Our Visitor Guide
We hope you enjoy your stay!

The Ria Formosa national park and the village of Estorninhos offers complete peace and relaxation for nature lovers and walkers. Our hillside restaurants and bars and other places of interest can be found in the local hills away from the hustle and bustle of the towns. For bird watchers you can often see Booted & Short Toed Eagles, the Golden Oriel, Griffon Vulture, Bee Eaters plus many other rare birds as this is the first stop for birds migrating from Africa to northern Europe.

Simply while away the hours sitting and reading, take a leisurely dip in the pool and enjoy our 360 degree stunning panoramic views down over the rolling hills to the sea. Enjoy a bottle of wine and bbq on the terrace followed by an extravaganza of stargazing to finish off the evening.

Don’t forget to visit ‘Grissinda’ who owns the local shop in the village who also owned the working windmill in years gone by.

Traditionally windmills were worked in pairs on adjoining hills with one mill grinding the coarse grain whilst the other ground the fine.

Windmill of the sun has been lovingly restored and we have maintained the traditional bamboo ceilings and the internal circular structure of the original windmill. Although the roof has been replaced we have used local Santa Catherina tiles and exterior patio tiles from the same region (our original millstone is now a feature in the garden)
The wooden windows and doors were made by a local craftsman and our tiled pictures were made to depict local scenes and produce. We have endeavoured where possible to source original furniture and artisan pieces. We are lucky to live beside a traditional farm and you will see our neighbours working in their vegetable garden, tending to the bee hives and chickens and when the weather is fine tethering the donkey on the pasture opposite. On certain days the baker and the fresh fish man will sound his horn as he drives up the hill so don’t be afraid to stop him!

Your property Manager’s are called Pam & Neil Beever and they have lived in this region of the Algarve for a number of years. They are very familiar with the Portuguese culture and customs. They love the peace and quiet of this unique and special area of national park which we hope that you learn to love as much as we do. Neil and Pam have taken care of The Windmill of the sun for a long time and are completely familiar with the house, swimming pool and garden. Their telephone number is 00351 281 951117 (home) 00351 916 154297 (mobile)

We have included a selection of essential phone numbers:

In case of emergency:

**Ambulance, Fire, Police:** 112

Neil and Pam will advise on Health clinics (centro de saúde)

National telephone enquires: 12 118
International telephone enquires: 177
Airport - general number: 289 800800
Tourist office Tavira: 351 281-322511
Taxi’s in Tavira: 351960170789
General Information

Banks

Open Monday to Friday 08:30 - 15:00; closed Saturdays, Sundays and National Holidays. You'll need your passport to exchange traveller’s cheques. Look for the sign "câmbios". Commission is charged per transaction regardless of amount.

Shops

Open 09:00 - 13:00; 15:00 - 19:00, Monday to Friday. On Saturdays open 09:00 - 13:00. Closed on Sundays, except some supermarkets, mini-mercados and out of town hypermarkets and malls. **Gran-Plaza Shopping Centre** has 2 floors of shops and plenty of free underground parking. It really is a massive shopping centre with a wide variety of shops as well as a large Continente supermarket and cinema. The shops are open 7 days a week from 10:00 to 23:00, except on Fridays, Saturdays and the day before holidays when they stay open until midnight. The Continente supermarket opens at 09.00 every day and closes at 13.00 on Sundays and holidays. **Tavira Market hall** on the river front was re-vamped a few years ago and now is 'home' to several shops and stalls selling fresh fish and vegetables meat and fruit, with cafes and restaurants around the edge. The central space is available for exhibitions and special events.
**Telephones**

Telephone calls can be made at post offices and public call boxes which accept coins or credifone cards. Credifone call boxes are the most common and the majority of newagents and supermarkets sell the phone cards. For calls abroad dial 00, followed by the country code, the area code (omitting the 0) then the telephone number. Country codes can be found in the front of the telephone book, the post office, or by contacting the International operator on 099 (inside Europe), 098 (outside Europe).

**Chemists**

Open 09:00 - 13:00; 15:00 - 19:00. One chemist stays open after hours on a rotating basis and the address of the open pharmacy is listed on all other chemists' doors. Chemists (farmácias) will advise on minor matters. There are reciprocal arrangements within the EU on free treatment in clinics and hospitals. When requesting treatment, show your passport, or an E111 or E112 form.

**Buses**

In general, bus services in the Algarve start around 7am on weekdays and finish by 8.30pm, which means that, in most places, last buses are on their way around 7.30 at the latest. On Saturdays, Sundays and holidays there are a lot fewer buses than on weekdays. However, most larger places are served by bus at least three or four times on a Sunday or holiday. There are often long gaps in service on Saturday afternoons and on Sundays. Buses do not usually run at regular intervals ie at so many minutes past each hour. Buses heading inland – ie away from the main coastal tourist areas – are few and far between. You are strongly advised to double-check the times of last buses back if you are off hiking in the hills.

**Trains**

The bus station is by the river, just 2 minutes walk from the central square, the Praca de Republica.
The train station is 1km from the centre, straight up the Rua da Liberdade. From here, you can take slow trains to other towns on the Algarve, or the express to Lisbon.
Leisure activities

- **Horse Riding**: 'Vô Silvestre' Centre, Vale Caranguejo, 8800 Tavira. Tel: 932 030 021
- **Sports Centre** for paintballing and a climbing wall: Rua do forno 33 8800 Tavira. Tel: 919 338 226
- **Guided tours of Tavira**: Praça da República 12, Tavira. Tel: 281 321 946 / 281 321 732
- **Astronomic Observatory**: Sitio do Malhão, Santo Estévão. Tel: 281 321 754. *Note*: Previous notice is required
- **Boat trips** in the Ria Formosa: Tel 919 170 260
- **Golf**: 'Benamor', 'Quinta da Ria', 'Quinta da Cima', and 'Colina Verde' are the nearest courses
- **Municipal Swimming Pools** - part of the sports complex at Pavilhão Municipal Dr. Eduardo Mansinho, Tavira.
  Opening hours:
  Monday to Friday 08.00h to 13.00h and 15.00h to 21.00h
  Saturday 09.00h to 13.00h and 15.00h to 19.00h; Sunday 09.00h to 13.00h.
  Closed in the holidays.
- **Tennis** - next to the Pavilhão Municipal Dr. Eduardo Mansinho, Tavira - 5 courts
Speed Limits

- Built-up Areas 60km
- Out of Town 90km
- Trunk roads 100km
- Motorway 120km
- Insurance is compulsory and normally provided with a hire car.
- EC licences are valid at all times
- Other foreign driving licences are valid for up to six months.
- Seat belts are obligatory for the driver and front passenger.
- Alcohol is readily available and cheap - but the maximum legal blood alcohol level is only 50mg per 100ml. If you drink and drive and are caught, you will be immediately locked up and in court the next morning.

