



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



HIKING TRAIL 'ACROSS THE SLOPES OF RAPOSEIRA'

If you have the energy and desire to stray from the beaten track, although 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 →→→ for more information & GPS



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 encontrará 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



49 DELI SALEMA

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50 SALEMA TOURS

O tempo perfeito para passar em família, junto dos que mais gosta. Embarques da praia e observação de golfinhos. 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 & 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

26 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

27 MEDILAGOS - Lagos Luzdoc Network Multilingual Clinics

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INTERMARCHÉ SUPERMARKETS

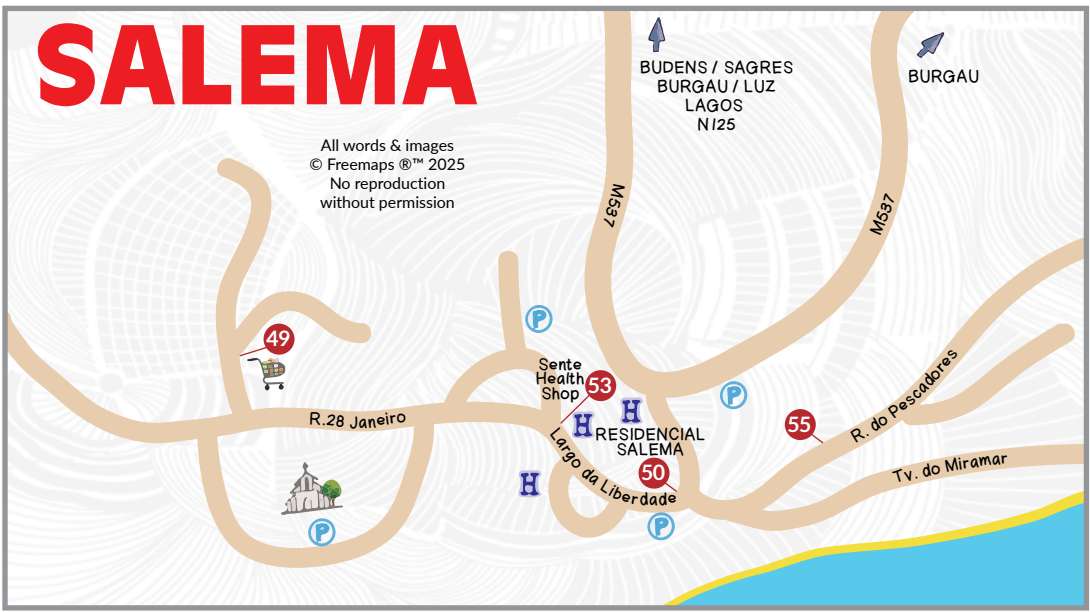
Um dos mais conhecidos supermercados de Lagos, para todas as suas compras! Best known name in supermarkets around Lagos. Freshest, local products & Intermarché's own brand. Organic, non-organic, packaged or in bulk. Traditional butcher: smoked, cured & aged meats! Amazing wine cellar. Certified Biological 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

57 A PELENGANA - 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. Liqueurs, 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

60 BEIJA FLOR Fashion Store - Lagos

Loja Multimarcas Unisexo de prestígio na Marina de Lagos. Prestigious unisex multibrand store in Lagos Marina. Featuring the best brands. Ladies: Lújo, Fracomina, Relish, Kocca, Gant, Bamburi, Josh-V, Sahoco, Guess & Guess Marciano, Michael Kors & Moschino. Gentlemen: Boss, Gant, Ralph Lauren & Lújo. In a huge array of colours & styles. Friendly & welcoming, ready to assist you with a smile. It's impossible to walk out empty handed. Absolutely wonderful items not found elsewhere! • Open 10am-1pm, 2:30-7pm



