

FUZIO'S RESTAURANT - From Italy & Beyond

Dining at Fuzio's is a unique experience. This season José has added a fantastic value changing 3 course dinner for €29.50 for you to enjoy! The specials change with the seasons. Or try the excellent à la carte: delicious portions of pastas, seafood & excellent steaks. Other favourites include José's famous spicy prawns pin-piri, chicken Milanese slowly cooked with a Parmesan crust, rack of lamb roasted to perfection served with ratatouille, prime Angus rib eye with garlicky butter & chunky fries etc. Vegetarians find imaginative selections. Fabulous home-made desserts: wonderful chocolate brownies with vanilla ice cream & fudge sauce or meringue filled with passion fruit cream & served with wild berries. Fine wines, friendly service & superb food, make Fuzio's really outstanding! Cozy burning fires keep you warm in the winter months. Children's menu available. Situated south west of Almoncil 200 meters past Avia petrol on the right just before the turning for Vale do Lobo. Highly recommended. Open from 6pm. Closed Wed. Tel. 289 399 019. GPS 37°05'04N 08°02'40W

BROWNS SPORTS & LEISURE

- Health Club & Spa: State of the art gym with an array of fitness classes. Plus heated indoor pool, massages & more...
- Sports Bar: WiFi, happy hours, live televised sport (4 plasma screens), food & snacks served all day. The perfect 19th hole
- Accommodation: Villas; great for sports groups, families, couples for holidays and short break!
- Europe's Premier Warm Weather Sports Training Camp Drop in, you never know who you might meet!
- Tel. 289 322 740. www.browns-club.com Caminho dos Golfes - beside Vilamoura's Old Course. See location #43 other side.

THE LEMON TREE 'O LIMOEIRO'

As recommended on BBC Radio Scotland. Robert & Ann from Scotland offer excellent meals at prices low enough to attract local Portuguese & residents. Delicious food, daily changing menu. Hearty portions, keep everyone delighted: lamb shanks with port wine jus, seared salmon with herbs, absolutely delicious Portuguese traditional dishes including black pork & fresh daily fish. Imaginatively prepared fresh vegetables. Home-made desserts. Wonderful lunch specials from €6. Excellent value. Secret garden with tranquil terrace & fountain at back. Highly recommended. Families welcome. AC. Closed Sun. Evening bookings advised: 289 395 399 or 966 439 564. Almoncil. Extensive parking at rear. Closes 13th Dec, reopens 4th Jan. 2010.

VAULTS RESTAURANT - Old Coaching House

Step into Vaults; dine under the amazing vaulted ceilings of this romantic 300yr. old coaching house. Great food & excellent value! À la carte & set menus with wide range of choices. Two Courses €15. Wednesday Curry Night: two curries with wine for 2 people only €20. Favourites include Thai fish cakes, chicken liver pate brûlée, Irish steaks, lamb shanks etc. Wonderful fresh vegetables. Home-made apple crumble & custard. Sundays 'All You Can Eat Carvery' €10.95. Many return customers. Not to be missed. Open evenings 5:30pm & lunch Thurs. & Fri. Closed Sat. Free Local Transport. Call: 289 391 883. Book for Christmas Day & New Years Eve. www.vaultsrestaurant.com. Closed 4th - 30th Jan. 2010.

FONDUE RESTAURANTE

Perfect for a romantic dinner for two, or a fun filled dinner party/group. Portions here are enormous! Plenty for the hungriest appetite. Everything is totally fresh, beautifully presented. Many, many choices of fondues from meat, picanha, 4 cheeses & combinations to chocolate & dessert. Irresistibly satisfying. Entertain yourself & your friends. For a meal or just dessert! Just? There is nothing just! here! Everything is marvellous & to the excess! Inspiring décor, truly innovative dinners. Melt into something different & divine! You will really love this place! Very reasonable prices. Open 7pm, closed Tues. Reservations advised: 918 712 846. Open in Almoncil till Dec. 24th, then moving to Vilamoura in January, see Vilamoura map reverse #27, call for details. On the Almoncil-Quarteira road.

