
Beaches

Porto and the North

Braga

Praia fluvial da Ponte do Bico

Address: Outeiro - Palmeira (Braga)

Characteristics and Services:

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

Accessibility:

Disabled access; Accessible beach;

Activities:

Football; Volleyball;

With the same name as the bridge that connects the municipalities of Braga and Amares, the **Ponte do Bico River Beach** is located near the town of Outeiro, in the parish of Palmeira.

This bathing area in the Cávado River has a vast sandy beach and a grassy area, as well as complete support infrastructures that include a picnic park with covered grills and various support infrastructures such as bar, bathrooms, showers and first aid post.

This beach has one particularity to which you should pay attention. Due to the existence of a mini hydro-electric plant upstream, at certain times of the day there may be an increase in the flow of the river, a situation that will be duly signalled by the lifeguards supervising the bathing area.

Praia Fluvial de São Paio Merelim - Braga

Address: São Paio de Merelim - Braga

Characteristics and Services:

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

Accessibility:

Accessible beach;

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

Praia fluvial de Adaúfe

Address: Adaúfe - Braga

Characteristics and Services:

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

Accessibility:

Accessible beach;

Activities:

Volleyball;

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

The beach offers conditions for various activities such as volleyball, canoeing and extreme sports, and offers excellent support facilities, including a diving board, fitness park and a picnic area with tables and barbecues.

Evoking times gone by and other uses of this space, it is still possible to find here an old mill and an irrigation and water elevation system for the nearby farmland.

Caminha

Praia da Gelfa / Forte do Cão

Address: Caminha

Characteristics and Services:

Average seawater temperature in summer (°C): 15-17 °C;
Restaurant; EEC Blue Flag;
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 characteristic smells of the sea intermingle with those of the pine forest of the Mata Nacional da Gelfa protected area, are surrounded by dunes, crossed to access the beach courtesy of wooden walkways.

Praia fluvial das Azenhas - Vilar de Mouros

Address: Vilar de Mouros (Caminha)

Characteristics and Services:

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

Surrounded by an area classified as part of Natura 2000, the Azenhas River Beach is located in the heart of the Coura River, in a setting known for its cool temperature and great beauty where the "Azenhas" (from the Portuguese word for "mill") that give it its name lend it a picturesque note. The beach, which is also close to a Roman bridge, has support facilities and good conditions for water sports.

Espinho

Praia Azul

Address: 4500 Espinho

Website: <https://www.visit.espinho.pt/pt/turismo/praia-azul/>

Characteristics and Services:

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

Activities:

Surfing;

Accessibility:

Disabled access; Accessible beach;

Praia da Baía

Address: 4500 Espinho

Website: <https://www.visit.espinho.pt/pt/turismo/praia-da-baia/>

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard; Volleyball; Paddle surf;

Accessibility:

Accessible beach;

Defined by two breakwaters, and accessed by a seaside walkway next to the centre of Espinho, Baía Beach is the most popular in

Praia de Caminha / Foz do Minho

Address: Caminha

Characteristics and Services:

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

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

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

This site enables sunbathers to choose between fine sands and the rough, open seas and the thicker sands and calm waters of the river, ideal for both children and sailing and windsurfing.

Praia Costa Verde

Address: Esplanada Maia Brenha - Espinho

Website: <https://www.visit.espinho.pt/pt/turismo/praia-costa-verde/>

Characteristics and Services:

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

Activities:

Surfing; Bodyboard; Volleyball; Paddle surf;

Praia das Sereias

Address: Rua 2 - Espinho

Website: <https://www.visit.espinho.pt/pt/turismo/praia-das-sereias/>

Characteristics and Services:

Bar; Showers;

Activities:

Surfing; Bodyboard; Paddle surf;

Praia de Paramos

Address: Rua da Praia, 49 4500-558 Paramos

Website: <https://www.visit.espinho.pt/pt/turismo/praia-de-paramos/>

Characteristics and Services:

the city.

Its popularity among the surfing and bodyboarding communities has only been strengthened by the competitions held here. Furthermore, the Beach includes excellent support infrastructures, including a beach volleyball court, and is regularly host to a whole range of recreational events making it a favoured destination.

