

NECTAR & PULSE®

LIFE IS A JOURNEY



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Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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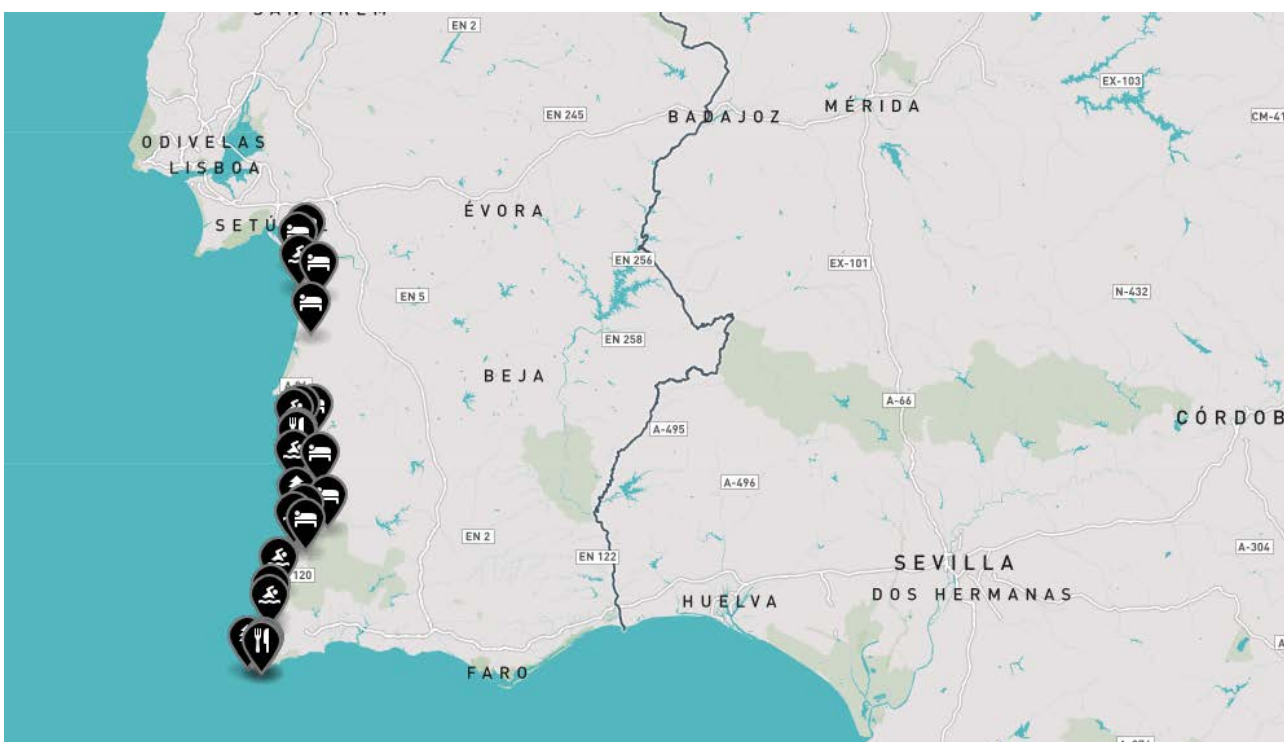
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24 HOURS IN

Portugal West

BY THE ROOSES

Travel Family | Lovers | Urban Nomads



MY PERFECT 24 HOURS IN PORTUGAL WEST

On our two week trip through Portugal we enjoy both the Algarve in the South (read the first guide here) as well as the rougher West Coast facing the wild Atlantic ocean.

We stay in **Casas da Cerca** in the rural area of Alentejo (near the river Mira), which itself is located in the middle of the national park „Parque Natural do Sudoeste Alentejano e Costa Vicentina.“ The Alentejo is one of the poorest areas of Portugal but has lots of charm and undisturbed beauty. The place where we spend the next few nights is hard to find but so worth it if you love nature and places that are off the beaten track in general.

