

LUZDOC (see maps on reverse) 101

Under direction of **Dr. Maria Alice Serrano e Silva**. Surgery Hours 9am-9pm. **24 Hour Dr./Nurse on call. Emergency Service. Tel. 282 780 700** Fax: 282 780 709. **After Hrs. 917 811 988.**

- INTERNATIONAL MEDICAL SERVICE • **EMERGENCY & HOUSE CALLS** • CLINIC WITH IMMEDIATE DIAGNOSTIC & TREATMENT FACILITIES • LAB TESTS, ECG ETC. • WIDE RANGE OF SPECIALIST CONSULTANTS • MULTILINGUAL • SPECIALISE IN ALL PAPERWORK FOR FOREIGN MEDICAL INSURANCE CLAIMS & REPARATION OF SICK VISITORS • TRANSPORT AVAILABLE • Rua 25 de Abril 12, Praia da Luz. In Norfolk Housbesuch.

A FLORESTA RESTAURANT & snack bar

Super little family-run restaurant. **1** Delicious meals: beef à Portuguesa, daily roasts, beef stroganoff, lamb chops, fresh grilled fish, prawns flambé, delicious 'beef of the house', etc. The clam starter is fantastic. Very reasonable prices. Snack bar open all day. **BELOW HOTEL TIVOLI.** Tel. 282 763 719. Superessen & Portionen. Nähe Hotel Tivoli.

SHOE WORLD MUNDO DO SAPATO Lagos, Lagoa, Albufeira & Almancil

ECCO & CLARKS OUTLET STORES. Ladies' & men's styles available at **factory outlet prices.** Up to **40% discount!** Ecco & Nike Golf Shoes at discounted prices. The Algarve's largest selection of quality Men's, ladies', children's, Sport & casual footwear at unbeatable prices! Tel. 282 343 065. Everyday 10am-7pm. www.shoeworldshop.com 4 locations: Lagos (nearest store): on EN125, just past Odiázeis, see map on reverse, LAGOA: on EN125, 200m east of Lagoa, Mestre Maco building, Mestre Maco building, Albufeira: Retail Park Albufeira Next to Algarve Shopping, Almancil: on main Almancil high st. opp car wash. **See #102 on other side.**

ECCO NIKE F reebok Clarks NIKE FILA Gabor

VINO DIVINO - DIVINE WINE BAR

Rush to Roberto & Arianna's divine new wine bar. It's like being a guest in a private home. Modern Italian kitchen, traditional products, home-made pasta 'fresca'. Sample a different Italian wine everyday, by glass or bottle. Food till midnight. Charming roof top terrace with panoramic views is wonderful for dining. And they really are Italian! Quality at reasonable prices! Open 6:30. 917 009 238.

TERRAÇO DA CHINA RESTAURANT

Mr Zou, (the original Chinese chef in the Lagos area) creates outstanding Chinese specials that will make you return over & over! Fantastic crispy spring rolls, prawns saté, **crispy aromatic duck** every day, excellent VEGETARIAN DISHES, sizzling prawns & garlic, chicken in half fresh pineapple, salt & pepper ribs. ALL prepared with FRESH produce! No MSG if requested. Spotlessly clean. Very friendly service. Beautiful terrace with fountain for warm days. **Special Lunch Menu Only €4.90.** Takeaway. Tel. 282 760 171. Open 11:30-2:30 & 5-11:30. Look for Terraço da China in red on dragon sign.

BRITAICA Snack Bar & Ice Cream Parlour

Lagos' favourite meeting place. Beautifully redecorated. **Huge snack & light meal menu** soups, salads, omelettes, small steaks & delicious Italian ice creams (some with alcohol). Great ice coffee & natural juices. **Plasma TV. A real find.** Bekannt für gute Snacks und leichte Speisen.

RESTAURANTE O CHARCO 5

Simple but comfortable & REAL value for money. Go to O CHARCO one of the oldest restaurants on the walking streets. Open all day, 10am to midnight **doesn't close in afternoon.** Huge selection of grilled fish & meat dishes (too big to list), inc. delicious stroganoff plus children's menu. **Fresh fish every day.** VERY friendly staff. E. D. P.

