
Outdoor Activities

ABOUT



Those who visit us will discover a lively people who enjoy the climate and the pleasure of being with each other, often in the open air, experiencing various activities surrounded by nature.

From **kite surfing** to [bike rides](#) over hill and dale, or **rock climbing**, **abseiling** and **zip wiring** for the more adventurous, the options are endless for those who like to keep active.

For those wanting to pump the adrenaline, Portugal has some great challenges in its perfect waves for [surfing](#). Or **windsurfing**, [sailing](#) or **paragliding** with winds that are guaranteed to get the thrills soaring. **Skiing** and **parasailing**, too, provide some amazing experiences.



Canioning in Azores © Rui Vieira and Turismo dos Açores

Try **rafting**, **canioning** and **canoeing** on Portugal's rivers. And discover their sources deep within the earth, going

potholing to delve into unexplored caves.

To enjoy nature in all its charm, we recommend some [calmer activities](#), such as **hiking** or **horse riding**, taking in the fragrance of the wild flowers on a beautiful sunny day. Or **mountaineering**, where apart from the stunning views, you can reach the highest peaks to be rewarded with a view of the nests and flight of [birds](#) of prey. There are also **boat trips** to see [dolphins and whales](#), images that you will never forget.



Paragliding_Fogo Lake © Clube Asas do Atlântico and Turismo dos Açores

There's no shortage of ideas and suggestions, the landscapes offer a wealth of diversity and the fine climate will surely be on your side... We might even say that in Portugal, the best companion for adventures is [Nature](#)!