



CASA BOHEMIA

A Warm Welcome!

To download your Complimentary Guide
please aim your phone camera on this QR code:



QUINTA DA BELLA VISTA

Sintra



Welcome to the former property of Sir Arthur Conan Doyle, and his son Adrian.

The famous British writer and father of “Sherlock Holmes,” Sir Arthur Ignatius Conan Doyle (22 May 1859 – 7 July 1930), lived with his family at Quinta da Bella Vista starting in 1890. Annette, the sister of Sir Arthur and his youngest son, Adrian were almost permanent residents here in the early 1950's. Local legend has it that “The Hounds of Baskerville” were in fact inspired during Sir Arthur’s stay in Quinta da Bella Vista.

Adrian was a real playboy and a reputed hunter, and he continued authoring some Sherlock Holmes books after his father's death. He was a painter and was often seen painting at the tower of the main house, which served as his studio because of the abundance of light from all directions.

Quinta da Bella Vista was a regular gathering spot for celebrities of the time such as Sir Francis Cook, the First Viscount of Monserrate (and former owner of Palacio Monserrate and of Quinta da Bella Vista), the South African poet Roy Campbell, the American actress Gloria Swanson, and Pierre Schlumberger, a French oil tycoon and heir to one of the world's greatest fortunes.

Dear Guests,

We warmly welcome you to and wish you a most wonderful holiday.

Here, you can find some useful information for your stay:

- **First things first!**

Wi-Fi internet is available under “**QBV WLAN**”.

The password is “***bellavista***”

- **Music** is available also through your stereo in the bedroom which also has a Bluetooth receiver.
- **There is no landline telephone** available. But the mobile signal receives a good reception.
- **The TV is connected to a Chromecast receiver.** Through it you can cast your laptop or smartphone and watch all your favourite Netflix series. Please follow the special instructions in this little manual. An Apple TV and a DVD player is also available. To make this is real movie night experience, we can provide you with pop-corn free of charge (subject to availability)!
- All guests will be provided with a **set of bath/hand towels** and a lounge chair towel. Extra towels can be requested at an extra cost – please enquire.
- If you are staying two weeks, you will receive a change of **bed linen** at the end of the first week.
- **The garden** will be maintained on a weekly basis during the summer months. The gardeners and other contractors have access to the villa and **will not** be able to make an appointment with you before arrival.
- Please do not leave garbage bags outside, as sometimes animals may get attracted to the contents. (we have dogs that can be very nosy...!)

- Please remove the **outdoor cushions** in case of rain. Please also make sure to **close the umbrella if there is too much wind.**
- Food delivery is available from local restaurants. You can use a number of apps, with the most reliable so far being the “NOMENU” and the TAKEAWAY: IMPORTANT: Please send them a google maps placemark and advise them to take the side road...



- **Daily housekeeping** is available at a charge per hour – please enquire.
- We also can offer **laundry service** for an additional charge. Please enquire if needed.
- **Yoga, massage** or **Reiki** lessons can be arranged on request.
- If you have any questions or requests do not hesitate to contact us.
- Please respect our home like your own home.
- **FIRE RISKS:** Be careful with the outdoor grill and BBQ, the fireplace, and candles. Always extinguish any remaining burning wood or charcoal, as this could be a fire hazard! In the summer, open fires are strictly prohibited. Please inquire and receive permission before starting one!
- **Please do not smoke inside the house** and especially not in the bedroom!
- **The fireplace** needs one window to be slightly open to work well, Otherwise there is too much smoke in the house.
- **BBQ** tools are in the kitchen.

- **Our water** comes from our own sources in the Sintra hills and generally, it is clean and drinkable. However, all people are accustomed to a set of bio-content and changing countries and sources of water can have an undesirable effect. *This is why we recommend drinking mineral water* or boiling the tap water before using it. There shouldn't be a problem for cooking but please always check, just in case the water comes out foggy.
- Please be responsible with **water** and don't waste it!
- Your villa has a **septic tank**, so please only flush toilet tissue. Dispose of sanitary ware, baby wipes and all other items in the bin provided. In case of clogged drains caused by wrongly disposed materials you will be charged for the damage.
- The **fuse switchboard** is located by the main entrance.
- There is a **trash bin** just up on the road, please dispose all garbage accordingly there. Recycling bins can be found in front of the Tivoli Seteais Hotel.
- There is a **washing machine** in your kitchen. It has a low drying cycle, but there is also a cloth dryer in the property.

SECURITY

- Please always lock all doors before leaving the villa.
- You will find the keys and the remote for the gate at the kitchen table when you check-in.

Contact Information:

+351 925 504 999

office@quintadabellavista.com

Please do not hesitate to contact us if you need anything else on your stay.

ADDRESS:

Please make sure you create a placemark at your gate if you need deliveries (food, etc.).

To describe where you are:

- Rua Barbosa du Bocage is the old road of Sintra that connects Sintra town center to Palacio Monseratte
- From the center of the old town of Sintra, pass the Quinta Regaleira, then continue towards Hotel Palacio Seteais, then continue towards Palacio Monseratte;
- About 350 meters after Palacio Seteais, *turn right* at the small road immediately after the small bridge and directly opposite the yellow fountain (on your left). Be careful, it is hard to notice that there is a road there.
- We are located at the end of that dead-end road.

TAXIS:

We recommend the following father and son company – we and our guests are always happy with their service!

Carlos Fernandez +351 219 234 756
 +351 969 051 959

Vera Fernandez +351 960 067 176
cintaxi@hotmail.com

Have a Happy Vacation!



USEFUL LINKS:

Dear Guests,

- The closest Multibanco (ATM):



- Mini Markets that we recommend:



- A really inspiring video about our area sights:



Thank you!

GARDEN RULES

- Please take the outdoor pillows (lounge chairs and chairs) inside or into the pool house at night and when it is raining. Alternatively, stack them together.
- If you experience high winds please ensure that the umbrellas are down to protect them from breaking. We will charge you with the replacement cost if you let them break!
- Surfaces are slippery when wet. No running.
- No open fires permitted without asking. In Sintra, there are very strict fire rules and high fines. You alone will be held responsible for the payment of such fines if you disobey them.

Thank you!