53 SENTE HEALTH SHOP - Salema

Esta loja oferece uma variedade de produtos naturais, para farmácia. This shop has a great selection of natural products, supplements, gluten free products, dietary products, organic grocery, essential oils, natural soaps etc. Relaxing massages & lymphatic drainage, reserve with Mariana. Boost your health naturally & improve your lifestyle. Don't miss their beach shop with a lovely selection of clothes & accessories. • Open Mon.-Sat. 9:30am-1pm & 2:30-7pm • Tel. WhatsApp (+351) 926 460 937 • @sente_healthshop • sentehealthshop.pt



55 AS PIZZA - Pizzeria Restaurante - Salema

Deliciosas pizzas em forno de lenha, variedade de carnes, saladas e pratos de marisco num espaço com vista mar. Delicious wood fired pizzas alongside a variety of meats, fresh salads & seafood dishes. Guests can enjoy authentic Italian & Greek flavours with a magnificent sea view from the upstairs terrace. Open daily for lunch & dinner, with takeaway & delivery available. • Tel. (+351) 282 697 968 or 966 044 528



58 CAPE CRUISER - Sagres

Venha conhecer a ponta mais a sudoeste da Europa, e os seus encantos. Passeios marítimos pela costa. Venha descobrir o nosso inovador e exclusivo wildlife tour (passeio para ver baleias). Discover the South Western tip of Europe. Visit the local sea caves, glimpsing sea birds, local cetaceans & trips to the open sea. Get to know the Algarvian coast with those you love the most. Discover their exclusive 'Wildlife Tour, Whale Watching'. A memory for life. Book your trip now & enjoy the view. • Porto da Baleia - Sagres • Tel. (+351) 932 079 414



59 WEDIVE - Lagos

Premiado centro e escola de mergulho. Uma equipa de profissionais com mais de 20 anos de experiência para o receber. Looking for some underwater adventures? This awarded diving centre, in Lagos Marina, welcomes you. A large, professional team, with more than 20 years of scuba diving experience. From beginner to instructor level and 5 to 40 meter dives, safety is their priority. • WhatsApp (+351) 916 959 233 or 936 959 234 • wedive.pt • info@wedive.pt • "WeDive-Everyday!"



63 WIND SPORTS CENTER - Lagos

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



64 CARVOEIRO TOURS

Prepare-se para o melhor dia de férias, em família! Your best family day out! The perfect way to discover the beaches & caves! Visit Benagil Cave & beautiful Marinha Beach. An Experience of a life time! • WhatsApp (+351) 932 314 453 • carvoeiro tours@gmail.com • carvoeiro tours.com

FREEMAPS

MAPA GRATUITO

LUZ, BURG AU, SALEMA & WEST COAST



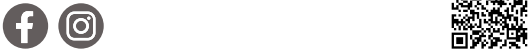
• freemaps.net • info@freemaps.net • Tel. (+351) 912 231 463



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.

A legend, after over 40 years, many clients would be devastated, if Clive wasn't there to greet them. A very special bar offering cocktails, good wines, various beers, juices and above all, a great atmosphere. Visit Clive's Bar to enjoy a friendly conversation in Luz's meeting place.

• Nightly 6pm-late, closed Sunday



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 LATITUDE WINE & TAPAS

Interior e exterior adoráveis, salão espaços 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



4 NOVA BEACH CLUB

O Nova beach recebe-o num cenário único, com a sua grande piscina exterior e o seu jardim arborizado com vista para o mar. A unique setting, with a large outdoor pool & tree lined garden, overlooking the sea. Enjoy traditional homemade cuisine, served all day. Throughout the year, Nova hosts cultural & musical events. The venue & dedicated team are available to help organize your private events. The unmissable oasis of the western Algarve.

