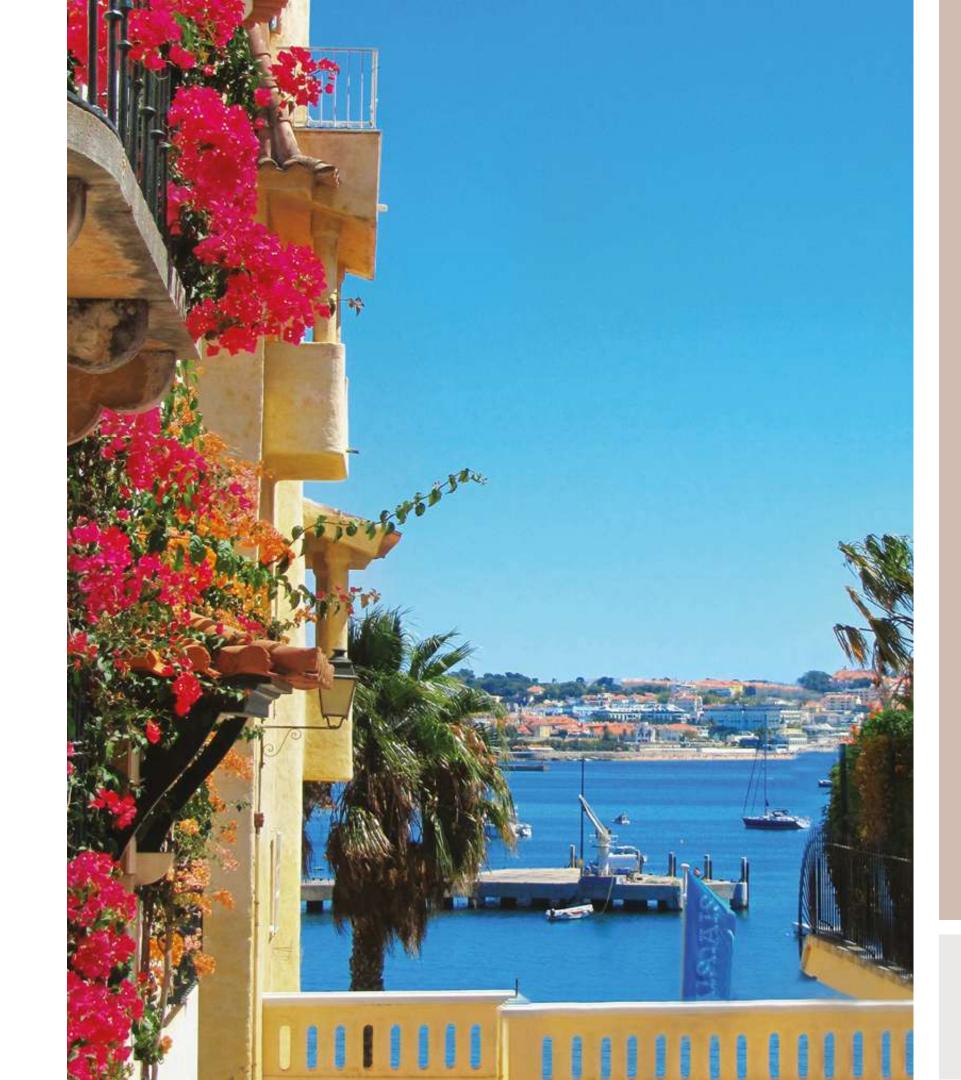


DISCOVER CASCAIS & SINTRA

A Guide to Embrace The Portuguese Culture



HOW TO FEEL AS PORTUGUESE?

