



DETAILED ITINERARY*

PORTUGAL—A DOLCE TEMPO JOURNEY FROM ALENTEJO COUNTRYSIDE TO THE ATLANTIC COAST



EASYGOING MULTI-ADVENTURE | Premiere Hotels

*Thank you for your interest! Please note that this itinerary is subject to change, including trip start and end locations. Do not schedule your flights until your reservation is confirmed.



CINDI TAYLOR
Travel Concierge
Certified Backroads Specialist

LET'S PLAN YOUR NEXT
Active Vacation

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TOURS**
Travel & more... tailored to your taste.



WHY BACKROADS?

"Backroads is the best of the best."
Sheryl Simons | SK, Canada

"This was far and away the best trip we have taken... it exceeded all of our expectations. The trip was easy... all we had to do was wake up in the morning and the only real decision we had to make was what wine to drink with dinner. The various options were great for different days. When the meals and hotels are factored in, Backroads is a great value."

Eric Adelman | Ann Arbor, MI

Click [HERE](#) to read more reviews

6 DAYS, 5 NIGHTS

Click [HERE](#) for departure dates and pricing details

ACTIVITY LEVELS 1-3

[See below for details](#)

TO RESERVE YOUR TRIP

Sign up online [HERE](#) or call 800-GO-ACTIVE (462-2848) or 510-527-1555



Never Subcontracted

We operate our own trips around the globe. That way we control the quality—and we're fully responsible for your great experience.

Two Support Vans

We provide two support vans on all of our trips* so you can count on us to be there when you need us, regardless of the route you take.

Three Leaders

Our trips have three leaders*, for an average 6:1 guest-to-leader ratio. Guests consistently score our leaders 9.7 out of 10, telling us they make all the difference.

Thoughtful Trip Design

We know how to create exceptional travel experiences, ensuring that you get the most from your trip as it unfolds.

Multiple Daily Routes

Being able to choose among several expertly designed routes each day gives you the freedom to enjoy the best of a region at your own pace.

We Celebrate Mixed Abilities

To accommodate varied activity levels, you need three leaders, two vans, multiple route options, detailed directions, a rating system showing if shuttles are required, and plenty of well-matched riding/hiking companions.

*See web for more information on leaders and van support

Click [HERE](#) to learn more about the Backroads Quality Guide

STRAIGHT *talk*

We want to make sure you're on the right trip and that you have the best experience possible. Every Backroads trip is unique and this one is no exception.

ACCOMMODATIONS & SERVICE STANDARDS

The slower pace, relaxed approach to life and old-world qualities in Portugal are some of the highlights of this spectacular region and are reflected in the hotels and restaurants on this trip. That said, service can lack a sense of urgency when compared with the service found in other parts of Europe. While the Premiere Hotels we've chosen are some of the finest in the country, they may seem a bit simpler than the Backroads European standard. The same can be said for Portuguese cuisine, which is traditionally a celebration of local flavors but is also a bit more rustic than that of other places we visit in Europe

WEATHER & ACTIVITIES

Due to variable ocean tides and weather conditions, the day and time of activities will vary somewhat by departure.



DAYS 1-2

FEATURED ACTIVITIES: E-bike through Portugal's agricultural heart | Visit ancient Alentejo villages and manors | Wander through vineyards and escape at our Small Luxury Hotels of the World resort

Sejam bemvindos! Welcome to Portugal! With its stunning landscape, melodious language and extraordinary wines and cuisine, Portugal is a place you won't soon forget | Meet in Lisbon, Portugal's stylish capital city | Travel to Arraiolos in the country's southern heart | Bike the Alentejo's rolling hills, admiring lush vineyards and inviting olive groves | Pause to take in rows of cork oak trees—this region produces nearly half the world's cork | Wander in the village of Montemor-o-Novo | Ride through sleepy towns and iconic Alentejo landscapes | Linger over lunch at a historic farm and estate | Sample chocolate and learn how it's made on a visit to the Royal Cacao Company | Vacation and dine on exceptional cuisine at our luxurious hotel and spa (spa treatments not included in the trip price; advance reservations are recommended).

Lodging: L'AND Vineyards Resort

DAYS 3-6

FEATURED ACTIVITIES: Walk the coastal trails of Serra da Arrábida Nature Park | Zip across the Bay of Setúbal in a Zodiac boat | Sip fine local wines and dine on fresh-from-the-sea cuisine | Horseback ride on sand dunes

Journey to the Atlantic coast | Hike coastal trails in Serra da Arrábida | Explore the dramatic landscape of this protected nature park, with views of the turquoise sea at every turn | Relax on secluded beaches and cool off with a swim in a quiet bay | Trot along the sandy coastline on horseback | Learn to surf at pristine beaches | Visit the fishing village of Comporta, where surfers mingle with artists and farmers | Taste local wines at a classic Portuguese *finca* | Find your center in a morning yoga class at our world-class wellness retreat, or round out your one-of-a-kind journey with a stand-up paddleboard session | Opt for a lazy morning enjoying the amenities at our idyllic escape.

