

WHEREVER

the magazine for expats everywhere

Lisbon Edition
Summer 2022

THE TRAVEL & ADVENTURE ISSUE

Bucket List Adventures
Where Those in the Know Go
About Virtual Travel

Maldives With Kids

Surfing Nazare

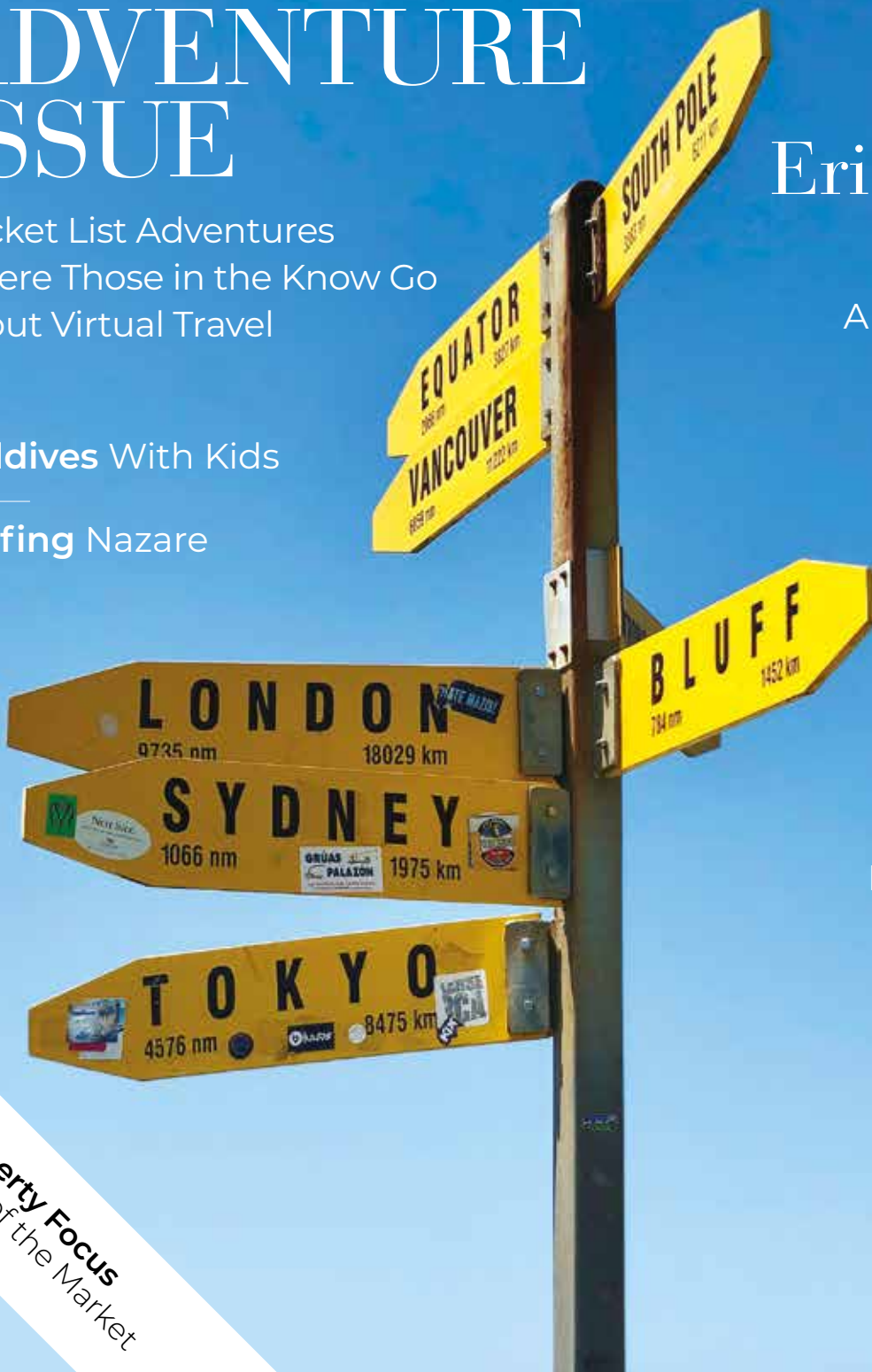
Football Hero
Finding
Eric Cantona

A Life Less Ordinary

XPat Files:
Thrillseekers

Sandra
Bullock's
Holiday Hideaway

Beach Vibes
7 Seaside Style
Home Hacks



Property Focus
The State of the Market





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Hello Lisbon!

This Summer is all about Travel and Adventure. It looks like that's all 'allowed' again, so we're going to make the most of it!

Kasia Dietz gives shares her Adventure Bucket List, and we chat to travelling insta-family Where The Kids Roam. We also meet Bali's Horse Whisperer, a South African YouTuber, and American Nicole Smith Ludvik who stood on top of the Burj Khalifa for that Emirates ad.

Our Thrillist, James Stewart, hits the waves in Nazaré with surfing legend Andrew Cotton, and we get Travel Pros to share their favourite getaways. And, for research purposes, I took on the tough job of visiting the Maldives with the kids. Someone had to do it!

Find all your usual columns from FiftySister to Adrian Mackinder, as well as an addition from Paris-based expat life coaches. There are Italian Golfing Escapes, more from Car Geek, and in the Homes section, it's all about Beach Vibes.

We talk to the one and only Eric Cantona about his new travel venture, explore Virtual Travel and more...

And, last but not least, there's a Property Focus to catch up with the news on the State of the Market today whether you own, rent or want to invest.

WHEREVER is thriving. I'd like to thank our advertising partners, without whom it wouldn't work and our pick-up points, especially our new partners in Lisbon – from Copenhagen Coffee Labs to the Avillez group and so many more. Thanks for having us!

PS: Keep the feedback coming. We're all about adapting and improving. @wherevermags



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CEO + Editor in Chief
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Contributors



Pat Riddell has been editor of the award-winning National Geographic Traveller (UK) since 2010, and a travel writer and editor for over 20 years. His favourite destinations are Australia, Italy, Peru and New York, and he's a long-suffering Nottingham Forest fan.

 @patriddell



Kasia Dietz is a freelance writer from the Hamptons, New York who followed her heart to Paris.

A born traveller, Kasia contributes to international titles from Architectural Digest to the Evening Standard and The Independent amongst others. In this issue she gives us her adventure bucketlist for inspiration.

 @kasiadietz



Julia Zaltzman is a freelance writer with 20+ years' experience. She specialises in luxury lifestyle with a focus on superyachts, travel, property and design. The lead marine contributor to Robb Report US, editor of FRANK (Denison Yachting's publication) and editor-in-chief of TIDE, so definitely the right person to run WHEREVER's yachting pages.

 @superyachts



Ex-Londoner **Rooksana Hossenally** writes about art, culture, design, food and travel for everyone from The New York Times to The Guardian, Condé Nast Traveller, Forbes and Wallpaper*.

She shares her favourite escape in 'Where those in the know go'.

 @roxy_in_paris



Paul Johnson is Editor of A Luxury Travel Blog, the world's leading luxury travel blog, established in 2005. Paul has travelled and worked in tourism for over than 30 years, picking up multiple awards in the process including being winner of the Innovations in Travel 'Best Travel Influencer' Award from WIRED magazine and being voted 'one of the world's best travel blogs' and 'best for luxury' by The Telegraph.

 @pauljohnson



Scott Kirk is the CEO of BuyProperty.com, a new property aggregator that delivers insights and analysis into the Portuguese property market. BuyProperty empowers buyers by providing insider information into the property market that was previously only available to real estate agents.

 @buypropertymls



James Stewart writes for The Times, The Telegraph and The Guardian amongst others.

Freelance writer of the year in 2020, he is most at ease in the water. Some even say he has saltwater for blood. He is our resident 'Thrillist' and in this issue he tackles Nazare's big waves.

 @itsjamesstewart



Gail McNeill is a blogger and influencer positively embracing midlife with silver hair, sassy wrinkles, cruelty free make up and lifestyle.

A woman of many skills, she's an ethical T shirt designer and mum to Seb and doggies Ginger and Bird! She shares her trials and tribulations building her dream home in the Algarve.

 @fiftysister



Zoe Dare Hall has been a property journalist for 20 years, covering all aspects of overseas and UK property for the Financial Times, Daily Telegraph and Sunday Times as well as the Telegraph Luxury and The London Magazine. She won National Property Freelance Journalist of the Year and International Property Journalist of the Year in 2021. Not an expat, yet, Zoe dreams of moving to the Algarve.

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The Ultimate Bucket List

Tired of the same old holidays? As we crave more experiences, keen to make memories, and try new things while we can, WHEREVER suggests seven escapes for that 'To Do' list with the help of Kasia Dietz.

Hike the ancient city of Machu Picchu

After hiking the Inca trail and discovering the mystical 15th century citadel set high in the Andes Mountains of Peru, inhale the views of Machu Picchu from the Sanctuary Lodge, a Belmond Hotel. Constructed around 1450 AD, this Incan Empire was designated a UNESCO World Heritage Site in 1983 and was named one of the New Seven Wonders of the World in 2007. You'll need to catch your breath atop this 2,430-metre mountain range while catching the first rays of sunrise before an invigorating yoga class and a local Peruvian feast.

belmond.com

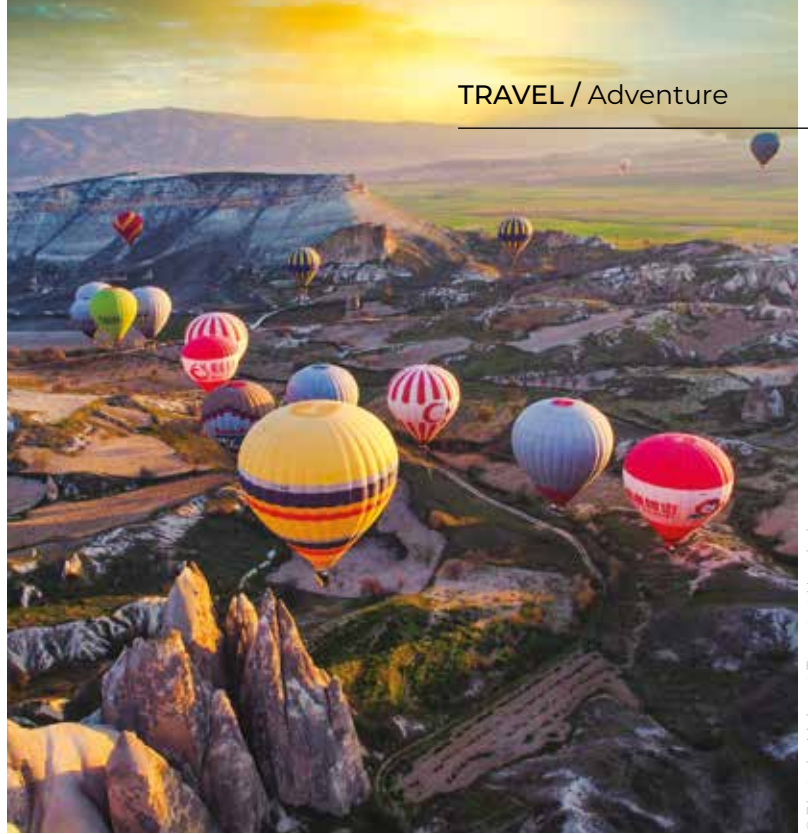


© Belmond.com

Soar above Cappadocia in a hot-air balloon

Even more impressive than exploring the cave-like dwellings of Cappadocia from within, is taking a hot-air balloon ride over these dramatic rock formations at sunrise. Located in Turkey's east-central Anatolia on the rugged plateau north of the Taurus Mountains, settle in to the plush Museum Hotel set within the caves. This Relais & Chateaux property feels like entering a real living museum, with artifacts dating back from the Hittite, Roman, Seljuk and Ottoman periods.

relaischateaux.com



© Photo by Mehmet Turgut at Unsplash.com.

Take a twilight dinner cruise in Paris

There's no more intimate way to discover the City of Light by night than by navigating the river that runs through it. Dine at the helm of Michelin-starred chef Alain Ducasse along with executive chef Pierre Marty aboard dinner cruise Ducasse sur Seine, while sipping champagne with the glow of the Eiffel

Tower as your backdrop. In-between courses, feast your eyes on Cathédrale Notre-Dame de Paris, the Louvre Museum and the Musée d'Orsay, among other iconic sights. End your night with birds-eye views of the Seine at five-star hotel Cheval Blanc Paris.

ducasse-seine.com



© Photo by Philippe D at Unsplash.com.

Journey in high-class aboard the Orient Express

Hop aboard the Orient Express for an indulgent overnight train ride from Paris to Venice, two cities that top the list when it comes to romance and charm. With three restaurant cars and a bar car featuring live piano music by a resident musician, there's no lack of sophistication and elegance on board. Following a four-course dinner, retire to your well-appointed cabin and wake up to spectacular mountain scenes as the vintage-style train continues its journey towards the Venetian Lagoon.

belmond.com



Ride a wave on a remote Indonesian island

Lauded as one of the world's best surfing destinations, head to the lesser-known island of Sumba, southwest of Bali, and dive into the crystal clear waters for a lesson in riding the waves. The sandy Nihiwatu beach and nearby Coconut Cove offer ideal conditions for novice surfers or those seeking the thrill of an exceptionally long ride with exhilarating barrels. Make yourself at home at one of NIHI Sumba's lavish villas and allow them to set the mood while planning your coastal adventures.

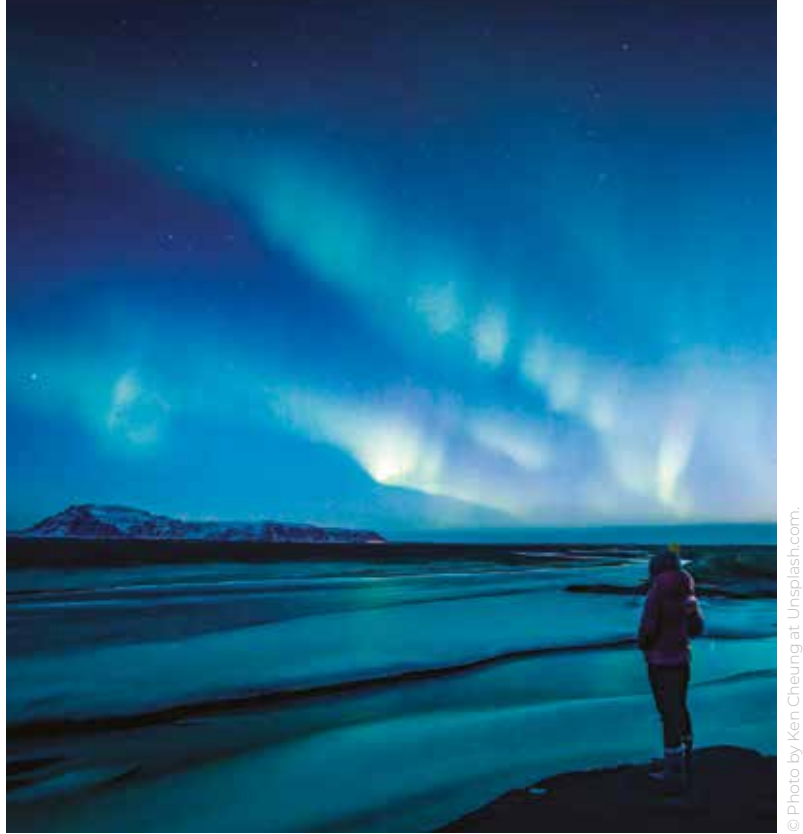
nihi.com



Admire the Northern Lights from Iceland

While sinking into Iceland's Blue Lagoon – a geothermal spa on the Reykjanes Peninsula in southwest Iceland – time your stay to admire the dancing waves of light of aurora borealis. From October to March around midnight, look up from the rooftop viewing deck of ultra-luxury hotel The Retreat and prepare to become mesmerised. This private inlet of a pitch-black UNESCO Global Geopark makes for the perfect viewing spot while being pampered in five-star style.

bluelagoon.com



© Photo by Ken Cheung at Unsplash.com.

Go on a horse safari in Africa

Saddle up and experience the magic of the bush at the remote ol Donyo Lodge, located in the heart of the Chyulu Hills, between Kenya's Tsavo and Amboseli National Parks. Along with traditional game drives, the beauty of ol Donyo

Lodge is that it is home to an impressive stable of twenty horses, which allows guests to swap the rumble of the engine for the sound of hooves hitting the grassy plains.

greatplainsconservation.com



© 2019 Great Plains.

FOOTBALL HERO

A man and a woman are riding a green motorcycle through a stone archway. The man is driving, wearing a dark jacket and a flat cap. The woman is sitting behind him, wearing a light-colored jacket. The archway is made of stone and is flanked by white walls with arched openings. The background shows palm trees and a clear sky.

Eric Cantona, known as 'King Eric', by Manchester United fans, is a French actor, director and producer. The former professional football player has, for many, reached icon status.

The Frenchman loves the food, and also the footie, supporting the Sporting 'Lions'. In fact, he says: "everything he likes is there". Although he knew the Algarve well he chose to live in Lisbon when he fell in love with the city which he compares to Rio de Janeiro.

The former team captain – once voted greatest ever Manchester United player – began a career in cinema following his retirement from football in 1997. In 2009, he starred as himself in *Looking for Eric*, a film directed by Ken Loach that won a British Independent Film Award.

Having recently announced the launch of a series of curated travel experiences, called Looking FC, it looks as if Cantona is trying his hand at something else new. Named after the Looking For documentary series produced by Cantona and his brothers (Canto Bros Productions), the global soccer legend collaborated with DHARMA, a start-up that launches travel brands for iconic people.

Looking FC features four-day trips uniquely crafted by Cantona himself taking guests on an immersive sporting pilgrimage to explore global football cities through the lens of the world's most vibrant clubs and their loyal fans.

What motivated you to get into the travel game?

Our idea was to create the most passionate football trips on earth, with charisma and soul. Everything today is optimised for price – we wanted to optimise for passion.

I would like to believe that some people still believe in passion and in the soul of the game and that some people are still

interested in the history and communities around these iconic clubs – the people, the cities and the stadiums. Yet today you find some people that are 'fans' of a club who don't even know its real history – why the club was created and by what kind of people. I think it's important and that is why we are doing these trips.

Stadiums are such symbolic places. Throughout the history of football they were also used to torture people, like in Chile, for example, or Afghanistan where at half-time they used stadiums to kill women. This is the kind of story that is part of football

history that has been diluted by marketing and by money.

Looking FC trips are a way to allow people to experience the euphoria of the games but also the passion, the history and the community around the clubs.

“OUR IDEA WAS TO CREATE THE MOST PASSIONATE FOOTBALL TRIPS ON EARTH, WITH CHARISMA AND SOUL”.



© Photo courtesy of Looking FC.

How do the trips you've curated educate the traveller?

What better way is there to understand the history of a city than through its football clubs? When you learn about the history of the two, three or four clubs in one city, sometimes

you need to understand the rivalry between them. Sometimes it's social. Sometimes it's religious.

When you go to certain football clubs you feel the history. You feel the past and the legacy and the pain. I believe people want to experience that. Real fans don't want to be sitting in the leather seats or the 'prawn sandwich' seats. True fans want to be among the action and want to be part of the energy of the match. They want to see and meet the local fans, have a beer, learn the songs and understand the meaning behind >

“TRUE FANS WANT TO BE AMONG THE ACTION AND WANT TO BE PART OF THE ENERGY OF THE MATCH”.

them. Who created them and what they mean to the local community?

Any highlights on your travels?

Of the stadiums that I know and the ‘derbies’ I’ve seen, for me, the most impressive was the rivalry between River Plate and Boca Junior at the Monumental, which is the stadium for River Plate in Buenos Aires. The atmosphere was unbelievable for 90 minutes. I had a glass and I could feel it shake throughout the game. Even in the VIP stand, people were singing. Everywhere, there was singing. Unbelievable. Singing and jumping.

Once a football fan, always a fan?

I was born and grew up in Marseille and my father took my brothers and me to the Stade de Velodrome, which is the stadium of Olympique de Marseille. At the time, there were players like Josip Skoblar, an ex-Yugoslavian player, Swedish player Magnusson and a lot of French internationals. It was a great time for Marseille and I have wonderful memories of going there with my family.

These immersive sporting pilgrimages explore global football cities through the lens of the world’s most vibrant clubs and their loyal fans. Trips culminate with a Game Day experience seated in the passion

sections of iconic stadiums for big League and Champions League matches. In addition to the big game, trips feature unique experiences such as fan chant workshops with superfans, sports-themed graffiti, walking tours with local historians, and tactics briefings with leading journalists.

Trips will take place throughout the football season to Manchester (United), Buenos Aires (Boca), Liverpool (Liverpool), Milan (Inter), Madrid (Real Madrid), Barcelona (Barca), Paris (PSG), Lisbon (Sporting), and Casablanca (Raja) with thrilling fixtures on the calendar. Each signature itinerary is designed for groups but is also bookable privately for friends and families. Prices start from 1,290 Euros per person based on double occupancy and include all accommodations, experiences, most meals, guides, and match tickets.

