

**FUZIO'S RESTAURANT - From Italy & Beyond**  
Dine in this beautiful restored farmhouse for a wonderful evening out! Selection includes: fantastic seared scallops or calamari, the favourite mushrooms in garlic butter, roast herb rack of lamb, grilled Angus rib-eye, thick Irish fillet, spicy prawns piri-piri, fresh grilled fish, pastas such as tortellini with ricotta & spinach etc. Great choices for vegetarians! For dessert: the delicious crepes with wild berries or homemade brownies with chocolate sauce, are divine! **Everything is home-made! Very attentive friendly service. Great restaurant for golfers, super deal: two course dinner with 300g Rib Eye only €25!** Warm welcoming winter fires. Open from 6pm, closed Wed. Situated south west of Almoncil 200m past Avia petrol on right just before the turning for Vale do Lobo. Tel. 289 399 019. fuzios@sapo.pt. GPS 37°05'04N 8°02'40W

**APOLÓNIA SUPERMARKET**  
The Algarve's best stocked supermarket, with everything from everyday essentials to gourmet delicacies, all at reasonable prices. An extensive selection of groceries. Superb fresh produce, exotic fruit & hard-to-find vegetables. Delicatessen with the finest products. Fresh Sushi. Excellent butcher with the finest meats: roasts, BBQs, & pre-prepared. Superlative patisserie, freshly baked breads, & unique desserts. The largest selection of imported products in the Algarve from UK, Germany, Holland & beyond! Lloyd Grossman soups, De Cecco pasta, Ceres juices, PG teas, Ambrosia desserts, HP sauces, Colmaris, Blue Dragon, Weight Watchers, German beers, Swiss/Belgian chocolates, imported cereals, health products etc. Uniquely selected wines & spirits. For the best shopping trip in the region. You'll think you're back home. Apolónia, by far the best choice for service & quality, no matter what you're shopping for! Deliveries. Open 8am-8pm, Sun. & holidays 9am-1pm.

**THE LEMON TREE 'O LIMOEIRO'**  
As recommended on BBC Radio Scotland. Robert & Anne offer meals of excellent quality and value, to attract local Portuguese, residents and visitors alike. **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. A.C. Closed Sun. Evening bookings advised: 289 395 399 or 366 439 564. Almoncil. Extensive parking at rear. Closes Thurs. December 15th, reopens 9th January 2012.

**DON TORO STEAK HOUSE**  
Highly recommended for the best quality argentinean steaks in the region. Cut & grilled to perfection at the moment of your order. Also excellent beef burgers, delicious spare ribs, fish & salad options. **Check out the FABULOUS priced steaks on monthly specials!** Open daily midday-3pm, 6-11pm. Tel. 289 355 005.

**GOURMET NATURAL**  
Almost impossible to get in without a booking! It has to be wonderful! Set in the gorgeous Ermitage grounds, whether your table's on the terrace, patio, or inside you are in for a fabulous romantic evening, in a lush setting. The very best steaks grilled on the huge 'parilla' grill. All steaks are free range, Uruguay beef, 100% grass fed, low fat! An unbelievable taste sensation. Fresh fish, seafood platter, grilled vegetables & many other accompaniments are excellent. Lively, vibrant & friendly staff led by José & chef Rodrigo is the norm here. Select local Portuguese wines at sensible prices! Three course set price menu or à la carte. Close to perfection. **A fabulous night at a remarkable restaurant, a very good idea to book!** Tel. 289 355 271. Very easy by taxi. www.gourmetnatural.restaurant.com Closed during winter, reopens spring 2012.

**FREEMAPS RECOMMENDED BY BBC 'WISH YOU WERE HERE!'**  
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 extravaganza 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! We've been hard at work for you 21yrs!

**PIZZA PASTA FANTASIA** In Their 23rd 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 midday till closed.** Local FREE Home Delivery. Tel. 289 394 080 or 912 512 561. **HIGHLY RECOMMENDED!** In Buganvilla Plaza - Quinta do Lago.

**MARISQUEIRA ALGARVIA Restaurante**  
A Delightful new restaurant, on the outskirts of Almoncil. Taste the sea here! You'll love Ricardo & Fabio's huge seafood platters, piled high with stuffed crab, lobster, clams, scallops, Thai prawns, oysters etc, at different prices depending on your budget. From 5-6pm a full tapas menu including seafood, fish & chips, cheese board etc. Also steaks, rack of lamb & mint, vegetarian dishes etc. Changing daily dishes of pork, ribs, chicken, squid etc. for €8.50 includes: main course, drink, dessert & coffee. **Indulge & enjoy yourself** in the refreshingly different atmosphere inside, or on the large gorgeous terrace. Perfect for families. Free Parking. **Open all day midday-2am, closed Tues.** Kitchen closes 10:30pm. **Takeaway.** Tel. 289 391 562 or 911 196 576. GPS N 37.0950 W 8.02380. Closed 24/25 Dec. Christmas menu for groups at special prices.

