



A beach with a difference »

The 16th century Ermida de Nossa Senhora da Rocha chapel perches on a cliff that has sweeping views of the coastline. Once a sacred site for the Visigoths, it is now 'sacred' to today's tourists – for its fabulous beaches. As with all beaches in the Algarve they are accessible free of charge. A tunnel gets you from one beach to the next

Art appreciation »

For an insight into the art scene in the Algarve visit the Galeria Arte Algarve in

Lagoa, Portugal's biggest art gallery. Every month in the summer 20 artists are on display here and an arts and crafts market is the attraction every Saturday

Be an amateur archaeologist »

The Rio Cacela winds its way beneath the small Cacela Velha castle into the Ria Formosa. Here boundless fossils can be found – large, small and whole specimens – a treasure trove for amateur palaeontologists and treasure hunters

Collect cockles and clams »

At low tide connoisseurs comb through the sands of the Ria de Alvor and on Armona Island in the Ria Formosa (<u>Photo</u>) for *ameijoas* (clams) and *berbigões* (cockles). To prepare: wash, heat well in a pot, add garlic and white wine – and voila, dinner is served!

Live music »

In the mood for jazz and an easy-going Saturday afternoon away from the heat of the day, then head for Café Inglés in Silves. Here, in the shadow of the castle, you can enjoy some good live music

Pool pleasure »

Monchique's free open air swimming pool is surrounded by terraced gardens and forests – a beautiful backdrop for a swim after hiking in the Serra de Monchique

BEST OF ...



ONLY IN THE ALGARVE

Unique experiences
Dots in guidebook refer to 'Best of...only in' tips

The culinary art of the Cataplana »

Cataplana is both a dish and the name of the copper pan it is prepared in. A sort of domed wok, it is perfect for preparing the delicious fresh seafood typical of the region (Photo)

Blue Flag beaches »

Here you will find more Blue Flags – the award that guarantees cleanliness and safety – than anywhere else in Europe. The superb beaches have fine golden white sand and easy access into the water. The showcase beach has to be the Praia da Rocha in Portimão

Postcard perfect »

Traditional fishing boats and bold bright colours go hand in hand. Even the big cutters that one comes across in every harbour are a display of colour. Unparalleled for its picture-perfect look has to be Sagres harbour

Portugal's most beautiful art »

Has to be their hand painted blue and white ceramic tiles. Their name and origin dates back to the Moors. *Az-zulayi* means 'small stone'. They decorate train stations and banks, courtyards and hospitals, churches and chapels like the Capela de São Lourenço in Almancil