Praia de Espinho

Address: Rua 2, 1317 4500 Espinho

Website: <https://www.visit.espinho.pt/pt/turismo/praia-da-rua-37/>

Characteristics and Services:

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

Accessibility:

Disabled access; Accessible beach;

Activities:

Volleyball;

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 sports such as volleyball, one of the most popular in this bathing area.

Praia de Silvalde

Address: Rua do Quartel - Espinho

Website: <https://www.visit.espinho.pt/pt/turismo/praia-de-silvalde-pau-da-manobra/>

Characteristics and Services:

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

Activities:

Surfing; Bodyboard; Paddle surf;

Accessibility:

Disabled access;

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 large sandy expanse experiences strong waves creating some excellent surfing with plenty of swimming as well given the waters are somewhat calmer than on neighbouring Espinho Beach.

Praia Pop

Address: Esplanada Maia Brenha - Espinho

Website: <https://www.visit.espinho.pt/pt/turismo/praia-pop/>

Characteristics and Services:

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

Activities:

Handball; Volleyball;

Accessibility:

Disabled access;

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

Activities:

Surfing; Bodyboard; Paddle surf;

Accessibility:

Disabled access;

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 infrastructures, the Beach has established a good reputation among surfers given the prevailing natural conditions.

Praia Marbelo

Address: Esplanada Maia Brenha - Espinho

Website: <https://www.visit.espinho.pt/pt/turismo/praia-marbelo/>

Characteristics and Services:

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

Activities:

Handball; Football; Volleyball;

Accessibility:

Disabled access;

Praia Seca

Address: Esplanada Maia Brenha - Espinho

Website: <https://www.visit.espinho.pt/pt/turismo/praia-seca/>

Characteristics and Services:

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

Activities:

Surfing; Bodyboard; Volleyball;

Accessibility:

Disabled access; Accessible beach;

Esposende

Praia da Apúlia

Address: Apúlia - Esposende

Characteristics and Services:

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

Activities:

Surfing; Diving; Windsurfing; Bodyboard; Sailing;

Accessibility:

Accessible beach;

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

A popular summer destination, the beach has every kind of service and facility and even comes with a specialist health recommendation given its richness in iodine. The abundance of seaweed is one of its greatest characteristics and resulted in one of the defining landmarks of Portugal's northern coastline - the "Sargaceiro da Apúlia", known thus due its purpose of collecting sargaço (the local name for seaweed), which was then used as fertiliser on surrounding fields.

Praia de Ofir

Address: Ofir - Esposende

Characteristics and Services:

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

Activities:

Surfing; Diving; Windsurfing; Bodyboard; Sailing;

To the south of the Cávado river mouth and part of the Litoral de Esposende Protected Landscape, Ofir Beach, surrounded by dunes and pine trees, covers one of the most beautiful stretches of the northern Portuguese coastline. One natural phenomena is the rocks emerging out of the sea at low tide and which form shapes known locally as the horses of Fão.

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

Praia de Marinhas-Cepães

Address: Esposende

Characteristics and Services:

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

Activities:

Surfing; Sailing;

Accessibility:

Accessible beach;

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 recommendable for surfing due to the existence of underwater rocks, particularly along the northern stretch.

Praia Suave Mar

Address: Esposende

Characteristics and Services:

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

Activities:

Surfing; Diving; Windsurfing; Bodyboard; Sailing;

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

Also known as Esposende Beach given the direct access from the town of that name, Suave-Mar Beach is a local favourite and particularly among surfers throughout the year with the windsurfers experiencing good conditions throughout the summer.

Fafe

Praia fluvial da Albufeira da Queimadela

Address: Albufeira da Barragem de Queimadela - Fafe

Characteristics and Services:

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

Accessibility:

Accessible beach;

In the Fafe district, the Queimadela Dam lagoon, fed by the waters of the Vizela River, is an excellent leisure area with conditions for non-polluting water sports. The river beach here boasts good support facilities that include access and support equipment so that people with reduced mobility can also enjoy this space to the fullest.

In the immediate vicinity, there is also a camp site and caravan park, making it ideal for spending a few days getting back in touch with nature.

