

INFORMATION GUIDE

CASA nA
AUTHENTIC HOMES





INDEX

1. Welcome to CASA n'A COSTA
2. Nearby Hotspots
3. Restaurants
4. Supermarket
5. Bars
6. Coffee Houses
7. Activities
8. Places to Visit

1) Welcome to CASA n'A COSTA

 **Address:** [Rua 1.º de Maio 4](#)

 just search “CASA n'A COSTA” on Google Maps

Apartment Access

- **Entry code** will be sent to you via WhatsApp or SMS 2 days before check-in, along with a video tutorial
- **Alternative Access:** If needed, you can also use a physical key, which is stored in the small safe box next to the apartment door.

 **Note:** use the key only if necessary as it can cause the lock to function poorly

Hosts Contact:

João Pereira: +351 933 474 834

Magda Leite: +351 916 033 058

Wi-Fi:

 **Network:** MEO

 **Password:** Nomad!co2023.



1) Welcome to CASA n'A COSTA

How to get to the apartment:

 **Uber or Bolt** (30 min)

The most affordable and convenient options to reach the apartment. You'll cross a bridge and arrive at Lisbon South Bay 

 **Price (Bolt):** 13,50€



1) Welcome to CASA n'A COSTA

Getting to Lisbon:

 **Ferry Boat:** Trafaria terminal (1.5 km walk )
(Departs every hour, [timetable](#), 25 min ride to Belém)

 **Bolt/Uber** will get you to Lisbon in 15-25 minutes.
 Tip: Avoid rush hours (07:30-10:00, 17:00-20:00).
 Price: around 12,50€

 **Train:** The closest station is **Pragal**, offering easy access to Lisbon in just 20 minutes
([timetable](#))

Moving around in Lisbon:

 **Train**,  **Bus**,  **Metro**,  **Tram**,  **Bike sharing**,  **Taxi / Bolt / Bolt**

 To travel in Lisbon, you'll need a Navegante card, which you can load with tickets or passes. The card works for buses, trains, trams, and the metro    
Tap the card on the validator at the start of your journey, and possibly at the end. You can get a Navegante card at Metro and Carris ticket offices



1) Welcome to CASA n'A COSTA

Laundry

The apartment is equipped with a **washing machine**, located next to the barbecue/garden

Useful items

Stored inside the **storage room** next to the fridge, you can find a beach umbrella, and other useful items.

