



(10) CARTUXA MONASTERY

The former Cartuxa Monastery, along with that of Évora, is one of the only two Portuguese Carthusian Monasteries. It dates back to an early temple erected in the valley of the Barcarena stream by the friars of the Order of Saint Bruno, under the invocation of Our Lady of the Conception and Saint Bruno of Cologne. This convent was founded in the 17th century, on land donated by D. Simoa Godinho. The church, with a wide limestone facade, is topped by an image of the Virgin with the Child and was built in the 18th century. In 1834, the decree that extinguished convents and monasteries led to the abandonment and dismantling of this monastery. In the 20th century, it housed the facilities of a school and the Padre António Vieira Institute. Due to its excellent acoustics, the church has hosted several classical music concerts.

M NOSSA SENHORA DA CONCEIÇÃO DA ROCHA SANCTUARY

festivities that take place at the end of May.

n 1822, a small group of young people accidentally discovered a grotto on the banks of the Jamor River with a funerary niche and an image of the Virgin, whom they named Nossa Senhora da Conceição da Rocha. Due to the lack of a suitable place for the veneration of the Saint, the image was transferred to the Lisbon Cathedral, where it remained for 60 years, and later to the Church of St. Roman of Carnaxide, where it stayed for another 10 years. In 1893, the Sanctuary of Nossa Senhora da Conceição da Rocha was inaugurated, and its devotion has endured to this day, along with the

PARISH CHURCH OF OEIRAS

An old parish church already existed on this site during the reign of King Dinis, but the need for a larger temple to meet the population's needs led to the construction of a new church. It began construction in 1702, with the architectural project led by the renowned royal architect João Antunes. The interior of the Parish Church of Oeiras, dedicated to Our

Lady of Purification, features several elements of outstanding beauty. These include the baptismal font, crafted by master Matias Duarte, the sacristy washbasin, the pulpits, the organ and various paintings that adorn the church.

13 PREHISTORIC SETTLEMENT OF LECEIA

Archaeological research has uncovered various residential and defensive structures from different periods. The oldest date back to the Late Neolithic of Estremadura, approximately between 3,300- and 2,900-years BC. The most significant archaeological findings confirm the success of an agro-pastoral economy, complemented by hunting and the collection of molluscs along the adjacent estuarine coast. These materials can be observed in the Monographic Exhibition of the Prehistoric Settlement of Leceia, located at the Barcarena Gunpowder Factory.

14 FORT OF S. JULIÃO DA BARRA

Built in a strategic location dominating the entrance to the mouth of the Tagus River, next to Torre beach, the Fort of São Julião is one of the most important military constructions in the country. The construction is believed to have started in the 16th century, with the design attributed to Miguel de Arruda, one of the most renowned architects of the time. This fortification was modified, expanded, and adapted to new requirements that arose over the years and served as both a military and political prison. The case of General Gomes Freire de Andrade, who was detained in São Julião da Barra and executed on the grounds adjacent to the fortification, is particularly notable. In 1951, among others, General Eisenhower and Field Marshal Montgomery were stationed here. After extensive renovation works, it was adapted to serve as the official residence of the Minister of Defence.

15 FORT OF SÃO LOURENÇO DA CABEÇA SECA OR BUGIO TOWER

The Fort of São Lourenço da Cabeça Seca, or simply Bugio Tower, is located at the entrance of the mouth and estuary of the Tagus River. Its original shape, strategic location situated on a sandbank called "Cabeça Seca" (Dry Head) which hides at high tide and is only accessible by boat, makes it a landmark in the Oeiras landscape. Construction began in the 16th century, and it consists of a tower and a circular wall, a chapel with a main altar made of marble inlaid work, walls and ceilings lined with wood, and a lighthouse standing in the centre of the parade ground.

16 OEIRAS MARINA

The Oeiras Marina is located next to Torre Beach and near the Fortress of S. Julião da Barra. It is a complex that includes Recreational Port with the Blue Flag award, the Seaside Promenade, and the Oceanic Swimming Pool, This is a set of three facilities with different amenities in the areas of sports, leisure, tourism and nautical activities, with a special focus on sailing. It also includes a commercial and dining area, with bars and terraces, shops and nautical activities through maritime tourism companies, and a tourist office

ALGÉS SEASIDE PROMENADE AND OEIRAS SEASIDE PROMENADE

> Currently with a total length of 5,500 meters, the Seaside Promenade is a landmark of the municipality of Oeiras and one of the most beautiful in the world, where you can run, walk, cycle, skate, or simply enjoy the view of the river and sea. You can explore the largest maritime defensive line of the Tagus Estuary with its fortifications, swim at the various Blue Flag beaches - Caxias, Paco de Arcos, Santo Amaro and Torre - or venture into a nautical activity through the various schools or maritime tourism companies located at Oeiras Recreational Port.

18 VASCO DA GAMA AQUARIUM

The Vasco da Gama Aquarium was inaugurated in 1898 on the occasion of the 4th Centenary of the Discovery of the Sea Route to India. Today, it is one of the few oldest aquarium-museums in the world that remains open to the public. This historical heritage of Portuguese aquatic life also houses the oceanographic collection of King Carlos I.

NIRVANA STUDIOS

A former military barracks from the 1940s, converted into cultural centre in 2003 by the theatre company Custom Circus. This nomadic troupe founded this space to host their artistic projects and other independent artists. The visit to this unique universe is free. with multiple points of interest, from the cinematic décor of its outdoor art gallery, vintage vehicles and industrial archaeology. Their resident show is the cosmopolitan Le Cabaret Rock, institutionalised in 2012. Other productions include music, theatre, dance, visual arts, literature, cinema, adventure sports, and eco-sustainable concepts, and social harmonisation initiatives

NATIONAL SPORTS CENTRE OF JAMOR

The National Sports Centre of Jamor gathers various sports facilities within a large green area. It features training Control green area. It features training Centres for tennis, golf, athletics; cross-country and mountain biking tracks; swimming pools; fitness circuits; the Adventure Park; National Stadium, where the final of the Portuguese Cup football takes place; water sport tracks; mini-golf; rugby; as well as the Faculty of Human Kinetics; the City of Football, and much more for you to enjoy.

