

12-day CYCLING HOLIDAY COSTA DA PRATA – PORTUGAL

The costa da prata or Silver Coast. A piece of Portugal, between Lisbon and Porto offers the best opportunities for a beautiful bicycle holiday.

On this self-guided holiday you will cycle along golden beaches, beautiful bays and lagoons, through cosy fishing villages. The route lead you through rough nature in the mountains and high plains with acient walls, olive trees and eucalyptus forests.

You will cycle through pilgrimage sites with their churches and will be able to experience the history of Portugal in monasteries and fortified towns.

You can visit millions of years old caves and enjoy the extensive coast lines of Portugal.

Almost all roads are secondary and traffic-low. Some roads are not paved but still good to ride.

This package is suitable for E-bike, Trekking bikes and MTB

Level: intermediate/advanced

Number of cycle routes: 8

Average: 75 km per day

Details:

- * individual tour (hotel to hotel)
- * two rest days included, but more are optional
- * self guided
- * excluding luggage transport
- * bikes equipped with front and rear luggage racks
- * child seat and/or trailer bike upon request
- * extension of your holiday in Lisbon upon request

Included:

- ➔ 12 days/11 nights in 3 & 4 star hotels
- ➔ Breakfast
- ➔ GPS system/roadmap
- ➔ 24h emergency line

Exclusive:

- ◆ flight round trip
- ◆ bikes
- ◆ personal expenses (e.g. dinner/lunch)
- ◆ entrance fees

We recommend a travel insurance with specific cover for active sports.

Day 1: arrival at Lisbon Airport

Transfer to hotel Concha in São Martinho do Porto.

Briefing.

Day 2: Route Peniché 75, 1 km

Departure of from São Martinho do Porto. You will ride south towards Foz do Arelho with breathtaking panoramic views of the Atlantic Ocean.



You will cross Foz the Arelho by bike, where you can stop for a refreshing swim in the lagoon of Óbidos, a natural reserve with lots of water birds including the flamingo.

Along the south side of the lagoon you will ride through the varied landscape to Bom Sucesso and then towards the peninsula Baleal.

In Baleal are several bars and restaurants with views of the ocean and the beach where you can watch the operations of the surfers. Over a cycle path you will reach Peniché. By the entrance of the village is a statue of the Patron Saint of fishermen. Along the steep rugged coast you go to the lighthouse where you can see the Berlenga Islands in the distance. In the Centre stands an old fort that you can visit, there is also a museum located. You stay in the MH hotel on the outskirts of the city.

Day 3: route Porto Novo 79, 9 km

This day we leave the surfing town of Peniche and go into the direction of Óbidos. A landscape with several climbs

with old Portuguese mills and villages where it seems time has stood still.

Along the way you will pass the medieval fortress town of Óbidos, a Unesco World Heritage Site. The town can best be appreciated from the 13 meter high wall. The cobbled streets, the white houses and of course the ancient typical Portuguese tiles (azulejos) make a beautiful picture. After Óbidos you can visit the beautiful park of Budda Eden near Bombarral. Through villages like Vale Covo, Campelos and along the thermal baths of Vimeiro you will

return to the Atlantic Ocean where you will stay in hotel Promar in Porto Novo with an oceanview.



Day 4: rest day in Porto Novo

Day 5: route Quinta da Lapa 74, 3 km

This day you will continue south and will reach Santa Cruz, with a huge rock in the ocean. The Penedo do Guincho is 30 metres high and 100 metres wide. At the bottom of this rock is a vault where the sea runs through. On top of these rocks are remarkable terraces where on a clear day you will see a beautiful wide panorama that reaches to the Cape Cabo Carvoeiro lighthouse and the Berlenga Islands.

The route takes you along horticultural areas to the foot of the Serra de Montejunto. From here you will go to Quinta da Lapa, a wine farm of 100 acres. Fully surrounded by a wall. Here you can witness the entire process of planting of the grapes to bottling of the wine. A wine tasting is available on request. You will stay overnight in the quinta's completely converted authentic bodega.

