
Beaches

Alentejo

Gavião

Praia fluvial da Quinta do Alamal

Address: Gavião

Characteristics and Services:

Outdoor parking; Bar; Security or Surveillance; Showers; Small craft hire;

Accessibility:

Accessible beach;

The Quinta do Alamal river beach is part of a stunning setting on the banks of the River Tagus. It belongs to a leisure complex which, in addition to support amenities for the bathing area, also has an Adventure Centre offering various activities (...)

Mértola

Praia fluvial da Tapada Grande

Address: Albufeira da Barragem da Tapada Grande - Mértola

Characteristics and Services:

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

Accessibility:

Accessible beach;

Located in the peaceful environment of the Tapada Grande Dam reservoir, the river beach of the same name is a very pleasant leisure area, with sand, grassed areas and a full support infrastructure. Close by is the village of Minas de São Domingos, (...)

Mourão

Praia fluvial de Mourão

Address: Albufeira do Alqueva - Mourão

Characteristics and Services:

Outdoor parking; Average seawater temperature in summer (°C): 26; Security or Surveillance; EEC Blue Flag; Sunshade rental;

Accessibility:

Accessible beach;

Located in the middle of Alqueva estuary, the Mourão river beach spans 320 metres, of which 100 are monitored by lifeguards. The beach also has a grass area with parasols, a floating pool for children, floating platform with diving tower, steps for (...)

Reguengos de Monsaraz

Praia fluvial de Monsaraz

Address: Albufeira do Alqueva - Monsaraz

Characteristics and Services:

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

Accessibility:

Accessible beach;

Activities:

Volleyball;

Inserted in the Nautical Centre of Monsaraz and in the heart of the Alqueva estuary, the Monsaraz river beach has an excellent infrastructure, providing visitors with all the support they might need. With lawn and sand areas, a picnic area and a (...)

Vila Nova de Milfontes

Praia da Franquia - 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; Sunshade rental; Showers; Small craft hire;

Activities:

Windsurfing;

Accessibility:

Accessible beach;

Right by Vila Nova Milfontes, one of the most popular resorts on the Alentejan coastline, Franquia Beach is separated from the adjoining Farol Beach by a rocky outcrop. This river beach provides the ideal water conditions for children, as well as, (...)

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

Alcoutim

Praia fluvial do Pego Fundo

Address: Alcoutim

Characteristics and Services:

Outdoor parking; Bar; Security or Surveillance; Sunshade rental; Showers;

Accessibility:

Accessible beach;

Located close to Alcoutim, in inland Algarve, Pego Fundo River Beach is a very pleasant space, surrounded by lush vegetation. This bathing area, fed by Ribeira de Cadavais, has calm waters and full amenities that include a garden, a volleyball field (...)

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 (...)

Arganil

Praia fluvial da Cascalheira - Secarias

Characteristics and Services:

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

Accessibility:

Accessible beach;

Cascalheira river beach is located on the banks of the River Alva, 500 metres from the town of Secarias, which in turn is only 3.5 km from the village of Arganil (county seat). This beach, which also has a picnic area, is set in an area with a (...)

Praia fluvial de Pomares

Address: Arganil

Characteristics and Services:

Outdoor parking; Bar; Security or Surveillance; Showers;

Accessibility:

Accessible beach;

Activities:

Football; Volleyball;

On the banks of the Ribeira da Moura, Pomares river beach is located next to the village that lends it its name, about 29 km from Arganil (the county seat). Within an area of great scenic beauty, next to an eighteenth-century bridge and (...)

Coimbra

Praia fluvial de Fontes

Address: Cabeça Ruiva - Fontes - Abrantes

Characteristics and Services:

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

Accessibility:

Accessible beach;

Situated in Cabeça Ruiva next to the reservoir at the Castelo de Bode dam, the River beach of Fontes also features a floating pool. This beach has good facilities and is about 4 km from the village of Fontes from which it gets its name, and 30 km (...)

Praia fluvial de Coja

Address: Coja - Arganil

Characteristics and Services:

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

Accessibility:

Accessible beach;

Coja river beach is situated in a quiet and beautiful landscape on the banks of the Alva River, where several dams were built that gave rise to the water mirrors that exist here. With conditions suitable for various recreational activities and a (...)

Praia fluvial de Palheiros e Zorro - Coimbra

Characteristics and Services:

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

Accessibility:

Accessible beach;

Situated about 15km from Coimbra, in the parish of Torres de Mondego, the Palheiros & Zorro River Beach has white sand and is a highly sought after recreational area, in a zone of outstanding natural beauty. The beach has comprehensive support (...)

Góis

Praia Fluvial da Peneda/Pego Escuro - Góis

Address: Góis

Characteristics and Services:

Bar; Restaurant; Security or Surveillance; EEC Blue Flag;

Accessibility:

Accessible beach;

Located in Góis, and with quick access to the historic centre of the town, the Peneda/Pego Escuro River Beach has an extensive grassed area on the banks of the River Ceira, and good support facilities. Surrounded by an imposing landscape with (...)

