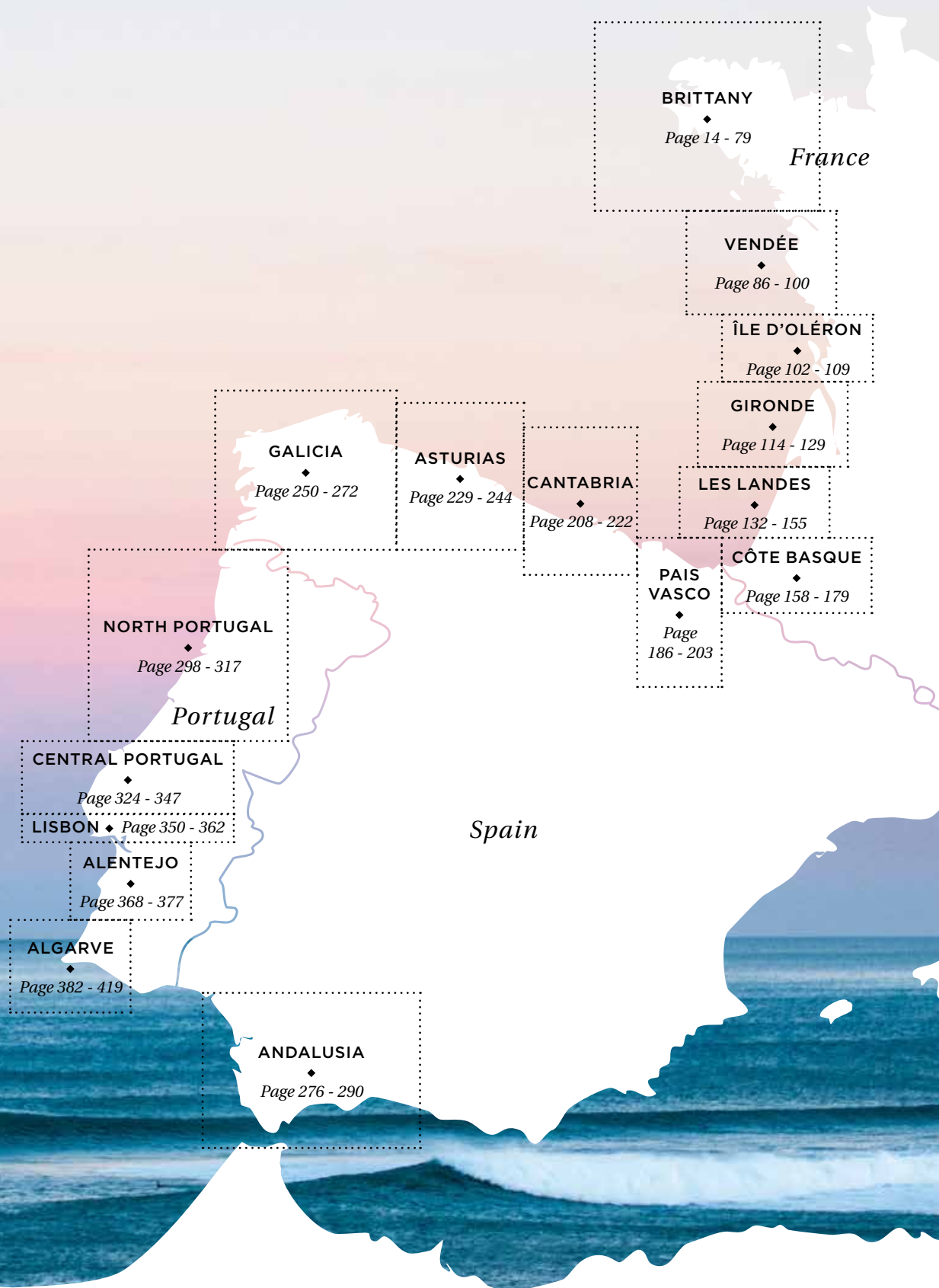




I LOVE THE SEASIDE

THE SURF & TRAVEL GUIDE TO SOUTHWEST EUROPE





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SURFER-TRAVELLER TYPE PENICHE AND ERICEIRA

You're passionate about making the most of a surf holiday, and excited at the thought of spending every hour you can in the water, throwing BBQs with friends, going out and about in town and jumping out of bed to press repeat each day. You like your waves to be world class, can handle an angry look from a local surf hotshot, and still show him or her respect. You love reef, river and beachbreaks to the same extent, and have a daily craving for fresh seafood washed down with a cold beer and a couple of shots in a lively bar.



