
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 is believed to have given the island its name as a derivative of the Latin "piscatorius".

Throughout summer, various types of boats are available for visiting the island, crossing the short stretch of water that was once used by Roman and Carthaginian vessels. Nowadays, it offers the perfect conditions for nautical sports such as windsurfing, canoeing and diving.

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 provides a pleasing contrast.

Right by the village, Praia Grande Beach has all the characteristics of an urban beach with both good means of access and services and facilities. Surrounded by rocky cliffs, the sheltered sands are bathed in clean waters that on occasion throw up waves capable of attracting the surfing community.

Praia da Samouqueira

Address: Porto Covo - Sines

Characteristics and Services:

Average seawater temperature in summer (°C): 17-18 °C;

Activities:

Diving;

Samouqueira Beach is the last in a series of sandy stretches to be found among the rocks, difficult to reach but of great natural beauty, including the Vieirinha, Oliveirinha, Foz and Burrinho beaches.

Surrounded by cliffs, but easier to access courtesy of the stairs carved into the rock, Samouqueira Beach features a series of impressive caves which can be wandered at low tide and otherwise provide highly interesting diving conditions.

Zambujeira do Mar

Praia do Brejão ou da Amália

Address: Odemira

Characteristics and Services:

Average seawater temperature in summer (°C): 17-18 °C;

Activities:

Diving;

Part of the Sudoeste Alentejano e Costa Vicentina Natural Park, Brejão Beach is also known as Amália's Beach due to the house belonging to the famous fado singer Amália Rodrigues who used to spend long vacations here.

A site of great natural beauty, the Beach has a small port with many fishing boats, which may be hired to get out to the best spots for underwater fishing. One such place is the first bay to the north with its coloured stone contrasting with the sandy seabed or alternatively off the southernmost tip where the seabed is composed of cracked stone slabs.

Algarve

Aljezur

Praia da Bordeira ou Carrapateira

Address: Aljezur

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Nearby the village of Carrapateira from where access is gained via a tarmac road, the wonderful Bordeira Beach extends over a broad stretch of sand that becomes one of the largest on the Algarve coast during low tide. A small river reaches the sea here and often forms a lagoon that is always a big hit with children.

Somewhat off the beaten track of sunbathers, Bordeira is in great demand among surfers and bodyboarders.

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 expanse of sand is a particular family favourite boosted by the range of support infrastructures catering for every aspect necessary for a few days of full relaxation.

Faro

Praia da Ilha da Culatra

Address: Ria Formosa - Faro

Characteristics and Services:

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

Activities:

Diving; Windsurfing;

Part of the Ria Formosa Natural Park, the Ilha da Culatra is one of the island-barriers separating the sea from the estuary.

Accessible only by the ferry service departing from Olhão, the Beach is free of any motorised vehicles ensuring peace and tranquillity prevail to create the perfect ambience for those seeking to rest on open sands bathed by a calm sea. The transparency of the waters here ensures visibility of around 15 metres, ideal for divers.

Praia da Ilha do Farol

Address: Ria Formosa - Faro

Characteristics and Services:

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

Activities:

Diving;

Accessible via regular ferry service departing from Faro, the island of Farol is one of those forming the sandy barrier between the sea and the Ria Formosa estuary and forms part of the Natural Park. The small village of Farol is home mostly to fishermen or cultivators of shellfish in the Estuary.

The island itself is a touch of paradise with its endless, practically

In Culatra, a former fishing village, there are restaurants specialising in the famous razor clam rice or the caldeirada fish stews that so successfully combine the many types of fish that prosper in the waters here.

Lagoa

Praia de Vale Covo

Address: Carvoeiro - Lagoa

Characteristics and Services:

Average seawater temperature in summer (°C): 20-22 °C; Security or Surveillance;

Activities:

Diving;

Backed by a high cliff on which sits the Hotel Tivoli Almansor, the Vale Covo Beach is a small cove of stunning beauty.

Accessed down a staircase, this is a very sheltered Beach complete with clear and calm seas that are excellent for diving, an activity catered for by on site infrastructures.

Praia do Vale de Centeanes

Address: Carvoeiro - 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:

Surfing; Diving;

Sheltered by golden cliffs with their odd formations eroded backwards sometimes forming grottoes, the Vale de Centeanes Beach is a pretty cove reached down a long stairway.

The clear and calm waters of the beach encourage long swims.

