

Golf:

The Praia D'El Rey rates for 2006 are €75.00 a round weekdays and €95.00 at weekends. However through **Quo Vadis Travel Services**, February to December is €46 a round - except July 11th to 24th when it drops to €35. Weekends and holidays are the same price. There is a booking fee of €12 per person irrespective of the number of rounds of golf and the number of golf courses you book with them. **To play the same day or next day call +351 289 310 630 which is Portugal Algarve Golf Services** - the QVTS partner in Portugal. You can use the fax in our office, **(262 909 787)** to sign proof of payment and PAGS fax your vouchers to the pro shop. If you have more time, look at www.qvts.com and book. Clinic days, Game Packages and lessons for everyone from beginner to advanced players are also available and can be booked at the Clubhouse. Further information on the Praia D'El Rei golf course and other courses in the area can be found in our **'Silver Coast Golf Guide'**.



Basic Lesson for 'the improving golfer'

½ hour	1 Person	€26
	2 People	€39
1 hour	1 Person	€50
	2 People	€65
Juniors (under 18)		
½ hour	1 Person	€20
	2 People	€30
1 hour	1 Person	€37
	2 People	€50

Playing Lesson (2 hours 30 mins)

1 Person	€80
2 People	€125
3-4 people	€210

Mini Package

3 x ½ hour	€72.50
3 x 1 hour	€137.50

20% discount for Junior Golfers (under 18)

Praia D'El Rey Tennis Centre

Praia D'El Rey has seven all-weather courts which can be hired by the hour or by the day, and one of the courts doubles as a football pitch. Pedro Felner and Miguel Moreira run the Praia D'El Rey Tennis Centre. Pedro is licensed in Physical Education and Sport and qualified to Portuguese Tennis Federation Level II. Pedro is a Director of Caldas Rainha Tennis Club and Trainer of the Portuguese Junior Team. The Tennis Centre has a range of training and tuition packages and prices to help you improve your game.



		Price / Person
Standard Court Rental	1 hour	€7
Equipment rental	Balls (3)	€4
	Racket	€4
Tennis Lessons 50mins	Individual	€35
	2 pax	€20
	3 pax	€15
	Group	€10
Football & Basketball Court Rental & Ball	1 hour	1 to 4 people: €3 5 to 12 people: €2
Tennis Clinics	1 day	€25
	1 week	€75
Junior Tennis Clinic (5-12 years old) run during July and August.	1 day	€18
	1 week	€56



Junior tennis Clinic Programme:

	Monday	Tuesday	Wednesday	Thursday	Friday
10am to 11am	Tennis	Tennis	Tennis	Tennis	Tennis parent and children activities
11am to 11.30	Basketball	Games	Games	Football	

For more information call Pedro: Tel: +351 918 496 743

Or email him: pfelner@hotmail.com

Tennis can also be booked at the clubhouse: Tel: 262 909 784

Surfing

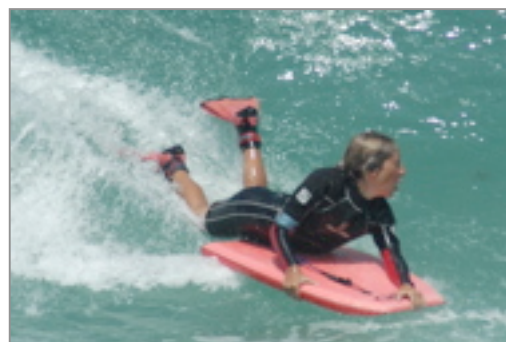


Many of the beaches in this area are excellent for surfing. The unsealed road to Baleal from Praia D'El Rey (turn left at the Marriot and keep going), will pass three popular surfing spots. They are unmarked from the road but any right turn when driving away from PDR will lead to a beach. There are two very popular beaches at Baleal, the huge bay at Peniche and Supertubos, ('Super Tubes') on the other side of the Peniche peninsular. For most weeks of the year surfers from Portugal and all over Europe find their way to these beaches. The local beach is patrolled during the peak season and a lifeguard is based at the beach access beneath the Marriott Hotel. Baleal beaches are also patrolled by lifeguards however swimmers



and surfers not used to the awesome Atlantic surf should always observe the Safe and Danger flags. **Peniche Surf Camp**, based at Baleal, run surf lessons and hire out equipment. For groups of six or more they will pick up from Praia D'El Rey. Call **Fernando Mendes** on +351 96 233 62 95 - he speaks good English

