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Wake your senses. Professional hands, taking care of every detail, to offer you maximum comfort. Experienced therapists specialising in many different kinds of massage. Jacuzzi, sauna, couple massage, tantric massage, Shiatsu. Relax & enjoy time for yourself or loved one.
 A real luxury for the body & mind. Tel. (+351) 282 107 092 or 961 659 890. 1st Floor, #25 Business Park Algarve (Opp Fátacil). Email: geral@spamaessalgave.pt Web: spamaessalgave.pt
 GPS: 37.130414477675465 -8.446611576843223

ESCONDIDINHO - The Hideaway

BEACH BAR RESTAURANT - Ferragudo
 O perfeito esconderijo no praia! Música ao vivo 3as noites. This secluded beach bar is a favourite haunt for those who live here. For 25yrs, Diane, Rui & now son Mario, keep everyone happy with their delicious favourite spicy prawns, chicken with honey & mustard, avocado salad & wonderful blue cheese dip to accompany the potato wedges, ploughmans with cheese or beef, home-made steak & kidney pie plus lobster or crab (24hr notice). Enjoy live music every Tues, Fri. & Sun. nights. Open daily. Special evening menu changing every 2 days. It's almost impossible to leave. Don't forget your camera, great shots. Safe & perfect for families who love the beach! Diane: 282 461 037 or 968 314 499. Down steps to Praia Grande beach, right on boardwalk, past playground about 50m.

NEWS AGENT Papelaria Reis - Ferragudo

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

CHILL INSIDE RESTAURANT/CAFÉ

Worth the trip to this cool welcoming Café/Restaurant. From 6:30pm a full à la carte evening menu, specials include fried prawns with ginger & fresh chilli, goats cheese in filo pastry with honey & nuts, fillet steak café Paris & their famous prawn stew. During the day enjoy the sunny terrace with a decadent brownie & ice cream, lemon tart etc. Sun. Lunch special Roast Lamb. Changing daily dish. Extremely reasonable prices. Open 8am-midnight. Plenty of parking. Tel. 282 352 563. From Carvoeiro take N125 direction Portimão, at 2nd (Lagoa) roundabout take 2nd exit. Chill Inside is on left, opposite the Auditorium.

FERRAGUDO

Everything Tried & Tested by FREEMAPS!

NOT TO SCALE ← CARVOEIRO → PORTIMÃO ALVOR LAGOAS

GNR - Police: 282 356 460 Emergency Number: 112

CHICKEN & FRIENDS RESTAURANT

Para os amantes de frango, uma deliciosa variedade de pratos! For all chicken lovers, a delicious variety of dishes. "The best chicken piri-piri in town", curry, kebabs, American style wings etc. All served with rice, home-made chips or sweet potatoes. Also sea food rice, cataplana, fried squid & more regional dishes. Children's menu. Great value lunch buffet €6.95. Daily 12-2:30pm, 6:30-10pm. Tel. 282 030 159 or 914 570 363.

ZONA J SNACK BAR

Um verdadeiro café Português, onde todos são bem-vindos! A real Portuguese cafe, everyone is welcome to join them for: toasties, salads, omelettes, soups. Even English breakfast! Fantastic cocktails, gin & tonics, mojitos etc. Great terrace overlooking Ferragudo main square. Live music July & Aug, 10pm-12:30am. Open daily 8am-1am.

SEN TONKIN Vietnamese Restaurant

NOW OPEN! Vietnamese food cooked by real Vietnamese! Charming hosts Trang (Tracy) & Hiê's dream was to open a restaurant that offered the cuisine of their homeland. An extensive menu of home style dishes & many appetizers: fresh crispy rolls, 'pho' soup, rice noodles with grilled marinated beef/pork/chicken or seafood, are all inviting & delicious. A beautiful restaurant with fresh green elements & decor. Recommended. Open dinner. Tel. 282 077 262 or 914 482 844.

FLOR DO ARADE Flower Shop - Ferragudo

firjanos florais para todas as ocasiões. Plantas de interior e exterior. Say it better with flowers! Margarida & Telma offer amazing flower arrangements for all occasions. Watch their creative hands fashion a gorgeous bouquet. In & outdoor plants: natural & artificial flowers. Small gifts & cards. Tel. 962 936 165 or 962 341 507.

IMPORTANT OPENING TIMES

In the off season many restaurants close for a well earned rest. Best call ahead to check opening times.
www.freemapsalgarve.com
 Freemaps Algarve
 Get all 8 Freemaps from Easy Go #20a see them on the other side.

THE VILLAGE INN

Edifício de estilo campestre. Cozinha edecada.
 Mexilhoeria da Carregação. Kathleen's Village Inn is a must. People say "Wish we found this restaurant at the beginning of our holiday". A little gem. A bit out of your way but well worth it, for the lovely ambience, (each table decorated differently) & delicious food. One in the charming courtyard or on cooler nights around the cosy log fire. Try baked Gamberbert, stuffed mushrooms, ginger lime prawns, Persian spiced lamb, home-made steak & kidney pie, people go just for the lamb chospi! Vegetarian dishes. Brandy snap baskets. Delicious 3 course menu only €20! Reasonable prices. Booking advised! Open 6:30pm. Closed Sun. & Mon. From Lagoa EN125 direction Portimão after 4km, right at Farchal / Estombar turn, then right at roundabout, 34km through village, follow road round to left, yellow building on right. GPS: 37° 8' 47.26" -8° 30' 27.82" kathie.lancaster@gmail.com Closed Nov & Dec. 2017 & Jan. 2018.

