Beaches

Praia da Lota
Beaches

Address: Manta Rota - Vila Real de Santo António

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

Praia do Homem do Leme
Beaches

Address: Porto

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

Praia fluvial da Louçainha
Beaches

Address: Penela

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

Praia das Furnas - Milfontes
Beaches

Address: Vila Nova de Milfontes - Odemira

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

Praia do Norte - Nazaré
Beaches

Address: Nazaré

Located to the north of the imposing Nazaré Promontory [Promontório da Nazaré], better known as “Sítio”, Praia do Norte is not a supervised beach and its feel is a little wild, with dunes that preserve the original vegetation. The rough sea

Alentejo

Gavião

Praia fluvial da Quinta do Alamal
Beaches

Address: Gavião

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

Grândola

Praia da Comporta
Beaches

Address: Grândola

Located on the southern tip of the Tróia Peninsula, the huge sandy extent of Comporta Beach is a regular summer favourite, given good means of access and plenty of parking space. Forming part of the Sado Estuary Nature Reserve, Comporta Beach has

Praia do Carvalhal
Beaches

Address: Lagoa Formosa - Grândola

With good access via a tarmac road leading through fields of rice paddies giving way to pine trees, the huge sandy expanse of Carvalhal Beach is surrounded by dunes and bathed by a calm sea.With its support infrastructures and good car parking, this

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Praia do Pego

Beaches

Address: Carvalhal - Grândola

With its gentle sea, spacious sands and white dunes, the Pego Beach is a picture of tranquillity. A southwards running continuation of Carvalhal Beach, Pego Beach may be reached via the same road but has its own services and restaurant. This beach

Melides

Praia da Aberta Nova

Beaches

Address: Fontaínhas do Mar - Grândola

The Aberta Nova Beach is nature at its purest. Indeed, the large expanse of this Beach has survived broadly untouched by human activity even while there is a lifeguard and a café. Considered one of the best beaches in the region, the Aberta Nova

Praia de Melides

Beaches

Address: Grândola

Melides Beach is composed of the long stretch of sand that separates the sea and Melides Lagoon. Both access by road and the car parking are of good standard and this beach can be enjoyed with the back up of a full range of support infrastructures,

Praia da Galé - Fontaínhas

Beaches

Address: Grândola

With its fossil laden cliff featuring formations that date back around five million years, Galé-Fontaínhas Beach provides a stunning landscape with a different kind of beauty to the other beaches in the north of Grândola council, generally

Mértola

Praia fluvial da Tapada Grande

Beaches

Address: Albufeira da Barragem da Tapada Grande - Mértola

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,

Odemira

Praia de Almograve

Beaches

Address: Odemira

Part of the Sudoeste Alentejano e Costa Vicentina Natural Park, Almograve Beach is one of the best beaches along this rocky, coastline with its many inlets. In addition to the broad sands surrounded by reddish cliffs and dunes, there are support

Porto Covo

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Praia da Ilha do Pessegueiro
Beaches
Address: Porto Covo - Sines

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

Praia do Salto
Beaches
Address: Sines

Located alongside the Praia Grande de Porto Covo Beach, Salto Beach is smaller but able to provide an ambience of privacy and peacefulness given its many coves. Since 2002, the Beach has joined the limited number of officially recognised naturist

Praia da Samouqueira
Beaches
Address: Porto Covo - Sines

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

Praia dos Aivados
Beaches
Address: Sines

The extremely long sandy extent of great untamed natural beauty that makes up Aivados Beach is understandably part of the Sudoeste Alentejano e Costa Vicentina Natural Park, given that the surrounding area contains a diverse range of vegetation that

Santiago do Cacém

Praia da Costa de Santo André
Beaches
Address: Santiago do Cacém

Right by Santo André Lagoon, and part of a Nature Reserve, the Costa de Santo André Beach is a long stretch of sand with the Atlantic Ocean on one side and the calm waters of the lagoon on the other. Surrounded by golden dunes, this beach with its

Praia da Fonte do Cortiço
Beaches
Address: Santiago do Cacém

A huge expanse of sand flanked by dunes, the Fonte do Cortiço Beach is one of the most attractive in the region. While the force of the waves and sea here needs to be treated with some respect, the Beach provides long, wonderful strolls along the

Sines

Praia Grande de Porto Covo
Beaches
Address: Sines

Part of the Sudoeste Alentejano e Costa Vicentina Natural Park, Porto Covo was a small fishing village that prospered during the 20th century while holding onto all the quiet charm of its rows of immaculately whitewashed houses against which the sea

Praia da Costa do Norte
Beaches
Address: Sines

Located immediately to the north of the Sines Cape, the Costa do Norte Beach is the first on the kilometres and kilometres of sand stretching all the way to the Tróia peninsula. Due to the currents and dangerous depths of the sea here, this Beach

Praia de São Torpes
Beaches
Address: Sines

Its strong and regular waves ensure São Torpes Beach is one of the best for surfing to be found along the entire extent of the Portuguese coastline with a number of schools available for those wishing to learn this sport. Located right in the

Praia Vasco da Gama
Beaches
Address: Sines

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

Praia de Morgavel
Beaches
Address: Sines

Surrounded by a tight ring of dunes, Morgavel Beach extends over a long stretch of sand bathed by clear waters considered to be the cleanest on the Alentejo coastline. With excellent access via a tarmac road and good car parking, this is one of the

Praia de Vale Figueiros
Beaches
Address: Sines

Also called Vieirinha or Pedra da Casca, Vale de Figueiros Beach has a wide stretch of sand bathed by strong waves that are much appreciated by surfers and bodyboarders. This beach is part of the Sudoeste Alentejano and Costa Vicentina Natural Park,

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Tróia

Praia Atlântica (Soltroia)

Beaches

Address: Troia - Grândola

Forming part of the Troia Peninsula, the Atlântica Beach is bordered by white sand dunes and the calm, clear sea. Sunbathers may also be lucky enough to spot a school of dolphins swimming just off the coast. Next to the beach, which features a full

Praia de Troia Mar

Beaches

Address: Troia - Grândola

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

Praia de Troia-Galé

Beaches

Address: Troia

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

Praia do Bico das Lulas

Beaches

Address: Troia - Grândola

The Bico das Lulas is another of the Troia Peninsula's many beaches endowed with fine sands and calm, almost wave-free waters.Its sands lead onto dunes and support infrastructures including volleyball courts and football and rugby pitches.

Vila Nova de Milfontes

Praia da Franquia - Milfontes

Beaches

Address: Vila Nova de Milfontes - Odemira

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 do Farol – Vila Nova de Milfontes

Beaches

Address: Vila Nova de Milfontes

With the River Mira on one side and the ocean on the other, Farol Beach is in Vila Nova de Milfontes, right beside Franquia Beach, from which it is separated by a rocky formation. Like at Furnas Beach, pools are formed at low tide that are sure to

Praia do Malhão

Beaches

Address: Odemira

This huge sandy beach is generally known as Malhão Beach even while it is made up of Cruz, Saltinho, Nascedios and Galés beaches, with differing points of access and characteristics.Falling within the protected beauty of the Sudoeste Alentejano e

Zambujeira do Mar

Praia da Zambujeira do Mar

Beaches

Address: Odemira

Part of the Costa Vicentina e Sudoeste Alentejano Natural Park, Zambujeira do Mar Beach is surrounded by tall cliffs that offer wonderful panoramic views out over the ocean. The frequently strong waves breaking on this beach provide quality

Praia do Brejão ou da Amália

Beaches

Address: Odemira

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

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Praia do Carvalhal - São Teotónio
Beaches
Address: Odemira

To be found just a few kilometres on from Zambujeira do Mar and accessed via a dirt track beginning just to its south, Carvalhal Beach is a popular summer favourite. Part of the Sudoeste Alentejano e Costa Vicentina Natural Park, and an equally well

Praia dos Alteirinhos
Beaches
Address: Odemira

Accessed by a dirt track beginning just south of Zambujeira do Mar, in the heart of the Sudoeste Alentejano e Costa Vicentina Natural Park, Alteirinhos Beach is peaceful with fine, golden sands. Sheltered from the prevailing winds by a tall cliff,

Algarve

Albufeira

Praia Manuel Lourenço
Beaches
Address: Galé - Albufeira

Surrounded by golden cliffs covered in vegetation, Manuel Lourenço Beach is accessed via Galé, its neighbour. With good services and facilities, the well-preserved natural surroundings of this Beach feature a fairly varied and balanced ecosystem.

Praia Maria Luísa
Beaches
Address: Albufeira

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 full

Praia da Coelha
Beaches
Address: Albufeira

Nestling between golden coloured cliffs, Coelha Beach is small and sheltered from breezes, with the sea gently lapping at the shore. Located about 5 kilometres to the west of Albufeira, it tends to be relatively busy during the summer season.

