

# IN & OUT



**PESTANA**  
**SINTRA GOLF**  
CONFERENCE & SPA RESORT  
PORTUGAL








# IN

**E**nter the Pestana world and change the history of your holidays for the better. At the Pestana Sintra Golf, inserted in one of the best residential areas of Sintra and Cascais region, feel more as a privileged inhabitant than as a visiting guest. In the background, the Sintra hills serve as a backdrop of greens so different from one another that you will need a design guide to be able to identify all of them.

But do not be fooled by the peace that surrounds you – after all you are just a 10-minute drive away from an extraordinary historical and architectural complex – the incredible town of Sintra. A UNESCO World Heritage Site, it is ready to surprise you at every turn, palace or bend in the road to find. When you finish your journey through the most romantic mountain of the country, return to its base at the foot of Sintra and sit to read on the comfortable sofas cushioned and illuminated by padded lamps that lead to warmer latitudes. Plunge into the indoor pool that leads to the thousand and one nights through the beautiful windows that open as an ogive onto the garden.






The Pestana Sintra Golf gives you the romantic experience of Sintra, but in a more affordable way and more open to other experiences - after all, if you come with your family, your children's limit for walks in the mountains will be reached quickly. But do not worry, this hotel in Beloura has activities for the whole family: while you are playing golf, your wife can enjoy the excellent treatments and massages at the spa and your children can have fun in the gardens and in the swimming pool for children. And while we're talking about a thousand activities, you can also spend a thousand and one charming nights here.

IN



A modern spa interior featuring several large, dark blue cylindrical columns. A curved, shallow pool is in the foreground. The walls are decorated with vertical stripes in blue and gold. Large windows and an arched opening provide views of the outdoors. Lounge chairs and a coffee table are visible in the background.

Surrender yourself  
to the Spa where you will  
enjoy massages and luxurious  
treatments, relaxing  
to the body and invigorating  
to the soul.

IN





## A THOUSAND AND ONE NIGHTS OF REST

The Pestana Sintra Golf is ready to receive families, as well as individual travelers in business or as a group, who may come in search of the tranquility of the mountains.

The mezzanine suites are perfect for families with older children, who have problems with the stairs, while normal suites and connecting rooms are the best suited for families with very young children.

The standard rooms are incredibly bright and comfortable, with a large work surface for those who need to conduct business.





## IT FEELS GOOD TO STOP AND SAVOUR THE MOMENT

Whether you prefer a light and sophisticated buffet after a good game of golf or a culinary experience à la carte; whether you prefer to spend the day swimming in the outdoor pool and enjoying a snack, or in a work group enjoying the coffee break in the bandstand; or even if you are resting in the room, reading and want to enjoy the view from the balcony with the room service... surely your gastronomic break will feel fantastic.

The Mourisco restaurant can offer a buffet where you will find many healthy options. But if you think you will do enough exercise – after all, a good game of golf can be strenuous – ask for the menu without remorse. The butter sauce will surely disappear from your body in three swings.

The fountain bar is perfect to rest after a game and also to watch others play.





## FACILITIES

Lift	Health Club and Gym
Air Conditioning	SPA
24H Reception	Sauna, Jacuzzi and Turkish Bath
Golf Course	Massage
Restaurant	Meeting Room
Bar	81 Rooms
Gardens	56 Suites
Outdoor Swimming Pool	Credit Cards
Indoor Swimming Pool	

Quinta da Beloura, Rua Mato da Mina, 19  
2710-692 Sintra  
Tel.: (+351) 210 424 300 Fax: (+351) 210 424 398  
e-mail: [guest@pestana.com](mailto:guest@pestana.com)  
[www.pestana.com](http://www.pestana.com)