Freixo de Espada à Cinta

Praia fluvial da Congida

Address: Freixo de Espada à Cinta

Characteristics and Services:

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

Accessibility:

Accessible beach;

Surrounded by the lush nature of the Douro Internacional Natural Park, Congida River Beach is located on the large reservoir formed by the Saucelle Dam, close to the border with Spain.

The beach belongs to a leisure complex that includes a floating swimming pool on the reservoir waters, the municipal swimming pools and various support amenities. There is also a jetty on the river, from which boats leave on tourist tours up the Douro, providing an opportunity to observe the diversity of the surrounding nature, sought after by birds nesting on the slopes by the river.

Macedo de Cavaleiros

Praia fluvial da Fraga da Pegada

Address: Albufeira do Azibo - Macedo de Cavaleiros

Characteristics and Services:

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

Activities:

Windsurfing; Sailing;

Accessibility:

Accessible beach;

Located in the Protected Landscape area of the Azibo Reservoir, Fraga da Pegada River Beach offers excellent conditions for enjoying nature in full safety and tranquillity.

With complete support amenities, coupled with a microclimate with pleasant temperatures, its waters are ideal for swimming and other non-motorised water sports, such as rowing,

Praia Fluvial da Ribeira

Address: Albufeira do Azibo - Macedo de Cavaleiros

Characteristics and Services:

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

Accessibility:

Accessible beach;

Set in the beautiful natural landscape of the Albufeira do Azibo, Praia da Ribeira is a very pleasant fluvial beach and leisure area where in summer the water normally has a temperature of more than 24°C at the surface. With a multi-purpose grassed area, this beach has been adapted for people with reduced mobility and is equipped with several complementary amenities such as a nursery and sports areas which are sometimes used as a venue for beach volleyball championships.

There are various paths starting from here and leading into the protected area. These are open to walkers and cyclists, with

windsurfing, canoeing and sailing. In the surrounding area, it is also possible to practice other activities, such as climbing, orienteering, walking or simply observing the lush surrounding vegetation and the fauna that includes a variety of birds that flock to this area.

bicycles being available for hire at the beach.

Marco de Canaveses

Praia de Bitetos - Marco de Canaveses

Address: Várzea do Douro - Marco de Canaveses

Website: <https://www.cm-marco-canaveses.pt/index.php?info=YTo0OntzOjQ6Im1lbnUiO3M6MzoiY2F1tjtzOjM6Im1pZC17YTo1OntpOjA7czoxOi1x1jtpOjE7czoyOi13MS17aToyO3M6MjoiMzMjO2k6MztzOjM6IjE3OS17aTo0O3M6MzoiMzEyljt9czozOijjaWQiO3M6MzoiMzEyljt9jEzOij2ZXJzYW9fdGFiZWxh1jtzOjY6Im9ubGluZSI7FQ%3D%3D>

Characteristics and Services:

Outdoor parking; Bar; Security or Surveillance; Showers;

Accessibility:

Accessible beach:

In the middle of the Douro River, in the Marco de Canaveses district, the Bitetos river beach is located in a place that used to be used as a jetty by the rabelo boats that transported the wine barrels between the farms and the cellars of Vila Nova de Gaia.

The beach has very pleasant sands with good support facilities and accessibility for everyone to enjoy this space.

Matosinhos

Praia Azul (Angeiras Sul)

Address: Leca da Palmeira - Matosinhos

Characteristics and Services:

Average seawater temperature in summer (°C): 19 °; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing:

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 natural setting, this beach does, however, have a fairly rough sea, which requires great attention on the part of bathers.

Praia da Agudela

Address: Agudela - Lavra - Matosinhos

Characteristics and Services:

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

Accessibility:

Accessible beach:

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 excellent conditions for a great day by the sea.

Praia Azul / Conchinha

Address: Leca da Palmeira - Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Accessibility:

Disabled access:

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

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

Praia da Memória

Address: Perafita - Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Previously known as Arenosa or Ladrões Beach, this area of sand

Praia da Quebrada

Address: Matosinhos

Characteristics and Services:

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

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 picturesque note to this bathing area.

Praia das Pedras Brancas

Address: Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

With a large number of rocks both on the sand and in the sea, the beach of Praia das Pedras Brancas is located next to the Avenida Marginal de Agudela and is equipped with good support facilities.

