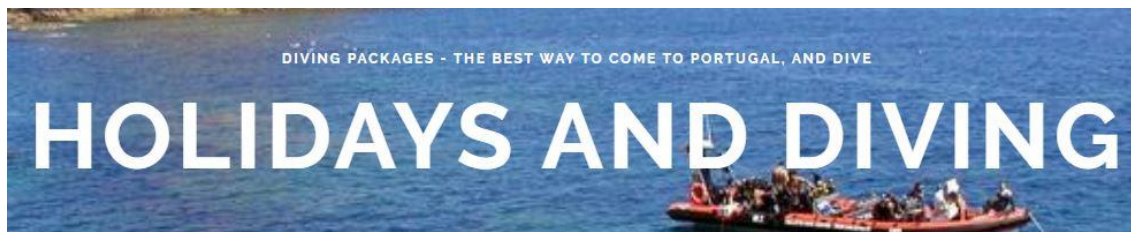


*This Program is adaptable*



### **Destination**

Mainland Portugal

Diving in [Matosinhos](#), [Berlengas Archipelago](#), and [Sesimbra](#), and [Fonte da Telha](#).

Arrival airport Porto (OPO) check direct flights [here](#).

Departure airport Lisbon (LIS)

### **Length of stay**

Ten nights, eleven days.

### **Portugal**

Portugal is Europe's most western country. Situated in the extreme southwest of Europe, just a few hours from any other European capitals, Portugal attracts visitors world-wide. Portugal territory includes the Madeira and Azores archipelagos in the Atlantic Ocean. Mainland Portugal occupies an area of 88,889 km<sup>2</sup>. It is 218 km wide and 561 km long. It has 832 km of Atlantic coast and a 1,215 km border with Spain.

Portugal has been awarded for many years the World Travel Award's – World's Leading Destination.



PORTUGAL - WORLD TRAVEL AWARD'S WORLD'S LEADING DESTINATION 2019, 2018, 2017

The following itinerary presents to any traveller and diver the best Portugal has to offer underwater. In all the specified locations, the diving plan is adaptable to recreational or technical diving.



## Category of stay

Solo

Couple

Family

Friends

Groups

Divers and non-divers

## Info weather conditions

The weather is good all year long: summers are dry and warm, winters are relatively mild. In January, temperatures approach 15°C and reach 35°C in August.

Water temperatures: 15 to 21°C

Air temperatures: 11°C to 30°C

## Details of program

**Day 1 – Porto.** You will arrive at the Porto Francisco Sa Carneiro International Airport (OPO).

Porto is the capital and gateway to the North of Portugal and the city that provided a nation with a name and a fortified wine known world-wide: Port wine.

With its splendid geographical location on the mouth of the river Douro and architectural heritage of exceptional quality, UNESCO declared the historic centre of Porto as World Heritage in 1996. Porto is the capital of the North and the second-largest city in the country. Its hard-working inhabitants are noted for their commercial enterprise, always standing firm against outside impositions and foreign invaders, which explains why Porto is known as the «unvanquished» city.

At the airport, the Portugal Dive buddy – your host for the next eleven days will be waiting for you. After checking in at the hotel, the group will attend a Port Wine Tasting experience. Don't drink too much, though. This is a dive trip, and tomorrow you have to wake up early for your first dive.

**Day 2 – Matosinhos, Porto.** First-day diving. Do people tend to leave the best for last? Don't count on that. You will start with the most iconic wreck dive in Portuguese waters, the U-boat 1277.





"U Boat – 1277" is a WWII shipwreck. She was a German submarine Type VIIC/41 from the Kriegsmarine. On June 3 1945, she was scuttled by her crew to avoid the capture of the submarine by the Allies.



The wreck of U boat -1277 is located in a North-West direction from Oporto, 2 miles offshore, laying at a depth of 31mts.

Small white anemones (Sargatia Elegans) cover the submarine's hull, thousands of pouts, the largest congress in these waters, big and curious octopuses, fantastic lobsters and the magnificent

pink anemone community are some of the natural attractions of this wreck.

