

get real



issue no. 19 • May 22, 2007 • weekly
director: Fiona Perris

Fighting fund for Madeleine

The McCann family has ploughed their efforts into setting up an appeal fund in their search for the missing four year old Madeleine.

Her father Gerry flew back to the UK for a brief trip last Sunday night so that arrangements could be put in place for the organisation of the appeal and to enable the family to remain in Praia da Luz. They plan to stay in the Mark Warner resort with their two year old twins Sean and Amelie while they continue their agonizing wait for the safe return of their older daughter.

Pictures of Madeleine were screened at the FA cup final in Wembley stadium last Saturday and a website containing many images of the child has received over 97 million hits and thousands of messages from well-wishers. The *Find Madeleine* fighting fund will be used to further the investigation and to continue to publicise the case. Michael Wright, a close friend of the

family, told reporters that "Gerry and Kate are taking immense strength from the support and good wishes that they are receiving from all over the world."

Police have confirmed that a telephone conversation did take place between 33 year old British man Robert Murat and Russian IT consultant Sergey Malinka, 22, on the night of her disappearance, 3 May. Chief Inspector Olegário de Sousa handling the investigation has stated that as yet they do not have sufficient evidence for an arrest. Both men deny any involvement. Reports of possible sightings have so far come to nothing but police in Portugal have assured the family that everything is being done to find their daughter. Mr Murat, a local resident, assisted the police with translation work at

the start of the enquiry but was then given *arguido* status two weeks later meaning he is an official suspect. The system allows him to request this status in order to have police protection and be allowed to clear his name if he is innocent of any wrongdoing.

The Portuguese community will be praying tonight at 10pm in an united action of support for the McCann family. The national prayer was organised by the Congregation of Carmelite Sisters sending an e-mail to all local parishes asking that all communities come together at this time. Father José Manuel Pacheco, priest at the Luz parish church, made the announcement on Sunday.

The website address is www.findmadeleine.com.

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Get out and about - the Algarve has something for everyone.

Fire on Cutty Sark

The 19th Century Cutty Sark caught fire overnight on Sunday causing major damage to the 138 year old ship, the oldest tea clipper in the world. The area around the Sark had to be evacuated due to the threat of gas cylinders on board exploding. Residents nearby had to be taken to a Greenwich hotel while fire fighters sought to contain the blaze which is being viewed as suspicious. The town centre of Greenwich was sealed off to traffic and the Docklands Light Railway closed. The historic ship was closed to the public for two years during 25 million pounds of conservation work partly supported by the Heritage Lottery Fund.



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GAZA

Israeli attacks

Israel has launched air strikes in Gaza following warnings about rocket attacks landing on their soil.

Israeli jets bombed a number of Hamas targets including part of a building belonging to the Executive Force, a militia force assigned with maintaining security in the city, and a second attack was on a car carrying militants. Israel has issued severe threats against the Palestinian militants who fired at the border area over recent weeks. Before this recent eruption of violence, there were talks of a meeting with Israeli presidential aide Saeb Erekat, but this is on hold for the time being.

Violence in Gaza had subsided, prior the Israeli attacks, after intense fighting continued to threaten to undermine the new coalition government. While the Hamas-Fatah officials tried to govern, militants were killing and wounding each other on the streets. A total of 46 deaths were reported by Palestinian officials. Residents have managed to return to near-normal activities but there are fears that the situation could break down again at any time. Many local people simply bar-

ricaded themselves inside their homes until the fighting stopped, terrified at the sounds of gunfire right outside their doors.

One local reporter saw people shot in front of the building where he sat in a hallway with his wife and nine month old baby. There were people trapped in burning

buildings unable to escape because of gunmen outside. At one point gunmen tried to take over the reporter's apartment directly opposite a Palestinian government complex where both sides were fighting for control. They wanted to shoot from his window but the reporter managed to per-

suaude them to leave.

At the funerals of two Hamas militants in the town of Rafah, violence ended in the death of one man and around 20 injured when guns being fired into the air as is the custom at funerals were turned by Fatah militants into a bloody battle.



• Palestinians gather at the demolished building used by Hamas's Executive Force.

FRANCE

Priest sparks protest

A row has divided members of the quiet village of Asson in south west France following a catholic priest's admission that he has had a relationship with a woman for 22 years. Many villagers are in support of their former priest who had to leave the clergy when the relationship was made public. Leon and Marga are now able to appear together in public having admitted their secret. Catholic priests

take a vow to remain celibate. Father Leon claims the relationship has brought him closer to God and his congregation stating that Marga has been a great support to his work as parish priest, a job that he did well until the scandal erupted. Marga is a devout Catholic and is hurt by the church's attitude to the man she loves. The village has held a protest demanding his return to continue his work.

COLOMBIA

Hostage escaped

John Frank Pinchao has made a miraculous escape following nine years in captivity. He was working as a Colombian policeman in 1998 in the town of Mitu when he was seized by rebels belonging to the Farc, the Revolutionary Armed Forces of Colombia. Pinchao was held along with around 60 others captured in different situations. He waited eight and a half years for an opportunity to escape and his chance came when he was

held in the Amazon jungle. He took his chance and escaped into the dense jungle and had to survive for 17 days before finding an army patrol last Wednesday. He hopes his successful escape does not cause further difficulties for the others remaining. Other prisoners at the hostage camp include three US intelligence agents and Colombia's former presidential candidate, Ingrid Betancourt, captured in February 2002.

UK

Prince Harry grounded

Chief of Staff Sir Richard Dannatt has decided that the third in line to the throne will not be allowed to serve his country in Iraq despite his willingness to do so. The decision was made in light of recent threats, exposing him and his comrades to unnecessary additional risk over and above that which already exists in Iraq. Harry is apparently "very disappointed" with the decision but is not intending to leave the army as was reported by some members of the press in the past. Dannatt told the press: "He has proved himself both at Sandhurst and in command of his troop during his training. I commend him for his determination and his undoubted talent - and I do not say that lightly. His soldiers will miss his leadership in Iraq, although I know his commanding officer will provide a highly capable substitute troop leader."

Indian whisky take-over

The Scottish whisky distiller Whyte and Mackay has been bought out by Indian billionaire Vijay Mallah. The group is responsible for the production of many famous brands including Dalmore and Jura whisky, Glavya liqueur and Vladivar vodka. The new chairman has impressed many with his "Richard Branson" style approach including taking his Kingfisher beer brand to the skies with the airlines. Mallah talked of his emotional attachment to the firm with one of its single malts, Jura whisky, being his late father's favourite drink. He talks of expansion and not job losses to the group, planning to take the drinks range into the emerging markets where growth is vital for future business. Amid concerns about the relocating of the Dalmore distillery to India Mallah stressed, "Scotch whisky can only be made in Scotland".

And it's goodbye

Tony Blair has held his final talks as Prime Minister with President Bush. Subjects discussed included Iraq, climate change and the crisis in Darfur, prior to the G8 summit next month. Mr Blair had dinner in the White House following a television interview where he praised George Bush as a strong leader, true to his word. Commenting on America's role in world politics he said: "The biggest danger is if America disengages, if it decides to pull up the drawbridge and say to the rest of the world 'Well you go and sort it out.' We need America engaged."

Sea view with corpse

Jorge Giro got more than he expected when he bought a house on the Spanish Catalanian coast. He purchased the house by auction without viewing the property and was shocked to find the previous owner was still inside. She had died and was still sitting on the sofa when he entered his new home. Apparently the body had been partly mummified by the salty sea air. Forensic scientists estimate that the woman known as Maria Luisa died in 2001.

Food shortages

Record inflation and poor agricultural methods have led to a shortage in staple food supplies in Zimbabwe. Wheat is in short supply due to late planting of crops as a result of the rapid decline in the agricultural sector following the removal of white farmers. Officials claim that farmers have only planted 10 per cent of the expected winter wheat crop and there is already a national sugar shortage. This combined with the current drought conditions will lead the nation to depend heavily on imported food.

Hunger strike

Fourteen defendants in the Madrid train bombing trial have undertaken a hunger strike in protest over what they term unjust accusations against them. The 29 defendants are predominantly Moroccan and are suspected of having been involved in the 2004 bombings which killed 191 people and injured around 1,700. The court proceedings are expected to last five months.

ASIA

Return train journey

North and South Korea have made a largely symbolic gesture allowing two trains, one from North to South and vice versa to cross the border for the first time in 50 years. One hundred and fifty passengers were invited to travel on each train, travelling 25 km across the heavily armed border. The breakthrough in diplomatic relations follows

economic aid supplied by South Korea to aid North Korea's plight as it struggles with basic supplies of fuel oil and food. Celebrations were held on the platforms of stations including hundreds of reunification flag wavers on Munsan station in west South Korea. Passengers on board the South Korean train spoke of being warmly welcomed in the

north. Children bearing flowers welcomed the North Korea train into Jejin station. The south has been asking for this service for many years to improve relations and to enable easier transport into China. The lines were reconnected two years ago by South Korea and all landmines and tank traps were removed.



• A South Korean train conductor (left) shakes hands with a North Korean train conductor at Jejin station.

AFRICA

Somalia peacekeeping

Ugandan soldiers have decided to remain in Somalia to assist in peacekeeping in spite of recent attacks including the killing of four soldiers in a convoy patrol. The bodies of the men were flown back to their native Uganda, the only nation to send peacekeeping troops to Somalia. A roadside bomb was also set to explode as a convoy containing the prime minister of Somalia,

Ali Mohamed Ghedi, passed by, but it failed to hurt anyone. African Union Commission chairman Alpha Omar Konare condemned the attack urging the Ugandan soldiers to remain engaged in the "noble action" of assisting Somalia. There are plans for an additional 8,000 African Union troops to be sent in from the Ethiopian army to take over security duties.

USA

President resigns

Paul Wolfowitz, president of the World Bank, has resigned with effect from 30 June. He was found to have breached bank rules by authorising a pay rise and promotion for his girlfriend, Shaha Riza, also working for the institution. When Wolfowitz accepted the position he told the bank that his girlfriend

was already an employee and took steps to avoid a conflict of interest. He is now criticised for violating the terms of his contract and breaking the professional code of the bank. The Board of the bank accepted his claims that his errors whilst at the institution were made in good faith.

INDIA

Wedding tragedy

A road accident in Hyderabad, the capital of the state of Andhra Pradesh, involving a van and a lorry has resulted in the deaths of 21 people, all members of a wedding party. The groom was one of the many killed. Senior policeman Anil Kumar said: "The accident occurred when the speeding lorry hit the wedding party vehicle at a blind turning in the early hours."

There have been further deaths caused by a heat wave in the same Indian state where 36 people died in one day with temperatures reaching 48°C. Many animals also died including around 3,000 cows, buffaloes and sheep. Government officials handed out rehydration salts in an attempt to assist those suffering from heatstroke.

UK

Brown succeeds Blair

Chancellor Gordon Brown will take over as Prime Minister when Tony Blair steps down on 27 June. He received 313 votes for the position of Labour leader meaning he will not need to contest the position. His only rival, John McDonnell, known for his left wing approach, got only 29 of the 45 votes needed to contest the position. There will however be a vote for the deputy leader following the resignation of John Prescott. Six candidates have succeeded in meeting the required number of nominations. They include International Development Secretary Hilary Benn, backbencher Jon Cruddas, Education Secretary Alan Johnson, Justice Minister Harriet Harman, Northern Ireland Secretary Peter Hain and Labour chairman Hazel Blears.

The election will be held in three sections, each representing 33 per cent of the total vote, with labour MPs and Euro MPs in the first section, Labour Party members on 31 May and the third section, the votes from members of affiliated trade unions. The winning candidate must have 50 per cent of the vote. If the percentage is not achieved, the last-placed candidate is eliminated and the second-placed candidate on their form is counted. Each vote card allows candidates to be placed in order of priority with a ranking of 1 to 6. The result will be announced on 24 June.

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Property of the week

Vale da Quinta - The Village

Situated in one of the most sought-after areas in the Algarve this new development is built to the highest standard. Close to some of the top golf courses, amenities and excellent restaurants, the urbanisation is also near to the beach and only a 20 minute drive to Faro airport. Currently under construction are 5 semi-detached, south facing villas, each with its own private pool, enclosed garden and driveway for parking within the property.

The villas range in covered area from 165m² to 204m² and incorporate high specification finishings, such as stone tiles, underfloor heating in the bathrooms and terracotta tiles throughout. The kitchens all boast fully fitted units made from oak and include Bosch appliances.

Two villas are nearing completion and the others are scheduled for around mid-July 2007. The building works are being executed by Cenalg Construções Lda. With years of experience, buyers are assured of a superior quality home. Known as the Golden Triangle, Quinta do Lago, Vale do Lobo and Almancil are favourite destinations for the discerning visitor and these properties of distinction in this prosperous neighbourhood represent an investment full of opportunity.



For viewings and more information contact:
 Natália Flores Carreira - Soc. de Mediação Imobiliária, Lda – AMI 632
 EN 270 Fonte de Boliqueime - 8100-908 BOLIQUIME
 917504303 or 919274260

Algarve Property Guide®

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Property

for sale

Apartment T0

Ferragudo - Comfortable T0 apt converted from an office, with large private garden. Renovated in 2006, furnished and equipped. Wooden stairs and mezzanine. In the centre of Ferragudo. P.O.A. RE/MAX Global AMI:5453. Tel: 912 246 283. alberto.pinheiro@clix.pt



Praia da Rocha - Studio including bathroom with hydromassage bath, A/C, fully equipped kitchen and large veranda. Condominium with 2 pools and garage space. €110.000,00. Contact: Duplo 5 Lda - AMI 4324. Tel: 282 485 271/966 468 626. mabasantos@hotmail.com

Lagos - Apt close to pool and beach. Comprising bedroom, living room, kitchenette and bathroom. Area: 43,50m². Ref: APT-116. €98.000. Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_imobiliaria@portugalmail.com

Apartment T1

Portimão - Praia Rocha 1 bed apt. Totally renewed, equipped and furnished. Building of interesting architectural lines with a unique view over the marina and beach. Even though in Praia da Rocha it is situated in an area protected from noise. Area 80m². Ref: 0012. €176.000. Contact: Laforet Portimão-AMI 7170. Tel: 282 457 640. Email: portimao@laforet.pt

Portimão - Rocha Brava - Apartment located 10 minutes from Vale Centeanes beach. Comprising bedroom, lounge, kitchen, storeroom and bathroom. Ref: A27. €116.655. Contact: Rogério Bruxo Med Imob - AMI 2132. Tel: 282 342 373. Email: rogeriobruxo@rogeriobruxo.com

Portimão - One bed apt + 1, furnished & equipped. €70.000. Duplo 5 Med Imob - AMI 7524. Tel: 966468626 / 965063833. mabasantos@hotmail.com

Carvoeiro - One bedroom apartment in central Carvoeiro with large sun balcony and sea view. Fully equipped. €280.000. Private Sale. Tel: 938 070 010.

Carvoeiro - T1 in central location at Colina Verde. Beautiful views from the large sun balcony. This one bedroom apartment is to be sold fully equipped and makes an excellent rental investment. It comprises a large living room, kitchen, bathroom and twin bedded bedroom, both living room and bedroom lead on to the sun balcony. Off road parking and use of pool. The apartment has no condominium charge. and was purchased new in 2003. €185.000. Contact: Private Sale. Tel: 939 070 010. Email: irene-w@hotmail.co.uk

Quarteira - Semi-new apt comprising living room, kitchen, bedroom, bathroom and veranda. Ref: 401.A. €130.000. Contact: Vilas Ibéricas Soc Med Imob - AMI 1513. Tel: 289 391 090. info@vilasibericas.com

Alvor - Quinta da Praia - Nice one bed one bath apartment in complex with private pool. Walking distance to Alvor beach and village. Ref: a 993-gr. €160.000. Contact: Sulgar Lda AMI 6478. Tel: 282 458 062. Email: info@sulgar.com

Alvor - Bemposta - Lovely refurbished one bedroom apartment on top floor. Located in a residential area halfway on Alvor and Portimão road. Ref: a164-gr. €119.500. Sulgar Lda - AMI 6478. Tel: 282 458 062. Email: info@sulgar.com



Lagos - Furnished apartment comprising a living room, kitchen, bedroom, bathroom and balcony. €89.000. Contact: Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_imobiliaria@portugalmail.com

Lagos - Apartment with sea view and close to beach. Comprising living room, equipped kitchen, 3 balconies and 2 storage rooms. Area 150m². Ref: APT-117. €227.500. Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_imobiliaria@portugalmail.com

Odemira - Almogrove - T1 apartment with the possibility to build further bedrooms in the loft. New in 2005 with modern comforts such as gas central heating, Double garage, attic, veranda and BBQ. Set in a tranquil area and only 1km from the stunning Almogrove beach. €125.000. Contact: Private Sale. Tel: 914 469 485. Email: jdelwest@hotmail.com

Lagos - Meia Praia - Lovely sea view and close to the beach. Equipped kitchen, parking lot heated swimming pool and central vacuuming. Area 90m². Ref: APT-126. €260.000. Contact: Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_imobiliaria@portugalmail.com

Alvor - One bedroom furnished apartment. 5 minutes from the centre of Alvor. Living room with fireplace. Area 65m². Ref: 1337. €110.000. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: globalplano@hotmail.com



Silves - 1 bedroom apartment in the historic centre of Silves with beautiful views. Ref: 1612. €65.000. Minita Lda - Silves-AMI 777. Tel: 282 444 510. Email: sales@minitarealestate.com

Praia da Rocha - One bedroom apartment, furnished with garage space. Excellent views of the beach as this apartment is located on the main street. Area 97m². Ref: 1349. €149.000. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: globalplano@hotmail.com

Portimão - One bedroom apartment, pool, tennis and beach only 400m. €127.500. Contact: Abel Santos Lda-AMI 523. Tel: 282 341 988. Email: abelsantos@net.sapo.pt

Ferragudo - 1 bedroom apartment on 3rd floor with balcony and storeroom. Located not far from the centre of this beautiful fishing village. Close to all amenities such as shops, bars and restaurants and within walking distance of the beach. €97.000. Contact: Private Sale. Tel: 919 718 622.

