



SINTRA
EST. 1995
**BODYBOARD
PRO FEST**

EST. 1995

BODYBOARD PRO FEST

PRAIA GRANDE

01 - 06 SET



IBC
bodyboarding



WARS
DEEP KNEE SPECIAL EVENT



SMAS SINTRA
SERVIÇOS MUNICIPAIS ZONAS DE SINTRA

VISITOR GUIDE

PRAIA GRANDE • SINTRA • PORTUGAL
1-6 SETEMBRO 2026

Explore Sintra. Discover the Atlantic Coast.
Experience the Sintra Pro Fest.

SEE YOU AT PRAIA GRANDE!

LOCAL DO EVENTO

📍 SINTRA PRO FEST 2026

Praia Grande
2705-329 Colares, Sintra, Portugal

Datas: 1–6 Setembro 2026



30
YEARS
OF HISTORY
PRAIA GRANDE
SINTRA • PORTUGAL

HOW TO GET TO PRAIA GRANDE



LISBON AIRPORT → PRAIA GRANDE

Distance: approximately 30–40 km

TÁXI / TVDE

The fastest and most convenient option. Ideal for athletes with boards and equipment. 35–50 min | €45–60

PRIVATE TRANSFER

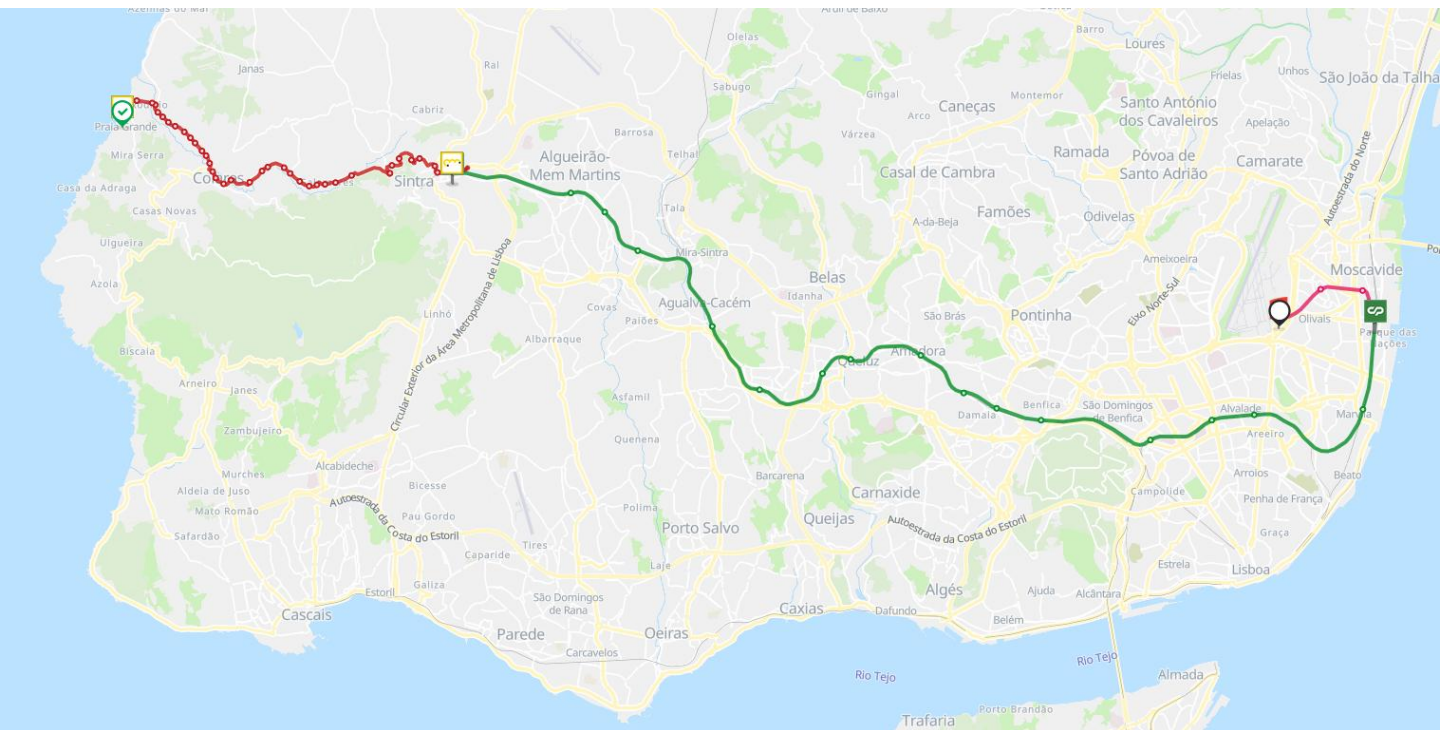
Recommended for athletes, teams and groups. Advance booking required.

RENTAL CAR

Aeroporto → A5/IC19 → Sintra → Colares → Praia Grande.

PUBLIC TRANSPORT

Lisbon Airport → Red Metro Line towards São Sebastião → Get off at Oriente → Train to Sintra → Bus to Praia Grande. Estimated time: 1h30–2h





WHERE TO STAY

PRAIA GRANDE

Arribas Sintra Hotel

📍 Av. Alfredo Coelho 28, Praia Grande

☎ +351 219 289 050

✉ mail@hotelarribas.pt

https://www.arribashotel.com/?utm_source=chatgpt.com

PRAIA DAS MAÇÃS

WOT Sintra Ocean

📍 Av. Eugene Levy 50

☎ +351 961 288 484

<https://www.wotels.com>

PRAIA DAS MAÇÃS

Oasis Backpackers Hostel Sintra Surf

📍 Av. do Atlântico

☎ +351 218 058 356

<https://oasissintra.com/pt/>

PRAIA DAS MAÇÃS

Casal Santa Virginia

📍 Av. Luís Augusto Colares 17

☎ +351 913 467 791

PRICES

Prices vary depending on the season and availability. Advance booking is recommended for 1–6 September 2026.



