



MOINHO
• CALMO
BED & BREAKFAST

EASE UP,
SLOW DOWN
AND TRULY ENJOY YOUR TIME.

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ABOUT US



NELLY & ROMAN

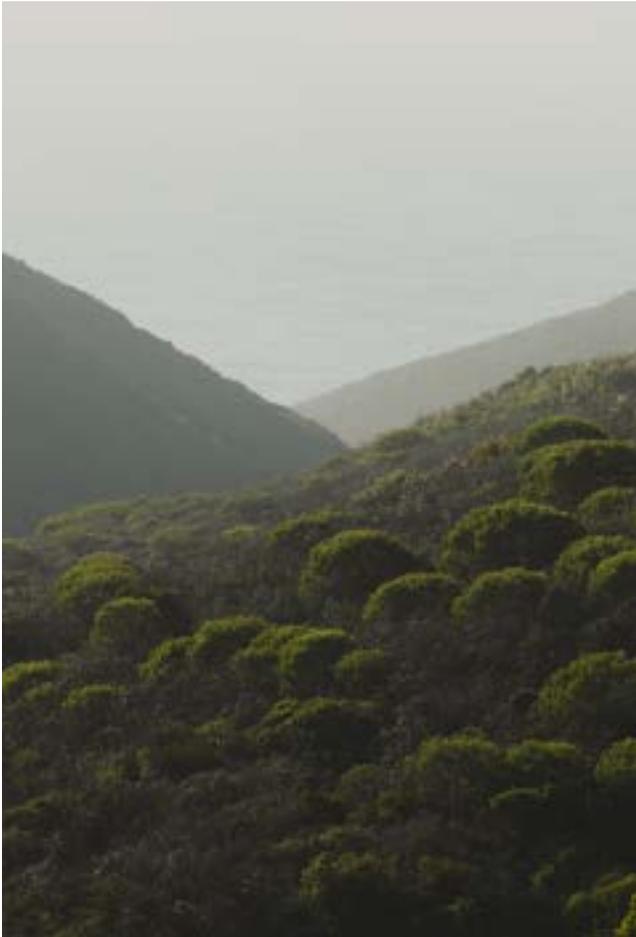
It all began with Nelly and Roman going on a getaway trip to explore new corners of Portugal and the vision of creating a life project together. For years they both worked independent in their own businesses, now it was time to bring the energy together and build a site for their future.

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

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. 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 the 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.



LET'S GO TO THE BEACH

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.

