



Blue Coast

Type Easy

Duration 5 days cycling + 2 days transfers (ask us for the shorter version)



The Blue Coast - Sintra and Greater Lisbon

Blue Coast - Culture as your tour mate



- Sintra World Heritage Site and Sintra Natural Park
- Lisbon of the Discoveries
- Oceanic views
- Yacht sailing ride
- Traditional Mediterranean gastronomy
- Historical and Luxury Accommodations
- Winery Visit and wine tasting at one of the oldest wineries of the country

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Programme

Programme

Day 1

Arrival

After the arrival at the Lisbon airport, we will drive for about 45 minutes for tonight's accommodation. Transfers are scheduled for 03.00pm. You'll be staying at Tivoli Seteais Palace Hotel, a 5 Star romantic Palace from the XVIII Century, with lush and labirintic gardens and decorated rooms with furnishings of extraordinary wealth...a time travel experience. Before dinner, we'll do a quick briefing about the tour and then you can enjoy the dinner in this unique atmosphere.

Night at Tivoli Seteais Palace Hotel

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



Day 2

Exploring Sintra

Today will be a cultural day in Sintra. Considering that it is a World Heritage Site and Cultural Landscape by UNESCO, you should take some time to explore the must see monuments and the unique atmosphere of this special city. By morning you'll meet our guide for a guided morning trough some of the most iconic monuments of Sintra.

You'll have lunch on your own and the rest of the afternoon to freely explore the Vila.

Make sure you taste the delicious local pastries, either the 'queijadas de Sintra' (Sintra tartlets), or the travesseiros (puff pastry pillow shape sweets) at the most famous local bakery Piriquita. They started with a business that begun during the XIX Century! After such an amazing day, it's time to return to the Palace...

Night at Tivoli Seteais Palace Hotel

Lunch on your own

Guided 2 hours tour included (Museum entrances not included)



Day 3

Ocean views

For our first biking day we'll be biking through Sintra forest, where you'll discover the surroundings of luxurious emerald vegetation, creating a dreamlike

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atmosphere.. It's then time to head on to the coast, make a stop in the westernmost point of Europe – Cape Roca, with breathtaking seaside cliffs, in a spectacular scenery. From here we head on to Cascais, a little beach village, once a fishing village, that became a popular resort favored by European nobility and kings in the early XX Century. Today it is a colorful cosmopolitan village with elegant pedestrian streets, luxuriant villas, fashionable shops, restaurants and bars. Cycling along a track with amazing views over the ocean, it's time to breathe deep, and embrace the aromas and ocean breeze! After lunch at a local restaurant, it's time to get on the sailboat and admire the city by the river, all the way to Lisbon. Can you imagine how brave were those sailors that risked their lives without certainty of success?

For the next two nights you'll be enjoying the Governor's Palace 5 Stars Hotel, the former house of the governor of the Tower of Belém, exquisitely restored. Make the most of this special atmosphere!

Night at Palácio do Governador Hotel
Sailboat from Cascais to Lisbon included
Stage: 37km



Dia 4

Lisboa of the discoveries

Today we are going to pedal straight to the spot where the caravels left Portugal to discover new worlds, and explore Lisbon all the way to the downtown. Lisbon as an intriguing mix of the old and the new, or so many contrasting faces, making this a city for unhurried exploration and a place to get lost in, discovering its many distinctive sights and characteristic images. While cycling, don't forget to observe the traditional pavements, the concrete and asphalt of other cities is replaced here by imaginative cobbled patterns, most of them with maritime themes. On our way back, we're going to have a taste of the world famous pastries "pastel de nata", by the Jerónimos Monastery. It's now time to return to our luxury hotel. Make the most of your time and try the Felicitás Spa and the detoxifying salt massage?

Night at Palácio do Governador Hotel
Stage: 42km



Day 5

A taste of moscatel

After breakfast it's time to say goodbye to Lisbon and enjoy an unforgettable yacht cruise to Seixal Bay. This stage continues with bike throughout the typical

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small villas, seeded here and there, finally arriving to Azeitão, known for its red wine and some of the finest wine country estates in the country. After lunch at a typical restaurant, we'll visit the José Maria da Fonseca Winery. With 180 years of history, the cellars are a must see, for sure and at the end, delight yourself with a glass of Moscatel wine.