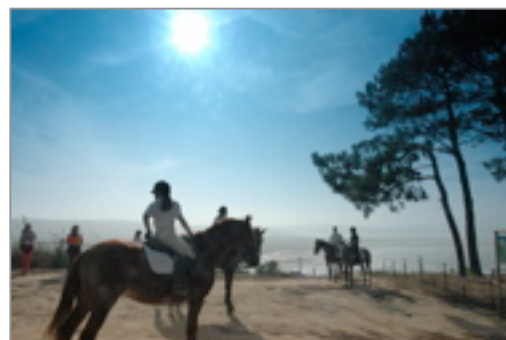
	1 Day	3 Days	5 Days	10 Days
Surfing Lessons	€45	€120	€175	€125
Equipment Hire	1 Day	3 Days	1 Week	
Surfboard (fibreglass)	€20	€60	€133	
Surfboard (epoxy)	€15	€45	€98	
Wetsuit	€10	€30	€63	
Surfboard (fibreglass)+Wetsuit	€25	€75	€161	
Surfboard (epoxy)+Wetsuit	€20	€60	€126	
Bike Rental	€10	€30	€63	
Snorkel Rental	€10	€30	€63	
Fishing Material Rental	€10	€30	€63	



How to get to Supertubos: At Serra D'El Rei turn left at the traffic lights/mini roundabout. At the roundabout turn right in the direction of Peniche and Lourinha. You are now on the IP6. Keep going straight and at the next roundabout go straight over. At the third roundabout turn left, the third exit for Super Tubes.

Horse Riding:

We looked at several riding stables in the area and we were impressed with Associação Hipica 'O Cavalo' near Óbidos. Run by Ricardo Rebaldo and Oscar Costa, the stables are professionally managed and the horses are well looked after. There is a large indoor training ring which is busy most days with kids learning to ride. This is a great opportunity to learn to ride and then enjoy riding through the pine and eucalyptus forests and along the cliffs looking down on the Atlantic breakers. Ricardo and Oscar bring their horses in a transporter to the Lagoon near Praia D'El Rey and stops are organised for lunches and coffee. Anyone who wants to go riding has to first demonstrate to Ricardo in the indoor ring, or Picadeiro, that they are experienced riders and can control their mounts properly.





Oscar and Ricardo (who speaks excellent English) for prices and bookings call 00351 96 447 36 34

Email: cavalobidos@mail.telepac.pt

Ken's 'World of Adventures' - Microlite, Bikes, Horses

Ken runs an activity centre near the lagoon. Bike hire, Microlite trips and horse treks can all be organised with him.

Microlite trips- from the airfield you fly over the lagoon and Foz d'Arelho to the coast. Turning left you then head up to Baleal flying along the beach and over Praia D'El Rey. On the return trip Ken takes you inland- the views are spectacular. Ken is a very experience pilot and the trips are great fun. A 25minute trip is €35.



Bike hire is €15 for the day (9am to 5pm) plenty of time to explore the countryside, lagoon and surrounding areas. Ken has about a dozen excellent-standard Cannondale mountain bikes, perfect for the terrain, as well as helmets.

Horse Riding - Ken's horses have a very natural existence living in the surrounding fields. We would recommend only riding through Ken for the more experienced rider as your time is not as structured as it is at the stables in Obidos (above) and it is very much up to you where you go and what you do. A guide is available for an extra €15 to show you the area or to lead you on a trek if you are not an experienced rider or just want to get to know the area before going off on your own.

Prices per person: €15 per hour and €5 for each additional hour.



