
Beaches

Alentejo

Porto Covo

Praia da Ilha do Pessegueiro

Address: Porto Covo - Sines

Characteristics and Services:

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

Activities:

Diving; Windsurfing;

The Ilha do Pessegueiro Beach lies facing the island from which it takes its name. The island has given up evidence of its long history having been settled back in ancient time. This include a fish salting factory dating to the Roman era and which (...)

Algarve

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 (...)

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 (...)

Ilha do Faial

Praia de Porto Pim

Address: Horta - Ilha do Faial

Characteristics and Services:

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

Activities:

Diving; Windsurfing;

Located in a sheltered bay with direct access through the centre of the city of Horta, Porto Pim Beach is the most visited on the Island of Faial. Positioned in a beautiful natural setting highlighted by Monte da Guia, this beach provides great (...)

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.

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 (...)

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 (...)

Porto and the North

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, (...)

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 (...)

Viana do Castelo

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 (...)