FREEMAPS SPECIAL GOLF OFFERS

VALE DE MILHO GOLF - Carvoeiro

Beginners & families are welcome. Try the new indoor children's play area. Morning Promotion Oct. - April until 2pm, May - Sept. until 3:30pm 9 holes €19 - 18 holes €30
 Tues. & Fri. afternoons & Sun. all day: 40% Discount 9 holes €14.40 - 18 holes €22.20
 Twilight Promotion - Unlimited Golf €26 Oct. - April after 2pm, May - Sept. after 3:30pm
 Green Fees (Rack Rate): 9 holes €24 - 18 holes €37 Club hire 9 holes €9.50 - 18 holes €15
www.valedemilhogolf.com
 reservas@valdemilhogolf.com
 Tel. 282 358 502 or 919 816 560
 GPS: N37° W8.44837°
 15% Rack Rate Discount on Green Fees only. Bring This Freemaps. 9 holes / 18 tees - Par 3

SALGADOS GOLF

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 LINKS 18 HOLES PAR 72
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 Tel. 289 583 030 or 911 032 723
 or 925 268 859
 Email: info@salgadosgolf.com
 Special packages & twilight.
 Must mention FREEMAPS
 GPS: N37.0947 / W8.3276

PRO - PUTTING GARDEN - Lagos

2 putting gardens 18 holes & 9 holes for the younger ones. Lots of fun for the whole family. Open daily from 10am. Easy parking. Tel. 282 789 342. www.puttinggarden.com On outskirts of castle walls. GPS: 37.097240, -8.675323.

EVERYONE WANTS A MAP!

Maps of many Algarve towns & genuine recommendations of great places to see & things to do. FREEMAPS! Stories on the best outdoor experiences, where to shop, local markets. Everything you need to know! Check: freemapsalgarve.com or Freemaps Algarve

ACTION & ADVENTURE

QUINTA DA SAUDADE - Riding Centre

Centro Hípico Quinta da Saudade. Soak up the scenery from horseback in the picturesque Salgados countryside. Everything for beginners to experienced riders. Coach rides, pony rides & riding lessons. All enjoyable & great fun. Also for weddings & parties. Bookings (24hrs notice advised): José 968 054 013 or Elsa 964 942 929. joncarro@saopart.gps; 37.1067924N 8.3234829W License # 217/2012 Centro Hípico Quinta da Saudade cavalosquintadasaudade.com

PIRATE SHIP "SANTA BERNARDA"

Cruise on this traditional sailing vessel. Cave expedition, coast trip & beach BBQ. 100% pure relaxation, don't miss it! Tickets online, Hotel, harbour or office. Unvergessliche Bootsausflüge auf Segel Caravelle. Grottenexpedition, Küstenfahrten und Strand BBQ. Tickets online, im Hotel, am Hafen und Büro. Office Rua Justice Fialho #6, 8500-702 Portimão. RNAAT165/2010 www.santa-bernarda.com Tel. (+351) 967 023 840. Boarding: Rua Gonçalves Nascimento #6, GMS: N 37°7'56" W8°32'4" GPS: N37°7.934 W8°32.073

ALVOR FISHING Aboard 'DONZELA' - Alvor

Bottom, Big Game, Jigging or shark fishing. Charters. Tel. 962 397 583 or 968 183 800 www.alvor-fishing-donzela.com Alvorfishingdonzela donzela.pesca.alvor@gmail.com

WILDWATCH ALGARVE

One of the best all time dolphin watching experiences on the Algarve, led by marine biologists. The experience starts & ends at the Dolphin Watching Centre in Ferragudo, where you enjoy a small briefing before & afterwards see & keep a video of the trip with underwater footage, & be treated to traditional pastries & beverage. You will have an unforgettable memory of wild dolphin interaction & learn some of the natural & cultural heritage of the Algarve! A trip of a lifetime!
 Bookings: (+351) 282 422 373 or 914 256 887. www.wildwatch.pt

KAYAK TOURS

With blue skies above discover beautiful coastlines on your fully equipped Kayak. A 3hr trip to caves with marine biologist, snorkel & chill out on a secluded beach & soak in the scenery or learn the art of local fishing. Discover nature at its best. Call: 912 902 646 www.facebook.com/algarvefreedomkayaks

INTERNATIONAL SAND SCULPTURE FESTIVAL

World's largest sand sculpture festival. 40,000 tons carved according to a theme by a world wide group of artists. Amazing day & night! Open: 10am-7pm to 1/6, 10am-10pm: 2/6-14/7, 10am-midnight: 15/6-15/9, 10am-8pm: 16/9-25/10. www.FIESA.org Tel. (+351) 969 459 259. A22 Alagoz/Fára exit 8. GPS: 37°07'42.2"N 8°19'55.5"W

INTERNATIONAL SAND SCULPTURE FESTIVAL

SPECIAL DISCOUNT COUPON 10% OFF ENTRY!
 Must SHOW COUPON for up to 6 PEOPLE
 Children 5 & under free!

ADVENTURE GOLF ALVOR

18 holes of fun, 'Dinosaur Themed', Adventure Golf! Great for all ages & more challenging than you expect! Caters for groups & parties. Perfect for friendly competition & family fun. Adults: €10, children under 12: €6, seniors & students: €8, family pack 2+2: €28. 10% off with Freemaps! Sit inside or out to enjoy a snack & drink. Open everyday. Tel. (+351) 282 096 092. AdventureGolfAlvor GPS: 37.128237 -8.57965. Just outside Alvor, behind the Repsol petrol station.

LAGOA

Everything Tried & Tested by FREEMAPS!

