



Welcome to HandiOasis Portugal,

We hope you enjoy your stay with us. To help you make the most of your stay, we've put together this guide containing all the information you need to prepare your days and activities before your stay at Handioasis Portugal.

If you have any questions, don't hesitate to contact us to find out more.

INTERNAL RULES



Room conditions of use:

Please turn off the air conditioning and lighting when you leave your room.
Any valuables must be deposited in Handioasis' chest. Handioasis declines all responsibility in case of theft.
Be careful not to flush anything down the toilet, as there are bins available in the bathrooms.
Respect the calm to respect the sleep of others.
Smoking is not allowed in the rooms and in the common areas.
We ask that you do not use towels outside the room, pool towels are available for rent.
Breakfasts are served between 8:30 and 11:00, lunch from 12:30 to 14:00 and dinner from 19:30 to 21:00 in the place of your choice.
The room must be vacated by noon on the day of departure.

Pool Terms of Use

Children may use the swimming pool provided that they are accompanied and supervised by their parents or any person delegated by them, with the exception of Handioasis staff.
People with contagious diseases or skin problems are strictly forbidden to use the swimming pool.

It is forbidden:
To walk in shoes in the pool area.
To eat by the pool.
Use soap or any other similar product in the pond.

Terms of use of the Terrace
It is forbidden for people in manual wheelchairs to go up and down the access ramp without first requesting the help of the Handioasis staff (use the bell).

Child Supervision

Parents or any accompanying person delegated or mandated by the parents are exclusively responsible for the supervision of the children during the entire stay at the Handioasis establishment as well as during activities or excursions.

Meals, Shuttle, Taxi:

We ask you to notify us no later than 2 p.m. to book meals and your needs for the next day's shuttle and taxi. Any meals ordered will be charged.

In the event of non-compliance with some of these rules, which may be detrimental either to the safety of people and the establishment or to other Handioasis customers, the site manager and the YOOLA agency may decide to take sanctions up to and including exclusion from the establishment without reimbursement of the stay.



EXCURSIONS & ACTIVITIES

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Find the level of accessibility for each activity

- ★★★ Very accessible, open to everyone
- ★★ Accessible with some limitation for wheelchair users
- ★ Limited accessibility for wheelchair users



USEFULL INFORMATIONS

CHECK-IN / CHECK-OUT

On the day of arrival, rooms are available from 3 p.m. On the day of departure you must vacate your rooms by 10 a.m. at the latest.

BREAKFAST AND MEALS

Breakfast is served from 8:30 am to 10:30 am, lunch is served from 12:30 pm to 1:30 pm. Dinner is served from 7:30 pm.

CLEANING

Cleaning is carried out every day from 9am in the rooms, if you have booked an apartment the cleaning will also be carried out every morning in the apartments.

TRANSFERS

The airport transfer service is a paid service that we charge at a flat rate of 100€ round trip.

TIME DIFFERENCE

Portugal has a one-hour time difference with France. Thus, when it is 12:00 in Paris, it is 11:00 in Lisbon.

Note: Portugal changes time like France in winter and summer.

FORMALITIES

Identity card or passport for European Union nationals. For other nationalities, check with the consulate or embassy.

If you are travelling with your children: minors, regardless of age, must also have an identity document or individual passport. A minor travelling alone does not need an exit permit if he or she has an individual passport, but with a simple identity card, he or she must also have an exit permit.

ELECTRICITY

220 volts. The plugs are identical to the French plugs. Adapter and transformer are therefore not necessary.

TELEPHONE

To call Morocco (landline) from France, dial 00 + 351 + the number of your correspondent in 8 digits (without the initial 0). To call a mobile phone: 00 + 351 + the number of your correspondent in 8 digits (without the initial 0).

To call France from Portugal, dial 00 + 33 + the number of your correspondent (without the initial 0).

MONEY

The national currency is the Euro. Payment by card is accepted in most shops.

MEMORABILIA

Local souvenirs are often delicacies such as pasteis, wine, cheeses and other Portuguese specialties. If you want to come back with gourmet souvenirs, remember to take a piece of luggage and an insulated bag for safe transport.

HEALTH (European emergency number: 112)

In case of emergency, the new hospital in Sintra has an emergency department with all specialties. Many doctors speak French.

SWIMMING POOL

Handioasis Portugal offers its guests two swimming pools, a pool on the apartment side, with a shallow depth, and a second pool on the garden side a little deeper. Each pool has a Handimove arm. The use of the swimming pool is possible from 10 am to 9 pm. Swimming is not supervised. Towels are not provided for the pool.



DISCOVER LISBON REGION

Lisbon is a capital city apart, it seduces with its charm, its districts and historical monuments. The city is characterized by its squares, alleys, gardens, museums, viewpoints and art. The capital is a monument in itself and like all capitals there is always something to see or do.

Lisbon is the only capital city in Europe that is so close to the sea. If the Tagus borders the city, the ocean is not far away and the fine sandy beaches of the coast make Lisbon a multifaceted tourist destination.

Not far from Lisbon, Cascais, Belem, Estoril and Sintra are gems to discover. Handioasis has settled in Sintra, a city classified as a UNESCO World Heritage Site. From Sintra you can discover the entire Lisbon region and its neighborhoods. Handioasis offers excursions, guided tours and tickets to the main sights.

While Lisbon is famous, Cascais is also a small seaside resort that is popular with locals and tourists alike. Just like Estoril and its beaches, the Portuguese coasts are very lively, you can enjoy many events, festivals, sporting events such as the ATP tennis tournament in Estoril, the GP motorcycle grand prix in Estoril and for football fans, the Portuguese football championship and the European Cup in Lisbon.



SINTRA CASTLES

The castles of Sintra are among the most fascinating treasures of Portugal, located in an enchanting setting combining history, architecture and spectacular natural landscapes. Sintra, a UNESCO World Heritage Site, is home to several iconic palaces and castles that attract visitors from all over the world. Here is an overview of the main castles to discover:

Palais de Pena (Palácio Nacional da Pena) (Not wheelchair accessible)

Description: A spectacular romantic palace, perched on top of a hill, famous for its bright colors (yellow, red, and blue) and eclectic architecture.

Style: A mix of Manueline, Gothic, Moorish, and Renaissance styles.

Points forts :

The terraces offer panoramic views of Sintra and the Atlantic Ocean.

The richly decorated interior rooms, witnesses of Portuguese royal life.

The vast Pena Park, full of exotic plants and winding paths.

Why visit? : It is one of the symbols of European Romanticism and a must-see experience for lovers of architecture and landscapes.

Castle of the Moors (Castelo dos Mouros)

Description: A medieval fortress dating back to the eighth century, built by the Moors to watch over the area.

Characteristics:

Located on a mountain ridge, surrounded by ramparts offering stunning views.

Remains of walls, watchtowers and cisterns.

A spectacular walkway that allows you to explore the castle while enjoying the panorama.

Why visit? : To immerse yourself in Portuguese medieval history and enjoy the breathtaking views of the Serra de Sintra and the Pena Palace.

Accessibility: Partial, lift, check access 2 days before.

Quinta da Regaleira

Description: A mysterious estate known for its spiral initiation well and labyrinthine gardens.

Style: A unique combination of Gothic, Manueline and Renaissance architecture, with esoteric influences.

Points forts :

The initiatory well, an underground spiral structure that symbolizes an initiatory journey.

Caves, tunnels and gardens designed to evoke a mystical universe.

