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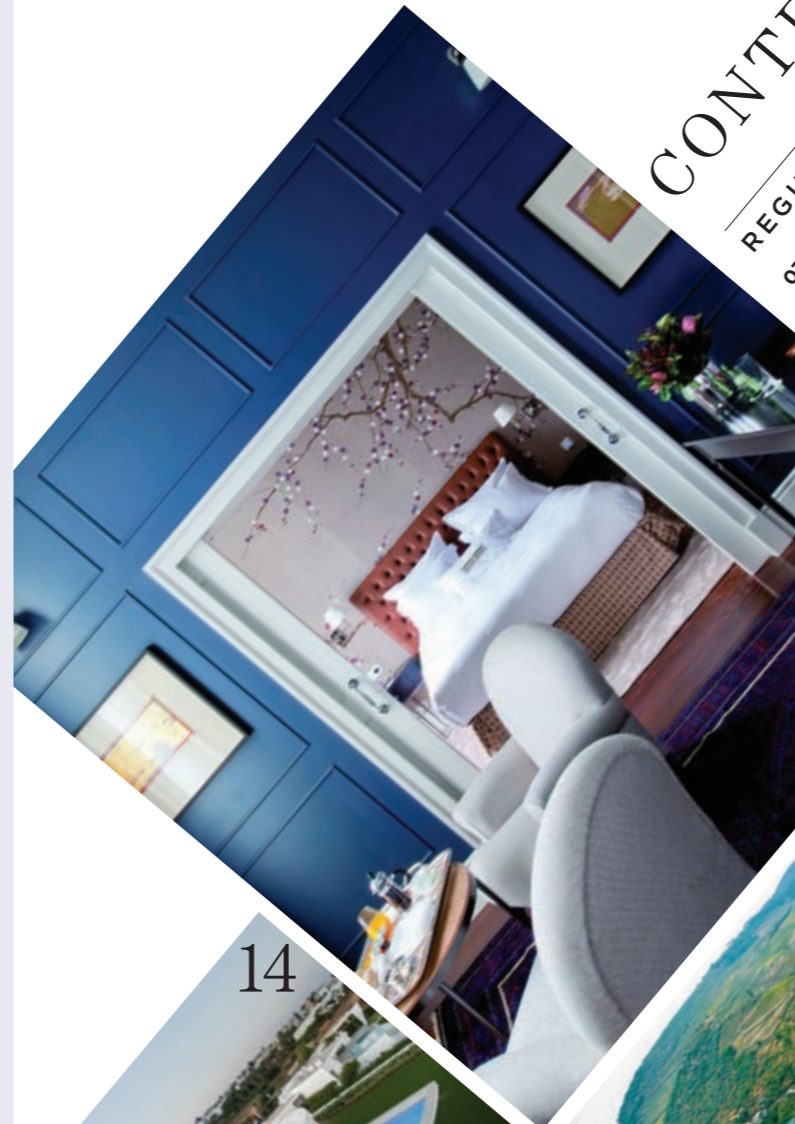


**CONTENTS**

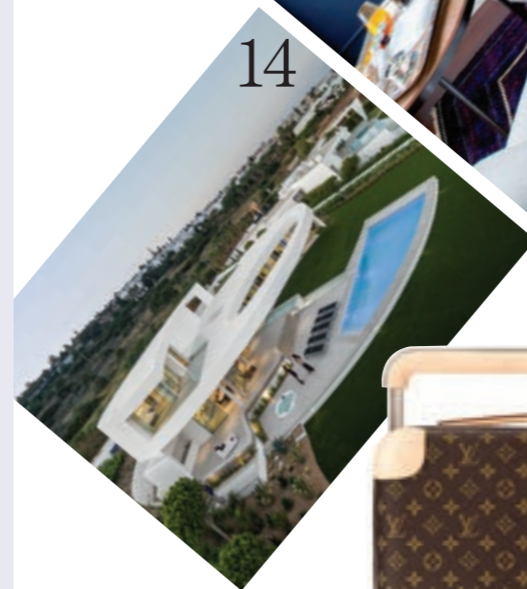
**REGULARS**

- 07 UPFRONT: ALL THINGS NEW
- 18 IN THE NICK OF TIME
- 20 WINE: MORE THAN PORT
- 28 CASA AMOR: CHAPTER 21
- 38 COLLECTIONS: STUNNING SEASCAPES
- 44 RECIPE OF THE MONTH
- 59 20 QUESTIONS
- 67 ON THE SHELF
- 72 PORTFOLIO
- 75 TECHNO
- 78 WHATEVER HAPPENED TO...
- 81 ADVICE TO EXPATS
- 83 MONEY MATTERS
- 85 CURRENCY COUNTS
- 87 AGENDA
- 90 AND FINALLY...

10



14



50



**FEATURES**

- 10 **RIGHT ROYAL**  
The palaces of Portugal await
- 14 **THE EDGE**  
Contemporary architecture
- 24 **A WORLD AWAY**  
Living a new life in Monchique
- 30 **MAN OF MUSIC**  
Luís Conceição strikes a note
- 34 **CASE STUDY**  
Bags of style, and practicality
- 41 **INSTAGRAM: TOP TIPS**  
Getting your message over
- 46 **GALLERY OF GORGEOUSNESS**  
Meet the ArtCatto team
- 50 **MOVEMENT IS MEDICINE**  
Time to get into shape
- 54 **PEAK VIEWING TIME**  
Portugal's high points
- 61 **TAKE A SEAT**  
Making a chair your own
- 62 **EAT TAVIRA**  
And savour every mouthful
- 71 **BESIDE THE SEA SIDE**  
Lunch at Nana in Armação de Pêra

20



34





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## Welcome



The Algarve is getting busy as the summer months approach fast. Longer hotter days, nights that are still a little cool (have sweater at the ready), restaurants getting booked up fast, parking spaces harder to find depending on the day and time (avoid Loulé on Saturday mornings, or take a cab). There is so much happening this month that holidaymakers have their to-do-lists bulging.

There's Festival Med in Loulé, the Vilamoura Boat Show, candlelit concerts (read about them on page 88-89), Carvoeiro's Black & White Night in the main square on the 17th, and Praia de Rocha's Afro Nation Portugal, 28-30 June, a huge beach party dedicated to afrobeat, hip hop, R&B and dance hall. In Quarteira, there's the annual Santos Populares – the Popular Saints' Festival, which is celebrated all over the country, with gorgeous colourful processions and dancing, and serious competition for the best-dressed groups (check online for exact dates and times). And opera fans can enjoy *Il Trovatore*, 11 June, screened direct from Covent Garden to Nos Cinema in Mar Shopping.

The food-related festivals are always worth visiting. The annual three-day treat Petiscos de Pescador de Quarteira, on the beach front between Quarteira and Vilamoura, 2-4 June, brings together seafood, music and entertainment, and celebrates the history of the local fishing tradition. Whatever you choose, love every minute of the special experiences waiting to be enjoyed. And take time out to enjoy this issue of AlgarvePLUS... it's your chance to relax.

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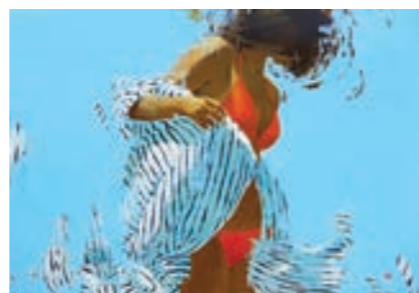


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# UP front



*Handmade Portuguese ceramic dishes, perfect for appetizers – olives, pickles, dips, etc, or for sweet things, or as a gift for your dinner hosts. They come in two sizes, a pert little 7cm across, and a big sister at 11.5cm, €3.20 and €5.60 respectively. Lots of lovely colours to choose from, Ange Boutik in São Brás, opposite the side of the municipal market. [angeboutik.com](http://angeboutik.com)*

**FRONT COVER:**

Fresh fruit served on Portuguese pottery, how's that for the perfect combination?



*The new Alamaya store in Moncarapacho is a wonderland of amazing pieces, made by craftspeople in remote villages around the world (more of that in our July issue). Paula Pinto has added some rare jewellery to her collection. Embroidery, shells and tiny beads feature in outsized earrings, necklaces and headpieces. [instagram.com/alamaya.deco](https://www.instagram.com/alamaya.deco)*

IF YOU HAVE ANYTHING YOU WOULD LIKE TO SHARE EMAIL [susi@rogol-goodkind.com](mailto:susi@rogol-goodkind.com)



# UP front

Fancy a coffee? A new signature blend, cacao and coffee, has been introduced by the amazing Algarve Candle Company. Light up and love it.  
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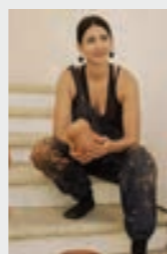
Design icons and one footbed, (inspired by a natural foot-print in the sand) spell Birkenstock. Three styles – Madrid, Arizona and Gizeh – are celebrating their 40th, 50th and 60th anniversaries. Take your pick of the main collection at the Ericeira Surf and Skate stores in Forum Algarve and Algarve Shopping, but if you want one of the limited edition anniversary numbers, €170–€190, you'll find it at [birkenstock.com](http://birkenstock.com)



Handstitched cotton patchwork quilt, a twist on the traditional, from a selection of sizes, designs and colour combos. From €129.99 for a single size. Matching cushion cover €39.99.  
[zarahome.com](http://zarahome.com)



Ceramicist Alessa Dresel of Studio Ayshek produces wonderful individual pieces – no two are alike. She has a residency at Loulé Design Lab, where she is indulging in her pottery dreams until the end of August. You can see and buy her pieces there, in Palácio Gama. Lobo. Instagram: [@studio.ayshek](https://www.instagram.com/studio.ayshek)

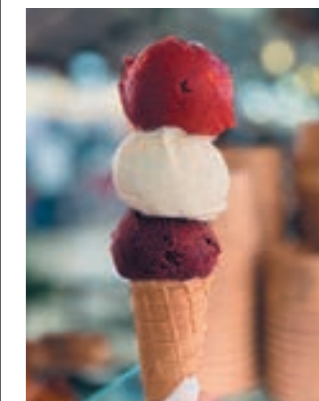
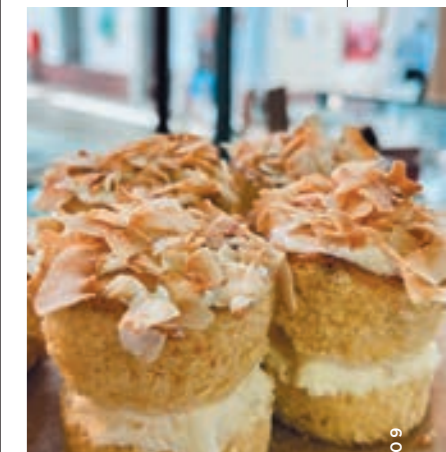


wish list

Eye eye. High-style Unum sunspecs can be found in Martina, Rua José Fernandes Guerreiro 39 beside Loulé Market. €75. Children's are available, €60.

## WINNING COLLECTION

Sigues, the brain child of designer Sílvia Rodrigues, is a very special brand of jewellery, decorative pieces and bags, based on the circular economy, with the reuse of raw material, especially newsprint. Sílvia won the Desafio MAR StartUp contest aimed at Portuguese entrepreneurs with projects that had components linked to sustainability and environmental concern. The prize was a space for a period of six months, starting in April just gone, in Loulé's MAR Shopping. You cannot help but admire her bold and beautiful pieces – get down there and treat yourself. [sigues.pt](http://sigues.pt)



8100 Gelato in the centre of Loulé is more than wonderful gelato! There are wonderful cakes, wonderful smoothies and pretty wonderful waffles. June opening hours are 09:30–15:30 Monday to Friday and 09:00–16:00 Saturday. Take a seat and satisfy your sweet tooth – the Banoffee Pie ice cream is a real treat. Vegans have plenty of choice – Black Fig is proving to be a favourite





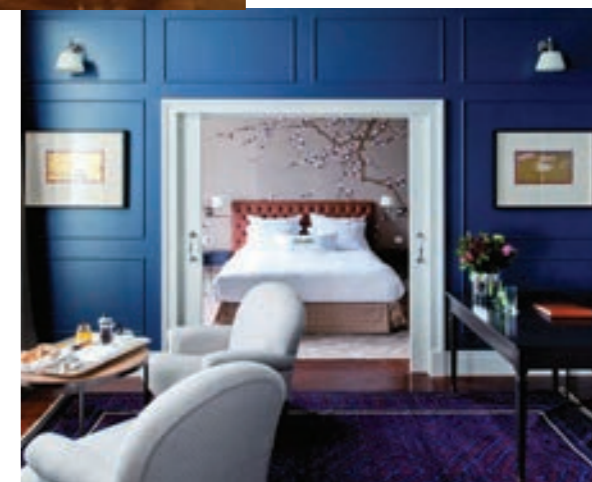
# Right Royal

FANCY A PALACE FOR THE NIGHT? HERE ARE THREE, IN VERY DIFFERENT REGIONS OF PORTUGAL. HISTORIC AND BEAUTIFUL, READY TO WELCOME ANYONE WHO WANTS TO FEEL A BIT SPECIAL

Words: SANDRA GATO



Opposite page and left: Vidago Palace Hotel. Below, from top down: Vidago suite; Vila Foz, the green palace; Vila Foz restaurant



**Y**OU DON'T need an excuse to change scenery and spoil yourself. Fortunately, this country is in no shortage of beautiful palace-like places, turned into marvellous hotels, with sumptuous decor, amazing comfort, immaculate service and an interesting list of things to do nearby.

## Vidago Palace Hotel

This is easily one of my top three favourite hotels in Portugal. Because luxury is so real, so evident, when it has a past. And Vidago Palace's past is rich and royal, something you can feel in every little corner you discover in this magical place. The pureness of the air we breathe there, the amazing natural park where the palace is built, the beautiful pink façade... Stepping inside, the majestic staircase and the lush wood welcome guests and make us feel we should have a title.

Who had the initial idea for this magnificent project? It was the Portuguese King D. Carlos. Dining and wine were two of his great passions and he discovered that the local spring waters in the area were good for his digestive issues. So he decided to build a palace in Vidago, where he could go for treatments but where he could also host events with royals and aristocrats. But then history happened: the king was killed (in 1908), the Portuguese republic system was implemented and while he never saw his dream realised, the palace opened its doors in 1910 for international guests and lavish parties.

After the Second World War it lost importance and in 2006 it closed down for renovations. But a century after its inauguration, in 2010, Vidago Palace Hotel reopened in all its former glory to welcome anyone who wants a taste of what real luxury is.

It now has 70 rooms – rich in classical colours, high quality materials, big windows and old style bathtubs.

I could list at least 25 not-to-be-missed things to do here but I will limit myself to just five: a dinner in the impossibly grand Salão Nobre (Vitor Matos is the consulting chef since 2017, and he knows how to turn local fresh products into high cuisine delicacies); a facial treatment at the spa – designed by Portuguese architect Siza Vieira; a round at the golf course, built in 1936 (you can book a class and learn in the most beautiful setting); a taste of the spring waters in the gorgeous fountain building and some petiscos (pastéis de Chaves – a delicious meat-filled pastry) in the wine cellar.

One other unmissable experience is to stay a night ►





Below: Plush living at Sintra Marmòris Camélia. Right: looking across to Sintra. Bottom of page: Pedras Salgadas Park



### Vila Foz Hotel & Spa

Foz is Porto's smart area. But it wasn't always like that. Since it is situated by the sea, it was a place where fishermen used to live until, at the end of the 19th century, it became the seaside escape for those who lived in the city centre. Elegant manor houses were built, facing the ocean, and with the passing of time the whole of Foz turned into an expensive living alternative.

Vila Foz is one of those beautiful seaside manor houses. It is situated right in the middle of the privileged lifestyle area that Foz has to offer – cross the street and you can stroll by the ocean for hours or sit in the terrace of one of the many cafés listening to the sound of the waves.

Now the totally restored pale small green palace belongs to a local family. In the main house, all the woodwork – the stairs, ceilings and walls – was restored while all the new decor was created by Nini Andrade Silva, a well-known Portuguese interior designer who likes organic, fluid forms.

With 68 rooms and suites to choose from, the comfort of this palace can only be matched by the outside view – it always makes me wonder how lucky we are that our second biggest city in the country has both river and sea as its main attractions.

But before heading to your princess room, start the evening (preferably while the sun is setting over the sea in front) with a drink in the intimate bar before entering the restaurant, which won its first Michelin star within a year of opening, thanks to the talented chef, Arnaldo Azevedo. Prepare for a sublime gastronomic moment, full of fresh sea flavours.

And if you decide to stay on at Foz, it's totally understandable.

Avenida de Montevideu, 236, Porto  
[vilafozhotel.pt](http://vilafozhotel.pt)

### Sintra Marmòris Camélia

That Sintra has a unique kind of energy is no secret to anyone. I would say that it is the most romantic town in Portugal, in two ways: as inspiration and home of the romantic movement (Lord Byron and Eça de Queiroz were just two who fell in love with it) and as the perfect scenario for romance, with its many secret gardens and beautiful corners.

Sintra Marmòris Camélia is ideal for a night of total tranquility. It is situated next to the train station – one plus point as Sintra is much better seen without a car – and at walking distance to the historic centre (Quinta da Regaleira and Biester Palace should be top of your must-visit list, as well as Piriquita, the classic café where it is impossible not to stop for a coffee and a 'queijada' or 'travesseiro' – the traditional local sweets).

After a day visiting Sintra's many wonders, arriving at this gorgeous little pink mansion makes one feel that it is absolutely the place to be. With only nine rooms, dedicated to relevant Sintra personalities, it faces a pleasant street with restaurants and shops, but it is the back of the hotel where you can breathe the luscious greenery that makes Sintra such a unique microclimate.

Sintra Marmòris Camélia opened in 2022 and is the most recent hotel of the Marmòris group – they also have Alentejo Marmòris Hotel & Spa, in Vila Viçosa, and, just a five minute walk from Camélia, Sintra Marmòris Palace, a bigger unit with facilities that are open to all Camélia guests.

It is hard to beat the emotion of ending the afternoon with a glass of wine in hand, listening to fado and having the astonishing Serra de Sintra as the backdrop.

Rua Dr. Alfredo da Costa 11, Sintra  
[marmorishotels.com](http://marmorishotels.com)



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# The Edge

PORTUGAL IS KNOWN FOR ITS WONDERFULLY CLASSIC ARCHITECTURE - FROM OPULENT CENTURIES-OLD PALACES TO STRIKING MODERNIST DESIGNS OF THE 1950S. BUT TODAY CONTEMPORARY BUILDINGS BY SOME OF THE WORLD'S MOST HIGHLY-RESPECTED NAMES ARE CARVING THEIR OWN PIECE OF HISTORY

Words: LUCY MAYER



THE ELLIPTIC HOUSE, LUZ

Set against the backdrop of Luz's cliffs and facing the sea, this ultra-modern, circular white house built on the coast in 2014 is surrounded by landscaped lawns and privately owned.

Architect Mário Martins has said that "drawing is an architect's writing" and that it "stimulates the imagination." He wants to create buildings which express emotion and creative freedom – Elliptic House does just that.

Its dramatic angles showcase the light which pours through a central oval-shaped roof. Small pools of water are also used at the property to reflect and merge the shapes cast by the strong and futuristic architecture. The contemporary house is based on a geometric shape and is painted white to create a cool yet intense ambience and enhance the brilliant light of the sun.

In mathematics, an ellipse is described as a plane curve surrounding two focal points, such that for all points on the curve, the sum of the two distances to the focal points is a constant. Elliptic House is a perfect juxtaposition from its surroundings of grassland, traditional Portuguese properties in the distance, the cliffs and the waves crashing against them.

Mário was born in Lagos in 1964 and graduated from the Architecture Faculty of Lisbon Technical University. He runs his company Mário Martins Atelier with his partner and wife Maria. The team has been responsible for many projects, one of which was the renovation of the façades in Lagos's historical town centre.



CASA DA MÚSICA, PORTO

This avant-garde concert hall, which is home to the National Orchestra of Porto, has a distinct UFO and futuristic feel about it. It was designed by Rem Koolhaas and opened to the public in 2005.

The 78-year-old Dutch urbanist is said to be one of the significant architectural thinkers of his generation. In 2008, *Time* ranked him in their top 100 of The World's Most Influential People. With the concert hall, Koolhaas wanted to create something outside of the normal 'shoe-box' aesthetic and eventually delivered this nine-storey high, asymmetrical polyhedron building covered in plaques of white cement and with huge glass windows that allow shards of light to break through the otherwise cement mass.

The front stairway leading from the plaza to the hall is vast and its insides are home to recording and rehearsal rooms, a VIP area with a hint of Portuguese tradition – the azulejo tiles – an underground carpark and terrace. Curtains of glass frame either end of the auditorium, giving the illusion of space; and the seating is not fixed, to allow for more flexible performances. When viewed from above, geometric black and white tiles allow the roof terrace of this 22,000m<sup>2</sup> to not only stand out in the building itself but also among all of the others in the area. ▶





LEIXÕES CRUISE TERMINAL, PORTO

This state-of-the-art building sits 4km north of the mouth of the Douro River. The port in Matosinhos has an extremely important role to play both commercially and financially, which means that any building developed in reflection had to be striking, contemporary and above all, memorable. More than 4,000 tons of steel were used to build the terminal, 20,000cbm of concrete, 6,700m<sup>2</sup> of glass and 900,000 tiles in six different shapes.

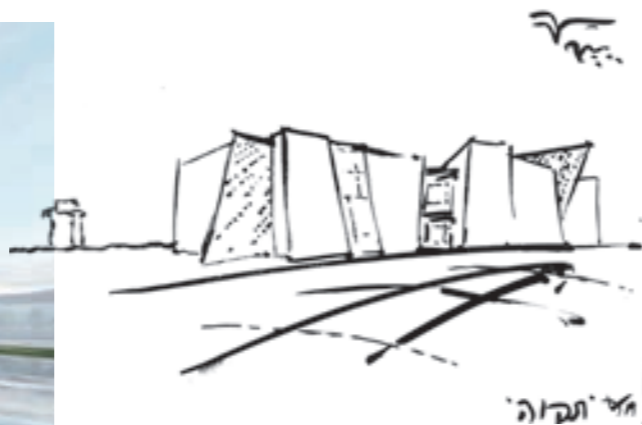
Built in 2015, designed by architect Luís Pedro Silva, the complex incorporates a cruise ship terminal, marina facilities, events space, museum and restaurant.

