



Alentejo

Type Easy

Duration 2 days bike + 2 days cooking workshop
+ 2 days transfer

YOGA &
BIKE

FOODIES

LOCAL
ASTRONOM

FAMILY &
FRIENDS

GUIDED

WINE &
FOOD

LANDSCAPE

OCEAN
VIEWS

Alentejo Flavours - Yoga & Bike

Explore Alentejo, by bike, by its flavours and trough mindfulness

- Cooking classes
- Exclusive ioga classes
- Biking trough typical villages

Alentejo Flavours - Yoga & Bike

Explore Alentejo, by bike, by its flavours and through mindfulness

Programme

Programme

Day 1

Arrival

Arrival to Lisbon airport and VIP transfer to the fabulous Santiago Hotel Cooking & Nature where gastronomy and culinary are the main attractions, located on a hill with a view to the Santiago do Cacém Castle.

Before dinner our team will do a briefing on the tour.

Indulge yourself with an exquisite gourmet dinner, for tomorrow the adventure begins.

Night at Santiago Hotel Cooking & Nature



Day 2

Cork trees and small villages

The day starts with an early morning class to get you ready for the day.

After a delicious breakfast, it's time for a quick briefing with our team and fitting of the bikes and we are ready to start.

This will be an easy route through typical villages and a landscape of cork trees.

Get enchanted by the beauty and calmness of the landscape.

Following lunch, we'll ride back to the hotel.

Before sunset you'll have a hatha yoga class.

Dinner will be at the hotel.

Accommodation: Santiago Hotel Cooking & Nature

Stage: 50km



Day 3

Ocean views

The day starts with another early morning class to get you ready for the day.

After breakfast, and a quick briefing, we'll get on the bikes for today's ride.

Today it's all about ocean views and the beautiful beaches of the vicentine coast.

Energize yourself with the ocean breeze and the sun.

Following lunch, we'll ride back to the hotel.

Before sunset you'll have a hatha yoga class.

Dinner will be at the hotel.

Accommodation: Santiago Hotel Cooking & Nature



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Programme

Stage: 55km

Day 4

Flavours of the Alentejo

Após o café da manhã, iniciamos o dia com pranayanas intensivos para sintonizar a sua energia vital.

Após a prática terá seu tempo livre.

Para o jantar preparámos um workshop do típico caldo Alentejano, cheio de sabores e tradição.

Accommodation: Santiago Hotel Cooking & Nature



Day 5

A morning with the Chef

Early morning we've prepared a stroll in the local market with our Chef to choose your own menu ingredients.

Back to the hotel, prepare, cook, and delight yourself...

Free afternoon

Acommodation: Santiago Hotel Cooking & Nature



Day 6

Say goodbye to Alentejo

Today is departure day.

Enjoy the exquisite breakfast one last time at Santiago Cooking & Nature.

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

Alentejo Flavours - Yoga & Bike

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Details

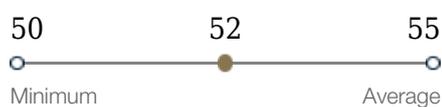
Details

Details

Type



Distance/day



Total distance (km)

105

Total altimetry

Duration



2 days bike + 2 days cooking workshop +
2 days transfer

Trails



50% Tar 50% Smooth dirt

Bike Type

MTB

Dates 2019

- 30th September, 2019 - 05th October, 2019
- 13th May, 2019 - 18th May, 2019

Alentejo Flavours - Yoga & Bike

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Details

What is included on the Guided

- 5 Nights in double accommodation
- 2 Lunches (drinks not included)
- 5 Breakfasts
- 3 menu dinners (drinks not included)
- water, coffee along the route
- 2 Cooking classes (1 lunch, 1 dinner)
- 5 yoga classes
- Extra activities described on the programme
- Bike and helmet
- English speaking guides
- Full maintenance and technical assistance during the tour
- Backpack, water bottle, bike jersey, casual polo and luggage tags with Bike Tours Portugal Logo
- 5 Snacks (Cereal bars, dry fruits and waters)
- Insurance
- Concierge services for spa reservations and other additional services
- Transportation service within a 10km radius are included (dinners outside the hotel not mentioned, extra activities not mentioned and lost objects pick up over 10km are subject to an extra quotation)
- Arrival transfer lisbon airport – 1st hotel)Aeroporto Lisboa, at 15h
- Departure transfer (last hotel – lisbon airport, at 10h00
- If you intend to arrive or depart from a different Airport or with a different schedule, please contact us to quote and organize your transfer
- Van 24h/7 for luggage transportation (hotel-to-hotel and full technical support vehicle along the tour)

Not included on the Guided

- Lunches on day one and day 6 (transfer days)
- Dinner on day 4
- Lunch on day 5
- Lunch and dinner drinks not included
- Extra equipment non specified as included
- Bike shorts and shoes
- yoga Mat
- Air fares
- Transportation service over a 10km radius are subject to an extra quotation
- Gratuities
- Mini-bar and extra consumptions not mentioned on the programme
- SPA treatments

Alentejo Flavours - Yoga & Bike

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Equipment

Equipment



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

Deraileur : 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 Aecessories :

Saddle Gel Cover

Rear Luggage Rack

Handlebar Bag

Panniers

GPS Unit

Clipless Pedals

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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!