The next two nights will be spent at the historical House of Palmela, a manor house of the XVIII Century which served as a hospital during the French Invasions. A family estate know converted to an amazing historical hotel.

Night at Casa Palmela Hotel

Stage: 35km



Day 6

Traditional market

Following breakfast with views over the Arrábida Mountains, we'll continue biking to the city of Setúbal, that was, in the beginning of the XX Century, the most important center of Portugal's fishing industry, particularly sardines. It's mandatory to stop at the local market of Livramento, considered one of the best ones in the World, along with Brooklyn and Tokyo market.

On a town know for it's fish, lunch will be at a local restaurant, specialized on fish and seafood. You should try the city's signature dish - fry cuttlefish. Absolutely delicious!

Afterwards it's time to get back to our cozy hotel and relax.

During the evening, taste a unique regional dinner, accompanied by some of the region's famous wines.

Night at Casa Palmela Hotel

Stage: 29km



Day 7

Departure

Today is departure day.

Enjoy your breakfast one last time at Casa Palmela Hotel.

By 10.00am we'll do the transfers to the airport.

*If you wish 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

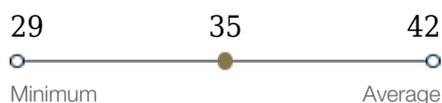
Details

Details

Type



Distance/day



Total distance (km)

142

Total altimetry

Duration



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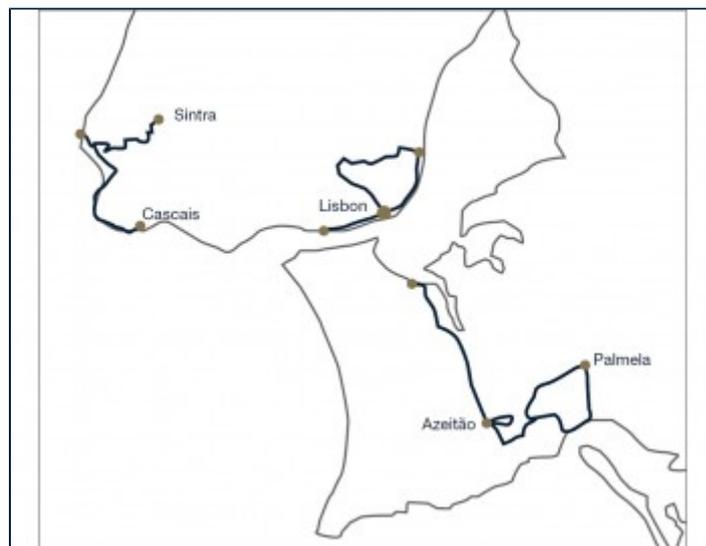
Trails



100% Tar

Bike Type

MTB with hybrid tyres



Dates 2019

- 16th June, 2019 - 22nd June, 2019
- 07th July, 2019 - 13th July, 2019

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Details

What is included on the Guided

- 5 lunches in traditional restaurants (water and wine with responsible consumption included)
- 6 Breakfasts
- 6 A la carte dinners, drinks not included
- 6 nights in double accommodation
- water, coffee along the route
- 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 on fixed departures
- Departure transfer (last hotel – lisbon airport, at 10h00 on fixed departures
- 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 vehicule along the tour)
- Sag vehicule along the way please contact us for a quotation

Not included on the Guided

- Lunches on day one and day 7 (transfer days)
- Dinner drinks
- 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

Equipment



MTB Bike E-Bike Brand : Scott
 Model : Aspect 920 e-Bike
 E.Drive System : Bosch Performance 250w
 Frame : 6061 Aluminium
 Fork : SR Suntour XCM 29"
 Crankset : FSA CK-310 MTB 17T
 Derailleur : Shimano SLX
 Shifters : Shimano
 Brakes : Shimano Hydraulic Disc
 Pedals : Standard Platform Flat
 Saddle : Syncros
 Tires: Schwalbe 29" x 2.25"
 Frame Sizes :S/M

Available Aecessories :

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



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 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!