Do’s and don’ts

- Please remember to use your sunscreen
- Drink plenty of fluid
- Wear a sunhat / baseball cap
- Apply mosquito repellent in the evening
- Keep the house cool
- Dispose of all rubbish on a daily basis in municipal bins on the roadside
- Enjoy your holiday!
The Eastern Algarve

Towns and beaches

The Eastern Algarve coastline is calm and peaceful, with extremely inviting eleven kilometres of fine white sand beaches and very warm water. The beaches are crossed by Ria Formosa Natural Reserve, offering pleasant boat trips and the chance to observe the typical wetland flora and fauna, most particularly the water birds. It is estimated that, counting both the resident and migratory species that can be seen here, Ria Formosa hosts more than 30,000 birds each year. This eastern end of the Algarve is quite different from the central and western areas - being a lot flatter, and the beaches backed by sand dunes, not cliffs. The water tends to be a few degrees warmer as well. It is great for all ages - the beaches are fantastic for children and access is excellent for people with mobility problems. There are also plenty of restaurants, bars and cafes to suit all tastes and budgets. It is an easy drive from Faro airport along the A22 to Monte Gordo and is justifiably becoming ever more popular with visitors throughout the year - not just in the summer.
Faro

Faro is the administrative centre for the whole of the Algarve region with a population in excess of 55,000 people. The city has both Arab and Roman ruins but most of the present attractive older buildings were constructed after the disastrous earthquake of both 1532 and 1755. The Moors who occupied the town in the 8th Century originally gave the city the name Ossónoba and developed it into a trading port until 1249. They were then defeated by the forces of Dom Afonso III. With the decline of the importance of the city of Silves, Faro took over the role of administration of the Algarve area. The Earl of Essex invaded the town in 1596 with his fellow crusaders on their journey to the Holy Land and the collection of books taken from the palace of the Bishop of Faro became an important part of the Bodleian Library in Oxford, England. Another interesting point is that during the 500 years of Moorish occupation there were some Jewish inhabitants in Faro who were kept busy printing copies of the Old Testament.

The city has a public university, an international airport, a seaport, a marina, a railroad station and complete interregional bus services. Its 30,000-seater stadium Estádio Algarve, shared by the neighboring cities of Faro and Loulé, was one of the venues of the Euro 2004. It currently stands vacant, but locals hope that a football team will finally give use to the Stadium. The actual relevance of Louletano Desportos Clube (a club from the city of Loulé) and Sporting Clube Farense, are not enough to use such a big stadium; instead they use smaller municipal stadiums. The stadium is also used to host concerts, festivals and other events. Faro airport is not too far away from the city itself. In recent years the numbers of visitors travelling through the airport has increased as more and more low-cost airlines compete to offer cheap flights to the Algarve. The transport facilities to and from Faro airport with the centre of Faro include taxicabs and a bus line.

Faro has a Mediterranean-Subtropical climate. Summers are warm to hot and sunny with average daytime temperatures of 27–29 °C (81–84 °F). The weather in the autumn and winter months is generally mild with temperatures around 8–17 °C (46–63 °F). Faro gets most of its rainfall over the winter months; rain is rare between June and September. The annual average temperature is 18 °C (64 °F) and the annual rainfall is around 500mm. The average sea surface temperature is 15–16 °C (59–61 °F) in January rising to 22–23 °C (72–73 °F) in August.

Faro is located next to the Ria Formosa lagoon, a nature reserve of over 170 square kilometres and a stopping place for hundreds of different species of birds during the
spring and autumn migratory periods. The beach is roughly seven kilometres from the city, and consists of a long sandy spit reached through a bridge. The annual events in Faro are: Feira de Arte e Artesanato (Art & Handicrafts), The International Motorbike Festival, Feira de Santa Iria. About 10 km north of Faro is the quiet and historic town of Estoi, famous for its pink palace and Roman Ruins. Carrying on a few kilometres into the hills, is the old cork capital, Sao Bras de Alportel.

Olhao

Leaving Faro in an easterly direction along the n125, the first town you come to is the fishing port Olhao. Well worth a visit, particularly for the large fish market down by the sea front. 8km northeast of Olhao is the rural village of Moncarapacho. Ria Shopping in Olhão has plenty of free parking with 3 floors of shops and restaurants, a cinema supermarket and children's play area. It's easy to get to (always a bonus!) - just follow the EN125 through the town and it is on the left if you are coming from the Faro side of town. There are lifts and escalators making access simple for everyone. The shops are open 7 days a week from 10.00 to 23.00 except for July and August when they stay open until midnight - so no shortage of time to check out the shops!
Tavira

Tavira along with the town of Lagos is one of the most architecturally attractive towns in the Algarve and its origin dates back to around 2,000 BC. During the occupation of the Algarve by the Moors this town was considered of great importance due to its fishing industry. Dom Paio Peres Correia took it from the Moors in anger in 1242 after seven of his principal Knights were killed during a period of truce. In the 17th Century the port in its river was of considerable importance, shipping produce such as salt, dried fish and wine. Like most of the Algarve its buildings were all virtually destroyed by the earthquake of 1755.

Tavira is one of the architecturally most attractive towns in the Algarve. Its origin dates back around 2,000 BC, and during the Moorish occupation the fishing industry of this town was of great importance. In the 17th Century its port, located at the Gilhão River, played a significant role shipping wine, salt and dried fish. After the earthquake in 1755 the town has been completely rebuilt with many fine 18th Century buildings and 37 churches. The church of Santa Maria do Castelo has been erected on the site of a Mosque. It contains the tombs of Dom Paio Peres Correia and his seven knights, who took the city from the Moors after his knights were killed.

A Roman bridge links the two parts of the town across the River Gilão. The church of Santa Maria do Castelo is built on the site of a Moorish Mosque and in it are the tombs of Dom Paio Peres Correia and his seven Knights. Its original economic reliance on the fishing industry has now been surpassed due to the change in the migration patterns of the tuna fish.
The population is in the region of 20,000 inhabitants supporting a military base whilst the surrounding area is still very rural and undeveloped. Take a walk up to the castle walls whilst passing the tourist information bureau pop in to pick up your Tavira guide of events, restaurants, shopping, markets and attractions during your stay. This magazine is very helpful and informative for all visitors to the Eastern Algarve. The region is now changing due to the demands of the tourist industry and opening of golf courses in the near vicinity. The beach for this town lies past the salt pans and is reached by a ferryboat that takes the visitor to the sandy-bar island known as Ilha de Tavira.

Near to Tavira is Cabanas and Pedras del Rey, both small beachfront villages catering specifically for the tourist. It is in the latter that there exists an olive tree that is said to date from the 17th Century and probably the oldest one of its type in Portugal. It stands 7.70 metres high and its girth is 11.80 metres. In the small village of Luz de Tavira there is one of the finest examples of Manueline craftsmanship around the southern door of the Parish Church. Santa Luzia gets its name from a shipwrecked Italian effigy of the Virgin Mary and is a very small unspoilt village with a fort. Near to the Torre de Aves there is the remains of a Roman villa. To the east of Tavira and overlooking the sea is the still original traditional village of Cacela-a-Velha used by the Phoenicians and later becoming the possession of the Knights of Santiago in 1240.

Calendar of events:
- June - Popular Saints Festivities
- August - Handicraft Festival
- August 1st - Feira de Boa Morte
- August 8th to 11th - Feira de Santa Luzia
- October 4th to 6th - Feira de São Francisco
- 3rd Monday of the month - Monthly Day
- 24th of June - Municipal Day
Tavira Island

Tavira Island along with Praia do Barril, are the 2 most popular beaches in Tavira, but you might be interested in exploring the less populated places which are often only known and frequented by locals.

Tavira Island is the most popular beach, from camping facilities to boat trips and passenger foot ferries – which actually applies to many beaches across the Algarve coast. The access to Tavira Island is provided by boats from Quatro Águas peer in Tavira. The parking areas are fairly large and organised. The beach has basic support facilities, like restaurants and toilets, and is supervised during the season. This beach often holds the blue flag, proof of its environmental quality and superiority.