**FINS Restaurant & Beach Bar**  
What could be finer, than a lazy afternoon overlooking the Atlantic ocean? Feeling it's warm breeze with a glass of chilled Rosé wine. At Fins you can kickback & enjoy tapas with friends or savour a long lunch with fresh grilled fish, steaks or one of their famous signature burgers! Experience their beautiful open decks with fabulous views to Faro Island. **All sporting events shown on indoor & outdoor screens** you won't miss anything looking for that perfect pint of Guinness at the bar! **Bookings recommended for groups.** BBQ last Sat. of the month in season! Open 10am-10pm. Tel. 914 050 007. GPS 37°22'4" - 8°25'8"

**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](http://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: pinetreesriding@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 event! \* Live Music every weekend! \*

**QUARTEIRA** Everything Tried & Tested by FREEMAPS!

GNR - Police: 289 310 420 Emergency: 112

**ALMANCIL** Everything Tried & Tested by FREEMAPS!

GNR - Police: 289 351 530 Emergency Number: 112

FREEMAPS 21 YEARS

FREEMAPS 21 Para informações - For Information Tel./Fax. 282 471 748 or 919 912 246

**MELTING POT Classic Pub - Quinta Shopping**  
Definitely One of Algarve's longtime favourite meeting places". In the heart of Quinta do Lago, Quinta Shopping. All nationalities meet here to drink, chat & enjoy! Wonderful, large, sunny terrace. Super light meals & snacks served. Nachos, burgers, scampi, pizza, pastas etc. Great for breakfast or afternoon coffee/tea with chocolate profiterols, buns etc. Fantastic cocktail menu. The largest selection of Scottish & Irish whiskies, national & imported brands etc. Draught Guinness, Superbowl & many bottled beers. Caipirinha & Mojitos a speciality! **Live music Fri. & Sat. nights.** Plasma screens inside & out: general sports shown. Great Service! Great Staff! Great Atmosphere! The Crème de la Crème! Open 7 days. Tel. 289 392 424. [www.meltingpotpub.com](http://www.meltingpotpub.com)

**UNIVERSAL BEAUTY SPA**  
A haven for relaxation in central Almoncil. Leave the everyday world behind, have a special moment for yourself. All Deslór products: Facials / eyelash extensions / manicure / pedicure / gel nails / bio sculpture / waxing / massage. Don't miss their fantastic promotions & offers: manicure + pedicure €35, facial crystal microderm peel €59, valid October 15th - March 15th for these special offers mention Freemaps. Treat yourself to a bit of heaven. Tel. 289 355 766 or 914 616 143. Opposite the Health Centre. Rua Manuel dos Santos Vaquinhos, 22B, GB, F, PT spoken. Check their website for monthly specials, prices & bookings: [www.universalbeauty-spa.com](http://www.universalbeauty-spa.com)

**TRAVELLING AROUND THE ALGARVE?**  
Don't go anywhere without your FREEMAP! All 8 maps covering the Algarve available from Melting Pot Classic Pub #12. The latests Freemaps are also available for download from [www.freemaps.net](http://www.freemaps.net)

**CHURRASQUEIRA de ALMANCIL Restaurant**  
Who would expect white linen napkins & table clothes with the famous chicken piri-piri? This is MUCH more than a chicken restaurant. Look at the huge monk fish & prawn kebabs, large Argentinian entrecôte (steaks), rack of lamb in the glass case at front. You're in for a real treat. **Can't tell from the street what a lovely restaurant lies inside.** Family run by father, the chef, mother who makes all the home-made desserts, Christina, Husband & brother Paulo. This is a lovely Portuguese rest. Open daily (closed Mon. until April 1st) noon-3pm, 7-10:45pm. Takeaway. Tel. 289 393 324 or 917 812 460.

**WHAT TO DO IN THE WINTER**  
Albufeira: Lunch or dinner in one of the excellent restaurants or bars.  
Alvor: Walk along the astonishing Alvor & Prainha Beaches.  
Lagos: Historic churches, monuments, wonderful restaurants, shops etc.  
Drive towards west coast: Luz Bay, lunch/dinner & then village of Burgau.  
Sagres & Cape St. Vincent: Western most point of Europe.  
Quarteira Market: Wednesday Morning & walk along long promenade.  
Millionaires Playground: Drive round Quinta do Lago & Val de Lobo, then have lunch in one of our suggested restaurants in the area. They offer excellent value.

