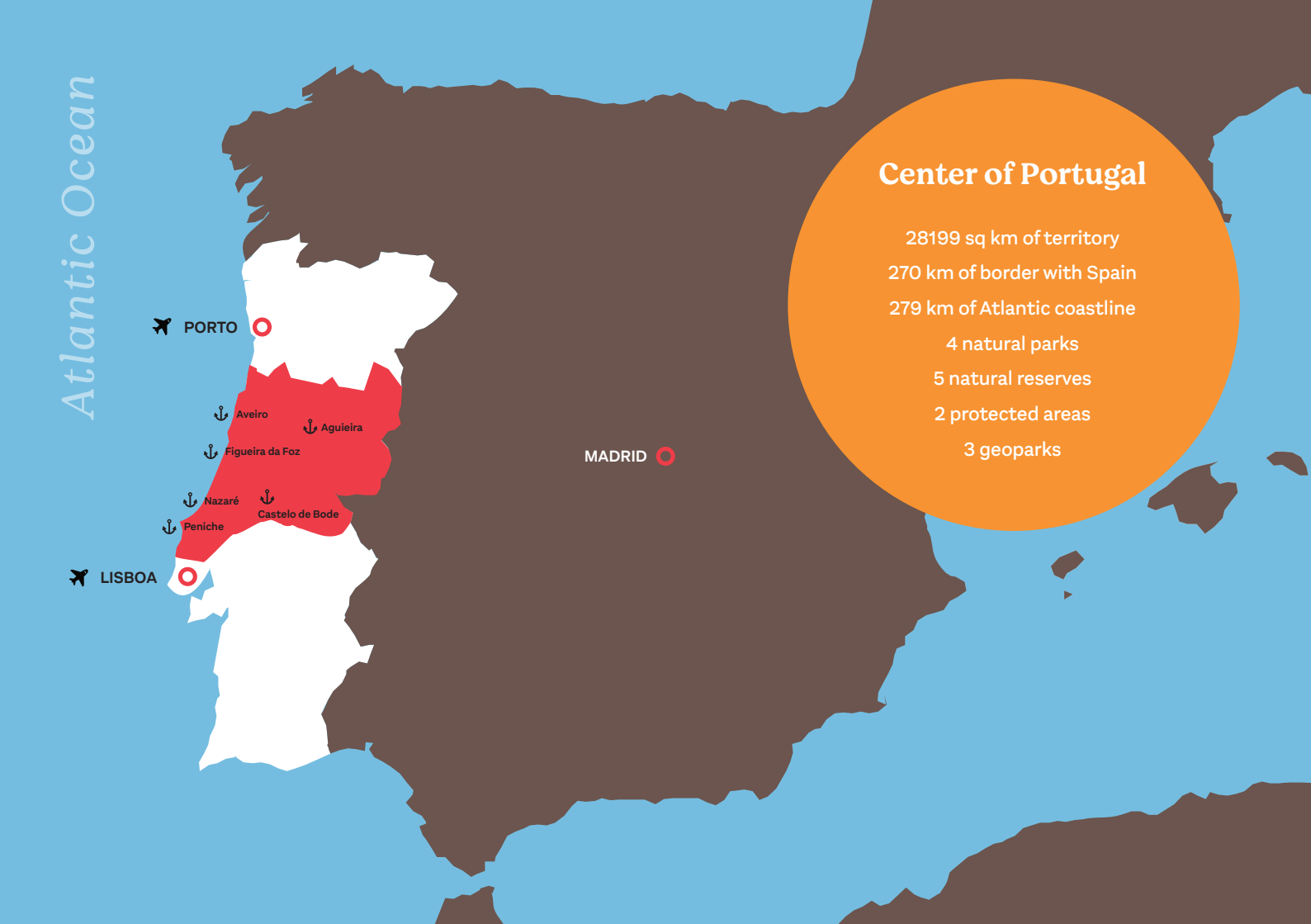
EN

Sea, the future



SANTA CRUZ BEACH

visit Center of Portugal


Atlantic Ocean
PORTO
LISBOA
MADRID
Aveiro
Aguieira
Figueira da Foz
Nazaré
Castelo de Bode
Peniche
Center of Portugal
28199 sq km of territory
270 km of border with Spain
279 km of Atlantic coastline
4 natural parks
5 natural reserves
2 protected areas
3 geoparks



PENICHE

279 km of Atlantic coastline embracing the region of Center of Portugal, reachable by plane either from Lisbon or from Porto airports.

The sea is a key element to understand the Portuguese soul. Source of inspiration for many poets and writers across the centuries, the Atlantic Ocean has always been, in the enlightened words of former politician Adriano Moreira, “our Atlantic window is our space of freedom”.

The Portuguese Discoveries played a major role in the exploration of the maritime world. A country of seamen and sailors, Portugal has been recognised for the high expertise and deep knowledge of sea-related issues.

Nowadays, the shift towards a blue economy sets the momentum of a new era, a rediscovery of the sea.

There are many blue economy companies and maritime hubs popping up in Center of Portugal, namely: ALGAplus in Ílhavo (cultivation of macro algae in the Atlantic); Flatlantic in Mira (fish farming, turbot and sole maternities and the greatest producer of Atlantic sole), MareFoz lab in Figueira da Foz (Marine and Environmental Sciences Centre powered by the University of Coimbra) or the Fresh Ocean Biomarine Centre in Nazaré (innovation and I&D hub; bivalve maternity).