LEATHER SHOP PELAGOS 6

Beautiful collection of high quality Portuguese leather jackets, wallets, pilot cases, ladies handbags, belts, traveling bags, briefcases! **An investment to last a lifetime!** on the Rua Candido dos Reis # 59 (Cinema St.) Tel. 282 769 761.

FLORENTINA Tel 282761001 Fax 282763739

Accommodation (villas & apts.), rentals, maintenance, excursions. Highly recommended. **7**

XXS, CHILDREN SHOP 0-12 yrs 8

Toys, Gifts & Clothes for children 0-12 years. This beautiful Dutch owned shop is the place to go if you want something different! Adorable (wooden) toys, little inexpensive toys, gifts for newborns & a colourful collection of clothes from Holland, Denmark, Portugal & Spain. You can look all over the Algarve & not find another shop like this. Rua Candido dos Reis 62, same street as Casa, the cinema & Mullens. Tel. 282 760444

HOT BREAD, BAKERY DEUTSCHE KONDTOREI

Fantastic coffee shop/bakery: home baked bread: wholemeal, rye, sesame, poppy seed, blackforest, cheesecake, apple cake etc. Cakes to order. **Do not miss this!** Tel. 282 760 146. Straight up walking street from Golden Church. Typisch deutsche Backwaren, feinste Brot u. Brötchensorten. Beste Kuchen täglich frisch. Deutscher Filterkaffee.

MAHARAJA DE LAGOS 10

MAHARAJA'S TASTE of INDIA 11 Chefs from 5 star hotels in New Delhi India serve outstanding Indian food! Guests comment: "most wonderful Indian we have had, better than wife's cooking!", "Best curry we've every tasted", "Absolutely Fabulous", "Do you do a takeaway to Gloucester England?" "A real taste of India, some of the best food we've had", "100% Excellent". "The standards never change". Credit cards accepted. **Takeaway. #8 Bookings 282 761 507. #9 Bookings 282 761 507282 768 083.** Open 7 days.

BISTRO - BAR STRANDKORB 12

In the day chilli Pub atmosphere at night! Josef serves tasty dishes at reasonable Prices: German & English breakfast. Currywurst, pork chops with mushroom sauce, potato salad, Kartoffelpuffer, Frikadellen. Snacks all night. German beers, cocktails. Pool, Billiards, Giant Screen, Good music. Open 10-3 & 6-1am. Just down from camping, on right. Tel. 282 082 539.

CLASSIC SPORTS 14

- Authentic football + basketball shirts.
- Printed number + name on football jerseys.
- Largest selection of training + fashion shoes
- Mens (up to size 49), women + children.
- Specialize in ladies orthopaedic shoes.
- The latest branded leisure + beach wear.
- Open 9:30am - 9pm. Tel. 282 769 257.

COSMOPOLITAN CAFÉ, BAR RESTAURANT

Really great! Many restaurant owners eat here, this says it all! Kate serves very tempting wonderful food: hearty all day breakfast, luscious salads, vegetarian dishes, marinated grilled pork, poached salmon with fettuccini, great steaks, seared tuna, sandwiches & gourmet melts etc. The Mediterranean Platter is super! Speciality wines. House wine by glass. Relax by day, romance by night! Takeaway. Open 9am-late. Closed Mon. Tel. 969 196 017.

CAFÉ XPREITAQUI NATURE 16

Pedro's super café has the best coffee in Lagos (illy). Everyone meets here, tourists & locals. Natural juices, smoothies & milk shakes, salads (inc. vegetarian tofu), home-made pizza & sandwiches (home made baguettes, croissants, quiche & apple pie). Special muesli & fruit, natural breakfasts, yogurt, honey & strawberries. Draught black & white Sagres etc. Low prices. Great decor & music. Tel. 282 762 758. 10am-2am. Closed Sun.

RESTAURANTE O PINÓQUIO 17

A great little restaurant. Large portions of delicious Portuguese & International specialities: fresh grilled fish with excellent pork, lamb & steak dishes, plus many cataplana, seafood rice & stevia. **Very Reasonable prices. Excellent service.** Go to square with the cross statue, (Wine shop on your right side), continue walking, take left, rd. go 25 mt, Pinóquio is on your rt. side. **Well worth finding** Open: noon-4pm, 6:30-11:30pm. Tel. 282 761 250. Er bietet hervorragende typisch portugiesische Spezialitäten an. Aussergewöhnlich und eine Empfehlung wert!