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 (...)

Lousã

Praia fluvial da Bogueira

Address: Casal de Ermio - Lousã

Characteristics and Services:

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

Accessibility:

Accessible beach;

Close to the village of Casal de Ermio, in the municipality of Lousã, Bogueira River Beach is located amidst breathtaking scenery, where you can enjoy nature in total safety and tranquillity. This leisure area by the River Ceira is part of the (...)

Praia fluvial da Senhora da Piedade

Address: Serra da Lousã (Ribeira de São João)

Praia fluvial de Canaveias

Address: Canaveias - Góis

Characteristics and Services:

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

Accessibility:

Accessible beach;

Canaveias river beach is situated on the banks of the Ceira River, about 6 km from Góis. It has ample grassy areas and excellent support facilities, and also a playground and a camp site, making it the perfect place to rest and get back in (...)

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 (...)

Praia fluvial da Senhora da Graça

Address: Lousã

Characteristics and Services:

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

Accessibility:

Accessible beach;

Also known as Serpins, the parish to which the beach belongs and which is about 9 km from Lousã (the county seat), the Senhora da Graça river beach is situated on the banks of the River Ceira. Surrounded by the green landscape of the Serra da (...)

Characteristics and Services:

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

Accessibility:

Accessible beach;

Located in a beautiful natural landscape, the Senhora da Piedade river beach takes its name from the small hermitage located nearby and that stands out on the slope of the Serra da Lousã, right in front of Arouce Castle (also called Lousã Castle), (...)

Mação

Praia fluvial do Carvoeiro

Address: Carvoeiro - Mação

Characteristics and Services:

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

Accessibility:

Accessible beach;

Carvoeiro River Beach is situated on the river of the same name that crosses the village, some 25km northeast of the town of Mação, the seat of the municipality. Ideal for resting in an environment where the air is pure and constantly renewed by (...)

Murtosa

Praia do Bico (Murtosa)

Address: Canal da Murtosa / Ria de Aveiro - Murtosa

Characteristics and Services:

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

Accessibility:

Accessible beach;

Located on one of the canals of the Ria de Aveiro - Murtosa Canal - and with its fine sands, the mid-sized Bico river beach is a mixture of river and estuary beach. In an area where rural and urban environments intersect, it is an easily (...)

Oleiros

Praia fluvial de Açude Pinto

Address: Oleiros

Characteristics and Services:

Outdoor parking; Bar; Security or Surveillance; Showers;

Accessibility:

Accessible beach;

Activities:

Volleyball;

Located in the town of Oleiros, on the banks of the stream sharing the same name, the Açude Pinto river beach is a much-appreciated leisure area with good accessibility conditions and complete support facilities, including a picnic area, playground (...)

Oliveira do Hospital

Praia fluvial de Avô - Ilha do Picoto

Address: Avô - Ilha do Picoto - Oliveira do Hospital

Characteristics and Services:

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

Accessibility:

Accessible beach;

The Avô river beach is located next to the village that gives it its name, in an area of great natural beauty where the Alva River meets the Ribeira de Pomares, forming the island of Picoto. This beach area has ample spaces with sand and grass, and (...)

Praia fluvial de São Sebastião da Feira

Address: Oliveira do Hospital

Characteristics and Services:

Outdoor parking; Bar; Security or Surveillance; Sunshade rental; Showers;

Accessibility:

Accessible beach;

Activities:

Volleyball;

Located in the county of Oliveira do Hospital, on the right bank of the River Alva, the river beach of São Sebastião da Feira is an area of great natural beauty where green is the predominant colour. This river beach has broad sands and good (...)

Ourém

Praia fluvial do Agroal

Address: Formigais - Ourém

Characteristics and Services:

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

Accessibility:

Accessible beach;

Located in the middle section of the Nabão River, Agroal river beach lies in the parish of Formigais, in the district of Ourém. Inserted in a verdant area of great natural beauty, this river beach has good support facilities and is very (...)

Pampilhosa da Serra

Praia do Pessegueiro - Pampilhosa da Serra

Characteristics and Services:

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

Accessibility:

Accessible beach;

In the village of Pessegueiro, near Pampilhosa da Serra, the river beach of the same name is in an area of outstanding natural beauty. Its grassy and wooded rest and recreation areas provide shade on even the hottest days. This river beach provides a (...)

