

# Guest's Guide

For the most beautiful days of  
your year

We heartly welcome you to Villa atlantico.

In this brochure we have collected some highlights to make your stay versatile, varied and culinarily pressive, just unforgettable...

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The recommendations listed are only a selection that the author has reviewed himself. There are also many other options.  
Information as of 7/2022. No guarantee for correctness. In case of deviations, please note or message to us

# Restaurants

## Culinary special

### Restaurante "O PAULO"

Location: at the end of Arrifana

Absolute highlight:

You'll dine right on the cliffs of Arrifana

Haute cuisine

Speciality: fresh fish, selection at the counter possible, seafood

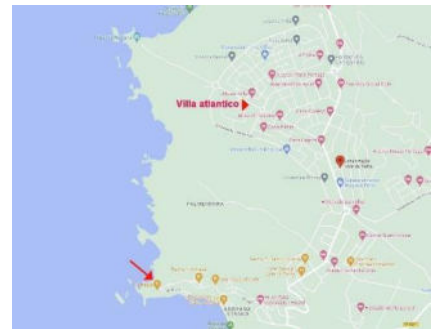
Portuguese and international dishes

Prices €€ - €€€

Beautiful hike from the villa possible, about 75 min (see hiking)

☎ +351 934 975 250 · +351 934 975 251 no day off

<http://restauranteopaulo.com/#/home>



### Restaurante „TERRA MAR“

Location: In the village of Arrifana with sea view

Fine dining

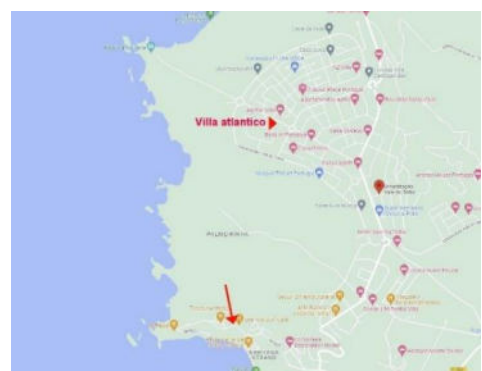
Fish, seafood, Portuguese and international dishes

Prices €€ - €€€

Beautiful hike from the villa possible, about 75 min (see hiking)

☎ +351 913 126 326 Saturday closed  
... also as Takeaway or home delivery

<http://terramararrifana.com>



## Good cuisine, a bit cheaper

### Restaurante A Azenha do Mar

Location: on the cliffs near Odeceixe

Fine dining, good and reasonably priced

Fish, seafood, Portuguese and international dishes

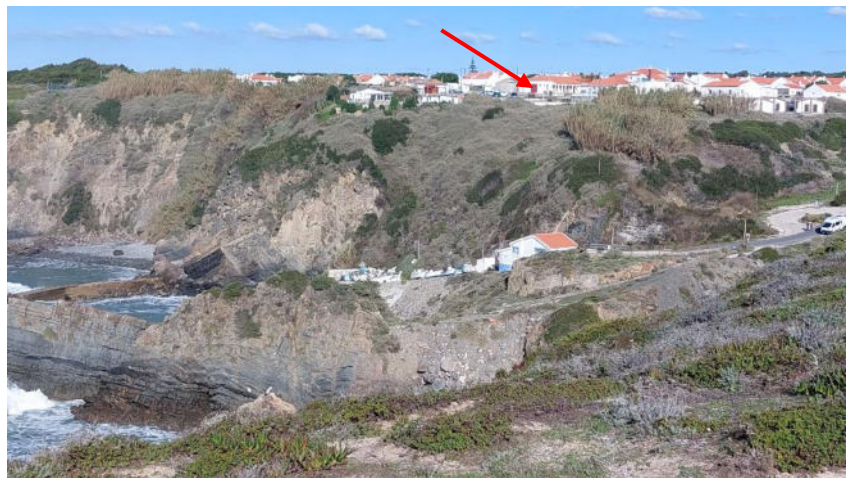
Prices €€

Nice hike there about 90 min, see hiking

Closed on Wednesdays

☎+351 282 947 297

<https://www.facebook.com/restauranteAzenhadoMar/>



### Casa Chico Zé

Portuguese Restaurant

Location: outside Lagos

Estrada Nacional 125

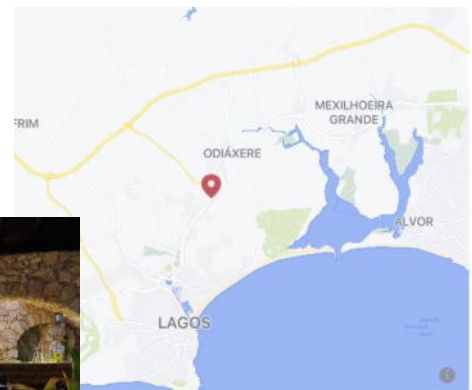
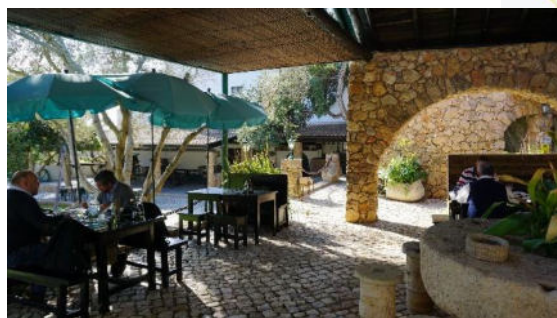
Good cuisine

Fish, Portuguese and international dishes

Prices €€

☎+351 282 798 205

Closed on Sundays



<https://www.facebook.com/profile.php?id=272601846084681&ref=stream>

## Restaurante Fonte do Vale

Location: first roundabout Vale da Telha

Good cuisine

Speciality: Burger

Prices € - €€

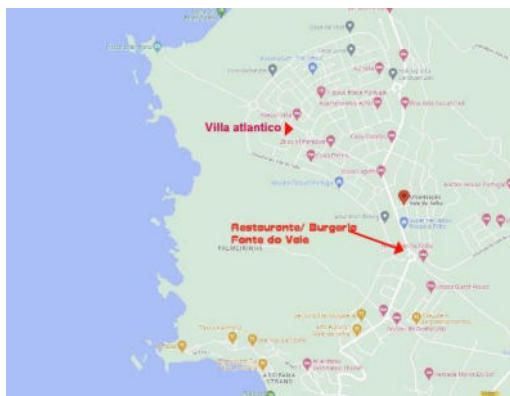
Walking distance from the villa about 20 min

Closed on Mondays

☎+351282997334



<https://www.facebook.com/fontedovale>



## Restaurante Cafe Palhinhas

Location: on the cliffs near Odeceixe

Just below Restaurante A Azenha do Mar

Gigantic Ocean-view!

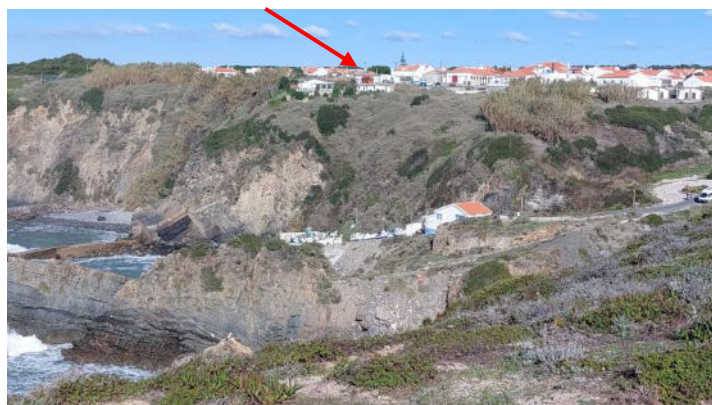
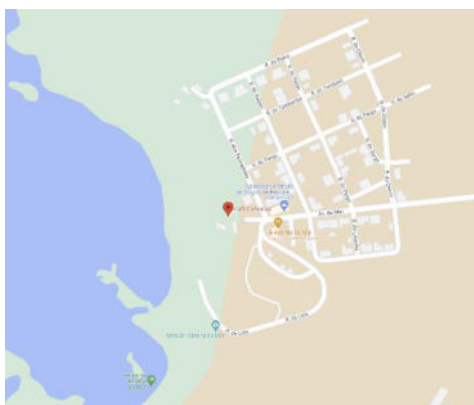
Bar, café, fish and seafood, simple food

Prices €

Opening hours 11:00 – 23:00, Closed on Mondays

Nice hike there about 90 min, see hiking

☎+351960437312



## Pizzeria D'Aldeia in Rogil

Location: Through road Rogil (N 120)

Very good Pizza

Prices €

Take-Away possible

Opening hours 12:00 – 21:30

Closed on Tuesday

☎+351 282 994 264 or +351 964 719 666



<https://pizzeriadaldeia.com>

## Restaurante Museu da Batata Doce in Rogil

Estrada Da Esteveira, Rogil, Faro, Portugal

Portuguese , European , Mediterranean food

Prices €-€€ v

Take-Away possible

Opening hours 08:00 - 01:00 Closed on wednesday

Outdoor seating

WiFi

Credit cards accepted

Wheelchair accessible

Parking



<https://www.facebook.com/museubatatadoce>

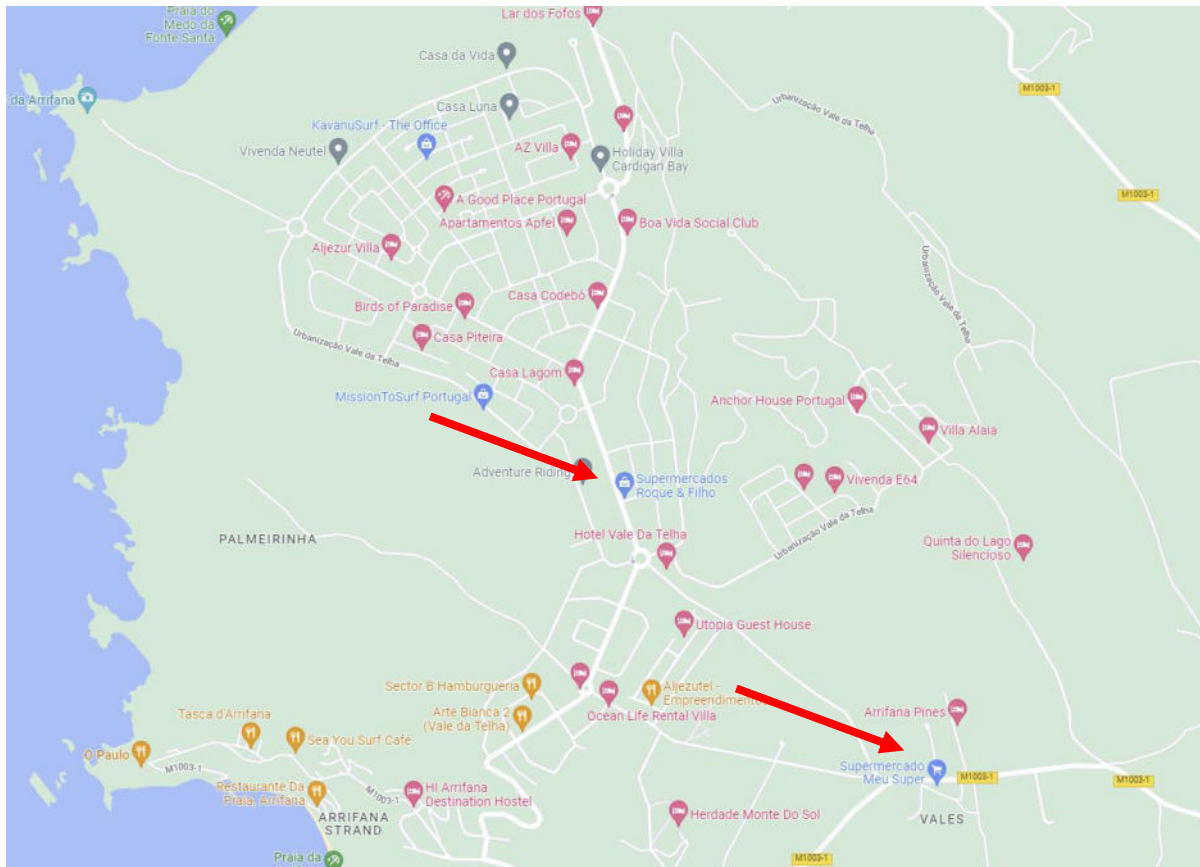
## Shopping facilities \*)