BARBEQUE RULES

- Please ensure that safety rules are observed:
 - Do not leave the gas burning unattended
 - Please switch off main gas supply at left at the end of cooking
 - Please do not throw hot or burning items in the garbage
- Please use a rug as supplied by QBV staff to protect the floor from oil stains

Use of BBQs during the Critical Fire Period June - September:

- According to the ANPC, the use of BBQs, is **ALLOWED** (i.e. NOT PROHIBITED) at private houses (terraces/patios) and gardens of houses.
- However, if this activity results in a fire, the person that caused the fire is criminally liable through negligence.
- ANPC advice is to be very careful about weather conditions (temperature, humidity and especially the wind) as well as the vegetation around the BBQ (trees, trash, etc.) Be particularly careful during the critical period season. They add it is a good idea to have a water hose nearby.
- Please be reminded other than the above, it is prohibited in rural areas to make fire of any kind, including the provision of campfires for recreation or recreation and for cooking food, during the critical fire period or outside this period when the fire risk is "very high" or "extreme".

TV INSTRUCTIONS



Chromecast setup from Android phone or Android tablet

To set up Chromecast using your Android phone or tablet, you must install the Chromecast App for Android. Your Android device must run Android 2.3 or later versions.

Step 1: Make sure your Android phone or tablet is connect to the WiFi network.

Step 2: Get the Chromecast App for Android.

You can get the App in Google Play store directly or at:
[https://play.google.com/store/apps/details?id=com.google.android.ap
ps.chromecast.app](https://play.google.com/store/apps/details?id=com.google.android.apps.chromecast.app)

Or navigate to:

<http://www.google.com/chromecast/setup>

Step 3: Launch the Chromecast App for Android.

Once the app is launched, it will automatically search for Chromecast devices in range. Select the Chromecast device you want to set up from the list and follow the prompts on the screen to complete the setup of your Chromecast. The other steps are similar to those for Windows PC.

If the setup is successful, you will see the “ready to cast” screen.
Return back to the Chromecast Manual [Table of Contents](#).

TV INSTRUCTIONS



Chromecast setup from iPhone or iPad

To set up Chromecast using your iOS phone or tablet, you must install the Chromecast App for iOS, which is available for iOS devices running iOS 6 or later.

Step 1: Make sure your iPhone or iPad is connect to the WiFi network.

Step 2: Get the Chromecast App for iOS from iTunes.

You can get the App in iTunes directly or at:

<https://itunes.apple.com/en/app/chromecast/id680819774?mt=8>

Or navigate to:

<http://www.google.com/chromecast/setup>

Step 3: Launch the Chromecast App for Android

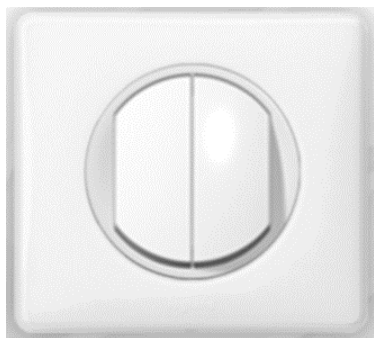
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If the setup is successful, you will see the “ready to cast” screen.
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Chromecast setup from Mac OS and OS X

To set up Chromecast on Mac, follow the similar steps as in Windows. The requirement is that you need OS X 10.7 or higher.

WALL & LAMP SWITCHES & DIMMING



Our switches are a bit “notorious”. However, once you get the hang of them, they are easy to operate:

QUICK CLICK
TO TURN ON/OFF

PRESS & HOLD
TO DIM up and down.

BE CAREFUL! Pressing to dim all the way down **DOES NOT** SWITCH OFF the lights!

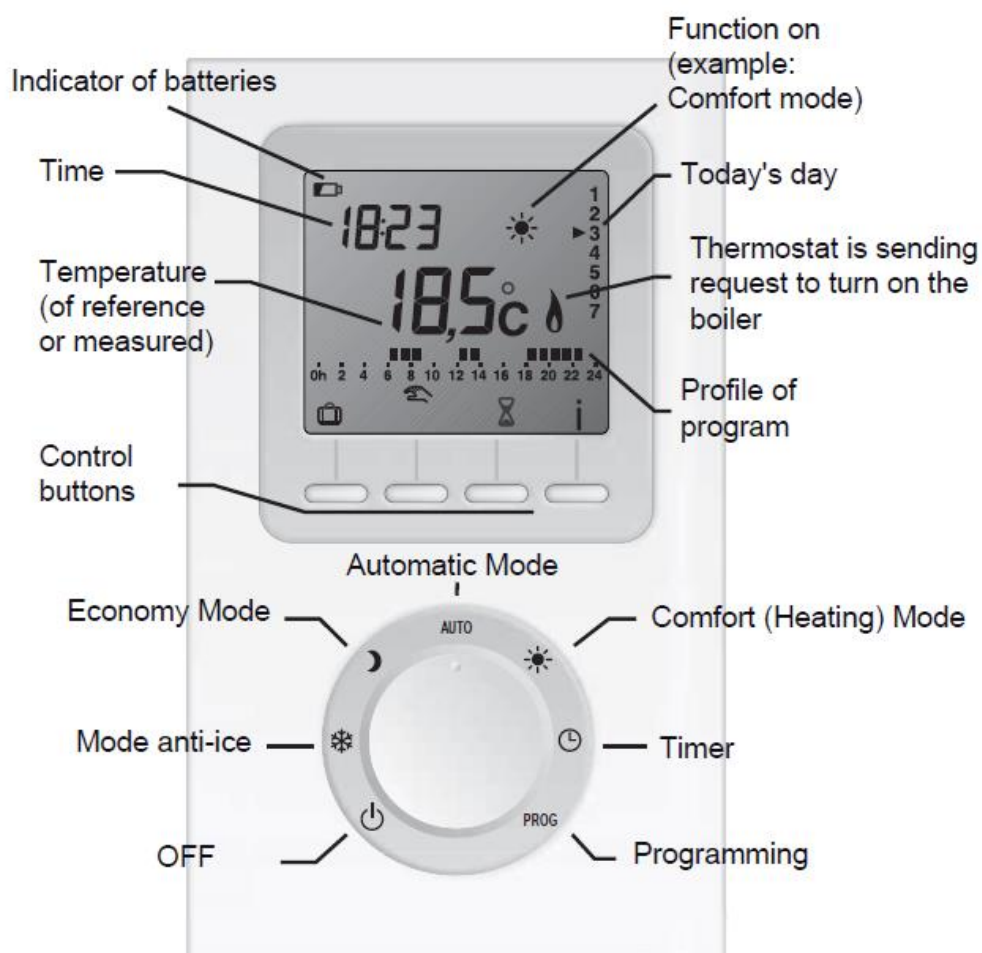


Our plugs are SCHUKO 220 Volts, the European standard. Be careful, you need a transformer (adaptor) for 110 Volts!

TO OUR AMERICAN GUESTS:

Your bedside lamp switch is NOT NEAR THE LAMP! Please be careful, as searching for it there can get you a mild ...electrocution! Please search for the switch on the plug cable instead!