Lodging: Quinta da Comporta



KEEPING YOU UP TO DATE

We are always seeking opportunities to enhance this itinerary. We'll be certain to notify you of any important changes prior to departure; other changes may be communicated on trip by your leaders.

SHIFT GEARS



Our trips are designed to be flexible, giving you the freedom to experience the best of the region the way YOU want. Feel like you're ready to go, go, go? We can show you the way! Want some downtime or prefer to head out on your own? No problem!

Your Trip Leaders will make sure to tell you the best days to take time for yourself (if you want it) without feeling like you're missing out.

So feel free to shift gears and make it your day!

TRIP ACCOMMODATIONS

Premiere Hotels



2 Nights

L'AND Vineyards Resort

Surrounded by vineyards, this Small Luxury Hotels of the World resort is an extraordinary escape that blends modern design with elegance and simplicity. (pool, spa) | Montemor-o-Novo | www.l-and.com | +35-(0)266-242-400

3 Nights (Pictured)

Quinta da Comporta

This extraordinary wellness resort was designed by Portuguese architect Miguel Cãncio Martins, whose dedication to honoring traditional structures and the natural environment is matched only by his keen eye for detail. A Small Luxury Hotels of the World member. (pool, spa) | Comporta | www.quintadacomporta.com | +35-(0)265-112-390

ARRIVING & DEPARTING

After reviewing the following information, please inform us of your arrival and departure plans on your *Personal Information Form*.

All prices are in US dollars and subject to change.

Meeting Time & Location

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 10:15 a.m. at the Santa Apolónia Train Station in Lisbon, Portugal. Please arrive dressed in your biking clothes and bring your luggage and a daypack with your rain gear and anything else you may want for today's ride (your luggage will be transported to our first night's accommodations). If you choose to change into your gear following our shuttle, please be aware that a proper changing area is often unavailable.

Conclusion of the Trip

On the last day of the trip, Backroads provides transportation to Lisbon, arriving at the Lisbon Portela Airport at around 2 p.m. If you're flying out of Lisbon that day, please schedule your departing flight for after 5 p.m. We will also offer a second stop at the Praça do Marquês de Pombal in central Lisbon, arriving around 2:45 p.m., which offers many taxis or subway connections into various parts of the city.

Flight Arrangements

This trip starts and ends in Lisbon, Portugal. We suggest flying into Lisbon Portela Airport (airport code: LIS; www.lisbon-airport.com), located about 5 miles north of the city center.

For help arranging air transportation to and from your Backroads trip, please work with your own travel advisor, or you may work with our travel agency partner. Their professional expert travel advisors are ready to share their insiders' knowledge of Backroads and our worldwide destinations and are available to assist you with any of your travel needs. Please note that they are an independent travel agency and consulting and ticketing fees may apply, based on the services requested. Simply

ask your Backroads Trip Consultant to connect you! You can also book directly with the airline, or through a travel website.

When to Book Flights

Please note that trip start and end locations are subject to change and can vary by departure. A Travel Planner, complete with trip details specific to your chosen date, will be sent to you at time of booking or soon after and will be viewable in your Backroads account. **Do not schedule your flights until your reservation is confirmed.**

Getting from Lisbon Airport to Central Lisbon

Taxi: Service from the airport to the city's historic downtown center costs approximately \$30–\$40, plus an additional charge for excess baggage. The drive takes around 15–45 minutes, depending on traffic. We suggest agreeing on the fare before your journey.

Airport Buses: The Aerobus service (www.yellowbustours.com/en/lisbon/aerobus-airport-lisbon-transfer) departs from outside the main arrivals terminal and runs to key points within the city every 20 minutes from 8 a.m. until 11 p.m. Buy your ticket (about \$4) directly from the driver. The trip takes roughly 30 minutes. Drop-off locations include the Praça Marquês de Pombal, Avenida da Liberdade, the Rossio train station and Praça do Comércio.

Buying Train Tickets

There are several ways you can buy rail tickets:

Travel advisor: If you need assistance booking your rail tickets, please contact your travel advisor or our preferred travel agency partner by calling 800-462-2848.

Train stations: You can buy rail tickets from any train station in Portugal. In the larger stations, the reservation counters are usually located outside of the main departure area. Many stations are equipped with automatic ticket machines, from which you can purchase tickets and reservation coupons for in-country travel and for popular international routes. The machines accept cash and credit or debit cards with your PIN.

Rail Europe: You can also purchase tickets and make reservations through Rail Europe

(www.raileurope.com; 800-622-8600). Be aware that they charge service fees.