FREEMAPS COLOUR KEY

Restaurants: 1 Beauty & Health: 1 Golf: 1
 Bars*: 1 Shops: 1 Services: 1 Activities: 1
 *Many of our featured Bars also serve excellent food.

cultugarve.com

Sua agenda cultural do Algarve
 Your cultural agenda of the Algarve
 f > 100,000 likes / followers
 Agenda Cultural * Eventos * Projetos Culturais

WELL WORTH A VISIT TO ALVOR:

QUALITY LEATHER GOODS - Alvor

Grande variedade de artigos em pele. Delta Pê Leather Goods Shop. A wonderful large selection of high quality Portuguese leather products. Exquisite handmade purses, bag travel bags, wallets, belts, briefcases, suitcases etc. Something to last a lifetime. Tel. 282 457 175 or 938 252 484. Rua 25 Abril #11, on road to Big church. GPS: N37°07'46" W8°35'32"

TIALIN, ART da MODA, Art of Fashion - Alvor

Gorgeous bespoke garments from this unique boutique/design studio. You'll find a fabulous collection of one-off jackets & dresses in a spectacular range of colours. Lynn with an M.A. in design & a lifetime of experience, passionately creates every piece. Each is a work of art labelled "TIALIN original". See the wonderful textures & colours coming together as Lynn works on the designs in the shop. Tel. 926 682 836. Check website for latest collections: www.tialin.net f tialinartdamoda

ARTE NÁUTICA Restaurante/ Bar - Armação de Pêra

Aprecie um fabuloso pôr-do-sol numa praia fantástica. Enjoy a fabulous sunset overlooking a beautiful beach. Open lunch & dinner, offering a variety of freshly prepared meat & fish from the grill, as well as typical Portuguese seafood dishes, such as cataplana (fish stew in a special pan), monkfish or seafood rice, penne salad with tuna, vegetarian dishes, snacks, etc. Sinful dessert: whipped cream pie, mango mousse, etc. Wonderful wine selection. Tranquil & elegant atmosphere. 10am-10pm. Tel. 282 314 875. GPS: N37 06.023 W8 21.264

VILA VITA BIERGARTEN - PORCHES

Autêntico Jardim da cerveja, com comida genuíno da Baviera. Have a spectacular time at this Authentic Bavarian Beer Garden. Genuine food including delicious Bavarian breakfast on weekends, Obatzda, Flammkuchen cold meats & sausage boards, pork Wiener schnitzel etc. German Beer & Vila Vita's own house wine, home-made apple strudel & even the famous giant pretzels! Don't miss Oktoberfest 2018! Safe children's playground on site. Perfect for groups. Open Tues. - Fri 11-10pm, Sat. & Sun. 11:30am-10pm. All home-made sausages & meat by master butcher Thomas Weber, for sale at the in-house gourmet butcher's shop! Tues. 2-6pm, Wed. Thurs. & Fri. 10am-1pm & 2-6pm, Sat. 10am-1pm. Tel. 282 331 177. GPS: N37.12746° W8.40150°. EN125, by small roundabout, near Porches. Look for sign on roundabout, in front of pottery.

DON'T MISS: PRAIA DA LUZ

HARMONY EARTH HEALTH FOOD SHOP - Praia da Luz

An extraordinary shop. Organic, Fairtrade, Raw, Paleo & Vegan. Vast selection of vitamins, supplements & tinctures. Huge gluten free section. Heavenly natural bodycare & essential oils. Organic baby food & snacks. Natural suncreams & mozzly repellent Coconut everything! Oil, flour, milk, water & snacks. Natural pet food & treats. Biggest health food store in the Algarve! Mon.-Fri. 10am-6pm, not closed for lunch! Sat. 10am-1pm. Tel. 282 788 353. GPS 37°15' -8°43'51" f Harmony Earth

FREEMAPS

freemapsalgarve.com

BEST OF Shops, Restaurants, Bars, Golf & Activities in the Algarve

CARVOEIRO

FERRAGUDO & LAGOA

EASY GO HOLIDAYS

Airport transfers / tickets for Slide & Splash, Zoomarine etc. Tel. (+351) 282 089 375 or 282 081 465

VALE DE MILHO GOLF - CARVOEIRO

Tues. & Fri. Afternoons & Sun. all day. 40% DISCOUNT: 9 holes €14.40, 18 holes €22.20
 Website: valdemilhogolf.com Email: reservas@valdemilhogolf.com
 Tel. 282 358 502 or 919 816 560 GPS: N37.09663° W8.44837°
 See inside ad for more information.

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- GALÉ (Albufeira)
- LAGOA (Carvoeiro)

apolonia.com Galé and Lagoa stores only

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Tel. 191 912 246 or 912 231 463 info@freemaps.net

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 Freemaps Algarve

- MONTE CARVOEIRO -
Janta neste largo romântico, perto do centro da vila
Dine in the romantic family friendly square. A 5 min. walk, 2 min. drive from village. Lots of parking, easy by taxi. **By car follow Red Arrow!** →

Restaurante O SALMÃO - Monte Carvoeiro **1**
A NÃO PERDER! Peixe fresco, carnes variadas, sobremesas deliciosas. **NÃO TO BE MISSED!** Chef Ed & wife Cristina have served up wonderful, fresh, local produce for over 30yrs. in the Algarve. Combining the best of British & Portuguese cooking. From grilled sardines or prawns in brandy butter to filets of sea bass with shrimp sauce, chicken pir-piri or tender steaks with beanmase sauce, vegetarian dishes & wonderful daily specials. Always a pleasure to dine indoors or out on the garden terrace. Open from 6pm. Reservations: 282 357 031. **Plenty of free parking.**