Tavira - Cabanas - Unique luxury duplex apartment 164m² at the absolute front line with fantastic sea view. Good rent out possibility. Ref: A017. €424.200. Contact: BRUHN Mediação Imobil. unip. Lda - AMI 7025. Tel: 281 321 188. Email: bruhnrealestate@sapo.pt

Armação de Pera - Furnished apartment for all year round. Located in calm area with balcony overlooking secluded swimming pools. Fixed heaters in all rooms. Garage. Nr supermarkets, buses and Medcentre. €115.000. contact: Private Sale. Tel: 282 322 039/ 0044 797 791 2830.

Portimão - Praia do Vau - T1 +1 with magnificent views and within walking distance to the beach. Pool. Area 93m². Ref: A602. €225.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Portimão - Praia do Vau - Ground floor apartment. Fully furnished & equipped. Air conditioning in living & dining area. 71.61m². Ref: A549. €125.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Alvor - Located in the centre of the village, close to the beach, supermarket, restaurants and bars. Area 65m². Ref: A542. €107.500. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Armação de Pera - Furnished apartment near the beach, market and post office. €70.000. Private Sale. Tel: 962 440 077.

Alvor - Ground floor apartment in private condominium. Fully furnished & equipped. 5 mins from the village. Area 82m². Ref: A494. €150.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Alvor - In resort. Furnished and equipped for holiday. Pool. Area 60.6m². Ref: A453. €90.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Praia da Rocha - Furnished apartment with sea views, communal pool and 5 mins from the beach. Area 61.9m². Ref: A417. €125.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Alvor - Furnished apartment in small development. Fitted kitchen, large bedroom, fireplace. Area 60m². Ref: A376. €115.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Apartment T2

Portimão - Praia de Vau - 2 bed 3rd floor apt with superb sea views from large balconies. Very spacious & ideally located. Ref: a160gr. €325.000. Sulgar Lda. AMI 6478. Tel: 282 458 062. Email: info@sulgar.com

Alvor - 2 bed apt fully furnished to a very good standard. Ideally situated close to all shops, restaurants and minutes walk to the beach. Garage parking space. Ref: a167gr. €239.000. Sulgar Lda - AMI 6478. Tel: 282 458 062. info@sulgar.com

Tavira - Cabanas - High quality 2 bedroom apartment on 2nd floor (top floor) with 71m² beautiful ample terrace areas. In an urbanisation w/ access to 4 swimming pools, close to shops and beach access. €225.000. Contact: Este Algarve Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277. Email: belosantopedras@hotmail.com

Armação de Pera - Apartment situated 5 mins from the beach. Swimming pool and private garage. Comprising 2 bedrooms, 1 bathroom, lounge, kitchen and laundry. Excellent location. Area 85m². Ref: A21. €133.000. Rogério Bruxo Med Imob - AMI 2132. Tel: 282 342 373. Email: rogeriobruxo@rogeriobruxo.com

Armação de Pera - Apartment very well located, comprising a lounge, kitchen, 2 bedrooms, 1 bathroom, veranda, communal pool. Sea view. Furnished. Area 80m². Ref: A16. €130.000. Contact: Rogério Bruxo Med Imob - AMI 2132. Tel: 282 342 373. Email: rogeriobruxo@rogeriobruxo.com



Portimão - Apartment comprising 2 bedrooms (1 suite), 2 bathrooms, 1 lounge, equipped kitchen, store room, 2 balconies, garage A/C and central heating. Area 115m². Ref: A02. €126.000. Contact: Rogério Bruxo Med Imob - AMI 2132. Tel: 282 342 373. Email: rogeriobruxo@rogeriobruxo.com

Salema - Magnificent and spacious 2 bedroom and 2 bathrooms ground floor apartment with garden. Sold fully furnished. Located only 10 mins from the beaches and supermarket. Great letting potential. Ref: PPI8639. €145.000. PPI Estate Agents-AMI 3238. Tel: 282 698 621/969 779 664. Email: pauloventura@ppiestateagents.com

Alvor - Vila Marachique - 2 bedroom apartment fully air-conditioned and fully furnished to a high standard. Situated in a very popular holiday complex. Ref: a159gr. €198.000. Sulgar Lda - AMI 6478. Tel: 282 458 062. Email: info@sulgar.com

Portimão - Praia de Vau - 1st floor 2 bedroom apartment with sea view. In popular residential area minutes from beaches. Ref: a896gr. €175.000. Sulgar Lda. AMI 6478. Tel: 282 458 062. Email: info@sulgar.com

Alvor - Dunas holiday complex 2 bedroom furnished apartment with underground parking space. Ref: a125gr. €173.000. Sulgar Lda - AMI 6478. Tel: 282 458 062. info@sulgar.com

Portimão - Oasis Parque - 2 bedroom ground floor fully furnished apartment. Only 400m away from leisure complex and overlooking pretty garden areas. Ref: a996gr. €135.000. Contact: Sulgar Lda AMI 6478. Tel: 282 458 062. Email: info@sulgar.com

Alvor - Bemposta - Spacious ground floor 2/3 bedroom apartment. In corner position with south-west enclosed balcony. Ref: a991gr. €129.000. Sulgar Lda - AMI 6478. Tel: 282 458 062. info@sulgar.com

Alvor - Prainha - Top floor two bedroom fully furnished apartment on a very popular holiday complex with swimming pool and private access to beach. ref: a988-gr. €275.000. Contact: Sulgar Lda AMI 6478. Tel: 282 458 062. Email: info@sulgar.com

Lagos - Apartment with large areas. Located in a calm zone near the centre. Area 124m². Ref: APT-123. €149.000. Contact: Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_imobiliaria@portugalmail.com

Lagos - Apartment 5 mins from town centre. Equipped kitchen, closed veranda, 2 bedrooms with wardrobe, bathroom, storage room. Ref: APT-135. €110.000. Contact: Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_imobiliaria@portugalmail.com



Silves - 2 bedroom apartment in central Silves. Ref: 1575. €83.000. Minita Lda - AMI 777. Tel: 282 444 510. Email: sales@minitarealestate.com

Lagos - Apartment with equipped kitchen, living room, 2 bedrooms, bathroom and a storage room. Area 85m². Ref: APT-128. €100.000. Contact: Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_imobiliaria@portugalmail.com

Lagos - Beach apartment. Luxury furnishings + amenities. Area 130m². Ref: 71/98. €450.000. John D Griffiths Med Imob Soc. Unip. Lda- AMI 6491. Tel: 282 760 416/919 763 707. Email: info@johndgriffiths.com

Perfect rental property or permanent residence

Pêra - Silves - Townhouse situated in a private condominium with swimming pool and tennis court. Comprising of 3 bedrooms (1en-suite), 3 bathrooms, lounge, equipped kitchen, and terrace. Quiet and beautiful area. Excellent investment. Covered area: 128m², terrace: 20,7m². REF: VG90. €200,000



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Algoz - 3 bedroom villa on plot 900m² with pool and garden. Set in a quiet location. €375,000. Contact: Abel Santos Lda- AMI 523. Tel: 282 341 988 . Email: abelsantos@net.sapo.pt

Vila Nova de Cacela - Excellent dwelling good opportunity only 100m to the beach. Ref: 2711. €265,000. Contact: ERA-Get a House Lda - AMI 6498. Tel: 963 543 969 . Email: vrsa@getvrsva

Vila Real St Antonio - Altura - Semi-detached V3 with garage situated in a calm zone with good sized areas, equipped kitchen and furnished. Ref 2735. €200,000. Contact: ERA-Get a House Lda - AMI 6498. Tel: 963 328 038 . Email: vrsa@getvrsva

Loulé - Quint villa with 3 bedrooms, 2 bathrooms in a lovely rural region south of Loulé. Lounge with beamed ceiling, fireplace, kitchen, utility, bedroom radiators and pleasant covered terraces. Garden with small pool, shared borehole and storage room. Ref: V328 €320,000. Contact: Inside Villas Med Imob Lda - AMI 5931. Tel: 289 399 011 / 969 023 983 . Email: mail@inside-villas.com

Faro - Gambelas - 3 bedroomed dwelling plus office, 3 bathrooms. Area 540m². Like new (6 years). Secluded location. Ref: 298. €325,000. Contact: Vilas Costa Lda - AMI 1609. Tel: 919 034 487 . Email: vilacosta@vilacosta.com



Beja - 3 bed L shaped mobile home, 2 shower rooms, open plan lounge / kitchen / diner w/ oven, hob, extractor fan, integrated dishwasher and fridge. Requires moving to a new location. €59,000. Private Sale. 918 768 998/969 746 259

Olhão - Pechão - Large well built villa in countryside location yet close to Faro and Olhão. A beautifully designed property with panoramic views to the coast. All bedrooms en-suite with solid wooden floors. Living room with fireplace, separate dining room, office, fully equipped kitchen with interior garden. Back garden with BBQ. Large mature garden with space for pool. €555,000. Contact: Azul Properties - AMI 5604. Tel: 289 422 871 . Email: office@azul-properties.com

Praia da Luz - A charming 3 bedroom, single storey villa in the heart of Luz with some sea views. Accommodation 200m². Ref: 232955 . €549,000. Contact: Sadler's Mediação Imobil. Lda - AMI 7374. Tel: 282 789 336/912 176 588. Email: sophie.hollow@sadlersproperty.com

Carvoeiro - Gramacho Golf - An immaculately presented 3 bed front line property near Carvoeiro. 2 championship golf courses. Ref: 231050 €715,000. Sadler's Mediação Imobil. Lda - AMI 7374. Tel: 282 789 336/912 176 588. Email: sophie.hollow@sadlersproperty.com

Portimão - Bemposta - Townhouse fully furnished, fitted and equipped kitchen, fireplace and terraces. Area 136m². Ref: T358. €238,000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

Portimão - Serra e Mar - Villa with pool in the countryside, just 15 mins from Portimão. Area 149m². Ref: V613 . €770,000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

Lagos - Albardeira - Beautiful villa with pool. 10 mins from the beach in very quiet area near Lagos. Area 115m². Ref: V599. €525,000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

Alcalar - Aldeia das Biscainhas Villa with pool in quiet residential area. 20 mins drive from Portimão. Area 160m². Ref: V594. €350,000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

Monchique - Villa with pool and borehole in Monchique hills. Area 370m² on plot 3000m². Ref: V591. €625,000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

West Coast - Figueira - fully furnished, spacious terrace, BBQ and kitchen fully fitted and equipped. Area 200m². Ref: T 569. €170,000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

Portimão - Old townhouse in residential zone close to main shops. Area 100m². Ref: T583. €150,000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

Portimão - Ladeira da Nora Villa with pool in quiet residential area. Area 170m². Ref: V589 . €525,000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

Armação de Pera - Spacious villa only 1 year old. Garden, double garage space, fireplace, air conditioning. Area 337m². Ref: V541. €240,000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

Portimão - Vale de França - Nice villa + 1 bed apt. Pool. near city centre. Area 400 m². Ref: V 478. €495,000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-real-estate-centre.com

Ferragudo - Panoramic views over Arade river. Winter garden, gas central heating. Area 190m². Ref: V449 . €299,000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . info@algarve-real-estate-centre.com

Portimão - Townhouse located in typical area. Ref. 121131024-22. €150,000. Remax Portimão AMI 5453. Tel: 965 116 877 . Email: portimao@remax.pt

Villa V4

Portimão - Bemposta - 4 bedroom villa. Upper floor with 3 bedrooms. Main suite with hydromassage bath. Guest bathroom on each floor. Ground floor with guest room and small office, large equipped kitchen. Balconies on both sides. Area 210 m². Ref: 0120. €300,000. Contact: Laforet Portimão-AMI 7170. Tel: 282 457 640 . Email: portimao@laforet.pt

Silves - 4 bedroom villa with air conditioning and central heating and automatic gate. Very good finishes. Bathrooms with a modern design. Excellent location with privileged castle view and good access. Area 280m². Ref: 0117. €275,000. Contact: Laforet Portimão-AMI 7170. Tel: 282 457 640 . Email: portimao@laforet.pt

Portimão - 4 bedroom villa with good finishes. Master suite plus 3 further bedrooms. Large garage. Situated in a quiet part of the city. Area: 235m². Ref: 0063. €500,000. Laforet Portimão-AMI 7170. Tel: 282 457 640 . Email: portimao@laforet.pt



Porches - Villa with 4 bedrooms, en-suite shower room & en-suite bathroom plus a further shower room. A large lounge/dining room with a wood burning stove, a fitted kitchen, linen room and separate laundry. A further kitchen and lounge/dining room. A roof terrace with storage space. Fully fenced & gated, swimming pool with adjacent covered dining terrace, an aviary, car port and irrigated gardens. Partial central heating. Ref: 1590. €585,000. Contact: Minita Ida - Silves- AMI 777. Tel: 282 444 510 . Email: sales@minitarealestate.com

Tavira - Santo Estevão - 4 bed villa 1km from the village and 5kms from Tavira. In the countryside. Fenced land w/ 2,500m². Swimming pool. Garage. 2 floors. Annex w/ cane ceiling. €475,000. Contact: Este Algarve Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277 . Email: belosantospedras@hotmail.com

Portimão - Alto Alfarrobal - Villa with pool, garden, garage, laundry, kitchen with fireplace, lounge, dining room, bedrooms with verandas, BBQ (needs painting) . €390,000. Contact: Duplo 5 Med Imob - AMI 7524. Tel: 966468626 / 965063833 . mabasantos@hotmail.com

Tavira - Manta Rota - A very comfortable 4/5 bedroomed villa surrounded by 910m² of fenced/walled garden. Swimming pool. Within walking distance of the beach and shops. 5 mins from golf course. In the most beautiful area of the village. €585,000. Este Algarve Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277 . belosantospedras@hotmail.com

Lagos - Brand new linked villa located in Meia Praia comprising 4 bedrooms (1 en-suite), 1 bathroom and 2 shower rooms, big living/dining room with fireplace, large kitchen, store room, big garage, spacious terraces with some sea views, backyard, pre- installation for air conditioning and central heating. Built in 2004. Built area 200m² + garage with 70m². Ref: PPI9019. €375,000. Contact: PPI Estate Agents- AMI 3238. Tel: 282 698 621/969 779 664. dino@ppiestateagents.com

Aljezur - Villa V4 - Modern lines, fully equipped. Fabulous view and located in a rural zone near the beach. Area 220m². Ref: 0015 . €420,000. Contact: Laforet Portimão-AMI 7170. Tel: 282 457 640 . Email: portimao@laforet.pt

Porches - Villa in excellent location, newly renovated, with 4 bedrooms and sea view. Ref: V0699 . €235,000. Servusul Lda- AMI 968. Tel: 282 444 471 . Email: info@servusul.pt

Lagos - Areas from 250m², equipped kitchen, 4 bedrooms (3 en-suite), jacuzzi, sauna and heated pool. Ref: M174. €725,000. Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321 . ra_imobiliaria@portugalmail.com

Faro - Santa Bárbara de Nexe Semi-new 4 bed villa with a spectacular view. Ground floor living and dining room with fireplace, equipped kitchen, laundry room, wc, 2 bedrooms, 2 bathrooms with radiators and terraces. First floor - 2 bedrooms, and 2 bathrooms, also with radiators and terraces. Swimming pool, BBQ, garage and car port. Ref: 398.M. €695,000. Vilas Ibéricas Soc Med Imob - AMI 1513. Tel: 289 391 090 . Email: info@vilasibericas.com

Alvor - Alto Golf - A wonderful furnished 4 bedroom villa with pool. Ref: v146gr. €895,000. Sulgar Lda - AMI 6478. Tel: 282 458 062 . info@sulgar.com

Almancil - Varandas do Lago Magnificent luxury villa with excellent finishes, comprising 4 bedrooms, 5 bathrooms, 2 dressing rooms sitting room with fireplace, dining room, fully equipped kitchen with terrace and BBQ, laundry room. Garage and garden with pool. Ref: 403.M. €1,400,000. Contact: Vilas Ibéricas Soc Med Imob AMI 1513. Tel: 289 391 090 . Email: info@vilasibericas.com

Alvor - Mar e Serra - 4 bedroom villa 240m² set in plot of 400m². Ideally situated for village and Portimão. Ref: V906gr. €360,000. Contact: Sulgar Lda - AMI 6478. Tel: 282 458 062 . Email: info@sulgar.com



S.B. de Messines - Impressive 4 bed villa with swimming pool set in over 3 hectares of land with breathtaking views. Ref: 1624. €545,000. Contact: Minita Ida - Silves- AMI 777. Tel: 282 444 510. Email: sales@minitarealestate.com

Carvoeiro - Single storey villa on Gramacho (Pestana) Golf Resort overlooking 1st Green. 4 bedroom 5 bathroom (3 en-suite). Spacious kitchen. Private pool, garage, roof terrace, A/C and solar heating. Ideal as permanent home or rental investment. Golf right membership included in sale . €795,000. Contact: Private Sale. Tel: 282 340 946/917 844 518..

