

Lisbon

Cascais to Sesimbra

The Iberian heat low which is created due to heat rising & low pressure over central Spain, rotating anti-clockwise, will strengthen through the day & weaken substantially at night. There is therefore a prevailing northerly wind (>50% time) from the beginning of June to mid September (Ref: Weatherspark).

Surface level winds will blow, in the afternoon, from the coast, inland in the summer months (~60% July Ref: Weatherspark). It is not a sea breeze, but an enhanced 'thermal' wind. The coast, in the case of Cascais – Sesimbra, is the wider Atlantic facing, western Portuguese coastline. See page 53 in Wind Strategy 4th Edition.

Locally the northerly / NNW'rly surface wind will be hugely affected by the headlands off Cascais &

Sesimbra. Investigate stronger wind bands & bends downwind of cliffs & possibly large changes in wind direction and speed in the lee of the Sesimbra south facing coastline. With a fairly steady and reliable summer wind, those changes are likely to vary only slightly day by day.

When looking at the daily weather forecast it may also be worth looking at the wave and swell forecasts as swell from other Atlantic weather systems may affect the area.

Ref: Weatherspark

<https://weatherspark.com/y/31990/Average-Weather-in-Sesimbra-Portugal-Year-Round>

You can change to see month by month averages & play with the units (top right).