You can load it with single trips, 24-hour passes, or zapping credit for multiple journeys. For tourists, the Lisboa Card provides unlimited travel on public transport for a set number of days, along with free or discounted entry to many attractions. Tickets are easy to purchase at stations, kiosks, or online, making it convenient to explore Lisbon without worrying about cash or individual fares.

Travel Essentials

When exploring Lisbon, a few travel essentials can make your trip smoother and more enjoyable. Comfortable walking shoes are a must for cobble streets and steep hills, while a lightweight rain jacket comes in handy during occasional showers. A reusable water bottle and sunscreen are important for sunny days, and a small backpack or crossbody bag keeps your belongings secure while you explore. Don't forget a travel adapter for European outlets, a transport card like Viva Viagem, and a city map or app to navigate efficiently. With these basics, you'll be ready to enjoy Lisbon's sights, neighborhoods, and hidden gems without stress.

Must-See Attractions

Belém

Belém is a historic district famous for its grand monuments and culinary treats. Visit the Jerónimos Monastery, a masterpiece of Manueline architecture, and the iconic Belém Tower on the riverside. Don't forget to try the legendary Pastéis de Belém custard tarts at the original bakery, a delicious local tradition.



Alfama

The Alfama district is Lisbon's oldest neighborhood, full of winding streets, colorful houses, and traditional Fado music. São Jorge Castle sits atop a hill, offering sweeping views of the city and the Tagus River. Exploring Alfama on foot feels like stepping back in time, with charming squares and hidden corners around every bend.

Miradouros (Viewpoints)

Lisbon's many viewpoints, or miradouros, offer stunning panoramas of the city's rooftops and the river. Miradouro de Santa Catarina and Miradouro da Senhora do Monte are among the most popular, providing perfect spots for sunset views, photography, or simply soaking in the city's charm.



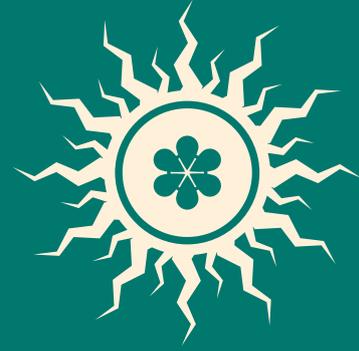
Parque das Nações

This modern district along the river features contemporary architecture, cultural attractions, and scenic waterfront walks. Highlights include the Oceanário de Lisboa, one of Europe's largest aquariums, and the striking Vasco da Gama Bridge. It's a great place to experience a different, more futuristic side of Lisbon.

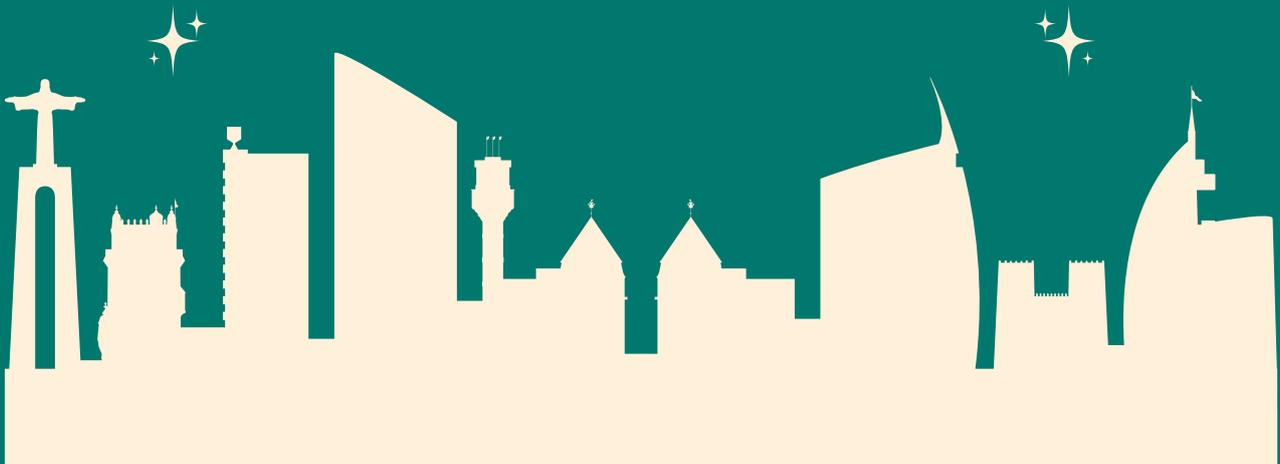
Baixa and Chiado

Baixa and Chiado are the heart of Lisbon's downtown, perfect for shopping, dining, and people-watching. Grand squares like Praça do Comércio and Rossio showcase elegant architecture, while Chiado offers stylish boutiques, historic cafés, and vibrant street life.





Feira Internacional de Lisboa



The Feira Internacional de Lisboa (FIL) is the host venue for BIO-Europe Spring, offering a modern, spacious, and highly functional setting for one of the life sciences industry's most important partnering events. Located in the contemporary Parque das Nações district, FIL sits along the Tagus River and is known for its wide promenades, striking architecture, and relaxed waterfront atmosphere.

The venue features multiple large exhibition pavilions, conference halls, and meeting rooms designed to accommodate high-profile international events, making it ideal for networking, presentations, and one-to-one meetings throughout the congress.

FIL is exceptionally well connected, with direct access to the metro, train, bus routes, and Lisbon Airport just minutes away, ensuring smooth travel for international delegates.

Outside the venue, attendees will find a wide selection of hotels, restaurants, cafés, and riverside walkways, perfect for informal meetings or unwinding after a full day of sessions. Its blend of professional infrastructure and vibrant surroundings makes FIL not just a conference venue, but a destination that enhances the overall BIO-Europe Spring experience.

Places To Eat



I Love Nicolau

A bright, colorful café known for its Instagram-worthy brunches and healthy, hearty dishes. From smoothie bowls to avocado toast, it's the perfect spot to start your day with fresh, flavorful food in a relaxed, vibrant setting.



Fauna & Flora

A trendy café offering creative brunch options, specialty coffees, and a lively atmosphere. Popular with locals and visitors alike, it's a great spot for a weekend brunch or a mid-morning treat while exploring central Lisbon.



Comadre

Located in a bustling district, Comadre serves traditional Portuguese dishes in a welcoming, lively environment. Its hearty portions and authentic flavors make it a must-visit for those wanting to taste genuine local cuisine.



Time Out Market

A food lover's paradise, Time Out Market brings together some of Lisbon's best chefs and eateries under one roof. From fresh seafood and gourmet burgers to Portuguese classics, it's perfect for sampling a wide variety of flavors in a single visit.

Docas Restaurants (Santo Amaro Docks)

Set along the waterfront, the Docas area is lined with restaurants offering both local and international cuisine. The lively marina atmosphere, combined with scenic river views, makes it ideal for lunch, dinner, or a relaxed evening out.

Palácio Chiado

Located in the heart of Chiado, this stylish venue combines modern design with Portuguese culinary classics. It's a great stop for a leisurely meal while exploring one of Lisbon's most iconic neighborhoods.



Flight Information



Getting to Lisbon is easier than ever, with direct flights connecting the Portuguese capital to major cities around the world. The graphic below gives an overview of typical flight costs from different countries, helping you plan your journey and budget accordingly.



Please note: all prices are for return flights and are based on January 2026



Spring

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