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# Beaches

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## Alentejo

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### 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 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 (...)

#### **Praia Vasco da Gama**

**Address:** Sines

**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;

**Accessibility:**

Accessible beach;

Within the city limits of Sines and the scene of major events in Portuguese history, Vasco da Gama Beach is in a sheltered bay with practically no waves and thus ideal for windsurfing and sailing.

Flanked by the Avenida Marginal coast-road, very (...)

### Troia

#### **Praia de Troia-Galé**

**Address:** Troia

**Characteristics and Services:**

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

Under concession by Troia Resort, Troia-Galé Beach is the furthest from the complex and perhaps for this reason is less busy than its neighbours. With a wide sandy stretch bathed by a calm sea, this is a very beautiful beach offering stunning views (...)

## 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

### Albufeira

#### Praia da Falésia - Açoteias / Alfamar

**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;

With its backdrop made up of a long cliff coloured in hues of red, copper and gold, and of particular beauty as the afternoon draws to a close, this far-reaching extent of sand covers the kilometres between Olhos de Água and Vilamoura incorporating (...)

#### Praia de São Rafael

**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;

Owing its name to the nearby tourist resort, São Rafael Beach is flanked by cliffs with its sands dotted with a few isolated rocks with more jutting out of the sea to create a very picturesque effect.

With excellent conditions and a good range of (...)

#### Praia do Túnel ou Peneco

**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;

**Accessibility:**

Accessible beach;

#### Praia da Oura

**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;

**Accessibility:**

Accessible beach;

Very close to Albufeira, and right in the heart of one of the Algarve's most popular areas, the Oura Beach has all every aspect necessary for some wonderful holidays down by the sea. The sea is calm and ideal for relaxation or sports such as (...)

#### Praia do Evaristo

**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;

Very small and huddled between truncated spurs, Evaristo Beach owes its name to the famous restaurant to be found here.

With access gained via the village of Galé, this Beach is an excellent choice for holidaymakers and attracts many of the most (...)

#### 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:**

With access via a tunnel connecting with the city centre, Peneco or Túnel Beach is located at the long stretch of sand running the length of Albufeira. At the far west of the beach, there is a promenade perfect for a pleasant stroll and providing (...)

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 (...)

## Aljezur

### 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 (...)

## 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 (...))

## Lagoa

### **Praia da Senhora da Rocha**

**Address:** Porches - 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;

**Accessibility:**

Accessible beach;

Set back between tall cliffs, Senhora da Rocha Beach is a small area of sand with a calm and clear sea, ideal for both swimming or as a departure point for boat excursions along the coast to discover the nearby grottoes.

To the west, the beach (...)

## **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 (...)

## **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 Forte Novo - Quarteira**

**Address:** Quarteira

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

### **Praia do Vale do Olival - Alporchinhos**

**Address:** Alporchinhos - Porches - Lagoa

**Characteristics and Services:**

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

Situated at the western end of Armação de Pera Beach, Vale do Olival Beach nestles between some rock formations carved out by erosion. The cliff that surrounds it has a trail that offers magnificent views of the sea and connects with the nearby (...)

### **Praia de Dona Ana**

**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;

Sheltered between cliffs, the sands of Dona Ana Beach and their calm and clear waters are one of the highest profile landmarks on the Algarve. The highly shaped rocks emerging from the sea or dotting the sands provide sunbathers with some shade and (...)

### **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:**

In the zone between the urban area of Quarteira and a natural area of delicate sand dunes, Forte Novo Beach owes its name to a fortress built in the 16th century and rebuilt two centuries later. Fully accessible for all, this beach has a wide sandy (...)

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 (...)

## Portimão

### Praia do Vau

**Address:** 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;

#### **Accessibility:**

Accessible beach;

Sheltered by gently copper coloured cliffs, what Vau Beach lacks in scale it makes up for in beauty set off by the calm sea to ensure the perfect ambience for relaxation.

Very popular during the peak summer season, the area adjoining the Beach has (...)

## Quarteira

### Praia da Quarteira

**Address:** Quarteira - 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:**

Bodyboard;

#### **Accessibility:**

Accessible beach;

Right by Quarteira, one of the Algarve's most popular summer destinations, the Beach sharing the town's name is a great expanse of sand divided up by cement seawalls. Running between the Beach and town is the Avenida Marginal coastal road providing (...)

