
Beaches

Algarve

Lagoa

Praia do Carvoeiro

Address: Carvoeiro - Lagoa

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Diving;

Accessibility:

Accessible beach;

Next to a cliff on which harmoniously stand small white fishermen's houses, Carvoeiro Beach is an attractive and picturesque landmark of the Algarve. Its limited extent of sand is highly popular with bathers who take up positions next to fishing vessels that are available for excursions out along the coast exploring the wonderful nearby grottoes and caverns.

Right by the beach, there is a broad range of restaurants, bars and terraces providing the link between the sands and the lively town of Carvoeiro.

Praia dos Caneiros

Address: Ferragudo - Lagoa

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Diving;

Located about 3 kilometres from the town of Ferragudo, Caneiros Beach is a peaceful area surrounded by cliffs of great natural beauty creating an ambience propitious to rest and relaxation.

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.

Praia do Vale de Centeanes

Address: Carvoeiro - Lagoa

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Surfing; Diving;

Sheltered by golden cliffs with their odd formations eroded backwards sometimes forming grottoes, the Vale de Centeanes Beach is a pretty cove reached down a long stairway.

The clear and calm waters of the beach encourage long swims.

Azores

Ilha Terceira

Praia Grande

Address: Praia da Vitória - Ilha Terceira

Characteristics and Services:

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

Activities:

Diving; Windsurfing; Sailing;

Accessibility:

Accessible beach;

Situated on the bay of the city of Praia da Vitória, Praia Grande has the longest stretch of sand on the Island of Terceira. Despite its central location, it is easy to find peaceful areas, not too crowded, in this large bathing area equipped with a good support infrastructure.

Ilha de Santa Maria

Zona Balnear dos Anjos

Address: Vila do Porto Ilha de Santa Maria

Characteristics and Services:

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

Activities:

Diving;

Accessibility:

Accessible beach;

In the northern part of the Island of Santa Maria, the Bay of Anjos offers waters at very pleasant temperatures that invite relaxing bathing in view of Ponta do Frades. This bathing area also has a natural pool and support amenities for people with reduced mobility.

The Bay of Anjos is furthermore a place of historic interest, since the small chapel where Christopher Columbus had a mass prayed on his return from discovering America is located here.

Centro de Portugal

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.

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.

Lisboa Region

Cascais

Praia da Conceição

Address: Cascais

Characteristics and Services:

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

Activities:

Diving; Windsurfing; Sailing;

Accessibility:

Accessible beach;

Located next to the Nossa Senhora da Conceição Chapel after which it is named, Conceição Beach does not extend very far although a low tide it links up with the Duquesa Beach.

With good access by stairway or ramp leading up to the promenade, this beach always has its own particular atmosphere guaranteed by the range of restaurants, bars and terraces here.

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

Praia da Duquesa

Address: Cascais

Characteristics and Services:

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

Activities:

Diving; Windsurfing; Sailing;

With access from the centre of Cascais, Duquesa Beach owes its name to the small Palace of the Dukes of Palmela located to the west.

The beach is easily reached from the promenade where there are a series of restaurants, bars and terraces.

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 coast throughout summer.

Sesimbra

Praia de Sesimbra

Address: Sesimbra

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; Small craft hire;

Activities:

Surfing; Diving; Windsurfing;

Accessibility:

Accessible beach;

Traditionally a fishing town, Sesimbra's popularity as a tourist resort grew throughout the 20th century, particularly among families who purchased holiday or weekend homes in the vicinity.

Lying in a sheltered bay with calm waters, Sesimbra Beach is safe and ideal for children but also high on the list for windsurfers and underwater fishermen. Its long stretch of sand

ends in the small harbour at one end and Caneiro Beach at the other.

This area has been broken up into different areas with names such as Ouro that is an Accessible beach (with facilities for disabled) and was rewarded with the Blue Flag on 2019, an award that was also granted to Califórnia.

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.

Madeira

Ilha da Madeira

Zona Balnear de Roca Mar

Address: Caniço de Baixo - Santa Cruz Ilha da Madeira

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 21; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Diving;

Close to the east boundary of the Garajau Marine Reserve, the Roca Mar Bathing Area extends across several terraces on the rocks, in a setting of great beauty. Access to the sea is by a series of steps, but this bathing complex also has a saltwater swimming pool and complete support amenities to ensure the comfort and safety of bathers.

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:

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.

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.

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.

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.

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.