Restaurante STONE STEAK - Monte Carvoeiro **2**
Os melhores bifes no pedra, peixe e camarão. Jantares. Excellent: Stone Fillet, Sirloin Steak, Fish & Prawns. Evenings. Childrens menu. **Look for the black & white tables & chairs. Next door to Elliott's Restaurant. Large terrace.** AC. Tel. 282 357 730. Ausgezeichnetes Filet & Sirloin Stone Steak, Fisch & Scampi Abends. GPS: 37.098103, -8.473737

ELLIOTT'S RESTAURANT - Monte Carvoeiro **3**
Uma mistura de sabores para o servir. Corky (cooking professionally for 30yrs, originally from Guamsey) lives to make the family business a favourite in Monte Carvoeiro. Customers often say "wish we'd found you sooner". Enjoy: **crispy fish 'n' chips**, fish, seafood, steaks, pork, chicken, vegetarian dishes, international cuisine, traditional Portuguese dishes, daily specials & more! Home-made desserts. Dine inside on beautifully tiled tables or on the terrace over looking fountain & palms. Safe outdoor environment for children. Call to avoid disappointment. Tel. 967 927 494. 6pm-late. **Plenty of free parking!** GPS: 37.098203 -8.473645 *Check the reviews on Trip Advisor!*

KIOSK AZUL Blue Kiosk **4**
Desde jantares, capuccino, até bebidas frescas, este quiosque tem de tudo! For your morning fix of the 'papers', to steamy cappuccino or cool drinks, Kiosk Azul has it all. Fresh bread & muffins, magazines, newspapers, souvenirs, real hand made sheep skin slippers up to size 45. Algarvian & regional tasting products i.e. sardines, honey etc. **Free WIFI for customers. Open air terrace.** If Kiosk Azul don't have it, you don't need it this morning! Open from 9:30am

IMPORTANT OPENING TIMES
In the off season many restaurants close for a well earned rest. Best call ahead to check opening times.

6 GIN PALACE & MEZZE LOUNGE **6**
Chilled out bar/restaurant. Over 150 different gins served, rum cocktails, custom built cocktails or traditional cocktails made by their Top Mixologists. Compliment the drinks with their Delicious Mezze Menu. **Traditional Sunday Roast & Fish 'n' Chips.** Tel. 282 354 190. For winter opening schedule & Christmas events see: f carvoeiro6x

HAWELI INDIAN RESTAURANT TANDOORI **7**
A lovely Indian restaurant in Carvoeiro. This is where the locals go for their curry fix! Real Indian chefs with over 25yrs experience create: tandoori specialities, tikka masala plus all your favourites, or name it & they will make it for you! Dine inside the charming restaurant or outside on the terrace. Open lunch & dinner. Takeaway. Tel. 282 358 665 or 920 042 607. f Haweli Indian Restaurant Tandoori

LIGHTHOUSE GRILL & BAR **8**
Fabulous Mediterranean style Restaurant, Lounge Bar & Terrace. Portuguese & International menu cataplana, fresh grilled fish, rack of lamb & succulent fillet steaks etc. Panoramic sea views with perfect seating. Ideal for a wonderful dinner or cocktails at sundown. Plasma screens showing sporting events + free WiFi for customers. Live music nights. Call for Information: 282 354 469. Open all day from 10am for breakfast, lunch & evening meals. Located at Clube Golfemar - Alfarzina. Ample parking. GPS: 37°05'37.67"N 8°26'38.02"W **Closed, reopens Easter 2018.**

RESTAURANTE VILA NOVA **9**
Aberto todo o dia. 20 anos a servir comida tradicional Portuguesa e Internacional. Excelente vinhos. Open all day, 20yrs serving great typical traditional & International food. Exotic dishes: salmon with honey, spare ribs, duck breast with forest fruit sauce, grilled fresh fish, giant tiger prawns in African sauce. **Excellent wine selection. Lovely large terrace.** Open 11am-midnight, closed Sun. Bookings 282 356 011. Gute traditionelle, portugiesische Gerichte zu günstigen Preisen.

VIMAR RESTAURANT & BAR **10**
Restaurante tradicional português. Esplanada. João's is very popular for his wonderful lunch specials: choice 10+ dishes 3 courses €9, also omelettes, sandwiches & salads. Evening menu €14.50pp. Portuguese & International food. Dinner specialities: cataplana, chicken breast w/mango, monkfish rice w/ prawns & suckling pig etc. Specials bacalhau a Portuguesa, monkfish kebab, chicken pir-piri & pork fillet with figs. Regional dishes by reservation. Enclosed childrens play area at back. Open 12pm. Bar open all day. **Free Wifi for clients. Live music Sun.** Tel. John 282 358 322 or 926 555 527. Opposite Algar Seco turning. GPS: 37.095421, -8.463894

BAR IMPREVISTO **11**
Aberto todo o dia com uma ampla e agradável esplanada One of the BEST cafe/bars to watch ALL SPORTS: BT Sports, SKY Sports, Sport TV & Eurosport, Football, Cricket, golf etc. On the huge terrace, perfect for people watching! **Open ALL DAY.** Snacks, cocktails, milkshakes & selection of beers, incl. draught Guinness! Great music selection & friendly staff! **FREE WIFI for clients.**

Algarve Book Cellar Book Exchange **12**
Livros ingleses em Segunda mão. Huge selection: English, German & Dutch, inc. some children's titles to suit most tastes. Refunds on return. Tue-Fri: 9:30am-5pm, Sat. 9:30am-2pm. DVDs, CDs, Audio Books & Cards. Get all 8 Freemaps here! Tel. 282 354 310. Raymond.Compton@gmail.com

