

CASCAIS

TRAVEL GUIDE

THE CHARM OF THE ATLANTIC



20+

Must see places
to visit along
the coast.



SHOPPING + RESTAURANTS + SINTRA + BEACHES + MUSEUMS

PLACES TO VISIT

CASA DE GUIA



TO VISIT: SHOPS, CAFES & RESTAURANTS



Among palm and pine trees, this lush waterfront complex contains a handful of shops, cafes and restaurants with outdoor terraces overlooking the deep blue Atlantic. It's located on the main coastal road, about 3km west of the historic centre (and 1.3km west of Boca do Inferno). An idyllic setting for a long, leisurely lunch or an afternoon coffee.

[MAP](#)

PLACES TO VISIT

SINTRA



TO VISIT: CASTLE, GROTTO & TOWN

The thousand-year-old history of the Palace of the Town of Sintra began during the Muslim occupation of the Iberian Peninsula. Already mentioned in texts from the 11th century, the original Moorish Palace became the property of the Portuguese Crown after the conquest of the city of Lisbon by Afonso Henriques, the first King of Portugal, in 1147.

It was first subjected to alteration work in 1281, in the reign of King Dinis, and new extensions were

later added to the building over time, although it has largely maintained its present-day outline since the mid-16th century.

The vertical arrangement of its spaces, adapting to the nature of the terrain; the intimate organisation of the interior courtyards, outdoor spaces in which one can hear the sound of running water; the windows with their surmounted arches; and the walls covered in glazed tiles with rich geometrical patterns, are all features that underline the Moorish links of the craftsmen who built and embellished the Palace.

For the fourth consecutive year, Parques de Sintra has been nominated for the "World Travel Awards", ranked as the "Oscars of Tourism", in the category of the "World's Leading Conservation Company". Winner in 2013, 2014 and 2015, Parques de Sintra is once again the only European nominee in this category in 2016.



[MAP](#)

PLACES TO VISIT

CIDADELA CASCAIS



TO VISIT: 15TH CENTURY FORT



The Cidadela de Cascais is the 15th century fort that guarded the western end of the Tejo estuary and the minor fishing harbour of Cascais. Today the castle overlooks the exclusive Cascais marina and the complex has been transformed into an exclusive hotel and also houses a small open-air artillery museum.

[MAP](#)

PLACES TO VISIT

BOCA DO INFERNO



TO VISIT: HELL'S MOUTH



of the waves beating against the rocks and the dramatic site this creates.

In 1930 Aleister Crowley an magician, astrologer and mystic faked his own death at the Boca do Inferno Cascais. As part of the stunt he secretly left Portugal to reappeared three weeks later at an exhibition of his work in Berlin.

[MAP](#)

The Boca do Inferno (or Hell's Mounth), is an cliff formation close to Cascais and one of the most visited locations in the area. It was formed by the erosion of a weak vein of limestone in the cliff face. This initially lead to a cave being excavated which slowly expanded over the generations. The tougher outer rock remained while the weaker rock was eroded to such a stage that the roof of the cave collapsed forming the unique Boca do Inferno. The name arises due to the force



PLACES TO VISIT

MARECHAL CARMONA PARK



TO VISIT: BEAUTIFUL GARDENS

The Marechal Carmona Park, also known as Gandarinha Park, is one of the most extensive and beautiful gardens of Cascais. Situated in the historic town centre, the Park includes the gardens of the Palace of the Condes of Castro Guimarães and property of the Viscount of Gandarinha.

This park complements the beauty of the surrounding area, used by Portuguese and foreign Nobility and Aristocracy since the



18th century. It has large trees, spacious lawns, flowers beds and herbaceous ornamental shrubs. It is also home to a small river, several ponds, a snack park, a mini-zoo, a greenhouse, a traditional games' area and a children's park divided in three different areas according to children's age.

[MAP:](#)

PLACES TO VISIT

CASA DE SANTA MARIA



TO VISIT: 19TH CENTURY HOUSE

Casa de Santa Maria is a 19th century stately home that has a prime coastline location. It was constructed by an Irish millionaire and was once the most luxurious private residence of Cascais. It blends many different architectural styles and influences to create a unique building which is, as publicly owned, open for visitors to marvel at.