## 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.  
(...)

## **Vila Real de Santo António**

### **Praia da Lota**

**Address:** Manta Rota - Vila Real de Santo António

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

With a long stretch of sand that is an extension of Manta Rota Beach, Lota Beach is bathed by a calm sea with a very pleasant temperature. It has a good support infrastructure and is surrounded by small dunes adding beauty to the landscape. The  
(...)

## **Vila do Bispo**

### **Praia de Almádena - Cabanas Velhas**

**Address:** Budens - Vila do Bispo

**Characteristics and Services:**

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

**Activities:**

Diving;

The small welcoming beach of Praia de Almádena nestles in a setting of great natural beauty, sheltered from the north-west winds. Accessible from Burgau, this beach is relatively unused and is ideal for all those looking for peace and quiet.

### **Praia da Terra Estreita**

**Address:** Santa Luzia - Tavira

**Characteristics and Services:**

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

Part of the narrowest stretch of the cordon of sand separating Ria Formosa from the sea, Terra Estreita Beach is a very peaceful, virtually untouched area. The beach, however, has good support infrastructure including nets for playing football and (...)

### **Praia de Salema**

**Address:** Figueira - 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; Showers;

**Accessibility:**

Accessible beach;

Located halfway between Sagres and Lagos, Salema Beach has long been used by fishermen, an activity that continues as any early morning visitor to the beach will discover. Very popular, and well equipped with bars and restaurants, this Beach, with (...)

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## 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 (...)

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## Azores

### Ilha de Santa Maria

#### Zona Balnear dos Anjos

**Address:** Vila do Porto Ilha de Santa Maria

**Characteristics and Services:**

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

**Activities:**

Diving;

**Accessibility:**

Accessible beach;

In the northern part of the Island of Santa Maria, the Bay of Anjos offers waters at very pleasant temperatures that invite relaxing bathing in view of Ponta do Frades. This bathing area also has a natural pool and support amenities for people with (...)

### 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 Corpo Santo

**Address:** Vila Franca do Campo Ilha de São Miguel

**Characteristics and Services:**

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

With the houses of Vila Franca do Campo as a backdrop, Corpo Santo Beach is accessible directly from the town centre. This small, cosy, sandy beach is safe and ideal for children. Right opposite, quickly accessible by boat, is the Islet of Vila (...)

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## Centro de Portugal

## Alcobaça

### **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 (...)

### **Praia de Água de Madeiros**

**Address:** Alcobaça

**Characteristics and Services:**

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

Large and enclosed by tall cliffs, Água de Madeiros Beach has a full range of services and facilities including a bar and restaurant in addition to horse rides through the surrounding pine forest. The sheltered part of the Beach is enriched by the (...)

## 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 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 (...)

### Praia de Buarcos

**Address:** Buarcos - 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:**

Windsurfing;

**Accessibility:**

Accessible beach;

The Mondego Cape appears as a sweeping extension of the Serra da Boa Viagem mountains and serves to protect the large sandy expanse of Buarcos Beach from strong northerly winds thereby creating a calmer sea that has become popular for windsurfing. (...)

## Guarda

### Praia fluvial de Aldeia Viçosa

**Address:** Aldeia Viçosa - Guarda

**Characteristics and Services:**

Outdoor parking; Bar; Security or Surveillance; Showers;

**Accessibility:**

Accessible beach;

In an idyllic setting, Aldeia Viçosa River Beach was named after the small neighbouring village. Located in a valley formed by the River Mondego, this beach has excellent conditions and is a much appreciated leisure area, bathed by the crystal (...)

### Praia fluvial de Valhelhas

**Address:** Valhelhas - Guarda

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Right in the middle of the Serra da Estrela Natural Park, Valhelhas River Beach takes advantage of the River Zêzere in an area of great landscape beauty. This beach is a leisure complex endowed with excellent support amenities, offering good (...)

## 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.

### **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 (...)

## 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 (...)

## 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 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 (...)

## 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 São Bernardino**

**Address:** Peniche

**Characteristics and Services:**

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

Located in a built up area and sheltered by a cliff, São Bernardino Beach has an extensive stretch of sands with easy access.

## Sever do Vouga

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

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

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

In a natural setting of great beauty, Quinta do Barco River Beach is located on the left bank of the River Vouga, close to the village of Paradela do Vouga. The leisure area has amenities which allow the full enjoyment by all of this pristine (...)

## 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 (...)

### **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.

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## 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 (...)

