



DISCOVER CASCAIS & SINTRA

.....

A Guide to Embrace The Portuguese Culture



HOW TO FEEL AS PORTUGUESE?

Explore The Unknown,

I

Be Curious and Adventurous,

II

Be Hungry for More.

III

Explore The Unknown



I. EXPLORE THE UNKNOWN



MONSERRATE PALACE

Once a summer home for Portuguese royalty, the Monserate Palace is a 19th-century mansion with Anglo-Saxon, Indian and Arab architectural influences. The delightful hallways inside are elaborately decorated and highlight gothic arches in unusual light colors. The Monserate Palace was designated as a UNESCO World Heritage Site in the 1990s.

Every day from 10AM to 6PM



SANTA MARIA LIGHTHOUSE MUSEUM

Presentations are tools that can be used as lectures. With an architecture project by Francisco and Manuel Aires Mateus, the Santa Marta Lighthouse Museum was restored and nowadays is one of the icons of Cascais' landscape.

Tuesdays to Fridays from 10:00AM to 05:00PM



CABO DA ROCA

Sintra's boundaries go all the way to the coast, and the westernmost point of continental Europe. Cabo da Roca is the point where the Serra de Sintra sinks dramatically into the ocean. The cape is 140 metres at the top of a granite cliff and with powerful boulders and outcrops pounded by the ocean far below.

I. EXPLORE THE UNKNOWN



CONDE CASTRO GUIMARÃES MUSEUM

At the back of a long, rocky creek is a whimsical Revivalist palace completed in 1900. The palace has a loggia, mullioned windows with Manueline-style moldings and an imposing Gothic revival stone tower.



QUINTA DA REGALEIRA

The 20th century Quinta da Regaleira is a Gothic architectural masterpiece that served as the private residence to many owners, including the Viscountess of Regaleira (a merchant family from northern Portugal). Another owner of the estate was responsible for adding the mysterious symbolism that can be seen throughout the grounds, pertaining to masonry, The Knights Templar and alchemy.

Every day from 9:30AM to 5PM.



PENA PALACE

It is the most iconic landmark in Sintra and one of the first places many tourists make a beeline for. It was designed by Portugal's King Fernando II and reflects 19th-century Romanesque Revival architecture. The Palace was categorized as a UNESCO World Heritage Site in the 1990s.

Every day from 10AM to 6PM.

I. EXPLORE THE UNKNOWN



CASINO ESTORIL

Much more than a gaming space, Casino of Estoril is the largest in Europe, and also prides itself for being a leisure complex distinguished by its ability to boost the arts and entertainment. During your stay, these are some of the shows that they will be hosting there.



PAULA REGO'S MUSEUM

At Paula Rego's Museum you will be able to find her current Exhibitions – “Paula Rego & Victor Willing”.
5,00€/ticket.

Tuesdays to Fridays from 10:00AM to 06:00PM



CASCAIS VILLAGE MARKET

Here you can find fresh fruit, fresh fish and meat, clothes, bakery, coffees and seeds

Wednesdays and Saturdays from 6:30AM to 3PM.

I. EXPLORE THE UNKNOWN



HISTORICAL CENTRE OF SINTRA

The compact core winds up a precipitous valley, and has twisting cobblestone streets, narrow stairways, churches and beautiful mansions and townhouses. Some of these contain museums, like the Museu Anjos Teixeira and the Museu de História Natural, and others you can only admire and photograph from the outside



ADRAGA'S BEACH

It's a sign of the high standard of the beaches in Sintra that the second best beach in the town is still held as one of the best in all of Portugal. Adraga is the next one up from Praia da Ursa, and has the same sharp rocks and intimidating wall of cliffs behind.

The good news is that you can drive down, and there's a restaurant by the car park next to the beach. If you go carefully it's a fun place to explore, adventuring over the rocks to find caves and tunnels.

Be Curious and Adventurous



II. BE CURIOUS AND ADVENTUROUS

RENT A BIKE

Tomorrow's Adventure

Bicycle rental from 10€ (half-day) and 15€ (full day)



967 287 969 or 929 267 213



info@tomorrowsadventure.pt



<http://www.tomorrowsadventure.pt>

MOTO DRIVING SCHOOL

Dirt Ride Academy

Class from 60€



919 691 149



info@dirtrideacademy.pt



<http://www.dirtrideacademy.pt>

SKYDIVING

Skydive Portugal

Experience from 115€



910 999 991 or 256 878 086



info@skydiveportugal.pt



<http://www.skydiveportugal.pt>

BEETLE TOUR

Lisbon by Beetle

Experience from 180€



910 802 000



reservations@boostportugal.com

HELICOPTER EXPERIENCE

Lisbon Helicopters

Experience from 46€



213 011 794



info@lisbonhelicopters.com



<http://www.lisbonhelicopters.com>

HOT AIR BALOON

Up Alentejo

Experience from 150€



925 508 116



reservas@upalentejo.pt

KARTS

Kartodromo de Palmela



265 538 500



geral@kip.pt

FERRARI EXPERIENCE

Drive Me Lisbon

Experience from 90€






<http://www.drivemelisbon.com>

II. BE CURIOUS AND ADVENTUROUS

SINTRA JEEP SAFARI

Extremo Ambiente
Bicycle rental from 35€

 913 071 198
 reservas@extremoambiente.pt
 <http://www.extremoambiente.pt>




PERSONAL SHOPPER

El Corte Inglés
Service from 180€

 219 711 700




ROOM ESCAPE

Escape The Room
Experience from 10€

 926 871 858
 info@escapegameover.pt
 <http://www.escapetheroom.pt>

YOGA CLASSES

Sara Garcia - Espaço Cultural Cascais
Class from 60€

 911 172 362
 cascais.pt@metododerose.org
 <http://www.metododerosecascais.com>



COOKING CLASS

Cooking Memories

 215 889 858
 info@cookingmemories.pt
 <http://www.cookingmemories.pt>

PERSONAL TRAINER

Vasco Rodrigues

 917 801 076
 vasco@surfset.pt

II. BE CURIOUS AND ADVENTUROUS



WATER EXPERIENCES

For fun in the water, you have the tranquil waters in the bay in front of Cascais, or can travel around the headland to the windswept beaches in the natural park. The resort-side beaches like Praia da Duquesa and Praia do Tamariz you can hire a kayak or paddleboard for a self-guided voyage.

