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## Beaches

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### Alentejo

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#### Sines

##### **Praia Grande de Porto Covo**

**Address:** Sines

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Showers;

**Activities:**

Surfing; Diving; Bodyboard;

Part of the Sudoeste Alentejano e Costa Vicentina Natural Park, Porto Covo was a small fishing village that prospered during the 20th century while holding onto all the quiet charm of its rows of immaculately whitewashed houses against which the sea provides a pleasing contrast.

Right by the village, Praia Grande Beach has all the characteristics of an urban beach with both good means of access and services and facilities. Surrounded by rocky cliffs, the sheltered sands are bathed in clean waters that on occasion throw up waves capable of attracting the surfing community.

### Algarve

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#### Aljezur

##### **Praia da Bordeira ou Carrapateira**

**Address:** Aljezur

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance;

**Activities:**

Surfing; Diving; Bodyboard;

Nearby the village of Carrapateira from where access is gained via a tarmac road, the wonderful Bordeira Beach extends over a broad stretch of sand that becomes one of the largest on the Algarve coast during low tide. A small river reaches the sea here and often forms a lagoon that is always a big hit with children.

Somewhat off the beaten track of sunbathers, Bordeira is in great demand among surfers and bodyboarders.

##### **Praia do Monte Clérigo**

**Address:** Aljezur

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Showers;

**Activities:**

Surfing; Diving; Bodyboard;

**Accessibility:**

Accessible beach;

Located next to the fishing village of Monte Clérigo, this similarly named Beach lies around 10 kilometres from the town of Aljezur with easy access via the tarmac road leading to the ramps and stairways down to the beach itself.

The spacious expanse of sand is a particular family favourite boosted by the range of support infrastructures catering for every aspect necessary for a few days of full relaxation.

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## Sagres

### **Praia da Mareta**

**Address:** Sagres - Vila do Bispo

#### **Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 19-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Small craft hire;

#### **Activities:**

Surfing; Diving; Bodyboard;

With its large sandy extent and good access from Sagres, Mareta Beach is one of the most popular summer destinations in this area.

Closed off to the east by high cliffs and to the west by the Ponta de Sagres, which protects it from stronger winds, this bay-like beach has calm waters and is much appreciated for its diving conditions.

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## Centro de Portugal

### Lourinhã

#### **Praia de Valmitão**

**Address:** Ribamar - Lourinhã

#### **Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Showers;

#### **Activities:**

Surfing; Diving; Bodyboard;

#### **Accessibility:**

Accessible beach;

Less popular than other beaches, the sands of Valmitão Beach end at the clear waters of a sea rich in iodine further providing good conditions for a range of nautical sports such as surfing, diving and underwater fishing.

### Marinha Grande

#### **Praia de São Pedro de Moel**

**Address:** Marinha Grande

#### **Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 16-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

#### **Activities:**

Surfing; Diving; Bodyboard;

Located between the pine forest and the sea, São Pedro de Moel is a splendid beach sheltered by a row of houses, replete with good taste, conveying a somewhat aristocratic air.

Ideal for enthusiasts of open air sports given its range of facilities including a beach volleyball court, quality year round surfing and all the thrills of sea and underwater fishing.

Late on, the café terraces and an impressive sunset best characterise the elegant, cosmopolitan and lively ambience of the nightlife in São Pedro de Moel.

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## Peniche

### **Praia da Consolação**

**Address:** Peniche

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

**Activities:**

Surfing; Diving; Bodyboard;

Consolação Beach is divided into two contrasting areas. To the south, a rocky zone, which is highly rich in iodine and perfectly placed to catch the sun, offering excellent therapeutic conditions and attracting many people seeking respite from any number of bone diseases. To the north, the landscape is completely different. From the fortress onwards, there is a wide expanse of sand that continues onwards for various kilometres towards Peniche.

With the rough seas breaking on this stretch of coast, this Beach is particularly enjoyed by surfers and windsurfers.

