



41 CARVI MARISQUEIRA Restaurante

Não é um restaurante turístico; é um ícone de Portimão, a servir especialidades de mariscos e muito mais, há mais de 46 anos. Few restaurants can claim to be iconic, Carvi has certainly earned this award, for over 46yrs. Crab, lobster, seafood rice, cataplanas, cod etc. Meat dishes: veal with mushrooms, steaks etc. Very good wine list. Terrace. Booking a good idea for dinner.

- Open midday-midnight, closed Tuesday
- Tel. (+351) 282 417 912 or 963 012 140



42 SUSHI & GO Japanese Restaurant

Se você ama sushi, você vai adorar este restaurante! Try Changa's Japanese restaurant. Authentic food & flavours of sushi, shitake, sashimi, tempura etc. In a chic, laid back restaurant. Buffet all you can eat: lunch €13.90, dinner €17.90. Children 4-9yrs. 50% discount. Weekends and bank holidays lunch €15.90. If you love sushi, you'll love this!

- Open 12-3pm, 7-11pm
- Tel. (+351) 282 419 014 • sushigo2016.pt
- TAKEAWAY box €7.50



43 PIRATE SHIP SANTA BERNARDA

Visite as grutas num barco pirata! Cruise on the Pirate Ship, Visit Benagil Caves. 100% pure relaxation, don't miss it! Tickets online: www.santa-bernarda.com **Tolle Bootsaussflüge mit dem Piratenschiff, Benagil Grottenfahrten.** Tickets online: www.santa-bernarda.com Rua Judice Fialho No 2-4, 8500- 702 Portimão. RNAAT165/2010.

- Tel. (+351) 967 023 840
- santa-bernarda.com



17 HAMBURGUERIA B&B

Hambúrgueres, molhos e pães 100% caseiros e opções de hambúrguer vegan. Burger & Beer, a cool modern spot. Fantastic 100% home-made: burgers, sauces & breads. Burgers served with bread, home-made chips, rice or salad. Beef, chicken, salmon & vegan burger options. Great selection of over 80 craft & imported beers!

- Wheelchair access • Kids' meals • June-Sept: 12-3:30pm, 7-11pm • Winter 12-3pm, 7-10pm
- hamburgueriabb.com • (+351) 282 031 269



45 SECRET SPOT 98 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 & Element. Skateboard shoes: DC, Globe & Etnies.

- Open 10am-1:30pm & 2:30-8pm
- Tel. (+351) 282 418 930
- #secretspot98 • @secretspot98
- Check their shop in Praia da Rocha 19



46 RESTAURANTE & SNACK BAR DO CAIS AT THE NAVAL CLUB

Vista espetacular do Rio, comida excelente, serviço profissional. Restaurant: Elegant dining or chill on magnificent terrace. Very reasonable prices. Goat cheese gratin, monkfish & saffron rice, chateaubriand bearnaise, Mediterranean pasta etc. **Snack Bar Do Cais:** same stunning view. Best sinful treat: Giant toasted sandwich on home-made bread!

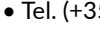
- Both open all year • Snack Bar 9am-midnight
- Restaurant noon-3pm, 7-11pm, closed Mon.
- Tel. (+351) 282 432 325 or 961 828 815



47 MESA 17 CAFÉ - LOUNGE

Um pouco escondido, mas vale à pena encontrar! Hidden away, discover a peaceful place in Portimão. It's magical, sit outside in the beautiful garden with flowers, in a cosy atmosphere. Breakfast, tapas & delicious dishes of the day from €8. Natural juices, home-made cakes & desserts. Plus vegetarian options. Your destination for relaxation.

- Rua do Moinho lote 6, Bloco A loja 17, 8500-343 Portimão - next to Clínica Coração
- Easy free parking, in front of & behind building
- Open 8am-midnight
- Tel. (+351) 282 145 897



48 A ALDEIA

A Aldeia Alimenta, Alberga e Alegria Almas no Algarve. A welcoming cosy space in the centre of Portimão, with a lounge-bar with lovely food, guest house & cultural centre. Aldeia is a meeting point for friends to connect over art & culture. Offering an eclectic cultural program every week, a seasonal menu with local produce & a unique selection of cocktails. An ideal option for a relaxed afternoon, a nutritious meal, a beautiful concert or a fun night out.