**GPS**  
**N: 38.76276327**  
**W: -9.3672877**





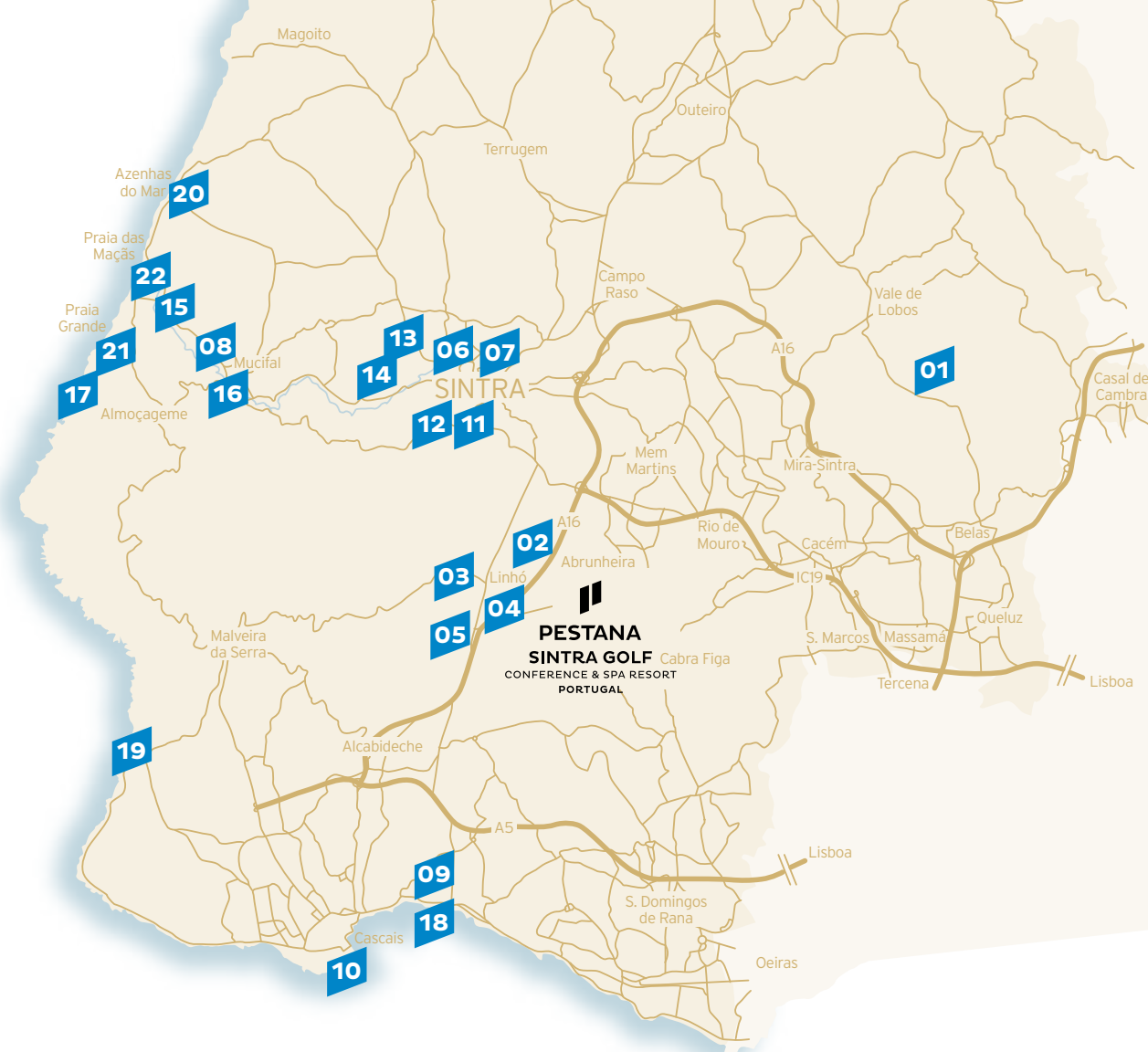
# OUT

Chosen by UNESCO for the creation of a new category, Sintra was recognized as a World Heritage Cultural Landscape by the strength of its natural wealth and the stunning constructed heritage.

This is a land of rocks, wells, hermitages, and chapels in the open nature, as well as of chalets, farmhouses, palaces and manor houses. Sintra still retains a mystical aura that has been celebrated by intellectuals, artists and humanists from all over the world that let being named Monte da Lua (Moon Hill).

Sintra has witnessed almost every period of Portuguese history, from the Paleolithic onwards, to the golden days, between the late 18th century and the 19th century, when national and international fortunes set up and constructed the amazing architectural and cultural heritage along with the luxurious landscape and mysticism of the Natural Park.





