

## **The parks and monuments of Sintra greet 2020 with a diversified program of activities**

- **“Maria II. The Child Queen.” – Launch of the children’s book by the writer Isabel Stilwell and a visit to the domestic 19<sup>th</sup> century environments of the Royal Family in the National Palace of Pena**
- **“Dances with History: King Manuel I – The news from Lisbon” in the National Palace of Sintra**
- **“The National Palace of Sintra *through* other senses” in the National Palace of Sintra**
- **Centre of Nature Interpretation in the Park of Monserrate**
- **“Once upon a time in the Farmyard” in the Farmyard of Monserrate**

*Sintra, 19 December 2019* – The arrival of a new year calls for celebration and the inspiration of objectives for the new cycle now beginning. For January, the parks and monuments of Sintra are running a highly varied program of events. These are proposals designed to provide different forms of experiencing this natural and built heritage able to ensure you benefit and enjoy each minute that passes of 2020.

The year begins with an unveiling. On **5 January**, at **3pm**, in the **National Palace of Pena**, the writer **Isabel Stilwell** presents her most recent children’s book **“D. Maria II. The Child Queen”** in an event that includes a **visit to the 19<sup>th</sup> century domestic environments of the Royal Family**. In touring the Palace that got built for this queen, participants may enter into its magic atmosphere and discover how the Royal Family lived there at a time when their domestic life, comfort and privacy were attributed great relevance. In the Noble Hall, visitors may observe the historical reconstruction of the Christmas Tree of Ferdinand II, historically identified as the figure that introduced this tradition into the Portuguese court. This decorated pine features in the book and conveys the family environment shared by Maria II, Ferdinand II and their seven children.

On the following weekend, on **11 January**, at **11am**, the **National Palace of Sintra** hosts the **“Dances with History: Manuel I – The news from Lisbon”** program. Through the dances, sounds and costumes of the period, the Danças com História association takes



its participants off on a voyage back to 1515 to relive the moment when King Manuel I welcomed the architect Francisco de Arruda into his Palace. The important news from Lisbon, such as the construction of the Tower of Belém, were the themes under discussion with the monarch, who commissioned its final major phase of construction. The activity extends through a guided tour of the Palace.

Also taking place at the **National Palace of Sintra**, but on **18 January**, at **2.30pm**, there is the chance to get to know “**The National Palace of Sintra *through other senses***”. Especially designed for blind and visually impaired visitors, this experience, led by a specialist guide, nurtures perceptions of this environment through sensorial exploration, discovering or rediscovering the building, its history, its lived experiences and collections, especially through the touching and feeling of replicas of some of the most significant pieces.

On this same date, **18 January**, but at **3pm**, the **Centre of Nature Interpretation** of the **Park of Monserrate** is staging another pedagogic visit for children and their families with the objective of raising awareness about the most important natural values of the Sintra Hills, stimulating contact with nature and environmental awareness. Digital tools and didactic materials enable an appealing and innovative approach that sets off on a voyage through the main episodes that define the geological, cultural and natural history of the Sintra Hills in order to encourage the discovery of the fauna and flora of the unique ecosystems of this region.

At the end of the month, on **25 January**, at **3pm**, in the **Farmyard of Monserrate**, there is another session of the “**Once upon a time in the Farmyard**”. This activity allows the youngest visitors to learn about the typical tasks of a farmyard in the company of the playful brothers Túlio and Tibério, who are always on the lookout for some help in caring for the animals and for other work in the fields. In a welcoming environment, including traditional games and a lot of surprises, everybody gets to participate in this great adventure. At the end, there is fresh bread to snack on, kneaded and cooked on the farm, and lemonade to go with it.

## PROGRAMMING

### **There's a Donkey Here!**

**Every Saturday in January, 10am, 12pm and 3pm, D. Fernando II Hunting Grounds (next to the Convent of the Capuchos)**

Patients, affable and very calm, donkeys make great companions for both the kids and the grown-ups engaging in this extraordinary adventure. Having made the introductions, it's time to tell the history of the many long centuries and learnings of these gentle animals, which neither kick out nor bite (whenever dealt with the respect they deserve), are not nervous (when scared, they stop rather than fleeing like their horse "cousins"), are rather greedy (casting desiring glances towards the hay bales that serve as seating), are strong and yes, are even smart! A walk then follows in the company of these new friends: the children riding and the parents guiding the animals so that everybody may enjoy a pleasant walk through the forest.