Praia do Barril

Barril is one of the beaches to the West of Santa Luzia, near the touristic Serviced Apartments of Pedras d’El-Rei and within a few kilometers from Tavira. The access to Barril beach is made by a small bridge that crosses Ria Formosa followed by a footpath that crosses the Island to the sea side. During the summer season the Island crossing is also done by a mini train that is popular and fun.
Barril beach is one of the calmest beaches.
Praia de Cabanas

To the East of Tavira you will find Ilha de Cabanas, a narrow but long strip of land before the last bar across the river estuary to the East. The beach is situated in front of the village of Cabanas, whose origin goes back to the old days of tuna fishing in this area, and which even today remains a picturesque fishing village. From the waterfront at Cabanas, fishing boats can be seen anchored in the Ria Formosa.

The branch of the Ria Formosa that separates the Island of Cabanas from the mainland is quite narrow and you can cross it by foot at low tide. The preferred means of access is, however, by boat, a journey that only takes a few minutes from Cabanas.

Walking along the beach is a pleasant experience and you only have to walk a short distance to be able to enjoy a few moments of peace and quiet and perfect isolation.

On the returning to Cabanas, you can visit one of the many restaurants along the waterfront and sample the local oysters, clams and various octopus dishes. There are boats to the island from the waterfront at Cabanas. The parking area is organised. The beach has basic support facilities and supervised during the season.

Praia de Terra Estreita

To the East of Praia do Barril, Tavira Island narrows, resulting in a strip of sand around 50 m wide, the so-called Praia da Terra Estreita (the Narrow Land Beach). This beach is also known as Praia de Santa Luzia, as it is from this picturesque fishing village from where the boats set off to cross to the island. The boat ride over the Ria
Formosa shows you the pots used for capturing octopus and many local fishing boats, as well as the typical marshland flora and fauna. The beach here is large and secluded, quieter than at the neighbouring beaches of Barril or Tavira Island, providing complete peace and quiet and isolation. On this beach, you can admire the eye-catching flowers of the sea daffodils and enjoy a swim in the warm sea water, and in the summer it is common to see great profusions of green seaweed next to the island, giving you the strange sensation that you are swimming in a warm soup.

Santa Luzia

Santa Luzia is well worth a visit, this charming fishing village with daily market and avenue along the waterfront is filled with restaurants and bars where you can enjoy some of the best shellfish picked in the Ria, as well as some typical dishes such as the tuna salad known as “estopeta de atum”. In order to help preserve this area, you should cross over the sand dunes using the raised wooden footpaths provided.

There are boats to the beach from Santa Luzia, signposted on the EN 125 and roughly three kilometres from the car park at Praia do Barril. The parking area is fairly large and organised. Like many beaches on the eastern sea board the beach has basic support facilities (restaurant and toilets) and is supervised during the bathing season.

Praia do Lacém

This small lagoon beach is surrounded by farmland, amongst allotments, vineyards and dryland orchards. The beach is reached by a small cross-country footpath which
accompanies an occasional stream, along which there grows some thick riverside vegetation, with reed beds and wild brambles. The beach itself is quite narrow with some low-lying sand dunes, the main plant to be found is European beachgrass. The predominant habitat is in fact the salt-marsh, and the mudflats. The smell of the sea carries along the breeze. Beyond the narrow branch of Ria Formosa, you will find Cabanas Island, very thin and low in this area and only covered with some small grasses (sea couch), not offering any great resistance to the advances of the sea. Here you can observe various shore-birds calmly scouring the mud with their long beaks in search of food. If you have a private boat, you can cross over the branch of the Ria Formosa and reach the sand barriers of Cabanas or Cacela. There is a dirt track from the EN 125, heading towards Lacém over a distance of roughly 1,5 Km. There are no parking areas, and the beach, which has no support facilities or supervision.

Manta Rota

Manta Rota is a small holiday village right on the coast famous for its long sandy beaches. It is located at the far east of the Eastern Algarve close to Spain. From Manta Rota it is only 15 min by car and you are already in Spain. Manta Rota is the last village before the natural park starts where you can enjoy the plant life and wildlife of Portugal in its natural habitat.

Manta Rota and Golfcourses
There are 6 golfcourses with a 15 km radius. Soon to get even 2 more and in the Algarve there are over 30 golfcourses. The courses close to Manta Rota are: Quinta da Ria, Quinta da Cima, Monte Rei, Jack Nicklaus signature golfcourse, Castro Marim, Golfe and Quinta do Vale, Seve Ballasteros design and Benamor golf. Of course there are a lot more activities. Such as: fishing, walking, hiking, sailing, cycling, swimming, tennis and horseback riding. All the activities to do combined with the beautiful beach makes Manta Rota a very nice village.

**Monte Gordo**

Monte Gordo is a large town, spaciously laid out with wide streets. The high-rise hotels and apartment blocks are a characteristic feature of the Monte Gordo landscape, but as you’ll see, they don’t detract from the overall feel of the town. On the town side, the road is lined with an array of shops, cafes, bars, restaurants and even a casino. On the opposite side there is a wide, open promenade, with palm trees and benches, the golden sandy beach runs along in front dotted with beach bars, restaurants and kiosks. So if you fancy a drink or a bite to eat, you’ll certainly be spoilt for choice. If you have younger children, the beach at Monte Gordo is perfect. It is so flat and wide that it’s really safe for little ones and the water at this end of Algarve is slightly warmer for a swim or a paddle. Monte Gordo’s town centre is, again, incredibly spacious, with wide streets and flat cobbled areas. To get to it just take a turning off the main road and head down one of the side streets – if you can’t see it instantly, navigate yourself over towards the left. You’ll find it easier to travel around on foot, so if you’ve driven in, park in one of the many free spaces along the beachfront. The town has an abundance of places to eat and drink, with large areas of outside seating. The flat cobbled pedestrian areas in and around the town make it easy for pushchairs or wheelchairs.
Cacela Velha

It is a very small and interesting village with a handful of typically Algarvean whitewashed houses around a Church and a fort situated on the waterfront just past Manta Rota (heading west from Monte Gordo – it is signposted from the N125). There isn’t a lot to do there it has to be said, but the village and the views are truly delightful. There are a couple of very good restaurants if you want to linger for a while the one on the right just as you come into the village has a great menu and views. This village is well worth a visit for the peace and ambiance. Once a year the village plays host to a fantastic Morroccan festival with a souk and live music with an array of tasty foods flood lit by beautiful lanterns.

Castro Marim

The first settlements in this area date back to approximately 5000 BC, possibly situated on the hill where the castle now stands. During this time Castro Marim was closer to the sea and most likely an island. For thousands of years it was a port for the ships sailing up the Guadiana River to the metal mines to the north. Phoenicians and Romans where present here, and a Roman road connected this area with Lisbon, running in parallel to the Guadiana River and passing Alcoutim, Mértola and Beja.
During the Moorish occupation a fortified structure existed, that became the core of the present castle. Due to the strategic position of the town on border with the kingdom of Castile, Castro Marim became the headquarters of the Order of Christ after the Christian reconquest. When the order later was transferred to Tomar a long period of decreasing importance and declining population began.

The period of stagnation due to the cut off from the sea and its economic basis, fishing, salt production and boat building only ended recently by the new dynamics of the last decades.

The remains of a castle on one hill and a fort on the other – are both reminders of times when life in the Algarve wasn’t quite as peaceful as it is now! However the fort lends itself to a medieval festival which is held every year with jousting and entertainment. You can also see the large salt pans where the water is evaporated in the salt gathering process.

