



ABOUT PRAIA DA LUZ

There are documents that indicate 1673 as the year of foundation of the village, however its origins date back to very ancient times, as evidenced by the ruin of the fortress. In the Middle Ages, Luz was called Nossa Senhora da Luz. Recently, the name Praia da Luz became common, associated with the large influx of tourists, during the 20th century. There are archaeological remains that prove the existence of the locality for several millennia.

SOBRE A PRAIA DA LUZ

Existem documentos que indicam 1673 como o ano de fundação da aldeia, no entanto as suas origens remontam a épocas muito antigas, como o comprova a ruína da fortaleza. A sua origem está relacionada com a presença de pescadores no litoral nos séculos XV e XVI.



ABOUT BURG AU

Burgau belongs to the municipality of Vila do Bispo, part of a region that has a proven record of human presence since prehistory. There are references to the existence of Burgau in 1600 and its main economic activity, fishing. Burgau is part of the Parque Natural do Sudoeste Alentejano e Costa Vicentina, which extends along the south and west coast of Portugal, as far as the Alentejo municipality of Sines.

SOBRE BURG AU

Burgau pertence ao concelho de Vila do Bispo, integra uma região que tem registo comprovado da presença humana desde a pré-história. Existem referências da existência da aldeia de Burgau em 1600 e da sua principal actividade económica, a pesca. A aldeia do Burgau faz parte do Parque Natural do Sudoeste Alentejano e Costa Vicentina, que se estende pela costa sul e ocidental de Portugal, até ao concelho alentejano de Sines.



HISTORY AND CULTURE

Visit Sagres Fortress, located on the Cape of Sagres, famous for its unparalleled beauty. Owing its origins to Prince Henry the Navigator who created a town and died here in 1460. One of the most important attractions is the 'Rosa-Dos-Ventos' (the wind rose), a sundial. A place of great historical and symbolic value, this monument offers visitors an opportunity to revisit the glorious period of the maritime Discoveries and to enjoy one of the most beautiful landscapes in the world.

Visita a Fortaleza de Sagres, situada no Cabo de Sagres, esta fortaleza, famosa pela sua beleza inigualável, deve a sua origem ao Infante D. Henrique, que aqui criou uma vila e aqui morreu em 1460. Uma das atrações mais importantes da Fortaleza de Sagres é sem dúvida a "rosa-dos-ventos", um relógio de sol. Local de grande valor histórico e simbólico, este monumento oferece aos visitantes a oportunidade de visitar o período glorioso dos descobrimentos marítimos e desfrutar de uma das mais belas paisagens do mundo.



SOUTHWEST ALENTEJO AND VICENTINE COAST NATURAL PARK

The Southwest Alentejo and Vicentine Coast Natural Park is a preserved stretch of Portugal coastline, covering over 100 km, from Porto Covo in the Alentejo, to Burgau in the Algarve.

The Park includes various unique species of animal and plant life, and is visited by many zoologists and botanists from all over the world.

Many different bird species can be seen, such as rare fishing eagles and white stork that makes this the only place in the world where they build their nests in the seashore rocks. The park includes the largest number of priority plant species in Portugal, including unique indigenous species such as Biscutella vicentina and Plantago Almogravensis.

The beaches in this area are highly popular with surfers and are among the best in the country. There are a large variety of beaches, including long stretches of sand and small beaches nestled between the cliffs and rocks. The long list includes beaches such as Porto Covo, Malhão, Vila Nova de Milfontes, Almogrove, Monte Clérigo, Arrifana and Praia do Amado.

PARQUE NATURAL DO SUDOESTE ALENTEJANO E COSTA VICENTINA

O Parque Natural do Sudoeste Alentejano e Costa Vicentina é um trecho preservado da costa portuguesa, com mais de 100 km, desde Porto Covo (Alentejo), até Burgau (Algarve). O Parque inclui várias espécies únicas de vida animal e vegetal, e é visitado por muitos zoólogos e botânicos de todo o mundo.

