



**TAIDO 2025
CONVENTION**

ポルトガル

**10th European Championships +
16th Intern. Friendship Games +
1st Taido Junior World Games +**

**24-27 JULY
LAGOS
PORTUGAL**

躰道

Content

[Useful Contacts](#)

[The venue](#)

[Flights and transportation](#)

[Hotels and accommodation](#)

[Food and
restaurants](#)

[Breakfast & Brunch](#)

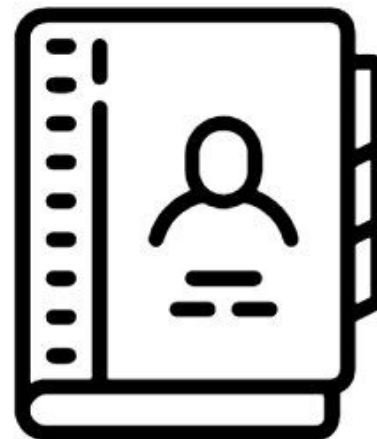
[Grab & Go](#)

[Lunch and Dinner](#)

[Sightseeing and activities](#)

Useful Contacts

Emergency number	112
Forest Fires Emergency	117
Civil Protection	+351 282 768 008
Fire Department	+351 282 770 790
Portuguese Red Cross	+351 282 760 711
Public Security Police	+351 282 780 240
Municipal Police	+351 282 771 783
National Republican Guard	+351 282 770 010
Maritime Authority	+351 282 788 464
Public Hospital Lagos	+351 282 770 100
24H Health Line	+351 808 242 424
Poison Information Centre	+351 800 250 250
Gas Emergency Line	+351 800 215 215



A photograph of a modern, multi-story building with a metallic, horizontally-slatted facade. The building has large, rectangular windows on the upper floors and a glass-enclosed ground floor. A semi-transparent grey box with the text "THE VENUE" is centered over the building. To the left, a white structure with a glass wall is visible. In the foreground, a paved area and a sidewalk are shown, with a few people walking. A young tree stands on the right side of the sidewalk. The sky is clear and blue.

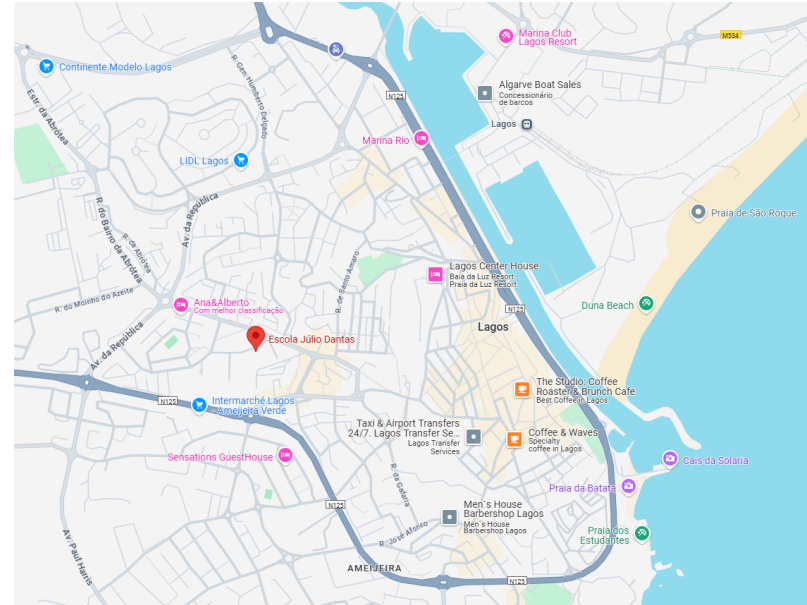
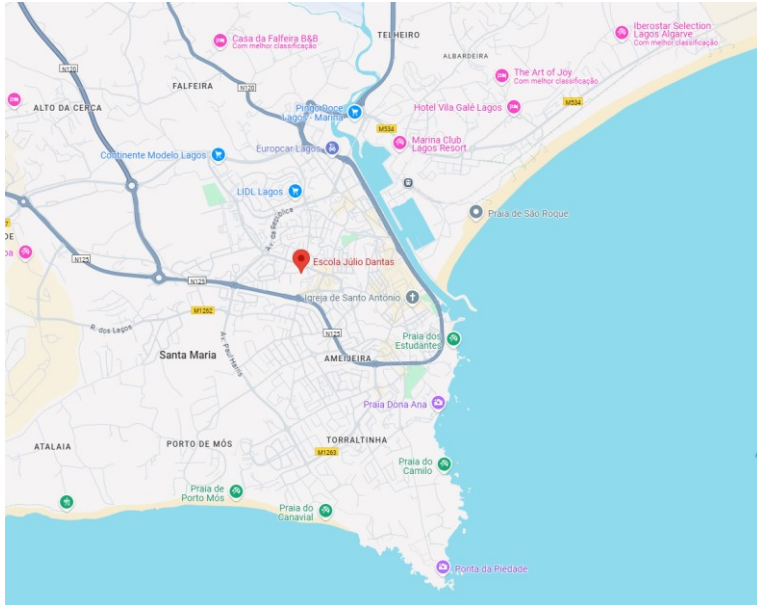
THE VENUE

Escola Júlio Dantas

[R. da Escola Secundária, 8600-315 Lagos](#)
[+351 282 770 990](#)

The championship will take place at Escola Júlio Dantas.

There is the possibility to have the finals outdoors in a place to be determined. * tbc

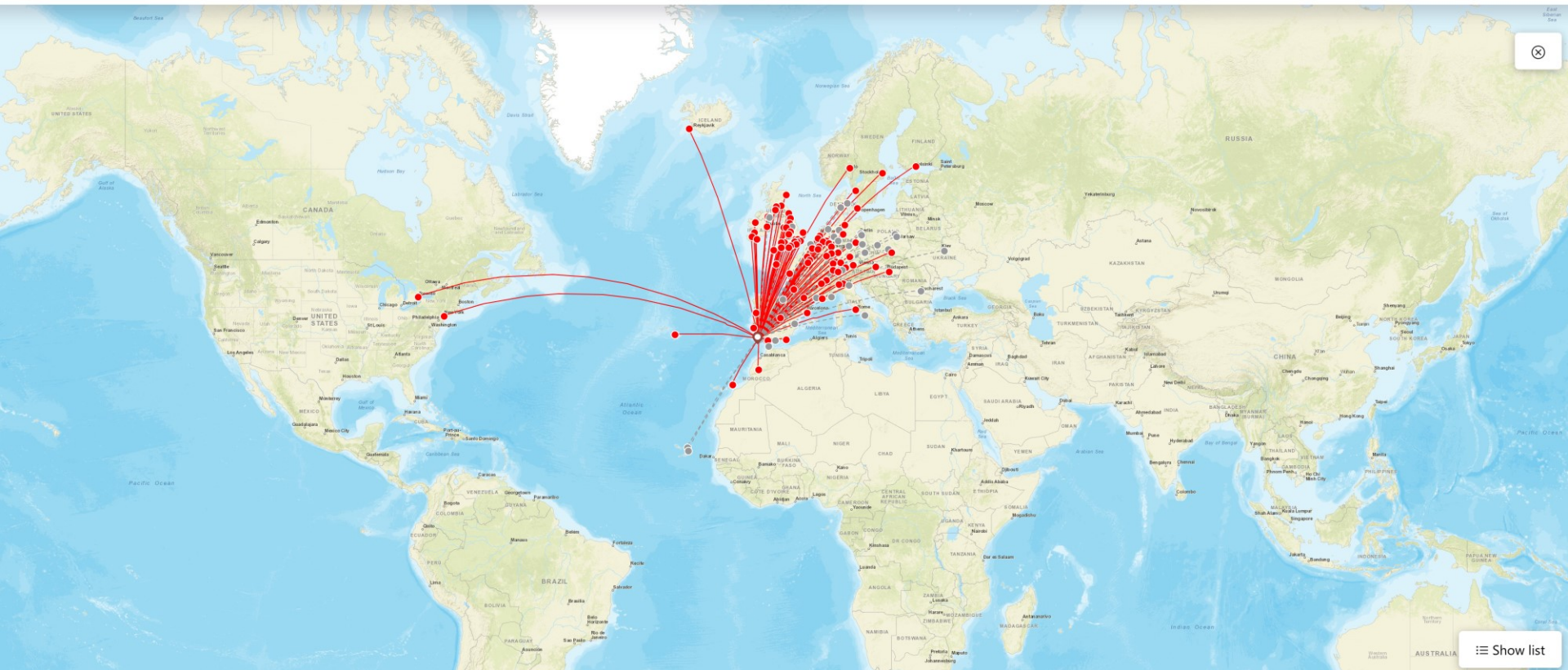


A photograph taken from an airplane window, looking out at a sunset. The sun is low on the horizon, casting a warm orange and yellow glow across the sky. Below the horizon, a vast expanse of white clouds stretches to the horizon. The airplane's wing and engine are visible in the foreground, framing the view. The text "FLIGHTS AND TRANSPORTATION" is overlaid in the center of the image.

