

CASCAIS

to spend a day, or a lifetime.

Exceptional beaches, fish and seafood around every corner, an entire neighborhood of museums, parks, and gardens to explore all year round, a vibrant agenda, and an immense sea ahead.

It sounds like paradise? Well, it might be. We're talking about Cascais, the best place to live and explore. For a day or a lifetime.

Discovering Cascais

Bathed by the Atlantic Ocean, Cascais offers the best of all worlds: the exceptional beaches, attracting lovers of vitamin D and surfers alike; the enchanting streets of the historic center; the parks and gardens that invite family moments; the restaurants - ever increasing and improving; the golf courses for athletes and amateurs, and the views (oh, the views), that take our breath away daily.

Starting with the mild climate and ending with a calendar that shows no signs of stopping, the DNA of Cascais is unparalleled and continues to attract people from all over the world, all year round.

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Cascais History

Getting to know Cascais means learning about the history of the ancient fishermen who inhabited the town when it served as a port for Lisbon. It means discovering the past of royal personalities and the nobility elite who retreated here, building their seaside palaces. It involves understanding how it transformed into a refuge for European exiles during the Second World War.

Today, it retains its historical heritage, very evident when strolling through the streets, where the past, present, and future harmoniously coexist. Each street, park, museum, and even some hotels tell the fascinating story of this seaside town.

In 1364, Cascais was elevated to an autonomous town and, in 1514, it received the Manueline Charter, assuming a strategic role in the country's defence in the following centuries. In 1870, the town's fortune changed when King Dom Luís chose it as a summer seaside resort. With him, the court also moved, responsible for the construction of chalets, palaces, mansions, theatres, hotels, transforming Cascais into the famous 'Court Town'.

In the following decades, Monte Estoril became a high finance center, and Estoril, the Portuguese Riviera. And the fact that Portugal did not enter World War II attracted exiled kings, writers, members of former governments and bankers in the 40s and 50s, making Cascais the stage for the highest European social circles' parties, but also a scene of intrigue and espionage.



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Location

Paradise is here, providing everything you need to be happy.

Just over 30 minutes by train from Lisbon – by car it's only 25 kilometers along the A5 – Cascais is close enough to feel like you're getting away from the hustle and bustle, but not so far that you feel removed from a European capital.



Besides its coastal beauty, it is punctuated by the imposing presence of the Sintra Mountains, which rise as one of the green and natural highlights of the town. Between the center of Cascais and the center of Sintra, it is approximately a 23-minute drive. Between the ocean and the mountains, a stunning scenery is created, offering residents and visitors a variety of natural experiences.



214,124
resident
population



97,40 KM2
geographic
area



119 KM2
maritime area



4.467 HA
green area

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The beaches

Here, every beach is your beach.

The beaches of Cascais, kissed by the crystal-clear waters of the Atlantic, form a charming natural spectacle. The municipality has a total of 17 beaches along its 30 km coastline, and the hardest part is choosing between the impressive scenery they offer. They narrate the rich history of Portuguese culture and the stories of families and friends who gather there in the summer for their swims, and in the winter for seaside strolls.

One of the most famous and renowned beaches worldwide is Praia do Guincho, known for its vast sandy shores and crystal-clear waters. Not even 007 could resist its charm, as the views made this beach the perfect backdrop for James Bond in 'On Her Majesty's Secret Service' from 1969. Nowadays, with a large influx of surfers, it boasts a magnificent horizon amidst the dunes and a volcanic chimney.



This natural beauty of Cascais, where the sea meets the land, provides unforgettable moments for the population, regardless of the season. Just choose the activity that appeals to you the most, and whether with a towel under your arm or dressed in a sweater, for sunbathing or lunching with a great view, go see the sea.

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A wide range of sports

Here, no one stays still.

Sports in Cascais are a crucial part of local life, offering a variety of activities that captivate the entire population. The town provides a range of activities that explore both the sea and the land, highlighting the region's natural beauty and offering a unique experience to those who choose it as their destination.

In the sea

Surfing has been gaining increasing popularity at the local beaches, such as Guincho – known for its challenging waves – or Carcavelos, which for six consecutive years has hosted the competition Capítulo Perfeito – where thousands of national and international enthusiasts gather on the sand every year. The Cascais sea is also the ideal stage for the practice of water sports such as sailing, windsurfing, surfing, kitesurfing, and SUP Paddle, with various schools along the coast to teach all those who wish to learn.