YOUR THERMOSTAT



To manually switch on the heating, please adjust the temperature up with the control buttons. Or simply just set the thermostat to “Auto” and it should follow the daily pattern.

Please do not change the programming unless you have booked a long-term stay (more than a month).

This is not an air conditioning thermostat.

All temperature figures are in degrees Celsius (not Fahrenheit)

CHECKOUT CHECKLIST

Dear Guests,

- A kind reminder: Check-out time is 12 noon.
- Please turn off all lights & appliances (including coffee maker) & return any moved furniture back to its original spot, close the umbrellas
- Please pile used towels on the floor in the bathrooms
- Please take just the sheets & pillowcases off the beds and pile them on the bedroom floors, so our cleaner can quickly find all the linens that need to be washed.
- Kindly load and run the dishwasher with all the dirty dishes
- Please take kitchen garbage out to the municipal garbage disposal units. Please follow local rules on separation of garbage
- Finally, close and lock all windows and doors
- Please advise us / the Contact Person if anything broke or needs repair or attention.
- *Tippling is not obligatory but is certainly welcome!*
(We kindly suggest Euro 5 / day of stay as a minimum.)
- Thank you so much for staying with us. We hope you had a wonderful and relaxing time here and we hope to see you soon again. If you have any suggestions for improvement, please let us know, as we thrive to become the best Quinta in Sintra.
- Please do not forget to recommend us if you liked the house and the service!

Very Important:

- Please return all keys and remote controls to the Contact Person!
There is a Euro 250 charge if you lose them!

Safe onward travels and warm wishes from all of us,

Thank you!

DOGS, GOATS, SHEEP, DUCKS, GEESE, BUNNIES, & other furry residents

Our furry resident family members are a real part of our quinta. We have a part of the farm that is dedicated for them! Please ask if you would like to visit and pet some of our goats...!

Especially our “Three Musketeers”, our Weimaraner dogs, are like real kids of ours...

Sherlock is the name of the youn man; he is the tallest and proudest of them all, a real sniffing investigator; the only things missing are a Sherlock Holmes cape, a pipe, and a Trayaska hat!

Cooka is one of our two “limping girls”; she is a real “Tom-boy” girl, leading all the others into mischief! That is why she hurt her rear right leg – jumping a fence! We are sorry if she brings the “gang” along, we have tried to outsmart her without success..!

Bohemia, is our youngest! She is the smallest of the three, and the quietest too! You will recognize her from all the funny behavior! She is quite feisty and rebellious – still to be trained for manners!

Pluto, you will probably not see him... He is the oldest one of all; an adopted street dog, he is a little more shy and most likely will not visit you.

Please do not feed our dogs (or they will keep on coming back for more!) and please make sure they do not “escape” the property by following you when you drive out! Also, please make sure you wait until the gates are well closed behind you – to check if the dogs are out!

Thank you!



CrockettDoodles.com

20 Foods Dangerous to Dogs



-
- apricots
 - avacodo
 - caffeine
 - candy
 - cherries
 - chocolate (esp. dark)
 - coffee
 - garlic
 - grapes
 - gum
 - hops
 - macadamia nuts
 - mushrooms
 - onions
 - pitted fruits
 - raisins
 - rhubarb
 - salty snacks
 - star fruit
 - yeast

*Thank you for
not feeding them!*

TREKKING MAPS

For the sportier ones, please find some trekking maps.

Please do not remove them –
instead please take a photo with your smartphone!

For some links check below:



**OUR FAVORITE
RESTAURANTS,
SIGHTS,
& SUGGESTIONS
FOR DAY TRIPS
& SHOPPING**

Our favourite Restaurants

AZENHAS DO MAR, *one and only*

Perched on a cliff, high above the Atlantic, this place is utterly ROMANTIC. The food is inspired by the sea, always fresh and delicious. *Not cheap*. We love it for sunset and after-dinner drinks at the beach bar.

(Summer only) One of the few places that serves food throughout the day. The sea-water pool is great and safe fun for the little ones.

A 15-minute drive from the Quinta

www.azenhassdomar.com

+ 351 21 928 0739



CANTINHO DE SAO PEDRO, *back in time*

Traditional and cozy place with a fireplace, located in a tiny alley in the charming village of Sao Pedro. In the Summer there is out-door seating, but we love this restaurant especially in the cooler months. There is nothing like snuggling up next to the fireplace with a wholesome plate of Portuguese food. *Meat and fish dishes*.

www.cantinhosaopedro.com



ADRAGA RESTAURANT, *fresh fish*

Divine seafood restaurant with 'CULT' following. Always full, always good and always smiling George, one of the family owners. This is a very down-to-earth place, yet the fish is the freshest and that beach voted one of the most beautiful in Europe. Good for long lunches and even longer dinners.

Lighting needs some improvement, but then this is also part of the charm.

Best to reserve, especially in Summer – tell George you are coming from Quinta da Bella Vista!

+ 351 21 928 0028 (*no website*)



REFUGIO DA ROCA, *hidden gem*

This 'refuge' is a little gem. Dine on skewered meat hanging from the ceiling or enjoy a prime steak with an AZEITAO sauce, you know, made from the best cheese in Portugal.

We love the fireplace for the cooler months. Amazing wine-list.

Frequently visited by foreign artists and actors, yet nobody would ever know.

+ 351 21 929 0898 (*has a facebook page*)

PIRIQUITA, *sweet afternoons*

If you have a sweet tooth, you cannot come to Sintra without stopping at this famous pastelaria. This little café opened its doors first in 1862 and has become an institution. Try the travesseiros, a warm puff pastry filled with velvety almond cream. Mhhhhhh, delicious...

In the center of the old village, just a 12 minutes walk from our Quinta. Just follow the crowds!



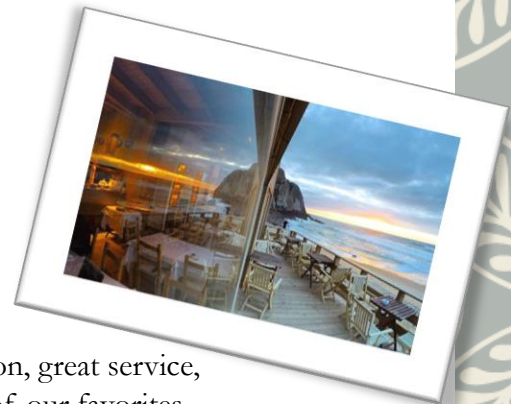
INCOMUM, *culinary road-trip*

You may easily miss the entrance to this unassuming restaurant, which would be a shame, as the food is a revelation. Chef Luis Santos takes great pride in his cooking and one can taste it. His cuisine is a reinvention of traditional Portuguese fare, adventurous and absolutely delicious.