- Tel. (+351) 282 048 296



51 MARIA DO MAR Tasting & Canned Fish

Conservas de peixe e sardinhas enlatadas! 300 tipos diferentes! Tinned fish tasting. Try delicious bruschetta with tinned sardines & olive oil €4.80. Huge selection of 300 different tinned fish. Perfect gifts! **Dégustation et conserves de poisson et de sardines avec de l'huile d'olive €4,80. Sélection de 300 poissons en conserve. Un cadeau parfait! 12:00-18:00.**

- Open noon-6pm
- Tel. (+351) 282 432 325



54 KIMUSHI - SUSHI GARDEN

Pratos artísticos feitos por chefs altamente qualificados. Beautiful, artistic dishes made by highly skilled chefs, using the freshest ingredients. Enjoy this delightful sushi experience in a cool atmosphere. All your favourites: Nigiri, Rolls, Temaki, Sashimi, Uramaki plus noodles & wonderful combinations, ideal to share. Children's menu available. Indoor seating & secret little garden with a lovely outdoor terrace.

- Open Tues.-Sat. midday-2:30pm, 6-10:30pm
- Also lunch tasting menu & à la carte dinner
- Tel. (+351) 282 485 117



57 ALLGARBE Cervejaria-Marisqueira

Noites Temáticas: Portuguesa | Espanhola | Árabe. Thematic Nights: Portuguese | Spanish | Arabic. In the historical centre of Portimão, breathe in the soul of the Algarve, with hand-painted tiles and unique ambience. All products are local, premium quality.

- Monday-Saturday 11:30am-11pm, closed Sun.
- (+351) 282 457 057
- Info@allgarbe.pt
- allgarbe.pt



60 CAPITÃO NEMO BOAT TOURS

Experiência inesquecível para toda a família. Visit the beautiful coastal areas of the Algarve by boat. Dolphin watching & scuba diving plus the stunning caves of Benagil, a trip to remember! Captain Nemo, his dog Pipoca & his crew will make your day unforgettable! Friendly, personalised experience for the whole family.

- capitao-nemo.pt
- Tel. (+351) 918 122 506



61 GOLFLAND Family Entertainment Park & Jasmine Restaurant - Alvor

A aventura de mini-golf em Alvor. "Top Ten Crazy Golf In The World" International Cuisine, Snacks, Bars, Golf Simulator, Games, Entertainment, Playground

- golf-land.pt • info@golfland.pt • @golflandalvor
- Bookings: (+351) 925 364 788



62 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



63 ADVENTURE GOLF ALVOR

18 buracos, com o tema de 'Dinossauros'. 18 hole, 'Dinosaur Themed', Adventure Golf! Fun challenge for groups & parties of all ages! Adventuregolf Alvor Beco da Amoreira, Lote3. July & Aug. 10am-1pm, 4-9pm (last game 8pm). From Sept, check their social media for schedule Just outside Alvor, behind the Repsol petrol station, 5mins. by taxi or 10min. walk from centre.

