
Beaches

Alentejo

Grândola

Praia da Comporta**Address:** Grândola**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;

Activities:

Surfing;

Accessibility:

Accessible beach;

Located on the southern tip of the Tróia Peninsula, the huge sandy extent of Comporta Beach is a regular summer favourite, given good means of access and plenty of parking space.

Forming part of the Sado Estuary Nature Reserve, Comporta Beach has (...)

Praia do Carvalhal**Address:** Lagoa Formosa - Grândola**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;

Activities:

Surfing; Windsurfing; Bodyboard;

Accessibility:

Accessible beach;

With good access via a tarmac road leading through fields of rice paddies giving way to pine trees, the huge sandy expanse of Carvalhal Beach is surrounded by dunes and bathed by a calm sea.

With its support infrastructures and good car parking, (...)

Algarve

Lagoa

Praia do Vale de Centeanes**Address:** Carvoeiro - 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:

Surfing; Diving;

Sheltered by golden cliffs with their odd formations eroded backwards sometimes forming grottoes, the Vale de Centeanes Beach is a pretty cove reached down a long stairway.

The clear and calm waters of the beach encourage long swims.

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 (...)

Portimão

Praia dos Três Irmãos

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:

Surfing;

Accessibility:

Accessible beach;

Três Irmãos Beach lies around a bay formed by rocky outcrops located on the eastern extent of the Alvor sands that manage to extend unbroken over a full 7 kilometres.

In addition to a complete set of support infrastructures and quality (...)

Centro de Portugal

Caldas da Rainha

Praia da Foz do Arelho - Mar e Lagoa

Address: Caldas da Rainha

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;

Activities:

Surfing; Windsurfing; Bodyboard;

Accessibility:

Accessible beach;

On the confluence between the Óbidos Lagoon and the sea, Foz do Arelho Beach throws up the choice between two very different types of beach. On the one side the Lagoon, a place of great natural beauty with its banks covered in thick vegetation and (...)

Cantanhede

Praia da Tocha

Address: Tocha - Cantanhede

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;

Accessibility:

Accessible beach;

In the second half of the 20th century, the small fishing village of Tocha became a sought after resort without ever losing its original identity. Out on its sands, there are still examples of the traditional wooden stilt platforms built by (...)

Figueira da Foz

Praia de Quiaios

Address: Quiaios - 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; Showers;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Located to the north of Figueira da Foz, Quiaios Beach is long and flanked by vegetation covered dunes. The sea breaks in powerful waves at this point, sometimes representing a danger to swimmers. However, such conditions have proved popular with (...)

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 (...)

Leiria

Praia de Pedrógão

Address: Coimbrão - Leiria

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;

Accessibility:

Accessible beach;

Between the pine trees and the sea, the long sandy extent of Pedrogão Beach stretches northwards before merging with the sparse Fausto Beach and southwards to the Foz do Rio Lis Beach, with boundless space and silence alongside the dunes.

Given (...)

Lourinhã

Praia da Areia Branca

Address: Lourinhã

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;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

The waves of Areia Branca Beach are among the best for either learning or engaging in either surfing or bodyboarding.

With the best renowned sands of Lourinhã council, the Beach always has plenty going along at the numerous bars and restaurants (...)

Praia do Areal Sul

Address: Lourinhã

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;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

With its large expanse of sand bordered by an area of dunes, the Areal Sul Beach lies next to its more famous neighbour, Areia Branca Beach.

Very popular during the summer months, this Beach has strong, and occasionally dangerous, waves that (...)

Praia de Porto Dinheiro

Address: Lourinhã

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;

Activities:

Surfing; Bodyboard;

Located near a small fishing village that now includes some good restaurants, Porto Dinheiro Beach is sheltered by cliffs that contain footprints of dinosaurs dating back to the Jurassic era.

The beach, normally quite calm, is an August favourite (...)

Marinha Grande

Praia da Vieira

Address: Vieira de Leiria - Marinha Grande

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 16-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

Vieira de Leiria is a traditional fishing community that has managed to stick with its customs. The boats set out early in the morning in order to ensure local restaurants have the very freshest of ingredients in order to cook the respective (...)

