

# CENTRAL

# AL

MAGAZINE

ISSUE 91 • QUARTERLY • FREE

SUMMER EDITION: JULY - SEPTEMBER 2024

## UP IN THE CLOUDS

A POPULAR 'BUCKET LIST' OPTION

## PRAIA DO TONEL

A BEACH FOR NATURE LOVERS

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**Address, Editor and Publisher / Sede, redação e editor:** Rua Município São Domingos Urb. Lagoa Sol, Lote 3 R/C 8400-357 Lagoa, Portugal

**Printers / Gráfica:** *Lidergraf* | *Sustainable Printing* Rua do Galhano, 15 4480-089 Vila do Conde Portugal

**Editor / Proprietário:** Anglopress Edições e Publicidade, Lda

**NIF:** 505379007


**Director / Gerente:** Richard Clingen

**Holders/Detentors:** Infinity Way, Paul Luckman

**Graphic Design:** Mikey Weighill and Nuno Bentes

Front cover image kindly supplied by Adobe Stock



 [thecentralmagazine.com](http://thecentralmagazine.com)

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Free distribution / Distribuição gratuita  
Print run / Tiragem: 12.000

 [theportugalnews.com](http://theportugalnews.com)

Depósito Legal: 389 208/15  
Registo ERC: 127836

Estatuto editorial disponível em:  
[www.thecentralmagazine.com/uploads/docs/estatuto-editorial.pdf](http://www.thecentralmagazine.com/uploads/docs/estatuto-editorial.pdf)

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# Welcome to **CENTRAL** MAGAZINE

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# Welcome to the Summer edition!

## *Firewood and seafood weather..*

Our beautifully designed magazine is home to captivating content which has been handpicked with the utmost care, with locations that have been personally visited to ensure the best possible summer experience for our readers.

We are thrilled to bring you a collection of extraordinary adventures and unique things to do, which are sure to start your summer in the best possible way, whilst of course never forgetting what is truly at the heart of every beloved edition, which is the community and supporting local businesses.

In this edition of Central Magazine, join us on a journey where we immerse ourselves in impactful art, hear locals soulful stories, wander the countryside or walk across the boardwalk, discover new music and Portuguese traditions, explore breathtaking beaches, catapult from inflatables, or if thats not your style, why not enjoy one of our reccomended reads, delve into culinary delights, get a hole-in-one whilst we set the scene for a new film, spend the night at one of our reccomended staycations, ride along the Arade River and dance into the night, and of course we will reveal some of the best hidden gems along the way!

This is also the first step in our adventure series where we will be highlighting a unique adventure in each upcoming edition. To kick start this exciting journey we wanted to provide a 360° perspective of the Algarve and share one of the most exhilarating 'bucket list' experiences you can do.

Every edition grows stronger which is all thanks to the support of our avid readers and our exceptionally hardworking team. We are so proud to say that this is the magazine of choice for locals and visitors alike with content crafted to suit all interests and ages.

We would love to hear your thoughts and more importantly, we want to share your stories! You can reach out to us at [info@thecentralmagazine.com](mailto:info@thecentralmagazine.com)

So get comfortable, wherever you are in the Algarve and join us on this lifestyle adventure, with a cold drink in hand, as we bring you a treasure trove of topics!

.....CRISTINA DA COSTA BROOKES.....

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*Incluido em cada pacote são servidos vinhos portugueses finos, cervejas locais e refrigerantes ilimitados, bem como uma seleção de tapas, snacks e fruta fresca. Para melhorar a sua experiência, pranchas de stand-up paddle e equipamento de snorkelling também são fornecidos gratuitamente.*

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# Walk along Armação de Pêra

BRUNO G. SANTOS

ARMAÇÃO DE PÊRA, IN THE MUNICIPALITY OF SILVES, HAS OPENED A NEW WALKWAY FOR PEOPLE TO STROLL ALONG WHILE LOOKING AT SOME OF THE MOST ASTONISHING LANDSCAPES OF THE VILLAGE.



The new walkway was opened in May, a long-awaited moment by the locals who were very curious to discover what the new work could offer to both citizens of Armação de Pêra and the tourists that visit the region, especially during the summer.

The path is called “*Ciclovia/ECovia de Silves*”, and the new part is the path between Armação de Pêra and Praia Grande nascente, in Pêra, also located in the municipality of Silves. This means that people may cross the walkway by bicycle or simply by walking, making it a great place to practice physical activity, but also a place to relax after lunch, or even before dinner.

The 3.5 kilometres walkway starts at *Ribeira dos Salgados*, in the municipality of Albufeira, which crosses Praia Grande and ends up in Armação de Pêra after a 225 metres bridge above the *Ribeira de Alcantarilha*, which will lead people to Praia dos Pescadores.

## Fauna and Flora

The trail may be the perfect place to watch birds, as the fauna and flora of the area allow the species to be there to find food, or have some rest time after a long journey flying before arriving at the *Ribeira de Alcantarilha*. The

landscape’s main feature is the sea, which may be seen along the walkway, as well as the beautiful dunes of the municipality of Silves’ shore.

For sea lovers, the walkway is a great opportunity to walk along, while hearing the sound of water, smelling the salty water of the sea, feeling the fresh summer breeze, and watching the birds and even the early morning fog.

Even though part of the walkway is already available for the population, the construction is not yet complete. The municipality of Silves aims to connect Praia dos Pescadores to the Holiday Inn Hotel, in Armação de Pêra, ending the walkway in Praia do Olival, at the limit of the municipality, close to Lagoa’s municipality. Along with the construction of the walkway, Silves City Council aims to also renew some of the town’s infrastructures, such as sidewalks, parking lots and bike lanes.

Gradually, the walkways are becoming more interesting for people who feel curious about exploring other places that, in any other way, would not be explored. That is one of the reasons why Silves municipality decided to invest over a million euros in the works that are now cherished and sought, not only by the locals, but also by tourists.

The walkway also may increase tourism in the region, helping the local economy, since after 3.5 kilometres, people might want to have a much needed drink on a terrace by the beach, in Armação de Pêra!



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# A beach for nature lovers and adrenaline junkies

..... SARA J. DURÃES .....

VISITING PRAIA DO TONEL IS THE PERFECT ADVENTURE FOR A DAY WHEN YOU FEEL LIKE STEPPING OUT OF YOUR COMFORT ZONE.



**D**escribed by those who visit it as one of the "most paradisiacal beaches of Portugal," this unspoiled beauty simply takes your breath away. Whether you're gazing at it from the top, where you get an unparalleled perspective of the beach itself and the surrounding landscape, or from below, where the beach lays, which offers an alternative, equally unforgettable scenery, the singularity

of this beach can't be compared. As there are no signs indicating how to get to the beach area and being an unguarded beach, its privacy prevails.

Leaving Zambujeira do Mar behind, head north along the coast until you reach the crossing just before the fishing village of Entrada da Barca. At this point, turn right and drive or walk for a few hundred metres until you find on your left an uneven, dirt road with small stones



that is roughly two kilometres long and mostly suitable for a single car, leading up to the beach. Another way to find this beach is by walking the 22-kilometre section of the the Fisherman's Trail which connects Almogrove and Zambujeira do Mar.

### ***Private location***

There's nothing else in the area, so arriving at this hidden beach truly feels like finding your own secret piece of paradise. The colour of the sea is sublime, and its private location helps to keep almost intact its natural features. Just like many other beaches of the Southwest Coast of Portugal, Praia do Tonel is known for its massive cliffs which offer shelter from the wind and provide an enclosed atmosphere, its golden fine sand, and its chilly waters are ideal for a refreshing dip. Praia do Tonel offers all of it, with the rarity of being almost empty of human presence. The bay shaped beach causes the waves to weaken in the break zone and the crystal-clear water to prevail.

The access to the beach is via an improvised, and slightly difficult, trail on the left side of the steep cliff. The footpath to the beach is peculiar and may frighten people who don't like heights or adrenaline because it can be difficult to find your way down as there are no stairs or handrails to help. But if you have the opportunity, it is completely worth going down the trail, as it is part of the

experience and one of the reasons why this beach is so emblematic.

At first, the footpath seems like a typical descent for an intermediate hiker, but it gets steeper to the point where you need the aid of a rope which is attached to the rocks to help you reach the end and the hardest portion of the journey. At that point, it does feel more like you are doing rappel. As there are no ramps and stairs leading to the beach, it is not accessible to those with limited mobility. Children can visit the beach with assistance as long as they are accompanied by an adult, with security being always the top priority.

When you get to the sandy beach, you'll feel pleased with yourself and grateful that you were able to see a totally undiscovered beach that not many people get to see. The only sounds you will be able to hear are the birds flying overhead and the sea lapping on the sand. Luckily the sun sets on the west coast, so if you have the chance, remain until the sun is fully down, as it will be one of the most breathtaking and peaceful sunsets you will ever have the chance to witness.

Since the way up is less difficult than the way down, this is the ideal moment to relax, enjoy the climb, and take in the breathtaking scenery as you get closer to the slope's summit. Visiting Praia do Tonel, is an authentic experience, which will make you fall in love with the Vicentine Coast and its undiscovered wild secrets.





# The waterparks floating off the coast of the Algarve

KATE SREENARONG

FLOATING ON THE WAVES OF THE SHIMMERING SHORES OF ARMAÇÃO DE PERA, IN THE ALGARVE, YOU WILL FIND THE MOMENTS WATERSPORTS INFLATABLE WATER PARK, AN EXPERIENCE FOR THOSE WHO ARE PASSIONATE ABOUT THE OCEAN, NATURE AND ADVENTURE.

The Inflatable Water Park is made up of seven elements, which involve climbing, lots of action-packed obstacles, jumping stations and even a catapult. This complex of massive inflatable platforms combines innovation, quality and maximum safety to guarantee the most fun.

At the Armação de Pera Beach, visitors are provided with a lifejacket and are taken to the platforms out at sea, which include an obstacle course for you and your friends or family to try and conquer, as well as the opportunity to enjoy the view over the amazing coastline from a unique perspective.

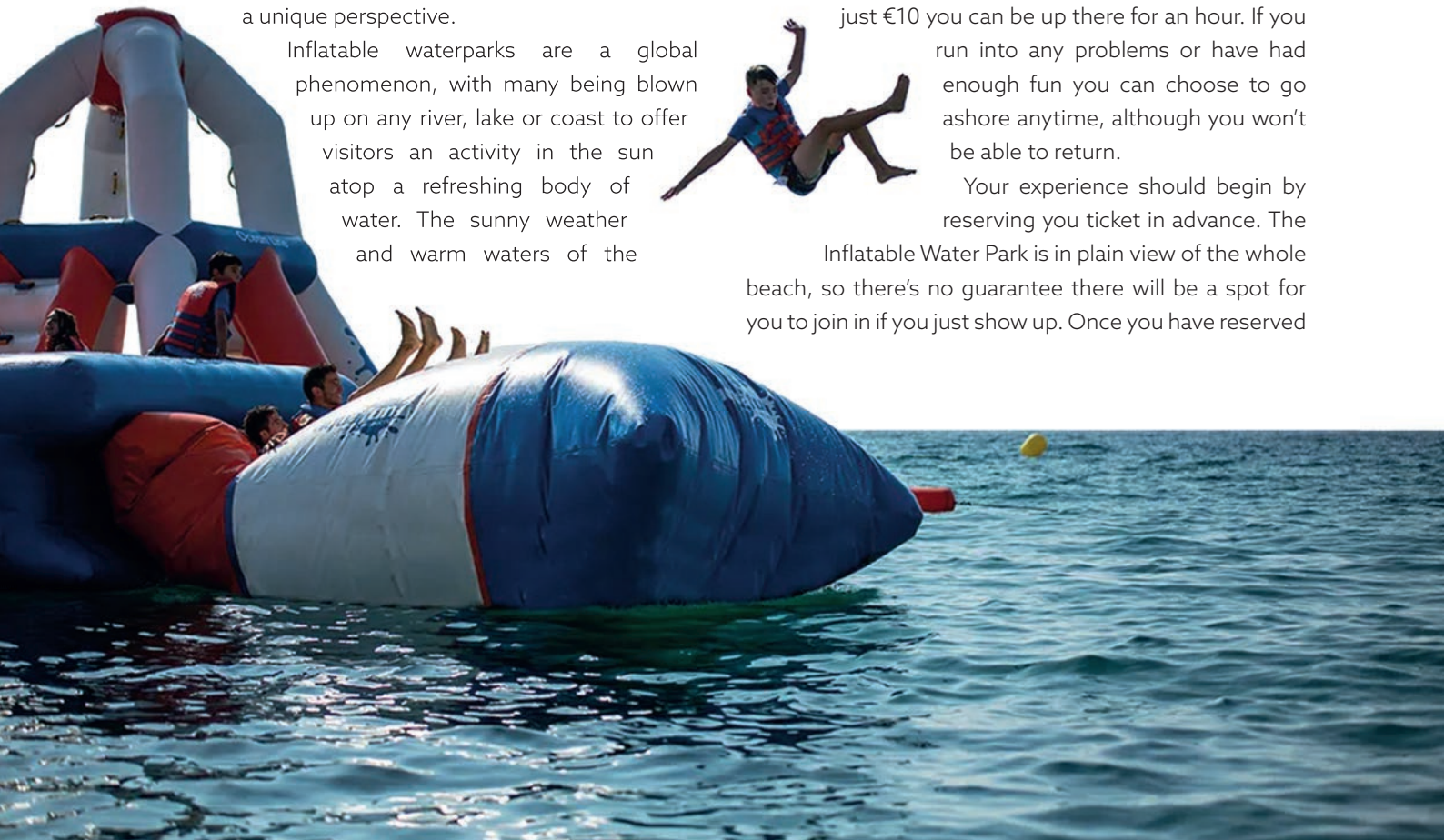
Inflatable waterparks are a global phenomenon, with many being blown up on any river, lake or coast to offer visitors an activity in the sun atop a refreshing body of water. The sunny weather and warm waters of the

Algarve are an ideal place to engage in watersports, as you will be able to find a total of three of these inflatable waterparks along the south coast, located in Portimão and Albufeira, operated by Algarve Fun, and Armação de Pera, operated by Moments Watersports.

## *An Unforgettable Childhood Experience*

The Moments Watersports Inflatable Water Park in Armação de Pera offers the experience for €7, where you can have fun among the Plastic Stonehenge for a whole 30 minutes, and if you find yourself obsessed, for just €10 you can be up there for an hour. If you run into any problems or have had enough fun you can choose to go ashore anytime, although you won't be able to return.

Your experience should begin by reserving your ticket in advance. The Inflatable Water Park is in plain view of the whole beach, so there's no guarantee there will be a spot for you to join in if you just show up. Once you have reserved





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your space, you should be at the location 20 minutes in advance to give yourself enough time to get checked in and kitted up.

After depositing objects such as jewellery or glasses, anything you wouldn't be interested in losing at sea, you'll be taken out by boat to the waterpark. It's worth noting that this activity is not recommended for people who have heart or back problems, who are pregnant, who have hernias, or who don't feel comfortable at sea. Children under the age of six are completely barred from coming aboard, and the waterpark is not wheelchair accessible.

### **Sailor Spirit**

Upon arriving at the inflatables, presumably shoeless, the fun can begin. The complex features many unique obstacles, such as a massive pyramid at the centre, its design heavily inspired by Mayan civilisation with a 21st century modern minimalist style, and the swing, a proper place to practise your Tarzan impression while throwing yourself into the sea.

