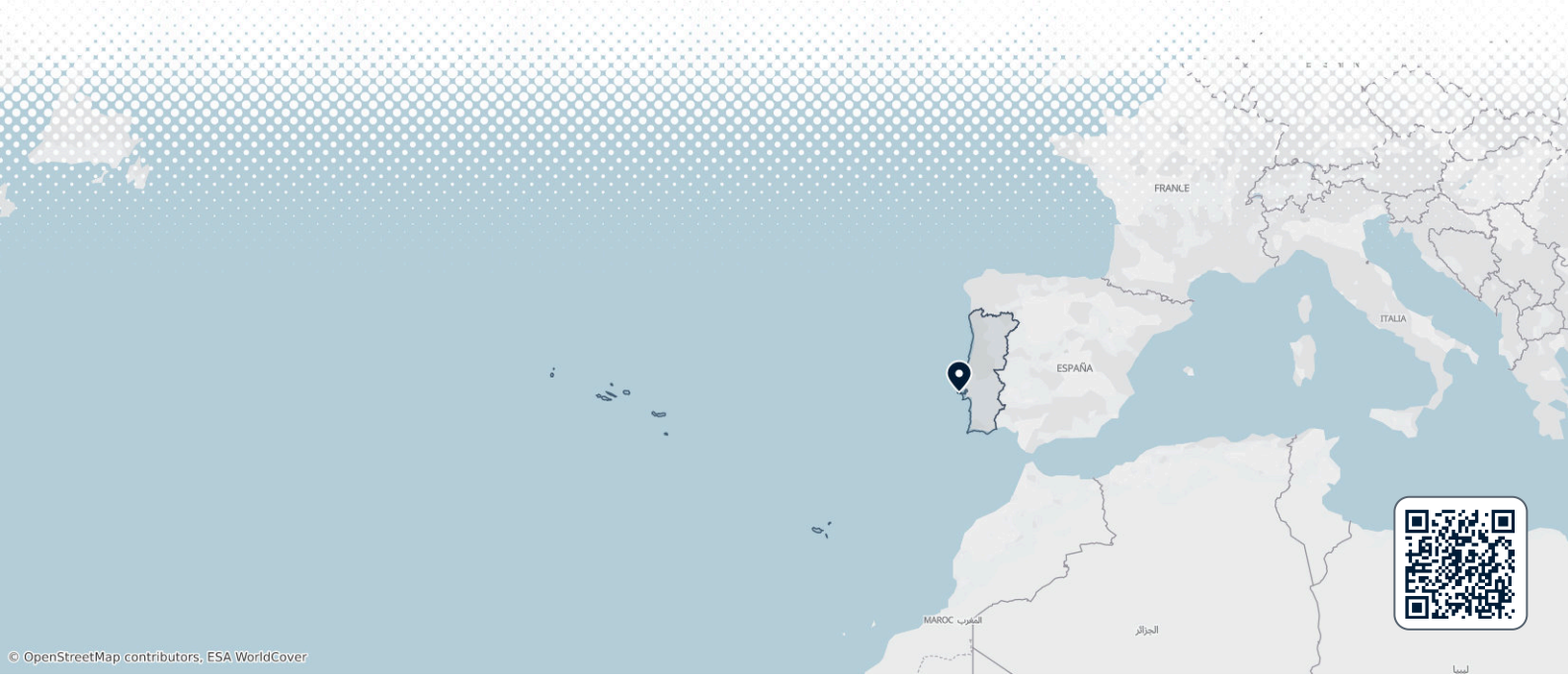


Cascais

Portugal

TRAVEL GUIDE

Tripomatic



© OpenStreetMap contributors, ESA WorldCover

Overview

Cascais is a former fishing town on the Atlantic coast, about 30 km west of Lisbon. In the 19th century it became a royal summer resort, and the nearby Estoril coast grew into a resort area in the 20th century. Today it mixes an old town, small bay beaches, forts and museums with wild Atlantic coast just outside town.

It suits a relaxed beach-and-sights trip of two or three days. You can also stay here and visit Lisbon and Sintra by train or bus. The Atlantic is cool and often rough, so the area is as good for walking, cycling and surfing as for swimming.

When to visit

Summer is warm, dry and breezy, and it is the busiest time at the beaches. Spring and early autumn are mild and quieter. Winter is mild but wet, with rough seas.

