



Guide



estoril



*One place. A thousand sensations*

[www.estoril-portugal.com](http://www.estoril-portugal.com)



# Estoril, everything you need within easy reach



There's only one place where you can feel a thousand sensations, Estoril. Wonderful beaches where you can relax in the sun and forget about everything. Gardens, houses and palaces that take you back to the past. Excellent restaurants offering a wide choice of fish and seafood. All the facilities necessary to play your favourite sport. And fascinating places like Cascais, where the tradition of being a fishing town combines with the grandeur of its medieval citadel and all the glamour bestowed upon it at the beginning of the 20th century, when it became the official summer residence of the royal family.

In Estoril you'll find the biggest and most impressive range of facilities...and all within easy reach. So come and discover everything that Estoril has to offer!



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## *Never has such a small place had so much to offer*

Despite being small in size, the Estoril Coast is big in terms of possibilities. Bathed by the Atlantic Ocean, the region stretches all the way from the Tagus Estuary to the Guincho Beach near the Serra de Sintra, home to mainland Europe's most westerly point. Thanks to its close proximity to Lisbon, there is the added advantage of having an international airport nearby, as well as the Cascais-Tires Municipal Aerodrome. Quickly and easily accessible, the region is well served by rail and road, most notably the scenic coast road known as the Estrada Marginal.

In the centre of the region rises the majestic Serra de Sintra, whose northern slope leads down to the historic village of the same name.

The Estoril Coast's climate is temperate throughout the year and never subject to any extreme weather conditions. The region benefits from a unique microclimate influenced by the biological structure of the mountain, which is home to a wide variety of flora, fauna and lush, green landscapes.

There are lots of reasons why Estoril is an extraordinary place to visit. The many hidden corners, the wonderful beaches and landscapes, the strong traces of history... In such a small area, Estoril simply has it all!



## *A bit of history*

Recounting Estoril's history means going back to almost the beginning of time, when the dinosaurs roamed its dense woods leaving their unmistakable footprints at places like Praia Grande in Sintra, where visitors can still see them today.

The first humans arrived in Palaeolithic times, most likely attracted by the wonderful climate and favourable living conditions.

Later, strategic interest in this area, the most westerly of mainland Europe, attracted the Phoenicians, followed by the Romans and then the Arabs, who left an indelible mark on the region with their architecture, place names and culture in general.

Good examples of this are the charming windmills of Alcabideche located a few kilometres from Cascais, to which the poet Ibn Mucane referred in the 11th century.





The region fell under Christian control in 1147 as a result of the Reconquest. Due to its closeness to the capital, Estoril has always been connected to the political and military events in Portugal's history and served as a place of rest and relaxation for the royal family.



The Cascais coastline was the first bit of land seen by ships entering the Tagus and the last image of Portugal they took with them when leaving for various points across the Empire. Its inhabitants saw the early discoverers set sail for distant horizons and witnessed their ships return laden with treasures from Africa, spices from India and gold from Brazil. In 1588, they lined its beaches to watch the largest collection of warships to ever exist before the Second World War – known as the great Armada Invencível (the Invincible Navy) – starting out on its fateful voyage to the shores of England.



The many forts dotted along the coastline remind us of attacking pirates and the attempted landings of Spanish, French and English invaders at various times in Portugal's chequered history. 30 km north of Estoril, the magnificent National Palace of Mafra reflects the immense power and influence of King João V, Portugal's so-called Sun King. And the small bay of Ericeira evokes memories of the 1910 republican revolution when Portugal's last king was forced to board a boat and flee to England.

Estoril's more recent history saw the region emerge as one of Portugal's first tourist destinations. In 1870, the royal family chose the area, or more specifically the Cascais Citadel, as its official place of residence due to its location, natural environment, temperate climate and the quality of its sea and spa waters. During the great political upheavals of the 20th century, many of Europe's kings, aristocrats and upper classes selected Estoril as the place to spend their time in exile, thus establishing it as a well-known international destination.







During World War II it became a thriving base for espionage and the trading of diplomatic secrets. All the glamour and mystery surrounding that period has lent the area an air of sophistication and a special cosmopolitan feel that has endured until today, resulting in the region becoming known as the Portuguese Riviera.



# Dream Beaches

Our beaches are one of the biggest attractions for visitors. Clear and unpolluted water with excellent facilities and first-class services are just some of the reasons why your visit will be an unforgettable one. Because of their high quality, the majority of beaches have been awarded the European Union's coveted Blue Flag. Geographically, they are divided into two distinct areas: the South Coast and the West Coast.

## THE SOUTH COAST

Those looking for a small piece of paradise will certainly find it on the South Coast. Splendid beaches nestling in tiny coves, surrounded by elegant houses and small palaces built in the style of the Côte d'Azur. Dotted with bars and outdoor cafés, they are full of life in a distinctly cosmopolitan way. Access to the beaches is very easy thanks to the Lisbon-Cascais railway.

### Torre

Situated between the fort of S. Julião da Barra and the ocean swimming pool, Torre offers excellent bathing conditions with good all-round facilities.



## **Carcavelos**

This impressive beach is located beside the fort of S. Julião da Barra, at the end of the Tagus Estuary. With an abundance of bars, restaurants and daily and nightly entertainment, it is a regular meeting point for hundreds of surfers and body-boarders.

## **Parede**

This small beach is worth a visit because of its waters, which are rich in iodine and have strong therapeutic qualities. A physiotherapy centre established here at the beginning of the 20th century specialises in orthopaedic diseases.

## **Avenças, S. Pedro and S. João do Estoril**

Protected for their biodiversity, the spectacular cliffs in this area feature a number of small, picturesque beaches, some of which are very popular with surfers.

## **Tamariz, Estoril**

Surrounded by hotels and delightful palaces at the bottom of the casino's main avenue, this wonderful beach earned the Estoril Coast its reputation as a bathing area of international repute in the 1920s.

## **Cascais**

The town's small urban beaches are idyllically set in a beautiful bay overlooked by an imposing citadel. The many leisure boats filling the bay offer the best view of the surrounding landscape. On Fishermen's Beach you can see how fishing is still done in the traditional way, while no visit to Cascais is complete without a visit to its modern marina.



## THE WEST COAST

North of Cabo Raso, in the heart of the Sintra-Cascais Natural Park, you can witness nature in all its magnificent splendour. Imposing cliffs dominate the scene, interspersed with beaches where the energising waters are rich in iodine.

### Guincho

Exposed to the West Coast's strong winds, the Guincho is a long beach famous for its big waves, which provide the perfect setting for both the World and European Surfing Championships. From here you can enjoy breathtaking views of Cabo da Roca, mainland Europe's most westerly point. Restaurants all around the beach serve up the most delicious fish and seafood dishes.

Nearby, in the district of Sintra we have:

### Adraga

Largely hidden by rock formations, this pretty beach is surrounded by nature with very few traces of human existence. It is accessible from the village of Almoçageme on the road between Cabo da Roca and Colares.

### Praia Grande

Situated close to Colares, this is another long beach very popular with surfers. The World Body Board and European Surfing Championships are contested here every year. Dinosaur footprints and magnificent views can be found on the surrounding cliffs.



### **Praia das Maças**

Easily accessible, this large sandy beach is set at the mouth of the Colares River. The best way to get there is by an old tram that trundles through a scenic valley all the way from Sintra.

### **Azenhas do Mar**

Located a few kilometres north of Praia das Maças, this enchanting village is famous for its rows of picturesque houses literally embedded into the rocks. Down by the sea between the cliffs, one can bathe in a natural seawater swimming pool.

### **Magoito**

Set in a rural area far way from civilisation, this beach has its own unique charm. Here you can enjoy magnificent views, fresh air and a green landscape dotted here and there with white windmills. The beach is well signposted on the main road between Sintra and Ericeira.

A little further north in the district of Mafra, we have the beautiful beaches of:

### **S. Julião**

Sheltered by cliffs just south of Ericeira, this long stretch of beach can be reached from the main road that connects Sintra with Ericeira.





## **Ericeira**

Popular for its wonderful beach and fishing port, ancient traditions are very much alive in the pretty town of Ericeira. It was from here that Portugal's last king set sail for England on a journey that took him into exile. With exhilarating views and a fine selection of fish and seafood restaurants, its long seaside promenade will help turn your visit into a truly memorable experience.





### **Ribeira d'Ilhas**

Regarded as one of the world's best surfing beaches, Ribeira d'Ilhas is a regular venue for the World Surfing Championships. Situated 2 km north of Ericeira, it is well protected by cliffs where breathtaking views and amazing sunsets can be appreciated.