Within walking distance:

### **Supermercado Roque & Filho**

Vale da Telha

Assortment: Food incl. fresh fruit and vegetables, drinks, drugstore articles



### **Supermercado Super Meu**

Vales, through road

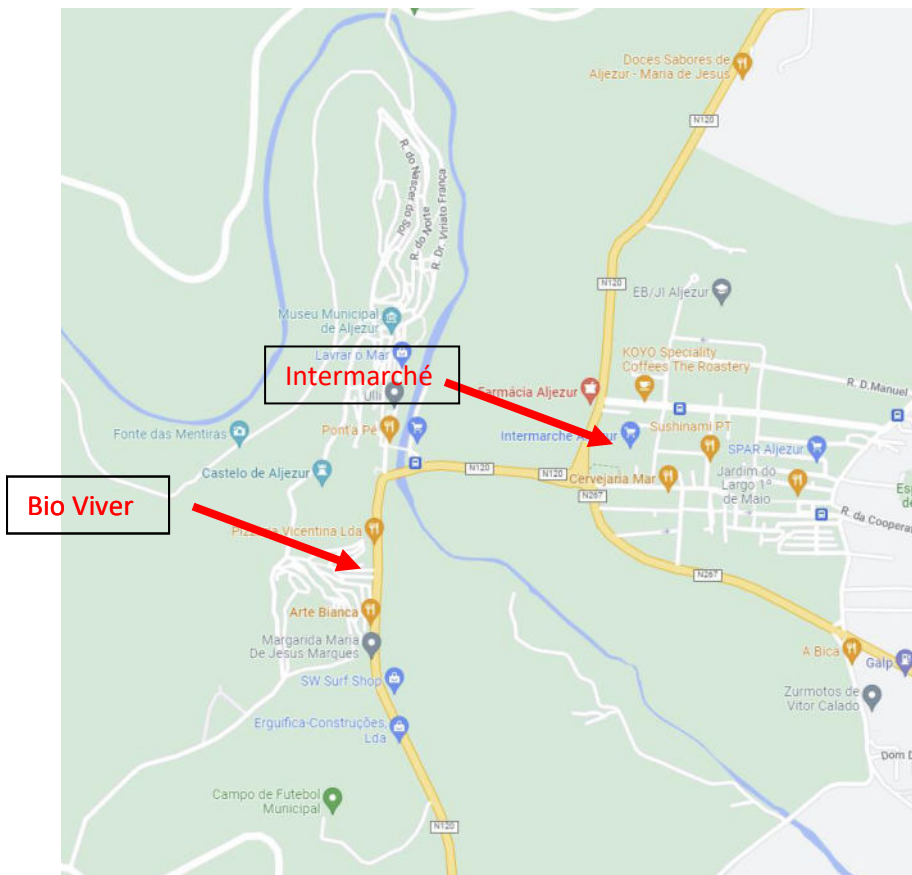
Assortment: Food incl. fresh fruit and vegetables, drinks, drugstore articles

\*) The listed shops and restaurants are only a selection that the author has checked and can recommend himself. There are also many other options.

# Aljezur

## Intermarché Aljezur

Location: on the northbound thoroughfare  
Assortment: everything, well sorted, very wide range  
Speciality: fresh fish, fresh meat, cheese counter, including French cheese  
Opening hours: daily 8:30 am – 8:30 pm, also on Sunday



## Small Organic market Bio Viver Aljezur

Location: on the thoroughfare in Aljezur  
R. 25 de Abril 114, 8670-088 Aljezur, Portugal  
Assortment: Organic goods, good butter!  
Opening hours: daily 9:00 am – 7:00 pm, except Sunday



## **Bäckerei/ Café A Padaria Aljezur**

<https://m.facebook.com/APadaria.Aljezur/>

Location: on the thoroughfare in Aljezur  
Rua 25 de Abril, 118 A, 8670-088 Aljezur

Offers: Good bread and baked goods  
Small snacks  
Small café on the roadside

Opening hours: 9:00 am – 6:00 pm, closed Saturday and Sunday



## **Gelateria Vicentina**

Location: on the thoroughfare in Aljezur  
R. 25 de Abril 67 RC

Offers: Very good ice cream, delicious waffles  
small snacks  
Espresso and other coffees

Closed on Wednesdays

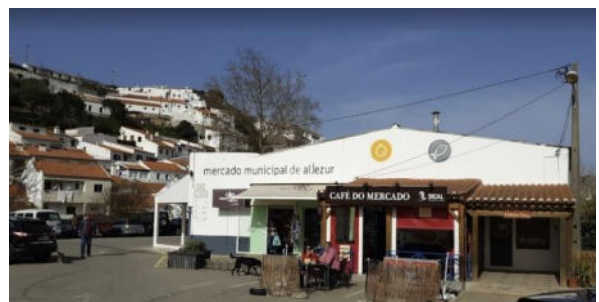


## **Mercado municipal de Aljezur – Small municipal market**

Location: on the thoroughfare in Aljezur  
R. 25 de Abril  
at the bridge between Old and New  
Town

Offers: large selection of fresh fish  
Fruit, vegetables  
Honey, regional specialities

Opening hours: 8:00 am – 1:00 pm, closed on Sundays



# Lagos

## Intermarché Lagos

Location: Lugar da Pedra Alçada - Ameijeira Verde, 8600-546 Lagos, Portugal

Assortment: everything, very good assortment!

Specialties: fresh fish in sushi quality, Sushi, fresh meat, French cheese

Opening hours: daily 10 am – 10 pm, also Sunday

## Organic market

### Bio Sabor

Location: Country road N125 17, 8600-302 Lagos, Portugal

Assortment: very good assortment of fruits and vegetables, relatively inexpensive  
Portuguese specialities

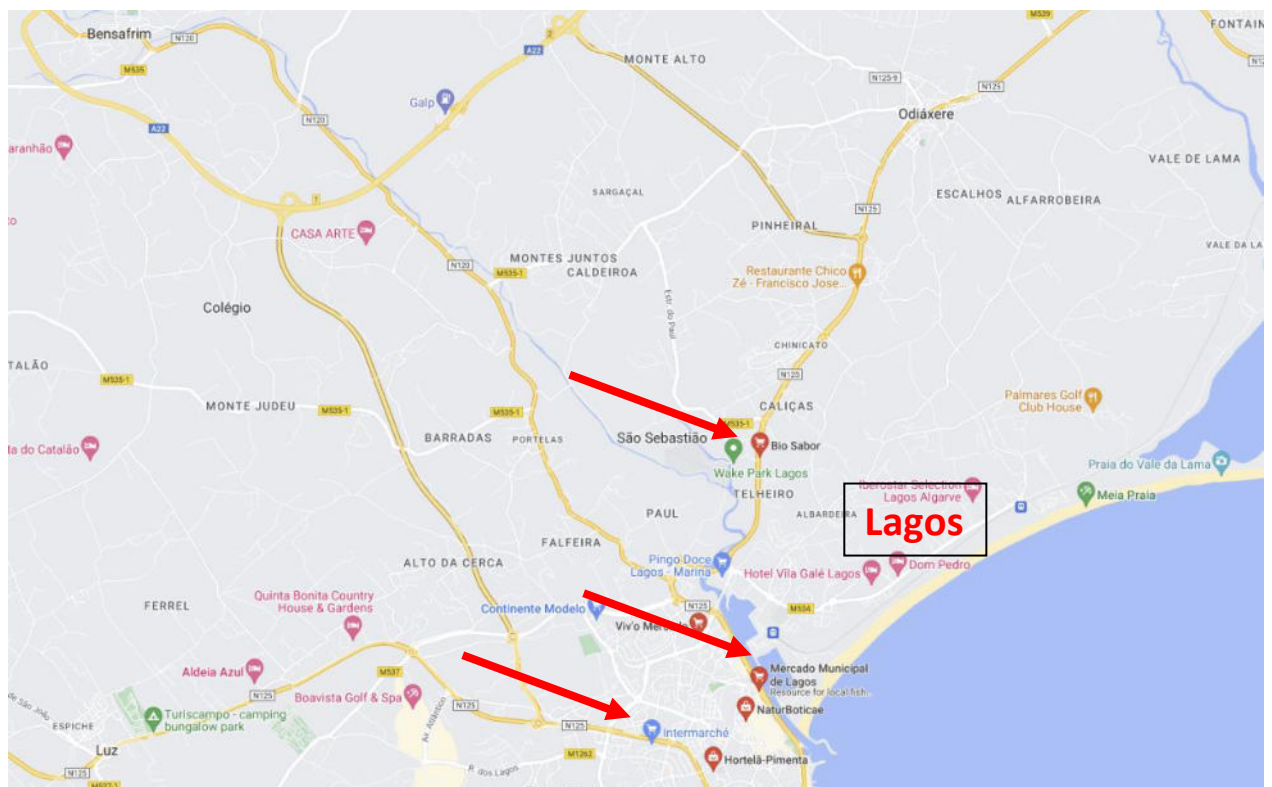
Opening hours: daily 9:00 am – 7:00 pm, except Sunday

## Mercado Municipal de Lagos

Location: Av. dos Descobrimentos, 8600-668 Lagos

Assortment: very large selection of fish, seafood, fruits and vegetables from the region

Opening hours: daily 8:00 am – 2:00 pm, closed on Sundays



# Beaches

## Closest Beaches (in walking distance):

### Praia de Monte Clerigo

Very beautiful, extensive sandy beach

Within walking distance via beautiful coastal hike

By car about 5 min,  
large parking lot

Swimming and surfing possible

two nice beach bars with good cuisine



### Praia da Amoreira

Very beautiful, extensive sandy beach at an estuary

By car about 15 min,  
several parking spaces

Swimming and surfing possible



nicely located beach bar "Paraíso do mar" with simple food

nice beach walk from upstream parking lot

## Beach hike to Praia da Amoreira



## Praia do Coelha

Lonely natural beach

Completely untouched nature

Within walking distance from the villa, about 50 min

Bathing restricted due to rocks

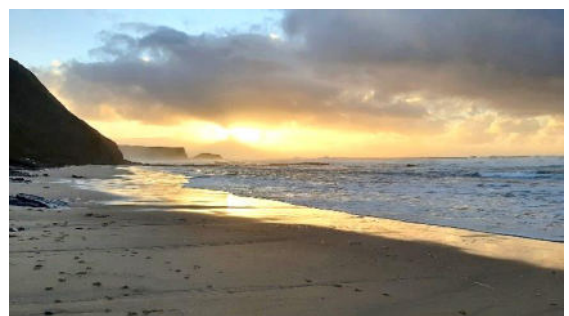
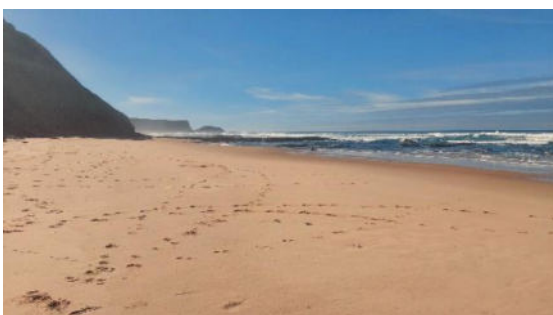
No restaurant or shop

Way down at a larger sand dune between Ribat da Arrifana and Monte Clerigo  
Descent without difficulty, way up tedious!

