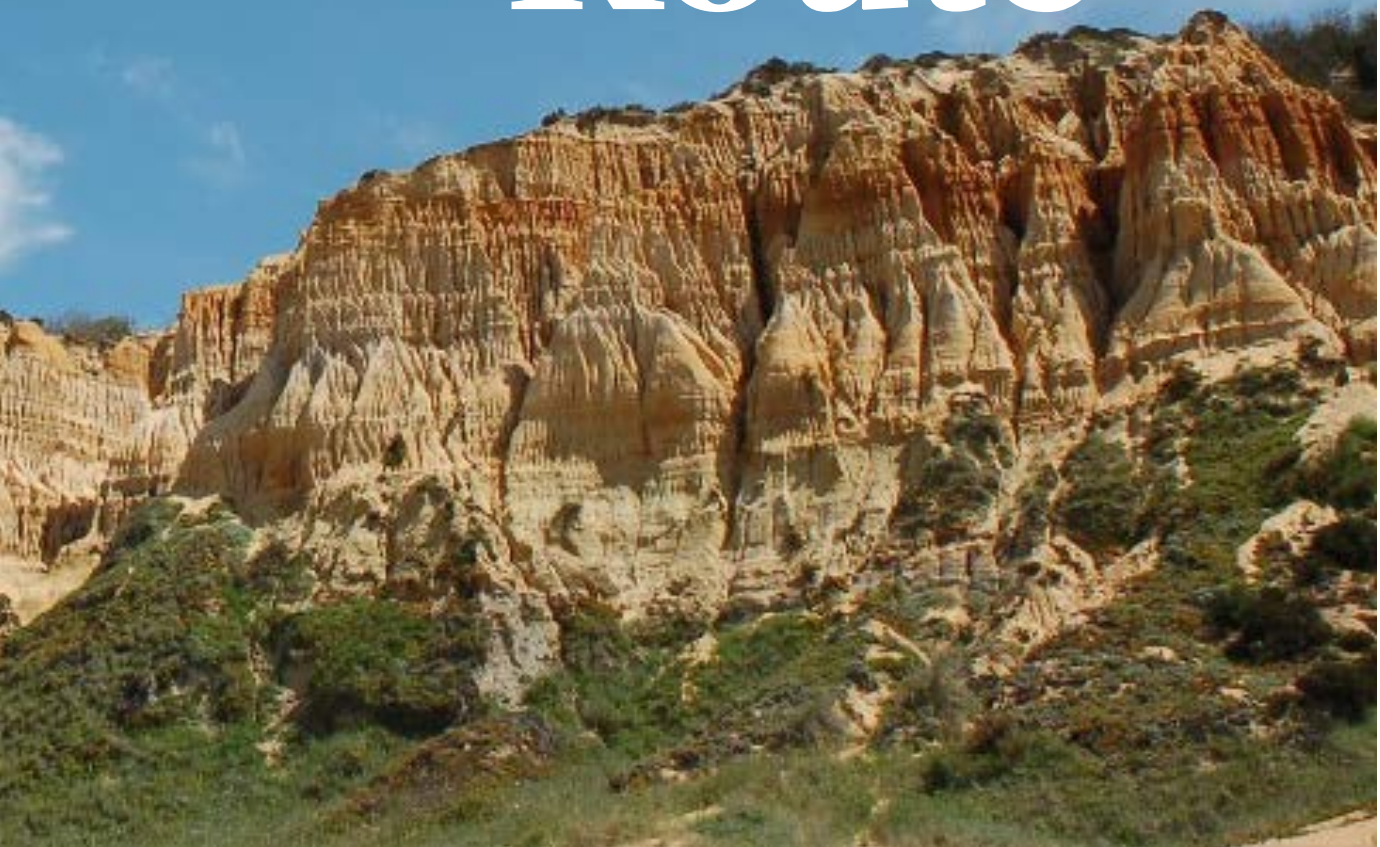


Nature Route

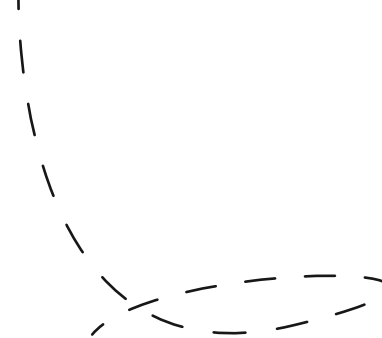


LISBON STORIES

