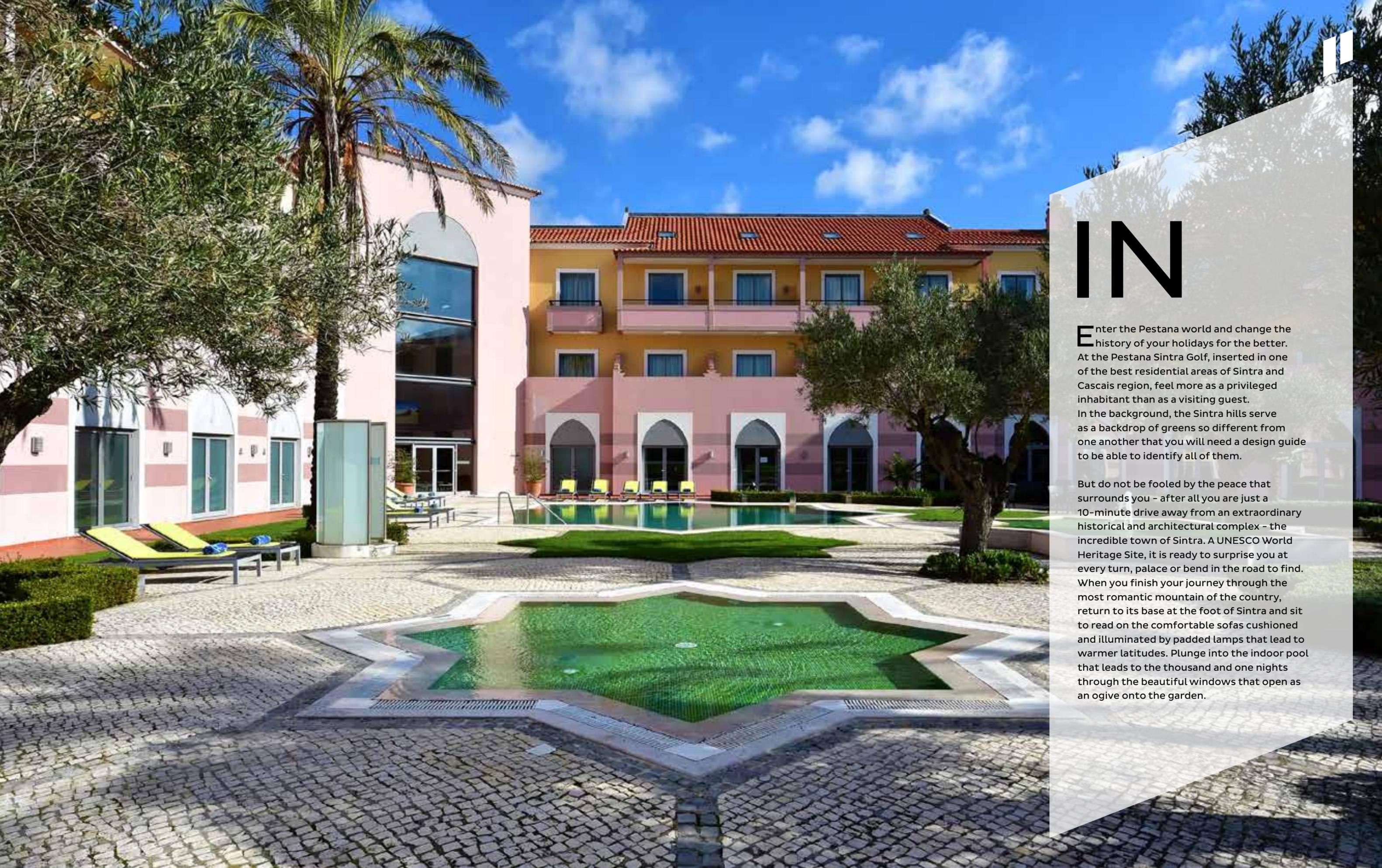


IN & OUT



PESTANA
SINTRA GOLF
CONFERENCE & SPA RESORT
PORTUGAL





IN

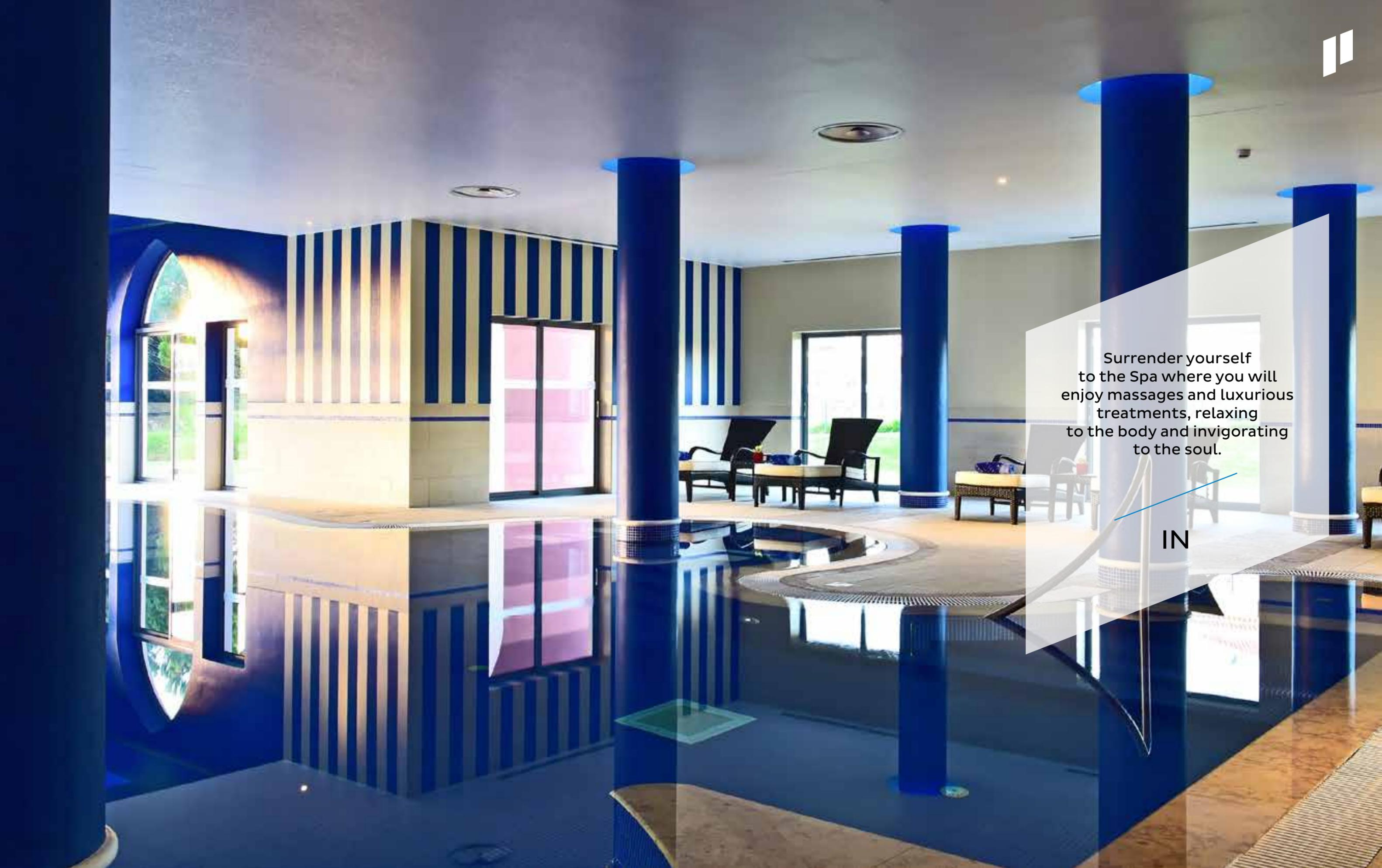
Enter the Pestana world and change the history of your holidays for the better. At the Pestana Sintra Golf, inserted in one of the best residential areas of Sintra and Cascais region, feel more as a privileged inhabitant than as a visiting guest. In the background, the Sintra hills serve as a backdrop 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.



