

where you can take a course of lessons or, if you're already an accomplished windsurfer, simply hire a board. For training purposes, Klaus has an unusual tandem windsurfer with two sails.

La Reserve: This restaurant is situated near Sta. Bárbara de Nêxe which is some eight kilometres from Almansil. However, it is such a good restaurant we didn't think anyone would object to its inclusion here. Victor Fuchs and his wife have turned an ordinary house into a most beautiful setting for his restaurant La Reserve. Booking is absolutely imperative, as Victor believes in small numbers being handled better and, with individual cooking, he can then give your choice his personal attention. The dishes are international, excellent, and well presented. The service is perfect. The wine list covers only the best in Portugal. The cost might be higher than average but it's worth every penny.

A Floresta: On the road to Vale do Lobo from Almansil you will come to an extremely bad bend. There, on the right hand side, is A Floresta. Opened only recently, has become popular with visitors and residents in the area. A small menu, but well chosen. The baked cherne (sometimes not on the menu) is very good. Inexpensive.

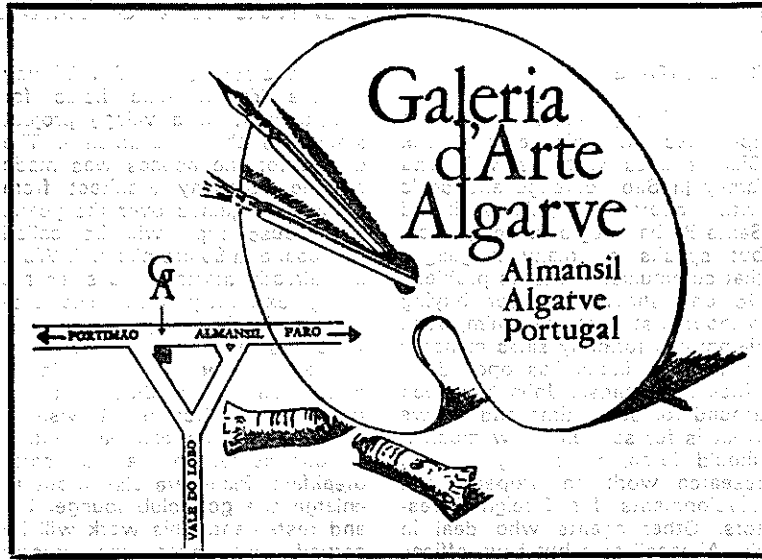
Retiro dos Indios: It's not a place where you will find Apaches, Comanches or Sioux, but an unpretentious restaurant in a large house on the road to Vale do Lobo. The owner, Tony, worked on the eastern seaboard

of North America, and returned to his native Algarve to settle with his family. Grilled sardines, grilled prawns and fish are regularly on the menu. It is nothing special, but the food is good and reasonably priced.

Pituxa: A small restaurant opened by a former employee of the Dona Filipa hotel. Most of the food is barbecued, but the owner has the knack of choosing some good fish and chicken. Do go early.

Duas Sentinelas: This restaurant is popular among the local Portuguese. The owner, Sr Barbosa, originally operated his restaurant from the BP petrol station at Quatro Estradas, but about a year ago moved it around the corner onto the Quarteira road. His menu is from the north of Portugal — pig's trotters and beans, stewed tripe Oporto style, etc.

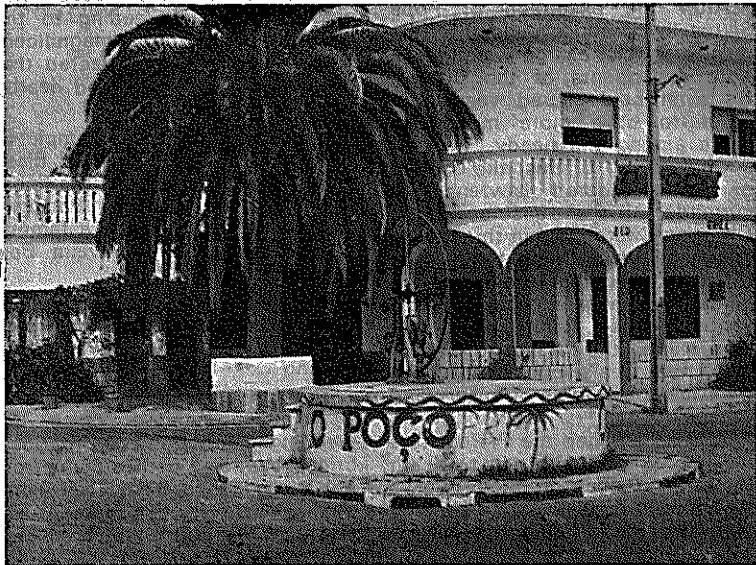
Vale de Eguas, which means Valley of the Mares, is off to the right as you leave Almansil. Really a small Portuguese pub, the owner makes his own wine and stores it in barrels around the eating area. They don't exactly have a menu — you simply ask them what's on. Usually it's cabrita assada (roast kid), clams, squid, or some other local delicacy. For starters, they serve a locally cured ham and cheese which, washed down with copious draughts of their white wine, is delicious. The little old lady who serves you usually has a pained expression which seems to say "Why did you come today — my feet are killing me." JP



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