### **Ribamar**

An excellent beach located in a pleasant village that is popular for its many fish and seafood restaurants.



# Monuments, Palaces and Museums

## ESTORIL / CASCAIS

### **Cidadela**

Built around the 16<sup>th</sup> century to protect Cascais Bay from invading ships, this impressive building forms part of a series of coastal fortifications designed to defend the landing areas closest to the capital.

### **Oitavos Fort**

Evidence of the fort's existence dates back to 1796 and corresponds with a scaled map of the area now kept in the National Archives. This map made it possible to restore the rooms to exactly how they were during that period.

### **Seixas Palace**

Boasting a prime location overlooking the sea in the historic centre of Cascais, this magnificent 19th century palace is one of the town's most prominent landmarks. Its previous owner kindly donated the building to the Navy.

### **Verdades de Faria House Museum**

Designed by the famous Portuguese architect Raul Lino, this building was once owned by the generous patron, Mantero Belard. The collection includes objects belonging to the great



Corsican ethnologist and musicologist, Michel Giacometti, who dedicated much of his life to the study of traditional Portuguese folk music.

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Open from 10am-1pm and 2pm-6pm every day except Mondays and public holidays Tel. (00 351) 214 81 59 04

### **Estoril Post Office - Espaço Memória**

Designed by Portuguese architect Adelino Nunes, this building was one of the most important buildings of the region's modernist movement when it first opened in 1942. During the Second World War, Estoril was a preferred spot for refugees and those in exile, for whom the council has created the Exile Museum located on the first floor.

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Open from 10am-1pm and 2pm-6pm every day except Saturdays, Sundays and public holidays Tel. (00 351) 214 82 50 22, Av. Marginal, 7152-A Estoril.

### **The Paula Rego House of Stories and Pictures**

In 2006, a painter Paula Rego chose the town of Cascais to erect the Paula Rego House of Stories, a museum designed by the architect Eduardo Souto de Moura. The museum will exhibit a significant part of the artist's graphic work, as well as some works by her late husband, Victor Willing, who was an artist and an art critic, and who passed away in 1988. The collection will be comprised of 121 works – drawings, illustrations and lithography – as well as 16 paintings lent by the artist for a period of ten years. The collection will also feature “The Battle of Alcácer-Quibir” tapestry, acquired in 2008 by the Cascais Municipal Council.

The museum will have an area of circa 750 square meters for



permanent and temporary exhibition, cafeteria, bookstore, and an auditorium with 195 seats.

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Casa das Histórias (House of Stories) opens every day, from 10 am to 6 pm. Telephone number: 214 826 970 E-mail: [info@casadashistorias.com](mailto:info@casadashistorias.com)  
[www.casadashistoriaspaularego.com](http://www.casadashistoriaspaularego.com)

### **Sea Museum**

Cascais has very close ties with sailing, fishing and the sea, all of which are well portrayed at the Sea Museum. With sections dedicated to natural history, ethnology and underwater archaeology, there are numerous exhibits connected to the sea, such as ancient maps, old fishermen's clothes, model boats and treasures salvaged from ships wrecked along the Estoril Coast and in the Tagus Estuary.

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Open from 10am-5pm every day except Mondays and public holidays Tel. (00 351) 214 81 59 07, Rua Júlio Pereira de Mello, Cascais.

### **Cascais Town Museum**

The setting of this revivalist-style building is almost as attractive as the exhibits themselves. The first surprise for visitors is its location in a small inlet so close to the water's edge that waves often reach the base of the building at high tide. . . Housed inside the Condes de Castro Guimarães Palace, the museum contains a fascinating art collection, rare pieces of Indo-Portuguese furniture, prehistoric archaeological relics and a library featuring an illuminated manuscript dated 1505 and some bound editions dating back to the 17th century. Take a stroll through the surrounding park and you'll come



across a small zoo and some beautiful tile panels.

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Open from 10am-5pm every day except Mondays and public holidays

Tel. (00 351) 214 81 53 08, Av. Rei Humberto II de Itália, Parque Marechal Carmona, Cascais.

### **Santa Marta Lighthouse**

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Open from 10am-6pm every day except Mondays and public holidays

Tel. (00 351) 214 81 53 28 R. Farol, Cascais

### **Cascais Cultural Centre**

Located on the site of the Convent of Our Lady of Pity, Cascais Cultural Centre is a magnificent building restored to its former glory by architect Jorge Silva. Designed for all types of exhibitions, this modern venue covers a total area of 2,000 m<sup>2</sup>.

The cultural centre and exhibition rooms are open from 10am-6pm every day except Mondays and the public holidays of 1 January, 1 May, Easter Sunday and 24 & 25 December Tel. (00 351) 214 84 89 00, Av. Rei Humberto II de Itália, Cascais.

### **The House of St. Maria**

Built in 1902 in a prime location overlooking Cascais Bay, this palatial house of extraordinary beauty is the work of Jorge O'Neil. Developed by Raul Lino, the project's architectural style is typically Mediterranean with lots of natural daylight and strong Arab influences, including some impressive iron arches and decorative tiles. The richness of the house's interior is highlighted by some exquisite 17th century painted tiles and a delightful oil-painted wooden ceiling.

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Open from 10am-1pm and 2pm-5pm every day except Mondays and



public holidays. Tel. (00 351) 214 81 53 80, Av. Rei Humberto II de Itália, Cascais.

## OEIRAS

### **Marquês de Pombal Palace and Estate**

Situated in the historic centre of Oeiras, this impressive palace was built in the 18th century under the supervision of Hungarian architect Carlos Mardel. Highlights include painted tiles and exquisite stucco designs adorning the ceilings of the rooms and chapel. Of equal note are the many annexes dotted around the estate that reflect how daily life must have been on one of the largest agricultural properties of its time. King José's Prime Minister, the Marquês de Pombal, was responsible for the reconstruction of Lisbon after the great earthquake of 1755. He was also the iron-fisted politician who set the rules and modernised the Portugal at that period.

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Guided visits only with prior arrangement. Gardens open from 9am-7pm in summer and 10am-6pm in winter Tel. (00 351) 214 40 87 81.

### **Caxias Royal Estate and Gardens**

Commissioned by Infante D. Francisco, son of King Pedro II, this magnificent garden estate is located right beside the sea on the Tagus Estuary in Gibalta.

With its elaborately-designed hedges, statues, lakes and the famous Diana waterfall, the setting is typical of the style and sophistication of the 18th century social scene.





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Open every day from 9am-8pm in summer and 9am-6pm in winter **Tel.** (00 351) 214 11 50 62 or 214 40 85 87, Estrada da Gibalta, 2760-064 Caxias.

### **Gunpowder Factory and Museum**

Located next to Ribeira de Barcarena on the grounds of a factory dangerous for its risk of contamination, which was common at the time of the 1st Industrial Revolution, Oeiras Council has done an exemplary job restoring this complex and transforming it into an integral part of the landscape in the form of a museum and a pleasant recreational area.

The old factory building now houses a hotel, various bars and a fascinating museum where visitors can learn all about the origin of gunpowder and its manufacture and use throughout the centuries. Another important feature is the Jardim da Memória, a garden memorial for the workers killed by explosions at the factory. During summer, the Pátio do Enxugo becomes a concert venue and the side streets are the scene of various exhibitions and outdoor events.

Besides the municipal nurseries, the park houses an exhibition with models and artefacts found at the nearby archaeological site of Leceia, where human existence from the Neolithic and Chalcolithic periods is documented. The ancient castle of Leceia is also well worth a visit.

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The museum is open from 10.30am-1pm and 2pm-5pm every day except Monday. The Park is open every day. **Tel.** (00 351) 214 38 14 00.

### **Vasco da Gama Aquarium**

Along with the Zoological Gardens and the Lisbon



Oceanarium, the Vasco da Gama Aquarium operates as a 'live museum'. It houses a large collection of marine animals, including some very unusual species, along with some important items from the King D. Carlos oceanographic collection.

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Open from 10am-6pm every day **Tel.** (00 351) 214 19 63 37, Rua Direita, Dafundo.

## SINTRA

### **Castle of the Moors**

This medieval castle was built during the Reconquest and subsequent foundation of Portugal in the 12th century on the site of an old Arab fortification abandoned when the troops of King Afonso Henriques arrived. With an enormous winding and undulating perimeter, the castle was almost impenetrable during that period. Today, its imposing mountain-top location is an integral part of the Sintra landscape.

