

8 DAYS PORTO TO LISBON ATLANTIC RIDE

DESTINATIONS



TOUR ITINERARY

DAY 1

Destination	Porto
Meals included	Dinner
Accommodation	N/A

Start in Porto. Time permitting, your leader will arrange a short orientation tour in the historic centre. Porto is a UNESCO World Heritage city and a real historic jewel with more than 150 listed monuments. There is plenty to see and for this reason we recommend travelling a day earlier if you are interested in exploring more of its vibrant centre. Before dinner, we will enjoy a guided visit and wine tasting at a traditional Port wine cellar. Overnight at Hotel Vila Gale or Hotel Cristal.

DAY 2

Destination	Porto  Douro River  Furadouro
Meals included	Breakfast
Accommodation	N/A

This morning we leave the hustle and bustle of the city behind and immerse ourselves in the more peaceful atmosphere of the Atlantic shore. Starting from Porto, we will ride along the Douro River until its estuary. We then follow the coast, mostly on cycling paths, enjoying some inspiring views of beautiful sandy beaches along the way. During this ride there will be plenty of opportunities to stop for drinks or snacks in traditional Portuguese cafes, right by the Atlantic Ocean! After following a cycling path which crosses a pine tree forest, we reach lively Furadouro, a seaside town renowned for its excellent fish. Free time for a swim (seasonal), relax in the hotel's spa or enjoy a deserved drink in one of the several cafes and restaurants in town. Overnight at Furadouro Boutique Hotel Beach & Spa or similar.

DAY 3

Destination	Furadouro  Mira
Meals included	Breakfast
Accommodation	N/A

Today's ride follows the Aveiro lagoon and the nature reserve of Sao Jacinto, one of Europe's last remaining untouched coastal marshland and habitat of numerous bird species. We pedal through a scenery of sandy beaches, marshland and rolling dunes peppered with grasses and creepers. This is home to a plethora of birds, insects, small animals and unusual flowers and plants. After a short transfer by ferry, we leave the lagoon and continue cycling to the small town of Costa Nova, a picturesque village characterised by multi-coloured striped houses. Our ride ends in the seaside town of Mira, known for its infinitely long beach rated as one of the best in Portugal. Overnight at Macarico Beach Hotel or similar.

DAY 4

Destination	Mira  Figueira da Foz
Meals included	Breakfast
Accommodation	N/A


Today's ride takes us through one of the biggest dune systems in the area covered in pine tree forest. The route is mainly flat or undulating and the roads quiet and peaceful making the cycling very pleasant. There is a final short but relatively steep climb up the beautiful Serra da Boa Viagem before reaching the lively town of Figueira da Foz. The rest

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of the day is free to explore the town of Figuera da Foz and its extensive beach (nicknamed 'Rainha das Praias' - Queen of beaches) - there are lots of lovely cafes and bars to enjoy a pre-dinner drink, and some excellent restaurants. Overnight at Universal Boutique Hotel or similar.

DAY 5

Destination	Figuera da Foz  São Pedro de Moel
Meals included	Breakfast
Accommodation	N/A

Today we enter the Portuguese Silver Coast and ride a cycleway that follows the Estrada Atlântica (Atlantic Road). We'll be riding mainly through the remains of vast pine forest, the Leiria Pine Forest or Pinhal de Leiria, which was originally planted in the 15th Century with to provide timber for the construction of the Portuguese shipbuilding industry during the Portuguese Discoveries. Unfortunately, vast areas of the forest were destroyed in 2017 by one of the fiercest forest fires of the past 100 years. Little more than 1,500 hectares remain, out of a total of 11 thousand. Although maritime pine is considered a fast-growing tree, it will take many more years for the forest to regenerate. Exodus is supporting the regeneration of the forests, working with local schools and communities to replant trees. We reach the picturesque town of São Pedro de Moel in the afternoon and enjoy some time to relax at the beach or at the comfortable hotel with sea-view. Overnight at Mar & Sol Hotel or similar.

