

# PALMEIRA

RENTAL APARTMENT ALGARVE





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CONDITIONS

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VISITS

RESTAURANTS

HOLIDAY RENTAL APARTMENT IN ALGARVE





## JUST A COUPLE OF THINGS TO REMEMBER...

We leave our apartment in your hands, so we expect from you to take care of it as it was yours.

We recommend that you close and lock the terrace doors as well as the windows in other rooms whenever you leave the apartment, even to go to the swimming pool, to avoid robbery.

If any breakages occur, please contact the person on charge of the apartment who will welcome you.

Please do not leave the air conditioning units ON when you go out. Also do not have the air conditioning ON with windows or doors open, it will not work properly.

You have an unlimited access to the swimming pool.

Please remind that it is prohibited to reserve the sun beds if you are not at the swimming pool.

Likewise, if all the sun beds seem occupied but you can't find the towels' owners, do not hesitate to remove it to use the sun beds.

Please do not take the apartment towels to the pool or to the beach.

On day of departure, please vacate the apartment by 10am and leave the front door keys in the key safe outside the door.

Please take your rubbish out. The rubbish bins are situated on Rua dos Salgueiros, just before entering the residence and waste sorting bins are situated on Av. Joao Paulo II, the road leading to Rua dos Salgueiros (cf map page 12).

We will be at the apartment shortly after you leave to check that the apartment has been left in a satisfactory state.

Enjoy your holidays in Algarve.

You have chosen a fabulous area with amazing beaches, restaurants and places to explore or just to chill !

## USER INSTRUCTIONS APPLIANCES

### WIFI

Activate wifi on your phone/ipad, select « Nos\_internet\_movel\_2DA9 »  
Enter the password 80135138

### TV

Turn on the TV by pushing the power button on the screen or on the LG remote  
For Portuguese and international channels, push the input button and select « antenna »  
For french TV, push the input button and select « HDMI » , turn on the french TV box by pushing the power button on the Strong remote

### SPEAKER

Turn on the speaker by pushing the on/off button at the rear  
Push the button « mode » and select « blue »  
To pair a phone/ipad and the speaker, activate bluetooth on the phone/ipad, search for « dy21l » and select  
Play musique from the phone/lpad  
Only one devise can be paired at a time  
  
or connect your phone/lpad with the jack plug

### DISHWASHER

Put a pill in the pill compartment  
Close the dishwasher door  
Push the power button and the dishwasher will start, as the 50°program is already selected by default

### WASHING MACHINE

Put the dirty laundry in the drum  
Put the detergent and softener in the intended compartment ( up-right)  
Select the walking program and temperature turning the right button (big one, or the drying program if dryer only)  
Select the drying time if needed, turning the button (small one) Push the power button



**COFEE MACHINE**

Lift the cover

Put some coffee depending how strong you like it

Add some water in the bottom compartment depending how many cups you want Make sure that the jar is in place

Push the power button at bottom right

Please replace the coffee once you consumed it

**COOKING HOBS**

Put the pan on a cooking hob

Turn the button corresponding to the cooking hob

Adjust the intensity by turning the button

Do not forget to turn off the button once you finished.

**MICRO-WAVE**

Open the door pushing the big rectangle button Select the time by turning the knob  
select the intensity (360 recommended)