One of their best features are the trampolines, as they are the peak of many childhoods, and now you can enjoy them even further by making anywhere around the trampoline a viable landing spot too. Another highlight is their signature attraction: the Katapult, where you can ball yourself up in a scoop and get launched through the air and into the water, just like real cannonballs did for hundreds of years.

In a way, that is just one of the ways this place turns you into a sailor. The dipping, jumping, and contorting around obstacles feels like the authentic experience of being a mariner at sea. It's just you, the platform full of air that's keeping you afloat, the endless ocean and you crewmates.

The pinnacle of the sailor spirit will show when you wake up on the day of your reservation to the waterpark, only to find out it's raining. You try and cancel the booking, but they're still open and operating as usual in the rain. They do not offer refunds or substitutions. The call of the sailor can be heard. Will you heed it? But don't worry, they do close when there's a thunderstorm or when the sea's unsafe.

You can book this memorable experience for yourself on their website, <https://momentswatersports.com/pt/inflatable-water-park/>. They are open every day from 9am to 7pm, between June and September.

### **Fishing Heritage**

While you're in Armação de Pêra, you might as well walk around the rest of the town. Not only do you have the two main beaches, but you've also got another two directly across the Alcantarilha river accessible by car through Pêra. This latter town and the neighbouring town of Alcantarilha share a deeply intertwined history with Armação de Pera, which was born as a fishing outpost for these settlements.

The fishing heritage is still visible in Armação de Pêra today. The colourful houses lining the shorefront are from this time and form this cozy town's core look. These early days were also when the fort was built, which was used to defend fishermen from pirates.





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# The Banksy of Portugal

KATE SREENARONG

LIRATOV IS A PORTUGUESE ARTIST, ORIGINALLY FROM MONÇÃO, WHO USES BROKEN TILES TO REPRESENT THE BEAUTY OF PORTUGAL'S CULTURE, WITH AN ENVIRONMENTAL APPROACH.



The painter and sculptor has been touring the entire country over the past four years, leaving ceramic tile sculptures all around for people to discover.

Liratov recalled his passion for art began at a very young age: "My grandpa painted, he taught me the basics and was a huge influence. As a child, I was encouraged to draw, paint and make sculptures", the urban artist told Central Magazine.

## Inspiration

The sculptor shared that during his adolescence, art had become something of the past, but when he turned 20, after a trip to Paris, he found inspiration again. Moving to Brighton, in the UK shortly after, spending 6 years honing his street art skills before returning to Portugal.

"After Covid, I got stuck in Portugal", Liratov recounted. In 2020, the artist set off on a trip around the country, which stimulated new ideas and his tile art was born. "It all began when I found broken pieces of glass on the floor. I started to see what they could become, the shapes they could form and piece by piece, I assembled an animal."

From there, he visited workshops handling traditional Portuguese azulejo art and took possession of their damaged ceramic tiles, giving them a new purpose. "Azulejos represent Portuguese culture, I couldn't let them go to waste just because they were broken."

His creative process involves analysing the tiles and using the shards to create the images his mind, like you do when you go cloud watching. "We all speculate about the meaning of art, but I find the different perspectives

make it fun. Creating something that stirs the emotions of its audience", Liratov explained, "I'm a curious character with an insatiable thirst for knowledge and adventure, strongly influenced by experiences, relationships and life. I try to reflect that with my art, transmit the beauty in everything, from nature, to animals and humans."

## Urban Art

The urban tile art of Liratov is made with a focus on Portuguese culture and sustainability. His works are hidden all over the country, most notably in his home region of Alto Minho. In the Algarve alone, the artist has installed 40 pieces, 20 of which represent the traditional chimneys found in the region. One of his newer pieces, "Torneira", addresses the Algarve's ongoing water crisis.

His work has also spread beyond the border, being featured in northern Spain and southern France.

Being a street artist, there's also an element of risk, as being caught doing his work on public property without permission can possibly lead to trouble with the authorities, not to mention the challenge of keeping his identity a secret from the public. But Liratov doesn't seem too phased, saying what essentially translates to "you have to risk it for the biscuit".

"I want to share my art, to express myself doing something I like and create a sense of happiness. I'd love to spend my life like this", Liratov described in his closing remarks.

You can follow Liratov and see his latest works on his Instagram page ([https://www.instagram.com/liratov\\_/](https://www.instagram.com/liratov_/)), as well as of course out in the world around you.





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# RHS Gold Medal for Botanical Art

TONI DADE IS A LOCAL ENGLISH BOTANICAL ARTIST WHO HAS LIVED AND WORKED IN THE RURAL AREA AROUND MESSINES FOR ALMOST 20 YEARS.



In June, Toni was awarded her 2nd Gold Medal for her exhibit at this year's International RHS Botanical Art and Photography Show held at the prestigious Saatchi Gallery, London. She earned her first Gold in the 2021 exhibition at the Saatchi for her 6-part series entitled Seasonal Observations of the Pomegranate.

Toni says "After many preparatory drawings, colour studies and botanical advice, this large 6 part watercolour exhibit titled Magnolia Grandiflora from Bud to Desiccated Seedpod took me a year to paint. I painted them larger than life in order to achieve maximum visual impact and to allow me to explore the different textures, colour, tonal subtleties and tiny, detailed sculptural forms of the pod. I wanted to showcase these intriguing pods as they go through their magical transformation from bud to magnificent, sweet smelling flower to dried husk. When I received my 2nd gold medal from a quality international juried exhibition, it was such an honour. A wonderful affirmation that all the hard work, dedication & love that has gone into producing the exhibit had been worth it."

The following accolade is a quote from Katherine Tyrell a writer, artist & reviewer of botanical art & artists. "The last two in the series are just absolutely awesome! My guess is the one on the right may well have been in the

running for Best Painting." The last 2 seedpods in this series won the 'St Cuthberts Mill Award' last year at the Society of Botanical Artists.

In 2019 she was elected as a Fellow member of the Society of Botanical Artists & has exhibited with them annually since 2017 in both Westminster Central Hall & Mall galleries.

She has also exhibited several times with the Society of Women Artists & in 2020 won 'The Great Art Award' for her painting Dishevelled. This painting is now held in the permanent collection of The Hunt Institute for Botanical Documentation which promotes the history of botany through its collections, research, exhibitions, publications, and services. The painting will be on show at their 17th Hunt International Series Exhibition in Fall 2024 in Pittsburgh, USA.

The RHS Botanical Art & Photography Show 2024 exhibits exquisite botanical art and photography from around the world and explores a rich variety of subjects and themes. The world-class artists and photographers are judged & awarded RHS Gold, Silver-gilt, Silver, and Bronze medals.

Toni teaches monthly botanical art workshops at Papelaria Arco-Iris in Alcantarilha & weekly art classes in watercolour techniques at Escola de Artes de Lagoa.

*She is available for commissions & can be contacted through her website: [www.toni-maria-design.com](http://www.toni-maria-design.com) or Instagram @tonimariald*





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# Up in the Clouds

..... CRISTINA DA COSTA BROOKES .....

**"WHEN TRAVELLING AT THE SAME SPEED AS THE WIND YOU WILL ENJOY A SENSATION OF UNIQUE PRIVILEGE, AND EXPERIENCE ABSOLUTE SILENCE BEFORE RETURNING BACK INTO THE LOVING ARMS OF MOTHER EARTH."**

**H**ot air balloon excursions have become an increasingly popular 'bucket list' option in recent years, and perfect for special occasions or just simply an awe inspiring way to see the Algarve from a 360° perspective.

If you are looking for an undeniable thrill then look no further than Algarve Balloons, whose first official flight in the Algarve was in October 1993 (then known as Barlavento Balloons).

Algarve Balloons is a small family business flying smaller balloons, with a capacity of up to eight people, which guarantees a more personalised flight and real ballooning experience. They do however, cater for larger groups by using their flying partners from the North and Spain. "With no ties, destination and time limitations, we ride the winds of the barrocal valleys in the western Algarve, or the warmer breezes of the rolling hills of the Baixo Alentejo."

Helena told Central Magazine that "The flight is about 1 hour but the whole trip can take 3-5 hours. After the flight our ground crew and vehicles/trailer will retrieve us from our landing spot. The retrieve is another experience by itself!"

Their team is led by South African commercial licenced pilot, Helena Sá, who having explored Portugal with the annual Portuguese Balloon Transcrossing Festivals and of Portuguese descendance had a vision of opening the balloon rides business in Portugal. "When I got an invitation to attend the Portuguese Transcrossing balloon festival, I never thought i would fall in love so intensely with this beautiful country as I saw it from a different perspective and I started planning my move to the Algarve"







## Love at first flight

"I got introduced to ballooning whilst working in a hotel in Hazyview near the Kruger National Park. After my third flight I was totally hooked on ballooning, not only the flying but the whole adventure of being out in the unknown countryside. Ballooning took me initially to Switzerland, Germany, France then the beautiful UK namely Cambridge. I learned new maintenance skills in the maintenance Organisation Custom Craft Balloons, where I learned to be self sufficient when it comes to solving maintenance issues. This turned out to be invaluable in Portugal as we are so isolated from the balloon factories", she told Central Magazine.

Helena added, "What made the big kick start was the foot and mouth disease in cattle and sheep in 2000-2001 in the UK. As no balloon flying was permitted due to contamination, we decided to bring one balloon to my country house in Lagos, thus avoiding having to shut down the Cambridge operation. The local response for balloon flights exceeded our expectations that we immediately brought a further 2 balloons."

Helena recounted one of the first flights in the Algarve, "Weather forecasting then was very basic and we relied on local knowledge from the Aeroclube of Lagos. We naively took off from the Aerodrome of Lagos for a late calm October afternoon flight with a light southerly breeze, taking us inland towards Bensafrim. We swiftly rode the upper coastal winds straight to Praia da Luz. The flight lasted approximately 5 minutes.... landing behind some open fields behind the camping site. Lesson learned - coastal winds are another kettle of fish." They would go on to continue during some years running Voyager Balloons in Cambridge UK in the Summer and Barlavento Balloons during the winter in Portugal.



## Flying all year round

Helena explained that "Our Algarve flying area is in a radius of 30km from our base the Aerodrome of Lagos. Shadowed by the 3,000ft high Monchique Mountain, we experience a unique micro climate allowing us to view the barrocal valleys to gentle coastal dunes and cliffs. We also fly from Castro Verde over the UNESCO World Heritage landscape. The winds will blow us to wherever the adventure takes us and every flight is different."

When asked what balloon flying feels like, she kindly shared: "It feels like one is stationary and someone is pulling the rug (earth) underneath. As you are not attached to earth you will not have the height freight sensation. It can be daunting initially but within 5 minutes you will be asking to go higher. Most children under 7 do not enjoy flying in a balloon and may get bored or rowdy, therefore we recommend a private flight for groups with children under that age."

It was interesting to learn from Helena that: "Balloon flights in Portugal can be flown all year round but the main flying season is from April to October due to the most stable meteorological conditions as they determine if the flight goes ahead." It was interesting to hear that the best time of day is actually at sunrise and Helena's personal favourite time to fly is in Spring.

You need a license to be able to fly a hot air balloon, "We train for the UK Balloon Pilot licence and are part of the BBAC Training Organisation. Our most recent pilot trained by us is Daniel Sa who you will see flying with alongside his mother Helena Sa from this Summer onwards."

*Algarve Balloons is located at the Aeródromo Municipal de Lagos. For more information, please visit [www.algarveballoons.com](http://www.algarveballoons.com) or call 914 532 300. You can also find them on Facebook at <https://www.facebook.com/algarveballoons>*

# Birds of Paradise – the intimate surf lodge with a sense of community

..... SARA J. DURÃES .....

WITH A COOL VIBE, COSY ROOMS, FRIENDLY COMMON AREAS, AND LIVELY OUTDOOR ACTIVITIES, THIS SUSTAINABLE LODGE HAS IT ALL.



**O**n the outskirts of Aljezur, a few hundred metres away from Ponta da Atalaia you can find the eco-friendly lodge - Birds of Paradise. Featuring a unique atmosphere, this accommodation is the work of a Dutch couple who moved to Portugal in 2021, after falling in love with the region, the surfing lifestyle, and the peaceful environment. As Vanessa and Dick shared "We wanted to do something completely different, and we wanted to spend more time with our kids, so we decided to simplify our lives and now we want to share this place with others".

Located in a quiet neighbourhood, the lodge offers the best of both worlds in all senses. It lets you socialise with other guests in shared spaces like the open kitchen

and living room area, as well as the outside patio and pool, while also enjoying privacy in your peaceful en suite rooms. In addition, it provides the slow-living vibe while being close to independent coffee shops and restaurants, and buzzing outdoor activities.

Once you step inside the accommodation, you can't help but notice that what stands out is the little thoughtful details spread across the decoration, the colour schemes and the floor tiles. As Vanessa noted, each piece of furniture was thoughtfully chosen and "sourced and bought from Portuguese brands." The property has five double rooms with either a master bed or double beds and en suite, plus a 'family room' which includes a sofa bed and a large bathroom. "We attract an active type of visitor, who go out in the morning to





do outdoor activities”, Dick shared. The place is ideal for couples or friends who are nature enthusiasts as the lodge’s surroundings offer plenty of activities to do and places to explore.

The breakfast at this guest house is definitely one of its main attractions. Served every morning between 8-10am, the breakfast is made up mostly of locally sourced ingredients and handmade snacks, with options ranging from dips to cakes to granola and even fresh juices. As they explained, “This idea came from the experiences that we had while travelling – it makes such a positive impact if you have a nice breakfast to start off your day”. Serving a variety of healthy food, their emphasis is on sustainability, as evidenced by the portions that are served in an effort to reduce food waste, the use of glass containers rather than plastic ones, and the variety of options based on what’s in season, such as the fruit available.

Every room has a terrace or balcony of its own, and as a welcome gift, each visitor receives a handcrafted soap bar produced locally. The colour schemes and materials used in every room of the house are the same, but each room has unique features that make them special. The same is true for the bathrooms, which have distinct elements but a similar calm ambience and muted colours. For individuals who require a private area to work, each room also offers a desk. Moreover, as Vanessa added, “We wanted to be aware of the impact on nature, and we tried to do everything as sustainable as possible, we have solar panels on the roof for the heating of the water and the house”.



The exterior area, feels like an oasis. The pool is surrounded by sun beds and wooden tables perfect for dining and entertaining, absorbed in a mix of native vegetation. “All the plants we have, are endemic to the region, and don’t need water after a few years. We worked with an organic plant nursery who sells seeds from this region, and it’s amazing to see the amount of insects and birds that come down to the garden”. The name of the lodge was inspired by one of the plants in the garden, which was already there prior to renovations - the *Strelitzia* - also known as Birds of Paradise because of its unusual flowers that resemble bird wings.

The municipality of Aljezur is well-known for being a surfer’s paradise and is emerging as a major hub for a tranquil lifestyle characterised by a heavy emphasis on outdoor recreation and slow-living principles. You may go surfing, SUPing, horseback riding, biking, walking along the ‘Rota dos Pescadores’ Trail, and even have massages and SPA treatments in the vicinity. Yoga sessions are also offered on the lodge’s roof, making it a fantastic way to begin the day. Birds of Paradise is also open to co-living options in the winter season, which provide a socially and entertaining setting for working while enjoying everything that this location has to offer.

