

EMERGENCY & HEALTH CARE

PRIVATE HOSPITAL - Alvor

Tel. 282 420 400 Fax. 282 420 404.

Hospital Particular do Algarve
 Atendimento permanente 24 horas. Serviço de internamento, bloco, operatório, RX, TAC, análises clínicas. "Hospital Particular do Algarve"
24 HOUR EMERGENCY 282 420 404
 Ambulance Service. English speaking doctors & nurses. Full hospital services, most major specialities. Scans & X-rays. Cardiology department, diagnostic & treatment of cardiovascular disease. Urology department. Neurophysiology Studies & Respiratory Function Centres. They work directly with most major health insurance companies. Open to all. Estrada do Alvor. Tel. 282 420 400, Fax. 282 420 404. www.hpal.com
OPENING SOON: FARO HOSPITAL Tel. 707 282 828.
 Most major specialities & 24 hr. Emergency Services. Gambelas, near Faro Airport.

SUPERMARKET APOLÓNIA - Galé

A conceito diferente para "Supermercado"!
 A different concept of the supermarket!
 An extensive selection of groceries, gourmet & organic products. **Superb fresh produce, exotic fruit!** Excellent butcher with finest meats: roasts, BBQs, & pre-prepared meats. **Superlative pâtisseries, fresh baked breads, & unique desserts by the piece or to order daily.** Countless imported English & other products, the **biggest selection of imported products in the Algarve!** Lloyd Grossman soups, De Cecco pasta, Ceres juices, PG teas, Ambrosia desserts, HP sauces, Colman's, Blue Dragon, Weight Watchers, German beers, Swiss/Belgian chocolates, imported cereals, health products etc. Hundreds of uniquely selected wines & alcohols! All fairly priced. **Apolónia is more than an outstanding supermarket it's a trip around the world!** Everyday 8am-9pm. Take EN125 to Guia, right at roundabout, follow signs for Galé & the signs for Apolónia Supermarket.

ESCONDIDINHO - The Hideaway

BEACH BAR RESTAURANT - Ferragudo

O perfeito escondido na praia! Música ao vivo 3as noites. For 22 yrs, Diane, Rui & now son Mario's guests have come as clients & leave as friends. This part of the beach is so peaceful you'll want to stay forever. Indulge in very good meals or snacks: spicy prawns, grilled fresh fish, chicken with honey mustard, ploughman's platter, prawns & avocado salad, potato wedgies with blue cheese dip etc. You always go away wanting to return to this perfect beach hideaway! Easy listening Live Music Nights. Brilliant! Tel. 282 461 037. 7 days 10:30am-late. Turn right at the bottom of stairs, 20m on right.

FERRAGUDO, As I knew it in 1974!

Visite Ferragudo antes que mude. Ruas típicas, cafés, toda a tradição a desaparecer tão rápido. Vá onde o óásis de tranquilidade! Go to Ferragudo before it changes! Development projects are well under way! For now you can still walk the tiny back streets, pop into the unbelievable mini markets & cafes & see the "fast disappearing" old way of life. Once the Algarve's most photographed village. With enchanting fishing boats anchored in the bay, this calm oasis of tranquillity is evaporating fast! Make your visit to Ferragudo this trip!

FREEMAPS™ 2010
 Copying words & Artwork prohibited

FERRAGUDO
 Everything Tried & Tested by FREEMAPS!

GNR - Police: 282 356 460 Emergency Number: 112

LAGOA
 Everything Tried & Tested by FREEMAPS!

GNR - Police: 282 356 460 Emergency Number: 112

FREEMAPS SPECIAL GOLF OFFERS

SHOE WORLD MUNDO DO SAPATO

A maior seleção de sapatos para senhora e homem, incluindo calçado desportivos.

FACTORY OUTLETS UP TO 50% DISCOUNT

Clarks ROCKPORT Gabor

SHOE OUTLET

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

NIKE FOOTJOY adidas Reebok

3 SPECTACULAR GOLF COURSES

3 espetaculares Campos de Golfe.

