

**ALL BEACHES ARE ORDERED FROM NORTH TO SOUTH, ALONG THE COAST OF PORTUGAL**

<b>BEACH</b>	<b>*</b>	<b>GEOGRAPHICAL POSITION</b>	<b>CHARACTERISTICS</b>
<b>Bela Vista</b>	****	Between Caparica and Fonte da Telha, South of Lisbon	<u>Official Naturist Beach</u> , wide shore and dunes
<b>Meco</b>	*****	Between Lagoa de Albufeira and Sesimbra, South of Lisbon	<u>Official Naturist Beach</u> , wide shore, cliffs with spring water
<b>Praia do Salto</b>	*****	Near Porto Covo, between Cerro da Águia and Cerca Nova	<u>Official Naturist Beach</u> , on the Sines County
<b>Alteirinhos</b>	****	Alentejo, South of Zambujeira do Mar	<u>Official Naturist Beach</u> , with very pretty small hide-outs
<b>Adegas</b>	****	Near Odeceixe Beach, where the Algarve West coast begins	<u>Official Naturist Beach</u> , small cosy bay among rocks
<b>Ilha Deserta</b>	***	Algarve, southeast extreme of Portugal	<u>Official Naturist Beach</u> , daily transport from Faro
<b>Ilha de Tavira</b>	***	Algarve, between Olhão and Tavira	<u>Official Naturist Beach</u> , large white sand shore

Above are Official Naturist Beaches. Below is a list of other beaches where being nude is usual, aligned from North to South

<b>Afife</b>	*	North of Viana do Castelo, in Minho Province	Rocky Beach, not much sand, better on high tide
<b>Paçô</b>	*	Between Afife and Viana do Castelo, in Minho Province	Rocks and a good stretch of sand, occasional nudity
<b>Rodanho</b>	*	South of Viana do Castelo, in Minho	Clean and isolated beach, between Cabedelo and Amorosa
<b>Estela</b>	**	North of Póvoa de Varzim, in Minho	Wide sandy beach with many nudists, mainly on weekends
<b>Rio Alto</b>	*	Between Viana do Castelo and Póvoa de Varzim	Wide stretch of white sand and dunes
<b>Cabedelo</b>	*	Gaia, on River Douro's mouth	On the hill opposite to the sea
<b>Furadouro</b>	*	Between Espinho and Aveiro, from Ovar	Wide white sand beach, occasional nudity on the North side
<b>Costinha</b>	**	South of Aveiro, between Costa Nova and Vagueira	White sand, low dunes, access by a footpath
<b>Duna Alta</b>	***	South of Aveiro, between Vagueira and Areão	White sand, long dunes, nearby parking, pretty surroundings
<b>Palheirão</b>	****	Between Aveiro and Figueira da Foz	White sand, long dunes, clean water
<b>Almadoiros</b>	***	Half way between Palheirão and Tocha	Occasional nudism, growing very fast
<b>Cova-Gala</b>	**	South of Figueira da Foz, past Praia da Cova	South of Orbitur textile Camping. White sand and high dunes
<b>Osso da Baleia</b>	**	Near Pombal, South of Figueira da Foz	Very long beach, with occasional naturists since 2002
<b>Vigão</b>	**	Between Pedrogão and Vieira de Leiria	Over 3 kms of savage unattended beach
<b>Samouco</b>	**	Between Vieira de Leiria and S. Pedro de Moel	Wide stretch of white sand
<b>Norte</b>	*	Just outside Nazaré, to the Northwest	Occasional nudity
<b>Salgado</b>	*	Between Nazaré and Peniche	Occasional nudity, a fast growing habit
<b>Gralha</b>	*	Near S. Martinho do Porto, South of Nazaré	Small sand beach under a cliff
<b>Rei Cortiço</b>	*	Between Foz do Arelho and Praia d'El Rei	Occasional nudism
<b>Praia d'El Rei</b>	*	North of Peniche, between Baleal and Óbidos Lagoon	Occasional nudism
<b>Almagreira</b>	*	Central Portugal, near Peniche, North of Baleal	Long white sand beach, occasional nudism

