

Prayers and hope

Prayers continue for the safe return of Madeleine McCann who has been missing for almost two weeks.

New photos have been issued showing the unusual feature in her right eye called a black flash where the pupil colouring runs into the iris. High profile stars and business people have put up large sums of money in excess of two and a half million pounds in an attempt to persuade anyone with information leading to her safe return to come forward.

Portuguese bikers rode the length of the country distributing leaflets showing recent pictures of Maddy. In England, her favourite football team, Everton, played their premiership match wearing shirts with her photo on them. In the UK and Portugal many people including children have tied yellow ribbons around rail-

ings as a symbol of hope that she will be returned to her family safely. In Fátima many pilgrims were seen carrying posters of the child. At a church service in Luz on Saturday, the day Madeleine turned four years old, Gerry McCann said her disappearance had unleashed a "tidal wave" of devastation on the family.

The police continue to interview potential suspects and witnesses and have been supported by three experts from the UK to assist in their search. A number of newspapers in the UK and Portugal have also added to the reward money offered.

In a press conference on Monday morning Gerry McCann told reporters that the couple have set up a fighting fund to sup-

port an ongoing search for their daughter. Donations from the public are being managed with the help of a legal team from the UK to ensure no stone is left unturned in the investigation. McCann said: "Since the lawyers have come here we have visibly felt a burden being lifted from our shoulders." He also thanked the media for the excellent job in keeping the profile of the case so high, and also the staff at the Mark Warner resort. Twelve people have been interviewed including the McCanns and recordings will be kept as video evidence for any future trial. This unusual step has been taken as many of the witnesses reside overseas, primarily in Britain.

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A day on the high seas – an experience to be repeated.

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The week ahead – enjoy!

Freeport bomb alert

An anonymous bomb threat led to the evacuation of Freeport shopping centre in Alcochete on Sunday. A man had called the Setúbal Public Security Police from a public telephone saying he was going to place two bombs in large shopping centres in the district. The evacuation went smoothly, without panic and the centre reopened to the public at around 6.45 pm when the authorities declared the threat a false alarm. Other shopping centres in the area were also checked but no bomb was found, and it seems that Freeport was the only centre evacuated.

REWARD CONTRIBUTORS

- **JK Rowling** Author of the Harry Potter series
- Sir Philip Green Retailing Entrepreneur
- Richard Branson Virgin Group
- Bill Kenwright Chairman Everton Football Club
- Eggert Magnusson Chairman West Ham United FC
- · John Madejski Chairman Reading FC
- Jacqueline Gold Chief Executive Ann Summers
- Simon Cowell Entertainment Guru
- Wayne Rooney FootballerMichael Vaughan Cricketer
- Sir Tom Hunter Scottish
- Entrepreneur

 Sir Stelios Haji-loannou Former
 Easviet Owner
- · John Hargreaves Olympic medalist



• Children tie yellow ribbons next to a poster of Madeleine McCann in Luz.

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Blair steps down

Tony Blair travelled to his Sedgefield constituency to make his announcement to around 250 of his local supporters in the town of Trimdon. The Labour party leader told the audience at the Labour Club of his decision to officially hand in his resignation to the Queen on June 27.

He made a thoughtful and

emotional speech about the last ten years during which Britain has been under his leadership declaring Britain now a leader and not a follower on the world stage. He also considered that expectations were probably too high back in 1997. "Sometimes in decisions you are alone with your own instincts," referring to September 11 when he decided to stand shoulder-to-shoulder with his ally, as he later chose to do in Afghanistan, Iraq and other situations. On the subject of the Iraq war he acknowledged, "for many it simply isn't worth it," and went on to say, "the blowback from removing Saddam was costly," adding, "I apologise for the times I have fallen short." Reflecting overall he said: "Hand on heart, I did what I thought was right." Ending on a patriotic note he added that Britain was the best nation in the world. He believes Britain to have changed significantly over the last ten years and is in much better shape for his successor.

Elections

Current East Timor prime minister José Ramos-Horta has won the presidential election by a huge majority of an estimated 73 per cent. The Nobel peace prize winner said: "I'm happy with the results. I will carry out my duties according to the constitution and listen to advice from everybody so that I can take East Timor to a better future." In a statement prior to voting, opposition candidate Francisco Guterres, said the party would respect the results.

Abortion case

A 17 year old girl, pregnant beyond three days, is to be allowed to travel to the UK currently in the legal care of the Irish health service, won a high court case in Dublin to be able to travel to Britain and is supported by her estranged mother.

Iraq visit

US Vice President Dick

with a baby unable to survive for an abortion. The teenager,

Cheney visited Iraq last week staying overnight at an army camp at Speicher, near Tikrit, a predominantly Sunni province not far from the home town of former leader Saddam Hussein. The area has many supporters of the dead leader. He used the visit to encourage Iraqi leaders to move quickly to reach power-sharing deals in a bid to quash sectarian violence saying: "We are here, above all, because the terrorists who have declared war on America and other free nations have made Iraq the central front in that war"

A radiant Blair waves to his supporters



Battles against nature

Springtime across America has brought some of the most challenging weather patterns and natural disasters, with flooding in the Midwest, fires around Hollywood and tornadoes in Kansas. A fire that has been burning for three weeks in southern Georgia has so far damaged around 170 square miles of forest and swamp land causing smoke to drift across much of Florida. Last week we reported the tornados in Kansas, devastating the town of Greenberg and now flooding has followed with thunderstorms across the flat plains.

In Missouri the aptly named village of Big Lake turned into its namesake, with all but one hardy resident retreating from the flooding that reached roof-level in some homes. In Los Angeles fires caused damage throughout Griffith Park over an area of 800 acres close to the famous Griffith Observatory. There were also wildfires along the Canadian border in northeast Minnesota, destroying homes and businesses in its path. All in all a challenging week for rescue and fire services throughout the country.

Marine accused

Staff Sergeant Frank Wuterich, the marine who led the unit accused of killing 24 Iraqi civilians, is under investigation for the unlawful killing of five men in Haditha as they stood with their hands in the air. It is alleged that he tried to cover up the incident where the five men were shot dead by telling his comrades to lie about what happened, blaming the deaths on the Iraqi army. Three other marines have also been charged with second degree murder. Iraqi witnesses claim Wuterich shot the men in retaliation for a roadside bomb that killed Lance Corporal

Miguel Terrazas when their convoy passed through in November 2005. Sergeant Dela Cruz, also present on the day, testified that Wuterich was distressed about the death of Terrazas known as TJ and after the explosion which ripped Terrazas' body in half he shot dead the five men as they stood next to a car, with their hands raised. He claims to have seen Wuterich shoot the men in the upper body before he himself sprayed the bodies with bullets. The Marine Corps agreed to give Sergeant Dela Cruz immunity from charges in exchange for his testimony in court.

Olmert survives vote

Israeli Prime Minister Ehud

Olmert has survived his third no-confidence vote in parliament following heavy criticism of his handling of the Lebanon war. He is accused of failure to exercise "judgement, responsibility and prudence" during the 34-day war in 2006 and has been subjected to an official enquiry focusing on these areas of concern. Olmert acknowledges the investigation and wants to remain in office in order to put the subsequent findings into practice.



BRAZIL

Abortion debate

On Thursday evening Pope Benedict XVI addressed around 40.000 young adults in the Paceaembu stadium in São Paulo at the beginning of his five day tour of Brazil.

He stressed to the enthusiastic audience the need to respect life "from the moment of conception until natural death". Brazil is currently debating the issue of abortion led predominantly by the health minister who believes the operation should be allowed in certain circumstances. The Catholic Church represents around 64 per cent of the Brazilian population falling by around 1 per cent each year due to the rise in evangelical Christianity. The Pontiff talked of the challenge of convincing Catholics to remain with the faith in the country which houses the largest number of Catholics in the world. In referring to the decision made in Mexico City on abortion, he said that those supporting the law and medical workers who performed abortions would be excommunicated from the church although there was some confusion about this when a Vatican spokesman later said that the Pope would not excommunicate anyone but such people would "exclude themselves from Communion".



• The Pop embraces an Indian participant at the Paceaembu Stadium in Sao Paulo

AFRICA

Child soldiers to be discharged

The government of Chad has agreed a deal with the United Nations Children's Fund (Unicef) to remove children serving in the national army. Chad formally denied the existence of underage soldiers but due to a high profile campaign by Unicef and an in-

vestigation that found over 300 child soldiers at one single location, they have agreed to take action to resolve the situation. While it is suggested the army did not deliberately sign up children, the recruiters overlooked the question of age if the child

lied. A large number of children were found to be between eight and 11 years old with forged birth certificates. It is also acknowledged that it may be difficult to persuade these minors to leave the army and to return to their communities.

TURKEY

Constitutional amendment

The parliament in Turkey approved an amendment to allow the president to be directly elected by the population appealing to those protesting about the forthcoming elections. The change is said to be a likely cause for

further tensions in the country where the government has been heavily criticised by secular-minded citizens protesting about the possibility that the new government will lean towards the Islamic religion. The reforms, if passed into law, will mean the new president will be elected for a five year term, renewable for five more years, but many say the amendments have been rushed through and have not been subject to rigorous debate. EDANGE

Sarkozy sails into storm

The newly-elected president has already been the source of controversy before even taking office. As is the custom in France the newly-elected president is taking a short time to recuperate from the gruelling election process before taking over as leader. Sarkozy has taken time out with his wife Cecila and son Louis to celebrate victory and relax on a luxury yacht around Malta sparking criticism by many socialists and fuelling ongoing protests from those who oppose his leadership. The yacht belongs to French billionaire Vincent Bollore and is available for hire at €200.000 per week. Mr. Sarkozy told reporters that he was taking two and a half days out to relax on a trip that did not cost the French people one cent, saying: "I do not intend to hide, I do not intend to lie, I do not intend to apologise."

NORTHERN IRELAND

Return of devolution

A ceremony was held last week at Stormont to celebrate the new power-sharing government headed by Martin McGuinness of Sinn Fein and Ian Paisley of the DUP. At midnight on Tuesday 8 May five years of direct rule by London ended and the devolved government took control over decision making. Tony Blair and Bertie Ahern, Irish Prime Minister, attended the historic event. Ian Paisley said Northern Ireland was now "on the road to prosperity". Martin McGuinness said that he is confident they can work together. The only demonstrators at the event were protesting against the war in Iraq. Peter Hain, Northern Ireland secretary, commented on the new beginning as resolving the most "intractable source of political conflict in Europe."

UK

Civil servant prosecuted

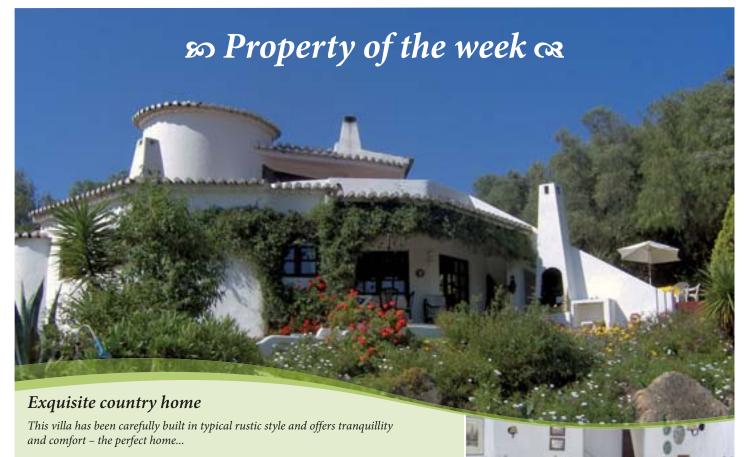
David Keogh, 50, a civil servant has been jailed for six months and ordered to pay £5.000 to the prosecution for taking it upon himself to publish details of a private meeting between US President George Bush and Prime Minister Tony Blair. He was convicted of breaching the Official Secrets Act by leaking a memo containing details of a private meeting on Iraq between the two leaders in April 2004. Keogh was employed as a government communications specialist and was responsible for the distribution of the memo to a select group. The recipient of the four page document, Leo O'Connor, 44, was sentenced to three months in jail. O'Connor put the secret memo onto the desk of an unnamed politician, known to be a Labour anti-war supporter, who called the police immediately. The document was marked secret and confidential causing much of the trial to be held behind closed doors. The memo allegedly contained information regarding M16 but the exact contents are unknown. Keogh, who opposed the war in Iraq, maintained the right to leak the information as he was alarmed by the content, suggesting Bush was a "madman", and had felt the need to disclose the information to Parliament.

Women behind trash TV

Sir Patrick Moore has stirred up a hornets' nest by accusing the BBC of reducing the quality of programming over time because it is run by women. The longest-running presenter on TV, appearing in the Sky at Night for 50 years, described female newsreaders as "jokey" and suggested the best way forward would be to have different channels for men and women. "I would like to see two independent wavelengths one controlled by women, and one for us, controlled by men," he said.



Algarve Property Guide® Advertising Feature



Nestling in the renowned Serra e Mar development near Penina and Portimão, the villa overlooks stunning natural terrain to the peaks of Monchique and Picota. One of the delightful features of the master bedroom, the only room on the first floor of the property, is this magnificent view. The room is accessed via a spiral staircase and has an en-suite shower room, fitted wardrobes and a generous terrace with direct access to the ground floor via exterior stairs.

On the ground floor there are two further bedrooms, one with an en-suite shower room and another bathroom with bath.

The lounge boasts a fireplace and has a lovely beamed ceiling and an archway leading to the dining room, adjacent to the kitchen. The kitchen is a cosy, practical room with fitted cupboards, a store cupboard and access to a small enclosed courtyard. The lounge French doors lead onto a covered private terrace with bougainvillea trailing along the roof. This terrace has a built-in barbeque

and lends itself perfectly for entertaining, offering shade, access to the house and breathtaking views.

The garden surrounding the property has been maintained to an excellent standard with a variety of resplendent plants and mature trees. A stunning carpet of flowers lines the slope leading down to the pool area where the views of both the house and garden and the surrounding countryside can be enjoyed. The kidney-shaped pool is surrounded by typical Portuguese terracing, ideal for lazing around, and the whole pool area is fenced and gated, a bonus for those intending to use the property for rental income. The land continues right down into a rural valley, its gentle slopes covered in fig, almond and olive trees.

The property sits at the end of a cul-de-sac and has a wide driveway that leads to a single car garage and offers parking for visitors. To the side of the house is another secluded terrace.

For those seeking something special for a home or a rental property, a visit to this property is a must.







Minita Real Estate Lda - AMI 777 Tel: +351 282 444 510 · Fax: +351 282 444 867 E-mail: sales@minitarealestate.com Address: Rua 5 de Outubro, Nº29-8300-127 Silves Portugal



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Property

for sale

Apartment T0

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



Praia da Rocha - Studio including bathroom with hydromassage bath, A/C, fully equipped kitchen and large veranda. Condominium with 2 pools and garage space. €110.000,00. Contact: Duplo S Lda - AMI 4324. Tel: 282 485 271/966 468 620 anabassantos@hotmail.com

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

Apartment T1

Alvor - Apartment in Alvor comprising 2 bedroom, bathroom, living room, kitchen. Ref: A46 . €115.000. Rogerio Bruxo Med Imob - AMI 2132. Tel: 282 342 373 . rogeriobruxo@ rogeriobruxo.com

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

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

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

Carvoeiro - One bed apt in central Carvoeiro with large sun balcony and sea view. Fully equipped. €280.000. Contact: Private Sale. Tel: 938 070 010. Carvoeiro - Central location at Colina Verde. Beautiful views from the large sun balcony. This one bedroom apartment is to be sold fully equipped and makes an excellent rental investment. It comprises a large living room, kitchen, bathroom and twin bedroom, both living room and bedroom lead on to the sun balcony. Off road parking and use of pool. No condiminium charge. Purchased new in 2003. £185.000. Private Sale. 939 070 010. Email: irenew@hotmail.co.uk

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

Praia da Luz - Apt 5 mins to beach with sea view. 60m². Bedroom with fitted wardrobes, semi-equipped kitchen and small veranda €125.000. Private sale. Tel: 913 460 824.

Silves - 1 bed apartment in central Silves with terraces to the front & rear, Garage Space. Ref: 1606. 679.000. Contact: Minita Ida - Silves-AMI 777. Tel: 282 444 510. Email: sales@ minitarealestate.com

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



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

Lagos - Meia Praia - Lovely sea view and close to the beach. Equipped kitchen, parking lot heated swimming pool and central vacuuming. Area 90m². Ref: APT-126. €260.000. Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 144 231 1. Email: ra_imobiliaria@portugalmail.com

Alvor - One bed furnished apt. 5 mins from the centre. Living room with fireplace. Area 65m2. Ref: 1337. €110.000. Globalplano Real Estate - AMI 3156. Tel: 282 49430. Email: globalplano@hotmail.com Praia da Rocha - One bedroom apartment, furnished with garage space. Excellent views of the beach as this apartment is located on the main street. Area 97m², Ref: 1349, 6149,000. Globalplano Real Estate - AMI 3156. Tel: 282 459 430 . Email: globalplano@hotmail.com

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

Ferragudo - 1 bedroom apartment on 3rd floor with balcony and storeroom. Located not far from the centre of this beautiful fishing village. Close to all amenities such as shops, bars and restaurants and within walking distance of the beach. 697.000. Contact: Private Sale. Tel: 919 718 622.