• For more information and reservations:
• infonovabeachclub@gmail.com
• Tel. (+351) 928 155 046



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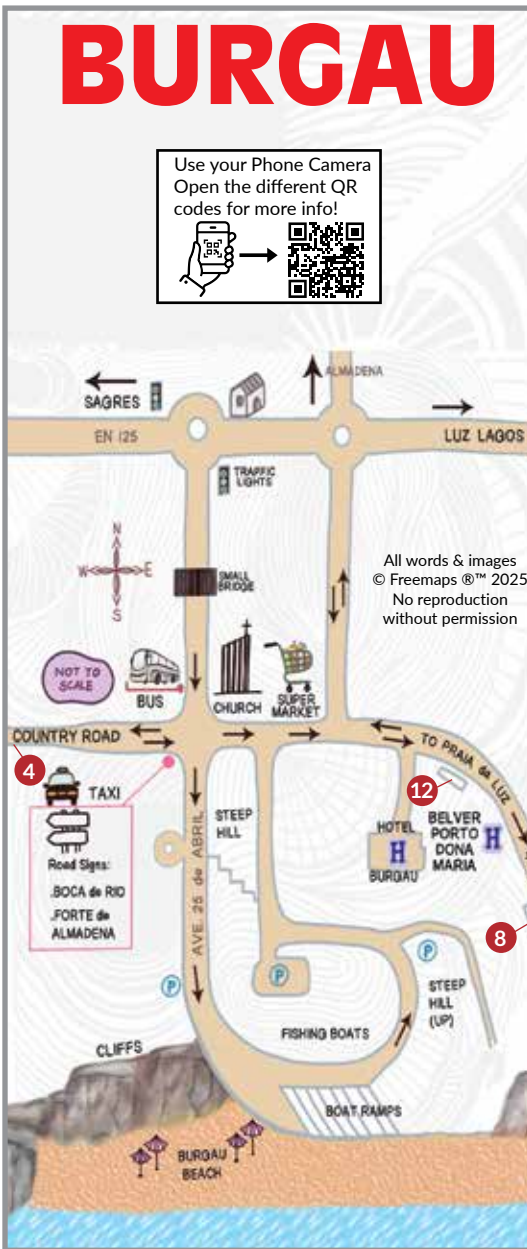
• tugsis.com • Tel. (+351) 220 028 915
• Rua Campo Alegre 1517, LJ24, C16,
• 4150-182 Porto



11 PAKWAN INDIAN RESTAURANT

Maravilhosas especialidades tandoori e todos os seus pratos indianos favoritos. Wonderful sizzling tandoori specialities. All your Indian favourites. Though slightly hidden, it's well worth the search for this authentic Indian cuisine. Children's menus available. Great eat in or takeaway. Lunch menu €7.99 (takeaway charges).

• Open Mon. dinner, Tues.-Sun. lunch & dinner
• Tel. WhatsApp (+351) 920 542 240
• Uber Eats / Glovo / Bolt



15 LICKS GELATO Gelateria - Ice Cream

Uma maravilhosa variedade de gelados e pastelaria, tudo num só espaço junto ao mar.

A wonderful array of sweet treats and baked goods at Licks Gelato. Speciality local coffee & ice cold slushies. Frappés, milkshakes, homemade gelato & sorbetto, including low-sugar & vegan options. Enjoy with friends on their lovely terrace near the beach front & relish in the irresistible, freshly crafted gelato, homemade daily.

• Open daily 8:30am until late



18 ELLE TREATMENT LOUNGE

Penteados, massagens, tratamentos faciais, depilação, manicura e muito mais, tudo no mesmo espaço!

Pamper yourself at Elle Treatment Lounge, where you'll find relaxing massages, radiant facials, professional waxing, beautiful brows & lashes, flawless manicures & pedicures. Planning a wedding or special event? Book your bridal hair & makeup with them & feel confident for your big day or a glamorous night out.

• Open Mon.-Sat. 9:30am-6pm
• Tel. (+351) 912 859 111
• hello@elletreatmentlounge.com
• elletreatmentlounge.com



21 JACARANDA RESTAURANT

A much loved spot in Praia da Luz, Jacaranda has earned a loyal following for its vibrant, globally inspired menu & relaxed atmosphere. Known for their signature Red Thai Curry (with chicken, prawn & monkfish or a vegan twist), the menu celebrates seasonal, locally sourced ingredients. Enjoy creative cocktails, curated wines & fresh nibbles on their sun drenched terrace. With warm, attentive service & food that delights locals & visitors alike, Jacaranda is a must visit.