How to find Ken: From the Clubhouse drive in the direction of the driving range. The building works for the new Vila do Praia project mean the usual route can be a bit tricky so instead we recommend this alternative: Turn right after the pale yellow houses on your right after the driving range, called Burgo D'Afonso V and then onto the unsealed road. Continue on this road until it meets the main road where you turn right. At the T-Junction after 5 Kms approx turn right following the signs to Vau and Amoreira. This road is quite bendy and after it curves to the right you will see the lagoon on your left hand side. The road then skirts around the lagoon and will then bend to the right away from the lagoon. Don't follow the road here but instead go straight across onto an unsealed road which continues to skirt the lagoon. After about 3ks the road curves away from the lagoon and you turn left over a little wooden bridge. This road is in the process of being tarmaced at the time of writing so it could well be finished this summer. After the bridge turn immediately left and you will see the green hangars of the airfield. This is Ken's base camp.

Sailing:

Escola De Vela Da Lagoa-the Lagoon Sailing School, is along the coast between Praia D'El Rey from Foz do Arelho. The lagoon is open to the sea but free from the Atlantic waves making it an ideal location for beginners and experienced sailors and windsurfers. The school offers lessons in kitesurfing, windsurfing, wake boarding and waterskiing, catamarans, optimists and canoes. The school has an excellent training programme for all ages and they specialise in teaching kids as young as six the basic sailing skills. With groups of six or more they will arrange to meet you on the PDR side of the lagoon - saving the drive around the lagoon. The school has all sorts of boats, boards and equipment for hire. For kite surfers the lagoon is an ideal location particularly where the lagoon meets the ocean.



	Course: (5x3hours)	Private Lesson (2hours)	
Optimist	€95	1 pax	€60
		2 pax	€90
Catamaran	€95	1 pax	€60
		2 pax	€90
Windsurf	€95	1 pax	€60
		2 pax	€90
Kite Surfing:	Course: (3x2 hours)		€130
Wake Boarding	10-15minutes	1 tour	€20
		5 tours	€18
		10 tours	€15

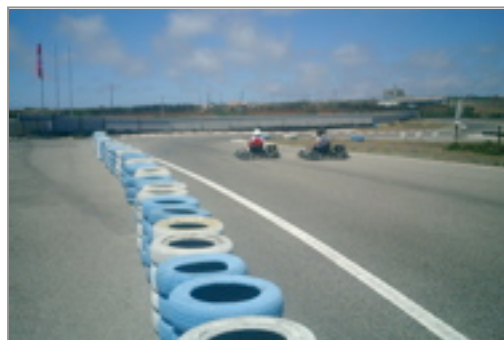
Open hours are from 10am to sunset and between June and September they are open everyday. Isabel speaks good English so for more information call her mobile: Tel: 00351 962 568 005

www.escoladeveladalagoa.com

Email: info@escoladeveladalagoa.com

Go-Karting:

Dinokart near Lourinha has a great racetrack and lots of karts to go racing in along with all the necessary safety equipment. The track is 920meters long and the karts are powerful, easy to handle and safe. There is also a café on site and all drivers are protected by Dinokart's insurance. Karts will not be hired out if it's raining for safety reasons.



	Time	Price / Person	
Arrive and Drive	15 minutes	€11	
	30 minutes	€20	
	Practice	Race	Price / Person
Individual Event	15 minutes	15 minutes	€24
	15 minutes	30 minutes	€30
Endurance Event	15 minutes	1 hour	€48
	30 minutes	1 hour	€58
	15 minutes	2 hour	€89
	30 minutes	2 hour	€99
	15 minutes	3 hour	€121
	30 minutes	3 hour	€131



Race against your friends and family in an **Individual Event** or if there is a group of you, choose teams and you can race against each other in an F1-style **Endurance Event**. The minimum time of an Endurance Event is 1 hour. During practice all laps are timed and the fastest lap time of each team is used to determine the starting grid.

How to get to Dinokart: At Serra D'El Rei turn left at the traffic lights/mini roundabout. At the next roundabout turn right following the sign to Peniche and Lourinha. Turn right at the sign for Lourinha and stay in the left lane. Go straight and about 5.5ks from motorway turn right at the sign for go-karting and Dinokart.