Gas Bottles

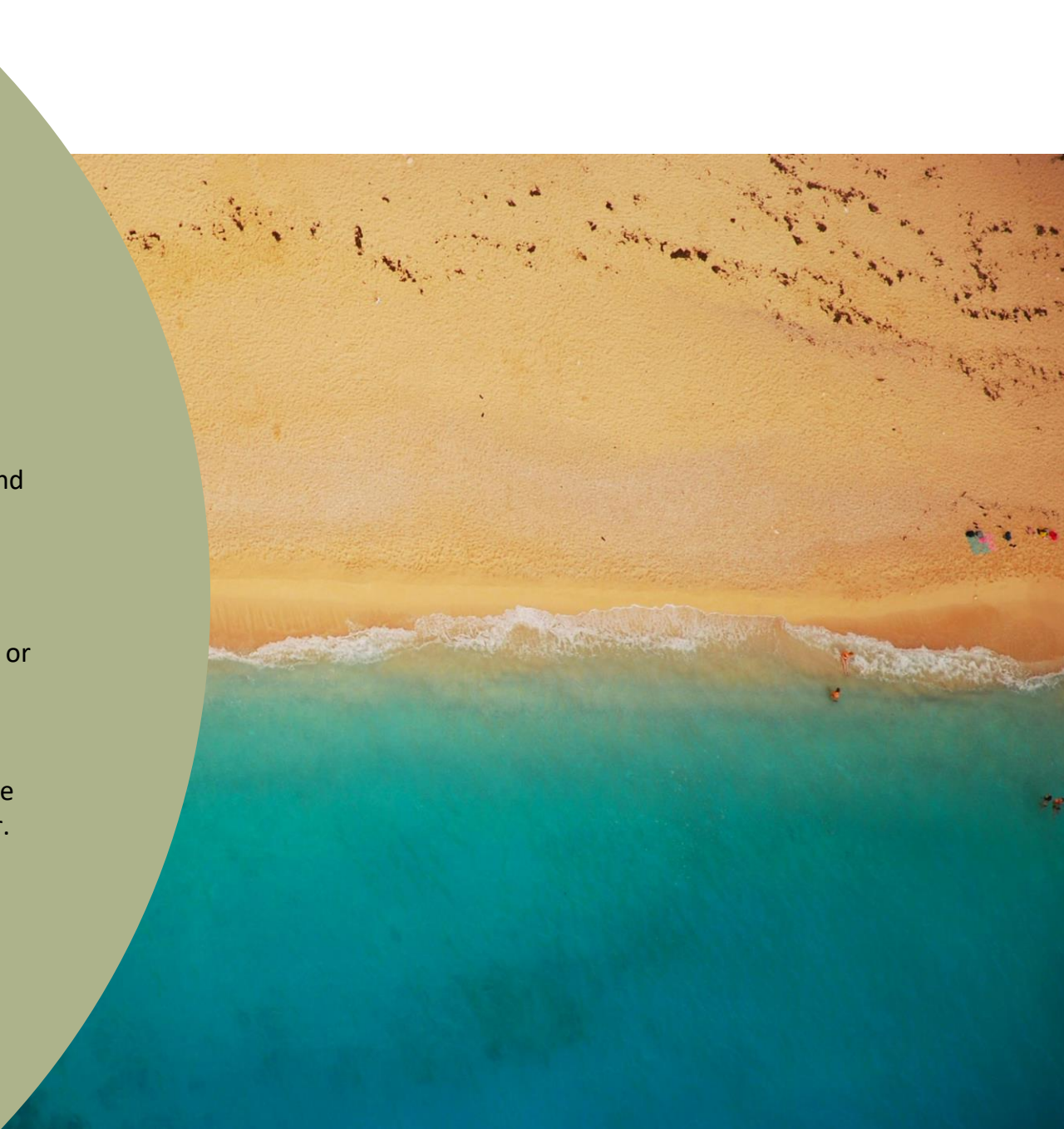
Hot water is powered by a boiler connected to gas bottles, located in the cabinet below the stairs leading to the garden. If hot water stops, please contact the owner or switch off the empty bottle and switch on the connected full bottle

Garage

There are 6 bikes and 3 lockers available for use. The lockers can be opened with the code **35246**.  The garage key is stored in the safe box next to the apartment door. Feel free to use them!

Electrical Switchboard

Located **inside the flat**, right in front of the fridge.



1) Welcome to CASA n'A COSTA

Just a few friendly reminders:

- 🚭 **No smoking indoors**, but feel free to use the rooftop terrace as your VIP smoking lounge
- 🐕 **No pets inside**, even the cutest ones can't stay in this pet-free space.
- 🔕 **Quiet hours** (23:00 till 09:00), let's keep the night peaceful and the neighbours happy!



1) Welcome to CASA n'A COSTA

Waste Sorting & Recycling:

Organic Garbage

The green bin for organic waste is just outside at the end of the street ([Rua 1.º de Maio](#))

Recycling

For cardboard, glass, plastic, paper, and other recyclables, you can drop them off at the Recycling Station at [Travessa 1.º de Maio](#). Alternatively, you can leave them in the flat, and our cleaning services will take care of it for you after your check out.



1) Welcome to CASA n'A COSTA

Emergency Contacts:

- Emergency phone number: 112
- Healthcare (Saúde 24): 808 24 24 24
- Emergency Pharmacy: [Farmácia Central Trafaria](#)
- Nearest Hospital: [Hospital Garcia de Horta](#)
- Police: [GNR Trafaria](#) - (+ 351) 21 765 59 60



2) Nearby Hotspots

São João Beach

São João da Caparica is a 1.4 Km beach of white sand bathed by the Atlantic Ocean. The dense greenery of Mata dos Franceses brings a natural scent to the beach and offers sports facilities and children's playgrounds. Along the beach you can find many trendy bars and restaurants.



2) Nearby Hotspots

Caparica promenade

Costa da Caparica hosts a stunning 26km coastline of glorious sandy beaches and beautiful natural scenery, that extends along the western side of the Setúbal Peninsula. The Costa da Caparica coastline faces the Atlantic Ocean, making it ideal for surfing and kitesurfing.