One of the local curiosities is the existence here of a German submarine that sank just a few metres from the shore during the Second World War.

Praia de Angeiras Norte

Address: Angeiras - Lavra - Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Bodyboard; Football; Volleyball;

Accessibility:

Accessible beach;

With its extensive sands, Angeiras Norte beach is surrounded by dunes that lend it a wild appearance. Benefiting from its proximity to the local town, this beach has full support facilities and equipment for different sports, as well as excellent access, allowing everyone to enjoy a visit here.

Praia de Leça

Address: Leça da Palmeira - Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

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. Very popular among the young, there is a lot of entertainment going

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 to expel his absolutist brother, Miguel from the Portuguese throne.

The open sands, surrounded by dunes and a few rocks, of Memória Beach see a lot of surfers given the strong waves coming ashore here. To the north, Marreco Beach begins and a favourite among children who love playing in either the sheltered pools that form among the rocks or, alternatively, in the children's park here.

Praia da Senhora (Boa-Nova)

Address: Leça da Palmeira - Matosinhos

Characteristics and Services:

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

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 integrated into the natural landscape.

Praia das Pedras do Corgo

Address: Matosinhos

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 volleyball nets for those who are into more than just lie down in the sun.

Praia de Fuzelhas Norte

Address: Matosinhos

Characteristics and Services:

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

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 for use in sports activities, and this ensures that it's always lively.

Praia de Matosinhos

on in the vicinity and late into the night at the local bars and discos.

For those preferring calm waters, there is a saltwater swimming pool designed by leading Portuguese architect Siza Vieira. Another of the architect's designs can be found nearby, the Boa Nova teahouse and restaurant, built in the 1960s so harmoniously in between boulders that it practically seems to belong to them.

Praia do Aterro

Address: Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

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 the ideal place for a relaxing day by the sea.

Praia do Funtão

Address: Lavra - Matosinhos

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 residents.

Address: Matosinhos

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

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 throughout its full extent is a popular destination for those on bicycle, roller-blades or even scooters.

For a deserved break, there are various restaurants in the vicinity specialising in fish and shellfish dishes.

Praia do Cabo do Mundo

Address: Matosinhos

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 Marreco

Address: Perafita - Matosinhos

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 play, and there is even a playground in the vicinity.

Mirandela

Praia fluvial Arquiteto Albino Mendo

Address: Parque Dr. José Gama - Mirandela

Website: <http://www.visitmirandela.com>

Characteristics and Services:

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

Accessibility:

Disabled access; Accessible beach;

Activities:

Volleyball;

With access from Mirandela town centre, the **River Beach of Arquiteto Albino Mendo** at Parque Dr. José Gama is a leisure area with good support facilities. It stretches for over 100 meters along the banks of the River Tua.

This beach is set in a park with over 3 km of green, landscaped areas, in which there are playgrounds, picnic areas and sports facilities, including tennis and beach volleyball courts.

Moledo do Minho

Praia de Moledo

Address: Moledo do Minho

Characteristics and Services:

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

Activities:

Surfing; Windsurfing; Bodyboard;

Accessibility:

Accessible beach;

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 beauty, surrounded by the Camarido protected area, this Beach is somewhat windy with strong waves reaching shore here creating good year round surfing conditions and windsurfing during the summer.

In front of Moledo Beach is a small rocky island that can be visited by boat. On the island is the Ínsua Fortress, built in the 15th century as a convent before, in the 17th and 18th centuries undergoing conversion work that transformed it into a coastal defence post.

Ponte da Barca

Praia fluvial do Rio Lima

Address: Ponte da Barca

Characteristics and Services:

Outdoor parking; Bar; Restaurant; Showers; Small craft hire;

Accessibility:

Accessible beach;

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 spaces for sports activities such as tennis, football, volleyball and basketball, as well as a playground, and the municipal pools offer an alternative in the vicinity for those who want to work out.

Porto

Praia da Foz

Address: Porto

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 bars and terraces, much sought after by the city's residents for some pleasant moments of leisure enjoying the beautiful view over the ocean.

