our suggestions

Estate and Area Guide

where to go and what to do

Please do take some minutes to read this list of tips of the area and the estate, I think you won't regret it! First out is info and tips regarding the estate, a bit further down beaches, restaurants and more.

Staying at the estate you have over 60 hectares to explore! There is a salt water swimming pool with two big sun decks at the center of the property, up hill from Casa Principal.

Our land stretches out on both sides of the river Seixe, which means that it's both in Algarve and in Alentejo. The river and valley holds a lot of wildlife and if you're lucky you can even see otters in the river, mainly at dusk or at dawn.

At your disposal we have a Stand Up Paddle and a canoe, both kept by the anchorage in the river by the big Moroccan lounge tent. In the lounge, available in the summer months, you have a beautiful place to relax, facing the calm river. Occasionally drinks will be served in the lounge area, we will let guests know in advance.

On Wednesdays and Saturdays at 10.00 yoga classes are given by the swimming pool, or in the Moroccan tent by the river. We don't charge our guests, just let us know if you're interested in joining and show up a bit before it starts. If a private yoga class is of interest that can be booked as well! The cost is 40€ for one hour private class, for one to four people.

Would you like to have a massage while staying with us a masseuse can come to your house for you to receive the massage in a tranquil surrounding and without rush, or the massage can be given in the Moroccan tent. Part of the interior is secluded and is used as a small SPA. Subject to availability of the masseuse. Price per 60 minutes massage is 60€.

We also have mountain bikes. Feel free to use them whenever you want!
Ask the staff where they are kept.

There are some fruit trees on the estate and you can pick whatever's ripe during your stay. We have peaches, oranges, loquats, plums, lemons and wild blackberries, spread out on the estate. Each tree has it's season, of course. Loquats are the first ones, becoming ripe during Spring. Plums and peaches are delicious for several weeks during Summer. Wild blackberries are good by the end of Summer and citrus fruits are to be picked in Winter.

We have a couple of kitchen gardens on the estate, and plant a big variety of vegetables each year. The vegetables which have grown best in our soil so far are aubergine, tomato, peppers, cucumber and beetroot! It's a beautiful journey trying to figure out what thrives best :)

With start in the Summer of 2025 we will be serving dinners to our guests in Casa Principal, the main house on the estate, a several centuries old renovated watermill. Dinner will be available a couple of times a week, upon reservation. The idea is for different chefs and local very special cooks (myself included :)) to prepare a 3 or 4 course menu set beforehand, and chosen when you book a table. The chef goes to the market and our kitchen gardens and gets exactly what is needed for that night. This way we can all make conscious choices, and focus not only on enjoying delicious meals with local, wonderful produce in a beautiful setting, but also remember to keep it sustainable. Can you imagine a better mix? We also have a honesty bar in the living room of Casa Principal, please feel free to go there and serve yourself a drink while enjoying the house and the river.

On the estate we have sheep and goats in a cute little mixed herd. The white and black ones with spiraled horns to the sides are sheep from the breed "churra algarvia", an almost extinct breed from the Algarve mountain area. They are used to climbing hills and cliffs, and mix perfectly with goats. The sheep and the goats switch between their compound at the top of the hill and down in the valley. The occasional cats come and visit us, and one lives on the estate with our dog Viking.

We also have a tree house in the lush forest by the river! The kids (and not only) usually enjoy exploring it. Here's how to find it: the tree house is located in the forest in between Casa Principal and Casa das Pedras and Casa do Porto. Walk past Casa Principal's parking until you see the concrete bridge. Just before the bridge turn left and take a path that goes through the forest. Follow it until you see the tree house. This unique little forest has been studied by the university of Évora, since it holds some endemic species which are rare.

By the end of 2025 we are setting up a sauna in the forest close to the tree house. As I'm born and raised in Stockholm, Sweden, sauna has been a natural part of life. Very excited to have one here on the estate!

Quick note: we have a map of the whole property here on our website.
At the bottom of the page: https://www.montewestcoast.pt/estate/

Close to the estate are some of the Rota Vicentina trekking routes, The "Historical Way" being the closest one and passing only a few meters away from the northwestern tip of our estate. By the ocean, up and down cliffs and beaches, passes the "Fishermen's Trail", my favorite trail for its scenic beauty!

I enjoy walking from Azenha do Mar, a bit north of us, to the cliffs overlooking the Odeceixe beach, and then back again. It takes about an hour or a bit more, and then I eat and drink amazingly well (white wine and seafood being my most common choice, but lighter options are available as well) before going back to the estate :) Don't miss the fishing port down by the cliffs. If you look closely you can see big stork nests just over the sea; the only place in Europe where these big birds have their nests on top of the ocean! They usually choose big trees, for example cork trees in the fields, to raise their young.

