



SUGGESTIONS ON WHAT TO DO ON YOUR FREE DAY

WE HAVE LISTED SOME NICE THINGS TO DO FOR YOU, EITHER IF YOU ARE IN TOCHA OR IF YOU WANT TO DO A DAY TRIP TO ANOTHER NICE PLACE IN THE NORTH/CENTRAL OF PORTUGAL. WITHIN AN HOUR'S DISTANCE OF PRAIA DA TOCHA.

ACTIVITIES:

PRIVATE SURFLESSON WITH FABRICIO

WOULD YOU LIKE TO PUSH YOUR SURFING SKILLS JUST A LITTLE BIT MORE? THEN WE CAN ARRANGE A PRIVATE LESSON FOR YOU WITH OUR SURF COACH FABRICIO. GET MORE WAVES, LEARN HOW TO POSITION AND READ THE OCEAN AND START YOUR FIRST TURNS. THIS PRIVATE LESSON CAN BE BOOKED AS A BEGINNER OR INTERMEDIATE.

- DURATION: 1,5 HOURS
PRICE: 50€ PER PERSON INCLUDING EQUIPMENT

BODYBOARDING WITH TOTTI

WANT TO TRY SOMETHING DIFFERENT THAN SURFING? TRY OUT SOME BODYBOARDING WITH TOTTI. THE BODYBOARD SCHOOL IS BASED AT THE BEACHFRONT OF PRAIA DA TOCHA.

- DURATION: 1,5 HOURS (MEETING POINT @ BODYBOARD SCHOOL ON THE BOULEVARD NEXT TO THE MUSEUM AND NEXT TO O PABLO GIVRE)
PRICE: 20€ PER PERSON INCLUDING EQUIPMENT
CONTACT: TOTI FROM TOCHA BODYBOARD ASSOCIATION (+351 914 733 737)

SUP TOUR/DAY AT THE LAKE

ONLY 10 MIN DRIVE FROM PRAIA DA TOCHA THERE IS A NICE LAKE WHERE WE CAN ARRANGE A STAND UP PADDLE TOUR FOR YOU. TOGETHER WITH TOTTI, THE LOCAL GUIDE WILL TAKE YOU TO THE LAKE AND EXPERIENCE STAND UP PADDLING. THIS IS AMAZING TO PRACTISE YOUR BOARD BALANCE AND TO DO SOMETHING ELSE THAN SURFING

- DURATION: 2,5 HOURS (FROM PICK-UP TO DROP-OFF ON CAMP)
PRICE: 35€ PER PERSON INCLUDING TRANSFER AND EQUIPMENT (FOR A GROUP OF 3 IT IS €75,- TOTAL)
MAX. NUMBER OF PEOPLE PER TOUR: 3
KIDS UNDER 8 YEARS CAN JOIN ON PARENT'S BOARD
CONTACT: TOTI FROM TOCHA BODYBOARD ASSOCIATION (+351 914 733 737)



PRAIA DA MIRA (15 MIN DRIVE. TAXI IS APPROX €40.-)

PRAIA DA MIRA IS LIKE TOCHA, A NICE AND SMALL FISHERMEN'S TOWN, IT IS SLIGHTLY BIGGER THAN TOCHA AND HAS MORE SHOPS AND RESTAURANTS. THE MOST BEAUTIFUL THING ABOUT PRAIA DA MIRA IS THAT THERE IS A HUGE LAKE IN THE TOWN JUST BEHIND THE BEACH. AT THIS LAKE YOU CAN RENT A WATERBIKE WHICH IS A NICE EVENT TO DO TOGETHER WITH THE KIDS. YOU CAN HAVE REALLY NICE WALKS AND GET SOME NICE LUNCH OR DINNER AT ONE OF THE MANY RESTAURANTS IN TOWN. TO GO TO MIRA IS PERFECT IF YOU DO NOT WANT TO SPEND THE WHOLE DAY AWAY FROM CAMP BUT JUST WANT TO EXPLORE SOMETHING ELSE THEN PRAIA DA TOCHA.

