



algarve



keep cool

beach



Put your feet in the sand and feel your body temperature rising. Then close your eyes and let the breeze push you gently towards a cool, refreshing dip in the sea. The Algarve gives you precisely that kind of sensation, a feeling of pure pleasure. Famous for its golden sands and clear, transparent water, it is the perfect destination for all those who enjoy beaches and lots of sun. With its Mediterranean-like climate, which continues well beyond the summer months, the Algarve offers you an irresistible invitation to visit the region all year round. Take advantage of your stay to discover the many small coves, where you'll constantly find new beaches nestling amongst the rocks, or perhaps you might prefer to spend some time away from the sand and appreciate all the other delights that the Algarve has to offer you.







## never-ending beaches

Stretching from *Odeceixe* to *Vila Real de Santo António* are 200 kilometres of cliffs, coves, caves and vast expanses of sand. Some beaches are brought to life with the hustle and bustle of countless activities, whilst others are genuine havens of peace and quiet. **All year round**, the Algarve beaches offer you an irresistible invitation to rest and relax, being endowed with exceptional conditions for **family holidays**. You can spend your time here enjoying a lively stroll by the seaside, engaging in underwater adventures or playing in the sand.

The rougher seas of the *Costa Vicentina* are perfect for activities such as surfing, bodyboarding and angling. *Arrifana*, *Vale Figueiras*, *Amado*, *Cordoama* and *Martinhal* are some of the most popular beaches in this region amongst devotees of the more **extreme sports**.

Set amidst imposing and brightly-coloured cliffs and crags, the rocky beaches of the western Algarve region are perhaps best appreciated by taking a **boat ride to see the caves** that the sea has carved out of the ochre rocks. The marinas and harbours are the starting points for interesting boat trips along the coast. In *Lagos*, it is well worth taking some time to admire the headland of *Ponta da Piedade*.



With a landscape that is recognised for its quality, the Algarve coast has beaches to suit all tastes. In the Algarve, every day is a day to go to the beach. The constant sunshine and mild temperatures invite you to discover the region's natural treasures all year round. Amongst vast expanses of sand and small beaches sheltered by the cliffs, you will find the perfect setting for your dream holiday.





In the **East Algarve**, where the beaches are longer and the **sea is much calmer**, you will easily find places equipped with all you need to enjoy some windsurfing, sailing, kite surfing, parasailing, jet skiing or to take a ride on a waverunner. You'll find these facilities at *Praia de Faro*, *Ilha de Tavira*, *Manta Rota* or *Montegordo*. In the *Ria Formosa* Natural Park, the islands of *Barreta*, *Deserta*, *Farol-Culatra*, *Armona-Fuzeta* and *Cabanas* are other ideal places for enjoying some lively and active days on the beach or relaxing strolls along the seashore.

In the Algarve, there are also beaches where naturists can practise nudism in a calm and peaceful manner. The beaches of *Ilha de Tavira* and *Adegas*, in *Odeceixe*, are officially designated nudist beaches, being places where **naturism** is allowed by law. There are also other beaches where, because of their isolated nature, naturism is readily tolerated.



summer  
all year round

Three thousand hours of sunshine, warm water and vast expanses of golden sand, these are just some of the attributes that have turned the Algarve into one of the world's most popular holiday destinations. The temperatures remain mild well beyond the summer months, ranging on average from 15° C to 31° C, so that sunny days are a constant feature of the region, inviting you to spend time on the beach all year round.

The high number of blue flags awarded to the Algarve's beaches are a clear recognition of the quality of its water and sand and provide a certain guarantee that all environmental and safety requirements have been fully complied with. Equipped with all you need for a peaceful stay, the Algarve's beaches also have a wide range of different restaurants, bars and parking spaces.

Inspired by the aim of making its magnificent beaches available to absolutely everyone, the Algarve has joined the Accessible Beaches project. All over the Algarve, the many award-winning beaches have all the facilities needed for welcoming people with reduced mobility.

# the Algarve's beaches



## legend

- Beach
- Marina



Reserva Natural do Sapal de Castro Marim e Vila Real de Santo António

### meaning of the beach flags

-  Bathing and swimming allowed.
-  No bathing or swimming allowed.
-  Bathing with caution. No swimming allowed.
-  Lifeguard temporarily off duty.
-  Symbol of quality, awarded to beaches that display excellent environmental and safety conditions.
-  Symbol awarded to beaches that have special accesses and equipment adapted to the needs of people with reduced mobility.



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