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 extreme west of a long sandbank that runs kilometres in an eastwards direction as far as Tavira.

A true paradise free of both cars and stress, Armona has a campsite and provides facilities for a diverse range of sports such as windsurfing, sailing and canoeing.

deserted, sands bathed by a gentle and clear sea.

Praia do Carvoeiro

Address: Carvoeiro - 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:

Diving;

Accessibility:

Accessible beach;

Next to a cliff on which harmoniously stand small white fishermen's houses, Carvoeiro Beach is an attractive and picturesque landmark of the Algarve. Its limited extent of sand is highly popular with bathers who take up positions next to fishing vessels that are available for excursions out along the coast exploring the wonderful nearby grottoes and caverns.

Right by the beach, there is a broad range of restaurants, bars and terraces providing the link between the sands and the lively town of Carvoeiro.

Praia dos Caneiros

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:

Diving;

Located about 3 kilometres from the town of Ferragudo, Caneiros Beach is a peaceful area surrounded by cliffs of great natural beauty creating an ambience propitious to rest and relaxation.

The island is also home to a small fishing community that now includes restaurants serving the very best in fish and shellfish, cooked to the highest standards of the traditional regional gastronomy.

Sagres

Praia da Mareta

Address: Sagres - Vila do Bispo

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

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

Closed off to the east by high cliffs and to the west by the Ponta de Sagres, which protects it from stronger winds, this bay-like beach has calm waters and is much appreciated for its diving conditions.

Vila do Bispo

Praia da Ingrina

Address: Raposeira - Vila do Bispo

Characteristics and Services:

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

Activities:

Diving;

With access from the small village of Raposeira some 5 kilometres away, Ingrina Beach is a pleasant bay with calm waters sheltered from any wind by the surrounding cliffs.

With a bar and restaurant among other services, Ingrina Beach furthermore provides excellent conditions for diving.

Praia do Barranco

Address: Raposeira - Vila do Bispo

Characteristics and Services:

Outdoor parking; Average seawater temperature in summer (°C): 19-21 °C;

Activities:

Surfing; Diving; Bodyboard;

Nestling deep in a valley which is reached via a 5 km stretch of dirt track, the magnificent bay home to Barranco Beach is an invitation for peace and relaxation.

Not a common destination for sunbathers, the Beach is well known among divers due to its great diversity of marine life living in among the rocks scattered across the seabed.

Azores

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.

Angra do Heroísmo

Praínha

Address: Angra do Heroísmo Ilha Terceira

Characteristics and Services:

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

Activities:

Diving; Windsurfing;

Praínha is the only sandy bathing area on the bay of Angra do Heroísmo and, being located close to the historic centre of the city, is also the most popular. Ideal for families with children, this beach, bathed by a sea of calm, warm waters, has good support infrastructure and excellent conditions for windsurfing.

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 a good support infrastructure.

Zona Balnear da Silveira

Address: Angra do Heroísmo Ilha Terceira

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 20; Security or Surveillance; EEC Blue Flag;

Activities:

Diving;

Located very close to the centre of Angra do Heroísmo, the Silveira Bathing Area is very popular. Comprising natural pools, this former fishing port has good support infrastructure and is an excellent leisure area.

Zona Balnear do Negrito

Address: Angra do Heroísmo Ilha Terceira

Characteristics and Services:

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

Activities:

Diving;

With a pier and a natural pool, the Negrito Bathing Area occupies

Zona Balnear das Cinco Ribeiras

Address: Angra do Heroísmo Ilha Terceira

Characteristics and Services:

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

Activities:

Diving;

Comprising several natural pools fed by sea water, the Cinco Ribeiras Bathing Area is located on the southeast coast of the Island of Terceira. Surrounded by a very beautiful landscape, this much appreciated leisure area has a good support infrastructure and good accesses.

Zona Balnear da Salga

Address: São Sebastião - Angra do Heroísmo Ilha Terceira

Characteristics and Services:

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

Activities:

Diving;

On the Southern coast of the Island of Terceira, Salga Bay is a peaceful area with excellent conditions for sea and sun bathing. The bathing area has good support infrastructure and a campsite nearby.

Zona Balnear de Porto Martins

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;

Activities:

Diving;

Accessibility:

Accessible beach;

Located on the eastern coast of the Island of Terceira, the Porto Martins Bathing Area comprises several natural pools, with complete support amenities, providing pleasant moments of leisure in the hottest months of the year.

