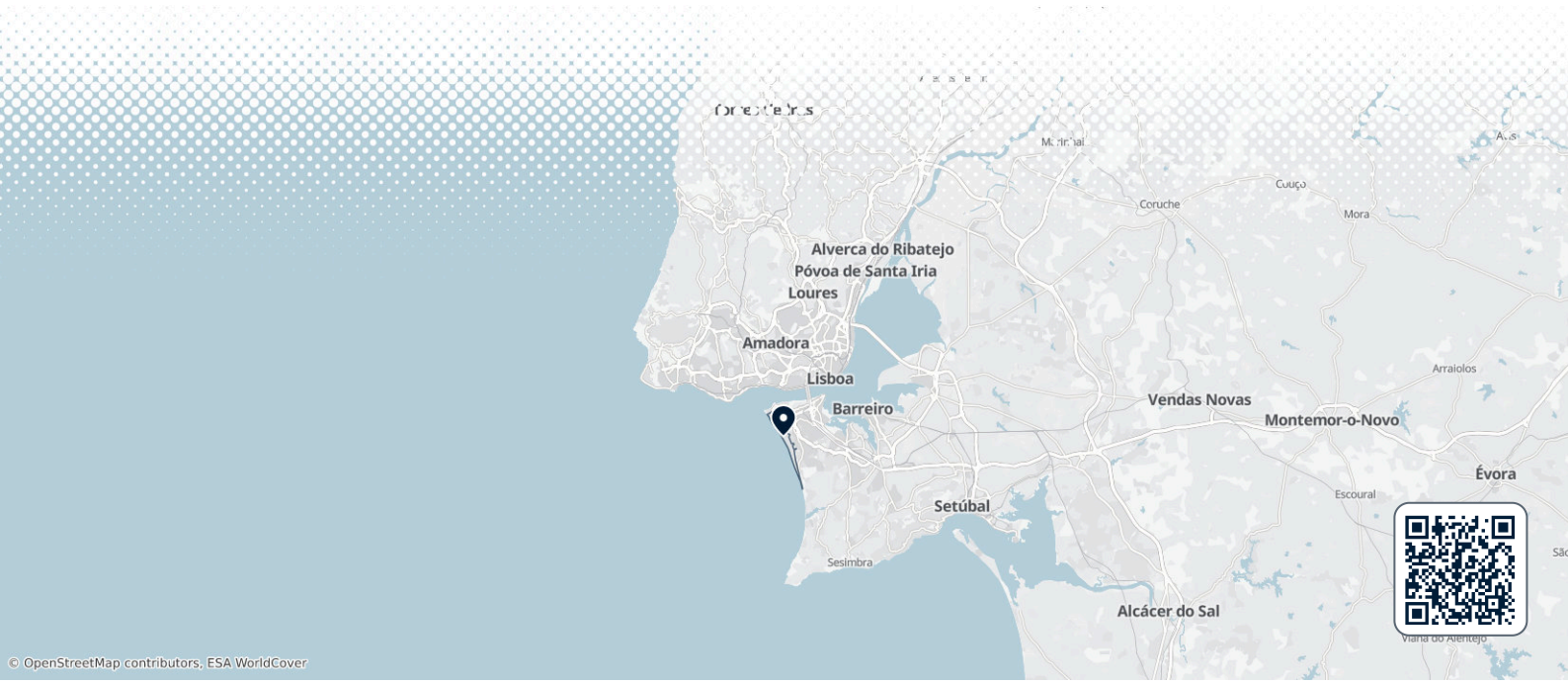


Costa da Caparica

Almada

TRAVEL GUIDE

Tripomatic



Overview

Costa da Caparica is a beach resort on the Atlantic coast, south of Lisbon across the Tagus. It is part of the municipality of Almada. A long strip of sand runs along the coast, with a small town and a seafront at the northern end.

The area suits a beach stay or a day out from Lisbon. Surfing is the main sport, and the waves work for beginners and experienced surfers. Fishing is still part of local life. Summer is busy and winter is quiet.

When to visit

Summer is the main beach season. Days are warm and sunny and it rarely rains. The Atlantic stays cool and afternoons are often windy. Spring and early autumn are mild and less crowded. Winter is mild but wet, and most beach bars and lifeguard posts are closed.