Villa Real de Santo António

Finally we come to Vila Real de Santo António, on the Spanish border. The Guadiana river here marks the border with Spain. Before the construction of the Guadiana International Bridge (in its neighboring upstream municipality of Castro Marim) it used to be the easiest access to Portugal from Andalusia (via ferry from the Spanish city of Ayamonte across the river). Nevertheless, international movement of people and goods is still intense and much visible in the city. The riverfront is attractively laid out with trees and water features and there is also a marina.

Vila Real has a large town square, 'Praça Marquês de Pombal', which is edged with orange trees and populated with low white buildings, shops, cafes and restaurants. Just behind the square there is a space called the Centro Cultural António Aleixo, which used to be the old market. Today it is used for temporary exhibits and events. There is also a museum, Museu de Manuel Cabanas, where you can go to see the works of a local painter and wood engraver. Vila Real is a relaxed and peaceful town and ideal for anyone who likes the quieter side of life, or to escape the stresses from home. It’s beautifully quaint, with lots to see and do, particularly for those who like to potter around and absorb the local culture, and the shops specialise in local cotton and linen textiles including table cloths, towels and lace products. Like Monte Gordo, Vila Real is also very flat, so is ideal for walking and cycling.
A relaxing way to see this eastern end of the Algarve (and the western end of Spain) is to take a boat trip along the Guadiana to Alcoutim. It passes through some beautiful countryside and changes from the very flat scenery around Vila Real to a backdrop of rounded hills with lush vegetation and a few houses here and there until you arrive at Alcoutim. Here you can see castles on hilltops on both banks of the river as reminders of the past.

The roots of the Alcoutim area go back to the megalithic culture around 4000 BC. From about 2500 BC to the time of the Roman Empire the deposits of copper and iron attracted to establish mines. The ore was smelted locally and then shipped down the River Guadiana.

Alcoutim is located at the place where the river becomes tidal, so people wanting to ship their goods had to wait here, until the conditions allowed them to sail down the river. Thus structures to support and defend this business where needed. Due to its strategic position at the boundaries of the Guadiana River and to the neighbouring kingdom Castile, King Dinis gave it a Charta and granted it to the Military Order of Santiago.

The diminishing role of the river as a transport route, the distance of Alcoutim from the sea, and the declining of the mining industry lead to a longer period of economic stagnation. Today visitors coming to Alcoutim can enjoy peaceful hours walking through the streets of this charming town or along the river.

The castle overlooking the river was built in the 14th Century to defend the border against the kingdom of Castile. To adapt it for artillery it had to be modified in the 17th Century.

Alcoutim is a hillside town of cobbled streets, small squares and a paved promenade along the river front which is overlooked by a handful of cafes and restaurants. The river is quite narrow at this point and various sailing boats and rivercraft float gently on the waters, with a backdrop of rolling, green hills. The church near the river front originates from the 16th century, but has been re-built on a number of occasions. Over the porch are the arms of the Marquises of Vila Real and Counts of Alcoutim.
If you want travel to Spain you can either take the ferry from Villa Real de Santo António or follow the motorway to the impressive suspension bridge which crosses the border to Spain.
The first border town is Ayamonte on the Costa de la Luz, this is real Spain. The Costa de la Luz stretches from Tarifa in the east and ends at Ayamonte in the west. Offering unspoilt coastline difficult to match anywhere in Spain.
The town is situated in the province of Huelva, Spain. The Huelva province forms a part of the autonomous region of Andalucia along with seven other provinces. The regional capital is Sevilla and this is where the Junta de Andalucia (regional government) sits. With its attractive tiled plazas, reminiscent of neighbouring Portugal, lined with trees and restaurants, shops and bars, the fishing port and resort of Ayamonte makes an ideal stopping place between Spain and Portugal. The Saturday market is very popular, but beware they are an hour ahead in time and the shops close for a long siesta! There are many fantastic tapas restaurants and the beach!
Seville

Seville is located in the South of Spain. A provincial capital, seat of the government and parliament of the Comunidad Autónoma de Andalucía (Regional Government). It has more than 700,000 inhabitants, nearly half the population of the whole province. The city of Seville is located on the plain of the Guadalquivir river which crosses the city from North to South. The river can be navigated from Seville all the way to its outlet near Sanlúcar de Barrameda, on the Atlantic coast. In the past the port of Seville played an important role in commerce between Spain and the Americas and it remains today one of the most active river ports of the Iberian Peninsula.

The Tartessians were the original founders of Hispalis. Next to this settlement, in 207 B.C., the Romans built Itálica. It was the centre of their Western Mediterranean dominions for seven centuries until the Roman Empire was overrun by Northern barbarians at the beginning of the 10th century. The long Moorish occupation of the Iberian peninsula, from 711 A.D. to 1248 A.D., left indelible traces in Seville as in all of Al-Andalus. La Giralda, the tower of an important mosque, is the most well-known of the remaining Islamic monuments. In 1492 Seville played an important role in the discovery and conquest of America. The 17th century was a period of artistic splendour in Seville. Painters such as Velázquez, Murillo and Valdés Leal, and sculptors like Martínez Montañés were born in Seville and left behind important works. The city also assumed an important role in world literature and was the birthplace of the myth of Don Juan. On two occasions in the 20th century Seville has been in the spotlight of the world's attention. In 1929, it hosted the Latin American Exhibition, which left important urban improvements in the city. More recently, Expo 92 reinforced the image of Seville as a modern and dynamic city. Don't miss out on the tapas. The city is credited with the invention and has more than a thousand bars where the choice of food, is virtually unlimited, from seafood to ham and sausage and from vegetable to cheese. The Sevillians actually make a meal of them, moving from bar to bar and trying one dish at a time. Don’t forget to enjoy a real flamenco show to finish off your visit to this stunning city.
ZooMarine

One of the most popular theme parks in the Algarve, Zoomarine is located on the outskirts of Albufeira and is a mixture of a marine centre, zoo and amusement park. The main attractions of the park are the spectacular aquatic displays of dolphins and sea lions, and the fun fair for the kids. For an additional cost, you can spend time swimming with the dolphins too.

Krazy World & Algarve Zoo

Krazy World is a children’s theme park and zoo near Algoz, just north of Albufeira. Apart from being a theme park, with mini-golf, a petting farm, pony rides and a fairground, it is also home to the Algarve Zoo which is home to the Algarve Zoo which is home to reptiles, snakes and the like. A fun day out for the family.

Lagos Zoo

About a fifteen minute drive north west from Lagos, near Benasfrim, you’ll find Lagos Zoo. It is not huge, but there are plenty of animals and birds to see. Best of all are the apes, which reside on their own island paradise. There are more educational things for the kids to get involved in as well as a petting farm and children’s playgrounds.

Aqualand

Formerly known as The Big One, Aqua Land is located near the town of Alcantarilha in between Albufeira and Armacao de Pera about 15 km from Albufeira on the main EN 125 road. This is a family water park with some exciting rides and a safer area for younger kids. Showing it’s age bit now, but still great fun.

Slide and Splash

You will find Slide and Splash well sign posted on the EN125, and it is situated 5 minutes drive past Lagoa, about 30 minutes from Albufeira and 15 minutes from Portimao. Never than Aqualand, but has the same kind of attractions when you get there. Your decision on which one to visit may well be better judged on your location, rather than one being better then the other.
**Dolphin Watching**

Dolphin watching is always a popular activity for holidaymakers, and there are dolphins and whales to be seen off the Algarve coast. So if you fancy an hour and half of dolphin hunting, then trips are available from various places along the Algarve coast.