Praia da Falésia - Açoteias / Alfamar
Beaches
Address: Albufeira

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

Praia da Galé
Beaches
Address: Albufeira

In order to differentiate between means of accesses originating at the car park, the long stretch of sand making up Galé Beach is divided into two, named after their respective locations - East and West.Surrounded by golden cliffs, Galé Beach is

Praia da Oura
Beaches
Address: Albufeira

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

Praia da Rocha Baixinha
Beaches
Address: Albufeira

Popularly known as "Praia dos Tomates" (Tomato Beach) given the plants growing by one of the points of access, Rocha Baixinha Beach is a peaceful area in the far east of the long Falésia Beach and a favourite destination for many of Portugal's

Praia de Santa Eulália
Beaches
Address: Albufeira

With its surrounding golden cliffs covered with pine trees and gardens, the charming Santa Eulália Beach is one of the most beautiful and best cared for on the entire Algarve coast. The beach is next to a leisure complex that provides a bar,

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Praia de São Rafael
Beaches
Address: Albufeira

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

Praia do Castelo - Guia
Beaches
Address: Albufeira

Very small and welcoming, Castelo Beach is enclosed by large rocks in curious formations with one such display at the eastern end of the beach forming a castle shape, hence the Beach's name. Located just a few kilometres from Albufeira, the Beach

Praia do Inatel
Beaches
Address: Albufeira

Situated in Albufeira next to the hotel complex that gives it its name, INATEL beach is very popular and lively. Golden sand, clear warm waters and full support facilities are the guaranteed attractions for a good time spent at leisure and relaxing.

Praia dos Arrifes
Beaches
Address: Albufeira

Situated to the west of Albufeira, Praia dos Arrifes is one of the smallest beaches in the municipality. This small cove is sheltered from the wind by low, interestingly shaped cliffs where one can see some potholes, which are typical of this

Praia dos Olhos de Água
Beaches
Address: Albufeira

Traditionally a small fishing village, Olhos de Água (Eyes of Water) gets its name due to the freshwater springs to be found among the rocks at the eastern end of the beach. At low tide, it is very easy to spot them bubbling up through the sand and

Praia dos Salgados
Beaches
Address: Albufeira

Covering a large area, Salgados Beach contrasts with the other beaches of Albufeira due its diversity of landscape. Here, the backdrop of ochre cliffs gives way to a cordon of golden dunes. Beyond the dunes is the Salgados Lagoon, an important

Praia do Barranco das Belharucas
Beaches
Address: Albufeira

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 name

Praia do Evaristo
Beaches
Address: Albufeira

Very small and huddled between truncated spurs, Evaristo Beach owes its name to the famous restaurant to be found here. With access gained via the village of Galé, this Beach is an excellent choice for holidaymakers and attracts many of the most

Praia do Túnel ou Peneco
Beaches
Address: Albufeira

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

Praia dos Aveiros
Beaches
Address: Albufeira

Fairly small and surrounded by cliffs, Aveiros Beach is a friendly environment with excellent diving conditions. Adjoining Oura Beach, the major recreational centre on this stretch of the coast, Aveiros Beach is reached via the stairway next to

Praia dos Pescadores
Beaches
Address: Albufeira

Located right in the centre of the long sandy extent running the length of Albufeira, Pescadores Beach has retained the picturesque ambience created by the colourful traditional fishing vessels that are normally drawn up over on the east of this

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Alcoutim

Praia fluvial do Pego Fundo

Beaches

Address: Alcoutim

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

Aljezur

Praia da Amoreira

Beaches

Address: Aljezur

This huge beach is flanked by dunes and to the north by a dark rock formation that, according to locals, forms the shape of a giant lying down. As Amoreira Beach lies on the mouth of a small river there is the option between freshwater or saltwater

Praia da Arrifana

Beaches

Address: Aljezur

Located in a bay enclosed by tall cliffs and with local residences harmoniously sloping down almost to the water's edge, Arrifana Beach provides an excellent example of balance between human settlement and the natural environment. The ruins of the

Praia da Bordeira ou Carrapateira

Beaches

Address: Aljezur

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

Praia de Odeceixe

Beaches

Address: Aljezur

On the mouth of the Seixe River, itself good for boat and canoeing excursions, Odeceixe Beach offers both sea and river swimming. At low tide, the large sandy surface is dotted with lagoons, ideal for children to play and swim in. With the easiest

Praia de Vale Figueiras

Beaches

Address: Aljezur

With access rendered somewhat difficult along an earth track, the attractive Vale Figueiras beach has remained somewhat beyond the normal destinations of sunbathers. However, it is well known to the surfing and bodyboarding communities and is now

Praia do Amado

Beaches

Address: Aljezur

Considered one of Portugal's best surfing beach, Amado Beach brings them in from across Europe and regularly hosts international competitions. However, it is not just the more experienced out on the water, there are surfing school for those wishing

Praia do Monte Clérigo

Beaches

Address: Aljezur

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

Praia do Vale dos Homens

Beaches

Address: Aljezur

Aljezur represents the perfect base from which to set off and explore the marvellous beaches of the western Algarve including Vale dos Homens, a true oasis of calm and beauty. Closed off to both the north and south by tall cliffs, the Beach is off

Armação de Pêra

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Praia Grande
Beaches
Address: Pera - Silves

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

Praia de Armação de Pera
Beaches
Address: Armação de Pera - Silves

Formerly a small fishing village, Armação de Pêra has now become one of the most popular resorts on the Algarve with every form of entertainment and recreation. In the old part of the city, the charm of the traditional squat fisherman's houses

Castro Marim

Praia Verde
Beaches
Address: Castro Marim

A huge, flat expanse of sand that continues endlessly in either direction be it eastwards or westwards, Verde Beach is a picture postcard of tranquillity. The calm of the sea and the pleasing air and sea temperatures only serve to improve the

Praia da Alagoa
Beaches
Address: Altura Castro Marim

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

Praia do Cabeço / Retur
Beaches
Address: Castro Marim

The Cabeço Beach, also known as Retur given the nearby tourist resort, lies in the eastern Algarve, around 6 kilometres from Castro Marim. This impressive, unbroken stretch of sand runs for large distances in either direction with the neighbouring

Faro

Praia da Ilha da Barreta / Ilha Deserta
Beaches
Address: Ria Formosa - Faro

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 da Culatra
Beaches
Address: Ria Formosa - Faro

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

Praia da Ilha de Faro
Beaches
Address: Ria Formosa - Faro

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

Praia da Ilha do Farol
Beaches
Address: Ria Formosa - Faro

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

Lagoa

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Praia Grande - Ferragudo
Beaches
Address: Ferragudo - Lagoa

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

Praia da Marinha
Beaches
Address: Caramujeira - Lagoa

Backed by a tall cliff sculptured by the effects of erosion, the beauty of Marinha Beach has been ranked as among the top 100 worldwide and given its well-preserved natural environment the Beach has retained practically its original state. Before

Praia de Albandeira
Beaches
Address: Benagil - Lagoa

With its excellent surfing waves, Albandeira Beach is a small shell of sand surrounded by truncated cliff faces creating highly unusual formations.

Praia de Vale Covo
Beaches
Address: Carvoeiro - Lagoa

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

Praia do Pintadinho
Beaches
Address: Ferragudo - Lagoa

Near Ferragudo, the Pintadinho Beach is reasonably sized and enjoys calm and danger-free seawaters. Surrounded by cliffs that ensure shelter, this beach offers good panoramic views out over the city of Portimão.

Praia do Vale do Olival - Alporchinhos
Beaches
Address: Alporchinhos - Porches - Lagoa

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

Praia da Cova Redonda - Porches
Beaches
Address: Porches - Lagoa

Considered one of the most beautiful beaches in Europe, Cova Redonda Beach has small patches of sand scattered amongst rock formations carved out by erosion. The beach is surrounded by high cliffs and lies to the east of Senhora da Rocha Beach, with

Praia da Senhora da Rocha
Beaches
Address: Porches - Lagoa

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

Praia de Benagil
Beaches
Address: Benagil - Lagoa

With fishing boats practically hiding its small area of sand, Benagil Beach is located on one of the prettiest stretches of Algarve coastline, with its truncated cliffs and spurs forming grottoes and caverns. With its calm sea, this area is ideal

Praia do Carvoeiro
Beaches
Address: Carvoeiro - Lagoa

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

Praia do Vale de Centeanes
Beaches
Address: Carvoeiro - Lagoa

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.

Praia dos Caneiros
Beaches
Address: Ferragudo - Lagoa

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.

