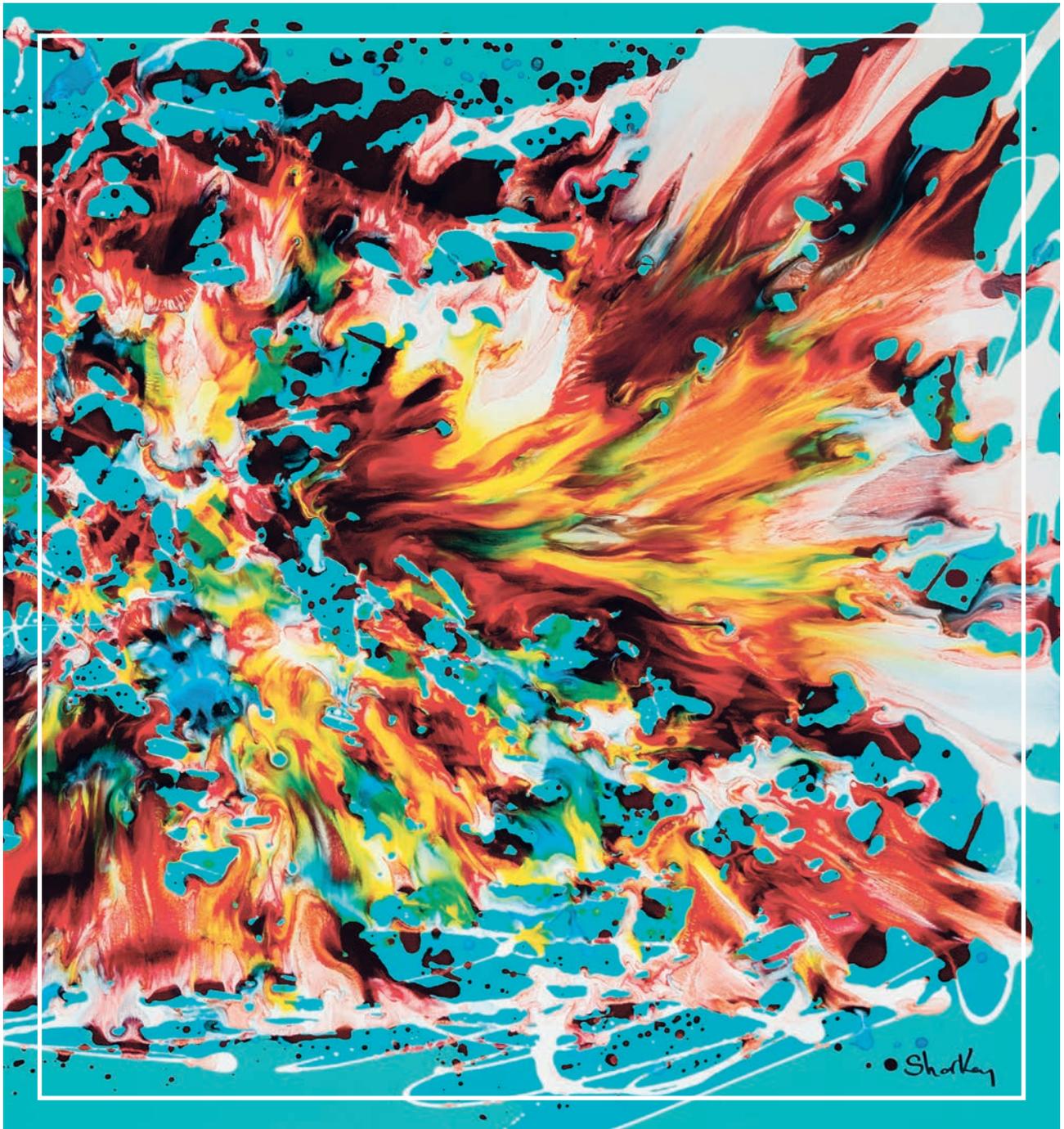


CENTRAL

MAGAZINE

ISSUE 95 • QUARTERLY • FREE

SUMMER EDITION: JULY - SEPTEMBER 2025



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8400-357 Lagoa, Portugal

Printers / Gráfica: Lidergraf | Sustainable Printing Rua do Galhano, 15 4480-089 Vila do Conde Portugal

Editor / Proprietário: Anglopress Edições e Publicidade, Lda

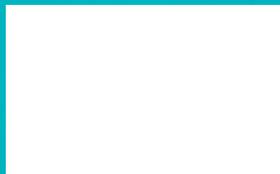
NIF: 505379007

Director / Gerente: Richard Clingen

Holders/Detentors: Infinity Way, Paul Luckman

Graphic Design: Mikey Weighill and Nuno Bentes

Front cover image kindly supplied by Kevin Sharkey.



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Free distribution / Distribuição gratuita
Print run / Tiragem: 12.000

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Depósito Legal: 389 208/15
Registo ERC: 127836

Estatuto editorial disponível em:
www.thecentralmagazine.com/uploads/docs/estatuto-editorial.pdf

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It's summer time... and the living is easy!

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During the summer the Algarve bursts into life, with events, activities and endless sunny days that turn into long balmy nights.

While the beaches are clearly at the top of the agenda for many visiting the region at this time of the year, (and we have plenty featured in this edition!) there is so much more to discover and enjoy whatever the weather.

Read all about Ireland's most famous artist who is now here in the Algarve, or alternatively make a date to join in with traditional events or lesser well known festivals.

We love to bring you insider tips about beaches in the area and a little further afield, and we have also been to visit wineries, retreats and even an eco-glamping site if you are looking for something a little different this summer.

The community is always at the heart of what we do, so check out what some locals are doing to promote health and happiness for all ages and abilities, and take a moment to see if you can lend a helping hand to a local resident in need of support.

Wishing you all a fantastic summer in the Algarve, whether you are here for a short stay or are lucky enough to be here for longer – see you at the beach!!

We'd love to hear your thoughts on this edition! If you have a story you'd like to share in a future edition, please reach out to us at info@thecentramagazine.com.

Celebrate the best that spring has to offer with **Central Magazine!**

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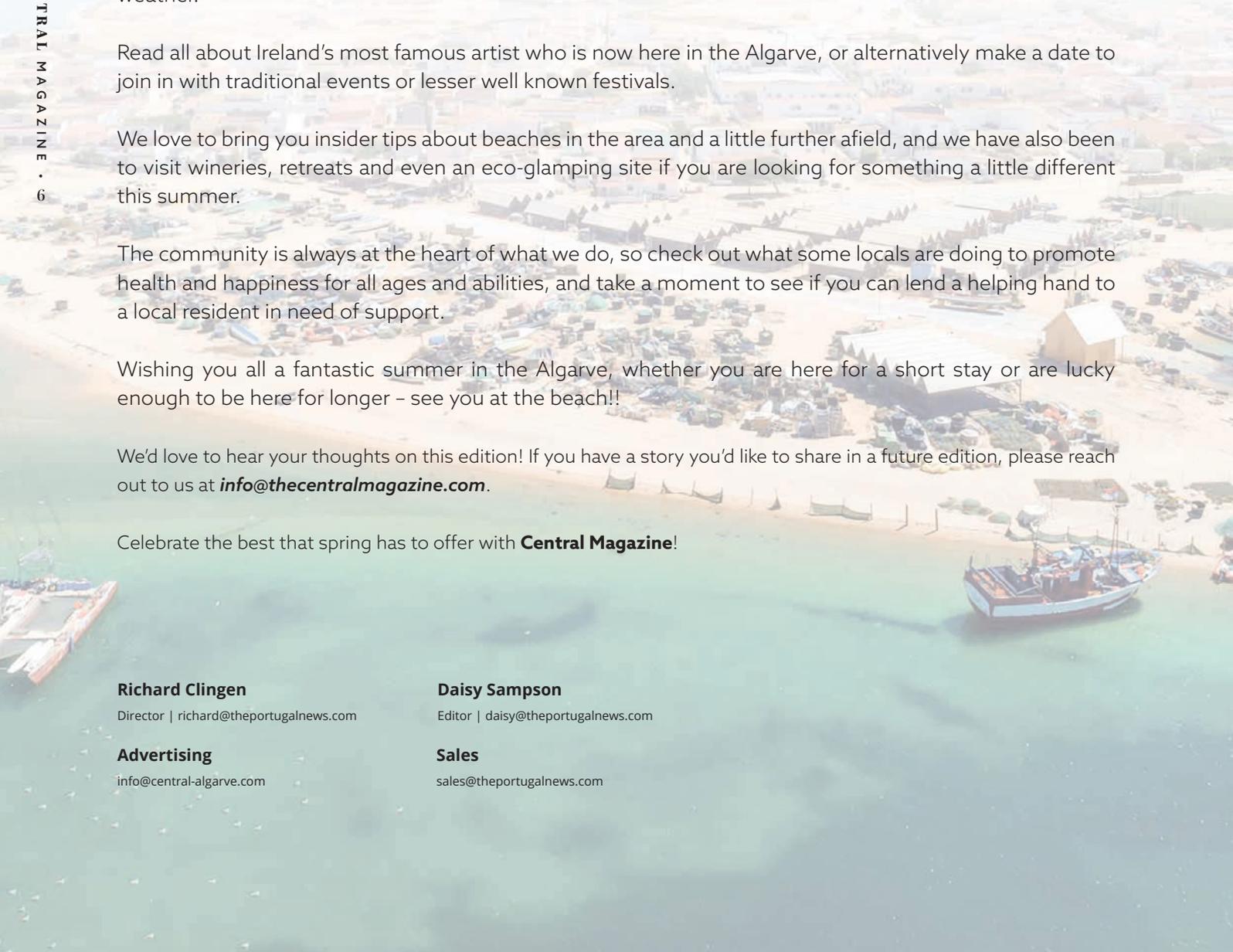
info@central-algarve.com

Daisy Sampson

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Ireland's most successful artist

KATE SREENARONG

SHARKEY IS A SELF-TAUGHT ARTIST WHO CREATES ORIGINAL CONTEMPORARY ABSTRACT PAINTINGS THAT ARE VIBRANT, COLOURFUL, AND RESONANT WITH FEELING.

Born in Dublin, the painter has now sold over 10,000 works, capturing the attention of collectors around the world. "Last year, 40 of my paintings were purchased by this man who owns a Francis Bacon, two Picassos, and a Lucian Freud, which is fascinating, because all the artists in his collection are dead", he told *Central Magazine*. "It's an honour and humbling as an artist to be recognised while you're still alive."

He began pursuing his artistic career about 30 years ago, when a dinner guest stumbled upon his paintings and said he'd never seen anything like it before, encouraging him

to sell them. "That person happened to be an art teacher", Sharkey recounted, "he asked me if I had gone to school, where I learnt how to paint, and I replied that I hadn't, I just used to make things that I liked".

"I've experimented in lots of ways over the years - drawing, charcoal, oil, acrylics - all different mediums", he elaborated on his journey. "That's the beauty of not being trained, because you make mistakes, but that's how you learn. Whereas if I'd gone to college, I'm sure I wouldn't have made as many mistakes, but I would've ended up painting like everybody else."





The frequency of creativity

Sharkey started painting at the age of 12, describing the process as being less about the finished work and more about the momentary relief it offered. "I was very sad and lonely as a kid", he shared. "The family that adopted me sent me back to the orphanage, so I was heartbroken, and the only thing that worked was escaping how I was feeling."

That's when the artist turned to creativity as an outlet for the struggles he faced, transforming the grief into purpose. "I suppose it became a form of therapy, a lovely habit I had", he reflected. "If you come up with an idea and follow it through, you'll never be lost."

He considers himself a strong believer in the power of thoughts, living in the present moment, where you can decide what you want and be creative. "I try every day to keep my thoughts about the future positive and not dwell on negative aspects of the past, because it doesn't change anything", he stated. "Whereas the temptation is to plug into Netflix, and then when you wake up in the morning, you have nothing to show for it."

"I love being able to contribute something, bringing beauty into the world, there's a certain connection to people when they experience my art, and their appreciation is all the payback I need", he explained. "I try and incorporate energy into my paintings, because creativity is like a frequency, and most people feel art more than just see it."

For Sharkey, the most rewarding thing about art is that it can last a lifetime and beyond, "there's an eternal sense to it, because when I'm dead and gone, these won't be. People are going to be looking at the paintings for the rest of their lives, which they can leave to their kids, and there's not many things you can do that with".

A conversation piece

His technique consists of using a paintbrush, spatula, and even pouring directly from the bottle. "I work flat on the floor, so when you put this paint on the canvas and stop, it does its own thing overnight, and it's very exciting, you never know what to expect", he expressed. "It's taken me around 25 years to learn how to do this, but one of the things that sets me apart is that I never





do the same thing twice, I don't think I could repeat it even if I tried, there's this tick in my brain, once I get it right, I want to do something different."

But it's not just the creative process that makes his work unique, as the durability of the finished piece is also a defining feature, and each canvas is treated with a carefully selected combination of materials designed to prevent and withstand both time and elements. "There's an art varnish I use, which is designed to prevent the colours from fading, and the glass paint that I use too, that is designed for windmills, it's got a built-in UV filter, so there are two layers of protection", he revealed. "In countries like Portugal, people are going to want to put them in bright places, so you need to make sure they're imperishable."



The final layer, a yacht varnish, serves both a preservative and practical function, as it forms a robust coating that can handle the occasional mishap – be it children's sticky fingers or spilled wine. "You can just wipe it down with a baby wipe", he added. "I went out of my way to ensure that it's all at the highest standard."

From the paint and varnish to the choice of canvas, every component is incorporated with quality and longevity in mind, resulting in a body of work that not only sparks conversation but is also animated, tactile, and resilient, much like the artist himself.