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## Lisboa Region

### Cascais

#### **Praia das Avencas**

**Address:** Parede - Cascais

**Characteristics and Services:**

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

Surrounded by cliffs that may be appreciated from the Marginal coast road, Avencas Beach is home to marine flora and fauna of significant importance with the site due to be declared of special biophysical interest.

The beach, limited in extent and (...)

#### **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 (...)

### 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 do Norte / Algodio (Ericeira)**

#### **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 (...)

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**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.

## Estoril

**Praia da Azarujinha****Address: São João do Estoril - Cascais****Characteristics and Services:**

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

Very small and sheltered by cliffs, Azarujinha Beach is located in a small cove that creates a type of natural amphitheatre.

Access to the beach is by foot down a stairway beginning on the promenade which links directly with São João do 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 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 (...)

## Madeira

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## Ilha da Madeira

### Zona Balnear da Ponta Gorda - Poças do Governador

**Address:** Funchal Ilha da Madeira

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Accessible from the seafront promenade, the Ponta Gorda Bathing Area or Poças do Governador, as it is also known, is located in the western part of Funchal. Fitting beautifully into the rocky coastline, this bathing area has three saltwater (...)

### Zona Balnear das Palmeiras

**Address:** Santa Cruz Ilha da Madeira

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Located opposite to the city of Santa Cruz, the Palmeira Bathing Area boasts a pebble beach and a pontoon with steps which makes access to the sea easy and is ideal for diving. There are also two saltwater swimming pools, one of which is for (...)

### Zona Balnear de Galo Mar

**Address:** Caniço - Santa Cruz Ilha da Madeira

**Characteristics and Services:**

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

**Activities:**

Diving;

The Galo Mar Bathing Area is part of the Garajau Marine Reserve, an area much appreciated by divers. Protected from the wind by the mountains around it, this leisure area stretches across terraces accessible by steps or the panoramic elevator. At (...)

### Zona Balnear de Roca Mar

**Address:** Caniço de Baixo - Santa Cruz Ilha da Madeira

**Characteristics and Services:**

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

**Activities:**

Diving;

Close to the east boundary of the Garajau Marine Reserve, the Roca Mar Bathing Area extends across several terraces on the rocks, in a setting of great beauty. Access to the sea is by a series of steps, but this bathing complex also has a saltwater (...)

### Zona Balnear da Ribeira do Faial

**Address:** Santana Ilha da Madeira

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

The Ribeira do Faial Bathing Area is located on the mouth of the river of the same name, on the northern coast of the Island of Madeira. Besides the small pebble beach, endowed with good support amenities, this leisure area also has a playground and (...)

### Zona Balnear das Poças do Gomes / Doca do Cavacas

**Address:** Funchal Ilha da Madeira

**Characteristics and Services:**

Bar; Average seawater temperature in summer (°C): 21; Restaurant; Security or Surveillance; Showers;

Poças do Gomes or Doca do Cavacas is the name of a small rocky bathing area with natural pools, located in Funchal, close to the seafront promenade. This beach, with support amenities, spreads over various terraces and is located between the Lido (...)

### Zona Balnear de Porto Moniz

**Address:** Porto Moniz Ilha da Madeira

**Characteristics and Services:**

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

**Activities:**

Diving;

Situated on the northern coast of the Island of Madeira, the Porto Moniz natural pools are part of a beautiful setting in which the natural greenery contrasts with the black cliffs and the blue sea. The pools formed between the rocks and their (...)

### Zona Balnear do Garajau

**Address:** Garajau Ilha da Madeira

**Characteristics and Services:**

Bar; Average seawater temperature in summer (°C): 21; Restaurant; Security or Surveillance; Showers;

**Activities:**

Diving;

A very welcoming Garajau Bathing Area is part of a small cove sheltered by the high, rocky shore. This pebble beach is part of the Garajau Partial Nature Reserve and is very popular with divers, who find excellent visibility in its crystal clear (...)

## 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 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, (...)

## Freixo de Espada à Cinta

### **Praia fluvial da Congida**

**Address:** Freixo de Espada à Cinta

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Surrounded by the lush nature of the Douro Internacional Natural Park, Congida River Beach is located on the large reservoir formed by the Saucelle Dam, close to the border with Spain. The beach belongs to a leisure complex that includes a floating (...)