- adventuregolfbookings@gmail.com
- Tel. (+351) 282 096 092



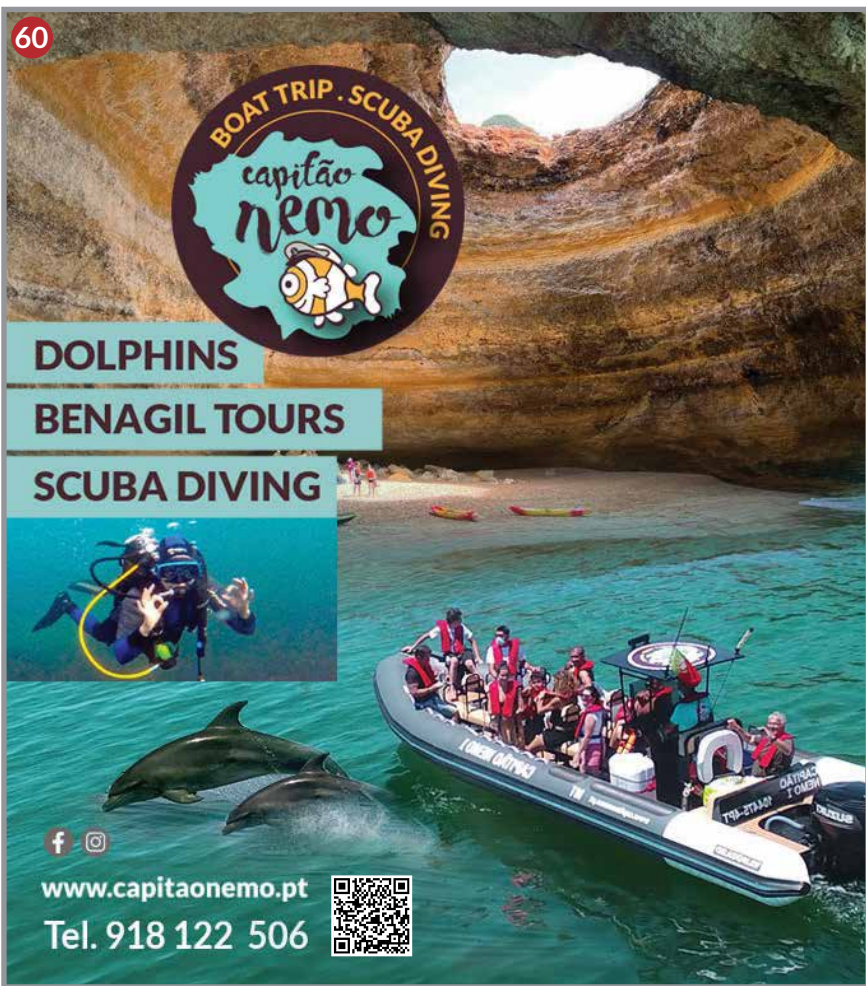
64 WIND SPORTS CENTER

Desportos Radicais e diversão para todos. Fun and Radical sports for everyone. Kitesurf - Windsurf - Wingfoil - Stand Up Paddle - Surf. Private, semi private or group courses. Professional training & quality service with certified instructors, all levels welcome. Beginners to advanced Rentals & Transfer to the Lagoon and Rescue Boat available.

- Open every day 9am-7pm
- info@windsportscenter.com
- WhatsApp (+351) 932 008 141



PORTIMÃO & PRAIA DA ROCHA



- freemaps.net • info@freemaps.net
- Tel. (+351) 912 231 463





1 BELLA PIZZERIA

Culinária tradicional Italiana com os ingredientes mais frescos. Totally refurbished. This brand new Pizzeria is a must! A stunning dining area with beautiful decor. Traditional Italian culinary using fresh ingredients. Cheese & sausage boards, focaccia, carpaccio, mouth-watering pastas & pizzas, as well as fantastic Italian desserts. Great Wine selection. Friendly Staff. Reasonable prices. Perfect for groups. It's hard to describe the beauty of this restaurant. Don't wait for a special occasion to dine here.

- Tel. WhatsApp (+351) 967 755 586
- Open 12-3pm, 7-11pm



2 CHURRASQUEIRA DA PRAÇA

Tudo saído do grelhador de carvão. Everything sizzling off the grill: Chicken piri-iri, noble meats and fresh grilled fish. A fun, friendly place to enjoy lunch and dinner. Enjoy the aromas stepping off the charcoal barbecue and relax on the wonderful, large terrace or interior with a good glass of wine, cocktails and amazing food.

- "Life is better with a barbecue!" • Take Away
- Tel. WhatsApp (+351) 967 755 586
- Open 12-3pm, 7-11pm, closed Tuesday



3 IRELANDS EYE Much More Than A Bar

Lindo Bar Irlandês, a mostrar todos os desportos. Steaks etc. & pub grub, served on spectacular seawiew terraces. All Gaelic Games, RTE & Premiership live every Sat. Sky Sports. Guinness, Magners Cider & Strongbow. A Brilliant Bar!

