



algarve sports



get moving
sport



Running, jumping, flying, swimming, diving. In the Algarve's paradise landscape, there are so many different physical activities available that you'll be constantly on the move! Take advantage of your holidays to try your hand at a little sailing, windsurfing or underwater fishing. If you're not a fan of the water, then try a round of golf, which in itself is an excellent reason for visiting the Algarve. Or perhaps you might prefer a stimulating game of tennis played against a lush green backdrop. Or a horse ride in the evening sun. After so much activity, perhaps you ought to slow down the pace a little and relax by discovering the cultural and historical treasures that lie hidden in the Algarve's landscape.





in the water

With its 200-kilometre-long Atlantic coastline, the Algarve is a paradise for water sports fans. Surfing, windsurfing, bodyboarding, sailing, jet skiing, angling or diving are just some of the choices available for those who enjoy venturing into the sea. The beaches of the *Costa Vicentina* are the ideal setting for surfing and bodyboarding. On the south-facing coast, you'll find the perfect conditions for windsurfing, water-skiing, jet-skiing and diving. Sea angling, an ever growing sport, is popular all along the coastline.



out of the water

Away from the coast, the green hills provide a beautiful backdrop for all kinds of sporting activities. The *Rocha de Pena*, close to *Salir*, and the *Cerro de São Miguel* present an exciting challenge for rock climbers and abseilers. In *Moncarapacho* and *Loulé*, you'll find some interesting caves full of undiscovered secrets. The hilly terrain of the *Serra de São Brás de Alportel* is the perfect setting for mountain-bike racing and paintball. Horseriding, hiking or the thrills of off-roading are other ways of enjoying a closer look at what the Algarve has to offer.



Sunshine and warm temperatures, both in and out of the water, are just the sort of incentive you need for enjoying sport all year round.





serious competition

All year round, the Algarve's special climate and landscape, coupled with the quality of its infrastructures, make this region an ideal place for the organisation of prestigious international sports competitions.

In the world of athletics, two highly regarded events are the mythical Almond Blossom International Cross-Country Race and the more recent Algarve Half-Marathon.

The Tour of the Algarve is one of Portugal's classic cycling events, bringing thousands of fans out onto the roads. The Algarve Horseriding Circuit and the *Vilamoura* International Show Jumping Competition attract some of the top Portuguese and international riders to the region, thrilling spectators with their displays of great elegance.

In motor sports, you can enjoy the spectacular excitement of the *Terras d'El Rei* Off-Road Rally, the *Serra de Monchique* Off-Road Rally, the Algarve Casinos Rally and the Portugal Rally.

The Portugal/Algarve Grand Prix in Formula 1 Power Boat Racing is held in the estuary of the River *Arade*, in *Portimão*, and provides two days of high excitement with the best racers and teams in Formula 1.



The mirror-like water of the River *Arade* always guarantees excellent conditions for motor sports, and both the World and European Jetski Championships have also been held here.

The *Vale do Lobo* Grand Champions Tournament has brought tennis fans the chance to enjoy matches between some of the world's greatest stars. The Portuguese Open, Ladies Open, Seniors Open and World Cup have already brought thousands of tourists and golf lovers to the Algarve.

The All Stars Game, a charity football match that raises funds for the less privileged members of society, and the Portugal Gym – *Gymnaestrada* are other important events on the sporting calendar that have already passed through the Algarve.

It is at the beach that sports enthusiasts find some of the most inviting conditions for their activities. The World Surfing Championship, the World Beach Football Championship, the National Beach Volleyball Championship and the Portugal Beach Tennis Open Championship are just some of the memorable sports events that have already brought their own special brand of excitement to the Algarve coast.



preparing champions

The Algarve is becoming increasingly popular as one of the best equipped areas for sports training sessions. Its mild climate all year round and its landscape of many different contrasts combine with a whole series of modern hotels and sports facilities to welcome sportsmen and women from all levels of competition.

Fully equipped with all the necessary modern facilities is the *Vila Real de Santo António* Municipal Sports Complex, a multipurpose sports centre where a whole variety of different sports can be played, such as Archery, Athletics, Basketball, Football, Gymnastics, Handball, Judo, Swimming, Tennis and Volleyball.

The newly-built Algarve Stadium is equipped with perfect sports facilities, and three matches in the final stages of Euro 2004 were played here. It also has excellent conditions for receiving some of the most varied national and international sports events.





Football is one of the sports that enjoys some of the best facilities in the Algarve, namely full-size grass pitches, training pitches, gymnasiums, multipurpose sports complexes, keep fit courses and hotels that are specially prepared for receiving top-class sportsmen. Every year, and particularly in the winter months when the Algarve is blessed with mild temperatures, a whole host of foreign club teams and national sides choose the Algarve region for their pre-season and mid-season training sessions.

The building of modern athletic tracks has provided the Algarve with facilities that are ideally suited for this sport. The region's mild climate and sports facilities, together with a series of specially designed programmes, bring top-flight sportsmen and women to the Algarve every year.












The Algarve is also one of the top places in the country in terms of tennis clubs, academies and courts. Tennis is a clear example of the region's successful investment in sports tourism and in the preparation of future champions.

An ideal spot for sailing, the Algarve's warm water issues a clear invitation for the organisation of countless competitions, and, as is inevitably the case, for the preparation of international teams, such as the training session that was enjoyed here by the ABN AMRO team in preparation for the Volvo Ocean Race. The number of marinas, yacht clubs and sailing schools is constantly increasing, helping to strengthen the support and facilities that the Algarve already provides for the development of this sport.

Golf, cycling, gymnastics, power boat racing, canoeing, mountain-biking and sea angling are other sports that are to be found in the Algarve, where practitioners can benefit from all the conditions and facilities needed for raising and improving their skills to the highest professional level.



legend

-  Beach
-  Airfield
-  Main Roads
-  Golf courses
-  Rail Road
-  Highway
-  Marinas
-  Secondary Roads
-  Natural reserves



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