

# TWO DAYS IN ESPOSENDE

ENJOY TAKING A SHORT BREAK TO ESPOSENDE,  
ON THE ATLANTIC COAST OF NORTHERN PORTUGAL ...



This municipality harmonizes all aspects of nature, offering extensive beaches and dunes, pine forests and forest areas, mountains and cliffs, rivers and sea, all framed in a dynamic balance and that allow to state: “Esposende, a privilege of nature.” The Natural Park of the North Coast has many values related to fauna and flora. The Municipal Network of Pedestrian Paths is always an excellent option for those who want to tread the terrain, step by step. The archaeological collection of the rich territory, with special emphasis on the Castro São Lourenço and Interpretive Center that is adjacent. Through the

Network of Museums of the Sea you will be able to experience a vast historical, cultural and sentimental treasure evoking the memory of our maritime community. In the city, it is notable for its exceptional characteristics, the Chapel of the Lord of the Mareantes inside the church of the Misericórdia. These are just some of the reasons for interest, in which the richness of the natural landscape and the built heritage combine in a unique way, composing landscapes of high scenic and environmental value, which confirm Esposende as one of the most beautiful municipalities in the North.



# YOUNG PEOPLE

18 to 35 years

## STAND UP PADDLET

The Cávado river and the Atlantic Ocean provide the practice of other water sports including the Stand Up Paddle, a mode that is becoming more and more popular around the world. Basically, the task is to try to keep standing on the long boards paddling with the shovel. For those who are starting in the modality, the calm waters of the estuary of the river Cávado are the ideal scenario to begin in the practice of this modern sport.

## LUNCH

The gastronomy in Esposende is very rich, ensuring a wide repertoire of flavors, in a “cuisine” dominated by the “flavors of the sea” coming from the Atlantic and the Cávado and Neiva rivers. In the municipality of Esposende, many restaurants offer octopus dishes of traditional “cuisine”, using the known “octopus from the rock”. To cook “Polvo da Pedra à Esposende”( Esposende’s Octopus from the Rock), it can be either fresh or frozen octopus as long as it had been caught along the coast of Esposende, and based on a stew of potatoes, peppers, carrots, tomatoes and other local vegetables. From the farms of local producers comes the light, soft and aromatic wines “vinho verde” and the vegetables of the seashores. The well-known butters and cheeses of “Marinhas” are made of the milk of our region. Finally a well-deserved for sweets tooth, it is worth mentioning the famous “Clarinhas de Fão”.



## “PELA ARRIBA FÓSSIL”

A pedestrian path of small linear route, which is developed along the top Fossil, for a total of 12.4 km. It is a great way to get to know part of the municipality of Esposende, in that it allows discovering the natural, cultural and landscape heritage, also providing the contact with the local fauna and flora. Another of the great advantages is the scenic beauty, which allows the panoramic view of a wide coastal area, from Póvoa de Varzim to Viana do Castelo.



## DINNER

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## NIGHT

The night of Esposende can be long and quite enjoyable. In the evening you will find areas of nightlife as bars and nightclubs, with modern music and lots of entertainment. In Ofir-Fão, Esposende and Apúlia, or even inside the municipality, you can feel the magic of the night. For later, the nightclubs of Ofir. The more traditionalists can opt for “arraial minhoto”, tasting sardines and drinking green wine (vinho verde). Don't forget the evening entertainment provided by the cultural agenda and that happen a bit throughout the territory.

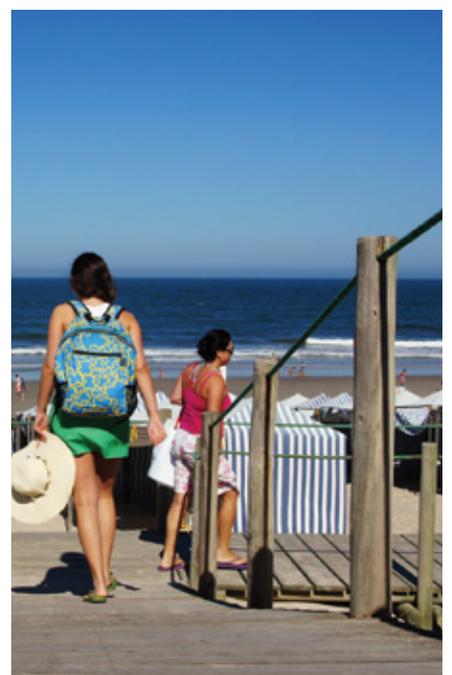
## ACCOMMODATION

Although known for its traditional accommodation, Esposende offers a wide and diverse range of lodgings, namely in Rural Tourism units, Tourist Apartments, Local Accommodation, a Youth Hostel and Campsites. The difficulty is choosing, given this diversity of housing units and their diversity and quality.



