

5th Sintra LGBTQIA+ Pride March

Complete Information

From the Mountain to the Moon, the Fight continues!

Join us on the 5th LGBTQIA+ Sintra Pride March!



04/July/2026 at 3PM (15h).



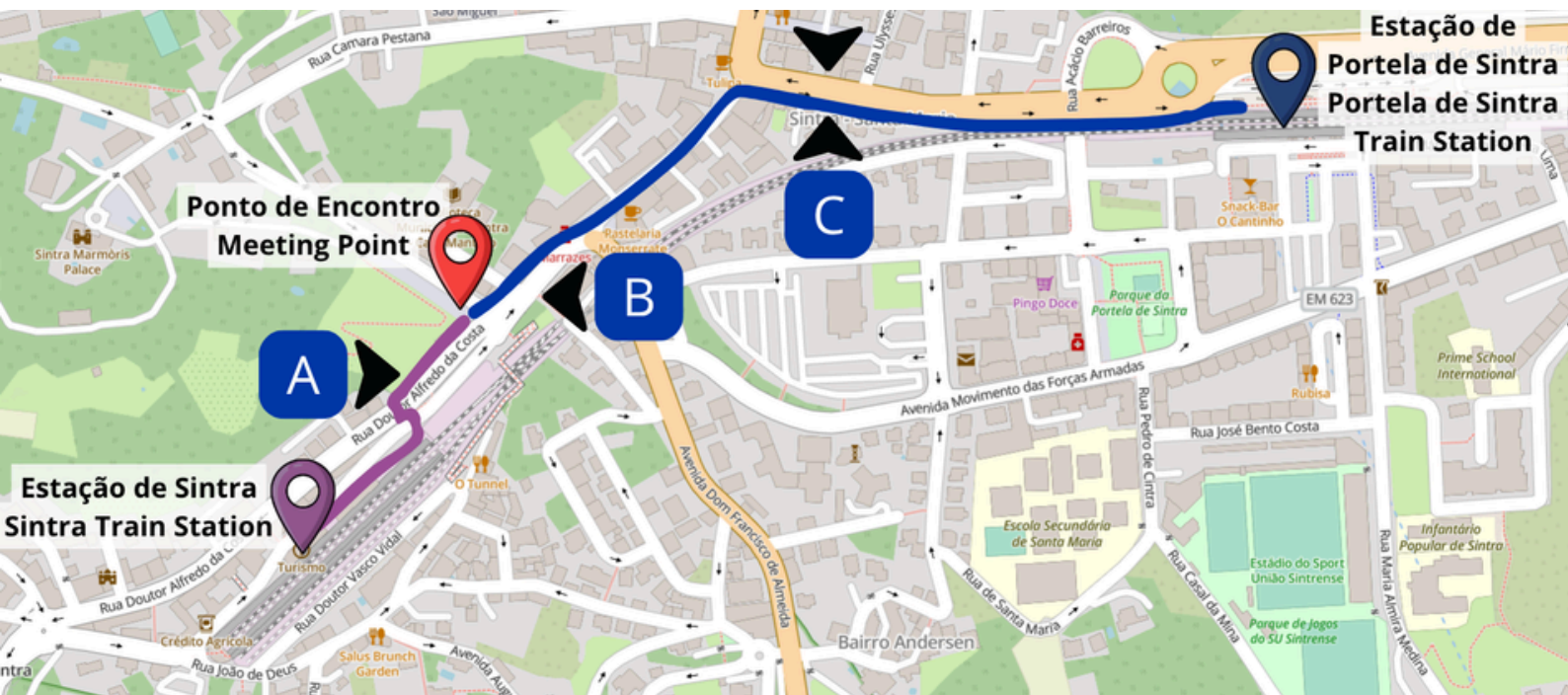
Meeting Point: Jardim da Correnteza, Sintra

Address: Alameda Combatentes da Grande Guerra, Sintra

Location: [Google Maps](#) / [Moovit](#) / [Apple Maps](#)

GPS: 38°48'03.6"N 9°23'03.0"W

How to get there



Map of access routes to the Meeting Point

Most accessible way

+ Coming by Train

Take a train to Sintra (the destination indicated should only be "Sintra" and never "Mira-Sintra/Meleças"). Trains depart every 30 minutes from Lisbon-Oriente and every hour from Lisbon-Rossio. Get off at the terminal station (Sintra - indicated in the image by the purple pin). Go to the exit of the station building. Go to the right onto Avenida Dr. Miguel Bombarda. Then cross at the pedestrian crossings to the left side of Rua Dr. Alfredo da Costa. Go to the right towards Alameda dos Combatentes da Grande Guerra/Jardim da Correnteza (the red pin in the image).