For me and my family eating out is one of the best things in the world. I enjoy eating out by myself, with friends, with my husband, as a family or in big groups, with or without kids. There's something very special about sitting down and enjoying a meal in a beautiful environment. Eating out is an important part of the Portuguese tradition. The food in a country also says a lot about its culture; the local as well as the embraced one. So, as you'll notice, below are a lot of restaurants mentioned among the tips. I hope you'll enjoy them as much as we do!

Regarding which fish to order in Portugal: Best fish around according to me is robalo (sea bass) and dourada (gilthead sea bream), pregado (turbot), species fished just by the shore. These are usually served whole, depending on size suitable for 1-3 people. Cherne (grouper) and corvina (stone bass) are very big fish, usually cut in "slices" 2-3 cm thick before grilled. Delicious as well, and a good option if you're not used to avoiding fish bones in a whole fish. On the other side of the spectrum are the exquisite sardines, smaller with a lot of tiny bones, but many of their small fish bones can be chewed and eaten as they are. Fresh sardines are only available some times of the year; best in June and July.

There are two traditional, good restaurants in Odeceixe:
Restaurante Chaparro in the center of Odeceixe has good grilled food and some typical portuguese dishes. Then there is Restaurante Gabão a bit higher up in Odeceixe, below the church. In both you can choose if you want to sit outside or inside! The church is simple but very special to us, as we got married there and baptized our children at the same time in July 2013. The only marriage that year!

At the top of Odeceixe, on the street going up from the wind mill, inside Casas do Moinho, you find Naperon, the upscale restaurant of chef Hugo Nascimento. He took his family and moved to Odeceixe from Lisbon, to provide us all an incredible gastronomic experience, with impeccable service. Expect fine dining, with menus of five to seven dishes with traditional produce, completely unique on our coast. You'll need to book a table! +351 916 177 333.

In Odeceixe's central square there's a nice café and restaurant called Ao Largo, which serves the dish of the day (always changing), they also have some vegan options and several vegetarian; the vegetarian burger with chèvre is my favorite! They make their own cakes for dessert.

The Odeceixe beach is incredible, with the river reaching the ocean. High rocks and cliffs dive into the ocean on both sides of the beach, and thanks to this incredible scenario Praia de Odeceixe won the award for being the most beautiful cliff beach in Portugal! You'll have to go there at least once! Beach bars are open only in the high season months. You have a café/bar called Agapito and, a bit further down, you have Esplanada do Mar which is facing the beach in between the ocean and the river. Both serve things like fresh juices, sandwiches and burgers. Agapito also has a really good selection of wine, served by the glass or bottle, and selections of presunto (Portugal's prosciutto), cheese, shrimps with garlic and chili and other delicacies. The other bar has a divine fish soup!

The restaurant Dorita has a privileged view over the sea, and you can choose to sit inside or outside. The grilled fish is great, the clams and mussels as well, the staff is super friendly, prices are fair, and they have some good wines and beers. I go there quite a lot with the family!

And then there's another place which I love! It's called Bar da Praia and is small and really cool! Located just above the part of the beach turned towards the river, they have a beautiful view over the beach and tapas are great. Owned by two cool Spanish guys who moved to our area because they love it so much :)

At the Odeceixe beach you can also rent SUPs, canoes or surf boards. If you don't know how to surf yet, what about booking a surf class? I strongly recommend João and his Surf Seixe Academy. +351 967 504 952. They'll also be opening a shop in the center of Odeceixe summer of 2025 where you can rent surfing, bodyboarding, skateboarding or biking gear.

If you like remote and calm beaches where it's likely you'll find no one or just one or two fishermen, then I recommend my favourite, special beach: Carreagem... It's gorgeous..! Just outside Rogil, a bit South of Odeceixe. Small, a bit hard to reach (many steps) but extremely poetic! Lousy for surfing though because you have beautiful cliffs and rocks all over, including under water. Not much sand either. But beautiful! It's essential to check the tide table for the day so you can catch the low tide. Before going to this beach, stop by the bakery/café Padaria do Rogil to bring something with you to the beach! Everything in this bakery is great, they sell to for example El Corte Inglês and other gourmet stores all over the country.

Aljezur is a town about 15 km South from us and there is, besides the beautiful old part of the town, a fort which was the last one in Portugal to be re-conquered from the arabs. The view from the fort is beautiful!
The restaurant Pont'a Pé in Aljezur is marvellous and well worth a visit! Typical Portuguese food, very well done and the owner, Milton, is the best host ever. Ask him for tips on wine and he'll help you out! Tel +351 282 998 104.
If you feel like having a really good sourdough pizza I recommend Arte Bianca in Aljezur. I love the outdoor sitting area nestled in between whitewashed walls in the older part of town, with lights hanging from the big olive tree in the middle. They have indoor seating as well, and also another restaurant in Vale da Telha close to Arrifana, but the outdoor experience in Aljezur has me hooked.

