

## **Bike tour Costa Alentejana (7 days)**

### **Day 1**

Pick-up at the Lisbon Airport

Transfer to Setúbal and check-in at the hotel

Hotel: Esperança Hotel Setúbal

[www.esperancacentrohotel.com](http://www.esperancacentrohotel.com)

### **Day 2**

09.00 am: Departure from Hotel

09.30 am: Ferry Setúbal - Troia

10.00 am: Biking (Troia - Grândola) - 60 km

02.30 pm: Free Lunch

04.00 pm: Check-in at the hotel

The first day of our bike tour includes a stop at the Bay of Setúbal and crossing by ferry-boat (it is the natural reserve of the Sado river and you have a good chance to see the colony of dolphins while crossing ...). The bike ride continues along the peninsula of Troia to the village of Comporta: you can visit the rice museum or experience a local wine tasting.

Hotel: A Serenada

[www.serenada.pt](http://www.serenada.pt)

### **Day 3**

09.00 am.: Departure from Hotel (transfer by van to Sines)

09.30 am.: Biking (Sines - Vila Nova de Milfontes) 40 km

01.00 pm: Free Lunch in Vila Nova de Milfontes

02.30 pm: Check-in at hotel

The second day, our bike tour begins in Sines - the birthplace of the famous Portuguese navigator Vasco da Gama. Along the coast, we will pass along the beautiful beach of Porto Covo and St.Torpes: examples of traditional villages of the Alentejo region. We will finish the day in Vila Nova de Milfontes, with beautiful views of the Mira River and its estuary.

Hotel: Quinta do Moinho de Vento

<http://www.quintadomoinhodevento.com>

#### Day 4

09.00 am.: Departure from the hotel

09.30 am.: Biking (Vila Nova de Milfontes - Aljezur) - 60 km

01.00 pm: Free Lunch in Almogrove

05.30 pm: Check-in at hotel (Aljezur)

The third day of the bike ride, we will begin by crossing the River Mira and continue into the depths of the Southwest Alentejo Natural Park. There is a passage to the village of Longueira and the beautiful beach of Almogrove.

The bike ride continues to the natural park with the famous passage Cable Sardão (the only place in the world that the storks have nests on the cliffs), the route goes along the cliffs, followed by beaches until we reach the village of Aljezur.

Option: Free afternoon – optional swimming and relax on the beach

Hotel: Vale de Telha

<http://www.valetelha.pt>

#### Day 5

09.00 am.: Departure from Hotel

09.30 am.: Biking (Aljezur - Sagres) - 45 km

01.00 pm: Free Lunch in Pedralva

05.30 pm: Check in at the hotel

The 5<sup>th</sup> day starts at Aljezur and continues to the most SW point of Europe. Passes area with several modern wind farms and reach the sanctuary of Guadalupe. Here you can learn more about the life of Infant D. Henrique, the prince who initiated the sea discoveries.

After a short visit of the sanctuary, you continue to cycle through a couple of lovely villages and reach the wild coast again. You can swim in the ocean (optional) and then follow to the Cape of St. Vicente – the starting point of Portuguese naval discoveries and trips. You can

enjoy a fantastic beach surrounded by huge cliffs. After visiting the Fortress of Sagres, we continue to a very nice hotel with gorgeous views over the cliffs and the fortress.

Hotel: MEMMO Baleeira

[www.memmohotels.com](http://www.memmohotels.com)

## Day 6

09.00 am.: Departure from Hotel

09.30 am.: Biking (Sagres - Lagos) - 45 km

01.00 pm: Free Lunch in Pedralva

05.30 pm: Check-in at hotel in Lagos

08.00 pm: Dinner (Program Option b)

End of the bike tour in Lagos, the typical city of the Algarve region.

Hotel: Marina de Lagos

<http://www.marinaclub.pt>

## Day 7

Return to Lisbon, transfer to the airport

P&C is the licenced company with access to the Natural Reserve of Sado River.