During June they are closed Mondays. August and September they are open everyday 10am to 1pm and 2pm to 8pm
 Telm. 917 225 009 / 918 260 001
 Telf. 261 419 045 / 261 419 046
 www.dinokart.com.pt

Scuba Diving

Pedro Oliveira and José Alberto run **Haliotis**, a diving company based at the Praia Norte Hotel near Peniche, ten minutes from Praia D'El Rey. They are both PADI qualified instructors and they started the business in 2004 so all the equipment and the superb twin outboard dive boat are all new. Pedro and José use the large indoor and outdoor pools at the Hotel for training and instruction. Dives at sea take place in the clear Atlantic waters off Berlenga Island.



Neil from Manchester said:

'I was a tad nervous having just started diving but the guys were very friendly and very professional. The underwater sights were brilliant - I saw lots of octopus. The instruction and safety standards were excellent and the five hours cost 90 Euros, fantastic value for money..'

Pedro speaks excellent English, for info **Call**
 00351 917 246 543

Email: pedro.oliveira@haliotis.pt
 www.haliotis.pt

How to get to Haliotis: At Serra D'El Rei turn left at the traffic lights/mini roundabout. At the next roundabout turn right in the direction of Peniche and Lourinha. You are now on the IP6. Keep going straight and at the next roundabout go straight over and straight over again and the next roundabout. Hotel Praia Norte is on your right.

Gym and Atlantic Spa at the Marriott Hotel

The Gym and Spa are both available for guests to use. The Gym is open 24hrs and there is also an indoor swimming pool, Jacuzzi and Turkish Bath. Entrance also includes towels and a locker service. Individuals also have access to the outdoor pool however check with the gym attendant on the day as this is subject to the availability of space between July and September. The Atlantic Spa offers a range of Facial and Body treatment rooms offering manicures, pedicures, Hydrotherapy and Hair Salon. Decleor and Carita products are used in all their treatments.

Health Club	Per Person	Family of 4
Daily	€7.50	€30
Packages		
2 Days	€13	€50
3Days	€16.50	€65
5 Days	€25	€85
1 Week	€30	€115



For the Atlantic Spa contact: Lucia Cunha 262 905 191 or 262 905 193

Sightseeing

There is so much to see around Praia D'El Rey. The medieval city of Obidos is about a 15minute drive away and the old Spa town of Caldas da Rainha (Spa of the Queen) is 20-25minutes away. For a great day out visit Lisbon which is an hour away.

Baleal.

Baleal has some beautiful beaches which can be more child friendly than the local beach if it's a bit rough. There are lots of small beach bars and cafes and a walk over the beach will take



you to the 'island' where the views over the ocean are amazing. There are lots of fossils in the rocks here so look a bit closer and you might find something.

How to get to Baleal from Praia D'El Rey: Take the main exit out of Praia D'El Rey; at the end of the road turn right. Follow the road through the village 'Casais do Mestre Mendo' and turn sharp right just before the church, at the sign for Ferrel. Passing through Ferrel take the right fork signed to Baleal. This road leads you to Baleal.

Caldas da Rainha

There is a market every day in the central square, Praça de Frutta, selling fruit, vegetables, nuts, cheese, flowers, sausages and cakes. It's all fresh, local produce. The side streets are packed with small shops selling all the things that have disappeared from the High Streets of many British and European towns. Caldas is excellent for clothes shopping with branches of Mango and Etxart & Panno and other well-known retailers. There are dozens of shoe, sports, lingerie, kids, casual and perfume shops and an excellent cinema with Hollywood movies in English released at the same time as London.



