



Algarve







## LINKS TO KEY WEBSITES AND INFORMATION

[visitalgarve.pt](https://visitalgarve.pt)

The main website for visitors and tourists to obtain all the information they will need from the Algarve

[www.algarvepromotion.pt](https://www.algarvepromotion.pt)

Algarve Tourism Bureau website with relevant information for trade and press about the Bureau activities

[www.visitgolfalgarve.com](https://www.visitgolfalgarve.com)

A dedicated website to golf activities in the Algarve

[Visitportugal/Algarve](https://Visitportugal/Algarve)

Portugal Tourism Board website with an Algarve dedicated section

[www.cyclingwalkingalgarve.com](https://www.cyclingwalkingalgarve.com)

Information website for Walking and Cycling Trails in the Algarve

[Visit Algarve](#)

Information on Press Releases



[facebook.com/visitalgarve](https://facebook.com/visitalgarve)



[instagram.com/visitalgarve](https://instagram.com/visitalgarve)



[youtube.com/user/TurismoDoAlgarve](https://youtube.com/user/TurismoDoAlgarve)

## MEDIA ACCESS TO ALGARVE PHOTO GALLERIES

[Image Gallery](#)

[Algarve Tourism Video Gallery](#)

## FOR FURTHER UK PRESS INFORMATION CONTACT:

P1 Communications

Tel.: +44 (0)20 8614 7503 [algarve@p1communications.com](mailto:algarve@p1communications.com)



# DESTINATION Algarve

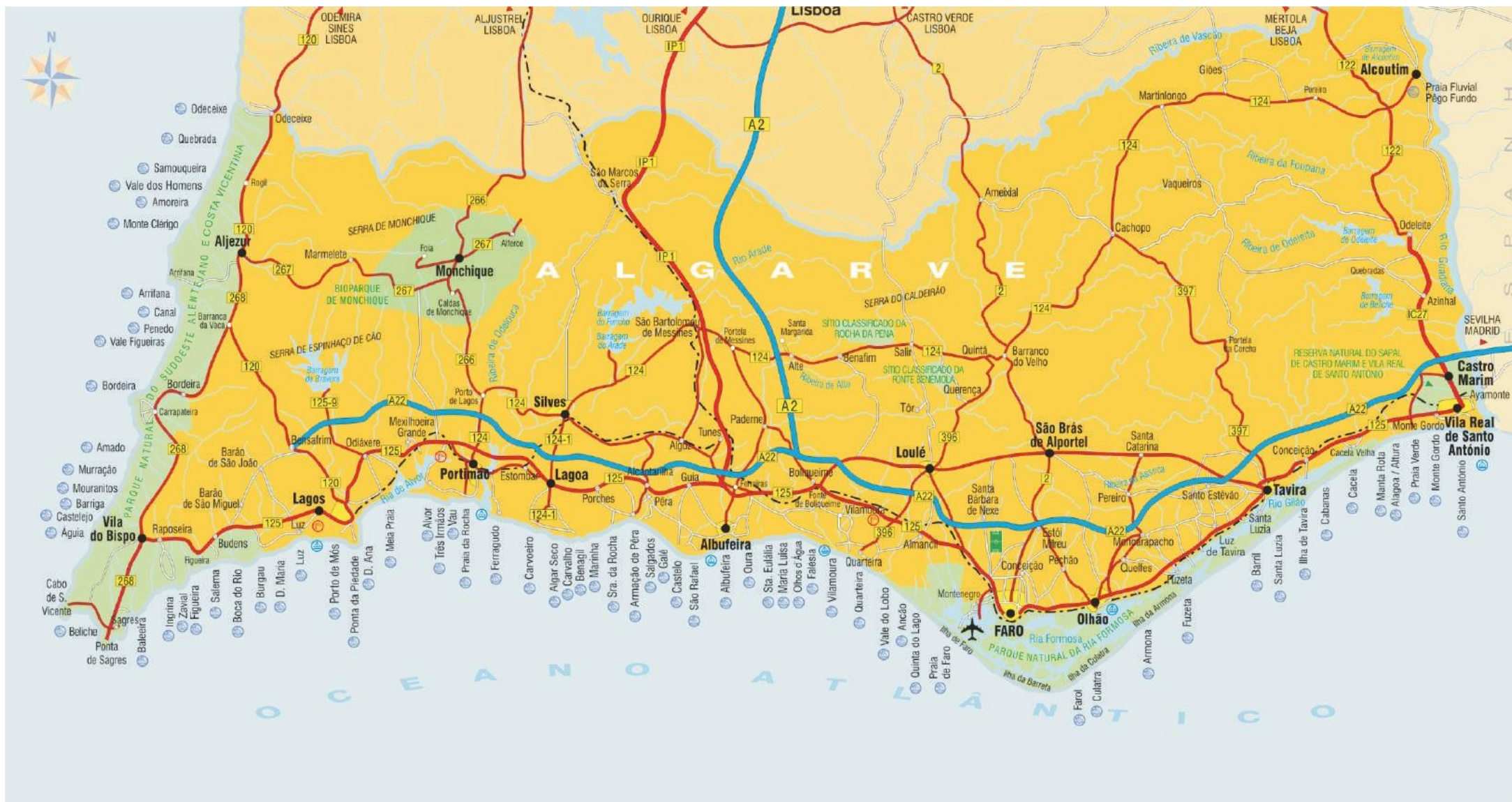
The Algarve is the southernmost region in Portugal framed by a 200km coastline. It is known for its promise of more than 300 days of sun per year, award winning beaches, authentic cuisine and a range of outdoor activities that attracts thrill seekers and nature lovers alike.

For keen golfers, the region has a plethora of award winning courses. However there is more to the Algarve than first meets the eye.

The Algarve is a region of hidden cultural delights; small, simple restaurants pull visitors back time and time again while Michelin starred restaurants attract a globetrotting international clientele. The sea is integral to the Algarvian way of life, one that is closely bound to nature. Inland, old villages preserve a life that is historic and rich in culture, and lived in harmony with the seasons. In villages of small cobbled streets, you will find whitewashed houses and small local cafes serving bica (espresso), while sardines are grilled openly on the streets, as they have done for years gone by.

All year round the region's beautiful beaches, nature reserves, picturesque villages, golf courses, castles and fortresses can be enjoyed in all their splendour. Day or night, visitors to the region have everything that they need to enjoy the delights of the Algarve, whether for sun and sea, or for sport, relaxation, history, culture, nature, golf or local gastronomy.