Explore The Unknown,

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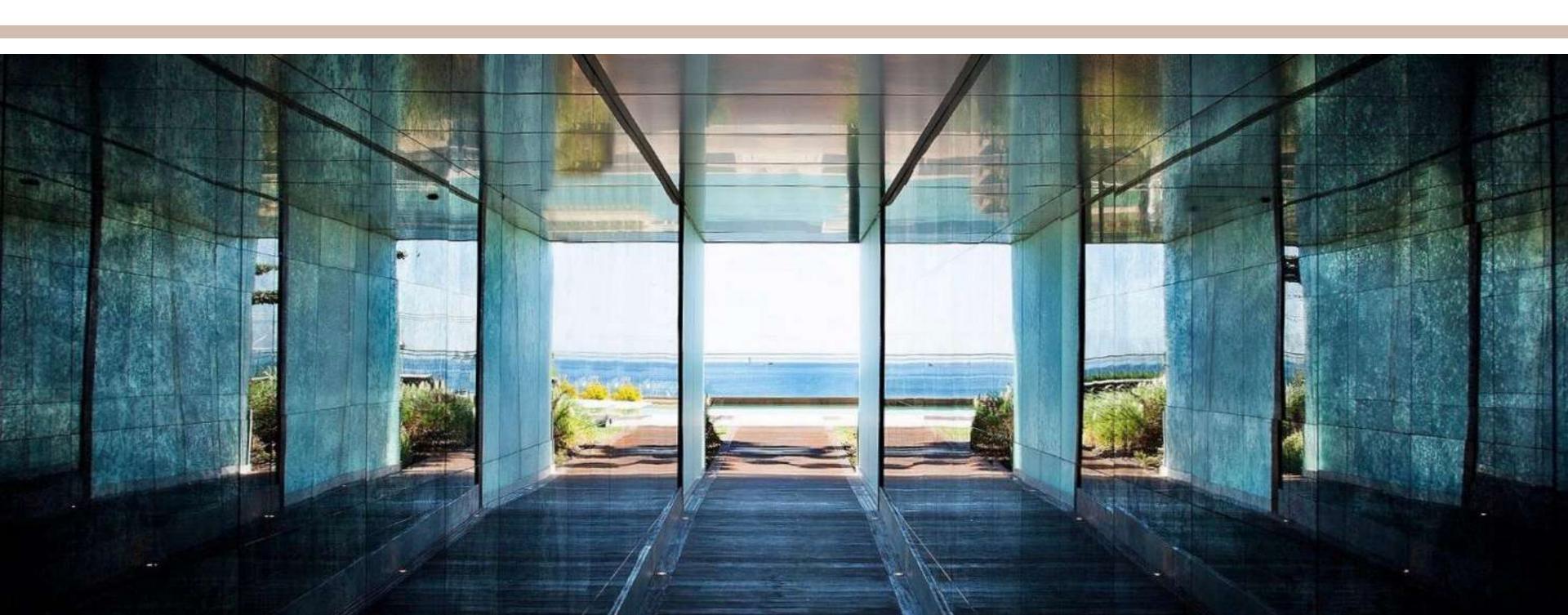
Be Curious and Adventurous,

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Be Hungry for More.

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Explore The Unknown





MONSERRATE PALACE

Once a summer home for Portuguese royalty, the Monserrate 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 Monserrate Palace was designated as a UNESCO World Heritage Site in the 1990s.



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.





At the back of a long, rocky creek is a whimsical Revivalist palace completed in 1900. The palace has a loggia, mullioned windows with Manuelinestyle 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 man 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

SIt 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.



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.



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 Texeira and the Museu de História Natural, and others you can only admire and photograph from the outside