- **Suitable for:** families with children aged between 3 and 12
- **Duration:** 90 mins
- **Ticket:** €10/participant
- **Requires pre-booking (working days between 9.30am and 6.30pm):**  
info@parquesdesintra.pt; +351 21 923 73 00
- **Note:** subject to cancellation in case of adverse meteorological conditions.

### **Feel the Heritage**

**Saturday, 4 January, 10am, Park of Monserrate**

Among the romantic ruins and waterfalls, participants discover the Gardens of Monserrate through the sense of feeling, hearing and smelling. This provides the chance to touch the waterfall in motion, understand the variations in temperature and learn about some botanical species while feeling the exotic textures and smells. In the vicinity of the Palace of Monserrate, this provides the chance to explore all the materials that make up its facades.

- **Suitable for:** targeted at blind or visually impaired visitors
- **Duration:** 90 mins
- **Ticket for registered disabled:** entrance ticket + guided tour supplement €5
- **Regular ticket:** entrance ticket + guided tour supplement €5
- **Requires pre-booking (working days between 9.30am and 6.30pm):**  
info@parquesdesintra.pt; +351 21 923 73 00
- **Note:** this activity counts on the support of ACAPO – the Association of the Blind and Visually Impaired of Portugal. We recommend wearing comfortable footwear and clothing appropriate to the prevailing meteorological conditions. Subject to cancellation or adaptation only to the interior of the Palace of Monserrate in case of adverse meteorological conditions.

### **"Maria II. The Child Queen." – Presentation of the children's book written by Isabel Stilwell and a tour of the domestic environments of the Royal Family in the 19<sup>th</sup> century**

**Sunday, 5 January, 3pm, National Palace of Pena**

In the context of commemorations of the bicentenary of the birth of Queen Maria II, the writer Isabel Stilwell presents her book "D. Maria II. The Child Queen" at the National Palace of Pena. Enveloped in the magic of the romantic palace built for this queen, participants are invited to discover the environments lived in by the Royal Family in the 19<sup>th</sup> century in which domesticity, comfort and privacy were the key themes. One of the high points in the tour comes in the Noble Room with the festive display including the historical reconstruction of the Christmas Tree of Ferdinand II, who is historically recognised for having introduced this tradition to the Portuguese court. The decorated pine is illustrated in the book to convey the family environment shared by Maria II, Ferdinand II and their seven children.

- **Suitable for:** families with children aged between 6 and 12



- **Duration/session:** 180mins
- **Ticket:** free to enter following prior reservation ([info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00 – weekdays from 9.30am to 6.30pm)

### **Dances with History: Manuel I – The news from Lisbon**

**Saturday, 11 January, 11am, National Palace of Sintra**

The National Palace of Sintra, a unique building in the architecture and history of Portugal, again becomes the stage for this voyage back to the reign of King Manuel I, who commissioned the final major phase of construction of this monument. Through this presentation by the Danças com História association, which makes recourse to dance, sound and period costumes, participants gain the opportunity to return to the year of 1515. The objective is to recreate the moment when the architect Francisco de Arruda was received at the Palace to share with the King some of the important news from Lisbon, such as the construction of the Tower of Belém. This experience is further deepened by a guided tour of the Palace.

- **Suitable for:** families with children over the age of 6
- **Duration/session:** 90 mins/120 mins (30/40 min Dances with History performance + guided tour)
- **Ticket:** €9/participant
- **Information:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00 (working days between 9.30am and 6.30pm)
- **Requires pre-booking:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00 (working days between 9.30am and 6.30pm)

### **Gardens of Monserrate without Barriers**

**Saturday, 11 January, 10.30am, Park of Monserrate**

A visit catering for persons with mobility restrictions who are able to traverse the gardens with autonomy through equipment ensuring they can span the slopes and facilitating the mobility of manual wheelchairs. This includes exploring the Valley of the Ferns, the Garden of Mexico, the Rose Garden, the Lawn and Lakes of the Park of Monserrate.

- **Suitable for:** appropriate for visitors with mobility restrictions
- **Duration:** 90 mins
- **Ticket for registered disabled:** entrance ticket + guided tour supplement €5
- **Regular ticket:** entrance ticket + guided tour supplement €5
- **Requires pre-booking (working days between 9.30am and 6.30pm):** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00
- **Note:** visitors may bring their own wheelchairs or use the wheelchairs made available by Parques de Sintra (without any added cost). Open to accompanying carers. The traction equipment adapts to the large majority of wheelchairs. Subject to cancellation or adaptation only to the interior of the Palace of Monserrate in case of adverse meteorological conditions.