The biggest annual event is **Festas do Mar**, the town's sea festival with free concerts at the bay in late summer. Book a room early for that period.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Fair Fair for sightseeing	15° / 17° Feels like 11°	11° / 7°	Dry air
February	Good Good for sightseeing	15° / 18° Feels like 11°	11° / 7°	Dry air
March	Good Good for sightseeing	17° / 21° Feels like 13°	12° / 9°	Dry air
April	Good Good for sightseeing	18° / 22° Feels like 14°	13° / 10°	Dry air
May	Great Great for sightseeing	20° / 25°	15° / 12°	☀ 21 sunny days · Dry air
June	Great Great for sightseeing	22° / 27°	17° / 15°	☀ 20 sunny days · UV 8 (Very high)
July	Great Great for sightseeing	24° / 28°	18° / 16°	☀ 24 sunny days · Humid air · UV 9 (Very high)
August	Great Great for sightseeing	25° / 29°	19° / 17°	☀ 24 sunny days · Humid air · UV 8 (Very high)
September	Great Great for sightseeing	23° / 28°	18° / 16°	☀ 20 sunny days · Humid air
October	Great Great for sightseeing	21° / 26°	17° / 14°	
November	Good Good for sightseeing	17° / 21°	14° / 10°	Dry air
December	Fair Fair for sightseeing	15° / 18° Feels like 12°	12° / 8°	Dry air

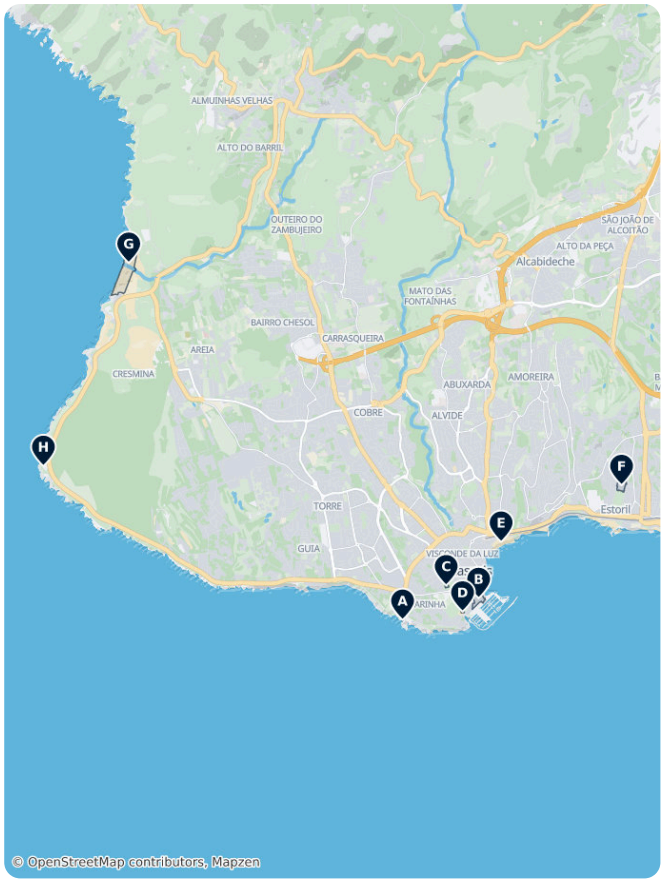
Best months: May, June, July, August, September, October

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights

Most sights are close together in the old town. The wild coast is a short bus or bike ride away.

- A Boca do Inferno is a deep sea cave and chasm in the cliffs, a short walk west of the centre. It is best on a day with big waves.
- B Fortaleza de Nossa Senhora da Luz is the fortress at the heart of the Citadel. Its tower dates from the 15th century and bastions were added later.
- C Casa das Histórias - Paula Rego is a museum of the painter *Paula Rego*. The red building was designed by *Eduardo Souto de Moura* and opened in 2009.
- D Museu Condes Castro Guimarães is an eclectic seaside palace turned into a museum in 1931. It holds paintings, furniture and porcelain, and it has a tower with views.
- E Praia da Conceição is the sheltered beach in the middle of town, at the start of the seafront promenade to Estoril.
- F Casino Estoril in Estoril opened in 1931. It is one of the largest casinos in Europe.
- G Praia do Guincho is a wide, windy Atlantic beach west of town. It is a famous spot for windsurfing, kitesurfing and surfing.
- H Farol do Cabo Raso stands on the cliffs near Guincho and has worked since 1894. It is a quiet stop on the wild coast.



Cascais – Plan Your Trip

Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.

