



SHERATON

Cascais Resort

# SUSTAINABILITY & WELL-BEING



# Unique Selling Points

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Located in the heart of Quinta da Marinha, the most exclusive area of the village of Cascais, Sheraton Cascais Resort is the answer for those looking to enjoy the best that the western coast of Europe has to offer. In total the Sheraton Cascais offers 154 rooms - from Deluxe Rooms to 4-bedroom suites (45 to 200 sq), suitable for any type of situation. As part of this experience, there is a wide range of services: in the category of restaurants and bars, there is the Glass Terrace, the Yakuza Cascais and the Flow Pool Bar; in the health and wellness category, Serenity - The Art of Well Being, a health club, an outdoor pool (semi heated) and a privileged view of the resort's lush gardens. The Sheraton Cascais Resort also has indoor and outdoor spaces for events such as conference and meeting rooms.

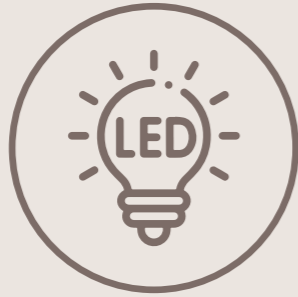
## WHAT CAN YOU EXPECT

- Unique F&B concepts and dining.
- Unique SPA Experience - Serenity SPA –The Art of Wellbeing.
- Located close to Cascais and beaches.
- Sheraton & Marriott Brand reputation.
- Proximity to the Lisbon Center and Lisbon International Airport.
- Large Family Accommodation Suites (up to 4 Bedroom).
- Sustainable facilities such as electric cars power chargers, Chefs Garden etc.
- Co-working spaces and multifunction facilities such as hotel lobby areas, gardens etc.
- Perfect communal facilities and event areas.
- All rooms and suites with balcony or terrace.



# Sustainability

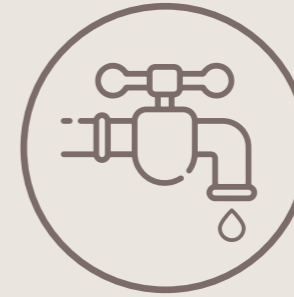
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All lighting is  
LED technology



Window sensors that automatically  
turn off the air conditioning



All taps have flow limiters,  
reducing water waste

Developing healthy and sustainable practices that preserve the planet on which we live is a must for everyone, therefore Sheraton Cascais Resort has created a set of initiatives that aim to reduce environmental impacts.

# Sustainability

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## WHERE WE MAKE A DIFFERENCE

- Individual electricity and water meters, by unit (by individual room and individual venues) we manage to organize our inventory and room allocations accordingly to our business needs. We can estimate the consumption by guest and by stay, so we can encourage the customer with special activities or offers, to promote energy savings).
- Individual dashboard by room which allow us to maximize our system reducing energy consumption in our hotel rooms and public areas.
- Our HVAC system has the ability to use the outside temperature to air-condition the building.
- The AC is turned off automatically when the windows are opened.
- All the property lighting is controlled by sensors or GTC.
- All toilet flushes do not exceed 6 liters.
- All the property windows have thermal glass.
- External charging station for electric vehicles, promoting the use of this type of vehicle.
- We provide and promote the use of electric bicycles, by having a partnership with a bike rental partner.
- We are responsible for recycling all waste produced. These are forwarded to the duly separated competent places/entities.
- We only use paper from companies with environmental certification at the Hotel and our offices.



# Social Responsibility - Somos Mais

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As an entity with growing importance in the national panorama, UIP has the responsibility to define a social improvement strategy aligned with the areas in which operates.

All properties owned by the UIP must operate in their different operating sectors, showcasing entities in the region where they are located, so that a national network can be established.



## REFOOD PARTNERSHIP

Partnership with Refood to combat food waste and help the community.



## JUNIOR ACHIEVEMENT ACADEMY

Give employees the opportunity to give X hours of their working hours to go to basic / secondary schools to give testimonials about their career path.



## DONATION OF ESSENTIAL GOODS

Throughout the year there are several collections of essential goods to be donated to countries in need (i.e. Turkey and Ukraine)

# Food and Beverage

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We are proud to present a diverse and extremely high-quality gastronomic offer, always paying homage to each product, respecting each ingredient and its seasonality and nutrients. As a sustainable hotel, we are concerned not only with the durability of ingredients but also with food waste: through fair and adequate portions as well as solidary support for our employees, such as offering the leftovers.

Gastronomic Offer:

**GLASS TERRACE** – A light and airy restaurant, with magnificent panoramic windows offering views of the Resort's gardens. The outdoor terrace connects to the gardens, bringing a unique atmosphere, both during the day, with the sunlight that fills the restaurant, and at night, with careful lighting, which perfectly provides the ideal atmosphere for an intimate dinner. The gastronomic offer is diverse, with the fish cataplana being one of the specialties that honors our Atlantic coast. With a capacity of up to 150 guests, the Glass Terrace is perfect for dinners and events, with the possibility of being privatized.

**FLOW POOL BAR** – At the Flow Pool Bar you can find light meals and signature cocktails that complement the tranquility of the emerald blue of our pool.

**YAKUZA** – With a sophisticated and oriental decor, inspired by the Japanese mafia, at Yakuza Cascais we have a one-stop shop, where the most curious can follow the preparation of the dishes. The tables in the garden lend themselves to more intimate moments, with friends or family.

**CHEF'S GARDEN** – Consists of 6 cultivation beds with self-irrigation, our Chef's Garden allows the planting of a variety of vegetables and herbs, throughout the year, according to their respective seasonality.



# Well-being

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We know that by taking care of our environment, we ensure a better quality of life for our guests, which is our highest priority. As a 5-star hotel, we offer a unique service of excellence in Cascais, as pioneers in the complete experience of well-being, by having our own brand of luxury SPA (Serenity SPA – The Art of Well-being) and fitness (Active by Serenity).



- Unique global wellness offer
- Tailor made treatments and messages
- Luxury statement: Brand criteria to select exclusive places that reflects the brand DNA



- Exclusive facilities
- Open 24h
- Personal training and group classes at our idyllic gardens







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Cascais Resort

THANK YOU

