

## INTERMARCHÉ 1 **Intermarché**

Widest range of international, ethnic & regional products. Many imported English products.

- \* Extensive stock of wines, beers & spirits.
- \* Daily fresh: meat, fish, fruit & vegetables.
- \* **Freshly baked cakes & bread**
- \* **Freshly baked cakes & bread**
- \* **Parapharmacy:** health & beauty products.
- \* **Cafeteria:** WiFi, snacks & lunch. Extremely reasonable prices.
- \* **Self service laundry.**
- \* **Take Away:** Portuguese traditional food & roast BBQ chicken.

"Intermarché where shopping is always a pleasure & the price is a pleasant surprise!" Tel. 282 457 126.

## CARVI MARISQUEIRA RESTAURANTE

Não é um restaurante turístico; é um ícone de Portimão, o servir especialidades de mariscos e muito mais, há 42 anos. **Definitely NOT a tourist restaurant.**

Few restaurants can claim to be iconic, Carvi has certainly earned this award. For over 42yrs, people keep coming back, because they excel at what they serve. Renown for seafood specialties, crab, lobster, seafood rice, cataplanas & 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-midnight for anything from a snack to a full seafood feast, closed Tues. Esplanade. Booking a good idea for dinner. f 2 Tel. 282 417 912 or 968 888 307 or 963 012 140.

## PIRATE SHIP "Santa Bernarda" 100

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 mit der Segel Caravelle, Grötenexpedition, Küstenfahrten mit Strand BBQ. Tickets online, im Hotel, am Hafen und im Büro. Rua Justice Fialho #6, 8500-702 Portimão. RINAATI65/2010 Tel. (+351) 967 023 840. www.santa-bernarda.com

www.freemapsalgarve.com f Freemaps Algarve

## Ú VENÂNCIO RESTAURANTE

Portimão has always been the capital of grilled sardines. The place to eat them is in this riverside restaurant. Relax in the sunshine & enjoy a HUGE choice of delicious grilled sardines, prawns, sea bream, cataplanas etc. As well as traditional Portuguese dishes & steaks. Excellent wine list. Home-made desserts. Special menus for groups. A real Portuguese experience, don't leave Portimão without trying them. f Open from 11am. Tel. 282 425 379. www.uvenancio.com GPS: 37°08'28.02"N 8°31'51.62"W

## SUSHI & GO JAPANESE RESTAURANT 5

Changa has a new exciting place to try Japanese food! Authentic food & flavours of sushi, sashimi, tempura etc. in a chic, laid back restaurant. Buffet all you can eat: lunch €10.90, dinner €14.90. Children 4-9 yrs 50% discount. If you love sushi, you'll love this! Takeaway box €6.50. Free delivery in surrounding areas from €13. Open 12-3pm, 7-11pm. Tel. 282 419 014 or 963 802 800. www.sushigo2016.pt f restaurantesushigo Close to the River front, Av. Afonso Henriques, Loja M - Portimão.

## RESTAURANTE & SNACK BAR DO CAIS AT THE NAVAL CLUB

Open all year. Great for groups & functions. Visto espectacular, 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 €31.50 for 2, inc. potatoes & veg. Prices so reasonable, the Portuguese are regulars. Chef Inácio, delights with luscious specialties: goat cheese gratin, monkfish & saffron rice, lamb cutlets, Mediterranean pasta etc. Open noon-3pm, 7-11pm, closed Mon. **SNACK BAR DO CAIS:** Their snack bar, with same stunning view. Best sinful treat: Giant toasted sandwich on home-made bread! 9am-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.

## A BOLOTA Café & Snack Bar

Polota's a great place to discover! Whether it's a snack or a full meal, A Bolota has it. A traditional kitchen with 2 daily dishes & the house speciality: delicious black pork sandwiches. Wonderful omelettes, toasties & fresh biological orange juice. Home-made dessert. Very reasonable prices & friendly staff. Sunny terrace. WiFi. Open 7:30am-midnight. Tel. 965 314 317. Just off Portimão main square. 7

## FU TRADITIONAL JAPANESE RESTAURANTE

O único restaurante Japonês situado no coração de Portimão! Delicioso! Cherry Blossom & her husband Fu have opened a delightful traditional Japanese restaurant in the heart of Portimão. TAKEAWAY boxes from €5.50 for 16 pieces to €15 for 54 pieces (depending on the size of the pieces), etc. All you can eat menu lunch & dinner. Fantastic value! Spotless, stunning black & red decor. Open 11am-3pm, 5:30-late. Tel. 968 360 035 or 282 431 656. restaurantjaponesfu.com f

