

10TH ANNIVERSARY EDITION



**EUROPEAN
URBAN RESILIENCE
FORUM**

18-20 October 2023

Cascais, Portugal

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Study Visits to Key Resilience Places in Cascais

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Cascais and Climate Change Adaptation

"Protecting and increasing the natural capital of the municipality of Cascais" has been the focus of the work carried out in the municipality in various areas of climate action, as a way of safeguarding the natural heritage for our generations.

The municipality was a pioneer in the preparation of the Cascais Strategic Plan for Climate Change (PECAC) in 2010, which identified the main impacts of climate change on the territory over the next hundred years in terms of water resources, coastal areas, biodiversity, fisheries, agriculture, human health, and tourism.

In 2017, the Action Plan for Climate Change Adaptation - Cascais 2030 was presented, describing the main consequences of climate change in the municipality, as well as the strategic vision for local innovation and resilience.

As part of EURESFO23, Cascais shares experiences and good practices for climate adaptation during field visits to the locations it proposes below.

Visit to the Avencas Marine Protected Area and Pedra do Sal Environmental Interpretation Centre



The Avencas Marine Protected Area is the first marine protected area with local management in the country. Regular monitoring is carried out here to monitor the species of economic interest and non-indigenous species and the effect of climate change on intertidal communities. Here you can take an interpretative walk between Avencas beach and São Pedro do Estoril beach to learn about the biological and geological diversity that exists in this protected area. This visit follows at the Pedra do Sal Environmental Interpretation Centre, dedicated to disseminating Natural Heritage values, where you can see the permanent exhibition "The part that remains", which aims to convey the importance of the "mark" that man leaves for the future, leading to reflection on his ecological footprint and how the actions of each one of us can make a difference in the balance and sustainability of the planet.

The aims to make this zone a protected area is the protection of marine ecosystems. This is to enhancement of biodiversity.



Avencas Marine Protected Area



Pedra do Sal Environmental Interpretation Centre

Visit to the Cresmina-Guincho Dune System Rehabilitation



The Guincho-Cresmina dune system belong to the Guincho-Oitavos dune complex, located in the southern part of the Sintra-Cascais Natural Park. Along the walk you can observe plants endemic to the region, with special characteristics adapted to the dune system. These species live in perfect harmony with insects, reptiles, and birds, forming a unique ecosystem whose survival depends on the balance of the dunes.

The aims of rehabilitation of the Guincho-Cresmina dune system are the mitigation of coastal erosion, the restoration and protection of coastal dune ecosystems and the enhancement of biodiversity. This is to protect the coastal shoreline from regression, flooding, overwash and sea level rise.



Sand Traps at Cresmina-Guincho Dune System



Cresmina Dune Interpretation Centre

Visit to NOVA SBE Campus for Urban Decarbonization



At NOVA SBE Campus in Carcavelos, you will find a wonderful, innovative decarbonization living laboratory where the circular economy, urban agriculture, renewable energy, sustainable mobility, art, and green spaces are in communion and form a pole focused on people, decarbonized, resilient to climate change and that promotes a sustainable urban environment.

A "Living Lab" in Carcavelos in which everyone's interaction will enable us to move towards carbon neutrality, with seven issues:

- **Energy** – Decarbonization and promoting renewable energy.
- **Water** – Efficient use and zero waste network of water.
- **Community** – Participation and Awareness. Cascais Smart Pole is a collaborative, integrated and integrative laboratory that is people centred.
- **Green Spaces** - Territorial enhancement and green spaces for all with the requalification and maintenance of green spaces.
- **Buildings** – Technological innovation. Campus of an intelligent energy optimization system for both the HVAC system and lighting systems.
- **Circular Economy** – Promote circular economy and carbon neutrality in waste.
- **Mobility** – More sustainable and inclusive mobility.



NOVA SBE Campus



Biodiesel Storage Tank

Visit to Peninha Forest Conservation



Peninha is set on a rocky spur and slopes down to the sea. With a total area of about 60 hectares, this area offers a wide landscape over the municipalities of Cascais and Sintra. The high humidity values associated with the diversity of the soil composition allow the occurrence of high-altitude vegetation formations such as heaths and marshes, which are managed through grazing with Garrano horses, as happened in the region in the past.

The aims to Peninha Forest Conservation are the management of the habitat, promote the biodiversity and prevent and control the rise of invasive species. This is to reduce the risk of fire and allowing the occurrence of endemic species that would tend to disappear with the development of shrub vegetation.



Panoramic View of Peninha



Garrano Horses at Peninha

Visit to Quinta do Pisão Biodiversity



Quinta do Pisão - Nature Park (380 ha) is internationally acclaimed a case study in nature conservation and biodiversity and the development of responsible tourism as a contribution to the populations' health and well-being. Located in the western end of the Cascais municipality, in the Sintra-Cascais Natural Park, it represents a historical and cultural legacy that has proven to be a structural factor for the territory, both because of its scale and the natural values it contains, and of its built heritage and landscape organisation.

As part of the plan to naturalization the mountain range, the Quinta received Sorraia horses and roe deer with the aim of promoting biodiversity, contributing to reducing the risk of fire with natural indigenous trees and vegetation plantation and protecting some endangered species.



Quinta do Pisão Landscape



Sorraia Horses at Quinta do Pisão