Loulé - Sobradinho - Nicely styled villa with the tranquility of the countryside yet not far from the city. Sea view. Many essential modern conveniences such as A/C, underfloor heating, double glazing. Attractively priced. Ref: 1001-0548. €595,000. Azul Properties - AMI 5604. Tel: 289 422 871 . Email: office@azul-properties.com

Carvoeiro - Villa with sea view on plot 3.437m². 4 beds, pool & garden. €600,000. Abel Santos Lda- AMI 523. Tel: 282 341 988 . abelsantos@net.sapo.pt

Olhão - Pechão - 10.800m² plot housing a stunning 4 bedroom villa with pool. Luxury at its best in a great area. Ref: JP601. €1,150,000. Contact: Julies Properties Lda-AMI 6838. Tel: 289 798 196 . Email: sales@juliesproperties.co.uk

Porches - 4 bedroom villa with pool, garden and sea view. Plot 1,000m².. €780,000. Abel Santos Lda- AMI 523. Tel: 282 341 988 . Email: abelsantos@net.sapo.pt

Ferragudo - Semi-detached villa comprised of 2 two bedroomed apartments perfect for living and rental. Located near to all amenities and walking distance to the beach. €300,000. Contact: Private Sale. Tel: 282 461 651 .

Monchique - Uniquely designed 4 bed villa with stunning views near Monchique. Land 18780 m² with enchanting garden and pool. Ref: 1638. €650,000. First Reality Lda - AMI 7198. Tel: 282 911 838 .firstreality@sapo.pt

Porches - 4 bed villa 170m² with sea view and only 500m to the beach. €250,000. Abel Santos Lda- AMI 523. Tel: 282 341 988 . Email: abelsantos@net.sapo.pt



Carvoeiro - Villa in excellent location with sea view. Comprising 4+1 bedrooms, 3+1 bathrooms , kitchen, lounge, tool shed, garage, garden, swimming pool. Ref: V665. €450,000. Rogério Bruxo Med Imob - AMI 2132. Tel: 282 342 373. Email: rogeriobruxo@rogeriobruxo.com

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Algarve Property Guide®

CLASSIFIEDS ▶

Villa V5

S.B. de Messines - Calvos Very spacious villa with 5 bedrooms, 2 bathrooms, garden. Area 262m². Ref: 213. €260.000. Contact: Countryside Homes Lda - AMI 7339. Tel: 282 332 492. Email: info@countrysidealgarve.com

S.B. de Messines - 2 renovated typical houses with a shared pool. Total covered area of 360m². Situated between Silves and Messines, with the total of 5 bedrooms, 5 bathrooms, 2 lounges, 2 kitchens, storages, garage, pool and tennis court, mains water and well with cistern, good access and a pleasant country view. ref:0732 €720.000. Contact: Carlos Melo Soc. de Med. Lda - AMI 192. Tel: 282 338 585. Email: mail@carlosmelo.com



Boliqueime - Habitable old house on land of 1.070m² with country views and only ten mins drive from Vilamoura and Quarteira beaches. Consists of 5 bedrooms, 2 lounge/dining room, 2 kitchens, 2 bathrooms, 2 terraces, 1 store room, 1 water deposit, cistern and garden. Ref: CCTB35. €350.000. Contact: Natalia Flores Carreira Lda - AMI632. Tel: 289 369 155/6. Email: nataliacarreira@mail.telepac.pt

S.B. de Messines - 2 renovated semi-detached townhouses with the total area of 140m², situated between Messines and Silves, with 5 beds, 4 baths, lounge with fireplace, kitchen, pantry, storage, swimming pool, mains water supply and cistern, good access, quiet location and a pleasant country view. Ref: 0564 €245.000. Carlos Melo Soc. de Med. Lda - AMI 192. Tel: 282 338 585. Email: mail@carlosmelo.com

Alvor - Penina - Individually designed 5 bedroom villa of over 300m² on the famous championship golf course. Ref: v165gr. €985.000. Sulgar Lda AMI 6478. Tel: 282 458 062. Email: info@sulgar.com

Olhão - Moncarapacho - Traditional villa converted into 3 separate self contained living areas. 2 acre plot with an orange grove and good access. Ref: JP615 €575.000. €575.000. Julies Properties Lda-AMI 6838. Tel: 289 798 196. Email: sales@julesproperties.co.uk

Monchique - Unique manor house in the historic spa village of Caldas with separate guest apartment. Ref: V517. €1.150.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Alvor - Ladeira da Nora - Beautiful villa, all bedrooms en-suite, pool, garden & garage. Area 384m². Ref: V432. €695.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. info@algarve-real-estate-centre.com

Alcalar - Villa and T2 apartment, both with fitted kitchens. Garden, pool, lake. Plot 6250m². Ref: V370. €980.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Lagos - A stunningly presented 5 bedroom villa close to the centre of town with swimming pool. Built area 276m². Ref: 236788 €495.000. Contact: Sadler's Mediação Imobil. Lda - AMI 7374. Tel: 282 789 336/912 176 588. Email: sophie.hollow@sadlersproperty.com

Villa V6+

Algoz - Villa 534m² situated on a hill 8km North from Albufeira, with 6 bedrooms, 4 bathrooms, lounge with fireplace, kitchen, pantry, laundry, office, 2 storage, double garage and swimming pool. Mains water supply, approx. 3.098 m² of land, good access, quiet location and panoramic country view. Ref: 0698 €850.000. Contact: Carlos Melo Soc. de Med. Lda - AMI 192. Tel: 282 338 585. Email: mail@carlosmelo.com

Vila Nova de Cacela - 6 bed villa with central heating only 30m to Monte Rei Golf. Area 244m² on plot 32.330m². €2.500.000. Private Sale. Tel: 281 951 083 / 965 566 369. Email: quintasilvia@yahoo.de

Lagos - Meia Praia - Magnificent V6+2 villa in 1000m² plot with 4 separated studios. All ceilings in solid wood. Air conditioning and log-burning fire. Cottage. Patio and exquisite pool (16x7m). Spectacular sea views. Architect Karl Hiller. One of a kind!. P.O.A. RE/MAX Global AMI:5453. Tel: 912 246 283. Email: alberto.pinheiro@clix.pt

Alte - Pretty traditional guesthouse with 6 spacious bedrooms each with double bed and private bathroom. Situated in one of few places in south Portugal that maintains the traditional architectural style, besides being a genuine Portuguese village maintaining a wonderful community spirit. Ref: 141.E. €350.000. Contact: Vilas Ibericas Soc Med Imob AMI 1513. Tel: 289 391 090. Email: info@vilasibericas.com

Lagos - 3 floor house located in town centre with good rental possibilities. 3 independent apartments. Area 200m². Ref: M-124. €350.000. Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_@imobiliaria@portugalmail.com

Vila Real St Antonio - Casa Pombalina comprising 2 floors, 8 bedrooms, 3 bathrooms and large divisions. Situated in the historical centre with views of the river. Ref: 2713. €350.000. Contact: ERA-Get a House Lda AMI 6498. Tel: 963 543 569. Email: vrsa@getvrsa

Burgau - With breathtaking un-interrupted views of the ocean this 6 bedroom property with pool, is totally unique. Ref: 242145. €995.000. Contact: Sadler's Mediação Imobil. Lda - AMI 7374. Tel: 282 789 336/912 176 588. Email: sophie.hollow@sadlersproperty.com



Lagoa - Parchal - Semi-detached villa comprising 7 bedrooms, 4 bathrooms, lounge with fireplace, fully fitted kitchen, pantry, laundry and study. Spacious basement and garage for 2 cars. Garden and BBQ. Ref: Vg131. €305.000. Contact: Rogerio Bruxo Med Imob - AMI 2132. Tel: 282 342 373. Email: rogeriobruxo@rogeriobruxo.com

Monchique - Distinctive 7 bedroomed property with pool. 5 bedrooms with bathrooms in main house and separate 2 bedroom cottage in grounds 6040 m². Unrivalled position close to Monchique. Ref: 1646. €670.000. Contact: First Reality Lda - AMI 7198. Tel: 282 911 838 Email: firstreality@sapo.pt

Monchique - Spacious 6 bedroom property in beautiful location with magnificent south facing views close to Monchique. Large swimming pool. Ref: 1666. €475.000. First Reality Lda - AMI 7198. Tel: 282 911 838. firstreality@sapo.pt

New Build

Silves - Exceptional 3 bedroom villa close to completion. Finished to a high standard with many unique finishing touches. On ground floor master bedroom, dressing room and huge bathroom, 2 bedrooms (one with en-suite shower), bathroom. On first floor a large fitted kitchen, lounge/dining room with wood burning stove. 2 terraces with fantastic views to the countryside. Ref: 1368 €280.000 Minita Lda - Silves - AMI 777. Tel: 282 444 510 Email: sales@minitarealestate.com

S.B. de Messines - Messines de Cima - Brand new villa with countryside views. Finished to high standard. Ref: 239. €380.000. Contact: Countryside Homes Lda - AMI 7339. Tel: 282 332 492. Email: info@countrysidealgarve.com

Portimão - 4 bedroom semi-detached new villa with nice terraces and garage. Ref: V0697 €260.000. Contact: Servesus Lda - AMI 968. Tel: 282 444 471. Email: email@servesus.pt



S.B. de Messines - Vale Fuzeiros. Magnificently constructed large 5 bedroom villa in a superb countryside location with spectacular views. Large open plan kitchen/lounge + dining room, utility, 5 beds and 3 baths (master bed en-suite), mezzanine study/office above. Ref: 1410. €395.000. Minita Lda AMI 777. Tel: 282 444 510 sales@minitarealestate.com

Alte - Estival Dos Mouros Brand New Villa with 3 beds, 2 baths. Beautiful countryside location. Ref: 251. €320.000. Contact: Countryside Homes Lda - AMI 7339. Tel: 282 332 492. Email: info@countrysidealgarve.com

West Coast - Almádena - Brand new townhouse comprising on the ground floor a big living room with fireplace, a small storage under the stairs, a shower room and a spacious kitchen. On the first floor 3 bedrooms and a big bathroom. The front bedroom has a nice balcony with country views. Nice BBQ area. Plot 126m², built area 114.70m². Ref: PPI8937. €215.000. Contact: PPI Estate Agents - AMI 3238. Tel: 282 698 621/969 779 664. Email: dino@ppiestateagents.com

Tavira - Apartments in historic centre with garage from €110.000. P.O.A. Golfand-Med. Imob.Lda - AMI 7407. Tel: 281 380 930/917 225 959.

Aljezur - Vale da Telha - Brand new villa currently under construction will be comprised of 3 bedrooms (1 en suite), 1 bathroom and 1 shower room, big living/dining room with fire place, garage, swimming pool, roof terrace and spacious garden. The villa is equipped with double glazed and central heating. Ref: PPI9014C. €250.000. PPI Estate Agents - AMI 3238. Tel: 282 698 621/969 779 664. Email: dino@ppiestateagents.com

Aljezur - New linked villas close to the sea and in the Natural Park. Villas with 2,3 or 4 bedrooms with communal swimming pool, garage and private parking space. Each villa has also a private plot. This can be a unique opportunity for an investment. Built areas from 97.27m² up to 156.18m². Prices between: €180.000 up to €217.500. Ref: PPI9014A P.O.A. PPI Estate Agents - AMI 3238. Tel: 282 698 621/969 779 664. Email: dino@ppiestateagents.com

S.B. de Messines - Near Barragem do Funcho an unfinished house 90m² and warehouse 20m² on plot 18.000m². Near water, spectacular views. For private sale only. Tel: 936681205 or 282332870 (week days after 8pm). €200.000. Private sale.

Almancil - Small condominium in centre of the Golden Triangle. Completed in 2007 to a high standard. Will comprise of 11 townhouses with 1-3 bedrooms with air conditioning, large basement which may be used for a games room or bedroom and garage parking for each townhouse. Situated around a large communal swimming pool but each having own patio and garden area. A very special opportunity! Covered Area from 174m² to 230m² + uncovered terraces. Prices from €299.000 to €380.000. Ref: 468. P.O.A. Inside Villas Med Imob Lda - AMI 5931. Tel: 289 399 011 / 969 023 983. Email: mail@inside-villas.com

Porches - 2 bed apartments, pool, 880m to the beach. Prices from €115.000. P.O.A. Contact: Abel Santos Lda - AMI 523. Tel: 282 341 988. Email: abelsantos@netsapo.pt

Almancil - Between Almancil and Loulé. New V3 dwellings with very good finishing's. 3 bedrooms, 3 bathrooms (2 en-suite), spacious living/dining room with fireplace and private plot of land. Only 7km from the beach and also has possibility to build own swimming pool. Area: 202.77m² on plot approx. 640m². Ref: 424. €320.000. Contact: Inside Villas Med Imob Lda - AMI 5931. Tel: 289 399 011 / 969 023 983. Email: mail@inside-villas.com

Alvor - Monte Canelas - Newly built traditional style 3 bedroom villa with pool in the popular development. Ref: V969gr. €430.000. Contact: Sulgar Lda - AMI 6478. Tel: 282 458 062. Email: info@sulgar.com

Fuzeta - New 3 bed villa. 2 family home with ocean view. Furnished, 2 kitchens, basement, yard and terrace. €235.000. Contact: Private Sale. Tel: 919 282 405. Email:

Lagos - Villa with 4 bedrooms (3 en-suite), equipped kitchen, jacuzzi, sauna and heated swimming pool. Area 350m². Ref: M-174. €725.000. Contact: Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_@imobiliaria@portugalmail.com

Alvor - New apartment with 2+1 bedrooms with garage space. Near to the centre of Alvor and beach. Excellent finishing. Area 143,60m². Ref: 728B. €200.000. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: globalplano@hotmail.com

Praia da Rocha - New 2 bedroom apartment with swimming pool and garage space. Area 127m². Ref: 721A. €182.500. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: globalplano@hotmail.com

Alvor - Ma Partilha - 2 bedroom apartments, 5 minutes from Alvor. New with swimming pool. Each apartment has a garage space. Area 88m². Prices from €150.000. Ref: 1299. P.O.A. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: globalplano@hotmail.com

Ferragudo - Bela Vista - New V3 semi-detached house plus one room (bedroom/office) and 100m² garden. View to hills, river and future marina €387.000. Duplo 5 Med Imob AMI 7524. Tel: 966468626 / 965063833. Email: mabasantos@hotmail.com

Alvor - Sesmarias - Brand new V2, V3 and V4 villas with garden, swimming pool and sea view from € 202.000. P.O.A. RE/MAX Global AMI:5453. Tel: 912 246 283. alberto.pinheiro@clix.pt

Almancil - Near the beaches of the golden triangle (Quinta do Lago - Vale do lobo). Newly constructed, 3 bedroomed villa, 2 bathrooms, large basement and garage, private garden, air con, excellent exposure to the sun. Area 330m². Ref: V476. €275.000. Contact: Inside Villas Med Imob Lda - AMI 5931. Tel: 289 399 011 / 969 023 983. Email: mail@inside-villas.com



Boliqueime Superb 4 bed villa under construction on 1.188 m² of land with panoramic views of the coast. Located in a calm area near the centre of Boliqueime. Consisting of basement garage for 4 cars or more, store room. On ground floor an entrance hall, 2 beds, 2 baths, lounge/dining room w/ fireplace, equipped kitchen, pantry, covered terraces. 1st floor a hall, 2 beds, dressing room, 2 baths (en-suite), covered terraces. Equipped with surveillance monitor, alarm, ambience music, Electric underfloor heating in all bedrooms, pre-installation of air conditioning. Ref: 105 € 899.000 ontact: Natalia Flores Carreira Lda - AMI632. Tel: 289 369 155/6. Email: nataliacarreira@mail.telepac.pt

Vilamoura - A new development of apartments and town houses on the Millenium golf course. 4 Olympic size swimming pools. From €265.000 to €787.000. Ref: 241195. P.O.A. Contact: Sadler's Mediação Imobil. Lda - AMI 7374. Tel: 282 789 336/912 176 588. Email: sophie.hollow@sadlersproperty.com

Alvor - 3 spacious new townhouses in the heart of Alvor. 3 bedrooms (1 en-suite), fireplace and fitted kitchen. Area 153m². Ref: T 474/5/6. €440.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Portimão - Alto das Sesmarias Small development of 3 and 4 bedroomed townhouses in a quiet area near Portimão. Prices from €225.000. Ref: T550. P.O.A. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. info@algarve-real-estate-centre.com

Lagos - Meia Praia - Calças. Brand new 3 bed villa. Pool, garden, fitted kitchen. In quiet location. Area 250 m². Ref: V507 €375.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Portimão - Penina - Brand new villa, 4 bedrooms, pool, garden, air con, automatic gates. Area 450 m². Ref: V 485 €1.100.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. info@algarve-real-estate-centre.com

Lagos - Meia Praia - Calças. Brand new 4 bed villa. Pool, garden, fitted kitchen. In quiet location. Area 250 m². Ref: V506 €425.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Alvor - In golf resort - A new luxurious 4 villa with pool. Fitted kitchen. Plot 2300m². Ref: V325. €875.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Estates / Quintas

Olhão - Moncarapacho - 10.000m² plot with traditional 3 bedroom Quinta. Between Moncarapacho and Sao Bras. Great price for this charming property. Ref: JP640. €240.000. Julies Properties Lda-AMI 6838. Tel: 289 798 196. Email: sales@juliesproperties.co.uk