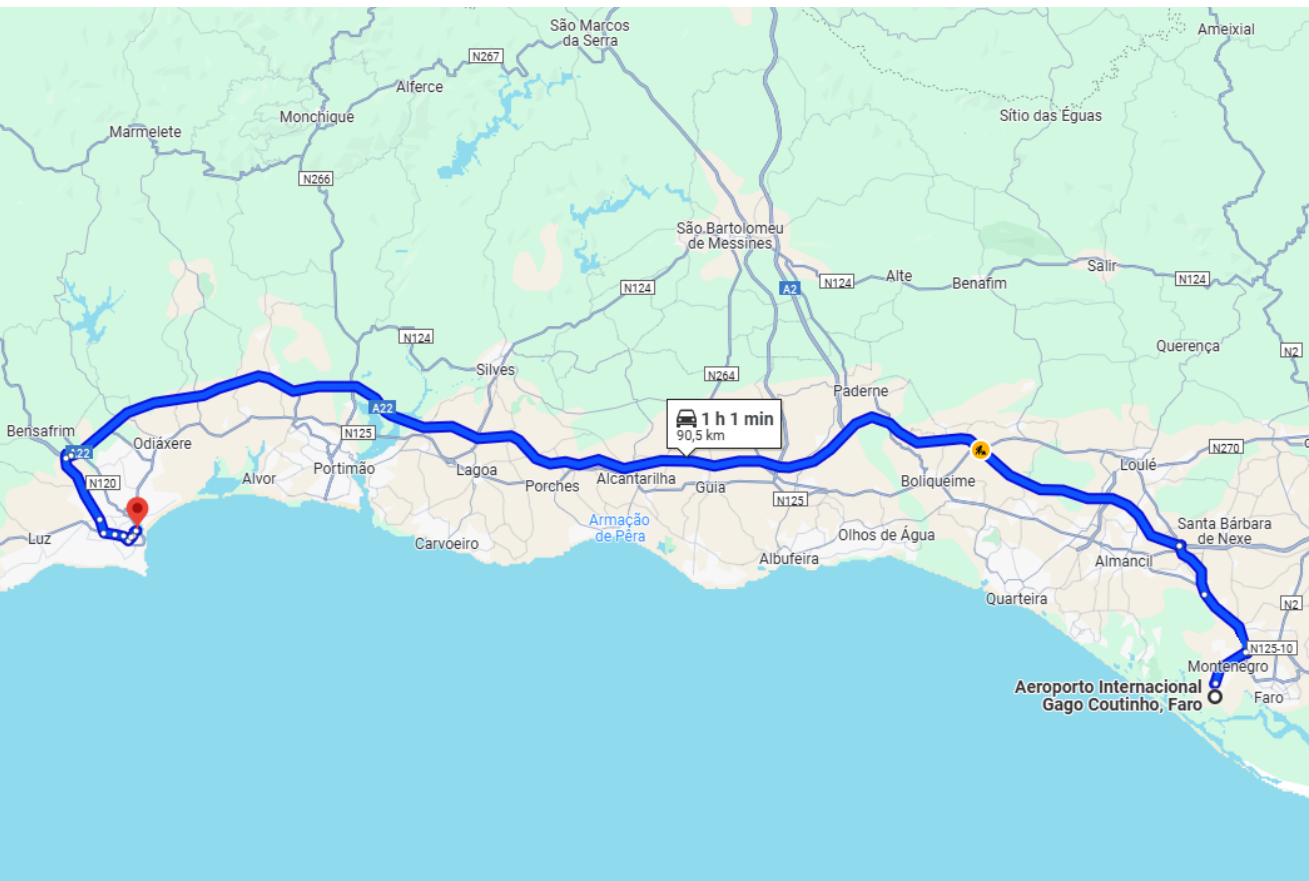
FLIGHTS AND TRANSPORTATION

📍 Flying from?

Faro **FAO**



<https://www.directflights.com/FAO>



FARO - LAGOS

By Car:

When leaving the airport, head to A22, to Portimão/Albufeira (blue signs). You will drive about 45 minutes on the A22. Take exit Odiáxere / Lagos Este and follow signs to Lagos.

Uber, taxi and transfers available

By Bus:

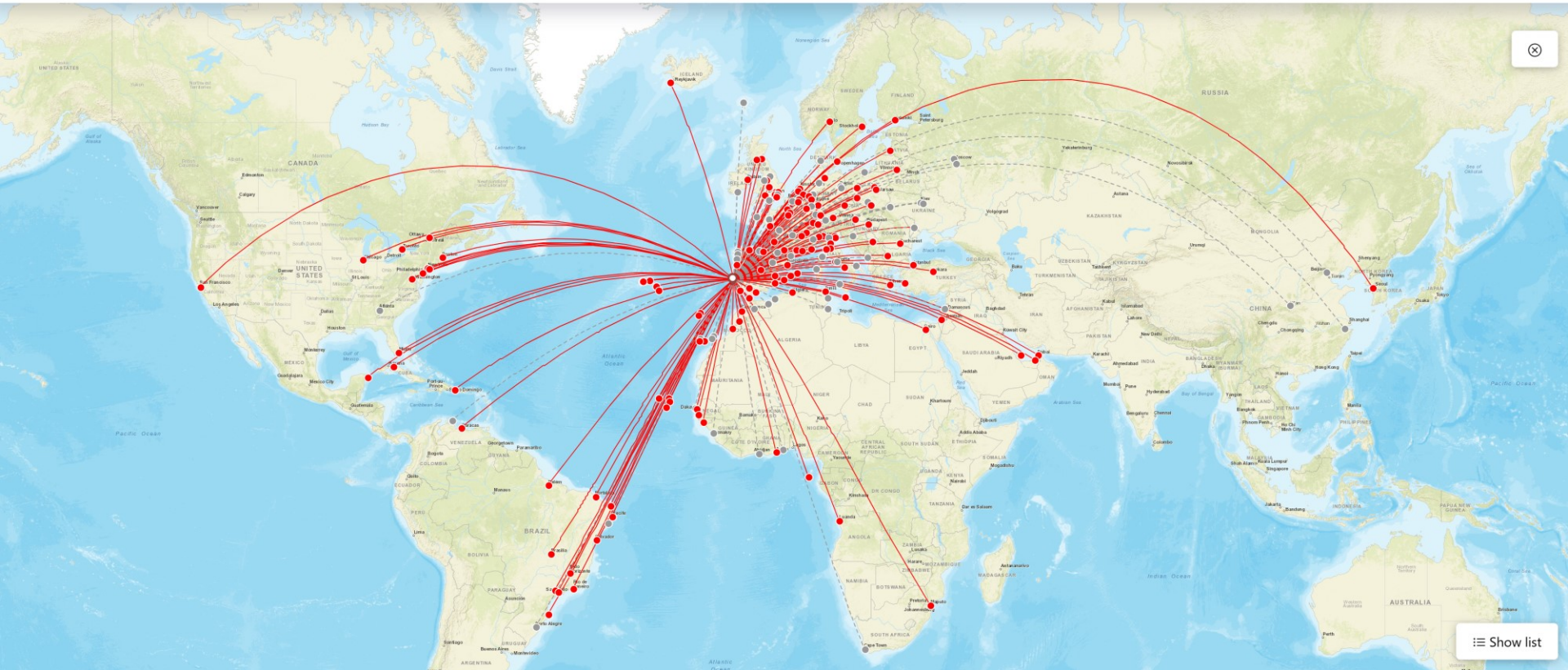
Local Bus from Faro Airport to Lagos: [Tickets](#)
Alsa Bus: [Tickets](#)

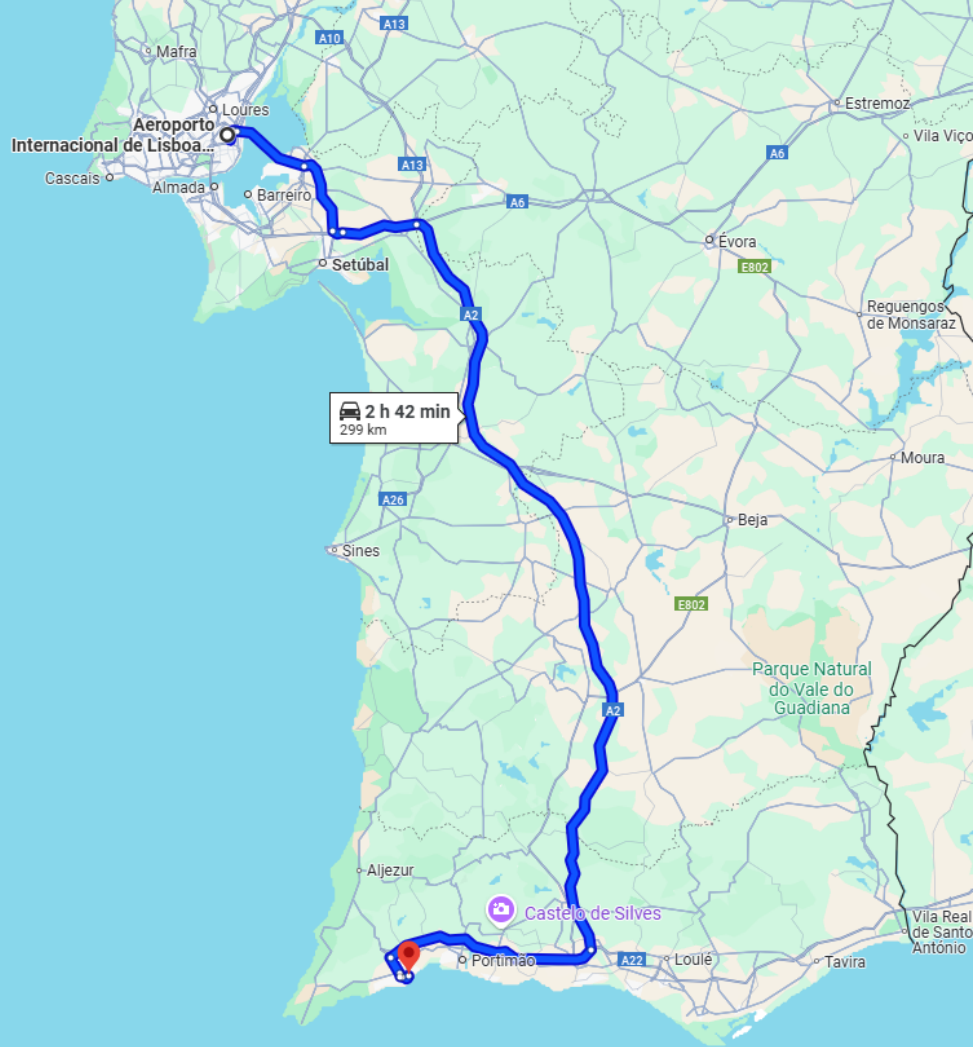
By Train:

Catch the 15 Bus from the Airport to Faro Terminal Rodoviário and walk down the street to the train station. [Tickets](#)

Flying from?

Lisbon LIS





LISBON - LAGOS

By Car:

Leave Lisbon heading south, on the A2. After about 220 km, you will reach the end of the A2 and will be entering the A22. Turn heading to Portimão/Albufeira. You will drive about 30 minutes on the A22. Take exit Odiáxere/Lagos Este and follow signs to Lagos.

By Bus:

Get the subway to Oriente (red line).
Get the bus from Lisbon (Oriente) to Lagos: [Rede Expresso Tickets](#) [Flixbus Tickets](#)

By Train:

Get the subway to Oriente (red line).
Get on the train to Lagos (note that you'll have a layover in Tunes). [Tickets](#)



HOTELS AND ACCOMMODATION

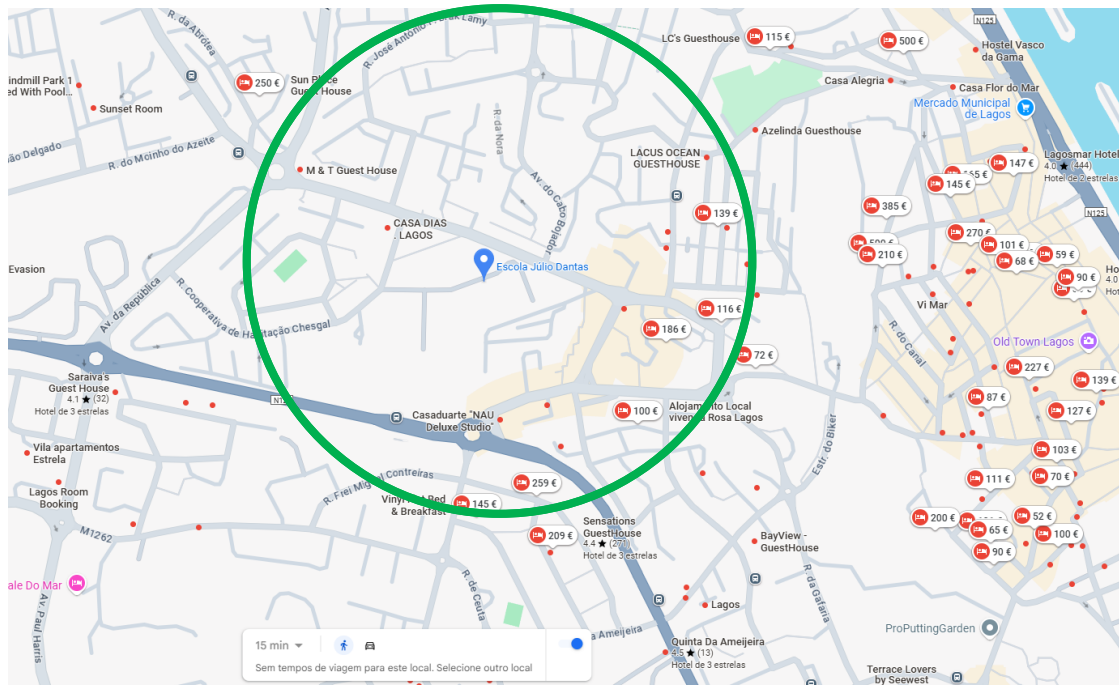
Hotels and Accommodation

Being a tourist destination, there are plenty of hotels, B&B, apartments and local housing for short term rental.