For more information on the painter and his upcoming works, please visit the newly opened Kevin Sharkey Gallery at Quinta Shopping in Almancil or <https://kevinsharkeyart.com/>



SHARKEY

SHARKEY IS ONE OF IRELAND'S MOST COLLECTIBLE ARTISTS. OVER THE COURSE OF HIS CAREER, HE HAS SOLD MORE THAN 10,000 PAINTINGS. HIS UNIQUE STYLE HAS EARNED HIM RECOGNITION AS ONE OF IRELAND'S FOREMOST ARTISTS, OFTEN REFERRED TO AS THE COUNTRY'S "FIRST ART SUPERSTAR."

HIS WORKS ARE FEATURED IN MAJOR GALLERIES IN LONDON, DUBLIN, AND NEW YORK. SHARKEY IS PART OF THE MEL SUTCLIFFE COLLECTION, ALONGSIDE PABLO PICASSO, LUCIAN FREUD AND FRANCIS BACON.



WHAT THEY SAY ABOUT SHARKEY

"ONE OF THE MOST IMPORTANT AND SUCCESSFUL CONTEMPORARY ARTISTS IN THE WORLD"

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"IRELAND'S MOST BANKABLE ARTIST"

SUNDAY TIMES

"HIS BOLD AND VIVID PAINTINGS ARE BOTH CRITICALLY ACCLAIMED AND SOUGHT AFTER"

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The Waves, Vale do Lobo

A passion for the past

KATE SREENARONG

THE HEMEROTECA MUNICIPAL DE LISBOA (HML) HOUSES PORTUGAL'S SECOND-LARGEST COLLECTION OF NEWSPAPERS AND MAGAZINES, WHICH CAN BE READ IN THEIR ENTIRETY BY THE GENERAL PUBLIC FOR FREE.



The HML, part of Lisbon's municipal library network, has the responsibility of archiving periodicals and making them accessible for public perusal. "As we usually say, the HML is the library of the ephemeral, because the documentation it receives and makes available to the public is characterised precisely by this temporality", Álvaro Matos, coordinator of the Hemeroteca Municipal de Lisboa, told *Central Magazine*.

"The written press guarantees that information is up to date, but the next day this information is already 'outdated', taking on a dimension that is no less important to us, which we can call historical", he further explained the library's purpose. These papers are sourced from the Legal Deposit of periodical publications, a government initiative that has collected newspapers and magazines for historical bookkeeping since 1931, back when the HML was under the umbrella of the Lisbon Central Municipal Library.

The future of newspapers in the digital age

In 1975, the HML became its own autonomous entity, this year celebrating its 50th anniversary with a series of activities including an exhibition on its history and a hosted debate with experts in the field on the future of newspapers in the digital age.

But what can you find there? "In total", Álvaro described, "the library holds over 22,000 newspaper and magazine titles, corresponding to more than one million volumes. It comprises an important collection of documents from the 18th and 19th centuries, most of which have already been digitalised and made available online in the Hemeroteca Digital." The oldest of these pieces of Portuguese History is a *Gazeta de Lisboa* publication dating back all the way to August 15, 1715, over 300 years ago.

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responds to requests for scanning the HML collection and “feeding” the Digital Newspaper Library with those scans; there’s the Reading Service itself, where library users investigate and analyse the collections of newspapers and magazines; The Consultancy and Research Service is designed to remotely respond to requests for time-consuming research in the HML collection, as well as to produce scientific content for the Digital Newspaper Library; The Internet Space exists for free, and open use of the internet; “Informal Reading”, which is for in-person reading of the newspapers and magazines of the day subscribed to by the HML; and finally the Technical Services are responsible for the technical and physical treatment of the periodicals, their preventive conservation and restoration, as well as the management of HML deposits”, Álvaro listed.

One of the papers available for informal reading is *Central Magazine*, but this isn’t the limit to the library’s collection of foreign-language content. “We offer some foreign newspapers and magazines, particularly from the period of the Second World War, and we have compiled a thorough bibliography on journalism and the history of periodicals published in several languages, with an emphasis on English, French and Spanish”, he shared.

Vital public service

The HML collection provides a vital public service in preserving the literary and historical value of Portuguese journalism. “Our daily motivation is that our users leave the library satisfied with our technical response to their requests for consultation, research, investigation or reproduction of the existing collection”, Álvaro expressed.

“For me, it means a daily professional commitment to the preservation, study and public access to an irreplaceable source for reconstructing and understanding Portugal, both yesterday and today”, he elaborated. “For the country, the HML represents a precious repository of its history, memory and culture – the periodical press is an inexhaustible source of factual information about the past.”

As the Hemeroteca Municipal de Lisboa moves into its 50th year as an autonomous entity, plans are underway to construct a new building to house its ever-growing collection of newspapers and magazines for another half a century.

“If you have the opportunity, visit the HML”, Álvaro concluded. “You will have an unforgettable experience, due to the diversity of collections that you can consult, the services that you can enjoy and the activities that you can partake in.”

If you are not able to visit the physical library in Lisbon, please do visit the Hemeroteca Digital, here:

<https://hemerotecadigital.cm-lisboa.pt/>

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A magical quest

.....KATE SREENARONG.....

"THE ENTELODONT'S SKULL" IS A STORY ABOUT A BOY AND HIS FATHERS AS THEY RIDE A FLYING CAMPERVAN TO SALEMA, UNCOVERING THE SKULL OF AN ANCIENT BOAR AND TRYING TO BRING IT TO ITS RESTING PLACE WITHOUT IT FALLING INTO THE WRONG HANDS.



The book, written by Lisa Selvidge, is the second in the children's fiction series *The Magic Campervan*, which follows the adventures of Merida the Magic Campervan as she takes families on journeys of wonder and discovery. "When my son was 15 months old, I bought a campervan and we travelled around Europe", she told *Central Magazine*. "Merida, the Magic Campervan was born in a traffic jam on the M25 when it would have been quicker on a bike."

Lisa's love for stories began at a very young age. "Like most writers, I began writing by reading. I first read "Five on a Treasure Island" by the now almost forgotten Enid Blyton when I was seven", she recounted. "I still remember that magical moment when I found myself effortlessly

immersed in another world by the act of reading. During the long summer school holidays, I would prefer to sit and read in my bedroom until my father would come in, hands on hips and say 'You can't sit there all day. Put that bloody book down, go out and play!'. But I was an only child and books were my friends, I didn't want to go out and walk the streets on my own."

Travelling the World

Her first book would begin blossoming while she travelled the world in her early adulthood. "It took me a long time to find my way", she continued. "I lived in Switzerland working with racehorses. In Berlin, I worked in an Irish pub and at the British cinema, reading Dostoevsky and Hermann Hess. In 1986, I moved to



Our Heritage

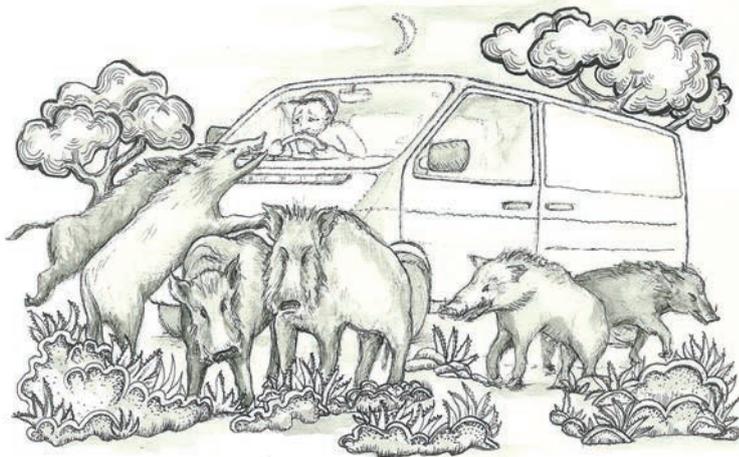
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Japan, taught English essays, worked as a hostess in a bar and read all of Yukio Mishima. I visited Thailand, the Philippines, Indonesia, India, China, and the U.S. I travelled through the USSR on the Trans-Siberia which compounded my love of Russian literature."

"The inspiration for my writing came from all the different worlds I've lived in, and the Magic Realist novels of Salmon Rushdie, Angela Carter, Gabriel Garcia Marquez, Isabelle Allende and, lurking in the background, Mikhail Bulgakov and the dark realism of Dostoevsky and Nickolai Gogol", she added. "My fiction is eclectic, each book reflecting a different part of my life."

When she became a mother, Lisa started writing children's stories from her home in Monchique. "The Entelodont's Skull" out now, opens in London Heathrow where Merida is picked up by Alfie and his two dads. They journey to Portugal in search of dinosaur fossils, where Alfie uncovers an Entelodont's skull on Salema beach", she described the plot of her latest release. "They need to keep the precious fossil from the hands of Humbert Berkham, who believes that this could be the key to a better life. Alfie and his new friend, Lilly, begin a quest to take the Entelodont's skull into the Monchique mountains where the wild boar, the Entelodont's ancestors, are gathering."

An exploration of childhood and parenting

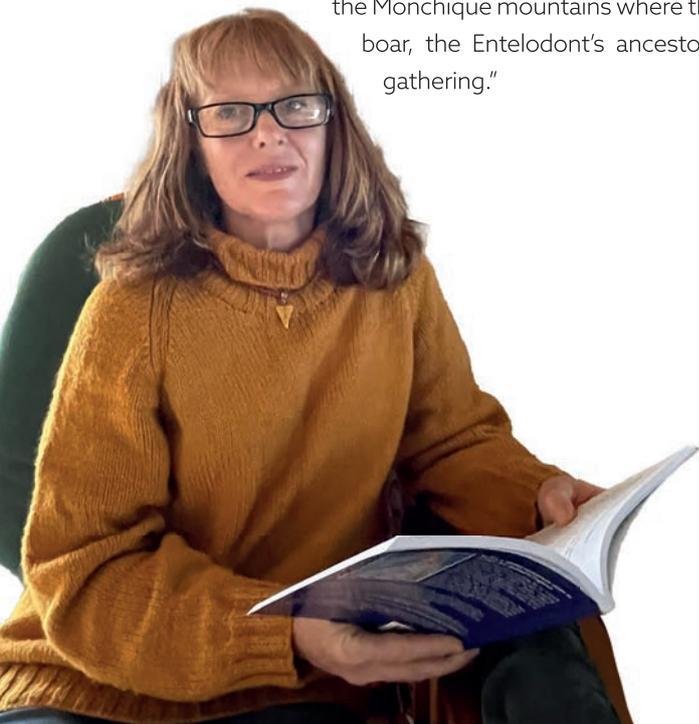
"The Entelodont's Skull" is an exploration of childhood and parenting in the modern era. "For kids today, as well as books, there is Youtube, TikTok, and videogames. Being a parent is hard. This generation is very different, their external influences are much more powerful", Lisa explained. "ADHD and neurodivergence are better understood but, arguably, exacerbated by the exposure to technology. But remembering how reading was once thought of as bad for me, I stand at the door, and try not to say to an only child, 'You can't sit there all day. Put that bloody phone down, go out and play!' I don't want him to walk the streets on his own."

"But that, in part, is what The Magic Campervan is about: the realisation that we pass on the same stuff to our kids as was passed down to us and it is up to us to understand that it is not ours", she elaborated. "Our parents are not to blame because they learned from their parents and so on. I try to do better but often fail, whereas Merida is more successful."

The world around us is changing rapidly, and books that take that into account are essential for showing us how it's changing, and how to adapt. "I also wanted to write children's books that are inclusive, accepting of non-traditional families, different cultures, set in different places and books that are relevant to the 2020s", Lisa concluded. "They are in essence, adventure stories, set in real time and incorporate both magic and the realities of phones and social media influences. For good and for bad, young kids seem surgically attached to their phones. A writer's job is to reflect the world around them."

"The Entelodont's Skull" can be found alongside all her other books on Lisa's website www.lisaselvidge.net, as well as select bookstores and "Enchanted". She also teaches an online course for Oxford University called "Writing Lives", and hosts a monthly writing workshop in Monchique.

Illustrations by Paula Watt





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BRUNO G. SANTOS

FESTIVAL F IS SET TO RETURN TO VILA ADENTRO, IN FARO FROM 4 TO 7 SEPTEMBER, PROMISING TO BRING SURPRISES, INCLUDING AN EXTRA DAY FOR FUN AND GREAT MUSIC.



The next edition, for the first time in 10 years, will have an extra day, which coincides with the city's day, on 7th September. The festival aims to promote fun and gatherings between family and friends, in the heart of the Algarve region.

Vila Adentro is a historical place located in Faro, next to the margins of Ria Formosa. It is known for its walls and its proximity to the ports that link the city to the different islands. The location was more important during the Roman Empire because all the activities linked with fishing and salt extraction could be done in Ria Formosa, right when Vila Adentro was built.

The three neighbourhoods

Vila Adentro is the part surrounded by the walls from the Moorish period. There, people can find three medieval gates, that will take people to Vila Adentro, all the gates have different names, being known as Arco da Vila; Arco do Repouso and Arco da Porta Nova.

There is also Mouraria, where in 1269, during the Christian Reconquest, the Moors were allowed to stay, nowadays, it is a busy shopping area, visited mostly by pedestrians.

The Bairro Ribeirinho is the part located closest to the marina and railway station, which was usually a place for fishermen and navigators to rest, but it is now Faro's most sought-after place for a night out.

Having fun on the walls

Festival F promises to bring to the historic Vila Adentro moments of fun and relaxation for every age group. This year's edition will host nine stages, with a variety of genres being played, to be enjoyed by music lovers of the most diverse musical genres.

There will also be time for other cultural activities, such as street art performances, as well as expositions, markets and even podcast conversations and other creative offerings that will enhance the senses of the visitors.

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Vida Boa Lodge

..... LAIANA FARIAS

VIDA BOA LODGE IS MORE THAN JUST A GUESTHOUSE -IT IS A VIBRANT HUB WHERE COMMUNITY MEETS ADVENTURE.