Other dives close to this location:

- <https://www.portugaldive.com/best-dives/spots/matosinhos/all/all/all.html>

### **Days 3, 4 and 5 – Peniche, Berlengas**

**Archipelago.** Your base for the next couple of days is Peniche, and you will be diving in the fantastic Berlengas Archipelago. You will not believe you're diving European Continental waters. But yes, you are. Located opposite Peniche, the Archipelago consists of 3 groups of small islands: Berlenga Grande (the only inhabited one that can be visited by boat from Peniche) and the nearby reefs, Estelas and Farilhões-Forcadas; their geological nature is different from that of the Portuguese coast.



The Islands have their particular fauna and flora, with characteristics that make their ecosystem unique globally, the importance of which was recognised by the creation of the Berlenga Nature Reserve in 1981.

By the way, UNESCO recognised the Berlengas Archipelago as a unique ecosystem globally, therefore creating the Berlenga Nature Reserve in 1981.



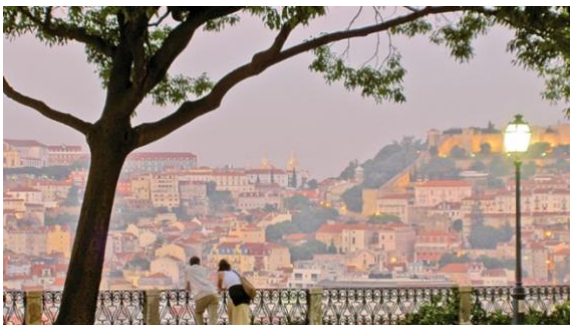
"Vapor do Trigo" is one of the shipwrecks you can dive near the Berlengas archipelago small islands.

Located in a sheltered spot near the UNESCO Nature Reserve of the Berlengas Islands, the Vapor Do Trigo wreck (also known as the Andreos wreck) is a dive site that can be accessed even when the conditions are rough. Giant lobsters and Congers eels inhabit the area surrounding the boiler room. There are many interesting holes and cracks to explore along the hull, which is still very much intact.

You'll spot solo Snappers hovering around as well as schools of them close by, and let's not forget to mention a truly impressive spectacle, thanks to the merging of several different currents, of the one and only Moonfish! Often you can see up to 10 of them!

Other dives on this location:

- <https://www.portugaldive.com/best-dives/spots/berlengas/all/all/all.html>



**Day 6 to 11 – Lisbon.** Lisbon is Portugal's capital and the hub of a multifaceted area that appeals to different tastes and senses.

In a city that many different far-off cultures have influenced over time, there is still a village feel in each historic neighbourhood. Your Portugal Dive Buddy will take you on a stroll through the Pombaline grid of streets

in the Baixa district that opens on to the Tagus in Praça do Comércio, then follow the river to discover some of the city's most beautiful parts: the Cais do Sodre, the monumental area of Belém with its World Heritage monuments, to come back afterwards to the mediaeval quarters on the hill we call Alfama.

And you'll end up the day having dinner at a Fado Restaurant. Your Portugal Dive Buddy will invite you to listen to sounds that evoke the Portuguese soul. Fado is melancholic with mourning voices expressing longing and is always accompanied by an acoustic and a Portuguese guitar.

A national symbol and included in UNESCO's list of the World's Intangible Cultural Heritage, beyond the music, Fado is a sensory experience, a journey through history, art, and Portugal's gastronomy. One more experience you'll never forget.

You will stay here for the next six days, and from here you will dive Fonte da Telha and Sesimbra, and visit some memorable sites.





**Day 7 – Fonte da Telha.** Here, you will dive offshore the Fonte da Telha Beach dive spots.



On the first day of diving from Lisbon, we will take you to Fonte da Telha, a beautiful beach south of Lisbon, unique in Portugal because it is home to the only dive centre, with its entire operation on the beach. And Portugal is a country with hundreds of miles of coast and numerous beaches.