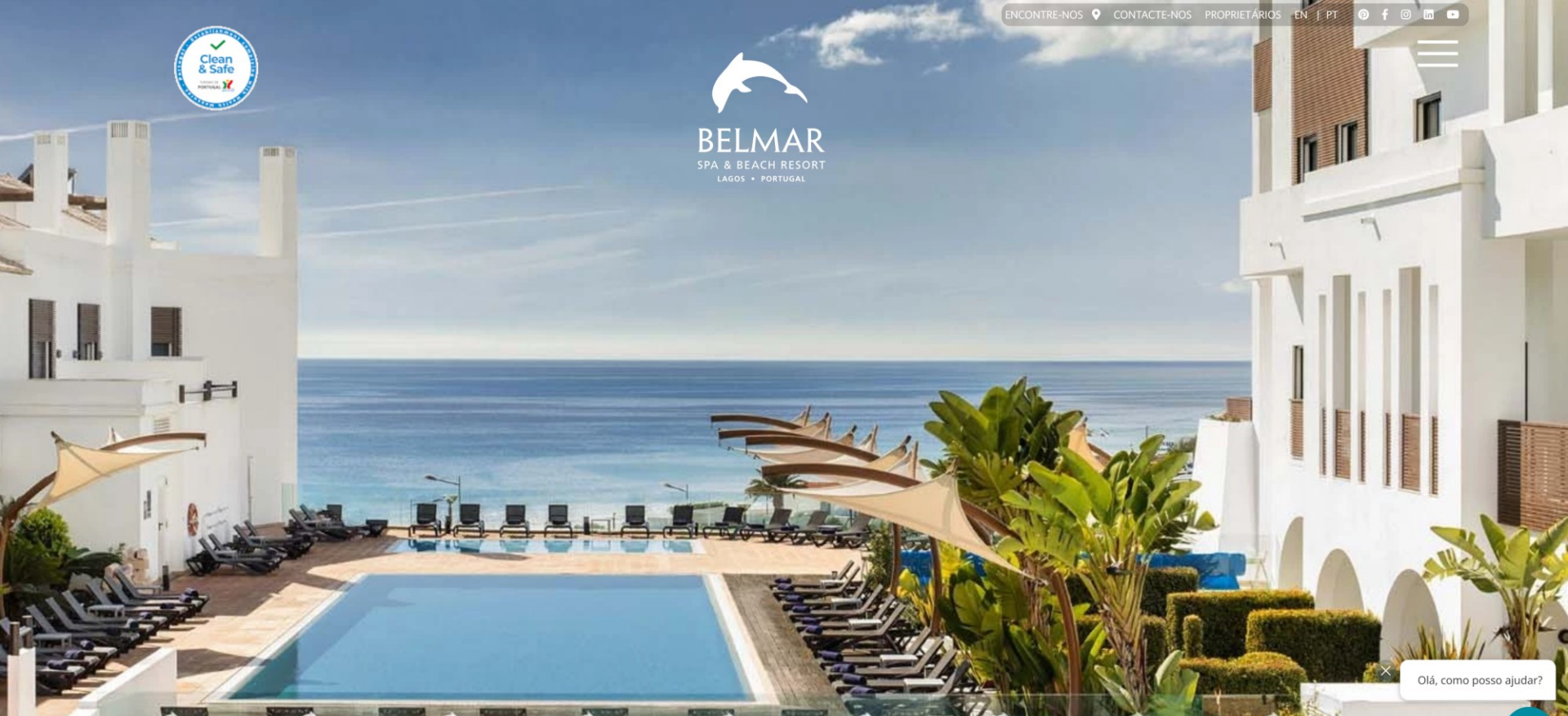
Also, being a small town, everything is easily accessed by foot.

On the right, you can find the closest accommodation from the venue, going from 10 to 20 mins walking distance.

If you're travelling by car, check the following slides for some suggestions.



Accommodation walking distance from the venue here



Olá, como posso ajudar?



Check-in



Check-out



Adultos



Criança



Bebé

Fazer uma Reserva



<https://www.belmarresort.com/pt/>

 [Back to top](#)



COMPETITIONS HALL

TAIDO 2025 - DEMONSTRATION

TAIDO 2025 - HOTEL BELMAR

TAIDO 2025 - HOTEL CASCADE



☀ 13°C / 55.4°F

LAGOS - 16h09

VILA GALÉ LAGOS

[SOBRE O HOTEL](#)

[GALERIA](#)

[QUARTOS](#)

[RESTAURANTES](#)

[SERVIÇOS](#)

[EVENTOS](#)

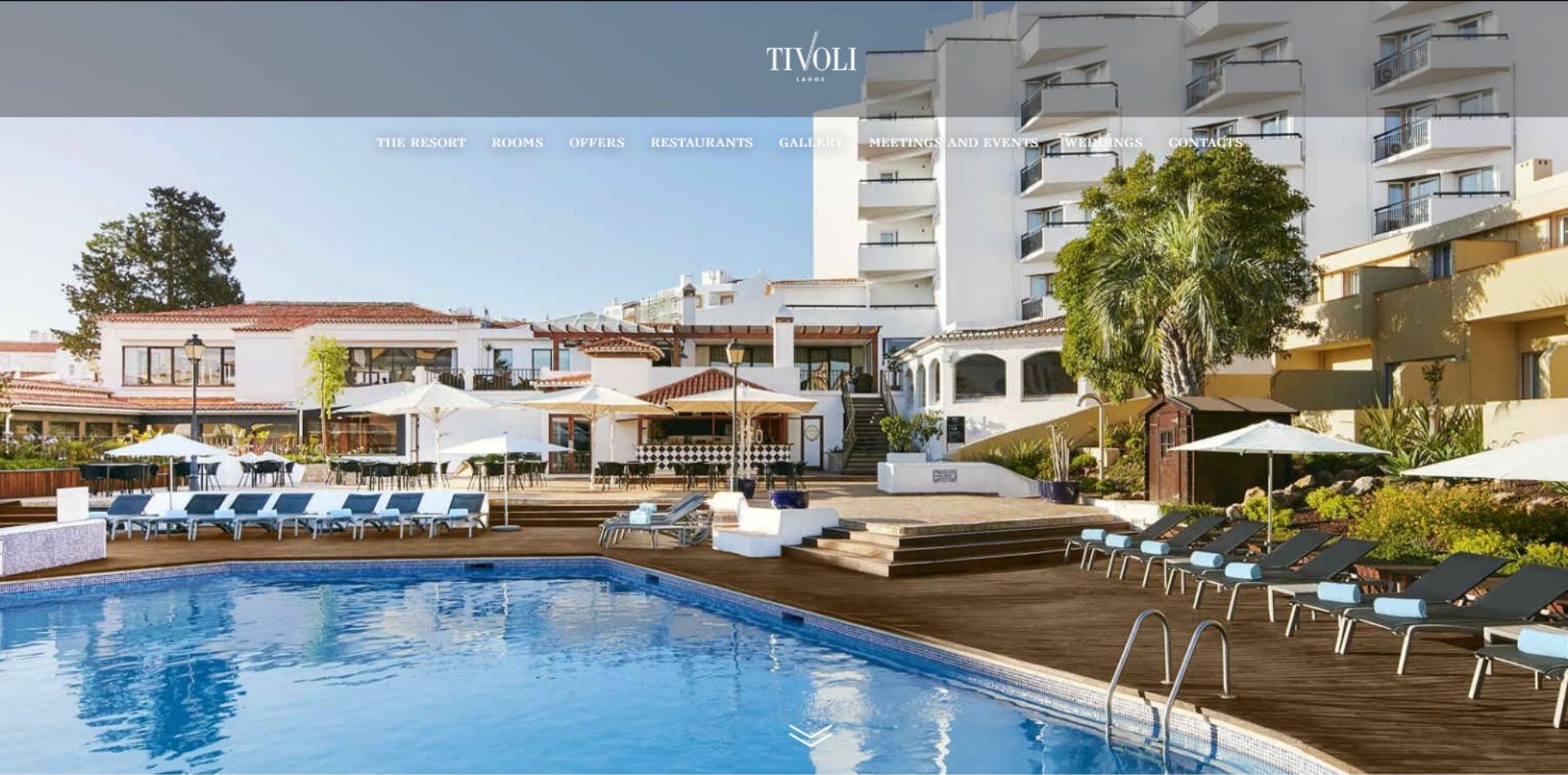
<https://www.vilagale.com/pt/hoteis/algarve/vila-gale-lagos/>

TAIDO 2025 COMPETITION HALL

TAIDO 2025 HOTEL TIVOLI

TAIDO - 2025 HOTEL VILA GALÉ





TAIDO 2025-HOTEL TIVOLI





<https://www.marinario.com/>



Oceano Atlântico

TORRALTA

AMEJEIRA

Lagos

TAIDO 2025 - HOTEL MARINA RIO

Ribeira de Bensafim

BARDEIRA

Iberostar Selection Lagos Algarve ★★★★★

 Hotel

 Voo + hotel

DESTINOS

 Iberostar Selection Lagos Algarve



DATAS Opcional

 Entrada e saída

PESSOAS

 2  1

DESCONTOS



Busca

<https://www.iberostar.com/pt/hoteis/algarve/iberostar-selection-lagos-algarve/>

 [Back to top](#)