In June, the Santos Populares street festivals bring music and grilled sardines to the Lisbon area, including Costa da Caparica.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for watersports	15° / 17° Feels like 11°	10° / 6°	Dry air
February	Poor Poor for watersports	15° / 19° Feels like 12°	10° / 6°	Dry air
March	Poor Poor for watersports	17° / 22° Feels like 14°	11° / 8°	Dry air
April	Poor Poor for watersports	18° / 24°	13° / 10°	Dry air
May	Poor Poor for watersports	21° / 27°	14° / 12°	21 sunny days · Dry air
June	Good Good for watersports	24° / 30°	17° / 14°	20 sunny days · UV 8 (Very high)
July	Great Great for watersports	26° / 31°	18° / 16°	24 sunny days · UV 9 (Very high)
August	Great Great for watersports	26° / 31°	19° / 17°	24 sunny days · Humid air · UV 8 (Very high)
September	Good Good for watersports	25° / 30°	18° / 16°	20 sunny days
October	Poor Poor for watersports	22° / 27°	16° / 13°	
November	Poor Poor for watersports	17° / 21°	13° / 9°	Dry air
December	Poor Poor for watersports	15° / 18° Feels like 12°	11° / 7°	Dry air

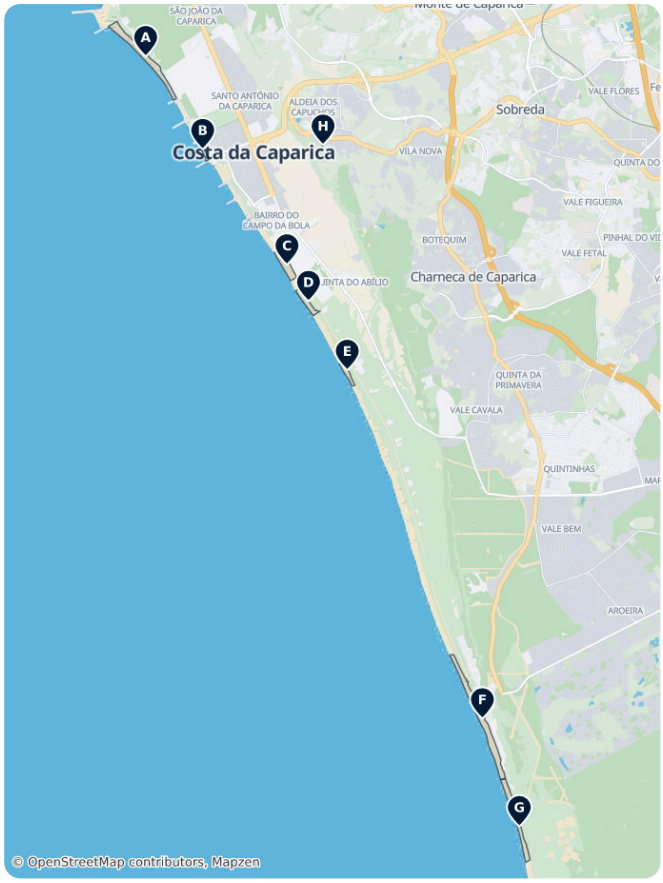
Best months: May, June, July, August, September, October

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights

The main beaches lie along the coast south of the town. Each has its own character.

- A Praia de São João is the centre of the surf scene, with several surf schools and steady waves. It also suits families and has cafés nearby.
- B Praia do CDS is a narrow beach next to the town with good waves. It is popular with day visitors from Lisbon.
- C Praia da Saúde is easy to reach and busy in summer. It is a good choice for families.
- D Praia da Mata is calmer than the beaches near the town. Small colourful fishermen's huts stand on the sand.
- E Praia da Rainha is a wide family beach with space to spread out.
- F Fonte da Telha is near the southern end, backed by dunes and the fossil cliff. The cliff is a protected landscape more than 13 km long.
- G Praia da Adiça is an official naturist beach south of Fonte da Telha.
- H Convento dos Capuchos is a 16th-century Franciscan convent above the town. It is now a cultural space with gardens and a viewpoint over the coast, Lisbon and the Sintra hills.