- Complete Irish breakfast 9am-6pm
- Full menu all day 9am-10pm
- Live Irish Music, every night
- Ceol Agus Craic. Cead Mil Falte
- Sunny Terraces



EL SOL YOGA EXPERIENCES

Experiências de Yoga inesqueçíveis! Unforgettable Yoga experiences at the beautiful Algarvian beaches in Portimão, Alvor, Lagos and Salema! Something special for an active holiday!

- Sunset Yoga • Beach Yoga
- Full Moon Yoga • Private Yoga!
- Mindful Hike and many more!
- For more Info about each experience, prices & timetable visit the website!

- WhatsApp (+36) 304 889 060
- elsol-lifestyle.com



5 THE PULP HOUSE

Produtos saudáveis, com ingredientes orgânicos e caseiros. Healthy café serving organic smoothies/ smoothie bowls with home-made oat milk. Cold pressed detox juices & fruit crushes. Delicious breakfast/brunch dishes made with ingredients such as home-made peanut butter, hummus, blue spirulina & activated charcoal.

- Vegan & Vegetarian
- Directly opp. Praia da Rocha Beach & Hotel Oriental
- thepulphouse.net
- Open 7 days a week 9am-7pm
- WhatsApp (+351) 912 116 314



6 ASIA TOKYO Chinese & Japanese

Cozinha aberta. Buffet Chinês e Japonês à discrição (ilimitada), sushi, sashimi, tempura tepanyaki & grelhados. Comida chinesa estilos Cantones e Seshuan.

- Over 200 dishes
- **'ALL YOU CAN EAT'** (no limit)
Dinner Buffet €18.95pp, Children €9.95pp
Lunch €13.95pp, Children €6.95pp
- (+351) 282 485 205 or WhatsApp 967 241 988
- Open 12-3pm, 6-11:30pm
- TAKEAWAY



7 INTERNATIONAL PRESS CENTER

- **Campeão dos Jornalheiros, é o que mais vende na Rocha.**

- Newsagent Winner of #1 prize
- Top seller newsagent, in Rocha
- Newspapers, magazines, tobacco, jewellery, gifts, hats, sunscreen.
- Open 8:30-midnight



8 9 LENA GOURMET CAFÉ

Fantásticos crepes, tostas, saladas, sumos de frutas frescas, etc. Perfect for all day English breakfast, lunch, light dinner. Savoury & strawberry crepes, tropical salads. Fruit smoothies. Most fruit from owner's organic farm. Large sandwich menu, hot baguettes & fabulous croissants. English tea & home-made cakes. Delicious huge Ice Creams. Excellent 'Lavazza' coffee. Hausgebackene Croissants, Brötchen.

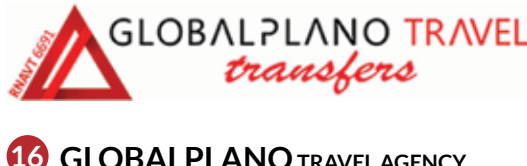
- 2 Locations, #9 beside Tokyo
- TAKEAWAY



12 COFFEINE BRUNCH

Pequenos almoços e brunches de fazer água na boca! Wonderful breakfast & brunch dishes. Delicious stuffed croissants with a selection of fillings, including smoked salmon, avocado cream cheese, quail egg & rucula, delicious pancakes, open toasties. Breakfast menus including vegetarian & vegan options Refreshing home-made lemonades, smoothies & açai bowls all beautifully presented.

