

CASA INGLESA info@casainglesa.com
Este café é um ícone de Portimão. De bolos regionais a refeições completas. Todos param lá, diariamente. **Almost a legend.** Since 1922 Portimão's most authentic "meeting place". The heart of Portimão, everyone meets here for coffee & cakes, snacks, lunches & dinners on large sunny terraces, or restaurant. Specialises in dozens of irresistible regional cakes, almond sweets & pastries etc. Lunch from €3.75. **Go upstairs to the fabulous 1900's coffee shop. Free Internet. Hotspot inside & out!** Live Jazz Fri. night from 8pm. Open all day, everyday. Tel. 282 416 290.

THE COPPER KETTLE An Old English Tea Shop
Fully licensed. Serving traditional home baked & cooked English food all day. Afternoon tea's with scones, jam, cream & butter. Go & join them! Open Mon.-Sat. from 10am-6pm, closed Sun. Tel. 282 427 858.

WINE BAR English Pub
Premiado pelo típico peixe frito c/ batatas fritas Inglês, com tartos de Carne. Comida Inglesa muito boa. **Your only English Bar in Portimão.** Traditional pub atmosphere serving a wide range of fine wines, beers & spirits. Plus quality home cooked food served all day. **The award winning beer battered fish & home-made chips is absolutely wonderful!** Jacket potatoes with many fillings & other delights! Great value for money. **When in Portimão why not pop in & make this your local Wifi hot spot.** Open from 10:30am, closed Sun. Info: 282 485 296 or www.thewinebarportimao.com

PIRATE SHIP "SANTA BERNARDA"
Maravilhosa Viagem pela costa, para um pic nic numa praia deserta mediterrânea. **Unforgettable trips along the coast.** Visit the caves in dinghies. 1/2 day & full day trips. Unvergessliche Küstenfahrten, Grottenbesuch in Beibooten, 1/2-tags und Ganztagsstouren. Tickets at your Hotel, their sales stand at the harbor or office Rua Justice Flahio 2-4. Tel. 967 023 840. www.santa-bernarda.com

RESTAURANTE & SNACK BAR DO CAIS AT THE NAVAL CLUB
Vista espetacular, comida excelente, serviço profissional. Café com vista para o Rio. **Elegant dining or chill on magnificent terrace & watch the stunning Atlantic & river view!** Excellent value Chateaubriand €27 for 2, inc. potatoes & veg. Prices so reasonable, the Portuguese are regulars. Chef Inácio, delights with luscious specialities: goat cheese gratin, monkfish & saffron rice, lamb carré, Mediterranean pasta etc. **Special menus for groups. Open noon-3pm, 7-11pm, closed Mon.** **SNACK BAR DO CAIS:** Their snackbar, with same stunning view. Best sinful treat: Giant toasted sandwich on home-made bread! 8am-midnight. **Very popular with locals.** From Portimão walk towards Rocha along waterside promenade, until you see the blue Naval Club building or from the Rocha marina roundabout go straight towards Portimão, at first roundabout turn right go straight & find the blue building at the river side promenade. Easy by Taxi. Tel. 282 432 325.

DELICIAS DE PORTIMÃO
O aroma do pão quente do-lhe as boas-vindas assim entra no Delicias. **This is bread & cake heaven!** Unbeatable variety of fresh hot home-made bread & rolls, great for sandwiches, plus gorgeous cakes, luscious pastries, regional sweets etc. The Portuguese love this place, find it on your first day, you'll love it too. From noon a 'serve yourself buffet', (pay by weight) with delectable choices of meat, fish & chicken dishes with salads & vegetables. Everything 100% fresh. Absolutely everything made here to ensure 100% home-made quality. When you smell this hot bread, you'll want to buy one of each. Probably one of the best, bakery & pastry choices in the Algarve. Open 7am-9:30pm. **Go early to get the best choice.** Irresistible! Plenty of parking. See location on Rocha map, other side. Also shop in Aqua Shopping. www.deliciasdeportimao.com

