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

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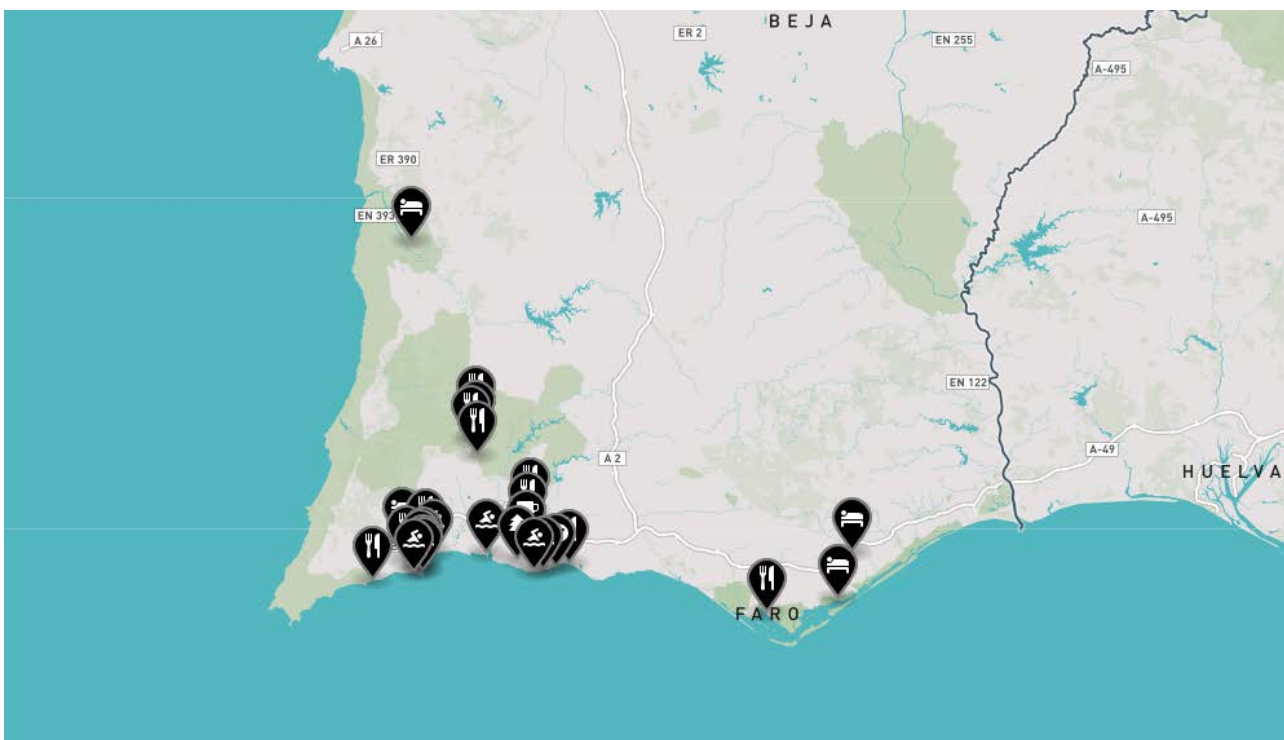
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24 HOURS IN

Portugal South

BY THE ROOSES

Travel Family | Lovers | Urban Nomads



OUR PERFECT 24 HOURS IN THE SOUTH OF PORTUGAL

Our youngest son Victor is six months old now. The past half year has been magical and beautiful but also intense and exhausting in many ways. Having two little ones is demanding so it's time for the first family holiday as the four of us!

We decide on Portugal, a road trip from Faro (Algarve) to Lisbon to be precise, with some stops in between. The flight from Munich is only three hours long (which turns out to be just the right length for a first time flight with two little ones), the ocean and cliff line is beautiful and we have a long list of great spots to visit, collected over the years by our Local Soulmates. Furthermore, Portugal is very kids-friendly: no matter where you go – restaurants, cafés, hotels – they all welcome you and your little ones with a big smile and an easygoing attitude, which is a great relief for parents.

