



**Portugal – Cycle Lisbon to Vila Real de Santo António (2025)**

**13 Nights / 14 Days**

**Individual Self-Guided**



**Cycle from Lisbon to Vila Real de Santo António** by an unforgettable journey through places full of history and culture that shaped our civilization and the world, also passing through spectacular nature reserves where its essence is revealed by all its strength and beauty. The selected routes will provide **remarkable views** that you will certainly keep on memories. On your first night we suggest that you enjoy and feel the good vibes of the fantastic daily life that **Lisbon's** neighborhoods offer, including the Alfama and Bairro Alto neighborhoods.

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

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Cycling mainly in a cycle path on the bank of the **Tejo River**, you will have the opportunity to visit some of the main historic sites of Lisbon and feel the beauty of one of the most beautiful cities in the world, which is also the capital further to the west of the European continent on the Atlantic coast. Lisbon and **Sagres** are two of the main landmarks of the **Age of Portuguese discoveries**. Leaving the capital you will cross the Tejo River by ferry boat on the place where 500 years ago, passed the ships and caravels of the Portuguese discoveries. Also through a **ferry crossing**, in the third stage, we cross the **Sado Estuary** - formed more than 5000 years ago, it is currently a nature reserve with a record of 221 species of birds and usually enjoys the presence of **dolphins**. Low-traffic roads trace the way through the magnificent **Arrábida Natural Park** - a biogenetic reserve with maquis vegetation born of this Mediterranean-like microclimate with similarities Adriatic regions, such as Dalmatia. Here inhabit a considerable number of species, a total of 213 vertebrate: 8 amphibians, 16 reptiles, 154 birds and 35 mammals. Cycling though roads with little movement and quiet paths, the itinerary guides you along the **Southwest Alentejo and Vicentine Coast Natural Park**, where there is a mix of Mediterranean, North Atlantic and African vegetation. There's about 750 species, of which more than 100 are endemic, rare or localized; 12 there are nowhere else in the world. Cycling in **Alentejo** region you will discover some of the most beautiful beaches in Portugal, enjoy a diverse regional cuisine and taste some of the best wines in the country.

At the most southwestern point of Continental Europe, the **Cape St. Vincent** in **Sagres**, start cycling by the south coast with incredible landscapes through the huge cliffs. **Secondary roads** and **quiet paths** will guide you to the city of **Lagos**, a historic centre that dates back to the **Age of Portuguese Discoveries**. Cycling along the Algarve coast, you will visit several locations with ancient roots of fishing traditions such as **Portimão**, **Albufeira**, **Quarteira** and many others. Cycling along the south coast, the itinerary shows you some of the most **beautiful beaches** in the Algarve every day, allowing you to take a refreshing swim daily. Passing the magnificent **Vilamoura** marina and the pine forests that border the small lagoon of **Foz do Almargem** and providing extraordinary views of the coast, find the **Ria Formosa Natural Park** - one of the seven natural wonders of Portugal. Cycling through its marshes you have the opportunity to observe a huge variety of birds and animals in their **natural habitat**. With an overnight stay in the capital of the Algarve, explore the city of **Faro** and its remarkable cultural and historical heritage. Cycling along the banks of the Gilão River, visit **Tavira**, one of the most beautiful and typical cities in the Algarve. The itinerary full of aromas, knowledge and adventure reaches its destination in **Vila Real de Santo António**, a very interesting old city on the banks of the **Guadiana River**, which forms a natural border between Portugal and Spain.

This **Cycling tour** allows you to explore beautiful beaches, picturesque villages and towns, taste delicious cuisine, exceptional wines and mingle with friendly and welcoming people. Certainly, a **wonderful experience** that you will not want to miss!



## Day by Day

### Day 1 - Arrival

**Optional transfer** from Lisbon airport, or from another location of your choice, to the hotel in **Lisbon**, where you will start your cycling holiday.

Enjoy the glamour, history and vibrant culture that the city of **Lisbon** offers. With the travel pack we supply information for sightseeing to the capital of Portugal. To visit **Alfama** is one of our recommendation to find special views, history, culture and tradition in the most typical neighborhood of Lisbon. **OPTIONAL: extra nights available** on request.



