

# Cabana dos Rouxinóis

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Below you will find some practical information and tips for your stay.

## **KEY POINTS**

-The code to the kitchen door is 3121\*

-There are solar panels that will power all electricity during the day, so please take advantage of this and save the planet!

-Before you go to bed, please ensure that all lights are turned off, inside and outside (ask Lucillia where the switches are...)

-Lucillia is there to help you, but please help her by being organised and discussing menu's in good time. SHE NEEDS TO KNOW WHAT YOU ARE EATING THE NIGHT BEFORE SO SHE CAN CHECK FOR SHOPPING ETC

-Please use towels when sitting on all loungers, cushions etc to avoid sticky bodies and suncream

-The house has its own spring for water, so please use this sparingly, especially with drought and current water shortages.

-Pots on terrace – would love some water! There is a tap on the far left hand corner.

## **Housekeeping**

The house has plenty of pool towels and beach towel for you to use. Lucillia can show you where they live. There are also super market bags and baskets for you to take shopping. Cold bags and ice blocks for beach trips too!

We are trying to recycle so please help Lucillia with this - there are bins at the back of the kitchen for bottles, cans and paper. Also note that the house has its own water supply so please use sparingly especially in high season (short showers etc...)!

The Folly is at the bottom of the garden. It is lovely in the late afternoon. There is small kitchen there so you can fill the fridge with drinks etc. **Please make sure you protect the cushions from sun creamed bodies and dirty feet** – take a towel to sit on! (It is difficult to remove and wash the large cushion covers.)

## **Shopping**

Lucillia can help with some of your shopping. She will also have bought some basic food items for your arrival. The shops in Monchique are good and there is the local Intermarche which has almost everything you will need. There is also a smaller super market (Coviran) at the top of the town by the 'top' roundabout. This is convenient for buying fresh meat/bread, local cheeses and basics. Also good to support a local super market! There is a cashpoint next door, a newsagents and a local cake shop (Doce & Arte Pastelaria). They sell fantastic local cakes and delicious Pastel de Nata.

There is a small traditional style market in Monchique (Mercado Municipal) where you are able to buy fresh fish (Tues – Sat, 9.30am – 11.00 am) and on Thursdays there is a very small farmers market with a few local ladies selling homegrown produce. We love the delicious sardines from here, dorada and mackerel to name just a few. Just before the market on the left hand side there is a lovely old lady selling fruit and veg, we try to support her shop too.

Carlos our part-time gardener grows delicious tomatoes and strawberries that he can deliver to the house.

Monchique has a pharmacy in the main square plus local cafes. Two in the main square and a cyclist café, Velochique.

We like to go to the west coast beaches and therefore do lots of our fish, fruit & veg shopping in the market at Aljezur – fabulous fish, fruit and veg. We go there in the morning and then head to the beach for the rest of the day. There are some baskets and cool bags (plastic ice blocks in freezer) to keep anything bought good for the day.

Fresh fish freezes well so an option is to freeze it back at the Cabana.

There is also a useful mini Mercado in Marmelete on the way to Aljezur. Closed at lunch time.

Pottery shopping – there are two shops on the way down to Portimao selling pottery. Hard to miss as they are opposite each other. Further afield, Porches Pottery is gorgeous and they have a lovely house selling pottery down nearer the south coast. Much of the pottery in the house has come from here. <https://www.porchespottery.com/en/>

Monchique has a couple of local gift shops selling locally made items. Slippers and bathmats often make the journey home. There is also a new 'tourist' shop at the top of the mountain - Foia.

### **Activites**

We love walking around the mountain. There is a circuit we do daily which takes about 40 mins. See page 9 for picture pointers!

We also enjoy walking to Monchique, head down to the very bottom of the garden, turn left and follow the road down to a T junction. Turn left (you will see a lovely cacti display in front of a house on the left!). Continue all the way back to the main Monchique/Foia road (Restaurant Luar Da Foia) and then continue right handed down the hill to Monchique. Great for morning coffees in the square or evening drinks. You can either walk back up the mountain along the main road, which is shorter, otherwise you can usually get a taxi in the square.

