

The image is a monochromatic golden-brown landscape of Porto Santo island. The sky is filled with a sunburst pattern of thin, radiating lines. In the foreground, there are dark, jagged rock formations on the left and a sandy beach leading to the sea. The background shows rolling hills and mountains under a hazy sky. The title 'THE GOLDEN ISLAND' is written in a large, stylized, outlined font, with 'PORTO SANTO' in a smaller, simpler font below it. The text is centered and partially overlaid by a thin, curved line that arches over the words 'GOLDEN' and 'ISLAND'.

THE  
GOLDEN  
ISLAND  
PORTO SANTO

## PORTO SANTO

The island of Porto Santo is one of the Madeira Archipelago. It is situated at a distance of 50 Km northeast from Madeira. The "Golden Island", as it is also known, measures 11 Km length and 6 km in width.

Porto Santo is also situated in the Atlantic Ocean, 500 Km from the African Coast, 900 Km SW from Lisbon and 1300 Km from the Azores Islands.

The Island has a whole range of natural healthy features. A never-ending stretch of sandy yellow beach is bathed by a transparent blue warm sea which heals and rejuvenates body and mind.

Being one of the islands constituting the archipelago of Madeira, Porto Santo is amazingly different from the island of Madeira. Whilst lush green predominates in Madeira, Porto Santo is almost stripped of vegetation and the southern coast is bordered by a 9 km long beach of soft golden sand, which makes it a highly esteemed resort area.

Situated in the northern hemisphere on the 32° latitude, its territory of about 42 square kilometres is almost completely covered with calcareous matter, especially on the northern side. It is secured on limestone, which is visible in several places. The island is adorned with peaks, almost all to the north, the highest of which is 'Pico do Facho – 517 m.

The major attractions of this island lie not only in its qualities as a beach resort but also as a health resort. The sands are therapeutic, with fine, soft grains containing healing organic matter with a carbonated chemical composition.

Using these precious raw materials, a thalassotherapy health clinic was built combining comprehensive healing programs with products inspired by the sea and sand. This revitalising haven aims to create the perfect environment for detoxification, rejuvenation, stress management, encouraging health and well-being. A unique combination of treatments caresses the senses, using the unique therapeutic qualities of the golden sand and the pure Atlantic waters to its best effect.

Come and discover a golden island surrounded by turquoise blue water, where the sun shines and tranquillity reigns.

Tourism has given Porto Santo an economic dynamism, which has been growing year by year. The construction of its excellent airport in 1960, further expanded in 1973, was an important factor to the island's economic and tourism expansion. The existing hotels provide a good accommodation standard and a wide range of outdoor leisure activities such as tennis, volleyball, windsurfing, island tours, etc.

The gastronomy, specialized in local dishes, can be enjoyed in several restaurants, from

modern to typical, all of which allowing the visitor to make the dream of a perfect holiday come true.

Nowadays many tourists seek out Porto Santo to enjoy relaxing holidays as the island still maintains an air of tranquility. Due to its isolation some of the good old-fashioned traditions of the first settlers could be kept.

The moderate climate felt all year round is also a major attraction. Temperatures don't vary much between seasons - between 18° C and 22° C - which makes this a very pleasant place to go to the beach all year round.

An aerial photograph of Porto Santo island, showing a coastline with a sandy beach and rocky outcrops. The image is overlaid with a semi-transparent grid pattern. In the bottom right corner, there is a logo for 'THE GOLDEN ISLAND PORTO SANTO'.

THE  
GOLDEN  
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## HISTORY

**João Gonçalves Zarco and Tristão Vaz** officially discovered the island of Porto Santo in 1418 and of nearby Madeira in 1419. After being blown by a storm far off course Zarco found shelter on a small island, which he named in gratitude, Porto Santo. Many believe these islands had been visited or sighted from as far back as the beginning of the Christian era.

Nowadays it is general opinion that in 1419, under the orders of the Glorious Henry "The Navigator", Madeira Archipelago, that was already mentioned in 1350 at Libro del Conoscimento and represented on Italian and Catalan maps from the 14<sup>th</sup> century, was rediscovered by João Gonçalves Zarco and Tristão Vaz Teixeira. The kingdom had a constant lack of cereals, so they wanted to provide it with it and also be supportive to the maritime expansion of Portugal.