TAPAS & WINE BAR "MEU LIMAO" 18

Looking for something different? Wide selection of quality tapas (appetizers) matched by Portuguese wines will make this one of your favourite hang-outs in Lagos. Breakfast, all the way to late-night candlelight dining. **Highly recommended for a romantic, price valued, quality meal. Vegetarians welcome.** In front of Golden Church-Museum. 9:30am-2am. karmok@sapo.pt Bookings: 282 767 946. www.meulimao.com

CANTINHO PORTALBA 19

The cosy "Back Street" restaurant, formerly known as O PATINHAS. Run by a welcoming PORTUGUESE / SCOTS couple who understand good food & make you feel "at home" It is the place to enjoy fantastic food at **very affordable prices.** SPECIALITIES: Succulent steaks, inspired fish dishes & delicious vegetarian options. Tel. 969 691 814.

O ALBERTO RESTAURANT 20

Alberto has been cooking here for 30yrs! Loved by his regulars! **Fantastic meals:** pepper steak & fillet with béarnaise, delicious cataplana of fish or clams, wonderful shrimps with piniri pinu, tuna steak etc. All with vegetables. Reasonable prices. Open lunch & dinner! Behind Hotel Tivoli. Tel. 282 769 387. Typische portugiesische Küche: Fangfrischer Fische, Meeresfrüchte und Fleisch auf dem offenen Holzkohlegrill.

INTERMARCHÉ 21

One of the BEST SUPERMARKETS in Lagos for all your holiday grocery shopping! MANY IMPORTED ENGLISH PRODUCTS: Bacon, sausages, beans & bread plus extensive stock of all grocery items & organic products. **Huge fresh fish selection** (incl. shrimp), **QUALITY meats** for the BBQ! Very good WINE & ALCOHOL selection, excellent Portuguese wines, French Wines for connoisseurs at much better prices than home! Extremely reasonably priced **French Champagne.** FRESH BREAD & BAKED GOODS daily (with small coffee shop). Portuguese speciality items for gifts: honey in hand-painted ceramic jars, extra special virgin olive oil plus MAPS, GUIDES BOOKS etc. **One stop shopping...** to ensure your holiday is perfect! FREE PARKING. Directions: at the 'top' of Lagos, go through 1st roundabout, turn left at next lights then immediate right & second right into parking. Open: Mon.-Sat. 9am-9pm, Sun. 9am-1pm.

INTERMARCHÉ 21

Primo Lagos Tel. 282 769 342 Rua 25 de Abril, 46 John D. Griffiths Tel. 282 760 416 Rua Marques do Pombal, 30A Luz Bay Club Tel. 282 762 645 Rua 25 de Abril, 18

REAL ESTATE AGENTS

Primo Lagos Tel. 282 769 342 Rua 25 de Abril, 46 John D. Griffiths Tel. 282 760 416 Rua Marques do Pombal, 30A Luz Bay Club Tel. 282 762 645 Rua 25 de Abril, 18

ANTONIO'S RESTAURANTE & PATIO

Antonio, a chef for over 20yrs, serves excellent food at very reasonable prices. Delicious filets 'Martin', fish a lá chef, chicken with bananas & bacon, lamb chops with 'honey' glaze, beef fillet. Antonio etc. Spend a great time with your friends & family in this restaurant. Lovely patio at the back. Open lunch & dinner: Opp. Cultural Centre, around corner from Golden Church/Museum. **Free port with Freemap!** Tel. 282 768 466 or 918 433 692. Gegenüber vom Kulturzentrum, Fleischspezialitäten und Fisch.