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Open every day from 9.30am-8pm **in summer** (1/05 until 15/09) and 10am-6pm **in winter** (last entrance 1 hour before closing time) **Tel.** (00 351) 219 23 73 00, Estrada da Pena, located about 3.5 km from the centre of Sintra. [www.parquesdesintra.pt](http://www.parquesdesintra.pt)

### **Capuchos Convent**

The Capuchos Convent of Santa Cruz or Cortiça was built in 1560 by D. Álvaro de Castro in fulfilment of a promise made by his father, D. João de Castro, the Vice-Roy of India.

Cut from rock and lined with cork, its tiny cells, chapel, dining room and various other rooms bear witness to the humble



## daily life of the Franciscan monks.

Open for guided visits every day from 9.30am-8pm **in summer** (1/05 until 15/09) and 10am-6pm **in winter** (last entrance 1 hour before closing time)  
**Tel.** (00 351) 219 23 73 00, Serra de Sintra, located 9km from the centre of Sintra. **www.parquesdesintra.pt**

## National Palace of Pena

This Romantic-style palace was commissioned in the first half of the 19th century by D. Fernando of Saxe-Coburg-Gotha on the site of an old 16th century convent. It is full of unusual details and the surrounding landscape is as impressive as the architecture itself. From here you can enjoy breathtaking views of the park and the region as a whole.

Open from 10am-7pm **in summer** (1/05 until 15/09; last entrance at 6.00pm) and 10am-5.30pm **in winter** (16/09 until 30/04; last entrance at 4.30pm). **Tel.** (00 351) 219 10 53 40 **e-mail:** pnpena@ippar.pt, Estrada da Pena, 2710-609 Sintra. **www.parquesdesintra.pt**

## Sintra National Palace

This palace is famous for its unmistakable silhouette dominated by two enormous chimneys, the most familiar of Sintra's many landmarks. The oldest part of the building dates right back to the Arab occupation. After falling to the Christians in the 12th century, the palace underwent a series of modifications, the most important during the reign of King Manuel I, resulting in a mixture of architectural styles. The building as we see it today is the result of various extensions and improvements made throughout the centuries. Due to its excellent location very close to Lisbon, the palace was



a favourite place of residence among Portuguese monarchs since the Middle Ages. For this reason it is very closely connected to many important events in Portugal's long and chequered history.

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Open from 10am-5.30pm (last entrance at 5pm). Closed Wednesdays.  
Tel. (00 351) 219 10 68 40 e-mail: pnsintra@ippar.pt, Largo Rainha D. Amélia, 2710 Sintra. [www.ippar.pt](http://www.ippar.pt)

### **Queluz National Palace**

Described by many as a small version of Versailles, and with very good reason. With its refined elegance and well-landscaped gardens dotted with statues and baroque fountains, the palace is full of surprises. Construction started in 1747 and was completed in 1760. Today it serves as the official residence of foreign dignitaries invited by the Portuguese state. Besides that, it is sometimes used as a venue for concerts, exhibitions and historical re-enactments.

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Open from 9.30am-5pm (last entrance at 4.30pm). Closed on Tuesdays.  
Tel. (00 351) 214 34 38 60 e-mail: pnqueluz@ippar.pt, Largo do Palácio, 2745 Queluz. [www.ippar.pt](http://www.ippar.pt)

### **Monserrate Palace and Estate**

In the second half of the 19th century, a rich English merchant called Francis Cook commissioned the restoration of an old neo-gothic palace belonging to some proud revivalists. As is the case with the majority of the region's monuments, the garden is full of indigenous and exotic species, which together add a touch of romanticism and originality.

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Open every day from 10am-1pm and 2pm-5pm (last entrance 30 minutes before closing time) Tel. (00 351) 219 23 73 00, Estrada de Monserrate, 2710-405 Sintra. [www.parquesdesintra.pt](http://www.parquesdesintra.pt)



## Regaleira Palace and Estate

The sea meeting the earth, the light's brightness casting a kingdom of shadows...No-one can escape the extraordinary astral and tellurian forces that emanate from this place, attracting romantics and lovers of the occult like a magnet. Like D. Fernando of Saxe-Coburg-Gotha, maybe this was the reason why Carvalho Monteiro, a man of considerable culture who made his fortune in Brazil, also chose Sintra as the place to make his spiritualistic dream come true in a beautiful place situated less than a kilometre from the town centre.

Its Neo-Manueline style evokes the age and glory of the 16th century. Regaleira palace and its chapel date from the early part of the 20th century, built by Luigi Manini, the same architect responsible for the Buçaco Palace Hotel. The combination of the palace and its lush gardens, which are full of mysterious grottoes, wells, ponds, towers and statues, looks like the setting for an opera, where nothing is casually arranged.

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**Opening hours:** Feb/Mar/Oct: 10am-6.30pm; Ap-Sept: 10am-8pm; Nov-Jan: 10am-5.30pm (last entrance 1 hour before closing time). **Tel.** (00 351) 219 10 66 50, Rua Barbosa do Bocage, 2710-567 Sintra.

## Seteais Palace

With breathtaking views stretching as far as the sea, Seteais Palace was built by the Dutch Consul Daniel Gildmeester in the last part of the 18th century. It was subsequently



improved by its new owner, who joined the two buildings together with an arch crowned by the royal coat of arms and a medallion with the images of Portugal's kings.

The palace now operates as a luxury hotel for the exclusive enjoyment of its guests.

### **Sintra Museum of Modern Art**

In this lovely neoclassical building, which originally opened as Sintra's casino in 1924, Francisco Capelo has brought together the magnificent Berardo Collection featuring works by Picasso, Miró, Max Ernst, Man Ray, Vieira da Silva, Georges Segal, Andy Warhol, Roy Lichtenstein and many other renowned artists from the world of contemporary art.

This collection, which according to many critics rivals that of the Guggenheim Museum in Bilbao, is of great educational value because of the way the objects are exhibited both by movement and in chronological order.

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Open from 10am-6pm every day except Monday (last admission at 5.30 pm)  
Tel. (00 351) 219 24 81 70, Av. Heliodoro Salgado, 2710-575 Sintra.

### **Toy Museum**

Part of the Arbués Moreira Foundation, the collection comprises 20,000 pieces from different periods of history, including lead soldiers, electric trains, carousels, various wax, china and paper dolls and a wide range of the famous Meccano 'dinky toys'.

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Open from 10am-6pm every day except Monday (last admission at 5.30 pm) Tel. (00 351) 219 24 21 71, Rua Visconde de Monserrate 28, 2710-591





Sintra. [www.museu-do-brinquedo.pt](http://www.museu-do-brinquedo.pt)

### **Ferreira de Castro Museum**

Situated in the heart of Sintra's historic centre, this museum contains a private collection of books and art belonging to Portuguese writer Ferreira de Castro (1898-1974).

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Open from 10am-6pm (Tuesday to Friday) and from 2pm-6pm (weekends and public holidays). Last admission 1 hour before closing time. **Tel.** (00 351) 219 23 88 28, Rua Consigleri Pedroso 34, 2710-550 Sintra.

### **S. Miguel de Odrinhas Museum Complex**

The most interesting aspect of this complex is its age. In the middle of the 16th century, a group of erudite humanists started to preserve and classify the oldest parts that now form the main part of an important museum.

Today, the buildings that make up this complex are perfectly integrated within the local architecture and landscape. They include a great collection of patios and buildings covering a total area of 15,000 m<sup>2</sup>, of which 3,000 m<sup>2</sup> are covered.

In the permanent exhibition area we find a section about inscriptions, which encompasses the Etruscan, Roman, Visigoth and Portuguese periods, and another focusing on archaeology, from mid-Palaeolithic times to the modern age, highlighting the prehistoric and Roman periods.

The museum complex also has an auditorium, dedicated public library, bookshop, temporary exhibition room and



several areas for relaxation. Additional attractions include the ruins of the Roman town of São Miguel de Odrinhas and the megalithic sanctuary of Monte da Barreira, which features a large number of menhirs and sepulchre stones nearby.

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Open from 10am-1pm and 2pm-6pm every day except Mondays and Tuesdays (last admission 30 minutes before closing time) **Tel.** (00 351) 219 61 35 74, Av. Prof. Dr. Fernando de Almeida, S. Miguel de Odrinhas, 2705-735 S. João das Lampas.

### **Leal da Câmara House Museum**

Located in Rinchoa, just off the main road connecting Sintra with Lisbon, this museum contains a collection belonging to the well-known painter, caricaturist and demagogue, Leal da Câmara (1876-1948), who lived and worked in this house.

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Open from 10am-6pm (Tuesday to Friday) and from 2pm-6pm (weekends and public holidays). Last admission 1 hour before closing time. **Tel.** (00 351) 219 16 43 03, Calçada da Rinchoa, 67, Rinchoa 2635-312 Rio de Mouro.