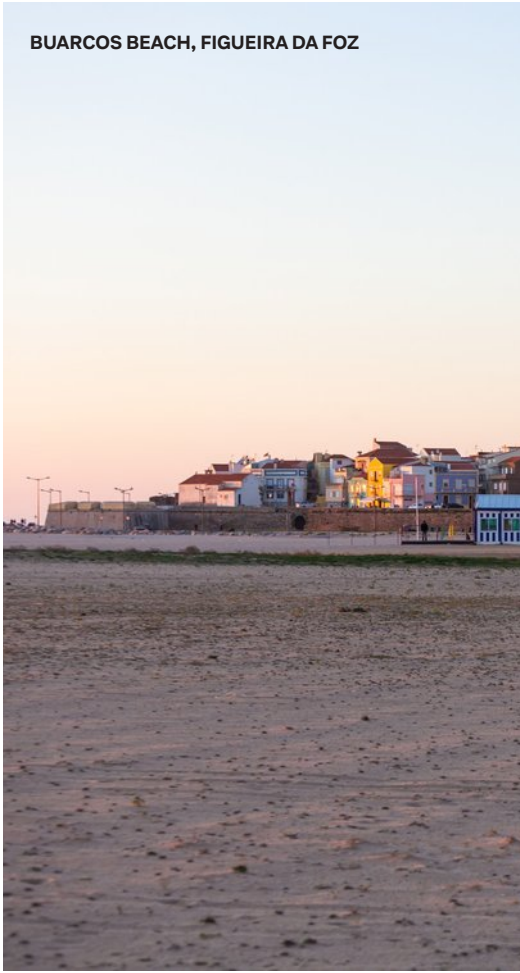
The concept of environmental sustainability is absolutely pivotal.

Portugal owns an enduring tradition of ship building and repair. The shipyards of Aveiro – Navalria – and Peniche – Estaleiros Navais de Peniche are a world reference of know-how, quality and expertise.

The Atlantic coastline of Center of Portugal is punctuated by impressive maritime landmarks, unique natural landscapes, outstanding surf spots, charming accommodations and exceptional maritime restaurants, where we can taste the freshest fish and seafood specialities and ocean flavours.

The sea as the path for a better future. A common goal.





BUARCOS BEACH, FIGUEIRA DA FOZ





BERLENGA ISLAND, PENICHE

From Aveiro to Figueira da Foz

Our journey starts in the enchanting region of **Aveiro**, known as "the Portuguese Venice", a city bathed by light. Home of a unique ecosystem in Portugal: the 47 km-long **Aveiro Lagoon**, Ria de Aveiro, that fascinates its visitors with its absolutely eye-catching biodiversity.

From the Atlantic coast, through the dunes, salt-pans and reed bed areas up to the first woods you will discover different habitats with a rich and varied birdlife. The Lagoon has the status of Important Bird Area (IBA) and Special Protection Area (SPA).

Here you will find the **Natural Reserve of São Jacinto Dunes**, a well-kept dune extension along the Atlantic coastline. The **"moliceiros"**, the colourful boats of Ria de Aveiro, are a true must of the city.

The **Monte Branco Shipyard Museum**, located in Monte Branco beach, in Murtosa, designed by the architect João Ruela, celebrates the great masters of Moliceiros boat construction, its techniques, tools and creative processes.

Oyster production plays a major role in local economy.

Comur is a prestigious preserved food factory located in Murtosa, and truly a success story! Founded in 1942, Comur continues to grow, meeting the most demanding excellence and quality standards. Preserved sardine is the most sought-after product, but the enterprise is mostly known for the production of preserved eels.

The surprising city of **Ílhavo**, located 6 km away from Aveiro, proudly exhibits its deep-rooted maritime tradition. It stands out as a stronghold of the codfish heritage, since this has always been a land of brave sailors who played a major role during the Portuguese Discoveries and the codfish campaigns in Newfoundland.