[MAP:](#)



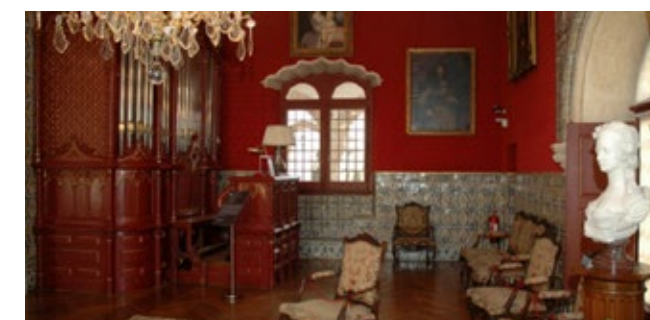
PLACES TO VISIT
**CONDES DE CASTRO
GUIMARAES MUSEUM**



TO VISIT: 17TH ORIENTAL ART

The museum contains a varied collection of items including 17th century Oriental art and Indo-Portuguese furniture. The most important item is a 16th century illustrated manuscript based on the adventures of Rei Alfonso Henriques that also displays the first known representation of Lisbon.

[MAP](#)



PLACES TO VISIT
CASA DAS HISTORIAS
PAULA REGO



TO VISIT: PAULA REGO COLLECTION & EXHIBITIONS

The Casa das Histórias Paula Rego museum displays the work of Paula Rego and is housed in one of the most intriguing structures of Cascais. The building first appears of contemporary architecture but at its core it is based on one of the most recognisable palaces of Portugal. The Casa das Histórias Paula Rego makes a brash statement through its colour and design.

Inside the museum art works from Paula Rego and her late husband are displayed with a larger portion dedicated to semi permanent exhibits.

The exterior and interior of the Casa das Histórias Paula Rego should not be missed. The exterior of the Casa das Histórias, Cascais is painted in a brash terracotta colour. The dominating features of the complex are the two towers which closely resemble chimney also painted the powerful red colour. These towers were inspired by the characteristic shape of the

National Palace of Sintra which again has two district chimney towers. Inside the interior is painted a brilliant white common which bathes the artwork in brilliant natural light. The entire Casa das Histórias museum is a wonder of modern architectural design and truly should be experienced.

The collection consists of an extraordinary group of paintings, drawings and etchings produced by the artist on a variety of media and using a wide range of techniques. The collection covers a period of roughly 50 years in her prolific artistic career, and will be shown in the permanent exhibition on a rotational basis. Such a wide-ranging collection makes it possible to follow the changes in form, theme and technique - the different media and artistic languages that Paula Rego has experimented with - as well to understand her unique and highly personal artistic universe.

[MAP](#)

BEACHES

THE ATLANTIC ON YOUR DOORSTEP



PRAIA DA CONCEIÇÃO & PRAIA DA DUQUESA

Praia de Conceicao and Praia de Duquesa are a pair of semi-connected beaches on the Cascais and Estoril coastline. Both beaches offer glorious golden sand, calm and clean waters and numerous bars/restaurants / cafes that line the promenade that runs the length of the two beaches. Praia de Conceicao is the more westerly of the two beaches and is the first large beach within walking distance of Cascais.

[MAP](#)



PRAIA DO GUINCHO

Heading west from Cascais the landscape becomes more wild and rugged as the sandy beaches and rocky outcrops head towards Portugal's most westerly point.

Surfing and windsurfing are popular pastimes on this beach, but watch out for strong currents and be sure only to swim when the resident lifeguard is on duty.

[MAP](#)



PRAIA DA RIBEIRA

The Praia da Ribeira beach is the main beach in Cascais that faces the town's central square and overlooks the fishing harbour. Also known as the Praia do Pescador, or Fisherman's Beach, it is a modest sized beach that is suitable for families and visitors who wish simply to enjoy the sun.

[MAP](#)



PRAIA DA RAINHA

Accessible via steep steps close to the train station is the Praia da Rainha. Named as such for its popularity with royalty, the beach acted as a private beach to the great and the good whose former mansions remain perched on the rocky cliffs above to this day. Given its central location it lacks parking and is best accessed by foot.