The palace, richly decorated, with references to alchemy and secret societies.

Why visit? : For its magical atmosphere and intricate symbols that capture the imagination.

Palais de Monserrate (Palácio de Monserrate)

Description: An exotic palace surrounded by lush botanical gardens.

Style: Fusion of Gothic, Moorish and Indo-Sarrazine architecture.

Points forts :

The gardens, which have plants from all over the world.

The unique architecture of the palace, with its delicate patterns and exotic elegance.

A peaceful atmosphere away from the crowds.

Why visit? : For its romantic charm and exceptional natural setting.

Accessibility: Partial, access via a platform, allow 1 hour of visit.

Palais National de Sintra (Palácio Nacional de Sintra)

Description: Located in the heart of Sintra, this royal palace is recognizable by its two large conical chimneys.

Style: Mix of Gothic, Manueline and Renaissance architecture.

Points forts :

The magnificent rooms decorated with frescoes, azulejos (ceramic tiles) and ornate ceilings.

The Swan Room and the Coat of Arms Room, two emblematic rooms.

Its central location, ideal for exploring the rest of the city.

Why visit? : It is the best-preserved royal palace in Portugal and a witness to royal history.

Convento dos Capuchos

Description: An austere Franciscan monastery, integrated into the surrounding nature.

Characteristics:

Built in stone and cork, highlighting simplicity and humility.

Small monastic cells and chapel.

A peaceful setting in the forest of Sintra.

Why visit? : To discover a spiritual place and appreciate its harmonious integration with nature.

Tips for visiting

Tickets:

Buy your tickets in advance, especially during the high season.

Combo tickets are often available for multiple sites.

Best period:

Spring and autumn, to avoid the crowds and enjoy a pleasant climate.

Why visit the castles of Sintra ?

Sintra is a magical place where history, architecture and nature meet in perfect harmony. Each castle or palace offers a unique experience, from spectacular vistas to esoteric mysteries to historical discoveries. A visit to Sintra is an immersion in a magical and romantic universe, not to be missed during your stay in Portugal.



ACCESSIBILITY ★★

Go to the sites of the monuments to discover the accessible visit routes. Specific facilities are available.

PRICES

One day to visit the palace and castle of Sintra, adapted transport included.

Base 1-2 pers. : 75€/pers

Base 3-4 pers. : 60€/pers.

Base 5-6 pers. : 55€/pers.

CASCAIS AND ITS BEACHES

Cascais, located about 30 km west of Lisbon, is a charming resort town on the Portuguese coast. Known for its beaches, quaint cobblestone streets, elegant mansions, and sophisticated vibe, Cascais is an ideal destination for lovers of the sea, culture, and relaxation.

A bit of history

Once a humble fishing village, Cascais gained prominence in the nineteenth century when the Portuguese royal family chose the area as their summer residence. This popularity attracted the aristocracy and the European elite, transforming Cascais into a chic and cosmopolitan destination. Today, the city is a mix of history, culture and modernity.

Top Attractions in Cascais

The beaches

Praia da Rainha: A charming little beach right in the city center, ideal for relaxing.
Praia do Guincho: Located a few kilometres from the centre, this wild beach is popular with surfers and kitesurfing enthusiasts.
Praia de Carcavelos: A spacious beach, perfect for families and water sports enthusiasts.

Historic centre

Cobblestone streets: Stroll through the alleys lined with shops, restaurants, and colorful homes.
Praça 5 de Outubro: A lively square surrounded by cafes and with views of the harbour.
Cascais Market: A local market where you can buy fresh produce, flowers and souvenirs.

Hell's Mouth

A spectacular rock formation where the waves of the Atlantic rush into an open cave, creating an impressive natural spectacle.
 Perfect for lovers of dramatic landscapes and photos.

Marina de Cascais

Un port de plaisance moderne avec des restaurants, des bars et des yachts élégants. Idéal pour une balade en soirée.

Musée Condes de Castro Guimarães

Situé dans un manoir du XIXe siècle, ce musée expose des œuvres d'art, des meubles anciens et une bibliothèque impressionnante.
 Le bâtiment est entouré d'un charmant parc, parfait pour une promenade.

Citadelle de Cascais

Une forteresse historique qui protégeait autrefois la côte. Aujourd'hui, elle abrite un hôtel de luxe, des galeries d'art et des espaces événementiels.

Parc Marechal Carmona

Un parc verdoyant au cœur de la ville, parfait pour une pause tranquille. Il abrite des étangs, des aires de jeux et des espaces pour pique-niquer.

Casa das Histórias Paula Rego

Un musée dédié à l'artiste Paula Rego, célèbre pour ses peintures et œuvres graphiques. Le bâtiment lui-même est un chef-d'œuvre architectural.

Activités à Cascais

Sports nautiques : Surf, paddle, voile et kitesurf sont très populaires dans la région.
Randonnée et vélo : Explorez la côte et la Serra de Sintra grâce à de nombreux sentiers.
Golf : Cascais est entourée de parcours de golf de classe mondiale.
Excursions : Visitez le Cabo da Roca, le point le plus occidental de l'Europe continentale, ou explorez les villages voisins comme Estoril.

Gastronomie locale

Cascais est connue pour sa cuisine à base de fruits de mer et de poisson frais.

Plats typiques:

Grilled sardines (sardines grillées).

Caldeirada (ragoût de poisson).

Amêijoas à Bulhão Pato (palourdes dans une sauce à l'ail et aux herbes).

Desserts : Ne manquez pas les travesseiros et les queijadas, des pâtisseries locales.

How to get there?

From Lisbon:

Train: A 40-minute ride from Cais do Sodré train station (coastal line with beautiful ocean views).

Car: Approximately 30 minutes via the A5 motorway.

Local Transportation: Cascais is a small town that is easily accessible on foot or by bike. Local buses provide access to the surrounding beaches and attractions.

When to visit?

Spring and summer (March to September): Best time to enjoy beaches and outdoor activities.

Winter: Quieter, ideal for a relaxing getaway.

Why visit Cascais?

Cascais is a destination that combines natural beauty, history and modernity. Whether you're looking for a relaxing day on the beach, a romantic getaway, or a cultural immersion, this coastal town has it all. With its timeless charm and proximity to Lisbon, Cascais is a must-see when visiting Portugal.



ACCESSIBILITY ★★ ★

The station is very accessible.

USEFULL INFORMATIONS

Spend the day in Cascais and finish with a sunset dinner at a seaside restaurant.

Base 1-2 pers. : 25€/pers

Base 3-4 pers. : 20€/pers.

Base 5-6 pers. : 15€/pers.

ESTORIL

Estoril is a charming coastal town located on the Portuguese Riviera, about 25 kilometers west of Lisbon. Known for its elegance, rich history, and cosmopolitan vibe, Estoril is a popular destination for tourists and locals alike. Here is a presentation of its main features:

Location and access

Located in the municipality of Cascais, the city is easily accessible from Handioasis Portugal. It is located on the coast just after Cascais.

History and legacy

Estoril is known for its aristocratic past and its role during World War II. It was a haven for royal families in exile and a hub for spies.

The Estoril Casino, one of the largest casinos in Europe, has cemented its reputation for elegance and international appeal.

Points of interest

Tamariz Beach: A popular beach with beautiful views of the Atlantic Ocean and facilities ideal for families and sports enthusiasts.

Estoril Casino: This iconic casino offers games, shows, and an art gallery. He is said to have inspired Ian Fleming to create James Bond.