DAY 6

Destination	São Pedro de Moel  Obidos
Meals included	Breakfast
Accommodation	N/A

This morning you can opt to either transfer or cycle (adding approx. 20km to today's ride) to Nazaré, one of the most famous fishing towns in Portugal. Here fisherwomen still wear seven colourful layers of skirts, as well as wooden clogs and a traditional black headscarf. There will be the opportunity to enjoy some spectacular ocean views from the popular panoramic terrace. It was in Nazaré's Praia Norte that the world record for the largest wave ever surfed was set, an estimated 30m high! From Nazare' we ride all the way to Obidos, a charming small fortified town which resembles a medieval film set. It has been carefully preserved by its inhabitants who take real pride in maintaining the architectural image of the village characterised by narrow winding streets and white-washed houses.

DAY 7

Destination	Obidos  Lisbon
Meals included	Breakfast
Accommodation	N/A

A morning private transfer (approx. 1hr) takes us to the great capital city of Lisbon; here we enjoy a full free day of independent sightseeing. Please note that your leader will leave the group after breakfast and the remainder of the trip will be self-guided, but you will be provided with plenty of tips, maps and directions to make the most of your time in Lisbon. An optional guided city tour can also be booked for a fee. Begin with the two landmark monuments, the Tower of Belém and the Monastery of Jerónimos, both of which have been designated UNESCO World Heritage status. For some great views, head to the old Alfama district and walk from the iconic Praca do Comercio, in the heart of Lisbon, to the elegant neighbourhood of Chiado and trendy Barrio Alto. You may also decide to end the trip with a traditional dinner accompanied by traditional Fado music. Overnight at Turim Europa Hotel or similar.

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DAY 8

Destination	Lisbon
Meals included	Breakfast
Accommodation	N/A

End Lisbon

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Inclusions

WHATS INCLUDED

All breakfasts, 1 dinner and 1 wine tasting
7 nights accommodation in 4 star hotels
5 days cycling with full vehicle support
Tour leader throughout
Local bike hire included
Discover Lisbon and Porto, two of the most charming cities in Europe
Stay in premium accommodation and try delicious local cuisine
Enjoy coastal rides and relax by the sea
Superior twin share accommodation
Sightseeing and transportation as per the itinerary

Fine Print

HOW TO BOOK & PAYMENTS

Deposit & Payments

Book now and secure your package with only a \$350 deposit per person.

Pay a 2nd instalment of \$620 per person within 28 days.

You will then be invoiced for final payment 90 days prior to departure.

Booking Process

Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password)

Then select the purple 'Book now' tab of the tour you have selected

Select your Departure Date, Departure City, Number of Passengers, Room Configuration, any Upgrade Options, and enter any Special Requests

Click the purple 'Proceed to Secure Checkout' tab

Enter your credit card or PayPal details to secure your deposit/payment. You may also pay via BPAY (not available within 70 days of departure)

Once your order is complete, you will be prompted to complete a Booking Form so that we can fulfil your booking

Your position on the tour will be confirmed within 48 hours of completing your order. If your place cannot be confirmed, a full refund of the deposit will occur

OPTIONAL TOURS

None

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EXCLUSIONS	International Airfares Personal Expenses Travel Insurance Optional activities Anything not mentioned in the itinerary or optional
HOTEL LIST	Porto - Cristal Hotel or Vila Gale or similar Praia de Mira - Maçarico Beach Hotel or similar Figuera da Foz - Universal Boutique Hotel or similar Sao Pedro do Moel - or similar Obidos - Literary Man Hotel or similar Lisbon - Sana Malhoa / Hotel Czar / Olaias Park or similar
IMPORTANT INFORMATION	<p>Accommodation The accommodation listed is subject to change. Any changes will be of an equal or higher standard. Bedding configurations (double or twin) are requests only. All efforts will be made to meet your preferences, however, any changes are beyond our control.</p> <p>Single Supplement A single supplement is available upon request.</p> <p>Triple Share Not available.</p> <p>Children Children must be 5 years old or over and share a room with parents at all times. Children are charged the same price as adults.</p> <p>Tour Documentation Final documentation will be provided approximately 30 days prior to travel.</p> <p>Activity Level 3 Moderate You are moderately fit and possess a spirit of adventure. Some previous experience is required for most activity based trips.</p>

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