Velochique, the bike café in Monchique, has a range of bicycles that you can rent (E-Bikes included!) which we would highly recommend if you like cycling. Lovely ride up to Foia for sunset. There is also a small drinks van up at the top of Foia, offering great views.

Silves is a lovely town if you want to visit another Portugese town.

### **Restaurants**

Attempts to find fine dining on the mountain have mostly ended in disappointment! The best food is probably at the house! However, Chicken Piri Piri at the top of the drive at Rampa is absolutely delicious – try the extra hot sauce. Cheap and cheerful and you can walk. Or some more touristy but ok restaurants in the square at Caldas de Monchique. A Charrete in Monchique is the best in town and good in winter for soups and stews. Tasca do Petrol on the way to Marmelete has a great atmosphere and good food (15 min drive). O Castelo probably has the best piri piri chicken but is the other side of Monchique towards Portimao. There are two pottery shops further on towards Portimao, so the restaurant could be combined with a pottery trip.

## Beaches

We head for the west coast beaches of Aljezur in the summer as the south is very crowded. Arrifana, Monte Clerico, and Amoriera are our favourites. The sea is cold but the coastline beautiful with great surf (particularly on Arrifana, use the Magic Seaweed app to look at the forecast). You can book lessons on all three beaches. Good rock pooling for children on Amoreira and Monte Clerico at low tide. There are boogie boards, bucket, spades, scrimping nets and umbrellas in the cupboard in the garage (you might need to ask Lucillia for the key). Beach towels in the cupboard in the room at the far end of the kitchen.

The quickest way to get to the west coast is to come out on to the main Monchique/Foia road and turn left up the mountain. Head up for about 5 minutes, past the turning for the Quinta de Sao Bento and it's the next turning on the left. Follow the road down, wiggling through the very pretty Valle de Figuires. After 15 mins you will hit the main road at the bottom, turn right & go through Marmeleite all the way to Aljezur.



### Amoreira (Beach north of Aljezur)

Big sweeping beach with wonderful rock pools, an estuary at far end great for swimming in and lots of room to spread out. Basic restaurant but ok for lunch or take a picnic.

### Monte Clerigo (South of Aljezur)

Lovely beach with gorgeous rock pools and pretty setting. A couple of restaurants Ozé (great fish but basic) and O Sargo (slightly more upmarket and live music on certain evenings). These have become popular and have a fun atmosphere.

### Arrifana (South of Aljezur)

Surfers beach and where all the hip youngsters from Lisbon hang out. Stunning setting although not so great for the children as it doesn't have the rock pools and its quite a walk down to the beach (can drop kids etc. off at bottom but need to park car at top otherwise you will get clamped). There is a lovely restaurant (Restaurant de Praia) near the bottom of the slope with a fantastic view, serving great fish, salads and crepes. The best sweet potato chips and garlic mayonnaise and caipiroska's. Busy in peak season so best to book. High season, Thursday evenings is live music night.

At the top of the hill there is a new restaurant called Cal, plus Terra Mas and O Paula (best for fish but pricey).

There is also a great pizza restaurant called Arté Bianca between Monte Clerigo and Arrifana. Plus one located in the centre of Aljezur, very pretty setting under an olive tree and always busy and you cannot book. Aljezur also has Várzea recently recommended to us and Gulloy is also meant to be good.

### South Coast

On the South coast we sometimes go to The Three Brothers Beach just because there is a good fish restaurant down there. I can't remember the name but it's in the book at the house - there is a lift down to it and it's worth booking if you decide to go. These beaches are best avoided in July/Aug.

## Massage

Nicole for massage. She does get very busy in the summer so best to book. She charges 50 euros an hour. Worth texting her before you arrive on mob: +351 926 672 921.

## Tennis

There are tennis rackets at the house but take your own if you are keen. Best to take your own tennis balls as well.

## WiFi and Music

There are various network access points around the house.

The network is called CABANA (no password). We have a Satellite for fast wifi but a limited amount of data each month. So please don't download lots of long movies.