Loulé - Querença - 15.000m² plot with farmhouse, private lake and partially converted warehouse as self contained accommodation. Ref: JP521.. €345.000. Contact: Julies Properties Lda-AMI 6838. Tel: 289 798 196. Email: sales@juliesproperties.co.uk



Silves - Large farmhouse full of character on the outskirts of Silves. Good income potential. Ref: 1230. €650.000. Minita Lda - Silves-AMI 777. Tel: 282 444 510. Email: sales@minitarealestate.com

Monchique - Near Monchique 3 bedroomed house with private lake on 25 hectares of land. Open plan living & dining room, fitted kitchen. Area 312m². Ref: V544. €650.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Monchique - Foia - House for renovation on agricultural/forestry plot with 30.000m², water mine, panoramic views, good access. Ref: 21. €150.000. Contact: Carla Sofia Silva Med. Imob. - AMI 7907. Tel: 282 459 060/1. Email: imocss@sapo.pt



Odemira - Sabóia - Farm with 38.000m². Located in calm rural area just 1 km from village. This habitable farm house consists of ground floor with entrance hall, 2 bedrooms, large lounge, pantry, laundry, garage, small BBQ. 1st floor, 2 bedrooms (1 en-suite), bathroom, living/dinning room, equipped kitchen, pantry, balcony. 2 wells, garden w/ fountain, close to river and dam. Good access. Ref:106. €225.000. Contact: Natalia Flores Carreira Lda - AMI 632. Tel: 289 369 155/6. Email: nataliacarreira@mail.telepac.pt

Carvoeiro - Farm with land 14.000m². 2 old houses + storage. Beaches 1.5km. €300.000. Contact: Abel Santos Lda-AMI 523. Tel: 282 341 988. Email: abelsantos@net.sapo.pt

Albufeira - Farm with land 3.650m², 4 bedroom traditional house plus 2 one bedroom apartments and pool.. €340.000. Contact: Abel Santos Lda-AMI 523. Tel: 282 341 988. Email: abelsantos@net.sapo.pt



SM da Serra - Newly constructed and renovated farmhouse in a lovely quiet village with built area of 171m² situated in 98.680m² of land full of cork and medronho trees. Comprising 2 bedrooms, 2 bathrooms (1 outside), office, open plan living/dining area with two salamanders. Tastefully decorated with high quality furnishings. Triple glazed Swedish windows. Fully equipped kitchen. Spectacular panoramic mountain views. 155 newly planted various fruit & pine trees with automatic irrigation. Stable for horses and three outside building for small animals. A small river that crosses part of the land and a large well. Borehole, electricity and phone line. 9kms from Messines, 3km from S. Marcos da Serra. €279.000. Private Sale. Tel: 966 321 883. Email: alexdecor@clix.pt

S.Bras de Alportel - High above São Brás this property gives a sense of village living, yet is within a few minutes drive of amenities in São Brás. Consisting of two 2 bedroom villas. Villa 1 - new fitted kitchen, new bathroom, large lounge with woodburner and a lovely patio overlooking the countryside. Villa 2 - lounge with gas fire, new kitchen, bathroom, conservatory with fantastic views. Heating in all rooms, A/C, borehole, garden, large walled courtyard with space for 5 cars. Villas could be transformed into one large villa. €360.000. Private Sale. Tel: 289 845 478 / 969 340 843.

Land

Loulé - Querença - land 4.000m² with project for traditional Quinta 250m². €145.000. Private Sale. Tel: 289 417 079.

Fuzeta - Land 1040m² in Fuzeta with good view, has electricity, water and is near the street. Good for wooden house or caravan. €37.000. Private Sale. Tel: 917 002 695.

Mexilhoeira Grande - Land 1.200m² to build a villa. Ref: ter159. €100.000. Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: globalplano@hotmail.com Olhão - Laranjeiro - Land 3840m² w/ruin, electricity and water. Located in a quiet area with sea & mountain views. Permission to build 300m² house €150.000. Contact: Private Sale. Tel: 964240694

Aljezur - Odeixeira - very attractive 8 hectares of flat, fertile land. Permission for 300m² new build. Electric and water. Many pine trees. Close to West Coast. The next hotspot in the Algarve. €195.000. Contact: Private Sale. Tel: 917 127 428. algarvesurveys@hotmail.com

Portimão - Aldeia das Sobreiras Bemposta - 380m². Good access €77.500. Contact: Duplo 5 Med Imob - AMI 7524. Tel: 966 468 626 / 965 063 833. Email: mabasantos@hotmail.com

S.B. de Messines - Land 14.000m² with 6.000m² galvanised greenhouse, water tank 300m³, filter and fertilisation system. €135.000. Contact: Private Sale. Tel: 914 981 029. Email:

Monchique - 2 hectares with medronho and eucalyptus trees €15.000. Contact: Duplo 5 Med Imob - AMI 7524. Tel: 966 468 626 / 965 063 833. Email: mabasantos@hotmail.com

Loulé - Pereiras de Quarteira - Land with 2 ruins. Good location and access. 16.612 m². Ref: 290.T. €430.000. Contact: Vilas Costa Lda - AMI 1609. Tel: 919 034 487. Email: vilacosta@vilascosta.com

Alvor - Land near the centre of Alvor with an area of 360m². Ref: ter155. €95.000. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: globalplano@hotmail.com

Alcoutim - 1.000m² fenced and gated plot on the river close to Alcoutim. Electric, bore hole, telephone with a static caravan. Lovely setting. Ref: JP629. €96.700. Contact: Julies Properties Lda-AMI 6838. Tel: 289 798 196. Email: sales@juliesproperties.co.uk

Faro - Estói - 9.000m² plot with approved project to build a 200m² villa with pool. Ref: JP410. €157.500. Contact: Julies Properties Lda-AMI 6838. Tel: 289 798 196. Email: sales@juliesproperties.co.uk

Castro Marim - More than 4 hectares of totally flat land with 680m² of ruins. Possibility of rural tourism. Near to the Castro Marim golf course. Ref: 2740. €350.000. Contact: ERA-Get a House Lda - AMI 6498. Tel: 963 543 569. Email: vrsa@getvrsa

Southern Alentejo - Santana de Serra about 30 mins inland from Albufeira. A greenfield plot at the top end of picturesque hillside village with permission to build a two storey house of around 220m² on plot 30m². Rare opportunity to find plot in village yet in a quiet area away from the main centre. Excellent road access. Water, sewerage, electricity and telephone access. Walking distance from local amenities, school, health centre, bars and restaurants. Just needs project to suit buyers needs. €23.400. Contact: Private Sale. Tel: 965 242 732 / 917 147 584

To Renovate

Alte - 3 bedroom villa with fantastic views. In need of TLC, good potential. Ref:002 €230.000. Contact: Countryside Homes Lda - AMI 7339. Tel: 282 332 492. Email: info@countrysidealgarve.com

Ourique - House in the centre of Ourique with terrace and garage. Area 200m². Needs repairs. €80.000. Contact: Private Sale. Tel: 919 373 334 / 919 688 158. Email: re_constroi@sapo.pt

Vila Nova de Cacela - Cacela Velha - one storey buildings with 700m². Ref: 2749. €535.000. Contact: ERA-Get a House Lda -AMI 6498. Tel: 918 702 976. Email: vrsa@getvrsa

Loulé - Fonte Santa - T1 in a quiet residential area 200m from the beach. Small improvements necessary. Guaranteed increase in value. A good investment. Ref: a143 €115.000. Inside Villas Med Imob Lda - AMI 5931. Tel: 289 399 011 / 969 023 983. mail@inside-villas.com

Monchique - Fantastic potential in a stunning location in the Monchique hills. Built in 1972 an un-missable renovation opportunity with views to the coast. Ref: 240988 €475.000. Sadler's Mediação Imob. Lda - AMI 7374. Tel: 282 789 336/912 176 588. Email: sophie.hollow@sadlersproperty.com

Monchique - Grandiose 5 bed, 5 bath property with outbuildings to be restored to former glory. Masses of original features from a bygone era. Land 18160 m² with pool. Walking distance to Monchique. Ref: 1684. €840.000. First Reality Lda - AMI 7198. Tel: 282 911 838 Email: firstreality@sapo.pt

Ruins / Rebuild

Silves - Detached ruin on land 173000m² only 5 minutes drive from Silves. Ref: F0603. €105.000. Contact: Servesus Lda -AMI 968. Tel: 282 444 471. Email: email@servesus.pt

Loulé - São Sebastião - Old house 230m² on land 830m². 2 bedrooms, 2 bathrooms, office, living room, kitchen and land to build up to 235m² plus one dependent outhouse designated "oven house". Good opportunity to rebuild. Ref: 402.M. €180.000. Contact: Vilas Ibéricas Soc Med Imob - AMI 1513. Tel: 289 391 090. Email: info@vilasibericas.com

Marmelete - Besteiro - Ruin near Monchique and Marmelete on plot 6 hectares. Area: 83.4m². Ref: V585. €65.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Bars

Praia da Rocha - Snack bar fully equipped. Licence to work until 4.00am. Ref: C479. €115.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Praia da Rocha - Bar fully equipped with seats outside. Area 85m². Ref: C450. €250.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Albufeira - Fully equipped restaurant in Albufeira (Strip). Fully equipped large sunny terrace, approx. 80 covers.. €325.000. Contact: Private Sale. Tel: 917 313 207.

Shops / Commercial

Alvor - Renovated townhouse with shop in the centre of Alvor. Beautiful views to the sea and river from the terrace. Area 318m². Ref: T 575. €395.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Portimão - If you are looking to expand your company, you will find in this great business centre the luxury, the comfort and the professionalism you are looking for. Ref: 122121001-113 €670.000. RE/MAX Sinergia Lic. AMI: 7089. Tel: 282 491 059. Email: sinergia@remax.pt

Quarteira - Shop for sale. Very well located, inside shopping centre. Area 24,5m². Price negotiable. €45.000. Contact: Private Sale. Tel: 914 692 317.

Portimão - Warehouses in Parchal, 2 mins from Portimão, with the possibility to be attached. Situated behind Angel Pilot. Prices from €297.500. Ref: 122121001-117. P.O.A. RE/MAX Sinergia Lic. AMI: 7089. Tel: 282 491 059. Email: sinergia@remax.pt

Portimão - Residential area with commercial spaces. Great business potential, storage in underground level and very easy car parking. Other commercial spaces are available with different sizes. For sale and for renting. Prices from : €70.415. Ref: 122121006-17-21. P.O.A. Contact: RE/MAX Sinergia Lic. AMI: 7089. Tel: 282 491 059. Email: sinergia@remax.pt

Praia da Rocha - Perfume shop for sale. Ref: C520. €170.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-real-estate-centre.com

Property
for rent

Rentals

Praia da Rocha - T3 apartment for long let. Fully equipped. P.O.A. Private Rental. Tel: . Email: carolwiseman@sapo.pt

Portimão - Wanted to rent a 2 bed country cottage with garden in the area around Portimão. P.O.A. Contact: Private Rental. Tel: 282 496 307. Email:

Algoz - Wanted - small house for long term rent in Poço Barreto, Algoz or Silves area. P.O.A. Contact: Private Rental. Tel: 914 016 943. Email:

Alvor - Wanted - T1 apt. Honest and responsible lady seeks 1 bed apartment for annual rent. Near beach and within walking distance of shops, bus etc. Up to €400 per month. P.O.A. Contact: Private Rental. Tel: 919 917 018. Email: annbergin@gmail.com

Carvoeiro - Wanted - Country house/cottage for long term rent in Carvoeiro/ Sesmarias area. P.O.A. Contact: Private Rental. Tel: 934 297 776.

Almancil - Apartment with 2 bedrooms, 2 bathrooms, living room, kitchen, pantry and terrace. Including parking in the basement. Price per month. Ref: 289.R. €650. Contact: Vilas Ibéricas Soc Med Imob - AMI 1513. Tel: 289 391 090. Email: info@vilasibericas.com

Silves - Ample T1 in city centre, with 700m² yard. €250 per month for 1 person plus €50 per additional persons. P.O.A. Contact: Private Rental. Tel: 914 437 941 / 960 140 097. Email: hlcarneiro@hotmail.com

Alvor - Furnished 3 bed apt, large balcony with stunning views over Praia dos 3 Irmãos. 3 bedrooms, fully equipped kitchen and living room. Available right now for long-term rental. P.O.A. Private Rental. Tel: 963 679 897

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get
THE LOWDOWN

...on Armação de Pêra.

Once just a small fishing village on a huge expanse of beach, this central Algarve resort is a favourite among Portuguese and overseas visitors. We interviewed Pauline Serman to find out more about the town and what it has to offer.



Why Armação de Pêra?

Pauline and her husband Richard have lived part-time in the town for over seven years, visiting their second home in the sun several months each year. We interviewed Pauline and literally walked the town flat, having learnt that a major feature of Armação de Pêra is that it is all on one level and therefore easier to navigate for elderly residents or anyone who needs assistance, a feature not always found in west Algarvean towns. There are excellent transport links, useful for people without a car, including a good bus service and Alcantarilha Gare (train station) a short taxi ride of about eight kilometres. Walkers will love the challenge of being able to take the beach and cliff footpaths all the way along the coastline to Albufeira. Pauline was also keen to stress how helpful the local people are, bending over backwards to explain things and help out. Finally of course there is the excellent weather throughout most of the year.

Availability of schools

The International School in Porches is very close, ideally situated for families with children wanting to follow the British system. There are also excellent Portuguese state schools including a crèche for babies, Jardim de Infancia for ages three to five and then the primary and secondary schools, all within the town itself.

The beach

This has to be one of the most wonderful beaches in Portugal, with around 8km of golden sands next to the impressive cliffs and at the eastern end the working fishermen's huts providing a picturesque backdrop to the beach where individual boat trips go fishing or visit the caves are offered.

Activities

Winters used to be very quiet here but Pauline and Richard have both noticed there are more and more things going on now, particularly over the quieter months, to suit all tastes. The Hotel Garbe offers a wide programme of events. Pauline personally recommends the writing course and theatre dinners. There are also painting workshops and summer BBQs and many other events advertised on the website www.hotelgarbe.com

Local Attractions

The Hotel Garbe offers a range of excursions throughout the Algarve and beyond.

There are boat trips to the grottoes from the fishermen's beach and in the summer months the boats pick you up from the beach for a worthwhile tour of local sea caves and a view of the coastline from a different perspective.

Zoomarine and the water parks are only minutes away by car, and all of them provide a pick-up service in peak season.

There is also a small cinema.

Golfing

The nearest courses are in Carvoeiro and the Salgados course.

Comparison between high and low season

There is no denying that Armação de Pêra gets very packed in August with Portuguese tourists who own many of the large number of high-rise apartments in the resort but for the rest of the year it is pretty uncrowded and no matter when you visit there is enough beach space for everyone.

Future plans for the area

There has been talk of a new casino on the site of the old one and promises of a new football ground but as yet nothing has happened. While there has been a large amount of development there is now protection from further major projects with more stringent controls in place than in recent years.

Shopping facilities

One of the great attractions of the town for Pauline is the fact that it is of sufficient size to have everything close to hand but still remains personal and friendly,

much like the town they live in near Oxford in the UK. You can buy everything you need on foot, as the town has a good selection of supermarkets, a daily fish and vegetable market (mornings only), bakeries, pharmacies (including all night opening), post office and many lovely craft and artisan shops. The Mini Preço on the main street near to the Garbe Hotel offers excellent value for those on holiday not wishing to walk too far. Plus on the main road at the roundabout with the GNR police station is also a favourite, as is Pingo Doce on the main through road taking you back out of town.

On Saturday mornings there is an outdoor farmers' market around the covered market.

Maria's, selling furniture and things for the home, is excellent. It is located near the market and the pedestrian street.

Medical facilities

The state health (Centro de Saúde) centre is excellent.

There is also a superb service operated by the Red Cross with trained volunteers on hand to attend incidents, often appearing before a state-run ambulance service is able to arrive.

House prices

An average new two bedroom apartment can be bought for around €130,000 although prices vary considerably. A four bedroom detached villa with pool can cost anything from around €450,000 upwards, but these tend to be on the road out of town.

Recommended hotel

The Hotel Garbe is a four star hotel with amazing views of the beach, with pool (heated) and 187 bedrooms. Tel 282 320 260 www.hotelgarbe.com. Pauline uses this hotel a lot for guests staying on holidays.

Transport links

The bus terminal offers regular services to Albufeira, Silves and Portimão. Nearest train station is Alcantarilha Gare.

Drive time to Faro airport and directions

45 minutes signposted from the A22, taking the Alcantarilha exit.

get
STUFFED

Eating out in Armação de Pêra

2+1

Great little restaurant but only open in the winter months located one street back from the seafront at the Garbe end of the town. There is a small Marachino supermarket close by that is visible from the seafront and a small Galp petrol station at the other end of the road. A personal favourite with a great tourist menu.

Almadrava

R. General Humberto Delgado. Tel 282 083 278.

Near the post office, a few streets in from the beach offering great food including good fish and meat dishes. Open daily.

Estrela do Mar

Praia do Pescadores (fishermen's beach)

This unpretentious setting offers a superb value tourist menu with panoramic views of the beach, with its terrace set among the brightly painted fishing boats. The meals are basic and inexpensive offering a good selection of the day's catch and typical Portuguese dishes including the staple meat, pork. It is the last wooden hut near to the football stadium. Open daily except Monday.

