

## Adrenaline pumping activities in Lisbon

*From scuba diving and world-famous surf to coasteering and off-roading, there's a bucket list of adventure to be had in Lisbon*



*From L-R: Mafra in Ericeira, Arrábida, Lisbon's Tagus River*

**November 2021.** With its spectacular coastline and blue Atlantic waters, picturesque countryside and year-round warm weather, it's no wonder that beyond its vibrant metropolitan centre Lisbon is an adventure lover's paradise. Whether it's deep diving into sunken shipwrecks, off-roading in nature parks or ziplining through tree canopies, there's no end to what the sunshine of Lisbon has to offer for thrill seekers wanting an exhilarating escape. What's more, with a culture-packed city famed for its mouth-watering cuisine, historical sites, shopping and nightlife, active travellers can experience the best of both of worlds on their next getaway.

Here, the Lisbon Tourism Association highlights some of the best adrenaline pumping activities for visitors ...

### **Deep dive into the big blue**

From the sunken shipwreck of the River Gurara in Sesimbra and shark spotting in Pata Roxas off the shores of Cascais, to waters teeming with shoals of fish in Fonte Da Telha on the Costa da Caparica coastline, there's an abundance of deep-dive spots in Lisbon for underwater exploration. The Atlantic Ocean which surrounds Portugal's capital is brimming with biodiversity and divers can expect to see a wealth of marine life below the surface - from sting rays, seahorses and dolphins to sunfish, octopus, and conger eels. Lucky divers may also spot the rare but utterly beautiful phosphorescent bijou anemones clinging to the rocks of the ocean floor – well worth a heart-pumping jump into the depths. Night dives are also an option for those wanting to experience the waters by moonlight!

### **Scale the rocks of Lisbon's coast**

For an unforgettable adrenaline rush that combines the best of sea and land, travellers should head to Lisbon's shores for a day of coasteering. Rock climbing, ocean swimming, abseiling and, of course, jumping all play a part in making this action-packed experience a must. Offering an invigorating dose of exercise along with breathtaking scenery, coasteering gives thrill-seekers the chance to explore Lisbon's rocky shores, clifftops and sea caves and can be enjoyed in Sesimbra and Arrábida.

### **Swing from the trees like Tarzan**



Visitors to Lisbon's Linda-a-Velha neighbourhood can channel their inner Tarzan with an outdoor adventure assault course that is sure to take them to new heights. Providing high-energy thrills, the tree-top course requires would-be jungle kings and queens to navigate a tricky route of ropes, bridges, hanging tunnels, ziplines and slides, all suspended 12 meters above ground within a forest canopy – a fantastic experience for all the family!

### **Go off-road and get closer to nature**

Lisbon's Arrábida Nature Park is a spectacular nature reserve offering an abundance of popular hiking and walking trails, with the steepest only suitable for the fittest and most daring travellers - but for a real adrenaline experience visitors should explore the park by bike. Arrábida is home to many winding roads that are great for cycling with a range of steep climbs and fast descents, or visitors can go off-road to discover the dramatic landscapes and surrounding nature at their own pace. Off-road jeep tours are also available and can be combined with more relaxing experiences in the region such as wine tasting.

### **Kayak Lisbon's bewitching coastline**

Arrábida's coastline is home to magnificent limestone escarpments dotted with spectacular sea caves, coves and beautiful wild beaches that are best reached by boat – or for the adventurous, by kayak! Visitors can paddle their way through the waters, taking in the incredible landscapes around them and interacting with the local wildlife. The waters are ideal for snorkelling, or visitors can simply sit back and soak in the glorious Lisbon sunshine from the waves. Kayaking experiences can also be enjoyed on the Tagus River, which winds its way through the city providing a contrasting and vibrant urban vista from the water.

### **Discover Lisbon's seriously good surf**

Famous for being Europe's first World Surfing Reserve and boasting spectacular ocean views from beaches flanked by towering sandstone cliffs, there's nowhere better in Lisbon to get the heart pumping on the waves than Ericeira. The local town is a mecca for enthusiasts of the sport and surf conditions vary from bay to bay, with Foz do Lizandro ideal for beginners and Praia do Sul and Guincho more suited to experienced surfers due to stronger winds.

**-Ends-**

For more information about Lisbon, visit: [www.visitlisboa.com](http://www.visitlisboa.com).

### **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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