

Plan your Kanban Leadership Retreat in Cascais!

May 6-9, 2023

During the extended mid-day break on Tuesday
and Wednesday between 12:30pm-6:00pm you
will have the time to discover

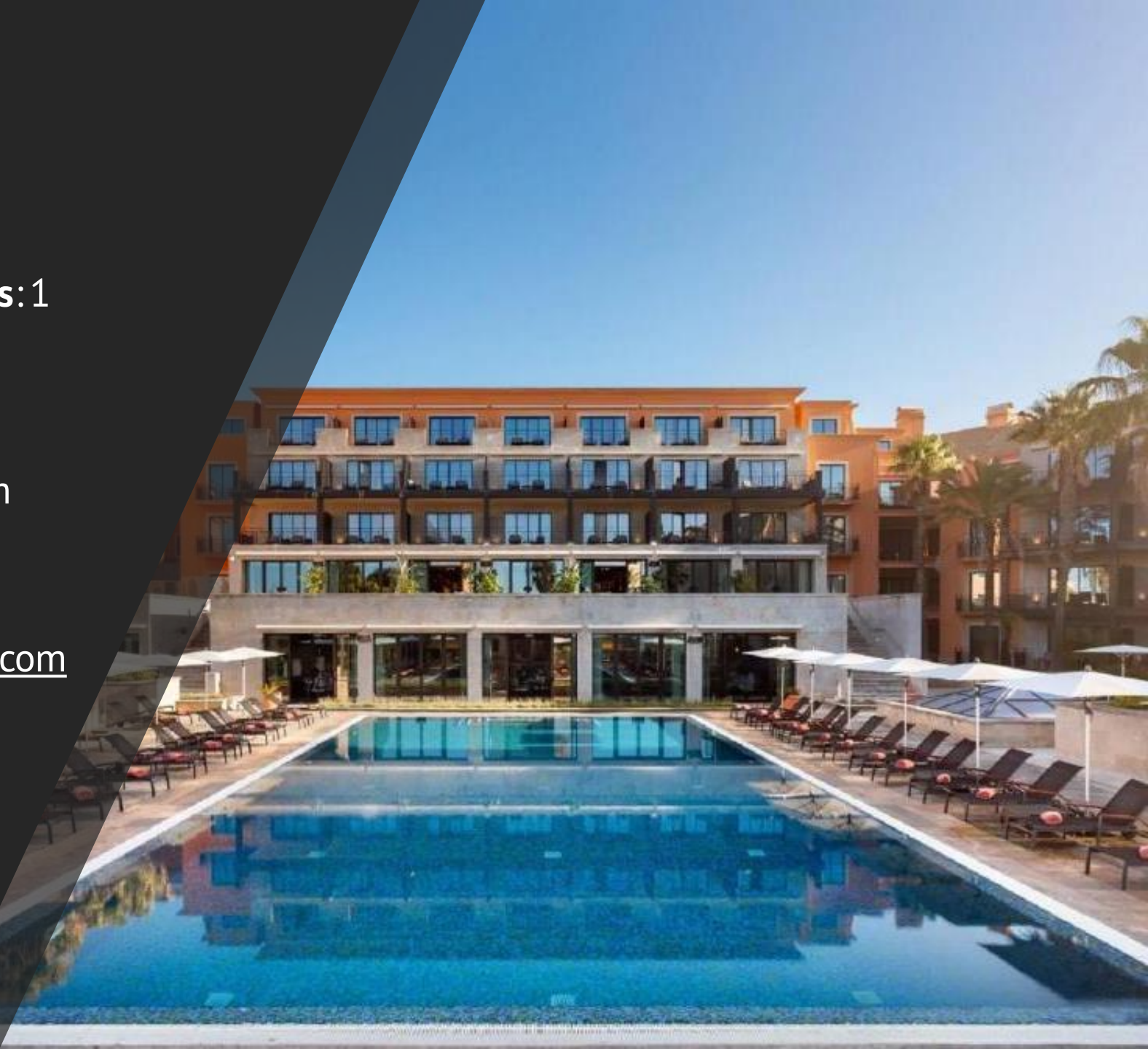


Cascais 2024



Activities: at the hotel

- Enjoy the **outdoor swimming pools**: 1 for adults (with seawater) + 1 for children
- **Real spa therapy**: the hotel is equipped with a gym, sauna, steam room and massage rooms. With thalassotherapy pool. Advance reservation is required, please contact spagrvi@realhotelsgroup.com
- Taste the **Mediterranean gastronomy** in the different restaurants and bars



Explore the Beauty of Cascais

8-minute walk to the Cascais Marina, and 15-minute walk to the Cascais center, from The Grande Real Villa Itália.

