



#### INTERMARCHÉ SUPERMARKETS

**Um dos mais conhecidos supermercados de Lagos, para todas as suas compras!** Best known name in supermarkets around Lagos. Freshest, local products & Intermarchés own brand. Organic, non-organic, packaged or in bulk. Traditional butcher: smoked, cured & aged meats! Amazing wine cellar. Certified Biological Market. Enjoy lunch in the cafeteria. Great take away service. Also parapharmacy, florist, tobacconist & FNAC.

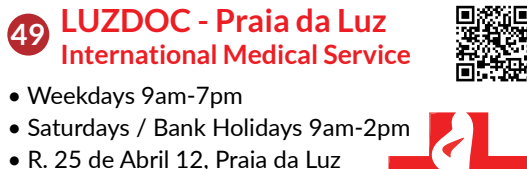
- Mon.- Fri. 8:30am-9pm, Sun. 8:30am-8pm
- June, Jul, Aug, & Sep: daily 8:30am-10pm
- Free parking & electric car charging



#### ELITE RESTAURANT & BAR

**Saboreie uma experiência gastronómica e única na bela Avenida de Lagos.** Enjoy a diverse, English breakfast, lunch & dinner menu. Fresh seafood, succulent meats, salads & delicious vegetarian options. Snacks served all day, including toastsies, burgers & pasta etc. Sip on refreshing smoothies or handcrafted cocktails while taking in the view. With a kids' menu & indulgent desserts, there's something for everyone to enjoy.

- Open all day • eliterestaurantbar1@gmail.com
- Tel. (+351) 282 011 823



#### LUZDOC - Praia da Luz

**International Medical Service**

- Weekdays 9am-7pm
- Saturdays / Bank Holidays 9am-2pm
- R. 25 de Abril 12, Praia da Luz
- info@luzdoc.com
- Tel. (+351) 282 780 700

#### MEDILAGOS - Lagos

**Luzdoc Network Multilingual Clinics**

- Family Doctors • Aesthetic Medicine
- Other Specialists • Physiotherapy • Lab Tests
- Diagnostic & Treatment Facilities
- ECG • Covid-Tests
- Weekdays 9am-5pm
- R. José Ferreira Canelas, Loja 40 Lagos
- medilagos@luzdoc.com
- Tel. (+351) 282 788 217

24 Hour Helpline - (+351) 919 869 700



#### I DIN THAI MASSAGE

**Desfrute de uma atmosfera tranquila com Chirarat e a sua equipa de terapeutas tailandeses.** Chirarat & her team of Thai therapists, focus on pressure points, rhythmic compressions & manoeuvres to help relax & realign your body's energy. Increasing flexibility & relieving tension within joints & muscles. Thai massage, oil massage, neck back & shoulder massage, foot massage & deep Thai massage etc.

- Individual & couple massages
- Open everyday 10am-8pm
- (+351) 914 157 681
- (+351) 920 589 758



#### GELATO E AMORE

Not just handmade Italian ice cream, this is Dolce Vita in Lagos! Italian pastries, coffee, fresh smoothies, toasts, piadina & bagels. Enjoy Italian aperitifs & cocktails on their beautiful terrace, with the most wonderful sea view in Lagos. To make your stay unforgettable, they also have a special selection of Italian & French clothing & accessories. Everything they offer is selected with a lot of Amore! Children & dogs are more than welcome.

- Open Tues.-Sun. 9am-8pm, closed Mon.
- Tel. (+351) 912 635 426
- gelatoeamore@mail.com



#### TANDOORI NIGHTS

**O sabor vibrante da Índia com autênticos pratos tandoori, especiarias ricas e uma atmosfera convidativa.** Bringing the vibrant taste of India to life with authentic tandoori dishes, rich spices & a warm, inviting atmosphere. Featuring both North & South Indian cuisine, every meal is a celebration of flavour. From sizzling grills to aromatic curries, a truly unforgettable dining experience. Taste tradition, only at Tandoori Nights.

