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# Beaches

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## Alentejo

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### Gavião

#### **Praia fluvial da Quinta do Alamal**

**Address:** Gavião

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Showers; Small craft hire;

**Accessibility:**

Accessible beach;

The **Quinta do Alamal** river beach is part of a stunning setting on the banks of the River Tagus. It belongs to a leisure complex which, in addition to support amenities for the bathing area, also has an Adventure Centre offering various activities such as rappel, slide, boating and canoeing.

The view from the beach is breathtaking – **Belver Castle** stands out on a hilltop in this landscape where the lush vegetation provides a contrast with the calm waters of the River Tejo. For lovers of hiking and walking, there is a wooden boardwalk along the river bank, between the beach and Belver bridge, with fine views out over the flora and fauna.

### Mértola

#### **Praia fluvial da Tapada Grande**

**Address:** Albufeira da Barragem da Tapada Grande - Mértola

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Located in the peaceful environment of the Tapada Grande Dam reservoir, the river beach of the same name is a very pleasant leisure area, with sand, grassed areas and a full support infrastructure. Close by is the village of Minas de São Domingos, which developed on the strength of the since decommissioned mining operations.

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## Mourão

### Praia fluvial de Mourão

**Address:** Albufeira do Alqueva - Mourão

**Characteristics and Services:**

Outdoor parking; Average seawater temperature in summer (°C): 26; Security or Surveillance; EEC Blue Flag; Sunshade rental;

**Accessibility:**

Accessible beach;

Located in the middle of Alqueva estuary, the Mourão river beach spans 320 metres, of which 100 are monitored by lifeguards. The beach also has a grass area with parasols, a floating pool for children, floating platform with diving tower, steps for bathers and slide.

With a picnic area and access for the disabled, which includes a water access ramp and amphibious chair, this is a pleasant beach area that everyone can enjoy.

## Odemira

### Praia fluvial de Santa Clara

**Address:** Albufeira da Barragem de Santa Clara - Odemira

**Characteristics and Services:**

Outdoor parking; Security or Surveillance; EEC Blue Flag;

**Activities:**

Windsurfing; Kitesurfing;

The Santa Clara river beach is located near the reservoir dam which is located in the vicinity of the village of Santa Clara-a-velha. The bathing area includes a floating platform and supporting facilities, and various water sports can be enjoyed here.

## Reguengos de Monsaraz

### Praia fluvial de Monsaraz

**Address:** Albufeira do Alqueva - Monsaraz

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

**Activities:**

Volleyball;

Inserted in the Nautical Centre of Monsaraz and in the heart of the Alqueva estuary, the Monsaraz river beach has an excellent infrastructure, providing visitors with all the support they might need. With lawn and sand areas, a picnic area and a children's playground, this beach has a floating swimming pool with a children's and adults' swimming area and is ideal for enjoying various water sports.

In 2017, the Monsaraz river beach was declared the most accessible beach, which demonstrates that this is truly a beach for everyone, providing conditions that allow people with reduced mobility to also enjoy the facilities in their entirety.

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## Vila Nova de Milfontes

### **Praia da Franquia - 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; Sunshade rental; Showers; Small craft hire;

**Activities:**

Windsurfing;

**Accessibility:**

Accessible beach;

Right by Vila Nova Milfontes, one of the most popular resorts on the Alentejan coastline, Franquia Beach is separated from the adjoining Farol Beach by a rocky outcrop. This river beach provides the ideal water conditions for children, as well as, such sports as windsurfing and canoeing.

To complete the scene, there is a wide range of bars, café terraces and discos in addition to the numerous restaurants ideal for fine quality fresh fish and shellfish.

### **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.

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## Algarve

### Alcoutim

#### **Praia fluvial do Pego Fundo**

**Address:** Alcoutim

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Sunshade rental; Showers;

**Accessibility:**

Accessible beach;

Located close to Alcoutim, in inland Algarve, Pego Fundo River Beach is a very pleasant space, surrounded by lush vegetation. This bathing area, fed by Ribeira de Cadavais, has calm waters and full amenities that include a garden, a volleyball field and facilities for people with reduced mobility to fully enjoy the beach and the coolness of the water.