**For more information:**  
[www.birdsofparadiselodge.com](http://www.birdsofparadiselodge.com)  
[stay@birdsofparadiselodge.com](mailto:stay@birdsofparadiselodge.com)  
[@birdsofparadiselodge](https://www.instagram.com/birdsofparadiselodge)





# A dip in nature

..... SARA J. DURÃES .....

'PEGO DAS PIAS' IS ODEMIRA'S WILD NATURAL POOL AND ONE OF ITS MOST WELL-KEPT SECRETS.



The beach is the first location that springs to mind when we think of summer, especially in Portugal, where there is an extensive coastline which constantly invites us to go for a swim. But wild natural pools can be the ideal substitute for those who are looking for something a bit different, and want to escape the ordinary beach day.

In the county of Odemira, at the confluence of the Alentejo and the Algarve, lie some of the region's greatest-kept hidden gems. 'Pego das Pias' is an unspoilt natural beach surrounded by gorgeous natural sculpted rocks and medium-sized cliffs, situated in the 'middle of nowhere', between the villages of Odemira and São Luís.

The easiest way to locate this secret gem is to head towards São Luís on national road 120; just when you come across a bridge which passes over the stream of Torgal, you will notice a dirt road on your left that leads to the wild natural pool. If you want to drive your car the whole way, the track to this refuge is doable but a little bit challenging, however, if you feel like walking, then you can be sure you won't regret it.

All you have to do is follow the trail beside the Torgal stream to reach 'Pego das Pias'. The surrounding natural environment is largely untouched, and the tranquilly you experience while strolling these paths is something that is becoming increasingly rare. Even though it could appear

like the path is leading nowhere, you will soon come upon this untamed area surrounded by beautiful flora.

The natural beach is split into two sections: the shallower part, where a large rock sits in the centre of the natural pool and encourages people to swim there and sunbath, and the deeper, farther-off section, where many enthusiasts jump out of the rocks around the 'pego'. It is a safe spot for families with little children to spend the day outside because there is almost no current in the water, and the shade provided by the different trees displayed around the 'pego', provides plenty of shade to protect yourself from the sun in hot summer days.

The origin of the name 'Pego das Pias' comes from the circular cavities in the rock, known as 'Pias.' These were caused by whirlpools that existed at a time when the water level was higher than it is today. Additionally, 'Pego' refers to the "river well," and it will be clear to you what it really means once you get there.

The Torgal stream has water running all-year around, and the cool waters of 'Pego das Pias' provide a refuge for those seeking to avoid the summertime heat in a more interior part of the municipality of Odemira. Those who are aware of this spot always come here when they want to unwind because of the serene atmosphere; it's ideal for swimming, picnics, yoga, reading, playing games or simply enjoying the surrounding nature.





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# Discover Carvoeiro

BRUNO G. SANTOS

CARVOEIRO IS KNOWN FOR ITS AMAZING BEACH AND GREAT ATMOSPHERE. HOWEVER, BESIDES THE BEACH, PRAIA DO CARVOEIRO, IN LAGOA MUNICIPALITY, HAS MUCH MORE TO EXPLORE, FROM NATURAL TO HISTORICAL PATRIMONY.



## *Praia de Carvoeiro*

Of course, the main attraction of Carvoeiro is its beautiful beach. Like most of the beaches in Lagoa municipality, Carvoeiro does not have a long beach. Praia do Carvoeiro is a small beach surrounded by rocks, located just off the main square of the town, known by locals as the Largo.

At times, the sand of Carvoeiro was not as fine as the other Algarve beaches, and the water was filled with rocks, that would add iodine to the water, which was believed to be healthy, making the waters off Carvoeiro beach the greatest of them all.

Besides the option of bathing in the Atlantic Ocean, at the beach there is also the possibility of embarking on a boat and visiting the most incredible caves in Portugal. It is also possible to do fun activities at the beach, such as kayaking.

In the main square, there are also bars and restaurants, perfect to have a drink after a long day at the beach.

With no more than 3000 inhabitants, Carvoeiro is the perfect place to enjoy a relaxing holiday, with friends or family. Being a small village, it does not require you to have a car to walk around Carvoeiro, unless people want to avoid walking the ups and downs of the village.

With two marvellous beaches, amazing landscapes along the coastline, intriguing rocks and breath-taking walkways, Carvoeiro promises to make all visitors' experience unique, alongside what the municipality offers to the village, with great parties and cultural moments open to everyone who visits Carvoeiro.



## ***Praia do Paraíso***

Close to Monte Carvoeiro, the most luxurious area of Carvoeiro, there is *Praia do Paraíso* (Paradise Beach). Despite the various stairs that will lead people to the beach, the place is formidable and brings a peace hardly achieved at any other beach in the municipality.

Just like *Praia de Carvoeiro*, *Praia do Paraíso* is small, however, the amount of sand is not the same and people often lay on rocks, as during the high tide the beach may “disappear”, especially during the winter.

## ***Algar Seco***

The greatest geological place in Carvoeiro is Algar Seco. Open to the public, it is possible to walk along the rocks and discover and enjoy the magnificence of the sea. The greatest waves of Carvoeiro are found there, however, as there is no sand it is not advisable to dive into the waters to swim.

Finding the *Escadinhas*, which translates to little stairs, it is possible to climb down to more beautiful rocks and amazing landscapes, perfect for a romantic moment. The smell of the seawater is evident, as well as the breeze that comes along with the waves.

Algar Seco is the perfect place to watch the sunset. Located in the East part of the village, in a high place, it is possible to watch the sunset in the West part of the village. The walkway even has seats where people can enjoy the moment in the greatest way possible. As well as being a great place to take pictures of the amazing sunset of Carvoeiro.



## ***Forte Nossa Senhora da Encarnação***

Depending on where your journey through the walkway of Algar Seco begins, an ancient fort will be at the end of your walk, or right before it begins.

Construction of the fort began in the 17th century, in 1670 and was completed in 1675. The fort sits in a prime position, just 100 meters above sea level. This monument had to be reconstructed due to the 1755 Lisbon earthquake, which significantly damaged the fort as well as the completely ruining the chapel connected to the fort. Research suggests that the image of the patron saint was the only artifact that survived the earthquake. Reconstruction of the fort began in 1796, however, in the 19th century, the authorities deactivated it in 1861. A decade later, the Guarda Fiscal, the Portuguese police that controlled taxation and customs, moved their post to Fort of Nossa Senhora da Encarnação.

## ***Ermida de Nossa Senhora da Encarnação***

Carvoeiro citizens are devoted to *Nossa Senhora da Encarnação*, which the chapel pays homage to. The little church placed, close to Algar Seco, inside what was a fortress, is the place where locals pray and attend Mass, in both English and Portuguese.

The chapel was recently under reconstruction works, and inside the design is more modern, with white walls, and images of Catholic motives.

## ***Explore the surroundings***

Despite the beauty of Carvoeiro, it is almost imperative to visit the surrounding areas. People can visit other beaches such as *Praia de Vale Centeanes*, *Praia da Marinha*, *Praia de Benagil* and many more.

People must also make sure that nature is respected, being careful not to leave trash on the floor, or even cigarette butts at the beach. Everything is beautiful because it is so natural, it is our job to preserve it and enjoy the wonders that our planet has to offer us.



# Agapanthus – Perfect for borders!

.....MARILYN SHERIDAN.....



## *What is not to love about this flower?*

There's something special about the purple-blue colour of these flowers, and is reminiscent to me of bluebells, although they aren't related. These blooms have a large dramatic flowerhead that towers over its fleshy leaves, growing from a rhizome below ground. Easy to grow, low maintenance and virtually trouble free - what more could you ask for! Flowering occurs for several weeks throughout their season, and will return to put on another show the following year.

Some species can reach a height of over 1m, and make a perfect border if you are looking for something to fill a space, with colours ranging from deep blues, through to pale blues, purples and even white - the choice is yours. These plants are happy to cosy up close together, and in fact congestion is not a major concern, as they tend to respond quite well to this - apparently when the roots have too much space, the plant will dedicate itself to leaf growth, rather than flower production.

## *Lily of the Nile*

They also go by the common name of Lily of the Nile, sometimes African Lily, which gives a hint to where they originated. In South Africa itself they are called *isicakathi* by the Xhosa people, and *ubani* by the Zulu, and in its native areas, it is said to be both magical and medicinal. Although not a true lily, and doesn't share the same high

level of toxicity, they can cause minor illness if the roots or rhizomes are eaten, and the leaf sap can cause skin irritation, so handle with care.

If you want to propagate them yourself, sowing seeds will take some years for them to flower, so unless you have the patience, root division would be a better option, and should be done in the autumn or spring. You will need to wear gloves, and the first step would be to dig the whole plant up, drastic as it sounds, by digging 15cm - 20cm round the plant, and with a sharp knife cut the tuberous root in half between the shoots, so you don't injure any new growth. Each of these halves can be cut in two again, effectively making 4 plants, each with one or two shoots attached. Instead of repotting or replanting straight away, leave them uncovered and out of direct sunlight for 24 hours, which allows the roots to stop bleeding sap, and will start to heal the cut sections. It is recommended to divide each plant every 3 years to maintain its health and performance anyway.

Agapanthus plants require well-draining soil and full to partial sun to grow happily. Deadheading will prevent seeds from forming, so if you want to control the slow spread, you would be wise to trim the dead flowers as soon as they start wilting. They are pretty indestructible and would likely survive without much maintenance, but a few minutes trimming and cutting back will ensure strong healthy plants in the future.



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# The tropical venue where you can have it all

..... SARA J. DURÃES .....

GOLFLAND PROVIDES EVERYTHING YOU COULD POSSIBLY FANCY, WHETHER YOU'RE SEARCHING FOR AN EXHILARATING MINI-GOLF EXPERIENCE, AN OPPORTUNITY TO PLAY IN A SIMULATOR, AN AUTHENTIC MEAL AND DRINK WITH A VIEW OR A PLACE TO UNWIND AND SPEND QUALITY TIME WITH YOUR FAMILY.

## *The Mini-golf Experience*

The 18-hole mini golf course in Alvor boasts a unique tropical theme with animating creatures that are sure to amaze young players. The site has a really wild vibe to it because of the variety of moving jungle animals making noises, waterfalls, ponds, ruins and more than two thousand endemic and exotic plants spread around the area. Each tee is a singular journey which takes you through a healthy competitive adventure.

They all have a specific fun theme, which can include anything from crocodiles, uneven grounds, handmade features, spirals, game changer obstacles and many more challenges as you will discover by yourself.

In addition, each hole also provides you with some information regarding the various municipalities belonging to Faro district, taking you on a tour around the Algarve. This means that the mini-golf experience is not only enjoyable, but also educational, a great asset for every curious individual. All ages will find the experience engaging, and the exciting and slightly challenging course will keep you entertained.

For the little ones, there is a playground where parents and children may spend some quality time together, playing and taking in the lovely surroundings beneath the palm trees' shade. Additionally, the three-story site provides an abundance of seating areas, always overlooking the mini-golf course, making it ideal for parents who need a break without having to worry about losing sight of their children. In the evening, the venue and the mini-golf area, including the holes and the water features become lighted providing a unique atmosphere and the perfect setting for an evening experience.







### The Simulator

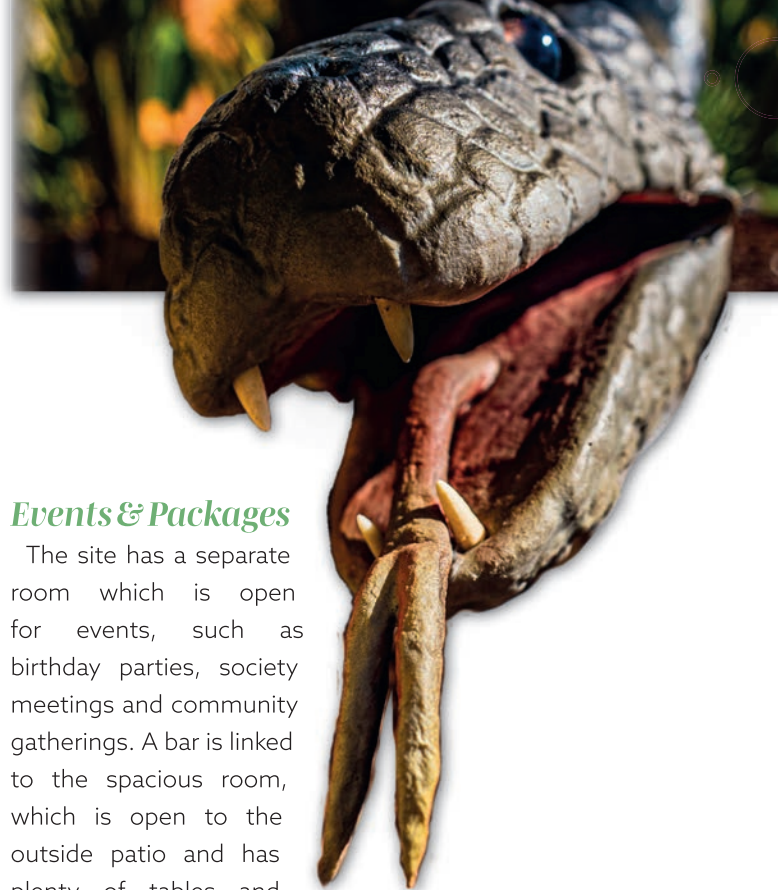
The venue also features a golf simulator, something which you can't easily find in the Algarve, and which enables you to practice golf like you were on a real golf course. Golfland has the most advanced simulator in the world – *TrackMan* – whose sensor picks up micro waves and provides an accurate response just like if you were playing golf in real life. Groups of up to eight people can play together in the simulator room, which is great from kids to professional golfers as a fun alternative for sweltering summer days.

### Jasmine Restaurant & Bar

The Jasmine Restaurant & Bar, which serves exquisite cuisine, got its name from the jasmine plants that grew along the front fence. Among the most popular restaurants in Alvor is this upscale establishment which received the Travellers Choice 2023 Award. Offering an extensive menu which ensures that there is something for everyone, including vegetarians and small dinners which have their own dedicated menu, the gourmet restaurant most popular dishes is the delicious Lamb Rack. Open for breakfast, lunch, dinner and snacks, from 10am to 10.30pm (usually extended until later in summer) this is the place to go if you're looking to savour something superb.

### Future Plans

Rey Langels, one of the founders of Golfland, highlights that the entertainment site "is an evolving project. It's ideal location, protected from strong winds and overlooking the Algarvian low hills, makes you always try to improve and provide the visitors an unforgettable experience." Because of this, the upcoming project - which should take effect later this year - includes a treatment room, a sauna, a 3 by 6 metres jacuzzi, and a private pool area with sun seats. Being the only heated pool in the surrounding area, the pool will provide people with the ideal summertime and wintertime getaway. It is anticipated that the swimming pool water will be somewhat warm - 28 degrees in the summer and 37 degrees in the winter.



### Events & Packages

The site has a separate room which is open for events, such as birthday parties, society meetings and community gatherings. A bar is linked to the spacious room, which is open to the outside patio and has plenty of tables and chairs, a pool table, an air hockey table, a smart TV and a tonne of books – making it the perfect setting for any type of occasion.

Golfland offers various packages which includes the Drink Set (mini golf + two drinks), the Lunch Set (mini golf + two drinks + lunch option from the snack menu and one dessert) and the Dinner Set (mini-golf + three drinks + three-course dinner). The mini-golf fee is 12 euros per adult and 7 euros per children, and a family package for two adults and two children costs 30 euros.