### Day 2 - Lisboa to Costa da Caparica – (21 km)

Enjoy the day to relax and explore the **capital of Portugal**. Most of the stage is cycled through bike paths along the **Tejo River** with magnificent views. The beginning of the stage is marked near to Tejo River by the **Parque das Nações** - a distinct area of the city that offers several leisure, fun and cultural activities. Here we recommend a visit to the **Lisbon Oceanarium**, which in 2017 was considered by *TripAdvisor* as the best oceanarium in the world. When passing by the **Alfama** neighborhood, we highlight the visit to the Fado Museum, where you can observe an exhibition about the history of this Cultural and Intangible Heritage of Humanity, and the enchanting views over the buildings that go up the hills and over the towers of the **Cathedral of Lisbon**. Arriving at Praça do Comércio, the most emblematic square in Lisbon, we suggest that you visit and explore the downtown area until Praça do Rossio, where you can taste the *ginjinha* - the typical Lisbon liquor. Passing by the **Doca de Santo Amaro**, the view over the 25 de

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Abril bridge that crosses the river and over the monument of the Sanctuary of **Christ the King** is to be appreciated. In **Belém** we suggest a visit to the Jerónimos Monastery - a masterpiece of Portuguese architecture in the century. XVI, to the Padrão dos Descobrimentos (Monument to the Discoveries), to the Belém Tower and to taste the world famous *Pastel de Belém*. The departure from the capital is marked by a **ferry crossing**, enjoying the fantastic view over the city of Lisbon. Arriving at **Trafaria** it is impossible to stop feeling the fishing environment by the fishing boats that surround the small beach of the village. Take the opportunity to taste a seafood stew, being the main typical dish here. Cycling along a bicycle path mostly surrounded by pine trees, you arrive at **Costa da Caparica** beach, where you can relax the rest of the day.

### **Day 3 - Costa da Caparica to Setúbal – (59 km)**

Day full of nature with plenty to see and feel. The beginning of the stage is near the Costa da Caparica beach, where you can enjoy a **refreshing swim**. Cycling along a road with some movement, flanked by vegetation mainly of pines and acacia trees, we crossed the **Mata Nacional dos Medos**. The way to the Serra da Arrábida is marked through small towns and several pine forests by roads with little movement and quiet paths. Cycling through the **Arrábida Natural Park**, along a road with some movement, observe the fantastic views it offers over the mountains, the Sado River and the Troia Peninsula. We also recommend visiting the two most famous beaches in the natural park, **Portinho da Arrábida** and **Figueirinha**, and enjoying panoramic views through the Convent of Nossa Senhora da Arrábida. The stay is in **Setúbal**, a city with several points of interest. We recommend visiting the Livramento fish market, which in 2015 was considered one of the most famous fish markets in the world, and to enjoy the city's gastronomy, especially the typical fried cuttlefish.

### **Day 4 - Setúbal to Sines – (76 km)**

The stage starts with a ferry crossing through the **Sado Estuary Natural Reserve**, where passengers are usually received by resident **dolphins**. A rare phenomenon worldwide and unique in Portugal. In this biologically rich area there are also more than 200 species of birds and many of them can be observed during the ferry crossing. The bicycle tour starts at the **Troia Peninsula**, next to its magnificent beach with a fantastic landscape over the **Serra da Arrábida**. Passing through **Comporta** observe a large number of rice fields under cultivation and visit the Rice Museum, where you can learn more about this region's tradition. We start cycling in the **Alentejo**, a stunning and mostly flat region. The stage is traced by a road with some movement, secondary roads and some quiet paths that are mainly flanked by pines, eucalyptus and some cork oaks. Through villages and towns you will find the **typical Alentejo houses**, the houses whitewashed and embroidered in ocher and blue colors. You will also find the typical village cafe, where you can enjoy traditional snacks and a good conversation with the local population. **Traditional cuisine** is diverse based on meat, fish and seafood. Also enjoy a wide variety of cheese and good Alentejo wines. Cycling along a bicycle path, you arrive at **Sines** beach, where the end of the stage is marked and where you can relax the rest of the day.