3M+ downloads · 4.6 stars · 15 years of trip planning

App Store · Google Play

Scan to download the app

What to experience

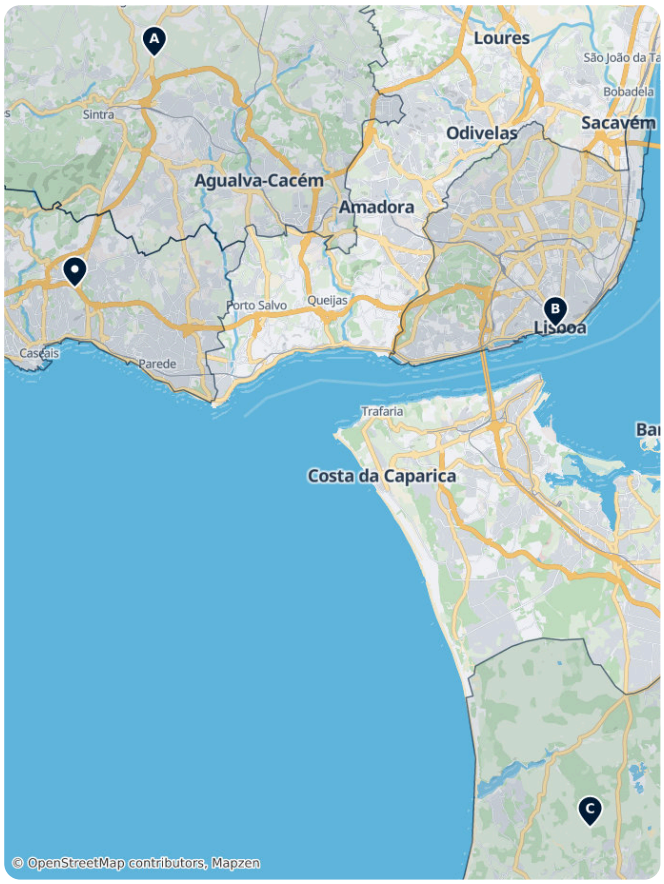
Things to do here that you cannot do in most cities:

- **Walk the Paredão**: This seafront promenade runs about 3 km from Conceição beach to Estoril. Go late in the day.
- **Cycle to Guincho**: Rent a bike and follow the coast path past Boca do Inferno. Allow half a day with stops. Heat is the main challenge in summer.
- **Watch the wind sports**: In summer, strong winds fill the sky with sails and kites over Praia do Guincho. Winter swells bring surfers.
- **Look into rock pools**: At low tide, the rocky shore at Praia das Avencas shows small sea life. It is a marine protected area, so look but do not collect anything.
- **Take a boat trip**: Short boat trips leave Cascais Marina along the coast.

Day trips

Cascais is a good base for day trips. Everything below is a day out and back.

- **Cabo da Roca**: about 35 minutes by regional bus. This is the westernmost point of mainland Europe, with high cliffs and a lighthouse. It is very windy, and sunset is the popular time.
- A Sintra: about 40 to 60 minutes by bus, depending on the stop. Its palaces and forest are the area's main day trip. Start early.
- B Lisbon: about 40 minutes by train from Cais do Sodré, every 15 to 20 minutes. Belém is on the same train line.
- C Sesimbra: about 1 hour by car, across the Tagus. It is a fishing town with beaches below the Arrábida hills. Public transport is slow, so a car or a tour makes more sense.



Where to explore

Nearby places for a day out:

- **Along the coast**: Sintra has the palaces and forest in the hills behind Cascais.
- **Heading east**: Lisbon is the capital and the end of the Cascais train line.
- **South of the Tagus**: Sesimbra is a fishing town and beach base near the Arrábida hills.

Getting there

- **By air**: Lisbon Humberto Delgado Airport is the gateway, about 30 km away. A taxi or ride-hailing car takes about 30 to 40 minutes outside rush hour and is the easiest choice with luggage. By public transport, take the metro to Cais do Sodré (red line to Alameda, then green line), then the Cascais train. Allow about 1 hour 15 minutes.
- **By train**: The Cascais line runs from Cais do Sodré station in Lisbon. The trip takes about 40 minutes, with trains every 15 to 20 minutes. This is the best way to arrive.
- **By bus**: Regional buses link Cascais with Sintra and Cabo da Roca. Check lines and times at Carris Metropolitana.
- **By car**: Cascais is about 30 km from central Lisbon on the coast motorway. Summer weekend traffic can be heavy, so the train is usually faster.

Getting around

- **Train**: The Cascais line links Cascais with Estoril and the other coastal stations. Buy a ticket at the station ticket office or machine before you board, or load credit on a reusable Navegante card (0.50 €). Validate it before boarding. See CP Comboios de Portugal for times.
- **Local buses**: MobiCascais municipal buses cover the town and the nearby coast, and regional buses go to Sintra and Cabo da Roca. Services to Guincho are limited, so check times first. See MobiCascais for lines and tickets.
- **Taxi**: Taxis are easy to find in town. They are a simple option for Guincho and for evenings.
- **On foot and by bike**: The old town is flat and compact. A seafront promenade of about 3 km links Conceição beach to Estoril. A cycle path follows the coast road from Cascais past Boca do Inferno to Guincho, about 8 km. Bikes can be rented in town.

Getting around on foot & by bike

WALKABILITY

High

The old town and the seafront promenade to Estoril are flat and compact. Guincho and the wild coast are too far to walk.

CYCLING INFRASTRUCTURE

Moderate

A cycle path runs along the coast road to Guincho. Heat and wind can be tiring in summer.

