DIAS CHEMIST (1)

Perfumery & Health Shop.
Helpful staff. English spoken. Large selection of perfumes, health products and pharmaceuticals.

CASA INGLESA (2)

Portimão's most authentic "meeting place" & centre of life. Everyone meets here for coffee & cakes. Also burgers, pizza & many snacks. Lunch from €2.74. Specialises in regional: cakes, almond sweets & chocolates. Casa Inglesa is the heart of Portimão. Start your day here. Open all day.

COPPER KETTLE (3)

Tony & Ann Healey invite you to their fully licensed, 'Old English Tea Shop'. English breakfast, light meals or main meals:- Steak & Kidney Pie, English Sausages, Fish & Chips & Chef Specials. TRADITIONAL SUNDAY LUNCH CHOICE OF 3 ROASTS. Turn left at Stone Wheels - Rua F. Bivar II. Tel. 282 427 858. Open 10-4 everyday.

WINE BAR English Pub (4)

Great Bistro - lovely atmosphere. All home cooking. Famous for their award winning haddock & chips & English breakfast. Specialities: chicken chasseur, pies, vegetarian dishes, steaks & scrumptious puddings. Closed Sun. Tel. 282 485 296. Wir bieten Deutsches Menu an.

"SANTA BERNARDA" CARVELA (6)

Cruise on this traditional, marvellously restored 23m wooden sailing vessel. Cave expedition, coast trips & beach BBQ. Unvergeßliche Bootsausfluege auf liebevoll restaurierter 23m Holz-Segel Caravelle. Grottenexpedition, Küstenfahrten und strand-BBQ. Must call for information for the location due to road works! Tel. 967 023 840. www.santa-bernarda.com

SIMSA RESTAURANT

Tel. 914 836 369 or 282 423 057

Everyone loves Simsa. Large portions, original & delicious food. Beautiful decor. Definitely worth more than one visit! Ask for their daily specials. Warm & cosy. Reservations advisable. Open 18.30, closed Sun. & Mon. In Jan. & Feb. only open Wed.-Sat. Wouter & Marga, made in Holland. No TV. The living room of Portimão. (9)

— QUALITY FASHION SHOPS —

HARMANNA EXCLUSIVE (11)

Sensational shop! Charles Jordan for ½ European prices! Quality leather jackets, handbags. Designer clothes. Don't miss this unique shop! Sizes up to 52. Dutch owned! Plus larger shop in Rocha, see map on reverse. Show this FREEMAP for 20% DISCOUNT on New Leather Coat & Jacket Collection during: Nov., Dec. & Jan.

KLASSE (16)

Beautiful women's fashion shop. Large selection of Name Brands including: Betty Barcley, Olsen, caractère, Valentino jeans, Trussardi, Mondi. Everything beautifully & sensibly arranged in matching colours to help you mix and match any outfit. Finest quality leather jacket selection & sensational coats & suits. If you're looking for a special outfit or just one special piece, don't miss this shop! Just before & opposite Vodafone. Show FREEMAP for 10% DISCOUNT.

PORTA 11 Quality Men's Wear

THE SHOP for Quality men's wear. ONLY shop stocking EXCLUSIVELY TIMBERLAND & BOSS. 100% QUALITY: Cotton, wool or the best blends. Jackets, sweaters, shirts, pants & Timberland shoes. Casual & Sportswear. TREAT YOURSELF OR YOUR MAN TO THE BEST! All sizes to XXL. Small shop, but quality only. Tel. 282 343 377. Directions: Walk up the main walking street, with the harbour at your back, look for the large Timberland sign on the wall on your right. Go 20 metres, down lane, shop is on the right, just before the Notary office. If you continue walking past PORTA 11 you come to the designer Women's shop EXCLUSIVA, just across the next street. (14)

