



## Vicentine Coast

Type Moderate

Duration 3 days cycling + 2 days transfers



# The Cruising the Coast Pocket Edition

*Cruising the Coast - The sea as your 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
- Enjoy our Chef's unique gourmet picnic's



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*“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**

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## The Cruising the Coast Pocket Edition

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Programme

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# Programme

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## Day 1

### Arrival

Arrival to Lisbon airport and VIP transfer to Barradas da Serra Country House, an incredible Manor House where you'll be received like family on this welcoming farm estate.

For more than a century producing cereals, including wheat, this activity has lost some significance over time, and it is now the oak forest (montado) of greater importance in the activity of the homestead. The production of cork is an investment with many years of tradition in the family, being also of great importance for the region and the country.

In the evening there will be a general briefing on the tour followed by a delicious traditional dinner.

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 Barradas da Serra Country House



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## Day 2

### Ocean Views

Following a delicious breakfast we continue our biking through the Alentejo.

We'll be biking on our way to the medieval city of Santiago do Cacém, passing through lovely landscapes.

You'll marvel at the scenic splendor of the ocean touching the shore, majestically blending the blue of the sea and the green of the landscape. Our journey continues with a smooth and breezy downhill dash to enter the Southwest Alentejo and Vicentine Coast Natural Park, all the way to Porto Côvo. Discover here a genuine seven heaven made up of almost only deserted beaches, cliffs and crags amidst exceptionally rich biodiversity and unique geological heritage.

Among the 750 plants and 200 species of birds that have been identified throughout the area of the Natural Park, there are a few worth mentioning, like the White Sork, Bonelli's Eagle, the Peregrine Falcon or the felines such as the Fox or the Iberian Linx. We'll be spending the night immersed in this true masterpiece of nature, at the most welcoming cotton white Country House Três Marias, where nights are spent between candle lights and admiring the stars above.

A delicious homemade dinner makes us feel absolutely comforted and relaxed...

Night at Três Marias Country House.

Stage: 65km



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### Day 3

#### Feel the Ocean's breeze

After another delicious homemade breakfast, we 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. After an easy afternoon relaxing on the beach, we'll take a look at the 1883 Cabo Sardão Lighthouse, an impressive 17 meters high structure that still helps ship navigate along the coast. The views are impressive and the tracks take us to Odeceixe Beach, quite popular amongst the surfers, which straddles the border between the Algarve and Alentejo regions of Portugal and is considered one of the most beautiful of Portugal. It is situated at the mouth of the River Seixe which forms the border and lays down a lush green valley leading to the beach.

For the next two nights we'll be staying at a family luxury retreat, where friends and guests can enjoy the best that nature has to offer. Enjoy the peaceful atmosphere...

Night at Monte do Cardal Country House.

Stage: 68km




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### Day 4

#### Sagres

The day begins cycling through the magnificent ocean views. We 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. We cycle to 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. We'll continue to Sagres village, all the way to St. Vincent Lighthouse – with lovely panoramic views onto the atlantic ocean...offering one of the best sunsets in the world! It's then time to head back to our lovely retreat and make the most of all the new memories.

Night at Monte do Cardal Country House.

Stage: 66km




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### Day 5

#### Goodbye, Odeceixe

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,



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please contact us to quote and organize your transfer

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Details

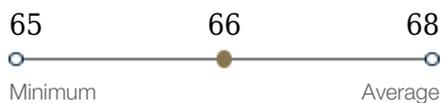
# Details

*Details*

### Type



### Distance/day



### Total distance (km)

199

### Total altimetry

### Duration



3 days cycling + 2 days transfers

### Trails



82% Tar 18% Smooth dirt

### Bike Type

MTB equipped with hybrid tyres



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### Details

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

- 3 Gourmet picnic lunches (water and wine with responsible consumption included)
- 4 Breakfasts
- 4 A la carte dinners, drinks not included
- 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
- 3 Snacks (Cereal bars, dry fruits and waters)
- Insurance
- Concierge services for spa reservations and other additional services
- 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

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#### *Not included on the Guided*

- Lunches on day one and on last day (transfer days)
- Drinks in Dinners at the Hotels
- 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

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### *Included on the Self Guided*

- 4 Breakfasts
- 4 Nights in double accommodation
- 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
- 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
- Arrival transfer lisbon airport – 1st hotel) Aeroporto Lisboa, at 15h on fixed departures
- Departure transfer (last hotel – lisbon airport, at 10h00 on fixed departures
- 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

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### *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

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# Equipment

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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

Deraileur : 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 Accessories :

Saddle Gel Cover

Rear Luggage Rack

Handlebar Bag

Panniers

GPS Unit

Clipless Pedals

## The Cruising the Coast Pocket Edition

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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!