Located in Praia da Luz, what originally started as an abandoned home is now a beautiful, welcoming adventure lodge. Guests are attracted to the various options offered by the lodge – from relaxing by the pool to surfing retreats, your holidays are sure to be special under the care of Vida Boa Lodge.

The story of Vida Boa Lodge begins with a bit of fortuity. “The property was abandoned when we found it,” recalls Lily Shelton, who is the owner of Vida Boa. “Some friends of ours from England were looking for a place to move in and renovate slowly and my dad, who was doing renovations at the time, came to check it out with them.” Though her friends passed on the property due to its derelict state – no water, no electricity – Lily’s father saw potential. The family decided to invest in the house together.

What followed was a major renovation project. The property underwent a lot of work, including totally re-

plumbing and rewiring. The outside was the biggest job; the land surrounding the house was completely overgrown and they constructed a swimming pool. They reimagined a new purpose for both the interior and exterior space, mindful of future guests and the volume of activity they envisioned. After a gruelling eighteen months of renovations and just as they were preparing to open their doors, the pandemic hit.

Perseverance

Despite a rocky start, Viva Boa persevered. In their early years, the house could only hold 50% occupancy due to the pandemic restrictions, but they soon took in many digital nomads from northern Europe who were coming to spend a few weeks enjoying the warmer Algarve weather. Though it wasn’t part of the original plan, they found a niche market that gave them a good start.

Now, Vida Boa operates as a flexible space, welcoming both solo travellers and curated groups.



A distinctive feature is that Vida Boa can plan the entire trip for their guests if required – guests can let them know what activities and experiences they would like to enjoy during their stay in the Algarve, and Lily and her team will make sure their itinerary is as actioned packed or as chilled as they want. Vida Boa has partnered with many local adventure activity companies and is able to offer guests a vast range of activities and excursions: surfing, mountain biking, skydiving, SUP, boat trips, hiking, golf, horse riding, quad biking, among others. Being a local, Lily has many connections, and will always do her best to ensure the best experience for those walking through her doors.

The lodge also hosts all-inclusive retreats like yoga, padel tennis, fitness and surfing. These retreats include meals, accommodation, and activities – plus a few extras and plenty of free time. “We’ve seen that people come here with a packed schedule, resulting in no free time to explore the beaches or walk around Lagos,” says Lily. “We make sure to build time in the programme for guests to experience the environment.”

Vida Boa caters to all types of travellers. Those seeking a more relaxed getaway trip are welcomed to lounge by their 12-metre pool and enjoy drinks – both alcoholic and non-alcoholic – by the outdoor bar. Vida Boa also has both a guest house and hostel-style atmosphere, with private rooms, shared dorms and a large outdoor table where guests can enjoy a community breakfast and the dinners

sometimes hosted by the lodge. Staff – most of whom live on site – play a key role in fostering the environment. From preparing meals and drinks, to assisting around the lodge and keeping cleanliness to the highest standards. They become friends with the guests, often joining in on on-site activities like volleyball games and SUP yoga or accompanying guests on external activities.

Events

Vida Boa regularly hosts events where they welcome guests from outside the lodge to come and experience the atmosphere. Every last Sunday of the month, they host a Yoga and Brunch morning and ‘outsiders’ can sign up and enjoy the space for the day. During the Euro’s in 2024, everyone got together to watch the games, making it a more exciting experience.

Food at the lodge is another highlight. They serve wood-oven pizzas, barbecues, traditional Portuguese dishes, and Mexican nights, alongside lighter lunches like hummus and vegetarian burgers, which guests can add to their bookings. “We try to keep everything affordable, even our drinks at our bar, which we think encourages guests to stay and helps to create that on-site atmosphere,” says Lily.

With a current capacity of 21 guests across private rooms and shared dorms, the Lodge strikes a balance between intimacy and sociability. Whether you’re seeking an all-inclusive surf retreat, a base for digital nomad life, or simply a peaceful escape in the Algarve sun, Vida Boa Lodge offers a unique blend of comfort, adventure and community.



A Serendipitous Vineyard

..... LAIANA FARIAS

NESTLED IN THE HILLS OF SILVES, QUINTA DOS SENTIDOS (QDS) BEGAN AS A DREAM ESCAPE FROM THE CORPORATE WORLD FOR CHARLOTTE AND BEAT.



Originally from Denmark and Switzerland, they were drawn to Portugal's sunny south as a holiday getaway. When they visited a nine-hectare plot of land, they instantly fell in love with nature and its potential.

"Our lives had a lot of computers and conference calls, and we travelled a lot for work, which was great," Charlotte recalls. "But I think we were ready for something else." In 2005, they bought the land – a ruin surrounded by unkempt wilderness – and decided to build their new home and explore future plans.

The couple have always been winelovers, so after receiving permission to renovate the ruins in 2010, they originally thought to plant just enough vine for

personal consumption. However, their research quickly showed that hobby-level winemaking wouldn't produce the quality they wanted, so they decided to go all in. In 2012, they planted 14,000 young vines across the sun-drenched slopes – ideal for red wines. In those early years, Charlotte and Beat focused on growing healthy, strong vines.

Starting a winery was a big investment, but the couple was determined to produce wines they would love. To ensure the highest standards, they relied on seasoned professionals to care for the winemaking. "We had no training, but over the years you begin to gain experience, both in theory and in practice," says Charlotte. In 2016, they made their first red with the grapes planted in 2012.

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In 2018, this wine, the Sentidos Tato Tinto 2016, hit the market. During early years, they exported to Switzerland whilst building local clientele.

That same year, 2016, they planted white grapes that eventually became their white Tato wine – a complex wine that soon gained recognition. However, inspired by the hot Algarvian summer and customer requests, they were inspired to create lighter wines, resulting in their first roses, lighter red and white wine.

Some of the QDS wines developed from experimentation. Occasionally, a barrel turned out to be so exceptional they would bottle it separately, creating micro-lots of around 500 bottles. Their Sentidos Essência red wine is a prime example of this serendipity: a patch of their land receives more sun than the others, causing the grapes to ripen faster, thus resulting in a deliciously unique and naturally sweet late harvest that has become a favourite.

Each wine is adorned with QDS distinctive label: the vertical “Sentidos” name together with the wine’s name and year, alongside a beautiful photo that represents the wine’s essence.

Charlotte and Beat equipped their winery with tanks, storage, barrels, and temperature controlled rooms powered by solar panels. Everything – from vine care to bottling – is done in-house, ensuring the highest standards. “It’s all about taking responsibility for what’s produced here. You can best do that if you do it yourself,” says Charlotte.

Dedication

Quinta dos Sentidos isn’t just about their unique wines. Their incredible land came with roughly 200 phenomenal, old olive trees. The couple decided to learn the process of producing olive oil, quickly realising that, unlike winemaking, it is rather straightforward: harvest, mill, malax, extract, and let it settle before bottling. “Nowadays it’s much simpler than in the old days,” explains Charlotte. “It’s a very different process to winemaking, but just as lovely.”

Similarly to many aspects of QDS, the tours around the vineyards developed entirely by chance. “We hadn’t envisioned it at all. We should probably have thought about it,” laughs Charlotte. She explains that a customer called to visit, and then everything developed organically. They never advertised, yet wonderful reviews and personal recommendations soon brought many guests from around the world. Charlotte adds that within their staff, they are able to give tours in seven different languages, and their weeks are now often booked up with visitors coming for tours. Now, they offer a range of QDS experiences: tours either through the vineyards or the winery, or a half-day VIP experience, all of which include tastings of their products. Additionally, a picnic by the lake or by the vineyards, and a tasting without a tour, can also be booked.

Charlotte emphasises the importance of their staff, stating that they were blessed to have such fantastic people working with them. From experienced winemakers and skilled agriculture workers, they credit much of QDS’s success to the professionals that became an integral part of the Quinta’s story.

At Quinta dos Sentidos, what began as a retirement dream has blossomed into a thriving vineyard and olive oil estate. Given their small factory, their wines are exclusive and crafted with care. Visitors are welcomed to a beautiful experience on the property, where the love and dedication the couple pour into their work is evident in every glass.

To visit the stunning Quinta dos Sentidos, make sure to contact them to schedule a time: <https://qds.pt/>



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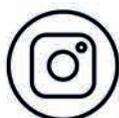
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Uprising's bold new venture in Nazaré

..... LAIANA FARIAS

AFTER THE SUCCESSFUL LAUNCH OF THEIR SKI SCHOOL IN LES 3 VALLÉES, UPRISING HAS MOVED TO PORTUGAL WITH THEIR NEW PROJECT: SURF LAB NAZARÉ.



Based in Nazaré, Portugal, a new surf school is making its mark. Uprising isn't just a surf school; it is a high-performance training ground founded by professional athletes from diverse disciplines, including wingsuiting, ski racing, and motorsports. Blending elite-level preparation with a deep respect for nature, Uprising trains surfers who wish to improve their surfing skills. With a strong focus on pushing physical and mental means, fostering community and offering exclusive, adventure-driven experiences, Uprising brings a fresh and fearless energy to the surf scene.

Unique location

Nazaré is well known for its record breaking high waves, and the location offers exceptional wave varieties and natural elements. It also offers access to different conditions, ranging from beginner-friendly waves to high performance surf. With some of the biggest surfable waves occurring there, Nazaré became a unique and special location. As a result, it makes for the perfect attraction for surfers wanting to improve their skills. Nevertheless, with great challenges comes great responsibility for safe surfing.

"Nazaré is a big attraction for a lot of people who surf,"



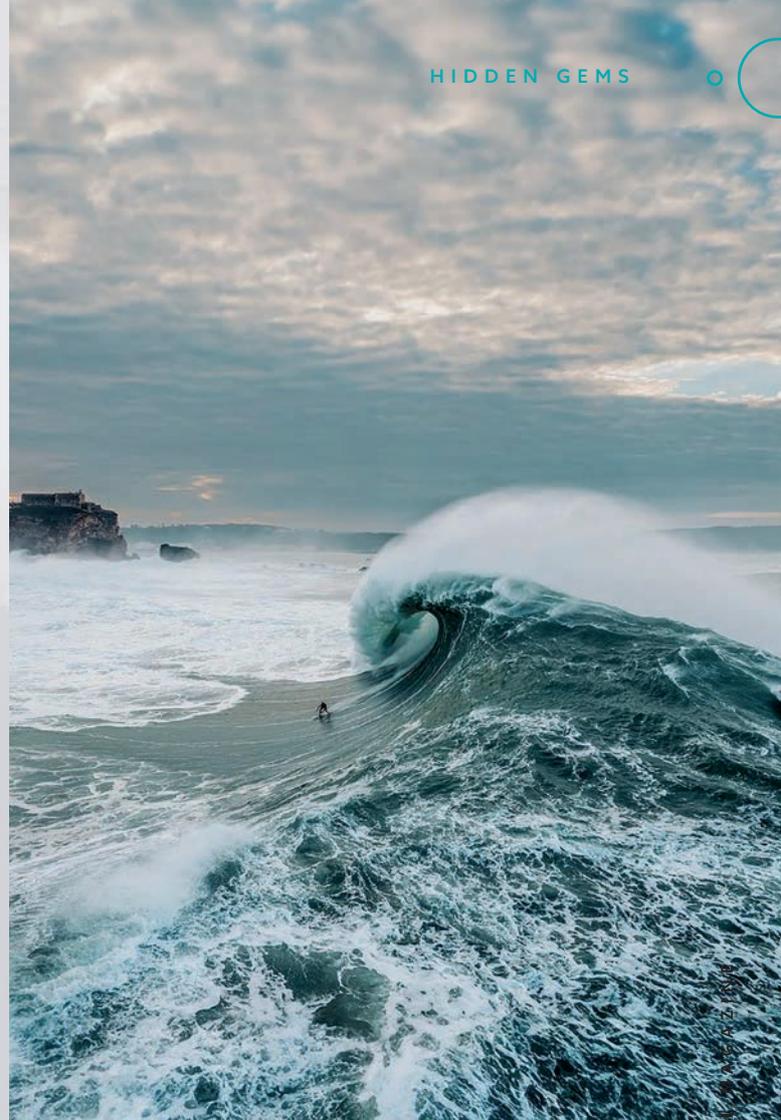
says Martin Schricke, one of Uprising's founders. "But even if you are a big wave surfer, you need to organise yourself with the right equipment and facilities. That's what we do – we set up a team with a few surfers and put together our own safety set and facilities."

The founders of Uprising are all elite athletes in extreme sports, with their background experiences including skiing and surfing. After spending over five years living and training in Nazaré, they became intimately familiar with its powerful waves and unique environment. This connection with the location led to the opening of the Surf Lab Nazaré. Their diverse sporting backgrounds have instilled in them the discipline and mental capacity needed to prepare fellow surfers for the ocean's challenges. Equally important, they possess the ability to think clearly, anticipate changing conditions, and respond promptly to any situation that arises in the water.

Uprising has developed their own facilities with the proper equipment to support surfers. The team prioritises safety, ensuring all instructors are certified and all their equipment is high-quality and ready on-site. As Nazaré has special authorisation for tools such as jet skis, it allows the team to have access to big waves. All this combined guarantees that surfers can enjoy the sport as safely as possible, with the team ready and nearby to assist them. Moreover, it also allows for a teaching experience – each group rotates between surfing and driving the jet ski, taking care of each other's safety. "Driving the jet ski is just as fun as surfing," says Martin. "You're anticipating, you're looking, you try to bring your guy to the right spot. It's quite a lot of excitement."

Refining

Currently, Uprising is focused on refining their work – delivering high-quality, performance-driven surf training. Their ultimate goal is to help each team member and participant reach their personal peak. Their ski school



remains mobile and active year-round, with operations in the French Alps and seasonal trips across the world. The Nazaré Surf Lab is set to follow a similar path of building strong global connections and training in world-class surf destinations such as Australia, Hawaii, and Tahiti. Their Nazaré location has already attracted top professional surfers, including Francisco Porcella, Tikanui Smith, Ned Hart, Zac Haynes, Pierre Caley and William Aliotti, making it a dynamic hub for elite performance and shared passion.