DON TORO ANGUS STEAK HOUSE

Highly recommended for the Best Quality Angus Steaks in the region. Freshly imported from Argentina, cut at the moment of your order & grilled to your definition of perfection! Also excellent gourmet beef burgers, delicious spare ribs, fresh salads & various vegetarian options. Special children's menu & takeaway. Open daily 6-11pm. Reservations recommended. Tel. 289 355 005. Winter Special: Every Thurs: 250gr Angus Fillet w/potatoes & vegetables €14.50 + Spareribs 'All you can eat' €9.50. See: www.dontoroco.com.

DON TORO ANGUS STEAK HOUSE

PIZZA PASTA FANTASIA

In Their 20th Year! The 1st Italian Restaurant in the Algarve! Now open coffee & ice cream corner! Light meals all day. All sky sports on large plasma. Free internet access with printer. TAKEAWAY after 6pm. Local FREE Home Delivery. Tel. 289 394 080. In Bugarvilva Plaza. HIGHLY RECOMMENDED! - Almoncil.

ORANGERY RESTAURANT

Absolutely everyone raves about the fabulous, beautifully, presented meals here! The NEW owners have an understated elegance, but there is nothing understated about their market fresh, quality food. They & their talented chef amaze with attention to every detail on the beautifully crafted meals. Taste is divine. Daily specials include the sensational creamy mushroom soup. Menu favourites: Irish fillets, monkfish wrapped in Parma ham, special home-made chunky chips. Nothing less than sensational. Wonderful Tel. 289 397 131. Christmas & New Years Celebrations. Free local Pickup call 912 981 088.

All Business featured in the FREEMAPS are owner operated. There's an owner on the premises who cares that you get the very best! Welcoming you & watching over your food & service. This is what sets this publication apart, we care who's represented on the FREEMAPS, all establishments are carefully selected by us.

NEWS AGENTS PAPELARIA TABACARIA

Ana Paula has a small shop with everything! All local & English, Dutch & German newspapers & Magazines etc. Stamps. CIGARETTES by the carton. Large orders accepted. Bugarvilva Plaza. Tel. 289 396 870.

