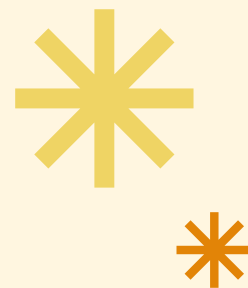


ALGARVE SPORTS

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ALGARVE SETTINGS TO INSPIRE GREAT ADVENTURES



See for yourself:

The Algarve is a place where you just can't sit still.

Fill your holidays with unforgettable experiences and head out to sea for an introduction to sailing or diving, or take to the skies for a paraglider flight or a parachute jump. Once back on *terra firma*, you can enjoy the thrill of go-karting, relax on a walk or be brave enough to have a go at horse riding.

Find your own pace and let yourself be tempted by the wide range of activities on offer for spending days full of movement and excitement, with the unique landscapes of the Algarve as a backdrop.



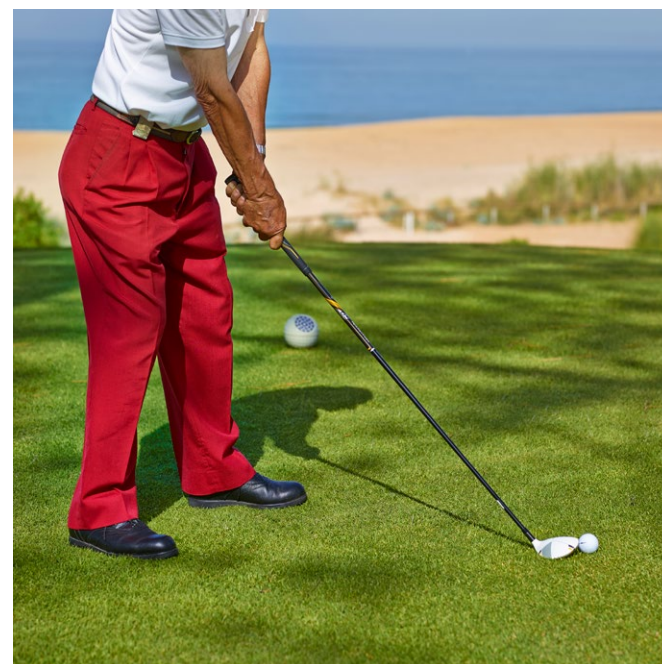
Falésia Beach - Albufeira

NATURALLY PERFECT FOR LIFE OUTDOORS

The gentle ambience, the many hours of sunshine and the pleasant temperatures both in and out of the water... this is the essence of the Algarve, ideal for life outdoors and sports all year round.

In the southernmost region of mainland Portugal, where the proximity of the ocean makes the weather more moderate, you can forget the rigours of harsh winters and summers. The days are generally bright and are conducive to a wide variety of sports, from the most traditional to the most extreme, in the water, on dry land or in the air. The region's natural conditions combine with the range of facilities for tourists and for sport, making the Algarve a location of choice for hosting major sporting events, both national and international.

The sports that choose the region for high-profile events include athletics, cycling, mountain biking, football, horse riding, motor sports, golf, gymnastics, tennis, triathlon, and water sports such as sailing, surfing, bodyboarding, windsurfing, powerboating and swimming.

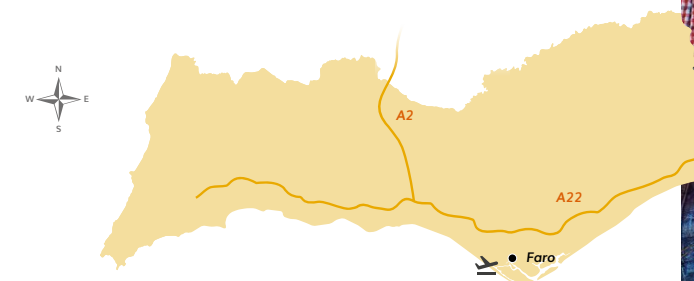


HOW TO GET TO AND ENJOY THE ALGARVE

It's easy to get to the Algarve. The busy Gago Coutinho (Faro) Airport is strategically located and a network of motorways links the region to the rest of the country (A2) and to Spain (A22). Transfers, taxis and car hire in addition to the public transport network are ideal for getting around locally and for reaching your favourite destinations.