Uprising is all about providing a unique and exclusive experience. With their extensive experience, the team can truly understand the issues of professional athletes and, consequently, help them grow. Instead of providing just traditional classes, they give you a taste of what could be your next challenge. With a philosophy not centered entirely on performance, they teach about understanding nature and raising self awareness when in the ocean. Blending surf, mindset and respect for the environment, they provide a truly immersive experience.

Although Nazaré Surf Lab is currently dedicated exclusively to professional surfers, they plan to expand to include beginner training at a later stage. Meanwhile, their Les 3 Vallées ski school welcomes learners from all levels.

Bringing luxury to the campsite

KATE SREENARONG

THE ORLA ECO-GLAMPING SITE ON TAVIRA ISLAND HAS OPENED AFTER NINE MONTHS OF DEVELOPMENT, BRINGING A BRAND-NEW CONCEPT CENTRED AROUND OFFERING A LUXURY EXPERIENCE TO PEOPLE FROM EVERY AGE RANGE AND INCOME.



When the previous Tavira campsite closed last year, critics had raised concerns over its deteriorating conditions bought on by mismanagement. “The campsite was completely destroyed, waiting for renovation”, Martim Leal, the new owner behind its rehabilitation, told *Central Magazine*. “They ran a public contest for this, so my son, who was a big client of the camping site before, came to us and told us that the city wanted to do this. We wanted to try and go to the contest, and we did it. We won the contest a year and a half ago, and then started the renovation.”

Between Ria Formosa and the sea

Martim and his wife run a family business focused on real estate promotion, building and selling properties wherever they go. “We have been to Brazil, Portugal, and the south of Spain”, he shared. “We’ve been doing real estate wherever we feel it’s the right place to do it.”

One of their highlight projects is a chain of hostels and restaurants, with a total of 700 beds, which they sold last February. “Ten years ago, I was with one of my restaurant’s chefs trying to buy seafood in Tavira. I fell in love with the place, and I came back home and told my wife, we have to go and try to buy something in Tavira”,



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Martim recounted the story of how he discovered the city he's now invested in.

The most immediate challenge in renovating the campsite at Tavira is that it's, well, on an island. "We've brought 500 tonnes of material on boats to the island", Martim commented. "It was crazy, and quite the intervention."

"Our plan was to not lose the authenticity of the old camping site, but try to give it some new touches", he went on to explain the philosophy behind the design. "We started to think about glamping on the island, 100 metres from the water. We then bought tents from Glamping Revolution as the Pre-Assembled options and for the Glamping area from Yala, where the tents have 1 or 2 bedrooms, with a kitchen and bathroom."

The new Tavira Camping includes 26 glamping accommodations, featuring private bathrooms and

kitchens, then another 44 safari tent accommodations, with access to public bathrooms located around the campsite. "Then you have a section of the campsite that we wanted to leave as it was before", Martim added. "We have quite a large part of the camping site that is free camping, so you bring your own tent. You can have lunch with us, you can go to our supermarket."

The supermarket is operated by Come and Gaveta, which he describes as "the best restaurant in Tavira". The two have built a partnership in order to bring their food to the campsite: "I'm a big friend of the owner, and I invited him to come to the island and bring his project to near the beach and the water and everything".

An authentic place

The ORLA Tavira Island Eco-glamping also hosts kitesurfing and surfing schools, but it doesn't end there. "We are trying to bring new ideas, new people, and new guests here", he summarised.

Despite the commitment Martim has put into renovating Tavira camping, he can't say he's always been a fan of the activity itself. "I've been doing kitesurfing for 25 years and I have a lot of friends that camp, but I've never enjoyed camping with my own tent, even when I was younger." This all changed though with the glamping revolution. "My son tried to explain to me this new movement, this new trend of having a luxury tent where you can have a bath and cook", he continued. "I didn't understand this quite well before, now I do. Everything was new to me, I'm used to hotels."

Martim also spoke about the effect that these renovations have had on the community in Tavira, and how his partnership with the local Come and Gaveta restaurant has helped bring the project to life. "We bring a little bit of modernity that I think was missing on the islands", he stated. "It's good authenticity of course, and we are an authentic project. The island of Tavira is already interesting and stands on its own, exactly because it's authentic, but this authenticity needs a twist, to try and change something."

The campsite features unique attractions such as an ice cream house, an outside cinema, and music playing 3 to 4 nights a week. "In the Algarve, you're used to new hotels, but not this kind of project that's linked to nature", he concluded. "It's very different, and I think it's important as well."

Whether you're interested in experiencing the beauty of the peaceful days at the rhythm of nature, in an incredible place, or just visiting Tavira Island, please make sure to check out <https://orla-tavira.com/>



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Take the stairs

BRUNO G. SANTOS

THE ALGARVE IS KNOWN FOR ITS AMAZING BEACHES, BUT IN LAGOA MUNICIPALITY THERE ARE SOME HIDDEN TREASURES, READY TO BE FOUND BY PEOPLE WHO ARE NOT AFRAID TO GO UP AND DOWN SOME STAIRS.



PRAIA DA COVA REDONDA

Well-known for its great caves and magnificent beaches, the Lagoa municipality has many more beaches to explore. Going to Senhora da Rocha, Ferragudo, or even Carvoeiro, will lead visitors to some of the most unique places ever found.

If visitors go downstairs, some of the most beautiful and less busy beaches may be found, in the municipality, known for its Blue Flag beaches, with breath-taking landscapes.

Praia da Cova Redonda

While access is easy, with good road conditions, to Senhora da Rocha, things may get a little bit more complicated when arriving by car, due to the parking space.

The beach is located next to a residential and tourist area, making the surroundings usually busy, namely the parking lot. The advice is to arrive early to the beach and save a spot for the car in the morning, or at the end of the day.

Nevertheless, the busy parking lot diverges from what is happening at the beach. Probably the number of stairs

keeps some people away from this marvellous hidden gem in Lagoa municipality. Surrounded by a C-shaped rock, the beach is short, but usually has a lot of space to set down a towel and an umbrella, almost everywhere.

Praia dos Tremoços

Besides its proximity to Armação de Pêra, Praia dos Tremoços is still located in Lagoa municipality.

This isolated beach is well known for being really close to the Vila Vita Parc, in Alporchinhos, being sometimes called by the locals the "Vila Vita Beach". While it seems an exclusive and private beach, in Portugal all the beaches are public, this way people can enjoy a more intimate beach day in Praia dos Tremoços. To arrive at the beach, it is recommended to park next to the hotel.

During the summer, this small beach has a bar for people to enjoy a drink while catching some sun on a towel or a sun lounger available, after booking the spot.

Above the cliffs, there are a lot of pine trees, combining flora with sea, promoting an environment full of fresh air, in a place that is perfect for children and for sports lovers.



Praia dos Caneiros

In Ferragudo there is the famous Praia dos Caneiros, known not only for the night events that happen there, but also for its fabulous environment that draws locals and visitors for a beach day.

With a huge rock, located in the sea, almost central to the shore, Praia dos Caneiros is the perfect place to enjoy a golden sand beach day with crystal clear waters.

The accesses are good and there are two different parking lots available, and not many stairs to climb when arriving or leaving the beach.

Praia do Molhe

Probably the most unpredictable of all the beaches mentioned. Praia do Molhe is a very small beach, located, in Ferragudo. The unpredictability is caused by the tides, as during the high tides, the beach may disappear, making it impossible to even put a towel on the sand. And it can happen regardless of the season.

Besides being a little bit temperamental, this beach is bathed by two different waters, as it is one of the localities where the Rio Arade finds the ocean. In the river water part, there is sand, where parents take their children, as the water is calmer when compared to the ocean.

Access is good, and there is parking at the beach, where a restaurant can also be found.

Praia do Paraíso

Moving on to Carvoeiro, Praia do Paraíso would probably be picked as the local's favourite beach. There are several stairs to go down, to see this beautiful rocky beach. While not having a wide shore to lay down a towel, there is the possibility of being seated on a big plain rock.

However, similarly to what happens in Praia do Molhe the high tides may make the sand disappear from the beach. Besides that, time spent on the beach may be very wholesome and quiet, with the cliffs protecting beachgoers from the wind.

The parking lote available also has a restaurant with a view over the beach, that amazes visitors and locals.

Praia de Vale Currais

One of the biggest secrets in the municipality, but probably because it is not easily accessible by most people. While having no sand, only rocks, this beach can only be accessed after going down a wooden ladder, strategically placed on the verge of a cliff.

While not completely safe for sunbathing, or even taking a swim by the sea, this place can also be appreciated during a walk on the Sete Vales Suspenso trail.



PRAIA DOS CANEIROS



PRAIA DO MOLHE



PRAIA DO PARAÍSO

Navigate the islands of the Algarve

.....BRUNO G. SANTOS.....

THE ALGARVE IS WELL KNOWN FOR ITS BEACHES, BUT WHAT ABOUT ITS ISLANDS?



Located in the municipalities of Olhão, Faro, and Tavira, the Algarve islands are the perfect place for families or friends who want to enjoy some time away from the city centres.

Perfect for a day or even a week or two, the islands have the right accommodation for people to spend quality time on an island with all the facilities needed.

As you might expect, to arrive on the island, a boat trip is required. There is a port in each municipality that takes people to the islands. The trip's time may vary, depending on the port chosen, which can be from 10 to 45 minutes, considering also the island that people want to visit.

Ilha da Armona

Located in the municipality of Olhão, Ilha da Armona is probably the most famous island in the Algarve. Known for its accommodation, visitors will have access not only to a marvellous beach but also to restaurants and even supermarkets. People can depart from Olhão Port, with tickets that may vary in price, depending on the season.

Nine kilometres wide, on Ilha da Armona it is possible to explore the dunes and salt marshes. Birdwatching can also be done on the islands, with some amazing and unique species well worth photographing.



Ilha Deserta

In Faro municipality, is Ilha Deserta, and as the name implies it is a desert. With barely any people around, but with a restaurant nearby, visitors may enjoy some time on the island, away from the crowded Algarve beaches, during the summer.

On this island, it is possible to walk along the shore or swim in the clear waters, located in Ria Formosa Natural Park. Hopping on the boat in Faro will be the best option, due to the proximity of the city to the island.

The restaurant offers a great gastronomic experience, making it possible to have seafood, as typically cooked in the region.



Ilha da Culatra and Ilha do Farol

Both islands are located in the same place. Although called islands, they could be called beaches, since they are located on the same piece of land. For both islands, the trip can be done from Faro or Olhão, with prices varying according to the season, and port of departure. The fishing culture is very important to these islands, and it still can be seen when visiting them.

Ilha da Culatra, a proper fishing village, has colourful houses on narrow streets. A café or a restaurant can be found in the most unexpected places. With a quiet beach that offers tranquillity, Ilha da Culatra is the perfect place for relaxing at the weekend, after a long working week.

Ilha do Farol is well known for its lighthouse, the postcard of the island. With bars and beautiful houses surrounding the lighthouse, the island is charming and cannot be compared to any of the other mentioned islands. With bars nestled on the beach, spending some time on Ilha do Farol will definitely be an unforgettable experience.



Ilha de Tavira

After a ferry ride, departing from Tavira's port, not far from the train station, people will be amazed with this island.

Besides having several houses, available for rent, Ilha de Tavira has a well-known camping park, for those who would rather spend their holidays in a tent. At the beach, many activities can be done by families. Water sports, such as kayaking or paddleboarding can be done on Ilha de Tavira.

The dunes are also worth exploring and can be crossed through wooden walkways, which facilitate access to the beach, especially when carrying food, drinks and other objects that people usually take to the beach.

The islands are also home to many species and are located in naturally preserved spaces. It is important to keep the place as clean as possible so that fauna and flora can still share their habitat with respectful human beings.



Catch some waves in Aljezur

..... BRUNO G. SANTOS

KNOWN FOR BEING A HAVEN FOR SURFERS, THE COSTA VICENTINA IS MORE THAN JUST A PLACE TO TAKE A SURF BOARD AND CATCH SOME WAVES WHILE LOOKING OVER MAGNIFICENT LANDSCAPES.



Costa Vicentina is the coast line that runs from Burgau, in Vila do Bispo, until São Torpes, in Sines, located in Setúbal district. However, some of the most famous beaches are located in Aljezur, in the Algarve.

With an average water temperature of 18°C, the Aljezur beaches are perfect for cool and refreshing dips during the summer, or just the perfect place in the colder seasons to enjoy the beauty of the Costa Vicentina.

Praia da Amoreira

Located in the Southwest Alentejo and Costa Vicentina Natural Park (PNSACV), besides being the perfect place for surfing and bodyboarding, Praia das Amoreiras is connected to a little river. With 580 metres length, the beach is surrounded by dunes and dark-coloured cliffs.

With the possibility for bathing in both fresh or sea water, this Blue Flag beach is perfect for families, or groups of friends that want to spend a great time together. On this beach, sometimes a lagoon forms. On this part of the beach, the water may be warmer and calmer.

Accessible by car, with a wide parking area, people can go to the beach just to enjoy a drink or a meal in the restaurant that is located at the beach.

Praia do Amado

Located in Carrapateira, in Aljezur municipality, it has received various competitions for surf and bodyboard beginners. The beach is also great for children, as the waves there are usually smaller than the rest of Costa Vicentina's beaches.



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Although very busy in the summer, Praia do Amado has some support infrastructures such as a parking lot, bar and restaurant, on a beach that is watched by lifeguards, making the experience much more relaxed.

Those who want to learn how to surf, have the chance to have their first lesson in Praia do Amado, as it is a favourite of the surf coaches.