TAIDO 2025 - BELMAR

TORRALTA

AMELÉIA

Santa Maria

Lagos

TAIDO 2025 - TIVOLI

TAIDO 2025 - HOTEL MARINA RIO

Ribeira de Bensafim

TAIDO 2025 - VILA GALÉ

TAIDO 2025 - IBEROSTAR LAGOS

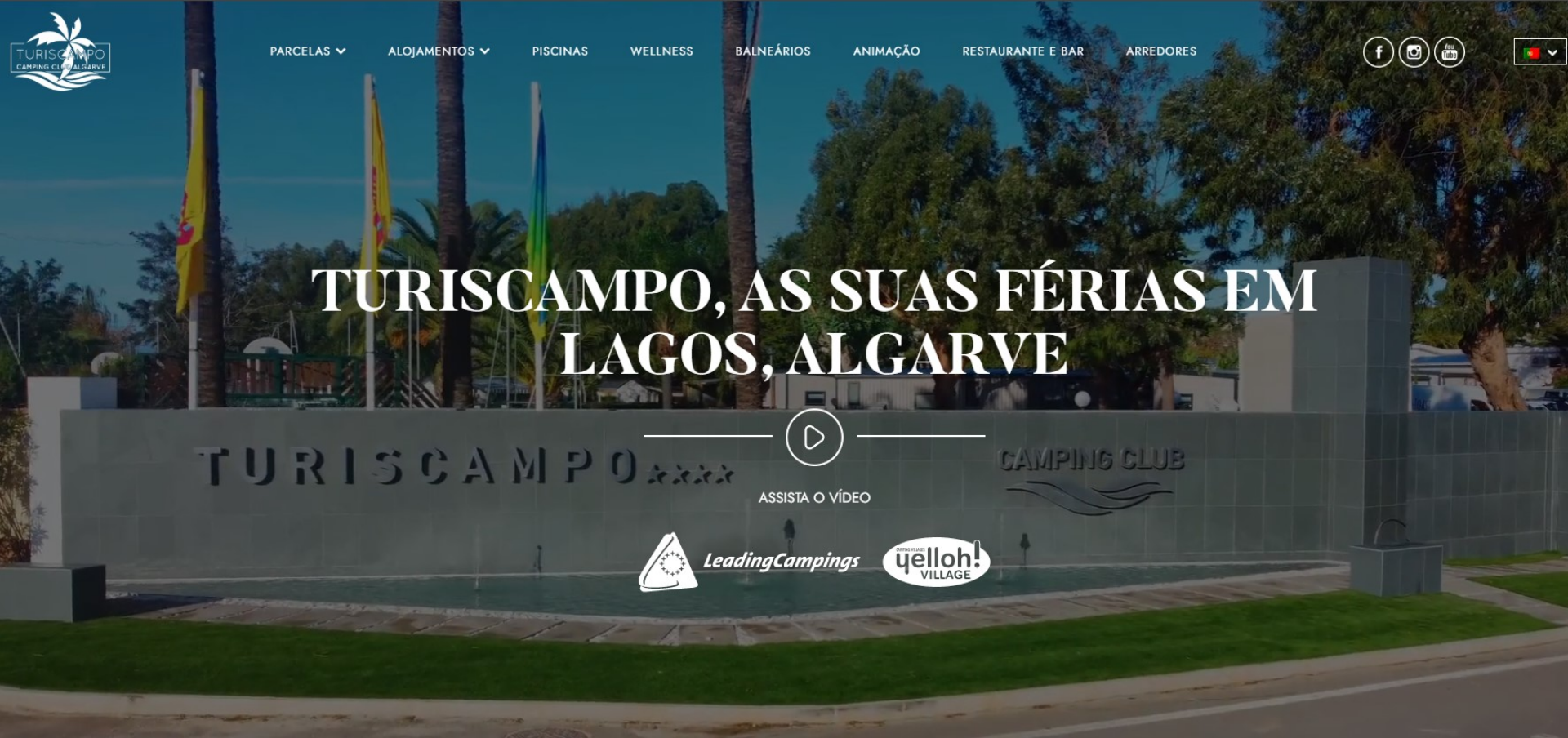


<https://www.orbitur.pt/pt/destinos/algarve/orbitur-valverde>



Orbitur Camping Park - Valverde

Orbitur Camping Park - Valverde



TURISCAMPO, AS SUAS FÉRIAS EM LAGOS, ALGARVE



ASSISTA O VÍDEO



Leading Campings



<https://www.turiscampo.com/>



Turiscampo Camping & Bungalow Park

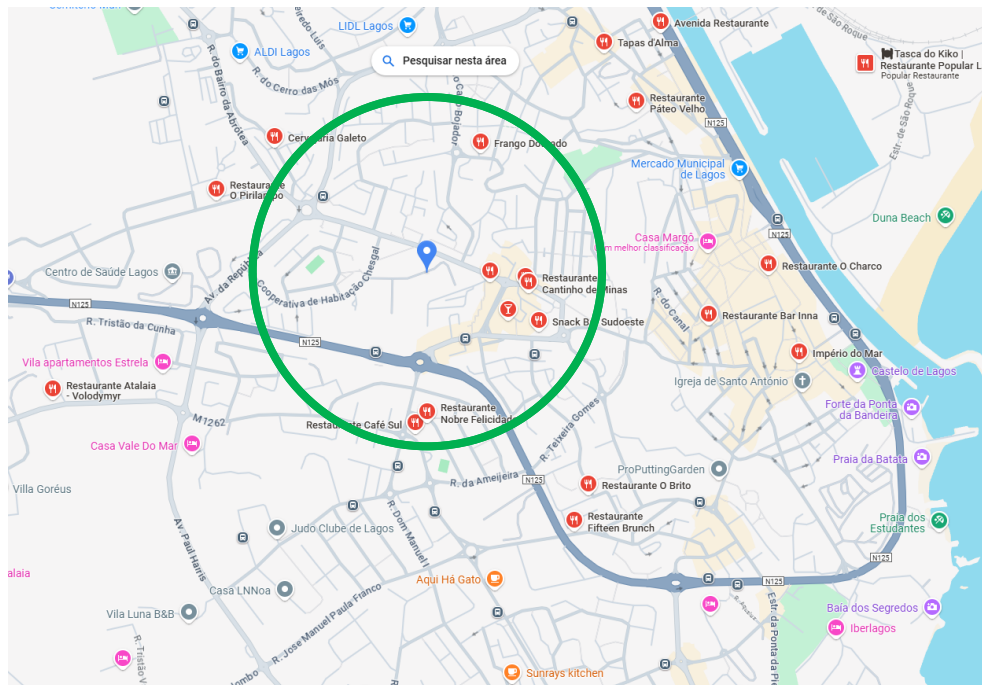
FOOD AND RESTAURANTS

Food and Restaurants

There are restaurants scattered all across town, with a big diversity of gastronomy throughout.

Nearby there's a Burger King, a couple of Pizza places (Pizza do Francês, Mega Pizza, New Bollywood Pizza & Kebab), local restaurants and snack bars (Calhou, Algarve food & bar, Snack bar Sudoeste) and some bakeries (Pastelaria Ritinha and Padaria Pão D'Avó Maria).

You'll find a greater concentration of restaurants in the city centre or further from the venue (check suggestions in the next slides). Click on the link and look around to find out more.



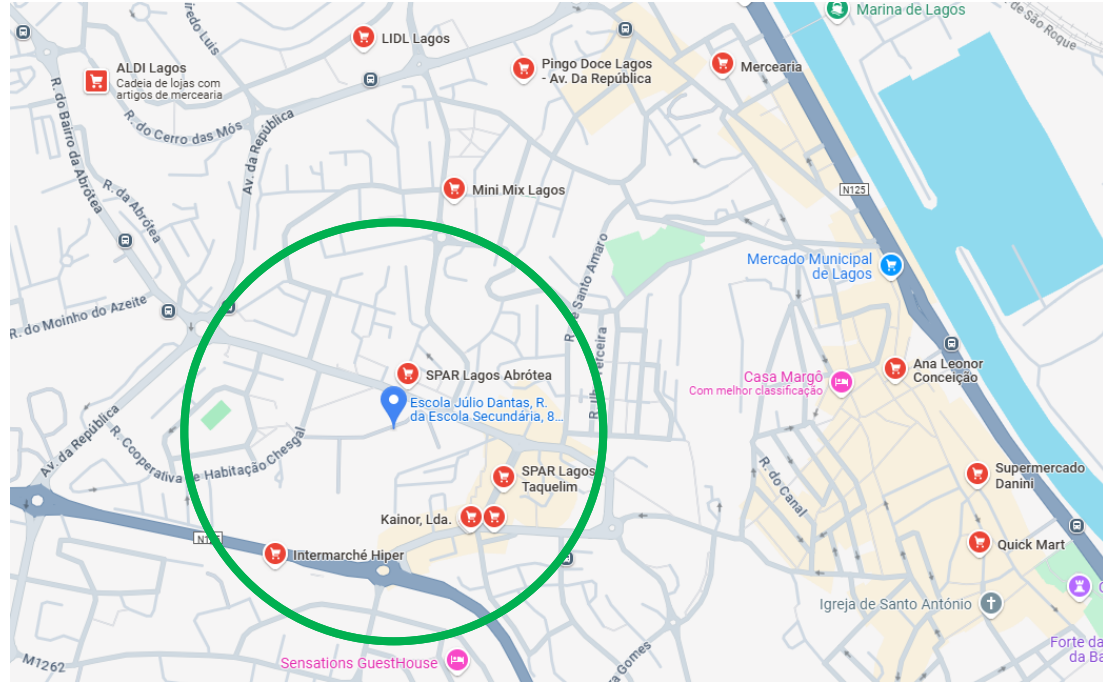
Restaurants in walking distance from the venue here

Supermarkets and convenience stores

The closest supermarket is Intermarché, within a 5 min walk from the venue.

They have their own take-away and cafe section, with plenty of pastries, sandwiches, sushi and other options to go. There's also a Burger King, drugstore and electronic store in the same building.

Nearby you'll also find a couple of SPAR markets, and other specialty and local convenience stores.



[Supermarkets in walking distance from the venue here](#)



BREAKFAST & BRUNCH

All Things Dough

[R. Cidade de Torres Vedras 16, 8600-744 Lagos](#)
[+351 962 273 042](#)