🚶 **Walk to São João Beach** and follow the promenade that leads you all the way to **Costa da Caparica**.

📍 You can use **Google Maps** for directions!



2) Nearby Hotspots

Trafaria

Not far from Lisbon, where the Tagus river and the Atlantic Ocean meet, lies a magic place with untouched beaches where the seagulls gather for long conversations.

Trafaria offers scenic views over Lisbon and it is well known for its cuisine, including the famous cataplana, a seafood stew cooked in a copper double pan.



3) Restaurants

Walking Distance:

- [Taberna Manuel da Gorda](#) – Trafaria
- [Casa Ideal](#) - Trafaria
- [Pé Nú](#) - São João Beach
- [Dois Oito 25](#) - São João
- [Hoshitsu](#) (Asian Cuisine) - São João
- [Grelha do Rio](#) - Trafaria (takeaway)

By bike:

- [Pata Roxa](#) - Costa da Caparica
- [Albatroz](#) - Cova do Vapor



4) Supermarket

Walking distance:

- Bakery: [Vilalvense](#)
- Fruit & Veggies: [Trafaria Market](#)
- Supermarket: [Novo Rumo](#)
- Online Supermaket: [Minipreço](#) or [Glovo](#) - delivers at doorstep



5) Bars

- [Clássico](#) – São João Beach
- [Dr. Bernard](#) - Costa da Caparica



6) Coffee House

- [Café Pica Mar](#) – Trafaria
- [Pastelaria de Santo António](#) – Santo António
- [KOA](#) - Costa da Caparica
- [Amaria Café](#) – Costa da Caparica
- [Asante Boutique Coffee Roasters](#) – Costa da Caparica



7) Activities

Walking distance:

- Adventure (slide, paintball, etc.): [Fun Parque São João](#) - São João Beach
- Tennis: [São João](#)
- Surf: [Get Wet Surf School](#) – São João Beach

By bike:

- Gym: [The Spot](#) - Capuchos
- Surf school: [Gecko Surf School](#) – Costa da Caparica
- Bike shop: [Nshark Repair](#) - Costa da Caparica
- Children playground: [Park](#) - Costa da Caparica
- Golf: [Aldeia dos Capuchos](#) - Capuchos
- Paragliding: [Portugal Paragliding](#) - Costa da Caparica



8) Places to Visit

Belém/Alcântara 🚢 🚶

➤ Morning:

- Catch the **ferry** at Trafaria for a scenic ride to Lisbon. It'll take you to Belém in just 25 minutes.
- Start your day trip with a delicious treat at **Pastéis de Belém**, a famous pastry shop known for its traditional custard tarts.
- Explore the **Belém Tower**, a symbol of Lisbon's maritime past. Climb to the top for panoramic views of the city and the river.
- Visit the **Padrão dos Descobrimentos**, a monument shaped like a caravel as a tribute to the Portuguese navigators who explored the world
- Discover the **Jerónimos Monastery** and admire the intricate carvings and stained glass windows.

➤ Afternoon/Evening:

- Head to the river promenade and visit the **MAAT** (Museum of Art, Architecture, and Technology), a contemporary art museum.
- Continue along the promenade and explore the **Doca de Alcântara**, a historic dock area with vibrant cafes
- End your day at **LX Factory**, a former industrial complex that has been transformed into a vibrant creative hub.



8) Places to Visit

Cascais/Estoril 🚢 🚆

- Catch the **ferry** at Trafaria for a scenic ride to Lisbon. It'll take you to Belém in just 25 minutes.
- Take the Cascais Line **train** from Lisbon's Belém station. The journey to Cascais Station takes approximately 20 minutes.
- Begin your day trip in **Cascais**, a charming coastal town with a vibrant atmosphere. Explore the historic centre, visit the Cascais Citadel, and enjoy the beautiful beaches.
- Explore the **Cascais Marina**, a bustling hub with numerous shops, restaurants, and cafes. Take a leisurely stroll along the waterfront and admire the yachts.
- From there, you can stroll along the coast to **Estoril** and explore other nearby beaches along the way.
- 🚗 You can also take a **Bolt/Uber** to **Guincho**, a world-famous surfing destination with incredible views. Enjoy the dramatic cliffs, powerful waves, and breathtaking scenery of the Atlantic Ocean



8) Places to Visit

Sintra 🚗

➤ Morning:

- Begin your day by exploring the **Palácio Nacional da Pena**, a magnificent castle perched atop a hill overlooking the town. Admire its colourful facade, intricate architecture, and beautiful gardens.
- Discover the **Quinta da Regaleira**, a romantic estate with stunning gardens and underground tunnels.