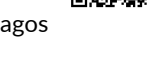
• Open 7 days a week 1-10pm
• Serving Food & Drinks all day
• Bookings Recommend (+351) 282 105 177



26 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



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

24 Hour Helpline - (+351) 919 869 700



28 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



29 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



30 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



32 FLY 365 - Lagos

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

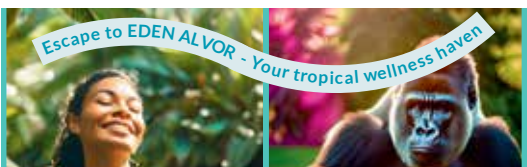
• Tel. (+351) 932 244 177
or (+44) 7831 4396 51177
• info@fly365.co.uk
• fly365algarve.co.uk



EL CAPITAN BUGGY TOURS

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

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



34 EDEN ALVOR

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• Spa, Mini Golf and Restaurant.
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• Have a Drink or Enjoy Gourmet Dining.

• Bookings: (+351) 282 483 447
• info@edenalvor.com
• edenalvor.com



35 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. RNAAT 165/2010.

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



19 ZEST Bistro & Sourdough Pizzeria

Rediscover your favourite seaside hangout, with a fresh twist! Enjoy the revamped menu & team, serving up mouthwatering sourdough pizzas, Angus steak, fresh fish & more. Relax in a cool, picturesque setting with cocktails on the outdoor terrace. Whether you're here for the food, the drinks, or the vibe, Zest Bistro promises a dining experience that's unforgettable. Go for the taste, stay for the atmosphere!

• Open 4pm-late, closed Sunday
• Takeaway available
• Bookings: (+351) 920 221 721



16 CHICCA'S RESTAURANT

Chiccas stunning restaurant is 'the new Algarve trend'. Fairy lights hanging from the ceiling seduces your very soul! Amazing cocktail/tapas bar, 100% homemade, organic, fantastic tapas, starters & main courses, 3 tapas €20. Black Angus sirloin & homemade lasagne. Fresh local food, cooked with passion & love. Vibrant restaurant, go early!

• Open 5pm-late • Outside terrace • Free parking
• No reservations • (+351) 282 761 334
• Private Room for Parties & Events
• Special 3 Course Menu €25pp
• €35 Mix Tapas Platter



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



20 LARUTAN HEALTH FOODS

Mercearia de produtos biológicos, cosméticos naturais, produtos de limpeza ecológicos e espaço de co-working, tudo no mesmo local. Discover organic groceries, gluten free products, fresh daily sourdough bread & organic meat. Enjoy takeaway cakes and wholesome lunches. Find natural cosmetics and eco friendly cleaning supplies. Work or unwind in their cosy co-working space. Your hub for wholesome, natural living.

• Mon.-Fri. 9am-6pm, Sat. 9am-1pm, closed Sun.
• Tel. (+351) 968 921 353
• larutan.pt



17 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



14 I DIN THAI MASSAGE - Lagos

Desfrute de uma atmosfera tranquila com Chirarat e a sua equipa de terapeutas tailandeses. Enjoy a tranquil atmosphere with Chirarat & her team of Thai therapists. They focus on pressure points, rhythmic compressions & manoeuvres to help you relax & realign your body's energy, increasing flexibility & relieving tension within joints & muscles. Thai massage, oil massage, neck back & shoulder massage, foot massage & deep Thai massage, using coconut oil, aloe vera etc.

• Individual & couple massages
• Open everyday 10am-8pm



25 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



31 ALVOR SAILING CATAMARAN

• Departures from Alvor harbour
Partidas de Alvor

• 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)*

• *Cruzeiro aventura com kayak/sup/snorkelling*

• 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

