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Casa Maono Recommendations

Our favorite restaurants

VILA NOVA DE MILFONTES

Patio Alentejano

One of our favourites !

Typical portuguese food : Meat and fish

Very good price- quality. Note : ½ dose is more or less for one person and 1 dose is for 2 or if you are very hungry...

00351 283 997 164

Porto das Barcas

Portuguese food in a modern way... Vegetarian options. It is located next to the little fishing harbour of Vila nova de milfontes. Very nice view.

00351 283 997 160

O pescador do Moura

Fish and sea food restaurant.

Known for its rice with monkfish (arroz tamboril) or rice with crab

00351 283 996 338

Tasca do Celso

Typical Portuguese food. Nice interior.

00351 283 996 753

Choupana

Only grilled fish and meat. Very nice view over the ocean ! Also nice place just to have a drink.

00351 283 996 643

Stress Free

Nice vegetarian options and ask for the “prato do dia” they are typical Portuguese food of the day. Also good for lunch (soup, juices, sandwiches)

00351 283 996 602

Alento

Typical Portuguese food but served more in a modern way.

Very good quality, gastronomic style. It is located outside the Vila Nova de Milfontes village.

You need to drive to the Furnas Beach

00351 961 397 462

Closest to our house at Ribeira da azenha :



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Café por do Sol

The café just around the corner.

Very portuguese food. Family style.

If you want to eat there or do take away as well is possible, but you need to order the day before!

O Amandio

It's the restaurant direction the closest beach to our house « Aivados ».

The restaurant is also known as at Julinha's place.

Only grilled fish and meat.

Good portions. Fresh ingredients. Very busy place with locals.

+351 269 905 277

ACTIVITIES

YOGA

Nina is passionate about guiding people into their yoga practice; Making them curious about yoga, awakening body awareness or just making them play with movement.

She is normally teaching private and group lessons here at the house and in and around Vila Nova de Milfontes. Multi-style classes going from Hatha to Vinyasa, Yin, Nidra, ... and even Sup Yoga on the Mira river.

Due to the Covid19 situation she is currently only giving private lessons at the house:

- * Alignment class: Work on your personal alignment and yoga practice
- * Yoga Therapy: We use different yoga techniques in a therapeutic way. Can be used to work on a specific problem (physically or mentally) or also for a general tension release of body and mind.
- * Pregnancy Yoga: Class with specific postures and exercises adequate for pregnant women.
- * Family Yoga: Class designed for parents and children, to have some quality time and fun together.

Private lesson yoga (75min.): 30 EUR

Private Yoga Therapy Session (60min.): 30 EUR



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Family yoga (60min): 35 EUR (price for a family of max.4pers.)

* Sup yoga : Works for every level. No need for yoga nor sup experience!
Every Sunday morning, or other days on request. 20 EUR (min.2 people)

*Group lessons are taking place at Moita Mar hotel near Vila Nova de Milfontes. 10EUR

To book a class or for more information:

WhatsApp or call Nina 0032 498 61 23 07



@yoga_maono

Surf Rental and lessons

We work together with local surf schools. We can organise board and wetsuit rentals as well as surf lessons for you.

Prices start from 35 - 40EUR for a 2h lesson with all material incl.

Ask us for more information, so we can contact the best school for you.

OTHER ACTIVITIES

Kayak / SUP

SW Sup School Milfontes

On praia Franquia in Vila Nova de Milfontes

15h for 1h rent

but also classes and tours available

+351 963 551 232

Canoe tour on the Mira River

Ecotrails

Prices depend on tour and amount of people. Starts from 20 EUR

+351 967 155 383

info@ecotrails.info

Finn's Routes

Discover Alentejo in an original way: Walking, horse riding, smelling, tasting and even on a Stand Up paddle board



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Different routes available: Countryside Atlantic coast, River adventure...

A fun and insightful experience.