The setting is a bit uninspired, but then, we do come to eat.

www.incomumbyluissantos.pt/pt

(+351) 926 349 385



BAR DO FUNDO, *toes in the sea*

Beautifully appointed hippie chic on the beach of Praia Grande. Owned by a local surf champion, this beach restaurant has it all. Made from a wooden structure, the setting is earthy and natural. Great views, great decoration, great service, indoor-outdoor seating and of course great food. One of our favorites, especially for sunset hour.

(+351) 21 928 2092

And yes, dogs are allowed on the terrace here!



A RAPOSA, *boho bites*

This is a unique restaurant in a Bohemian setting. The Brazilian owners take great pride in their cooking and hospitality and one can feel and taste the love. The menu is inspired by the season and most produce comes from local farms.

Raposa means fox in Portuguese

+351 21 924 3440



CAFÉ SAUDADE, Vintage chic

This charming hangout used to be a local bakery and always attracts a full crowd. The interior is a mix and match of old and new, where one can sit back and enjoy breakfast, a light lunch or long afternoons with delicious pastries under the smiling eyes of the cherubs on the ceiling. The decorative pottery is for sale and there is a small art exhibition in the back.

Open daily from 8.30am – 7pm
+351 21 242 8804



ADEGA DAS AZENHAS

If you would like to experience a typical village style meal, this is the place. A converted wine cellar, the place is rather spacious and lively, serving simple, fresh and locally inspired food. Family owned for generations, this is the place where the locals go.

Fish and Meat dishes.

Not recommended for romantic outings!
21 928 1357



CROA, hippie shack

This place is as raw as it gets. It might not win for its looks, but the location is 5 Star! The food and service at Croa always make you feel welcome, it's kind of like home and it is a reminder of the simple life that once was Portugal. The fish is superb and the fried cheese with oregano a reason to stop for a nibble every time...

One of our classics!
+351 21 929 2066



ROULOTE DA GIGI, food truck at the farmers' market

If you are looking for a quick bite, notably pizza, then say Hello to Gigi French by nature, with a passion for Italian, she cooks up some yummy meals in her little truck. Perfectly stationed on the road to Adraga or Praia Grande and next to the weekend market.

Rua de Santo André, Colares
+351 918 550 490



HARKO, *JAPANESE*

Simple sushi in a cozy setting. We love Rakesh the Sushi Chef. Tell him Alex & Aline sent you and he may just dish up a special something for you.

www.harkos.pt

PENHA LONGA RESORT, *Glitz at the Ritz*

The glitzy Ritz property has a few dining options, notably **AROLA** owned by famed Chef Sergi Arola, *two Michelin stars*. The restaurant offers a modern take on traditional cuisine in a hip and sleek setting. **Il Mercato**, serves mouth-watering Italian fare in a recently upgraded setting (we preferred the old style, as it was more 'homely'). **Midori** is one of the oldest **Japanese** restaurants in the country and highly recommended. Penha also offers dinners on the Chef's table (min 10 guests) and wine tasting at their in-house Adega. For more information call the hotel directly.

[\(+351\) 219 249 011](tel:+351219249011)



CURRAL DOS CAPRINOS, *slow cooking*

This restaurant has been around forever and never changed style, nor . The food? Goat everything. If you haven't tried Portuguese style goat, this is the place. Divinely soft, the meat almost melts on your tongue.

10-minute drive from the Quinta towards the valley.

Great for dinner. Best to reserve.

+ 351 21 923 3113



RESTAURANTE BUZIO, *old-style elegance*

Famous seafood restaurant on the beach of Praia Maca. This is the place where old Portugal used to go and still goes for a chic night out. The setting is simple and elegant and the seafood the freshest around. Try the seafood rice, which is one of the best.

Expensive, but worthwhile.

<http://www.buzio.pt>



MOINHO DOM QUIXOTE

The windmill bar, as the locals call it, is a **must** while here.

Breathtaking view over the beach of Guincho are just partly the charm. Simple food and amazing cocktails make this the perfect place to chill out at day or night. The atmosphere inside reminds of South America, with a hippie laid-back vibe.

CASH ONLY

+351 219 292 523



FLORES DO CABO

A vegan's paradise

If you are into vegan food, there is a truly awesome place.
www.flores-do-cabo.business.site, a short drive away towards
Cabo da Roca, on our own "Californian Highway 1".



ORDER IN AND HAVE A PYJAMA NIGHT

...And if you want to order dinner in, there are two delivery apps that deliver area: <https://www.please.com.pt> and www.takeaway.com - make sure you send them a google maps pin for your gate and call them to understand because sometimes they insist on delivering at the main gate... and it becomes cumbersome to get your food to you (gets cold!)....:



FOR SOME GROCERY SHOPPING AND NOT ONLY:

In Almocageme there is a fantastic little mini market with delicacies from everywhere - it is next to this cafe
<https://goo.gl/maps/qxzDn43BAYZmTVfy9>



For a little more serious market - but still "village":
<https://goo.gl/maps/JUWt2u5URii7zV5r6>



For an amazing market with bio / organic products coffee and cake, and delivious bites., to meet some "imported" new locals ...and real fun:

<http://www.coopaldea.org/>



SINTRA SIGHTS

MONSERRATE PALACE, *magical romance*

Just a 10minute walk from our Quinta is one of the most beautiful architectural and landscape creations in Portugal: Monserrate. The Palace combines gothic, Moorish and Indian influences together with exotic plant motifs which harmoniously extended into the exterior. The garden is host to species from all corners of the world, which were planted according to their geographical origin. Voted one of the most beautiful gardens in Europe.

The palace can be seen from the Quinta and is especially spectacular at night, when dressed in glittering lights



PENA PALACE, *Disneyland Sintra*

The dream of King Ferdinand II's, it is the greatest expression of 19th-century romanticism in Portugal, denoting clear influences from the Manueline and Moorish styles of architecture. Ferdinand's wish was to build a castle to rival Neuschwanstein in Bavaria. The palace was built in such a way as to be visible from any point in the park, which consists of a forest and luxuriant gardens with over five hundred different species of trees originating from the four corners of the earth.

Lately tourism has gotten out of hand and the palace visit is turning into something of a Zoo. We recommend going really early, or just checking the insides online and taking an airy stroll in the beautiful Pena gardens instead.



