

ATRIUM RESTAURANTE ①
Don't miss this beautiful old theatre hall. Every night live music. Wed. & Sat. Special Portuguese nights with Fado & folk music. Specialities: cataplana, fresh fish, shellfish & best quality steaks. Air conditioned. By the old post office, 1st floor. Every evening. Reasonable prices. Tel. 289 515 755. Closed for winter we recommend you try Casa da Forte Restaurante.

CASA DA FONTE BAR & RESTAURANTE ②
One of Albufeira's loveliest restaurants. Secluded open air patio (lemon tree & grape vines). Perfect for lunch & dinner. Delicious fresh fish, steak, chicken piri-piri, great kebabs, sardines, squid, all grilled. Enjoy your winter specials beside the warm log fire. Half way up stone steps before tunnel to sea. Reasonable prices. Tel. 289 514 578.

LA LOJAS-LA SHOPS ③
FABULOUS SHOP! The largest & best selection of regional, decorative & functional Portuguese pieces of high quality. They are a Factory Outlet (own brand manufacturer): Fashion accessories, jewellery, footwear, handbags, purses. Great assortment of natural cork items: handbags, purses, sensational shoes collection, belts etc. All items are made in Portugal & have their own trade mark & respective certificate "Made in Portugal". A must!!! 2 Shops in Albufeira, 1 shop in Vilamoura & 1 shop in Faro. www.lairalgarve.com

O TUNEL RESTAURANTE ⑤
You're always made welcome by Paulo & Regina in their very friendly, family style Portuguese restaurant. Menu includes very good meat & fish dishes, including Portuguese steak, kebabs, shellfish rice & cataplanas (single portions available). Kid's menu. Reasonable prices. Half way up steps on left by tunnel to beach. Tel. 289 514 184.

TATTOO & PIERCING STUDIO ⑥
Chef de Tattoo has moved to a new shop! Award winning artist Sjeif takes time for all his outstanding tattoo artwork. Albufeira's well known Dutch tattoo studio is absolutely 100% hospital clean. Yvonne makes professional total body piercings. Beautiful air-conditioned shop, tattoo photo gallery, exclusive piercings sales. Tel. 913 213 718. www.chefdetattoo.nl

LUAU RESTAURANTE - Galé ⑦
Elegant dining room. Cascading waterfall & magnificent grounds. Upstairs terrace with beautiful views. Ultimate romantic evening. Beef Wellington, golden bream fillet in pastry with Moscatel, 'Mirandes' fillet on the stone, fresh fish, Luau prawn & chicken curry etc. Truly spectacular. Family friendly. Reasonable prices. Open 4pm - midnight, closed Sun. Drinks from 4pm. Reservations: Vidau 289 515 143 or 962 401 536. Wheelchair access. Ideal for parties, groups. Private parking. AC. Head for Galé, over dolphin & boat roundabouts, 1st main road on right up hill. Look for red & blue flags. Look for large sign. Open Xmas & New Years Eve. Closed 12th Jan until Feb. 2010.

JAIPUR INDIAN RESTAURANT ⑧
Definitely Well worth the Taxi ride (approx. €3 from centre) to find this excellent local Indian restaurant. Delicious Specialities: Kashmir chicken, batis, Goan fish curry etc. Indian beer, plus all the favourites. Mary & Alex, orig. from 'Paradise on Earth Kerala', South India are kind hosts, nothing is too much trouble for them. Children's menu. Cheerful lime & yellow décor. Reasonable prices. Separate smoking area with outside sea view. Takeaway. Lunch & dinner: Tel. 289 585 707.

AUGUSTO'S SPORTS BAR & NET CAFÉ ⑨
All major sports shown on giant screen TV. Large terrace. Snacks. Open all day 9am - late. Internet, 4 computers, email. Tel. 289 515 758.