Situated at the end of the pier, the circular white building has been likened to a wave curling against the end of the pier. It is beautifully cylindrical with a helical ramp and walls that from afar could be mistaken for shimmering fish scales, but up close show how ceramic tiles have been knitted together to create a textured appearance.

The shape of the building throws light and shade inside as well as out, and once again, white is used to reflect a modern and clean, elegant and sophisticated aesthetic.

Porto receives some of the largest and most stylish cruise ships in the world – it needed a building to reflect this, and the cruise terminal definitely fulfils that brief.

This project received the AZAward, the International Award of Architecture and Design in 2016 in Toronto.



TIKVA JEWISH MUSEUM, LISBON

With its slanting, white rendered walls and strong lines, the new Tikva Museum is being built to honour Portugal's Jewish past, which spans almost 2,000 years. Located just behind the 16th-century Belém Tower on the waterfront, the two buildings could not be more contrasting, although they both represent hugely significant periods in Portugal's history.

Daniel Libeskind from New York-based Studio Libeskind is the designer and architect behind the project, which is being completed in partnership with local architect Miguel Saraiva.

Tikva is the Hebrew word for hope, and this is exactly what the building symbolises with its grass roof and walkways which, benefitting from the sun's rays, will symbolise life and the future. The building's designs show that it will be surrounded by trees to create a peaceful and calming atmosphere. Blue is a theme here, with the traditional azulejo tiles to have a place on each of the five slanted building's walls.

There's no doubt this modern building is a bold choice for the area in which it is to be built, but Daniel Libeskind is an international and well-established figure in the world of urban design. He was born in Poland in 1946 and immigrated to the USA as a teenager. He is known to have a strong commitment to philosophy and literature. Tikva, which is being built using sustainable technology, is supported by The Lisbon City Hall and Museu Judaico Lisboa, which will oversee its installation and management.



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## In the nick of time

IT TAKES GRIT AND DETERMINATION TO TAKE ON A 130KM PILGRIMAGE, IN THE HEAT OF THE DAY AND THE COLD OF NIGHT WITH 84 OTHER WALKERS. LUCKILY, **NICK ROBINSON** HAS BOTH

**L**IGHT WINDS lifted the leaves and when the boughs parted enough, I could see an idyllic green pasture. Rough stone walls separated me from this comfort-looking paradise as I trudged on. On and on.

Yesterday we had completed a personal record of mine; I looked around at my fellow pilgrims, some sweating rivers in the hot sunshine. Some sang traditional songs. Some stared ahead into nothingness as they trudged on. On and on. Some grimaced with every step and others looked around in wonderment, grateful for the opportunity to step out of life for a week and into an arduous challenge.

This pilgrimage I was on wasn't the toughest. We weren't heading 600km to Santiago de Compostela or a few thousand more to Jerusalem; we were walking to Fátima, near Coimbra north of Lisbon.

Now, if you're in the know, skip the next few sentences, as back in 1917, the country needed hope. Portugal was in the grip of World War One and every week in the square, the Presidente da Câmara would reveal the latest deaths to grief-stricken families. Suddenly, something happened near a little village – on 13 May the Virgin Mary revealed herself to three kids. This happened again later in the summer and again later in the year. The story spread like wildfire and Fátima was declared a holy site. Since then massive churches and chapels have been built and pilgrimages are on the Roman Catholic calendar. Normally, people arrive by the coachload, but there have always been those who last after the challenges of adventure.

Enter the Caminho to Fátima. The routes are many and pilgrims walk, cycle and some (a very small minority) even go on their knees. With 84 others, I was

*These guys were ORGANISED! I found myself being welcomed into a large private garden within a remote village.*

walking in from the east, a route that was started (or possibly restarted) about 15 years ago.

Our challenge was 130km; had I known that we'd be walking 50km through the first night I may have baulked at the idea. Ignorance is bliss. However, and after some preparation, I found myself being blessed by a Roman Catholic priest before setting off into a warm dark night. We walked through Castelo Branco and into the countryside, lit by a staff carrying a small statue of Nossa Senhora de Fátima. The rules were clear. Under NO circumstances were you allowed to pass the staff bearer and you were always to stick to the very left hand side of the road. Our guides herded us through the night, at times with whistles, other times with jokes and a loud shout. They were fun, and added to the solidarity of walking through the wilderness together.

Where on earth would you sleep and feed 84 people, you ask? These guys were ORGANISED! I found myself being welcomed into a large private garden within a remote village. It was one of the intermediate stops for nourishment and a local family was sitting there, entertaining us at 03:00 in the morning! We moved into the village café next door and wolfed down large bowls of hot, tasty soup.

The wind had come up outside. Our warm evening had morphed into a cool night, while dawn saw us struggling up a steep valley. We piled into an empty school house, with tables creaking under the weight of a delicious breakfast. Food and lodging were plentiful and we slept on cots in local gyms and halls.

All in all, it's a well-executed experience and an ancient culture is becoming popular again. Many Portuguese are now doing yearly caminhos. Maybe you should, too? Let me warn you though, for the uninitiated it's not easy. ☹️



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# The Douro

## *More than Port*

ONCE KNOWN ONLY FOR ITS PORT WINE PRODUCTION, THIS AREA IS NOW REGARDED AS A MAJOR PRODUCER OF FINE TABLE WINES. THE CLIMATE IN EACH AREA, AS WELL, OF COURSE, AS THE GRAPES THEMSELVES AFFECT WHAT IS POSSIBLE

*Words:* LÍVIA MOKRI

**T**HE DOURO wine region, which got its name from the Douro River, stretches approximately 90km from the city of Porto to the Spanish border. Nowhere else in the country are the traces of human intervention more visible than there, in the form of terraced vineyards on steep slopes. Because of its great beauty, the region was recognised as a UNESCO World Heritage Site in 2001.

The area of the Douro is about 250,000 hectares, but only 26,000 hectares of it are authorised for the production of port wines. And of the table wines now produced here which are gaining in importance, some 90% are reds, the remaining ten per cent divided between whites and rosés.

### Where it started

The first table wine of the Douro is attributed to Fernando Nicolau de Almeida, a winemaker at the Ferreira winery in Porto. Almeida visited the Bordeaux region in France in the Second World War and the experience awakened a desire to create a high-quality table wine. Barca Velha was born in 1952, from the grapes of the Quinta do Vale Meão plantations in the Douro Superior sub-region.

The Douro River not only had a huge impact on the region in terms of terroir, but it was also a great help to the producers, as it made their products more accessible. The barrels of Porto wines from the distant plantations were transported by ships called Rabelos to the cellars of Vila Nova de Gaia, located opposite Porto, on the other side of

the river, for further maturation. However, it took days for the shipments to reach the cellars from the vineyard.

The change that occurred was the result of an unfortunate accident. In 1861, the ship of a British wine merchant and mapmaker named Joseph Forrester capsized on the river due to a cargo of gold of considerable weight. The merchant and all his products were lost, and only the ladies traveling with him survived; it is assumed that the crinolines they wore kept them afloat.

Boats transporting the wines were then gradually replaced by trucks, and some 12 years after Forrester's death, the construction of a single-track railway line began, which stretches from Porto to the Spanish border, passing through dozens of tunnels and bridges: due to its special

beauty, it has also been designated a UNESCO World Heritage Site.

### Location, location

The Douro has three sub-regions, each located along a different stretch of the River:

- ◆ To the east, near the Spanish border, is the Douro Superior, which accounts for just 2% of the region's vineyards. This part of the Douro has the hottest and most extreme weather, with often hellish summers. The number of vineyards here has historically been limited and is still quite sparse, but in recent years more and more significant plantings have taken place as growers have begun to discover the potential of this dormant sub-region.

- ◆ The central part of the Douro is Cima Corgo, around the village of Pinhão, where

the majority of high-end Vintage Port wines are produced. It is the largest of the three sub-regions and accounts for almost half of the Douro's total wine production. Its steep vineyards are predominantly on shale soil filled with granite deposits. Grapes closer to the river usually ripen much earlier than those higher up, because the river holds the heat longer than the air.

- ◆ The closest sub-region to the city of Porto is called Baixo Corgo, which is best suited for making table wines. This, the smallest sub-region, has the highest concentration of vineyards. It is also the most accessible area. Being the westernmost sub-region, it is the coolest and wettest of the three due to its proximity to the Atlantic Ocean, so its wines are slightly lighter and of lower quality compared to the

other two sub-regions.

The Douro wine regulations since 1979 (both the temperature-controlled fermentation and the gentler extraction of tannins) resulted in an improvement in quality and producers began to use their best grapes to make table wines, instead of Port wines. It took centuries to produce world-class varieties in the region, but it was worth the wait.

The region's vineyards rise steeply above the river, on slopes of up to 45 degrees. The vines struggle to find water in a region with very little annual rainfall. Thus, all the plant's energy is concentrated on the fruit. The unforgiving terrain also limits the availability of mechanised work, so winemakers must perform almost all viticultural operations by hand. ▶



### The grapes

The Douro is rich in indigenous grapes, with more than 110 varieties. Among them are five outstanding reds with distinct personalities: the deep-coloured Touriga Nacional, which is powerful and structured; fruity and perfumed Touriga Franca; robust and sweet Tinta Barroca; Tinta Roriz which is elegant and long-lasting; and Tinto Cão, known for its spicy and concentrated properties.

Although there is no Douro without Port wines, today's experts recognise that the region offers ideal conditions for the production of the highest quality wines. Local producers offer impressive reds – some of the most intense and complex in Portugal – while the white wines are surprisingly delicious, especially if they are made from grapes grown in higher, cooler areas



## what to taste

### RAPOSEIRA RESERVE BRUT ESPUMANTE

Founded over 120 years ago, Caves da Raposeira now is a leading sparkling wine producer in Douro. They create wines in the traditional Champagne method, ageing in the cellars for more than two years. This Reserve Brut comes from the Malvasia Fina, Cerceal and Gouveio Real grape varieties, presenting a slightly citrine colour with fine delicate bubbles.

Fresh on the nose, it has discreet fruity aromas of lime, green apple and pear, accompanied by more mineral and floral notes, and in the mouth, the good acidity and low sugar level make for a distinctly dry taste.

Endowed with fruity aromas and a persistent palate, it is ideal as an aperitif or digestive. Also a fabulous accompaniment to roast meat dishes. [garrafinhas.pt](http://garrafinhas.pt)

Reserva Bruto 2018, €6.95



Pata d'Urso red, €69.11



### PATA D'URSO RED

The story of the origin of the name 'Pata d'Urso' (Bear Paw in English) is charming. It is said that there were bears on the territory until the 18th century, when bear hunting was a privilege only of a few. The hunter had to pay the charge, giving one or two paws of the bear to the landowner, because the paw was considered a delicacy of the Gods.

The grapes come from the old vineyards of Quinta da Furada, in Ervedosa do Douro. On the palate, there is a lovely bouquet of red fruits and jams, mixed with a touch of coffee and dried figs, while in the mouth it is full-bodied, but silky with a velvety finish that lasts several minutes.

This wine goes well with roasts, wild and red meats. [vinha.pt](http://vinha.pt)

### PIANO DOURO MUSCAT RESERVE

Founded in 1985, Carlos Alonso Douro Wine Company is an independent family business, located in Alijó in the centre of the Douro region. Piano, the Moscatel wine that blends tradition and innovation, is produced with 100% Moscatel Galego Branco grape. It has a beautiful golden-yellow colour and presents a very intense aroma on the nose, dominated by the noble oxidation of ageing in wood. The notes of orange jam and floral notes characteristic of the grape variety stand out. In the mouth, it is a wine with a good balance between acidity and sweetness, full-bodied and with good structure, with a long and delicate persistent finish.

With its 17% alcohol content, this wine is ideal as an elegant aperitif (served cold) but goes very well with appetizers, pâtés, or rich desserts. [portugalvineyards.com](http://portugalvineyards.com)

Piano Moscatel do Douro Reserva, €12.45



Extrema Edição II, €52.52



### QUINTA DA EXTREMA EDIÇÃO II RED

On the eastern edge of the Douro Wine Region, close to the border with Spain, among the breathtaking landscapes of the International Park, there is an estate with 150 hectares of high vineyards – Colinas do Douro, where respect for the land and the wisdom of men has created a portfolio of elegant, fresh mineral wines.

This multi-awarded, deep purple-coloured red wine is a blend of Touriga Nacional and Touriga Franca grapes, aged in French oak barrels for 24 months.

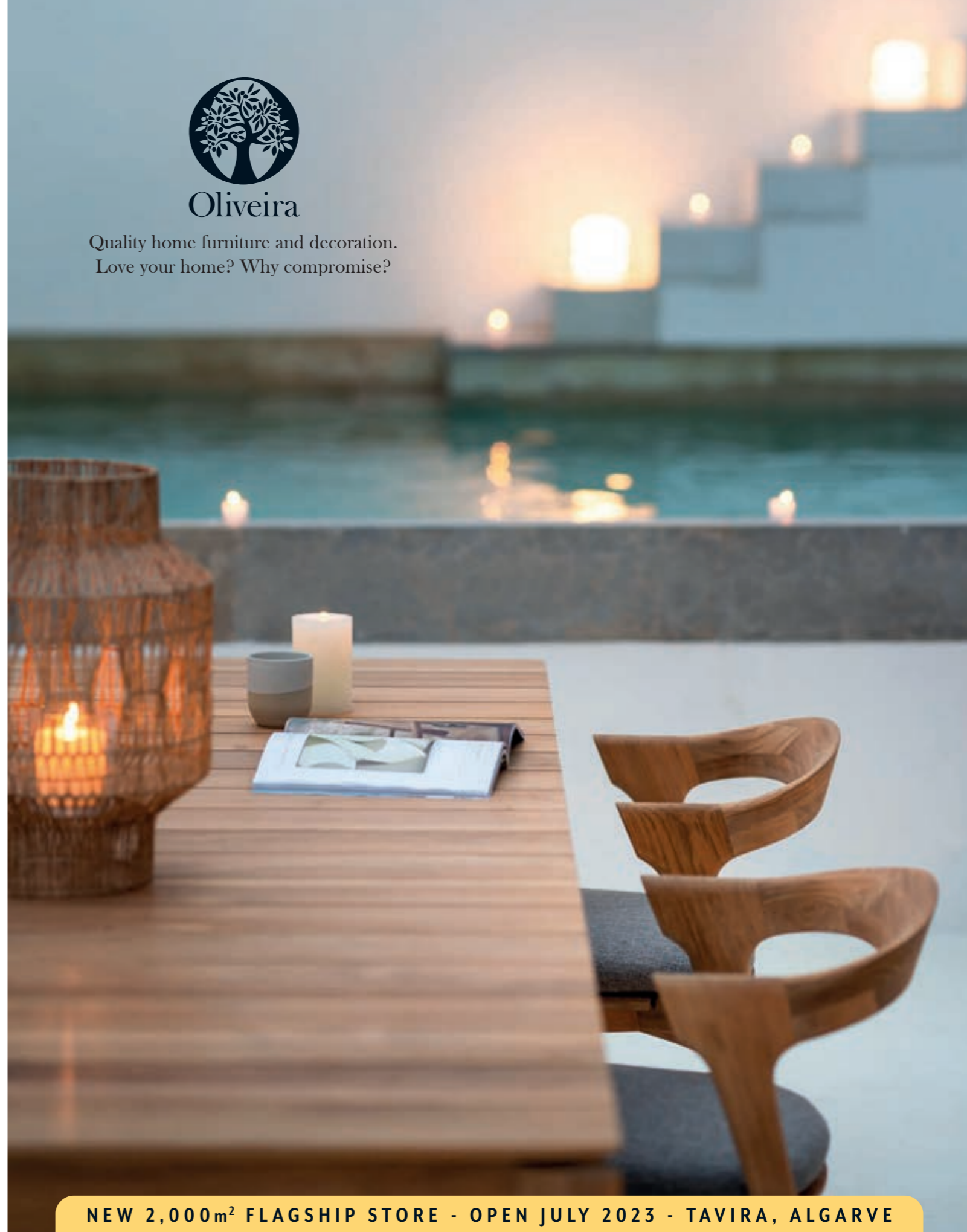
The nose presents good floral and fruity notes, accompanied by soft spices, sweet cedar and toasted cereal nuances. In the mouth, it is concentrated and juicy, with broad tannins and a velvety texture.

The wine goes well with white meats, roasts and strong cheeses. [portugalvineyards.com](http://portugalvineyards.com)



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VENTURE UP INTO THE MOUNTAIN RANGE OF THE SERRA DE MONCHIQUE AND YOU'LL FIND ITS BEAUTIFUL SPA TOWN, HOME TO ROOMS WITH A VIEW BELONGING TO THE CHARMING VILAFOIA

# A world away

Words: SALLY DIXON

**I**F SITTING on a packed beach in the height of summer is not your idea of bliss, then something a little off grid might be just what you're looking for.

Travel directly north from Portimão and in less than half an hour you'll come to the picturesque town of Monchique, framed by eucalyptus, pine and oak trees, from which extends several hiking trails up and around the nearby Mount Foia (now you see where the name VilaFoia comes from!). As the highest peak in the Algarve, it's a destination hotspot for hikers of all ages and a town where two former Netherlands residents would find themselves carving out a new life.

Famous for its natural spring water (you've probably seen it bottled on the local supermarket shelves; it is the best at 9.5pH) and thermal baths, Monchique is a lush green escape from the familiar beach vistas down on the coast. It was this peaceful and scenic vibe that drew partners Henk and Michel here in 2022.

## A life changer

Dutch born and raised, Henk previously worked in IT in Holland. Michel, from Brazil, had been living in Holland for 18 years, working as a buyer in the pharmaceutical industry. After an amazing trip, hiking for four weeks across Iceland, the couple returned to the working world and realised that the lifestyle they were currently leading wasn't contributing much in the way of quality and realising a longheld vision.

Henk says: "During Covid-19 it felt like we were doing online meetings 24/7 and we got a bit fed up with that. I always wanted to have a little bed and breakfast somewhere, it's a dream that a lot of people have." Michel was less sold on the idea of a B&B, having worked in hotels before and promised himself he would never do it again! But a little persuasion from Henk and they found themselves looking to realise that B&B dream. Henk

recalls: "We started looking for where to go, specifically within Europe. I was learning Portuguese and Michel obviously speaks Brazilian Portuguese, so Portugal it was."

The duo found themselves exploring the Algarve from Tavira in the east to Sagres in the west, sometimes viewing four properties a day. Favoured the serenity of the hills, they soon discovered that the Portuguese beach scene wasn't for them. Six months into their search they took a trip to Monchique and their fate was sealed.

Henk says: "We went to see VilaFoia in Monchique and it was a case of love at first sight". Finding themselves drawn to the landscape and tranquillity of the Serra de Monchique rather than the, how shall we put it, the effervescent tones of holidaymakers who've had one too many at lunchtime, it was here they would find their destiny, nestled halfway up Mount Foia.



*Henk and Michel have poured that vital mix of practicality and passion into the development of VilaFoia, turning it into a peaceful retreat that travellers love and appreciate*

Already a hotel, VilaFoia was owned by a German man with a foundation in Berlin to help children who couldn't afford to go to school. VilaFoia was partly run as a hotel and partly as a place to host volunteers and children from the foundation. Henk and Michel took over the hotel at the beginning of March 2022, as the owners and managers, on site almost every day, keen to give guests a dedicated experience by connecting with them, finding out what they like and how to enhance their stay.

## Up and running

Michel kept his job in Holland for the first year, running back and forth spending half his time in Portugal and the rest working away. It proved to be a hectic time for Henk in his newfound role of sometime solo manager, but the pandemic slowed the pace enough to help ease him into his new hospitality venture. "We spent a lot of time making it our own place", he recalls, "focusing on new things we wanted to add and improve to make it better for the guests." ►



### Introducing new elements

One of the first things they did when they bought VilaFoia was to install a huge yoga deck (31m wide) with views looking out to the Atlantic Ocean and a jacuzzi positioned in one corner. It has been known to be one of the most beautiful yoga decks in the Algarve, and it's not just Henk and Michel who say that!

Not content with one place, they also had to find a home for themselves, renovating both at the same time. All with a hotel guest waiting list for the summer of 2022. Henk laughs: "It's not healthy to think about that time! The first year was the year of building and surviving, then we started focusing on and investing in the retreats."

Monchique is located 30 minutes from the south coast beaches and 40 minutes from the rugged west coast, perfectly placed to explore the Algarve and yet be blissfully away from the summer crowds. Henk says: "We fell in love not only with the building and the views but also with the possibilities of Monchique – the hiking, the biking, opportunities for yoga and meditation retreats. That's what attracted us to VilaFoia. Monchique is a very special village, there are a lot of foreigners, a lot of artists. Sometimes you go to a bar or a party here and it's a bit like being back in the sixties. People fulfil their dreams of living a different life here."

During the idyllic holiday in Iceland that triggered the life change, Henk and Michel spent their days mostly, just the two of them – no interruptions, no mobile phone service – walking for eight hours. Their mutual love of nature and walking meant that Monchique was the ideal place to be able to give their hotel guests a similar experience.

Monchique lies on the path of the Via Algarviana, a 300km trail that runs between Alcoutim and Cabo de São Vicente, divided into 14 sections. "We are close to sections 10 and 11, 10 being the most difficult one of the whole 300km," says Michel. "11 is a popular one as well, as it can connect to the Fisherman's trail, from Porto Covo on the Alentejo coast to Odeceixe in the Algarve."

Monchique is a very special village; there are a lot of artists. Sometimes you go to a bar and it's a bit like being back in the sixties. People fulfil their dreams of living off grid here.

### So much to see, and do

The beauty of Monchique is that it also has several circular routes, where people with little experience can enjoy an hour and a half walk to hardened hikers, putting in 18km in one day. There really is something for everyone. Michel adds: "We developed some routes with the app WikiLoc (if you know, you know) that start specifically at VilaFoia." Follow the GPS of your phone and off you go!

