

Cascais, travelling is part of caring
RESPONSIBLE VISITOR GUIDE

1 - Before you go

A more sustainable trip begins before you pack your bag. Planning with intention helps save resources, avoid unnecessary journeys and experience Cascais at a slower pace.

✓ **Choose when to travel —** If you can, visit outside peak periods. You will find a calmer pace and help spread the benefits of tourism throughout the year.

✓ **Stay longer —** Trade rushing for discovery. Longer stays support slow tourism, reduce repeated journeys and create a more genuine connection with the place.

✓ **Prefer direct connections —** When flying is necessary, choose direct flights. For suitable routes, consider the train or other forms of public transport.

✓ **Plan by area —** Group nearby beaches, museums, neighbourhoods and experiences on the same day. Fewer kilometres mean more time to enjoy.

✓ **Travel light —** Pack only what you need. Less weight makes travel easier and can help reduce fuel consumption in transport.

✓ **Choose responsible operators —** Look for companies that clearly explain how they reduce environmental impacts and support the local community.

✓ **Pack reusable essentials —** A bottle, shopping bag, small lunch box and solid or refillable toiletries help avoid many single-use items.

✓ **Use digital documents —** Tickets, bookings, maps and passes on your phone reduce paper use — but keep an offline copy of anything essential.

In your bag
Reusable bottle • cloth bag • charger and rechargeable batteries
marine-friendly sunscreen • curiosity and time.

2 - Getting around Cascais

Cascais invites you to slow down. Many of the best memories begin on foot, continue by bike and end on a train beside the sea.

✓ **Walk whenever possible —** It's the best way to notice the details, support local street businesses and feel the town's rhythm.

✓ **Use a bicycle —** Choose routes suited to your experience, wear a helmet and respect pedestrians, signs and protected areas.

✓ **Combine public transport —** Use the train on the Cascais line and check local and metropolitan networks to plan the rest of your journeys.

✓ **If you drive, share —** When a car is necessary, share the ride, avoid short trips and park only in permitted areas.

CP
Trains and timetables on the Cascais Line

MobiCascais
Mobility, buses and local services

Carris Metropolitana
Bus connections in the Lisbon Metropolitan Area

3 - Water and energy

✓ **Drink tap water —** Fill your bottle at public drinking fountains and avoid buying multiple single-use bottles.

✓ **Use only what you need —** Take shorter showers, turn off the tap while washing your hands or brushing your teeth, and use heating and air conditioning moderately.

Discover
the Cascais drinking fountain network before you go.

4 - Eat, shop and live locally

Sustainability can also be tasted at the table and found in small shops. Local choices keep knowledge and traditions alive and ensure more of your travel spending stays in the community.

✓ **Discover local flavours —** Choose independent restaurants, markets and seasonal products. Try vegetarian options whenever they suit you.

✓ **Avoid food waste —** Order only what you will eat and, when possible, take leftovers in a reusable container.

✓ **Buy with a story —** Choose crafts, local products, second-hand items and durable goods instead of disposable souvenirs.

✓ **Look for local guides —** Beyond their knowledge of the area, they help interpret history, traditions and landscapes more deeply.

✓ **Take part in local life —** Check the local events calendar, visit museums and markets, and choose experiences led by local people.

Calendar: 360 Cascais

5 - The 7 Rs of travel

Rethink	Do I need it?
Refuse	Single-use items
Reduce	Consume less
Reuse	Use again
Repair	Extend its life
Recycle	Sort properly
Reintegrate	Return resources

Sort and dispose responsibly
Follow the waste sorting instructions at your accommodation and in public spaces. If you leave behind clothes or items in good condition, find a local organisation that confirms it is accepting them — do not leave items beside bins.

6 - Nature: visit without leaving a trace

Between the Atlantic and the Sintra Mountains, Cascais has sensitive ecosystems. The best souvenir is the one we take without removing anything from the landscape.

✓ **Stay on the trails —** Avoid shortcuts, restricted dunes and restoration areas. Follow the signs, even when the shorter route looks tempting.

✓ **Observe without interfering —** Do not feed or touch wild animals, collect plants, shells or stones, and keep a safe distance.

✓ **Take your waste with you —** Everything that enters nature should leave with you — including cigarette butts, organic waste and pet waste.

✓ **Prevent wildfires —** Do not smoke or light fires in natural areas. On high-risk days, follow all official restrictions and guidance.

✓ **Protect the ocean —** Choose marine-friendly sunscreen, avoid single-use plastics and never leave litter on the beach.

✓ **Choose responsible experiences —** For nature activities, make sure the operator respects group limits, safety, wildlife, plants and the local community.

7 - Respect those who live here

✓ **Learn before you arrive —** Learn about local stories, traditions and rules. Curiosity opens doors; consideration keeps them open.

✓ **Respect people's rest —** Keep noise down, especially at night and in residential areas, and do not block access, pavements or entrances.

✓ **Ask permission —** Before photographing people, private property or local activities, ask.

✓ **Be flexible and courteous —** Unexpected things happen. A patient attitude helps create a positive relationship between visitors, professionals and residents.

✓ **Report serious situations —** In cases of abuse, danger or illegal behaviour, contact the authorities or relevant services; in an emergency, call 112.

8 - Leave a positive mark

The end of your trip can be the start of a longer relationship with Cascais.

✓ **Share what you learned —** Recommend responsible experiences, local businesses and behaviours that help other visitors travel better.

✓ **Give constructive feedback —** Praise good practices and suggest improvements respectfully. Recognition also speeds up change.

✓ **Offset thoughtfully —** If you decide to offset unavoidable emissions, choose credible, transparent and verifiable projects. Offsetting complements, it does not replace reduction.

✓ **Take part —** Whenever there is an activity suitable for visitors, consider spending a few hours volunteering for environmental or community causes.

Protect the beauty of Cascais for those who follow
Support through **Cascais For Tomorrow**

Quick checklist

✓ I chose walking, cycling or public transport options.
✓ I'm bringing a reusable bottle and bag.
✓ I will save water and energy and avoid unnecessary towel changes.
✓ I will try local products, restaurants and experiences.
✓ I will respect trails, animals, beaches and residents.
✓ I will sort waste and avoid food waste.
✓ I want to leave Cascais with only good memories.

Useful links

→ Getting around Cascais
→ 360 Cascais Calendar
→ Drinking fountain network
→ Slow Tourism — Interreg Europe
→ The Responsible Tourist
→ Risks and Self-Protection Measures

Travel slowly. Discover deeply. Care always.

CASCAIS The Charm of the Atlantic Coast