

2022 Edition

EXPERIENCING SAGRES WITH MEMMO.

OUR GUIDE TO
EXPLORE THE AREA

memmohotels.com





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Mystical, wild and pretty. That's Sagres, whose name derives from the Latin word meaning 'sacred', thanks the aura of divinity that surrounded it from prehistoric times, associated as it was with the rituals of some southern peoples. A shrine to the gods, it was left uninhabited for centuries, although Christian moçarabes were living there during Muslim times. However, the fate of this westernmost point in southern Portugal was to change on 27 October of 1443, when Infante Dom Henrique (1394-1460), the son of the king Dom João I of Portugal (1357-1433), and whose statue may be seen at the entrance to Sagres, claimed the area for himself. Here this mastermind of the Portuguese voyages of discovery is said to have founded the School of Sagres, where mariners prepared before setting out - although today this is thought to be no more than a legend - and here this leading figure of the start of Portugal's period of

foreign conquests lived until his death, hence the name of the Infante of Sagres or, in English, Prince Henry the Navigator.

This was an important strategic point in Portugal's maritime defences, thanks to the enormous fortress built on the Ponta de Sagres (Sagres Point), an ancient promontory with few inhabitants, and which had a defensive role until the 20th century.

Today, this remains a place steeped in history, but above all one to enjoy nature. The beaches, cliffs, wild landscape and above all its location, inside the Southwest Alentejo and Vicentine Coast Natural Park, are an invitation to all who love to explore on foot or by bicycle.

The town of Sagres may have grown but remains a laidback place, its centre dotted with friendly bars, good restaurants for fish and other seafood, and also several shops. It is also much sought after by those who love water-based activities, such as surfing

or boat trips, and those who are looking for a destination with wild beaches, in a setting of unique beauty and with transparent waters. Whether to bathe, enjoy local cuisine or tour, here are our suggestions for exploring Sagres.



Things to do



One thing Sagres is not short of is programmes for those who like a bit of action - especially when that action involves a lot of water. Making the most of the fact that this is one of the country's top surfing destinations, start by going to the Freeride Surf School, inside the memmo hotel, perhaps to sign up for group or individual surfing or SUP (stand-up paddle) lessons. Whether it is a baptism or not, here they can offer tips for the best spots to surf. And who knows, you may end up at one of the yoga & surf retreats that they also organise. To catch a few waves, or to explore the coast, Sea Kayaking Sagres offers various tours in

the area, from Sagres Point (8 km) to Cape St Vincent (18 km). Meanwhile, Wind4all, a company that as well as having SUP boards, specialises in windsurfing - both for those who want lessons and those who just need to hire equipment - is a great option in an area as windy as Sagres. To go even deeper, join the team of Marilimitado, a company that organizes diving experiences for everyone aged 8 and up, as well as organising boat trips to see dolphins or seabirds. The SeaXplorer also offers dolphin watching, as well as organising trips to Cape St Vincent, shark fishing and very popular family fishing trips, for people of all ages. Diving again: Pura Vida also has a centre, as well as offering kayak trips and guided cycling tours through the Southwest Alentejo and Vicentine Coast Natural Park. To explore the park without a guide, hire bikes at the Memmo Baleeira and set off to discover Sagres. If you prefer to explore

on foot, you can join Atalaia Walking, which offers two types of trek - one more challenging and the other themed and with interaction with the landscape, where you can for example, cook. Or, contact WalkinSagres, for walks enriched with flora and fauna observation.

Finally, jump into one of the jeeps of Sagres Discovery to take one of their exciting half or full-day tours along the coast, away from the usual routes.

Beaches in Sagres

You can't talk about Sagres without mentioning the beaches - in the warm months to swim and sunbathe, in the cooler months for walks, and all year round for sports such as surfing, windsurfing and kitesurfing. Just down from the hotel, with direct access via a private road, is Praia da Baleeira.