Tailormade hiking trips are also a specialty of Henk and Michel, providing private groups with transport to walking routes, catering, lunch packs and dinner. From September onwards a whole host of retreats are on the cards, from yoga and meditation retreats, to breathing, female empowerment and ancestral healing retreats. Henk laughs: "We learn new things every day!"



The rooms are charming, individually designed to have a feeling of home. And the views from each are spectacular

One retreat that has become very popular, especially with the Brits, is Forest Bathing. Forest bathing junkies will be intrigued to know that Monchique is home to the big trees of forest bathing – eucalyptus, pine and cork. Their tall stature and heady scents are known for their grounding energy and de-stressing qualities.

Henk and Michel are keen to promote local events in Monchique, from artist residencies to food festivals, they have established themselves as the source of what's going on in the area. Together with like-minded business locals, they are also in the process of forming the tourism association of Monchique, an initiative started by them which was previously non-existent. "The idea is to promote the tourism of Monchique, to co-ordinate between public and private, and promote events in a

better way. There are a lot of great things to do and see here, so we wanted to find a way to connect them all and promote them in advance. For us, it's a way to do something for the local community and for tourism in general," says Michel.

Hardcore cycling enthusiasts will love Monchique terrain as the town plays host to the Volta ao Algarve (Portugal's own Tour de France) every year in February. This year also saw the launch of Geocaching in

Monchique. If you're anything like me before I wrote this article then you'll have no idea what I'm talking about, but apparently more than 700 tourists visited the area in the last five months for the geocaching alone. It's like a big global treasure hunt – look it up, it sounds fun.

You certainly won't be short of things to do at VilaFoia. Just make sure to carve some time into that busy nature schedule to do some hammock bathing. Oh, and look out for the Salvador Dali tiles bought back in the day from Dali himself and installed at VilaFoia. 🍷

For more information and to book a stay at VilaFoia head to [vilafoia.com](http://vilafoia.com). Stay up to date with all their events and retreats on Instagram [@vilafoia](https://www.instagram.com/vilafoia).



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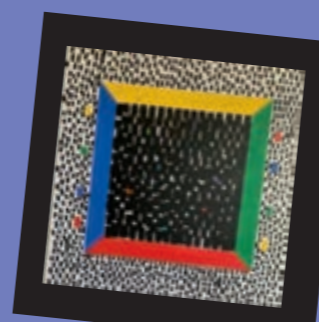


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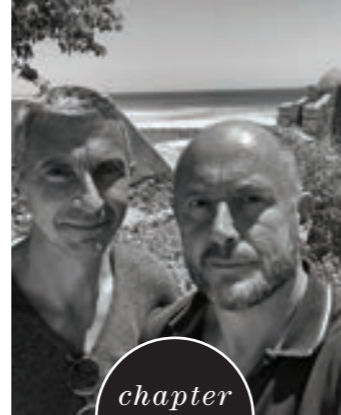
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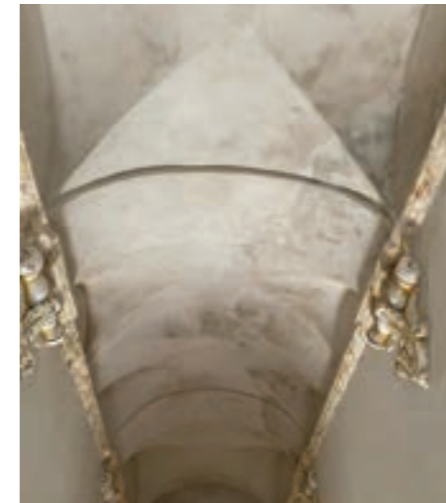
## Casa Amor

LAST MONTH WE LEFT JACK AND WALTER A LITTLE DISTRAUGHT. THEY HAD TO MAKE A DECISION ABOUT THE OPENING DATE OF CASA AMOR, AS THE WORK INVOLVED TAKING MORE TIME THAN EXPECTED. BUT THEY ARE PROGRESSING NOW, AND MOVING FORWARD AT A GREAT RATE

Words: ELAINE JOYCE

**S**O, SUMMER or not? High season or not? “We won’t be able to open this summer,” Jack regrets, “we do not want to make false promises to our future guests! The builder needs more time to achieve the renovation and that gives us more time to select the perfect pieces for our finished décor, down to the smallest detail.”

The boys have chosen Marshall speakers for the sound quality (and also the design!) that will be available in each room so that guests can listen to their music in the best conditions. They are also in the process of deciding on the wifi equipment that will be installed – with the thickness of Casa Amor’s walls and arches it must be efficient and effective. “We are also relying on Zé e Maria, the boutique featured in last month’s AlgarvePlus; thanks to Olivier and Stéphane, we are discovering beautiful Portuguese makers, like Saudade Design who is weaving a huge corridor rug for us, 17m long, in a shade of khaki reminiscent of the Ria Formosa. We also fell for their very pretty poufs, woven in the same style, but this time in blue and cream like the beaches of Armona.”



While the building works progress, Jack and Walter get into shopping mode selecting the pieces that will give Casa Amor its special personality. They are searching for the best that Portugal offers

Currently, Jack and Walter are recruiting talented individuals who will take part in the boutique hotel story – a manager to assist them, a cleaning team, a handy man, a group with barista skills to run the coffee shop and breakfasts, a pastry chef to accompany Walter, and later a Chef and his team for the restaurant; a dozen people in all over the next few months.

Knowing that a happy team creates a happy atmosphere – and happy guests as a result – employees will have annual contracts, attractive salaries, a cloakroom and private areas. If you want to join them, you can make contact via Instagram.

But none of this will be possible without the delivery of the finished building itself, and that is in the hands of the trio – E Obras, the builder; Sena Architects and Guida Gomez, the civil engineer.

“The structural work is almost finished,” Jack reports. “The electricity and water infrastructures are in place, the windows and doors are being installed. In the 14 months since work began, around 75% of the tasks have been completed. Soon it is the turn of the heat pump and solar panels.” Next, the bathrooms are to be installed. Parquet is to be laid. There is the painting, the finishing, and it doesn’t

end there. We have to finish the pool, finish the fireplace, finish the platibandas, finish the installation of the Santa Catarina, finish the patio... as we say in Portuguese ‘é quase’, ‘it’s almost’. But we remain confident in our team, our trio – they know how much has been invested in this project. And they are aware of the visibility of our story, not only in the Algarve but across the country, in the world of social media... and in this magazine that we feel part of.”

When it comes to catering facilities, everything is in place. Equipment has been ordered from Olhão company Ibericafrio, founded in 1972, and stored in its warehouse. Jack and Walter took advice from Pedro Lima and fantastic chefs like Adrien Godreau and his wife Mélanie, owners of Amorizade in Lagos, a favourite restaurant of theirs. The installation of the kitchen and the coffee-shop should be finished in June – Walter is eager to get back to his role as pastry chef and Casa Amor neighbour, artist Dora Keogh, says she can already smell croissants!

So, there’s light at the end of the tunnel now, between financial calculations and debates on the colour of the cushions, between the call of the beach and the call of work. Watch this space... ☺



# Man of music

WHEN THREE-YEAR-OLD LUÍS CONCEIÇÃO FIRST HEARD FRENCH PIANIST RICHARD CLAYDERMAN, IT SET THE PERFECT TONE FOR HIS LIFE'S JOURNEY. TODAY HE ORCHESTRATES THE WORK OF ONE OF THE ALGARVE'S MOST IMPORTANT MUSIC SCHOOLS

Words: DEBBIE REYNOLDS

**L**UÍS CONCEIÇÃO has warned me that “since it’s a teaching day” he’ll be very casual, so I’m somewhat unprepared for the dapper man waiting for me in the courtyard of the Tavira Academy of Music.

Clearly, this is a man used to the limelight, although he is adamant that now he much prefers being in the background.

Born in Faro on June 3, 1974, Luis began playing the piano at the tender age of four. “I was reading music before I could read words,” he laughs. “It began when I was three and I saw Richard Clayderman playing a white piano. I was so entranced I told my father ‘I want to do that.’”

The next year his father enrolled him at the Conservatório Regional do Algarve in Faro where he began his official music studies. Aged 18 he moved to Lisbon where he went on to graduate in Musical Sciences at the Universidade Nova de Lisboa.

He chose Lisbon, his favourite city in the

world, as the base for his career as a professional musician, although he had been performing professionally since he was just 14.

“I was a very independent child, so I began playing in restaurants and concerts and with bands in my teen years,” he explains. “I also began composing when I was 12. I can play everything from classical and jazz to blues to rock, but my favourite is the fusion between classical and world music. I also love jazz improvisation.”

#### Teaching others

When he was only 27, he was approached by acclaimed guitarist José Nunes to open the Academia de Música de Tavira.

“One part of my family comes from Faro and another part from Tavira, so it was a perfect opportunity for me,” says Luís. “We worked together on developing the concept and opened the school in 2001.” Wanting to learn more to pass on to his students, Luís then obtained a degree in Piano from the University of Evora, followed by a master’s degree in music teaching from ISEIT (Piaçet).

“I have always loved teaching, something I maybe picked up from my mother who was a primary school teacher,” says Luís.

“When Daniela Marinova – one of my favourite teachers at the Faro Conservatory – died, I took over her classes, and I continued to teach while I was studying in Lisbon.” ▶





He is currently vice president and professor of piano, and history of culture and arts at the Tavira Academy, which caters for students from 12 to 18 studying for diplomas in piano, guitar, violin and accordion. "Plus, we've added classical ballet and contemporary dance to our school offering," says Luís.

Luís has performed throughout Portugal, and in Spain, Italy, Germany and Holland, but he tells me: "It's all my original music. I much prefer to compose and play my own compositions. I don't have the patience anymore to spend hours and hours at the keyboard preparing one piece."

#### Always performing

He also has a band, Osmose, which is where he can let his hair down, playing fusion rock and roll, as well as Optus 2, which is his wedding music side hustle.

Most residents of Tavira will know him for his performances at the Música nas Igrejas concerts, which take place regularly in some of Tavira's most beautiful churches.

For Luís, his favourite performances are on both ends of the scale. "I love the very intimate, smaller ones where it's just me and the grand piano and a candle-lit room. But I also love playing with my band on a big stage for thousands of people."

His other great love, composing, includes work for film and theatre, with a particular passion being making music for independent films and previously silent movies. He singles out his original composition for the influential science fiction film *Metropolis* by German director Fritz Lang, about the struggle between humanity and technology, which was released in 1927. And he also works with Glassbauch and Co, making music to go with photographs that are made into videos.

He also has a band, Osmose, which is where he can let his hair down, playing fusion rock and roll, as well as Optus 2, which is his wedding music side hustle.

#### Forthcoming events

Luís is particularly excited about an upcoming project in which he is working with Portuguese actor Vitor Correia, fusing original music and the poetry of Álvaro de Campos (aka Fernando Pessoa). The performance will take place at Clube de Tavira on 26 June.

On 17 August, he will be performing with his band Osmose, as part of the city's cultural summer programme. "It will be in the Praça da República with a choir and a string quartet – with a little surprise of Queen's *Bohemian Rhapsody*," he laughs. Then, in November, he'll be taking to the stage and presenting a piano solo in the Música nas Igrejasseries, a programme by the Tavira Academia to boost local heritage and promote a love of music.

Some of Luís's favourite composers are Frederic Chopin, Richard Wagner, Miles Davis and Keith Jarrett, which explains why his two cats are called Chopin and Sand (after Chopin's lover, Amantine Lucile Aurore Dupin de Francueil, better known by her pen name, George Sand, "a notorious cigar-smoking, trouser-wearing novelist".)

#### Happy to be here

When he's not working, Luís spends time with his girlfriend, Isabelle Barton, who is also in the music industry and shares so many interests. "She's Scottish and a classical singer and we love travelling together and eating out, especially since I don't like cooking," he says.

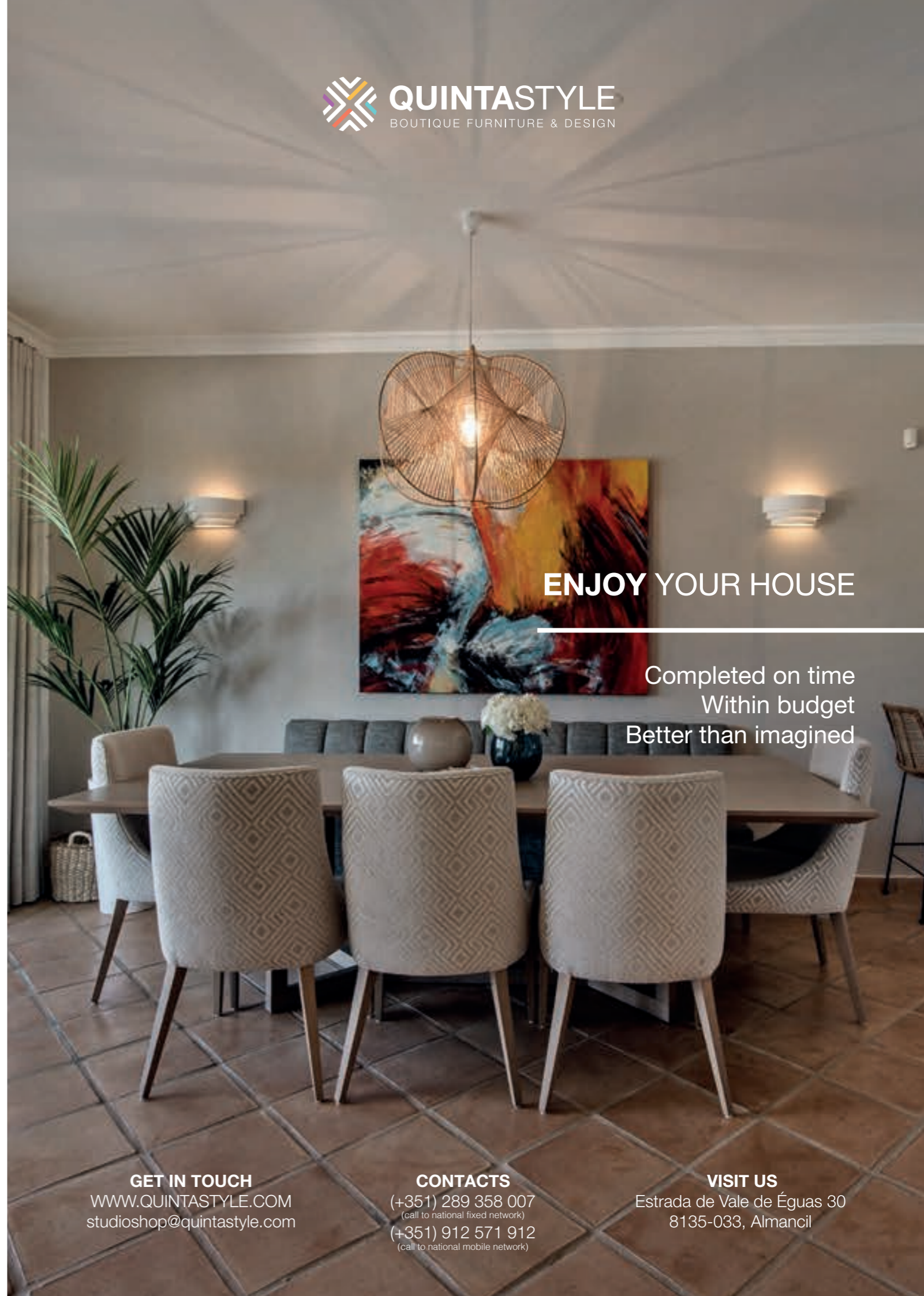
He also counts himself lucky to be living in his second favourite place in the world, Tavira. "It has retained its authenticity, but still offers great culture and many wonderful restaurants," he says. "I love sushi, but one of my favourites places to enjoy tapas and good red wine is Caravela."

Asked about his lifestyle, Luís says he tries hard to keep a very low profile when he's off stage. "I wake up at 6am to work out, teach at the school from 2pm to 6pm and I'm normally in bed by 10pm."

For Luís keeping fit usually consists of amateur boxing, which, he says, is strange considering he's a pianist. "But I make sure to keep my hands well strapped up and protected. I also used to play rugby at university."

In his 48 years, this man of many talents has composed more than 500 original works, from solos to operas, and released six CDs featuring his original music. Take the opportunity to see him perform at one of the forthcoming events. Long may the man and his music play on. 🎵

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Words: LAURA SHEA

**T**HINK DIMENSIONS as well as weight. The leading airlines are strict about both and you could end up with additional charges at the airport if your bags don't measure up to requirements. Here's what's okay: and remember wheels, pockets and handles are included in the calculation: *Easy Jet*: 45x36x20cm, weight limit 15kg. Or you can upgrade to include a bag of 56x45x25cm. *British Airways*: 56x45x25cm, weight limit 23kg, plus an additional large bag of 40x30x15cm. *Ryanair*: 40x25x20cm, weight limit 10kg. You could also have a separate bag of 55x40x20cm as a priority add on. *Tui*: 55x40x20cm, weight limit 10kg.

### Buying guide

The IT collection, available from Primark, offers a big range of super-lightweight cabin-sized bags in various colours and designs. Each case has a label attached detailing its exact dimensions and weight, negating the need for a tape measure when you go to shop.

IT's eco-protect underseat wheelie – [itluggage.com/products/eco-protect-underseat-silver](http://itluggage.com/products/eco-protect-underseat-silver) – measures 44x34x20cm so it does fit within most airlines size constraints. It comes in black or silver and is part of the eco-friendly range using recycled materials. Full swivel wheels mean this is easy to push or pull, and it comes with a fitted combination lock and ten-year warranty.

Kids will love the Primark ever-changing Disney range [primark.com/en-gb/p/disneys-mickey-mouse-and-friends-4-wheel-suitcase-white-991063295002](http://primark.com/en-gb/p/disneys-mickey-mouse-and-friends-4-wheel-suitcase-white-991063295002), and the group's duffle bags have been proving hugely popular for kids and adults alike. Don't forget to grab one of Primark's travel sized hair straighteners to save even more room!

Misako offers a wide range of cabin bags in their stores and online, and one style that caught my eye was this chic PVC retro-styled hard sided case at [misako.com/pt/colonial-maleta-misako](http://misako.com/pt/colonial-maleta-misako) – the measurements (53x35x21cm) mean that it is on the larger side, but it looks stylish and weighs in at just over 3kg. €119.99

For those super light packers who can get by on minimal socks and shampoo, your

local Auchan stocks an array of cheap and handy cabin bags, with many options coming in at around €20. This option [auchan.pt/pt/automovel-desporto-e-outdoor/malas-e-trolleys-de-viagem/malas-de-viagem/mala-de-cabine-flexivel-auchan-essencial-2-rodas-preto-50cm/3075184.html](http://auchan.pt/pt/automovel-desporto-e-outdoor/malas-e-trolleys-de-viagem/malas-de-viagem/mala-de-cabine-flexivel-auchan-essencial-2-rodas-preto-50cm/3075184.html) measures 32x49x17cm and weighs a minute 1.9kg so will do for most flight providers. Soft sided polyester, this might not be the easiest to manoeuvre due to the half wheel base, but for a weekend away it will do the job. €19.99

One benefit of travelling with hand luggage is of course that it never really leaves your side, or it out of sight, so you could splash out and treat yourself to something a bit special.

One of the most iconic designs has got to be Louis Vuitton, and there are some fantastic choices of cabin bags, and mostly measuring at 55x38x21cm, which would be fine on a BA flight. These are investment pieces, but they are also stylish, timeless and user friendly.

A Louis Vuitton case is the epitome of luxury travel accessories, and once you use one you know exactly why. The store in the capital is at Avda. da Liberdade, 190 1250-147 Lisbon. [eu.louisvuitton.com/eng-e1/art-of-living/trunks-and-travel/rolling-luggage/\\_/N-tfbo8m](http://eu.louisvuitton.com/eng-e1/art-of-living/trunks-and-travel/rolling-luggage/_/N-tfbo8m) is where to look.

Cavalinho is a well-recognised and loved brand throughout Portugal and it has some fantastic options for cabin bags as well as trendy handbags. One of the best I found, ►



### wheel travel





opposite page, was the Gold Cabin luggage €99.90, a hard version that measures 38.5x56.5x23.5cm and weighs 2.4kg. Made from polypropylene and with an 8-wheel base, this one is hard wearing and easy to push. For a smaller version but of the same fantastic Cavalinho quality, then definitely give the Gold Travel case a go. At 34.5x27.5x16cm this will be perfect for most flights and fits within the regulations, €39.90. There are Cavalinho stores in Loulé, Albufeira, Quarteira and Guia.

The usual mini suitcase or holdall bag can be great for a few days away on a city break where you dump your things in your hotel and then head off. Going for a holiday that is a bit more physical means that you need a reliable rucksack that can carry all you need, and is comfortable to wear.

Osprey Europe have some brilliant choices: the Farpoint 40 is a featherlight 1.6kg and measures 55x35x23cm. It is fine if you are upgrading on Easy Jet, and fits within the BA limits. Durable fabrics and adjustable straps mean that you can create your perfect fit and the addition of a toiletries pocket is really handy. The packs come with a padded laptop sleeve, mesh pockets and compression straps. amazon.de, €160

For an even lighter option check out the Daylight Carry On Travel Pack, which is only 1kg, meaning that nearly your entire weight limit can be used on your personal products. Measuring 33x33x22.86cm and with a 44-litre capacity, this is one of the best bags you will find fitting within cabin bag restrictions. The Daylight is lockable, has several quick and easy access areas and is made with recycled materials, never scrimping on quality. I love the palm foliage fabric rather than just the standard black or blue, and the website has a great selection of accessories to customize your pack further. Visit amazon.de for a big selection. €119.90

Always read the terms and conditions of your flight when it comes to hand luggage so you are fully in the know. You do not want to turn up with a bag that is obviously too big or heavy, as you will be made to check it in and this will incur an extra charge. If you are allowed an extra handbag or laptop bag then make the most of this additional room. Protect your important bits such as passport, bank cards, phone and cash by keeping it all together in a travel wallet. Do not leave these valuables in your case if you are putting it above your seat, and keep any medication with you, also. It is always worth asking your airline if you can have a separate bag, and keep your meds in that, along with your travel wallet, etc.








When restrictions are tough, I pack my flight essentials in a small canvas shopping bag in my case, and once through check-in and security I pull the whole lot out of my case and know that I am set for my journey.