- Mon. 5:30-10:30pm, Tues.-Sun. 11:30am-10:30pm
- Tel. (+351) 282 110 862



#### POMÒ TO GO - TAKEAWAY

**Comida Italiana feita por verdadeiros Italianos!** Mirco, a proud Bari native, runs a traditional Italian pasta takeaway, serving fresh pasta & rich, home-made sauces. His small shop captures the essence of Apulian cuisine, offering quick, authentic meals crafted with passion, quality ingredients & time honoured family recipes, bringing Bari's flavours to the streets.

- Claudia WhatsApp (+39) 348 9243544
- Restaurant Tel. (+351) 916 831 902
- Open lunch & dinner



#### VICTORIA Beauty & Hairdressing Center

**Esta loja tem tudo o que precisa para a sua beleza!** Don't miss this 'one stop shop' for all your beauty needs. Cosmetic treatments: facial, manicure, gel polish, pedicure, hair removal, massage etc. Haircut, styling & highlights. All at very good prices! Manicure from only €12. Gel Nails from 25€, Cut & Blow Dry from €15. A full range of beauty & hairdressing services by a Professional & friendly team.

- R. Francisco Xavier Ataíde Oliveira, It 31/32, loja T
- Mon.-Fri. 9am-7pm, Sat. 9am-6pm, closed Sun.
- Tel. WhatsApp (+351) 927 161 418



#### QWAZI HAMBURGUERIA

**Os melhores hambúrgueres caseiros de carne ou vegetarianos!** Everyone loves their speciality, homemade, deluxe hamburgers. Premium quality meat, chicken & vegetarian. There's something for everyone! A family, friendly place to dine, drink & sit on the lovely terrace & enjoy a selection of cocktails, delicious sangrias & juices etc. Just outside the old town walls, definitely worth a visit!

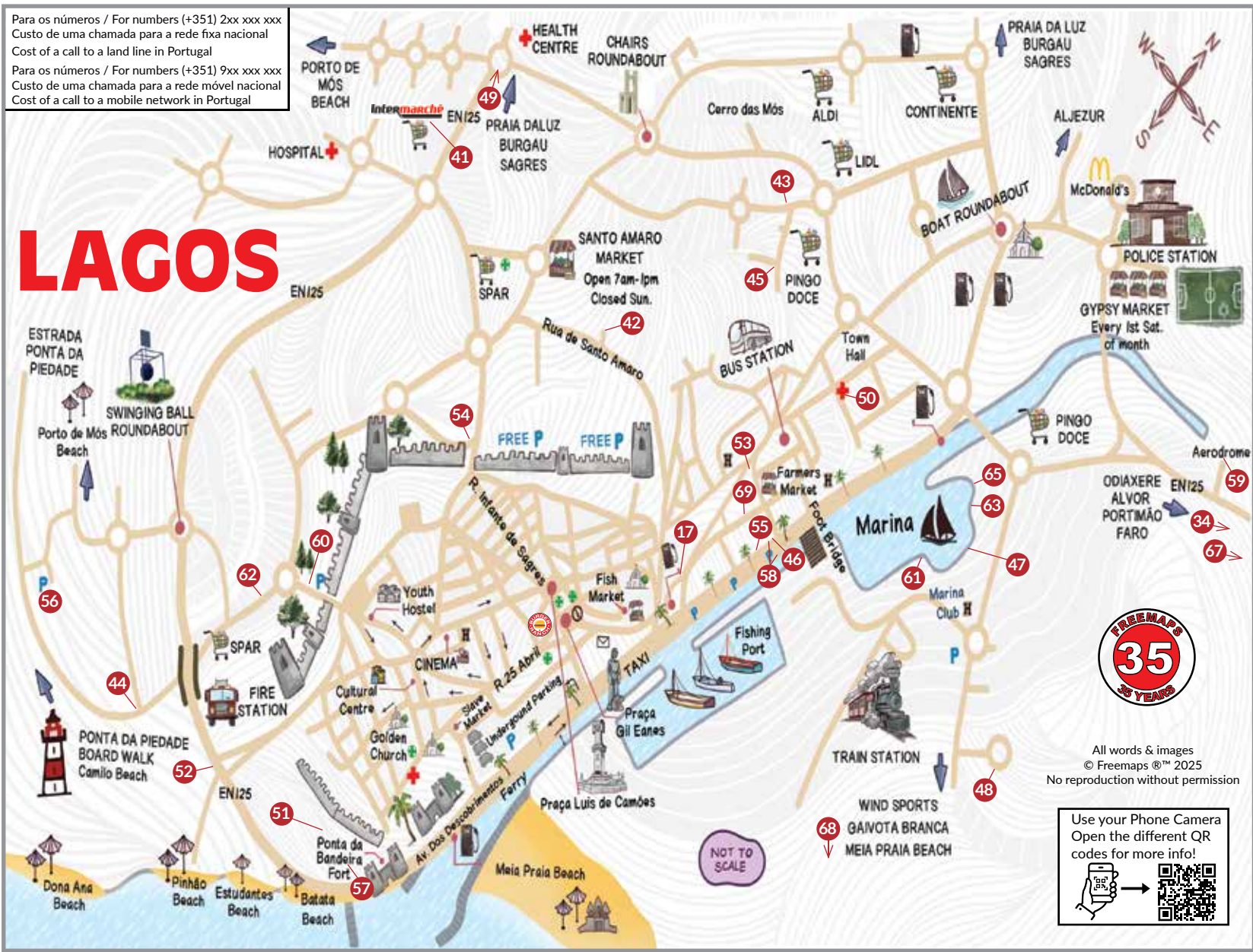
- Open lunch & dinner, closed Sun.
- Tel. (+351) 282 180 547