Climbing some stairs will allow beachgoers to have a panoramic view of the beach, or even start a 10 kilometres walk through Trilho do Pontal da Carrapateira, which takes three hours to be completed.

Praia da Arrifana

The 500 metre long beach is the postcard picture of the Aljezur's beaches, having a great balance between humanity and nature, with homes around the cliffs, almost reaching the beach.

The view can be better appreciated when seen from the Fort of Arrifana. Built in 1635, the fort was restored in 2007, and it is now possible to enjoy the greatest views in Arrifana.

This Blue Flag beach, is watched by lifeguards and has a parking lote, a restaurant and a bar, perfect for those enjoying the majestic cliffs that drop down into the sea.

Praia de Vale das Figueiras

It is the most difficult beaches to access, nevertheless there are lifeguards at the beach, in a place that is also included in the PNSACV.

Besides having no bar or restaurant facilities, there is a parking lote when arriving at this one-kilometre beach, that is more suited for surfing that for bathing, due to the strong sea currents. In the right side of the beach, the practice of nudism is frequent, as the rocks provide some privacy, being only accessible during the low tide.

This beach is also great for walks, whether on the sand or, along a trail by the cliffs, that allows walkers to have a panoramic view over the beach.

Praia do Vale dos Homens

Located in the PNSACV this beach is 500 metres long, and during high tide, the beach becomes narrow, possibly disappearing during the autumn and winter time.

The waves and currents can be intense, so it is advisable to proceed with caution while bathing, although there is the presence of lifeguards. Nevertheless, during low tide, when everything may be calmer, it is possible to bath in natural pools, as well as having fun finding starfish, crabs and clams.

Despite not being the favourite place for surfers to catch some waves, there are rocks that provide privacy



for nudists, who are usually at the northern part of the beach.

With a parking area and enough space for taking an umbrella, Praia do Vale dos Homens does not have a restaurant or a bar.

Exploring Costa Vicentina is a marvellous experience. With several accommodation options available in Aljezur, it is possible to explore several beaches in the municipality.

People must also make sure to protect nature and try to keep it in its natural state, making sure that the next people at the beach will enjoy it the same way as others who went before.



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A Happy Tiger Roars in Vilamoura

A FRESH TAKE ON FAMILY FUN IN THE ALGARVE



Tucked away in the vibrant town of Vilamoura—just a short stroll from the glistening marina—a different kind of adventure awaits. One that swaps sand for colour and sun for imagination. Tigre Feliz (that’s “Happy Tiger” for the curious) is fast becoming one of the Algarve’s best-kept secrets for families seeking more than just another day at the beach.

Let’s be honest—travelling with children is a wonderful, chaotic, and occasionally exhausting experience. Even in paradise, parents need a Plan B. After the third ice cream, when the sunscreen starts to sting and the magic of sandcastles begins to fade, what then? That’s exactly when families are comforted to discover Tigre Feliz—and breathe a collective sigh of relief.

Step inside and you’re instantly transported into a child’s dreamscape. Bursting with energy, colour, and creativity, Tigre Feliz proudly holds the title of the largest indoor play centre in the Algarve. It offers three spectacular air-conditioned zones designed to entertain, engage, and inspire children aged 1 to 10. There’s a miniature roleplay town where kids can become chefs, vets, or police officers; a towering multi-level soft play jungle for climbing, sliding, and exploring; and a cutting-edge interactive zone downstairs, home to the only facility of its kind in western Europe—a dazzling world of motion-based, ‘eye-friendly’ digital games that keep kids moving and engaged.

And when the Algarve sun becomes too much? Tigre Feliz is also the only fully air-conditioned play space in the Algarve—a true oasis for parents and children alike. Spotlessly clean and designed for both fun and comfort, the centre offers fast WiFi, barista-quality coffee, and a snack selection that goes far beyond the basics. It’s a place where adults can truly unwind—guilt-free—while little ones play safely.

But this isn’t just a business—it’s a passion project. Created by a local expat family who believe deeply in the magic of safe, enriching play, Tigre Feliz was built to offer something truly extraordinary for the community. It’s the kind of place which encourages lifelong memories and uncomfortable hot days turn into unexpected highlights.

For visitors, it’s the perfect break you didn’t know you needed—and a lifeline for families with young children, offering blissful relief from the blazing summer heat.

The Algarve is renowned for its beaches and natural beauty, but it’s the hidden gems like Tigre Feliz that turn a great holiday into an unforgettable one. Whether you’re here for a week or just passing through Vilamoura, follow the tiger stripes. You’ll leave with lighter hearts, quieter kids, and a new must-do on your Algarve list.

Tigre Feliz is located in Vilamoura, Algarve, and offers turn-up-and-play service (no booking required!) for children aged 1–10. With free local parking, open six days a week (closed Wednesdays).



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Vilamoura



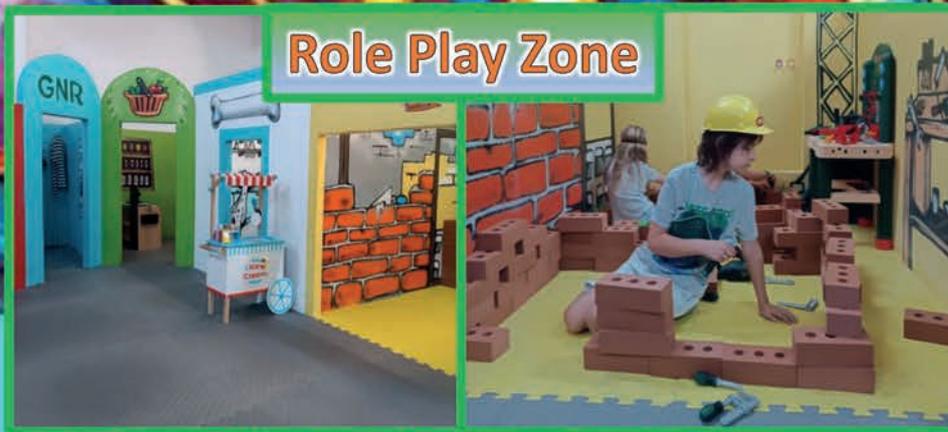
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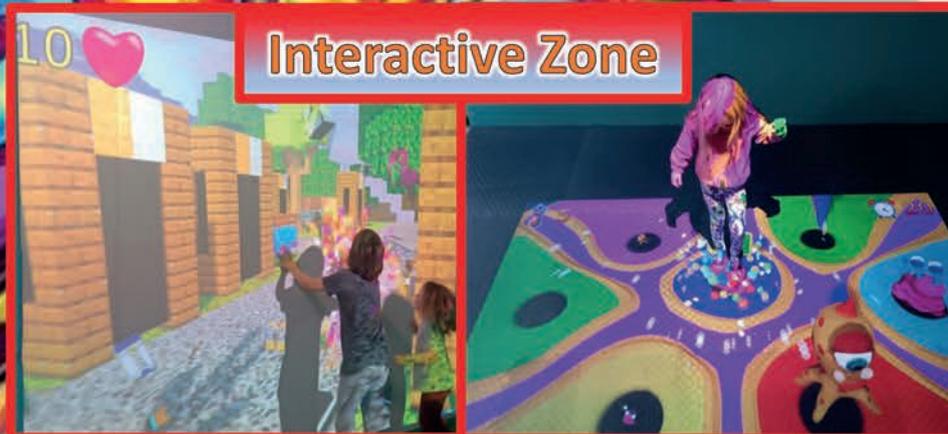
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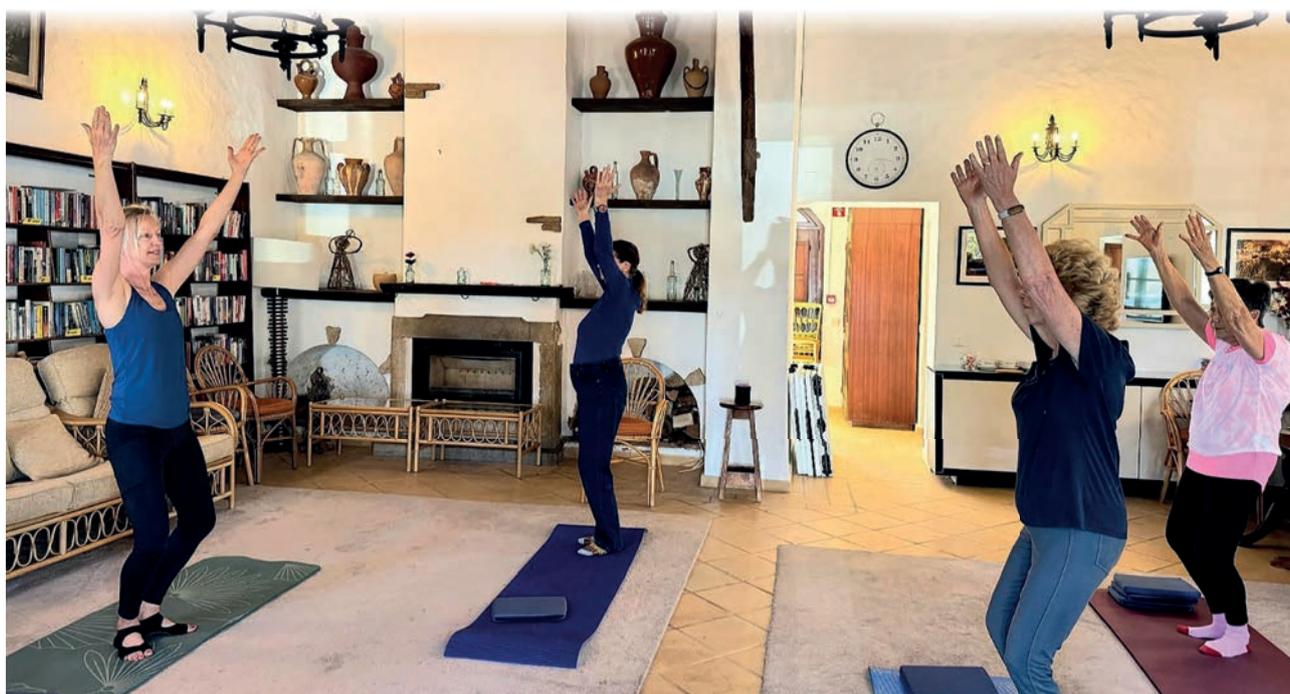


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Wellbeing through gentle movements

..... LAIANA FARIAS

RACHEL SMITH IS A BODY CONTROL PILATES INSTRUCTOR ORIGINALLY FROM THE UK BUT CURRENTLY BASED IN THE ALGARVE.



Over the best part of a year, she has been working with older adults at a retirement home in São Brás de Alportel, assisting the residents with improving their daily movements and wellbeing.

After years of teaching computer science, Rachel decided to lean into her passion for health and fitness and began her training with Body Control Pilates, a prestigious training organisation in the United Kingdom, with an intensive two-year certification programme. It involves studies in anatomy, physiology, and teaching methodology—so much that in the UK, general practitioners (GPs) can only refer patients to Body Control Pilates-certified instructors. The training focuses greatly on breathing, strengthening the core, and alignment through precise, controlled movements, helping clients relearn how to move correctly, which is a particularly vital skill as people age and develop poor habits or mobility issues.

After completing her training, Rachel decided to relocate to the Algarve, drawn by its warm climate and tranquil pace. However, turning her training into a career in Portugal presented its own challenges. Particularly, the Pilates industry in the country seems to be largely unregulated – although there are many Pilates classes and instructors, only a handful are trained to the body control standard.

Finding a suitable venue for her classes proved challenging. Reflecting on past experiences, Rachel recalled how much she had enjoyed teaching computer skills and spending time with seniors in retirement homes. This led her to seek out a similar setting, eventually guiding her to the local retirement village in São Brás de Alportel. She proposed offering Chair Yoga and Pilates classes specifically designed for individuals with limited mobility—and was met with warm interest from the facility.

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Weekly classes

Nowadays, Rachel leads weekly classes for residents of the retirement village and nursing home. The sessions are specifically designed for those with limited mobility, whether it be for those who need some extra assistance or others who manage most activities independently. Rachel uses traditional mats for her Pilates classes, but designs her yoga classes to be more adapted for the skills and abilities of the participants – using chairs, body weight exercises, and light stretching to focus more on functional movement, core strength and joint mobility.

“Our bodies start forming bad habits in our 20s and 30s – slouching and poor walking posture, for example,” Rachel explains. “Pilates retrains the body to move as it was designed to. Especially as we age, core strength becomes essential to help prevent falls, maintain balance, and move confidently through everyday tasks.”

Her 40-minute classes centre around developing body awareness through exercises that incorporate the basic principles of Body Control Pilates methods: relaxation, concentration, centering, alignment, breathing, stamina and flowing movements with low repetitions and frequent variations. Rather than exercises that require transitions from floor to standing, Rachel focuses on accessible movements like spine articulations, seated stretches and balance drills for improving core strength. Additionally, incorporating different movements throughout her classes helps to keep joints lubricated and in a healthy state. Her classes help manage osteoporosis, promote relaxation, support joint function and overall mobility.

Due to the visible benefits of the classes, the retirement home’s local physiotherapist now strongly recommends Rachel’s classes to residents. The sessions help with day-to-day functional tasks: moving around the house with ease, sitting down or getting up from a chair without discomfort.

Those who attend Rachel’s classes speak highly of them. Making sure that they are present every week, they have noticed their movements becoming smoother and more fluid since starting Pilates and Chair Yoga. Participants are encouraged to integrate simple exercises into daily routines—like rising onto their toes while waiting for the kettle to boil—which helps maintain the positive effects of the practice and keeps them motivated and engaged.

Nevertheless, the goal isn’t solely physical – it’s also about mindfulness, connecting mind and body for holistic wellbeing. Beyond the physical benefits, Rachel has created a rhythm that encourages a community bond. Participants are encouraged to arrive a bit early for the Chair Yoga class to enjoy a coffee in between classes, and everyone is welcomed to gather, chat, and socialise before class. Many arrive early for this opportunity to mingle.

