

5 Family-Friendly Highlights of Portugal's Silver Coast

With its crashing waves, sheer cliff faces and seemingly never-ending coastal roads, Portugal's Costa de Prata - otherwise known as the Silver Coast - combines rugged Atlantic coastline with time-forgotten fishing villages, surfing hotspots, nature reserves and picturesque walking trails. It is also home to the mediaeval walled town of Óbidos, a UNESCO World Heritage Site and designated City of Literature.

Lesser known than some of Portugal's more populous beach destinations, the Silver Coast has plenty to attract families. Here are five of our favourite spots to explore with children:

Praia da Areia Branca

A family-friendly promenade complete with ice cream vendors, wide stretches of sandy beach, pizzeria and boardwalk overlooking the sea, make Praia da Areia Branca an ideal choice for a family day out. At the southern end of the boardwalk, [Areal Beach Bar by Chakall](#) is

one of the best open-air beach restaurants in the region, and there are also some good surf schools for younger learners to test the waves.

Lagoa de Óbidos

Framed by scenic pine forest, eventually meeting the ocean at Foz do Arelho, Lagoa de Óbidos is surrounded by walking trails and is also one of the best spots in the region for kitesurfing. Take a guided boat tour from Covão dos Musaranhos with [Intertidal Natureza & Aventura](#) and combine it with a visit to Óbidos Castle

where the town's many festivals usually take place.

Berlengas Islands

Drive to Peniche Marina and catch a boat to the Berlengas Archipelago - a largely uninhabited group of Atlantic islands and conservation area that starts approximately 10 km off the west coast. Berlenga Grande is the island you'll visit, and from there you can take a glass bottom boat, explore the caves, snorkel and hike on the island's walking trail. Back on the mainland, Baleal Beach is a must-visit for surf enthusiasts. Drive

across the sandbank to Baleal Island for splashing in the rock pools or an ice-cream stop.

Parque Dom Carlos I

Located in the historic centre of Caldas da Rainha, Parque Dom Carlos I is the most beautiful park on the Silver Coast. With its ancient towering tree canopies, boating lake, beautifully kept gardens and large children's playground, this is a wonderful spot to enjoy a picnic, watch black swans and peacocks, or admire the spectacular architecture of the former thermal hospital. Time permitting, take a

stroll to Praça da Fruta and experience the city's bustling fruit and vegetable market, open daily from 8:30 am to 3 pm.

São Martinho do Porto

Sheltered from the tempestuous waters of the Atlantic by its enormous headland, São Martinho do Porto is a bay with some of the safest waters for swimming on the Silver Coast. It's easy to walk the length of the bay and there are plenty of restaurants and cafes to stop for lunch. Boardwalks connect São Martinho with Salir do Porto, which features a towering

sand dune loved by children as they race
to the top and slide down.