Driving

- **Is a car worth it?**: Not for Cascais and Estoril, which are easy on foot and by train. A car helps for Guincho, Cabo da Roca and the Arrábida coast.
- **Parking**: Street parking in the centre is paid. Municipal car parks include the one at the train station and Parque Marechal Carmona. Prices are shown at the entrance. The MobiCascais app shows free spaces.
- **Restrictions**: Beach roads and the coast road fill up on summer weekends. Arrive early or use the train and a bus.

Food & drink

Seafood is the main reason to eat here. Look for grilled fresh fish, shellfish and seafood rice, which suit a coast that was a fishing town.

Restaurants cluster in the old town streets and around the fishing harbour and the bay. The town market, Mercado da Vila, is the place for fresh fish and produce.

What to eat & drink

LUNCH

Caldo Verde
A simple, comforting soup of shredded kale, potato, and slices of chourico sausage.

Francesinha
A hearty Porto specialty: a meat-stuffed sandwich covered in melted cheese and a spiced tomato-beer sauce.

DINNER

Bacalhau
Salt cod, Portugal's national dish, said to be prepared in hundreds of different ways across the country.

Sardinhas Assadas
Charcoal-grilled sardines, especially popular in summer street festivals and along the coast.

Arroz de Marisco
A rich, soupy seafood rice, similar to paella but wetter, packed with shellfish.

SWEETS & DESSERTS

Pastel de Nata
A small custard tart in flaky pastry, best eaten warm with cinnamon and sugar.

DRINKS

Vinho Verde
A young, light, slightly sparkling white wine from northern Portugal, meant to be drunk within a year of harvest.

Port Wine · Vinho do Porto
A fortified wine from the Douro Valley, aged in cellars around Porto, ranging from sweet ruby to complex aged tawny styles.

Ginjinha · Ginãa
A sweet liqueur made from sour cherries, traditionally served in a small cup, sometimes with a cherry at the bottom.

Cascais – Plan Your Trip
Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.
3M+ downloads · 4.6 stars · 15 years of trip planning
App Store · Google Play
Scan to download the app

Safety & health

Cascais is safe for visitors. Pickpocketing happens on the Lisbon train and in crowded places in summer, so keep bags closed. Do not leave valuables in a parked car at beaches and viewpoints.

The Atlantic is the bigger risk. Guincho has strong waves, wind and currents, and it is not a good place for swimming. Swim at the sheltered town beaches when lifeguards are on duty in the summer season. At Boca do Inferno, stay behind the barriers, because big waves can be dangerous. The sun is strong from late spring to early autumn.

History

Cascais became a separate town in 1364, when King *Pedro I* separated it from Sintra. After 1640, the town built the Citadel to defend the coast. The older fortress Fortaleza de Nossa Senhora da Luz lies inside it.

In 1870, King *Luís I* chose Cascais for his summer stay and made the governor's residence a royal palace. The court followed, and the town became known as the "Court Town". Noble families built seaside houses such as Museu Condes Castro Guimarães.

The Estoril coast had its golden age from the 1930s to the 1950s. During the Second World War, Portugal stayed neutral, and refugees, exiled royals and spies came to Estoril. Casino Estoril was part of that world.

Country facts

Quick practical facts for Portugal at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY



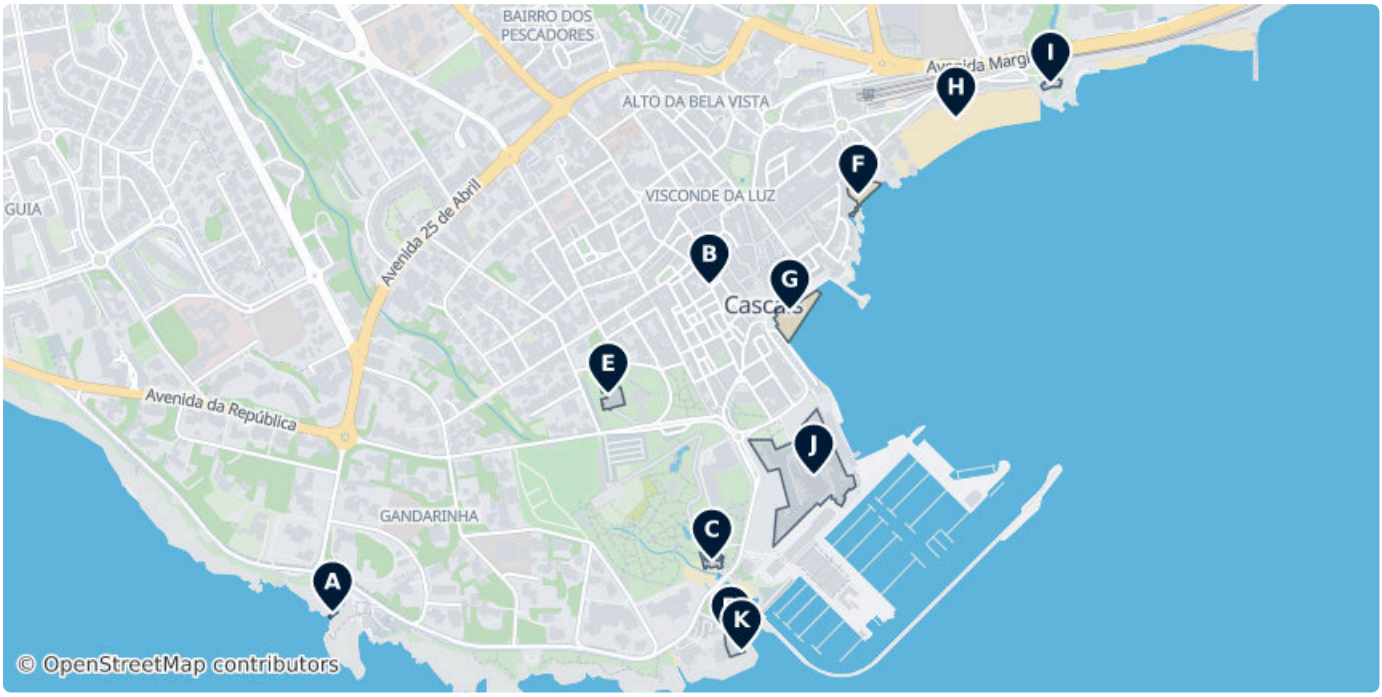
Type C / Type F
230 V · 50 Hz

LANGUAGES
Portuguese

TAP WATER
Safe to drink

Cascais Must-Sees

Cascais combines maritime history with 19th-century aristocratic architecture. This coastal town features the Boca do Inferno chasm, the 15th-century Fortaleza de Nossa Senhora da Luz, and the iconic blue-and-white tiled Santa Marta Lighthouse. Cultural highlights include the Eduardo Souto de Moura-designed Casa das Histórias and the eclectic Museu Condes Castro Guimarães. Sandy beaches like Praia da Rainha and Praia da Conceição line the shore, while the historic town center preserves its origins as a traditional fishing village and royal summer retreat.





A Boca do Inferno

Boca do Inferno is a chasm located in the seaside cliffs close to the Portuguese city of Cascais, in the District of Lisbon.

506 Avenida Rei Humberto II de Itália, Cascais 2750800, Portugal (38.69110, -9.43086)



B Town of Cascais

Town of Cascais is a famous tourist destination for Portuguese and tourists alike.

52 Rua dos Navegantes, Cascais 2750444, Portugal (38.69728, -9.42176)

visitcascais.com



C Condes de Castro Guimarães Palace

Housed in the 19th-century revivalist Torre de São Sebastião, this museum features Gothic and Manueline architecture. The collection includes Indo-Portuguese furniture, ceramics, and a library containing a rare 16th-century manuscript.

2 Avenida Rei Humberto II de Itália, Cascais 2750800, Portugal (38.69209, -9.42169)

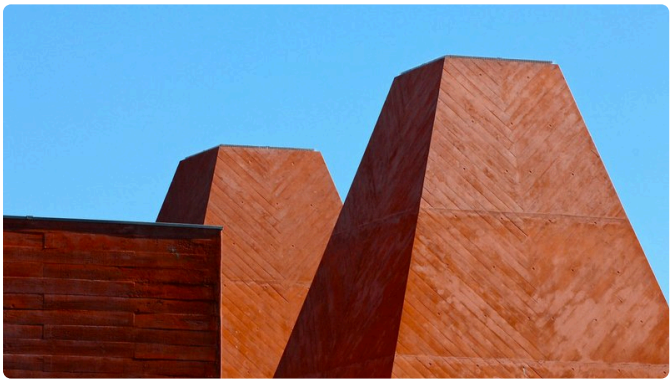
Mo	Closed
Tu–Su	10:00–13:00, 14:00–18:00



D Farol Museu de Santa Marta

Located within a 19th-century lighthouse, this museum documents the history of Portuguese coastal signaling and the daily lives of lighthouse keepers through exhibits of optical equipment and historical documents.

Rua do Farol de Santa Marta, Cascais 2750800, Portugal (38.69064, -9.42124)



E Casa das Histórias Paula Rego

The Casa das Histórias Paula Rego is a museum in Cascais, Lisbon District, on the Portuguese Riviera, designed by the architect Eduardo...

