

AN ACTIVITY BREAK IN LISBON: SURF, KAYAK OR MOUNTAIN BIKE?

On foot, by bike, to the water – Take to the outdoors for a holiday to remember



1st July 2015 – Summer is a great season to plan an activity break in Lisbon. From a kayaking trip along the Atlantic coast and catching a wave in a World Surfing Reserve to reaching the European mainland's westernmost point by mountain bike, the Portuguese capital has something for everyone.

Whether you are looking for a full-on adventure holiday or simply want to experience a different side of Lisbon, below are five of the most popular, easily accessible sport activities to enjoy this summer:

SURFING | Catch a wave in Europe's first 'World Surfing Reserve'

Lisbon's Atlantic coastline is recognised as one of the top surfing destinations in the world and many of its famous beaches are located just half an hour away from the Portuguese capital. Surf lovers, beginners and experienced alike, can hit the waves in places such as the stunning Costa de Caparica, the country's largest contiguous beach extending for over 30km, and Ericeira, a 4km coastline that contains a highly concentrated group of quality surf breaks and also Europe's first place to obtain the International 'World Surfing Reserve' title. Lessons for all levels start from €55 (approx. £39) per person.

www.lisbon-surf-tours.com / www.guinchotours.net

KAYAKING | Take to the Tagus River for a different perspective

Water has always played an intricate role in Lisbon's history so for a different perspective of the Portuguese capital follow its natural artery, the historical Tagus River, on board a kayak. Beginners can try a two-hour tour from Oeiras to Lisbon (10 km), starting at the 17th century Fort of St. Bruno and finishing at the Belém Tower, where explorer Vasco da Gama set sail to the 'unknown'. More experienced rowers can take a five-day trip along one of Portugal's most beautiful coastlines, beginning in Cascais and ending in Troia (63 km). Prices start from €30 (approx. £21) per person.

www.borkyou.com / www.guinchotours.net

MOUNTAIN BIKING | Reach mainland Europe's westernmost point

Explore the Sintra-Cascais Natural Park by mountain bike and make its great trails, green woods and rocky cliffs your playground. Just a 30-minute drive from Lisbon, this tranquil natural setting combines an array of forest tracks with uninterrupted views over the blue Atlantic Ocean. Reaching Cabo da Roca is considered by many the highlight, as mainland Europe's westernmost point is known for its breathtaking views of the Sintra Mountains and the cliffs below. There are different tour options for cyclists to choose from, from three hours to a full day. Prices start from €30 (approx. £21) per person.

www.guinchotours.net

ON THE BOARD | When Stand up paddle is not enough

Stand up paddle (SUP) is an ideal sport to be done in Lisbon thanks to its warm coastal climate and calm waters – but did you know that the city is now taking things up a notch? A relatively new concept, SUP Fitness aims at optimising muscular strength workout while on the board. The new option, together with the arms, also works the abs, legs and buttocks for the ultimate exercise. Prices for a 45-minute SUP Fitness class in the waters around Lisbon's modern Parque das Nações start at €35 (approx. £25) per person.

www.marinaparquedasnacoes.pt / www.borkyou.com

HIKING | Sintra beyond the UNESCO World Heritage Site

Fans of the outdoors can go hiking on the much loved 'Serra', as the locals call it. Just a short drive from Lisbon, Sintra is one of the most special places to explore on foot. Not only is its cultural landscape a UNESCO World Heritage Site, but as you head towards the Sintra Mountains, a range that covers ten miles, you start immersing yourself in the unique atmosphere of an area that blends green fertile forests with historic places such as the colourful Pena National Palace and the medieval Castle of the Moors. A four-hour hike costs €25 (approx. £18) per person.

www.borkyou.com / www.guinchotours.net / www.naturway.pt

Direct flights to Lisbon operate from London, Manchester, Liverpool, Edinburgh and Bristol with TAP Portugal, British Airways, easyJet and Ryanair.

For more information on all these activities and Lisbon please visit www.visitlisboa.com.

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About Lisbon

Portugal's national capital, Lisbon, boasts one of the longest histories, warmest climates and bustling nightlife of any major European city alongside its dramatic location sprawled along seven hills overlooking the river Tagus and the country's west coast. Famed for its year-round sunshine and beauty, Lisbon's grand architecture dazzles and its old-world charm mingles with chic streets, galleries, lively nightlife and a centre which gives way to sandy beaches just minutes away. It is also one of the most affordable capitals in Europe, perfect for a captivating city break or short haul escape.

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 now has 713 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.