

Cabana dos Rouxinóis

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

KEY POINTS

- 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 Lucilia where the switches are).
- Lucilia is there to help you, but please help her by being organised and discussing menus at least a day in advance. **Her hours are 08:30 - 14:30 and 18:30 - 21:30, with Tuesday and Thursday off (though she can be flexible and change this if required and with sufficient warning)**. On these days guests will need to help themselves to breakfast and make their own arrangements for lunch and dinner.
- Lucilia will do food shopping for you on arrival but going forward, please liaise with her on further food requirements (at least a day in advance).
- 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.
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Housekeeping

The house has plenty of pool and beach towels for you to use. Lucilia can show you where they live. There are also supermarket 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 Lucilia with this - there are bins at the back of the kitchen for bottles, cans and paper.

You can ask Lucilia to help you with your washing and ironing, for a charge of €20 per person per week, although there will be times when she is busy and may be unable to assist. Alternatively, you are welcome to use the washing machine yourselves and Lucilia will be happy to show you how it all works. Could you also make sure that you are able to reimburse Lucilia for any shopping she may have done for you. Payment in cash at the end of the week (Lucilia will keep all receipts etc).

The Folly is at the bottom of the garden. It is lovely in the late afternoon. There is a 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.)

We generally inform our guests that it goes without saying that tipping Lucilia is at their own discretion, but we generally recommend €10 per adult, per day and around half that for Catia, her daughter.

Shopping

Lucilia can help with your shopping for all your food requirements, (you are of course also welcome to shop for yourself). Before your arrival in Portugal, it would be very helpful to give us your meal choices for the first two days (we will send menu choices and food options before you are due to get here)– as this means Lucilia can be prepared and ready. The shops in Monchique are good and there is the local Intermarche which has almost everything you will need. They stock a very affordable and drinkable red and white wine, for about €6 a bottle. They are called Chamine (red) and Planalto Duro (white). Lucilia can buy these in for you also. There is also a smaller supermarket (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 supermarket! 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 as well. 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 in the summer.

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

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 Marmeleite 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 or great views. There is also a small drinks van up at the top of Foia.

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

Restaurants

Attempts to find fine dining on the mountain have mostly ended in disappointment! The best food is probably at the house! 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 Marmeleite has a great atmosphere and good food (15 min drive).

O Castello 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 to the west coast beaches of Aljezur in the summer as the south is very crowded. Arrifana, Monte Clerico, and Amoreira 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 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, the estuary at the far end is great for swimming in and lots of room to spread out. Basic restaurant but ok for lunch or take a picnic. Good for surf when no waves at Arrifana.

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 there. These beaches are best avoided in July/Aug.

Surf Forecast.com Portugal-Algarve-Arrifana (surf info)

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.

Local Tennis Coaches:

Eduardo Marin: Tel: (+351) 966 869 272.

Susan Evans: Tel: (+351) 925 641 588

<https://www.susanevanstennis.com>

WiFi and Music

The house has Starlink wifi in all the rooms, at the pool and folly. There is no security code. Bluetooth amplifiers (Fosi Audio) are installed in the two main new bedrooms upstairs, so you can connect directly to your phone to play music through the speakers in the bedrooms. The folly also has a Bluetooth amp to play music down there.

There is a Sonos music system in the hi fi cupboard to play music on the front "Terrace" and Sonos speakers in the "Living Room", both of which use the Sonos app for music and can be controlled from your phone via the wifi. You will need to download the brown Sonos app to your phone. Also it is probably easier to select either living room or terrace via Spotify to play music from your phone via Spotify. To connect to the system, it is easier to start by standing in front of the music room/cabinet as the wifi signal is strongest there. Once connected you can then move around and it should still find Living Room and Terrace.

