

A first look at Sintra's historic centre

Walk from the station side of town along Volta do Duche to the National Palace square and São Martinho. This is a town-centre introduction, not an ascent to Pena Palace or the Moorish Castle.

1.17 km / 4 stops / 45-70 min with pauses / one way



1. Sintra station forecourt

2. Volta do Duche, park entrance

3. National Palace square

4. São Martinho church exterior

Start & finish

Begin outside Sintra railway station. Finish by São Martinho above the palace square, then retrace the main town approach for the station. Do not confuse this station with Portela de Sintra.

Make it shorter

Finish at the National Palace square and omit São Martinho. Take a rest before returning along Volta do Duche.

Look closer at each stop

01 Sintra station forecourt

Orient yourself before leaving the station area. The historic centre lies along the town approach to the west, while the hilltop palaces need a separate journey.

Next: 606 m to stop 2. Route includes Rua João de Deus, Avenida Doutor Miguel Bombarda, Volta do Duche.

02 Volta do Duche, park entrance

Pause by the public entrance to Parque da Liberdade without relying on the park being open. The wooded setting explains why the approach feels different from a large city street.

Next: 356 m to stop 3. Route includes Volta do Duche, Rua Visconde de Monserrate, Largo Doutor Gregório d'Almeida.

03 National Palace square

The palace's two tall chimneys make a memorable landmark. Enjoy the exterior from the square; visiting its rooms is a separate activity.

Next: 208 m to stop 4. Route includes Largo Doutor Gregório d'Almeida, Praça da República, Rua Consigleiri Pedroso.

04 São Martinho church exterior

A short rising lane leads to the church above the central square. Finish with a look back across the rooftops, then return by a route that suits your footing.

Underfoot & access

Sloping pavements, uneven stone and traffic along parts of Volta do Duche. The final approach to São Martinho rises. Narrow or busy sections can be difficult with a buggy or wheelchair.

Before you go

Sintra has temporary traffic and visitor-management changes. Check the municipality's notices. Palace interiors, Regaleira and hilltop monuments require separate planning and are not included in the walking time.

Sources & route review

Visit Portugal: Sintra town itinerary

Sintra municipality: visitor circulation

Parques de Sintra: National Palace

Map: OpenStreetMap / Valhalla pedestrian routing. Distances follow the mapped line; suggested visit times include pauses and are editorial estimates, not a timed on-site walk.