Neste parque podem ser observadas diversas espécies de aves, como as raras águias-pescadoras e a cegonha-branca que faz deste o único local do mundo onde constroem os seus ninhos nas rochas costeiras.

O parque inclui o maior número de espécies vegetais prioritárias em Portugal, incluindo espécies autóctones únicas como a Biscutella vicentina e o Plantago Almogravensis.



HIKING TRAIL 'ACROSS THE SLOPES OF RAPOSEIRA'

If you have the energy and desire to stray from the beaten track, albeit with difficult access, it's possible to discover many other beaches that have been preserved in a unspoilt state. Worth exploring! Scan this QR code →→→



TRILHO PEDESTRE "PELAS ENCOSTAS DA RAPOSEIRA"

Se gosta de caminhadas e quer explorar um pouco da região, sugerimos um passeio pela beleza selvagem dos vales, ribeiras, praias e falésias da região da Raposeira (Vila do Bispo). Os Menires que encontrarão mostram que a região já era ocupada no período Neolítico. Uma rota circular de 13,7 km de comprimento. Scan este QR Code para mais informações e GPS

18 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

19 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 Hrs +351 919 869 700 "We care for your Health"

Intermarché

54 INTERMARCHÉ SUPERMARKETS

Um dos mais conhecidos supermercados de Lagos, para todas as suas compras! Best known name in supermarkets around Lagos. Freshest, local products & Intermarché's 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

NOBLE REAL ESTATE

57 NOBLE REAL ESTATE - Carvoeiro

Truly independent, family run agency, built on family values. A dedicated, multi-lingual & friendly team, that call when they say they'll call & will meet you when they say they'll meet you. Noble is very professional & ensures the best possible results for clients when selling or buying property in the Algarve. Make an appointment today.

- info@noblealgarve.com • noblealgarve.com
- (+351) 282 330 649 / 918 063 979 / 918 910 437
- Youtube Channel: @noblealgarve
- Licence # AMI 15490



52 SALEMA TOURS

O tempo perfeito para passar em família, junto dos que mais gosta. A local company, offering sea tours to observe maritime life & contemplate the Algarvian coast. Embracing landscapes that make you dream, & creating memories to last a lifetime. The perfect time to spend with your family & friends. From Sagres to Portimão, go and discover their itineraries. Book your trip now & enjoy the tour of the Portuguese Natural Park's south-western coast.

- Tel. (+351) 918 709 717
- Praia da Salema



55 CAPE CRUISER

Venha conhecer a ponta mais a sudoeste da Europa, e os seus encantos. Passeios marítimos pela costa. Go & discover the most south-western tip of Europe & see its charms, through the eyes of the navigators of yesteryear. Visit the local caves, only accessible by sea, glimpsing sea birds and the local cetaceans & trips to the open sea. Get to know the Algarvian coast with those you love the most. A memory for life. Book your trip now & enjoy the view. Porto da Baleeira - Sagres

- Tel. (+351) 932 079 414



58 SENTE HEALTH SHOP - Salema

Esta loja oferece uma variedade de produtos naturais, parafarmácia. This shop has a great selection of natural products, supplements, gluten free products, dietary products, organic, essential oils, natural soaps etc. Improve your lifestyle & reserve with Mariana Relaxing massages, lymphatic drainage and Ayurvedic massages. Boost your health naturally.

- Open Mon.-Sat. 9:30am-2pm & 3-7pm
- Tel. WhatsApp (+351) 926 460 957
- @sente_healthshop
- sentehealthshop.pt



53 BEIJA FLOR Fashion Store - Lagos

Sinta-se maravilhosa na Boutique Beija-flor! Look good & feel great with Beija-Flor! Let us introduce you to this fantastic NEW boutique. Beautiful pieces of clothing, gorgeous evening & day wear. Quality Italian brands. Amazing unique bags, Portuguese handmade shoes, all in a huge array of colours & styles. It's impossible to walk out empty handed. Absolutely wonderful items you'll not find elsewhere!