Facilities for tourists include a range of services to support sporting activities, such as transport, easier access to sporting amenities, and excellent contact with specialist operators in the sector.

Portugal belongs to the *Tur4all* accessible tourism platform (www.tur4all.pt) and the Algarve offers a transport network, sporting facilities and accommodation that are adapted for people with reduced mobility and other special needs.



ACTIVITIES



Be it alongside the ocean, in the Barrocal or in the picturesque uplands, the Algarve brings together the perfect conditions for a huge range of marine, land and airborne activities; some just for fun, some more adventurous and others more radical still.



Athletics

- Unique competitions, unparalleled scenery

Charismatic competitions, challenging courses, the varied landscape, the tracks and the accommodation facilities specialising in hosting teams make the Algarve a destination of choice when it comes to athletics.

In the Algarve, the new year gets off to a running start with the *Grande Prémio dos Reis* (Grand Prix of Kings) being held in the streets of Faro, the region's capital, with races for all ages.

And where else could you find the white magic of almond trees in blossom with the sea in the distance? Only in the Algarve, of course. Follow the course of one of the most iconic competitions in athletics, the *Almond Blossom Cross-Country*, in Albufeira. A tradition dating back four decades, this competition is part of the *World Cross-Country Tour* in the speciality of cross-country.



The challenge of half-marathons and triathlons

Courses through fairly flat terrain attract fans of the half-marathon, both in Quarteira-Vilamoura, between the land and the sea, and in Faro, with a view over the Ria Formosa.

The European Champion Clubs Cup in Track & Field at the High Performance Centre in Vila Real de Santo António and the international elite stages in triathlon are just some of the most important competitions hosted in the Algarve.

Ultra Trail - Extreme events

Exceed your own expectations in special places like the Protected Local Landscape of Rocha da Pena in Loulé, or the Serra de Monchique, a Natura 2000 site. The *Rocha da Pena Ultra Trails* and the *Serra de Monchique Trail* are some of the national Trail and Ultra Trail courses of the ATRP – The Portuguese Trail Running Association.

Several degrees of difficulty higher, the supreme challenge in this sport in the Algarve is the *ALUT - Algarviana Ultra Trail* which takes place along the length of the Via Algarviana GR walking trail. This covers some 300 kilometres of natural and cultural heritage in the Algarve interior, from the Guadiana to the west coast on the Atlantic, which can be covered solo or in relay teams, up to a time limit of 72 hours.



Sailing - The art of handling sails and ropes

Sailing, taking advantage of the power of the wind and flowing with currents and waves, gives you absolute freedom and silence. An experience that captures everything from serenity to excitement.

The whole of the Algarve coast is appreciated by sailors. The natural conditions are perfect for feeling both the gentle rocking of the warm waters of the rias and estuaries and the excitement of heading out to sea; but there's also the adrenaline of regattas, with the four-kilometre bay of Lagos and its almost guaranteed winds being regarded as one of the best regatta venues in the world.

The marinas and recreational harbours of the Algarve have excellent conditions for all the Olympic sailing classes, complemented by schools, clubs and companies that rent out boats and equipment.

The region has become one of the international stages for major events and trophies in the sport in the various classes and a training camp destination for international teams. The Vilamoura International High Performance Centre is a beacon of excellence thanks to the quality of its facilities, and it hosts European and world championships, in particular the unmissable *International Carnival Sailing Tournament*.





Mountain biking and cycling - Adrenaline on two wheels

The Algarve's climate and terrain, the superb landscapes and the region's cultural and social richness are, on their own, reason enough to pursue this sport. But on top of this are the tempting cycling trails and the iconic competitions that have made the Algarve famous as a top class destination for tourism on wheels.