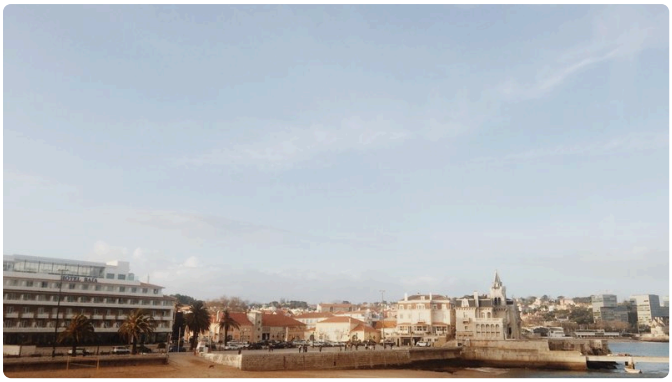
2A Rua Guilherme Gomes Fernandes, Cascais 2750373, Portugal (38.69522, -9.42420)



F Rainha Beach

Although this beach is quite small, its easy accessibility makes it a favourite place of locals and tourists.

151 Rua da Saudade, Cascais 2750482, Portugal (38.69897, -9.41816)



G Praia da Ribeira

Also known as Fish Beach, this central sandy cove is traditionally used by local fishermen to dock their boats. It is located directly in front of the Praça 5 de Outubro and the Town Hall.

48 Avenida Dom Carlos I, Cascais 2750310, Portugal (38.69680, -9.41982)



H Conceição Beach

A sandy beach with shallow entrance to the water - suitable for families. However, be aware of the cold water!

8 Rua Frederico Arouca, Cascais 2750, Portugal (38.70042, -9.41580)



I Palácio Palmela

A 19th-century Neogothic palace built for the Dukes of Palmela. The coastal estate features distinctive red-tiled roofs and pointed arches, serving as a prominent example of the summer architecture of the Portuguese nobility.

31 Alameda Duquesa de Palmela, Cascais 2750335, Portugal (38.70108, -9.41352)



J Forte de Nossa Senhora da Luz de Cascais

Part of the 15th-century Citadel complex, this fortification was built to defend the Tagus estuary. It showcases military architecture with thick stone bastions and currently houses a luxury hotel and cultural arts district.

(Unnamed Road), Cascais 2750, Portugal (38.69369, -9.41924)



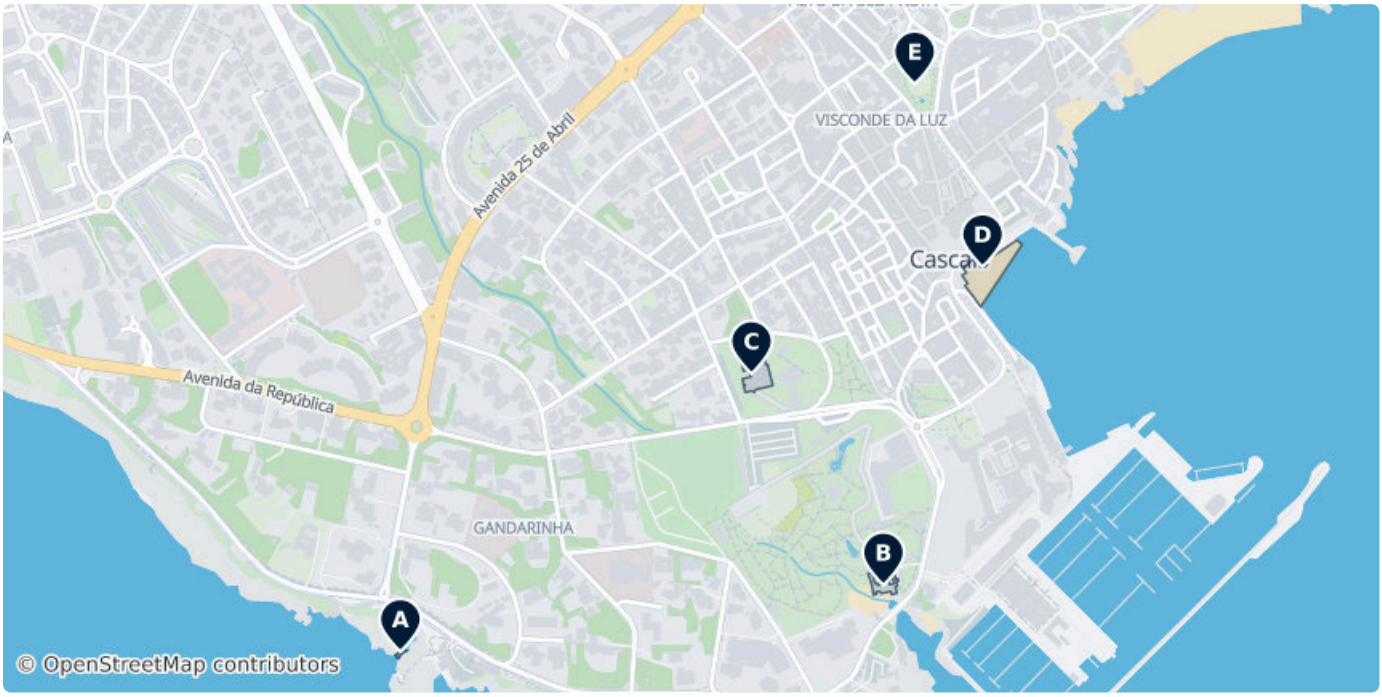
Santa Marta Lighthouse

The Santa Marta Lighthouse is situated to the south of the centre of Cascais, Lisbon District, Portugal, on the estuary of the River Tagus,...