[MAP](#)

SHOPPING IN CASCAIS



JUMBO SUPERMARKET

Jumbo stocks a good range of produce including a variety of imported favourites to give the town a home-from-home taste. Parking is difficult at peak times so go on foot for a small shop or aim to visit out of hours if you intend to load up on key supplies.

[MAP](#)



CASCAIS MARKETS

Head north to the Rua Mercado on a Wednesday or Saturday morning and you will find a colourful fruit and vegetable market where the colourful, fresh produce. For artisan goods, household staples, shoes and clothing, head to the Praça de Touros on Avenida Pedro Alvares on the first and third Sunday each month. Arrive early and be prepared to haggle to land yourself a few bargains.

[MAP](#)



LIDL SUPERMARKET

WHERE:
Rua S. José
Cascais 2750-134
Portugal

[MAP](#)



CASCAIS SHOPPING

Away from the quirky beach and artisan boutiques, the primary shopping in Cascais is at the Cascais Shopping complex. A huge retail outlet located on the RN9 between Cascais and Sintra, packed full of major high street names, designer boutiques and high-end furnishing and homeware shops. interior location.

[MAP](#)

PLACES TO EAT



PATEO DOS PETISCOS

A must try! The best way to experience Portuguese tapas at an unbelievably price. Arguably one of the best restaurants in the area. Reservation recommended.



[MAP](#)



FURNAS DO GUINCHO

Established for many years, Furnas do Guincho Restaurant occupies an enviable position right on the waterfront of the Atlantic coastline in the heart of the ruggedly beautiful area that is Guincho beach.

It is a fish and seafood-lovers' delight. This is something of a destination restaurant and can get busy, especially at weekends.

[MAP](#)



RESTAURANTE VELA AZUL - CASCAIS

There are two ways to eat good fish and seafood in Cascais; higher end with a sea view or at the Vela Azul delighting in the fresh catch of the day. A well hidden local secret.

[MAP](#)



RESTAURANTE PORTO SANTA MARIA ESTRADA DO GUINCHO

Perched right at the edge of the dunes of the Guincho beach the restaurant perfectly manages to reflect its location in its menu that combines the very best of freshly caught fish with meat dishes inspired by centuries of Portuguese culinary tradition. The Porto de Santa Maria is renowned for its wine cellar. The wine list includes bottles from all over Portugal as well as Spain, Argentina and Australia, with over 1000 to choose from!

[MAP](#)

PLACES TO EAT



SANTINI

Santini, Portugal's best ice-cream parlour, opened in Cascais in 1949 by Italian expat Attilio Santini. Santini was patronised by local high society, including the Spanish royal family in exile. A must try! Why not enjoy their all-natural ice-creams and sorbets on the beach.

[MAP](#)



PERGOLA HOUSE

In the center of Cascais, Casa da Pergola (Pérgola House) is a guest house that offers a journey through time and enchants guests with the scent and colour of the garden.

Pergola offer a tea service from 3-7pm each day, this hidden gem is the perfect afternoon retreat. Served in their luscious courtyard.

Tea service(3-7pm): cappuccino, hot cocoa, coffee, tea, pancakes with jam, crepes with chocolate filling and ice-cream.

Happy-Hour (6-8pm): glass of red or white wine, cheese, smoked typical sausage, olives, toasts.

Ring ahead to book a table reservation.

[MAP](#)



GETTING AROUND



CASCAIS TRAIN

The Cascais Train is a modern electrical one. The ride to and from Lisbon is along the outer track with the best view over the river. Tickets (including the chargeable ones) are checked by the onboard inspector.

On average there's a direct train leaving every half hour from 5.30AM till 1AM.



CASCAIS BUS

Take a tour around Cascais with BUSCAS, a local circle line bus.

The bus starts from the Cascais train station and circles Cascais in 15 to 20 minutes ride. The buses depart about every 10 minutes and drive during daytime.

A single ride is Euro 0.60 (adult).



BICAS

During the summer the Bicas bikes can be hired from 8:00 to 19:00, in the winter it is 9:00 until 16:00.

The most convenient rental location is the stand opposite the train station. The other Bicas rental locations are at the main tourist office and Casa da Guia (2km along the cycle route). For the serious cyclists hire from the rental shop in the marina.



SEGWAY

Grab a Segway and ride freely from 13€!

Largo Cidade Vitória
2725-079 Cascais