PINETREES RIDING CENTRE

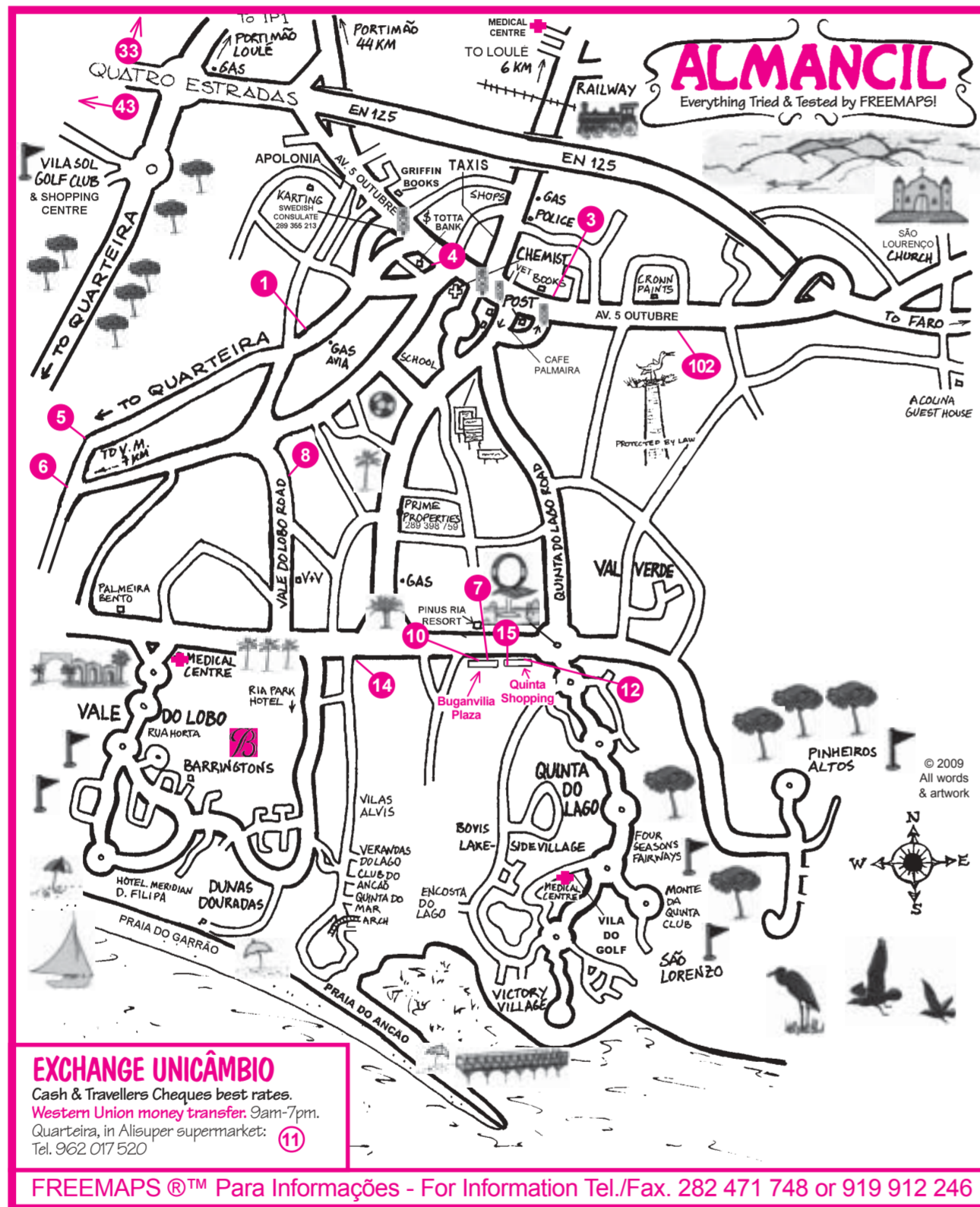
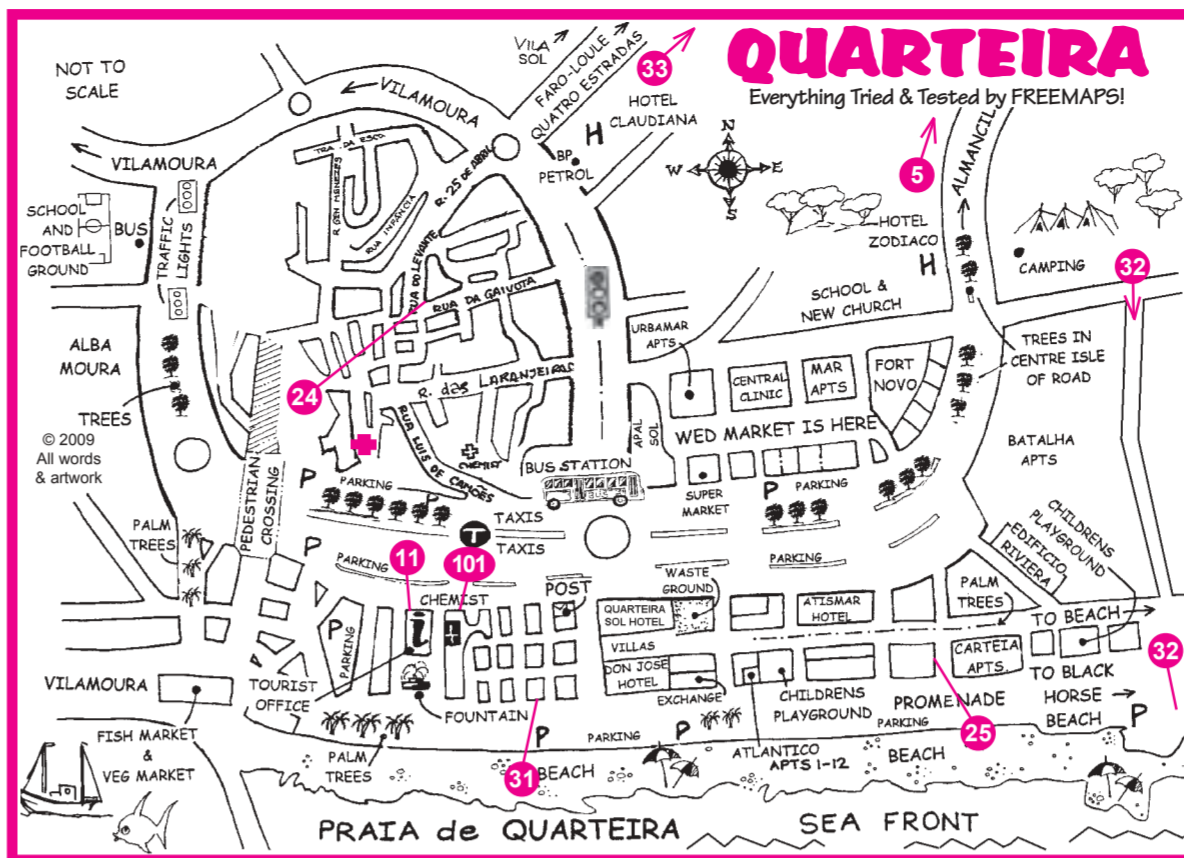
A fabulous holiday experience not to be missed! Some of the best riding in the Algarve! Bev the owner, is one of the Algarve's premier horse women. Riding at Pinetrees centre is 100% pleasure, whatever your age or experience! Your enjoyment & safety is their prime concern - you're even kitted out with hats, boots & jodis! Visit: www.pinetreesridingcentre.com to see all the options. Also riding for the disabled. A.B.R.S. approved. Contact Bev: 289 394 369 or 919 363 190. email: pinetrees.riding@world.net.com

