

8-DAY BIKE 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 cycling vacation is suitable for electric bikes, trekking bikes, and mountain bikes.

Level: intermediate/advanced

Number of cycling routes: 6

Average: 45 kilometers per day

Details:

- ✓ self guided
- ✓ hotel to hotel
- ✓ luggage transport
- ✓ child seat and/or trailer bike upon request
- ✓ extension of your holiday in Lisbon upon request
- ✓ minimum 2 persons

Included:

- 8 days/7 nights
- Breakfast
- luggage transport
- Airport transfer
- GPS system/roadbook
- 24H emergency line

Excluding:

- flight round trip
- Bikes
- Personal expenses (e.g. lunch/dinner)
- Entrance fees

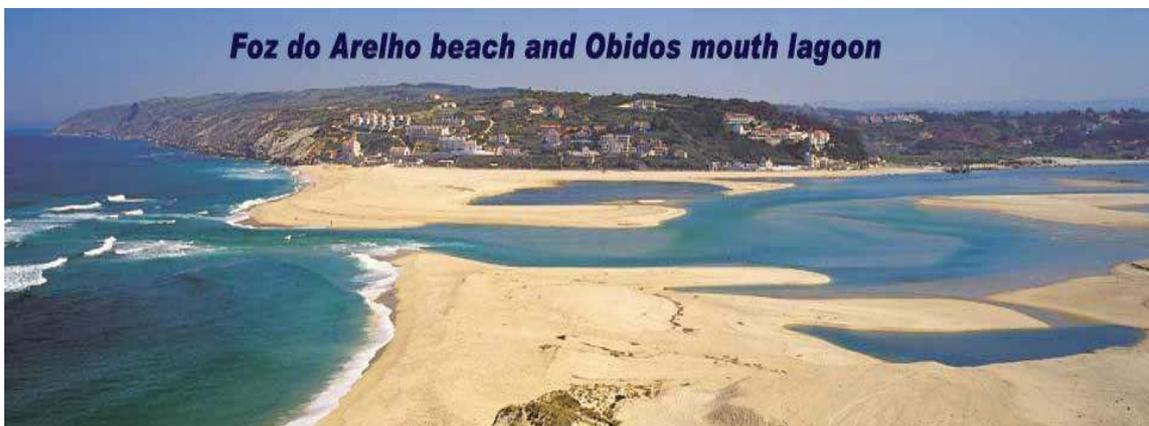
Day 1: Arrival at Lisbon Airport.

Transfer from Lisbon to Sao Martinho do Porto.
Briefing.

Day 2: Óbidos lagoon route *54.7 km or 44.4 km*

Departure from Sao Martinho do Porto.

You will ride southwards towards Foz de 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 laguene 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 beaches where you can watch the operations of the surfers.



Day 3: Óbidos route *51.5 km or 39.2 km*

Over a cycle path you will reach Peniché. By the entrance of the village is a statute 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.

We leave the surfing town and bike into the direction of Óbidos. A landscape with several climbs with old Portuguese mills and villages where it seems time has stood still.

At the end of the ride, you will stay in Óbidos. This is a medieval fortified city with various terraces and restaurants.

The town is one major attraction and can be appreciated even more from the wall, which is thirteen meters high. The streets with pebbles, the white houses, the flowers, and the tiles create a beautiful picture.



The highlights are:

- *The Santa Maria Church*: A sixteenth-century Renaissance church with beautiful eighteenth-century blue azulejos with plant motifs. This is where the wedding of Afonso V and Isabella took place.
- The *city museum*: This house next to the Santa Maria Church is the former town hall. You can now find Portuguese artworks here, such as those of Josefa D'Obidos.
- The *Castle of Óbidos*: On the edge of the town, there is a Moorish castle rebuilt by King Dyonisius. It is now a hotel and can be viewed from the outside.
- *Amoreira Aqueduct*: The aqueduct is also very impressive, located just outside the walls of the city. The building of three kilometers long was built in the sixteenth century commissioned by Queen Catherine of Austria (wife of King John III).
- *Rue Direita*: a narrow street with souvenir shops. Here, you can buy handicrafts, such as ceramics, baskets, and embroideries.



Day 4: Bordallo Pinheiro route 40.5 km

Today will take you from Óbidos to Rio Maior.

From Óbidos, you bike through Caldas da Rainha, where the artist Rafael Bordallo Pinheiro (1846-1905) had his workshop. All over Caldas, you can find his statues.

Then, head towards to Fonta da Bica and Das Serras de Aire e Candeeiros National Park.

You can make several stops at local cafés and/or restaurants (Tia Cristina or the chicken restaurant at the salt mines), where locals will welcome you.



The Rio Maior salt mines are located in Fonte da Bica. For eight centuries now, the salt has been extracted from a mine according to traditional methods. This mine is fed underground.

You can visit the salt mine. There are restaurants, shops, and a walking trail.

Now, Rio Maior is only a few kilometers away. You will stay in a nice guesthouse in the centre of the city.



Day 5: Serras de Aire e Candeeiros route 51 *km*

This day takes you right across the mountains of Das Serras de Aire e Candeeiros National Park.

It is a landscape with many vistas. You will face quite a few steep climbs or descents.

On the highlands of the Candeeiros, you will find ancient, walled fields with olive trees or eucalyptus trees. Like the Portuguese, take the time to have a long lunch at a local restaurant, such as Casa Valha in Vale de Ventos.

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

Your hotel is in the beautiful city of Batalha



Day 6: Pilgrimage route 51.4 km

Today you will make a daytrip to Fátima. 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. Just before the city of Fátima you can visit a beautiful cave, Grutas de Moeda. From there you will come in the pilgrimage city Fatima where, according to tradition, Maria appeared several times 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.



After Fatima, you go to Batalha. The monastery church of Santa Maria da Vitória is located downtown. This monastery plays an important role in Portuguese history.

In the center of Batalha, a museum shows the development of Batalha.

You stay again in the beautiful family runned hotel Casa do Outeiro. Which is within walking distance of the city center.

From the hotel you have a beautiful view on the monastery.



Day 7: Atlantic route *50.7 km*

This last day, you will return to the Atlantic Ocean again, which you will follow southwards. You first arrive in Sitio, where the world's highest surf waves are measured. You also have a beautiful panoramic view on Nazaré which is 110m below you. Here you also find the fisherwomen in traditional skirts offering their merchandise.



You arrive in Nazaré by cycling down the hill or taking the train (you can take your bike with you on the train). Here, you cycle along the boulevard. From the terraces, you have views of sun-dried fish and the beach, where you can also take a dip.



When you leave the boulevard you bike through the port of Nazaré to São Martinho do Porto. High above the coastline you are overlooking the ocean. And finally after 6 day's you are in São Martinho do Porto again, back at the starting point.

Day 8: 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.