Push Start

Once your dish reheated, push again the rectangle button

**PLANCHA**

Plug the unit to the nearest wall socket

Turn the knob to start, adjust the intensity and turn off the unit

Do not put the machine under water ! Clean afterward using a damp cloth

**OVEN**

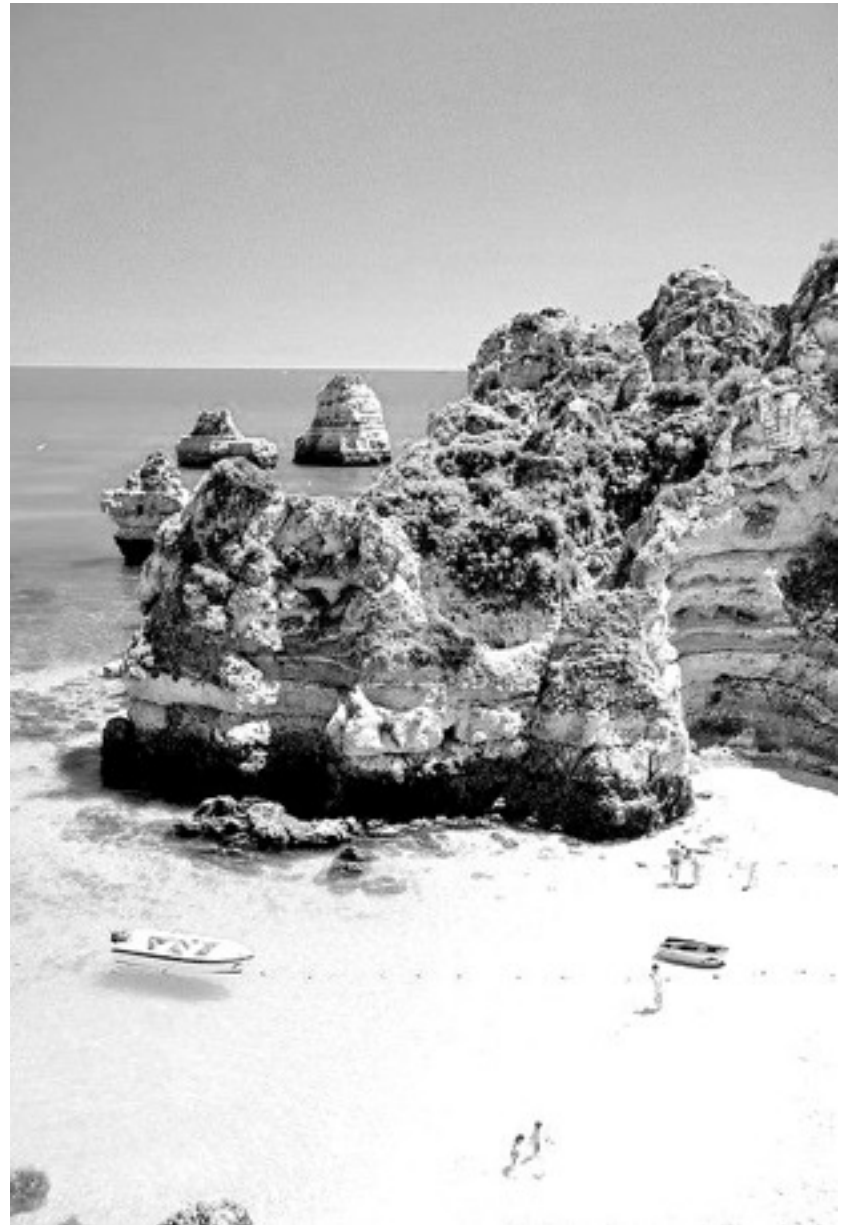
Select the cooking method by turning the left knob (heat from the top/from the bouton/ both/ grill mode medium intensity or high intensity)

Select the temperature by turning the right knob



## WELCOME TO ALGARVE !

Offering some 200km of dramatic golden coastline, protected natural parkland, a whole host of historical, archaeological and architectural gems and some of the best recreational facilities available in Western Europe, it is little wonder that the Algarve has gained the popularity it enjoys today.



## **GHOSTS OF THE PAST**

Celts, Romans, Visigoths, Moors and Christians all left their mark on the Iberian nation. Here, you can gaze upon 20,000-year-old stone carvings in the Vila Nova de Foz Côa, watch the sunset over mysterious megaliths outside Évora or lose yourself in the elaborate corridors of Unesco World Heritage Sites in Tomar, Belém, Alcobaça or Batalha. You can pack an itinerary visiting palaces set above mist-covered woodlands, craggy clifftop castles and stunningly preserved medieval town centres.

## **BREATH-TAKING SCENERY**

Over 800km of coast offers more places to soak up the splendor. Gaze out over dramatic end-of-the-world cliffs, surf stellar breaks off dune-covered beaches or laze peacefully on sandy islands fronting calm blue seas. You'll find dolphin watching in the lush Sado Estuary, boating and kayaking along the meandering Rio Guadiana, and memorable walks and bike rides all across the country.

## **RHYTHM OF PORTUGAL**

Festivals pack Portugal's calendar. Drink, dance and feast your way through all-night revelries like Lisbon's Festa de Santo António or Porto's Festa de São João. There are kick-up-your-heels country fairs in the hinterlands, and rock- and world-music fests all along the coast. Any time of year is right to hear the mournful music of fado in the Alfama, join the dance party in Bairro Alto or hit the bars in Porto, Coimbra and Lagos.