- Open 10am-1pm, 2:30-7pm



56 A PELELGANA - Lagos 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



59 RESTAURANT O LOURENÇO - Salema

Casa de pasto Algarvia com o melhor peixe fresco à sua escolha. This is the place for typical, Algarve fishing village, gastronomy. Dishes hand made by one of the best local cooks. A daily choice of fresh fish & authentic Portuguese dishes, for lunch or dinner, made from traditional ingredients. Book your table and taste these wonderful Algarvian delicacies.

- Open all year, Tues-Sun. 12-10pm, closed Mon.
- Tel. (+351) 282 698 622



60 CLEAR EMOTIONS

Unique, Ecological Kayaks and Stand Up Paddles, make Clear Emotions an unforgettable experience! Visit the caves of Albandeira, Marinha & Benagil. An amazing time to spend on the water discovering the coastal views of the Algarve.

- Kiosk in Benagil on the right side of Restaurante O Litoral. Call for location
- clear emotions.pt • info@clear emotions.pt
- Tel. WhatsApp (+351) 968 266 665
- RNAAT: 365/2022



61 ADVENTURE GOLF ALVOR

18 buracos, com o tema de 'Dinossauros'. 18 hole, 'Dinosaur Themed', Adventure Golf! Fun challenge for groups & parties of all ages!

- 10% off with Freemaps, only 1 discount applies per game, more information, check social media
- Adventuregolf Alvor Beco da Amoreira, Lote3
- Tel. (+351) 282 096 092
- adventuregolfbooking@gmail.com
- adventuregolfalvor.com



62 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



POLE WITH A VIEW - Lagoa

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



64 CARVOEIRO TOURS BENAGIL SEA CAVES

Prepare-se para o melhor dia de férias, em família! Your best family day out! Perfect way to discover the beaches & caves of the Algarve! Visit Benagil Cave & beautiful Marinha Beach with the amazing rocky formation. Fantastic! Professional crew & friendly staff. An Experience of a lifetime!

- carvoeiro tours.com.
- carvoeiro tours@gmail.com
- WhatsApp (+351) 932 314 453



FREEMAPS

MAPA GRATUITO

LUZ - BURG AU & WEST COAST



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





1 THE DOLPHIN RESTAURANT

Experimente uma combinação única de sabores de África do Sul e Portugal. Wim & family serve creative cuisine with a South African origin & a blend of Portuguese flavours. Delicious dishes: mango & prawn with curry sauce, mussels in champagne, top quality meat & fresh fish. Spare ribs & charcoal grilled steaks. Specialities: Sosaties, Ostrich Schnitzel, Bobotie & more. Vegetarian dishes available. Really good South African food!

• Please reserve (after 4pm) : (+351) 282 789 992



6 CLIVE'S BAR

O bar mais icónico da Praia da Luz, com 40 anos de história. The BAR with THE Cocktail bible. A legend after 40yrs, many clients would be devastated if they came to Luz & Clive wasn't there to greet them. A very special bar, offering an extensive range of cocktails (non alcoholic & children's available), good wines, beers & above all a great atmosphere. Visit Clive's Bar to enjoy friendly conversation in Luz's meeting place.

• Nightly 6pm-late, closed Sunday



11 SUPERMARKET BAPTISTA

O seu supermercado na Praia da Luz, qualidade a bons preços. Quality Products at Competitive Prices. Local restaurants shop here, so you know their prices are right! Groceries ordered by phone / email delivered free! Mention Freemaps for free delivery!

• 7days 9am-8pm
• baptista.lda@mail.telepac.pt
• Tel. (+351) 282 789 231



15 HARMONY EARTH HEALTH & GIFT SHOP

Uma loja de Produtos Naturais, vitaminas, chás, snacks, bebidas, prendas e artes. Cuidados corporais e limpeza a granel. Large selection of vitamins, herbs, teas, bodycare, books, gifts, greeting cards, suncreams, snacks & drinks. Cleaning & body care refills. 2nd hand books.