# 10 REASONS TO CHOOSE THE ALGARVE

## 1. 300 DAYS OF SUNSHINE

With mild winters, hot summers tempered by Atlantic breezes and warm and sunny autumn seasons, the south of Portugal is a perfect year-round location for business or pleasure.

## 2. 88 BLUE FLAG BEACHES

The Algarve is renowned for its unique offering of sun, sea and sand and for many good reasons. The region is home to 88 Blue Flag beaches (beaches which are certified by the Foundation for Environmental Education (FEE) that meet its stringent standards) that cater for a variety of interests. From sun worshippers to avid water sport enthusiasts, there is a beach for everyone to enjoy in the Algarve, be it for families, surfers, or honeymooners.

## 3. CLOSE PROXIMITY TO THE UK

The Algarve is located just over two hours away from most of Europe's major cities and transfers from Faro airport to all tourist destinations are extremely quick and efficient. Its excellent location makes it the ideal destination to escape to for a long weekend or holiday or as short-stop over during a trip through Europe.

## 4. WALKING & CYCLING ROUTES, NATURE PARKS & RESERVES AND BIRDWATCHING

The Algarve is home to some of the most beautiful natural landscapes in Europe. Holidaymakers can experience amazing views; from walking along the popular flagged trails to cycling across the more rural routes that weave through the regions mountainous borders. There are many unique and diverse expanses of pristine nature, as well as numerous cultural heritage sites to visit. Hiking, walking and cycling are great ways to enjoy the sights and the abundance of birding hotspots, in particular the Castro Marim wetlands, the Ria Formosa and Lagoa dos Salgados. Key walking routes include Via Algarviana, a long-distance pedestrian path running from Alcoutim, in the Eastern Algarve to the western tip at Cape St. Vincent, the Vicentina route which runs from Santiago do Cacém in the Alentejo to Sagres and Ecovia: a cycling route that runs along the Algarve coast stretching across 12 counties.

## 5. FOOD FESTIVALS AND GASTRONOMY

There are few places that can match The Algarve's culinary offering. The region is packed with choices for people with a passion for simple, local and lovingly prepared produce, inspired by a healthy Mediterranean diet of fruits



and vegetables, and it is renowned as a gastronomic paradise for fish and shellfish.

Festivals and fairs celebrating the regions' gastronomy are held in towns and villages regularly, for both locals and visitors alike to sample local delicacies. Seafood dishes, such as sardines, fish stew and octopus remain ever popular while inland vegetables are lovingly celebrated with pulses and broad beans; cherry chicken and bean stew, and cataplana are locally inspired traditional favourites.

Must see food festivals include the annual traditional smoked ham Fair of Monchique in July and August is seafood festival season in the Algarve; seafood lovers will have a feast of a time at the Portimão Sardine Festival and the Olhão Seafood Festival.

## 6. MICHELIN STAR AND AUTHENTIC LOCAL CUISINE

The Algarve boasts the most Michelin Star restaurants in the whole of Portugal. In 2025, the region is home to 8 Michelin starred establishments, (and 10 stars as Vila Joya and Ocean have 2 stars each). As well as its exclusive offering of fine-dining, many of the local restaurants in the regions towns and villages of the Algarve offer extensive menus of both modern and traditional Algarvian dishes, made with locally sourced produce and ingredients.

Vines love Portugal's southernmost region for the same reason its tourists do - it's perfect and temperate climate with more than 3,000 hours of sunshine every year is for perfect for grape harvesting. Major towns that lend their names to the region's four wine DOCs are Lagos, Portimão, Lagoa and Tavira. For these traditional wines, the main white grapes are Arinto, Siria, Alicant-Branco and Moscatel Graudo, and for the reds Castelão and Tinta Negra Mol. More recently, new wine estates are making regional Algarve wine from national and international grapes: Syrah, Aragonez and Cabernet Sauvignon, Alvarinho, Chardonnay, Viognier... The Algarve is a region to watch.





## 7. CULTURAL OFFERING

The Algarve is rich in culture and authentic Portuguese charm; locals live through their arts and music and celebrations. There is plenty on offer for art and music lovers with cultural events throughout the year. Art galleries are located in most towns as well as concerts, theatre productions and dance shows.

Moorish influences are evident in the narrow streets and chimneys with varied shapes and designs which can also be seen in the local ceramics. Churches and castles built in previous centuries reflect a rich culture steeped in history. Local cultural artworks are to be found and preserved in museums in the major coastal centres and in smaller inland towns throughout the region.

## 8. WIDE RANGE OF ACCOMMODATION

The Algarve region houses a wide range of accommodation options for all tastes and budgets, from all-inclusive and luxurious 4 and 5-star hotels to great quality budget options. Villas and self-catering accommodation are plentiful for those that prefer the comfort and privacy of a home from a home

## 9. GOLF COURSES

The Algarve is synonymous with golf, with a remarkable collection of first class championship courses and amazing resorts strung along the sun-kissed coastline. The region attracts hundreds of thousands of golfers to its fairways all year round, due to the quality and design of its golf courses, with many designed by some of golf's most famous names.

## 10. ARTS AND CRAFTS

The Algarve is home to a wealth of traditional and modern art and crafts, including embroidery, ceramics from the traditional "azulejos", traditional painted tin-glazed ceramic tiles, to modern, hand-painted pieces at the cutting edge of design. The best pottery to be found in the Algarve is in the village of Porches - visitors can observe the skills shown by the artisan's hand painting the pottery. Jewellery is also popular; handmade pieces using cork are for example available in a shop in Loule. Local modern paintings and sculptures, basketware and leather goods made locally are all to be found within the galleries and boutiques of local towns and villages.

# WHAT'S NEW

## DESTINATION NEWS

### NEW ATTRACTIONS / EVENTS

**National Gastronomy Day, Albufeira (26 July)** – The Association of Hotels, Restaurants and imilar Establishments of Portugal (AHRSEP) revealed that Albufeira will be the stage for this great festival of Portuguese gastronomy, celebrating bivalves with a particular tribute to razor clams and cockles, central to many of the region's specialty dishes.

**2025 MotoGP Portuguese Grand Prix, Portimão (7-9 November)** – MotoGP has announced a two-year agreement with the Autodromo Internacional do Algarve, confirming the iconic venue on the calendar for 2025 & 2026 which will take place at the Portimão racetrack. Since its debut, the AIA has hosted some true classics and milestone moments across the six Grands Prix staged so far. Portimão is the perfect backdrop for MotoGP, matching up a fantastic racing venue with a fan-favourite destination.

