



## INFORMATION

### NATURISM IN PORTUGAL

#### **Federation:**

**Federação Portuguesa de Naturismo - FPN**  
Apartado 3232  
P – 1303-903 Lisboa  
E-mail: [fpn@fpn.pt](mailto:fpn@fpn.pt)  
Web: [www.fpn.pt](http://www.fpn.pt)  
T. +351 964 596 641

#### **Naturist Campings:**

##### **01 - Quinta dos Carriços – FPN recognized**

Salema  
8650-196 Budens  
(Vila do Bispo - Algarve)  
E-mail: [quintacarrico@oninet.pt](mailto:quintacarrico@oninet.pt)  
Webs: <http://www.quintadoscarricos.com/> and  
<http://carrinatcamp.com.sapo.pt/>  
T. +351 282 695 201/400 Fax +351 282 695 122

##### **02 - Quinta das Oliveiras – FPN recognized**

Andorinha – 3405-498 Travanca de Lagos  
Postbox: Apartado 27  
3400 Oliveira do Hospital  
E-mail: [campismo.nat@clix.pt](mailto:campismo.nat@clix.pt)  
Webs: <http://campinat.com.sapo.pt> and  
<http://www.quinta-das-oliveiras.nl/>  
T. +351 235 466 007 and +351 962 621 287

##### **03 - Monte Naturista “O Barão” - FPN recognized**

Foros do Barão – Abela  
Postbox: Apartado 22  
7566-909 Ermidas-Sado  
Portugal  
E-mail: [info@montenaturista.com](mailto:info@montenaturista.com)  
Webs: <http://www.montenaturista.com/> and  
<http://montenaturista.com.sapo.pt/>  
T. +351 966 242 547  
Obs: UNDER CONSTRUCTION (Opening predicted to July of 2006)

#### **Official Naturist Beaches - FPN recognized:**

##### **Lisbon/Setúbal region**

Bela Vista beach, Costa da Caparica – Almada  
Meco beach, Alfarim – Sesimbra

##### **Alentejo Coast**

Salto beach, Porto Covo – Sines

##### **Algarve**

Adegas beach – Odeceixe – (north of) Aljezur  
Barril beach, Ilha de Tavira – Tavira

#### **Naturist unofficial beaches (FPN recommended):**

##### **North**

Estela beach – (north of) Póvoa do Varzim

##### **Center**

Palheiro beach, Tocha – Cantanhede  
Cova-Gala beach, south of Figueira da Foz  
Salgado beach, Famalicão – Nazaré

##### **Lisbon/Setúbal region**

Adiça beach, Fonte da Telha – Costa da Caparica

##### **Alentejo Coast**

Malhão beach – Vila Nova de Milfontes  
Alteirinhos beach – Zambujeira do Mar

##### **Algarve**

Beliche beach – north of Sagres  
Zavial beach – Vila do Bispo  
Furnas beach – (near Carriços Camping)  
Meia Praia beach (in the meadle zone) - Lagos  
Armona island beach – Fuzeta

#### **Other naturist “tolerated” beaches:**

##### **Center**

Palheiros - Quiaios  
Almagreira – Baleal – Peniche

##### **Lisbon/Setúbal region**

Comporta – Tróia – Setúbal

##### **Alentejo coast**

Fontainhas – Galé – Melides

##### **Algarve**

Carrapateira – north of Sagres

#### **Other naturist opportunities by FPN:**

**Health Club** – SPA & Fitness Club of Hotel Villa Rica – Avenida 5 de Outubro 301/318 in Lisbon – 18pm to 20pm in the 4<sup>th</sup> Saturday of each month, between January and May;

**SwimmingPool** – Piscina da Penha de França, Calçada do Poço dos Mouros, 2 in Lisbon – 17pm to 19pm in the 2<sup>nd</sup> Sunday of each month, between October and May.

#### **Other Nudists/Naturists or “Clothes Free” opportunities: (FPN no recognized)**

01 – Quinta da Horta  
[www.naturist-holidays-portugal.com](http://www.naturist-holidays-portugal.com)

02 – Quinta da Vista  
[www.algarvesun.eu.com](http://www.algarvesun.eu.com)

03 – Naturest (Rural guesthouse)  
[www.naturest-portugal.com](http://www.naturest-portugal.com)



FPN is a member of  
International Naturist Federation