• Mon.-Fri. 10am-6pm, Sat. 10am-1pm
• Tel. (+351) 282 788 353



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• Tel. (+351) 282 780 700

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• medilagos@luzdoc.com
• Tel. (+351) 282 788 217

24Hrs +351 919 869 700 "We care for your Health"



22 JACARANDA Cafe & Restaurant

Um mix da cozinha europeia e italiana, visita obrigatória! Try this wonderful new place in Luz! Mixing European & Italian cuisine, must try their posh lasagne with Parma ham & truffles. Vegetarian options. All seasonal ingredients, sourced locally. Enjoy day time brunch, lunch & evening Italian menu with a good glass of natural wine. Fresh juices or cocktails served on their sun trapped terrace!

• Open Mon, Tues. & Thurs. 3-11pm, Fri. & Sat. 10am-2pm, 6-10pm, Sun. 10am-5pm, closed Wed. Open all day for drinks
• Tel. (+351) 282 105 177



23 KELLY'S SPORTS BAR

Bar com 10 TVs a mostrar todo desporto ao vivo, com esplanada exterior. 10 screens showing all live sports. Guinness, Thatchers & Estrela on tap. Enjoy frozen cocktails & a selection of drinks on their lovely sun-trap terrace. Selection of snacks, breakfast, baguettes, baked spuds, scrambled eggs, fish & chips, nachos, burgers & hot buffalo BBQ wings! Great sharing boards!

• Open 7 days a week, all year round, 10am-late
• Monday Live Music
• contactus@kellys.pt
• Tel. (+351) 282 096 929



24 FORTALEZA RESTAURANTE

Opposite the village Church
When in Luz, eating or drinking at the Fortaleza is a MUST. Stunning 500yr old fortress perched above the rocks. A battery of cannons used to protect the village from marauding pirates. Today, a national monument, this is Luz's favourite restaurant for al fresco fine dining. Garden terrace looks onto a spectacular hidden beach. Portuguese cuisine. Everything freshly made. Try the delicious house special: fish & seafood cataplana or go for the melt-in-your-mouth tomahawk steak. Perfect for special occasions or chilling out with drinks & watching the sun go down. Instagram opportunities galore!

• Famous Jazz lunch every Sunday
• Open all day • (+351) 282 789 926
• info@fortalezadaluz.com



25 ICE CREAM FACTORY

The only traditional home-made ice cream in Luz! 24 tantalising flavours made daily behind the shop. Only the freshest, most delicious, ingredients. We loved the fresh cherry & cream, the crunchy peanut butter & the 'not to be missed' chocolate brownie - delicious. Try a new flavour every day of your holiday! Also a wide selection of pancakes.

• Opposite the church in Luz



27 BEACH HUT WATERSPORTS - Luz

Diversão na praia para toda a família! Beach fun for everyone.

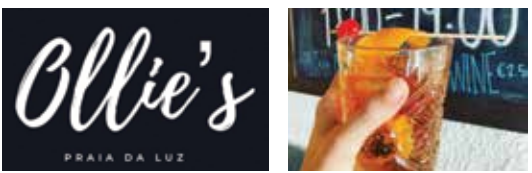
• Dolphin watching, Benagil cave tours, Sagres, hydrofoil catamaran, rib explorer & glass bottom boat, grotto tours
• Fun rides: flyfish, sofas, banana & donuts, jetskis, waterski, wakeboard, SUP & kayak trips
• Tel. (+351) 919 760 773 or 282 760 230
• beachhutwatersports.com
• info@beachhutwatersports.com



32 SEALIFE Dolphin Watching - Lagos

Faça uma viagem de barco única, acompanhados por biólogos marítimos. The professional Sealife crew, are experts at finding dolphins. Enjoy an exhilarating 90 minute ride and see these amazing wild animals in their own environment on the extra comfort, speed catamaran, or one of their rigid Inflatables. Accompanied by Marine Biologists, who identify species & interpret their behaviour.

