

Peniche

West · Portugal

TRAVEL GUIDE

Tripomatic



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Overview

Peniche is a working fishing port on a rocky peninsula on Portugal's Atlantic coast. The old town sits behind sea walls and a large fortress. Surf beaches lie on both sides of the peninsula.

The town suits a relaxed stay of two to four nights. Most visitors come for surfing, seafood and boat trips to the Berlengas islands, about 10 km offshore. It feels more lived-in than the nearby resort towns.

When to visit

Summer is dry and sunny, and it is the busiest season for boats to the Berlengas islands, which mainly run from spring to autumn. The Atlantic stays cool all year, even in August. Spring and autumn are quieter and still good for surfing. Winter is mild but wet and windy.

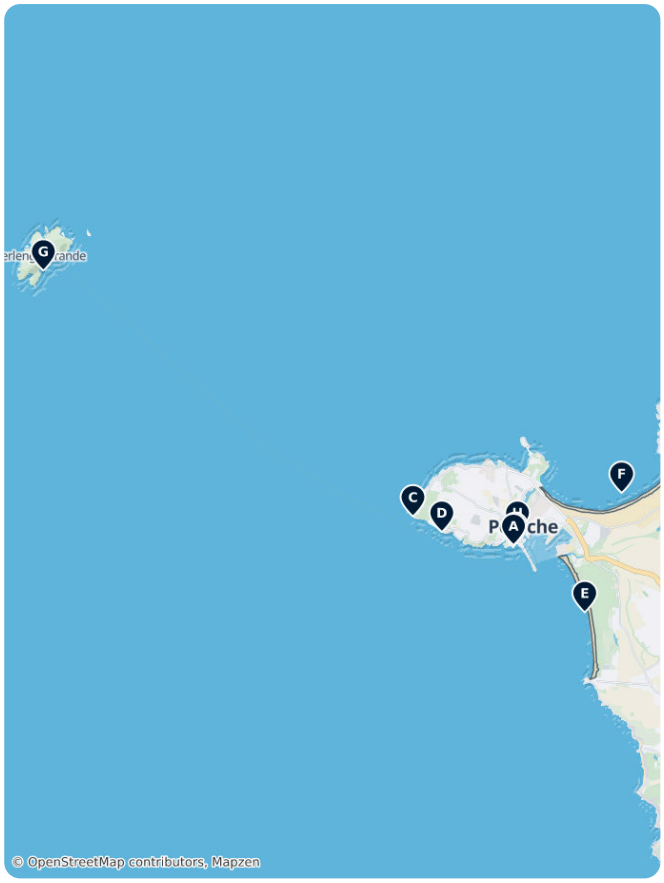
The world surf tour stops at Supertubos in autumn. It is worth timing a trip around if you like to watch pro surfing.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Good Good for wildlife watching	14° / 17° Feels like 10°	10° / 5°	12 rainy days · Dry air
February	Good Good for wildlife watching	15° / 18° Feels like 11°	10° / 6°	Dry air
March	Good Good for wildlife watching	16° / 21° Feels like 13°	11° / 8°	Dry air
April	Good Good for wildlife watching	17° / 23° Feels like 14°	12° / 10°	Dry air
May	Great Great for sightseeing	19° / 25°	14° / 12°	Dry air
June	Great Great for sightseeing	22° / 27°	16° / 14°	
July	Great Great for sightseeing	23° / 28°	18° / 16°	20 sunny days · UV 8 (Very high)
August	Great Great for sightseeing	24° / 28°	18° / 16°	21 sunny days · Humid air
September	Great Great for sightseeing	23° / 27°	17° / 15°	
October	Great Great for sightseeing	21° / 25°	16° / 13°	
November	Good Good for wildlife watching	17° / 20° Feels like 14°	13° / 9°	13 rainy days · Dry air
December	Good Good for wildlife watching	15° / 18° Feels like 11°	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



- A Fortaleza de Peniche is the seaside fortress at the south end of town. It was a political prison under the Estado Novo dictatorship.
- B Museu Nacional Resistência e Liberdade is inside the fortress. It opened in 2024 and remembers the more than 2,600 political prisoners held here. It is closed on Mondays.
- C Cabo Carvoeiro is the cliff-lined western tip of the peninsula, with a lighthouse. On clear days you can see the Berlengas.
- D Gruta da Furninha is a sea cave near the cape, reached on a short coastal walk.
- E Supertubos is the main surf beach, also known as Praia do Medão. Its waves are fast and powerful, and they host a world tour event.
- F Praia do Baleal is a wide sandy beach about 4 km north of town. Surf schools and cafes line the shore.
- G Forte de São João Batista stands on a small rock on Berlenga island and is joined to it by a narrow bridge.
- H Museu da Renda de Bilros de Peniche shows the bobbin lace that Peniche is known for.