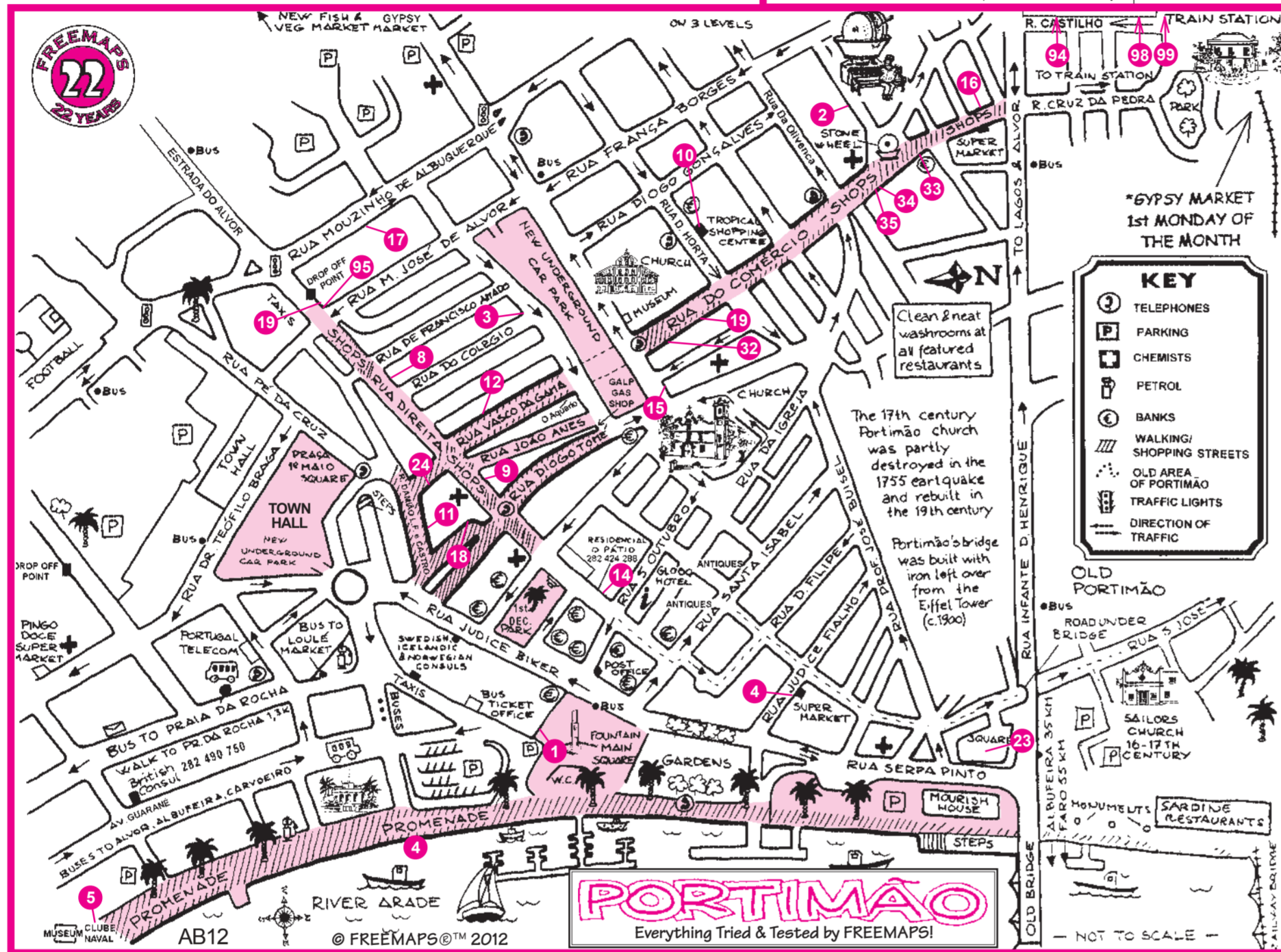
FU TRADITIONAL JAPANESE RESTAURANTE
Delicioso restaurante tradicional japonês. Especial de almoço €6,50; Especial de jantar c/ 40 itens €8,95. Takeaway. **Cherry Blossom & her husband Fu have opened a delightful traditional Japanese restaurant.** They offer a weekday lunch special: starter, main dish, drink, dessert & coffee for €6,50 or a eat as much as you like choice of 40 items for €9,95 or 53 items for €12,50. Dinner menu choose from 46 items for €12,50 or 58 items for €15,95. Full à la carte menu also available. **TAKEAWAY boxes** from €5,50 for 10 pieces to €15 for 54 pieces (depending on the size of the pieces), etc. **Spotless, stunning black & red decor.** Open 11am-3pm, 5:30- late. Tel. 968 360 055 or 282 431 656.

CARVI MARISQUEIRA RESTAURANTE
Não é um restaurante turístico; é um ícone de Portimão, a servir especialidades de mariscos e muito mais, há 38 anos. **Definitely NOT a tourist restaurant.** Few restaurants can claim to be iconic but CARVI has certainly earned this award. For over 30yrs, people keep coming back because Carvi's excels at what they serve. Renown for seafood specialities, crab, lobster, seafood risotto, cataplana, & fresh fish, cod etc. A favourite is monkfish with mild curried sauce. Their meat dishes are equally delicious: veal with mushrooms, steaks etc. Very good wine list. Open noon to midnight, for anything from an snack to a full seafood feast, closed Tues. Facebook. Esplanade. **Booking a good idea for dinner.** Tel. 282 417 912 or 968 888 307 or 963 012 140.