TRIBAND INTERNET 27

INTERNET, 6 computers, send & receive email. Web cam & printer. Also mobile phones & promotions on computer equipment. FAX, charging mobiles. Tel. 282 089 618. Fax 282 089 619. Rua Infante de Sagres 22 B, in front of Multioptica. triband@netvisao.pt

BANGLA KITE SHOP Bangla

Tel. 282 767 710. Rua Lima Leitão 4. LAGOS

ACTIVITIES

ALGARVE SURF SHOP 32, SCHOOL & CAMP 33

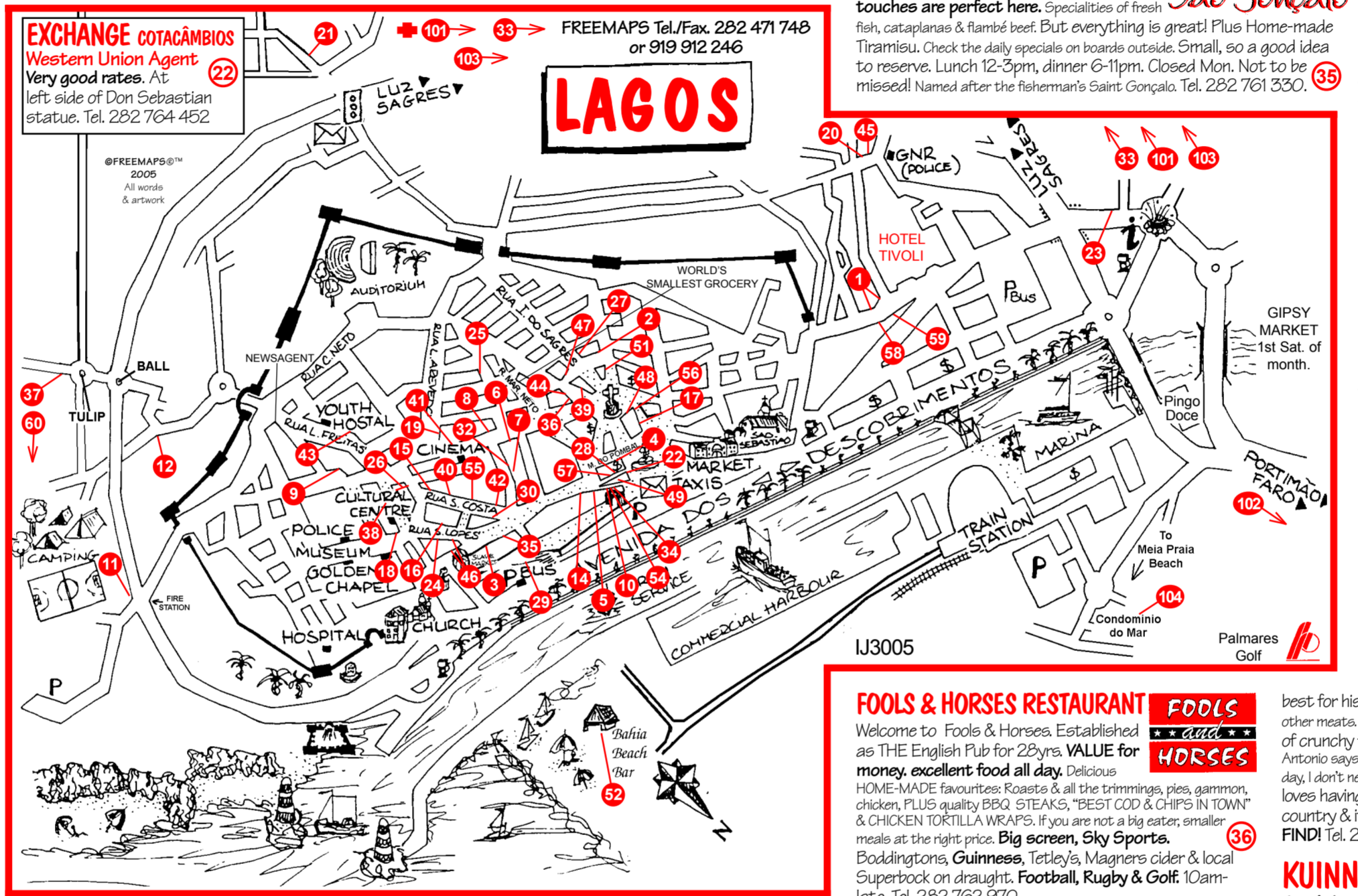
Dream of surfing? Book at their surf shop in Lagos or directly at the beautiful beach Praia do Amado. **Day trips, courses & Surf Safaris 1 to 5 days.** Lessons for all levels. Equipment for hire & accommodation. The shop has the **Algarves largest range of Surf Boards, equipment, clothes & wetsuits.** Surf Shop 282 767 853, address: Rua Dr. Joaquim Tello 32B. Surf Camp, Lars 964 853 023 Surf School Sergio: 963 010 818 www.algarvesurfcamp.com info@algarvesurfschool.com

