



RECOMENDADO
PELA CASA REAL
PORTUGUESA

IN & OUT



PESTANA
POUSADA
SERRA da ESTRELA
HISTORIC HOTEL
PORTUGAL



IN

The 'Penhas da Saúde' Sanatorium was projected in the 1920's by the architect Cottinelli Telmo, who also projected the 'Padrão dos Descobrimentos' (The Monument to the Discoveries). During decades, the building serves as sanatorium to treat the employees of the railroad company suffering from tuberculosis. In 1959, the sanatorium was closed and so it stayed for long decades.

Now this imposing building at 1,200 meter height in the mountains has been recovered. Eduard Souto de Moura was in charge of maintaining the original building's integrity and giving it a new purpose: to attract families, mountaineering fans and ski and snow lovers.



The good air of the
'Serra da Estrela' mountains
are now a touristic triumph
in this renewed space.

IN



Enjoy and relax in the heated swimming pool with views onto the mountains.



IN





Os quartos da Pousada da Serra da Estrela têm uma majestosa vista sobre a paisagem e a serra.

IN



FACILITIES

Surrounding Landscape

Restaurant and Bar

Parking

Safe

92 Rooms

Lift

Games Room

Gym

Gardens

Laundry Service

Cable TV

Hairdryer

Kid's Club

oltage 220 Volts

Minibar

WiFi Access

Room Service

Facilities for the Disabled

Indoor Swimming Pool

Outdoor Swimming Pool

Air Conditioning

Meeting Room

Spa, Sauna and Jacuzzi

River Beach 30 km

Estrada Nacional 339
Penhas da Saúde

GPS

N: 40 17.503

W: 7 32.016



RESTAURANT OF THE POUSADA



The calm outdoor atmosphere impacts on the Restaurant of the Pousada da Serra da Estrela, with in a sober and modern style is enriched by the beautiful views in 1,200 meter altitude. This space, surrounded by much sunlight, presents the typical dishes and flavors of the region – a must for any guest visiting us.

The variety of the traditional flavours together with the regional confectionery, are delicacies that will delight our guests during their meals.



IN



RESTAURANT OF THE POUSADA



SPECIALITIES

Butter Bean soup with crispy “morcela”
(black pudding) and diced regional
charcuterie

Traditional cabbage soup with chorizo
and traditional corn bread

Roasted goat with golden potatoes and
sautéed greens

Lamb Ribs with an olive crust on
ratatouille and wild mushrooms

Sesame and curd cheese pudding under
cascade of almond and pumpkin jam

Dry figs with nut ice-cream

Curd with Pumpkin Jam



Number of seats: 96

The dishes are subject to change without prior notice.



