

COCONUTS 1 SPORTS Family Fun Pub ①

- 17 TVs & 3 Giant Screens.
- Premiership & All International Matches.
- Live DJ, Dance Floor, Karaoke, Quizzes, Bingo.
- Fabulous Free Nonstop Family Entertainment.
- Mon. Hypnosis Show. Wed. Kids' Gladiators.
- Tues. & Fri. Michael Jackson Show.
- Thurs. Wonderful Performing Parrots Show.
- Sat. Brazilian Dance Show.
- Video Games & Pool Table. The only place that entertains 'the kids' with party games etc. while you really enjoy yourself!

Try COCONUTS #2 - Montechoro Strip ②

For very good all-day English food. Sports & pool table inside. Plus fabulous Ice-Creams.

THE COCKEREL COUNTRY KITCHEN ③

Word of mouth keeps this restaurant full with happy customers! Full English Breakfasts. Proper English fish & chips, pies etc. Tue. Full Joint of Lamb. FIVE SUN. ROASTS, with 5 veg. & Yorkshire served from midday. Excellent STEAKS! Delicious Huge Ribs! Everything home-made! Desserts include Fruits of the forest meringue, apple pie etc. Spotlessly clean. Closed Mon. Open 9am till late. Hosts Dave & Sue do a great job! Reserving a table is advisable. All major credit cards accepted. Tel. 289 542 609.

CLIOURA CLINIC ④

Open daily, 8am-midnight. 24 hour house calls. In-patient beds available. All travel insurances accepted. Multilingual. 24 Hour emergency. Tel. 289 587 000

ANNABELL'S ENGLISH BAR & BISTRO

Well established family-run bar; offers English Breakfast €3.25, snacks & full home-cooked menu. Sunny terrace. SKY DIGITAL. Sunday ROAST, 3 course €10. Kids menu. Open all day 9.30am-late.

PAPA JOE'S RESTAURANT/BAR 289 541 877

Home-made chicken, your choice of 6 types, served with veg & chips or pasta from €4.20!!! Great steaks, traditional lamb stew, home-made lasagne, garlic fried king prawns etc. Unbeatable! Calm & friendly bar. Great place to feed the family. Open 6 days for lunch & dinner, closed Sun. Don't miss this one!

JAPANESE RESTAURANT FUJI ⑦

"Try something different". "Lovely Japanese restaurant". Excellent chef, many years experience. Best place for sushi lovers. Spotlessly clean & comfortable. Finest quality fish & meats. Many house specialties: delicious tempura, sushi, sashimi, sukiyaki. "It's not just sushi, many other 'cooked' dishes at reasonable prices". Remember Japanese food is delicious & extremely healthy! Tel. 289 587 483. Open 12-3 & 6-11.30.

SABAI THAI MASSAGE CENTRE ⑧

Experience the benefits of Thai reflexology (foot massage), traditional Thai massage, body oil massage, aromatic massage or herbal massage. New for 2005: Nail Bar & hair stylist. All Thai staff have been trained at the world famous Wat Po Medical School. Tel. 289 585 552. www.sabaimassage.com

IDEAL TRAVEL AGENCY ⑨

"Best prices on the Strip". Special deals for all excursions, day trips, attractions. Plus car rentals, accommodation & airport transfers. Full Travel Agency facilities. Friendly & professional service in English. Facing chemist down lane to the right. Tel. 289 580 770, Fax 289 580 779. idealtravel@mail.telepac.pt

*GOOD*BETTER* LE BISTRO ⑩

For an excellent dinner. Otto the owner / chef with 45yrs. experience & his professional staff, invite you to their comfortable, spacious restaurant. They serve French style cuisine & 10 course Indonesian rice table using the best quality ingredients. Reasonable prices. This could be the reason Bonnie Tyler & many others, make this their favourite restaurant. Their Guests book is overflowing with compliments. 6 pm till late. Closed Mon. Bookings: 289 512 130. www.algarve-restaurant.com/bistro

DIAMONDS BAR Tel. 289 542 952 ⑪

Very comfortable, clean & lovely bar. Helder shows: All Sports, including GAA. 6 Giant Screens & 6 TVs show different matches simultaneously. Karaoke every night on giant screen. Games room at back pool table, darts, video games, Internet, PCs, WI FI for email etc. PERFECT SPOT TO WATCH MATCHES OF THE DAY: 3 matches shown Sat. 3pm. Small snacks. Open 7 days. Matches listed at www.diamondsbar.com

KOALA GARDEN RESTAURANT ⑫

This is one of those restaurants you find on your last night & wish you found sooner! You could have tried all the exciting dishes like: 750gm T-bones, gammon steaks, curries, fresh fish, HUGE hanging kebabs, extensive vegetarian & kids' menus. For something really different, try kangaroo, crocodile or ostrich, cod filets with champagne & prawns & more. Well worth a hike from the stressy strip. Build up an appetite for generous portions, save room for yummy home-made dessert! Bookings 289 585 197 or 919 806 408.