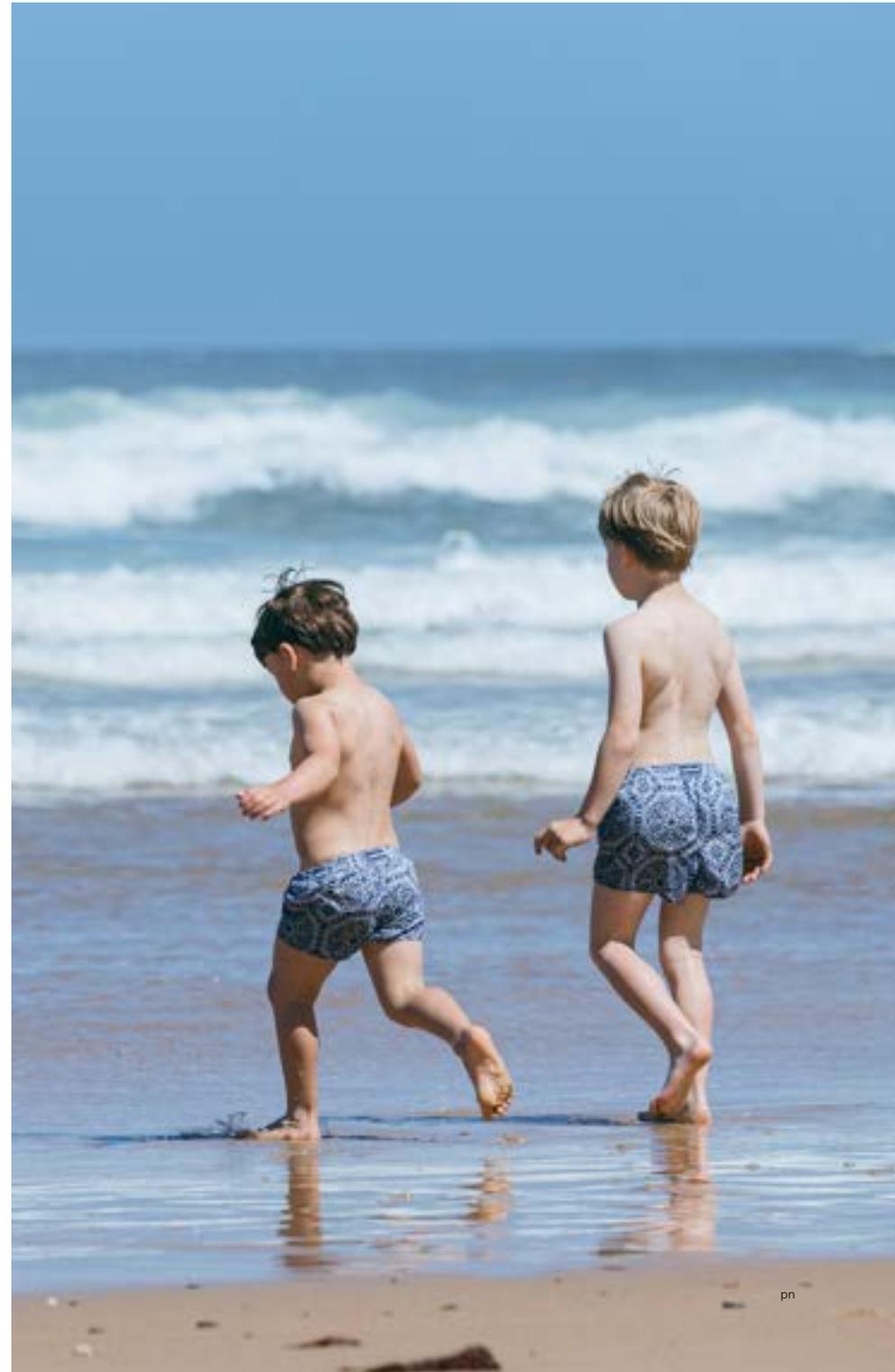
The surf season starts as soon as the summer season ends, making it a paradise for surfers.

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

ACTIVITIES THAT YOU CAN PLAN WHILE STAYING WITH US...

YOGA & MEDITATION

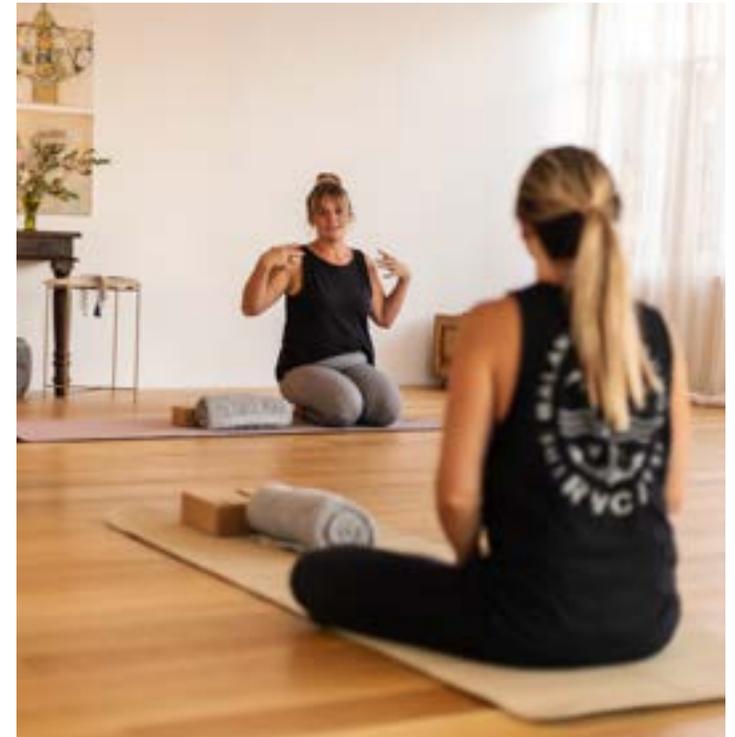
Luckily Moinho Calmo has its own yoga space and teacher. Moinho Calmo Yoga Studio program caters to all levels and offers a variety of yoga styles, meditation and breathwork. All props and a delicious complimentary tea are provided. The specific program is available on our website.