### NEW WAYS TO EXPERIENCE THE ALGARVE

Diving enthusiasts can discover **three very diverse dive sites** in the Algarve, that are completely unique...

**Pedra do Valado Marine Natural Park**, one of the first protected marine parks in Portugal and the largest coastal reef in the region, is located between Albufeira and Lagoa. This unique reef, with a rich biodiversity, offers divers a perfect natural environment to explore marine life.

The award-winning **EDP Art Reef** is an underwater exhibition, less than 2km off the coast of Albufeira. It's the first of its kind in the country and created by the famous Portuguese graffiti and street artist Alexandre Farto, also known as Vhils.

Situated off Portimão is the **Ocean Revival Underwater Park**, this park includes four sunken decommissioned navy ships, creating the world's largest artificial reef and a habitat that attracts and sustains diverse marine life.



# WHAT'S NEW

## DESTINATION NEWS CONTINUED

### NEW FLIGHT ROUTES

**Direct flight between Faro and New York to begin operations in 2025** – United Airlines will begin operations of the first direct air link between Faro and New York / Newark (USA) in May 2025. The flight will operate four times a week, making it easier for US visitors to directly visit Portugal's Algarve region.

### OTHER NEWS

**Faro Airport prepares to celebrate 60 years as the gateway to the Algarve** – Since 1965, when Faro Airport opened as the gateway to the Algarve and welcomes 10,034 passengers that year, the airport has grown and it is anticipated to welcome 10 million passengers in 2025, its 60<sup>th</sup> year of operation.

## NEW AND REFURBISHED ACCOMMODATIONS, RESORTS AND HOTELS FOR 2025

### KIMPTON ATLÂNTICO

In a rare position with one of the region's most loved beaches on its doorstep, Kimpton Atlântico Algarve embraces the spirit of its location, just a stone's throw from the vibrant town of Albufeira, providing effortless immersion in the country's cultural richness through its food, drink, spa, wellness and curated experiences. The elegant boutique hotel will open in Q2 2025.

### 3HB RIA

Whilst 3HB Ria is set to open in 2025, this brand-new contemporary hotel will add to 3HB's expanding Algarve portfolio and will be their second hotel in historic Faro, alongside 3HB Faro.

### 3HB FALÉSIA MAR

3HB Falésia Mar boasts a prime location over the idyllic Praia da Falésia and is just moments away from the city of Albufeira and the stunning village of Olhos d'Água. This beachfront hotel is an ideal pick for couples, families and friends. The hotel is currently under renovation and will reopen in 2025.

### PORTOBAY BLUE OCEAN

Scheduled to open in July 2025, PortoBay Blue Ocean will feature extensive green spaces and breathtaking views of Falésia Beach, one of the most beautiful beaches in the world. All rooms have private balconies and cosy yet contemporary décor. Amenities include two restaurants, indoor and outdoor pools, a spa, gym and sports field.

### ALGARVE MARRIOTT SALGADOS GOLF RESORT & CONFERENCE CENTRE

Near Salgados Beach and the Salgados Lagoon Nature Reserve, is a luxurious retreat set amidst the stunning landscapes of the Algarve, offering panoramic views of both the beach and Salgados Golf Course. It is currently being rebranded and will open in May 2025 following an extensive redesign.



# WHAT'S NEW

## Sustainable Travel in Algarve

The following tourism businesses are showcased as they operate on sustainable tourism practices:

### ACCOMMODATION

#### COMPANHIA DES CULTURAS

Companhia das Culturas is an organic Agri-tourism hotel near Castro Marim Nature Reserve and 1,5km away from Praia Verde beach, in the southeastern corner of the Algarve. The hotel sits on 40 hectares of land and produces 70% of all the food served for guests from its own vegetable gardens and orchard, with the rest sourced from small local producers. Guests have a choice of 8 rooms – 3 suites, 1 doublesuperior, 2 double rooms and 2 twins. Read more [here](#)

#### CASA MODESTA

Once owned by a Portuguese Fisherman, this traditional family home has been converted into a boutique eco-retreat hotel. Guest are encouraged to practice sustainable travel, with bikes provided to explore the surrounding Ria Formosa Nature Reserve, traditional cooking courses organised in the hotel's communal spaces and spa treatments offered using extracts from locally sourced almonds, olives and fleur de sel. The hotel won Best Green Hotel for the Condé Nast Johansens Awards and was the Jury Winner for the A+A Architizer Awards in 2017. Read more [here](#)

#### PRAIA DO CANAL

Hidden in a treasured landscape, Praia do Canal Nature Resort is the place for those in search of unspoilt nature and inspiring wild environment. Situated inside the Vicentine Coast nature park in Aljezur, strategically designed to link tourists and nature. The property, a new build of 56 rooms, is set in over 220 hectares of pure nature stretching from higher plateau, down a valley to the ocean, where the waves break onto the shore of Praia do Canal beach. Sustainability is also crucial to the resort as they produce their own honey and grow their own fruits and vegetables. Read more [here](#).

#### VICEROY AT OMBRIA

Viceroy at Ombria offers a genuine commitment to sustainability, taking into account the environmental and social responsibilities in order to pioneer a naturally exceptional development in harmony with the surrounding landscape and local communities of the Algarvian Barrocal. Experiences offered to guests help support the environment and allow them to gain an appreciation for local culture and heritage. All guest experiences are led by locals whose families have lived in the hills for generations and continue to honour the more traditional ways of life.

Ombria website [here](#)

### ACTIVITIES

Algarve Sun Boat, the first tourist company to use a 100% ecological fleet without any carbon emissions, has introduced a new boat trip and wine tasting experience using electro-solar boats. Guests join the trip from Portimão Marina which sails up the Arade River towards the inland historical town of Silves to a vineyard. The accompanied guided tour explores the vineyards and allows guests to taste several wines accompanied with tapas while enjoying the spectacular views over the Arade River and Silves. Read more [here](#)

Bluefleet Boat Trips offer a unique way to explore the stunning coastal scenery Ponta Da Piedade near Lagos with a kayak excursion. Visitors can navigate through the labyrinths of unique caves, grottos, and rock formations in a completely ecological way. It's the best way to see some of the most magical natural formations of the Algarve. Read more [here](#)

In2south is a Proactivetur travel agency, specialised in ecotourism and creative tourism in the Algarve. They organise walking tours, bird watching, creative experiences focused on local culture and social activities with villages, in a close sustainable relationship with the values of the region and the local communities. Read more [here](#)

