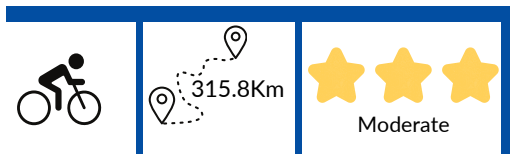


# Atlantic Coast Cycling Tour



Explore the wonders of the Atlantic Coast, the Minho River and the Ria de Aveiro lagoons on this easy 1-week self-guided cycling holiday in Portugal.

Starting in the fascinating small fortress town of Valença in the far north of Portugal, you'll begin your leisurely two-wheeled adventure by cycling along the River Minho, which forms a natural border with Spain, towards Caminha and then following the Atlantic coast to the beautiful historical city of Viana do Castelo at the mouth of the River Lima.

Discovery how the coastline shifts between rocky and sandy beaches between Vian do Castelo and Ovar, and how the countryside is a glorious patchwork of fields, forests and hills. Once you get closer to Aveiro, the immersion in the natural wonders of the Ria de Aveiro lagoons and wetlands begins. These waterways are brimming with bird and aquatic life so look out for flamingos as well as colourful fishing boats.

Get to know local traditions and ways of life as you explore rural areas as well as more urban ones as you head south on a mixture of dirt tracks, quiet roads, boardwalks and cycle paths.

## Itinerary: Available from 1st March to 31st of October

- **Day 1:** Arrive in Valença (Accommodation in a 4-star hotel)
- **Day 2:** Cycle to Viana do Castelo (58.3 km)
- **Day 3:** Cycle to Vila do Conde (57.6 km)
- **Day 4:** Cycle to Porto (34.8 km)
- **Day 5:** Cycle to Ovar (47.7 km)
- **Day 6:** Cycle to Aveiro (62.1 km)
- **Day 7:** Explore Aveiro and Costa Nova (55.2 km)
- **Day 8:** Tour ends

At a Glance

- **Duration:** 8 days, 7 nights
- **Cycling:** 6 days, covering 315.8 km
- **Type:** Self-Guided
- **Grade:** Moderate
- **Accommodation:** 4-star hotels with breakfast included
- **Meals:** 7 x Breakfast
- **Number of People:** From 2

What's Included:

- Hand-picked 4-star accommodation
- Mountain bike rental with accessories (MTB Trek Marlin 6 with 29" wheels + panniers + helmet)
- Luggage transfer between accommodations
- Detailed route notes and trail information app
- In-person welcome briefing and 24-hour emergency contact

Pricing 2025:

March, April, October	R22,180 per person	R31,130 per single
May, June, September	R23,175 per person	R32,725 per single
July and August	R26,160 per person	R37,695 per single

Extras Available:

- E-Bike upgrade: R4400 per bike
- Additional services like transfers, extra nights, and insurance are available on request
- E-Sims
- Train Tickets
- Flights

Payment Terms:

- 30% non-refundable deposit on booking
- 40% due 60 days before departure
- Balance due 30 days before departure

Embark on this unforgettable cycling journey along Portugal's stunning Atlantic coast, perfect for those seeking a blend of adventure, relaxation, and cultural exploration.

**Note:** All prices are subject to change, subject to rate of exchange fluctuations and subject to availability.