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## Beaches

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### Alentejo

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#### Tróia

##### **Praia de Troia Mar**

**Address:** Troia - Grândola

**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:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

Located on the Atlantic Ocean side of the Troia Peninsula, Troia-Mar Beach boasts stunning views looking out over the Serra da Arrábida hills right in front. This is an easy beach to get to with the nearby tourist developments served by road and a ferry service with a regular service to Setúbal.

The very calm waters of Troia-Mar Beach are complemented by support infrastructures and services including a sailing and windsurfing school and facilities for volleyball, football and rugby.

### Algarve

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#### Albufeira

##### **Praia da Galé**

**Address:** Albufeira

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

In order to differentiate between means of accesses originating at the car park, the long stretch of sand making up Galé Beach is divided into two, named after their respective locations - East and West.

Surrounded by golden cliffs, Galé Beach is home to diverse rock formations that provide a picturesque surrounding landscape. For those interested in nautical sports there are a series of options in addition to a wide variety of restaurants and bars in the nearby village, some 10 kilometres distance from Albufeira.

##### **Praia Maria Luísa**

**Address:** Albufeira

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

With access from the Olhos de Água village or the Quinta da Balaia tourist resort, the Maria Luísa Beach is characterised by the surrounding cliffs with their tones of ochre through to gold contrasting with the blue of the sea.

The beach has a full range of support infrastructures including facilities for sailing, windsurfing and water skiing.

## Castro Marim

### Praia da Alagoa

**Address:** Altura - Castro Marim

#### Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 22-24 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

#### Activities:

Windsurfing; Sailing;

#### Accessibility:

Accessible beach;

Right by Altura, with its squat houses laid out along perpendicular streets over the plain, the Alagoa Beach, also known as Altura, takes up a section of the endless sands that head out eastwards towards Monte Gordo and westwards to the Ria Formosa Natural Park.

Separated from the town by a series of low dunes and surrounded by the green of pine trees and aromatic gum rockroses, the Beach, washed in calm and warm waters perfect for long, slow swims, is ideal for a spot of rest and relaxation.

## Faro

### Praia da Ilha da Barreta / Ilha Deserta

**Address:** Ria Formosa - Faro

#### Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 20-24 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

#### Activities:

Windsurfing; Sailing;

The mostly southerly point of the Portuguese mainland, the Ilha da Barreta or Deserta is one of the island-barriers of the Ria Formosa Natural Park forming a divide between the marshes and the sea. Accessible only via ferry service (available between June and September) from Faro taking about 20 minutes, the trip may be pleasurable spent bird watching looking out for any of the various protected species.

With its huge sandy expanse and clear waters, the Ilha da Barreta Beach is a true paradise free of any development beyond beach support infrastructures, which include activities such as sailing, windsurfing or boat excursions.

## Lagoa

### Praia Grande - Ferragudo

**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:

Windsurfing; Bodyboard; Sailing;

With its white houses reaching down to the banks of the Arade river, Ferragudo is a picturesque fishing village located opposite Portimão with which it once shared responsibility for defending this stretch of coastline. This was secured by fortresses on either side that could establish a crossfire to defend these settlements from any enemy naval attack.

### Praia da Ilha de Faro

**Address:** Ria Formosa - Faro

#### Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 21-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

#### Activities:

Windsurfing; Sailing;

#### Accessibility:

Accessible beach;

For those arriving from the west, Ilha de Faro is the first island-barrier that separates the sea from the Ria Formosa estuary marking the beginning of the Natural Park. Accessible by car over the narrow bridge that connects with the main road to Faro, the Beach is thus in close proximity to the international airport.

This inhabited island is not only home to many of the best restaurants for tasting the wonderful razor clam rice dish, one of the best appreciated local dishes, but also a full range of support infrastructures for its huge expanse of sandy beach.

Next to Ferragudo, the large expanse of sand does justice to its name, Praia Grande (Big Beach) and features excellent conditions for a range of nautical sports including schools for learning how to surf and windsurf.