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Lagos

Meia Praia
Beaches
Address: Lagos

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
Beaches
Address: Lagos

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

Praia da Luz
Beaches
Address: Lagos

A fishing community since the earliest human settlement of this area, Luz has gone on to become a highly popular summer destination while holding onto its original charm. The easily accessed Beach has excellent support infrastructures including the

Praia de Dona Ana
Beaches
Address: Lagos

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

Praia de Porto de Mós
Beaches
Address: Lagos

Surrounded by tall cliffs, the charming Porto de Mós Beach rolls out like a long tongue of golden sand reaching down to the calm sea with its waters in ever changing tones of blues and greens. Walking westwards along the cliff takes you to the

Praia do Camilo
Beaches
Address: Lagos

Set down among truncated cliffs, Camilo Beach, covering a moderate area of sand, is reached via a stairway involving some 200 steps. Before beginning your descent, halt to take in the stunning natural surroundings. Close by, and reached via the same

Praia dos Pinheiros
Beaches
Address: Lagos

Located in Lagos between Camilo Beach and the Ponta da Piedade, the Pinheiros Beach is small and shell shaped and limited to just 30 to 40 metres during high tide. Difficult to reach down steps carved into the surrounding rock slopes, which in turn

Loulé

Praia da Quinta do Lago
Beaches
Address: Almancil - Loulé

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 de Loulé Velho
Beaches
Address: Quarteira

Situated in a quiet area between Quarteira and Vale do Lobo, Loulé Velho Beach has ochre-coloured cliffs as its backdrop, surrounded by an extensive pine forest. Access is by a dirt track that runs through a valley of farmland, and is a long sandy

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Praia de Vale de Lobo
Beaches
Address: Almancil - Loulé

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 Ancão
Beaches
Address: Loulé

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

Praia do Garrão
Beaches
Address: Loulé

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

Monte Gordo

Praia de Monte Gordo
Beaches
Address: Vila Real de Santo António

Boasting the warmest waters of mainland Portugal, the large, sandy Monte Gordo beach comes along with excellent support infrastructures including sport facilities, restaurants and terraces. Right by the beach, the Monte Gordo resort, originally a

Olhão

Praia da Ilha da Armona
Beaches
Address: Ria Formosa - Olhão

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 do Almargem ou do Cavalo Preto
Beaches
Address: Quarteira

Almargem Beach, also known as Cavalo Preto Beach, lies between the sea and the River Almargem, which forms a lagoon here much sought after by waterfowl. This extensive and unspoilt sandy beach is accessed by a rough track about 3km long, and is

Praia do Forte Novo - Quarteira
Beaches
Address: Quarteira

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

Praia da Ilha da Fuzeta
Beaches
Address: Ria Formosa - Olhão

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 da Rocha
Beaches
Address: Portimão

Located by the mouth of the Arade river, Rocha Beach extends over a huge area of sand some 3 kilometres long irregularly broken up by odd rock formations that the sea has been carving out throughout tens of thousands of years. Regularly the chosen

Praia do Alvor
Beaches
Address: Alvor - Portimão

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

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Praia do Vau
Beaches
Address: Portimão

Sheltered by gently copper coloured cliffs, what Vau Beach lacks in scale it makes up for in beauty set off by the calm sea to ensure the perfect ambience for relaxation. Very popular during the peak summer season, the area adjoining the Beach has

Praia dos Três Castelos
Beaches
Address: Portimão

The golden sand and calm blue sea best characterise the Três Castelos Beach located right by its more famous neighbour Praia da Rocha to which it is connected by a passageway carved through the rocks on its easterly limit.To the west, the Beach

Praia dos Três Irmãos
Beaches
Address: Alvor - Portimão

Três Irmãos Beach lies around a bay formed by rocky outcrops located on the eastern extent of the Alvor sands that manage to extend unbroken over a full 7 kilometres.In addition to a complete set of support infrastructures and quality

Quarteira

Praia da Quarteira
Beaches
Address: Quarteira - Loulé

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

Sagres

Praia da Mareta
Beaches
Address: Sagres - Vila do Bispo

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,

Praia do Beliche
Beaches
Address: Sagres - Vila do Bispo

Located on the Costa Vicentina and central to the Natural Park, Beliche Beach is surrounded by a tall cliff, sheltering it from strong winds and which culminates in the west in the Cape of São Vicente. In these most beautiful of surroundings, this

Praia do Martinhal
Beaches
Address: Sagres - Vila do Bispo

Located 2 kilometres from Sagres, Martinhal Beach covers a large expanse of sand with the sea providing regular waves much to the appreciation of surfers and windsurfers.Just off the coast, some rocks form various small islets, which are home to

Tavira

Praia da Ilha de Tavira-Mar
Beaches
Address: Ria Formosa - Tavira

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 da Terra Estreita
Beaches
Address: Santa Luzia - Tavira

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

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Praia de Cabanas-Mar
Beaches
Address: Tavira

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

Praia do Barril
Beaches
Address: Ria Formosa - Tavira

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

Vila Real de Santo António

Praia de Manta Rota
Beaches
Address: Vila Real de Santo António

A huge stretch of sand bordering calm and warm waters ensure Manta Rota Beach is a favourite among all holidaymakers in the region.With a large sweep of shallow and safe sea, this beach is especially ideal for children who also have a park here for

Praia de Santo António
Beaches
Address: Vila Real de Santo António

Located by the mouth of the River Guadiana, Santo António Beach is one of several on a continuous 12km stretch of sand culminating at Ria Formosa. Bathed by the warm, calm sea, this beach is surrounded by the National Forest which adds shades of

Vila do Bispo

Praia da Cordoama
Beaches
Address: Vila do Bispo

With its broad sandy expanse connecting at low tide to the neighbouring Beaches of Castelejo and Barriga, Cordoama Beach is part of a stretch of highly beautiful coastline that makes up the Sudoeste Alentejano e Costa Vicentina Natural Park.The

Praia da Ingrina
Beaches
Address: Raposeira - Vila do Bispo

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

Praia de Almádena - Cabanas Velhas
Beaches
Address: Budens - Vila do Bispo

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

Praia de Salema
Beaches
Address: Figueira - Vila do Bispo

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

Praia do Barranco
Beaches
Address: Raposeira - Vila do Bispo

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

Praia do Burgau
Beaches
Address: Vila do Bispo

Sheltered by cliffs, Burgau Beach was formerly used as a fishing port although such activities are now restricted to the eastern section of the beach with the rest give over to sunbathers. The beach, highly suited to bodyboarding, extends down below

Praia do Castelejo
Beaches
Address: Vila do Bispo

Forming part of the Sudoeste Alentejano e Costa Vicentina Natural Park, Castelejo Beach is of surprising beauty with the black schist of its rocks contrasting wonderfully with its golden sands. The strong waves along these shores provide excellent

Praia do Zavial
Beaches
Address: Raposeira - Vila do Bispo

According to the specialists, its long and tubular waves may be ideal for surfing and bodyboarding but Zavial Beach has other attractions to offer.Surrounded by high and often sheer cliffs, which protect from all strong winds, this is a very popular

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Vilamoura

Praia de Vilamoura

Beaches

Address: Vilamoura - Loulé

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

Azores

Angra do Heroísmo

Praínha

Beaches

Address: Angra do Heroísmo Ilha Terceira

Prainha 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

Zona Balnear das Cinco Ribeiras

Beaches

Address: Angra do Heroísmo Ilha Terceira

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

Ilha Terceira

Praia Grande

Beaches

Address: Praia da Vitória - Ilha Terceira

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

Praia da Riviera – Praia da Vitória

Beaches

Address: Praia da Vitória - Ilha Terceira

The small Riviera Beach is still in an almost wild state. It is to the south of the Praia da Vitória bay, and is a sandy beach surrounded by rocks, much sought after by migratory birds that hide in the bordering cane fields.

Praínha - Praia da Vitória

Beaches

Address: Praia da Vitória - Ilha Terceira

Situated in the bay of the city of Praia da Vitória, Praínha is a small beach located to the east of Praia Grande, from which it is separated by the Praia da Vitória Marina. This beach, which is also known as the Americans' beach, has its own

Zona Balnear da Baía do Refugo

Beaches

Address: Angra do Heroísmo Ilha Terceira

Forming a natural swimming-pool and offering direct access to the sea, Baía do Refugo is a pleasant bathing area equipped with the necessary support facilities and a special sports area.

Zona Balnear da Salga

Beaches

Address: São Sebastião - Angra do Heroísmo Ilha Terceira

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 da Silveira

Beaches

Address: Angra do Heroísmo Ilha Terceira

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.

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Zona Balnear de Escaleiras – Praia da Vitória

Beaches

Address: Praia da Vitória - Ilha Terceira

The Escaleiras bathing area has one sandy area and another of black basalt rocks that contrast with the blue tones of the sea. This bathing area has a swimming pool open to the sea, good support infrastructure and parking.

