

# Sesimbra

*Portugal is usually known for its pleasant weather, good food, wine and hospitality. What you probably did not know is that we are also home to some great diving sites.*

This pleasant fishing village is located only 30km south of Lisbon. Its' coast is protected by the Arrábida Natural Park, and its' wonderful waters are part of the Luís Saldanha Marine Park; the largest Portuguese Marine Reserve. In the last

few years it has become a destination of national and international tourism, much sought after because it possesses a unique sociocultural, gastronomic and environmental wealth, making it the 'Mecca' of diving in Portugal.

PORTUGAL

# Haliotis Dive Center



Haliotis has created the Sesimbra Diving Center project, where you can find the largest diving center in Sesimbra, with male and female spas, a classroom, shop and filling station. You will also find the largest boat to operate in Sesimbra. Our 12 meter semi-rigid "HOMARUS", with two 225-horsepower YAMAHA engines, is the best

diving boat to operate in Sesimbra. It is equipped with probe, d-gps, radar, oxygen kit and first aid. In short, everything for the safety of the divers and, for comfort, the "HOMARUS" is equipped with 18 seats and an access ladder. There is no excuse for any discomfort that causes so many people to stop diving in Portugal.



# Hotel do Mar



The natural beauty of the village of Sesimbra gains another dimension when it is appreciated from the balcony of the rooms, overlooking the sea. The Hotel do Mar has 160 Standard rooms, 3 Superior rooms, 3 Junior Suites and 2 Suites (1 Presidential, with Jacuzzi and private pool). All of these rooms are equipped with air conditioning, refrigerator, wireless, satellite TV, direct dial telephone, hairdryer and safe. You also have the possibility to discover the incredible natural parks, or enjoy the beaches next to the hotel.

[www.hoteldomar.pt](http://www.hoteldomar.pt)



# Hotel Sana



Located on the beachfront, in the heart of the Sesimbra village, the SANA Sesimbra Hotel is so close to the sea that it won't take you more than 30 seconds to reach the waves of the Califórnia Beach. This privileged location is one of SANA Sesimbra's main strengths, turning out to be the best destination for anyone seeking the warmth of the Sun and the freshness of the beach, but also a backdrop of stunning nature just 30 minutes from Lisbon. With the Arrábida Mountains serving as natural frame, you can find a wide gastronomic offer in Sesimbra, with the best

fresh fish from this side of the Atlantic. The good food and wine, the variety of water sports, the proximity to golf courses and the very unique culture of this picturesque village will, surely, delight you. And to make this an even more unforgettable stay, SANA Sesimbra offers unique infrastructures in Sesimbra - the hotel's rooftop swimming pool, the bar with outdoor area and the sky lounge with jacuzzi that provide a fantastic panoramic view of the mountains and the sea.

[www.sanahotels.com/pt](http://www.sanahotels.com/pt)



# Dive Spots

## BAÍA DA ARMAÇÃO

The most sheltered place of Sesimbra, where we can find vast fauna and flora; from dusts, safi, sargos, gorgonias, etc. From 6mtrs to 16mtrs.



## BALEEIRA

This bay is sheltered from the north wind, benefitting from calm and tranquil waters. Derived from the proximity of deeper waters, we can find several schools of sargos and sometimes the enormous croakers.

## BIODIVERSIDADE

It is its' main characteristic (gorgonias, sea roses, cerianto, sponge, hydrários, fish etc, excellent for macro). Between 24 and 30 metres, it is more or less a deep zone.



## JARDIM DAS GORGÓNIAS

As the name suggests, gorgonians of the most varied colours and sizes characterise this location. The complex substrate morphology consists of a rocky strip that

describes, from the coast, a curving downward trajectory to the East. This complexity allows the occurrence of a wide variety of habitats associated with a high biological diversity and richness, with the occurrence of several mobile and sessile benthic species. Among the sessile forms is the anemone-tube, which lives in tubes made of crusted mucus of sediment. Despite its similarity to anemones, the anemone-tube is closer to black corals.



# Dive spots

## PAREDE DOS 20MT

An excellent spot north of Cape Espichel that starts at a peak 6 metres and descends in sharp canyons perpendicular to the coast. Laminating algae abound in the background, the rock formations make this a great place to enjoy the ever-changing environment.



## PEDRA DO MEIO

Located roughly in the middle of the bay of Sesimbra, known among fishermen as “Pedra do Meio”, it consists of two extensive slabs resulting from the dynamiting of the original for the passage of an urban emissary from Sesimbra. It is a place with excellent conditions for nocturnal diving due to its easy navigation (with the slab serving as reference point) and a diversity of crevices and cavities there, which house many cryptic species, which have their activity mainly during The night, such as the safio and the berries anemone.

