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Photo: Melchor van Nijlwecht



## A WORD FROM US



Travelling the shores of southwest Europe for many years, we discovered amazing places and wonderful spots: areas of natural beauty, cities and historic sites - all the way from the magical shores of Brittany in France to the Moorish influences in Andalusia. Everywhere we went, we met inspiring seaside people, from surfers and entrepreneurs, to travellers and artists.

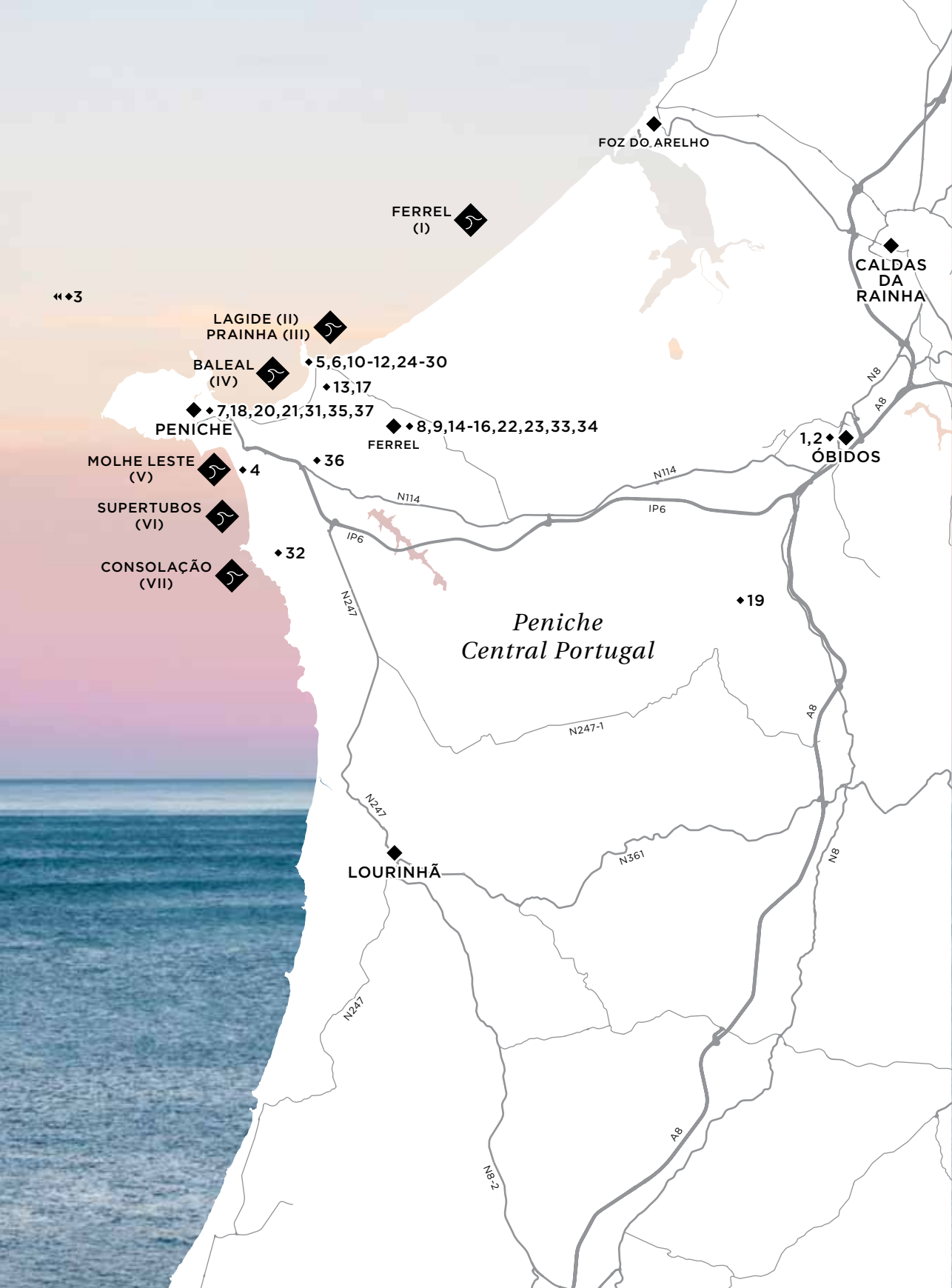
Needless to say, this book is about the seaside. It's about every aspect of it, because that's what we love. It's about travelling, about surfing, about people. And we hope you love it too, and enjoy the first edition of the I Love the Seaside guide as much as we've enjoyed creating it.