Golfland Alvor is open all-year and its singular location, makes it a great, convenient option for a day-out where fun and excitement are guaranteed. With all the amenities someone may require, there's no excuse for you not to give it a try!

For more information:  
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+351 282 483 447  
[golfland.pt](http://golfland.pt)







# Eco-friendly adventure on the Arade River

..... SARA J. DURÃES .....

WE ARE FACED WITH PLENTY OF APPEALING ADVENTURES IN THE ALGARVE, HOWEVER, THE ALGARVE SUNBOAT TOURS STANDS OUT FROM THE REST DUE TO ITS DISTINCTIVE APPROACH TO SUSTAINABLE TOURISM.



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The tour departs smoothly from Portimão's marina, just where the Arade River meets the Atlantic Ocean, between the fortresses of Santa Catarina and São João do Arade, while the captain entertains their guests with some stories and curiosities about Portimão's sardine industry. Capable of accommodating ten individuals, the silent

vessel is roomy enough for everyone to sit around comfortably on padded seats, but cosy enough to encourage social interaction.

The boat has enough surface area to absorb solar energy thanks to solar panels installed in both the ceiling and some areas of the body of the vessel. As it does not have a combustion engine, it can move silently, and its leisurely speed ensures that you will not get sick while travelling.

Algarve SunBoat, the first-ever sustainable nautical tourism company in Portugal, was founded by Pedro Mestre in 2017, and since then it has delighted many nature enthusiasts while leaving no carbon footprint or pollution behind.

From the boat, you can get a unique perspective of Portimão, and the slow pace enables you to notice every single detail of it. The journey is so peaceful that you



can forget about everything else and simply enjoy the nautical experience.

The Arade River is fascinating in itself, as the navigable part of the river, contrary to what would be expected, it is composed of salt water rather than fresh water. This is because the river, which dries out in Silves due to aggradation (the deposition of sediments), only rises and flows in response to the ocean tides, which means that trips are only offered during certain times of the week.

As you continue towards Silves, leaving Portimão and Ferragudo behind, you will spot the fishing villages of Parchal and Mexilhoeira da Carregaço on the right side of the riverbank. The tour guide is prepared to answer all of your questions about these locations and their history, adding to the excitement of the trip. During your boat excursion, aside from the well-known 'Silves Nautic Club', which friendly invites you to stop (a doable option if you book their Silves Nautic Club by Solar Boat tour offer), you can also see the beauty of some vineyards lining the riverside landscape (also available to visit with their Arvad Wine Tasting by Solar Boat tour).

As soon as you notice a small glimpse of the castle while keeping your eyes on the river, it means you will soon arrive in Silves. Once you get there, you will have around one and a half hours to experience the city. You can choose to visit the famous cathedral, the red sandstone Silves' Castle, buy fresh fruit and vegetables at the market, take a stroll through the Old Town, or enjoy a meal at one of the many authentic restaurants that Silves has to offer. The historically rich city has a lot to offer, so it does not matter how you choose to spend



your time, it will definitely be worth it.

The trip then resumes along the same route, but what is amazing is how much the scenery changes in a matter of hours. If you are lucky, you may even be able to spot some unique wildlife as there are more than 150 species of aquatic and land birds in the area, and just when you think you have seen and done it all, the captain unexpectedly offers you a glass of white wine!

You know your trip is slowly coming to an end when you pass under the new bridge of Portimão and begin to see the city on your right and the fishermen's village of Ferragudo on your left, as you leisurely sip your wine. While learning more about Ferragudo's olden times, you also get the chance to move closer to Ferragudo's fishing port, see the village from a different angle, and snap some shots of the beautiful Fort of São João do Arade.

The whole eco-friendly tour takes around five hours - which gives you plenty of time to relax and enjoy the magnificent views provided from the heart of the Arade River. It is a unique experience, suitable for people of all ages who want to experience a different side of the Algarve. The sustainable boat provides a tranquil journey, ideal for anyone looking to unwind.

The Algarve SunBoat also offers excursions to the Benagil Caves, including sunset tours and private tours upon request, in addition to its different options for the Arade River tours the company owns two contemporary boats: the SunSailor, which is used for river trips, and the SunCat, a 12-metre-wide catamaran, which is used for sea experiences and can fit up to 30 people. Certain tours are restricted to those who are at least 18 years old, and tickets start at 25 euros for youngsters and 39 euros for adults. The tour times should always be checked - as they are susceptible to change.

*More information can be found at <https://www.algarvesunboat.com/>. Welcome Aboard!*



# Alentejo's Museum Village

.....CRISTINA DA COSTA BROOKES.....

DISCOVER MÉRTOLA, A RATHER SPECIAL FORTIFIED VILLAGE IN THE CLOUDS THAT PROMISES THE UTMOST TRANQUILITY.



Overlooking the valley of the Guadiana River, in a landscape home to evergreen olive trees, the quaint village of Mértola is located in the municipality with the same name, belonging to the district of Beja.

Nicknamed '*vila museu*' which translates to museum village, it is known as the "Alentejo melting pot" due to its depth of culture and heritage.

Mértola was an independent Islamic kingdom during the 11th and 12th centuries but is nowadays known for its numerous festivals, a prominent highlight being the Islamic festival, which is held biannually in May and celebrates the strong Islamic influence in the village. Other festivals include: The River Fish Festival, The Honey, Cheese and Bread Fair, The Hunting Fair, as well as plenty of other summer village festivities.

At the end of March, we decided to pack up a picnic and make the worthwhile drive from the Algarve to Mértola, where we were set to enjoy a couple of days immersed in this relaxed village. The drive took about an hour and a half and it was a surprisingly enjoyable experience due to the breathtaking vivid green scenery you are greeted with as you cross into the lower Alentejo. The bendy road and rolling fields filled with yellow and purple flowers paved the way to the peaceful village, with plenty of lynx, deer and cattle road signs along the way.

As we approached Mértola you could see its castle in all her glory, perched on top of the hill amongst the clouds looking down to the beautiful Guadiana River which lies below. The scene is almost like a painting from a fairy tale and driving across the bridge feels like you are being transported back in time.





When we arrived, we decided to visit *Azenhas do Guadiana* as we felt this would be the best place for a picnic. We parked up at the top of the *Azenhas do Guadiana* and strolled down the hill to where we found picnic tables overlooking the river and a small waterfall. It was a really peaceful spot and we soaked up the sunshine for some time.

Following this, it was time to check in to our accommodation, *Casa do Funil*, which was located on a cobbled street and was one of the whitewashed houses draped with brightly coloured bougainvillea. The perfectly located accommodation overlooks the Guadiana River, where you could see people kayaking below. Our gracious host went on to show us the terrace which boasts incredible views of the river and it ended up being a great place to unwind with a glass of wine and overall was a charming stay.

The following day, we decided to wander up to Mértola's national monument, the castle which greets you on the way in. On our way up, we visited the whitewashed Matriz Church of Mértola which is beautiful inside. Once you go through the church, there is a small Islamic museum, which we found interesting to visit. We then made our way to the castle, which had the most incredible panoramic views and there were plenty of poppies dotted around the grounds. It was great to see the

exhibitions inside the castle, with one showing the evolution of the castle over time and the influence of the order of St. James.

### ***Pulo do Lobo***

In the afternoon, we decided to explore the *Parque Natural do Vale do Guadiana* so we headed to *Pulo do Lobo* waterfall, which translates to Wolf's Leap. The drive was long but the scenic views and good music made time pass by quickly. The waterfall is at an altitude of between 33 and 35 metres in a very narrow gorge in the Guadiana River and was undeniably impressive. It was interesting to read more about the waterfall, and where it comes from, "According to legend, only a brave man or a wild animal when chased could leap over this gorge."

### ***Alentejo Gastronomy is "King"***

Alentejo cuisine is one of the richest and most diverse Portuguese cuisines. I am not going to gatekeep the fantastic place we ate at, *Tamuje Restaurant* was the perfect setting for a romantic dinner for two on their intimate balcony. The service was excellent and everything came out in a timely manner.

We had the usual couvert of soft Portuguese bread, tuna pâté and olives, followed by garlic and coriander squid. We enjoyed some fizz from the region to celebrate our getaway and then waited excitedly for our main course, where I had Alentejano steak fried to perfection topped with a delicious cream sauce and sautéed potatoes, whereas my partner opted for the traditional black pork with plenty of garlic and coriander, which just melted in his mouth. Homemade desserts could not be missed, so we had a homemade ice cream sandwich and chocolate mousse which was the cherry on top of a wonderful trip.

*For more information, please visit [www.visitmertola.pt/mertola-vila-museu/guias-e-folhetos/](http://www.visitmertola.pt/mertola-vila-museu/guias-e-folhetos/).*





# Little Venice of Portugal

MARILYN SHERIDAN

FAMED FOR CANALS AND ITS BOATS

**A**veiro is a small and colourful seaside city, around 60 km south of Porto, and is unique. Downtown is one of the best universities in Portugal, and the city has a youthful and energetic buzz. Despite not having as many canals as Venice, it isn't called the Little Venice of Portugal for nothing, as three canals divide this city - the *Pirâmides* channel which continues into the Central channel, the *São Roque* channel, and the *Canal dos Santos Mártires* (or *Paraíso*). Several bridges span the waters to get by foot from one side to the other, and one in particular, the *Ponte do Laços de Amizade*, (the bridge of friendship), is covered with thousands of coloured ribbons that have been hung there by couples or friends, with the names of the two people written on each ribbon before being tied to the bridge. A nice alternative to padlocks!

## *Moliceiros not gondolas!*

The traditional canal boats are called '*moliceiros*', and are similar in appearance to the gondolas of Venice, with a tour on one being a 'must do' when visiting. Painted in vibrant colours with images that include stars, religious scenes, flowers and activities of local life, the boats were originally constructed for the transport of salt, algae and seaweed (called *moliço*) through the canals, completed in 1808, that contributed to the beginning of the town's economic growth. Salt production from the natural sea lagoon in Aveiro played a major role, and what used to be a thriving activity has somehow decreased over the years, with only a few salt pans now remaining.

The boats were roomy enough for the men to work on board and sleep in the boats' bow, as it was common that workers would stay aboard for several days before returning home. There are only a few master builders and painters left, who help keep the traditional





boats alive. The Art of Naval Carpentry, practiced by these craftsmen, is, since 2022, considered a Portuguese heritage and is in the process of being nominated for the UNESCO intangible cultural heritage of humanity, after being accepted by the organisation's national commission, it was announced in May this year.

### **All about the boats**

The *Moliceiro* were built with a shallow draft to ensure it could navigate the shallow waters of the Ria de Aveiro without running aground. Measuring between 15 and 18m long and up to 3m wide, they have a tapered hull and a raised sickle-shaped bow, built from Scots pine or umbrella pine by local crafters in the villages of Murtoesa and Ilhavo nearby on the Ria de Aveiro. The boats are flat-bottomed and were navigated using a sail, a pole or were pulled by rope, with the rudder able to be lifted out of the water.

Their design is similar to Viking long-ships, dhonis of the Maldives and especially the gondolas used in Venice, with construction features similar to vessels found further down the Atlantic coast of Portugal in Nazaré.

### **Aveiro City itself**

The city itself is flat and can be comfortably walked, or can be explored by bike, as the city offers a free bike rental to make navigation of the city easy. Peppered with cafes and restaurants, some on the canal edge, others being found in the historic centre, there are menus for every pocket. You should also indulge yourself with some *Ovos Moles de Aveiro* – a sweet treat originating from Aveiro. The original recipe was created 5 centuries ago by the nuns of the Jesus Monastery, and is something you shouldn't miss. But first, try the eels – another tasty speciality of the area!



A guided walking tour through the Art Nouveau route will help you to soak up the history of the city's architecture, and will help in identifying all buildings and monuments. Visit the nearby stunning Silver Coast beaches, just a short trip from the city centre, or take a tour inside one of the salt pans, where their history and the connection to the *moliceiro* will be revealed.

Tile artistry work is an essential part of the culture and heritage of the Aveiro region, and the use of tiles as decoration is a distinctive characteristic of Portuguese architecture, and can be seen on buildings throughout the whole of Portugal. The use of tiles was an affordable waterproofing for buildings, and particularly enabled the embellishment of houses built of sun-dried clay bricks. Tiles with floral motifs were very sought after and these were produced locally in the *Fonte Nova Factory*.

The Museum of Aveiro is well worth a visit, housed in an old convent, and has two different parts that complement each other: the monumental route and the permanent exhibition, and dates back to the 2nd half of the 15th century. From the 16th to the 18th century the building underwent several works of enlargement, improvement and artistic enrichment.

The city also boasts an open-air shopping mall in classic stone architecture called The Aveiro Forum, containing around 70 retail shops and a food court, so there is something for everybody.



# Embarking on a music journey

..... SARA J. DURÃES .....

WITH MUSIC RANGING FROM ROCK TO POP, FROM THE 60'S TO PRESENT DAYS, LINHAS CRUZADAS, HAS ESTABLISHED THEMSELVES AS ONE OF THE BEST COVER BANDS IN SOUTHERN PORTUGAL.

**T**he band was founded in the beginning of 2017, and on the 25 of March 2017, they had their debut performance in Vila Nova de Milfontes, in the former Manjedoura bar.

Since the start, several of the founding members have left and been replaced by others; the current Linhas Cruzadas members are the vocalist Catarina Vaz, the drummer João Emídio, the guitarist Zé Mário, and the bass player João Pika. Being all from the same area of the Alentejo, a lot of people were familiar with the artists and recognised them from their previous bands, before Linhas Cruzadas was formed.

The band restarted performing in 2022 after having halted for two years due to the outbreak of Covid. According to the drummer, "Linhas Cruzadas has always continued to grow and this year, will be our best year so far", adding that having a band is a challenge as there is always a need to try and be different, and create new things. "Despite being a covers band, we always try to be different and original, so much so, that we take a musical journey from the 60s to present day" João remarked.





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 Email us on [ronniesbar.pt@gmail.com](mailto:ronniesbar.pt@gmail.com)

 Call us on 925 955 495





### ***“Incredibly rewarding”***

Being in a band is incredibly rewarding in many aspects, but for João Emídio, the most rewarding thing is when “people value what we do, when they understand the message we share, and our capacity to make others happy through music”. The drummer revealed that they have performed for up to 16,000 people, but regardless of the attendance, they don’t alter their style of performance, stating that “we play the same way for 10,000 people as we play for 20 people”.

Playing in a bar, or at a small concert, requires different levels of planning and preparation than a major stage, from outfit selection to set planning. “In a bar, we are more comfortable, it’s a more intimate environment, we are more relaxed and at ease,” the performer explains, adding that “that doesn’t happen on a big stage when there are a lot of things to think about and there is a more detailed plan that we have to follow”.

João recognises that being in a band demands a lot of commitment because there are always events to organise, concerts to schedule, and new connections to make. According to him, “Some bands are just made up of friends who play music for fun; we happily turned it into a job and now we can’t stop”. Mostly working on weekends, managing their personal, social, and professional lives can occasionally be difficult - “it is a huge commitment, but it is also definitely worth it”.

### ***Forever Evolving***

Linhas Cruzadas has evolved to become a well-known cover band in Portugal, especially in the Algarve and Alentejo region.

“As a cover band, we feel like we’re almost at the limit since we play on large stages, whereas typically cover bands play more in bars and pubs”, João shared. Although there are a lot of parties and major concerts going on throughout Portugal, mainly in the summer, João added that the band is also concentrating on weddings and private events since they provide a different type of experience. “We got to a point that we only play in places that we truly enjoy”, he happily revealed.