O CANTINHO ALGARVIO 34

Marvellous restaurant serving excellent traditional Portuguese & International dishes: grilled prawns, cataplana, fresh fish, grilled meats, wild boar in pot, rabbit with mushrooms in caseerole, delicious home-made desserts inc. fruit flans & crepes. **Lunch daily dishes from €7.50.** v. reasonable prices. Delicious regional wines. Open lunch & dinner: Tel. 282 761 289.

RESTAURANTE SÃO GONÇALO

Really a delightful restaurant! All the little touches are perfect here. Specialities of fresh fish, cataplana & flambé beef. But everything is great! Plus Home-made Tiramisu. Check the daily specials on boards outside. Small, so a good idea to reserve. Lunch 12-3pm, dinner 6-11pm. Closed Mon. Not to be missed! Named after the fisherman's Saint. Gonçalo. Tel. 282 761 330.



FOOLS & HORSES RESTAURANT

Welcome to Fools & Horses. Established as THE English Pub for 23yrs. **VALUE for money, excellent food all day.** Delicious HOME-MADE favourites: Roasts & all the trimmings, pies, gammon, chicken, PLUS quality BBQ STEAKS, "BEST COD & CHIPS IN TOWN" & CHICKEN TORTILLA WRAPS. If you are not a big eater, smaller meals at the right price. **Big screen, Sky Sports.** Boddingtons, Guinness, Tetley's, Magners cider & local Superbock on draught. Football, Rugby & Golf. 10am-late. Tel. 282 762 970.

O PIRATA RESTAURANTE BAR 37

Martin & Marcia's family run Portuguese restaurant is 'One of the best!' Always top quality at very reasonable prices. **English breakfast & full snack menu** (burgers etc.). **Very good, friendly service.** Typical fish soup, excellent Portuguese steak & prawns, swordfish, sautéed bananas, prawn curry, cataplana, fillets, stroganoff, kebabs etc. Home-made desserts. Sunny terrace. Open all day. Closed Sun. Tel. 914 588 074.

THIRSTY TURTLE ENGLISH BAR 38

BIG SCREEN TV, SKY SPORTS. Advice, mayhem, friends, drinks, toasties, tea & coffee at affordable prices. Carlsberg, Tetley's, Super Bock, Cider, Cocktails, WKD, Breezer & Smirnoff Ice plus many more. Next door to Cultural Centre. A short walk from Youth Hostel & Rising Clock.

AFRICA CRAFT SHOP

One of a kind shop, many treasures. Fine ceramic animals, batiks, beautiful wood & stone carvings of exquisite African animals, birds (limited editions) unique crafted chains, jewellery etc. Everything Imported directly from Africa. **Don't miss these unique shops!** Packing & shipping can be arranged. 2 shops, Lagos & Luz. Luz shop below Dolphin restaurant. Tel. 967 791 164.

HEALTH SHOP MEDICONFORTO 40

Algarve's largest shop for: **Natural food, minerals, vitamins, homeopathic & natural cosmetics.** Birkenstock shoes. 10am-1pm, 3pm-7pm. Tel. 282 767 327.

LAGMUNDO TRAVEL AGENCY 41

"PERFECT ONE STOP SHOP" for travel, excursions, tickets, day trips, car rentals. **Very friendly professional service in English!** LOW COST travel promotions! **Best price holidays.** Rua Candido dos Reis, #104. Tel. 282 764 272, 282 764 220, Fax 282 764 228. lagmundo@netvisao.pt

CANTINHO DO MAR ADEGA GRILL 42

A lovely little family run restaurant near walking street. Very good selection: sardines, mixed fish plate (very popular), prawns & garlic, fish stew & monkfish kabab with prawns. For meat lovers mixed grill, chicken kabab with prawns & delicious steak Portuguese style.