Find it easy by wikiloc:

<https://de.wikiloc.com/routen-wandern/praia-de-coelha-129917692>

<https://de.wikiloc.com/routen-wandern/praia-coelho-109227290>



## Praia da Arrifana

### Beaches by car:

Large, very busy sandy beach in Arrifana

By car about 10 min,  
Parking spaces available, in summer possibly  
rather scarce parking space

Swimming and surfing possible

Surf shops on site

Beach bar:

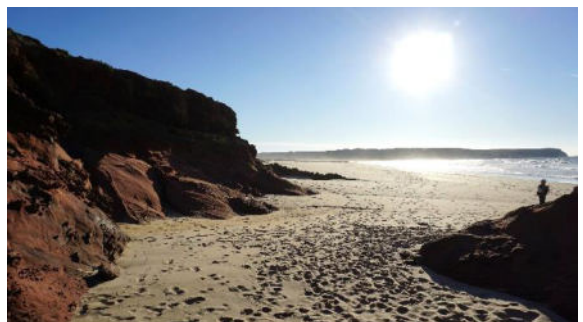
Restaurant Da Praia

Closed on Mondays



## Praia da Bordeira

Only accessible by car. Destination for navigation „Carrapateira“. At the beginning of Carrapateira take the first road junction to the right (to the sea). Enough parking space.  
Very nice, very spacious sandy beach. Two restaurants on the access road.



## Sights

### Ribat da Arrifana

#### „Must see“

Ancient Arab settlement, now ruins

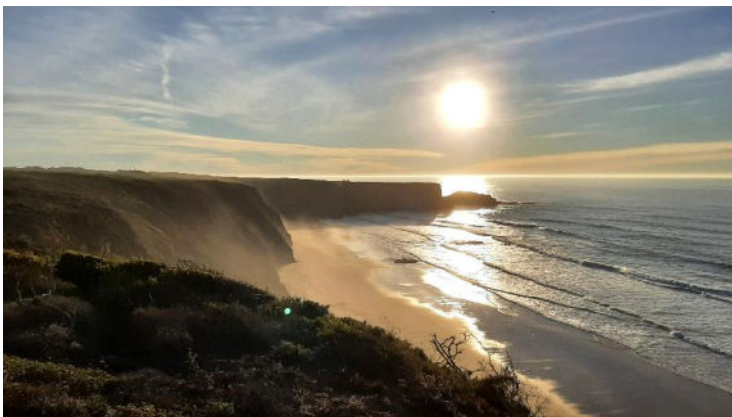
Magnificent view

Walking distance from Villa atlantico 15 min

#### Ideal for a „Sundowner“



It was constructed around 1130, probably by the Sufi and Mahdi master of Christian origin, Abu-l-Qasim Ahmad ibn al-Husayn ibn Qasi, one of the leading political and religious figures in al-Andalus, the Muslim territory that covered most of Iberia during the Islamic Golden Age. Between 1130 and 1140 Ibn Qasi wrote his main work, *The Removal of the Sandals*, which was inspired by both the Old Testament and the Quran. In 1151 he was assassinated in Silves after being accused of betraying Islam by the followers of Abd al-Mu'min and Ibn Almúndir. After this the Ribat of Arrifana was abandoned, with the English crusader and chronicler, Roger of Hoveden, reporting forty years later that it was “recognizable but in ruins”. It is believed that the minaret was used as a watchtower in the fourteenth century. Despite appearing in written records dating back to 1786 and being clearly identifiable as a former inhabited area as late as 1841,[1] the location of the ribat was only identified by archaeologists at the beginning of this millennium. Its architectural features are inspired by the ribats identified in North Africa (Wikipedia).



# Sagres

## Cabo de São Vicente „Must see“

Location west of the village at the end of the N 268.

The Cape is the southwesternmost point of mainland Europe. Here stands a 62 meter high lighthouse from 1846 and a former monastery, which now houses a small museum dedicated to seafaring (Museu dos Faróis, Tue – Sun 10.00 – 18.00, admission 3 €). Unfortunately, you can not go directly to the western tip, as built or blocked). To the northeast, however, you have a beautiful view of the cliffs and the blazing waves. With good footwear you can (in front of the entrance on the right hand) out onto the cliffs. In the parking lot at the Cape there are numerous food and souvenir stands.

Among other things, the famous "last bratwurst before America" Nice Cafe at the lighthouse.



## Fortaleza de Sagres

Location: south of the village on Rua da Fortaleza.

Fortress on the 300-metre-wide rocky peninsula of Ponta de Sagres, which extends one kilometer into the sea. According to legend, the seafaring school of Henry the Navigator was located here (in fact, it was probably more in Lagos). The original fortification was destroyed in 1587 during the attack of Francis Drake and the earthquake of 1755, the current fortress wall dates back to 1793. Otherwise, there are only a few old buildings worth seeing, such as the small church Igreja da Nossa Senhora da Graça from the 16th century with a golden wooden altar. The ruins of many other buildings from the 17th and 18th centuries were unfortunately removed in the 1960s. In 1921, directly behind the entrance, a wind rose (rosa dos ventos) with a diameter of 43 meters, possibly dating back to the times of Henry the Navigator, was discovered, which could have served as navigational calculations at that time. A visit to the complex is especially worthwhile for the beautiful hike along the cliffs.



# Odeceixe Windmill

## Moinho De Odeceixe

Adress: R. dos Moínhos 14, 8670-320 Odeceixe

This charming, typically-Mediterranean windmill dates from 1898. Built in masonry and wood, it remains in working order and it's possible to see the process of corn and wheat milling. It's Odeceixe's main landmark, and you can see much of the village from the terrace around it.



## Vila nova de Milfontes

Pretty small town at the mouth of the Rio Mira. Very nice old town worth seeing, still many small shops for daily needs. No big supermarket.

Among the buildings worth seeing in the historic old town are the fort, which was built between 1599 and 1602 to defend against pirate attacks, the parish church and the lighthouse at Cape Sardão, which dates back to the beginning of the 20th century.



At the estuary of the Rio Mira is a beautiful large sandy beach. In the absence of swell, water sports of any kind are possible here. Rental of kayaks and standup paddleboards.



Idyllic small fishing port in the north of the city. There is also a restaurant with a wonderful view of the Atlantic coast.

**Restaurante Porto das Barcas**



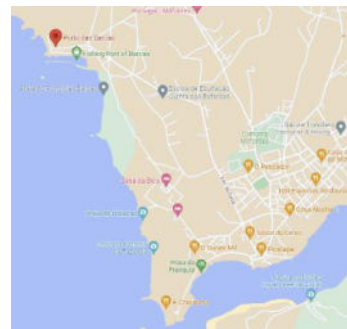
From here very nice coastal hike in northern direction possible.



## Restaurants at Milfontes

### Restaurante Porto das Barcas

Location: Estrada do Canal, Vila Nova de Milfontes, above the small fishing port north of the city center



Absolute highlight

Wonderful view to the Atlantic coast

Fine dining

Speciality: fresh fish. Seafood

Portuguese and international dishes

Prices €€ - €€€

Next door bistro for snacks and drinks

Opening hours: 12:30 – 23:00, Tuesday closed

☎ +351 283997160



### Restaurante Tapas Bar Ritual

Location: in the old town of Milfontes.

R. Barbosa Viana 4, 7645-230 Vila Nova de Milfontes.

Fine dining

Prices €€

Opening hours: 17:30 – 23:00, Sunday closed

☎ +351 283998648

<https://tapasritual.com>



### Simple Restaurant/ Beach Bar Quebramatos

Location: directly on the sandy beach of Milfontes.

Praia da franquia.

Very good burgers, simple dishes, very good sangria

Prices €

Opening hours: 8:00 am – 7:00 pm, Saturday and Sunday until 2:00 am

☎ +351 283 996 550

<https://www.facebook.com/Quebramatosmilfontes>



# Hikes directly from Villa Atlantico

Grippy and closed shoes are generally useful, sometimes necessary!

## From the Villa...

### Ribat da Arrifana „Must see“

Follow the road in front of the villa westward, at the roundabout on the end continue straight ahead onto unpaved road. This follow straight ahead till the end.

From the villa about 15 min

**Ideal for a „Sundowner“**



## Monte Clerigo

At Ribat da Arrifana turn right, follow the marked path. Always along the coast to a parking lot, there straight ahead to Monte Clerigo.

From the villa about 1 h

Note: there is a shortcut through the bushes at the beginning of the unpaved road (on the right).

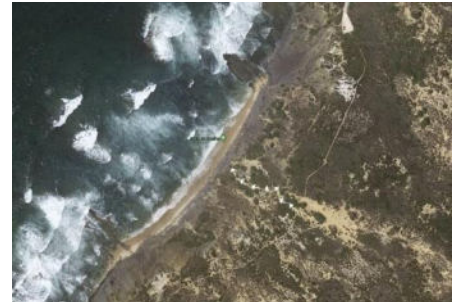


## Praia do Coelha

On the path to Monte Clerigo (see above) in the last quarter larger sand dune, here to the left down the sand path.

Descent without difficulty,  
way up strenuous!

Find it easy by wikiloc:



<https://de.wikiloc.com/routen-wandern/praia-de-coelha-129917692>

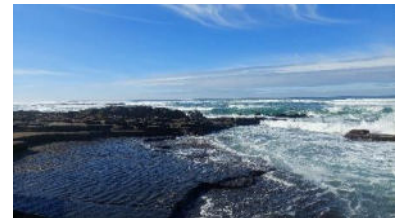
## Roundtrip Praia do Coelha at low tide

From Praia do Coelha around the rocks to Praia Monte Clerigo.

Difficult hike, can get dangerous!

Only possible at low tide! Have a look at the tides on the Internet. Passing the rocks must be at lowest tide. Nevertheless, you will get wet. Take a waterproof backpack with changing clothes. Stow money, credit cards and cell phone waterproof.

Wear shoes with good grip on wet underground.