#### ACTIVITIES

- 01 BELAS CAMP CLUB
- 02 BELOURA GOLF
- 03 PENHA LONGA GOLF
- 04 QUINTA DA BELOURA EQUESTRIAN CENTER
- 05 ESTORIL CIRCUIT
- 06 OLGA CADAVAL CULTURAL CENTER
- 07 TRADITIONAL COMMERCE
- 08 COLARES REGIONAL WINERY
- 09 CASINO ESTORIL

#### 010 MARINA OF CASCAIS

- 11 LIBERDADE PARK
- 12 PICNIC PARK

#### PATHWAYS

- 13 TRAILS
- 14 JEEP SAFARI IN SERRA DE SINTRA
- 15 TRAM RIDES
- 16 COLARES HISTORICAL CENTER ITINERARY

#### BEACHES

- 17 PRAIA DA ADRAGA
- 18 TAMARIZ
- 19 GUINCHO
- 20 AZENHAS DO MAR
- 21 PRAIA GRANDE
- 22 PRAIA DAS MAÇÃS

## TO DO

Guests can choose between golf, tennis, horse riding and water and mountain sports. The thematic routes such as the “Percurso dos Jardins Românticos” (Route of Romantic Gardens), the Heritage and Nature Route and the Mystical Trial allow one to discover the wonders of this magically-imbued city. Get to know the beaches, the Olga Cadaval Cultural Center. The Autódromo do Estoril – Motosport race track and Europe’s largest Casino, both in Estoril.