It was also in Madeira and Porto Santo that the merchant Cristovão Colombo increased his knowledge of the art of navigation and planned his famous voyage to America. **Christopher Columbus** came to Madeira in 1478, marrying Filipa Moniz the daughter of Bartolomeu Perestrelo the first governor of Porto Santo. She died shortly after giving birth to their son. Their house has been made into a small museum in Porto Santo.

In 1446, Prince Henry the Navigator donated Porto Santo to Perestrelo. It was promoted to municipality in 1835. In August 1996, its capital, Vila Baleira, was made a city.

There are two theories as to the origin of the **name Porto Santo - 'Holy Port'**. They agree on the event that gave rise to the name but differ on the date and origin of the navigators.

According to a folk legend that dates back to 1418, João Gonçalves Zarco and the other mariners gave it its name because the island gave them shelter during a terrible storm.

The second version, which has historical confirmation, says that in the lower Middle Ages, a vessel found safe port on this island after a violent storm. This confirms that the island had already been named Porto Santo before the Portuguese began settling there in 1418.

## PORTO SANTO

Porto Santo is the smallest inhabited island in the Madeira Archipelago. It is situated in the Atlantic Ocean, in the extreme south-west of Europe. It is a Portuguese island and so it belongs to the European Union. It is part of the Euro Zone and the Schengen Area.

Municipal holiday: 24 June

Population: 4,474

Area: 42.17 km<sup>2</sup>

Accommodation: 1,500 beds

## CLIMATE

The climate in Porto Santo is dry and stable. The temperature does not vary much between seasons and so we can normally go to the beach all year round. The sea around the island is calm and crystal clear.

Average air temperature:

23°C (summer) - 19°C (winter)

Average sea temperature:

22°C (summer) - 17°C (winter)

## CURRENCY

Euro

## LANGUAGE

Portuguese

## HEALTH CENTRE

Porto Santo has a health unit that is equipped to deal with most normal medical situations.

The health centre has a haemodialysis unit with a capacity for eight patients and also a physiotherapy unit.

In case of emergency, there is a Portuguese Air Force plane or helicopter on permanent standby in Porto Santo for immediate evacuation to Funchal Hospital.

## TOURIST INFORMATION

The Porto Santo Tourist Office, situated in Avenida Henrique Vieira e Castro in the centre of Vila Baleira is open from 9 a.m. to 5:30 p.m. from Monday to Friday and from 10 a.m. to 12:30 p.m. on Saturdays.

## CULTURE

### Christopher Columbus House Museum

The Christopher Columbus House Museum (Casa Museu Cristóvão Colombo), the most important cultural feature in Porto Santo, attests to the stay of the discoverer of America on the island. As far as possible, the museum recreates the original atmosphere of the house where the explorer lived.

Casa Museu Cristóvão Colombo consists of two buildings, the older of which dates back to the time when the mariner lived in Porto Santo.

In addition to portraits of Columbus dating from the 16th to 20th century, there are also maps of the different routes that he sailed.

The house is behind the Mother Church at number 12, Rua Cristóvão Colombo in Vila Baleira. It is open from Monday to Friday from 10 a.m. to 12 and from 2 p.m. to 5:30 p.m.

### Windmills

A typical sight in Porto Santo is the traditional windmills that we see dotted around the landscape.

The island's relief is relatively low and it is highly exposed to the wind from all directions.

The windmills in Porto Santo were built to grind the grain to make bread.

The first windmill was erected in 1794 and was the most impressive structure built in Porto Santo in the 18th century. For years now, Porto Santo's countless wooden windmills have enhanced the picturesque scenery. Some of them still work today.

### Casas de Salão

One of main examples of traditional local architecture in Porto Santo is the Casas de Salão and we can still find a few of these rare, age-old constructions there today.

They are simple-looking houses with roofs covered with salão, one of the available natural resources, which was particularly suited to the island's climate.

Salão is a kind of sandy, highly adhesive clay that enables buildings to fit perfectly into Porto Santo's rural landscape.

These houses are very cool in summer, because cracks appear in the salão when it is dry allowing the air to circulate. In winter, the clay absorbs the rain and becomes spongy and impermeable.

### **Lime mines**

Ilhéu de Baixo is also known as Ilhéu da Cal, or Lime Islet, because there used to be rich limestone mines there. Its hillsides are riddled with caves that lead to the mines' old galleries.