### ***Upcoming Concerts***

There are several venues across the nation where you may catch Linhas Cruzadas live, with a long schedule of summertime performances. Watch them perform every two weeks on Friday nights at The Brewery in Vilamoura, or at the Bar da Praia in Almogrove, where they perform a couple of times throughout summer if you’re looking for a more laid-back and welcoming atmosphere.

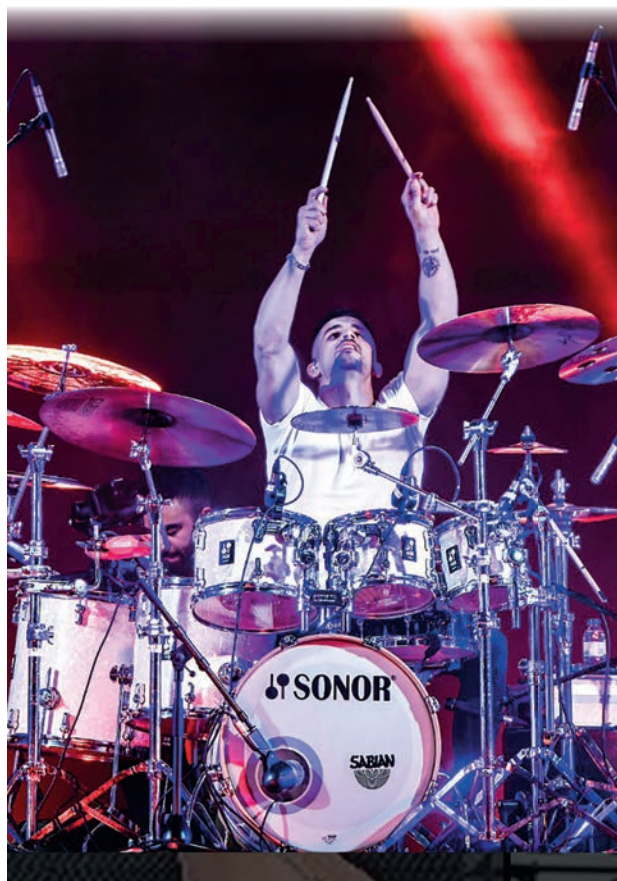
Linhas Cruzadas also have some special concerts arranged for this summer with other famous Portuguese artists, such as the UHF on the 5 of July, and Mariza on the 25 of August in Grândola. As João Emídio revealed, “When you share the stage with a famous artist, these are the concerts that we get most excited about as it is a truly unique experience”. For New Year’s Eve, you can find them in Vila Nova de Milfontes, for a buzzing show.

Soon, Catarina Vaz will be releasing some original music, and the band members will accompany her on this side endeavour. João Emídio clarified, “We will maintain the Linhas Cruzadas and have this new project as a parallel one.” Linhas Cruzadas are without any doubt, a talented rising group, and we are all looking forward to seeing what they will bring us next.

#### **Contacts**

Email: [crossedlinesmusic@gmail.com](mailto:crossedlinesmusic@gmail.com)

Instagram: [@linhascruzadasmusic](https://www.instagram.com/linhascruzadasmusic)





# BROOKE'S

WINE BAR & SHOP

## WHO ARE WE?

Located in the heart of Quinta do Lago, Brooke's is a lively wine bar with a cozy ambience that hosts wine tastings every month and live music evenings.

Brooke's team is dedicated to offering a unique experience for wine enthusiasts and foodies alike. With a carefully curated selection of world class wines from around the world, you can browse and purchase bottles to take home or enjoy on-site.

Our wine store boasts an impressive selection of wines from around the world, with a particular emphasis on Burgundy, Bordeaux, California, Portuguese, Spanish, and Italian varieties.

Whatever your taste, we provide our customers with the highest quality wines that showcase the unique flavors and character of each region.

We have spent the last 30 years buying these wines from around the world and we have filled our wine list and shelves with these great wines and with a particular emphasis on great vintages.

## Flavours, Aromas, Wines




## DINE WITH US

Our food menu is designed to enhance the flavors and aromas of our wines, making your dining experience both memorable and satisfying.

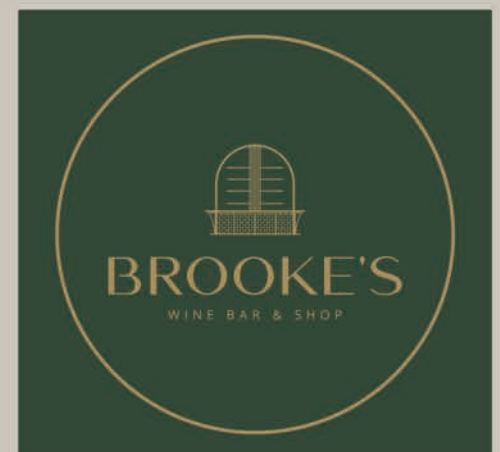
Our knowledgeable and highly professional team will make it easy to explore new varietals and discover new flavours.

## FIND MORE ABOUT US

RESERVATIONS@BROOKES.PT

 brookeswinebar

 Brooke's wine bar & shop





# Rio Mourinho

A PARADISE IN ALENTEJO THAT COMBINES SOPHISTICATION AND AUTHENTICITY



There is a paradise yet to be found on the Alentejo coast, near Alcácer do Sal, between Lisbon and Algarve, in one of Portugal's most beautiful and least-known regions. Herdade Rio Mourinho is located on a property rich in natural resources, covering more than 450 hectares and 200 hectares of the Pego do Altar Lake. The secret to a sustainable investment focused on the preservation of nature and the development of the local community.

## *An immersive and authentic experience*

The project, approved by the Diário da República, has a construction area of 50,000 square meters and is set to be a sophisticated tourism enterprise, with a hotel and residences that offer a unique combination of luxury and comfort and direct contact with nature. Everything about this estate conveys the peace and tranquility typical of the Alentejo coast.

With a lake as far as the eye can see, constant respect for biodiversity and environmental preservation are the pillars of a project designed from scratch, with Portuguese roots. Rio Mourinho will be the birthplace of a sustainable and authentic development with the use of renewable energies, sustainable materials typical of the region and mobility without the use of fossil fuels.

The privacy and silence offered by this property is set for absolute seclusion, making Rio Mourinho a privileged place for outdoor activities and water sports, with family and friends, and for true inner journeys.

## *In balance and harmony with the Alentejo ecosystem*

Taking advantage of the richness that this region of Portugal offers, the project doesn't forget to promote integration with the local culture and community. An extensive, quiet, secluded area in the heart of the natural environment provides for accommodation that blends in with the Alentejo landscape, ensuring that nothing in this project detracts from its surroundings, based on an architectural design with a strong identity, maintaining the typical white of the local buildings. The approved project plans to install 900 beds or 450 housing units, such as hotels or villas.

An investment that represents the promotion of a healthy lifestyle with a commitment to the well-being and health of each visitor and the preservation of the local ecological balance and biodiversity. We truly believe that reducing ecological footprint, providing new experiences and supporting the development of the local community are the right ways to do business.

Explore one of the best kept secrets of the Alentejo coastline!





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HERDADE DE

RIO MOURINHO

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info@encantuspizzeria.pt

www.encantuspizzeria.pt

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+351 289 397 339

hannahvanbanana@hotmail.com

### PTM Downtown Brunch & Cocktails

Located in Portimão city centre and is a modern space with a cozy look and full of original, healthy options including vegetarian and vegan dishes.

+351 926 968 138

@ptmdowntown.brunch

www.ptmdowntown.pt/en/brunch-about

### Ronnie's Bar | MAP: A6 - VM

Music, sport and more! Selection of bar food and the best burger in Quarteira. Open from Noon until 2am.

+351 925 955 495

ronniesbar.pt@gmail.com

### THE HUT | MAP: A7 - VM

Perfectly situated opposite Quarteira's beach, The Hut serves an extensive breakfast menu from 9am. Snacks and Sunday lunches are available until 3pm, whilst drinks, cocktails, smoothies, wines and beers are served until 10pm. Vegetarian and vegan options also available. Open every day except Mondays from 9am. Closed in August.

+351 911 734 575

## FINE DINING

### Akvavit

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+351 289 380 712 @ restaurante-akvavit@sapo.pt

### Amara | MAP: C8

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+351 289 357 579

amara@fourseasonsfairways.com

www.amararestaurant.pt

### Aurora

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+351 289 035 506 | +351 914 813 762

aurora.restaurant.info@gmail.com

www.restauranteaurora.pt

### Authentic Restaurant | MAP: D2

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reservations@authentic-restaurant.pt

www.authentic-restaurant.pt

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### Casa do Campo | MAP: F2

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+351 289 399 109 | +351 919 858 118

[campocasalda@gmail.com](mailto:campocasalda@gmail.com)

[www.casadocampo-restaurante.com](http://www.casadocampo-restaurante.com)

### Céu Restaurant & Bar

Fine dining restaurant in the centre of Faro, where a young dynamic team is preparing unique dishes, inspired by Asian and South American fusion cuisine and also using the best Portuguese produce. Reservations: Recommended

+351 289 146 965 | +351 910 293 104

[info@restaurantceu.com](mailto:info@restaurantceu.com) [www.restaurantceu.com](http://www.restaurantceu.com)

### Creativum

Hidden behind the church of Algoz, you find this cosy restaurant with a stunning, serene setting and two charming terraces for warm evenings. The cuisine is Italian-inspired, but also offers Mediterranean dishes. Every Tuesday there is live music. Open: Monday – Saturday 18:30-01:00 | Closed: Sunday | Reservations: Recommended

+351 282 575 240 / +351 924 428 802

[creativum.pt@gmail.com](mailto:creativum.pt@gmail.com)

### Dona Steakhouse | MAP: G3

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+351 289 047 461

[donasteakhouse@gmail.com](mailto:donasteakhouse@gmail.com)

[www.donasteakhouse.com](http://www.donasteakhouse.com)

### Don Alfonso Restaurant

Located next to Vilamoura Marina. Portuguese flavours mingle with touches of Mediterranean cuisine, customized by Chef Fernando Reis. Open: From 18:30 | Reservations: Recommended

+351 289 312 688

[info@donalfonso.pt](mailto:info@donalfonso.pt)

[www.donalfonso.pt](http://www.donalfonso.pt)

### Green Valley Restaurant | MAP: E5

Fine quality Portuguese cuisine with an International twist. Comfortable and friendly atmosphere. Enjoy and explore texture, colour and tastes with a selective menu at a reasonable price. Fish & meat specialities, Chef's suggestions and homemade desserts.

+351 289 396 638

[www.greenvalleyrestaurant.com](http://www.greenvalleyrestaurant.com)

### Willie's Restaurant

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[www.baushi.pt](http://www.baushi.pt)

### Cá da Terra | MAP: A7 -VM

Traditional Portuguese cuisine on Rua da Praia, Edf. Espadarte, Loja 1, Quarteira. Find us on Facebook @rest.cadaterra or TripAdvisor.

+351 289 036 158 | +351 962 012 859

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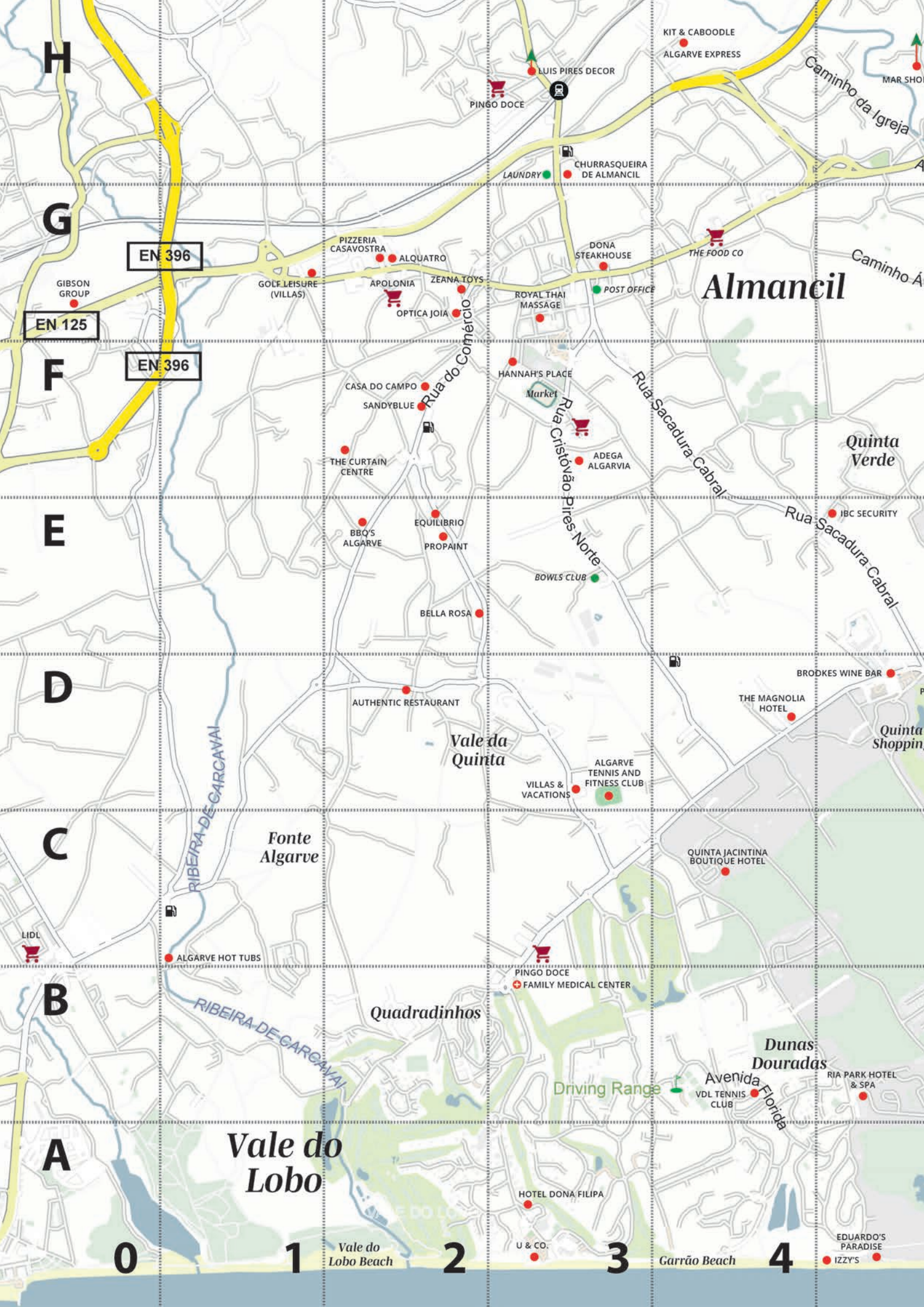
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EN 125

EN 396

Almancil

RIBEIRA DE CARCAVAI

RIBEIRA DE CARCAVAI

Vale do Lobo

Vale do Lobo Beach

Garrão Beach

PIZZERIA CASAVOSTRA

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Dunas Douradas

Avenida Florida

RIA PARK HOTEL & SPA

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Fonte Algarve

Vale da Quinta

Quadrinhos

Driving Range

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EDUARDO'S PARADISE

IZZYS





EN 125

EN 125

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Quinta do Lago Beach





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+351 289 397 565 www.pizzeriacasavostra.com

