



THE COCONUT TREEHOUSE

AT LUA & PINE



THINGS TO DO



- **Book a massage** - Get a relaxing massage to unwind and restore your body after exploring. Release muscle tension, improve circulation, and recharge in a calm, soothing environment—perfect after surfing, hiking, or a day of travel. Contact: [Feel Ericeira Massage](#)
- **Enjoy a day at the nearby beaches**, from calm spots for relaxing to more dramatic Atlantic stretches ideal for walking, swimming and surfing. There's something for everyone, whether you want a peaceful escape or a lively seaside atmosphere.
- **Explore nearby trails** - To explore the nearby area, you can discover local trails by walking, hiking, or cycling through the scenic paths. To find the trail that best suits you go to: [alltrails.com](https://www.alltrails.com)
- **Mountain biking** is a great way to explore a region fun and excitingly! [Ericeira Bike](#) can arrange tours so you can explore the region and they also do rentals. They do free delivery and you can book through their website or by phone.
- **Sightseeing Nearby** – Explore the stunning sights just a short drive away, blending nature, history and coastal charm:
 - Sintra-Cascais Natural Park: Dramatic cliffs, forests and beaches for hiking and wildlife
 - Pena Palace (Sintra): Fairytale castle with panoramic views.
 - Cabo da Roca: Europe's westernmost point, rugged cliffs and ocean vistas.
 - Ericeira: World-class surfing village with lively beaches and seafood spots.
- **Surfing** - Whether you are a pro or not, surfing is a must in Portugal. There are loads of surf schools in the area and the nearest one is right at São Julião's beach. To rent boards and book classes, please contact João via WhatsApp: +351 913 744 170
- **Wine Tasting** – Try a wine tasting in the area and discover a family-run vineyards, cellar visits and guided tastings. [Haja Cortezia](#) is just 5 minutes away, offering a lovely introduction to the region's wines, flavours and relaxed winemaking tradition.