Interested to see the gardens by carriage or horse?

www.parquesdesintra.pt/en/equestrian-tourism/



CAPUCHOS, *mystical convent*

This Franciscan convent was built in direct contact with nature. It is also known as the "Cork convent" because of the extensive use of cork in the protection and decoration of its tiny spaces. Its rustic appearance and great austerity blends in with the surrounding vegetation, as the building is completely integrated into the natural environment, to the extent that enormous granite boulders have been incorporated into its construction.



THE CASTLE OF THE MOORS

The Castelo dos Mouros is a ruinous castle that is set amidst the lush forests of the Serra de Sintra. Established during the 9th century by the North African Moors to guard the town of Sintra, it however fell into disrepair after the Christian conquest of Portugal. The castle was restored in the 19th century by King Ferdinand II, who transformed it into a 'romantic ruin' and a major feature of the Pena gardens. The castle retains its charm with dense forest surrounding the crumbling battlements that offer spectacular views over the Sintra region.

Great for a walk



QUELUZ PALACE, *Versailles*

The National Palace of Queluz and its historical gardens are often compared to Versailles. Built in 1747 at the orders of the future King Pedro III, the Palace was initially conceived as a summer residence, becoming the royal family's preferred place for their leisure and entertainment. They lived there permanently from 1794 until their departure for Brazil in 1807, as a result of the French invasions.



QUINTA DA REGALEIRA, *masonic rites*

Quinta da Regaleira is a spectacular estate located near the historic center of Sintra, just a 10 minutes walk from our Quinta. The property consists of a romantic palace and chapel, and a luxurious park that features lakes, grottoes, wells, benches, fountains – making this a spellbinding fantasy world. One of Regaleiras' most fascinating feature is located beneath the ground – a pair of wells spiraling deep within the earth. The wells were never used, nor intended for water collection. Instead, these mysterious underground towers were used for secretive initiation rites.

The beauty and symbology of the Quinta de Regaleira is like an open window into the past, and one of the last buildings in Sintra that carries the memory of the region's rich and varied history. The initiation wells leave one to wonder about the events that once transpired there.

The palace is also known as "The Palace of Monteiro the Millionaire". (based on the nickname of its best known former owner, Antonio Monteiro)



THE BEACH TRAM, *time-travel*

The charming vintage tramway connects Sintra with the coastal resort of Praia da Maca. The line dates back to 1904 and the colorful open wooden carriages are especially a favorite with the younger visitors.

Don't expect modern comforts or speed and in the Summer season there can be a long wait to board the tram. The journey itself is rather fun (accompanied by the screech of noisy brakes) and reminds of times long gone. The entire journey takes around 45 minutes, with stops at six destinations along the way. Although there are some interesting sights along the route, it's not the most scenic of trips; for most of the journey the tramline runs alongside the main road.

Perfect for a beach outing

TIMETABLE is available online:

www.cm-sintra.pt/horario-de-primavera-2018-do-electrico-de-sintra



SURF SCHOOL, *with Nic*

Ever dreamed of learning to surf? Then this is the place. SURFSINTRA has a fun young team and will be happy to take you on a SURFARI.

Surf or Bodyboard session at the surf spots of the day!

Private lessons can be arranged, with pickup from the Quinta.

www.sintrasurf.com

+351 919 369 183



GALAMARES CLUBE DE CAMPO, *Horse-riding lessons*

Just down in the valley is the small Galamares Country Club, where one can enjoy a light lunch and dinner, while learning to ride. Fernando is an excellent teacher (for young and older) and he also offers magical guided rides into the Sintra hills.
+ 351 966 589 321



BURRICO d' ORADA, *slow tourism*

Tired of too many crowds and 'playing sheep' while waiting in long lines?

Try SLOW TOURISM, a laid-back way to discover Flavors & Wine spots not too far from Sintra. Always at a Slow Pace, the husband and wife team will take you on a journey of true Portuguese senses.

Experience traditional Culture, delightful Food and Wines and undiscovered places - free of queues and crowds!

This is not your usual 'guided tour', this is a journey into the real Portugal.

1 or 2 day programs available. Pick up from the Quinta

burricodorada@gmail.com



DAY TRIPS

OBIDOS

The mediaeval town of Óbidos is one of the most picturesque and well preserved in Portugal. King Dinis offered it to his wife, Queen Isabel, in the 13th century, and it became part of Casa das Rainhas (Queens' Estate), who improved and enriched it throughout the various dynasties. and is one of the main reasons for so many churches in such small place. You will find a well preserved castle within the walls, and a maze of streets and white houses that are a delight to stroll amongst. The most famous Ginjinha (sour cherry drink, most often served in a tiny chocolate cup) is made here and Obidos is also big on reading and has initiated the birth of many bookshops and libraries, in a time where most people forget about turning pages. To make it more fun, books can be found in coffee-shops, bio-markets or galleries. Other memorable Obidos times to visit are the mesmerizing MEDIEVAL festival (Mid Summer) and the 'Chocolate week' in early Spring.

For more information check the Obidos site:

www.obidos.pt

1h drive from Sintra



BUDDHA EDEN GARDENS

Just an hour drive away one can lost in the beautifully managed landscape of Europe's biggest Oriental gardens. The story of how this EDEN came into existence is both intriguing and endearing. In 2001, wealthy Portuguese investor and art patron José Berardo was shocked by the Taliban government's destruction of the Giant Buddhas in Afghanistan.

In response to the demolition of these masterpieces of the late Gandhara period, Berardo initiated the Buddha Eden in an homage to the cultural and spiritual monuments. From Buddhas, pagodas, terracotta statues and the various carefully-placed sculptures which can be found throughout the gardens, it is estimated that some six thousand tons of marble and granite were used to create this monumental work of art. The central staircase is the focal point of the garden, where the golden Buddhas offer a calm welcome. At the central lake, KOI (Japanese carp) fish can be seen, and sculpted dragons rise out of the water. There is also the opportunity to see seven hundred hand-painted terracotta soldiers, each of them unique copies of those which were buried some 2,200 years ago.

Enchanting and soul-warming.

www.centerofportugal.com/buddha-eden-garden

1h drive from Sintra



MAFRA, *magnificent palace*

Mafra has one of the most magnificent monuments in the whole world: the Palácio Nacional de Mafra, also known as the Convento de Mafra. This monumental complex contains a basilica, a monastery and a palace, and is the most important masterpiece of Portuguese Baroque. Built in 1744, it is 40,000 m² big and took 27 years of work. The two carillons and six organs are quite unique and the Library, which contains more than 38,000 books, many rare, is considered the most beautiful in the country.

While in Mafra try the famous Mafra bread (*pão de Mafra* or *pão salão*).