"Pedra da Lagoa", or Lagoon Stone, is one of the most appreciated dives at Fonte da Telha for the life that it attracts. Usually, there is some current; this is considered a dive for experienced divers that should know how to behave in such conditions. The average visibility is 10 meters, and the maximum depth is 30 meters.

This spot consists of two stones that are about 20 to 30 meters apart. As we approach the most massive stone, seabreams surround the divers, while triggerfish and schools of pouts swim by you.



This stone has canyon forming shelves where you can see lobsters, rock crabs, Mediterranean slipper lobsters, octopuses and many congers. The rocks are full of life; yellow, red, orange and purple are predominant colours due to the various sponges, soft corals, and starfish urchins. For this reason, some consider the "Lagoon Stone"

(translated from the Portuguese) the dive where one can observe more species and with a greater diversity of life in mainland Portugal.

Other dives close to this location:

- <https://www.portugaldive.com/best-dives/spots/fonte-da-telha/all/all/all.html>



**Days 8 and 9 – Sesimbra.** Let's dive into the Sesimbra Marine Reserve, one of the most extensive marine reservations in Portugal.

For Portuguese divers, Sesimbra is a kind of sanctuary – some call it the "Mecca" of diving in Portugal – because of everything you find underwater and also because of its location and morphology; the perfect match for a site where you dive over 330 days, on average, each year.

Sesimbra, formerly a fishing town set in a sheltered bay, was founded on the hilltop around the Moorish castle that Dom Afonso Henriques (the first King of Portugal) captured to the Moors 1165.

Sesimbra's wealth of seafood persuaded the population to go down the hill and explore the neighbourhood, turning this town into one of the region's main fishing ports. During the 20th century, the sea attracted outsiders searching for excellent sheltered beaches with prime conditions for water sports and diving, making this peaceful place a busy summer resort.

The following two days of diving will be into the Sesimbra Marine Reserve, one of the most extensive Portuguese marine reserves.



"River Gurara MV" was a Nigerian cargo motor vessel that sank on February 26 1989, in Cape Espichel, during a strong storm.

This shipwreck is one of the most popular dive spots in the Sesimbra region.

River Gurara MV, a vessel of 175 meters, was defeated by the sea's fury and sank in winter, breaking into two parts close to Cape Espichel on February 25

1989, during a strong storm.

The ship suffered a machine failure from Ivory Coast to Great Britain, laden with timber, cocoa, and other equatorial products. She was pushed by strong seas and winds, drifted as far as the rocks of Cape Espichel, then broke in the middle, keeping its bow near the coast at an average depth of 28 meters, causing 18 victims.



River split wreck is now one of the most popular dive sites in Portugal to observe marine life, which adopted their debris to protect themselves. It is also a dive spot often used for technical diving training.

You can dive both on the stern and the bow of the freighter.

You'll find that many species shelter in the wreck. Expect to see large Congers, Pouts, Seabreams, Wrasses, Morays, Squids and Octopuses.

Close to this beautiful spot lies the remaining of the ship; the so-called River Popa spot.

Here we can also find a huge variety of nudibranchs, so the camera is indispensable if you are a fan! The best time is between April and September, although some species are all year round.

The most popular course is to have the rock on our left side and round it, considering that the north side of the stone is less deep; therefore, you can have a longer dive. When following this path, it is possible to see cuttlefish, pipefish, white seabream, several corals soft and hard, mixed with schools of fish. If you look carefully, you can see some zeus faber hiding in disguise.

Please consider that when rounding the rock on our right side, there is a large sand area. Look steadily for hiding flounders, stingrays and other creatures.

When the dive has ended, the seabreams will be escorting you again, halfway to the surface. Once again, we advise: keep the camera on and ready!