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## Lisboa Region

### **Costa de Caparica**

#### **Costa de Caparica - Terras da Costa, Acácias e Medos**

**Address:** Costa de Caparica - Almada

**Characteristics and Services:**

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

**Activities:**

Surfing; Diving; Windsurfing; Bodyboard;

Following the town of Costa da Caparica comes an expanse of sands that goes on to cover an approximate 30 kilometres through as far as Fonte da Telha and which mostly falls within the Arriba Fóssil (Fossil Cliff) Protected Area of Costa de Caparica. The sanded area may be divided into three main areas - the "Terras da Costa", "Acácias" and "Medos" - are themselves divided up into numerous beaches without any apparent dividing borders. They have gradually taken on various names, generally after the nearest café or restaurant or because they have a different entranceway off the main road.

All beaches have their own car parking facilities and are further linked by a very characteristic form of transport - the Transpraia - a small open train which sets off from the town of Costa and covers the length of this enormous beach as far as Fonte da Telha, with stops at numerous beaches on route. Given the sheer expanse of sand, these Beaches provide all the space needed for football and volleyball or simply setting off on a long walk along the shore. The sea is normally calm and inviting although occasional strong waves bring in the surfers and bodyboarders.

From the many, the Morena and Sereia Beaches are famous for their lively café terraces while the Castelo, Rei and Rainha Beaches offer a more family oriented environment. Meanwhile, Bela Vista Beach was the first to be purpose dedicated a naturist beach in Portugal. Fonte da Telha, the last stop on the

Transpraia mini-train, is located right at the end of this long sandy stretch of coastline. The Beach covers some 2 kilometres, protected by a 70 metre high cliff that is now often used for hang-gliders to take off from.

**Blue Flag 2019:** Praia da Mata, Praia da Rainha and Praia da Sereia

**Accessible beach:** Praia da Rainha

## Ericeira

### Praia da Calada

**Address:** Ericeira - Mafra

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

**Activities:**

Surfing; Diving; Bodyboard;

**Accessibility:**

Accessible beach;

Sheltered by tall cliffs, Calada Beach is a very pretty location around 10 kilometres to the north of the town of Ericeira.

Its large open sands are spacious enough to include beach volleyball and football facilities in addition to other support infrastructures including a car park that doubles up as an excellent viewpoint out over the surrounding coastline.

### Praia dos Pescadores

**Address:** Ericeira - Mafra

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

**Activities:**

Surfing; Diving; Bodyboard;

Located right in the centre of the town of Ericeira, Peixe (Fish) Beach, also known as Pescadores (Fishermen), is as the name suggests used by the fishing community.

Throughout the summer season, this welcoming environment has a lifeguard and a bar/café with shelter from local winds provided by the 40 metre high promenade that is home to many restaurants, frequently specialising in shellfish dishes.

## Estoril

### Praia de São Pedro do Estoril

**Address:** São Pedro do Estoril - Cascais

**Characteristics and Services:**

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

**Activities:**

Surfing; Diving; Windsurfing; Bodyboard;

Sheltered by gullies of striking beauty, São Pedro do Estoril Beach is very popular for all year round bodyboarding.

With good access either by ramp leading up to the car park located at the top of the gully or by tunnel for those arriving by train, this Beach is one of the favourite attractions on the Estoril

### Praia de São Julião

**Address:** Ericeira - Mafra

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Showers;

**Activities:**

Surfing; Diving; Bodyboard;

Protected by tall cliffs, São Julião Beach covers a long stretch of sand that begins around 8.5 kilometres from Ericeira and extends southwards deep into Sintra council, which includes its largest extent.

Ideal for long walks along the shore, the strong waves breaking on São Julião Beach create very favourable conditions for surfing and bodyboarding.

coast throughout summer.

## Sintra

### **Praia da Adraga**

**Address:** Almoçageme - Sintra

#### **Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

#### **Activities:**

Surfing; Diving; Bodyboard;  
Nestling between cliffs artistically sculpted out by the sea, Adraga Beach is a firm summer favourite but also enjoys a loyal off-season clientele. They come for the well-preserved and natural environment to which the rocks, grottoes and tunnels add a picturesque dimension.

Access is via road from Almoçageme, which ends in the car park next to a beachside restaurant.

### **Praia Grande - Sintra**

**Address:** Colares - Sintra

#### **Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

#### **Activities:**

Surfing; Diving; Bodyboard;  
Just as its name suggests, this is a grand and large beach and is a particular favourite among surfers and bodyboarders and has become a regular host of championship events in these sports.