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



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

Odemira - Almograve - T1 apt with the possibility to build further bedrooms in the loft. New in 2005 with modern comforts such as gas central heating. Double garage, attic, veranda and BBQ. Set in a tranquil area and only 1km from the stunning Almograve beach. C125.000. Private Sale. E1: 914 469 485 jdelwest@hotmail.com

Tavira - Cabanas - Unique luxury duplex apartment 164m² at the absolute front line with fantastic sea view. Good rent out possibility. Ref: A017. 6424.200. Contact: BRUHN Mediação Imobil. unip. Lda -AMI 7025. Tel: 281 321 188. Email: bruhnrealestate@sapo.pt

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

Alvor - Fairly new apt near Alvor, Fully fitted and furnished. Communal pool. Area 60m². Ref: A420. €110.000. Algarve Real Estate Centre - AMI 6350. Fel: 282 420 970. Email: info@ algarve-real-estate-centre.com

Apartment T2

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



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

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

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

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

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

Alvar - 2 bedroom apartment fully furnished to a very good standard. Ideally situated close to all shops, restaurants and minutes walk to the beach. Garage parking space. Ref: a167gr. €239.000. Sulgar Lda -AMI 6478. Tel: 282 458 062 . Email: info@sulgar.com Alvor - Vila Marachique - 2 bedroom apartment fully airconditioned and fully furnished to a high standard. Situated in a very popular holiday complex. Ref: a159gr. €198.000. Sulgar Lda - AMI 6478. Tel: 282 458 062 Email: info@sulgar.com

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

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

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

Alvor - Bemposta - Spacious ground floor 2/3 bedroom apartment. In corner position with south-west enclosed balcony. Ref: a991 gr. €129.000. Sulgar Lda - AMI 6478. Tel: 282 458 062. info@sulgar.com

Alvor - Prainha - Top floor two bed fully furnished apt on a very popular holiday complex with swimming pool and private access to beach. refa988-gr. €275.000. Contact: Sulgar Lda AMI 6478. Tel: 282 458 062 . Email: info@sulqar.com

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



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

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

Setúbal - T2 apt with spectacular views! 45 mins to Lisbon. Owner selling, P.O.A. Private Sale. Tel: 283 691 363 Lagos - Apartment with equipped kitchen, living room, 2 bedrooms, bathroom and a storage room. Area 85m². Ref: APT-128. €100.000. Contact: Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_imobiliaria@portugalmail.com

Lagos - Beach apartment. Luxury finishings + amenities. Area 130m². Ref: 71/98. 6450.000. Contact: John D Griffiths Med Imob Soc. Unip. Lda- AMI 6491. Tel: 282 760 416/919 763 707. Email: info@ johndgriffiths.com

Alvor - This 2 bedroom apartment is in the centre of Alvor. Panaromic views and in an excellent location for bars and restaurants. Needs some repair work. Area 111m². Ref: 1333. €142.000. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: colbalplano@hotmail.com

Vilamoura - Good quality and fully furnished two bedroom apt with views over the Millenium golf course. Ref: JP713 €270.000. €270.000. Julies Properties Lda-AMI 6838. Tel: 289 798 196 sales@juliesproperties.co.uk

Carvoeiro - Alporchinhos Semi-detached apartment in a quiet low-rise condo, near Vila Vita, fully renovated, furnished and equipped. Two terraces one with pool view and a large roof terrace with sea view. Double bedroom plus twin bedroom with fitted wardrobe & small storage room. Brand new shower room, fully equipped kitchen, living/dinning area with fireplace. Very large communal pool, 400m to beach. Excellent for summer rental. Price negotiable. . €175.000. Contact: Private Sale. Tel: 966 321 883 . Email: alexdecor@clix.pt

Alcoutim - Gurreiros do Rio Prime river front location. Semidetached with large terrace/ balcony. Good investment. €149.000. Private Sale. Tel: 281 547.001. townandcountrymc@ hotmail.com

Faro - Penha - 2 bedroom apartment with parking, good finishing's. The last apartment available! . €155.000. Contact: Vilas Costa Lda - AMI 1609, Tel: 919 034 487 . Email: vilacosta@ vilascosta.com

Faro - Campina - Apartment like new (5 years). Furnished and equipped, 2 covered verandas. Ref: 284 - 6130.000. Contact: Vilas Costa Lda - AMI 1609. Tel: 919 034 487 . Imali: vilacosta@ vilascosta.com

Ferragudo - New fully equipped and furnished apartment with carport only 2 mins from the beach. Comprising 2 bedrooms, 2 bathrooms (1 en-suite). Excellent price (o.n.o.). €159.000. Contact: Private Sale. Tel: 919 266 387. Email: email andrew@ferragudo.net

Excellent investment opportunity

Caramujeira - Lagoa: Villa in fantastic location, near the beaches of Albandeira, Benagil and Marinha. Four bedrooms, two bathrooms, lounge with fireplace, dining area, equipped kitchen, garage, garden, walled and fenced, swimming pool. Sea view. Furnished. Ref: Y185 - 6440.000,00







ROGÉRIO BRUXO - AME 2132 SOC. DE MED. IMOBILIÁRIA UNIPESSOAL, LDA. WWW.rogeriobruxo.com

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Apartment T3

Salema - Apartment located a 10 minute walk from the beach with large lounge/dining room with fire place. Comprises a balcony with exceptional sea views. Fully fitted kitchen and 3 good sized bedrooms a bathroom and a shower room. Laundry area and off road parking. Built in late 2003 this property covers a total of 124m² Ref:PPI8968. €249.000. Contact: PPI Estate Agents- AMI 3238. Tel: 282 698 621/969 779 664. dino@ppiestateagents.com

Ferragudo - Apt in quiet area with private garage. Area 135m². €189.500. Duplo S Med lmob - AMI 7524. Tel: 966468626 / 965063833. mabasantos@ hotmail.com

Portimão - 1st floor apt in good location. 135m² with 40m² terrace and wooden house (office), €140.000, Contact: Duplo S Med Imob - AMI 7524. Tel: 966468626 / 965063833 mabasantos@hotmail.com

Alvor - Oasis Parque - 3 bedroom first floor apartment. In good decorative order & fully furnished. Close to all the holiday complex facilities inc indoor and outdoor pools. Ref: a120gr. €225.000. Sulgar Lda AMI 6478. Tel: 282 458 062 . Email: info@sulgar.com



- This attractive first floor 3 bedroom apartment is situated 5 mins by car from the centre of town. Prepared for central heating and air conditioning. €144.000. Este Algarve Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277. Email: belosantospedras@ hotmail.com

Alvor - Jardin de Bemposta - 3 bedroom apartment, raised ground floor. Situated in village type development. ref a162gr. €119.000, Contact: Sulgar Lda AMI 6478. Tel: 282 458 062 . Email: info@sulgar.com

Portimão - Spacious 3 bedroom 3rd floor apartment with views over Portimao and towards Monchique. Ideal starter home. Ref: a144-gr. €85.000. Sulgar Lda - AMI 6478. Tel: 282 458 062 Email: info@sulgar.com

Alvor - Just on Market!!! Club Alvor Ria 3 bed ground floor apartment over looking pool area with sea and harbour views. Fully furnished to a high quality. Underground parking. Ref: a145-gr. €365.000.: Sulgar Lda - AMI 6478. Tel: 282 458 062 Email: info@sulgar.com

Alvor - Spacious 3 bed ground floor apt with private garden. Short walk to centre and beaches. Ref: a137-gr. €265.000. Sulgar Lda - AMI 6478. Tel: 282 458 062 Email: info@sulgar.com

Praia da Rocha - 3 bed furnished apt with terrace Garage space, Area 115m², Ref: . €185.000. Globalplano Real Estate - AMI 3156. Tel: 282 459 430 . Email: globalplano@ hotmail.com

Lagos - Chinicato - 3 bed apt comprising, living room, equipped kitchen, 1 bathroom, 1 w.c. and 2 balconies. Area 100m² Ref· APT-134 €120 000 Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 919 194 321 . Email: ra_ imobiliaria@portugalmail.com

Alvor - 3 bedroom duplex semi-new in the centre of Alvor. South facing with sea views. Ref: 1314. €365.000. Contact: Globalplano Real Estate - AMI 3156 Tel: 282 459 430 Fmail:

Vila Real St Antonio - T3 in closed condominium. nearly new with good sized areas. Comprising suite, hydromassage bath, equipped kitchen, BBQ, garage, video porter. Close to the river. Ref: 2618. €165.000. ERA-Get a House Lda - AMI 6498. Tel: 963 543 582 . Email: vrsa@getvrsa

Vilamoura - In an exclusive area of Vilamoura, 3 bedrooms, 2 storage areas and garage, swimming pool. Area 140m2. Ref: a169 . €275.000. Inside Villas Med Imob Lda - AMI 5931. Tel: 289 399 011/ 969 023 983 Email: mail@inside-villas.com

Portimão - Praia do Vau Near the beach and with sea views. New bathrooms and kitchen. Area 118m². Ref: A625. €275.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@ algarve-real-estate-centre.com

Lagos - Renovated apartment in the town centre. Area 121.6m2. Ref: A621. €159.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@ algarve-real-estate-centre.com

Alvor - Walking distance from the beach and village. In a guiet residential zone. Area 122m². A606 . €270.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@ algarve-real-estate-centre.com

Portimão - Remposta Spacious apt. Fully furnished, spa, fireplace and fully fitted kitchen. Area 128m². Ref: A534. €165.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970 . Email: info@algarve-realestate-centre.com

Portimão - Monte de Bemposta spacious 3rd floor apartment (147 m²) with lovely clear views to the sea and Monchique. 3 large double bedrooms, 2 bathrooms (1 en-suite). Large living room with fireplace. Fully fitted kitchen, including all equipment. Basement garage space. Excellent condition. €179.000. Private Sale. Tel: 912 268 175



Lagoa - Lagoa Sol - Ground floor apartment close to amenities. Comprising 3 bedrooms, 2 bathrooms (1 en suite), living room, fully fitted and equipped kitchen. Easily maintained courtyard garden double glazing and central heating. Available furnished for €185,000 or unfurnished. €175.000. P.O.A. Private Sale . Tel: 282 381 048 / 966 616 846. Email: lesley.pryce@sapo.pt

Porches - Duplex apartment in closed condominium with sea view. Direct access to the beach which is only 20m away. Ground floor comprising 3 bedrooms and 2 bathrooms and first floor with fully fitted kitchen, pantry, toilet and lounge with fireplace, Spacious balconies, Air conditioning and electric heating. Elegantly furnished Swimming pool, garden and elevator, Garage place, 162m2 Ref: A75 €350.000. Rogerio Bruxo Med Imob - AMI 2132. Tel: 282 342 373. rogeriobruxo@ rogeriobruxo.com

Apartment T4+

Lagoa - Parchal - New 4 edroom apartment, equipped kitchen, 2 bathrooms and verandas. Ref. 180-06 B. €150.000. Contact: Praia Oriente Lda - AMI 6643. Tel: 282 419 243 Email: sales@praiaoriente.com

Albufeira - Magnificent apartment with spacious rooms. fully equipped. Located at the entrance of Albufeira within a gated condominium. Area 194m², Ref: 12319 . €392.773. Contact: Longevity - AMI 5946. Tel: 289 321 051 . Email: realestate@longevity.com

Tavira - Stunning apartment equipped with domotic system located in a quiet unspoilt area of Tavira 2km away from the beach. Area: 158 m2. €279.505. Contact: Longevity - AMI 5946. Tel: 289 321 051 . Email: realestate@longevity.com

Villa V1

Vila do Bispo - Barão de S. Miguel - Lovely cottage set in a typical village. Recently renovated and comprising spacious living room, kitchen fitted with hob, haven, fridge and boiler Mezzanine with space enough for a double bed. Additionally there's a bathroom and private backyard. Ideal for vacations. Ref: PPI 8938. €85.000. PPI Estate Agents-AMI 3238. Tel: 282 698 621/969 779 664. Email: pauloventura@ ppiestateagents.com

Vila do Bispo - Figueira - Newly restored 100m² house in village centre. Close to beaches, golf and nature park, Tastefully restored in mediterranean style which will not disappoint. Currently 1 but would make 2 bed. €168.000. Contact: Private Sale Tel: 917 127 428 Email: algarvesurveys@hotmail.com

Tavira - Small old townhouse in the historical centre. Located on a calm street. Good investment. Ref: M 007 . €75.000. BRUHN Mediação Imobil. unip. Lda AMI 7025. Tel: 281 321 188 bruhnrealestate@sapo.pt

Villa V2

Silves - 2 bed townhouse in central Silves. Immaculately maintained. Spacious accommodation & 2 large terraces. Ref:-1598. €159.000. Minita Ida - Silves- AMI 777. Tel: 282 444 510 Fmail: sales@ minitarealestate.com

Tavira - Villa within walking distance to town, 2 beds. large terrace w/ lovely view of Tavira. €180.000. Este Algarve Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277 belosantospedras@hotmail.com Boliqueime - Typical renovated Algarvean house on 1.043 m² of land. Located in a quite rural area close to the Boliqueime only 15 minutes from Quarteira and Vilamoura and beaches Consists of 2 bedrooms (one w/ wardrobe), 2 bathrooms lounge/dinning room, equipped kitchen, pantry, spacious cobbled patio with parking for 2 cars or more, backvard, Annex w/1 bedroom, bathroom a small laundry and patio. Ref: 103 €245.000. Contact: Natália Flores Carreira - AMI 632. Tel: 289 369 155. Email: nataliacarreira@mail. telepac.com

Tavira - Altura - Attractive 2 bed villa approx. 2kms from the beach and 5kms from various golf courses. On plot 918.23m² Swimming pool. Sold furnished and equipped. €350.000. Este Algarye Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277 .Email: belosantospedras@ hotmail com

Porches - Semi-detached Villa only 5 minutes from the local beaches. Comprising of 2 bedrooms, 2 bathrooms, lounge with fireplace, equipped kitchen, balcony, backyard. Furnished. Excellent investment. Area 130m² on plot 330m². Ref: VG90. €175.000. Rogerio Bruxo Med Imob - AMI 2132. Tel: 282 342 373 . Email: rogeriobruxo@ rogeriobruxo.com



Silves - 2 bedroom villa & 2 apartments with swimming pool. Special panoramic views. Ref: 1535. €480.000. Minita Ida - Silves- AMI 777. Tel: 282 444 510. Email: sales@ minitarealestate com

West Coast - Budens- Lovely Village house comprising on the ground floor large living room with fireplace, kitchen cloakroom, and backyard with BBQ area . On the first floor 2 bedrooms, 1 bathroom. Nice views from the roof terrace. Ref: PPI8790 . €198.000. Contact: PPI Estate Agents- AMI 3238. Tel: 282 698 621/969 779 664. Email: dino@ppiestateagents.com

Alvor - Alto Golf - Single storey cottage next to driving range. Two beds, wood burning stove, master bedroom with dressing area and bathroom en-suite. Ref: a128-gr . €298.000. Sulgar Lda - AMI 6478. Tel: 282 458 062 . Email: info@sulgar.com



Nova de Cacela Charming 2 bed algarvean renovated house, approx.5kms from Altura beach, 1,000m² of land, garage. €280.000. Este Algarye Propriedade, AMI 504. Tel: 281 951 165/281 370 277. belosantospedras@ hotmail.com

Ferragudo - Old townhouse renovated in the village centre Area 65m². Ref: T493 €160.000. Contact: Algarve Real Estate Centre - AMI 6350 Tel: 282 420 970 . Email: info@algarve-real estate-centre.com

Alcantarilha - Pêra - 2 bed villa in private condominium with communal pool and tennis court. 2 suites. Furnished and equipped. 2 min. from Amendoeiras Golf course. Area: 140m².Ref: 0050. €200.000. Laforet Portimão-AMI 7170. Tel: 282 457 640 . Email: portimao@ laforet.pt

West Coast - Budens - Parque da Floresta Golf Resort-townhouse with magnificent ocean views has 2 spacious bedrooms (with nice en- suite bathrooms), fully fitted kitchen, large living/dining room with fireplace, a store room, toilet, garden, a nice roof terrace and communal swimming pool. Owners enjoy 40% reduction on Golf rights. Built in 2001. Sold fully furnished, Ref: PPI 8903. €250.000. Contact: PPI Estate Agents- AMI 3238. Tel: 282 698 621/969 779 664. Email: dino@ ppiestateagents.com

S.Bras de Alportel - Two nice villas sent in large courtyard with tranquility of the countryside yet 10 mins away from São Bras. and amenities. Each villa has 2 bedrooms. lounge, bathroom, kitchen and large patio. One villa en-suite, conservatory, garden and tool shed . €350.000. Private Sale. Tel: 289 845 478/969 340 842.