TIP: IF YOU ARE VEGAN (ALSO FOR NON VEGANS) THESE 2 RESTAURANTS ARE ON OUR FAVOURITE LISTS:

- NAUTIC VINTAGE BAR
- SÉTIO DO CARTAXO - ECOTURISMO

LAKE SWIMMING AREA "OLHOS DA FERVENÇA"

IF YOU ARE LOOKING FOR A REFRESHING ACTIVITY BUT ARE LOOKING FOR SOMETHING OTHER THAN SURFING OR SWIMMING IN THE OCEAN, THEN THIS IS A REALLY NICE PLACE TO SWIM, CHILL AND HAVE A NICE PICNIC. IT IS ONLY A 15 MINUTE DRIVE FROM THE CAMP

UP FOR A NICE HIKE? SERRA DA BOA VIAGEM

ONLY 20 MINUTES DRIVE FROM PRAIA DA TOCHA LIES THE SERRA DA BOA VIAGEM, A MOUNTAIN RANGE IN PORTUGAL. THE RANGE GOES UP TO 261.9 M (859 FT) IN ALTITUDE. AROUND 83% OF ITS AREA IS BETWEEN 150 AND 250 M (490 AND 820 FT) HIGH. IF YOU LIKE NICE HIKES THIS IS A GREAT PLACE TO GO, THE BEAUTIFUL NATURE AND LANDSCAPE AND THE "CASCATA DO QUIAIOS"(WATERFALL) IS ANOTHER COOL PLACE OUTSIDE PRAIA DA TOCHA. ONCE YOU REACH THE TOP OF THE SERRA BOA VIAGEM YOU HAVE A REALLY GREAT VIEW OVER THE WHOLE NORTHERN COAST, YOU MAY EVEN SPOT OUR LITTLE SURF CAMP, IF YOU HAVE REALLY GOOD EYES;) THIS "MOUNTAIN" RANGE LIES NEXT TO PRAIA DE QUIAIOS, SO AFTER THE HIKE YOU CAN GET A COOL, REFRESHING DIP IN THE OCEAN OR GET A REFRESHING DRINK AT ONE OF THE NICE BEACH BARS. THE HIKE TO THE TOP TAKES ABOUT 1,5 - 2 HOURS. IF YOU ARE NOT A BIG FAN OF HIKING THEN YOU CAN ALSO REACH THE VIEWING POINT BY CAR.





PRAIA DE QUIATOS/MURTINHEIRA

THIS OTHER FISHERMEN'S TOWN IS A LITTLE DOWN SOUTH FROM PRAIA DA TOCHA, IT IS ALMOST THE SAME SIZE AS PRAIA DA TOCHA, IT HAS A BIT MORE BEACH BARS, IF YOU FANCY A CHEEKY COCKTAIL ON THE BEACH YOU CAN GO TO N2 BEACH BAR/RESTAURANT FOR EXAMPLE OR BART. OR IF YOU FANCY A NICE DINNER, SAND IN MURTINHEIRA IS A NEAT PLACE TO GO. YOU CAN ALSO HAVE A STROLL OVER THE BOARDWALKS ALONG THE COAST LINE OR AS MENTIONED ABOVE, IT IS ON THE FOOT OF THE BEAUTIFUL SERRA DA BOA VIAGEM, YOU CAN START AND/OR END WITH A NICE HIKE ON THIS BEAUTIFUL MOUNTAIN RANGE.

FIGUEIRA DA FOZ

FIGUEIRA DA FOZ IS THE CLOSEST BIGGER CITY IN THIS AREA AND HALF AN HOUR DRIVE FROM PRAIA DA TOCHA. THIS CITY HAS A REALLY BIG BOULEVARD WITH AN IMPRESSIVELY WIDE BEACH. IF YOU WOULD LIKE TO GO SHOPPING YOU CAN GO TO THEIR BIG SHOPPING MALL. IF YOU ARE LOOKING FOR MORE ACTIVITIES TO DO WITH THE FAMILY TRY THE SKATE PARK, PUMP TRACK OR THE **ADVENTURE PARK** WHERE YOU CAN CLIMB UP INTO THE HIGH TREES, THEY ALSO HAVE A TRAIL FOR SMALLER/YOUNGER CHILDREN. FURTHER IN FIGUEIRA YOU CAN FIND A GREAT SELECTION OF RESTAURANTS FOR DIFFERENT TASTES, ONE OF OUR FAVOURITE IS "MOTHER INDIA", WHERE YOU CAN EAT DELICIOUS INDIAN FOOD OR "BIJOUX" IF YOU PREFER THE WESTERN FOOD VIBE (DO NOT SKIP THEIR DELICIOUS VINHO VERDE, THEY MAKE IT THEMSELVES).

