

### APOLÓNIA SUPERMARKET 1

For familiar, 'feel-good' brands, Apolónia is the place to shop!

Apolónia stocks more than 25,000 products, imported from the UK, Germany, Holland & other nations joined by a wealth of Portuguese goods. It's easy for you to recreate that 'home-from-home' feeling. Whether you've just landed or you live here, no need to miss your favourite home comfort!

For home deliveries, please call: (+351) 707 201 261

For all your groceries you can rely on Apolónia.

### EMERGENCY & HEALTH CARE

#### PRIVATE HOSPITALS

24HR EMERGENCY  
LAGOS, ALVOR & GAMBELAS (Faro)

Clinics in: Vila Real, São Brás, MAR Shopping, Vilamoura and Algarve Shopping

Private Ambulance Service. All calls: 707 282 828.

English speaking doctors & nurses. www.grupoahp.com  
Full hospital services, all major specialities. Work directly with most major health insurance companies.

### CASA DE PASTO FORMOSA 3

If you are looking for the really typical Algarvian restaurant, this is the place to go. Hidden away but definitely worth finding! Enjoy specialties of prawns, Formosa style prawn or chicken curry, picante kebab & a great list of menu choices. Daily fresh fish & grilled meats. Lunch specials €5. Delicious Algarvian home-made desserts. Enjoy the company of Nuno & his friendly staff. Relax on the sunny terrace under the shade of the Carob tree. Bar open all day, kitchen open 12-3pm, 6:30-10:30pm, closed Mon. You know it's very good, with good prices, when you see the locals there. Tel. 289 391 466. Take first left after railway & then turn right.

### MIND BODY & SOUL Established 16yrs. 4

A wonderful way to relax on holiday! Complete selection of beauty & massage treatments, all suitable for men & women. Massages for all, Inc. Swedish sports, aromatherapy & osteopathy, excellent for injuries. Reflexology, hot & cold stone therapy & bodyscrubs. Manicure, pedicure, waxing, threading & facials by Comfortzone. Shellac power polish. A hands on approach to better health. You'll always remember how wonderful they made you feel. Open Mon-Sat, 9am-8pm. See website for specials: mindbodysoulalgarve.com Tel. 289 392 218.

> 125,000 likes / followers  
> 50 million reach

### cultugarve.com

Your cultural agenda of the Algarve

Algarve, warmest winters in Europe!

Live Music \* Events \* Dance

### 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! 28years of making holidays better! (visit) freemaps.net

All 8 maps covering the Algarve available from Ocean Quest #3 or Pão & Pão #28, on the Vilamoura side

### FREEMAPS Supports These Charities:

This year FREEMAPS supports charities that help adults & children reach their full potential, live their lives in freedom from Torture & Unjust Imprisonment. We also support charities that Protect the Natural Environment (Greenpeace, WWF). We believe in Random Acts of Charity to help those less fortunate. Amnesty International, Médecins Sans Frontières (Doctors without Borders) & Bombeiros (Firemen).

### PIZZA PASTA FANTASIA In Their 26th Year! 8

The 1st Italian Restaurant in the Algarve! Still serving up the best thin crust pizzas, pastas, daily specials & more than 20 flavours of ice cream. Takeaway & free home delivery everyday until late. Large outdoor terrace, free Wi-Fi, large screen with sky sports. Tel. 289 394 080 or 912 512 561. www.pizzapastafantasia.com HIGHLY RECOMMENDED! In Buganvilla Plaza, Quinta do Lago - Opposite Conrad Hotel.