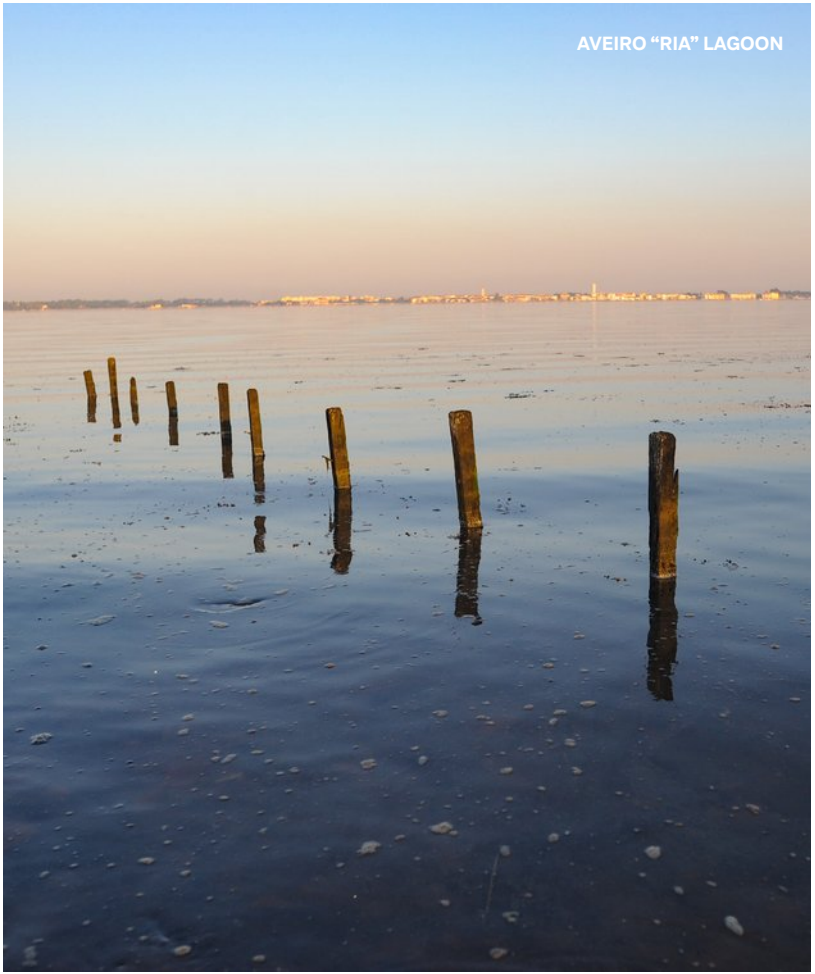
This maritime tradition can be witnessed in **Ílhavo Maritime Museum**, designed by the architects Nuno Mateus and José Mateus, and the surprising codfish aquarium.

Ílhavo is also an exciting destination for bike, beach and water sports' lovers, where travellers can find the most colourful beach in Portugal: **Costa Nova**, famous for its enchanting houses in stripes, along with the iconic 62 m-high **Lighthouse of Barra** beach.

The beaches of **Furadouro**, **Vagos** and **Mira** are examples of traditional fishing "arte xávega", a symbol of very ancient Portuguese fishing traditions.