In partnership with Common Goal, Looking FC will be donating 1% of its revenue to supporting the UN’s Sustainable Development Goals Initiative. Each trip is built with an emphasis on supporting local businesses and all trips are carbon offset through Thrust Carbon.

Find out more at lookingfc.com and [@lookingfc.official](https://twitter.com/lookingfc) plus [seekdharma.com](https://twitter.com/seekdharma) [@seek.dharma](https://twitter.com/seek.dharma)



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A Life Less Ordinary



Where the Kids Roam

An intrepid, American family with a refreshingly fun Instagram account. When they're not at home in Seville, Spain you can find them exploring, and occasionally getting into trouble, all around the world.

How did Where the Kids Roam come about?
Basically, I was sitting on around 100,000 travel photos from years of travelling. And the only thing I could do with those photos was constantly force my friends and family to view them and feign interest. But then social media came along and I thought: "Wow, now I can somewhat force my photos on complete strangers". Obviously, I was hooked. It's this constant desire for attention after years of (imagined) neglect. Wait, how long do we have for this therapy session?

When did you start the influencer insta thing?

I really try to shy away from the term 'influencer'. I only wield my 'influence' to try and trick complete strangers into feeding my fragile ego (see above) with conspicuously-placed demands for compliments.

Are you a natural born traveller?

No, I didn't travel outside of North America until I was 21. I think I was the first in my immediate family to get a passport, actually. But on my first real trip abroad – to Italy – on the first night, in a dingy hostel, I got bitten all over my body by bed bugs. I think this is what people mean when they say they got bit by the travel bug, no?

What were you doing before you became a full-time adventurer?

I think the misconception is that we're a full-time travel family. My wife and I

ultimately live very pedestrian lives as overworked, underpaid professionals. This really might turn into a therapy session, geez!

Can you pinpoint key turning points, like what led you to make the jump to being a digital nomad / adventure seeker?

Well, we were onto the whole 'remote working' thing pretty early. We've been doing it for years, way before Covid. And one day we sat there and thought: "Why are we living in expensive Southern California where

everyone speaks a language we barely understand (Spanish) when we can live in inexpensive Spain where everyone speaks a language we barely understand (again, Spanish)?"

Any favourite spots along the way?

Our favourite place in the world is Easter Island. But we have seen all of the new Wonders of the World, as well as the one remaining old Wonder. And they're nice too, I suppose...(insert shrugging emoji). My wife thinks this is an obnoxious answer, and I actually agree. Speaking of my wife, she's nice too, I suppose...(insert eye roll emoji).

What took you to Spain? Are you settling there full time or is this a pitstop?

My wife wanted to live in Europe, but I'm allergic to cold weather (I break out in a bad mood all over). Our compromise >

"We were onto the whole 'remote working' thing pretty early. We've been doing it for years, way before Covid."



was that we'd move to the hottest big city in all of Spain – Sevilla. It's like a frying pan in summer. I'm happy. Hence, we'll stay in Spain as long as they don't find us in our secret bunker and deport us.

Any adventures that stick in your mind more than others?

An unmedicated colonoscopy in Jordan comes to mind. Or there's the one time I got high altitude pulmonary edema in the Himalayas. Or the one time we had to hike down Sugarloaf in Rio de Janeiro in the dark with a shirtless, barefoot guy wielding a machete closely behind us. Other than that, no, nothing comes to mind.

How is being a nomad with the kids in tow?

Our kids are actually enrolled full-time in public school. They are very much on a routine and fully tasked with learning Spanish (which they have) so that they can help me with incredibly difficult tasks here in Spain, like opening a bank account.



“Seville is the best city I’ve ever lived in. It’s like walking around a movie set.”

Any words of wisdom? Life motto?

I used to always say: “The future never comes. What only comes is, here, now.” But that’s all in the past. I don’t say that anymore.

How is life in Seville? A typical day?

Seville is the best city I've ever lived in. It's like walking around a movie set –

like Apocalypse Now, but without the war, jungle, killing, etc. Ok, Apocalypse Now might have been a bad example.

Any highlights? Lowlights?

Anything you miss ?

As a fiercely proud American, I miss the food of my people, the best food in the world – Mexican food.

Are grateful for?

I'm grateful for every day I get to spend with my patient and lovely wife and kids. They're the ones that have to put up with me. I don't know how they do it.

Expat or a local?

Spain expats. Sexpats, for short. I probably should rethink using this term to describe us.

What's next ? Tell us more!

More adventures, of course. Last summer it was Portugal, Greece, Cyprus, Jordan, and eight states in the US. This summer we plan to actually go somewhere!

Follow the family's adventures
[@wherethekidsroam](#)





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Bali's Horse Whisperer

Carol Sharpe is known as the 'horse whisperer of Nihi'. She retrained the island's racehorses for incredible beach and trail rides around the remote island of Nihi Sumba, a spot described as 'the edge of wilderness', an hour off the coast of Bali.

WHEREVER catches up with this extraordinary expat living a dream life in paradise.

How long have you been in Indonesia?

I have been in Nihi for seven-and-a-half years. I was in the business of property development for most of my working life, but horses have been the best part of my pleasure life since the age of seven.

I love living here and have no plan to leave!

“Local ponies were being crossbred with the Australian Thoroughbred to produce a bigger, faster racehorse.”



Your initial brief was to source horses for beach rides. Why ex-racehorses?

Basically size! Most of the horses on Sumba are not suitable in size to carry an average-size westerner; their origins are from Mongolian and Arabian ponies traded for Sandalwood on the Islands. When I learned of the popularity of racing on Sumba and the local ponies were being crossbred with the Australian Thoroughbred to produce a bigger, faster racehorse, this provided the avenue to source horses locally. With the pickings quite limited, my criteria really narrowed to horses at least 140cm in size, as young as possible with minimal racing experience, and generally good in health.

How long did the training take? What's a horse whisperer's secret?

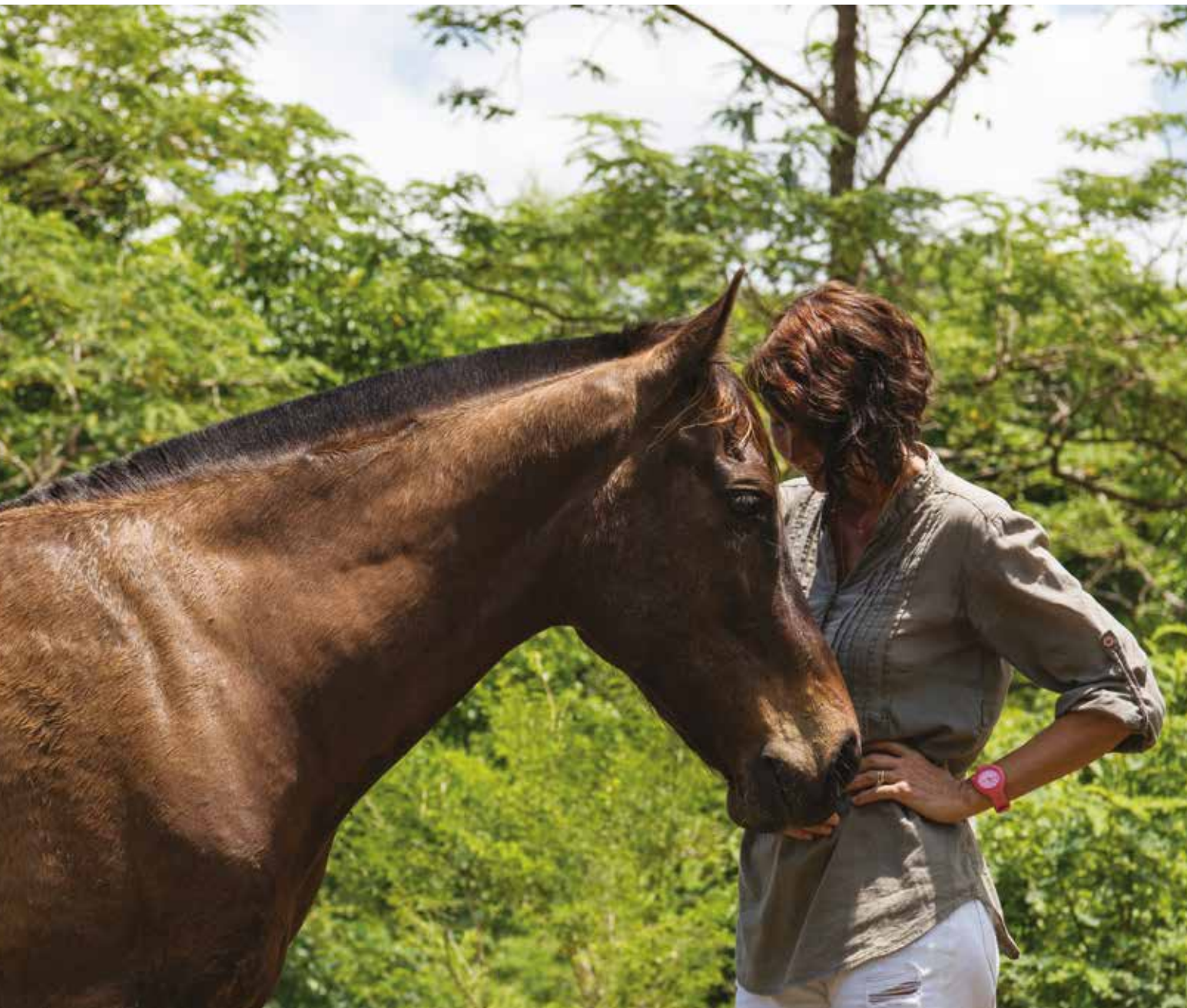
Gaining trust and communication through groundwork was well received by most of the horses, some would respond in a matter of hours, whilst with others it could take days, or longer. It was up to me to work out their language of co-operation.

It really helped attending some Sumba Horse Races to see how they are handled and where their fear triggers were and how they might perceive me.

Most often, horses are trained to race from the fear-flight response and I did see this at the Sumba Horse Races. At the start line the horses are often given raps over the rump with a plastic bottle to build their adrenalin before the jockey is thrown aboard, bareback, to race. With the jockey clinging to their backs in an elevated, competitive state it effectively evokes their prey-animal-flight-from-a-predator response.

As with most horses, their greatest reward was to feel relief from fear. I learned to always give them a choice. In training, if I could feel them under fear-response pressure I'd give them a way out, so they could find a safer space before momentum built and resistance would disengage the part of their brain that is curious and co-operative.

Introducing a saddle was a good object for them to feel on their back without a competitive vibe. Training them to take a



rider that had a different agenda than racing was a little more challenging, especially when asking for upward transitions – changes from one slower pace to a faster one. Lots of small circle work and direction changes to keep them thinking, disrupting, and distracting from the fast forward motion they were so strong at. I also had to resist pulling back on their mouths as they were accustomed to being pulled on with harsher bits for control; their mouths are very desensitised as a result and they were stronger at pulling back. These horses have taught me well that the greatest key is awareness of your own energy and focus. If you can't hold a state of presence and calm, get off and try again later!

We began taking guests for beach rides within a couple of months of opening, though the majority of our guests at this time were novices and being led at a

walking pace, which was great for the horses to learn their new role. Today, we still recommend that beginners be guided under lead. However, we now have an incredible herd that can cater to an intermediate-level rider wanting to enjoy a relaxed canter down the beach! I am very proud of every single one of them – and, of course, our incredible staff, who are local villagers.

Are some horses harder to work with than others, and if so why?

I have found the more challenging is often the purer strain of Sumba village racing pony, they are naturally feistier, clever and definitely cheekier and bossier than their crossbred paddock buddies!”

What else are the horses used for?

“Nihi has some of the most beautiful riding trails in the world. On our rides it's very >

“These horses have taught me well that the greatest key is awareness of your own energy and focus.”



much about the journey! You'll venture through virgin rainforest-covered mountains, cross valley streams and rivers, passing through coconut groves and fields of rice that resemble a great patchwork quilt. Winding through the traditional villages along the way you are greeted with friendly smiles and the only traffic jams you'll encounter here is a herd or two of buffalo or goats being guided home by an attentive herdsman. There is also the amazing destination ride to Nihi's famous Nihioka Spa which is very popular. This is reached with all of the above descriptions on the trail after about an hour in the saddle.

The horses are also popular stars in wedding ceremonies at Nihi. Wedding photos are made uniquely memorable with bride and groom being ushered to the alter by a Sumba horse and horsemen in colourful traditional Sumba dress!

“The only traffic jams you'll encounter here is a herd or two of buffalo or goats.”

We are also planning on having the horses play a major role in Nihi's expanding wellness programme. Along with the classes I currently offer under my Equine Connection Experiences (ECE), which is energy and self-awareness through learning equine communication, guests will have the opportunity to try yoga with



and on a horse as well as meditation practice with horses. The uniqueness of ECE is that it was developed working the uniquely spirited 'on the edge of wildness' Sumba horses.

Once-a-year these horses also become polo ponies! How do they go from racetrack to beach rides to polo ponies?

We were asked to host the first British Polo Day (BPD) within 18 months of start-up, and I still hadn't acquired enough larger crossbreeds. It was a relief to learn that the BPD team were not expecting serious polo ponies and that they are always up to play polo on the out-of-the-ordinary, like camels, elephants, push bikes and now the rough and slightly wild Sumba race ponies.

The training focus remained on calming for guest rides but we introduced mallet and balls into the desensitising training. We only could supply six horses for the game so three players a side on a quarter-size beach field with a larger arena ball. The game is not fast as it's being played in the sand. It can be hot and hard going for the horses, so we make the chukkers only 3 x 3 mins long with one final. The breaks between are gaged on the recovery of the horses and this is usually taken with a dip in the ocean... saddle and all!

It's a whole lot of stick and ball fun in trying to get control of the ball in the sand and watch pro polo players try to manage unruly Sumba ponies against my local horsemen that do it so much better! We still have spectator participation between chukkers in raking the pitch rather than stomping the divots on a grass polo ground.

So, it seems you can you teach 'an old horse new tricks'?

I heard a quote once which I think was said by a dog trainer: 'There are no untrainable dogs, just ignorant owners'. I think this is true for just about everything in life, including training or retraining horses. If you ground yourself on your beliefs, you will more than likely get what you focus on. Horses take incredible comfort from our confidence.

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A South African YouTuber

Nick Robinson is a South African living in the Algarve who turned his passion for stand up paddle and the great outdoors into a YouTube lifestyle.

WHEREVER talks to him about life before, the ups and downs of living in Portugal and his wildest stand up trips to date!

What took you to Portugal?

Back in 1999 my cousin was visiting my hometown of Cape Town. We were chatting around the barbecue and he asked me to move to Portugal and manage his restaurant. I looked at him like he was crazy and we moved on to other subjects. A year later, I had landed up in a super well paid but really tough new job. My fiancée and I had just split up and summer was over. My cousin asked me again and it was the right time for me. I said yes, resigned and flew over to Carvoeiro in the Algarve. The plan was for six months and I'm still here over 20 years later!

How did Algarve Addicts come about?

I had been looking to do my own project in digital marketing / content creation for a long time as my clients were getting me down. I had started a blog called Outdoors in Portugal, a stand up paddle touring company, a stand up paddle podcast and a podcast about the Algarve which I called Algarve Addicts. I struggled to make any revenue and get any traction although I did start receiving a little bit of feedback from people who were really enjoying the podcast. At the point of giving up and getting a real job, a friend of mine said that I should make a video all about where to live in the Algarve. I did and it gathered a lot of attention very quickly. It was all the confirmation I needed and I jumped into creating videos and helping people relocate. Some one million views later and I'm really enjoying it!

Any favourite spots here in the Algarve?

Albandeira beach is a wonderful place. To be honest there aren't many beaches here I don't like, preferably viewed from a paddle board at sunrise. I prefer the authentic country restaurants inland but I also don't say no to a raucous night down on the coast!

Were you a natural born adventurer?

Yes, I guess I was. After school I was conscripted into the South African army and maybe it was the freedom I experienced travelling around the world after that, that cemented my lust for adventure. Maybe my father's adventures in pre-Zimbabwe Rhodesia, maybe I just didn't want to be a 9 to 5 accountant living in traffic. I had a goal of being an interesting grandfather and I have worn many hats: river guide, safari guide, IT professional, small business owner, stand up paddle instructor and tour guide and now YouTuber!

What led you to make the jump to being a self-employed adventure seeker?

I actually remember sitting down in front of my desk after 15 years of digital marketing and working for clients. I was married, had a daughter and life was good. Then I felt a twinge in my coccyx and it turned out that it could have been something that would have got pretty bad, due to my sedentary workstyle. I googled the solution and was horrified. I pledged to change my life, stand up more and create an outdoor business. I got together with a friend, bought some paddle boards, did a few instructor courses and off we went exploring every little blue patch of the Algarve, gaining reams of experience every day. We paddled in all weathers, all conditions >

“The thing that really drives me is being privileged enough to assist people on what can often be a hugely traumatic but exciting move”.



Follow Nick's Adventures on
[@algarveaddicts](https://www.instagram.com/algarveaddicts)

and at all times of the day. Eventually we had all our licensing in order and we opened for business. It went really well.

Any adventure highlights?

As a part of Algarve SUP, I wanted to publicise it and what better way to do that, than paddle across the Algarve? We did that... twice, 160kms across the breadth of Portugal in the Atlantic ocean. It was amazing and I often say those were two of the best holidays of my life. I have done two other SUP trips, one down the Zêzere and Tejo rivers to Lisbon. That one took nine days and the four of us covered 260kms, it was incredible!

Any words of wisdom?

Well, I don't have any catchy Instagram slogans to sling about but if you're feeling slightly out of sorts try and build some nature into your life. I try to spend as much time as possible outdoors but I know I can do better. The Algarve has such an incredible climate it makes it much easier to do that here, but often so many people don't.

How is life in Portugal?

Life in Portugal is great. These days I'm trying my best to make as many videos as possible as the YouTube channel is growing rapidly. That means a lot of time editing in front of my computer, but it's balanced with a day or two out shooting every week and meeting a tonne of really cool expats. It's hugely exciting but the best part about it is helping all the people who want to move here. I have essentially become a relocation consultant but I'm not doing it from the slick corporate angle. I just want to help people and it's hugely gratifying to see how thankful they all are.

I'm super grateful for my wonderful family. We all get together at the end of each day to check in with each other and that's immensely gratifying. Coming back from a trip to hot food, a warm house and a loving family is priceless.

“If you're feeling slightly out of sorts try and build some nature into your life.”



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Virtual Voyages

The Age of Online Tourism

In an age of restricted travel, people are racking up online airmiles by embracing virtual tourism, says **Greg Porter**.

For good or ill, the Covid-19 pandemic has changed the world. It's hardly a secret that the leisure and tourism sector has taken the biggest hit of all industries impacted by the virus. As the world returns to something resembling normal – however we define that term – we can expect tourist trade to bolster the fortunes of scenic locales once more.

Not everybody will be content to travel again, though. Whether it's a reluctance to pile into a plane and risk sharing oxygen with countless strangers, or a tightening of the belt in the aftermath of the pandemic, some travellers and families have abandoned plans to see the world – in person, at least.

In any crisis comes opportunity, and many tourist landmarks and hotspots have embraced the digital revolution. Virtual tourism – experiencing locations and events from the comfort of our own home through the twin marvels of high-speed internet and high-resolution cameras – is on the rise.

Of course, it will never be the same as experiencing something in the flesh. All the photos in the world cannot prepare us for the majesty of standing at the Grand Canyon, and while the Mona Lisa is much smaller than you may be expecting, it's still more impressive than a postcard.

All the same, virtual tourism creates new opportunities for experiences that may be out of reach on

geographical, financial, or logistical grounds. In a world of online home schooling, virtual tourism is also a chance for kids to see the world. While thrill seekers will remain dubious about the pleasures of virtual tourism, undertake some of these online adventures to assuage your cynicism.

■ **Virtual Tours.** Countless international museums and landmarks now offer virtual tours. These will be 360-degree point-and-click escapades, allowing you to explore the interiors of popular locations. You'll find this opportunity in museums, such as The Louvre and the British Museum – and even in The Vatican

In any crisis comes opportunity, and many tourist landmarks and hotspots have embraced the digital revolution.

T, R, A, V, E, L, T, H, E,
W, O, R, L, D,

■ **Geographic Marvels.** Most of us have a travel bucket list, but it's increasingly challenging to find the time and resources to visit every location. Virtual tourism provides the opportunity to take whistlestop tours of cities or to take in some of the natural wonders of the world

■ **Safari and Underwater Investigation.** If you dream of driving a Jeep through Africa or sinking to the depths of the Great Barrier Reef, virtual tourism will allow you to do so without encountering anything that outranks us on the food chain.