Zona Balnear dos Biscoitos

Address: Biscoitos - Praia da Vitória Ilha Terceira

Characteristics and Services:

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

Activities:

Diving;

Accessibility:

Accessible beach;

a wide area, with lots of space for relaxing and sunbathing. You will also find here the remains of the walls of a 16th century fortress, a must see for those who take an interest in history.

Located on the northern coast of the Island of Terceira, the Biscoitos bathing area comprises natural pools between the curious shapes of the black rocks which are the result of volcanic eruptions. With a good support infrastructure, this area attracts many bathers, but also those who enjoy the contemplation of nature and find here a lovely landscape full of contrasts between the dark basalt and the blue sea.

An eminently rural area, the parish of Biscoitos is also a well known wine producing region where the Azores' famous verdelho wine is made.

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 reduced mobility.

The Bay of Anjos is furthermore a place of historic interest, since the small chapel where Christopher Columbus had a mass prayed on his return from discovering America is located here.

Ilha de São Jorge

Zona Balnear da Preguiça

Address: Velas Ilha de São Jorge

Characteristics and Services:

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

Activities:

Diving;

Located in the municipality of Velas, Preguiça is one of the main bathing areas on the Island of São Jorge. It has a good support infrastructure, and its waters are crystal clear and much appreciated by divers.

Ilha de São Miguel

Praia das Milícias

Address: São Roque - Ponta Delgada Ilha de São Miguel

Characteristics and Services:

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

Activities:

Diving; Windsurfing; Bodyboard;

Accessibility:

Accessible beach;

Milícias Beach is also known as Praia Grande (large beach), because it is in fact the main beach on the Island of São Miguel. Located just 4km from Ponta Delgada, this beach, like all the others on the island, has dark volcanic sand and good support amenities.

Praia do Pópulo

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

Characteristics and Services:

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

Activities:

Surfing; Diving; Windsurfing; Bodyboard;

Pópulo Beach is a small bathing area, also known as Praia Pequena.

With dark volcanic sand, this beach has a bar and is much sought after by divers and bodyboarders, amongst others.

Zona Balnear dos Poços - São Vicente Ferreira

Address: São Vicente Ferreira - Ponta Delgada Ilha de São Miguel

Characteristics and Services:

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

Activities:

Diving;

Accessibility:

Accessible beach;

Situated in the municipality of Ponta Delgada and close to São Vicente Ferreira, the bathing area of the pools is very popular. A waterfront road runs along the coast and provides easy access to this natural pool, which has good support amenities.

Praia de Água de Alto

Address: Vila Franca do Campo Ilha de São Miguel

Characteristics and Services:

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

Activities:

Diving;

Accessibility:

Accessible beach;

With a large stretch of sand, Água d'Alto Beach is favoured by the residents of the Island of São Miguel and the busiest in Vila Franca do Campo. Its attractions include the fine sand, the crystal clear waters and a good support infrastructure.

Zona Balnear do Porto da Caloura

Address: Água de Pau - Lagoa Ilha de São Miguel

Characteristics and Services:

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

Activities:

Diving;

On the south side of the Island of São Miguel, close to the Caloura traditional fishing port, the bathing area of the same name is delightful for anyone wishing to enjoy the cool sea in safety. Surrounded by a stunning landscape, this small cove also has a natural saltwater pool of crystal clear waters, one of the main tourist attractions in Lagoa.

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 facilities and an extensive sandy area bathed by an ocean with few waves, making it ideal for families with children.

The bay of Porto Pim also has great historical importance, since it was here that the first settlers of the island arrived in the 15th century.

Zona Balnear do Varadouro

Address: Varadouro - Horta Ilha do Faial

Characteristics and Services:

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

Activities:

Diving;

Situated on the southeastern coast of the Island of Faial, the **natural pools at Varadouro** are formed by black basalt rocks. This much appreciated bathing area has good support infrastructure and offers bathers the choice of a safe dive in the pool or direct access to the sea.

Praia do Almozarife

Address: Horta - Ilha do Faial

Characteristics and Services:

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

Activities:

Diving; Windsurfing;

Almozarife Beach has a long stretch of black sand, surrounded by green scenery of great beauty and is considered one of the best beaches in the Azores. With a good support infrastructure and a campsite, this bathing area, ideal for those in search of tranquillity, is part of a rural parish just 5km from the city of Horta, and offers a prime view over the Island of Pico.