We want you to get into the feeling of a trip before you're even going. We want you to remember that awesome adventure. We want you to have a lovely tool in hand and use it over and over again.



*We're here to inspire, so you can go and explore.*





## CENTRAL PORTUGAL

Peniche & Ericeira

Put the words Portugal and surfing in the same sentence and the first places that spring to mind are Peniche and Ericeira. And rightly so. If they had pores, drops of ocean would ooze out. Ericeira has all the attractions of a fishing village turned sea-side resort, and will charm every traveller whether they surf or not. And to add to that - there's hardly a town in Europe with that many breaks within a reach of 4 kilometres. Peniche's old centre is less charming in looks and style, but is as genuine as an older hardworking woman without make-up. She didn't make the effort to put up a façade for all the surf tourists. Because they hardly bother to visit her anyway, probably for a good reason; the surf's up, at any given moment, somewhere around the peninsula.

## TRAVEL INFO

If there's any surf destination where you can do well without a car (although it would still be handy, of course) it's Peniche, and to some extent Ericeira, too. Just check into one of the many camps, schools or retreats and your food, lodgings and rides to the beach are all provided for.

### BY AIR

**Lisbon Airport** is 6 km from the city's centre, which is easily accessed by public transport. From Lisbon centre you can take the bus to Ericeira or Peniche.

**w.** ana.pt

### BY BUS

To get to **Peniche** you have 2 options. Rede-Expressos (**w.** rede-expressos.pt) run regular lines from Sete Rios bus terminal in Lisbon. The journey takes 90 minutes, and you need to make a reservation. On weekdays there's also the Rapida Azul (**w.** rodotejo.pt) from Campo Grande bus terminal, no reservation required.

**Ericeira** can be reached within an hour from Lisbon with Barraqueiro.

**w.** barraqueirotransportes.pt

Or take the public bus, leaving from Campo Grande.

**w.** mafrense.pt







**Ventilo Café (36)**, a place for good vibes and good food; mostly seasonal, home-made and done with style, and for drinks, live music, vinyl sessions, and overall cool bar.

**a.** 30 Rue Mazagran, 64200 Biarritz  
**t.** 5 59 243 142

For cocktails and nightclubbing check **Le Carré Coast (37)**, live sets from either resident or visiting DJs, electro and deep-house, near la Grande Plage. Open for night owls only.

**a.** 21 Avenue Edouard VII, 64200 Biarritz

Sit with your feet in the sand at Bar Restaurant **La Plancha D'Ibarritz (52)**, right beside the beach of Ibarritz in Bidart. Open February to October, regular live music in summer. ♦♦♦

**a.** Plage D'Ibarritz, 64210 Bidart  
**t.** 5 59 234 495

**Artisan Boulanger Pâtissier, Au Fournil de la Licorne (53)**, our favourite! Get your croissants, gâteau Basque, pains, and loads more, fresh

from the oven. And repeat.



**a.** RD 810, Quartier du Plateau, 64210 Bidart

## SHOP



**Les Halles (38)**, the daily market. Find Basque stuff, fresh oysters and local goodies. Open every day from 07:00 to 13:30 hrs.

**a.** 1 Rue du Centre, 64200 Biarritz



**Helder Supply Store (39)**, our favourite store and art-expo in Biarritz: for surf and skate products, ocean-related art, books, furniture, clothes and beautiful photos, a lot of which is created by local artists and brands. Very friendly staff, drinks, coffee, exhibitions and regular concerts too. Don't miss this gem! Facing Le Grand Plage, open all year.

**a.** 15 Boulevard du Général de Gaulle, 64200 Biarritz  
**w.** heldersupply.com

Wouldn't you go for a shirt that says 'Fuck Surf Play Golf'? Get just that and more original clothes, caps and accessories at **Kick Asss (40)**. The shop sells limited editions of their brand's creations. Open all year.



**a.** 37 Rue Mazagran, 64200 Biarritz  
**w.** kickasss.com



For ladies' wetsuits, fashion and accessories, drop into beachwear, bombshell and bikini heaven, at **Rip Curl Girl Biarritz (41)**. Open all year.

