
Beaches

Algarve

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.

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.

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 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.