Ze Leiteiro

Rua Portos do Mar

This is real Portuguese cooking at its best but only if you enjoy fish. The menu is very simple; as much fish as you want for €10, children over four pay €6. Salad included. One of Pauline's friends was so impressed he went again the following night after saying he didn't like fish but was persuaded to try it anyway. Closed Monday.

Bollywood and the Raj

For those who want Indian food, Bollywood looks out onto the fishermen's beach and the Raj is inside the Garbe.

Serol

Rua Portas do Mar, 2.

This beach front restaurant again near the fishermen's beach is very popular with tourists and local Portuguese. It is more expensive but is the real deal when it comes to eating Portuguese food. Specialising in sea food and charcoal grills you will always have a good meal here. The restaurant seats over 60 so there is usually availability. Tel 282 312 146. Closed Wednesday.

get
NATIONAL

Gaia receives overseas investment

Forty million euros are to be invested in a luxury development on the banks of the river Douro in Vila Nova de Gaia by British investors Squarstone Atlantic Regeneration, among others.

The project is part of an ongoing campaign by the municipality to acquire foreign investment in an attempt to renovate the riverside area in Gaia. The developments by Squarstone will incorporate luxury homes consisting of one, two and three-bedroom units. The British company is to develop various sites among which is the old Alcohol Distillery, built towards the end of the 19th Century by a colleague of the world famous Gustav Eiffel, and according to the architect, Pedro Balonas, the homes will be aimed at those with an "elevated buying power". Another site is that of the Hard Club, a disco in the area, now renamed the Rei Ramiro Terrace. Again, luxury homes are planned with views over the river to Porto and it was reported that a swimming pool will crown the roof of the new building.

Robert Sloss of Squarstone Atlantic Regeneration made it clear that the company intends to invest in further projects on the river front in Gaia and in Porto too. It is hoped that the works will start as soon as possible and that the buildings be finished by the end of 2008.

Another major investment in Gaia, and nominated a Project of National Interest (PIN), is the Yeatman hotel, a five-star hotel and wine spa, an investment by the Fladgate Partnership, owners of famous Port names like Taylor's, Fonseca, Croft and DelaForce. The 84-room hotel is scheduled to open in 2009 and is to be built into the steep slopes of Gaia overlooking the UNESCO World Heritage city of Porto.

www.decanter.com reported that Adrian Bridge, managing direc-

tor of the Fladgate Partnership said that: "We will be moving our ageing facility out to near the vineyards in the Douro. This leaves Gaia to develop its tourism infrastructure, where visitors will still be able to see barrel ageing and the history of port, but will not be affected by lorries and delivery trucks." The project incorporates an infinity pool, two restaurants and a wine spa, concepts which have proven successful in both Bordeaux, France and Rioja in Spain.

Luís Filipe Menezes, mayor of Gaia, has been actively seeking foreign investment for the town and claims that these projects represent just a part of investments totally around one billion euros for the municipality. He affirmed that the historical area would not become a "place for the rich" and that social housing was included in the investments. Menezes claims that the investments in Gaia represent about "a quarter of foreign investment in Portugal".



PHOTO ADETURN

No to quick divorce

A project put forward by the Left Bloc (BE) with regard to divorce was rejected by the Socialists (PS), the Social Democrats (PSD) and the Popular Party (CDS-PP). The project outlined that divorce need only be requested by one of the parties, without the obligation of revealing a motive or the necessity of proving "violation of conjugal duties", and after two separate conferences and a reflection period of three months. Socialist, Sónia Sanfona admitted

that a reduction in the period of separation in litigious divorce cases, currently three years, was considered reasonable by the PS. The other opposing parties also criticised the plan with Montalvão Machado, PSD calling it "intolerable and inadmissible". Helena Pinto defended the bill, claiming it protected spouses whose rights had been abused, adding: "We are not proposing divorce in an hour, but we are clearly against discordant and forced marriage."

More hashish seized

Two Britons and one Irishman were arrested in possession of over 2.500 kilos of hashish by the Judicial Police in the Alentejo on Monday 14 May. The three men, between 44 and 62 years old, all resident in Malaga, Spain, were intercepted by the police near Almodóvar in a hired vehicle. The police subsequently located a warehouse in the Grândola area in which just under 2.500 kilos of hashish was stored. Police say that these arrests are the result of

an investigation which has been underway for some months and that the suspects are part of a large scale drug trafficking organisation, working in various European countries, principally the UK. Police believe one of the suspects to be one of the top men within the organisation. The street value of the hashish is estimated at 50 million euros. The investigation is to continue incorporating international cooperation.

New minister appointed

Rui Pereira was sworn in by Cavaco Silva, president of the Portuguese Republic as the new minister of the interior, replacing António Costa. Pereira leaves his post as judge in the Constitutional Court to attend to his new duties, whilst Costa leaves to run as the Socialist candidate for the Lisbon council elections.

Doctor cleared

In the ongoing Casa Pia child abuse case, Dr Rui Pias was absolved of any charges last Thursday. He was accused of testing allegedly hundreds of blood samples from the wards for sexually transmitted diseases.

Number crunching

The INE released the unemployment statistics for the first quarter of 2007 which showed a figure of 8,4 per cent of the Portuguese population as unemployed, the highest rate for many years.

Banned medication

One of Portugal's best-selling drugs, namely nimesulida, has been banned in Ireland due to adverse effects on the liver. Portugal was to decide whether to withdraw the drug on Monday, after a meeting of The European Agency for the Evaluation of Medicinal Products. The drug is a popular anti-inflammatory and is widely used among those suffering from rheumatism.

Bullfight protests

Around 200 people from more than 20 different international organisations demonstrated in front of the Campo Pequeno in Lisbon last Thursday night. The bullring was host to a top-name programme that evening to mark its first anniversary since being renovated. The protest served as a preliminary event to an international summit against bullfighting which took place in Lisbon last weekend.

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Proprietor: Algarve Weekly Lda · NIF: 507968239

Depósito Legal: CA-853-2006 · ICS Registry nº: 125087

Director: Fiona Perris · editor@getrealweekly.com · Advertising: Charles May · ads@getrealweekly.com

Design & Graphics: Ricardo Marreiros & Nuno Mendes

Contributors: Paul Rees · Nuno Parreira · Jayne May · David Rees · Trevor Holman

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Printed by: Ingrasa, Cádiz - ES · Print Run: 8.000 copies · Distributed free throughout the Algarve

Portugal pledges support for Serbia

In Belgrade last week Portugues foreign minister, Luis Amado told his Serbian counterpart, Vuk Jeremic that during its presidency of Europe, beginning on 1 July, Portugal would be taking advantage to refocus attention on the integration of the Balkan states within the EU.

Amado said: "We want new generations in this region, especially Serbia, to realise their duty and enormous responsibility that Europe be a world leader, a force of peace, of stability and equilibrium in the international system."

Jeremic expressed his gratitude for "Portugal's total support" with regard to Serbia's position within the EU, applauding Amado's understanding and knowledge of the political problems which the country faces. The Serbian minister added that he had agreed with Amado to "maintain direct contact over the next months" in order that the "integration of Serbia becomes a reality as quickly as possible". He mentioned, as an example, the liberalisation of

visas with participating countries under the Schengen agreement, for which they would count on Portugal's "great technical knowledge and experience in advising new EU member states."

The Serbian president Boris Tadic met later with Amado (pictured below), making it clear that although Serbia wanted to join the EU it would not give up its interest in Kosovo. He stressed that he considered it "unacceptable" that the province be awarded independence, that such an eventuality would prove "problematic" and serve to "destabilise not just Serbia, but the whole region".

Amado replied that Portugal understood that the "stability of the region was decisive with regard to European stabil-

ity", adding that Europe would "assume its responsibilities". He added that "I believe we can succeed in finding solutions for complicated problems."

The EU suspended negotiations for the Stabilisation and Association Process with Belgrade a year ago due to insufficient cooperation on the part of Serbia with the International Court of Justice for ex-Yugoslavia, in the issue of war crimes committed during the three major conflicts that affected the area in the nineties.

In Belgrade Amado also met with deputy prime minister, Bozidar Djelic and prime minister, Vuk Draskovic. His visit to Belgrade concluded a series of visits to three of the Balkan states, namely Slovenia, Croatia and Serbia.



PHOTO LUSA

Candidates abound

The race to lead Lisbon council is on, with the announcement being made on Monday 14 May that the elections would be held on 1 July. The date was contested by independent candidate, ex-PS militant, Helena Roseta, as there was no time for parties to consider coalition candidates, as these would have had to be registered by the end of the same day. Late Friday evening the Constitutional Court reached a decision proclaiming the date void. It has been rumoured, but not confirmed when going to press, that the new date will be 15 July.

Lisbon Câmara candidates

- António Costa – PS
- Fernando Negrão – PSD
- Helena Roseta – Independente
- Ruben de Carvalho – CDU
- José Sá Fernandes – BE
- Manuel Monteiro – PND
- Telmo Correia – CDS/PP

Drink/drug driving law

From 15 August the new rules governing driving under the influence of alcohol or drugs comes into effect, after being published last Thursday in the Diário da República. For the first time drug use is also to be taken into consideration and those testing positive for opiates, cocaine, amphetamines and cannabis derivatives will be subject to a confirmatory test within thirty days of the first. Authorised test centres within the public health service are yet to be published by local authorities. Samples to test for drug use can come from most bodily fluids like, urine, perspiration, saliva or blood.

Fatal accident

The A1 near Albergaria-a-Velha, Aveiro was the scene of an accident which caused the closure of both lanes of the motorway last Wednesday night. A heavy goods vehicle overturned dumping its cargo of steel all over the road. The driver of the vehicle was taken to hospital where he died. The motorway was closed for more than eight and a half hours whilst the authorities were removing the wreckage and cargo.

Street racing returns

This October sees the return of the famous street races in the historic city of Vila Real in northern Portugal and the government is backing the initiative with €500,000. The Vila Real Races were halted in 1991 after a succession of serious accidents on the city streets. The return of the races is hoped to realise a return of around €1,3 million for the region's economy with hotels, restaurants and commerce benefiting from the visitors and participants of the event. The races organised by the municipal council in conjunction with the Automobile Club of Vila Real began in 1931 and were always considered a valuable source of income for the area.

Bi-plane crashes

A light aircraft crashed in Polvoreira, near Guimarães in the north of Portugal last Thursday. Both occupants managed to escape with minor injuries, one of them alleging that one of the wings had clipped something. Guimarães Bombeiros attended the scene with three vehicles and ten men.

Call and tissue banks

Last week for four days, Santarém was host to the First International Consensus Meeting – New Horizons in Cell and Tissue Banking. Scientists from all over the world gathered to discuss various issues surrounding this controversial theme, such as regulatory and legal aspects of cell and tissue banking, medical ethics, and human stem cells and tissue engineering.

get
THINKING

Not in the flesh



Vegetarianism is more than just not eating meat. There are various types of vegetarians and many different motivations for making that choice.

Vegetarianism is the practice of not eating the meat of any animal. This is the definition of a diet that presents some varieties - vegan, lacto-ovo vegetarianism (from Latin, lacto means milk, ovo means egg), lacto vegetarianism and ovo vegetarianism.

Veganism is "a philosophy and way of life which seeks to exclude all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose", as defined by the UK Vegan Society. Lacto-ovo vegetarianism includes eggs and milk and their derivatives in the diet, like butter, yoghurts or cheese; the lacto vegetarian excludes eggs and consumes milk and its derivatives; and the ovo vegetarian eats eggs but no dairy products. Other dietary practices commonly associated with vegetarianism are fruitarianism - a diet based on fruits. The macrobiotic diet is based on whole grains and beans, but not all macrobiotics are vegetarians. The raw vegetarianism is a diet of fresh and uncooked vegetables. The Freeganism promotes a lifestyle free from all commodities produced under capitalism.

To be or not to be

The reasons that people choose to become vegetarian can be various. Religion is one. The majority of the world's vegetarians are Hindu. Hinduism and Jainism take vegetarianism as a moral conduct, an ideal. In the Jewish religion people are permitted to consume meat, with some restrictions, for example the eating of meat and dairy products together is forbidden. In Buddhism, the views on vegetarianism vary from school to school. In Christianity, the Seventh-day Adventists present a health message that recommends its followers opt to be vegetarian.

Many people choose to be vegetarians in order to improve health.

According to dieticians, this food choice offers a number of nutritional benefits and reduces E. coli infections.

Production, slaughtering and consumption of meat are seen by many people as unethical and many claim ethical motivation, whether it be environment, economic or cultural.

Through history

There are many references to vegetarianism in history. A vegetarian ideology was practiced among religious groups in Egypt around 3,200 BC, believing in abstinence from meat as a purification process to reincarnation. Early philosophies like Hinduism, Brahminism, Zoroasterianism and Jainism saw the abstinence of meat as a central issue. Notable philosophers such as Pythagoras (viewed vegetarianism as a key factor in peaceful human co-existence), Socrates, Plato and Aristotle encouraged vegetarianism in order to avoid animal cruelty.

References to vegetarianism can be found from the Roman Empire and throughout history, vegetarianism has always existed in human society.

At the end of the 19th Century the cheap and nutritious meals offered at vegetarian restaurants were very popular in London. On September 1847 the Vegetarian Society was formed in London to inform and preserve vegetarian's interests.

The history of vegetarianism would be not complete without mentioning Mahatma Gandhi, who wrote extensively about a subject that was central in his life.

At the end of the 20th Century vegetarianism has gained more impetus due, in part, to environmental issues dominating the headlines. Some people see vegetarianism as part of the process of change and the conservation of resources.

OPINION

Food, glorious food

• By Trevor Holman

I have numerous friends living both here in the Algarve and in the UK who claim to be vegetarians, vegans, gluten free, on a carbohydrate free diet, a starch free diet, or they're on the F plan diet or the 'I don't eat turnips picked by women dressed in yellow trousers before 8.30 am on Wednesdays if it is raining' diet or some other such weird criteria.

Are all these diets and food choices weird, or is it just me?

I don't remember all these various diets, food fads and different eating habits being around when I was a kid, but I suppose they must have been, or are they like most things seem to be these days - invented by a slick advertising agency somewhere in the world that were given the job of increasing the sales of parsnips.

Life without meat

My wife and I took some friends, one of whom is a vegetarian, to a local restaurant a few months ago and one the junior waiters whose English was not all that wonderful asked the Chef what it meant when our friend said she was a vegetarian. The Chef, a really friendly Portuguese, informed his young colleague with a smile that being a vegetarian was simply having an eating disorder.

Personally, I don't understand why some people are vegetarians. I guess most have a genuine reason but I asked one friend why they were a vegetarian and they said they don't eat meat because it's cruel to cows and sheep, but it doesn't stop them wearing leather shoes and woolly jumpers.

I asked a young girl recently why she was a vegetarian - didn't she like the taste of meat?

She replied that she had no idea what meat tasted like as she'd never tried it, but her mum was a vegetarian and she'd just grown up that way. She also said she was reluctant to try meat in case she liked it - I guess there must be some kind of vegetarian mafia she's scared of.

Allergies and aversions

Now I can understand people with allergies - being allergic to some food types can be quite dangerous and some people have to be careful about peanuts, for example. My own particular allergy is mushrooms. The last time I accidentally ate a mushroom was on my honeymoon in Kenya and I ended up becoming delirious and was totally out of it for four days with the local doctor visiting me three times a day. At least, so my wife tells me! I don't remember a thing.

I can also understand people that just don't like the taste of certain foods. I cannot stand cabbage, broccoli, spinach and brussel sprouts, my wife loathes curry and ginger, but loves chillies.

We're all very different, but that's a good thing as far as I'm concerned.

United nations

National food differences are always interesting. Whenever I'm in America it's not so much the different types of food that amaze me, it is the quantities. Statistics now state that one in five Americans are obese, with Florida being the leading state in the fat stakes.

If you go into a restaurant in the US and ask for breakfast you can get what we would describe as a

full English breakfast, but in America they're not satisfied with that, so they add a plate full of pancakes covered with maple syrup, six different types of toast, a portion of hash browns, etc, etc.

It is all incredibly cheap and so you can understand why the average weight of Americans has increased by 22 per cent over the last 10 years.

Japan is another interesting case in point. Over the last 25 years, the average height of the Japanese population has increased by three and a half inches. A recent government report from Japan stated that the main cause of this was the introduction of McDonald's to the Japanese diet, particularly the young. For hundreds of years the Japanese have lived mainly on various foods based around rice and fish, and then McDonald's arrived

and introduced the wonderfully fatty world of burgers and fries.

A lot of people talk about how wonderful French cuisine is, but I'm afraid it doesn't do it for me. As far as I'm concerned snails should stay unmolested inside their shells and truffles should remain in the ground or be eaten by the pigs that find them. I will always prefer strong Cheddar to Brie and as far as I'm concerned garlic is just about the most repugnant smell ever created.

Credit where it is due, the French do know how to produce a decent bottle of wine, but even that is now changing.

A recent report from one of the UK's leading supermarket chains said that for the first time ever, there were no French wines in their top ten best seller list. It was mainly Australian, Californian and South African wines with a decent showing from South America. It also reported that sales of Cava had now overtaken sales of Champagne.

Good old Blighty!

