



Dear {{contact.TITLE}} {{contact.FIRSTNAME}} {{contact.LASTNAME}},

Autumn has officially arrived, with milder temperatures and quieter, sunny beaches. The days begin to shorten, but they are still warm. The perfect time for our outdoors activities. Let's recap what's planned for the next months, and have a look at the new event for December:

The **visits to the Pardieiros Olive Mill** in Alferce (Monchique) on **October 10th and 17th** (new date) are fully booked. There is a waiting list with many people interested in participating in these events, so if you have signed up for any of them and think that you can't make it, please let me know so we can allow someone else to attend.

There are a few places available for the **"Balconies above the sea trail"** on **October 30th** - 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. It will take about two hours to walk the 4 km trail from Urbanização Vau da Rocha till Joao Arens and back.

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 per person - €15 (non Members) Payment on arrival by cash (please bring correct amount)

Date: October 30th

Time: 9H45

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 on a different date. In case of bad weather conditions, the tour will be rescheduled.

Suggested:

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

The Food Tour at Mercado Municipal de Portimão has a new date - November 25th. There are a few spots still available. The November 20th visit is fully booked.

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 person
- 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

Price: €25 per person - €28 (non Members) Payment on arrival by cash (please bring correct amount)

Date: November 25th

Time: 11H00

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 11H00

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

Number of participants: minimum 6 maximum 12



On **December 13th**, we will close this year's activities by having **lunch at Oliver Brazilian Restaurant**. It is located just 15 minutes from Portimão city center, on the road to Monchique and surrounded by nature. They have a fantastic **buffet** with a huge variety of Brazilian specialties such as "*churrasco*" (Brazilian BBQ), black beans and pork stew, *Moqueca* - a regional fish or seafood stew, salads and vegetables among others.

Where: Oliver Restaurante - Rasmalho, Torrinhã N266 - on the road to Monchique - 8500-827 Portimão

When: December 13th

Time: 12H30

Price: is 25€ per person - 28€ non Members. It includes all you can eat and 3 drinks. Desserts are not included. The whole lunch will be accompanied by live music. Payments on arrival by cash (please bring the correct amount).

Parking: inside the property, after entering the main gate you'll find a huge parking in front of the restaurant's building.

Please email me to reserve your place.



Don't miss BLiP Expo on
October 11th and 12th,
at the Exhibition Centre in Portimão.

More info at
<https://betterlivinginportugal.com>

Note:

On **October 3rd** will take place the 2nd edition of the Voice Festival of Portimão.

The string orchestra Barlavento Ensemble, Mariana Picado (soprano) and the Portimão Choir Group will be performing at the Igreja do Colégio at 9 pm.



Kind Regards,

Paloma Nieto

afpop Portimão/Monchique Area Event Organiser

Email: portimao@afpop.com

Event photos

I would like to take photographs during the event that we might use in **afpop's** media. Please advise me if you do not wish to be included in any photograph from the event that might be published in UPDATE Magazine or on the **afpop** website/Facebook page. Area photographs will not be used for any other purpose or made available by **afpop** to any other organisation.

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Rua dos Bombeiros Voluntarios Lote 5 Loja A

8500-649 Portimao

info@afpop.com

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