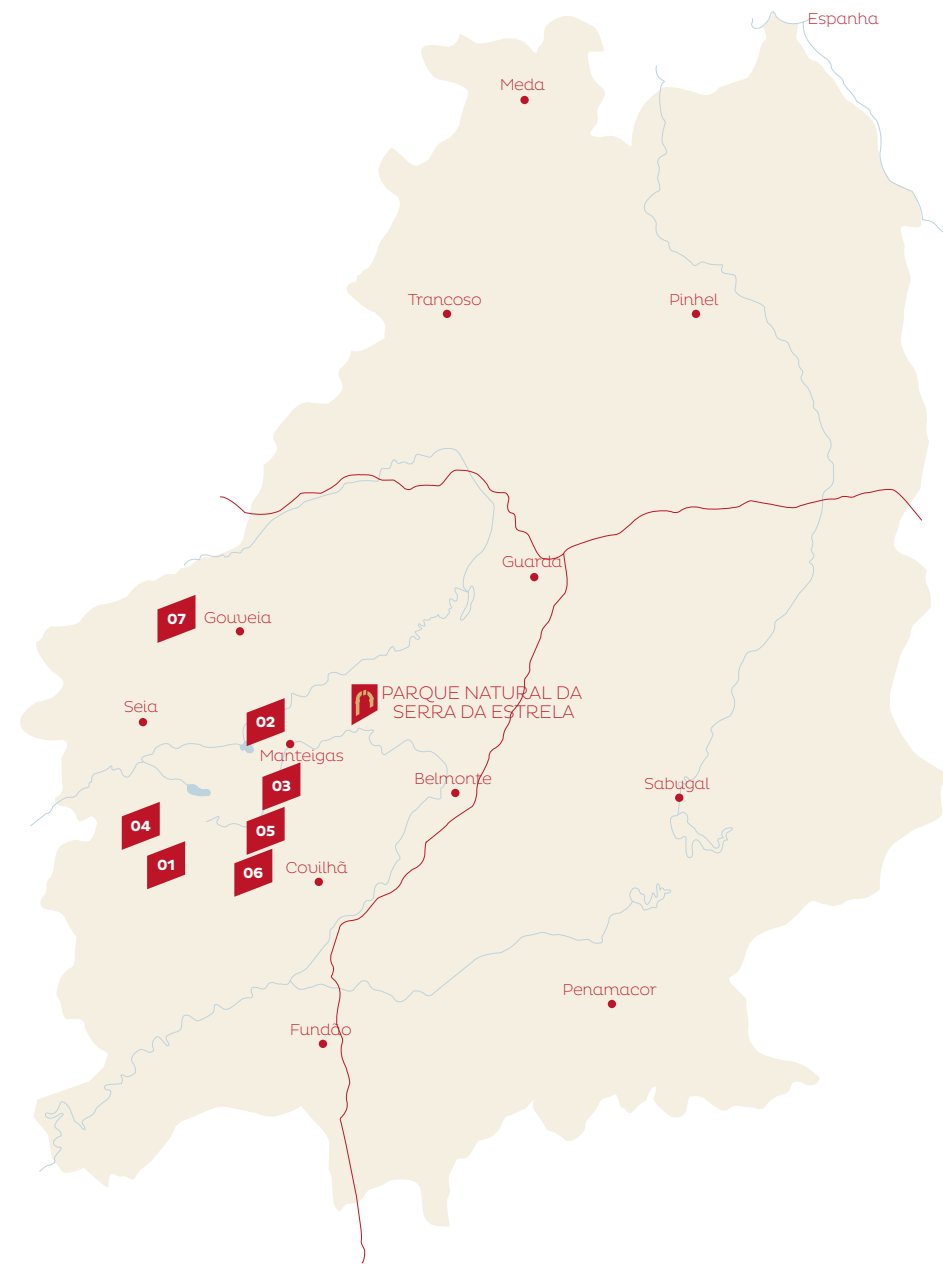
The Serra da Estrela mountains is the ideal destination for snow and nature lovers.

OUT

When we think about the Serra da Estrela Mountains, we immediately imagine snow, winter sports, cold ski days and evenings seated in front of the fireplace. But the Serra is much more than this. It is the land of the wool industry, of delicious cheese and birthplace of the 15th century discoverers.

Here is the spring of the longest entirely Portuguese river, the Mondego River, which flows towards the West to the Atlantic Ocean and the beaches of Figueira da Foz.





ACTIVITIES

- 01** SKIING
- Alto da Torre
(Natural Slopes)
- 02** - Skiparque
(Prepared Slopes)
- 03** THERMAL SPA
- 02** PARAGLIDING

PATHWAYS

- 04** VALE DOS GLACIÁRIOS ROUTE
- 04** VALE GLACIÁRIO DE LORIGA
- 04** VALE GLACIÁRIO DO COVÃO GRANDE
- 05** VALE GLACIÁRIO DO ZÉZERE
- 05** VALE GLACIÁRIO DE ALFORFA
- 06** TRILHO DO VIRIATO

FUN

- 07** GOUVEIA ECOLOGICAL PARK

TO DO

Here, cold becomes an element of the beauty of the high lands, transforming this hotel in a unique place to appreciate the views and the activities of the cold season.

But outside this season, the interest for this area is not less.

The white slopes, covered with snow, give way to the clear and green summer landscape with its new atmosphere that still wants to be discovered.

OUT





TO DO

ACTIVITIES

SKIING

Alto da Torre
(Natural Slopes) Serra da Estrela
Skiparque
(Prepared Slopes) Manteigas

THERMAL SPA
Caldas de Manteigas

PARAGLIDING
Skipark at Manteigas

FISHING (TROUT)

BIRDWATCHING

ADVENTURE SPORTS
Climbing, Slide, Rappelling and Archery

HIKING

HORSE RIDING

MOUNTAIN BIKING (ATB)