## LENA'S CREPES & CROISSANTS

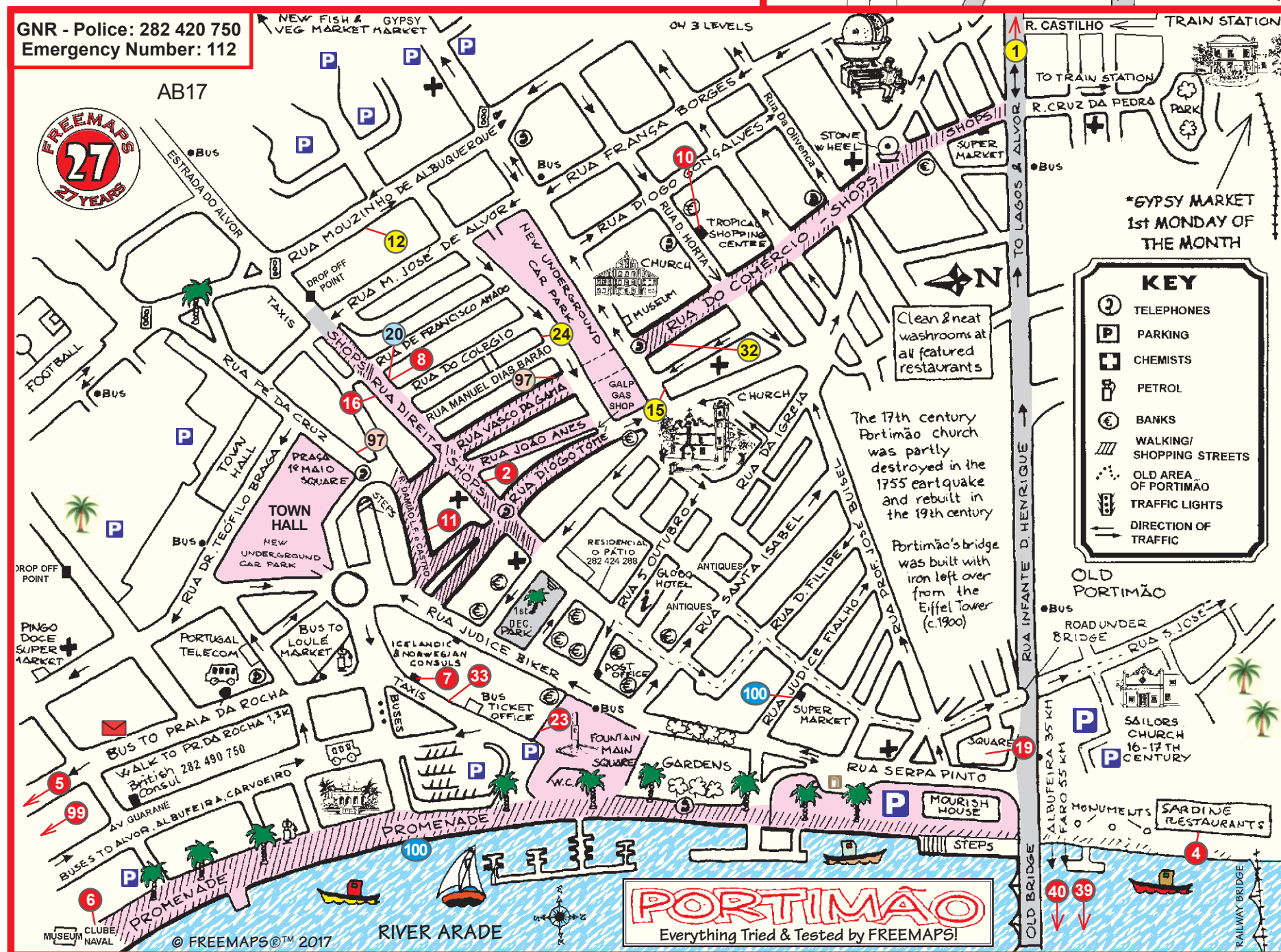
Fantásticos crepes caseiros, saloados, sumos de frutas frescos, etc. For 30yrs! Perfect for morning coffee LAVAZZA excellent! Home baked croissants, pastries & fillings, delicious home-made soup & sandwiches on hot baguettes, quiche, salad plates & special home-made cakes. Veg. lasagne. Takeaway available. Most produce from owner's organic farm. Hausgebackene Croissants, Brötchen und hausgemachter Salat.

## RESTAURANTE KIBOM

É um favorito há muitos anos. Enorme menu de peixe e carne. Deliciosos espetados. Grande terço. Beautifully redecorated, typical Algarvian venue. Very good traditional Algarvian dishes. Father & son, family run. Delicious meat or fish kebabs! Large choice of fresh fish, grilled sardines, seafood rice, fish steak, fresh shellfish & cataplana. Many meat dishes, inc. filet of steak, chicken pin-riri. Light snack lunches. Lovely outside terrace. Well worth trying! Closed Sun. A.C. Baby changing area. Wheelchair friendly. Free WiFi. Tel. 282 414 623 or 961 152 392.

## MARIA DO MAR 16

Tasting & Canned Fish Conservas de peixe e sardinhas enlatadas! 300 tipos diferentes! Tinned fish tasting! Try delicious bruschetta with tinned sardines & olive oil €2.90. Huge selection of 300 different tinned fish. Perfect gift! 11am-9 pm. Dégustation et conserves de poisson et de sardines avec de l'huile d'olive €2.90. Sélection de 300 poissons en conserve. Un cadeau parfait! 11:00-21:00



Lite Red Shading = Pedestrianised areas, some with bike lanes. BUT be careful of vehicles!

