

HISTORY

The story of Penha Longa began with a young man – Vasco Martins from Leiria. Just turned 17, he was moved by the monastic phenomenon which was taking place over much of Europe, inspired by the teachings of Saint Hieronymus. As such, he left Lisbon in 1321 for Italy to join the monastic congregation recently founded by Tommasuccio da Foligno. Having acquired the ascetic principles he sought, he returned home to Portugal in 1353 with two companions, Friar Alberto and Friar Antonino, with the intention of founding a monastery of the Hieronymite Order.

At that time, the area to the west of Lisbon was considered to be somewhat wild and uninhabitable with Cascais covered with kermis-oak groves and moors used mainly for falcon breeding. (The low Latin term for falcon – asturil from astur meaning falcon gave birth to the name of Estoril).

Friar Vasco and his companions arrived in the Penha Longa valley around 1355 and next to a small chapel traditionally consecrated to Our Lady of Piety (now rebuilt as the Penha Longa Church), the Monks began to build some cells, starting a secular community life. In 1372, through the Hieronymite Monks from Castille, the Monks sent a petition to Pope Gregory 11th and in 1373, by private Papal Edict, *Salvatoris humani generic*, the Pope allowed them to take the vows in the Hieronymite Order according to the rules of St Augustin. In 1390, King João 1st sponsored the purchase of the site next to the Long Rock and the Penha Longa religious community was formally acknowledged in 1400 and in 1448, was consecrated.

The small monastery thrived, increasing its domain thanks to the favour of various Kings and Princes who often stayed for long periods – preferring the cooler microclimate of Sintra to the heat of the city – and – the hunting that was locally available.

In the 16th century, King Manuel built a small palace next to the Monastery which itself underwent considerable refurbishment. The Manueline style, as it became known, can still be seen in the buildings that survived the Lisbon earthquake of 1755, the Sacristy and the main entrance to the Convent – both in the arched ceilings and in the twin portals of the Palace.

In 1584 Penha Longa Monastery hosted the first official Japanese Delegation to Europe, consisting of four young students from the Jesuit Mission in Nagasaki. The youths of noble birth, came from the main Christian Daimio families – Mancio Ito, Miguel Chijiwa, Julian Nakaura and Martin Hara. The Jesuit Fathers who accompanied them on their European travels sponsored them. The Princes arrived at Penha Longa in the late afternoon and dined on various delicacies. They then changed into Japanese finery with full ornamental swords before travelling onto the Court in Sintra to call on Cardinal Alberto, their host. After the visit, they returned to Penha Longa for the night before strolling around the gardens the next morning.

From Penha Longa, the young delegation travelled onto Madrid, to the Vatican and to other European courts before returning home to Japan in 1585. Tiles commemorating this visit can be seen in the lobby of the hotel.

In 1673, the Penha Longa Church was constructed over the primitive Mediaeval Chapel in honour of Our Lady of Piety. Partially destroyed in the Lisbon earthquake of 1755, the current Church was rebuilt around 1780/81 to around 1812 – whenever funds were available to pay for the work. Many Penha Longa buildings were restored and others, such as The Garden of S Gonçalo and the Palace of the Marquês de Anjeja were built.

The monastery's days were ended on 28th May 1834 with the expulsion of all religious orders from Portugal. On 17th July, the Judge of the Sintra Court of Common Pleas declared the Monastery, guest houses, other facilities, water-mills, the circle, land plots, cattle and other assets to be part of the National Estate. On 13th April 1836, the property, except for the Church and its assets, was put up for sale and was purchased by the Marshal Duque de Saldanha for the amount of 21 thousand *reis*. There is no record of the Marshal ever having taken up residence there and the estate was abandoned and left to its fate. He did however save many of the Monastery's Manueline items, giving them as gifts to friends and keeping others. In 1842, the property was sold to C.D & A H Lindemberg and in 1850, was pawned and put up for sale at

public auction. It was bought by Sebastião Pinto Leite, Viscount Gandarinha, Count of Penha Longa. The estate was later inherited by Clementina Libania Pinto Leite in 1898 and in 1921, was sold to a nephew, João Pinto Leite, Viscount Olivais. In 1944, Quinta da Penha Longa was purchased by Judge Luis José Pires Soromenho who later sold it to Judge Correia de Campos. The sons of Judge Jorge Correia de Campos sold the property in 1987 to the Japanese Aoki Corporation. The property is now owned by Deutsche Bank and managed by The Ritz-Carlton Hotel Company, L.L.C.