Now, a question remains. What is the best way to approach virtual tourism? As the name suggests, virtual reality opens new opportunities to embrace this tourism revolution. Banish outdated concepts of clunky red-and-green headsets from your mind, though – VR has moved on drastically since its brief time in the sun during the 1990s.

Today, small and inoffensive headsets can be found online for as little as €10 – or you can even create your own, with guides existing all over the web. Virtual reality is also accessible through free smartphone or tablet apps in 2022, with no additional hardware necessary.

We'll say it again, as a good point always merits repetition – virtual tourism is not the same as hopping on a plane and witnessing these landmarks with your own eyes. Alas, even the most ardent traveller will struggle to accommodate every destination in their plans. Making the journey online is an exciting alternative that merits serious consideration.

Why Sustainable Travel Really Matters

It's all about sustainable travel, says Juliet Kinsman.

She is the founder of Bouteco and founding editor of Mr & Mrs Smith, Sustainability Editor of Conde Nast Traveller and author of *'The Green Edit: Travel, Easy Tips for the Eco-Friendly Traveller'*, and author of *Louis Vuitton City Guides* – and she knows her stuff.

For me, sustainable tourism is when us travellers take trips that actively do good rather than just being about indulgence and a high carbon footprint – which can be hard to justify when it involves gas-guzzling, long-haul flights, right? Eco or green travel, is about weighing up the trade-offs and balancing what's going to genuinely be helpful for people and planet. It's about considering the bigger picture, and trying to ensure we support independently-owned businesses every step of the way that leave money in communities that most need revenue or support conservation.

“Eco or green travel, is about weighing up the trade-offs and balancing what's going to genuinely be helpful for people and planet”.

We are seeing the terms 'eco-friendly' and 'sustainability' everywhere now, from loo paper to bank accounts to luxury travel – the trouble with an in-vogue vernacular being casually thrown around, is it loses gravitas. In the

absence of official, universally-mandated definitions, it's about us having conversations where we hold businesses to account when they do brandish these terms. I overheard the COO of a luxury hotel brand recently brag about their 'intensive sustainability programme'. What does this actually mean? Companies should be made to qualify such bold statements. Travel businesses need to be specific and transparent about their so-called positive-impact virtues. Tour operators and accommodation providers need to demonstrate how their business exists for the benefit of nature or communities and not just their shareholders..

How has the pandemic been for you? It has been a rollercoaster for most...

Having just been on the most incredible trip to Costa Rica and Panama, I can confirm I'll never take travel for granted again. I am so grateful to have my health and work. What has been significant from the pandemic is that it feels as though the world has at least woken up to the importance of sustainability and tackling the climate collapse – especially now so many of us are increasingly affected by extreme weather! On the

“Google searches for ecotourism were up 500%. That’s got to be a good thing”.

bright side I was appointed Conde Nast Traveller’s first Sustainability Editor in 2020 and at the start of this year, Google searches for ecotourism were up 500%. That’s got to be a good thing.

Although we’ve had a ‘pandemic pause’ on travel, we imagine people are keener than ever to go abroad, and have on their radar their impact, given that the climate crisis is a ticking timebomb. Which countries are your top sustainable travel recommendations for visiting for this year?

Costa Rica felt worth the air miles, for sure! When you visit somewhere that invests so much time and energy in protecting nature, and where the average salary is \$800 a month it feels a worthwhile choice! The people there all have a really positive warm energy – which is interesting when you then discover that as far back as 1949, they abolished their armed forces. President José Figueres Ferrer, the leader of their revolution, declared it a gift of “love of civility, democracy and institutional stability”. The government of this nation of two million instead invested funds in education and social care – and I’m pretty sure that’s contributed to the enduring good vibes and sense of community. Add to that: a quarter of the country is protected as national parks, wildlife reserves, marine sanctuaries and conservation areas.

I actually went because I wanted to experience some of the hotels in Cayuga Collection as I know their properties are among the most sustainably managed in the world. I love that Hans Pfister, founder, always says

nothing is off-limit. I learned so much from my time with his team. For two decades, Cayuga has been running luxury resorts which invite guests to check out their back of the house activity and their sustainability tours show you why their kitchen, laundry and maintenance facilities are way greener than your average operations.

‘Sustainability can be compared to teenage sex, right? Everyone’s talking about it. Few are actually doing it. And many that are doing it, aren’t doing it very well’. We love this quote noted from your book *The Green Edit: Travel: What is fundamental to getting it right?*

Thinking about who you give your money to, at every moment, and considering exactly what it is a business is doing to make the world a better place, is key. Everyone’s wising up to ‘ecotourism’ representing social and economic good as well as environmental – hooray! The truth is, though, I still find sustainability, well, a rather joyless word. Don’t you? This polysyllabic buzzword evokes plodding along, in comfortable yet unattractive shoes, things dragging on as they are, possibly along a route with a relentless incline upwards. Whereas the term luxury – ooh, just saying that is fun: luuggshury – as purred so well by

those who’ve grown up immersed in it. Now that’s a word that trips off the tongue like delicate, dainty slippers reserved for special occasions, delightfully impractical and en route to something fabulously life-sweetening. Sustainability and luxury as words, are both so worn at the heel, almost to the point of being unwearable, yet great news – when combined, they are the perfect complement. Throw into the mix responsible, regenerative, conscious, mindful and it’s like a cocktail party of socialites who you’ve seen and heard so often yet ceased to actually remember what it is they actually do. But you know you love them.

Holidays that help leave currency in the hands of the less privileged is key to tackling many of the causes of the climate emergency.

Juliet Kinsman talked to Claire Norrish of Authentic PR.



Really, Really

Big Waves

WHEREVER thrill seeker James Stewart joined surf legend Andrew Cotton to find out how to tackle Nazare's notorious waves.



Around the fort on Nazaré's headland, a small crowd gathers to witness a perfect dusk. It's early autumn on the Portuguese coast, an hour north of Lisbon. Beneath a sky streaked with pinks and oranges, the sun sizzles into a vast spread of Atlantic Ocean. Gulls wheel. The sea murmurs. Nature holds its breath.

Much though he is enjoying the view on this calm October evening, one man surveys the scene unlike the surrounding holidaymakers in summer jumpers. He has the unmistakable look of a pro surfer: athletic, loose-limbed, baseball cap over blond hair, boardshorts.

Andrew Cotton points right of the headland. That's where he towed Garrett McNamara, a legend of big-wave surfing, into a record-breaking 78ft wave in 2011. The huge wave he himself rode in 2013 broke there. He's pointing just beyond an outcrop of rocks. "Yeah, you don't want to fall off," he deadpans.

Nazaré's waves sear themselves into the memory, Cotton, 36, tells me. Their shifty peaks and mutant size – the product of an underwater canyon that channels massive ocean swell unimpeded to the coast – offers the ultimate challenge for big-wave riders. "Nazaré can be heaven; the best place in the world. And it can be..." He pauses. "Well, it can be hell."

Just how hellish became clear on November 8, 2017, when Cotton fell from his board on another giant wave at Nazaré. Taking the brunt of a 60ft peak, he was catapulted forward — a tiny dot spat out of a galloping wall of white water. Footage of the crash became a viral hit worldwide even as he was being rushed to a Portuguese hospital to be treated for a broken back. Fortunately, there was no nerve damage. Cotton was back surfing within the year – even at Nazaré.

Not that he's the first pro to suffer here. In October 2013, fans watched in horror, via live online streams, as Brazilian surfer Maya Gabeira fell from a 70-footer, disappearing among the waves for several minutes before

being dragged unconscious from the sea and resuscitated on the beach. Three years later, a Nazaré wipe-out split the ear and almost collapsed the lungs of Cornish professional Tom Butler.

So, perhaps the question is not why big-wave riders get injured. It's why so few have died. To find out I trained with Cotton three months before his accident on a big-wave surf course he runs with his fitness coach, Andrew Blake, owner of Bay Fitness. Nazaré was the obvious location. In two years it has gone from an appealingly scruffy fishing resort to a fixture

"Nazaré can be heaven; the best place in the world. And it can be..." He pauses. "Well, it can be hell."

on the big-wave circuit. The World Surf League (WSL) held its first event here in 2016. Most big-wave pros now factor it into their itineraries. I wanted to get behind the cartoony images of freakish waves; to understand how surfers tackle such extremes. Perhaps why, too.

Because I'm scared of big surf. There: I said it. We're not supposed to be, us surfers. Although the surf media promotes perfection as a 10-12ft wave – double-overhead in surf-speak – I get the jitters above one-and-a-half. Worse, that exasperates me. I berate myself every time I chicken out.

I'm hoping the course provides, if not a cure, at least some therapy. Our base is the Centro de Alto Rendimiento Surf behind Nazaré's Praia do Norte, one of four state-owned elite surf training centres in Portugal. With a large gym, dormitories and spartan dining room, it's a simple but suitably focused setting for the 'learn from an expert' surf holiday. Several times over our week McNamara joins in sessions. How often do you get a chance to train with a legend?

In Nazaré Cotton also lives up to that title. The three chapters of his career to date read like heroic myth. There's the setting forth as a competitive surfer in North Devon. There are >

“The fishermen didn’t want to know us – they’re warm, caring people and they didn’t want to become friends with people who were going to die.”

the doubts – having quit competitions, he became a plumber who occasionally charged large surf in Ireland. And there’s the transformation: Nazaré.

A veteran big-wave hell man from Hawaii, McNamara in 2010 was scouring the world for the first 100ft wave when a Nazaré bodyboarder emailed him a shot of a then-unridden peak. “The day I got here it was the biggest wave I’d seen in my life. It was a ‘ta da’ moment – this is the holy grail,” McNamara tells me.

On a morning when massive waves made the land itself shudder, rattling windows in the old town, McNamara paddled out. “The fishermen didn’t want to know us – they’re warm, caring people and they didn’t want to become friends with people who were going to die,” he recalls.

The next year he roped in Cotton for jet-ski tow-ins, the technique which slingshots surfers into big waves that are moving too fast to paddle into. “I was sh***ing myself; just massively winging it,” Cotton says. The upshot was that world record for the largest wave surfed – 78ft. It stands while new claims are assessed, not least what appears to be a 100-footer McNamara rode at Nazaré in 2013.

Within two years Cotton towed into a peak some observers estimated as 80ft. He recalls: “[The face] was so bumpy it was hard to keep the board in the water. You’re going Mach 10, flying, but you’re seeing bumps, lumps, water droplets in slo mo. It’s such an intense concentration that time slows. That’s the addictive thing; it’s not high-octane adrenaline, fist-pumpin’, chest-thumpin’ stuff. It’s calm, spiritual, out of body.”

The subsequent interview with Jeremy Paxman on Newsnight was more terrifying, he says. If that sounds like bravado, it’s not. Like most big-wave pros, Cotton exudes affable cool. Only the occasional maniac grin or steely focus betrays his extreme day-job. Instead, the linguistic tick repeated by these extreme surfers is ‘No egos’. A wipeout beneath thousands of tonnes of water probably does that to you.

Mine is crushed on dry land on day one. In what becomes our daily routine, Blake leads

an hour of candlelit yoga at dawn. Vinyasa flow strengthens the core and loosens muscles. Breathing techniques – three seconds in, ten out – “still the mind and centre the self for control in the surf”.

Afterwards comes the gym: press-ups, burpees, thoracic extensions, pull-ups. The idea is to mirror surfing’s explosive energy bursts, its big compound movements of the legs, back and shoulders. All that before you get to a wipeout. Blake says: “If you’re getting somersaulted underwater, someone who’s more mobile, who’s stronger, is going to take that better than someone who’s been sitting in an office all week.” I’d been sitting in an office all week. Let’s just say my spin session isn’t pretty.

Yet physique only gets you so far in big-wave riding. There’s also mental strength.


We lash the boards onto a minibus and head to Praia do Norte to the Beach Boys’ I Get Around (obviously). Blake dithers at a junction as a car approaches. “That’s another thing about big-wave surfing,” Cotton says. “Never hesitate. Commit.”

Easy for him to say. Fast and 8-10ft, the waves are at the edge of my comfort zone. The air is tart with iodine and apprehension. We suit up and paddle out; dragged sideways by fierce rips, ducking beneath lines of tumbling foam.

While Cotton gleefully throws himself down walls of water, I paddle half-heartedly into peaks and pull back from steep faces. I dither over one and am pitched over the falls with the lip then ragdolled underwater. After 90 minutes my wave count is two head-high tiddlers.

Fear, Blake explains, is an emotional response to stress. We could both be big-wave riders but our minds don’t want us to. Up to a point. What’s certainly true is that fear is uniquely detrimental in surfing. The fight or flight response floods the body with cortisol and burns oxygen – not good when you’re underwater.

The trick is to master it. For McNamara “there is no fear. We choose it. So I choose to enjoy the situations I put myself in, to come up laughing.” Cotton is more candid: “Fear? Oh



“That’s the addictive thing; it’s not high-octane adrenaline, fist-pumpin’, chest-thumpin’ stuff. It’s calm, spiritual, out of body.”

yeah, all the time. Massively. I think that’s healthy. It keeps you sharp.”

Because despite all the training and specialist kit – long, dart-like ‘guns’ for paddle-in surfing and short, heavy boards with footstraps for tow-in, plus inflatable vests to drag you from the depths – and despite jet-skis to swoop in for rescues, big-wave riding is risky.

When we meet, McNamara is rehabilitating from a horror wipeout the year before that fractured his left humerus in four places (the bone’s shaft pierced his pectoral muscle) and put a metal plate in his shoulder. He thinks a lack of fear made him blasé.

Cotton says: “There is a time to put it all on the line but you do that at the right time, with the right team and the right safety equipment after the right training. With all that it’s probably safer than walking down the street.”

My breakthrough comes in the municipal pool where Cotton offers tips to survive the disorientating, cartwheeling chaos of a wipeout. Your natural instinct is to fight. Bad move – it burns oxygen. So, we learn the diaphragmatic spasm that empties stale air and refills the lungs in a second – the difference between life and death in the impact zone. We also practise relaxing utterly to preserve oxygen and to ignore the mind’s pleas for air while swimming lazy strokes underwater.

Cotton empties his mind during hellish helter-skelter tumbles underwater. Apparently, big-wave rider Ross Clarke-Jones pictures himself in a nightclub. I go onto my boat during a slow underwater length. It lasts 54 seconds. I could’ve taken longer, to be honest.

After a week I feel stronger and looser than I have in years. Time for a final surf. A glassy swell jacks invitingly in the late-afternoon sunshine at Praia do Norte. Cotton, McNamara and Mitchell are trading waves with other pros on the peak. Me? I’m on the shoulder, happy just to watch them streak past on silvered walls of water. When I get smashed (inevitably) there’s almost fun in being tumbled. I can take this, I think. I’d be lying if I say my wave count is any higher. Still, no egos, right?

Where Those

in the Know

Go...

Need inspiration for your next break? Here's where the travel industry insiders escape to. Nine pros give us the scoop on where to get away from the madding crowds. And, it seems, Greece is the word.

1. Majorca, Spain

For a long time I didn't really understand why people returned to the same place, year after year. And then, having worked in travel for nearly a decade, I ended up in Pollença, Majorca with friends in 2008 and found myself returning with family again and again. A quiet villa with a pool, a short walk to the medieval town and a quick drive to the coast, with glorious weather, glorious food and glorious wine — the absolute perfect place to escape and unwind. There's

something comforting about knowing exactly what you're getting, especially when every other trip inevitably ends up with me writing something for the magazine, one way or another. It's just a shame property prices are wildly unaffordable.

Pat Riddell, Editor, National Geographic Traveller UK

2. *Andros, Greece*

My secret escape is the island of Andros, a destination that is big enough to offer you a variety of activities but small enough to feel that island vibe. It's the perfect getaway for my family with beaches, hiking and the town has it all – cafes, restaurants, shops, all on a main pedestrian road where kids feel safe and free to wander around and spend hours on carousels and play on the main square. Plus, it's only a two-hour ferry from Athens!

Konstantinos Santikos, MD, Santikos Collection



3. *Costa Rica*

I am known for my adventures and hard-core expeditions. However, I come to Costa Rica to relax, to unwind and to really feel at one with the environment. It's also one of the happiest and most peaceful countries in the world. This is why I keep coming back. Costa Rica is my sanctuary. The world needs more Pura Vida (it's a way of life!).

Levison Wood, explorer, best-selling author and photographer

“I come to Costa Rica to relax, to unwind and to really feel at one with the environment.”

4. *Greek Islands*

“The Greek Islands offer the perfect mix of relaxation and culture.”

The Greek Islands are one of my favourite places to escape to. Whether it's the diverse landscape, the emerald water or the idyllic beaches, the Greek Islands offer the perfect mix of relaxation and culture. Beautiful views, superb cuisine and the opportunity to go on boat trips or simply enjoy a slower pace of life, are all you need to truly unwind.

Paul Johnson, Editor, *A Luxury Travel Blog*

5. *Iceland*

Iceland holds a special place in my heart and it's a country we know intimately as we've been sending our clients there for over 15 years. Even after many adventures past, so many truly magical experiences lay undiscovered and for me, this is one of my most favourite destinations to escape to. Year-round, its ethereal landscapes are always extraordinary and compelling.

Tom Marchant, Co-founder, *Black Tomato*

6. *Cap Corse, France*

A traveller from as long as I can remember, I'm always game for exploring somewhere new but I'm at my happiest by the sea. And living in France, where we're spoiled for choice with places to escape to, I consider myself as blessed. One of the spots that stand out for me is the Cap Corse, which is perfect road trip material. Zip up, down and around dizzying mountain roads to port villages by the sea that feel off the grid and lunch on fresh seafood plucked right from the sea. Alternatively, head deep into the

countryside for lamb and goat cheeses from the farm next door, for a memorable experience that feels deeply local.

Rooksana Hossenally, *Travel Writer for Forbes, CNTraveller and The Telegraph*

“The Cap Corse, is perfect road trip material.”

7. Sri Lanka

My escape is a journey through Sri Lanka's heartland to its east coast. Starting with a dawn hot air balloon ride gliding across verdant jungles and cultural landmarks. Next, the iconic train ride that snakes through acres of emerald tea terraces and crashing waterfalls. Sailing on the seductive east coast, where we love to discover whales and exotic marine life, all the while looking back at the island's jungle-fringed coastline.

Althea Bunce, Founder, Sri Lanka Bespoke



8. Saint Lucia

My favourite place to escape is Saint Lucia. I love the mountains and the lush surroundings blended with the beaches and feel totally at peace here. I love having a few days to be busy and explore, mixed with time to relax and read plenty of books. A long lunch at the Rabot Restaurant overlooking the Pitons is perfect for me.

Rachel O'Reilly, Director of Communications, Kuoni

9. Mycenae, Greece

I'm not very good at sitting on a beach, but I relish sitting under a shady olive tree with a good book or exploring ancient sites where architectural marvels were once created. And that's what I find in Mycenae, a stunningly beautiful part of Greece filled with fascinating history all around.

Kevin Currie, Director, New Scientist Discovery Tours

Escaping to *the* **Maldives** *with Kids*

Rowena Carr-Allinson heads to the Maldives with kids in tow in search of a 'get-away from it all' break while ticking a box on her bucket list. She finds it really delivers. Paradise found.



Getting there

There's no denying the trip to get there from Europe is quite a challenge. Especially with a 10-year-old who won't sleep a wink and a middle-of-the-night stopover in Dubai. After the 16 or so hours spent airborne, there was yet more travel to be done. Our last transfer took us to the seaplane terminal. A hazy memory, in a zombie-like state, it's one of those out of body experiences, where fatigue and thrill mingle. One last leg – and not just any leg – a half-hour seaplane trip offering the most amazing atoll views.

The Arrival

The InterContinental Maldives Maamunagau Resort is situated on a picturesque private island 152 km north of Velana International Airport in the Raa Atoll. As soon as we spot its pristine white shores, we knew it was going to be just as we had imagined and more. The colours of the sea and the ocean all around are mesmerising, and like nothing I've seen before. A final speedboat hop from the seaplane and we arrive! We could hug the friendly faces there to welcome us and ultra-grateful when the white linen-clad Amman whisks us away in a golf buggy to our overwater villa.

The Villa

Excitement is running high as we have been upgraded to an over-water villa! Beautifully laid out and designed with all the creature comforts you could dream of and then some, including M+Ms and a Nespresso machine. The thatched villa right down the end of the wooden pier is utterly luxurious yet completely comfortable. A relaxing colour scheme with touches of blues and oranges, natural fibres and cosy turquoise carpets make it feel homey. There is even a full-size dining room table and two adjacent bedrooms, so parents and kids have their own 'wing'. Ideal. And, no need to fight over the gorgeous bathrooms and egg-shaped bathtubs! But, of course, the main attraction is outside where the Indian Ocean

offers the most magical views over those crystal clear blue, turquoise and aquamarine waters. We watch in awe as a myriad of tropical fish glide by. A never-ending nature show! The deck also comes with its own swimming pool. Water on water.