NO PATIO RESTAURANT 43

International Gourmet Food. The best kept secret in Lagos, once found, never forgotten. Fabulous food! Everything freshly prepared including desserts. Seared scallops, prawns with lemon & rosemary butter, honey roasted duck with citron almond glaze & fresh 'roasty' potatoes, grilled steaks etc. Open kitchen. Wide selections of wines, some new world wines. Wonderful enclosed patio. Martyn is unforgettable fun! Client quotes: "3 meals in 14 days, always excellent", "We had a wonderful time, first class". Tue.-Sat. Lunch & dinner: Tel. 912 582 636.

MIMAR CAFÉ

A splendid local café! The ultimate in fresh food. Chicken, cheese & seafood quiches, pizzas, vegetarian pies, sandwiches, home-made cakes & puddings. Real fresh natural juices & delicious Caparinhais Marco serves and wife Minda prepares at 8am daily so **everything is always fresh.** Up from Fools and Horses. Extremely reasonable prices. 8am-9pm www.mimarwebpt Tel. 282 084 794.

CONVENTO DOS FRADES RESTAURANTE 45

Previously O Trovador: **Fish can't be fresher!** Joaquin works from 2am as a fish dealer & keeps some of the best for his restaurant. Also **FABULOUS T BONES!** & other meats. All with wonderful big bowls of crunchy fresh salad & potatoes. Antonio says: "I want to make a little bit every day, I don't need to become rich overnight". He loves having a restaurant & wants to serve you well in his country & it shows! **Very reasonable prices. A REAL FIND!** Tel. 282 763 152. Behind Hotel Tivoli.

KUINN'S COCKTAIL BAR 46

Jose's bar is open 4pm-4am **365 days of the year!** Go here to sample Lagos' widest range of fresh fruit & fresh juice cocktails. 3 daily cocktails, €3. **HAPPY HOUR 4-10pm, GIANT SCREEN, ALL SKY SPORTS.** Wide range of music to suit all tastes. Many Aged Whiskies. Cocktail crowd from 4 till 12pm, anything goes after 1am!!! Fully air-conditioned.

A LAGOSTEIRA 282 762 486

Quality Portuguese & International cuisine. **3 course daily menu €13.50 inc. Irish coffee for dessert!** Only the best ingredients. Recommended by many guides. Delicious cataplana of fish, clams etc., fish soup, delicious steaks, grilled sole, fantastic dessert crepes. Original starter of sardine fillet. Friendly service. **One of the best in Lagos.** A must. Der Besitzer ist der Koch, so wissen Sie das Essen ausgezeichnet ist. Empfohlen bei Führern.

THE WINE SHOP 48

Save money! Largest selection of wines, ports & malt whiskies. Very good prices. **Remember NO more duty free since 1999.** Humberto speaks English & will help you make your selection. **Extensive selection of cigarettes by carton & cigars.** 10% Discount for: Thomson, Altravos, First Choice, Sun World & Thomas Cook. Call for large orders 282 769 640.

PIRI PIRI RESTAURANT

Very good traditional Portuguese food at low prices. 3 course tourist menu €12. Very good daily specials, chicken piri-piri, prawns in garlic, cataplana. **Gute traditionelle, portugiesische Gerichte zu günstigen Preisen.** Spezialität Hähnchen piri piri, Gamelen mit Knoblauch, Cataplana. Open late Tel. 282 763 803.

PRIVATE HOSPITAL

"Hospital Particular do Algarve" 24 HOUR EMERGENCY 282 420 400 Private Ambulance Service. Open to all. English speaking doctors & nurses. Full hospital services, most major specialities. Scans & X-rays. Department of Cardiology, diagnostic & treatment of cardiovascular disease. Neurophysiological Studies & Respiratory Function Centres. They work directly with most major health insurance companies. Estrada do Alvor. Tel. 282 420 400 Fax. 282 420 404.