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## Macedo de Cavaleiros

### **Praia Fluvial da Ribeira**

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

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Set in the beautiful natural landscape of the Albufeira do Azibo, Praia da Ribeira is a very pleasant fluvial beach and leisure area where in summer the water normally has a temperature of more than 24°C at the surface. With a multi-purpose grassed (...)

## Matosinhos

### **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 do Marreco**

**Address:** Perafita - Matosinhos

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

Close to the town of Perafita, Marreco Beach boasts a swathe of clean sand in an area where the coast forms a kind of bay. This beach is ideal for families with children, since at low tide the rocks form small pools where the little ones love to (...)

## Moledo do Minho

### **Praia de Fuzelhas Norte**

**Address:** Matosinhos

**Characteristics and Services:**

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

Despite being quite rocky, this beach is very enjoyable for children because of the many rock pools that form at low tide, which are great for playing all kinds of games. Fuzelhas Beach has full supporting infrastructure, as well as equipment (...)

## 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 (...)

## Porto

### Praia do Homem do Leme

**Address:** Porto

### Characteristics and Services:

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

### Accessibility:

Accessible beach;

Located in the city of Porto, close to Avenida de Montevideo, Homem do Leme Beach owes its name to a statue that stands near the sand. This small sand stretch with many rocks offers lovely perspectives and is extremely pleasant for a few hours of (...)

## Póvoa de Varzim

### Praia da Fragosa

**Address:** A-Ver-o-Mar - Póvoa do Varzim

### Characteristics and Services:

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

### Accessibility:

Accessible beach;

Direct access from the road means that Fragosa Beach is very crowded, yet it still preserves its traditional fishing and seaweed collecting activities.

### 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

### Praia da Lagoa - Póvoa de Varzim

**Address:** Póvoa de Varzim

### Characteristics and Services:

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

### Activities:

Handball; Football; Volleyball;

### Accessibility:

Accessible beach;

With direct access from the waterfront road of the city, Lagoa Beach is very busy during the summer. Its stretch of sand forms a kind of bay, with excellent conditions for practising sports and it has a full supporting infrastructure with bars that (...)

### 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;

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 de Santo André / Praia dos Cabos**

**Address:** Póvoa de Varzim

**Characteristics and Services:**

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

Santo André Beach covers a large area of sand but is broken up by long lines of rocks forming lines, hence its alternative name Cabos (Cables) Beach.

Calm and with its safe waters, the Beach is located next to a Chapel dedicated to Saint André, a (...)

## **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 Carreço**

**Address:** Carreço - 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;

**Accessibility:**

Accessible beach;

With a fairly rocky area separating the dunes and the sands, Carreço Beach enjoys a good standard of both environmental quality and support infrastructures. The backdrop to the Beach is of great beauty with the landscape best admired from the (...)

**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 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 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 Granja to the south.

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

### **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 (...)

### **Praia da Granja**

**Address:** São Félix da Marinha - 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;

In the late 19th and early part of the 20th century, Granja Beach was the focal point of the most aristocratic summer resort in the north of Portugal, attracting royalty, the court and some of the most important Portuguese writers of that period (...)

### **Praia do Senhor da Pedra**

**Address:** Miramar - 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;

**Accessibility:**

Accessible beach;

Built on rocks, the Senhor da Pedra chapel, with its hexagonal layout, dominates this great expanse of sand and provides the name for this Beach located right at the northernmost end of Miramar Beach.

Very popular and with good support (...)

## Vila do Conde

### **Praia da Árvore**

**Address:** Árvore - Vila do Conde

**Characteristics and Services:**

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

Located between the Azurara and Mindelo Beach in the middle of a long stretch of sandy coast, Árvore Beach is to be found by the entranceway to a campsite and is equipped with good support infrastructures.

In the southern area of the Beach, there (...)

### **Praia de Labruga**

**Address:** Vila do Conde

**Characteristics and Services:**

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

**Accessibility:**

Accessible beach;

With a good supporting infrastructure, Labruga Beach is bordered by sand dunes and has some rocks scattered around the beach. The surrounding area is farmland that adds greatly to the picturesque landscape.

### **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 (...)

### **Praia de Vila do Conde**

**Address:** Vila do Conde

**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;

**Accessibility:**

Accessible beach;

The sands of Vila do Conde Beach cover a long stretch of sand running practically continuously over an approximate 6 kilometres as far as the mouth of the Ave river. This expanse is divided up into a number of beaches named after the respective (...)