Café Venezia



Praça de Frutta

How to get to Caldas Da Rainha, and a car park: Take the A8 north and come off at exit 17 marked 'Caldas da Rainha Sul'. Turn right at the junction and continue until you come to a roundabout where you turn left. At the second roundabout go straight over and the park appears on your right hand side. Follow the road round and you come to a roundabout with the statue of the 'Rainha', the Queen, on it. Here turn left and go down the hill. Take the 1st right up the hill and go straight over at the crossroads. To park, continue on this road and at the end, the 'Barros Ameiros', the gun shop, is in front of and you turn right. (The no entry sign refers to large vehicles only). The 'P' sign of the car park will be in front of you and turn right into it. The first half hour is free. When you walk out of the car park turn right and then go next left. You are now in the main street where you will find lots of shops and cafes. A block up on the right you will come across a pedestrianised cobbled street, Café Venezia is on the corner, which leads to the Praça de Frutta where there is a fruit and vegetable market six days a week finishing about 1pm. The park which you drive past when you enter Caldas is very pleasant to wander about in. Have a look at our restaurant guide for a few places to eat.

From the car park: there is a one way system from the car park- when you drive out you have to turn right and then right again. You drive down the hill to the roundabout with the Queen, where you entered Caldas, and here turn left. The park is now on your left. Go straight over at the next roundabout and take a right at the second roundabout. You can either take the A8 back in the direction of Lisboa for Praia D'El Rey, which is a right turn. Or continue on this road for Óbidos.

Óbidos

Is considered to be one of the jewels of Portugal's national heritage. Recaptured from the Moors in 1418, Óbidos was once the favourite retreat of King Sancho I and was a wedding gift from King Diniz to Queen Isabel. Its unspoilt beauty is reflected in the narrow cobbled streets, elegant whitewashed buildings with balconies decorated with flowers. Óbidos has dozens of restaurants, bars and cafes. Forty Euros for a three course meal for two with a couple of bottles of wine and coffee is an average price, more details on restaurants in Obidos can be found in our 'Silver Coast Restaurant Guide'. It can often get busy with tourists so it's good to go early in the morning or late afternoon. If you're feeling brave walk the wall where the views are panoramic. The streets are cobbled and are polished smooth from years of foot traffic and can be quite slippery- wear flat shoes and avoid leather soles!



Obidos from Caldas da Rainha: Continue on this road and Obidos will be in front of you. The road skirts around the outside of the town and then up the hill to a roundabout, at which you drive straight over. Continue on this road under the aquaduct and park in the car park on your left for free parking, or on your right for paid-parking.


Obidos from Praia D'El Rey: Drive up to Serra D'El Rei and turn left at the lights and the mini roundabout. Follow this road for about 10mins until you arrive at the T-junction at the end. The right is the A8 for Lisbon and Porto. Turn left for Obidos. On the outskirts of Obidos is a Pingo Doce supermarket and a roundabout at which you drive straight over. At the second roundabout turn right and immediately left for the free car parking or turn left at the roundabout and then right for the paid-parking. From either car park follow the cobbled street up to the main entrance through the wall of the old city. (If you look down to your right there is an outside cafe and just on from this is a small newsagent selling international newspapers). When you come through the arch into Obidos the road forks; the left fork is the main street.

Lisbon

There is so much to do and see in Lisbon and it really is very easy to drive into town. At an hour from Praia D'El Rei a day spent in Lisbon is highly recommended. In central Lisbon there are lots of shops and street cafes but its' main appeal is the beautiful architecture, pretty cobbled streets and relaxed feel. The main areas to see are called Baixa (pronounced By-sha), Chiado (pronounce She-ar-do) and Bairro Alto (pronounced Biro Alto) all very close to each other. Baixa is the 'ground level' with all the usual shops - Zara, Benetton, Mango as well as other European high street stores with price tags in Euros that would be Pounds in London. Walking up the hill is Chiado, and Chiado shopping centre. Lisbon is built on seven hills and for a quicker way up the hill in Chiado use the Elevador. Single trips are a couple of euros and a return is about €4. You pay in the lift and if you take it from Chiado up you come out next to the ruined monastery on the top of the hill, which was destroyed in the Earthquake of 1775. It's very beautiful and worth having a look at. Entrance is again very reasonable, about €5. There are lots of pleasant surprises to find just walking about the cobbled streets.