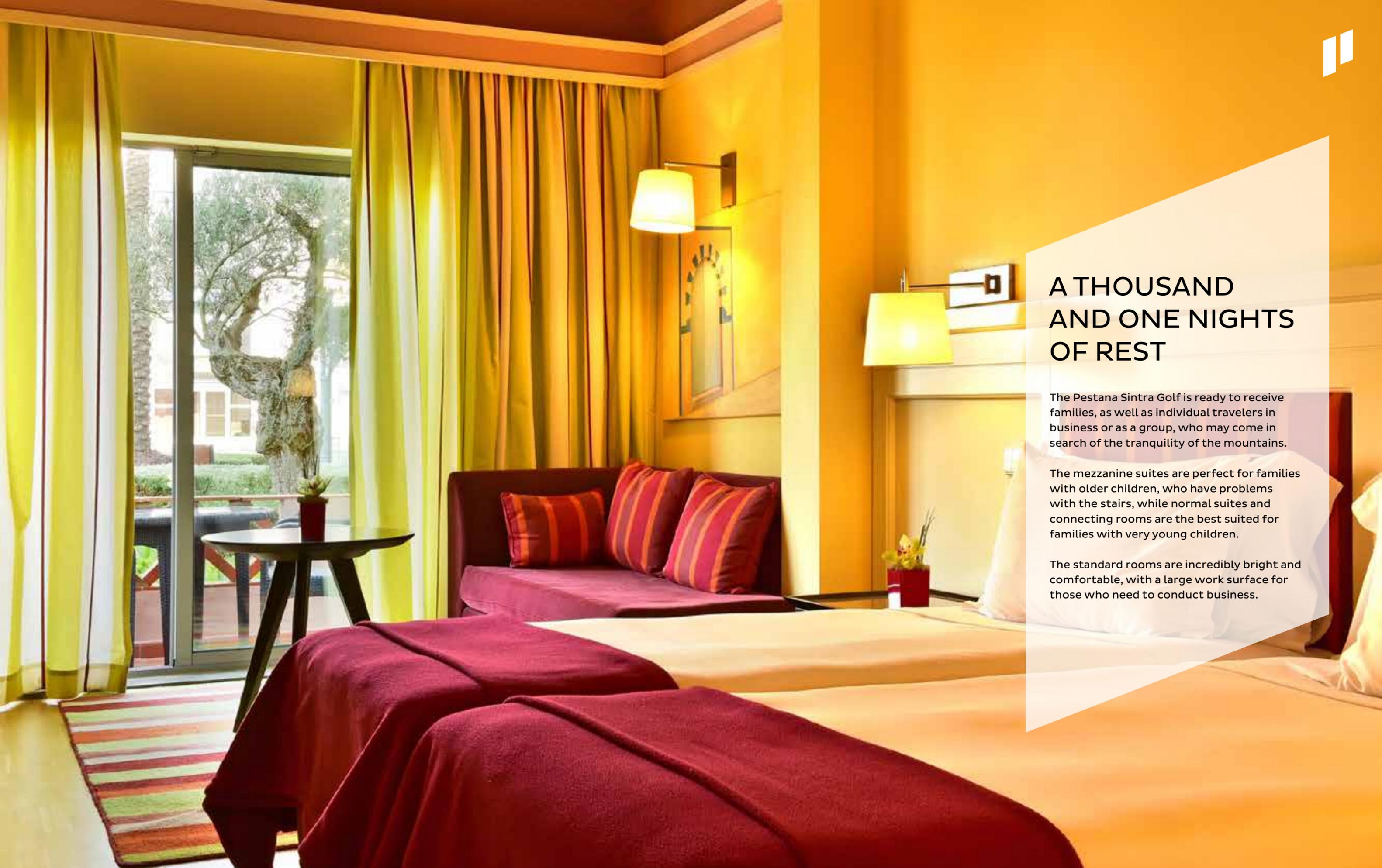
The Pestana Sintra Golf gives you the romantic experience of Sintra, but in a more affordable way and more open to other experiences - after all, if you come with your family, your children's limit for walks in the mountains will be reached quickly. But do not worry, this hotel in Beloura has activities 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 tall, cylindrical blue columns. The walls are decorated with vertical stripes in blue and gold. A hot tub is visible in the foreground, and lounge chairs are arranged in the background. The lighting is warm and ambient.