EXPLORE THE WESTERN ALGARVE BEACH BAR RESTAURANT, Burgau ⑩
Sometimes the best places are hard to find, on beach, hidden below Burgau's cliffs. Excellent food: fresh fish fillet, Prawns & smoked salmon, fillet steak kebab, superb steaks, salads & snacks etc. People who live here come HERE to get away from it all. One of the Algarve's most beautiful settings. Highly recommended. 10 min. west of Lagos, south into Burgau, directly down hill to water, take secure walk to Beach Bar. Beach bar open 9:30am till 6pm, closed Mon. Restaurant serves lunch from midday. Call to confirm opening times: 282 697 553. Closed all Dec. Open Jan. 15th until mid March serving wonderful full menu lunch only.

NORTADA RESTAURANTE - BEACH BAR ⑪
Totally wild & unspoilt, sugary white sand, as a beach should be! Delight in fresh oysters or shellfish, pasta & shrimp, fresh daily fish, chicken piri-piri, luscious salads, whole grain crust pizza (pizza to end of Sept.). V. good lesser known wines at affordable prices. Stunning view of this peaceful golden beach makes for a meal you'll remember 20yrs from now! Be enchanted by this spot now, before its peacefulness is gone forever. One of the most popular windsurfing beaches. Lifeguard during season. Give your regards to Luis the owner who is always there! N125 past Lagos, direction Vila da Bispo/Sagres. At Vila da Bispo road becomes N268. Just before Sagres turn left at sign for Martinhal. Follow road through estate of new villas, follow sign for Nortada. At beach, Nortada is on far right, side of parking. Always Open: Nov - June daytime only. Ample parking.

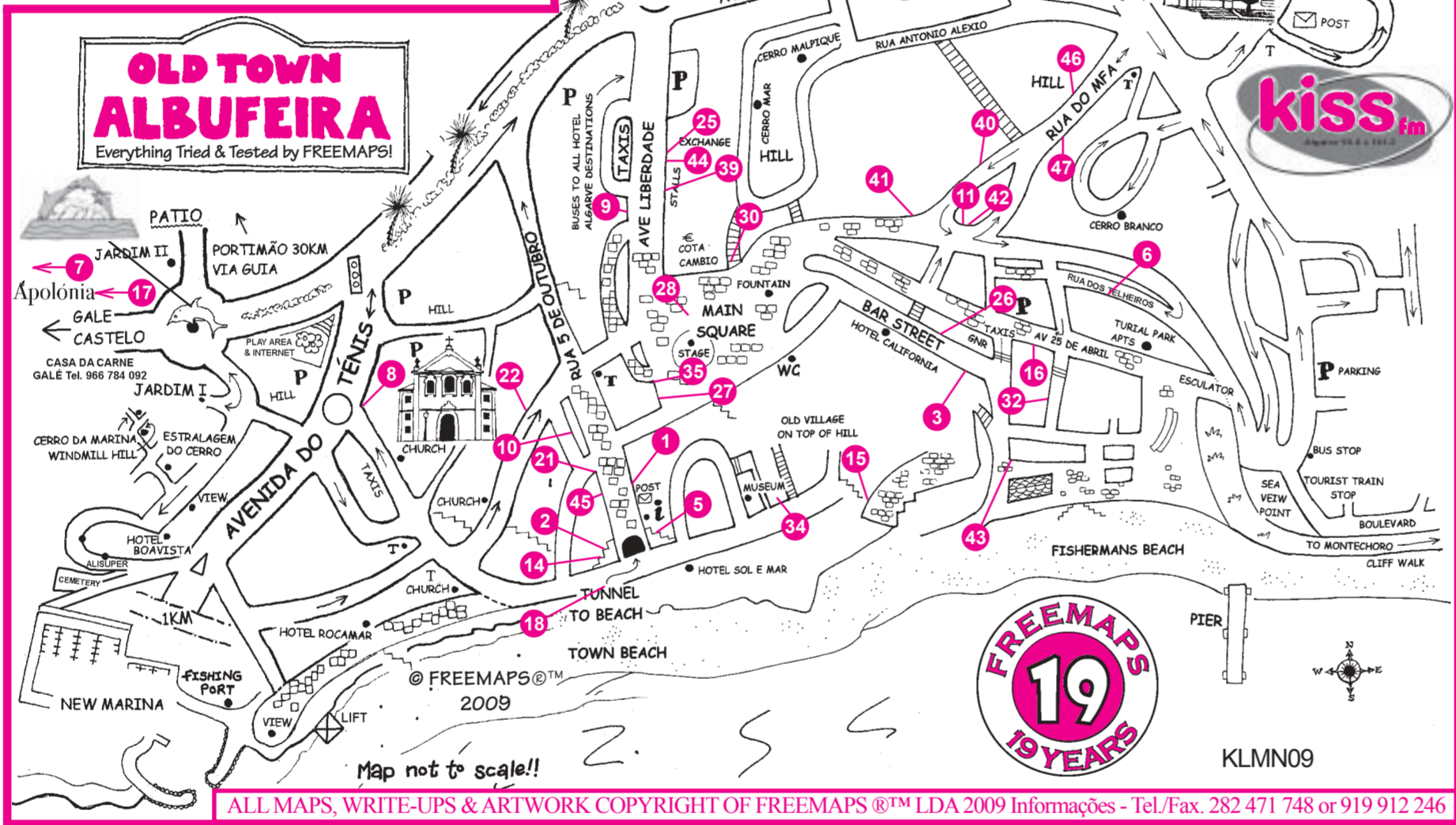
ADEGA DOM PIPAS / A TRAVESSA ⑫
2 Lovely restaurants away from the hussle bussle of the main square, typical Portuguese cuisine. GRILLS: Fillet steak. Home-made pizza & pasta dishes using the freshest ingredients mix & match the menu. Always busy which means they must be good! Open daily. Tel. 289 588 091. Closed, reopens spring 2010.

