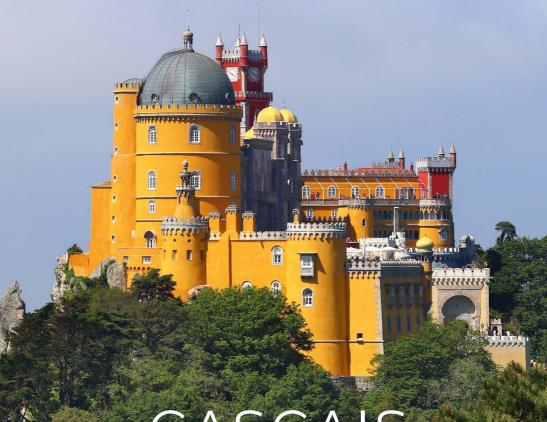


HOTEL GROUP



CASCAIS & SINTRA

Where the magic happens.



Situated just 30 km from Lisbon airport, the towns of Cascais and Sintra sit a mere 18 km apart. These two locations, filled with history, can be visited in a single day, however, we recommend a longer stay in order to take everything in properly. After all, there's lots to see and do in this region where treasures abound from the ocean to the mountains, from enchanted palaces to joyful street markets, from beaches to golf. Come and discover if for yourself!

CASCAIS

My affection hath an unknown bottom.like the Bav of Portuaal.

William Shakespeare

Cascais is an ancient fishing town and one of the preferred spots of European aristocracy. With its luxurious mini palaces, rich cuisine and agreeable climate, it combines surf, culture and Lifestyle.

The network of bicycle-sharing systems enables one to get to know the region well and head towards the historic centre, with its pedestrianised roads of Portuguese pavements, bars, restaurants and rich variety of shops.

Throughout the centuries, Cascais has served as a summer refuge for the kings of Portugal, who sought relief from the heat of Lisbon. With the instability caused by World War II, it was also adopted by royalty and aristocrats from other European countries, rivalling the French Riviera due to its luxury hotels, beaches and casino. The region of Estoril even formed an enclave for spies at the time and inspired one of the James Bond adventures. Many writers and artists have been enchanted by the scenery and history of Cascais. Come and be enchanted too!

SINTRA

Lo! Cintra's glorious Eden intervenes, In variegated maze of mount and glen.

Lord Byron

Sintra is a World Heritage Site and it only takes a glance around to realize why. There are palaces poised atop cliffs, an ancient Moor castle and surprises which emerge around every corner. The historic centre must be explored on foot. However, tourist sightseeing tours may be preferable in order to access some monuments or beaches.

The Sintra Mountains have been known since ancient times as Mount of the Moon (Monte da Lua) and are part of the Sintra Cascais Natural Park, where over 200 species of fauna have already been identified, including 160 species of birds. A good spot for bird-watching!

Romantic by nature, Sintra has attracted the attention of a range of artists, travellers and hermits. Development of the town during the 18th century owes itself to Dom Fernando, the husband of Queen D. Maria I, with construction of the magical palace over the former convent of Pena, the planting of rare trees and the creation of watercourses.



BEACHES

Pick you kind of beach: urban, a few steps from the train station? Or further off and practically secret? This region offers beaches for all preferences, including Guincho beach, a surfer's true paradise.

CASCAIS

PRAIA	CAPACITY			
Guincho Norte	2300			
Guincho Sul	3000			
Crismina	2200			
Rainha	200			
Conceição	700			
Duquesa	500			
Moitas	600			
		-		
			Alay	
	<u>à</u>			
		within Alle Wenter		









SURFING

Whether an experienced surfer or a beginner, you'll really like these waves! With 300 days of sun a year and the energy of the Atlantic, beaches with a Blue Flag are perfect for this and other aquatic activities.



BOCA DO INFERNO

Located on the coast west of the village of Cascais, this cliff may have possibly been a cave in earlier times. It is a place of spectacular beauty, where you can enjoy a unique sunset, and it is constantly visited by thousands of people.



CASINO DO ESTORIL

The largest casino in Europe has roulette tables, French roulette, blackjack and Baccarat and a range of slot machines, in addition to an art gallery, restaurants and show events.





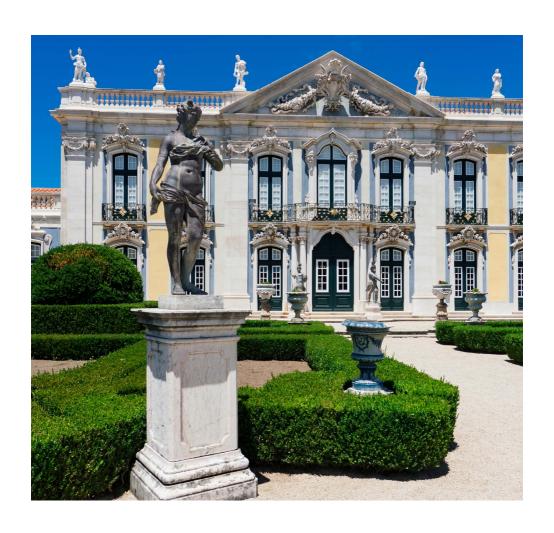
MOORISH CASTLE

Built on solid rock, high up on the walls of the Castelo dos Mouros there is a spectacular view to be had of the whole of the Sintra area that extends to the Atlantic Ocean. Built during the 9th century by the North African Moors, this castle served to guard the town of Sintra.