- Outdoor terrace • 2 mins. from the beach
- Open daily, 9am-6pm (high season)
- WhatsApp (+351) 967 255 589



16 GLOBALPLANO TRAVEL AGENCY

- TICKET SHOP & TRANSFERS

Bilhetes para actividades e agência de viagens. Visit them for all your excursions here in the Algarve. Waterparks, Daily Tours and Transfers. Also provides Flight Tickets, Hotels and Holiday Apartment Rentals. **Pop in for discounted prices.**

- Alvor (+351) 282 459 430
- Praia da Rocha (+351) 282 411 955
- Holiday Rentals: globalplano-travel.com
- Transfers: globalplano-travel-transfers.com
- info@globalplano-travel.com
- Tel. (+351) 919 296 394



19 SECRET SPOT 98 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 & Element. Skateboard shoes: DC, Globe & Etnies.

- Open 10am-1:30pm & 2:30-8pm
- Tel. (+351) 282 418 930
- #secretspot98 • @secretspot98
- Check their shop in Portimão



22 BAMBOO GARDEN

Chinese Restaurant - Since 1982

Restaurante chinês, com chefe de Shanghai. 3 estilos: Cantonês, Szechuan, Shanghai. Chef/owner directly from Shanghai, creates marvellous food in your choice of 3 styles: Cantonese, Szechuan, Shanghai (ask for explanation). Gracious service by owner. Whole menu for 2: €27! (5 courses). Also menus for 4, 6 & 8 persons. All dishes made fresh to order! Extremely reasonable prices.

- Open lunch & dinner • TAKEAWAY
- Tel. (+351) 282 483 083



Pizzas e pastas caseiras incrédíveis! Over 15 types of 100 % home-made pizzas, in Rocha's only wood burning oven. Pastas, vegetarian dishes, meat, ribs, Portuguese steak & Italian daily special lunch etc. Filled with locals, you know their quality is great & the price is right! Cosy atmosphere & wine cellar. Menus for groups.

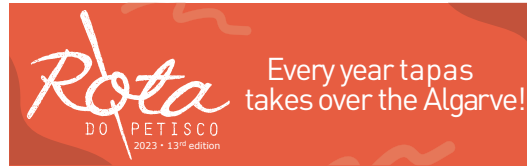
- Open midday-midnight • Terrace
- Open kitchen • TAKEAWAY and Delivery
- Tel. (+351) 282 417 861



24 LA GIOCONDA

Enorme seleção de gelados Italianos de fabrico próprio, batidos, crepes, waffles, churritos e açai. Sorbets veganos e sem lactose. More than 20 divine flavours of home-made Italian ice cream. Milkshakes, smoothies, crepes, waffles & acai bowls. Vegan & lactose free sorbets. Enjoy a fruity sangria on their lovely outdoor seating area. Great atmosphere & quality.

- Open 12pm-1am • (+351) 282 037 119



ROTA DO PETISCO Snack Route

Os petiscos voltam a invadir o Algarve numa jornada de sabores a não perder! Between September 15th & October 15th, all tourists are invited to taste the best snacks from the region, made by the most amazing chefs. Experience the Algarve at your table, paying a small amount, for a small menu (max €5). Get your 'Pestico Passport' & have it stamped by the hundreds of stops on this route, on a journey of flavour that should not be missed.

- In many locations across the Algarve
- rotadopetisco.com
- Tel. (+351) 910 174 814



VISIT LAGOS & LUZ



28 NANDI CHARITY SHOPS - Lagos

Loja de caridade para animais abandonados no Algarve. The Nandi Charity Shops raise money for abandoned animals in the Algarve. Their main aim is to sterilise as many animals as possible. Their shops have everything you can imagine, clothes from €1-3 a bit more if special. Books, shoes, furniture, sporting goods, they have it. Help the Algarve animals, by visiting the shops!

- Open Mon.-Sat: Furniture shop 11am-3pm
- Clothes 10am-4pm • (+351) 912 741 857



29 VILLA ZAWAIA - B&B - Lagos

Um oásis no coração de Lagos, para a sua estadia. Unique & quiet with a Moorish style patio. Ideal for relaxing & enjoying a getaway. An oasis in the heart of the Historic Centre of Lagos. Stunning decor & a tranquil atmosphere reigns in this corner of paradise. Suites, deluxe double or twin rooms & deluxe single rooms with swimming pool. Be wonderfully surprised by this luxurious bed & breakfast. Comfort & quality are their priority.