## **THE PORTUGUESE TABLE**

Freshly baked bread, olives, cheese, red wine or crisp vinho verde (young wine), chargrilled fish, cataplana (seafood stew), smoked meats – the Portuguese have perfected the art of cooking simple, delicious meals. Sitting down to table means experiencing the richness of Portugal's bountiful coastline and fertile countryside. Of course, you don't have to sit; you can take your piping-hot pastel de nata (custard tart) standing up at an 1837 patisserie in Belém, or wander through scenic vineyards sipping the velvety ports of the Douro Valley. You can shop the produce-filled markets, or book a table in one of the country's top dining rooms.

## **WHY WE LOVE PORTUGAL**

We are enamoured by the scenery, the rhythms of village life and Portugal's outstanding (and underrated) food and wine. But it's the Portuguese themselves who make this country so special. Despite the sometimes dour exterior (it's just a facade!), they're among the kindest and most warm-hearted people on earth.

There is so much to see here, that you will have to come back ;)

## YOUR STAY ...

Nestled in a stunning green setting, let yourself relax in a seaside I ethnic ambiance.

You will enjoy the calm of the place, yet close to the beaches, shops and restaurants.

The apartment is fully equipped for your convenience and to make your stay pleasing. It was fully renovated and redecorated with taste in 2017.

Our apartment is part of the Alto Golf Country Club and offers a direct view on the hole #13. You will also have access to the swimming pool, at the end of the garden, which offers all the comfort : showers, beach chair and sunshades.

We hope you will fall in love with the place, as well as we did when we arrived here !



## YOUR STAY ...

It is nice to have a car to be able to discover the Algerian coast, but not necessary because all the amenities are accessible by walk.

- |  |   |
|--|---|
| <b>1</b> COVIRAN Supermarket, bars, cash dispenser | <b>3</b> Vau beach, private beaches, beach bars and restaurants |
| <b>2</b> Various restaurants, gift shops           | <b>4</b> Rubbish and sorting bins                               |





## BEACHES

A better-known attraction of the Algarve is its long hot summer - this is the perfect destination if you are after some short-haul sun. All along the coastline the beaches are strung out like pebbles of amber on a necklace.

Some are tiny coves curtained by low cliffs, others are embellished with caves and sea-carved archways where you can shelter from the heat of the day, then there are the lively sand strips where people come to be in a crowd

**PRAIA DO VAU**, the nearest beach from the apartment. It is a small but very charming beach. The water, surrounded by some impressive rocks, is a clear turquoise blue color and offer public or private beach. You can also take a sip at Paí Tomás Snack bar and admire the breathtaking view, especially at sunset.

**PRAIA DA ROCHA** in Portimão, 3km from the apartment, is one of the Algarve's broadest beaches, a fantastic swathe of sand backed by low cliffs. The eastern end of the beach is overlooked by the walls of an old sea fort, the Fortaleza da Santa Caterina, which was built in 1691 to guard the mouth of the Rio Arade – the fort's terrace offers splendid views across the ocean in one direction, and over a modern marina and the estuary the other way.

**PRAIA DO ALVOR**, 3km the other way from the apartment, offers sand as far as your eyes can see. The sandy beach stretches for over 3.5km, from the sand dunes of the Odiáxere natural park in the west to the sandstone cliffs of Prainha in the east. You will find sea sport infrastructure and nice beach restaurants. Nature lovers should not miss to visit Ria de Alvor, important lagoon area and crossing point for a lot of waterfowl during their migration.

**PRAIA DA CANEIRO**s in Ferragudo, with a rock stack jutting from the sea, it is a lovely beach and offers a superb beachside restaurant, Rei das Praias. It is quit expensive but the view is as delicious as the food, you should really try it !

**PRAIA DONA ANA**, situated in Lagos (30 min by car from the apartment), is the most picturesque beach in Algarve!

The small bay is surrounded by majestic rocks, while the golden sand is bordered by crystalline water. From there, you will have the opportunity to experience canoeing and discover the near-by magical creeks.

**PRAIA DO TONEL** Sagres, the farthest (around one hour by car), but it will be worth it ! The landscape is owe-inspiring and it is the spot if you want to try the famous Portuguese waves.

