

Surfing the break north

FROM €1,950 PER COUPLE

Google Biggest Wave. In January 2013 Garrett McNamara claimed to have surfed a 100ft wave at Nazaré just 120kms north of Lisbon. Then in October 2013 Brazilian Carlos Burle claimed to have ridden one bigger again at Nazaré. Not all the waves in Portugal are that big but Portugal is a surfers mecca. With 600 kms of coastline with beach after beach of beautiful swells Portugal is Europe's premier surfing destination. It's beaches offer a wide variety of breaks and are ideal for all levels of surfing. Any time of year is good but for those looking for waves rather than warmth late winter and early spring are the times to go. Not that it worries the pros. In October you can see the EDP Cascais Girls Pro 13 and the second last event of the world ASP Tour.

But there's more to do than just surf. Our Surfing Breaks cover not only the coast north of Lisbon but also the Alentejo coast where the weather and the water is just a bit warmer and the beaches less crowded. But whether you go north or south Lisbon will be your entry to Portugal and this tour will give you a taste of Portugal's capital city as well as it's coastal towns.

ITINERARY

DAY 1

- Arrive Lisbon and transport to Pousada Cascais.
- For a quick look at Cascais to familiarize yourself we recommend an afternoon walk along the seaside and then into Cascais.
- We suggest dinner at Armazem 22 (www.armazem22.com)

DAY 2

- Check the local surfing conditions on www.beachcam.pt.



- Head along the coast back towards Lisbon along Avenida Marginal. Try the St Amaro or Bafureira reef breaks. And if the surf is not on the linha (the coast between Cascais and St Amaro) head north along the coast to Guincho.
- If you are at the linha lunch first at Boteco da Linha. If at Guincho try a Bolas de Berlim. Portugal's own version of a doughnut. Then enjoy a sunset drink at Casa da Guia or Boca do Inferno.
- Dinner at Pousada Cascais.

DAY 3

- Meet your guide for the day Tiago Santos Matos.
- Head back to Guincho and then to Praia Grande.
- Lunch in a traditional seafood restaurant such as Azenhas do Mar at Praia das Maças (www.azenasdomar.com).
- For dinner we suggest Portugal's version of tapas (petiscos) at



Páteo Petiscos a great Cascais local.

DAY 4

- You have choices. We can arrange a full day hiking tour of the coast or Sintra Sierra (8kms) or a full day guided tour of Sintra and Cascais with the delightful Catarina Perestrelo. There will be time for a late afternoon surf at Guincho if you want a last memory of the Cascais coast and you may also

have time for Catarina to show you a little more of Cascais by bike.

- Dinner at Pousada Cascais.

DAY 5

- Depart Cascais for Ericeira. Ericeira is known as one of the coolest European villages. It is one of only four world surf reserves and the only one in Europe joining Malibu and Santa Cruz in California and Manly/ Freshwater in Sydney.
- Have a surf along the way if the moment takes you.
- Accommodation at Casa das Agueiras a charming home in the village which has been lovingly restored.
- Have lunch at any of the many seafood restaurants. We suggest A Panela dos Petiscos.
- Tonight dance the night away at one of Portugal's first dance clubs and bars Ourico.

DAY 6

- A day of surfing the local breaks Pedra Branca, Ribeira D'Iilhas, Coxos, Cave to name just some of the ten beaches along the 8km Ericeira coastline.
- When you are done with surfing you might like to visit the finest work of Portuguese sculptor and potter José Franco who has recreated a village in the Mafra region as the villages were in the early 1900's. The village is open every day and entry is free.
- And at some stage of the day you have to have Portugal's famous Chouriço bread.
- Dinner at a local Ericeira restaurant.

DAY 7

- Depart Ericeira for Óbidos where you will stay in the beautiful Pousada de Óbidos yet another of the beautiful restored buildings that house pousadas throughout Portugal. On this occasion it is the medieval Óbidos Castle in the medieval village of Óbidos.



- Spend your afternoon in the surf. Spend a few hours exploring the village of Óbidos. And if you are in Óbidos in late February early March you can't miss the yearly chocolate festival. And in July and August you can take in the yearly Medieval Market.
- Dinner we suggest at Tasca Torta.

DAY 8

- Morning surf.
- From April to October you can visit Berlengas Island about half an hours boat ride off the coast. A World Natural Biological Reserve the island and its waters are ideal for swimming diving and exploring.

DAY 9

- Depart for Lisbon
- Check into Memmo Alfama one of Lisbon's newest hip hotels in the old district of Alfama.
- At midday you will be met by Catarina Perestrelo for a guided half day tour of Lisbon.
- For dinner we recommend you take Catarina's advice ! And after dinner explore Bairro Alto.

DAY 10

- Depart Portugal for your next CoolPortugal experience.

INCLUSIONS

- Four nights accommodation at Pousada Cascais including breakfast
- Two nights accommodation at Casas das Agueiras including breakfast
- Two nights accommodation Casa do Castelo including breakfast
- One nights accommodation Memmo Alfama including breakfast
- Guide on Day 3 for surfing trip
- Guide on Day 4 for tour of Cascais and Sintra
- Boat charter fees for Berlengas Island
- Guide on Day 9 for tour of Lisbon

EXCLUSIONS

- Car Hire (We can arrange this if required)
- All lunches and dinners
- Monument or other entry fees (excluding Berlengas Island)
- Dive costs

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