
Beaches

Alentejo

Grândola

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, (...)

Odemira

Praia de Almogrove

Address: Odemira

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Part of the Sudoeste Alentejano e Costa Vicentina Natural Park, Almogrove Beach is one of the best beaches along this rocky, coastline with its many inlets. In addition to the broad sands surrounded by reddish cliffs and dunes, there are support (...)

Sines

Praia de Morgavel

Address: Sines

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Surrounded by a tight ring of dunes, Morgavel Beach extends over a long stretch of sand bathed by clear waters considered to be the cleanest on the Alentejo coastline. With excellent access via a tarmac road and good car parking, this is one of the (...)

Praia de Vale Figueiros

Address: Sines

Characteristics and Services:

Praia de São Torpes

Address: Sines

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 18-19 °C; Restaurant; Security or Surveillance; EEC Blue Flag;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Its strong and regular waves ensure São Torpes Beach is one of the best for surfing to be found along the entire extent of the Portuguese coastline with a number of schools available for those wishing to learn this sport.

Located right in the (...)

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

Activities:

Surfing; Bodyboard;

Also called Vieirinha or Pedra da Casca, Vale de Figueiros Beach has a wide stretch of sand bathed by strong waves that are much appreciated by surfers and bodyboarders. This beach is part of the Sudoeste Alentejano and Costa Vicentina Natural Park, (...)

Praia Grande de Porto Covo

Address: Sines

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Part of the Sudoeste Alentejano e Costa Vicentina Natural Park, Porto Covo was a small fishing village that prospered during the 20th century while holding onto all the quiet charm of its rows of immaculately whitewashed houses against which the sea (...)

Vila Nova de Milfontes

Praia do Malhão

Address: Odemira

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

This huge sandy beach is generally known as Malhão Beach even while it is made up of Cruz, Saltinho, Nascedios and Galés beaches, with differing points of access and characteristics.

Falling within the protected beauty of the Sudoeste Alentejano (...)

Zambujeira do Mar

Praia da Zambujeira do Mar

Address: Odemira

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Part of the Costa Vicentina e Sudoeste Alentejano Natural Park, Zambujeira do Mar Beach is surrounded by tall cliffs that offer wonderful panoramic views out over the ocean. The frequently strong waves breaking on this beach provide quality (...)

Algarve

Aljezur

Praia da Amoreira

Address: Aljezur

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 18-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental;

Activities:

Surfing; Bodyboard;

This huge beach is flanked by dunes and to the north by a dark rock formation that, according to locals, forms the shape of a giant lying down.

As Amoreira Beach lies on the mouth of a small river there is the option between freshwater or (...)

Praia da Bordeira ou Carrapateira

Address: Aljezur

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Nearby the village of Carrapateira from where access is gained via a tarmac road, the wonderful Bordeira Beach extends over a broad stretch of sand that becomes one of the largest on the Algarve coast during low tide. A small river reaches the sea (...)

Praia de Vale Figueiras

Address: Aljezur

Characteristics and Services:

Outdoor parking; Average seawater temperature in summer (°C): 17-20 °C; Security or Surveillance;

Activities:

Surfing; Bodyboard;

With access rendered somewhat difficult along an earth track, the attractive Vale Figueiras beach has remained somewhat beyond the normal destinations of sunbathers. However, it is well known to the surfing and bodyboarding communities and is now (...)

Praia do Monte Clérigo

Address: Aljezur

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 17-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Showers;

Activities:

Surfing; Diving; Bodyboard;

Accessibility:

Accessible beach;

Located next to the fishing village of Monte Clérigo, this similarly named Beach lies around 10 kilometres from the town of Aljezur with easy access via the tarmac road leading to the ramps and stairways down to the beach itself.

The spacious (...)

Praia da Arrifana

Address: Aljezur

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Located in a bay enclosed by tall cliffs and with local residences harmoniously sloping down almost to the water's edge, Arrifana Beach provides an excellent example of balance between human settlement and the natural environment. The ruins of the (...)

Praia de Odeceixe

Address: Aljezur

Characteristics and Services:

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

Activities:

Surfing;

On the mouth of the Seixe River, itself good for boat and canoeing excursions, Odeceixe Beach offers both sea and river swimming. At low tide, the large sandy surface is dotted with lagoons, ideal for children to play and swim in.

With the easiest (...)

Praia do Amado

Address: Aljezur

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Considered one of Portugal's best surfing beach, Amado Beach brings them in from across Europe and regularly hosts international competitions. However, it is not just the more experienced out on the water, there are surfing school for those wishing (...)

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 (...)

Sagres

Praia da Mareta

Address: Sagres - Vila do Bispo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 19-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Small craft hire;

Activities:

Surfing; Diving; Bodyboard;

With its large sandy extent and good access from Sagres, Mareta Beach is one of the most popular summer destinations in this area.

Closed off to the east by high cliffs and to the west by the Ponta de Sagres, which protects it from stronger winds, (...)