### MELTING POT Classic Pub - Quinta Shopping 9

'Definitely One of Algarve's long time favourite meeting places'. All nationalities meet here to drink, chat & enjoy! Wonderful, large, sunny terrace. Super light meals/snacks including: steak sandwich, 100% beef burgers, pork curry, chicken salad etc. Fantastic cocktail menu. The largest selection of Scottish & Irish whiskies, national & imported brandsies etc. Draught Guinness, Superbock & many bottled beers. Caipirinha & Mojitos a speciality! Entertainment with Live Music, DJ's, Live Bands Fri. & Sat. nights. A place for all ages to kick back & relax. Large plasma screens. Great service, friendly staff & great atmosphere! Open 7 days. Tel. 289 392 424. www.meltingpotpub.com

### PINETREES RIDING CENTRE

A fabulous holiday experience not to be missed! Some of the best riding in the Algarve! Bev, the owner, & her well trained team, will look after you. Riding at Pinetrees centre is 100% pleasure, whatever your age or experience! Your enjoyment & safety is their prime concern - you're even kitted out with hats, boots & jodis! Visit their website: pinetrees.pt to see all the options & bookings. Also riding for the disabled. A.B.R.S. approved. Contact Bev: 289 394 369 or 919 363 190. riding@pinetrees.pt

## ALMANCIL

Everything Tried & Tested by FREEMAPS!

GNR - Police: 289 351 530 Emergency Number: 112

### ACTION & ADVENTURE

#### ZEBRA SAFARI TOURS - Since 1994

Zebras do it right in Black & White! See the true Algarve! Trips include:

- The Total Adventure Jeep Safari: + cruise, caves & dolphin watching.
- Safari Sunset: see breathtaking sunsets
- Safari Full & Half Days: beautiful countryside, drive across streams, learn the secrets of the country, cork, liquors, honey etc.

100% Comfort & safety. Meet João & his team the friendliest guides in the Algarve! (+351) 289 502 601 or 926 747 942. www.zebrasafari1994.com

### SKYDIVE ALGARVE Tandem Skydive

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 14,000ft. Book online at www.skydivealgarve.com or call (+351) 914 266 832. Use the code 'freemaps' & get €10 discount!

visit > freemaps.net

Freemaps Algarve

All 8 maps covering the Algarve available from Ocean Quest #3 or Pão & Pão #28, on the Vilamoura side

### QUARTEIRA - Enjoy a meal or shopping!

#### STREET KITCHEN Concept Restaurant - Quarteira 15

A quirky, yet elegantly appointed 'Street Kitchen Restaurant'. 2 talented chefs create a wonderful eating experience with quality & imagination! Fried prawns w/ garlic, fillet steak, rack of lamb, monkfish kebab + big pizza & pasta menu. Delicious burgers, veggie options all at great prices! Must go, for a sensational, fun experience. 11am-3pm, 7pm-midnight. From 15th May, 10am-midnight, with breakfast. Tel. 289 142 922. At the top of the walking street, R. Vasco da Gama #7. Free transport for customers: Vilamoura to Vale do Lobo areas. Street Lounge: New! Open to the public, located at Club Hotel, at Quinta do Romão, 8125-301. Pool bar with Live Music (call for information). Tel. 289 142 922.

#### SOPHIES' TEXTILE & GIFT SHOP - Quarteira 17

Linda seleção de atonalhados, teidos etc e bordados feitos pela Sofia. NOW 2 shops next to each other. Great items ideal for gifts & souvenirs: a wonderful selection of table clothes, seasonal tea towels, silk & cotton throws, baby outfits etc. Some at ridiculously low prices. Lovely embroidered pieces made by Sofia. We felt like buying half the shop & so will you! A MUST.

visit > freemaps.net

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### FREEMAPS COLOUR KEY

Restaurant: 1 Beauty / Health: 1 Golf: 1  
Bar\*: 1 Shop: 1 Service: 1 Activity: 1  
\* Many featured Bars also serve excellent food.

### RAIZES - Healthy & Vegetarian Restaurant - Quarteira 18

Paula serves absolutely exquisite meals that are good for you! Imaginative vegetarian, vegan, gluten free & non veg. dishes. Something for everyone. delicious home-made quinoa & black bean burger in beetroot bread, bruschetta with avocado, asparagus wholemeal risotto with mushroom & vegan parmesan. Plus specials from €6.50. Healthy home-made vegan desserts. Delicious fresh natural juices, detox juices & smoothies. Kitchen open all day All to be enjoyed on the new beautiful pergola or tranquil inside. NOT TO BE MISSED! Tel. 289 301 183.