But if adrenaline is in order, summer is kitesurfing season at Praia da Cremina and Praia do Guincho. Hook up with Gustykite, SBKiteboarding and Kitesurf Adventures if you've ever felt tempted to have a go.

II. BE CURIOUS AND ADVENTUROUS

Water Experiences

AULAS E CLÍNICAS DE SURF

Wanted Surf School

Group Classes from 30€ and Individual ones from 50€



914 994 659



wantedsurfschool@gmail.com



<http://www.wantedsurfschool.com>

KITESURF CLASSES

SBKiteboarding

Private lessons from 150€



929 183 100



sbkiteboarding@gmail.com



<http://www.sbkiteboarding.com>

STAND UP PADDLE

Surf n' Paddle

Classes from 25€



933 258 114



info@surfnpaddle.com



<http://www.surfnpaddle.com>

SCUBADIVING CLASSES

Clube Naval de Cascais

Activities from 90€



214 830 125



geral@cncascais.com



<http://www.cncascais.com>

FISHING TRIP

Dreamboats

Experiences from 800€



968 883 037



idreamboats@dreamboats.com.pt



<http://www.dreamboatsportugal.com>

DOLPHIN WATCHING

Dolphin Explorers

Experiences from 40€



966 079 248 or 966 079 248



<http://www.dolphinexplorers.com>

II. BE CURIOUS AND ADVENTUROUS

Boat Tours



Tagus Cruises



925 610 034



sail@taguscruises.com



<http://www.taguscruises.com>

PalmaYatchs



937 065 280 or 917 315 815



info@palmayatchs.com



<http://www.palmayachts.com>

DreamBoats



968 883 037



dreamboats@dreamboats.com.pt



<http://www.dreamboatsportugal.com>

II. BE CURIOUS AND ADVENTUROUS

Horse Riding



Horse Riding School Rui Barroso



912 654 464



cavalosruibarroso@gmail.com



<http://www.rbhorses.pt>

MP Beloura



966 000 688



<http://www.escoladeequitacaompbeloura.com>

Centro Hípico da Costa do Estoril



214 872 064



<http://www.centrohipicocostaestoril.com>

II. BE CURIOUS AND ADVENTUROUS

Golf



Oitavos



214 860 020



<http://www.oitavosdunes.com>

Estoril Golf Course



214 680 176



<http://www.clubegolfestoril.com>

Penha Longa



219 249 011



<http://www.penhalonga.com>

II. BE CURIOUS AND ADVENTUROUS

with your little ones.

PAVILHÃO DO CONHECIMENTO IN LISBON



THE OCEANARIUM IN LISBON



INDOOR CLIMBING IN LISBON



BOUNCE UPUP IN SINTRA



BOWLING IN CASCAIS



INDOOR LASER TAG IN OEIRAS



Be Hungry For More



III. BE HUNGRY FOR MORE

Restaurants in Cascais

Furnas do Guincho

Fish and Seafood



214 869 243



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

Mar do Inferno

Fish and Seafood



214 832 218



<http://www.mardoinferno.com/>

Monte Mar

Fish and Seafood



916 025 305



<http://www.mmcascais.pt/pt/restaurante-monte-mar-cascais>

Estoril Mandarin

Asian Cuisine



214 667 270



<http://www.casino-estoril.pt/>

Mercado da Vila

Many type of food



214 832 218



<https://www.facebook.com/MercadodavilaCASCAIS/>

Beira-Mar

Fish and Seafood



214 827 380




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

III. BE HUNGRY FOR MORE

Restaurants in Lisbon

Bairro do Avillez

Many types of food

 215 830 290

 <https://bairrodoavillez.pt/pt/contactos.htm>

JNcQUOI Avenida

Upscale Restaurant

 219 369 900

 <https://www.jncquoi.com/>

JNcQUOI Ásia


Upscale and Asian Cuisine

 210 513 000

 <https://www.jncquoi.com/asia/>

Real Marisqueira

Fish and Seafood

 213 019 899

 <https://www.nunesmarisqueira.pt/en/>

Solar dos Presuntos

Traditional Food


 213 424 253

 <https://www.solardospresuntos.com/>

SUD


Upscale Restaurant

 211 592 700

 <https://www.sudlisboa.com/>

SEEN

Upscale Restaurant

 914 673 356

 <https://seenlx.com/en/>

Este Oeste

Italian and Asian Cuisine

 914 914 505

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

OTHER SERVICES

Transfers From and To The Airport

Each Way:

- Mercedes E Class (max of 2 guests): 88.00€
- Mercedes S Class (Luxury car, max of 2 guests): 135.00€
- Mercedes Executive Van (max of 6 guests): 119.00€
- Mercedes Mini Bus (Max of 16 guests): 217.00€



Thank you for visiting us,



Avenida Marginal, 8023 | 2765-249 Monte Estoril, Portugal
+351 218 291 100 | liset.reservations@ihg.com | estorilintercontinental.com