Tavira - Morenos - Rustic renovated country house with good access. A house with charm, in a calm valley in the mountains. Plot 469m² and house 133m². A small garden with small fruit trees, easy to maintain. Big kitchen Ref: M 012. €265.000. BRUHN Mediação Imobil. unip. Lda -AMI 7025. Tel: 281 321 188 . Email: bruhnrealestate@sapo.pt

Villa V3

Tavira - Cabanas - Pretty 3 hed villa situated in an urbanisation w/ swimming pool, restaurant and bar. 1km from Benamor golf course. Close to shops and restuarants. Roof terrace w/ lovely views of the sea. . €285.000. Contact: Este Algarve Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277 belosantos pedras@hotmail.com

Tavira - In the centre of town 3 bedrooms (3 floors), in a quiet location within a private residential area w/ restricted access to the public. Roof terrace . €200.000. Este Algarve Propriedad, Lda- AMI 504 Tel: 281 951 165/281 370 277 belosantospedras@hotmail.com



Silves - 3 bedroom villa with pool set in beautiful gardens. Area 234m² on plot 3.540m². Ref: 1435. €650.000. Contact: Minita Ida - Silves- AMI 777. Tel: 282 444 510. Email: sales@ minitarealestate.com

Tavira - Located in the Tavira area a lovely 3 bedroom villa set in 4.200m² of land with beautiful gardens, swimming pool and spacious terracing. Large garage + workshop, 2 floors. €475.000. Contact: Este Algarve Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277 . Email: belosantospedras@ hotmail.com

Albufeira - Beautiful villa with established garden and pool. Located at São Rafael beach and a few minutes from centre of Albufeira. Two floors: The ground floor consists of hall, equipped kitchen (w/ patio), laundry, living room, 2 bedrooms, 2 bathrooms, store, terrace, garage. 1st floor 1 bathroom, 1 bedroom, terrace ref · VSR 20 €639 000 Natália Flores Carreira - AMI 632. Tel: 289 369 155. nataliacarreira@ mail.telepac.com

Tavira - Cabanas - Pretty 3 bed villa situated in an urbanisation w/ swimming pool, restaurant and bar, 1km from Benamoi golf course. Close to shops and restuarants. Roof terrace w/ lovely views of the sea €285.000. Contact: Este Algarve Propriedad I da- AMI 504 Tel-281 951 165/281 370 277.Email: belosantospedras@hotmail.com

Tavira - Located in the Tavira area a lovely 3 bedroom villa set in 4.200m² of land with beautiful gardens, swimming pool and spacious terracing. Large garage + workshop. 2 floors. €475.000. Este Algarve Propriedad, Lda- AMI 504 Tel: 281 951 165/281 370 277 belosantospedras@hotmail.com

Tavira - Manta Rota - Attractive 3/4 bed villa with paved front and back garden. Air conditioned. 2 floors. Within walking distance of the beach and shops 5 mins from golf course. €280.000. : Este Algarve Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277 belosantospedras@hotmail.com

Alcantarilha - Semi-detached villa comprising 3 bedrooms, 2 bathrooms, 1 bathroom, living room and dining room, fully fitted kitchen, pantry and garage. Garden and swimming pool. Ref: VG156. €265.500. Contact: Rogerio Bruxo Med Imob - AMI 2132. Tel: 282 342 373 . Email: rogeriobruxo@ rogeriobruxo.com

Alcantarilha - Pêra - Townhouse in a private condominium with swimming pool and tennis court. Comprising of 3 bedrooms (1en-suite), 3 bathrooms, lounge, equipped kitchen, and terrace. Ouiet and beautiful area. Excellent investment, Area 128m2 Ref: VG90. €200.000. Rogerio Bruxo Med Imob - AMI 2132. Tel: 282 342 373 . rogeriobruxo@ rogeriobruxo.com

Lagos - Townhouse comprising on the ground floor a spacious open plan living/dining room with a fully fitted kitchen, and cloakroom. Small balcony with a brick BBQ. Upstairs 3 spacious bedrooms, with 2 bathrooms. Wonderful roof terrace with sea views. Basement ideal as an independent one bed apt. Total Area 235m2, Ref: PPI7954. €260.000. PPI Estate Agents- AMI 3238, Tel: 282 698 621/969 779 664. Email: dino@ ppiestateagents.com



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Ferragudo - 3/4 bedroomed townhouse on 3 levels. Solar panel, air con, health spa. Large developed garden and patio. Set in a quiet location. 5 mins walk to Praia Grande beach and to the village square. €440.000. Private Sale. Tel: 967 107 260.

Salema Beach- Nice and traditional cottage on the beach front. Comprising living room, dining room, fitted kitchen, bathroom and 3 bedrooms (1 on the ground floor and 2 in the attic). Area 28m2. Excellent investment opportunity. Ref: PP19008. €169.000. Contact: PPI Estate Agents- AMI 3238. Tel: 282 698 621/969 779 664. Email: dino@ppiestateagents.com

Silves - 3 bedroom, 2 bathroom villa with pool close to Silves. Fully renovated & air conditioned. Quiet tranquil location. Ref:-1592.€295.000. Contact: Minita Ida - Silves- AMI 777. Tel: 282 444 510. Email: sales@minitarealestate.com

Silves - Exceptionally well renovated terraced cottage w/3 bedrooms, 2 bathrooms. Beautiful countryside location. Ref:-1611. €175.000. Contact: Minita Ida - Silves - AMI 777. Tel: 282 444 510. Email: sales@minitarealestate.com



Alcantarilha - Villa with sea view comprising 3 beds, 3 baths, lounge with fireplace, fully fitted kitchen. Garage. Pool. Garden. Pre-installation of central heating. Ref: V804 €361,000. Rogerio Bruxo Med Imob - AMI 2132. Tel: 282 342 373. Email: rogeriobruxo@ rogeriobruxo.com

Portimão - Monte Canelas-3 bed villa in a luxury residential area. Air conditioning, central vacuum cleaner, surround sound. Large swimming pool and garden. Garage. Ref: 0029. €400.000. Laforet Portimão-AMI 7170. Tel: 282 457 640 . Email: portimao@laforet.pt

Ferragudo - 3 bed villa with a high of standard finishings. Furnished and equipped. Large pool and garden. BBQ and storage room. 2 min. from Golf course. Ref: 0034. €395.000. Laforet Portimão-AMI 7170. Tel: 282 457 640. portimao@ laforet.pt

Almancil - Very beautiful townhouse situated in a calm area, comprising 3 beds, 2 baths, living room + fireplace, kitchen, garage and garden. 250m². Ref: 404.M €378.000. Vilas Ibéricas Soc Med Imob - AMI 1513. Tel: 289 391 090. Email: info@vilasibericas.com

Alvor - Penina - 3 bedroom detached villa on 2 floors with pool. Located on the championship golf course of Penina. Ref: v939gr . €495.000. Contact: Sulgar Lda - AMI 6478. Tel: 282 458 062 . Email: info@ sulgar.com

Alvor - Montes de Alvor - 3 bedroom villa with pool in the development of Santo Antonio. Situated in a quiet position. Ref: v943gr. €450.000. Sulgar Lda -AMI 6478. Tel: 282 458 062 . Email: info@sulgar.com

Alcalar - Lovely single storey 3 bedroom villa with kidney shaped pool and separate jacuzzi. Ref: v954gr. €385.000. Sulgar Lda - AMI 6478. Tel: 282 458 062. info@sulgar.com

Alvor - Monte Canelas - 3 bed villa with wonderful views to mountains and pool with wooden decking area. Ref: v166gr. €375.000. Contact: Sulgar Lda - AMI 6478. Tel: 282 458 062 info@sulgar.com

Vila do Bispo - Figueira - Rare opportunity. 3 bed villa in unrivalled location. Nature park setting with sea view and access to secluded beach. Pool, borehole, solar and generator powered. Good quality rentals. One-off chance. €750.000. Contact: Private Sale. Tel: 917 127 428. Email: algarvesurveys@hotmail.com



Alvor - 3/4 bedroom villa situated in quiet cul de sac with beautiful countryside views. Ref: 1610. €650.000. Contact: Minita Ida - Silves- AMI 777. Tel: 282 444 510. Email: sales@ minitarealestate.com

Lagos - São Sebastião - Lovely villa comprising living and dining room with fireplace, 3 bedrooms (2 en-suite), garage, garden and swimming pool. Area 225m². Ref: M131. 6475.000. Contact: Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321. Email: ra_imobiliaria@portugalmail.com

Alcantarilha - Detached villa with pool. 3 bed, 2 bath, garage and A/C. Built in 2006. Open country and distant sea views . €375.000. Contact: Private Sale. Tel: 937 221 404/282 322 571.

Burgau - Charming villa close to local beach with converted garage, Ref. 410V. 6595.000. Contact: John D Griffiths Med Imob Soc. Unip. Lda- AMI 6491. Tel: 282 760 416/919 763 707. Email: info@johndgriffiths.com

Vila do Bispo - Near Zavial 3 bedroom country villa close to local beaches. Very secluded. Area 11.000m². Ref: 399V. €449,500. John D Griffiths Med Imob Soc. Unip. Lda- AMI 6491. Tel: 282 760 416/919 763 707. Email: info@johndgriffiths.com

Silves - 3 bedroom villa close to Silves with swimming pool and stunning views to coast and mountains. Ref: 1586. 6395.000. Contact: Minita Ida - Silves - AMI 777. Tel: 282 444 510. Email: 3848@minitarealestate.com Alvor - 3 bedroom villa in Alvor centre. Fully furnished and equipped. Shop with all stock included, views of Alvor river. Ref: viv316. €395.000. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: globalplano@hotmail.com

Mexilhoeira Grande - 3

bedroom villa with area 250m² plus T1 annex. Land around villa is 7.250m². Fully furnished. Gardens, pool and panoramic views. Ref: viv313. €550.000. Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Email: qlobalplano@hotmail.com

Alvor - Bemposta - villa with 205m² land. Three floors, Jarge garage, fully equipped kitchen and A/C. Ref: viv1290. €290.000. Globalplano Real Estate - AMI 3156. Tel: 282 459 430 . Email: globalplano@hotmail.com

Portimão - Outstanding 3 bedroom villa with pool plus a cottage. Set in 2 acres of land with an orchard. Ref:1485 . 6550.000. Minita Ida - Silves-AMI 777. Tel: 282 444 510. Email: sales@minitarealestate.com

Olhão - Moncarapacho -Stunning 3 bedroom all en-suite villa with pool. Sea views from the master bedroom and 360 degree views from the roof terrace. 2 years old. Well worth a look. Ref. JP638 €450.000. Julies Properties Lda-AMI 6838. Tel: 289 798 196 . Email: sales@ juliesproperties.co.uk

Monchique - Uniquely designed 3-4 bedroom villa in a superb location. Complete privacy and stunning coastal views. Courtyard entrance, living room with central fireplace, a new fitted kitchen, utility and drying rooms. The master bedroom is en-suite and a 2nd double bedroom has an en-suite shower room. Includes a separate ground floor quest suite with an open plan kitchen/living area, double bedroom and large bathroom. The suite has space to make a 2nd double bedroom. Triple glazed windows, mosquito netting, underfloor central heating. Grounds of 18780m with two water mines, mature garden with well and a pool. Ample car parking plus garage Excellent condition throughout. €650.000. Contact: First Reality Lda - AMI 7198. Tel: 282 911 838. Email: firstreality@sapo.pt

Algoz - 3 bedroom villa on plot 900m² with pool and garden. Set in a quiet location. €375.000. Contact: Abel Santos Lda- AMI 523. Tel: 282 341 988. Email: abelsantos@net.saoo.pt



Beja - 3 bed L shaped mobile home, 2 shower rooms, open plan lounge / kitchen / diner w/ oven, hob, extractor fan, integrated dishwasher and fridge. Requires moving to a new location. £59.000. Private Sale. 918 768 998/969 746 259 Olhão - Moncarapacho - open plan villa w/ pool, set in peaceful countryside with striking seaviews. 2 bathrooms (1 en-suite). 40m² carport, separate BBQ area, small patio roof, gas heating, closed fireplace, 180m² covered area, 2280m² land. Unique rustic location but not remotel For sale by owner. €420.000. Private Sale. Tel: 938 433 045 . Email: maryalgarve@hotmail.com

Vila Nova de Cacela - Excellent dwelling good opportunity only 100m to the beach. Ref: 2711. €265.000. Contact: ERA-Get a House Lda - AMI 6498. Tel: 963 543 969 . Email: vrsa@getvrsa

Vila Real St Antonio - Altura - Semi-detached V3 with garage situated in a calm zone with good sized areas, equipped kitchen and furnished. Ref 2735. €200.000. Contact: ERA-Get a House Lda - AMI 6498. Tel: 965 328 038. Email: vrsa@getvrsa

Loulé - Quaint villa with 3 bedrooms, 2 bathrooms in a lovely rural region south of Loulé. Lounge with beamed ceiling, fireplace, kitchen, utility, bedroom radiators and pleasant covered terraces. Garden with small pool, shared borehole and storage room. Ref: V328. e320.000. Contact: Inside Villas Med Imob Lda - AMI 5931. Tel: 289 399 011/969 023 983. Email: mail@inside-villas.com

Faro - Gambelas - 3 bedroomed dwelling plus office, 3 bathrooms. Area 540m². Like new (6 years). Secluded location. Ref: 298. €325.000. Contact: Vilas Costa Lda - AMI 1609. Tel: 919 034 487 . Email: vilacosta@vilascosta.com

Villa V4

Tavira - Santo Estevão - 4 bed villa 1 km from the village and 5 kms from Tavira. In the countryside. Fenced land w/ 2.500m². Swimming pool. Garage. 2 floors. Annex w/ cane ceiling. €475.000. Contact: Este Algarve Propriedad, Lda- AMI 504. Tel: 281 951 165/281 370 277. Email: belosantospedras@ hotmail.com Tavira - Manta Rota - A very comfortable 4/5 bedroomed villa surrounded by 910m² of fenced/walled garden. Pool. Within walking distance of the beach and shops. 5 mins from golf course. In the most beautiful area of the village. €585.000. Este Algarve Propriedade, Lda- AMI 504. Tel: 281 951 165/281 370 277. Email: belosantospedras@hotmail.com

Lagos - Brand new linked villa located in Meia Praia comprising 4 bedrooms (1 ensuite), 1 bathroom and 2 shower rooms, big living/dining room with fireplace, large kitchen, store room, big garage, spacious terraces with some sea views, backyard, pre-installation for air conditioning and central heating, Built in 2004, Built area 200m² + garage with 70m². Ref: PIP9019C . € 375 000. PPI Estate Agents- AMI 3238. Tel: 282 698 621/969 779 664. Email: dino@ pojestateaents.com

Aljezur - Villa V4 - Modern lines, fully equipped. Fabulous view and located in a rural zone near the beach. Area 220m². Ref. 0015 . €420.000. Laforet Portimão-AMI 7170. Tel: 282 457 640 . Email: portimao@laforet.pt



S.B. de Messines - Impressive 4 bed villa with swimming pool set in over 3 hectares of land with breathtaking views. Ref: 1624. €545.000. Contact: Minita Ida - Silves- AMI 777. Tel: 282 444 510. Email: sales@ minitarealestate.com

Portimão - Alto Alfarrobal - Villa with pool, garden, garage, laundry, kitchen with fireplace, lounge, dining room, bedrooms with verandas, BBQ. €390.000. Duplo S - AMI 7524. Tel: 966468626 / 965063833. Email: mabasantos@hotmail.com Lagos - Areas from 250m², equipped kitchen, 4 bedrooms (3 en-suite), jacuzzi, sauna and heated swimming pool. Ref: M174. €725.000. Contact: Ricardo Augusto Med. Imob. Lda-AMI 7049. Tel: 282 768 183 / 919 194 321 . Email: ra_imobiliaria@portugalmail.com

Faro - Santa Bárbara de Nexe - Semi-new 4 bed villa with a spectacular view. Ground floor - living and dining room with fireplace, equipped kitchen, laundry room, wc, 2 bedrooms, 2 bathrooms with radiators and terraces. First floor - 2 bedrooms, and 2 bathrooms, also with radiators and terraces. Swimming pool, BQ, garage and car port. Ref: 398.M. 6695.000. Vilas Ibéricas Soc Med Imob - AMI 1513. Tel: 289 391 090. Email: info@ vilasibericas com



Carvoeiro - Villa in excellent location with sea view. Comprising 4+1 bedrooms, 3+1 bathrooms , kitchen, lounge, tool shed, garage, garden, swimming pool. Ref: V665. €450.000. Rogerio Bruxo Med Imob - AMI 2132. Tel: 282 342 373. Email: rogeriobruxo@rogeriobruxo.com

Almancil - Varandas do Lago - Luxury villa with excellent finishings. 4 beds, 5 baths, 2 dressing rooms sitting room with fireplace, dining room, fully equipped kitchen with terrace and BBQ, laundry room. Garage and garden with pool. Ref: 403. M. 61.400.00. Contact: Vilas Ibéricas Soc Med Imob - AMI 1513. Tel: 289 391 090. Email: info@vilasibericas.com

Alvor - Alto Golf - A wonderful furnished 4 bed villa with pool. Ref: v146gr. €895.000. Sulgar Lda - AMI 6478. Tel: 282 458 062 . Email: info@sulgar.com

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Alvor - Mar e Serra - 4 bed villa 240m² in plot of 400m². Ideally situated for village & Portimao Ref: V906gr. €360.000. Sulgar Lda - AMI 6478, Tel: 282 458 062. Email: info@sulgar.com

Silves - 4 bedroom townhouse with landscaped gardens & 2 bedroom apartment. Ref: 1446. €335.000. Minita Ida - Silves-AMI 777. Tel: 282 444 510. Email: sales@minitarealestate.com

S.B. de Messines - Impressive 4 bed villa with swimming pool set in over 3 hectares of land with breathtaking views. Ref: 1624. €545.000. Contact: Minita Ida - Silves- AMI 777. Tel: 282 444 510 . Email: sales@ minitarealestate.com

Carvoeiro - Single storey villa on Gramacho (Pestana) Golf esort overlooking 1st Green 4 bedroom 5 bathroom (3 en-suite). Spacious kitchen. Private pool, garage, roof terrace, A/C and solar heating Ideal as permanent home or rental investment. Golf right membership included in s €795.000. Private Sale. Tel: 282 340 946/917 844 518.