Praia do Castelo do Queijo

Address: Nevogilde - Porto

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 16; Security or Surveillance;

Activities:

Handball; Football; Volleyball;

In the city of Porto, near the mouth of the Douro River, **Castelo do Queijo Beach** has an urban typology, enjoying the services and access facilities inherent to its location.

This beach is located near an ancient defensive fortification built in the fifteenth century, the Fort of São Francisco Xavier do Queijo (Forte de São Francisco Xavier do Queijo), popularly known as Castelo do Queijo, which gives it its name and dominates the landscape of this small sandy beach surrounded by several rocky outcrops.

Praia de Gondarém

Address: Porto

Characteristics and Services:

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

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 to form a beautiful landscape.

Praia do Homem do Leme

Address: Porto

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 leisure by the sea.

Póvoa de Lanhoso

Praia fluvial de Verim

Address: Póvoa de Lanhoso

Characteristics and Services:

Outdoor parking; Bar; Security or Surveillance; Showers;

Accessibility:

Accessible beach;

Activities:

Volleyball;

On the banks of the Cávado River, the Verim river beach is an area of great natural beauty. This beach area has a picnic area and excellent support facilities, which include an amphibious wheelchair so that people with reduced mobility can also enjoy a dip in the refreshing water.

Póvoa de Varzim

Praia da Barranha - Póvoa de Varzim

Address: Aguçadoura - Póvoa de Varzim

Characteristics and Services:

Outdoor parking; Bar; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

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 supporting facilities.

Praia da Lagoa - Póvoa de Varzim

Address: Póvoa de Varzim

Characteristics and Services:

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

Activities:

Handball; Football; Volleyball;

Accessibility:

Accessible beach;

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 guarantee entertainment night and day. The Islet of Forcada can be seen off the coast.

Praia de Paimó

Address: Aguçadoura - Póvoa de Varzim

Characteristics and Services:

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

Activities:

Praia da Fragosa

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

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 Póvoa de Varzim

Address: Póvoa de Varzim

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

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 city of Oporto.

Nowadays, Póvoa is a lively summer resort replete with excellent support infrastructures including Olympic swimming pools, tennis and squash school and a full range of other sporting facilities.

With the sea here tending to be rough surfers are attracted to the expanse of sands as are many others heading to beaches named after the cafes and restaurants serving that particular spot and including Hotel, Lagoa, Lada, Beijinhos or Carvalhido Beach, to name but a few. The entertainment continues into the early hours at the many restaurants, bars and café terraces in addition to the renowned Casino, one of the most attractive and best renowned in Portugal.

Surfing; Bodyboard;

Accessibility:

Accessible beach;

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 attracted to the somewhat calmer waters than at neighbouring beaches given the angle of the coastline works to deflect much of the force of the waves.

To the north, with fields dotted amongst the dunes, lies Aguçadoura Beach, calm and isolated but well-known to surfers given that it is considered one of the best in Portugal for this particular sport.

Praia do Quião - Póvoa de Varzim

Address: Póvoa de Varzim

Activities:

Surfing; Bodyboard;

Characteristics and Services:

Security or Surveillance; EEC Blue Flag; Sunshade rental;

Showers;

Accessibility:

Accessible beach;

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: fishing during the winter and, mainly in the northern area of the beach, collecting seaweed and leaving it to dry out on the sand.

Santa Maria da Feira

Praia fluvial da Mâmoa

Address: Milheirós de Poiares - Santa Maria da Feira

Characteristics and Services:

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

Accessibility:

Accessible beach;

Mâmoa River Beach is located in the parish of Milheirós de Poiares, municipality of Santa Maria da Feira, on both banks of the Úl River. With an area of two hectares, this pleasant bathing area with good sun exposure and excellent water quality, has extensive lawned and garden areas, as well as good support infrastructures.

Praia de Santo André / Praia dos Cabos

Address: Póvoa de Varzim

Characteristics and Services:

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

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 favourite among local communities in the belief that this Saint would rescue the souls of sailors lost to the depths of the sea in order to deliver them to God.

Vale de Cambra

Praia fluvial de Burgães - Rio Caima

Address: Vale de Cambra

Characteristics and Services:

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

Accessibility:

Accessible beach;

Activities:

Football; Volleyball;

The **Burgães River Beach** is located on the banks of the Caima River in the municipality of Vale de Cambra. With a sandy zone and a grassed area, this beach, which is a very pleasant recreational area, is nestled in a picturesque setting and offers good amenities including a playground and a climbing wall.