Music can be played from a portable speaker in the sitting room, but could be good to bring your own.

## Pool Robot

There is a robot that cleans the pool. Press the blue lit button and it will run for two hours.

## Pool Heating

There is a heat exchange pump in the pool house below the pool terrace which can be adjusted to make the pool warmer or colder. It is set on a timer to come on while the sun shines as the solar panels. Please do not fiddle with any other controls if unsure ask Lucillia.

## Solar Electricity

We have 30 solar panels that generate electricity when the sun shines. **So as to be environmentally conscious, please charge electrical items and run washing machines, dishwashers etc. during the day.**

## Central Heating

The central heating at Cabana consists of two different systems:

- 1) Underfloor heating in the "new" parts (new bedrooms and bathrooms and kitchen)
- 2) Conventional radiators in the rest of the house and downstairs

Each system has its own master controller / thermostat / timer.

1) The controller is kept in the master bedroom and serves mostly as a timer, because the temperature control for this part of the house is done through the room thermostats which can be adjusted easily to the desired temperature. You should not need to adjust this controller.

2) The controller for the "old" part is kept in the living room. It is programmed to set the temperature 4 times / day. Each radiator also has a thermostatic valve which can be adjusted individually. If you need more heat at any time, just press the "arrow up" button on the programmer. This will show you the current programmed temperature (in °C), and each successive press of the button will increase it by 0.5°C. It will revert to its normal programmed temperature at the end of the cycle.

## **Weather**

It can get quite breezy in the evenings at the house so definitely worth taking some warm clothes for nights. It can also be cooler in the morning at the beginning and end of the season. Worth taking mosquito repellent too.

## **Any Questions**

In the event of an emergency you can call our local agent Jean Ferran - [ferran@monchique.com](mailto:ferran@monchique.com) +351 282 912 822,

Nick [hornby@cernocapital.com](mailto:hornby@cernocapital.com) +44 776 861 2255

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## **DIRECTIONS FROM FARO AIRPORT TO CABANA DOS ROUXINOIS MONCHIQUE**

THE BEST WAY TO GET TO THE HOUSE IS TO USE YOUR PHONE FOR DIRECTIONS TO PIPILAMPO MONCHIQUE. ALTERNATIVELY YOU CAN USE THE BELOW DIRECTIONS FROM THE TOWN OF MONCHIQUE.

ON ENTERING THE TOWN OF MONCHIQUE, "INTERMARCHE" WILL BE ON YOUR LEFT (OPEN 8am – 9pm DAILY FOR SHOPPING); CONTINUE STRAIGHT ONTO A SQUARE WITH FOUNTAINS, GO ROUND THE FOUNTAINS FOLLOWING THE SIGNS TO **FOIA** (OUT OF THE SQUARE UP A STEEP RAMP ON THE LEFT.

TAKE THE SECOND EXIT AT THE ROUNDABOUT SIGNED TOWARDS FOIA AND CONTINUE 3KM, PASSING RESTAURANTS "TERESINHA" AND "ESTALAGEM" UNTIL REACHING **RAMPA** ON THE RIGHT HAND SIDE.

ON THE LEFT, OPPOSITE THERE IS A ROAD DOWN THE HILL. SIGNED TO PIRI LAMPO. TAKE THIS ROAD DOWN THE HILL AND ROUND TO THE LEFT, PAST GINGEIRA, PAST PIRILAMPO AND THEN SLIGHTLY RIGHT AND THE HOUSE IS STRAIGHT AHEAD DOWN THE HILL. CABANA DOS ROUXINOIS.

IF THE HOUSEKEEPER IS NOT AT THE HOUSE AND THE KITCHEN DOOR IS LOCKED, THE CODE IS 3121\*!

ANY PROBLEMS, PLEASE CALL OR WHATSAPP LUCILLIA ON +351 967 918 667

## An easy 30-minute walk from the house



Up our drive, then left at first Junction

Take the path going up the hill



Left downhill when you get to the top of the hill Then right downhill is quicker, can go back uphill



Look out for the path up to the back of the tennis court/swimming pool

Walk up here, find the rough track