
Beaches

Alentejo

Tróia

Praia de Troia Mar

Address: Troia - Grândola

Characteristics and Services:

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

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Located on the Atlantic Ocean side of the Troia Peninsula, Troia-Mar Beach boasts stunning views looking out over the Serra da Arrábida hills right in front. This is an easy beach to get to with the nearby tourist developments served by road and a (...)

Vila Nova de Milfontes

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 (...)

Algarve

Albufeira

Praia da Galé

Address: Albufeira

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

In order to differentiate between means of accesses originating at the car park, the long stretch of sand making up Galé Beach is

Praia do Barranco das Belharucas

Address: Albufeira

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Small craft hire;

Activities:

Windsurfing; Sailing;

The Barranco das Belharucas Beach is to be found at the westward end of Falésia Beach (which extends over kilometres eastwards as far as Vilamoura), and is separated from Olhos de Água by rocks that may be skirted round at low tide. Its odd

divided into two, named after their respective locations - East and West. Surrounded by golden cliffs, Galé Beach is (...)

Praia Maria Luísa

Address: Albufeira

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

With access from the Olhos de Água village or the Quinta da Balaia tourist resort, the Maria Luísa Beach is characterised by the surrounding cliffs with their tones of ochre through to gold contrasting with the blue of the sea.

The beach has a (...)

Armação de Pêra

Praia Grande

Address: Pêra - Silves

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

The area known as Praia Grande Beach begins at the urban limits of Armação de Pêra, with its westerly point at the Alcantarilha stream and its easterly limit defined by the Salgados lagoon, a site of special ecological interest given its (...)

Castro Marim

Praia da Alagoa

Address: Altura - Castro Marim

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 22-24 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Right by Altura, with its squat houses laid out along perpendicular streets over the plain, the Alagoa Beach, also known as Altura, takes up a section of the endless sands that head out eastwards towards Monte Gordo and westwards to the Ria Formosa (...)

Faro

Praia da Ilha da Barreta / Ilha Deserta

Address: Ria Formosa - Faro

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 20-24 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

The mostly southerly point of the Portuguese mainland, the Ilha da Barreta or Deserta is one of the island-barriers of the Ria Formosa Natural Park forming a divide between the marshes and the sea. Accessible only via ferry service (available (...))

Praia da Ilha de Faro

Address: Ria Formosa - Faro

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 21-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

For those arriving from the west, Ilha de Faro is the first island-barrier that separates the sea from the Ria Formosa estuary marking the beginning of the Natural Park. Accessible by car over the narrow bridge that connects with the main road to (...)

Lagoa

Praia Grande - Ferragudo

Address: Ferragudo - 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:

Windsurfing; Bodyboard; Sailing;

With its white houses reaching down to the banks of the Arade river, Ferragudo is a picturesque fishing village located opposite Portimão with which it once shared responsibility for defending this stretch of coastline. This was secured by (...)

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 (...)

Praia da Batata

Address: Lagos

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Literally just a few metres from the historic centre of the city of Lagos, the friendly Batata Beach is perfect for anyone who likes their beach along with plenty of company. With top-quality support infrastructures, there is every kind of (...)

Loulé

Praia da Quinta do Lago

Address: Almancil - Loulé

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Part of the Ria Formosa Natural Park, the beauty of the Quinta do Lago Beach extends over 3.5 kilometres and is separated from the luxury tourist resort of the same name by the estuary.

Benefiting from top quality support infrastructures including (...)

Praia do Ancão

Address: Loulé

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Lying within the large protected area making up the Ria Formosa Natural Park that extends through to Tavira, Ancão Beach covers a large expanse of sand flanked by dunes and pine trees.

A favourite among many national and international (...)

Olhão

Praia da Ilha da Armona

Address: Ria Formosa - Olhão

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 21-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Showers; Small craft hire;

Activities:

Diving; Windsurfing; Sailing;

Accessible by ferry service from Olhão in an approximate 15 minute crossing, the Ilha da Armona island is part of the cordon of small islets separating the Ria Formosa estuary from the sea. Falling within the Natural Park, this island is on the (...)

Praia de Vale de Lobo

Address: Almancil - Loulé

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Bodyboard; Sailing;

Accessibility:

Accessible beach;

Surrounded by a reddish cliff on top of which sits one of the most famous and photographed golf courses in the entire Algarve, the Vale de Lobo Beach is located next to the similarly named tourist resort which has deservedly gained an (...)

Praia do Garrão

Address: Loulé

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Bodyboard; Sailing;

Accessibility:

Accessible beach;

Just over the limits of the Ria Formosa Natural Park, the huge expanse of sand of Garrão Beach is able to meet whatever the tastes of its most diverse visitors, from those looking for the privacy of a deserted beach to those seeking more popular (...)

Praia da Ilha da Fuzeta

Address: Ria Formosa - Olhão

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 21-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Separating the Atlantic Ocean from the Ria Formosa estuary and part of the area protected by Natural Park status, the Ilha da Fuzeta islands is located in front of the similarly named settlement with access gained only by boat from either Fuzeta or (...)