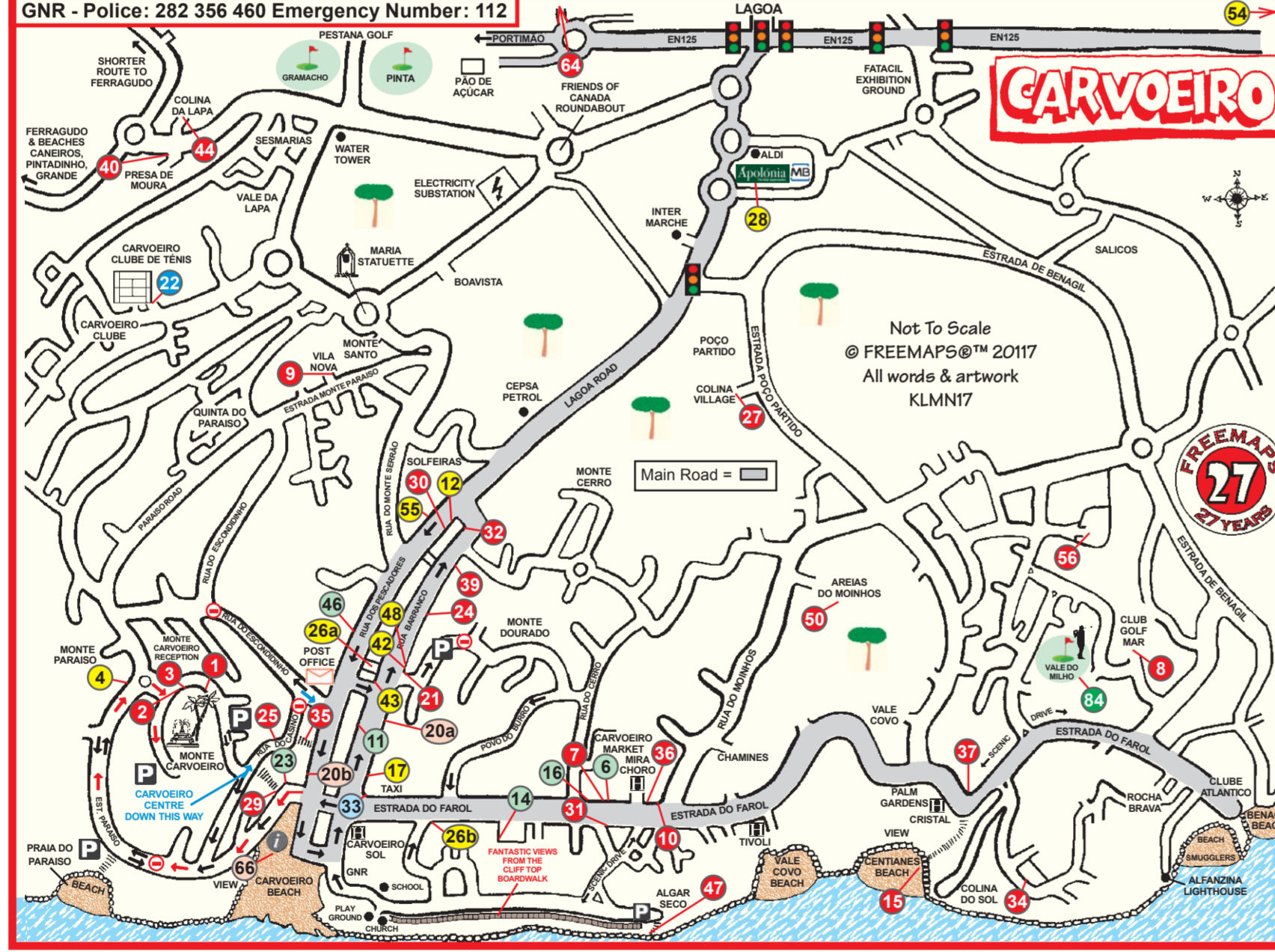
DOOR 19 **14**
Mungo's Exploração Bars Proudly Presents Door 19. Serving a large choice of meals & tapas throughout the day. All day English breakfast, dish of the day, toasties, snacks etc. Fantastic list of delicious tapas. Plus fabulous marinated olives & carrots, sweet potato fries or combos & hamburgers to devour while you watch sports on the huge 86" TV! Enjoy smoothies, milkshakes, popular cocktails & special coffees on the large terrace & comfortable inside. A cool place to be! Open all day 9am-late.

O STOP Restaurant / Beach Bar **15**
Um daqueles restaurantes que você vai querer voltar sempre! You absolutely must STOP here! One of those restaurants you will want to go back to! Hanging under the cliff with the waves & a spectacular beach below! For over 50yrs this all family run restaurant delights with BBQ of fresh fish, cataplana, kebabs, seafood rice. Snacks. Home-made desserts & ice cream. Try the Special Champagne Sangria! Reasonable prices. Meals All Day 9am-late. Fri. Summer Beach Parties. Fantastic Terrace hanging over beach. **New: Live music Sunday afternoon.** Tel. 282 357 512 or 965 098 770. GPS 37°52'8" 8°27'17"W. Take turning to Centianes Beach, between Cristal Hotel & Colina do Sol.

EASYGO HOLIDAYS - Travel Agency **20a** **20b** **20c**
Todas as informações para viajar! www.easygo-holidays.pt Tel. (+351) Carvoeiro 282 081 465, Lagoa **20c** 282 089 375 Cristina & Anabela: answer your holiday questions in English! AIRPORT TRANSFERS. Great rates: mini bus hire for golf or family tour! Car hire. All excursions! Slide & Splash, Zoomarine & all ticket entrance with DISCOUNTS. Accommodation: Hotels, apartments & villa bookings. Holiday packages. All other tourism services. **Friendly, honest reliable, personal service.** Carvoeiro GPS: 37°53'3" -8°28'13" mail@easygo-holidays.pt bookings@jstravel-algarve.com **Get all 8 Freemaps from Easy Go #20a.** Book your holiday with Easygo & get entered into a draw to win a holiday for 2!