This tiny beach with crystal clear waters is invariably empty and has a view of the port of Baleeira. To the east is Praia do Martinhal, with a broad strand and a fine view of the Martinhal Islets, a group of uninhabited islands out in the ocean. A short walk from the hotel are two other beaches: Praia da Mareta, which also has plenty of sand on which to spread out your towel and a good restaurant, Chiringuito Last Chance, to sip a drink at the end of the day; and Praia do Tonel, one of the prettiest local beaches and very popular with surfers. If it is very windy, the best place to head is Praia do Beliche, which is good for a day on the beach from morning to sunset as well as for water sports enthusiasts.



Beaches around Sagres

There are five beaches on the Algarve's west coast, a few kilometres from Sagres, whose names are worth remembering. Praia da Ponta Ruiva is one of the prettiest and wildest in the area. To the north is Praia do Castelejo, a good surfing spot, and right next door is Praia da Cordoama, which draws many groups of friends looking for a day at the beach out of the wind (the southern end is quite sheltered). Continuing up the coast there is Praia da Murração, which is difficult to reach by car, but very lovely and with a vast strand. Next door is Praia do Amado, a magnet for surfers all year round, with various schools where beginners can take lessons (and a good restaurant, Sítio do Forno). There are another three beaches to explore on the south coast. Praia do Barranco is one of the area's best-kept secrets, though

it is rather wild, with no lifeguards. Praia da Ingrina, by contrast, has lifeguards and is also popular with divers. Next door is Praia do Zavial, which also has a good restaurant of the same name, and whose waves are known to be good for bodyboarders.

Local tips

- Before setting out for the area's beaches, check the tide chart and, if your visit coincides with high tide, make sure to choose only those that have broader strands.
- There are four good beaches to escape the Sagres wind: Praia do Beliche, Praia do Castelejo, the southern end of Praia da Cordoama and Praia da Arrifana.
- If you want to end your day at the beach with a snack until the sun sets, don't forget to take a sweater with you, because in the evening temperatures fall sharply.

To taste



In a destination served by a great fishing port, as Sagres is, prepare to find plenty of fine fresh seafood on offer in many local restaurants. There are a few exceptions and we start with them. Fornaria Memmo is the hotel's Mediterranean-themed restaurant, with a wood-fired oven from which emerge pizzas and other specialities such as lombo de bacalhau gratinado (cod-fish loin au gratin). At Bossa Brew House the local brewerie Bossa Brew House you will find the best rafa beer along with a list of tapas and local food. To try traditional local cuisine, including perceves (goose barnacles), lulas recheadas (stuffed squid),

arroz de polvo (octopus rice) and grilled fish, here are two good suggestions: A Sagres, an unpretentious restaurant where booking ahead is recommended in summer, and A Casinha, famous for its octopus rice and cataplanas (seafood stew prepared in a traditional brass clam-shell pan) and very romantic atmosphere. For fresh fish, often just caught, A Sereia, right in the port of Baleeira, is a very traditional restaurant whose back dining room has a view of the wholesale fish market. Also in the port, just steps away from the hotel, and with a large terrace looking out to sea, A Tasca is another good local place to eat grilled fish and shellfish, much of which comes from the restaurant's own tanks. If you like the idea of a fish meal with a sea view, sit down at Mar à Vista, where they serve a very fine massada de peixe (pasta and fish stew). In the centre of town is another of Sagres's great fish restaurants, it's called Carlos, and it's been

going for 35 years and is justly famous - so always book ahead. For fine dining, you must visit Vila Velha, a local classic run by a Dutchwoman that serves Mediterranean and international cuisine. If you prefer something a little lighter, the hotel's own pool bar does a range of toasted sandwiches and savoury and sweet crêpes in the summer months. Speaking of sweet things, you have to have an ice cream at Alice Gelateria, whose products are made by an Italian woman using artisanal methods and excellent ingredients. Try the tiramisù.



