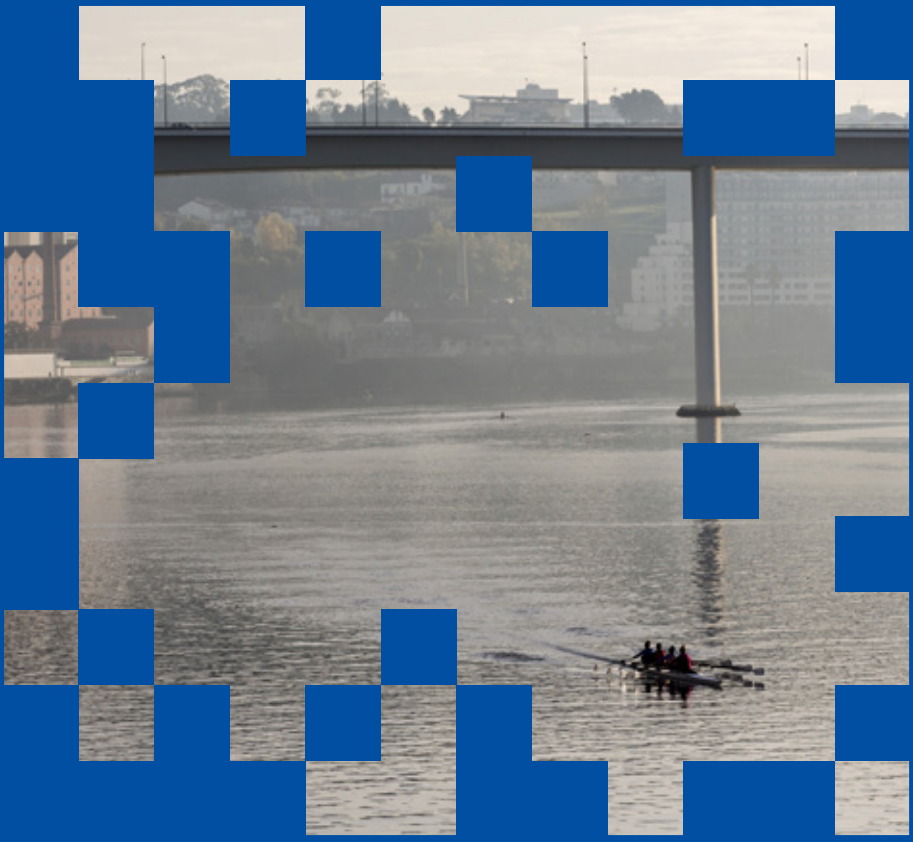


Porto in Motion

Visit Porto.

Some cities are discovered with your eyes. Porto is also discovered on foot.

Put on your trainers and follow the river, cycle through gardens, stretch outdoors or leave the busier streets behind in favour of the Atlantic breeze. There are many ways to find your rhythm in the city – and no two experiences have to be alike.

Here, sport is part of the landscape and everyday life. You can feel it at major sporting events, in the parks and sports facilities, through activities open to the community and in encounters that take place across the city.

From the city centre to the waterfront, from green spaces to urban trails, find your own pace. The invitation is simple: get out, try something new and discover Porto in motion.

1 City, 8 Districts and Countless Ways to Get Active

From the greenery of its parks to the banks of the Douro and the Atlantic coastline, Porto offers a variety of settings for active exploration.

Organised into eight Districts, the city reveals its own distinctive landscapes, identities and rhythms, each offering different ways to experience and discover Porto.