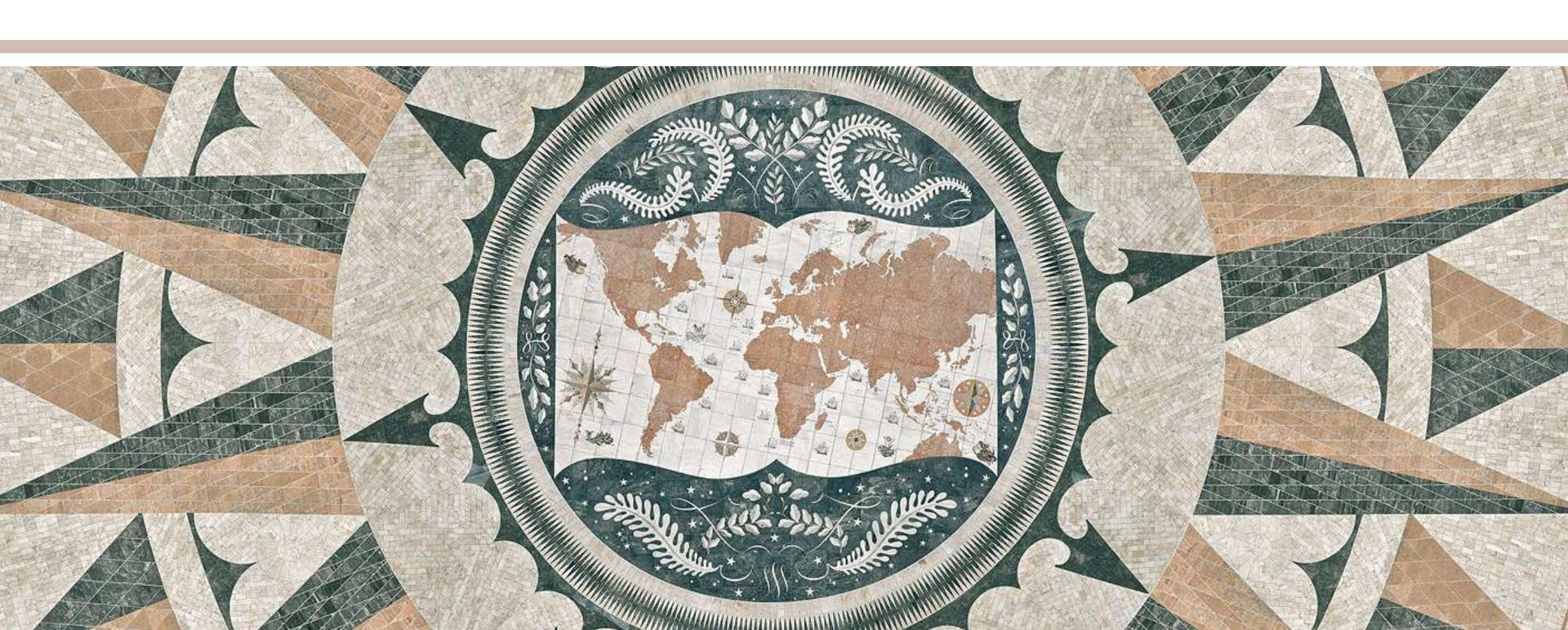


ADRAG A'S BEACH

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



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

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http://www.dirtrideacademy.pt

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http://www.skydiveportugal.pt

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http://www.extremoambiente.pt

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http://www.escapetheroom.pt

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Sara Garcia - Espaço Cultural Cascais Class from 60€



911 172 362



cascais.pt@metododerose.org



http://www.metododerosecascais.com

PERSONAL TRAINER

Vasco Rodrigues



917 801 076



vasco@surfset.pt



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.

Water Experiences

AULAS E CLÍNICAS DE SURF

Wanted Surf School
Group Classes from 30€ and Individual
ones from 50€



wantedsurschool@gmail.com

http://www.wantedsurfschool.com

STAND UP PADDLE

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http://www.surfnpaddle.com

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idreamboats@dreamboats.com.pt

http://www.dreamboatsportugal.com

KITESURF CLASSES

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Private lessons from 150€

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sbkiteboarding@gmail.com

http://www.sbkiteboarding.com

SCUBADIVING CLASSES

Clube Naval de Cascais Activities from 90€

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geral@cncascais.com

http://www.cncascais.com

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Dolphin Explorers
Experiences from 40€

966 079 248 or 966 079 248

http://www.dolphinexplorers.com

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

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

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

with your little ones.