- **Historical Gems:** Walk around 19th-century villas and admire the charming harbor that once witnessed bustling maritime activities and is now a serene spot for travelers.
- **Cultural Richness:** Sate your cultural appetite with fascinating museums.
- **Beach Bliss:** Sunbathe, swim, or simply relax on the glorious beaches.
- **Adventurous Outings:** Feeling active? Rent a bike to explore the scenic coastal paths. For those who love the sea, sailing might be your call!



Discover Sintra's Magic

25 minutes by car from The Grande Real Villa Itália.

- **Visit Pena Palace:** Explore the colorful and whimsical Pena Palace, a UNESCO World Heritage site.
- **Explore Quinta da Regaleira:** Wander through the mystical gardens and underground tunnels of Quinta da Regaleira.
- **Discover Moorish Castle:** Hike up to the Moorish Castle, a medieval fortress perched on a hilltop overlooking Sintra.
- Wander through **Sintra's Historic Center.**
- Visit the **National Palace of Sintra:** Step back in time at the National Palace of Sintra, a historic royal residence dating back to the Middle Ages.
- Enjoy Nature in the **Sintra-Cascais Natural Park:** Take a hike or scenic drive through this protected area of rugged coastline, lush forests, and dramatic cliffs.
- Visit **Monserate Palace:** Explore the exotic gardens and architectural marvels of Monserate Palace.



Enjoy Portugal's Coastal Charms

25 minutes – 1 hour by car from The Grande Real Villa Itália.

- **Ericeira:** This charming fishing village offers a peaceful escape with beautiful beaches perfect for relaxation.
- **Carcavelos:** Renowned for its golden sands and lively atmosphere, Carcavelos Beach is ideal for soaking up the sun and enjoying water activities.
- **Cabo da Roca:** As the westernmost point of mainland Europe, Cabo da Roca offers breathtaking coastal views and historical significance.



Wine Tasting Escapade

The closest wineries to visit are 30 minutes by car from The Grande Real Villa Itália.

- **Adega Viúva Gomes**: Situated in Aldeia de Juzo, Adega Viúva Gomes is known for its historic wine cellar and production of Carcavelos wine, a traditional fortified wine from the Lisbon region. They offer guided tours and tastings by appointment.
- **Adega Regional de Colares**: While not a traditional winery visit, Adega Regional de Colares is a cooperative located in Colares. Here, you can taste wines from the Colares region, known for its unique sandy soils and distinctive grape varieties.



Where to Eat?

Cascais offers a variety of dining options catering to different tastes and budgets. Here are five recommendations:

- **Mar do Inferno**: Fresh seafood dishes with ocean views.
- **Taberna da Praça**: Authentic Portuguese cuisine in a cozy setting.
- **House of Wonders**: Diverse vegetarian and vegan menu in a charming courtyard.
- **Páteo do Petisco**: Relaxed atmosphere offering tasty tapas (petiscos) at affordable prices.
- Explore the **Cascais Marina Area**, A bustling waterfront district in Cascais, offering a variety of dining options.



Visit Lively Lisbon

30 minutes by car from The Grande Real Villa Itália.

- Belém Tower: Explore the majestic fortress guarding Lisbon's maritime legacy.
- Jerónimos Monastery: Discover the exquisite UNESCO site, a masterpiece of intricate design.
- Alfama District: Immerse yourself in Lisbon's ancient heart, a labyrinth of alleys alive with Fado melodies.
- Chiado District: Wander through elegant streets adorned with historic cafes, beckoning for leisurely strolls.

**If you are opting for public transportation, the Lisboa Card can be a valuable resource, offering free access to public transport and discounts on various attractions – more information [here](#). This site also gives good information about places to visit.*