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## 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.

## **Arganil**

### **Praia fluvial da Benfeita**

**Address:** Benfeita - Arganil

**Characteristics and Services:**

Bar; Showers;

**Accessibility:**

Accessible beach;

The River beach of Benfeita can be found in the centre of Benfeita, which is a schist village. The river beach is at the point where the Ribeira da Mata and Ribeira do Carcavão meet, in the municipality of Arganil. This bathing area has a sandy beach with good amenities which include a multi-purpose sports facility. It also benefits from its excellent location in the Serra do Açor, where there are other places of great beauty such as Fraga da Pena and Mata da Margarça.

### **Praia fluvial de Coja**

**Address:** Coja - Arganil

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Coja river beach is situated in a quiet and beautiful landscape on the banks of the Alva River, where several dams were built that gave rise to the water mirrors that exist here.

With conditions suitable for various recreational activities and a picnic area, this beach is an excellent place to unwind. There is also a camp site for those who intend to stay longer.

### **Praia fluvial de Pomares**

**Address:** Arganil

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Showers;

**Accessibility:**

### **Praia fluvial de Fontes**

**Address:** Cabeça Ruiva - Fontes - Abrantes

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Situated in Cabeça Ruiva next to the reservoir at the Castelo de Bode dam, the River beach of Fontes also features a floating pool. This beach has good facilities and is about 4 km from the village of Fontes from which it gets its name, and 30 km from Abrantes.

### **Praia fluvial da Cascalheira - Secarias**

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Cascalheira river beach is located on the banks of the River Alva, 500 metres from the town of Secarias, which in turn is only 3.5 km from the village of Arganil (county seat).

This beach, which also has a picnic area, is set in an area with a high number of alders that provide pleasant shade and make it a very pleasant leisure space on hot summer days.

### **Praia fluvial de Piódão**

**Address:** Piódão - Arganil

**Characteristics and Services:**

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

Piódão river beach is located next to the historical village that gives it its name and whose houses, built with shale, dot the slopes of the Serra do Açor in a setting that resembles a baby's crib.

Shale is an abundant rock in this region and was also the material used in the construction of the dam and access to this bathing area, which is perfectly set in the surround natural environment nature, making it a cool place to spend hot summer days.

Accessible beach;

**Activities:**

Football; Volleyball;

On the banks of the Ribeira da Moura, Pomares river beach is located next to the village that lends it its name, about 29 km from Arganil (the county seat).

Within an area of great scenic beauty, next to an eighteenth-century bridge and overlooking the Serra do Açor, this beach area boasts great accessibility and support facilities, in addition to the nearby camp site.

## Coimbra

### **Praia fluvial de Palheiros e Zorro - Coimbra**

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Situated about 15km from Coimbra, in the parish of Torres de Mondego, the Palheiros & Zorro River Beach has white sand and is a highly sought after recreational area, in a zone of outstanding natural beauty. The beach has comprehensive support services which include a bar, playgrounds, a picnic area with barbecues, and it offers excellent conditions for practising a variety of activities such as kayaking, canoeing, fishing and beach volleyball.

This river beach lies on the left bank of the River Mondego. Its main access is from the village of Palheiros, but it can also be reached from the other side via a pedestrian bridge.

## Góis

### **Praia Fluvial da Peneda/Pego Escuro - Góis**

**Address:** Góis

**Characteristics and Services:**

Bar; Restaurant; Security or Surveillance; EEC Blue Flag;

**Accessibility:**

Accessible beach;

Located in Góis, and with quick access to the historic centre of the town, the Peneda/Pego Escuro River Beach has an extensive grassed area on the banks of the River Ceira, and good support facilities.