PRICES & SCHEDULES

All prices and schedules were current at the time of printing, but are subject to change at any time.



DURING YOUR TRIP

Trip Leaders

Each of your Trip Leaders plays many roles during your vacation: guide, host, caretaker, naturalist, chef, historian, troubleshooter, interpreter. These remarkable individuals have highly developed instincts for making people comfortable, for seamlessly handling the logistics of travel and for successfully navigating a wide range of unexpected situations. They're passionately committed to ensuring you enjoy an exceptional vacation—smooth, flexible and tailored to your needs. According to past guests, the caliber of our leaders is what sets Backroads apart from all other travel companies. With their knowledge, professionalism, enthusiasm and service ethic, they're the number-one reason people return to travel with us again and again. We look forward to having you meet them.

Meals

Food is an important part of the Backroads experience. For lunch we look for the best way to capture the essence of the region. It may be a Backroads Grand Picnic, when your Trip Leaders prepare the freshest and healthiest local fare at a carefully chosen setting along the day's route; a boxed lunch; a packed lunch; a meal together at a favorite restaurant; or the opportunity to have lunch on your own.

All breakfasts, four lunches and four dinners are included in the trip price. One lunch and one dinner are on your own.



Our easygoing Multi-Adventure tours make adventuring a breeze—perfect for beginners or occasional bikers/hikers, or anyone who is interested in exploring the world actively. With dedicated Trip Leaders, support vans and GPS-supported routes, the day is yours to decide. Find an unbeatable blend of walking and biking routes (2-4 hours of activity, 10-30 miles of biking, 2-7 miles of walking) with other fun-filled activities such as kayaking, rafting, snorkeling, culinary experiences and more.

On trips with biking, custom electric-assist bikes allow you to pedal effortlessly! Prefer to pedal without power? Regular road bikes are available by request, ask your Trip Consultant.

Terrain

Portugal's landscape is characterized by constant rises and valleys, and the continuously rolling terrain, as well as high heat in the summer months, can make routes feel more challenging than the mileage may suggest.

Remember, take your time and go at your own pace—you're on vacation! Your Backroads Trip Leaders are there to provide the support you need when you're ready for a snack, a cool drink, or a lift back if you're done for the day. Most days you'll have a choice of mileage options, so you can decide how active you want to be—it's always up to you.

NAVIGATION OPTIONS ON THIS TRIP

GPS devices come pre-loaded with all the **biking** route options for this trip. Turn-by-turn paper directions are included (or downloadable GPS files are available for use on your own device) for the **walking** routes.

DESTINATION DETAILS

Climate

Southern Portugal is famous for its typical Mediterranean climate with warm days and year-round sunshine, although Lisbon can be quite cool with breezes off the coast. Be prepared for high temperatures (sometimes close to 100 degrees!) and dry heat from early June through late September and milder temperatures later in fall. On most days you'll be comfortable wearing a short-sleeved jersey or T-shirt, although when you head out in the morning, you might want to wear a lightweight jacket or vest. In order to make your trip as comfortable as possible, please come prepared for rain and cooler temperatures. Waterproof, breathable gear is a must; a sweater or light jacket for evenings is highly recommended.

Lisbon

Average:	Jan	Feb	Mar	Apr	May	Jun
High °F	59	61	66	68	72	79
Low °F	46	48	52	54	57	63
Precip. Inches	2.2	3.2	1.2	1.9	1.3	0.7
Average:	Jul	Aug	Sep	Oct	Nov	Dec
High °F	82	82	81	73	64	59
Low °F	64	66	64	59	54	48
Precip. Inches	0.1	0.2	0.8	2.2	2.7	2.8

Comporta

Average:	Jan	Feb	Mar	Apr	May	Jun
High °F	59	63	69	72	82	90
Low °F	42	44	46	47	52	57
Precip. Inches	2.1	1.9	1.7	2.0	1.8	0.4
Average:	Jul	Aug	Sep	Oct	Nov	Dec
High °F	92	93	89	78	69	61
Low °F	61	62	59	55	48	45
Precip. Inches	0.1	0.4	1.2	3.2	2.8	3.5



WORLD BICYCLE RELIEF®

MAKING A POSITIVE IMPACT

We are delighted to support World Bicycle Relief's mission of providing bicycles to rural workers, students and healthcare providers worldwide, especially women. Our involvement with WBR complements our efforts to promote and improve biking in communities where our guests live and visit.

VISIT WORLDBICYCLERELIEF.ORG



WHERE TO STAY BEFORE & AFTER YOUR TRIP

For help arranging hotel accommodations for before and after your Backroads trip, or an extension to your trip, please work with your own travel advisor, or you may work with our preferred travel agency partner. Their team of professional travel advisors are ready to share their insiders' knowledge of Backroads and our worldwide destinations and are available to assist you with any of your travel needs. Please note that they are an independent travel agency and consulting and ticketing fees may apply, based on the services requested. Simply ask your Backroads Trip Consultant to connect you! You can also book directly with the hotel, or through a travel website.