Centro de Portugal

Lourinhã

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.

Marinha Grande

Praia de São Pedro de Moel

Address: Marinha Grande

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Located between the pine forest and the sea, São Pedro de Moel is a splendid beach sheltered by a row of houses, replete with good taste, conveying a somewhat aristocratic air.

Ideal for enthusiasts of open air sports given its range of facilities including a beach volleyball court, quality year round surfing and all the thrills of sea and underwater fishing.

Late on, the café terraces and an impressive sunset best characterise the elegant, cosmopolitan and lively ambience of the nightlife in São Pedro de Moel.

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 number of bone diseases. To the north, the landscape is completely different. From the fortress onwards, there is a wide expanse of sand that continues onwards for various kilometres towards Peniche.

With the rough seas breaking on this stretch of coast, this Beach is particularly enjoyed by surfers and windsurfers.

Praia do Carreiro do Mosteiro

Address: Ilha da Berlenga

Characteristics and Services:

Average seawater temperature in summer (°C): 17 °C; Restaurant;

Activities:

Diving;

On Berlenga island, in a small cove where the ferry boat lands, the small Carreiro do Mosteiro Beach is capable of meeting the highest standards of any sunbather and go onto delight with its calm and clear waters.

The Beach is named after the old monastery that used to stand on this site and is located at the foot of a long valley. Its highly transparent waters are good for bathing and fish spotting to contrast with calm relaxation on the sands.

The sands reddish in colour given the erosion of the granite predominant across the island, are excellent for recovering spent energy while gently taking in the sounds of water breaking on the nearby rocks.

Torres Vedras

Praia da Assenta

Address: Torres Vedras

Characteristics and Services:

Average seawater temperature in summer (°C): 17-18 °C; Restaurant;

Activities:

Diving;

Sheltered by high cliffs, Assenta Beach is calm and welcoming and excellent for anyone seeking quiet holidays in particular as the beach can be combined with the best of the genuine rural traditions that characterise this region.

The southern area of this Beach is best recommended for bathing as to the north the stony seabed better suits fishing.

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, this beach always has its own particular atmosphere guaranteed by the range of restaurants, bars and terraces here.

Praia da Parede

Address: Parede - Cascais

Characteristics and Services:

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

Activities:

Diving;

Due to its excellent combination of iodine and hours of sunshine, Parede Beach has long been in demand for its therapeutic properties in treating bone disease and to such an extent that an Orthopaedic Hospital was built here. However, the beach itself is not the best for bathing given the number of rocks present just off the coast.

There is direct access either from the Marginal coast road or tunnel from the town, Parede Beach is further catered for by a number of welcoming restaurants and café terraces.

Costa de Caparica

Costa de Caparica - Terras da Costa, Acácias e Medos

Address: Costa de Caparica - Almada

Characteristics and Services:

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

Activities:

Surfing; Diving; Windsurfing; Bodyboard;

Following the town of Costa da Caparica comes an expanse of sands that goes on to cover an approximate 30 kilometres through as far as Fonte da Telha and which mostly falls within the Arriba Fóssil (Fossil Cliff) Protected Area of Costa de Caparica. The sanded area may be divided into three main areas - the "Terras da Costa", "Acácias" and "Medos" - are themselves divided up into numerous beaches without any apparent dividing borders. They have gradually taken on various names, generally

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.

after the nearest café or restaurant or because they have a different entranceway off the main road.

All beaches have their own car parking facilities and are further linked by a very characteristic form of transport - the Transpraia - a small open train which sets off from the town of Costa and covers the length of this enormous beach as far as Fonte da Telha, with stops at numerous beaches on route. Given the sheer expanse of sand, these Beaches provide all the space needed for football and volleyball or simply setting off on a long walk along the shore. The sea is normally calm and inviting although occasional strong waves bring in the surfers and bodyboarders.

From the many, the Morena and Sereia Beaches are famous for their lively café terraces while the Castelo, Rei and Rainha Beaches offer a more family oriented environment. Meanwhile, Bela Vista Beach was the first to be purpose dedicated a naturist beach in Portugal. Fonte da Telha, the last stop on the Transpraia mini-train, is located right at the end of this long sandy stretch of coastline. The Beach covers some 2 kilometres, protected by a 70 metre high cliff that is now often used for hang-gliders to take off from.