Peniche – Plan Your Trip

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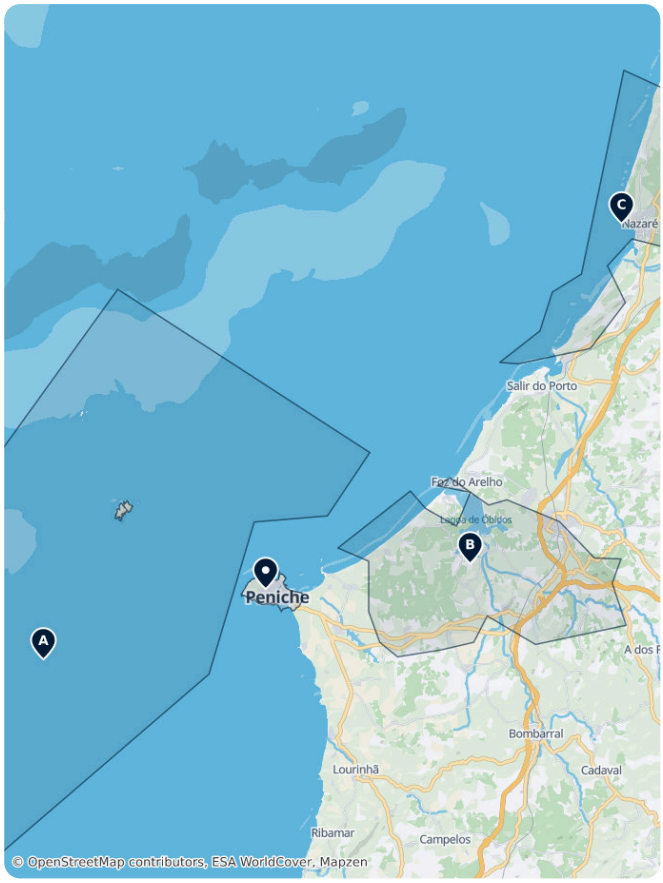
What to experience

- Take a surf lesson at Baleal, where several surf schools work on the beach.
- Watch pro surfing at Supertubos in autumn, when the world tour comes to town.
- Take a summer boat trip to the Berlengas and its sea caves. You must register online and pay a small fee first.
- Walk the cliff path at sunset toward the lighthouse at Cabo Carvoeiro.
- Watch fishermen unload the catch at the harbour in the morning.

Day trips

Peniche is a good base for the Silver Coast. Drive times are one way.

- A Berlengas: about 10 km offshore, with a fort and clear water. Boats leave from Peniche, the crossing takes about 30 minutes, and a visit needs the online BerlengasPass, so book ahead.
- Lourinhã: about 20 minutes by car. A town with beaches nearby.
- Caldas da Rainha: about 25 minutes by car. A spa town with a train station on the Oeste line.
- B Óbidos: about 30 minutes by car. A walled hilltop town, also reached by local bus.
- C Nazaré: about 50 minutes by car. A fishing town with a long beach and a cliff-top viewpoint.



Where to explore

For more of the Portuguese coast, go south to Mafra or on to Lisbon.

Getting there

- By air: Lisbon Humberto Delgado Airport is the nearest large airport. Peniche is about 100 km away. The drive takes about 1 hour 15 minutes. By public transport, go by metro to a Lisbon bus stop and continue by bus.
- By train: Peniche has no railway station. Use the bus.
- By bus: FlixBus runs from Lisbon (Oriente and Sete Rios stations) in about 1 hour 10 minutes. Rede Expressos and Rodoviária do Oeste also serve Lisbon, Óbidos and Caldas da Rainha. Weekend service is thinner, so check timetables.
- By car: take the A8 motorway north from Lisbon, leave at junction 14 and follow the IP6 to Peniche. The A8 charges tolls, so ask your rental company about the transponder.