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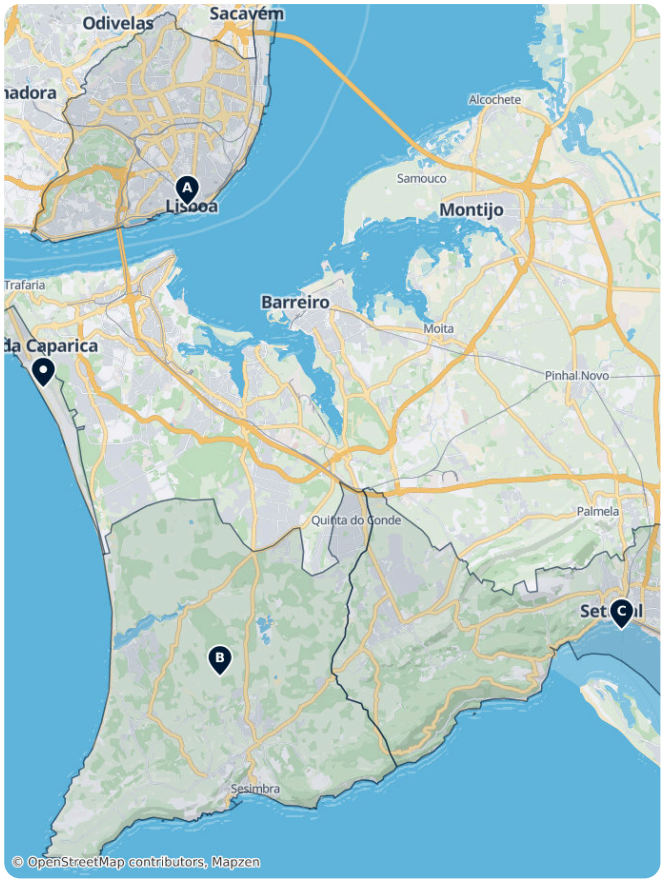
What to experience

- Watch the traditional net fishing, called arte xávega. Crews pull a long net from the sea with tractors, and the catch is sold on the beach. It depends on sea conditions and the season, so times change.
- Take a surf lesson. Several surf schools work at Praia de São João.
- Try kitesurfing at the windy Praia Nova Vaga, which has a kitesurf school.
- Watch the sunset over the Atlantic from the beach. The coast faces west.

Day trips

Most day trips are short. A car makes the southern ones much easier.

- A Lisbon is about one hour away by bus, or by ferry and bus. It has the main sights, museums and nightlife.
- The city of Almada is on the south bank of the Tagus, about 15 minutes by car. Visit the Cristo Rei statue for views over the river and Lisbon.
- B Sesimbra is about 30 minutes by car. It is a fishing town with a beach and a castle on the hill.
- C Setúbal is about 40 minutes by car. It is the base for the Arrábida hills, with quiet beaches and scenic roads.



Getting there

- By air: Lisbon Humberto Delgado Airport (LIS) is the gateway. There is no direct rail or metro link to Costa da Caparica. Take a taxi or ride-hailing car across the 25 de Abril bridge, or go into Lisbon and change to a bus or ferry.
- By bus: Direct Carris Metropolitana buses run from Lisbon to the Costa da Caparica bus terminal. Allow about one hour. In summer, extra beach bus lines also run from towns north of the Tagus. Check times at Carris Metropolitana.
- By ferry and bus: Take the ferry from Cais do Sodré to Cacilhas, about 10 minutes. Then take a bus to Costa da Caparica, about 35 to 45 minutes. This is often easier than the bus from the city centre.
- By train and bus: Trains from Lisbon cross the 25 de Abril bridge to Pragal station. From there, a local bus goes to Costa da Caparica.

Getting around

- On foot: The town centre and the nearest beaches are flat and close together.
- Bus: Local Carris Metropolitana buses link the town with beaches further south, including Fonte da Telha. Pay with a Navegante pass or buy a ticket from the driver.
- Cycling: The area is flat. A separate cycle lane links Trafaria and Praia de São João.
- Beach train: The old Transpraia beach train, which ran from 1960, is not in regular service. Do not plan a trip around it.

Getting around on foot & by bike

WALKABILITY

High

The town centre and the nearest beaches are flat and close together. Beaches further south need a bus or a car.

CYCLING INFRASTRUCTURE

Moderate

The area is flat. A separate cycle lane links Trafaria and Praia de São João.

Driving

- A car is not needed for the town and the central beaches. A car helps for the southern beaches and for day trips to Sesimbra and Setúbal.
- Parking: Beach car parks and streets near the seafront fill early on sunny summer weekends. Arrive in the morning or use the bus.
- Tolls: The 25 de Abril bridge and the A2 motorway are tolled.
- Traffic: The bridge to Lisbon backs up at rush hour.

Food & drink

Fish and seafood are the local specialty, especially caldeirada, a fish stew. Grilled fish is on most menus. During arte xávega, some of the catch is sold fresh on the beach.

Most visitors eat at the beach restaurants along the sand. Fonte da Telha has beach restaurants close to the sand. Beach bars along the coast also serve food in summer.

What to eat & drink

LUNCH

Caldo Verde
A simple, comforting soup of shredded kale, potato, and slices of chourico sausage.

Francesinha
A hearty Porto specialty: a meat-stuffed sandwich covered in melted cheese and a spiced tomato-beer sauce.

DINNER

Bacalhau
Salt cod, Portugal's national dish, said to be prepared in hundreds of different ways across the country.