### **The Palace of Sintra through other senses**

**Saturday, 18 January, 2.30pm, National Palace of Sintra**

Throughout the museum visit route of the National Palace of Sintra, visitors are invited to perceive this space through sensorial exploration. This favours physically feeling, through touching replicas of some of the most significant pieces as well as hearing to sense the scale of spaces. This experience is led by a specialist guide who, in addition to the historical contents, approaches other themes such as the different phases of construction, the living quarters, the functional zones of the building, the tile manufacturing techniques and the furniture existing.

- **Suitable for:** Blind or visually impaired visitors
- **Duration:** 120 mins
- **Ticket for registered disabled:** entrance ticket + guided tour supplement €5
- **Regular ticket:** entrance ticket + guided tour supplement €5



- **Requires pre-booking (working days between 9.30am and 6.30pm):** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00
- **Note:** this activity counts on the support of ACAPO – the Association of the Blind and Visually Impaired of Portugal. We recommend the wearing of comfortable footwear.

### **From the Park to the Hunting Grounds: Nature in Sintra and Mafra**

#### **Saturday, 18 January, 10am, Monserrate Hunting Grounds, and 2.30pm, Mafra Hunting Grounds**

Joint visit program to Sintra and Mafra, which unveils the diversity of the ecosystems in the Natural Park of Sintra – Cascais – a protected area to which the Monserrate Hunting Grounds belong – and the magnificent historical and indigenous forest that characterises the National Hunting Grounds of Mafra. In the Monserrate Hunting Grounds, the visitor explores the natural history of the Sintra Hills, its unusual microclimate, concepts such as forest food, ecological succession, invasive species, among others. Along the way, visitors will also be surprised by wooden sculptures of the medium and large scale mammals, currently extinct in the Sintra Hills but that, in a recent past, inhabited this landscape. In Mafra, along less trodden footpaths, visitors embark on the discovery of a mature forest that, due to its protected position behind a wall, has been able to guarantee conditions of excellence to vulnerable and where not extinction threatened species that are here able to feed, breed and find shelter.

- **Suitable for:** everybody
- **Duration:** 90 mins in Monserrate, 120 mins in Mafra
- **Ticket:** Adults: €13/participant | Youths and seniors: €11/participant | Families (2 adults + 2 children): €45
- **Requires pre-booking:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00 (working days between 9.30am and 6.30pm)
- **Note:** staging this activity depends on a minimum number of participants. Subject to cancellation in case of adverse meteorological conditions.

### **Monserrate Centre of Nature Interpretation**

#### **Saturday, 18 January, 3pm, Park of Monserrate**

The Monserrate Centre of Nature Interpretation provides a pedagogic visit that opens up an understanding to families of the most important natural values of the Sintra Hills, stimulating their contact with nature, environmental awareness and knowledge about the fauna and flora present in the unique ecosystems that characterise this region.

Through this innovative approach, with recourse to digital tools and didactic materials, visitors are invited to travel back through time and discover the leading episodes defining the geological, cultural and natural history of the Sintra Hills. Subsequently, this embarks on the exploration of the particular features of the riverside ecosystems through recourse to an aquatic terrarium where it is possible to encounter in situ some of their inhabitants. The biology of trees, which it is possible to learn about through a model of a Portuguese oak, broken down into its roots, trunk and foliage, represents another of the highlighted themes. The visit closes with the projecting of profiles of birds and winged mammals in flight that enables participants in the future to identify these species by their behaviours, their anatomic features and even their respective sounds.

- **Suitable for:** families with children over the age of 6
- **Duration:** 120 mins
- **Ticket:** €8/participant
- **Requires pre-booking:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00 (working days between 9.30am and 6.30pm)

### **Families in the Forest**

### **Saturday, 18 January, 11am, Farmyard of Monserrate/ Hunting Grounds of Monserrate**

A unique opportunity for families to engage in discovering nature with the time and space to run, climb, play, buildings shelters and giving free rein to creativity through natural materials. Playing, come rain or sunshine, stimulates the acquisition of individual and collective competences, team spirit, complicity and valuing and respecting others as well as for biodiversity. The sessions, implemented jointly by Parques de Sintra and the Bloom Movement, are characterised by their Sharing Nature activities, a learning approach inspired on the Flow Learning methodology that values the application of the entertaining component of games to the activities and workshops held and enabling, through means of playing, the participants to deepen their relationships with their own selves as well as with others and the natural world.