## SECRET SPOT SURF SHOP 12

Pluguer 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, Vans, Etnies. Open 10am-1:30pm & 3-7:30pm. Tel. 282 418 930. f secretspot98

## CASA LUSITANA RIDING CENTRE

- Between Ferragudo & Carvoeiro Experience magnificent rides & breathtaking coastal views along the cliffs. Professional, experienced instructors, lessons for all ages. Hacks, jumping & dressage all situated in this picturesque area near Ferragudo. Full equipment supplied. Friendly stables & bar for families & friends to watch. Open 9am-1pm & 3-7pm, closed Wed. & Sun. afternoon. Information call João: 925 613 325. f CasaLusitana Centro Hípico GPS: 37°6'32"N 8°30'9"W

## THE WHITE HOUSE 15

Bordados em puro algodão e linho. Atoalhados, turcos, jogos de cama, naperons, etc. Prendas maravilhosas! Take Portugal home with you! Everything 100% Portuguese at unbeatable prices! Gorgeous cotton sheets with lace, embroidered & printed table clothes. Aprons with the famous Portuguese rooster + hand crocheted baby bibs & booties, baby sheet sets, bedspreads, pyjamas etc. Absolutely gorgeous embroidered hand towels, wine bottle covers. Rosário makes some of the items herself. Personalized embroidery to order. Mon-Fri. 9:30am-7pm, Sat. 9:30am-6pm. Tel. 282 459 078. Alameda P: Da Republica, just down from church.

## HAMBURGUERIA B&B 99

Burger & Beer, a cool modern spot for: Fantastic 100% home-made: Burgers, sauces & breads. Delicious burgers served with bread, home-made chips, basmati rice or salad. Beef, chicken, salmon & veggie burger options. Great selection of over 80 craft & imported beers! Wheelchair access. Children's area & kids' meals. Noon-11pm, closed Mon. Tel. 282 031 269. GPS: 37°7'25"N 8°32'12"W

## ALGARVE LIFESTYLE - YOUR CONCIERGE

Let Algarve Lifestyle arrange: exclusive, unique, experiences, events, entertainment & accommodation. Dedicated assistance to all your travel needs, giving you an extraordinary trip! They are your Algarve Concierge. Serving you with passion. Tel. 289 057 448. algarve-lifestyle.com

## DONA BARCA RESTAURANTE 19

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

## CEGO TATTOOS 20

Fo z o seu sonho tornar-se realidade! Turning Dreams Into Reality Since 1991! Original & exclusive designs by tattoo artists. Covering old tattoos \* 100% Hygienic \* Great quality. Mon-Fri. 10:30am - 8:30pm, Sat. 3-8pm. Tel. 920 583 947. Cego & Fábio. f cegotattoostudio

## FREEMAPS COLOUR KEY

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

## CASA INGLESA 23

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! Open all day, everyday. Tel. 282 416 290. info@casainglesa.com

## TRADIÇÃO PORTUGUESA

Exquisite traditional products, from north to south Portugal & the Islands. Great gifts & souvenirs: filigree jewellery, special fruit liquors, red, white & rosé wines, hand painted ceramics, sweets, jams, home-made soaps, chocolates, linen etc. Take the tradition home with you! Open Mon.-Fri. 9:30am-7:30pm, Sat. 9:30am-5:30pm, closed Sun. Email: portuguesas.tradicao@gmail.com Tel. 282 039 792. f tradicaoportuguesa.portimao Praça da República, UJ, 50A, opp. the church.

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## JEWELLERY SHOP 50 SPARKLING YEARS!

Eternas memórias, jóias para toda uma vida. Ouro, prata, relógios de marcas. 'A gift from Oliveira's is a gift to last a lifetime'. One of Algarve's finest Jewellers. Showing 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.

## TAPA LATINA 33 TAPA LATINA

An incredible space that was once the dry storage for figs, almonds etc. for the famous Teixeira Gomes (5th President of the Republic). Towering hand cut stone walls create a spectacular atmosphere. Great selection of excellent wines. Have a snack or meal from their huge selection of delicious hot & cold tapas. Relax on the large terrace with a view to the Arade River. Open all day, closed Wed. Live Music every Sat. An enchanted corner of old Portimão! They accept reservations for groups. Tel. 282 459 129 or 917 218 703. f Tapa Latina

## FREEMAP 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 www.valedemilhogolf.com reservas@valedemilhogolf.com Tel. 282 358 502 or 919 816 560 GPS: N37° W8.44837° 15% Rack Rate Discount on Green Fees only. Bring This Freemap. 9 holes/18 tees - Par 3

## LONG STAY PACKAGES

Unlimited Golf & Spa access. A perfect 'all year round' holiday destination, in a safe resort environment & only 5mins. from Lagos & beaches. 3, 5 & 7 UNLIMITED GOLF PACKAGES Unlimited Golf & Spa access! From €187pp Luxury apartments with large balconies & beautiful views. Unlimited golf with buggy & use of academy & practice facilities. Maid service, Sat. TV & free internet. FREE access to Spa's indoor heated pool, jacuzzi, gym, steam room & sauna. Show this FREEMAP & receive 1 FREE driving range token For more information contact Tel. (+351) 282.000.160. www.boavistaresort.pt

## SPECIAL GOLF OFFERS AT SALGADOS GOLF

Links 18 Holes Par 72. Spacious comfortable restaurant bar, snacks & large sunny terrace. Lockers, rental clubs & golf shop. Driving range - putting green. Special packages & twilight. Tel. 289 583 030 or 911 032 723 or 925 268 859 Email: info@salgadosgolf.com Must mention FREEMAPS. GPS: N37.0947 / W8.3276

