



Atlantic Coast

Type Easy

Duration 6 days cycling + 2 days transfers



Atlantic Coast - Porto to Lisbon

Cycle along the Atlantic coast, starting from Porto towards Lisboa!

- Douro River
- Typical fishing villages
- Amazing beaches and oceanic views
- Óbidos medieval village

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Programme

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Day 1

Arrival to Porto

The hilly city of Porto presents a mingle of styles and eras that will enchant you. Porto is renowned all over the world for its delicious fortified wine which is specific to the region, and refers to grapes that have been cultivated and harvested on the designated banks of the Douro River valley, and transformed into this delicious nectar at one of the area's many Port wine estates.

Accommodation: Hotel Vincci

Day 2

Cycling tour Porto|Espinho|Furadouro|Ovar

Today you will ride along Douro River until its mouth. Then you will head south along the coast, mostly on bike paths, with beautiful sandy beaches on your right. During this ride you'll have plenty of places to stop and enjoy a traditional Portuguese meal or just to have a drink looking at the Atlantic Ocean! At Espinho, you can continue on a cycling path along the pine tree forest to Furadouro beach, cycling the final 21 km.

Stage: 56km

Accommodation: Furadouro Boutique hotel beach & spa

Day 3

Cycling tour Ovar|Barra|Praia de Mira

Today's bike ride will take you along the Aveiro lagoon. On the beach of San Jacinto you will cross by ferry to Barra Beach, located on the south side of the lagoon. You will then continue along the Ria de Aveiro and find the bike path that will take you to your hotel in Praia de Mira. Praia de Mira, with the dunes and Atlantic on one side, and the peaceful lagoon of Barrinha de Mira on the other, is a prey fishing village developing as a resort.

Stage: 60km

Accommodation: Maçarico Beach Hotel

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Day 4

Cycling tour Praia de Mira|Coimbra

Before leaving the coast behind you can still visit the Museu Etnográfico of Mira, in an original and traditional barn and features the fishing activities of the central Portuguese area. Flat in the west, the region rises in the east into small hills, intensively farmed and sometimes wooded. This is also the land of leitão, the delicious roast suckling pig. In Coimbra, take me to enjoy the city including the markets, and lively fado bars, as well as passing by through it's UNESCO university. Situated on a hill overlooking the city, the University of Coimbra-Alta and Sofia has grown and evolved over more than seven centuries to form its own well-defined urban area of two components within the old town of Coimbra. Coimbra University is an exceptional example of a university city, which illustrates the interdependence between city and university and in which the city's architectural language reflects the university's institutional functions.

Stage: 59km

Accommodation: Hotel Vila Galé Coimbra

Day 5

Cycling tour Coimbra|Figueira da Foz

The first stretch is through the Choupal National Forest leaving Coimbra. The Choupal National Forest, located just a few kilometres from Coimbra's city center, was planted to stem the river. You'll cycle alongside farms and rice fields, following the Mondego river towards Figueira da Foz, aka the Queen of Beaches, has been a popular Portuguese holiday resort for over 100 years. There is, of course, more to see and do in Figueira da Foz than lounge on its beaches or stroll the extensive promenade. If you get bored of sunbathing, you'll find artistic surprises, walks through forests, salt pans and nature reserves, a dash of history and some sweet treats.

Stage: 51km

Accommodation Universal Boutique Hotel

Day 6

Cycling tour Figueira da Foz| Nazaré

Leaving Figueira da Foz by train, today's ride will start from MonteReal train station. Along the route, one of the must stop places is Praia de São Pedro de Moel, a little oases in this countryside of pine forests covered dunes. São Pedro de Moel have a large beach and it is sheltered from the wind, ideal for sports, namely for the practice of surfing, windsurfing and diving. As you pedal up the Atlantic Way you will discover cultural and natural attractions along the route, with beautiful beaches and small towns that give a glimpse of Portuguese culture and lifestyle. One good example is Paredes beach. Then you

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will pedal until you get to Nazaré, a tradional and well known fishing village. It was also the place where you can find the biggest waves ever (Nazaré Cannon) in Praia do Norte.

Stage: 46km

Accommodation: Magic Art Hotel

Day 7

Cycling tour Nazaré|Óbidos

The ride today is really exhilarating, but you have to work for the views. São Martinho do Porto with its shell shape bay is a great place for lunch as the bay is protected and many restaurants face the beach. Back on the route the you will follow the Atlantic to the beautiful Óbidos Lagoon. The last stop will be the delightful town of Óbidos, with white houses adorned with bougainvilleas and honeysuckle. Óbidos is one of the most perfect examples of a Portuguese medieval fortress.

Stage:41km

Accommodation: The Literary Man Hotel

Day 8

Departure

After breakfast it's time to say goodbye of ÓBidos.
A transfer* will be made to the Lisbon Airport at 10h00.

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Details

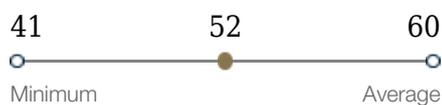
Details

Details

Type



Distance/day



Total distance (km)

313

Total altimetry

Duration



Trails



Bike Type

Hibrid

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Why choose us?

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"Luxury on Two Wheels" means what it says: Unforgettable, premium cycling experiences, where no expense is spared to offer you the most exclusive lodgings; gourmet cuisine that deliciously combines tradition with innovation; genuine points of interest; the kind of personal service only possible with small groups; and highly customized, educational cycling routes.

Last but not least, our Tours are not only family-friendly but family-oriented: from the choice of accessories that range from tandem bikes to baby chairs, to our selection of routes that are accessible enough to be made by beginner cyclists, every detail of our Tours was carefully designed with family and friends in mind. Whether a member of your group is 8 or 80, he or she will certainly enjoy our rides with minimum effort and complete comfort.

We're sure you'll compare us to others. We actually hope you do, as you'll quickly realize the differences between a "Cycling Holiday" and "Luxury on Two Wheels".

Our team

From customer support to route planning, on-tour bike repair and gourmet picnics, everyone in our team is passionate about Portugal, Cycling, and making your stay nothing less than spectacular.

Our Vans

Luxury on the Road

Our trailers were custom-built to be the perfect partner for all our Guided Tours. Not only can they hold all necessary bikes and equipment, they also have plenty of space for our client's luggage. A fully-equipped kitchen, water closet, built-in repair shop and wi-fi hotspot complete our 'hotel on the road'.



Our Vans

Premium Support

Used in both our Guided and Self-Guided Tours, our Vans holds up to 8 passengers and their luggage, and 8 bicycles. Equipped with a mini-bar, double air conditioning, 12V USB charger and wi-fi hotspot, it's a perfect companion for all our Tours.



Get in touch. We're happy to help!