Baixa area from Praia D'El Rey: Turn left at Serra D'El Rei. When the motorway from Serra D'el Rei is completed at the next roundabout you will turn right and follow the signs for Lisboa and A8. Until then continue until A-da-Gorda where you turn right at the T-junction and then left to join the A8.

Tip: At the Toll Booths DO NOT go through ones marked with 'Via Verde'  as this is only for people with a pre-pay account for the tolls. You will not be able to pay in cash if you pass through one accidentally and could end up with a big fine. Use any of the lanes without this sign above.

Stay on the motorway all the way into Lisbon, after Junction 1 follow signs for Lisboa Centro. The road will start to incline as you enter Lisbon and you will see the green and yellow Sporting Lisbon Football stadium on your left. Follow signs for Campo Grande following the traffic round to the left. You will drive under the motorway overhead and then turn right down Campo Grande. Keep going straight on this road. You will drop down into a small tunnel and then again a bit further on. Keep going straight following signs for Saldanha and Pombal. At the end of Avenida da Republica is Saldanha and a large roundabout. Take the right fork to Pombal. This is a very large roundabout with a huge statue in the middle of it. Here turn left, the third exit, down Avenida da Liberdade, following signs to Praça de Comercio and Retauradores. Keep going straight and eventually the tarmac surface will change to cobbles as you enter Praça Dom Pedro. There is a carpark under this square. To find it continue on going straight down and you will see a 'P' sign on the left. Take this left turn and then left again following the signs for 'P'. Your will come back to Praça Dom Pedro from the opposite direction, as you reach the square the carpark is in front of you on the opposite side of the road. Follow the signs into the carpark. There are various other carparks all around this area. From this square it is a short walk to the beautiful Praça do Comércio, Baixa and Chiado areas and on the opposite hill Castelo de São Jorge.

From the carpark: When you are out the carpark turn left. This road is Rua da Palma which then becomes Avenida Almirante Reis. Stay on this road as it goes up the hill. At the roundabout go straight over and continue going straight up the hill. This road will bring out to the roundabout in front of the airport. From here follow the directions from the airport back to Praia D'El Rey, or the directions from this roundabout to Parque das Nações.

Parque das Nações

The traditional architecture and dated grandeur of the city is contrasted sharply with the modern, exciting and refreshing feel of the area around Parque das Nações. The area was redeveloped for 'Expo 98' where the theme was 'Oceans'. Consequently everything from the **Vasco da Gama shopping centre** (right) to the **Oceanarium** (below) and all the surrounding buildings, reflect this theme of water and fluidity. From the apartment buildings designed to resemble the sails of a ship, to the conical water features which explode water periodically like volcanoes, everything keeps this theme. On a hot day it's the perfect place to wander about. For a day out in Lisbon it's an easy place to leave the car and then get a taxi on to Chaido and Baixa areas, of which there are many and they are very good value. Vasco da Gama is a lovely shopping centre built in the style of a huge cruise liner, with restaurants and bars on the top decks, cafes and cinemas and of course, lots of shops. The Oceanarium is excellent for adults and children alike with plenty to interest all, a visit is highly recommended.



Prices for the Oceanarium

Children	0-3	Free
	4-12	€5.25
Adults	13-64	€10.50
	65+	€5.75
Family ticket		€25

All around this area are restaurants on the water overlooking the river, lovely landscaped gardens and water-features to surprise you with their imaginative design, but watch out, some are very 'interactive'! Casino Lisboa is a new addition to the area. There are also cable cars that run along the promenade overlooking the river (right). The views over Lisbon and Parque das Nações are beautiful and a trip is lots of fun. Entrance is very reasonable- a couple of euros for a single and about €5 for a return.



Parque das Nações from Praia D'El Rei:

Parque das Nações is very easy to find in Lisbon and is only about five minutes from the airport. Join the A8 and stay on this. After driving past junction 2 move into the right lane and come off the motorway at junction 1 following signs for 'A12 Sul Aeroporto P^{te} Vasco do Gama'. After the fly-over section the road continues up the hillside and you then join the traffic and go through the tunnel. Stay in the right or middle-right lane. When you come out of the tunnel take the right exit for A1 Norte, Aeroporto and EXPO 98. You have to stay in the right lane when you exit the tunnel. If you miss this exit you will cross the river on the Vasco de Gama bridge, which although is very beautiful and the views are great over Lisbon, it will delay your outing.

