

ACTIVITIES FOR NON-GOLFERS

Not a golf lover? Don't worry, there are plenty of non-golfer activities here to keep you occupied. The Pestana Sintra Hotel is an ideal base from which to discover the numerous attractions that can be found in this historic and fascinating region of western Portugal. You will also find a range of activities in the Hotel and its surrounds. Here are a few suggestions:

A DAY AT THE SPA



Spend a day at the Hotel Spa pampering yourself. Luxuriate in a variety of Spa experiences, from a full body massage to facial treatments, a Sauna, Jacuzzi and Turkish baths. Or simply relax by the indoor or outdoor pools. Extra charges may apply - upon your arrival please contact the Hotel reception for more information.

SPORTS AND FITNESS ACTIVITIES



For those who prefer to participate in sports and fitness activities away from the golf course, the Hotel boasts a Tennis Academy, including numerous clay and hard courts, a Riding School & Equestrian Centre and a fully equipped gymnasium. Upon your arrival please contact the Hotel reception for more information and prices.

VISIT HISTORIC SINTRA



Sintra has numerous historic castles and palaces – many of which are World Heritage sites - with some dating back to the time of the Moors. You can also visit the Sintra Mountains National Park which overlooks the Beloura golf course. Upon your arrival please contact the Hotel reception for more information and prices.

GOURMET FOOD & WINE TOURS



Enjoy the flavours of Portuguese cuisine on a gourmet food and wine group tour of Lisbon. Visit traditional eateries and taste some of the local delicacies as your guide gives you tips on how to appreciate Portuguese wine, pastries and food. Or, for real wine lovers, take a guided *private* tour around the Sintra area and taste some of the best wines on offer. Upon your arrival please contact the Hotel reception for more information and prices.

SHOPPING IN LISBON



Lisbon is a great place for shopping. Avenida da Liberdade (pictured left) and Rua Castilho are well known for their fashion houses. Take a stroll around Chiado which boasts some of the best cafes in the city, or visit El Corte Ingles, Lisbon's premier department store. Upon your arrival please contact the Hotel reception for more information and prices.

VISIT HISTORIC LISBON



Lisbon has many historic landmarks, such as the Jeronimos Monastery (pictured left), Belem Tower and the Monument to the Discoveries. There are numerous organised walks and bus tours around the city. Upon your arrival please contact the Hotel reception for more information and prices.

RIVER CRUISES AND SEASIDE WALKS



A river cruise along the Tagus is a great way to see Lisbon. Alternatively, if you want some exercise and sea air, there are a number of stunning coastal walks around the Estoril and Cascais area. Upon your arrival please contact the Hotel reception for more information and prices.

PRIME LIST LISBOA



Prime List Lisboa offers the discerning visitor personalised and accompanied shopping trips, sightseeing tours and lifestyle programmes in the Lisbon area. For further information about the wide range of services on offer and prices please visit their website: www.primelistlisboa.com