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On the field



Cascais is home to some of Portugal's finest golf courses. All well-maintained, with stunning views over the Atlantic Ocean, making playing this sport a unique experience. And with the Golf Passport now available online, there's nothing easier than hitting the links to try out the 7 available courses.

In the world

Cascais is also the stage for world-class sporting events that attract both local and international athletes and spectators. The Millennium Estoril Open, the Ironman, the Cascais Open Race, the Montepio Half Marathon of Cascais, and the Lisbon Marathon are examples of the competitions that take place in Cascais.



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In the mountains



For those who prefer challenges on solid ground, cycling and hiking are excellent options. You can dust off the bicycles that are in the garage and exercise with a sea view on the bike path along the coast, but if you prefer cardio in the midst of nature, there are plenty of options. There are natural trails like Peninha for hiking, where you practice the well-known 2 in 1: an incredible view from the highest point of the Natural Park and an intense workout that will pass without you noticing.

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Gastronomy

Cascais puts everything on the table.

The gastronomy of Cascais is a true feast for the senses, reflecting the richness of Portuguese flavors and the fusion of international tastes it encounters and absorbs. Fish and seafood lead the way - fittingly for a land of fishermen - along with some signature cuisine (backed by a Michelin star), global dishes, and the celebration of the art of petiscos (Portuguese tapas).

Also noteworthy is the Bairro Amarelo, a series of streets in the historic center of the town - painted, unsurprisingly, in yellow - which host various restaurants specializing in different cuisines. Well-maintained spaces with terraces that extend along the streets offer a variety of options for lunches and dinners.

Hotels also hide true treasures in Cascais's gastronomic experience, many of them with award-winning restaurants, offering guests and passersby a culinary journey through local and international flavors.

There's no shortage of options; what there might not be is enough days to try all the proposals. Which is always a good reason to come back.



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Culture

A busy schedule, all year round.

This is an epicenter of culture and dynamism in its various ways. The creation of the Museum Quarter concept elevated the town's culture to a new level, offering a unique program with a diverse range of offerings to foster a taste for art.

The art scene is active, with art galleries scattered throughout the town showcasing works by local and international artists. Frequent cultural events, such as outdoor music and theater festivals, contribute to Cascais' cultural vitality. CoolJazz festival is a perfect example of this: since 2004, it has celebrated culture in the municipality with iconic concerts and top-notch artists.

For the younger ones, there is no shortage of activities either, with one of the main goals being to promote cultural education through theaters, workshops, and craft sessions.



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At the events



There are always programmes and plans to fill the town's cultural agenda. They are known worldwide, and nobody wants to miss them when it's time to enjoy. From watching classic cars passing by to sharing a meal around a full table, there are plans for every taste.

Estoril Classics is a traditional weekend full of excitement and competitions that rev up the system. Perfect for those who are adrenaline junkies or love to see the thrill of teams celebrating victory and the despair of those facing defeat. But the real attraction is off the track, where we can spend hours viewing classic cars on display, mechanics working on vehicles, and feeling like we're part of the experience.

When all the speed works up an appetite, Chefs On Fire is the ideal destination. It's the only gastronomic festival that brings together the best chefs, both national and international, cooking over fire, smoke, and wood. The dishes are prepared outdoors and around a bonfire, with background music, and served at communal tables for groups of friends and families.

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Hotels

In paradise, make yourself at home.

The hotels in Cascais are true havens of elegance and hospitality. The area has always been known for its excellence in hotel services, and in recent years, the range of options has diversified to appeal to all ages. With a diverse selection ranging from charming guesthouses to sophisticated seaside resorts, there is a wide variety to choose from. Luxury establishments provide not only refined accommodations but also an exclusive atmosphere, where comfort meets contemporary aesthetics. Others combine classic architecture with modern facilities, offering an experience that harmonizes the past and present.

The service, gastronomic offerings, location, and competitive prices make Cascais one of the most enticing tourist destinations in the country, capable of competing with major holiday destinations worldwide.

From a business perspective, they are a preferred destination for both large and small companies to organize their events, from conferences to seminars and corporate events.

One thing is for sure: the hotels in Cascais are unforgettable for their comfort, beauty, and hospitality.



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