Cascais 2750, Portugal (38.69038, -9.42098)

Cascais Hidden Gems

Explore the lesser-known corners of Cascais, starting with the dramatic sea chasm of Boca do Inferno. Visit the Museu Condes Castro Guimarães, an eclectic revivalist palace housing a vast private library and art collection. Discover contemporary Portuguese art at the architecturally striking Casa das Histórias Paula Rego. Relax at Praia da Ribeira, a central beach where traditional fishing boats still dock, or find shade in the Jardim Visconde da Luz, a classic 19th-century garden featuring a traditional bandstand.





A Boca do Inferno

Boca do Inferno is a chasm located in the seaside cliffs close to the Portuguese city of Cascais, in the District of Lisbon.

506 Avenida Rei Humberto II de Itália, Cascais 2750800, Portugal (38.69110, -9.43086)

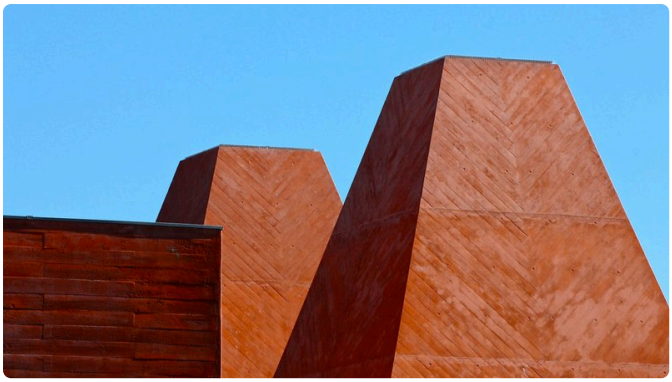


B Condes de Castro Guimarães Palace

Revivalist palace featuring Gothic and Manueline architecture. It houses an extensive private library with a 16th-century manuscript, pre-historic archaeological finds, and 19th-century Portuguese paintings.

2 Avenida Rei Humberto II de Itália, Cascais 2750800, Portugal (38.69209, -9.42169)

Mo	Closed
Tu–Su	10:00–13:00, 14:00–18:00



C Casa das Histórias Paula Rego

The Casa das Histórias Paula Rego is a museum in Cascais, Lisbon District, on the Portuguese Riviera, designed by the architect Eduardo...

2A Rua Guilherme Gomes Fernandes, Cascais 2750373, Portugal (38.69522, -9.42420)



D Praia da Ribeira

Also known as Fishermen's Beach, this central sandy cove serves as a harbor for small traditional fishing boats and hosts the annual Blessing of the Boats ceremony.

48 Avenida Dom Carlos I, Cascais 2750310, Portugal (38.69680, -9.41982)

E Jardim Visconde da Luz

Centrally located 19th-century garden featuring a traditional bandstand, century-old trees, and stone benches. It frequently hosts local handicraft markets and community events.

218 Alameda dos Combatentes da Grande Guerra, Cascais 2750326, Portugal (38.69950, -9.42110)

Cascais Beaches

Cascais features a series of diverse coastal spots connected by the Paredão seaside promenade. Praia da Rainha is a small cove once used by Queen Amélia, while Praia da Ribeira remains a working harbor for the local fishing fleet in the town center. Praia da Conceição offers a wider sandy area with shallow water. Further east in Estoril, Praia do Tamariz is distinguished by its natural saltwater pool and the adjacent 19th-century Forte da Cruz castle.





A Rainha Beach

Although this beach is quite small, its easy accessibility makes it a favourite place of locals and tourists.

151 Rua da Saudade, Cascais 2750482, Portugal
(38.69897, -9.41816)



B Praia da Ribeira

Central beach and fishing harbor located in front of the Cascais City Hall and Praça 5 de Outubro.

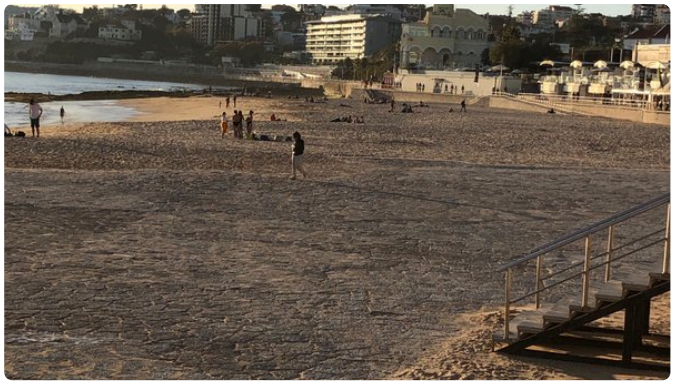
48 Avenida Dom Carlos I, Cascais 2750310, Portugal
(38.69680, -9.41982)



C Conceição Beach

A sandy beach with shallow entrance to the water - suitable for families. However, be aware of the cold water!