Seaside promenade: A picturesque promenade that connects Estoril to Cascais, ideal for walking, running or cycling.

Palaces and villas: Many sumptuous residences bear witness to its aristocratic past.

Culture and events

Estoril hosts several international events, such as the Estoril Film Festival and golf and tennis competitions.

The city is also known for its gastronomy, with fresh seafood and Portuguese specialties.

Tourism and lifestyle

Thanks to its mild climate, beaches, and modern amenities, Estoril attracts visitors all year round.

It is a popular place for luxury holidays, sports activities such as golf and surfing, as well as a peaceful and refined atmosphere.

With its blend of historic charm, natural beauty, and modernity, Estoril is a must-see destination for those visiting Portugal.



ACCESSIBILITY ★★★

Estoril is a charming and accessible city. An easy seaside ride in a wheelchair.

PRICES

Tennis fans, the ATP Men's tournament on clay takes place in July.

Base 1-2 pers. : 25€/pers

Base 3-4 pers. : 20€/pers.

Base 5-6 pers. : 15€/pers.

CABO DA ROCA & PRAIAS

Cabo da Roca, located about 40 km west of Lisbon, is the westernmost point of continental Europe. This spectacular site marks the meeting of the land and the Atlantic Ocean, offering breathtaking landscapes, soaring cliffs and a wild atmosphere that attracts many visitors.

Key features

A unique geographical position

Cabo da Roca is known as the “point where the land ends and the sea begins” (Onde a terra acaba e o mar começa), according to the Portuguese poet Luís de Camões. Located at an altitude of 140 meters, the headland offers impressive panoramic views of the Atlantic Ocean.

Le phare du Cabo da Roca

Built in 1772, this iconic lighthouse is one of the oldest in Portugal. It remains in operation and is a symbol of the country’s maritime history.

Monument and certificate

A stele marks the exact point where Cabo da Roca is located, with coordinates engraved: 38°47 North, 9°30 West. Visitors can purchase an official certificate attesting to their passage to the westernmost point of continental Europe.

Natural landscapes

The steep cliffs, covered in low vegetation and swept by the wind, provide the perfect setting for memorable photos. Hiking trails allow you to explore the surrounding area, including the SintraCascais Natural Park.

Activities and experiences

Ramble

Cabo da Roca is part of the Sintra Cascais Natural Park, which is home to several hiking trails with spectacular views. A popular trail connects Cabo da Roca with secluded beaches and coves, such as Praia da Ursa.

Nature observation

The area is rich in local flora and fauna, with seabird species and plants adapted to coastal conditions. Photography enthusiasts will appreciate the changing panoramas according to the seasons and the light.

Contemplation and relaxation

Cabo da Roca is a place for meditation and wonder at the forces of nature. The sunset is particularly spectacular.

Tips

How to get there?

From Lisbon: Take a train to Cascais, then a bus (line 403) that runs from Cascais to Sintra via Cabo da Roca.
By car: Reachable in 4050 minutes via the A5 motorway and local roads.

Best time to visit

Spring and summer offer pleasant conditions for hiking and outdoor activities. Winter brings a wilder vibe, with strong winds and rough seas, but it's a magical time for lovers of dramatic scenery.

Outfit ?

Winds can be strong and cool, even in summer, so bring a windbreaker jacket. Comfortable shoes are recommended if you plan to walk the trails.

Nearby

Praia da Ursa: A wild beach, considered one of the most beautiful in Portugal, accessible by a steep path from Cabo da Roca.
Sintra: A few kilometers away, explore the castles and palaces of this magical city.
Cascais: An elegant resort with beaches, museums, and restaurants.

Why visit Cabo da Roca?

Cabo da Roca is more than just a geographical point. It's a place where you can feel the raw power of nature, marvel at stunning vistas, and reflect on the vastness of the ocean. Whether you are a nature lover, a photographer or simply looking for unique landscapes, Cabo da Roca is a must-see during your visit to Portugal.



ACCESSIBILITY ★★

Accessibility is not always perfect in natural areas. But the landscapes deserve the adventure. Cabo da Roca is very accessible.

INFOS UTILES

Photo fan, take your best lenses and enjoy the natural spectacle of the Portuguese coasts.

Base 1-2 pers. : 25€/pers
Base 3-4 pers. : 20€/pers.
Base 5-6 pers. : 15€/pers.



VISIT LISBON

Lisbon, the capital of Portugal, is a vibrant city where history, culture and modernity come together. Perched on seven hills, this sun-drenched metropolis offers spectacular panoramas of the Tagus River and unique architecture, ranging from the medieval neighborhoods of Alfama to the elegant squares of the city center.

Stroll through the picturesque streets of the Baixa, discover the charm of the historic Belém district with its emblematic monuments, or enjoy the animation of the trendy Bairro Alto district. Lisbon is also a gastronomic city par excellence, where you will taste specialties such as the famous pastéis de nata and a cuisine rich in maritime flavors.

Easily accessible, pleasant to explore and warm all year round, Lisbon is a destination that seduces with its unique atmosphere and its fusion of tradition and innovation.

3 routes are available to visit the city and its many palaces.



VISITE DE LISBON "BAIXA"

La Baixa It is the number 1 of the flat district, whose slabs and cobblestones are not an obstacle unlike other more difficult and older districts. Completely rebuilt following the earthquake of 1755 by the Marquis of Pombal, the Baixa is a tourist district because it is very central, where you can find addresses of restaurants. Adjacent to the Baixa district, two of the most important squares in the city after Praça do Comércio, Praça do Rossio and Praça dos Restauradores are worth a look.

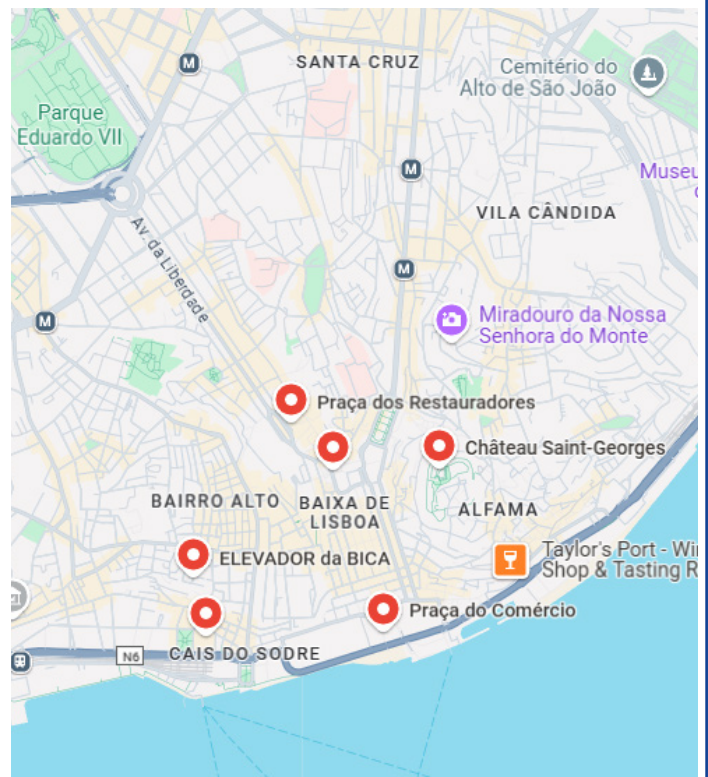
Praça do Comércio is the heart of Lisbon near the Tagus River: arcaded palace, triumphal arch, statue, view of the castle that dominates the city.