AVEIRO “RIA” LAGOON



Moliceiros, Aveiro “Ria” Lagoon



Codfish Aquarium, Ílhavo Maritime Museum



Dry salted codfish



Barra Lighthouse



Natural Reserve of São Jacinto Dunes



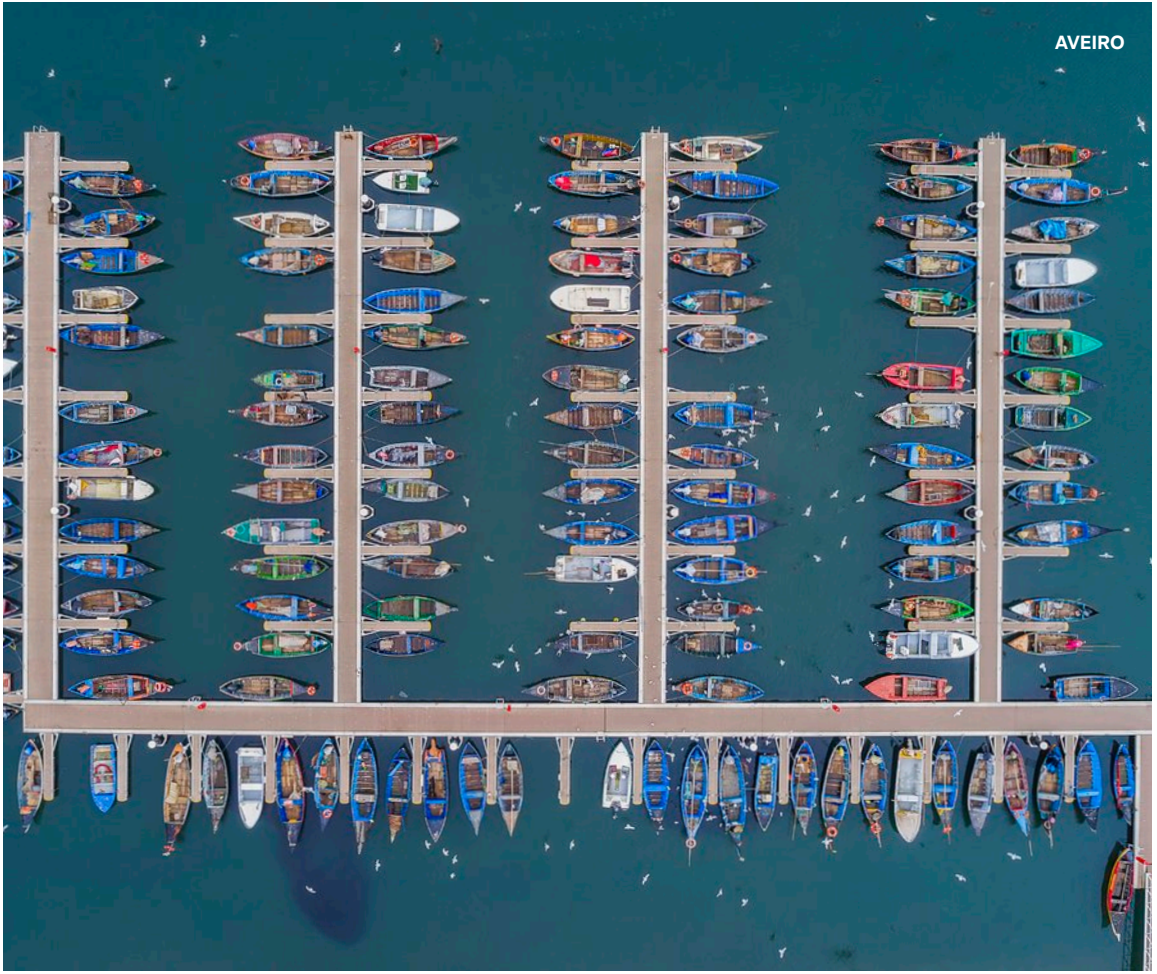
Costa Nova, Ílhavo




ÍLHAVO MARITIME MUSEUM


AVEIRO SALT PONDS





AVEIRO

Accommodation

Furadouro Boutique Hotel Beach & Spa
www.furadourohotel.com

Costa do Sal Boat Lounge Hotel
www.costadosal.com

Montebelo Vista Alegre Ílhavo Hotel
www.montebelohotels.com

Maçarico Beach Hotel
www.macaricobeachhotel.com

Sea Restaurants

Canastra do Fidalgo
Costa Nova beach

Clube de Vela da Costa Nova
Costa Nova beach

A Peixaria
São Jacinto beach

Salgáboca
Mira beach

Marinas & Leisure Ports

Doca de Recreio da Marina Clube da Gafanha
Caminho do Praião "junto à ponte"
Apartado 19
3834-907 Gafanha da Encarnação
E-mail: mc_gafanha@hotmail.com

Porto de Recreio do Clube de Vela Costa Nova
Av. José Estêvão
3830-453 Costa Nova
E-mail: cvcn@cvcn.pt
www.cvcn.pt

Porto de Recreio da Associação Náutica da Gafanha da Encarnação
Largo da Mota, 1
3830-488 Gafanha da Encarnação

Porto de Recreio da Associação Náutica e Recreativa da Gafanha da Nazaré
Forte da Barra, Apartado 91
3830 Gafanha da Nazaré

Porto de Recreio da Associação Náutica da Torreira
Av. Eng. Duarte Pacheco
Pavilhão Náutico
3870-322 Torreira

Porto de Recreio do Carregal
Porto de Recreio do Carregal
3880-163 Ovar

Ancoradouro do Jardim Oudinot
Avenida do Porto Comercial
Ancoradouro do Jardim Oudinot
3830-565 Gafanha da Nazaré





SEA FESTIVAL, ÍLHAVO

From Figueira da Foz to Nazaré

A prestigious beach resort for many decades, the inviting coastal city of **Figueira da Foz** continues to seduce its visitors with its unique flair and welcoming beaches.

The involving region is characterised by stunning landmarks, such as the 15 m-high **Lighthouse of Cape Mondego**, in Boa Viagem Mountain, dating back to 1922, between the wild beach of **Murtinheira** and Figueira da Foz.

The **Natural Monument of Cape Mondego** is the only cliff spot of the central Portuguese coast. An impressive set of wrinkled limestone rocks invading the sea. This is actually the place to understand the formation of the Atlantic Ocean.

Also worth highlighting: **Morraceira island**, inhabited by elegant flamingos, or the Salt Museum, paying homage to an ancestral local tradition.

Figueira da Foz is a great surf destination, owner of "Europe's best right". **Cabedelo beach** is a true reference in terms of surf, including adapted surf. "Gliding Barnacles" is "the" surf event, taking place every year between the end of August and beginning of September in Cabedelo beach. Just as barnacles live their lives clinging on to ship hulls, surfers live theirs cling on to their surfboards!

Leaving Figueira da Foz, we follow the course of the **Atlantic Road** (cycling path between Porto and Lisbon) across incredible natural landscapes, charming beaches and welcoming towns!

At the north-most spot, this Atlantic cycling path crosses **Osso da Baleia beach** (in Pombal), along the beaches of Vieira de Leiria and Pedrógão. These beaches are outstanding examples of the ancient fishing traditional "arte xávega", so typical of this region.

On low wooden stilts and bang on **Praia Velha**, Old Beach is an unpretentious, come-for-the-afternoon, stay-all-night spot. **São Pedro do Moel** is tiny and pretty, nestling between enormous pine forests and the noisy ocean, and is proud of its 500-year-old aristocratic heritage. In the charming beach of São Pedro de Moel, time for a stop to contemplate the magnificent 55-m high **Penedo da Saudade Lighthouse**, a fascinating landmark that dates back to 1912.

Paredes da Vitória is also a great surf spot, with a huge rock formation called "the castle" that has been shaped by the wind and the sea, creating a sleeping lion who rests in front of the Atlantic Ocean. **Vale Furado beach**, ideal for fishing, is a beautiful place between eye-catching cliffs.