HAMPERS Dutch & English Supermarket ⑭

Hogelslag, Kaas, Ontbijtkoek, Dorp, Haring, Snacks, Thes etc. Imported vegetables, asparagus, celeriac. Best priced bacon, English sausages, gammon, pies, tea, British confectionery products. Algarve's best selection of Oriental cooking products. Ask Hino & Johan to sample their delicious Dutch Cheeses. Very reasonable prices. Weekly specials. All types of British brand products unavailable elsewhere. Parking. Tel. 289 542 341.

RESTAURANT CHINESE ROYAL ⑬

Absolutely one of the best in town. The management at the Chinese Royal have transformed their cuisine to suit the individual. The chef's 26 years experience has placed their cuisine into a new dimension. Peking, Hong Kong, Szechuan & Cantonese style. Please book early to avoid disappointment. Noon to 3pm, 6 to 11:30pm. Tel. 289 541 987.

KITTY COADY'S IRISH BAR & RESTAURANT ⑮

This traditional Irish pub offers great value for money food plus Sun. lunch & all day bumper breakfast. Beers include: John Smith's, Stella & Beamish. Other features: Superb terrace overlooking Montechoro Water Park. Karaoke, sports on sat. TV. Children's room. Tel. 289 589 554.

BAKERY- PÃO DAS AREIAS ⑰

FRESH BREAD & CAKES DAILY. Perfect for lovers of home-made breads & cakes. Over 10 types of delicious TYPICAL PORTUGUESE BREADS: mixed cereal, whole wheat, "pão caseiro" (heavy crusty bread) & selection of small rolls. Wide variety of scrumptious cakes, savouries, sausage & salami rolls, chicken pies, pizza etc. & sandwiches. BIRTHDAY CAKES TO ORDER, any design & text. Visit their nearby coffee shop where you can enjoy cakes & a cuppal Daily 8am-9pm. Tel. 967 238 058. 2 locations.

OUTDOOR TOURS "A great day out, for all!" ⑯

Walk in the beautiful Monchique mountains. Or enjoy cross country cycling through the quiet & hidden valleys, easy going! They pick you up & show the real Portuguese country side! GB/D/NL spoken. HIGHLY RECOMMENDED. Tel. 282 969 520 or 916 736 226.

DOTCOM Tel. 289 541 682 ⑰

Email, Internet, 12 computers, broadband, online games, printer, scanner, photocopier, fax, CD recording etc. Jorge & Yornie are pleased to help you. Open: 10am-11pm daily. yorniepijker@hotmail.com Facing chemist, few steps down lane, on right.

RUMOURS BAR BISTRO ⑰

One of the new 'IN' bars. Rumours provides: All day English Breakfast, Lighter bites, & vegetarian selections, which can be enjoyed on their sunny terrace. The staff create a very friendly ambience for all ages to enjoy. Football & Live Racing on Giant Screen. Don't miss their: HAPPY HOUR 12-3pm. PARTY NIGHTS on Fridays. LIVE BANDS on Saturdays. For bookings & Takeaway Tel. 914 414 145.

CELEBRATION FEESTCAFE ⑲

De nieuwe feest sensatie in Albufeira, Praia da Oura III Ron de rand van de Strip vind je dit oergezellige feestcafe (100 m. linksachter Umberto's Bar). Met Guest DJs, zangers en mafte drankjes (speedboat??). www.celebration.pt zie ook Bloopers op de andere zijde. Great Dutch party bar!

TAFFY'S BAR ⑲

Albufeira's ONLY WELSH Bar! Family run. You won't find a friendlier welcome than from Steve, son David & daughter Jodie. Everyone returns for the Delicious meals incl. veggie dishes. Sports on TV. Karaoke on Mon. Sunny terrace. 50 mt. past Kiss disco. Left at sign into Arcades dos Aveiros. 10am-late. Tel. 289 588 408.