### **Mafra National Palace and Convent**

Measuring 213 by 244 metres, this imposing building is similar to the El Escorial Monastery near Madrid. Contained within its impressive walls are a palace, basilica and convent with a total of 860 rooms. It was built by King João V in the first half of the 18th century, one of the golden periods of Portugal's history. The convent is famous for its extensive library and basilica where we can see magnificent marbles, bas-reliefs and sculptures, some dating from the 16th century, as well as its magnificent carillons, among the largest in the world





with 57 bells in each tower.

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Open from 10am-5.30 pm (last entrance at 4.30 pm) closed Tuesdays and the public holidays of 1 January, Easter Sunday, 1 May and 25 December. Basilica open from 10am-13pm and 2pm-5pm every day **Tel.** (00 351) 261 81 75 50 **e-mail:** pnmafra@ippar.pt, **www.ippar.pt** Palácio Nacional de Mafra, 2640 Mafra.



# Churches

## ESTORIL / CASCAIS

### **Seamen's Church**

This baroque temple is most notable for its octagonal design. The interior features works depicting S. Pedro Gonçalves and Our Lady of the Seafarer, the patron saints of seamen.

### **Cascais Parish Church**

This church dates from the 16th century and features a richly decorated Portuguese-style interior with gold woodcarvings around the altar. The walls are lined with tile panels and paintings by some of Portugal's best-known artists, including the famous Josefa d'Óbidos.

### **Church of St Anthony**

Built on the site of old chapel, this church dates back to the 16th century. It was reconstructed after the 1755 earthquake but later destroyed by fire in 1927. Despite all this, the painted tiles and baroque façade still remain.

## OEIRAS

### **Oeiras Parish Church**

Dedicated to Our Lady of Purification, parts of this beautiful church date back to the 16th century, although much of the building was restored during the 18th century. Highlights



include the altars covered with magnificent marble and decorated with retables. Visitors will also marvel at the paintings by Cotrim and the impressive 18th century organ, which has recently been restored.

## SINTRA

### **Colares Parish Church**

Affording breathtaking views from its location on the northern slope of the Serra de Sintra, this 16th century church is most notable for its large buttresses of Tuscan stone. The main features of its interior are the retables and tile panels dating from the 17th and 18th centuries, the fountains of holy and baptismal water and a single stone pulpit, rectangular and closed.

### **S. Martinho Church**

Originally built in the 12th century in the Romanic style, this church was reconstructed a century later as a Gothic building and later modified with Renaissance and Mannerist influences. Almost completely destroyed by the 1755 earthquake, the church we see today is the result of a meticulous restoration programme.

### **Church of S. Pedro de Penaferrim**

As is normally the case with religious buildings in Portugal, this pre-15th century church is a mixture of architectural styles that have taken place over the centuries. Its most notable features are a Gothic image of S. Pedro and a baroque portico.

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Please note that these churches are only open for mass.



# Natural Parks

## **Sintra-Cascais Natural Park**

The first thing that amazes us about the Sintra-Cascais Natural Park is the way that everything has been preserved in total natural harmony so close to such a large metropolis as Lisbon and all its tourist attractions. Perhaps it is one of those rare examples of how humans and nature manage to co-exist, which is very unusual but judging by the park's beauty, not altogether impossible...

The park has a wide variety of scenery and landscapes including dunes, forests, lagoons, a rugged stretch of coastline where the high cliffs intersperse with idyllic beaches, the imposing Cabo da Roca and in the centre the magnificent Serra de Sintra, an area classified by UNESCO as a World Heritage Site.

Regarding the fauna, flora and geomorphology, this whole area is particularly interesting and varied. All around the volcanic outcrop of the Serra de Sintra, on land composed of basalt, granite and limestone, grow many types of tree and shrub, amongst which a lot of primitive flora can be found such as the 'cerquinho' oak, holm-oak, Sintra carnation (*Dianthus Cintranus*) and the very characteristic 'saudade' (*armeria pseudarmeria*), an endemic Portuguese flora.





Among the most commonly found animals are the wild rabbit, fox, spotted-back kite, badger, weasel, rat-eating snake, the horse-shoe bat (*Rhinolophus Hiposideros*) and lots of different species of bird, most notable of which are rare examples of the Bonelli eagle and the peregrine falcon.

Besides the most scenic places recommended by all the tourist guides, you shouldn't miss out on the chance to travel from Sintra to Colares in the little red tram that winds its way through a particularly beautiful valley. It is also worth trying the local Colares wine, which is produced on such a small area of land that it is considered a rarity.

You'll certainly be enchanted by Azenhas do Mar, a small place literally embedded into the cliffs above the sea.

### **Serra de Sintra**

With its breathtaking beauty and environmental richness, the Serra de Sintra is very much the heart of the Sintra-Cascais Natural Park.

Its characteristics are so truly exceptional that the area is the only cultural landscape in the world classified by UNESCO as a World Heritage Site. Standing alongside the historical and architectural jewel of Sintra, the Serra can be considered a monument in its own right.

Today, visitors can still feel the magic of this mountain, the way its inhabitants have done for thousands of years. They



called it Monte da Lua (Mountain of the Moon), evoking forces as powerful as the stars themselves.

And despite the fact that there's nothing strange about the natural magnetism generated by the enormous mass of iron that exists within the Serra itself, we shouldn't be surprised if we enter a cave and our watch stops, or our car breaks down on a particular stretch of road, or we feel drawn towards a certain hill...Perhaps mysteries really do exist in Sintra...

The temperature is another phenomenon. It can fall to 10°C between the luxuriant north and south, leaving the tops of the crags wrapped in mist, while the nearby beaches bask in brilliant sunshine. The thick vegetation covering the mountain and the moss spread all over its walls seem to be hiding something from us...

What they don't seem to be able to conceal is the extraordinary natural beauty of both the mountain and its breathtaking views. Cultivated land as far as Mafra to the north; Oeiras and Lisbon to the east; Cascais and the Tagus Estuary to the south; while to the west one has a fine vista of the Atlantic coast and the mountain itself, entering the sea at the most westerly point on mainland Europe, the magnificent promontory known as Cabo da Roca.

Responsible for the region's pleasant climate, which contrasts favourably with the surrounding areas, the Serra de Sintra



boasts an ecosystem of immense beauty and biological richness, with gigantic trees and a great variety of animal species and vegetation. Don't miss out on the chance to explore the area on foot and discover its hidden delights: the Blue Lagoon, the gardens of Monserrate and the paths leading you up to the amazing views from Cruz Alta and Peninha.

### **Pena Palace and Park**

Due to the way it blends into the rock, Pena Palace seems like a natural extension to the mountain. A visit is always one of great expectation...and nobody ever leaves disappointed.

Like the majority of buildings across the region, it has an interesting legend. It is said that while hunting at the top of the mountain, King Manuel I saw Vasco da Gama's fleet enter the Tagus, returning from his first voyage to India. On that same spot, where a chapel existed at that time, the king decided to build a convent in recognition of the navigator's incredible achievement. It was over the remains of this 16th century convent that, three centuries later, the Prince Consort D. Fernando of Saxe-Coburg-Gotha created one of the biggest Romantic fantasies of the 19th century.

Don't be surprised if this palace reminds you of the famous Neuschwanstein Castle in Bavaria. But the fact is that Pena Palace is older than its Bavarian counterpart, and according to many is the more impressive and genuine of the two.



During your visit make sure you see the Arab Room, the queen's bedroom and, most importantly, the magnificent Renaissance-style alabaster retable above the altar in the old chapel, a part of the original convent upon which the palace was built.

Those with esoteric, Masonic and Rosicrucian beliefs have been able to observe multiple mysteries at Pena Palace, like the obscure double meanings of many of its decorative items.

And yet, despite the grandness of the palace's architecture and decoration, D. Fernando's dream project would never have been complete without the sheer beauty of its surrounding landscape, which enhances the building's dramatic effect.

Like a true romantic, D. Fernando set out to recreate a scenic landscape and he achieved it quite spectacularly with the careful planning of a dense forest all the way down the mountain slopes. In fact, the Serra de Sintra we see today, a place full of streams, springs, lakes, ferns, large exotic trees, rare birds in captivity and a wide variety of wild fauna, are all part of his creation.

In reality, Pena Park is one of those rare cases where nature has benefited from the activities of man, since it is the best-preserved part of the mountain. A walk along the park's footpaths is certainly an experience not to be missed. Once again esoteric signs are everywhere, visible to those who



know how to recognise and understand them. They will be able to find traces of alchemists' ovens and an unusually large number of octagonal stone tables.