A VELA RESTAURANT **21**
Located on a privileged corner with plenty of charm. The sea theme predominates both on the menu & in the decor. Famous cataplana & octopus do the honours, plus international cuisine such as filets of sole with shrimp & leek sauce. For meat lovers, taste the steak or mixed meat kebab on stone or indulge in the exotic flavours of the duck breast basted with mango sauce. Everything made with fresh, selected products. Personalized, friendly service by the charismatic Antonia. An irresistible array of desserts, orange tiramisú is definitely the happy ending of your meeting with the restaurant. **"Receiving you with open arms & making you feel good is what they do best!".** Piano nights. Tel. 282 084 177 or 969 607 116.

CARVOEIRO CLUBE DE TÊNIS - Tennis, Fitness & Leisure
Todos os desportos. Without a doubt one of the best sports club on The Algarve. It's Carvoeiro's sporting destination with 10 tennis courts, play & play or have an individual or group lesson, available for all ages & abilities. 5 mini courts for children to learn & hone their skills. A multi sports court for 5 a side, basketball, netball or volleyball (all equipment available for hire). Aerobics Studio; join one of the many classes from Yoga to Zumba & Pilates to Ballet, something for everyone. Brand new gym with professional trainer & steam rooms. For the family, delightful pool, trampolines, crazy golf, table tennis & play area. Also physiotherapist, hairdresser, beauty & nail studio. **Go & join them at 'O Encontro' bistro for breakfast, lunch or a spot of rehydration.** Great prices & friendly welcome. Tel. 282 358 236. tennis@carvoeiro.com Email: geral@tenniscarvoeiro.com



MA-JA'S RESTAURANT **25**
Comida caseira, absolutamente fantástica. The food is simply incredible! All home-made & freshly prepared. Enjoy the perfect Sunday Roast incl. a drink from €10! Sharing Platters, Tapas, Salads. **Country Pub Classics:** Deep fried Fish, Sausage/Mash, Steaks, Scampi/Fish & Chips + more. **Dishes from around the world:** Fajitas, Pastas, Nachos, Paella, Curry Noodles, Vegetarian + more. **Delicious Desserts.** Young adults welcome. **Well worth the short walk from the Post Office!** Open from 5pm Thurs - Sat, midday on Sun. Closed February/March for holidays. Bookings now being taken for Christmas: Tel. 912 684 052.

PRAÇA VELHA - Old Market **26a**
Fabulous 'Old Market' display in a rainbow of colours. Excellent buys, traditional hand painted Portuguese ceramics from all regions. Beautiful range of colours & designs. Huge selection of plates, mugs, vases, tiles, lanterns, number plates, cork items etc. **Great Souvenirs.** Both shops stock Algarve regional products: medronho, flor de sal, patés etc. **Don't miss their second shop: Praça Velha 2, even more ceramics.** Beach articles, wonderful crafted cork pieces, bags, hats, belts, purses. **Perfect: unique gifts.** Very reasonable prices. f apracaveiha

COLINA VILLAGE RESTAURANT 'by Summerparade' **27**
Sítio relaxante. Pequeno almoço, snacks, Jantar. Povo Partido - Resort Colina Village. Total relaxation close to Carvoeiro centre, with a lovely calm atmosphere. English breakfast 9:30-10:30am, snacks 10:30am-6pm, dinner from 6pm. International & traditional Portuguese specialities: cataplana, fresh fish, steaks etc. Live music nights Easy parking. Tel. 925 870 073.

Apolónia APOLÓNIA SUPERMARKET
For familiar, 'feel-good' brands, Apolónia is the place to shop! It's easy for you to recreate that 'home-from-home' feeling. Whether you've just landed or you live here, no need to miss your favourite home comfort! For home deliveries, please call: (+351) 707 201 261 For all your groceries you can rely on Apolónia.

TIA ILDA **29**
Excelentes variedades de comida Portuguesa e Internacional. Grelhados no carvão. Surpreenda-se! Stunning ocean view Absolutely unique in town! Completely rebuilt in a fabulous modern style. Fresh Portuguese & international food. Charcoal grill BBQ. 2 roof-top terraces. Families & groups welcome. **Open daily noon-late, serving food all day.** Das ist das super lokal im Herzen von Carvoeiro! Frisches essen aus der Portugiesischen - Internationalen Küche "BBQ Kohlen Grill"! 2 Terrassen mit blick aufs Meer und strand. Check Facebook.

GALO D' OURO TAKEAWAY **30**
Ricardo's famous chicken pir-piri (2 chicken & chips plus bottle of wine only €20). Spare ribs, daily dishes, fresh salads etc. Also Portuguese & African specialities. Black suckling pig on Sun. Lunch or dinner takeaway. Open winter Mon-Sat. 6-10pm, Sun. noon-2:30, 6-10pm. Caters for large groups. Tel. 282 357 398 or 962 946 281.

THE WOLF BAR & GRILL **31**
Whether you want Black Angus fillet, or mouth watering rack of lamb this is your place! Excellent steaks are their trademark, cooked on the famous grill - The Jospur. Offering daily fish, Sunday Brunch (until end of April) & a Special Lunch Menu for €15. A stylish dining area with a beautiful upstairs & outside terrace. Open lunch & dinner. Tel. 962 708 596.

FREEMAPS COLOUR KEY
Restaurant: 1 Beauty / Health: 1 Golf: 1
Bar*: 1 Shop: 1 Service: 1 Activity: 1
*Many featured Bars also serve excellent food.