IN AND AROUND PENICHE

When talking about Peniche, it's rarely the town Peniche that comes to mind, it's the headland that sticks out from the almost uninterrupted west-facing coastline of Portugal that we all know. Because of its shape, making it surfable in all sorts of swell and wind conditions, it's a hugely popular surf destination. Some might argue that it's too popular, too crowded, and that the vibe's not great because of tension between local surfers, the many, many surf schools, surfing travellers, and tourists that do a bit of surfing on the side. We'll leave that up to you to decide. Meanwhile, we do have a few tips on what's to love about the area, and besides our small collection of favourite places, you'll find truckloads more – especially so, with such an ever-expanding, fast-changing surf magnet as Peniche.

Tourist office at Rua Alexandre Herculano (in the Rendas de Bilros building).



Photo: Melchor van Nigtevecht

TO DO



Óbidos (1), once listed as one of the seven wonders of Portugal, is likely on every tourist's tick-list. But, even if you'll never be alone, it's definitely worth the little detour inland. The town's surrounded by a stone wall which you can use as a path and look down on the red-tiled, whitewashed houses, before you descend to the cobblestone streets to wander through the maze-like town. Parking's easy, just outside the town walls, and there's also a car park for campervans with facilities. (And be sure to buy or try the Licor de Ginja - Ginjinha - while you're there, their sour cherry liqueur's known for being one of the best in Portugal.)



With the **Shape and Stay** package of **Yoni Eco Surfboards (2)** you can build your own wooden surfboard, under the guidance of Yoni boards shaper Zé. Stay at their Eco Lodge, work on your board and enjoy the company of your fellow shapers at the communal dinners.

a. Bairro Encosta do Sol, 2510-441 Óbidos
t. +351 9 64 264 319
w. yonisurfboards.com

Three small islands just off the coast of Peniche form **Berlengas Archipelago (3)**, a nature reserve, and the perfect refuge for migrating birds and endangered species, like the puffin - a bird with some similarities to a penguin. There are walking paths leading to grottos and a fortress. Between May

and October boats from Peniche Marina leave daily, to and from the reserve.



The beach of Supertubos is the site for the annual **World Surf League Championship Tour (4)** (MEO Pro Portugal).

w. worldsurflleague.com

At **Yoga Center Peniche (5)** you can attend daily yoga classes, from hatha to ashtanga and yin yoga, or book a massage: Ayurvedic, Thai, Lomi Lomi, Reiki and more.

a. Avenida do Mar 170-M, 2520-051 Baleal
t. +351 9 61 410 293 (Sabina)
w. yogacenterpeniche.com





The Getaway Van (14) rents out new and sturdy Ford Transit mini campervans, with the option to rent additional items. Open all year. ♦♦♦♦

- a.** Rua do Barroco 174,
Centro Empresarial da Arroiteia (Poente),
Fracção O, 4465-591 Leça do Balio
t. +351 2 29 514 904 / 9 25 324 341
w. the-getaway-van.com



The Poets Inn (15) was created by (surf) travellers for (surf) travellers. They offer 9 originally decorated rooms, a great view over downtown Porto, books to read, art to admire and enough comfort to feel at home. Poets Inn is located close to 'Torre dos Clérigos', which can be seen from almost every part of the city; hard to get lost! The Inn recommends visiting Porto ex-Librium and Lello, 'the most beautiful bookshop in the world.' Open all year. ♦♦♦♦♦♦



- a.** Rua dos Caldeireiros 261,
4050-142 Porto
t. +351 2 23 324 209
w. thepoetsinn.com



Survivor Porto Surf Hostel (16) is located in one of the oldest city quarters, Foz do Douro, with an ocean view and within walking distance of Porto's surf spots. They have private single and double rooms and dorms. Yoga, surf lessons and rental available. Open all year. ♦♦♦♦♦♦

- a.** Avenida do Brasil 816, 4150-154 Porto
t. +351 9 39 336 434
w. survivorcamp.com

Located downtown, colourful **Mim Hostel (17)** is ideally located for a little city exploring by day and by night. Private rooms and dorms. Open all year. ♦♦♦♦

- a.** Rua João das Regras 96,
4000-290 Porto
t. +351 9 60 023 267
w. mimhostelporto.com