INTERESTING FACTS

About Lisbon:

- Lisbon (Lisboa), the capital of Portugal, is the westernmost city in continental Europe.
- Approximately 600,000 people live in Lisbon; however if you include the various satellite towns, the population of Greater Lisbon rises to approximately 1.9 million people.
- The Portuguese language is Latin in origin and is the third most widely spoken European language in the world. It is the mother tongue of about 200 million people and is the official language in several countries – Angola, Cape Verde, Guinea-Bissau, Mozambique, São Tomé e Príncipe in Africa and Brazil in South America.
- Lisbon has more men with moustaches than any other European city, with 47 per cent of Portuguese men sporting a moustache.
- Lisbon's Latitude is 38°43' N and longitude 9°08' W – the same latitude as Washington DC, Ibiza, Sicily, San Francisco and Seoul.
- Lisbon is one of Europe's smallest capital cities.

About Sintra:

- Sintra is a town of sumptuous royal palaces and beautiful landscapes which has been named a UNESCO World Heritage Site.
- Primitive Iberians were so bewitched by Sintra's natural wonders that it became a place of cult worship – christening it Sintra, Mountain of the Moon after the Celtic goddess.
- Cabo da Roca is the westernmost point on the continent of Europe which the poet Camões defined as "where the land ends and the sea begins".
- During the summer months of June and July, the Sintra Music Festival (www.cm-sintra.pt) attracts a large number of music lovers to the region. The various concerts (around a dozen) by Portuguese and Internationally-renowned musicians usually take place in the churches, palaces, parks and country estates of the area.
- In August, visitors can enjoy the Sintra Ballet Festival, also known as Noites de Bailado. Performances take place at various outdoor venues.
- Sintra's tram is back on track, connecting Sintra, Banzão (near Colares, famous for its excellent wine) and Praia das Maçãs, the best known beach on the Sintra coastline. During the week, it is possible to hire out the entire tram.
- The Fair of São Pedro (more of a market really) dates back to the time of the Christian re-conquest and takes place on the 2nd and 4th Sunday of each month.
- Sintra was popular in the nineteenth century with artists and poets, among them Lord Byron, who called the old town a "glorious Eden" and Hans Christian Anderson.
- One must visit the Palácio e Parque de Montserrat exuding 19th century faded grandeur – a rhapsody of English romanticism and bohemian decadence. Set amidst romantic gardens, it was designed by James T Knowles in 1858, the architect of the Grosvenor House in London. A wealthy English exile, William Beckford, added an English garden in 1793 to its sumptuous grounds.
- Visit the Castelo dos Mouros, constructed by the Moors in the 8th or 9th century, located on two peaks of the Serra de Sintra, offering magnificent views over the valley. Surrounded by walls and several towers, it underwent various repairs, particularly in the last 19th century when King Consort Fernando of Saxe Coburg-Gotha restored it.

- The local farmers are known as the saloio, as defined by their swarthy complexion, medium height and a tasselled cap falling to their shoulders. The saloio are descendents of the Mozarabs, conquered Moors who were converted to Christianity after the re-conquest. Saloio is of Arab origin meaning countryman.