Keep liquid toiletries to a minimum; the current restriction is set to be lifted this year, but you can buy what you need when you arrive, and most hotels have fantastic amenities in their rooms, so don't waste too much packing space on body lotions and shower gels. 🇬🇧

## TAKING OFF?

When you click to okay a flight booking, do you know precisely what you'll be charged? Michael Fisher from TradingPedia could well amaze you with the latest report on those hidden fees.

TradingPedia's research team looked at seven airlines that fly to and from the UK, and compared the fees for various services, including seat selection, luggage and check in. This is what they found:

Airline	Checked Baggage Cost (hold, average fee)	Carry-on Baggage (cabin, average fee)	Seat Selection (average fee)	Online Booking Fee (average rate)	Airport/ Online Check-in (average fee)	Missed Departure/ Rescue Fee	Total Hidden Costs per Single Flight (per person, at time of booking)
	€35.34	€20.52	€17.67	€0.00	€62.70	€114.00	€250.23
	€47.31	€43.66	€18.35	€0.00	€0.00	€131.40	€240.72
	€65.44	€0.00	€33.40	€11.17	€27.70	€83.22	€220.93
	€35.91	€19.95	€27.36	€0.00	€0.00	€125.40	€208.62
	€57.00	€0.00	€22.80	€0.00	€0.00	€0.00	€79.80
	€31.81	€13.68	€31.81	€0.00	€0.00	€0.00	€77.29
	€35.34	€0.00	€22.80	€0.00	€17.10	€0.00	€75.24

Those who have yet to make a flight reservation should prepare themselves to pay more than they did a year or two ago. In December, air fares rose by 44.1% compared to December 2021, according to official figures. This historic increase is the largest since the 1980s.

The full report is worth a read and can be found at [tradingpedia.com/2023/04/11/airlines-with-the-most-hidden-charges/](https://tradingpedia.com/2023/04/11/airlines-with-the-most-hidden-charges/)

### Here are a few key takeaways:

Ryanair, Vueling and Wizz Air charge passengers the most, with hidden fees amounting to €250, €240 and €220 respectively, plus a few cents. Jet2 seems to have the lowest additional fares at only €75.

Not all airlines display additional fees and charges clearly on their websites - these remains hidden up until the moment you fill in payment details on the booking form.



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LIKE MOST VISITORS TO PORTUGAL, THE ARTIST DAVID SMITH HAD NO IDEA THAT THE COUNTRY'S SOUTHWEST COAST WAS THE SUBJECT OF A UNESCO WORLD HERITAGE CONVENTION

Words: CAROLYN KAIN



# Stunning seascapes



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**D**AVID SMITH did not know that the Algarve had been designated as one of few remaining well preserved coastlines in southern Europe. But he only had to glance at it to see!

One hundred and fifty kilometers in length with a marine zone two kilometers wide, it is spectacular. Dissected by several watercourses and temporary ponds, the river Mira and its tributaries meander to the sea. In places where brine and fresh water meet, there are high levels of diversity, flora and fauna that are not seen elsewhere. According to UNESCO – 'it is a unique landscape of great scientific importance worldwide, for it is one of the greatest floristic diversity in Europe'.

As an artist often inclined to painting seascapes, David was drawn to visit Amoreira, Bordeira and Carrapateira. An A, B, C of beautiful beaches that are transformed by the weather and influenced by the ever-changing state of the waves and water. He was impressed and compelled to record what he saw and felt. Appearing in his paintings there are small islands, bays, capes and deep water troughs upwelling from the seafloor. Interpreting these scenes, he shows the changing sunlight and the sprays of spindrift as they play games, chasing each other along the sand.

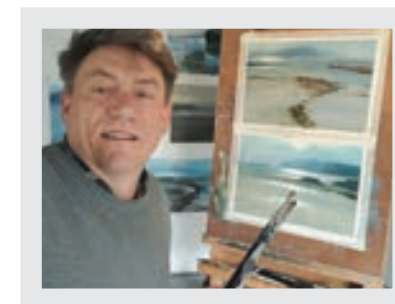
The area is deserted for much of the year and it is this quiet period that David most enjoys. Walking over dusty hills and moors to remote spots on the slate cliffs, he is a single person standing above the beaches of Castelejo or Cordoama, deciding upon which view to paint.

It is easy to be transported back 40,000 years when the first human beings came across this coastline. Long before the Stone Age, these people exploited the marine resources. Shelters and traces of shell middens show there was a continuous human presence in the area from prehistoric times until the medieval age and the more recent past. The remains of salting workshops show the important role the area played supplying the Roman Empire with fish preparations. Because so much has been left undisturbed, the history and prehistory of this coastline is haunting.

Not that any of this is David's concern, or the criteria that justify it being called an area of 'Outstanding Universal Value'. As long as it remains the same and is not commercialised, its natural beauty can continue to be enjoyed.

When David gave up his career as a landscape gardener and designer it was so that he could paint. Always searching for perfect places to commit to canvas and then returning to his studio in Oxfordshire. He now regularly exhibits as part of various Royal Societies of Artists in the UK. His paintings, which are full of feeling, atmosphere and emotion, are displayed at Galeria Corte-Real in Paderne. The gallery is his sole representative in Portugal. The short journey from the EN125 follows a route through some charming Algarve countryside. ☺

about the artist



**Your favourite medium?**

Oil, and often directly from the tube with no thinner, achieving thick impasto strokes using a palette knife. I also like the lustre of oil paint.

**The largest work you have ever produced?**

I mostly paint small – 20x20cm, 20x25cm and 20x30cm so I can finish a piece in one sitting – 'alla prima'. But I get regular commissions for larger pieces; my latest is 100x100 – a landscape inspired by the Lake District – it is in a private collection in Scotland.

**What inspires you?**

The Algarve coastline and beaches, without question. I'm drawn to water – even as a small child I would spend my free time down at my local river. Being outside in nature is inspiration – beauty is all around us if we look.

**Do you start each work knowing how you want to finish it?**

I have a rough idea of what I'm looking for in a finished piece, but like to keep it loose and fresh with bold strokes of the brush and palette knife, and happy for the painting to evolve naturally. Some of the strokes with the palette knife leave very abstract shapes but I feel I get a lot of realism from this.

**Your very favourite colour?**

Cerulean blue. I feel as a seascape artist that this is my desert island colour. I can mix it with other colours to achieve what I'm looking for in sky and particularly sea colours. I have not yet found another blue as versatile as this.

**What do you prefer, the beach or the hills?**

That's easy, the sea every time. Painting the sea is a lifelong challenge that will have me coming back time and time again to get that 'perfect piece'.



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# INSTAGRAM *marketing*

## *10 key business tips*

KEEP AN OPEN MIND AND PREPARE TO THINK OUTSIDE THE BOX - THIS IS NOT THE TYPICAL ARTICLE RECOMMENDING THE USE OF HASHTAGS AND GIVEAWAYS TO GROW ON THE PLATFORM. INSTAGRAM HAS COME A LONG WAY IN 13 YEARS, AND OLD STRATEGIES AREN'T USEFUL ANYMORE

*Words:* RITA SAMPAIO

**W**HEN IT COMES to Instagram, don't expect a magic formula, it doesn't exist! What works for one business may not be effective for another. You must adapt everything you do to your target audience (no one knows it better than you do) and test, test, test. As someone with over ten years of experience managing social media business accounts, I'm excited to share with you an updated guide on how to market your business on Instagram:

**1. First, you need to understand the platform and its users.** To fully benefit from social media, it's important to actively use it. The primary reason people use social media is to keep in touch with friends and family. Most users are not interested in shopping, but rather in socialising. Therefore, it's essential to make sure that your content seamlessly integrates into the conversation.

**2. Make sure you have a professional account.** Check Settings - Account in the app. This will allow you to add contacts such as address, phone number and email to your profile. With a professional account, you also can analyse Insights (Instagram analytics), schedule content and boost posts. ►



**3. Make the most of your bio.** Use up to 150 characters to describe your business concisely. Encourage interaction by including a call to action, such as 'Book now' or 'Call us today', but tailor it to your business. To add some personality, consider using one or two emojis that align with your brand and audience.

**4. Attract potential clients.** You can create educational content by sharing knowledge and useful information, and/or entertaining content by incorporating humour, which can work wonders for many brands. Interestingly, the most popular activity among Instagram users is "looking for funny or entertaining content," which explains the success of accounts like @ryanair. If you're Portuguese, you probably already follow @controlportugal. Keep up-to-date with trending topics, try them out, and analyse how your audience responds to your content.

**5. Use the different content formats wisely.** Posts and Reels are great for permanent content, while Stories and Lives are best for temporary content. I recommend posting Stories daily, as many as you can as long as they add value. For Posts, sharing 2-5 per week in the carousel format (with 2-10 pictures or videos in one post) can drive more engagement. Reels (videos with music or trending audio up to 90 seconds) are a good way to reach new audiences, try to create at least one per week. Use Lives for events, but make sure to plan and announce them in advance.

When creating content, stay consistent with your brand's visual identity – if you're using Canva, keep your colours, fonts and graphics consistent.

All content formats can be scheduled in advance and for this, I recommend using the free Meta Business Suite Planner, which you can access through the app or Facebook website.



**6. Showcase humans.** Social media is about people, so show your people – staff, clients, partners, etc. Tell the story of your products or services and provide unedited behind-the-scenes footage of your daily operations. I suggest posting this through stories as a great way to humanise your brand. You may also consider partnering with content creators, also known as 'digital influencers', but only the ones that communicate to your specific target audience.

**7. Focus on clients, not followers.** In 2023, followers are not the most crucial metric to track – they don't pay your bills. Plus, people don't need to follow you to buy from you. After all, the most popular type of account that social media users follow is "Friends, family and people they know." Instead of obsessing over followers, you should focus on other metrics such as reach, engagement, leads and conversions.

Reach is the number of people who see your content, engagement is the number of interactions (likes, comments, shares and saves), leads are the number of potential customer contacts, and conversions are the actual sales. To calculate your engagement rate, take each piece of content and divide the number of interactions by the number of followers. Then multiply by 100 to get a percentage. It's best to aim for above 1% (the current average on Instagram is 0.71%). Do this only after seven days of posting.

**8. Maximise your success on Instagram.** It's important to invest in paid campaigns in addition to posting organic content. Strive for a balance between creating high-quality content to engage your audience and generate leads, and utilising paid advertising to reach a wider audience. I suggest using Meta Ads Manager to create your campaigns, allowing you to have complete control over targeting your desired audience, such as tourists or residents in a specific location.

**9. Avoid using #hashtags altogether.** It may be a bit controversial, but it is my recommendation. While they used to be effective in the early days of Instagram, they are now overused and tend to attract spam (the kind of "Nice pic, follow our account" automatic comments). Instagram's CEO, Adam Mosseri, has even acknowledged publicly that hashtags no longer boost post engagement or reach.

Additionally, hashtags act as links, which means that if people are clicking on them, they are leaving your profile and going elsewhere. Furthermore, Instagram has a growing list of banned hashtags, and using them can result in 'shadowban', a punishment from the algorithm. My advice is also to steer clear of bots, spamming people, and buying followers – these actions can lead to your account being hacked.

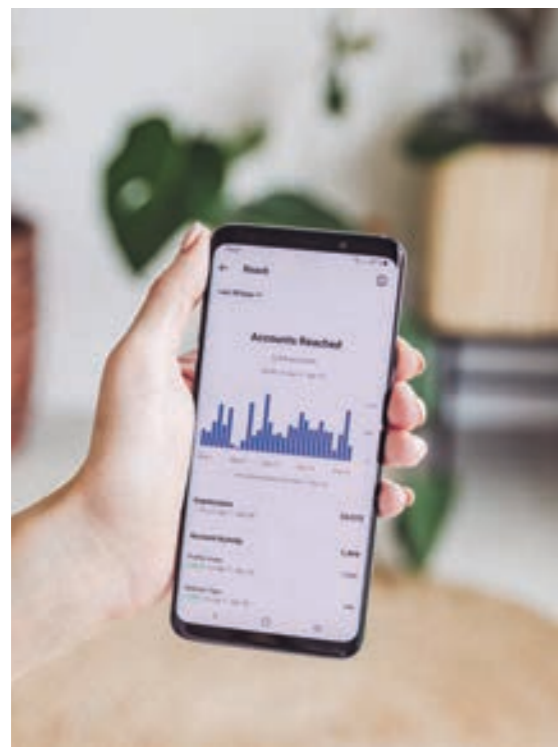
**10. Don't rely on just one social media account.** If it gets hacked, you could lose all your hard work. It's a good idea to diversify and invest in other platforms. Interestingly, the average user has seven social media accounts. Facebook remains popular with three billion active users and is the best platform for driving traffic to your website. However, if you're targeting a younger audience, TikTok may be a better option.

If you're interested in expanding your knowledge, there are many free online courses available on Meta Blueprint that you can explore. But if you don't have the time or don't enjoy social media, seeking professional assistance may be a better option. Local creative agencies, social media management freelancers, or marketing consultants like me can help you achieve your goals. 🇵🇹



Data sources:  
Digital 2023 April Global Statshot Report and Digital 2023 Global Report, both available on [datareportal.com](https://datareportal.com)

*Rita Sampaio is a professor at the University of Algarve and a trainer at Turismo de Portugal, ANJE, and ETIC\_Algarve. With 19 years of experience, she has worked for design and digital marketing agencies and has led marketing departments in various business groups. Specialising in digital marketing and social media, she's now more focused on education but still enjoys taking on creative challenges, particularly in branding. You can find her at [linkedin.com/in/ritasampaio/](https://www.linkedin.com/in/ritasampaio/) or contact her at [ritasampaio.pt](mailto:ritasampaio.pt).*



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# BAKED RICE... with a real difference

MEDITERRANEAN FLAVOURS ARE A FAVOURITE RIGHT NOW AND THIS PARTICULAR DISH, A MALTESE SPECIALITY, IS ON EVERY FAMILY'S RECIPE REPERTOIRE, OFTEN WITH A TWIST, LIKE THE ADDITION OF SLICED SAUSAGE (TRY CHORIZO). IT IS ALSO FOUND IN BAKERIES AND SNACK BARS SOLD IN SMALL FOIL CONTAINERS

 SERVES 4-6 
  PREP 20 MINS 
  COOKING 1 HOUR

## INGREDIENTS

- 3 large ripe tomatoes (400g)
- 400g tin (14 oz) tinned diced tomatoes
- 500g minced meat (half each of beef and pork, or all beef)
- 3 tbsp olive oil
- 1 large onion, finely diced
- 2 garlic cloves, finely chopped
- 100g bacon, thinly sliced
- 2 tbsp tomato paste
- 500ml chicken stock
- 1 ½ tsp salt
- ½ tsp dried mint
- ½ tsp dried oregano
- 1 pinch of saffron threads (optional)
- 350g long-grain rice
- 2 eggs
- 100ml milk
- 60g parmesan, grated
- 3 tbsp fresh breadcrumbs

## METHOD

- 1 If using fresh tomatoes, score them on their bases and grate with a box grater.
- 2 Sauté the minced meat with 1 tablespoon of the oil in a medium saucepan over a medium-high heat until browned with any moisture evaporated. Transfer to a bowl.
- 3 Add the onion, garlic and bacon to the pan and sauté over a low-medium heat until the onion is soft (around eight minutes). Stir in the tomatoes, tomato paste, stock, salt, dried herbs and saffron (if using) and cook for 5 minutes.
- 4 Add the browned meat, cover with a lid and simmer for a further 10 minutes. Turn off the heat and allow to cool.

- 5 Bring a large saucepan of salted water to the boil and cook the rice for three-quarters of the time indicated on the packet. Drain and rinse with cold water to cool the rice down.
- 6 Preheat the oven to 190°C (375°F) and butter a deep baking dish.
- 7 Combine the rice and meat mixture in a baking dish. Whisk the eggs in a small bowl with the milk and two-thirds of the grated parmesan. Combine well with the rice and meat.
- 8 Top with the remaining parmesan, then the breadcrumbs. Drizzle with the remaining oil. Bake the rice on the top rack of the oven for about 20 minutes, or until a crust develops. The goal is to finish the cooking of the rice, but allow it to retain some moisture from the sauce underneath the crust, so be careful not to overcook it.
- 9 Serve with crusty bread and a green salad.

*If for some outlandish reason you ever have leftovers, the dish doesn't reheat well, but is delicious cold*

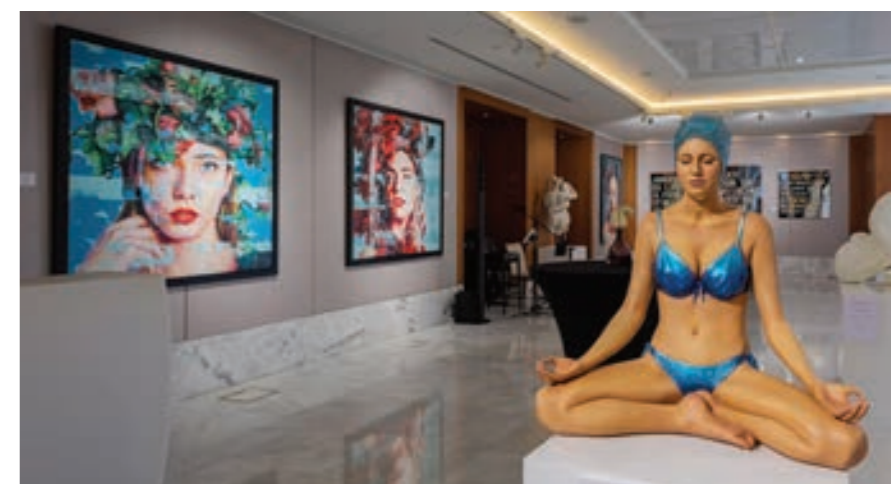
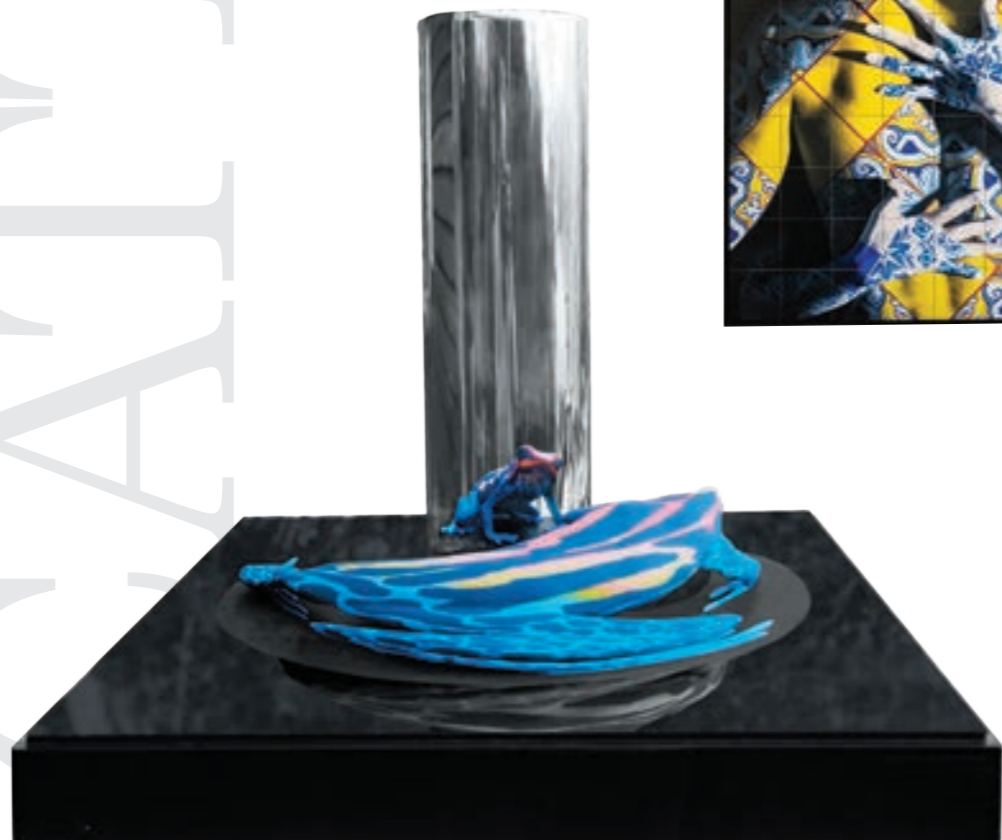


*This is one of the delicious recipes from the just-published Malta, by Simon Bjjada, (Hardie Grant, from bertrand.pt, €33.13). The pics by ©Simon Bajada are rather tasty, too.*



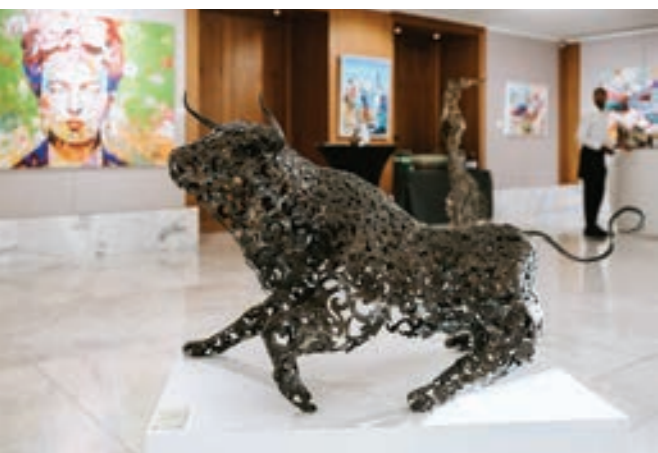


ARTCATTO



STANDING ON LOULÉ'S AVENIDA, FACING THE MAGNIFICENT RED BUILDING SIGNPOSTED ARTCATTO, YOU KNOW YOU ARE IN FOR AN EXCEPTIONAL EXPERIENCE EVEN BEFORE YOU PASS THROUGH THE WROUGHT IRON GATES, CLIMB THE FEW STONE STEPS AND ENTER THE GALLERY

Words: SUSI ROGOL-GOODKIND



A BEAUTIFUL  
FORMIDABLE  
FORCE

ARTCATTO IS so much more than a gallery. Room after perfectly-proportioned room carries the work of internationally recognised painters and sculptors, displayed to tell a story, present a theme, speak of the originator's mindset. Gillian Catto, the woman behind the arthouse that attracts key names who want to be part of the ArtCatto story, is an international name in her own right. She studied art in Paris at the École de Beaux Arts, which fed her appetite and appreciation of talent, skill and originality. And she was the owner of The Catto Gallery in London for 32 years, which she steered to become one of the most successful contemporary art galleries in the capital.