The Island

The island is a true tropical hideaway, its flora is lush and plentiful, heaving with palms, frangipani and hibiscus. Nestled amongst the greenery, the resort also has 28 beach residences, as well as 28 Lagoon villas – these are ideal to watch both sunset and sunrise – in addition to the 24 overwater villas. With their wooden decks and pristine pools and thatched roofs, they blend perfectly into their surroundings. Taking an island tour, by buggy, we soon get our bearings and discover the six restaurants, the main pool, the adults-only 'Retreat' and the Spa.

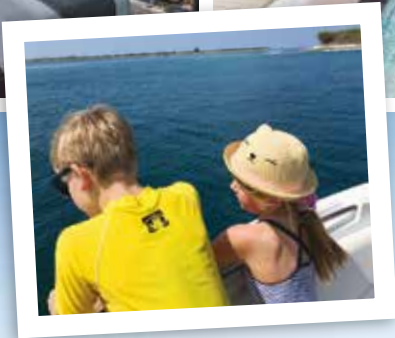
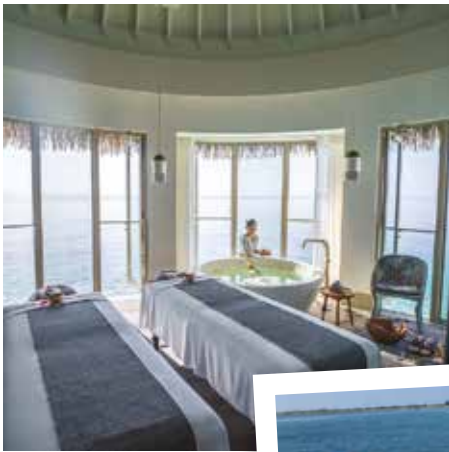
The Food

On the main beach, Umi Café is where breakfast is served every morning. A veritable feast of anything you could possibly dream of to kick off the day! Whether you fancy sushi, pancakes French or American style, eggs, salads, cereal, all manner of tropical fruit and all types of bread – even my personal favourite the Kouign-amann, a sticky patisserie from Brittany in

France! Needless to say, we start believing breakfast really is the most important meal of the day!

For lunch, The Collective is a laid back Pizzeria / Deli and ice cream bar situated by the main pool, where the daily high tea is also served at 3:30 p.m. When we show up for our high tea, we are presented with a collection of pastries and quaint sandwiches on a fancy three-tiered serving stand which wouldn't be out of place in London. We also offered the most comprehensive and exotic tea menu I've ever seen, to be ordered hot or cold. The Lemongrass and Ginger with heaps of ice becomes our daily tippie to beat the heat. >

“The colours of the sea and the ocean all around are mesmerising, and like nothing I've seen before.”



For dinner, we love The Lighthouse, the fine dining option with 360 Indian ocean views where I'm not surprised to hear the chef trained at El Bulli. The tuna steaks are perfect, and the location, even more so. After dark, the kids run in and out of the fresh air warm waters trying to spot baby sharks in the shallows! Another option is the more casual Fish Market on the pier, where the menu has a South-East Asian twist. My tip? The Seafood Pad Thai. Before dinner, every night, we visit the pool bar too for sundowners and enjoy the show, as the sun sets into the ocean, pink skies alight.

The Weather

Did I mention the heat? Proximity to the Equator makes it very warm. Coming from Europe, we seem to have forgotten how to function in 30+ degrees but thankfully the plan isn't to do very much and we soon get used to the balmy atmosphere. Another tip? Don't over-pack clothes, but do bring large quantities of SPF.

The Activities

Our first trip out is to track the giant Manta Rays that live in the waters off the atoll but, unfortunately, it's the end of the season and they seem to have moved on already. All is not lost, however, the kids bond with Jessica who runs the programme and we go snorkelling off Turtle Reef. We spot turtles and an array of multi-coloured fish. The kids are hooked. Lennox, 10 is a convert, and even Tess, just six, is impressed with the snorkelling experience so arrangements are made to go and discover the resort's home reef. The next day, when we swim out to the reef, in the warm shallows, I find it even more beautiful and teeming with fish and with even better visibility. The experience was amazing. We even spot a shark, but thankfully it seems more afraid of us than we are of him! Sadly, the kids decide they don't want to attend the Planet Trekkers Kids Club every day, even though it's got great facilities, so while Lennox zooms across the island on his bike with new-found friends enjoying the independence, Tess, definitely a water baby, spends time in the pool and on the beach. The list of action-packed activities is endless, from jet skiing to excursions but we take it slow. We head out on a pedalo one

“We watch in awe as a myriad of tropical fish glide by. A never-ending nature show!”



afternoon for a different view of the ocean, and there's a father and son Stand Up Paddle outing too. I fit in a cheeky afternoon at the spa, for a massage with yet more incredible views. Relaxation is key. Somehow, the week speeds by although we've done very little – but perhaps that is the whole point? We came here to find a change of scenery, to disconnect and spend time together without worrying about mundane logistics. It works!

The Verdict

It's hard to say exactly what is the best thing about a break in the Maldives but for me it's the total change in scenery. It's the very definition of extraordinary and therefore every day, every minute spent there is special.

“Since we got home, all I hear is ‘when can we go back?’”

My only regret might be that I was so busy enjoying it all, so busy taking it all in, that I didn't take any pictures. Photos are few and far between because we were too busy doing. Perhaps that means we have to go back? It's a long way to go, but I know that if we are lucky enough to go back, there won't be any whingeing en route because since we got home, all I hear is 'when can we go back?'. For the kids it was the perfect escape somewhere beautiful, where they could roam free, with great food on tap, and pool time aplenty. No obligations either. What's more, parents miraculously detached from laptops – and that is worth travelling 20 hours for any day.

Intercontinental® Maldives Maamunagau Resort

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Charlie Perring

Drifters Don't Rest

Charlie Perring runs DRIFT, leading expeditions and adventures around the world, from moto raids through the Gobi desert, to the steppes of Kazakhstan, skiing through the Arctic Tundra and far beyond...



Are you a natural born adventurer?

I suppose so, I'd always wanted to join the army when I was young and was always active with the Scouts, building camps, exploring, so I guess there was something there that spiked my curiosity.

How did DRIFT happen?

After 20+ years in the corporate world in the sports and entertainment business, event managing projects like the Ryder Cup matches and the Rugby World Cup, my remit was becoming more political and that wasn't my bag, so I decided to make some life changes, challenge myself and start doing what made me happy every morning... planning and leading adventures.

“The best experiences in your life are found when you step out of your comfort zone.”

What led you to make the jump to being a self-employed Indiana Jones?

It was in December 2013, I'd been asked to join a team of three to participate in an Arctic Biathlon and headed up to the far north for a long weekend of Dog Sledding, Nordic Skiing and other snow-related survival skills and ended up meeting my future business partner who was running the programme... we struck a chord, as did the environment and it all evolved from there.



Any adventure highlights?

Plenty; trekking through the Jordanian desert to Petra and on to Wadi Rum, old school style in the footsteps of Jean Louis Burkhardt (the Swiss explorer who 're-discovered' Petra and brought it back to the attention of the western world), Nordic Ski touring in Scandinavia along the Troll Trail, and most of the 'Moto's' I run, especially those across Bolivia, Burma and Central Asia.

Why Portugal?

I've been coming out to Portugal since the early 70s, my great aunt and grandfather having bought property here in the late 60s, so it's like a second home for me.

Any favourite spots?

A few – the Canal de Tavira just past Fuzeta, the ridge-line looking south from Barranco do Velho and Fonte Ferrea north of Sao Bras for a coffee during a morning dirt ride.

Expatriate or a local?

Oh, very much a local, I hope.

What's the best thing about life in Portugal?

Tough to beat the weather, although the summer gets a bit too hot for me and it's not a place to trek or ride from June to



September. I've found the interior a revelation; most people I've met here tend to stick to the coastline and miss out on the hill country that's only a few kilometres behind their backs.

I'm also grateful for all the tracks and fire breaks that have been cut across the country for us dirt riders to enjoy, the hospitality and generosity of the local Portuguese and the love and understanding from my wife (to be), that what I do makes me what I am.

Anything you miss?

Hmmm, a proper English pub with a log fire, and the seasonal changes that are more acute further north, and the 'high' mountains, which are probably where my heart resides.

Words of wisdom?

Many people are hesitant to take that first step but I'm walking proof that if you want to make changes and see what you're capable of, you don't need to be superhuman – you just need to get out and do it. Which brings me onto one of DRIFT's motto's: if you rest, you rust.

What's next ?

I've some recces to do between now and the end of May, hopefully up to Peneda Geres



National Park in Portugal's far north and a few days in Lebanon and Egypt for trips planned later this year and in 2023. Then a five day moto in Romania in the Carpathian Mountains, followed by another ride in Tajikistan along the Pamir Highway. Then a Charity Challenge in the UK, a trek through the Dolomites in the autumn, a climb of Mt Toubkal in Morocco and a moto in Vietnam to round off the year – a lot to catch up with after a couple of quiet Covid years!

“If you rest,
you rust.”

Follow Charlie's Adventures
@driftadventure

Nicole Smith Ludvik

On top of the world. Literally.

Nicole Smith Ludvik, an American living in Dubai, has a head for heights, and recently starred in an Emirates ad, literally standing on top of the world. WHEREVER catches up with her, on terra firma.

Having grown up in Cleveland, Georgia, USA in the foothills of the Appalachian Mountains, having faced multiple life-changing tragedies, she followed her husband, David, to Dubai to an extraordinary expat life.

Was it a childhood dream to become a stuntwoman and skydiver?

I have always had a flair for the adventurous—hiking, climbing, whitewater rafting, roller coasters, bungee jumping. My dream to

know if I have ever experienced that much fear. “What am I thinking?!” was echoing in my mind then, the instructor started the count “Ready... Set...” We were in freefall before he said, “GO!”

All of my fear disappeared when we stepped out into the blue unknown. The next sixty seconds were the most chaotic, exciting, liberating moments of my life. I was completely present at that moment. I was flying! I was exactly where I wanted to be. It was bliss! I knew immediately that I wanted to pursue this further.

Any key turning points?

I had a successful corporate career before I ever jumped out of an aeroplane. But I have faced some extreme tragedies, and those made me re-evaluate everything.

“Standing atop the Burj Khalifa, the world’s tallest man-made structure, was one of the most amazing things I’ve ever experienced.”



skydive started when I was a child. I lived close to an airport, so I saw aeroplanes buzzing around all the time. I remember lying in the grass, watching them fly, and wondering how incredible it would be to jump out of one.

How did you turn the dream into reality?

My late husband gifted me with a tandem skydive for my birthday in 2007. I had only flown in commercial planes at that point, so getting into an aircraft that held about 20 jumpers felt sketchy. I experienced every emotion you can think of at 14,000 feet. Once you’re there, nothing can prepare you for when the aeroplane door opens. I don’t

On January 29, 2010, my husband passed away suddenly, making me a widow at 25. I spent the next year of my life trying to make sense of my circumstances, trying to re-acclimatise my life, and trying to find peace. After a year of soul searching, I decided I was ready to learn how to skydive. I signed up for an Accelerated Freefall class (AFF) at my local drop zone. My instructors were Jeremy Marston and Miki Baranowski. Fast forward to June 2011. I was a newly licensed skydiver in love with the freedom and peace of flying. On the afternoon of June 13, 2011, Jeremy and I were driving home after a picnic in the park. We were a mile from his

place when another driver ran a red light and collided with us. The impact was directly on the driver's side door, and Jeremy was driving. Unfortunately, he didn't make it.

I was left in critical condition and was airlifted to a trauma hospital in Atlanta. I sustained a broken neck, back, tailbone, punctured lung, two broken ribs, four pelvic fractures, and two brain injuries. The doctors prepared my family for the worst. The physicians suspected injuries would affect my ability to communicate and that it would be next to impossible for me to walk without some assistance.

The accident changed the entire trajectory of my life. I came face-to-face with my mortality in my mid-20's. The ambition of saving and investing, preparing for early retirement, nearly came to a screeching halt. I realised that I was not living my life in the present. Instead, I was pushing 'living' to retirement. As I write this, I realise even more how ludicrous this is. I assumed that I would have the time and the health to do everything I was putting off. The accident made life clearer. I realised that no one is guaranteed a second on this planet. I promised myself that I wouldn't waste time on things that didn't serve me or bring me joy.

After nearly a year of gruelling physical therapy, I made a full recovery, quit my corporate job, and decided to pursue the life I wanted as a professional skydiver. In August 2012, I became the youngest person to skydive in all 50 United States. Since then, I have travelled the world, skydiving in some of the most spectacular places.

Any mentors or people who pointed you in the right direction?

My parents, foremost! My husband is my most cherished mentor and source of inspiration in skydiving and stunts.

I am so fortunate to be surrounded by incredible mentors such as Natasha Hatherall-Shawe, founder and CEO TishTash; Alay Gayton, co-founder and CEO of Prime Productions AMG; Faris Mesmar, CEO and managing partner, hatch & boost, and; Melanie Curtis, best-selling author, life coach, and skydiving legend. These men and women are a driving force in my success and are a wealth of inspiration and joy! >



“The accident made life clearer. I realised that no-one is guaranteed a second on this planet.”

How did that idea for you to get involved with the ad come up?

Initially, Emirates put out a casting call to their flight attendants. But, after careful consideration, they reached out to Prime Productions, a film production and stunt management company we had worked with before.

How did you get your head around the idea of that height?

The first time at the top of the Burj was an interesting emotional experience. It honestly took me a couple of minutes to get comfortable. I have made thousands of jumps and have spent countless hours at that altitude, so it's a familiar landscape, but the difference is when I skydive, I am in an aircraft wearing a parachute.

Getting myself into the right headspace took deliberate action. When I started feeling fear, I didn't fight it, or feel bad. Instead, I gently acknowledged the emotion and the anxiety. I brought grace and gratitude into that moment of discomfort. 'Why am I feeling the way I am?' The space is unfamiliar. 'Does it serve me?' No. 'Am I in danger?' No. The fear disappeared in a matter of moments.

At face value, the stunt looks dangerous. The fact is, an immense amount of planning was involved that included detailed risk

assessments, flight planning, simulations, and a brilliant level of choreography between pilots, drone operators, film crew, ground crew, safety crew, ATC, and GCAA. I trusted the process. I trusted my crew.

Any words of wisdom for future 'daredevils'?

Persevere. No matter how difficult the road may be, keep moving forward. The progress can be as slow as it needs to be, so long as you keep moving forward.

And face your fears. One of my favourite quotes is from actor Will Smith who said: "Everything you've ever wanted is sitting on the other side of fear".

How is life in Dubai?

I loved living in Dubai. It's a safe, vibrant, ever-changing city; there's always something fun to do, the food scene is incredibly diverse, and it's a gateway to the rest of the world.

With so many expats living there, does it feel like a home for all?

I believe home is wherever you make it.

What's next?

We have several exciting projects in the works right now that I'll announce soon.

Follow Nicole's adventures

@nicolesmithludvik





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Patrick Esteves

Escala25, from dreams to reality.

Patrick Esteves Mills is a Brazilian / Brit with a background in adventure tourism, working in Asia and the Australian outback. Back in Lisbon, he discovered climbing and put his heart and soul into it, bringing Escala 25 to life and transforming Lisbon's landscape.



In November of 2021, Patrick was walking along the Calçada da Tapada past two of the many pillars supporting Lisbon's Ponte 25 de Abril bridge. These tall, imposing pillars are currently a canvas for local urban artist Tamara Alves and others, while doubling as the central point of a parking lot. Patrick, a burgeoning climber and established entrepreneur in adventure tourism and hospitality, wondered how they could be repurposed for the community, and an idea struck. With the help of climbing enthusiasts Alex Padalka and Ellis Dixon, co-founders of the online community website AtlasLisboa.com, he made that dream a reality just a few months later.

“It's been almost unbelievable how far we managed to get in such a short time, all thanks to committed support from all the right places”.



What brings you to Lisbon?

My dad is English and my mom is Brazilian. I was born in Cambridge and came to Portugal when I was a toddler. I do have some Portuguese family as my maternal grandmother is Portuguese, so we were fortunate to have a built-in community living here from day one. I grew up here and then was lucky enough to travel a lot after the age of 18 working in tourism development, adventure tourism, and sustainability as a consultant in Asia, the Australian outback and more. I ultimately returned to Portugal because of the close relationships I have built here and the opportunities you can find if you really look. Portugal has so much untapped potential! Upon my return, I began to embrace the outdoors even more than I had previously through surfing. When my partners Alex and Ellis introduced me to climbing, I felt like it was the missing link in my life and the idea to fuse my adventure tourism background with this new discipline became something that eventually I couldn't ignore. That, and passing the bridge every day on my commute made me understand that something had to be done. The bridge is the perfect place to put a climbing wall!

How did the Escala 25 come along?

We've had our ups and downs to be sure, but we are lucky in that the project came to life and was approved by Turismo de Lisboa, Infraestruturas de Portugal, and the Pilar 7

project so quickly. Walltopia helped us bring our concept to life while key partners in outdoor equipment, namely Yupik Outdoors and Decathlon helped us build up enough steam to get the job done. We're currently under construction now, but we are set to open on schedule in the middle of June if all continues to go well!

“The level of excitement this project is already generating feels like the result will be a truly community-grown centre for the practice and promotion of climbing”.

Features of the project will include 12-metre high walls, an open-arch design, a bouldering area, a kids club and dedicated climbing space, a lounge for their parents and resting climbers, and auto-belay systems that will allow visitors to climb securely, without needing a partner as is typical in most gyms and in the outdoors.

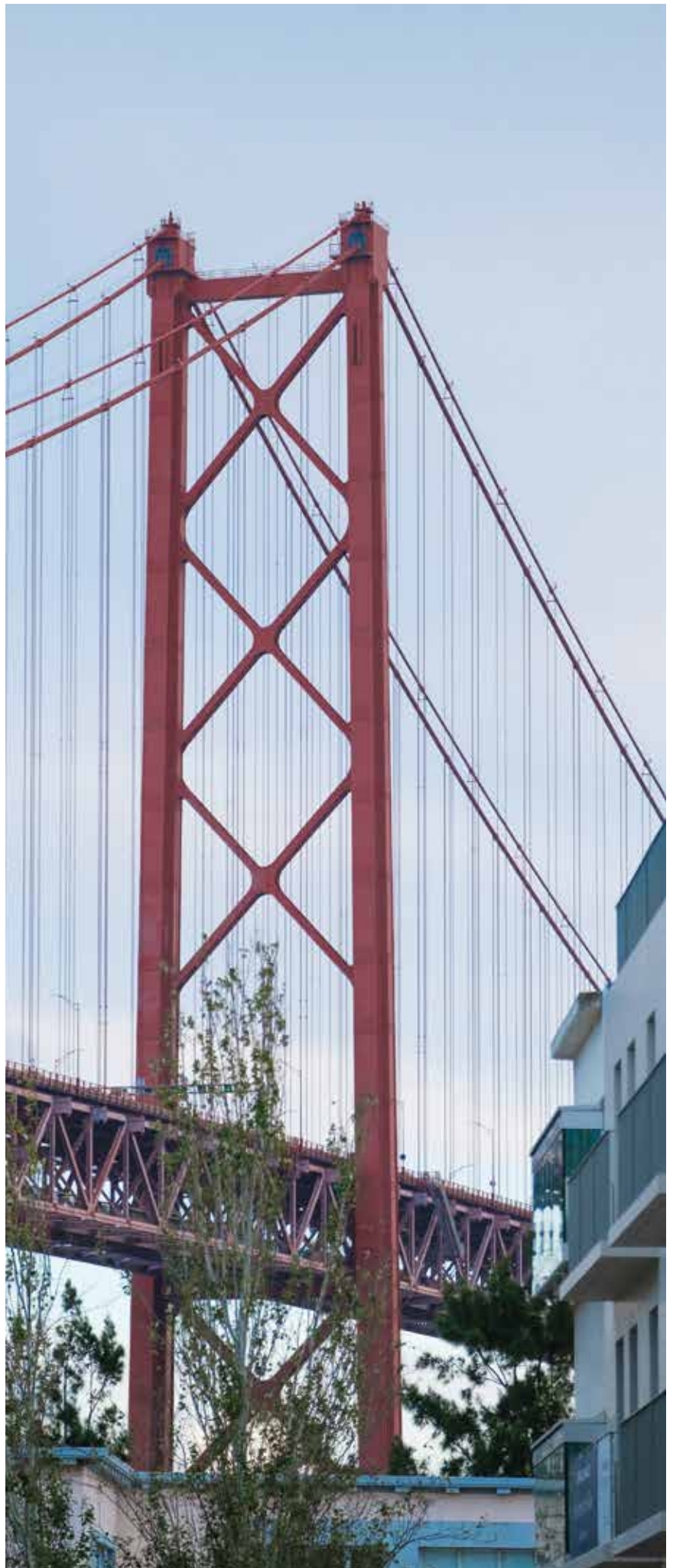
Much like the sport of climbing itself, this has truly been a team effort.