Rota Vicentina has developed an extensive programme of sustainable activities and experiences in Vicentina Natural Park in the southwest of the Algarve, one of the most beautiful and preserved coastlines in Southern Europe. In addition to the walking and cycling trails, the programme encompasses wellness programmes, bird watching, wine tasting, regional food discovery and cultural interactions that explore the local way of life. Read more [here](#)

### RESTAURANTS

Estamine is a unique solar-powered restaurant on a true desert island, serving up fresh fish and seafood, among other genuinely Algarvian specialties. This is the only restaurant on the Desert Island, and one of the sparse buildings, completely integrated into the landscape and all energy consumed comes from the sun. Read more [here](#)



The capital of the Algarve is Faro which is also the location of the nearest airport (FAO)

- Faro Airport is 2 ½ hours from London (LHR) & (LGW) and is served by 26 UK airports.
- UK and Irish airports account for the top ten most popular flight routes, with London Gatwick sending the most passengers, followed by Manchester, Dublin, East-Midlands and Bristol.
- There are a number of different airlines that fly to Faro with many direct flights operating throughout the year, including British Airways, easyJet, Wizzair, Ryanair, Jet2 and Aer Lingus.
- During summer there are numerous flights to Faro from UK airports and in winter, flights operate on certain days of the week, dependent on the airline.
- For those taking a touring holiday with a motorhome, information on routes and motorhomes can be found and downloaded at: [Motorhome in the Algarve](#)





The Algarve is home to over a 100 beaches, 88 of which are blue flag beaches (beaches which are certified by the Foundation for Environmental Education (FEE) that meets its stringent standards). The coast line stretches out over 200 km and offers visitors: coves, cliffs, caves and endless miles of sandy beaches, some of which are surrounded by rocks.

Each beach has its own individual personality and offering for visitors. Many of the beaches lend themselves perfectly to sunbathing and family activities and others provide thrilling and challenging surfing conditions for avid water sport enthusiasts.

All of the Algarve's Blue Flag beaches are family-friendly, providing safe waters and clean sands for visitors to enjoy. The calm waters of the east coast beaches of Barril, Tavira, Manta Rota and Altura are perfect for families and are manned by lifeguards while the vast sandy beaches of the central coastline are also popular including Rocha Baixinha, Vale do Lobo, Garrão, Ancão and Quinta do Lago. Beaches found along the Algarve's west coast number some of the most scenic and alluring in the country and offer fantastic surfing opportunities. Martinhal beach is also particularly renowned, for being perfect for families.

#### TOP 5 BEACHES

- D. Ana beach, Lagos
- Praia da Marinha, Lagoa
- Praia da Falésia, Albufeira.
- Meia Praia, Lagos
- Tavira Island, Tavira

Several beaches of the Algarve were named by TripAdvisor as some of the best beaches in the world, such as Praia da Falésia, known for its distinctive orange-red cliffs that face toward the South-West. Along with Praia Dona Ana in Lagos, Falésia was also acknowledged on Trip Advisor's Top 25 Best European Beaches for 2015, with the two beaches ranking 20th and 21st respectively. In addition Praia Dona Ana was also awarded the title of the No.1 beach in Portugal that same year.

The clear blue waters of the Algarve are ideal for water sports where thrill-seekers can find plenty to keep them busy, such as kitesurfing, surfing, scuba diving, jet skiing, snorkelling, body boarding, windsurfing, and paragliding.

Praia da Rocha and Ilha de Tavira cater for traditional water sports such as jet skiing and windsurfing. For the more adventurous, Ria de Alvor, which lies between Portimão and Lagos on the western side of the Algarve is known to have the best conditions to windsurf and kitesurf. Surf spots which are ideal for surfers of all ages and suitable for everyone from beginners to the professionals can be found on the Vicentina Coast on the western Algarve. The summer is ideal for beginners with small to medium waves for any level, whereas winter attracts the experienced surfer and professional competitions.

Olhão is the Algarve's biggest fishing port, with an active waterfront and pretty, bustling lanes in its old quarters. It is surrounded by 'ilhas', sand spit island beaches, which protect the marshy lagoon. Ilha da Culatra ('Island of Culatra') is a seaside community with oleanders lining the sandy pathways and bouganvilleas climbing the verandas. The beach is a beautiful sandy bay and served all year with regular ferry crossings from Olhão's jetty.

For further information on beaches on the Algarve, please visit [Algarve Beach Guide](#)

## A WORLD CLASS DIVING DESTINATION

The **Ocean Revival Project** is an authentic and freely accessible dive site of artificial reefs. The project is non-profit and was created to help promote underwater tourism. This project began in 2007 and consists of 4 historical decommissioned navy warships which have been sunk to the ocean bed. Set just off the Algarve's Portimão coastline divers can enjoy safe calm waters, as they swim through Portuguese history ([www.oceanrevival.org/en/](http://www.oceanrevival.org/en/)).

The Ocean Revival project is situated off the coastal town of Portimao in southern Portugal. More precisely along the east side of the artificial reefs of Alvor, the bathymetric of 26 to 32 meters, with a minimum clearance of 15 meters. The reef is one mile from the anchorage of Portimão, 3.3 miles from the port and 2 miles from the coast opposite to Prainha. A carefully selected location for the following reasons:

- Very good diving conditions
- Good sea conditions over 300 days a year
- Still waters, safe for diving
- Water temperature between 15° C (winter minimum) and 24°C (summer maximum)
- Excellent accesses and infrastructure
- A maximum of 3 hours flight from major European cities



- Tour packages at attractive prices
- Wide range of accommodation
- Huge range of tourist and leisure activities (beaches, water sports, boating, golf, bird-watching, tennis, motor sports, entertainment)

**Pedra do Valado Marine Natural Park**, one of the first protected marine parks in Portugal and the largest coastal reef in the region, is located between Albufeira and Lagoa. This unique reef, with a rich biodiversity, offers divers a perfect natural environment to explore marine life.

The award-winning **EDP Art Reef** is an underwater exhibition, less than 2km off the coast of Albufeira. It's the first of its kind in the country and created by the famous Portuguese graffiti and street artist Alexandre Farto, also known as Vhils.

## DISCOVER RIA FORMOSA

In the Algarve's famous Ria Formosa lives the largest endangered seahorse species in the world. Dolphins can also be observed from the tour boats which provide a comfortable and safe way to see everything this majestic natural wonder offers.