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Open every day from 9am-8pm in summer and 9am-7pm in winter (last entrance 1 hour before closing) Tel. (00 351) 219 23 73 00, Estrada da Pena, 2710-609 Sintra.

### **Monserate Park**

Located on the Serra da Sintra, Monserate is an exotic garden brimming with history, romance and an unparalleled collection of subtropical plants, trees and conifers. It is one of the best gardens of its kind in Europe and a wonderful example of an English garden in Portugal. Thanks to its unique and exceptional climate, Monserate is an enormous outdoor greenhouse where hundreds of species coexist in perfect harmony on almost 30 hectares of prime land. Architectural aspects of rare beauty and great historical importance – such as the palace with its statues, waterfalls, lakes and rich mix of gothic, Moorish and oriental styles - are some of the other things that make this garden so different from any other.

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Open every day from 9.30am -8pm in summer (1.05 until 15.09) and 10am-6pm in winter (last entrance 1 hour before closing time)

Tel. (00 351) 219 23 73 00, Estrada de Monserate, 2710-405 Sintra.



## Tapada de Mafra

A little further north, about 30km from Estoril, is the pretty town of Mafra. Once part of the magnificent National Palace of Mafra, the 819-hectare Tapada is an old hunting enclosure that is now an enormous park protected by a wall of some 21 kilometres in length. It is still possible to hunt deer and wild boar in an ecologically-controlled way.

Besides these, several other species live in the game park such as wolves, foxes, jennets, ferrets and a wide variety of birds such as the very rare Bonelli eagle. Visitors can observe all these animals with the help of a professional guide, either on foot or from a little train that operates in the park. The grounds of the Tapada de Mafra are also ideal for orienteering, photography, archery, horse riding, mountain biking and even a nostalgic ride in a horse-drawn carriage. Furthermore, there are two fascinating museums to visit: one about old cars and carriages and the other on the themes of dissected animals and ancient weapons. The park also has 10 hotel rooms available at the King Carlos country house, originally designed as a hunting lodge.

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For information about opening hours and reservations, please call  
Tel. (00 351) 261 81 70 50.







### **Iberian Wolf Conservation Centre**

Located in Vale da Guarda near Malveira, this centre offers a natural habitat for a pack of free-roaming wolves. The animals can be observed and even adopted by anyone who would like to contribute to their conservation and visit them on a regular basis.

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Visits are only possible at weekends and public holidays **Tel.** (00 351) 261 78 50 37 / 91 753 23 12. Opening hours: May-Sept: 4-8pm; Oct-Apr: 2.30-6pm





# Sport and Leisure

## SPORT

It seems that the Estoril Coast is a magnet for those looking to practice every type of sport and leisure activity. Besides excellent facilities and all the professional staff and necessary equipment, the region boasts a wide range of natural advantages such as pure air, temperate year-round climate and close proximity to the sea and mountains.

### **Jogging**

Jogging enthusiasts visiting the Estoril Coast will find lots of beautiful places in which to practice their favourite sport, including many in the most built-up parts of the region. Some of the best spots for jogging are in the parklands surrounding the National Stadium in the district of Oeiras; the promenade between Estoril and Cascais on the south coast; Mafra Sports Park and the area covering Penha Longa and Lagoa Azul at the foot of the Serra de Sintra. The fitness circuit at Palmela Park in Cascais is another good place to go jogging.

### **Horse riding**

The variety of forest paths and excellent facilities throughout the region are a major attraction for those who enjoy horse riding. Here you'll find a good selection of riding schools where you can hire horses and learn to ride.



If the thrill of show jumping excites you, check what's on at Quinta da Marinha or the Cascais Equestrian Centre.

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**Estoril Coast Riding Centre, Charneca, Cascais**

Tel. (00 351) 214 87 20 64

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**Quinta da Marinha Riding Centre, Cascais**

Tel. (00 351) 214 86 94 33

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**D. Carlos I Country Club, Quinta da Marinha, Cascais**

Tel. (00 351) 214 87 14 03

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**Manuel Possolo Equestrian Centre, Cascais**

Tel. (00 351) 214 82 27 50

## Tennis

Tennis is a very popular sport in Estoril. There are numerous clubs and tennis courts in existence throughout the region, some of which are first-class.

Estoril Tennis Club offers 18 courts and all the necessary facilities for playing tennis, including floodlights.

The Jamor Complex is home to the Estoril Open, an ATP tournament that attracts the world's best clay-court players  
Tel. (00 351) 214 14 60 30

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**Estoril Tennis Club**

Tel. (00 351) 214 66 27 70

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**Quinta do Junqueiro, Carcavelos**

Tel. (00 351) 214 56 36 68 or 214 57 28 13

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**Quinta da Marinha, Cascais**

Tel. (00 351) 214 86 01 80



## Motor sports

Estoril's famous motor-racing circuit hosts many important car and bike competitions, such as the Motorcycle GP Championships. It can also be arranged for individuals to experience the thrill of motor racing first-hand.

The pleasure derived from this sport is clearly evident from the large number of motorcyclists who congregate at Cabo da Roca Lighthouse every Sunday until lunchtime right through the year, and have done for decades.

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Estoril Autrodrome Tel. (00 351) 214 60 95 00 Alfredo César Torres,  
Apartado 49, 2646-901 Alcabideche

## Flying

Tires Aerodrome has a flying school where light planes and helicopters can be hired, with or without pilot.

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Tires Aerodrome Tel. (00 351) 214 44 73 00

## Fishing

The region's long and varied coastline offers beaches, rocks and high cliffs with spectacular views and hundreds of ideal spots for fishing in clean, unpolluted waters with plenty of fish and seafood to be caught.

## Adventure sports

Along with perfect conditions, the Estoril Coast has several clubs and companies specialising in what are commonly known as adventure sports, such as mountaineering, four-



wheel driving, mountain-biking, orienteering, abseiling, hang-gliding, paragliding, parachuting, ultra lights and other types of activity which you can enquire about at tourist information centres or your hotel.

### **Water sports**

In Estoril the water is an endless source of amusement. At the Cascais Naval Club (Tel. 00 351 214 83 01 25), sailing enthusiasts will find sailing schools open at the weekend, while regular competitions and leisure vessels can always be seen around Cascais Bay. On some of the beaches it's very easy to hire boats and go water-skiing.

Like on the south coast, the big waves and strong winds on the west coast provide perfect conditions for surfing, windsurfing and body boarding. The world championships of these sports are regularly contested at the beaches of Guincho, Grande and Ribeira d'Ilhas north of Ericeira.

Besides the impressive swimming pools found at the region's top hotels, many others are open to the public, including some that are covered and operational throughout the year. Most notable of these is the ocean pool of Praia da Torre in Oeiras, which features natural seawater and is large enough for up to 2,000 bathers. Also well worth mentioning is the ocean swimming pool at Estoril.

### **Golf**

Estoril is one of the best examples of a golfing destination. Here, golfers will find a large number of courses concentrated



in a very small area, the majority of which are designed by the world's best architects. This means that you can choose from a wide variety of courses that cater for players of any age or ability, right up to the highest international standards. The mild and pleasant climate offers perfect golfing conditions right through the year.

### **Belas Country Club**

This 462-hectare residential complex is located near Belas and Queluz. In the past, it was a preferred spot for the royal family and aristocracy to spend the summer months. It is close enough to Sintra and has very good access to Lisbon Airport.

The course is widely regarded as one of William 'Rocky' Roquemore's best designs. The high level of maintenance on the greens, tees and fairways with Penneagle and Pennlinks grass offers extra protection against the prevailing winds.

Belas Country Club is a blend of three clearly defined areas: the peaceful part, the residential zone and the wonderful natural landscape. The stylish Belas Clubhouse is decorated in blue, yellow and terracotta. From the restaurant, one can enjoy stunning views over the green hills towards Pena Palace in the distance.

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**Characteristics:** 18 holes of 6,380 metres in length, par 72 **Tel.** (00 351) 219 62 66 40 **Fax.** (00 351) 219 62 66 41 **www.belasgolf.com**, **e-mail:** golfe@planbelas.pt, Alameda do Aqueduto, Belas Clube de Campo, 2605-193 Belas.



## Estoril Golf

Located very close to Estoril, with splendid views of the sea and Serra de Sintra.

Designed by McKenzie Ross, the course is beautifully set amongst eucalyptus, pine and mimosa trees, which add a vivid mix of colours to the scene. The club was founded in 1945 and since then has hosted two of the most important tournaments in Portugal: the Portuguese Open (20 times) and the International Amateur Championship (on no less than 62 occasions).