SURFING IN FIGUEIRA: PRAIA DO CABEDELLO IS ONE OF THE MORE FAMOUS BEACHES. IT IS A NICE POINT BREAK AND IS PROTECTED FROM THE NORTHERN WINDS AND CAN HOLD SOME SIZE. EVERY YEAR THE GLIDING BARNACLES FESTIVAL IS HELD HERE, GLIDING BARNACLES IS A NON-PROFIT SURF-ART-MUSIC EVENT THAT HAPPENS EVERY SEPTEMBER, WHERE YOU CAN ENJOY CLASSIC LONGBOARD SURFING FROM THE PIER WITH SOME FANTASTIC FOOD AND MUSIC!

ADVENTURE PARK


ARE YOU READY FOR A NEW ADVENTURE AND A BIT OF ADRENALINE?

THIS ADVENTURE PARK IS FOCUSED PURELY ON HIGH ROPING IN TREES, THE HIGH ROPES COURSE IS A HEIGHT ACTIVITY LEADING YOU FROM TREE TO TREE WHERE YOU WILL FIND DIFFERENT COURSES AND SEVERAL CHALLENGES SUCH AS BRIDGES, ROPE NETS AND GIANT ZIP LINES. THERE ARE 3 LEVELS WHERE YOU CAN CHOOSE FROM: CURIOUS, ADVENTUROUS AND FEARLESS - AFTER A SHORT INTRODUCTION, YOU WILL BEGIN A NEW EXPERIENCE THAT WILL FILL YOU WITH THAT EXCITABLE FEELING.

THERE IS NO NEED FOR ANY PHYSICAL PREPARATION, JUST THE WILL TO OVERCOME ANY OBSTACLES THAT ARE IN YOUR WAY!

COIMBRA

IF YOU LIKE HISTORY AND INTERESTING BUILDINGS THEN COIMBRA IS THE PLACE TO GO. THIS CHARMING CITY IS KNOWN FOR ITS **UNIVERSITY**, THE OLDEST IN PORTUGAL AND ONE OF THE OLDEST IN EUROPE, WHICH OVER TIME SHAPED ITS IMAGE, MAKING IT THE "CITY OF STUDENTS". BESIDE THE OLD UNIVERSITY COIMBRA HAS A LOT MORE TO OFFER, YOU CAN ALSO VISIT THE "HISTORIC" CENTRE WITH SOME NICE ARCHITECTURE, SHOPS AND CAFES. THEN THERE IS THE **MONASTERY OF SANTA CRUZ** WHICH HOUSES THE TOMB OF THE FIRST KING OF PORTUGAL. OTHER PLACES WORTH VISITING ARE THE **MONASTERY OF SANTA CLARA-A-VELHA** OR THE HISTORIC **CATHEDRAL**. IF YOU WANT TO DELVE INTO MORE OF THE HISTORICAL WORLD THEN THE **MACHADO DE CASTRO NATIONAL MUSEUM** IS WORTH A VISIT, IT PRESERVES THE ROMAN CRYPTOPORTICUS, AMONG A COLLECTION OF GREAT VALUE AND MAKES KNOWN THE HISTORY OF THE CITY. BUT THATS NOT ALL... WHY NOT CHECK OUT THE **BOTANICAL GARDEN** OR EVEN THE CHILDREN'S FAVOURITE THE **PORTUGAL DOS PEQUENITOS**, A PARK THAT REPRODUCES THE MAIN PORTUGUESE MONUMENTS ON A SMALL SCALE. ALTERNATIVELY WE WOULD RECOMMEND TAKING A **BOAT TRIP ON THE MONDEGO RIVER**, TO SEE THE CITY FROM A DIFFERENT PERSPECTIVE.