Atlantic Road, S. Pedro de Moel



Claridade beach, Figueira da Foz



Morraceira Island, Figueira da Foz



Cabo Mondego Lighthouse



PENEDO DA SAUDADE LIGHTHOUSE, S. PEDRO DE MOEL



Accommodation

Malibu Foz Hotel & Restaurant
www.malibufoz.com

Bacharéis Charming House
www.bachareis.com

Fonte da Foz – Bed & Breakfast Terrace
www.fontedafoz.com

Mar & Sol Hotel
www.hotelmaresol.com



Sea Restaurants

SAND Murtinheira
Murtinheira beach

O Puro
Figueira da Foz

Estrela do Mar
São Pedro de Moel

O Tonico
Paredes da Vitória beach

Marina & Leisure Port

Porto de Recreio da Figueira da Foz
Av. de Espanha
3080-271 Figueira da Foz
E-mail: geral.apff@portofigueiradafoz.pt
www.portofigueiradafoz.pt





From Nazaré to Peniche

We say goodbye to the unique classical charm of Figueira da Foz and head to a once small fishing town that became a major surf Mecca, **Nazaré**. But Nazaré is more than its incredibly big waves. It is a deeply fascinating destination with countless secrets to unveil.

The canyon of Nazaré is a puzzling geological phenomenon which is 5.000 meters deep and about 230 km long. It is the cause of such incredibly monster waves, attracting top surfers from all over the world.

Put into perspective, the world's highest building - Burj Khalifa, in Dubai - is 828 meters-high, the Grand Canyon is 1828 meter-high and the Canyon of Nazaré is 5.000 meters-deep at its deepest point! The **Canyon of Nazaré** amplifies waves, increasing their size, speed and power, before they reach the shore. And there is no limit to how high these monster waves can be.

This is why surfers from all over the world pilgrim to **Praia do Norte** every Winter. In the Fort of S. Miguel Arcanjo are exposed the surfboards offered by these surfers who venture in the waves of the Praia do Norte.

The best view over Nazaré can be taken from **Sítio** district, where you can get to by funicular. This is the ideal spot to contemplate this absolutely unique coastal town, while feeling the wind on your face. The half-moon shaped beach of Nazaré is one of the most picturesque beaches in Portugal, seducing us with colourful beach huts, friendly dry fish sellers and dazzling natural beauty.

Fish drying in Nazaré is a remarkable trade mark of local identity. The origins of this tradition remain unknown, but this would be the best way to preserve food in times of scarcity. "Estindarte" has survived until the present day.
Leaving Nazaré, also an important water sports' center, we head to the sea-shell-shaped beach of **São Martinho do Porto**, ideal for families, located halfway between Nazaré and Caldas da Rainha. The beach of **Salir do Porto** has the highest dune in Portugal, which is 50 meters-high! Seen from the bay of São Martinho do Porto, you can have an idea of the real extension of this breath-taking dune.

In the south we will find the one-and-only beach of **Foz do Arelho**, located near Caldas da Rainha, set in a unique natural landscape, near **Óbidos Lagoon**, a coastal lagoon that covers an area of 2600 ha. This is the home of many migratory birds and aquatic biodiversity. In the cliffs of Foz do Arelho the wooden paths, designed by Nadia Schilling, perfectly set in the natural landscape, are a true must.





NAZARÉ “ESTINDARTE”



NAZARÉ


NAZARÉ GIANT WAVES



Surfer's Wall, Nazaré



Praia do Norte beach, Nazaré



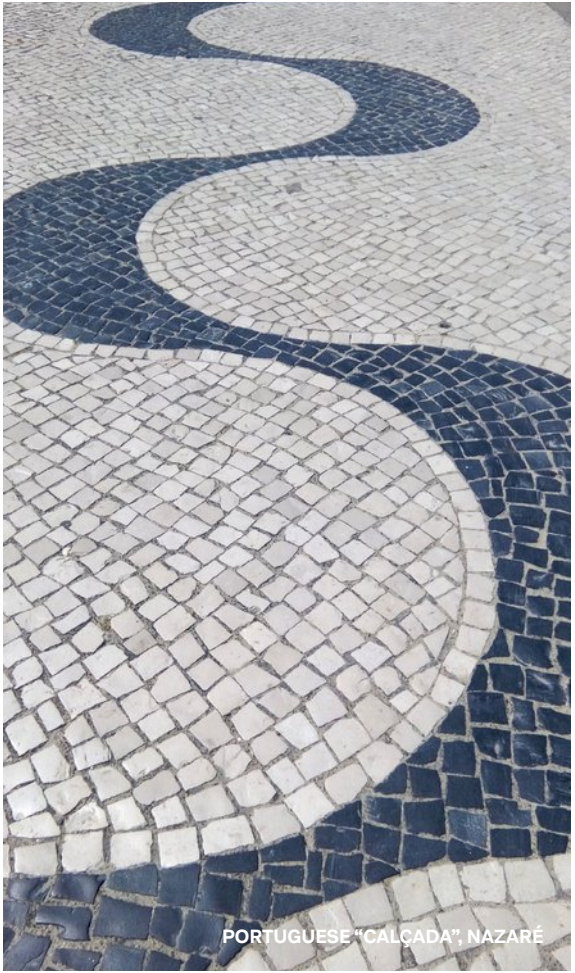
“Estindarte” dry fish, Nazaré







“SERMÃO AOS PEIXES” BORDALLO PINHEIRO
CALDAS DA RAINHA



PORTUGUESE “CALÇADA”, NAZARÉ

Accommodation

Hotel Maré
www.hotelmare.pt

Mar Bravo Hotel & Restaurante
www.marbravo.com

Feel Nazaré - Boutique Apartments
www.feelnazare.com

OHAI Nazaré Outdoor Resort
www.ohairesorts.com

Sea Restaurants

Pangeia
Nazaré

Taberna d'Adélia
Nazaré

Pesca no prato
São Martinho do Porto beach

Távola Lagoa
Foz do Arelho beach



Marina & Leisure Port

Núcleo de Recreio do Porto da Nazaré
Estação Náutica do Oeste
2450-075 Nazaré
E-mail: centro.nazare@imarpor.pt
www.docapesca.pt





From Peniche to Ericeira

We leave the gravity-defying waves of Nazaré and set for the discovery of **Peniche**, a paradise for geology, birdwatching, surf and diving aficionados. A place of warm hospitality, authentic people and breath-taking views over the Atlantic Ocean.