DESCRIPTION

TYPE OF CUISINE

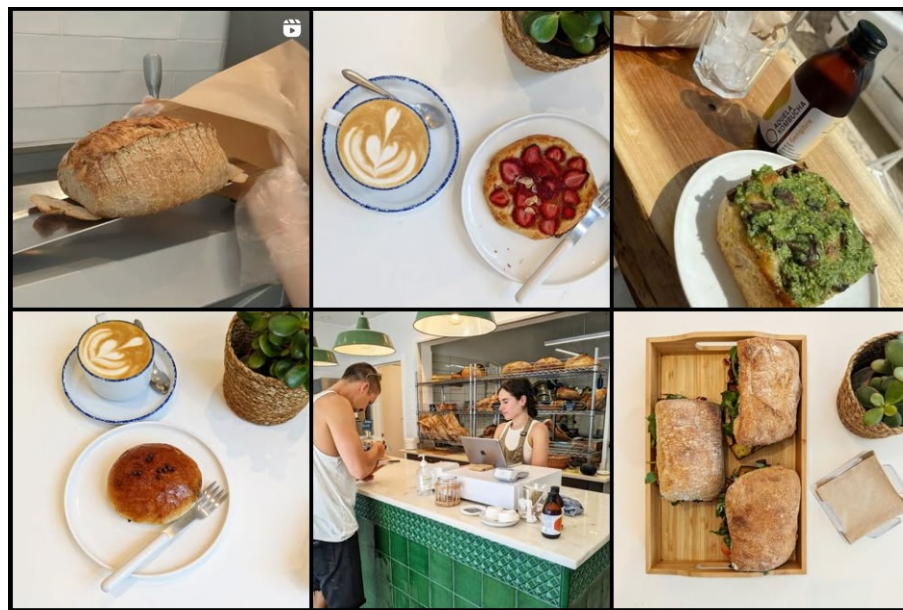
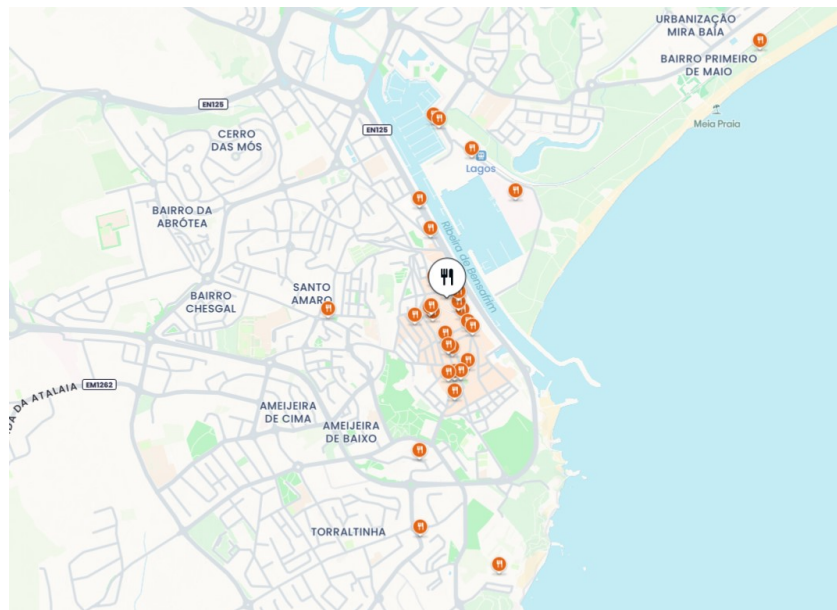
Vegan and Sourdough Bakery

DIETARY RESTRICTIONS

Everything is vegan. Gluten free option available

TYPE OF MEAL

Bread, pastries and biscuits, drinks, light lunch. Take away or sit in



Artesão

[Marina de Lagos, Lojas 11 e 12, 8600-780 Lagos](#)
[+351 282 094 007](#)

DESCRIPTION

TYPE OF CUISINE

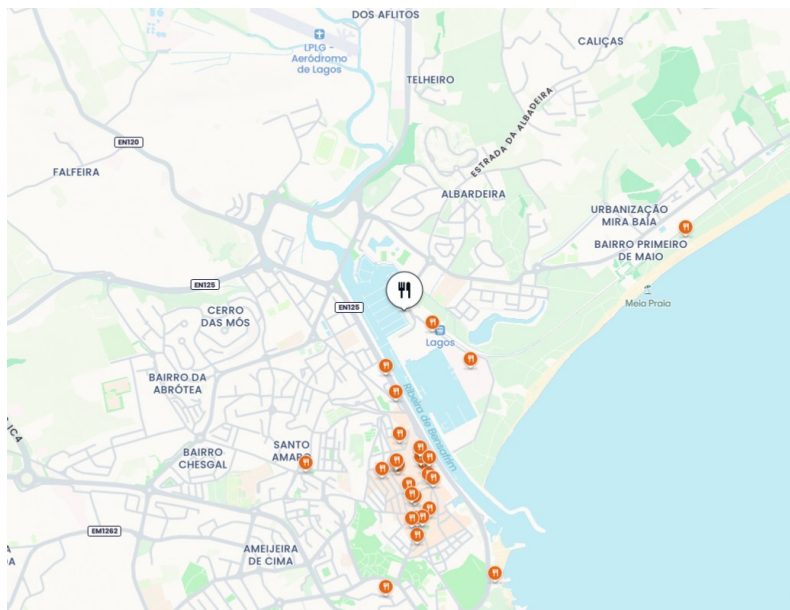
International, European, Healthy

DIETARY RESTRICTIONS

Vegetarian friendly. Vegan and Gluten free option available.

TYPE OF MEAL

Breakfast, Brunch, Lunch, Drinks



Black & White

[Rua Marreiros Netto, 40, 8600-754 Lagos](#)
[+351 961 397 867](#)

DESCRIPTION

TYPE OF CUISINE

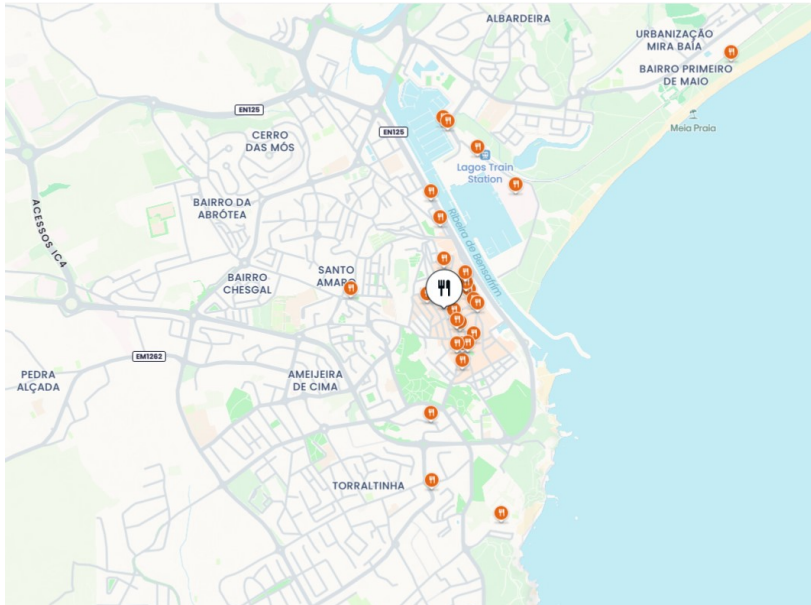
International, Healthy

DIETARY RESTRICTIONS

Vegetarian friendly. Vegan option available.

TYPE OF MEAL

Breakfast, Brunch, Lunch, Coffee



Coffee & Waves

[Trav. do Cotovelo, 10, 8600-631 Lagos](mailto:Trav.do.Cotovelo,10,8600-631Lagos)
[+351 282 184 624](tel:+351282184624)

DESCRIPTION

TYPE OF CUISINE

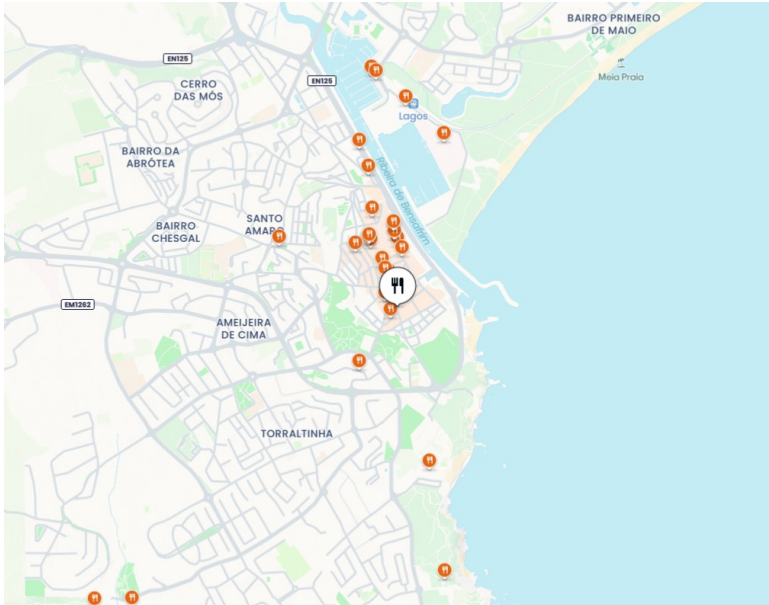
Healthy, International, European

DIETARY RESTRICTIONS

Vegetarian friendly. Vegan and Gluten free option available.

TYPE OF MEAL

Breakfast, Brunch, Drinks



Everyday People Coffee

[R. Conde Lippe N, 8600-315 Lagos](#)
[+351 913 387 462](#)

DESCRIPTION

TYPE OF CUISINE

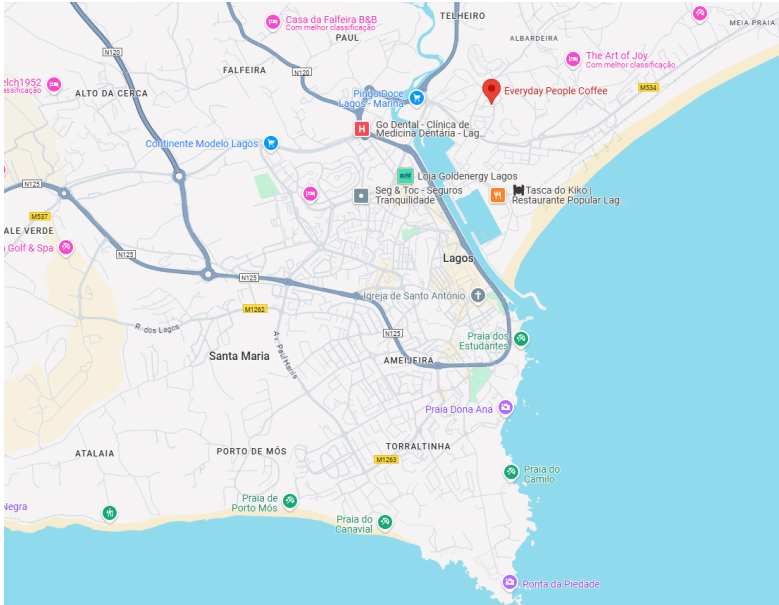
International, European, Deli

DIETARY RESTRICTIONS

Vegetarian friendly. Vegan and Gluten free option available.

