



Bike
Tours
Portugal
Luxury
on two wheels

Arrábida

Type Easy

Duration 3 days cycling + 2 days transfers



Arrábida Senses Family

The Arrábida secrets as you tour mate



- Natural Park of Arrábida | Donkey ride | Dolphin watch | Winery visit and tasting | Our Chef's exclusive picnics

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Programme

Programme

Day 1

Arrival

Arrival to the Lisbon airport and VIP transfer to Casa Palmela Hotel, a Manor House surrounded by vineyards and with the Arrabida Mountain as a view. Before dinner our team will do a briefing on the tour and then it's time to enjoy the relaxing atmosphere.

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

Night at Casa Palmela Hotel

Day 2

Palmela village

Following breakfast we'll start our tour with a loop stage, exploring the beautiful scenery of the region. Today's goal is to bike to Palmela village, where you'll have the chance to get on a donkey ride and visit the windmill.

Palmela possesses a very rich history and heritage, with monuments such as the amazing Castle overlooking the town from where one has a superb panorama. The village is also famous for it's Vintage Fair, held every year, celebrating the wine production, since this is such an important winegrowing region.

Our Chef as prepared a delicious picnic and then it's time to head back to the enchantments of our hotel.

Night at Casa Palmela Hotel

Stage: 12km

Day 3

Admire the Arrábida

Following a delicious breakfast we continue our biking in the Natural Park. The park is characterised by steep hills cover in dense evergreen shrubs provides a year round green appearance of the region.

Along the coastline the hills have been eroded to form shear drops and massive cliffs, the best example being the uniquely weathered Serra do Risco (Risk Point). The beaches of the Serra da Arrabida are beautiful and are sheltered from the

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strong waves or currents found on many of the beaches around Lisbon. The entire Serra da Arrabida overlooks the calm Sado estuary, which is famed for its large pod of dolphins. With this amazing scenery we bike to Setúbal city, where there's a boat waiting so you can have a unique experience of dolphin watching. Back to our hotel, you can relax for the day and enjoy the peaceful atmosphere.

Night at Casa Palmela Hotel (breakfast, lunch and dinner included)

Stage: 13km

Day 4

Seashore breeze

Our biking day offers us some spectacular ocean views. The coastline of the Serra da Arrabida is considered as having some of Portugal's finest beaches with soft golden sands and crystal clear waters.

Arriving at Albarquel Urban Park, you can relax and let the kids play around safely at the playground area while you enjoy a coffee with a view!

Back to your hotel, enjoy your last moments and take some family photos with the beautiful Arrábida as a background!

Night at Casa Palmela

Stage: 15km

Day 5

Departure

After Breakfast it's time to say goodbye to the Arrábida. 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

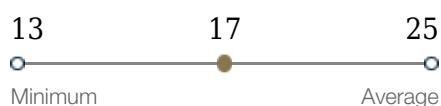
Details

Details

Type



Distance/day



Total distance (km)

41

Total altimetry

Duration

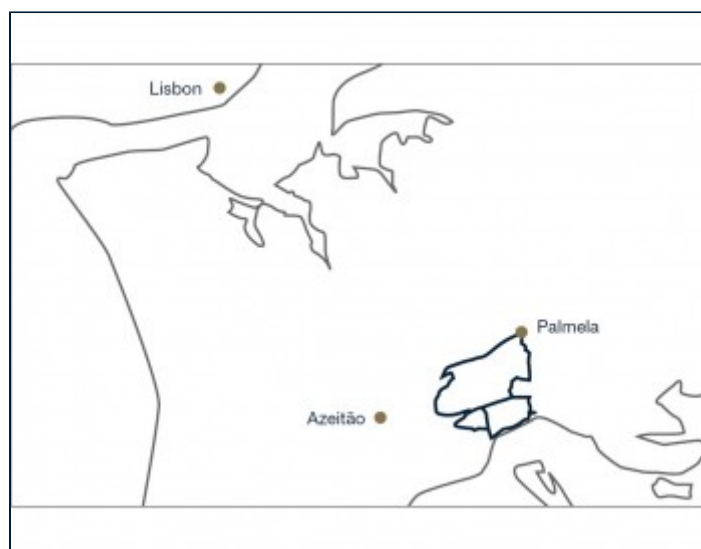


Trails



Bike Type

MTB with hybrid tyres



Dates 2017

- 16th July, 2017 - 20th July, 2017

Dates 2018

- 15th July, 2018 - 21st July, 2018
- 14th October, 2018 - 20th October,

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Details

2018

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Details

What is included on the Guided

- 4 Gourmet picnic lunches (water and wine with responsible consumption included)
- 3 Breakfasts
- 4 A la carte dinners, drinks included (water, and wine in moderate consumption)
- During dinner, the wine included is a suggestion of the maitre, different beverages request should be paid as an extra directly by the client
- 4 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 vehicle along the tour – the van is at a 15 minutes distance for any eventuality)
- Sag vehicle along the way please contact us for a quotation

Not included on the Guided

- Lunches on day one and day 7 (transfer days)
- 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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Details

Included on the Self Guided

- 5 breakfasts
- 5 nights in double accommodation
- Bike and helmet
- Mini-Pump, Saddle Bag
- Quick tyre repair kit (spare inner tube and multi-tool kit)
- GPS with route and POI's
- Spot Me location device
- Cell phone for emergencies
- Full maintenance and technical assistance during the tour
- Backpack, water bottle, bike jersey, casual polo and luggage tags with Bike Tours Portugal Logo
- 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
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- Van 24h/7 for luggage transportation (hotel-to-hotel and full technical support vehicle along the tour – the van is at a 15 minutes distance for any eventuality)
- Sag vehicle along the way please contact us for a quotation

Not included on the Self Guided

- Lunches
- Dinners
- Bike shorts and shoes
- 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
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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
Deraileur : Shimano SLX
Shifters : Shimano
Brakes : Shimano Hydraulic Disc
Pedals : Standard Platform Flat
Saddle : Syncros
Tires: Schwalbe 29" x 2.25"
Frame Sizes : M

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



MTB Bike (Scott bike also available) Brand : Specialized
Model : Hardrock Comp
Frame : Aluminium
Fork : SR Suntour XCR with Lockout
Crankset : SR Suntour XCR (Triple Chainring 42/32/22 T)
Deraileur : SRAM X5
Shifters : SRAM X5 9V
Brakes : Avid Disc
Tires: 26" x 2.10" Touring
Pedals : Standard Platform Flat
Saddle : BG Comfort Gel (Ladies or Gents option)
Frame Sizes : S / 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?

Bike
Tours
Portugal
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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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