



MOINHO
• CALMO
BED & BREAKFAST

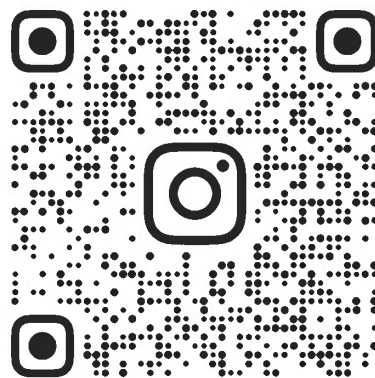
EASE UP,
SLOW DOWN
AND TRULY ENJOY YOUR TIME.



Wifi

Moinho Calmo

Password: Go2theBeach



@MOINHO_CALMO

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ABOUT US

NELLY & ROMAN

It all began with Nelly and Roman going on a getaway trip to explore new corners of Portugal and the vision of creating a life project together. For years they both worked independent in their own businesses, now it was time to bring the energy together and build a site for their future.

By chance, they stumbled across the land and some of the property on which Moinho Calmo now sits – It was love at first sight. The family was growing and with it, the desire to settle and grow roots became reality.

Motivating by being able to live their family dream by the coast, they made it all happen. So here we are – we welcome you, it's our pleasure to share our home with you.

Nelly & Roman



VILA DO BISPO

1- Eira do Mel
Traditional Portuguese Food
917 555 669

2- Zig Zag
Café-Snack Bar
282639330

3- Ribeira do Poço
Traditional Fish Sea Food
282639075

4- Aqui no Por do Sol
Café-Snack Bar
282639262

5- Snack-Bar Caravela
282639202

6- Izzys Market
Vegeterian Boutique
282639153

7- Café Concerto
Bar

8- O Palheiro
Grill Portuguese Food
282639745

9- Solar do Perceve
Traditional Portuguese
282639254

10- Pisco
Homemade Pizza Vegetarian
282096741

11- Nascer do Sol / Tapas

12- Tasca do Careca
Traditional Portuguese
282639478

13- Restaurante Convivio
Flexible Portuguese Cousine



Laundry



Market



Bike Rentals / Kiosk



Pharmacy



Post Office



Surf Rentals



Supermarket



Beach



OUR LOCATION

Moinho Calmo is located at Vila Do Bispo a beautiful villa with its narrow streets, white washed houses, and peaceful cafes sits almost at the extreme southwest corner of both Portugal and Europe. It is a small village, but caters well visitors and locals, with two banks, a local market, plus a supermarket a medical centre and plenty of smaller shops, cafes, and restaurants just few minutes by walk from Moinho Calmo.

The presence of the sea can be felt with the fresh, clean air, sunny climate it is one of the sunniest places in Portugal.

There are many long, sandy beaches in the area, some of which are almost always deserted.

You can either drive 5 min by car, or if you feel adventurous take a long walk or cycling to the beach at your own pace..

The countryside is popular with walkers, and much of it is part of the protected Costa Vicentina Natural Park which is well known for its wonderful plant and birdlife, particularly in spring when the flowers are in full blossom and the colours can be seen in all their glory.



LET'S GO TO THE BEACH

PRAIA DA CORDOAMA

One of several beaches that form a long sandy stretch along the coast just west of Vila do Bispo.

Cordoama is by far the longest of these beaches but at low tide this doesn't matter as it joins together with neighbouring Castelejo and Barriga to form a huge sandy beach.

PRAIA DA MARETA

The town's main beach is a 600 metre long beach 5 minutes from the centre of town Sagres. It is on the more sheltered southern side of the point and made up of sand and pebbles. It has easy parking and is a popular family beach.

PRAIA DE BELICHE

A small, sheltered beach just to the north of Sagres town.

PRAIA DO TONEL

Located on the exposed northern side of Sagres point.

This often makes it a popular choice for surfers.

It is a good sized sandy beach and is patrolled by lifeguards in the summer.

PRAIA DO MARTINHAL

Just outside Sagres to the east.

It is a fine sandy beach surrounded by dunes.

Being less central than the other beaches means it can be quieter.