From her London base, she launched many a career,

including that of Jack Vettriano who, as a result, became a household name. And exhibiting the work of celebrities who had taken up art, such as Tony Curtis and Tony Bennett, she gained widespread media attention for the gallery.

In 2008, Gillian moved to the Algarve bringing her passion for art into a new arena. She opened an elegant short-term pop up in Quinta do Lago – more out of curiosity than anything else – to see what opportunities might exist for the artists she represented. And it was evident, from the start, that there was an audience here of keen collectors interested in the best.

Finding a permanent home for her gallery was the next step. But not a difficult one. "Loulé is the most culturally interesting town in the Algarve," she says, "and one with a vibrant café society feel. This beautiful old red building was exactly what I wanted; it was love at first sight. And that love deepens every day, every week, every year. Seven rooms and an office in the 140m2 property, I couldn't have hoped for more."

But it is the art itself, and the ArtCatto artists, that have created this gallery and its international reputation. Gillian has no interests in trends; her heart is in recognising talent, and backing those with a unique vision. ►

Opposite page, top down:  
O Gringo; Jonty Hurwitz;  
Nimrod Messeg; Mario Henrique.  
This page: Dom Pattinson;  
Pedro Guimarães; Carole  
Feuerman sculpture.  
On the wall: Silvio Porzionato





Top: The stunning red building that is home to ArtCatto in Loulé.

Above: guests gathering at a opening at a Conrad Algarve exhibition. Right: Gillian, Freddy and Raquel; painting: Dom Pattinson



The new show at ArtCatto opens on 29 June and features works by Mr. Brainwash, Charly Palmer, Rogério Timóteo, and Gustavo Fernandes. Visit [artcatto.com](http://artcatto.com) for regular updates

The gallery's portfolio, currently of 43 painters and 19 sculptors, includes:

- Charly Palmer
- Colin Fraser
- Craig Alan
- Dom Pattinson
- Erika Toliuis
- Gustavo Fernandes
- Jonty Hurwitz
- Jürgen Lingl
- Luo Li Rong
- Mario Henrique
- Nimrod Messeg
- O Gringo
- Pedro Guimarães
- Rogério Timóteo
- Shen Ming Cun
- Silvio Porzionato
- Thomas Bossard
- Tommaso Ottieri
- Voka

and most recently the sensational street pop artist, Mr. Brainwash.

The criteria the team apply before adding a name to the books is complex. "There are so many key requirements," says Freddy. "They must be of the finest quality from a technical standpoint; they must work well with the other artists we already represent; they have to be well established and know where they are in their art journey; they must stand out creatively in every respect."

Ask Gillian what rules, the heart or the head and she'll explain in simple terms: "I love it' is the heart; 'will this sell?' is the head. So, they work hand in hand."

What about favourites artists? "It's impossible to have just one," says Raquel. "There are different artworks that touch us in different ways. We love every artist we represent, and despite the rational elements of the selection process, one simply can't neglect the emotional connection."

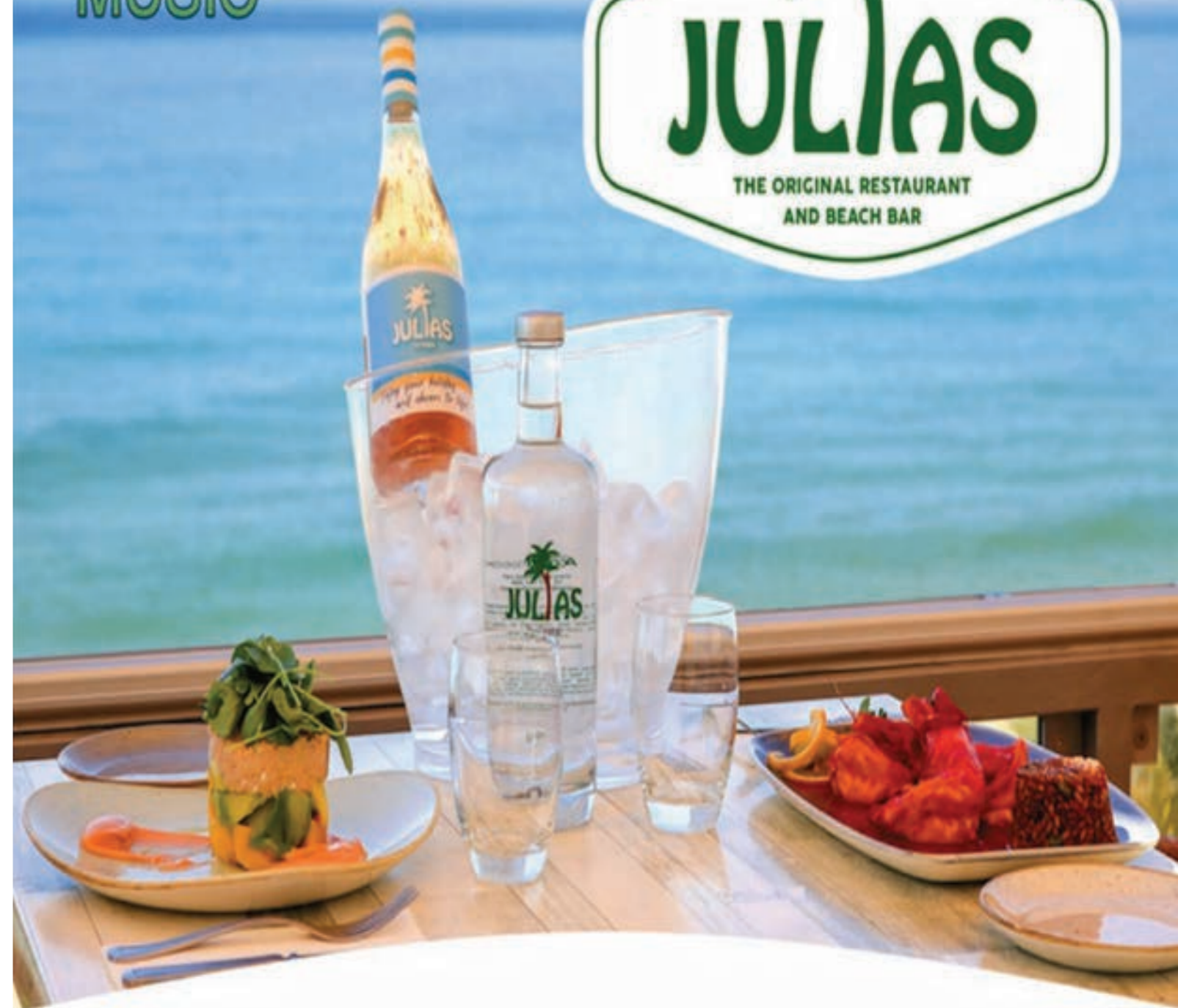
And favourite galleries elsewhere in the world? For Gillian it's the Frick in New York; for Freddy The Museo Nacional Centro de Arte Reina Sofia in Madrid. For Raquel, it's a difficult decision.

But art lovers here, and serious collectors who invest in their passion, Loulé is one of the top choices. ☺

ARTCATTO Avenida José da Costa Mealha 43, 8100-500 Loulé

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# Movement *is* Medicine

IS EXERCISE THE KEY TO A LONGER, HEALTHIER LIFE? SALLY DIXON KICK-STARTS THE CONVERSATION, WHICH WILL BE CONTINUED IN OUR SOON-TO-BE MONTHLY FITNESS COLUMN. READ ON AND THINK OF THE BENEFITS THAT AWAIT

ANYONE ELSE REMEMBER that sinking feeling of dread when you realised it was a cross-country running day at school? I used to hate it with a passion, yet somehow, in my adult years, I became enthusiastic (read crazy) enough about running to do not one but two marathons and thoroughly enjoy them both. Never again mind, now that I'm over 40 and evidence suggests that excessive running might not be as health-promoting as we think. That doesn't mean to say that I shun the benefits of a good bit of exercise. Since those early days of dreading every single minute of those school runs, I've tried numerous forms of exercise. Aerobics, spinning, circuit training, yoga, weightlifting, Crossfit, kickboxing, break dancing (don't ask!), Pilates, cold water swimming, cycling, tennis (shockingly bad at it), pole dancing (yes, it was an exercise class), netball, hockey, boxing, gymnastics (in my thirties!) – you name it, I've probably given it a go. I blame Cindy Crawford and her strangely addictive 90s *Shape Your Body* workout video for setting me on the path to a lifetime of trying to keep fit. Interestingly, I loved Pilates so much that I studied for three years and countless hours to become a qualified teacher.

Contrary to Cindy's much-hyped video, the benefits of exercise are far-reaching from the aesthetic goal of trying to look like a 90s supermodel. Numerous studies show that regular physical activity can increase longevity, promote mental health

wellbeing and reduce your risk of chronic diseases later in life.

And the best thing about exercise? It's never too late to start. Take a look at 75-year-old instagram sensation Joan MacDonald (@trainwithjoan) if you're feeling a bit lacklustre about getting up and moving your body. Even if you were always the one feigning sickness on PE days or bunking off university sports activities, you can still reduce your risk of chronic disease by getting on the exercise bandwagon later in life.

## Easy does it

And you don't need to be running 26.2 miles in under four hours to experience the benefits. The key to healthy ageing, it seems, is regular moderate exercise. Moderate exercise being that which you can still hold a conversation while doing.

A 2019 report by the UK Department of Health & Social Care on physical activity guidelines quoted: "If physical activity were a ►





### What's to come

If you're still with me, then over the next few issues I'll be taking a look at different forms of exercise and their benefits both physically and mentally, including:

- ◆ Running
- ◆ Resistance Training
- ◆ Yoga
- ◆ Pilates
- ◆ Aerobics
- ◆ Tennis/Padel
- ◆ Golf
- ◆ Walking
- ◆ Cycling
- ◆ Dancing
- ◆ HIIT

drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat." As an update to their 2011 guidelines, the UK Chief Medical Officers issuing the report, particularly emphasised the importance of adults engaging in regular strength and balance exercises. Weight-bearing activities help promote bone density while balance exercises help prevent falls that are more prevalent with ageing. After the age of 50, weight-bearing exercises are particularly important to help counteract the natural decline in bone density and the size of our muscles (sarcopenia is the fancy word for it).

The report made it pretty clear that the benefits of exercise are wide ranging for all age groups. Namely, improved cardiovascular fitness, healthier weight and positive mental health effects in children up to age 18. In adults, regular exercise has been shown to reduce the risk of chronic diseases, depression and anxiety, while also improving functionality and social connection in older adults. You don't need to be signing up to marathons to initiate these benefits. In fact, the fewer marathons the better. Excessive exercise has often been proven to negate the health benefits of general exercise due to generating too much oxidative stress. More is not necessarily better.

### Consider this

So, what's the happy medium? Our increasingly sedentary lifestyles, thanks to technology (looking at your laptops, mobile phones, Netflix et al), are wreaking havoc with our health. If you find yourself sitting for long periods of time then it's important to be mindful of getting up every so often and doing some light activity. Whether that's walking up and down the stairs at home a few times or going for a ten-minute walk, some form of movement for at least ten minutes is the key. The official recommendations for physical activity in adults are:

- ◆ Make some form of physical activity part of your daily life
- ◆ Engage in muscle strengthening exercises at least twice a week (this could be body weight training, carrying heavy bags, a strenuous gardening session, using resistance bands or weights)
- ◆ Over the course of the week do at least 2.5 hours of moderate intensity exercise (eg riding a bike, brisk walking, dancing, tennis)
- ◆ Try not to sit for long periods of time during the day

A 2018 study published in the American medical journal, *Neurology*, looked at a group of women aged 38 to 60 and their cardiovascular fitness in 1968 with a 44-year follow up. The follow up showed that the better the cardiovascular fitness of the individual in midlife, the less risk of having dementia later in life. Cognitive function is especially important as we age so could you be protecting yours by squeezing in that little bit of extra movement into your week?

The UK Department of Health & Social Care guidelines also suggest that physical activity could help with: "improved learning and attainment; managing stress; self-efficacy; improved sleep; the development of social skills; and better social interaction." What's not to love? I imagine you've already put down this magazine and gone out for a walk!

I'm writing this article from the peaceful Greek island of Amorgos, incidentally known for the health-promoting activity of hiking. Aside from showing off about the fact that I'm on holiday, it got me thinking about the neighbouring island of Ikaria and its Blue Zone status.

If you've not heard about the Blue Zones before then you'll be fascinated to know that they are specific locations in the world where people live longer than average. And of course, everyone wants to know why. According to the Blue Zones research, one in three people in Ikaria live into their 90s. That's pretty impressive, and in part is down to their active lifestyle, due to the rugged terrain of the island, and their lack of modern conveniences that keep us all chained to our chairs.

If those little insights into the advantages of daily movement haven't got you out of your chair then I'm hoping my monthly columns might just give you some more inspiration.

As the famous Jim Rohn saying goes, "Take care of your body – it's the only place you have to live." 🍷

*Sally was a magazine fashion editor in the 90s. After many years of fashion shoots and PR parties, she discovered a love for health and well-being. In 2013 she started her journey to become a qualified Balanced Body comprehensive Pilates instructor and founded a sportswear brand that she ran for seven years. She trained as a Natural Chef with the College of Naturopathic Medicine and as a Nutrition & Lifestyle Coach; she is currently doing a BSc Hons in Nutritional Therapy with the Institute of Optimum Nutrition. Sally is now restoring an ancient ruin in São Brás.*



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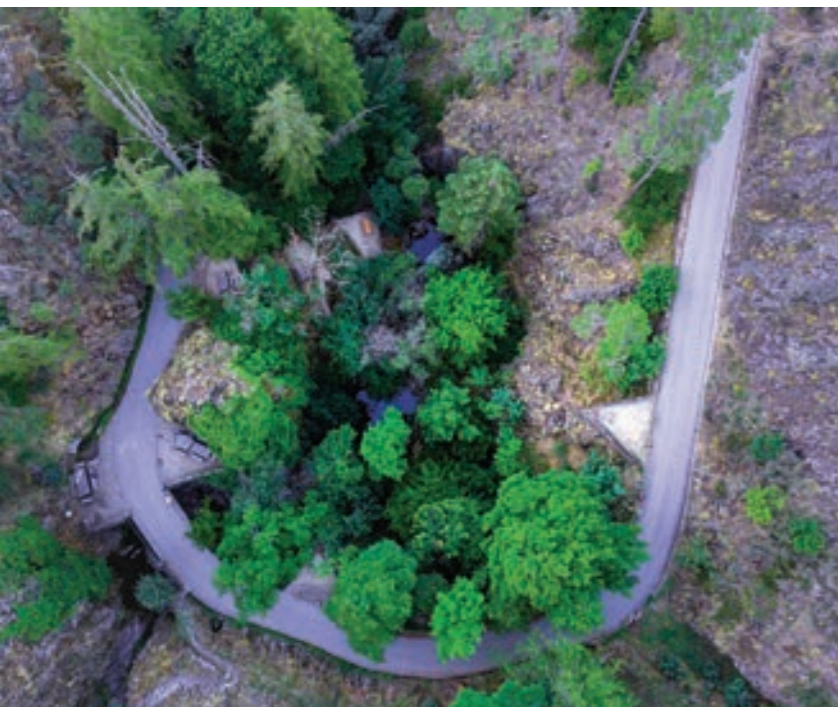
YOU CAN TAKE A STROLL ALONG THE BEACH, OR WALK THE STREETS OF A CHARMING TOWN, OR BRAVE IT AND HEAD UP TO THE HILLS AND THE MOUNTAINS BEYOND FOR A BREATHTAKING EXPERIENCE. THE HIGHER YOU GO, THE HEADIER IT GETS

Words: CAROLYN KAIN

PETER KAIN



*Above: If you are brave enough and fit enough, it is possible to climb up the volcanic Pico, on the island of Pico in the Azores, but for most it is a challenge not to be considered. Opposite page: Looking down from the highest point in the Serra da Estrela in the north of Portugal*



**Y**OU WOULDN'T expect to find Portugal's highest mountain stuck out in the Atlantic Ocean, but there it is, a magnificent free-standing peak rising 2,351 metres out of the sea. We came across it quite unexpectedly on a flight between São Miguel and Faial, two islands of the Azores. Its tip looming out of the cloud cover was frighteningly close to the wing tip of our plane but the pilot confidently informed us, "É Pico".

Meaning sharp point or peak, Pico is 1,675 kilometres from Lisbon and located on an island of the same name. Our destination was Horta, the capital of Faial, but although our hotel was just across the water from Pico, the mountain's peak was mostly shrouded in clouds so that during our stay we only saw it one more time.

Curious to have a look around the port of Madalena, the capital of Pico island, we took the 30 minute ferry

ride that crosses the straights between the two islands. Located beneath the shadow of the mountain, this small town has a population of 6,000. Under different circumstances, that's to say if we were younger and fitter, we might have hiked up to Pico's summit. It's feasible to do so even in misty weather and without a guide. It takes between three to four hours to ascend and about the same amount of time to return to the base.

## Think big

The entire trail from the starting point at the Mountain House is a distance of almost four kilometres. It is steep. There are 47 wooden posts that act as guides and after reaching marker 44 climbers are on a path called Quinta da Regaleira way that follows the edge of the mountain's volcanic crater. Not to worry, the mountain hasn't erupted since 1720!

Nevertheless, there are fumaroles that permanently vent steam and suddenly the atmosphere is hot. The rocks are hot and the surrounding air is hot. Geothermal tourists are in for a treat, admiring the moon-like floor of the crater, the lava flows and volcanic rocks.

The most intrepid climbers reach marker 47 and then a final hike to

the ultimate destination where there is an exceptional view. One third of them won't make it, but even those who do might be disappointed and see nothing due to inclement weather.

There is a further optional stretch of 70 metres to Piquinho which is an additional summit. The rocks here are especially slippery and there is a warning that due to the gradient and sheer drop it is unsuitable for anyone suffering from vertigo. Personally, I don't know how they would have got that far in the first place! The achievement factor for those who make it up Piquinho is said to be an exhilarating adrenalin rush!

## On a high

On the other hand, this challenge is a complete contrast to Torre, the highest mountain on mainland Portugal. Basically, there is a concrete road that climbs up 1,997 metres to a roundabout at the top! The thrill of reaching ►





The view from the heights of Picota, in the Serra de Monchique, where peace reigns. The trail is steep, but the rewards are considerable for those who make it up to the top. Below: Foia is higher but reachable by car

it is akin to finding a space in a Lidl car park. That's not to say that there are no other peaks to climb but none of them is as high as Torre.

Located in the Serra da Estrela, a mountain range in the north east of the country, it is 100 kilometres long and 30 kilometres at its widest point. Three rivers, the Mondego, Zézere and Alva, originate in the range, which is a series of ancient glacial valleys, sparkling lakes and beautiful granite rock formations.

Almost 550 kilometres from Faro, the Serra da Estrela is a National Park and nature reserve. There are four tourist offices directing climbers and walkers to suitable peaks, and skiers and snowboarders to a ski resort. Open from mid December to late March, it has three

lifts and six kilometres of ski runs advertised as suitable for people of all abilities. People suffering from tachophobia, fear of speed, are warned to stay on the nursery slopes!

#### Closer to home, but way up there

Snow in the Algarve's Serra de Monchique is a rare natural spectacle, but when occasionally it does you can expect to see it on the highest points, Foia at 902 metres and Picota at 744 metres.

Foia is easily reached by car, unless it happens to be snowing. The Algarve is reputed to have 300 sunny days per year and when it's clear, views to the south from the 'miradouro' and the visitors' centre are wonderful. Caution! Staying polite amongst busloads of visitors might be the major challenge of this mountain peak.

Although Picota is lower and described as Foia's little brother, reaching it is more complicated. A marked trail uses small local roads and steep footpaths that wind through eucalyptus and cork woods. Other than a fire watch tower at the top, there are no amenities, and as a bonus no tourists either.

The Serra de Monchique is the mountain range that mostly determines the weather in the western and central Algarve. It shelters the lowlands from northerly winds and traps rain blown inland from the west coast.

Weather in the eastern Algarve is similarly influenced by the high hills of the Serra do Caldeirão. When looked at from the coast they appear to be mountains but they are modest in height. The highest point at Pelados is 589 metres.

At Alcaria do Cume, 525 metres, there is one of the Algarve's most difficult circular hikes. Remote moorland and panoramic views that extend out to sea and to the horizon beyond the Spanish border can be disorientating. It is definitely not recommended for those with mazeophobia, fear of getting lost! 📍



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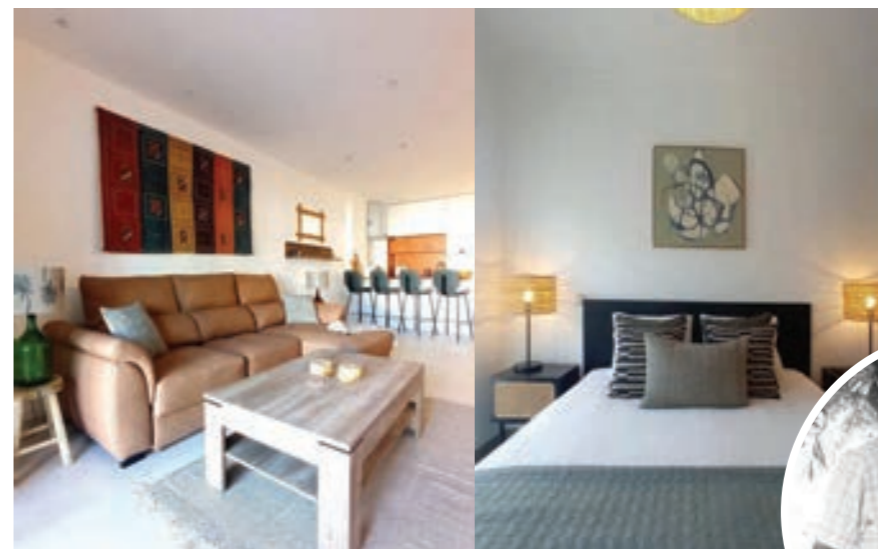


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ANSWERS  
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## 20 questions...