Although the mines are no longer in use, they are an important testimony to the island's culture.

There will soon be cable cars between Ponta da Calheta and this ethnographic stronghold of great cultural interest.



## PLACES OF INTEREST

There are some interesting landscapes and natural beauty spots in Porto Santo. They are well worth a visit as they are excellent locations for photo sessions.

### Portela

To reach this viewpoint, 1.6 km from Vila Baleira, the visitor will see an avenue of palm trees and a windmill. Westward, one can see Porto Santo beach and eastward the conical shape of Pico de Baixo and the Ilhéu de Cima. On the way to this viewpoint, don't forget to visit the chapel of Our Lady of Graça, built in 1851.

### Pico Castelo

On this summit a small fort was built during the 16th century to provide defence against the frequent invasions of French and Algerian pirates. The viewpoint offers an extraordinary panorama over Porto Santo.

### Pico do Facho

With an altitude of 517 metres, this is the archipelago's highest peak. In the olden days torches were burned here to warn the population of approaching enemy ships. Those with a taste for discovery and adventure can explore the Serra de Fora and the wide valley of Serra de Dentro, which are on the eastern slope of Pico do Facho. Here we can admire unique landscapes, small enchanted bays and the rough seas of the north coast.

### Pico Ana Ferreira

The viewpoint of Pedreira is on top of this peak. From here you can see the Ilhéu de Fora and the Facho and Castelo peaks. Prismatic columns are the distinctive feature of this stone massif, with irregular shapes that have been given names by the locals such as the "The Piano". From the top one can also admire a view of the town.

### Fonte da Areia

On an island with strictly controlled supply of water, natural sources are extremely valuable. In the olden days this source had the purest water in the island and was used for medical treatments. By all accounts it was considered sacred by the local people. The water is hardly the same today. However, the action of the wind on the sandy rocks has

over the years created a fantastic erosion effect. To reach the spring one leaves the village of Camacha along a road towards the West and the sea coast.

### **Ponta da Calheta**

There is probably no better way to enjoy the whole island of Porto Santo than to go to Calheta Point and walk back along the beach. While you admire this astonishing landscape, let yourself be rocked by the magic sound of the waves. If you can, wait until sunset and admire the sun's last rays kissing the golden sands. On a clear day, you can see Madeira on the horizon from here.

### **Laranjas**

To the North of Ilhéu de Cima is a vast concentration of limestone, with a spherical irregular shape. It's golden in the outside and white inside and is known locally as Laranjas (Oranges).

### **Zimbralinho**

After walking along a path one finds a pebble beach where there is a freshwater source. The tourist should also bathe in these fantastic turquoise-blue waters.

### **Morenos**

To the west, between the Ana Ferreira Peak and the Zimbralinho, there is an area rich in green vegetation, ideal for picnics.

### **Ilhéu de Baixo or da Cal**

This small island has rich limestone mines. Its hillsides are full of caves that lead to countless underground galleries. Between this island and Ponta da Calheta is the 400m-wide Boqueirão de Baixo that can only be crossed by small boats when the sea is calm.

There will soon be cable cars between Ponta da Calheta and Ilhéu da Cal

### **Canaveira Point**

Viewpoint over the rocky coast toward the west extremity of the island and the Ilhéu de Ferro.

### **Ilhéu de Cima Lighthouse**

This is the first lighthouse seen by ships coming from Europe. Between Porto Santo and Madeira one can see both the beams of this lighthouse and also that of Ponta de São Lourenço, a distance of 30.5 miles.

## HOW TO GET TO PORTO SANTO

You can get to Porto Santo by sea or by air. The island has an international airport, a pleasure boat harbour and a marina. You can fly to Porto Santo from Madeira in about 15 minutes or go by boat, which takes about two hours. The island is around one hour's flight from Europe.

### By air

There are a number of flights between Madeira and Porto Santo every day on planes (British Aerospace ATP), belonging to Sata, carrying 60 passengers.

TAP operates flights from Lisbon to Porto Santo twice a week throughout the year. In summer, a number of airlines fly to Porto Santo, from Lisbon and Oporto.

More information on [www.tap.pt](http://www.tap.pt)

### By sea

A modern ferry, called the Lobo Marinho and belonging to Porto Santo Line, carries passengers and vehicles between Madeira and Porto Santo every day. The crossing takes about 2 hrs 30 min. The ship can carry up to 1,153 passengers.