Things to do On the side, the Lisboa Story Centre allows you to learn more about the history of Lisbon. It is a one-hour interactive tour with an audio guide available in English. Reduced price for the person in a wheelchair, free for the accompanying person, adapted toilets.

To visit

Castelo São Jorge, the castle is not completely wheelchair accessible, but it's worth a visit.

- La Plaza del Commerce
- La Praça do Rossio
- La Plaza de los Restauradores



USEFULL INFORMATIONS

Historic district of Lisbon, very touristic. Many restaurants to have lunch in. Take the time to get lost to discover the city.

ACCESSIBILITY ★★★

Fairly flat area, decent accessibility. Beware of tiredness, the district is large.

DURATION

A neighborhood to do for a day as there is so much to discover.

LOCALISATION



TOUR OF ORIENTE DISTRICT

The Oriente district The Parque das Nações was built for the 1998 World Expo is fully adapted and accessible

The urban development is remarkable, everything has been thought out to put the passer-by and the inhabitant first

We walk along wide pedestrian walkways, cooled by trees
Car traffic is limited.

To visit

The Oceanarium has access to 2 car parks, the Doca car park located on Alameda dos Oceanos street and the Oceanario car park on Rua dos Cruzados Accessible to all (lifts and ramps)

Wheelchairs are available at the reception if necessary Free admission PRM 1 accompanying person and adapted toilets

The Pavillon de la connaissance, a city of science that will delight young and old alike Reduced admission PRM 1 free companion, adapted toilets and cafeteria.

The Vasco da Gama shopping centre filled with shops and restaurants to end the day

Things to do

The gondola A 12-minute journey at an altitude of thirty metres offering a superb panorama People with reduced mobility (wheelchairs) can access the cabins.



USEFULL INFORMATIONS

Very nice and peaceful modern neighborhood.
Favourite: Oceanarium

ACCESSIBILITY ★★★

Modern area, very accessible

DURATION

Plan a 3-hour visit to discover the district, possibility of lunch on site.

LOCALISATION



VISITE DE LISBONNE "BELEM"

A visit to the Belem district is a must on a trip to Lisbon. You start your tour along the bank of the Tagus River and enjoy the centuries-old buildings, including the Mosteiro dos Jeronimos and the Padrao dos Descobrimentos

The Mosteiro dos Jeronimos is another great place to visit and totally accessible Admission is free for visitors with disabilities, and the building has accessible toilets.

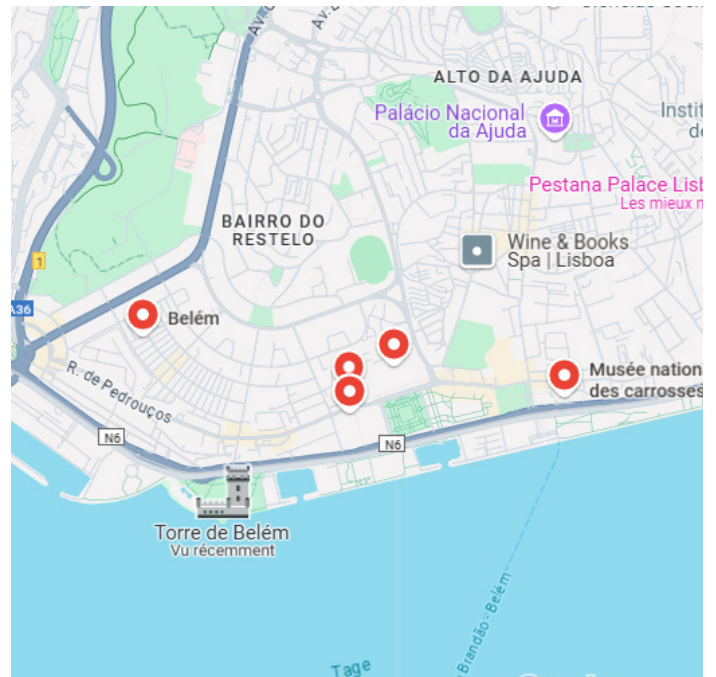
The Jerónimos Monastery remains the must-see monument of the district The church and the lower cloister are accessible to people with disabilities.

The new Musée des Carosses is also accessible to all. Lifts and ramps provide access to all exhibition spaces and public areas.

The performance halls and auditoriums of the Belem Cultural Centre and the Berardo Collection Museum for modern art lovers are accessible to wheelchair users

The Maritime Museum and the Calouste Gulbenkian Planetarium have all the facilities to facilitate the visit of disabled people.

To taste
Pastéis de nata, at the "Pastéis de Belém" pastry shop
Possibility to take a table inside adapted toilets.



USEFULL INFORMATIONS

Be careful, plan tickets in advance for the monuments of Belem. Very touristy area.

ACCESSIBILITY ★★★

The neighborhood is flat, accessibility is good in this neighborhood.

DURATION

Day trip to this neighborhood to combine with Baixa if you don't visit the monuments by adding a lunch in town.

LOCALISATION



BELEM HISTORY AND CULTURE

Located in the west of Lisbon, Belém is an iconic neighborhood that embodies all the historical, cultural, and maritime grandeur of Portugal. This picturesque place, which borders the Tagus River, is a gateway to the history of the Great Discoveries and a vibrant centre of culture and heritage.

A Journey through History Belém is the cradle of the era of Portuguese explorations and is full of historical monuments testifying to the importance of this era. The Jerónimos Monastery (Mosteiro dos Jerónimos), a UNESCO World Heritage Site, is one of the most striking examples of Manueline architecture. A few steps away is the famous Torre de Belém, a sixteenth-century fortress that was used to defend Lisbon and is now a symbol of the country's maritime greatness.

The Monument of the Discoveries The Padrão dos Descobrimentos, an iconic monument in the shape of a caravel, pays homage to the Portuguese explorers of the fifteenth and sixteenth centuries, such as Vasco da Gama. This huge monument offers spectacular views of the river and the city of Lisbon, a unique opportunity to immerse yourself in Portugal's glorious past.

A Wealthy Cultural Setting Belém is also a vibrant cultural center. The Berardo Museum, one of the largest modern art museums in the country, houses exceptional collections of works by contemporary artists. The Maritime Museum (Museu de Marinha) immerses you in Portugal's naval history, while the Carriage Museum (Museu Nacional dos Coches) offers a fascinating look at the history of royal transport.

The Gastronomy of Belém: The Celebration of Sweetness Don't leave Belém without tasting the famous pastéis de nata, those small tarts with flaky cream that are a real delight. Pastéis de

Belém, the historic pastry shop, is the place to be to enjoy this traditional dessert, renowned for its secret recipe.

Why visit Belém?

Historical heritage: a journey to the heart of Portugal's maritime history with must-see sites such as the Belém Tower and the Jerónimos Monastery. **Culture and art:** fascinating museums and a lively cultural scene. **Gastronomy:** Taste local delicacies with the famous pastel de nata. **Enchanting setting:** a walk along the Tagus River, between majestic architecture and panoramic views. Belém is a place where history, culture and natural beauty meet. Whether you're a history buff, an art lover, or just looking for sweet treats, this area of Lisbon offers you an unforgettable experience.



USEFULL INFORMATION

Remember to buy your Pasteis de Nata de Belem to take away as a souvenir of your visit. Coffee and Pasteis de nata, the classic of Lisbon.