## BEACH

Esposende is an excellent beach destination. The successive assignment of the Blue Flag to the beaches of Apúlia, Ofir (Fão), Suave Mar (Esposende) and Cepães (Marinhas), is a seal that certifies its quality. They are beaches that meet all the conditions to welcome the vacationers, guaranteeing environmental quality at the level of the waters and sands, safety and comfort of the users. Delight in one of these iodized beaches and enjoy the sea baths and the therapeutic qualities of its waters.





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## À DESCOBERTA DA CIDADE DE ESPOSENDE EM BICICLETA

After requesting one of the free use bicycles available at the Tourist Information Center of Esposende, you can visit the city center of the city that presents itself as the living room of the municipality. Among other reasons, the Misericórdia church is part of a complex of buildings that also includes the Casa da Misericórdia, whose confraternity was instituted in 1595. Inside the Misericórdia Church, the Lord of the Sea Chapels is built. It is a Chapel of exceptional characteristics, classified as a National Monument. The main church is a mid-16th century building, like many of the monuments of Esposende.

The pillory is an interesting example of this symbol of municipal power, of the autonomy of men free from serfdom or manorial ties.

The Municipal Museum is housed in a building from the early twentieth century, at the time the Theater-Club of Esposende, which left the trace of the architect Ventura Terra. Do not forget the lighthouse and fort of São João Batista, in the extreme north, next to the mouth of the river Cávado.



## ADULTS

*36 to 60 years*

### PASSEIO DA CANOA

In the water, you can let go of your imagination and move on to new adventures and emotions. Through the waters of Neiva and Cávado you can enjoy tranquil canoe trips, among bucolic banks of rare beauty

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## GOLF

In Quinta da Barca, in a setting of rare beauty next to a watershed, you can relax and play golf. It is a 9-hole course, in a stunning location by the river Cávado, and you can count on the friendliness and hospitality of professionals.

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## NIGHT

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## PASSEIO DE BARCO

The shallow Atlantic estuaries that are associated with the Cávado and Neiva rivers shelter a set of natural and semi-natural habitats, and are therefore strategic places for bird watching. On board historical lifeboat boats or more modern boats, we climbed the Cávado to the Marachão passing by the legendary Barca do Lago, place of passage of pilgrims to Santiago de Compostela from the medieval time. If the conditions of the sea permit, an Atlantic tour is an irrefutable proposal given the beauty of the open beaches and dune systems of our coast.



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## MIRADOUROS DA ARRIBA FÓSSIL

In the municipality of Esposende, seven distinct geomorphological units were identified. The oldest fossil is one of them, being characterized by its granite cutting - probably in the Plistocénico - and by its average altitude to be around the 200 meters, being from the mouth of the river Neiva until the valley of Cávado. Along the top, there are places with fantastic panoramic views over the county's coastline. We point out, from north to south: the belvedere of Senhora da Guia, in Belinho; Picotinho, border of the parish of Belinho with Mar; Viewpoint of Senhora da Paz, in Marinhas, viewpoint of São Lourenço, in Vila Chã; And also the belvedere of Monte de Faro, in Palmeira de Faro.



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# SENIORS

over 60 years

## “CAMINHO DA MEMÓRIA”

A 6-km pedestrian path that crosses the village of Fão, a former salt-water center in the Middle Ages, with its historic area and natural landscape along the Cávado estuary and ocean beaches. Starting from the Alameda do Bom Jesus, where the temple of the Lord of Bom Jesus is inserted, it then goes to the area of Ofir and bonanzas, returning to the village.



## PARQUE NATURAL DO LITORAL NORTE

A visit to the Natural Park Litoral Norte leads us to discover unique spaces of great diversity and rich landscape. Possessing an extensive marine area the North Coast Natural Park is characterized by its fine white sand beaches, dotted with rocky outcrops and protected by dunes. Among the dune systems is the Cávado estuary, dominated by reeds from where instead the flowered arbor stands out, where you can see several species of migratory and resident birds, such as the heron, the royal duck and the river keeper. Its cold, nutrient-rich waters support a wide variety of species such as mullet, sea bass, eel and lamprey. Bird lovers will find here the perfect spot for birdwatching of various species.

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