TYPE OF MEAL

Breakfast, Lunch, Specialty coffee



Sunrays Kitchen

[Praça do Poder Local, 22, 8600-524 Lagos](#)
[+351 919 568 946](#)

DESCRIPTION

TYPE OF CUISINE

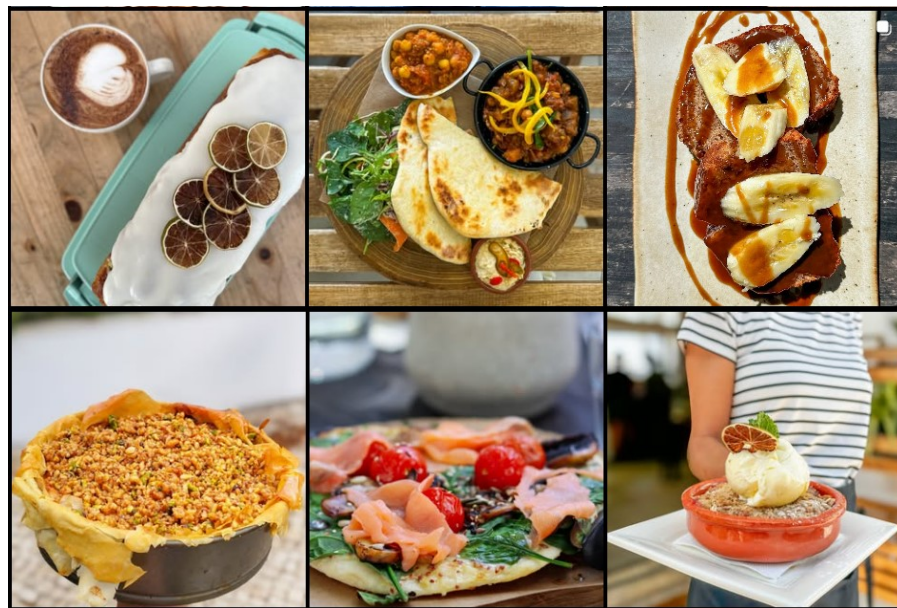
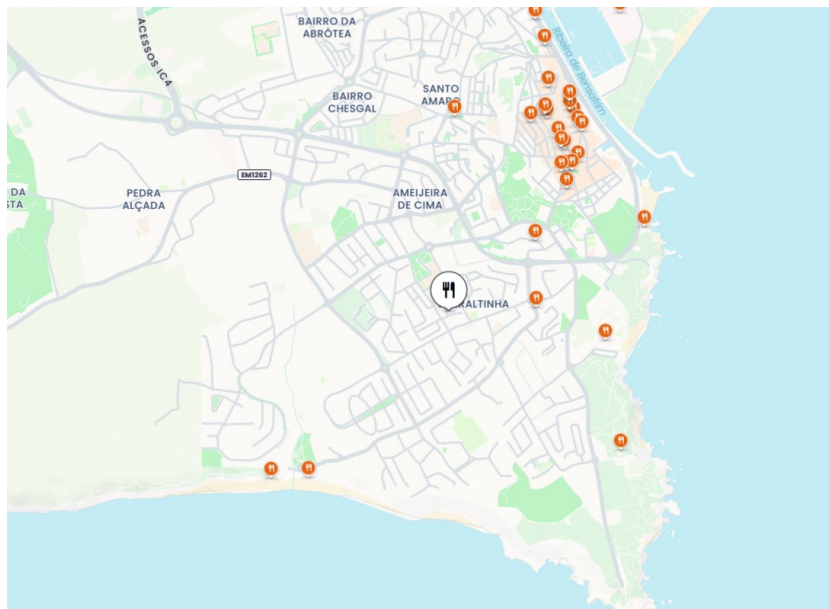
Mediterranean, European, Healthy, Fusion

DIETARY RESTRICTIONS

Vegetarian friendly. Vegan option available.

TYPE OF MEAL

Breakfast, Brunch, Lunch





GRAB & GO

Pom Pom Bagels

[R. Prof. Luis de Azevedo, 1](mailto:R.Prof.Luis.deAzevedo.1@ufpe.br) , 8600-617 Lagos
[+351 925 041 134](tel:+351925041134)

DESCRIPTION

TYPE OF CUISINE

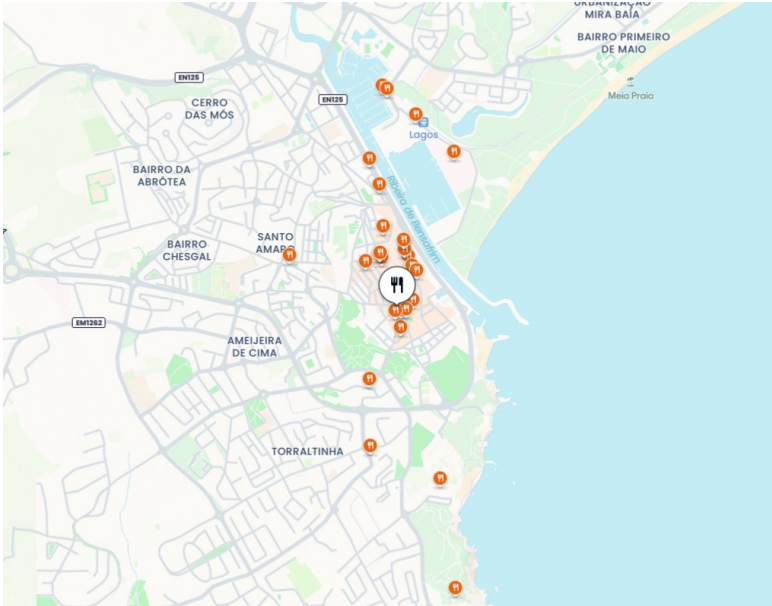
American, Deli, Street Food, Healthy

DIETARY RESTRICTIONS

Vegetarian friendly. Vegan option available.

TYPE OF MEAL

Breakfast, Brunch, Lunch, Drinks



Illicit Burgers

[R. Prof. Luis de Azevedo, 1 , 8600-617 Lagos](mailto:R.Prof.Luis.deAzevedo.1@8600-617.Lagos)
[+351 927 715 052](tel:+351927715052)

DESCRIPTION

TYPE OF CUISINE

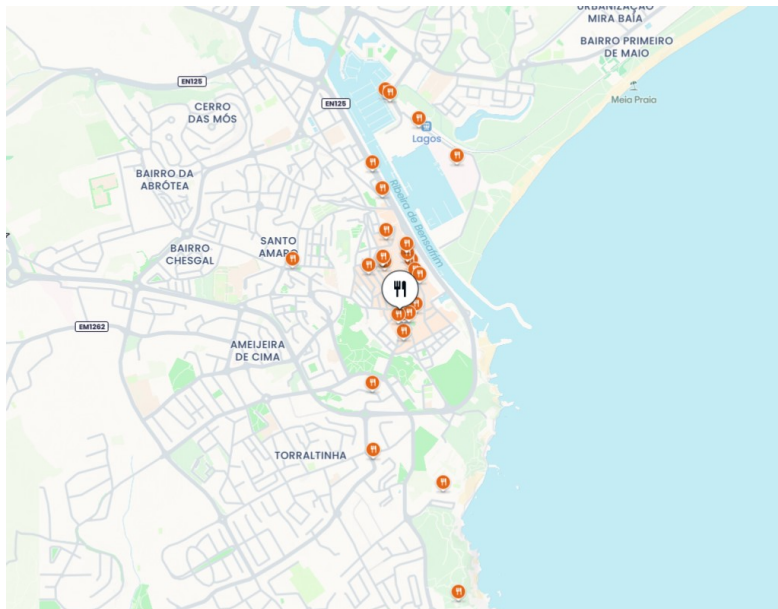
American, Grill, Fast Food, Street Food

DIETARY RESTRICTIONS

Vegetarian option available.

TYPE OF MEAL

Dinner, Drinks



Poké

[Rua Dom Vasco da Gama, 9-B A, 8600-722 Lagos](#)
[+351 963 440 584](#)

DESCRIPTION

TYPE OF CUISINE

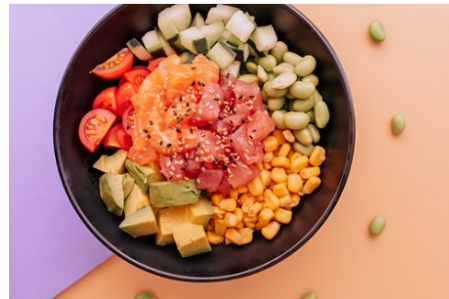
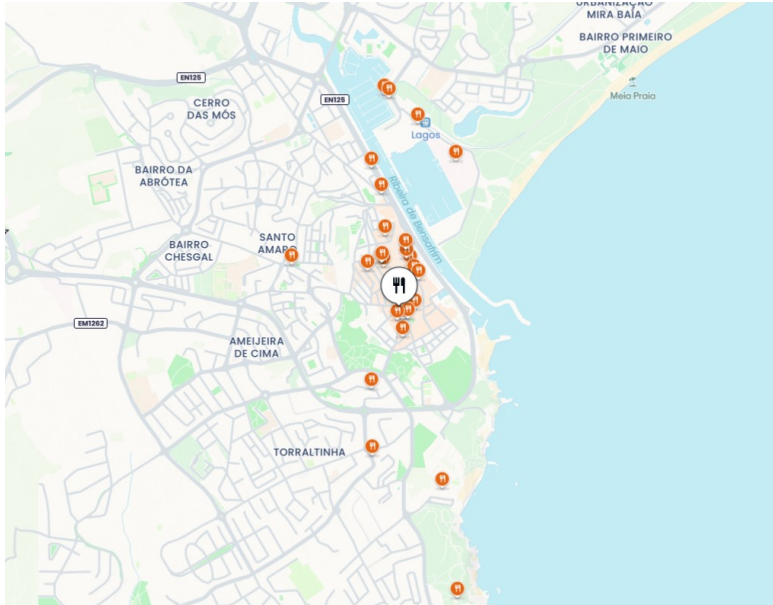
International, Hawaiian, Healthy

DIETARY RESTRICTIONS

Vegetarian friendly. Vegan and Gluten free option available.

TYPE OF MEAL

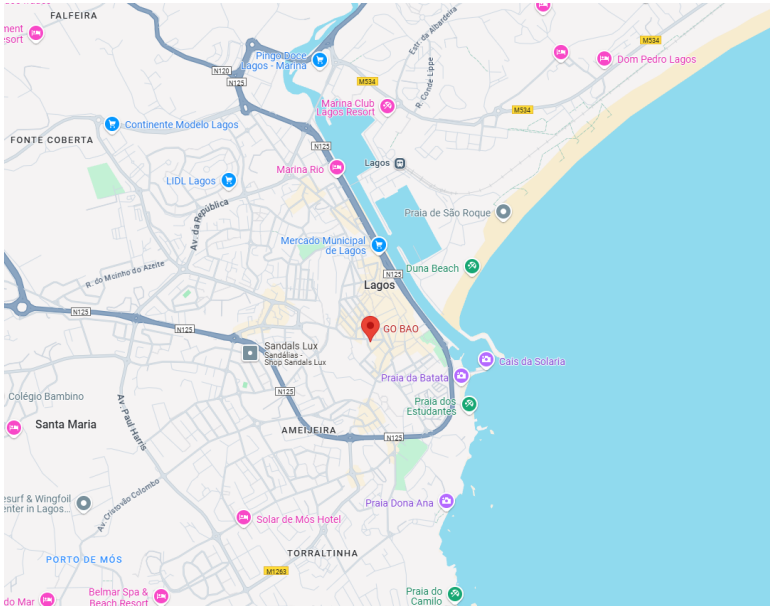
Lunch, Dinner, Drinks



Go Bao

[R. Prof. Luis de Azevedo 25, 8600-617 Lagos](https://www.google.com/maps/place/Go+Bao/@15.781111, -48.208333, 15z)

DESCRIPTION
TYPE OF CUISINE
Asian, Fusion
DIETARY RESTRICTIONS
Vegetarian option available.
TYPE OF MEAL
Brunch, Lunch, Dinner





LUNCH & DINNER

Tasca do Kiko

[Estrada De Sao Roque Centro Nautico Sopromar, 8600-315 Lagos](#)
[+351 924 104 100](#)