**a.** 6 Rue Mazagran, 64200 Biarritz  
**t.** 5 59 243 939  
**w.** ripcurl.eu

**More & Less Longboard Shop (42)** sells new and second-hand boards, fish and single fins; fins, books and clothes. Just look in the window at the racks and you'll be overcome with desire to go stroke all those beautiful boards.

**a.** 4 Avenue Reine Victoria, 64200 Biarritz  
**t.** 5 59 225 792  
**w.** more-and-less.com

**Les Enfants Terribles (43)** is a stylish shop that sells selected trends in clothes and accessories, re-issue vintage or limited series of kitchen utilities, bags and more. Open all year.

**a.** 2 Rue du Port Vieux, 64200 Biarritz  
**w.** les-enfantsterribles.com



If you're at all into beautiful hand-shaped boards and surf culture you

must visit **Wallako Surf Shop (54)**. The idea was to create a place like the Californian sixties surf shops, where surfers meet and talk about the waves or just have a good time and hang out, and they did a great job. It's a Walhalla of beautiful boards, mostly shaped by the shaper in residence in the workshop next to the shop, or international artisans. You'll find longboards, mid-lengths, shortboards, bonzers, and every other whatnot, in retro-style and modern shapes. But also clothes and accessories from small, mostly French, brands.



**a.** 111 Avenue de Biarritz, 64210 Bidart  
**t.** 5 59 243 641  
**w.** wallako-surfshop.com





## SLEEP



**Surf Around Portugal (30)** is a young and passionate local company that aims to share the surf potential of Portuguese shores; not only the continent, but also Madeira and the Açores. They organise a ready or custom-made surf trip, where a specialist guide takes you to the places suiting your budget, ability and wishes. Just like I Love the Seaside, they like to make all the connections between the local businesses and the traveller. Being longtime surfers and travellers themselves, they've created a big network throughout the country, so you can count on them to take you to the right places and people - not only surfing-wise, you'll also get your shot of culture and cuisine.

t. 9 63 889 279 / 9 12 842 220 / 9 13 891 232  
e. info@surfaroundportugal.com  
w. surfaroundportugal.com

**Campervans** can park in the middle of town, right at the river Tejo at **parking Belem (31)**. Situated next to the ferry station Porto Brandao, near the train station Belém that takes you to the centre, a view of the famous 25 de Abril bridge and close to the Statue of Explorers.

a. Avenida Brasília, 1300-598 Lisboa

**Lisbon Poets Hostel (32)** is located close to Bairro Alto, and in the middle of the arts district, surrounded by museums, street art, small galleries and

live music venues, and lots of cafés, like A Brasileira, right underneath the hostel. (It's one of the most famous Lisbon cafés.) There's a choice of private rooms, studios and dorms. Open all year. ♦♦♦♦♦



a. Rua Nova da Trindade 2 - 5th floor, 1200-302 Lisbon  
t. 2 13 461 241  
e. lisbonpoetshostel@gmail.com  
w. lisbonpoetshostel.com

**Alfama Patio Hostel (33)** is one of the 3 pretty funky hostels from Destination Hostel. It's located in the Alfama district, the oldest part of Lisbon. They have private rooms, mixed dorm rooms and girls-only dorm rooms. Nicely decorated, and the communal terrace has a view over the city and the river Tejo. Open all year. ♦♦♦♦♦

a. Escolas Gerais 3, Patio dos Quintalinhos 1, 1100-213 Lisbon  
t. 2 18 883 127  
w. alfamapatio.com



**Lisbon Surf House (34)** is set in a 19th century house, a typical summer-house from the old days. It's a comfortable, boutique-style guesthouse with ocean view, surf lessons and rental (and repair), yoga, massage and lots of other activities on offer in and around

Lisbon. Private and shared rooms to choose from. Open all year. ♦♦♦♦♦

a. Rua Direita de Caxias 38, 2760-042 Caxias  
t. 9 17 326 613  
e. info@surflisbon.com  
w. surflisbon.com

**Carcavelos Surf House (35)** has private and shared rooms and a cosy studio, situated within walking distance from the surfbreaks at Carcavelos beach. Guests can enjoy the outdoor pool, the hammocks in the garden, and daily info on where to surf. Rental and repair of boards and wetsuits.