ALIBABA CHINESE RESTAURANT ⑬
Don't miss this super Chinese Restaurant. The chef (from Hong Kong, worked 10 yrs. in London), serves excellent food at very reasonable prices. Spacious restaurant on 2 floors. TAKEAWAY. 12-3, 6-late. Definitely worth a visit. Tel. 289 589 748.

SHOE WORLD MUNDO DO SAPATO ⑭
Lagoa, Lagos, Albufeira, Almancil & Portimão FACTORY OUTLETS UP TO 50% DISCOUNT

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.shoeworldshop.com 5 locations: Albufeira (nearest store): Retail Park Albufeira next to Algarve Shopping. New Portimão: on main road EN125, in Portimão Retail Park. Lagos: on main road EN125, 200m east of Lagos. Lagoa: on main road EN125, past Orlazeira (1k before Lagos). Almancil: on main Almancil high st. opp car wash.

SHOE OUTLET
NIKE FOOTJOY adidas Reebok



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APUMANKE ⑮
Fantastic dresses & kaftans, in natural fibres, many colours, to big sizes. Beautiful silver jewellery, natural stone: amber, opal, amethyst, citrine, zirconite, garnet & pearls. Very original! Also: sarongs & bags all in one shop! Don't miss this! Take stone stairs on right of tunnel directly across from the tourist office, Apumanke is 1/2 way up the steps, beside Casa da Forte rest/bar. Men have a drink while women shop! Tel. 289 512 420.

RICARDO'S PIZZARIA & RISTORANTE ITALIAN ⑯
Very special restaurant. Delicious home cooked Italian food, renovated 4 storey town villa. Go straight to top floor for table with fantastic sea view. Tel. 289 515 711. Ist wirklich ein Paradies für Feinschmecker. Italienisch Küche vom besten. Closed, reopens spring 2010.

A TABERNA DO PESCADOR RESTAURANT ⑰
Your meat, fresh fish etc, are grilled right in front of you on the large charcoal BBQ in Rogério & Elisa's inviting 'Fisherman's Tavern'. Or enjoy delicious live lobster & crabs from the aquarium, monkfish rice, Fisherman's tiger prawn plate, seafood Cataplana, vegetarian dishes etc. Finish with super white & black chocolate cake! Huge glass wall overlooks Albufeira's walking street, & outside terrace. 10:30 - 3pm 6pm-11pm Tel. 289 589 196. Closes Nov, reopens March 2010.