## Lagos

### Meia Praia

**Address:** Lagos

#### 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; Windsurfing; Bodyboard; Sailing;

#### Accessibility:

Accessible beach;

One of the most famous of the Lagos region, Meia Praia runs over some 5 kilometres of sand between the Marina and the Alvor estuary, with the eastern extent known as São Roque Beach.

In addition to being near the railway station, this Beach has means of access and other facilities for the physically challenged as well as other support infrastructures including the hire of nautical sports equipment and a windsurfing school.

## Loulé

### Praia da Quinta do Lago

**Address:** Almancil - Loulé

#### Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

#### Activities:

Windsurfing; Sailing;

Part of the Ria Formosa Natural Park, the beauty of the Quinta do Lago Beach extends over 3.5 kilometres and is separated from the luxury tourist resort of the same name by the estuary.

Benefiting from top quality support infrastructures including bars, restaurants and a nautical sports centre, this Beach can only be accessed over a wooden walkway approximately 320 metres in length (one of the longest in Europe), crossing the Ria Formosa estuary and helping to maintain the ecological balance of the fauna and flora present here.

### Praia do Ancão

**Address:** Loulé

#### Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

#### Activities:

Windsurfing; Sailing;

#### Accessibility:

Accessible beach;

Lying within the large protected area making up the Ria Formosa Natural Park that extends through to Tavira, Ancão Beach covers a large expanse of sand flanked by dunes and pine trees.

### Praia de Vale de Lobo

**Address:** Almancil - Loulé

#### Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

#### Activities:

Windsurfing; Bodyboard; Sailing;

#### Accessibility:

Accessible beach;

Surrounded by a reddish cliff on top of which sits one of the most famous and photographed golf courses in the entire Algarve, the Vale de Lobo Beach is located next to the similarly named tourist resort which has deservedly gained an internationally renowned reputation.

Its large expanse of sand stretches over kilometres before merging into neighbouring beaches and is ideal for long walks in addition to the complete range of sporting and recreational activities on offer here bringing together nautical sports and golf and tennis within a well-maintained environment incorporating pine forest and gardens.

### Praia do Garrão

**Address:** Loulé

#### Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

#### Activities:

Windsurfing; Bodyboard; Sailing;

#### Accessibility:

A favourite among many national and international personalities, Ancão Beach has excellent support infrastructures including top class restaurants and bars in addition to services such as nautical sport equipment hire or facilities for aerobics and football.

Accessible beach;  
Just over the limits of the Ria Formosa Natural Park, the huge expanse of sand of Garrão Beach is able to meet whatever the tastes of its most diverse visitors, from those looking for the privacy of a deserted beach to those seeking more popular areas with facilities for a diverse range of nautical sports.

## Olhão

### **Praia da Ilha da Armona**

**Address: Ria Formosa - Olhão**

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

Bar; Average seawater temperature in summer (°C): 21-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Showers; Small craft hire;

#### **Activities:**

Diving; Windsurfing; Sailing;

Accessible by ferry service from Olhão in an approximate 15 minute crossing, the Ilha da Armona island is part of the cordon of small islets separating the Ria Formosa estuary from the sea. Falling within the Natural Park, this island is on the extreme west of a long sandbank that runs kilometres in an eastwards direction as far as Tavira.

A true paradise free of both cars and stress, Armona has a campsite and provides facilities for a diverse range of sports such as windsurfing, sailing and canoeing.

The island is also home to a small fishing community that now includes restaurants serving the very best in fish and shellfish, cooked to the highest standards of the traditional regional gastronomy.

## Portimão

### **Praia do Alvor**

**Address: Alvor - Portimão**

#### **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:**

Windsurfing; Sailing;

#### **Accessibility:**

Accessible beach;

With its sands stretching on over the horizon, Alvor is a dream beach surrounded by high quality hotels and with every kind of support infrastructure including equipment for sailing, water skiing or windsurfing.

The origins of the picturesque Alvor fishing village date back to the times of the Moors when it was an important port. Although there is no built heritage from those times, the town's historic centre is well worth a visit if only for the opportunity to admire the striking beauty of the Manueline style Matrix Church entranceway.