The magnificent clubhouse has a golf shop, bar, changing rooms, swimming pool and restaurant with a menu featuring the finest Portuguese dishes and breathtaking views from the outdoor terrace.

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**Characteristics:** 18 holes of 5,262 metres in length, par 69. **Tel.** (00 351) 214 68 01 76 **Fax.** (00 351) 214 68 27 96 **www.palacioestorilhotel.com**  
**e-mail:** geral@golfestoril.com Av. da República, 2765 Estoril.

## Lisbon Sports Club

In 1880, a group of British residents in the Lisbon area founded a cricket, tennis and football club. Then in 1914 the club moved from Lisbon to share the Eastern Telegraph Sports Club's facilities in Carcavelos. Three years later, the Lisbon Sports Club acknowledged this company's generosity by presenting it with the Carcavelos Golf Trophy, one of the oldest in Portugal.



A 9-hole golf course was added in 1922 and this marked the beginning of the club's golden era, which has lasted right up until the present day. It quickly became the centre of the British community's sporting life, as well as many of the Portuguese who also use its facilities.

It was sold in 1962 and the golf course was formally opened on the 20th of June, 1964 with a competition that saw the Lisbon Sports Club es en Belas take on the rest of Portugal, which the club won. The current 18-hole course was unveiled on the 19th of September, 1992.

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**Characteristics:** 18 holes of 5,278 metres in length, par 69. **Facilities:** trolleys, clubs and caddies for hire, golf academy, clubhouse, restaurant, bar, sauna, children's games room, babysitting service available. **Tel.** (00 351) 214 31 00 77 **Fax.** (00 351) 214 31 24 82 **e-mail:** geral@lisbonclub.com, Casal da Carregueira, elas, 2745 Queluz.

### **Penha Longa Golf Resort**

Just 30 minutes by car from Lisbon Airport, and only 10 minutes from Estoril and Cascais, the resort is an integral part of the Sintra-Cascais Natural Park. Set in the heart of a 150-hectare nature reserve, it has 27 holes spread across two courses – Atlantic and Monastery – as well as a luxury hotel with 177 rooms and suites.

Opened in 1992, the Atlantic course was designed by Robert Trent Jones Jr and is considered one of the best in Europe. It hosted the Portuguese Open in 1994 and 1995, the Estoril Challenge in 1997 and the Estoril Open in 1999. Many





important amateur tournaments have also taken place on this magnificent course, which offers a challenging round of golf to players of every level. Its ocean views, featuring Estoril and Cascais in the forefront, blend well with the spectacular scenery of the surrounding mountains.

Besides the five-star Hotel Penha Longa, several first-class facilities and services are available including a driving range with 20 grass bays, a putting green, chipping area with 2 bunkers, golf clinics of 1 to 5 days with the resident golf professionals, individual lessons, buggies, trolleys (manual and electric), golf shop, shoes and equipment for hire, a restaurant, snack bar and 'halfway house'.

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**Characteristics:** Atlantic course - 18 holes of 6,290 metres in length, par 72. Monastery course – 9 holes of 2,588 metres in length, par 35 **Tel.** (00 351) 219 24 90 11 **Fax.** (00 351) 219 24 90 24 **www.penhalonga.com** **e-mail:** reservas.golf@penhalonga.com, Estrada da Lagoa Azul, Linhó, 2714-511 Sintra.

### **Penha Longa Monastery**

Designed by Robert Trent Jones Jr, the Monastery course was inaugurated in 1995 in the heart of the resort's historic centre, providing the perfect complement to the Atlantic course. It is full of interesting challenges, particularly for high-handicapped players.

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**Characteristics:** 9 holes of 2,588 metres in length, par 35. **Facilities:** putting green, chipping area with 2 bunkers, driving range with 2 grass bays. Buggies, trolleys (manual and electric), clubs and golf shoes for hire **Tel.** (00 351) 219 24 90 11 **Fax.** (00 351) 219 24 90 24 **e-mail:** reservas.golf@penhalonga.com **www.penhalonga.com.** Estrada da Lagoa Azul, Linhó, 2714-511 Sintra.



## Quinta da Beloura

Set in one of the most prestigious parts of Portugal, with good access to and from Lisbon Airport, the course is very close to Sintra's historic centre and the cosmopolitan resorts of Estoril and Cascais.

With Sintra's mountains providing the perfect backdrop, Quinta da Beloura golf course was designed by the well-known American architect Rocky Roquemore, who used all of his imagination to create a course challenging enough for players of every level.

Several types of trees and flowers such as eucalyptus, pine, magnolia and various exotic species, as well as some lovely lakes, surround this course in a harmonious blend of nature. Here, golfers will find first-class facilities and the very best teaching professionals.

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**Characteristics:** 18 holes of 5,774 metres in length (men's tee) and 5,173 (ladies tee), par 73. **Facilities:** clubhouse, shop, restaurant, business centre, health club (with changing rooms, sauna, Turkish bath, Jacuzzi and gymnasium) **Tel.** (00 351) 219 10 63 50 **Fax.** (00 351) 219 10 63 59 **e-mail:** beloura.golfe@pestana.com **www.pestana.com**, Rua das Sesmarias 3, Estrada de Albarraque, 2710-444 Sintra.

## Quinta da Marinha

This is arguably the best of Robert Trent Jones' creations. The course is situated between Cascais and Cabo da Roca in an area of immense natural beauty and a wide variety of landscapes, with hills on one side and the ocean on the other.



Its peaceful lakes create an atmosphere of total relaxation. On-site accommodation comprises a hotel with 200 rooms and 45 chalets. A business centre and conference rooms are also available.

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**Characteristics:** 18 holes of 5,845 metres in length, par 71. **Facilities:** 3 restaurants – Five Pines (hotel), Cosi Fan Tutti (clubhouse) and Monte Mar (on the Estrada do Guincho), bars with outdoor terraces, 6 tennis courts, 3 outdoor swimming pools, jogging circuit, fitness centre, bicycles for hire, children's club **Tel.** (00 351) 214 86 01 80 **Fax.** (00 351) 214 86 90 32 **www.quintadamarinha.com** **e-mail:** golf@quintadamarinha.com, Hotel Quinta da Marinha, Casa 36, Quinta da Marinha, 2750-715 Cascais.

### **Oitavos, Quinta da Marinha**

Oitavos golf course is located inside Sintra-Cascais Natural Park, within a 30-minute drive of Lisbon Airport. Set between dense woods and picturesque sand dunes, the course lies in an area of unparalleled natural beauty surrounded by the Sintra Mountains to the north and south and the Atlantic Ocean to the west.

As described by the architect Arthur Hills, the objective was to create one of Europe's most unique golfing experiences. In a place simply overflowing with natural beauty, each hole was designed in its own special setting. The course is a magnificent blend of beautiful pine forests, sand dunes and varying coastal areas, while the coherence and variety of its design is much appreciated by the more demanding players.

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**Characteristics:** 18 holes of 5,845 metres in length, par 71. **Tel.** (00 351) 214 86 06 00 **Fax.** (00 351) 214 86 06 09 **e-mail:** oitavosgolfe@quinta-da-marinha.pt **www.quintadamarinha-oitavosgolfe.pt**, Quinta da Marinha, Casa da Quinta n°. 25, 2750 Cascais.



# Eating Out

As an alternative to the usual selection of international dishes, you'll find that the gastronomic delights of the Estoril Coast will definitely be to your liking. Portuguese cuisine features a wide variety of dishes, especially fish and seafood. It's no coincidence, therefore, that more fish is consumed per capita in Portugal than in any other European country...

Bacalhau occupies top spot in terms of culinary richness. You can choose from a 100 different recipes! And if you'd like to try a typical meat dish of the region, we suggest Leitão de Negrais or Mercês-style pork.

To finish your meal, don't forget to try our delicious sweets: Travesseiros, the famous Queijadas de Sintra, Fofos de Belas, Areias de Cascais or Trouxas de Malveira. Indeed, Portuguese egg-based confectionary is unique not just in Europe but probably in the entire world.

Finding a good place to eat couldn't be easier thanks to the wide choice of restaurants available. Options range from the most exclusive establishments to the busiest restaurants where a surprisingly large range of dishes can be found.





On the subject of wine, you are probably aware that the best Portuguese reds are on a par with those in France, Italy and Spain. The main demarcated regions are found in the Douro, Dão and Alentejo, but the Estoril Coast produces very small quantities of its own fine wines in Carcavelos and Colares, a rare pleasure that you might have the opportunity to try.

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**Vinho de Carcavelos**, Estação Agronómica Nacional Tel. (00 351) 214 40 35 00 Adega Regional de Colares, **Open from** 9am-1pm and 2pm-6pm every day. A tasting of these fine wines can be organised in advance for a minimum of 10 people Tel. (00 351) 219 28 73 33, Alameda Coronel Linhares de Lima 24, 2705-135 Colares.