## OUT





# TO DO

## ACTIVITIES

**BELAS CAMP CLUB**  
Alameda do Aqueduto – Sintra  
Tel.: +351 219 626 640

**BELOURA GOLF**  
Rua das Sesmarias, 3  
Qta da Beloura – Sintra  
Tel.: +351 219 106 350

**PENHA LONGA GOLF**  
Estrada da Lagoa Azul, Linhó – Sintra  
Tel.: +351 219 249 011

**QUINTA DA BELOURA EQUESTRIAN CENTER**  
Rua Moinho Zangão, 154 – Linhó  
Tel.: +351 219 234 159

**ESTORIL CIRCUIT**  
Avenida Alfredo César Torres – Cascais  
Tel.: +351 214 609 500

**OLGA CADAVAL CULTURAL CENTER**  
Praça Dr. Francisco Sá Carneiro – Sintra  
Tel.: +351 219 107 110

**TRADITIONAL COMMERCE**  
Vila de Sintra

**COLARES REGIONAL WINERY**  
Alameda Coronel Linhares de Lima, 32  
Colares – Sintra  
Tel.: +351 219 291 210

**CASINO ESTORIL**  
Avenida Dr. Stanley Ho – Cascais  
Tel.: +351 214 659 700

**MARINA OF CASCAIS**  
Casa de S. Bernardo – Cascais  
Tel.: +351 214 824 800

**LIBERDADE PARK**  
Volta do Duche – Sintra  
Tel.: +351 219 238 811

**PICNIC PARK**  
Estrada da Pena – Sintra  
Tel.: +351 219 237 300

## HORSE RIDING

**RAPPEL**

**PEDIPAPER**

**PATHWAYS**

**TRAILS**  
Serra de Sintra

**JEEP SAFARI IN SERRA DE SINTRA**

**TRAM RIDES**  
From Sintra to Praia das Maças

**COLARES HISTORICAL CENTER ITINERARY**

**TT BIKE RIDES**

**BEACHES**

**PRAIA DA ADRAGA**  
Estrada da Adraga  
Almoçageme

**TAMARIZ**  
Estoril – Cascais

**GUINCHO**  
Estrada de Cascais – Guincho

**AZENHAS DO MAR**  
Colares- Sintra

**PRAIA GRANDE**  
Colares- Sintra

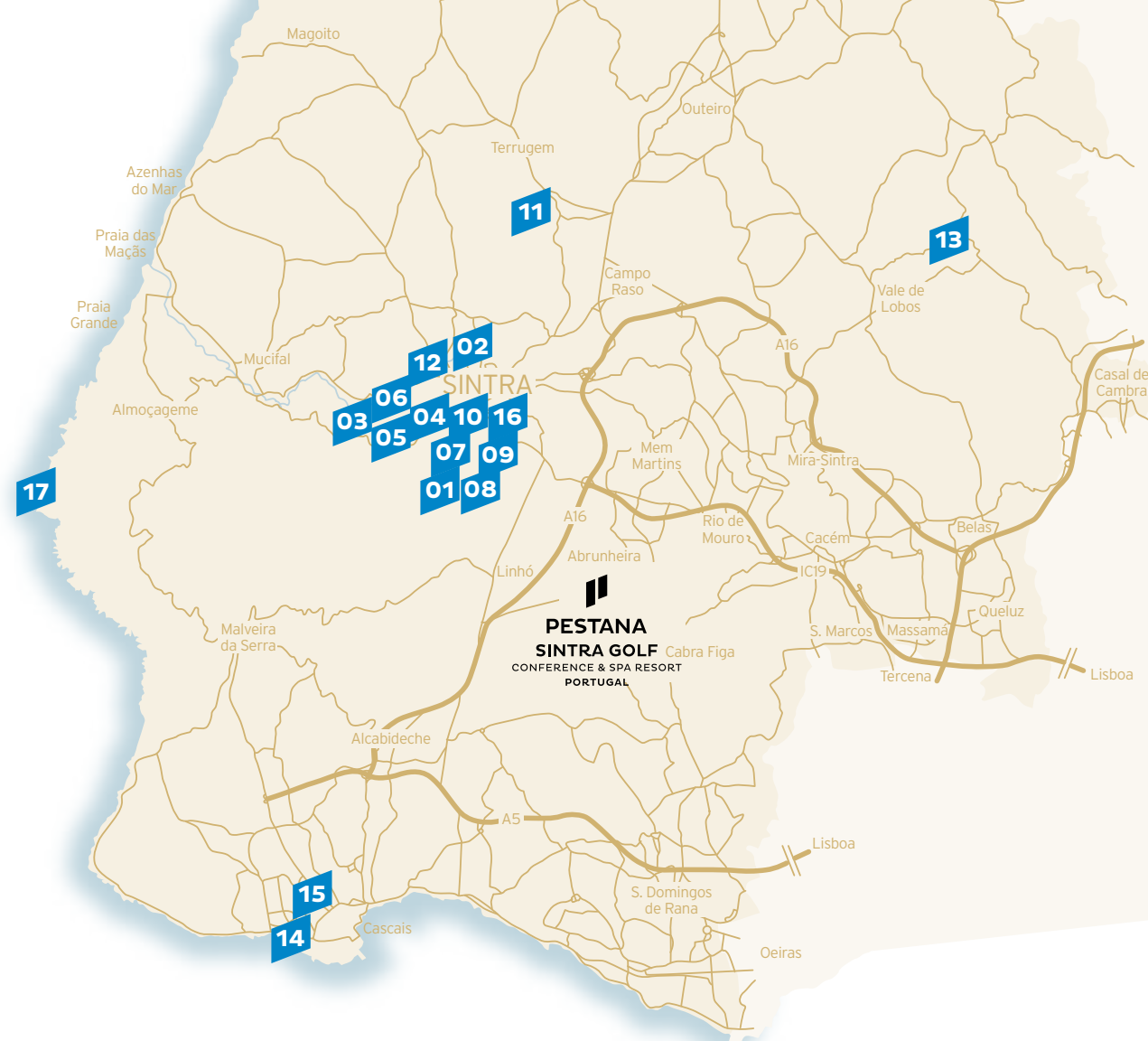
**PRAIA DAS MAÇÃS**  
Colares- Sintra

## EVENTS

**SÃO PEDRO FAIR IN SINTRA**  
2nd and 4th Sunday of each month

# OUT





- 01
- 02
- 03
- 04
- 05
- 06
- 07

PENA NATIONAL PALACE  
SINTRA NATIONAL PALACE  
MONSERRATE PALACE  
PAÇO DOS RIBAFRIAS  
REGALEIRA PALACE  
AND QUINTA DA REGALEIRA  
SETEAIS PALACE  
CASTLE OF THE MOORS

- 08
- 09
- 10
- 11
- 12
- 13

CAPUCHOS CONVENT  
SANTA MARIA PARISH CHURCH  
TOY MUSEUM  
MUSEUM OF NATURAL HISTORY  
OF SINTRA  
LIVING SCIENCE CENTER  
SÃO MIGUEL DE ODRINHAS  
ARCHAEOLOGICAL MUSEUM

- 14
- 15
- 16
- 17

LIBRARY MUSEUM OF THE COUNTS  
OF CASTRO GUIMARÃES  
HOUSE OF STORIES - PAULA REGO  
PILLORY  
CABO DA ROCA

TO SEE

Sintra is the capital of Romanticism and the pioneer of this architectonic style, which has remained intact over the years. It has places of extreme beauty, imperatives to visit: Pena Nacional Palace, one of the world's greatest examples of the 19th century Romantic architecture, the National Palace of Sintra the Monserrate Palace, the “Quinta da Regaleira” Palace and the “Castelo dos Mouros” (Moorish Castle) – a remembrance of the people who lived in Sintra.

