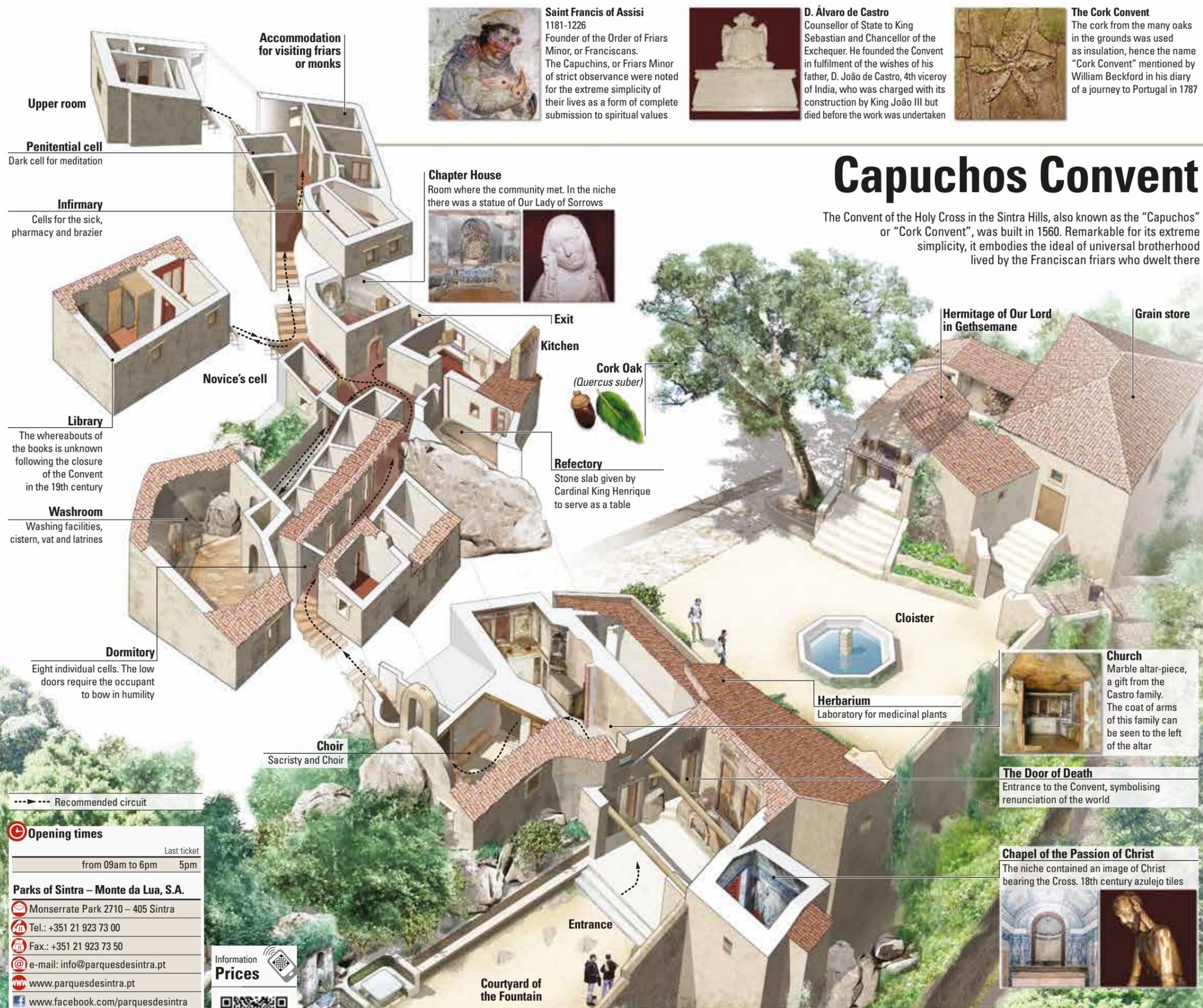


Parks of Sintra



- 1 Park and Palace of the Pena**
Foremost example of 19th century Romantic architecture in Portugal
- 2 Monserrate**
Romantic garden and Palace built by Francis Cook in 1856
- 3 Moorish Castle**
Moorish fortification (eighth century) conquered by Don Afonso Henriques



Saint Francis of Assisi
1181-1226
Founder of the Order of Friars Minor, or Franciscans. The Capuchins, or Friars Minor of strict observance were noted for the extreme simplicity of their lives as a form of complete submission to spiritual values



D. Álvaro de Castro
Counsellor of State to King Sebastian and Chancellor of the Exchequer. He founded the Convent in fulfilment of the wishes of his father, D. João de Castro, 4th viceroy of India, who was charged with its construction by King João III but died before the work was undertaken



The Cork Convent
The cork from the many oaks in the grounds was used as insulation, hence the name "Cork Convent" mentioned by William Beckford in his diary of a journey to Portugal in 1787