TOWARDS ALJEZUR...

PRAIA DO AMADO

The southernmost beach in the municipality of Aljezur and is located near the village of Carrapateira. It has an extensive sandy area delimited to the south and north by high cliffs that enter the sea.

On the northern edge of this beach, there is Pontal da Carrapateira, a rocky platform of high environmental value, presenting priority habitats for nature conservation at European level.

Considered one of the best Portuguese beaches for surfing, it is one of the main spots in Europe for this sport. this beach provides ideal waves.

PRAIA DA BORDEIRA

Being the longest beach in the municipality of Aljezur, with a sand of about 3 km, Praia da Bordeira is located to the north of Carrapateira, next to the mouth of Ribeira da Bordeira, hence its name.

Here you can walk along the beach or take the walking trail and observe the dunes preserved in terms of the different habitats that develop along the different dune levels, away from our footprints.

We trying to preserve our dunes and to the date the evidence suggests that this strategy is working and that endangered plants and creatures are making a comeback to the places where they were once common.



LET'S GO TO THE BEACH

PRAIA DA ARRIFANA

Located in the small fishing village of Arrifana, this beach is part of an area of high ecological importance and rare natural beauty, developing on a sand with more than half a kilometer in length. Protected by high schist cliffs, it forms a kind of small bay, which is why it is the beach least hit by the wind and the strong surf. gigantic rock, here called “Pedra da Agulha”, which has become an icon of the southwest coast.

It is considered excellent for water sports, such as diving, surfing or bodyboard, being very popular for the practice of these last two modalities.

The surf season starts as soon as the summer season ends, making it a paradise for surfers.

PRAIA DE ODECEIXE

Classified as one of the 7 Wonders – Beaches of Portugal, the beach of Odeceixe, located at the northern end of the municipality of Aljezur.

This beach has the particularity of containing a river beach, as it is limited to the east and north by the Ribeira de Seixe, which borders natural with the Alentejo.

It therefore has sea and river baths.

It is in fact in this Natural Park, the only place in the world where it is possible to observe the storks that nest on the sea rocks.



ACTIVITIES AROUND

YOGA & MEDITATION

Luckily Moinho Calmo has its own yoga space and teacher. Moinho Calmo Yoga Studio program caters to all levels and offers a variety of yoga styles, meditation and breathwork. All props and a delicious complimentary tea are provided. The specific program is available on our website.

Daily Classes take place Monday to Sunday at 10:00 am.
Private Classes upon request.

Moinho Calmo
+351 926 12 81 87
+351 926 55 27 23

SURF

The Surf and SUP Experience ,
Our surf schools are a must for anyone who wants to experience the surfing thrill in a safe and supportive environment on Algarve's beautiful beaches.
Our experienced coaches will help everyone to get up on the board and ride their first waves to the shore.
Surf lessons include:
Wetsuit, surfboard, 3 h coaching, transportatio from Moinho.

Micky
+351 914 980 997

Surf Rentals
Vila do Bispo Surf Shop

Info:
Only During High Season you will find surf rentals at the beach, Cordoama, Amado.
Keep in mind most beaches do not offer vigilance during the low season.



ACTIVITIES AROUND

HIKE

Rather than being just one trail, the Rota Vicentina encompasses many different trails through the Alentejo coast from fisherman's trails, to historical ways, circular routes you can design the best trail for you.

The official recommended walking season for the Rota Vicentina is from September till June. The best time is generally agreed to be spring, followed by autumn, followed by winter.

The official Rota Vicentina site offers a wealth of information as well as an interactive map with loop trails too.

There is no need to purchase their paper guidebook necessarily, as it has the same information as the website. If you're keen on hiking the Algarve instead, you can also check out the Via Algarviana website.

Rota Vicentina APP:

Download the project App and take with you all the tools to enjoy even more of all of Rota Vicentina's offers.

rotavicentina.com/en/

Walk free- Transfer your luggage from A to B with Vicentina Transfers.

+351 927616213

vicentinatransfers.pt

DIVE

Puravida Divecenter offers, scuba diving, free diving, snorkeling, sailing and other ocean adventures. Create your own complete holiday package, come for a one-day experience.