LENA'S CREPES & CROISSANTS
Fantásticos crepes caseiros, waffles, saladas, sumos de frutos frescos, etc. For 27yrs! Perfect for morning. **Excellent Coffee, Lavazza!** home baked pastries, croissants & fillings, delicious home-made soup & sandwiches on hot baguettes, quiche, salad plates & special home-made cakes. Veg. lasagne. Takeaway available. Most produce from owners organic farm. In tropical shopping centre, look for yellow & white awnings. + 2 shops in Rocha. Hausgebackene Croissants, Brötchen und hausgemachter Salat.

RESTAURANTE KIBOM Tel 282 414 623
É um favorito há muitos anos. Enorme menu de peixe e Carne. Deliciosos espetados. Grande terraço. **Beautifully redecorated, typical Algarvian house.** Very good traditional Algarvian dishes. Father & son family run. Delicious meat or fish kabab! Large choice of fresh fish, grilled sardines, seafood rice, fish stew, fresh shellfish & cataplana. Many meat dishes, inc. fillet stone steak. Light snack lunches. **Lovely outside terrace.** Well worth trying! Opened Sun. A.C. Baby changing area. Wheelchair friendly. Free WiFi.

.BW OUTLET CHILDREN'S CLOTHING SHOP
Lindos roupas de crianças e bebês, a preços excelentes! Vale a pena andar até lá Para esta seleção a preços tão bons. Cores da moda, casacos, calças, etc. **Must have some of these adorable outfits for grandchildren or children back home!** Cuidada & staff greet you warmly & are very knowledgeable on sizes. Excellent value, the latest fashions & great quality now brought to you at outlet prices. Everything you're looking for including that lovable 'must have' baby gift. Outfit those special little ones at very affordable prices. At very end of walking street: Rua Comercial after stone wheels on left. Open 10am-7pm, closed Sun. Tel. 282 427 747.



LIPSCANI Designer Jewellery Store
Publicadas em várias revistas. Joalheria requintada com pedras naturais, pérolas, etc. por Gina Pires. **Exquisite handmade, silver necklaces, earrings & bracelets** with stones, pearls & other natural materials, as featured in VIP & Fashion Magazines. By the well known Portuguese designer Gina Pires. All Fabulous! Order a special designed piece at the price you want. Ready in less than 1 day. Also jewellery by other Portuguese designers & modern filigree pieces. Gorgeous Portuguese designer bags & scarves. Exclusive men's collection of famous German & Russian handmade automatic watches. **Very Reasonable prices. Lipscani not just another jewellery shop.** Lipscani is different, where memories & imagination meet! They speak many languages. All CC. Open 9:30-late, 6 days, some Sun. Rua Vasco da Gama # 15. Call for information. Tel. 282 416 018. www.lipscanidesign.com Easy by taxi.

HAPPY HEAD - Smart Shop
Large selection of smoking products, Herbal & 'Legal Highs'. Shishas, Bongos & Novelty items. Tel. 915 303 196. www.happy-head.com

THE WHITE HOUSE
Bordados em puro algodão e linho. Toalhas de mesa, atalhados, toalhas de mão, etc. Prendas maravilhosas! **Take Portugal home with you!** Gorgeous pure cotton + linen embroidered table clothes, many in Christmas, Easter etc. themes. Aprons with the famous Portuguese rooster, hand crocheted baby bibs & booties. Absolutely gorgeous embroidered hand & tea towels, embroidered with grapes, lemons, roosters, olives etc. Wine bottle covers. **These all AUTHENTIC made in Portugal gifts, are light, unbreakable & easy to pack.** Make the perfect gift or remembrance of Portugal! Mon.-Fri. 9:30am-7pm, Sat. 9:30am-6pm. Tel. 961 224 627. On Praça da Alameda, just down from church.

