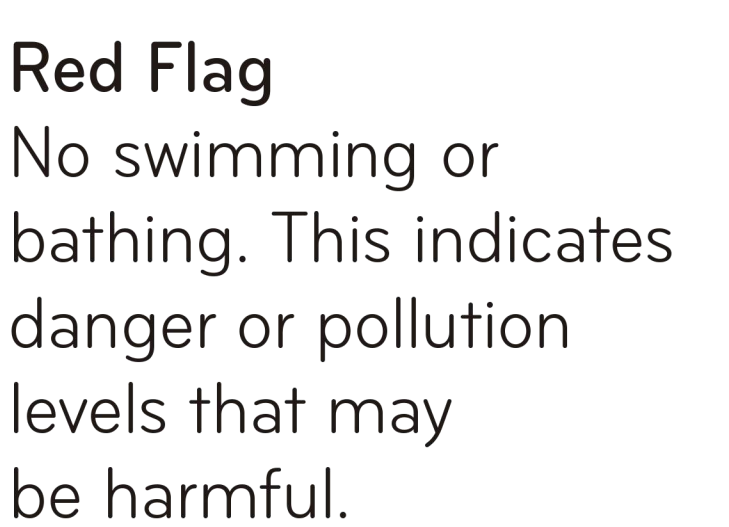


Área Concessionada
.....
Concession Area

Matosinhos

Actividades de Praia Beach Activities

Keep to beaches with lifeguards • Respect flag indications • Obey lifeguard instructions • Avoid swimming before three hours after meals • Never swim against the current • Never swim out too far, nor swim parallel to the shoreline • Try not to swim alone When in trouble immediately call for help • Never dive into water except where under lifeguard protection and where expressly permitted • Closely watch children at all times • Do not enter water suddenly after sunbathing • In emergency call 112 • Do not sunbathe to excess • Allow time for digestion • Do not litter • Place waste in the baskets provided



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GNR Perafita | Lavra
National Guard



Environmental Awareness help keep the beaches clean. Take your waste and litter and place it in the correct recipients.