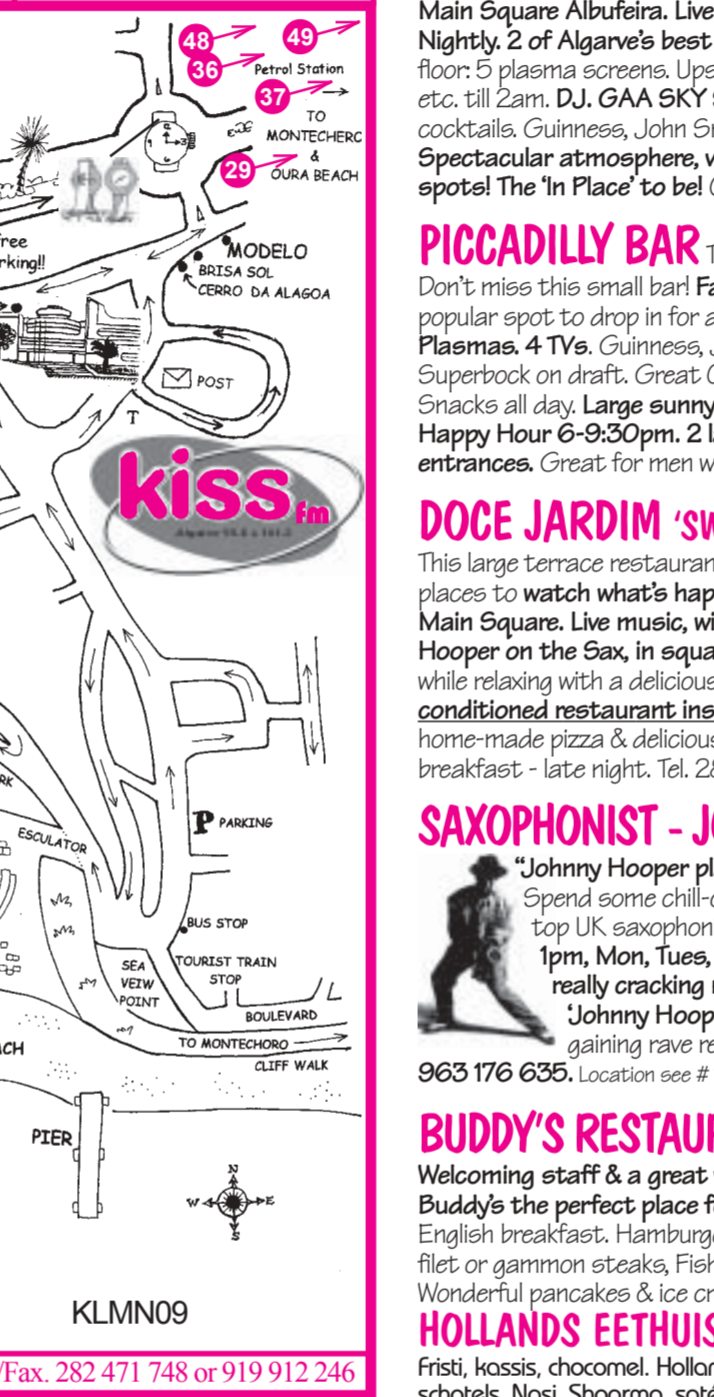
SUPERMARKET APOLÓNIA Apolónia ⑱
A different concept of 'the supermarket'. An extensive selection of groceries, gourmet & organic products. Superb fresh produce, exotic fruits. Excellent butcher with finest meats: roasts, BBQs, & pre-prepared meats. Superlative patisserie, fresh baked breads, & unique 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 & alcohol! All fairly priced. Apolónia is more than an outstanding supermarket it's a trip around the world! Everyday 8am-3pm in summer, 8pm in winter. Follow signs for Galé & the signs for Apolónia Supermarket.

O DIAS SEAFOOD RESTAURANT ⑲
In original fisherman's cottage. Reknown for 30yrs. among Portuguese! Traditional old style charcoal grill. Wonderful daily fresh fish, meat & fish kebabs, salmon, steaks, lamb chops, chicken piri piri, king prawns, lobster etc. Go directly to tables at back of restaurant to watch your fish or meat being grilled. Small balcony with really good view directly over town beach. Tel. 289 515 246. Closed November & December.

