

2026 Edition



EXPERIENCING SAGRES WITH MEMMO.



OUR GUIDE TO EXPLORING
THE AREA

memmohotels.com

memmo.
BALEEIRA

SAGRES • PORTUGAL



Text: Mariana Correia de Barros
Illustrations: Ana Martins & João Varela • Design: José Mendes

Mystical, wild and pretty. That's Sagres, whose name derives from the Latin word meaning 'sacred', thanks the aura of divinity that surrounded it from prehistoric times, associated as it was with the rituals of some southern peoples. A shrine to the gods, it was left uninhabited for centuries, although Christian moçarabes were living there during Muslim times.

However, the fate of this westernmost point in southern Portugal was to change on 27 October of 1443, when Infante Dom Henrique (1394-1460), the son of the king Dom João I of Portugal (1357-1433), and whose statue may be seen at the entrance to Sagres, claimed the area for himself. Here this mastermind of the Portuguese voyages of discovery is said to have founded the School of Sagres, where mariners prepared before setting out – although today this is thought to be no more than a legend – and here this leading figure of the start of

Portugal's period of foreign conquests lived until his death, hence the name of the Infante of Sagres or, in English, Prince Henry the Navigator.

This was an important strategic point in Portugal's maritime defences, thanks to the enormous fortress built on the Ponta de Sagres (Sagres Point), an ancient promontory with few inhabitants, and which had a defensive role until the 20th century.

Today, this remains a place steeped in history, but above all one to enjoy nature. The beaches, cliffs, wild landscape and above all its location, inside the Southwest Alentejo and Vicentine Coast Natural Park, are an invitation to all who love to explore on foot or by bicycle.

The town of Sagres may have grown but remains a laidback place, its centre dotted with friendly bars, good restaurants for fish and other seafood, and also several shops. It is also much sought after by those who love

water-based activities, such as surfing or boat trips, and those who are looking for a destination with wild beaches, in a setting of unique beauty and with transparent waters. Whether to bathe, enjoy local cuisine or tour, here are our suggestions for exploring Sagres.



Things to do



Sagres is a destination for those who like to stay active and make the most of the outdoors. At memmo Baleeira, the experiences available allow you to explore the sea, the land and wellbeing, always closely connected to the surroundings.

Within the hotel, the focus begins with body and balance. In our Shala Room and Scape Room, regular classes in **Yoga, Movement, Pilates and Functional Training** are available, designed for different levels and rhythms. For something distinctive, **Underwater Fitness** adds resistance and body awareness in an aquatic environment.

The sea is ever-present and offers countless possibilities. **Boat trips** provide the chance

to **observe dolphins** and, at certain times of year, **whales**, as well as visits to **local caves** along the coastline. For those who prefer **underwater experiences, scuba diving** and **snorkelling** sessions are available, ideal for discovering the region's marine life. **Surfing**, naturally, holds a central place: the hotel's surf school offers daily lessons for beginners and experienced surfers alike, as well as private sessions for families or groups. These are complemented by **SUP** and **kayak tours**. On land, the options are equally varied. For those who enjoy exploring at their own pace, the hotel provides **running routes** and **cycling trails** designed to reveal the surrounding landscape of cliffs, coastal roads and natural paths. Among them stands out the **new cycle path** linking Sagres to the Cape St Vincent Lighthouse, a particularly beautiful route to enjoy by bike, always accompanied by the Atlantic. **Horse riding** at the end of the day offers another way to take in the scenery,

while creative **workshops — pottery, ceramics and jewellery-making** — provide a quieter, hands-on approach to the destination.

Activities can be booked individually and adapted to different ages and interests. At memmo Baleeira, “things to do” is simple: choose how you wish to experience Sagres, in and out of the water.

