



Blue Coast

Type Easy

Duration 3 days cycling + 2 days transfers



The Blue Coast - Sintra and Greater Lisbon Pocket Edition

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

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 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 night 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



Day 3

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Programme

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 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 4

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 5

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

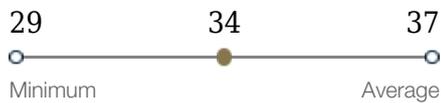
Details

Details

Type



Distance/day



Total distance (km)

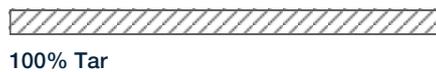
101

Total altimetry

Duration



Trails



Bike Type

MTB with hybrid tyres



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Details

What is included on the Guided

- 3 Lunches in traditional restaurants no drinks included
- 4 Breakfasts
- 4 A la carte dinners, no drinks 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

Not included on the Guided

- Lunches on day one and on last day (transfer days)
- Drinks from lunches and dinners
- 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

- 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
- 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
- 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 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
- Mini-bar and extra consumptions not mentioned on the programme
- SPA treatments

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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 Aecessories :

Saddle Gel Cover

Rear Luggage Rack

Handlebar Bag

Panniers

GPS Unit

Clipless Pedals

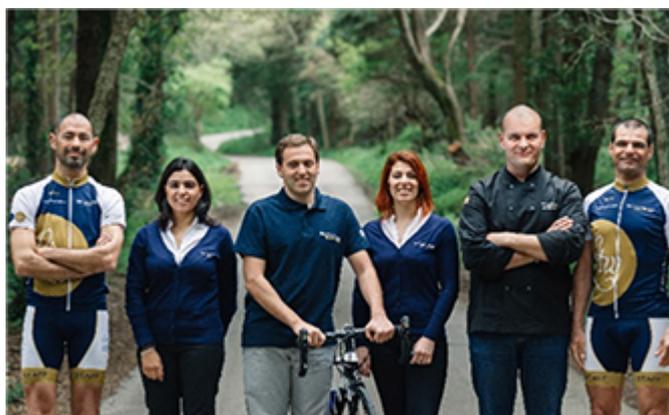
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Why choose us?

**Bike
Tours**
Portugal
Luxury
"two wheels"

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!