ACCESSIBILITY ★★★

Easy accessible district

DURATION

Allow a minimum of half a day to visit Belém. Neighborhood to combine with Baixa

LOCALISATION



HIERONYMITES MONASTERY

A Masterpiece of Manueline ArchitectureThe UNESCO World Heritage Site Jerónimos Monastery (Mosteiro dos Jerónimos) is one of Lisbon's most impressive landmarks and a symbol of Portugal's greatness in the 16th century. Located in the historic district of Belém, this monastery is a masterpiece of Manueline architecture, a unique style that combines Gothic, Renaissance and maritime influences.

Built at the request of King Manuel I to celebrate the success of voyages of exploration, especially those of Vasco da Gama, the monastery served as a place of prayer for sailors and a starting point for their expeditions. The building also houses the tombs of great figures in Portuguese history, including Vasco da Gama and the poet Luís de Camões.

The interior of the monastery is just as spectacular as its exterior, with slender vaults, ornate arches, and carved details that exemplify the wealth and prestige of the time. Don't miss the Church of Santa Maria, where visitors can admire colorful stained glass windows and majestic chapels.

Today, the monastery is also home to the Museum of Archaeology and the National Museum of Ancient Art, two institutions that contribute to the preservation and dissemination of Portuguese heritage.

Why visit the Jerónimos Monastery?

An architectural masterpiece: admire the finesse of the Manueline style and the elegance of its details.

A place steeped in history: discover Portugal's maritime heritage and the legends of the great explorers.

Historic tombs: Explore the burials of notable figures such as Vasco da Gama.

A peaceful setting: stroll through the gardens and enjoy the serene atmosphere of this unique site.

The Jerónimos Monastery is a must-see for anyone who wants to immerse themselves in the fascinating history of Portugal and discover one of the country's most beautiful architectural achievements.



USEFULL INFORMATION

Free for people with disability (+60%) with one companion

ACCESSIBILITY ★★★

Très bonne accessibilité. Entrée prioritaire.

OPENING HOURS

Tuesday to Sunday 9h30 - 17h30

LOCALISATION





CARRIAGES MUSEUM

The National Carriage Museum (Museu Nacional dos Coches) is one of the most iconic museums in Lisbon, Portugal. It is renowned for its exceptional collection of carriages and other horse-drawn vehicles, which illustrate the evolution of the means of transport of the royal and aristocratic era.

Historical

The museum was founded in 1905 by Queen Amélie d'Orléans, wife of King Carlos I of Portugal. The aim was to preserve the magnificent carriages used by the Portuguese royal family and other nobles. Initially installed in the former riding school of the Royal Riding School, it was transferred in 2015 to a modern building specially designed to display the collection.

Collection

The museum houses one of the most important collections of carriages in the world, dating from the sixteenth to the nineteenth century. Among the remarkable pieces are:

- The carriage of Pope Clement XI (donated to the Portuguese embassy in 1716).
- The Portuguese ambassadors' carriage used during diplomatic ceremonies.
- Richly decorated sleds, sedans and litters.

Each room exhibits intricate detail, with gilded wood carvings, allegorical paintings, and sumptuous fabrics, a testament to the craftsmanship and opulence of the time.

Architecture and space

The new museum building, located in the Belém district, stands out for its contemporary design. It offers ample spaces for carriage displays, interactive galleries and educational resources. The museum is designed to showcase the vehicles while facilitating access and appreciation by a diverse audience.

Practical information

- Lieu : Avenida da Índia, Belém, Lisbonne.
- Opening hours: Open every day except Monday.
- Access: Easily accessible by tram or bus from central Lisbon.

The Carriage Museum is a must-see destination for lovers of history, art, and culture, offering a fascinating glimpse into the elegance and grandeur of centuries past.

USEFULL INFORMATIONS

Free entrance for people with disability and companion.

ACCESSIBILITY ★★★

Very accessible museum

OPENING HOUR

10h-18h
closed on Monday

LOCALISATION



MARINE MUSEUM

Bleu

The Maritime Museum (Museu de Marinha) is one of the most fascinating museums in Lisbon, dedicated to Portugal's maritime history. It is located in the emblematic district of Belém, close to the Jerónimos Monastery, a UNESCO World Heritage Site.

Historical

Founded in 1863 by King Luís I, who was passionate about navigation, the Maritime Museum aims to preserve and enhance the maritime heritage of Portugal, a country whose history is closely linked to the great maritime discoveries of the fifteenth and sixteenth centuries.

Collection

The museum houses a rich and varied collection that traces several centuries of Portuguese maritime history. Among the most remarkable pieces are:

- Ship models** from the Ages of Discovery, depicting caravels, galleons, and other vessels used by explorers like Vasco da Gama and Bartolomeu Dias.
- Historical objects such as navigational instruments, old maritime charts, globes and weapons.
- Naval uniforms and equipment, illustrating the evolution of the Portuguese Navy.
- Authentic boats, including the royal boat used during official ceremonies.
- A section dedicated to submarines and modern ships, highlighting technological developments.

Architecture and space

The museum is divided into two main parts:

1. The main building, where historical objects, models and artefacts related to navigation are displayed.
2. The nearby Ships' Pavilion, which features life-size boats, including Royal Boats and Seaplanes.

Strengths

- The Great Discoveries: An entire section is dedicated to this key period in Portuguese history, with stories and artifacts from explorations to Africa, Asia, and America.
- The Royal Boat: A spectacular coin, adorned with gold details, that illustrates the splendour of royal ceremonies.

Practical information

- Adresse : Praça do Império, Belém, Lisbonne.
- Opening hours: Open every day except Monday.
- Access: Accessible by tram, bus or train from the centre of Lisbon.
- Price: Affordable rates, with discounts for families, students and seniors.

The Maritime Museum is a must-see for history and navigation enthusiasts, offering a captivating journey through the golden age of Portuguese exploration and beyond.

PRICES ★★

Inclus dans la visite Quartier Baixa.
Visite libre possible.

ACCESSIBILITY ★★★

Accessible en fauteuil électrique
Toilettes adaptés sur place

OPENING HOURS

Every day
9h - 18h (variables selon la saison)

LOCALISATION



MUSEE BERARDO

The Maritime Museum (Museu de Marinha) is one of the most fascinating museums in Lisbon, dedicated to Portugal's maritime history. It is located in the emblematic district of Belém, close to the Jerónimos Monastery, a UNESCO World Heritage Site.

Historical

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- The Royal Boat: A spectacular coin, adorned with gold details, that illustrates the splendour of royal ceremonies.

Practical information

- Adresse : Praça do Império, Belém, Lisbonne.

- Opening hours: Open every day except Monday.

- Access: Accessible by tram, bus or train from the centre of Lisbon.

- Price: Affordable rates, with discounts for families, students and seniors.

The Maritime Museum is a must-see for history and navigation enthusiasts, offering a captivating journey through the golden age of Portuguese exploration and beyond.

USEFULL INFORMATIONS

The must-see museum for contemporary art lovers.

Tickets 12€

-50% Disabled person and free accompanying person.

OPENING TIME

Tuesday to Sunday
10h - 18h30

ACCESSIBILITE ★★★

Easy wheelchair tour

LOCALISATION



LE PARQUE DAS NAÇÕES

The Maritime Museum (Museu de Marinha) is one of the most fascinating museums in Lisbon, dedicated to Portugal's maritime history. It is located in the emblematic district of Belém, close to the Jerónimos Monastery, a UNESCO World Heritage Site.

