
Going to the beach

ABOUT



Photo: Vale de Lobo

Going to the beach

After a few months at home it feels good to spend a few days on the beach enjoying the outdoors and feeling the sea breeze.

The Portuguese Atlantic coast with a wide variety of mostly white and fine sandy beaches, a long summer, and many hours of sunshine spread throughout the year make Portugal an excellent beach destination and a good option for your next vacation.

The quality and beauty of Portuguese beaches are well known, and we know that choosing one is not easy. We have **372 beaches** awarded with the European Blue Flag and **208** considered **Accessible Beach!**

So you can visit them with full peace of mind, we share with you this **summer's rules for visiting the beaches**. To help you choose the best beach, an information system was implemented that shows the level of occupancy using signs:

- Green: low occupancy (< 50%)
- Yellow: high occupancy (50 - 90 %)
- Red: full occupancy (> 90%)

That information will be updated in real time on the "Info Praia" app (available for iOS and Android) and on the Portuguese Environment Agency's web site - <https://infopraia.apambiente.pt>.

Fines
For non-compliance with the rules, a fine of € 50.00 to € 100.00 may be applied in the case of individuals, and from € 500.00 to € 1,000.00, in the case of entities.



RULES FOR BEACHES

Bathing Season – May 15th - October 31st



General beach rules

- Physical distancing of 1.5m between beachgoers (who are not of the same group)
- 3m distance between beach parasols
- Ensure physical safety distance when using the beach and bathing
- Sporting activities with 2 or more people are forbidden (except for nautical activities)
- Surf lessons and similar sports with a maximum of 5 participants



Circulation rules

- Mandatory use of hand sanitiser upon arrival at the beach and regularly thereafter
- Mandatory use of masks upon arrival and at beach facilities
- One way circulation with physical distancing of 1,5m
- Respect the beach entrance, exit and circulation ways as defined
- Mandatory use of footwear at beach showers and other facilities



Parasols and tents/huts

- 3m distance between awnings and parasols
- 1,5m distance between the boundaries of the tents
- Maximum limit of 5 users per parasol, tent/hut
- Possible exceptional extension of the concession area



State of occupancy

- State of occupancy announced through signs, like traffic light signs:
- Green: low occupancy (<50%)
 - Yellow: high occupancy (50%-90%)
 - Red: full occupancy (>90%)

Avoid access to areas with high or full occupancy
Information updated continuously and in real-time at the "Info Praia" app
<https://infopraia.apambiente.pt>



Parking

- Parking is prohibited outside car parks and other parking areas
- Overnight stay and parking of motorhomes or similar is prohibited in car parks and parking areas



Bars, Restaurants and outdoor terraces

- Regular cleaning of spaces
- Physical distancing of 2m between users
- Maximum capacity limits as applicable to restaurants in general
- Reorganisation of outdoor terraces to ensure safety distance



Equipment

- Pedal boats and slides should be sanitised whenever a change of user occurs
- Indoor and outdoor showers, sun loungers, mattresses or beach ashtrays should be sanitised frequently or whenever a change of user occurs
- Massage and similar services are prohibited



Itinerant sale

- Mandatory use of mask by the salesperson in contact with customers
- The circulation of street vendors should be done with physical distance and, preferably, through circulation corridors

GENERAL RULES

- Rules applicable to "bathing beaches" only
- Possibility of beach prohibition in case of serious breach by users or dealers

All information can be consulted in real time in the "InfoPraia" app and at www.apambiente.pt

COVID-19

CALOR
COMO SE PREVENIR

HEAT
HOW TO PREVENT

CHALEUR
COMMENT PRÉVENIR

EXPOSIÇÃO SOLAR


Evite estar ao sol, entre as 11h e as 17h


 Aplique protetor solar com fator ≥ 30 a cada 2 horas

SOLAR EXPOSURE

Avoid direct sunlight between 11am and 5pm

 Apply sunscreen (SPF ≥ 30) every 2 hours

EXPOSITION SOLAIRE

Évitez l'exposition, entre 11h et 17h

 Appliquez de la crème solaire (écran SPF >30) toutes les 2 heures

HIDRATAÇÃO


Beber água, mesmo sem sede



Evite bebidas alcoólicas

HYDRATION

Drink water, even if you're not thirsty

Avoid alcoholic drinks

HYDRATATION

Boire de l'eau, même si vous n'avez pas soif

Évitez la consommation de boissons alcoolisées


AMBIENTES FRESCOS


Procure locais à sombra e climatizados



Utilize roupas frescas, que cubram o corpo

COOL SETTINGS

Seek shaded areas and places with air-conditioning

Use lightweight clothing, protecting the entire body

ENDROITS FRAIS

Favorisez les zones à l'ombre et espaces climatisés

Portez des vêtements légers, qui protègent le corps


ATENÇÃO
Mantenha distanciamento físico
ATTENTION
Maintain physical distancing
ATTENTION
Maintenez une distance physique

#SEJAUMAGENTEDESAPUBLICA
#ESTAMOSON
#UMCONSELHODADGS