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
www.pestana.com

GPS
N: 38.76276327
W: -9.3672877

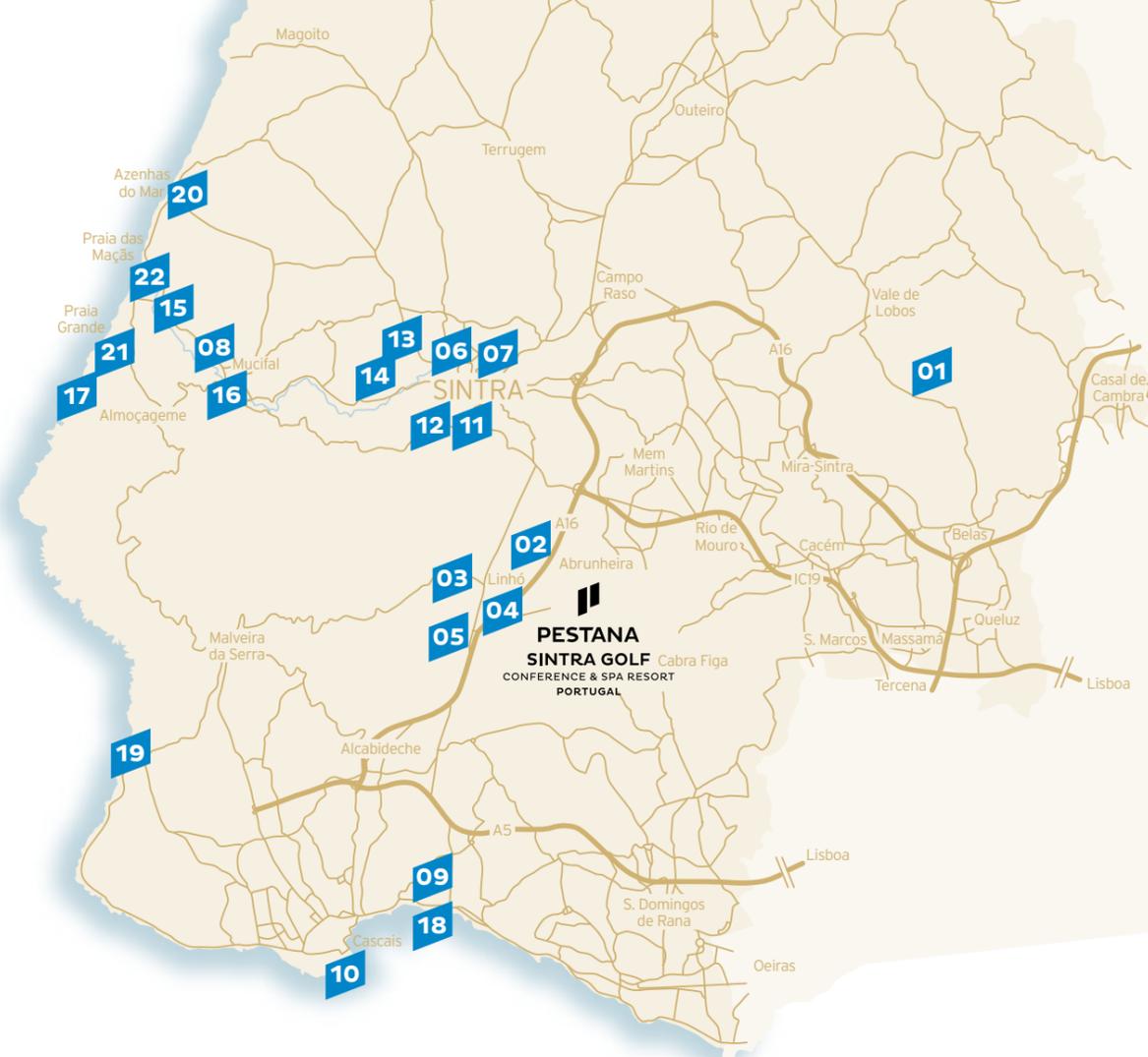


OUT

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.