### Retinto

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www.restauranteretinto.com

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### Pingo Doce Quinta do Lago | MAP: D5

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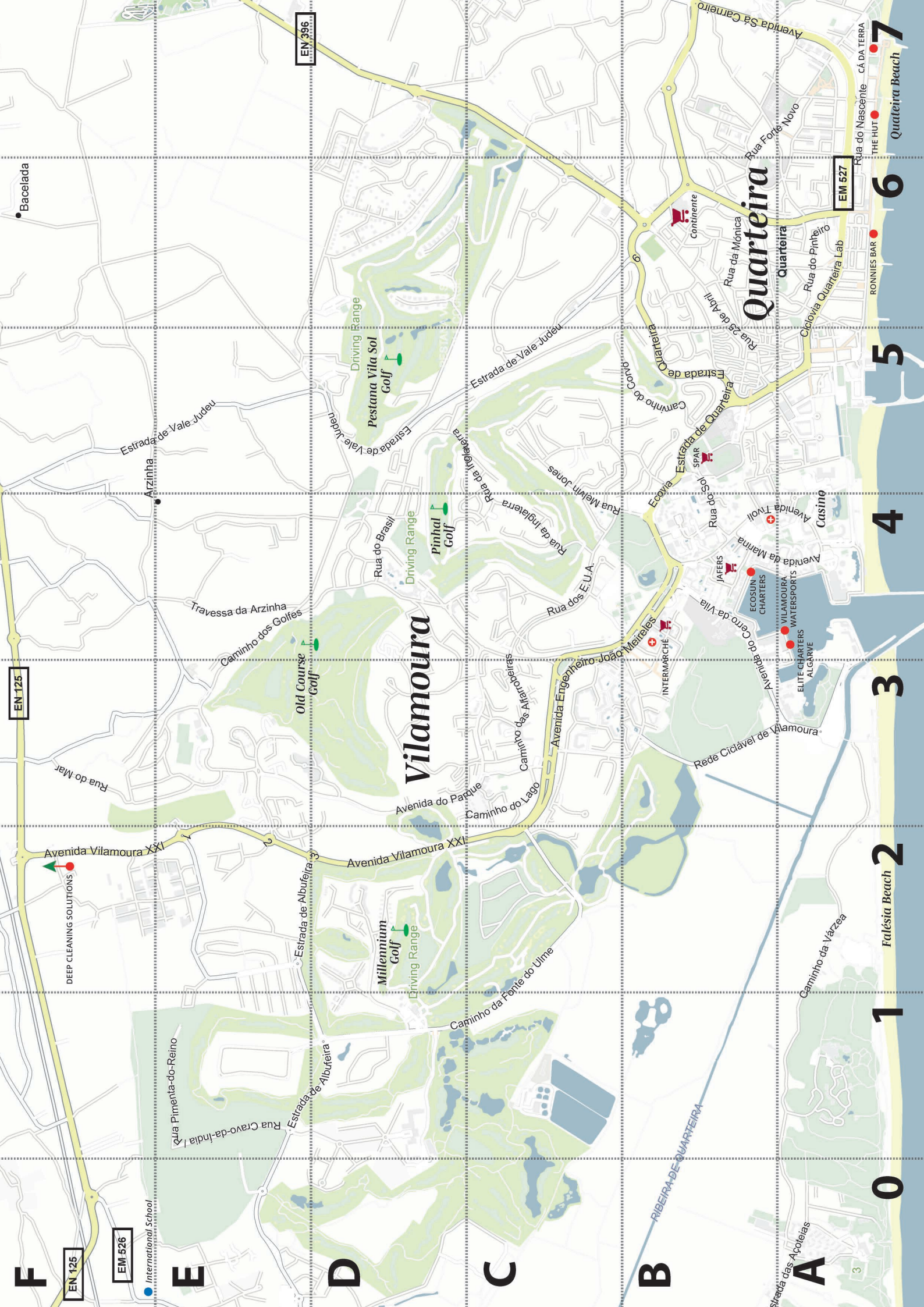
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# “Food is impactful”

..... CRISTINA DA COSTA BROOKES .....

BORN IN THE ALGARVE, CHEF GEORGE TANNOCK HAS HAD A FASCINATING CAREER IN PROFESSIONAL KITCHENS AND IS NOW BRINGING HIS RICH REPERTOIRE AND FINESSE TO YOUR HOME THROUGH EXCLUSIVE CATERING ALGARVE.



**G**eorge Tannock shared with Central Magazine his vibrant culinary journey, whereby he started at the iconic Dorchester Hotel which would later see him working for Michelin-starred restaurants, The Fat Duck and The Capital Hotel as well as high-end restaurants, Zuma and Sexy Fish. Most recently,

George became the Culinary Ambassador for the prestigious members club collection, The Birley Clubs (Annabel's) which specialises in premium events where he would design menus for a range of events, including exclusive wine pairing collaborations with the world's leading wineries. George also gained private chef experience for the Caring and Weston families.

It was clear to see that George is incredibly passionate about food, with the view that “Food is impactful” standing out to me. Moreover, he has an unwavering connection with the Portuguese cuisine he was brought up with. “I am one of those few lucky people that do what they love for their job and it all started at a young age”, George went on to recount the first thing he ever cooked, “I can still remember the process so vividly of cooking an omelette when I was six, I turned to my mum and said “I know what I want to do with the rest of my life” and I haven't looked back since.”

## *Portuguese Food Culture*

George explained that: “Portugal is a great place to be born from a culinary perspective. There is a strong food culture here and it is a real source of inspiration for me. The Algarve was a platform to discover flavours and a passion was born out of growing up here. It is where I am happiest cooking.

“I try to use local ingredients as much as possible unless the quality is much better from somewhere else. My job is to translate those ingredients and treat them with respect so the person eating has the best experience and they are moved by it.”

## *“Gastronomic Adventure”*

Exclusive Catering Algarve offers expertly crafted casual dining to excellent bespoke private catering for those seeking a gastronomic adventure in the Algarve. “The focus is on premium ingredients and bringing luxury to your home and delivering that special gastronomic food moment.”

They offer a bespoke service to suit every occasion and would be the perfect fit for your next dinner party. George's diverse expertise on a range of cooking styles means you can sit back and relax whilst your customised menu comes to life. “I recently did a corporate dinner, but they wanted it to be more casual so we did a sharing style dinner with on-the-bone-beef rib eye. Everything is possible.” You can also book George as your private chef for your holiday, with experience serving high-net-worth families, he excels at delivering you a five star service.

Exclusive Catering Algarve offers prepared meals, whereby you will have prepared meals delivered with only a few finishing touches to do at home, the idea being to have chef like quality in the comfort of your home. Cooking lessons are also among the services offered, whereby you will be left with the knowledge of how to recreate your desired dish from scratch.

*For more information, please visit*

*<https://exclusivecateringalgarve.com/> or check out [https://www.instagram.com/chef\\_george.tannock/](https://www.instagram.com/chef_george.tannock/)*



# AMARA

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# Amicis, it's all about friendship

FROM THE LATIN, AMICIS (FRIENDS) IS A PREMIUM GIN BRAND, CREATED IN 2016, FROM THE PASSION FOR NATURE, FOR THE MOUNTAINS OF PORTUGAL AND WITH THE PURPOSE OF BEING THE PERFECT COMPANY TO CELEBRATE FRIENDSHIP.



With a unique flavor, the simplicity of its 14 botanicals harvested in the mountains of Sicó and Açor, highlight the Amicis experience.

In 2017, shortly after its launch on the market, it wins the Médaille d'Or 2017 Gold Medal in the contest Spirits Selection By Concours Mondial de Bruxelles, a contest that awards drinks from all around the world.

Amicis, which has been part of Grupo BEL, S.A. since 2016, has been one of the favorite gin brands of consumers, consolidating itself in national and international market.

To Teresa Missionário, Marketing Director of the brand: "We know that the quality of Portuguese gin is internationally recognized, and that gin consumption is today a habit that has come to stay, with an audience with very particular characteristics. Although we are in a phase of growth and consolidation, we are focused on an innovative production that stands out for its quality, for the flavors it awakens and for the concept that it has associated with. Since 2022, we have been working on strengthening the brand with a creative presence on social media and increasing the number of presences at specific events."

## Quality at the origin, excellence in the gin

Amicis is distilled from 14 botanicals, which gave it a floral and unique flavor. The botanicals are harvested in the portuguese "Serra do Açor" and "Serra de Sicó" at certain times of the year in order to obtain the greatest aromatic flavour.

From this 14, we highlight 2 that makes the Amicis a Unique Experience. The Carqueja Flower arises spontaneously in nature, particularly at high altitude, like Serra de Açor. Eatable, it's a flower widely used for cooking.

Sant Maria herb, One of the most famous plants in Serra de Sicó, recognized for its influence on the palate of one of the most traditional products of this region, rabaçal cheese. It grows abundantly in the region.

**"Gin has more and more followers associated with leisure time and Amicis is the right partner. We are facing a demanding market and therefore we are not in a "hurry" to reach everyone, we want to be close to those who value the origins of gin and who celebrate good times with good friends", says Teresa Missionário.**



IT'S ALL ABOUT  
*Friendship*



*Be responsible. Drink with moderation.*

[WWW.AMICISGIN.COM](http://WWW.AMICISGIN.COM)

Follow us on #amicisgin

# A seat at the Chef's Table

KEVIN BRODERICK

TWO STAR MICHELIN STAR CHEF BENOIT SINTHON, AND QUINTA DE CHOCAPALHA WINERY TEAMED UP AT MIMO ALGARVE TO PROVIDE A MEMORABLE MEAL, IN THE LATEST OF THE CHEF'S TABLE EXPERIENCES.

The five-star surroundings of Pine Cliffs Resort were the backdrop once again for latest Chef's Table event, this time featuring the food of Benoit Sinton Two Michelin star chef of Funchal's Il Gallo d'Oro.

After arriving we were greeted with a couple of glasses of Quinta de Chocapalha wine, the first ones of many that would accompany our fantastic meal and experience.

We were seated front and centre with a view of the fabulous culinary team consisting of Chef Sinton and member of his team from Il Gallo d'Oro as well as members of the Pine Cliffs culinary team plating and preparing all of the courses for the evening.

Miguel Barnabe, the winery's representative introduced our evening by explaining that the evening's offerings would represent the coastal food of the Algarve and Madeira and the "hot days and cool nights". The Chef adding that the majority of the products used for the evening would be Madeiran or Algarvian in origin.

## Majestic

The first course presented limpet's from Madeira as the star. This majestic taste of the ocean was presented beautifully. The limpet meat was gorgeous on a wavy cracker reminiscent of sea waves that in itself was packed with flavour and combined with the limpet meat was such an amazing first glimpse of the night to come.

The wine paired with the first course was the Quinta de Chocapalha Arinto. I loved this pairing, the citrus notes and slight sweetness offset the salty taste of sea perfectly.

Before the arrival of the second course we were treated to some olive oil from the Algarve and some fresh rustic bread.





## Uman

The second course was my favourite of the evening! The most beautifully cooked XXL Crayfish (Lagostim) tail was served with ponzu yuzu sauce that provided a wonderful umami note to the dish and also garden carrots prepared a number of ways including; shaved and smoked (my personal favourite) as well as pureed, as a sauce, and also a wonderful compressed terrine of carrot.

Our wine for the second course was *Quinta de Chocapalha Branco, Arinto, Verdelho*. This well balanced wine offering amazing citrus and tropical notes. Slightly dryer than the first wine, with notes of stone fruits, it was a fantastic pairing.

## Much more

For the third offering we were offered a wine pairing of *Quinta de Chocapalha Viosinho*. The wine had more body than some of our previous pairings, and had wonderful notes of stone fruits and apples. The bigger body of the wine very well with the next course of food.

Our next dish the chef called "More than an onion". He was not kidding, the culinary team had disassembled an onion, stuffed a delicious mushroom mixture in between each layer and reassembled it before cooking it and serving it with crispy onions and an onion puree as well.



For the fourth offering Chef Sinthon took us back from the land and returned to the sea with Red mullet served with a rich eggplant puree and potato drops.

For the wine we enjoyed a slightly oaky number reminiscent of a fine Chardonnay. *The CH by Cocapalha Branco* is aged in French oak barrels for 9 months. The wine has excellent acidity and a lovely nose.

## Back on land

The Chef leads us back to land for one last savory course, Veal cheek with mushrooms and sweet potato. The meat was fork tender and went well with the sweet potato pave and baby corn and eggplant.

Our pairing sees us venture to a red wine for the first time in the evening. The *Chocapalha Vinha Mãe Tinto* with notes of black fruits delivered rich and ripe tannins and was a wonderful pairing for the veal cheeks.

For the final course on the menu it was a "Gourmand moment" The delicious dessert featured coconut and guava and chocolate and was to die for and a great way to finish off the 6 course meal.

The final pairing of the evening was a late harvest wine, *Sousa Lopes Petit Manseng*. Aromas of honey and candied fruit was followed by a deliciously sweet wine that paired well with the slightly tangy guava in the desert.



# A Taste of Excellence

..... CRISTINA DA COSTA BROOKES .....

DISCOVER TASTE RESTAURANT - WHERE FAMILY FRIENDLY DINING MEETS FINE CUISINE IN A WARM ATMOSPHERE.

Located at the end of Rua do Barranco on the out road of Carvoeiro, and tucked away from all the hustle and bustle of the town centre lies a fine dining gem that is delightfully family friendly.

Taste Restaurant has mastered being a fantastic all rounder, with something to suit every palate from mouthwatering tapas, to meat and fish options to flavoursome vegetarian and vegan dishes. Their inclusive menu, designed by owners Nicola and Ciprian Silvasan and Chef Jimmy Cruz, alongside his culinary expertise and eye for detail, makes Taste a stand-out eatery.

The menu is in four different languages, and Taste caters for special diet requirements including gluten or lactose-free so no one feels left out. They have an extensive wine

list and a creative cocktail menu to match which were equally impressive, with alcohol free options available.

## *An Inviting Atmosphere*

Our family was made to feel welcome from the offset, as nothing is too much hassle and the customer experience is at heart of everything.

The owners behind Taste Restaurant are Nicola and Ciprian Silvasan who are a hardworking duo who are passionate about proving excellent cuisine in an inviting setting. Nicola shared that as a mother herself, she wanted to provide somewhere fun for families, where they could enjoy eating out with their kids.

To start, we were presented with Taste's couvert with a selection of warm bread rolls and a divine homemade herb butter, aioli, tuna pâté and sharp green olives for contrast. We were also given a refreshing palate cleanser, which we loved as it was fresh strawberry and mint drink.





# *Dona*

## STEAKHOUSE

### *Savor the Authentic Flavors of Argentina: “A Culinary Journey at **Dona Steakhouse**.”*

In the bustling heart of Almancil where the aroma of sizzling meat fills the air, lies a hidden gem that transports your taste buds to the vibrant streets of Buenos Aires. Welcome to **Dona Steakhouse**, an Argentinian steakhouse that embodies the rich culinary heritage and passion for meat Argentina is renowned for. Prepare yourself for an unforgettable gastronomic experience as we embark on a journey through the flavours, traditions, and warm hospitality of this beloved South American cuisine.