Here we are talking firstly about the classic Cycling Tour of the Algarve, of course, which is contested every year by hundreds of cyclists, many of whom are of international stature; but there's also the epic *Algarve Bike Challenge*, with its surprising upland trails in the interior of the municipality of Tavira, which form part of the most important mountain-biking race in Portugal.

For more casual fans of two-wheeled transport, the Algarve offers a network of 20 cycle trails for tourists, which are low in technical difficulty and are aimed at people who wish to explore the region actively along rural roads and informal tracks.



For its part, road cycling has more than 40 itineraries that enable visitors to discover the region in an active, sustainable manner,

including stretches for training specific skills with more experienced cyclists and competitive athletes in mind. There are a number of clubs and support facilities for cycling and mountain biking in the Algarve, the most important being the Lagos Mountain Biking Centre, located next to the Mata Nacional do Barão de São João. It is one of the Cyclin'Portugal centres and has signposted trails of different levels of difficulty for mountain biking, cross-country and cycling tourism.





Swimming

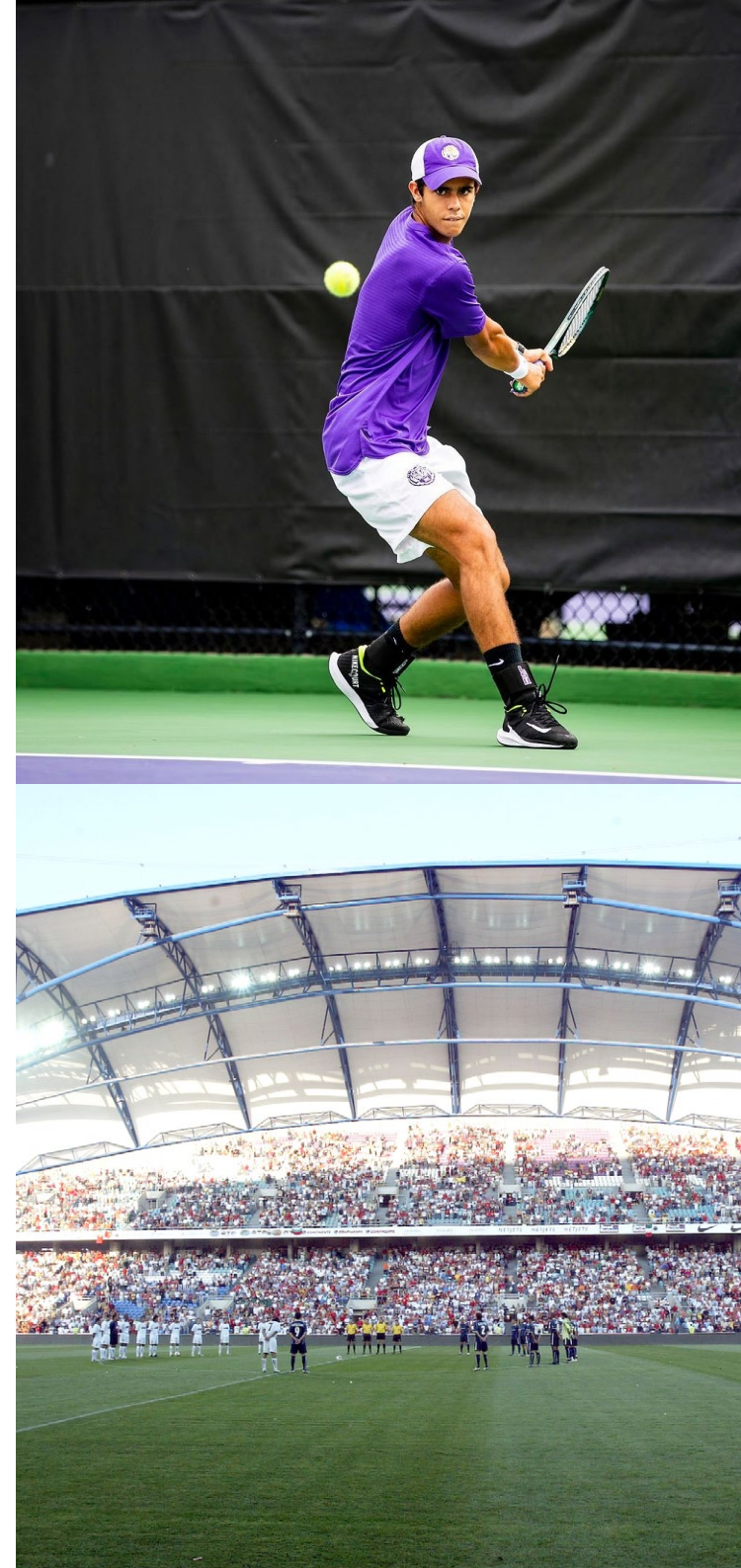
- The appeal of lightness

The lightness and harmony of your movements and the rhythm of air in your lungs make swimming one of the most relaxing and healthiest physical activities. In open water or the various municipal swimming pools, the Algarve appears on the calendar of a number of elite competitions.

One example is the *Algarve International Meeting*, in which clubs and teams from countries on several continents take part. All along the Algarve coast, there are indoor and outdoor sports facilities designed to host top class sporting initiatives, technical teams that are equal to the challenges and hotels to accommodate teams and their accompanying personnel.

In addition to fulfilling all the technical requirements, there is also the vastness of the sea on the south coast, where you can swim peacefully in open water.

A rare experience, on the Portuguese coast.



Tennis

- Excitement on the courts

The thrill of tennis comes from its constant physical and mental challenge. The sport is well established in the region, with good courts, tournaments and national championships in various municipalities, and international competitions such as the *Loulé Open* and the *Loulé Ladies Open*, which are normally contested by top international athletes in the sport.