• Tel. (+351) 282 087 587 - Fully licensed
• sealife.pt



2 OLLIE'S COCKTAIL BAR

Cocktails maravilhosos. Ollie! Ollie! Ollie! That's the cheer for this fab bar. Great meeting place for residents & visitors. Everything you could possibly want here. Fabulous hand-crafted cocktails, soft-tails, select premium gin, wines, beer (of course!). Private Parties happily catered for! Sunsplashed upstairs terrace.

• Check Google for opening times
• (+351) 918 326 326 • Check social media for updates: @olliesbarluz @olliesbarluz



3 ENDLESS SUMMER BEACH BAR & PIZZA

Lugar maravilhoso na praia da Luz com vista única! Fantastic spot right on the beach in Praia da Luz. Speciality stone fired pizzas & burgers. Enjoy breakfast, typical snacks or delicious salads. Scrumptious home-made cheese cake, smoothies & desserts. Delicious home-made 100% natural fruit ice lollies. A cool atmosphere on the beach front. Eat in or TAKEAWAY.

• Open everyday 9am-11pm
• Famous Happy Hour 5-7pm
• Tel. (+351) 282 098 201



7 QUINTA PARAISO DA MIA APARTMENTS

Faça deste lugar seu destino de férias numero 1. Your #1 holiday destination. Less than 100m from the beach & Praia da Luz village. 14 lovely, self catering apartments, heating, swimming pool, bar etc. Surrounding tranquil gardens. This is no app! - this pleasure can't be duplicated!