CS SALGADOS GOLF 289 583 030
 CS MORGADO GOLF 282 402 150
 CS ALAMOS GOLF 282 402 150

reservas@salgadosgolf.com
 bookings@golfedomorgado.com

Twilight Offer €25 With Trolley After 3pm

Special offers during the day with FREEMAPS.
 Must Mention FREEMAPS For All Special Offers!
 Call or email to book.

CARVOEIRO GOLF SHOP

Fluguer e venda de Clubs, Troleys & acessórios.

Shopping here is a golf experience. UNBEATABLE

DEALS: Custom made clubs for a fraction of what you would pay elsewhere. Excellent repairs, regrips, reshafts etc. Full range of accessories. Friendly help from new owners Ciro & Luis. Try out their new CHIPPING ROOM & FITTING ROOM. Rental clubs, trolleys & electric trolleys. Ladies & Gentlemen's sports wear available (Nike). Cheapest Green fees in the Algarve. Tel. 282 354 061. www.carvoeiro-golf-shop.com littoral.golfshop@hotmail.com

SOPHIE'S GOLF SHOP - Odiáxere

Loja de Golfe completa.

Welcoming fully stocked Golf Shop on EN125 between Penina & Lagos in Odiáxere. The shop has doubled in size, with many new ranges. Fantastic prices. Ladies/men, if you are looking for something different this is the place to go! Excellently priced golf shoes. Clubs & trolley rental services. Known as 'The Best in the West'. Open 9:30-1pm & 2-6:00pm. Sat. -1pm. Closed Sun. Tel./fax: 282 799 711. www.sophiesgolfshop.com info@sophiesgolfshop.com

PESTANA GOLF & RESORTS

Twilight Green Fee
 Gramacho: €26
 Vale da Pinta: €31
 Alto Golf: €25

Golf Resort Packages
 Stay in Pestana Golf Resort from €135 p/p: 3 nights B & B 2 rounds of golf

Tel. +351 282 340 900 - sales@pestanagolf.com www.pestanagolf.com

INTERNATIONAL SAND SCULPTURE FESTIVAL

Reopens 2010. www.FIESA.org

THE VILLAGE INN

Tel. 282 412 036.

Albergaria de estilo campestre. Cozinha edectica.

In Mexilhoeira da Carregação 5 min. from Carvoeiro. Kathleen's Village Inn is A MUST. A bit out of your way but well worth it. A real gem, every table decorated differently, the food is simply divine. People love: baked Camembert, stuffed mushrooms, warm goat cheese salad, ginger lime prawns, Persian spiced lamb, sole of the Inn, home-made steak & kidney pie, liver & onions sauté in Madeira wine. Real vegetarian dishes. Desserts to die for: brandy snap baskets & home-made apple crumble with custard! 'Dine around the cosy log fire'. Diners say "Wish we found you at the beginning of our holiday". Delicious 3 course menu only €15! Open 6:30pm. Closed Sun. & Mon.

Reasonable prices. Booking advised! From Lagoa take En125 direction Portimão after 4km, right at Parçal / Estombar turn, then right at roundabout. 3/4km through village, follow road round to left, yellow building on right.

RESTAURANTE A RIBEIRA - Ferragudo

Oferecemos fantástica vista do Rio Arade e seus barcos pesqueiros!

A Ribeira offers one of the best views, overlooking the fishing boats in the River Arade! Antonio's father & grandfather owned restaurant: absolutely delicious fresh grilled fish, stone steak, shellfish, cataplanas, kebabs etc. Desserts to satisfy the sweetest tooth! Very reasonable lunch specials. Sat. night Fado. An experience well worth the trip! Antonio/Vanda 282 461 547. Show Freemap for 10% discount!

NEWS AGENT Papalaria Reis - Ferragudo

Cigarras, jornais, revistas, palavras cruzadas. Tobacco, (by carton, call 1st for large orders), (78) English & German papers, magazines, crosswords etc. Open 8am-7pm. Tel. 282 461 316.