For more information visit Ria Formosa Tours: [www.passeios-ria-formosa.com](http://www.passeios-ria-formosa.com)





# DISCOVER THE NATURE

The Algarve is home to some of the most beautiful natural landscapes in Europe and a sanctuary for animal and bird life. Guests can experience the landscape in a variety of ways, from walking along the popular flagged trails, cycling across the rural routes that weave through the regions mountainous borders to birdwatching, observing many rare species in their natural habitat and offering stunning views of the Atlantic Ocean. Some popular routes and activities include:

## 1. VIA ALGARVIANA

Via Algarviana is a long-distance pedestrian path running from Alcoutim, in the Eastern Algarve all the way across the region to the western tip at Cape St. Vincent, near Sagres and crossing the Costa Vicentina Natural Park. The path has its origins in an old religious trail followed by pilgrims heading for the Sagres promontory, where the relics of St. Vincent were found.

The 300km path is divided into 14 sections, with five new connections and 12 additional trajectories, each beginning and ending in places that offer lodging and refreshment. Everything has been planned so that hikers can adapt their journey to their own pace, or just choose the sections that interest them most.

## 2. VICENTINA ROUTE

The Algarve launched the Vicentina Route along the rugged western coast of the region in 2012. The route runs from Santiago do Cacém in the Alentejo to Sagres in the Algarve and is integrated into the extensive European GR11 route part of the GR footpath network of paths, tracks and trails which will connect Sagres to St. Petersburg. 70% of the land in the Algarve is protected and the new route is part of a tourism initiative to promote areas of the Algarve beyond its popular coastline.

**3. THE RIA FORMOSA NATURE PARK** is home to a variety of species, situated between the beach of Ancão and the beach of Manta Rota just off the coast from Faro and is Portugal's largest protected coastal zone. Ria Formosa Nature Park is ideal for hiking and boating. It is comprised of sand dunes, marsh lands, lagoons and fresh water lakes. Its diverse group of inhabitants includes birds, fish, mammals and amphibians. The park is famous for its bird watching, with many birds resting and feeding here during the winter months. One of the most popular species of bird that you can spot here is the Flamingo.

# ALGARVE A NATURE DESTINATION

**4.COSTA VICENTINA NATURAL PARK** extends along the rugged western coast and is characterised by its unexplored countryside. The main attraction to this area is the natural beauty of its beaches and dramatic cliffs. An abundance of wildlife can be found in the Costa Vicentina Natural Park on the Algarve's secret west coast, where the stunning coastline framing the Atlantic Ocean offers a breathtaking backdrop.

**5.THE WETLANDS OF SAPAL DE CASTRO MARIM** - A natural habitat for a great number of animals, the Sapal de Castro Marim shelters some 153 different species throughout the year. These include flamingos, storks, pied avocets, dunlins, sand plovers and redshanks. An invaluable environmental heritage, it is an outstanding site that provides shelter and breeding conditions for many species of molluscs, fish, reptiles, amphibians and crustaceans. In the surrounding drier and higher ground, birds predominate, particularly passerines and birds of prey.

**6. THE CLASSIFIED SITES OF FONTE DA BENÉMOLA** and **ROCHA DA PENA** are protected nature conservation areas which support ecosystems of great ecological interest. The 390 hectares which make up the Fonte da Benémola area, located between Querença and Tôr, preserve a diverse range of plant life not commonly found in the rest of the Algarve, as well as exclusive and diverse species of animal life which can best be seen by walking along the banks of the Menalva Stream.

**7.THE ALVOR ESTUARY**, nestled between Portimão and Lagos, is the most important wetland area in Western Algarve. A lagoon complex, it covers 1400 hectares of marsh and dunes, which makes the area an excellent place for bird watching.

**8.** Located and integrated within the Costa Vicentina Protected Landscape Area on the Vale Barão Stream near Vila do Bispo is the **PAUL DE BUDENS MARSHLAND**. This is a 134-hectare former rice paddy field which now is sanctuary to otters, tortoises, black terns and garganey ducks. Between September and October, you can watch thousands of birds migrating southwards.



**9.THE LEIXÃO DA GAIVOTA**, located at the mouth of the Arade River, is one of the most important sites along the Algarvian coast for bird nesting. It is an islet near the coast, chosen as a nesting ground by white herons, black-winged stilts, European shags and purple herons.

**10.SERRAS DE MONCHIQUE ESPINHAÇO DE CÃO AND CALDEIRÃO** - The Serra do Caldeirão is the main Algarvian range extending from the banks of the Odelouca Stream to the rugged plateaux in the North-Eastern Algarve. Acting as a gigantic amphitheatre, the Monchique, Espinhaço de Cão and Caldeirão hills form a protective barrier for the lowlands of the coastal region, providing shelter from the cold northern winds. The breeze from the Atlantic also contributes to the unique vegetation of the area. Monchique is like a garden with breathtaking scenery and unique plant life within the Algarvian landscape.

**11.ECOVIA** - Ecovia is a cycling route that runs along the Algarve coast stretching across 12 counties, with a distance of 214 kilometers from Cape St. Vincent (Vila do Bispo) to Vila Real de Santo António.

**12. DEMON'S CREEK WALKWAY, MONCHIQUE** - The Barranco do Demo Walkway provides an adventure tour in the Alferce village, next to Monchique village in Algarve, Portugal. The walkway has a suspension bridge that crosses Barranco do Demo, a deep and rocky gorge. Around 50 metres long and 20 metres above ground, the new hiking route offers visitors access to unique sites that have been previously inaccessible, as well as incredible scenery and stunning nature.

**13.** If walking doesn't fill you with adrenaline why not try the world's only cross boarder **ZIP LINE**. A unique experience that takes participants across the Portuguese boarder into Spain along a 720 meter long zip line. Along the 720 metres joining the two countries users cross over the river at speeds between 70 and 80 kilometres per hour, literally flying through time and gaining one hour because of the time zone change between both countries.







### 13. THE CORK ROUTE

The best cork in the world is produced in the hills of the Serra do Caldeirão in the Algarve. Portugal is the world's main exporter of cork and supplies corks for the world's best wines and is also increasingly used in fashion, furniture and even NASA spaceships. Cork has unique characteristics such as impermeability, elasticity and lightness and is a natural, recyclable and biodegradable material. A highlight of the region is the "Cork Route" – from Serra do Caldeirão, which shows the process from the oak groves, to the extraction of the cork to the industrial transformation for end use. The route itself has also come to contribute to the protection and marketing of this product, of which Portugal is the number one producer in the world.

