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Magazine

MAGAZINE OF THE YEAR

20.09.19

DINING THE
LADDER
What your
restaurant seat
says about you

TAKING
SHOTS

*On the FRONT
LINE of the
CAPITAL'S
anti-vax
EPIDEMIC*

Plus:
BEE MANIA,
VICTORIA
BECKHAM'S NEW
BEAUTY RANGE
and KATE
HUDSON'S
MY LONDON

DAMSON IDRIS

*The Peckham-born
superstar on a mission
to own Hollywood*



THE CITY STARTER: **LISBON**

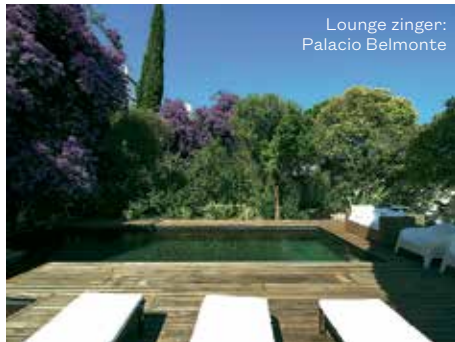
With its winding cobbled streets and crumbling amphitheatre, Lisbon's Moorish Alfama district has a quiet charm. **STAY:** at **PALACIO BELMONTE** you can sleep under historic frescoes in a former palace that has been updated with eccentric art throughout (the current owner is an avid collector). *From £450 per night (palaciobelmonte.com)*

LUNCH: Belmonte's own restaurant, **LE GRENACHE**, offers a French-Portuguese fusion menu. At **PRADO**, the bright dining space with sage green walls and sputnik lights is the ideal backdrop for the modern Portuguese cuisine coming out of the kitchen. There's also a lovingly assembled list of biodynamic local wines.

SEE: ceramic obsessives will love the pieces on offer at **CAULINO**. Part studio, part gallery, it's known for some of the smartest artist collaborations in the area. **DINNER:** still hungry? Good — head to **BOI CAVALO**. Set inside a former butcher shop — it boasts the original walk-in fridge — the menu is experimental, the crowd laid-back and closing time pleasingly late.

Pret-a-
PORTUGAL

From the beachside bars of Comporta to ceramic hunting in Lisbon's Alfama district, consider an end-of-summer Portuguese road trip, says *Dipal Acharya*



THE COASTAL PITSTOP:
COMPORTA

For an elite coastal destination, make like a Casiraghi and take it to the beach.

STAY: **SUBLIME COMPORTA** retreat is still the area's headline act, shrouded in a canopy of cork trees and pines. New this year are the biopool suites, overlooking one of Europe's largest freshwater swimming pools with no chemical nasties. *From £200 per night (sublimecomporta.pt)*

LUNCH: **SAL** (above), overlooking pristine **PRAIA DO PREGO**, is one of Comporta's best-loved restaurants. Here you'll have the catch of the day brought to your table in theatrical style. While the kitchen stokes the coals, enjoy a glass of crisp vinho verde or squid ink risotto — rice production has been a big deal here for centuries.

SEE: Comporta is called The Hamptons of Portugal for good reason, with nearly 12km of beach to explore. Find surfer's paradise on **PRAIA DO CARVALHAL** or do like the locals and pull up a sunlounger on lively **PRAIA DO COMPORTA**.

DINNER: **CAVALRICA** sits on the site of a former stables in Comporta town, but there's no horsing around when it comes to its brilliantly seasonal menu. Feast on sunny mezza-style dishes or crunchy veg with a bean emulsion (*inset*), and skip dessert for one of the delicious post-dinner cocktails.



Alamy; Neilson Garrido

WHAT TO PACK



ALIGHIERI shoes, £365, at net-a-porter.com

LOEWE dress, £2,600, at net-a-porter.com

RÉVIVE Soleil Supérieur SPF 50, £45, at spacenk.com

FULL BOTTLE: **ALENTEJO**

Despite its superlative wine credentials, Alentejo is still a relatively unspoilt swathe of Portugal.

STAY: check in to **L'AND VINEYARDS**, where the sleek, minimalist suites and moody wooden accents will make you feel like you're in a Bret Easton Ellis novel. The Skyview Suites give guests exactly that — a view of the night sky from bed. *From £202 per night (l-and.com)*

LUNCH: drop by the hybrid grocery store/restaurant **GADANHA**, in Estremoz, for plates of unctuous

local pork delicacies and feather-light *nata*, the famed Portuguese custard tarts, to take away for the drive home.

SEE: make time to visit the hilltop town of **ÉVORA** for a day exploring the ruins, ramparts and famous **GOTHIC CATHEDRAL**. For those less ecclesiastically inclined, there's also the remains of **MONTEMOR-O-NOVO**, the seat of Portugal's monarchs until the 16th century.

DINNER: L'And Vineyards has a Michelin-starred restaurant on site; there are two tasting menus available for guests who want their fill of epicurean wizardry from head chef José Miguel Tapadejo.