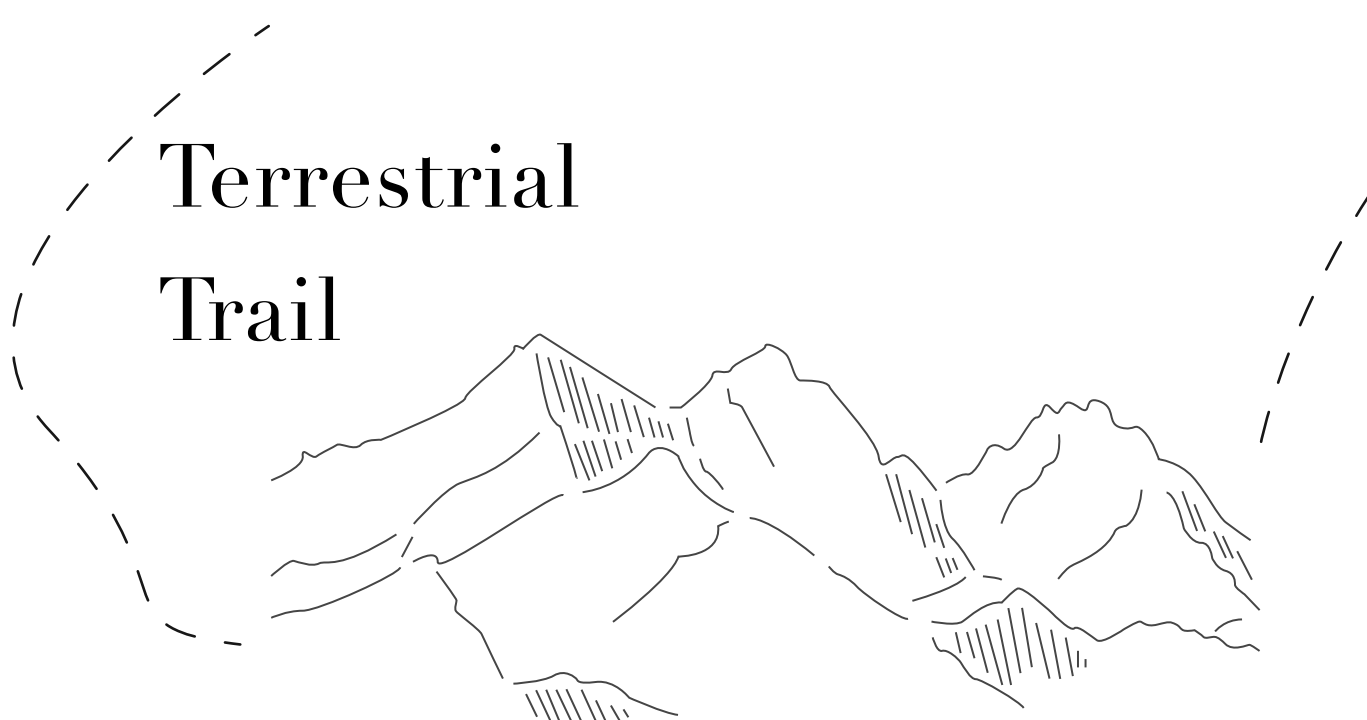
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Introduction