### 14. PONTA DA PIEDADE – LAGOS

South of Lagos on the western coast, and often compared to the Twelve Apostles, in Australia, Ponta da Piedade (Point of Piety) is a stunning shoreline formed of heavily weathered cliffs that have been carved into rock pillars, natural tunnels and hidden grottos. On a clear day visitors can see east to Carvoeiro and west to Sagres and view the beauty of the cliffs from the sea, can join tours on small fishing boats which navigate through the maze of unique formations. Situated prominently on the Ponta da Piedade headland is a traditional lighthouse that has guarded international shipping from the perilous rocks since its construction. In spring, hundreds of nesting egrets are in residence and surrounded by brilliant wild orchids.

### KEY WEBSITE TO VISIT AND GUIDES TO REFERENCE

[Guide to Nature Tourism in the Algarve](#)  
[Guide to walking trails in the Algarve](#)  
[Birdwatching Algarve Brochure](#)  
[Secrets of Rural Algarve - Guadiana Valley](#)  
[Secrets of Rural Algarve - The Barrocal](#)  
[Secrets of Rural Algarve – Vicentina Coast](#)  
[Via Algarviana](#)  
[Rota Vicentina](#)  
[Cork Route](#)



# A GASTRONOMIC PARADISE

## ALGARVE - A GASTRONOMIC PARADISE

The Algarve's food is inspired from the sun, the earth and the ocean. Locals insist on using local fresh and honest ingredients and the region boasts a wealth of gastronomy, including an abundance of fine seafood, taking full advantage of its coastal location. Fresh daily catches often include cockles, clams, oysters and squid, sea bass, sea bream, mackerel or sardines. In many Algarve fish restaurants, the catch of the day is sold by weight. Visitors can try the much celebrated "cataplana", a local favourite dish made of mussels, clams, chorizo, bacon, garlic, onions and olive oil and also recommended is the regions famous fish stew "Caldeirada".

Inland, poultry and pork, fresh vegetables and dried pulses are the primary ingredients in the majority of local dishes. Traditional dishes are delicious slow-cooked meat stews, served with pulses and fresh vegetables, smoked and cured meats and traditional Algarvian bread which is often used as a main ingredient in the preparation of certain dishes. Bread baking in the region is just as an important part of the culture as is wine, cheese and pastries.

In the summer fig and orange trees are ready to be harvested and fill the air with a delicate sweet scent. In September it is time for the traditional almond crop. Un-skinned, they wait to dry in the sun on roof terraces. When autumn is in full swing, the chestnuts are ripe. Locals enjoy them most at the traditional magustos festivals with new wine and watered grape brandy.

The Algarve boasts the most Michelin Star restaurants in the whole of Portugal – seven restaurants in total with nine stars.

As of the latest 2023 Michelin Guide, the restaurants that have been honoured with stars are:

**Vista Restaurant** – Bela Vista Hotel, Almancil – 1 Michelin Star - Head Chef: João Oliveira

**Gusto by Heniz Beck**– Conrad, Quinta Do Lago - 1 Michelin Star - Resident Chef: Liborio Buonocore

**Ocean Vila Parc** – Porches - 2 Michelin Stars - Executive Chef: Hans Neuner

**Vila Joya** at Hotel Vila Joya – 2 Michelin Stars- Executive Chef: Dieter Koschina

**The Bon Bon Restaurant**- Sesmarias, Praia de Carvoeiro - 1 Michelin Star - Head chef: José Lopes

**A Ver Tavira** - Tavira - 1 Michelin Star - Head Chef: Luis Brito

**Al Sud** - at Palmares Ocean Living & Golf, Lagos– 1 Michelin Star - Head Chef: Louis Anjos



# ALGARVE

## A GASTRONOMIC PARADISE

### KEY WEBSITES TO VISIT AND GUIDES TO REFERENCE

[Algarve Regional Cooking Guide](#)

[The Rota Dos Vinhos do Algarve \(The Algarve Wine Route\)](#)

[Wine Route App](#)

### RECIPES BOOKS

[Mediterranean Diet](#)

[Algarve Wine Guide](#)

[The Algarve Cataplana, Traditions and Reinterpretations](#)



### WINE IN THE ALGARVE

The Algarve wine-producing region is coming of age. In recent years there has been a steady increase both in the number of producers and in the quality of the wines produced. The majority of Algarve wines are of above average quality, putting them on a par with the best that is produced in Portugal's other wine regions.

Due to its geographical location and countryside, the mild climate all year round ensures the grapes ripen sun-kissed to produce high quality wines all throughout the Algarve region. Major towns that lend their names to the region's four wine DOCs are Lagos, Portimão, Lagoa and Tavira. For these traditional wines, the main white grapes are Arinto, Malvasia Fina, Manteúdo and Síría, and for the reds Castelão and Negra Mol. More recently, new wine estates are making regional Algarve wine from national and international grapes: Syrah, Negra Mole, Aragonez and Cabernet Sauvignon, Alvarinho, Chardonnay and Viognier. The traditional Aguardente de Medronho brandy (traditional fruit brandy) and various types of liqueurs complement the long list of aromatic liquid delights from the region.

Quinta dos Vales ([www.quintadosvales.eu/arte](http://www.quintadosvales.eu/arte)) uniquely combines wine and art side by side and visitors can explore the grounds and its sculptures whilst tasting a selection of premium wines. The estate has launched a unique hands-on project, The Winemaker Experience, which aims to turn wine-lovers into genuine wine-makers, each with their own privately owned vineyard. They offer to guide participants through the full wine-production process, offering them their winery and consultancy, but encouraging them to make their very own wine, to their own preferences. This ensures that the private winemakers take their decisions based on the same information as the vineyard, the only differences being volume, and the fact that they can do not need to sell it commercially. For more information see [here](#)

Quinta do Barranco Longo ([www.quintadobarrancolongo.com](http://www.quintadobarrancolongo.com)) is located in the centre of the region in Barrocal Algarvio. Calcareous clay soils and more than three thousand hours of sunshine a year create the unique and perfect conditions to obtain high quality grapes for this esteemed wine producer.

Founded in the early 1810's by the 1st Count of Silves, Morgado do Quintão ([www.morgadodoquintao.pt/](http://www.morgadodoquintao.pt/)) remains in the same family, now with the fourth generation. With a profound commitment to disrupting the status quo and to bringing wine making back to its forgotten roots in our region, today's generation at Morgado do Quintão are attempting to mould a new perspective on Algarvian wine, seizing an opportunity to nurture the land on which vines first arrived on the Iberian Peninsula.