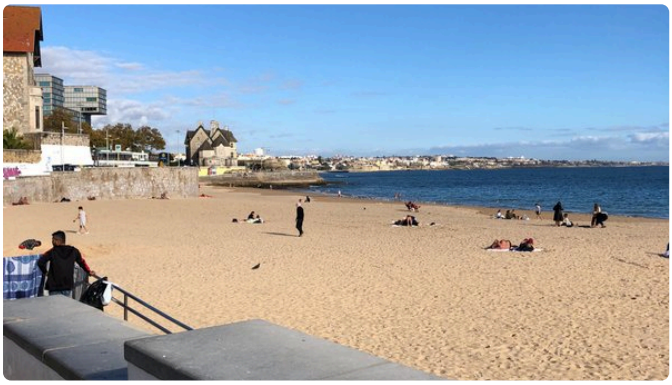
8 Rua Frederico Arouca, Cascais 2750, Portugal
(38.70042, -9.41580)



D Tamariz Beach

Estoril beach featuring a natural saltwater swimming pool and overlooked by the 19th-century Forte da Cruz castle.

(Unnamed Road), Estoril 2765, Portugal
(38.70277, -9.39999)



E Praia da Conceição

Sandy beach with calm, shallow waters, situated between the Albatroz Hotel and Praia da Duquesa.

Rua Frederico Arouca, Cascais 2750, Portugal
(38.70003, -9.41675)

DATA SOURCES

Map data	© OpenStreetMap contributors, ESA WorldCover, Mapzen
Data	© OpenStreetMap contributors, Wikidata, Wikipedia, Tripomatic, Official websites

IMAGE CREDITS

- Boca do Inferno — "Boca del Infierno en Cascais" by Luiyo, CC BY-SA 2.0
- Town of Cascais — "Cascais (Lisboa, Portugal)" by Jorge Franganillo, CC BY 2.0
- Condes de Castro Guimarães Palace — "Museu Condes de Castro Guimaraes" by Mister No, CC BY 3.0
- Farol Museu de Santa Marta — "Santa Maria House and Lighthouse in Cascais, Portugal" by Johann Dréo, CC BY-SA 2.0
- Casa das Histórias Paula Rego — "Paula Rego Museum, Cascais, Portugal. Architect: Eduardo Souto de Moura." by Pedro Ribeiro Simões, CC BY 2.0
- Rainha Beach — "View from the Praia da Rainha." by Akinranbu, CC BY-SA 3.0
- Praia da Ribeira — "Praia da Ribeira" by Minttu Somervuori, CC-BY-SA
- Conceição Beach — "Cascais (Lisboa, Portugal)" by Jorge Franganillo, CC BY 2.0
- Palácio Palmela — "Palácio Palmela" by Houtteman Ikse, CC-BY-SA
- Forte de Nossa Senhora da Luz de Cascais — "Cascais e Estoril - Forte de Nossa Senhora da Luz de Cascais - 2025-10-10..." by PSVelasco, cc-by-sa-4.0
- Santa Marta Lighthouse — "Santa Marta lighthouse, Cascais, Portugal" by Husond, CC-BY-SA-3.0
- Boca do Inferno — "Boca del Infierno en Cascais" by Luiyo, CC BY-SA 2.0
- Condes de Castro Guimarães Palace — "Museu Condes de Castro Guimaraes" by Mister No, CC BY 3.0
- Casa das Histórias Paula Rego — "Paula Rego Museum, Cascais, Portugal. Architect: Eduardo Souto de Moura." by Pedro Ribeiro Simões, CC BY 2.0
- Praia da Ribeira — "Praia da Ribeira" by Minttu Somervuori, CC-BY-SA
- Rainha Beach — "View from the Praia da Rainha." by Akinranbu, CC BY-SA 3.0
- Praia da Ribeira — "Praia da Ribeira" by Minttu Somervuori, CC-BY-SA
- Conceição Beach — "Cascais (Lisboa, Portugal)" by Jorge Franganillo, CC BY 2.0
- Tamariz Beach — "Tamariz Beach" by Sygic Travel User, CC-BY-SA
- Praia da Conceição — "Praia da Conceição" by Sygic Travel User, CC-BY-SA

A free travel guide — not for sale. Travel guide generated with AI on November 21, 2026. Text and layout by Tripomatic, licensed under CC BY-SA 4.0. Map data © OpenStreetMap contributors, available under the ODbL. Photos are under their own licences, as credited on this page.