

Guided visits – rotas e trilhos pela natureza

July 15th & July 22nd

Guided visit to Sintra – Estoril, Cascais and Cabo da Roca



Come and visit the most romantic village of Portugal, Sintra, a small village 40 km from Lisbon and a World Heritage Site that has hidden palaces and dream castles. We propose a walking tour from the Sintra Palace to the Palace of the Pena, with entrance already included in this fantastic Romantic Palace. After lunch, the bus trip will guide us through the beautiful village of Cascais, Estoril and Cabo da Roca, the most Western point in Europe.

09 h00 – Departure from Lisbon (place to be defined)

10:00 am – Walking tour from Sintra to Pena Palace . For visitors who can't or don't want to walk, the bus will leave you in the village of Sintra and pick you up an hour and a half later.

11:30 am – Entrance to Pena Palace and Guided Tour of the Palace.

- Lunch (meals not included).

2:30 pm – Bust trip through Cascais, Estoril and Cabo da Roca. Stops at all these locations.

18h00 – Return to Lisbon.

Price: 35 euros which include Bus, entrance to the Palácio da Pena, Guide, Insurance. Meals are not included. To register for this visit, please send an e-mail to rotasetrilhospelanatureza@gmail.com.

July 16th & July 23rd

Guided visit to Óbidos, Salir do Porto and Nazaré



Come and discover Óbidos, a medieval village at less than an hour from Lisbon, with charming streets and a magical castle. The compact town centre is filled with cobble streets and traditional painted houses. Enjoy to taste the typical *ginjinha* and the chocolates of the region. Then, we will visit Salir do Porto in a walking trip by the sea. After lunch, our bus trip continues to Nazaré, a fisherman's sanctuary and world surf.

09h00 - Departure from Lisbon

10h15 - Arrival in Óbidos and walk through the village.

11h40 - Departure to Salir do Porto and walk by the sea.

11h30 - Lunch (meals not included).

14:30 - Departure to Nazaré and visit to the village.

18h00 - Return to Lisbon.

Price: 26 euros which include Bus, Guide and Insurance. Meals are not included. To register for this visit, please send an e-mail to rotasetrilhospelanatureza@gmail.com.

July 18th

Historic Visit to Old Lisbon

Guided visit to ancient Lisbon of Phoenicians, Romans, Muslims, Jews and Catholics and all of those left their marks, architecture, stories and traditions This visit will be guided by archaeologists that will pass by the most iconic places in Lisbon.



10:00 am - Departure from the Terreiro do Paço and walking tour through Roman Ruins, Cathedral, Alfama, Lisbon's walls, Castle, National Pantheon.

Price - 12 euros which include Insurance and Guide. Estimated time, 1h30 minutes. To register for this visit, please send an e-mail to rotasetrilhospelanatureza@gmail.com.

Guided Visit to the New Lisbon

In 1998, a new modern Lisbon reveals a surprising and contemporary architecture, inherited from Expo 98 and still stands today. In this visit, guided by architects, we will also visit the Lisbon



Oceanarium, one of the largest and most diverse species in the world

18h00 - Meeting at Expo 98. The visit has included the entrance to the Oceanarium. Estimated time: 3 hours.

Price - 27 euros. Included Guide, Insurance at the entrance to the Oceanarium. To register for this visit, please send an email to rotasetrilhospelanatureza@gmail.com.

July 19th

Spyland: Lisbon, city of spys

In World War II, Portugal's neutrality made Lisbon the capital of spies. In this tour guided by historians, we will know the identity of the true James Bond, the seduction techniques of the spies in Lisbon, the Duke of Windsor abduction plans and much more.



10:00 am – In front of the Hotel Tivoli, Lisbon. Estimated time: 1h30

Price – 12 euros. Included Guide and Insurance of Personal Accidents.

To register for this visit, please send an e-mail to rotasetrilhospelanatureza@gmail.com.

Lisbon and Fado

Guided tour where we will explore the charms of the national song, Fado! Walking through the magical streets of Mouraria, we will discover the origins of Fado and rediscover the most idolized singers of the past and the present. And we finished with a fine dinner accompanied by wine and Fado.



18h00 - Meeting in the Mouraria. The visit ends when the Fado is over.

Price - 60 euros. Includes Guide, Insurance, Dining and Fado.

To register for this visit, please send an e-mail to rotasetrilhospelanatureza@gmail.com.

July 21st

Historic Visit to Old Lisbon

Guided visit to ancient Lisbon of Phoenicians, Romans, Muslims, Jews and Catholics and all of those left their marks, architecture, stories and traditions. This visit will be guided by archaeologists that will pass by the most iconic places in Lisbon.



10:00 am - Departure from the Terreiro do Paço and walking tour through Roman Ruins, Cathedral, Alfama, Lisbon's walls, Castle, National Pantheon.

Price - 12 euros which include Insurance and Guide. Estimated time, 1h30 minutes. To register for this visit, please send an e-mail to rotasetrilhospelanatureza@gmail.com.

Visit to Lisbon in a vintage electric

Stroll through the traditional Lisbon neighborhoods of the hill of Castelo de São Jorge on board a historic vintage electric, with passage through the most beautiful belvederes of the city. The ticket for this visit also allows entry to the airport shuttle bus. The visit takes about 1h30m.



15:00 - Meeting in the Camões square.

Price - 25 euros. Includes Guide, Personal Accident Insurance and Ticket in the electric and transfer to the airport (for those who wish). To register for this visit, please send an e-mail to rotasetrilhospelanatureza@gmail.com.