SECRET SPOT SURF SHOP
Aluguer de pranchas de Surf. Surf, skate & bodyboards. **Surf boards for rent.** Very good quality surf & street wear including: Hurley, Billabong, Rip Curl, Volcom, Carhartt. **Skateboard shoes: DC, DVS, Vans, Etnies.** Open 10am-1:30pm & 3-7:30pm. Tel. 282 418 930. www.secretspot98.com

ESSÊNCIA & BOM GOSTO RESTAURANT
Uma escolha deliciosa de refeições caseiras e frescas, diariamente. Muitas opções vegetarianas e veganas. Pães e sobremesas caseiros. **A beautiful spot for lunch /dinner:** The heart of their restaurant: everything fresh everyday & all home-made. Wonderful vegetarian & vegan specials, vegetable pie. Daily specials & pasta etc. Lovely salads. Unbelievably delicious dessert! Freshly squeezed juices, herbal tea, beer etc. Proper cup of tea! Also tea, herbals etc. for sale! **When you need a really good lunch, head to Essência.** An excellent choice! Tel. 969 312 687.

PASTELARIA MIRA
Neste café tudo é fabricado lá. Perfeito para a pausa das compras. **Daily delicious fresh hot cakes, pastries & birthday cakes.** Mira continues their 48yr tradition of baking daily, all cakes & pastries, in their bakery, behind the café. Some shops sell cakes; they sell a glimpse of Portuguese lifestyle. **Coffee time is any time!** Go & enjoy! 2 cafes: by bus stop to Alvor & Rua do Comercio.

GLOBALPLANO Real Estate Agency
Compra & venda de Imóveis. Alvor 282 459 430, Portimão 282 426 315, Rocha 282 411 955. Portuguese/Scottish owned website: www.globalplano.com or call 919 523 133.

GNR - Police: 282 420 750
Emergency Number: 112

DONA BARCA RESTAURANTE
Eat where the Portuguese eat! Typical Algarvian restaurant. Fresh fish from the local coast grilled on charcoal & delicious ribs & lamb chops etc. **Representative of the Algarve at gastronomia fair, Lisbon 1996-2006.** In the old fishermen's quarters. Large terrace. Very reasonable. Tel. 282 484 189

KALAHARY RESTAURANTE / PIZZERIA
Abílio & Ana offer everything from snacks to typical Portuguese dishes: pork steaks, stroganoff, pepper steak etc. Best of all is the mouthwatering, all home-made pizzas & pastas etc. Choice of 6 typical dishes of the day €6. Tourist menu (bread, soup, main dish, drink, dessert + coffee €12). Home-made desserts. **Go on your first day, because you'll want to go back!** Open 8:30am-9pm. From 1st July 8:30am-11pm. Closed Sun. Tel. 282 483 431.

WORTH THE TRIP TO PRAIA DA LUZ 4 K WEST OF LAGOS

HARMONY EARTH HEALTH FOOD SHOP
A unique shopping experience. All your natural health & nutritional needs. A full range of vitamins, supplements, natural body care, aromatherapy, bulk herbs, tinctures, organic foods & gluten free products. Health care books. **Biggest natural health food store in the Algarve.** Customer service they are proud of. Don't miss this shop! Tel. 282 788 353. www.algarvemove.com/

JEWELLERY SHOP 50 SPARKLING YEARS!
OLIVEIRAS www.joalheiros.com.pt
Eternas memórias, jóias para toda uma vida. Ouro, prata, relógios de marcas. **'A gift from Oliveiras is a gift to last a lifetime.'** One of Algarve's finest Jewellers. Three shops show an outstanding collection of watches, Gold & Silver jewellery. Name brands watches range from Swatch to Armani. An irresistible array of yellow & white gold (all 19.2k), silver & platinum jewellery. Government licensed. **Fabulous selection of affordable pieces too!** Open 9:30-1pm & 3-7pm, Sat. 9:30-1pm. Tel. 282 410 320.

HL MAN WOMAN
Grande seleção de roupas femininas e masculinas. Uma loja rara, a vestir todos os tamanhos. **Gorgeous, inspirational, clothing to suit your lifestyle.** The latest European designers at prices man woman you can afford. Classics, separates, dresses, leather, shoes etc. People say: "Finding this shop has made my holiday!" Helder & Luísa's continental flare for fashion is remarkable their advice can make you look stunning for that big event or every day outings. Open all day 10am-7pm, closed Sun. Tel. (+351) 282 411 542. Rua Dr. João Deus 2, Mó square, just after the stone wheel. hlmanwoman@gmail.com

ARMANI BOSS POLO RALPH LAUREN

ALMA LUSA LADIES FASHION
Lindas roupas femininas, vestidos de seda, roupas de linho e conjuntos, unicamente para você. **Veste todos Os tamanhos.** Most attractive quality clothing at great prices. From day wear to party attire all in an array of the latest colours & showing the new colour blocking. Dresses made in soft jerseys that hang delicately, pants in crisp linens etc. Delightful array of fabulous fitting summer dresses, sun dresses & unique tops with mix or match pants & skirts. Carla is there to professionally help you with all that mixing. She can outfit you in her gorgeous clothes from a wide variety of sizes, 5m to XL. Carla alters clothes for the perfect fit. Beautiful accessories, bags, belts. **DON'T MISS ...this shop ...because ...you will want to return!** Just before the stone wheel. Tel. 282 413 629.

