



Longevity
Wellness Resort
Monchique





Longevity Wellness Resort Monchique



Map of Portugal





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About Portugal/ Algarve:

- Lifestyle (golf, beach, food, hospitality, culture)
- Climate (more than **300 days of sunshine per year**)
- Algarve was elected "**Best Worldwide Golf Destination**" in 2006
- Booming tourist and holiday rental market
- Consistent **capital appreciation between 7-10%** since year 2000
- Algarve is considered a **top choice in Europe**
- Algarve **beaches are environmental certified** - 130 km of golden beaches
- Economic and political **stability**
- Low taxation
- Efficient Banking Services
- Excellent infrastructures and telecommunications
- **Lower cost of life** than most European countries
- High **quality of construction**
- Excellent **flight connections** to most European countries
- Increasing number of **low cost carriers** flying to Faro and Lisbon





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Map of Algaeve/
Monchique





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About Monchique: The Garden of the Algarve within a 2000 year old Therapy Spa...



- Located near the beautiful village of Caldas de Monchique where the thermal waters are located (a **2000 year old Therapy Spa**)
- An un-spoilt location with **spectacular mountain views**.
- A temperate climate.
- A wonderful variety of exotic vegetation with **more than 1,000 plant species** turn this hills into the garden of the Algarve
- 83% of the land is **Natural Reserve** (very low construction density)
- Just 40 minutes from Faro Airport and 10 minutes from the Algarve Motorway.
- 20 minutes from the beautiful **beaches of Portimão and Alvor**
- 15 minutes from **top rated Golf courses**





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About Monchique: Foia, the Highest point of the Algarve



- Monchique is best visited on foot. A walk through the steep streets of the town Centre is rewarded with **views of magnificent hills**, glimpsed between houses, and moments of sunlit calm in unsuspected corners.
- For the broadest vistas, continue as far as **Foia, which at 902 metres is the highest point in the Algarve**. From there the view stretches away on one side as far as Cape St. Vincent and north to the Serra da Arrábida, near Lisbon, and on the other to Faro and a vast semi circle of hills. Picota is 774 metres high, but steeper, and has broad and perhaps even more beautiful views that take in a long sweep of the Algarve and the sea.
- Trees, Flowers and Birds: the temperature and rainfall are those of a subtropical maritime mountain type climate, which is the serra is like a marvellous botanical garden, with more than 1,000 plant species, turning the hills into a paradise for amateur botanists.



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About Monchique: Bird watching and Homemade food



- There is plenty for **birdwatchers** to see too. Among the dozens of species to be found are storks, goshawks, roundwinged, royal and mottled eagles, wild pigeons, doves, water hens, kingfishers, cuckoos, owls, nightingales, bluecaps and wrens.
- **Flavours of the Serra de Monchique:** dishes made with rice and beans or chestnuts are not to be missed. Equally tasty are the many recipes based on pork and honey. At the end of a meal nothing goes down like a glass of "medronho", the heady spirit made in copper stills from the fruits of the arbutus tree, or a sip of "melosa", a mixture of brandy and honey.
- The **craftsmen** and women of Monchique still make wicker baskets, wooden spoons, knives and other kitchenware, cloths and other linen items. Modern craft trends are reflected in dried flower arrangements, tapestry pictures and sculptures made of tree branches.



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Exact Location on Google Earth:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=105341231700580918692.00043d6e06112230c6f4f&om=1&t=h&ll=37.279943,-8.552384&spn=0.012156,0.019956&z=16>

The screenshot shows a Google Maps search result for "Longevity Wellness Resort Monchique". The search bar contains the text "e.g., '10 market st, san francisco' or 'hotels near lax'". The search results show the resort's name and a description: "Apart-hotel (4 estrelas superior) de 195 apartamentos na Serra de Monchique, localizado a 5 minutos a pé das Termas na Vila das Caldas de Monchique, a 20 minutos das bonitas praias de Portimão, Alvor e Costa Vicentina e a 15 minutos de vários campos de golfe do Algarve." The map shows the resort's location in a hilly area with a yellow pin. The map controls include a scale bar (1500 ft), a compass, and a zoom slider. The bottom of the screenshot shows the Windows taskbar with various open applications like "Inbox - Micro...", "Link para Goo...", "A1 - Location", "Microsoft Pow...", "Google Maps...", and "PT".



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Accessibility to Longevity Wellness Resort