To finish, a place where we like to hang out is **NO SOLO AGUA BEACH AND POOL CLUB**. You need to pay an entry fee (10 €) at the pool, or a sun bed at the near beach, and you will be able to enjoy the music and the zen ambiance in a privileged place.

## SPORT ACTIVITIES

### GOLF

Known more for its beautiful beaches, ideal climate and relaxed lifestyle, Portugal is a fantastic place to have some golf parties. Playing golf in Portugal remains in the memories of all those who try it. And why? Excellent courses in stunning settings, a mild climate all year round and the friendly welcome given to golfers.

Voted the World's Best Golf Destination by the World Golf Awards for the third year in a row (2014, 2015 and 2016), Portugal has a wide range of courses with characteristics to suit different levels of difficulty and different budgets. There are some ninety courses throughout the country, of which 57 are 18-hole and 9 are 27-hole, with a range of layouts and major golfing challenges recognized by the most experienced golf professionals.

One thing they all share is their environmental quality and the harmonious way in which they blend into the natural surroundings. So the biggest challenge while you're playing is not to have your concentration broken by the beauty and light of the surrounding countryside. We have courses that overlook the sea flanked by cliffs and dunes with white sand. And others surrounded by lakes and mountains, where the perfumes of flowers and herbs blend and become impossible to distinguish one from the other.

ALTO GOLF country club is the nearest. You should also try the BOA VISTA Golf club in Lagos, which has a breathtaking scenery.

**HORSE RIDING** stables around the country offer one-hour or full-day rides, often on Lusitano thoroughbred horses. The main areas for tourist rides are Estoril and Sintra, the Algarve and the Alentejo, while the historic province of Ribatejo lies at the heart of Portugal's equestrian traditions. Prices start from around €30 for an hour's trek, rising to €100–150 for a full day, which usually includes a picnic lunch. For details of *centros hípicas* (riding schools) in a particular area, contact the local tourist office.

### RACE A CAR

Take a day's racing lessons in a Porsche at the Autodrómo Internacional do Algarve near Portimão. Or be zoomed round the course in the 'taxi experience'.

Autodrómo Internacional do Algarve, Sítio do Escampadinho, Mexilhoeira Grande, Portimão - 00351 282 405 642

[www.autodromodoalgarve.com](http://www.autodromodoalgarve.com)

Portugal also has an ideal climate for a variety of other outdoor pursuits including surfing, windsurfing, walking and adventure sports.

**CAVES AND DOLPHIN WATCHING CRUISE** begins at the marina of Portimão. Cruise along the Algarve coastline between passing spectacular rock formations on the way. Visit the grottos or sit back and relax on the deck. And then, the boat travels away from the coast to begin the dolphin search. Keep your eyes on the water surface for the playful schools regularly spotted in these waters. The most common species seen are common dolphins and bottlenose dolphins.

## BEACH ACTIVITIES AND WATER SPORTS

Portugal is on the Atlantic, which tends to be cooler than the Mediterranean in summer, but warmer in the winter.

- Surfing in Portugal is renowned throughout Europe, though the currents and the raw power of the swell here require a high level of expertise. Indeed, some of the largest waves ever to have been surfed crash ashore at Nazaré on the central Portuguese coast. Try to go to Sagres for that.
- Scuba diving for beginners is best off Praia do Carvoeiro in the Algarve, where [www.algarve-scuba-diving.com](http://www.algarve-scuba-diving.com) offer standard dives with equipment rental
- Kayaking and snorkeling are two of the most popular activities in the Algarve, a beach-abundant area. On this 3-hour tour, paddle across a stretch of the Atlantic Ocean, explore ancient caves and grottoes, and admire the natural beauty of the coastline. Choose a morning or afternoon departure when booking. Departure from Lagos
- you will also find various water sports on the beach like pedal boat, upward parachute etc....

## FAMILY FRIENDLY ACTIVITIES

Splash around at one of Portugal's biggest water parks, **THE AQUASHOW PARK** in Quarteira. Slip and slide from one water slide to the next, cool off in the wave pool, or get a thrill on the water roller coaster — the biggest in Europe. The Aquashow Park has everything you need for a full day of hassle-free aquatic adventures. Facilities include changing areas, locker rental, several restaurants and snack bars, and lounging areas.