➤ Afternoon:

- Stroll through the narrow streets of Sintra's **historic centre**, admiring the colourful buildings and charming squares.
- Hike up to the **Castelo dos Mouros**, a medieval fortress offering panoramic views of the Sintra Mountains and the surrounding countryside.



8) Places to Visit

Comporta 🚗

➤ Morning:

- Begin your day trip from **Alcácer do Sal**, a charming medieval town with a rich history. Visit the historic castle and explore the narrow streets of the old town.

➤ Afternoon:

- Drive south to **Comporta**, a picturesque fishing village known for its pristine beaches and unspoiled natural beauty. Explore the extensive rice fields and take a leisurely stroll along the beach (Comporta, Carvalhal, Pego, Tróia).
- At the end of the day have a drink and a dinner at Comporta village



8) Places to Visit

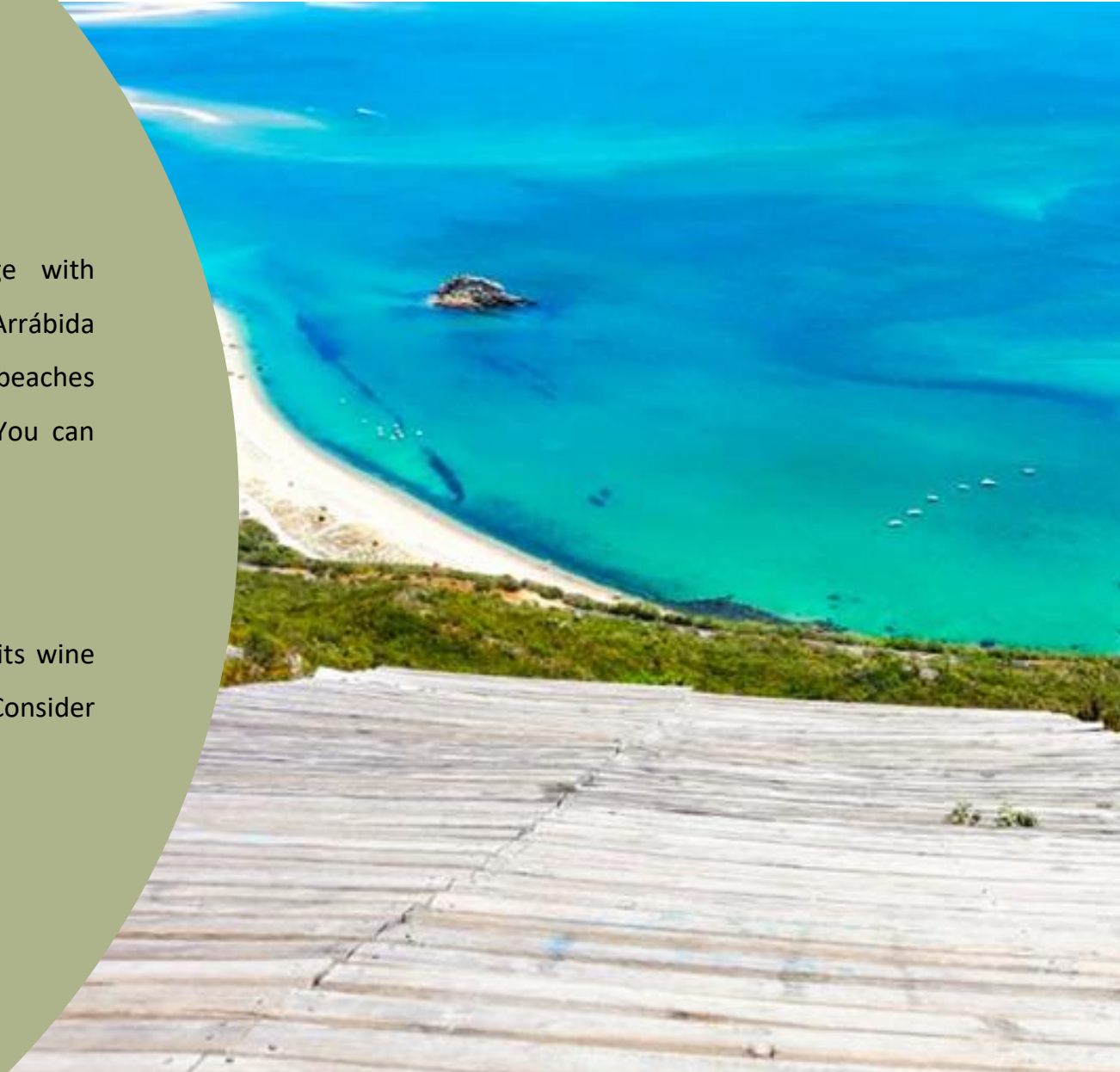
Arrábida 🚗

➤ Morning:

- Drive towards **Serra da Arrábida**, a stunning mountain range with breathtaking coastal scenery. Hike through the park's trails, visit the Arrábida Convent, or simply enjoy the panoramic views. Go to the main beaches (Portinho da Arrábida, Galapinhos, Galapos, Figueirinha, Coelhos). You can also visit Sesimbra.

➤ Afternoon:

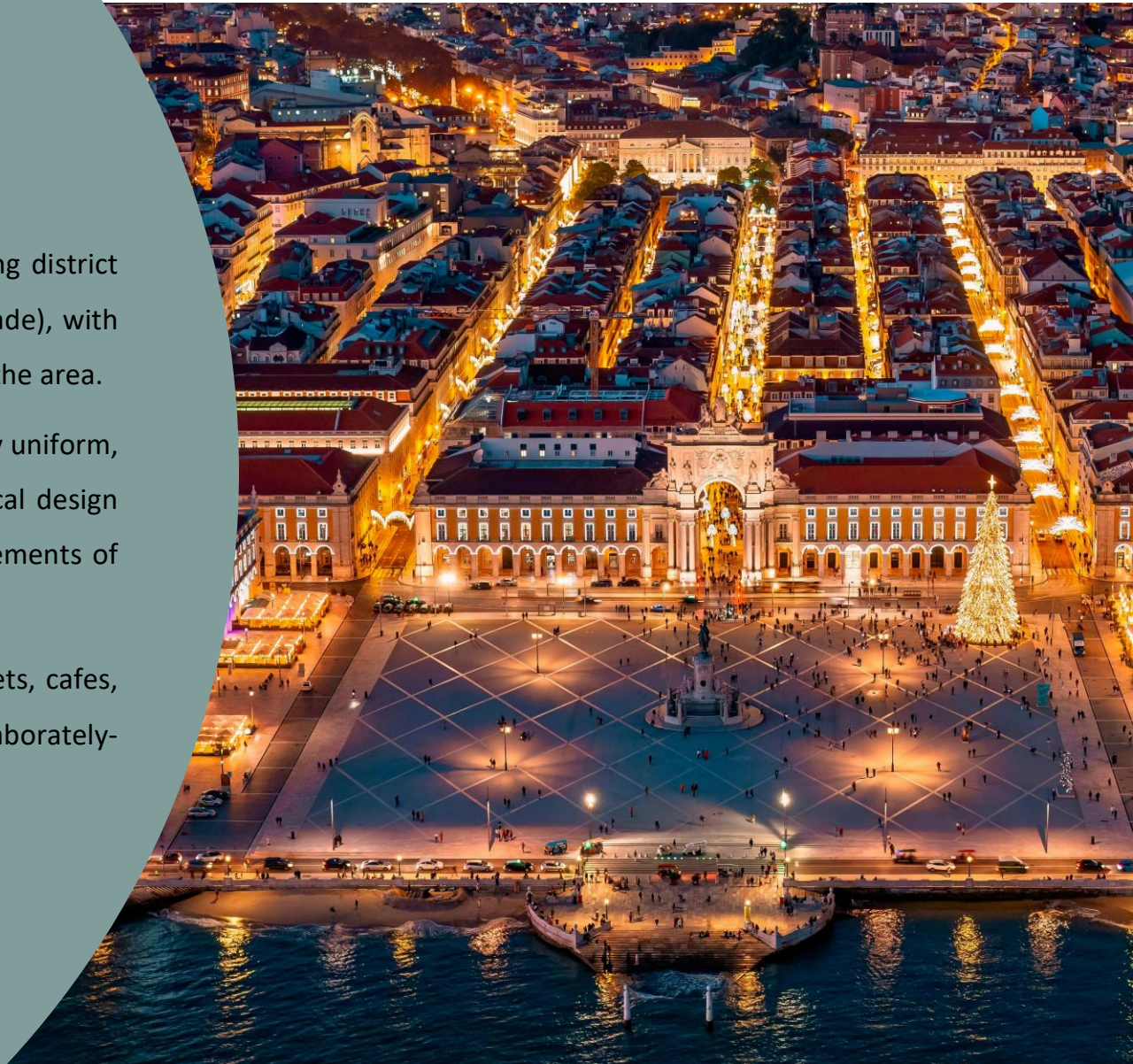
- As the day winds down, head to **Setúbal**, a coastal city famous for its wine production. Visit some of the local wineries and enjoy wine tastings. Consider stopping at the Casa Museu José Maria da Fonseca (closes at 5:30 pm).



