

Along the Coast

HIGHLIGHTS

- Incredible Scenery
- Wild coast
- Swimming in beautiful beaches
- Unique landscapes every day – sand dunes, lagoons, high cliffs, different rock formations, pine forests, cork oak forests, rice fields...
- Very relaxing days
- Easy level



DESCRIPTION

Cycling and **swimming** and cycling and **having a beer** by the beach and cycling and **stopping for beautiful pictures**. This is what you can expect from this tour. **Easy and relaxing days** with a lot of time for breaks. **Sun shining, amazing views**, tiny fisherman villages all white and blue. **Wild scenery**, protected landscape, very few buildings. **High cliffs, blue ocean, cork oaks, storks**. Every day is different and new. Everyday is special.

You start in **Sesimbra**, and finish in **Odeceixe**, a small village on the border with Algarve. You pass 4 different natural reserves and many totally different coastal and interior landscapes.

There is plenty of time for **swimming at the beach**, discovering **historic centres** and tasting **delicious traditional dishes**.

The days are **relaxing and easy**.

You'll do between **29 and 43km per day**. Roads mostly flat or with gentle rolling.

We mix some dirt roads with asphalt, but most of the tour is on asphalt. The dirt road connexions give the tour a special link to nature.

DETAILED PROGRAMME

1st day

Arrival to airport

Transfer to Sesimbra, **fisherman's village (40 minutes)**

Time to visit village centre or to take a taxi to visit beautiful Cape of Espichel

6 pm – Briefing.

For accommodation we recommend the 4 star Hotel www.sanahotels.com. Swimming pool available.

2nd day

The Arrábida Natural Park

Cycling from Sesimbra to Setúbal

Gorgeous mountain route through the Natural Park of Arrábida. Visit to the lovely **castle of Sesimbra** and its gorgeous views. Stop at a **typical café** for drinks, and then enjoy the **luxury green mountains** of the Natural Park, which contrast dramatically with the **blue ocean**. Climb to conquer the views and then enjoy a huge descent to the beach. Stop for a **refreshing swim**, have lunch at the beach and then cyclé along the coast enjoying **incredible scenery**.

At the end of the day you **have time to stay on the beach** or visit the **Setúbal historical centre**.

Base kms: 40; **Total ascent:** 780 mts (see optional easier level)

Optional extra kms on mountain route: 19; **Extra ascent:** 250 mts

Terrain: Hilly route, but gorgeous. Well worth it the effort! 4 longer climbs.

Level: Medium

For accommodation we recommend the 4 stars hotel www.estalagemdosado.com

3rd day

Agriculture tour

Cycling from Setúbal to Pinheiro da Cruz. Transfer to Santo André.

Beautiful **boat cross** to Troia, leaving the city of Setúbal behind us. After a few flat asphalt kms through the **sand dunes** of Troia peninsula, and a stop for a swim at the beach, we invite you to discover the **rice fields**, where many **storks and egrets** feed. Possible **wine tasting** and visit to winery.

Then ride through **agriculture fields** and stop at a beach for a drink. These beaches are 50 kms long! You look left or right and **all you see is sand and ocean!**

Finish near a lagoon where you can go swimming in fresh water or ocean.

Base kms: 35; **Total ascent:** 440 mts

Optional extra kms: 30; **Extra ascent:** 100 mts – in this case you cycle to the hotel.

Terrain: Flat road with 6km of dirt road

Level: Easy

Transfer: a transfer at the end of day to Santo André lagoon

For accommodation we recommend the Apartamentos Altarik

4th day

The lagoons tour

Cycling from Santo André Lagoon to Santiago do Cacém

Start with a relaxing stop at the Santo Andre Lagoon, **rich in bird life** and separated from the ocean only by a sand dune. Ride along the coast for a while, and have a drink with a **gorgeous view over the lagoon of Melides**. Visit the lovely village of Melides and its original **book's monument**, made of marble. Ride through magnificent **cork oak** land until Santiago. Sometimes, it's possible to visit an **olive mill** along the way. In Santiago we recommend that you visit the **historical centre**.

Base kms: 30; **Total ascent:** 450 mts

Terrain: Gentle rolling roads with final climb

Level: Easy

For accommodation we recommend the Albergaria D. Nuno; swimming pool available. www.albdnuno.com. 3 stars hotel.





5th day

From the castle to the beach

Cycling from Santiago do Cacém to Porto Covo

To start, a visit to the beautiful **wind mill** of Santiago, which still works, and to the very interesting **roman ruins of Miróbriga (optional)**.