A RIA RESTAURANTE, The River - Ferragudo

A genuína hospitalidade Portuguesa. Pratos tradicionais de mariscos e peixe fresco. Don't miss Filipe's small friendly restaurant, overlooking the harbour. The first on the river. Dine on the enclosed terrace or in the rustic restaurant & feel the genuine Portuguese welcome. Traditional dishes: shellfish, monkfish rice, really fresh locally caught fish, BBQ meats (pepper & garlic steaks), fabulous loin of pork, kebabs (monkfish, meat, mixed, etc.) all grilled on the BBQ on dock. Really sinful dessert! Reasonable prices. Lunch & dinner: Closed Mon. Tel. 282 461 790.

CERVEJERIA A PRAÇA - The Market - Ferragudo

Casal Rui & Anabela tratam-lhes com naturalidade e simpatia. Very friendly husband/wife Rui & Anabela treat you naturally. No wonder they're so busy! Great variety of snacks at very good prices. Galadas, omelettes, pizza, English breakfast, smoothies, home-made chips! Very popular, relax in Sun all day! Tel. 914 836 246.

MINIMARKET "O SEU PREÇO" - Ferragudo

Tudo para todos! Something for everyone! Fresh fruit, water, bread, milk, dried goods.

COCKTAIL STRIP CLUB - Praia Da Rocha

Strip Tease e espetáculos eróticos. Very comfortable, nicely decorated bar: Strip Tease. Late night erotic dance shows. Table dancing, private dance, erotic show. Beautiful girls. Special group price. Tel. 282 426 609 or 961 164 585. 10pm-5am. Av. Rocha Vou, Edifício MarVau, Lote 4, next to Fountain Yau. www.cocktailstrip.com

TRAVELLING AROUND THE ALGARVE?

Não vá o lugar algum sem seu FREEMAP!
 Don't go anywhere without your FREEMAP!
 All 8 maps covering the Algarve can be picked up from Easygo Holidays #21 on the other side of this Freemap & The Village Inn. Pass by for your Freemap!! All the latest Freemaps are also available for download from www.freemaps.net Don't go anywhere without your FREEMAP!

FREEMAPS Your 'TRAVEL BIBLE'

Vá mais longe com seus €1 Trabalhamos para si há 20 anos. 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 & pay as any normal client would. Then tell you which ones give great value offers & unique deals, without forgetting cleanliness in kitchen/washrooms. We know you want a fun extravagant night out too, so we don't forget those! Plus we're filled with Special Offers: Restaurants, Golf Mon. & Activities if you're a tourist or Resident. Don't leave home without Freemaps! We've been hard at work for you for 20yrs!

COUNTRY RIDING CENTRE - Silves

Passeios a cavalo pelos belos campos de Silves (de 1hr a 1/2 dia). Lições.

Join them for a fabulous hack in the beautiful surroundings of the "Silves Serra". Through orange & lemon groves & aromatic eucalyptus forests. Horses suitable for all levels of experience, from total beginners to accomplished riders. First class riding stables. Livery & lessons available FEP qualified instructors. Enjoy the Algarve at its very best. 10min. drive, from Lagoa take road to Silves, follow signs to Messines, 2km on left. Call for directions. Speak: GB, D, F, E, NL, F. Tel. 917 976 992 or 913 510 530. info@countryridingcentre.com www.countryridingcentre.com Country Riding Centre as seen on the BBC program "Get Away"

PIRATE SHIP "SANTA BERNARDA" - Portimão

Passeio no Mar em Caravela restaurada. Cruise on this traditional, marvelously restored 25m wooden sailing vessel. An unforgettable day out! Cave expedition, coast trips & beach BBQ. Unvergessliche Bootsausflüge auf liebevoll restaurierter 25m Holz-Segel Caravelle. Grottenexpedition, Küstenfahrten und Strand-BBQ. Tickets an der Hotel reception oder verkaufs stand in Hafel. Tel. 967 023 840. www.santa-bernarda.com info@santa-bernarda.com Tickets at Hotel reception or stand in Portimão harbour.