More information on [www.portosantoline.pt](http://www.portosantoline.pt)

### Porto Santo Marina

Porto Santo Marina, run by Assistência Náutica 33° / 16°, is inside Porto Santo Harbour. It has berths at floating pontoons for 165 four- to 15-metre vessels. All the berths are equipped with water and electricity outlets. Some of the facilities available to customers are showers, toilets, a laundry, a repair shop, reception and fax facilities.

### Porto Santo Airport

Location: 1km from Vila Baleira

Phone: +351 291 980120 Fax: +351 291 980121

E-mail: [madeira.airports@anam.pt](mailto:madeira.airports@anam.pt)

[www.anam.pt](http://www.anam.pt)

ICAO Code:LPPS



IATA Code: PXO

**Porto Santo Line** (inter-island ferry)

Funchal

Head office - sales: Rua da Praia, 6 - 9000-503 Funchal

Phone: +351 291 210300 Fax: +351 291 226434

Cais Sul:

Porto of Funchal

Phone: +351 291 241814 Fax: +351 291 310351

**Porto Santo**

Rua Estêvão de Alencastre Lj 6/7 - 9400-161 Porto Santo

Phone: +351 291 982938 Fax.: +351 291 982543

Email: [info@portosantoline.pt](mailto:info@portosantoline.pt)

[www.portosantoline.pt](http://www.portosantoline.pt)

Assistência Náutica 33° 16° (Porto Santo Marina)

16° 18'40" W 33° 03'21" N

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THE  
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## WHAT TO DO

### SPORTS

- **GOLF**

The course looks onto a pristine white sandy beach 9km long, and is played right along the dramatic coastline where there is incredible scenery at every turn.

The surroundings can be totally distracting on this wonderful course, which is rapidly gaining a loyal following for its exquisite beauty and for the superb golfing experience it provides.

The layout was designed to blend-in harmoniously with the local landscape, with a careful respect for environmental preservation. Every effort was taken to respect the existing ecosystems and to integrate the local plants and existing lakes.

Porto Santo Golf Course was designed by the Spanish golfing champion Severiano Ballesteros and opened in 2004.

The design of the course features two distinctly different playing zones. The South course is similar to the best traditional American golf courses, with various lakes and the beach acting as the perfect backdrop. It requires a long and precise game, and the various lakes challenge each player to remain well concentrated.

The North course is played near high sea cliffs and is a true links course. Among the most stunning holes are the 13, 14 and 15 set just by the cliff edge and which offer captivating sea views.

Porto Santo Golf also has a complete 9-hole course of par 3 holes - ideal for training precision shots, and for practising after a day at the beach. There are 18 further holes planned also designed by Seve Ballesteros which should go ahead very soon.

The Porto Santo Golfe clubhouse is the perfect complement to this stunning course. Equipped with Jacuzzi, sauna, Turkish bath and fabulous changing rooms - which means the whole family will be wanting to indulge in the luxuries it has to offer. The restaurant is set in a stunning panoramic veranda, with a stylish decoration and offering great snacks and food.

The course is located minutes away from the airport, which thankfully remains very quiet, and is easily reached from the main hotels. Reaching Porto Santo from Madeira Island couldn't be easier - whether on the daily 2.5 hour long ferry boat crossing between the islands or on the short 15 minute plane ride.

Porto Santo Golfe  
Sítio da Lapeira - Ana Ferreira  
9400-055 PORTO SANTO  
Tel.: +351 291 983 778  
Fax.: +351 291 982 508  
Email: msilva.sdps@netmadeira.com

- **WALKS**

Go for walks in Porto Santo to refresh your spirit. To the north, you can breathe the pure mountain air of the pine forest. Today, the recently restored footpaths are ideal for walking tours, thanks to their safety and the beauty of the landscapes to which they take us.

Walking through the wonderful countryside and enjoying its rough beauty in truly idyllic surroundings is certainly an excellent way of discovering nature's charms, relaxing and recovering the energy spent during the year. Porto Santo is an island of paradisiacal serenity, rough beauty and silence.

### **Porto Santo/Northeast Peaks**

Climb to Pico do Castelo and circular route including Facho, Gandaia and Juliana/Vila peaks - 11 km - 5 hours

To get a better sense of orientation we will start by climbing up Castelo, which might appear to be the island's tallest peak but in fact is only 437 metres high. Nearby Facho peak, 517 metres above sea level, takes the honours.