Vila do Bispo

Praia da Cordoama

Address: Vila do Bispo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 19-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag;

Activities:

Surfing; Bodyboard;

With its broad sandy expanse connecting at low tide to the neighbouring Beaches of Castelejo and Barriga, Cordoama Beach is part of a stretch of highly beautiful coastline that makes up the Sudoeste Alentejano e Costa Vicentina Natural Park.

The (...)

Praia do Tonel

Address: Sagres

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Praia do Castelejo

Address: Vila do Bispo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 18-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag;

Activities:

Surfing; Bodyboard;

Forming part of the Sudoeste Alentejano e Costa Vicentina Natural Park, Castelejo Beach is of surprising beauty with the black schist of its rocks contrasting wonderfully with its golden sands.

The strong waves along these shores provide excellent (...)

Praia do Zavial

Address: Raposeira - Vila do Bispo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 18-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag;

Activities:

Surfing; Bodyboard;

According to the specialists, its long and tubular waves may be ideal for surfing and bodyboarding but Zavial Beach has other attractions to offer.

Surrounded by high and often sheer cliffs, which protect from all strong winds, this is a very (...)

Azores

Ilha de Santa Maria

Praia Formosa

Address: Vila do Porto Ilha de Santa Maria

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

With its clear sand, Formosa Beach is a rare sight in the Azores, where black volcanic sand predominates. With crystal clear, shallow waters, it is a much appreciated leisure area in the southern part of the Island of Santa Maria. The Maré de (...)

Ilha de São Miguel

Praia do Areal de Santa Bárbara

Address: Ribeira Grande - Ilha de São Miguel

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 23; Restaurant; Security or Surveillance; EEC Blue Flag; Showers;

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Close to Ribeira Grande, the Santa Bárbara Sands form one of the most extensive beaches in the region, stretching for about 1km. With an excellent support infrastructure, this beach is a prime leisure area where sports such as surfing and (...)

Praia do Pópulo

Address: Rosto de Cão - Ponta Delgada Ilha de São Miguel

Characteristics and Services:

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

Activities:

Surfing; Diving; Windsurfing; Bodyboard;

Pópulo Beach is a small bathing area, also known as Praia Pequena. With dark volcanic sand, this beach has a bar and is much sought after by divers and bodyboarders, amongst others.

Centro de Portugal

Alcobaça

Praia da Légua

Address: Alcobaça

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Légua Beach is set within a landscape of great beauty where the golden dunes contrast sharply with the green slopes beyond covered in canes that have gradually encroached over the native habitat even though some types still survive such as the (...)

Praia da Polvoeira

Address: Pataias - Alcobaça

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

With its long stretch of sand forming a bay shape surrounded by tree-covered cliffs, Polvoeira Beach is of stunning beauty. The brave of heart can get the best views by heading up the rock formation that separates this Beach from its neighbour (...)

Praia da Pedra do Ouro

Address: Pataias - Alcobaça

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

With its wide expanse of golden sands in striking contrast to the black rock of the surrounding cliffs, Pedra do Ouro Beach is a site of great natural beauty enhanced by the abandoned windmill perched at its northern end.

At low tide, the Beach (...)

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 da Costa de Lavos

Address: Lavos - Figueira da Foz

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Located by the small settlement of Costa de Lavos to be found to the south of Figueira da Foz, breaking onto the similarly named Beach are the powerful waves that bring in surfers from near and far.

The sandy Beach, surrounded by dunes, features (...)

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;

Praia da Leirosa

Address: Marinha das Ondas - Figueira da Foz

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

A traditional fishing community, Leirosa is located to the south of Figueira da Foz and immediately after Costa de Lavos Beach with the dunes separating the two a sheltered and practically deserted area.

Leirosa Beach covers a huge expanse of sand (...)

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 de Valmitão

Address: Ribamar - Lourinhã

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Accessibility:

Accessible beach;

Less popular than other beaches, the sands of Valmitão Beach end at the clear waters of a sea rich in iodine further providing good conditions for a range of nautical sports such as surfing, diving and underwater fishing.

Mira

Praia de Mira

Address: Mira

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;

Accessibility:

Accessible beach;

Known as the Palheiros (Huts) of Mira due to the wooden constructions used by the fishermen, throughout the first half of the 20th century Mira Beach was a fishing village with its daily life well depicted in the Ethnographic Museum exhibition to be (...)

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 (...)

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 Barrinha - Esmoriz

Address: Ovar

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

A traditional fishing village, the Esmoriz Beach has hung onto some of its "palheiro" huts, the wooden constructions dating back to the early part of the 20th century built by farmers as second homes so that whenever they were not working the lands, (...)

Praia de São Pedro de Maceda

Address: São Pedro de Maceda - Ovar

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer

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 (...)

Praia do Furadouro

Address: Ovar

Characteristics and Services:

(°C): 17; Security or Surveillance; EEC Blue Flag; Showers;

Activities:

Surfing; Bodyboard;

Located approximately 11 km from the centre of Ovar, São Pedro de Maceda is an extensive beach with good support facilities. Still almost completely natural, this quiet beach lies next to a woodland park and is popular because of its excellent (...)