**Aquashow**

Aquashow is a great park in Quarteira, near Vilamoura. A family water park, it has some good white knuckle rides, including a rollercoaster. There are more gentle rides for younger children (and other adults!). For a more sedate time, try the Jacuzzi or bird shows.

**Atlantic Park**

Atlantic Park used to be called Wet and Wild. It is the smallest of the Algarve water parks and is aimed at younger children (not as much daredevil excitement as other Algarve water parks). There are a number of water rides, children’s Quad bikes and bouncy castles, with daily high-diving shows in the summer. The park also has a good restaurant.

**Jeep Safari**

A jeep safari is a great way to get a guided tour of the Algarve countryside and places off the beaten track. Prices include lunch and there are various pick up points throughout the Algarve. There are a number of companies who do this.

**Almancil Karting**

If you like the thrills and spills of Formula 1 racing, the nearest you’ll get to it in the Algarve is Almancil Karting. In Almancil, it has a number of race tracks for different ages and makes for an exciting day out. Also there is a ‘Western’ style theme park, with a few additional attractions.
Loulé

Loulé, the capital of the district of the same name, is an important rural administrative and active market town with over 20,000 residents. The weekly fair attracts tourists from all over the Algarve. The town's landmark is the market hall (Mercado municipal) which re-opened in early 2007 after a long period of renovation. Its architecture has a classic moorish style influence. The annual Carnival in February with its colourful procession around the centre of the city is considered one of the best in Portugal. The earthquake in 1755 destroyed, like in most other towns in the Algarve, most of the historic buildings. Today you can only see some remains of the Arab castle and the Gothic Church of S. Clemente. The town is nevertheless worth a visit, especially the old part and its surroundings. We recommend visit Loulé if you have a love of artisan and galleries.

Vilamoura

Vilamoura is one of the largest single tourist complexes in Europe, covering an area of almost 2,000 ha of land. Parts of that land are covered with pine woods whilst others are open recovered marshland. The company owning the complex is extremely environmentally conscious, undertaking large effort to protect nature in the course of the further development.
The 5 and 4 star hotels, apartments and villas of Vilamoura offer over 35,000 beds for tourists and residents. The sports and leisure facilities include 4 golf courses, a large marina, a lawn bowling club, a tennis centre, a shooting club, a private airstrip and a riding school. The international casino and several night clubs offer manifold distraction.

Within the centre of Vilamoura there is a preserved Roman site and museum of Cerro de Vila providing impressions of the history of this area, when this location was important in producing a fish paste known as „garum“. The ruins include also the baths to be used by the mariners.

The Marina is enormous and hosts some very glamorous vessels indeed. The waterfront is great for wandering around day or night. A number of boats, including The Condor de Vilamoura, run excursions along the coast towards Lagos and beyond. Big game fishing is also on the cards. A boat chartered from Vilamoura in 1993 caught the world's largest recorded black marlin - 737kg and 3.65m long! It's displayed on the dockside. Either side of the marina are sandy beaches with several cafes and bars. Vilamoura is especially popular with sports enthusiasts as it has excellent facilities. The Millenium, a new exciting 18 hole course designed by UK architects Hawtree & Sons.

Laguna, the most recent of the Vilamoura courses, this course has three loops of nine holes each that are an enduring challenge for any player.

Pinhal, in the middle of a beautiful pine wood, with panoramic views to the sea.

Old Course, the oldest of the three Vilamoura courses that form part of a luxury resort close to fantastic beaches - a Par 73 course set in beautiful and tranquil landscape.

**Albufeira**

The former fishing village of Albufeira has expanded since the 1960s into one of the Algarve’s major holiday resorts and now has over 16,000 permanent residents. During the summer the old centre of the town with its plentiful collection of shops, bars, clubs and restaurants is filled-up with tourists from all over the world.

Albufeira is surrounded by some of the best known beaches from Praia da Falésia in the west to Praia de S. Rafael in the east. A new marina is currently being constructed on the west side. The name of Albufeira goes back to the times of the Moorish occupation Al-Buhera when it became an important trading port in the 8th century.
The origin of this town traces back to some 1,000 BC and it was already a notable place in Roman times. During the Moorish occupation in the early 11th Century it was given the name of Xelb. They constructed lavish palaces and it became the cultural centre of learning for the whole Iberian Peninsula under the mantle of Cordoba in Spain. In 1189 it had already 15,000 inhabitants, when the city was sacked by the Knights of Santiago with support of Anglo-Norman crusaders. The importance of Silves continued under the control of the Portuguese kings until the 15th Century, when its commerce began to shrink due to the sitting-up of the Rio Arcade, Silves access to the sea.
The earthquake of 1755 destroyed most of the town and its historic buildings. The remains of the Moorish castle are still impressive, and the huge underground water reservoir is still used by the city today. An archaeological museum has been constructed above this cistern showing local objects including items from the Stone Age. The Ponte Romana, a stone bridge over the Rio Arcade was rebuilt in the 15th Century from the original erected during the Roman occupation. On the site of a Mosque the Cathedral was built in the 13th Century and suffered significant alteration over the time.
The tumulous city of yesterday is today a quiet market town surrounded by the largest orange growing area in Portugal. Cork is processed locally.
The Monchique region

North to the fertile valleys is an area of attractive forest covered hills leading to the mountains of Monchique. The dams of Arade and Foz are well worth visiting for the beauty of their natural setting.

With a few exceptions, Monchique has been happily untouched by the invasion of tourism in the last decades. It is located in a saddle formed by the two highest hills of the Algarve, Picota (774 m) and Foia (902 ml). The inhabitants of this town have maintained the rustic atmosphere, and the small dark doorways contain various artisan trades.

The 17th Century Franciscan monastery overlooking the town offers a panoramic view over the peaceful countryside. The surrounding area produces cattle, pigs, cork and wood. It is also the place where the famous Medronho, an excellent strong schnapps is distilled from the fruit of arbutus bushes.

The two hills dominating the landscape offer dramatic views to the southern and western coast of the Algarve. Hidden in the valley south of Picota there is a hot spring site named Fonte Santa that is rumoured to have special healing effects. Already the Romans estimated the sulphuric warm spring water emerging at a constant temperature of 32°C and developed the village of Caldas de Monchique as a Spa.

Carvoeiro

During the Moorish occupation Lagoa was a small fortified hamlet under the control of the city of Silves. Today it is a rural city with declining agricultural importance,
since many farmers found it more attractive to sell their land as plots instead of producing wine, carob beans and topsoil vegetables. In August an important commercial and rural product fair, Fatacil, is held in the town exhibiting products from all over Portugal.

The history of the nearby city of Estombar is that it was the home of the famous Arab poet "Ibn Ammar", who lived in the 11th Century. Near Estombar the Sitio de Fontes used to be a popular swimming spot due to its freshwater springs providing a small lagoon. Today it has become an open area for performing plays and for general picnicking.

To the south of Lagoa the former fishing village of Carvoeiro has evolved to an area of expensive villas, comfortable hotels and various golf courses. The attractiveness for tourists to acquire land is based on the variety of the many beaches surrounded by bizarre cliffs, some of which eroded to create beckoning dark caves.

