

Autumn in **Algarve**

ebook



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BIRDWATCHING

Animal watching in general is a great way to whistle by a great afternoon! Algarve's many nature reserves and spectacular trails offer many chances to take a good look at the local wildlife. But among these options, probably the more renowned is bird watching. The Salgados Lagoon, for example, is home to many indigenous species and also acts as a great migration destination for a number of rare species! It's definitely worth a look, whether or not you've ever given this nature watching business a serious go!

THE INTERNATIONAL CIRCUIT

Algarve's prized racing track is located in Portimão and is living a true landmark year in 2020. Pulse-pounding worldwide phenomenon Formula 1 is set to make its return to Portugal this October, while the immensely popular MotoGP will make its highly-awaited Portuguese stop in November. Apart from these internationally-renowned events, the circuit features a number of fun activities all year-round, such as karting and various racing experiences, workshops and even classes!

HIKING

Spectacular trails, stunning natural surroundings and a weather that allows visitors to enjoy outdoor activities all-year round. Algarve's Autumn season permits for incredible hikes in sceneries as diverse as Ria Formosa, with a rich animal life, river beaches and even islands. Monchique for example offers a challenging mountain area, with a forest area and sights that you must see to believe.

LOCAL GASTRONOMY

If you're taking a holiday in Portugal, then you're probably in for some great meals! Food is at the heart of Portuguese culture. Algarve in itself has an intense connection with quality food, with everything from amazing seafood, to fresh fish delicacies and even great sweets, which are good enough to satiate any sweet tooth. Among the most notable local specialities we can highlight Estupeta de Atum, Cataplana (which can be made with a number of different proteins) and the sweet Dom Rodrigues and Fig Cheeses. You won't regret any of them, as well as most regional flavours you'll find here.

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WINE CELLARS AND VINEYARDS

Portugal is quietly one of Europe's and even the World's best destinations for wine lovers! Tremendous wine producing regions abound in the country, highlighted by Douro, Alentejo and Setúbal. Algarve is not usually spoken of in the breath as those, but it really should! Over the last few years, a number of top-quality and award-winning wines have come from this area. We recommend you make it a point to visit one of the local cellars or wineries. For example, did you know that celebrated British singer Sir Cliff Richard founded a wine-producing property in the region? This and many other beautiful properties are available for tours, wine tastings and meals.

SPA

How about winding down with a relaxing massage or taking a load off with a superb treatment? Indoor activities are also plentifully available all over Algarve, including at VidaMar Algarve's superb OSMOS Wellness Center. Full body or even localised massages are currently available, all performed in an intimate setting and by top specialists, using a range of products of the highest quality!

GOLF

Quite simply, this is undoubtedly one of the World's leading Golf destinations. Boasting a number of elite-level courses, Algarve is a multiple-time award-winning destination with uniquely attractive features for golfers. Its great climate allows for golfing for most (if not all) of the year and has close to 40 great courses. Most of the courses benefit from being placed in protected natural areas, allowing for tremendous views while you enjoy a competitive match with others, or even just yourself!



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