To drink



There's something special about starting your evening at memmo Lounge, the hotel bar, where you can sip a glass of wine or a gin with the most beautiful view over the ocean.

But Sagres nightlife is clustered on Rua Comandante Matoso, the town's main street, where there are three venues that locals and visitors usually cover on their bar crawls. You can start early, before sunset,

since you will already have good music and company. The bars in question are Dromedário, a local icon that dates back more than 30 years and which has a long list of cocktails and DJs on duty on some summer nights; Água Salgada, next door, whose mirror ball presides over some lively nights; and, next door again, Pau de Pita, best known for its terrace, which is a good place to listen to good music while downing a drink. In front of Praia da Mareta is Chiringuito, a good place for light meals or to indulge in the local custom of drinking a draught beer with a snack at the end of the day.



Where to shop



Shops in Sagres are pretty much in line with the area's lifestyle. That is, don't expect to find big outlets for multinational brands but rather a selection of stores with items relating to the sea - and surfing, of course - as well as local products and some hippie-chic clothing. Starting with this style, which is so well suited to days on the beach or walking or cycling around Sagres, our first stop is called Memmo Store and is inside the hotel. As well as selling Memmo-branded merchandise, it has dresses, bikinis, swimwear for men and women, beach towels and cushions and other accessories. Leaving the hotel, you enter the main street of Sagres,

Rua Comandante Matoso, and immediately find Bazz, a seasonal shop (open only in the warmer months) with a stress on sustainable fashion that sells trainers, T-shirts, and beachwear and accessories. To dive into the world of surfing, Retro Sailor is the best place to visit. In this shop you can buy vintage surfboards but also modern ones, wetsuits and other material you'll need to catch waves, as well as skateboards, clothing, backpacks and trainers - all with a streetwear theme. Also for watersports, head for Surfers Lab, the best technical surf shop in Sagres with more than 250 boards and wetsuits in stock as well as a wide range of surf brands. On the same street and going for almost 25 years, Surf Planet is the oldest surf shop in Sagres, selling but also repairing boards and stocking items from the best-known brands, such as Quiksilver, Reef and Billabong. In strolling around Sagres it's impossible not to notice Cerâmica A Mó, a pottery store

whose façade is covered with some pieces of the kind you can buy inside. There are items for daily use, vases and decorative pieces made of various materials, all from a well-known brand that dates back over 70 years. For anyone who likes to pick up a souvenir from the places they visit, Faros, at the Cape St Vincent lighthouse, is the place to go, with dozens of items, many of them by local artisans.



To visit

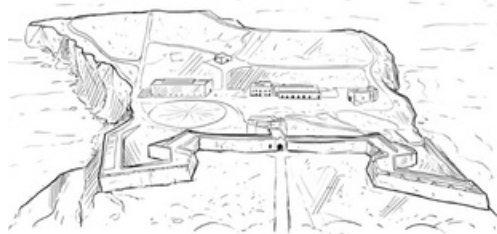
Porto da Baleeira



The hotel has a view of the port, but the best thing to do is to go down to see the boats that come in every morning laden with fish - just follow the flocks of seagulls. From 3.30pm a fish auction takes place in the wholesale market that you can see unfolding from the window of the restaurant A Sereia. It's also from here that boats set out for the various activities that you can take part in the area.

Fortaleza de Sagres

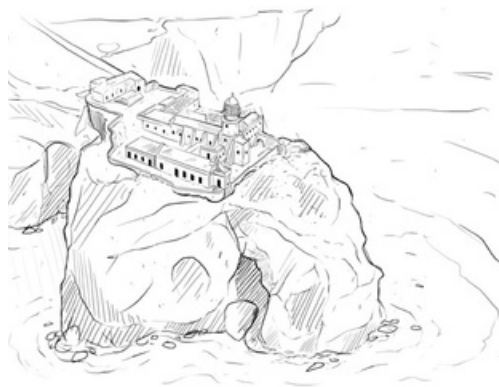
A trip to the fortress on Sagres Point, whose origins go back to the 15th century, is ideal for a sunny afternoon - our tip is that you cycle