AVEIRO/COSTA NOVA

AVEIRO, THE **VENICE** OF PORTUGAL. THE ANCIENT PORT CITY OF AVEIRO IS SURPRISING AND UNIQUE FOR SEVERAL REASONS. THERE IS A LOT OF INTEREST FROM THE TOURISTS DUE TO ITS LOCATION ON THE PICTURESQUE COSTA NOVA. THIS COASTAL AREA IS A DELIGHTFUL COMBINATION OF BEAUTIFUL ARCHITECTURE, COSY COASTAL TOWNS, TRADITIONAL FISHING AND EXTRAORDINARY NATURE.

WATER PLAYS A BIG ROLE IN AVEIRO. INDEED, THANKS TO ITS LOCATION ON THE ATLANTIC OCEAN, AVEIRO WAS AN IMPORTANT TRADING LOCATION IN THE MIDDLE AGES. AVEIRO'S FLAT AND SMALL-SCALE CENTRE IS VERY COSY AND EASY TO WALK AROUND. ITS CANALS AND BOATS MIGHT REMIND YOU OF VENICE, WHICH IS WHY THE CITY IS NICKNAMED THE VENICE OF PORTUGAL. FORTUNATELY, AVEIRO IS MUCH MORE CONVIVIAL AND, ABOVE ALL, THE PICTURESQUE TOWN HAS A TYPICAL PORTUGUESE CHARACTER.

CRUISING IN A MOLICEIRO

A PIECE OF HISTORY IN TODAY'S STREETScape ARE THE ORIGINAL FISHING BOATS. TODAY, THEY SERVE AS TOUR BOATS IN THE CANALS OF THE RIA. THE FUN BOAT RIDE GOES ALONG THE CANAL DA CIDADE, AVEIRO'S MAIN CANAL, ANYWAY.

ACTIVITIES FOR KIDS

GAIVOTAS MIGUELITO (PRAIA DE MIRA)

- TAKE A PEDAL BOAT TOUR AROUND THE LAKE OF MIRA
- SUITABLE FOR ALL AGES
- OPEN EVERYDAY FROM 9 AM TO 8 PM
- PRICES: 5-10€ PER HALF HOUR

- PARQUE AVENTURA (FIGUEIRA DA FOZ)

- HIGH-ROPE CLIMBING PATHS THROUGH TREES
- SUITABLE FOR CHILDREN OLDER THAN 4 YEARS
- OPEN ON SATURDAY AND SUNDAY FROM 2 PM TO 6 PM (OR WITH RESERVATION)
- PRICES: 10-20€ PER PERSON

PORTUGAL DOS PEQUENITOS (COIMBRA)

- MINIATURE VILLAGE SHOWING PORTUGAL'S MOST FAMOUS SIGHTS AND COLONIES
- SUITABLE FOR CHILDREN FROM 3 YEARS
- OPEN EVERYDAY FROM 9 AM TO 8 PM (JUNE-SEPTEMBER)
- PRICES: 6.50€ (CHILDREN BETWEEN 3 AND 13), 10.50€ (TEENS AND ADULTS BETWEEN 14 AND 64)

- VAGA SPLASH (PRAIA DA VAGUEIRA)

- WATER PARK WITH SLIDES AND OTHER ACTIVITIES
- SUITABLE FOR ALL AGES
- OPEN EVERYDAY FROM 10 AM TO 7 PM
- PRICES: 9€ (PER PERSON BETWEEN 5 AND 70 YEARS), FAMILY TICKETS AVAILABLE (30€ FOR 4 PERSONS)

EUROPAPARADISE (MONTEMOR-O-VELHO)

- ZOO WITH LOTS OF ANIMALS
- SUITABLE FOR ALL AGES
- OPEN FROM TUESDAY TO SUNDAY FROM 10 AM TO 6 PM
- PRICES: 4€ (CHILDREN BETWEEN 3 AND 11), 7.50€ (CHILDREN FROM 12 AND ADULTS)



IF YOU HAVE A BIT MORE TIME, OR BETTER, YOUR OWN CAR TO DRIVE THEN THE BELOW CITIES/VILLAGES ARE ALSO DEFINITELY WORTH A VISIT

TOMAR (1.5 HOUR DRIVE FROM PRAIA DA TOCHA)

TOMAR IS A CITY OF GREAT CHARM FOR ITS ARTISTIC AND CULTURAL WEALTH, WHOSE GREATEST EXPRESSION IS IN THE CONVENT OF CHRIST, ONE OF THE MOST IMPORTANT BUILDINGS OF THE PORTUGUESE RENAISSANCE.