Praia fluvial de Pampilhosa da Serra

Address: Pampilhosa da Serra

Website: [http://www.cm-](http://www.cm-pampilhosadaserra.pt/pt/go/praias-fluviaais)

[pampilhosadaserra.pt/pt/go/praias-fluviaais](http://www.cm-pampilhosadaserra.pt/pt/go/praias-fluviaais)

Characteristics and Services:

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

Accessibility:

Accessible beach;

Located right in the centre of the village of Pampilhosa da Serra, on the banks of the Unhais River, this river beach has many green areas, which, combined with the surrounding landscape, make for a highly tranquil setting. In addition to the (...)

Praia Fluvial de Janeiro de Baixo - Pampilhosa da Serra

Address: Janeiro de Baixo - Pampilhosa da Serra

Characteristics and Services:

Bar; Security or Surveillance; EEC Blue Flag;

Accessibility:

Accessible beach;

Situated on the banks of the River Zêzere, Janeiro de Baixo, which belongs to the Schist Villages network, has a beautiful river beach framed by lush green landscape that guarantees freshness on hot summer days. Apart from the extensive sandy beach, (...)

Penacova

Praia fluvial de Reconquinho - Penacova

Address: Penacova

Characteristics and Services:

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

Accessibility:

Accessible beach;

Located on the River Mondego, Reconquinho river beach is about 1.5km from the town of Penacova, from which it is easily accessible, by walking down a hill. Surrounded by a predominantly green natural landscape, the beach is close to a campsite and (...)

Penela

Praia fluvial da Louçainha

Address: Penela

Characteristics and Services:

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

Accessibility:

Accessible beach;

Comprising several natural weirs of different depths, Louçainha River Beach [Praia fluvial da Louçainha] is located in the Espinhal Mountain, a green spot where absolute tranquillity prevails. Ideal for resting, this leisure area, part of the (...)

Seia

Praia fluvial de Lapa dos Dinheiros

Address: Seia

Characteristics and Services:

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

Accessibility:

Accessible beach;

In the heart of Serra da Estrela, Lapa dos Dinheiros river beach takes its name from the nearby village and is situated on the Caniça River which is a tributary of the Alva River. This river beach, with good support facilities, is fully part (...)

Praia fluvial de Loriga - Seia

Address: Loriga - Seia

Characteristics and Services:

Bar; Security or Surveillance; EEC Blue Flag;

Accessibility:

Accessible beach;

This beach is right inside the Serra da Estrela Natural Park, in the Loriga glacial valley, traces of which are still visible. The pure, crystal clear waters of Loriga River Beach come from a spring in the mountains, and it is surrounded by a (...)

Sertã

Praia fluvial da Ribeira Grande

Address: Sertã

Characteristics and Services:

Outdoor parking; Bar; Restaurant; Security or Surveillance; Showers;

Accessibility:

Accessible beach;

Located right in the centre of the village of Sertã, Ribeira Grande river Beach combines the best of nature with the benefits of being in an urban environment, with all support facilities nearby. Equipped with sand areas and grass spaces, this beach (...)

Praia fluvial do Troviscal

Address: Sertã

Characteristics and Services:

Outdoor parking; Bar; Security or Surveillance; Showers; Small craft hire;

Accessibility:

Accessible beach;

Located next to Troviscal Bridge, on the banks of the Ribeira da Sertã, the Troviscal river beach is far from any town, making it a great place to enjoy peace and quiet in natural surroundings. The beach area does have support facilities, with (...)

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 (...)

Vila de Rei

Praia fluvial do Bostelim

Address: Vila de Rei

Characteristics and Services:

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

Accessibility:

Accessible beach;

Located in the district of Vila de Rei, the Bostelim river beach is near the town of Cabeço do Poço, in the parish of Fundada, on the road towards São João do Peso. With sand and lawn areas, this river beach is fully equipped with support (...)

Porto and the North

Braga

Praia fluvial de Adaúfe

Address: Adaúfe - Braga

Characteristics and Services:

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

Accessibility:

Accessible beach;

Activities:

Volleyball;

Situated in an area of great natural beauty on the banks of the Cávado River, the Adaúfe river beach extends for about 200 metres. It includes a sandy area and a large grassy area, connected by accessible pedestrian paths. The beach offers (...)

Praia Fluvial de São Paio Merelim - Braga

Address: São Paio de Merelim - Braga

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15; Security or Surveillance;

Accessibility:

Accessible beach;

The Merelim river beach is situated on the banks of the Cávado River, about 100 metres downstream from Ponte do Bico. With support facilities, picnic area and children's playground, this beach area is a pleasant space that is very popular on hot (...)

Fafe

Praia fluvial da Albufeira da Queimadela

Address: Albufeira da Barragem de Queimadela - Fafe

Characteristics and Services:

Outdoor parking; Bar; Security or Surveillance; Showers;

Accessibility:

Accessible beach;

In the Fafe district, the Queimadela Dam lagoon, fed by the waters of the Vizela River, is an excellent leisure area with conditions for non-polluting water sports. The river beach here boasts good support facilities that include access and support (...)

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 (...)

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

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 (...)