CATHERINES NAIL & SOAP BAR 51

Wonderful manicures, pedicures & nail extensions. OPI nail care centre offers acrylic nail extensions in a choice of finishes from the classically beautiful French manicure to single colour & polish. Also for sale: a complete range of OPI nail care products, unique hand made soaps, essential oils & body care products. **The perfect indulgence or ideal gift can be found at CATHERINES.** Open 10-6, Sat. 10-1. Trav 1º de Maio, 11. Tel. 282 761 264

BAHIA BEACH BAR 52

Spectacular Beach Bar! Fresh modern atmosphere. **Wonderful food.** Thai beef salad, stir fry, steak & the famous Bahia Burger. Sandwiches: BLT, roast beef & salmon club, etc. Spring rolls, chicken satay & other tapes. **Live Music every Sun.** from Gpm. Kitchen open 12-7. Gorgeous & friendly staff. Beach volleyball daily. **Fabulous calpininhas & sangria.** From the train station follow road to beach parking, take a walk across the bridge to the yellowish building (not brown one).

TIFFANY'S 103

Riding for all the family. Beginner rides to great all day adventures. Ever had breakfast at Tiffany's? Approved by the Association of British Riding Schools. 9am-dusk. Tel. 282 697 395. Go 7km from top roundabout in Lagos, look for sign on north side of EN125, see #103 maps on reverse.

CHINESE MEI YUAN RESTAURANT

Beautifully decorated Chinese restaurant on walking street. Chef from Shanghai with 30 years experience creates excellent Chinese dishes. **Tantalizing favourites:** Hot & Sour soup, special Chinese dumplings, crispy duck, King prawns & garlic, Singapore noodles, spicy cury & chilli dishes, VEGETARIAN dishes & fried ice cream, fried bananas for dessert. **Excellent special round dish for 2 at dinner!** Don't miss lunchtime specials! 7 days, 11:30-15 & 17-23:30. TAKEAWAY. BOOKINGS, Mr. LEE 282 767 667.

SAMRAT INDIAN RESTAURANT 55

Northern Indian cuisine specially prepared by Tulsi Ram & his team. **All your favourites at less than the usual prices.** Over 100 dishes inc: Bombay aloo, onion/mushroom bhariji, garlic nan, cheese nan, chicken tikka masala, prawn seafood dishes, lamb balti, 10 vegetarian choices. 7 days 12-3, 6-24. Very clean. Tel. 282 798 242. Takeaway. Air conditioned. **Special Lunch Menu €6.95.**

PAINTINGS FROM PORTUGAL 56+57

Painter Corine THINON is located in one of the most typical tiled 'azulejos' buildings in Lagos. **Tour Portugal through beautiful canvases full of colours & light.** Seeing Corine painting live is a pleasure. Talking directly with her for a special request is easy. A souvenir from Portugal or a good quality oil painting? Pass by her shop; even if your walls are already full! **Studio #54: Praça Luis Camões #17, street painting #56: Rua Lima Leitão, #12. Tel. 962 648 992.**

You immediately feel at home in Luis's bars

LUIS'S BAR

In front of Hotel Tivoli. Tel. 282 761 731 Golfers head for Luis's before they unpack. **58** All Sky sports. Snacks all day. Open 7 days. Happy hour 5-8pm. Quiz Mon. 21.30.

RESTAURANTE/BAR O ARTISTA

Charming atmosphere, New Chef, New Menu, New Look. **Delicious home made food • Happy hour 5-8pm Entertainment:** • Tues. Quiz • Wed. Karaoke • Sat. Live Music • Sun. Karaoke • Sky Sports • Draught Guinness, Boddingtons, Worthingtons, Fosters, John Smith, Kilkenny. "Best English breakfast in town". 10:30am-10:30pm, Bar to 2am. Closed Mon. Tel. 282 769 147. In front of Hotel Lagos.

Don't miss beautiful view 'Ponte de Piedade' (lands end), lighthouse & beach D'Ana. Then stop at:

O AMIGO

Tel. 282 761 279 **60** Cozy, friendly bar. SKY SPORTS on Large TVs. Many draught beers. **Happy hour 5-8pm.** Open 10:30am full snack menu. Luis's famous 'Full English Breakfast'. Fish & Meat BBQ for lunch & dinner on the Sunny roof top terrace. Open 7 days till 2am. From Lagos, take EN125 direction camping, left at Ball roundabout, left at tulip roundabout, rt at T junction, 50 mt past minimarket, its on rt.