Zona Balnear do Negrito

Beaches

Address: Angra do Heroísmo Ilha Terceira

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

Zona Balnear de Porto Martins

Beaches

Address: Praia da Vitória Ilha Terceira

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

Beaches

Address: Biscoitos - Praia da Vitória Ilha Terceira

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

Ilha da Graciosa

Piscinas do Carapacho - Graciosa

Beaches

Address: Ilha da Graciosa

The natural pools of Carapacho are located in the southeast of the island of Graciosa, among black basalt rocks whose beautiful shapes are in sharp contrast with the blue of the sea. With good support facilities, it is a greatly appreciated

Praia de São Mateus – Graciosa

Beaches

Address: Ilha da Graciosa

Usually just referred to as "Praia", São Mateus is the only sandy beach on the island of Graciosa. It has good facilities and accessibility, and is located in the second largest town of the island – São Mateus – which is also known as just

Ilha de Santa Maria

Praia Formosa

Beaches

Address: Vila do Porto Ilha de Santa Maria

With its clear sand, Formosa Beach is a rare sight in the Azores, where black volcanic sand predominates. With crystal clear, shallow waters, it is a much appreciated leisure area in the southern part of the Island of Santa Maria. The Maré de

Zona Balnear da Maia

Beaches

Address: Vila do Porto - Ilha de Santa Maria

Located on the south-west coast of the island of Santa Maria, the Maia bathing area is set against a landscape of vineyards climbing up the hillside and protected by the dry stone walls of the army barracks. The bathing area consists of a natural

Praia de São Lourenço - Vila do Porto

Beaches

Address: Vila do Porto - Ilha de Santa Maria

São Lourenço beach is on the island of Santa Maria, in the bay that gives it its name, and is a very popular summer destination. The surrounding scenery is very beautiful: an amphitheatre by the sea, framed by the hill slopes where vine is

Zona Balnear dos Anjos

Beaches

Address: Vila do Porto Ilha de Santa Maria

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

Ilha de São Jorge

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Zona Balnear da Preguiça

Beaches

Address: Velas Ilha de São Jorge

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 da Baixa d'Areia

Beaches

Address: Caloura - Lagoa Ilha de São Miguel

Situated in the Caloura area, Baixa d'Areia is a small beach tucked between ravines, that is very welcoming and has great natural beauty.

Praia da Vinha da Areia

Beaches

Address: Ribeira Seca - Vila Franca do Campo Ilha de São Miguel

Vinha da Areia Beach is located close to Vila Franca do Campo, by the Tagarete Yachting Harbour. This bathing area has a good support infrastructure, including facilities for people with reduced mobility to enjoy a pleasant day on the beach.

Praia das Milícias

Beaches

Address: São Roque - Ponta Delgada Ilha de São Miguel

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

Praia de Água de Alto

Beaches

Address: Vila Franca do Campo Ilha de São Miguel

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.

Praia do Areal de Santa Bárbara

Beaches

Address: Ribeira Grande - Ilha de São Miguel

Close to Ribeira Grande, the Santa Bárbara Sands form one of the most extensive beaches in the region, stretching for about 1km. With an excellent support infrastructure, this beach is a prime leisure area where sports such as surfing and

Praia do Corpo Santo

Beaches

Address: Vila Franca do Campo Ilha de São Miguel

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

Praia do Fogo (Ribeira Quente)

Beaches

Address: Ribeira Quente - Povoação Ilha de São Miguel

Set in a bay of outstanding natural beauty, with the green of the mountains as its backdrop, Praia do Fogo or Praia da Ribeira Quente is a small but welcoming sandy beach. Another of its attractions is the temperature of the seawater: due to the

Praia do Pópulo

Beaches

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

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.

Praínha de Água d'Alto

Beaches

Address: Vila Franca do Campo Ilha de São Miguel

Prainha de Água d'Alto is a small, cosy beach in Vila Franca do Campo, in the southern part of the Island of São Miguel. Surrounded by beautiful green scenery, this bathing area is very popular, particularly with families with children.

Zona Balnear da Lagoa

Beaches

Address: Lagoa São Miguel

Comprising a complex of natural pools, the Lagoa Bathing Area is the ideal place to enjoy the cool sea in peace and safety. This very popular bathing area is one of the busiest places in the municipality of Lagoa.

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Zona Balnear das Poças Sul dos Mosteiros

Beaches

Address: Mosteiros - Ponta Delgada Ilha de São Miguel

Known as Poças Sul dos Mosteiros, these natural pools on the western coast of the Island of São Miguel provide a very pleasant bathing area with good support infrastructure.

Zona Balnear do Porto da Caloura

Beaches

Address: Água de Pau - Lagoa Ilha de São Miguel

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

Zona Balnear dos Poços - São Vicente Ferreira

Beaches

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

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.

Ilha do Faial

Praia do Almoxarife

Beaches

Address: Horta - Ilha do Faial

Almoxarife 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

Zona Balnear do Varadouro

Beaches

Address: Varadouro - Horta Ilha do Faial

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

Ponta Delgada

Zona Balnear do Forno de Cal – Ponta Delgada

Beaches

Address: Ponta Delgada

Forno de Cal is a bathing pool built following the redevelopment of Avenida do Mar, and is located near the Islet of São Roque. The pool provides direct access to the sea, being bounded to the south by a protective wall, and owes its name to an old

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Abrantes

Praia fluvial da Aldeia do Mato

Beaches

Address: Aldeia do Mato - Abrantes

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

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Alcobaça

Praia da Légua
Beaches
Address: Alcobaça

Légua Beach is set within a landscape of great beauty where the golden dunes contrast sharply with the green slopes beyond covered in canes that have gradually encroached over the native habitat even though some types still survive such as the

Praia da Polvoeira
Beaches
Address: Pataias - Alcobaça

With its long stretch of sand forming a bay shape surrounded by tree-covered cliffs, Polvoeira Beach is of stunning beauty. The brave of heart can get the best views by heading up the rock formation that separates this Beach from its neighbour

Praia de Vale Furado
Beaches
Address: Alcobaça

Vale Furado is a small, mostly seasonal community with a Beach much smaller than its neighbours.The car park also serves as a viewpoint taking in not only the profile of the coastline below but also more unusual features such as the way nature has

Praia da Pedra do Ouro
Beaches
Address: Pataias - Alcobaça

With its wide expanse of golden sands in striking contrast to the black rock of the surrounding cliffs, Pedra do Ouro Beach is a site of great natural beauty enhanced by the abandoned windmill perched at its northern end. At low tide, the Beach

Praia de Paredes da Vitória
Beaches
Address: Alcobaça

Paredes de Vitória Beach ends in two vegetation-covered slopes with acacia the prevailing type of flora. The slopes are well known to hang gliders for the excellence of this site for their sport.In the central area, next to a small settlement, the

Praia de Água de Madeiros
Beaches
Address: Alcobaça

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

Aveiro

Praia de São Jacinto
Beaches
Address: São Jacinto - Aveiro

The São Jacinto Beach is located by the Barra Canal, at the southernmost point of a long stretch of land separating the Ria de Aveiro estuary from the sea. For those leaving Aveiro, the swiftest way to get to São Jacinto is by ferry with a regular

Caldas da Rainha

Praia da Foz do Arelho - Mar e Lagoa
Beaches
Address: Caldas da Rainha

On the confluence between the Óbidos Lagoon and the sea, Foz do Arelho Beach throws up the choice between two very different types of beach. On the one side the Lagoon, a place of great natural beauty with its banks covered in thick vegetation and

Cantanhede

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Praia da Tocha

Beaches

Address: Tocha - Cantanhede

In the second half of the 20th century, the small fishing village of Tocha became a sought after resort without ever losing its original identity. Out on its sands, there are still examples of the traditional wooden stilt platforms built by

Coimbra

Praia fluvial de Palheiros e Zorro – Coimbra

Beaches

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

Figueira da Foz

Praia da Costa de Lavos

Beaches

Address: Lavos - Figueira da Foz

Located by the small settlement of Costa de Lavos to be found to the south of Figueira da Foz, breaking onto the similarly named Beach are the powerful waves that bring in surfers from near and far.The sandy Beach, surrounded by dunes, features good

Praia da Cova Gala

Beaches

Address: Gala - Figueira da Foz

Lying a few kilometres to the south of Figueira da Foz, the large sandy expanse of Cova-Gala Beach is divided up by sea breaks, designed to check the advance of the sea and which serve both to calm the sea and act as a wind break. The southern half

Praia da Leirosa

Beaches

Address: Marinha das Ondas - Figueira da Foz

A traditional fishing community, Leirosa is located to the south of Figueira da Foz and immediately after Costa de Lavos Beach with the dunes separating the two a sheltered and practically deserted area.Leirosa Beach covers a huge expanse of sand

Praia da Murtinheira

Beaches

Address: Murtinheira - Figueira da Foz

Located to the north of Mondego Cape, Murtinheira Beach is a beautiful, natural environment that has survived all but free of human intervention. Off the large sandy beach, flanked by dunes, are some the best surfing waves to be found in the region

Praia de Buarcos

Beaches

Address: Buarcos - Figueira da Foz

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

Praia de Quiaios

Beaches

Address: Quiaios - Figueira da Foz

Located to the north of Figueira da Foz, Quiaios Beach is long and flanked by vegetation covered dunes. The sea breaks in powerful waves at this point, sometimes representing a danger to swimmers. However, such conditions have proved popular with

Praia do Relógio

Beaches

Address: Figueira da Foz

Throughout the first half of the 20th century, Figueira da Foz was one of the main bathing resorts in Portugal, popular among well off families from across the north of the country. Nowadays, despite having lost some of its former prominence, it

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Guarda

Praia fluvial de Aldeia Viçosa

Beaches

Address: Aldeia Viçosa - Guarda

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

Praia fluvial de Valhelhas

Beaches

Address: Valhelhas - Guarda

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

Góis

Praia Fluvial da Peneda/Pego Escuro – Góis

Beaches

Address: Góis

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

Leiria

Praia de Pedrógão

Beaches

Address: Coimbrão - Leiria

Between the pine trees and the sea, the long sandy extent of Pedrogão Beach stretches northwards before merging with the sparse Fausto Beach and southwards to the Foz do Rio Lis Beach, with boundless space and silence alongside the dunes. Given the

Lourinhã

Praia da Areia Branca

Beaches

Address: Lourinhã

The waves of Areia Branca Beach are among the best for either learning or engaging in either surfing or bodyboarding.With the best renowned sands of Lourinhã council, the Beach always has plenty going along at the numerous bars and restaurants

Praia de Porto Dinheiro

Beaches

Address: Lourinhã

Located near a small fishing village that now includes some good restaurants, Porto Dinheiro Beach is sheltered by cliffs that contain footprints of dinosaurs dating back to the Jurassic era.The beach, normally quite calm, is an August favourite

Praia de Valmitão

Beaches

Address: Ribamar - Lourinhã

Less popular than other beaches, the sands of Valmitão Beach end at the clear waters of a sea rich in iodine further providing good conditions for a range of nautical sports such as surfing, diving and underwater fishing.