<https://de.wikiloc.com/routen-wandern/praia-da-coelha-and-monte-clerigo-at-low-tide-123416339>



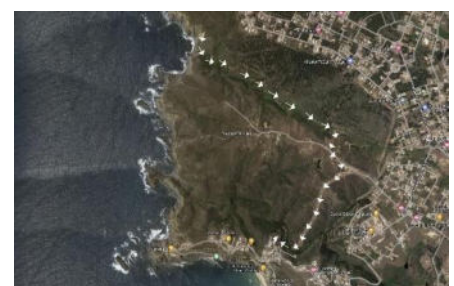
## Arrifana

At Ribat da Arrifana turn left, follow the marked path. Always along the coast (the sea always on the right).

Finally through two Barrancos. In the last Barranco small stream crossing. Thereafter follow the paved road upward.

Very nice hike!

Villa to Arrifana approx. 1 h



## Villa atlantico to o'Paolo/ Arrifana by the cliffs

Difficult hike, can get dangerous!

Breathtaking views guaranteed.

Wear shoes with good grip.

<https://de.wikiloc.com/routen-wandern/villa-atlantico-to-praia-da-arrifana-opaolo-restaurant-159930052>



# Lago silencioso

... for a leisurely walk or standup paddling

Directly in Vale da Telha

Duration approx. 1 h

No difficulty

Circumnavigation of the lake possible in both directions

Beautiful nature with many bird songs

Path around the lake is clear. No NAVI necessary.



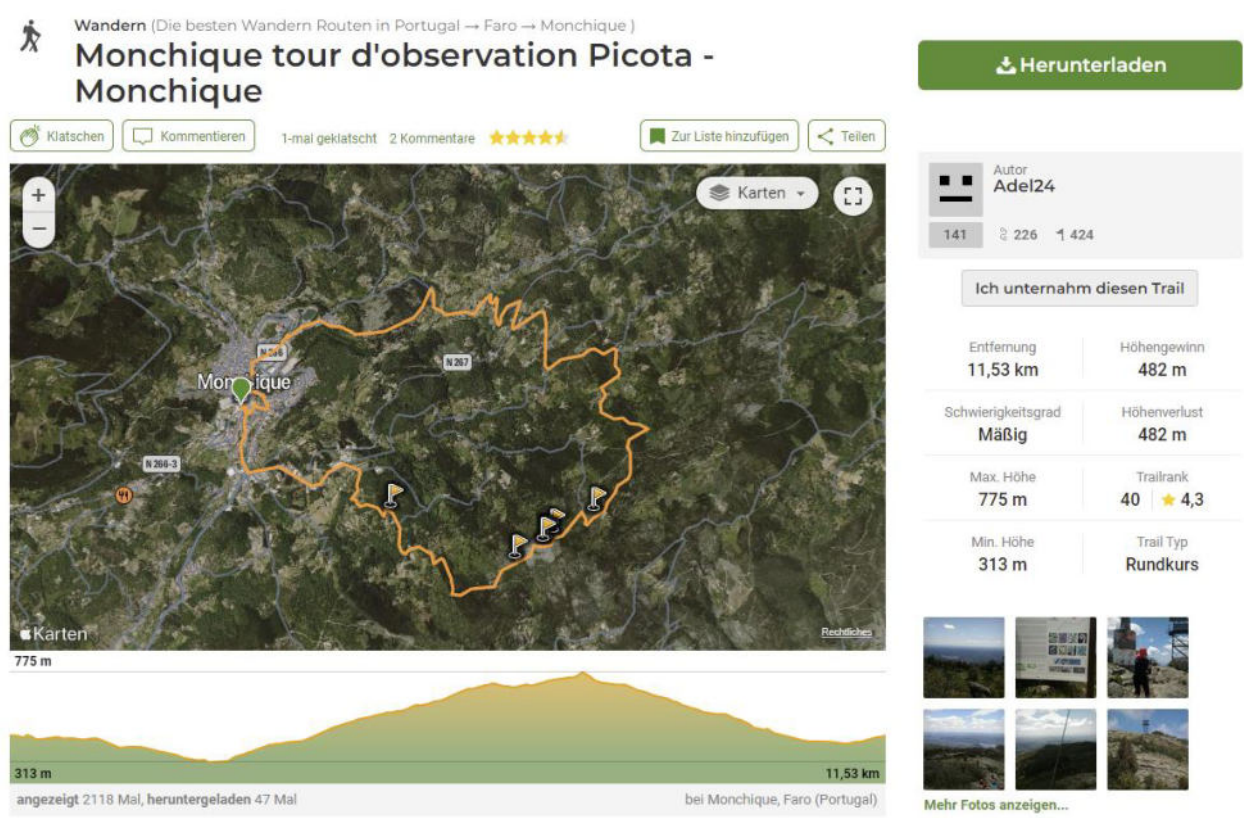
# Hikes with approach by car

If possible, download the APP "Wikiloc" (Android, Apple OS, PC), this will give you a navigation on the go.

## Mountain Hiking

### Monchique tour d'observation Picota - Monchique

<https://de.wikiloc.com/routen-wandern/monchique-tour-dobservation-picota-monchique-24555519>



#### Mountain hike

Start in Monchique city center,  
limited parking space  
Best walking direction  
counterclockwise  
Pure walking time ~ 3h  
No technical difficulty  
Beautiful views



# Monchique tour d'observation Picota - Monchique

<https://de.wikiloc.com/routen-wandern/pe-da-cruz-serra-153887741>

Wandern → Portugal → Faro → Pé da Cruz

## Monchique - Picota Aussichtspunkt

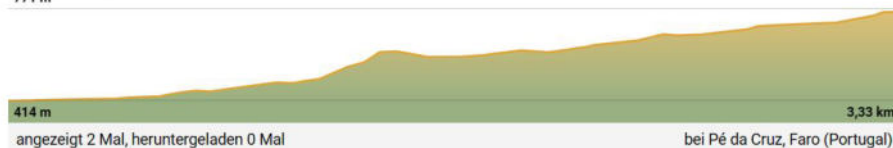
Klatschen

Kommentieren

Zur Liste hinzufügen

Teilen

Editieren



Herunterladen

Trail an GPS senden

AUTOR



claus.wellhausen

209

32

1

20

Entdecke mehr Trails von diesem Autor >

### ROUTENSTATISTIKEN

Entfernung

3,33 km

Höhengewinn

332 m

Schwierigkeitsgrad

Mäßig

Höhenverlust

0 m

Max. Höhe

771 m

TrailRank

12

Min. Höhe

414 m

Trail Typ

Einfach

Zeit in Bewegung

eine Stunde

Zeit

eine Stunde 25 Minuten

Mountain hike

Start in Monchique city center

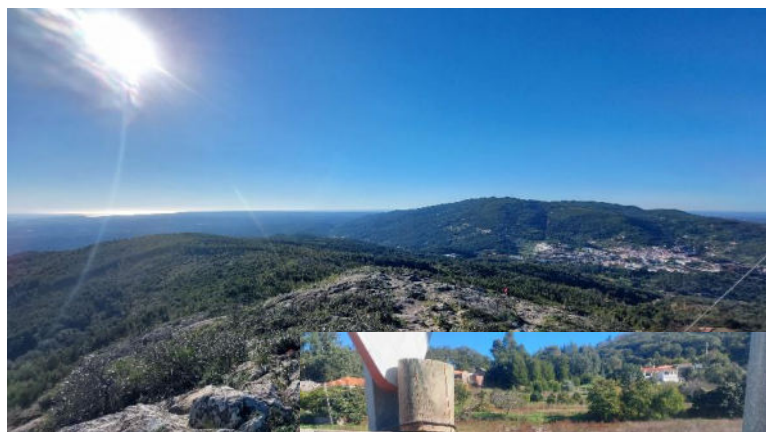
Same tour as above, one way and return

Pure walking time ~ 2h (here and back)