Having taken the exit you are now on the second circular. Turn off at junction 2 following signs for Aeroporto and Parque das Nações. This will take you up to the airport. At the large roundabout directly in front of the airport go right round and double back on yourself so you are now facing down the hill away from the airport. From here it is straight down to Parque das Nações. Go straight over the next roundabout you come to. At the set of traffic lights go straight over. You will see the modern arch-style roof of the train station ahead of you. Continue under the station and at these traffic lights try and stay in the middle lane as you will go straight over this roundabout and then straight, down the side street in front to the carpark. On this side street you drive down to the bottom see the parking sign, turn left, and then the entrance to the carpark is on your right and drops down into it.

If you do go over the bridge by mistake: Once you're on the bridge you can't turn around until you reach the other side where you take the first exit and then follow signs for IP1 Lisboa and P.te V. de Gama (or if you fancy some shopping its only a short distance to 'Freeport' shopping centre discussed below). Pass through the Toll Booths. As you approach Lisbon on the bridge look to your left and you see two apartment buildings designed to look like sails and a round building, which is the Pavillion. This area is Parque das Nações. When you come off the bridge continue straight and then take a right turn in the direction of

Aeroporto and 2nd Circular. Move into the left lane for 2nd Circular. From here you can continue to Parque das Nações from where you left off! See the rest of the directions above.


From the carpark at Parque das Nações to Praia D'El Rei: In the carpark look for exits 'Saida Tejo' to Lisboa Centro. The exit of the carpark will bring you out round the back of the shopping centre so that you are facing the river. Turn right out the carpark and then take the next right turn so that the station is in front of you. Get in the left lane and then go straight over so that you pass under the station. You are now going up the hill towards the airport. Keep going straight through a set of traffic lights and over a roundabout following signs for Aeroporto and 2nd Circular. After the roundabout get in the right lane. At the top of the hill get into the right lane and turn right for the A8 or go straight to get to the Airport. For the A8 continue on this road. When the road forks stay in the left two lanes and the road curves round and into the tunnel. Move into the right lane and follow signs for A8 Leiria.

Shopping

Obidos and Caldas da Rainha both have good shops worth investigating, and Lisbon also is excellent. The nearest shopping mall is **Loures Shopping** and is very easy to find. Building finished in April 2006 and as well as many of the high street stores such as Zara, Massimo Dutti and H&M there is also a large 'Continente' supermarket and a cinema.



Loures Shopping from Praia D'El Rei: To find Loures Shopping is easy and you probably will have noticed it from the motorway on your way from the airport. Turn left at Serra D'El Rei. When the motorway from Serra D'el Rei is completed at the next roundabout you will turn right and follow the signs for Lisboa and A8. Until then continue until A-da-Gorda where you turn right at the T-junction and then left to join the A8.

Tip: At the Toll Booths DO NOT go through ones marked with 'Via Verde' as this is only for people with a  pre-pay account for the tolls. You will not be able to pay in cash if you pass through one accidentally and could end up with a big fine. Use any of the lanes without this sign above.

Once on the A8 continue until you come to the second set of Tolls just before junction 3. Get into the right lane, pay the toll and then take this exit, Junction 3 for the N115 to Loures and Bucelas. You join the traffic on a roundabout where you need to double back on yourself taking the last exit which takes you under the motorway and to a second roundabout. Go straight over following the sign for '**Zona Commercial**'. At the third roundabout turn right. You are now in a residential area. Continue on this road and Loures Shopping will be in front of you. At the next roundabout go straight over and you will see the car park entrance on your right.

