



Dear Members and Friends,

I hope you are well and enjoying the summer. Our activities will start next autumn, and I have prepared the following so far. I hope you can participate:

On October 10th, "Olive Oil Mill Visit" (Lagar dos Pardieiros) - In this guided tour, we will discover the olives' journey from tree to mill: see how they are cared for and picked, how they are carefully selected and washed in thermal waters, given that the mill is located in proximity to the waters of Fonte Santa, and, lastly, how they are crushed with millstones. The oil is extracted using ancient traditional cold pressing and decanting methods. The Pardieiros Olive Mill in Alferce, in the municipality of Monchique, produces extra-virgin olive oil. It is run by a highly-committed and passionate family, now into their third generation of producers. At the end of the visit, we will be able to taste a special selection of their best olive oils and if you wish, also buy any of their products. Guided tour of a historic oil mill, explanation of the traditional production process and tasting of selected olive oils:

Date: October 10th

Time: 11H00

Location: Azeite de Monchique

Estrada do Alferce, Lagar dos Pardieiros n.º 1,
8550-032 Alferce, Monchique

Meeting point: at the entrance

Approximate duration: 45 minutes

Price: €15 Members - €18 (non Members)

Payment at arrival by cash (please bring correct amount)

Number of participants: minimum 6 - maximum: 20

Parking: at the property

After the visit to the mill, we will be able to have lunch in a nearby family run restaurant called "Malhada Quente", very simple but famous for its chicken piri piri and other authentic Portuguese specialties, mainly grilled meat. You pay for what you order, "à la carte" and the average price per person is around €15/ €20. Please let me know if you will be interested in having lunch too.

On October 30th, "Balconies above the sea trail" - this is a spectacular walking tour guided by Miguel Rodrigues, who showed us the flora and fauna of Alvor Ebio Station last spring. This itinerary is one of the most beautiful sections of Portimão's rocky coast, along the top of a limestone cliff dating back to the Miocene (23 to 5 million years ago). The rocks are now very worn by the sea, rain and run-off, as well as by the action of the wind and the plants, and with different reddish hues caused by the oxidation of the limestone. The rocks, sculpted by erosion, shelter numerous species of birds, in particular jackdaws and rock pigeons, the forebears of the domestic pigeon. Along the way we will come across Mediterranean scrub vegetation with mastic and scattered stone pine trees, as well as encountering various birds, including Sardinian warblers and European robins.

Date: October 30th

Time: 9H45

Approximate duration: 2 hours

Total distance: 4 km approx.

Elevation gain: 90m

Type or terrain: dirt tracks, sometimes narrow and plain, and sometimes steep climbs

Overall level: Easy / Medium

Price: €12 Members - €15 (non Members)

Payment at arrival by cash (please bring correct amount)

Meeting point: <https://goo.gl/maps/mps5oiK8512nMSfD6>

(Urbanização Vau da Rocha)

Number of participants: minimum 8 - maximum 18

If more than 18 people confirm their attendance, we may repeat the tour in a different date. In case of bad weather conditions, the tour will be rescheduled.

Suggested:

- Comfortable clothing, adequate to the weather forecast
- Walking shoes or boots with good ground grip (if possible, avoid sneakers/shoes with flat sole) and avoid brand new shoes
- Hat, sunscreen and water

On November 20th, "Food Tour" at Mercado Municipal de Portimão - local market. This authentic food tour will be guided by the professional pastry chef Tiago, from Almareada Food Tours. We will learn about local products and sample local delicacies. A cultural food experience to better understand the flavors and taste of the Algarve cuisine.

This approximately 2 hours tour includes the following:

- Guided visit to the fish market and fruit/vegetable market
- Tasting of 4 sweets (individual portions)
- Tasting of regional charcuterie
- Tasting of 1-2 fruits per persons
- Surprise tasting at the market
- Typical sandwich with 1 drink (wine/beer/water) - if it's not a sandwich it could be something else, it can vary
- Tasting of a local liqueur, typical of the region

Date: November 20th

Time: 11H00

Price: €25 Members - €28 (non Members)

Payment at arrival by cash (please bring correct amount)

Meeting point: at the "Quiosque" (newsstand) outside the market in Avda São João de Deus

Parking: underground parking or in the Avenida Joao de Deus 5

Number of participants: minimum 6 maximum 12

P.S: Correction: On the August paper edition of the UPDATE Magazine, on the Events page of Portimão/Monchique area, is written that on October 28th there's an event at Jupiter Hotel. Please note that it's been cancelled.

Note: An enjoyable day out has been the **Guadiana River Trip** and **afpop** has organised this many times over the last 25 years. **On Monday September 22nd** Pat Allen - lagos@afpop.com – will be taking a boatful again. You sail from Vila Real on the river between Spain and Portugal to Foz de Odeleite where you can swim in the pool before lunch if you wish. Then lunch is Mountain Soup, Chicken piri-piri, dessert, wine, with as much to eat or drink as you wish, in a friendly, Portuguese village atmosphere. The waiters will entertain you with songs before sailing peacefully back to Vila Real about 5pm. The normal cost for this day is €64 but we have a special deal for €48.50 Members (€52.50 guests). There is also a coach with pick-ups along the N125 at an extra cost if you don't want to drive. All Members and their friends are welcome so contact Pat for further details or to book your places.

Please email me to reserve your place. I am looking forward to seeing you!

Paloma Nieto

afpop Portimão Event Organiser

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