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## Praia da Apúlia

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### ABOUT



Photo: ABAE

Part of the Litoral de Esposende Protected Landscape, Apúlia Beach covers a large expanse of sand surrounded by dunes that serve to protect the Beach from stronger winds. The dunes are also home to former windmills that have now been converted into holiday homes.

A popular summer destination, the beach has every kind of service and facility and even comes with a specialist health recommendation given its richness in iodine. The abundance of seaweed is one of its greatest characteristics and resulted in one of the defining landmarks of Portugal's northern coastline - the "Sargaceiro da Apúlia", known thus due its purpose of collecting sargaço (the local name for seaweed), which was then used as fertiliser on surrounding fields.

### Contacts

Apúlia - Esposende

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### Characteristics and Services

Outdoor parking  
Bar  
Average seawater temperature in summer (°C): 15-17 °C  
Restaurant  
Security or Surveillance  
EEC Blue Flag  
Sunshade rental  
Showers  
Small craft hire

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### Activities

Surfing  
Diving  
Windsurfing  
Bodyboard

Sailing

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**Accessibility**

Accessible beach

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