Historical

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Collection

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The Maritime Museum is a must-see for history and navigation enthusiasts, offering a captivating journey through the golden age of Portuguese exploration and beyond.

INFOS UTILES

Inclus dans la visite Quartier Oriente.
Visite libre possible.

ACCESSIBILITE ★★★

Totalement accessible. Toiletttes adaptés disponibles

DUREE

La visite du quartier se fait sur une journée avec déjeuner sur place. Shopping possible au Mall.

LOCALISATION





THE COMMERCIAL PLACE

The Historic Heart of LisbonThe Commerce Square (Praça do Comércio), also known as Terreiro do Paço, is one of the most impressive and emblematic squares in Lisbon. Located on the banks of the Tagus River, this vast square has long been the nerve centre of the Portuguese capital and a major witness to its history.

A Historic and Monumental SiteThe square was renovated after the devastating earthquake of 1755, which destroyed much of the city center. Under the direction of architect Marquês de Pombal, the square was redesigned in a classical style, with its elegant arcades and imposing buildings. The Arc de Triomphe on Rua Augusta, which stands proudly at one of its entrances, is a symbol of the city's grandeur, offering a magnificent view of the pedestrian shopping street that leads to it.

A Place of Meeting and CultureOnce a place of reception for sovereigns and dignitaries, the Place du Commerce is now a lively centre where locals and visitors meet. The square is surrounded by majestic buildings, including many public institutions and restaurants with splendid views of the Tagus River.

One of the highlights of the square is the Terreiro do Paço building, a former royal palace, now replaced by several ministries and administrative buildings. You can also discover open-air exhibitions and cultural events, which are regularly held in the square, bringing this emblematic place to life.

A Breathtaking PanoramaFrom the square, you can admire the beauty of the Tagus River, its boats and its quays. The setting is ideal for a stroll, where visitors can enjoy the cosmopolitan ambience of the city while contemplating the spectacular views.

Why Visit the Place du Commerce?
History and heritage: Explore a place that played a central role in Lisbon's history, especially after the 1755 earthquake.

Monumental architecture: admire the imposing buildings and the elegant Triumphal Arch of Rua Augusta.

Panoramic view: Enjoy stunning views of the Tagus River and Lisbon's historic city center.

A lively place to live: discover a vibrant centre where culture, gastronomy and outdoor events come together.

Commerce Square is the ideal starting point to discover Lisbon, a place of history, culture and beauty, where the soul of the city is revealed over time.

USEFULL INFORMATIONS

Lisbon's liveliest square. A true heart of the city, it is the ideal starting or ending point for a visit to the Baixa district.

ACCESSIBILITY ★★

Good Accessibility

DURATION

A full day is the minimum to visit the Baixa District.

LOCALISATION



SANTA JUSTA THE HEART OF LISBON

The Santa Justa Elevator: A Journey to the Heart of Lisbon

The Santa Justa Elevator, or Elevador de Santa Justa, is one of Lisbon’s most iconic landmarks, offering stunning views of the city and insight into its history. Inaugurated in 1902, this neo-Gothic style metal elevator was designed by the architect Raoul Mesnier du Ponsard, a student of Gustave Eiffel, and connects the Baixa district to the Carmo.

This majestic 45-metre-high elevator is much more than just a means of transport: it is a real tourist landmark. From the viewing platform at the top, you’ll enjoy spectacular views of Lisbon’s skyline, the Tagus River, and the surrounding hills, including the Castle of São Jorge.

In addition to its practical function, the Santa Justa Elevator is an architectural masterpiece that combines engineering, aesthetics and innovation, and is an integral part of Lisbon’s heritage. A must-see for anyone who wants to discover Lisbon from a unique perspective!



USEFULL INFORMATIONS

Located in the heart of Lisbon,

ACCESSIBILITY ★★

The lift is accessible but not the terrasse.

DURATION

10h - 18h

LOCALISATION





CHATEAU SAINT GEORGE

The Historic Fortress of LisbonThe Castle of St. George (Castelo de São Jorge) is one of the most iconic sites in Lisbon, offering stunning views of the city, the Tagus River, and the surrounding hills. Perched on top of the hill of Alfama, this medieval castle is a strategic place of defence that has gone through centuries of history and embodies the rich historical heritage of the Portuguese capital.

A Journey Through HistoryThe castle was originally built by the Moors in the eleventh century, before being conquered by King Alfonso I in 1147. It was later transformed into a royal residence, before becoming a military fortress. Today, it is a must-see tourist site that allows you to relive the history of Lisbon through its walls, towers and gardens.

The Panoramic ViewOne of the main attractions of St. George's Castle is its spectacular view of Lisbon. From the ramparts and terraces of the castle, you can admire the rooftops of the old town, the historic districts, the Tagus River, as well as the majestic arch of the 25 de Abril Bridge.

The Archaeological DiscoveriesThe site is also home to an open-air museum where visitors can discover archaeological remains dating back to Roman, Moorish and medieval times. Recent excavations have brought to light objects and structures that tell the story of the castle's evolution over the centuries.

A Place of Relaxation and DiscoveryThe castle is also a

pleasant place to walk. You can stroll through its shady gardens, discover its winding paths and explore its fortified towers. Children will enjoy the Hall of Armour, and history lovers will enjoy getting lost in the exhibitions that retrace the great moments of Lisbon's history.

Why Visit the Saint-Georges Castle ?
History and heritage: immerse yourself in Lisbon's past and learn about how it has evolved over the centuries. Stunning views: Enjoy exceptional panoramic views of the city and the Tagus River. Archaeology and museums: Explore ancient and medieval remains in an open-air museum. Medieval atmosphere: Wander through a fortress in the heart of Alfama, Lisbon's historic district. St. George's Castle is one of the most authentic and enriching experiences Lisbon has to offer, a perfect blend of history, culture and natural beauty.

INFOS UTILES

The castle is located on a hill, start with the castle your visit to the Baixa district will be easier.
Tickets: 12.50 PSH / ACC: Free

ACCESSIBILITY ★

Accessible tour itinerary available with some difficulties all the same. Accessibility map available.

DURATION

Open every day
9h - 21h sauf Nov - Fev 18h,

LOCALISATION





PRAÇA DO ROSSIO

Praça do Rossio, officially called Praça Dom Pedro IV, is one of the most emblematic and lively squares in Lisbon. Located in the heart of the city, in the Baixa district, it has been a place of meeting, commerce and social activity for centuries.

History

- Praça do Rossio has been a nerve centre of Lisbon since the Middle Ages.
- After the earthquake of 1755, it was rebuilt in the Pombaline style, characterized by buildings with clean lines and an innovative anti-seismic structure.
- It was renamed Praça Dom Pedro IV in the nineteenth century, in honor of Dom Pedro IV, King of Portugal and Emperor of Brazil. A statue of Dom Pedro IV sits in the center of the square.

Architecture and features

Portuguese cobblestones (Portuguese cobblestone)
The floor of the square is adorned with black and white wave patterns, created with traditional Portuguese cobblestones, symbolizing Lisbon's proximity to the sea.

Statue of Dom Pedro IV

In the center of the square stands an imposing column topped by the statue of Dom Pedro IV, surrounded by decorative fountains.

Théâtre National Dona Maria II

Located at the northern end of the square, this neoclassical theater is one of the most important in the country. It was built in 1846 and is recognizable by its façade adorned with Corinthian columns.

Baroque fountains

Two symmetrical fountains adorn the square, providing a picturesque setting for visitors and locals alike.

