

Portugal - Lisbon to Sagres Along the Atlantic Coast Bicycle Tour 2023
Self-Guided Tour
7 Days / 6 Nights



This varied cycle holiday along Portugal's Atlantic coast takes you from the vibrant capital Lisbon to the most southwestern point of Europe – the Cabo des Sao Vicente. Experience an unforgettable journey to historical and cultural sites and through nature reserves teeming with life and biodiversity. Even the early explorers around Christopher Columbus started their explorations across the Atlantic on the Portuguese coast. Embark on a discovery tour and get to know beautiful beaches, typical villages, idyllic harbour towns, excellent cuisine and extensive nature reserves on this holiday along the Atlantic coast.

Itinerary Day to Day

Day 1: Arrival in Lisbon

Explore the sights of the capital, stroll along the lively Tejo shores and enjoy Portuguese hospitality.



Day 2: Lisbon – Setúbal 65 km + boat ride

A beautiful cycle path takes you along the river Tejo all the way to the harbour. After a short ferry ride across the wide river you reach Seixal and start your cycle tour. You cross the peninsula southward and marvel at the Arrábida nature park with initial impressive rock formations. Breathtaking views over the coastline take turns nearly by the minute with beautiful bays for swimming and sunbathing. Today ends in Setúbal, where as early as the 16th century Lisbon aristocracy had palaces and country estates built there.

Day 3: Setúbal – Sines 70 km + boat ride

In the morning you take the ferry through the nature reserve at the Sado estuary. With a bit of luck you might even spot some dolphins during the crossing. The stage starts on Troia peninsula with its beautiful beaches and special sceneries. This is why you are probably puzzled by the rice fields, which you would not expect in this region – definitely a special sight. You continue past the glorious sandy beaches featuring crystal clear water, past flower fields and lush green wine growing areas. Characteristic and particularly charming are here also the villages with their whitewashed houses. In Sines you stroll along the promenade, visit the castle or enjoy the slow-paced ado in the town.

Day 4: Sines – Vila Nova de Mil Fontes 40 km

One of the most unspoiled coastal sections in Europe, the Costa Vicentina Nature Park, will enthral you with a many impressions. Breathtaking views over the Atlantic Ocean, fantastic beaches, little harbours and authentic fishing villages entice time and again for a little break. In the evening you enjoy the atmosphere of the coastal town Vila Nova de Mil Fontes. Here again a fantastic sandy beach is right at your feet.



Day 5: Vila Nova de Mil Fontes – Aljezur 65 km

You continue your ride through the marvellous Costa Vicentina Nature Park with its diverse fauna and flora. Impressively high cliffs characterise today's cycle tour and you can feel the refreshing wind from the Atlantic on your face and all around you. You spend the night in the village Aljezur, situated a few kilometres from the coast and with this also discover the rural architecture of the villages typical for this region. Above the village towers the historic little castle offering a beautiful view over the fertile land.



Day 6: Aljezur – Sagres 60 km

You experience a unique highlight still on the final stage. You cycle through the special coastal scenery to the Cape St. Vincent, the most southwestern tip of Europe with its renowned lighthouse and the 'Final fried sausage before America' – it certainly is a special experience to pose here for a selfie with your bike. There are only a few kilometres left until you reach Sagres. Your final day ends with its ample cultural heritage is one of the most significant towns on the Algarve. Particularly spectacular here are the high rising cliffs framing the idyllic sandy beaches.

Day 7: Departure or Extension



Route



Technical Characteristics:

Route Profile: Medium. An overall tour on gently hilly terrain with only a few steep ascents, however there are several descents daily. Stunning routes on agricultural paths and side roads with very little traffic, short sections also on busy roads. On longer sections you also cycle on gravel paths.

Distance: 300 km

Travel Season: Departures Sundays from March 19 to December 10, 2023
Season 1: March 19 – April 8 and November 5 – December 10
Season 2: April 9 – May 13 and October 1 – November 4
Season 3: May 14 – September 30



Price per Person:

Double Occupancy B&B Season 1	€ 799.00
Double Occupancy B&B Season 2	€ 889.00
Double Occupancy B&B Season 3	€ 999.00
Surcharge Single Occupancy	€ 389.00
Rental Hybrid Bike Plus (including bicycle insurance)	€ 159.00
Rental Electric Bike (including bicycle insurance)	€ 239.00
Extra Nights Lisbon Double Occupancy B&B	€ 89.00
Extra Nights Lisbon Single Occupancy B&B	€ 144.00
Extra Nights Sagres Double Occupancy B&B Season 1 + 2	€ 75.00
Extra Nights Sagres Double Occupancy B&B Season 3	€ 115.00
Extra Nights Sagres Single Occupancy B&B Season 1 + 2	€ 144.00
Extra Nights Sagres Single Occupancy B&B Season 3	€ 184.00

Accommodation:

Category: 3* and 4* hotels

Included:

- 6 nights' accommodation
- Breakfast
- Welcome briefing
- Luggage transfer between hotels
- Excellently planned routes
- Detailed travel documents 1 per room (route maps, route description, local attractions, important telephone numbers)
- 1 ferry ride Lisbon – Seixal including your bike
- 1 ferry ride Setúbal – Tróia including your bike
- Tour signposting
- App for navigation and GPS data is available
- Service hotline

Not Included:

- Local taxes payable locally
- Return transfer by minibus every Saturday morning from Sagres to Faro airport, costs EUR 59 per person, reservation is necessary, to be paid for in advance

Bikes



Hybrid Bike

Rental Bike Plus allows for a slightly sportier sitting posture, 27 gears offer the highest flexibility and a high quality Suntour suspension fork provides the best possible comfort across all surfaces.

Available in 63/60/56-51 sloping/46 cm sizes

Also includes Saddle bag (water-repellent), handlebar bag (water-repellent), service-Set with tools and extra bicycle tube, pump and combination lock



Electric Bike

You need no driver's license, the electric bike assists up to a speed of 25 km/h. The handling is easy and manageable after a short explanation. These bikes are supported through an electric motor that is fixed in the bottom bracket. The supply of energy takes place through a removable battery, which permits a reach of 120-180 kilometers.

Sizes: 56/51/46/46 "xs" cm