Enjoy a wide variety of attractions, including White Fall, Free Fall, Wild Snake, Foam Tracks, Child Playground, Speed Race, Air Race, Top Swing, AquaFly, Mini Train, Lazy River, tubes, a swimming pool, a jacuzzi, a roller coaster, and live animal shows featuring macaws, reptiles, birds of prey, and sea lions.

**FIESA** Sand City is the largest sand sculpture exhibition in the world and it hosts the FIESA International Sand Sculpture Festival. Every year, a group of talented sculptors, from various parts of the world and experts in the art of sand sculpting, join to give shape to forty-five thousand tons of sand, in an area of fifteen thousand square meters. An exclusive place composed of true artistic works and endowed with a unique architectural beauty. The city is magical, more than an exhibition of sculptures, it is a sensorial experience that is worth a visit. The attribution of the status of "sand city" is not only the concept developed, the organization of space, but also the quantity of sculptures that exists in this city and which amount to hundreds. At the time of the festival Sand City offers a range of activities related to sand sculpture, workshops and demonstrations on sculpting technique, video projections, amusement equipment, a shop, a snack bar, a fish spa and a cultural agenda with spectacles within the diverse artistic forms.

Areias de Pêra, caixa n.º10-V, 8365-201 Pêra

## ADVENTUR GOLF ALVOR

Wanna play? Join this guy and his buddies at Adventure Golf Alvor for 18 holes of dinosaur theme adventure golf.

Fun and challenging, the course is great for adults and kids. After the game, have a drink on the terrace.

Open everyday from 9am to 10pm. Find us just outside Alvor, behind the Repsol petrol station.

Beco da Amoreira 2, Alvor

## SHOPPING

### FARO

There's nothing in Faro to rival Fifth Avenue, but the pedestrianized street of Rua de Santo Antonio is a popular shopping destination. You'll find a number of fashion boutiques, ceramic stores and souvenir stands, while there are shoe shops galore waiting around the corner on Rua Vasco da Gama. Most shops are open 10am-7pm daily, except Sunday.

A large shopping centre in the western suburbs. You will find a good mix of local and international brands. It has more than 100 shops and 20 places to eat - a typical American food court. For entertainment there is a nine-screen cinema showing movies - mostly in English, as well as a large Hypermarket ("Jumbo") free car parking and it is air conditioned for the warmer weather. If it is raining this is a good place to head to for three or four hours of amusement, although some of the shops are to be found outdoors - in the form of a designer village outlet. Free wifi is available. If you have a car, it is an 8 mins drive from the marina area, or a 25 mins walk. The Forum, Estrada Nacional 125 - Km 103, Faro

### PORTIMAO

Portimão is an excellent shopping centre with several retail parks around the outskirts and a wide variety of shops in the town centre. It is a shopper's delight for leather goods, fashion wear and accessories, cosmetics and perfumes. It also has shops for all those household things that won't necessarily be of interest to holiday makers but will be to those who are setting up home in the Algarve - towels and linens, china and kitchen ware, furniture and furnishings and although hardly a household item - dealerships for most of the main brands of cars!

**THE MARKET** on Avenida São João de Deus includes a wide range of fresh fish and seafood outlets, butchers, bakers, fruit & veg stalls as well as non-food outlets like florists and clothing.

Opening hours are Monday to Friday from 7.00 to 14.00 and from 17.00 to 20.00.

Saturdays from 7.00 to 14.00.

The main shopping streets are around the pedestrianized Rua Diogo Tomé and Rua da Portades de São José, but the surrounding streets are pleasant enough, filled with shops selling lace, shoes, jewellery, ceramics and wicker goods.

**PORTIMÃO RETAIL CENTRE** is just off the roundabout where the Avenida V6 meets the EN125, just near Agua Shopping center. You will find C&A , Page One, Sportzone, Guimares...

**AGUA SHOPPING CENTER** The newest shopping centre. It is near to the Portimão Retail Centre just off the roundabout where the V6 meets the EN125 and easily spotted by it's landmark orange tower. It has a vast selection international brands, including H&M and Primark which are new in the Algarve but very familiar to our UK visitors! It has 2 floors of shops, plenty of parking with both underground and ground level car parks, and a third floor with a wide choice of restaurants. R. de São Pedro 72, 8500-448 Portimão

**THE CONTINENTE SHOPPING CENTRE** is further along on the V6 heading towards Praia da Rocha and the shops are open every day from 10.00 to 23.00 apart from the Continente Supermarket which opens at 08.30 and closes at 23.00 Sunday to Thursday and holidays and midnight on Fridays and Saturdays.