### FAVOURITE TRANSFERS

Prompt & reliable professional service, available day or night. Direct pick-up, airport transfers to & from any location in the Algarve. No job too small. Get your holiday off to a relaxing start. Book Favourite Transfers today. Tel. (+351) 910 361 992 or 924 001 831. Email: book@favouirteamvetransfers.com Website: favouirteamvetransfers.com Best price guarantee! Favourite Arrive Transfers

### QUARTEIRA

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### DALLAS RESTAURANT - Quarteira 20

Dallas é o típico Português. Famoso pelos Fados aos Sábados à noite. Dallas is the very typical Portuguese restaurant EVERYONE goes to. Famous for 22yrs for their Sat. Fado night! Show & complete dinner about €22.50. Booking advisable. Extremely reasonable. The freshest fish from the Quarteira fish market, as well as cataplanas, steaks etc. Menu & snack menu during the day. Tourist lunch & dinner menu. Mon. - Sat. Lunch couvert, soup or salad, main dish, dessert & coffee €11. Open everyday midday - midnight. Vicente is here every night to greet you! Tel. 289 313 818. Opposite the bus station. churmasqueiradallas@gmail.com

### THE HUT 21

Lynn is the proud new owner of the Hut. Perfectly situated, opposite Quarteira beach. A relaxed holiday feeling, when you walk into this fresh, sea inspired atmosphere. Enjoy snacks on the sunny terrace or the cool inside. Full English breakfast, snacks & teas served with a slice of cake or scones, jam & clotted cream. Sunday: Giant Yorkshire Pudding with filling. Smoothies, cocktails from €3.50 Thatcher's Gold on tap. Pack ups available for the beach, airport etc. Weekly Live music. 'Come home to Lynn!' Tel. 911 734 575.

### CORAL FOOD & WINE - Quarteira 22

Soak up the sun & be spoilt by Corals excellent tapas: crispy prawns, chicken wings in BBQ sauce etc. Also a delicious selection of main dishes. Enjoy their modern decor & relaxed atmosphere inside or sit on the fantastic, terrace overlooking the beach, with a cocktail or a good glass of wine. Great choice for lunch or dinner! Closed Tues, August open everyday. Reservations: 289 360 228 or 912 583 119 or 914 426 413.

### SHALIMAR INDIAN RESTAURANT - Quarteira 23

Est. 10 years. A family run, cosy restaurant with a sunny terrace facing the beautiful Quarteira promenade. In one of your all time Indian favourites or enjoy the tasty mixed grill tandoori, vegetarian dishes etc. All cooked by a super Indian chef. Great value lunch menu only €7.25. Kids menu, pizza etc. Open lunch & dinner. Takeaway available. Tel. 927 281 909. indianrestaurantshalimar.com

### GOSTO COM GOSTO - Quarteira 24

Gosto com Gosto - Savour the moment! Restaurant and Bar - FREE LIVE MUSIC! Gosto com Gosto has been redefining the sunset cocktail & tapas by the beach since 2017. A family friendly esplanade with a worldwide selection of spirits, Portuguese craft beers, signature cocktails & non alcoholic juice cocktails. Their unique artisan ice cream is made with the natural flavours of the Algarve. Oh & have we mentioned the unique burgers with exquisitely flavoured breads? Yes squid ink bread is a thing! They take artisan burgers to another level with freshly sourced local ingredients. Meals from €10. Take a beach break with the lunch menu, or stay through the afternoon into the night for the most pleasant sunset in Quarteira with live music. Tel. 289 044 705. f@gcguarteira