Capuchos Convent

The Convent of the Holy Cross in the Sintra Hills, also known as the "Capuchos" or "Cork Convent", was built in 1560. Remarkable for its extreme simplicity, it embodies the ideal of universal brotherhood lived by the Franciscan friars who dwelt there

Opening times
from 09am to 6pm
Last ticket 5pm

Parks of Sintra – Monte da Lua, S.A.
Monserrate Park 2710 – 405 Sintra
Tel.: +351 21 923 73 00
Fax.: +351 21 923 73 50
e-mail: info@parquesdesintra.pt
www.parquesdesintra.pt
www.facebook.com/parquesdesintra

Emergency: 112
Telefones Emergências: +351 21 923 73 81
+351 91 748 48 31



1560
D. Alvaro de Castro ordered the building of the Convent of Santa Cruz da Serra de Sintra. It was inhabited until 1834 when religious orders were suppressed in Portugal

1873
It became the property of the Cook family, and in 1949 was purchased by the State

1995
UNESCO classified the Sintra Hills, where the Capuchos Convent is located, as a Cultural Landscape – World Heritage Site



1 Lavender (*Lavandula angustifolia*)
A medicinal Mediterranean plant with relaxing, antiseptic and pain-relieving properties



2 Rosemary (*Rosmarinus officinalis*)
A medicinal plant of Mediterranean origin used for treating flu and for stimulating the circulation and digestion



3 Butcher's broom (*Ruscus aculeatus*)
As the name suggests, it was formerly used to make brooms



4 Greater Celandine (*Chelidonium majus*)
Native to Europe and the Mediterranean. The reddish-yellow viscous sap is used to treat warts



5 Ivy-leaved fern (*Asplenium hemionitis*)
A species in imminent danger of extinction. The Sintra locations are the sole surviving ones in the Iberian Peninsula



The Cork Convent was built in accordance with a philosophy that stressed harmony between human and divine works, for which reason the building merges inseparably with nature and the surrounding vegetation, incorporating enormous granite boulders. Through the exercise of contemplation, fulfilling the teachings of Saint Francis of Assisi, the friars worshipped the Creator through what they considered to be His work: the natural world

Nature Trail

The Cork Convent is fully integrated into the surrounding forest. The vegetation - a vestige of the ancient Sintra woodland which can be seen along the suggested nature trail - enjoyed the protection of the friars who lived here for centuries. Because of its rarity, state of conservation and the maturity of many trees, the forest is an important natural asset which must be preserved

6 Kermes oak (*Quercus coccifera*)
A bush which often grows to tree-size in Sintra



7 Strawberry tree (*Arbutus unedo*)
A bush which grows to tree-size in the Sintra climate. A brandy is made from its fruits



8 Box (*Buxus sempervirens*)
Formerly used for its medicinal qualities but no longer employed because of its toxicity



9 Holly (*Ilex aquifolium*)
This species is under threat in Portugal because of the high demand during the Christmas season



10 Hazel (*Corylus avellana*)
Hazelnuts can be eaten, ground into flour for bread and in liquid form replace milk



11 Laurel (*Laurus nobilis*)
Of Mediterranean origin. The leaves and seeds can be used as a condiment in cooking



12 Pedunculate oak (*Quercus robur*)
A European species, important in the food-ecosystem of Mediterranean forests



13 Sweet Chestnut (*Castanea sativa*)
Not native to Portuguese forests, having been introduced by the Romans



Chapel of the Crucifixion
A place for meditation, silence and the contemplation of Nature

Hermitage of the Ecce Homo
The image within shows Pontius Pilate presenting Christ to the people with the words "Behold the Man", "Ecce Homo" in Latin

Courtyard of the Bell
Two paths border the cross, symbolising free-will



Boulder Gate
The formal entrance to the Convent

Courtyard of the Crosses
The courtyard leads into the Convent and contains three crosses representing Golgotha

Picnic area

Entrance

Exit

Hermitage of Our Lord in Gethsemane

Frescoes of St. Francis of Assisi (left) and St. Anthony of Lisbon and Padua (right) - attributed to André Reinoso, 18th century

Cave of Friar Honorius

According to legend, chosen by a friar as a place of retreat instead of his own cell

Cloister

Private space of the Franciscan community

Former vegetable garden

Garden House

Interpretation Centre

Legend

- | | |
|---------------|--|
| Ticket office | Do not light fires |
| WC | Do not pick plants |
| Information | Do not litter |
| Viewpoint | Fountain water not suitable for drinking |
| Shop | No smoking |
| Tea-room | No entry |
| Parking | No entry for domestic animals |

National emergency number: 112
Emergency contacts:
+351 21 923 73 81
+351 91 748 48 31

Malveira da Serra Cascais

Cabo da Roca Colares

Circuito turístico
Diana Tours : hop-on/hop-off

Entrance

Sintra

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