<b>Valmitão</b>	*	Between Peniche and Torres Vedras, near Lourinhã	Occasional nudism
<b>Aguda</b>	*	Sintra, between Magoito and Azenhas do Mar	Occasional nudism
<b>Adraga</b>	**	Sintra, Colares, from Almoçageme	Parking and Restaurant, some nudism on the North far end
<b>Ursa</b>	****	Near Cabo da Roca, between Sintra and Cascais	Tiny beach, steep slopes, difficult to reach, very pretty
<b>Abano</b>	***	Between Sintra and Cascais, North of Guincho	Small beach protected by low hills, rough sea
<b>Fonte da Telha</b>	****	Between Bela Vista and Meco, South of Lisbon	Wide shore, cliffs, dunes and bush, nudism on the south side
<b>Rio da Prata</b>	****	Between Meco and Bicas	Wide sand beach, less than a mile South of Meco
<b>Bicas</b>	*	South of Meco, between Lagoa de Albufeira and Sesimbra	Sand stretch protected by cliffs, nudism on the north end
<b>Ilhau</b>	*	South side of Setubal Peninsula	Small beach, very discrete
<b>Comporta</b>	***	South of Setúbal and the Tróia Peninsula	Vast white sand beach with low dunes and few persons
<b>Monte Velho</b>	**	Alentejo coast, between Sto.André and Sancha lagoons	Wide white sand beach, easy access by tar road
<b>Pessegueiro</b>	**	In front of the Island, between Porto Covo and Milfontes	Rock formations and white sand, nudism on the little beaches
<b>Malhão</b>	****	Alentejo, North of Milfontes	Shallow cliffs, water springs, nudity on the north side
<b>Brejo Largo</b>	****	Alentejo, between Milfontes and Almogrove	Wide white sand beach, with rock formations on the right
<b>Foz dos Ouriços</b>	****	North of Almogrove, very well hidden place	Small beach with a river and a fountain, wonderful place to go
<b>Vale Figueira</b>	***	Coast of Alentejo, between Aljezur and Vila do Bispo	White sand, very clean, protected from the winds
<b>Cordama</b>	**	West coast of Algarve, North of Sagres	Difficult access from Vila do Bispo, very isolated spot
<b>Beliche</b>	****	Algarve, between Sagres and the Cape St. Vincent	Place of great beauty and very transparent waters
<b>Barranco</b>	****	Algarve, between Sagres and Furnas Beach	Very clean white sand, good beach for water sports
<b>Zavial</b>	***	Algarve, between Lagos and Vila do Bispo	Small bay of very transparent waters, cosy and nice
<b>Furnas</b>	****	Algarve, East of Vila do Bispo, near Figueira	Very difficult to reach and hard to find, yet a little paradise
<b>Cabanas Velhas</b>	***	Algarve, West of Lagos, near Burgau	White Sand beach, wide space, parking, smooth sea
<b>Pinheiros</b>	****	Algarve, near Lagos, between Piedade and Camilo	Extraordinary beauty, the nature at its purest
<b>Meia Praia</b>	****	Algarve, near Lagos, by the Palmeiras Golf Court	Wide white sand beach, usually not many persons there
<b>Prainha</b>	**	Algarve, between Lagos and Portimão	Rock slopes, small caves, white sand, nudism on east side
<b>João d'Arens</b>	***	Algarve, near the Alvor	Small beach of white sand between rock formations
<b>Submarino</b>	*	Algarve, between Prainha and Caneiros	Small beach with occasional nudity
<b>Caneiros</b>	**	Algarve, at Ferragudo, near Portimão	Small beach with a nice view, but exposed to outside peeping
<b>Afurada</b>	****	Algarve, between Portimão and Carvoeiro	Tiny cosy beach and the place to go for adventure!
<b>Praia Grande</b>	**	Algarve, between Pera and Albufeira, near Salgados	Long white sand beach, quiet sea, good for swimming
<b>Deserta</b>	*	Algarve, near Faro	White sand, very isolated beach
<b>Armona Island</b>	**	Algarve, between Olhão and Fuseta	Long stretch of white sand, sea very calm, good for children

Last update: June 10, 2010