This is a larger shopping centre with shops on ground and first floor level and cinemas on the second floor. There is plenty of parking in underground and ground level car parking and the centre has escalators and a lift.



## TOWNS

There are several pretty towns on the south-facing part of the coast, and inland too.

One of the Algarve's most appealing towns is **LAGOS**, 30 min by car from the apartment.

It was from here, in the 1570s, that the young King Sebastião embarked on a crusade against the Moorish kingdom of Morocco. The undertaking was a disaster: the crusaders were roundly defeated and Sebastian himself disappeared in the sands of North Africa. That incident gave rise to the redolent Portuguese term sebastianismo, meaning a failed venture or forlorn hope.

Lagos fish market is something to behold. The sheer variety on offer is astonishing. Upstairs is a vegetable market, where the dried piri-piri (a type of chilli) hang in bunches, and the tomatoes are as big and bulbous as a boxer's fist. A short walk away is another market, long since abandoned. It is the mercado dos escravos - the slave market - Europe's very first.



A short drive to the west of Lagos is the town of **SAGRES**. it is the south-western extremity of the European mainland.

Prince Henry the Navigator set up his Nautical School here in the 1450s. His aim was clear: to find out what might lie beyond the blank, Atlantic horizon.

The white-walled fortress entrance that you can see today is pretty much all that is left of this medieval NASA. Beyond the gateway, you find yourself on a high cliff that is windswept and desolate. Walk up to the cliff edge, and you see that all around there are fishermen, balanced on the rocks, casting their lines 70 meters down into the water. You can walk to the very end of the spit, beyond the stubby lighthouse, to the point where the land falls away like a table edge. Looking out at the 'unknown and tenebrous sea', you could easily believe - as people did 600 years ago - that this was the very edge of the world.

Turn north, and the wilder west coast of the Algarve opens up before you. Much of the seaboard is a national park, and the countryside is wonderful. You will also find the Cabo de São Vicente (the Cape of Saint Vincent) and one of Europe's brightest lighthouses that can be seen 60 miles away. It was constructed in 1846, on the old ruins of a Franciscan monastery. This monastery paid homage to Saint Vicente, whose bones were reputedly found in the cliffs and to whom the headland is named after.

The nearest town from the apartment is **ALVOR**, it is a typical fishing Portuguese town which keeps its charm of the time traditional white washed houses, narrow cobbled streets and small fishing boats pulled up along the banks of the river, yet it offers a nice ambiance with many bars and restaurants, most are situated Rua Pedro Álvares Cabral.

Situated on the banks of the Odiáxere River, Alvor is one of the oldest villages in the Algarve. The Carthaginians probably started this village and the Romans made it all the more important. It was a port town during that period and was important enough to have its own currency! The ruins of the Roman villas that have been excavated here prove that it was a very prosperous settlement. It was the Moors however who gave it the name "Albur", from which the present name derived. The original village was destroyed in the great 1755 earthquake, but Alvor rose from its ruins to become a popular holiday destination. Alvor's Igreja Matriz is one of the most beautiful churches in the Algarve. This church is also known as Mother Church of Alvor. Though it was built in the 16th century, it was remodeled in the 18th. The church is well known for its beautiful main portal carved in the Manueline style, which survived the 1755 Earthquake.

One of the best things about little Mediterranean towns like this one is their town market. From local fruits, flowers and other food items to locally produced handicraft, Alvor's market sells it all. Situated right next to the ruins of the castle, that once protected the town, it is the perfect place to pick up your sea food or little souvenirs to take home. If you like bargaining then the gypsy market, held on every 2nd Tuesday near Dunas d'Alvor !