OUT





# TO SEE

**PENA NATIONAL PALACE**  
Sintra  
Tel.: +351 219 237 300

**SINTRA NATIONAL PALACE**  
Largo Rainha Dona Amélia - Sintra  
Tel.: +351 219 106 840

**MONSERRATE PALACE**  
Estrada de Monserrate - Sintra  
Tel.: +351 219 237 300

**PAÇO DOS RIBAFRIAS**  
Rua Consigliéri Pedroso - Sintra

**REGALEIRA PALACE  
AND QUINTA DA REGALEIRA**  
Sintra  
Tel.: +351 219 106 650

**SETEAIS PALACE**  
Rua Barbosa Du Bocage, 8 - Sintra  
Tel.: +351 219 233 200

**CASTLE OF THE MOORS**  
Rua Visconde Monserrate - Sintra  
Tel.: +351 219 237 300

**CAPUCHOS CONVENT**  
Rua Visconde Monserrate - Sintra  
Tel.: +351 219 237 300

**SANTA MARIA PARISH CHURCH**  
Avenida Adriano Júlio Coelho - Sintra

**TOY MUSEUM**  
Rua Visconde Monserrate, 26 - Sintra  
Tel.: +351 219 242 171

**MUSEUM OF NATURAL HISTORY OF SINTRA**  
Rua do Paço, 20 - Sintra  
Tel.: +351 219 238 563

**LIVING SCIENCE CENTER**  
Estrada Nacional, 247  
Ribeira de Sintra  
Tel.: +351 219 247 730

**SÃO MIGUEL DE ODRINHAS  
ARCHAEOLOGICAL MUSEUM**  
Avenida Prof. Dr. Fernando  
de Almeida - Sintra  
Tel.: +351 219 609 520

**LIBRARY MUSEUM OF THE COUNTS  
OF CASTRO GUIMARÃES**  
Avenida Rei Humberto II de Itália,  
Parque Marechal Carmona - Cascais  
Tel.: +351 214 815 308

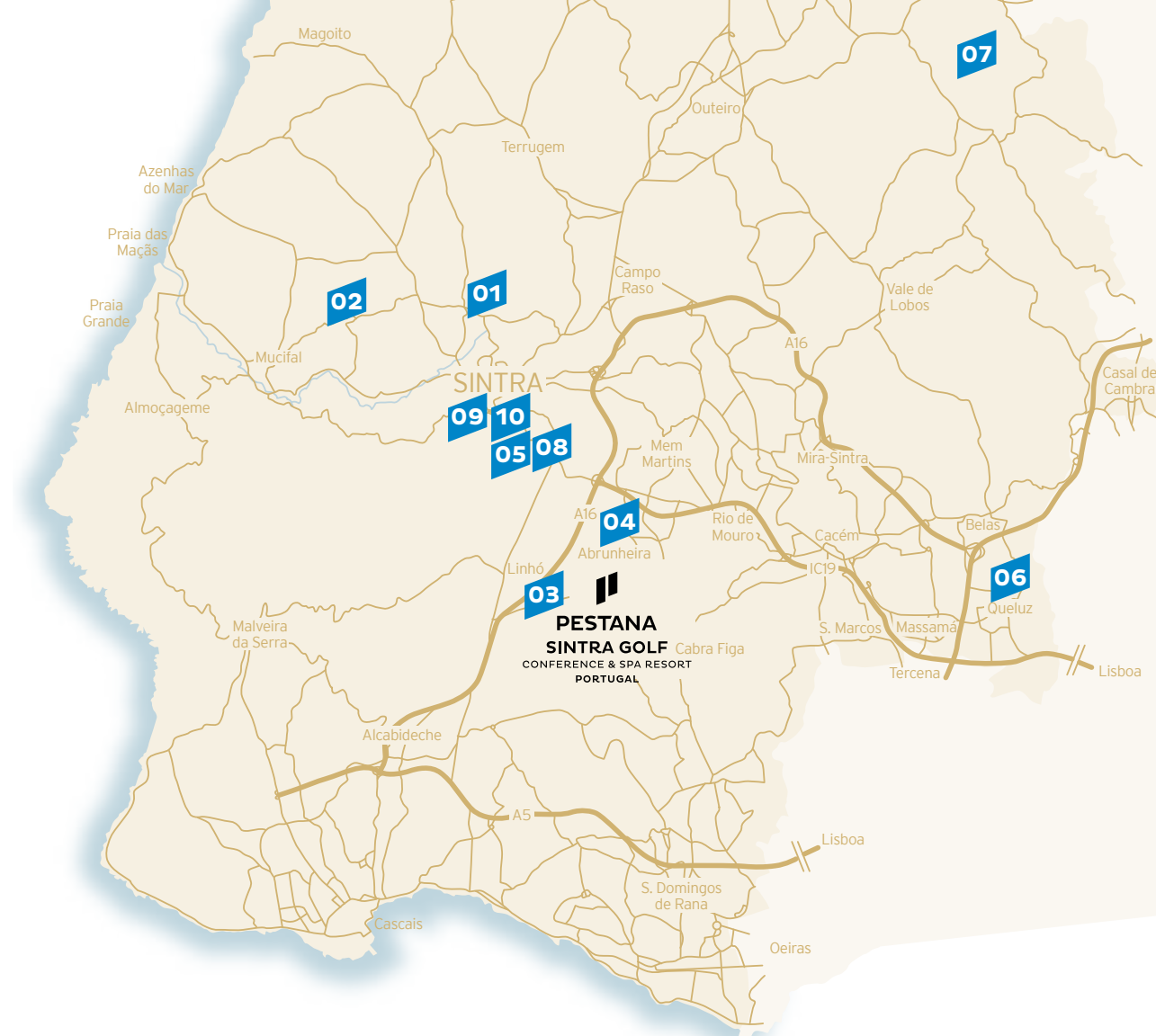
**HOUSE OF STORIES - PAULA REGO**  
Avenida da República, 300 - Cascais  
Tel.: +351 214 826 970