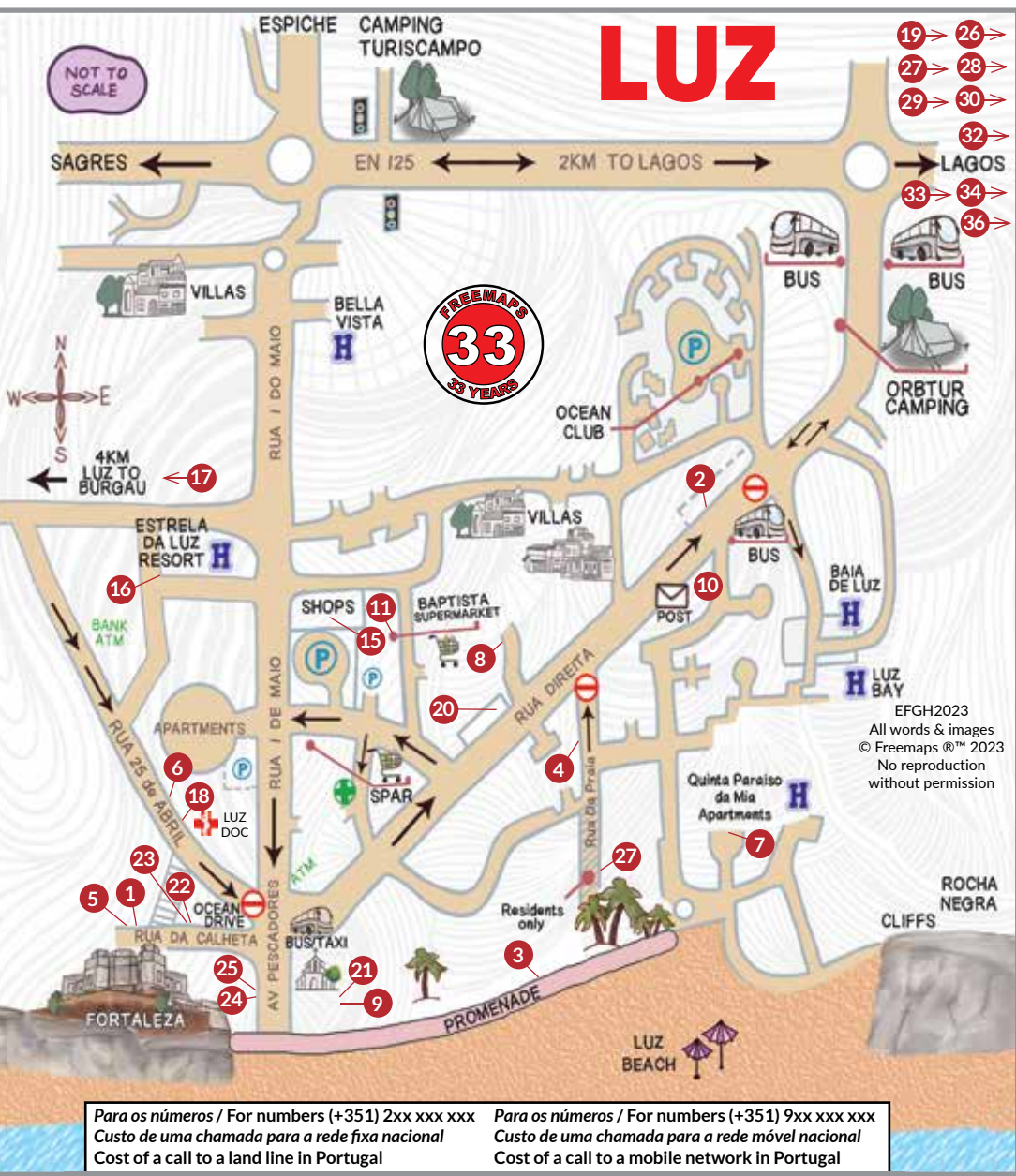
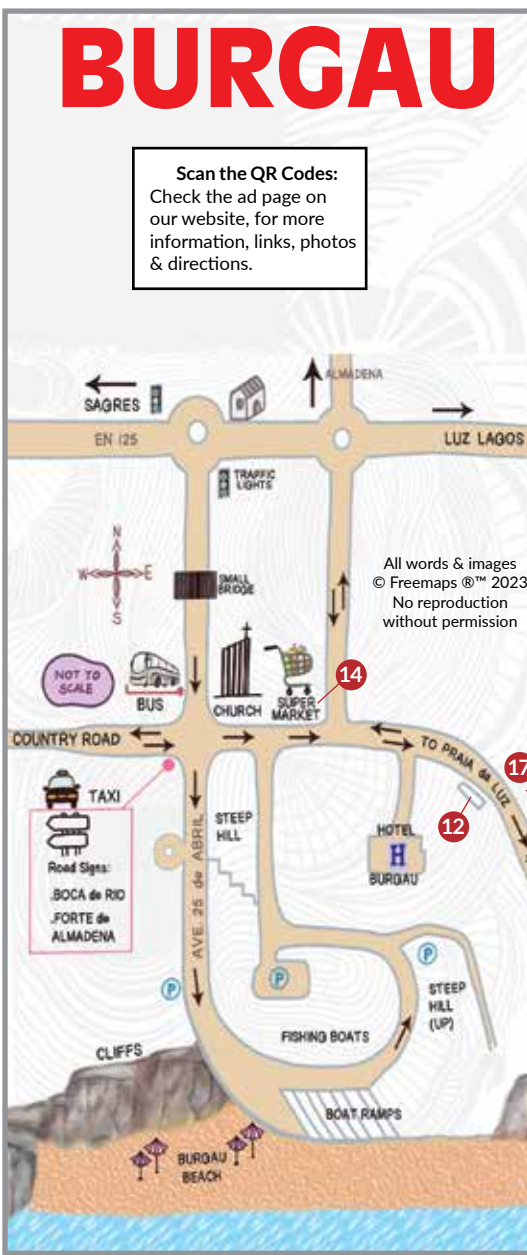
• Check QR code for more information
• paraíso.mia@mail.telepac.pt
• quintaparaísodamia.com
• Tel. (+351) 282 789 612



8 SAL SPA

Novo espaço de tranquilidade na praia da luz, spa e tratamentos. New 'peace' of tranquility in the heart of Luz. A boutique wellness destination. Indulge yourself with a full range of treatments, facials & massage. Relaxation massage, hot stone massage, surfer special & tropical boy scrub. Spa includes, sauna, steam room & indoor pool. Many spa packages to choose from. Unwind, relax & recharge yourself.

