



Dolphin trip to Albufeira in the Algarve: our opinion

By Floriane

Dolphin-watching in the Algarve was clearly one of the experiences we wanted to have on this trip.

From **Albufeira**, several companies offer sea outings, but we chose this excursion combining **dolphin watching and a visit to the Benagil caves** for one simple reason: the boat is a **semi-rigid with a small crew**.

The experience is more immersive, more dynamic and much more enjoyable than a big tourist boat.

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Why do we recommend this boat trip from the village of Albufeira?

We chose to leave from the **Albufeira marina**, where there are the most companies, and we figured we'd have the best chance of seeing dolphins, since

skippers often communicate with each other to locate groups, which increases the probability of sightings, while respecting the regulatory distances to avoid disturbing them.

We chose to go with the [Dream Wave Algarve](#) company, and the trip lasted around **2h30**. The skipper first took us out to sea, where we saw dolphins, then we followed the coastline to discover cliffs and sea caves, including **Benagil**.

We particularly liked :

- ☐ The **small group**, which makes the experience more friendly and respectful of the animals
- ☐ Searching for dolphins in the open sea and keeping a respectful distance to observe them
- ☐ Discovering caves, including the famous Benagil cave (even though it was crowded)

Two little warnings to keep in mind

☐ **There's no guarantee of seeing dolphins, even though the guide told us it was very rare.** We stay in their natural environment, and that's what makes the encounter even more magical when it happens.

☐ **Entry to some caves is totally dependent on sea conditions.** If the swell is too high, the skipper will obviously not take any risks.

What time slot to choose?

We strongly advise you to book **the first departure of the day**.

The sea is often calmer in the morning, the light is superb on the cliffs, and there is less shipping traffic. The atmosphere is more peaceful and the chances of observation can be better when the sea is calm.

- ☐ [Book a 2.5-hour boat trip to observe dolphins and geological formations](#) with a French-speaking guide

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Where can you see dolphins in the Algarve?

The west and central coast of the Algarve is particularly well known for dolphin watching. The area between **Albufeira, Portimão and Lagos** concentrates the majority of sea outings, as the deeper seabed favors the presence of various species, notably the common dolphin and bottlenose dolphin.

Excursions depart mainly from :

- **Albufeira**, very practical and well organized
- of **Portimão**, close to the cliffs and coast of Benagil
- of **Lagos**, ideal if you're staying in the west

Dolphins live offshore, sometimes several kilometers from the coast.

Unfortunately, you can hardly ever see them from the beach or cliffs. To have a real chance of seeing them, a boat trip is essential.

When is the best time to see dolphins in the Algarve?

The good news is that you can see dolphins all year round in the Algarve. The species present are not only migratory, some are relatively stable in the area. So it's a trip you can take all year round in the Algarve, even in winter.

That said, the period **from April to October** generally offers the most favorable conditions:

- calmer sea
- more stable weather
- more daily departures
- often better visibility

In summer, sightings are frequent, but never a guarantee. Nature remains unpredictable, and that's what makes the experience so authentic.

In winter, there are fewer outings, but the encounters can be just as beautiful, sometimes even wilder, with fewer boats around.

Our practical tips for a successful outing

A dolphin trip in the Algarve is still a trip to the open sea, so here are a few things to pack:

- **Take along a windbreaker:** even in midsummer, the wind can be fresh offshore.
- Fasten your **glasses and cap:** boat speed can be surprising.
- If you are sensitive to seasickness (as I am), avoid heavy meals before departure, or take a tablet (in consultation with your doctor) before departure to reduce the effects of seasickness.
- Apply **sunscreen** (the sun beats down hard at sea).
- [Book in advance in high season:](#) morning slots obviously go very quickly.

If you do this activity or if you find another excursion, you can give us your feedback in comments to help future travelers.

Feel free to leave us a **note** below to let us know if you are planning this trip, **ask** any questions or **share** on social networks([our Instagram](#)) we will answer you with great pleasure!

Before you leave, **find all our articles to help you organize your trip:**

- [Where to sleep in the Algarve? our best addresses](#)
- [Car rental in Faro, Algarve: our tips and advice](#)
- [Itinerary of our 10-day road trip in the Algarve](#)

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