Viana do Castelo

Praia da Amorosa

Address: Chafe - Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Bodyboard;

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 surroundings.

Praia da Ínsua

Address: Afife - Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

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 children given the small pools that form among the rocks at low tide.

Praia de Carreço

Address: Carreço - Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Accessibility:

Accessible beach;

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 Montedor hill, also home to the most northerly lighthouse in Portugal.

Praia da Arda / Praia do Bico

Address: Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Windsurfing; Bodyboard;

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 natural beauty, surrounded by a long cordon of dunes, sporadically splashed with rich, green bursts of vegetation.

Praia de Afife

Address: Afife - Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Surfing; Windsurfing; Bodyboard;

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 beach is best for those with children as a small river runs into the sea, sometimes forming a small lagoon.

Praia de Castelo do Neiva

Address: Castelo do Neiva - Viana do Castelo

Characteristics and Services:

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

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

In the vicinity, pay a visit to the three Montedor windmills, which have recently been restored.

Praia de Luziamar

Address: Darque - Viana do Castelo

Activities:

Surfing; Windsurfing; Bodyboard; Kitesurfing;

Characteristics and Services:

Security or Surveillance; EEC Blue Flag;

Inserted in the environmental trail of Cabedelo, **Luziamar Beach** has an extensive sandy stretch surrounded by dunes and pine forest. A little windy, especially in the afternoon, this beach offers good conditions for water sports such as surf, windsurf and kitesurf.

Praia do Cabedelo

Address: Viana do Castelo

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; Small craft hire;

Activities:

Surfing; Diving; Windsurfing; Bodyboard;

Accessibility:

Accessible beach;

Lying to the south of the Lima river, Cabedelo Beach is the first choice for local inhabitants of nearby Viana do Castelo.

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

Vila Nova de Gaia

Praia da Aguda

Address: Arcozelo - Vila Nova de Gaia

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;

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 inhabiting its rocky

addition to the surrounding agriculture, local activities also include gathering seaweed to be used to fertilise the fields and fishing, which continues to play a role at the northern end of this beach with its small fishing port and dock.

Beyond the port, the sands stretch out over a large area and are fully equipped with a full range of support infrastructures to ensure the best possible conditions for sunbathers.

Praia de Paçô

Address: Viana do Castelo

Characteristics and Services:

Bar; Average seawater temperature in summer (°C): 15-16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers;

Activities:

Surfing; Diving;

Flanked by dunes forming a border between the sands and the green of the adjoining fields, Paçô Beach forms an attractive scenario with the Montedor hill and its lighthouse dominating to the south. Formerly a strategic location, the Beach contains the ruins of an 18th century fortress, part of the coastal defence system.

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

Praia do Norte

Address: Viana do Castelo

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

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 pools have been formed, fed by the tides.

Praia da Granja

Address: São Félix da Marinha - Vila Nova de Gaia

Characteristics and Services:

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

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 such as Ramalho Ortigão and Eça de Queirós. Dating from those heydays are many of the older chalets which, surrounded by vegetation, endow Granja with a charm that has survived the passage of time.

The beach, experiencing some erosion in recent years, includes

seabed make for quality underwater fishing.

Praia da Madalena

Address: Canidelo - Vila Nova de Gaia

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

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 facilities that are used for both national and international competition.

Praia de Lavadores

Address: Canidelo - Vila Nova de Gaia

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

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 Salgueiros

Address: Canidelo - Vila Nova de Gaia

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Accessibility:

Accessible beach;

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 de Valadares - Norte e Sul

Address: Vila Nova de Gaia

Characteristics and Services:

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

Activities:

Surfing;

Accessibility:

Accessible beach;

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 plenty of surfers.

access for the physically challenged.

Praia de Canide

Address: Vila Nova de Gaia

Characteristics and Services:

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

Activities:

Surfing; Diving; Bodyboard;

Accessibility:

Accessible beach;

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

Praia de Miramar / Mar e Sol

Address: Gulpilhares - Vila Nova de Gaia

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 south comes the Mar e Sol Beach, less popular than its northern neighbour, with the dunes that separate the beach from the coast road ensuring the calm ambience perfect for seaside relaxation.