Silves - Impressive 4 bedroom villa in a beautiful and tranquil location. Ref: 1607. €695.000. Contact: Minita Ida - Silves- AMI 777. Tel: 282 444 510 . Email: sales@minitarealestate.com

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



Carvoeiro - Caramujeira Beautiful villa with sea view. 10 mins walk from Praia da Marinha beach. Comprising 4 bed, 4 bath, lounge with fireplace, kitchen, plus annex with 1 bedroom, 1 wc, kitchen and lounge. Terrace, garden and pool. Excellent investment. Ref: V187. €1.275.000. Rogerio Bruxo - AMI 2132. Tel: 282 342 373. Email: rogeriobruxo@ rogeriobruxo.com

Porches - 4 bedroom villa with pool, garden and sea view. Plot 1.000m². €780.000. Contact: Abel Santos Lda- AMI 523. Tel: 282 341 988 . Email: abelsantos@net.sapo.pt

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

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

Ferragudo - Semi-detached villa - 2 two bedroomed apartments perfect for living and rental. Located near to all amenities and walking distance to the beach. €300.000. Private Sale, Tel: 282 461 651.

Loulé - Sobradinho - Nicely styled villa with the tranquility of the countryside yet not far from the city. Sea view. Many essential modern conveniences such as A/C, underfloor heating, double glazing. Attractively priced. Ref: 1001-0548. €595.000. Contact: Azul Properties - AMI 5604. Tel: 289 422 871 . Email: office@azulproperties.com

Portimão - Penina Golf - 4 bedroom colonial style villa in an enviable location on front line golf, Built in 1982, Ref: 241218. €875.000. Contact Sadler's Med. Imob. Lda - AMI 7374. Tel: 282 789 336/912 176 588. Email: sophie.hollow@ sadlersproperty.com

Praia da Luz - Fabulous 4 bedroom modern villa. With lovely sea views over Luz Bay Swimming pool, annex and 247m² of accommodation, Ref. 237392. €1.175.000. Contact: Sadler's Mediaçao Imobil. Lda AMI 7374 Tel. 282 789 336/912 176 588. Email: sophie.hollow@ sadlersproperty.com

Villa V5

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

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

Lagos - A stunningly presented 5 bedroom villa close to the centre of town with swimming pool. Built area 276m². Ref: 236788, €495,000, Contact: Sadler's Mediaçao Imobil. Lda AMI 7374. Tel: 282 789 336/912 176 588. Email: sophie.hollow@ sadlersproperty.com

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

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

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

Villa V6+

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

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



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

Alvor - Serra e Mar - Spacious 6 bed villa & featured pool with volley ball court set in beautiful mature gardens. Ref: 1432 . €695.000. Minita Ida - Silves AMI 777, Tel: 282 444 510, Email: sales@minitarealestate.com

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

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

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

New Build

Boliqueime - Superb villa V4 under construction on 1.188m of land with panoramic views of the coast. Located in a calm area. Basement: Garage for 4 cars or more, store room. Ground Floor: Entrance hall, 2 beds, 2 baths, lounge/dinning room w/ fireplace, equipped kitchen, pantry, covered terraces, 1st floor; Hall, 2 bedrs. dressing room, 2 baths en-suite, covered terraces. Equipped with surveillance monitor, alarm, ambience music, Electrical under floor heating in all bathrooms, pre-installation of A/C. 899000 Ref: 105 Contact: Natalia Flores Carreira Lda - AMI 632. Tel: 289 369 155/6. Email: nataliacarreira@mail.telepac.pt

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

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

Aliezur - New linked villas close to the sea and in the Natural Park, Villas with 2.3 or 4 bedrooms with communal swimming pool, garage and private parking space. Each villa has also a private plot. This can be a unique opportunity for an investment. Built areas from 97.27m2 up to 156.18m2. Prices between: €180.000 up to €217. 500 Ref-PPI9014A Contact: PPI Estate Agents- AMI 3238. Tel: 282 698 621/969 779 664. Email: dino@ppiestateagents.com

Praia da Luz - Private condominium - (one of 10 Villas). Quality new 3 bed villa. Private pool + garden. 5 mins from Praia da Luz. Plot 650m². Ref.010-0002. €395.000. Contact: Laforet Portimão-AMI 7170. Tel: 282 457 640 . Email: portimao@laforet.pt

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

Alvor - Monte Canelas - Newly built traditional style 3 bedroom villa with pool in the popular development. Ref v969gr. €430.000, Contact; Sulgar Lda AMI 6478. Tel: 282 458 062 Email: info@sulgar.com

Alvor - New apartment with 2+1 bedrooms with garage space. Near to the centre of Alvor and beach. Excellent finishings. Area 143,60m². Ref: 728B €200 000 Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430 . Email: globalplano@hotmail.com



Ferragudo - Bela Vista - 2 semi-detached V3+1 homes with garage and garden. Views to mountains, city and river. Price for each house €387 000 Contact: Duplo S Med Imob AMI 4324. Tel: 282 485 271/966 468 626. Email: mabasantos@ hotmail.com

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

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

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

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

S.B. de Messines - Near Barragem do Funcho ar unfinished house 90m² and warehouse20m² on plot 18.000m². Near water, spectacular views. For private sale only. Tel 936681205 or 282332870 (week days after 8pm). €200.000. Private sale.

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



Ferragudo - Bela Vista - New 4 bed villa with pool, garder and garage with same ground area as house. Views over river and future marina Built area 535m² on plot with 975m² €750.000. Contact: Duplo S Med Imob - AMI 4324. Tel: 282 485 271/966 468 626. Email: mabasantos@hotmail.com

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

Vilamoura - A new development of apts and town houses on the Millenium golf course. 4 Olympic size pools. From €265.000 to €787.000. Ref: 241195 Sadler's Med Imob I da AMI 7374. Tel: 282 789 336/912 176 588, Email: sophie.hollow@



Silves - Odelouca exceptional 3 bedroom, 3 bathroom villa close to completion with fantastic views to the countryside. Many unique finishing touches. Ref: 1368. €280.000. Minita Ida - AMI 777. Tel: 282 444 510. Email: sales@ minitarealestate.com

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

Between Almancil and Loulé New V3 homes with very good finishings. 3 beds, 3 bathrooms (2 en-suite), spacious living/ dining room with fireplace and private plot of land, Only 7km from the beach and also has possibility to build own pool. Area: 202,77m² on plot approx. 640m². Ref 424. €320.000 Contact: Inside Villas Med Imob Lda - AMI 5931. Tel: 289 399 011/ 969 023 983 . Email: mail@ inside-villas.com

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

Estates / Quintas

Silves - Quinta with semidetached old house close to Poço Barreto. Urban area 280 m2. - Land area: 3.160 m2. Ref. F512. €80.000. Coelho Correia AMI 3201. Tel: 282 343 326. Email: info@coelho-correia.com

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

Portimão - 3 hedroom farmhouse/villa with pool. Includes guest cottage and a ruin. Ref: 1597. €350.000. Minita Ida - AMI 777. Tel: 282 444 510 . Email: sales@ minitarealestate.com

Silves - Imposing 4/5 bed quinta plus additional plot of land. Quinta 320m² set in 19.360m² of land plus 2nd plot of 35.520m². Ref: 1616. €585.000. Minita Ida - Silves-AMI 777. Tel: 282 444 510. Email: sales@minitarealestate.com

Portimão - Algarvean cottage oozing charm on 20.000m² land. Ref: 1486 . €315.000. Minita lda - AMI 777. Tel: 282 444 510. sales@minitarealestate.com



Algarve Property Guide® CLASSIFIEDS



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

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

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

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

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

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

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



Silves - Large farmhouse fill of character on the outskirts of Silves. Good income potential. Ref: 1230. 6650.000. Contact: Minita Ida - Silves- AMI 777. Tel: 282 444 510. Email: sales@ minitarealestate.com

Land

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

Olhão - Laranjeiro - Land 3840m² w/ruin , electricity and water. Located in a quiet area with sea & mountain views. Permission to build 300m² house. €150.000. Private Sale. Tel: 964240694 .

Portimão - Aldeia das Sobreiras - Bemposta - 380m². Good access. €77.500. Duplo S Med Imob - AMI 7524. Tel: 966468626 / 965063833. Email: mabasantos@hotmail.com

Monchique - 2 hectares with medronho and eucalyptus trees. €15.000. Contact: Duplo S Med Imob - AMI 7524. Tel: 966468626 / 965063833. Email: mabasantos@hotmail.com

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

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

Mexilhoeira Grande - Land with 1.200m² to build a villa. Ref: ter159. €100.000. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430. Lemail: globalplano@hotmail.com Alvor - Land near the centre of Alvor with an area of 360m². Ref: ter155. €95.000. Contact: Globalplano Real Estate - AMI 3156. Tel: 282 459 430 . Email: globalplano@hotmail.com

Alcoutim - 1.000m² fenced and gated plot on the river close to Alcoutim. Electric, bore hole, telephone with a static caravan. Lovely setting. Ref: JP629. e96.700. Contact: Julies Properties Lda-AMI 6838. Tel: 289 798 196. Email: sales@ juliesproperties.co.uk

Faro - Estói - 9.000m² plot with approved project to build a 200m² villa with pool. Ref: JP410. e157.500. Contact: Julies Properties Lda-AMI 6838. Tel: 289 798 196 . Email: sales@ juliesproperties.co.uk

Portimão - Plots from 430m² with permission to build a villa. Prices from €75.000. Contact: Abel Santos Lda- AMI 523. Tel: 282 341 988. Email: abelsantos@net.sapo.pt

Castro Marim - More than 4 hectares of totally flat land with 680m² of ruins. Possibilty of rural tourism. Near to the Castro Marim golf course. Ref: 2740. 6350.000. Contact: ERA-Get a House Lda - AMI 6498. Tel: 963 543 569 . Email: vrsa@getvrsa

Faro - Estoi - Unique opportunity! Plot of land with sea views, situated in a quiet area, in land, only 10 min from Faro airport and just a few minutes walking distance from the centre of Estoi. Has ruin of 198m², which can be extended up to 250m² plus basement. Very good access road and easy connections to water, electricity and sewage. Ref: t235. €110.000. Contact: Inside Villas Med Imob Lda - AMI 5931. Tel: 289 399 011/969 023 983. Tel: 289 399 011/969 023 985.

Southern Alentejo - Santana de Serra about 30 mins inland from Albufeira. A greenfield plot at the top end of picturesque hillside village with permission to build a two storey house of around 220m² on plot 30m². Excellent road access. Water, sewerage, electricity and telephone access. Walking distance fom local amenities, school, health centre, bars and restaurants. Just needs project to suit buyers needs.. €23.400. Private Sale. Tel: 965 242 732 / 9171 47 584.

Tavira - Vale Du Ebros - approx. 20km north of Tavira, near new Monte Rei golf complex. Plot approx 1000m². Set on gentle slope in a tranquil area, close to all amenities. Electricity on site. Water: bore hole or pipe from existing users. Tarmac road to plot. Sea & country view. Two ruins with numbers, should allow approx 180m² to be built, subject to usual planning conditions. €70.000. Private Sale. Tel: 0044 120 284 9747. Email: mirish@hotmail.co.uk

Portimão - Penina - Plot with plan approved for villa with pool. Area 1600 m². Ref: V508. €1.000.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@ algarve-real-estate-centre.com

Alvor - Montes de Alvor - 550m² located in a quiet area surrounded by other villas. Permission to build 220m². Ref: P592. €275.000. Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@ algarve-real-estate-centre.com

To Renovate

Boliqueime - Habitable old house in land of 1.070m². This house w/ country view and only ten minutes driving from the Vilamoura and Quarteira beaches, consists of: - 5 Beds - 2 Lounge/Dining Room - 2 Kitchens - 2 Baths - 2 Terraces - 1 Store room - 1 Water deposit - Public place - Cistern - Garden Ref: CCTB-35 €350000. Natalia Flores Carreira Lda - AMI 632. Tel: 289 369 155/6. Email: nataliacarreira@mail.telepac.pt

Leiria - Pedrógão Grande. Central Portugal two old houses, easy restoration project. €95.000 o.n.o. Private Sale. Tel: 966 402 520 .

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

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

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

Monchique - Fantastic potential in a stunning location in the Monchique hills. Built in 1972 an un-missable renovation opportunity with views to the coast. Ref: 240988 . 6475.000. Contact: Sadler's Med.Imob. Lda AMI 7374. Tel: 282 789 336/912 176 588. Email: sophie.hollow@sadlersproportv.com

Monchique - Grandiose 5 beds, 5 baths property with outbuildings to be restored to former glory. Masses of original features from a bygone era. Land 18160 m² with pool. Walking distance to Monchique. Ref: 1684. 6840.000. First Reality Lda - AMI 7198. Tel: 282 911 838. Email: firstreality@sapo.pt Loulé - Benafim - Townhouse for renovation, 3 floors incl basement which can be converted into bedroom. Traditional 1930's building needs renovating but without plans as structure sound, Great opportunity. Sea views from the top floor, and great feature like vaulted ceilings.. €37.500. Contact: Private Sale. Tel: 91 4 300 664/289 432 865. Email: vinclarke@mac.com

Ruins / Rebuild

Loulé - São Sebastião - Old house 230m² on land 830m². 2 bedrooms, 2 bathrooms, office, living room, kitchen and land to build up to 235m² plus one dependent outhouse designated "oven house". Good opportunity to rebuild. Ref: 402.M. e180.000. Contact: Vilas Ibéricas Soc Med Imob - AMI 1513. Tel: 289 391 090. Email: info@vilasibericas.com

Silves - Odelouca - Unfinished 2 bedroomed house on plot 5500m² in the countryside. Area 80m². Ref: V577. €80.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-realestate-centre.com

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

Bars

Praia da Rocha - Snack bar fully equipped. Licence to work until 4.00am. Ref: C479. 6115.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-realestate-centre.com

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

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

Shops / Commercial

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

Quarteira - Shop for sale. Well located, inside shopping centre opposite fish market. Area 24,5m². Price negotiable €45.000. Private Sale. Tel: 914 692 317. Praia da Rocha - Perfume shop for sale. Ref: C520. €170.000. Contact: Algarve Real Estate Centre - AMI 6350. Tel: 282 420 970. Email: info@algarve-realestate-centre.com

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

Portimão - If you are looking to expand your company, you will find in this great business centre the luxury, the comfort and the professionalism you are looking for. Ref: 122121001-113. 6670.000. RE/MAX Sinergia Lic. AMI: 7089. Tel: 282 491 059 . Email: sinergia@remax.pt

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

Property

for rent

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

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

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

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

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

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







Mini-EU summit in Sintra

Durão Barroso, or Manuel Barroso as he now prefers to be called, President of the European Commission, presided over a mini-summit last Saturday in the Portuguese town of Sintra.

Along with Barroso were German Chancellor Angela Merkel as Council President, Hans-Gert Pöttering as European Parliament President, and the prime ministers of Portugal and Slovenia, José Sócrates and Janez Jansa as representatives for the next two upcoming EU presidencies. The group reflected on the European Constitution and future challenges for Europe. After the summit a source for European Commission claimed that the EU Treaty may be finalised by December of this year, whilst the EU is under the presidency of Portugal. The Treaty will substitute the previously presented and rejected Constitution.

Portugal will take over as President of the European Union in July.



• From left to right Janez Jansa, Angela Merkel, Jose Manuel Barroso, Jose Socrates and Hans-Gert Poettering, . Photo Lusa

Immigration Law

Parliament passed a new immigration law last Thursday which has been subject to much criticism from immigrant associations across the nation.

The Platform for Immigrant Community Representative Structures (PERCIP) demonstrated disapproval of the law claiming: "The expectations of thousands of immigrants and their associations were deceived as the new law does not foresee the regulation of all immigrants who are working and living in Portugal, opening up only a few exceptions which comprise the minority."

Paulo Portas, leader of the CDS-PP told reporters, "The law has positive aspects, but the government made a mistake, in Article 59, introducing weak criteria. People can become immigrants with a declaration of interest from any employer, regardless." It seems that such a loophole would be advantageous for human traffickers, especially if the control of

such immigrants is not upheld.

The new law states that foreigners seeking work in Portugal may be issued temporary residence permits if their qualifications are sufficient to register on the employment exchange. Such immigrants will be required to present a valid employment contract or legitimate offers of employment. A revised visa system for guest workers and the concession of residence permits to researchers and highly qualified foreign employees are also contained in the law. Companies employing illegal immigrants will be subject to large fines and marriages of convenience are considered illegal.

The law was passed by the votes of the PS and PSD with the CDS-PP and BE voting against and the Greens and the PCP abstaining.

Addict support

The Piaget Agency for Development (Apdes) in Porto invited Theo van Dam, renowned for his work in support of drug addicts throughout Europe, to be the patron in their endeavour to create a Portuguese association for the support of drug users.