+ Coming by Bus (except 1252, 1253, 434 e 435)

Get off at "Portela de Sintra" stop (North or South exit depending on the bus) or "Sintra" stop (for Rede Expressos and Flixbus buses), both indicated in the image by the blue pin. Enter the "Portela de Sintra" train station and take a train to Sintra. Trains always run at 23, 39, and 53 minutes past the hour (the 2:53 PM train is the last one, guaranteeing punctual arrival). Get off at the terminal station (Sintra - indicated in the image by the purple pin). Go to the exit of the station building. Go to the right onto Avenida Dr. Miguel Bombarda. Then cross at the pedestrian crossings to the left side of Rua Dr. Alfredo da Costa. Go to the right towards Alameda dos Combatentes da Grande Guerra/Jardim da Correnteza (the red pin in the image).

+ Coming by Bus 1252

Get off at "Av Dr Miguel Bombarda" stop (indicated by the letter B in the image). Walk down the avenue and cross towards Alameda dos Combatentes da Grande Guerra/Jardim da Correnteza (red pin in the image).

+ Coming by Bus 1253

Get off at "R Alfredo da Costa 57" stop (indicated by the letter A in the image). Walk up the street towards Alameda dos Combatentes da Grande Guerra/Jardim da Corrente (red pin in the image).

+ Coming by Buses 434 and 435

Get off at "Estação de Sintra/Sintra Train Station" stop (the purple pin in the image). Continue along Avenida Dr. Miguel Bombarda towards Jardim da Correnteza (the red pin in the image). Then cross at the pedestrian crossings to the left side of Rua Dr. Alfredo da Costa. Go to the right towards Alameda dos Combatentes da Grande Guerra/Jardim da Correnteza (the red pin in the image).

Other ways to get there

+ Buses to "Portela de Sintra"

Get off at "Portela de Sintra" stop (North or South exit depending on the bus) or "Sintra" stop (for Rede Expressos and Flixbus buses), both indicated in the image by the blue pin. If you are at the stops on the South side, cross the train station to exit on the North side. Follow Avenida Dr. Desidério Cambournac. Turn left onto Avenida Heliodoro Salgado towards Alameda dos Combatentes da Grande Guerra/Jardim da Correnteza (red pin in the image).

+ Buses 1240, 1241, 1245, 1247, 1248, 1249, 1250, 1254, 1255, 1624, 1632, 1633 and 2626

Get off at "Av Desidério Cambournac" stop (IDs 171313, 171314, 171383 and 171384), indicated in the image by the letter C. Follow Avenida Dr. Desidério Cambournac towards Avenida Heliodoro Salgado. Turn left onto Avenida Heliodoro Salgado towards Alameda dos Combatentes da Grande Guerra/Jardim da Correnteza (red pin in the image).

+ Coming by bicycle, scooter, on foot, Taxi or ridesharing services

Go to Alameda dos Combatentes da Grande Guerra/Jardim da Correnteza (red pin in the image). [Google Maps](#) / [Apple Maps](#)

+ Coming by Car

Parking in Sintra is generally paid. Traffic is often heavy when arriving in, entering, and moving around Sintra, so we recommend using public transportation. If you are coming by car, we recommend the parking lots at Portela de Sintra Station (Here: [Google Maps](#) / [Apple Maps](#)) or the parking lot next to the Espaço Cidadão de Sintra (Here: [Google Maps](#) / [Apple Maps](#)). After parking, go to Alameda dos Combatentes da Grande Guerra/Jardim da Correnteza (red pin in the image). [Google Maps](#) / [Apple Maps](#)

Accessibility: Route and Informations

Map and General Information



Data: 4 de Julho de 2026

Começo/Start: 15h/3 PM - Jardim da Correnteza **Fim/End:** Palácio da vila

Percurso/route : Jardim da Correnteza - Rua Alfredo da Costa - Paços do concelho - Volta do duche - Palácio da vila*

Transportes Públicos/Public Transportation:

Começo/Start: Comboio/Train - Sintra, Autocarro/Bus 1252, 1253, 434 and 435, Autocarro/Bus Rede Expresso 284 -Porto