#### SAPORITO

**Uma ementa inspirada na autêntica cozinha italiana.** A traditional, warm & inviting, Italian restaurant, where the aroma of freshly made pasta & slow-cooked sauces fills the air. The menu inspired by authentic Italian cuisine, offers classic dishes, a daily special & an unmissable Sunday brunch, along with the option to purchase Italian cold cuts, cheeses & speciality products.

- Lovely outside terrace, perfect for families
- Tel. WhatsApp (+351) 931 428 864



#### HAPPY TIME TURISMO - Lagos

**Venha visitar as maravilhosas grutas de Lagos!** Motor through the fascinating grottoes of Lagos. Travel aboard Ferreira do Mar on a coastal cruise (toilet on board). If you wish have a drink, use the inflatable & then discover the majestic caves. Great for families. Daily visits. For the adrenaline rush take their speed boat for dolphin watching. Fantastic prices. 'Make your time a Happy Time'.

- WhatsApp (+351) 913 745 289 or 919 919 431
- happytimeturismo.com



#### FLY 365

**Voe pela deslumbrante costa, experiência única!** Soar the skies with Fly 365 training school! Experience trial flights or full training as you glide along the stunning Algarve coastline. Whether it's a first time thrill or a path to becoming a pilot, they make your dreams take flight. Flex-wing and fixed-wing aircraft. Book today for unforgettable views and adventure!

- Tel. (+351) 932 244 177
- or (+44) 7831 4396 51177
- info@fly365.co.uk
- fly365lagos.co.uk



#### PRO PUTTING GARDEN - Lagos

**Uma experiência de mini-golfe com design profissional, diversão para toda a família!** The only one in Lagos! 2 putting gardens, 18 holes & 9 holes for the younger ones. Or just sit back on the terrace. Lots of fun for the whole family. Voted best in Algarve. Easy parking.