## A GUITARRA RESTAURANTE Since 1987 39

A rustic, traditional Portuguese restaurant, with delicious flavours. Specialities: kebabs, shellfish, chicken, fish of the day, charcoal grills. Great wine list. Excellent sangria. Value for money: covert, grilled squid & grilled meat kebabs, drink, dessert & coffee only €15, lunch & dinner. Tel. 282 412 056 or 965 029 967. Over old Portimão bridge direction Estombar. Pass 3rd roundabout, 1st left, then first right, follow signs for A Guitarra. GPS: 37°8'31.83"N 8°30'37.92"W

## THE VILLAGE INN 40

Mexilhoira da Carregaço. 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. Dine in the charming courtyard or on cooler nights around the cosy log fire. Try baked Camembert, stuffed mushrooms, ginger lime prawns, Persian spiced lamb, home-made steak & kidney pie, people go just for the lamb chops! Vegetarian dishes. Brandy snap baskets. Delicious 3 course menu only €18! Reasonable prices. Booking advised! Open 6:30pm, closed Sun. & Mon. Only a short taxi ride from Portimão. GPS: 37° 8' 47.26" - 8° 30' 27.82" kathie.lancaster@gmail.com

# FREEMAPS

www.freemapsalgarve.com

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

# PORTIMÃO & PRAIA DA ROCHA



## HOT AIR BALLOON FLIGHTS

Fly with the spirits of the wind & ride the gentle breezes of the Algarve & Alentejo. Call Helena 914 532 300. www.algarveballoons.com Visit the Algarve's Cultural Agenda



# FREEMAPS

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### INTERNATIONAL SAND SCULPTURE FESTIVAL

Weltweit größter Sandskulpturenpark. FIESA is the largest sand sculpture festival in the world. 40,000 tons of sand, transformed into towering sculptures, sculpted according to a unique theme. Presented in an area of 15,000m<sup>2</sup>, carved by a group of artists from various parts of the world. A unique presentation, you must not miss this! Amazing by day & by night! A22 Aljoz/Praia exit & follow signs. Tel. (+351) 969 459 259. www.FIESA.org GPS: 37°07'42.2"N 8°19'54.5"W



**INTERNATIONAL SAND SCULPTURE FESTIVAL**  
SPECIAL DISCOUNT COUPON 10% off ENTRY!  
Must SHOW COUPON for up to 6 PEOPLE  
Children 5 & under free!

### EVERYONE WANTS A MAP!

FREEMAPS gives you maps of many Algarve towns plus genuine recommendations of great places to see and things to do. Get & follow you're FREEMAPS to ensure the ultimate in holiday dining, shopping & adventures. All you need .....FREEMAPS! 27 years of making holidays better!



### ASIA CHINESE RESTAURANT (亚洲)

Cozinha Alberta. Buffet Chinês à discreção €13,95. Crianças €6,95. Open kitchen. Chinese buffet all you can eat w/ 50 different dishes €13,95pp. Children's menu €6,95. TAKEAWAY €6/box & Free delivery for orders over €25 to apartments & hotels in Rocha area. 11:30am-3pm, 5:30pm-late. Tel. 967 241 988.



### TOKYO JAPANESE RESTAURANT (东京)

Sushi à discreção. Sushi, Sashimi, Tempuras, Tempuraki & grills. All you can eat. Almoço / lunch €9,95 or €12,95. Jantar / Dinner €16,95. Food grilled in front of you. Takeaway: 18 pieces/box €5. 11:30am-3pm, 5:30pm-late. Tel. 282 485 205 or 967 241 988.



### HUMBERTO'S RESTAURANTE / TAPAS

Deliciosos nacos de novilho, cataplanas, porco preto, tapas e marisco. Nova decoração. Refurnished & bigger! This steak house serves wonderful succulent steaks, Grass fed beef, Iberian pork, cataplanas, shellfish & tapas. Daily dish from €5,90! Home-made desserts. Owner/chef Humberto prepares & cooks so you know it's done well! Open daily. Well worth finding. Tel. 282 109 356. f Humberto's Praia da Rocha



### BACCHUS BAR & RESTAURANT

Artur e sua simpática arara lá estão desde 1974. Todos os desportos são mostrados ali, em grande ecrã. Established 1974, longtime owner Artur Ferreira & his beer-drinking Macaw (parrot) have a huge menu of home-made delicious food: meat pies, steaks, roast chicken, fish & chips etc., & snacks. Delicious apple pie. Sun. Roast Meals & cocktails, cosy surroundings. Inside or on terraces. Draught Guinness, Lager, Bitter & Cider. All sports on big screens. Internet. Open late. Golfers love it, Artur's passion is golf! Tel. 282 418 620.



### ALL BEEF RESTAURANT

Carnes, grelhados, peixe e muito mais! The home of top quality beef & grills plus many other Meat & Fish options. Very good reviews: "It was amazing, great food", "Desserts to die for & not too expensive", "Best restaurant on our holiday", "Glossed in elegant dining room, outdoor terrace for pre-dinner drinks. Enjoy a wonderful romantic evening & celebrate your holiday in one of the most prestigious restaurants in the area. A must for Praia Da Rocha, delicious starters & main courses. Highly recommended. Tel. 919 358 446 or 282 495 179. f AllBeef Steakhouse GPS: 37°7'8.26" - 8°32'58.70". At West end of the promenade (keep walking).