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 using 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 +351 282 912 822,

Nick: hornby@cernocapital.com +44 776 861 2255

Lucillia +351 967 918 667

Becky: rebecca@cernocapital.com +44 7823 334671

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 PIRI LAMPO, MONCHIQUE. THE WHAT 3 WORDS ARE: **SUNBURNS.POTBELLY.MILES**

WE SUGGEST PUTTING **PIRI LAMPO** INTO YOUR SAT NAV (OR GOOGLE MAPS) BECAUSE THIS HOTEL IS VERY NEAR TO THE HOUSE. ONCE YOU HAVE GONE PAST THE HOTEL, KEEP GOING RIGHT HANDED FOR A FURTHER 50 METRES AND YOU WILL SEE A SIGN SAYING CABANOS DOS ROUXINOIS.

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 PIRI LAMPO AND THEN SLIGHTLY RIGHT AND THE HOUSE IS STRAIGHT AHEAD DOWN THE HILL. **CABANA DOS ROUXINOIS**.

ANY PROBLEMS, PLEASE CALL OR WHATSAPP LUCILIA 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

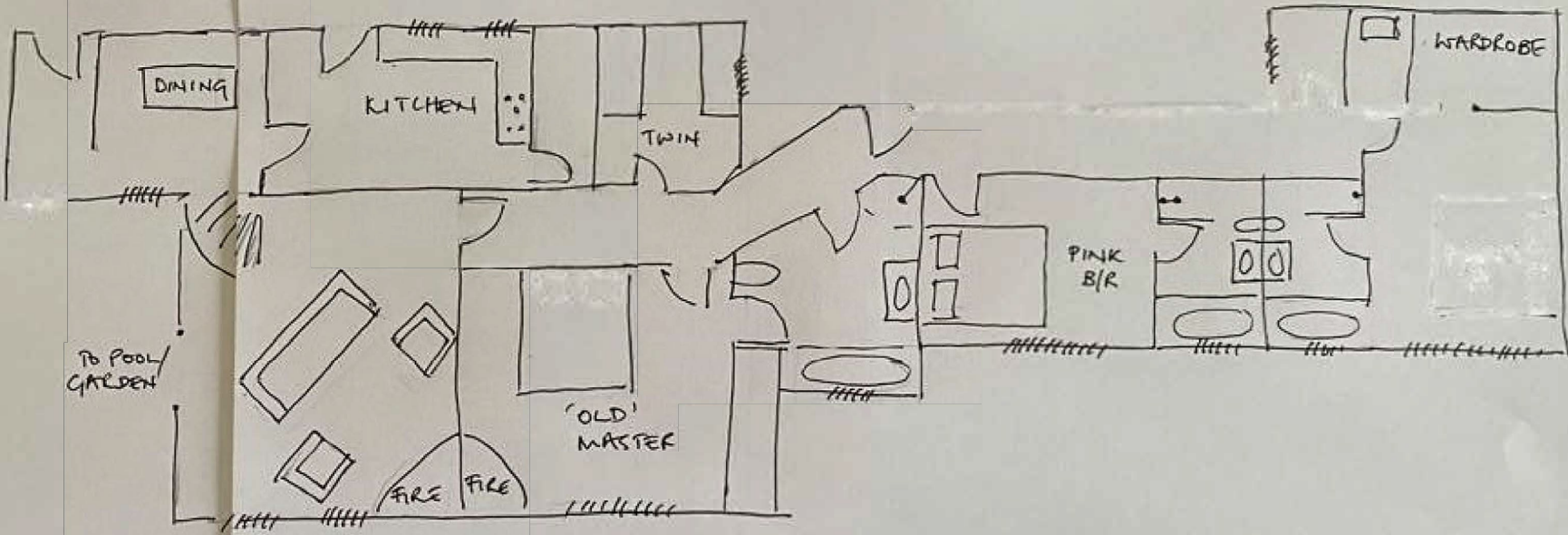


Look out for the path up to the back of the tennis court/swimming pool

Walk up here, find the rough track

CABANA

OUTDOOR
EATING
TERRACE



TERRACE