Located in Estombar, the ARVAD ([www.arvad.pt/](http://www.arvad.pt/)) vineyard is situated on the banks of the Arade River benefiting from a Mediterranean climate with Atlantic influencer, and the vineyard is led upwards with spur pruning, on a clayey limestone soil in which the weight of history is combined. There are a range of different tour and tasting options that encompass the spectacular Arvad wines and their rich history.



# GOING FOR GOLF

The Algarve has some of the world's best golf courses with many courses designed by some of golf's most famous names. However, the high standard isn't only down to the designer with all courses having immaculate fairways and smooth greens, paired together with the fantastic surrounding scenery, golfers will be in golfing paradise in the Algarve.

The Algarve remains a popular choice for UK golfers and the region continues to invest in golf tourism with the development of new golf resorts and courses.

For further information on golf events visit Golf Algarve  
[www.visitgolfalgarve.com](http://www.visitgolfalgarve.com)



## Golf Courses in the Algarve - From East to West

HOLES	GOLF COURSE	WEBPAGE
18	Boavista Golf	<a href="http://www.boavistaresort.pt/">www.boavistaresort.pt/</a>
18	Espiche Golf	<a href="http://www.espiche-golf.com">www.espiche-golf.com</a>
18+9	Onyria Palmares	<a href="http://www.onyriapalmares.com">www.onyriapalmares.com</a>
18+9+9	Penina Golf	<a href="http://www.penina.com">www.penina.com</a>
18	Pestana Alto	<a href="http://www.pestanagolf.com">www.pestanagolf.com</a>
18	Pestana Vale da Pinta	
18	Pestana Gramacho	
18	Pestana Silves	
18	Morgado Golf	<a href="http://www.nauhotels.com/index.php/en/golfe">www.nauhotels.com/index.php/en/golfe</a>
18	Álamos Golf	
9	Pine Cliffs	<a href="http://www.pinecliffs.com/en/golf-sports/golf/">www.pinecliffs.com/en/golf-sports/golf/</a>
18	Salgados Golf	<a href="http://www.nauhotels.com/en/salgados-golf.html">www.nauhotels.com/en/salgados-golf.html</a>
18	Faldo Golf Course	<a href="http://www.amendoeiraresort.com">www.amendoeiraresort.com</a>
18	The Old Course Vilamoura	<a href="http://www.vilamouragolf.com">www.vilamouragolf.com</a>
18	Pinhal Vilamoura	
18	Laguna Vilamoura	
18	Milenium Vilamoura	
18	Els Club Vilamoura	<a href="http://www.elsclubvilamoura.com/pt">www.elsclubvilamoura.com/pt</a>
18	O'Connor Jnr	<a href="http://www.amendoeiraresort.com">www.amendoeiraresort.com</a>



HOLES	GOLF COURSE	WEBPAGE
18+9	Pestana Vila Sol	<a href="http://www.pestanagolf.com">www.pestanagolf.com</a>
18	Vale do Lobo Ocean	<a href="http://www.valedolobo.com">www.valedolobo.com</a>
18	Vale do Lobo Royal	
18	Quinta do Lago South	<a href="http://www.quintadolago.com/en/golf/overview/">www.quintadolago.com/en/golf/overview/</a>
18	Quinta do Lago North	
18	Quinta do Lago Laranjal	
18	San Lorenzo Golf	<a href="http://www.sanlorenzogolfcourse.com">www.sanlorenzogolfcourse.com</a>
18	Benamor Golf	<a href="http://www.benamorgolf.com">www.benamorgolf.com</a>
18	Quinta do Vale Golf	<a href="http://www.quintadovalegolf.com">www.quintadovalegolf.com</a>
18+9	Castro Marim Golf	<a href="http://www.castromarimgolfe.com">www.castromarimgolfe.com</a>
18	Quinta da Ria Golf	<a href="http://www.quintadaria.com">www.quintadaria.com</a>
18	Quinta de Cima Golf	
18	Monte Rei	<a href="http://www.monte-rei.com">www.monte-rei.com</a>



The Algarve has many alternative options to help you restore your energy and relax. There are over 40 spas in the Algarve to choose from, so it will not be difficult for one to find the right one to take away the stresses and strains of everyday life and enjoy some 'you time'. Algarve spas are fast becoming known as some of the best in the world, according to Conde Nast Traveller.

The region's tranquil surroundings complement the harmony of the energising atmosphere in its many spas. Visitors receive personal service and can experience one to one consultations with a variety of experts in the field including; medical consultants, beauticians, hydro therapists, masseurs and nutritionists. Personalised programmes are developed for guests in which treatments are adapted to suit the needs of each individual. Some of the many treatments / experiences visitors can enjoy across the Algarve's range of wellbeing resorts and spas include:

- Oxygen infusion and inhalation therapies
- Thalassotherapy (Sea water therapy)
- Fitness, detox, stress-management and weight-loss programmes
- Therapeutic massage
- Sports massage
- Manual lymphatic
- Drainage and hot stone massage
- Reflexology
- Yoga
- Tai-chi
- Reiki
- Mindfulness



# MEETINGS INDUSTRY



From its easily accessible location to its wonderful offering of sunshine almost all year round, here are 8 reasons to choose the Algarve as the destination for your next MICE:

## Location:

The Algarve is located just two hours away from most European cities and transfers from Faro airport to many of the Algarve's major towns, hotels and resorts are quick and easy to arrange.

## Climate:

The region enjoys around 300 days of sunshine each year. Winters in the Algarve are mild and hot summer months are tempered by Atlantic breezes making it the perfect year-round location for business or pleasure.

## Choice of accommodation:

From five-star luxury hotels and resorts to local and boutique style accommodation, the Algarve is capable of matching any event requirement or budget.

## Food offering:

The Algarve has the most Michelin-Star restaurants in Portugal. In 2018 the region is home to 8 starred establishments two of which have two stars to their name. As well as its brilliant offering of fine-dining, many of the local restaurants in the regions towns and villages offer extensive menus of both modern and traditional Algarvian dishes often made with the locally sourced produce and ingredients.

## Facilities:

In addition to its hotels, the region also boasts a wide range of top-class venues for conferences, conventions, business meetings, workshops, exhibitions, product launches, awards ceremonies, sporting events and cultural gatherings.

## Activities and incentives:

Take your pick: from golf, tennis and a host of water sports to sailing, aquatic shows, vineyard tours and jeep safaris, there will always be something to keep your delegates occupied outside of the meeting room. With over a hundred miles of superb beaches and the wide open spaces of the Monchique mountains to choose from, delegates certainly won't find themselves suffer from claustrophobia.