Peniche has always lived from the sea. In the remote past it used to be an island, but thanks to the wind and the sea tides it became a peninsula. The **Lighthouse of Cape Carvoeiro** illuminates the ocean since 1790, rising 26,5 meters above the sea.

The port is the lively, colorful center of the city's fishing industry. Fresh fish auctions are fully computerised licensed venues, very different from what they were a few decades ago. In fact, it was the fresh fish auction in Peniche that, in 2009, started the online trading of fish in Portugal!

In the port of Peniche you will be impressed by the image of old ladies patiently sewing the fishing nets. The "atadeiras" of Peniche, often retired women who care for the maintenance of the fishing equipment. Hard-working hands that are the warm-hearted essence of Peniche.

Peniche is a world-acclaimed surf destination and a regular stage of international surf competitions. The Rip Curl Pro Portugal takes place every year in **Supertubos beach**. The iconic stage of one of the most prestigious competitions, on a national and international level, between all-waves related sports.

Heavenly placed on the shore of Peniche, **Berlenga archipelago** consists of 3 groups of small islands: Berlenga Grande (the only inhabited one, that can be visited by boat from Peniche with limited access for sustainability purposes) and the nearby reefs, Estelas and Farilhões-





SANTA CRUZ BEACH



BALEAL BEACH, PENICHE

-Forcadas; their geological nature is different from that of the Portuguese coast. The islands have their particular fauna and flora, with characteristics that make their ecosystem unique in the world.

The Natural Reserve of Berlenga and involving reefs of the archipelago of Berlenga are the marine reserve with the highest underwater diversity of the Portuguese coastline. The 29 m-high **Lighthouse of Berlenga**, dating back to 1842, is a reference point of the island.

The **beach of Baleal** (meaning whale), located north of Peniche, stretches between two seas as if it was an island (which in fact it was). Like **Consolação beach** further south, its excellent conditions for surfing and body-boarding make it very popular.

Local gastronomy in Peniche is deeply influenced by the sea and by the abundance of fish. There are many restaurants located in Peniche, in nearby Baleal beach or in Berlenga, where travellers can taste the very best regional specialities. Fish is by all means the all-mighty king of every table in Peniche!

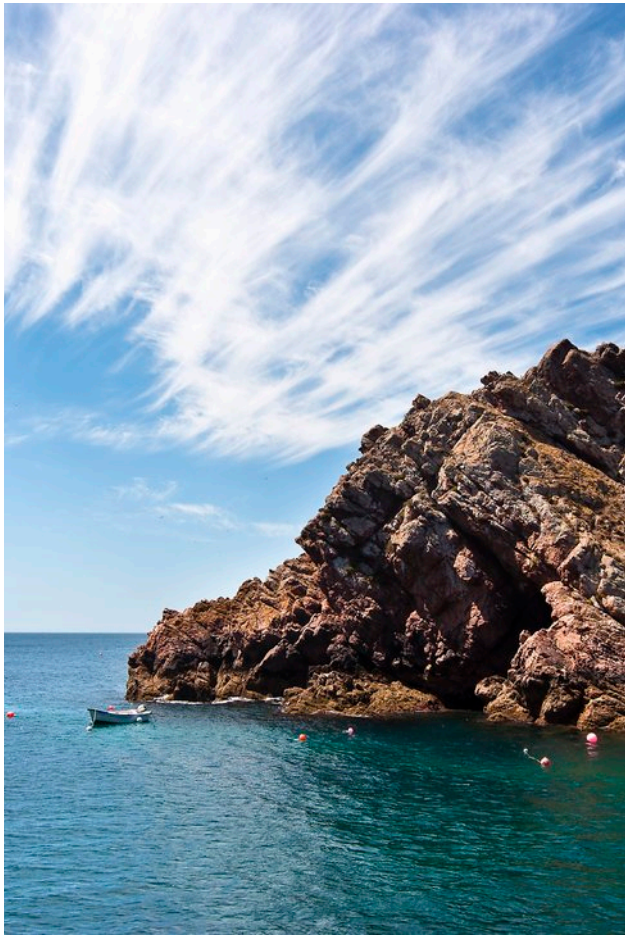
Heading south, **Santa Cruz** beach is a deeply vast beach with crystal-clear waters, wild cliffs, never-ending sand areas and remarkable rocky formations with curious shapes, such as the 30-meters high **Penedo do Guincho**. A truly heavenly place for surfers! Every year Santa Cruz Ocean Spirit attracts countless surfers from all over the globe.

Apart from being a sought-after golf destination, the west coast of Center of Portugal offers extraordinary beaches, wild cliffy landscapes, the unique ecosystem of **Óbidos Lagoon** and a pleasant weather all year round.