So what of British food? Well that's all changed as well. My dad used to enjoy *Pease pudding* and *savalloys*, or *bubble and squeak*. Then there were *faggots*, *mushy peas*, *cockles*, *muscles*, *whelks*, *jellied eels*, etc. Most of those are quite rare now and these days the jellied eel shops have all been turned into Indian restaurants or Chinese takeaways. Even good old cod and chips is fast becoming a rarity as the wonderful EU keep reducing the amount of fish the UK is allowed to catch and then Health and Safety won't let you wrap it in newspaper in case you get poisoned by the printing ink and sue someone.

As for puddings, well in the good old days it was always *spotted dick* and *custard* or a really good steamed *symp sponge*. *Bread and butter* pudding seems to have now been replaced by boring *cheese-cake* and it seems to me that this new fangled *nouveaux cuisine* is just a poor excuse to serve less food for at least double the price.

Fortunately though, you can still get a decent carvery in the Algarve. There is a truly excellent carvery in Almancil where for just €15 you can get the full works - three courses with roast beef, Yorkshire puddings, roast potatoes, proper gravy and all the veg you can eat.

Now that's what I call food... Glorious food!

get LOCAL

Romanian minor found in Algarve

An 11 year old child who had been reported missing by her parents in Malaga was found by chance, safe, in Vila Real de Santo António last Saturday.

The girl had disappeared in Malaga, Spain at around 2.30am on Saturday. According to reports she had been at a *fiesta* with her parents and had gone to the car to listen to music. When her parents went to find her a few minutes after she had told them where she was going, she had disappeared.

Later that same morning a car with French number plates was ordered to stop by the

local PSP in Vila Real de Santo António. The suspect, allegedly an east European, about 20 years old, tried to escape the police but was intercepted on the road that connects Vila Real to Montegordo.

The police apparently ordered the vehicle to stop as they thought it suspicious, although at that time no notification of the missing Romanian child had been given.

The car driven by the youth

and transporting the child was discovered to have been stolen in the Spanish province of Navarra.

At the time of going to press it was not clear whether this was a case of kidnapping or whether the child had willingly left with the suspect.

The child was taken into the custody of the Social Services which was to arrange for the young girl to be reunited with her parents.

Candidate confirmed

In the search for a new chairperson at the Algarve Tourist Board the Socialists and Social Democrats are in agreement with the candidate backed by the Socialist Party, present Civil Governor of the Algarve, António Pina.

A notice published by the PSD on their web site cited the party's support for the candidacy of António Pina. The statement declared that: "In the opinion of the PSD/Algarve, and its regional representatives, the present Civil Governor of the Algarve, António Pina, has car-

ried out his duties incorporating non-sectarian, non-discriminatory dialogue," adding that his attitude "guaranteed a balanced, sensible presidency".

The Algarve Observatory reported that Pina had confirmed he was prepared to take on the role at the RTA, saying: "I

will do my best to unite a good team that reflects the interests of the business sector. They create jobs."

Apart from his current position, Pina also served as Regional Director of Education. He has no particular connection with the tourism sector.

Bungled burglar caught

The Faro Public Security Police successfully apprehended a burglar in the centre of Faro last Wednesday afternoon, but only after the home owner was subjected to a terrific fright.

The assailant entered the house by breaking down a door and the terrified tenant took refuge in the bathroom attempting to alert the authorities on a mobile phone. The burglar became aware that someone was in the house and broke down the door to the bathroom removing the phone

so that the victim could not contact the police.

Afterwards the culprit made off with a portable computer and left the residence and its occupant, only to be detained rapidly by the police who had been notified of a disturbance by neighbours who had heard the victim screaming.

The criminal is known to the Faro Criminal Investigation department as one with violent tendencies, and is known to attack and rob people on the streets as well as breaking and entering. He is also suspected of various other crimes currently under investigation by the competent authorities.

Clean party in Faro

Last weekend Faro was host to a slightly different type of party where smoking, alcohol and drugs were prohibited. Around 200 people gathered in a bar and were treated to vitamin-filled

cocktails without alcohol, a particular challenge for the barman who has been practicing his profession for two years already.

The event was organised by the Universidade de Yoga with

the objective of: "alerting the general population that those who practice the philosophy of yoga are normal human beings who like to go out and have fun ... without using drugs."

Advertising investment

The Algarve Tourism Association (ATA) launched a promotional campaign on the television channels Eurosport and Eurosport 2 last week. The advertising offensive includes the transmission of 206 spots of 20 seconds each during top international sporting events and direct links to www.visit Algarve.pt site through eurosport.es and eurosport.fr. The first phase of the campaign is to run until the end of July and will be reinitiated in September for about two months.

Credit card support

The Association of Voluntary Firemen of Albufeira are to receive financial support via a credit card scheme in conjunction with the Crédito Agrícola bank. Any new card issued, known as *cartão BV Albufeira*, contributes €5 to the association automatically, and also a percentage of any purchase made on the card is donated to the *bombeiros*.

Allgarve suspended

The planned presentation in Vilamoura last Saturday to launch the *Allgarve* project was definitively suspended last Wednesday. A press release stated that the programme "maintains its objectives", promising to release the agenda soon.

Suspected traffickers

Two men were arrested by the Public Security Police (PSP) in Faro last Thursday night, suspected of dealing drugs. The suspects were identified during a *stop* operation on one of the city's roundabouts. The men, reportedly Moroccan, were in possession of around 1.500 portions of hashish. It has been reported that one the men has a warrant for his arrest issued by the Italian authorities.

Caught red-handed

Last Tuesday afternoon officers of the Almancil station of the Republican National Guard (GNR) arrested a man who had broken into a house in Sitio da Torre. The 37 year old man was apprehended by the GNR just 300 metres from the scene of the crime in possession of a mobile phone, a digital camera, a watch and clothes to the estimated value of €600.

Churches Together in the Algarve
present

**PENTECOST
PRAISE**

7.00 pm Saturday 26th May
International Evangelical Church
Vale Judeu (on the EN125)

An evening of Praise and Worship
with Rev'd Eric Britt and guests
Worship led by All Saints Music Group
An opportunity for all Algarve Christians
to sing and worship together

get LITERATE



The Thirteenth Tale

A cleverly written, captivating debut novel by Dianne Setterfield.

• By Wendy Davies

There are many twists and turns within this story, full of magic and nostalgia. The novel tells a well paced tale of Gothic intrigue with a modern slant. The story is based on Vida Winter, a best-selling yet reclusive novelist, who has invented many outlandish life histories for herself, not one of them the truth. Now old and ailing, at last she wants to tell the truth about her extraordinary life and wishes to have her biography written by a young girl who works in an antiquarian book-

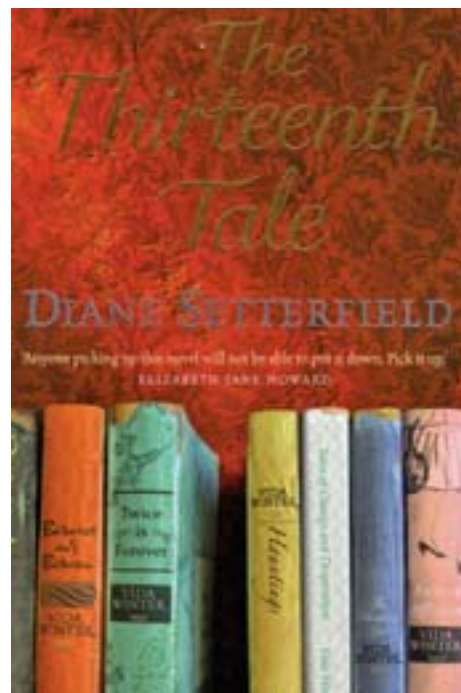
shop. Books feature a lot in this story and the characters are gripping and complex.

If you enjoy Daphne du Maurier or Rose Tremain you will find this novel enthralling. I did not want to put it down, but, on the other hand, I did not want to finish it too quickly. This book

has been highly recommended by the book critics and Carol Birch in the Independent On-Line says: "it is a remarkable first novel, a book about the joy of books, a riveting multi-layered mystery that twists and turns, and weaves a quite magical spell for most of its length."

www.thethirteenthale.com

This book is available in hardback and paperback editions at €18 at €11 respectively. Order your copy from The Owl Story in Lagos. (see details on page 23).



get FIT



Muscle up – muscle training made easy

You probably think of Schwarzenegger types with muscles sculpted to the maximum. That's body building, the *extreme* of muscle training. Training your muscles serves to stimulate an improvement in strength and muscle resistance, not just to build up muscle mass, as in body building.

• By Nuno Parreira

Many people find themselves wary of muscle training because they do not want large bulky muscles and they think it easy to build them up. In reality this type of exercise can have different objectives for different people; those who wish to increase their muscle mass and those that wish to lose fatty mass. Everything depends on the way one exercises.

Generally the body is divided into different sections; hips, legs, abdomen, chest, back, biceps, triceps and shoulders. When beginning muscle training all muscles

will be worked in the first session, doing one or two exercises for each section, after which no aching muscles should be evident. Initially the weight applied will be low in order for the person to learn to exercise correctly and slowly. By working out slowly to begin with the person can feel the muscles working.

This regime would be followed for about one month and the number of exercises, the order of exercising, the number of series and repeats for each exercise, the speed of movement and the rest period involved will vary and slowly be built up.

Entering into the second phase of muscle training the workout would be dedicated to two muscles per day, as we pointed out last week. The exercise becomes more intense, producing more results.

For those wishing to increase weight and muscle mass one would generally try to do three of four exercises for each muscle group, doing three to four series of each, attempting to use a weight which allows between six and 15 repetitions. To increase muscle one would repeat less but increase the weight, resting sufficiently in between each series in order to increase the weight applied.

To lose fat and increase muscle definition the training is different, using less weight in order to employ more repetitions, between 15 and 30. Rest time should be minimum to provoke maximum exertion of the muscles.

These exercises can be adapted to suit a person needs and abilities and it is important to vary training regularly, every one or two months, to recognise the different results from different exercises.

General principles exist, but each person is an individual and nobody knows better than ourselves how our bodies react to different stimuli.



• To increase muscle one would repeat less but increase the weight

The body contains three types of muscles:

The muscle which is anchored to the bone by tendons is known as the **skeletal muscle** or *voluntary muscle*. It affects all skeletal movement, like walking, running and writing and supports body posture. The muscle reflex that governs our posture is mostly subconscious, although the muscles will react to conscious control.

Hidden away, but working just as hard, is the **smooth** or *involuntary muscle*. This muscle type does not react to conscious requests and is found in the walls of organs like the oesophagus, stomach, intestines, lungs, urinary tract and blood vessels.

The heart has its own special muscle, the **cardiac muscle**, also *involuntary* but found nowhere else in the body.



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get LOCAL INFO



Portuguese pronunciation:

LESSON 1

Generally, the penultimate syllable is always stressed, except where there is an accent, or the word ends with a diphthong (two vowels which are pronounced as a single syllable, we will deal with this in a later lesson), or if it ends with any of the following letters: i; l; r; z; im; um; ins; uns – in which case, the stress is on the last syllable.

The text under the Portuguese words that follow is a pronunciation guide, and represents an approximate phonetic equivalent of the word in English such as you might find in a phrase book. The pronunciation guide is based on a neutral London accent. The letters **zh** in the pronunciation guides indicate a soft j, which sounds like the s in *leisure*.

Practise saying the following words out loud following the rules above. The syllable represented in italics is the one that should be stressed. The meaning of the words is in the last row of each table.

uma	animal	garrafa	fazer	óleo
ooma	animál	garrahfa	fazair	oleu
one	animál	bottle	to do	oil

olá	medo	voçê	aquí	pinto
ohla	medu	voseh	akee	pintu
hello	fear	you	here	chick

MARKETS & FLEA MARKETS

FLEA MARKETS

LAGOA
Estombar: Fair and Exhibitions Park
Saturday, 26 May

Lagoa: Fatacil
Saturday, 26 May

LAGOS
Barão de S. João: Cultural Center (Rua da Mata)
Sunday, 27 May
from 8am to 1pm

MONCHIQUE
Monchique: Rua D. Francisco Gomes Avelar
Sunday, 27 May

OLHÃO
Quelfes
Sunday, 27 May

V. R. STO ANTÓNIO
Montegordor: next to the Tourist Office
Saturday, 26 May

MARKETS

ALCOUTIM
Pereiro: Opposite the Church
Sunday, 27 May

ALJEZUR
Rogil: near the Parish Council Building
Sunday, 27 May

LAGOS
Odiáxere: Old Mill Square
Monday, 28 May

LOULÉ

Almancil: next to the C + S School
Sunday, 27 May
8am

Azinhal: Next to the primary school
Saturday, 26 May

Loulé: End of the R. da Nossa Senhora da Piedade, facing the Convent of Sto António, when heading Boliqeime/Albufeira
Saturday, 26 May

Quarteira: next to the Filipe Jonas public garden
Wednesday, 23 May
7am to 3pm

OLHÃO
Quelfes: Facing the EB1 School
Sunday, 27 May

S. B. ALPORTEL
Rua Boaventura Passos
Saturday, 26 May

SILVES
S. Bartolomeu de Messines Fair Square
Monday, 28 May

Tunes: Rua 1º de Maio
Saturday, 26 May
8am

TAVIRA
Santa Catarina: Rua 1º de Maio
Sunday, 27 May

DECO answers:

Consumer, or not?

Last month I went to a consumer advice organisation but was a little disappointed when I was told that they could not help me as my inquiry did not fall under that of a consumer, and that I should seek legal advice or the competent authority. I was seeking clarification with regard to a car accident, about 14 days before, in which I was not at fault. The other driver admitted he was at fault and made a claim with his insurance company, which has not helped. As yet no assessor has been to evaluate the damage. If these organisations which defend consumer rights cannot help me, who can?

The fact is that this lady was correctly informed as in her situation she is not deemed to be the customer under the current Consumer Rights Law, the law which governs consumer rights organisations and others. According to this law the consumer is considered to be anyone to whom goods or services are supplied, or the transferral of any rights, destined for non-professional use, by someone who is exercising a professional activity in order to profit. In this case, the complainant is not querying her own insurance company, but that of the other driver. Therefore there is no contract between the two parties, nor have

any goods or services been supplied or any rights transferred. This case is clearly one of extra-contractual civil responsibility, which has nothing to do with consumer rights. In this case the interested party should seek legal advice or contact CIMASA (Vehicle Insurance Information, Mediation and Arbitration Centre), located in Lisbon and working throughout Portugal. This Centre was founded in collaboration with various organisations, DECO among them, and resolves, quickly, simply and economically, conflicts arising from car accidents, especially cases where the claimant contends the insurance company or others decisions, as in this case.

It is important to stress that not all car accidents can be handled by this centre. They are only responsible for accidents involving up to three vehicles in which no one is injured and that have been presented as claims to the relative insurers. CIMASA, Rua Rodrigo da Fonseca, nº 149 - R/C Dto., Lisboa. Tel: 213 827 700

Delegação Regional do Algarve
Rua Rasquinho, nº19, 800-417 Faro
tel: 289 863 103
www.deco.pt - e-mail: decoalgarve@deco.pt

USEFUL LOCAL NUMBERS

Municipal Council	Fire	Health Centre	Guard	Holidays	
Albufeira	289 599 500	289 586 333	289 588 770	289 591 115	20 August
Alcoutim	281 540 500	281 540 140	281 540 140	281 546 208	14 September
Aljezur	282 998 102	282 998 258	282 998 100	282 990 140	29 August
Castro Marim	281 510 740	281 543 112	281 530 100	281 531 340	24 June
Faro	289 870 870	289 888 000	289 891 100	289 887 600	09 July
Lagoa	282 380 400	282 352 888	282 352 102	282 352 310	08 September
Lagos	282 762 055	282 770 790	282 770 100	282 762 809	27 October
Loulé	289 400 600	289 416 704	289 401 000	289 410 490	17 May
Monchique	282 910 200	282 912 115	282 910 100	282 912 629	17 May
Olhão	289 700 100	289 704 994	289 793 359	289 703 089	16 June
Portimão	282 470 700	282 422 122	808 250 112	282 420 750	11 December
S. Brás de Alportel	289 840 000	289 842 606	289 889 900	289 840 800	01 June
Silves	282 440 800	282 322 666	282 440 020	282 442 414	03 September
Tavira	281 320 500	281 322 122	281 324 843	281 325 704	24 June
Vila Do Bispo	282 639 105	282 639 285	282 639 179	282 639 112	21 January
V. R. Sto. António	281 510 000	281 512 777	281 511 371	281 544 355	13 May

EMERGENCY NUMBERS: General - 112 • Forest Fires - 117 • INEM - 808250123

USEFUL TOURISM INFORMATION

Algarve Tourist Board	www.visitalgarve.pt	289 800 400
Tourist Support Line		808 781 212
Portuguese Railways	www.cp.pt	808 208 208
Faro Airport	www.ana.pt	289 800 800
Lisbon Airport	www.ana.pt	218 413 500
Porto Airport	www.ana.pt	229 432 400
Eva	www.eva-bus.net	289 899 700
Renex	www.transpor.pt	289 586 023
Frota Azul	www.frota-azul.pt	282 432 336
Canadian Consulate	Faro	289 803 757
German Consulate	Faro	289 803 148
British Consulate	Portimão	282 490 750
Irish Embassy	Lisbon	213 929 440
Dutch Consulate	Faro	289 820 903
US Embassy	Lisbon	217 266 600
Credit Card Loss - Amex		212 172 000
Credit Card Loss - Diners/Euro/Visa		213 159 856