### LA CABANE RESTAURANTS - Quarteira 27

2 restaurants A Cabana & La Cabane side by side have become famous over the years for quality fish & meat! A Cabana: Charcoal grilled fish & meat from €7 incl. wine. Plus seafood, oysters etc. Next door La Cabane: delicious dishes with a French touch: sea wedding: sole & salmon filets with seafood sauce & champagne, duck breast with balsamic & red fruit sauce, fantastic lamb shanks roast with honey, steak Cabane, fish cataplana etc. A large selection of wines. Very reasonable prices for quality. Highly recommended don't miss these! Lunch noon-3pm, dinner 7-11pm. A Cabana Open daily July & August, (closed Sun. Sept.-June). La Cabane closed Sun. Free transport: Vilamoura, Quarteira & Vila Sol to La Cabane, call Beatrice: 289 313 819 or 962 783 131. lacabane@saop.pt. R. do Levante, #19. Easy by taxi. GPS: 37°04'24.86"N 8°06'16.38"W

### GAIVOTA Restaurant & Beach Bar - Quarteira - Since 1984

Relaxe em uma fascinante esplanada! Localização e comida maravilhosos! Breathtaking views & 'that summer time' feeling. The location is perfect & the food is delicious. Miguel welcomes everyone as friends. Specialities: garlic prawns & fresh filleted fish, rack of lamb & ribeye steak. Kitchen open all day. Quality food & service & great value for money. Do not miss A Gaivota! Sunset music checkout: @gaivotabeachbar Tel. 289 092 831 or 968 968 912. gaivotabeachbar.com By the entrance of Forte Novo Beach. Just keep walking! GPS: 37°34'37"N 8°52'28"W

### DOCE GHARB The Best From Brazil - Quarteira

Bringing the best of Brazilian bread, pastries & tropical drinks to the Algarve. Fresh tropical fruit juices, caipirinhas & the unbelievable sugar cane juice! All these drinks are perfect to accompany the delicious home-made Brazilian snacks, mouthwatering cheese breads & pastéis de vento. Wonderful cakes & sweets. Daily special (main dish + drink + coffee + dessert) only €7! They cater for parties etc. Open daily 7am-11pm. Tel. 289 316 160 or 926 241 255. f Doce Gharb

### BACARO RESTAURANT - Quarteira 30

A 5 star chef in Quarteira, offering fantastic food, and he does know his food! Chef/owner Marco Alban's cuisine is inspired by the fresh, seasonal ingredients, that he finds at the market each day. A wide range of recipes: tagliatelle ai funghi, pumpkin ravioli, risottoa, fresh fish, succulent meats, quail & daily specials. A surprisingly different, wonderful dining experience, & unique wine list, in this stunning restaurant. Bookings: (+351) 915 845 664. R. Almirante Lobo Mendonça Edif. Boa Vista, 8125-176, Quarteira.

### TICKETLAND Rent-a-Bike - Quarteira 31

Huge choice, best prices for all your holiday activities. Ticketland organise activities for the whole family & all age groups. Including theme parks, cruises, dolphin search, parasailing, speedboats, jeep & buggy safaris, skydiving, tours, excursions & much, much more. Cheap airport transfers. Disability scooter rental. Bike rental: €5/hour, €9/4 hours, €12/day, €49/week. Open daily, on the Prom in Quarteira. Tel. (+351) 966 419 956. ticketland@saop.pt www.ticketland.pt

# FREEMAPS

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

## VILAMOURA ALMANCIL & QUARTEIRA

Collect all 8 Freemaps (16 towns)

### FAMILY GOLF PARK Tel. 289 300 800

Enjoy yourself in Vilamoura at the Family Golf Park the Biggest Super Mini Golf in Europe!

## APOLÓNIA SUPERMARKET

The Real Supermarket.

We stock more than 25,000 products, imported from the UK, Ireland, Holland, Germany, France, Italy and more than 30 other nations, joined by a wealth of Portuguese goods. Apolónia, where shopping is a pleasure.

Home deliveries, please call: +351 707 201 261

ALMANCIL  
GALÉ (Albufeira)  
LAGAO (Carvoeiro)

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Freemaps Algarve

