

## Sintra-Cascais Natural Park

### The westernmost park in Europe

The Sintra-Cascais Natural Park extends over 14 000 hectares and is considered a "paradise". It is not far from the Lisbon and the Sintra region included in this park is now classified as a UNESCO World Heritage cultural landscape.

The most **western point of Europe** contains mysterious and enchanted places. Some say that it is the place "**where the land ends and the sea begins**". You can't miss the Serra Sintra, a region with lush vegetation and heritage. Formerly the region that welcomed the Portuguese nobility, your itinerary is bound to be dotted with castles, **luxurious palaces** and old buildings such as a convent or a chapel.

At **Cap de la Roca** the vertical cliffs plunging into the sea offer **brehtaking panoramas**. For the passionate you will find important geological formations like fossil dunes or lapiaz fields on your way.

The fauna is of course very present in the area, you will be able to see many **sea birds, birds of prey** but also with a little luck some discreet mammals like the fox, the mole or the badger.

The park is bordered by the coast and therefore by **many beaches**. The area is a great place to relax with your feet in the water, and is also ideal for surfing, windsurfing and bodyboarding.