

Our favourite local highlights: Ericeira



**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.

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. Mafra

Mafra National Palace a UNESCO World Heritage Monument & home to one of the world's most stunning libraries. Get some: Pão com Chouriço, Queijadas de Mafra, Ginja de Óbidos and Bolas de Berlim.

Food & Drinks Guide



QUIOSQUE OURIÇO

Oceanfront spot perfect for sunset drinks & cocktails.



PEPE VERDE PIZZERIA

Serving authentic Italian pizzas with fresh ingredients. Dine in or take away for a true taste of Italy.



LAB

Where creativity meets cuisine. Expect bold flavors, seasonal ingredients, and a dining experience that's anything but ordinary.



RIBEIRA D'ILHAS

Stunning beachfront spot by Ericeira's famous surf break. Enjoy fresh seafood, burgers & salads.



MAR DELATAS

Beachfront spot in Ericeira serving fresh, flavorful Portuguese seafood, tapas & local wines.



CUCINA 37

Cozy Italian spot serving wood-fired pizza, fresh pasta & antipasta with authentic flavors.



LA POPULAR

Brings the warmth of Spanish cuisine to Ericeira with flavourful tapas and a vibrant, laid-back vibe perfect for sharing.

Share your experience and tag!

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