Surrounded by an imposing landscape with majestic mountains, this beach is part of an area of outstanding natural beauty, complete with a sandy island in the middle of the river to give an extra picturesque note.

### **Praia fluvial de Canaveias**

**Address:** Canaveias - Góis

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Canaveias river beach is situated on the banks of the Ceira River, about 6 km from Góis. It has ample grassy areas and excellent support facilities, and also a playground and a camp site, making it the perfect place to rest and get back in touch with nature.

## Guarda

### **Praia fluvial de Aldeia Viçosa**

**Address:** Aldeia Viçosa - Guarda

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Showers;

**Accessibility:**

Accessible beach;

In an idyllic setting, Aldeia Viçosa River Beach was named after the small neighbouring village. Located in a valley formed by the River Mondego, this beach has excellent conditions and is a much appreciated leisure area, bathed by the crystal clear waters of this river that springs not far away in Serra da Estrela.

### **Praia fluvial de Valhelhas**

**Address:** Valhelhas - Guarda

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Right in the middle of the Serra da Estrela Natural Park, Valhelhas River Beach takes advantage of the River Zêzere in an area of great landscape beauty. This beach is a leisure complex endowed with excellent support amenities, offering good conditions for enjoying moments of leisure and relaxation in the river's cool waters.

On summer weekends, nights are sometimes enlivened by musical concerts which attract a lot of people to this natural setting.

## Lousã

### **Praia fluvial da Bogueira**

**Address:** Casal de Ermio - Lousã

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Close to the village of Casal de Ermio, in the municipality of Lousã, Bogueira River Beach is located amidst breathtaking scenery, where you can enjoy nature in total safety and tranquillity. This leisure area by the River Ceira is part of the Schist Villages river beach network and has very comprehensive support amenities, including a playing field, a picnic area with tables and a river pool for children.

### **Praia fluvial da Senhora da Graça**

**Address:** Lousã

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Also known as Serpins, the parish to which the beach belongs and which is about 9 km from Lousã (the county seat), the Senhora da Graça river beach is situated on the banks of the River Ceira.

Surrounded by the green landscape of the Serra da Lousã, this beach has a main open-air swimming pool with diving board for adults and another for children, as well as grass and sand areas, good conditions for various activities and picnic area.

### **Praia fluvial da Senhora da Piedade**

**Address:** Serra da Lousã (Ribeira de São João)

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Located in a beautiful natural landscape, the Senhora da Piedade river beach takes its name from the small hermitage located nearby and that stands out on the slope of the Serra da Lousã, right in front of Arouce Castle (also called Lousã Castle), shrouded in legends and mysteries.

This beach in Ribeira de São João has two natural swimming pools - one for children and another for adults with a diving board. There are also excellent support facilities where there is a picnic area. The entire beach space is lined with shale paving and is fully accessible to visitors with reduced mobility.

## Mação

### **Praia fluvial do Carvoeiro**

**Address:** Carvoeiro - Mação

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Carvoeiro River Beach is situated on the river of the same name that crosses the village, some 25km northeast of the town of Mação, the seat of the municipality. Ideal for resting in an environment where the air is pure and constantly renewed by the predominant pine trees, this leisure area has full amenities, with a swimming pool for children and support facilities for people with reduced mobility.

## Murtosa

### **Praia do Bico (Murtosa)**

**Address:** Canal da Murtosa / Ria de Aveiro - Murtosa

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 18; Security or Surveillance; EEC Blue Flag; Sunshade rental;

**Accessibility:**

Accessible beach;

Located on one of the canals of the Ria de Aveiro - Murtosa Canal - and with its fine sands, the mid-sized Bico river beach is a mixture of river and estuary beach.

In an area where rural and urban environments intersect, it is an easily accessible beach with different leisure facilities and services nearby.

## Oleiros

### **Praia fluvial de Açude Pinto**

**Address:** Oleiros

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Showers;

**Accessibility:**

Accessible beach;

**Activities:**

Volleyball;

Located in the town of Oleiros, on the banks of the stream sharing the same name, the Açude Pinto river beach is a much-appreciated leisure area with good accessibility conditions and complete support facilities, including a picnic area, playground and equipment for the practice of various activities.