### CLAIRE'S RESTAURANT

Ali há de tudo, desde pequeno-almoço, refeições, snacks, em um ambiente agradável e descontraído. Informe-se sobre a música ao vivo! Totally renovated! Walk the whole main strip all the way to Claire's & then enjoy a rest since... the price is right! Breakfast, snacks, lunch or dinner, Claire's restaurant has it all very comfortable atmosphere inside & large sunny terrace. Specialities include the kebabs flambé at your table, chicken pin-piri. Sun. 2-6pm 60's & 70's live music. A fun friendly place to sit back & relax. Open daily all year round, 9am-late. Tel. 929 059 009. f Claire's BarRest



### SALSADA do ZÉ Beach Bar/ Restaurant - Since 1962

O mais popular restaurante de praia, comida deliciosa. Comida fresca realmente deliciosa, em um agradável clima de praia. Zé & his wife Rosa have one of Rocha's most popular beach bar/restaurants. From father to son over 50yrs amazingly always getting better! Really delicious quality meals in a colourful, bright, romantic atmosphere! Everything freshly prepared to order. From English breakfast & snacks (incl. sardines) to their full menu. Favourites are absolutely fabulous kebabs: pork with fruit/montfish or prawns etc. montfish/shellfish rice, a huge list of fresh fish, vegetarian meals, pepper steaks, etc. Kids' menu + children's playground is a great plus for families. "Sunrise to Sunset" the place on the beach enjoy it all! All year, 10am-late. Food served all day. Tel. 282 041 574. f José Domingos Sta Clara or Salsada do Zé Middle of Beach, below Hotel Algarve Casino.



### IRELAND'S EYE

Much More Than A Bar Lindo Bar Irlandês, a mostrar todos os desportos. Full Irish breakfast (9am-6pm). Full menu: steaks etc. & pub grub all day, 9am-10pm, served on spectacular seaview terraces. Live Irish music, every night. All Gaelic Games, RTE & Premiership live every Sat. Sky Sports, Guinness, Magners cider & Strongbow. A Brilliant Bar Ceol agus Craic. Cead mil falte. New sunny esplanada.



### LOJA CHARINA Shop

Praia da Rocha's premier gift shop! A loja de Presentes favorita da Rocha. A varied range of mugs & souvenirs. Large selection of NicoBoco & e!nook footwear: Sun creams by Nivea, Cabana Sun & Corine de Farme. Nivea sun products on special offer. Many locally produced items for sale. English greetings cards - probably at the best price in Rocha. All beach items incl. colourful beach towels, inflatable, cool bags, sun hats etc. Look for the metal framework animals & butterflies. Nothing else like this in Rocha! From Hotel Jupiter, walk away from the beach. Take 2nd road on left & left again.



### ON THE ROCKS

Definitivamente um dos melhores bares da Rocha. É lá que está o Aççool! One of the Best bars with DJ & dance floor. Seaview terrace. Rocha's legendary bar. ALL GAA & SKY SPORTS. LIVE MATCHES SAT. 2 BIG SCREENS & 10 TV'S. PLASMA SCREENS. Happy hour 9am-9pm.



### LENA'S CREPES & CROISSANTS

Fantásticos crepes, tostas, saladas, sumos de frutas frescos, etc. For 30yrs! Perfect for all-day English breakfast, lunch, light dinner: Savoury & strawberry crepes, tropical salads. Fresh fruit smoothies. Most produce from owner's organic farm. Large sandwich menu, hot baguettes & fabulous croissants. Vegetarian dishes. English Tea & home-made cakes. Delicious huge Ice Creams. Takeaway. Late night EXCELLENT COFFEE, Lavazza! Birthday cakes to order. 2 shops: 1st look for yellow table cloths, 2nd in Casa da Praia building, near Asia Chinese. Hausgebackene Croissants, Brötchen.



### A PORTUGUESA


Anabella & A Portuguesa are back! A really wonderful new chef, creates amazing food using all fresh ingredients. Salmon cooked to perfection, fabulous steak 'A Portuguesa' & amazing pork fillet w/ figs from Algarve etc. Specialities: lamb carré, excellent Uruguayan steaks, ribs with BBQ sauce, fabulous cataplanas, Mozambique style curries & fresh fish. Vegetarian options. Family friendly. Delicious home-made desserts. Relax on the huge terrace under giant white umbrellas. The locals eat here so you know it's great. Reasonable prices. Cool, jazzy tunes. This is the place to go for a delicious snack or meal & amazing sangrias & cocktails. Open 11am-late. Tel. 282 032 311 or 968 966 267.



GNR - Police: 282 420 750  
Emergency Number: 112

### QUIOSQUE SARA Bar & Terrace

No Happy Hour! ALL DAY is Happy Hour! Soak in the scenery & enjoy the sounds of the ocean while sipping a fruity glass of sangrial! Beers, cocktails, fruit smoothies, milkshakes, coffees, slush puppies & much more! Watch the sunrise & sunset, amazing view of Praia da Rocha beach. Open 8:30am-9pm. Free WiFi. Across from Hotel Rocha, on walkway to the beach on left!



### RESTAURANTE IL TIMONE

Pizzeria/Bar - Praia do Vau No Praia do Vau, soberba comida Italiana. Francisco runs this lovely family restaurant. An excellent choice for lovers of Italian food. Delicious garlic bread, salads, pizzas & pastas, fresh fish & steaks. Sea view covered sunny terrace & kids' grassy play area. Happy Hour until 7pm: Large beer €1.50. Very Good Value. Tel. 933 172 858.