No pressure

“There is no pressure – no one is looking at anyone else, everyone is focused on their own thing – but they all move together, as a group,” Rachel says. “It makes people feel good, like they are a part of something.”

The results speak for themselves – in just a few months, Rachel has seen her class grow from two participants to a larger group. More importantly, she’s seen real physical improvements in many of her clients. They now move more confidently, with better posture and strength – making it an especially rewarding role for Rachel.

Whether guiding a senior through balance work or helping a younger client realign their posture, Rachel brings the same passion and precision to every session.

In addition to the retirement village, Rachel offers private and small group Pilates classes around central Algarve, working with individuals of all ages.

For more information or to book a class, Rachel can be reached at pilateswrachel@gmail.com



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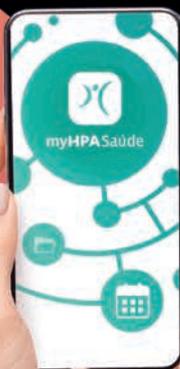
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A Home for Movement

..... LAIANA FARIAS

TUCKED AWAY IN CARVOEIRO IS A PRIVATE RESIDENCE THAT HOSTS SOMETHING SPECIAL - A BUZZING, SWEAT-FILLED SPACE, BUILT NOT JUST WITH EQUIPMENT, BUT WITH HEART, RESILIENCE, AND COMMUNITY.



Marina Vidic, a personal trainer with a strong passion for movement and connection, had always worked as a freelance instructor across gyms in the Algarve, focusing on group lessons. Although she never set out to open a gym of her own, she often dreamed of creating a space where she could offer training in her own way - personalised, purposeful, and fun.

The opportunity came unexpectedly in 2020, when Covid-19 forced all gyms to close and personal trainers were suddenly out of work. Rather than wait it out, Marina saw the disruption as an opportunity to build something new. With time on her hands, and a spark of courage, she turned her father's tool-filled garage into potential.

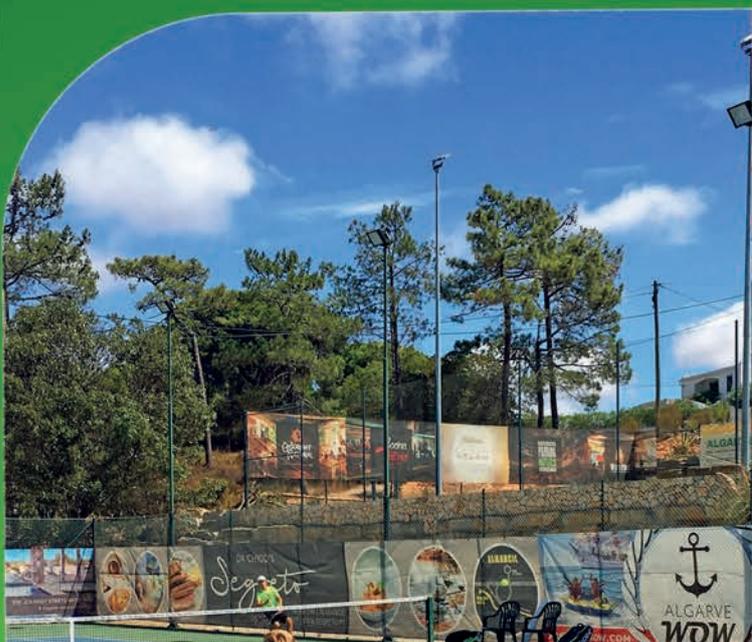
Together with her father, she cleared it out, laid new flooring, and turned it into a modest, but functional, training area. With just half a dozen dumbbells and a sprinkle of determination, Marina began offering private personal training sessions, strictly following health regulations. What started as a temporary solution quickly developed.

"The pandemic gave me the opportunity to do something for myself," Marina reflects.

As word spread, so did interest. Clients loved the personal approach and started bringing friends and family to participate in their training. Soon, private sessions grew into small group workouts. At first, it was just close-knit circles, but once restrictions lifted, the groups expanded and something bigger began to take

Algarve Fitness & Tennis Club

ATF, federated with both the Portuguese Tennis and Padel-Tennis Federation. The club is located on Estrada de Vale do Lobo (Map reference H4).



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shape. To her surprise, Marina's fitness space became a community – one that continues to grow, powered by passion, purpose and people who made it their own.

Today, Marina's space has grown beyond its humble beginnings. What started as private one-on-one sessions expanded into small group classes, and her original half-hour workouts have evolved into dynamic hour-long sessions, with better equipment, that bring together people from across the community. Alongside her fellow instructor, Lúgia, Marina now offers a range of training options, including tailored personal training to group classes in Cross Training, Pilates, Core Strengthening, and Total Fit, which combines elements of BodyPump with localised strength training. A distinctive aspect of Marina's space is the absence of machines; instead, her workouts focus on functional movements, dynamic weightlifting, bodyweight exercises and routines designed to enhance mobility, strength and coordination. Looking ahead, Marina hopes to welcome a third instructor to the team to introduce Zumba – an in-demand class requested by many of her clients.

Genuine dedication

What makes Marina's training so unique and beloved is her genuine dedication to each client. Whether she is working with someone joining a sports course, older adults referred by their doctors, or a beginner looking to improve their health, Marina tailors every session to the individual's needs and abilities – always striking a balance between accessibility and challenge. In her group classes, Marina takes the time to understand both the collective and individual goals and circumstances. Whether it's an injury, personal preference, or specific ability, Marina always has an alternative prepared. Her classes are inclusive, thoughtful, and designed to motivate without overwhelming.

Her client base is as diverse as her approach. While many locals train with her regularly,

tourists visiting the Carvoeiro area are also intrigued by her classes and often join for group sessions during their holidays.

Marina's philosophy is simple: training should feel good. "Too often, training is seen as an obligation," she says. "That's not what it has to be. You have to learn to enjoy it. After a few months of consistency, you can see a huge difference in their attitudes towards it." Marina prepares her training plans so her clients enjoy feeling challenges, always with the ultimate goal of having fun and moving a little. "You have to enjoy it first – then the results follow."

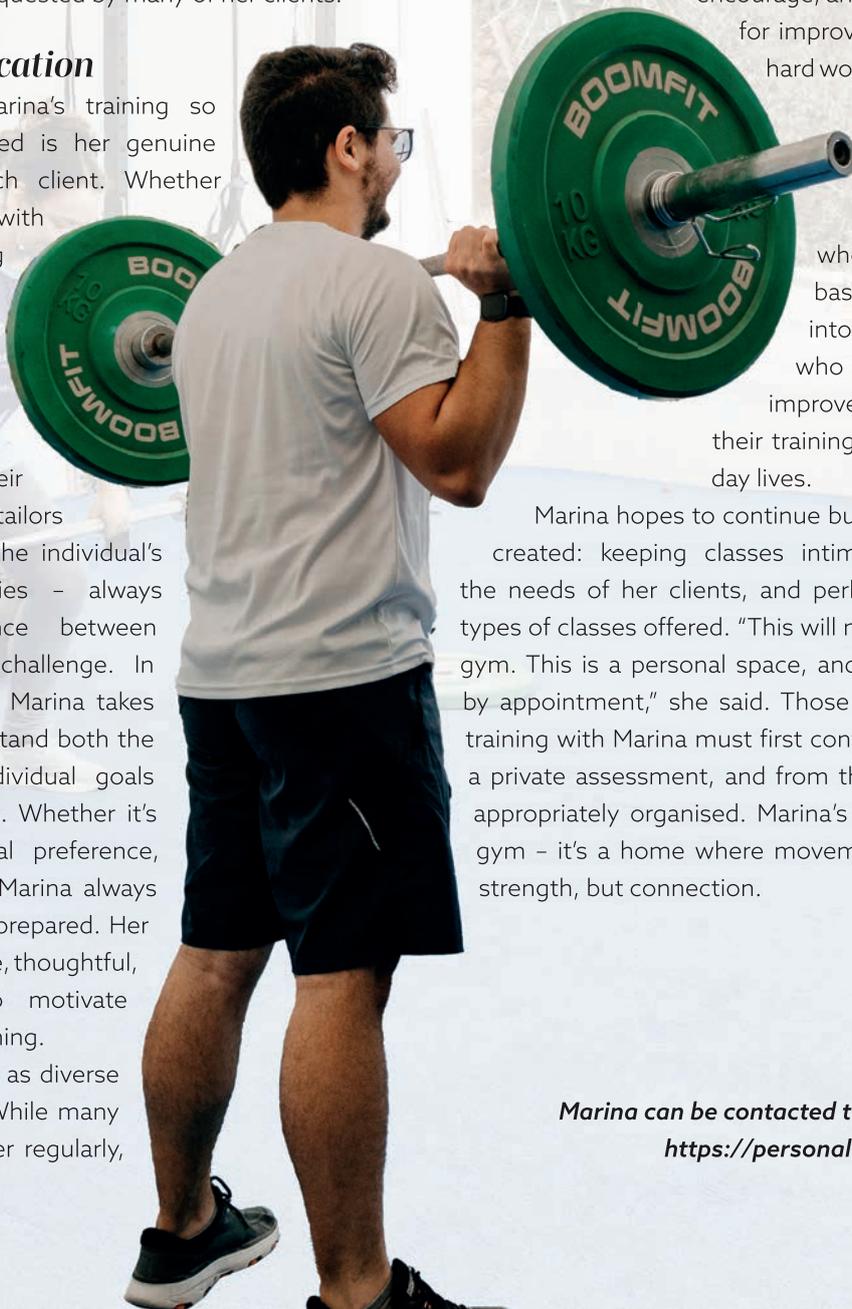
She witnesses incredible transformations: people who couldn't run a minute now completing 5km, or clients who started with gentle Total Fit classes now confidently setting goals for lifting heavier with perfect form. "My favourite part is watching ordinary people, who perhaps never thought to challenge themselves, achieving goals they never thought of having." For Marina, the magic lies in progress. Instructors are there simply to guide,

encourage, and provide the means for improvement, but the real hard work comes from those putting in the effort.

Throughout the years, she has seen total beginners who struggled with basic exercises evolve into strong individuals who have seen great improvements not only on their training, but in their day to day lives.

Marina hopes to continue building on what she's created: keeping classes intimate, evolving with the needs of her clients, and perhaps expanding the types of classes offered. "This will never be a traditional gym. This is a personal space, and people come here by appointment," she said. Those who wish to begin training with Marina must first contact her to schedule a private assessment, and from there training can be appropriately organised. Marina's space isn't a public gym – it's a home where movement builds not only strength, but connection.

**Marina can be contacted through her website:
<https://personaltrainercarvoeiro.pt/>**



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Food that goes beyond flavour

..... LAIANA FARIAS

LOCATED IN DUNAS DOURADAS, LOBOS RESTAURANT ISN'T JUST SERVING FOOD - IT'S CULTIVATING A COMMUNITY.



CENTRAL MAGAZINE • 56



Blending exceptional foods with leisure, it fosters a genuine sense of community with a great culinary experience.

Their food philosophy is simple: source consciously, cook with technique, and allow the results to speak for themselves. Every dish on the menu has been thoughtfully refined through real conversations with the guests. Feedback isn't just welcomed, it is the foundation of how the kitchen operates. The result is a refreshing approach to food - championing flavour and health through intentional choices, their menu is full of

simple, familiar foods cooked exceptionally well.

With such attention to detail comes great passion for their craft. At Lobos, their commitment to good food goes beyond just flavour - they use carefully selected, locally sourced ingredients, prepared with care to perfection. Being part of the growing shift towards more conscious, healthy eating is central to their philosophy, yet they never compromise on taste. Ensuring everything is homemade and using techniques like charcoal grilling offers a healthier cooking method whilst still delivering rich, truly exceptional flavours.



The heart of the kitchen

After speaking with the head chef, Diogo, we gladly accepted his offer to curate our meal, trusting him to bring out a selection of dishes that best represent the heart of the kitchen. We were served with their famous focaccia, which came with a pumpkin jam and herb butter. The focaccia was soft and airy with crisp edges, and although we initially thought pumpkin jam was an interesting complementary dip, it was a perfect match. We were also paired with delicious wines from a local winery to complement our meal.

Whilst talking to Diogo, I casually mentioned I was not particularly fond of fish. As a result, Diogo took this as a challenge to change my mind. Our first appetisers were two different croquettes: one made of short ribs, slow-cooked for 24 hours, and the second crafted from monkfish and stingray, cooked cataplana-style before being deboned and formed into delicate bites. I was pleasantly surprised with the result, as the fish croquettes were savoury and perfectly packed with flavour. The beef version was tender, rich with flavour and with just the right kick of spice. It quickly became my personal favourite.



Next came a refined take on Caesar salad, made with crisp baby gem lettuce, croutons from their house-made focaccia, 36-month aged Italian parmesan and bacon, all brought together by Lobos' signature dressing.

Diogo explained that their choice of ingredients were due to their ability to better hold the dressing, making the balance of textures and flavours spot on. We also had the pleasure of trying their organic chicken wings, roasted over a charcoal fire – a technique Diogo uses whenever possible. The result was wings with just the right char, a rich, smokey flavour, and a perfect pairing of spicy homemade buffalo sauce and a zingy ranch dressing.

After all the phenomenal appetizers – which were the best version of that dish we've had – we were eager for our main courses. Diogo served us with Lobos' signature beef burger and the catch of the day, a chargrilled sea bass fillet.

The fish was served with tender asparagus and a homemade lemon beurre blanc, bringing just the right amount of acidity. Alongside it came their African rice, perfectly fluffy and fragrant, layered with spices, peas, raisins, and bacon. It was a delicious companion to the tender fish.