+351913210716 / +351918426721

puravidadivehouse@gmail.com



ACTIVITIES AROUND

CYCLING

Discover the beauty of the Algarve per E-bike while you comfortably cruise along the azure blue ocean and sandy beaches. We offer various E-bikes to rent for any amount of days. Have your E-bikes delivered to your accommodation and explore the Algarve in style.

+351 969 794216
info@algarvesportland.com

SUP TOUR

The most famous and favourite stand up paddle tour! Paddling from Praia Dona Ana or Praia da Batata (depending on the conditions) to Ponta da Piedade exploring the stunning coastline with all the grottoes! We love paddleboarding – Come with us to explore the area of Lagos!

+351 969 794216
info@algarvesportland.com

PARAGLIDING

Flying is the dream of many people, and you can make it true in Portugal! The best part is that you do not need any previous experience to enjoy this adventure, you will have an experienced pilot by your side at all moment, sharing with you all what you will like to ask regarding the area.

+351 308 804 962
support@manawa.com

COASTEERING

Coasteering is an incredible sport that combines elements of cliff jumping, rock climbing and wild swimming. Our tours are designed to make Coasteering available to everyone.

+351 968 485 186
info@sagres-coasteering-tours.com



A DAY IN LAGOS

Lagos, Portugal is a top destination for travelers looking for natural beauty, a relaxed atmosphere, and historic charm. Plus, it's a destination that's possible to experience in just a day.

Located in the heart of the sunny Algarve region about three hours south of Lisbon, Lagos is known for its picturesque beaches, mosaic-tiled streets, and proximity to legendary surf spots.

Get familiar with the old town of Lagos by putting on your walking shoes and hitting the streets.

Lagos is an important city in the Algarve throughout history, a fact that is emphasised by the presence of looming town walls surrounding the old part of town. The first protective walls were first built by the Romans and the current walls date back to the 16th century.

If you follow the path along the cliffs and beaches, you'll walk past these lovely sites:

PRAIA DE BATATA

A popular sunbathing beach with amenities like restaurants and kayak rentals nearby.

PRAIA DOS ESTUDANTES

A smaller sandy beach with tunnels through the cliffs that take you to the Lagos Roman Bridge (a must-see!)

PRAIA DONA ANA

This is a top beach in the region. Like Praia de Batata, it has amenities like beach chairs and places to buy snacks. If you plan to spend most of your Lagos trip at the beach, choose accommodation close to this spot.

RENT A KAYAK OR PADDLE BOARD TO EXPLORE THE CAVES

If water activities are more your style, there are places to rent kayaks and stand-up paddleboards along the beach at Praia de Batata. You can also book guided tours in advance online.

THE LAGOS OLD TOWN IS LIVELY AFTER DARK.

After dinner, head to the Old Town for some gelato and street music or grab a drink at the popular rooftop bar, Bon Vivante. Bon Vivante is five stories high but I'd recommend heading to the roof if the weather is nice.

RESTAURANT RECOMMENDATIONS

Dois Irmãos

PORTUGUESE

Av. dos Descobrimentos 8600-525 Lagos
+351 282 181 100

Dom Sebastião

PORTUGUESE

R. 25 de Abril 20-22, 8600-763 Lagos
+351 282 780 480

Gorilla

VARIOUS / VEG

Tv. dos Tanoeiros 7, 8600-315 Lagos
+351 915 956 357

Sunrays

VARIOUS / VEG

Praça do Poder Local 22, 8600-524 Lagos
+351 912 885 795



EXPLORING SOUTH COAST

Just few minutes driving and you can choose from two totally different scenes, west coast with long beaches, dramatic landscapes or head towards the south coast and enjoy smaller beach sight, full of Hidden gems to discover....

PRAIA DE LUZ

Praia da Luz means the beach of light. Although Luz can be pretty lively during the summer, it is less crowded than some of the other hotspots of the Algarve.

This beach has fine sand, which has a yellow colour. It is very nice to walk on it. The sea is calm and shallow and the water is clean. It gets deeper only slowly, which makes this beach perfect for families with small children.