### HAMBURGUERIA B&B

Burger & Beer, a cool modern spot for: Fantastic 100% home-made: Burgers, sauces & breads. Delicious burgers served with bread, home-made chips, basmati rice or salad. Beef, chicken, salmon & veggie burger options. Great selection of over 80 craft & imported beers! Wheelchair access. Children's area & Kids' meals. Noon-11pm, closed Mon. Tel. 282 031 269. GPS: 37°7'25"N 8°32'12"W



### TITANIC RESTAURANT

Claudia, has done the impossible with outstanding decor, food & service. A truly elegant atmosphere. Beef Tenderloin done to perfection, herbed rack of lamb with a delectable hint of mint, monkfish Titanic. All steaks grilled as you wish. Scrumptious crepes flambé, caramel sauce, ice creams & strawberries. TITANIC TAPAS BAR: Opens from 11am. Inside & outdoor patio, a selection of tasty Portuguese tapas. Lunch, daily dish €7.20. Excellent service. Don't wait for a special occasion to dine here, this is a wonderful restaurant. Tel. 282 422 371 or 968 363 445.



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### BAMBOO GARDEN Chinese Restaurant - Since 1982

Restaurante chinês, com chefe de Shanghai. 3 estilos: BAMBOO GARDEN Cantonês, Szechuan, Shanghai. 竹園酒樓 Indulge all your Chinese cravings! Chef/owner directly from Shanghai, creates marvelous Chinese food in your choice of 3 styles: Cantonese, Szechuan, Shanghai (ask for explanation). Gracious service by owner. Whole menu for 2: €20,20! (5 courses). Dish of the day incl. starter + main dish + rice - €8,90 per person. All dishes made FRESH to order! Extremely reasonable prices. Open lunch & dinner: Tucked away in a quieter corner of Praia da Rocha, opp. Casino. Tel. 282 483 083.



### CREAM CAFFÉ

A favourite cafe by the seaside Offers: a tempting taste of Italy with 32 flavours of ice cream (gelato) to choose from. They serve delicious sweet & savoury crepes, waffles & many speciality coffees, special surdeles, croissants & toast with ham & cheese, salads, fresh juices, cocktails, caipirinhas etc. Giant screen for the football. Free WiFi for customers. Open all day 9am-2am. Takeaway cream caffè



### CIBER CAFE@

Fastest internet connection in Praia da Rocha. Video conferencing, AOL 'friendly', memory stick & USB, CDs, DVDs, office, printer etc. Open all day 9am-2am. cybercreamcafe.com



### LA GIOCONDA Pizzeria & Trattoria

Pizzas e pastos caseiros incréditáveis! New refurbished! Wine cellar, huge selection of wines. Nuno makes over 15 types of 100% home-made pizzas (in Rocha's only wood burning oven). Plus very good pastas & vegetarian dishes, meat, ribs, Portuguese steak, Italian daily special lunch etc. From 12am-midnight. Filled with locals, you know their quality is great, definitely the right price! Very friendly service. 2 course lunch €8,50 keeps people coming back! Redesigned with open kitchen. 2 terraces. Cosy atmosphere. Special menus for groups. A bit hard to find, behind Ju restaurant, definitely worth it! Free Delivery Takeaway. Tel. 282 417 861. After huge success making home-made pizza, pasta & icecreams. La Gioconda will soon be opening their own factory.



### BULLI & PUPE Italian Restaurant

Experimente o verdadeiro sabor de Itália. Experience the real taste of Italy. Italian owners cooking the Italian way! Spectacular terrace with ocean view. All this mouthwatering Italian food is home-made daily. Typical Italian starters: bruschetta, antipasto, garlic bread, carpaccio, 30 types of delicious pizza, lasagne, spaghetti, steaks, delicious fresh seafood, savoury crepes. Daily Italian home-made desserts: pannacotta, tiramisú, limoncello mousse & delicious ice creams. Lunch & dinner. Friendly atmosphere. TAKEAWAY. Bookings: 282 415 645. bulliepupe.pt GPS: 37°07'5.235" N 08°32'45.326" W



### GLOBALPLANO REAL ESTATE AGENCY

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



### YUPIK - PIZZERIA, FOCACCIAS & TAKEAWAY

Exclusive in the Algarve, a new concept: now making Focaccias & high quality home-made Pizzas. Taste the excellent & exclusive strawberry sangria. "Take me home, take me to the beach!" Now Pizza & Focaccia takeaway! Open 12-3pm, 6:30pm-2am. Tel. 917 560 056.



### ACTION & ADVENTURE

#### SIDECAR TOURS - BIKE MY SIDE

The Coolest Rides! Visit the famous sights & unknown places of rare beauty in a glamorous classic sidecar. A guide will show you breathtaking landscapes & the most famous secrets of the local lifestyle with an unforgettable private tour. Don't miss this fantastic adventure! A must do during your Algarve holidays. Book now! Tel. (+351) 917 015 996. www.bikemyside.com



#### SIDECAR TOURS - BIKE MY SIDE

Special Freemaps discount: present this voucher to your Bike My Side driver & get €10 off. One voucher per tour. Valid for Postcard Collection & the Most Beautiful Beaches tours.

