



Cascais

Type Difficult

Duration 3 days cycling + 2 days transfers



Training Camp GranFondo New York - Portugal

Pacote Extra Training Camp - Cascais/Serra de Sintra

- Scenic Roads | Ocean views

“

“We are experienced cyclists who have cycled in many countries with many bike tour companies. None is better than Bike Tours Portugal. Our idyllic Portuguese bike journey covered about 500 kilometers (300 miles) over 7 days from Marvao near the Spanish border until almost the Atlantic Ocean (near Vila de Nova Milfontes). The tour Bike Portugal designed for us took us mostly on serene backroads thr...”

Moss Patashnik

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Programme

Programme

Day 1 - 05th September

Arrival

Arrival at Lisbon Airport and transfer to the Pousada de Cascais Cidadela Historic Hotel & Art district.

We'll be doing a briefing about the Tour, followed by dinner at the Hotel.

Acommodation: Pousada de Cascais Cidadela Historic Hotel & Art district
(Dinner not included)



Day 2 - 06th September

Training Day 1

After breakfast, we've scheduled your Bike Fitting – You'll have full support on this task with our experienced staff.

It's now time to start today's training.

After cycling, we will back to the Hotel.

Free Dinner.

Acommodation:Pousada de Cascais Cidadela Historic Hotel & Art district

Day 3 - 7th September

A bit of history

After breakfast, it's time to get ready for our second day of training with our experienced staff.

After cycling, we will back to the Hotel.

Free Dinner.

Acommodation:Pousada de Cascais Cidadela Historic Hotel & Art district

Day 4 - 08th September

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Programme

GFNY Portugal - the Event

5 AM – Opening of the boxes at the start area.
6:15 AM – Closing of the boxes at the start area.
7 AM – Start of the GFNY Portugal.
12 PM – Beginning of the Pasta Party.
3 PM – Award Ceremony.
5 PM – End of Event

Free Dinner

Accommodation: Pousada de Cascais Cidadela Historic Hotel & Art district

Day 7 - 9th September

Departure

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

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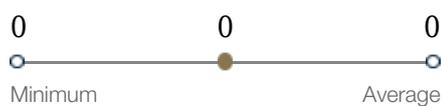
Pacote Extra Training Camp - Cascais/Serra de Sintra

Details

Details

Details

Distance/day



Total distance (km)

0

Total altimetry

Duration



3 days cycling + 2 days transfers

Trails



100% Tar

Bike Type

Road Bike

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Details

What is included on the Guided

- Arrival transfer to Portugal (Lisbon - Cascais Airport)
- Transfer from Portugal (Cascais - Lisbon Airport)
- Accommodation in a hotel located next to the beginning of the event - Pousada de Cascais
- 4 Nights in Hotel - accommodation in a double room.
- 4 Breakfast
- Assembly of Bikes Clients
- SiS Nutrition (Science in Sports) on Training Camps Days
- 2 cycling courses, with bilingual guide and support vehicle
- Inscription at GFNY - Tent Nutrition at GFNY + Nutrition + Place to store cycling volumes at Expo GFNY
- Personal accident insurance during workouts

Not included on the Guided

- Road Bike - Not included in the proposal (Extra Bike Carbon € 60 / day / bike)
- Breakfast
- Dining
- Cycling and sneaker Bermuda
- Flight tickets
- Transportation service beyond 10km for activities additional to those provided in the program, will be subject to additional hiring, request more information for details
- Transfer outside the stipulated hours
- Free Shipping
- Mini bar and any consumption of food and drinks carried out outside the scope of the program
- Consumption of SPA

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Why choose us?

Bike
Tours
Portugal
Luxury
"two wheels"

Why choose us?



"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!

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