We need to wait for low tide to discover the face of José Saramago, sculpted by Alexandre Farto aka VHILS on the rocks of a pier in **Paimogo beach**, in Lourinhã. A sort of poetic epiphany that so beautifully portrays the Atlantic Portuguese soul!

“Ah, todo o cais é uma saudade de pedra!”, *Ode Marítima*, Álvaro de Campos.





Berlenga Island, Peniche



Bairro do Visconde, Peniche



“Atadeiras”, Peniche Port



Nau dos Corvos, Cape Carvoeiro, Peniche



Óbidos Lagoon



Baleal beach, Peniche


SANTA CRUZ BEACH

Accommodation

WOT Peniche
www.wotelshub.com

Ride Surf Resort & Spa
www.ridesurfresort.com

Areias do Seixo Hotel and Villas
www.areiasdoseixo.com

Noah Surf House
www.noahsurfhouseportugal.com

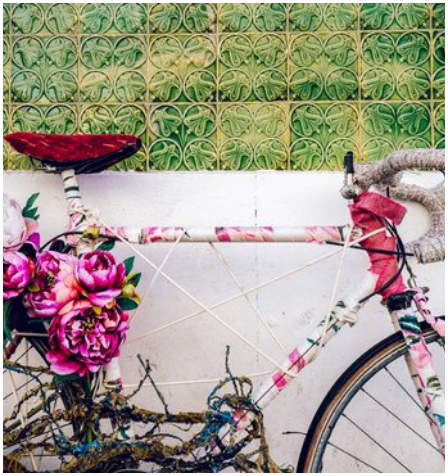
Sea Restaurants

Xakra Beach Bar Restaurant
Peniche

Prainha Wine Bar
Baleal beach

Mesa da Ilha
Berlenga island

Bronzear Beach Bar & Restaurant
Santa Helena beach



Marina & Leisure Port

Marina da Ribeira, Peniche
Largo da Ribeira Velha
2520 Peniche
E-mail: geral@imarpor.pt
www.docapesca.pt



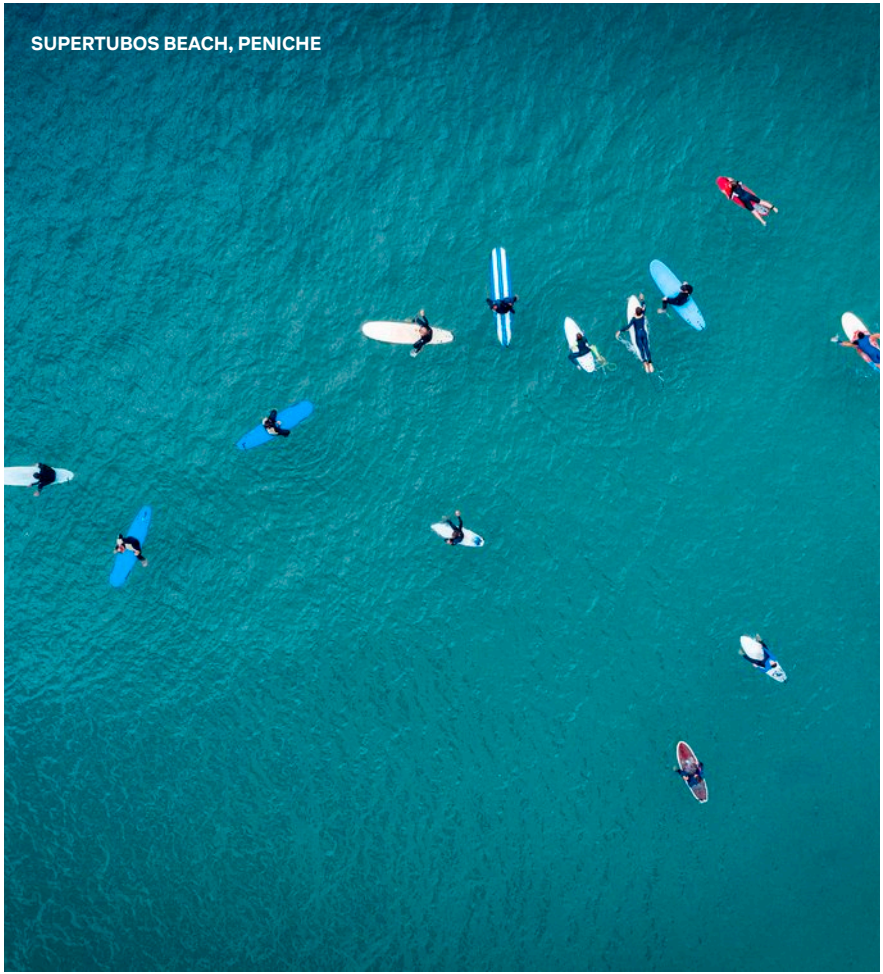
BAIRRO DO VISCONDE, PENICHE





PENICHE FISH MARKET


SANTA CRUZ BEACH


SUPERTUBOS BEACH, PENICHE



Aguieira Dam Reservoir

Also known as the Dam of Foz do Dão, Aguieira Dam is placed between the cities of Viseu and Coimbra. It has an area of 20 square km across the municipalities of Penacova, Carregal do Sal, Mortágua, Santa Comba Dão, Tábua and Tondela. Its waters are perfect for leisure activities, such as: fishing, swimming, sailboat sailing and rowing. Many international rowing teams choose Aguieira reservoir as their training spot.