One of the pioneers of needle exchange programmes, Dutchman van Dam told Lusa: "Human beings must be treated with dignity," deploring the fact that he had found Portuguese drug addicts living in "horrible conditions". Van Dam has helped found over 50 associations all over Europe and presented various simple projects that could be developed in Portugal in order to help drug users, apart from the more common syringe exchange schemes and safe injection sites. The workshops delivered by van Dam were attended by various representatives of the Drug and

Drug Addiction Institute, the National Association of Pharmacies, Joaquim Urbano Hospital, the Matosinhos GNR and Public Security Police and Judicial Police from Porto.

Judicial Police from Porto.

Alina Sousa, spokesperson for Apdes a non-profit organisation, told Lusa that a meeting to organise the foundation of the Association in Defence of Drug Users is to be held on 6 June. "Apdes has two teams working with drug users supplying syringe kits and aluminium foil," Sousa said, adding that the association intended to introduce mobile units to operate in areas where drugs are consumed.

Profitable retirement

The number of retirees receiving monthly pensions over €4.000 grew by 12,3 per cent in 2006 with 378 new public employees receiving the so-called *golden* pension. The majority of people receiving these large retirement benefits are politicians, magistrates, hospital administrators, teachers, diplomats and military personnel.

Eco- adventure

Last weekend saw the first trans-Portugal rally with vehicles powered only by ecological fuels such as vegetable oils or biodiesel. The vehicles departed from Bragança on Saturday and the rally ended in Quarteira on Sunday. The organisers hope to raise the awareness of the general public and the government to the use of alternative fuels.

Fishermen dead

Two fishermen were found dead in their bunks on board the vessel Santa Cristina which was moored at the time in the Galician town of Cangas, to the north of Vigo. It was suspected that both, age 28 and 36, died of an overdose. The bodies were subjected to an autopsy before being returned to their families in the Aveiro district.

Youths saved

Two teenagers were saved from drowning with the help of two students and two gypsy men last week. Apparently the four rescuers managed to pull Jaime Silva and Tiago Araújo, 15 and 16 years old respectively, out of the water where they carried out mouth-to-mouth resuscitation in order to save the boys who were both unconscious. Meanwhile a bar owner had contacted the local bombeiros who arrived on the scene within 20 minutes and continued the resuscitation process. Both boys were taken to hospital but were discharged quite quickly, continuing recovery at home.



Proprietor: Algarve Weekly Lda · NIF: 507968239

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

Director: Fiona Perris - editor@getrealweekly.com - Advertising: Charles May - ads@getrealweekly.com Design & Graphics: Ricardo Marreiros & Nuno Mendes - Photo contributors: Lusa

Contributors: Paul Rees · Lisa McNamara · Jayne May · David Rees · Trevor Holman Head Office: Casa do Fim do Caminho, Sítio das Seixosas, Ferragudo

Postal Address: Apt 58, PT 8401-906 Ferragudo · Editorial Office & Deliveries: Rua João Gaivão, n°20, 8400-030 Estombar · Tel.: +351 282 431 564 · Fax: +351 282 493 241

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



Lisbon council falls

At midnight last Wednesday the executive council in Lisbon was dissolved with all opposition councillors abdicating their positions, as well as 20 of the 26 elected PSD councillors.

Leader of the Carmona Rodrigues, refused to resign and was allegedly supported by Fontão de Carvalho, Gabriela Seara (both with suspended terms of office), Pedro Feist, Remédio Pires and Fernando Santana. Last week it was reported that all PSD councillors had agreed to resign after party leader Marques Mendes had requested the same in order to provoke council elections. Although these six councillors did not step down, their solidarity is not enough to prevent the election of a new executive.

The fall of the Lisbon council was to be officially communicated to the Civil Governor's office last Friday after Rodrigues and his team had collated all the necessary documents relating to the matter.

"I was elected by the people of my city and now I leave because of the votes of the [political] parties," Rodrigues claimed, apologising to the public last Thursday for "not achieving and improving more", adding that he always acted in the name of "responsibility". He would not confirm whether he intended to stand again in the next elections. His right-hand man, currently suspended from his position as deputy Mayor, Fontão de Carvalho, blamed Left Bloc councillor José Sá Fernandes for the collapse of the council saying Fernandes had "contributed in many ways to this conclusion."

By Friday four names were confirmed in the election race. The first to make the announcement was Helena Roseta who is to stand as an independent candidate after resigning as a militant Socialist. Furthermore, Ruben de Carvalho has been confirmed as the Communist/CDU candidate in coalition with the Greens (OV) by party leader Jerónimo de Sousa and also Sá Fernandes for the Left Bloc

(BE). On going to press, no firm decision had been reached by the Socialist Party, but rumours mentioned current minister for the state and interior, António Costa, although party leader and prime minister Sócrates confirmed that this was "pure speculation." Leader of the National Renovation Party (see get real editions 12, 13 and 14) José Pinto Coelho will also be standing for the position as council leader in order to fight "corruption". Over the weekend it was reported that Marques Mendes, leader of the PSD, favoured Fernando Seara, head of Sintra council as the party candidate.

The National Election Commission has, as yet, not confirmed dates for the elections but 8 and 15 of July have been suggested and possibly even the first day of July. The Civil Governor is duty bound to hold the elections within 40 to 60 days from the date of dissolution

Afghanistan action

This week a contingent of the Portuguese army, said to be mostly commandos, are to serve as part of an international force in Kandahar. According to a source at the defence ministry the soldiers will be mainly conducting patrols but the area is known to be classified as high risk. Cavaco Silva confirmed that there were risks involved but was confident about the ability of the soldiers. "The mission in Afghanistan is a risky one but we cannot forget that it is contributing to a peace mission in the region, and we hope to the reduction of world terrorism as well as the fight against drug trafficking," he told reporters, remembering that Portuguese forces were also present in Lebanon and Kosovo, also missions of risk. He concluded: "Portugal is part of the international community that wants peace. The defence of our country today goes beyond our own borders."

Public TV under the eye

Entidade Rgeuladora para a Comunicação Social (ERC), the regulating body for the media, presented the rules it intends to adopt in relation to party political pluralism within the public television network to the minister for parliamentary affairs last week.

The rules outline an evaluation of news programmes shown on Portuguese public TV stations RTP1, RTP2 and RTP-N which will monitor political representation. The new regulations come on the heels of various complaints by political parties such as the PSD and PCP of discrimination by RTP1 in the programme "Pros e Contras" (For and Against). At present neither SIC nor TVI will be subject to such scrutiny although some political parties feel they should not be excluded for being private.

Thousands flock to Fátima

The largest group ever of faithful pilgrims gathered at the Catholic shrine of Fátima in central Portugal this weekend on the 90th anniversary of the sighting of the Virgin Mary by three young shephards, all now deceased. Many had travelled on foot from all over Portugal.

Due to the unusually large number of visitors access to the shrine was not easy and before the candle procession at 10 pm on Saturday the director of the Civil Protection called for pilgrims not to force their way in. By mid-afternoon on Saturday there were no more parking spaces in the town and even residents were experiencing difficulty in reaching their homes. After the procession and service pilgrims were delighted with the news that Pope Benedict XVI had announced his intention to visit Fátima within the next few years. Pope John Paul II visited Fátima in 1982 and 1991.

One Spanish pilgrim died, age 80, and many others were treated at campaign hospitals set up in the area during the celebrations.

As can be seen in the background of the picture on the right, some pilgrims approached the shrine on their knees,



Lunar real estate

American businessman, Dennis Hope, was in Portugal last week to promote his enterprise, Lunar Embassy, selling property "with views to the earth".

Hope claims to be the owner of the "only real estate agency legally qualified to sell property in space". The project began in 1980 when Hope filed a declaration of ownership, initially with the land registry in San Francisco, and subsequently with the US and Russian governments and the General Assembly of the United

Nations, laying claim to the moon and other planets. His missives received no reply and today the Lunar Embassy has sold lunar plots to many, including the rich and famous. Property is available from €25 per hectare and the deal is sealed with a Lunar deed.

Allegedly, the business has so far made around €4,4 million all

over the world.

As a warning to the Portuguese, legal advisor for DECO, Luis Salvador Pisco, stressed the fact that: "In legal terms this is a situation in which the people cannot claim they have been subject to fraud as it is all too evident what is going on. I doubt any court would side with the claimant."

Officer shoots ex

Last week on Tuesday a 33 year old GNR officer, Carlos Borges, killed his ex-girlfriend whilst she was in the company of another young man. It seems that the 21 year old victim had given a lift to a school colleague and the officer had followed them to the spot where the shooting occurred, approximately 100 metres from the colleagues home. The first shot fired by Borges personal, legally registered weapon lodged into an electricity post and in the ensuing confusion Borges managed to fire three shots into the victim's neck causing her immediate demise. Afterwards the officer shot himself in the temple and was declared brain dead but continued to show vital signs. Borges had apparently been pursuing the girl since their relationship of three years finished about a month ago.

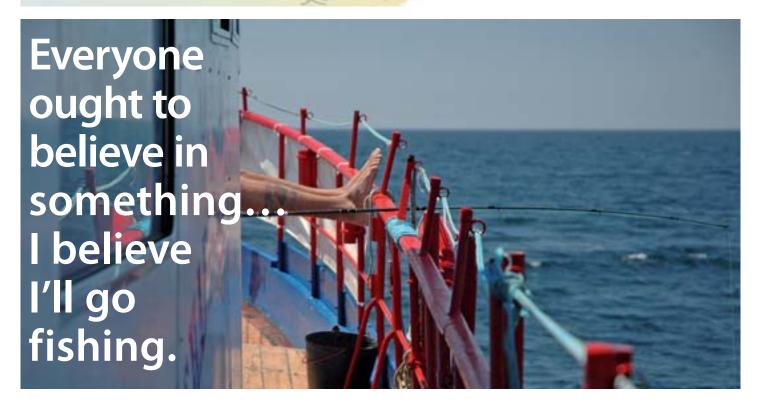
Negative news

Mariano Gago, minister for science, technology and higher education issued an official despatch to the Independent University (UnI) and to SIDES, the company that manages the institution, which withdraws public interest recognition of the establishment. This declaration, released to Lusa, substantiated the decision on the final report of the Director General of Higher Education which states that it has been "unequivocally proven that the UnI does not retain the minimum legal conditions required to be recognised as an institute of public interest." This decision runs alongside the current process of compulsory closure of the establishment, but recognition of public interest is essential for the UnI to funtion legally.

In a statement to Lusa the management and faculty declared that they "contest the spirit of the communication," claiming it contained "arguments that, at least, imply a substantial amount of subjectivity." It was further stressed that: "The Independent University is far from closing its doors and classes continue with even more students, as is public knowledge."







A day on the high seas beckoned. I had two friends taking a break from the grey of North Yorkshire and a fishing expedition was suggested. I found myself at the harbour in Portimão handing over a deposit for a Monday expedition of *bottom fishing*. I hadn't fished much since my teenage years but I was sure the old techniques would soon come back...

• By Paul Rees

We found free parking by the Clube Naval in Portimão and boarded our vessel, the Nitucha, a cheery red-painted boat settled on the smooth morning water.

"We have had a cancellation so it's just you three," came a voice from the bridge, straight out of East Enders. "Hey ho, and off we go," we cheered, as I found a seat near the back end which later I was reliably informed was the stern.

Before we passed the harbour walls we were given a full safety drill including the precise location of two inflatable lifeboats that are inspected annually despite never having been used. There is a first aid kit and sensible information is imparted, with special details given when there are children on board. The location of the beer facility was also noted but studiously avoided by the Skipper who, after all, has a boat to run.

Frightening facts

To the strains of some gentle blues music a welcome coffee was produced from the ever-ready kettle and a get-together ensued over the photo album of *Fearsome Sharks and Other Creatures* Captured, showing stills of first-timers looking shocked alongside their hoisted, silvery prey. The real horror is a picture of a great white shark landed 12 years ago which, at 1.100 kilos, caused a stir. The hapless creature had swum into a net three miles offshore from Portimão sending many seasoned fishermen into spasms on inspection of the landed body. We, however, were bottom fishing which I expected to be a rather more relaxed affair.

Perhaps not, as the album also contained severe pictorial warnings as to which fish are poisonous and not to be handled, such as the weaver fish (peixe aranha) and the scorpion fish (rascasso). As a once only experience the skipper has been punctured by weaver fish spines resulting in his hand swelling to the size of a boxing glove, severe pains in the glands under the arm and, when the swelling subsided with a dousing of household vinegar, the loss of several layers of skin on the affected area.

Fishing grounds

Our gasps of horror at these poisonous sea devils were clearly taken as signs of maritime encouragement and coloured maps

of the seabed were swiftly produced showing our destination, a rocky seabed seven miles off Carvoeiro. Reaching our fishing grounds involved navigating over mud and sandbanks. Each area is used for different types of fishing by the many craft that are licensed to fish commercially. There are the night-time squid boats that are a familiar and somehow romantic site for us landlubbers, the four daily trawlers sweeping all into their huge nets, the small netting boats and the pot boats that catch the octopus, squid and cuttlefish that end up as daily restaurant fare.

The doca pesca on the Arade river near Portimão's old iron bridge is the central point for the local fishing industry as all catches must be landed there to be sold and taxes levied on sales. If you are served a fish with a tell-tale harpoon wound you can correctly surmise the fish has evaded all tax and should thus taste all the better.

Fish & fishermen

On the topic of fish, where are all the tuna? They breed in the Mediterranean and then funnel past Gibraltar, swinging south along the coast of north Africa or north along the Algarve. North or south is determined by the warmth of the current and Africa does win out most years. The other missing fish is the sardine, so linked with Portugal's past image. These have been so over-fished that those left breed far away from danger. Looking back at the Ferragudo shore from our boat we could see several chimneys of the derelict sardine factories soon to be incorporated into another marina. There is one chimney in Parchal in the Lidl carpark, if you want a close look at one, and another at the Boca do Rio hotel at Mexilhoeira de Carregação where the old steam boilers have been preserved in the bar area with the chimney rising up through

Are there many opportunities to go big game fishing in the waters of the Algarve? Dave Goodison used to run a game fishing boat out of Albufiera but packed up last winter. Bob Pearson at Vila Real de Santo António is still battling with licences after a boat purchase deal went wrong to the extent that he cannot leave the country until it is sorted out. This leaves our skipper of the day, Clayton Davey, running his service from Portimão. Clayton's

wife, Roz, manages all the bookings and accounts but stays safely on shore.

The shark fishing season is during the summer months and depends for success on the sea temperature rising. The Nitucha goes out daily in the season, and weekends only in the winter months. Night time shark fishing is for the very bold in the summer when the sea temperature reaches 24/25 degrees centigrade.

Two types of fishing tour are on offer. Firstly the big game shark fishing day where most combatants are first timers and a good day can be had by fishermen and women and paying spectators. The second, upon which your intrepid correspondent found himself with two incredulous friends, is the bottom fishing tour which is guaranteed to produce something for everyone, surely?

Seaworthy, not seasick

Clayton bought the boat four years ago from Fred Steel as part of the new skipper's life realignment programme. The Nitucha is a robust 14 metre sea-going cruiser which feels safe and sturdy. It was built in Lisbon to withstand heavy seas and it does not bob around a lot, avoiding the involuntary *mal*











Contact details: www.seafishing-algarve.com olavoz@sapo.pt 969 567 447 or 916 514 806

de mer ground-baiting to which many are susceptible. The keel was laid (good use of old sea-dog terminology! Ed.) in 1958 and the hull is now stripped and sanded every year, the wooden decks are re-oiled and larger engine maintenance carried out. There is a toilet or head (which is useful in personal emergencies).

Fun kit aboard includes the GPS system which shows the location of the craft and the harbour and lots of flags to help steer you about safely. There is a fish-finder gismo indicating when there are fish under the boat and at what depth. All the rods necessary are provided as is ample bait of shrimp and shellfish for our trip.

Life changes

Skipper Clayton Davey hails from south east London and was in the building trade until his mid-life crisis hit at exactly 40. His parents are expert fishers who were champions in 1978 in the UK. When presented with Clayton's change of career, "I am going to be a shark fisherman," the astonishment was total. They can now watch with some pride from their home in Ferragudo as their son chugs out to sea every day. Clayton had onshore fishing

experience, otherwise known as angling, but had certainly never owned a seagoing vessel equipped for a potentially dangerous sport.

Clayton displayed an easy charm to sooth us softies and loves the job that he admits is now a full time obsession. "The hardest thing was going back to school at 40 years old," which is exactly what he had to do to gain his skipper's licence. With plenty of practice on a wealthy friend's boat in the UK, followed by an intensive three week course in Plymouth. Clayton's first step towards his dream was taken. Moving to the Algarve with Roz and youngest son, Clayton spent valuable time shadowing Nitucha's vendor Fred prior to taking command. This helped Clayton familiarise himself with the fishing areas, the boat and the many particular regulations from the Harbour Master and Maritime Police who are tough and seemingly random in their ever-increasing desire to issue fines for long forgotten or freshly-issued regulations.

In good hands

João the deckhand has worked on the Nitucha for two years. His grandfather used to run a *canoa de* Tejo, a sailing boat that transported people and goods across the river to and from Lisbon before the bridge was built in 1975. João still keeps a canoa de Tejo near Lisbon and his uncle maintains a fine example of this historic craft at Alvor. Many were broken up after they were no longer required and the Government was offering EU grants for their destruction. João is from a family with deep sailing roots and his own maritime knowledge is most reassuring.