Beaches in Sagres

You can't talk about Sagres without mentioning the beaches – in the warm months to swim and sunbathe, in the cooler months for walks, and all year round for sports such as surfing, windsurfing and kitesurfing. Just down from the hotel, with direct access via a private road, is **Praia da Baleeira**. This tiny beach with crystal clear waters is invariably empty and has a view of the port of Baleeira. To the east is **Praia**

do Martinhal, with a broad strand and a fine view of the Martinhal Islets, a group of uninhabited islands out in the ocean. A short walk from the hotel are two other beaches: **Praia da Mareta**, which also has plenty of sand on which to spread out your towel; and **Praia do Tonel**, one of the prettiest local beaches and very popular with surfers. If it is very windy, the best place to head is **Praia do Beliche**, which is good for a day on the beach from morning to sunset as well as for water sports enthusiasts.



Beaches around Sagres

There are five beaches on the Algarve's west coast, a few kilometres from Sagres, whose names are worth remembering. Praia da **Ponta Ruiva** is one of the prettiest and wildest in the area. To the north is **Praia do Castelejo**, a good surfing spot, and right next door is **Praia da Cordoama**, which draws many groups of friends looking for a day at the beach out of the wind (the southern end is quite sheltered). Next door is **Praia do Amado**, a magnet for surfers all year round, with various schools where beginners can take lessons.

There are another three beaches to explore on the south coast. **Praia do Barranco** is one of the area's best-kept secrets, though it is rather wild, with no lifeguards. **Praia da Ingrina**, by contrast, has lifeguards and is also popular with divers. Next door is **Praia**

do Zavial, which also has a good restaurant of the same name, and whose waves are known to be good for bodyboarders.

Local tips

- Before setting out for the area's beaches, check the tide chart and, if your visit coincides with high tide, make sure to choose only those that have broader strands.
- There are four good beaches to escape the Sagres wind: Praia do Beliche, Praia do Castelejo, the southern end of Praia da Cordoama and Praia da Arrifana.
- If you want to end your day at the beach with a snack until the sun sets, don't forget to take a sweater with you, because in the evening temperatures fall sharply.



To taste



In a destination served by a great fishing port, as Sagres is, prepare to find plenty of fine fresh seafood on offer in many local restaurants.

There are a few exceptions and we start with them. **Fornaria memmo** is the hotel's Mediterranean-inspired restaurant, centred around a wood-fired oven where pizzas and specialities with fresh fish are prepared. For lighter, more contemporary options, Sagres keeps pace with modern tastes. **Picnic**, a local slow-fermentation bakery, focuses on artisan breads, speciality coffee and ideal choices for breakfast or relaxed daytime breaks. **Roots & Waves** presents a healthy concept, with bowls, tapiocas and

balanced meals for those who wish to eat well without compromising on lightness. To taste traditional regional cuisine — including goose barnacles, stuffed squid, octopus rice and grilled fish — two excellent choices are **A Sagres**, an unpretentious restaurant (reservations recommended in summer), and **Fermento Wine & Bar**, offering natural wines, craft beers and other fermented drinks paired with authentic, locally based cuisine. Often caught the same day, **Adega dos Arcos** is a strong choice, known for its homely and traditional cooking, genuine Portuguese flavours and rustic atmosphere. Also at Baleeira Harbour, **A Sereia** right in the port of Baleeira, is a very traditional restaurant whose back dining room has a view of the wholesale fish market. Also in the port, just steps away from the hotel, and with a large terrace looking out to sea, **A Tasca** is another good local place to eat grilled fish and shellfish, much of which comes from the

restaurant's own tanks. If you like the idea of a fish meal with a sea view, sit down at **Mar à Vista**, where they serve a very fine massada de peixe (pasta and fish stew). In the centre of town is another of Sagres's great fish restaurants, it's called **Carlos**, and it's been going for 35 years and is justly famous - so always book ahead. For fine dining, you must visit **Vila Velha**, a local classic run by a Dutchwoman that serves Mediterranean and international cuisine. If you're looking for something lighter to eat, the hotel's pool bar offers a menu of toasts and savoury and sweet crepes during the summer months. And because Sagres is also savoured at the end of a meal, a stop at Alice Gelateria is almost compulsory — an Italian artisan producing traditional gelato using high-quality ingredients. Do try the tiramisu.



To drink



There's something special about starting your evening at **memmo Bar**, the hotel bar, where you can sip a glass of wine or a gin with the most beautiful view over the ocean.