Praia de São Pedro de Moel

Address: Marinha Grande

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 16-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Surfing; Diving; Bodyboard;

Located between the pine forest and the sea, São Pedro de Moel is a splendid beach sheltered by a row of houses, replete with good taste, conveying a somewhat aristocratic air.

Ideal for enthusiasts of open air sports given its range of (...)

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 (...)

Nazaré

Praia da Nazaré

Address: Nazaré

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 16-18 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Unquestionably, one of the most popular resorts in this region, Nazaré is one of the most traditional of fishing villages where women still opt to follow custom and don the seven skirts regional dress as they care for the fish salt drying on wooden (...)

Ovar

Praia da Cortegaça

Address: Esmoriz - 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;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Flanked by dunes and pine trees as is common to many of the beaches of this region, Cortegaça Beach covers a large extent of sand backed up by good support infrastructures and a campsite.

The waves are often strong at this point providing good (...)

Peniche

Praia da Consolação

Address: Peniche

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;

Activities:

Surfing; Diving; Bodyboard;

Consolação Beach is divided into two contrasting areas. To the south, a rocky zone, which is highly rich in iodine and perfectly placed to catch the sun, offering excellent therapeutic conditions and attracting many people seeking respite from any (...)

Torres Vedras

Praia de Santa Cruz

Address: Torres Vedras

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;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Santa Cruz covers an extended stretch of sand that is divided up into various beaches named after the respective cafes with the Beaches of Navio, Mirante, Pisão, Física, Centro, Santa Helena, Formosa and Azul. The purity of both the waters and (...)

Lisboa Region

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 (...)

Praia de Medão - Supertubos

Address: Peniche

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;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Considered both nationally and internationally to be up among the very best for surfing and bodyboarding, Medão Beach gained its reputation for its perfectly shaped tubular waves, thus becoming known as "Super-tubos" (Super-tubes). The crests of (...)

Praia de Santa Rita

Address: Torres Vedras

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

With a wide stretch of sand bordered by hills and dunes covered in vegetation, Santa Rita Beach has two concession areas at its north and south ends. The sea at this popular beach has strong waves, ideal for surfers and bodyboarders.

Cascais

Praia de Carcavelos

Address: Carcavelos - Cascais

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

With the São Julião da Barra Fort dominating at one end, Carcavelos Beach is the largest expanse of sand on the Estoril coast and regularly hosts beach volleyball and football competitions.

Given its proximity to Lisbon and easy means of access, (...)

Ericeira

Praia da Calada

Address: Ericeira - Mafra

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;

Activities:

Surfing; Diving; Bodyboard;

Accessibility:

Accessible beach;

Sheltered by tall cliffs, Calada Beach is a very pretty location around 10 kilometres to the north of the town of Ericeira.

Its large open sands are spacious enough to include beach volleyball and football facilities in addition to other support (...)

Praia da Ribeira d'Ilhas

Address: Ericeira - Mafra

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;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Located around 3.5 kilometres from Ericeira and right by the river mouth that provides its name, Ribeira d' Ilhas Beach is considered one of the best in Europe for both surfing and bodyboarding. Since 1985, it has annually hosted one of the world (...)

Praia do Norte / Algodio (Ericeira)

Address: Ericeira - Mafra

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;

Praia Grande do Guincho

Address: Guincho - Cascais

Characteristics and Services:

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

Activities:

Surfing; Windsurfing; Bodyboard;

Part of the Sintra-Cascais Natural Park, Guincho Beach is endowed with a surrounding landscape of great beauty in which the white sand dunes contrast with the deep tones of the Serra de Sintra hills, looming in the background.

Given both its strong (...)

Praia da Foz do Lizandro

Address: Ericeira - Mafra

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;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Located on the mouth of the Lizandro river to the south of Ericeira town, operating from this beach are a range of boat excursions while children always appreciate playing in the small lagoons formed by the river.

A regular destination for (...)