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

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

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

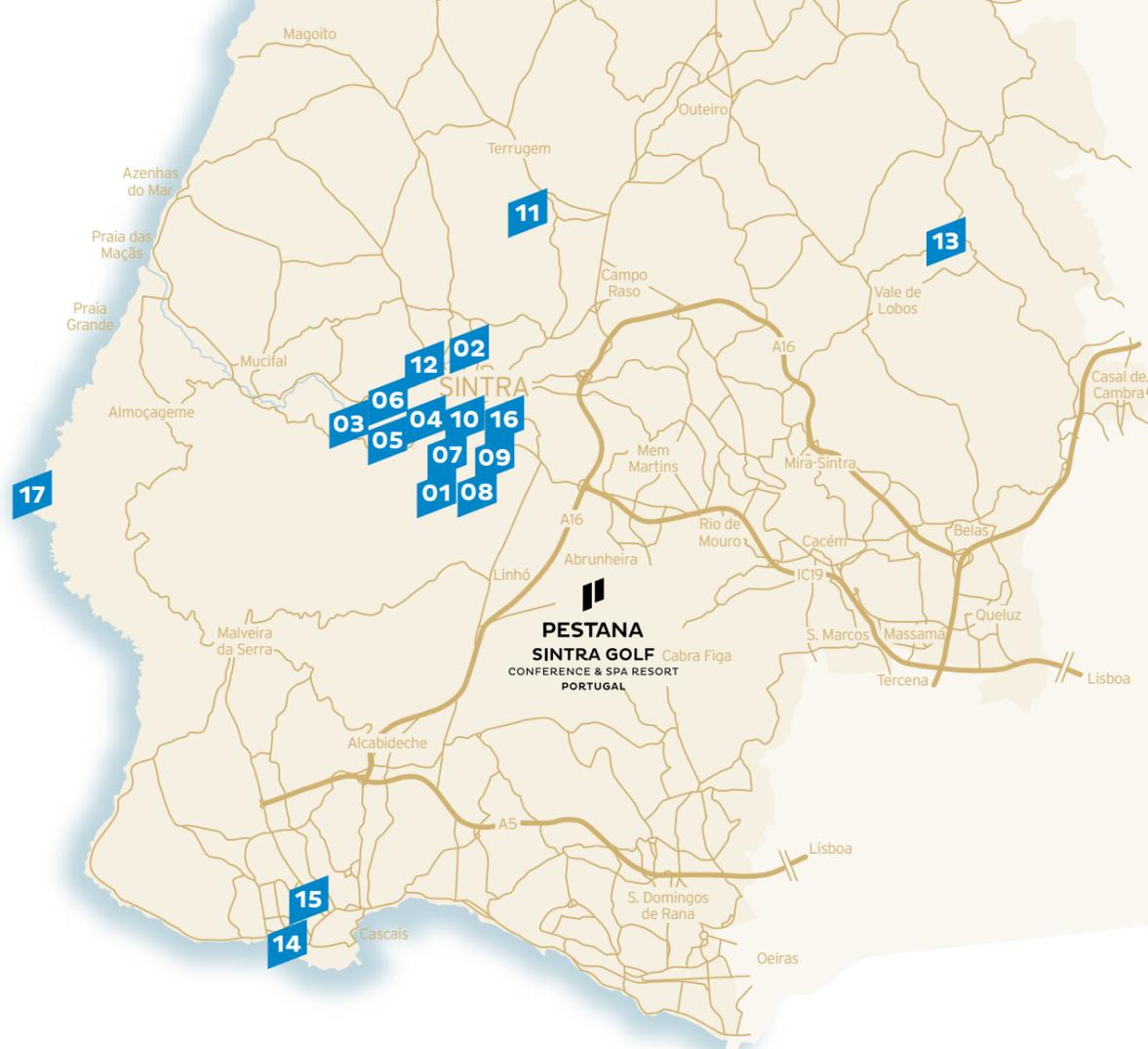
PRAIA DAS MAÇÃS
Colares- Sintra

EVENTS

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

OUT





- 01** PENA NATIONAL PALACE
- 02** SINTRA NATIONAL PALACE
- 03** MONSERRATE PALACE
- 04** PAÇO DOS RIBAFRIAS
- 05** REGALEIRA PALACE AND QUINTA DA REGALEIRA
- 06** SETEAIS PALACE
- 07** CASTLE OF THE MOORS

- 08** CAPUCHOS CONVENT
- 09** SANTA MARIA PARISH CHURCH
- 10** TOY MUSEUM
- 11** MUSEUM OF NATURAL HISTORY OF SINTRA
- 12** LIVING SCIENCE CENTER
- 13** SÃO MIGUEL DE ODRINHAS ARCHAEOLOGICAL MUSEUM