TASTE RESTAURANTE - Enjoy it all!
New Location! New Location! **32**
Nicola, Ciprian & their team moved with their well known restaurant to the very end of Carvoeiro's out road (next to Motorent). The new premises has a spacious dining room with a warming fire place & separate bar area, to enjoy their delicious & innovative cocktails. The tasty menu includes a wide choice of tapas dishes like dates wrapped in bacon filled with goats cheese. Wonderful main courses include fresh fillet fish, excellent steak & vegetarian options. All complemented by a great Portuguese wine choice & home-made desserts. Open 6pm, closed Tues. **Thurs night Live Music. Sat. Steak Night, Argentinian Rib Eye €15.** Reservations Ciprian (+351) 969 577 644 or book online: tastecarvoeiro.com

MEDICAL CLINIC - Deutsche Arztpraxis
Consultório Médico. Family GP Dr. Hopt & Dr. Avila: 15yrs experience for all general medical services + referrals. **House Calls Plus physiotherapy / laboratory & minor surgeries.** English, Portuguese & German spoken. **Appointments call: (+351) 962 618 588. 24hr Emergency.**

HELDER'S Restaurant & Bar **34**
Dine at Helder's in his beautiful inside dining area. Delicious meals include chicken, grilled fresh fish, meats, kebabs, pasta dishes etc. Full English breakfast & snacks all day. Everyone loves relaxing on the large sunny terrace. Families welcome. **Free WiFi. Sky Sports live, 6 large screens.** Open daily 9:30am-midnight. Tel. 282 084 628. On back road between Rocha Brava & Centianes beach. f heldertropical **Closed from November 2017 to January 2018.**

A FONTE RESTAURANTE **35**
Restaurante familiar. Comida Típica Portuguesa. José & wife Olga serve family style: BBQ chicken, sardines & fresh grilled fish, lamb chops, cataplana for 2, monkfish rice for 2. Large Terrace & indoor restaurant. Very popular with Portuguese & local residents. Very reasonable prices. Book to ensure table. Open daily 12-2:30 & 6-10:30.

MARISQUEIRA **36**
Restaurante simpático com 34 anos de existência. Absolutely great, very real, friendly, local place! For over 34yrs, Victor, João & same staff serve very fresh fish, shellfish, lamb chops, chicken pir-piri etc. all charcoal BBQd outside. YUM! Locals love them. Eat inside or on terrace. Very reasonable prices. *Few left like this!* Open lunch & dinner, closed Sun.

LA MONA LISA ITALIAN RESTAURANT **37**
Nothing better than Italian food cooked by real Italians. All pizzas have the divine crispy crust, with your choice of toppings. Also a full menu including fresh weekly specials, using seasonal vegetables sourced from the local markets. 100% Purified water making for sumptuous cooking. Antoino is a world pizza champion, as all Italians, he loves his food & you will too! Open lunch & dinner, closed Sun. Tel. 282 358 724. Go up restaurant hill, continue past Hotel Tivoli, La Mona Lisa is on your left. **Closes end of November 2017, reopens February 2018.**

EVERYONE WANTS A FREEMAP!
FREEMAPS! Genuine recommendations of great places to see & things to do. The best outdoor experiences, where to shop, local markets. Everything you need to know! [Check: freemapsalgarve.com](http://freemapsalgarve.com) or f Freemaps Algarve

DÖNER KEBAB **39**
Specializing in kebab: in pita bread or on a plate, Turkish pizza, falafels, dönerim, grilled meat, lamb & salads. Terrace dining area. **Very reasonable prices. Feed the whole family for less.** Everything you want in a quick & satisfying meal. Save cooking & the washing up. Open 10am-midnight. Takeaway. Tel. 282 356 180 or 968 281 310. f donerkebabcarvoeiro

HEXAGONE RESTAURANT - Sesmarías **40**
Cozinha Mediterrânea com o toque criativo do Chef Gilberto Gato. Contemporary Mediterranean cuisine with a creative touch! Chef Gilberto believes "food should be simple, original & healthy". He loves developing new ideas. Using the freshest ingredients, creating dishes that are visually appealing & filled with flavour. His priority is to please his clients. Watch the chef in action in the open kitchen. Lunch options include a selection of fantastic salads & wonderful, unique tapas. Wine lovers will love the large wine cellar. **Elegant & spacious** with panoramic windows, cosy lounge bar. **Terrace perfect for dining on warm evenings.** Lunch & dinner: Bookings Tel. 282 342 485 or 917 889 344 www.restauranthexagone.com

PE ACCESSORY SHOP **42**
Say hello to the new season with great accessories at PE Accessory Shop. Wonderful, quality selection: hats, scarfs, belts & stunning jewellery all to complement your outfit! Also stylish & beautifully handcrafted leather goods, all at reasonable prices. Find your favourite home decor & seasonal gifts. **Don't miss this shop!** 10am-2pm, 3-7pm closed Sun.

DECADENT TASTING GIFT SHOP **43**
Degustação / Tasting: The traditional native flavours of wine, canned sardines, honey, sweets & delicious gourmet coffee. Perfect gifts to take home, a memory of your fantastic holiday. Take back the intense flavours of the Algarve with you! www.freemapsalgarve.com f Freemaps Algarve **Get all 8 Freemaps from Easy Go #20a**

A COLINA RESTAURANT 'by Summerparade' **44**
Goze o ambiente agradável e calmo do F. Colina. Enjoy the tranquil atmosphere of A Colina. Full English breakfast & snacks all day on the large terrace overlooking the pool. English breakfast: 8:30-10:30am, snacks 10:30am-6pm, dinner from 6pm. International & Portuguese cuisine: cataplana, daily fresh fish, succulent steaks etc. **Take time to watch the beautiful sunset here!** Something a little different this summer: Easy parking. Tel. 925 870 073.