8) Places to Visit

Lisbon: Baixa (Downtown Lisbon)

- Baixa, or downtown Lisbon, is the heart of the city. It's the main shopping district that stretches from the riverfront to the main avenue (Avenida da Liberdade), with streets named according to the shopkeepers and craftsmen who traded in the area.
- It was completely rebuilt after the 1755 Earthquake, with streets flanked by uniform, neoclassical buildings. This was Europe's first great example of neoclassical design and urban planning, and one of the finest European architectural achievements of the age.
- It remains an imposing district, with elegant squares, pedestrianized streets, cafes, and shops. Old trams, street performers, tiled Art Deco shopfronts, and elaborately-decorated pastry shops all lend a special charm to the area.



8) Places to Visit

Lisbon: Praça do Comércio (Commerce Square)

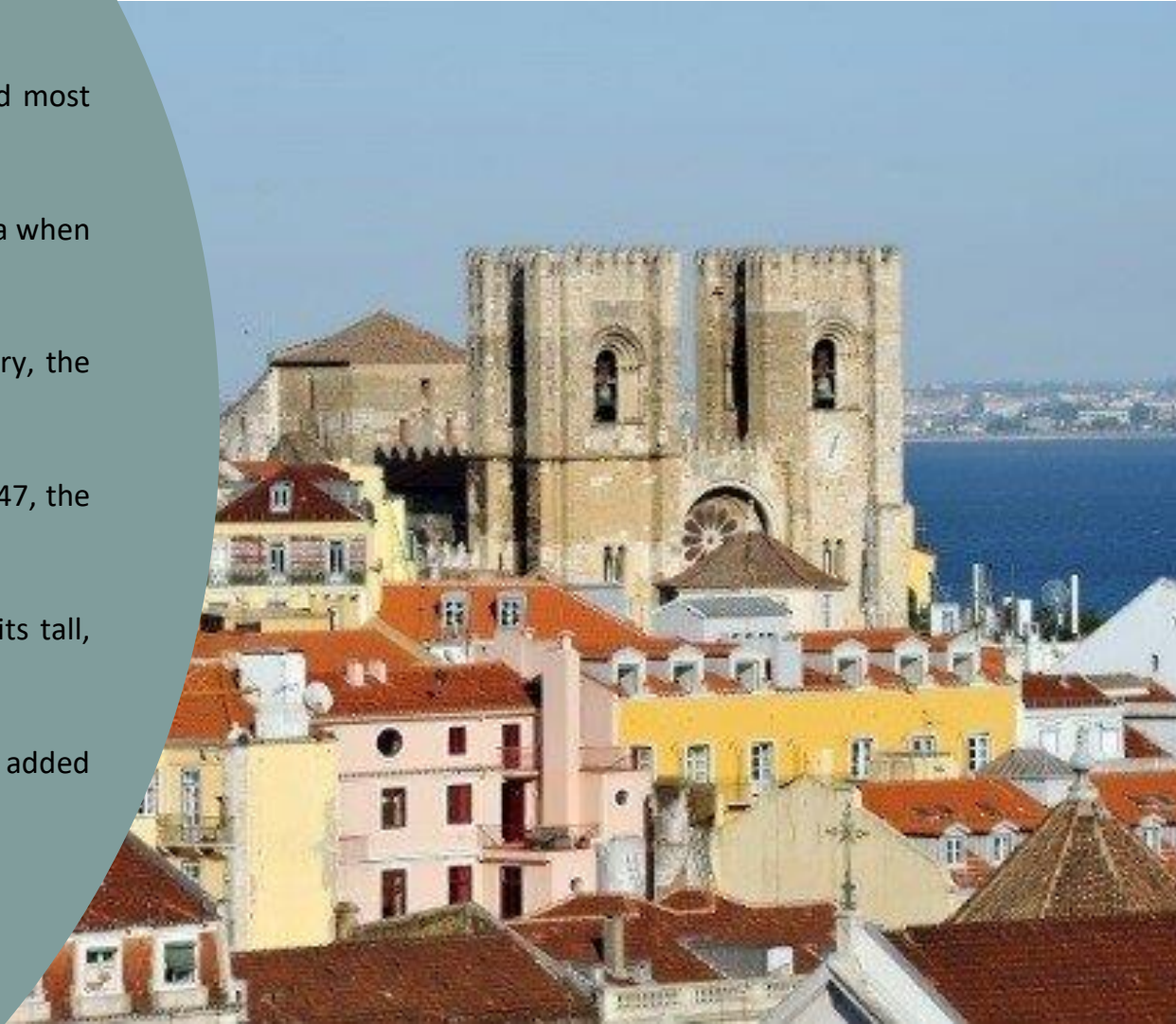
- Also known by its older name Terreiro do Paço, is one of Lisbon's most iconic and historic landmarks:
 - ❖ *Former Royal Palace:* Originally, the site was occupied by the Ribeira Royal Palace, a residence of Portuguese kings for centuries.
 - ❖ *The Great Earthquake:* In 1755, the devastating Lisbon earthquake nearly destroyed the palace and much of the city.
 - ❖ *Equestrian Statue of King José I:* A tribute to the king who led Lisbon's reconstruction after the earthquake.
 - ❖ *Rua Augusta Arch:* An imposing triumphal arch marking the entrance to Rua Augusta, one of the city's main avenues.



