

Beaches

Lisboa Region

Sesimbra

Praia do Meco ou do Moinho de Baixo

Address: Meco - Sesimbra

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-19 °C; Restaurant; Naturism; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Right by the village of Meco, which provides its most popularly used name, Moinho de Baixo Beach was one of the first to establish a duly signposted and authorised area for naturism over an area that covers the Tramagueira Beach through to the Rio da Prata Beach, the last of the many beaches on the sands that begin at Costa de Caparica.

The sea, which is quite frequently rough, provides good conditions for surfing, bodyboarding and windsurfing.