



Portimão, Algarve, Portugal - 04th - 08th May 2005

THE PLACE INFORMATION

1 - A dive into history

Portimão has a rich historical past, and heritage not to be missed !!!

With a museum district of great richness, Portimão offers, among many others points of interest, a vast array of industrial architecture linked to the memory of the canning industry, beautiful examples of azulejaria [glazed pottery tiles], countless churches with their golden entrances, the Palácio Sárrea, the Fortaleza de Santa Catarina, and the archeological remains of Abicade and Alcalar.

2 - Get in touch with nature

For nature lovers, the region of Portimão offers unique routes, through the natural environment, of scenic and ecological interest.

For those interested, there is a wide variety of coastal tours, including sail or motorboat tours, dolphin spotting trips, or travelling up the Arade river to Silves [the capital of the Algarve during the Moor occupation] and walking tours organised by environmental groups.

Of note is the Ria de Alvor [Alvor Estuary], the most important humid area of the Algarve's Baralvento. It is part of "Rede Nature 2000".

3 - Algarve's best gastronomy at your table

In the Algarve it is easy to find a good meal in some small village restaurant. Even the smallest tavern offers various dishes, mostly prepared with fish as the coast is very rich in innumerable species.

Land of Fishermen, Portimão is a paradise for fish and seafood lovers. Starting with Grilled Sardines as the top specialty, Portimão's gastronomy has a much wider offer of tasteful food, ranging from fresh fish to traditional and delicious desserts.

The special fish dish of the Algarve, which one must try, is the Cataplana. Served in a traditional brass pan, it is a mixture of clams, pork, spices, garlic, onions, tomatoes and white wine. Be sure to also try the Caldeirada [fish stew], cooked with your preferred fish, as well as a dish of Lulas Recheadas [stuffed squid], the Atum Grelhado [grilled tuna] and the famous Bacalhau à Bras [salt cod with potatoes and egg].

The Mediterranean climate of this region, the high temperatures and long periods of Sun exposure, the few rains and argilo-calcareous soils, fill up the most favourable requirements to produce wines of excellence. Fruity and full-bodied wines, with a good balance between alcohol and acidity, flavours of great quality and appetite for a slow aging.

4 - Entertainment for all tastes

Portimão's nightlife will allow you to choose between a peaceful romantic night, or a more lively and social time.

Walk along Portimão's beautiful coastal street or through the streets of the old town or along the waterside of Alvor, go to the casino, to a concert, an exhibition, a bar or nightclub, there is a myriad of choices.

5 - The beauty of the Algarve's beaches comes to the fore in Portimão

The exceptional climate, the warm and calm sea, the soft white sand, contrasting with the blue of the sea and the ochre of the cliffs make Portimão's beaches a focus of attraction. In addition to Praia da Rocha, one of the most famous beach resorts in Europe, there are other beaches to suit all tastes.

Portimão:

8 kms of beach;

More than 3.000 hours of Sun;

Average Annual Air Temperature: 17,7° C [Praia da Rocha];

Average Annual Sea Temperature: 17,4° C [Algarve];

From June till September temperatures reach 30° C.

6 - Sports for all tastes

Being one of the main nautical centres of the country, Portimão offers excellent conditions for practising all types of nautical sports.

In addition the visitor will also find excellent conditions for golf, horse riding, swimming extreme sports, as well as a wide variety of beach games available during high season on the beaches of Praia da Rocha and Alvor.

GOLF:

Alto Golf

www.altoclub.com

Quinta do Alto do Poço, Portimão

Tel.: 282 460 870

Fax: 282 460 879

18 buracos | Par [SSS]: 72 [73] | Comprimento: 6.125 m

Penina Golf

EN 125 - Penina, Portimão

Tel.: 282 420 200

Fax: 282 420 300

Championships course: 18 buracos | Par [SSS]: 73 [73] | Comprimento: 6.343 m

Resort course: 9 buracos | Par: 35 | Comprimento: 2.987 m

Academy course: 9 buracos | Par: 30 | Comprimento: 2.035 m

Morgado do Reguengo Golf

Morgado do Reguengo – Portimão

Tel.: 282 402 150

Fax: 282 402 153

golf@morgadodoreguengo.com

Championships course: 18 buracos | Par: 73 | Comprimento: 6.399 m

HORSE BACK RIDDING

Centro Hipico de Belmonte

Urbanização Belmonte, Portimão

Tel.: 282 476 020

Centro Hipico Santa Isabel

EN 125 Penina, Portimão
Tel.: 282 410 340

Vale de Ferro

Sitio do Vale de Ferro - Mexilhoeira Grande
Tel.: 282 968 444
Contacto: Valdemar Oliveira

SCUBA DIVING**Pinguim Sub**

Tel.: 282 485 784 / 917 209 235

Cursos de mergulho PADI

Saídas de mergulho

Baptismos de mergulho

Aluguer de todo o tipo de material

Portisub Clube Subaquático de Portimão

www.portisub.com

Tel.: 282 089 442

Fax: 282 089 443

Mergulho com garrafa, fotografia subaquática

E-mail: geral@portisub.com

DOLPHINS OBSERVATION**Nortada**

Marina de Portimão - Praia da Rocha

Tel.: 919 359 359

Horário: 9h, 12h, 13h30, 15h30, 17h

Contacts: Ralph Houtkool

7 - Useful Information**TOURISM INFORMATION OFFICES:****Portimão**

Avenida Zeca Afonso

Tel.: + 351 282 470 717 Fax: + 351 282 470 718

E-mail: turismo@cm-portimao.pt

[Monday to Friday: 9:00am to 5:30pm]

Praia da Rocha

Avenida Tomás Cabreira

[Everyday from 9:00am to 5:30pm]

Tel.: + 351 282 419 132

Alvor

Rua Dr. Afonso Costa

Tel.: + 351 282 457 540

[Monday to Friday: 9.30am to 1:00pm and 2:00pm to 5.30pm]

Tourist Information - Tel.: 800 296 296 - [Free Call]

POLICES**Police**

Avenida Miguel Bombarda – Portimão

Tel.: + 351 282 417 717

National Guard

Avenida V6 – Raminha – Portimão
Tel.: + 351 282 417 217

Coast Guard

Avenida Capitão Fernandes Leão Pacheco – Portimão
Tel.: + 351 282 417 714

Criminal Investigation Police

Rua Pé da Cruz – Portimão
Tel.: + 351 282 426 041

Immigration Services

Rua Pé da Cruz – Portimão
Tel.: + 351 282 400 540

Customs

Largo do Dique – Portimão
Tel.: + 351 282 422 440

EMERGENCY AND HEALTH SERVICES

Medical emergencies: 112
Intoxications: + 351 217 950 143
Protection: + 351 282 470 734
Fire Department: + 351 282 422 122

Public Hospital

Sítio do Poço Seco – Portimão
Tel.: + 351 282 450 300

Private Hospital:

www.hpalg.com
Estrada de Alvor, Lote 27 Cruz Bota – Alvor, Portimão
Tel.: +351 282 420 400
Fax: + 351 282 420 404
E-mail: info@hpalg.com

Health Centre

Avenida S. João de Deus – Portimão
Tel.: + 351 282 418 498

Private Medical Centre

Rua Caetano Feu – Praia da Rocha
Tel.: + 351 282 430 880

TRANSPORTATION

Faro International Airport: + 351 289 800 800
Portimão Airdrome: + 351 282 495 942
Train Station: + 351 282 415 473
Bus Station: + 351 282 418 120
Táxi Arade: + 351 282 460 610
Táxis Rocha: +351 282 418 871