We get up at four in the morning in Munich (not my time of day at all... note to self: never again book a flight this early) and catch the first flight to Faro. Victor's first flight goes well and as we unboard the plane we can already smell the invigorating ocean air and feel the morning sun on our skin. If you want to grab something to eat in Faro, go to **Adega Nova**. For us however, it's off to pick up our rental car right away and head to **Praia da Marinha** – a beach known for its picturesque high cliffs, beautiful water and lovely bays. We have breakfast on the way at **Helydoce Padaria** in Lagoa, an authentic spot where locals and tourists meet and enjoy some Pastéis de Nata, espresso and fresh orange juice. At Praia da Marinha you have three areas, the first of which is a wonderful beach that is easily reachable, even with kids, via a staircase to the left of the parking lot (this beach also has a snack bar, which is a plus for the whole family). The two other beach areas are just as stunning, although a little more difficult to reach. From the parking lot you can also set out on a cliff hike to **Nossa Senhora da Rocha** or **Carvoeiro**. You will find signs along the way showing you where to go. After sunbathing, building sand castles, snorkelling, etc., we head to our Boutique Hotel where we'll stay the next few days: **Casa Arte**, near Lagos. We relax and go for a swim in the pool, have a chat with the owner Sarah and afterwards I do some yoga in the garden. Later, we drive to Lagos for dinner. Some restaurants worth eating at are: **Tasca do Kiko** for tapas especially, **Chico Ze** for fish, **O Cantinho do Mar**, **Chachoa Restaurant**, and **Restaurante dos Artistas**.

Day trips we recommend:

You can make an excursion to the small village **Monchique**. On the way you can stop at **Café Rouxinol** for a bit of raspberry pie or maybe even lunch. In Monchique you should eat at **Restaurante O Luar da Foia** or **O Poço da Serra** if you fancy some wild boar.

You could drive to Silves, in which case you should eat at **Barradas** or **O Rui**.

Or make a trip to Burgau and eat at our friends Iris and Marco's place, the **Burgau Beach Bar**, which is the only beachside restaurant there. Very relaxing because your kids can play at the beach while you have a drink on the terrace.

Some other nearby hotels worth mentioning are **Casa Modesta** and **Fazenda Nova**.

Favorite beaches around Lagos: **Dona Ana**, **Praia Do Camilo**, **Porto Mos**, **Meia Praia** (lots of shellfish here!).

And around Faro: **Praia da Rocha** in Portimao, **Praia de Benagil** in Lagoa.

After our stay in the South we head on a little further to the Northwest and stay at **Casas da Cerca**. Read our second Portugal guide, in which we show you the West Coast.

*Enjoy exploring,
The Rooses*

ADEGA NOVA

RESTAURANT

R. Francisco Barreto 24, 8000-363 Faro, Portugal
www.restauranteadeganova.com

The restaurant Adega Nova serves typical Portuguese food in an old warehouse location.



PRAIA DE MARINHA

BEACH

Praia da Marinha, Lagoa, Portugal

This beach is said to be one of the most wonderful and quaint beaches in the world.



HELDOCE PADARIA IN LAGOA

CAFÉ

R. Francisco Sá Carneiro LE, 8400-386 Lagoa, Portugal
www.facebook.com/pages/Helydoce/102552933162500

A lovely breakfast spot. Gorge on some delicious Pastéis de Nata!



NOSSA SENHORA DA ROCHA

ARTS & CULTURE

Nossa Senhora da Rocha, Portugal

A medieval castle from where you have fantastic views of the beach and the sea.



CAFVOEIRO

ESCAPE

Carvoeiro, Portugal

Visit the little village Carvoeiro where you have plenty of opportunities to eat and drink or just stroll around.



CASA ARTE

SLEEP

CASA ARTE, Lagos, Portugal

www.casaarte-hotel.com

Casa Arte is located in a somewhat remote area and offers five beautiful rooms for guests to stay in. Truly a hidden gem, run with great love and passion by its friendly owners Sarah and Freek!