Nature lovers should be sure to ensure their stay includes a visit to the Alvor Estuary with its series of lagoons considered of international ecological importance given their role as a stopover point for migratory birds on their north-south journeys.

## Tavira

### **Praia da Ilha de Tavira-Mar**

**Address:** Ria Formosa - Tavira

**Characteristics and Services:**

Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

**Activities:**

Windsurfing; Sailing;

The Ilha de Tavira island forms part of the cordon of sandy islands separating the Ria Formosa estuary from the Atlantic Ocean and lies within the boundaries of the Natural Park and is, indeed, unique among these islands as it contains trees.

Considered one of the best in southern Europe, the Beach is located on the eastern point of this huge expanse of sand and surrounded by a calm and warm sea. Access is via the ferry service from Tavira, one of the prettiest cities in the Algarve.

### **Praia do Barril**

**Address:** Ria Formosa - Tavira

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 21-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

Magnificent in its boundless sandy expanse and for the calm and excellent temperatures of its waters, Barril Beach forms part of the Ria Formosa Natural Park.

In order to reach this paradise, you have to cross the little bridge over the Estuary and then take the train departing from nearby the Pedras d'El Rei Tourist Village, or alternatively take the ferryboat that provides a regular service from Ilha de Tavira throughout the summer.

Nearby Barril Beach, and around 1.5 km from the train station, there is an area reserved for Naturism.

## Vilamoura

### **Praia de Vilamoura**

**Address:** Vilamoura - Loulé

**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:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

Built from scratch in the 1970s, Vilamoura is Europe's largest tourist complex and features the highest quality recreational services and facilities including a marina, casino, golf courses, hotels and tourist villages.

The sands continue onwards in the direction of Quarteira and have taken on some of the characteristics of an urban beach given very easy access from the adjoining road and the

### **Praia de Cabanas-Mar**

**Address:** Tavira

**Characteristics and Services:**

Bar; Average seawater temperature in summer (°C): 20-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

**Activities:**

Windsurfing; Sailing;

On the eastern limit of the Ria Formosa Natural Park is the small settlement of Cabanas, founded by fishermen who came from across Portugal to settle here at the beginning of the 20th century in order to go tuna fishing.

The ferry service leaves here to take you across the Estuary in order to reach the dreamlike beauty of the beach on Ilha de Cabanas. Its 7 kilometres of sand adjoins warm and placid seas providing full tranquillity for sunbathers further served by a full range of support infrastructures.

excellence of the support infrastructures.

The beach to the west ends at the Marina which is the area's main centre of attraction and home to some of the best restaurants, bars and stores to be found in the Algarve in addition to a number of companies operating excursions out along the Algarve coastline.

## 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.

## Centro de Portugal

### Ílhavo

#### **Praia da Barra**

**Address:** Gafanha da Nazaré - Ílhavo

#### **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; Bodyboard; Sailing;

#### **Accessibility:**

Accessible beach;

Located by the pontoon that marks the beginning of the Port of Aveiro and the end of the estuary, Barra Beach is both spacious and has good conditions for a range of sports including surfing, bodyboarding, kite-surfing, sailing and sea fishing. Very popular among sunbathers, the area takes on a new life during the summer months with the entertainment continuing well into the night at the many bars and discos and during local festivals.

Right by the beach is the imposing Aveiro Lighthouse, built over a century ago and, at 62 metres in height is the tallest in Portugal.

#### **Praia da Costa Nova**

**Address:** Costa Nova - Ílhavo

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

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

#### **Activities:**

Surfing; Windsurfing; Bodyboard; Sailing;

#### **Accessibility:**

Accessible beach;

The most picturesque aspect of Costa Nova is its coast road along which a line of wooden huts is painted in brightly coloured stripes alternating with white. Built by fishermen as shelters and equipment stores, the huts have now been converted into rather characteristic holiday homes.

