
Beaches

Alentejo

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.

Vila Nova de Milfontes

Praia das Furnas - Vila Nova de Milfontes

Address: Vila Nova de Milfontes - Odemira

Characteristics and Services:

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

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

To be found on the left bank of the River Mira near Vila Nova de Milfontes, Furnas Beach is a river beach with a strong sea influence. Throughout low tide, the beach extends beyond the mouth of the Mira with small sandy coves forming among the rocks.

Great for water sports enthusiasts, the Beach is a favourite for windsurfing, sailing or canoeing up river where the waters are significantly calmer.

Algarve

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.

Armação de Pêra

Praia Grande

Address: Pêra - Silves

Characteristics and Services:

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

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

The area known as Praia Grande Beach begins at the urban limits of Armação de Pêra, with its westerly point at the Alcantarilha stream and its easterly limit defined by the Salgados lagoon, a site of special ecological interest given its importance to various protected species.

Given its scope and also its distance from the neighbouring Armação de Pêra Beach, the Praia Grande Beach is much less crowded and able to provide all the peace to be drawn from the seemingly endless landscape of dunes and golden sands running down to the serene blue of the seas.

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 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.

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.

Praia da Batata

Address: Lagos

Characteristics and Services:

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

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Literally just a few metres from the historic centre of the city of Lagos, the friendly Batata Beach is perfect for anyone who likes their beach along with plenty of company. With top-quality support infrastructures, there is every kind of recreational facility to hand. For example, there is the Lagos Sailing Club that holds regattas off the beach, which also hosts volleyball and handball competitions throughout the summer.

The fascinating surrounding rock formations may be crossed to reach the Estudantes and Pinhão Beaches, small shells of sand lying between colourful cliffs reaching down into the calm, transparent waters.

Loulé

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:

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 Fuzeta

Address: Ria Formosa - Olhão

Characteristics and Services:

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

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Separating the Atlantic Ocean from the Ria Formosa estuary and part of the area protected by Natural Park status, the Ilha da Fuzeta islands is located in front of the similarly named settlement with access gained only by boat from either Fuzeta or Olhão.

The sand runs westwards over several kilometres and the generally calm seawater is excellent for children who can go ahead and play safely. For those wishing to complement their days of leisure with a little activity, the Beach is perfect for long

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.

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.

walks over the sands with equipment hire available for those wishing to go canoeing, sailing or windsurfing.

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 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 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

Abrantes

Praia fluvial da Aldeia do Mato

Address: Aldeia do Mato - Abrantes

Characteristics and Services:

Outdoor parking; Bar; Restaurant; Security or Surveillance; EEC Blue Flag; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Aldeia do Mato River Beach is located on the Castelo de Bode Dam reservoir, surrounded by lush nature where green and pinewood aromas prevail.

Endowed with support amenities that include floating pools and a campsite, this leisure area offers an array of activities which include facilities for water sports, such as rowing, canoeing and windsurfing. A boat tour of this wide lake is available for anyone wishing to get to know the area covered by the reservoir better.

Figueira da Foz

Praia do Relógio

Address: Figueira da Foz

Characteristics and Services:

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

Activities:

Bodyboard; Sailing;

Accessibility:

Accessible beach;

Throughout the first half of the 20th century, Figueira da Foz was one of the main bathing resorts in Portugal, popular among well off families from across the north of the country. Nowadays, despite having lost some of its former prominence, it remains a bustling, cosmopolitan city.

The broad sweep of sand bordering the Avenida 25 de Abril coast road includes various beaches but only Relógio (Clock) Beach, named after the nearby clock tower, was awarded the European Blue Flag in 2011. The sands are spacious enough to provide room for a range of sporting facilities which are used for various international competitions such as the Mini Beach Football World Cup while the sea, with its strong waves, regularly hosts surfing, sailing and power boat events.

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.

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.

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.

Madeira

Ilha de Porto Santo

Praia de Porto Santo

Address: Ilha de Porto Santo

Characteristics and Services:

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

Activities:

Diving; Windsurfing; Sailing;

Accessibility:

Accessible beach;

On the south coast of the island of Porto Santo, 40 kilometres to the north-east of Madeira, is the only sandy beach in the whole of the archipelago, stretching uninterruptedly over a distance of 9 kilometres. Its soft, fine golden sand has made **Porto Santo** famous, particularly because of the therapeutic properties that it is known to have in the treatment of orthopaedic and circulatory problems. To complete this ideal setting for a holiday by the beach, the island's climate is dry and stable with lots of sunshine all year round, whilst the sea's warm, clear and peaceful water issues a tempting invitation to all those who enjoy a lengthy swim, making this the perfect place for a variety of water sports.

The Porto Santo Beach has several designations along its nine kilometres, including **Penedo, Cabeço da Ponta, Calheta, Fontinha, Pedras Pretas or Ribeiro Salgado**, offering conditions that allow everyone to enjoy the benefits of its waters and sands. Some of the concession areas were awarded a Blue Flag in recognition of their quality, and the accessibility for people with reduced mobility was not forgotten either, as proven by the "Accessible Beach" award in certain zones. The areas that boast these awards are:

Blue Flag 2019 - Fontinha; Cabeço da Ponta; Ribeiro Salgado; Calheta

Accessible Beach 2018 - Fontinha

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 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 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.

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.

Macedo de Cavaleiros

Praia fluvial da Fraga da Pegada

Address: Albufeira do Azibo - Macedo de Cavaleiros

Characteristics and Services:

Outdoor parking; Bar; Restaurant; Security or Surveillance; EEC Blue Flag; Showers;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Located in the Protected Landscape area of the Azibo Reservoir, Fraga da Pegada River Beach offers excellent conditions for enjoying nature in full safety and tranquillity.

With complete support amenities, coupled with a microclimate with pleasant temperatures, its waters are ideal for swimming and other non-motorised water sports, such as rowing, windsurfing, canoeing and sailing. In the surrounding area, it is also possible to practice other activities, such as climbing, orienteering, walking or simply observing the lush surrounding vegetation and the fauna that includes a variety of birds that flock to this area.