- Open daily from 10am
- proputtinggarden.com
- Tel. (+351) 282 086 645 or 919 119 111
- vivabarlagos@gmail.com • TAKEAWAY



#### MARINA BOAT CHARTERS & CAFE

**Inesquecíveis passeios privados de barco ao longo da deslumbrante costa algarvia.** Marina Boat Charters Lagos offers unforgettable boat trips along the stunning Algarve coast. With experienced crew & well maintained boats, each charter is tailored for a perfect adventure. • Open daily, early till late

**MARINA CAFÉ** Homemade cakes & smoothies. Fresh coffee & croissants. Open 9-5. Meeting Point for Charters

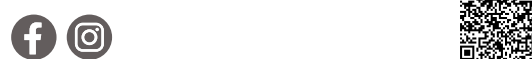
- info@marinaboatcharters.com
- marinaboatcharters.com
- Tel. (+351) 919 241 861



#### EL CAPITAN BUGGY TOURS

**Explore o Algarve em emocionantes passeios de buggy.** Ride through picturesque Algarvian towns, sandy trails & rugged terrain, while experiencing the local culture. Perfect for adventure seekers & nature lovers. These tours offer a unique way to discover the region's beauty, history & charm on an unforgettable off-road journey.

- Groups up to 5 people
- Tel. (+351) 914 160 767



#### WEDIVE-LAGOS

**Centro e escola de mergulho premiada. Uma equipa de profissionais com mais de 20 anos de experiência.** Looking for some underwater adventures? This awarded diving centre, in Lagos Marina, welcomes you. A large, professional team, with more than 20 years of scuba diving experience. From beginner to instructor level and 5 to 40 meter dives, safety is their priority.

- WhatsApp (+351) 916 959 233 or 936 959 234
- wedive.pt • info@wedive.pt
- "WeDive-Everyday!"



#### LAGOS BOAT CHARTERS

**Crie memórias inesquecíveis num passeio privado em barco de luxo.** Create unforgettable memories! Escape the crowds and enjoy a luxury private boat charter. Explore breathtaking coastlines, pristine beaches, tranquil lagoons and hidden caves. Choice of boats available, with fuel and skipper included.

- WhatsApp (+351) 916 420 743
- info@lagosboatcharter.com
- lagosboatcharter.com



# FREEMAPS

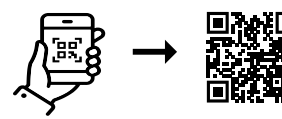
## MAPA GRATUITO

# LAGOS



freemaps.net • info@freemaps.net

Tel. (+351) 912 231 463







#### 1 CAFÉ OCEANO

**Enorme esplanada localizada na rua das lojas. Fantástico para se encontrar com os amigos!** Large, outside terrace on the main shopping street. Light snacks to a full meal. Club sandwiches, ice cream bowls, acai bowls, tapas, pizza, omelettes, hamburgers & pasta dishes. Fresh juices, waffles, pancakes & delicious milkshakes. A great spot for meeting friends, family or just to chill out!

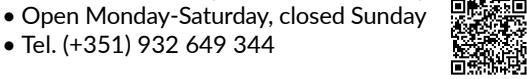
- Serving breakfast, brunch, lunch & dinner
- Open daily 8:30am-midnight



#### 6 A\_MAR - HANDICRAFT SHOP

**Peças artesanais únicas, feitas à mão e 100% Portuguesas.** Handcrafted, one of a kind pieces, delicate, artistic & beautiful. Everything in store is 100% Portuguese, many items exclusively made by local artisans. They have their own brand of accessories, 'Natalia's', featuring items created for the store. One of Lagos's most authentic shopping experiences. 95% of the articles in store are unique! Ideal for gifts & souvenirs!

- Summer 11am-11pm, Winter 11am-6pm
- Open Monday-Saturday, closed Sunday
- Tel. (+351) 932 649 344



#### 11 QUIKSILVER SHOP

**Vestuário e acessórios para Surf e Skate, marque já as suas aulas!** In the heart of Lagos, everything from beach wear to surf equipment. Quiksilver & Roxy apparel, surfskates & a huge selection of over 200 surfboards for every level of surfer, including a wide range of accessories. Are you interested in trying out surfing for the first time? Do you need some guidance on where the best spots are? Surf lessons & an experienced team are waiting for you. They have a cafe at the back of the shop.