Can you pinpoint key turning points in your life?

As I mentioned, being introduced to climbing had a major impact on me because it fused together so many of the things about life that I truly enjoy: the outdoors, physical discipline, problem-solving, travelling to amazing locations, catching amazing views from a place you have accessed that many others couldn't, and becoming ingrained in the Portuguese climbing community. Climbing isn't just about physical fitness or exercise, it's so much more than that.

Any words of wisdom?

Quem não arrisca não petisca! (it's my work ethic).





United Lisbon International School

A world-class K-12 international school in the heart of Lisbon

Located right next to the Park of Nations, the school offers international education from Early Childhood to Grade 10. Admissions for Grade 11, for 2022/23 school year, are open with the first Grade 12 entrants coming in September 2023 to complete their International Baccalaureate Diploma Programme. With a truly international student body and faculty, United Lisbon International School follows a child-centered teaching model, focusing on education that matters for tomorrow: providing education inspired by and fit for the 21st century; seamlessly integrating technology into the learning environment. With light-filled classrooms and corridors, state-of-the-art- Science Laboratories, Art Rooms, a technology Maker Space and a modern library, United Lisbon's STEAM program and facilities are second to none.

This urban school boasts 65,000sqft (6,500 sqm) of outdoor play and sports areas to ensure that our children get the best out of the PE programs.

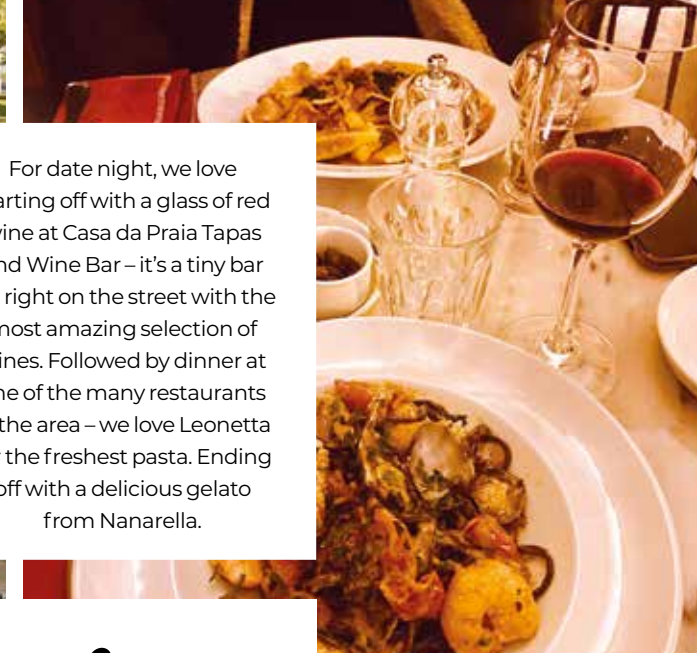
To ensure enriching experiences for after-school activities, United Lisbon partners with a variety of institutions, such as the Sporting Clube de Portugal, Lisbon Racket Club, Jazzy, Speakwell, Red Cross, among others. We believe in connecting our children to the ecosystem of education through shadowing projects, internships, and entrepreneurship experiences.



A typical Saturday morning includes a visit to the organic farmers market in the Principe Real gardens. It's a great place to meet other expats while shopping for delicious, healthy, fresh produce that comes straight from the local farms.



For date night, we love starting off with a glass of red wine at Casa da Praia Tapas and Wine Bar – it's a tiny bar set right on the street with the most amazing selection of wines. Followed by dinner at one of the many restaurants in the area – we love Leonetta for the freshest pasta. Ending off with a delicious gelato from Nanarella.



My Principe Real

Taryn King, expat mom and writer in Lisbon
[@tarynleeking](#)

Born and raised in South Africa, I moved to Lisbon with my husband and two young boys two years ago right before Covid hit. We chose to live in Principe Real because of its friendly, international feel and proximity to everything Lisbon has to offer.

Since moving here, our family has grown to include a baby girl, and I have loved being in this neighbourhood due to the ease of meeting other moms in the many parks and playgrounds in the area.



As a mom of three small kids, I would not survive without good coffee. Copenhagen Coffee Lab serves an amazing oat milk flat white which is best enjoyed with a takeaway pastry in the nearby Praca das Flores, a beautiful park in the heart of Principe Real.

As a family our favourite weekend treat is an açai bowl from Oakberry – choose as many toppings as you want to make this healthy treat even more fun.



Opposite the Principe Real gardens, you will find the best chocolate in Lisbon. Bettina & Niccolo Corolla is a family run artisan chocolate and coffee shop. Coffee and cocoa beans come from the family plantation in São Tomé and Príncipe, and are roasted and produced in-house. I love getting a delicious, strong espresso which comes with a piece of chocolate – choosing between flavours like orange, ginger and my favourite, coconut.



One of my favourite things to do in Seville is explore the Santa Cruz neighbourhood. It is the old Jewish quarter of the city and even after all this time, I still get lost in the narrow cobblestone streets. My personal favourite is Calle Agua, which has a wall to the Royal Gardens on one side, with an 11th century aqueduct running through it.



A rooftop terrace stop is an absolute must when I have visitors. You'll enjoy a glass of wine while watching the sunset over the Cathedral – a view you won't soon forget. Some of them even have live flamenco concerts and special dinners in the warm summer months. Hotel Fontecruz Los Seises and Hotel Doña María are my two favourites.

My Seville

Emily Woerfel, a native Wisconsinite is an educator, writer, and digital creator.
@this.is.the.milk

After all these years in Spain, it only seems appropriate that I've ended up in Seville. This is the very first place I lived in Spain when I came to study in 2009. The city's history, culture, vibrance and voice had me enchanted right from the start. I've worked in education for almost a decade and started my work as a content writer and digital creator just a few years ago. During my time in Spain I've lived in many places in Andalucía as well as Barcelona, and Seville is truly something unique. It is big enough to always have something to discover and small enough to truly feel at home. Anyone who comes does not leave unchanged – I should know, I came 13 years ago and somehow Seville's charm has brought me back permanently.

Seville is famous for its tapas culture, and with over 350 years of history, El Rinconcillo is a must. The best part is that they write down your bill with chalk on the bar, add it up when you go to pay, and erase it for the next customer. Classic!



Three words: Springtime in Seville. The city comes alive during this season with the smell of azahar blossoms on the orange trees, incense coming from the churches, the two world-famous festivals – one during Easter week and the 'Feria de Abril', and the absolute favourite weather for doing my favourite Sevillano past time, tapeando.

María Luisa Park and Plaza España are the perfect plan when you're looking for a way to relax. Hit Plaza España first and then wander in the park – it is full of lush vegetation (from each of the five continents), Mozarabic tile details, fountains you can dip your toes in, duck ponds, playgrounds, lots of places perfect for a picnic and, of course, a couple of bars!



Gail McNeil

FiftySister in Algarve

The trials and tribulations of renovating a property in Portugal.



@fiftysister

Gail is a self-made social media star, vegan and mum of one growing older gracefully.

Choosing adventure. Time and time again.

Do we stop having adventures because we are old, or do we grow old because we stop having adventures? I'm 55 this year, but I still feel like I'm in my 20s, with so many dreams of adventure for the future – I need several lifetimes, or more, to accomplish it all. Our current adventure is building a minimalist home on the hills in Algarve, but already I can't stop daydreaming about setting off to a new country to start over again.

We've talked about: living in an adventure van, learning to sail and buying a boat, building a log cabin on a mountain, remodelling a Dutch barge, going off grid, life in a tiny home, and so the list goes on. We've explored hundreds of ideas, but which one to choose?

I see my friends getting sick and losing their mobility, others are exhausted from taking care of grandchildren, and then there's me whizzing around Algarve on the scooter, taking a cheeky skinny dip in the Atlantic Ocean, before heading over the border to Spain for a glass or two of Sangria and a few plates of tapas.

Some people like to feel settled in one place, but I don't feel that way. My home is within me. I don't need material things to make me happy, I need nature, freedom, fresh fruit and veggies, salty hair and sandy toes.

We sold 99% of our belongings five years ago and it felt good letting go of such a heavy burden. One of the reasons I think I will find it difficult to settle again, is having

to fill a home with 'stuff' that I truly don't need. I think the house we are building will only be ours for a short time, before we sell it on to someone who can fill all the rooms and make better use of the space. We don't own any furniture. All of our life fits into ten boxes.

Most of my friends set off on their worldwide adventures after leaving education, whilst I was busy remodelling my first home. I missed out on adventure in my younger years, but I am certainly making up for it now. The equity we built over 30 years of renovating houses whilst working full time, has given us a lot of freedom, and allowed us to retire in our early 50's. Of course, I'm working full time on the house construction, but it doesn't feel like a job because I'm loving every minute.

People ask me if I get anxious moving somewhere new. I don't. I love everything about visiting and getting to know new places. It's like the first time you taste something new, it's different and interesting. Keep tasting it over and over and it loses its appeal.

As long as we feel fit and full of energy, we will keep dreaming up new adventures. Building a home of my own design will be ticked off the list this year. What next? You'll have to wait and see!

Find out more about Gail's place and follow her progress on loulehills.com

“Some people like to feel settled in one place, but I don't feel that way. My home is within me.”

Maayan & Gal

As good as our mindset

A positive approach to expat life.



@smoozitive

Maayan & Gal are sisters, the founders of Smoozitive, currently living in France. They are helping expats to create a calm and balanced life abroad using positive psychology and mindset coaching.

Make your day-to-day an adventure

In this age of uncertainty, why not take the opportunity to make your own life the positive adventure you want to live?

When we moved to France last year, we had to deal with the obvious technical, logistical and, let's face it, all the 'boring-tical' tasks that any expat must. Quite naturally, we looked to get those things done as quickly as possible and create a comfort-nest for ourselves. To make us feel comfortable and safe in our new environment, we searched for our marks in the new place. We created habits to simplify our day-to-day and even found the 'sweet' spots – and not only in the boulangerie.

Living abroad can be extremely stressful at times. That's why creating a routine is a common solution. The problem is that while we are so focused on making a life, we forget to actually live it.

We've all been caught in this 'routine trap' before, to the point that we felt like life was passing us by. So, every now and then, we went a little 'crazy' – and sometimes drove our spouses and kids crazy too. We did something 'adventurous': we travelled to exotic places, changed the interior of our homes, bungee jumped, dyed our hair and even relocated a few times. Those adventurous peaks were great, but we always reverted to routine – and felt like something was missing. That's when we realised: bringing adventures to our day-to-day is the best way to live.

Think about it for a minute: living abroad is by definition an 'unusual, exciting or daring experience' – an adventure. You actually have the opportunity, right now, to live an adventure every day, because of the situation and the life that you chose. The key is to find the right balance between a comfortable routine and the thrill of an adventure.

Excitement, zest and fun should not be something extraordinary, they can become part of your daily life abroad. It's just like having vanilla ice cream with sprinkles on – the added layer of enjoyment is what makes all the difference.

Here are a couple of things we do that you could do too, no matter where you are: check regularly what's going on where you live, and go see, visit and do things you haven't done before; surprise yourself by doing things that you never thought you would (it could be as simple and daring as going on a date with yourself); take some risks – you don't have to jump off a cliff but you could order a dish that you don't know; allow yourself to make mistakes – they can lead to interesting things. You could even do a staycation – which is a great opportunity for fun!

There's a saying we really love, that has been guiding us for some time now: *'Every day you should do something that reminds you that you're alive'*, you know... actually alive, not just physically living. So which adventure are you going to go on today?

“The key is to find the right balance between a comfortable routine and the thrill of an adventure.”

Adrian Mackinder

Mackinder in DK

The struggles of becoming a bilingual family in Copenhagen.



@adrian_mackinder

Adrian is a part time actor, author, comic book fan and father of two.

Summer House of Horrors

One of the more surprising aspects of Danish culture I've encountered is the natives' obsession with the summer house. If you didn't know, this is a mainstay of holidays across Scandinavia. It's a cultural institution. Every single Dane I've ever met either owns or has regular access to a summer house. But I'll be honest, I don't really get it.

I've been to several over the years and I find them rather bleak and depressing. While the wealthy may own palatial summer houses, most are rudimentary. Entirely wooden, basic facilities, old rundown furniture, outdated appliances, a couple of rooms, a rudimentary kitchen, a small patch of outdoor space, access to forest or beach, and thousands upon thousands of dead insects.

I know this sounds snobbish. I must be missing something. As a Brit the nearest equivalent is a caravan holiday in Devon or a beach hut on the Norfolk coast. Maybe this is their equivalent, only sprinkled with more of that precious Danish fairy dust known as hygge. The Danes love them. They use them all year round, even just for the weekend. Not only the Danes, but all Scandinavians. Germans too.

Look, I have no problem with rustic getaways minus creature comforts. And the current climate means we all need to lean into budget holidays. While I'm not exactly the outdoorsy type, a week in a tent or a caravan appeals far more than a summer

house. I'm still trying to put my finger on what I don't like about it. It may also be because most kit out their summer houses to copy their regular home, but all this does for me, however, is highlight just how much a summer house falls short of cosy domesticity. You arrive and it's either a furnace or a fridge, covered in dust. It's all a bit bleak and broken. I'd take a staycation over this any day. And that's even cheaper.

Summer houses are also considered ideal for family holidays. Again, perfectly sound in theory, but every time I've been persuaded to take the kids to a summer house holiday I find it very stressful. I spend the whole time childproofing the place from deadly booby traps like exposed wires, rusty nails, broken floorboards, plunging, vertiginous stairs and literal hornets' nests of pain and woe. To make it worse, we have nearly always been kindly lent the summer house from friends or family so I smile sweetly and nod when they bang on about how wonderful it is to have one and how lucky we are to have given our children the opportunity to re-enact the more harrowing scenes from a Saw movie.

It's a sign of status to own a summer house. Some people are surprised when we say we don't have one. Truth is, I don't want one. And now the world has opened up, I see even less of a need for one. I suspect, however, when people I know read this, we'll never be invited to use one ever again. Which is totally fair. The search for the perfect Scandi holiday continues...

“I spend the whole time childproofing the place from deadly booby traps like exposed wires, rusty nails, broken floorboards, plunging, vertiginous stairs and literal hornets' nests of pain and woe”.

I've got a licence... and now I can't drive... anymore.

Car Geek, David Traver Adolphus takes a look at the future, and, the good news, is that, in general, he's in favour.



© alessio-fini on Unsplash.com

The near future will see much of what's terrible about driving replaced with a space that actually benefits both drivers and society in general. Your commute will get shorter, faster, and greener when a network of cars is planning the route for maximum efficiency.

As for you, when you're actually in your self-driving car, you won't be driving through terrible, infuriating, stop-and-go traffic. You'll be doing something – anything – else, whether it's sleeping, watching a movie, chatting, or working. Or eating, probably. None of the other drivers will be doing anything obnoxious, either, because the cars will just be trundling along. It has amazing potential to lower our collective blood pressure.

Even as a professional lover of cars and driving them, I don't mind giving up the tedious parts at all. But there are lots of people for whom cars are only appliances, for whom all the driving is tedious. It's maybe even a majority of people, and the market doesn't cater to the minority. So the driverless future isn't going to be driverless cars just in the cities, it's rapidly going to be everywhere.

There are lots of things that I, and I'm betting you, don't do. I don't know how to thresh nor even grind my own wheat. I have never churned butter, nor have I ever packed clay and straw together to make building materials, and I would bet good money that almost no WHEREVER readers have, either, unless there's some huge mediaeval revival movement of which I am unaware. Not because no one needs flour or butter or bricks, but because those jobs are

largely mechanised. Automation doesn't so much take jobs as skills. Autonomous cars won't just take delivery and taxi jobs, they will eventually take the very skills of driving.

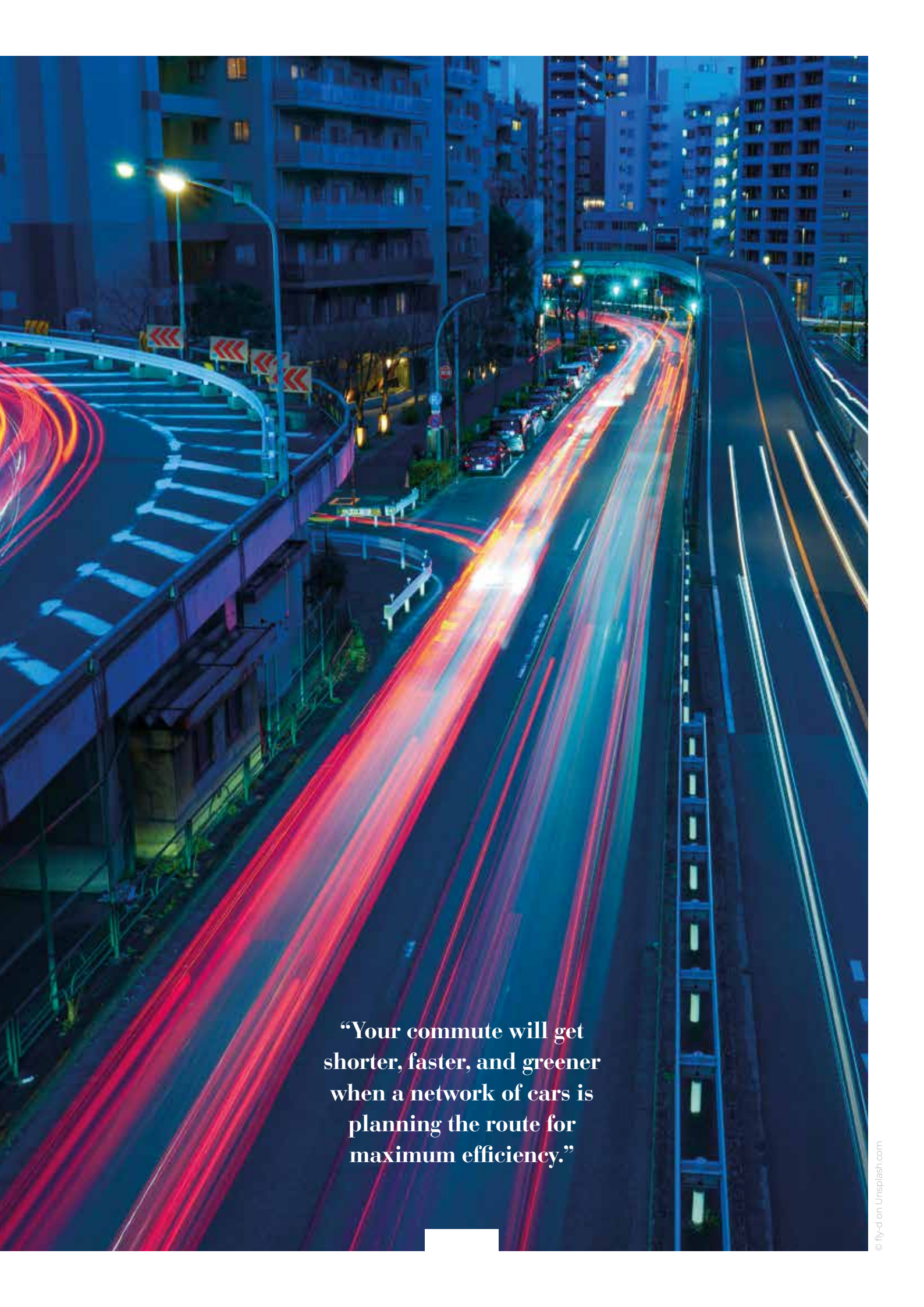
It will be gradual, at least at first, and not complete – you can take classes in making cane chairs, scrimshaw, or hammered dulcimers. But it will be pervasive and almost unavoidable. Even if you want to make your own forks, it might not be convenient to set up a coal forge in your home.

Those activities are largely relegated to specialised facilities and very rural areas, which describes the race tracks and dirt roads where the few people still motivated to drive will congregate.

Will it be a loss? Maybe for a generation or two. I imagine the wagon drivers of 1908 thought something amazing was going away, and maybe it was. But we're not wading through horse crap or getting our chests caved in by errant kicks on a daily basis, either.

The infrastructure and social bandwidth currently devoted to the mechanisms and trappings of driving ourselves around will rapidly be repurposed for whatever else we need more. DNA sequencing? The Hunt for Elves? Or ELVIS? We essentially can't know, because it's on the other side of this little event horizon we're in the middle of creating.

We go through those radical shifts every moment, where we end something and allow a new thing to be created in its place. Driving will go the way of fletching arrows, and we won't miss it for very long at all.



“Your commute will get shorter, faster, and greener when a network of cars is planning the route for maximum efficiency.”

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Wellness On Board

It's all about the mind, body and soul as yachts turn into a new generation of floating spas. By Julia Zaltzman



Be taught how to unlock your dive reflex, lower your heart rate and restrict blood flow, while taking part in your very own Robinson Crusoe escape.