### WILDWATCH ALGARVE - Ferragudo

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. www.wildwatch.pt



### 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@gmail.com



### EMERGENCY & HEALTH CARE

#### PRIVATE HOSPITALS

"Hospital Particular do Algarve" 24HR EMERGENCY ALVOR AND FARO (near Airport) Hospital de São Camilo - Portimão NEW: Clinica Particular do Algarve, Algarve Shopping, Guia Private Ambulance Service. All calls: 707 282 828. English speaking doctors & nurses. www.hpalg.com Full hospital services, all major specialities. Work directly with most major health insurance companies.



### SQUASH RESTAURANTE & BAR

FIRST CLASS. Well known, as an all time favourite, for outstanding quality meals & professional service. Guests who dine here on their 1st night, happily return over & over again! Extensive menu inc: large selection of excellent steaks (incl. of Portuguese style), rack of lamb, fresh seafood, fish soup, fillet of sole, cataplanas, monkfish kebabs etc. (all with veg. & potatoes). Delicious desserts, banoffee pie etc. & special coffees! Intimate private bar. Very reasonable prices. Book or go early. Beautiful outdoor deck for warmer nights Open lunch & dinner. Tel. 282 148 507.



### BAIRRADINO RESTAURANTE LEITÃO - Suckling Pig Restaurant

A real Portuguese treat! This restaurant knows all the secrets for cooking the famous roast suckling pig, in the traditional way. Ideal to eat in or takeaway. Great lunch special: salad, daily dish, dessert, 1 drink & coffee €10. Plus juicy steaks, kebabs etc. Probably the only place where the bread & olives are FREE. Open lunch & dinner, closed Tues, night & Wed. Tel. 282 458 481. GPS: 37° 743.37'N 8°33'6.86'W Just off the beaten track & fantly worth finding: Av. João Paulo II, Lote 2 R/C Vale de França - Portimão.



### CHARMINAR INDIAN RESTAURANT

Experienced chef & owner Monir Ahamed from Hyderabad creates all your Indian favourites. Using special spices to make the perfect dish for you! Tandoori dishes, King prawn curry, dupiaza, bharias & much more! Vegetarian curries, children's menu etc. A lovely friendly atmosphere for lunch & dinner. Excellent quality at great prices. Takeaway. Tel. (+351) 282 459 288 or 920 547 985. Check them out on: Charminar Indian Tandoori Restaurant or tripadvisor



### VALERIA RESTAURANT - BAR

Perfectly located on the promenade. A place to relax, lovely sunny terrace. Portuguese & traditional cuisine. Fantastic 'Special Menu' for only €9,90: great choice of 3 starters + main dish of spaghetti bolognese, lasagne, chicken pin-piri, pork or chicken with mushroom sauce, fresh fish + more & dessert! Free liquor or port wine. All Reasonable prices. Open 10am-midnight, kitchen open all day. Tel. 965 228 178.



### WORTH THE TRIP: Lagos, Praia Da Luz, Burgau

#### GAIVOTA BRANCA Beach Bar/Restaurant - Meia Praia

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 Algarve. Top quality at reasonable prices. Excellent Portuguese steak, giant prawns, cataplana or just have a snack & coffee. The whole restaurant opens up to the sun, sea & sand! GPS: 37°06'44.82'N 8°39'27.24'W (look for sign) or call for directions. Tel. 914 588 074. NEW Fantastic Gaiavota Branca beach watersports activities available! Also rental service for sunbeds & shades.



