

## WALKING BY SERRA DE SINTRA NATURAL RESERVE

Sintra is the ideal location for getting back to nature. Its exceptionally good micro-climate is considered by many as the best in Europe. It is never too cold or hot, making it the ideal place for a walking tour.

Choose one of our hiking tours and discover medieval temples, Islamic ruins and romantic palaces within the luxuriant vegetation of Sintra's mountain range.



Meeting point at Azóia.

Here we make a presentation briefing with all the guests explaining some safety rules for the event. We also give a bottle with water per guest.

Our hike starts climbing the mountain very gently to "Ermida da Peninha", with a beautiful view from "Cabo da Roca" (most Western point from the European Continent) and the entire coast (Cascais, Estoril and Lisboa).



We pause to enjoy a superb all around which includes Lisbon, the Ocean and the Sintra royal palace below us. We continue down hill to get inside of the Natural Park with luxuriant vegetation.

Passing by the Peninha area we cross the pine forest arriving to "Tholos do Monje", a place of great view where we visit a megalithic grave with its circular architecture.

After another track we reach the old Capuchos convent, hidden among green vegetation. Then we follow a solitary trail that leads to the typical Penedo village across oak, pine and eucalyptus woods.



These walks explore the wooded Sintra Hills to the south of Colares. A series of viewpoints offer panoramas stretching from the Atlantic coast and Tagus Estuary, inland beyond Sintra. Our route winds around the hillside to the Convento dos Capuchos monastery founded in 1560. From here we commence the descent through the trees and along the side of a ridge to Penedo. At Penedo village we make a pause for toilets and have a

drink (optional).Our circuit will finish at Almoçageme village with a wine tasting (optional).