Getting around

- Local bus: Rodoviária do Oeste runs buses from the Peniche bus terminal to Baleal and nearby towns. Service is limited, so check the timetable first. Rodoviária do Oeste
- Regional trains: Oeste line trains stop at Caldas da Rainha, the nearest station. Book via CP Comboios de Portugal.
- Taxi: useful for Supertubos and Baleal in the evening, when buses are rare.
- On foot or by bike: the old town and the harbour are compact and flat. Baleal is about 4 km from the centre. The wind can be strong.

Getting around on foot & by bike

WALKABILITY

High

The old town and harbour are compact and flat. Baleal and Supertubos are a few kilometres away.

CYCLING INFRASTRUCTURE

Moderate

Cycling suits the flat coast, but the wind can be strong.

Driving

- Is a car worth it?: not for a stay in town. A car helps for Supertubos, Baleal and trips along the coast.
- Parking: park outside the old town and walk in. The streets are narrow.

Food & drink

Fish is the main reason to eat in Peniche. Look for caldeirada de Peniche, a fisherman's stew, and raia de molhinho, skate in a garlic sauce. Sweets include *amigos de Peniche* and *renda doce*.

For seafood, eat in the old town streets and around the harbour, where restaurants buy fish at the local auction. For a coffee and a view, go to the cafes along the beaches at Baleal.

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

Peniche is safe for visitors. Petty theft from parked cars happens at beach car parks, so leave nothing visible inside.

The sea is the main risk. Currents at the surf beaches are strong and the water is cold. Swim at beaches with a lifeguard in summer and follow the flag colours. On the Berlengas, stay on marked paths near the cliffs.

History

Peniche has long been a fishing harbour. Forts such as Forte das Cabanas guarded the coast.

The Fortaleza de Peniche was used as a prison for opponents of the Estado Novo dictatorship. It is now home to the national museum of resistance, which opened in 2024.

On Berlenga island, Forte de São João Batista was built on the ruins of a monastery. It held off pirate attacks in the 17th century. The lighthouse Farol da Berlenga dates from 1841.

Country facts

Quick practical facts for Portugal at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY



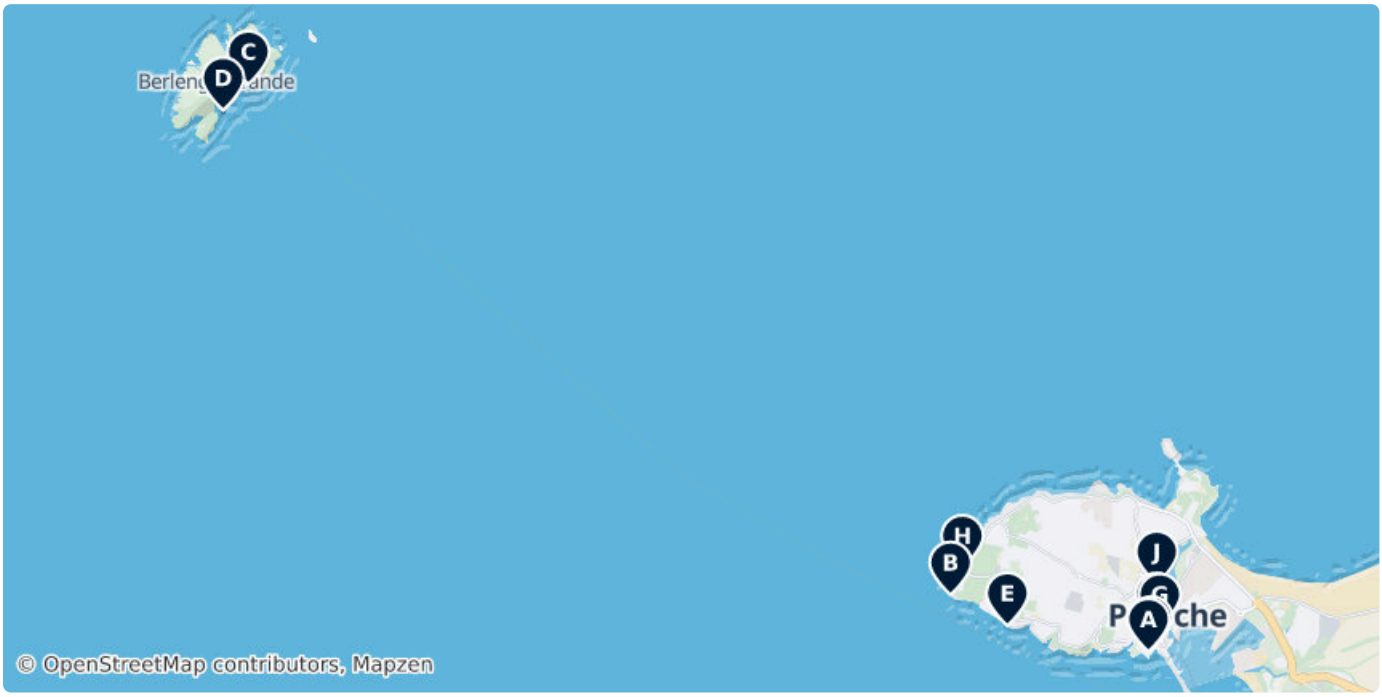
Type C / Type F
230 V · 50 Hz

LANGUAGES
Portuguese

TAP WATER
Safe to drink

Peniche Essentials

Peniche is a maritime town defined by its dramatic limestone cliffs and rich history. The 16th-century Peniche Fortress, once a political prison, now houses the National Museum of Resistance and Freedom. Offshore, the Berlengas archipelago offers a UNESCO Biosphere Reserve and the 17th-century Forte de São João Batista. On the mainland, Cabo Carvoeiro features unique geological formations like the Nau dos Corvos. Cultural highlights include the centuries-old tradition of bobbin lace and the prehistoric Gruta da Furninha, while the local market and São Pedro church reflect the town's deep-rooted community life.





A Peniche Fortress

The Peniche Fortress is located in the municipality of Peniche in Leiria District, Portugal.

2520, Portugal (39.35319, -9.38130)

cm-peniche.pt/visitar/turismo/rotas-turisticas/caminho-d...



B Cabo Carvoeiro

Cabo Carvoeiro is cape which lies on the Atlantic coast, along the westernmost point of the Peniche Peninsula, in the civil parish of ...

Avenida Marciano Calado, 2520, Portugal (39.35929, -9.40884)

C Berlengas

A small archipelago and UNESCO Biosphere Reserve located 10 kilometers offshore. It consists of three groups of islands: Berlenga Grande, the Estelas, and the Farilhões-Forcadas, known for their crystal-clear waters and bird colonies.

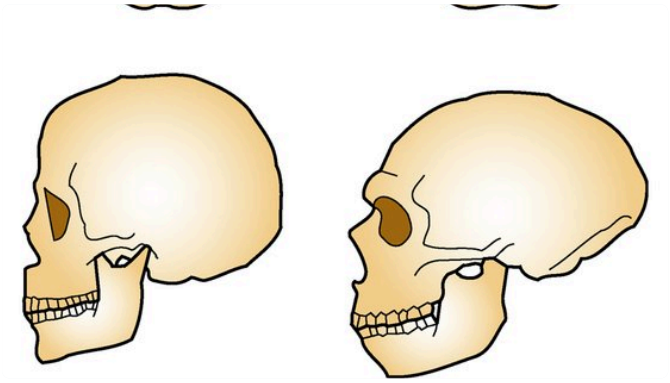
(39.41419, -9.50652)



D Forte de São João Batista

A 17th-century military fortification built on the island of Berlenga Grande to defend the coast against pirates. The fortress is connected to the island by a narrow stone masonry bridge and now serves as a guest house.

Caminho do Forte, Peniche, Portugal (39.41136, -9.51005)



E Gruta da Furninha

Furninha, also known as Dominique's cave, is a natural cave on the southern slope of the Peniche peninsula in Portugal.

