



July 13 2015, sunny 31°

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## Pilates

Last year, it turned out to be such a success that we are following up. In the months of June, July, August and September, Délia Rodri-



gues will once again teach Pilates by the side of the swimming pool. Or aqua jogging, for our Dutch guests regularly prefer working out in the water. Of course, that is lovely too, especially if it's hot.

## Painting week October 2015

Do you feel like painting outdoors for a week (again)?

On your own mountain?

Working hard, but getting pampered as well? You can, from

**Wednesday 7 - Wednesday 14 October.**

[www.montedocasarao.com/En/e\\_painting.html](http://www.montedocasarao.com/En/e_painting.html)



## 1. NEW WEBSITE

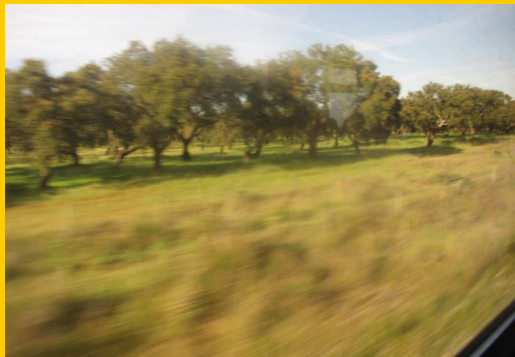
We proudly present to you the new Monte do Casarão website, a co-production in which my nephew Koen, working from his own company Nex Studio [www.nexstudio.nl](http://www.nexstudio.nl) and yours truly have taken the lion's share. After eight years' faithful service, the website was due a facelift. Our main goal: enhancing the findability and functionality. Certain applications turned out not to work on smart phones and tablets, and at any rate texts and pictures had to be replaced.



The (Dutch-language) site is up and running. We'll let you know when the revised Portuguese, English, German and Spanish sites will be online. For now, our foreign guests will have to make do with the old sites. All the same, you are most welcome to take a peep on the revamped Dutch site. We think it's a vast improvement, but what matters to us is knowing what *you* think. And more importantly, whether everything is functioning correctly and links are working.

## 2. TRAIN TO LISBON

Whenever we travel to Lisbon, we tend to go by train. There is a small (unmanned) station half an hour's drive from us, at Santa Clara/Saboia. Tickets (you'll have a reserved seat) can be bought on the Internet. The train is really luxurious, boasting free Wi-Fi, an information screen



featuring speed and position, a buffet car or a lady who passes with a cart, possibly a table in front of you (indicate your preference when you book) and more than enough legroom. The trip takes 2.5 hours, just as long as by car. You can do it in one day, but spending the night in Lisbon is much more fun, of course. Or you can travel to Porto. Train tickets are not expensive. There are various package deals and people over 65 get a 50-percent discount.

## 3. SÃO TEOTÓNIO

The 17th Festival de Mastros has been and gone in São Teotónio. The hand-made bunting and the flowers, the handiwork of mainly the elderly village people, will continue to hang in the streets, as decorations for all the festivals São Teotónio can still look forward to this summer. The municipality covers most of the costs of the Festival de Mastros. Every time, the proceeds are donated to a different charity: starting up a kindergarten, upgrading the cultural centre, transporting the elderly. This year, various associations get a little extra.



Since the end of last year, the Festival de Mastros is organised by *São Teotónio ñã drome*: founded with the aim of honouring local traditions. The *associação* is committed to including citizens from all walks of life in the preparations for the festival, especially elderly people, in order to involve them in the active community and to prevent them from becoming isolated.

## 4. OTHER FESTIVALS

Although our July and August guests miss out on the Festival de Mastros, there still will be enough to do. In São Teotónio, the Feira Antiga is in the beginning of July, Faceco mid-July. In Odemira, July starts off with the jazz festival. Sines boasts a festival of world music halfway through July. A pop festival takes place early August in Zambujeira do Mar, and then there is much, much more besides.

A real must halfway through August is de Feira Medieval in Silves, the festival enacting the recapture of Silves from the Moors, for six days.

The south of Portugal was Moorish until the 12th century, and that is still noticeable in many ways. However, in Silves, you will be back in those Moorish Middle Ages for a spell. You can even try on a Moorish outfit for next to nothing. The gentlemen become troubadours or monks, the ladies dress up stylishly. Or they become harem ladies on bare feet and with jingling adornment. It's up to you.



*Nel*