• Call to book treatment: (+351) 964 134 759
• info@salspaluz.com • salspaluz.com



4 LATITUDE WINE & TAPAS

Interior e exterior adoráveis, salão espaço e moderno onde pode desfrutar de pratos criativos e um extenso menu. Spacious, modern interior & outside seating, to enjoy creative dishes from the extensive menu. Tapas & sharing platters, local fresh ingredients. Seafood, matured meats & bistro bites. Cocktails, craft beers, good wines & bubbly. Cool & relaxed atmosphere! Live music.

• (+351) 282 782 115 • #latitudeluz @latitude_luz
• Check Google for opening times



9 SAFFRON INDIAN RESTAURANT

Fantásticos pratos indianos generosamente servidos. Consecutive winner, of Certificate of Excellence, from Trip Advisor. Saffron & its sister restaurant have been established in Praia da Luz & Lagos for over 25 years. Chefs prepare fantastic dishes & generous portions. Special tandoori, balti & karahi dishes. Very friendly staff & a great family atmosphere. Takeaway service available. Credit cards accepted.

• Open 7 days noon-2:30pm, 5:30-10:30pm
• Tel. (+351) 282 768 825



12 PIGS HEAD RESTAURANT & BAR

Todos os desportos neste pub tradicional Inglês. Head to Pig's Head, were you'll meet one of the few remaining, working landlord/lady teams, ensuring at least an attempt at human contact on the 1st level! Live sports in unrivalled quantity. Real value for money. Sunday Roast: noon-8pm. Kids' meals, long time favourites: proper fish & chips with mushy peas, vegetarian meals, curry, chicken kebab etc. Pie night Tues. Games room.

• Mon.- Fri. from 4pm, Sat./Sun. from noon
• Tel. (+351) 282 697 315



16 CHICCA'S RESTAURANT

Chicca's stunning new restaurant is "the new trend of the Algarve". Fairy lights hanging from the ceiling seduces your very soul! Amazing cocktail/tapas bar, 100% home-made, organic, fantastic tapas, starters & main courses. Fresh local food cooked with passion and love. Vibrant restaurant, go early! • In Estrela da Luz Complex

• Special 3 course menu €25pp
• Private Room for Parties & Events • Free parking
• Outside terrace • Open 3pm-late
• No reservations • (+351) 282 761 334



20 ZEST PIZZERIA

Praia da Luz has a new edition. Don't miss Zest Pizzeria. Thin crust crispy pizza, Fresh home-made pasta & a selection of fresh salads. Experience great food. Try their list of delicious cocktails & fresh juices. Large outside area, ideal for families & groups.

• Open Noon-late, kitchen open lunch & dinner
• Bookings: (+351) 927 663 677



5 AFRICA CRAFT SHOP

Uma loja única de produtos africanos, com muito para descobrir. One of a kind shop, many treasures. Fun ceramic animals, batiks, beautiful wood & stone carvings of exquisite African animals, birds (limited editions) unique crafted chairs & jewellery. Fabulous Range of 'Out of Africa' durable kid's wear. Exciting to funky outfits. Age 0-10yrs You'll go WILD for it! All Imported directly from Africa. Don't miss this unique shop! Below Dolphin rest.

• willem.linda@sapo.pt • Tel. (+351) 967 791 164



10 FLUIDO - Italian Food & Good Wine

Comida italiana feita como em casa! Lovely couple, home-made Italian food. Best quality Italian products & fresh, local market, organic produce. Menu changes every few days with Italian specialities. Home-made pesto, tomato bruschetta, charcuterie & cheese sharing boards. Vegetarian & vegan dishes. Try fantastic lasagne, tiramisu & a lovely glass of Italian wine. You can also buy your favourite Italian products from the restaurant.