♦♦♦♦♦

a. Rua Almirante Matos Moreira 72, 2775-609 Carcavelos  
t. 9 26 873 529  
w. carcavelosurfhouse.com



It's girls only at **Wave Sisters (36)**. The camp's located conveniently near the beach of Costa Caparica. It's self-catering accommodation, though most meals are cooked together or enjoyed in the village. You can either learn or improve your surfing in the camp, (8 wavesisters max in shared rooms, or double rooms available) or join the Surfari, surfing with other girls at different spots. Communal kitchen, garden and living room, and yoga. Open from March to October. ♦♦♦♦♦

w. wavesisters.com

At **Old School Surfcamp (37)** you'll have a pretty unique stay. Owner Filipe set his guesthouse in the old home of his grandparents. Filipe is a local surfer,



Photo: SurfinPortugal

surf coach and fisherman, how's that for a combination in a host! The house is within walking distance from the endless beach of Costa da Caparica, and has been in his family since 1925.



The cosy little house has 3 bedrooms, which can be used as double or shared rooms, with a communal kitchen and garden. Filipe prepares Portuguese dishes and of course, catches fresh seafood for that. You can use bicycles and skates, and make use of Filipe's knowledge of the area, history, food and culture. Open all year. ♦♦♦♦♦

t. 9 62 561 247  
e. oldschoolsurfcamp@gmail.com



**Sul (38)** hostel and surf school, right at the beach of Fonte da Telha, has double and shared rooms. They use their central location, close to vineyards, Cascais and other parts in Lisbon, to offer guided tours to some of the most beautiful places. ♦♦♦♦♦

a. Descida da Fonte da Telha 209, 2825-494 Almada  
t. 9 19 123 770  
e. sulsurfhostel@gmail.com  
w. sulsurfhostel.com



Back to the good ol' days, but with all modern amenities: with the vintage VW campervans from **SurfinPortugal (39)** you can crisscross your way along the beaches and surf breaks between Nazaré and Sagres. You can choose your van, each with their own travelling past and story, and then add any extras you need to suit your trip.

e. info@surfinportugal.pt  
w. surfinportugal.pt





Photo: Alexandra Gossink

## SURF



There are so many inlets and headlands worth checking, depending on the swell size and direction. Making a little study of the map, wind and swell conditions can be very rewarding.



The little holiday village of **Razo (I)** only gets summer crowds - the rest of the year, its beautiful stretch of beach, backed by dunes and protected by cliffs at the south end, is rarely busy. If there's no surf you can go for endless hikes, and behind the dunes is Laguna de Baldaio, home to otters and many types of birds. Works with small to medium n and nw swell. All levels. Easy

parking/shower/surf school and bar in summer/toddlers playground.



**Malpica's (II)** city beachbreak, home to the annual Malpica Longboard Classic in May, is well protected from southerly wind. Works with medium n-nw swell, all tides except high. All levels. Parking can be a problem in summer, best to park at the port and take a short walk to the boulevard/shower/restaurant/bar.



**Nemiña (III)** is a popular, big beach with a grand backdrop of dunes, hills and a rivermouth to the south end of the beach. Very consistent, crystal clear (cold) water, sometimes dolphins drop in... Works best with medium to big w-nw swell, all tides. You can see Playa Rostro from here, another beauty of a beach, but a bit of quest to get there. All levels. Easy parking/shower/restaurant in summer.



Photo: Geert-Jan Middelkoop

## SCHOOL RENTAL REPAIR



Picturesque **Louro (IV)** is a south-west facing beach, a good option with strong north winds. Needs medium to big w-nw swell. All levels. Parking close to the spot can be a problem on busy days/shower/campsite.

**La Lanzada (V)**, near Sanxenxo and Pontevedra, is a popular beachbreak with several peaks to choose from.

Another option is **Playa de Montalvo (VI)**, home to the Rock & Long festival in September. Both beaches offer some protection from north winds and need medium nw-w swell. All

levels. Easy parking/shower/toilets/beach bar/surf school in summer.

Although reefbreak **Patos (VII)** is northwest facing, the headland to the north and some small islands block incoming swell, so needs a bigger n-nw or w swell to work. Can be crowded with Vigo and Nigrán locals. Easy parking/beach facilities in summer (toilet, bar, surf school).

