The extensive Portuguese Atlantic coast is a paradise for lovers of pleasure boating, who will find here the perfect sea for them. With calm waters for quiet sailing, or rough waters ensuring higher levels of adrenaline, the ocean displays its various moods that present no difficulties for those who know it well. The beauty of the landscape is a constant, with its towering cliffs, sand dunes and beaches, providing excellent settings for all water sports. Some areas are considered among the best regatta locations in the world, so they often host international events and races. In the depths of the sea, divers can discover a world of biodiversity, with fish of every colour and even ancient treasures.
The History of Portugal is full of exploits by explorers who crossed uncharted seas, sailing beyond capes and braving storms, to reach the other side of the world. These days, sailing is done with the support of the latest technology, but the love of the sea, of adventure and of welcoming those who come to visit remains.

And visitors arriving by sea will find marinas and yacht harbours all over the country, with excellent facilities and services, where they can dock safely to then explore other wonderful places ashore.