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## Vicentine Coast

Type Moderate

Duration 4 days bike + 2 days transfer



# Bike along the vicentine Coast

*The sea as your bike mate*

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- Bike around the most fantastic Portuguese beaches
- Visit some of the most typical portuguese villages
- Take sun baths along it's continuous 15km length of golden sand
- Be enchanted by the beauty of the Southwest Alentejo and Vicentine Coast Natural Park

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Programme

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# Programme

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### Day 1

#### Arrival

Arrival to Lisbon airport and transfer to Barradas da Serra Country House, an incredible Manor House where you'll be received like family on this welcoming farm estate.

For more than a century producing cereals, including wheat, this activity has lost some significance over time, and it is now the oak forest (montado) of greater importance in the activity of the homestead. The production of cork is an investment with many years of tradition in the family, being also of great importance for the region and the country.

After check in, our team will do a general briefing on the tour.

Accommodation: Barradas da Serra Country House

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### Day 2

#### Exploring the countryside

Following breakfast we'll start our tour exploring the beautiful scenery of the region, with its cork forest and contrasting beaches, just a few kilometers apart. We'll be stopping at the St. André Lagoon, surrounded by golden dunes and a diversified avifauna, making of this a very pleasant place, filled with peace of mind and beauty.

Stage: 43km

Night at Hotel Santiago Cooking & Nature

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### Day 3

#### Ocean views

Following a delicious breakfast we continue our biking through the Alentejo. Our journey continues with a smooth and breezy downhill dash to enter the Southwest Alentejo and Vicentine Coast Natural Park, all the way to Porto Côvo. Discover here a genuine seven heaven made up of almost only deserted beaches, cliffs and crags amidst exceptionally rich biodiversity and unique geological heritage. Among the 750 plants and 200 species of birds that have been identified throughout the area of the Natural Park, there are a few worth

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mentioning, like the White Sork, Bonelli's Eagle, the Peregrine Falcon or the felines such as the Fox or the Iberian Linx.

Etapa: 46km

Accommodation: Monte do Freixial Country House

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### Day 4

#### Feel the ocean's breeze

After another delicious homemade breakfast, we cycle along a flat terrain stage, with spectacular views over the seashore and smooth breezes along the cliffs, overlooking the magnificent sandy beaches and estuaries. After an easy afternoon relaxing on the beach, we'll take a look at the 1883 Cabo Sardão Lighthouse, an impressive 17 meters high structure that still helps ship navigate along the coast. The views are impressive and we cross the river which divides Alentejo and the Algarve region.

Stage: 51km

Accommodation: Casas do Moinho

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### Day 5

#### Sagres

The day begins cycling through the magnificent ocean views. We are heading for Sagres, the southernmost point in Portugal, where the Portuguese sailors learned how to sail the caravel in the XV Century and discovered new worlds. We cycle to the village of Aljezur, located in a lush green valley, well known for its sweet potatoes. Although a bit higher, the X Century moorish castle is a "must see" and has one of the most fantastic views of the Portuguese southwest region. We'll continue to Sagres village, all the way to St. Vincent Lighthouse – with lovely panoramic views onto the atlantic ocean...offering one of the best sunsets in the world!

Stage: 68km

Accommodation: Memmo Baleeira Design Hotel

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### Day 6

#### Goodbye Odeceixe

After Breakfast it's time to say goodbye to Algarve.

A transfer\* will be made to the Lisbon Airport at 10h00.

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Details

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# Details

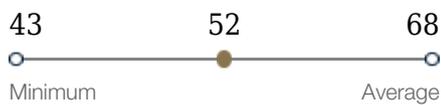
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*Details*

### Type



### Distance/day



### Total distance (km)

208

### Total altimetry

### Duration



### Trails



### Bike Type

MTB (by road also available)

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Details

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### *Included on the Self Guided*

- 4 breakfasts
- 5 nights in double accommodation
- Bike and helmet
- Mini-Pump, Saddle Bag
- Quick tyre repair kit (spare inner tube and multi-tool kit)
- GPS with with route and POI's
- Spot Me location device
- Cell phone for emergencies
- Full maintenance and technical assistance during the tour
- Backpack, water bottle, bike jersey, casual polo and luggage tags with Bike Tours Portugal Logo
- Insurance
- Arrival transfer lisbon airport – 1st hotel) Aeroport Lisboa, at 15h on fixed departures
- Departure transfer (last hotel – lisbon airport, at 10h00 on fixed departures
- Luggage transportation (hotel-to-hotel)
- Technical assistance in case of necessity
- Tire repair€90/Tire

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### *Not included on the Self Guided*

- Lunches
- Dinners
- Bike shorts and shoes
- Extra equipment non specified as included
- Bike shorts and shoes
- Air fares
- Mini-bar and extra consumptions not mentioned on the programme
- SPA treatments

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Equipment

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# Equipment

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Road Bike (carbon upgrade available) Brand : Scott  
Model : Speedster 40  
Frame : Aluminium  
Fork : Scott Carbon  
Crankset : Shimano Sora (50 /34 T)  
Drivetrain : Shimano Sora  
Shifters : Shimano Sora  
Brakes : Tektro  
Saddle : Syncros  
Pedals : Clipless Pedals (Shimano SPD-SL or Look Compatible)  
Tires : 700C x 23  
Frame Sizes : XS / S / M / L / XL

Available Accessories :

GPS  
Clipless Pedals  
Saddle Bag



MTB Bike Brand : Trek  
Model : X-Caliper 9  
Frame : Aluminium  
Fork : RockShox Recon Silver RL Lockout  
Crankset : Race Face Ride (Double Chainring 36/22 T)  
Brakes : Shimano Disc M365  
Derailleur : Shimano Altus  
Shifters : Shimano 10 speed  
Tires: Bontrager XR2 29" x 2.20"  
Pedals : Standard Platform Flat  
Saddle : Bontrager Evoc 1.5  
Frame Sizes : M / L / XL

Available Accessories :

Saddle Gel Cover  
Rear Luggage Rack  
Handlebar Bag  
Panniers  
GPS Unit  
Clipless Pedals

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## Bike along the vicentine Coast

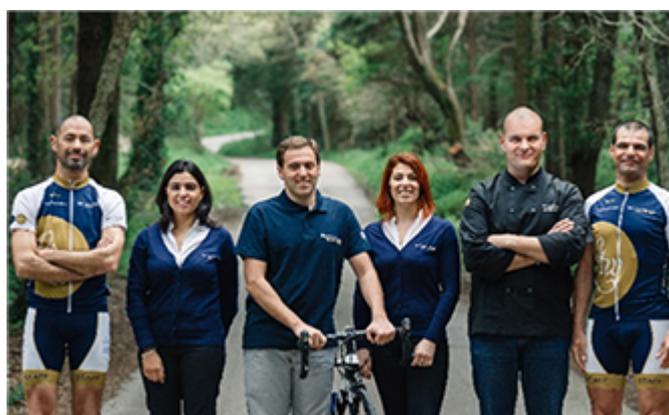
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Why choose us?

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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”.



Get in touch. We're happy to help!

## 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.

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## 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’.



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## 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.