**Surf shops** in A Coruña (37):

**Pure Surfing Co** offer beach, mountain and city essentials, and have a range of longboards, shortboards and fins.

**a.** Marcial del Adalid 15, A Coruña  
**w.** puresurfing.es

**Raz Surf Gallery** has surfboards, skate and street wear.

**a.** Rúa Pondal 2, A Coruña  
**w.** raz.es

**Sandspit**, surf, skate and street wear.

**a.** Estrecha de San Andrés 2, A Coruña  
**w.** sandspit.es

**New Wave Store**, surf, street, skate and outlet.

**a.** Cordeleria 6, A Coruña  
**w.** nwstore.es



Check out local shaper **DelMar SurfCo (38)** for some original and soulfully shaped boards. Also for repair of your board.

**a.** Os Mariñeiros, 15010 A Coruña  
**t.** 6 09 985 186







Photo: Melchor van Nijmegen



## 8. PRE SURF: PARVATASANA IN ANJANEYASANA

*Upward Bound Finger Pose in Low Lunge*

***Sitting a lot, especially on your surfboard, can cause your hip flexors to tighten.***

*These muscles allow you to lift your knees and bend at the waist, both essential movements for surfing. This low lunge opens the hip flexors which improves your movement. Adding the arm movement is not only great to tone them but also helps train the mind to move legs and arms separately from each other.*

### ***Benefits:***

*Opens hip flexors, quadriceps and groin. Aids mental focus. Opens chest and keeps wrists and forearms toned.*

### ***How:***

*From a standing position, step your left leg back, bend your right knee (make sure that at all times your knee is above and in line with your ankle), and place your hands on the floor on either side of your right foot, or on top of your knee. Slide your left leg back with the top of your foot on the floor. Once you are stable in your low lunge, clasp the hands in front of you with completely straight arms. Turn your hands inside out and bring arms overhead. It's more important that you keep the arms straight than to bring them overhead.*

### ***Note:***

*If you're not doing this pose on the beach, use a blanket for your back knee.*

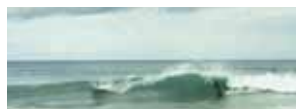
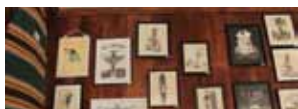




## SEASIDE LOCAL: LIZZY



Lizzy is actually Lisa Marques, a French-born artist who grew up on the Silver Coast of central Portugal and now lives in Peniche. Her daily life here is peaceful, as Lizzy says herself: "I do my illustrations at home, usually before or after work. I help out at Hangfive, a great shop of some friends - selling surf art, retro boards and supporting local projects. Usually I can surf every day. Being in the ocean feeds my soul and inspires me in all the areas of my life. And surfing is the perfect excuse to be in the water any time, sometimes I just need a dip or a long walk by the sea."



After finishing her masters degree in Environmental Tourism, she continued to work on finding an area that balanced the desires of the surf community, surf industry and touristic exploration. This search led to her working for MY Destiny; a non-profit organisation who aim to increase the sustainability of shore communities through surf and travel, but also to another discovery: "At the same time I found my mission by the sea - drawing."

As long as she can remember, art, pencils, paint and ink were part of her life. Lizzy attended a graphics course, but only started drawing again after finishing her degree.

*"Captains, mermaids, mythical characters, tribal patterns. It was like a 'click' for me. I truly believe that where our heart is, is our mission. And we do need more soul in things!"*

Her main inspiration is the ocean, and what it represents. "I see surfing as a way for spiritual and self improvement, and the ocean as the great master. 'I love the sea, because it teaches me', as writer Pablo Neruda said. We always search for perfection, and waves are the best metaphor for life. The perfection depends on how willing you are to catch waves. If you go out often, no matter how the waves are, you will find some perfect days, because you did the preparation in 'bad' days. On the other hand, if you are only waiting for those perfect days of surfing, maybe when you're out there, you won't appreciate it. We need the bad experiences to give significance to the good ones."

Check out Lizzy's Surf and Soul Art on: [w.cargocollective.com/lizzyartwork](http://w.cargocollective.com/lizzyartwork) and on the walls of Hangfive.  
Read more about her projects, art and surfing on: [w.ilovetheseaside.com](http://w.ilovetheseaside.com)