8) Places to Visit

Lisbon Cathedral (Sé)

- Officially known as the Cathedral of St. Mary Major, is one of the oldest and most important religious buildings in Lisbon:
 - ❖ *Roman Foundations:* The cathedral's origins date back to the Roman era when a temple stood on the site.
 - ❖ *Moorish Mosque:* After the Moors conquered Lisbon in the 8th century, the temple was converted into a mosque.
 - ❖ *Christian Cathedral:* Following the Christian reconquest of Lisbon in 1147, the mosque was transformed into a cathedral.
 - ❖ *Gothic Architecture:* The cathedral's Gothic architecture is evident in its tall, pointed arches and intricate stonework
 - ❖ *Renaissance Additions:* Over the centuries, Renaissance elements were added to the cathedral, such as the cloister and the Chapter House.



8) Places to Visit

Lisbon: Alfama

- Alfama is one of Lisbon's oldest and most charming neighbourhoods, nestled on the city's eastern hill overlooking the Tagus River, known for its labyrinthine streets and colourful buildings. The neighborhood's intimate atmosphere and traditional taverns have long been popular venues for fado performances.
 - ❖ *Moorish Settlement:* Alfama's history dates back to the 8th century when the Moors established a settlement on the hill. The name "Alfama" is believed to be derived from the Arabic word "al-hamma," meaning "hot springs."
 - ❖ *Medieval Quarter:* After the Christian reconquest of Lisbon in 1147, Alfama became a thriving medieval quarter. Its narrow streets and defensive walls provided protection from invaders.



8) Places to Visit

Lisbon: Chiado

- Chiado is an important cultural and commercial district, known for its luxury shopping, historic landmarks, and its numerous theatres and museums.
 - ❖ The 1755 earthquake greatly affected the area, destroying houses, churches and convents.
 - ❖ In the 18th and 19th century, a great number of important commercial establishments opened in the Chiado, turning it into a favourite shopping area. Some of them exist to this day, like the "Bertrand Bookshop" (opened 1747) and "Paris em Lisboa" (garment shop opened 1888).
 - ❖ In 1988, the Chiado area was severely affected by a fire. Following an extensive rehabilitation project by Pritzker-winning architect Álvaro Siza Vieira, Chiado has recovered.