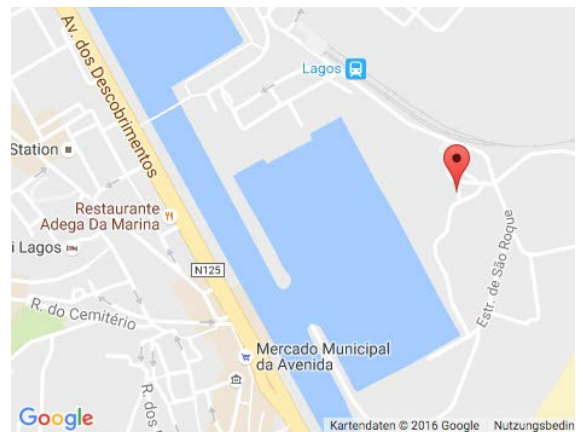
TASKA DO KIKO

RESTAURANT

Estr. de São Roque A, 8600-315 Lagos, Portugal

www.facebook.com/tascadokiko

Enjoy great tapas here!



CHICO ZE

RESTAURANT

R. da Torre, 8600 Odiáxere, Portugal

At the Chico Ze great fish dishes are served in an authentic way.



CANTINHO DO MAR

RESTAURANT

Rua do Alentejo, Armação de Pêra, Portugal

A little farther away from Lagos but still worth a visit, owing to the excellent kitchen and service.



CHACHAO RESTAURANT

RESTAURANT

Estr. Funchal-Lagos, 8600 Lagos, Portugal

www.cachoa.50megs.com/#_=_

A top-notch restaurant in a beautiful setting!



RESTAURANTE DOS ARTISAS

RESTAURANT

R. Cândido dos Reis 68, Lagos, Portugal

www.artistasrestaurant.com

Located at the old town of Lagos, this restaurant serves a delicious mix of regional and international cuisine.



MONCHIQUE

ESCAPE

Monchique, Portugal

Monchique is a beautiful small village located in a mountainous region, offering great views from the two peaks of Foia and Picota. Another popular highlight of the area are the „Caldas de Monchique“, the natural hot springs.



CAFÉ ROUXINOL

RESTAURANT

N266 204z, 8550-232 Monchique, Portugal

www.restaurantrouxinol.com

When it's still cold in the evenings, enjoy dinner in front of the wonderful open fireplace inside.



RESTAURANTE O LUAR DA FOIA

RESTAURANT

N266-3 2, 8550 Monchique, Portugal

www.facebook.com/LuarDaFoia

Come here for excellent Portuguese cuisine and an incredible view of the area.



O POCO DA SERA

RESTAURANT

N266, 8550, Portugal

We instantly felt welcome at this lovely hidden spot in the mountains, and the food they serve here is typical Portuguese home cooking. Yummy!



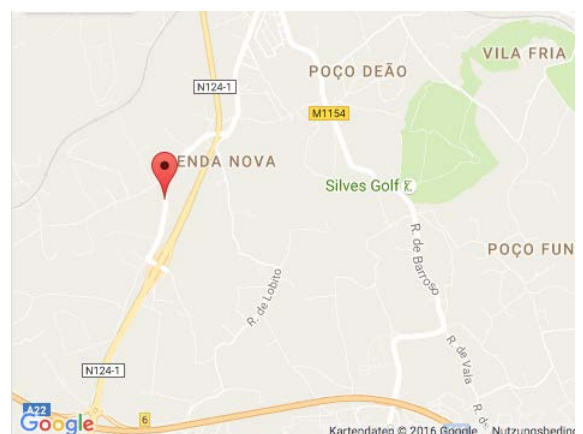
BARRADAS

RESTAURANT

N124-1 604, 8300 Silves, Portugal

www.obarradas.com/uk

Fine dining in a remote farmhouse.