This beach area has two natural swimming pools - one for children and one for adults, lawns and plenty of shade, and in the vicinity there is an ideal camp site for those who want to enjoy a few days' relaxation.

## Oliveira do Hospital

### **Praia de Alvoco das Várzeas - Oliveira do Hospital**

**Address:** Alvoco das Várzeas - Oliveira do Hospital

**Characteristics and Services:**

Outdoor parking; Bar; Restaurant; EEC Blue Flag;

**Accessibility:**

Accessible beach;

The location of Alvoco das Várzeas river beach, in a green valley on the banks of the River Alvoco, by a mediaeval bridge and overlooking the Serra da Estrela, offers the ideal setting for some moments of relaxation. To complement its fine natural conditions, there is also a picnic spot, a bar and a restaurant, a playground and the opportunity to practise many activities such as swimming, canoeing, hiking and mountain biking.

### **Praia fluvial de São Sebastião da Feira**

**Address:** Oliveira do Hospital

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Sunshade rental; Showers;

**Accessibility:**

Accessible beach;

**Activities:**

Volleyball;

Located in the county of Oliveira do Hospital, on the right bank of the River Alva, the river beach of São Sebastião da Feira is an area of great natural beauty where green is the predominant colour.

This river beach has broad sands and good support facilities, which include equipment so that people with reduced mobility can enjoy the space fully.

## Ourém

### **Praia fluvial do Agroal**

**Address:** Formigais - Ourém

**Characteristics and Services:**

Bar; Security or Surveillance; EEC Blue Flag; Showers;

**Accessibility:**

Accessible beach;

Located in the middle section of the Nabão River, Agroal river beach lies in the parish of Formigais, in the district of Ourém.

Inserted in a verdant area of great natural beauty, this river beach has good support facilities and is very popular on hot summer days.

### **Praia fluvial de Avô - Ilha do Picoto**

**Address:** Avô - Ilha do Picoto - Oliveira do Hospital

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

The Avô river beach is located next to the village that gives it its name, in an area of great natural beauty where the Alva River meets the Ribeira de Pomares, forming the island of Picoto.

This beach area has ample spaces with sand and grass, and good support facilities, where there is a children's pool and a picnic area. Throughout the area there are excellent accessibility conditions for people with reduced mobility that include amphibious chair and transport so that everyone can enjoy this beach to the fullest.



## Ovar

### Praia do Areinho

**Address:** Torrão do Lameiro - Óvar

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 19; Security or Surveillance; EEC Blue Flag;

Located in the area flanking the Ria de Aveiro, next to the EN 327, the **beach of Areinho** has a small quiet and cosy sandy beach. With facilities like a bar and restaurant, during the bathing season this beach also offers the chance to hire other leisure equipment such as pedalos and canoes.

## Pampilhosa da Serra

### Praia de Santa Luzia - Pampilhosa da Serra

**Address:** Barragem de Santa Luzia - Pampilhosa da Serra

**Characteristics and Services:**

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

Surrounded by green hills and towering rock formations, the Santa Luzia Dam forms a huge lake with calm waters that are ideal for boating. During the summer season, there's a floating pool that allows everyone to swim and enjoy the freshness of these waters safely.

There's much more to do in the vicinity: a cycle track, a fitness training circuit, several hiking trails, a sports field and even a skateboard halfpipe for youngsters.

### Praia Fluvial de Janeiro de Baixo - Pampilhosa da Serra

**Address:** Janeiro de Baixo - Pampilhosa da Serra

**Characteristics and Services:**

Bar; Security or Surveillance; EEC Blue Flag;

**Accessibility:**

Accessible beach;

Situated on the banks of the River Zêzere, Janeiro de Baixo, which belongs to the Schist Villages network, has a beautiful river beach framed by lush green landscape that guarantees freshness on hot summer days.