The aroma of a Mafra bread freshly made, still steaming, will take over your senses and, as soon as you taste the first slice covered with melting butter.

Baked for over a century it only began being commercialized in 1969 by Justino Alexandre Sardinha's bakery.

30min drive from Sintra



ARRABIDA, *NATURAL PRESERVE*

In the mood for some hiking, biking, swimming and untouched nature, then the natural reserve of Arrabida is the perfect destination. Dotted by idyllic beaches and secret coves and just two steps from Setúbal, a small fishing town where the grills always smell of fresh fish, Arrábida is like a peaceful encounter between land and sea. If you explore the various roads, you'll find forts, museums, convents, hermitages, retreats, palaces and unforgettable beaches. The Mediterranean vegetation and wildlife consisting of hundreds of species of butterflies, birds and mammals show the efforts made to protect this area.

Best beach: Galapagos

50min drive from Sintra



AZEITAO, *cheese and wine*

Azeitão is a pretty village just south of Lisbon and a feast for the eyes and stomach. Delicious wine tasting, stunning examples of Portuguese ceramics and that oh-so addictively gooey Azeitão cheese.

The local vineyard and probably the most famous in Portugal - Quinta da Bacalhôa is not only a wine estate but also a stunning art exhibition, set in rolling garden with 2,000-year-old olive trees, which were transplanted from the Alentejo region when the Alqueva reservoir was formed.

45min drive from Sintra



SHOPPING

PORTUGUESE TILES

The Moors introduced elaborate geometric tile work to Portugal when they ruled the Iberian Peninsula. But after the Reconquista, the Portuguese no longer bound by Muslim laws against depicting figures, developed their own style of hand-painted tiles called *azulejos*. Lisbon façades frequently have expanses of colorful identical azulejos. But the art reaches its highest expression in mural-like compositions, usually done in blue and white.

Numerous stores in Lisbon sell azulejos, both hand-painted and factory-made. Here is a selection of the best places to purchase the tiles, whether you seek just a single antique piece for a bookshelf or an entire mural to decorate your bath.

Fabrica Sant'Anna

Rua do Alecrim 95, Lisboa Tel. (351) 21-342-2537

Solar Antiques

Rua Dom Pedro V 70, Lisboa Tel. (351) 21-346-5522

Loja dos Descobrimentos

Rua dos Bacalhoeiros 14B, Lisboa Tel. (351) 21-886-5563



PORTUGUESE POTTERY, *Bordallo Pinheiro*

If you appreciate hand-made ceramics then a visit to the famous Bordallo Pinheiro Factory is highly recommended. Established in the middle of the 19th century by the wonderfully playful Portuguese designer Rafael Bordallo Pinheiro, the brand that bears his name has become something of an institution in his native country. Taking inspiration from the natural world – from dogs, owls, red peppers and, most famously, from cabbages – the brand uses traditional techniques to make its inimitable ceramics. Today Bordallo Pinheiro works with contemporary designers to develop fresh, new and always charming collections.

There are always special discounts at the factory – just head up the stairs to the SALES floor

Rua Rafael Bordallo Pinheiro, N° 53, Caldas da Rainha

1h drive from Sintra



A VIDA PORTUGUESA, *retro shopping*

Turn back time and grab a classic Portuguese product as a gift. Nostalgic locals, or simply those with good taste, come here for the same soaps and gourmet products that their grandmothers used to buy, while tourists are fascinated by the retro packaging. "Genuine" is the word to describe everything you see at the original shop in Chiado and at a second space in Largo do Intendente, which is more spacious and includes also homeware.



PORTUGAL'S FILIGREE, *ancient jewelry with modern allure*

The origins of filigree are unclear. Some believe that the art came from China or India, a region discovered by Portuguese explorer Dom Vasco da Gama, the first European to reach its shores by sea. Others believe that the technique dates back to about 3000 BC and was brought to Portugal by the Moors.

Enduring the test of time and globalization, the filigree craft continues the same process of melting the gold or oxidized silver in inferno-hot ovens and pressing the warm metal into string. It is then worked meticulously by artisans through weaving, coiling methods and beading. While similar to the Italian tradition, that traces its roots back to Etruscan times, the Portuguese continue to celebrate and protect the tradition in a more monumental fashion.



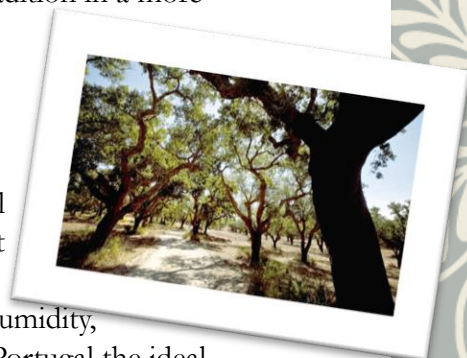
CORK, *everything*

Portugal produces about half the world output of commercial cork. The cork oak *Quercus suber*, finds its most suitable habitat in the western Mediterranean. An abundant and evenly distributed rainfall, short dry periods tempered by plenty of humidity, mild winters and plenty of sunshine and siliceous soils make Portugal the ideal home for the oak cultivation. These conditions are in fact found only in the Mediterranean zone, particularly along the Atlantic shore.

Cork is an extremely light, compressible, elastic and flexible material, practically impervious to moisture, to liquid and even to gaseous substances. It has a very high coefficient of friction, is a poor conductor of electricity, sound and heat, and has an exceptional shock-absorbing capacity; it is also proof against most chemical substances and has virtually unlimited durability. *And yes, it is bio-degradable!*

These days any-and-everything is being made from cork. If umbrellas, sandals, handbags or i-phone cases, cork is the material of choice and we love it's green side!

Quercus is a protected tree in Portugal



THE ROOSTER, *did you know*

In Portuguese folklore, a pilgrim on his way to Santiago de Compostela was accused of theft and arrested. In spite of his honesty, he was unable to offer a satisfactory defense and was sentenced to hang. He asked his jailers if he might see the judge, who received him in the judicial dining room. The judge was eating a roasted rooster. The prisoner declared his innocence once more before the judge and asked for mercy. When it was denied, the innocent man declared, as proof of his innocence, the rooster would rise up and crow, which to everyone's astonishment indeed did happen. Needless to say, the pilgrim was spared. The story became part of Portuguese folklore and represents justice triumphing on behalf of those who fight for it and good luck.

The rooster can be found on plenty of items, but we love the wine-stopper the best.