From the top of Castelo peak hikers can take in a wide view that allows us to understand the island's shape and layout. It is really composed of two volcanic groups separated by a low area on which the airport is built. Castelo peak is part of the main volcanic group occupying the east and northeast of the island. From the top of this peak one can easily notice the huge contrast between the rugged, cliff-strewn coastal strip to the north and east, and the long beach that spreads along most of the South coast. From the top one can also see some islets scattered in the sea as in they were protecting Porto Santo.

We leave Castelo peak and go down the path on the northern side, reaching a point where the road ends. Near the end of the road the El-Rei path starts, circling Facho peak from the South. At the start one has to be careful not to take a wrong turning; the path divides but hikers should always try to take the higher of the tracks. As it runs along the side of Facho peak with its antenna on the top, this path offers a series of fantastic views over the island's central and west parts.

From Gandaia peak we can glimpse the village of Serra de Fora between Graça and Concelho peak. A little further along we can see the rocky formation of Serra de Fora itself, between Maçarico and Concelho peaks. Heading southward again, the slopes of Gandaia peak are very exposed to the north winds. From this vantage point called Matos de Dentro one can already see the little hamlet of Serra de Dentro. Visible, too, is the little stream that flows down the steep hanging valley between Branco and Concelho peaks. Little by little the hiker approaches Juliana peak, where the attention is drawn to prismatic columns of basalt.

On reaching the pass that separates the Gandaia-Facho and Juliana ranges, the path itself divides. One route completes a circuit of Gandaia and Facho peaks, ending at the departure point. The other route leads down to the foot of Juliana peak. If you choose to take the lower route, do be aware that there is no proper path between Juliana peak and the road, so one has to scramble through the vegetation. The terrain, however, is not particularly challenging.

From here it is simply a matter of following the road back to Vila Baleira. It leads through the hamlets of Serra de Dentro and Serra de Fora, which you will already have seen from above. There is no better way to complete this ramble than to climb to the Portela viewpoint and there stop to admire the fantastic view over the town and the beach.

Features: The path circling Facho and Gandaia peaks is mainly flat and with no great cliffs. The main challenge offered by this circular route is the descent from Juliana peak to the Serra de Dentro road. This descent cuts through the scrub without benefit of a path. However, it is not too strenuous.

- **GAME FISHING**

Just like Madeira, Porto Santo has an international reputation for deep-sea fishing. Given the abundance and quality of the fish from the tuna family, these islands are the ideal place for catching blue marlin weighing in at over 500 kg.

- **DIVING**

Porto Santo has long been visited by divers thanks to the clearness and temperature of its waters and the beauty of its seas.



Go snorkelling in this fantastic world. The most popular place with divers is in the southern part of the harbour, where the SS Madeirense, which plied for decades between Porto Santo and Madeira, has been sunk since 2000.

Hundreds of divers have already visited this submersed treasure and they are unanimous in saying that it is an excellent attraction for diving fans.

- **SAILING, BOAT TRIPS, CANOEING AND ROWING**

Enjoy the delights of a warm, calm sea and take a trip around the island to the gentle rhythm of the waves.

As you sail or row, you can see the contrasts between the island's different coastlines.

- **JET SKIING, WATERSKIING, WINDSURFING AND KITE-SURFING**

Try these sports in the bright blue waters of the bay.

Challenge the wind and enjoy a beach with perfect conditions for the excitement of windsurfing or kite-surfing.

- **HORSE RIDING**

Porto Santo has a horse-riding centre with a riding school that organises pony trekking around Porto Santo, along routes of varying degrees of difficulty. Beautiful scenery is guaranteed all the way.

- **SAFARIS**

Drive a 4x4 around Porto Santo and enjoy some unique scenery. You will never forget the sensation of overcoming tricky natural obstacles.

- **HANG GLIDING AND PARAGLIDING**

The island, with its golden sands and clear blue sea, make it the ideal place for experienced gliders and beginners alike. There are good takeoff sites and plenty of alternatives for

landing. Climb to the top of one of peaks, pluck up courage to take off and enjoy gliding over the golden sands and radiant blue sea.

- **CYCLING AND MOTORCYCLING**

Porto Santo is fairly flat and so cycling is a very popular way of exploring it, pedalling pleasantly and calmly to the island's magic corners.

