

Kat's Great Adventures

Portugal – Alto Minho Bicycle Tour 2023
Self-Guided Tour
8 Days / 7 Nights



Beginning in the spa town of Monção, you'll follow eco trails along the River Minho, the natural border with Spain, which offers fabulous views, wildlife and scenery as well as fortified towns with centuries of history. From the mouth of the Minho at Caminha you'll head down a verdant section of the Atlantic Coast, filled with stunning beaches, to the beautiful historical city of Viana do Castelo and then follow the Lima River to the oldest town in Portugal, Ponte de Lima. From this idyllic setting, cycle all the way to the villages of Arcos de Valdevez and Ponta da Barca along eco trails on either side of the river. Next stop is Barcelos, home to a legendary cockerel and an important stop on the Camino de Santiago pilgrim trail, before heading back to the coast for the last leg of the journey. More wonderful beaches, fishing communities, nature reserves and interesting towns and cities form part of your last cycling day. End the tour in the UNESCO World Heritage city of Porto, the home of port wine.

Itinerary Day to Day

Day 1: Transfer from Porto - Moncao

Meet your private driver and enjoy the scenic drive to the small town of Moncao in the Alto Minho region. After a welcome briefing with one of our team, you'll visit a local winery and taste their Alvarinho wines. In order to arrive in Moncao with enough time to do the briefing and the winery visit, your flight must arrive in Porto before 1 p.m. If this is not possible, we suggest adding a night in Porto so that you can explore the city at leisure and fully enjoy your time in Moncao, which is 130 kilometers from Porto.

Day 2: Moncao – Caminha linear route 48.9 km

Enjoy the views of neighbouring Galicia across the mighty Minho River as you follow it to its mouth at Caminha. Birdlife abounds and you'll see ingenious fishing platforms built into the river. Take time to explore the fortress town of Valenca and the art and architecture in the pretty little town of Vila Nova de Cerveira. Caminha's medieval center is full of charms, which you can explore at leisure when you arrive as this is your base for the night.



Day 3: Caminha – Ponte de Lima linear route 57 km

Portugal's Costa Verde (Green Coast) is known for its pristine beaches, backed by dunes, forest and the occasional fishing village. Enjoy the

coastline for the first part of today's journey and spend time exploring the historical center of Viana do Castelo, famous for heart shaped filigree jewellery and colourful embroidery, before heading inland. Follow the south bank of Lima River, through forests and farmland, to reach Ponte de Lima, a delightful town with plenty to offer.



Day 4: Ponte de Lima and Arcos de Valdevez circular route 42.2 km

Using the Lima and Vez Rivers as your guide, follow the eco trail upstream through gorgeous countryside to Arcos de Valdevez, another pretty riverside town with an impressive bridge and delicious local cakes called charutos. The return journey to Ponte de Lima follows the opposite banks of the Vez and Lima Rivers, passing through more rural wonders and the village of Ponte da Barca, allegedly the birthplace of the navigator Ferdinand Magellan. When you get back to Ponte de Lima, we will have a chilled vinho verde (traditional wine) and Portuguese tapas awaiting for you at a typical tasca.

Day 5: Ponte de Lima – Barcelos linear route 34.4 km

Don't be surprised if you see lots of people hiking on today's route – you'll be following sections of the Camino de Santiago pilgrim trail today, albeit in the opposite direction. This stage brings you up close and personal with tiny villages and their local farming traditions and vineyards. It also offers fabulous views of nearby mountain ranges.

Day 6: Barcelos – Vila do Conde linear route 46.3 km

Make your way through more beautiful countryside as you head back to the ocean once more at the mouth of the Cavado River. Then follow the coast south to the sandy beaches and the riverside town of Vila do Conde, which is famous for bobbin lace making, embroidered 'handkerchiefs of love' and its naval history.

Day 7: Vila do Conde – Porto linear route 35.9 km

Look out for more birds as you cross the nature reserve south of Vila do Conde. The coastline is varied and beautiful, with windmills on some of the beaches. Stop at the colourful fishing village of Angeiras to see the community at work before making your way past the port of Matosinhos and along the Douro River into Porto city center. After you have freshened up, it's time to find out more about the famous port wine at one of the most prestigious port wine lodges in Vila Nova de Gaia. With a tasting, of course! There are plenty of other sightseeing opportunities in Porto, including Lello Bookstore and the Stock Exchange Palace.



Day 8: Departure

After breakfast, prepare for your onward journey. End of services.



Route



Technical Characteristics:

Tour Profile: Medium. The route is a combination of rural paths (asphalt, cobblestones or dirt), forest trails (dirt or gravel, uneven and sometimes rocky), secondary roads and some main roads (both on asphalt). Along the journey you may sometimes encounter some steep climbs and descents, so good advance physical preparation is necessary in order to do this trip. It is essential that you have previous experience with mountain bikes and basic bicycle repair knowledge, especially how to change a tire as punctures may occur during the trip.

Distance: 259 km

Travel Season: Daily departures from March 1 to October 31, 2023

Low Season: March, April and October

Mid-Season: May, June and September

High Season: July and August

Price per Person:	Low Season	Mid-Season	High Season
Double Occupancy B&B	€ 1180.00	€ 1240.00	€ 1290.00
Single Supplement	€ 390.00	€ 440.00	€ 490.00
E-Bike Upgrade	€ 175.00		
Extra Nights Oporto 4* Double Occupancy	€ 89.00		
Extra Nights Oporto 4* Single Occupancy	€ 160.00		

Accommodation:

3* and 4* hotels with private washrooms

Included:

- 7 nights' hand-picked accommodation with breakfast
- 6 days bike rental (MTB TREK Marlin 6 with 29" wheels + panniers + helmet)
- Private transfer from Porto airport to Monção (day 1)
- Private transfer from Porto hotel to Porto airport (day 8)
- Luggage transfer between accommodations
- Visit and wine tasting in Monção (day 1)
- Taste of local products in Ponte de Lima (day 4)
- Visit and wine tasting in Port wine cellars (day 7)
- Detailed route notes
- App with trail information for use on a smartphone
- In-person welcome briefing
- 24-hour emergency contact number (English-speaking)

Not Included:

- International flights
- Arrival & departure transfers
- Meals (where not listed as included in the itinerary)
- Optional additional tours or activities during free time
- Tips and items of a personal nature



Bikes

Hybrid Bike

Cannondale Trail 5



E-Bike

BH Rebel Lynx 5.5