Praia de São Lourenço

Address: Ericeira - Mafra

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;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Lying 7 kilometres from Ericeira and in close proximity to Ribamar, it is famous for its many quality restaurants specialising in fresh fish and shellfish.

São Lourenço Beach is located in a sheltered bay and equipped with good support (...)

Praia do Sul ou da Baleia

Address: Ericeira - Mafra

Characteristics and Services:

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Also known as Algodio Beach, Norte Beach lies within the town and is defined by the Ericeira jetty. With access from the centre of town, this is one of the busiest beaches in the region and attracts a very diversified group of regulars.

Praia dos Pescadores

Address: Ericeira - Mafra

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Surfing; Diving; Bodyboard;

Located right in the centre of the town of Ericeira, Peixe (Fish) Beach, also known as Pescadores (Fishermen), is as the name suggests used by the fishing community.

Throughout the summer season, this welcoming environment has a lifeguard and a (...)

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

Activities:

Surfing; Bodyboard;

Right on the southern limit of Ericeira, right by a hotel, Sul Beach extends over 500 metres with each end of the Beach given over to a promenade and a range of bars and restaurants, offering the chance to taste the many traditional fish and (...)

Estoril

Praia de São Pedro do Estoril

Address: São Pedro do Estoril - Cascais

Characteristics and Services:

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

Activities:

Surfing; Diving; Windsurfing; Bodyboard;

Sheltered by gullies of striking beauty, São Pedro do Estoril Beach is very popular for all year round bodyboarding.

With good access either by ramp leading up to the car park located at the top of the gully or by tunnel for those arriving by (...)

Oeiras

Praia da Torre

Address: Av. Marginal, Oeiras, Alto da Barra

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;

Activities:

Surfing; Bodyboard;

Sheltered and shell-shaped and lying in the shadow of the São Julião da Barra Fortress, Torre Beach is a good family destination as its calm waters are ideal for children.

A modern restaurant with an attractive terrace ensures the Beach remains a (...)

Praia de Santo Amaro

Address: Av. Marginal, Oeiras

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Located in front of the pleasant Oeiras Gardens, Santo Amaro Beach stretches its long sands around a bay and is flanked by a promenade, ideal for strolling or cycling along.

A very popular winter destinations among surfers due its unique straight (...)

Sesimbra

Praia de Sesimbra

Address: Sesimbra

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:

Surfing; Diving; Windsurfing;

Accessibility:

Accessible beach;

Traditionally a fishing town, Sesimbra's popularity as a tourist resort grew throughout the 20th century, particularly among families who purchased holiday or weekend homes in the vicinity. Lying in a sheltered bay with calm waters, Sesimbra Beach is (...)

Sintra

Praia da Adraga

Address: Almoçageme - Sintra

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Surfing; Diving; Bodyboard;

Nestling between cliffs artistically sculpted out by the sea, Adraga Beach is a firm summer favourite but also enjoys a loyal off-season clientele. They come for the well-preserved and natural environment to which the rocks, grottoes and tunnels add (...)

Praia do Magoito

Address: Sintra

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Surfing; Windsurfing; Bodyboard;

Located at the end of a deep valley and enclosed by majestic cliffs, which provide some of the best views of the beautiful surroundings, Magoito Beach is only reached by descent down a steep slope. However, this pollution free and iodine rich (...)

Praia do Meco ou do Moinho de Baixo

Address: Meco - Sesimbra

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Right by the village of Meco, which provides its most popularly used name, Moinho de Baixo Beach was one of the first to establish a duly signposted and authorised area for naturism over an area that covers the Tramagueira Beach through to the Rio (...)

Praia das Maças

Address: Colares - Sintra

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

According to tradition, this Beach takes its origin from the maçãs (apples) that would wash up on its sands, carried down to the coast by the Ribeira de Colares river.

Popular in the summer, the Beach covers a substantial area with space for a (...)

Praia Grande - Sintra

Address: Colares - Sintra

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-18 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Surfing; Diving; Bodyboard;

Just as its name suggests, this is a grand and large beach and is a particular favourite among surfers and bodyboarders and has become a regular host of championship events in these sports. At the extreme north of Praia Grande is one of the largest (...)