- **TENNIS**

In Porto Santo you can find the region's best tennis complex and one of the best in the country. It is located in Campo de Baixo, near the golf course, and is equipped for top-level tournaments. It has a main stadium with stands seating 1,000 spectators, five secondary courts and two paddle courts.

The surface of all the courts is greencet prix base.

The tennis complex has a modern club house with a shop, bar and restaurant, rooms, a first aid post and locker rooms.

Porto Santo Ténis  
Campo de Baixo

Porto Santo

Phone: 291 983 274

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Email: [msilva.sdps@netmadeira.com](mailto:msilva.sdps@netmadeira.com)

Open from 9 a.m. to 7:30 p.m.

- **GO-KARTS**

If you are hooked on excitement, experience the adrenaline high of doing a few laps round a go-kart circuit.

- **BEACH SPORTS**

With its long beach of fine sand, Porto Santo hosts beach volleyball tournaments, the most popular of which is the World Under-21 Beach Volleyball Championship held at the **Beach Sports Complex near Penedo Beach**.

## WELLNESS IN PORTO SANTO

Surrounded by natural scenery ranging from kilometres of quiet beach to green peaks and a deep blue sea, this small island is ideal for escaping the stress of the daily grind.

Enjoy the scientifically proven therapeutic benefits of Porto Santo's sea and sand. They are rich in iodine, calcium and magnesium and can restore the lack of mineral salts in the body caused by stress and fatigue.

Be pampered in one of the many natural treatments at the archipelago's only thalassotherapy centre. There are beauty treatments like facials and peeling, treatments for the prevention and relief of rheumatism, arthritis and bone and muscle problems and innovative techniques for combating the so-called diseases of modern life, like stress, breakdowns, fatigue, a sedentary lifestyle, poor diet, smoking, circulatory problems, joint conditions, digestive disorders, post-natal recovery, etc.

No one can remain indifferent to the archipelago's second largest island, so different from neighbouring Madeira, but just as attractive.

Come to paradise: it's so close!

## PORTO SANTO GEOMEDICINE CENTRE

### THE HOTEL WITH A BEACH & A SAND SPA

Porto Santo is often described by holidaymakers as a hidden paradise, but the Islands greatest secret is only now being revealed.

Prof. Dr. Roberto Luís d'Ornellas Monteiro – the owner of Quinta da Bela Vista - has also a Hotel at the neighbouring Island Porto Santo.

When he bought the hotel, he decided to sponsored scientific & medical researches, that were carried out over the last decade, by the Universities of Oslo & Aveiro (Portugal mainland), with the famous Madeiran Geologist – João Baptista – co-ordinating this team at Porto Santo Island.

The major goal of this was to demonstrate, as much as possible on a scientific basis, that the Porto Santo Island of the Madeira archipelago had natural resources, that could make the Island an ideal place to introduce and develop processes of naturotherapy.

The research done was concentrated particularly on the qualities & properties of two geomaterials from the Island (one polytic or lutitic made of a special clay named bentonite, the other psammitic or finely arenitic made of rare fine biogenic carbonate sand)



A pilot clinic was opened in the Hotel Porto Santo in the 1990s, where patients from northern Europe were studied and monitored by medical & scientific teams, through the treatment process.

Laboratorial research was carried out at the University of Aveiro.

Outdoors research was carried out at the beach and dune sands existent in Porto Santo island's south coast & in a site located right in front of hotel Porto Santo.

They confirmed what the people of this "Golden Island" have long known: Porto Santo sand is endowed with therapeutic properties.

Also they discovered the best ways for the body to absorb the chemical elements within the geoproducts used.

Like the sand, the clays, spring water, seawater, and fruit & vegetables of Porto Santo all possess chemical characteristics unlike anywhere else on the planet, and are of therapeutic benefit to people suffering from rheumatic, psychiatric & orthopaedic diseases.

To accompany these new discoveries Quinta da Bela Vista decided to go ahead with HOTEL PORTO SANTO GEOMEDICINE CENTRE & SPA, who will offer the FIRST SAND SPA TREATMENTS IN THE WORLD.

The new Spa will occupy an area of 1500 square metres, where luxury; distinctive & unique treatments will benefit Hotel Porto Santo & Quinta da Bela Vista Guests.