PHIL MARTIN AND CECILIA JOHANSSON SPECIALISE IN MAKING THE MOST OF A HOME - FROM RENOVATING TO REDESIGNING TO REDECORATING. AND NOW STAGING HAS BEEN ADDED TO THEIR OFFERING TO HELP MOVE SALES

**1 Where are you both from?** Phil is from Cornwall in the UK and Cecilia from Gothenburg, Sweden.

**2 When did you both arrive here?** Cecilia has been here on and off since 2006, while Phil moved here in 2018.

**3 What attracted you to the Algarve for your next chapter?** Phil had always wanted to live abroad, and when he met Cecilia, it was an easy decision to make!

**4 What professions were you in before?** Phil had done roofing, woodworking and sales, while Cecilia worked onboard cruise ships before starting a property management and rental business in the Algarve.

**5 How did you happen into the design sector?** Cecilia, who studied interior design with Rhodex International, was increasingly asked to furnish rental properties.

**6 What of your services are those most in demand?** Painting (furniture, doors, walls), custom design work, furnishings/interior design and lately, property styling, aka home staging!

**7 What nationalities are your clients, in main?** British, North American and Scandinavian, but we look after people from many other countries who have settled here or bought holiday properties.

**8 How do they find you?** Through word of mouth and Facebook recommendations!

**9 Do they know what they want before you see them, or are they looking for ideas?** People generally know what they want, and we add suggestions and ideas to that, to make it achievable.

**10 Budgets - do you work to theirs, or have a free hand when you know what they want?** An infinite budget would be great! But most people have a set budget, and it's up to us to be as creative as we can within that budget.

**11 Where do you buy from on a client's behalf?** For overseas clients we use a lot of online shops; if the clients live here we often go buying with them, visiting local shops, tradesmen and artisans. We also make our own lamps and lampshades, which we incorporate into our design and decor work.

**12 Are you finding people are seriously into sustainability nowadays?** Yes, most of our clients are conscious about their own footprint, and shopping locally is a great way to reduce that!



**13 What's the most ambitious project you have worked on?** The home we're just about to purchase, a century-old traditional village house, which needs a new roof structure, lime plaster rendering, and new kitchen and bathrooms!

**14 Do you work alongside builders or do you take it all on yourselves?** We are very hands-on and do a lot ourselves; we bring in tradespeople and general builders/contractors when needed.

**15 How big is your own team?** It's the two of us, but we do have a few reliable people to help us out at times.

**16 Do you do outdoors work, like designing seating areas, building pergolas, etc?** Yes, a lot of our custom work is decks, pergolas and exterior storage units.

**17 Do you work with/recommend other services, such as landscapers?** We work with many different local companies and would recommend most of them to our clients!

**18 Now staging - what exactly is it?** Home Staging is when you prepare a home for a real estate sale. It can include decluttering, rearranging furniture, painting, maintenance and landscaping, making it as attractive to as many buyers as possible.

**19 Can staging make a difference to an achievable sales price?** Absolutely! Not only does it make the property stand out in a competitive market, but it also helps buyers envision living in the space, helping to sell faster and for a higher price.

**20 What would be your dream brief?** A top-to-bottom renovation, fully furnished and landscaped, preferably with period features to be restored!

Contact Phil and Cecilia Property Services T: 925 423 503 / E: [philandcecilia@yahoo.com](mailto:philandcecilia@yahoo.com)

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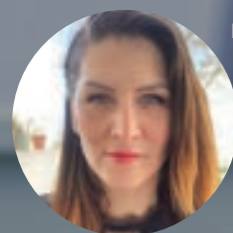


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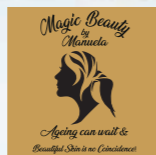
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**Paint:**  
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Chalk Paint

**Fabric:**  
Piano, in Olive





# Eat Tavira

JOHN AND MARIA DAY FELL IN LOVE WITH TAVIRA ON THEIR FIRST VISIT AND HAVE RETURNED MANY TIMES SINCE. EATING OUT FEATURES BIG ON THEIR AGENDA, SO WE'VE ASKED THEM FOR THEIR MENU OF FAVOURITE PLACES AND BEST-LOVED DISHES

## AT THE BEACH

### Originato

An ideal stop for breakfast when you are planning to spend a day on Tavira Island, Originato is opposite the ferry embarkation point. I'd advise popping over to the ticket office and purchasing your tickets before eating. This is a cool café, with comfy seating, an array of paintings on the walls (from Tavira d'Artes) and a variety of memorabilia including a 'welcome to the Dark Side' entry mat, and various Boba Fett and bobble-headed characters; the 'May the coffee be with U' sign is a nice little touch.

Originato serves the usual teas, coffees, juices and smoothies, and the absolute best chai in town – the raspberry chai

latte is a work of barista art, and there's a choice between cow's milk or oat milk.

A great breakfast menu – toasts, croissants, bagels, pancakes and bowls of granola with fresh fruit, or yoghurt with honey or granola and fruit – our party of four opted for violet pancakes with fruit, an egg and avocado bagel and a trio of pancakes to share, which was so big the girls took some as takeaway to the beach!

Originato is excellent value for money, with great quality food and drinks, and a great vibe, in our opinion a must-visit before you board the ferry.

Rua José Pires Padinha 106, 8800-354  
T: 281 109 283



Main picture: As you would expect from a Michelin star restaurant, A Ver Tavira produces the most wonderful dishes. Top left: Breakfast at Originato; top right: Restaurante Sal; right: sweet treat from Veneza



### Restaurantes Sal and Ferreira

We have two options for food on Tavira Island, Ferreira for a chilled-out lunch with bar-style food and Restaurante Sal for great seafood.

Ferreira is a few minutes' walk from the ferry landing point.

On the day of our visit, it was a bit windy on the beachfront, so we decided to camp out at Ferreira to soak up the sun sheltered from the breeze. Ferreira offers a large array of drinks, and bar food ranging from tapas, toasties (which are HUGE and can feed two people!), sandwiches, burgers, pizzas, salads, kebabs, tuna steaks, chicken, pork or fish and chip dishes; they also play some great tunes as background music.

Our hungry teenagers loved the pizzas – crispy super-thin bases loaded with toppings – (that's what pizzas are about, after all).

If you want tasty bar food that won't break the bank, especially if you have family with you, you won't be disappointed. Ilha de Tavira, 8800, 8800-632  
T: 934 066 632

Restaurante Sal was recently taken over by Tessa and her father who have kept the same menu, suppliers and quality of food as served by the previous owners. All the dishes are generous so we would advise ordering the couvert but skipping starters. Firm family favourite mains are the huge tuna steak served with salad and boiled potatoes, prawn skewers (six large grilled prawns cooked in their shells), Iberico pork with chips, and the seafood cataplanas which serve two people but easily feed three. And there's a good selection of wines, fizz, sangrias and beers. Whilst Sal is probably the most expensive restaurant on the island, it's consistently been the best for great quality seafood over the past seven years. We wish Tessa and her father the best.

Ilha de Tavira, 8800  
T: 916 843 891

## IN TOWN

### BREAKFAST

#### Veneza Café

If like us you enjoy an occasional lazy breakfast, sitting in the sun, watching the world go by, with good-quality great-value food, the Veneza Café on the Praça da República right in the centre of Tavira by the Roman bridge is the place to be.

Whether you prefer croissants with jam, chocolate, or sweet eggs (custard to us Brits), cakes, pastel de nata, or granola with honey and yoghurt, breakfast omelettes options or a toastie, the café has an extensive menu.

Praça da República 8, 8800-349  
T: 281 370 980

### LUNCH

#### Três Palmeiras

I read about Tres Palmeiras on blinkingflamingos.com and the restaurant came up in conversation with our taxi driver when we arrived in Faro. "Amazing food, great value, everyone from the rich with Rolls-Royces to locals who work in town eat there", he said, so we added the restaurant to our list of must tries.

Located on the way up to the Grand Plaza shopping centre, it doesn't look much, but when you walk past at lunchtime, there is a HUGE queue of ▶





people waiting to enjoy the delicious freshly-grilled fish, which you can smell from the clouds billowing from the grill pit!

The restaurant is a bit of a mystery as it's supposed to be open for lunch 1-3pm, and it has a simple system to get your table, write your name and number of people wishing to dine on to the chalkboard and wait to be called, hence the huge queue.

But boy, is it worth the wait! When we arrived at 12:20, the restaurant was in full service and 3/4 full – we were shown to a table straight away, right in front of the grill.

We did as the locals do and opted for the menu of the day, which consists of bread and olives, a pile of salad, a plate of six large boiled potatoes and then the main event, which consisted of four – yes four – fish, two large sea bream, two medium red snapper and two cuttlefish, with two pieces of toasted bread smothered with a tasty tomato topping!

This is basic food at its best, nothing is added to the fish, it's simply grilled and served on the bone. The sea bream and red snapper were heavenly. We also had the optional fruit basket, filled with apples, bananas, oranges and pears; you can eat as many as you'd like.

With a bottle of rosé Mateus and a large bottle of water, our bill for two was €40 – the menu of the day is €12 a head.

We left complimenting the grill men with a "Muito obrigardo estava delicioso". As always in Portugal a hearty "de nada" came the reply!

Note no bookings, turn up and wait your turn, we're unsure if this restaurant is open for dinner.

Rua de Vale de Caranguejo 8800-318  
T: 281 325 840



Above: No de Gosto has a laid-back charm, and some glorious and unusual dishes.  
Below: At Tres Palmeiras, your name is chalked up on the board with the number in your party and you're called when a table is available. It is always worth the wait

## DINNER, FINE DINING

### A Ver Tavira

At the opposite end of the restaurant spectrum, we have Luis Brito's Tavira jewel and Michelin star restaurant. Located near the Church of Santa Maria in the historic old part of town, the restaurant provides beautifully prepared food with the best local ingredients, coupled with a wonderful wine selection, faultless service and stunning views of Tavira from the balcony.

The restaurant offers three taster menus – if you have a food allergy inform the staff and they will swap out a dish appropriately from the menu. The choices are: 'Between Moments', a five-course menu at €135, 'The Journey of Flavour', a seven-course menu at €160, and finally 'The Whole Trip' ten-course menu at €220. Wine pairings are €80, €95 and €135 respectively and the cheese board is €15 per person. Over the past two years, we've tried each menu, and for dinner, our recommendation is 'The Journey of Flavour'.

The menus change seasonally, but our favourite dishes include the wonderful fish courses, with 'The Dive' line-caught fish, with xerem and seaweed, and 'Between here and there' consisting of local scarlet shrimp, cauliflower, curry and lemon caviar.

If you take the wine pairing, make sure you're walking or taking cabs the next day – the wine portions are generous.

As you would expect from a Michelin-starred restaurant, the food is beautifully presented and a delight to savour. We are not great lovers of white wine, and the sommelier always offers good advice when switching to our preferences on the pairing menu.

If you're looking for a special restaurant to celebrate a birthday, or wedding anniversary, or simply wish to enjoy fine dining at its best, indulge yourself and visit A Ver Tavira, and meet Chef Patron Luis Brito who will visit your table during the evening.

Calçada da Galeria 13, 8800-306  
T: 281 381 363

## DINNER

### Nó de Gosto

Located in Jardim Alagoa, known as Bishops Square, booking at NÓ De Gosto is essential. The restaurant offers traditional Portuguese tapas with a bit of a twist, and prides itself on serving dishes made "with love".

Here are our top choices: the cheese board of S. Jorge, Azeitão and Serpa e Serra cheeses; zambujal – Algarvian ham (made just 20km from the restaurant); country chicken Açorda made with chickpeas, mint and coriander.

The slow-roasted lamb with sweet potato is stunning, as is the nó beef sandwich made with black angus, and the tuna magnum, which is cooked rare and encrusted with white sesame seeds. My personal favourite, however, is the scallop and shrimp risotto, which is silky smooth, rich, and served with three small pieces of salty bacon that really work with the dish.

On our first visit to NÓ de Gosto, our waiter Fabio recommended the negra mole, an Algarvian equivalent of a pinot noir. We've had it on every occasion since then.

If you have room for dessert, opt for the beetroot cheesecake. It tastes nothing like beetroot (which we love, by the way), but more like a sweet jam and is simply delicious.  
Praça Dr Antonio Padinha 11, 8800-637  
T: 281 402 700

*As the season progresses, restaurants will be getting increasingly busy as tourists arrive in full force and look to enjoy the special tastes of the Algarve. In order to avoid disappointment, it is advisable to book in advance, and it is also worth visiting menus online so you have an idea of what each restaurant specialises in. Also, do tell them ahead if anyone in your party has any dietary requirements, including allergies. Most restaurants will do everything to meet your needs and ensure you have an enjoyable experience.*



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# FULLY *booked*

THIS MONTH, DAWN ANNANDALE HAS WORKED HER WAY THROUGH A SELECTION OF FAVOURITE BOOKS FROM EDITOR SUSI. "IT'S ALWAYS A PLEASURE TO READ AND REVIEW THE CHOICES OF OTHERS," SHE SAYS. WE HAVE A SELECTION OF TITLES FROM READERS READY TO KEEP DAWN BUSY; IF YOU WANT TO ADD YOURS TO OUR SHELF-IN-WAITING, JUST EMAIL [ANNANDALE.DAWN@GMAIL.COM](mailto:ANNANDALE.DAWN@GMAIL.COM)



★★★★★

**BLUE HIGHWAYS**  
 By William Least Heat-Moon  
**Publisher:** Little, Brown & Company  
**Genre:** Travel tales

In 1978, after separating from his wife and losing his job as a teacher, Heat-Moon, 38 at the time, took an extended road trip in a circular route around the United States, sticking to only the Blue Highways. He had coined the term to refer to small, forgotten, out-of-the-way roads connecting rural America (which were drawn in blue on the old-style Rand McNally road atlas).

He outfitted his van with a bunk, a stove, a portable toilet and a copy of Walt Whitman's *Leaves of Grass* and John Neihardt's *Black Elk Speaks*. Referring to the Native American resurrection ritual, he named the van 'Ghost Dancing', and embarked on a three-month soul-searching tour of the United States, wandering from small town to small town, stopping often at towns with interesting names. The book chronicles the 13,000-mile journey and the people he meets along the way, as he steers clear of cities and interstates, avoiding fast food and exploring local culture.

Stories that arose from Heat-Moon's research as well as historical facts are included, as well as conversations with characters such as a Seventh-day Adventist evangelist hitchhiker, a teenage runaway, a boat builder, a monk, an Appalachian log cabin restorer, a rural Nevada prostitute, fishermen, a Hopi American medical student, owners of Western saloons, a maple syrup farmer, and Chesapeake Bay island dwellers.



★★★★★

**100 YEARS OF SOLITUDE**  
 By Gabriel García Márquez  
**Publisher:** Penguin Classics  
**Genre:** History

This is the epic tale of seven generations of the Buendía family that also spans a hundred years of turbulent Latin American history, from the postcolonial 1820s to the 1920s.

Patriarch José Arcadio Buendía builds the utopian city of Macondo in the middle of a swamp. At first prosperous, the town attracts gypsies and hucksters – among them the old writer Melquíades, a stand-in for the author.

A tropical storm lasting nearly five years almost destroys the town, and by the fifth Buendía generation its physical decrepitude is matched by the family's depravity. A hurricane finally erases all traces of the city. But, that's not the end.

This novel taught me that chaos and order are two sides of the same medal, called family life. It taught me that sadness and love go hand in hand, and that life is easy and complicated at the same time. It taught me that many wishes actually come true, but never in the way we expect, and most often with a catch. It taught me that there are as many recipes for love as there are lovers, and that human beings are lazy and energetic, happy and sad, all at the same time. It taught me that we are forever longing for what we do not have, until we get what we long for.

This novel opened up a world of absurdities to me, and dragged me in like no other. In each member of the Buendía family, I recognise some relation, or myself, or both. ▶





**PEREIRA MAINTAINS**

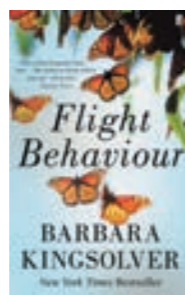
By Antonio Tabucchi  
**Publisher:** Penguin Classics  
**Genre:** Historical fiction

The novel is set in Portugal in the summer of 1938, during Salazar's dictatorship. Pereira is an old journalist on a Portuguese newspaper, the Lisboa, who loves literature and practically gives his life to it. When he reads an essay by a young writer, Monteiro Rossi, about death, he asks him to write "advance obituaries" about great writers who could die at any moment.



Pereira's world is turned upside down when he gets to know the youth. The articles he receives from Rossi (and pays him for) have a definite leftist slant and are unpublishable, but something continues to attract Pereira to him – perhaps the fact that his wife died before he could have children of his own. His visit to a clinic to help his ailing heart puts him in contact with a doctor, with whom he becomes close friends and discusses the doubts he is beginning to have about his isolated and apolitical life.

It would give the game away if I revealed more, but if you are interested in political and social history, this book is wonderful.



**FLIGHT BEHAVIOUR**

By Barbara Kingsolver  
**Publisher:** Faber & Faber  
**Genre:** Contemporary fiction

Dellarobia Turnbow is a restless farm wife who gave up her own plans when she accidentally became pregnant at 17. After a decade of domestic disharmony on a failing farm, she has settled for permanent disappointment but seeks momentary escape through an obsessive flirtation with a younger man. As she hikes up a mountain road behind her house to a secret tryst, she encounters a shocking sight: a silent, forested valley filled with what looks like a lake of fire. She can only understand it as a cautionary miracle, but it sparks a raft of other explanations from scientists, religious leaders and the media. The bewildering emergency draws rural farmers into unexpected acquaintance with urbane journalists, opportunists, sightseers, and a striking biologist with his own stake in the outcome. As the community lines up to judge the woman and her miracle, Dellarobia confronts her family, her church, her town and a larger world, in a flight toward truth that could undo all she has ever believed.



**THE MARRYING OF CHANI KAUFMAN**

By Eve Harris  
**Publisher:** Sandstone Press  
**Genre:** Social commentary

Eve Harris's first book was longlisted for the Man Booker prize. The serious subject at its core – the semi-arranged marriage of two young Haredi Jews – is belied by the warmth of the writing. The characters are incredibly real and as the mother of six children, I do understand and desperately feel for both Baruch's and Chani's mothers.



Twenty-year-old Baruch Levy sets his heart on 19-year-old Chani Kaufman, whom he glimpses across their gender-separated sections at a wedding. The pair are from starkly contrasting backgrounds, even within their narrow Hasidic world: Chani is one of eight daughters growing up in a shabby home; Baruch is the elder son of a dubiously wealthy family, whose social climber of a mother rules the roost. What Baruch and Chani share is spiritedness and stubbornness. Each has rejected the various suitors offered and Chani – bright, pretty, but lacking the religious education deemed the best credential in a good wife – has had the humiliation of being turned down even by those she had no interest in.

Harris's premise is that this union is not just a binding agreement between two people – it affects families, friends, the wider society. ☺



**AUNT JULIA AND THE SCRIPTWRITER**

By Mario Vargas Llosa  
**Publisher:** Faber & Faber  
**Genre:** Fiction that inspires

Set in Peru during the 1950s, this is the story of an 18-year-old student who falls for a 32-year-old divorcee. The novel is based on the author's real life experience.



Mario, an aspiring writer, works at a radio station, Panamericana, writing news bulletins alongside the disaster-obsessed Pascual. Mario has an aunt by marriage whose sister, Julia, has come to live with some of his family members. He frequently sees her and although at first they do not get on, they start to go to movies together and gradually become romantically involved.

Mario's bosses also run Panamericana's sister station, which broadcasts short-run soap operas. They are having problems buying the serials in bulk from Cuba, with batches of scripts being ruined and quality being poor, and so they hire an eccentric Bolivian scriptwriter named Pedro Camacho to write the serials.

The novel chronicles the scriptwriter's rise and fall in tandem with the protagonist's affair, and includes episodes of Camacho's serials, which become increasingly unhinged as the novel progresses.

Not sure my review does the book justice because it's actually very witty and dry. I could feel Latin America and smell the tacos!



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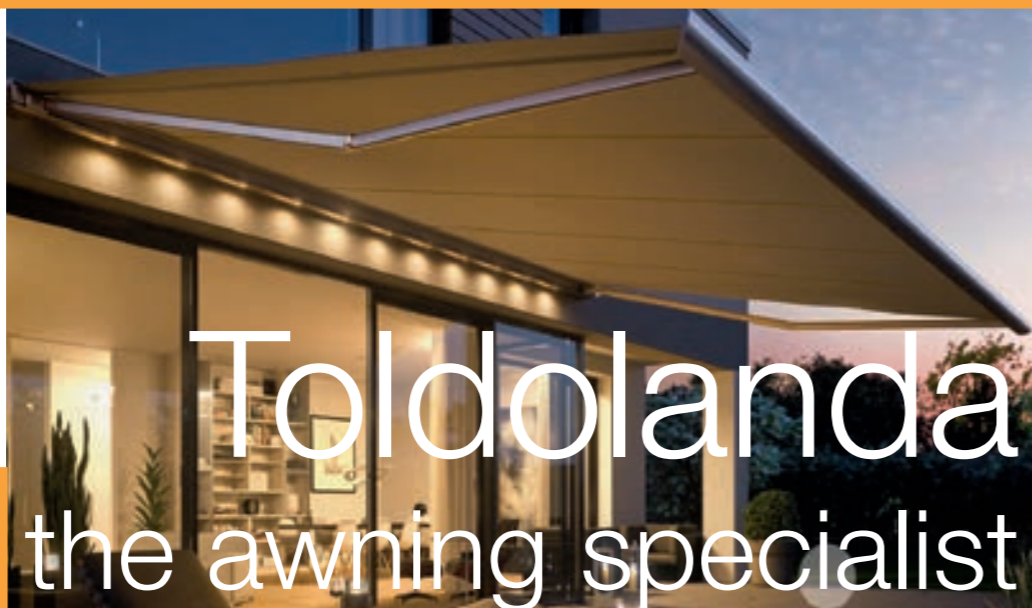


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## Luxury Villa, Vilamoura

This exceptional villa has fabulous views over the Pinhal Golf course

The villa has 5 bedrooms and is on two levels plus an underground garage and storage area. Two security gates make this villa very private. The interior architecture features stunning regional stone ceilings throughout and the general feel is bright and airy. An outdoor pool completes the villa which is on a plot of 1,211m<sup>2</sup>, and has a construction area of 595m<sup>2</sup>.