The beauty of experiential travel is the unique opportunity that it presents to step outside of the box and do something extraordinary. By approaching time spent away from the office as an 'experience' rather than a 'vacation', it's possible to unlock a world of prospects from never-before-seen wonders to lands less trodden. But it's also an opportunity to get back to basics. Living in a digital and industrial age, our personal wellbeing has never been more at the forefront of our minds, which is why in addition to privacy and time spent with the family on board a yacht, climbing to the top of UHNWIs' current wish-list is wellness.

“Few things lend themselves to the concept of wellness as seamlessly as a yacht.”

Few things lend themselves to the concept of wellness as seamlessly as a yacht, and Cookson's 'Breathe' programme combines the opulence of a superyacht with some of the most isolated and idyllic locations in which to experience holistic, exploration-led programmes. Presented as three initial concepts, each one focuses on the power of conscious breathing. The liberating freedom of freediving is explored in Breathe Deep. Set against the backdrop of an exclusive private island, guests receive one-to-one tutorship in freediving that leverages techniques from yoga and meditation.

Learning how to lower your heart rate and restrict blood flow whilst mastering breathing techniques is reported to unlock the human mammalian dive reflex (the body's physiological response to submersion in cold water), and breathwork



Learn the techniques of the Wim Hof Method under the dazzling Northern Lights.

exercises or workshops are becoming a real trend among owners and guests who are looking to tie-in wellbeing experiences with their time spent on board.

Paul Migro and Jason Spence, the rotational captains of 55m yacht Driftwood (available to charter through Y.CO) are both adept at helping guests to partake in freediving and apnea (the art of breathing without muscle movement during inhalation or altering the volume of the lungs), while Driftwood's chef is renowned for creating healthy menus tailored towards clean eating and detox. And 73m yacht Nautilus has built a reputation as 'the wellness yacht' thanks to its dedicated wellness deck with Jacuzzi, massage room with a wet/dry sauna, hydrotherapy room with a cold dip bath and additional sauna, as well as a relaxation room and games room that, for extended charters, can be converted to a gym.

In fact, brokerage houses across the board are tailoring their offerings to experiences that look after the mind and body. In collaboration with Royal Wellness, an exclusive holistic health and wellness agency, Camper & Nicholson's is in the process of formulating a range of holistic healing and breathwork experiences aboard its yachts paired with suggested yacht itineraries that take in the healing mud baths and naturally-occurring hot springs in the Bay of Naples or a shore excursion to one of Koh Samui's pre-eminent detox centres. While Fraser-managed yacht Marybelle offers customised health and wellness packages led by a board-certified holistic nutritionist and professional wellness chef.



Marooned on a private island with an expert survival guide and learn how to fish for your own supplies.



LEGACY OF LIFESTYLE

For 50 years, Quinta do Lago has established its reputation as one of the most desirable locations for prime real estate and a world-leader in luxury lifestyle. In its semi-centennial year, there is no better time than now to invest in this world-class destination.

Surrounded by three immaculate golf courses, including the €7 million upgraded South Course, world-class sports and fitness hub, The Campus, and sublime gastronomic experiences, in Quinta do Lago, a luxurious lifestyle of wellness is enjoyed beside a protected coastal nature reserve and the breath-taking shores of Portugal's Algarve.

With its sustained investment securing the future for generations to come, Quinta do Lago's stunning properties and coveted plots are now available for discerning buyers looking to make a truly life-changing investment in a timeless destination.

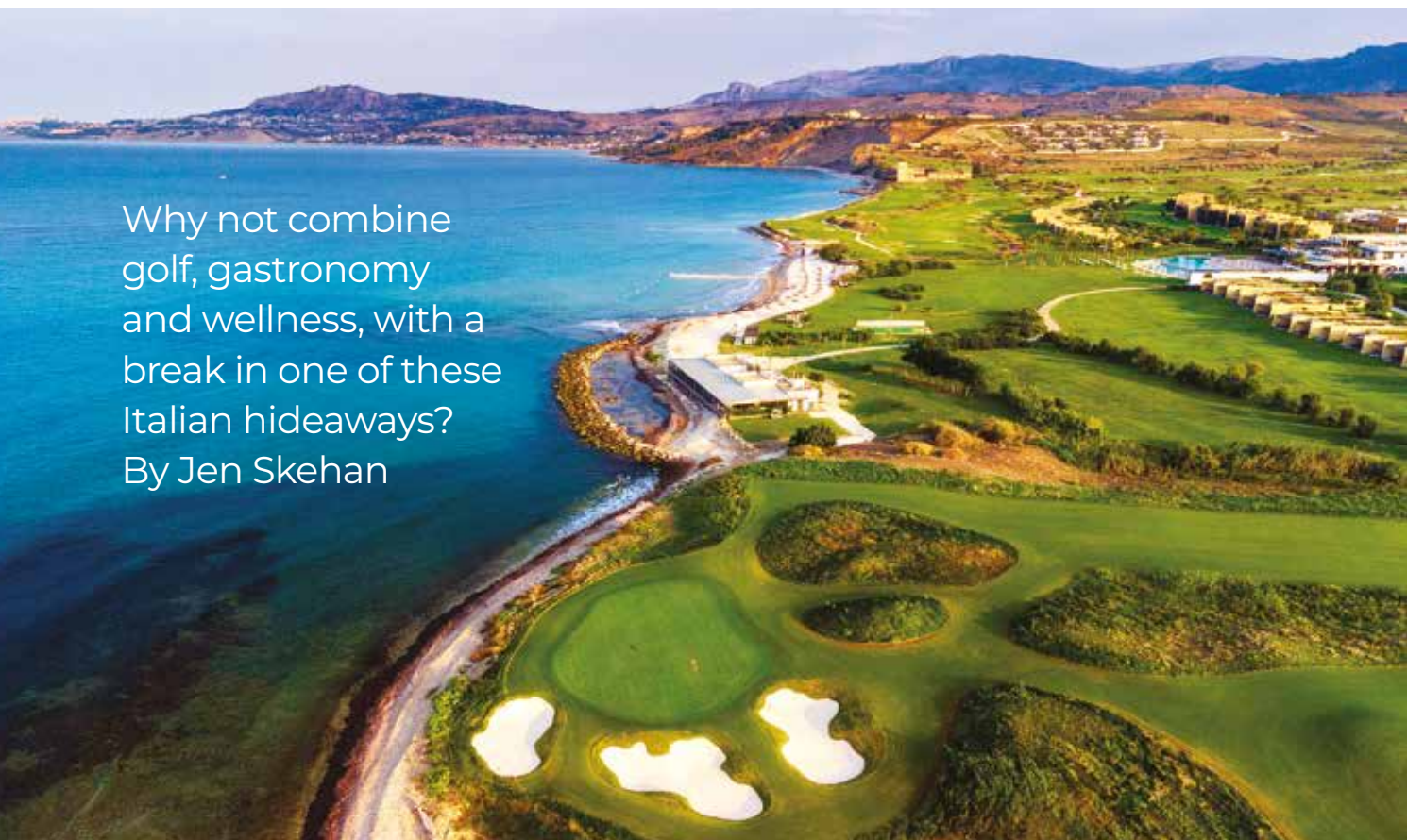


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www.quintadolago.com



Golfing Breaks Italian Style

Why not combine golf, gastronomy and wellness, with a break in one of these Italian hideaways?
By Jen Skehan



“The East Course is a newly-imagined, par-73 course ready for action with panoramic vistas from the 9th hole.”

Verdura Resort, Sicily

Recently voted ‘Best Golf Resort in Italy’, it’s easy to see why. This elegant resort is a utopia for those seeking the ultimate feel-good break. With world-class facilities overlooking the Mediterranean, it doesn’t get much better! What’s more, it comes with two 18-hole championship golf courses. The East Course is a newly-imagined, par-73 course ready for action with panoramic vistas from the 9th hole. On the West Course, you’ll find a challenging par-70 course offering more coastal views and a nine-hole, par-3 course as well as a state of the art academy. Even young, budding golfers can harness their skills with dedicated programmes led by PGA-qualified professionals.

There are 20 new private villas, in addition to rooms and suites set amongst the olive and citrus groves. Additional sporting facilities include tennis courts, a 60-metre infinity pool, a football pitch and jogging paths that meander around the spectacular 230-hectare park.

For pure indulgence, the exclusive spa offers over 4,000m2 thalassotherapy pools and saunas with an extensive range of holistic therapies and treatments providing a divine programme of fitness and meditation for the ultimate wellbeing experience.

roccofortehotels.com/hotels-and-resorts/verdura-resort

“The landscaped gardens, dotted with 18th-century water fountains and terraces are unlike any other.”



Palazzo di Varignana, Bologna

A real gem. This 75-acre estate Palazzo di Varignana Resort and Spa has it all.

With five outdoor pools, set in over 20 hectares of private parkland, this pristine wellness resort is the ideal escape for those looking for something special. The landscaped gardens, dotted with 18th-century water fountains and terraces are unlike any other.

A recently opened driving range is an excellent new addition, and with the par-72 Le Fonti golf course only 15 minutes away, this resort is well placed for a golf and wellbeing getaway.

For fine dining, there are three restaurants offering exquisite dishes using produce grown within the grounds, including a delicious extra-virgin olive oil. Sparkling wines are harvested from the surrounding vineyards so guests can really experience the taste of Italy!

For those seeking activities to keep busy, the estate offers Nordic walking, bike tours, yoga sessions, a high-spec gym and tennis courts. The sprawling spa includes saltwater crystal pools, bio-saunas, ice waterfalls, sensory showers and a state of the art medical centre. A slice of heaven!

palazzodivarignana.com



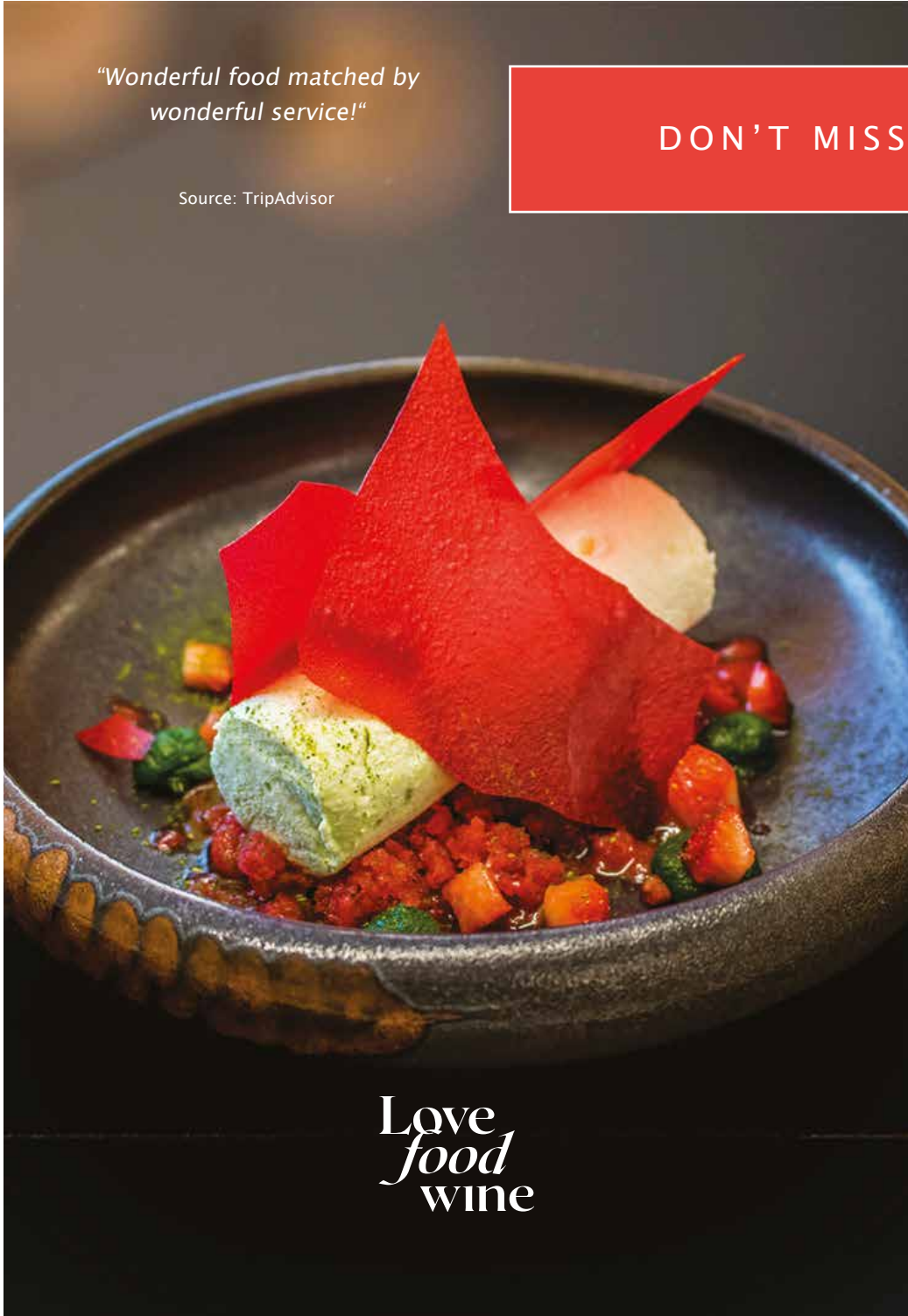
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Seeds Concept

Your sustainable home fashion from Portugal | www.seedsconcept.com

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Seven Beach-Style Home Hacks

Coastal-style décor, also referred to as the Hampton's Look, never goes out of style.

Happily, it's not difficult to get nautical accessories these days. The best fun though is to acquire the 'look' by updating items you already have around the house, or to find something unique in flea markets. Let's face it, the thrill really is in the hunt! So, how to go about getting a beachy feel for your home? >

by Jill Stevenson

Go for natural nautical accessories

During the next walk on the beach seek out large, attractive pieces of driftwood to bring home. You can wrap them in fairy lights and use them as a focal piece. Arrange pretty shells in front. Simplicity is often best.

© Cream Cornwall, Rockpool Off White Linen Cushion Cover, £41.



Shabby chic rules

Shabby chic fits in perfectly with the coastal look too. We love the rather eccentric look of hanging a flea-find, old-fashioned chandelier in the bedroom and doing the opposite with, for instance, the headboard. A great idea is to get old barn doors, scrub them down, and fashion them into a headboard. Or find a great old wooden trunk for the foot of your bed and distress it. The contrast will do wonders.

“ADD NOSTALGIC SEASIDE MEMENTOES AND LARGE SHELLS TO OPEN SHELVING.”

Feeling ropey

Ropes are a great way of reminding us of boats, harbours and the ocean and beach in general. Get some thick rope and tie it from your bed to the ceiling or have it coming from a bookcase so that the rope appears to be securing the furniture.



Embrace vintage seaside memorabilia

Yes, we have all seen those vintage style metal plates with a fat man in striped blue and white long johns poking a toe into the sea... Not your thing? Try the restaurant-style plaques with giant, stylised lobster and crab. Grab a few during your next flea market crawl and hang them in the kitchen or bathroom. The good news? Kitsch can be cool.



© Live Laugh Love Ltd, Square Rope Door Stop, £9.95.

© The Nautical Company, Metal School of Fish Wall Art, £34.

© Live Laugh Love Ltd, Nautical Starfish & Driftwood Hanger, £6.50

© Live Laugh Love Ltd, Set Of 5 Decorative Natural Starfish, £3



Add a rustic bathroom cabinet

Upcycle a wooden bathroom cabinet by painting it in blue, lilac or whichever colour matches your existing colour scheme, then give it a distressed look. Add nostalgic seaside mementoes and large shells or the odd dried starfish to the open shelving, alongside your face cloth and lotions. It really works.



© Live Laugh Love Ltd, SEASIDE Arrow Sign. £4.50.

Set up those stripes

Wide stripes are reminiscent of our coastal jaunts. So, how about adding some stripes to a room in your home thanks to a sisal rug, a large throw over your sofa or, if you're feeling brave, some wide white stripes on your sitting room or kitchen wooden flooring? Perhaps that's more of a commitment, but it will do the trick if you want to bring that beach vibe indoors!

“SHABBY CHIC FITS IN PERFECTLY WITH THE COASTAL LOOK.”

Plump for a blue tone bedroom

Repainting your bedroom to remind you of the ocean will do wonders if you don't have the real thing – we can't all have that sought-after sea view! Paint the walls white, with the exception of one turquoise wall. Next, get light blue bedding, white cushions and a light blue or white throw. Add in white lamps and other items that have a light shade - the idea being to mimic the colours of the ocean. Then add some patterns thanks to cushions, with different fabrics to make it a little more so-phisticated, all while sticking to the relaxing colour theme.



© PullCast, Bedroom Decor Pebble Drawer Handle. €63.



© Original BTC, Pendants Blue Bedroom: Lighting.

Fable Hanging Chair

The ultimate hanging armchair - it oozes coziness! POA myface.eu



Natural Round Driftwood Mirror

Bring the beach home! Decorated with an assortment of natural driftwood pieces. €65 liveloughlove.co.uk



Fairy Tail

Tones of blue by Aderita Artistic Space Gallery Vale do Lobo. €5950 artisticspace.pt @artisticspace

Beach Vibes



BJ's Oceanside Mug

Everyone needs a souvenir from BJ's! €15 bjsoceanside.com



Handmade Beach House Sign

Handmade in the UK - bringing that shabby chic touch home! €10 craftyclara.com

Yomi Eko Inflatable Armchair

Love this cool blue inflatable armchair with sleek and modern black metal frame designed by Mojow. €580 limelace.co.uk



Mussel Shells Doorstop

Drawn and painted in house. Crafted in linen union, filled with dried wheat and lavender. €35 annabeljames.co.uk



FUN chandelier

It's all about the mother of pearl finish on this classic, first designed in 1964 by Verner Panton. €1366
nedgis.com



Codium Drawer Handle

Seaweed inspired design for any draw or cabinet. €77.
pullcast.eu

Delray Navy cushion

Just like opening your windows on a sunny morning... it immediately lifts your spirits. €11
evieandskye.com



Sideboard Boma Sideboard

An ode to the natural world, defined by functionality, storage and home organisation. €7160
caffelattehome.com



"A fresh palette of cool blue and whites teamed with light distressed woods is the perfect way to bring a coastal inspired look into the home".

Claire Hornby, Head of Creative at Barker and Stonehouse.



Ariel Upholstered Bed

Combining natural, Art Nouveau-inspired forms, with the clean lines and tapered legs typical of mid-century design. A gorgeous, segmented seashell-like headboard adds a dramatic flair. €2816
sweetpeaandwillow.com



America's Sweetheart's

Southern Beachside Home

Sandra Bullock isn't just America's sweetheart, an Oscar-winning actress, busy mum, she's also a real estate mogul with properties from coast to coast including this beautiful home in Tybee Island, Georgia.



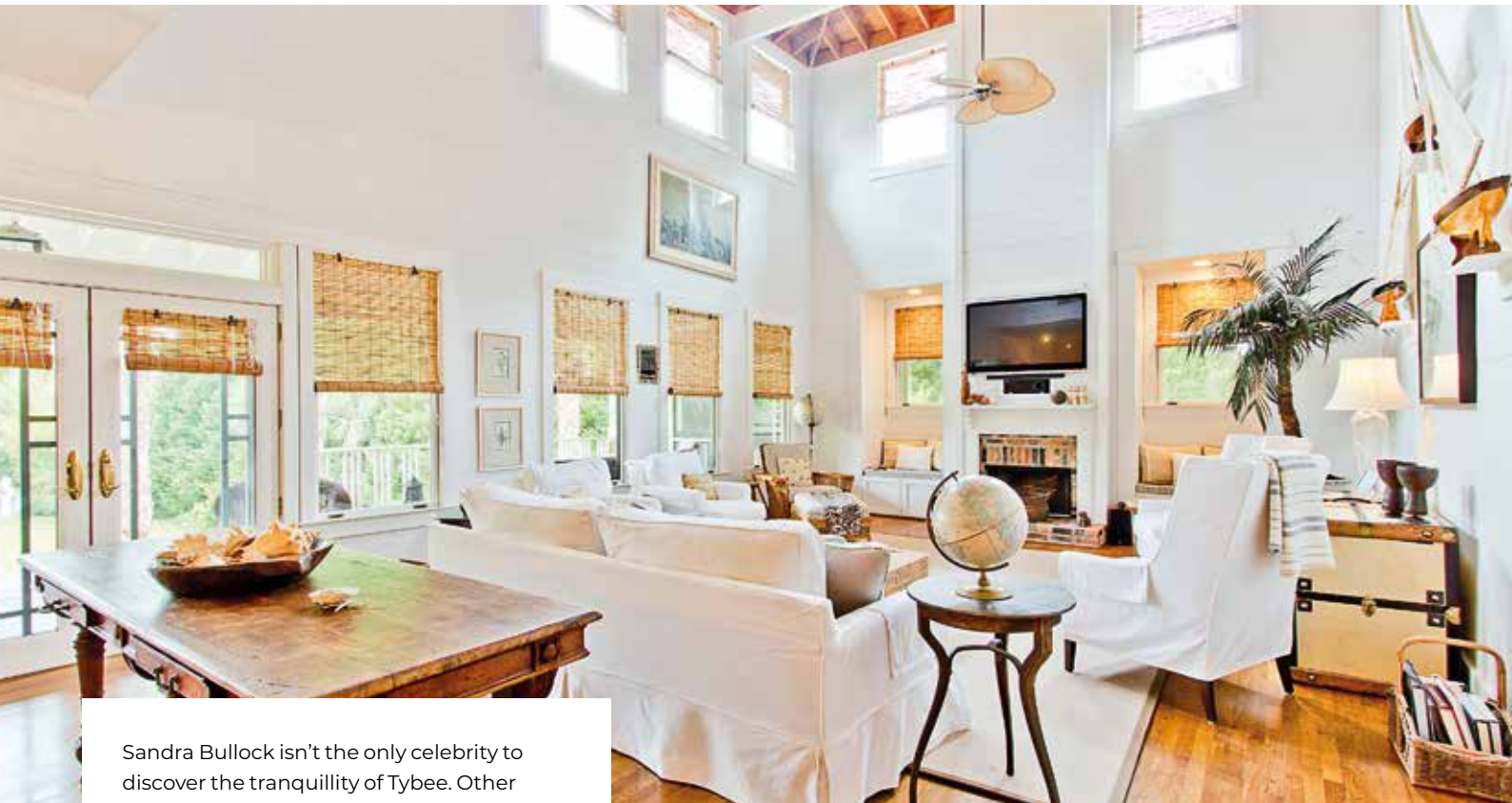
© Silvi Photo / Shutterstock.com

Sandra purchased the beachy 3,360 sq ft cottage and 2,848 sq ft guest house in 2001 for \$1.5 million. An architecturally stunning main house and guest house on almost three acres made up of nine parcels, the home has private access to one of the prettiest white sand beaches in the country. The estate has the capacity to sleep 12 family and friends with a large pool, game room, gym and basketball court.