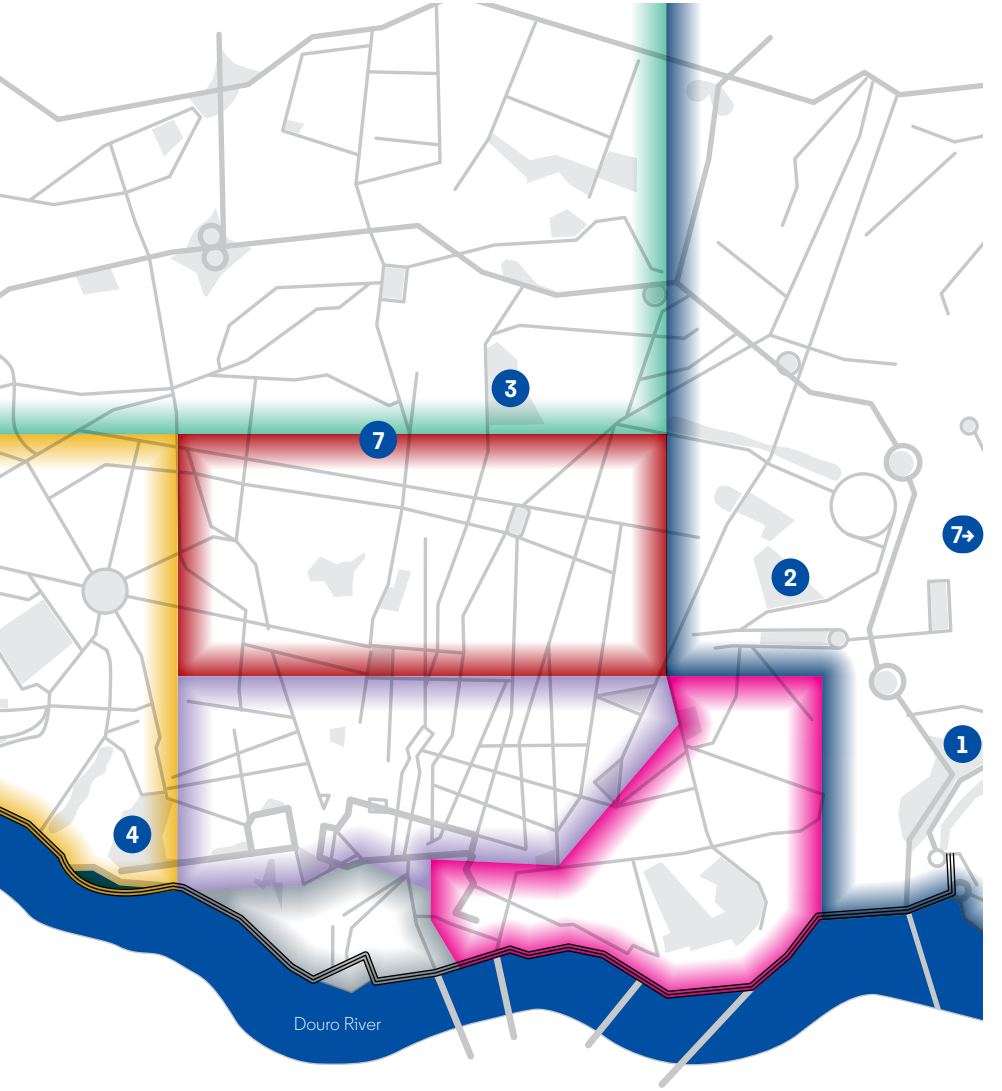
In **Campanhã**, the green spaces of Parque Oriental meet the energy of Estádio do Dragão and the FC Porto Museum. In **Boavista**, the gardens of Palácio de Cristal invite you to enjoy a stroll and pause among beautiful gardens and views over the Douro. Meanwhile, in the **Atlantic** District, Parque da Cidade, the waterfront and the beaches provide the perfect setting for walking, running, cycling or trying activities by the sea.

Explore the map, choose your starting point and discover the places and experiences Porto has to offer.



Legend

- Atlantic District
- Baixa District
- Boavista District
- Bonfim District
- Campanhã District
- Historic District
- República District
- University District



Porto in Motion

1. Parque Oriental
2. Parque de São Roque
3. Parque do Covelo
4. Palácio de Cristal Gardens
5. Parque de Cidade
6. Ramalde Skate Park
7. Municipal Swimming Pools: Cartes, Constituição and Armando Pimentel
8. Seafront
9. Praia Internacional

≈ Waterfront promenade

A City that Takes Centre Stage

Porto can also be discovered through the sporting events that bring the city to life.

