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## Atlantic Coast

Type Easy

Duration 6 days cycling + 1 free day + 2 days transfers



# Atlantic Coast - Porto to Lisbon Guided Bike Tour

*Cycle along the Atlantic coast, starting from Porto towards Lisboa!*

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- Douro River
- Typical fishing villages
- Amazing beaches and oceanic views
- Óbidos medieval village

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Programme

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# Programme

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### Day 1

#### Arrival to Porto

Transfer from the airport to the hotel.

Guided visit to Port Wine cellar with wine tasting

The hilly city of Porto presents a mingle of styles and eras that will enchant you. Porto is renowned all over the world for its delicious fortified wine which is specific to the region, and refers to grapes that have been cultivated and harvested on the designated banks of the Douro River valley, and transformed into this delicious nectar at one of the area's many Port wine estates.

Overnight in Porto.

Accommodation: Vila Galé Ribeira (or similar)

Dinner included

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### Day 2

#### Cycling tour Porto|Espinho|Furadouro

Today you will ride along Douro River until its mouth. Then you will head south along the coast, mostly on bike paths, with beautiful sandy beaches on your right. During this ride you'll have plenty of places to stop and enjoy a traditional Portuguese meal or just to have a drink looking at the Atlantic Ocean!

At Espinho, you can continue on a cycling path along the pine tree forest to Furadouro beach, cycling the final 21 km.

Overnight in Furadouro.

Accommodation: Furadouro Boutique Hotel Beach & Spa

Breakfast and picnic included

Stage:41km

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### Day 3

#### Cycling tour Furadouro | Mira Beach

Today you will ride along Douro River until its mouth. Then you will head south along the coast, mostly on bike paths, with beautiful sandy beaches on your right. During this ride you'll have plenty of places to

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stop and enjoy a traditional Portuguese meal or just to have a drink looking at the Atlantic Ocean!

At Espinho, you can continue on a cycling path along the pine tree forest to Furadouro beach, cycling the final 21 km.

Overnight in Furadouro.

Accommodation: Furadouro Boutique Hotel (or similar)

Breakfast + picnic included

Stage: 59km

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### Day 4

#### Cycling tour Praia de Mira|Figueira da Foz

Today's bike ride will take you towards Figueira da Foz city. Figueira da Foz took its name from its situation at the mouth (foz) of the River Mondego and it has developed into one of the main seaside resorts in the centre of Portugal.

This trip full of dune systems covered in pine forest and you will take time to appreciate this lovely green scenery. You will cycle along the Atlantic Coast and up to the Serra da Boa Viagem to appreciate the panoramic view from the Miradouro da Vela where you can see not only the city and the salt-pans of the River Mondego, but on clear days the coastline is also visible as far as the Berlengas islands. Then the trip goes down to the lighthouse of Cape Mondego.

Overnight in Figueira da Foz.

Stage: 55km

Accommodation: Universal Boutique Hotel (or similar)

Breakfast and picnic included

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### Day 5

#### Cycling tour Figueira da Foz | São Pedro de Moel

Today's ride will start crossing the bridge over the Mondego River until you arrive near Carriço and start into a cycling path that lead you through the Pinhal de Leiria, a pine tree forest which was planted by the king D. Dinis in the 14th century to provide timber to build ships.

You will pedal along small beaches along the cycle path which crosses this immense pine forest. Beaches like Praia do Pedrogão, da Praia da Vieira and Praia de São Pedro de Moel are like oases in this countryside of pine forest covered dunes.

São Pedro de Moel have a large beach and it is sheltered from the wind, ideal for sports, namely for the practice of windsurfing and diving.

Overnight in São Pedro de Moel.

Stage: 65km

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Accommodation: Hotel Mar & Sol (or similar)

Brakfast and picnic included

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### Day 6

#### Cycling tour São Pedro de Moel | Nazaré | Óbidos

Leaving São Pedro de Moel behind you will pass by Nazaré, a traditional and well-known fishing village. It was also the place where you can find the biggest waves ever (Nazaré Canon) in Praia do Norte. The last stop is Óbidos, a fortified medieval village full of charm and with interesting spots to visit.

Overnight in Óbidos.

Stage: 65km

Accommodation: The Literary Man (or similar)

Breakfast + Picnic + Farewell Dinner included

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### Day 7

#### Cycling tour Nazaré|Óbidos

The ride today is really exhilarating, but you have to work for the views. São Martinho do Porto with its shell shape bay is a great place for lunch as the bay is protected and many restaurants face the beach. Back on the route the you will follow the Atlantic to the beautiful Óbidos Lagoon. The last stop will be the delightful town of Óbidos, with white houses adorned with bougainvilleas and honeysuckle. Óbidos is one of the most perfect examples of a Portuguese medieval fortress.

Stage:41km

Accommodation: The Literary Man Hotel

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### Day 8

#### Departure

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Details

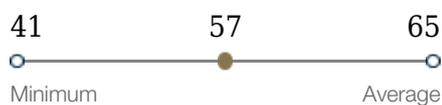
# Details

Details

### Type



### Distance/day



### Total distance (km)

286

### Total altimetry

### Duration



6 days cycling + 1 free day + 2 days transfers

### Trails



85% tar 15% smooth dirt

### Bike Type

Hibrid

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

- Airport transfers (in and out)
- 7 accommodations with breakfast (based on 4\* lodgings or similar)
- Transfer from Óbidos to Lisbon
- Briefing with a Guide
- 1 Welcome dinner in Porto and 1 farewell dinner in Óbidos
- 5 bike rides
- 2 dinners
- 5 picnics (lunchboxes)
- Luggage transfers
- Per person: Hybrid bike for 5 stages, pannier rack, pannier or handlebar bag, locker and helmet
- Maps and documentation
- Guided Visit and wine tasting with at least 2 wines at Wine Cellar in Porto
- Personal Insurance
- A2Z water bottle
- Overnight storage of the bikes
- Helmet (buy)
- Gel pad for the saddle

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#### *Not included on the Guided*

- Personal equipment
- Other personal expenses
- All item not mentioned in "included"
- Flights

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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".

## 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!