We spend a lot of time at our house „Casa do Pomar,“ climbing up to the tree house, swinging in the hammock and listening to the sounds of nature. As another guest before us put it, „you feel like you’re in Nature’s womb... enveloped by cork and eucalyptus trees.“ Our little plunge pool is also a nice refreshment. After relaxing in the pure nature we are ready for some new adventures in the area. Our favourite beach close by (~20 min car ride from the house) is **Praia do Malhão** (Centro). The sand dunes here are quite beautiful and whenever we come here, we don’t see too many other people. We hide in between the rocks for protection from the wind, which can be quite strong along the Portuguese West Coast.

As I play in the sand with my husband and Jonathan, our older son, running away from the waves and watching our baby Victor lie on a huge blanket on the beach, I feel incredibly happy and fulfilled. I soak up every precious moment of it. I feel so good and alive at the beach, hearing the ocean and the wind and just being in the here and now with my family. Oh, how I love this life and this beautiful world we live in. I feel so blessed with everything we have and with being able to live such a rich and varied life.

Favorite restaurants: **Restaurante A Choupana** (for some great, fresh grilled fish right by the beach) and **Tasca do Celso, O Pescador**.

Pretty villages: **Zambujeira do Mar**.

Other great beaches on the West Coast: **Bordeira, Arrifana, Odeceixe, Amado, Almogrove, Carvalhal**.

Other hotels we recommend: **Monte West Coast, Cerca do Sul, Casa do Pego, Herdade da Matinha, Alentejo Beach House, Sublime Comporta, Casas Na Areia, Herdade da Nespereira, Tres Marias**.

Of course a trip to the southern-/westernmost point of Europe, **Sagres**, is a must! Eat at **Mum’s, Nortada** or **A Tasca**.

We really loved this part of Portugal. It is unimaginably peaceful and beautiful. Simultaneously rural and wild.

Taste the Nectar. Feel the Pulse.

*Enjoy exploring,
The Rooses*

CASAS DA CERCA

SLEEP

Casas da Cerca, Portugal
www.casasdacerca.com.pt

A truly hidden gem inside the wonderful „Parque Natural do Sudoeste Alentejano e Costa Vicentina.“ Stay in one of the three little houses and enjoy the peaceful tranquillity around you!

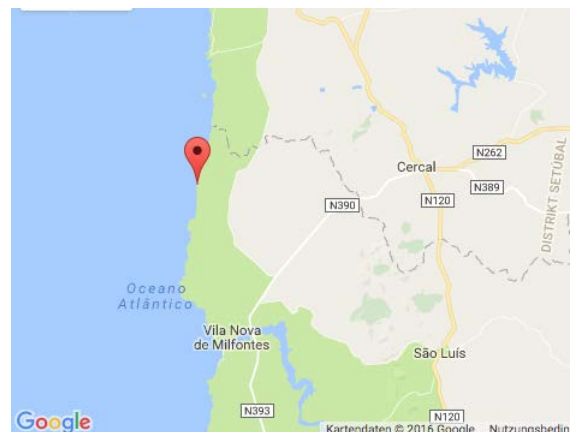


PRAIA DO MALHÃO

BEACH

Praia do Malhao

A lonesome and most wonderful beach, close to the accommodation of Casas da Cerca.



A CHOUPANA

RESTAURANT

Praia do Farol, Vila Nova de Milfontes, Portugal
www.facebook.com/pages/Choupana/150908888309852#_=_

Have the freshest of fish right at the beach and watch the sunset as you enjoy every bite of your delicious meal.



TASCA DO CELSO

RESTAURANT

R. dos Aviadores, Odemira, Portugal
www.tascadocelso.com

Typical Portuguese cuisine in a beautiful setting.



O PESCADOR

RESTAURANT

Rua do Moinho de Vento 23, 7645 Vila Nova de Milfontes, Portugal

Don't miss out on their delicious seafood, great wine and delectable cakes.



ZAMBUJEIRA DO MAR

ESCAPE

Zambujeira do Mar, Avenida do Mar, Odemira, Portugal

This picturesque seaside village is part of the Alentejo region and will delight you with its fantastic beaches and idyllic quietude. Except for in August, when the music festival „Festa do Sudoeste“ is held here.



BORDEIRA

BEACH

Praia Da Bordeira, Rua Serpa Pinto, Odemira, Portugal

This beach is very popular with surfers and is surrounded by impressive limestone cliffs and extensive sand dunes.