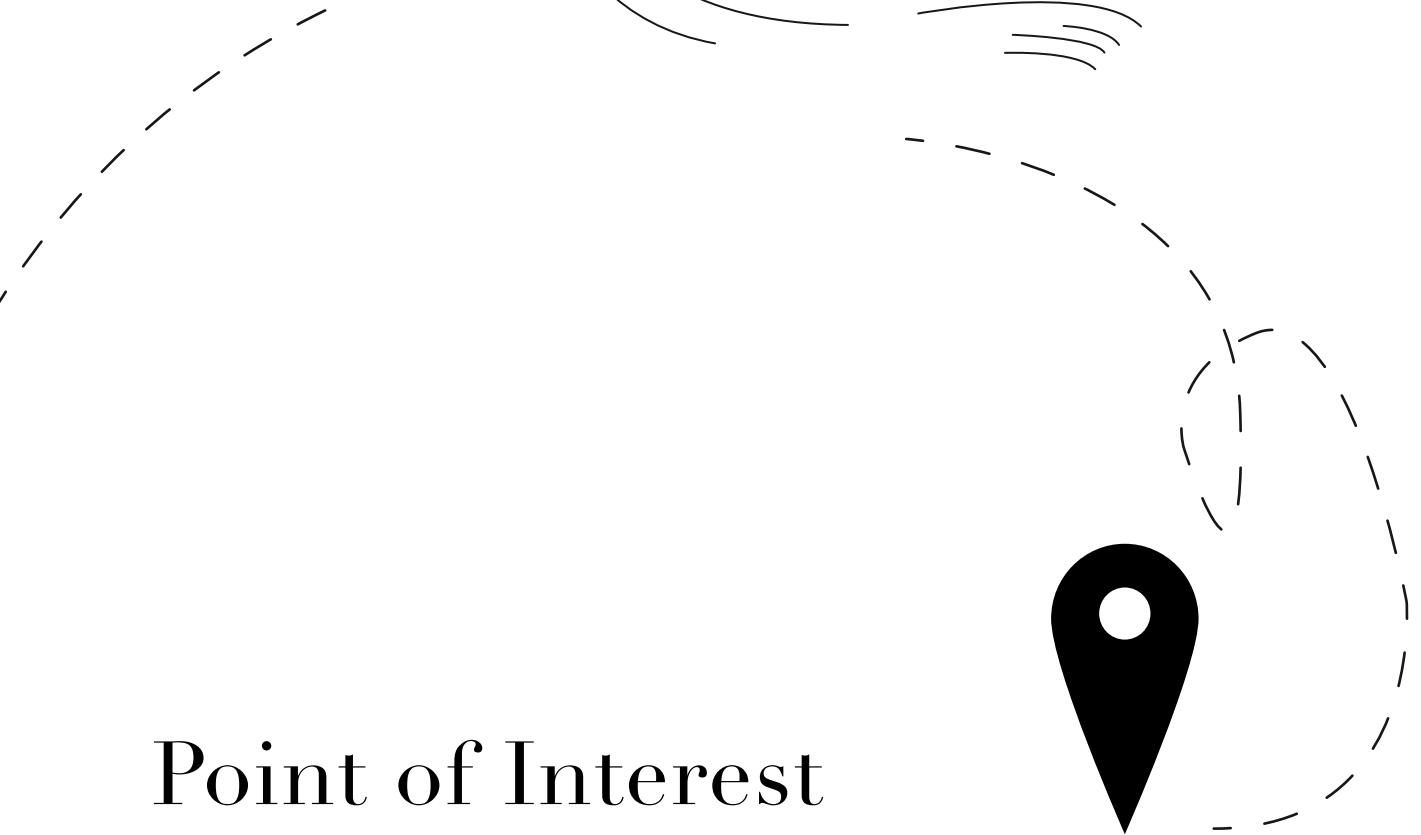
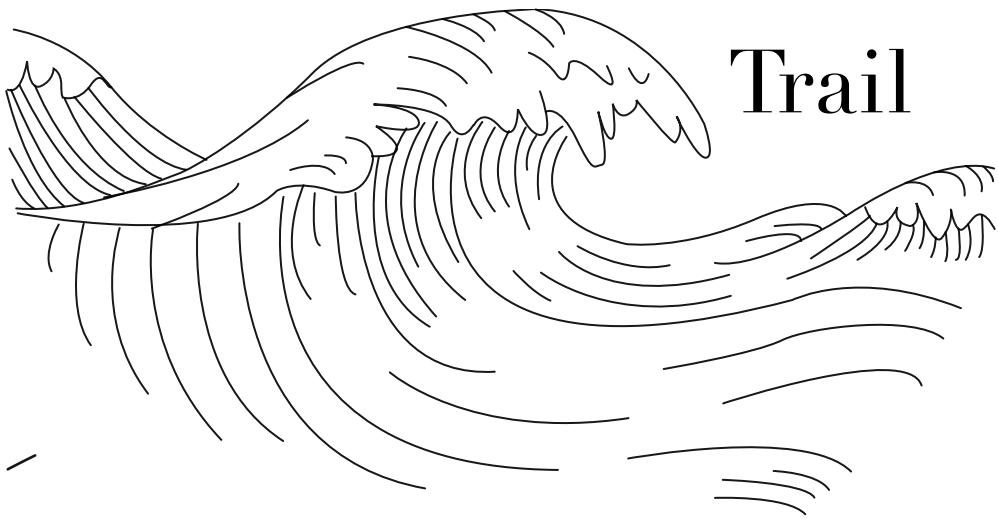