MARISQUEIRA RUI

RESTAURANT

R. Comendador Vilarinho 27, Silves, Portugal

www.marisqueirarui.pt

Another one of those absolutely great seafood restaurants in the Algarve!



BURGAU BEACH BAR

RESTAURANT

R. da Praia, Burgau, Portugal

Our friends Marco and Iris are doing a great job with this beach side restaurant where you can witness stunning sunsets while having a drink and watching your kids play in the sand.



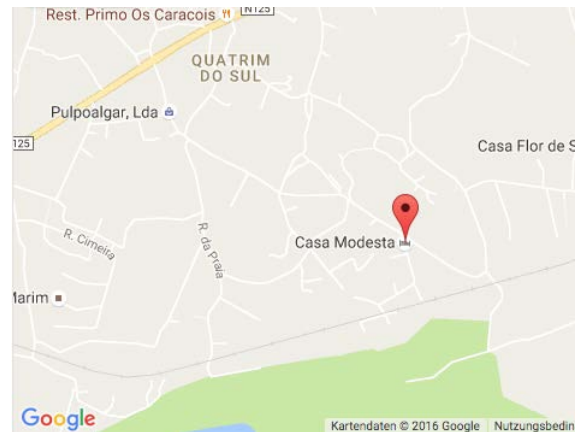
CAS MODESTA

SLEEP

Casa Modesta, Rua das Fontes Santas, Olhão, Portugal

www.casamodesta.pt/en

Casa Modesta perfectly combines clean minimalist architecture and interior design with the traditional way of life of the Algarve. Simply beautiful!



FAZENDA NOVA

SLEEP

EM514 642X, 8800-509, Portugal

www.fazendanova.eu

Stay at this heavenly boutique hotel and indulge in all their luxurious amenities.



DONA ANA

BEACH

Praia Dona Ana, Lagos, Portugal

This magical beach with its golden sand, crystal clear water and high cliffs is within walking distance of Lagos city centre.



PRAIA DO CAMILO

BEACH

Samerstraße 55, 83122 Samerberg, Germany
www.samerberg.de/index.php?rubrik=3&seite=naturbad&e2id=83

Another natural pool in a wonderful remote area, about one hour from Munich by car.



PRAIA DE PORTO DE MOS

BEACH

Praia de Porto Mós, Portugal

Perfect for surfing and wind surfing!

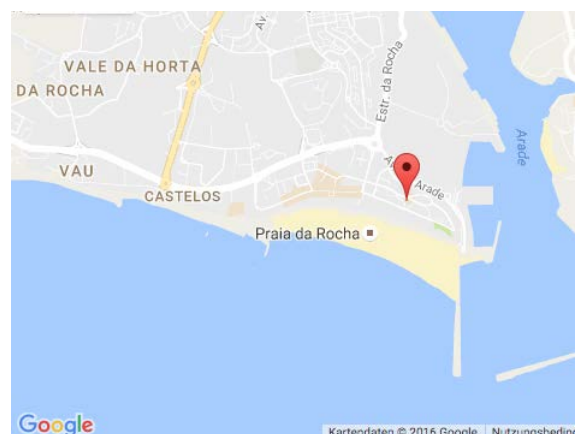


PRAIA DA ROCHA

BEACH

Praia da Rocha, Portimão, Portugal

Next to the Praia da Rocha are many small restaurants and cafés for a nice lunch break on a long beach day.



PRAIA DE BENAGIL

BEACH

Praia de Benagil, Portugal

A small beach where you can watch fishermen bring in their catch of the day while sunbathing.



MEIA PRAIA

BEACH

Meia Praia, Lagos, Portugal

Take long and relaxing beach walks at the 4 km long Meia Praia.



CASAS DA CERCA

SLEEP

Casas da Cerca, Portugal

www.casasdacerca.com.pt/home

In the middle of nowhere inside the Parque Natural do Sudoeste Alentejano e Costa Vicentina lies this hidden gem. Three little huts can be rented from the lovely owner and architect Graça Jalles. The perfect hideout for your Portuguese adventure!