PRAIA DA SALEMA

A Fishermen village of Salema, in the municipality of Vila do Bispo. Here you can find golden sand, colourful fishing boats and traditional white painted houses. In addition, you can find fossilized dinosaur footprints here.

PRAIA DO ZAVIAL

A large beach in the municipality of Vila do Bispo, near the village of Raposeira. It is mainly known as a surf beach, because the conditions for surfing here are very good. In addition, Praia do Zavial is surrounded by beautiful green scenery. If you like to explore the area, you can find the ruins of a fort called Bateria do Zavial just west of the beach. This was one of the fortifications that protected the coastline centuries ago. In addition, you can find some megalithic monuments in the area near the beach.

PRAIA DA INGRINA

A small beach near the village of Raposeira, in the municipality of Vila do Bispo. The beach is secluded and peaceful, which is why it is a good place to enjoy your holiday and relax. Around the beach you will find plenty of green scenery, because the beach is part of the Costa Vicentina natural park.

The beach is located in a small cove, which has the shape of a seashell. It has beautiful white sand.

RESTAURANT RECOMMEDATIONS

ZaZu Beach Club

MEDITERRANEAN AND ASIAN DISHES

Av. dos Pescadores 130, 8600-130 Luz
+351 282 013 499

Lourenço

FISH/ TRADITIONAL

R. 28 de Janeiro 11, 8650-200 Salema
+351 282 698 622

Agua na Boca

PORTUGUESE

Rua dos Pescadores 82, Salema 8650-199
+351 282 695 651

Restaurante Zavial

VARIOUS / VEG

Praia Do Zavial, 8650 Vila Do Bispo Algarve,
+351 282 639 282



PLACES TO EAT SAGRES

RESTAURANT RECOMMENDATIONS

Laundry lounge

LIVE MUSIC BAR / RESTAURANT VARIOUS

R. da Nossa Sra. da Graça, 8650-369 Sagres

282 075 392

Gelataria Alice

SNACKS/ DESSERT

R. de São Vicente, 8650-370 Sagres

920 160 693

Dromedário

BAR/ BURGER

R. Cmte. Matoso, 8650-357 Sagres

282 624 219

Restaurante Gigi

SEAFOOD, MEDITERRANEAN KITCHEN

Rua Comandante Matoso, Sagres 8650-357 Portugal

282 624 316

A Sereira

FISH / LUNCH ONLY / MON TO FRI

Porto de Pesca da Baleeira, 8650-368 Sagres

282 109 682

Armazem

FISH & MEAT

R. da Mareta, 8650-357 Sagres

925 699 922

Arte Bianca

ITALIAN KITCHEN

R. da Mareta, 8650-372 Sagres

282 014 022

Holi Diwali-Indian Restaurant

Rua Infante D. Henrique EN268, Sagres, 8650-355 Sagres

282 624 697



THINKING OF YOU

LITTLE ADVENTURE KIDS

Parents also need their time, little adventures exist thinking of you. Depending on the age of the children I offer beach activities for kids. Creative projects, playing games, beach clean ups. Whether you are on vacation here or resident, I got some amazing energy-burning activities to keep kids busy! Aside from the obligatory sandcastle building and paddling there are many other fun and creative beach activities that the kids will love.

<https://littleadventurers.club/about>
+351 925089235

MOINHO CALMO THERAPIES

Enjoy a massage or a therapy adjusted to your needs in the comfort of your room, we bring the therapist to you.