But Sagres nightlife is clustered on Rua Comandante Matoso, the town's main street, where there are three venues that locals and visitors usually cover on their bar crawls. You can start early, before sunset, since you

will already have good music and company. The bars in question are **Dromedário**, a local icon that dates back more than 30 years and which has a long list of cocktails and DJs on duty on some summer nights; **Água Salgada**, next door, whose mirror ball presides over some lively nights; and, next door again, **Pau de Pita**, best known for its terrace, which is a good place to listen to good music while downing a drink. For a more laid-back and off-the-beaten-path experience, it's worth stopping by Laundry Lounge Sagres, a hybrid space where a bar, restaurant, and laundromat come together in an informal and creative setting. With specialty coffees, cocktails, smoothies, and healthy options available throughout the day, it's also a gathering spot for those seeking good music and a laid-back atmosphere, featuring regular live music. A unique spot where you can linger into the afternoon or kick off the evening to the tranquil rhythm of Sagres.

Where to shop



Shops in Sagres are pretty much in line with the area's lifestyle. That is, don't expect to find big outlets for multinational brands but rather a selection of stores with items relating to the sea – and surfing, of course – as well as local products and some hippie-chic clothing. Starting with this style, which is so well suited to days on the beach or walking or cycling around Sagres, our first stop is called **memmo Store** and is inside the hotel. As well as selling memmo-branded merchandise, it has dresses, bikinis, swimwear for men and women, beach towels and cushions and other accessories. To dive into the world of surfing, **Retro Sailor** is the best place to visit. In this shop you can buy

vintage surfboards but also modern ones, wetsuits and other material you'll need to catch waves, as well as skateboards, clothing, backpacks and trainers – all with a street-wear theme. Also for watersports, head for **Surfers Lab**, the best technical surf shop in Sagres with more than 250 boards and wetsuits in stock as well as a wide range of surf brands. On the same street and going for almost 25 years, **Surf Planet** is the oldest surf shop in Sagres, selling but also repairing boards and stocking items from the best-known brands, such as Quiksilver, Reef and Billabong. **SantoLoco Sagres** blends surf and skate culture with speciality coffee, smoothies and healthy options – an informal meeting point. For anyone who likes to pick up a souvenir from the places they visit, **São Vicente Spot** combines restaurant, snack bar and craft shop, with privileged Atlantic views and locally inspired pieces.

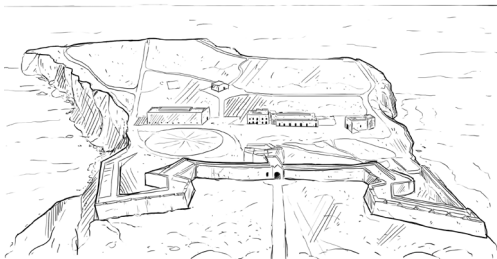
To visit

Porto da Baleeira



The hotel has a view of the port, but the best thing to do is to go down to see the boats that come in every morning laden with fish – just follow the flocks of seagulls. From 3.30pm a fish auction takes place in the wholesale market that you can see unfolding from the window of the restaurant A Sereia. It's also from here that boats set out for the various activities that you can take part in in the area.

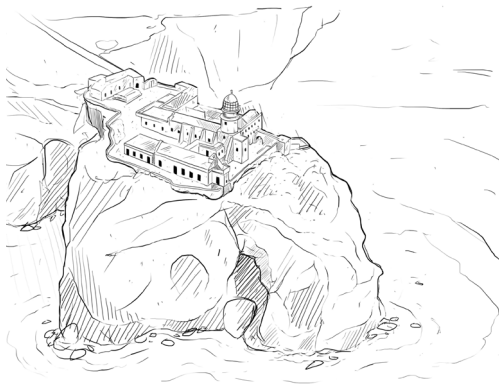
Fortaleza de Sagres



A trip to the fortress on Sagres Point, whose origins go back to the 15th century, is ideal for a sunny afternoon – our tip is that you cycle there on one of the bikes available at the hotel. Built to protect this part of the coast, this enormous complex includes a turret; a compass rose best seen from one of the former lookout points; the Nossa Senhora da Graça church, dedicated to the Sagres’s patron saint; and various walking trails, some along the clifftop, with breathtaking

views. The fortress stands on the promontory known to the Romans as Promontorium Sacrum, thought to have been dedicated to Saturn.

