

# Our favourite local highlights: Cascais



**Welcome to The Salty —  
Some pro tips for a peak flow.**



# Top 3 Salty Experiences



## 01. Hike — Mon & Thu

Experience one of our most-loved activities. A Guided Meditation Hike to the stunning beach pictured left. Breathe deep, take in the views, and reconnect with nature. Sign up at reception!

## 02. Sintra

No visit to Cascais is complete without a day trip to Sintra, a magical UNESCO World Heritage Site, only 30 minutes away! Quinta da Regaleira, Pena Palace & Monserrate Palace

## 03. Lisbon

Hop on the train from Monte Estoril and arrive in Lisbon in just 30 minutes. Here are a few must-see spots: Belém: Pastéis de Nata (Custard tart), Alfama, Bairro Alto & Chiado Praça do Comércio

# Food & Drinks Guide



## ALEGRIA VADIA

Just minutes from The Salty. Cosy local Portuguese cuisine in a warm, rustic setting.



## SOULDOUGH PIZZA

Wood fired pizzas & Negronis. Great garden and rooftop areas.



## BAIRRO AMARELO

A must-visit foodie hub in Cascais with the famous yellow streets and many vibrant restaurants..



## HOUSE OF WONDERS

Best vegetarian spot in Cascais with fresh, healthy dishes.



## HIFEN

Stylish spot with shared plates, Portuguese flavors & signature cocktails. Always busy so book ahead.



## AIRES ESTORIL

Just minutes away, Aires captures the true spirit of Argentina. Authentic experience filled with genuine passion and flavor.



## IZAKAYA

Lively Japanese spot serving sushi, yakitori & tempura with a modern twist. Great food, great vibes.

**Share your experience and tag!**

Join the online Salty community and #thesalty on Instagram or Facebook.