Blue Flag 2019: Praia da Mata, Praia da Rainha and Praia da Sereia

Accessible beach: Praia da Rainha

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 infrastructures including a car park that doubles up as an excellent viewpoint out over the surrounding coastline.

Praia dos Pescadores

Address: Ericeira - Mafra

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Located right in the centre of the town of Ericeira, Peixe (Fish) Beach, also known as Pescadores (Fishermen), is as the name suggests used by the fishing community.

Throughout the summer season, this welcoming environment has a lifeguard and a bar/café with shelter from local winds provided by the 40 metre high promenade that is home to many restaurants, frequently specialising in shellfish dishes.

Praia de São Julião

Address: Ericeira - Mafra

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Protected by tall cliffs, São Julião Beach covers a long stretch of sand that begins around 8.5 kilometres from Ericeira and extends southwards deep into Sintra council, which includes its largest extent.

Ideal for long walks along the shore, the strong waves breaking on São Julião Beach create very favourable conditions for surfing and bodyboarding.

Estoril

Praia das Moitas

Address: Monte Estoril - Cascais

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;
A small beach, bordered by the coastal promenade, Moitas Beach has an Atlantic saltwater swimming pool.

Accessed directly from the promenade, there is also a number of bars and café terraces with the beach in close proximity to Monte Estoril railway station.

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 train, this Beach is one of the favourite attractions on the Estoril coast throughout summer.

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 safe and ideal for children but also high on the list for windsurfers and underwater fishermen. Its long stretch of sand ends in the small harbour at one end and Caneiro Beach at the other.

This area has been broken up into different areas with names such as Ouro that is an Accessible beach (with facilities for disabled) and was rewarded with the Blue Flag on 2019, an award that was also granted to Califórnia.

Setúbal

Praia de Galapos

Address: Setúbal

Characteristics and Services:

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

Activities:

Diving;

Surrounded by the stunning landscapes of the Serra da Arrábida hills, Galapos Beach, certainly one of the prettiest in the region, is sheltered from the winds by its cliffs, which further ensure the calm waters of these parts.

Praia do Portinho da Arrábida

Address: Serra da Arrábida - Setúbal

Characteristics and Services:

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

Activities:

Diving;

Located within the Serra da Arrábida Natural Park, Portinho Beach is deemed one of the prettiest in all of Portugal. Its fine white sands and the various tones of blue of these clear waters contrast with the deep greens of the hills to create a beautiful scenario that is perfect for contemplative relaxation.

This calm bay is good for diving to enjoy the diverse marine life although fishing itself is forbidden given that the seabed itself is included in the Natural Park's protected area.

Sintra

Praia da Adraga

Address: Almoçageme - Sintra

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Nestling between cliffs artistically sculpted out by the sea, Adraga Beach is a firm summer favourite but also enjoys a loyal off-season clientele. They come for the well-preserved and natural environment to which the rocks, grottoes and tunnels add a picturesque dimension.

Access is via road from Almoçageme, which ends in the car park next to a beachside restaurant.

Praia Grande - Sintra

Address: Colares - Sintra

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Just as its name suggests, this is a grand and large beach and is a particular favourite among surfers and bodyboarders and has become a regular host of championship events in these sports.

At the extreme north of Praia Grande is one of the largest saltwater swimming pools in Europe at over 100 metres in length and owned by the Hotel das Arribas.

And, as an additional attraction, pay a visit to the dinosaur fossils to be found on the Beach's south cliff with one bed containing an easily identifiable sequence of eleven dinosaur footsteps.

Madeira

Funchal

Zona Balnear do Clube Naval do Funchal

Address: Funchal Ilha da Madeira

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 21; Restaurant; EEC Blue Flag; Showers;

Activities:

Diving;

Accessibility:

Accessible beach;

Located to the west of Funchal, the Naval Club Bathing Area is about 3km away from the city centre. This area is on the rocky coast, and access to the sea is via a small pebbled area or steps. The complex also includes a saltwater swimming pool, a diving club and full support amenities, including a squash court and a

football field.