ALL-TERRAIN RIDES
Serra da Estrela Natural Park

PATHWAYS

VALE DOS GLACIÁRIOS ROUTE

VALE GLACIÁRIO DE LORIGA

VALE GLACIÁRIO DO COVÃO GRANDE

VALE GLACIÁRIO DO ZÊZERE

VALE GLACIÁRIO DE ALFORFA

TRILHO DO VIRIATO

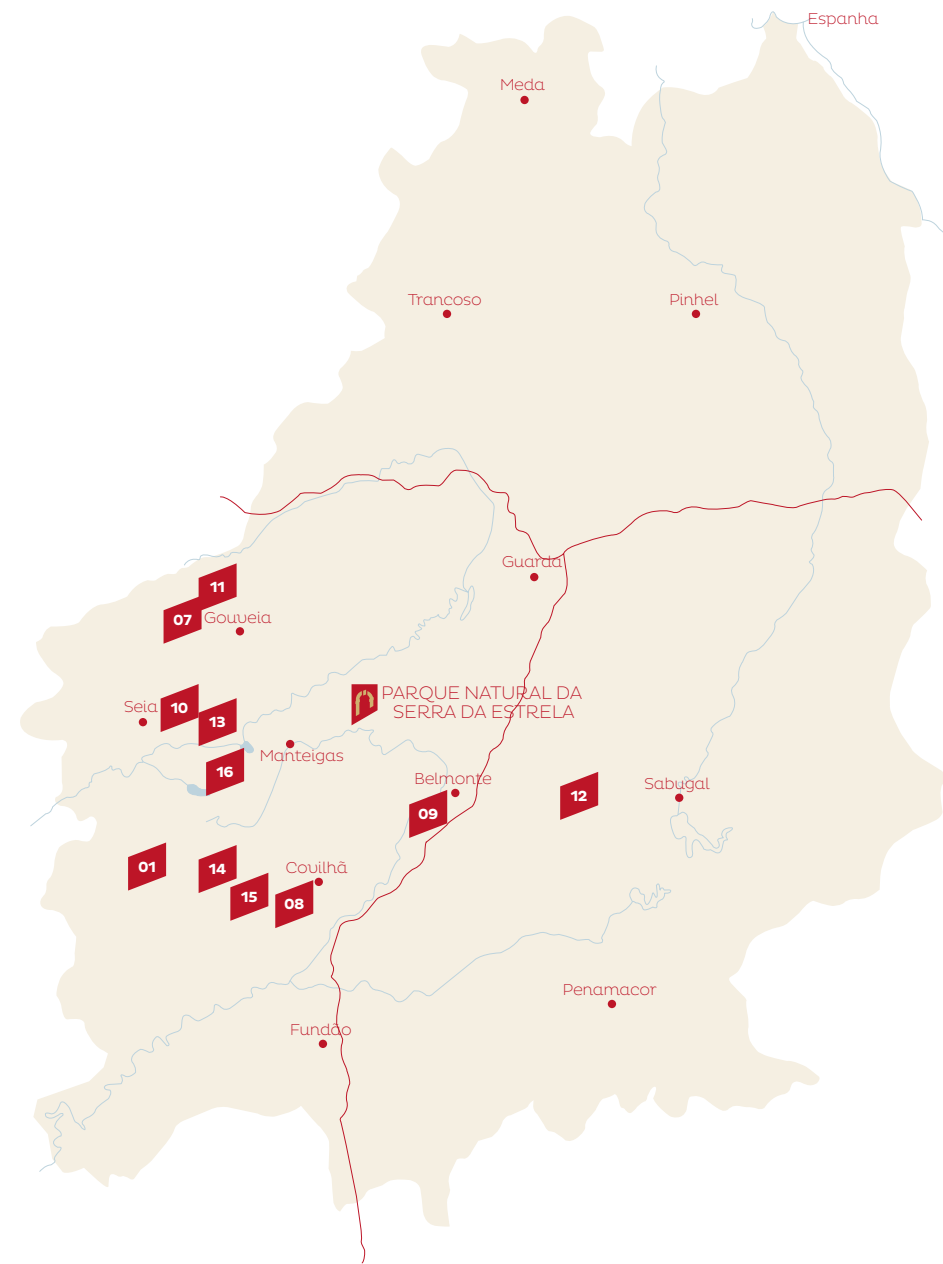
TRILHO DAS LAGOAS DA TORRE

TRILHO DAS GRANDES LAGOAS

FUN

GOUVEIA ECOLOGICAL PARK
Quinta da Borrachota - Gouveia

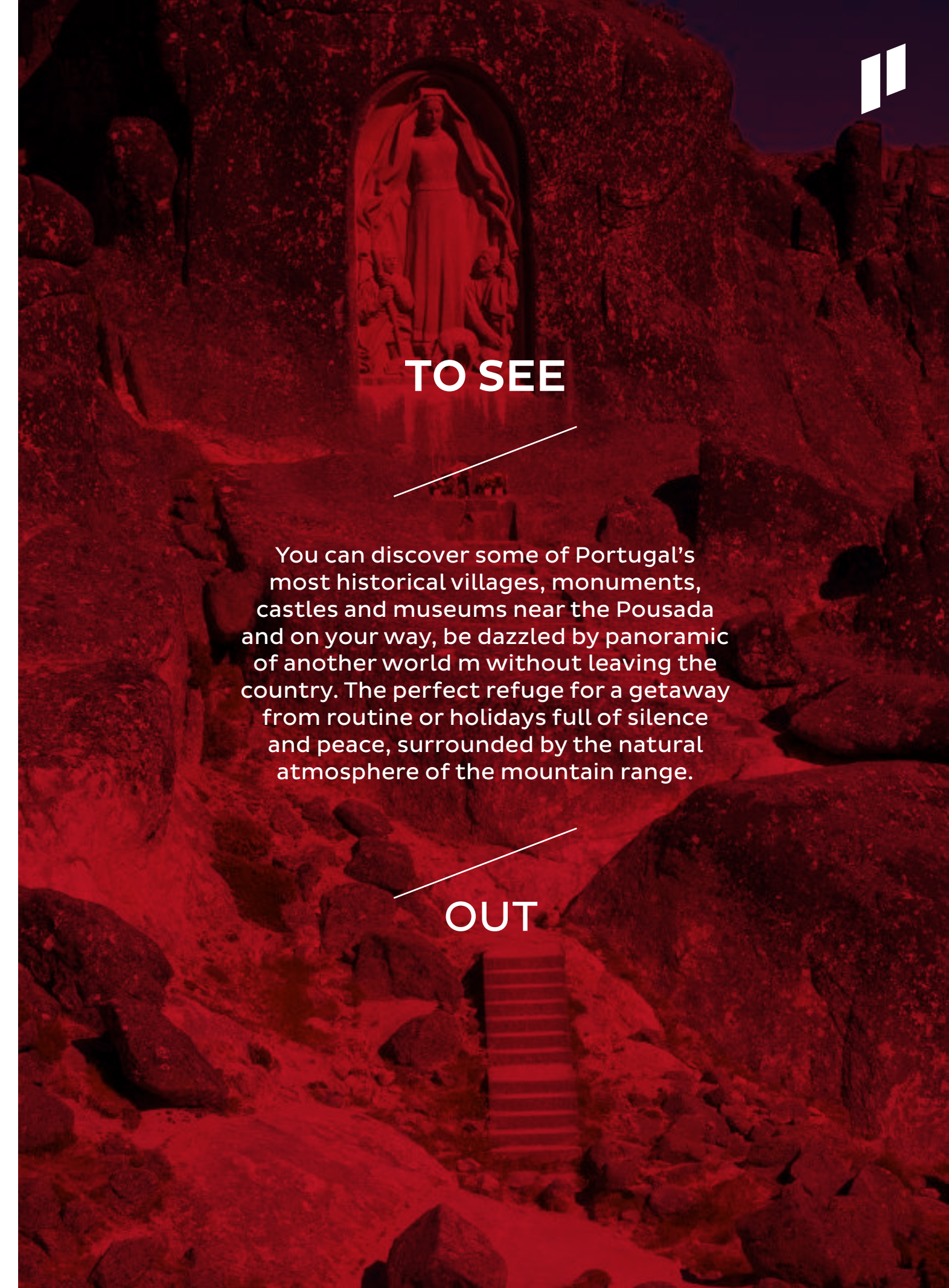
OUT



- 08** SANTA MARIA MAIOR CHURCH
- 08** SÃO JOÃO DE MALTA CHAPEL
- 08** CALVÁRIO CHAPEL
- 08** COVILHÃ WALLS
- 08** WOOLLEN MANUFACTURE MUSEUM
- 09** JEWISH MUSEUM
- 10** BREAD MUSEUM
- 07** MUSEUM OF SACRED ART

- HISTORICAL VILLAGES OF THE REGION**
- 08** COVILHÃ
- 09** BELMONTE
- 10** SEIA
- 11** CASTELO NOVO
- 12** SORTELHA
- 13** SABUGUEIRO

- POINTS OF LANDSCAPE INTEREST**
- 15** LAGOA DO VIRIATO
- 01** ALTO DA TORRE
- 14** COVÃO D'AMETADE
- 16** LAGOA COMPRIDA



TO SEE

You can discover some of Portugal's most historical villages, monuments, castles and museums near the Pousada and on your way, be dazzled by panoramic of another world m without leaving the country. The perfect refuge for a getaway from routine or holidays full of silence and peace, surrounded by the natural atmosphere of the mountain range.