THE YARD SMOOTHIE BAR ⑳
Absolutely Fabulously Terrific! And good for you too! Mario who's worked on 7 Continents, helps you choose the best for you!
Maximise your energy, immune, vitality, lower cholesterol, anti-oxidant (+ info on calories, carbs & protein). All pure fresh fruit, tropical fruits, berries, ice cream & even Vegetables. A fantastic new way to keep fit, healthy & enjoy a refreshing taste. Try their popular Greek pita, or just a sandwich. Also special coffees & teas at this stylish bar. Eat in or takeaway. Great for the beach! Open daily.

- 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 & pay as any normal client would. 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 too, 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! Working hard for you for 19yrs!

www.freemaps.net



AVENIDA PRAIA HOTEL - Praia da Rocha ㉑
Wonderful Medium Size Hotel. UNBEATABLE WINTER RATES. Excellent location on promenade overlooking Algarve's longest Beach. Ocean view rooms & balcony. Near shops/restaurants/pubs. All rooms with Sat TV, mini bar, AC, triple glaze windows, radio, WiFi in lobby. Business centre. Many repeat bookings. From €20/night winter rate with continental breakfast included. Must mention Freemaps by phone or email. Tel./Fax. (+351) 282 417 742. www.hotelavpraia.com info@hotelavpraia.com

TÃ BOM - IT'S GOOD! RESTAURANT ㉒
A gem hidden on back street, 1 minute from centre. Chef Wouter (Dutch) & Kathleen (Philippines) mix talents to create edible masterpieces! Only the freshest organic ingredients. All home-made. Changing menu: marinated tomato salad with sesame crusted goat cheese, shrimp cocktail, mango & whisky sauce, curried chicken sandwich, veg. cataplana, Moroccan chicken with pumpkin couscous, spicy steak, pork & prawn skewers etc. Wonderful desserts. Children's menu. So good, you'll return every night! Lunch & dinner, closed Sunday. Tel. Wouter 926 736 571. Closes Nov, reopens March 2010.

ENTERTAINMENT AGENCY ㉓
Weddings, Parties & Venues. One of the largest selection of quality Live Music Acts, DJs, Dancers & Equipment Hire. Contact Tamsyn: (+351) 918 479 964. www.entertainment.solutionsalgarve.com

THREE CROWNS RESTAURANT ㉔
Set in the old castle walls this is a long time favourite, established 40 years. Really fresh fabulous food. Rustic dining rooms & terrace, set amid Fig & Olive trees overlooking the sea. Tender fillet steaks & pepper sauce, veal escalopes with port wine, prawn kebabs, honey roast chicken piri piri, sole meunier with seafood, fresh garden vegetables. Everyone loves it! Very reasonable prices. A genuine welcome from Victor & José. Booking advisable. Lunch & Dinner: Tel. 289 512 640. Re-opened & re-furnished!

ROCK CAFÉ BAR ㉕
Incredible Rock Bar! New Cool Decor! In Main Square Albufeira. Live Music! Nightly. 2 of Algarve's best rock bands! 2 excellent DJs. Main floor: 5 plasma screens. Upstairs: open kitchen pasta, steaks, etc. till 2am. DJ. GAA SKY SPORTS. Snacks all night! Fabulous cocktails. Guinness, John Smith, Strongbow & Boddingtons. Spectacular atmosphere, very comfortable. One of Albufeira's liveliest night spots! The 'In Place' to be! Open 6-3am.

PICCADILLY BAR ㉖
Don't miss this small bar! Fabulous atmosphere. Long time popular spot to drop in for a pint. Fantastic at night! 6 Large Plasmas. 4 TVs. Guinness, John Smith, Boddingtons, Strongbow, Superbock on draft. Great Cocktail! Just try the SEX BOMB! Snacks all day. Large sunny terrace. Good prices. Happy Hour 6-9:30pm. 2 large terraces on each side of the entrances. Great for men while the women shop!

DOCE JARDIM 'SWEET GARDEN' RESTAURANTE CAFÉ ㉗
This large terrace restaurant is one of the best places to watch what's happening in the Main Square. Live music, with Johnny Hooper on the Sax, in square 11am-2pm, while relaxing with a delicious meal, snack & drinks. Lovely comfortable air-conditioned restaurant inside. Snack menu & Full menu from steaks to seafood, home-made pizza & delicious ice creams at reasonable prices. Open 7 days, breakfast - late night. Tel. 289 513 832. Closes 1st Dec, reopens 1st Feb. 2010.