TRIGANA SAILING - Alvor

Fantásticos cruzeiros! Fantastic trips on board their fully restored Portuguese sailing vessels. Daily trips designed for all the family, you're sure of a unique & unbeatable holiday experience. Also available for private charter. Tel. Toby/Mandy (+351) 912 105 757. Check out them out on TripAdvisor. www.algarveboatcompany.com

QUAD BIKING

QUAD BIKE OFF-ROAD GUIDED TOURS & RENTAL. Um passeio guiado numa moto moto quadro pelo interior do Algarve! "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 seen 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, Parçal, Lagoa. Directions: Ben (+351) 917 999 810. P/GB/F/E. www.prontent-algarve.com info@prontent-algarve.com Angel Pilot holds: World, European & Portuguese Jet Ski Cup!!

FOR SALE: Bar In Centre Of Lagos

Bar à venda no centro de Lagos. Make your dream come true!! Refurbished & equipped. Fully licensed 8am-2am including food. Available Freehold or Trespasse. Tel. 913 358 837.

FOR SALE: WORLD'S BEST BAKERY - Lagos

Pão caseiro. Bolos fabulosos. Wonderful shop for lunch & cakes. Wini bakes from 2-8am. Elke serves you their fabulous: cheese cakes etc. Worth trip to Lagos! Directly up walking street, at the side of the Golden Church. Tel. 282 760 146.

SOPHISTICATED FASHION

GARDEUR DIRECT - Praia da Luz

Roupa de qualidade para senhora a bons preços. Exclusive shop in Portugal. Real Quality at genuine DISCOUNT PRICES from German label Gardeur. Huge selection. Ladies fashion separates, including fabulous fitting trousers for sizes 34-48. Accessorize with Handbags/Jewellery/Panamas/Birkenstocks. Spring/Summer collection now in! Wonderful shop, not to be missed! Open Mon.-Fri. 10am-6pm, Sat. 10am-2pm. From A22, junction 1 Lagoa. Take direction Vila do Bispo, pass Boa Vista golf resort on left. Turn left at the traffic lights to Luz. Continue to one way sign. Gardeur direct is on the parade of shops on the one way system when entering Luz. park on right behind shop. Tel. 282 788 630. Or: www.gardeurdirect.com

KRAFTWERK Craft Studio - Alvor

Compre directamente dos criadores neste estúdio. Buy direct from the designers in this unique outlet for the creativity of local artisans. You will find a fabulous collection of one off jackets in a spectacular range of colours. Textile artist Lynn, with an MA in design & over 25 years experience, passionately creates every jacket. Each is a work of art, labelled 'TIA LIN original'. Silversmith Nina, creates nature inspired jewellery designs, using crystals & semi precious stones as well as unusual & fun beadwork. Watch Dutch artist Gaia making luxurious, silk & wool, felted shawls. Irresistibly light & colourful. Paintings & photo gallery. The entire shop is a hive of talent. A must visit!

QUALITY LEATHER GOODS - Alvor

Grande variedade de artigos em pele. Delta Pele Leather Goods Shop. A wonderful large selection of high quality Portuguese leather products. Exquisite handmade purses, bags, travel bags, wallets, belts, briefcases, suitcases etc. Nothing like this exists in Carvoeiro. Something to last a lifetime. Rua Alfonso Costa #23, next to John's Information Shop. See Alvor Freemap or call for directions: 282 457 175.

PHARMACY MACETA - Lagoa

A melhor farmácia de Lagoa. Artigos de Cosmética, perfumes etc. A sua escolha. Apotheke 24 - Std. - Dienst. Great new premises! Very good chemist in Lagoa with all pharmaceuticals as well as brand names, cosmetics, skin & sun care products. Many perfumes. Helpful, multilingual staff. Pharmacist always on duty. Tel. 282 343 377.