- Open every day
- WhatsApp (+351) 917 770 011
- Check out their Instagram for updates & events



#### 15 7 HILLS INDIAN RESTAURANT

**Uma experiência gastronómica autêntica, com sabores ricos, especiarias aromáticas e receitas tradicionais indianas.** In the heart of Lagos, offering an authentic dining experience with rich flavours, aromatic spices & traditional recipes. Enjoy a warm, inviting ambience while savouring classic dishes like biryani, tandoori & curry. Vegetarian options.

- Eat in or Takeaway • Tel. (+351) 282 079 866
- sevenhillsindiana@gmail.com



#### 18 A PELENGANA REGIONAL PRODUCTS SHOP

**Sabores e aromas do Algarve para levar como recordação.** Many Algarvian tastes & aromas made with flavours of the earth. A wonderful display of Algarvian & regional products from Portugal. Liquors, wines, jams, honey, fresh daily bread, olive oil, medronho, traditional boiled sweets etc. The perfect gift to take home with you!

- Open 10am-1pm, 3-7pm
- Tel. (+351) 282 767 405



#### 21 LONDON TIGER COFFEE

The cosiest British style cafe in Lagos. Serving delicious breakfast, great coffee, homemade cakes and scones, fabulous cocktails and snacks. Sit in or out in the chilled atmosphere or even grab a takeaway on your way to the beach!

- Open daily
- Tel. 911 535 863



#### 26 LEGENDS SPORTS BAR & GRILL

Friendly, fun Irish Bar & Restaurant serving the famous Beer Battered Fish & Chips, Full English Breakfast & Irish Breakfast Roll. Juicy burgers, mixed grilled platters, plus ribs, salads etc. Choice of beers on tap, Guinness, wine & a large selection of cocktails.

- Karaoke Nights • Pool Table • Sunday roast
- All major sports on 6 screens
- Open every day 9-2am
- Tel. (+351) 915 800 997



#### 31 BEATS & BURRITOS

Your Go-To Spot for Mexican-Californian Food! Craving sunshine on a plate? Look no further! Mouthwatering burritos, quesadillas, nachos & an impressive selection of vegan delights. Creative cocktails from their fully stocked bar. The perfect recipe for good vibes! Swing by for flavourful food, vibrant beats & an atmosphere that will keep you going back for more. **New Location!**

- R. Mendonça Pessanha 17, 8600-607 Lagos
- Every day lunch-late, closed Wed. off season
- Available for delivery on Uber Eats
- @beatsandburritos
- Scan this QR code for their menu →



#### 2 DYNASTY CHINESE RESTAURANT

- Open For 26 Years

- All Your Favourite Chinese Dishes

- Large Terrace with Ocean View in Town Centre

- (+351) WhatsApp 968 882 880 or 282 763 746
- Daily 11:30am-3pm, 5-11:30pm



#### 7 POTATO'S

**Cozinha inspirada na tradição gastronómica portuguesa.** Celebrating Portuguese potatoes, exclusively using Aljezur PGI sweet potatoes & national yellow potatoes, carefully selected for their flavour & quality. Recipes inspired by Portuguese tradition, are skillfully adapted to enhance the unique characteristics of these exceptional local products. Each dish show the richness & diversity of Portuguese cuisine, to offer a unique & unforgettable culinary experience.

- @PotatoLove



#### 8 ITALIA RISTORANTE PIZZERIA

**Pizzas em forno de lenha, massas, marisco fresco e carnes de primeira qualidade com autêntico sabor a Itália.** Located in the heart of Lagos, this traditional Italian restaurant offers an authentic taste of Italy with expertly crafted pasta, wood-fired pizza, fresh seafood & premium meats. Guests can enjoy a warm, elegant interior or dine on the beautiful outdoor patio, perfect for savouring fine wines & classic Italian flavours.