## Expertise:

Experienced and inventive destination management companies and other business service providers, from audio-visual suppliers to ground handling companies, will ensure your event goes off without a hitch.

## Value for money:

Portugal is one of the most inexpensive countries in Western Europe, ensuring budgets covering every aspect of your event, from hotel accommodation and room hire to food and drink, will stretch a long way, without compromising on quality.

For more information please visit:

[www.algarveconvention.pt](http://www.algarveconvention.pt)

# HISTORICAL HIGHLIGHTS



When visiting the Algarve, visitors notice the little towns with their traditional architecture of white houses with distinct chimneys influenced by Moorish heritage and picturesque mills and windmills. Being traditionally seafaring people, marinas and naval traditions play a pivotal role in the coastal towns of the Algarve. Inland, traditional agriculture shapes the beautiful landscape. Locals keep the arts and crafts alive. Weaving, doll making, lace work and pottery are still common sights and produce memorable souvenirs for visitors to take home to their loved ones.

**FARO** is the largest city in the region, Faro accommodates around 50,000 inhabitants.

The Old Town is a key attraction for visitors; enclosed by sturdy defensive walls, Faro's Cidade Velha sits on Roman and Moorish foundations.

The historic town of **LOULÉ** 16km to the north of Faro has origins as far back as 400BC and been a part of Portugal since 1249. Loulé is famous for its Saturday morning market and its daily market in the Arabian style market hall on Praça da República. Loulé Carnival is one of the biggest events in Loulé and famous across the Algarve. It takes place in February (over 3 days, the 3rd day being Shrove Tuesday) and is a highly colourful affair with celebrations of music and dancing.

**SAGRES** overlooks some of the Algarve's most dramatic scenery, with sea-carved cliffs and a fortress high above the ocean. Its appeal lies in its overall sense of calm, with fine beaches popular with surfers and its picturesque port and marina.

**LAGOS** is a historic town in the western Algarve steeped in history with origins dating as far back as 2000BC when it was known as Lacobriga. Lagos has always had a seafaring connection, originally visited by Phoenicians and Carthaginians and during the 15th century, it was the base for the 'voyages of the Discoveries' instigated by Henry the Navigator when trade between Africa and Portugal brought a great deal of wealth into the town. A vibrant town with lots going on – the main square, Praça de Gil Eanes is often the setting for evening entertainment throughout the year.

Near the coast in the eastern Algarve, **TAVIRA** is one of the region's prettiest towns. Situated on both sides of the broad River Gilão, this is a destination celebrated for its historical legacy, a past shaped by the Romans and later by the Moors, whose settlement by the river was topped by a castle, still visible today.

[Guide to Historical Attractions in the Algarve](#)



The Algarve's busiest fishing port, **OLHÃO** is all about the ocean, and some of the best seafood restaurants in the region are situated here as well as the famous markets, situated in the two market buildings side by side along the water front; a 'must visit' for the huge variety of fresh fish and seafood straight from the port and vast array of locally grown fresh fruit and vegetables.

Other popular historic towns in the region include the seaside town of **PORTIMÃO** and **MONCHIQUE**, which is the highest point in the region.

A quieter town that blends seaside and countryside getaway is **ALJEZUR** less frequented by visitors and is defined by its charming rural architecture, whitewashed buildings with coloured windows, castles atop hills, old churches and scenic views of the sea.

There are many Algarve markets to visit. The most common market to be found is that of the local community; daily fresh fruit, fish and vegetable markets can be found in most towns and villages, generally located in the centre. Get there early in the morning to find the best catch and delicious local produce. Every month there are often bigger markets selling food, arts, crafts and local fashion, plus auctions and flea markets.

The rich cultural heritage becomes evident in the number of churches and chapels, castles and museums which are witnesses of Roman, Arab and further historic influences. Some of the most important to visit include the Milreu Ruins in proximity of Faro, Cerro da Vila, an archaeological site in Vilamoura and the Castelo de Silves (Silves Castle which brings history to life.

Visitors to the region can take part in traditional regional activities such as the grape harvest, birdwatching, learning traditional fig, almond and carob bean recipes and getting hands on in pottery workshops that work in close collaboration with the local communities.







## Destination Awards

"World's Leading Beach Destination" 2024, 2021, 2020 World Travel Awards

"Europe's Leading Beach Destination" 2024, 2023, 2022, 2021, 2020, 2019, 2018, 2017, 2016, 2015 and 2013 World Travel Awards

"Best hiking destination in Europe" 2019- Lagoa's Seven Hanging Valleys Trail European Best Destinations.

"Best European Region in Tourism and Gastronomy 2018" European Council of Food and Wine Confraternities (CEUCO)

"Best Beach Destination 2017" Revista Mondo

"Highly Commended - Best Destination for Families - Short-haul 2016" Family Traveller Magazine

## Golf Awards

"World's Leading Golf & Villa Resort 2020 & 2019" Dunas Douradas

"Best Golf Destination Continental Europe 2021, 2019 & 2018" - Today's Golfer Travel Awards

"Best Value Golf in Continental Europe 2017 & 2015" - Today's Golfer Travel Awards

"Golf Destination of the Year 2021, 2020, 2014, 2006" – IAGTO (International Association of Golf Tour Operators)

The Dona Filipa Hotel, Penina Hotel & Golf Resort and golf courses Sir Henry Cotton Championship Course, San Lorenzo Golf Course and Pinheiros Altos Golf Course won "Portugal's Best Golf Hotel" and "Portugal's Best Golf Course" categories in the 2022 edition of the World Golf Awards

## Hotel Awards

"World's Leading Fine Dining Hotel Restaurant 2020" & "Europe's Leading Boutique Resort 2018" Vila Joy

"World's Leading Luxury Leisure Resort 2020" & "Europe's Leading Lifestyle Resort 2018" Conrad Algarve

"Europe's Leading Beach Resort 2018" Hotel Quinta do Lago Conrad Algarve

"Europe's Leading Family Resort 2018" Ria Park Hotel

"Europe's Leading Luxury Hotel & Villas 2018" Vila Vita Parc

"Europe's Most Romantic Resort 2018" Monte Santo Resort





# 2025

MEDIA  
INFORMATION  
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For Further UK Press Information Contact:

[algarve@p1communications.com](mailto:algarve@p1communications.com)

Tel.: +44 (0)20 8614 7503