
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.

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.

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.

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 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.

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,

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.

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.

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.

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

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.

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.