Sardinhas Assadas
Charcoal-grilled sardines, especially popular in summer street festivals and along the coast.

Arroz de Marisco
A rich, soupy seafood rice, similar to paella but wetter, packed with shellfish.

SWEETS & DESSERTS

Pastel de Nata
A small custard tart in flaky pastry, best eaten warm with cinnamon and sugar.

DRINKS

Vinho Verde
A young, light, slightly sparkling white wine from northern Portugal, meant to be drunk within a year of harvest.

Port Wine · Vinho do Porto
A fortified wine from the Douro Valley, aged in cellars around Porto, ranging from sweet ruby to complex aged tawny styles.

Ginjinha · Ginãa
A sweet liqueur made from sour cherries, traditionally served in a small cup, sometimes with a cherry at the bottom.

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Safety & health

Costa da Caparica is generally safe for visitors. Watch for petty theft from beach bags and parked cars, especially in summer.

The sea is the main risk. Atlantic waves and currents can be strong. Swim only at beaches with a lifeguard and follow the flag signs and the lifeguards' instructions. Lifeguards work only in the bathing season, so check that a beach is supervised before you swim.

The summer sun is strong, so use sunscreen and carry water.

History

Costa da Caparica began as a fishing community on the sand. A local story says the name comes from "capa rica", meaning rich cloak. Fishermen worked from the beach with nets, and arte xávega is still practised today.

The Convento dos Capuchos was built in the 16th century by Franciscan monks. In the 20th century, the beaches became one of the busiest in the Lisbon region. The Transpraia train, which opened in 1960, carried visitors along the coast.

Country facts

Quick practical facts for Portugal at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY



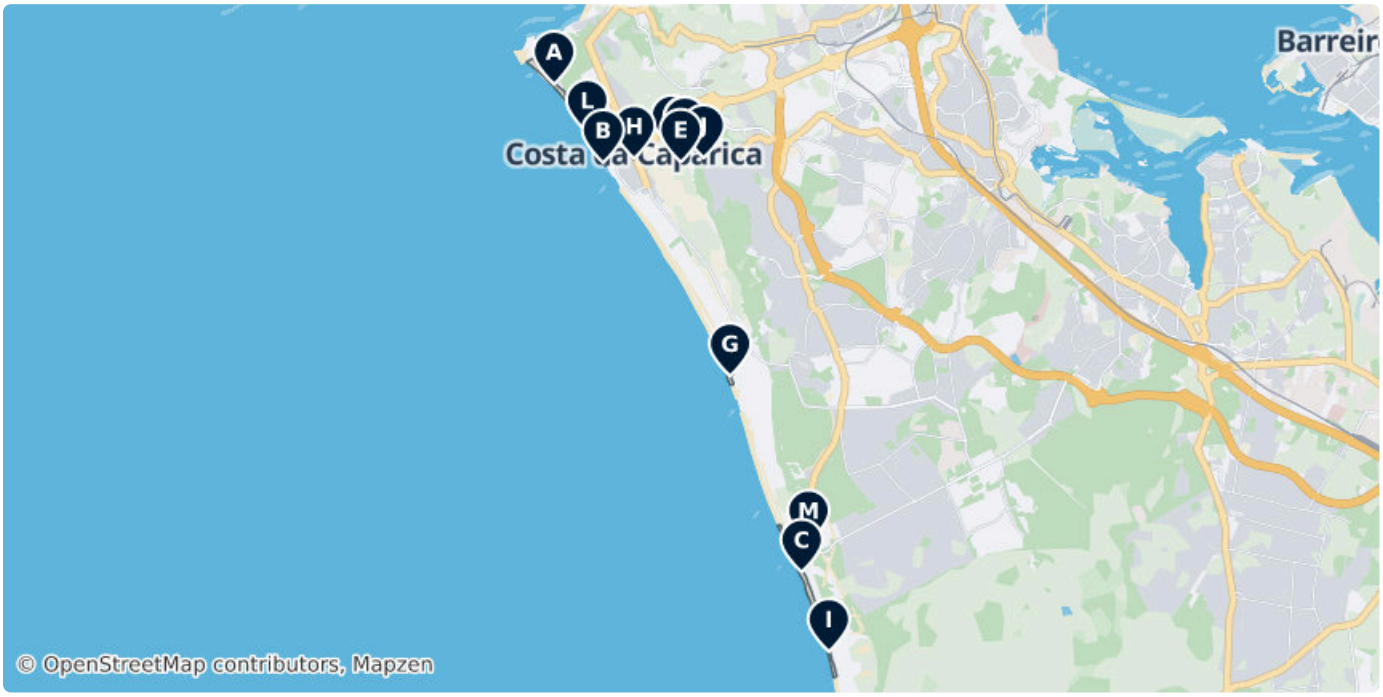
Type C / Type F
230 V · 50 Hz

LANGUAGES
Portuguese

TAP WATER
Safe to drink

Costa Da Caparica Essentials

Costa Da Caparica features a 26-kilometer coastline defined by the Arriba Fóssil, a protected landscape of dramatic cliffs. This selection includes central urban beaches like Praia do Tarquínio and secluded spots like the naturist Praia da Adiça. Beyond the sand, the 16th-century Convento dos Capuchos offers historical architecture and panoramic viewpoints, while the Mercado Municipal provides access to fresh local seafood. Visitors can explore the stone pine forests of Mata dos Medos or visit surf schools established along the Atlantic shore.





A São João da Caparica Beach

This wonderful beach is part of one of the most popular Portuguese resorts because of its location as well as the beautiful scenery.

2825, Portugal (38.65700, -9.25136)



B Praia do Tarquínio

Central urban beach integrated into the town's main promenade, featuring paved access and numerous surf schools.

(Unnamed Road), 2825353, Portugal (38.64330, -9.24040)



C Fonte da Telha

Fishing village and beach located at the southern end of the Caparica coast, set at the base of the Fossil Cliff.

2825, Portugal (38.57176, -9.19597)

D Pelourinho de Almada

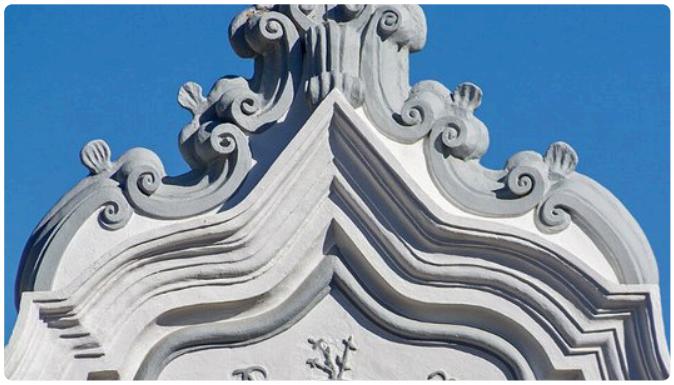
16th-century stone pillory located near the Convento dos Capuchos, serving as a historic symbol of local administrative jurisdiction.

33 Rua de Lourenço Pires de Távora, Caparica 2825041, Portugal (38.64552, -9.22209)

E Miradouro dos Capuchos

Panoramic viewpoint situated on the cliffs, offering views across the Atlantic Ocean, the Costa da Caparica coastline, and the Tagus river mouth.

(38.64338, -9.22301)



F Convento dos Capuchos

Franciscan monastery founded in 1558, known for its modest architecture and gardens overlooking the sea.

31 Rua de Lourenço Pires de Távora, Caparica 2825041, Portugal (38.64560, -9.22218)



G Praia do Rei

Wide sandy beach accessible via the Transpraia narrow-gauge train, featuring seasonal beach bars and restaurants.

2825, Portugal (38.60604, -9.21200)

H Mercado Municipal da Costa de Caparica

Traditional indoor market featuring stalls for fresh Atlantic fish, regional vegetables, and local artisanal products.

(38.64404, -9.23343)



I Adiça Beach (naturist)

Secluded beach south of Fonte da Telha, officially designated for naturism and surrounded by the Arriba Fóssil cliffs.

2825, Portugal (38.55788, -9.18989)

fpn.pt/praias_naturistas.html

J Lighthouse of Chibata

The Lighthouse of Chibata is a multi-use structure water tower and lighthouse in the civil parish of Caparica e Trafaria, municipality of...

1A Rua da Estrelinha, Caparica 2825112, Portugal (38.64415, -9.21792)

K Miradouro Pablo Neruda

Public garden and terrace providing views of the coastline, named in honor of the Chilean poet.

Via Panorâmica Pablo Neruda, 2825, Portugal (38.64584, -9.22501)

L Caparica Evolution Surf School

Training center providing surfing and bodyboarding lessons for various skill levels, including equipment rental.

(38.64852, -9.24394)

Mo–Su 09:00–20:00

kevolutionsurf.com, +351 939 124 758

Centro de Interpretação da Mata dos Medos

Educational center providing information on the biodiversity and conservation of the Arriba Fóssil Protected Landscape and its stone pine forests.

(Unnamed Road), 2820, Portugal (38.57685, -9.19446)

ppafcc.webnode.pt/cimm/

DATA SOURCES

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