Other dives on this location:

- <https://www.portugaldive.com/best-dives/spots/sesimbra/all/all/all.html>





# North of Mainland PORTUGAL

## Best Diving Itinerary



**Price NET** per person

[Pricing on Request](#)

### **Included**

Eleven days/ ten nights in 4-star hotels, room for 2, continental breakfast

Six days of diving, twelve dives

Tanks – AIR and weights

Transportation for the whole trip (11 days)

Tours (options depending on the time of arrival to Porto and departure from Lisbon)

- "Zona Ribeirinha"
- Port Wine Tasting Experience
- Visit Nazaré and "Nazaré's Big Cannon"
- Visit Peniche
- Visit Óbidos
- Visit Cabo Espichel
- Visit Lisbon
- Visit Sintra

Dinner at a Fado restaurant

### **Excluded**

International flights

Meals or drinks that are not mentioned.

Equipment and diving computer

### **Options on request**

12 ltr tank Nitrox +10,00 EUR

15 ltr tank +10,00 EUR

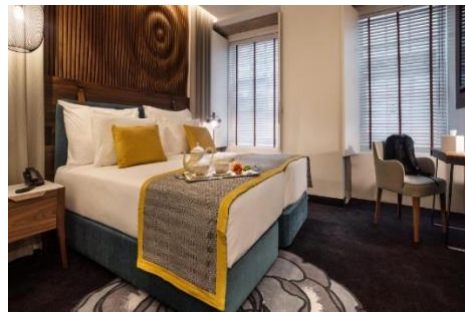
Other visits and activities





Place of stay - Porto

Pousada do Porto - Rua das Flores \*\*\*\*







Place of stay - Peniche  
MH Peniche \*\*\*\*







Place of stay - Lisbon  
Hotel Lisboa Plaza \*\*\*\*





## About Porto



***Porto is the capital and gateway to the North of Portugal and the city that provided a nation with a name and a fortified wine known worldwide: Port wine.***

With its splendid geographical location on the mouth of the river Douro and an architectural heritage of exceptional quality, the historic centre of Porto was declared UNESCO World Heritage in 1996. Porto is the capital of the north and the second largest city in the country; its hard-working inhabitants are noted for their commercial enterprise, always standing firm against outside impositions and foreign invaders, which explains why Porto has become known as the «unvanquished» city.

In addition to its history, any visitor will be quickly impressed by the city's and its inhabitants' forceful character.

This city's impressive contrasts are evident on a gentle stroll through its streets. Take time to admire the typical granite houses and monuments, enjoy a tram riding along the banks of the river, or even go for a boat ride under the city's six bridges, from where you can enjoy an entirely different view of the city. The "Baixa (Downtown)" of Porto, with all the rhythms of city life, its movement, and intense retailing. A very peculiar expression bestows a Nordic, mercantile tone onto a city that is both spiritually and intensely baroque. In sharp contrast, in Serralves Park, there is the sheer modernity of the building housing the Museum of Contemporary Art and the romantic, soothing surroundings of the surrounding leafy park.





## About Peniche and the Berlengas Archipelago



***Peniche and the sea are inseparable. It is one of Portugal's largest traditional fishing ports and a central Atlantic hub for maritime-tourist activities.***

Your visit to Peniche must include a walk through the historic centre. Besides the Nossa Senhora dos Remédios Sanctuary, the São Pedro and Misericórdia Churches, the Peniche Fort is a must-see. It was built in the 16th/17th centuries to defend the coast, together with the Fort on Consolação beach and the fort on the Island of Berlengas. It played a significant role at various points in Portuguese history. Still, its most recent purpose was to serve as a political prison under the Estado Novo regime, holding some essential public personalities in the fight against Fascism. You will learn about it once inside since it is currently the Peniche City Museum.

In addition to fishing, which has always been one of the sources of income for its people, Peniche is also known for the art of bobbin lacework, perfected by the women while the men were out at sea.