TIDE TABLE
22 - 28 May 2007

Day	Hour	Height (m)	
2007-05-22	01:15	1.02	low tide
2007-05-22	07:34	2.71	high tide
2007-05-22	13:20	1.31	low tide
2007-05-22	19:52	2.94	high tide
2007-05-23	02:23	1.18	low tide
2007-05-23	08:40	2.58	high tide
2007-05-23	14:29	1.43	low tide
2007-05-23	20:58	2.81	high tide
2007-05-24	03:35	1.26	low tide
2007-05-24	09:50	2.54	high tide
2007-05-24	15:45	1.48	low tide
2007-05-24	22:08	2.75	high tide
2007-05-25	04:41	1.27	low tide
2007-05-25	10:55	2.57	high tide
2007-05-25	16:53	1.44	low tide
2007-05-25	23:10	2.75	high tide
2007-05-26	05:35	1.24	low tide
2007-05-26	11:49	2.66	high tide
2007-05-26	17:49	1.36	low tide
2007-05-26	00:03	2.8	high tide
2007-05-27	06:20	1.18	low tide
2007-05-27	12:32	2.76	high tide
2007-05-27	18:35	1.25	low tide
2007-05-27	00:47	2.85	high tide
2007-05-28	06:58	1.11	low tide
2007-05-28	13:10	2.87	high tide
2007-05-28	19:15	1.14	low tide

ENGLISH SPEAKING CHURCH SERVICES - Lagoa Christian Fellowship: Worship w/ Godsqad for kids. Sunday service 11am. EN 125 Vale de Lousas near SAEL. Mums & Toddlers Group Tuesdays 10am. Youth Group on Friday evenings. Pastor Alípio Amaral 968 801 237. www.lagoafellowship.com - Lagos International Community Church: Sunday Services w/ Sunday School for children 11am. Community Groups Wednesdays. Prayer evening on Fridays. Mums & Toddlers Group: Tuesdays 10am. Urb. Vila Praia de Dona Ana, Lote 118, near Hotel Golfinho. Tel 282 086 804. www.icc-lagos.org - Portimão International Christian Fellowship: Sunday services 11am w/ Sunday School for children. Bible study Tuesdays. Mums & Toddlers Group Wednesdays 10am at The Bridge (A Ponte) Cedipraia shopping centre. Church venue Av. 25 April, 17. Pastor David Borgan 282 461 985 & 914 422 181 - Tavira Christian Centre Sunday Service 10.30am at Rua

Almirante Cândido Reis, Jackie 281 322 857 or Geoff 969 100 121 - International Evangelical Church Vale Judeu. Sunday service w/ Sunday School 10.30am. EN125 4th left from Vilamoura traffic lights. Peter Sluimer 289 328 635. - Church of England Services St Vincent's Anglican Church, Almancil. Sunday Service 9.30am. Igreja Sra da Fátima EN125 between Quatro Estradas and Almancil. Service conducted by Richard Eyres - St. Lukes Near St. Barbara, Monte de Palhagueira Gorjões. Holy Communion 11.30am by Richard Eyres - Luz Holy Communion 12pm w/ Rainbow Club for Children. Sra da Luz (the church on the beach) conducted by Fr. John Wilson. Contact Alan Brown for details of all three churches: 289 322 578 - All Saints Anglican Church: Community Centre Almancil. Sung Eucharist 10.30 am every Sunday w/ Crèche and Adventurers Children's Club. For direction call 282 380 311 or www.allsaintsalgarve.org.

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BOATS

for sale



Maria Monterey 276 Cruiser - 1995 - 8.84m - 1 Volvo Penta 205HP petrol engines. 2 berths, 1 bathroom, galley. Excellent condition. €20,000. Private Sale. Tel: 917 536 419

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For Sale - Yurts - half price- Tent like structure with wooden frame covered in canvas. Square 4*4m €2300, round 4*4 m diameter €2000. Ask for photo's or come and take look. Email: entreaguas@sapo.pt. Tel: 282 361 804 / 968 909 875

For Sale - Reproduction antique dining table and 6 chairs. Excellent condition. €250. Kitchen table and 2 chairs in white with metal legs. €30 Tel: 282 458 188 / 963 730 959

"BOWEN TECHNIQUE" Therapist new to Algarve, USA & UK trained. Call 282 697 656 for an appointment

For Sale - due to return to UK 1 double pine bed base @ €75 - 1 double pine effect wardrobe @ €30 - 2 mahogany desks with 3 drawers and turned legs @ €35 each - 1 dark oak JAYCEE drinks/dresser @ €100 - 1 dark oak JAYCEE corner display unit with tv table @ €120 Tel: 967 107 260

For Sale - Pool heater. Titanium P.S.A. "OPTPAC 4" (three phase) suit pool approx 8x4m hardly used only 2 yrs old €2,000 (buyer collects) Tel: 963 613 641

For Sale - Highchair €20, travel cot €30, single sheets €10, a pair bath towels €6,50 a pair. All white cotton. email: hardy.family@gmail.com. telepac.pt. Tel: 282 493 223 (eve only)

For Sale - New shed over 2m wide with sliding doors. Boxed but same model is erected for viewing. Price €500. Castro Marim Tel: 281 531 124

For Sale - Quantity of beautiful bikinis, a job lot at a very keen price. At least 100 in assorted sizes and colours manufactured in the US. Offers invited over €5. each. Tel: 281 531 124

For Sale - Spa. Sundance. 1.8m inside diameter. White / Redwood. Good cond. €3,000. or ono. Tel/Fax: 281 963 125.

Half price sale - Beauty spa items - Electric boiler 500 litres @ €900 - Aniston refrigerator @ €140 - Tumble dryer @ €300 - Anti-cellulite machine with ultra-sound @ €3,210 - Vichy shower @ €3,182 - Combination sauna and turkish bath (TYL Classic Abeto) @ €2,000 - Computer with touch screen, cash register and software @ €1,925 - Electronic massage bed in 3 parts @ €1,027 - Electronic massage bed in 2 parts @ €900 - Facial Machine - Belex 08 @ €950 - 2 leather sofas, Divani Divani @ €445 each - Thermal blanket with clock (Termosalud) @ €296 - Steriliser (Temper 300) @ €207 - 2 magnifiers for skin treatments @ €75 each - Hydraulic chair with back @ €156 - Hydraulic chair without back @ €106 - 2 tables with 3 shelves and revolving drawer @ €50 each - Hot wax pot @ €106 - Cold wax pot @ €80 - All items are nearly new and offered at half purchase price. Buyer must collect - 936 256 949 (José Cascao)

For Sale - Cot and mattress €30 - Play pen-top quality, nearly new. €40 - double bed + mattress (ideal for guest) - €100 Tel. 936 902 567 (Lagoa)

For Sale - Computer, windows 98, antivirus, printer Epson. Buyer collects. Lagos. Tel: 282 088 726



Antique dresser - offers please. Tel: 967 107 260

For Sale - King size bed and headboard, new mattresses, 2 bedside cabinets to match dark wood, €150 the bed and €75 for cabinets, 4 white rugs €20 each, fridge as new €75. Tel: 282 697 660

For Sale - Mobile air con unit plus heater as new. Price €110 Tel: 938 831 213

For Sale - Twin Pushchair (hardly used) €150 - Cot & mattress €30- Baby play pen €30 - 1 baby sleeping bag (pink) €10 - quilt and bumper set (pink) €20 - Winnie the pooh music & lights (for cot) €10. Tel: 936 902 567

For Sale - Carport - 3x5m, anti-condensation with gutter. Price €1,000. Tel. 965538856

For Sale - Wooden house, 1 bedroom, with double glazing & wooden floor. 3,5x5m. €7,000. Tel: 965 538 856

Oval garden house with thatched roof & wooden floor. Show model - 3x2,5m. €2,500. Tel: 965 538 856

PETS

offered

My current owners are returning to the UK and I need a good home with a new family, I am a young, very pretty, black and white, neutered she cat called Stubbs. Please call my current owners on Tel: 967 107 260.

VEHICLES

for sale

Opel Combo Van, 2 seater. 2000, 200,000km A/C, central locking Price €3,000 Private Sale Tel: 964 104 833

Mercedes 2300 petrol model 124 1987 automatic, central locking 200,000km. Price €2,500 Private Sale. Tel: 963 771 903

Mercedes UE 220 Elegance Year Aug 2000 On board computer plus all the usual extras such as central locking, electric windows etc. Price €23,000. Private Sale. Tel: 969 648 192

Mercedes-Benz - Seeking exchange UK '53' reg Mercedes 220 CDI for similar Portuguese reg car. Contact: Private Exchange. Tel.964 857 283

VW - Sharan - 1.9 Tdi, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €27,500. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Seat - Ibiza - 1.2 Fresh, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €10,800. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Seat - Alhambra - 1.9 Tdi 7L auto, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €28,000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Seat - Alhambra - 1.9 Tdi 7L, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €27,000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Trailer - Ifor Williams trailer with 2700kg capacity, tailgate, and mesh sides. As new. €2,250. Private Sale. Tel: 282 361 837.

Toyota Corolla Linea Sol 1.4 VVTI- 2001. Very good condition. White with A/C. €7,500. Private Sale. Tel: 282 687 800 / 919 473 206.

Renault - Megane Cabrio - 1.4, 2003, blue. A/C, electric windows, central locking, PAS, radio, alloy wheels. €12,500. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - H1 - 2003, grey. A/C, electric windows, central locking, PAS, radio. €12,800. Auto Rent. Tel: 282 417 171. ocasiao@autorent.pt

Suzuki - Vitara - 1.9 Td 4x4 2000 electric windows, central locking. €7,000. Auto Rent. Tel: 282 417 171. ocasiao@autorent.pt



Honda - 2.0i - 1993 - very good condition with MOT and guarantee. ONO. €5,500. Tel: 965 034 258.

Peugeot - 206 - 1.1 Look, 5d, 2006, grey. A/C, electric windows, central locking, PAS, Radio/CD. €12,700. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Renault - Megane Cabrio - 1.4, 2002, black/grey. A/C, electric windows, central locking, PAS, radio, alloy wheels. €11,500. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Renault Megane Break II - 1.5, DCI, 2006, black/grey. A/C, electric windows, central locking, PAS, radio, alloy wheels. €21,000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt



BMW 320D-2001 with full extras. €27,100. Contact: J Paixão. Tel: 289 393 938. Email: joaquim.paixao@sapo.pt

Renault - Clio III - 1.2, 16V Confort, 2006, black/grey. A/C, electric windows, central locking, PAS, radio, alloy wheels. €15,000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Renault - Clio II Conf Authentique, 5d, 2005, black/grey. A/C, electric windows, central locking, PAS, radio/CD. €10,000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Peugeot 307 - SW 1.6 Hdi, 2006, black and silver. A/C, electric windows, central locking, PAS, Radio/CD, alloy wheels. €23,000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Peugeot - 207 - 1.4 Hdi Trendy, 2006, grey. A/C, electric windows, central locking, PAS, Radio/CD. €19,000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Peugeot - 206 - 1.4 Hdi SW Look, 2005, grey. A/C, electric windows, central locking, PAS, Radio/CD, alloy wheels. €13,900. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Opel Corsa C - 1.3 Cdti, On Air, 2005, grey. A/C, electric windows, central locking, PAS, radio, alloy wheels. €14,000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Opel - Corsa C - 1.2 On Air, 2005, grey. A/C, electric windows, central locking, PAS, radio, alloy wheels. €10,600. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Opel - Corsa C - 1.2 Elegance, 2003, grey. A/C, electric windows, central locking, PAS, radio, alloy wheels. €7,800. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - Lantra 1.6 GLS, 2000, bordeaux A/C, electric windows, central locking, PAS, radio/CD. €4,500. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Opel Astra - 1.4 Auto, Caravan, 2004, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €11,600. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Opel - Astra - 1.7 Cdti Cosmo Caravan, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €20,500. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Opel - Astra - 1.4 Enjoy Caravan, 2004, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €17,200. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Opel - Astra - 1.4 Enjoy, 5d, 2004, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €17,000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - Sante Fe - 2.0 4x4, 2003, grey. A/C, electric windows, central locking, PAS, radio/CD, leather seats. €22,000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - H1 - 2004, grey. A/C, electric windows, central locking, PAS, radio/CD. €16,000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - Getz - 1.1 Play, 5d, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD. €9,500. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - Atos - 1.0, 5d, 2005, grey. A/C, electric windows, central locking, PAS, radio. €9,000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - Accent - 1.3, 4d, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD. €11,000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt



Renault - Clio 1.2 - 1996 - very good condition with MOT and guarantee. €2,600. Tel: 965 034 258

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POSSIBLE SOLUTIONS: ICEE, ACTS, ANTS, ARTS

Globe-trotting shrubbery

The influence of foreign plants on Algarvean gardening is unmistakable as one enjoys the vivid and exciting flowers from Australia, Africa or America that have adapted so well to the Mediterranean climate.

• Text and photos by David Rees

The Australian Bottlebrushes are great favourites, producing spikes of red or yellow flowers from April onwards. The Weeping Bottlebrush (*Callistemon viminalis*) is a tall weeping shrub, very graceful as the red bottlebrush flowers hang down in clusters.

The more shrub-like Crimson Bottlebrush (*Callistemon citrinus*) makes a handsome bush with its red flowers which are held more rigidly than the weeping bottlebrush and produces a more massed display of flower. The impressive sight of either of these two bottlebrushes in full flower certainly justifies them a place in any garden.

The seeds of the bottlebrush stay safely enclosed in little woody capsules for years on end. In their natural environment, a fire would heat the pods sufficiently to release their seeds and regenerate the bottlebrush from the ashes of the fire.

Another beautiful Australian plant grown in the Algarve is the Spider Flower (*Grevillea banksiae*) with its intricate red flowers. This is not an easy species to grow but well worth trying. Many of the Australian ornamentals have been hybridised into new forms and colours.

Caribbean creations

Lantana camara from the Caribbean is a very useful shrub in the garden. It is tough, resistant and grows quite quickly. The colours vary considerably from yellows, golds, pinks, whites and reds as well as a combined red and yellow. The florets of each flower start yellow and then turn to red. As some florets open earlier than others on the same flower head, one always has a bright mixture. Another advantage of *Lantana* is that it is much enjoyed by butterflies, particularly by Swallowtails. A hedge of *Lantana* provides a regular display of butterflies throughout the summer.

The *Datura*, or Thorn Apple, (*Brugmansia X Candida*) has more attraction for moths than for butterflies. The scent becomes stronger at night from this large white exotic flower which comes

from Ecuador. There are several varieties available with double or single flowers or "sanguinea" with narrower red-edged flowers. The spectacle of a *Datura* in full flower makes it well worth planting in the garden, but beware of the sap which is poisonous. *Daturas* are easy and comparatively fast to grow under most conditions.

Another quick and easy shrub that gives a great deal of pleasure for little effort is *Solanum rantonettii* which produces its little potato flowers throughout most of the year. It spreads rapidly as a shrub and thrives on a certain amount of neglect.

For blue colour in the garden, one can use *Plumbago* (*Plumbago capensis*) which needs better treatment than the *Solanum*. Find somewhere with shelter from the wind and good soil. The *Plumbago*, once it gets going, gives a display of pale blue flowers from April to November. It grows best where it gets some support from a wall or a trellis to allow it to climb.

Latin lovers

Pampas Grass (*Cortaderia selloana*) from Argentina also thrives in the Algarve sunshine but grows better with a plentiful supply of water. There are pink varieties as well as the usual white Pampas, and a dwarf variety 'Pumila' which keeps to about one and a half metres high rather than the two to three metres of the ordinary variety. Pampas plumes look particularly good where they catch the late evening sunshine as the plumes wave to and fro in the breeze.

Eastern mystique

The beautiful but poisonous *Oleander* (*Nerium oleander*) is common throughout the Algarve and is a native to areas from the Mediterranean all the way to Japan. In the Algarve it grows wild, mostly along the river banks where it is watered by the rain torrents of winter, yet copes happily with the subsequent months of hot, dry weather. The wild form of the *Oleander* always has double pink flowers. This variety is the toughest. The colours vary from pink, dark pink, ari-

cot, white and almost yellow. The yellow varieties tend to vary in colour depending on how much sun they get; the more shade, the deeper the yellow. All the colours come in single and double-flowered forms.

The double-flowered varieties perhaps make a better display but the dead flowers look untidy after flowering, whereas the single-flowered varieties look tidier as they drop their flowers. *Oleanders* flower from May until October. All parts of the *Oleander* are poisonous, but it is still one of the most successful shrubs in the Algarve.

Something that delights visitors who come from less temperate climates is the sight of plants which they know as houseplants or greenhouse plants growing here as bushes or trees. For example, the beautiful Silk Oak Tree (*Grevillea robusta*) grows here as a specimen tree to six metres or more.

Likewise the *Hibiscus rosasensis* is a tender greenhouse plant nurtured indoors or outside in a pot during summer. But in the Algarve, it can be seen as hedges, bushes, even growing into small trees of three or so metres. Although the *Hibiscus* does not like frost, it grows well under most conditions in the Algarve. The hardier kinds, like the single red-flowered variety, will grow under very poor conditions. Others, for example, varieties with double yellow flowers or with twin colours, may be more sensitive and need better treatment. Many of the less vigorous varieties do well in pots on terraces or patios.

There are even *Hibiscus* with variegated leaves or the beautiful Butterfly *Hibiscus* (*Hibiscus schizopetalus*), the flowers of which hang down on delicate stems. The petals are intricately cut and curled, and surrounded by a long style that carries both stigmas and stamens, gently dusted in yellow pollen.