PAVILHÃO DO CONHECIMENTO IN LISBON



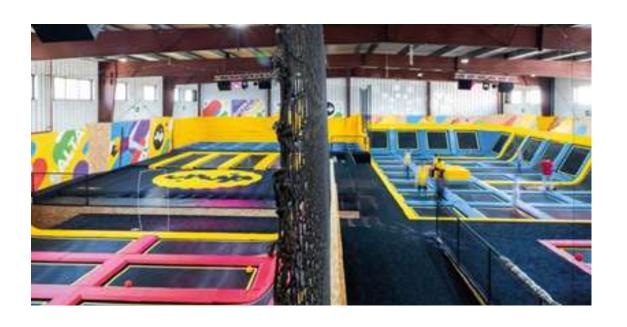
THE OCEANARIUM IN LISBON



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-montemar-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

JNcQUOI Avenida

Upscale Restaurant

219 369 900



215 830 290



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

SUD

Upscale Restaurant

Solar dos Presuntos

213 424 253

Traditional Food



211 592 700



https://www.sudlisboa.com/

https://www.solardospresuntos.com/

JNcQUOI Ásia

Upsacale and Asian Cuisine



210 513 000



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

https://www.jncquoi.com/

SEEN

Upscale Restaurant



914 673 356



https://seenlx.com/en/

Real Marisqueira

Fish and Seafood



213 019 899



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

Este Oeste

Italian and Asian Cuisine



914 914 505



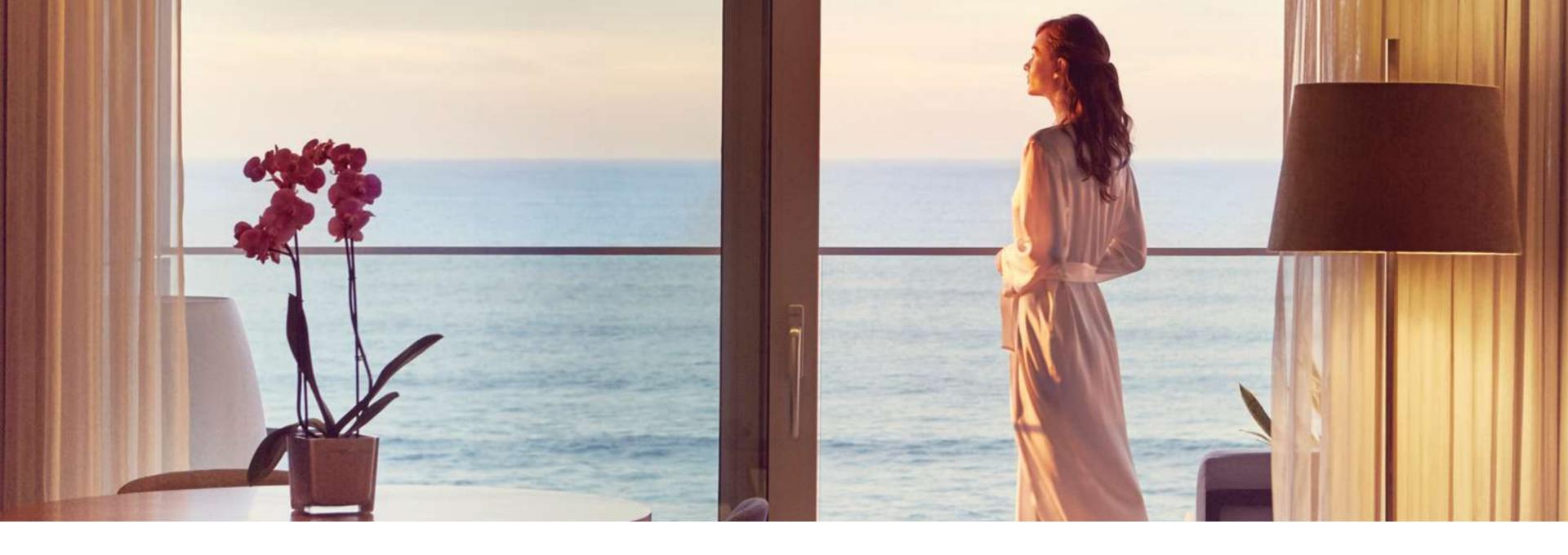
http://www.esteoeste.pt/

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,



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