

THE
OITAVOS
ACTIVITIES
GUIDE

Activities At the Hotel

The Oitavos is located within the natural surroundings of the Sintra National Park, overlooking the Atlantic Ocean and only 5 minutes from the Cascais village and its International Marina. Many activities are available in the region and we are happy to help you organise them.



CYCLING

Through the concierge desk you will be able to rent bicycles.

Bicycle
12,50€ per day

Take the coastal bicycle path down to Cascais (+/- 25 mnts), go to Guincho beach (+/- 15 mints) or simply ride your bike around the estate and through the golf course.



HELICOPTER TOUR

GUINCHO TOUR

- The Oitavos (boarding)
- Cabo da Roca
- Guincho
- Cascais Villa
- The Oitavos (landing)

SINTRA TOUR

- The Oitavos (boarding)
- Guincho
- Cabo da Roca
- Praia Grande
- Sintra's Villa
- The Oitavos (landing)

*prices on request



GOLF

The first tee is set 100 yards from the hotel caddy master. 18-hole green fees are available for experienced golfers (maximum handicap 36). Tee times not available between 8h30 and 10h00 on weekends and bank holidays as the course is reserved for members only.

Special Green Fee rates for The Oitavos guests:

Available from 53 € per person

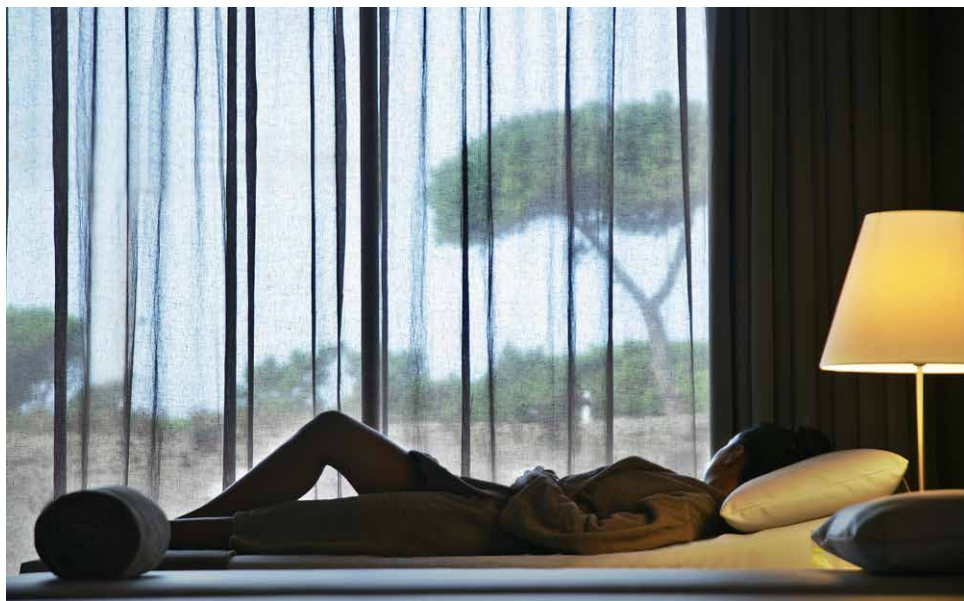
GOLF CLINICS

	From 3 to 10 people (1 professional)	From 11 to 20 people (2 professionals)
1 h	235 €	470 €
2 h	405 €	810 €
3 h	560 €	1.120 €

VAT included.

INDIVIDUAL GOLF LESSONS

	From 1 to 2 people (1 professional)
30 min.	30 €
1 h	55 €



SPA TREATMENTS

Revitalize your body and soothe your soul. Our full-service spa offers you an approach to well-being that is completely natural, combining the healing benefits of seawater with a host of organic and ocean-inspired beauty and health treatments.

VAT included.

Check our spa menus online at:
www.theoitavos.com/spa-menu.php



YOGA LESSON

Find some time to ease your mind and soul at the perfect environment. A great open air class where you can enjoy the perfect weather. See how good you can feel when you begin to follow your breath and quiet the mind.

Individual Lesson	50 min.	100 €
Group Lesson Min.2 / Max. 5 people	50 min.	75 € per person

Activities At Quinta da Marinha Health Club

Located within the Quinta da Marinha estate and only a 5 minute drive from the hotel the Quinta da Marinha Health Club offers a wide range of activities and facilities, including Tennis (clay or synthetic grass), Padel or Squash courts, 2 indoor swimming pools, a large fully equipped fitness room and access to all kind of aerobic, relaxation, stretching group lessons.



FITNESS

Should it be an outdoor pilates session, a spinning class or a fitness lesson our team of professional trainers are available to provide a wide range of physical activities.

*prices on request



SWIMMING

Each swimming pools and the whole area around are part of a special scenery , the green of mother nature and the blue of the infinite sky... You are part of it all, feeling sensation of peace and well-being you'll remember forever.

*prices on request



RACKET

Hotel guests are able to rent racket courts or sign up for individual lessons.

* Rackets and balls included
 ** Prices on request for group lessons
 *** Weekdays 10h-16h sat & sun 13h-17h
 VAT included

COURT RENTAL

	Access	Off-peak access***
Tennis Open Air	10 €	4,5 € per player
Tennis Covered	15 €	6,75 € per player
Paddle Open Air	7 €	4 € per player
Squash Covered	12 €	6,5 € per player
Racket rental	5,50 € per racket	

INDIVIDUAL RACQUET LESSONS

	1 hour
Tennis	42 € per person
Paddle	42 € per person
Squash	42 € per person

Activities At the Equestrian Center

Located within the estate and only 5 minute drive from the hotel the horse riding centre is composed of 250 stables, a large indoor arena, 6 enclosed patios, a grassed competition showground, and a vast area of forest and natural sand dunes ideal for outdoor hacks.



EQUESTRIAN CENTER

HORSEBACK RIDING	Duration	Price
Hotel – Equestrian Center - Hotel	1 hour	50€
Hotel - Vale da Foz - Hotel	2 hour	75€
Hotel - Vale da Foz - Hotel	3,5 hour	125€
Horseback Riding - inside the riding center	½ hour	20€
Horseback Riding - inside the riding center	1 hour	25€

CLASSES	Duration	Price
	4 lessons	10 € per person
	8 lessons	15€ per person

A DAY WITH HORSES	Duration	Price
Hotel – Equestrian Center - Hotel	1 hour	50€

Training consists on practical lessons, horseback riding, horse’s care and games. Lunch included

VAT included. Prices per person

The Equestrian Centre has a Third-Party Insurance, which does not cover falls or accidents that may happen with horses and clients.

Activities In the Area

The region of Cascais, Quinta da Marinha and its natural surroundings including the Sintra National Park offer a wide range of activities for explorer and sports makers. Below are just a few ideas for team building and incentive activities.



SPEEDBOAT

Enjoy the thrills of a speedboat and tour the Cascais and Estoril coastline.



GO-KARTS & SEGWAYS

Rent go-karts or Segways and create your own mini race (equipment can be set at the clubhouse parking lot).



MOUNTAIN BIKING TOUR

Join a guide for an exhilarating mountain biking tour at Cabo da Roca and Sintra mountains.



SAILING BOAT

Take a sailing boat from Cascais marina into downtown Lisbon while enjoying cocktails and lunch onboard.



SURF

Learn the basics of surfing with local professionals and test the challenges of Guincho Beach.



STAND UP PADDLE

Stand Up Paddle is a new water activity which is ideal for team building activities. Learn the basics in Praia da Conceição at the Cascais Bay.

In case you need any additional information dont
hesitate to contact us.

For more information please contact:

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