Cape St Vincent



This is the most special place in Sagres to see the sunset and attracts pretty much everyone who visits the town. Wear a sweater (it is a windy spot), take your camera and

follow in their footsteps. Here, too, is the Cape St Vincent lighthouse, whose foundation dates back to the 16th century; the current structure was built in 1846.



Day trips

Vila do Bispo



A 10-minute drive from Sagres is **Vila do Bispo**, a town with a population of about 1,000 that is ideal to explore on foot. Our recommendation is that you get to know it in the morning and stay around until lunch-time. Start with a visit to the town's parish church – **Igreja Matriz** – dedicated to Nossa Senhora da Conceição and dating back to the

16th century. It is a pretty place to admire the tile-lined walls and the gilt ceiling. Then set off by car for Praia da Cordoama, where you can spend a few pleasant hours in the sun, sheltered from the wind, though not before immortalising in photographs one of the Algarve's best landscapes, viewed from the **Miradouro da Cordoama**, a lookout point accessible via a dirt road and which affords unrivalled views of the beaches of Cordoama, Barriga and Castelejo. Before setting off back to Sagres, return to the town centre and tackle a shellfish platter or fresh grilled fish at the restaurant **Ribeira do Poço**, which is known for the freshness and quality of the produce it uses. Also the **O Pisco** stands out for its different approach, with a mostly vegetarian and vegan menu that is creative and well executed, accompanied by a careful selection of organic wines. It is an excellent option for those looking for lighter and more contemporary flavours in the region.

Aljezur

For a different kind of day at the beach and some good food, our suggestion is that you travel the 40 kms that separate Sagres from the town of Aljezur and, once there, choose one of the area's good sunbathing beaches and one of its restaurants, so that you come back with a full stomach. **Praia da Arrifana**, with its steep descent to the sand (vans do the trip in summer) is one of the most popular and has a pretty and photogenic rock, dubbed Ponta da Agulha or Needle Point, at its southern end; **Praia de Monte Clérigo** is much sought after by families because of the natural pools that form at low tide and harbour several marine species; and **Praia da Amoreira**, where the salt water from the sea is joined by fresh water from a stream, the Ribeira de Aljezur. To eat here, choose between the fresh fish and shellfish platters at **O Paulo**, with its great sea view, and the nearby **See You Surf Café** with a very good

steak on a stone; or head for **Sargo**, which also serves as the beach bar for Praia de Monte Clérigo but which has been given an overhaul of late and now does light meals.

Pedralva – Vilarinha – Carrapateira

Another day trip we recommend to anyone wanting to explore the area is to visit these three villages. The **Aldeia da Pedralva** is the closest to Sagres, a 15-minute drive away in the municipality of Vila do Bispo. It was rebuilt from scratch by a group of Portuguese in 2006, after they found the village abandoned. As well as tourist accommodation, it has an excellent pizzeria, **Pizza Pazza**, and a restaurant-bar where you can just have a drink. Close by is the **Aldeia da Vilarinha**, in a pretty valley in the middle of the countryside, with livestock roaming and several little houses that are mainly rented by Portuguese holidaymakers. Further north, but still near the coast, is **Carrapateira**. Visit it above

all to explore on foot the 10km **Pontal da Carrapateira** trail, a circular route that takes in several lookout points with stunning views over the sea, with plenty of native vegetation, and passing by **Bordeira** and **Amado** beaches. You can end your walk at one of the area's best fish restaurants, **O Sítio do Rio**.