No technical difficulty

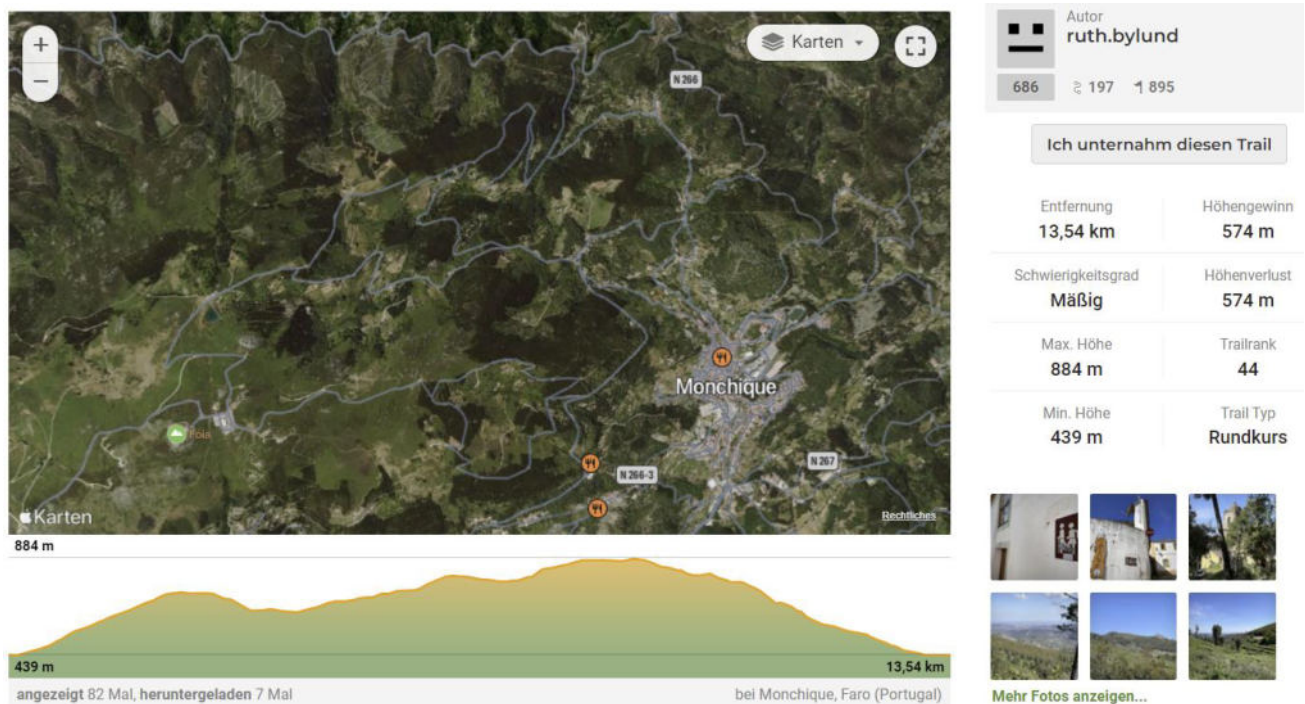
**Very beautiful old cork oaks!**

Beautiful views



# Monchique Monte Foia

<https://de.wikiloc.com/routen-wandern/monchique-foia-bylund-18-4-2021-70938872>



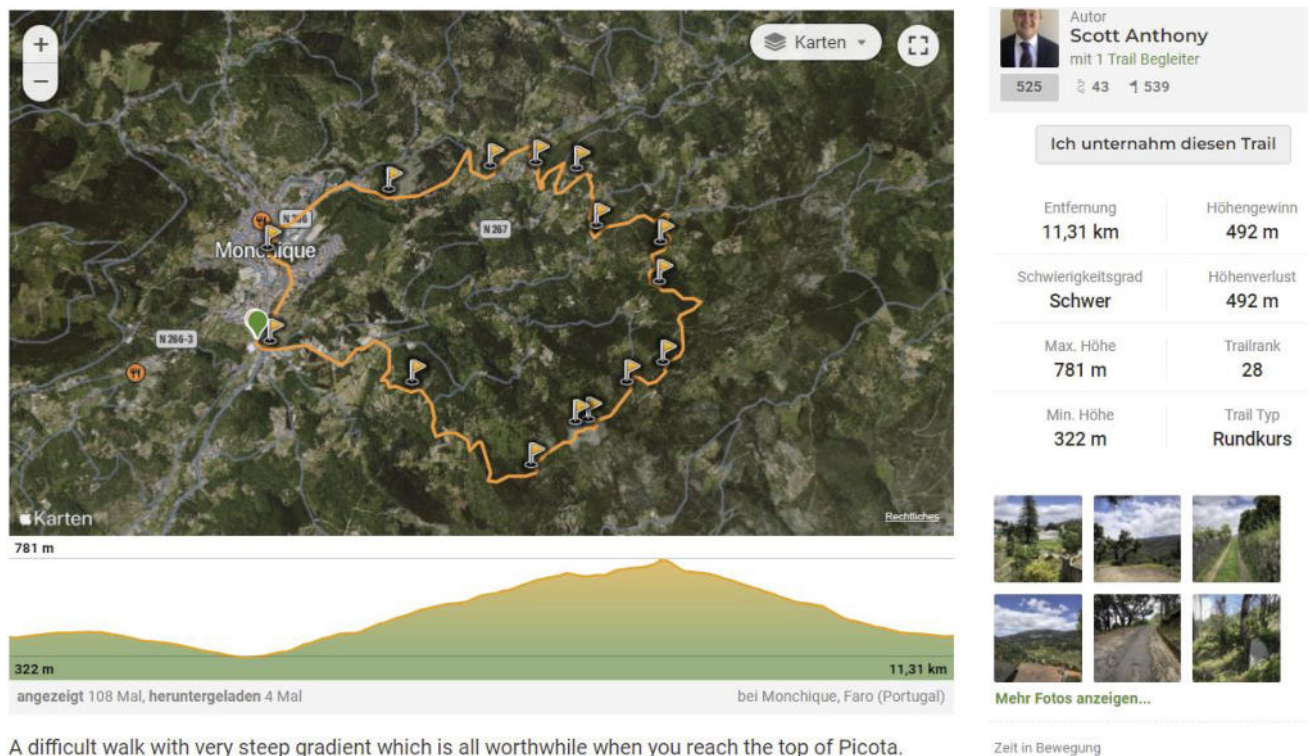
## Mountain hike

Start in Monchique, e.g. Supermarché car park  
Best walking direction counterclockwise  
Pure walking time ~ 4 h  
No technical difficulty  
Beautiful panoramic tour



# Best panoramic views of the Algarve and a nice mountain climb

<https://de.wikiloc.com/routen-wandern/best-panaromic-views-of-the-algarve-and-a-nice-mountain-climb-48729036>



A difficult walk with very steep gradient which is all worthwhile when you reach the top of Picota.

## Mountain hike

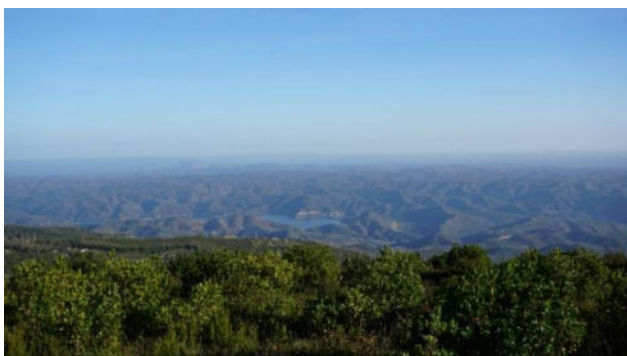
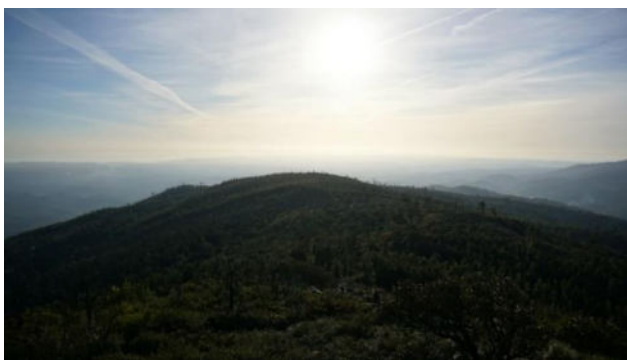
Start in Monchique, e.g. Supermarché car park

Best to walk clockwise

Pure walking time ~ 3h

Steep in the summit area, at summit sure-footedness and good shoes required

Beautiful 360° panorama



## PR6 - MCQ, Marmeleite, miradouro dos Picos

<https://de.wikiloc.com/routen-wandern/pr6-mcq-marmeleite-miradouro-dos-picos-33082185>

**Wandern** (Die besten Wandern Routen in Portugal → Faro → Marmeleite)  
**PR6 - MCQ, Marmeleite, miradouro dos Picos**

Klatschen Kommentieren 1-mal geklatscht 7 Kommentare ★★★★★ Zur Liste hinzufügen Teilen

**Herunterladen**

Autor **Wicky en Erick**  
25.873 754 13218

Ich unternahm diesen Trail

|                    |              |
|--------------------|--------------|
| Entfernung         | Höhengewinn  |
| 10,16 km           | 389 m        |
| Schwierigkeitsgrad | Höhenverlust |
| Leicht             | 389 m        |
| Max. Höhe          | Trailrank    |
| 635 m              | 64 ★ 4,5     |
| Min. Höhe          | Trail Typ    |
| 411 m              | Rundkurs     |

635 m 411 m 10,16 km  
angezeigt 2411 Mal, heruntergeladen 116 Mal bei Marmeleite, Faro (Portugal)

Mehr Fotos anzeigen...

Easy mountain hike  
Start in Marmeleite, exit towards Monchique,  
enough parking space  
Best walking direction counterclockwise  
Pure walking time ~ 3h  
Slip resistance required in places, good footwear  
unseful!  
Beautiful views



# New trails on Via Algarviana

<https://viaalgarviana.org/en>

In the west of the Algarve in the attractive mountains around the small town of Monchique, three day or half-day routes and two new connecting paths were added 2022.

## "Percurso das hortas" (path of the gardens, signposted as PR7)

**PR7 MCQ - Percurso das Hortas (Vegetable Garden Path) | Monchique - 8,20 km**  
**8.2 km circular trail in Monchique. This route crosses a mosaic of landscapes, including small vegetable gardens, woods and orchards.**

### LOCATION

Region: Algarve; Municipality: Monchique; Civil Parish: Monchique

### ACCESSIBLE BY CAR

Car: From the EN 125 national road, turn off onto the EN 266 and keep going until you reach Monchique.

### STARTING POINT

Monchique Tourist Information Office (N37°18'59.4" W8°33'19.0")

### TYPE OF ROUTE

Circular

### DEGREE OF DIFFICULTY

Easy

### MINIMUM ALTITUDE

495 m

### MAXIMUM ALTITUDE

333 m

### WATER AVAILABLE

At the beginning and end

### LOCAL CORNER SHOPS

At the beginning and end

### LENGTH

8,20 km

### TIME REQUIRED

3h30 (aprox.)

### CUMULATIVE ELEVATION GAIN

354 m

### CUMULATIVE ELEVATION LOSS

354 m



### Description:

Walk through fertile vegetable gardens, in which corn, sweet potatoes and beans are grown, through fruit groves with oranges and lemons, with khaki and cherries as well as by extensive cork oak forests past chestnut trees, juniper bushes and strawberry trees that provide the raw material for the popular Medronho schnapps.

Further Information and GPS track data:

<https://viaalgarviana.org/en/872/pr7-mcq---percurso-das-hortas-monchique---820-km>

## "Pelos Caminhos de Alferce" (on the paths of Alference, signs: PR8)

**PR8 MCQ - Pelos caminhos de Alferce (Along the Alferce Trails) | Monchique - 7,80 km**  
This 7.8 km route starts in the village of Alferce, passing through valleys with dense riverine woods, streams, agricultural fields and a medieval footpath.

### LOCATION

Region: Algarve; Municipality: Monchique; Civil Parish: Monchique

### ACCESSIBLE BY CAR

Car: From the EN 125 national road, turn off onto the EN 266 and keep going until you reach Monchique. Then take the EN 267 to Alferce.

### STARTING POINT

São Romão Main Church (Alferce) (N37°20'00.5" W8°29'22.7")

### TYPE OF ROUTE

Circular

### DEGREE OF DIFFICULTY

Easy

### MINIMUM ALTITUDE

149 m

### MAXIMUM ALTITUDE

416 m

### WATER AVAILABLE

Yes

### LOCAL CORNER SHOPS

Yes

### LENGTH

7,80 km

### TIME REQUIRED

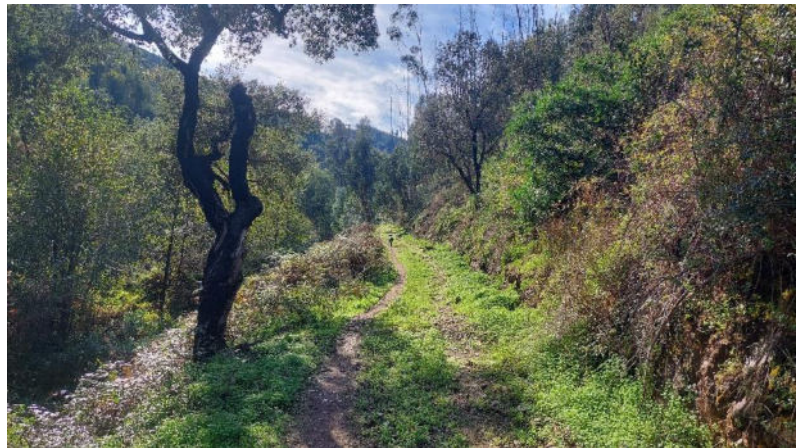
3h30m (aprox.)

### CUMULATIVE ELEVATION GAIN

401 m

### CUMULATIVE ELEVATION LOSS

401 m



### Description:

The 7.8 kilometer route "Pelos Caminhos de Alferce" leads around the village of Alferce. In part, it runs gently sloping through wonderful forests along the greek Monchique, later in the zigzag it goes uphill through agricultural areas, in places on a path, the paving of which still comes from the Middle Ages, partly past naked rock walls. Species, predatory and songbirds are feathered companions through nature.

Further Information and GPS track data:

<https://viaalgarviana.org/en/873/pr8-mcq---pelos-caminhos-de-alferce-auf-den-wegen-von-alferce--monchique---780-km>

<https://de.wikiloc.com/routen-wandern/povo-de-baixo-alferce-153231296>



## "Entrine O Vale e o Castelo" (between the valley and the castle, marked as PR9)

**PR9 MCQ - Entre o vale e o castelo (Between the valley and the castle) | Monchique - 7,20 km**

The hilly landscape of this 7.2 km route has superb views from the peaks, in contrast to the green and marked valleys. From this trail, you can easily reach the ruins of the Islamic castle of Alferce.