SAXOPHONIST - JOHNNY HOOPER ㉘
"Johnny Hooper plays with a lot of soul & a great tone" HERB ALPERT Spend some chill-out time listening to wonderful music from this superb top UK saxophonist & entertainer, performing live in 'The Square' 11am-1pm, Mon, Tues, Fri. You can buy his excellent CDs to take home! For a really cracking night out, see his brilliant & unique 'show nights' at 'Johnny Hooper's Saxophone Bistro', in the New Town. Rapidly gaining rave reviews from TripAdvisor.com! Bistro reservations: 963 176 635. Location see # 12 on Freemaps 'Albufeira The Strip'. Closed Dec, Jan, & Feb.

BUDDY'S RESTAURANT / SNACK BAR ㉙
Welcoming staff & a great view of the main square make Buddy's the perfect place for a break! Huge varied menu! Full English breakfast. Hamburgers, hot dogs, Indonesian saté, fillet or gammon steaks, Fish & chips, chicken piri-piri. Wonderful pancakes & ice cream. Kids' menu. Large terrace. Open 9am - midnight
HOLLANDS EETHUIS ㉚
Fristi, kassiss, choccomel. Hollandse snacks Frikandel special, Broodje Kroket. Divers schotels, Nasi, Shoarma, saté schotel, Pannenkoek, net stroop vanglisse

DESTINATION FOOTBALL SPORTS STORE ㉛
No 1 in The Algarve for Football & Sportswear
Visit them for all your Official & Authentic Licenced Football Kits. Plus all the latest styles & colours in Pro Football Boots. Large selection of sports & casual trainers for all the family.

Be Your 'Hero' with their: FOOTBALL SHIRTS NUMBERING SERVICE
PRINTING & EMBROIDERY SERVICE
Customise Your Workforce
or Personalise Something For a Gift
No Job too Small, No Minimum Quantity
Open Mon. - Sat. 10:30am 'till late
CLOSED ON SUNDAYS
mail order service
www.destinationfootballonline.com
Tel. 289 542 078 or 289 542 593 info@destinationfootballonline.com

THE BREFFNI IRISH BAR ㉜
Paul & Karen (Limerick & Cavan), offer a large selection of beers, wines & spirits. Draught Guinness, Magners & Caffreys. A selection of Irish food. Speciality Irish breakfast (Imported products). Bar snacks, toasties, ploughmans lunch etc. served daily. Sunday Roast. Large wide screen with all sports coverage including GAA, Setanta Sports & Scottish Matches. Live music. Pool table & dart board. Sunny terrace. Open daily all year round. All welcome! Tel. 289 582 121.

Freemaps Google Maps See: www.freemaps.net

SUPERMARKET / TOBACCO, NEWSPAPER & SPIRITS SHOP ㉝
At last its here! One stop 'find everything franchising' in Albufeira is now open. The only supermarket on the street, don't carry heavy bags home spend €50 & Jimmy will deliver for you! Very reasonable prices, fresh foods, speaks English very friendly. Foreign goods sold, you need it he has it, milk beyond everything, they accept sterling too! Open everyday. Call Jimmy 917 871 133.

BISTRO BISTRO TEQUILA ㉞
A unique oasis 50m from the square. This busy, cosy, cafe offers tastes from around the world: Thai curry, pasta, fillet steak, King prawns + vegi dishes. Home-made desserts include Tiramisu & apple crumble. All food is freshly prepared using the best local produce. Even the chips are REAL. Warm ambience with sunny music, games, colouring & mags. Bookings: 967 046 332. Closes Nov, reopens April 2010.

BEAUTY LOVERS - Hairdresser & Beauty Salon ㉟
A new chic salon. Be the most beautiful you, from head to toe! Manicure & pedicure €24. Ladies cut from €10 & Men's €8. Have a ladies cut, wash & dry & they give you a wonderful free head massage! Waxing, lasering, acrylic or gel nails. Plus beautiful delicate nail art. Excellent massages by appointment from €40 for 1 hour. Let Beauty Lovers make you unique & beautiful! Tel. Carmen 289 582 644 or 964 501 108. Open 10am-7pm, closed Sun.