WHEN YOU ARE VISITING TOMAR, CLIMBING UP THE TEMPLAR CASTLE AND DISCOVERING THE MONUMENTAL WORK OF THE CONVENT OF CHRIST IS A MUST. BESIDE THESE 2 POPULAR BUILDINGS A VISIT TO TOMAR'S HISTORICAL CENTRE IS DEFINITELY WORTH YOUR TIME. THIS MEDIAEVAL URBAN AREA HAS A CROSS-SHAPED LAY-OUT, ORIENTATED ALONG THE POINT OF THE COMPASS, WITH A CONVENT AT EACH END. THE PRACA DA REPUBLICA, WITH ITS MAIN CHURCH DEDICATED TO JOHN THE BAPTIST, MARKS ITS CENTRE, WITH THE CASTLE HILL AND THE CONVENT OF CHRIST TO THE WEST. THE SURROUNDING STREETS ARE LINED WITH TRADITIONAL SHOPS, INCLUDING THE OLDEST CAFÉ WHERE THE DELIGHTS OF THE LOCAL PASTRIES CAN BE APPRECIATED.

NAZARÉ (1.15 HOUR DRIVE FROM PRAIA DA TOCHA)

FAMOUS FOR ITS BIG WAVES, NAZARÉ IS THE SPOT WHERE PROFESSIONALS SURF THE BIGGEST WAVES OF THEIR LIVES. THE BIGGEST WAVE EVER SURFED HAPPENED HERE IN THIS SMALL FISHING VILLAGE IN PORTUGAL GERMAN SEBASTIAN STEUDNER SURFED A 26,21 METRE WAVE AND MAYBE HE HAS BEATEN HIS OWN RECORD THIS YEAR BY SURFING A 28 METRE WAVE, THIS IS STILL UNDER INVESTIGATION AT THE MOMENT. NAZARÉ IS A REALLY LOVELY TOWN TO VISIT, ON TOP OF THE CLIFF OF PRAIA DA NORTE IS WHERE THE FAMOUS WAVES ARE USUALLY BREAKING AND WHERE PEOPLE ARE WATCHING THE SURFERS. AT THE END OF THE CLIFF AT THE LIGHTHOUSE YOU WILL FIND A MUSEUM WITH INFORMATION ABOUT THE FAMOUS WAVE AND ALL THE SURFERS WHO HAVE SURFED IT. ALONGSIDE THE CLIFF WHERE YOU CAN SEE THE SPOT WHERE IT ALL HAPPENS, THERE IS A SPOT A SHORT WALK DOWN TO A CUTE VILLAGE WITH A LONG BOULEVARD, BEACH AND LOTS OF RESTAURANTS

ÓBIDOS (1.5 HOUR DRIVE FROM PRAIA DA TOCHA)

THE MEDIAEVAL TOWN OF ÓBIDOS IS ONE OF THE MOST PICTURESQUE AND WELL PRESERVED IN PORTUGAL.

YOU WILL FIND A WELL PRESERVED CASTLE WITHIN THE WALLS, AND A MAZE OF STREETS PLUS YOU WILL BE SURROUNDED BY WHITE HOUSES THAT ARE A SUCH A DELIGHT TO STROLL AROUND. ALONG WITH THE MANUELINE PORTICOES, THE COLOURFUL WINDOW BOXES AND THE SMALL SQUARES, MANY FINE EXAMPLES OF RELIGIOUS AND CIVIL ARCHITECTURE FROM THE TOWN'S GOLDEN DAYS PROVIDE A HOST OF REASONS FOR MAKING A VISIT.