### LOCATION

Region: Algarve; Municipality: Monchique; Civil Parish: Monchique

### ACCESSIBLE BY CAR

Car: From the EN 125 national road, turn off onto the EN 266 and keep going until you reach Monchique. Then take the EN 267 to Alferce.

### STARTING POINT

São Romão Main Church (Alferce) (N37°20'00.5" W8°29'22.7")

### TYPE OF ROUTE

Circular

### DEGREE OF DIFFICULTY

Easy

### MINIMUM ALTITUDE

149 m

### MAXIMUM ALTITUDE

416 m

### WATER AVAILABLE

Yes

### LOCAL CORNER SHOPS

Yes

### LENGTH

7,80 km

### TIME REQUIRED

3h30m (aprox.)

### CUMULATIVE ELEVATION GAIN

401 m

### CUMULATIVE ELEVATION LOSS

401 m



### Description:

Start in Alferce. Along the way, the geological structure of the Monchique Mountains can be easily traced along the route, characterized by deeply dug and richly vegetated river valleys and rugged hills. You are accompanied by the vocals of the book finches, titles and the meadows that nest in the magnificent cork oaks. A small detour leads up to the ruins of the Castelo de Alferce built by the Moors in the 9th century; From the nearby summit you can enjoy a stunning view.

<https://viaalgarviana.org/en/874/pr9-mcq---entre-o-vale-e-o-castelo-between-the-valley-and-the-castle--monchique---720-km>

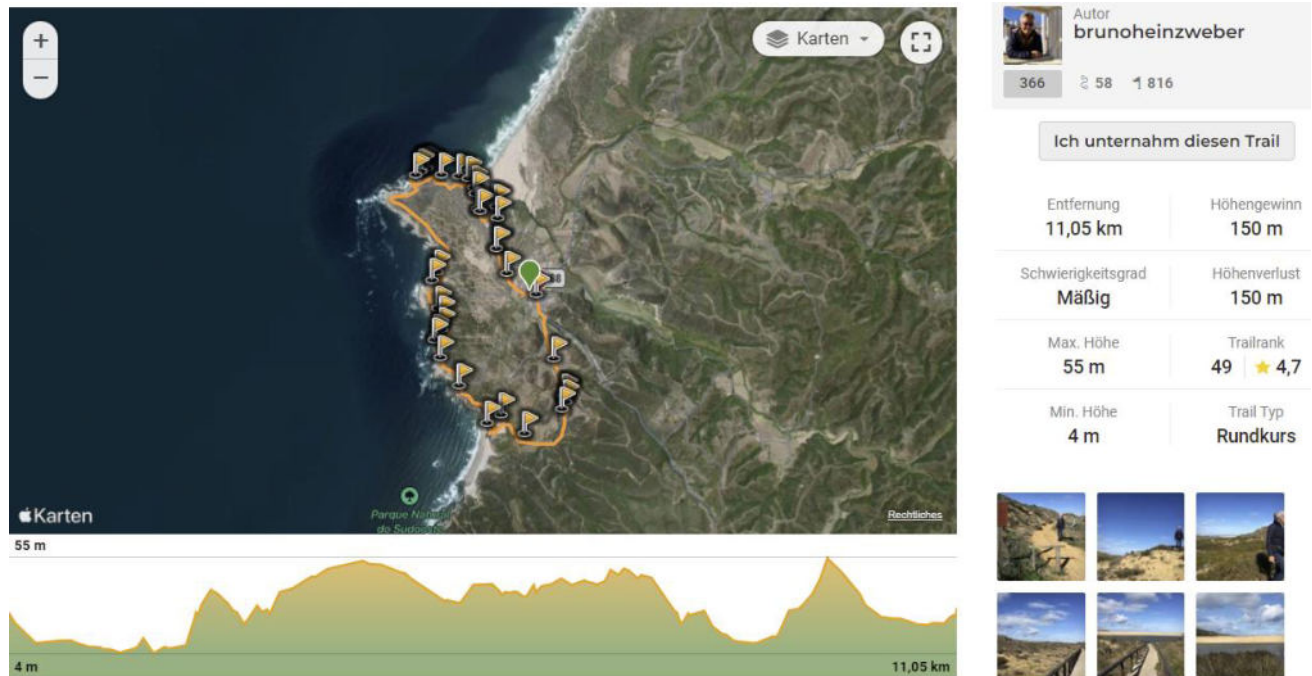
<https://de.wikiloc.com/routen-wandern/alferce-152504894>



# Coastal hikes

## Carrapateira „Must see“

<https://de.wikiloc.com/routen-mountain-bike/carrapateira-22035977>

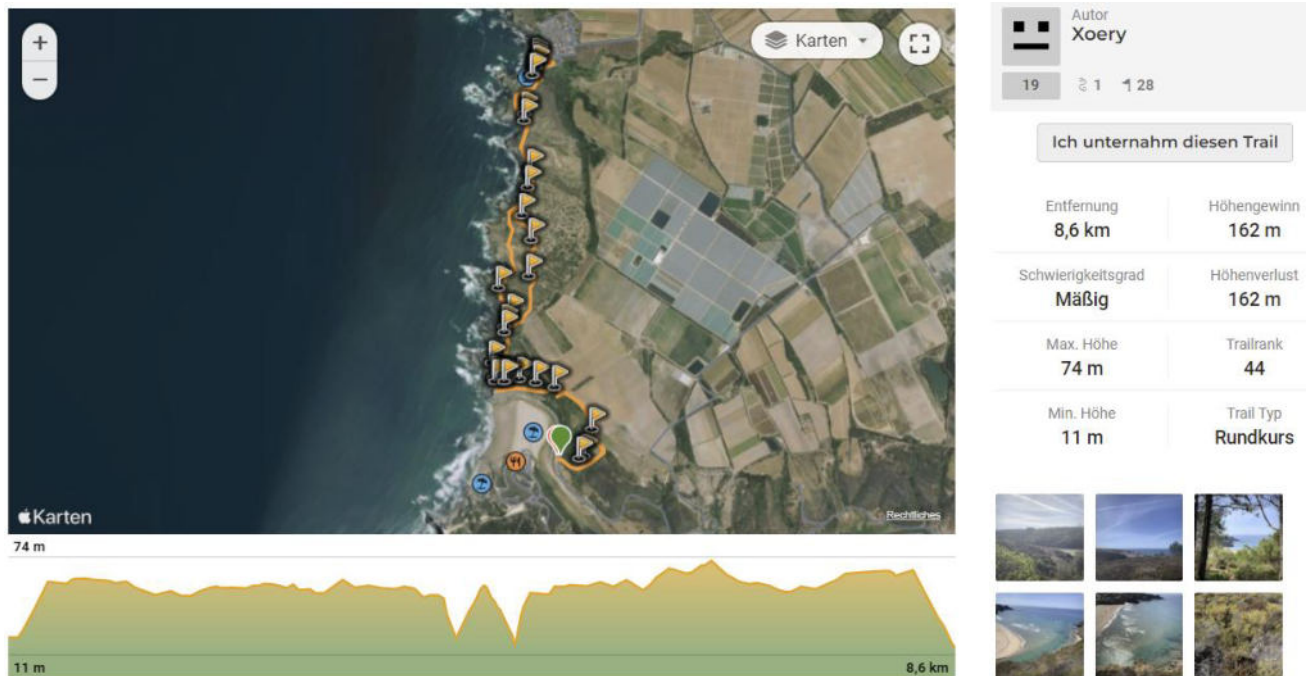


Start in Carrapateira at the exit of the village, enough parking space  
Best to walk clockwise  
Pure walking time ~ 3h  
No technical difficulty  
After about 2.5 km beautiful sandy beach, suitable for swimming, kiosk  
Very nice views in the area of coastal hike in the second section



# Praia de Odeceixe - Azenha do mar - Praia de Odeceixe

<https://de.wikiloc.com/routen-wandern/praia-de-odeceixe-azenha-do-mar-praia-de-odeceixe-58747359>

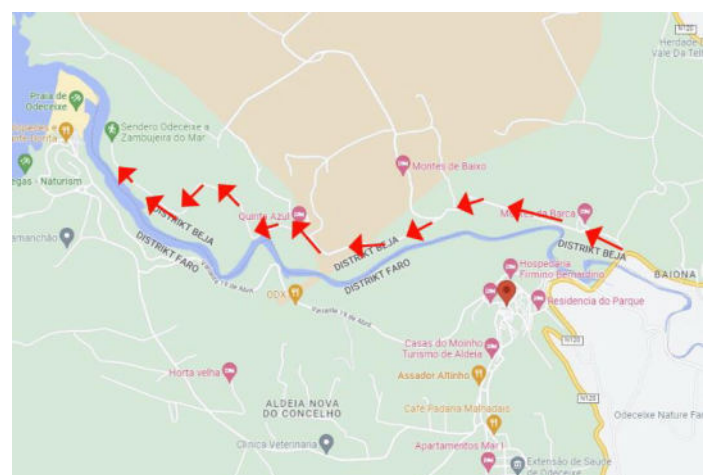


Journey by car:  
from Aljezur to the north,  
on the N120 past Odeceixe you will cross a large  
river, turn left just after the bridge and drive the  
small road to the end. Large parking lot

very nice coastal walk

Pure walking time just about 1h to the restaurant  
"A Azenha do Mar"

slip resistance and good shoes required in the last  
section

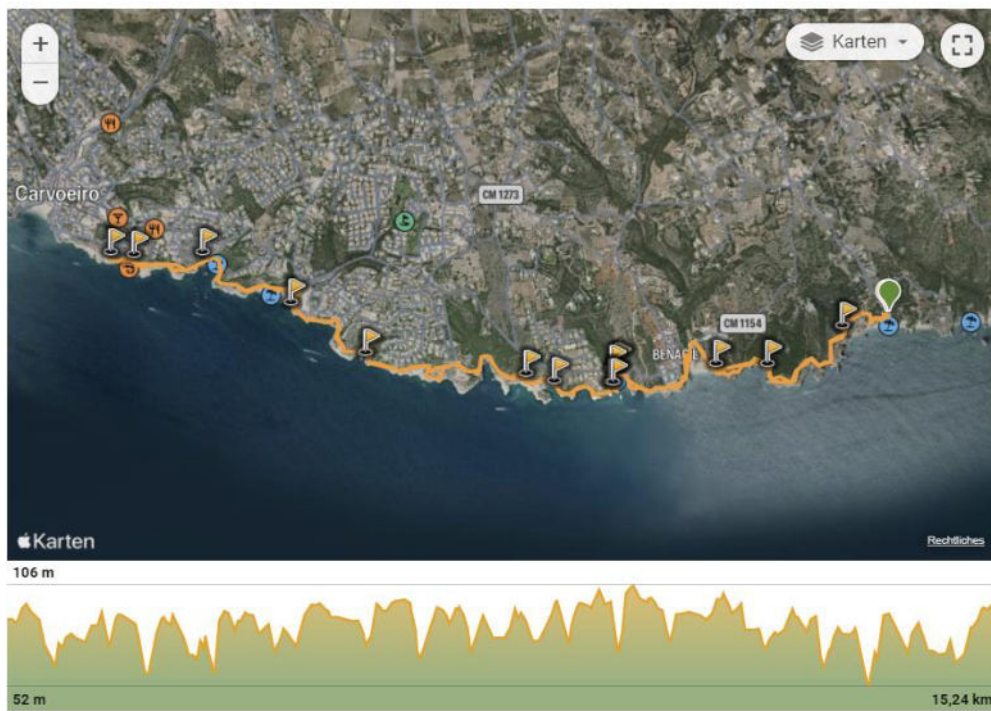


beautiful beach at Odeceixe at the beginning and end of the tour



# Seven Hanging Valleys Trail „Must see“

<https://de.wikiloc.com/routen-wandern/seven-hanging-valleys-trail-30739519>



Autor  
**Bernard Cassidy**

252 29 1 273

Ich unternahm diesen Trail

|                    |              |
|--------------------|--------------|
| Entfernung         | Höhengewinn  |
| 15,24 km           | 587 m        |
| Schwierigkeitsgrad | Höhenverlust |
| Mäßig              | 587 m        |
| Max. Höhe          | Trailrank    |
| 106 m              | 57 ★ 4,5     |
| Min. Höhe          | Trail Typ    |
| 52 m               | Rundkurs     |