With the sea often rough and much appreciated by surfers, Costa Nova do Prado Beach covers a large expanse heading off southwards in the direction of Vagueira Beach, excellent for those liking a long walk along the seashore. On the other side of the coast road, Aveiro Estuary, with its calm waters, is a favourite for sailing and windsurfing in what constitutes an entirely different natural environment.

## Murtosa

### **Praia da Torreira**

**Address:** Murtosa

**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; Windsurfing; Bodyboard; Sailing;

**Accessibility:**

Accessible beach;

Flanked by dunes, Torreira Beach lies on the coastal cordon separating the Ria de Aveiro estuary from the sea ensuring that visitors, while only having to move a few metres, may opt between the open sea with its good surfing waves or the calm of the estuary, ideal for sailing or windsurfing.

The beach is part of the huge stretch of sand that runs for an unbroken 25 kilometres from São Jacinto in the south to Furadouro in the north and much appreciated by walkers. Torreira Beach has maintained its traditional fishing roots with the brightly coloured boats often to be seen taking to the sea. This trade, although belonging to times gone by, helps preserve some of the wonderful regional gastronomic specialities including the most characteristic dishes such as eel, served either pickled or as a caldeirada, a fish stew cooked in copper dishes.

## Ovar

### **Praia do Furadouro**

**Address:** Ovar

**Characteristics and Services:**

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

**Activities:**

Surfing; Windsurfing; Bodyboard; Sailing;

**Accessibility:**

Accessible beach;

With a reputation both for its fishing and surfing, defining very different eras and approaches to life on the beach, the extensive Furadouro Beach comes with the strong waves of the Atlantic.

Inland, there is dense pine forest with the approximate 3 kilometres from Ovar to the beach linked by a cycle way. Beyond the forest comes the Estuary with its tranquil waters much in demand by windsurfers.

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## São Martinho do Porto

### Praia de São Martinho do Porto

**Address:** Alcobaça

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

The sands here continue for an approximate 3 kilometres forming a shell shape around the sheltered bay that is home to São Martinho do Porto Beach. The calm sea represents the perfect conditions for both children and nautical sports such as windsurfing, sailing and canoeing.

The town, which was founded by monks from the Alcobaça Monastery in the 13th century, expanded significantly throughout the course of the 20th century becoming a much sought after and appreciated summer resort. The town further has a series of reputable restaurants specialising in local gastronomic specialities such as steamed lobster or stuffed spider crab.

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## 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.

#### 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.

### Sesimbra



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## Praia da Lagoa de Albufeira

**Address:** Sesimbra

**Characteristics and Services:**

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

**Activities:**

Surfing; Windsurfing; Bodyboard; Sailing;  
Separated from the sea by enormous dunes and located at the extreme south of the stretch of sand that covers the many kilometres down from Costa da Caparica, the Lagoa de Albufeira Lagoon Beach, surrounded by pines features calm waters, ideal for children and sports such as windsurfing, sailing and kite-surfing.

With a direct connection to the sea via a small canal, the Lagoon sometimes experiences dangerous underwater currents around that area. On the sea-facing side, there is an area of coarser sands leading down to the strong waves that provide for excellent surfing and bodyboarding conditions.

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## Porto and the North

### Caminha

#### Praia de Caminha / Foz do Minho

**Address:** Caminha

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;  
Set in an area of great natural beauty by the mouth of the Minho river and surrounded by the pines making up the Mata Nacional do Camarido protected area, Caminha or Camarido Beach is located at the most north-westerly point of the Portuguese mainland.

This site enables sunbathers to choose between fine sands and the rough, open seas and the thicker sands and calm waters of the river, ideal for both children and sailing and windsurfing.

### 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

#### Praia de Marinhas-Cepães

**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;

**Activities:**

Surfing; Sailing;

**Accessibility:**

Accessible beach;  
With its substantial area of sand flanked by dunes separating it from the adjoining fields, the beautiful Cepães Beach is part of the Litoral de Esposende Protected Landscape.

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 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.

While the waves here are strong, this Beach is not particularly recommendable for surfing due to the existence of underwater rocks, particularly along the northern stretch.

#### **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.