- Open lunch & dinner, Sun. from 6:30pm
- Tel. (+351) 282 760 030



#### 4 TAQUELIM GONÇALVES SWEET HOUSE SINCE 1935

**Uma das mais antigas fábricas de bolos de Lagos!** One of the oldest cake factories in Lagos. Delicious regional cakes: almond, fig, carob, coconut, carrot, house special Dom Rodrigo & the famous 'pastel de natas' (custard tart). Homemade Italian ice creams & soft ice creams. Plus snacks all day. Lovely sunny terrace.

- Everything made on their premises
- Open daily



#### 9 DRAGON JAPANESE & CHINESE RESTAURANT

**Comida Chinesa e Japonesa à descrição.** All You Can Eat: Over 100 dishes, try all you want from a delicious selection of Japanese & Chinese dishes without limits! A la carte menu also available. Lovely Japanese decor & terrace. Everyone loves it!

- On a side street in Lagos centre • TAKEAWAY
- Lunch: €15.90, dinner €17.90 excellent value!
- Children 5-8yrs. 1/2 price, under 4yrs free.
- Open 1pm-late • (+351) 282 792 332



#### 12 2 IRMÃOS

**Com uma bela esplanada ensolarada, pode tomar uma bebida, saborear marisco fresco ou até umas tapas.** One of the most genuine, traditional restaurants in Lagos. Relax here with tapas or a meal. Everything direct from the morning fish market. Sit back on the huge, beautiful, sun trap terrace and watch the boats coming into the harbour. A favourite with the locals.

- Enjoy the Magnificent View
- Tel. (+351) 282 762 492



#### 16 LITTLE BREAK IN LIFE

**Pequeno-almoço, almoço e jantar com uma variedade de pratos saborosos.** Breakfast, lunch & dinner - something for everyone! Savour a delicious variety, grilled chicken with rice, beef steak, pizzas, toast, sandwiches, bruschetta, burgers, Mexican cuisine, tapas, chorizo, crepes, omelettes, wraps, pasta, lasagne & vegetarian options. Enjoy fresh salads with octopus, prawn, chicken or tuna, plus English breakfast, acai bowls & a special children's menu.

- Visit Them for a Flavourful Break!
- Tel. (+351) 920 688 410
- Open 8am-Midnight



#### 19 AMETHYST SHOP

**Loja de jóias com uma coleção única de peças feitas à mão.** Lovely jewellery shop that offers a unique collection of handmade pieces crafted from natural stones & shells. Each design is thoughtfully created, combining elegance with a touch of nature. With its warm atmosphere and exceptional artistry, it's the perfect place to find timeless, one-of-a-kind jewellery. They also sell shells and natural stones.

- Open 10am-11pm
- Tel. (+351) 962 398 754



#### 24 LACUS RESTAURANT

**Peixe fresco todos os dias, espaço amplo para grupos.** Large restaurant, ideal for big groups. A tempting menu comprising: high quality, fresh grilled fish, delicious meats, seafood & cataplana. Plus kids' menu, burgers, veggie burgers & vegetarian options. Huge dining area inside or on the beautiful terrace. A warm welcome awaits you at Lacus Restaurant.

- Kitchen open all day from 12pm
- Reservations: (+351) 282 763 210
- WhatsApp (+351) 920 438 674



#### 29 PIMENTA PIRI PIRI

**Desfrute de petiscos deliciosos na esplanada deste bistro.** This bistro serves delicious snacks, fresh juice, coffee & cocktails. Try their juicy burgers, omelettes, toasties & salads. Sit outside, enjoy a glass of wine or sangria & sample their sharing boards, with a traditional selection of cheese & charcuterie.