Porto and the North

Espinho

Praia da Baía

Address: Espinho

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 16-18 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Defined by two breakwaters, and accessed by a seaside walkway next to the centre of Espinho, Baía Beach is the most popular in the city.

Its popularity among the surfing and bodyboarding communities has only been strengthened by the competitions (...)

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 (...)

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 (...)

Praias Marbelo, Pop, Azul, Seca e Costa Verde (Frente Azul)

Address: Espinho

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 16-18 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

With a pleasant climate and some 8 kilometres of fine sands facing these immense blue seas, Espinho is one of the main tourist resorts of northern Portugal. Only the long seaside pedestrian walkway separates the sands from the city. From north (...)

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 (...)

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, (...)

Matosinhos

Praia Azul / Conchinha

Address: Leça da Palmeira - Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Accessibility:

Disabled access;

Located in the district of Matosinhos, Azul or Conchinha beach (as it is also known) is located beside the promenade, which makes access easier and provides various types of support facilities. The sea, which is almost always very rough, offers good (...)

Praia das Pedras Brancas

Address: Matosinhos

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 19 °; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Surfing; Diving; Bodyboard;

With a large number of rocks both on the sand and in the sea, the beach of Praia das Pedras Brancas is located next to the Avenida Marginal de Agudela and is equipped with good support facilities.

One of the local curiosities is the existence here (...)

Praia de Leça

Address: Leça da Palmeira - Matosinhos

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;

With strong waves breaking on its large expanse of sands, Leça da Palmeira Beach has excellent conditions for such sports as surfing, bodyboarding and kite surfing, especially towards its northerly limits where the Beach merges with Aterro Beach. (...)

Praia da Memória

Address: Perafita - Matosinhos

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;

Accessibility:

Accessible beach;

Previously known as Arenosa or Ladrões Beach, this area of sand became known as Memória Beach following the erection of a commemorative obelisk on the spot where liberal troops led by Pedro 4th (1st Emperor of Brazil) disembarked in 1832 in order (...)

Praia de Angeiras Norte

Address: Angeiras - Lavra - Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Bodyboard; Football; Volleyball;

With its extensive sands, Angeiras Norte beach is surrounded by dunes that lend it a wild appearance. Benefiting from its proximity to the local town, this beach has full support facilities and equipment for different sports, as well as excellent (...)

Praia de Matosinhos

Address: Matosinhos

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 16 °C; Restaurant; Security or Surveillance; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

The large expanse of sands of Matosinhos Beach are met by the strong waves of this coast, so highly appreciated by surfers, bodyboarders and kite surfers, with various competitive events held here. The promenade running alongside the Beach (...)

Moledo do Minho

Praia de Moledo

Address: Moledo do Minho

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; Windsurfing; Bodyboard;

Accessibility:

Accessible beach;

A very famous tourist resort since the beginning of the 20th century, Moledo Beach brings in the families of politicians and other dignitaries who seek it out year after year in preference to the hotter sands of the south.

In an area of great (...)

Póvoa de Varzim

Praia da Póvoa de Varzim

Address: Póvoa de Varzim

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;

Accessibility:

Accessible beach;

Home to fearless fishermen, Póvoa de Varzim became one of the favourite northern Portuguese seaside resorts during the second half of the 19th century and particularly after the opening of the railway line in 1875, which provided easy access to the (...)

Viana do Castelo

Praia da Amorosa

Address: Chafe - Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

A firm favourite among both surfers and bodyboarders, Amorosa Beach also draws in families from across the north of Portugal, some of whom have holiday homes in the area.

The beach is reached over a wooden walkway in order to protect the dunes in (...)

Praia de Afife

Address: Afife - Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Praia de Paimó

Address: Aguçadoura - Póvoa de Varzim

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;

Accessibility:

Accessible beach;

Paimó Beach covers the large expanse of sand beginning about a kilometre to the north at the Alto da Estela river, where there is both a campsite and a golf course. With good support infrastructures, the Beach draws in the sunbathers, perhaps (...)