QUINTA DA REGALEIRA

Located in Sintra's historic centre and classified as a World Heritage Site by UNESCO in 1995, Quinta da Regaleira is endowed with a romantic style shrouded in mysteries, secrets and legends. It is regarded as the most significant and imposing of Sintra's symbolic monuments.



NATIONAL QUELUZ PALACE & GARDENS

With its iconic harmony between scenery and architecture, the Queluz Palace was the royal residence in the 18th and 19th centuries. It houses a large Equestrian Art Library, and has won international awards for the restoration of its botanical gardens.



CABO DA ROCA

The westernmost tip of mainland Europe, with its sea cliffs battered by waves, and a lighthouse which watches over the tide. A fantastic view out over the Atlantic Ocean completes the experience.



GOLF

The Beloura Pestana Golf Resort (pestanagolf.com/pt/golf/beloura/) is a 60 hectare 18-hole course and lake, situated in the foothills of the Sintra Mountains. Surrounded by eucalyptus, pine, magnolia and palm trees, it was designed by the American architect Rocky Rogmore and also includes a golf shop, gym facility and clubhouse.



HIKING

There are a series of pedestrian paths marked out across the region which pass by points of interest such as fountains, churches, palaces and the Moor castle. For those who prefer a more radical approach, have a go at climbing: the Sintra Mountains rise to over 500 metres for exploration.





CUISINE

Both in Sintra and in Cascais one finds an entire world on the dining table. There are regional and international restaurants, including the highly popular Asian and Italian cuisines. But tradition dictates one to try out local specialities, preferably in the company of wine produced only in this region: the liqueur wine of Carcavelos and exclusive wine of Colares.

In Cascais, the top quality super fresh fish and seafood are top billing, the soups and broths and popular sweet products, in particular a type of sugar-coated biscuit known as 'areias'.

In Sintra, don't forget to try the Negrais suckling, roast veal or octopus dishes. At the pastry shop, the 'queijadas' (cheese muffins) and 'travesseiros' (sweet pastry wrap) have already gained fame.



OUR HOTELS



PESTANA SINTRA GOLF

The Pestana Sintra is a 4-star hotel located in Quinta da Beloura in Sintra, a luxurious area with an 18-hole golf course only 10 minutes away from the town of Sintra, considered a UNESCO World Heritage Site.

The hotel offers a Spa with sauna, Jacuzzi, gym, indoor swimming pool and Turkish bath. In summer, you can take a dive in one of 2 outdoor swimming pools surrounded by lush gardens. Try the restaurant's delicious fare and enjoy refreshing cocktails from the bar. The rooms feature contemporary design including flat-screen TVs and Wi-Fi.



PESTANA CASCAIS

The Pestana Cascais is a 4-star hotel located in one of the most luxurious areas of Lisbon's coastal region, Vila de Cascais. It is very close to various beaches, including the surfer's paradise Guincho beach, parks, museums, shopping centres and the Casino do Estoril.

It offers both an outdoor and indoor swimming pool with whirpool bath, sauna and Turkish bath, as well as a restaurant and a bar. During the summer, enjoy the outdoor swimming pool and gardens with views of the Atlantic ocean. All rooms feature a kitchenette, balcony, air conditioning and Wi-Fi.



PESTANA CIDADELA CASCAIS

Pestana Cidadela Cascais – Pousada & Art District is a 5-star hotel located in Cascais. It is part of the Pestana Collection Hotels and one of the first hotels in Europe to have an Art District on site. This historic hotel is surrounded by studios, galleries, and museums with views of the sea and the Cascais marina. It is located 3 minutes on foot from the beach and 5 minutes on foot from the town centre.

It is very close to various beaches, including the surfers' paradise, Guincho beach, parks, museums, shopping centres and the Casino do Estoril.

Take a dip at the indoor swimming pool with views of the marina or the outdoor swimming pool surrounded by the Fortaleza gardens. Discover Déjà Lu, our charity bookstore, our Spa and the state of the art gym. For your enjoyment, we offer two restaurants and a bar.

From the rooms with incredible views of the marina to the rooms located in more historic areas of the fort, spark your curiosity and choose one of the many Author's rooms, where creativity and irreverence will make your stay one-of-a-kind...



PESTANA POUSADA QUELUZ

The Pousada Palácio de Queluz is located in the Torre do Relógio building, next to the Palácio Nacional de Queluz. The city of Queluz is near the beaches of Cascais, the Sintra mountains, golf courses and 14 km from Lisbon. During your stay at the Pousada, you will be able to dine at the classic Cozinha Velha restaurant.

Take the opportunity to explore the magnificent Palace gardens inspired by the French palatial style. If you would like to hold a meeting, the Pousada offers ideal rooms with all the necessary equipment.