Football - The beautiful game

A high quality region when it comes to hosting training camps, the Algarve provides excellent conditions for playing football, combining mild winters with training facilities, certified pitches, multi-purpose complexes, training circuits and modern hotels that are equipped to accommodate the athletes.

Every year, especially during the winter months, many foreign and Portuguese teams choose the Algarve for their pre-season and mid-season training, and there are facilities for the sport throughout the region.

The Algarve Stadium, where three matches in the Euro 2004 finals were held as well as qualifiers for Euro 2020 and for the World Cup in Qatar in 2022, is at present the annual stage for the *Algarve Cup*, an international tournament in women's football.



Formula 1 and motorsports

F1 - Bring out the Lewis Hamilton in you

"This circuit was incredible". These were the words of Lewis Hamilton when he won the Portuguese F1 Grand Prix in 2021 at the Autódromo Internacional do Algarve circuit. Even if you're not an F1 driver, let yourself be tempted by a motorsport driving experience behind the wheel of a car in the company of a professional driver to ensure that you enjoy the experience in safety.

In addition to the most prestigious motorsport event, this circuit also hosts the best riders in the world in stages contested for the *World Superbike Championship* and for the *Moto Grand Prix*, along with other events of international standing.



Go-karting

- Fun and adrenaline for young and old

In Albufeira, Loulé (Almancil) and Portimão (Mexilhoeira Grande), go-karting tracks are the setting for great excitement in official competitions, but can also be reserved specifically for races between groups of friends or work colleagues.

Adapted go-karts for people with reduced mobility and for children are also available, so that everyone can experience all the adrenaline of racing in complete safety.



Motocross

- The magic of the Algarve's circuits

There are a number of well-known motocross circuits in the Algarve: the Cortelha circuit is legendary, in the heart of the Serra do Caldeirão in the interior of Loulé, an area of cork oaks, strawberry trees, honey and Iberian pork. Constructed on hard ground, this circuit hosts competitions that provide thrilling spectacles of the sport and an opportunity to interact with the people, customs and food of the uplands.



Off-roading

- Adventures off the beaten track

Dirt roads are the setting for adventures and trips of rare beauty, with fabulous scenery stretching from the hills of the serra to the sea.

