



WELCOME TO PENICHE ≈ PORTUGAL

**RUN-EU
INNOVATION
MEETS REGIONS**

BLUE ECONOMY

26-29.MAY.2026

Welcome TO PENICHE

Peniche is an area of outstanding natural beauty, with rare and exotic geological formations sculpted by the sea, making it ideal for water sports, especially surfing. It is also a lively city, always close to the sea, with good food and vibrant nightlife. It is located on a "Tombolo" (tiny peninsula) of about 10 km in perimeter, featuring Cape Carvoeiro.

The coast is formed by imposing cliffs and beautiful beaches.

The ocean constantly offers amazing views to visitors.

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01 About ESTM



ESTM | SCHOOL OF TOURISM AND MARITIME TECHNOLOGY

At the School of Tourism and Maritime Technology in Peniche, we train the professionals of the future, combining knowledge, innovation, and connection to the territory. **Our mission is to train highly qualified individuals in the areas of Tourism and Marine Sciences and Technologies**, with a strong scientific, technical, ethical, and cultural foundation.

All our Tourism degrees are certified by **UNWTO.TedQual**, an international recognition of quality in tourism education. ESTM is also a **Biosphere-certified school** and part of **the Eco-Schools program**, reaffirming our commitment to sustainability and good environmental practices.

We believe in education that goes beyond the classroom, based on applied research, close community engagement, cooperation with national and international companies and institutions, and a constant updating of knowledge.

02 About Peniche



Peniche is a place where the sea sets the pace and shapes the local identity. Renowned for its deep connection to maritime traditions, fishing, and oceanic culture, the town blends authenticity with a vibrant, youthful energy. Amid striking coastal landscapes, exceptional beaches, and a growing focus on sea-related innovation, Peniche stands out as a unique destination where nature, knowledge, and community come together.

HISTORY

The city of Peniche has a long and rich history, having been successively occupied by people. The fishing and agriculture are the main economic activities, directly or through the industry.

The geo-morphological specificity, ranging from a reality island/peninsula, seems to have shaped and conditioned from a socio-economic and cultural the people over time occupied this territory. The county of Peniche was the scene of major national and international events.

ARCHEOLOGY

The county of Peniche and track adjacent sea has seen, particularly in the last decade, in numerous research projects in the field of archaeology, through which work has slowly reconstituted the long history of this territory and its people.

The Archaeology gives us today to know the portrait of a territory that the Roman assumed a key position in the context of an inter-regional commercial navigation.



03 Going to Peniche

The activities will take place between the School of Tourism and Maritime Technology (ESTM) and the Multi-purpose Pavilion (in city center).

Locations:


School of Tourism and Maritime Technology

<https://maps.app.goo.gl/bjTWeYMjJaCdtTG26>

Multi-Purpose Pavilion

<https://maps.app.goo.gl/PXHueEte2HM7x3AsSA>

OPTION 1 – BY BUS (PUBLIC TRANSPORT)



From Lisbon: Most travellers use the Rede Expressos bus service departing from Airport Terminal or the Sete Rios terminal. Buses run roughly every hour and take approximately 1 hour and 35 minutes. <https://rede-expressos.pt/en>

From Lisbon Airport: You can take a direct FlixBus (once daily) or take the Metro/Aerobus to Sete Rios or Campo Grande to catch a regional bus. <https://global.flixbus.com/>

Peniche Arrival: Buses arrive at the Terminal Rodoviário de Peniche. From the terminal, to Multi-purpose Pavilion or ESTM is a short taxi ride or a local bus/walk away.

OPTION 2 – BY CAR



From Lisbon: Take the A8 highway north toward Leiria. Take Exit 14 for Peniche/IP6. Follow the IP6 directly into Peniche.

From Porto: Take the A1 highway south, then transition to the A17 and A8 towards Loures. Take Exit 14 for Peniche. Follow the IP6 directly into Peniche.

04 Moving in Peniche

In most cases in Peniche, the distances are manageable on foot, making it possible to appreciate the views and the pleasant climate.

In any case, and if necessary, it's possible to use all the usual and well-known European transport companies, such as Uber or Bolt; and the internal municipal transport system:

http://rodoviariadoeste.pt/wp-content/uploads/Urbana_PENICHE.pdf



05 Staying in Peniche

STAR INN PENICHE – 3★

Guests should visit the hotel's website and use the promo code “**RUN-EU**” to receive a 10% discount. This offer is only valid for bookings made through the website and does not apply to reservations made at the hotel reception.

Website: <https://www.hotelstarinn.com/peniche/>

HOTEL MH PENICHE – 4★

Guests should contact the hotel and inform them that they will be attending the RUN-EU Innovation Meets Regions event to receive this special rate.

- Single room with breakfast: €69.90/night
- Twin room (2 pax) with breakfast: €79.90/night

Website: <https://www.mh-hotels.pt/>

PENICHE PRAIA – BUNGALOWS, CAMPERS & SPA

- Standard rooms for two people from: €65.70 per night
- Standard bungalows for two people: €96.50 per night

Website: <https://www.penichepraia.pt/en/>

Location:

Peniche Praia – Bungalows, Campers & Spa

Estrada Marginal Norte

2520 - 605 Peniche

Portugal

06 Eating in Peniche

Avenida do Mar and **Largo da Ribeira** are the two areas of the city where you can find the greatest variety of restaurants and specialties. However, restaurants are scattered throughout the municipality, making gastronomy one of the highlights and most attractive aspects of this region.

Locations:

Avenida do Mar

<https://maps.app.goo.gl/NE2FwhebE9izos359>

Largo da Ribeira

<https://maps.app.goo.gl/NofmwAqj9yYE17V7A>



07 Know more



The average daytime temperature **in winter** ranges between **5°C and 15°C**, while **in summer**, it varies between **22°C and 35°C**. Peniche is a highly attractive destination for tourists.



Peniche has several miles of coastline where you can find a variety of beaches of fine sand and clear waters that reach to have stretches of several miles.



This is where we find **the islands of Berlengas**, located about 11 miles west of Cape Carvoeiro. This archipelago is now a **natural reserve with rare species of birds, fish and flora**.

For **more information**, please click on

<https://www.centerofportugal.com/destination/peniche>

City Map:

https://www.cm-peniche.pt/cmpeniche/uploads/document/file/504/mapa_cidade_peniche_dezembro2019.pdf

CONTACT INFORMATION

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SEE YOU SOON!!!