• Open: Check Google or WhatsApp business
• fluidopraiadaluz@gmail.com
• Tel. (+351) 913 092 006



14 CAFE DO BURGAU - Beach Break

Pastelaria, deliciosas saladas, snacks, pizzas e tacos, tudo caseiro! Visit this lovely 'Beach Break' coffee shop for scrumptious pastries, sourdough bread, delicious salads, snacks, pizzas & tacos. Everything is home-made. Sit on the large terrace area and enjoy a refreshing cocktail or Juice.

• At the Maisperto Supermarket in Burgau
• Everyday 8am-8pm • Happy Hour Cocktails
• Eat in or TAKEAWAY
• Tel. (+351) 913 526 939



17 RODIZIO BRASILEIRO RESTAURANTE O MALHÃO

Rodizio Brasileiro de carnes e buffet livre. Eat as much as you like, with a large salad buffet & a selection of daily dishes or choose the delicious eat as much as you like Rodizio, including a large selection of meats served at your table. Everyone loves it! Real value for money!

• Tel. (+351) 934 533 422 or 282 096 370
• Open lunch & dinner, closed Thursdays
• July and August open everyday



21 PUERTO ESCONDIDO

Cozinha tradicional mexicana num ambiente descontraído. Laidback surf vibe with a colourful interior & lovely outside terrace. Enjoy home-made nachos & tacos. Traditional Mexican dishes & tasty snacks. Fantastic Mexican Cocktails, try their famous Margarita plus much more!

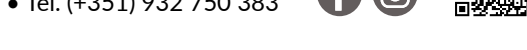
• Enjoy the Authentic Mexican flavour!
• Open everyday • Happy hour 4-6pm
• Eat or TAKEAWAY • Tel. (+351) 282 098 541
• Next to the church in Praia da Luz



26 HEATHER BAIN MASSAGE - Lagos

Treat yourself to a relaxing massage, choose from a range of treatments such as deep tissue, pre-natal, lomilomi, facial & special after surf treatment! Book your appointment via website for Lagos studio or book a home visit within the western Algarve. Group bookings available with multiple therapists

• In Lagos: Rua Gil Eanes 19, Lagos
• Open 7 days a week
• info@heatherbainmassage.com
• Book online for instant confirmation:
• heatherbainmassage.com
• Tel. (+351) 932 750 383



28 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



29 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) 282 789 342



33 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

• golfland.pt • info@golfland.pt • @golfandalvor
• Bookings: (+351) 925 364 788



34 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 Bootsausflüge 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



30 ALVOR SAILING CATAMARAN

• Departures from Alvor harbour

Partidas de Alvor

• Adventure Cruise with kayak/sup/snorkelling
Cruzeiro aventura com kayak/sup/snorkelling

• Coastal Cruise, with stop to visit the caves & swim (Lagos or Benagil)
• *Cruzeiro na costa com paragem para visitar grutas e nadar (Lagos ou Benagil)*



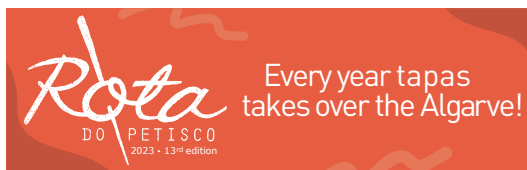
• Sunset Cruises / Private Charter
Water Taxi: Alvor-Lagos-Alvor

• *Cruzeiro pôr-do-sol / Cruzeiro privado*
Taxi aquático: Alvor-Lagos-Alvor.

• Bookings/Reservas: Tel. (+351) 925 822 920

• catamaran@alvorsailing.com

• alvorsailing.com



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



36 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.

• WhatsApp (+351) 928 094 832