At the extreme north of Praia Grande is one of the largest saltwater swimming pools in Europe at over 100 metres in length and owned by the Hotel das Arribas.

And, as an additional attraction, pay a visit to the dinosaur fossils to be found on the Beach's south cliff with one bed containing an easily identifiable sequence of eleven dinosaur footsteps.

## Porto and the North

## Esposende

### **Praia da Apúlia**

**Address:** Apúlia - Esposende

#### **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;

#### **Activities:**

Surfing; Diving; Windsurfing; Bodyboard; Sailing;

#### **Accessibility:**

Accessible beach;  
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.

### **Praia Suave Mar**

**Address:** Esposende

#### **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;

#### **Activities:**

### **Praia de Ofir**

**Address:** Ofir - Esposende

#### **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;

#### **Activities:**

Surfing; Diving; Windsurfing; Bodyboard; Sailing;  
To the south of the Cávado river mouth and part of the Litoral de Esposende Protected Landscape, Ofir Beach, surrounded by dunes and pine trees, covers one of the most beautiful stretches of the northern Portuguese coastline. One natural phenomena is the rocks emerging out of the sea at low tide and which form shapes known locally as the horses of Fão.

Throughout summer, there is always something going on. During the day, bathers tend to take to the waters in the central section of the beach while surfers head for the bigger waves breaking just south. The action continues well into the night at the various restaurants, bars and discos that surround the Beach.

Surfing; Diving; Windsurfing; Bodyboard; Sailing;  
Surrounded by dunes and pines, Suave-Mar Beach is to be found next to the mouth of the Cávado river and within the Litoral de Esposende Protected Landscape.

Also known as Esposende Beach given the direct access from the town of that name, Suave-Mar Beach is a local favourite and particularly among surfers throughout the year with the windsurfers experiencing good conditions throughout the summer.

## Matosinhos

### **Praia Azul / Conchinha**

**Address:** Leça da Palmeira - Matosinhos

#### **Characteristics and Services:**

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

#### **Activities:**

Surfing; Diving; Bodyboard;

#### **Accessibility:**

Disabled access;

Located in the district of Matosinhos, Azul or Conchinha beach (as it is also known) is located beside the promenade, which makes access easier and provides various types of support facilities.

The sea, which is almost always very rough, offers good conditions for sports such as surfing or bodyboarding, although bathers should be careful.

## Viana do Castelo

### **Praia do Cabedelo**

**Address:** Viana do Castelo

#### **Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

#### **Activities:**

Surfing; Diving; Windsurfing; Bodyboard;

#### **Accessibility:**

Accessible beach;

Lying to the south of the Lima river, Cabedelo Beach is the first choice for local inhabitants of nearby Viana do Castelo.

Surrounded by dunes and a pine forest, which includes two campsites, this pretty half-moon shaped Beach is one of the most popular in the region. Among its many regulars are surfers, windsurfers and bodyboarders who not only find the perfect waves for their respective sports but also the nightlife that continues into the night at the various bars looking out onto the sand.

### **Praia das Pedras Brancas**

**Address:** Matosinhos

#### **Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 19 °; Restaurant; Security or Surveillance; Sunshade rental; Showers;

#### **Activities:**

Surfing; Diving; Bodyboard;

With a large number of rocks both on the sand and in the sea, the beach of Praia das Pedras Brancas is located next to the Avenida Marginal de Agudela and is equipped with good support facilities.

One of the local curiosities is the existence here of a German submarine that sank just a few metres from the shore during the Second World War.

## Vila Nova de Gaia

### **Praia de Canide**

**Address:** Vila Nova de Gaia

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

**Activities:**

Surfing; Diving; Bodyboard;

**Accessibility:**

Accessible beach;

Part of an enormous stretch of sands that runs continuously over kilometres, Canide Beach itself divides into two areas, North and South. The southern area is favoured by surfers while the northern often hosts kite-surfing and beach football competitions.

### **Praia de Salgueiros**

**Address:** Canidelo - Vila Nova de Gaia

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

**Activities:**

Surfing; Diving; Bodyboard;

With its fine white sands occasionally studded with rock formations, Salgueiros Beach recently underwent a series of improvements to make it a more attractive to visitors. With strong waves breaking here, the Beach has good surfing conditions.