The sea is still one of the main points of interest and development, and the beaches at Peniche are much appreciated. While Consolação and Baleal bays provide good shelter for a family day out, the waves on this west coast, such as the Supertubos (tubular Supertube waves) off Medão Grande Beach, are much sought after by surfers and bodyboarders from across the world. It was elected one of "Portugal's 7 Wonders" in a national tournament. Together with Lagido Beach, it is the setting for the world surf championship, Rip Curl Pro Portugal, an event that is part of the World Surf League Tour.

It's only natural that the sea dominates the local cuisine, so you mustn't leave Peniche without tasting the bouillabaisse, the seafood rice or the charcoal-grilled sardines, always accompanied by the Western region's wines. For dessert, we recommend almond cakes, whether an "Amigo de Peniche" or the biscuits called "Esses".



## About Lisbon



***Lisbon is Portugal's capital and the hub of a multifaceted area that appeals to different tastes and senses.***

In a city that many far-off cultures have influenced over time, there is still a village feel in each historic neighbourhood. Stroll through the Pombaline grid of streets in the Baixa district that opens onto the Tagus in Praça do Comércio, then follow the river to discover some of the city's most beautiful parts: the monumental area of Belém with its World Heritage monuments, the mediaeval quarters and the latest contemporary leisure spaces, such as the Parque das Nações.

If you continue to the mouth of the river, you'll understand why we say that Lisbon is the centre of a vast resort. Along the coastal road, you'll find beaches and beach resorts that combine villas and hotels from the beginning of the 20th century with marinas, terraces and excellent golf courses. Further along the coast, you'll come across world-renowned surfing beaches and palaces scattered across the cultural landscape of Sintra, a World Heritage Site.

The wide variety of landscapes and heritage is always close by, whether to the north or south of the capital. With beaches, natural parks, cultural routes and accommodations for all tastes, it is hard to escape the Lisbon region on a visit to Portugal.



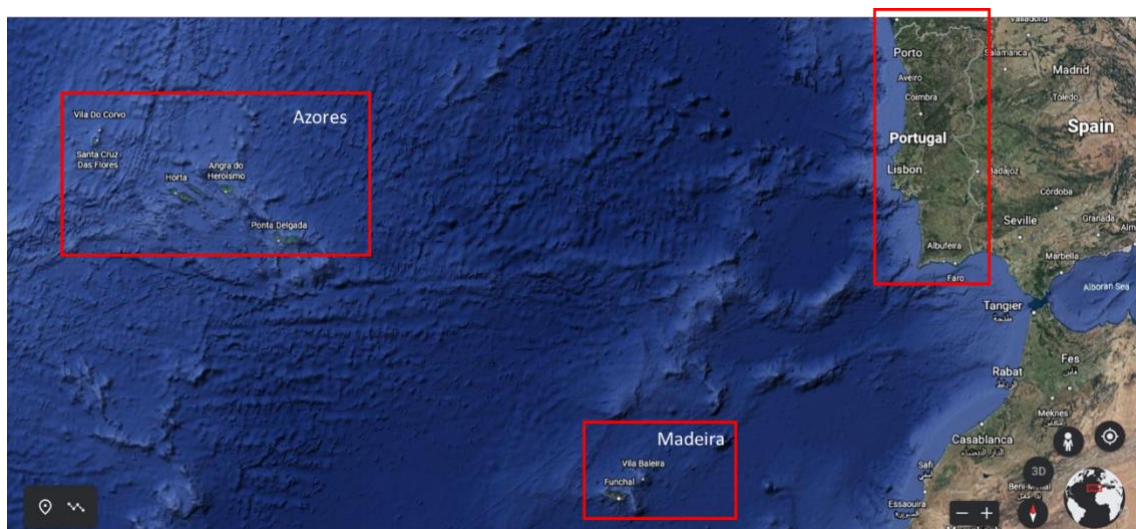
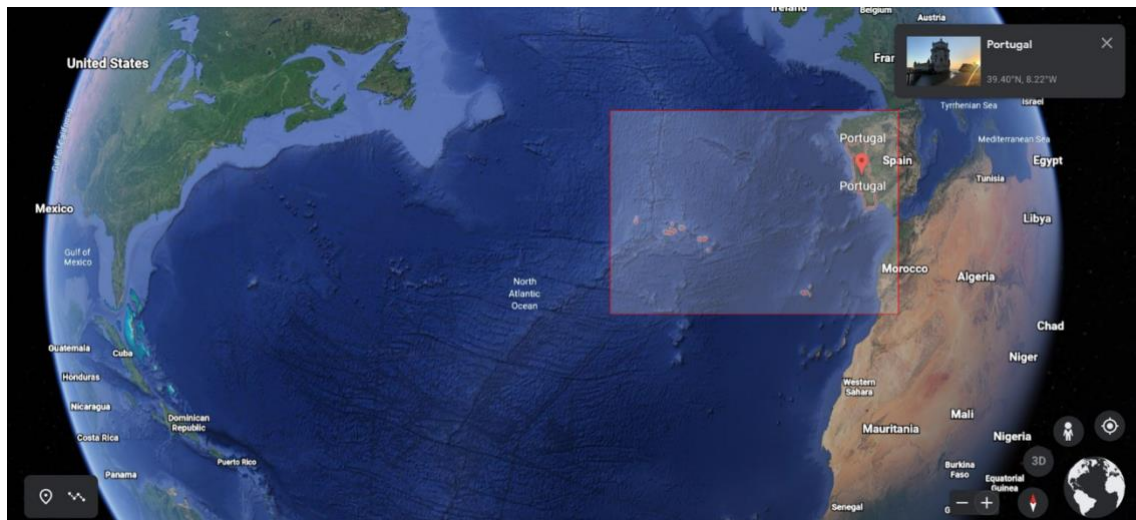