Praia do Areal Sul

Beaches

Address: Lourinhã

With its large expanse of sand bordered by an area of dunes, the Areal Sul Beach lies next to its more famous neighbour, Areia Branca Beach.Very popular during the summer months, this Beach has strong, and occasionally dangerous, waves that provide

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Praia do Peralta

Beaches

Address: Montoito - Lourinhã

Sheltered by high cliffs in which fossils dating back to the Jurassic era have been discovered, Peralta Beach covers a broad and very pretty stretch of sand and is ideal for long walks along the coast.The sea itself is rich in sea bream and a local

Praia do Porto das Barcas

Beaches

Address: Lourinhã

Renowned both for the number and quality of the shellfish and fish rearing in the vicinity, Porto das Barcas Beach is a great destination for anyone wishing to get to know the many shellfish based local culinary specialities.Fairly calm, the Beach

Lousã

Praia fluvial da Bogueira

Beaches

Address: Casal de Ermio - Lousã

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

Marinha Grande

Praia da Vieira

Beaches

Address: Vieira de Leiria - Marinha Grande

Vieira de Leiria is a traditional fishing community that has managed to stick with its customs. The boats set out early in the morning in order to ensure local restaurants have the very freshest of ingredients in order to cook the respective

Praia de São Pedro de Moel

Beaches

Address: Marinha Grande

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

Mação

Praia fluvial do Carvoeiro

Beaches

Address: Carvoeiro - Mação

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

Mira

Praia de Mira

Beaches

Address: Mira

Known as the Palheiros (Huts) of Mira due to the wooden constructions used by the fishermen, throughout the first half of the 20th century Mira Beach was a fishing village with its daily life well depicted in the Ethnographic Museum exhibition to be

Praia do Poço da Cruz

Beaches

Address: Mira

With a very long and not very crowded swathe of sand, Poço da Cruz Beach is still well-preserved, perfect for a leisurely day by the sea. Here and there, fishing boats add a picturesque note to the landscape. Access to the beach is by a road that

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Murtosa

Praia da Torreira
Beaches
Address: Murtosa

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

Praia do Monte Branco
Beaches
Address: Torreira - Murtosa

Monte Branco river beach has an extensive sandy beach surrounded by a pine forest, that makes it really inviting for long peaceful walks. This river beach on the Ria de Aveiro offers excellent support facilities, and is located in the town of

Nazaré

Praia da Nazaré
Beaches
Address: Nazaré

Unquestionably, one of the most popular resorts in this region, Nazaré is one of the most traditional of fishing villages where women still opt to follow custom and don the seven skirts regional dress as they care for the fish salt drying on wooden

Praia do Salgado
Beaches
Address: Nazaré

Separated from Nazaré by the Abrigo Port, Salgado Beach is surrounded by sheer cliffs that have become popular with hang gliders.With its long uncrowded stretch of sand, Salgado Beach is mostly sought out by surfers given the strong waves to be

Oliveira do Hospital

Praia de Alvoco das Várzeas – Oliveira do Hospital
Beaches
Address: Alvoco das Várzeas - Oliveira do Hospital

The location of Alvoco das Várzeas river beach, in a green valley on the banks of the River Alvoco, by a mediaeval bridge and overlooking the Serra da Estrela, offers the ideal setting for some moments of relaxation. To complement its fine natural

Ovar

Praia da Barrinha - Esmoriz
Beaches
Address: Ovar

A traditional fishing village, the Esmoriz Beach has hung onto some of its ?palheiro? huts, the wooden constructions dating back to the early part of the 20th century built by farmers as second homes so that whenever they were not working the lands,

Praia da Cortegaça
Beaches
Address: Esmoriz - Ovar

Flanked by dunes and pine trees as is common to many of the beaches of this region, Cortegaça Beach covers a large extent of sand backed up by good support infrastructures and a campsite.The waves are often strong at this point providing good

Praia do Furadouro
Beaches
Address: Ovar

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 3

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Pampilhosa da Serra

Praia Fluvial de Janeiro de Baixo – Pampilhosa da Serra

Beaches

Address: Janeiro de Baixo - Pampilhosa da Serra

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,

Praia do Pessegueiro – Pampilhosa da Serra

Beaches

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 de Santa Luzia – Pampilhosa da Serra

Beaches

Address: Barragem de Santa Luzia - Pampilhosa da Serra

Surrounded by green hills and towering rock formations, the Santa Luzia Dam forms a huge lake with calm waters that are ideal for boating. During the summer season, there’s a floating pool that allows everyone to swim and enjoy the freshness of

Penacova

Praia fluvial de Reconquinho – Penacova

Beaches

Address: Penacova

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

Peniche

Praia da Consolação

Beaches

Address: Peniche

Consolação Beach is divided into two contrasting areas. To the south, a rocky zone, which is highly rich in iodine and perfectly placed to catch the sun, offering excellent therapeutic conditions and attracting many people seeking respite from any

Praia da Cova de Alfarroba

Beaches

Address: Peniche

Located in a charming bay, Cova de Alfarroba Beach is served by a well-cared for and very popular resort.Its sheltered and spacious sands, separated from the road by a visually striking cordon of dunes, lead onto good bathing conditions and are

Praia da Gamboa

Beaches

Address: Peniche

Located by the small Peniche lighthouse and very close to the city, Gamboa Beach is surrounded by a cordon of dunes covered in vegetation that protect it and make it cosier. The long stretch of sand is ideal for walking and extends seamlessly to

Praia de Medão - Supertubos

Beaches

Address: Peniche

Considered both nationally and internationally to be up among the very best for surfing and bodyboarding, Medão Beach gained its reputation for its perfectly shaped tubular waves, thus becoming known as "Super-tubos" (Super-tubes). The crests of

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Praia de São Bernardino

Beaches

Address: Peniche

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

Praia do Carreiro do Mosteiro

Beaches

Address: Ilha da Berlenga

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

Pombal

Praia do Osso da Baleia

Beaches

Address: Mata Nacional do Urso - Pombal

Osso da Baleia Beach is simply huge stretching on over the horizon running the length of the Mata Nacional do Urso protected area. Very quiet and distanced from the road by a series of dunes, the Beach has won various environmental quality awards.

Seia

Praia fluvial de Loriga – Seia

Beaches

Address: Loriga - Seia

This beach is right inside the Serra da Estrela Natural Park, in the Zêzere 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

Sever do Vouga

Praia fluvial da Quinta do Barco

Beaches

Address: Paradela do Vouga - Sever do Vouga

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

São Martinho do Porto

Praia de São Martinho do Porto

Beaches

Address: Alcobaça

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

Praia do Baleal

Beaches

Baleal covers a broad sweep of sand bathed by calm waters, creating good conditions for both learning and engaging in windsurfing.In order to ensure the highest possible standards for summer visitors, there are also tennis courts, swimming pools, a

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Torres Vedras

Praia da Assenta
Beaches
Address: Torres Vedras

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

Praia de Porto Novo
Beaches
Address: Torres Vedras

Located on the mouth of Alcabrichel river, the Porto Novo Beach is located on the lower extent of a most beautiful valley incorporating slopes covered in rich, green vegetation covering remnants of pre-historic settlements. Historically a fishing

Praia de Santa Cruz
Beaches
Address: Torres Vedras

Santa Cruz covers an extended stretch of sand that is divided up into various beaches named after the respective cafes with the Beaches of Navio, Mirante, Pisão, Física, Centro, Santa Helena, Formosa and Azul. The purity of both the waters and

Praia de Santa Rita
Beaches
Address: Torres Vedras

With a wide stretch of sand bordered by hills and dunes covered in vegetation, Santa Rita Beach has two concession areas at its north and south ends. The sea at this popular beach has strong waves, ideal for surfers and bodyboarders.