DESCRIPTION

TYPE OF CUISINE

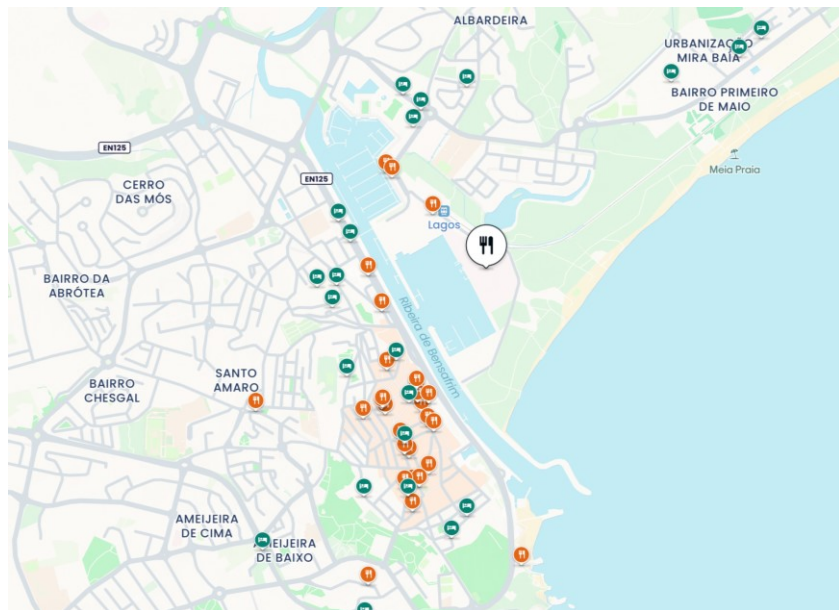
Portuguese, Mediterranean, Seafood

DIETARY RESTRICTIONS

Vegetarian option available.

TYPE OF MEAL

Lunch, Dinner



Casa do Prego

[Rua Lançarote de Freitas, 18, 8600-605 Lagos](#)
[+351 913 505 038](#)

DESCRIPTION

TYPE OF CUISINE

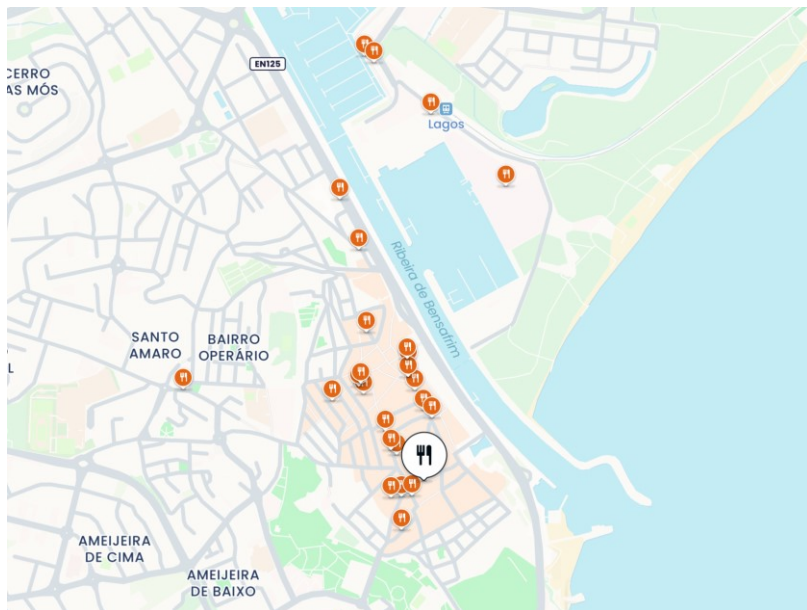
Portuguese, Contemporary

DIETARY RESTRICTIONS

Vegetarian and gluten free option available.

TYPE OF MEAL

Lunch, Dinner



Pomò

[Rua Infante Sagres, 56, 8600-743 Lagos](#)
[+39 327 891 4878](#)

DESCRIPTION

TYPE OF CUISINE

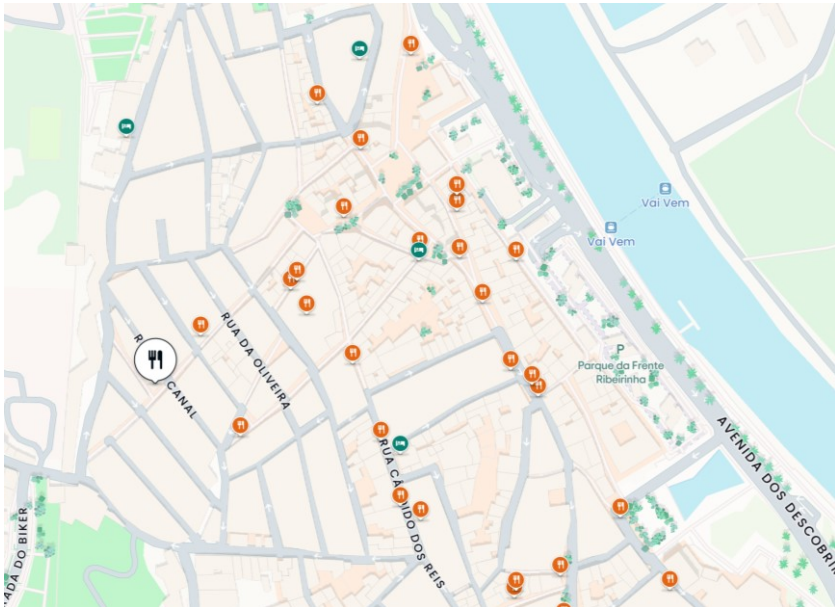
Italian, Mediterranean

DIETARY RESTRICTIONS

Vegetarian friendly. Vegan and gluten free option available.

TYPE OF MEAL

Lunch, Dinner



Gorilla

[Travessa dos Tanoeiros, 7, 8600-624 Lagos](#)
[+351 915 956 357](#)

DESCRIPTION

TYPE OF CUISINE

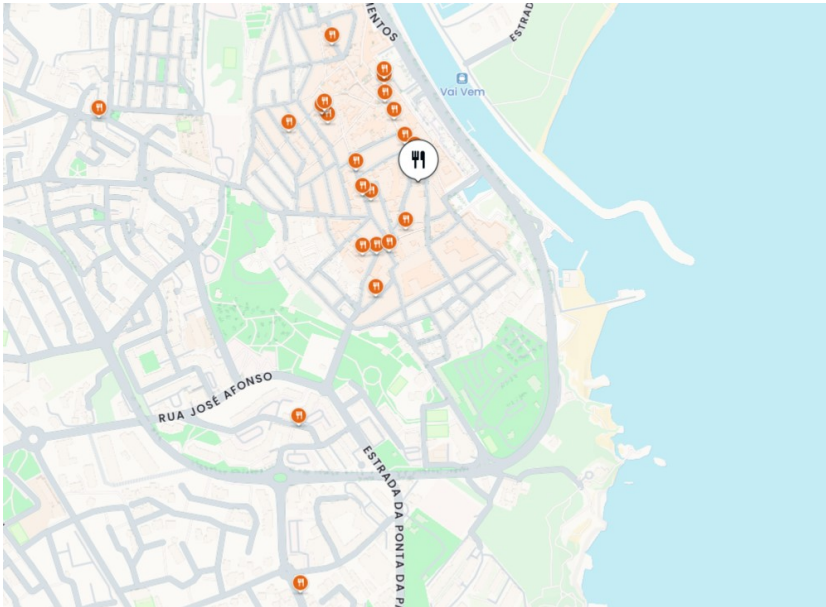
Asian, Thai, Fusion

DIETARY RESTRICTIONS

Vegetarian friendly. Vegan and gluten free option available.

TYPE OF MEAL

Lunch, Dinner



Campimar

[Estrada de Porto de Mós, 8600-282 Lagos](#)
[+351 282 762 957](#)

DESCRIPTION

TYPE OF CUISINE

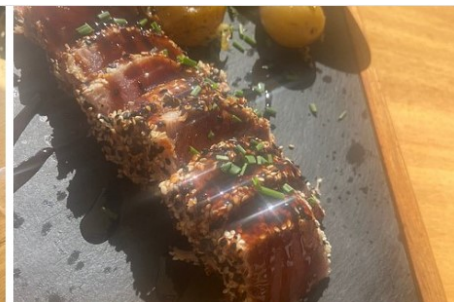
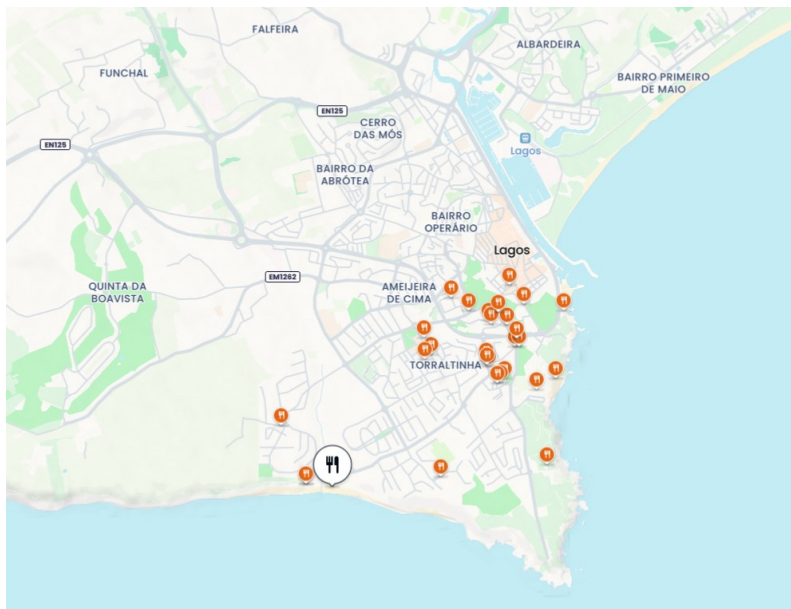
Portuguese, Seafood, Mediterranean, European

DIETARY RESTRICTIONS

Vegetarian friendly.

TYPE OF MEAL

Lunch, Dinner



O Camilo

[Estrada da Ponta da Piedade, Praia do Camilo, 8600-544
Lagos](#)
[+351 968 691 143](#)

DESCRIPTION

TYPE OF CUISINE

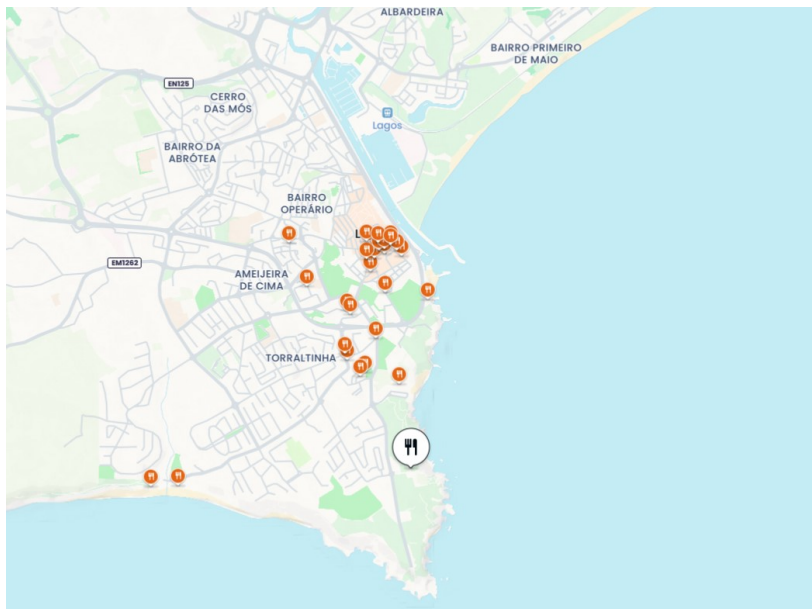
Portuguese, Seafood, Local

DIETARY RESTRICTIONS

Vegetarian and gluten free option available.