About Penha Longa:

- Penha Longa means literally long rock.
- The history of Penha Longa is inextricably linked with the history of Portugal. Founded by Friar Vasco Martins in 1355, the historic church at Penha Longa was built in 1390 and then was followed by the creation of a palace a decade later.
- Penha Longa's palace was used by the Portuguese Royal family during the 15th and 16th centuries – escaping the heat of the city to the shade and comfort of Sintra.
- Penha Longa was the host to the first European visit by a Japanese delegation in 1584. Two tiles recently unearthed on the property depict this visit and are displayed in the lobby area.
- Two minutes from the hotel, lies a Grand Prix Track and a shopping centre open until midnight!
- Penha Longa's imperial suite has 360° views over the national park which surrounds the property.
- The church at Penha Longa is guarded by statues of the apostles – with the statue of Judas lying in the crypt.
- For those of the Roman Catholic faith, permission is sometimes granted to hold a wedding in the old church.
- An archive for Penha Longa is being compiled by the local librarian as many artefacts have been lost over the centuries.

GOLF

Penha Longa features two golf courses, designed by Robert Trent Jones II, inaugurated in 1992 and 1995 respectively.

The Atlantic Course – The Atlantic Course is an 18-hole, par 72, championship course of 6,290 meters, offering a challenging course with breathtaking views over the ocean with Estoril and Cascais to the South and the Sintra hills to the North. Penha Longa's Atlantic golf course has played host to numerous competitions including the Portuguese Open. The prestigious IAGTO meeting was held at Penha Longa in December 2004.

The Monastery Course – The Monastery Course meanwhile is a nine-hole, par 35 course of 2,588 meters. This course spreads around the historical heart of the resort and is the perfect complement to The Atlantic Course, ideal for guests who arrive in the late afternoon but who would still like to play a round of golf.

NEARBY ATTRACTIONS AND MUST DO'S

Lisbon

Located just a thirty minute drive from Penha Longa Hotel & Golf Resort, Lisbon has been the capital of Portugal since the mid-thirteenth century. It lies on the right bank of the Tagus river, is built on seven hills and is located in a region that offers a rich landscape diversity.

Legend has it that the name Lisboa (Lisbon) comes from "Olissipo" which has its origins in the Phoenician words "Allis Ubbo", meaning "enchanting port" although little physical evidence remains of the Green, Roman and Visigoth invaders. Occupied by the Moors for over 450 years before the Christians re-conquered the city in the twelfth century, this influence can still be felt, especially with their hilltop palace, the Alcáçova, now the site of the Castelo São Jorge.

During the fifteenth century, with the beginning of the Portuguese Age of Discoveries, Lisbon developed into a spice and jewellery trade centre. The breakthrough for Portuguese expansion came in 1498 when Vasco da Gama discovered the sea route to India. This started a golden age for the city, characterised by the Manueline architectural style, named after King Manuel I, with its typical decorative use of maritime motifs.

Over the centuries, Lisbon gradually grew and expanded. When the city centre was almost completely destroyed by the great earthquake of 1755, it was rebuilt by the Marquês de Pombal, who created the Baixa Pombalina, a commercial area that still retains much of its original character.

Must do's:

- Visit the historic quarter of Lisbon by tram. These narrow streets, tiled facades, and wrought-iron balconies – of medieval and Moorish origin – are best seen by tram (eléctrico).
- Stroll by the River Tagus and lunch at the Santa Amaro docks.
- Go shopping in the Baixa Pombalina – one of Lisbon's busiest quarters
- Investigate Belém, linked to Portugal's Golden Age of Discoveries as the site where the famous navigators set sail to discover the New World. Amongst Belém's attractions are the Jerónimos Monastery, the Monument to the Discoveries, the Torre de Belém Cultural Centre and Rua Vieira Portuense.
- Try the Pastéis de Belém at the Antiga Confeitaria de Belém – delicious custard tarts.
- Listen to Fado – a form of music sung by everyone in Portugal and composed of four-line stanzas, based on a story of great passion or sung simply as a poem, it is traditionally accompanied by a 12-string Portuguese guitar and the classical guitar. Fado first appeared in Portugal at the end of the eighteenth century, as a nostalgic form of song favoured by sailors – its name derives from the Latin word *fatum*, meaning "fate" or "destiny".
- For nightlife, Bairro Alto (the bohemian haunt of students, artists and writers and the home of Fado) and Avenida 24 de Julho, Alcântara and riverside discos and bars.
- Visit www.visitlisboa.com; www.visitportugal.pt; www.portugalvirtual.pt or www.portugal.org/tourism/lisbon; www.portugalinsite.pt

Sintra

The region of Sintra is one of the most beautiful in Portugal – a picturesque Eden with breathtaking views over the coastline, leading nineteenth century poets to describe it as "a garden of the earthly paradise". It has been recognised by UNESCO as a World Heritage Site.