# Entertainment

## Nightlife

The nightlife here seems to go on forever. All over the region, visitors can choose from any number of restaurants, bars, concert venues and discotheques, the vast majority of which are located in Estoril, Cascais and neighbouring Lisbon, a city with a strong cosmopolitan tradition.

## Estoril Casino

The oldest in Portugal and the largest of its kind in Europe, Estoril's casino is a multi-entertainment centre offering a wide variety of games as well as daily cabaret and music hall shows, always in a setting that reflects the building's elegance and sophistication. Besides gambling, the casino is a regular venue for all types of temporary exhibitions, particularly modern art and sculptures.

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Open from 3pm-3am every day Tel. (00 351) 214 66 77 00

## Fairs, Festivals and Concerts

Estoril is a lively region where anything can happen. Annual events include the International Handicrafts Fair (the oldest of its kind in Portugal), the International Dog Show, Cascais Fashion, Estoril Jazz, the Estoril Music Festival and the Sintra Music Festival featuring the magnificent settings of the National Palaces of Sintra, Pena and Queluz.



Various other events such as music and dance festivals also take place throughout the year. For more information, please don't hesitate to ask at the tourist information centre where they have all the dates, venues and programme details.

### **Bell-Ringing Concerts**

This impressive and very unusual show takes place at the largest religious building in the world, the National Palace of Mafra, located to the north of Estoril.

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Every Sunday from 4pm until 5pm between July and November.

### **The Typical Village and Museum of Master José Franco, Mafra**

Those travelling with children (and everyone else besides) will love this miniature reconstruction of a country village. Everything is portrayed in the smallest detail; we can even see the workmen's traditional tools of their trade. Situated on the main road between Mafra and Ericeira, the museum also comprises an interesting exhibition of handmade ceramics.

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Open from 10am-6pm every day Tel. (00 351) 261 81 54 20

### **Local Festivities**

Known as the Festas Populares, local town festivities are regular occurrences especially during the summer, so it is best to enquire at the tourist information centre and decide on the spot. These parties usually consist of live music, fireworks and religious processions.





## Horse-Riding Demonstrations

The Portuguese School of Equestrian Art offers regular horse-riding demonstrations in the gardens of Queluz Palace, every Wednesday at 11am between May and October.

## Fairs and Markets

The numerous fairs and markets taking place throughout the region are a great chance to meet the local market traders who are very nice people and have a traditional way of doing business. Besides this, it is the perfect opportunity to buy clothes, footwear, china objects, handicrafts and all manner of regional artefacts at prices you simply won't believe!

The Estoril region is home to many fairs and markets that are always very popular with visitors to the area. The most notable ones are as follows:

- **Almoçageme:** weekends and public holidays
- **Cascais:** Wednesday mornings
- **Adroana:** first and third Sundays of each month
- **Carcavelos:** Thursday mornings
- **Mafra:** The third Sunday of each month
- **Malveira:** Every Thursday (mostly livestock)
- **Sintra (São Pedro):** The second and fourth Sundays of each month





### **The Estoril Handicrafts Fair**

This is the oldest and most appealing of all Portugal's handicraft fairs. Craftsmen and women from all over the country come to sell their wares and produce, before our very eyes, painted tiles, ceramics and items of wood, linen, wool and other materials. Taking place in an enclosed area beside Estoril Casino during the summer months of June, July and August, the fair includes live folk dancing and several restaurants offering a range of traditional Portuguese dishes.



# Surrounding Areas

## **Lisbon**

Situated a few kilometres away and just half an hour by car or train, Lisbon is one of Europe's oldest and most fascinating capitals, with everything you'll need in terms of sightseeing, shopping, entertainment and culture. In fact, there are many Lisbons waiting to be discovered. Which is yours?

## **Roman, Arab and Medieval Lisbon**

Lisbon's original city centre is situated around the hill topped by the Castle of S. Jorge. Nearby, and predominantly Arab in style, you'll find an ancient Roman theatre and cathedral, the odd-looking Casa dos Bicos, Santa Engrácia Basilica and the Military Museum.

From the top of the hill, the oldest of seven that traditionally represent Lisbon's topography, one can enjoy spectacular views extending beyond the old part of the city across the immense Tagus Estuary, which ranks as the largest natural harbour in Europe. A walk up this hill will bring you to medieval quarters that, through their atmosphere and architecture, seem to have remained timeless for a thousand years...



It is in these areas that Lisbon's ancient spirit remains and where it is still possible to see the original quarters of the Arabs, Jews and Christians. Almost inaccessible to cars, the hill is criss-crossed by stairways and the narrowest of back streets. Trams are the best way to see this part of the city, particularly the number 28 whose route is a real adventure.

### **Imperial Lisbon**

The imperial part of Lisbon stretches from south to west, down to the river and out towards the sea, from where its greatness originates. This itinerary runs along the riverbank and the Lisbon-Cascais railway line from Terreiro do Paço to Belém, where it culminates in a magnificent collection of monuments comprising Jerónimos Monastery, the Tower of Belém and the more-recent Discoveries Monument and Belém Cultural Centre, all of which surround the enormous Praça do Império. Nearby stand the Presidential Palace, Planetarium, Maritime Museum, Coach Museum (the largest of its kind in the world) and the neoclassical Ajuda Palace.

### **Pombaline Lisbon**

In 1755, Lisbon suffered one of the biggest earthquakes in history, followed by a tsunami that crashed over the city's waterfront and beyond. The quake was so powerful that it disturbed the surface of Sweden's lakes some 3,000 kilometres away. This natural disaster gave the Marquês de Pombal the opportunity to rebuild the city's downtown district using an organised form of town planning that was



very advanced for its time, the main characteristics of which can still be seen to today. The best example of this is the area encompassing Rossio and Terreiro do Paço, two of the city's most impressive squares, particularly the latter.

A walk from one to the other takes us under the imposing arch at the bottom of Rua Augusta, while a stroll through the adjacent pedestrian areas can be rounded off with a trip in the Santa Justa Elevator (a masterpiece of ironwork designed by the celebrated French engineer, Gustave Eiffel) up to the ruins of Carmo Convent, a lasting memory of the terrible cataclysm that devastated 18th century Lisbon.

### **Cultural Lisbon**

Lisbon has a rich mix of museums and culture. Among its great wealth of attractions, one cannot miss out on a visit to the Ancient Art Museum and the City Museum as well as the many permanent and temporary modern art exhibitions on display at the Calouste Gulbenkian Foundation. With luck you might get the chance to visit the Roman catacombs under the Pombaline-style Baixo district, which as a rule are only opened to the public once a year on an unspecified date.

Check the ballet, opera and classical music programmes; they might have some very pleasant surprises in store for you. The National Theatres of D. Maria and São Carlos are both buildings of immense architectural interest, the latter being an exact replica of Milan's Scala opera house.



## Modern Lisbon

Moving inland from the river, the city develops in a series of increasingly wide avenues. It is the modern part of Lisbon, a place dotted with must-see attractions such as the zoo, bullring and stadiums of two of Europe's most famous football clubs - Benfica and Sporting. There are several large shopping centres in this part of the capital, including the biggest in the whole of the Iberian Peninsula. There are many other fashionable shopping areas to be found, most notably in the Baixa Pombalina and Avenida de Roma/Guerra Junqueiro districts.

There is also a wide choice of restaurants and places to go at night. The most popular of these can be found in the Bairro Alto and all along the riverbank around the old docks that have been tastefully restored and are always brimming with activity.

Finally, we suggest a trip across the Tagus in a ferry leaving from Terreiro do Paço to Cacilhas. For an unparalleled view of the city and its surroundings, why not return to Lisbon by bus or train over the 25 April bridge, which is very similar in design to the Golden Gate in San Francisco.



# Practical Information

## **Airports**

Just 30 minutes from Cascais, the Estoril Coast is well served by Lisbon's international airport, where all the main airlines operate and have offices.

The Cascais municipal aerodrome in Tires has a runway measuring 1,700 by 30 metres and a modern terminal building for up to 90 passengers. With a comfortable level of service and high-quality boarding and disembarking facilities, it is designed to receive international traffic in the form of passengers from countries that have signed the Schengen Agreement.

The airport also provides a full range of services for air traffic control, aircraft movement and operations, security, emergency and fire, refuelling (Avgaz 100 L.L. and Jet Fuel), aircraft hanger assistance and maintenance, air taxis and a restaurant.