DE BARRA IRISH BAR & GRILL

Algarve's most Cosmopolitan Irish Grill Bar. Open from early morning to late at night. Their beautiful suntrap outdoor terrace faces the 13th tee of Quinta do Lago North Golf Course. Food served all day, both lunch specials inc. delicious Caesar salad, smoked salmon, all day Irish breakfast, steaks etc. & their extensive bar items. From a chill out snack or coffee, to a lively night out, this bar is well worth a visit! One of the best bar atmospheres in the Algarve! Tel. 289 358 205 or 912 650 411. * Large screens on outdoor terrace for all sporting events! * Live Music every weekend! *

IMPORTANT NOTICE

In the 'quieter season', opening & closing times may vary. Some places may be closed for well deserved holidays. Please double check by calling first!



LA CABANE RESTAURANTE - Quarteira

2 restaurants A Cabane & La Cabane side by side have become famous over the years for quality fish & meat! A Cabane: Charcoal grilled fish & meat from €7 incl. wine. Plus seafood, oysters etc. Next door La Cabane, delicious dishes with a French touch: sea wedding, sole & salmon fillets with seafood sauce & champagne, duck breast with balsamic & red fruit sauce, fantastic lamb shanks roast with honey, steak Cabane, fish cataplana etc. Very reasonable prices for quality. Over 1,800 wines. Highly recommended don't miss these! Lunch noon - 3pm dinner 7-11pm. For free transport: from Vilamoura, Quarteira & Vila Sol to A Cabane, call Carlos: 289 313 819 or 962 783 131. R. do Levante, #19. Easy by taxi. GPS: 37°04'24.86"N 08°06'16.38"W

BAZ & MINNIES' IRISH BAR

Typically Irish - Barrie & Gill couldn't agree on the name for the bar, so they named it after their 2 rescue dogs! Serving up Irish food & drinks all day: Irish/English breakfast, special plate: braised beef, ribs & chicken etc. Sunday Roast 12-8pm. Guinness, Super Book. All live sports shown: GAA/Sky on 3 wide screens. Karaoke & pub quiz nights. Pool table. Terrace on shaded walking street, 20 secs to beach. Open till late. Now showing Sports TV 1, 2 & 3. Air conditioned. Internet with printer available. Cozy, Irish run & owned. Free transfer for 5 or more within a 5km radius. Tel. 916 388 324.