Take the wheel of an off-road vehicle and enjoy the pure air of the uplands, the freshness of the valleys and the panorama from the hilltops. There are a number of companies in the region that organise trips with experienced drivers, and it's also possible to experience the excitement of driving an off-road vehicle.

Apart from experiences that are available all year round, there are also traditional trips that can be enjoyed with family or friends, such as the *Salir TT*, when you travel through the hills surrounding Salir, the off-roading capital of the Algarve, and enjoy the best of off-road driving.



Rallying - Speed and skill in superb countryside

With breathtaking stages, the Algarve countryside is the setting for a number of the sport's charismatic competitions, which count towards the Portuguese GTS Rally Championships, Classic Championships and Southern Rally Championship, with the highlight being the *Casinos do Algarve Rally*. A test of skill and driving for those who take to the wheel of these vehicles and a day of thrills for the spectators who use this as a reason to visit and discover the region.





Rugby

- We play rugby in the sunshine here

European and Portuguese rugby teams are the guests of honour at the *Algarve Rugby Festival* at Browns, for the now classic *Loulé International Rugby Tournament*, which has been held more than 30 times, or for the more recent *Algarve International Rugby 7s Tournament*, which takes place at the Vila Real de Santo António Sports Complex.



Equestrian sports

- The art of horse riding

The unique bond between humans and horses, and the beauty and harmony embodied in this relationship this is what shines through in the fantastic competitions involving Olympic champions and the stars of international equestrianism who normally take part in the *Vilamoura Atlantic Tour*. The Algarve is now a prime international venue for equestrian events, and, at this event alone, can host more than 1,000 horses and 300 riders of over 30 nationalities.

Why not take advantage of the facilities yourself? There are equestrian schools and centres throughout the region that offer unique experiences, ranging from riding and dressage to pony and horseback rides along vast beaches or trails through the hills, most probably under a blue sky.



Skateboarding

- The skill of riding a skateboard

People who do this sport say that the excitement of riding your skateboard, leaving the ground, keeping your balance, gaining speed and carrying out daring manoeuvres, gets under your skin. There are many places for practising this extreme sport, with various skateparks strategically located from the sotavento in the east to the barlavento in the west.



EXCELLENT FACILITIES



There are sports facilities in the Algarve to meet the needs of the most demanding athletes. So it's no wonder that some of world's best athletes and teams choose the Algarve as the destination for their high performance training camps.



International High Performance Centre - Vila Real de Santo António

This is one of the most accredited High Performance Centres in Europe, thanks both to the high quality of the multisport facilities and complementary training equipment and to the experience of its professionals.

Accredited by World Athletics (formerly the IAAF - International Association of Athletics Federations) since 2002 and classified as an Olympic Preparation Centre since 2004, it hosts training camps for international teams in various sports and for key events such as UEFA tournaments, the Algarve Cup, the Guadiana Cup and the European Champion Clubs Cup in track and field athletics, among others, and was an Official Training Centre for Euro 2004. The principal facilities include the main stadium, grass football pitches, the sports pavilion, the sports arena with areas for athletics, the tennis and padel courts and the swimming pools.

Set in natural surroundings, it provides athletes with around 12 kilometres of dirt paths for walking and running in the heart of the National Forest of the Coastal Dunes of Vila Real de Santo António with the sea as a backdrop.



Algarve Stadium (Faro-Loulé)

The contemporary architecture of this stadium with arched roofs over the two central stands, catches one's eye in the rural landscape of the Algarve. Built in 2003, it was one of the venues for Euro 2004, and can seat more than 30,000 spectators. Part of the Parque das Cidades between Faro and Loulé, the Algarve Stadium is a blend of structural elegance and functionality, and is the stand-out sports facility in the south of the country.



Portimão Arena

Located in the Fair and Exhibition Park in Portimão with the River Arade as a backdrop, the modern Portimão Arena is a highly versatile pavilion owing to the modular nature of the entire 6,000 m² space; the Algarve Hall alone can host 3,000 spectators on retractable, movable seating, or up to 8,000 spectators standing.