Sited on the broad estuary of the Rio Arade, **PORTIMÃO** has made its living from fishing since pre-Roman times, but today it's a sprawling modern port of around forty thousand people. Few of Portimão's buildings made it through the 1755 earthquake – the Igreja da Nossa Senhora da Conceição is a rare survivor, retaining a fourteenth-century Manueline door, though most of the church was rebuilt in the late seventeenth century. The surrounding streets are pleasant enough, filled with shops selling lace, shoes, jewelry, ceramics and wicker goods, while the main shopping streets are around the pedestrianized Rua Diogo Tomé and Rua da Portadas de São José. Bars and a casino that sit on the clifftop, with the beach reached down steep steps from the elevated main street, Avenida Tomás Cabreira. But at least most of the bars, restaurants and hotels boast fine views of the sands and sea – and it remains pretty lively whatever time of year you visit.

Rua Dr Frederico Romas Mendes, the main drag lined with bars and restaurants. This stretches down to the riverside Largo da Ribeira, marked by a modern statue of a fish, where you'll find half a dozen fish restaurants overlooking the picturesque Rio Alvor. Head right as you face the river and a path leads up the estuary for a tranquil walk; bear left and it is a ten-minute stroll past fishermen's huts and riverside cafés to the Praia de Alvor, an enormous beach backed by café-bars.



**FARO**, the regional capital, has a more distinctly Portuguese feel than most resort towns. Many visitors only pass through this underrated city, which is a pity, as it makes for an enjoyable stopover. It has an attractive marina, well-maintained parks and plazas, and a historic old town full of pedestrian lanes and outdoor cafes. Its student population of 8000 ensures a happening nightlife, and its theatre scene is strong. Marvelously preserved medieval quarters harbor curious museums, churches and a bone chapel. The lagoons of the Parque Natural da Ria Formosa and nearby beaches, including the islands of Ilha de Faro to the southwest and Ilha da Barreta (aka Ilha Deserta) to the south, add to Faro's allure.

Do not miss :

- The Old City, or Cidade Velha, is a well-preserved section of town off the harbor with cobblestone streets and 18th century Portuguese and Moorish-influenced architecture. It is great place for a peaceful and almost private walk back in time in an area that has been virtually untouched by modernity.
- The Igreja do Carmo, with its twin bell towers proudly perched at the centre of a square, offers good views over the city's dusty red rooftops, the Atlantic coast, outlying islands and the square below lined with orange trees.. This 18th-century church features the earliest example of Rococo architecture in the Algarve. Out in the back garden, enter the eerily captivating Capela dos Ossos (Chapel of Bones), a chapel made of 1,245 human skulls and other bones belonging to the monks once buried in the cemetery nearby.
- Take a boat trip into the Ria Formosa - a nature reserve that stretches along the tip of Portugal into Spain. There are several options to explore the area and the boat leaves from the Marina (Doca do Recreio de Faro).
- Praia de Faro - This beach is several kilometers long and so should never get crowded, even in the height of summer.
- Peacocks roam freely among colorful flowers and shady trees at Jardim Joao de Deus, located opposite the police station on Rua Policia de Seguranca Publica. It's a family-friendly park with an aviary of exotic birds to admire and games of mini golf to play.
- The Faro Municipal Museum at Largo Dom Alfonso III). A convent in the 1500s and one of the first museums in the Algarve, it now details two millennia of local art and history from preserved Roman mosaics to moody oil paintings by Carlos Porfirio, who is considered a legend of the art world in the Algarve. His creations may be dark aesthetically but they tell heartwarming tales, including one of an Arab lord who planted millions of white blossoming almond trees for his Portuguese wife who dreamed of seeing snow.

## DISCOVER THE LANDSCAPE

### PRAIA DO VAU

Praia do Vau and its neighbouring beaches are great for a long beach walk. From Praia do Vau you can walk east, to Praia dos Careanos, all the way to Praia da Rocha. The best time for this beach walk is during low tide. You can walk all the way to the end of Praia da Rocha and back. This is a walk of several kilometres, but is highly recommended. During this beach walk you will see stunning rock formations, both on the beach and in the water.

From Praia do Alemão, which is directly to the west of Praia do Vau, there is a path up the cliffs. From up on the cliffs, you can walk all the way to Prainha and Praia dos Três Irmãos. This walk really gives you stunning views over the rock formations there.

### RIA DE ALVOR NATURE RESERVE

Alvor's unique tourist attraction are the elevated walkways that cross the sand dunes and mud flats of the Ria de Alvor Nature Reserve. These pathways provide pleasant walks with scenic views over the estuary, which is a haven for bird life. Each spring and autumn the estuary of the Alvor river becomes a staging post for thousands of migrating birds. The estuarine ecosystem is also rich in many other ways, and supports numerous animals, plants and insects. Its profound importance to wildlife, both resident and migrant, has been recognised by its designation as a Natura 2000 site, giving it special environmental and conservation protection.