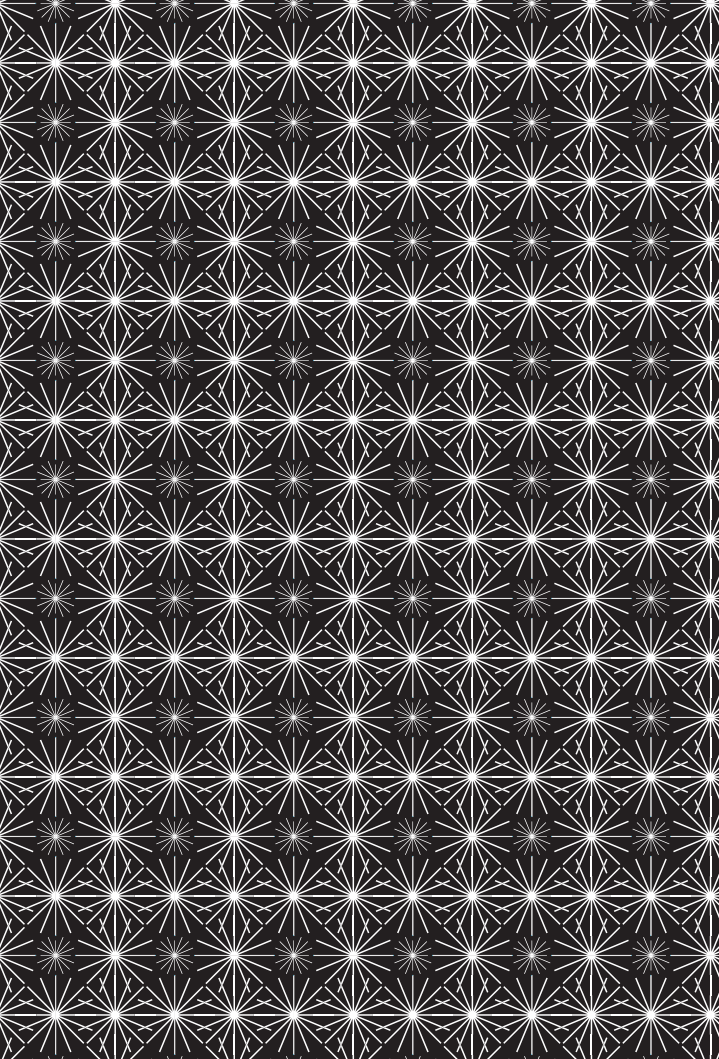
Lagos

Some 40 minutes driving from Sagres is Lagos, one of the Algarve's main towns and once the district capital. Start by exploring the historic centre, much of which is pedestrianised and which still retains some traditional local shops, and don't miss the **Centro Cultural de Lagos**, which has changing exhibits. If you have children, the **Centro de Ciência Viva de Lagos** has didactic displays on the maritime Discoveries. One good programme for any age is a **boat trip along the coast**, in which you slip into some secret caves, although unfortunately you can't dive

into the water. For bathing, one of the best places is **Praia do Camilo**, a picturesque beach that is well sheltered from the wind. For a fine lunch after your trip, the beach restaurant, also called **O Camilo**, serves Algarve cuisine based on fish and shellfish and is the best option.







General Information:

THINGS TO DO IN SAGRES

For activity or experience bookings, please contact our Experiences Department:
+351 939 155 930
experiences.baleeira@memmohotels.com

TO TASTE

1. **Fornaria Restaurant – memmo Baleeira**

Hotel Memmo Baleeira, Sítio da Baleeira
+351 282 624 212
Open daily from 12:30pm to 10:30pm

2. Picnic

Avenida Infante Dom Henrique

+351 282 144 343

Open Monday and Wednesday to Sunday

3. Roots & Waves

Rua Comandante Matoso, 20

Open daily from 9am to 3pm

4. A Sagres

Estrada Nacional, 268, Sítio do Tonel

+351 282 624 171

Open daily from 12pm to 10pm

5. Fermento Food & Wine

Rua de São Vicente

+351 282 011 963

Open Tuesday to Friday from 3pm to 10pm;

Saturday from 1pm to 10pm; closed Monday

and Sunday

6. Adega dos Arcos

Rua Roca da Veiga, Sagres 8650-387

+351 960 294 290

Open Tuesday to Saturday from 12pm to 3pm
and from 6:30pm to 10pm

7. A Sereia

Porto da Baleeira

+351 282 109 682

Open Monday to Friday from 8am to 6pm

8. A Tasca

Porto da Baleeira

+351 282 624 177

Monday to Tuesday and Thursday to Sunday
from 12:30pm to 3pm and from
6:30pm to 10pm