## PEDRA DO LEÃO

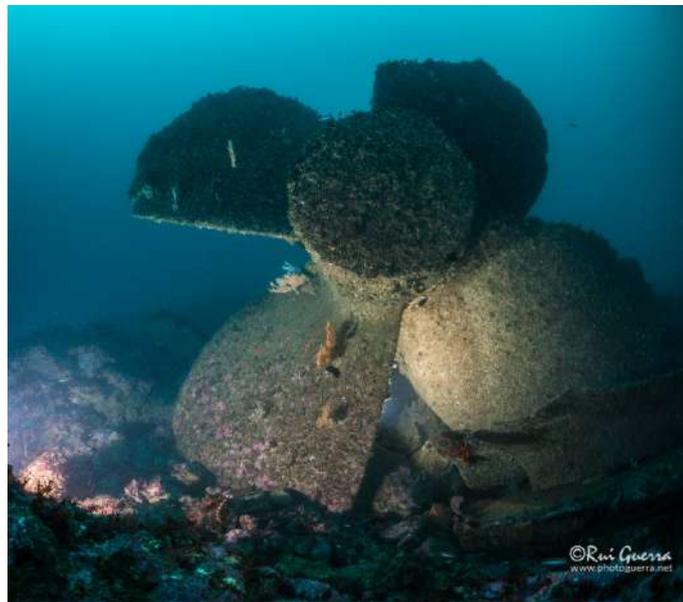
In addition to the anemones you can also observe, inside the passage that crosses the Stone of the Lion, great schools of sargos, pout and Julians enjoying the current that there is felt there. It presents itself as an extraordinary place for macro photography.



# Dive Spots

## PONTA DA PASSAGEM

Due to the fact that it is located near Cape Espichei, it may be subject to sudden changes of ripple and current. It is advisable to immerse yourself in this place only on calm sea days. This dive site has a complex geological structure. We suggest that you do the dive through the existing passage in the rock located near the coast line, around the vertical wall. On calm sea days it is a great spot for underwater photography.



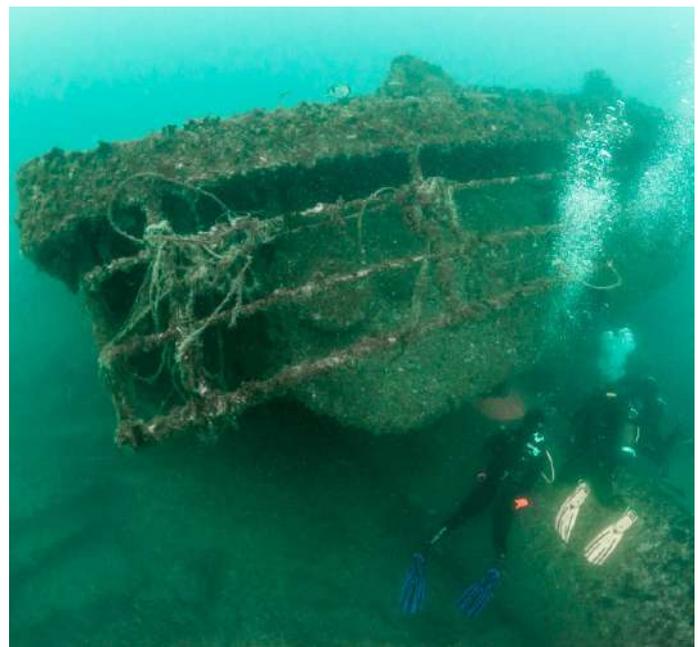
## RIVER GURARA POPA

Site of high diversity of habitats provided by the various wreck debris (stern, rudder and propeller). Due to its location that is appreciably distant from the coast, this place is subject to strong currents and thermo clines that make diving difficult. In the structure of the ship you can find large fish such as sea bream, snapper, gilthead and shoals. These pools of poutins, composed of young and adult individuals, usually move to the shore, particularly for shipwrecks, to spawn.

## RIVER GURARA PROA

Shipwreck of the River Gurara freighter wrecked at dawn on February 26, 1989

Being still in relatively good state of conservation. The dive begins by descending by the iron cable of the boat, until about 32m and all the diving is developed around the hull of the River Gurara. In this zone you can see the hull of the ship with the gorgonians that adorn it and the shoals of fish that are always close by. It is possible to make small penetrations in the ship. Lots of biodiversity and large schools of pelagic fish. Safios, Abróteas and some large crustaceans among the wreckage.



# Local Information

## DIVING

7 mm semi-dry suit. Visibility in the Sesimbra sea is often more than 25 meters. The visibility varies according to the time of year and the specific weather conditions of each day, and is best during the summer and autumn months. The water temperature ranges from 14°C to 18°C.

## SEASON

In Sesimbra we can dive all year round, but the best time is from June to October.

## CURRENCY

Euro; credit cards are accepted everywhere

## PRE-REQUISITS

PADI Open Water Diver or equivalent (all agencies accepted)

### INCLUDED:

- 10 Dives
- Accommodation for 7 nights in APA
- Guide on all dives
- Ballast
- Bottles
- Diving and personal accident insurance

### NOT INCLUDED:

- Equipment
- Travel insurance
- NITROX and TRIMIX
- Any service that is not listed in “included”
- Airport transfers 60€ (return)



# Contact Us

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