Praia do Torrão do Lameiro / Marretas

Address: Torrão do Lameiro - Ovar

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Also known as Marretas, Torrão do Lameiro is an extensive beach with about 3kms of fine sand bathed by a rough sea, ideal for surfing and bodyboarding. This area is surrounded by a pine forest and dunes, offering a highly tranquil atmosphere. Here (...)

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 (...)

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 (...)

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 da Cova de Alfarroba

Address: Peniche

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Located in a charming bay, Cova de Alfarroba Beach is served by a well-cared for and very popular resort.

Its sheltered and spacious sands, separated from the road by a visually striking cordon of dunes, lead onto good bathing conditions and are (...)

Pombal

Praia do Osso da Baleia

Address: Mata Nacional do Urso - Pombal

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

Osso da Baleia Beach is simply huge stretching on over the horizon running the length of the Mata Nacional do Urso protected area.

Very quiet and distanced from the road by a series of dunes, the Beach has won various environmental quality awards.

Torres Vedras

Praia de Porto Novo

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;

Activities:

Surfing; Windsurfing; Bodyboard;

Accessibility:

Accessible beach;

Located on the mouth of Alcabrichel river, the Porto Novo Beach is located on the lower extent of a most beautiful valley incorporating slopes covered in rich, green vegetation covering remnants of pre-historic settlements. Historically a fishing (...)

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.

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 (...)

Vagos

Praia da Vagueira

Address: Vagos

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

The large sandy expanse of Vagueira Beach is still used by fishermen as they continue with their small scale traditions even if pulling in the fish laden nets is now done by tractor rather than bull.

The beach now attracts holidaymakers and in (...)

Praia do Areão

Address: Vagos

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

To the south of Vagueira Beach, while without any natural barrier, comes the wild emptiness of Areão Beach surrounded by the dunes that serve as the border between the sands and agricultural fields.

Nearby, the Mata park is an excellent option (...)

Lisboa Region

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, (...)

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 do Abano

Address: Guincho - Cascais

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

With its small area of sand and exposed to strong winds, Abano Beach, even if not visible from the main road, comes immediately after Guincho for those travelling from Cascais. Access is down a narrow dirt track located next to a pleasant clump of (...)

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 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 (...)

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 (...)

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;

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.

Sesimbra

Praia da Lagoa de Albufeira

Address: Sesimbra

Characteristics and Services:

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

Activities:

Surfing; Windsurfing; Bodyboard; Sailing;

Separated from the sea by enormous dunes and located at the extreme south of the stretch of sand that covers the many kilometres down from Costa da Caparica, the Lagoa de Albufeira Lagoon Beach, surrounded by pines features calm waters, ideal for (...)

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 (...)

Sintra

Praia da Adraga

Address: Almçageme - 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 das Maçãs

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 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 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 (...)

Praia de Paramos

Address: Espinho

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Located right by the oldest Golf Club in Portugal, Paramos Beach covers a huge area of sand but which can only be reached by crossing the Espinho Air-Club and paying careful attention to the signalling.

Calm and endowed with certain support (...)

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 Espinho

Address: Espinho

Characteristics and Services:

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

Activities:

Surfing; Handball; Football; Volleyball;

Accessibility:

Accessible beach;

With an extensive sandy beach in the area between Rua 37 and Rua 2 in front of Espinho Municipal Museum, Rua 37 Beach is accessible to all, and has every leisure and support amenity. Its fine clean sand provides excellent conditions for practising (...)

Praia de Silvalde

Address: Espinho

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 15-18 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Showers;

Activities:

Surfing; Bodyboard;

Located to the south of Espinho while still a continuation of its sands, Silvalde Beach adjoins the similarly named settlement, a parish whose origins stretch far back into history and whose inhabitants long ago took up agriculture and fishing.

The (...)

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 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;

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 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:

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 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 (...)

Praia do Quião - Póvoa de Varzim

Address: Póvoa de Varzim

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 do Aterro

Address: Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

With an extensive stretch of sand, Aterro Beach is very popular with young people, mainly surfers and bodyboarders who find here excellent conditions to practise these sports. Surrounded by vegetation that confers great beauty on it, this beach is (...)

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 (...)

Activities:

Surfing; Bodyboard;

Characteristics and Services:

Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Accessibility:

Accessible beach;

With its broad expanse of fine sand, Quião Beach is bounded to the north by Cabo de Santo André and to the south by Ribeira do Esteiro. It has easy access and good supporting facilities. Traditional activities are still practised here: (...)

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 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:

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 (...)

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

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;

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 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.

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 (...)

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 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 (...)

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

Praia de Lavadores

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;

Activities:

Surfing; Bodyboard;

The closest to the city of Gaia, Lavadores Beach is the beginning of an unbroken length of sand that stretches on for many kilometres to the south flanked by the Avenida Marginal coast road, an excellent option for pleasant walks along the coast.

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 (...)

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 (...)