Sardines, description-**Escondidinho**Fabulous grilled-**Chico Zé**  
  
Sweet almond and fig, and soft ice cream tub, manufacture own specialized D. Confectionery-**Taquelim Rodrigo Gonçalves.**  
  
Crafts-Artesanato Vasco da Gama  
  
Pastry with manufacturing itself, cakes and bread, specialty pastry S. Gonçalo-**Crisbolo** with breakfast menus filed with Villa Atlantis at special prices.  
  
Restaurant-**Triângulo**, with menus filed with Vila Atlântida; Self service Papaki  
  
Fitness & Spa Essentials-**Boavista Fitness &Spa**, Pool Indoor hot water, Gym, Sauna, Turkish bath and Sunbathing at special rates filed with Villa Atlantis, see link.  
  
Tour the caves by boat and / or Kayak from Forte Ponta da Bandeira up near the beach of Porto de Mós past the caves of Ponta da Piedade.  
  
Visit the dolphins at sea in speedboats.  
  
\* More details at Reception