Apart from the extensive sandy beach, there are also full support facilities here, including a bar, a restaurant, a picnic spot and a campsite.

### Praia do Pessegueiro - Pampilhosa da Serra

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

In the village of Pessegueiro, near Pampilhosa da Serra, the river beach of the same name is in an area of outstanding natural beauty. Its grassy and wooded rest and recreation areas provide shade on even the hottest days.

This river beach provides a tranquil leisure zone for everyone, and it has a good support infrastructure that includes a park and a paddling pool for the children.

### Praia fluvial de Pampilhosa da Serra

**Address:** Pampilhosa da Serra

**Website:** <http://www.cm-pampilhosadaserra.pt/pt/go/praias-fluviais>

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Located right in the centre of the village of Pampilhosa da Serra, on the banks of the Unhais River, this river beach has many green areas, which, combined with the surrounding landscape, make for a highly tranquil setting.

In addition to the existing services in the village itself, the beach has very complete support facilities and accessibility conditions that allow everyone to enjoy its cool temperature.

## Penacova

### Praia fluvial de Reconquinho - Penacova

**Address:** Penacova

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Located on the River Mondego, Reconquinho river beach is about 1.5km from the town of Penacova, from which it is easily accessible, by walking down a hill. Surrounded by a predominantly green natural landscape, the beach is close to a campsite and has a full support infrastructure. The beach is connected to the other side of the river by a wooden footbridge which is a popular place to dive from.

### Praia fluvial do Vimieiro

**Address:** Penacova

**Characteristics and Services:**

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

Near Penacova, on the banks of the Alva River, the Vimieiro river beach is a very pleasant place amidst leafy vegetation. A water mill provides a picturesque note. With good support facilities and a picnic area, this beach is the ideal place to keep cool on a hot summer day.

## Penela

### Praia fluvial da Louçainha

**Address:** Penela

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Comprising several natural weirs of different depths, Louçainha River Beach [Praia fluvial da Louçainha] is located in the Espinhal Mountain, a green spot where absolute tranquillity prevails. Ideal for resting, this leisure area, part of the river beach network of the Schist Villages, also enables the practice of various activities, such as mountain biking, walking and the observation of the fauna and flora.

## Seia

### Praia fluvial de Lapa dos Dinheiros

**Address:** Seia

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

In the heart of Serra da Estrela, Lapa dos Dinheiros river beach takes its name from the nearby village and is situated on the Caniça River which is a tributary of the Alva River.

This river beach, with good support facilities, is fully part of its natural surroundings, in an area with great biodiversity. Of particular interest is the Souto da Lapa with its ancient chestnut trees.

In the immediate vicinity, due to the rugged terrain, there is a succession of waterfalls known as the "Caniça waterfalls", which can be appreciated from the viewpoint.

### Praia fluvial de Loriga - Seia

**Address:** Loriga - Seia

**Characteristics and Services:**

Bar; Security or Surveillance; EEC Blue Flag;

**Accessibility:**

Accessible beach;

This beach is right inside the Serra da Estrela Natural Park, in the Loriga glacial valley, traces of which are still visible. The pure, crystal clear waters of Loriga River Beach come from a spring in the mountains, and it is surrounded by a preserved environment, in a rugged area of outstanding natural beauty. It's a place of tranquillity and serenity, and is a beach with good support services, offering the opportunity to go hiking and practise various adventure sports.

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## Sertã

### **Praia fluvial da Ribeira Grande**

**Address:** Sertã

**Characteristics and Services:**

Outdoor parking; Bar; Restaurant; Security or Surveillance; Showers;

**Accessibility:**

Accessible beach;

Located right in the centre of the village of Sertã, Ribeira Grande river Beach combines the best of nature with the benefits of being in an urban environment, with all support facilities nearby.

Equipped with sand areas and grass spaces, this beach also offers an amphibious chair allowing people with reduced mobility to enjoy this pleasant leisure space in full.