HAVING A PARTY, WEDDING, AN EVENT?

You need sound equipment, lights, entertainment? THE SOUND CO provides all your needs: Sound, Lights, Singer, DJ, Karaoke etc. All events: House Party, Bar, Wedding, Restaurant, Public Event, Hotel. Top equipment, professional service. Tel. 969 031 257 or 919 604 121. thesoundco@espart

TRAVELLING AROUND THE ALGARVE?

Don't go anywhere without your FREEMAP! All 8 maps covering the Algarve can be picked up from: Melting Pot Classic Pub #12 on this side or The Original Vilamoura Steak House #19 on the other side of this Freemap. Pass by for your Freemaps! All the latest Freemaps are also available for download from www.freemaps.net Don't go anywhere without your FREEMAP!

- FREEMAPS FIND THE VERY BEST -

Make you £ or € go further! Freemaps takes the hard work out of finding a special restaurant/pub or fun activity. We anonymously sample 100's of restaurants every year paying as a normal client. Then tell you which ones give you great value offers & unique deals, without forgetting cleanliness in kitchen/washrooms. We know you want a fun extravagant night out, so we don't forget those! Plus we're filled with Special Offers: Restaurants, Golf & Activities if you're a tourist or Resident. Don't leave home without Freemaps! Hard at work for you for 19yrs!

SENSES MOBILE (Part of Senses Skin Care Centre)

Beauty service with a difference! Beauty therapists come to your villa, holiday home or apartment so that you can experience Swedish or Aromatherapy Massages by the pool, a Jessica Pedicure or Eyelash Extensions on the terrace... just a few of the treatments that their professional & highly trained therapists can offer you. Also, treatments for Mums-to-be & packages for pamper parties if requested. Leading Dermalogica facials & other advanced skincare treatments can be carried out in the Lagos based salon. Call, text or e-mail Senses: (+351) 913 275 869 / 282 762 261 / info@senses-skincare.com www.senses-skincare.com

QUAD BIKING

QUAD BIKE OFF-ROAD GUIDED TOURS & RENTAL. "One of our all time best days in B Algarve trips", Simon & Ken, Canada. "A brilliant day out", Kristie, London. A Guided tour on a quad bike through the Algarve countryside. Fancy an adventure? Bonding day with family & friends? Algarve's most stunning countryside scenery as you've never see it! Trips from family adventure days to adrenaline pumping advance level. At Credit crunch prices! Special Trips for 'over 50's & Ladies Day out! Rent a quad bike for just a few hours or days! Driver's License B is required. No experience needed. 'Angel Pilot', Zona Industrial do Pateiro, Lote 2, Parchal, Lagos. Directions: Ben (+351) 917 999 810. P/GB/F/E. www.prorent-algarve.com info@prorent-algarve.com Angel Pilot holds: World, European & Portuguese Championships Jet Ski Cups!

EMERGENCY & HEALTH CARE

PRIVATE HOSPITAL - Alvor Hospital Particular do Algarve 24 HOUR EMERGENCY 282 420 400 Private Ambulance Service. Open to all. English speaking doctors & nurses. Full hospital services, most major specialities. Scans & X-rays. Cardiology department, diagnostic & treatment of cardiovascular disease. Urology department. Neurological Studies & Respiratory Function Centres. They work directly with most major health insurance companies. Estrada do Alvor. Tel. 282 420 400, Fax. 282 420 404. www.hpalg.com Opening soon: Faro Hospital Tel. 707 282 828. Most major specialities & 24 hr. Emergency Services. Gambelas, near Airport.