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The dips are the way to start. Forget the standard taramasalata and hummus – these are on a different level. There's a feta cheese dip with fragrant roasted red peppers, a chickpea version with tahini and smoked paprika, and a yoghurt dip with cucumber and fresh herbs. The olives that come with them are a treat in themselves. Order the dip trio – one portion is enough for three or four to start your meal off. Just ask for extra pita.

Then launch into the starters that include crispy calamari (who doesn't love that?) with a spicy mayo and garlic lemon dip, and a filo wrapped treat of fresh cheese with honey and thyme. Dolmades, yes; aubergine millefeuilles, yes. Fancy a salad? Yes – they are big and beautiful, cool and crisp and piled high.

You can enjoy an orzo dish at this point. They come in two person portions – with lamb meatballs, or shrimps, seabass with cockles, or bio vegetables, or cuttlefish – you take your pick.

But you want to – and must – make room for the mains. And there's a very sensible way of sampling here – just get each member of your group – we were three – to order a different dish! We had a glorious vegetarian moussaka, a huge platter of garlic-marinated lamb chops served with crisply lemony potatoes rolled in chopped rosemary, and a souvlaki of chicken on skewers sitting on a yoghurt dipping sauce on warm pita.

The staff at NANA on the Beach are a dream. You want to take them home with you. But failing that, I'd settle for one of their amazing, flower-sprigged aprons. They talk you through each dish, make their own suggestions and return to check back on your dining progress several times over.

There are four desserts on the menu, but one in particular is seriously outstanding. A freshly-made baklava with ricotta, and apple cubes in a spiced syrup. It's the sort of surprise taste that wakes up the senses and has you wondering if you could order it again, right there and then.

NANA on the Beach is not an inexpensive beach bar experience. Starters are up to €17.50 (that's for the calamari), salads are between €12.50 and €14.50, main courses go from €18 to €32. But this is not a fast-food burger bar; it's something special, and every dish is cooked and served with love. Vegetarian, vegan options and gluten-free and lactose-free dishes are clearly marked. 🍴

## Eating out

ON THE EN125 IN ALCANTARILHA, TAKE THE TURNING TO ARMAÇÃO DE PÊRA, AND FOLLOW THE ROAD DOWN TO THE BEACH. PITCH UP AT NANA ON THE BEACH, AT THE ARMAÇÃO BEACH CLUB, SIT BACK AND ENJOY THE GREAT MEDITERRANEAN-INSPIRED FOOD

**O** PEN NOW for the summer season, this member of the Vila Vita Parc family is a treat. First, its location. On the quiet easterly stretch of the coast, past the famous Fisherman's Beach, NANA on the Beach sits in dazzling sunshine off the boardwalk. Next, its environment. Relaxed, calm and quiet with dazzling views out to the vast expanse of sea that's the same brilliant blue as the sky. Now its décor. A crisp white wood beach house with a big, covered terrace, pastel-coloured chairs that say summer, scrubbed white tables, easy-going sofas and pots of succulents. If you arrived wearing shoes, you'll have them off in minutes. And of course, the reason why you are there... the food.

Think tastes that come from the Mediterranean islands, traditional flavours that combine with textures and have made Greek cuisine so popular internationally. But then think of those tastes modified, added to, played with, and given a new distinct personality that is very much its own.

Read the menu, and you're tempted to try everything. And when their order arrives at the next table, you'll be craning your neck to see their choice.

Okay, so let's talk basics. Pita bread. But at NANA on the Beach it is anything but basic, and far removed from the supermarket stuff. It's light, fluffy, warm and wantable. Perfect with a glass of cold wine while you make decisions.

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**VALLEYS**

*Taken: April 2020, Arneiro*

*Camera: Huawei Pro30 mobile phone*

*"When I take my dog for walks this is one of the views I see every day. During April the wonderful smell of the orange blossom wafts up from the valley. I love the feeling of calm when I take in this view."*

**Keyword:** Space



**WHITE NIGHTS**

*Taken: August 2019, Loulé*

*Camera: Samsung mobile phone*  
*"The Portuguese love celebrating.*

*This was taken at the White Nights Festival in Loulé, before the onset on Covid-19. I love the energy this guy was giving to his performance."*

**Keyword:** Festival



*Marijke McBean retired here and has been living in the beautiful town of Alte for the past 11 years. A keen amateur photographer and a member of the Algarve Photographers Group, Marijke is also a talented artist and many of her photographs inspire her paintings.*

# Portfolio

**OLD LADY**

*Taken: February 2022, Alte*  
*Camera: Sony alpha 6000 camera*

*"This photo was taken during Carnival. In Alte, the carnival is small and friendly, not as grand as Loulé, but enjoyed by all and the characters you meet here are wonderful. This lady just shone with a timeless beauty."*

**Keyword:** Timeless



**SIMPLE PLEASURES**

*Taken: October 2022, Fisherman's Beach, Albufeira*

*Camera: Huawei Pro30 mobile phone*

*"It is October and most of the crowds are gone. With such a large span of beach to play on my granddaughter had such fun burying her brother in the sand."*

**Keyword:** Holidays

**MARKET DAY**

*Taken: Spring 2015, Loulé*  
*Camera: Panasonic LUMIX camera*

*"Saturday morning, and all around the market farmers set up their stalls with local produce. This is the best time of the week to buy fresh fruit and vegetables, have a little coffee and watch the world go by. This stall epitomises all that is Portuguese - garlic, onions and Bacalhau."*

**Keyword:** Fresh fish





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# Google this

GOOGLE HAS FINALLY LAUNCHED ITS MUCH-ANTICIPATED FOLDING SMARTPHONE, A PHONE THAT FOLDS OUT INTO A TABLET. AT THE SAME TIME, THE SEARCH GIANT UNVEILED A BUDGET SMARTPHONE AND A TABLET THAT DOUBLE AS A HOME ENTERTAINMENT HUB

*Words:* CHRIS PARTRIDGE

**I** NTERESTINGLY, the three new Google devices embody all the hot trends in the sector at the moment. The Pixel Fold illustrates the move to phones with serious screen size that can be folded up and popped in a pocket or bag. The budget smartphone, the Pixel 7A, is part of a general move towards phones with premium features at a more affordable price. And the Pixel Tablet marks Google's return to a device format that was written off a couple of years back but is now booming as people discover tablets now have the power to do serious work without the weight and bulk of a laptop.

The first folding phones had a rocky start, with misfires from small manufacturers and a major failure for Samsung when the first batch had to be recalled because of faults in the hinge mechanism. Now, however, Samsung's Fold and Flip models are selling well and other manufacturers, including Motorola and Xiaomi are joining the fray.

Google's new Pixel Fold adopts the now-standard format of a device that looks like a standard phone but which folds out like a book to reveal the big 7.6in screen inside.

When folded, the phone is a beefy 12.1mm thick, but at least it folds tightly shut instead of leaving a little gap like the Samsung Z Fold. It also weighs 283g so it will ►



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Tech specs

definitely make its presence felt in your pocket or bag.

App support is a worry – many apps running on folding phones struggle to display properly on the oddly-proportioned screens. Google has this in hand apparently, but early adopters can expect to see non-Google apps either stretched to fit or showing black areas.

All in all, though, the Pixel Fold is a great device for people who like to do real work on their phone.

On the tablet front, the Google Pixel Tablet looks like any standard 11in slab. What makes it different is the magnetic charging dock, which holds the screen up for comfortable viewing and contains a high-quality speaker, making watching videos a joy. The dock also acts as a hub, with Google Assistant and Chromecast built in, so you can control your smart home from it. And it makes a great device for editing your pictures, using the full range of AI-powered editing tools in the Photo app.

An odd omission is the absence of a stylus, but the tablet is compatible with any stylus built to the new Universal Stylus Initiative (USI 2.0) standard.

Finally, the Google Pixel 7a is already being hailed as the best budget phone of 2023. It is a bit cheaper than the Pixel 7 launched last year, despite having the same Tensor G2 processor, a vibrant OLED screen, superb cameras and 24hr battery life. A great value package.

So, three excellent mobile devices that follow the latest trends towards super-powerful folding phones, better value mid-range phones and tablets with lots of practical functions to make your life happier.

But there is one thing I have not mentioned yet, which illustrates one of the strange paradoxes about the mobile device market and foldables in particular.

The Pixel Fold's price starts at over an eye-watering €1,800, the Pixel 7a at a much more reasonable level, from €400; and for the Pixel Tablet expect to pay from €679.

So, if you want a phone and a big screen, buying a Pixel 7a for your pocket plus a Pixel Tablet for your briefcase will save you over €800. And you will get a bigger screen and the nifty speaker hub. Which for me demonstrates what poor value folding phones really are. 📱

*Here in Portugal, check around for prices as there is often a considerable difference from one supplier to another.*



**GOOGLE PIXEL 7A**

**Screen size:** 6.1in / **Thickness:** 9mm; / **Weight** 193g  
**Cameras:** Rear: 64MP Quad PD; **Front:** 13MP  
**Price:** from €400



**GOOGLE PIXEL TABLET**

**Screen size:** 10.95in / **Thickness** 8.1mm; / **Weight** 493g  
**Cameras:** Rear: 8MP; **Front:** 8MP  
**Price:** from €679



**GOOGLE PIXEL FOLD**

**Cover screen size:** 5.8in / **Unfolded screen size** 7.6in  
**Thickness** 12.1mm; / **Weight** 283g  
**Cameras:** Rear: 48MP Quad PD; **Front:** 9.5MP Dual PD; **Inner:** 8MP  
**Price:** from €1,899



The Portuguese have been working with clay since prehistoric times when they used terracotta urns to store water, wine and olive oil, and fired kitchen and houseware items such as jugs, mugs and bowls. Today, skilled artisans are turning this ancient heritage into new forms of art, and factories produce vast numbers of fine tableware and porcelain for the contemporary table.



A ceramic journey from north to south would start in the city of Aveiro, today a popular seaside resort with a small stretch of waterfront houses that have become an attraction thanks to their original striped facades. Aveiro is also the place where Costa Nova ceramics are produced. A Portuguese brand with innovative and elegant stoneware, and it is environmentally savvy as all collections are produced with a single firing, decreasing the energy used enormously. At our shop in Loulé we have a vast selection of plates, mugs, espresso cups and salad bowls to please every taste.

on fruit, vegetable or animal shapes – its green cabbage serving bowl is recognised everywhere in the world and some call it kitsch whilst others think it is marvellous. Our water lily soup bowl and hydrangea leaf dish is something in between.

If this is all too perfectly shaped and commercial for you, the wonky, hand carved espresso cup and the muesli bowl made by skilled artists around the corner will always be in our selection.



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80s



**SHARON GLESS**

Los Angeles-born actress Sharon Gless is best known on this side of the Atlantic for her role as Christine Cagney in the super-successful police show *Cagney and Lacey*, which was screened on TV from 1982 to 1989. Ground-breaking in its time, it was one of the first police shows to feature two women as its chief characters – contrasting Cagney’s single-woman problems with those facing her wife-and-mum partner, Mary-Beth Lacey.

Although Sharon Gless always wanted to act, she was warned by her grandfather – a show-business lawyer – to stay away from “that dirty business”! Her first jobs were as a secretary and then a production assistant, before she signed a contract with Universal Studios in 1972. She took on roles in movies such as *Airport '75* and TV’s *Marcus Welby MD* as well as theatre work. In 1991 she married Cagney and Lacey executive producer Barney Rosenzweig.

She appeared in BBC hospital drama *Casualty* in 2017-2018, saying she couldn’t turn down the part of US doctor Zsa Zsa Harper-Jenkinson.

In her 2021 autobiography, she was honest about her previous drink problem, one that Christine Cagney had also faced. Sharon and her husband have two homes, one in LA and the other on Fisher Island, off the coast of Florida. Known for her support of human-rights causes, she says that in her spare time she “happily does very little” but “I am still standing – and I’ve had an amazing career!”



40s

**TUPPERWARE PARTIES**

Back in the early 1940s, an American chemist named Earl Tupper came up with an idea that helped thrifty housewives to avoid wasting leftover food. He devised an airtight seal for plastic containers which would keep food fresh, and called it “Tupperware”.

It wasn’t an instant success until a single mum from Detroit came up with an even better brainwave – a get-together in private homes for women to have a chat, play a few games and invest in Tupperware. The hostess earned commission on the items sold – and the ‘Tupperware party’ was born, in 1949 in the USA, spreading to Britain in 1961. *The Guinness Book of Records* named Tupperware as one of the top inventions of the 20th century and by 2015 it was said that a Tupperware party was held once every 1.4 seconds. Even the late Queen Elizabeth was reputed to serve her breakfast cereal in a Tupperware container.

However, in the past few years, Tupperware seems to be falling out of favour. The company’s share price has dropped as other companies produced rival ranges. Plastic, in any case, is out of fashion as a material, even though Tupperware containers are very far from being the non-eco-friendly single-use plastics we are now all trying to avoid. Many of us carried our school packed lunches in Tupperware boxes and they are still to be found in kitchen cupboards all over the world. It’s said that younger generations prefer more ‘natural’ storage solutions such as beeswaxed paper or fabric...watch this space!



**Whatever happened to...**

SOME GET INTO SHOW BIZ EARLY, HIT THE BIG TIME AND ENJOY EVER-GROWING SUCCESS. OTHERS, SADLY, TAKE THE WRONG TURNING, BUT THOSE WHO PULL THEMSELVES AROUND ARE SOMETIMES LUCKY ENOUGH TO GET A FRESH START

Words: JILL ECKERSLEY

**MATTHEW PERRY**



Actor Matthew Perry achieved international recognition for his role as Chandler in the TV show *Friends* alongside Jennifer Aniston, David Schwimmer, Courteney Cox and Lisa Kudrow. At 24, he was the youngest member of the cast and now admits that: “I wanted to be famous so badly – the attention, the bucks, the best tables in restaurants...” even though the price of fame seems to have been high as he developed serious addiction problems that have severely affected his health.

He was born in Massachusetts, but his parents divorced when he was very young and his Canadian mother took him back to Canada. He was raised and educated in Ottawa and once considered a career as a tennis player. However, he travelled to California aged 15 and began studying acting.

Small parts in films and TV followed until *Friends*. The show was so successful that by 2002 the main cast members were reputed to be earning a million dollars an episode, and frequently featured in gossip columns – Matthew dated fellow superstar Julia Roberts for some time. However, he became addicted to opioid drugs and was hospitalised, later claiming that he had spent \$9 million on medical bills. Once recovered, he was able to work again and says he is grateful for the support he received from his fellow cast members. He says he has been sober since 2021; his memoir *Friends, Lovers and the Big Terrible Thing* was published in 2022.



90s

80s

**BILLY CRYSTAL**



Show-business was in Billy Crystal’s blood. His father was a jazz music promoter in New York and Billy and his two brothers developed their own comedy routines as

teenagers living on Long Island. Billy himself studied film at New York University School of Fine Arts and began his career by performing stand-up comedy in local coffee shops.

By 1977 he had landed a part in the US television soap-opera spoof *Soap*. He then met film director Rob Reiner and appeared in the 1984 ‘rockumentary’ *Spinal Tap*, an affectionate satire on the world of heavy-metal music. Reiner was also the director of the 1989 film which made Billy Crystal’s name *When Harry Met Sally*, co-starring Meg Ryan.

His career went from strength to strength throughout the 90s, as he released comedy records, appeared on Broadway, hosted the Oscars ceremony no less than nine times, and alongside his friend Robin Williams, hosted the US TV version of *Comic Relief*. He was devastated by Williams’ death in 2014 and paid a moving tribute to his best friend and fellow fund raiser, calling him “the greatest friend you could ever imagine” and “the brightest star in the comedy galaxy.”

Billy has been married to his High School sweetheart, Janice, since 1970. The couple have two daughters and two grandchildren.





# Ex-pats need-to-knows

THERE ARE SO MANY QUESTIONS, SO MANY CONCERNS, SO MANY AREAS THAT NEED CLARIFYING. **MARK QUINN** AND **DEBRAH BROADFIELD** OF THE SPECTRUM IFA GROUP DISPEL SOME OF THE MOST COMMONLY-HELD MISCONCEPTIONS FOR EXPATS WHO HAVE CHOSEN TO LIVE IN PORTUGAL

## STAND OUT FROM THE COMPETITION...

When it comes to presenting your company, you only have one chance to make the best first impression. So whether it's your website, a sign, branding, advertising or your company brochure make sure it's your company that attracts the new client first.

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design@suzisteinhofel.com  
www.designworks.com.pt

**1. I can come and go as I choose?** To determine and maintain your residency in Portugal or any other country, you will need to follow certain rules regarding the amount of time you spend there and your residence could change year on year depending on your circumstances. For instance, if you want to avoid being subject to UK taxes after leaving, you will need to limit the number of days you spend in the UK. This limit can range from as little as 16 days to as much as 182 days.

**2 I've left the UK so I don't have to pay tax there** The tax system in the UK is notoriously complex and can have lasting effects on former residents who have not properly cut ties with the country. Despite leaving the UK, you may still be responsible for paying taxes there on income, capital gains and even after death (inheritance tax). Additionally, specific types of income and gains continue to be taxable in the UK even after you've left. As a result, you may need to file an annual tax return with HMRC in the UK as well as in Portugal.

**3 I've left the UK, so I won't be subject to UK Inheritance Tax (IHT)** Unlike income tax and capital gains tax, which are usually determined by your residence, your liability for UK IHT is based on your domicile status. This means that even if you no longer live in the UK, you may still be subject to UK IHT if you have a UK domicile. There are ways to minimise or eliminate your liability, but it is not as simple as setting up an offshore trust, gifting assets or establishing a QNUPS; UK anti-avoidance rules are extensive and highly effective. It's important to seek specialist tax guidance early, as any challenges by HMRC will only occur after you've passed away.

**4 I report my income in the UK so I don't have to declare in Portugal, even as a Portuguese resident** Some assume that they have the flexibility to report their income and gains wherever it yields the greatest financial benefit or where they 'have always paid taxes', rather than where they are obligated to pay taxes. As a resident of Portugal, you are required to declare your worldwide income and gains and pay the appropriate tax in Portugal. You may also be required to declare income and gains in the country where assets are physically held/registered, but there are rules in place in most countries to avoid double taxation.

**5 Non-Habitual Residence (NHR) means I'm not resident in Portugal** The NHR program is a ten-year tax incentive scheme for new residents of Portugal. The name of the program can be misleading, as it suggests that you are not a resident of Portugal. In reality, NHR is intended for those who have not been tax resident in Portugal in the previous five years, and you must be legally resident in Portugal before you can apply for it. This can lead to some confusion, causing some people not to apply for the NHR program, or even being discouraged from doing so, despite it being a financially advantageous decision in most cases.

**6 NHR means I'll pay no tax** Although the NHR scheme offers the opportunity to attain low or even zero tax rates, it requires careful planning to achieve the optimal outcome. Simply applying for the program is not sufficient, and you must take proactive steps to ensure that you are in the best possible position to benefit from it. For example, not all foreign income is exempt from taxation, you may need to restructure your income sources to fully utilise planning opportunities, and generally, capital gains are not exempt under NHR.

Becoming a resident of Portugal can result in significant financial and tax benefits, but it is crucial to have a comprehensive understanding of the cross-border complexities, such as residency regulations and tax declaration obligations. Only with a clear understanding of these issues can you take full financial advantage and achieve the most favourable outcome. ☺

### ASK THE EXPERTS

*Debrah Broadfield and Mark Quinn are Chartered Financial Planners (level 6 CII) and Tax Advisers (UK ATT) with 20 years of combined experience advising expatriates in Portugal on cross-border financial and tax planning issues.*







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#### Let's talk currency

##### Albufeira

Urb. Parque da Corcovada  
Rua Manuel Teixeira Gomes  
Lote 51 Loja D  
8200-664 Albufeira  
+351 289 395 739  
portugal@currenciesdirect.com

Find out more at [currenciesdirect.com/pt](https://currenciesdirect.com/pt)

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SPRINKLE



## YOUR money

**RICARDO CHAVES** HAS AN EVER-GROWING INBOX OF REQUESTS FOR INFORMATION ABOUT THE FINANCIAL ISSUES THAT AFFECT YOUR LIFESTYLE HERE. THIS MONTH, HE EXPLAINS THE CURRENT GOLDEN VISA SITUATION AND ANSWERS QUESTIONS RELATING TO PROPERTY AND TAX

### What is the situation with Golden Visas? I thought they came to an end but I keep seeing property ads with Golden visa mentions? Is there any other scheme that helps if you want to invest in property?

Portugal is closing the Golden Visa programme. The draft law will be discussed in the next few days and once this is approved new applications will no longer be accepted. However, any existing application can still be processed, providing this is done before the law comes into effect.

The law will not affect the rights of applicants and their families who have already obtained the respective residence permits, and the current rules regarding minimum permanence in Portugal will continue to apply.

It is expected that in the future new applications for this residency programme will only be available for those investing in artistic production, or in the recovery or maintenance of cultural heritage, but details of the exact terms and conditions are not yet available.

### I'm thinking about buying an old property here as a project. What is the tax situation when I have completed the work and want to sell? Do the monies I have spent in developing it come off the taxable sum?

When you restore a property, all the invoices related to the project are deductible from the capital gains. Typically, the cost of the ruin, plus all costs associated with the rebuild will be deducted from the sale price and only 50% of the capital gains will be taxed.

You need to ensure that all invoices are legally issued and include the name, NIF and address of the property. The invoices need specific detail, as all property sales are subject to a tax audit and the tax authorities will verify each invoice.

Also make sure that you request invoices for each owner. So, if you own the property with your partner, always ask for two invoices when possible, so that each one of you has the invoices related to their share of the costs. This will avoid situations where one partner has a gain and the other has a loss because most invoices are in his/her name. The fact that both are taxed jointly does not offset the gain from one partner against the loss of the other partner, and this could introduce an unwelcome and unpleasant surprise when you realise how much your tax bill actually is.