**Portimão**

The historic roots of Portimão go back to the Phoenicians, Greeks and Carthaginians, when this place was a small trading port. Located at the mouth of the River Arade it provides a natural harbour. During the Moorish occupation this river provided an important sea access to the ancient city of Silves, the former capital of the Algarve.

With the development of the fishing and canning industry in the late 19th Century Portimão became an important economic centre until the recession in the early 1980s. Today Portimão is a busy and modern tourist place with its famous beaches Praia da Rocha and Praia da Vau and an active nightlife.

Just across the river the delightful small fishing village of Ferragudo offers a peaceful contrast, and the well known village of Carvoeiro with its elegant villas and hotels is only some kilometres to the west.

Alvor, known for its beaches and its fishermen, lies at the mouth of a river with the same name. It has always been subject to the fortunes and misfortunes of the sea. As a fishing village it has a great marine tradition. Nowadays, besides fishing, trade and tourism are the main economical activities. The religious faith of its people is marked by the Mother church with a main portal of outstanding ornamental wealth. Here died, in October 25, 1495, king of Portugal D. João II. Alvor was the capital of the Algarve in those days.

In the narrow streets you find bars with live music and different types of restaurants.
Ferragudo is smaller and more traditional than it’s neighbour, Portimão. Located across the river estuary of Rio Arade, Ferragudo is a beautiful village and has actually been tipped to be one of the Algarve’s new hot spots! Many of the houses in Ferragudo are traditional fisherman’s homes - although it won't be a 'traditional' price to buy one these days! It really is a very picturesque scene when you arrive in Ferragudo to see the whitewashed houses 'tumbling' down the hillside towards the river front and people sitting outside the cafes around the village square, passing the time of day!

Ferragudo town is embraced by palm-fringed gardens, which run alongside a narrow riverlet up to the main cobbled square, Praça Rainha Dona Leonor. This is a lovely square, with lots of café’s where you can sit for a delicious pastry and a coffee for a breakfast in a morning, or something more substantial at lunch. Take a walk around the corner onto the quay and there are some more restaurants with a lovely view across the Arade and offering delicious, fresh fish dishes. The aromas from the barbecues outside are very tempting!

If you wander down to the beach nearest to the village (Praia da Angrinha) you will see the rather amazing Fort of São João de Arade. It began life in the 15th century as a lookout tower and then was extended in 17th/18th century as part of the fortifications protecting the mouth of the river. (On the opposite bank above Portimão marina is the fort of Santa Catarina.) At the beginning of the 20th century it was turned into a home on the initiative of the poet, Coelho Carvalho which is how it came by it's present day, rather romantic, appearance. It is still private property, so unfortunately you can't go inside.

From the point beside Ferragudo lighthouse there is a fantastic view of Portimão across the river, the Monchique hills in the background and the sea stretching into the distance.

There are some lovely beaches in Ferragudo, Praia Grande and Praia do Pintadinho being just two, but it is worth exploring, either by car, or by foot. You’ll find signposts for the beaches, and for several bar-restaurants as you travel around in case you want to pit stop for a drink or something to eat.
Lagos

The glorious history of Lagos has always been connected to the sea. It was here that Prince Henry armed his caravels opening the way for the great voyages in the time of the Discoveries. The small port of Lagos thus became an open window to the world and a meeting point of international routes where many different cultures crossed paths. Until today Lagos has kept its cosmopolitan flair, responding to the challenges of modern times while respecting the heritage of the past. Lagos is a great place for all kind of water sports and nautical activities. The breathtaking golden rocks of the Costa d’Oiro are one of Portugal's most photographed motif.

But Lagos has much more to offer: a rich cultural scene, some of the best Algarvian gastronomy, manifold outdoors activities and traditional handicraft.

Sagres

The village of Sagres in the district of Vila do Bispo is situated on Europe's most south-western corner near Cabo do São Vicente. Due to its position on the southern side of the cape, Sagres is well protected against the rough Atlantic Ocean and strong westerly winds. It was this exposed location that made Sagres the starting point of numerous expeditions during past centuries.
The age of the Portuguese Discoveries began back in the 15th century, initiated by Henry the Navigator. The Fortaleza de Sagres (Fortress of Sagres), located south-west of Sagres on a small headland about 1 km in length, is a monument of national importance. After passing through the thick tunnel entrance, one sees a giant pebble circle, detected only in 1921, of unknown age and purpose. The circle with a diameter of 43m is interpreted as a compass rose (Rosa dos Ventos). Normally compass roses are divided into 32 segments, but strangely this one has 40 segments, so it could also have been a sundial. Most likely it dates back to the time of Henry the Navigator.

There is an important fishing port, secured located at the eastside of the village. From Monday to Friday afternoon the catch of the day is auctioned here at the auction hall. Reserva Biogenética de Sagres: as one of Southern Europe’s last remaining and most important stretches of wild, unspoilt coastline, benefiting from both a low level of human interference and a low population density, the area from Ponta de Sagres to Cape St. Vincent is a protected area filled with a wide biodiversity of different species and natural habitats, many of which are quite unique in the world.

**Lisbon**

![Image of Lisbon](image)

Situated on the north banks of the River Tagus, the charm of Lisbon exists in its strong links to the past; renovated palaces, magnificent churches and an impressive castle mirror the city's rich cultural heritage. Its eclectic blend of neighborhoods, culture and architecture distinguish this capital city uniquely from the other European capitals and make it a truly fascinating and comprehensive city to visit. A city set on seven hills, as the legend tells, with its cobble stoned pavements and narrow streets full of Art Nouveau cafés promises a lot to discover: Its downtown, the Baixa, located around Rossio, Praça do Comércio; situated on the hill around St. George’s Castle, Alfama and Mouraria; Lisbon’s most traditional quarters with their typical streets, Bairro Alto and Madragoa, and set on Tagus River, Belém offer an unforgettable experience of city’s past at the present. Boasting springtime temperatures during the winter and cool summers freshened by a breeze blowing in from the Atlantic, Costa de Lisboa, on the southwestern coast, offers a rich and impressively integrated diversity. The capital of Portugal since its conquest from the Moors in 1147, Lisbon is a legendary city with over 20 centuries of History.
Lisbon also hosts a great number of remarkable museums of ancient and modern art, some of which are Calouste Gulbenkian Museum, National Museum of Contemporary Art, National Coach Museum, and Carmo Archaeological Museum. But, Lisbon isn't all culture and history; Bairro Alto is the center of nightlife with various restaurants and bars where melancholic traditional Portuguese music, Fado, can also be listened. When tired of sight-seeing, shopping in Lisbon will take all your tiredness away! The biggest shopping mall in Iberian Peninsula, Centro Commercial Colombo, will offer you innumerable options. For those who prefer to shop in local markets, there is a fascinating flea market at the Campo de Santa Clara.

The Alfama is one of the oldest quarters in Lisboa. Since it largely survived the earthquake of 1755, the area still retains much of its original layout. Adjacent to the Alfama are the likewise old quarters of Castelo and Mouraria, on the western and northern slopes of the hill that is crowned by St. George's Castle. Every year in June, the streets of all three quarters come alive with the feasts in honour of the popular saints.

The Graça quarter and the churches of São Vicente de Fora and Santa Engrácia are within walking distance of this area. Radiant skies brighten the monumental city, with its typical tile covered building facades and narrow Medieval streets, where one can hear the fado being played and sung at night. But Lisbon is also the stage for popular festivities, the place for exquisite shopping, exciting nightlife, and interesting museums, a place from where motorways branch off in different directions.