WHERE TO EAT

06

PRAIA GRANDE

Bar do Fundo

📍 Av. Alfredo Coelho
☎ +351 219 282 092

PRAIA GRANDE

Nortada

📍 Av. Alfredo Coelho 8
☎ +351 219 291 516

PRAIA GRANDE

Angra Gatti

📍 Av. Alfredo Coelho 57
☎ +351 965 770 247

PRAIA GRANDE

O Pescador

📍 Av. Alfredo Coelho 39
☎ +351 968 611 793

PRAIA DA ADRAGA

Restaurante da Adraga

📍 Praia da Adraga, Almoçageme
☎ +351 219 280 028

AZENHAS DO MAR

Restaurante Azenhas do Mar

📍 Lugar das Piscinas
☎ +351 219 280 739

Preços indicativos. Recomenda-se confirmar horários e efetuar reserva.



WHAT TO VISIT

PALÁCIO NACIONAL DA PENA

Um dos maiores símbolos de Sintra e de Portugal.
<https://www.parquesdesintra.pt/>

+351 219 237 300

QUINTA DA REGALEIRA

Jardins, grutas, túneis e arquitetura única.
www.regaleira.pt

+351 219 106 650

CASTELO DOS MOUROS

História e vistas panorâmicas sobre Sintra.
www.regaleira.pt

+351 219 237 300

CABO DA ROCA

The western most point of mainland Europe.

PRAIA DA ADRAGA

One of the most beautiful natural beaches on the Sintra coast.

AZENHAS DO MAR

One of Portugal's most iconic coastal landscapes.

PRAIA DAS MAÇÃS

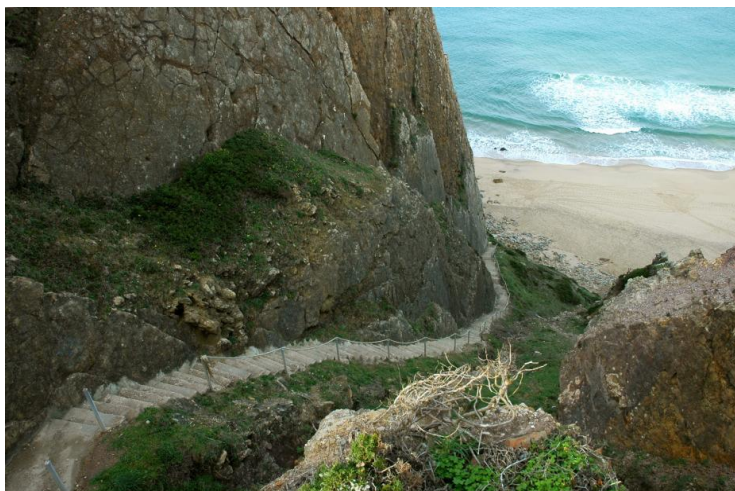
An excellent option for relaxing and exploring the coast.



UNIQUE EXPERIENCES

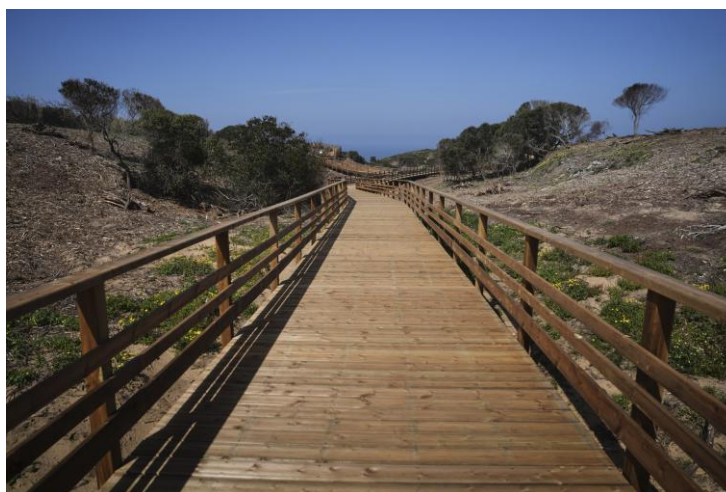
□ DINOSAUR FOOTPRINTS

On the cliffs of Praia Grande, you can find dinosaur footprints dating back approximately 120 million years, one of the region's most fascinating geological heritage sites.



NEW ECOLOGICAL PARK AND BOARDWALKS

The area between Praia Grande and Praia da Adraga is being enhanced with new walking trails and boardwalks integrated into the natural landscape.



**30 YEARS OF HISTORY.
ONE ICONIC BEACH.**

TOURIST ROUTE & CONTACTS

PRAIA GRANDE



PRAIA DA ADRAGA



CABO DA ROCA



AZENHAS DO MAR



PRAIA DAS MAÇÃS



CENTRO HISTÓRICO DE SINTRA



PALÁCIO DA PENA / QUINTA DA REGALEIRA



USEFUL CONTACTS

 **EMERGENCY**

112

SINTRA TOURIST OFFICE

Praça da República, 23, Sintra

+351 219 231 157

sintra@lismarketing.pt

COLARES TERRITORIAL POLICE STATION

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Fax: 219289078

Email: ct.lsb.dsnt.pclr@gnr.pt