#### **About the Chef**

Chef Eduardo Barsotti is a highly accomplished culinary professional known for his deep passion for South American Cuisine and expertise in grilled meat. He obtained his culinary education at Cordon Bleu London, honing his skills and acquiring a solid foundation in the culinary arts. As a co-founder of renowned steakhouses in London, such as **Omnino Steakhouse** and **The Bull Steak Expert**, Chef Eduardo has played a pivotal role in shaping the city's dining landscape. Chef Eduardo has shared his expertise by consulting in more than ten countries. His vast knowledge and passion for the art of grilling have helped aspiring chefs and restaurateurs elevate their culinary skills and create exceptional dining experiences.



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### *Unforgettable dishes*

For starters, I had a firm favourite which is their crispy calamari with fresh lemon juice and Taste really nailed it, it was accompanied by a perfectly balanced garlic aioli. My partner opted for the unique "Tequenos" which is fried cheese in a crispy pastry with garlic mayonnaise, which was absolutely delicious and the pastry was perfectly crisp.

By the time our main courses arrived, it was clear that our expectations would continue to be exceeded. My partner decided to have Taste's impressive hamburger which had all the trimmings and was beautifully cooked.

When speaking with the owner, I found out that they do music night Thursdays, where they give a platform to local musicians and also a Saturday Steak Night, whereby they have curated a special menu alongside their traditional menu. Despite it being mid-week they were kind enough to let me experience one of their specials which I can say did not disappoint!

I chose an Argentinian rib-eye steak and opted for sweet potato fries rather than the regular fries, with my choice of sauce accompaniment being a deliciously creamy peppercorn sauce and garlic mayonnaise. The rib-eye, as promised, was medium-rare and was perfectly cooked and melted in the mouth.

### *Phenomenal Cocktails*

We went on to select our drinks, where every delicious concoction your heart desires is ready to be made at the wings. My partner opted for the *Oaxaca Cocktail*, where mezcal, cucumber, basil, lime and a spicy syrup are expertly put together. I opted for a sweeter cocktail, the *Plumtier* was a refreshing and fruity cocktail made of vodka, plum schnapps, orange juice, raspberry syrup and passion fruit.

### *Family Friendly*

Taste's children's menu was really a showstopper for our daughter and rightly so, it was wonderfully creative and made it a fun dining experience for her, which can be hard to find. The pirate theme was inviting and even offered children incredible mocktails. Our daughter opted for the *Ahoy!* which to her delight came in a special cocktail glass and had lots of bubbles and blue foam for that wow factor. Continuing on theme, the miniature pirate burgers were the perfect size for small hands and they were mighty with good quality beef inside colourful buns with salad, bacon and cheddar. This was accompanied by fluffy hand cut chips and a little jar of ketchup on the side for good measure. As parents will know, dessert is the most important part of any successful child's meal and Taste continued to impress us with delightful options. Despite our daughter having an egg allergy they had vegan ice cream on hand which was fantastic and the magic sword was a hit!

### *Immersive Desserts*

Taste's dessert menu made it incredibly difficult to choose from, as everything looked incredible. We all enjoyed digging in and roasting marshmallows on a small fire provided and dipping them in chocolate sauce and whipped cream. They also provided fresh kiwi's, strawberries and bananas.

It was a winning dining experience for us as a family. With experience of eating out at many restaurants across the Algarve, none left me as impressed as Taste Restaurant with regards to family-friendly dining. They are open Wednesday to Monday from 6pm to 10:30pm.

*For more information or to book your next special event please visit <https://www.tastecarvoeiro.com> or contact 282 358 092 for reservations.*

*You can also find Taste on Facebook at <https://www.facebook.com/tastecarvoeiro/>*





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# Where AI and humanity intertwine

..... KATE SREENARONG .....

THE HIGH-TECH TV CRIME DRAMA "COLD MIND", PRODUCED BY SPY MANOR PRODUCTIONS, PRESENTS A STORY THAT EXPLORES THE DARKER SIDE OF DETECTIVE WORK AND ARTIFICIAL INTELLIGENCE UNDER THE SHINE OF THE ALGARVE SUN.



**C**old Mind is "based on real crimes that happened in the Algarve a few years back and the advancements in the tech space that have been happening in recent years," Vanda Ederke, the show's producer, told Central Magazine.

Other members of the cast and crew include writer Ross Jameson, director and showrunner Simon Hunter, actors Niamh McCormack, Jos Vantylar, Joana Seixas and Paulo Calatre, composer Debbie Wiseman, cinematographer August Jakobsson (known for his work on Game of Thrones and Doctor Strange 2) and stunt coordinator Vic Armstrong (famous for his work on Star Wars, Indiana Jones and James Bond, among others).

The series introduces a world where humanity and AI intertwine. As in real life, "people either find it innovative or terrifying," Armstrong explained. "In the hands of people like us, whose lives are based on creating fantasies, you try and ground it in reality, but with this topic there's this amazing mixture of the two," he continued "it gives us an incredible opportunity to be able to think naturally, come up with different storylines which actually can happen. You're not held within certain parameters, such as in a superhero movie or fantasy. We're able to set our own

boundaries and suddenly the doors open, and we can make AI do anything."

Producer Alex Ederke stated that: "this is the first time AI is portrayed as an active character and not a tool," with Vanda adding "it also depicts how AI can be anything, depending how you use it. Like humans, there's good characters and bad ones, we all evolve.

"It can be used as a defence as much as an aggression," Armstrong elaborated. "We're not trying to portray AI negatively or positively, it's just a part of a world that's constantly evolving."

"We strongly believe with this production, as the technology progresses, our story will develop with it. Just discussing how the characters, as well as our own world, are going to adapt to AI opens up horizons for creativity," producer Vanda Ederke affirmed. "We're aiming for the creation of a new genre."

Cold Mind is described as a production inspired by real crimes in the Algarve with elements of cutting-edge tech. "We consulted AI specialists to have a realistic take from the technological standpoint on what is believable and what doesn't exist but has the potential to," the Ederkes recounted, "as well as a psychologist to develop the characters."

The series has been filmed on location at five sites including the Atalaia barracks in Tavira, the University of the Algarve in Faro, Alvor Bowling in Portimão, the Sky Base One Villa in Lagoa, and Praia Grande in Ferragudo.

Cold Mind also has the support of local institutions, with the aim of promoting Portugal and specifically the Algarve as a centre for technological innovation worldwide, some of which are the AlgarveSTP Association and the University of the Algarve.

Cold Mind is still in post-production and no release date has been announced yet, but you can follow along with any updates on writer Simon Hunter's website.



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# heard of Rugbytots?

.....CRISTINA DA COSTA BROOKES.....

THE WORLD'S FAVOURITE RUGBY PLAY PROGRAMME HAS JUST CELEBRATED THEIR FIRST ANNIVERSARY IN THE ALGARVE!



**R**ugbytots is a franchise, with clubs all around the world offering children aged 2 to 7 the chance to learn to run, kick and catch a ball whilst having fun!

There are so many benefits of Rugbytots. Not only do kids learn rugby skills, but the classes teach colours,

shapes and counting, as well as encouraging positive emotions, promoting friendship, introducing rules and structure and encouraging social skills.

It was wonderful to speak with mother of two Laura Cyfka, who has brought this exciting club to Lagos. She is passionate about growing the relatively unknown sport of rugby here in the Algarve by getting more children involved in the sport.

Laura's passion and background has always been in education and learning, and she holds multiple coaching and training qualifications. She also trained for a rugby coaching qualification through the Portuguese Rugby Federation after moving here. Laura and her family have been living in Portugal for the past five years, initially living in Sintra and later moving to Lagos in the Algarve. Laura shared: "When I moved here there was nothing like this for kids. I could either complain, or do something about it, so I started Rugbytots Lagos."





## Focusing on Fun

Laura shared with Central Magazine that: "Our classes are a really nice bonding activity to do with your children and I found that really missing in Portugal. I have found that often you drop off your kids, even very young ones, and you aren't allowed to watch, whereas at Rugbytots we actively encourage parents to get involved."

When asked what makes her classes unique, Laura explained that: "One of the main differentiators to other clubs is that the emphasis is on having fun. When the kids are enjoying themselves, they want to do more, and the learning follows naturally. So we bury treasure, and we run through jungles, and crack open dinosaur eggs, all whilst learning the basic ideas of rugby."

Groups are split by age, 2-3.5 years, 3.5-5years and 5-7 years. Class sizes can go up to about 20 but it usually settles around 10-15 which is a nice number to play the games and do the activities.

Everything is tailored to the age groups, for example starting with foam balls, then mini versions of proper rugby balls. They even have a set of miniture posts.

All of the groups are non-contact, with the younger ages learning the very basics, building up to the older classes starting to play games of touch or tag rugby.

Laura's passion for rugbytots was clear throughout our conversations, and it was obvious to see the joy that it brings her. She shared: "I love what I do. Teaching and coaching is a passion, and to build up the sport of rugby in Portugal, the country I now call home, is an amazing privilege. It makes it all worthwhile to watch the kids in my classes go from never having held a rugby ball to being able to confidently run drills, kick, catch and pass."



## Schools

Rugbytots currently runs as an after school club in many prestigious International schools around Lisbon. The schools in the Algarve have been slower on the uptake, but Colégio S. Gonçalo has led the way with Rugbytots running two afterschool clubs for them for the last year. To get your school or kindergarten involved simply contact Laura to arrange a meeting.

## Classes

Rugbytot runs on terms, usually in line with the school year. Classes will stop for the summer in July and start again in September. For anyone that has not tried Rugbytots they offer a free trial class,

*For more information, you can contact Laura Cyfka directly at [laura@rugbytots.pt](mailto:laura@rugbytots.pt) or you can visit <https://www.rugbytots.pt/>.*

*To keep up to date with everything Rugbytots Lagos you can find them on <https://www.facebook.com/rugbytotslagos/>.*



# An enlightening walk in nature

..... SARA J. DURÃES .....

IF YOU'RE LOOKING FOR SOMETHING DIFFERENT TO DO WHILE VISITING THE SOUTH OF PORTUGAL, THEN LARISSA'S WALKING TOURS ARE THE PERFECT HEALTHY DAY-OUT ADVENTURE.

The greatest way to learn more about the Natural Park is to take one of Larissa Ohl's "Hike in Alentejo" informative and guided tours - a perfect outdoor stress-free experience for the whole family. The marine biologist and academic has spent the last few years of her life studying the medicinal properties of the plants found along the Vicentine Coast and the natural features of the region.

The exciting tour 'In the footprints of the European Elephant' started at Malhão Beach, about 7 kilometres away from Vila Nova de Milfontes. Malhão is known to many for being a surfers' haven, but its uniqueness lies in its majestic landscape surrounded by vast dunes.

## *Geological Features*

One of the first findings of the walking tour, which the Vicentine Coast expert highlighted, was in a rock, at the bottom of the cliffs. The unusual rock surface resembles what seems like fossilised footprints, and the reality is that it is actually the footprints of an elephant species that lived in this region about 35,000 years ago. Larissa said that we must imagine that the dunes on which we are currently walking, were once home to exotic creatures like these elephants - *Elephas antiquus* - which demonstrate the profound changes in the region's flora and fauna over the ages.

Following the trail, you can see the various geologic features of the region, such as the rock layers that correspond to different eras, and a few large rocks that stand out from the others and are arranged separately on top of the fossilised dunes, leaving you to wonder how they got there. Fortunately, Larissa is knowledgeable enough to clarify that those rocks ended up there as a result of the major earthquake and tsunami that struck Lisbon back in 1755.

Throughout the journey, Larissa also shared the history of the "Concheiros do Paleolítico," the earliest



**T**he Southwest Alentejo and Vicentine Coast Natural Park (PNSACV), which lies between São Torpes and Burgau, is the last wild coast of Europe. The 110 km coast comprises some of the most outstanding beaches of Portugal, endemic fauna with medicinal functions, unique geological features and exceptional pedestrian trails.



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nomadic settlements that relied on seafood for their subsistence. Seashell fossils have been discovered along the dunes between Malhão and Vila Nova de Milfontes providing evidence of these "concheiros".

### Medicinal and Aromatic Plants

The path we were following is a portion of the "Fisherman's Trail," one of Rota Vicentina's hiking routes. Hikers from all over the world travel to this location to enjoy its uniqueness, and to walk numerous kilometres while maintaining a close connection to the natural world. While there are a few invasive species in the environment, there is also a large amount of native flora, that is not only attractive to look at, it is also useful for a variety of culinary and medicinal uses.

One of the most well-known is *Chorão da Praia* (Sour Fig) which despite being an invasive species - not great for the area's own species - does have medicinal qualities. If you break off its leaves, it resembles aloe vera, and the oil it produces may be used to treat burns and mosquito bites and its blossom is edible in the summer. The Mediterranean plant known as *Planta do Caril* (Curry Plant), which can also be found in the dunes of the Natural Park, tastes a lot like curry and is excellent for making teas and essential oils.

The *Camarinha*, referred to as the Portuguese Crowberry in other countries, produces tiny, white berries that are both tasty and nutritious. You may use them in cooking and jam-making, and years ago they were also sold as a snack at the beach. Another plant that grows in the dunes of the Vicentine Coast and which you can spot is *Tomilho* (Thyme) which is good for making teas for cough issues and has antiseptic properties great for skin and heart conditions.



### Costa Vicentina Fauna

A curious fact about the Vicentine Coast is that it's the only place in the world where the White Stork (*Ciconia Ciconia*) nests on rocky cliffs exposed to severe weather conditions, breaking certain natural guidelines. In addition, other fascinating species travel these pathways and through the sky, despite being a little shy. If you're lucky, you may also spot foxes, otters, Rock Doves, Ospreys, and the Peregrine Falcon, the fastest rapine bird in the world.

The Vicentine Coast expert is able to do educational and guided tours for groups of up to 12 people in three languages: Portuguese, English, and German. From kids to senior citizens, from interior trails to seaside ones (or a mix of both), and for every level of fitness - from 7 to 16,5 kilometres - there are options for everyone and every taste.

Larissa's 'Hike in Alentejo' offers 12 tours - 6 guided tours and 6 informative tours - which will make you, if you haven't already, fully embrace what the Southwest Alentejo and Vicentine Coast Natural Park has to offer.

Website: <https://hikeinalentejo.com/>

Email: [larissa.ohl@web.de](mailto:larissa.ohl@web.de)

Instagram: [@hikeinalentejo](https://www.instagram.com/hikeinalentejo)





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# A Party in the Mountains

..... KATE SREENARONG .....

LOCATED IN THE MOUNTAINS OF MONCHIQUE, SURROUNDED BY LAKES AND WILD NATURE, IS A COMMUNITY CREATED BY PEOPLE, FOR PEOPLE, THAT HOSTS A WEEKLY PIZZA PARTY WHILE WORKING TOWARDS BECOMING SELF-SUSTAINABLE.

**T**he Fridayhappiness Association provides a different way of living, with permaculture gardens, farm animals, and arts and cultural workshops, a wonderful place to meet like-minded people if you are passionate about sustainability and alternative off the grid living.

Tojeiro, comprises 14 hectares of land on which the community lives, and has attracted guests from all over the world who come for the Friday night parties featuring an all-you-can-eat pizza buffet, three music stages, each with a unique ambiance playing from the evening through sunrise, and the splendid nature that the residents work hard to maintain.

## *Building a Community*

"I worked different jobs, but I wanted to live in nature and grow my own vegetables", Rudolf Strelow, founder of Tojeiro, told Central Magazine. He has several academic degrees, but found himself tired of the restrictive monotony of the 9/5 work model, a feeling shared with his partner at the time, Katharina. And so, the two and their 7-year-old son Francesco took the decision to leave their home in Germany.