As an alternative to a day on the beach, visit the Ribeiras de Gaia Environmental Education Centre in Miramar. A particular favourite with children, the Centre provides a range of educational games related to nature preservation.

Praia de São Félix da Marinha

Address: Vila Nova de Gaia

Characteristics and Services:

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

Located in the municipality of Vila Nova de Gaia, the **Beach of São Félix da Marinha** includes Beach of Bocamar with a very long sandy expanse that extends from the end of the cycle path in the north to the mouth of Ribeira do Prego in the south. The northern and central areas of the beach have a line of rocks that stretches along the waterline. The southern zone is free of rocks and so this is the most inviting area for dips in the sea.

Praia do Marbelo

Address: Vila Nova de Gaia

Characteristics and Services:

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

Praia do Senhor da Pedra

Address: Miramar - Vila Nova de Gaia

Characteristics and Services:

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

Accessibility:

Accessible beach;
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 infrastructures, this Beach annually welcomes the large pilgrimage in honour of Senhor da Pedra, which lasts for three days beginning on Holy Trinity Sunday (falling on differing dates in June).

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

Address: Gulpilhares - Vila Nova de Gaia

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;
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 plenty of surfers. In the far north of these sands lies Dunas Mar Beach flanked by a long cordon of dunes creating an impressive backdrop. The sea, abundant with fish, is sought out by sports fishermen.

To the south of Francelos Beach come the Francemar and Sãozinha Beaches, taking their names from the cafes operating there.

Vila Praia de Âncora

Praia de Vila Praia de Âncora

Address: Vila Praia de Âncora

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

Accessibility:

Accessible beach;
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 walking conditions. This enormous beach experiences some strong Atlantic waves which means high quality surfing.

Bathers tend to congregate more on the area adjoining the Avenida Marginal coast road, where the waters are calmer and access is easier. The southern area, accessible to walkers only over a wooden walkway, contains practically always deserted spaces, surrounded by protected sand dunes.

Vila do Conde

Praia da Árvore

Address: Árvore - Vila do Conde

Characteristics and Services:

Outdoor parking; Bar; Average seawater temperature in summer (°C): 16 °C; Restaurant; Security or Surveillance; EEC Blue Flag; Sunshade rental; Showers; 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 is a protected area of dunes, running for an approximate kilometre. Wild and practically inaccessible, the dunes form the Mindelo Ornithological Reserve given the diverse range of species that nest in here.

Praia de Labruga

Address: Vila do Conde

Characteristics and Services:

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

Accessibility:

Accessible beach;

With a good supporting infrastructure, Labruga 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

Address: Vila do Conde

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 landscape, evoking the main activity to which the townsfolk were traditionally devoted.

Praia do Mindelo

Address: Mindelo - Vila do Conde

Characteristics and Services:

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

Accessibility:

Accessible beach;

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

Praia de Azurara

Address: Azurara - Vila do Conde

Characteristics and Services:

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

Activities:

Surfing; Bodyboard;

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 walkways to ensure access to the beach does not involve any damage to the dune environment.

The strong waves of this stretch of coastline make for some good surfing.

Praia de Moreiró

Address: Vila do Conde

Characteristics and Services:

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

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 end, which is bordered by a group of rocks that can be dangerous for bathers.

Close by is the Castro de São Paio or Castro de Sampaio, a small Iron Age settlement dating from 2,000 BC and a rare example of its kind because of its proximity to the sea.

Praia de Vila do Conde

Address: Vila do Conde

Characteristics and Services:

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

Accessibility:

Accessible beach;

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 café or restaurant or the most common visitors. The better renowned include Caxinas Beach, used by fishermen, Turismo Beach, which is near the urban centre and often crowded and Azul Beach, most sought after by surfers.

A region of naval construction and fishing, Vila do Conde has become renowned for its beautiful bone lace, produced with great skill and patience by the region's women.

are not to be found on adjoining beaches to the north. These boulders serve as shelter and protection from the winds, while also making an excellent children's playground.

With good support infrastructures, Mindelo Beach is in great demand among families from across the north, who often have holiday homes in the area.