

# PENHA LONGA

## SINTRA, PORTUGAL

### HIGHLIGHTS

Just 7 miles from the beautiful Estoril coast is the Penha Longa Hotel Spa and Golf Resort, a magnificent 300 acre estate set amongst rolling hills, lush gardens and sparkling lakes. Escape the stresses of modern life and indulge yourself at the lavish Six Senses Spa offering the latest beauty and Wellness treatments. Golfers will be in for a treat on the two world-class championship golf courses. A health club, tennis club, indoor and outdoor pools will also keep you occupied during your stay.

### STYLE AND TONE

A splendid estate with historic monastic origins dating back to the 14th century, set in a haven of peace and tranquillity, yet only a short drive to the coast and local places of interest.

### ACCOMMODATION

Guest rooms and suites are luxurious with marble bathrooms and a terrace or balcony offering idyllic views of the surrounding countryside. Many rooms interconnect making this an ideal option for young families.

### RESTAURANTS AND BARS

Culinary adventures are in store for you in the hotel's 5 restaurants. The main restaurant, AssaMassa combines gourmet Portuguese cuisine with tastes of the Mediterranean and a vast selection of the finest wines. Midori, one of the best Japanese restaurants in Portugal, is a treat for dinner. Arola serves delicious modern tapas style and international cuisine in a relaxed and chic setting. Serra, by the pool, serves casual bites and outdoor refreshments and hosts a very popular barbeque night during the week. Light snacks can be enjoyed at the RC bar and for a spectacular evening enjoy dinner in the historic 14th century monastic palace.

### HOTEL FACILITIES

5 restaurants	Health club with indoor and outdoor pools, gym and sauna
Six Senses Spa with 9 treatment rooms	Shopping gallery
2 golf courses designed by Robert Trent Jones, Jr	Games room
6 tennis courts	Shuttle service to beach
2 squash courts	Limousine and car rental service
Horse riding	Business centre
Bicycles	
Jogging tracks	

### CHILDREN'S PROGRAMMES

pb crèche	TheZone
Scallywags	LTA accredited tennis coach



“A very friendly hotel in a beautiful setting with fantastic rooms and good sports facilities. Delicious variety of food and local restaurants.”