Fim/End: Autocarro/Bus 1252 and 434, Comboio/Train - Sintra

***percurso completo será acessível para pessoas com aparelhos de mobilidade**

***The complete route will be accessible to people with mobility aids.**

Safety Recommendations



Emergency exits indicated by red arrows

Português:

- Beber muita água
- Usar protetor solar
- Usar roupa fresca e calçado confortável
- Usar óculos de Sol e chapéu
- Partilha de Localização com uma pessoa de confiança
- Saber pelo menos um contacto de emergência

English:

- Drink plenty of water
- Use sunscreen
- Wear cool clothing and comfortable shoes
- Use sunglasses and a hat
- Share your location with a trusted person
- Know at least one emergency contact

Safety Recommendations

Português:

- Se tiveres sensibilidade a ambiente com muito barulho, traz os teus auscultadores ou outros dispositivos de cancelamento de ruído.
- Teremos também tampões para ouvidos gratuitos se precisares.
- As pessoas da equipa de apoio e cuidados da marcha estarão identificadas com pulseiras verdes fluorescentes. Recorre as estas pessoas para qualquer eventualidade.
- Haverá kit de primeiros socorros básico na marcha.

English:

- If you are sensitive to loud environments, please bring your headphones or other noise-canceling devices.
- We will also have free earplugs if you need them.
- The march's support and care team will be identified by fluorescent green wristbands. Please contact these people for any eventuality.
- There will be a basic first-aid kit at the march.

What to expect?

- Noise Level: High
- Occupancy Level: High (many people)
- Interaction Level: Medium
- Pets are welcome, as long as you assure you respect others' boundaries.
- Interpretation in Portuguese Sign Language.

About the route

The route is mostly flat (except at the beginning - a slight downhill - and at the end - a slight uphill).

- Meeting Point

The meeting point has a limestone sidewalk and is in good condition overall. It also includes an access ramp, leveled crossings, benches, and shade.

- Public Restroom at the Meeting Point

There are no public restrooms at the meeting point. However, there are businesses near the meeting point with restrooms (not accessible for people with disabilities). Sintra train station has paid restrooms (not accessible for people with disabilities). Portela de Sintra train station has no restrooms.

- Start

The first 90 meters of the route are paved with granite cobblestones and are generally in good condition.