### HARMONY EARTH HEALTH FOOD SHOP - Praia da Luz

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.algarvemovie.com/ht



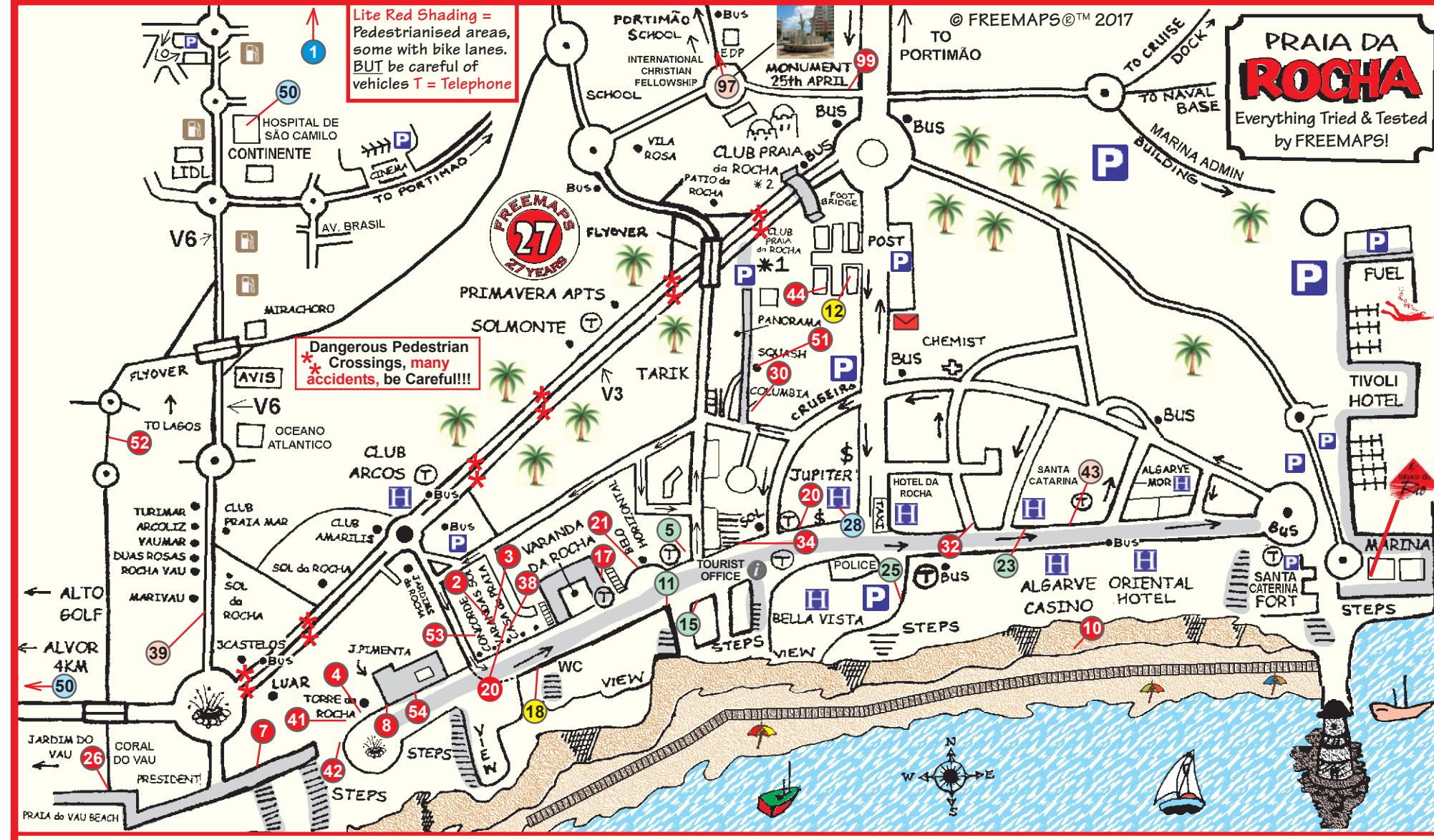
### BEACH BAR BURGAU - RESTAURANT

Located on beach, below Burgau's cliffs. Excellent food: fresh fish daily, delicious innovative salads, famous chicken steak or king prawn kebab, superb steaks etc. People who live here come HERE to get away from it all. One of the Algarve's most beautiful settings, 10min. west of Lagos, south into Burgau, directly on the beach. Sunbeds & parasols to hire. Restaurant: Lunch 12:00-15:00, dinner 19:00-22:00, closed Mon. Snack Bar: Open 7 days 10:00-18:00. Bar: 10:00-late. Cocktails, sangria, wine & chill out music. Booking advised: Tel. 282 697 553. No credit cards.



### DELTA PELE Quality Leather Goods Shop - Alvor

A melhor seleção de malas de pele, cintos, carteiras, do região! Large, wonderful selection of high quality Portuguese leather products. Exquisite handmade purses, bags, travel bags, wallets, belts, briefcases, suitcases etc. Something to last a lifetime. Rua 25 Abril #11, on road to Big church. Tel. 282 457 175 or 938 252 484.

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### FOGO DE CHÃO STEAK HOUSE

The Famous Fogo da Chão Steak House has now arrived! Without a doubt one of the most beautiful restaurants in Rocha. Try the 'all you can eat' rodizio experience: Help yourselves to gourmet salads, pasta & rice dishes, beans & authentic Brazilian side dishes to accompany the succulent meats that will be carved at your table. ALL-YOU-CAN-EAT buffets (lunch & dinner) start from €9.99. Take a chance to experience Pampas delicious cuisine. Open lunch & dinner. Tel. 282 104 324.



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### ANGELO'S Restaurant & Bar

Always friendly & enjoyable at the NEW Angelo's. Enjoy breakfast on the terrace, plus snacks, lunch & dinner or dine in the comfy inside. Kitchen open all day. In the Cave Bar enjoy the best of live Rock & Roll music from late 50's to early 70's. There's always plenty of holiday festivities to be had at Angelo's. Tel. 929 059 009. Open 9am-4am. f Angelos BarRest Opposite Casino.



### JUPITER SPA

Experience a new level of luxury in the Jupiter Spa. Unwind with custom service while you bask in the elegant setting. Massage, fitness room, indoor pool (90mins, hydrotherapy circuit, sauna & steam bath), manicure, pedicure, facials etc. Plus 'Spa by Night', Fri. nights from 9pm-midnight. Every moment will be a blissful one! Very reasonable prices. Show this Freemaps to get 15% discount (not available with other offers) on all treatments & services! Ask at Hotel Jupiter reception for information. The spa is open to the Public. Tel. 282 470 470. jupiteralgarvehotel.com/spa



Freemaps welcomes you to the Algarve. Our choices on the maps are all vetted by the Freemaps team & visited regularly to ensure your maximum enjoyment. Send us your suggestions. The best will get a write up in the next edition of FREEMAPS: info@freemaps.net  
Freemaps Algarve

### 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.

### ADRIS RESTAURANT / LOUNGE

Restaurante elegante, moderno, confortável. Cozinhas Portuguesa e Mediterrânea. Inside this delightful restaurant enjoy fine dining in an elegant setting. Portuguese & Mediterranean kitchen. In the heart of Praia da Rocha, have a meal or enjoy a drink in the comfortable lounge. Excellent food, Tasty wine, nice decor & great price. All under one roof! Kitchen Open all day. Reservations 282 476 662.