Nearby, Sintra's lush wooded heights and verdant charms invite one to take a ride on a horse-pulled carriage, and gaze at the marvelous manor-houses, located within the grounds of century old farms, as one drives up to Pena Palace, built by Fernando Cobourg Gothers on the ruins of a monastery from the 16th century, the style of the palace is a blend of Gothic, Manueline, and Romantic influences which make for a very explosive combination, and keeps the atmosphere of a royal residence.

The best way to discover Lisbon is to get lost in its narrow streets and up and down roads! Every narrow street will tell you a different story and every story will reach to your heart easily. Night and day, feel Lisbon! Live Lisbon!
Eating out in the Algarve is a delight. You’ll find a wide selection of traditional Portuguese food and International cuisine here. They are plenty of restaurants to choose from, the Algarve being a popular tourist destination and also because of the local Algarve peoples’ love of food.

Traditional Portuguese restaurants tend to be relatively cheap by European standards, but if you want the best value for money, then you need to head inland a few miles away from the tourist areas. If you find a restaurant popular with the locals, then you’re definitely on to a winner. If you there at lunchtime, do what the locals do and go for the dish of the day (Prato do Dia). You won’t go far wrong and you’ll also get a glass of Portuguese wine or beer thrown in for good measure.

For more International style cuisine, then the popular towns and resorts along the coast, are where you’ll find most of these. You’ll be able to get everything from Chinese, French, Mexican and Italian to the universally popular burger and chips.

Food is a very important element in Portuguese life. After kick-starting the day with a bread roll and a cup of coffee, everything starts gearing up towards lunch time. Lunch is an important meal. Starting round about noon, it is a relaxed affair often going on for two hours or more. No grabbing a quick sandwich from the supermarket in between phone calls here.

It is not surprising, therefore that the evening meal is served quite late, around 8pm. If you want to avoid the busy times at traditional Portuguese restaurants, then eat early.

The flavours of Portuguese food are heavily influenced by the foods and spices that were introduced by explorers and invaders over the centuries. These include onions, garlic, figs, almonds and curry spices, cinnamon, paprika and Brazilian spice peri-peri. The Moors introduced fruits such as oranges and lemons.

Using these ingredients, the seafood from coastal area and with their love of meat, the Portuguese have developed their own style of cooking. It is generally simple wholesome fare, using fresh ingredients and spiced in a subtle way, rather than being hot and fiery.

Portuguese food is not what you could call haute-cuisine, just simple and well prepared. Perhaps this is why you won’t find many Portuguese restaurants outside Portugal.

Because of their love of meat and seafood, vegetarians are not best catered for in the Algarve, despite the vegetables being incredibly tasty. This is changing slowly because of the influence of the tourist and international restaurants score better in this respect. The traditional Portuguese restaurants normally offer a large selection of fish dishes, one of which is almost certain to be grilled sardines, served with boiled potatoes and vegetables or salad. Also commonly on the menu are a range of omelettes, salads and some meat dishes, like thin pork slices served with a creamy mushroom sauce or chicken piri-piri. The prices are very reasonable, the food is good and the portions are generous.
House wine, which is normally a local Portuguese wine, is also very good value and very drinkable! On average a 2-course meal for 2, including house wine, can cost less than €25. (Soup of the day €1.50, main course €7.00 and a bottle of house wine €8). Obviously prices can vary enormously depending on location. As well as restaurants serving traditional Portuguese food, the Algarve has a huge choice of restaurants serving food from across the world, Chinese, Indian, Italian and English being particularly popular. You will also find Tapas, Mexican, Thai, International Cuisine and Vegetarian (occasionally). All of the popular tourist resorts have a good variety of restaurants, but the more traditional towns and villages will often just have a local Portuguese restaurant, or café-bar serving food. Restaurants have got a lot better in offering vegetarian dishes on the menu (although don't expect to see more than one or two in most places) and vegans unfortunately are still poorly catered for.

**Dining with children**

Children are always welcome, day or night, and although there may not be a special children's menu, they are always catered for...either ask for "meia dose" (pronounced 'maya dose') which is a half portion, or a meal to be shared.

**Starters - "Entradas"**

"Couvert" is the traditional start to a meal and normally consists of fresh bread, olives, sardine paté, cheese and carrots that have been lightly cooked and marinated in garlic, olive oil and spices. Most waiters will ask before serving the couvert, but if it is brought to the table and you don't want it, simply ask the waiter to take it back. Couvert often costs as little as 1.50€ a person, but do check as it can be rather more. In traditional Portuguese restaurants, the choice of starters will often include soups and seafood dishes. The Portuguese are excellent at making fresh, wholesome soups. Algarve restaurants generally have a choice of vegetable soup ("sopa de legumes" or "caldo verde"), cold "gazpacho" soup made from peppers, cucumber and tomatoes, and fish soups. Generally soups tend to be served tepid, so if you like your soup very hot, then ask the waiter for it to be “Bem quente” (pronounced 'bem kent'). "Conquilhas" (small clams) are often served as a starter, as are various prawn dishes.
Main Courses - "Pratos"

A lot of the main dishes in Algarve restaurants are based around fish and seafood. The fish is normally simply prepared and served with salad and boiled potatoes or chips. You will find lots of types of fish to choose from, such as swordfish ("espadarte"), tuna ("atum"), stone bass ("cherne") sea bass ("robalo") and red mullet ("salmonete"). Sometimes the price is for the dish, but a lot of fish is sold by weight (euros/kg) so it is worth checking before ordering.

"Bacalhau" (pronounced “bakel-yow”) is probably one of the most traditional dishes that you’ll find in the Algarve. It is dried salt-cod, preserved in the same way as it was in the days of the first sea voyages in the time of the Portuguese Discoveries. The cod had to be preserved with salt to provide the sailors with a substantial food source while they were on a voyage. Since then, Bacalhau has become a staple part of the Portuguese diet and the Portuguese have come up with so many different ways off eating it that you will find a different Bacalhau dish to try each time; reportedly there are 365 different ways of cooking it!

Chicken ("frango") dishes are also popular in Algarve restaurants and you will frequently see chicken piri-piri ("frango piri-piri") on a menu. This dish uses the tiny bright red piri-piri chilli pepper, which is used to spice up many other Portuguese dishes too and is even used as table condiment. Barbequed chicken ("frango no churrasco") is also a favourite for the Portuguese and not surprisingly since the great all-year-round weather has created a tradition of out-door cooking.

Other Algarve specialities include "Feijoada", a thick bean stew with pork, bacon and sausage which originally came from Brazil and "Cataplana", a dish of Moorish influence which uses a clam shaped copper pan to cook clams, or a mix of fish and seafood, with spicy sausage, tomatoes, wine, garlic and herbs. Another popular Portuguese dish is "Bife à Portuguesa", which is beef sirloin topped with smoked ham, cooked in a clay dish served on a bed of French fries. Wild boar, pheasant and hare are also popular during the hunting season, but tend to be found on the menu more in inland areas.

Desserts - "Sobremesas"

The Portuguese make the most wonderful desserts and pastries and a visit to the Algarve wouldn’t be complete without sampling one or two of them! The best-loved desserts are "Pudim Flan" (crème caramel), "pasties de nata" (a creamy, custard tart) and "tarte de amêndoa" (almond tart) and are highly recommended! Figs, almonds and locally produced honey in various combinations also feature highly.
Faro

A Tasca

This is a typical Algarvian restaurant serving typical cuisine of the region at moderate prices.