The idea is to create a package and promote a twin centre holiday, providing access to those treatments, by combining a stay in both hotels.

## **SPECIAL SANDS & HUMAN HEALTH - A SCIENTIFICAL APPROACH**

Particular sands are used in therapeutic applications. Among these sands, they are three different types, which over the years have been used by man in sand baths: one of these three types it's the biogenic carbonate sands of the island of Porto Santo, in Madeira archipelagos. Porto Santo is a small island north east from Madeira. The island is well known for its approximate 9 kms long sand golden beach

Recent studies demonstrated that biogenic carbonate sand derived from dismantling of coral reefs developed around certain Atlantic volcanic islands may be introduced in process of naturotherapy.

These practices increasingly draw the attention of people who suffer from chronic recurrent affections. This is the case, for instance, of the extremely finely grained biogenic carbonate sand accumulated on the beaches and dunes of the island of Porto Santo.

According to medical reports and public recognition, these sands, in the form of sand baths have been used locally for many years with success, for the treatment of osteo-articular and muscular diseases.

In fact, the studied biogenic carbonate sand is mineralogical composed of magnesium-rich calcite (major component) and strontium rich aragonite (accessory component), it displays thermal properties (high specific heat and low diffusiveness) and is chemically rich in Ca, Mg, Sr, P and S, elements easily released by chemical dissolution when in contact with human sweat, in sand baths.

The interaction between carbonate sand and the human body appears to be similar to that which takes place between mud and the human body during application.

A recent study carried out in Portugal points out the existence of nearly 500.000 people, who suffer from osteoporosis, and that 30.000 bone fractures a year caused by this diseases. Hip fractures due to osteoporosis alone are estimated at 12.000/year.

After the age of 50, one in every three women and one in every eight men will suffer bone fracture as consequence of osteoporosis. This is a generalized bone disease characterized by a decrease of bone mass or bone density due to changes in bone structure.

Calcium is an important bone component, but not exclusive, magnesium and strontium being other constituents.

Epidemiological studies carried out by specialists in orthopaedics, who assist patients from Madeira and Porto Santo islands, indicate that bone density appears to be higher in patients from Porto Santo than in patients from Madeira.

The Porto Santo natives use to take baths outdoors in the dry sand from the transition zone of the beach/frontal dune where it is dry and solar exposure is excellent.

These baths can be administered indoors in appropriate facilities (as in the case of the Geomedicine Centre of Hotel Porto Santo)

The Geomedicine Centre of Hotel Porto Santo, in Porto Santo, is already working on an experimental basis, providing therapeutic sand baths, mostly to patients from Nordic countries.

## EVENTS

### April:

- Porto Santo Rally
- Sailing around the island – organised by the Porto Santo Naval Club
- Spring Golf Tournament

### May:

- Around the island kayak trip
- Book Fair

### June:

- St. John Feasts with parade
- St. Peter Feast

### From 22 to 24 June

The celebration of St. John's day marks the beginning of the summer festivities in Porto Santo. There are lots of interesting events including traditional parades.

The festivities take place all over the island, but the main events are in the centre of Vila Baleira.

On the eve of St. John's day, 23 June, there is a traditional parade of groups representing different places on the island. After that, you can try jumping over a bonfire or watching the balloons being released by the quay.

There are food and drink stalls all over the city and the celebrations last every day and night during the Festas de São João.

### July:

- International Tournament of Beach Volleyball
- Infantile festival Song

- Summer Party (with cultural events, sports)

**August:**

- Tennis Tournament

- Golf Tournaments

- Religious Feasts

**September:**

- Columbus Festival

**October/November/December:**

- Several Golf Tournaments

- Christmas Exhibitions



## NIGHTLIFE

There are lots of nice, lively bars all over the island of Porto Santo. In the recreational area of Penedo do Sono you will find restaurants, bars and clubs where you carouse until dawn.

In summer, Porto Santo's nightlife is in the open air, surrounded by nature. In the city centre, down by the quay there are plenty of concerts, some of them starring world famous artists. The streets of Vila Baleira are full of revellers and fun at night.

The island has some good restaurants and bars where you can start the evening with a bang.

Later on, all the fun moves to Penedo do Sono, a modern recreational centre with restaurants, bars and clubs that are open and hopping till dawn.



THE  
GOLDEN  
ISLAND  
PORTO SANTO