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



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. 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/

DIVE

After a lifelong dedication to the ocean and over 20 years of teaching scuba diving, PuraVida Divehouse dream project became real!

Located in Sagres, Algarve's most wild and magical place, also recognized as one of the most unique dive sites in the world.

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 best bits of the Algarve with Musette Bike at Cycling Center Salema

Explore the highlights of the Algarve on 2 wheels to really enjoy the sights and scenery of Costa Vicentina's Natural Park.

Choose the bike to suit your riding style from our selection of MTB, race, and trekking bikes.

Kids' cycles for all ages, child seats and Croozer trailers are also available.

hello@musette.bike

Tel: +351 917 019 200

Cerro da ermida, lote 18, 8650-060 Salema

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



A DAY IN LAGOS

OUR RECOMMENDATIONS FOR A FULL DAY TOUR...

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 Paddleboard 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 Irmaãos

PORTUGUESE

Praça Infante Dom Henrique 4, 8600-525 Lagos
282 181 100

Dom Sebastião

PORTUGUESE

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

Gorilla

VARIOUS / VEG

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

Sunrays

VARIOUS / VEG

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

EXPLORING SOUTH COAST

OUR RECOMMENDATIONS FOR A FULL DAY TOUR...

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 RECOMMENDATIONS

A Tribo

VARIOUS / VEG

Rua da Mata 2, Barao de Sao Joao, Lagos 8600-013
+351 282 688 194

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

VARIOUS /VEGGIE OPTIONS:

Pisco

PIZZA

R. Cmte. Matoso 2, 8650-413 Vila do Bpo.

282 096 741

Izzy Market

100% VEGGIE CUISINE

Loteamento Municipal Senhora do Amparo Lote 13, Loja 5, 8650-436 Vila do Bpo.

282 639 153

Zig Zag Café

SNACK / LUNCH

Rua do Mercado Municipal, 8650-421 Vila do Bpo.

282 639 330

TRADITIONAL FOOD

Eira do Mel

Estrada do Castelejo, 8651-909 Vila do Bpo.

917 555 669

Tasca do Careca

R. Primeiro de Maio 4A, 8650 429, Vila do Bpo.

282 639 478

Ribeira do Poço

R. Ribeira do Poço 11, 8650-426 Vila do Bpo.

282 639 075

Vila do Bispo Local Market

Buy your groceries and head to the beach for a pick nic

Rua do Mercado Municipal, 8650-421 Vila do Bpo.



VG OP. * THE PLACE ITS NOT 100%PLANT BASED,
BUT OFFER SOME VEGGIE OPTIONS ON THE MENU

PLACES TO EAT

VARIOUS /VEGGIE OPTIONS:

Lundry 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

TRADITIONAL FOOD

Restaurante Carlos

PORTUGUESE CUISINE
R. Cmte. Matoso, 8650-357 Sagres
282 624 228

A Sereira

FISH
Porto de Pesca da Baleeira, 8650-368 Sagres
282 109 682

Armazem

R. da Mareta, 8650-357 Sagres
925 699 922

Arte Bianca

R. da Mareta, 8650-372 Sagres
282 014 022



VG OP. * THE PLACE ITS NOT 100%PLANT BASED,
BUT OFFER SOME VEGGIE OPTIONS ON THE MENU

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.