- Tel. WhatsApp (+351) 928 094 832
- villazawaia.com



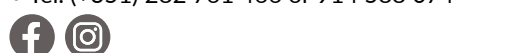
30 GAIVOTA BRANCA - Meia Praia Lagos

BEACH BAR/ RESTAURANT

Não perca este paraíso na terra, restaurante mediterrânico fabuloso. On an 'untouched' part of Meia Praia beach. 'One of the best beach restaurants in the Algarve!' Portuguese steak, giant prawns, cataplana or just a snack & coffee.

Gaivota Branca Beach Watersports

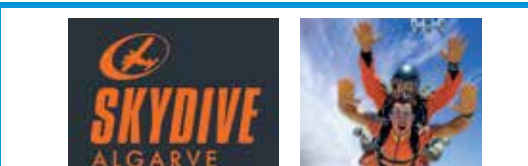
- Activities plus rental sunbeds & shades.
- Top quality at reasonable prices
- Tel. (+351) 282 761 466 or 914 588 074



31 O BARRIL RESTAURANT - Ferragudo

Cataplans de peixe ou marisco, carnes e peixes grelhados no carvão e o famoso arroz de tamboril! Don't miss this traditional restaurant in the main square of Ferragudo. Delicious specialities, warm & friendly service. Fish & seafood cataplana, charcoal grilled fish, meats & monkfish rice. Large selection of regional wines on display, take home your favourite. Dine in the cosy interior or outside terrace on the cobble streets of this picturesque fishing village.

- Open all day • Tel. (+351) 282 461 215



32 SKYDIVE ALGARVE

Tandem Skydive - Alvor

Salto de paraquedas. Looking for that rush of adrenaline & an unforgettable experience of a lifetime? Book yourself a tandem skydive at Skydive Algarve & jump with the experts.

- From €139
- Now also offering Beach Landings
- Portugal's best rated dropzone
- Book online: skydivealgarve.com
- Tel. WhatsApp (+351) 914 266 832



33 OCEAN 4 FUN

Visite as Grutas de Benagil e saia em cruzeiros costeiros. Saídas diárias da Marina de Portimão. Benagil caves & coastline cruises, daily departures from Portimão Marina. Catamaran guided tour, relaxing 2hr trip on a comfortable boat, for all ages, wheelchairs, big families & solo travellers, possibility to swim. Looking for something more active? Speedboat & kayak/stand up paddle, 2½hr guided tours. Go on to the beach inside Benagil cave, take stunning pictures & paddle around in a small group.

- WhatsApp (+351) 926 800 316
- ocean4fun.pt • reservas.ocean4fun@gmail.com



POLE WITH A VIEW

Amazing Outdoor Pole Dance Experiences, to celebrate special occasions! Pole dance & aerial parties, bachelorette & birthday celebrations etc. Prosecco & drinks included. Beginner lessons & choreography. Private villa or ocean view locations. Performances & ambience setting for galas, events & weddings etc. Aerial bartending & champagne service. Indoor lessons & parties also available at Pole Dance Studio in Lagoa.

- (+351) 924 474 785 • info@polewithaview.com
- polewithaview.com



35 ARTE NÁUTICA Restaurante Bar

Armação Beach Club @ Armação De Pêra

Aprecie um fabuloso pôr-do-sol numa praia fantástica. Enjoy a fabulous sunset overlooking the beach. Meat, fish & seafood from the grill, cataplana, monkfish or seafood rice, vegetarian dishes, snacks & delicious desserts. Wonderful wine selection. Tranquil & elegant atmosphere.

- Open 10am-10pm. Lunch & dinner
- Tel. (+351) 282 314 875



36 VILA VITA BIERGARTEN - Porches

Autêntico Jardim da cerveja, com comida da Baviera. Bavarian Beer Garden. Obatzda, Flammkuchen, pork Wienerschnitzel, cold meats, sausage boards etc. German Beer, Vila Vita wine, apple strudel & giant pretzels! Children's playground. **Biergarten mit tollen deutschen Spezialitäten.** TAKEAWAY. Butcher's shop: sausages & meat. Tues. 2-6pm, Wed.-Fri. 10am-1pm & 2-6pm, Sat. 10am-1pm.

- Tel. (+351) 282 381 177