there on one of the bikes available at the hotel. Built to protect this part of the coast, this enormous complex includes a turret; a compass rose best seen from one of the former lookout points; the Nossa Senhora da Graça church, dedicated to the Sagres's patron saint; and various walking trails, some along the clifftop, with breathtaking views. The fortress stands on the promontory

known to the Romans as Promontorium Sacrum, thought to have been dedicated to Saturn.

Cape St Vincent



This is the most special place in Sagres to see the sunset and attracts pretty much everyone who visits the town. Wear a sweater (it is a windy spot), take your camera and follow in their footsteps. Here, too, is the Cape

St Vincent lighthouse, whose foundation dates back to the 16th century; the current structure was built in 1846.



Day trips

Vila do Bispo



A 10-minute drive from Sagres is Vila do Bispo, a town with a population of about 1,000 that is ideal to explore on foot. Our recommendation is that you get to know it in the morning and stay around until lunch-time. Start with a visit to the town's parish church - Igreja Matriz - dedicated

to Nossa Senhora da Conceição and dating back to the 16th century. It is a pretty place to admire the tile-lined walls and the gilt ceiling. Then set off by car for Praia da Cordoama, where you can spend a few pleasant hours in the sun, sheltered from the wind, though not before immortalising in photographs one of the Algarve's best landscapes, **viewed from the Miradouro da Cordoama**, a lookout point accessible via a dirt road and which affords unrivalled views of the beaches of Cordoama, Barriga and Castelejo. Before setting off back to Sagres, return to the town centre and tackle a shellfish platter or fresh grilled fish at the restaurant Ribeira do Poço, which is known for the freshness and quality of the produce it uses.

Aljezur

For a different kind of day at the beach and some good food, our suggestion is that you travel the 40 kms that separate Sagres

from the town of Aljezur and, once there, choose one of the area's good sunbathing beaches and one of its restaurants, so that you come back with a full stomach. Praia da Arrifana, with its steep descent to the sand (vans do the trip in summer) is one of the most popular and has a pretty and photogenic rock, dubbed Ponta da Agulha or Needle Point, at its southern end; Praia de Monte Clérigo is much sought after by families because of the natural pools that form at low tide and harbour several marine species; and Praia da Amoreira, where the salt water from the sea is joined by fresh water from a stream, the Ribeira de Aljezur. To eat here, choose between the fresh fish and shellfish platters at O Paulo, with its great sea view, and the nearby See You Surf Café with a very good steak on a stone; or head for Sargo, which also serves as the beach bar for Praia de Monte Clérigo but which has been given an overhaul of late and now does light meals.

For something a bit different, Gulli Bistrot is an Italian with Neapolitan pizzas and other Mediterranean-style specialities.

Pedralva - Vilarinha - Carrapateira

Another day trip we recommend to anyone wanting to explore the area is to visit these three villages. The Aldeia da Pedralva is the closest to Sagres, a 15-minute drive away in the municipality of Vila do Bispo. It was rebuilt from scratch by a group of Portuguese in 2006, after they found the village abandoned. As well as tourist accommodation, it has an excellent pizzeria, Pizza Pazza, and a restaurant-bar where you can just have a drink. Close by is the Aldeia da Vilarinha, in a pretty valley in the middle of the countryside, with livestock roaming and several little houses that are mainly rented by Portuguese holidaymakers. Further north, but still near the coast, is Carrapateira. Visit it above all to explore on foot the 10km