**ACTION & ADVENTURE**  
**TANDEM JUMP BY SKYDIVE ALGARVE**  
Get the ultimate thrill of freefall! Only 20min. preparation on the ground with the skydiving school instructors. Fabulous 20min. flight along the gorgeous coast. Then jump out at 12,000 feet for the greatest minute of your life! Enjoy the beautiful Algarve while gliding down with the parachute. Home of the Portuguese Skydiving Nationals & meeting point for hundreds of skydivers around the world. **Open everyday, all year 8am until sunset.** Tel. (+351) 914 266 832. Located in Alvor Aerodrome. [www.skydive-algarve.com](http://www.skydive-algarve.com) [www.paraquedismo.com.pt](http://www.paraquedismo.com.pt) GPS 37°08'33"N 8°35'02.84"W

**QUAD BIKING**  
**QUAD BIKE OFF - ROAD GUIDED TOURS & RENTAL.**  
Um passeio guiado numa moto quatro pelo interior do Algarve! "One of our all time best days in & 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 affordable 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 Patairo, Lote 2, Farchal, Lagos. Directions: Ben (+351) 917 999 810. P/GB/F/E. Transfers available, ask at time of booking. [www.porent-algarve.com](http://www.porent-algarve.com) info@porent-algarve.com Angel Pilot holds: World, European & Portuguese Jet Ski Cups!

**THE TROLLEY MAN** Tel. (+351) 915 728 508  
• Powered Trolley Rental  
• Hill Billy & Powakaddy  
• Free Delivery & Collection  
• 65 Euros per week  
info@thetrolleyman.org [www.thetrolleyman.org](http://www.thetrolleyman.org)

**EMERGENCY & HEALTH CARE**  
**PRIVATE HOSPITAL**  
"Hospital Particular do Algarve"  
24HR EMERGENCY ALVOR AND FARO (near Airport)  
Private Ambulance Service. All calls: 707 282 828.  
English speaking doctors & nurses.  
Full hospital services, all major specialities.  
Work directly with most major health insurance companies. [www.hpalg.com](http://www.hpalg.com)

**IMPORTANT NOTICE**  
In winter many restaurants close for a well earned rest, call to check opening times. Please be a FREEMAPS scout, send your tips & comments on restaurants/pubs & other places you have visited: [info@freemaps.net](mailto:info@freemaps.net)

**NEWS AGENTS PAPELARIA TABACARIA**  
Ana Paula has a small shop with everything! All local & English, Dutch & German newspapers & Magazines etc. Stamps. GIGARETTES by the carton. Large orders accepted. Buganvilla Plaza. Tel. 289 396 870.

**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 fillet 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 La Cabane, call Carlos: 289 313 819 or 962 783 131. R. do Levante, #19. Easy by taxi. GPS: 37°04'24.86"N 8°06'16.38"W

**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 Almagem". \* Tel. 910 698 479. \* [bjsoceanside@hotmail.com](mailto:bjsoceanside@hotmail.com)  
Access via Forte Novo no longer exists to vehicles! Take main road east out of Quarteira, pass the campsite on the right hand side, continue for about 200m, then turn right down a dirt track, sign posted BJ'S Oceanside. Follow this alongside the lake all the way to the beach! Closed during winter, reopens spring 2012.

**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 specials from €5! 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, their beautifully refurbished café**, serves delicious cakes, fresh salads, baguettes & home-made ice-cream. 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](http://www.avenida.com). Open all winter.

**FREEMAPS**  
RECOMMENDED BY BBC 'WISH YOU WERE HERE!'  
**BEST OF Shops, Restaurants, Bars, Golf & Activities in the Algarve**  
**VILAMOURA ALMANCIL & QUARTEIRA**

Map of Algarve showing locations of Freemaps recommended businesses and services.

**ALGARVE AIRSPORTS CENTRE** Adventure to make your spirits soar. Microlight Flights: Karen (+351) 914 903 384. Hot Air Balloon Flights: Helena (+351) 914 532 300

**INTERNATIONAL SAND SCULPTURE FESTIVAL** Tel. 969 459 259. The Worlds Greatest Sand Artists. Reopens May 2012.

**ALGARVE INDOOR KART CENTER**

ONE OF THE LARGEST & BEST EQUIPPED INDOOR TRACKS IN EUROPE. Well Designed, 650m Long By 7m Wide, With Lots Of Curves & Turns. A Perfect Combination For 20 Karts, Many 270cc Honda. Smaller Karts For Children: Minimum Age 5. Karts For Disabled.

FANTASTIC FUN!  
CHALLENGING FOR ALL THE FAMILY!  
OPEN ALL YEAR!  
GET YOUR ADRENALINE PUMPING!  
LOCATION  
Situated in Ria Shopping Centre, in city of Olhão. 8 km from Faro - 18km from Almoncil.

FREE indoor parking, direct access by elevator from the outside to track. Always Open Until Midnight! Monday - Friday 1pm - Midnight. Saturday & Sunday 10am - Midnight.

Tel. 289 049 800  
[www.aikc.pt](http://www.aikc.pt) [www.facebook.com/algarvekarting](http://www.facebook.com/algarvekarting)

**FREEMAPS.net**  
Tel. 919 912 246 or 282 471 748 info@freemaps.net