CAIS VELHO RESTAURANTE ㊱
João & Madalena have now restored their family fish market into a chic restaurant. Set on fisherman's beach with fabulous view, huge sunny terrace & delicious food. This is an unbeatable venue for lunch or dinner. A vast selection of fish, clams in garlic & wine, prawns, delicious cataplanas & real Spanish paella. Also meat specialties including rack of lamb, fillet steaks, chicken piri-piri etc. Snacks (+ pizzas) till 6pm. Full menu all day. Family friendly. 10am - midnight. Tel. 289 512 221. www.caisvelho.com

VISUALOPTICA Eyecare ㊲
FREEMAP Offer: 15% off all purchases show FREEMAP! Huge selections of name brand sunglasses & eye glasses. Look fab in Ray Ban, Gucci, D & G, Roberto Cavalli, DKNY, Visual Optica, Oakley, Prada etc. Glasses made in one hour. Complete free eye tests. Adjust & clean glasses free. Extreme cool: Change your eye colour with fashion contacts only €20! (no 15% discount). Fashion eyeglass straps Owners Teresa, optician & João give superb service in English. Great prices! Number one stop for eye care! On main bus station road. Ave Liberdade 128. 10am-6pm, closed Sun. Tel. 289 582 047.

Ray-Ban GUCCI DKNY D&G POLICE

PAMPERING & WELLBEING PHARMACON ㊳
FEEL WELL! Natural medicines, vitamins, many Homeopathic remedies. Advice given on use of products. Plus full range of cosmetics, sun screen products etc. Consultations Dr. Alain Jumel, Tues, Wed & Thurs. by appointment only: Osteopathy, Acupuncture, Homeopathy, Herbs, Nutrition & Chinese Massage. Tel. 289 586 665. Hours 9am - 8pm.

TASCA D'ALKHAZ RESTAURANT/BAR ㊴
Good food, very reasonable prices, perfect for families. Pizza, pasta, kebabs, stone steak & Portuguese dishes. Lunch specials from €5. Kids' happy meal. English breakfast. Snack menu from €1.50. Delicious ice-creams & cakes. All Sky sports. Internet next door. Before tourist office on rt.

A CASA DA AVÓ - GRANDMOTHERS'S HOUSE ㊵
Mediterranean Kitchen. Est 1981. Winner of trophies at the Gastronomy Festival. Zé Julio & wife Rosa have delighted diners for 28yrs. Tempting imaginative menu & traditional dishes: mushrooms sautéed in olive oil, garlic & chorizo, cod baked with cream, roast duck & orange sauce, traditional lamb stew, surf & turf (fillet). Fresh fish. Daily special board. Kids' menu. Incredible desserts. Reservations: 963 573 968 or (open hours) 289 587 886. Open noon-3pm & 6-11pm, closed Mon. Leave car in parking at the top of road, one min. down to restaurant, on right.

JAPANESE RESTAURANT FUJI Since 2002 ㊶
"Try something different". "Lovely Japanese restaurant". Excellent chef, visited by residents over & over again. Best place for sushi lovers. Spotlessly clean & comfortable. Finest quality fish & meats. House specialties: Teppan Yaki cooked at your table, delicious tempura, sushi, sashimi, sukiyaki. Tourist Teppan Yaki & Sushi menu for just €12.50! It's not just sushi, many other 'cooked' dishes at reasonable prices". Japanese food is delicious & extremely healthy! Takeaway service. Tel. 289 587 483 or 914 796 648. Open 12-3 & 6-11.30. On the 5ta. Eulalia road at the bottom of the road before the roundabout situated near Oura Praia Hotel, beside Intermarché. Diagonally opposite Martiniquea. Easy by Taxi.

COCONUTS #2 - Montechoro Strip ㊷
John & Alice welcome you. The best of British & Portuguese food all day. Specials, breakfast, home-made pizzas & kids' menu. Good bar prices. Sports on 20 TVs & 4 giant screens. 9.30am-2am. See The Strip map for location.