Beaches

Praia de Moledo

Just under four km from Caminha, a long, sandy beach stretches almost five km. It is located close to the mouth of the Minho River and next to the pine forest Pinhal do Camarido. This popular beach has a fabulous natural setting, looking out on a small island 200 m from the coast with Fort Ínsua. To the north, it is overlooked by the Monte de Santa Tecla, in Spain. Recent official analyses have rated its water quality as excellent. It is a perfect spot for windsurfing.
During the swimming season, Moledo and Caminha have a rich nightlife with numerous bars and entertainment venues open until dawn. Quality restaurants can be found near the beach. Visitors tired of the salt water and iodine, may enjoy visiting the Moledo civil parish with its rich range of monuments including churches, chapels and the small popular shrines called alminhas.

Praia de Mindelo

Six kilometers from Vila do Conde and the mouth of the Ave River, Mindelo Beach has a reputation for being a family-safe beach, without dangerous drop-offs. Its granite rock formations give it a special charm and, at low tide, they create a series of small pools that are paradises for little ones. The beach stretches for two miles bordered by a string of sand dunes. Awnings, tents and sun loungers are available for rent. In addition to lifeguards, the beach has a range of swimming facilities, including bathrooms and showers. What is more, it's a perfect location for playing beach soccer and volleyball. A wealth of bars and restaurants are available for full meals or snacks. A beach library is available in the summer season.

Praia do Cabedelo

This is one of the busiest beaches in Viana do Castelo. It is near the mouth of the Lima River and protected from the highways and crowds by a pine forest. Visitors have to cross a few hundred meters of a boardwalk that protects the sand dunes.
This is one of the most popular beaches for surfers, windsurfers and bodyboarders. It has a number of support services: bar, restaurant, bathrooms, and showers. Recent water tests came back positive, confirming that your beach has earned the Blue Flag for water quality. Awnings and sun loungers are available for rent, and lifeguards are on duty from June 1st to September 30th. Parking is available.

Praia de Ofir

This beach is part of the so-called Parque Litoral Norte and it stretches all the way to the mouth of the Cávado River in Esposende. It is easy to get to, with good water quality, dunes and plentiful services, making Ofir one of the most sought-after swimming destinations in the region. It is perfect for water sports, particularly surfing, windsurfing, diving and bodyboarding
It has a dedicated parking lot, public toilets with showers, and boats, tents, awnings, and sun loungers available for rent. It is one of the best-served beaches in terms of services, including camping sites, restaurants, bars, hotels, and nightlife venues. A summertime library near the beach meets the needs of book lovers.

Praia Fluvial de Burgães

Little more than a kilometer from downtown Vale de Cambra, the Burgâes river beach is one of the favorite destinations for swimming lovers in a rural setting. The surroundings are magnificent, bordered by a mountain range lending the spot a magic air. Next to the bridge, a waterfall cascades ending up in a deep-water mirror. It is one of the spot's strongest brands. The beach has grassy areas, playing fields, hiking trails, a snack bar, a playground, bathrooms, and showers. During the summer season, sports and radical activities are available. Awnings and sun loungers are available for rent, and lifeguards are on duty from June 1st to September 30th.

Praia Fluvial de Lenta

One of the best riverbeaches in the region stars the Minho River. It's a deep-water beach fourteen km from Caminha and from the mouth of the river that establishes the border with Spain. Against the verdant river banks, it has a small sandy beach that allows visitors to enjoy the summer sun. In operation for roughly 10 years, this initiative of the City Hall of Vila Nova de Cerveira has public toilets and showers as well as a café and bar. Lifeguards are on duty throughout the swimming season until late September. It has a dedicated parking lot.

Praia Fluvial da Barca

This river beach enjoys the beautiful riverside of Ponte da Barca, nestled in a space of great natural beauty. In 2008, the local city hall completed renovations to create safe conditions for swimming. The swimming zone is fairly shallow, never more than two and a half meters in depth.
It is equipped with changing rooms and showers, and recent analyses rated the water quality as excellent. It has a bar and is located near the municipal swimming pools. Entertainment activities are organized and in the summer season an open air movie theater and small pedal boats called gaivotas are available for rent. Sports facilities for tennis, soccer, volleyball, basketball, and canoeing are available.

Praia Fluvial de Porto de Rei

Inaugurated in 2004, the Porto de Rei river beach enjoys a privileged location. Located at the border between the Vinhos Verdes and the Douro wine regions, it offers an excellent introduction to the beauty of the Douro Valley. This is a vibrant spot whose beauty is sculpted out of mountain slopes and river waters.

The Porto de Rei Park has a busy river beach, a wading pool, gardens, grassy areas, a dock for touristic boats, and support facilities for swimmers. Small recreational boats are available, as are water sports. A picnic area and a snack-bar await near the river. Lifeguards are on duty throughout the swimming season.