Then ride through a beautiful and **green oak forest** and return to the coastline. From there **ride along the seaside** until the hotel. The coast here is totally different from what we've seen until now, with **black schist cliffs contrasting** with the **yellow sand** and the **blue ocean**. Impossible not to stop for many pictures!

Early arrival to the hotel, at the lovely fishermen village of Porto Covo, and in the afternoon free time to enjoy the coast on foot, on your bicycle or simply to lay on the **beach and relax**. **Great swimming** on these beaches!

Base kms: 35; **Total ascent:** 440 mts

Terrain: climb in the beginning and then down hill and flat. Some dirt roads.

Level: Medium

For accommodation we recommend the Pensão Zé Inácio, in Porto Covo - equivalent to very good 2 stars hotel. No common space.

6th day

The fishing ports route

Cycling from Porto Covo to Almogrove.

Start by visiting the **fort of the Pessegueiro Island** (no entrance), and then have a rolling morning until a beautiful and very small fishing port. When lucky you can see the **fisherman** coming back from the sea and have a look at the **local fish**. Stop for drinks near the coast.

Then ride to **lovely** Vila Nova de Mil Fontes, where you can have your **lunch, at the beach**.

After lunch ride to Almogrove and finish with a **6 km ride along the coast**, near **very wild coast line**. Here we visit another hidden **fishing port built in the middle of impressive high cliffs** (optional).

Base kms: 39; **Total ascent:** 350 mts

Optional extra kms: 6; **Extra ascent:** 50 mts – to last fishing port

Terrain: Flat roads and some dirt roads

Level: Easy

For accommodation we recommend the Pensão Duna Praia. Nice and simple place, equivalent to 2 stars hotel. No common space. The hotel is 300mts from the beach.

7th day

The cliffs route

Cycling from Almogrove to Odeceixe.

Ride on an **incredibly beautiful** dirt road along the coast. **Very rocky and wild coast**. Here storks build their nests on pointy **rocks that stick out of the ocean**.

Travel **near the coast** and pass by several beaches along the way. The off road cycling is amazing and challenging, but there is always an alternative in asphalt if you find it too difficult.

After lunch ride to Odeceixe and you can choose to rest at the village or go to the beach, riding along a **beautiful river**. The reward will be a **fantastic beach** where the river meets its final destination, **and so do you!**

Base kms: 43; **Total ascent:** 300 mts

Optional extra kms: 7; **Extra ascent:** 50 mts – to beautiful beach surrounded by black schist rocks

Terrain: Flat roads and many dirt roads – asphalt options available

Level: Easy

For accommodation we recommend the Pensão Celeste or Pensão Maria - equivalent to very good 2 stars hotel.

8th day

Transfer to Lisbon airport (3 hours of transfer)

On self guided cycling tours we expect you to be an independent rider. You will receive from us the necessary tools to change a flat tyre and all the route instructions you need to follow the itinerary by your self.

You'll receive history notes and recommendations of good places to eat. With our expert recommendations you'll be able to have a rewarding and unforgettable holiday!

We will always be available through our cell phones, to help you with anything.



PRICE

Total price of tour per person: € 550

Transfer from airport to first hotel and from last hotel to airport: € 160

Bicycle rental: € 100

ALL INCLUSIVE PRICE (NO HOTELS): € 810

Total price of accommodation, sharing a double room, on hotels recommended by us (7 nights): € 276

Single supplement on hotels recommended by us: € 181

Minimum number of participants: 4

Tour runs with a **minimum group of 2 people**, but price increases. Price given is for a minimum of 4 people. If you are only a couple, please contact us.

Accommodation costs are priced separately and you have to pay them directly to suppliers. We do not sell accommodation.

Included in Turaventur tour price:

- transfer from Pinheiro da Cruz to Santo André;
- route instructions, history notes and map for the tour;
- luggage transfers;
- emergency contact 24h/day;
- personal Accident Insurance for people;
- souvenir;
- VAT tax.

Not included:

- rental of bikes for 6 days with front bag and back luggage carrier;
- tool kit;
- transfer from airport to Sesimbra;
- transfer from Odeceixe to Lisbon;
- insurance for bikes – it does not exist;
- travel insurance - see terms&conditions;
- tour cancelation insurance – see terms&conditions;
- entrance fee at roman ruins;
- ferri crossing;
- dinners;
- accommodation.

We do not recommend July and August. There is too much traffic. If you wish to do it anyway the price will increase, and last 3days are spent in the same hotel. We must add some transfers.