
Vicentine Coast

Type Moderate

Duration 5 days cycling + 2 days transfers



Rota Vicentina Road Self Guided Bike Tour

Vicentine Coast - The sea as your Bike 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
- Quiet backroads



“

“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

Rota Vicentina Road Self Guided Bike Tour

Vicentine Coast - The sea as your Bike Tour mate

Programme

Programme

Day 1

Arrival

Arrival at Lisbon airport and transfer to the Pousada Palmela Castle, in the historical Village of Palmela 42 km from Lisbon. Located at 230 meters above sea level, enjoy the fantastic view of the Arrábida Mountains and Natural Park, over the Atlantic Ocean and the plain and vineyards of the region. The Pousada includes cloisters from the old convent constructed in the castle.

Cool off from your trip and get some rest.

Our team will do a briefing of the bike tour and then it's time to enjoy your hotel.

Accommodation at Pousada Palmela Castle

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 transfe

Day 2

Serra da Arrabida & Troia

Following breakfast, you'll start our tour towards the highest point of the Mountain

range 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 won't leave you indifferent.

You'll continue our pedal towards the Comenda located in one of the slopes of Arrábida Mountain, about 2 km from Setúbal. Bathed by the Sado River and with eyes set in the Tróia Peninsula, we cycle towards the city of Setúbal.

The pedaling continues towards the Ferry Boat that will take you to Tróia, on the other side of the river. Using some of the most beautiful roads for the bike.

Should you wish to lunch, we suggest a very typical restaurant where the fresh fish will

be the right choice. After the break, continue on a road surrounded by pine trees 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

Rota Vicentina Road Self Guided Bike Tour

Vicentine Coast - The sea as your Bike Tour mate

Programme

Day 3

Following a delicious breakfast, continue your biking through the Alentejo and along the Vicentine Coast Natural Park.

Today your stage leads you to the medieval city of Santiago do Cacém, pedalling through incredible landscapes and perfect roads. Pedal along beautiful backroads, surrounded by cork oaks (the cork tree) and olive trees.

Tonight you'll be staying at Monte Xisto Rural Hotel located in Vale das Éguas, in the heart of Alentejo, in the interior of the municipality of Santiago do Cacém, not far away from the Atlantic Ocean Coast.

We suggest you try a homemade dinner that will make you feel absolutely comforted and relaxed...

Accommodation: Hotel Rural Monte Xisto

Stage: 58km

Day 4

Typical villages

Enjoy your breakfast and then continue 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. This stage will take you 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.

The road takes you to tonight accommodation - the Herdade do Touril Country house. The comfort of the rural tourism, in the tranquility of the Alentejo, in the Natural Park of the Southwest Alentejo and Costa Vicentina.

Accommodation: Herdade do Touril Countryhouse

Stage: 59km

Day 5

Feel the ocean's breeze

After the delicious homemade breakfast, you'll 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. Admire the 1883 Cabo Sardão Lighthouse, an impressive 17 meters high structure that still helps sailors navigate along the coast.

In this region lies one of the best attractions of the Vicentine Route: in spring, the storks choose the steep cliffs next to 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

Rota Vicentina Road Self Guided Bike Tour

Vicentine Coast - The sea as your Bike Tour mate

Programme

gray-backed crow, the crested cormorant, the kestrel, the rock pigeon, the peregrine falcon, the black rabirruivo, and of course the white stork. Use the quiet roads and enjoy this incredible scenery.

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

Accommodation Herdade do Touril Countryhouse

Stage: 58km

Day 6

Sagres

The day begins cycling along the magnificent ocean views. You 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. You'll ride South, where you'll visit 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. Today you'll find some climbs, to be made with the calm that this region requests.

You'll continue to Sagres village, all the way to St. Vincent Cape Lighthouse – with lovely panoramic views into the Atlantic ocean...offering one of the best sunsets in the world!

Accommodation: Memmo Baleeira Design Hotel

Stage: 89km

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

Rota Vicentina Road Self Guided Bike Tour

Vicentine Coast - The sea as your Bike Tour mate

Details

Included on the Self Guided

- 6 Nights in double accommodation
- 6 Breakfasts
- 5 Bike rides
- 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
- 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

Not included on the Self Guided

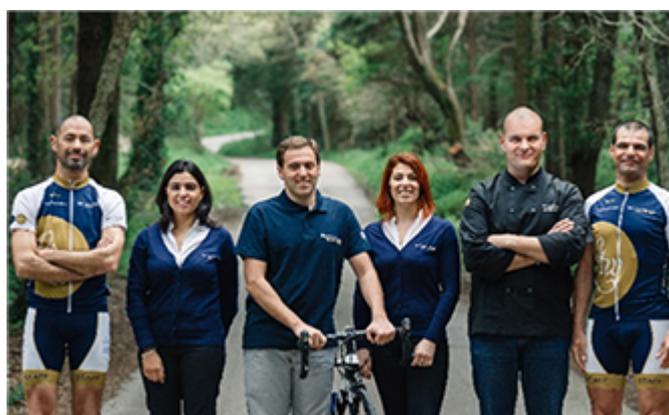
- Lunches
- Dinners
- Bike shorts and shoes
- Extra equipment non specified as included
- Bike shorts and shoes
- Air fares
- Mini-bar and extra consumptions not mentioned on the programme
- SPA treatments

Rota Vicentina Road Self Guided Bike Tour

Vicentine Coast - The sea as your Bike Tour mate

Why choose us?

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".



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.

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.