C.L.C. BOOKSTORE

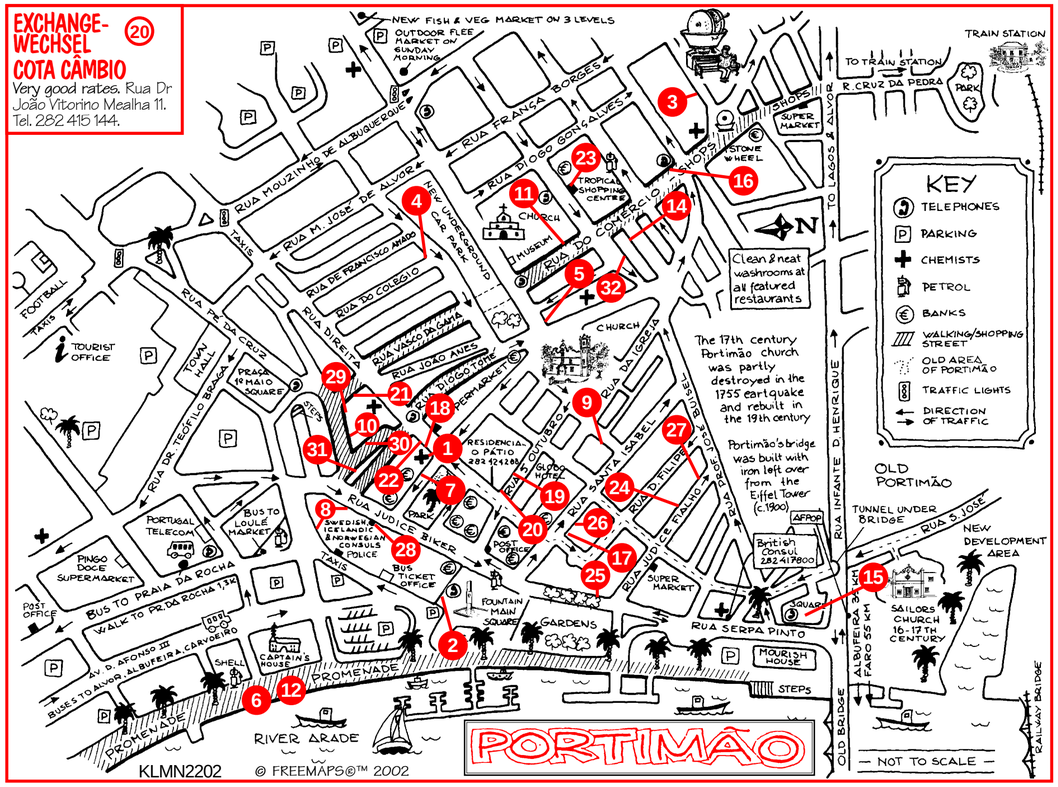
Present this FREEMAP & you will receive a 10% discount on the purchase of any book or CD. This bookstore has a large selection of Christian books including special books for: children & family, self help, depression, woman, business etc. English, German, French & Spanish books available. PLUS MUSIC. Mon.-Fri. 9:30-7pm & Sat 9:30-1pm. Tel./Fax. 282 417 355. (21)

EUROPEAN DENTAL CLINIC

Only Scandinavian Dental Clinic in Algarve. Biological Materials. 5 languages spoken. Appointments call: Tel. 282 422 995 or 967 713 131. (28)

EXCHANGE-WECHSEL COTA CÂMBIO (20)

Very good rates. Rua Dr João Vitorino Mealha 11. Tel. 282 415 144.



CASA CELIARTE (19)

The only shop in Portimão that hand paints on the premises (by Celizia). Beautiful original designs. Large variety of plates, jars, dishes, mugs etc. Worth a visit! Very reasonable. Wonderful gifts! Tel. 282 484 982.

DONG ZHOU CHINESE RESTAURANT (8)

EXCELLENT VALUE FOR MONEY CHINESE LUNCH (Mon.-Fri.) choose from 6 delicious main dishes & coffee • 5. Dinner for 2 with 6 dishes only • 18. All set meals for 2-8 very reasonable prices. Also delicious curry etc. Beautiful bamboo decor. Very good food. TAKEAWAY. Tel. 282 426 285.

RESTAURANTE KIBOM (10)

Very good & popular regional Portuguese restaurant. Large choice of: fresh fish, grilled sardines, fish stew, seafood rice, fresh shellfish & cataplana. Huge meat & fish kebabs & many meat dishes. Tel. 282 414 623.

ENERGY CENTRE - Alvor

DEEP RELAXING aromatherapy full body massage, Chinese: shoulder/arm massage, hand/foot massage. REIKI. At Hotel Dom João, ask for Energy Centre. Tel. 282 400 700 or 962 652 890, Martina Fisher.