CHRISSEY'S RESTAURANT - Lagoa

Um restaurante muito especial, que serve doses generosas e com uma apresentação magnifica de criar água na boca. A very special restaurant serving generous portions of delicious, picture perfect, mouth watering meals. Located in a very tastefully decorated 19°C building in central Lagoa. The meals are so beautiful, many diners actually take pictures of them! Dishes include mushrooms stuffed with goat cheese, gratinee artichokes, chicken livers with foie gras, Belgian fillet with pepper, lamb with honey-mint sauce, sole with asparagus etc. Plus a weekly changing specials board. 3 courses €32, 4 courses €36, main course & dessert: €25 including all wine, coffee, water & couvert. Childrens' menu €10. Absolutely worth a visit. Open Tues.-Sat. 6:30-10pm. From Carvoeiro, take EN 125 direction Faro, turn around at Fatacil roundabout to Lagoa, next roundabout: take middle road, (follow signs for GNR, Centro, CTI, Mercado). Drive about 700m further on this road. When you see the green cross on the left hand side for the Pharmacy, Chrisey's is on right hand side, 2 doors before the chapel, beside the market. Tel. 282 341 062.

PICA - PICA BOUTIQUE

Roupas de senhoras confeccionadas por designers. Pica-pica, magpie in Latin, is a collector of beautiful things! And that's what Paul is! Having worked with many top designers in London his boutique now shows items of 10 exclusive designers. Contemporary clothing full of colour & prints made in individual workshops. Wraparound dresses that are super flattering, essential for every women's wardrobe! Sensational bags & custom jewellery by a London designer who strings for Cartier. All at exceptional prices for such quality. Paul really knows how to dress you to make you feel fabulous! Open Mon.-Fri. 10am-6pm. Closed Sat. & Sun. Tel. 963 183 476. Inside Ma Maison furniture shop, 100m south of the Fatacil entrance.

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

BEST OF FREEMAPS 20 YEARS

BY RECOMMENDED FOR FREEMAPS O MELHOR DE 2010

MAPA GRÁTIS O MELHOR DE 2010

CARVOEIRO

FERRAGUDO & LAGOA

FREEMAPS - The Very Best Shops, Restaurants, Bars, Golf & Activities in the Algarve

QUAD BIKING Off-Road Guided Tours & Rental. Guided tour on a quad bike through the Algarve countryside. Call Ben (+351) 917 999 810. P/GB/F/E. www.prontent-algarve.com

INTERNATIONAL SAND SCULPTURE FESTIVAL Reopens 2010 The Worlds Greatest Sand Artists Sculpture 35,000 tons of sand!

VALE DE MILHO GOLF - Carvoeiro

O campo que desafia todos os níveis de golfistas. Principiantes são bem-vindos

BEST VALUE GOLF IN THE ALGARVE
 "Best designed Algarve par 3 layout" - Greg Turner. "Top Holiday Golf Course" - Dorling Kindersley
 Designed by Dave Thomas to challenge all golfers. Beginners welcome - Equipment for hire - Lessons available.

NO HANDICAP REQUIRED

GREEN FEE SPECIAL PROMOTION - Until 31st May
 Show This Freemap: 9 holes €20 - 18 holes €30
 With club hire: 9 holes €22.50 - 18 holes €47.50
 With breakfast or lunch: 9 holes €26.50 - 18 holes €38.00
 With breakfast or lunch & club hire: 9 holes €40.50 - 18 holes €57.50

TWILIGHT PROMOTION Unlimited Golf €25 - With club hire €40
 March after 2:30pm - April to May after 3:30pm
 FREE PICK-UPS! - Call 282 358 502 to book
 From Carvoeiro & Ferragudo area. Subject to availability, book one day in advance. No service at weekends. Spacious Clubhouse, Restaurant & Bar. Open all day.
 valedehilhogolf@mail.telepac.pt www.valedehilhogolf.com
 Tel. 282 358 502 - Fax. 282 358 497 - Mobile 919 816 560
 GPS Location: N37.09663° W8.44837°