Terrestrial
Trail





Maritime Trail



Point of Interest

Beach & Countryside

Lisbon does not just stand out for its unique and unmistakable light. Surrounded by both marine and terrestrial ecosystems, it is one of the world's most complete cities.

Mafra, or to be more precise Tapada Nacional de Mafra (Mafra National Park) (TNM), offers an unexpected range of habitats, from woods to pasture land, bushland to rivers, that sustain a large diversity of animal species.



MARINE & TERRESTRIAL ECOSYSTEMS



The **Serra de Sintra**, whose coastline is of great ecological and cultural interest, is remarkably diverse. From walking trails and roads to palaces and castles full of history, not to mention a huge range of marine activities, this is a genuine oasis for those who truly enjoy Mother Nature.

Sintra and its surrounding area is a World Heritage Site. Monserrate Palace and Park, one of the richest botanical gardens in Portugal and one of the most beautiful examples of Romantic-era landscaping, deserve visitors' full appreciation.

A little further along the coast is Cascais with its dune system and one of the most iconic beaches for those who enjoy sailing (or just love wild beaches) : **Guincho**.

Parque Natural da

Serra da Arrábida

Much further south, the pursuit of nature continues. Between the blue of the sea and the green of the hills, the Parque Natural da Serra da Arrábida (Serra da Arrábida Nature Park) is an excellent place to test your physical limits.

Like a green wall rising vertically beside the Atlantic, the Serra da Arrábida conceals small bays of white sand and, although at the edge of the ocean, the sea here has almost no waves.





Far from the hills and closer to the sea stands **Portinho da Arrábida**. This is a good diving spot, with its unique fauna and flora. For those who have a thing for acquiring new knowledge, the Oceanographic Museum, housed in the Fort of Santa Maria da Arrábida, promises to provide the answers to lots of questions linked to the issues of the sea and the hills.

Enjoyment of some of the most beautiful beaches in the country (and Europe) continues with the Galápos, Galapinhos and the hidden Praia dos Coelhos and Praia da Figueirinha, one of the most popular.

Reserva

Do Tejo

In front of the eastern end of Lisbon stands the **Reserva Natural do Estuário do Tejo** (Tagus Estuary Nature Reserve), better known as the “Mar da Palha” (Straw Sea). These are the largest wetlands in the country and among the tenth most important in Europe. Their status was awarded to protect the migratory seabirds that nest here. During migrating season, the estuary

is home to more than 120,000 birds. The Reserve extends to Vila Franca de Xira, covering an area of meadowland where bulls and horses are reared. Other traditional activities, today in decline, have left remains of their presence, such as the Salinas do Samouco (Samouco Salt Pans) and the Moinhos de Marés no Seixal (Seixal Tide Mills), currently being used as eco-museums.