Oporto Surf Lodge (18), right next to Praia de Cortegaça, a few km south of Espinho, is a lovely home to surfers, their families and partners. The lodge, done up with lots of wood, offers double rooms with private bathroom, communal kitchen and sunny patio with (warm!) outdoor shower. There's also an apartment (sleeps 6) and the studio (sleeps 2). Option to rent surfboards and wetsuits, take yoga and surf



lessons or surf guiding, SUP tours or book a massage. Open all year. ♦♦♦♦

- a.** Rua do Clube de Campismo os
Northenhos 69, 3885-278 Cortegaça
t. +351 9 65 228 145
w. oportosurfcamp.com



Camper Van Parking Murtosa (19) is a very, very nice place to rest your van and wandering spirit for a night or two. Tranquil, views over the water, watching the fishermen and their colourful boats sail in, walking through fields, feels like someone pressed the pause button on time, just like in all the surrounding villages. Some water taps at the picnic area and toilets at the entrance to the port. Opposite Aveiro, 1 km from Murtosa. Open all year.

- a.** Rua Vasco da Gama, 3870 Bico

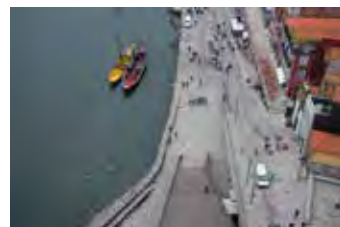




Photo: Surf Around Portugal

SURF



Praia Grande (II), backed by impressive cliffs, is a beachbreak with several peaks to choose from. Works with small to medium nw-sw swells, best from low to mid tide. ♦ *All levels, but heavy shorebreak. At the north end of the beach is a saltwater swimming pool, safe to go with kids if the shorebreak's dumping into the sand.* ♦

Praia das Maças (I), just to the north, is a tiny bay, sand and rock bottom, best at low tide with a small nw-sw swell. All levels. There's a quaint electric tram running between Sintra and Praia das Maças. ♦ *Parking can be a*



hassle in summer, but easy off season/toilet/shower/surf school/surf shop/restaurant. ♦



Guincho (III) is known best as a windsurf spot. A beautiful stretch of beach with a backdrop of green hills, cliffs and dunes. Picks up loads of swell and can handle some wind, but usually in the

afternoon it's windsurf heaven and surf hell, so surf early. Powerful waves that work well with small to medium nw to sw swell, at all tides, strong current. ♦ *Intermediate and advanced level. Easy parking/surf school/surf shop/toilet/shower/bar/restaurant.* ♦

Carcavelos (IV) is a long sandy beach that's very popular with the local Lisbon crew. Although sandbanks shift and there are several peaks, you'll never surf alone. Works best with medium nw to sw swell, at all tides. ♦ *All levels. Parking can be as crowded as the peaks but there's good public transport to the beach/surf school/toilet/shower/bar/restaurant.* ♦

Heading south, crossing the water, **Costa da Caparica (V)** offers a never-ending stretch of beach, getting less crowded, less urbanised, and cleaner



Photo: Lisbon Crooks

SCHOOL RENTAL REPAIR

water as you continue further south. Some small breakwaters have formed good sandbars and every section will have it's own crew on it. Works with small to medium w-sw swell, and a big nw swell. ♦ *All levels. Paid parking/toilets/surf school/surf shop/bar/restaurant.* ♦

Fonte da Telha (VI) is less organised, less urbanised and less crowded than Caparica, but still a popular spot. Peaks spread out and the beach can produce anything from fun surf to epic waves. Best with small to medium nw to sw swell from low to mid tide, although can work with all tides. ♦ *All levels. Easy parking/toilets/bars/restaurant.* ♦

Surf At Surf School and Camp (40) offers private or group surf and bodyboard lessons, and surf camps from 4 to 7 days. Operating from Praia das



Maças and Praia Grande.

- a. Praia das Maças (at Restaurante Neptuno)
- t. (+351) 9 17 854 579/9 66 421 811
- w. surfatsurfschool.com

Praia Grande Surf School (41) offers surf and bodyboard lessons, group or private. Open all year.

- a. Avenida Alfredo Coelho 41, 2705-329 Praia Grande
- t. +351 9 18 470 045
- w. praiagrandesurfschool.com

Choose between personal surf coaching, surf and stay, or just bed and breakfast at **Guincho Surf House (42)**.