- 14** LIBRARY MUSEUM OF THE COUNTS OF CASTRO GUIMARÃES
- 15** HOUSE OF STORIES - PAULA REGO
- 16** PILLORY
- 17** 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

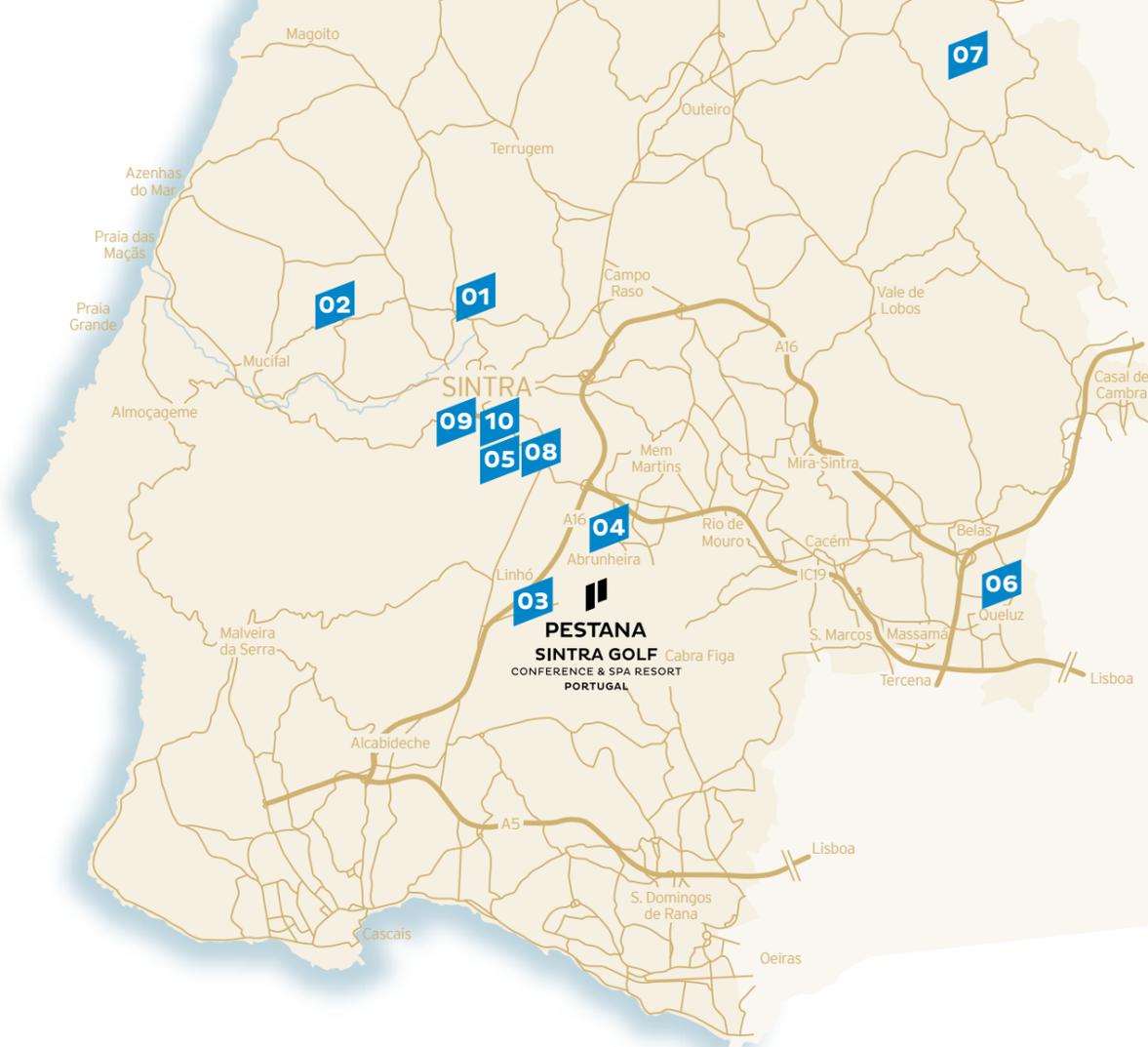
PILLORY

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 Negrais" (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
Viela 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