### **Praia fluvial do Troviscal**

**Address:** Sertã

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Showers; Small craft hire;

**Accessibility:**

Accessible beach;

Located next to Troviscal Bridge, on the banks of the Ribeira da Sertã, the Troviscal river beach is far from any town, making it a great place to enjoy peace and quiet in natural surroundings.

The beach area does have support facilities, with a picnic area and the spaces provided have the needs of children and people with reduced mobility in mind, so that everyone can enjoy this pleasant spot.

## Sever do Vouga

### **Praia fluvial da Quinta do Barco**

**Address:** Paradela do Vouga - Sever do Vouga

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

In a natural setting of great beauty, Quinta do Barco River Beach is located on the left bank of the River Vouga, close to the village of Paradela do Vouga. The leisure area has amenities which allow the full enjoyment by all of this pristine natural environment, including support facilities for people with reduced mobility, radical sports and a playground.

## Vila de Rei

### **Praia fluvial do Bostelim**

**Address:** Vila de Rei

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

**Accessibility:**

Accessible beach;

Located in the district of Vila de Rei, the Bostelim river beach is near the town of Cabeço do Poço, in the parish of Fundada, on the road towards São João do Peso.

With sand and lawn areas, this river beach is fully equipped with support facilities, including a picnic area, barbecue area and a rural camping site that makes it the ideal place for a few restful days in natural surroundings.

## Porto and the North

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## Braga

### **Praia fluvial de Adaúfe**

**Address:** Adaúfe - Braga

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

**Activities:**

Volleyball;

Situated in an area of great natural beauty on the banks of the Cávado River, the Adaúfe river beach extends for about 200 metres. It includes a sandy area and a large grassy area, connected by accessible pedestrian paths.

The beach offers conditions for various activities such as volleyball, canoeing and extreme sports, and offers excellent support facilities, including a diving board, fitness park and a picnic area with tables and barbecues.

Evoking times gone by and other uses of this space, it is still possible to find here an old mill and an irrigation and water elevation system for the nearby farmland.

## Caminha

### **Praia fluvial das Azenhas - Vilar de Mouros**

**Address:** Vilar de Mouros (Caminha)

**Characteristics and Services:**

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

Surrounded by an area classified as part of Natura 2000, the Azenhas River Beach is located in the heart of the Coura River, in a setting known for its cool temperature and great beauty where the "Azenhas" (from the Portuguese word for "mill") that give it its name lend it a picturesque note. The beach, which is also close to a Roman bridge, has support facilities and good conditions for water sports.

## Fafe

### **Praia fluvial da Albufeira da Queimadela**

**Address:** Albufeira da Barragem de Queimadela - Fafe

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Showers;

**Accessibility:**

Accessible beach;

In the Fafe district, the Queimadela Dam lagoon, fed by the waters of the Vizela River, is an excellent leisure area with conditions for non-polluting water sports. The river beach here boasts good support facilities that include access and support equipment so that people with reduced mobility can also enjoy this space to the fullest.

In the immediate vicinity, there is also a camp site and caravan park, making it ideal for spending a few days getting back in

### **Praia Fluvial de São Paio Merelim - Braga**

**Address:** São Paio de Merelim - Braga

**Characteristics and Services:**

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15; Security or Surveillance;

**Accessibility:**

Accessible beach;

The Merelim river beach is situated on the banks of the Cávado River, about 100 metres downstream from Ponte do Bico. With support facilities, picnic area and children's playground, this beach area is a pleasant space that is very popular on hot summer days.

touch with nature.

## Freixo de Espada à Cinta

### **Praia fluvial da Congida**

**Address:** Freixo de Espada à Cinta

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Surrounded by the lush nature of the Douro Internacional Natural Park, Congida River Beach is located on the large reservoir formed by the Saucelle Dam, close to the border with Spain.