Wednesday from 12:30pm to 5pm

9. Mar à Vista

Rua Comandante Matoso

+351 282 626 247

Open Monday to Sunday from
12:00pm to 10pm

Closed Thursday

10. Carlos

Rua Comandante Matoso

+351 282 624 228

Monday and Wednesday to Sunday

from 12:00pm to 3pm and from 6:30pm

to 10:30pm

Closed Tuesday

11. Vila Velha

Rua Patrão António Faustino

+351 282 624 788

Closed Monday

Open Tuesday to Sunday

from 18:30pm to 11pm

12. Alice Gelateria

Rua de São Vicente

+351 920 160 693

Open Tuesday to Friday from 12pm to 8pm;

Saturday to Sunday from 9am to 8pm

Closed Monday

PARA BEBER

13. Dromedário

Rua Comandante Matoso

+351 282 624 219

Open daily from 11am to 2am

14. Água Salgada

Rua Comandante Matoso

+351 282 624 297

Open Tuesday to Sunday from 10am to 12am

Closed Monday

15. Pau de Pita

Rua Comandante Matoso

+351 282 624 903

Open daily from 10am to 2am

16. Laundry Lounge

Rua Nossa Senhora da Graça

Open from Tuesday to Sunday from 9am

until 11pm

Fornaria Bar

Hotel Memmo Baleeira, Sítio da Baleeira

+351 282 624 212

Open daily from 12:30pm to 12am

TO BUY IN SAGRES

Memmo Store

Hotel Memmo Baleeira, Sítio da Baleeira

+351 282 624 212

Open daily

17. Retro Sailor

Praça da República, 2

+351 282 624 727

Open daily from 9:30am to 1:30pm
and from 2:30pm to 6pm

18. Surfers Lab

Estrada Nacional 268

+351 282 624 503

Open daily from 9:00 to 19:00

19. Surf Planet

Estrada Nacional 268

+351 282 624 815

Open daily from 9am to 1pm
and from 3pm to 6pm

20. SantoLoco Sagres

Sítio do, R. do Tonel

+351 966 023 177

Open daily from 8am to 8pm

21. São Vicente Spot

Estrada do Cabo de São Vicente

+351 282 10 240

Open daily from 10am to 7pm

PLACES TO VISIT

Fortaleza de Sagres

Fortaleza de Sagres

+351 282 620 142

May to September from 9:30am to 8pm;
October to April from 9:30am to 6:30pm

Closed on public holidays

Cabo de São Vicente

Estrada Nacional 268

Lighthouse visits on Wednesdays

from 2pm to 4pm

Museum visits Tuesday to Sunday

from 10am to 5pm

DAYTRIPS

Parish Church of Vila do Bispo

Praça da República, 6

Ribeira do Poço

Rua Ribeira do Poço, 11

+351 282 639 075

Open daily from 1pm to 10pm

Closed Monday

O Paulo

Rua Serpa Pinto 32, Arrifana

+351 934 975 250

Open daily from 11am to 12am

Sea You Surf Café

Praia da Arrifana

+351 282 995 082

Open Friday to Monday from 9am to 4:30pm

Closed Wednesday and Thursday

Sargo

Praia de Monte Clérigo

+351 282 097 347

Open daily from 9am to 10pm

Pizza Pazza

Rua do Meio, 1, Pedralva

+351 282 639 173

Open Tuesday to Sunday from 6pm to 10pm

Closed Monday

Lagos Cultural Centre

Rua Lançarote de Freitas, 7

+351 282 770 450

Open Tuesday to Saturday from 10am to 6pm

Closed Sunday and Monday

Lagos Ciência Viva Centre

Rua Dr. Faria e Silva, 34

+351 282 770 000

Open Tuesday to Sunday from 10am to 6pm

Closed Monday

O Camilo

Estrada da Ponta da Piedade

+351 968 691 143

Open Wednesday to Sunday

from 12pm to 11:30pm

Closed Monday and Tuesday

Sítio do Forno

Praia da Carrapateira

+351 282 973 914

Open Tuesday to Sunday

from 12:30pm to 10pm

Closed Monday