OUT



TO SEE

SANTA MARIA MAIOR CHURCH
Rua Senhor da paciência - Covilhã

SÃO JOÃO DE MALTA CHAPEL
Rua Marquês d'Ávila e Bolama - Covilhã

CALVÁRIO CHAPEL
Calçada de Sta Cruz - Covilhã

COVILHÃ WALLS
Covilhã

WOOLLEN MANUFACTURE MUSEUM
Rua Marquês d'Ávila e Bolama - Covilhã

JEWISH MUSEUM
Rua da Portela - Belmonte

BREAD MUSEUM
Quinta da Fonte do Marrão - Seia

MUSEUM OF SACRED ART
Rua Mestre Abel Manta - Gouveia

**HISTORICAL VILLAGES OF THE
REGION**

COVILHÃ

BELMONTE

SEIA

CASTELO NOVO

SORTELHA

SABUGUEIRO

POINTS OF LANDSCAPE INTEREST

**MIRADOURO DA VARANDA
DOS CARQUEJAIS**
Estrada da Torre - Covilhã

LAGOA DO VIRIATO
Penhas da Saúde

ALTO DA TORRE
Serra da Estrela

N^ª S^a DA BOA ESTRELA
Covão do Boi - Serra da Estrela

TRÊS CÂNTAROS
São Pedro

COVÃO D'AMETADE
São Pedro

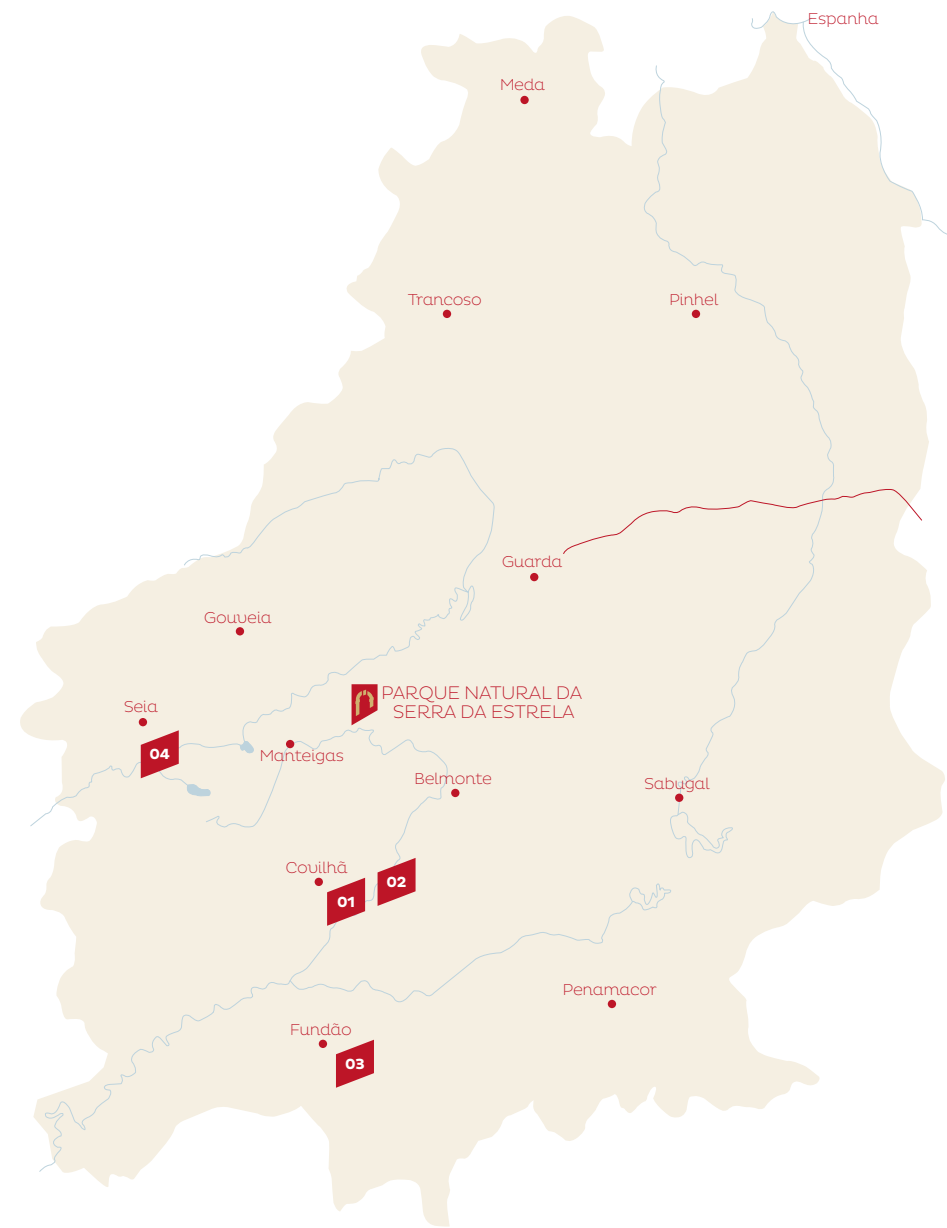
COVÃO DO BOI
São Pedro

PLANALTO CENTRAL

LAGOA COMPRIDA

OUT





01 VARANDA DA ESTRELA
02 QUINTA DA AMOREIRA

03 O MÁRIO
04 MUSEU DO PÃO

TO EAT

Cheese is clearly the business card of this region. This is a cheese with its own history, exclusively produced with sheep milk and clotted with a regional flower.

The meat used for the regional dishes is mainly kid's or lamb's meat, tender and tasty. After a long walk, take the chance for a good meal, because here the journeys – like the experiences – tend to last long.

OUT



TO EAT

VARANDA DA ESTRELA
Rua da Piscina
Penhas da Saúde, Covilhã

QUINTA DA AMOREIRA
Rua das Amoreiras, nº 4 6200 Canhoso - Covilhã

O MÁRIO
Cruzamento de Alcaria, E.N.18 , Fundão

MUSEU DO PÃO
Rua de Santa Ana Quinta Fonte do Marrão, 6270-909 Seia

TYPICAL DISHES