Another beach which I strongly recommend is Arrifana, Southwest of Aljezur. You'll have to park at the top and walk down but it's worth it. It's possible to drive down to drop someone off if needed but the car has to go back up. Arrifana has a surf school and the waves are good for beginners!

There are more and more offers in Arrifana, I'm mentioning my favourite ones here:
Cal means chalk in Portuguese, and refers to the whitewashed walls so typical of Alentejo and Algarve. At restaurant Cal, at the top of the Arrifana beach, they're beautifully contrasted by terracotta vases and cactuses. Drinks are really good, and to accompany choose from any of the delicious dishes. I especially recommend the octopus from our coast, the gazpacho, peixinhos da horta (deep fried vegetables, the origin of tempura) and the chocolate mousse with medronho for dessert! Chef Susana Felicidade is from Arrifana and after living in Lisbon and opening several amazing restaurants there she decided to open Cal "back home" and we're very grateful :)

O Paulo in Arrifana is located by the ruins of the Fort of Arrifana, on top of the cliffs embracing the beach. The view from there is spectacular! The food at the restaurant is really good, with focus on seafood and fish (as it should, with proximity to the fishing harbour down the cliffs).

Halfway down to the beach of Arrifana, in one of the curves to the right, is the access to the incredible outdoor lounge bar (and surf rental) Ti Raul. Sunset is the absolute best time for a drink here! Occasionally they organize great parties with DJ and everything.

A day-trip to the beaches Carrapateira and Amado is strongly recommended, they're amazing. Good for surfing too. When driving south you'll pass a small beautiful village called Bordeira and straight after, before reaching the village Carrapateira, you turn right towards the beach. If you continue on that road it'll eventually take you to Amado beach. They're both incredible but according to me what's even more special is the road in between them on top of the cliffs. The view from there is priceless!

Two other beaches are Amoreira, outside Aljezur, and Carvalhal some 10 km North of Odeceixe. Carvalhal's beautiful, easy access and perfect for a little cooler days since it's a bit more protected from wind.

Azenha do Mar, some 5 km North of Odeceixe, has a rustic but great Marisqueira (sea food restaurant). Order seafood rice or just santola or sapateira (huge crabs), ameijoas (clams in garlic, wine and cilantro sauce) and percebes (barnacles, ask how to eat them if you've never tried!), it's all to die for! You have to go on odd hours (basically before 19.30 for dinner and before 12.30 for lunch) as this restaurant gets very full and waiting for a table for an hour is never nice...
Tel +351 282 947 297
In the same village, just by the cliffs over the ocean, is Café Palhinhas. This is one of the spots where people living in the area, both Portuguese and expats, hang out! They come for the amazing view, for the great food, for the drinks and for the atmosphere.

If you'd like to go exploring to the interior, go to Monchique. We recommend you take the road that goes upriver and inland from our estate, it's beautiful! After you pass Zambujeira de Baixo, keep going in direction Monchique. Monchique's a small town known for their thermal water and handicrafts. Knitted sweaters, big and small carpets, pottery, blankets, sheepskin slippers... They have a bit of everything! Nice restaurants too! My favorite is Luar da Fóia.

When you're in Monchique you have to make the few extra km to Caldas de Monchique, it's an amazingly beautiful little town just by the springs. The houses and the surroundings look like they come from a romantic movie. Do not miss this!
If you prefer going on a hike instead of strolling in the bucolic village of Caldas de Monchique, have a look at the trail of Passadiços do Barranco do Demo, located about 8 km east of Monchique.

Wine tasting: if you enjoy great wine, and are curious to try the mineral and crisp ones which come from the vines here on the Atlantic coast, do not miss this! The adega of the vineyard Vicentino is quite a gem and offers a beautiful view over the valley about 2 km north of us, you pass by their vines on the way to Azenha do Mar. I recommend the interesting visit to the adega before the wine tasting.

Or just stop by for a glass of wine, as you prefer. For a visit to the adega you need to book in advance, on telephone number +351 914 549 870.

Medronho tasting: At the Júnior Jacques distillery, in the valley above our estate, you can book a medronho tasting and try the delicious and strong alcoholic beverage made by berries from the strawberry tree, growing wild on our hills.

Aljezur, 15 km South of us, has a picturesque fish/fruit/vegetable market with local very good produce. Open from Monday to Saturday until 13h. If you want a supermarket I recommend Intermarché in Aljezur. They have almost everything and a great variety of ecological products. In the lower part of Odeceixe is a mini market called Mercearia Maria, where you can find the essentials.

Pharmacy, if you would need it: There's one in central Odeceixe, one in Rogil by the main road, and one just in the beginning of Aljezur.

Ok, I think this'll keep you busy for a few days :) Anything specific you'd like to know please just ask and we'll do our best to help you out. Marina, our right hand and on site responsible, lives and works on the estate and her phone number is +351 911 817 891.

Best regards,

Catarina
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