Wildlife preservation

Clayton explained his hatred of fish: "Can't stand them, I will eat fish fingers and fish cakes as there is precious little fish in them, covered in dressing naturally." This makes him an ideal fish conservationist and the care taken over the catch is endearing. Some of the fish we caught, when hauled to the surface, had disended swim bladders which were pricked to release the air. After recuperation in a handy bucket of sea water, all but one survived and were returned to the sea.

Clayton is part of the international cooperative shark tagging programme run by the US Government's National Marine Fisheries Service. This continuing research into the biology of large Atlantic sharks started in 1960 with just 100 volunteers. The programme has since been extended and now includes 6.500 people distributed along the Altantic and Gulf coast of North America and Europe. Numbered tags sent to participants are attached to the base of cach shark's dorsal fin. An accompanying data card is filled in after tagging, logging the shark's weight, date and location of capture, sex and the size of fishing gear used to catch it. When a tagged shark is re-caught the tag is retrieved and sent on to the US. Between 1962 and 2004 over 188.000 sharks have been tagged and 11.000 have been recaptured. Distances between taggings vary from nil to 3.740 nautical miles. In total three species, the blue shark, shortfin mako and tiger shark travelled over 3.000 nautical miles. The longest period between taggings of the same specimen is just under 28 years. The data provides valuable information on migration and the extent of fish movements including rate, routes, abundance, age and growth.

Sharks tagged on the Nitucha have been re-caught off Tenerife

and the Azores, coastal Spain and west coast Portugal often by the same intrepid long line fisherman, one Jaime Mejuto from A Coruña who has re-caught 23 to date. I suspect he is no longer married.

The Nitucha has also caught a naval shell casing (spent), a foul-smelling dead shark and has witnessed a whale circling the boat and the surfacing of an alarmingly large submarine on exercise, luckily one of ours.

A great day out

Despite my amateur fumblings we certainly caught our fish supper and sufficient for a fine *cataplana* for João, including horse mackerel, Spanish mackerel, red gurnard, sea bream, black bream, *besugo* and something called *bongo* that was thrown back immediately. We did not catch octopus, cuttlefish, moray eel (thank heavens) cuckoo wrass or *bicas* although these are often hooked.

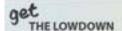
We spent a total of seven hours on board for €50 a head. I loved it as you not only get to view the Algarve coast from the sea, which is beautiful, but you learn lots about our maritime environment from Clayton and João who, after all, spend a third of their life afloat and have a wealth of experience to impart cheerily.











...on Burgau.

Jackie Teasdale made the move to Burgau last July, in the peak of the summer, leaving behind a life in the UK. She chose the little western Algarvean village because it is unspoilt and you can still stroll around the streets enjoying the atmosphere without being consumed by tourism. Only a ten minute drive into Lagos, it is in Jackie's opinion, one of the best towns in the Algarve, with everything to hand. According to the sign on the way in, Burgau has 7.000 inhabitants but it is hard to believe they live here all year round.



Why Burgau?

Jackie told us that it reminds her very much of a traditional Cornish fishing village with its painted boats, amazing beach, rambling streets and small cafés. Along the coastline are beautiful cliff-top walks, one taking you all the way to Luz and in the opposite direction you will find the Almadena fort with views over the ocean and you can see Salema in the distance. You can watch the boats going in and out and chill out in a café away from everything and still be in the busy resort of Lagos in a matter of a few minutes. Overall the decision to move here was based on value for money, location and distance from the sea.

Two car parks overlook the

beach and even in peak season it is usually possible to find a space. Because of the steep roads and pathways the one drawback is that it is difficult to manoeuvre prams or wheelchairs around.

Availability of schools

The Vale Verde School is within a few minutes' walk and has been open for around three years now serving the ex-pat community. This is a secondary level school. The Barlavento English School in Espiche is a well-established primary school for children of all nationalities following the UK curriculum. It has an excellent reputation. There are of course Portuguese schools as well for those who

want their children to be fluent in the Portuguese language.

Favourite local beaches

Burgau beach is 700 metres from Jackie's home, one of the deciding factors of purchasing the property. While in the UK Jackie dreamed of living within close proximity of the sea and now it is a reality.

Sport facilities

The Burgau Sports Centre is on the way in to Burgau coming in by the second entrance, at the turn off for Alma Verde. It has squash, tennis, stretch classes and a swimming pool. There is a well established children's club on Saturdays with a great programme of activities for kids,

more extensive in the summer months.

Boa Vista and Parque de Floresta are the two nearest golf

Comparison between high and low season

Even in August it is still quiet and accessible. Parking in the town may be more difficult and the beach busier but apart from that there is no real difference. In winter it can get pretty cold and you need to get your logs delivered early for the fire before the winter rush. It is quiet but there are still people around.

Future plans for the area

More building of villas and apartments.









Shopping facilities

The village has two small supermarkets, a mobile post office (open 10.50 until 11.30 weekdays), a wine shop, artisan and gift shops. There is also a cash machine.

Ecomarché on the EN 125 towards Salema is the nearest supermarket, then there is Lagos with more choice again.

Medical facilities

Lagos has its own hospital and the village has a health centre for GP type services.

House prices

An average new two bedroom apartment is around €120.000, and a four bedroom detached villa with pool from

€475.000 upwards.

Recommended hotels or quest houses

The Navigator apartment hotel has a covered pool and overlooks the sea at the Luz end of the beach.

Drive time to Faro airport and directions

The airport is just over one hour's drive, easily accessible via the A22 motorway, then take the second Lagos exit signposted Lagos, Vila do Bispo and Sagres. Follow the link road until meeting the main intersection with the EN 125 at a large roundabout, turn right in the direction of Sagres and pass Luz, Espiche and then turn left for Burgau.





Eating out in Burgau

There are places to suit all tastes and budgets. Here are a few observations based on personal experience and opinions of local residents.

Varandas do Burgau

This café, with a wide terrace overlooking the sea, is a firm favourite. The food is simple, well-presented and perfect for a pleasant lunch. We selected healthy prawn salads at 65.50 which coupled excellence with imagination, whilst we were simultaneously eyeing-up the full English breakfasts (for the same price) being consumed by the people on the adjacent table. It is the laid-back atmosphere that makes this place the perfect location for a leisurely lunch or coffee stop where the music adds to the ambience.

Casa Padaria Pizzaria

Located in the centre of Burgau just opposite the bus stop, it serves the obvious choice of pizzas and pasta as well other snacks. Closed Wednesday.

Ancora

This has a good reputation but is known to be quite expensive.

Beiramar

Again one of the more expensive places to eat.

A Barraca (The Hut)

This popular beach side restaurant, known by locals as The Hut for reasons that are obvious when you see it, specialises in fresh fish and is one of the favourites of the local residents

Beach Ba

Great views of the sea but quite pricey, it is popular with tourists and residents alike. Open from 12 until 3pm for lunch and 7pm onwards for dinner. There is a path along the beach directly to the restaurant.

Os Amigos

Good reputation for its food but, as it is small, reservations are usually required.

Pielas bar

On one of the two narrow roads leading down to the beach (Luz end of village), it is nice, clean and cosy.

Café Rui and Bar Brizze

Both are good snack bars with good service, clean and friendly.







Nine injured in motorway accident

A minibus carrying scouts from Estômbar and Ferragudo was involved in a violent accident when it seems that a tyre blew out resulting in all nine occupants suffering injuries.

The accident occurred at around 9.10 am on Saturday on the Via do Infante motorway near to Boliqueime travelling eastwards. The group were on their way to a scout camp in Alcoutim to conclude a guide course, which involved various Algarve scout groups. The camp was subsequently cancelled.

Among the injured were six children and three adults, four initially considered to be in critical condition. The emergency services arrived rapidly at the scene and totalled 22 people and eight ambulances from the Bombeiros in Loulé, Albufeira and São Bartolomeu de Messines, two Rapid Emergency Medical Vehicles (VMER) and two INEM ambulances. All were taken to Faro District Hospital and after evaluation two of the victims were transferred to São José Hospital in Lisbon due to the



nature of their injuries. These were a 12 year old girl who had suffered damage to her lower jaw and the driver, a 35 year old woman from Ferragudo who suffered a serious back injury. Four of the other victims were transferred to the Barlavento Hospital in Portimão, nearer to

home and the other three, two children aged 11 and 13 and one adult remained at Faro District Hospital.

The cause of the accident was reported to have been a punctured tyre and the Toyota minibus overturned and was completely destroyed.

Allgarve presentation

The controversial branding exercise is set to become a reality when it will be presented officially here in the Algarve next Saturday at the Lake Resort in Vilamoura.

The presentation of the Allgarve events programme in London, due to take place tomorrow was cancelled last Tuesday by minister for the economy, Manuel Pinho, due to the disappearance of Madeleine McCann. Pinho claimed it was a "sensible decision" at a time when all were concerned about the missing British

The presentation was to have been held in a London hotel where a hall was to be trans-

formed into a golf course allegedly using real grass, as well as counting on the presence of José Mourinho and Cristiano Ronaldo. It is estimated that the promotion represented an investment of a few hundred thousand

The Allgarve concept will be presented in Cannes, France this week on May 17.

Date set for RTA elections

Hélder Martins returned to work last week and soon announced that elections for his successor would be held on 5 June. Secretary of State for Tourism, Bernardo Trinidade, was informed, as well as the members of the Regional Tourism Commission which has scheduled an extraordinary meeting on 18 May at 3 pm.

Adolescents apprehended in Albufeira

Two 13 year old boys were arrested by the GNR in the early hours of Friday morning. The youths held up two people in the car park of an amusement park using a weapon that was supposedly real and making away with €25, an MP3 player and a mobile phone. A third youth, thought to be about 15, managed to evade arrest. The suspects used a stolen car to make their foiled escape attempt which was later recovered, along with another eight stolen vehicles.

Vilamoura hosts travel conference

The second Annual Congress of the Triton Travel Group took place last weekend at the Tivoli Marinotel, bringing together around 1.000 British travel agents. Event coordinators, the Algarve Tourism Association, apart from general logistics, also arranged a golf tournament for the participants.

Bar fight in youth association

The Fontainhas Youth Sport club bar in Albufeira was the scene of a fight "reminiscent of the Far West," according to the chairman of the association, Amável Domingos. The fight resulted in three arrests and various injuries, including injuries to the hand of an officer of the GNR. The original aggressor was a man who had already created confusion in the club on a previous occasion and the club's directors had pondered the possibility of refusing the person entry. After the youth assaulted the chairman around 10 other people, including women and children, joined in the fray, presumably family and friends of the aggressor. The GNR were called to the scene but were received with beer crates and more violence.

Armed robbery on taxi driver

Last Wednesday the Judicial Police succeeded in arresting two men, 21 and 23 years of age, suspected of armed robbery. A taxi driver had been assaulted by the two men, allegedly Brazilian, the night before, having picked up one of his assailants at the taxi stand in front of Modelo in Albufeira. One man, a passenger, threatened the taxi driver with a gun whilst his accomplice pulled a knife. The incident occurred near Evaristo beach in Galé The driver gave up €50, apparently all the money he had. Another passing taxi had thought the behaviour of the taxi suspicious and had alerted the authorities.

Bishop of Europe visits Algarve



Bishop of Gibraltar in Europe, The Right Reverend Dr. Geoffrey Rowell (pictured left), will be visiting the Algarve over the weekend of May 19 for the licensing and induction of Revd. Haynes Hubbard, the new Anglican Chaplain at St

Vincent's Chaplaincy in the Algarve, a Chaplaincy within the Church of England's Diocese within Europe. Bishop Geoffrey, on his first visit to the Algarve, says that he is looking forward to formally beginning Haynes Hubbard's ministry by licensing him and values the dedicated work of church leaders and its members since the founding of St. Vincent's 30 years ago.

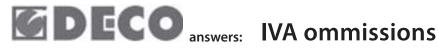
Revd. Hubbard, 38, has moved from Canada with his wife Susan and their three children to take up the role as Chaplain to the Algarve with responsibility for the congregations at Luz, Almancil and St. Luke's, near Santa Barbara de Nexe. One of Revd. Haynes first tasks will be to appoint a further Chaplain to work with the growing congregations and demands of the Church across the Algarve.











I asked a company for a quotation to do works and I accepted the quoted price on the document. Now the company is asking for the agreed amount and is adding on the IVA (VAT). Is this legal?

For the company to be able to add the IVA value, it is necessary that the quotation presented to the customer specified that the IVA (at the current rate) would be added to the price stated.

Before accepting any quotation customers should always confirm whether the price given includes the IVA, or not. If there is no specific information included on the quotation with regards to the tax, the customer is not obliged to pay anything more than the value agreed, being as the customer would presume that IVA is already included

Do not forget, it is always best to get all terms and conditions in writing before agreeing to a contract in order to avoid future misunderstandings and legal action.

Delegação Regional do Algarye Rua Rasquinho, nº19, 800-417 Faro tel: 289 863 103

www.deco.pt · e-mail: decoalgarve@deco.pt



· Mums & Toddlers · Playoasis · Ferragudo · Mondays & Fridays 282 461 122

· Mums & Toddlers · ICC · Lagos ·

Tuesdays · 282 086 804 · Mums & Toddlers · Portimão

Wednesdays · 282 461 985

· Mums & Toddlers · Lagoa Christian Fellowship · Tuesdays · 916 447 407

Zoomarine · Guia · www.zoomarine.pt

289 560 300 · Lagos Zoo · Lagos · 282 680 100 ·

www.zoolagos.com

MARKETS AND FLEA MARKETS

FLEA MARKETS

ALBUFEIRA Albufeira: Rua das Escolas. near the municipal cantine Saturday, 19 May

PORTIMÃO Park of Fairs and Exhibitions Sunday, 20 May 8am to 12.30pm

MARKETS

ALBUFEIRA Friday, 18 May

Aliezur: New Church Monday, 21 May

LOULÉ Alte: José Cavaco Vieira Square Thursday, 17 May

Loulé: End of the R. da Nossa Senhora da Piedade, facing the Convent of Sto António, when heading Boliqueime/Albufeira . Saturday, 19 May

Quarteira: next to the Filipe Jonas public garden Wednesday, 16 May 7am to 3pm

S. B. ALPORTEL Rua Boaventura Passos Saturday, 19 May

TAVIRA Rua Vale Caranguejo Saturday, 19 May

V. R. STO ANTÓNIO Vila Nova de Cacela Near the Market Sunday, 20 May

English speaking Church Services in the Algarve

Lagoa Christian Fellowship Worship with "Godsquad" for kids. Sunday service 11am to 12.30pm. EN 125 Vale de Lousas near SACL Mums & Toddlers Group Tuesdays at 10am and Youth Group on Friday evenings. Call Pastor Alípio Amaral: 968 801 237 or www.lagoafellowship.com

Lagos International Community Church

Sunday Services with Sunday School for children at 11am, Community Groups Wednesdays, prayer evening on Fridays and Mums & Toddlers Group on Tuesdays at 10am. Urb. Vila Praia de Dona Ana, Lote 118 near Hotel Golfin-ho Tel 282 086 804. www.icc-lagos.org

Portimão International Christian Fellowship

Sunday services at 11am with Sunday School for children. Bible study Tues-days, Mums & Toddlers Group Wednesdays at 10am at The Bridge (A ponte) Cedipraia shopping centre. Church venue Av. 25 April, 17. Pastor David Borgan 282 461 985 & 914 422 181.

Tavira Christian Centre

Sunday Service at 10.30am at Rua Almirante Cândido Reis. Jackie 281 322 857 or Geoff 969 100 121

International Evangelical Church Vale Judeu, Sunday service with Sunday School at 10.30am EN125 4th left from Vilamoura traffic lights. Call Peter Sluimer on 289 328 635. Church of England Services

St Vincent's Anglican Church, Almancil. Sunday Service at 09.30am Igreja Sra da Fatima EN125 between Quatro Estradas and Almancil, service conducted by Richard Eyres.

St. Lukes

Near St. Barbara, Monte de Palhagueira Gorjões. Holy Communion at 11.30am by Richard Eyres.

Holy Communion at 12pm with Rainbow Club for Children, at Sra da Luz (the church on the beach) conducted by Fr. John Wilson.

Contact Alan Brown for details of all three churches on 289 322 578. All Saints Anglican Church

Community Centre Almancil. Sung Eucharist 10.30 am every Sunday with Crèche and Adventurers Children's Club. For direction call 282 380 311 or see www.allsaintsalgarve.org.