Does not accept Credit Cards.

Rua do Alportel, 38 – Faro

Camané

A superior beach restaurant with a refined Portuguese cuisine on Faro Island. It enjoys a high reputation amongst business and the Algarve social set.

Accepts Credit Cards and closed on Monday.

Praia de Faro – Faro

Dois Irmãos

The restaurant is in an old small corner house located in the square opposite the Cathedral. The cuisine is International in style.

Accepts Credit Cards. Largo Terreiro do Bispo, 20 – Faro
**Tavira**

**Bica**

*This is a small restaurant, but with a great food and service.*

Specialities: Tunafish Steak, Lingueirão (Razor Clam) Rice.

Theme: Local

Price Range: € 15-20

Address:
Rua Almirante Cândido Reis, 24 to 28
8800 Tavira

**O Pátio**

With a great atmosphere, it’s a cozy restaurant. Main courses include selections of meat and fish very well served and presented.

Specialities: Squid on the pot with sweet potatoes, Xarém (a mixture of corn flour) with little shellfish.

Theme: Local

Price Range: € 15-25

Address:
Rua Dr. António Cabreira, 30
8800-344 Tavira

**Vela 2**

*If you get enjoy grilled fish*

Specialities: All types of grilled fish.

Theme: Local

Price Range: € 15-25

Address:
Across from the Police station
Altura

O Infante - Altura, East Algarve

Location: Near Altura, on the main road from Tavira to Monte Gordo EN125.

This restaurant has a nice dinner room, with a wood ceiling and red velvet curtains. It has live music some evenings (I don't know if every day or only on weekends) which aids to create ambiance.

Specialities:
Monkfish, Shrimp Kebab, Codfish, Leg of Lamb, Cataplana.
Cataplana - traditional Portuguese large pot full of shellfish and fish.
Many choices on the menu, including fish, seafood and meat dishes.

We recommend these restaurants!

- ★ O Monte - Olhao Roundabout
- ★ Pinhieros BBQ – Pinhieros
- ★ Fuzeta Square – Fuzeta
- ★ Fernandez – nr Estorninhos
- ★ Atlantico – Faro Island
- ★ Africa – Loule
- ★ Jumbo – Faro shopping Mall
- ★ Boa Vista – nr Estoninhos
- ★ Altura Pizza - Altura
- ★ Cabanas Fish - Cabanas
- ★ Dutch Restaurant – Luz de Tavira
- ★ Porta Bova – Tavira
- ★ Bica – Tavira
- ★ On the park – Tavira
- ★ Lanterns – Tavira
- ★ Almargem garden centre – nr Tavira
- ★ Old Bakery BBQ – Villa Nova Cacella
- ★ Rooftops – Cacella Velha
- ★ On the Beach – Monte Gordo
- ★ Harbourside – Ayamonte
- ★ Poussada – nr Ayamonte
- ★ Macks Bar – nr Santa Catherina

Best choice for
- Steak chateau Briande
- BBQ Chicken & Fish
- Portuguese food
- Bif de Peru
- (Turkey & Mushrooms)
- Chicken Toasties
- Piri Piri Chicken
- International Food mall
- Black Pork
- (Wild Boar)
- Stone Baked Pizza’s
- Pork & clams
- International cuisine
- Steak on a Stone
- Octopus & Fish
- Chicken Pies
- & Fresh orange juice
- Chinese Food
- Omelettes
- BBQ Chicken
- Continental Cuisine
- Sardines & Fish
- Tapas
- Fine Dining
- English Roast
- & Fish’n’Chips
<table>
<thead>
<tr>
<th>Markets</th>
<th>Fleamarkets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albufeira</td>
<td>1st &amp; 3rd Tuesday</td>
</tr>
<tr>
<td>Alcantarilha</td>
<td>1st Friday</td>
</tr>
<tr>
<td>Algoz</td>
<td>2nd Monday</td>
</tr>
<tr>
<td>Aljezur</td>
<td>3rd Monday</td>
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<tr>
<td>Almancil</td>
<td>1st &amp; 4th Sunday</td>
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<tr>
<td>Alvor</td>
<td>2nd Tuesday</td>
</tr>
<tr>
<td>Alte</td>
<td>3rd Thursday</td>
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<tr>
<td>Ameixal</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Azilheira</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Azinhai (C.Marim)</td>
<td>1st Sunday</td>
</tr>
<tr>
<td>Azinhai (Loulé)</td>
<td>Last Sunday</td>
</tr>
<tr>
<td>Benafim</td>
<td>1st Saturday</td>
</tr>
<tr>
<td>Boliqueime</td>
<td>Last Thursday</td>
</tr>
<tr>
<td>B.S.Joao</td>
<td>4th Sunday</td>
</tr>
<tr>
<td>B.S.Miguel</td>
<td>1st Monday</td>
</tr>
<tr>
<td>Budens</td>
<td>1st Tuesday</td>
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<tr>
<td>Castro Marim</td>
<td>2nd Saturday</td>
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<tr>
<td>Chinicato</td>
<td>2nd Sunday</td>
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<tr>
<td>Cortelha</td>
<td>2nd Saturday</td>
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<tr>
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</tr>
<tr>
<td>Estombar</td>
<td>Last Saturday</td>
</tr>
<tr>
<td>Ferragudo</td>
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</tr>
<tr>
<td>Fuzeta</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Guia</td>
<td>3rd Friday</td>
</tr>
<tr>
<td>Lagoa</td>
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</tr>
<tr>
<td>Lagos</td>
<td>1st Saturday</td>
</tr>
<tr>
<td>Loulé</td>
<td>Every Saturday</td>
</tr>
<tr>
<td>Messines</td>
<td>4th Monday</td>
</tr>
<tr>
<td>Moncarapacho</td>
<td>1st Sunday</td>
</tr>
<tr>
<td>Monchique</td>
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</tr>
<tr>
<td>Monte Gordo</td>
<td>4th Saturday</td>
</tr>
<tr>
<td>Odaxere</td>
<td>4th Monday</td>
</tr>
<tr>
<td>Paderne</td>
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</tr>
<tr>
<td>Pereiro</td>
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</tr>
<tr>
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</tr>
<tr>
<td>Quarteira</td>
<td>Every Wednesday</td>
</tr>
<tr>
<td>Quelfes</td>
<td>4th &amp; 5th Sunday</td>
</tr>
<tr>
<td>Raposeira</td>
<td>1st Wednesday</td>
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<tr>
<td>Rogil</td>
<td>4th Sunday</td>
</tr>
<tr>
<td>Segres</td>
<td>1st Friday</td>
</tr>
<tr>
<td>Sao Brás de Alportel</td>
<td>Every Saturday</td>
</tr>
<tr>
<td>S.Catarina</td>
<td>4th Sunday</td>
</tr>
<tr>
<td>Silves</td>
<td>3rd Monday</td>
</tr>
<tr>
<td>S.Marcos</td>
<td>2nd Sunday</td>
</tr>
<tr>
<td>Tavira</td>
<td>3rd Saturday</td>
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<tr>
<td>Tunes</td>
<td>4th Saturday</td>
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<tr>
<td>Vaqueiros</td>
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</tr>
<tr>
<td>Vila do Bispo</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Vila Real de St. Ant.</td>
<td>2nd Saturday</td>
</tr>
<tr>
<td>V.N de Cacela</td>
<td>3rd Sunday</td>
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