- a. Avenida Nossa Senhora da Assunção 1111, 2755-140 Guincho
- t. +351 9 14 994 659
- fb. Guincho Surf House



Moana Surf School (43) has daily surf and SUP lessons, and other outdoor activities like climbing, mountain-biking, sightseeing tours and fishing trips. They're located at their restaurant, Bar do Guincho, at the beach.

- a. Praia do Guincho
- t. +351 9 64 449 436
- w. moanasurfschool.com





8. PRE SURF: PARVATASANA IN ANJANEYASANA

Upward Bound Finger Pose in Low Lunge

Sitting a lot, especially on your surfboard, can cause your hip flexors to tighten.

These muscles allow you to lift your knees and bend at the waist, both essential movements for surfing. This low lunge opens the hip flexors which improves your movement. Adding the arm movement is not only great to tone them but also helps train the mind to move legs and arms separately from each other.

Benefits:

Opens hip flexors, quadriceps and groin. Aids mental focus. Opens chest and keeps wrists and forearms toned.

How:

From a standing position, step your left leg back, bend your right knee (make sure that at all times your knee is above and in line with your ankle), and place your hands on the floor on either side of your right foot, or on top of your knee. Slide your left leg back with the top of your foot on the floor. Once you are stable in your low lunge, clasp the hands in front of you with completely straight arms. Turn your hands inside out and bring arms overhead. It's more important that you keep the arms straight than to bring them overhead.

Note:

If you're not doing this pose on the beach, use a blanket for your back knee.



SEASIDE LOCAL: LIZZY

Lizzy is actually Lisa Marques, a French-born artist who grew up on the Silver Coast of central Portugal and now lives in Peniche. Her daily life here is peaceful, as Lizzy says herself: "I do my illustrations at home, I help out at Hangfive, a great shop of some friends - selling surf art, retro boards and supporting local projects. Usually I can surf every day. Being in the ocean feeds my soul and inspires me in all the areas of my life. And surfing is the perfect excuse to be in the water any time, sometimes I just need a dip or a long walk by the sea."



After finishing her masters degree in Environmental Tourism, she continued to work on finding an area that balanced the desires of the surf community, surf industry and touristic exploration. This search led to her working for MY Destiny; a non-profit organisation who aim to increase the sustainability of shore communities through surf and travel, but also to another discovery: "At the same time I found my mission by the sea - drawing."

As long as she can remember, art, pencils, paint and ink were part of her life. Lizzy attended a graphics course, but only started drawing again after finishing her degree.

"Captains, mermaids, mythical characters, tribal patterns. It was like a 'click' for me. I truly believe that where our heart is, is our mission. And we do need more soul in things!"

Her main inspiration is the ocean, and what it represents. "I see surfing as a way for spiritual and self improvement, and the ocean as the great master. 'I love the sea, because it teaches me', as writer Pablo Neruda said. We always search for perfection, and waves are the best metaphor for life. The perfection depends on how willing you are to catch waves. If you go out often, no matter how the waves are, you will find some perfect days, because you did the preparation in 'bad' days. On the other hand, if you are only waiting for those perfect days of surfing, maybe when you're out there, you won't appreciate it. We need the bad experiences to give significance to the good ones."

Check out Lizzy's work at:
w.lizzyartworkshop.com [i.lizzyartwork](https://www.instagram.com/lizzyartwork)





I LOVE THE SEASIDE

WHY TAKE THIS GUIDE ON YOUR JOURNEY?



Surfing and travelling: I Love the Seaside offers the best of both worlds, and a little more. For this guide we explored surf meccas in France, Spain and Portugal, extensively. From the well-known beaches of the Algarve and the Basque country to lesser-known, friendly surf areas like Galicia, Andalusia and Brittany.

Of course, you can check where and when to surf, for all levels, but we aim for much more than that, by giving you a good sense of the backdrop, the scenery and the atmosphere. Our guide points out the best places to hang out, to do some funky shopping, or other activities; like horse riding, yoga, hiking, biking, visiting a spa or getting a good massage. We guide you to the nicest seaside accommodations and coolest places to eat or enjoy a sunset beer, all to suit your budget.

AND THERE'S MORE!

Read our little snippets of info and some short stories about interesting local people.

Learn yoga tips and tricks to help improve your surfing, and overall health, fitness and well-being.

Get knowledgeable about local foods, and some delicious local recipes.

The I Love The Seaside Surf and Travel guide aims to inform, entertain and give a good read, all in one.

You like THIS guide? Check out our other guides for more seaside destinations!



We're here to inspire, so you can go and explore.



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