ARRIFANA

BEACH

Praia Arrifana, Portugal

Located in the northwest of the Algarve, this almost 10 km long beach provides surfers with perfect waves. Right at the end is a little fishing village where you can have lunch during a long day in the sand.



ODECEIXE

BEACH

Praia de Odeceixe (Mar), Odemira, Portugal

This beach is nice for families as there is a river that flows into the sea at the back of the bay, which is better for swimming than the harsh and cold Atlantic water.



AMADO

BEACH

Praia do Amado, Bordeira, Portugal

Quite a lot of surfing and body-boarding competitions take place here.



ALMOGRAVE

BEACH

Praia Almogrove, Portugal

The Almogrove beach, facing the Atlantic Ocean, is very popular with the locals but hardly known to tourists.

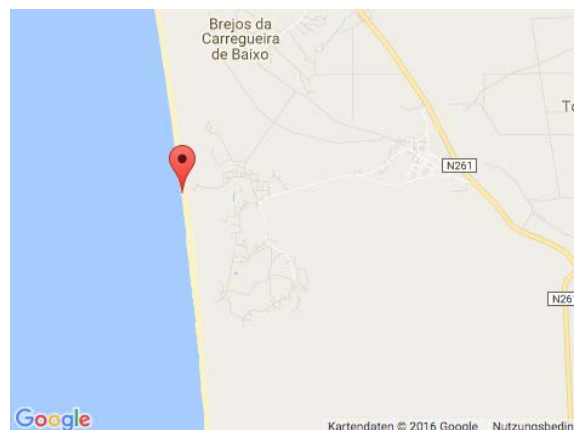


CARVALHAL

BEACH

Praia do Carvalho, Grândola, Portugal

This beach is surrounded by unforgettable landscape.



MONTE WEST COAST

SLEEP

Unnamed Road, Portugal

www.montewestcoast.pt/index_en.html

All houses of the estate are former farm houses that have been restored in the most charming way. You are surrounded by countless fruit trees, there is a river nearby, hammocks and sun chairs litter the place and most notably: peace and harmony reign.



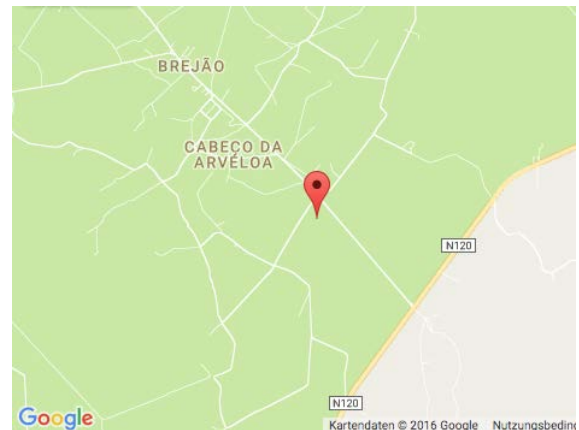
CERCA DO SUL

SLEEP

Cerca Do Sul, Odeceixe, Portugal

www.cercadosul.com

Cerca do Sul is not only a perfect place to unwind but also offers a great range of activities and workshops, such as going on a boat cruise, riding a donkey or taking part in a yoga class.



CASA DO PEGO

SLEEP

Comporta, Portugal

www.casadopego.com

This stylish beach villa is just one hour away from the Lisbon airport and hosts about six people.



HERDADE DA MATINHA

SLEEP

Herdade da Matinha Country House & Restaurant, Portugal

This hotel is a great mixture of luxury and down-to-earthness. It's a little off the beaten path, but the romantic horse stable and the high-class interior design (among other things) make this a very remarkable place.



ALENTEJO BEACH HOUSE

SLEEP

Melides, Portugal

www.welcomebeyond.com/property/alentejo-beach-house

The magical haven of the Alentejo Beach House lies in a hilly area of the Alentejo coast. This is the perfect summer getaway for you, your family and your friends.