Vagos

Praia da Vagueira
Beaches
Address: Vagos

The large sandy expanse of Vagueira Beach is still used by fishermen as they continue with their small scale traditions even if pulling in the fish laden nets is now done by tractor rather than bull. The beach now attracts holidaymakers and in large

Praia do Areão
Beaches
Address: Vagos

To the south of Vagueira Beach, while without any natural barrier, comes the wild emptiness of Areão Beach surrounded by the dunes that serve as the border between the sands and agricultural fields. Nearby, the Mata park is an excellent option for

Ílhavo

Praia da Barra
Beaches
Address: Gafanha da Nazaré - Ílhavo

Located by the pontoon that marks the beginning of the Port of Aveiro and the end of the estuary, Barra Beach is both spacious and has good conditions for a range of sports including surfing, bodyboarding, kite-surfing, sailing and sea fishing. Very

Praia da Costa Nova
Beaches
Address: Costa Nova - Ílhavo

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

Óbidos

Praia d' El Rei
Beaches
Address: Amoreira - Óbidos

By the Serra d´el Rei, flanked by a golf course and right by the Lagoa de Óbidos lagoon, this calm and spacious Beach awaits. Its clear waters provide for excellent fishing while the force of the waves here ensures it is a favourite among surfers.

Lisboa Region

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Cascais

Praia Grande do Guincho
Beaches
Address: Guincho - Cascais

Part of the Sintra-Cascais Natural Park, Guincho Beach is endowed with a surrounding landscape of great beauty in which the white sand dunes contrast with the deep tones of the Serra de Sintra hills, looming in the background.Given both its strong

Praia da Cresmina ou Pequena do Guincho
Beaches
Address: Guincho - Cascais

On the southernmost border of the Sintra-Cascais Natural Park, Cresmina Beach is set in a bay surrounded by cliffs. In front of the beach, and over on the other side of the road, there is a large expanse of dunes creating a scene of great natural

Praia da Parede
Beaches
Address: Parede - Cascais

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

Praia das Avencas
Beaches
Address: Parede - Cascais

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

Praia do Abano
Beaches
Address: Guincho - Cascais

With its small area of sand and exposed to strong winds, Abano Beach, even if not visible from the main road, comes immediately after Guincho for those travelling from Cascais. Access is down a narrow dirt track located next to a pleasant clump of

Praia da Conceição
Beaches
Address: Cascais

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

Praia da Duquesa
Beaches
Address: Cascais

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.

Praia da Rainha - Cascais
Beaches

Rainha Beach is right in the centre of Cascais, with direct access from one of the main streets - Rua Frederico Arouca - and close to the railway station. It’s a small, sheltered beach, wedged between residential cliffs.It has a comprehensive

Praia de Carcavelos
Beaches
Address: Carcavelos - Cascais

With the São Julião da Barra Fort dominating at one end, Carcavelos Beach is the largest expanse of sand on the Estoril coast and regularly hosts beach volleyball and football competitions.Given its proximity to Lisbon and easy means of access,

Costa de Caparica

Costa de Caparica - Praias da vila
Beaches
Address: Costa de Caparica - Almada

Anybody visiting modern Costa de Caparica can only experience difficulty in trying to imagine the small fishing village of squat houses and peaceful streets that existed just a short while ago. The last half of the 20th century saw this town undergo

Costa de Caparica - Terras da Costa, Acácias e Medos
Beaches
Address: Costa de Caparica - Almada

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

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Ericeira

Praia da Calada
Beaches
Address: Ericeira - Mafra

Sheltered by tall cliffs, Calada Beach is a very pretty location around 10 kilometres to the north of the town of Ericeira.Its large open sands are spacious enough to include beach volleyball and football facilities in addition to other support

Praia da Foz do Lizandro
Beaches
Address: Ericeira - Mafra

Located on the mouth of the Lizandro river to the south of Ericeira town, operating from this beach are a range of boat excursions while children always appreciate playing in the small lagoons formed by the river. A regular destination for surfers,

Praia da Ribeira d'Ilhas
Beaches
Address: Ericeira - Mafra

Located around 3.5 kilometres from Ericeira and right by the river mouth that provides its name, Ribeira d? Ilhas Beach is considered one of the best in Europe for both surfing and bodyboarding. Since 1985, it has annually hosted one of the world

Praia de São Julião
Beaches
Address: Ericeira - Mafra

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

Praia de São Lourenço
Beaches
Address: Ericeira - Mafra

Lying 7 kilometres from Ericeira and in close proximity to Ribamar, it is famous for its many quality restaurants specialising in fresh fish and shellfish.São Lourenço Beach is located in a sheltered bay and equipped with good support

Praia de São Sebastião
Beaches
Address: Ericeira - Mafra

To be found on the limits of Ericeira town, São Sebastião Beach owes its name to the small white chapel situated on the cliff right by the car park.The small sandy stretch all but disappears during high tide.

Praia do Norte
Beaches
Address: Ericeira - Mafra

Also known as Algodio Beach, Norte Beach lies within the town and is defined by the Ericeira jetty. With access from the centre of town, this is one of the busiest beaches in the region and attracts a very diversified group of regulars.

Praia do Sul ou da Baleia
Beaches
Address: Ericeira - Mafra

Right on the southern limit of Ericeira, right by a hotel, Sul Beach extends over 500 metres with each end of the Beach given over to a promenade and a range of bars and restaurants, offering the chance to taste the many traditional fish and

Praia dos Coxos
Beaches
Address: Ribamar - Ericeira

Small but very enjoyable, Coxos Beach is also a favourite among surfers given the size of the waves normally reaching shore here. Lacking any lifeguard, the beach is considered dangerous for bathers particularly due to the strong currents on the

Praia dos Pescadores
Beaches
Address: Ericeira - Mafra

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

Estoril

Praia da Azarujinha
Beaches
Address: São João do Estoril - Cascais

Very small and sheltered by cliffs, Azarujinha Beach is located in a small cove that creates a type of natural amphitheatre.Access to the beach is by foot down a stairway beginning on the promenade which links directly with São João do Estoril

Praia da Poça
Beaches
Address: São João do Estoril - Cascais

Enclosed between two coastal cliffs, Poça Beach is located in São João do Estoril, near Forte Velho.The Beach has good points of access from the Marginal coast road, the car park and a pedestrian area connecting with other bars and café terraces.

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Praia das Moitas

Beaches

Address: Monte Estoril - Cascais

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

Praia de São Pedro do Estoril

Beaches

Address: São Pedro do Estoril - Cascais

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,

Praia do Tamariz

Beaches

Address: Estoril - Cascais

Located at the foot of the gardens leading up to Estoril Casino, Tamariz Beach was once known as Elegant Beach and graced by the high society that then spent their summers on the Estoril coast. It is still one of the most popular beaches given its

Oeiras

Praia da Torre

Beaches

Address: Oeiras

Sheltered and shell-shaped and lying in the shadow of the São Julião da Barra Fortress, Torre Beach is a good family destination as its calm waters are ideal for children.A modern restaurant with an attractive terrace ensures the Beach remains a

Praia de Santo Amaro

Beaches

Address: Oeiras

Located in front of the pleasant Oeiras Gardens, Santo Amaro Beach stretches its long sands around a bay and is flanked by a promenade, ideal for strolling or cycling along. A very popular winter destinations among surfers due its unique straight

Sesimbra

Praia da Lagoa de Albufeira

Beaches

Address: Sesimbra

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

Praia de Sesimbra

Beaches

Address: Sesimbra

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

Praia do Meco ou do Moinho de Baixo

Beaches

Address: Meco - Sesimbra

Right by the village of Meco, which provides its most popularly used name, Moinho de Baixo Beach was one of the first to establish a duly signposted and authorised area for naturism over an area that covers the Tramagueira Beach through to the Rio

Praia dos Lagosteiros

Beaches

Address: Cabo Espichel - Sesimbra

Surrounded by the cliffs of Cabo Espichel cape, Lagosteiros Beach is a site of great natural beauty. Accessed down a path, much of this Beach is covered in pebbles with the main attraction being the fossilised dinosaur footsteps that are to be found

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Setúbal

Praia da Figueirinha

Beaches

Address: Setúbal

With its beautiful backdrop of the Serra da Arrábida hills, Figueirinha Beach is one of the best known and most popular in the region, a fact enhanced by both the ease of access and the calm waters off this beach.The Beach extends over an expanse

Praia de Galapos

Beaches

Address: Setúbal

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

Beaches

Address: Serra da Arrábida - Setúbal

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

Sintra

Praia Grande - Sintra

Beaches

Address: Colares - Sintra

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

Praia da Adraga

Beaches

Address: Almoçageme - Sintra

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

Praia da Ursa

Beaches

Address: Azóia - Sintra

Located close to Cabo da Roca cape, Ursa Beach is reached via dirt track along a twisting and steep route right through to this calm and sparsely populated beach.The strains of the route are more than justified by the superb landscape that awaits

Praia das Maçãs

Beaches

Address: Colares - Sintra

According to tradition, this Beach takes its origin from the maçãs (apples) that would wash up on its sands, carried down to the coast by the Ribeira de Colares river. Popular in the summer, the Beach covers a substantial area with space for a