Please note that Backroads does not block rooms and does not offer special rates for pre- and post-trip stays. If you plan on extending your stay at our first night's hotel before the trip starts or our last night's hotel when the trip ends, let the hotel reservations agent know that you're traveling with Backroads; that way you may be able to avoid changing rooms.

The following is a selection of recommended properties that span a range of prices, amenities and locations. Refer to the Hotel Room Rate Guide for the starting double-occupancy rates, which were accurate at time of printing. Note that rates are subject to change and some hotels may require a minimum stay.

HOTEL ROOM RATES
IN US DOLLARS PER NIGHT

- \$501 and up..... ◆◆◆◆◆
- \$300 to \$500..... ◆◆◆◆
- \$201 to \$300..... ◆◆◆
- Up to \$200..... ◆◆

Lisbon

Hotel map: bit.ly/LisbonHotels

Sheraton Lisboa Hotel & Spa

Located in the city center and close to metro and train stations, this contemporary Sheraton property is an ideal base for urban adventures and boasts a rooftop bar and restaurant with spectacular views of Lisbon and the Tagus River. (pool, spa) | Rua Latino Coelho, 1 | www.sheratonlisboa.com | +351-(0)21-312-0000 | 380 rooms & suites | Rates: ◆◆◆◆◆

Tivoli Lisboa Hotel

This Tivoli hotel in central Lisbon offers traditional Portuguese hospitality on the fashionable Avenida da Liberdade, complete with a tropical garden and swimming pool. It's a 5-minute walk from the shopping areas and 15–20 minutes from historic quarters such as the Castelo, Alfama, Chiado and Bairro Alto. (pool, spa) | Avenida da Liberdade, 185 | www.tivolihotels.com | +351-(0)21-319-8900 | 308 rooms & suites | Rates: ◆◆◆◆◆

Four Seasons Hotel Ritz Lisbon

The Ritz is perched atop one of Lisbon's seven hills, allowing for spectacular city views. Nearly every room has a private terrace. *Travel + Leisure* World's Best. (pool, spa) | Rua Rodrigo da Fonseca, 88 | www.fourseasons.com/lisbon | +351-(0)21-381-1400 | 282 rooms & suites | Rates: ◆◆◆◆

Olissippo Lapa Palace

Nestled on a hilltop overlooking the Tagus River, this renovated 19th-century palace is set among magnificent subtropical gardens in the stately embassy district. A Leading Hotels of the World member, Lapa Palace is comprised of three sections: the historic Palace wing and the newer Garden and Villa Lapa wings—all beautifully appointed. (pool, spa) | Rua do Pau da Bandeira, 4 | www.olissippohotels.com | +351-(0)21-394-9494 | 109 rooms & suites | Rates: ◆◆◆◆

Britania Hotel

Built with art deco flair in 1944 and refreshed in 2011, this glamorous hotel is tucked away on a quiet street

alongside the Avenida da Liberdade. | Rua Rodrigues Sampaio, 17 | www.heritage.pt | +351-(0)21-312-8200 | 33 rooms | Rates: ◆ ◆ ◆

EPIC SANA Lisboa Hotel

A sleek and modern addition to the heart of the city, this luxurious hotel boasts indoor and outdoor swimming pools, proximity to Eduardo VII Park and a world-class spa. (pool, spa) | Avenida Engenheiro Duarte Pacheco, 15 | www.lisboa.epic.sanahotels.com/en | +351-(0)21-159-7300 | 311 rooms | Rates: ◆ ◆ ◆

Hotel Avenida Palace

The 19th-century neoclassical Hotel Avenida Palace offers historic grandeur near the Bairro Alto and the Chiado. | Rua 1 Dezembro 123 | www.hotelavenidapalace.pt/en | +351-(0)21-321-8100 | 82 rooms & suites | Rates: ◆ ◆ ◆

InterContinental Lisbon

Contemporary with elegant interiors, this refined hotel is conveniently set next to Eduardo VII Park and Marquês de Pombal Square. Some rooms offer expansive views of the city and the Tagus River. | Rua Castilho, 149 | www.ihg.com | +351-(0)21-381-8700 | 347 rooms & suites | Rates: ◆ ◆

My Story Hotel Ouro

This hotel, set in a renovated 18th-century building, opened its doors in 2014. Located in the city center near the waterfront, the Ouro offers affordable rooms that are sophisticated and modern. | Rua Aurea, 100 | www.mystoryhotels.com | +351-(0)21-340-0340 | 51 rooms | Rates: ◆ ◆



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