The year before, Rudi had fallen in love with an area out in the mountains of Monchique while on holiday in Portugal. However, life early on following their move was not easy, and the family had to work various jobs to stay afloat. "The community was born when we realised, we needed help. We found people that were happy with the simple things in life, and we began to build something", Rudi continued. "We wanted freedom for the people here, to offer them a different lifestyle".





The tradition of the pizza night began when Katharina learned to make the dish, in 2012. "We started making pizzas for our friends. Then we started receiving guests. It started off with 10, which became 12, then after half a year we had 20, and after two we had 40", he recounted. "We started with a booth, and we didn't have much money, so we had to invest in the things we got."

## Alternative Way of Living

Tojeiro relies on the help of volunteers from around the globe to tend to all the land on the property. These volunteers, predominantly young travellers, come for the opportunity to learn practical skills and to experience a multicultural community with a vastly different way of living. Those who are interested, can sign up for a minimum of 2 weeks, but can choose to keep going however long they like. Work is typically carried out for 3 or 4 hours a day and activities include gardening, cleaning, tending to farm animals, helping in the kitchen, and more.

"We also have fire drills every Monday and ensure fire control, as well as try to maintain our space", including fixing the road up to the site. Fire safety is especially important in this area, as it's very susceptible to wildfires, such as the one in 2021, that caused damages that Tojeiro is still raising funds to fix, and in a huge effort to reforest an area burnt by the large fire, the International Community, Farm and Self-Sustainable Permaculture Project, has just finalised the plantation of approximately 6,000 trees native to Portugal.

## Friday Pizza Party

"I've been doing this for so long, but it never gets old to see people going home happy. Many buy the subscription and end up coming multiple times during the month." The management duties for the organisation are split between him, Katharina, and Rudi's current partner Bea, with each playing an essential role in keeping things running smoothly.

"I enjoy meeting people from all over the world and



introducing them to an alternative lifestyle, seeing them wear different things and get away from the normal into nature", he added. "I'm so inspired to see I'm making people happy. I live here and I want to keep it going, bring people together. I wouldn't want to be anywhere else, I used to travel the world and now I don't feel the need to – the world comes here".

Tojeiro hosts two events for the public every week. Wednesday evenings feature a calmer live music session which is described as "ideal for families and for a day in nature". Friday evenings start about the same, but after midnight, people pour in for the party.

There are three stages at the venue, each featuring a different vibe. The Kiosk stage is right next to the bar and plays background music to have a conversation and to come and go". The Temple stage plays calmer, "quality music for anyone to enjoy" and the Selva stage is where the more energetic music meant for dancing is played.

The venue has become of interest for national and international DJs who specialise in House, Techno, Acid, Electro, Psy-Trance, Drum & Base, Afro & Disco music.

Tojeiro welcomes guests to their events, every Wednesday and Friday at 6pm, with the latter coming to an end at 6am. They also run a breakfast bar from 10am on Saturdays, helpful for those recovering from a night of partying.

"I'm not sure how and why things came to be, but once it took off it just kept going", Rudi concluded. "It was a slow evolution, but I'd say it was perfect."

*For more information on Tojeiro, and to watch their documentary, please visit: <https://www.fridayhappiness.org/>, <https://www.fridayhappiness.org/client-memberships/> & <https://vimeo.com/ondemand/inbetweenfridays>*





# Welcome to Golden Eagle Resort. *Smart Living in Nature.*

NESTLED IN THE IDYLIC LANDSCAPES OF RIO MAIOR, A MERE 40 MINUTES AWAY FROM THE VIBRANT CITY OF LISBON AND JUST 20 MINUTES FROM THE REFRESHING ATLANTIC COAST, LIES THE BREATHTAKING GOLDEN EAGLE RESORT.



**E**mbracing the innovative concept of smart living in harmony with nature, this enchanting haven offers a sustainable and luxurious lifestyle like no other.

At the core of the resort's philosophy lies a commitment to sustainability and ecological integration. The resort's houses are designed to be self-sustainable, open, bright and functional, ensuring the lowest possible impact on nature by seamlessly integrating with the environment. Projects are carefully crafted with high energy efficiency and low carbon footprints, utilizing 100% renewable energies and conscientious use of resources.

Golden Eagle Resort boasts an impressive array of 206 plots, ranging from 1700m<sup>2</sup> to 7500m<sup>2</sup>, presenting residents with the opportunity to create their dream homes amidst the beauty of nature. With 176 house villas, 158 townhouses and 448 apartments, the resort caters to diverse living preferences, ensuring every individual finds their perfect abode.

Smart living is an attitude.

Golden Eagle Resort is not just a place to live; it's a thriving community that nurtures intergenerational relationships. With kindergartens and senior residences, the resort fosters a sense of togetherness and care for

every age group. Additionally, the resort promotes local commerce, supporting the community and celebrating the region's unique crafts and culture.

The resort's dedication to sustainable agriculture shines through its permaculture-inspired biologic gardens, which supply fresh produce to the farm-to-table restaurant. Here, consumers and producers come together in the same space, celebrating the joy of nourishing food sourced from the land itself.

For those seeking relaxation and indulgence, the Golden Eagle Resort offers a haven of tranquility at its luxurious spa. The Country Club provides a lounge café, gym, sauna and swimming pools, ensuring that residents can unwind and rejuvenate in style.

Adventure awaits at every turn with an abundance of recreational options. From golf on one of the largest and most esteemed courses in the Iberian Peninsula, featuring 18 holes, 8 lakes and 87 bunkers, to tennis and padel academies, horse-riding, yoga, jogging, cycling and water sports, there's something to cater to every passion.

The resort's natural ecosystem, with its lakes, rivers and ponds, invites exploration and offers a sanctuary for local wildlife. Residents can immerse themselves in nature with trails designed for hiking and permaculture enthusiasts, as well as self-sustaining gardens that nurture the land and its inhabitants.

Golden Eagle Resort is a testament to the perfect synergy of smart living and nature, where luxury and sustainability coexist harmoniously. It beckons those who seek a truly enriching lifestyle, surrounded by the splendor of the outdoors and a community that celebrates eco-consciousness and well-being.

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# Portuguese Books for the Summer

.....BRUNO G. SANTOS.....

SUMMER IS A SEASON THAT PROVIDES US WITH PLENTY OF RELAXING MOMENTS, ESPECIALLY AT THE BEACH. GOING FOR A SWIM OR A WALK ARE BOTH ACTIVITIES THAT PEOPLE LIKE TO DO AT THE BEACH. BUT WHAT ABOUT READING?



**H**earing the sound of the waves, and sometimes seagulls, lying on a beach towel craving a tan while reading a book, seems to be the perfect plan to spend a day at a beach doing lovely activities.

Better than reading a book, is reading a Portuguese book, so here are some suggestions for books to read during the summer, preferably at the beach.

## ***Lídia Jorge – Misericórdia***

Lídia Jorge is one of the most famous Portuguese writers and was born in the Algarve. In her most recent work, Lídia Jorge conquered one of her mother's wishes, writing a book named "*Misericórdia*", mercy in English.

The book tells a story of a nursing home, narrated by Dona Alberti that tells the reader the "adventures" she is going through at the nursing home Hotel Paraíso. Lídia Jorge managed to let the reader know every detail of what is happening in that nursing home, from love, conflicts and other issues that mirror the reality of the elders, who may sometimes feel lonely.

## ***Eça de Queiroz – A Ilustre Casa de Ramires***

Eça de Queiroz is one of the most important classic writers of Portugal. Having written classics such as "*Os Maias*", "*A Ilustre Casa de Ramires*" is also an important Portuguese book to read, making it a great book to carry along with a beach towel.

The book tells the story of Gonçalo Ramires, the last Ramires of a fictional important Portuguese family. Gonçalo has the task of writing a story about his ancestors, to honour them, however, this work is not easy.

Eça de Queiroz spent seven years writing this book, creating an amazing and addictive story, where every detail is described, in a way that only this author knows how to carry out.

## ***Isabel Stilwell – Inês de Castro***

The author is known for writing historical romances. Based on the historical events of Portugal, Isabel Stilwell brings the reader into a world of History, transporting the reader to a time when Inês de Castro fell in love with the future king.

This is the book for those who love history, fatal romance, and, of course, spending time at the beach. It is clear that the author investigated a lot to write "*Inês de Castro*", with some fictional characters included, that represented certain social classes during the 14th century.

## ***Explore new books***

As all the books are so great, you may happen to read them all before summer ends. The three authors have amazing works that are worth being explored, but, of course, Portugal has some other great writers with delightful books to be read. Besides the ones mentioned, try to explore Agustina Bessa-Luís, Fernando Pessoa and maybe José Saramago, who was awarded a Nobel Prize.



# Algarve Fitness & Tennis Club

ATF, federated with both the Portuguese Tennis and Padel-Tennis Federation. The club is located on Estrada de Vale do Lobo (Map reference H4).



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# Standing Stones in Portugal

..... MARILYN SHERIDAN .....

THEIR FASCINATION LIES IN THEIR AGE.



**B**uilt by Portuguese ancestors over many hundreds of years, they are one of life's big mysteries, too, as I was totally oblivious to their existence until a friend mentioned them. The Almendres Cromlech near the town of Évora, is thought to be the oldest stone circle in Europe, even older than Stonehenge, and are a circle of prehistoric standing stones. Carvings can be seen on some of these stone formations, although they are difficult to spot due to erosion, and their meanings aren't clear.

The Almendres Cromlech are so named because the stones are the shape of almonds, with the word Almendres being actually Spanish for almonds. A massive number of some 95 stones of varying sizes form two large stone circles, once believed to be part of a ceremonial site dedicated to a celestial religion. The entire monument

was constructed over a long period, with the first stones laid in 6,000 B.C. which were in continual use until 3,000 B.C. This double circle of standing stones is the oldest known in Europe and the largest in the Iberian Peninsula and was only discovered in 1964 by the investigator Henrique Leonor Pina, while he was working on the Geologic map of Portugal. In 2015, it was reclassified as a National Monument, and now it is part of the Megalithic Circuit in Evora and Alentejo.

Sometimes referred to as 'Stonehenge Portugal' or 'Portuguese Stonehenge,' they are said to be about 2,000 years older than Stonehenge in the UK - one of the wonders of the world, and the best-known prehistoric monument in Europe.

## *How did they get there?*

Good question! These stones were either natural formations or maybe chiselled into shape. Standing stones are usually very large vertical stones or boulders that have either occurred naturally over time or have been man-made.

Theories suggest that ropes and wooden rollers may have been used to move the stones into place. To erect just one stone, people dug a large hole with a sloping side. The back of the hole was lined with a row of wooden stakes. The stone was then dragged into position and hauled upright using plant fibre ropes and probably a wooden A-frame. Weights may have been used to help tip the stones upright.

The Almendres Cromlech were not built all at once but arranged and rearranged over a period of about 3000 years. Loosely arranged in two sets of concentric circles, the earliest stones in the smaller circles to the east were placed around 6000 BCE, while the larger rings to the west were added to the site around 5000 BCE, during the New Stone Age. The evidence shows they were redistributed in about 3000 BCE to be more in line with the sun, moon and stars, suggesting some mystical purpose behind their construction.



# The guerrilla leader of the Algarve

..... BRUNO G. SANTOS .....

THE ALGARVE HAS SOME CURIOUS HISTORICAL FIGURES THAT ARE KNOWN BOTH FOR GOOD AND BAD MOMENTS, WHICH IS THE CASE OF REMEXIDO, A MAN WHO MAY DIVIDE OPINIONS.

**J**osé Joaquim de Sousa Reis, known as Remexido, was born in Estômbar, in Lagoa municipality, on 19 October 1796, during the 18th century, after Portugal went through a civil war. Remexido was born into a wealthy family, however, his parents died, and he went to a seminary.

His stay in the seminary was not long, as Remexido fell in love with a woman, who ended up becoming his wife. This decision did not satisfy José Reis' uncle, which led to several conflicts between uncle and nephew, which is probably the reason why Remexido received his nickname.

Remexido got married in São Bartolomeu de Messines, in Silves municipality, and was responsible for the tax collection in the same locality. José Reis was known for being born into wealthy families and marrying a woman from an important family, all that combined with his absolutist and conservatorship ideals led Remexido to be respected by high class society.



## Guerrilla leader

Remexido was against the liberals who wanted the absolutist monarchy to end. Therefore, he became a guerrilla leader, defending King Miguel's regime. José Reis was known for being very violent in Southern Portugal, namely the Algarve and Alentejo. He knew the places that his enemies would not know, making it easy to attack them when they were least expecting it.

Defending a regime where the King would make all the decisions of the country, Remexido was against the liberals that, in 1820, were able to establish a Constitutional Monarchy. However, the supporters of King Miguel, namely landowners and the Catholic Church, were against the changes and still wanted King Miguel to occupy the throne.

Thus, in 1832 a civil war started in Portugal against Liberals and Miguelites and Remexido was one of the main characters during the most aggressive moments of the war. According to documents of the time, Remexido demanded his troops kill and torture civilians and liberals. During the take-over of Albufeira, some people state that Remexido not only killed, but burned people alive and even dragged them behind horses.

When the war was over, Liberals were victorious, so all those who committed criminal acts during the war were being charged for their crimes. Out of all the guerrilla leaders, from Miguelites tropes, Remexido was the only one sentenced to death, being shot in Faro and then buried in Misericórdia cemetery.

Remexido's acts may divide opinions, depending on what people politically believe, but, for all, he is known as being wild and as a person who would do everything to support his ideals. His story still perpetuates in Portuguese culture, with coffee shops being named after him including in São Marcos da Serra in the building that is believed to be the house where Remexido was found before facing his death sentence.



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03



02



344m<sup>2</sup>



Yes



No

A delightful and spacious 3-bedroom townhouse with a private heatable pool. Its prime location offers some of the best sea views, within the prestigious resort of Dunas Douradas. Calçada walkway leads to a paved area and a front door with a covered porch entrance hall with two storage cupboards.

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€1,850,000



Vale da Quinta, Almancil | Ref. 344



04



04



553m<sup>2</sup>



Yes



Yes

This impressive four bedroom villa has a real air of space, which is conveniently located in the luxury development of "Vale da Quinta" formally known as the The Villageis only 4 km from the Algarvean coastline and the town of Almancil. Bedrooms are large and all ensuite.



### Vilamoura 2+1 Apartment.

€425,000



02



02



75m<sup>2</sup>



Yes



No

📍 Vilamoura | Ref. 6595

### Vale Do Lobo First Floor Duplex Apartment.

€535,000



02



02



122m<sup>2</sup>



No



No

📍 Vale do Lobo | Ref. 2412

### Victory Village, One Bedroom Apartment

€590,000



01



01



70m<sup>2</sup>



Yes



No

📍 Quinta do Lago | Ref. 744

### 3 Bedroom Villa, Santa Barbara de Nexe

€1,260,000



03



03



134m<sup>2</sup>



Yes



Yes

📍 Santa Barbara de Nexe | Ref. 6607

### 4+1 Bedroom Villa Very Close To Marina

€1,575,000



04



04



257m<sup>2</sup>



Yes



No

📍 Vilamoura | Ref. 6604

### Contemporary Villa Under Construction

€2,750,000



04



06



384m<sup>2</sup>



Yes



No

📍 Vilamoura, Vila Sol | Ref. 6585





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