ROVERS RETURN Tel. 289 592 863 ⑲

Rovers Return has moved to a great Central location! Boddingtons & Magner Cider always available. Traditional Pub offers great value menu including all day bumper breakfast, superb Sun. ROAST, Children's Menu & mouthwatering desserts including fruit crumble & custard. Genuinely Family friendly, children's area, ball pit, cartoon channel & games etc. Huge terrace. Hearty appetites welcome.

CASA VELHA RESTAURANTE & BAR ⑲

LIVE MUSIC on the sheltered open air terrace, Mon., Wed., & Fri. ensures you have great fun dining! Specialities are 7 types of succulent steaks, garlic shrimps & typical cataplana. Plus full international menu including vegetarian dishes. Music inside on cooler evenings. Evenings only. Tel. 289 541 926 or 965 302 805

WORLD FAMOUS LINEKERS BAR ⑲

Gary & Wayne invite everyone to a fun day & night at the world famous Linkers Bar. Kickoff 12 noon - late with midday madness drinks promotions & party DJ every night. Open air terrace. All major sporting events shown live on 10 TVs & plasma screens. www.linekers-bar.com

DESTINATION FOOTBALL SPORTS STORES ONE NAME 2 STORES

The Algarve's No 1 Football & Sportswear Stores. Visit them for all your Official & Authentic Licensed Football Kits. See the biggest selection of National & International Club Kits at the best prices, in the Algarve.

Also: a wide range of the latest branded leisure wear.

Visit their Concept Footwear Store for all the latest training & fashion sports shoes plus the BOOT ROOM for the biggest selection of top & branded football boots & accessories. See map for locations

Both stores open Mon. to Sat. 10.30 till late - CLOSED ON SUNDAYS. Tel. 289 542 593 or 289 542 078 info@destinationfootballonline.com www.destinationfootballonline.com



FATHER ED'S THE IRISH BAR ⑳

One of the largest bars in the Algarve, 4 giant screens for G.A.A., Premiership & all major sporting events. Live music nightly, different Irish & Int. acts. Kids' playroom, pool, darts & video games. Also 'The Confession Box Terrace Restaurant' with full a la carte menu from 5-11pm & 'The Craigg Island Coffee House', serves full Irish breakfast from 9am. Takeaway till late: kebabs, hot-dogs & burgers. Situated at the rear of Montechoro Water Park at the top of the strip. Simply Irish & the Craic is 90. Tel. 289 542 754, 914 374 040.

LA LOJAS-LA SHOPS ⑳

Excellent Porcelain. Locations see # 101 on both sides.

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Informações - Tel./Fax. 282 471 748 or 919 912 246. Special offers may change at any time.

WINE, SPIRITS & TOBACCO GARRAFEIRA WHY NOT ⑳

Esth 1983. Best Portuguese Ports, Wines & Spirits. Lowest prices! Free gifts & promotions. Tobacco by carton. Credit cards accepted, no commission. 6 shops in area. 1 in Praia da Rocha.

SENHOR FROG'S ㉑

The best PIZZAS on the STRIP. Delicious LASAGNES, spaghetti, red hot chicken wings & salads. Mama's great sauces make the difference! 3 Locations with Terrace. A favourite with locals & tourists. Eat at Fro's, QUARTEIRA after Wed. market, Areias de São João Tel. 289 514 612 & Montechoro 'The Strip' with Big Screen TV, Sky Sports. Tel. 289 587 393. Takeaway.

BIVVY BAR ㉑

Nigel & Sharon from South Wales welcome you to the Bivvy. A small bar, friendly atmosphere, Karaoke & live music, always something going on. Come to 'Bivvy for a Bewy'. Open all day.

NET@KAFE Tel. 289 587 587 ㉑

12 computers & café. Surf the net, send & receive Emails. ADSL connection @ 1 megabit & wireless. Only €1.50. for 30 minutes (also scanner & printer) with help from Manuel. 7 days: 9am-2am. in Bela Vista Shopping, across from Modelo & Brisa Sol Apt. go up to 1st floor: Eng. Fr & D. spoken. Snacks available. Email: netkafe@hotmail.com

TRÊS PALMEIRAS RESTAURANTE ㉑

Definitely one of Albufeira's most popular restaurants. Choose fresh fish from display. Excellent daily lunch dish. Delicious kebabs incl. Monkfish. Specialities: cataplana, prawn curry, 5steaks (with choice of sauces)+ many Int. dishes. Delicious home-made desserts. V. reasonable prices. Bookings advised. Sr. João's Friendship Club shows the true meaning of hospitality. Previous clients of many nationalities, most often in: Amsterdam, Coventry, Paris, Lisbon, Cardiff, Silt, Dublin & Porto, see photos. Parking at rear. Closed Sun. Tel. 289 515 423.