The beach belongs to a leisure complex that includes a floating swimming pool on the reservoir waters, the municipal swimming pools and various support amenities. There is also a jetty on the river, from which boats leave on tourist tours up the Douro, providing an opportunity to observe the diversity of the surrounding nature, sought after by birds nesting on the slopes by the river.

## 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.

### **Praia Fluvial da Ribeira**

**Address:** Albufeira do Azibo - Macedo de Cavaleiros

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Set in the beautiful natural landscape of the Albufeira do Azibo, Praia da Ribeira is a very pleasant fluvial beach and leisure area where in summer the water normally has a temperature of more than 24°C at the surface. With a multi-purpose grassed area, this beach has been adapted for people with reduced mobility and is equipped with several complementary amenities such as a nursery and sports areas which are sometimes used as a venue for beach volleyball championships.

There are various paths starting from here and leading into the protected area. These are open to walkers and cyclists, with bicycles being available for hire at the beach.

## Marco de Canaveses

### Praia de Bitetos - Marco de Canaveses

**Address:** Várzea do Douro - Marco de Canaveses

**Website:** <https://www.cm-marco-canaveses.pt/index.php?info=YTo0OntzOjQ6Im1lbnUiO3M6MzoiY2FtIjtzOjM6Im1pZCI7YTo1OntpOjA7czoxOillxIjtpOjE7czoyOill3MSI7aToyO3M6MjoiMzMiO2k6MztzOjM6IjE3OSI7aTo0O3M6MzoiMzEyljtzOjE3OjIjZjYyY9fdGFiZWxhIjtzOjY6Im9ubGluZSI7fQ%3D%3D>

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Showers;

**Accessibility:**

Accessible beach;

In the middle of the Douro River, in the Marco de Canaveses district, the Bitetos river beach is located in a place that used to be used as a jetty by the rabelo boats that transported the wine barrels between the farms and the cellars of Vila Nova de Gaia.

The beach has very pleasant sands with good support facilities and accessibility for everyone to enjoy this space.

## Mirandela

### Praia fluvial do Parque Dr. José Gama

**Address:** Mirandela

**Website:** <http://www.visitmirandela.com>

**Characteristics and Services:**

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

**Accessibility:**

Disabled access;

**Activities:**

Volleyball;

With access from Mirandela town centre, the **River Beach of Dr José Gama** is a leisure area with good support facilities. It stretches for over 100 meters along the banks of the River Tua.

This beach is set in a park with over 3 km of green, landscaped areas, in which there are playgrounds, picnic areas and sports facilities, including tennis and beach volleyball courts.

## Ponte da Barca

### Praia fluvial do Rio Lima

**Address:** Ponte da Barca

**Characteristics and Services:**

Outdoor parking; Bar; Restaurant; Showers; Small craft hire;

Surrounded by a beautiful landscape, the Lima River Beach is located on the riverfront area of Ponte da Barca. The beach has sandy and grassy zones, and an area is set aside for bathing with excellent safety conditions.

Around the beach, there are spaces for sports activities such as tennis, football, volleyball and basketball, as well as a playground, and the municipal pools offer an alternative in the vicinity for those who want to work out.

## Póvoa de Lanhoso

### **Praia fluvial de Verim**

**Address:** Póvoa de Lanhoso

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Showers;

**Activities:**

Volleyball;

On the banks of the Cávado River, the Verim river beach is an area of great natural beauty. This beach area has a picnic area and excellent support facilities, which include an amphibious wheelchair so that people with reduced mobility can also enjoy a dip in the refreshing water.

## Vale de Cambra

### **Praia fluvial de Burgães - Rio Caima**

**Address:** Vale de Cambra

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Sunshade rental;

**Accessibility:**

Accessible beach;

**Activities:**

Football; Volleyball;

The **Burgães River Beach** is located on the banks of the Caima River in the municipality of Vale de Cambra. With a sandy zone and a grassed area, this beach, which is a very pleasant recreational area, is nestled in a picturesque setting and offers good amenities including a playground and a climbing wall.