CHEERS Wine & Cocktail Bar **CHEERS**
Authentic hand shaken cocktails. Wine tasting. Champagne by the glass, white and vintage ports, selected Portuguese quality tapas. **The bar to go to chat.** Klassische Cocktails, Weinprobe, französischer Champagner, weißer Port sowie 10 bis 30 jähriger Port, portugiesische Tapas. f cheerscarvoeiro Tel. 936 212 773.

BONECA BAR & RESTAURANT
Uma das mais espetaculares vistas do Algarve, cravado numa falésia sobre o oceano. One of the #1 beautiful, spectacular viewpoints in Algarve. You simply must have a drink or meal in this most photographed bar, perched on the cliff over the ocean. Take steps further down to right & get a photo of the spectacular blowhole! Then spoil yourself with lunch or dinner. Originally owned by Carla & Jorge's grandparents (1969). Specialities: supremely delicious fish soup, chicken pir-piri, absolutely fresh fish, salads, grilled prawns etc. Carla says "We serve here, as we eat at home", you're in for a real treat. **The ultimate de-stress, only the gentle sea breezes to listen to.** Tel. 282 358 391. Open 10am-midnight. Follow signs to Algar Seco, don't go into the development/reception. Parking at end of road. GPS: N37°05'34" W8°27'56"

OLYMPIA CLOTHING & ACCESSORIES **48**
Boutique para senhoras (até n.º 52), senhoras, adolescentes e crianças. **Your one stop shop for women (to size 52), men, teens & kids' clothing.** Everything very affordable & very fashionable. Hot new accessories! Boots, belts, bags, necklaces, scarves. Great discounts on sale items at back of store. Open 10am-2pm & 3-7pm, closed Sat. after 3pm & all Sun.

PONTO DE ENCONTRO RESTAURANT **50**
Restaurante agradável típico português. Paulo, previously 25yrs at Casa Algarvia, has moved to this lovely, typical, friendly Portuguese restaurant. Extremely popular: known as one of the 'Best Value For Money' restaurants in Carvoeiro. Great price 3 course lunch: bread/soup/fish or meat, home-made dessert & coffee from €10. Specialities include: delicious stroganoff or shrimp curry, stone steaks, various kebabs etc. Most served with fresh vegetables. Open 12-3pm, 6:30-10pm, closed Thurs. **Book for groups!** Tel. 282 359 237. Easy parking. Gute traditionelle portugiesische Gerichte, günstigen Preisen **Closes 20* Feb 2017, reopens 1* February 2018.**

ApoloSupport: **66** cultugarve.com
Sua agenda cultural do Algarve Your cultural agenda of the Algarve
Agenda Cultural * Eventos * Projetos Culturais

PORCHES POTTERY - Porches **54**
One of the best places for that small or large gift, well worth a visit! Established 1968, by renowned Irish artist Patrick Swift. Visit this famous pottery & watch the exclusive 'free flowing, Majolica' hand painting technique. These floral pattern ceramics are exported to collectors worldwide. Enjoy the wonderful ambience of the gardens & log burning fire with a drink or delicious light lunch in the adjoining Bar Bacchus Cafe. **Mon - Fri, 9-6, Sat. 10-2. Bar Bacchus open 10-5, closed Sun.** Tel. 282 352 858. www.porchespottery.com From Carvoeiro take 125 direction Albufeira (east) 3.2km from Lagoa. Past traffic lights at International school. Porches Pottery is the first pottery on your right. Look for large parking & eye palm tree & 1968 on wall. **Make sure you are in the original Porches Pottery!**

CARVOEIRO GOLF SHOP
Aluguer 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, repairs, reshfts etc. Full range of accessories. **Handy help from new owner Ciro. Rental clubs, trolleys & electric trolleys.** **Fantastic prices Ladies & Gentlemen's sports wear available:** Nike, Fuma, Adidas, Ashworth, Wilson, Footjoy, TaylorMade, Cobra, Srixon, Cleveland's x10. **Cheapest Green fees in the Algarve.** Tel. 282 354 061 or 916 513 275. carvoeiro-golf-shop.com littoral.golfshop@hotmail.com

VALE DE MILHO RESTAURANTE **56**
Casa do campo discreta, aterraços, belas paisagens e parque p/ crianças. Jardins. Excelente gastronomia. **Secluded country villa, with lovely views, beautiful terraces, very good food, kids' playground, gardens & parking. Makes a great evening out.** 5 mins from town. **Ideal place for parties, food cooked on the wood oven to order.** Open 11am-midnight. Live Music every Thursday. Tel. 282 358 137. Abgelegen Villa auf dem Land, herrlicher Ausblick, schöne Terrassen, ausgezeichnete Speisen, Kinderspielfeld. Gärten. **f valermilhorestaurante** Tuk Tuks in Restaurant Vale De Milho Tel. 969 623 816

WELL WORTH A VISIT TO LAGOS:
GAIVOTA BRANCA Beach Bar/Restaurant
Heaven on earth! Spectacular, on an 'untouched' part of Meia Praia beach. Don't miss Sr Martin's Mediterranean restaurant. Definitely One of the best! beach restaurants in the area. Top quality at reasonable prices. Excellent Portuguese steak, giant prawns, cataplana or just have a snack & coffee. GPS: 37°06'44.82"N 8°39'27.24"W (look for sign) or call for directions. **The whole restaurant opens up to the sun, sea & sand!** Tel. 282 761 466 or 914 588 074. **Fantastic Gaiivota Branca beach watersports activities available!** Also rental service for sunbeds & shades. **Open Christmas and New Year.**