WOOL, *natural and traditional clothing*

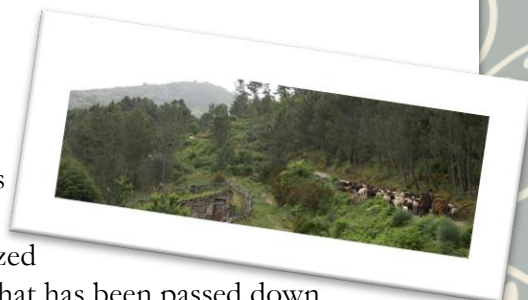
In the heart of the massif is the village of Manteigas, a place of incredible natural beauty and at 2000 meters the highest point of Portugal. Shepherds have lived in these mountains since 1188 so the village is characterized by the craft industry of weaving, an ancient tradition that has been passed down from generation to generation. Wool is the most resistant fibre of animal origin, 100% natural and, like human hair, contains a protein called keratin. During growth it is lubricated by the sebaceous glands that secrete a waxy substance whose main component is lanolin. Bio-degradable and renewable, year after year the sheep produces wool that is sheared for its own good. Naturally elastic and comfortable it is used as a natural thermal insulator. ECO-CHIC

Edifício Embaixada

Praça do Príncipe Real, n.26, Lisboa, +351 914 926 065

Loja da Burel

Rua Serpa Pinto 15B, Chiado-Lisboa, +351 21 245 6910



BASKETS, *weaving the past*

Basketry was always a typical traditional Portuguese handicraft and wicker was part of everyday life.

Nowadays this technique is mainly for decorative purposes and a few years ago it almost disappeared entirely. According to the region where they are created, its materials can differ from wicker, rye straw, reeds and rush.

Local craftsmen, were usually working sitting on the floor, making all kind of wickerwork, such as handbags, bread baskets or chairs.

Lately there is a new wave of young 'weavers' retrieving this ancient handicraft. Especially hip are the 'lunch-bags' that were the traditional baskets the wives would bring lunch to their husbands at work.



CASTELBEL, *smells like Portugal*

Castelbel is a Portuguese manufacturer of high quality bath, body and home scented products. Carefully hand crafted according to traditional methods, Castelbel products combine a stylish design with a wide range of exclusive fragrances. Inspired by the warmth of the Portuguese sun, the Castelbel products capture the aromas, colours and ambience of this country, and their rich evocative fragrances nourish the soul with the spirit of Portugal.

The name Castelbel derives from the combination of the name of the small town where the company is located (“Castêlo da Maia”) and the Portuguese word for beauty (“beleza”).



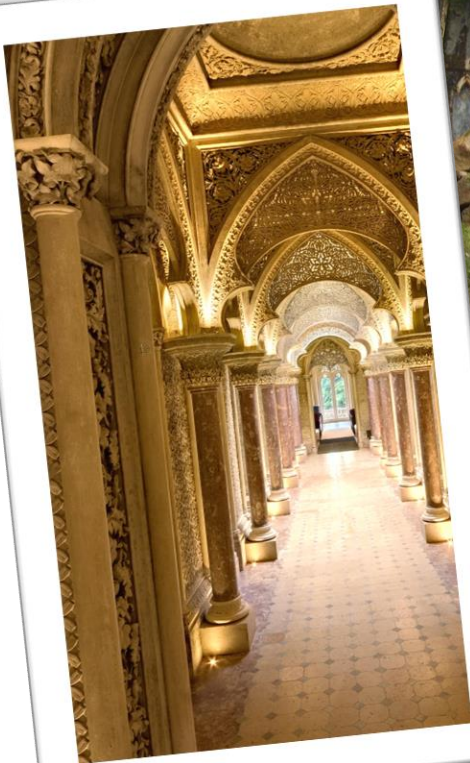
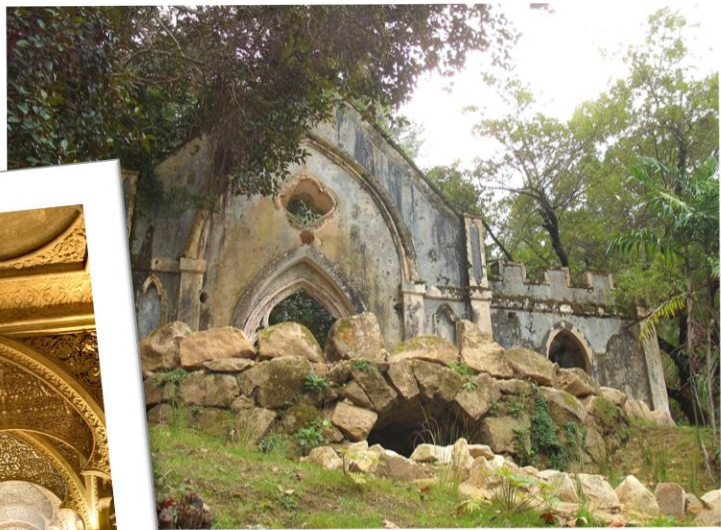
Palácio da Pena



Azenhas do Mar



Quinta Regaleira



Palacio Monserrate

EMERGENCIES



In an emergency

call 112

General Practitioner Doctors:

Botelho Texeira:	+351 219 280 408
	+351 917 220 612
Luiz Levy	+351 219 235 054
	+351 917 216 509

Glossary of Emergency Terms & Phrases

Call 112

English	Portuguese
I have had an accident	eu teve um acidente
This is an emergency	temos uma emergência
I need an ambulance	preciso uma ambulância
I need a doctor	preciso um médico
I need the police	chamar a polícia
Heart attack	Infarct
I have had / he/she has had a stroke	Eu sofri/ ele/ela sofreu um aneurisma, ataque apoplético
Very sick	muito doente
Unconscious	inconsciente
Where is the nearest hospital?	Onde e o hospital mais próximo?
Is there a pharmacy near here?	Há uma farmácia aqui perto?
Call the fire services	Chamar os bombeiros
I have had a car accident	Eu teve um acidente de carro
I have been robbed/mugged	Eu fui vitimo dum assalto!



In an emergency call 112

Doctors Near Us

Texeira Botelho COLARES	mobile work	+351 91 722 0612' +351 21 928 04 08
Miguel Forjaz	mobile	+351 964 035 745
Luiz Levy	mobile work work	+351 917 216 509 +351 21 928 85 02 +351 21 923 50 54
CUF CASCAIS	work	+351 21 114 1400
VETERINARIAN Duarte Stillwell	mobile mobile work	+351 919 523 953 +351 939 523 954 +351 21 929 2793



In an emergency call 112

CHOKING

Call 112



Person is awake

Make a fist.

Place it above the person's belly button, well below the rib cage.



Pull sharply, inward and upward.

