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## Beaches

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### Alentejo

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#### Tróia

##### **Praia de Troia Mar**

**Address:** Troia - Grândola

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

#### Vila Nova de Milfontes

##### **Praia das Furnas - Vila Nova de Milfontes**

**Address:** Vila Nova de Milfontes - Odemira

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

To be found on the left bank of the River Mira near Vila Nova de Milfontes, Furnas Beach is a river beach with a strong sea influence. Throughout low tide, the beach extends beyond the mouth of the Mira with small sandy coves forming among the (...)

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### Algarve

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#### Albufeira

##### **Praia da Galé**

**Address:** Albufeira

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

##### **Praia do Barranco das Belharucas**

**Address:** Albufeira

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

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

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

### **Praia Maria Luísa**

**Address:** Albufeira

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

The beach has a (...)

## **Armação de Pêra**

### **Praia Grande**

**Address:** Pêra - Silves

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

## **Castro Marim**

### **Praia da Alagoa**

**Address:** Altura - Castro Marim

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

## Faro

### **Praia da Ilha da Barreta / Ilha Deserta**

**Address:** Ria Formosa - Faro

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

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

### **Praia da Ilha de Faro**

**Address:** Ria Formosa - Faro

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

## Lagoa

### **Praia Grande - Ferragudo**

**Address:** Ferragudo - Lagoa

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Bodyboard; Sailing;

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

## Lagos

### **Meia Praia**

**Address:** Lagos

**Characteristics and Services:**

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

**Activities:**

Surfing; Windsurfing; Bodyboard; Sailing;

**Accessibility:**

Accessible beach;

One of the most famous of the Lagos region, Meia Praia runs over some 5 kilometres of sand between the Marina and the Alvor estuary, with the eastern extent known as São Roque Beach.

In addition to being near the railway station, this Beach has (...)

### **Praia da Batata**

**Address:** Lagos

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

## Loulé

### **Praia da Quinta do Lago**

**Address:** Almancil - Loulé

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

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

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

### **Praia do Ancão**

**Address:** Loulé

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

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

## Olhão

### **Praia da Ilha da Armona**

**Address:** Ria Formosa - Olhão

**Characteristics and Services:**

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

**Activities:**

Diving; Windsurfing; Sailing;

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

### **Praia de Vale de Lobo**

**Address:** Almancil - Loulé

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Bodyboard; Sailing;

**Accessibility:**

Accessible beach;

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

### **Praia do Garrão**

**Address:** Loulé

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Bodyboard; Sailing;

**Accessibility:**

Accessible beach;

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

### **Praia da Ilha da Fuzeta**

**Address:** Ria Formosa - Olhão

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

## Portimão

### Praia do Alvor

**Address:** Alvor - Portimão

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

## Tavira

### Praia da Ilha de Tavira-Mar

**Address:** Ria Formosa - Tavira

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

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

### Praia do Barril

**Address:** Ria Formosa - Tavira

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

### Praia de Cabanas-Mar

**Address:** Tavira

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

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

The ferry service leaves (...)

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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 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 (...)

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## 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 (...)

## Ílhavo

### **Praia da Costa Nova**

**Address:** Costa Nova - Ílhavo

**Characteristics and Services:**

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

**Activities:**

Surfing; Windsurfing; Bodyboard; Sailing;

**Accessibility:**

Accessible beach;

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

## Murtosa

### **Praia da Torreira**

**Address:** Murtosa

**Characteristics and Services:**

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

**Activities:**

Surfing; Windsurfing; Bodyboard; Sailing;

**Accessibility:**

Accessible beach;

Flanked by dunes, Torreira Beach lies on the coastal cordon separating the Ria de Aveiro estuary from the sea ensuring that visitors, while only having to move a few metres, may opt between the open sea with its good surfing waves or the calm of the (...)

## Ovar

### **Praia do Furadouro**

**Address:** Ovar

**Characteristics and Services:**

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

**Activities:**

Surfing; Windsurfing; Bodyboard; Sailing;

**Accessibility:**

Accessible beach;

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

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

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## São Martinho do Porto

### Praia de São Martinho do Porto

**Address:** Alcobaça

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

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## Lisboa Region

### Cascais

#### Praia da Conceição

**Address:** Cascais

**Characteristics and Services:**

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

**Activities:**

Diving; Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

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

#### Praia da Duquesa

**Address:** Cascais

**Characteristics and Services:**

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

**Activities:**

Diving; Windsurfing; Sailing;

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

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

### Sesimbra

#### Praia da Lagoa de Albufeira

**Address:** Sesimbra

**Characteristics and Services:**

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

**Activities:**

Surfing; Windsurfing; Bodyboard; Sailing;

Separated from the sea by enormous dunes and located at the extreme south of the stretch of sand that covers the many kilometres down from Costa da Caparica, the Lagoa de Albufeira Lagoon Beach, surrounded by pines features calm waters, ideal for (...)



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## Madeira

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### 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 (...)

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## Porto and the North

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### Caminha

#### Praia de Caminha / Foz do Minho

**Address:** Caminha

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

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

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## Esposende

#### Praia da Apúlia

**Address:** Apúlia - Esposende

**Characteristics and Services:**

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

**Activities:**

Surfing; Diving; Windsurfing; Bodyboard; Sailing;

**Accessibility:**

Accessible beach;

Part of the Litoral de Esposende Protected Landscape, Apúlia Beach covers a large expanse of sand surrounded by dunes that serve to protect the Beach from stronger winds. The dunes are also home to former windmills that have now been converted into (...)

#### Praia de Ofir

**Address:** Ofir - Esposende

**Characteristics and Services:**

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

**Activities:**

Surfing; Diving; Windsurfing; Bodyboard; Sailing;

To the south of the Cávado river mouth and part of the Litoral de Esposende Protected Landscape, Ofir Beach, surrounded by dunes and pine trees, covers one of the most beautiful stretches of the northern Portuguese coastline. One natural phenomena (...)

### **Praia Suave Mar**

**Address:** Esposende

**Characteristics and Services:**

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

**Activities:**

Surfing; Diving; Windsurfing; Bodyboard; Sailing;

Surrounded by dunes and pines, Suave-Mar Beach is to be found next to the mouth of the Cávado river and within the Litoral de Esposende Protected Landscape.

Also known as Esposende Beach given the direct access from the town of that name, (...)

## **Macedo de Cavaleiros**

### **Praia fluvial da Fraga da Pegada**

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

**Characteristics and Services:**

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

**Activities:**

Windsurfing; Sailing;

**Accessibility:**

Accessible beach;

Located in the Protected Landscape area of the Azibo Reservoir, Fraga da Pegada River Beach offers excellent conditions for enjoying nature in full safety and tranquillity. With complete support amenities, coupled with a microclimate with pleasant (...)