Autódromo Internacional do Algarve

Embodying the thrills of motorsports such as Formula 1 and Moto GP as well as other world-famous events, this is one of the most modern and most versatile circuits in Europe, with 64 different layouts, including the version used for Formula 1, approved by the FIA, and the Superbike version, bearing the seal of approval of the FIM.



Other sports facilities

There are also private sports facilities of international standing in the region that stage high performance sports, such as **Browns Sports & Leisure Club** Training Camp, a resort in Vilamoura designed from scratch for sports at grassroots, amateur and professional level, **The Campus**, a unique multi-sports complex in the heart of Quinta do Lago, the **Cascade Sports Academy** in Lagos, focusing on football, and the **Vilamoura Marina International High Performance Centre**, which attracts sailors from northern Europe and Asia for winter training camps.



THE ART OF HOSTING SPORTS EVENTS

The Algarve hotel industry is highly qualified and experienced in hosting athletes and groups, and is expert in the art of welcoming guests.

The high-quality accommodation is complemented by excellent facilities and wide-ranging services: grass and artificial pitches approved by FIFA, Olympic tracks and pools, high performance gymnasia, physiotherapy and wellness treatments, restaurants with customised menus, and many others.



The Algarve has the landscape, the climate and unique conditions for organising top sporting events that generate interest and have a high profile in the international media. This is especially the case outdoors – cycling, open-water swimming, triathlon, sailing, equestrian sports, Formula 1, Moto GP – but also in indoor sports – acrobatic gymnastics, rhythmic gymnastics, futsal, padel, fitness, swimming – all facilitated by the sports pavilions and complexes throughout the region.

Unique characteristics that guarantee the Algarve a podium place for major competitions and sporting events.

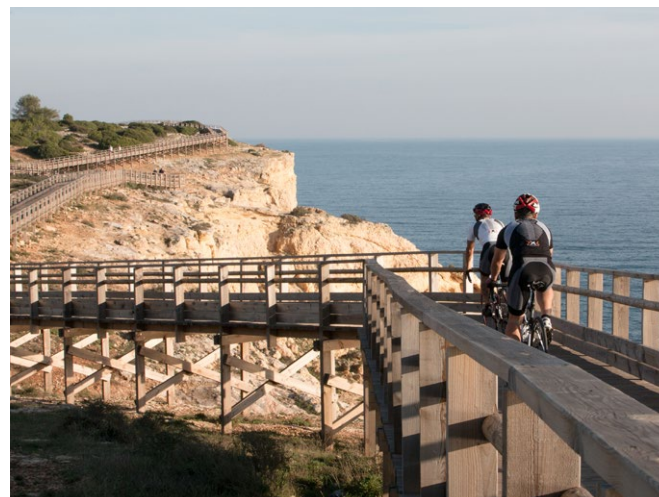


MEMORABLE SPORTING EXPERIENCES

From the hills of the serra to the ocean, and not forgetting the pleasant water of the coastal lagoons and the long stretches of beach, the whole of the Algarve is ideal for an adventure in movement.

Combined with the natural conditions, there are opportunities to watch major sporting events and take advantage of the unique experiences organised by numerous companies specialising in sporting and tourist activities.

On land and in the air, there are many trails and routes to be followed both with and without a motor, and so much excitement to be discovered on a paragliding flight or a parachute jump above the landscapes of the interior or the cliffs along the coast.



The waters of the major rivers of the south, the Arade and the Guadiana, are perfect for both tranquil and adrenaline-filled water sports.

Canoeing and kayaking, stand-up paddle, windsurfing and kitesurfing are activities organised by a number of water sports clubs.



From traditional sports to more recent ones, let yourself be tempted by the salt water and maybe by one or more introductions to diving, surfing, canoeing and kayaking, kitesurfing, wing foiling, parasailing, jet skiing and many others. A long list, to which powerboating must be added, where Formula 1 and aquabike racing use the River Arade as their stage.





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