Rye Bread and Corn Bread, Buttery and Cured Sheep Cheese, Cured Goat Cheese.
Sausages: Pork Sausage, Lung Sausage (with Onion), Flour Pork Sausage and Black Sausage.

Serra da Estrela Roasted Kid with Giblets Rice and Turnip Greens Purée, Runner Beans, "Chanfana" (Liver Stew), Rabbit Stew with Carqueja Rice, Grilled Boar with Potatoes "Poor Man's" Style, Trout in Picking Brine Sauce, Chestnuts.

DESSERTS

Sweet Rice cooked with Goat Milk (without eggs), "Manjar Celeste" (Celestial Delicacy – Sweet Curd), "Tigelada da Beira" (with honey and cinnamon), Carolos or Corn Purée, Bread, Raisins and Pine Nuts Pudding, Chestnut Cake, Runner Beans Pastry.

BEBIDAS

Kosher Wine, Dão Wine, Junipers Liqueur.

OUT



Pousada Amares - Mosteiro de Amares
Pousada Crato - Mosteiro do Crato
Pousada Faro - Palácio de Estoi
Pousada Guimarães - Mosteiro de Guimarães
Pousada Lisboa - Terreiro do Paço



Pousada Alcácer do Sal - Castelo de Alcácer
Pousada Alvito - Castelo de Alvito
Pousada Angra do Heroísmo
Pousada Arraiolos - Convento de Arraiolos
Pousada Beja - Convento de Beja
Pousada Belmonte - Convento de Belmonte
Pousada Évora - Convento de Évora
Pousada Estremoz - Castelo de Estremoz
Pousada Horta - Castelo da Horta
Pousada Óbidos - Castelo de Óbidos
Pousada Palmela - Castelo de Palmela
Pousada Queluz - Palácio de Queluz
Pousada Serra da Estrela
Pousada Tavira - Convento de Tavira
Pousada Viana do Castelo
Pousada Vila Pouca da Beira - Convento de Vila P. da Beira
Pousada Vila Viçosa - Convento de Vila Viçosa
Pousada Viseu



Pousada Gerês - Caniçada
Pousada Marvão
Pousada Sagres
Pousada Valença
Pousada Ourém
Pousada Ria
Pousada Alijó
Pousada Condeixa - Coimbra
Pousada Bragança
Pousada Marão