### I am looking to sell a flat in the UK which is currently rented out. What investment types do you recommend here – I should have around £400,000 (UK pounds) after all associated costs are paid. I want my money somewhere safe but still generating a decent rate of interest.

You should seek financial advice from a qualified professional, who is an expert in financial planning and has expertise in Portugal but is also qualified to offer advice in products from other countries. In terms of tax, if you are considering making capital investments and have Non-Habitual Residency status, you must consider that most benefits are related to foreign source income. In fact, income such as dividends or interest from a foreign source, providing they are not generated in a blacklisted jurisdiction, will typically be declared in Portugal, but not taxed, despite possibly not being taxed in the country of source either.

An IFA should be able to advise you on the best products available and explain, for instance, the benefits of investing in capital assurance products, which attract a lower capital gains tax rate if the money has been invested for more than eight years. In such cases, instead of paying 28% tax, only 40% of the gain is taxed at that rate, which means that the effective rate is 11.20%. This may be an option for those clients who, when finishing their NHR period, will have their pension income taxed under the progressive tax rates.

### The idea of using my property and grounds as a suitable venue for a wedding or special event is very appealing. What do I need to be aware of before I think about the how and when?

You have two options; the first one is to rent your property for wedding events and pay tax on the income received. This is normally taxed at 28% and you can deduct costs that are related to the rental.

If you prefer to organise the event yourself, then this will not be deemed as a rental, but you will have to register as a business, which can be done as a sole trader. The business may have lower taxation but will have other implications, such as VAT registration, accountancy fees and social security contributions, which you need to be aware of. ☺

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Email your finance questions for Ricardo to [martin@algarveplusmagazine.com](mailto:martin@algarveplusmagazine.com) for inclusion in the first available issue of AlgarvePLUS.

To consult directly with Ricardo Chaves, email [ricardo@allfinancematters.pt](mailto:ricardo@allfinancematters.pt)



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NEWS - PROPERTY - COMMUNITY - EVENTS



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## Looking ahead

ALTHOUGH THE POUND/EURO EXCHANGE RATE HAS SEEN ITS FAIR SHARE OF UPS AND DOWNS SO FAR THIS YEAR, IT SEEMS RELATIVELY STABLE COMPARED TO THE HUGE SWINGS OF 2022, SAYS RUBEM GALVÃO

**However...** uncertainty remains. The next three months could see some major developments in monetary policy and the Russia-Ukraine war, which could in turn impact the pound-euro exchange rate. If you're planning to buy a property in Portugal, any movement in GBP/EUR could impact your budget. Here's how the pairing could move through the second quarter of 2023, and how you can protect against currency volatility.

### Central Bank policy

Earlier this year it seemed as though the Bank of England (BoE) was nearing the end of its interest rate hiking cycle. However, UK inflation remains stubbornly high at 10.1%, having only dipped below 10% once since July 2022. For comparison, Eurozone inflation is at 6.9%, having fallen consistently from a peak of 10.6% in October, and US inflation is at 5%.

Furthermore, the UK economy has proved more resilient than feared. The country avoided a recession last year, and recent economic data releases have exceeded forecasts. If UK inflation remains high and the economic outlook continues to brighten, ongoing BoE rate hikes could boost Sterling.

However, the BoE does expect inflation to cool rapidly soon, in tandem with an economic slowdown. If this comes to pass, a pause in the BoE's tightening cycle – or the prospect of rate cuts in the future – could spark a sell-off in the pound. Meanwhile, the European Central Bank (ECB) has been more hawkish in its forward guidance, although Eurozone inflation seems to be easing. It's likely that at least one more rate rise will lift the euro, but after that things are more uncertain.

At the time of writing, it seems as though the banks' approaches to policy could favour the euro over the pound. But so much uncertainty remains, and the past three months haven't unfolded as many expected they would. There could be more surprises in store.

### Hopes of peace in the Russia-Ukraine war

Russia's invasion of Ukraine has become the long, devastating conflict many feared it would be. But there are some small rays of hope. Most analysts expected Vladimir Putin to launch a fresh offensive in late February to coincide with the initial invasion. But while Russia did ramp up its



aggression, the renewed attacks were not as large-scale as expected. This in itself was a relief, but it also suggests that the Kremlin's military might have been severely depleted. This has ushered in a fresh pursuit of peace among allies on both sides of the conflict. Perhaps most importantly, President Xi Jinping of China – Russia's strongest ally – has openly called for peace and recently met with European leaders.

Meanwhile, in April Andriy Sybiha – Deputy Head of the Ukrainian President's office – indicated that Kyiv may be open to negotiating on the future of Crimea, if efforts to retake the region aren't successful. Russia annexed Crimea in 2014, and its future is a key hurdle in any peace efforts.

If this slow but encouraging trend continues, with further hints of peace talks and diplomatic efforts from third parties, hopes of an end to the conflict could see the euro strengthen. However, if these hopes fade, EUR could face headwinds.

### More uncertainty ahead

Uncertainty in the market seems to have become the norm over the past year, with the effects of the Covid pandemic and Russia's ongoing invasion still rippling out in unexpected ways.

Overall, it looks as though the pound will remain weak against the euro, either falling further or remaining close to two-year lows. But we may well be in for more surprises in the months ahead.

If you're considering purchasing property in Portugal, any shifts in the GBP/EUR exchange rate could have a big impact on what you can afford. For instance, if the pound-euro rate shifted by €0.03, as it did over the first quarter of 2023, that would result in a £300,000 transfer being worth €9,000 less, thereby squeezing your budget.

By working with a specialist broker, such as Currencies Direct, you can mitigate volatility. Currencies Direct offer expert guidance to help you navigate the market, as well as specialist services such as a forward contract – allowing you to lock in a favourable exchange rate for up to a year in advance of making a transfer. 🌐

*Currencies Direct has helped over 430,000 individuals and businesses move money abroad since 1996. They have an 'Excellent' Trustscore on Trustpilot, over 20 global offices and a team of more than 500 currency experts.*

For more detailed information, please contact the local office T: **289 395 739** or register at [currenciesdirect.com/portugal](https://currenciesdirect.com/portugal) to get regular updates on the currency markets. (use AlgarvePLUS magazine as the reference).

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THIS MONTH'S SPECIAL SELECTION OF THINGS WORTH SEEING

# THE agenda

## ART



**MEINKE FLESSEMAN**

*Galeria Meinke Flesseman  
Rua Infante Dom Henrique 126  
Portimão  
917 937 564  
meinke-flesseman.com  
By appointment*

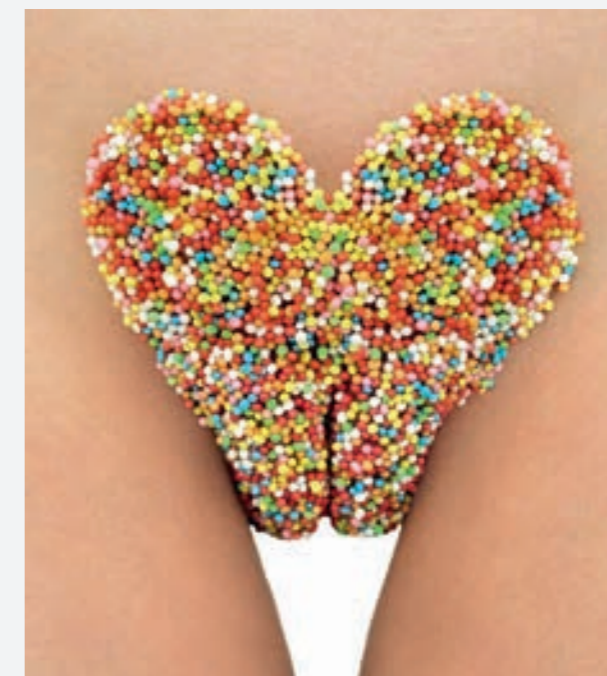
*Sesta to make you smile.  
Oil on canvas. 100x100cm.*



**DOM PATTINSON**

*ArtCatto, Loulé  
289 419 447  
info@artcatto.com,  
artcatto.com  
On now*

*Ladies' Night, mixed media  
on canvas, 140-140cm.  
Part of a group exhibition  
with artworks by Craig Alan,  
O Gringo, Luc Lavenseau  
and new sculptures by  
Jürgen Lingl.*



## PHOTOGRAPHY

**RANKIN**

*In The Pink  
Praça da República, Loulé  
in-the-pink.com  
Opens 24 June*

*Hundreds and Thousands.  
Internationally-renowned  
photographer Rankin  
says: "This exhibition is a  
fresh realisation with my  
fascination with life and  
death, and the real vs the  
unreal. These are themes  
which have fascinated  
me most throughout my  
career" 120x90cm*

**PEDRO RODRIGUEZ**

*Tavira d'Artes, Tavira  
962 012 111  
taviradartes@gmail.com  
taviradartes.com*

*Traffic, New York. Mixed media on wood.  
100x100cm.*



**QUINTA ART COLLECTIVE**

*Amigos do Museu  
Museu do Traje  
São Brás  
962 544 650*

*hello@quintaartcollective.com  
3 June-17 July*

*New and glorious works from Tracy  
Carson, Jessica Dunn, Toin Adams,  
Andrea M Bird and Jane Rodenburg.*

IF YOU HAVE ANYTHING YOU WOULD LIKE TO SHARE EMAIL [susi@rogol-goodkind.com](mailto:susi@rogol-goodkind.com)



# THE agenda

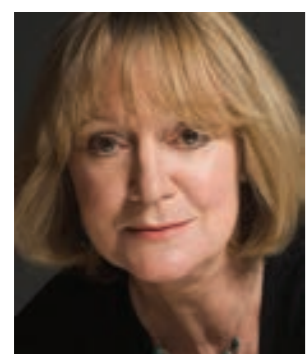
## MUSIC

### Amigos de Música

Os Agostos,  
Sta. Bárbara de Nexe  
reservasconcertos@gmail.com  
amigosdemusica.org  
27 and 29 June, 19:00  
Entry donation, including  
refreshments is €30pp, payable  
in advance.  
To book email  
reservasconcertos@gmail.com



As the last event for this concert season of the Amigos de Música, British pianist, Lucy Parham, above, will present one of her famous Composer's Portraits. Actress, Joanna David, below, will be the narrator in the life story of Clara Schumann (1819-1896). There will be wine, fruit juices and canapés available for self-service before the concert. For Amigos de Música membership enquiries contact [helga.hampton@gmail.com](mailto:helga.hampton@gmail.com)



### República 14, Olhão

Reservas@re-criativarepublica14.pt  
Email for ticket prices, and to book.

**3 June, 21:00**  
VIVA MILTON Created by Brazilian musicians and admirers of Milton Nascimento, to pay tribute to the great artist who turned 80 years this year, this concert reviews Milton's work and tells a little about the story of this genius of Brazilian and world music. The musical director is Norton Daiello, who also participates as a musician.

**10 June, 21:00**  
MBORAÍ A concert featuring original music in Guarani and Portuguese with Awaju Poty, composer and pianist, and Ricardo Sá, composer and saxophonist, by João José de Félix Pereira, pianist, composer, and conductor.

**17 June, 21:00**  
RODA DE SAMBA Wonderfully vibrant music from Brazil accompanied with delicious Brazilian food. With Nani Medeiros, voice; João Pita Junior, seven-string guitar; Lucas Sousa, cavaquinho; Fernando Baggio, percussion; and Juninho Ibituruna on the tambourine.

**24 June, 21:00**  
CÁTIA ALHANDRA This multifaceted singer, accompanied by musicians from different artistic influences, presents a, exciting programme with recreations of the fado musical genre, traditional Portuguese and Mediterranean music.

## FESTIVALS

### FESTIVAL MED Loulé

Festivalmed.pt  
29 June–2 July

In the historic centre of Loulé, 90 hours of music, 66 concerts, 400 musicians, 18 nationalities, 12 stages, 100 craftspeople, four art exhibitions and eight street entertainment groups, and that's for starters. Poetry, cinema, exhibitions and lectures, artisans demonstrating their skills, food galore, reggae icon Horace Andy – Festival Med is regarded as one of THE world music festivals and its 19th edition promises to be the best ever, a dazzler that pulls in vast audiences looking for that unique experience. Book your tickets in advance.

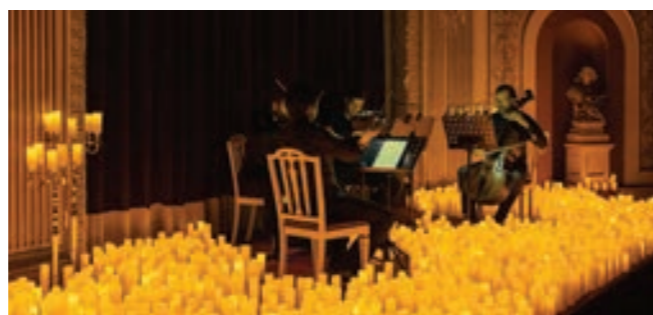


### CANDLELIGHT CONCERT

Algarve Congress Centre,  
Vilamoura, 10 June, 20:45  
Tickets €15–€35 from [feverup.com](http://feverup.com)

Candlelight Concerts are a series of original music concerts allowing people all over the world to enjoy live music performances played by local musicians in various stunning locations illuminated by thousands of candles.

Initially conceived as a classical music series with concerts featuring works from the greatest composers, today's ever-growing list of programmes includes a wide variety of themes and genres, including tributes to contemporary artists like



Queen, ABBA, Coldplay, and Ed Sheeran, as well as shows dedicated to K-Pop, movie soundtracks and more. This multi-sensory experience has also evolved to feature different elements, such as ballet dancer, aerial performers, jazz, soul, opera, and flamenco.

Candlelight Concerts are present in more than 100 cities

worldwide, with over three million guests in attendance to date. In Vilamoura, in an hour-long programme, the Algarve Quartet will play some of the rock classics, including *Paint it Black*, Rolling Stones; *Always*, Bon Jovi; *Space Oddity*, David Bowie; *Bohemian Rhapsody*, – Queen.

### THE MONTHLY MUST

4 June, Farmers' Market  
in Quinta Shopping,  
10:00–13:00.



### SUNSET SAMBA VIBES BY SAMBA

Vale do Lobo Tennis Academy  
10 June, 20:00



Opening this year's summer concert programme at the resort, the Sambambas – Roda de Samba line-up makes its debut in an evening of pure rhythm and musicality that promises to involve everyone present. Tickets eventbrite. [co.uk/e/sunset-samba-vibes-intimate-concert-tickets-634181422707](http://co.uk/e/sunset-samba-vibes-intimate-concert-tickets-634181422707) €30 (€15 for Resort members)

## EXPERIENCES



### FIGS ON THE FUNCHO

cheryl@figsonthefuncho.com  
Mix Media Painting Workshop  
4–8 June, 10:00–14:00

A series of painting lessons over five days (18-hours tuition) designed to guide you and help you develop your painting skills at a beautiful riverside location with spectacular views of the countryside and river. The painting tuition is suitable for all painting levels from beginners to advanced and includes lunch. <https://tri.ps/XxMWF>

### BOTANICAL PAINTING WORKSHOP

10–11 June, 10:00–17:00

Two-day botanical watercolour painting series led by our experienced and qualified art tutor. And to make your experience even more enjoyable, we've included lunch.

### VILAMOURA BOAT SHOW

Vilamoura Marina  
10–18 June, 11:00–21:00

Loads of boats from the top international names in the business, from the plushiest super yachts to the been-there small vessels, plus every conceivable boating accessory. While you're floating around, stop for an ice cream at Gran Gelato to add to the day's enjoyment.

### DOURO WINE TOUR

26–29 June, 964 210475  
[winetraveler.livinhos.com/douro-wine-tour/](http://winetraveler.livinhos.com/douro-wine-tour/)

Private tour for six guests, four days, three-nights, which includes four winery visits, sightseeing, boat tours on the Douro, and a tour guide who knows her stuff. Livia Mokri is the AlgarvePLUS sommelier, an award-winning wine writer, and founder of LiViagem Private Tours. Transfers, hotel, insurance etc, all part of the package.

### WALK & RUN 6/11KM

Vale do Lobo, 30 June, Free

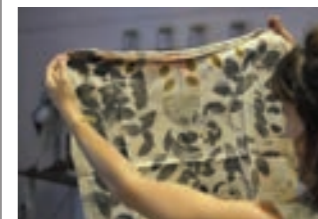
Keep fit with friends and family. The run begins in the Parque do Golfe, with a warm up session before runners and walkers set around the resort, over the golf courses and through the woodland. Get into your trainers and enjoy.

### LOULÉ CRIATIVO WORKSHOPS

Loulé Criativo promotes the revitalization of cultural heritage, traditional, handicraft, art and design. Visit the website for dates and details – there's so much more than we have room to list! 289 400 829  
[loulecriativo@cm-loule.pt](mailto:loulecriativo@cm-loule.pt)  
[loulecriato.pt](http://loulecriato.pt)

### CREATIVE EMBROIDERY: ALGARVIAN FLORA

3 June  
Oficina dos Têxteis, Loulé  
Partner: Flávia Ferreira  
To register:  
[flaviaferreiradias@gmail.com](mailto:flaviaferreiradias@gmail.com)  
+351 967 180 340

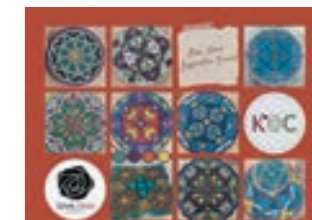


### BOTANICAL PRINTING WITH GADJODILO

17 June, Alte, Loulé  
Contact: Gadjodilo – Vanessa Vinhais  
To register: [casadoartesa.alte@gmail.com](mailto:casadoartesa.alte@gmail.com) 910 084 192

### CERAMICS WORKSHOP

Kit & Caboodle  
Caminho de Cerro de Galo  
Almancil 8135-028  
289 394 257 / 916 432 881  
[kitandcaboodle.pt](http://kitandcaboodle.pt)  
7 June, 10:30–13:00  
€45, all materials, drinks and cake



Working with a choice of designs, you will choose your colours and apply using squeeze bottles with needle tips. The colour combos are endless and they can be used for trivets,

pot stands or even hung on the wall. Check online to find out about other workshops available, including the Chalk Tuesday Club, held in São Brás.

### MANOLI ORTIZ DE LA TORRE

Penina Festival  
960 382 196, [@atelierortizdelatorre](mailto:atelierortizdelatorre)  
17 June, 10:00–19:00

During this one-day festival, the doors of Manoli's atelier in Penina, a village between Salir and Benafim, will be open to those who want to know more about the work of this talented artist. Her artworks, ceramics and sought-after ecoprint clothing and accessories will be on display.



# AND *finally*



ANTHONY MARTIN TELLS IT LIKE IT IS, WHILE ALL THE TIME SAYING: "IT IS WHAT IT IS". DOES THAT MAKE HIM UNDERSTANDING, SYMPATHETIC, ACCEPTING OF ALL THINGS, OR SOMEONE WHO IS COVERING ALL THE OPTIONS?

**Y**OU DID, DIDN'T YOU? Yes, you did. Admit it. Don't play the holier than thou faux republican, just to keep up the pretence that you are a modern, forward-thinking 'all men/women/persons (or whatever we are now allowed to refer to others as) are created equal'. You watched it... as we all did.

You may have wanged on about the misuse of tax money that could instead be spent on allowing three square meals daily for nurses, but you secretly adored little Princess Charlotte in her bargain basement Alexander McQueen dress. You possibly squirmed at the sheer weight of precious metals and jewels on show, instead of the powers-that-be enabling families with more than six children to turn on the last bar of their three-bar fire, thereby preventing their newborn getting pneumonia.

And I would lay odds that you compared the 'Queenly'ness of the new Queen against that of the Queen-in-waiting and, who could not help but marvel at the magnificent Ms Mordaunt, who has not only gathered legions of fans but also now has a video CV practically guaranteeing a future holding the keys to No 10.

So don't give me that crap that you didn't watch it 'on principal', because you did. Perhaps not all of it, but enough to be able to tell your friends that you kept your lips firmly glued together during the oath of allegiance, and that you saw Mr Spare hiding behind his aunt's feathered hat in the row of shame.

And what about the 7,000 military bods all marching in step? Whether you agreed with the whole shebang or not, you have to admit that nobody does pomp better than the Brits, even if the trains don't run and junior doctors have downed tools.

... Meanwhile, back in the village of the man who builds walls from the top down, we are a world away from the big city's movers and shakers. The concerns of we

immigrants differ somewhat, depending on whether we are hillbillies or coast-dwellers. For instance, we are both concerned regarding water and the possible lack of. One bemoaning the fate of their figs and olives and the other the state of the golf greens, but it is a fact that the lack of water is an annual problem for all of us.

At the time of writing, just over 40% of the Algarve is facing a drought. But all is not lost for there is in Spain one Jorge Rey, a 16-year-old amateur meteorologist, who has predicted a heavy downfall is about to hit the Iberian peninsular. This prediction is based on the movement of ants who, he maintains, alter their habits before a rainstorm, building their nests in the high ground and using different materials. So, should you see

our favourite little pests dragging around mini sacks of waterproof cement, sheets of marine ply and tarpaulins you'll know it's time to batten down the hatches.

As far as I am concerned, these amateur seers and soothsayers, who claim they can predict the future, are hedging their bets.

It is said that in the 16th century Nostradamus predicted the Fire of London, the rise of Hitler and 9/11, but you can tie any world-shattering event to some earlier prophecy.

And then you have the charlatans. From the 20s through the 50s, there was a man who went by the name of Prince Monalulu who would roam London calling out: "I Gotta

Horse". He was tall, black, wore a feathered headdress and sold envelopes containing the name of the horse he claimed would win a particular race. His punters never knew that each envelope held the name of a different horse. That's what I call hedging your bets. And before Ford introduced his Model T automobile, there were those who said: "If transport keeps developing at this rate, we will shortly be knee-deep in horse \*\*\*\*\*". Then there was the man who used to walk up and down London's Oxford Street wearing sandwich boards bearing the message: "The End of the World is Nigh".

He could well be correct – but we'll never know. ☹

“  
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bargain-basement  
Alexander  
McQueen dress?  
”



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