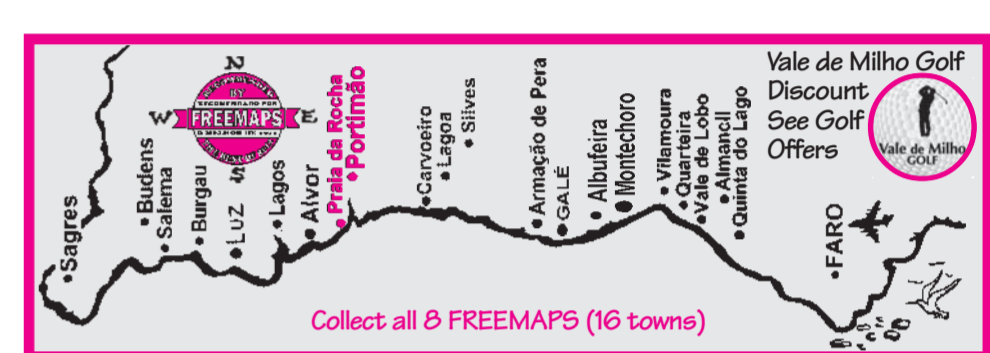
MY SHOES
Imagine shoes so reasonably priced you can buy a different pair for every outfit! From killer heels in every colour to flats or boots. Also bags, belts, scarves etc. Large selection & range of exuberant colours. Many more boots available from mid August. You'll dance with delight! Open 10am & Sat. Closed Sun. Tel. 282 457 127.

FREEMAP GOLF OFFERS
VALE DE MILHO GOLF - Carvoeiro
O campo que desafia todos os níveis de golfistas. Principiantes são bem-vindos. **Têm sempre promoções de Golf.** **BEST VALUE GOLF IN THE ALGARVE - 25 minutes from you!** **NO HANDICAP REQUIRED**
GREEN FEES - 1st Nov. 2011 to 31st Oct. 2012
9 holes €22 - 18 holes €34
With club hire: 9 holes €31.50 - 18 holes €49
PITCH & PUTT - 1st Nov. 2011 to 31st Oct. 2012
9 holes €12 - 18 holes €19
With club hire: 9 holes €18 - 18 holes €28.50
TWILIGHT PROMOTION - Unlimited Golf €29
With club hire €44
Nov. - March after 2:30pm, April - Sept. after 3:30pm, Oct. after 2:30pm
SUPER TWILIGHT PROMOTION - Unlimited Golf €23.50
With club hire €38.50 - July - September after 5pm
reservas@valedemilhogolf.com www.valedemilhogolf.com
Tel. 282 358 502 or 919 816 560 - Fax. 282 358 497
GPS location: N37.09663° W8.44837°

SPECTACULAR GOLF COURSE
CS SALGADOS GOLF 911 032 723
Liga para ter as ofertas especiais dos FREEMAPS. **Têm que mencionar FREEMAPS.**
Twilight Offer: after 3pm €45
Spring Special:
2 Pax With Buggy - €99 (06.03.12 to 31.05.12)
Special Group Deals, Call!
Must Mention FREEMAPS When Booking!
Call or email to book.
GPS Salgados: N37.0947 / W8.3276
Call for other FREEMAP specials after expiry date.

WORLD'S BEST BAKERY - German Bakery Lagos
Wini bakes 2-Bam, so his wife, Elke can serve you their fabulous: cheese cakes, coffee cakes, fresh bread etc. **Worth the trip to Lagos!** Directly up walking street at the side of the Golden Church. Tel. 282 760 146.

FREEMAPS
RECOMMENDED BY 'WISH YOU WERE HERE'
BEST OF Shops, Restaurants, Bars, Golf & Activities in the Algarve
PORTIMÃO & PRAIA DA ROCHA



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

TANDEM JUMP BY SKYDIVE ALGARVE
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* Fabulous 20min. flight along the gorgeous coast *
* jump out at 12,000 feet for the greatest 60 seconds of your life! *
* Enjoy the beautiful Algarve while gliding down by parachute *

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www.skydive-algarve.com
Located in Alvor Aerodrome near Portimão
GPS: 37°08'.33"N 8°35'02.84"W

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