BOMGARFO RESTAURANTE Tel. 289 542 177 ㉑

Fantastic value for money buffet, very busy with Portuguese, so you know it's good! 'The BUFFET' has 2 daily dishes i.e. chicken curry, bangers, eggs & mash, fish dish & variety of salads etc. You pay by weight. Buffet noon-11pm. Evenings, 'THE TERRACE' has a full a la carte menu, offering very good food & service. Specialities: cataplana, fresh fish, steak & lobster; curried shrimp, fondue. Kids' & veggie menu. V. reasonable prices. The 'House Red' wine is one of the best in the Algarve! Takeaway.

CHINESE RESTAURANTE JADE ㉑

Compare their Fantastic Chinese food, you will be delighted! Chef from Hong Kong. One of the most beautiful decors in the Algarve. Very busy every night. Get there early for a table. Ask waiter about their delicious special dishes. Highly recommended. Open from 6pm. Takeaway. Tel. 289 585 883. www.restaurantjade.com

VALENTINES RESTAURANT BISTRO ㉑

British family business. Everyone loves Sharon & Chris' food! Very reasonable prices! Good Portions. Open 10am-late for English breakfast, snacks, jackets potatoes & burgers etc. House specials: T-bones, chicken Kiev, Thai curry & battered cod, vegetarian dishes, real home-made pies etc. Terrace. Perfect for families. Kids' menu.

NEW DUBLINER ㉑

Fantastic Atmosphere in Wendy's friendly pub! Live music every night. GAA & all SPORTS. Very good Pub Grub: burgers, donner kebabs, battered cod, gammon steak, salmon etc. with real chips. Guinness, Mangers Cider, Caffreys Irish Ale on Draft. Large sunny terrace. It's brilliant, don't miss it!

CAFÉ-TAPAS-RESTAURANTE DA SILVA ㉑

Large, very comfortable restaurant. High quality at reasonable prices since 1969. Perfect spot for dinner. José the owner, personally welcomes everyone. Full menu offers: sardines, sole fillet with prawns, fresh fish, chicken pinr, Portuguese steak, sirlins, cataplana etc. Interior wonderfully decorated with José's family photos from 1900's. Lovely terrace. Very clean. A.C. Open 6-11pm. Tel. 289 587165.

NEW DRAGON CHINESE RESTAURANT ㉑

Definitely worth a visit! Delicious Chinese food at very reasonable prices. The chef, Simon, from Hong Kong, worked 7 years in London. Cozy, comfortable restaurant. Large terrace. Open 12-3pm & 6-11pm. Takeaway. Tel. 969 757 949.

MARTINIQUE VELHA COFFEE SHOP ㉑

One of the oldest & most popular spots in Ouro. Loved by the Portuguese. Famous for their fabulous home-made cakes. Delicious Ice creams. FULL MEALS served including English breakfast, small steaks, large salads, burgers, pizzas, bangers & chips, toasties, cakes to order etc. All home-made. Very reasonable prices. 2 LARGE SCREENS. All Premier Sports. Family run. Tel. 289 542 648.

MAHARAJA INDIAN RESTAURANT ㉑

Chef from 5 Star hotel in North India, cooks wonderful North & South Indian dishes, to your taste. Plus home-made pizzas makes this perfect for all the family! Very friendly. Open 7 days, lunch & dinner: Takeaway. In Montechoro Park at top of strip. Tel. 289 542 882.

VAN GOGH RESTAURANTE - Vilamoura ㉑

Often the best restaurants are hard to find. The Van Gogh is a MUST. Spectacular food & views. A beautifully converted farmhouse. On hills overlooking country & sea. Lovely conservatory with spectacular views for dining. Large portions, reasonable prices. Large welcoming bar. Family friendly. Great enclosed children's play area. Not to be missed! Dutch, English & German spoken. From Albufeira after the main Boliqueime junction go in direction Vilamoura, after Maritenda follow small sign to your left to restaurant (up hill). Reservations. Tel. 289 360 721. Open 7pm. Closed Tues. www.eating-out.copt

ALBUFEIRA RIDING CENTRE ㉑

At Vale Navio. FUN beach rides, countryside rides, for all the family. Experienced or beginners. Collection available. Hats provided. B.H.S. qualified staff. Bookings advised. Tel. 289 542 870. The resort is closed but the riding centre is open!!