(Unnamed Road), 2520, Portugal (39.35598, -9.40093)

F Museu Nacional Resistência e Liberdade

Located inside the Peniche Fortress, this museum documents the history of the site as a political prison during the Estado Novo regime and honors the struggle for democracy in Portugal.

(39.35344, -9.38090)

mnrl.pt



G Igreja de São Pedro

The largest church in Peniche, dating back to the late 16th century. It features a main chapel dedicated to Saint Peter, decorated with 18th-century gilded woodwork and paintings depicting the life of the apostle.

122 Rua Marquês de Pombal, Peniche 2520476, Portugal
(39.35587, -9.37972)

H Varanda de Pilatos

A natural viewpoint on the rugged cliffs of Cabo Carvoeiro, providing a high vantage point to observe the Atlantic Ocean and the distinctively eroded limestone formations.

(39.36216, -9.40718)

I Museu da Renda de Bilros de Peniche

A cultural space dedicated to the traditional art of bobbin lace, a craft central to Peniche's identity. The museum displays historical pieces, patterns, and tools used by local lace-makers.

Rua Nossa Senhora da Conceição 1, Peniche
(39.35596, -9.38020)

Mo	Closed
Tu–Su	10:00–13:00, 14:00–18:00

cm-peniche.pt/visitar/museu-da-renda-d..., +351262249538

J Mercado Municipal de Peniche

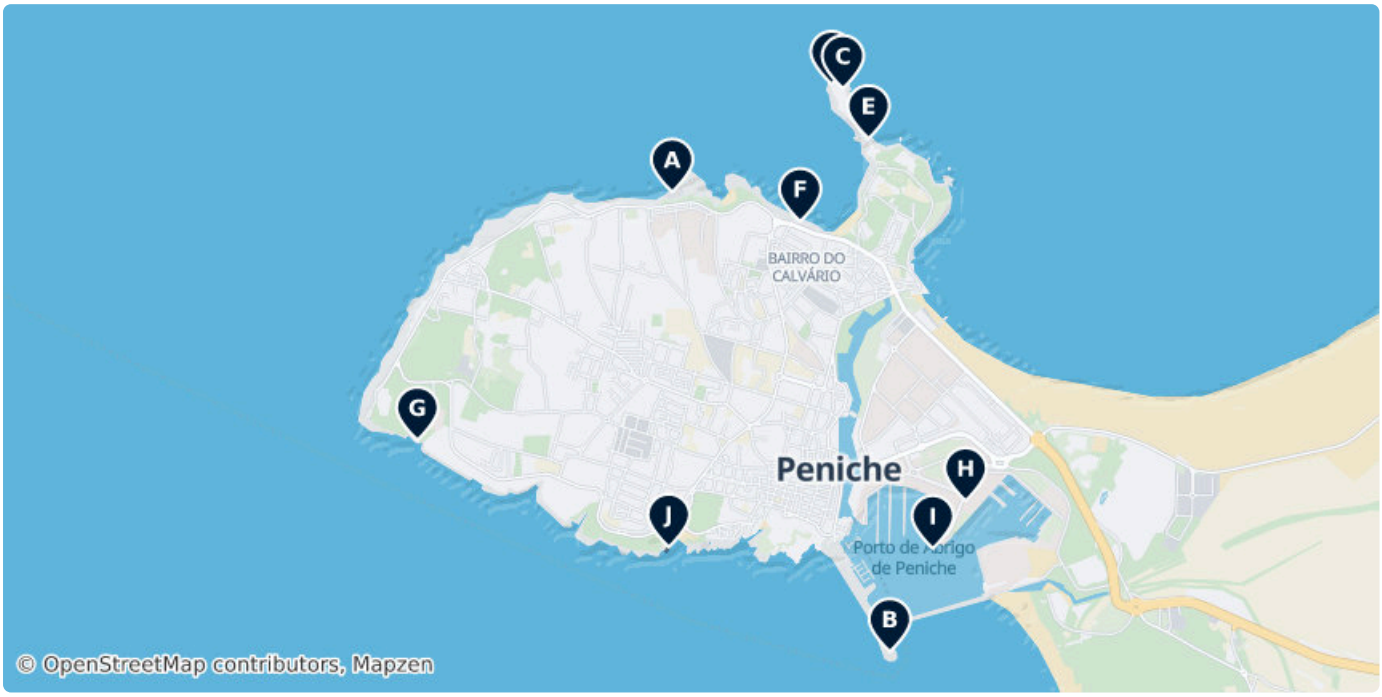
A traditional municipal market offering a wide variety of fresh fish landed at the nearby port, along with regional fruits, vegetables, and local artisanal products.