TYPE OF MEAL

Lunch, Dinner





SIGHTSEEING & ACTIVITIES

Sightseeing and activities

Being a coastal area, there's plenty to do and see in Lagos and in the nearby towns.

From cycling through nature or enjoying a stroll with a fantastic view in the various walking paths along the coast, to tree climbing in a few of the local adventure parks, from water activities (surf, wakeboarding, windsurf, jet skis, kayak, paddleboard) to discover the coastal famous grottos or even go further out to see some dolphins, there's plenty to do.

If you're feeling more inclined for something cultural or historical, don't miss the different fortresses, historic city walls, lighthouses, churches and viewpoints along the coastline.

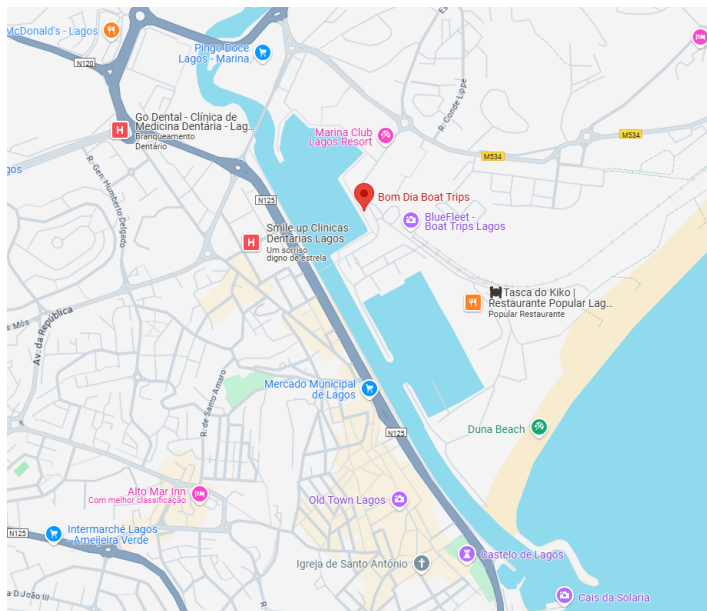




Sagres, 40 min drive by car from Lagos

Boat trip with grotto visit

[Bom Dia Boat Trips, Marina de Lagos 10, 8600-315 Lagos](#)



DESCRIPTION

Unforgettable experience sailing crystal-clear waters of the Algarve, along the coast, with a visit to the Ponta da Piedade grottos, ex libris of the city of Lagos

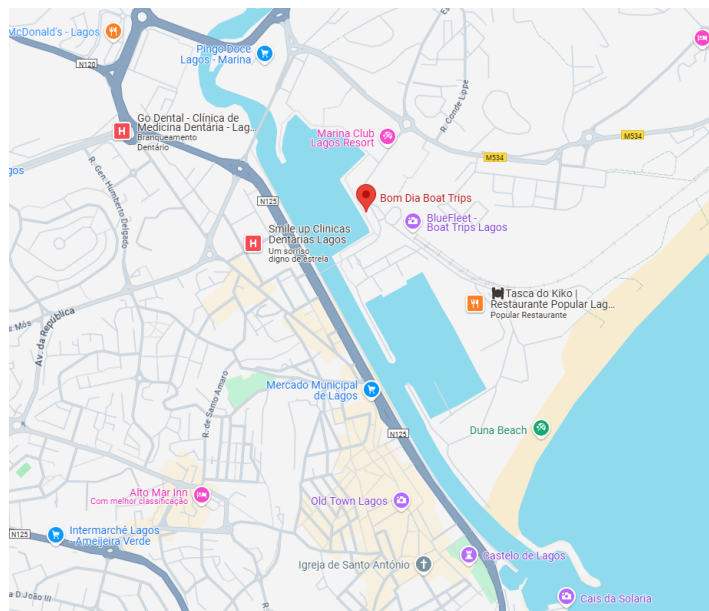
INCLUDES

- Includes a stop for a swim and a visit to the Ponta da Piedade Grottos
- Bar service available on board
- With local guide
- Schedule: 10h30, 12h30, 14h30 e 16h30
- Price: 33,00€ (adults) | 17,50€ (children up to 12 years old) | Under 2 years old free



Dolphin watching

[Bom Dia Boat Trips, Marina de Lagos 10, 8600-315 Lagos](#)



DESCRIPTION

A magical moment on board, with detail explanations from a marine biologist

INCLUDES

- Marine biologist.
- Duration 1h30.
- Price: 40€ (adults) | 25€ (children up to 12 years old).



Surf group lesson



DESCRIPTION

A great opportunity to learn or improve your skills, catering to all levels: beginner, intermediate or advanced, suitable for 12 years old onwards.

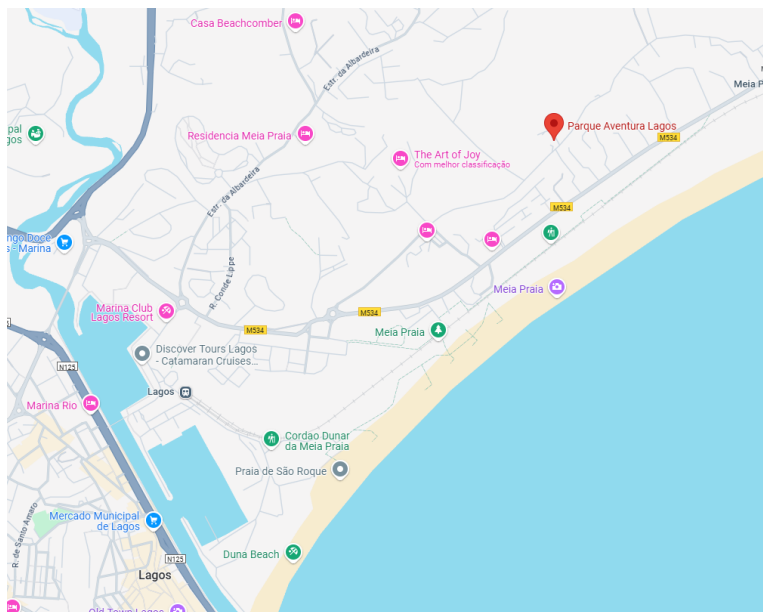
INCLUDES

- Wetsuit, surfboard and insurance included
- Transfer from Lagos to the beach
- Approximately 2.5 hours
- Certified instructors
- Price: 70€ (adults)



Parque Aventura – High Ropes

[R. Sophia de Melo Breyner Andresen, 8600-302 Lagos](mailto:R.Sophia.de.Melo.Breyner.Andresen@lagos.pt)



DESCRIPTION

High Ropes Courses is a height activity leading you from tree to tree where you'll find different courses and several challenges such as bridges, rope nets and giant zip lines! You may choose between three levels – Curious, Adventurous or Fearless – after a short introduction, you will begin a new experience that will fill you with an amazing feeling.

INCLUDES

- Individual protection equipment
- Supervision of highly qualified personnel
- Prices: 13€, 16€ or 20€ (depending on level of course)
- Duration: up to 3h



PACK HIGH ROPES + PAINTBALL

30€ per person

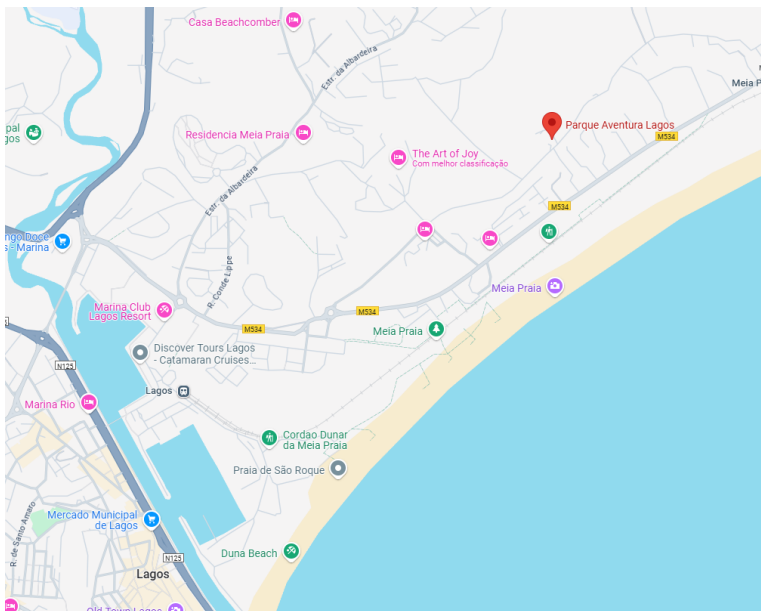
Maximum 80 participants

Full day activity

Reservation needed, at least 15 days in advance

Parque Aventura – High Ropes

[R. Sophia de Melo Breyner Andresen, 8600-302 Lagos](mailto:R.Sophia.de.Melo.Breyner.Andresen@lagos.pt)



DESCRIPTION

Be prepared to infiltrate enemy territory, rescue hostages and have loads of fun in our immersive playing environments !

Strategy is the key to resist the invaders and surprise them with your attacks.

While crawling and hiding throughout natural and artificial obstacles, at Lagos the players will find a challenging field that will not ease up looking for the enemy

Choose amongst your favourite paintball games: Capture the flag, Elimination, Attack and defend, Protect the President or Humans & Alien

INCLUDES

- Full equipment
- 150 / 250 / 400 paintballs
- Prices: 20€, 24€ or 28€ (depending on number of paintballs)
- Duration: 1h30-2h30 for groups up to 20 players, groups of 20-40 players 2h30-3h30



PACK HIGH ROPES + PAINTBALL

30€ per person

Maximum 80 participants

Full day activity

Reservation needed, at least 15 days in advance

Slide & Splash - Waterpark

[Slide & Splash Waterpark, Vale de Deus 125, 8401-901 Estômbar](#)



DESCRIPTION

A whole day full of fun in the sun and water, with a great variety of slides for all tastes, reptile and bird shows throughout the day, restaurants, fish spa tanks and massage options.

INCLUDES

- Full access to all the slides, pools and shows in the park for the day (10am-6pm)
- Sun hats, loungers, lockers, restaurants, etc are paid on site
- Prices: Adults (11 to 64) 33€ on site/ 28.5€ online
- Junior & Senior (until 10 or over 65) 25€ on site, 21.25€ online
- Free parking on site available
- Bus to the park available (paid separately)