Memorable

The burger was equally memorable. With a chargrilled beef patty, caramelised onions, pickled cucumber and their homemade tomato relish between two slices of brioche bun, each bite was perfectly balanced. The burger held together beautifully, offering the perfect bite in every bite. It came paired with triple-cooked fries, seasoned with a spiced blend that further enriched the flavours – crisp on the outside and fluffy on the inside, coated in a spiced seasoning which elevated them well beyond the ordinary. This course confirmed what the appetizers had promised: thoughtful, flavour-packed food, executed terrifically.

Lastly, we enjoyed their pistachio-burnt Basque cheesecake for dessert. It didn't disappoint - it had a perfectly soft and creamy inside contrasting with the delicious burnt edges, bringing out the delicious flavour of pistachio. It was beautifully complemented with a vibrant red berry sorbet, lime zest, and delectable shards of caramelised white chocolate. The pairing was exquisite, adding both texture and sweetness. The combination was harmonious, with each element enhancing the next in a truly exquisite finish.

Lobos is where heart meets hospitality—defined by conscious sourcing, bold flavours balanced with health, and a clear respect for quality ingredients and technique. Each course impressed us with its thoughtfulness and execution. What truly sets Lobos apart, beyond the



excellent food, is the personal touch. Diogo and John, the manager, regularly step out to engage with guests, ask for feedback, and bring that insight back into the kitchen. With fair pricing and a warm, welcoming atmosphere, Lobos is more than just a restaurant – it is a strong sense of community paired with culinary excellence.



Lobos is open daily from 12 noon until 11pm, serving lunch and dinner.

For further information or reservations, please call 289 009 852, visit www.lobosclub.pt or email hello@lobosclub.pt



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Brigadeiros & Bolos

LAIANA FARIAS

ALONG THE STREETS OF ARMAÇÃO DE PÊRA LIES BRIGANOURA, A SPECIAL CONFEITARIA OWNED BY LIDIANE AND HER HUSBAND VALTER.



Briganoura has become a haven for those seeking sweets and cakes with a unique, personal touch - delighting locals and visitors alike with its exceptional flavours.

After more than a decade working in hospitality and Portuguese confectioneries, Lidiane decided it was time to start something new. Therefore, she took her hospitality experience, together with her pastry knowledge, and opened her own confeitaria. With the unwavering support and help from her husband and sister in law, Briganoura opened its doors in June 2014.

The name Briganoura captures the origins of Lidiane's journey. When her first daughter turned one, she ordered a cake and sweets from a company, but they fell short of

her expectations. Disappointed but undeterred, Lidiane took matters into her own hands. She began crafting Brazilian brigadeiros - both the classic chocolate and the coconut flavour variations - alongside the beloved Brazilian carrot cake. Her creations quickly became a favourite between friends and family, who encouraged her to continue sharing her treats. Consequently, Briganoura honours Lidiane's early abilities: "brigadeiro" and "bolo de cenoura" (Portuguese for carrot cake).

Even before Briganoura officially opened back in June 2014, Lidiane already had cake orders waiting. During her years working at other companies, she became well known for her talents, becoming the go-to for birthday cakes and sweets for colleagues and friends. This



unintentional reputation for mouth-watering delicacies followed her into her own business, and continues to be the backbone of her success. Nevertheless, she took Briganoura as an opportunity to share her own unique creations, a fusion of Brazilian and Portuguese flavours, developing something unique within her community.

Though she attended a few workshops to refine her techniques, Lidiane's true mastery came from pure dedication and countless hours of practice. During Briganoura's early years, she worked tirelessly –

sometimes up to 26 hours! – to ensure each order was perfect and up to her high standards. Today, Lidiane is known for crafting works of art that are not only stunning but also delicious.

As a self-taught cake designer, she works with fondant and other cake decorations and techniques, transforming each order into a masterpiece. After years of practice, she perfected her techniques and now provides a completely niche service in the Algarve, one-of-a-kind, beautiful, tasty creations.

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What truly sets her apart from similar establishments is her unwavering commitment to quality and care.

Party organisers enjoy working with her as a result of her immaculate attention to detail and care for the final results. When asked to cater for a party, she asks for the colour palette, or to see the colours of the balloons, always gathering more details to make sure her products are perfectly aligned with the decorations. "I would never give my clients a cake I wouldn't be happy with," she says. "Whenever the order is for children, I always make it as if I were making it for my own kids." The impeccable care that she takes when trying to understand the client's wishes – and her ability to bring them to life – is what makes every order so exceptional.

"You have to talk to the customers, you have to talk to the decorator. These little things matter," she explains.

During special seasons, Lidiane's creativity shines through. For Easter, she offers rich chocolate eggs with decadent fillings that can be eaten with a spoon. At Christmas, she crafts traditional Portuguese bolo rei with a special twist – seven different possible fillings – adding her own touch to a classic. Brigadeiro boxes and other personalized sweets make holidays even sweeter for her clients.

With such dedication, and a growing reputation,



Briganora can sell up to 300 brigadeiros a day in store – and that's not even counting individual orders! For big events, she has created over 1,000 brigadeiros in a single order. Her incredible work hasn't gone unrecognised – Briganora earned the Estrela do Atlantico awards last December in the category of "Sabor e Gastronomia", where her clients and communities took the time to vote online to show their support for this special confeitaria.

When asked what her favourite part of the business is, Lidiane finds it impossible to choose. She loves the versatility – the chance to be endlessly creative, always imagining new flavours and designs. Currently, just her brigadeiro menu consists of 30 different flavours, but she's constantly brewing new ideas, driven by the joy of sharing her passion with her clients.

Briganora is more than just a confeitaria. It's an honest reflection of passion and hard work, of creativity and dedication. With each cake, brigadeiro, and festive treat, every bite of Lidiane's work brings joy to one's taste buds, all while maintaining an unwavering standard of quality and care.

@briganora on Instagram
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WHETHER FOR A BIRTHDAY, A MARRIAGE, A PRIVATE EVENT, OR A CORPORATE ONE, THE COCKTAIL TEAM ARE READY TO PROMOTE A GREAT EXPERIENCE TO EVERYONE.



Cocktail Team is celebrating its 20th anniversary, and is part of the new trend of Molecular Mixology, which is very popular at parties and events. For these cocktails, the Cocktail Team mixes science and creativity in the bar, giving people a whole new experience when it comes to tasting cocktails.

The Cocktail Team, is a specialised team, with deep knowledge of chemicals and physics, that create sensorial experiences in each drink they do. To the cocktails, there are applied scientific methods that transform the texture and the drink aspect, creating visual cocktails that only become better when tasted. With ingredients like sodium alginate and calcium, soy lecithin, agar-agar and even liquid nitrogen, tasting the Cocktail Team's drinks is an unforgettable experience.

Different services

The Bar Premium Catering service serves classic and exclusive drinks, however, people are looking for personalised and creative Mocktails and Cocktails.

Consumers are becoming more aware of the new trends and therefore, more demanding and stricter exclusivity in services and products are promoted by the Cocktail Team. It is common for the drinks requests to be changed, not only for matters of taste and curiosity but also for health reasons, such as allergies or intolerance to certain products. This challenge requires the team to think about each drink according to each of the guests at the party.

One of the novelties of the Cocktail Team is the Drink Printer, where unique and personalised messages come



to life. With the Drink Printer, it is possible to add to the drink a drawing, a photograph, a logo or a person's name, creating funny and "Instagramable" moments. The printer allows the addition of various colours to the images, even neon colours can be added and react to UV light, for example.

The Flair Bartender service is also gaining popularity in Portugal. The presence of an expert who combines the bar service with tricks and other types of performances creates unforgettable moments and cheers at every party. The tricks can be performed with bottles, shakers and ever bar tools. Sometimes the bartender can perform choreography while making the tastiest cocktail ever made. This service can also be personalised, depending on the party theme, for example.



Make your cocktail

The Cocktail Team shared some of their most unique cocktail recipes.

Enchanted Forest

Using biodegradable ingredients and a minimalist presentation, this cocktail is in line with current environmental awareness.

Ingredients:

- 40 ml of artisanal gin infused with rosemary and medronho
- 20 ml of agave syrup
- 15 ml of fresh lime juice or citrus water
- 60 ml of premium Mediterranean tonic water
- Fresh mint and rosemary leaves for garnish
- Crystal clear ice

Garnish:

Fresh mint and rosemary leaves

Preparation:

1. Add the gin, agave syrup and lime juice to a shaker.
2. Fill with ice and shake vigorously for 15 seconds.
3. Strain the mixture into a tall glass filled with crystal-clear ice.
4. Top up with tonic water and stir gently.
5. Garnish with sprigs of rosemary and mint leaves.



Tropical Dawn

With vibrant colours and tropical flavours, this fruity cocktail is the perfect solution for the busiest parties

Ingredients:

- 50 ml premium white rum
- 30 ml passion fruit purée
- 15 ml coconut liqueur
- 10 ml lime juice
- Ground pink pepper to taste
- Crushed ice

Garnish:

Lime, lemon verbena leaf and edible flower for decoration (such as orchid or hibiscus)

Preparation:

1. In a shaker, mix the rum, passion fruit purée, coconut liqueur, lime juice and pink pepper.
2. Add ice and shake well for 20 seconds.
3. Strain the mixture into an on-the-rocks glass filled with crushed ice.
4. Garnish with an edible flower for a tropical touch.



Scarlet Velvet

Perfect for lovers, this red-coloured cocktail is elegant and romantic.

Ingredients:

- 50 ml raspberry-infused gin
- 20 ml blackberry liqueur
- 15 ml fresh pomegranate juice
- 10 ml vanilla syrup
- Sparkling wine to top up

Garnish:

Fresh raspberries

Preparation:

1. In a shaker, mix the gin, blackberry liqueur, pomegranate juice and vanilla syrup.
2. Fill the shaker with ice and shake for 15 seconds.
3. Strain the mixture into a chilled champagne glass.
4. Top up with sparkling wine and stir gently

Garden of the Future

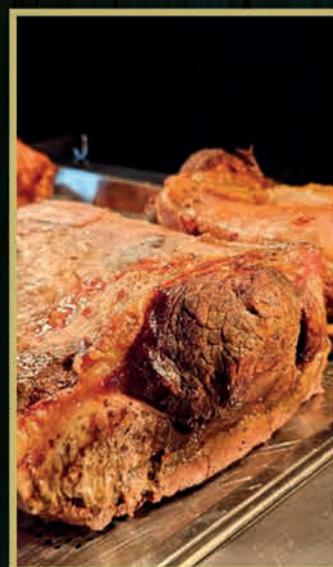
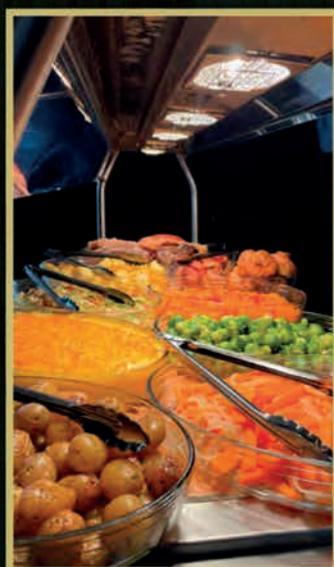
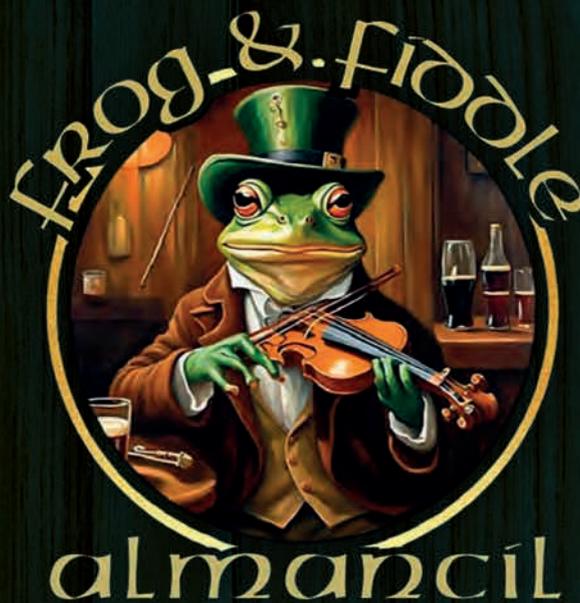
Incorporated with LED lighting and biodegradable ingredients, cultivated locally, this cocktail uses aromatic foam and ice cubes with preserved flowers.

Ingredients:

- 45 ml of craft gin infused with lavender
- 15 ml of violet liqueur
- 20 ml of fresh lemon juice
- 1 egg white (to create foam)
- 2 dashes of orange bitters
- Ice cubes with preserved flowers (such as roses and carnations)
- Lemon foam (optional, made with lemon juice and soy lecithin)

Preparation:

1. In a shaker, add the gin, violet liqueur, lemon juice, egg white and dashes of bitters.
 2. Shake without ice for 10 seconds to create a creamy base.
 3. Add ice to the shaker and shake again for 20 seconds.
 4. Strain the mixture into a lowball glass with ice cubes containing preserved flowers.
- Finish with a layer of lemon foam on top.



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Calling on the community for support

.....KATE SREENARONG.....

LUÍS FRANCO HAS BEEN LIVING WITH A CONDITION THAT FOR THE PAST 58 YEARS OF HIS LIFE HAS SEVERELY RESTRICTED HIS MOBILITY.



Now, he's hoping that support from the community can help him buy a custom car adapted for his disability, so that his commute can be done on four wheels rather than two. "I go to work in a wheelchair every day, travelling 4km to get there, in the rain or heat, and another 4km to get back home", Luís told *Central Magazine*.

"My entire life is spent in my wheelchair, and I can only take it so far until it runs out of battery", he highlighted the issues with his current situation. "I was unemployed for many years, the job centre offered me work in Portimão but it was impossible for me to take public transport, I'd have to rely on a taxi that could fit my chair." He was luckily

able to find work in Lagoa eventually, but the commute is still a significant undertaking.

