

Autumn sun and golden sands in Lisbon



From L-R: Beaches in Arrábida, Cascais and Ericeira

As we welcome in the cooler weather closer to home, travellers seeking autumn sunshine will find it in Lisbon. With up to 290 days of sun a year, and within easy reach of the UK, the Portuguese capital offers a dynamic mix of glorious golden sands and idyllic Atlantic waters with picturesque countryside and a vibrant and culture-packed city for travellers seeking the ultimate autumn escape.

Here, the Lisbon Tourism Association highlights some of the best places to soak up the sun, from family friendly beaches to secluded coves and sporting hotspots...

A stone's throw from the city

With the Atlantic coastline just 20 minutes from the centre city, an ocean dip or a day by the sea is close at hand. Head south and the Costa da Caparica, a 15km stretch of fishing villages, small coves and large stretches of sand has some of the closest beaches to explore. To the west, visitors looking for quieter sands will find smaller beaches such as Avenças, São Pedro and Parede which can be reached via a coastal seafront walk.

Serene and secluded

Arrábida is home to some of Lisbon's most beautiful and rural beaches, many of which are remote and offer picturesque clear blue waters. Sheltered by the region's famous lush green hills, the beaches of Galapinhos, Galápos, Coelho, Creiro and Portinho da Arrábida are an ideal retreat for those seeking calm and serenity. For off-the-beaten-track coves, the enchanting town of Sintra offers Usra Beach on the Cabo da Roca Cape that can only be accessed via a steep and twisting dirt track route.

Fun for all ages

Family-friendly beaches and a charming resort town atmosphere can be found in Cascais, 30km west of the city. Santo Amaro, Oeiras and Carcavelos are frequented by tourists and Lisboetas alike and provide large areas of sand as well as calm waters for swimming. Popular with mini travellers, Lisbon's Costa da Caparica coastline also boasts a small open topped train, The Transpraia, which meanders its way through local villages to the beaches of Fonte da Telha.

Super sporting hotspots



For adrenaline sports such as surfing, canoeing, windsurfing, diving and more, travellers should head to Ericeira in Mafra, the first World Surfing Reserve in Europe. With beaches edged by towering sandstone cliffs, the region is popular with both sporting enthusiasts and athletes, offering varying conditions for all skill levels. Foz do Lizandro is a good place to start for beginners and Praia do Sul, with its rugged reefs, is more suited to those with experience. Pedra Branca, the Coxos and Ribeira d'Ilhas are also world-famous for their wave conditions and the optimum surf conditions can be seen between September and April.

Sunshine beyond the beaches

There are plenty more spots to enjoy Lisbon's sunshine beyond the beaches, including the Oeiras Ocean Pool, filled with seawater and located next to the marina at the mouth of the River Tagus. Here visitors will find sun loungers, changing rooms, umbrellas, and a bar, creating the perfect urban-beach environment. The city's recent opening of the Doca da Marinha on the central Tagus riverfront, developed as part of a €30 million regeneration project, also provides new open spaces to lounge and soak up the sun with wonderful views of the city alongside terraces and kiosks.

And when the sun goes down travellers can head back to the culture-packed city to explore the buzzing neighbourhoods of Lisbon, with plenty more to enjoy including world-famous cuisine, historic architecture, shopping, and nightlife.

For more information about Lisbon, visit: www.visitlisboa.com

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About Turismo de Lisboa

Turismo de Lisboa is a non-profit organisation established through an alliance of public and private bodies operating in the tourist sector. It has around 900 associated members. Since its inception in 1998, the main objective of this association is to improve and increase the promotion of Lisbon as a tourist destination and therefore enhance the quality and competitiveness of the city.

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For further information about the current safety measures in Lisbon, visit: www.visitlisboa.com/en/p/useful-information/covid-19

