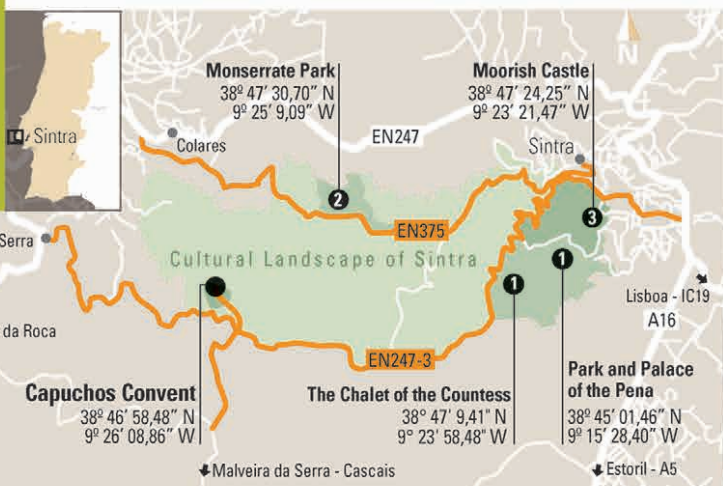
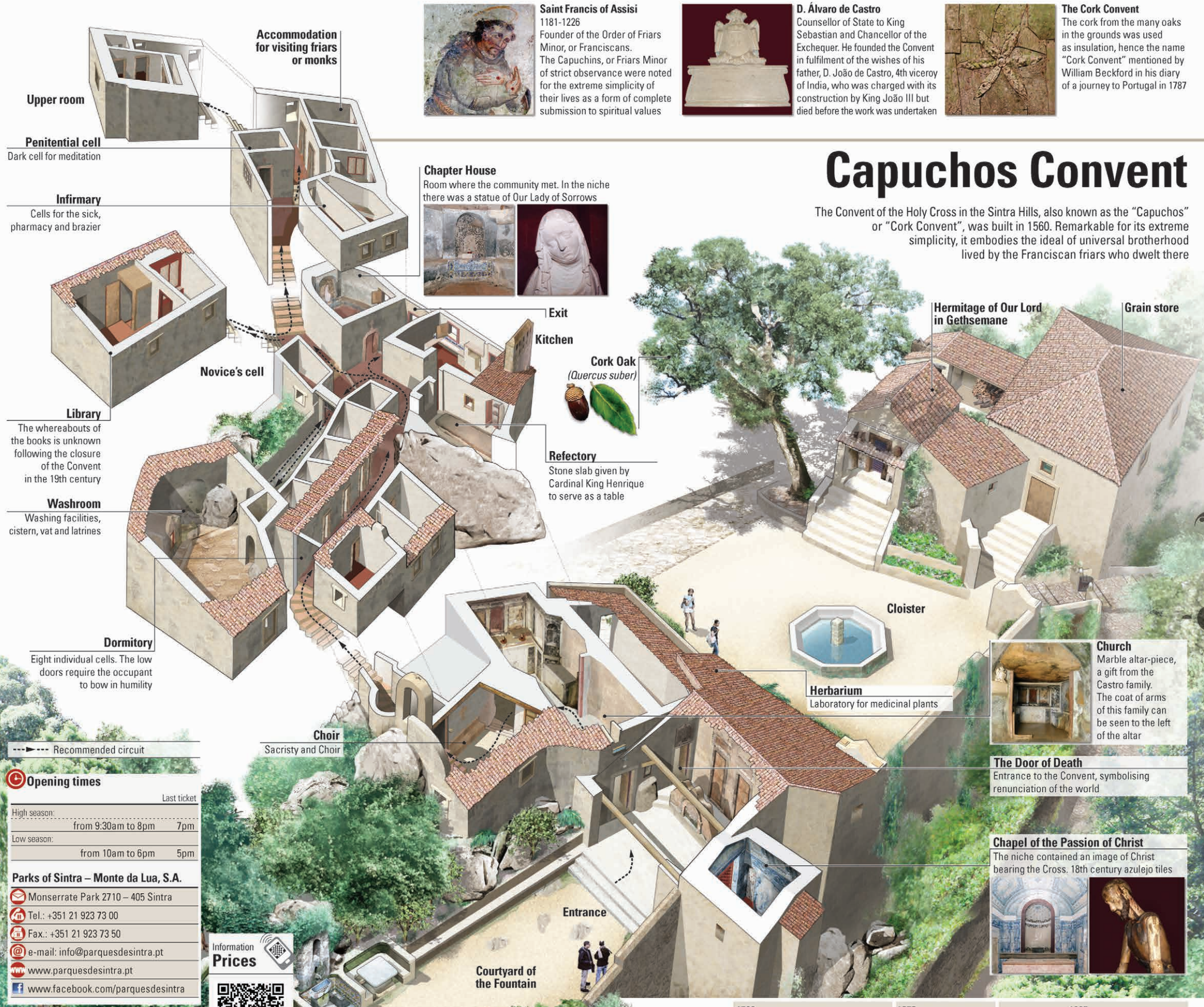


Parks of Sintra



- 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 dwell there

--- Recommended circuit

**Opening times**

High season:	from 9:30am to 8pm	7pm
Low season:	from 10am to 6pm	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

**Information Prices**

**1560**  
 D. Álvaro 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



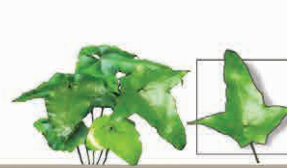
**3 Butcher's broom** (*Ruscus aculeatus*)  
As the name suggests, it was formerly used to make brooms



**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
- WC
- Information
- Viewpoint
- Shop
- Tea-room
- Parking
- Do not light fires
- Do not pick plants
- Do not litter
- Fountain water not suitable for drinking
- No smoking
- No entry
- 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

P