- Open Breakfast & Lunch, snacks served all day
- Cocktail Happy Hour 3pm-midnight
- Central Lagos, on the main walking street
- Tel. (+351) 919 444 754



#### 34 ALVOR SAILING CATAMARAN

**Uma aventura espectacular para toda a família!** Wonderful Catamaran cruises! Coastal: stop to visit the caves (Lagos) & swim. Adventure: kayak, supboard, swimming/snorkelling. Sunset: romantic along the coast with wine & fruit. Amazing grottos & caves: Lagos or Benagil. Lagos & Water taxi: Alvor-Lagos-Alvor. Private charters.

- Tel. (+351) 925 822 920
- catamaran@alvorsailing.com
- alvorsailing.com



#### 5 ROYAL INDIAN CUISINE TANDOORI RESTAURANT

**Pratos indianos clássicos preparados com ingredientes frescos e de origem local.** Inviting aromas welcome you to step inside this delicious Indian restaurant. Large menu featuring classic Indian dishes, using fresh, locally sourced ingredients. Fantastic butter chicken, aromatic vegetable biryani, lamb curry & tandoori grills.

- A modern yet cosy ambience • Open daily 11am-11pm
- Available for Parties & Private Events • Outside Seating
- Children's Menu & Cocktails
- Tel. (+351) 928 159 344



#### 14 COSTA Churrasqueira & Grill

**A trazer a arte do Churrasco grelhado a um nível totalmente novo!** Costa Churrasqueira & Grill, takes the art of BBQ grilling to a whole new level! Chicken Piri-Piri & mouth-watering meats grilled to perfection! Sauces from sweet & smoky to spicy. Each bite is an explosion of flavour. Modern decor with a large suntrap terrace, creates a welcoming environment for families & friends.

- Sit Down, Takeaway & Delivery Service
- costachurrasqueiragrill@gmail.com
- Tel. (+351) 282 761 223



#### 17 DELHI DARBAR INDIAN

**Comida tradicionalmente Indiana de fazer água na boca!** Satisfy your curry cravings here: massala, tandoori specials etc. From mild to blast off! Poppadom + chutney FREE on the house, with takeaway. One of the best in town.

- TAKEAWAY - 10%
- Great value lunch menu
- Booking advised • Free WiFi
- (+351) 282 762 249 or WhatsApp 923 206 701
- delhidarbarlagos@gmail.com



#### 20 IMPÉRIO CERVEJARIA MARISQUEIRA WINE BAR

**O local perfeito para relaxar, com vista para o mar, onde pode comer bom marisco acompanhado de uma refrescante bebida e muito mais!** Seafood restaurant: clams, oysters, scallops, crab, lobster, snacks & tapas. Kid's menu. Wine, beer & cocktails. Sunny waterfront terrace, watch the boats come in! Live music. Ideal for groups.

- Bookings: (+351) 282 097 621 or 911 113 449
- Open 12pm, kitchen open all day



#### 25 SHAKER BAR

**Noites de karaoke divertidas, DJs ao vivo e ofertas imbatíveis de bebidas no Shakers!** Looking for a great night out in the heart of Lagos? Fun karaoke nights, live DJs & unbeatable drink deals at Shakers! Sip on delicious cocktails, ice cold beers & soft drinks. Check social media for events!

- Open every day Midday-4am
- Happy Hour every day Midday-9pm: Small Beer €1.50, Large €2.50, Cocktails €5, Bottle Beer €2



#### 30 THE SEASONAL (Asian kitchen & Bar)

**Autêntica comida de rua asiática com uma variedade de especiarias tentadoras.** Authentic Asian street food with a variety of tantalising spices. Try their Sizzler Dishes: vegetarian, chicken, lamb or tofu. Mango prawns and Thai green curry are a must! Excellent for sharing with friends and family. Dine inside or on the outside terrace on the walking street of Lagos. Asian street food equals foodie heaven! Vegetarian, vegan & gluten free options.

- Open 7 days a week: Mon. 5:30-10:30pm, Tues.-Sun. 11:30am-10:45pm
- Tel. (+351) 920 225 941
- Booking advised