DONA BARCA RESTAURANTE (15)

Eat where the Portuguese eat. Typical Algarvian restaurant. Fresh fish from the local coast grilled on charcoal. + delicious ribs & lamb chops etc. Representative of the Algarve at gastronomia fair; Lisbon 1996/97/99. In the old fishermen's quarters. Large terrace. Very reasonable.

diferentissma house & décor

An Exquisite Selection of beautiful table linens, clothes, towels & other house décor items. Selling at less than you would pay at home since they are manufactured in the North of Portugal & exported to fashionable shops abroad. Good Prices for QUALITY linens. Two shops in Portimão. Tel. 282 417 410. See (18) & (25)

CAMINHOS DO SUL GIFT SHOP

Something for everyone. Fascinating collection of science & astrology items, semi precious gem stones, crystals, shells, printed wild animal T-shirts & sweat shirts, glow in the dark planets & mobiles etc. Plus educational toys. Natural soaps & aromas. The perfect gift shop. Tel. 282 416 452. (32)

SEND US YOUR HOLIDAY COMMENTS via E-Mail freemaps@freemaps.net

ST JAMES SHOES (17)

This leading shoe shop is the Algarve stockist of world famous brands: Ecco for men & women, Peretti Romano, Armando Silva, Manelli, Stonefly, Camel Active, Pikolinos, JB Martin at local prices. Rua St Isabel 26 (near the harbour). Tel: 282 424 620 Wir führen die Schuhmode von Ecco, Armando Silva, Manelli, Stonefly, Camel Active, Pikolinos, Peretti Romano, JB Martin an der Algarve.

KALINKA RUSSIAN RESTAURANT

This small restaurant is worth looking for!! Eastern European & Russian dishes: Stroganoff, blinis, duck & apples, lamb & prunes, vegetarian dishes, Special #26 or # 20 are excellent! The second street from the post office towards old bridge turn up street & go 50 meters, just past the Londoner. Owner plays live music nightly. Open 18-24. Closed Tue. Dies kleine Restaurant sollten Sie unbedingt besuchen!! Osteuropäische & Russische Spezialitäten: Rinderroladen, Strogonoff, Vegetarische Gerichte, Lachs in russischer Sosse, U.S.W. Von der Post in Richtung alter Brücke die zweite Strasse links (es hängen dort russische Matroschken an den Wänden) und 50 Meter die Strasse hoch. 18^{00}- 24^{00} Uhr. Tel. 914 979 750 or 964 379 369. (27)

CROISSANTERIA LENA (23)

Perfect for morning coffee, homebaked pastries, croissants & fillings, delicious home-made soup & sandwiches on hot baguettes, quiche, salad plates & special home-made cakes. Vegetarian lasagne on Sundays. In Tropical shopping centre (look for the yellow & white awnings). Hausgebackene Croissants, Brötchen und hausgemachter Salat.

INGRID SERRÃO JEWELLERY (22)

This small shop offers a fine collection of exquisite gold jewellery. People in the know shop here. Interesting selection of Sterling silver items. In shopping centre, opp Aliexuper. Eine interessante Auswahl an feinsten Schmuckwaren. 10:30-1:30, 3:30-7:30. Tel. 282 427 127. 5% Discount with FREEMAP.

MARINERS 282 425 848 (26)

Portimão's only Scottish owned and Scottish operated PUB. Good food at very reasonable prices. Open noon till 2:30 for food. 5:30 ish to 9pm for dinners. SUNDAY ROAST definitely very good 12:30 to 2.00pm.

HIMALAYA INDIAN RESTAURANT (30)

Fantastic Indian food at very reasonable prices in Portimão's only Indian restaurant. All your favourite dishes: from onion bajis to butter chicken, tandori chicken & chicken tika masala, karahi, curries, nan breads etc. Very popular & friendly service. Eat in or Takeaway! Tel. 282 422 593. Open lunch & dinner. On small walking street next door to Blaney Castle, diagonaly opp. Lusana rest. Show FreeMap for 1st drink free with your meal!!

MUNDO DO SAPATO, SHOE WORLD In Lagoa & Albufeira

Ecco Outlet Store. Men's, ladies', children's, Sport & casual + Golf shoes. The Algarve's biggest selection of footwear at unbeatable prices. Ecco styles up to 40% discount. TWO locations: Lagoa: on EN125, 200mt east of Lagoa in Mestre Maco building, Albufeira: on EN125 in Commercial Center, Kit Market/Mestre Maco. Everyday 10am-7.30pm. Tel. 282 343 065 www.shoeworldshop.com

THE LONDONER (24)

For 14 yrs. regulars have returned to enjoy Carla's home-made pies, corn beef pasties, liver & onion, full English Breakfast, etc. Where everyone gets a warm welcome & Good Food. 9am-9pm. Tel. 282 427 328 Closed Sundays. The second street from the post office towards old bridge turn up street, go 25 metres & look for sign on left.

MAIL BOXES ETC.® (5)

Efficient business services. PACKAGING SERVICE & MATERIALS. WORLDWIDE SHIPPING. Also, faxing, postage stamps, stationery, Internet & E-mail, postcards, maps etc. Tel. 282 418 109. Located next to main church. Open 9.30am-7pm (inc. lunch time) & open Sat. mornings.