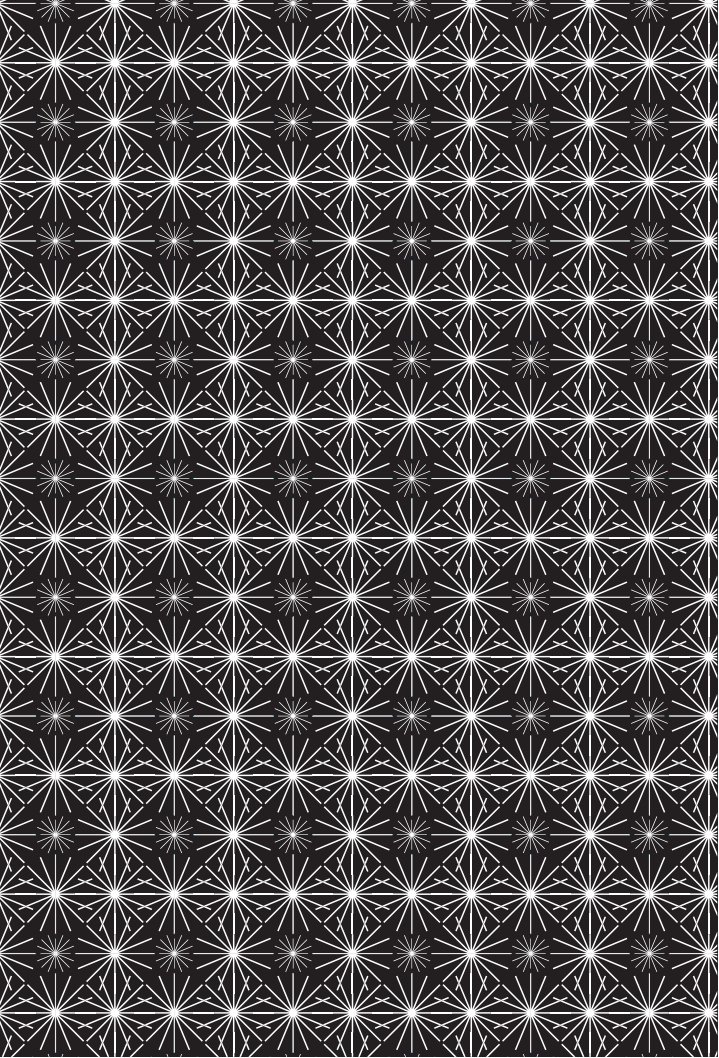
Pontal da Carrapateira trail, a circular route that takes in several lookout points with stunning views over the sea, with plenty of native vegetation, and passing by Bordeira and Amado beaches. You can end your walk at one of the area's best fish restaurants, **O Sítio do Rio**.

Lagos

Some 40 minutes driving from Sagres is Lagos, one of the Algarve's main towns and once the district capital. Start by exploring the historic centre, much of which is pedestrianised and which still retains some traditional local shops, and don't miss the Centro Cultural de Lagos, which has changing exhibits. If you have children, the Centro de Ciência Viva de Lagos has didactic displays on the maritime Discoveries. One good programme for any age is a boat trip along the coast, in which you slip into some secret caves, although unfortunately you can't dive into the water.

For bathing, one of the best places is Praia do Camilo, a picturesque beach that is well sheltered from the wind. For a fine lunch after your trip, the beach restaurant, also called O Camilo, serves Algarve cuisine based on fish and shellfish and is the best option.





General Information:

THINGS TO DO IN SAGRES

Freeride Surf School

Hotel Memmo Baleeira, Sítio da
Baleeira 91 875 5401

Sea Kayaking Sagres

info@seakayakingsagres.co
m 96 418 2856

Wind4all

Praia do Martinhal
916 016 236

From December to February, by appointment
only, at least 24 hours in advance

Marilimitado

Porto da Baleeira de
Sagres 91 683 2625

SeaXplorer

Porto da Baleeira de Sagres
282 625 059 / 918 940 128

Pura Vida

Rua da Pedra Negra
91 321 0716 / 91 842 6721

Atalaia Walking

96 793 2206

WalkinSagres

925 545 515

Sagres Discovery

91 410 4766

TO TASTE

Fornaria Memmo

Hotel Memmo Baleeira, Sítio da
Baleeira 282 624 212
Open daily for lunch and dinner