The site covers 1454 hectares, and there are numerous walks of varying lengths which explore its diverse habitats, not just along the beach (or the extensive boardwalk there), but also along the cliffs at Quinta da Rocha and inland along the Alvor river towards the village of Mexilhoeira Grande. Walks away from the beach can be reached from beside the church in the town of Alvor, and along the beach or boardwalk from the beach car park - see below.

In addition it is possible to drive down to the waterfront on the other (western) side of the estuary where the River Odiaxere enters the sea. This is also an excellent birdwatching site and one of the best places to see Flamingos, which appear regularly in various spots along the coast of the Algarve. The route down to this site is a rough track, but there is a car park beside the water and a rocky 'cob' which runs between the beach and a lagoon. See map at the bottom of this page.

### MONCHIQUE

This magnificent town and its surrounding area are one of the most peaceful places in the Algarve. The mountains offer remarkable views over the landscape and the area is great for people who love to walk in nature.

the highest point in the region, half the Algarve lies below you like a rumpled green bedspread. Beyond that is the sea, spangled and silvery in the midday sun. This upland part of the Algarve is farm country.



This part of Portugal is a great place to eat well, and it is astonishing that it is not better known for its food, which is universally fresh, simple, and delicious. I ate perfectly grilled fish and a fantastic tomato rice.

Try the clams and the grilled turbo!

At the same time, there are plenty of pricier and more sophisticated dining experiences to be had.

To begin, let's talk about our favorite one, **A LOTA**. Situated in the main street of Alvor, they amazingly grill fresh fishes and the sweet mouths will be happy because they serve wonderful deserts.

Rua Dr. Frederico Ramos Mendes 79, Alvor - 00351 282 458 444

One of Algarve's very best : **REI DAS PRAIAS**, in Ferragudo. A spectacular location on a small and perfectly formed beach, Praia da canneries we recommend to visit on our page « beaches », a terrace with an amazing sea view and a restaurant that goes that extra mile. Excellent wines, a good choice of fresh fish and ultra-friendly staff. Praia dos Caneiros, Ferragudo - 00351 282 461 006

An other one we like to go regularly : **L'ANGOLO** in Alvor. It is a small and very typical Italian restaurant where you will eat such delicious pizzas. Try the « Quatro Stagioni », our favorite! It is a family restaurant where husband and wife are working together to serve you fresh and quality meals, for a very good price.

Rua da Igreja 18, Alvor - 00351 961 890 870

The one we like to go when we spend the day at the beach is **RESTINGA** on Alvor beach. The staff is really friendly, they cook very good meal and the view is worth it. You can also come at night, but you would better reserve! 00351 282 459 434

For the meat lovers, you should also try a « Rodizio », it is a traditional Brazilian BBQ. We recommend the **FOGO DE CHÃO** in Portimão. You pay a fixed price and waiters brings meat right off the cooking spit and slice it directly in your plate, until you can not eat anymore. Better to come will your hungry belly!

Avenida Tomás Cabreira 1, Portimão - 00351 282 104 324

As presented on our page « beaches », **NOSOLO AGUA POOL AND BEACH CLUB** also offers an international kitchen, from english specialities like beef wellington, Spanish like gaspacho, to Japanese sushis that you will eat barely feet in water!

Stay a little bit longer and enjoy the night club ambiance.

Estr. Marina 1, 8500 Portimão - 00351 910 789 991

To finish, an amazing restaurant with a breath-taking view, the **BELA VISTA**. It takes part of an old manor renovated to welcome a beautiful Relais & Chateaux hotel. The menu is quite expensive but you will eat the finest mediterranean kitchen, with an asian hints.

Av. Tomas Cabreira Praia da Rocha, Portimão - 00351 282 460 280

WE THANK YOU FOR CHOOSING OUR APARTMENT FOR YOUR HOLIDAYS

AND HOPE TO SEE YOU AGAIN SOON.



DO NOT HESITATE TO CONTACT US DIRECTLY BY EMAIL FOR A FIDELITY DISCOUNT FOR YOUR UPCOMING STAY.