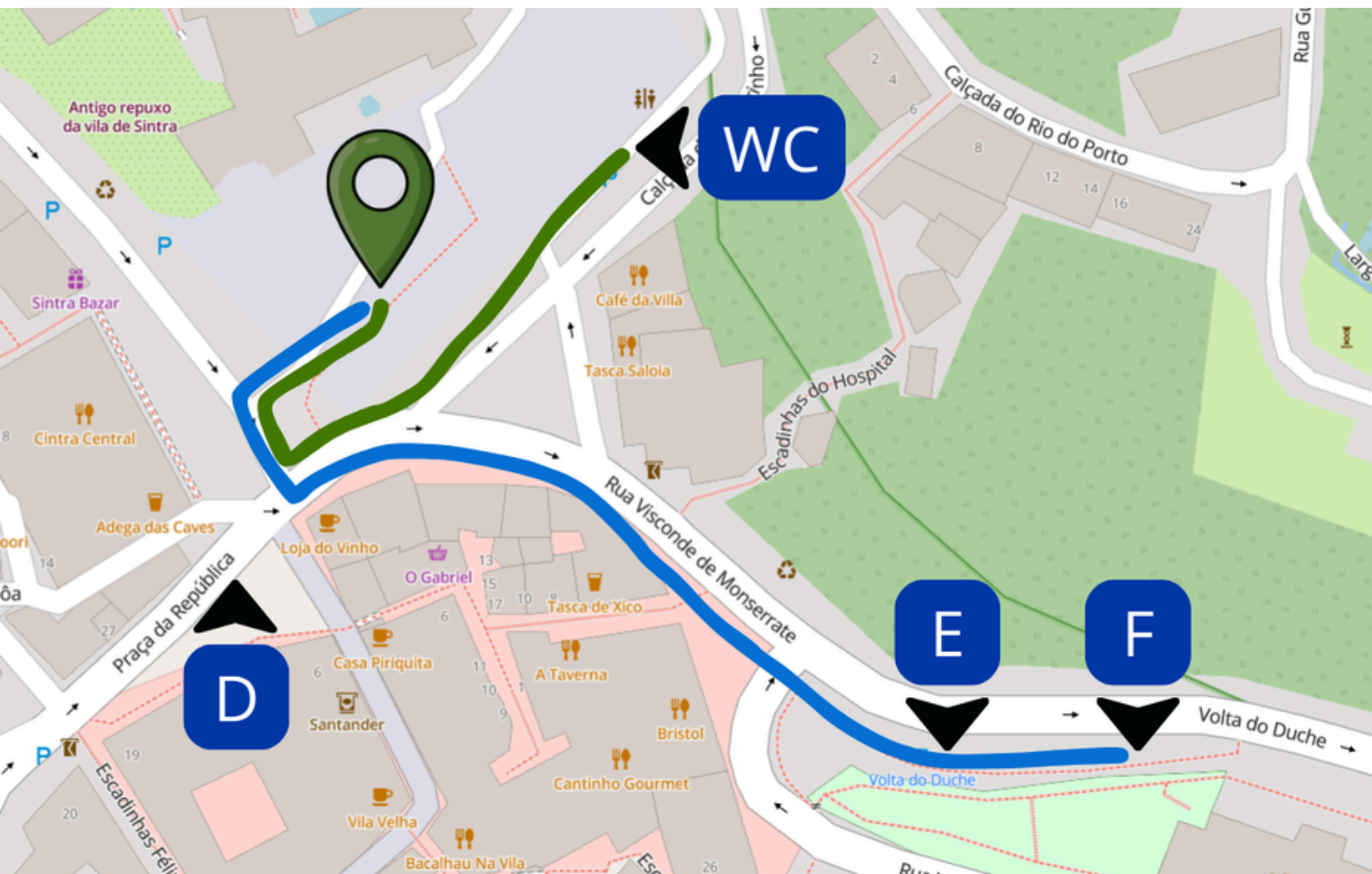
- End

The final stop of the march is paved with limestone cobblestones and is generally in good condition.

- Public Restroom at the end

Access to the restroom at the end of the march is via a limestone cobblestone sidewalk, with some sections in very poor condition. It is accessible with mobility aids, but caution is advised. Access to the restroom for people with disabilities is through the first door, then turn right and follow the short corridor. Access to the restroom is indicated by the green path in the image below.

How to return



Map of the march's ending point (green pin)

Most accessible way

+ Bus 1252 (conection with other buses and train)

Go to "Volta do Duche" stop (indicated by the letter E in the image). Take bus 1252. Bus 1252 runs every 20 minutes until 7:15 PM, then every 40 minutes until 11:50 PM.

If you are taking another means of transport, you must get off at one of the following stops:

- **"Sintra Estação"**: to take the train to Lisbon (Lisbon-Oriente or Lisbon-Rossio); or to take bus 1253.
- **"Av Mov Forças Armadas Frente SmaS"**: to access the parking lot of the Espaço Cidadão de Sintra.
- **"Portela de Sintra (Estação)"**: to catch buses 1206, 1208, 1223, 1234, 1240, 1241, 1244, 1245, 1247, 1248, 1249, 1250, 1251, 1254, 1255, 1614, 1618, 1620, 1621, 1623, 1624, 1626, 1629, 1630, 1632, 1633 or 2626; or to catch Rede Expressos or Flixbus buses; or to access the parking lots at Portela de Sintra Station.

+ Bus 434 (conection with the train)

Go to "Sintra Vila / Palácio Nacional de Sintra" stop (indicated by the letter E in the image). Take bus 434. Bus 434 runs every 10 minutes until 7:10 PM. Get off at "Sintra Estação" stop to take the train to Lisbon (Lisbon-Oriente or Lisbon-Rossio); or to take buses 1252 or 1253.

Other ways to return

+ By bicycle, scooter or on foot

Follow the reverse path of the Pride March until you reach the train station, parking lot, or other destination you need.

+ Taxi

Go to the Taxi rank in Praça da República (indicated by the letter D in the image) and take a Taxi.

+ Ridesharing services

Go to Avenida do Duche, to the area **after** the bus stops (indicated by the letter F in the image). Once there, request a ridesharing service.

Updates

Stay up to date on everything concerning the Sintra Pride March on SintraFriendly's social pages:

Instagram: [@sintrafriendly](#)

Facebook: [@SintraFriendlylgbtiqua](#)

Threads: [@sintrafriendly](#)

Or at Bialogar's website at [Sintra LGBTQIA+ Pride March page](#)

For any other questions regarding accessibility, send us an email to: **acessibilidade@bialogar.pt**