

A COUPLE'S GUIDE TO SINTRA'S MOST ROMANTIC SPOTS

The World Heritage-listed town is one of Europe's most charming places to fall in love again



23rd December 2015 – Those looking for a romantic getaway to celebrate Valentine's Day should consider beautiful Sintra, located just 18 miles away from the Portuguese capital, Lisbon. From a leisurely stroll through the centuries-old World Heritage-listed buildings to a dreamy horse-drawn carriage ride shrouded in mist, the serene hilltop town has all the ingredients for couples to make the most of their first romantic escape in 2016.

Top romantic activities and places in Sintra:

- **Explore the UNESCO World Heritage town:** Packed with fairytale castles, palaces and gardens, a stroll through Sintra's cobblestone streets takes couples to must-see places including the spectacular Sintra National Palace and the atmospheric Jewish quarter. Complete the walk with a 'queijada' and a 'travesseiro' (traditional sweets).
- **Fall in love again in the stunning Pena National Palace:** The former residence of Portuguese royalty and UNESCO World Heritage Site is one of the world's best examples of 19th century Romanticism, reflected in its multi-coloured exteriors and fairytale-like interiors, without forgetting the jaw-dropping views of the surrounding area.
- **Step back in time with a romantic ride in a horse-drawn carriage:** Pena Park offers couples the chance to enjoy a leisurely ride from the Lakes Valley to the Chalet of the Countess of Edla. The mist which the park is often shrouded in will add to the charm of the 20-minute journey.
- **Traverse the magical park of Quinta da Regaleira:** This 20th century building, former residence of the Viscountess of Regaleira, is one of Sintra's most surprising monuments. Its four-hectare park, with its mysterious tunnels, labyrinths, grottoes and 'initiation wells', makes it an ideal playground for intrepid couples.



- **Discover romanticism and mystery at ‘Sintra Myths and Legends’:** Romanticism and secrecy go hand in hand at the region’s newest interactive attraction. ‘Sintra Myths and Legends’ takes couples on a journey through time and space to unveil Sintra’s glorious past – including the town’s hidden secrets.
- **Stay the night:** After visiting Sintra’s magnificent palaces, why not continue soaking up the atmosphere by spending the night in a charming hotel? From hostels and traditional guesthouses to five-star properties and palaces, most of them located within walking distance to the city centre, Sintra’s accommodation options cater for all types of couples and budgets.

Visitors can easily get to Sintra by train in 45 minutes, taking the [Sintra line](#) from Rossio (city centre) or Oriente (Parque das Nações).

Direct flights to Lisbon operate from London, Manchester, Liverpool, Edinburgh and Bristol with TAP Portugal, BA, easyJet and Ryanair.

Please visit www.visitlisboa.com for more information.

-ENDS-

For media information and images, please contact:

Tom Panagos: 0845 498 9980 or tom@humewhitehead.co.uk

Enrique Martin: 0845 498 9984 or enrique@humewhitehead.co.uk

About Lisbon

Portugal’s national capital, Lisbon, boasts one of the longest histories, warmest climates and bustling nightlife of any major European city alongside its dramatic location sprawled along seven hills overlooking the river Tagus and the country’s west coast. Famed for its year-round sunshine and beauty, Lisbon’s grand architecture dazzles and its old-world charm mingles with chic streets, galleries, lively nightlife and a centre which gives way to sandy beaches just minutes away. It is also one of the most affordable capitals in Europe, perfect for a captivating city break or short haul escape.

www.visitlisboa.com

About Turismo de Lisboa

Turismo de Lisboa is a non-profit organisation established through an alliance of public and private bodies operating in the tourist sector. It now has 713 associated members. Since its inception in 1998, the main objective of this association is to improve and increase the promotion of Lisbon as a tourist destination and therefore enhance the quality and competitiveness of the city.