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For information about aircraft movement and all other services, please telephone (00 351) 218 41 37 00 (Lisbon Airport) and (00 351) 214 45 73 00 (Tires Aerodrome and air taxis).

## **Accommodation**

The choice of hotels is wide, modern and varied. Estoril offers





hotels and aparthotels with a very high level of service that adds to the town's reputation as a high quality leisure and business tourism destination.

The three, four and five-star hotels are mostly equipped with air-conditioning, a swimming pool, health centre, shops and other modern conveniences. The cuisine is generally of a high standard and very reasonably priced. In spring and summer, it is advisable to book your table well in advance.

### **Pets**

Animals should be accompanied by an original copy of a certificate specifying its place of origin and state of health.

### **Boats**

Seen from the sea, the Estoril coastline will always give you a wonderful feeling.

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**WATER – X** Tel. (00 351) 918 50 02 62

e-mail: [waterxbookings@netcabo.pt](mailto:waterxbookings@netcabo.pt) [www.waterx.co.pt](http://www.waterx.co.pt)

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**ATR** Tel. (00 351) 213 02 15 88

e-mail: [info@atrportugal.com](mailto:info@atrportugal.com) [www.atrportugal.com](http://www.atrportugal.com)

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### **Bicycles, scooters and motorbikes**

To hire this type of vehicle, please contact one of the many companies that provide this kind of transport, or simply ask at your hotel reception where staff can arrange it very easily.

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Cascais Town Hall has made a limited number of bicycles available beside the railway station. These are free of charge to anyone showing appropriate identification.



## Camping

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### GUINCHO

campsite is set among sand dunes and pine trees just 1,000 metres from the beach and 5 km from Cascais **Tel.** (00 351) 214 85 00 60 **Fax.** (00 351) 214 87 18 34

### Horse-drawn carriages

A trip along the coast or through the heart of the interior is much more enjoyable by horse-drawn carriage, a most elegant way of travelling in the old-fashioned Portuguese manner. In summer, they can be found beside the Jardim Visconde da Luz in the centre of Cascais.

### Electricity

220-volt, 50-cycle alternating current

For power cuts, call Tel. 800 24 62 46

### Money and credit cards

Almost every Portuguese bank, as well as the majority of the large European ones, have branches in Mafra, Oeiras, Sintra and, most importantly, Estoril and Cascais. Currency exchange, withdrawals and money transfers are quick and easy to carry out. All international credit cards are valid and accepted in most establishments throughout Portugal.

For more credit card information, please contact UNICRE  
Tel. (00 351) 213 50 95 00, Fax. (00 351) 213 50 15 99



## Facilities

### Cascais Marina

Modern and very well equipped with 630 berths available, 120 of which are designed for vessels in transit. The marina can cater for vessels of up to 35 metres in length and 6 metres in depth. The maximum tide amplitude is 3.6 metres.

Latitude: 38°42' North, Longitude: 9°25' West.

International chart number 1875 (1/15,000).

Tel. (00 351) 214 82 48 00, Fax. (00 351) 214 82 48 99

### Estoril Congress Centre

The Estoril Congress Centre has a wealth of experience in organising seminars, conferences and meetings of an international nature. Considered one of the best of its kind in Europe, it opened in October 2001 and was designed by the renowned Portuguese architect, Regino Cruz.

Tel. (00 351) 214 64 75 75

e-mail: [info@estorilcc.com](mailto:info@estorilcc.com)

[www.estorilcc.com](http://www.estorilcc.com)

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### Estoril Autodrome

Tel. (00 351) 214 60 95 00

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### Estoril Aerodrome

Tel. (00 351) 214 45 73 00

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### Manuel Possolo Horse-Riding Centre

Tel. (00 351) 214 82 27 50



## Tourist Guides & Interpreters

Staff at hotel receptions, travel agents, tourist information centres and the Lisbon Tourist Guide & Interpreter's Union Tel. (00 351) 213 46 71 70 can quickly and easily organise any kind of interpreting or tourist guide service you might require.

## Opening Hours

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**BANKS:** open from 8.30am-3pm Monday to Friday.

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**HIGH-STREET SHOPS:** open from 9am-1pm and 3pm-7pm Monday to Friday and Saturdays from 9am-1pm.

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**SHOPPING CENTRES:** open from 10am-11pm every day.

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**CHEMISTS:** open from 9am-8pm

In every district you will find one or two chemists permanently open, according to a set timetable. For details, please ask at your hotel reception or see the schedule displayed on the door of every chemist.

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**PUBLIC SERVICES:** open from 9.30am-1.30pm and 2pm-5.30pm Monday to Friday.

## Lost property

Contact the police immediately. For any items of property lost on trains, buses and in taxis, please contact the nearest railway station, the public relations office of the national bus and coach network (Rodoviária Nacional) or the central taxi service, respectively.



## Religious Services

The parish churches at Cascais, Estoril, Alcabideche, S. Domingos de Rana, Sintra, Mafra, Ericeira and Oeiras have daily services. An English-language service takes place on Saturdays at 6.30pm and Sundays at noon at the Igreja dos Navegantes in Cascais.

## Public Transport

The Estoril Coast is served by a very efficient public transport system:

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### TRAINS

Frequent services on the Lisbon Cais do Sodré–Cascais and Lisbon Rossio–Sintra lines.

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### BUSES

Scotturb operates regular tourist services and connections to all the main urban areas.

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### HORSE-DRAWN CARRIAGE

Regular tourist excursions and romantic trips through the towns of Sintra and Cascais.

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### TRAM

Service operates between Ribeira de Sintra and Praia das Maças and offers a breathtaking journey along the northern slopes of the Serra de Sintra, passing through the enchanting Várzea de Colares.

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### CAR RENTAL

Available all over the region, with or without driver.

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### TAXIS

Available all over the region and connected to central telephone switchboards.



## Useful telephone numbers

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### FIRE SERVICES

Carcavelos	Tel. 214 57 00 15
Cascais	Tel. 214 82 84 00
Estoril	Tel. 214 68 01 89
Parede	Tel. 214 57 45 85

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### HEALTH CENTRES

Carcavelos	Tel. 214 57 42 82
Cascais	Tel. 214 82 46 00
Estoril	Tel. 214 65 95 80
Parede	Tel. 214 54 70 00
S. João do Estoril	Tel. 214 68 38 65

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### HOSPITALS

Cascais District Hospital

For accident and emergency and first aid treatment

Tel. 214 82 77 00 or 214 84 80 31

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### TOURIST INFORMATION CENTRES

Cascais	Tel. 214 82 00 85
Estoril	Tel. 214 67 22 80

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**CASES OF POISONING** Tel. 217 95 01 43

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**NATIONAL FOREST PROTECTION NUMBER: 117**

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**NATIONAL EMERGENCY NUMBER: 112**

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### SINTRA CASCAIS NATURAL PARK

R. Gago Coutinho 1, 2710 Sintra

Tel. 219 24 72 00 Fax. 219 24 72 27



## MONSERRATE PARK

Parques de Sintra Monte da Lua, S.A.  
 Estrada de Monserrate, 2710-405 Sintra  
**Tel.** 219 23 73 00 **Fax.** 219 23 73 50  
**e-mail:** info@parquesdesintra.pt  
**www.parquesdesintra.pt**

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## POLICE AND NATIONAL REPUBLICAN GUARD (NRG)

Alcabideche	<b>Tel.</b> 214 69 00 69
Carcavelos	<b>Tel.</b> 214 57 02 28
Cascais	<b>Tel.</b> 214 86 11 27
Estoril	<b>Tel.</b> 214 68 13 96
Parede	<b>Tel.</b> 214 57 59 78

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## MARITIME POLICE AND CUSTOMS & EXCISE

Cascais	<b>Tel.</b> 214 86 45 00
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## TOURIST POLICE

Cascais	<b>Tel.</b> 214 86 39 29
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## AMBULANCE SERVICES

Contact the fire department or the **Automobile Club of Portugal** (ACP) in Lisbon **Tel.** 219 42 50 98.

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## CIVIL PROTECTION

Cascais	<b>Tel.</b> 213 148 213
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## CASCAIS FOREIGN SERVICES DEPARTMENT (SEF)

Rua da Misericórdia **Tel.** 214 82 63 00

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## TAXIS

Estoril & Cascais	<b>Tel.</b> 214 66 01 01
	<b>Tel.</b> 214 68 70 96
	<b>Tel.</b> 214 65 95 00

For more information, please visit our website at [www.visiteestoril.com](http://www.visiteestoril.com), our tourist information centres or your hotel reception.



TAXI





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**Turismo Estoril**

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[www.estoril-portugal.com](http://www.estoril-portugal.com)