Rua António da Conceição Bento 23, Peniche
(39.36044, -9.38015)

Tu–Su	07:00–14:00

Fishing Spots in Peniche

Peniche's peninsula provides access to some of Portugal's most productive Atlantic fishing grounds. This selection includes the rugged limestone cliffs of the Papôa volcanic formation and the deep-water ledges near Cabo Carvoeiro. These spots are known for species such as sea bass and sea bream. The list also features the city's central commercial docks and sheltered marinas, which serve as the hub for one of the country's largest fishing fleets and the local canning industry.



A Prainha do Carvão

Coastal rock ledge on the northern shore of the peninsula, frequently used for catching sea bass.

(39.37051, -9.38919)

B Pesqueiro Mlhe da Ribeira

Fishing station located along the harbor's breakwater system, providing access to deeper water channels.

(39.34808, -9.37544)

C Pesqueiro Pedra Alta

Elevated rock platform on the Papôa peninsula, suitable for deep-water angling from the cliffs.

(39.37555, -9.37840)

D Pesqueiro Bico da Papôa

The northern tip of the Papôa volcanic rock formation, known for turbulent waters and diverse marine life.

(39.37577, -9.37912)

E Pesqueiro da Barreira do Sargo

Cliffside ledge specifically noted for sea bream fishing along the northern limestone coast.

(39.37311, -9.37679)

F Pesqueiro Furna do Cão

Rock fishing location situated near natural sea caves and limestone formations on the northern shore.

(39.36906, -9.38111)

G Pesqueiro Carreiro do Cabo

Coastal spot near Cabo Carvoeiro, offering access to the Atlantic from the rugged western cliffs.

(39.35839, -9.40527)

H Porto de Pesca de Peniche

Large-scale commercial harbor and center of Peniche's fishing industry, including sardine and tuna landings.

(39.35545, -9.37066)

I Porto de Abrigo de Peniche

Protected harbor for artisanal and recreational boats, situated within the main port complex.

(39.35311, -9.37274)

J Cais do Portinho da Areia

Concrete pier at the southern cove of Portinho da Areia Sul, used for small boat mooring and shore-based fishing.

(Unnamed Road), 2520, Portugal (39.35318, -9.38940)

Surfing and Watersports

Peniche's unique geography provides diverse conditions for watersports within a small radius. The Molhe Leste offers powerful right-hand barrels, while specialized centers like Justdive and Haliotis provide access to the clear waters of the Berlengas Natural Reserve. For those seeking wind-based sports, the northern coast hosts kite surfing schools equipped with shops and cafes. The town also maintains public indoor facilities for year-round swimming and athletic training.



A Peniche Kite & Surf Center

Specialized center for kite surfing and traditional surfing lessons. Features an on-site equipment shop and a cafe with outdoor seating.

(39.36152, -9.36900)

penichesurfcenter.com

B Haliotis

Professional dive center offering excursions to the Berlengas Natural Reserve, PADI certification courses, and equipment rentals.

(Unnamed Road), Quinta Nova dos Salgados 2525, Portugal (39.35000, -9.35856)

Mo–Sa 08:00–18:00

haliotis.pt/divecenter/peniche/home_pen... , 351262781160

C Justdive

Underwater sports facility providing diving trips, technical training, and equipment servicing near the Peniche harbor.

(39.35901, -9.37431)

Mo–Su 08:30–18:00

justdive.pt, +351965772295

D Spot de Surf do Molhe Leste

Surf break at the eastern jetty known for fast, tubular right-hand waves that work best with south swells and north winds.

(39.34973, -9.36798)

E Piscinas Municipais de Peniche

Public sports complex featuring indoor swimming pools and facilities for structured aquatic training or recreational laps.

Rua da Cruz das Almas, Peniche 2520, Portugal
(39.36340, -9.38911)

+351 262 790 260

DATA SOURCES

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