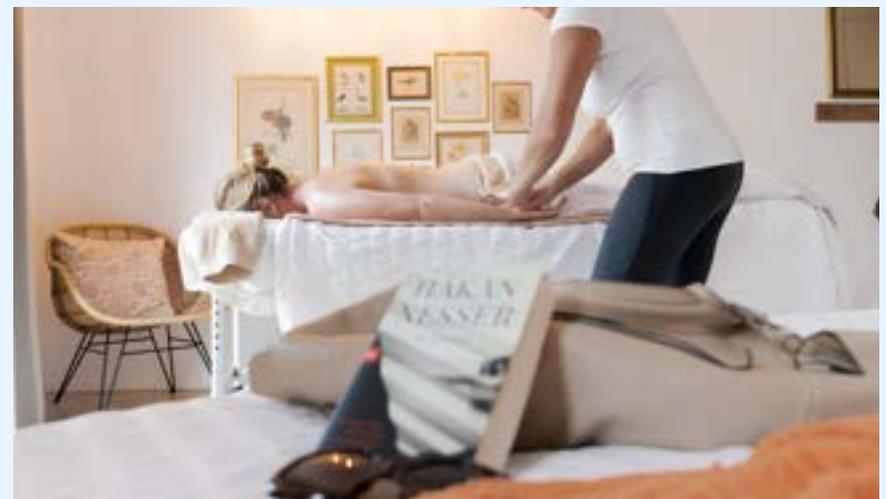
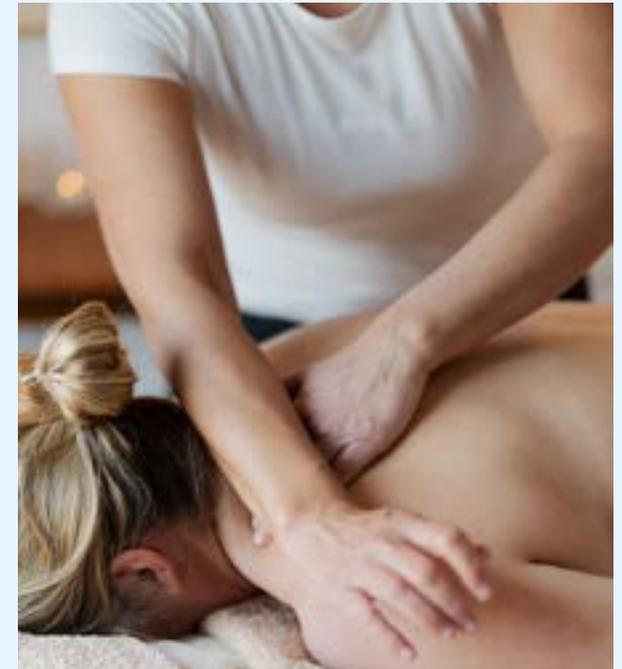
<https://littleadventurers.club/about>
+351 925089235

MOINHO CALMO THERAPIES

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

Relaxing Massage	75min	70€
Ayurveda	75min	70€
Shiatsu ready to sleep.	75min	90€
Traditional Shiatsu	75min	70€
Deep Touch	75min	70€
Sound healing	75min	70€
Reiki	60min	70€
Foot Massage	60min	70€

On appointment only:
info@moinhocalmo.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

Hospital São Gonçalo de Lagos - Grupo HPA Saúde

Av. Dom Sebastião, 8600-502 Lagos
282 420 400

Local Fire Department

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

Maritime Police

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

Moinho Calmo

+351 926 12 81 87

+351 926 55 27 23

info@moinhocalm.com



EMERGENCY CONTACT



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

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.