Historic buildings

The buildings surrounding the square are home to cafes, shops, and hotels, some dating back centuries.

Life and atmosphere

- Praça do Rossio is a must-see place, connecting several districts of Lisbon, such as Baixa, Chiado, and Avenida da Liberdade.
- It is always lively, with street performers, temporary markets, and café terraces such as the famous Café Nicola, a historic place frequented by writers and intellectuals.

Attractions nearby

Santa Justa Elevator
An iconic elevator that connects the Baixa with the Chiado district, offering spectacular views of the square and its surroundings.

Rua Augusta

A pedestrian street lined with shops and restaurants, leading to the Arco da Rua Augusta and Praça do Comércio.

Rossio Railway Station

A neo-Manueline building with an ornate façade that serves destinations like Sintra.

Church of St. Dominic

A historic church with an interior marked by the traces of the earthquake and fire it suffered.

Why visit?

Praça do Rossio is a perfect blend of history, architecture, and modern living. It's a perfect starting point for exploring Lisbon and soaking up the city's vibrant atmosphere. Whether it's admiring its architecture, sitting at a café terrace or simply feeling the energy of Lisbon, the square is a must-see.

INFOS UTILES

Includes in Baixa district. Free tour also possible.

ACCESSIBILITY ★★★

Accessible in wheelchair.

DURATION

Lively square, to be visited during the day or in the evening, allow 1 hour to be combined with the other squares in the Baixa district

LOCALISATION





PRAÇA DO RESTAURADORES

Praça dos Restauradores is one of the most iconic squares in Lisbon, located between the majestic Avenida da Liberdade and the vibrant Praça do Rossio. It is a tribute to the restoration of Portugal's independence in 1640, marking the end of Spanish rule under the Iberian Union (1580-1640).

Key features

Monument of the Restauradores

In the centre of the square stands an imposing obelisk, inaugurated in 1886. This monument celebrates the restoration of Portuguese independence.

- The base is decorated with bas-reliefs depicting scenes from the struggles for independence.
- Two allegorical figures symbolize Victory and Freedom, highlighting the importance of this historical event.

Foz Palace

Located on the west side of the square, this sumptuous Baroque palace now houses cultural and tourist offices, as well as spaces for events.

Eden Theatre

A spectacular example of Art Deco architecture, this former theater has been transformed into a modern hotel. Its façade remains a highlight for architecture lovers.

Glory Elevator

This famous funicular connects Praça dos Restauradores with the Bairro Alto district, offering a scenic climb and magnificent views from the Miradouro de São Pedro de Alcântara, a must-see viewpoint.

Rossio Station

A few steps from the square, this neo-Manueline style station is an architectural masterpiece that serves the city of Sintra in particular.

Atmosphere and activities

- **Departure Point:** Praça dos Restauradores is a gateway to walks on the elegant Avenida da Liberdade, known for its luxury boutiques, prestigious hotels and shaded terraces.
- **Restaurants and cafes:** The square and its surroundings offer many options to enjoy local dishes or sip coffee while observing the urban hustle and bustle.
- **Urban Art and Culture:** Visitors will be able to appreciate the sculptures and historic buildings, as well as the vibrant atmosphere of the downtown area.

Why visit?

Praça dos Restauradores is much more than just a square. It represents an important page in Portugal's history while offering a mix of architecture, culture and modern activities. Its central location makes it an ideal starting point for exploring Lisbon and its surrounding treasures.

PRICES ★★★

Includes in Baixa District tour
Free tour is possible

ACCESSIBILITY ★★★

No adapted toilets, easy to visit.

DURATION

One day is necessary to visit Baixa district, this place will be part of the tour.

LOCALISATION





Time Out Market Lisboa is a must-see destination for food and culture lovers, located in the historic building of the Mercado da Ribeira, in Lisbon. Inaugurated in 2014 by Time Out magazine, this market offers a unique experience, where Portuguese culinary traditions and modern innovations are mixed.

Location and setting

Adresse : Mercado da Ribeira, Avenida 24 de Julho, 1200479 Lisbonne, Portugal.

Located right in the heart of the city, close to the trendy Cais do Sodré district. You can easily reach the market after a visit to Commerce Square along the Tagus River.

Easily accessible on foot, by public transport (train, tram or metro), or by car.

Unique concept

Time Out Market is based on a simple idea: to bring together the best restaurants, chefs, bars and shops in Lisbon under one roof.

This is the first gastronomic market designed by a magazine, highlighting expert critics and rigorous selections.

Le slogan du marché est évocateur : "If it's good, it goes in the magazine; if it's great, it goes in the market."

Culinary offer

Restaurants: More than 40 dining spaces offering a variety of cuisines, ranging from traditional Portuguese dishes (such as pastéis de nata or bacalhau) to international flavors.

Renowned chefs: Several stalls are run by Michelin-starred chefs, such as Henrique Sá Pessoa and Marlene Vieira.

Bars and cafes: A selection of bars offering cocktails, Portuguese wines, craft beers and quality coffee.

Atmosphere and activities

Interior design: A modern and lively atmosphere, with large communal tables promoting conviviality.

Cultural events: Live concerts, art exhibitions and culinary workshops are regularly organised.

Shopping: A selection of shops selling local products, books and souvenirs.

Practical information

Timetables:

Sunday to Wednesday: 10:00 am – 11:00 pm.

Thursday to Saturday: 10:00 a.m. – midnight.

Price: The dishes are varied and suitable for all budgets, although a little higher than in a traditional market.

Why visit?

Time Out Market Lisboa is much more than a market; It is a showcase of Portuguese gastronomy and a meeting place for locals and tourists alike. Whether you are a gourmet, curious or art lover, this place offers a memorable experience in a vibrant and warm setting.

Would you like recommendations on the stands or dishes not to be missed?

We love seafood restaurants!

USEFULL INFORMATIONS

Très touristique, ambiance très sympa, un lieu incontournable de Lisbonne.

ACCESSIBILITY ★★★

Very accessible and easy access, accessible toilets available.

OPENING HOURS

Sunday to Wednesday : 10h to 23h

Thursday to Saturday : 10h to midnight.

LOCALISATION





THE BEST OF PORTUGUESE FOOTBALL

Lisbon is a football city, every week the city vibrates to the rhythm of its professional football teams.

Benfica Lisbon and Sporting Lisbon are the two biggest clubs in the country along with FC Porto, every season the teams participate in the European Cup whether in the Champions League or the Europa League.

Football fans will be able to taste the unique atmosphere of Portuguese football in two wonderful stadiums in Lisbon for the Primeira Liga or the European Cup.

The stadiums are perfectly accessible and the atmosphere is incredible with full stadiums most of the time. The Portuguese love football and they support their teams with passion.

Located in the heart of the city, the two stadiums of Sporting and Benfica are strangely close a few minutes from each other, each in Lisbon will have its own preference and its favorite team, but the experience is certainly worth the detour for football fans.



USEFULL INFORMATIONS

Championship games on week end, European cups Tuesday, Wednesday and Thursday is qualified.

ACCESSIBILITY ★★★

The stadiums are very accessible and offers wheelchairs spaces and easy access seats.

DURATION

A minimum of 4 hours is necessary.

LOCALISATION





SANTUARIO DE CRISTO REI

The Sanctuary of Cristo Rei (or Santuário de Cristo Rei) is one of Portugal's most iconic landmarks, located in Almada, on the south bank of the Tagus River, opposite Lisbon. Inspired by Christ the Redeemer in Rio de Janeiro, this imposing statue is a symbol of faith, gratitude and peace for the Portuguese people.

