



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](#)
- **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 [Soul Mar Surf School](#) via WhatsApp: +351 932 247 951.
- **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.