Accommodation

Montebelo Aguieira Lake Resort & Spa
www.montebelohotels.com

Restaurant by the water

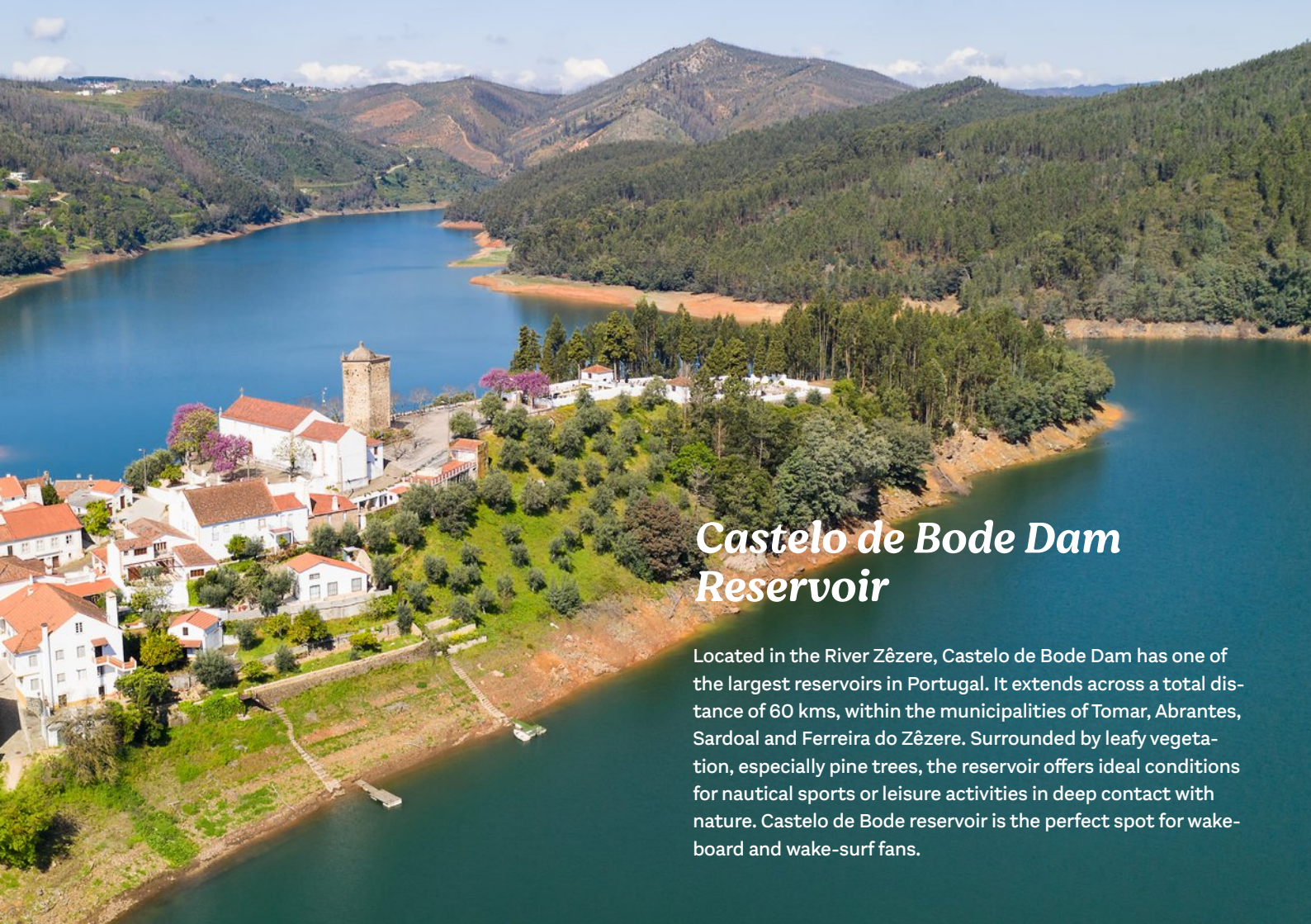
CotaMáxima
Granjal – Santa Comba Dão

Marina & Leisure Port

Marina Montebelo Aguieira
Vale da Aguieira- Garafuncho
3450-010 Vale da Aguieira
E-mail: montebeloaguieira@montebelohotels.com
www.montebelohotels.com







Castelo de Bode Dam Reservoir

Located in the River Zêzere, Castelo de Bode Dam has one of the largest reservoirs in Portugal. It extends across a total distance of 60 kms, within the municipalities of Tomar, Abrantes, Sardoal and Ferreira do Zêzere. Surrounded by leafy vegetation, especially pine trees, the reservoir offers ideal conditions for nautical sports or leisure activities in deep contact with nature. Castelo de Bode reservoir is the perfect spot for wakeboard and wake-surf fans.



Accommodation

Zab Living
www.zabliving.com

Restaurant by the water

Sabor da Pedra
Alverangel – Tomar

Marina & Leisure Port

Marina de Castelo de Bode
Estação Náutica de Castelo do Bode
Quinta do Alcôr Casalinho
2300-167 São Pedro de Tomar



visit Center of Portugal



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