TIDE TABLE 15 - 21 May 2007 Hour Height (m)

2007-05-15	01:37	3.46	High Tide
2007-05-15	07:49	0.53	Low Tide
2007-05-15	14:04	3.48	High Tide
2007-05-15	20:12	0.52	Low Tide
2007-05-16	02:26	3.54	High Tide
2007-05-16	08:33	0.47	Low Tide
2007-05-16	14:50	3.59	High Tide
2007-05-16	20:58	0.42	Low Tide
2007-05-17	03:14	3.54	High Tide
2007-05-17	09:16	0.49	Low Tide
2007-05-17	15:35	3.62	High Tide
2007-05-17	21:45	0.41	Low Tide
2007-05-18	04:02	3.46	High Tide
2007-05-18	10:00	0.58	Low Tide
2007-05-18	16:21	3.58	High Tide
2007-05-18	22:32	0.49	Low Tide
2007-05-19	04:51	3.31	High Tide
2007-05-19	10:44	0.73	Low Tide
2007-05-19	17:08	3.46	High Tide
2007-05-19	23:22	0.64	Low Tide
2007-05-20	05:41	3.11	High Tide
2007-05-20	11:31	0.92	Low Tide
2007-05-20	17:58	3.3	High Tide
2007-05-20	00:15	0.83	Low Tide
2007-05-21	06:35	2.9	High Tide
2007-05-21	12:22	1.12	Low Tide
2007-05-21	18:52	3.12	High Tide

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

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

USEFUL TOURISM INFORMATION

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





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get DIRECTORY

ACCOUNTANTS

Resolve · Almancil 289 350 060

Fiducial · Loulé 289 435 177

Sovereign · Lagoa 282 340 480

ADVERTISING / DESIGN

BIG Fish Lda · Lagoa 282 493 241

Milennium Publicidade · Loulé 289 328 375

289 395 445

AIR CONDITIONING

SACL · Alcantarilha

Eurocooling · Loulé 289 360 152

Tecno Therm · Alvor 282 496 377

AIRLINES

www.easyjet.com

www.firstchoice.co.uk

www.flvbe.com www.flvbmi.com

www.flymonarch.com

AIRPORT TRANSFERS

Minibusses do Sul · Portimão 282 426 045

Bravo Tur · Albufeira 289 542 410

Manuel Dias Lda · Olhão 289 702 175/968 084 773

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Terra da Harmonia · Praia da Luz 282 788 353

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Cantinho do Animal · Albufeira 289 542 030

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www.infoalgarve.com

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Caleidoscópio · Alvor 282 459 221

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Comportoldos · Faro 289 815 394

Toldegarve · Lagoa 282 431 541

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Playoasis · Ferragudo 282 461 122

A C Cores · Faro 289 829 155

O Parque da Anita · Olhão 916 691 050

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Annabells · Albufeira 912 638 624

On the Rocks (Disco Bar) Praia da Rocha · 282 416 144

Bentleys Bar & Bistro · Almancil 289 393 625

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Carvoeiro Golf · Carvoeiro 282 340 900

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Parque Campismo Fuseta Tavira · 289 793 459

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Baviera · Faro 289 860 140

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Citroen · Faro 289 894 800

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289 810 500

www.infoalgarve.com

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CLCC - Centre of Languages, Culture and Communication Portimão · 282 430 250 www.clcc.pt

Quinta Pintados Monchique 282 955 320 · www.pintados.co.uk

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Curtain World · Quarteira 289 356 418

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Corpis Dentis · Silves 282 084 287

OralLagos · Lagos 282 782 256

Mestre Maco · Various Locations

Adubopur · Portimão 282 422 929

Lerov Merlin · Guia 289 560 500

EDUCATION

CLCC - Centre of Languages, Culture and Communication

Portimão · 282 430 250 Quinta dos Amiguinhos Portimão · 282 102 796

Phoenix Trust for International Education (IGCSE) · Figueria VdB-282 698 006 / 967 226 059

Escola Internacional do Algarye Porches · 282 342 547

Futurekids · Faro 289 825 676

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The Saint - Electrician Caroveiro · 917 532 574

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Algarve Solar · São Brás de Alportel · 289 841 124

Alagoagas · Lagoa 282 352 755

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282 089 **4**11

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Nelson da Costa Miguel · Lagos 282 798 303

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289 583 030 Vila Sol · Quarteira

289 310 180

289 300 505 Lusotur Golfes · Vilamoura

Vale do Milho · Carvoeiro 282 358 502

Quinta da Ria · Vila Nova de Cacela · 281 950 580 Castro Marim Golfe · Castro

Marim · 281 510 330 Boavista · Lagos

281 320 880

282 000 111 Benamor Golf · Tavira

Quinta da Cima Vila Nova Cacela · 281 950 580

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Audiological Care Center · Guia

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Beach Combers · Albufeira

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Sinergia · Guia 289 561 068

289 561 158

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289 328 636



Fabricio Lda · Almancil 289 393 631

EQP Lda · Mexilhoeira Grande 282 969 374

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Pinetrees Riding Centre Almancil · 289 394 489

The Stables · Albufeira 289 542 870

Tiffany's Riding Centre · Lagos 282 697 395

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Monte do Casal · Estói 289 990 140

Four Seasons · Vilamoura 289 301 169

Quinta do Lago · Almancil 289 350 350

Vila Vita Parc · Porches 282 320 351

Pensão São José · Portimão 282 424 037

Hotel Apolo · Vila Real de Santo António · 281 512 448

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Lloyd & Whyte · Boliqueime 289 360 578

Jim Player · Almancil 289 395 662/269 395 492

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Regalgarve Lda · S. B. de Messines · 282 332 581

Aquamatic · Almancil

Fertirega Lda · Silves 282 442 826

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Dog Spa · Olhão 289 705 471

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Elite Kitchens · Lagoa 282 353 664

Joro · Almancil 289 390 830

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J Plácido Santos e Associados Lagoa · 282 340 250

Cristina Marcelino · Lagos 282 768 269

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Gloria e Silvestre · Portimão 282 418 694

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Piri & Piri Lda · Lagoa 282 341 059

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English Mobile Mechanic 912 400 228 (24h)

Parchaltec · Parchal 282 432 041

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HPP · Faro & Lagos 289 892 040 & 282 790 700

Hospital Particular do Algarve Alvor · 282 420 400

Luzdoc · Lagos 282 780 700

Clinica da Rocha · Praia da Rocha · 282 420 470

Family Medical Centre · Quinta do Lago · 289 398 411

Clinica Etienne · Olhão 289 707 040

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Museu Regional do Algarve Faro · 289 827 610

Museu do Trajo do Algarve · São Brás de Alportel · 289 840 100

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Óptica Orbita · Loulé 289 411 777

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Algarve Images · Lagoa 917 813 654

Julifoto · Various Locations 282 411 748

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Adrian Stuart Dixon · Carvoeiro 282 358 273

PAAF · Almancil 289 992 728

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Fernando M. Lourenço · Lagoa 282 353 534

Frederico J. A. Filhó · Loulé 916 140 861

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Pebble Pools · Lagos 282 788 673

Cristal · Lagos 282 769 768

Tecnopiscinas · Almancil 289 395 515

Casa Mendes · Faro 289 816 706

PROFESSIONAL ATTIRE

Rei das Fardas Lda · Loulé 289 393 909

Lauret Confecções · Portimão 282 425 614

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Lloyds Property Services Lagos · 282 792 630

Nonplusultra · Lagos

Nonplusultra · Lagos 282 764 771

Casa Serviço · Tavira 281 321 764

PROPERTY RENTALS

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Casas do Barlavento · Lagos

Winkworth · Lagos 282 761 154

REAL ESTATE



Minita Lda · Silves 282 444 510 Fax: 282 444 867 sales@minitarealestate.com www.minitarealestate.com

Area 3D – Portimão 967 097 599 · Fax: 282 108 975 info@area3D.pt · www.area3D.pt

Servesul · Portimao Tel/Fax: 282 444 471 email@servesul.pt www.servesul.pt

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125 Removals · Portimão 282 968 900

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AutoRent · Algarve 282 417 171 · 800 21 20 11

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Auto Jardim · Albufeira 289 580 505

Amoita · Faro & Lagoa 289 843137

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289 351 517 · 914 169 542 · 965
247 871

A Nossa Tasca · Portimão 282 491 675

Farragood · Ferragudo 282 461 236

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MISCELLANEOUS

for sale

For Sale - due to return to UK 1 double pine bed base @ €75 1 double pine effect wardrobe @ €30 - 2 mahogany desks with 3 drawers and turned legs @ €35 each - 1 dark oak JAYCEE drinks/dresser @ €100 - 1 dark oak JAYCEE corner display unit with tv table @ €120 - FRICON white electric 4 hurner cooker/ oven, very clean. €75 o.n.o

Tel 967 107 260

FOR SALE - pool heater. Titanium P.S.A. "OPTPAC 4" (three phase) suit pool approx 8x4m hardly used only 2 yrs old €2.000 (buyer collects) Tel 963 613 641

Half price sale - Beauty spa items - Electric boiler 500 litres @ €900 - Aniston refrigerator @ €140 - Tumble dryer @ €300 Anti-cellulite machine with ultra-sound @ €3.210 - Vichv shower @ €3.182 - Combination sauna and turkish bath (TYL Classic Abeto) @ €2.000 - Computer with touch screen, cash register and software @ €1.925 - Electronic massage bed in 3 parts @ €1.027 - Electronic massage bed in 2 parts @ €900 - Facial Machine - Belex 08 @ €950 - 2 leather sofas, Divani Divani @ €445 each - Thermal blanket with clock (Termosalud) @€296 - Steriliser (Temper 300) @ €207 - 2 magnifiers for skin treatments @ €75 each - Hydraulic chair with back @ € 156 - Hydraulic chair without back @ €106 - 2 tables with 3 shelves and revolving drawer @€50 each - Hot wax pot @ €106 - Cold wax pot @ €80 All items are nearly new and offered at half purchase price. Buyer must collect - 936 256 949 (José Cascao)

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

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

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

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

For Sale - New shed over 2m wide with sliding doors. Boxed but same model is erected for viewing, Price €500, Castro

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

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

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

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



Antique dresser - offers please Tel: 967 107 260

For Sale-Carport - 3x5m, anticondensation with gutter. Price €1.000. Tel. 965538856

For Sale - Wooden home 1 bedroom show model with double glazing & wooden floor. 3,5x5m. 44mm. €7.000. Tel: 965 538 856

Oval garden house with thatched roof & wooden floor. Show model - 3x2,5m. €2.500. Tel: 965 538 856

PETS offered

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

VEHICLES

for sale

Opel Combo Van, 2 seater. 2000, 200,000km A/C , central locking Price €3.000 Private Sale Tel: 964 104 833

Mercedes 2300 petrol model 124 1987 automatic, central locking 200.000km. Price €2.500 Private Sale. Tel 963 771 903

Mercedes UE 220 Elegance Year Aug 2000 On board computer plus all the usual extras such as central locking, electric windows etc. Price €23.000. Private Sale. Tel 969 648 192

Renault Clio Wind - 1993, white. very good condition. Selling due to returning to the States. Price €1.200. Tel: 916 760 508

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

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

Suzuki - Vitara - 1.9 Td 4x4 2000. . electric windows, central locking. €7.000. Auto Rent. Tel: 282 417 171. ocasiao@autorent.pt

Seat - Ibiza - 1.2 Fresh, 2005, arev. A/C, electric windows central locking, PAS, radio/CD, allov wheels . €10.800. Contact: Auto Rent. Tel: 282 417 171 Email: ocasiao@autorent.pt

Seat - Alhambra - 1.9 Tdi 7L auto , 2005, grey. A/C, electric windows, central locking, PAS radio/CD, alloy wheels . €28.000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Seat - Alhambra - 1 9 Tdi 7L, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels . €27.000. Contact: Auto Rent, Tel: 282 417 171. Email: ocasiao@autorent.pt

Renault - Megane Cabrio 1.4, 2003, blue. A/C, electric windows, central locking, PAS, radio, alloy wheels. €12.500. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Renault - Megane Cabrio - 1.4, 2002, black/grey. A/C, electric windows, central locking, PAS, radio, alloy wheels. €11.500. Contact: Auto Rent Tel: 282 417 171. Email: ocasiao@autorent.pt

Renault Megane Break II -1.5,DCI, 2006, black/grey. A/C, electric windows, central locking, PAS, radio, alloy wheels €21.000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Renault - Clio III - 1.2, 16V Confort, 2006, black/grey. A/C, electric windows, central locking, PAS, radio, alloy wheels €15.000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Renault- Clio II Conf Authentique, 5d, 2005, black/ grey. A/C, electric windows, central locking, PAS, radio/CD. €10.000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@ autorent.pt



Honda - 2.0l - 1993 - very good condition with MOT and guarantee. ONO. €5.500. Tel: 965 034 258.

Peugeot 307 - SW 1.6 Hdi, 2006, black and silver. A/C, electric windows, central locking, PAS, Radio/CD, alloy wheels. €23.000 Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Peugeot - 207 - 1.4 Hdi Trendy, 2006, grey. A/C, electric windows, central locking, PAS, Radio/CD. €19.000. Contact: Auto Rent Tel: 282 417 171 Email: ocasiao@autorent.pt

Peugeot - 206 - 1.4 Hdi SW Look, 2005, grey. A/C, electric windows, central locking, PAS, Radio/CD, alloy wheels. €13.900. Auto Rent Tel: 282 417 171 Email: ocasiao@autorent.pt



BMW 320D-2001 with full extras. €27.100. Contact: Paixão. Tel: 289 393 938. Email: joaquim paixao@sapo.pt

Peugeot - 206 - 1.1 Look, 5d, 2006, grey. A/C, electric windows, central locking, PAS, Radio/CD. €12.700. Contact: Auto Rent Tel: 282 417 171 Email: ocasiao@autorent.pt

Opel Corsa C - 1.3 Cdti, On Air, 2005, grey. A/C, electric windows, central locking, PAS, radio, allov wheels, €14.000. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Opel - Corsa C - 1.2 On Air. 2005. grey. A/C, electric windows, central locking, PAS, radio, alloy wheels. €10.600. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

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

Hyundai - Lantra 1.6 GLS, 2000, bordeaux A/C, electric windows, central locking, PAS, radio/CD. €4.500. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@ autorent.pt

Opel Astra - 1.4 Auto, Caravan, 2004, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €11.600. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Trailer - Ifor Williams trailer with 2700kg capacity, tailgate, and mesh sides. As new . €2.250. Private Sale. Tel: 282 361 837

Toyota Corolla Linea Sol 1.4 VVTI- 2001. Very good condition. White with A/C €7.500. Contact: Private Sale. Tel: 282 687 800 / 919 473 206.

Opel- Astra - 1.7 Cdti Cosmo aravan, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €20.500. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Opel - Astra - 1.4 Enjoy Caravan, 2004, grey. A/C, electric windows, central locking, PAS, radio/CD, alloy wheels. €17.200. Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

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

Hvundai - Sante Fe - 2.0 4x4, 2003, grey. A/C, electric windows, central locking, PAS, radio/CD, leather seats. €22.000. Contact: Auto Rent, Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - H1 - 2004, grey A/C, electric windows, central locking, PAS, radio/CD. €16.000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - H1 - 2003, grey A/C, electric windows, central locking, PAS, radio. €12.800. Contact: Auto Rent. Tel: 282 417 171. ocasiao@autorent.pt

Hyundai - Getz - 1.1 Play. 5d, 2005, grey. A/C, electric windows, central locking, PAS, radio/CD. €9.500. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt

Hyundai - Atos - 1.0, 5d, 2005, grey. A/C, electric windows, central locking, PAS, radio. €9.000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@ autorent.pt

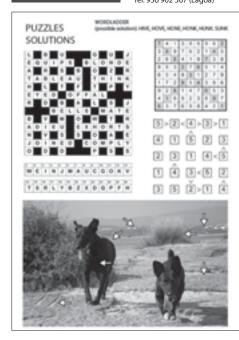
Hyundai - Accent - 1.3, 4d, 2005, grey. A/C, electric windows central locking, PAS, radio/CD. €11.000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@ autorent.pt

Ford - Transit 9L - 2004 blue A/C, electric windows, central locking, PAS, radio. €17.000. Contact: Auto Rent. Tel: 282 417 171. Email: ocasiao@autorent.pt



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

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Big heart, big muscles

Normally, when somebody decides to join a gym they are not in the best of physical fitness. In the gym the most common forms of workout are those that exert the cardio-vascular systems (heart/circulation) and those that concentrate on building muscle. What should one do? Why? For how long? These are some of the questions that arise which we hope to clarify.

· By Lisa McNamara

When taking the step to exercise regularly, for whatever reason, to lose weight, to lose a belly or excess fat off certain parts of your body or just to breathe more easily, it is necessary to build up stamina in order to sustain a speedier heart rate for a reasonable time.

For beginners cardio training is most important. It is necessary for the body to adapt in order

Women nearly all

have that wobbly

bum and triceps

issue and cardio-

vascular workouts

will certainly help.

to respond better to the chosen exercise routine. Cardio training will improve the body's resistance to exercise as the heart and lung capacity is improved over time, in turn facilitating the

workout as your body adapts. Usually it doesn't take too long for progress to be noticed and after two or three weeks the significant results will be observed and most people notice a tremendous difference in their stamina.

What kind of exercises?

In a gym the cardio-vascular equipment is quite often in an area separate from the muscle machines. Cardio-vascular apparatus includes treadmills, rowing machines, bicycles, ellipticals (cross-training machines), steppers, or even swimming, if you are lucky enough to have a pool at your gym.

It is easy to control a workout when doing cardio-vascular exercise. It is essential that you are aware that the maximum heart rate is approximately 220 minus your age. However, you should never reach 100 per cent of that value as you can put yourself at risk. Most machines nowadays

have a device to measure your heart rate while you are exercising. To ensure you are not putting yourself at risk, you should be working between 60 per cent and 80 per cent of your 220 minus age heart rate, i.e. a 40 year old should not exceed a pulse of 144. If you are working a machine with a resistance that doesn't even make you sweat, you will be wasting your time, as your body will not respond or adapt. The time you spend exercising is also

very important; for example, cycling for five minutes on a bicycle everyday will not improve your resistance. You should do at least 30 to 40 minutes of cardio-vascular training a day,

three or more times a week.