FISHING WITH FRED STEEL ON "NITUCHA" (12)

Portimão's only English-owned fishing boat. Join your captain Fred on his fishing trips. Big game (Shark Fishing). Bottom/Ground Fishing over rock formations on the sea bed. By the harbour or call for full fishing schedule. Very high safety standards. The owner is on board every trip. Bookings 917 433 548 Fax. 282 459 332. A great day out!!! Closed for winter, reopens April 2003.

RESTAURANTE TAMAR (29)

Enjoy a very local, typical Portuguese restaurant on the 'restaurant walking street'. Very good food, very reasonable prices. Daily specials from • 5.50. Many grilled fish plus chicken, pork & lamb & full meal salads. Real home-made sweets!

LUSANA RESTAURANTE (31)

Alfredo's experience working the world on cruise ships shows in his menu. Many very good Portuguese dishes not found elsewhere because of the preparation involved: cod 'a brae', cod or seafood rice 'served' in home-made bread + fish soup, prawns, cataplanas. Plus International dishes of stone steaks, grills of pork & chicken, fettuccine, lasagnes, large salads etc. Lovely sunny terrace. Very friendly service. Reasonable prices. And if he has time, Alfredo will take your photo & email it to your family at home! Tel. 282 425 744.

INTERLINGUA LANGUAGE INSTITUTE (7)

ENJOY YOUR HOLIDAY MORE with a FUN-FILLED 2-hour "CRASH COURSE" in Portuguese!! • 25 p/person • 45 p/couple. Conveniently located near Portimão town centre. Translation Service available. Tel. 282 427 690. email: interlingua@mail.telepac.pt

Bom Dia! Obrigado!

PORTIMÃO CINEMA Tel. 282 411 888

Excellent seating. Digital surround sound, wide screen. English releases. Call or pass by for films & times. See Rocha map #90.

- JUST OUT OF TOWN -

'Ferragudo', with castle, beach, & fishing harbour is Portugal's most photographed village. Wander its tiny streets, then have a delightful dinner at:

BARNARD'S RESTAURANT - Ferragudo

Geraldine (Irish) & Roger's (Eng) dream comes true with Barnard's. Delicious International menu: marinated mushrooms, tomato/goat cheese & olive salad, seared tuna, pork fillet & caramelised apple, salmon fillet, Duck Breast, Mediterranean lamb, penne & presunto, vegetarian selections. Home-made banoffee pie, iced lemon soufflé, cheesecake etc. Reasonable prices. Very friendly. Mon.-Sat. 6:30-10:30pm. Tel. 282 461 870. Terrace. Bookings advised. Take the 1st right after crossing old bridge, go into Ferragudo then follow signs for CasaBela Hotel. Go up hill 300m & look for Yellow & Red awning on right, next to Roma bar.

WebSite: www.freemaps.net Email: webmaster@freemaps.net

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THE BEST OF

PORTIMÃO

PRAIA DA ROCHA

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All places on FREEMAPS offer Value for Money Good Food or Products, Clean Kitchens & Washrooms. Look for stickers in bars, restaurant & shop windows. For the best food & buys in the Algarve.

RECOMMENDED BY RECOMENDADO POR FREEMAP O MELHOR DE 2002 THE BEST OF 2002

WebSite: www.freemaps.net Email: webmaster@freemaps.net

Pestana GOLF RESORT CARVOEIRO

Twilight Hour

Play as much golf as you can after 3:30PM: Gramacho • 20, Pinta • 30

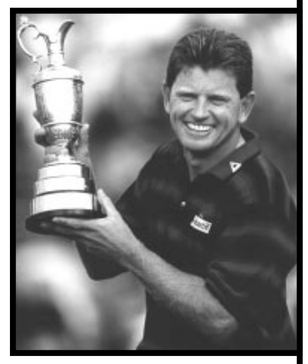
Present map for a 15% reduction on Pinta & Gramacho (rack rate)
*Try The New *18 Hole* Gramacho Course*

"Nick Price Recommends"

DAVID LEADBETTER GOLF ACADEMY

Pinta COURSE

Gramacho COURSE



Spezial Angebot

Spielen Sie soviele Löcher wie möglich nach 15:30: Gramacho • 20, Pinta • 30

Bitte zeigen Sie diese Anzeige an der Rezeption und geniessen eine Reduktion von 15% auf Pinta oder Gramacho (rack rate)
*Probieren Sie die neue *18 löchen* auf Gramacho*

Tel. 282 340 900 Fax. 282 340 901 - Carvoeiro
www.pestanagolf.com

15min east of Portimão, 20min east of Praia da Rocha. MENTION FREEMAP WHEN BOOKING