In light of his struggle, Lagoa council have worked closely with Luís to provide him with the opportunity to change his quality of life for the better through the acquisition of a minivan tailored to his needs. "The wheelchair I have can only fit in a van, it can't just go in any type of car, and unfortunately, vans are expensive", he explained. "I have a document granting me a tax exemption on the purchase, but it must be a van that I can drive independently so that I don't have to rely on others to be able to live my life and support my family."

Despite his disability, Luís retains the ability to drive



relatively normally. "At the core of the problem are my legs, I can still use my feet like a regular person", he clarified. "I've been told off when commuting to work in my wheelchair, as it's not safe to travel on certain roads, but it's the only way I can get by."

Alternative

The municipal government paying for the van in full was out of the question, so an alternative had to be found. "At the time, I didn't know you couldn't take out a loan to buy a vehicle, unless it was a personal loan, and for that type of loan this is a very difficult amount

of money to secure", he recounted. "We came up with a plan to pay for the car with financial backing of various companies, but there were companies that said they'd put money on the table then didn't." This plan did work to an extent, with Luís having received some backing from the likes of Delta, Mimosa, and Ford, but that wasn't able to cover for all the money he needs.

In total, the van costs about €50,000, with about €20,000 still unaccounted for due to some corporate donors having backed out. "The order for the van has been fulfilled by Ford as if the money was already paid, which is already a massive favour on their part. The documentation is dealt with, the van has a license plate attributed, it just needs to be delivered to me", Luís disclosed the present state of affairs. "I'm looking for support to pay the remaining cost, because I don't want my disability to define me. I've invested my own money in this, but with my debt for the wheelchair still not paid, there's only so much I can do."

He therefore asks you all to consider donating to his cause. For some context on how much is needed, the goal would be met and then some if, hypothetically, every follower on *The Portugal News'* Instagram page were to donate around €2. Luís recognises that not everyone wants to or can afford to make a donation, but for those who are willing and able, his MBWAY is +351 912 384 772 with the IBAN PT50 0033 0000 4543 1849 4550 5, but he has also set up a bank account exclusively to be used to fund the minivan with the IBAN ES78 0073 0100 5507 5477 6279.

Luís has been able to secure an exemption on the tax for this massive purchase due to it being a vital tool for his freedom of movement, but the exemption is only valid for another year, and so his fundraising has a time limit. In his own words, "I can't turn back now".





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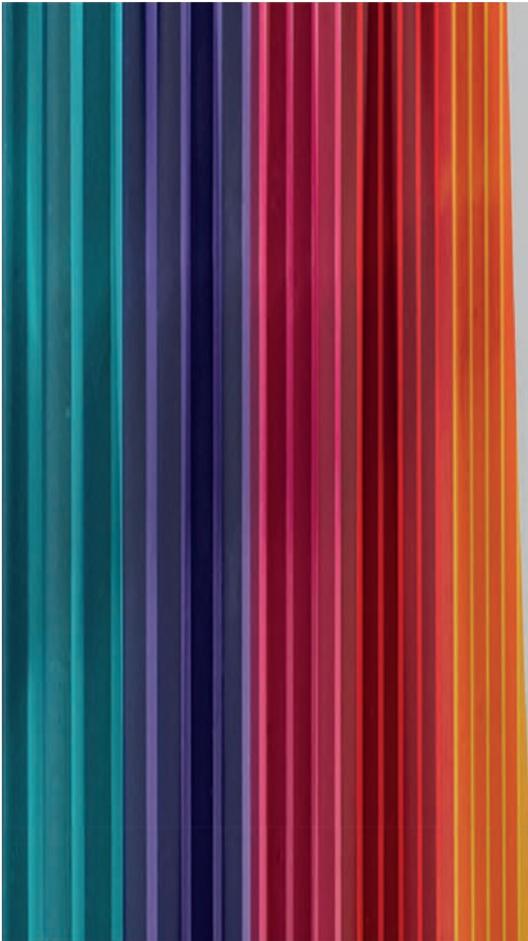
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MAP REF: F2



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Cleanse the soul

BRUNO G. SANTOS

CELEBRATED THROUGHOUT THE ALGARVE, BANHO 29 IS A TRADITION THAT STILL BRINGS LOCALS TO ALGARVE BEACHES.



The origin of this tradition is unknown, with people believing that it may be related to the Moorish presence in the region from 8th century, until 13th century.

Celebrated across the region, on 29 August people leave their houses and bathe in the sea. The popular belief says that this bath would protect bathers from Demons. It would be common for people from the interior of the region to go to the sea and celebrate the Banho 29. The bath is believed to clean the soul of the people that would swim in the sea.

It is important to note that, besides those living in the Algarve, people from the interior would go to the beach, and most of them could not even swim.

In Aljezur, 29 August is a municipal bank holiday, with the swim happening, usually on Praia de Monte Clérigo. The beach is located nine kilometres away from Aljezur, but it is one of the most famous beaches in the municipality. During the bath people, besides cleaning the soul, may find many sea species that will probably be around in the water.

In Lagos, the event usually happens next to Fort Ponta da Bandeira, where the Bensafrim River finds the Atlantic Ocean. It was, in the past, one of the most important fortifications in the region, being used for checking if the

enemies were coming from the sea. Constructed in 1690, it was destroyed by the 1755 earthquake. The time passed and it became unsuitable for the defence of the territory, being abandoned until 1956, to serve as a naval branch of the Mocidade Portuguesa.

Vila Real de Santo António celebrates Banho 29, calling it holy bath (banho santo), in Praia da Manta Rota, as part of the Festas de São João de Degola.

In most localities, the bath is taken at midnight, to mark the beginning of the 29th of August with a soul-cleaning bath. Usually, people do not wear the bikinis and bathing suits we are used to seeing, currently. People like to dress up as in the past. The bathing suits, for both men and women, will cover the legs, and normally no one is shirtless. Night dresses may also be used to go to the beach, with some putting bonnets on, to protect the hair from the sea water. Men will probably wear white pants and sleeveless white shirts.

After a good night of sleep, people may go to the beach and enjoy a picnic with family and friends and enjoy the beach for a little more. Some locals even mention that until the end of September, the seawater will be blessed by São Miguel, being the greatest time of the year to swim at the beach and enjoy spiritual protection.



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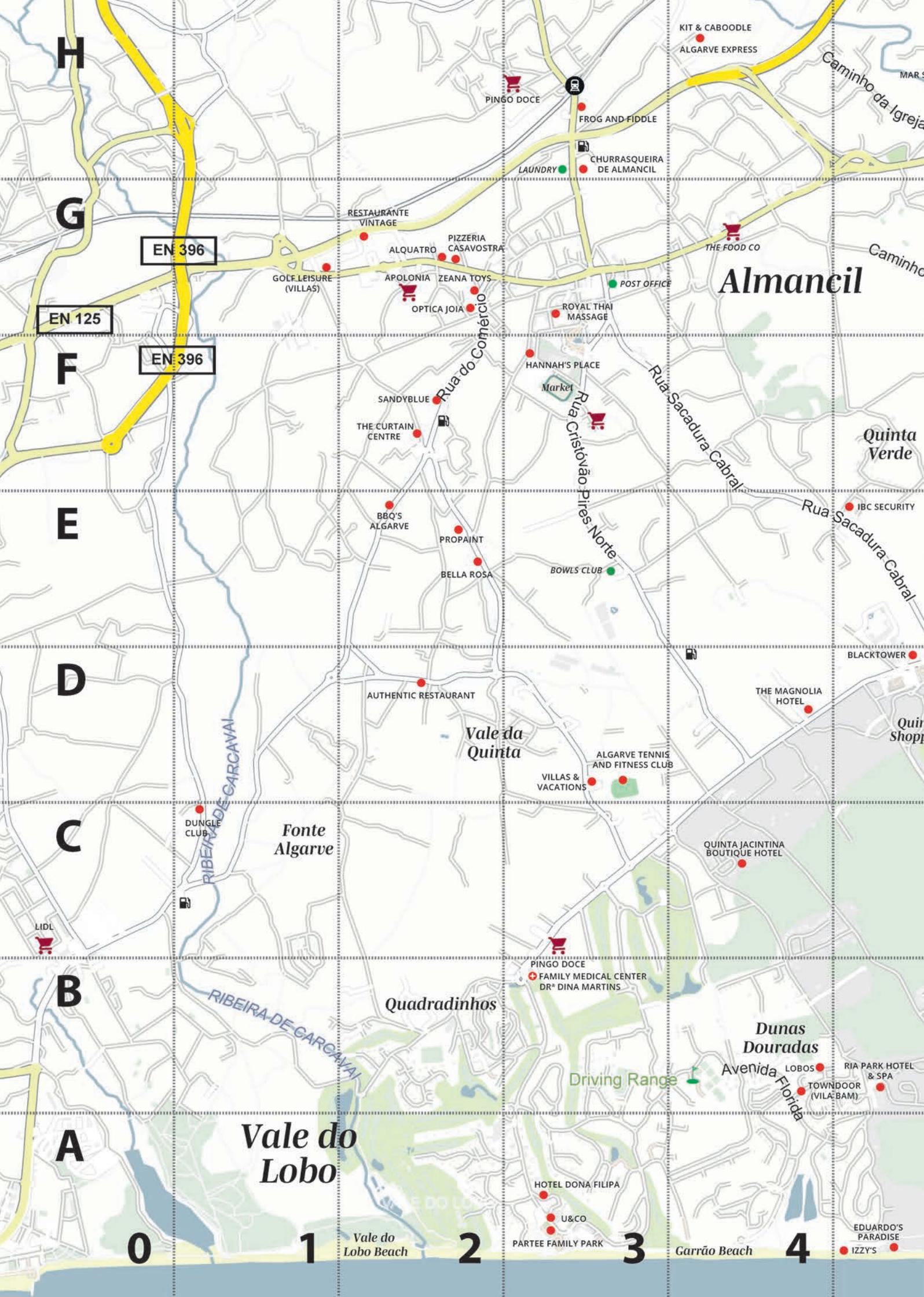


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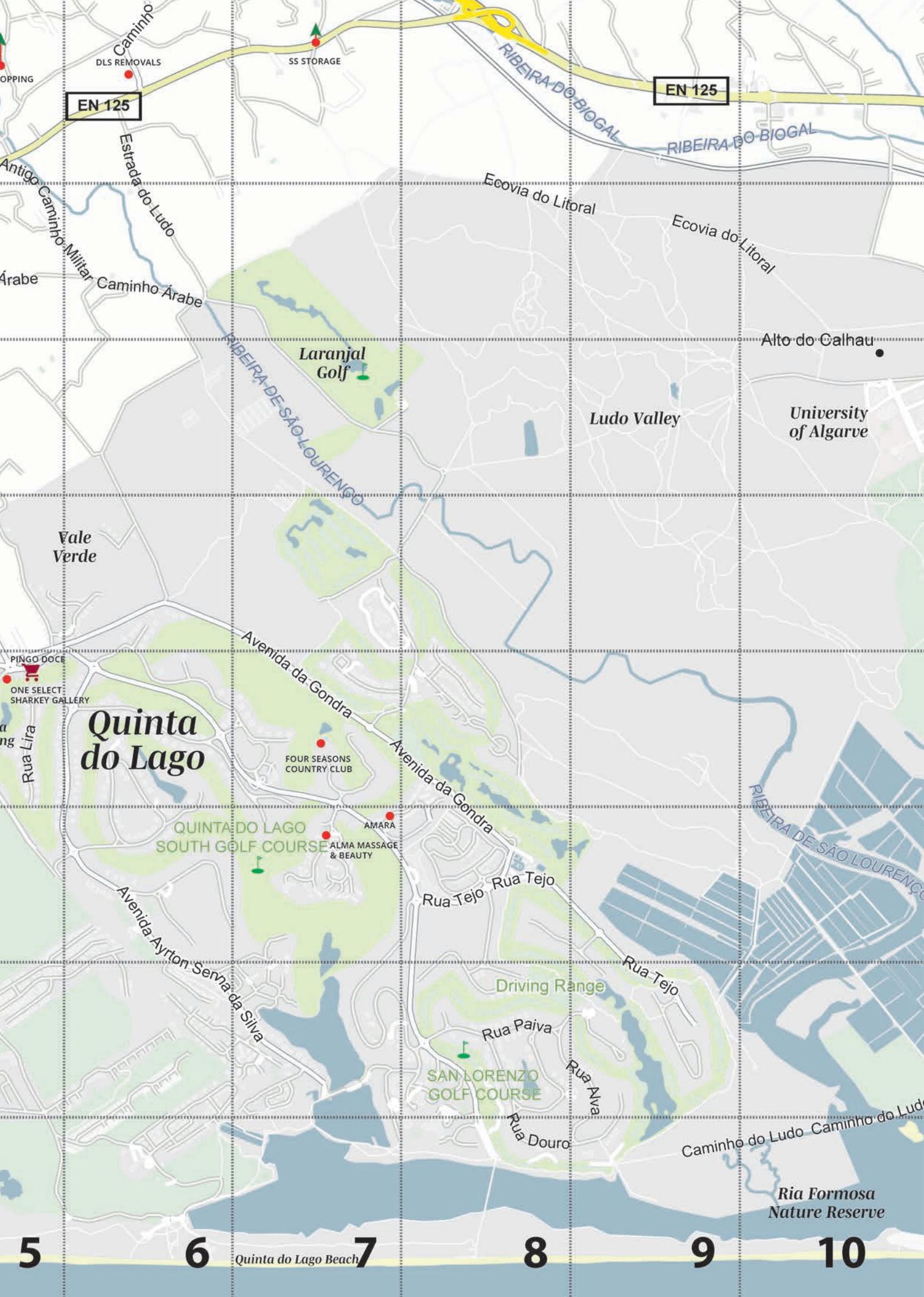
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112m²



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