This type of workout is the best exercise if your goal is to lose weight. There is nothing better to metabolise your fat than doing cardio-vascular training to use those extra pounds as energy.

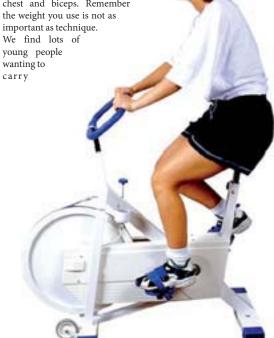
Building brawn

The muscle workout is another type of exercise you can do in a gym. This type of workout is directed more often at specific muscles, usually concentrating on them separately, for example, calves, legs, abdomen, chest, back, shoulders, arms and forearms.

Muscle fitness really helps to define the body in specific areas. For example, ladies, we nearly all have that wobbly bum and triceps issue and, yes, cardiovascular workouts will certainly help you, but to get far quicker and greater results, focusing on the problem area using weights will definitely give you visual results quite quickly.

We all know how daunting the gym can be, what with all that strange looking apparatus, but in reality, with a little help from an instructor, it is as easy as A-B-C or 1-2-3! As always, it is always advisable to have someone to monitor your performance, ensuring posture and technique are correct.

Adaptations are quickly recognizable, especially in the beginning as you get stronger and more in control of the movements. You can train your muscles everyday as long as you give the muscles vou workout 48 hours rest until you work those muscles again. On the inbetween days you work other muscles. For this type of workout it is normal to focus on two muscles a day, a large and a small muscle group, for example, chest and biceps. Remember the weight you use is not as important as technique. We find lots of young people



• Cardio-vascular apparatus includes treadmills, rowing machines, bicycles, ellipticals (cross-training machines), steppers, or even swimming.

Did you know:

more weight instead of getting

the technique, and the speed of

each movement right, ensur-

ing it isn't too fast! Don't worry

about the weight as it is more

important to do things slowly

and accurately so you can feel

your muscles working and better

Once you have mastered the

technique, you can play with

the number of exercises, sets,

number or repetitions, speed of

repetition, time to rest, etc.

isolate the muscles involved.

- In order for your body to start burning fat, you need to exercise for over 45 minutes.
- · The slower you do your repetitions the more your muscles work.
- The negative part of the exercise should be always slow.
- Don't hold your breath while you exercise your muscles.
- · Breath out when you pull or push the weights.
- · Breath in during the negative part of exercise.
- · Use mirrors to ensure you maintain the correct posture.
- · Always use proper clothing while exercising, allowing freedom of movement and transpiration.
- · You will quickly recover the water you lose whilst exercising. Losing water doesn't mean you lose weight! Make sure you drink while exercising.
- · It is extremely important in order to recover salts and minerals that you
- lose when sweating.

 · Always get someone to help you when using maximum weight.
- If you are not sleeping well probably you are over-training.
- · Never smoke or drink alcohol after working out.
- · What you eat is as important as working out.
- •There are lots of natural supplements to help in achieving your goals.





ENTERTAINMENT

15 MAY

• CINEMA FICA 2007 - Algarve International Cinema Festival. Portimão Cinemas: until 20 May. Centro Cultural de Lagos: 16 to 20 May. Cinemas Cinatrium, Faro: until 17 May. Auditório FNAC, Guia, Albufeira: until

Pan's Labyrinth by Guillermo del Toro. In the fascist Spain of 1944, a girl escapes into an eerie but captivating fantasy world. Cinalgarve, Olhão. 9.30pm.

18 May. Cine-Teatro António

Pinheiro, Tavira: 18 May.

+ 19 May: Cine-Teatro António Pinheiro, Tavira. 9.30pm.

• EXHIBITION 32th Algarve International Photographic Art Show. Participants from more than 60 countries show 1.891 photos. Igreja da Misericórdia de Silves.

Until 08 June.

 MUSIC Algarve Orchestra. Chamber Music. Biblioteca Central UALG, Faro. 4.30pm.

ENDIEL 2007 - 15th Meeting for the Development of the Electrical & Electronic Sector. FIL, Parque das Nações, Lisbon. Ûntil 19 May. 10am to 8pm. Professionals: daily. Public: 18 & 19 May.

• CINEMA Turtles can fly by Bahman Ghobadi. Near the Iraqi-Turkish border on the eve of an American invasion, refugee children gauge and await their fate. Indie Lisboa Festival extension. Cinema Santo António room 3, Faro.

The Who. Pavilhão Atlântico, Lisbon. 8.30pm. €30 to €40.

Sérgio Godinho (em) Ligação Directa. Teatro Maria Matos, Lisboa. €15 to €20. Until 20 May. Tickets: 707 234 234.

17 MAY

• CINEMA Il Caimano (The Crocodile) by Nanni Moretti. A skewering of Italian Prime Minister Silvio Berlusconi. Cine-Teatro António Pinheiro, Tavira. 9.30pm.

 MUSIC Matthew Dear. Minimal Techno. Lux, Lisbon

Jazz on Fridays. Eva Parker: sax, soprano and tenor; Herb Robertson: trumpet; Agustí Fernandez: piano. CCB, Lisbon. 10.45pm. Free.

Islamic Festival 2007 Mértola. Until 20 May. Music + exhibitions + gastronomy.

18 MAY

CINEMA

Monster's Ball by Marc Foster. A racist prison guard falls in love with the African American wife of the last prisoner he executed. Biblioteca Municipal de Loulé. 4pm. Free.

Odemira Tourism Fair. Riverside area, Odemira. Until 20 May.

Concert with Camarata Antiqua de Curitiba Choir & Póvoa de Varzim Orchestra. FIMA 2007 - 29th Algarve International Music Festival Igreja Matriz de Portimão. 9.30pm. Free. + 19 May: Teatro Municipal

de Faro. 9.30pm. €5 to €16. + 20 May: Centro Cultural António Aleixo, Vila Real de Santo António. 9.30pm. Info: 281 510 045.

Bloc Party. English indie rock. Coliseu de Lisboa. 9pm. €25 to €150. Tickets: 707 234 234.

Júlio Iglesias Romantic Tour. Pavilhão Atlântico, Lisbon. 10pm. €30 to €100. Info: 218 918 409.

Portuguese Symphony Orchestra presents Brahm's symphonies. Symphony n° 3. CCB, Lisbon. 9pm. €5 to €20.

· MUSIC + CINEMA Premiere Suite para D. Roberto. 50 years Faro Cine-Club. Teatro Municipal de Faro. 6pm: screening D. Roberto by Ernesto de Sousa 9.30pm: Concert Suite for D. Roberto by Bernardo Sassetti. Piano: Bernardo Sassetti. Double Bass: Carlos Barreto. Bateria: Alexandre Frazão, €6 to €12. Tickets: 289 888 110.

• THEATRE Loof by Joe Orton. CCB, Lisbon. 9pm. Until 21 May. 20 May: 5pm. €12 to €15.

Prantos by Algarve Theatre Reservations: 289 897 400.

Lovers and Strangers & Real Fake/Fake Real by Teresa Ranieri. CCB, Lisbon.

7pm. €4.

Land of my Dreams by Algarve Dance Company. Vale do Lobo Auditorium, Loulé. €15 to €25. 9pm.

Info: 289 353 322.

• EXHIBITION A Pre-historic Day. Recreation of history: what did the people of Alcalar do 5.000 years ago. Centro Interpretativo de Alcalar. Portimão. 10am to 12am / 2pm to 4pm. Info: 282 412 238.

 MUSIC 4th Figueira Accordion & Concertinas Meeting. Head Office - Sociedade Recreativa Figueirense, Portimão. 9pm. Free.

Lagoa Choral Week, Vozes da Rádio. Auditório Municipal de Lagoa. 9.30pm.

+ 20 May: Coral Ideias do Levante. Igreja do Carvoeiro. 11.15am.

20 May: Coral da Câmara Municipal de Albufeira. ACD Ferragudo. 9.30pm. Info: www.semanacoraldelagoa.net

Amsterdam Chamber Music. Love for music - music for love. Museu do Trajo de São Brás de Alportel. 8.30pm. €21.

Creamfields Lisbon. Parque da Bela Vista, Lisbon. 3pm. €45, €50 on the day. Info: www.creamfields-lisbon.pt.

& Hun Hangar Ensemble. Teatro-Circo, Braga.

Museum Night - Fado Night. Casa de Fados Arcádia, Faro. 9pm.

Music on churches. Josué Nunes: classic guitar, Pedro Loureiro: voice. Igreja da Misericórdia, Tavira. 6pm.

• PHOTO

Silves' perspectives
- 2nd round: Contrasts.
Photographic competition.
Silves. Info: 282 440 800.

7th Portimão Photo Run. Subscriptions until 14 May. Info: Museu Municipal de Portimão 282 412 238.

Raid BT Trilhos Inter-vivos. Cross Country Cycling 2007. Alcoutim. 9am.

STAND-UP Lisbon Comedy Festival. Pedro Tochas presents Alcómicos anónimos e um Gaio Teatro Tivoli, Lisbon 10pm. €10 to €12.

20 MAY

• CINEMA

Open Season by Roger Allers and Jill Culton. Animation. A grizzly bear finds himself stranded in the woods 3 days before Open Season. Cine-teatro António Pinheiro, Tavira. 3.30pm.

• FESTIVAL Vaqueiros in Flower. Villages in Flower. Vaqueiros, Alcoutim.

SPORTS Foursomes week, Royal Golf Course and Ocean Course, Vale do Lobo, Loulé. Until 26 May.

Charity Golf Tournament in aid of the Algarve Oncological Association. Benamor, Tavira. Registration/ support contact: (+351) 932 524 253 or e-mail scoringzone@gmail.com.

21 MAY

 EXHIBITION Equal Opportunities -Recognition & Respect for gyspy women. Photos.
Biblioteca Municipal de Faro.
Until 25 May.
9.30am to 7.30pm.

Acordeon Juvenile Festival. Cine-teatro António Pinheiro Tavira. 9.30pm.

FOR YOUR DIARY

Beyoncé. Pavilhão Atlântico, Lisboa. 24 May. Info: 218 918 409.

Art Sullivan. Coliseu de Lisboa. 25 May. Tickets: 707 234 234.

Dave Matthews Band. Pavilhão Atlântico, Lisboa, 25 May. Info: 218 918 409.

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

London Symphony Orchestra. Coliseu de Lisboa. 27 May. Reservations: 213 240 585.

Klaxons. Avenida dos Aliados, Porto. 01 June.

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

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

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

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

Nelly Furtado. Albufeira Municipal Stadium. 27 July. Info: www.pavilhaoatlantico.pt

CINEMA sponsored by:



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Reign Over Me After losing his wife and kids in the 9/11 terrorist attacks, Charlie (Adam Sandler) goes into a severe depression and retreats from the world. Luckily, he runs into his old college roommate, Alan (Don Cheadle), who feels sorry for his old friend and does his best to draw him back out.

Trust the Man In New York City, actress Rebecca (Julianne Moore) and her stay-at-home husband, Tom (David Duchovny), have a falling out over their sex life. Meanwhile, Tom's younger brother, Tobey (Billy Crudup), can't seem to commit to his aspiring novelist girlfriend, Elaine (Maggie Gyllenhaal).

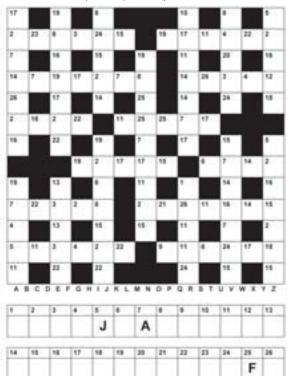
The Messengers A family (Dylan McDermott, Penelope Ann Miller, Kristin Stewart) hoping for a quiet, peaceful life on a sunflower farm have their idvllic existence ruined when a mysterious drifter (John Corbett) shows up on their doorstep.





YOUR FEET UP

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



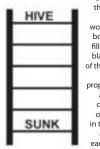
FIND THE 7 DIFFERENCES:







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



WORDLADDER

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

Move from

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

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

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

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THE get real HISTORICAL WEEK:

In 1970 the twin brothers and football players Frank and Ronald de Boer were born in the Netherlands. Both played for the Dutch national team as well as many professional clubs as wen as many professionar clubs in Europe including Al-Rayyan, Ajax, Barcelona and Rangers. Frank represented the *Clockwork Orange* team 112 times and held its captaincy until his retirement after Euro 2004.

16 May

In 1975 Japanese Junko Tabei became the first woman to reach the summit of Mount Everest. In 1976, Tabei was the first woman to complete the Seven Summits - the highest mountains of each of the seven continents.

17 May In 1990 homosexuality was removed from the World Health Organisation's International Classification of Diseases. This day became the **international day** against homophobia.

18 May

In 1974 the Warsaw radio mast, at the time the tallest construction ever built, was completed. Building started in July 1970 and it was 646,38 metres tall. It was located in Konstantynów, Poland, and was used by Warsaw Radio-Television for longwave radio broadcasting. It later collapsed on 08 August 1991.

In 1965 female tortoise Tui Malila died. She was the longest-living animal according to authenticated records
- 188 years old. She was born around 1777 and then given by Captain Cook to the Tongan royal family upon his visit to Tonga, an independent archipelago in the southern Pacific Ocean. She remained in their care until her death.

In 1916 the small town of Codell, USA, was struck by a tornado. Incredibly, the same town was also hit in 1917 and 1918 on the exact same date. Tornadoes have been observed on every continent except Antarctica. However, most of the world's tornadoes occur in the United States.

21 May In 2004 Russian lieutenant colonel Stanislav Petrov won the World Citizen Award for averting a potential World War III in 1983. Assuming his instruments were in error, Petrov deliberately did not report what appeared to be a US attack. The computer reports were later shown to have been in error.









Powerboats in Portimão

Last weekend Portimão hosted the Powerboat Formula One Grand Prix for the ninth time. Thousands lined the Arade River to see American Scott Gillman take the title. The event was the first in the 2007 world title series. Portuguese driver Duarte Benavente (pictured) had to withdraw from the race after only completing 35 of the 60 laps due to motor problems.



Portuguese League

Football fans will have to wait until next weekend to see which club manages to take the title and which clubs get relegated. The three front runners, Porto,

Sporting and Benfica are now one point behind each other. Porto, with 66 points, drew in their game against Paços de Ferreira. Sporting (65 points) beat Académica by two

goals to nil in the stadium that had hosted the George Michael concert the evening before. Benfica (64 points) also won their game, 0-1, away to Setúbal.

Spanish Grand Prix

Ferrari's Felipe Massa dominated the Catalunya Grand Prix last weekend winning for the second time in succession with Lewis Hamilton coming second in his fourth race ever in

Formula One, putting him ahead overall in the championship. Spaniard Fernando Alonso came third but nearly crashed on his home circuit when he attempted to overtake Massa around the outside of the first corner and narrowly missed leaving the track altogether when the two cars touched pitching Alonso sideways into the gravel before he regained control.



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LATE NEWS:

Baby for Sale

Nine people were arrested last week in Vila Franca de Xira on suspicion of attempting to sell a four month old baby. Apparently the group, which included the child's mother, contacted an allegedly wealthy woman offering the child for sale. The woman refused but was subsequently followed. The police were alerted and the suspects detained only to be released later. The baby was handed over to the local hospital to be delivered to the responsible authorities. The case is under investigation.

Violence begins again

Last Sunday four Palestinians died in fighting that has broken out in Gaza following a period of relative quiet. Hamas also claim that 15 of their supporters were abducted in the region. This is the worst fighting since a ceasefire was established in February resulting in a united government.

AFGHANISTAN

Taliban leader killed

Mullah Dadullah the Afghan Taliban commander has been killed in the Helmland province of southern Afghanistan. His death, initially denied by the Taliban insurgents, has been confirmed following official pictures taken by reporters of his body. Dadullah was a fierce fighter, associated with beheadings of foreign hostages and known within the Taliban to be brutal. He lost a leg in 1996 while fighting in Kabul.

More Bloodshed in Baghdad

A suicide bomber in a truck detonated a bomb killing around 45 and wounding more in continuing violence. This time the target was a meeting in the offices of Kurdesh, the Kurdistan Democratic Party. Ten people also died in a Shia marketplace over the weekend.

Ex-pats have a voice

San Fulgencio, southern Alicante, is holding local elections with more ex-pats running than Spaniards. The huge concentration of British and Germans in the Costa Blanca and Costa del Sol areas has resulted in a large number running as independent candidates eager to have a say in local politics. Until now many have simply enjoyed the quality of life offered but recent scandals in property ownership, including the so-called Land Grab law in Valencia resulting in many ex-pats losing huge sums of money to developers, has persuaded some to have a voice in the local council. One British man, Tony Cabban, has already been elected as a councilor in Javea, running as an independent to challenge issues around urban planning and other property issues presenting major headaches to foreign and local residents alike.

AUSTRALIA

Cricket boycott

John Howard, prime minister of Australia has decided to withdraw his national cricket team from a scheduled tour of Zimbabwe in September of three one-day internationals. Mr Howard said he does not usually mix sport with politics but this time he had to intervene saying that if the tour took place it would be an "enormous propaganda boost" to Zimbabwe, referring to President Robert Mugabe as a "grubby dictator". In his comments to the press he said: "Whilst it pains me both as a cricket lover and as somebody who genuinely believes these things should be left to sporting organisations, it leaves me with no alternative."