Portimão

Praia do Alvor

Address: Alvor - Portimão

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

With its sands stretching on over the horizon, Alvor is a dream beach surrounded by high quality hotels and with every kind of support infrastructure including equipment for sailing, water skiing or windsurfing. The origins of the picturesque Alvor (...)

Tavira

Praia da Ilha de Tavira-Mar

Address: Ria Formosa - Tavira

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 20-23 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

The Ilha de Tavira island forms part of the cordon of sandy islands separating the Ria Formosa estuary from the Atlantic Ocean and lies within the boundaries of the Natural Park and is, indeed, unique among these islands as it contains trees. (...)

Praia do Barril

Address: Ria Formosa - Tavira

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 21-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Magnificent in its boundless sandy expanse and for the calm and excellent temperatures of its waters, Barril Beach forms part of the Ria Formosa Natural Park. In order to reach this paradise, you have to cross the little bridge over the Estuary (...)

Praia de Cabanas-Mar

Address: Tavira

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 20-21 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

On the eastern limit of the Ria Formosa Natural Park is the small settlement of Cabanas, founded by fishermen who came from across Portugal to settle here at the beginning of the 20th century in order to go tuna fishing.

The ferry service leaves (...)

Vilamoura

Praia de Vilamoura

Address: Vilamoura - Loulé

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 20-22 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Built from scratch in the 1970s, Vilamoura is Europe's largest tourist complex and features the highest quality recreational services and facilities including a marina, casino, golf courses, hotels and tourist villages. The sands continue onwards in (...)

Azores

Ilha Terceira

Praia Grande

Address: Praia da Vitória - Ilha Terceira

Characteristics and Services:

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

Activities:

Diving; Windsurfing; Sailing;

Accessibility:

Accessible beach;

Situated on the bay of the city of Praia da Vitória, Praia Grande has the longest stretch of sand on the Island of Terceira. Despite its central location, it is easy to find peaceful areas, not too crowded, in this large bathing area equipped with (...)

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 (...)

Figueira da Foz

Praia do Relógio

Address: 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; Small craft hire;

Activities:

Bodyboard; Sailing;

Accessibility:

Accessible beach;

Throughout the first half of the 20th century, Figueira da Foz was one of the main bathing resorts in Portugal, popular among well off families from across the north of the country. Nowadays, despite having lost some of its former prominence, it (...)

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 (...)

Praia da Costa Nova

Address: Costa Nova - Ílhavo

Characteristics and Services:

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

Activities:

Surfing; Windsurfing; Bodyboard; Sailing;

Accessibility:

Accessible beach;

The most picturesque aspect of Costa Nova is its coast road along which a line of wooden huts is painted in brightly coloured stripes alternating with white. Built by fishermen as shelters and equipment stores, the huts have now been converted into (...)

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 (...)

Ovar

Praia do Furadouro

Address: Ovar

Characteristics and Services:

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

Activities:

Surfing; Windsurfing; Bodyboard; Sailing;

Accessibility:

Accessible beach;

With a reputation both for its fishing and surfing, defining very different eras and approaches to life on the beach, the extensive Furadouro Beach comes with the strong waves of the Atlantic.

Inland, there is dense pine forest with the approximate (...)

São Martinho do Porto

Praia de São Martinho do Porto

Address: Alcobaça

Characteristics and Services:

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

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

The sands here continue for an approximate 3 kilometres forming a shell shape around the sheltered bay that is home to São Martinho do Porto Beach. The calm sea represents the perfect conditions for both children and nautical sports such as (...)

Lisboa Region

Cascais

Praia da Conceição

Address: Cascais

Characteristics and Services:

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

Activities:

Diving; Windsurfing; Sailing;

Accessibility:

Accessible beach;

Located next to the Nossa Senhora da Conceição Chapel after which it is named, Conceição Beach does not extend very far although a low tide it links up with the Duquesa Beach.

With good access by stairway or ramp leading up to the promenade, (...)

Praia da Duquesa

Address: Cascais

Characteristics and Services:

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

Activities:

Diving; Windsurfing; Sailing;

With access from the centre of Cascais, Duquesa Beach owes its name to the small Palace of the Dukes of Palmela located to the west.

The beach is easily reached from the promenade where there are a series of restaurants, bars and terraces.

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 (...)

Madeira

Ilha de Porto Santo

Praia de Porto Santo

Address: Ilha de Porto Santo

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 22; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Small craft hire;

Activities:

Diving; Windsurfing; Sailing;

Accessibility:

Accessible beach;

On the south coast of the island of Porto Santo, 40 kilometres to the north-east of Madeira, is the only sandy beach in the whole of the archipelago, stretching uninterruptedly over a distance of 9 kilometres. Its soft, fine golden sand has (...)

Porto and the North

Caminha

Praia de Caminha / Foz do Minho

Address: Caminha

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-17 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Showers; Small craft hire;

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Set in an area of great natural beauty by the mouth of the Minho river and surrounded by the pines making up the Mata Nacional do Camarido protected area, Caminha or Camarido Beach is located at the most north-westerly point of the Portuguese (...)

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 (...)

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, (...)

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 (...)