Starts from 70 EUR.

finns.routes@gmail.com

+351 965794525

 @finns.routes

Massages & Therapies

Stress Free Zone

<http://stressfreezone.pt/pt/>

+351 963 059 956

Horsebackriding

Natura horses - Samoquerinha

+351 925 851 536

naturahosespt@gmail.com

Herdade do Pessegueiro

+351 963 320 898

Explore

Beaches

There are many beautiful beaches and fishermen villages near Casa Maono.

The closest beach near our house is **Praia dos Aivados**. When you arrive on the main road, turn left. 200m further you turn right where there is a concrete bus stop.

You pass the restaurant "O Amanda" (Great grilled fish and meat!), and you keep on following the dirt track until you arrive at the beach. Admire the surfers just in front of the little parking or go right and find the nice beach. Little note: Be careful with the loose sand when finding a parking spot. - You can also go by foot (30 min. Walk)

If you drive further south direction Vila Nova de Milfontes, 10 min. Drive from the house, you will arrive at **Praia do Malhão**. It is a beautiful beach (some say one of the nicest of Europe!), great for surfing, hiking, watching sun set and just hanging around the beach.

With children it is nice to go to **Praia da Franquia** in Vila Nova de Milfontes center or **Praia Furnas** at the other side of the bridge. Both beaches are located at the river mouth, where



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the river Mira meets the ocean. The water is always calm, so Ideal for a swim.

A little more secret, local beach is **Praia do Queimado**, very near to our house. It is super small and with a lot of rocks, but it has a beautiful view and lovely to have a walk till there. Just cross the main road to go on the dirt road across our street, and follow that track. It will take you to this beach and if you go further you arrive at **Ilha do Pessegueiro**

Vila Nova de Milfontes

Get to the historical centre, near the river, where the fort is. St. Clement is a fort built in the 17th century as a deterrent against pirates and North African raiders. It dominates Milfonte's landscape with its medieval style and its position overlooking the Mira estuary. Here at the fort you have a beautiful view over the river and the little sailing boats. Take the stairs down and stroll along the wooden deck, continue your walk over the beach all the way towards the "farol", where the river reaches the ocean.

Porto das barcas, is the fishermen's harbor of Milfontes. And it also where you'll find the amazing restaurant and outside terrace/bar. Beautiful place to have a sunset drink. Or go for a walk behind the restaurant, where you can find a part of the Rota Vincentina fishermen's trail.

Drive further south from Vila Nova de Milfontes... And discover

- * Almogrove: Nice beach and in summer it has a nice beach bar
- * Cabo Sardao: Beautiful view!
- * Odeceixe: Cute "hippie" fishermen town, with river going into the ocean.
- * Aljezur: Little town with great beaches nearby as well
- * Arrifana: Great view! -big cliffs - famous surf spot.

Drive north from our house direction Porto Covo and you will pass by Ilha do Pessegueiro. In the sea, around 250 meters from the shore you can see the small uninhabited Pessegueiro island. It was one of the first center of activity of the region leading back to the Roman trade. There is also a fort there, that can be seen from the land. It is also a nice 45mn. - 1h walk to go to by foot from the house.

Porto Covo

Porto Covo is a small fishing village. Populated only by over 1000 people, it's a hidden gem. With access to many beautiful beaches, sheltered by the jagged rocks and colourful old quarter, it makes a nice place to visit. The town also has a lovely small fishing harbour from where some boats still fish .



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Seaside road of Sao Torpes: Drive from the town through the coast direction to Sines to discover many beautiful coves and beaches, until you reach Sao Torpes with perfect waves for surf beginners or when there is big swell.

In the region you can also find **local markets**

* Brunheiras market every 2nd and 4th Saturday of the month

* Sao Luis market every 3th Sunday of the month

We are happy to advise you and to help you organize any activities you would like to do.

Please let us know if there is anything we can help you with.

We wish you a wonderful vacation time and hope you enjoy your time at Casa Maono!