Praia do Magoito

Beaches

Address: Sintra

Located at the end of a deep valley and enclosed by majestic cliffs, which provide some of the best views of the beautiful surroundings, Magoito Beach is only reached by descent down a steep slope. However, this pollution free and iodine rich

Madeira

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Funchal

Zona Balnear do Clube Naval do Funchal

Beaches

Address: Funchal Ilha da Madeira

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

Ilha da Madeira

Complexo Balnear do Lido

Beaches

Address: Funchal Ilha da Madeira

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

Praia Formosa

Beaches

Address: Funchal Ilha da Madeira

Situated in the eastern part of the city of Funchal, Formosa Beach has an area of pebbles and another of fine black sand.Accessible by public transport and with a good support infrastructure that includes a car park, a playground and areas for

Praia da Ponta do Sol

Beaches

Address: Ponta do Sol - Ilha da Madeira

Ponta do Sol Beach is in the town and municipality of the same name in the west of Madeira. This small pebble beach is part of a sheltered cove between the cliffs, and is very sunny. Known for its excellent year-round climate and the mild

Zona Balnear da Barreirinha

Beaches

Address: Funchal

The Barreirinha Bathing Area is located close to the oldest part of the city of Funchal, next to the Fort of São Tiago. This bathing area on the rocky coastline has a good support infrastructure, and a saltwater swimming pool for children, and

Zona Balnear da Calheta

Beaches

Address: Calheta Ilha da Madeira

Calheta is one of the few sandy bathing areas in Madeira, although the sand was actually imported from other regions to create this artificial beach. The bathing area has warm clean water, a cement solarium with an area of roughly 7,300 square

Zona Balnear da Ponta Gorda - Poças do Governador

Beaches

Address: Funchal Ilha da Madeira

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

Zona Balnear da Ribeira Brava

Beaches

Address: Ribeira Brava Ilha da Madeira

Located in an imposing valley on the west coast of the Island of Madeira, Ribeira Brava has a waterfront area running alongside the whole town. Located on the west side, close to the town centre, the pebble beach is named after the town and has a

Zona Balnear da Ribeira do Faial

Beaches

Address: Santana Ilha da Madeira

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

Zona Balnear das Palmeiras

Beaches

Address: Santa Cruz Ilha da Madeira

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

Zona Balnear das Poças do Gomes / Doca do Cavacas

Beaches

Address: Funchal Ilha da Madeira

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

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Zona Balnear de Galo Mar

Beaches

Address: Caniço - Santa Cruz Ilha da Madeira

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

Zona Balnear de Porto Moniz

Beaches

Address: Porto Moniz Ilha da Madeira

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

Zona Balnear do Garajau

Beaches

Address: Garajau Ilha da Madeira

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

Ilha de Porto Santo

Praia de Porto Santo

Beaches

Address: Ilha de Porto Santo

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

Zona Balnear de Ponta Delgada

Beaches

Address: São Vicente Ilha da Madeira

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

Zona Balnear de Roca Mar

Beaches

Address: Caniço de Baixo - Santa Cruz Ilha da Madeira

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

Porto and the North

Caminha

Praia de Caminha / Foz do Minho

Beaches

Address: Caminha

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

Espinho

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Praia da Baía
Beaches
Address: Espinho

Defined by two breakwaters, and accessed by a seaside walkway next to the centre of Espinho, Baía Beach is the most popular in the city.Its popularity among the surfing and bodyboarding communities has only been strengthened by the competitions

Praia de Espinho
Beaches
Address: Espinho

With an extensive sandy beach in the area between Rua 37 and Rua 2 in front of Espinho Municipal Museum, Rua 37 Beach is accessible to all, and has every leisure and support amenity. Its fine clean sand provides excellent conditions for practising

Praia de Paramos
Beaches
Address: Espinho

Located right by the oldest Golf Club in Portugal, Paramos Beach covers a huge area of sand but which can only be reached by crossing the Espinho Air-Club and paying careful attention to the signalling.Calm and endowed with certain support

Praia de Silvalde
Beaches
Address: Espinho

Located to the south of Espinho while still a continuation of its sands, Silvalde Beach adjoins the similarly named settlement, a parish whose origins stretch far back into history and whose inhabitants long ago took up agriculture and fishing.The

Praias Marbelo, Pop, Azul, Seca e Costa Verde
Beaches
Address: Espinho

With a pleasant climate and some 8 kilometres of fine sands facing these immense blue seas, Espinho is one of the main tourist resorts of northern Portugal. Only the long seaside pedestrian walkway separates the sands from the city. From north to

Esposende

Praia Suave Mar
Beaches
Address: Esposende

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

Praia da Apúlia
Beaches
Address: Apúlia - Esposende

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 Marinhas-Cepães
Beaches
Address: Esposende

With its substantial area of sand flanked by dunes separating it from the adjoining fields, the beautiful Cepães Beach is part of the Litoral de Esposende Protected Landscape.While the waves here are strong, this Beach is not particularly

Praia de Ofir
Beaches
Address: Ofir - Esposende

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

Freixo de Espada à Cinta

Praia fluvial da Congida
Beaches
Address: Freixo de Espada à Cinta

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

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Macedo de Cavaleiros

Praia Fluvial da Fraga da Pegada

Beaches

Address: Albufeira do Azibo - Macedo de Cavaleiros

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

Beaches

Address: Albufeira do Azibo - Macedo de Cavaleiros

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

Matosinhos

Praia Azul (Angeiras Sul)

Beaches

Address: Leça da Palmeira - Matosinhos

Praia Azul is an extensive sandy beach, completely ringed by the road that provides holidaymakers with access to this very pleasant leisure area, fully supplied with all the necessary equipment and support facilities. Blessed with a beautiful

Praia da Agudela

Beaches

Address: Agudela - Lavra - Matosinhos

Surrounded by dunes crossed by wooden boardwalks, Agudela Beach is a beautiful stretch of sand, very popular with the residents of the Porto region. There are many rocks at low tide, and it’s a beach that offers good support amenities and has

Praia da Memória

Beaches

Address: Perafita - Matosinhos

Previously known as Arenosa or Ladrões Beach, this area of sand became known as Memória Beach following the erection of a commemorative obelisk on the spot where liberal troops led by Pedro 4th (1st Emperor of Brazil) disembarked in 1832 in order

Praia da Quebrada

Beaches

Address: Matosinhos

Located on a small cove and protected by dunes, Quebrada Beach has a wide swathe of sand with many rocks, which require extra care on the part of bathers as the sea has strong currents. The small fishermen’s cottages in the vicinity add a

Praia da Senhora (Boa-Nova)

Beaches

Address: Leça da Palmeira - Matosinhos

Surrounded by rocks, Senhora Beach is small and sheltered, ideal for windy days.Two works stand out In the vicinity, designed by architect Siza Vieira – Piscina das Marés and Casa de Chá da Boa Nova, tucked away in the rocks and expertly

Praia das Pedras Brancas

Beaches

Address: Matosinhos

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

Praia das Pedras do Corgo

Beaches

Address: Matosinhos

Pedras do Corgo Beach has a very extensive stretch of sand bathed by the sea’s strong waves. Access to the beach is by a long wooden walkway and the beach has good support infrastructure, complete with awnings and beach huts for hire, or

Praia de Fuzelhas Norte

Beaches

Address: Matosinhos

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

Praia de Leça

Beaches

Address: Leça da Palmeira - Matosinhos

With strong waves breaking on its large expanse of sands, Leça da Palmeira Beach has excellent conditions for such sports as surfing, bodyboarding and kite surfing, especially towards its northerly limits where the Beach merges with Aterro Beach.

Praia de Matosinhos

Beaches

Address: Matosinhos

The large expanse of sands of Matosinhos Beach are met by the strong waves of this coast, so highly appreciated by surfers, bodyboarders and kite surfers, with various competitive events held here. The promenade running alongside the Beach

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Praia do Aterro
Beaches
Address: Matosinhos

With an extensive stretch of sand, Aterro Beach is very popular with young people, mainly surfers and bodyboarders who find here excellent conditions to practise these sports. Surrounded by vegetation that confers great beauty on it, this beach is

Praia do Cabo do Mundo
Beaches
Address: Matosinhos

Surrounded by dunes crossed by wooden boardwalks which facilitate access to the sand, a special feature of Cabo do Mundo Beach is that it has a rocky area that seems to separate it from the sea, which gives it a special beauty.