Ilha da Madeira

Complexo Balnear do Lido

Address: Funchal 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;

Accessibility:

Accessible beach;

The Lido is the most famous bathing area in Funchal and is located in a rocky coastal area, in the western part of the city. With two saltwater swimming pools, renewed every day, the complex also has access by a set of steps to the ocean for those who prefer to swim in the sea. It has excellent support infrastructure and enjoys a prime location in a very touristy area boasting several hotels, bars and restaurants.

Zona Balnear de Ponta Delgada

Address: São Vicente Ilha da Madeira

Characteristics and Services:

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

Activities:

Diving;

Accessibility:

Accessible beach;

Situated on the north coast of the Island of Madeira, the Ponta Delgada Bathing Area has two distinct areas with conditions to satisfy every bather – two natural saltwater pools, one of which is for children, and a small pebble beach, protected by a bay for those who prefer to swim in the sea. The whole area has support amenities that ensure safety and comfort.

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 swimming pool and complete support amenities to ensure the comfort and safety of bathers.

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 the lowest level, there is a saltwater swimming pool and access to the sea is facilitated by the steps or the diving board that delights those who love jumping into the sea.

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 waters are constantly renewed by the tides. Various support amenities have been built or refurbished, giving it excellent safety conditions and offering bathers the full enjoyment of this bathing area.

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 waters. Endowed with a full support infrastructure, it can be reached on foot or by cable car.

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 made **Porto Santo** famous, particularly because of the therapeutic properties that it is known to have in the treatment of orthopaedic and circulatory problems. To complete this ideal setting for a holiday by the beach, the island's climate is dry and stable with lots of sunshine all year round, whilst the sea's warm, clear and peaceful water issues a tempting invitation to all those who enjoy a lengthy swim, making this the perfect place for a variety of water sports.

The Porto Santo Beach has several designations along its nine kilometres, including **Penedo, Cabeço da Ponta, Calheta, Fontinha, Pedras Pretas or Ribeiro Salgado**, offering conditions that allow everyone to enjoy the benefits of its waters and sands. Some of the concession areas were awarded a Blue Flag in recognition of their quality, and the accessibility for people with reduced mobility was not forgotten either, as proven by the "Accessible Beach" award in certain zones. The areas that boast these awards are:

Blue Flag 2019 - Fontinha; Cabeço da Ponta; Ribeiro Salgado; Calheta

Accessible Beach 2018 - Fontinha

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 holiday homes.

A popular summer destination, the beach has every kind of service and facility and even comes with a specialist health recommendation given its richness in iodine. The abundance of seaweed is one of its greatest characteristics and resulted in one

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 is the rocks emerging out of the sea at low tide and which form shapes known locally as the horses of Fão.

Throughout summer, there is always something going on. During the day, bathers tend to take to the waters in the central section of the beach while surfers head for the bigger waves breaking just south. The action continues well into the night at the various restaurants, bars and discos that surround the Beach.

of the defining landmarks of Portugal's northern coastline - the "Sargaceiro da Apúlia", known thus due its purpose of collecting sargaço (the local name for seaweed), which was then used as fertiliser on surrounding fields.

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, Suave-Mar Beach is a local favourite and particularly among surfers throughout the year with the windsurfers experiencing good conditions throughout the summer.

Matosinhos

Praia Azul / Conchinha

Address: Leça da Palmeira - Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Accessibility:

Disabled access;

Located in the district of Matosinhos, Azul or Conchinha beach (as it is also known) is located beside the promenade, which makes access easier and provides various types of support facilities.

The sea, which is almost always very rough, offers good conditions for sports such as surfing or bodyboarding, although bathers should be careful.

Viana do Castelo

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 the ruins of an 18th century fortress, part of the coastal defence system.

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 of a German submarine that sank just a few metres from the shore during the Second World War.

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

Currently, Paçô Beach is one of the most popular in the region with sunbathers benefiting from the natural shelter from the winds and fishermen attracted by both the good line and spear fishing to be enjoyed here.

Vila Nova de Gaia

Praia de Canide

Address: Vila Nova de Gaia

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Accessibility:

Accessible beach;

Part of an enormous stretch of sands that runs continuously over kilometres, Canide Beach itself divides into two areas, North and South. The southern area is favoured by surfers while the northern often hosts kite-surfing and beach football competitions.

campsites, this pretty half-moon shaped Beach is one of the most popular in the region. Among its many regulars are surfers, windsurfers and bodyboarders who not only find the perfect waves for their respective sports but also the nightlife that continues into the night at the various bars looking out onto the sand.

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.