**PILLORY**  
Largo Rainha D. Amélia - Sintra

**CABO DA ROCA**  
Estrada do Cabo da Roca - Colares  
Tel.: +351 219 280 081

# OUT





- 01 CURRAL DOS CAPRINOS RESTAURANT
- 02 ADEGA DO SARAIVA RESTAURANT
- 03 QB - QUINTA DA BELOURA RESTAURANT
- 04 O TRILHO RESTAURANT

- 05 CANTINHO DE S. PEDRO RESTAURANT
- 06 COZINHA VELHA RESTAURANT
- 07 AFONSO DOS LEITÕES RESTAURANT
- 08 CASA DO PRETO CONFECTIONERY

- 09 PIRIQUITA TEA ROOM
- 10 CAFÉ SAUDADE

## TO EAT

The past, the legends and the mysteries of Sintra are reflected in every taste and every delicacy.

Sintra's gastronomic offer is rich in fish and shellfish. However, the most popular is the "Leitão de Negrals" (Roast Suckling Pig), always accompanied by the excellent Colares Wine. At the Piriquita Tea Lounge, one can enjoy the fabulous "Travesseiro" pastries and the "Queijadas de Sintra" (Sintra Tartlets).

## OUT





## TO EAT

**CURRAL DOS CAPRINOS RESTAURANT**  
Rua 28 de Setembro, 13 - Cabriz  
Tel.: +351 219 233 113

**ADEGA DO SARAIVA RESTAURANT**  
Largo do Paquete, 4 a 6 - Nafarros  
Tel.: +351 219 290 106

**QB - QUINTA DA BELOURA RESTAURANT**  
Vielha da Quinta da Beloura, 5 - Sintra  
Tel.: +351 219 240 166

**O TRILHO RESTAURANT**  
Avenida dos Combatentes, 22 - Sintra  
Tel.: +351 219 250 238

**CANTINHO DE S. PEDRO RESTAURANT**  
Praça D. Fernando II, 18 - Sintra  
Tel.: +351 219 230 267

**COZINHA VELHA RESTAURANT**  
Largo do Palácio Nacional - Queluz  
Tel.: +351 214 356 158

**AFONSO DOS LEITÕES RESTAURANT**  
Largo do Campo da Louça - Negrais  
Tel.: +351 219 674 563

**CASA DO PRETO CONFECTIONERY**  
Estrada Chão Meninos, 44 - Sintra  
Tel.: +351 219 230 436

**PIRIQUITA TEA ROOM**  
Rua Padarias, 1/7 - Sintra

**CAFÉ SAUDADE**  
Av. Doutor Miguel Bombarda, nº6  
2710-590 Sintra  
Tel.: +351 212 428 804

### TYPICAL DISHES

Padeiro Lamb in the Oven

Suckling Pig of Negrais

“Percebes” and Mussels

Roast Veal

Mafra Bread and Bread with  
Portuguese Chouriço

### CONFECTIONARY

Sintra Tartlets

Travesseiros of Sintra

Fofos de Belas

### BEVERAGES

Colares Wine

## OUT





**PESTANA**

HOTELS & RESORTS