Throughout the year, races and competitions turn streets, parks and public spaces into meeting places, bringing together athletes, sports clubs, local communities and visitors.

Running takes centre stage. The Porto Marathon, Half Marathon, *São Silvestre do Porto*, *Corrida do Dragão* and *Volta a Paranhos* bring thousands of participants together, making the city a meeting point for runners from near and far. The Porto City Race offers another perspective on the city, combining orienteering with urban heritage and the city's streets.

These events are joined by other sports, competitions and experiences that add to Porto's sporting calendar. Check the events calendar, take on a challenge of your own or simply come and feel the energy of those who make sport part of everyday life in the city.

Jogging at the waterfront promenade





Cycling along the waterfront

Sport for Everyone

You don't have to compete to get active. There are plenty of ways to get moving: whether you want to take things slowly, try a new activity, build healthier habits or simply explore the city in good company.

A guided walk, a yoga class in the park, a tai chi session or an orienteering trail could be a good place to start. There are activities, municipal programmes and community initiatives to suit different ages and levels of experience.

Walk, Explore and Discover

Combine physical activity with heritage and discover different stories and landscapes along the way. *Porto Saudável*, for example, offers guided walking routes of around five kilometres and welcomes participants with reduced mobility, subject to registration.

Get Active Outdoors

In Porto's parks and gardens, exercise comes with a change of scenery. Pilates, yoga, tai chi and other activities invite you to swap indoor spaces for the shade of the trees and the fresh air.



Rowing on the Rio Douro

Try Something New

From orienteering to skateboarding, there are plenty of opportunities to learn, try something new and build confidence – no specialist experience required.

Adapted Sport and Inclusion

Sport should be accessible to everyone. The *Porto Sem Barreiras* programme supports participation in adapted sports by making municipal sports facilities available to local organisations.

In October 2026, the Municipality also announced that clubs and associations are exempt from paying to use these facilities for adapted sports activities.

To find out more about accessibility at individual venues and plan your visit around specific needs, consult the guide and itineraries developed as part of the *Porto Acessível* project.

Explore

Porto Saudável and physical activity programmes — Ágora

Adapted sport at municipal sports facilities

Porto Acessível — guide and itineraries

Outdoors In Porto

Beneath the shade of the trees, movement takes on a different rhythm.

Porto's parks and gardens offer room to run, walk, roll out an exercise mat or simply pause between discoveries.

Each green space has its own character, with open paths, leafy areas, lawns and quiet corners to explore. Choose your favourite setting and let a simple stroll become an outdoor experience.

Parks and Gardens

Parque da Cidade

Follow the paths and discover the varied landscapes of the city's largest urban park.

Parque Oriental

Follow the paths along the Tinto River valley, through green spaces and a landscape shaped by the presence of water.

Parque de São Roque

Explore the gardens and their quieter corners, in a setting that invites you to wander and discover.

Parque do Covelo

Find tree-lined paths where you can walk, take a breath and slow down.

Slackline at the Parque da Cidade



Between the River and the Sea

Following the Douro from the eastern part of the city towards Foz is a chance to discover Porto's changing landscapes. Along the riverfront, there are paths to walk or cycle, places to stop and enjoy the views, and new perspectives on the city.

Further along the Atlantic coast, the beaches and the sea offer different ways to get active. From surfing to other water sports, there are experiences for those who love being in the water – or simply having the sea for company.

Surfing at Praia Internacional



Where Sport Happens

There is a place for every way of getting active.

Swimming pools, sports halls, playing fields, outdoor fitness areas and specialist facilities provide spaces for everything from casual exercise and training to competitive sport.

From municipal sports facilities to local clubs and associations, discover the places where people learn, train, play and share their passion for sport.

