



Sports in Portugal

Despite its size, Portugal offers a great variety of terrain, with a wide range of sports and leisure activities to match.

Golf and **tennis** facilities have been well established for many years. Due to the Portuguese mild climate both sports can be enjoyed all year round. Tennis courts are found almost everywhere in Portugal and certainly alongside most tourist facilities.

Portugal's golf courses include some of Europe's finest. The majority offer coaching for golfers of all abilities and specialist holidays are now easy to arrange.

Other activities such as **walking**, **cycling** and **riding** are also widely enjoyed and easily arranged.

walkers will find excellent conditions in all Portuguese Natural Parks.

Sailing, **windsurfing**, **water skiing**, **canoeing**, **rowing**, **surfing**, **motor boats** and **diving** are all colourful pastimes on the Costa Azul. Sailing clubs and underwater centres are all there to give the necessary help when required. Trips may be taken on the Sado galleons and Tagus river craft, in true traditional fashion. Sea trips - always full of promise, bright light and dolphins. Sado dolphins- symbol of the sea and the Costa Azul. The sea around the Costa Azul offer adventure and discovery - in all four seasons of the year. The Atlantic offers sporting opportunities in thousands of different ways.

Fishing lines are thrown from beaches and riverbanks, providing unequalled conditions for the catching of bass and sea bream. In the estuaries where the river meets the sea, red mullet, sole and cuttlefish abound. Fishing is also practised in excellent conditions in the Portuguese lagoons. Barbell, carp and perch are plentiful in Campilhas, Vale do Gaio and Pego do Altar, all worth a visit.

The plains with their characteristic vegetation provide ample **hunting** grounds for the practice of this sport. Holm oaks, flex oaks, stone pine and pin-asters are points of reference for hunters. Hare, rabbit, partridge, quail, wild pigeon, turtle dove, woodcock, duck and lapwing are plentiful. Hunting is a surprising experience contrasting the speed of the hare with unexpected flight of the partridge. This sport requires skill and precision, excellent aim and concentration. Hunting in Portugal is also a rendez-vous with nature, a chance to observe species from close quarters to room close to nature and sample the gastronomy while getting to know the culture of the region.

In the Serra da Estrela mountains near Penhas da Saúde, **ski** tows and lifts serve Portugal's only organised ski resort. Conditions are best between January and March, but the resort is sometimes closed due to too much or too little snow.

