



## Vicentine Coast

Type Moderate

Duration 5 days cycling + 2 days transfers



# The Cruising the Coast Challenge

*Cruising the Coast - The sea as your tour mate*

- 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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*“You and Guilherme are superb Ambassadors of your beautiful country. Portugal will no longer be just a name on a map to us. We are forever connected to this very special place that we hope to return to again and again.”*

**Ronni & Toba**

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Programme

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# Programme

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## Day 1

### Arrival

Arrival at Lisbon airport and transfer to the Pousada Castelo de Palmela, this is located in the historical center of the city of Palmela 42 km from Lisbon. Located at 230 meters above sea level you have fantastic views over the Arrábida Mountains, over the Atlantic Ocean, over the plain and vineyards of the region. The Inn integrates the cloisters of the old convent built castle. Cool off your trip and take time to rest a bit. Before dinner, our team will make a tour briefing and then enjoy a delicious traditional dinner

Accommodation at Pousada de Palmela

A transfer will be made during the afternoon at 15h00.

\*If you intend to arrive to a different Airport or with a different schedule, please contact us to quote and organize your transfer



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## Day 2

### Serra da Arrabida Troia

Following breakfast, we'll start our tour towards the highest point of the Serra da Arrábida within the Arrábida Natural Park, with its protected vegetation, which perfectly fits the ocean in the background. The aromas and a sense of serene beauty will not leave you indifferent.

We continue our pedal towards the Comenda that is in one of the slopes of Arrábida, about 2 km from Setúbal, bathed by the estuary of the river Sado and with eyes set in Troia, we cycled towards the city of Setúbal.

We will continue the pedaling towards the Ferry Boat that will take us to Troia, in the other margin, we will continue our pedaling until the lunch. After lunch, our pedal takes us to the lodging of the Barradas da Serra Country House, an exclusive Country House where you will be received like family, with all the affection and attention.

Night at Herdade Barradas da Serra Country House.

Stage: 80km



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### Day 3

#### Views from Alentejo

Following a delicious breakfast, we continue our biking through the Alentejo. Our stage today leads us to the medieval city of Santiago do Cacém, pedaling through incredible landscapes, Pedal along beautiful secondary roads, surrounded by cork oaks (the cork tree) and olive trees.

We will spend the night at the Monte Xisto Rural Hotel located in Vale das Éguas, in the heart of Alentejo, in the interior of the municipality of Santiago do Cacém, but a few kilometers from the coast, Monte Xisto Hotel Rural  
A delicious homemade dinner makes us feel absolutely comforted and relaxed...

Accommodation: Hotel Rural Monte Xisto.

Step: 58km



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### Day 4

#### Typical Villages

Enjoy your breakfast and then meet our team for another day of great cycling through the Vicentine Coast Natural Park. This Park, with more than 100km in length, is the largest stretch of protected Portuguese coastline, and we've made a special effort to prepare the tour for your best enjoyment. Our biking takes us to the fishing village of Vila Nova de Milfontes with a strong connection to the ocean, in the estuary of the Mira River, where many centuries ago Celts, Phoenicians, Greeks, Carthaginians and, of course, Romans and Arabs passed through.

Our way takes us to the accommodation of today the Herdade do Touril the comfort of the rural tourism, in the tranquility of the Alentejo, in the Natural Park of the Southwest Alentejo and Costa Vicentina.

Accommodation: Touril Country House.

Etapa: 59km

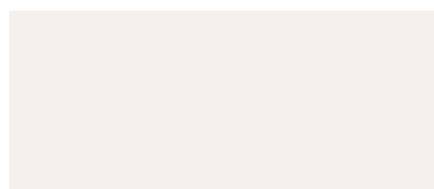


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### Day 5

#### 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



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### Programme

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along the coast.

It is here that one of the biggest attractions of the Vicentine Route is found at the fauna level: in spring, the storks elect this steep cliff and the cliffs in the sea, to nest, a habit considered unique in the world. They share the space with about 20 other species that, despite the strong winds that bring salt water, populate this habitat. Here you can see the gray-backed crow, the crested cormorant, the kestrel, the rock pigeon, the peregrine falcon, the black rabirruivo, and of course the white stork.

It's time to return to our hotel and enjoy the rest of the time to relax.

Accommodation Herdade do Touril

Step: 58km



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### Day 6

#### 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: 89km

Accommodation: Memmo Baleeira Design Hotel



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### Day 7

#### Goodbye, Algarve

After Breakfast it's time to say goodbye to Algarve. A transfer\* will be made to the Lisbon Airport at 10h00.

If you intend to departure from a different Airport or with a different schedule, please contact us to quote and organize your transfer

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Details

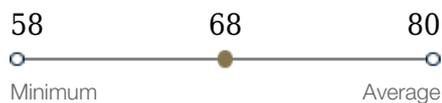
# Details

*Details*

### Type



### Distance/day



### Total distance (km)

343

### Total altimetry

+3200/- 4530

### Duration



### Trails



100% Tar

### Bike Type

Road bike



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### Details

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#### *What is included on the Guided*

- 6 nights in double accommodation
- 6 breakfasts
- 5 lunches at traditional restaurants no drinks included
- 6 dinners, no drinks included
- Luggage transfer from Hotel-to-Hotel; Airport transfer
- Reinforcement Nutrition during the Bike Tour. (Sports Supplementation - Gel, Protein Bar and Mineral Salts)
- 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
- Insurance

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#### *Not included on the Guided*

- Lunches on day 1 and day 7 (transfer days)
- Drinks from Lunches and Dinners
- Extra equipment non specified as included
- Bike shorts and shoes
- 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

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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

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## The Cruising the Coast Challenge

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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".

## 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.



Get in touch. We're happy to help!