Day 6: route Candeeiros 66, 3 km

This is the day you bike right through the mountains of the national park Serras de Aire e Candeeiros.



The road will take you through a beautiful landscape with panoramic views and a few steep climbs and descents. In the highlands of the Candeeiros you will find ancient walled fields with olive trees or eucalyptus. Take the time to do just as the Portuguese and have lunch (almoço) in a local restaurant. For example in Casa Velha in Vale de Ventos.

When passing Rio Maior, do not forget to visit the Salinas! A 12th century salt mine still operating. In 8 days the water evaporates in the salt pans. With 80 different minerals this salt is known as the healthiest in the world.

Near Porto de Mós you will cycle a piece of the ecopista . A bicycle path that follows an old railway and offers a stunning view of Porto de Mós . You will stay overnight in Alvados at the Cooking & Nature hotel where you can prepare your own dinner under the guidance of a Chef. After this exciting day you might consider a relaxing massage in this hotel.

Day 7: Rest day in Alvados



Day 8: route Leiria 84,5 km

After a refreshing rest day you will leave the mountains behind you and will cycle to Pia do Urso. There you will find the first ecological park of Portugal which is also suitable for the blind. Pia do Urso already existed during the Roman period and you can take a tour through the historic village. From there you will come in the pilgrimage city Fatima where, according to tradition, Maria several times appeared to three shepherd children. The Church, the Chapel and the Basilica, as well as the huge square (which is larger than the St. Peter's square in Rome) in front of the Basilica are worth a visit. From Fatima you will go to Ourém where you will pass the Terreiro de Santiago Castle, which is a national monument. The old town of Ourém is also worth seeing. From Ourém you will head towards Leiria and will cycle through the old centre where you can rest on various terraces with views of the Castelo de Leiria.



You will cycle along the banks of the Rio Lis and stay at the Palace hotel in Monte Real.

Day 9 route Figueira da Foz 70.3 km

This route goes north to Figueira da Foz. You will cycle over quiet country roads and through sleepy villages to Guia where you can have a snack on the terrace of Cafe Zig Zag. Getting further north you will enjoy the beautiful inlands of Portugal. Near Porto Godinho you cross a small river which is the main water supply for this region. Not long after you will cross the River Mondego, which you will follow to the Atlantic coast. Overnight stay in Figueira da Foz.

Day 10 route Monte Real 57 km

You will leave into direction south. Just outside Figueira da Foz, on the other side of the River Mondego, you can visit the salt museum 'nucleo museology do sal'. After that the route leads you through forest area to the coast. These ancient forests protect the underlying soil against erosion. Along the coast you will follow the Atlantico over a cycle path with the wind in your back. At the end of this day you will arrive at the Palace hotel in Monte Real.

Day 11 route São Martinho do Porto 70.7 km

The last day leads back to São Martinho do Porto. First we make a small excursion to Marinha Grande. Make sure you visit the coffee shop Estravagário loja e Café (the route will take you there). It has an extravagant exterior and beautiful paintings. From Marinha Grande you will cycle to San Pedro de Moel, you will leave the forrest near the old beach club at the beach. A beautifully situated beach bar open all year round, with a wonderful view of the ocean from the terrace. Again follow the Atlantico southward and arrive eventually in Sitio with its famous and the highest surf waves (35 metres) in the world. Sitio offers a beautiful panoramic view over Nazaré.

Here the local fishermen and women in traditional costume (wearing 7 skirts) sell their food and local handcrafts.



You will ride down the hill and will arrive on the boulevard of Nazaré, with its many terraces. Have a look at the stalls with sun dried fish or go to the beach and have a swim. Afterwards continue through the harbour into the direction of São Martinho do Porto. A ride high above the shoreline with magnificent views of the Atlantic ocean. Finally you will arrive in São Martinho do Porto where you started the tour 10 days ago.

Day 12: Transfer to Lisbon Airport

Do you wish to extend your vacation with a few days in Lisbon? Ask us for the possibilities, we will gladly arrange this for you.