From the carpark: When you exit the carpark you have to turn right and continue to a roundabout. Here you need to double back on yourself so you are driving back in the opposite direction to a second roundabout. Here you see the sign for A8, take this left turn and you continue to a third roundabout where you turn right. The immediate right turn will take you on the A8 south to Lisbon. Continue under the motorway and take the next right for **A8 to Leira and Torres Vedras** to return to Praia D'El Rei.



A bit further a field on the opposite side of the River Tejo to Lisbon is a huge factory outlet retail village called '**Freeport**' at Alcochete. It was built recently by British developers and is a similar concept to discount retail villages in the UK. Many of the stores here such as Zara, Adidas and Quiksilver to name a few sell excess stock that can be found in their usual stores at the same time but at discounted prices, and being in Euros you really can find a bargain.

Freeport from Praia D'El Rei: Follow the directions above as far as the second Toll where you pay. From here continue going straight. After driving past junction 2 move into the right lane and come off the motorway at junction 1 following signs for 'A12 Sul - Aeroporto - P^{te} Vasco do Gama'. After the fly-over section the road continues up the hillside and you then join the traffic and go through the tunnel. Once out of the tunnel continue straight and you will cross the River Tejo on the beautiful Vasco do Gama bridge. Once over the bridge take the exit at Junction 3 for IC3 and Alcochete. The road forks and

you take the left fork for Alcochete. Once on the IC3 take exit 5 for N119 Alcochete and at the roundabout take the 3rd exit for 'Zona Commercial'. You are now in Freeport retail outlet village.

From the Freeport carpark.. Follow the 'saida' signs and at the roundabout turn left for the IC3. At the second roundabout take the 2nd exit for IC3 and P.te V. de Gama. Get in the right lane and at Junction 1 take the right turn follow signs for IP1 Lisboa and P.te V. de Gama. Pass through the Toll Booths. As you approach Lisbon on the bridge look to your left and you see two apartment building designed to look like sails and a round building which is The Pavilion, this area is Parque das Nações. When you come off the bridge continue straight and then take a right turn in the direction of Aeroporto and 2nd Circular. Move into the left lane for 2nd Circular. From here you can continue to Parque das Nações, details below, or return to Praia D'El Rey.

To Parque das Nações:

You are now on the 2nd Circular. Turn off at junction 2 following signs for Aeroporto and Parque das Nações. This will take you up to the airport. At the large roundabout directly in front of the airport go right round and double back on yourself so you are now facing down the hill away from the airport. From here it is straight down to Parque das Nações. Go straight over the next roundabout you come to. At the set of traffic lights go straight over. You will see the modern arch-style roof of the train station ahead of you. Continue under the station and at these traffic lights try and stay in the middle lane as you will go straight over this roundabout and then straight, down the side street opposite to the carpark. On this side street you drive down to the bottom see the parking sign, turn left, and then the entrance to the carpark is on your right and drops down into it.

To Praia D'El Rey:

You are now on the 2nd Circular. Turn off at junction 2 following signs for Aeroporto and Parque das Nações. This will take you up to the airport. At the large roundabout directly in front of the airport go right round and double back on yourself so you are now facing down the hill away from the airport. Get into the left lane and at the traffic lights turn left for the A8. When the road forks stay in one of the two left lanes and the road curves round and into the tunnel. Move into the right lane and follow signs for A8 Leiria coming off at junction 13 for Praia D'El Rei.

Taxis

If you are without a car, call José or his wife Lúcia, or Fernando. All the numbers are below. All of them speak good English and know Praia D'El Rey well.

Rates are as follows

Lisboa	€75
Peniche	€14
Peniche at night	€16
Obidos	€14
Obidos at night	€16
Caldas da Rainha	€22



José the taxi driver

Mob: 962 669 491 or 964 470 532

Or **Fernando** who also knows Praia D'El Rey and the area well,

Mob: 965 022 031



Taxis are very reasonable in Lisbon and there is never a problem in finding one. If you want to visit a few places, leave the car in a carpark at Parque das Nações or in Baixa and get taxis around. Or park at the airport and get a taxi from there but make sure you get one from outside departures rather than arrivals. These are local taxi drivers and charge on the meter.