Structures include the 3,360 sq ft plantation-style main house with multiple screened verandas, double-height living room ceiling with beachy decor, and a 2,848sq ft guest house with living room fireplace, a crow's nest and an outdoor grill. Overall, there are seven bedrooms and six baths between the two buildings. The home is decorated with emphasis on white linen and wicker with a contemporary airy, coastal vibe. >



Photo credit: Tybee Vacation Rentals. © toptierrealestatedeals.com



Sandra Bullock isn't the only celebrity to discover the tranquillity of Tybee. Other stars have also been keeping it under their hats, such as musician-actor John Mellencamp and best-selling author Mary Kay Andrews, who also have homes on the island. Miley Cyrus and John Travolta have frequented the area and, although his home is on Hampton Island, one of Ben Affleck's favourite restaurants, the North Beach Bar and Grill, is also on Tybee. When celebrities unwind and want a little fun, they can hop over to Savannah for a dose of deep-south exploration.



Academy Award-winning Sandra Bullock tested the waters of Netflix as so many Hollywood actors have been doing recently. Her film *Bird Box* was so successful that she has signed to star in their film *Unforgiven*. She also produced and starred in *The Lost City of D* for Paramount.

THE HOME IS DECORATED WITH EMPHASIS ON WHITE LINEN AND WICKER WITH A CONTEMPORARY AIRY, COASTAL VIBE



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Wine Guide

Emília Craveiro, sommelier at Gusto by Heinz Beck at the Conrad Algarve, recommends her favourite bottles for the summer.



Hibernus Cuvée de Noir 2017 – Bairrada €32

The refreshing effect of the fine bubbles and the complexity of this blend expressing this terroir make it a 'must-have' in your fridge during the long summer.

apolonia.com



Titan Vale dos Mil 2019 – Douro €37

This wine reflects the true identity of the Douro region combining the old vines in schist granite with the traditional winemaking process. Complex, powerful but also refreshing with citrus, spices, toasted bread and lighter flint.

adegga.com



Casas Altas Reserva do Doutor 2019 – Beira Interior €14

Resulting from a gentle grape selection, this white wine is a great addition to your cellar. With a very delicate floral aroma, fruit-like pear and mineral notes it has a beautiful balance for summer dishes.

winesandco.eu



Quinta do Poço do Lobo Rosé Reserva 2020 – Bairrada €17

Blended with Baga and Pinot Noir this elegant rosé offers, in different layers, red fruits, floral and very discrete mineral notes. You can enjoy it with a light salad but it also goes with a more rich and complex fish or seafood dish.

garrafeiranacional.com



António Madeira Vinhas Velhas 2019 – Dão €21

This blend is an honest and affectionate portrait of the land that runs through its character. Cultivated according to the principles of biodynamic agriculture we have in this red stone fruit aromas, pine forest and aromatic herbs.

winehouseportugal.com



Monte Meão Vinha da Cantina 2019 – Douro €32

A Baga wine from Vale Meão granite soil. Very elegant and complex with smooth tannins, fresh wild berries and spicy flavours make it an excellent choice for a pleasant summer table.

garrafeiraveneza.com

“The best wine you can have is the one that tastes better.”



GOSTO DE GUSTO

**TRIED AND TESTED.
THE TASTING MENU AT
GUSTO BY HEINZ BECK.**

Rowena Carr-Allinson discovers the classic Michelin star restaurant in Quinta do Lago where Mediterranean cuisine meets cutting-edge Scandi-style design.

We started our experience or should I say, our voyage, in the Gusto bar which recently won Best Bar Menu and Best Hotel Bar awards at the Lisbon Bar Show. And so it should. An interesting mix of futuristic lines and a very cosy atmosphere thanks to the dark lounge and its 'fire wall' neatly encased in glass, the bar achieves something quite rare in the Algarve, a cosy spot that makes you want to stay inside!

The evening we visit Gusto, the weather is 'iffy' so, although I can imagine the terrace is lovely with its view over the pristine pool and the hills beyond, I'm glad we're in the plush dining room.

When I'm handed the cocktail menu I panic – quite overwhelmed with choice. The mixologist here is obviously used to exciting orders, worthy of his skillset so I'm probably not impressing him much by ordering a Kir Royale. But sometimes it's good to stick to the classics, and I really enjoyed it. The classic Creme de Cassis flavour took me right back to warm balmy nights in France. But I digress. This was the first of many drinks to accompany a fabulous five course tasting menu. The affable sommelier convinced us to try his wine pairing picks for each dish, while promising to stay reasonable and stick to very small quantities!

It's a real treat to sample a Michelin-starred tasting menu. First, it takes away the headache of decisions. Second, it takes you on a journey that you couldn't have imagined. Both major plus points in my book.

We started off with a few little surprises prepared by the chef: an elderflower shot (sweet and fresh) followed by a tiny slice of



cantaloupe melon (infused with some sort of magic) and an interesting 'chip roll' with aubergine and cucumber combo, with a little caviar to boot. My favourite was probably the delicious tapioca 'crisp' with raw lobster – or it might have been the Amberjack fish tartare served in a light shell and a sprinkling of edible flowers atop a pretty ceramic tower?

Each tiny mouthful was a real revelation!

After that came the 'Amuse Bouche'. I loved the braised mackerel with the avocado and apple viennoise. This was served with a zingy fresh limoncello-based cocktail. The perfect accompaniment. Even the home-made bread and olive oil was utterly moorish. It was pure torture not eating the lot, but how could I? We hadn't even started on the five courses yet.

chocolate with olive oil, almond ice cream and apricot. Sophisticated and subtle and just what we needed for a final sweet touch. It might have been a five course meal but I definitely lost count of the plates. I'm pretty sure a lot more than five made their way to our table!

Minds fully blown away by each offering, it was time to head home. But not before the 'mignardises' sweet treats which the very kind staff would not let us leave without. Low and behold, there is always space for a dark chocolate truffle before calling it a night.

- Five course chef's tasting menu € 150
- Five course chef's tasting menu with wine pairing € 210

conradalgarve.com/dine
[@GustobyHeinzBeck](https://www.instagram.com/GustobyHeinzBeck)

IT'S A REAL TREAT TO SAMPLE A MICHELIN-STARRED TASTING MENU. FIRST, IT TAKES AWAY THE HEADACHE OF DECISIONS. SECOND, IT TAKES YOU ON A JOURNEY THAT YOU COULDN'T HAVE IMAGINED.

First came the barbeque grilled cuttlefish salad in julienne strips – another perfect balance of flavours blending the delicate fish, with sweet confit-style cherry tomatoes and sharp radish with a velvety celery infused jus. After this came Heinz Beck's signature dish, the Fagottelli Carbonara, each little packet a really rich and intense explosion in your mouth. So satisfying, especially for Carbonara fans like me. We were advised to eat it one at a time with a spoon, so as not to break those precious little parcels.

After that came the red mullet, with grilled fennel and beetroot 'in carpione' – so delicate and light. Next, the lamb saddle carrot purée and artichoke brought a darker, richer moment to the table. As for the wine, it was time to switch from the Malhadinha 2019 white to the Dona Berta Vinha Centenaria 2013 red. Intense and full of flavour.

Before dessert, a quick mango sorbet with pineapple, a light and exotic way to clean the pallet to get ready for the white



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WHEELREVER

The magazine for expats everywhere

Property Focus 2022



Scott Kirk, CEO BuyProperty.com takes stock

The Portuguese real estate market has been in a state of flux lately. The Golden Visa program no longer includes coastal properties, new laws around AL short-term rental licensing are a concern, mortgage rates are rising, and property prices are pushing local buyers out of the market.

Despite these factors, the Portuguese market is holding up well, largely because the supply of new properties is lagging behind demand. This lag is due in part to the fact that construction of properties is slowed by covid lockdowns, resulting in a shortage of

floating rates due to market uncertainties. Buyers generally prefer to lock in their interest rate to know what their rate will be in the long run, rather than opting for a lower-rate adjustable mortgage that could leave them vulnerable in later years. Mortgage applications from overseas buyers looking to move to Portugal are also on the rise. Buyers from the UK and Ireland remain strong, but we are seeing an increase in American buyers due to the comparatively low cost of living, generous tax incentives, healthcare system, and quality of life.

“ The Portuguese market is holding up well, largely because the supply of new properties is lagging behind demand. ”

inventory. Because of this demand, properties that come on the market typically sell within weeks and often within days. This will likely continue until supply exceeds demand, which is not expected in the next few years.

The Portuguese travel and tourism sector has been particularly affected by travel restrictions imposed by governments to contain the spread of covid and prevent an increase in infections in general. With the easing of these travel restrictions, numerous advance bookings for accommodations signal that this summer will be a record one for tourism, which has a knock-on increase of overseas buyers. This increase in foreign buyers is helping drive prices steadily higher. Average property prices increased by 1% per month across Portugal and by 1.3% in April this year.

As interest rates rise to contain inflation, mortgage lenders are seeing increased demand for fixed rates over mixed and

Overall, the Portuguese real estate market remains strong despite the changes affecting the industry and buying patterns are changing. Buyers in need of a mortgage are applying early to secure a fixed rate ahead of anticipated interest rate increases. Buyers with pre-approval and those paying with cash are finding advantages in the bidding process. Home prices are expected to continue to rise as long as borrowing rates remain under control and buyer demand outweighs seller demand.



Scott Kirk,
CEO BuyProperty.com

WHEREVER asks the experts...

Unnatural price influencers

"The market is currently under pressure and the price increase reminds me of the years around 1999-2002, at that time due to the introduction of the euro in Portugal. At the moment the biggest factor driving the price up is the lack of product. A problem not exclusive to Portugal. In addition, here and especially in the Algarve we also have to deal with an abundance of real estate agents. This creates situations that could endanger the market. Actually it is becoming an unnatural price influencer. Investing in stones is in my opinion still the stable and safe way of investing. But buying the right property is especially important in a tense market. See here the importance of using a well experienced and seasoned and local real estate expert. Who uses the tools to give well-founded advice and does not include this unnatural price influencer in his calculation.

**Marcella Spee Horta e Costa, Founder and MD,
Abloom Real Estate**

Golden Visas

"Since January, we have received over 1,500 buyer enquiries. A third are from British nationals wanting to invest in a Golden Visa-eligible property in order to spend as much time in Portugal as they wish without being subjected to the 90/180-day limit since Brexit. The recent surge in sales enquiries has led to 70% of our Viceroy Residences now being sold. We expect Portugal's recent step to fast-track UK travellers at its airports to be yet another contributing factor that will boost demand from UK house hunters."

**João Richard Costa, Director of Sales &
Marketing at Ombria Resort**

Cascais is always a good idea

Cascais is recognised as one of the most beautiful places to live in Portugal. Situated in a coastal location with a quality of lifestyle next to none with so many things to see and do, great schools, close to Lisbon and if you buy in Cascais, you are guaranteed a great return on your investment... so why not??

Martina Lennon, Founder and owner, MAP

Primary residence boom

"This year, Quinta do Lago is celebrating 50 years of luxury living and high-end property. Interestingly, we are noticing that the housing market is stronger than ever with all of our virgin plot developments in San Lorenzo North now fully sold and 30% of One Green Way Residences, the most recent development in Quinta do Lago, sold since the launch of the project this April. The Quinta do Lago Real Estate sales are continuing to boom post-Covid, with our team noticing a real increase in families & couples looking to now purchase primary property in the resort as opposed to holiday homes. The appeal for outdoor living, privacy and green space is particularly strong with Quinta do Lago remaining a key destination for buyers to enjoy year-round in the privacy of their own space, with access to all amenities & facilities the resort offers."

Sean Moriarty, CEO, Quinta do Lago





Introducing One Green Way – New prime address in the heart Quinta do Lago

Opening in 2022 and forming part of Quinta do Lago resort in The Algarve, One Green Way Residences is the latest in an exceptional collection of standalone private residences for sale – all designed with sustainability in mind.

Celebrating its fiftieth anniversary this year – the award-winning golf resort and all year-round sun-haven is the region's most eminent address. Offering unmatched quality and service excellence, the private villa estates are being sold through Quinta do Lago Real Estate.

Curving alongside Quinta do Lago's North Course with breath-taking views over Ria Formosa Natural Park, the surrounding golf courses and the Mediterranean, the gated community features eighty-nine luxury serviced state-of-the-art residences. Each residence boasts a generous living space, ranging from 380 m² to 925 m² per plot and prices start from €2.7M with the additional benefits of being on an award-winning five-star resort.

The natural beauty of local Portuguese materials shines through, bringing the magic of the Mediterranean inside, thanks to the work of interior designer Vilaça Interiores, PLAN Architects and award-winning landscape architects, Cracknell.

With three separate villa types The Garden Residences, Panorama Residences or Horizon Residences, the properties range from three to six bedrooms and include one or two-storey configurations, all with floor-to-ceiling windows and expansive terraces, blending the boundaries between indoor and outdoor living. Each residence is designed to be lived in and is complete with a chef's kitchen, home office, wine cellar, private parking with electrical car chargers, lift, cinema room and gym providing the ideal place for hosting, working, or relaxing. High quality finishes in interior design complete the look.

The luxury continues in the communal areas with a rooftop bar lounge, clubhouse, spa with sauna, state of the art gym, beauty salon, trackman studio, owners lounge and business centre, private landscaped gardens with heated pools, design store, outdoor kitchens and barbecues, dining areas, onsite restaurant,

kids space and roof terraces with spectacular views, creating the ideal space to entertain friends, family and loved ones.

One Green Way is emerging as a new benchmark for commitment to environmental responsibility with conscious design and a commitment to sourcing products from verified environmentally friendly manufacturers and supporting local artisans and craftsmanship at the heart of the project.

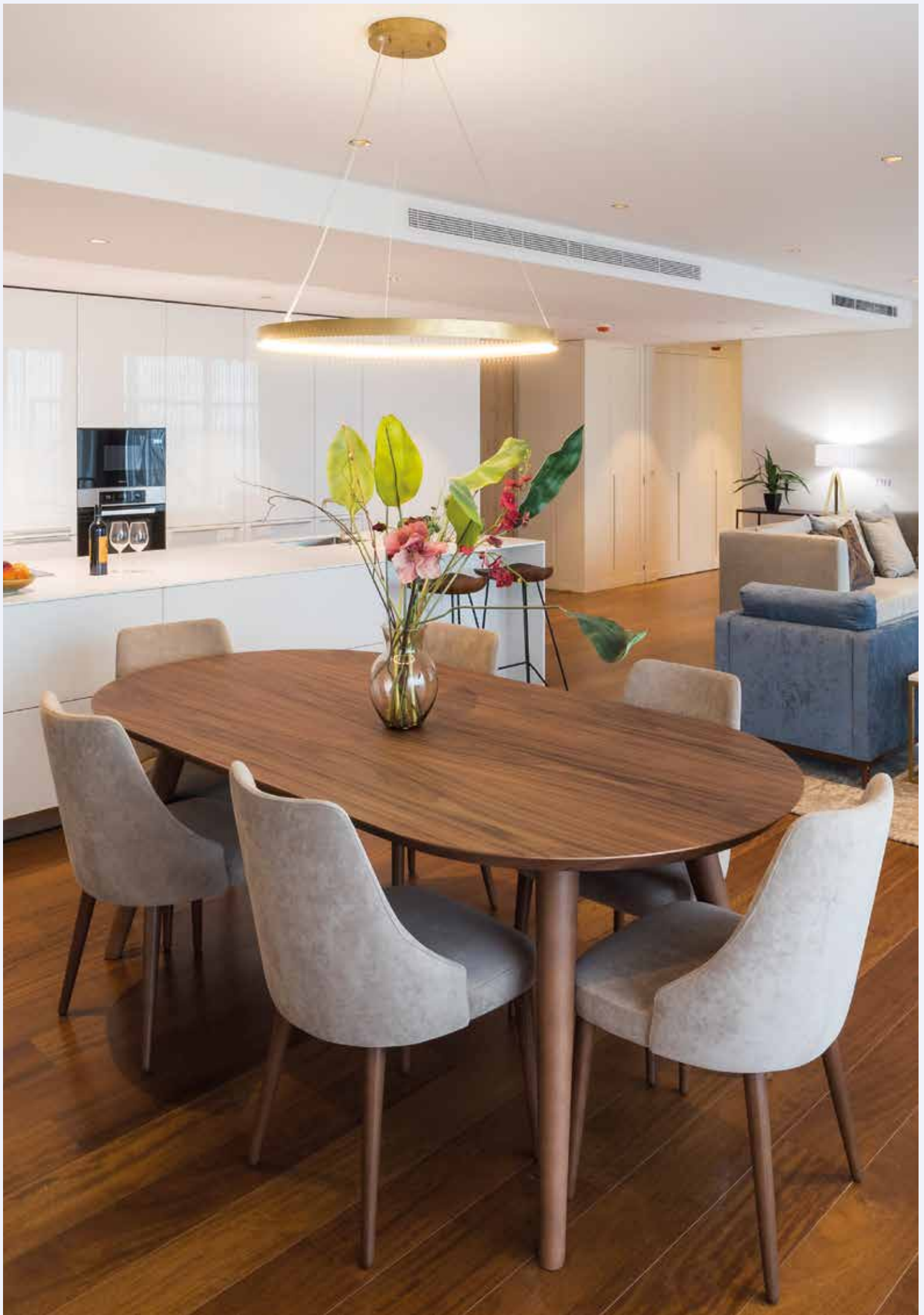
The exclusive concept creates a residential and hospitality hybrid for those who do not want to choose between the comfort of a home and the services of a luxury hotel with residents benefiting from round-the-clock security, daily cleaning, concierge services and property management. To complement this high quality offer, residents can enjoy the Quinta do Lago resort unique lifestyle: from the championship golf courses, to the state-of-the-art sporting facilities at The Campus, white sand beaches, vibrant shopping and sublime dining experiences – all less than 20 minutes from Faro's international airport.

For more information:

E realestate@quintadolago.com or

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Lisbon's exclusive branded residences. A perfect solution for a new home / Golden Visa.



Martinhal Residences is the latest development in the trendy "Park of Nations" Lisbon, or "Expo" – called so because the World Expo in 1998 happened here. Construction is set to be completed by autumn 2022 with more than 80% of units already sold. These exceptional new contemporary luxury apartments and penthouses to buy are still eligible for Golden Visa in Lisbon.

Created by the award-winning Elegant Group and designed by the world-famous architect Eduardo Capinha Lopes, Martinhal Residences will be a future landmark in Lisbon. With leading-edge architecture, the high-specification residences feature spacious living areas and tree-adorned balconies creating a modern and green façade, as well as the highest quality finishings. Many residences enjoy the long views across the Tagus River at its widest point and of the iconic 17km-long Vasco da Gama bridge. Residents will also enjoy the Parque Cabeço das Rolas which is adjacent to the building.