Municipal Swimming Pools

Piscina Municipal da Constituição
Piscina Municipal de Cartes
Piscina Municipal Eng.º Armando Pimentel

Municipal Sports Halls

Pavilhão Municipal Nicolau Nasoni
Pavilhão Municipal Pêro Vaz de Caminha
Pavilhão Municipal do Lagarteiro
Pavilhão Municipal Irene Lisboa
Pavilhão Municipal do Viso
Pavilhão Fontes Pereira de Melo
Pavilhão Municipal Leonardo Coimbra
Pavilhão Municipal Manoel de Oliveira
Pavilhão Municipal Pires de Lima
Pavilhão Municipal António Nobre
Pavilhão Municipal da Areosa

Sports Fields and Complexes

Campo Municipal do Viso
Parque Desportivo de Ramalde / INATEL
Campo Municipal dos Choupos
Campo Municipal do Parque da Cidade
Campo da FADEUP
Campo Municipal do Outeiro
Campo Municipal Prof. Joaquim Novais

Other Sports Spaces

Street Basketball

Edifício Transparente
Parque da Cidade
Bairro da Previdência
Alameda das Fontainhas
Jardim Paulo Vallada
Quinta do Covelo
Santa Luzia
Rua do Coronel Hélder Ribeiro
Jardim de Belém
Largo de Miragaia
Jardim do Calém
Bairro de Ramalde do Meio
Associação Recreativa e Social do Viso
Bairro do Viso
Rua Professor Carlos Teixeira

Street Workout and Outdoor Fitness Circuits

Castelo do Queijo
Jardim do Calém
Parque da Pasteleira
Palácio de Cristal
Jardim Machado de Assis
Praça dos Álamos
Jardim Sarah Afonso
Jardim de Ezequiel Campos
Jardim Paulo Vallada
Jardim do Conhecimento / Alameda Eça de Queirós
Jardim de Arca d'Água
Parque Infantil da Areosa
Jardim de Belém
Parque de São Roque
Praça da Corujeira
Avenida da Cidade de Xangai
Parque Infantil de Cervantes
Parque do Covelo

Other Facilities

Ramalde Skate Park
Estádio de Praia do Porto
– temporary facility at Praia Internacional, available during the summer.

Note Conditions of use vary depending on the facility and activity. Some spaces are freely accessible, while others may require registration, advance booking or payment, subject to availability and operating rules.

Sport and Community

Sport also brings people together.

Some meet for a run before the day begins, others explore the city by bike, while many find in team sports an opportunity to connect and take part. In different ways and settings, sport creates opportunities for connection, inclusion and a stronger sense of community.

In Porto, this spirit can be seen in initiatives such as ***Desporto no Bairro***, which brings activities including breaking, skateboarding, surfing, street basketball and rugby to neighbourhoods across the city, engaging children and young people.

Communities such as **Can Run Club Porto** also bring together people of different fitness levels for informal runs and walks. Meanwhile, ***Projeto Sexto Sentido*** connects blind and partially sighted people with volunteers through guided running and walking activities.

These are just some of the ways to experience sport, share experiences and discover what happens across the city through the people who bring it to life.

Volleyball at Parque da Cidade



A Future In Motion

Porto, World Capital of Sport 2028

Porto is already on the move: through the events that bring its streets to life, its clubs and associations, the activities that animate public spaces and all the people who make sport part of everyday life in the city.

The journey towards 2028 is an opportunity to build on this energy, encourage wider participation and strengthen the role of sport in enhancing urban quality of life.

A city that keeps moving, brings people together and looks ahead to new challenges.

Porto is in motion. Come and be part of it.

Sailing on the Douro River



A Route to Experience Porto

How about a suggested route? From Parque da Cidade to the Douro, with the Atlantic as your Companion

Start by the sea and follow your own pace.

From the western entrance to Parque da Cidade, near Edifício Transparente, follow the Atlantic waterfront towards Foz and Largo António Calém.

Along the way, enjoy open views of the Atlantic, green spaces that invite you to stop and rest, and a different side of the city's landscape.

This route can be enjoyed on foot or by bike, in its entirety or in shorter sections. Choose your distance, take a break whenever you like and make the most of the places you discover along the way.

The Marginal Cycle Path connects the western entrance to Parque da Cidade with Largo António Calém.



Find your own pace
On foot, by bike or just along one section of the route, adapt your journey to the time you have, your energy and your individual needs.



Cycling along the Waterfront

Find Porto.
Live Porto.
Get in Motion.

Official Tourist Map
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Porto.