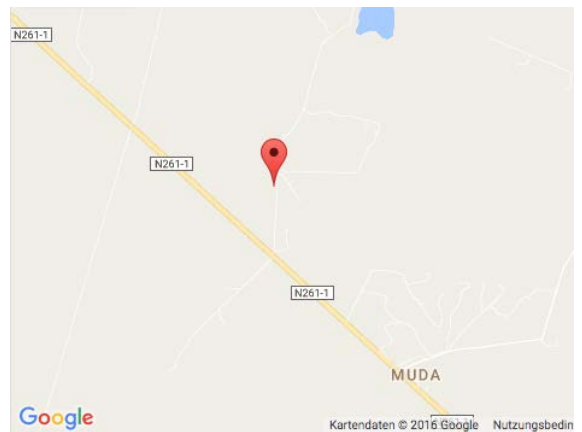
SUBLIME COMPORTA

SLEEP

Sublime Comporta, Grândola, Portugal

www.sublimecomporta.pt/hotel-overview.html

A modern design retreat sitting on an 17 sqm estate south of Lisbon. Special feature: the amazing Celeiro Restaurant!



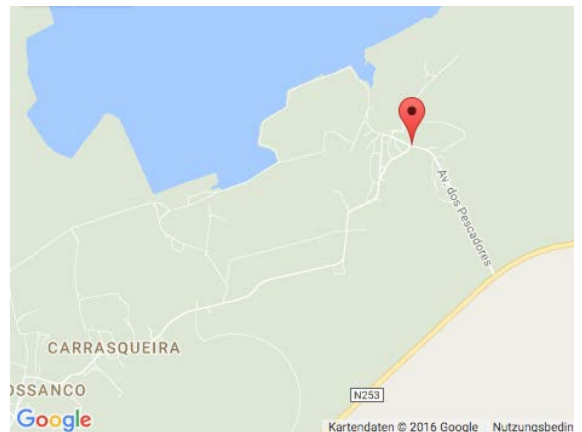
CASAS NA AREIA

SLEEP

Sítio da Carrasqueira, 7580-613 Comporta, Portugal

www.casasnaareia.com

The hotel's special design and architecture is focused entirely on the element of sand. See for yourself and visit this incredible, beautiful place!



HERDADE DA NESPEREIRA

SLEEP

Herdades da Nespereira & Moinho Velho, S.Teotónio, Portugal

www.facebook.com/Herdade-da-Nespereira-Moinho-Velho-206480066050396/info?tab=overview

Find inner peace and overall happiness in the remote serenity of this privately owned estate.



TRES MARIAS

SLEEP

Ribeira Da Azenha, 7645-909 Vila Nova de Milfontes, Portugal
www.tresmarias.pt

Altogether there are ten rooms, all of which offer great privacy, simple but beautiful design and private terraces. Nearby beaches are Aivados and Malhão.



SAGRES, CAPE SAINT VINCENT

ESCAPE

Cape Saint Vincent, Sagres, Portugal

Visit Sagres and Europe's southwesternmost point, the Cape Saint Vincent. Enjoy this breathtaking view and let the strong wind take away any negative vibes and stress. For a moment it is just you and nature.

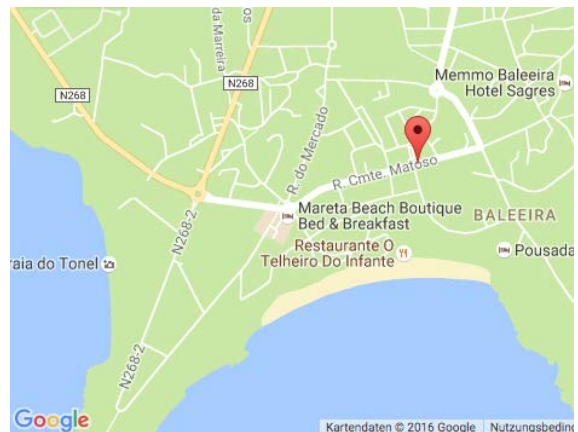


MUM'S

RESTAURANT

R. Cmte. Matoso, Sagres, Portugal
www.mums-sagres.com

A very cool restaurant that serves absolutely delicious food and some nice drinks.



NORTADA

RESTAURANT

Praia do Martinhal, Quinta do Martinhal, Sagres, Portugal

A wonderful beach restaurant.



A TASCIA

RESTAURANT

R. das Naus, 8650-368 Sagres, Portugal

At the restaurant A Tasca you can enjoy the best seafood while sitting on the sunny terrace and overlooking the little harbour.

