

COME FACE TO FACE WITH NATURE AT LISBON'S TERRIFIC ESTUARIES

From November to January the Tagus Estuary becomes home to an extra 120,000 birds

Spot dolphins at the Sado Estuary year round – one of only three colonies in Europe

29th October 2015 – Calling all nature lovers! Just an hour from the Portuguese capital, two tranquil, easily accessible estuaries teem with wildlife: the Tagus Estuary, the largest wetland in the country, is home to hundreds of different birds, while the Sado Estuary, further south, is famous for its permanent colony of bottlenose dolphins.

Bird watching at the Tagus Estuary – binoculars advisable!

The Tagus Estuary is Portugal's largest wetland and the country's best spot for bird watching enthusiasts. Covering over 14,000 hectares, the area's bird list includes over 250 species, such as greater flamingos, little bustards, cetti's warblers and short-toed eagles. In certain parts you can also find breeding populations of exotic species such as the yellow-crowned bishop and the red munia.



From November to January each year, the Tagus Estuary receives over 120,000 additional aquatic birds from northern Europe which, trying to escape the cold winter months, make the mouth of the Tagus River their temporary home. During these three months, up to 100 species can be spotted in a single day.

Daily tours available. Prices from €90 (approximately £65) per person.

www.evoa.pt / www.birds.pt / www.estreladalva.pt

Dolphin watching at the Sado Estuary – a “Flipper” experience!

The warm waters of the Sado Estuary Nature Reserve, in the bay of Setúbal, are home to a colony of bottlenose dolphins which can be spotted all year round – an experience that will delight children and adults alike. The group of around 30 cetaceans is the only resident population who live in a Portuguese estuary and one of the only three permanent colonies in Europe.



Guided dolphin watching tours depart from Tróia and Setúbal three times a day, including a sunset tour to make the most of the twilight surrounded by the playful cetaceans.

Prices from €20 (approximately £15) per adult.

www.vertigemazul.com / www.sadoarrabida.pt

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

For more information on 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 Portugal'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 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 organization established through an alliance of public and private bodies operating in the tourist sector. It now has around 700 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.