The *Hibiscus* originates from China but is one of the most beautiful and characteristic shrubs of the Algarve that lends a touch of the tropics to this European sun spot.



• Lantana Camara



• Brugmansia



• Solanum Rantonettii



• Oleander



• Hibiscus

get ENTERTAINMENT

22 MAY

• CIRCUS
Yury Tikhonovich. Hand balance act. Casino de Lisboa. Until 31 May.

• EXHIBITION
José Alves + Rui Matos. Paint + Sculpture. Centro Cultural S. Lourenço, Almancil. Daily from 10am to 7pm. Closed on Mondays. Until 28 June. Info: 289 395 475.

• MUSIC
The eight Vivaldi seasons. Side by side, the four seasons of Vivaldi and the four seasons of Astor Piazzola. CCB, Lisboa. 7pm. €10.

23 MAY

• CINEMA
The Lives of Others (Das Leben der Anderen) by Florian Henckel von Donnersmarck. The movie focuses on the horrifying, sometimes unintentionally funny system of observation in the former East Germany. Oscar awarded best foreign film. Cinema Santo António - room 3, Faro. 9.30pm.

• MUSIC
Kronos Quartet. Centro de Artes do Espectáculo de Portalegre. €25. 9.30pm. Info: 245 307 498.

IX Lagoa Choirs Week.
23 May: Adágio Choir. Igreja de Estômbar. 9.30pm. Free.
24 May: Ideias do Levante choir. Igreja do Parchal. 9.30pm. Free.
25 May: Introitus. Igreja de Porches. 9.30pm. Free.
26 May: Concerto de encerramento: Introitus + Albufeira council Choir + Adágio Choir + Ideias do Levante Choir. Auditório Municipal de Lagoa. €1,5. Info: www.semanacoraldelagoa.net.

• THEATRE
Macbeth. Teatro Municipal de Faro. 9.30pm. €10 to €12 w/ discounts. Info: 289 888 100.

24 MAY

• CINEMA
Black Book by Paul Verhoeven. The story of a Dutch Jewish girl who narrowly survives the WWII in Holland. Cine-Teatro António Pinheiro, Tavira. 9.30pm.

• FAIR
Alentejo fair - products, tourism and traditions. ExpoFaro, Faro, 3pm to 23pm. Until 27 May.

• MUSIC
Ricardo Villalobos. Lux, Lisboa. Info: 218 820 890

Beyoncé. Pavilhão Atlântico, Lisboa. 8.30pm. €30 to €42.

Wolfmother. Australian rock. Paradise Garage, Lisboa. 8pm. €22. Tickets: 707 234 234.

• THEATRE
Diz que diz (Say that say). Teatro Lethes, Faro. 9.30pm. €5. Info: 289 888 100.

25 MAY

• CINEMA
Chicago by Rob Marshall. Biblioteca Municipal de Loulé. 4pm.

• FESTIVAL
5th Snail festival. Castro Marim. Until 27 May.

• MUSIC
U-clíc. See picture and box below. Galeria do desassossego, Beja. 11pm.
26 May: SHE (Espaço Celeiros), Évora. 11pm.

Art Sullivan. Coliseu de Lisboa. 9.30pm. €15 to €195. Reservation: 213 240 585.

Dave Matthews Band. Pavilhão Atlântico, Lisboa. 8pm. €30 to €42.

Psophos Quartet. Violin: Ayako Tanaka, Bleuenn Le Maitre; guitar: Cenassi; cello: Eve-Marie Caracassili. CCB, Lisboa. €20. 9pm.

• THEATRE
A man's heart by ACTA - Algarve Theatre Company. Centro Comunitário de Alvor. Until 26 May. 9.30pm.

South Theatre. 2nd cycle of amateur theatre. Loulé. Until 27 May.

26 MAY

• CHARITY
Garden Open Day. In aid of the I.C.F. Church funds. 26 May. 11am to 4pm. Casa Deva Colegio, Nr. Bensafrim, Lagos. €5 w/ tea or coffee. Info: terry.joinson@gmail.com or 282 687 850.

• CINEMA
The Fountain by Darren Aronofski. Three parallel stories of love, death, spirituality, and the fragility of our existence in this world. Cine-Teatro António Pinheiro, Tavira. 9.30pm.

Waiting for Europe by Christine Reeh. An intimate portrait about feminine immigration in Portugal. Best international documentary in The New York International Independent Film and Video Festival. Centro Cultural António Aleixo, Vila Real Santo António. 9.30pm.

• EXHIBITION
Paintings by Mariana de Vasconcelos e Happy Centro. Associação Social e Cultural de Almancil. Until 15 June. 9am to 6 pm. Closed at weekends and holidays.

• FESTIVAL
Nossa Senhora de Fátima Festival. Tunes, Silves. Until 27 May.

• MUSIC
Festival de Coros de Câmara de Olhão. Igreja Matriz de Olhão. 9.30pm.

Piano concert N°5 Symphony. Algarve Orchestra. Solista: Sequeira da Costa. Maestro: Osvaldo Ferreira. Teatro Municipal de Faro. €12 to €14. Info: 289 888 100.

Perry Blake. Country pop. Teatro-circo, Braga. €12. 10pm.

• SPORTS
European Athletic Club Champions Cup. Estádio Municipal de Albufeira. 4pm. Until 27 May.

• STAND UP
Herman José. Lisbon Comedy Festival. Teatro Tivoli, Lisboa. €15 to €20.

• THEATRE
The Man and the Sea. Centro Cultural de Lagos. 5.30pm.

• TRADE FAIR
ExpoCasa - Home Furniture. Batalha. Until 03 June. 3pm to 11pm. Info: 244 769 480.

• WORKSHOP
Hand crafted musical instruments. Centro Ambiental da Pena. Registrations: 289 412 959.

27 MAY

• FESTIVAL
S. José de Alcalar Festival. Aldeia de Alcalar, Portimão. Free.

• MUSIC
Fado night. Guitar: Carlos Oliveira, viola: Carlos Plácido and guest singers. Museu de S. Brás de Alportel. €3. 9pm.

London Symphony Orchestra. Coliseu de Lisboa. 9pm. €20 to €250. Tickets: 213 240 585.

• SPORTS
Martinlongo rally. Alcoutim.

• TRADE FAIR
Alimentária Lisboa - Food international exhibition. FIL, Parque das Nações, Lisboa. Until 30 May.

28 MAY

• EXHIBITION
Paints, words, sculptures by Timo Dillner. Galeria EMARP, Portimão. Until 29 June. 8.30am to 5pm.

FOR YOUR DIARY

Klaxons. Avenida dos Aliados, Porto. 01 June.

Alive Festival. Pearl Jam + Smashing Pumpkins + Beastie Boys + White Stripes + Linkin Park + Da Weasel. Riverside area, Oeiras. 08 to 10 June. Info: www.oirasalive.com

Gal Costa Song and Guitar. 15 June: Hotel Algarve Casino, Portimão. 16 June: Casino de Vilamoura. Reservations: 289 310 000.

Ney Matogrosso. Coliseu de Lisboa. 16 June. Reservations: 707 234 234.

The Rolling Stones. José Alvalade Stadium, Lisbon. 25 June. Tickets: www.plateia.iol.pt.

Type O Negative. Coliseu de Lisboa. 27 June. Info: www.coliseudelisboa.com.

Super Bock Super Rock. Metallica + Stone Sour + Joe Satriani + Arcade Fire + Klaxons + The Magic Numbers + Bloc Party + Maximo Park + LCD Soundsystem + Clap Your Hands and Say Yeah + The Rapture + TV on Radio + Gossip + Interpol + Scissor Sisters + Underworld + X-Wife + Micro Audio Waves. Parque Tejo, Lisboa. 28 June, 3, 4, 5 July. Info: www.superbock.pt/supermusic/SBSR/

Maria Bethânia. Coliseu de Lisboa. 5 and 6 July. Info: www.coliseulisboa.com

Laurie Anderson. Teatro circo, Braga. 13 July. Info: www.theatrocirco.com.



U-clíc are a Portuguese electro / indie / punk / visual music band. On February 2007 they released their first studio album: *Console Pupils*. Their performances join music and visual effects in a very artistic way. Enjoy it in Beja - 25 May - or/and in Évora - 26 May.

All programmes are subject to alteration / Send us what's on to nuno@getrealweekly.com

• CINEMA SPONSORED BY:



The Astronaut Farmer
After a family tragedy ends Charles Farmer's (Billy Bob Thornton) promising aerospace career, he does the next best thing — spending several decades building his own rocket in his barn. But when it comes time to lift off, the authorities try to stop this "hillbilly" from launching himself into space.

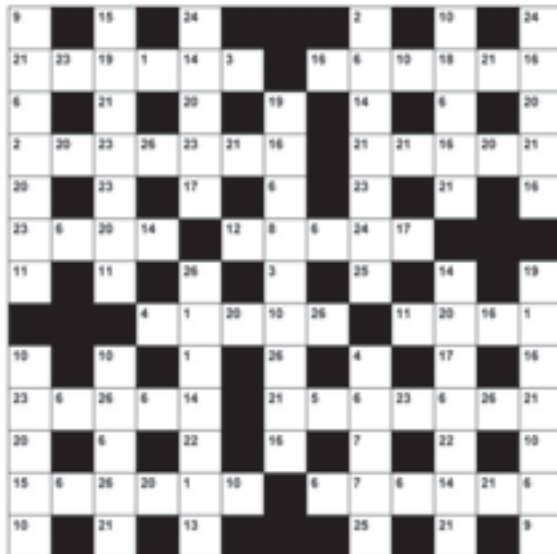
Seeds of Death (Pars Vite et Reviens Tard)
A modern-day Parisian town crier gradually learns that someone is using him to give cryptic warnings of a plague outbreak in the city.

Pirates of the Caribbean 3
Captain Jack Sparrow (Johnny Depp) boldly goes where no pirate has gone before. Along with Will Turner (Orlando Bloom) and Elizabeth Swann (Keira Knightley), the unconventional seafarer sails into uncharted waters and meets a new rival, Captain Sao Feng (Chow Yun-Fat), on the high seas.



get YOUR FEET UP

CROSSWORD Using the starting letters to help you, complete the grid by working out which letter of the alphabet is represented by each number from 1 - 26.



1	2	3	4	5	6	7	8	9	10	11	12	13
		D										Q
14	15	16	17	18	19	20	21	22	23	24	25	26
		R										

FIND THE 7 DIFFERENCES:



WORDWHEEL Make as many words from the nine letters given, using at least three letters; all words must use the central letter and must not use any letter from the wheel more than once. There is at least one nine letter word to be found.

WORDLADDER



Move from the word at the top of the ladder to the word at the bottom by filling each blank rung of the ladder with a proper word and only changing one letter in the word above at each stage.

SUDOKU The numbers 1 - 9 place once only in each row, column, 3 x 3 box and the two main diagonals too.

8			1	4				
	9		8	3			4	
6							3	
4			2				7	3
		6				4		
2	1				4			9
		8						5
	2			7	8		3	
				1	3			7

FUTOSHIKI Each row and column contains the numbers 1 - 5 once only, and you must obey the greater and less than relationships between stated cells.

	2		>		
∨			^		
		<		^	<
			5		
					∨
	∨		^		∨
3		>			

THE get real HISTORICAL WEEK:

22 May
In 1970 **Naomi Campbell**, English model and actress, was born in London. Campbell has been accused and arrested of committing acts of physical violence and verbal abuse against some of her employees and associates. She was rumoured to have a brief relationship with boxer Mike Tyson in the late 1980s.

23 May
In 1970 **Yigal Amir**, Israeli assassin of the Prime Minister of Israel **Yitzhak Rabin**, was born. On November 4, 1995, at the conclusion of a rally in Tel Aviv, Amir awaited Rabin close to his official limousine, where he shot the minister twice. Amir is currently serving a life sentence for murder plus 14 years for conspiracy to murder Rabin on different occasions and for injuring Rabin's bodyguard.

24 May
In 1830 nursery rhyme *Mary had a little lamb* by Sarah Hale was published. "Mary had a little lamb / Its fleece was white as snow / And everywhere that Mary went / The lamb was sure to go (...)". Smashing Pumpkins, Paul McCartney, Slade, Korn, SNAP and Evanescence are some of the bands that have used these lyrics in their songs.

25 May
In 1935 baseball player **Babe Ruth** hit his 714th and last home run at Forbes Field in Pittsburgh, Pennsylvania, setting a baseball record that stood for 39 years. Ruth is regarded by many historians and fans as the greatest baseball player of all time, due to a combination of his on-field accomplishments and records.

26 May
In 1949 the iconic American actress **Pam Grier** was born in North Carolina, USA. She came to fame in the early 1970s, after starring in a string of moderately successful women-in-prison and blaxploitation films – a film genre made by and for black people that attracts the public by exciting their more prurient interests. She also starred in Tarantino's Jackie Brown.

27 May
In 1971 the current UK's strongest man, **Glenn Ross** was born. He is 1.85 m and weighs 215 kg, making him one of the heaviest strongmen in the world. Ross holds many Strongman records: deadlifted three Citroen Saxos at once from the back below the knees - combined weight 2.750 kg; held a 1.200kg Citroen Berlingo Van for 2 minutes 56 seconds; held a 1.400 kg BMW car - 76 s; held up two Citroen Saxos from the back, combined weight 1.700 kg for 1 minute and 7 seconds.

28 May
In 1959 two monkeys became the first living creatures to survive a space flight. The flight, which reached speeds of up to 16.090 km/h lasted 15 minutes and the monkeys were recovered 2.413km away in the South Atlantic near Puerto Rico. The pair were weightless for nine minutes but they were in "perfect condition" on their return.

source: www.wikipedia.org

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get
SPORT

It's a dog's life

José Mourinho has been in the headlines on two accounts. Last Saturday his London based team Chelsea won the FA cup, at the prestigious new Wembley Stadium, ending a difficult season on a high. Didier Drogba scored the only goal in extra time, their first

goal against Manchester United in two years. "This is a moment for everyone to enjoy and we deserve to go into the holiday period with this cup", said Mourinho. Meanwhile Yorkshire Terrier Leya, the pet dog of the Mourinho family has made headlines of his own

when he allegedly broke quarantine rules, causing the detention of the Chelsea football manager in the week leading up to the game. The matter was cleared up when it was agreed the family pet would return to Portugal with Mourinho's wife Tami.

Porto takes the title

For the second year in a row Porto claimed the Championship title in Portugal. On Sunday evening Porto, Benfica and Sporting played their final games simultaneously

with the title changing hands more than once throughout the 90 minutes. Porto beat Desportivo das Aves by four goals to one, Sporting won against Belenenses

by four goals to nil and Benfica defeated Académica by two goals to nil. Both Porto and Sporting qualify for the UEFA Champions League next season.

Romario celebrates

Last Sunday former Brazilian international Romario celebrated the 1,000th goal of his career at a match in Rio de Janeiro, claiming a penalty in the Brazilian national cham-

ionship between his team Vasco da Gama and Sport of Recife. The impressive tally has not been recognized by Fifa the international footballing body as it includes goals in

youth, friendly and testimonial games. The celebrations on the pitch came immediately after he scored, taking 16 minutes out of the game before it could be restarted.



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LATE NEWS:

PORTUGAL

Unusual traffic jam

At around 6am yesterday morning a car lost control and ended up in a vertical position on the access stairway to the Entrecampos Metro Station. The driver suffered minor injuries, as did one other person. Two other cars were hit before the vehicle blocked the entrance.

SPAIN

Migrants repatriated

A large number of migrants, believed to be over 750, have been expelled from the Canary Islands by the Spanish government. The illegal immigrants were predominantly Senegalese hoping to find prosperity by taking the dangerous boat journey from Africa to Europe. Some 30,000 individuals, including many children, attempted to enter the Canary Islands in 2006 but were prevented from doing so by the maritime service patrolling the islands. They arrive on small overcrowded boats where many die en route, having placed their hope in the traffickers who extort huge sums of money for the journey.

LEBANON

More violence

Fighting broke out between Lebanese troops and gunmen in a Palestinian refugee camp called Nahr el-Bared. Around 40 died including 27 Lebanese soldiers and 15 Palestinian gunmen in one day. Many more were injured in the intense fighting last Sunday, said to be the worst clashes since the end of the civil war 15 years ago. The problems escalated following the attempted arrests of a number of Fatah Islam men said to be suspects in a bank robbery who resisted arrest and then attacked army posts at the entrances of the refugee camp. The Lebanese troops retaliated by bombarding the camp and attacking a building used by the Fatah militants in Tripoli.

IRAQ

US soldiers die

A bomb planted in western Baghdad killed six US soldiers and an interpreter while they were patrolling the area searching for weapons and bomb-making materials and in a separate incident one US soldier died and two were injured in a bomb attack on a vehicle in Diwaniya, south of Baghdad. A policeman and civilians also died in a number of blasts which included a suspected chlorine gas attack during the weekend.

USA

Virgin low cost

The Virgin Group has succeeded in gaining approval to set up a US budget airline and is to launch new low cost internal flights starting with a shuttle service between San Francisco and JFK airport in New York. The current plan is to expand this to ten cities, with San Francisco as the hub of the operation using Airbus A319 and A320 aircraft.

KENYA

Game park gunfight

A battle broke out last weekend at a Kenyan game reserve leaving three wildlife rangers and four alleged poachers dead. A group of armed men attacked the rangers as they patrolled the area. Two assault rifles and axes were recovered from the scene. Kenya has long fought poachers eager to kill elephants for their tusks in exchange for high rewards in the illegal ivory trade.