THE GEORDIE PRIDE ㉑

Sam & Libby (from the northeast) offer very big Geordie portions at very reasonable prices. English breakfast, home-made cottage pie, lasagne, lamb chops, steaks & snacks. Delicious 7" Yorkshire Puddings with various fillings! Open daily 9am-late. Sun Roast from 12 noon + midweek roast dinner on Wed. evenings.

VISITING PORTIMÃO ? Tel. 282 424 288

Stay at RESIDENTIAL PATIO (central Portimão). Enclosed patio & bar. 20 very traditional rooms, private wc, breakfast.

SIZZLING STONE RESTAURANT ㉑

As featured in the BBC travel program 'Wish you were here!' & recommended in the British press. Dine in this 'cozy cottage' or on the large terrace under giant palms. Specializing in delicious 'Sizzling Stone Grills'. Have great fun grilling quality steaks, lamb, pork chops, chicken etc. at your table. Plus full menu. Excellent service makes this a wonderful night out! Well worth finding. This is a long time favourite! Evenings from 6pm. Separate party room. Reservations advised. Tel. 289 515 789.

SUNSET ON THE STRIP Tel. 289 589 957

Babs & Rogerio welcome you to the traditional feel of the Algarve. Savour warm summer nights! Dine 'al fresco' under the stars on the large terrace! Or in the very comfortable restaurant. Mouthwatering food made with freshest ingredients. All time favourite chicken misoni, delicious huge kebabs, tender filets, excellent steak & Portuguese, fresh fish etc. Value for money. Vegetarian dishes & children's menu. Pool table & Sky TV in bar. Talk to Rogerio, he knows everything about this area! Open 5pm.

AUTO PRUDENTE RENT A CAR ㉑

Visit their web site: www.auto-prudente.com All tourist services, airport desk & transfers, car rental, accommodation bookings, villas, golf, sports, minibus, coach tours & group excursions. Honest & reliable service. Tel. 289 542 160. Fax. 289 542 256. autoprudente@mail.telepac.pt

INDIAN ROYAL RESTAURANT ㉑

English breakfast: 9am-2pm, Indian lunch 12:30-3pm. Evening meals 6pm -midnight. Traditional Indian cuisine, specializing in Baltis & Tandoori dishes. Chef from 5 star Hotel in India. Spacious & comfortable. Children's menu. Reasonable prices for this quality food & service. TAKEAWAY. 7 days. Tel. 289 542 314.

GARFOLÂNDIA RESTAURANT & SNACK BAR ㉑

Eat well for less. Delicious Beef Casserole with home-made roast potatoes. Or meat pies. House steak Portuguese style, chicken breast, pin-piri, lasagne etc. Can't go wrong. Ignore the plain exterior, value for money. Breakfasts also popular.

BAR AZUL-BLUE BAR Tel. 289 585 270 ㉑

Visit your friendly Julia & Jean Claude. English Breakfast, snacks, toasties etc. all day. Very good value drinks. Large comfortable bar. BIG screen for SKY SPORTS etc. Air conditioned. Two Sunny Terrace. Spotless washrooms. One of the most comfortable & cleanest bars in this area. Open 9am-3am.

TATTOOING-PIERCING POSITIVE VIBRATIONS ㉑

Since 1985. Freshhand Custom Artwork. 100% Hospital Sterilization. Friendly helpful Staff. Open 6 days a week. 2 Positive Vibrations shops. Albufeira, Areias de S. João, in complex under Linkers. Praia Da Rocha, next to Babylon Disco. Tel. 289 592 675. www.positive-vibrations.com

PORTOFINO RESTAURANT ㉑

Excellent typical Portuguese & International cuisine. Extensive menu, very reasonable prices. Experts in wine selection. Favourites include: grilled salmon, swordfish, pastas, toumeados & mushrooms, asparagus & fried garlic, shrimps, monkfish rice, kebabs & cataplana, paella, daily fresh fish, shellfish & giant Tiger prawns from display. Choose lobster & crabs from the aquarium. Large terrace & restaurant. From 9am for breakfast, lunch & dinner: Karaoke & Live music in bar till late.