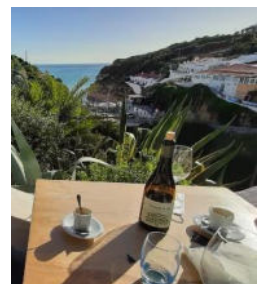
Start at the large parking lot Praia da Marinha

Pure walking time one way ~ 1,5h

Slip resistance and good shoes required in places

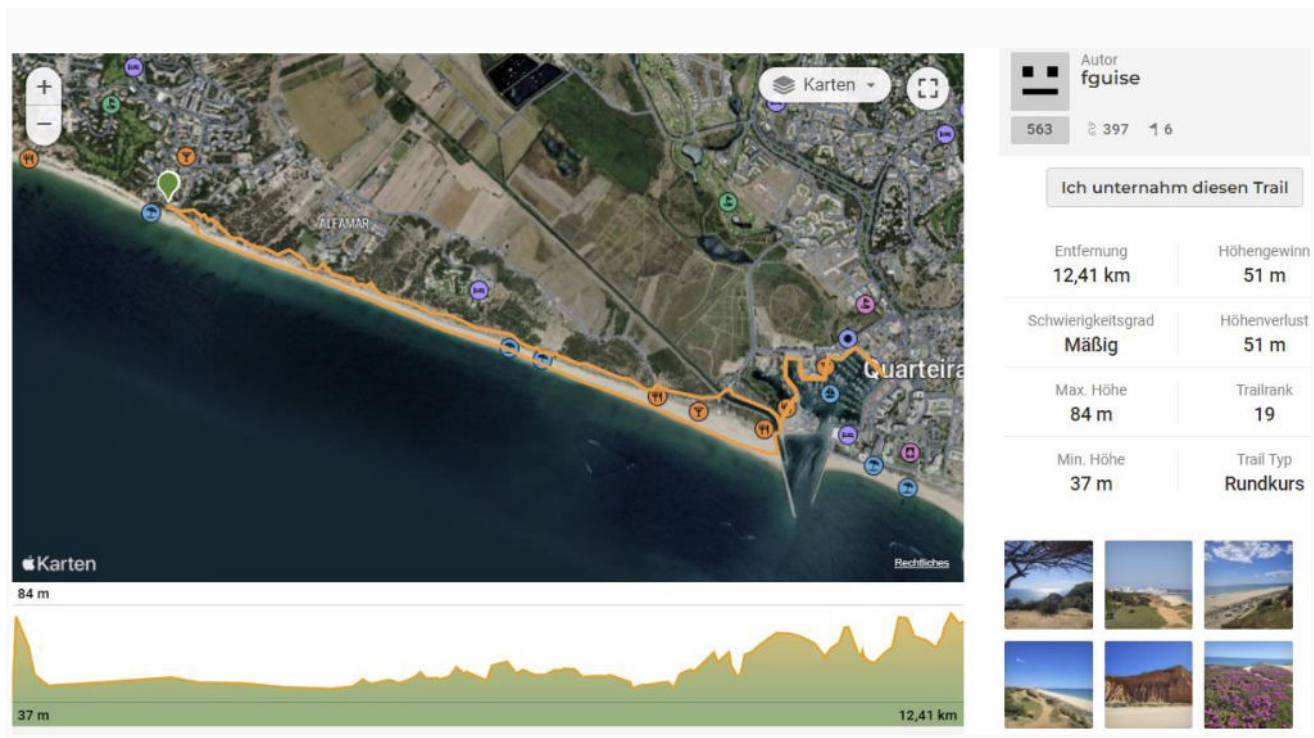
At Praia Benagil stop at the beach kiosk (€) or restaurant O Pescador (€€-€€€) possible

Return also possible by taxi from Carvoeiro.



## Praia da Falesia: Dream Beach at Algarve. „Must see“

<https://de.wikiloc.com/routen-wandern/praia-da-falesia-99938052>



About 6 km long [sandy beach](#), known for its red sandstone cliffs covered with pine trees. Praia da Falésia is one of the most beautiful and famous beaches in [Portugal](#). Start in PINHAL DO CONCELHO (between Albufeira and Qateira).



Round trip: One direction follows a beautiful sandy beach with a steady view of the sandstone rocks shining in many earth colors. To the east, these merge into a dune landscape.

Restaurant recommendation halfway:

**Rocha Baixinha Beach Restaurant (see below)**

The additional way to Qateira can be omitted if necessary.

The return route then leads over the sandstone cliffs with magnificent views.



## Rocha Baixinha Beach Restaurant

Address: 8200-379 Albufeira Praia da Falésia – Posto 5 (Vilamoura – Algarve)

Very good seafood.

Prices €€

Opening hours 10.00 to 23.00 hours

Kitchen Open from 12.00 to 21.00 hours

Closed for Vacation – 15Nov – 15Dec

☎ +351 289 037 289

<https://rochabaixinha.com/#home>



## Sunsets and "sundowners"

### Ribat da Arrifana

#### **Ideal for a "sundowner"**

Ancient Arab settlement, now ruins

Magnificent views

Walking distance from Villa atlantico in 15 min

**Take drinks, cooler bag, glasses and blankets.**

**Also accessible by car**



### Praia da Amoreira

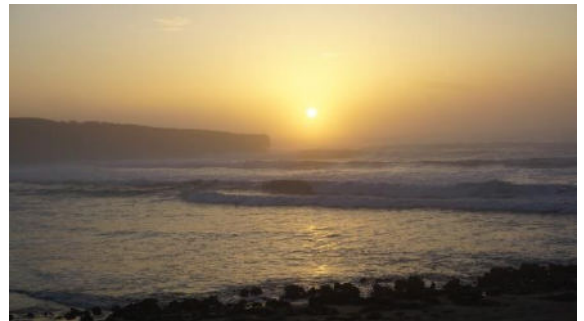
#### **Ideal for a "sundowner"**

Very beautiful, extensive sandy beach at an estuary

By car about 15 min, several parking spaces

**Take drinks, cooler bag, glasses and blankets.**

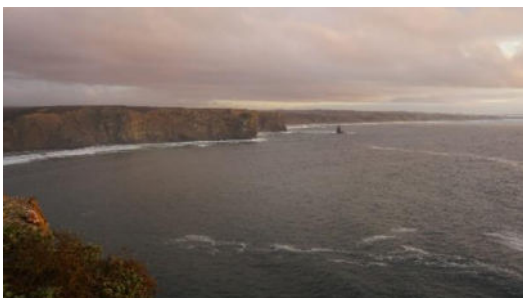
**Also accessible by car**



### Restaurante "O PAULO"

Location: at the end of Arrifana

Ideal for an excellent dinner at sunset



## Restaurante Cafe Palhinhas

### Ideal for a "sundowner"

Location: on the cliffs near Odeceixe

Just below Restaurante A Azenha do Mar

Gigantic view of the Atlantic Ocean!

Simple kitchen

Bar, café, fish and seafood, simple food

Prices €

Opening hours 11:00 – 23:00, Closed on Mondays

☎ +351960437312



## Important contacts

Emergency call: ☎ 112 (police, fire brigade, ambulance)

Health  
Emergencies 24/7 ☎ +351 808 242 424

Building services  
and pool care ☎ +351 921 006 781

Gas cylinders: ☎ +351 967 780 993

Firewood: ☎ +351 917 694 164

Owners: Claus and Karola Wellhausen  
☎ +49 176 20222290  
[claus.wellhausen@gmx.de](mailto:claus.wellhausen@gmx.de)

## User manuals

You will find them in the upper drawer of the sideboard in the living room.

You can download the manuals as well:

<https://www.wellhausen.biz/projects-7>



# Waste disposal

There is a general waste separation in Portugal. 4 different waste containers are in use:



## PAPER and CARDBOARD BOXES

### DISPOSE:

Cardboard boxes, magazines and newspapers, writing- and printing paper

### Do not throw in:

Plastic bags, toxic products, dirty paper, diapers, parchment paper, plastic-coated paper, sticker



## GLASS

### DISPOSE:

Bottles, glass jugs

### Do not throw in:

Sink and ceramic, plastic bags, flat glass and window, Crystals and mirrors, lamps and medication containers



## PLASTIC and METAL

### DISPOSE:

Plastic packaging, beverage packages, doses, plastic bags

### Do not throw in:

Paper and cardboard, batteries, electrical appliances, Other plastics other than packaging



## OTHER GARBAGE, RESIDUAL WASTE

## Períodos de descanso



Por causa dos regulamentos públicos, os períodos de descanso são definidos:

12:30 - 14:30 todos os dias

Domingo - sexta -feira, 22:00 - 6:00

Evite ruído e festas nesses tempos.

Muito obrigado!

## Ruhezeiten



Aufgrund der öffentlichen Vorschriften sind Ruhezeiten festgelegt:

Täglich 12:30 – 14.30

Sonntag – Freitag 22:00 – 6:00

In diesen Zeiten bitte Lärm und Partys vermeiden.

Vielen Dank!

## Rest periods



Due to public regulations, rest periods are set:

12:30 - 2.30 p.m. every day

Sunday - Friday 10:00 p.m. - 6:00

In these times please avoid noise and parties.

Thanks very much!

## Périodes de repos



En raison du règlements public, les périodes de repos sont définies:

12h30 - 14h30 tous les jours

Dimanche - vendredi 22h00 - 18h00

En ces temps, évitez le bruit et les parties.

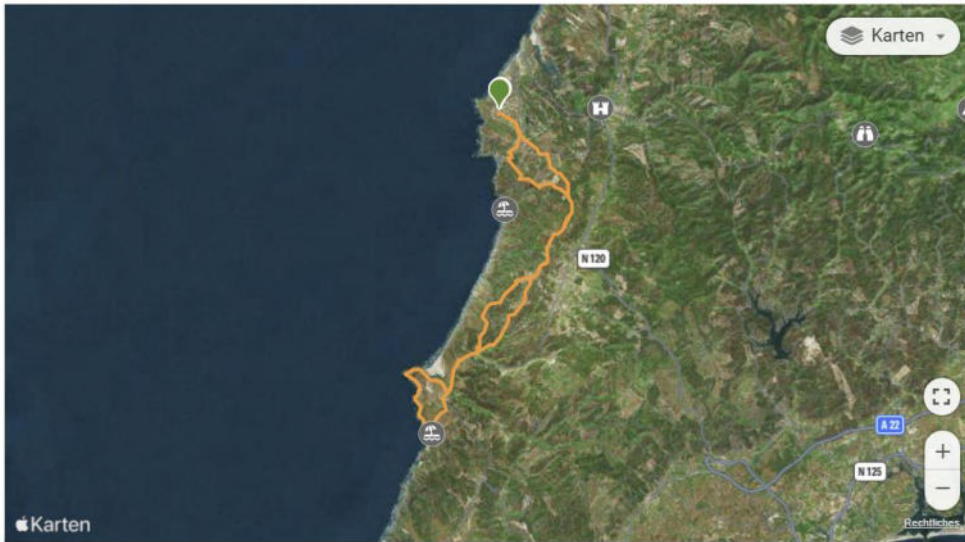
Merci beaucoup!