The Bloom Movement ([www.movimentobloom.org.pt](http://www.movimentobloom.org.pt); [www.facebook.com/Movimento.Bloom](https://www.facebook.com/Movimento.Bloom)) is a non-profit environmental association that has managed the Sharing Nature Portugal program since 2012 and with the mission of fostering, encouraging and promoting the conservation of the surrounding environment in conjunction with children and their families through initiatives that seek to strengthen bonds with nature and contribute towards them playing an active role in its conservation.

- **Suitable for:** recommended for families with children aged between 4 and 12
- **Duration:** 120 mins
- **Ticket:** €8/participant
- **Requires pre-booking and prior payment:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00 (working days between 9.30am and 6.30pm)
- **Note:** Staging this activity depends on a minimum number of participants. We would recommend wearing comfortable clothing that may get dirty and waterproof footwear. Participants should bring a complete change of clothing in a small backpack (including trousers, socks, vest, t-shirt, jumper).

### **Heritage through Sign Language**

#### **Saturday, 25 January, 2.30pm, Park of Monserrate**

A visit to the Gardens and Palace of Monserrate with interpretation in Portuguese Sign Language. The visit to the gardens, one of the most beautiful of creations of Romanticism inspired landscaping in Portugal, which is home to over 3,000 species of plants from distant corners of the world, touring the Valley of Ferns, the Garden of Mexico, the Rose Garden and the lawns before ending in the Palace of Monserrate.

- **Suitable for:** targeting deaf and audibly impaired visitors
- **Duration:** 90 mins
- **Ticket for registered disabled:** entrance ticket + guided tour supplement €5
- **Regular ticket:** entrance ticket + guided tour supplement €5
- **Requires pre-booking (working days between 9.30am and 6.30pm):** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00
- **Note:** this activity counts on the support and participation of APS – the Portuguese Association of the Deaf. We would recommend wearing comfortable footwear and clothing appropriate to the meteorological conditions. Subject to cancellation or adaptation only to the interior of the Palace of Monserrate in case of adverse meteorological conditions.

### **Voyage to the Court of the 18th Century**

#### **Saturday, 25 January, 3pm, National Palace of Queluz**

Step by step, participants are invited to discover every nook and cranny of the National Palace of Queluz and listen to its histories told by persons from another epoch. You get to hear 18<sup>th</sup> century song and instrument playing along with the dances characteristic of that century. You learn just what went on at the great parties and what costumes were worn in environments of such enormous beauty and refinement. You hear tell how the princes and the infants did not go to school but still had a great deal of material for learning; and you shall discover many more surprises.





- **Suitable for:** families with children over the age of 5
- **Duration:** 120 mins
- **Ticket:** €9/participant
- **Requires pre-booking:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00 (working days between 9.30am and 6.30pm)
- **Note:** staging this activity depends on a minimum number of participants.

### **Once Upon a Time on the Farmyard**

#### **Saturday, 25 January, 3pm, Farmyard of Monserrate**

Túlio and Tibério are two brothers who work in the Farmyard of Monserrate. One of them, an amateur inventor, creates machines and devices to facilitate work in the field even if not always working well. Hence, he needs some help to care for the animals and tend to the tasks around the farm. The other brother, good natured but rather greedy, tends to kneading and baking the bread so that, at the end of the labours, they may all share the bread accompanied by a refreshing glass of lemonade. The unfurling of this story combines a mystery and clues to solve it, traditional games and as well as two puppets that sow confusion... This is, in sum, a great adventure that involves all participants in an unforgettable tour of the farm.

- **Suitable for:** Families with children aged between 3 and 6
- **Duration:** 90 mins
- **Ticket:** €8/participant
- **Requires pre-booking:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00
- **Note:** Staging this visit depends on a minimum number of participants.

### **The King's Treasure**

#### **Sunday, 26 January, 3pm, National Palace of Sintra**

In a palace replete with 700 year of history, packed with secrets to discover, participants are invited to follow clues, solve enigmas and puzzles and complete tasks so that they finally know what is stored as the king's treasure. This is a game of clues that enables the discovery of the history of the National Palace of Sintra in a very different and emotional fashion.