Natural

Do Sado

South of the bridge across the Tagus, the main highlight is the Protected Landscape of the **Fossil Cliffs of Costa da Caparica** (PPAFCC), which extends along the coastline from the town of Costa da Caparica to Lagoa de Albufeira, within the boundaries of the municipalities of Almada and Sesimbra.



Further south, the **Reserva Natural do Estuário do Sado** (Sado Estuary Nature Reserve) suggests other attractions, such as dolphins and the over 250 species that are seen in this area. The Moinho de Maré da Mourisca (Mourisca Tide Mill) is one of the best places to do it.

Lisbon is a place whose interest goes beyond what a city has to offer. Beach or countryside, high mountains or plains, when the theme is the vast range of tourist attractions, Lisbon's sky (and its outskirts) really is the limit.

Terrestrial Trail



Real adventurers will love this. There is a lot of new ground to break when it comes to visiting the land. And when we say the land, we also mean mountains, hills, bush and plain. And we also mean animals that still roam free and the plants that survive the planet's rampant modernisation. Fortunately, as Spanish people say, "que las hay, las hay".

M

afra, or to be more precise Tapada Nacional de Mafra (Mafra National Park) (TNM), offers an unexpected range of habitats, from woods to pasture land, bushland to rivers, that sustain a large diversity of animal species. To this specific diversity can be added the high conservation value of, for example, the Bonelli's eagle (*Hieraetus fasciatus*) and the Eurasian eagle-owl (*Bubo bubo*).

Mafra to the **Serra de Sintra** is just a short trip. These magical and enchanting hills, whose coastline is of great ecological and cultural interest, are remarkably diverse. From walking trails and roads to palaces and castles full of history, the Serra de Sintra is a genuine oasis for those who truly enjoy Mother Nature.



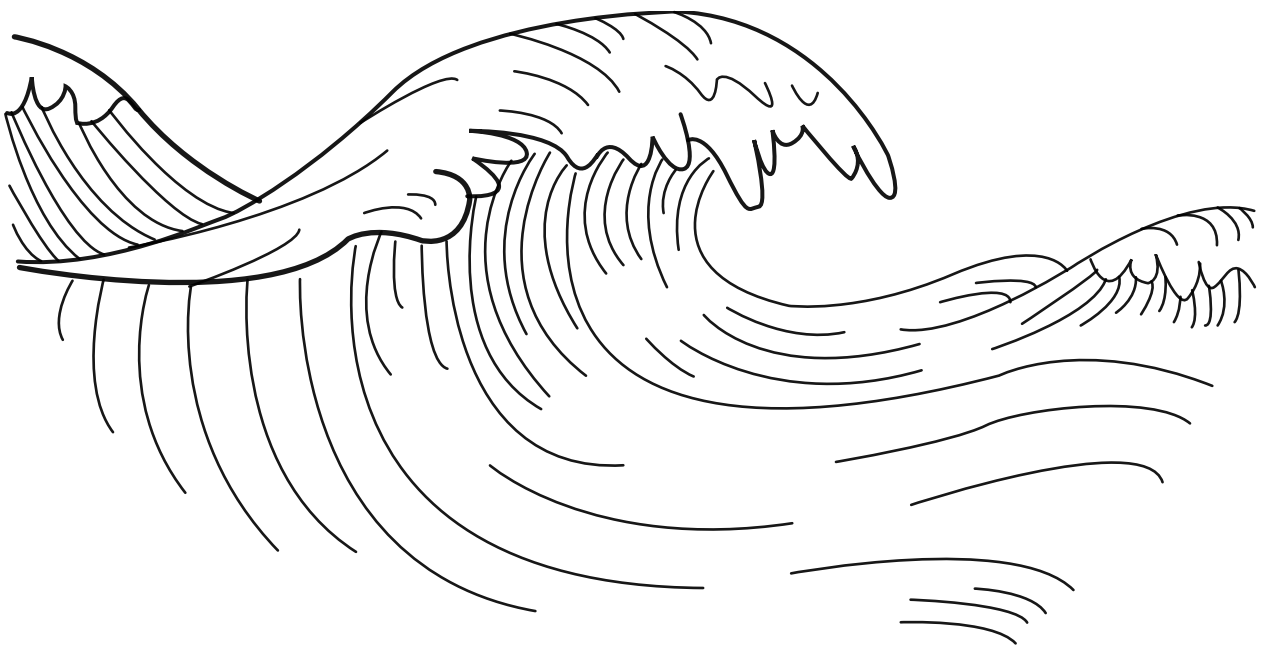
Visitors can explore a variety of trees, bushes, flowers and even the nicest creatures. Sintra, and the whole surrounding area, is a World Heritage Site. **Monserrate Palace and Park**, one of the richest gardens in Portugal and one of the most beautiful examples of Romantic-era landscaping in Portugal, are worth every minute of appreciation.