Praia do Funtão
Beaches
Address: Lavra - Matosinhos

Situated opposite the town of Lavra, Funtão Beach has a wide stretch of sand with few rocks. With a good support infrastructure, including areas for playing volleyball and beach football. This leisure area is very popular with the region's

Praia do Marreco
Beaches
Address: Perafita - Matosinhos

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

Moledo do Minho

Praia de Moledo
Beaches
Address: Moledo do Minho

A very famous tourist resort since the beginning of the 20th century, Moledo Beach brings in the families of politicians and other dignitaries who seek it out year after year in preference to the hotter sands of the south.In an area of great natural

Ponte da Barca

Praia fluvial do Rio Lima
Beaches
Address: Ponte da Barca

Surrounded by a beautiful landscape, the Lima River Beach is located on the riverfront area of Ponte da Barca. The beach has sandy and grassy zones, and an area is set aside for bathing with excellent safety conditions.Around the beach, there are

Porto

Praia da Foz
Beaches
Address: Porto

In one of Porto's prime locations, Foz Beach is a name that covers the group of Ourigo, Ingleses and Luz Beaches. The expanse of sand is limited but the sea offers conditions for surfing, which attracts young people. The area also boasts various

Praia de Gondarém
Beaches
Address: Porto

Located close to Avenida Brasil, in a sophisticated part of Porto, Praia de Gondarém has an urban setting served by many high-quality bars and restaurants. Very popular among anglers, this beach is a delicate spit of sand where the many rocks help

Póvoa de Varzim

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Praia da Barranha - Póvoa de Varzim

Beaches

Address: Aguçadoura - Póvoa de Varzim

Situated between the Estela campsite and the Aguçadoura Football Pitch, Barranha Beach provides excellent conditions for surfing and bodyboarding. Surrounded by sand dunes that become wider to the south, the beach has a good car park and

Praia da Fragosa

Beaches

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

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

Praia da Lagoa - Póvoa de Varzim

Beaches

Address: Póvoa de Varzim

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

Praia da Póvoa de Varzim

Beaches

Address: Póvoa de Varzim

Home to fearless fishermen, Póvoa de Varzim became one of the favourite northern Portuguese seaside resorts during the second half of the 19th century and particularly after the opening of the railway line in 1875, which provided easy access to the

Praia de Paimó

Beaches

Address: Aguçadoura - Póvoa de Varzim

Paimó Beach covers the large expanse of sand beginning about a kilometre to the north at the Alto da Estela river, where there is both a campsite and a golf course. With good support infrastructures, the Beach draws in the sunbathers, perhaps

Praia de Santo André / Praia dos Cabos

Beaches

Address: Póvoa de Varzim

Santo André Beach covers a large area of sand but is broken up by long lines of rocks forming lines, hence its alternative name Cabos (Cables) Beach.Calm and with its safe waters, the Beach is located next to a Chapel dedicated to Saint André, a

Praia do Quião - Póvoa de Varzim

Beaches

Address: Póvoa de Varzim

With its broad expanse of fine sand, Quião Beach is bounded to the north by Cabo de Santo André and to the south by Ribeira do Esteiro. It has easy access and good supporting facilities. Traditional activities are still practised here:

Viana do Castelo

Praia da Amorosa

Beaches

Address: Chafe - Viana do Castelo

A firm favourite among both surfers and bodyboarders, Amorosa Beach also draws in families from across the north of Portugal, some of whom have holiday homes in the area.The beach is reached over a wooden walkway in order to protect the dunes in the

Praia da Arda / Praia do Bico

Beaches

Address: Viana do Castelo

Also known as Mariana Beach after the restaurant here, Arda or Bico Beach is one of the best in the country for surfing and bodyboarding and thus brings in a younger crowd. The large sandy expanse of this beach is framed by a landscape of great

Praia da Ínsua

Beaches

Address: Afife - Viana do Castelo

Located at the northernmost end of the long length of sand making up Afife Beach, Ínsua Beach is surrounded by dunes that serve both to enrich the landscape and to protect from strong winds. Very popular, this Beach is a particular hit with

Praia de Afife

Beaches

Address: Afife - Viana do Castelo

A huge expanse of sand reached by protective wooden walkways leading through the dunes, Afife Beach is a good example of respect for the natural environmental quality.The strong waves create good surfing conditions while the southern area of the

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Praia de Carreço
Beaches
Address: Carreço - Viana do Castelo

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

Praia de Castelo do Neiva
Beaches
Address: Castelo do Neiva - Viana do Castelo

In an area which has been settled since the earliest era, with remains recently found of an Iron Age encampment at Monte da Guilheta, Castelo do Neiva Beach takes on a rural ambience. In addition to the surrounding agriculture, local activities also

Praia de Paçô
Beaches
Address: Viana do Castelo

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

Praia do Cabedelo
Beaches
Address: Viana do Castelo

Lying to the south of the Lima river, Cabedelo Beach is the first choice for local inhabitants of nearby Viana do Castelo. Surrounded by dunes and a pine forest, which includes two campsites, this pretty half-moon shaped Beach is one of the most

Praia do Norte
Beaches
Address: Viana do Castelo

The widely popular Norte Beach is situated on the bank of the River Lima, almost within the urban limits of the city of Viana do Castelo. The amount of sand is limited, since most of the beach is taken by rocky formations, where natural saltwater

Vila Nova de Gaia

Praia da Aguda
Beaches
Address: Arcozelo - Vila Nova de Gaia

Located halfway between Gaia and Espinho, Aguda Beach covers an expanse of sand running from Miramar in the north through to Granja to the south.With its strong waves, this Beach has a good following in the surfing community while the many species

Praia da Granja
Beaches
Address: São Félix da Marinha - Vila Nova de Gaia

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

Praia da Madalena
Beaches
Address: Canidelo - Vila Nova de Gaia

Located close to a campsite, the large sandy expanse of Madalena Beach divides up into two, North and South, with the latter being rockier.Easily accessed, this is a rather popular Beach featuring good surfing conditions and beach volleyball

Praia de Canide
Beaches
Address: Vila Nova de Gaia

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

Praia de Lavadores
Beaches
Address: Canidelo - Vila Nova de Gaia

The closest to the city of Gaia, Lavadores Beach is the beginning of an unbroken length of sand that stretches on for many kilometres to the south flanked by the Avenida Marginal coast road, an excellent option for pleasant walks along the coast.

Praia de Miramar / Mar e Sol
Beaches
Address: Gulpilhares - Vila Nova de Gaia

Close to one of the oldest golf courses in Portugal, and surrounded by fine residences, the popular Miramar Beach, with a full range of services and facilities, covers a large expanse with its sands broken by the occasional rock formation. To the

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Praia de Salgueiros
Beaches
Address: Canidelo - Vila Nova de Gaia

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.

Praia do Marbelo
Beaches
Address: Vila Nova de Gaia

Reached by means of a wooden footpath that winds its way along the coastline, Praia de Marbelo has a great expanse of sand with rocks dotted here and there and is a very popular leisure area all year round.

Praias de Francelos, Dunas Mar, Francemar e Sãozinha
Beaches
Address: Gulpilhares - Vila Nova de Gaia

On a coast that is highly rich in iodine with its therapeutical properties recommended for bone diseases, Francelos Beach covers a huge area and is equipped with good support infrastructures. The strong waves breaking here ensure the beach attracts

Praia de Valadares - Norte e Sul
Beaches
Address: Vila Nova de Gaia

On a coast that is highly rich in iodine with its therapeutical properties recommended for bone diseases, Valadares Beach covers a huge area and is equipped with good support infrastructures. The strong waves breaking here ensure the beach attracts

Praia do Senhor da Pedra
Beaches
Address: Miramar - Vila Nova de Gaia

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

Vila Praia de Âncora

Praia da Gelfa / Forte do Cão
Beaches
Address: Caminha

Right next to Forte do Cão, the small and calm Gelfa Beach, while without any lifeguard, is a splendid site for a coastal stroll, particularly with younger members of the family who can also play in the children's park.The sands, where the

Praia de Vila Praia de Âncora
Beaches
Address: Vila Praia de Âncora

The sands of Vila Praia de Âncora extend from the fishing port over to the Âncora river which reaches the coast here after its 15 kilometre descent through the Serra de Arga hills, an attractive natural environment, which features some good

Vila do Conde

Praia da Árvore
Beaches
Address: Árvore - Vila do Conde

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

Praia de Azurara
Beaches
Address: Azurara - Vila do Conde

Located to the south of Vila do Conde and the mouth of the Ave river, Azurara Beach begins next to a jetty that acts as a windbreak.Its fine, white sands extend over kilometres and are flanked by a protected cordon of dunes crossed by wooden

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Praia de Labruge

Beaches

Address: Vila do Conde

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

Praia de Vila Chã - Vila do Conde

Beaches

Address: Vila do Conde

Vila Chã Beach is a small, quiet sandy beach, sheltered from the wind, with several rocky areas and good facilities providing all the support that bathers may require. Some fishing boats can still be seen on the sand, adding colour to the

Praia do Mindelo

Beaches

Address: Mindelo - Vila do Conde

To the south of the Mindelo Ornithological Reserve, a protected area of dunes home to various types of bird, Mindelo Beach stands out for the enormous boulders littering the shore, which are not to be found on adjoining beaches to the north. These

Praia de Moreiró

Beaches

Address: Vila do Conde

Located in a rural area, Praia de Moreiró is an extremely beautiful beach with a peaceful atmosphere that is particularly popular among families during the bathing season. The great sandy expanse of the northern half contrasts with its southern

Praia de Vila do Conde

Beaches

Address: Vila do Conde

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

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