It has an unbeatable location in Lisbon at the Park of Nations and represents the best of



riverside living. Located close to Lisbon's airport, Park of Nations is also the most multi-generational family-friendly district in central Lisbon – with its 10km stretch of flat walking paths, esplanades, green areas, parks, open spaces, pedestrianized zones and several amenities to entertain the whole family.

Martinhal Residences has already been rated as the third best Branded Residences brand in Europe by Savills, after Yoo! and Kempinski.

International education is available at the nearby United Lisbon International School that offers Kindergarten to Grade 12 and follows the American international curriculum based on the Common Ground Collaborative and the IB Diploma Program. United Lisbon already has over 150 students across 22 nationalities. The campus is unequalled in size and facilities – with over 6,500 sqm of outdoor sports areas.

What's more, Martinhal can offer a one-stop shop for your move to Lisbon – Martinhal's experienced team is able to organise all meetings for legal, residency, school admissions for the United Lisbon International School, as well as access to special rates at the sister luxury serviced apartments in Lisbon's trendiest touristic area Principe Real/Chiado area, Martinhal Chiado for long stays.

Martinhal Residences will have excellent facilities - indoor and outdoor heated pools, a gym, outdoor playground, a Martinhal's kids' club and a restaurant - as well as Martinhal's award winning services such as 24/7 concierge and reception, housekeeping and laundry, maintenance and technical support.



For more information:

W martinhalresidences.com

E info@martinhalresidences.com



Martina Lennon, Portugal's Property Pioneer

Known for her professionalism and charismatic charm, this Irish expat started with an overseas trip and ended with a Real Estate empire based in Cascais.

What does your upbringing mean to you?

I come from a very big, happy family from the beautiful town of Durrow in Ireland, an hour or so from Dublin. It's a small, close-knit community and has a great selection of good old Irish pubs! I was one of 'only' 11 siblings and am proud to have been called 'Aunt' many times over. I still enjoy returning home and catching up with people I grew up with, even though I left the area when I was a young adult.

When and why did you come to Portugal?

At 21 my intention was to travel the world, starting off in Vale de Lobo in the Algarve. I stayed there about a year, then moved to Cascais and never left! Even back then it was obvious Portugal held a special place in my heart.

in the industry to help match individuals with properties. I'll never forget the thrill of meeting the client, matching them with their perfect home and seeing the look of happiness on their faces when they found it. I simply loved it!

What inspired you to create MAP almost 30 years ago?

Portugal was a very different country back then; Cascais was a quaint fishing village living alongside its more upscale neighbour, Estoril. I had finally learnt Portugal's beautiful, but difficult, language and I better knew the people, their history, culture, and traditions. So, when my first son was just two years old, I saw an opportunity to start up on my own and took the plunge. As a result, in 1995, MAP – Martina Lennon Properties was born.

“ People come here for the lifestyle, the family-oriented community, a sense of safety and security, the tax benefits of the NHR, the absence of inheritance tax... the list goes on. ”

What is at the heart of your company?

At MAP we offer a unique and personalised selection of residential and commercial properties for all our international and local clients, along with property management services. We care for our clients regardless of their investment size, and we are with them every step of the way. Our motto is: “We are a small company with a great attitude”.

Any observations about the property market in Portugal since starting your career?

I have seen this country re-invent itself as a vibrant member of Europe, with Cascais and Estoril now major tourist destinations. It's been a privilege to grow alongside these changes, and to see MAP, now one of the most solid real estate companies in the national market, be a part of this evolution. Also of interest is that Portugal has always held its place. A recent example is the global Covid pandemic, during which property prices not only held their ground, but substantially increased in value – a testament to the ever-rising international interest in Portugal.

What were the biggest challenges you faced?

Most things were a challenge back then! Bureaucracy was certainly a big one. Being a woman in business, especially a foreign woman, even more so. The simple task of opening a bank account used to be a nightmare, but clearly the benefits outnumbered the challenges and, looking back, it was fun learning along the way.

How did your love of Real Estate begin?

My introduction to Real Estate in Portugal was through the need for English-speaking people



“ Most things were a challenge back then! Bureaucracy was certainly a big one. Being a woman in business, especially a foreign woman, even more so. ”

What are the benefits for expats buying properties in Portugal in particular?

Apart from the great lifestyle, mouth-watering food, fabulous weather, never-ending golf courses and outdoor activities – should we mention the wine? People come here for the lifestyle, the family-oriented community, a sense of safety and security, the tax benefits of the NHR, the absence of inheritance tax... the list goes on.

What is your vision for MAP, and yourself, for the future?

As MAP enters its 27th year, I'd like to extend a great big thank you to all who have accompanied me on my journey. To those who were with me at the beginning, to the professionals whose support has been invaluable, to the hundreds of amazing clients who have passed through our doors, and the incredible MAP team who work tirelessly to find the perfect

home for our clients. My vision is to continue to provide the best service possible, always with the aim to evolve for the better, and to make friends along the way.

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Ombria - A piece of the 'best country in the world'



Portugal's plaudits keep piling up, giving people ever more reasons to make it their home. The most recent batch includes winner of the best country for remote workers (a Kayak survey) and the best in Europe for active retirement (International Living). Its Golden Visa has been named the world's best residence programme by Henley & Partners and – there's no topping this one – Conde Nast Traveller has crowned Portugal the best country in the world, full stop.

Many Brits, northern Europeans and, indeed, people from all over the world are taking all this on board and seeking a new life – or at least an occasional home – in Portugal. Since Brexit, there has been a surge in applications for Golden Visas among UK-based buyers. And since Covid, buyers everywhere have gone in search of green

density Ombria Resort, which has set out to do things differently to everyone else.

Located 20 minutes' drive inland from the stunning beaches that skirt Quinta do Lago and Vale do Lobo, Ombria Resort is tucked away in a verdant valley with its five-star Viceroy hotel designed as a cluster of low-rise whitewashed buildings to emulate a typical Algarve village. Besides the amenities you would expect from a luxury resort, including a 1,600m² spa and six restaurants, woven among its 150 hectares are a golf course, hiking trails and cycling paths, plus, in time, high-end villas designed to blend into the hills.

It's this connection with nature, says sales director João Costa, which is drawing buyers to house-hunt inland. "We're not a closed-off development with barriers to get in and out. We're set in huge green spaces, and the cherry on top is our sustainability philosophy. I'd say 90% of people buy here because of that."

He highlights some of the eco features. The golf course has 30% less planting than other courses, with the rest left wild. And the hotel is largely powered by a geo-thermal system that produces limitless, clean energy without CO₂ emissions or unsightly solar panels or wind turbines. "It's still a rare form of renewable energy in Portugal, unlike in Germany and France, and I don't know why it's not used more. Even though we are connected to the grid, we won't need to access it for much of the time," Costa adds.

“ Along with buying into a more sustainable lifestyle, people need to know the investment stacks up too. ”

space. Another obstacle, since January 1 this year, are the new Golden Visa rules, which disqualify most of the coast in order to redirect investment into the countryside.

There are hurdles, no doubt. But whether it's great foresight or just fortuitous timing, it's all playing perfectly into the hands of the rural, low-





Along with buying into a more sustainable lifestyle, people need to know the investment stacks up too, of course. Currently on sale are 65 one and two-bed Viceroy-branded residences due for completion in Spring 2023. They start at a shade under €600,000 and qualify for the Golden Visa investment. As touristic apartments, owners get 70 days annual use of their property and receive up to 5% rental income for the first five years (and, when the resort is fully up and running, it's expected at least that level of return afterwards). "The benefit for owners is that they are fully managed, there are no maintenance issues and you get a guaranteed rental yield," says Costa.

Also available are high-end Alcedo Villas, priced from €2.75m and with no restrictions on usage, and coming soon are apartments, townhouses and semi-detached villas for 'lifestyle buyers' i.e. not pure investors – starting around the €500,000 residency visa threshold. "Luckily, we're both a low-density and an interior resort, so all our properties are eligible for the Golden Visa," says Costa.

For those who want a home in the Algarve and get a Golden Visa, Ombria is a rare opportunity. But it's more than that; it's underpinned by an ethos its buyers identify with. Ombria's connection to its surroundings includes helping the local community too, including by sponsoring sports clubs and supporting the elderly. "Sustainability isn't just

about the environment and certification, it's also about being part of the local community and giving back to local projects," says Costa. "We're doing our bit, and we feel that's the right way of doing things."

For more information:
T +351 289413901
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“ Sustainability isn't just about the environment and certification, it's also about being part of the local community and giving back to local projects. ”





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Villa Stock

The heart of Southern Portugal is home to one-of-a-kind real estate marvel.

Conceived as one of the most outstanding private residential properties in the Algarve, this estate features the luxurious main residence, designed with a conglomeration of traditional and contemporary styles, guest accommodation, staff quarters, and a workshop developed from traditional buildings.

The amenities offered by this estate put most hotels to shame, with its stunning 360 degree views and an extraordinary wellness area. The vast amount of land belonging to the property provides absolute privacy and security as well as enough space for beautiful gardens and cultivation.

An entire floor is dedicated solely as a spa and leisure area. This floor has everything you need for total relaxation including a sauna, Jacuzzi, infrared cabin, massage room, rainforest shower, colour shower, relaxation chairs and heated spa beds. Its controlled microclimate remains warm all year round making it pleasant every month of the year.

The exquisite heated pool combines the freedom of an outdoor pool with the comfort of an indoor one. Breathtaking custom-made mosaic artwork decorates the bottom of the pool and the 37 underwater speakers offer a sound experience like no other. There is also a counter current system, as well as massage jets and a geyser.

Security was one of the top priorities when conceiving the design of this unique piece of prime real estate. Additionally, a full service package (house cleaning, gardening, maintenance and guarantee on technical equipment, basically offering the experience of moving into a new house) can also be included with the purchase.

Wine and art have always complimented each other, but never more so than can be noted at Quinta dos Vales, where the stunning sculptures can be enjoyed together with high-quality award-winning wines.

As well as the various fruit trees and herb gardens, the estate possesses 2.2 hectares of red grape varieties that were planted in 2006 and can be used to grow your own estate-produced wine.

The current owner also owns and runs the leading winery in the Algarve, Quinta dos Vales. The future owners are given the option to produce their own wine from their vines while taking full advantage of Quinta dos Vales' winemaking team and installations.

The estate has a particular microclimate due to its altitude and the shelter provided by the Monchique Mountains. This allows for a diversified range of plant life, supporting both local varieties as well as those of foreign origin.

Ancient olive trees, by the hundreds, and carefully choreographed exotic palm trees are found side-by-side, forming artistic inspiring shapes. You will also find carob tree groves, an orange orchard and a cypress-walkway, alongside elements of a desert-like landscape, all of which are well integrated within the surroundings.

Offering an amazing sight, the garden landscape was designed to be self-sufficient and low-maintenance. An important criteria for the selection of plants was their strength and endurance, even in water scarce situations, and large lawn areas were avoided whenever possible.

For more information on Villa Stock or other real estate opportunities please contact:

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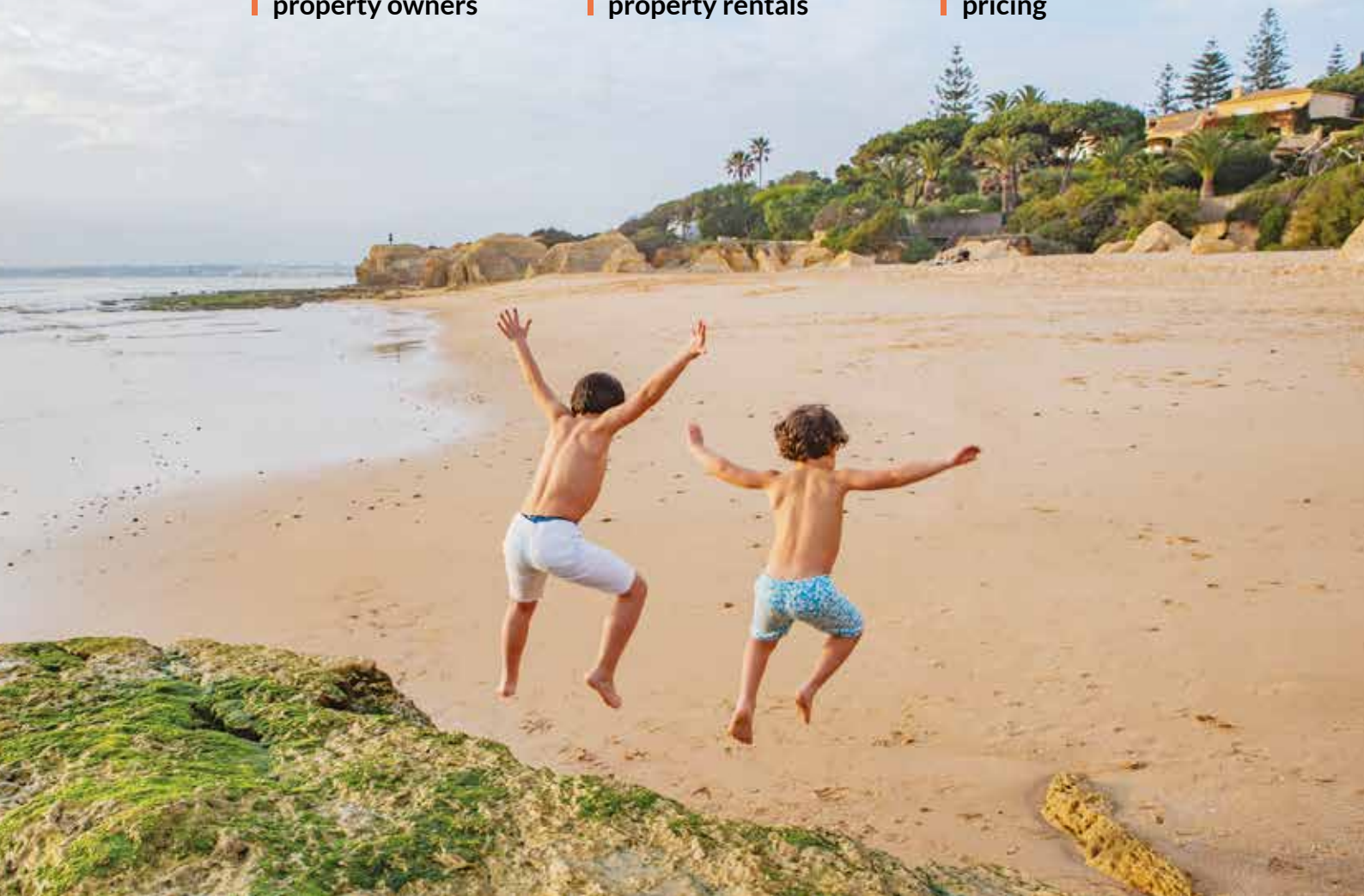
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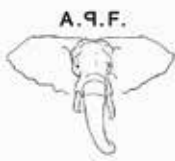
■ A Ver o Parque - Quiosque Solidário



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A.P.F. Is a neighbourhood focused, casual cafe restaurant. Our menu is coastal-international focus on fresh, local all day cuisine paired with great coffee or natural wine. We take pride in our seasonal menu- vegan, vegetarian, gluten-free option.

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■ Bairro do Avillez



In Bairro do Avillez by chef José Avillez, there's a terrace, a surprising Taberna (tavern); a Páteo where seafood and fish are kings; Mini Bar, a restaurant and gastro bar; and Pizzaria Lisboa.

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■ Belcanto



With two Michelin stars and currently #42 on "The World's 50 Best Restaurants List", Belcanto by José Avillez offers revisited Portuguese cuisine in a sophisticated setting.

Rua Serpa Pinto, 10A 1200-445 Lisboa
T +351 213 420 607
E belcanto@belcanto.pt
W belcanto.pt
FB @belcantojoseavillez

■ Bubbles and Bites



Gastronomic restaurant in the historic centre of Cascais. Organic sustainable cuisine that serves beautiful dishes for fish, vegetarian, vegan and meat lovers.

Tv. do Poço Novo 16A, 2750-469 Cascais
T +351 21 901 6254
W bubbles-and-bites.business.site
I @bubblesandbites.pt

■ Buraca Coffee Roasters



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T +351 210504459/ +351 965259766
E info@buracarosters.com
W buracarosters.com
FB @Buracarosters
I @buracarosters

■ Cantinho do Avillez



Located in Chiado, Parque das Nações, Cascais and Porto, Cantinho do Avillez offers contemporary Portuguese cuisine influenced by chef José Avillez's travels abroad.

Rua dos Duques de Bragança, 7 Chiado / Rua Bojador, 55 Parque das Nações / Rua da Palmeira, 6 Cascais / Rua Mouzinho da Silveira, 166 Porto
T +351 21 199 23 69 / +351 218 700 365 / +351 211 389 666 / +351 22 322 78 79
E geral@joseavillez.pt
W cantinhodoavillez.pt
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T +351 912 051 978
E info@casa-cabana.com
W casa-cabana.com
I @casacabanalisboa

■ Casca Wines



To enjoy a truly Portuguese wine experience. Visit us! The home of Casca Wines, here, while tasting our wines you will have a great Portuguese wine experience, together with delicious food and live music. Join us!

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T +351 925 246 472
E social@cascawines.pt
W cascaandfriends.pt/
I @casca_and_friends/
F @cascaandfriends/

■ Dede's



Café Dede's is a neighbourhood in Lapa and Estrela. Our menu is Asian inspired food with Vegan and vegetarian options.

Rua de Sant'Ana à Lapa 33, Lisboa/ Rua de Santo Amaro 78, Lisboa
T +351 935 269 319
E info@cafededes.com
W cafededes.com

Business Directory

■ Copenhagen Coffee Lab

COPENHAGEN COFFEE LAB

Copenhagen Coffee Lab has 35 coffee shops located in Lisbon, Côte d'Azur, Hamburg & Ruhr. Their Danish coffee roastery and local bakeries supply their shops with baked goods and coffee.

Praça das Flores - R. Nova da Piedade, 10
Cais do Sodré - R. São Paulo, 62
Baixa - Rua de Santa Justa, 14
Estrela - Av. Álvares Cabral, 13
Alcântara - R. Prior do Crato, 1
Alfama - Escolas Gerais, 34
Feira da Ladra - Campo de Santa Clara, 136

■ La Boulangerie Lisboa



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W laboulangerie.pt
I @laboulangerielisboa

■ Hífen Restaurant

HÍFEN

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Av. Dom Carlos I 48, 2750-310 Cascais
T +351 915 546 537
E reservashifen@gmail.com
W hifenrestaurant.squarespace.com

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E jaystrend.pared@gmail.com
FB @jays.brunchcaffe
I @jays.brunchcaffe

■ Eric Kayser Lisbon



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Amoreiras Plaza - Rua Professor Carlos Alberto da Mota Pinto 1070-046 Lisbon
T +351 211 927 894

■ Kafeine



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Marina de Cascais 42, 2750-800 Cascais
T 21 243 8252
I @kafeine_marina

■ Encanto By José Avillez



Encanto by José Avillez is an enchanted place of haute cuisine where vegetables are celebrated as stars and delicately prepared and served on a unique tasting menu that is 100% vegetarian.

Largo de São Carlos, 10, 1200-410 Lisboa
T +351 211 626 310
E geral@joseavillez.pt
W encantojoseavillez.pt
FB @Encanto-José-Avillez

■ Lusophónica



A coffee shop. And also a radio. A platform for musical exchange to connect through music and culture. So come visit, grab something to eat and drink and enjoy the music!

Museu do Farol de Santa Marta, 2750-800 Cascais
E lusophonica@cafe@gmail.com
W lusophonica.com
I @lusophonica

■ Melbourne Elouera "Pleasant Place"



We serve local fresh roasted specialty coffee beans. We have a variety of brunch options such as Eggs Benedict, Smash Avocado, Açai Bowl, Croissants, French Toast and more. Vegan and Gluten Free options. Australian and Portuguese concept, pet friendly, really cosy corner-shop with a pleasant esplanade.

Rua do Possolo 52, 1350-251 Estrela
T + 351 910858418
E melbourne.lisboa@gmail.com
I @melbourne.lisboa

■ Origem



Healthy Cooking is a concept of healthy catering, consisting of different Restaurants/Cafeterias in Lisbon, near Business Zones and Schools. With only healthy choices, ORIGEM also provides catering, take-away & delivery services.

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W symbols-lisboa.com
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I @invicta.cascais

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I [@Maravilhasnordicas](https://www.instagram.com/Maravilhasnordicas)

Health and Beauty

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T +351 915 988 374
E clintgjh@gmail.com
W clintgoncalves.com

■ The Gladstone



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Rua de Santo Amaro, 72, Lisbon
T +351 211 570 770
E info@clubgladstone.com
W clubgladstone.com
I [@thegladstonelisboa](https://www.instagram.com/thegladstonelisboa)

■ Hair Lobby

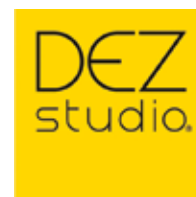


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E loja@dezstudio.com
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E grvi@realhotelsgroup.com
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