The summer escape from the oppressive heat of Lisbon for Portugal's crowned heads, the area abounds with palaces to suit any and every taste. The area is also known for its wine growing, marble quarrying and traditional confectionery and handicrafts.

Must do's:

- In Sintra-Vila, (the town itself), the main thing to see is the Palácio Nacional, begun by Dom João I in the 15th century and used as a royal palace until the end of the 19th century.
- Also visit, just south of Sintra-Vila, the Castelo dos Mouros, a Moorish castle begun in the 8th century and captured by Afonso Henriques in 1147.
- Further south from Sintra Vila, lies another royal palace, the Palácio a Pena, a wonderfully mad, over-the-top monument built in the 19th century by Ferdinand of Saxe-Coburg-Gotha, the husband of Queen Maria II. Lord Byron called Pena's gardens "a wonderful Eden".

- Museums wise – the Toy Museum holds over 20,000 exhibits from the 16th to the 20th century while the Berardo Collection of Modern Art holds arguably Portugal's finest collection of contemporary art (www.berardocollection.com).
- Another must is a visit to the recently restored Quinta da Regaleira, built at the turn of the 20th century and now classified as World Heritage by UNESCO. A romantic ideal, built in the middle of a dense forest, was a design collaboration between its owner, Antonio Augusto Carvalho Monteiro (1848 – 1920) and his scenographer-architect, Luigi Manini.
- Try the famed queijada de Sintra, delicious bite-sized cheesecakes made from queijo fresco (cottage cheese) in Casa de Piriquita. It also sells travesseiros (almond pastries).

Queluz

Visit Queluz, the majestic rococo summer palace of the kings of Portugal in the 18th century, (known as Portugal's Versailles), halfway between Rossio and Sintra. Of particular note are the stunning murals of Cervante's Don Quixote in the royal bedroom. When the exiled Englishman William Beckford visited the Queen in 1788, he witnessed her mental anguish when her 27-year-old son José, contracted small pox and died – her religious conviction had prohibited vaccination.

Cascais

A stylish summer resort, twenty minutes from Penha Longa, Cascais was a humble fishing village before becoming a royal retreat in the 19th century and an enclave for a crop of exiled monarchs – the Duke of Windsor for one – in the 20th century. Colourful fishing boats still moor alongside stylish cruise liners although the clientele is more international jet set interspersed by a clutch of English expats.

Estoril

Just down the road from Cascais, lies Estoril, a former spa town and fashionable seaside resort, made famous in the 1930s by its Grand Prix track, its international casino (currently Europe's largest) and glitzy hotels. Ian Fleming set his first Bond novel, Casino Royale, here and another Bond epic – On Her Majesty's Secret Service was also filmed here. It has had its fair share of noble exiles including the Spanish King Alfonso (King Juan Carlos grew up here); Umberto II of Italy, Juan de Bourbon of Spain, Carol of Romania and Karl Hapsburg of the Austro-Hungarian Empire.

SIX SENSES SPA AT PENHA LONGA

The Six Senses Spa at Penha Longa is located within the historic palace buildings, amid a stunning, landscaped garden setting for total privacy and seclusion. The 1,500 square metre Spa is just a few minutes walk from the main hotel building and incorporates a number of water features designed to lend a meditative and contemplative ambience.

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| Spa Contents: | Two dry treatment rooms |
| | Two wet treatment rooms |
| | Two Thai salai massage rooms |
| | One couples suite |
| | One facial suite |
| | Three relaxation areas |
| | Ladies and gentlemen's changing rooms |

Within the garden:

One Jacuzzi

One plunge pool

One wading pool

One three metre waterfall

One water cascade feature

Two gazebos for either medication or treatments

One platform over the pool suitable for T'ai Chi or Yoga