Discover Portugal's Atlantic Coast from Porto to Obidos by bike

8 days / 7 nights

Discover Portugal's Atlantic coast, from Porto to Obidos, learn about typical villages and their inhabitants. As a couple, with family or friends, enjoy this marvellous cycling holiday at your own pace.

YOUR PROGRAM

Day 1 - Porto

Individual arrival in Porto - Free time to explore the city.



Day 2 - Porto to Furadouro

Briefing and bike delivery at 09:00am.
As your hotel is excellently located in the centre, spend the morning visiting old Porto, famous for the magnificent "Azulejos" or ceramic tilework. Visit São Bento train station where the main hallway is covered in twenty thousand of these Azulejo tiles, depicting important moments in Portuguese history. After lunch, cycle down the small streets to the extraordinary double-decker bridge "Dom Luis", in order to leave the city. Follow the river Douro before beginning the cycle tracks along the Atlantic and heading south to reach Furadouro beach. Overnight at Furadouro.

About 45km.

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Day 3 - Furadouro to Lagoa de Mira

Today you will ride on a mix of roads and cycle paths to reach Torreira, then cycle on to the nature reserve of São Jacinto. Take the small "ferry" to cross the mouth of the Ria de Aveiro and arrive at the beautiful beaches of southern Aveiro. Potter along the bike paths and small roads, visit Costa Nova and its colorful fishermen's houses and then continue along the Ria to Mira Beach. Continue to the "Lagoa" (or lagoon) that borders the hotel where you will be staying. Dinner and overnight at Quinta Da Lagoa.

Approximately 59km.



Day 4 - Lagoa de Mira to Serra da Boa Viagem

A beautiful day's ride surrounded by nature that is characteristic of this coastal region. Cycle amongst the pines and see the sand dunes, before climbing 280m to reach the nature reserve "Serra Da Boa Viagem", where you will cycle on small roads with magnificent panoramic views. Your hotel provides excellent views over the bay of Figueira Da Foz and is a wonderful place to relax in at the end of the day. Meal and night in Serra da Boa Viagem.

About 40km.

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Day 5 - Serra Da Boa Viagem to São Pedro De Moel

A nice easy start to the day as you cycle down the winding roads that line the cliffs. The views extend out over the ocean, towards Figueira Da Foz. After crossing the bridge over the "Mondego" river (which is evoked in many Fado, the distinctive style of Portuguese singing), you will cycle along various roads and paths to reach the charming shell-shaped bay of São Pedro de Moel. Dinner and overnight in São Pedro de Moel.

Approximately 69km



Day 6 - São Pedro De Moel to Foz do Arelho

This is a beautiful day's ride, with a nice climb and a reward upon arrival! Following the climb the view overlooks all of Nazaré and the ocean, from where one of the most famous surf competitions takes place. At certain periods of the year it is possible to see some of the biggest waves in the world. Cycle past São Martinho do Porto, which is certainly one of the most beautiful bays along the Atlantic coast. The end of your ride is rewarded with a stop at Foz do Arelho, a charming village by the sea. Dinner and overnight in Foz de Arelho.

About 49km.

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Day 7 - Foz do Arelho to Obidos

For those of you feeling brave, today's ride will take you to the Atlantic, south of the Obidos lagoon, before visiting the fortified city. The circuit is about 30km with some good downhill runs. Alternatively, a visit to Obidos, which is one of the finest examples of a Portuguese walled town. There are charming narrow cobbled streets, traditional painted houses and an imposing medieval castle. Hand back your bikes in the afternoon and be taken by van to the Quinta da Lagoa, Mira. Dinner and overnight in Mira.



Day 8 - End of the trip

Departure after breakfast. A transfer from the hotel to Porto airport can be arranged.

Additional information

TARIFFS

Price from 1250 euros per person.

OPTIONS

Single room supplement : 190 euros per person.

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Hybrid bike rental : 110 euros per person.
E-bike rental : 150 euros per person.
Transfer back by van from Mira to Porto's airport (final trip), per person : 80 euros per person.
Half board : 240 euros per person.

INCLUDED
7 nights in a double room, in three-star hotels, with breakfast included.
Road Book detailed itinerary and tours.
Final transfer back from Obidos to Mira on the last day.

NOT INCLUDED
Airline tickets or other expenses to come to Portugal
Lunches and dinners
Personal expenses
Transfer from Porto's airport to 1st hotel in Porto
Transfer from Mira to Porto's airport (end) - optionnal
Bike rental - optionnal

LEVEL OF DIFFICULTY
Intermediate level: from 40km to 69km per day.

CARRYING
Daily luggage transfers provided.

ACCOMMODATION
7 nights half-board in three-star hotels with breakfast.

SIZE OF GROUP
Minimum of 2 participants.

DEPARTURES
Every day throughout the year.

DEPARTURE
Beginning of the trip at your hotel in Porto.

DISPERSION
Transfer from Obidos to Mira at around 3pm. End of your tour in Mira.
(Optionnal transfer back to Porto's airport)

HOW TO GET THERE
Porto airport is about 15km from the city center.

Ryanair offer cheap flights from several cities like London Stansted, Liverpool, Dublin, Dusseldorf-Weeze, Eindhoven, Brussels-Charleroi, Frankfurt-Hahn, Maastricht, Milan-Bergamo, Bologna, Rome, Barcelona, Madrid, Marrakesh and Valencia. EasyJet also flies to Geneva, Basel, Bristol, Milan and London-Gatwick.

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TAP flies from most European airports and some American airports.

EQUIPMENT TO TAKE

ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive cheklist) :

As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

BIKES

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike…

REPAIR MATERIAL

To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recomended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :

- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

EQUIPMENT

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet

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- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

DAY BACKPACK

Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:

- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

PICNIC

In order to avoid unnecessary waste at picnic time, remember to take with you :

- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.
However, it is essential to bring your own first aid kit.
Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster

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- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.

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