Maritime Trail

Far from the hills and closer to the sea stands **Portinho da Arrábida**. This is a good diving spot, with its unique fauna and flora. For those who have a thing for acquiring new knowledge, the Oceanographic Museum, housed in the Fort of Santa Maria da Arrábida, promises to provide the answers to lots of questions linked to the issues of the sea and the hills.

Enjoyment of some of the most beautiful beaches in the country (and Europe, as already acclaimed) continues with the **Galápos, Galapinhos** and the hidden Praia dos Coelhos and Praia da Figueirinha.

In front of the eastern end of Lisbon stands the stunning **Reserva Natural do Estuário do Tejo** (Tagus Estuary Nature Reserve), whose vastness has granted it the name the “Mar da Palha” (Straw Sea). These are the largest wetlands in the country and among the tenth most important in Europe. Their status was awarded to protect the migratory seabirds that nest here. During migrating season, the estuary is home to more than 120,000 birds, most notably the pied avocet, accounting for over 20% of Western Europe's entire population.



The beauty continues south of the bridge across the Tagus. The main highlight is the Protected Landscape of the **Fossil Cliffs of Costa da Caparica** (PPAFCC), which extends along the coastline from the town of Costa da Caparica – where the choice is hard given the diverse range – to Lagoa de Albufeira.

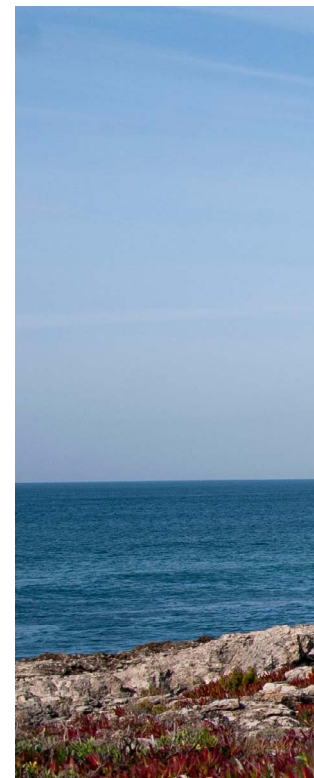
Even further south, one comes to the stunning Estuário do Sado (Sado Estuary). This nature reserve has other attractions, such as dolphins, which accompany the boat tours, and the over 250 species that can be seen in this area. The **Moinho de Maré da Mourisca** (Mourisca Tide Mill) is one of the best places to do it.

« *Diving is believing* »

From the wild waves of Sintra to the paradise that is Arrábida, Lisbon suggests beaches and marine areas that suit the most demanding lovers of water.



Point of interest



Praia do Guincho







Margot Durand

Graphic Design

Escola Superior de Comunicação Social