

# Our favourite local highlights: Peniche



**Welcome to The Salty —  
Some pro tips for a peak flow.**



# Top 3 Salty Experiences



## 01. Nazaré Tour — Mon & Thur

Ride with us to Nazaré's epic Big Wave Point, dive into surf history, then wander the storybook streets of Óbidos and its castle — all in a half-day adventure.

## 02. Berlengas — Island tour

Just a short boat ride away, this wild island reserve invites you to snorkel crystal-clear waters and hike cliffside trails all the way to its dramatic lighthouse.

## 03. Obidos — Medieval town

Just 20 minutes from Peniche, this fairytale medieval town charms with its cobbled streets, local sweets, and a beautifully preserved hilltop castle.

## Food & Drinks Guide



### BAR DO BRUNO

Right on the sand dunes serving fresh seafood, traditional cuisine & burgers. Perfect for beachside dining with friends.



### TRIBODA PRAIA

A beachside gem blending laid-back vibes & vibrant nightlife, perfect place to watch the surfers, serving traditional dishes, snacks & cocktails.



### XAKRA BEACH BAR

Little further away but right on the beach, offering breath taking Atlantic views, fresh seafood & locally inspired dishes.



### CANTINA DE FERREL

Italian spot serving risotto, lasagna, pizza & antipasti, paired with a great selection of Italian wines & Portuguese Vinho Verde.



### MAHARANI INDIAN

Authentic Indian restaurant serving flavorful classics like chicken tikka masala, lamb curry & vegetable biryani.



### HOWM BALEAL

A modern take on Portuguese cuisine with fresh seafood, grilled meats & vegetarian options in a relaxed setting.



### TABERNA DO GANHÃO

Serving perfectly cooked tuna steak, cod, octopus & rich curries, with great wines & delicious potatoes.

**Share your experience and tag!**

Join the online Salty community and #thesalty on Instagram or Facebook.