Praia da Arda / Praia do Bico

Address: Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Windsurfing; Bodyboard;

Also known as Mariana Beach after the restaurant here, Arda or Bico Beach is one of the best in the country for surfing and bodyboarding and thus brings in a younger crowd.

The large sandy expanse of this beach is framed by a landscape of great (...)

Praia de Paçô

Address: Viana do Castelo

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Activities:

Surfing; Windsurfing; Bodyboard;

A huge expanse of sand reached by protective wooden walkways leading through the dunes, Afife Beach is a good example of respect for the natural environmental quality.

The strong waves create good surfing conditions while the southern area of the (...)

Praia do Cabedelo

Address: Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Surfing; Diving; Windsurfing; Bodyboard;

Accessibility:

Accessible beach;

Lying to the south of the Lima river, Cabedelo Beach is the first choice for local inhabitants of nearby Viana do Castelo.

Surrounded by dunes and a pine forest, which includes two campsites, this pretty half-moon shaped Beach is one of the most (...)

Vila Nova de Gaia

Praia da Aguda

Address: Arcozelo - Vila Nova de Gaia

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;

Accessibility:

Accessible beach;

Located halfway between Gaia and Espinho, Aguda Beach covers an expanse of sand running from Miramar in the north through to Granja to the south.

With its strong waves, this Beach has a good following in the surfing community while the many species (...)

Praia de Canide

Address: Vila Nova de Gaia

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; Diving; Bodyboard;

Accessibility:

Accessible beach;

Part of an enormous stretch of sands that runs continuously over kilometres, Canide Beach itself divides into two areas, North and South. The southern area is favoured by surfers while the northern often hosts kite-surfing and beach football (...)

Surfing; Diving;

Flanked by dunes forming a border between the sands and the green of the adjoining fields, Paçô Beach forms an attractive scenario with the Montedor hill and its lighthouse dominating to the south. Formerly a strategic location, the Beach contains (...)

Praia do Norte

Address: Viana do Castelo

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

The widely popular Norte Beach is situated on the bank of the River Lima, almost within the urban limits of the city of Viana do Castelo. The amount of sand is limited, since most of the beach is taken by rocky formations, where natural saltwater (...)

Praia da Madalena

Address: Canidelo - Vila Nova de Gaia

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;

Located close to a campsite, the large sandy expanse of Madalena Beach divides up into two, North and South, with the latter being rockier.

Easily accessed, this is a rather popular Beach featuring good surfing conditions and beach volleyball (...)

Praia de Salgueiros

Address: Canidelo - Vila Nova de Gaia

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; Diving; Bodyboard;

With its fine white sands occasionally studded with rock formations, Salgueiros Beach recently underwent a series of improvements to make it a more attractive to visitors. With strong waves breaking here, the Beach has good surfing conditions.

Praias de Francelos, Dunas Mar, Francemar e

Praia de Valadares - Norte e Sul

Address: Vila Nova de Gaia

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;

Accessibility:

Accessible beach;

On a coast that is highly rich in iodine with its therapeutical properties recommended for bone diseases, Valadares Beach covers a huge area and is equipped with good support infrastructures. The strong waves breaking here ensure the beach attracts (...)

Sãozinha

Address: Gulpilhares - Vila Nova de Gaia

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;

On a coast that is highly rich in iodine with its therapeutical properties recommended for bone diseases, Francelos Beach covers a huge area and is equipped with good support infrastructures.

The strong waves breaking here ensure the beach (...)

Vila Praia de Âncora

Praia de Vila Praia de Âncora

Address: Vila Praia de Âncora

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; Bodyboard;

Accessibility:

Accessible beach;

The sands of Vila Praia de Âncora extend from the fishing port over to the Âncora river which reaches the coast here after its 15 kilometre descent through the Serra de Arga hills, an attractive natural environment, which features some good (...)

Vila do Conde

Praia de Azurara

Address: Azurara - Vila do Conde

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Located to the south of Vila do Conde and the mouth of the Ave river, Azurara Beach begins next to a jetty that acts as a windbreak.

Its fine, white sands extend over kilometres and are flanked by a protected cordon of dunes crossed by wooden (...)