1. Bossa Brew House

Avenida Comandante Matoso
918 624 566

Close Tuesday & Wednesday

2. A Sagres

Avenida Infante Dom
Henrique 282 624 171
Open for lunch & dinner

3. A Casinha

Rua de São Vicente
917 768 917
Open for lunch & dinner; closed Sunday

4. A Sereia

Porto da Baleeira
282 109 682
Open until 7 pm

5. A Tasca

Porto da Baleeira
282 624 177
Open for lunch & dinner; closed Wednesday

6. Mar à Vista

Rua Comandante Matoso, 75
282 624 247
Open for lunch & dinner; closed Thursday

7. Carlos

Rua Comandante Matoso

282 624 228

Open for lunch & dinner; closed Tuesday

8. Vila Velha

Rua Patrão António Faustino

282 624 788 /91 712 8402

Dinner only; closed Monday

9. Alice Gelateria

Rua de São Vicente

920 160 693

Closed Monday

FOR A DRINK**10. Dromedário**

Rua Comandante

Matoso 282 624 219

Open daily

11. Água Salgada

Rua Comandante

Matoso 282 624 297

Open daily

12. Pau de Pita

Rua Comandante

Matoso 282 624 903

Open daily

13. Chiringuito

Praia da Mareta

282 625 114

Lunch & dinner; in summer to 2
am, in winter to 8 pm**Memmo Lounge**Hotel Memmo Baleeira, Sítio da
Baleeira 282 624 212

Open all day

TO BUY IN SAGRES**Memmo Store**Hotel Memmo Baleeira, Sítio da Baleeira
282 624 212

Open daily in summer, at weekend in winter

Bazz

Rua Comandante
Matoso Open only in

14. Retro Sailor

Praça da República,
2 282 624 727
Open daily

15. Surfers Lab

Estrada Nacional
268 282 624 503
Open daily

16. Surf Planet

Estrada Nacional
268 282 624 815
Open daily

17. Cerâmica A Mó

Estrada Nacional 268
282 639 480
Open daily in summer; closed Sunday in winter

18. Faros

Farol de São
Vicente 282 624
606

Open daily

PLACES TO VISIT

Fortaleza de Sagres

Fortaleza de
Sagres 282 620
142

Casa de São Vicente

Estrada Nacional 268

DAY TRIPS

Sítio do Forno

Praia do Amado, Carrapateira
282 973 914
Open for lunch & dinner; closed Monday

O Paulo

Rua Serpa Pinto 32,
Arrifana 934 975 251
Open for lunch & dinner

Sea You Surf Café

Praia da Arrifana

282 995 082

Open for lunch and dinner. Winter only time
for dinner.

Sargo

Praia de Monte Clérigo 912

995 839

Open for lunch & dinner

Gulli BistroEstrada Nacional 120, Sítio de Santa
Susana 282 994 344

Open for lunch & dinner; closed Monday

Centro Cultural de Lagos

Rua Lançarote de Freitas,

7 282 770 450

Closed Sunday & Monday

Centro de Ciência Viva de Lagos

Rua Dr. Faria e Silva,

34 282 770 000

Closed Monday

O Camilo

Estrada da Ponta da Piedade

282 763 845

Open for lunch & dinner; closed Monday

Igreja Matriz de Vila do Bispo

Praça da República, 6

Ribeira do Poço

Rua Ribeira do Poço, 11

282 639 075

Open from 3 pm; closed Monday
and in December & January

Pizza Pazza

Aldeia da Pedralva

282 639 173

Open for dinner; closed Monday in
summer, Monday & Tuesday in winter

O Sítio do Rio

Estrada da Praia

282 973 119

Open all day; closed Tuesday