History and meaning
The idea of building the shrine was born in 1934, during a visit by the Cardinal Patriarch of Lisbon to Rio de Janeiro. The inspiration comes from the statue of Christ the Redeemer in Brazil.

In 1940, Portugal, spared the ravages of the Second World War, decided to build the monument as a sign of gratitude.
Inauguration: Construction began in 1949 and the monument was inaugurated on May 17, 1959.

Architecture and dimensions
Statue: The statue of Christ is 28 meters high and depicts Jesus Christ with open arms, blessing the city of Lisbon and Portugal.
Pedestal: The pedestal measures 75 meters, bringing the total height to 113 meters.
Materials: The statue is made of reinforced concrete, and its simplicity reflects a modernist style.

Panoramic
The Sanctuary offers one of the best panoramic views of Lisbon, the Tagus River and the 25th of April Bridge.
An elevator takes you to the top of the pedestal, where a terrace offers a spectacular view.
It is a popular place to watch the sunset and capture memorable photos.

Religious significance
The Shrine is a place of Catholic pilgrimage, welcoming worshippers from all over the country and the world. A chapel is located at the base of the statue, providing a space for meditation and prayer.

Access and practical information
Location: Almada, about 10 km from the centre of Lisbon.

How to get there:
By ferry from Lisbon to Cacilhas, then a bus or walk to the sanctuary.
By car, via the 25 de Abril bridge.

Prices: Access to the panoramic terrace is not free, but admission to the outdoor areas is free.

Why visit?
Symbolism: The Cristo Rei is a symbol of faith and peace.

Stunning views: A unique perspective on Lisbon and its surroundings.

Architecture and history: A majestic monument loaded with historical and religious significance.

USEFULL INFORMATIONS

Ticket office on site to climb the monument.
Free for people with disabilities.
€3 for children under 12 years old
8€ standard rates

ACCESSIBILITY ★★★

Partial access to the monument.
Access to the Chapel and the terrace is via a staircase.

OPENING HOURS

Every days 10am to 6pm

LOCALISATION



THE ACCESSIBLE BEACHES

Cascais

To the south of Sintra, this beach has the particularity of being accessible by car.

It has a car park with a disabled space right next to it, and a carpet on the sand to allow wheelchair access. The only drawback is that the latter does not go all the way to the sea, which is a shame It offers a very beautiful view of the ocean with cliffs on both sides Sintra

The Praia de Adraga and Prai das Maças 2 beaches are equipped with boat launch chairs.

Ericeira

The Praia da foz do Lizandro Praia de Sao Lourenço, Praia da Ribeira d’ Ilhas and Praia Porto de Calada, these 4 beaches have an amphibious chair available.

What are the facilities:

The beach has easy pedestrian access, a car park with reserved spaces and located close to the beach access Walkways on the sand are to lead directly to the sunbathing area, suitable sanitary facilities and a first-aid station

Presence of a lifeguard is mandatory



USEFULL INFORMATION

Praia das Maças is located only 7 minutes from Handioasis and offer a beach wheelchair.

ACCESSIBILITY ★★★

Accessible beaches with beach wheelchair

DURATION

30 minutes by road for Estoril and Cascais.
7 minutes for Sintra

LOCALISATION





MEDICAL EQUIPMENT

Handioasis Portugal is offering some medical equipment. For your comfort these equipments will be available in your room, please let us know about your special needs when you make your reservation. The availability depends on the stock, some rental solutions are also available.



Lift



Medical Bed



Shower chair



Shower wheelchair



Verticalisateur



Manuel Wheelchair



Cannes



Déambulateur



Handimove



SERVICES	DESCRIPTION	PRICE
TIERCE PERSONNE «AIDE A LA VIE»	DAY TIME (1h minimum)	25€/h
TIERCE PERSONNE «AIDE A LA VIE» APRES 20H	NIGHT TIME (1h minimum)	35€/h
PERSONNAL CARER	PER HOUR	25€/h
NURSING CARE	DEPENDING ON THE SERVICE	SUR DEMANDE
4H PACKAGE	HALF DAY PACKAGE	100€
FULL DAY PACKAGE	FULL DAY	200€
LAUNDRY	CLEANING & IRONING	20€
SWIMMING POOL TOWEL	FULL DAY PACKAGE	3€
VISIT OF LISBON	SHUTTLE ROUND TRIP	Base 1-2 pers. : 75€/pers. Base 3-4 pers. : 65€/pers. Base 5-6 pers. : 60€/pers.
VISIT OF CASCAIS, ESTORIL	SHUTTLE ROUND TRIP	Base 1-2 pers. : 30€/pers. Base 3-4 pers. : 25€/pers. Base 5-6 pers. : 20€/pers.
VISIT OF SINTRA ET SURROUNDING	SHUTTLE ROUND TRIP	Base 1-2 pers. : 75€/pers. Base 3-4 pers. : 60€/pers. Base 5-6 pers. : 55€/pers.
ALL BOOKINGS WILL BE PAID AT THE GUESTHOUSE AT THE END OF THE STAY.		

NURSING
A diplomed nurse can be booked for your medical care. Please send your prescription in order to book the service.

PERSONAL CARER
Our qualified



HOW TO ORGANIZE YOUR TRIP TO LISBON

In order to help you organize your stay in Handioasis Portugal while enjoying the destination, the YOOLA team has imagined for you several examples of programs for a stay of 7 nights or more in Handioasis Portugal.

DAYS	TYPE	DESCRIPTION
DAY 1	ARRIVEE (CHECK-IN)	TRAVEL TO LISBON CHECK-IN IN HANDIOASIS PORTUGAL
DAY 2	VISIT	MORNING : 9H30 - 13H AROUND LISBON SINTRA CASTLES AFTER LUNCH : 15H - 18H SWIMMING POOL AT THE HOUSE
DAY 3	VISIT	9H - 18H THE HEART OF HISTORICAL LISBON DISTRICT BAIXA LUNCH IN THE CITY
DAY 4	VISIT	FREE MORNING LUNCH BY THE SEA AFTERNOON: BEACHES OF CASCAISE
DAY 5	VISIT	MORNING : BELEM (AROUND Lisbon) AFTERNOON: CRUISE ON THE TAGE
DAY 6	VISITE	MORNING : CASCAIS AFTERNOON : ESTORIL
DAY 7	VISIT	MORNING : FREE AFTERNOON : DISTRICT OF ORIENTE
DAY 8	VISIT	CHECK OUT OR SINTRA BEACH
DAY 9	VISIT	MATINEE : REST & SWIMMING POOL EVENING : FOOTBALL MATCH IN LISBON
DAY 10	VISIT	CHECK-OUT

We can offer you a 7-day, 10-day or 15-day program depending on your pace and budget. The excursions are offered by grouping travelers together in order to share the cost of transport. A Kangoo is also available for rent with a minimum of 3 days rental.



PLUS QU'UN SÉJOUR ...

Handioasis is a different guest house, placed under the sign of benevolence and which offers you adapted services. We offer free medical equipment to make your stay comfortable and enjoyable. You don't need a prescription to find a medical bed or a sit-to-stand when you arrive. We have a range of equipment for your daily comfort, in addition we have a vehicle adapted to welcome you at the airport.





INFORMATIONS & BOOKING

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YOOLA

DES VOYAGES ET DES ÉVÉNEMENTS ACCESSIBLES À TOUS !