MAMMA MIA PIZZARIA

For 13 yrs José has been making what many consider 'the best Pizza in Quarteira'. All your favourites: Tropical, vegetarian, Mamma Mia, Hawaiian, Sicilian Plus his pastas, cannelloni, lasanha, tortellini etc. Jose says: 'Ask us for anything you want, just don't ask for our secret ingredient!' Really great! On the main walk overlooking the sea. 10-3pm 6pm-11pm. Takeaway & delivery in Quarteira & Vilamoura Call FREE: 800 204 959 or 289 314 737

BJ'S OCEANSIDE - Quarteira

'Bj's Oceanside' specializes in your total relaxation. Spectacular scenery over ocean & lake. A popular, secret haunt of locals, so dinner reservations are recommended. Bex & Jay welcome you to relax & enjoy: * Superb fresh seafood & excellent wines. * Stunning location & views. * Exceptional value. * Guaranteed service with a smile * Open daily for Lunch & Dinner. * Praia Almargem. Tel. 910 698 479. * bjsoceanside@hotmail.com Main road eastward, at Forte Novo sign turn right, continue pass 1st restaurant follow sand road 400m to Bj's Oceanside. Or road opp. Hotel Zodiac, turn onto paved road before camping, follow for 400m. Closed reopens Feb. 2010.

O AVENIDA RESTAURANTE

& COFFEE SHOP/TERRACE - Loulé Loulé is definitely worth a visit. A lovely unspoilt Portuguese town, daily market, reasonably priced shops. Don't miss the Gypsy & Country market on Sat. O Avenida the oldest restaurant in Loulé with the oldest prices, a place not to be missed! Filipe serves daily special with 1 drink + 1 coffee for only €6.50! A large selection of tapas, seafood, fresh fish & grilled meats. A sunny terrace between main roads where you can watch the world go by! Or rest while the women shop! Next Door his O Avenida Coffee Shop, an old world café with old world prices. Open daily. Next to Fountain roundabout on Rua da Avenida. Make sure you go to the right restaurant. There are 2 Avenida restaurants, this one has glass doors on the ground floor, not upstairs. look for cream awning. Tel. 289 462 106. www.avenida.com.

SHOE WORLD MUNDO DO SAPATO

Lagos, Lagos, Albufeira, Almoncil & Portimão FACTORY OUTLETS UP TO 50% DISCOUNT Clarks ROCKPORT Gabor The Algarve's largest selection of quality ladies', men's, children's, sport & casual footwear: unbeatable prices. Stores everyday 10am-7pm. Except Albufeira & Portimão - 10pm. Tel. 282 343 065. www.showorldshop.com 5 locations below:

SHOE OUTLET

New Portimão: on main road EN125, in Portimão Retail Park. Almoncil (nearest store): on main Almoncil high st. opp car wash. Lagos: on main road EN125, 200mt east of Lagoa. Lagos: on main road EN125, past Odiáxere (1k before Lagos). Albufeira: Retail Park Albufeira next to Algarve Shopping Guia.

FREEMAPS

RECOMMENDED BY BBC TV PROGRAM, WISH YOU WERE HERE!

Tel. 919 912 246 or 282 471 748 Web: www.freemaps.net Email: info@freemaps.net



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MUNDO DO SAPATO SHOE WORLD



FACTORY OUTLETS UP TO 50% DISCOUNT LAGOA - LAGOS - ALBUFEIRA - ALMANCIL - PORTIMÃO

Algarve's largest selection of QUALITY shoes for all the family

All stores open everyday 10am - 7pm, Except Albufeira & Portimão 10am - 10pm

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NEW - Portimão - on main road EN125, in Portimão Retail Park Lagos - on main road EN125, 200mt east of Lagoa. Lagos - on main road EN125, just past Odiáxere (1k east of Lagos). Albufeira - Retail Park Albufeira, next to Algarve Shopping Guia. Almoncil - on main high st, opposite the car wash.

For more information Tel. 282 343 065 / www.showorldshop.com