# Mountain bike trips

## Carrapateira and Praia da Bordeira

Mountainbike → Portugal → Faro → Praia da Arrifana

### Carrapateira



171 m



angezeigt 5 Mal, heruntergeladen 0 Mal

bei Praia da Arrifana, Faro (Portugal)

Herunterladen

Trail an GPS senden

#### AUTOR



claus.wellhausen

209



32



120

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#### ROUTENSTATISTIKEN

Entfernung

50,43 km

Höhengewinn

428 m

Schwierigkeitsgrad

Mäßig

Höhenverlust

428 m

Max. Höhe

171 m

TrailRank



20

Min. Höhe

9 m

Trail Typ

Rundkurs

Zeit in Bewegung

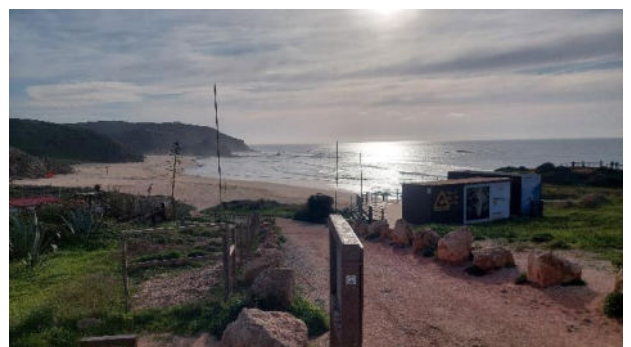
2 Stunden 21 Minuten

Zeit

3 Stunden 32 Minuten

<https://de.wikiloc.com/routen-mountain-bike/carrapateira-160261123>

Wonderful bicycle trip  
Many panoramic views  
Best with mountain bike  
Some condition needed



# Vales-Aljezur-Marmeleite

 Mountainbike → Portugal → Faro → Vales

## Vales-Aljezur-Marmeleite

 Klatschen  Kommentieren  Zur Liste hinzufügen  Teilen  Editieren



Karten

389 m

11 m

47,28 km

### Herunterladen

### Trail an GPS senden

AUTOR



claus.wellhausen

209 32 120

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### ROUTENSTATISTIKEN

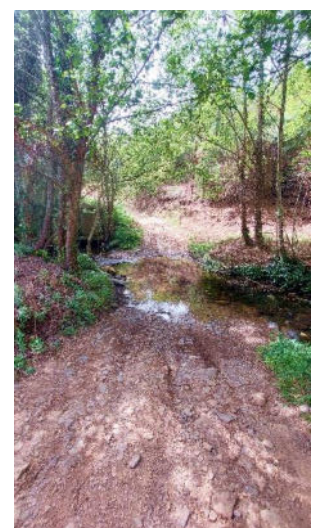
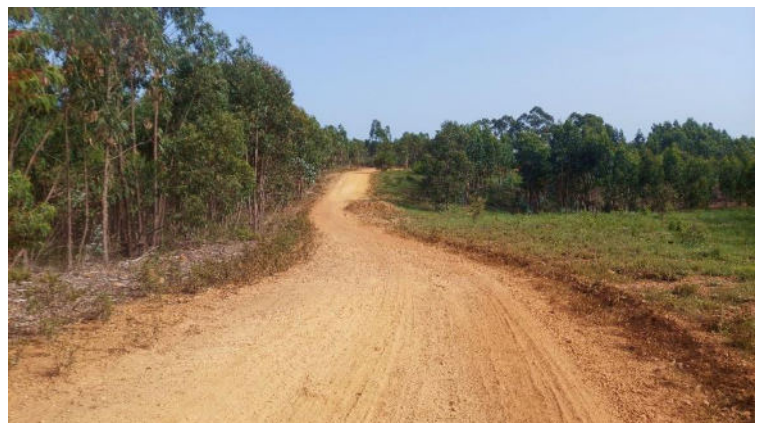
|                    |              |
|--------------------|--------------|
| Entfernung         | Höhengewinn  |
| 47,28 km           | 700 m        |
| Schwierigkeitsgrad | Höhenverlust |
| Mäßig              | 703 m        |
| Max. Höhe          | TrailRank    |
| 389 m              | 19           |
| Min. Höhe          | Trail Typ    |
| 11 m               | Einfach      |

Zeit in Bewegung  
**2 Stunden 47 Minuten**

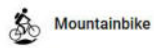
Zeit

<https://de.wikiloc.com/routen-mountain-bike/vales-aljezur-marmeleite-131092426>

Wonderful bicycle trip  
Many panoramic views  
Best with mountain bike  
Some condition needed



# Vale da Telha - Praia da Amoreira



Mountainbike

## Vale da Telha - Praia da Amoreira



Klatschen



Kommentieren



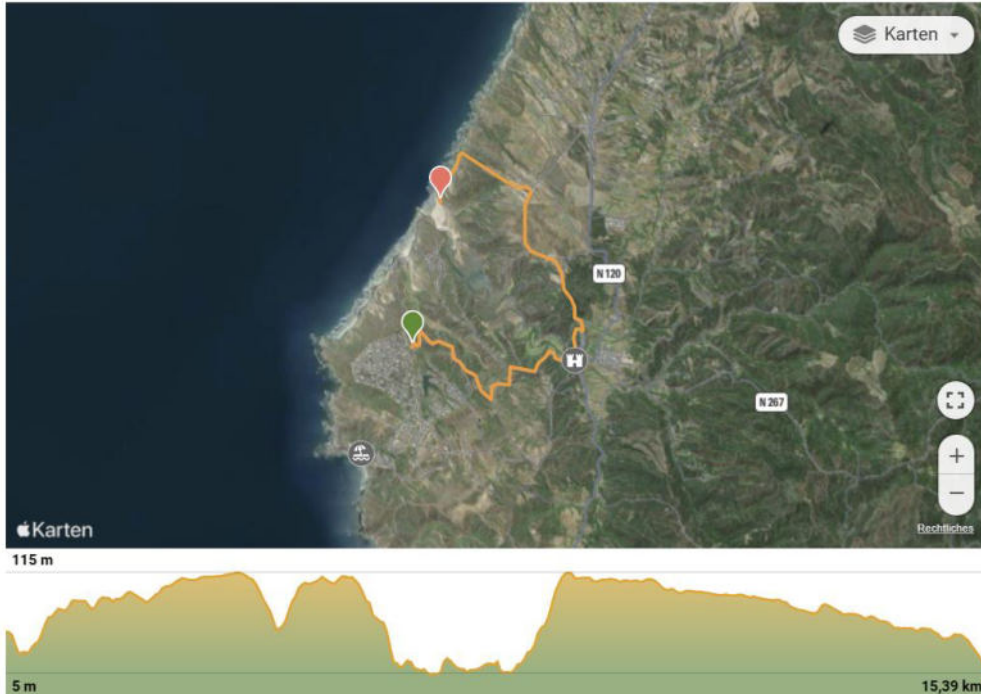
Zur Liste hinzufügen



Teilen



Editieren



Herunterladen

Trail an GPS senden

AUTOR



claus.wellhausen

206

33

1 20

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ROUTENSTATISTIKEN

Entfernung

15,39 km

Höhengewinn

276 m

Schwierigkeitsgrad

Mäßig

Höhenverlust

313 m

Max. Höhe

115 m

TrailRank

1

Min. Höhe

5 m

Trail Typ

Einfach

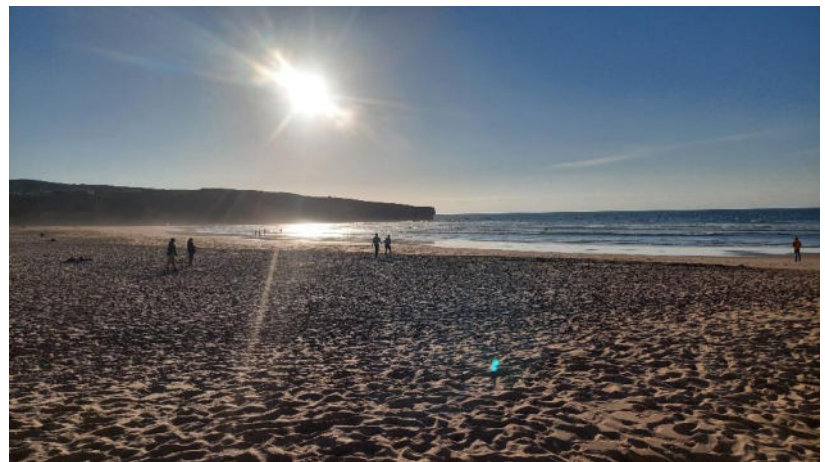
Koordinaten

294

Hochgeladen

<https://de.wikiloc.com/routen-mountain-bike/vale-da-telha-praia-da-amoreira-165618983>

Technically demanding tour  
Best with mountain bike



## Bike-Rental

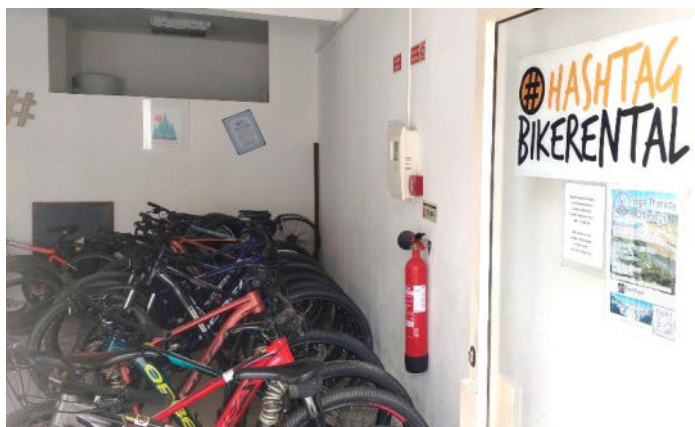


Hashtag Bike Rental  
Nick Aisthorpe (english speaking)  
Rua Dom Francisco Gomes de Avelar, 6D  
8670-083 Aljezur Portugal

Opening hours 09.00 – 18.00,  
Closed Wednesday

<https://hashtagbikerental.com/>

info@hashtagbikerental.com



☎ +351 916 564 546

| DAYS  | 1   | 2   | 3   | 4   | 5    | 6    |
|-------|-----|-----|-----|-----|------|------|
| PRICE | €26 | €50 | €66 | €84 | €100 | €114 |

Delivery to Vale da Telha possible.  
Road Bikes and eBikes are available on enquiry  
Discounts apply for rental of 2 bikes or more