Treatment price from 70.-

On appointment only:
info@moinhocalm.com



EMERGENCY CONTACT

PHARMACY VILA DO BISPO

(5m walk from Moinho Calmo)
R. Ribeira do Poço 11, 8650-426 Vila do Bpo.
+351 282 639 199

POLICE VILA DO BISPO

Rua de Santa Fé, Lt 1, 8650-436 Vila do Bispo
282630010
ct.far.dptm.pvlb@gnr.pt

EMERGENCY NUMBER

112

PRIVATE HOSPITAL ALGARVE - ALVOR - GRUPO HPA SAÚDE

Sítio Cruz da Bota Lote 27, Estrada de Alvor, 8500-322 Portimão
+351 282 420 400

LUZDOC - INTERNACIONAL DOCTOR

R. 25 de Abril 12, 8600-174 Luz
+351 919 869 700

LOCAL FIRE DEPARTMENT

Sítio Senhora do Amparo, 8650-428 Vila do Bpo.
+351 282 639 285

MARITIME POLICE

Av. dos Descobrimentos, 8600-645 Lagos
+351 282 767 983

TAXIS

Roadvita Transfers
+351 962 603 878

MOINHO CALMO

+351 926 12 81 87
+351 926 55 27 23
info@moinhocalm.com



OUR ROOMS

Moinho Calmo's Interior Design Team has equipped every room with the necessary furniture, beddings and utilitarian objects, all made with natural materials, such as cotton, silk, coconut fibres, natural rubber, herbs (eucalyptus, lavender) and lots of second hand reused, upcycled objects. When you enter the place you will immediately feel the love and compassion in every corner and it will soon make you feel home.

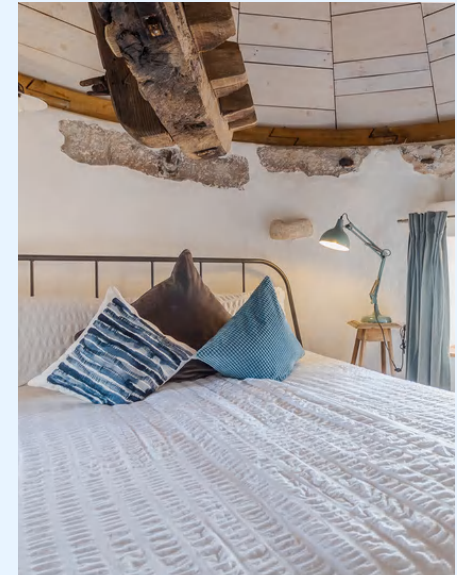
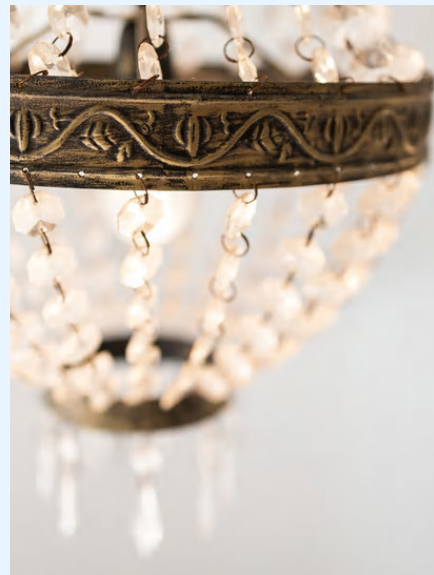
Our most unique Room at Moinho Calmo, as it is the Center and eponym of our place. Enjoy your stay in the more than 150 years old walls of our cosy windmill.

We deliberately chose a spacious, transformable room to accommodate guests in wheelchairs or young families with babies who would like to enjoy a little more privacy.

The Lofts are usually preferred by families or groups of friends who wish to share their vacation in the Algarve.

Due to the immense room height, they provide an open plan room with a double bed and two single beds on the Mezzanine.

They also include a private bathroom with easy accessible rain shower, a little lounge area and a private terrace space giving the chance to the whole group to enjoy a wonderful time together.



YOGA PAVILION



Practice Yoga at Moinho Calmo

Luckily Moinho Calmo has its own yoga space and teacher. Nelly led her own yoga school named nandiyoga since 2006 in Switzerland.

Nelly's nandiyoga School of Yoga is internationally accredited by The Yoga Alliance (ERYT 500) offers a variety of yoga lessons, workshops and personal retreats in a supportive, nurturing environment.

Yoga Studio Weekly Classes

Moinho Calmo Yoga program caters to all levels and offers a variety of yoga styles during the week with local teachers that bring their practice into our studio, meditation and breathwork and many more.

All props and a delicious complimentary tea are provided. The specific program is available on our website