- **Suitable for:** recommended for families with children aged over 8
- **Duration:** 90 mins
- **Ticket:** €9/participant
- **Requires pre-booking:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00
- **Note:** Staging this activity depends on a minimum number of participants

### **Horse and pony trekking**

#### **Daily, Park of Pena**

Horse riding in which the visitor tours the routes and paths of the Park of Pena from a new perspective. The horse ride duration may vary between 30 and 90 minutes or from 3 to 6 hours. The longest program includes the scope for visiting other poles under Parques de Sintra management and even booking lunch in some specific place. All the rides and treks are made accompanied by horse handlers who guide the visitors along the routes.

Thinking of a younger audience, Parques de Sintra now also provides an activity that enables the youngest to gain their first riding experience on a pony (trained especially for this purpose) and also accompanied by one of their handlers.

- **Horse trekking:** €15/30 min, €30/90 min, €50/3 hours, €100/6 hours (in addition to the Park of Pena entrance ticket)
- **Pony rides:** €7/15 minutes (in addition to the Park of Pena entrance ticket)
- **Further information and reservations:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00
- **Note:** such activities depend on the prevailing meteorological conditions
- **Find out more:** [www.parquesdesintra.pt/experiencias-e-lazer/passeios-a-cavalo/](http://www.parquesdesintra.pt/experiencias-e-lazer/passeios-a-cavalo/)

## **Cart Rides**

### **Park of Pena**

The Park of Pena cart rides provide a genuine step back in time along the route from the Valley of Lakes and the Chalet of the Countess of Edla, passing through the Farm of Pena and the Garden of the Countess of Edla. This ride may or may not be accompanied by a specialist guide. This takes visitors on a voyage in discovery of the history of this Park and its creators, the botanical and animal species that appear along the route as well as the historical buildings and garden nooks the trajectory contains.

- **Ticket:** €75/60 mins + entrance ticket to the Park of Pena (prior reservation and pre-payment obligatory)
- The cart holds up to 6 adults or 4 adults and 4 children
- Available only via prior reservation as from 1 October and throughout the low season.
- **Further information and reservations:** [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt); +351 21 923 73 00
- **Note:** Undertaking such activities depends on the prevailing meteorological conditions
- **Find out more:** [www.parquesdesintra.pt/experiencias-e-lazer/passeios-de-charrete/](http://www.parquesdesintra.pt/experiencias-e-lazer/passeios-de-charrete/)

## **Equestrian Art Presentations**

### **New Talents in Equestrian Art**

**Friday, 31 January, 9.30pm, Henrique Calado Riding Ring (Belém, Lisbon)**

### **Equestrian Art Mornings**

**From Tuesday to Saturday, between 10am and 1pm**

**(schedule at [www.arteequestre.pt/bilheteira](http://www.arteequestre.pt/bilheteira))**

The Henrique Calado Riding Ring regularly hosts “Equestrian Art Mornings”, an opportunity for behind the scenes insights into the daily EPAE activities.

- **Suitable for:** all ages over six
- **Ticket:** Galas - €25 // “Equestrian Art Mornings” – €8
- **For further information:** [www.arteequestre.pt](http://www.arteequestre.pt) / [info@parquesdesintra.pt](mailto:info@parquesdesintra.pt) / +351 21 923 73 00

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### **About Parques de Sintra - Monte da Lua**

Parques de Sintra - Monte da Lua, S.A. (PSML) is an entirely state owned company founded in 2000 in order to meet the challenges arising out of the UNESCO classification of the Sintra Cultural Landscape as a World Heritage site. The entity does not resort to the State Budget and the restoration and maintenance of the heritage in its care are ensured by the revenues resulting from sales at its ticket offices, stores, cafeterias and the rental of facilities for the hosting of events. In 2018, the sites managed by PSML (the Park and National Palace of Pena, the National Palaces of Sintra and Queluz, the Chalet of the Countess of Edla, the Moorish Castle, the Palace and Gardens of Monserrate, the Convent of the Capuchos and the Portuguese School of Equestrian Art) welcomed around 3.5 million visits, around 86% of whom were international in origin. In 2013, 2014, 2015, 2016, 2017, 2018 and 2019 PSML was distinguished with the World Travel Award for the “World’s Leading Conservation Company”.

The PSML shareholders are the General Directorate of the Treasury and Finance (representing the Portuguese state), the Portuguese Institute of Nature and Forestry Conservation, the Portuguese Tourism Board and Sintra Municipal Council.



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