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## Beaches

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### Alentejo

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#### Porto Covo

##### **Praia da Ilha do Pessegueiro**

**Address:** Porto Covo - Sines

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

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

##### **Activities:**

Diving; Windsurfing;

The Ilha do Pessegueiro Beach lies facing the island from which it takes its name. The island has given up evidence of its long history having been settled back in ancient time. This include a fish salting factory dating to the Roman era and which is believed to have given the island its name as a derivative of the Latin "piscatorius".

Throughout summer, various types of boats are available for visiting the island, crossing the short stretch of water that was once used by Roman and Carthaginian vessels. Nowadays, it offers the perfect conditions for nautical sports such as windsurfing, canoeing and diving.

### Azores

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#### Angra do Heroísmo

##### **Praínha**

**Address:** Angra do Heroísmo Ilha Terceira

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

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

##### **Activities:**

Diving; Windsurfing;

Prainha is the only sandy bathing area on the bay of Angra do Heroísmo and, being located close to the historic centre of the city, is also the most popular. Ideal for families with children, this beach, bathed by a sea of calm, warm waters, has good support infrastructure and excellent conditions for windsurfing.

## 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 São Miguel

### Praia das Milícias

**Address:** São Roque - Ponta Delgada Ilha de São Miguel

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20; Restaurant; Security or Surveillance; EEC Blue Flag;

**Activities:**

Diving; Windsurfing; Bodyboard;

**Accessibility:**

Accessible beach;

Milícias Beach is also known as Praia Grande (large beach), because it is in fact the main beach on the Island of São Miguel. Located just 4km from Ponta Delgada, this beach, like all the others on the island, has dark volcanic sand and good support amenities.

## Ilha do Faial

### Praia de Porto Pim

**Address:** Horta - Ilha do Faial

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 22; Restaurant; Security or Surveillance; EEC Blue Flag; Showers;

**Activities:**

Diving; Windsurfing;

Located in a sheltered bay with direct access through the centre of the city of Horta, **Porto Pim Beach** is the most visited on the Island of Faial. Positioned in a beautiful natural setting highlighted by Monte da Guia, this beach provides great facilities and an extensive sandy area bathed by an ocean with few waves, making it ideal for families with children.

The bay of Porto Pim also has great historical importance, since it was here that the first settlers of the island arrived in the 15th century.

### Praia do Pópulo

**Address:** Rosto de Cão - Ponta Delgada Ilha de São Miguel

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 22; Security or Surveillance; EEC Blue Flag;

**Activities:**

Surfing; Diving; Windsurfing; Bodyboard;

Pópulo Beach is a small bathing area, also known as Praia Pequena.

With dark volcanic sand, this beach has a bar and is much sought after by divers and bodyboarders, amongst others.

### Praia do Almoxarife

**Address:** Horta - Ilha do Faial

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 22; Restaurant; Security or Surveillance; EEC Blue Flag;

**Activities:**

Diving; Windsurfing;

Almoxarife Beach has a long stretch of black sand, surrounded by green scenery of great beauty and is considered one of the best beaches in the Azores. With a good support infrastructure and a campsite, this bathing area, ideal for those in search of tranquillity, is part of a rural parish just 5km from the city of Horta, and offers a prime view over the Island of Pico.

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## Lisboa Region

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### 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.

#### **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.

### 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,

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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

## 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.

## Porto and the North

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## 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.

## 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,

### 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.

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.