Continue until the food comes out or the person can breathe.



Person stops responding

Open the mouth. If food is there, take it out. If food is not visible, tilt the person's head back.



Pinch the person's nose. Place your mouth over the person's mouth and give two breaths.



Push hard repeatedly in chest center for 20 seconds. Check breathing. Repeat from start.

NYC
HEALTH

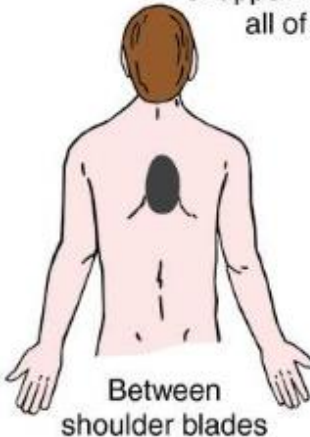
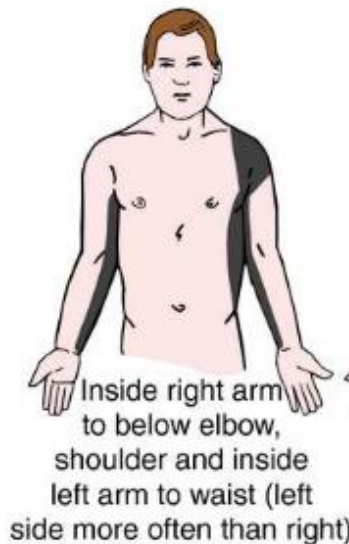
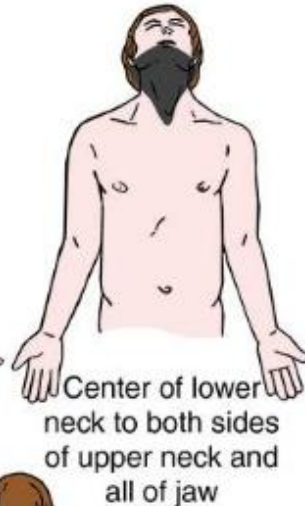
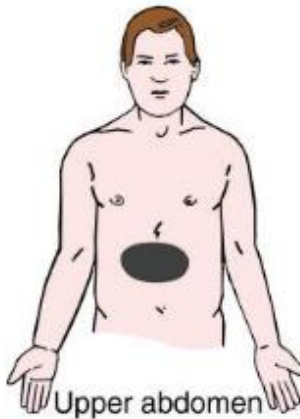
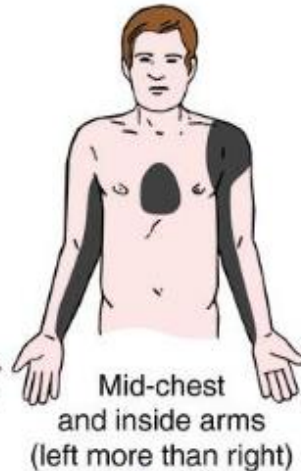
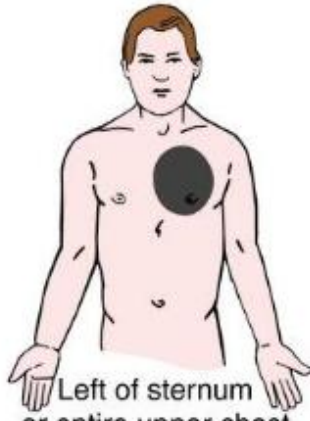
Poster design by Steve Dumes. Gotham typeface by Hoefler & Froese-Jones.



In an emergency call 112

HEART ATTACK

Call 112



In an emergency call 112

HEART ATTACK

Call 112



EMERGENCY RESPONSE:

- Call 112
- Give two Aspirins of 500mg
- Put a glycerin suppository under the tongue of the victim
- If the person is not breathing, practice CPR







In an emergency call 112

STROKE

Call 112

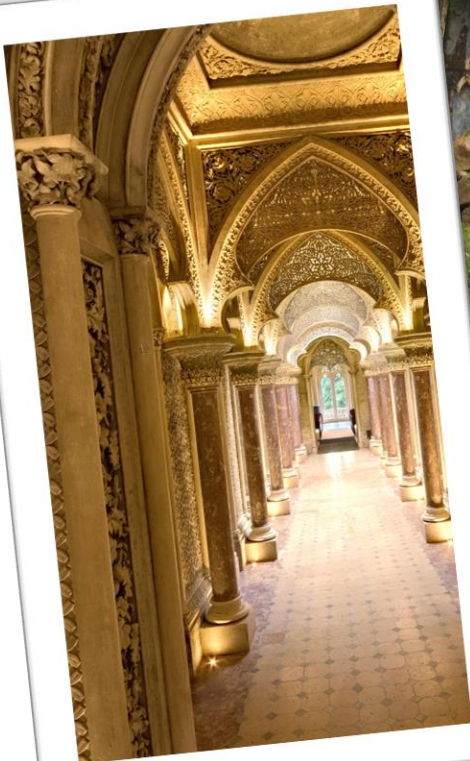
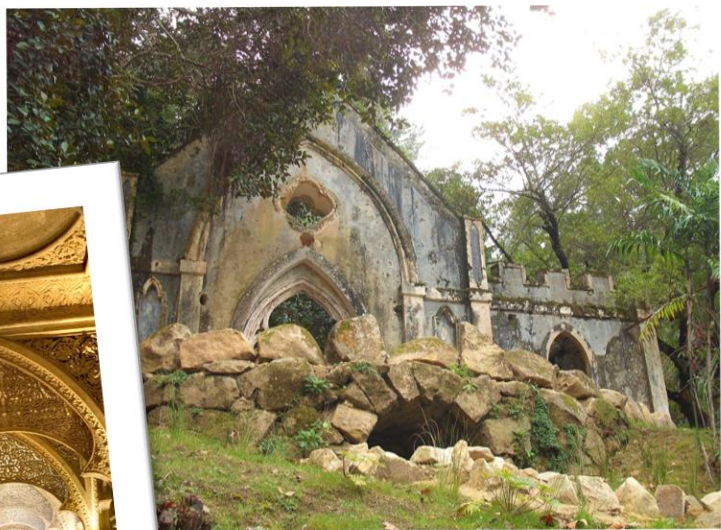
Locations of pain from myocardial infarction

	F ACE	Does one side of the face droop? Ask the person to smile.
	A RMS	Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
	S PEECH	Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?
	T IME	If the person shows any of these symptoms, Call 911 or get to the hospital immediately.

call 112



In an emergency call 112



Palacio Monserrate



*Looking forward to
welcoming you back!*

www.quintadabellarista.com