

#### ÁREA MARINHA PROTEGIDA DAS AVENCAS

#### Tour to the Marine Protected Area of Avencas

#### 5th of march

The Marine Protected Area of Avencas, located between the beaches of São Pedro do Estoril and Parede, is a nursery for the most diverse number of species, including octopuses, velvet crabs, sea stars, sea urchins and various fish. Come and discover this heritage that is so important to protect!

#### 9:30 am to 11:30 am

4€/participant

# **PENINHA**

# **Astrophotography Workshop**

# 12th of march

Evenings invite to star-gazing. Take part in this practical and theoretical outdoor training in night forest environment, where participants will learn how to take pictures of stars and planets with a simple mobile phone. You will be able to experiment with techniques that allow you to better capture the Milky Way and how to make star trails.

# 8:00 pm to 09:30 pm

12€/participant

# **RIBEIRA DAS VINHAS**

#### Walk in the Ribeira das Vinhas and Espeleism in the Cave of Alvide

# 13th of march

Do you know the Ribeira das Vinhas trail? Take part in this walk that begins in Penhas do Marmeleiro towards the Cave of Alvide, where you will have the opportunity to explore the natural cavities of this cave. After the speleism we resumed to the starting point, in a relaxed walk in the nature. A partnership with the Desnível Association.

# 9:30 am to 1:00 pm

15€/participant

**360°** CASCAIS DOWNLOAD APP 🔊 📹

#### **QUINTA DO PISÃO**

#### Wild Orchids of Quinta do Pisão

#### 19th and 20th of march

Conhece as orquídeas silvestres da Quinta do Pisão? Venha connosco numa saída de campo para as descobrir.

#### 10:00 am to 1:00 pm

Free

#### **Orchid Clinic**

# 19th and 20th of march

Having trouble keeping your orchids beautiful? Bring us your orchids and we'll explain what you can do for them.

# 2:00 pm to 3:00 pm

Free

#### Tractor Ride with honey tasting at Quinta do Pisão

# 27th of march

Spring is here! Come visit Quinta do Pisão on a tractor ride, stopping at Casa do Mel where you will have the opportunity to know the world of bees, observe the process of extracting honey and taste it!

# **BORBOLETÁRIO**

#### The Secret Life of Butterflies

#### 20th of march

You know everything about butterflies? Come and meet some curiosities about butterflies, with particular emphasis on their life cycle and learn how to identify the most common species found in Cascais.

#### 10:30 am to 12:00 pm

4€/child

# **RESERVATIONS**

215 811 750

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