## About Portugal

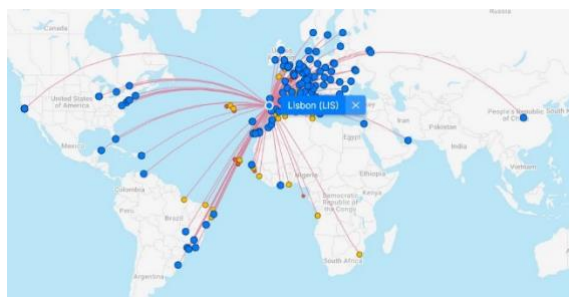
Portugal is the [most western territory in Europe](#), has a coastal range of 1000+ miles with hundreds of beach sites, and is a synonym for pleasant temperature and sunshine all year round.

Portugal is also a synonym of peacefulness, being considered the third most peaceful country in the world (ref. [Global Peace Index](#)).

## LOCALISATION



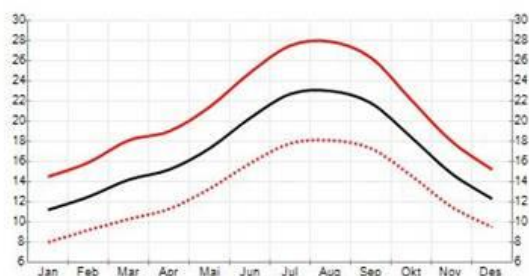
## DIRECT FLIGHTS TO PORTUGAL



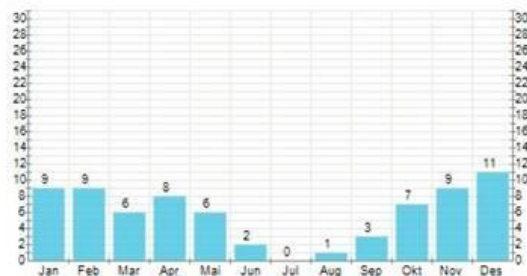
Over 150 airports worldwide have direct flights to Lisbon (LIS), spread around 138 cities in 50 countries.



Average temperature per month



Average days with precipitation per month



## PORTUGAL IDENTITY CARD

Source: Visit Portugal, the Portuguese Tourism Board website

With its mild climate, 3000 hours of sunshine per year and 850 km of splendid beaches bathed by the Atlantic Ocean, Portugal is the perfect holiday destination all year round.

Portugal is the country that has the oldest borders in Europe, with an exceptional range of different landscapes just a short distance away, lots of leisure activities and a unique cultural heritage where tradition and modernity blend together in perfect harmony. Its superb cuisine, fine wines and hospitable people make this a tourist paradise of the highest quality.

Situated in the extreme southwest of Europe, just a few hours from other European capitals, Portugal attracts visitors from all over the world.

## GEOGRAPHY

Portugal is situated in southwest Europe, including the Madeira and Azores archipelagos in the Atlantic Ocean. Mainland Portugal occupies an area of 88,889 km<sup>2</sup>. It is 218 km wide and 561 km long. It has 832 km of the Atlantic coast and a 1,215 km border with Spain.

The Azores are situated in the Atlantic Ocean between Europe and North America. They have an area of 2,355 km<sup>2</sup> and consist of nine islands - São Miguel and Santa Maria in the Eastern Group, Terceira, Graciosa, São Jorge, Pico and Faial in the Central Group and Flores and Corvo in the Western Group. By plane, it takes two hours to get from the Azores to mainland Portugal.

The Madeira Archipelago has an area of 741 km<sup>2</sup> and lies in the Atlantic Ocean, about 500 km from the African coast and 1,000 km from the European continent (1½ hours flying time from Lisbon). It consists of Madeira and Porto Santo islands and the uninhabited Desertas and Selvagens islands, which are nature reserves.

## CLIMATE

### Mainland Portugal

The climate in Portugal varies considerably from one region to another. It is influenced by the relief, latitude and proximity to the sea, which offers mild winters, especially in the Algarve.

In the Porto e Norte area and Beiras region, particularly inland, nearer Spain, the winters are colder, although the temperatures are mild compared to the rest of Europe. There is some snowfall. It occurs most in the Serra da Estrela mountains, where we find the highest point in mainland Portugal (1,991 m) and where it is sometimes possible to ski.





The summers are hot and dry, especially in the inland areas (Trás-os-Montes in north-eastern Portugal and Alentejo). Temperatures are slightly lower in the coastal regions because of the influence of the sea.

There are often warm, sunny days in autumn. Nice weather at the beginning of November is often called "St. Martin's Summer", as this saint's day is November 11.

#### Azores

The climate in the Azores is influenced by the islands' latitude and the Gulf Stream, and temperatures are mild all year round. The same factors also influence the sea temperature, which is very pleasant both in winter and summer and ideal for nautical sports all year round.

#### Madeira

Its geographical position and mountainous relief can explain the subtropical characteristics of the weather in the Madeira Archipelago. The climate in Madeira is exceptionally mild, with average temperatures varying between 24 °C in summer and 19 °C in winter.

The sea temperature is enjoyable all year round, thanks to the influence of the warm Gulf Stream. It varies between 18 °C in winter and 22 °C in summer.

#### POPULATION

Portugal has a population of about 10 million.

The population density is at its greatest in Lisbon, the capital and its suburbs, where about 1.9 million people live. The second-largest city in Portugal is Oporto in the north.

Generally speaking, more people live in the country's coastal regions than in inland areas.

#### RELIGION

Most Portuguese are Catholics, but the Portuguese Constitution guarantees religious freedom, and there are many different religions in Portugal.

#### LANGUAGE

From a Latin root, Portuguese is spoken by about 250 million people in every continent and is the 5th most spoken language in the world and the 3rd if we only consider the European languages.

Portuguese-speaking countries are scattered all over the world. Portuguese is the official language in many African countries (Angola, Cape Verde, Guinea-Bissau, Mozambique and São Tomé e Príncipe), in South America (Brazil) and Asia (East Timor, the youngest nation in the world), and it is also the official language in Macao Special Administrative Region of China.

In Portugal, many people can communicate in English, French and Spanish.

*Source: VisitPortugal.com*