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#### **Day 5 - Sines to Vila Nova de Mil Fontes – (40 km)**

Start the day by exploring Sines, the hometown of the navigator **Vasco da Gama** who discovered the sea route to India. The castle, the Mother Church, the Church of Nossa Senhora das Salvas and the Vasco da Gama monument, where you have a fantastic view over the entire bay of the city, are some of the highlights to explore. This is the first stage to cycle in the **Natural Park of Southwest Alentejo and Vicentine Coast**: the best preserved section of the European coast. Cycling along the coast, with breathtaking views over the Atlantic Ocean and the dunes, you have the opportunity to enjoy a **refreshing swim** at São Torpes beach, Morgavel beach, Praia Grande beach or any other of your choice. At the square Marquês de Pombal, in **Porto Côvo**, we suggest that you take a break to eat an ice cream while enjoying one of the best examples of the typical Alentejo houses in the country. We highlight the passage through the Fort of Nossa Senhora da Queimada from where you have fantastic views over the **Pessegueiro Island**. A road with some movement and quiet paths with a predominant vegetation of some pines and some eucalyptus traces the stage until the destination. The sunset through the Portinho do Canal is a great moment to keep in memory.



#### **Day 6 - Vila Nova de Milfontes to Aljezur – (71 km)**

Start your day exploring **Vila Nova de Milfontes**. We suggest a visit to the Church of Nossa Senhora da Graça of the XVI century and to the Fort of São Clemente from the beginning of the XVII century. The beginning of the stage is marked next to the monument to aviators of the Raid Lisboa-Macau, in the square Largo Brito Pais, where the Raid started. Crossing the bridge over the **Mira River**, the stage is marked by a road with some movement, by quiet paths and by secondary roads with little movement,

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cycling along many fields of cultivation of raspberry, sweet potato and others. The typical Alentejo houses are once again a great highlight of the landscape among the villages. Arriving at **Cabo Sardão**, observe the lighthouse, which has been in operation since 1915, and explore the **extraordinary views of the ocean and the cliffs**, while cycling through peaceful paths. Passing through some villages and towns there is always the typical café, where you can buy water or snacks. We suggest visiting the small fishing port of **Porto das Barcas** where you can enjoy magnificent views over the cliffs and the ocean. Passing in **Zambujeira do Mar**, visit the chapel of Nossa Senhora do Mar and try some seafood from the region, such as the velvet crab, crabs or oysters of Mira. Cycling along the coast, you have the opportunity to enjoy a **refreshing swim** on the beach of Zambujeira do Mar, on the beach of Carvalhal or on the beach of Odeceixe. Cycling through the Southwest Alentejo and Vicentine Coast Natural Park, a visit to **Azenha do Mar**, where we have fantastic views over the coast, is recommended. By roads with little movement, sometimes lined with pines and eucalyptus, sometimes open to an uncovered scenario, we cycle along the **Seixe river** and enter the **Algarve** region. Enjoy the wonderful views that the river provides until it joins the ocean. The stage is concluded until Aljezur by secondary roads, mostly next to pine forests.

#### **Day 7 - Aljezur to Sagres – (63 km)**

Visit **Aljezur**, a small coastal village with typical houses of the rural architecture of the Algarve. In its municipal market you can discover several local and regional products. Explore and visit one of its many museums. A visit to the castle at the top of the hill offers you extraordinary views of the mountains and an insight into the historical past. The stage is traced mainly by peaceful paths with the common presence of eucalyptus and pine trees, through the **Natural Park of Southwest Alentejo and Vicentine Coast**, with fantastic views over the valleys that draw the hills. Cycling along the coast you can enjoy a refreshing swim at Bordeira beach or Amado beach. In **Carrapateira**, we highlight the visit to the Museum of the Sea and Earth, where you can learn about the history and development of the region, ecology and local development. Cycling for more than 5 km next to the cliffs, with fantastic views from different angles over the coast, will certainly mark your day and your holidays. In **Vila do Bispo** you have the opportunity to visit the Mother Church of the XVIII century and to take a break in one of the traditional cafes, while chatting with the locals. Cycling along quiet paths through the natural park, the stage offers you exceptional views of the coast and the cliffs. At the **Cape St. Vincent**, where a visit to the lighthouse is mandatory, let yourself be fascinated by the magnificent views in the most southwestern point of Portugal and Continental Europe. The way to Sagres is marked by a **beautiful environment full of cliffs**, which rise almost vertically from the Atlantic to a height of 75 meters. Reaching **Sagres**, visit its fortress by bicycle, the Baleeira port where you witness the fishing activity of the village and make a toast on the Mareta beach, while tasting the most popular seafood in the region – the *percebe* (Gooseneck Barnacles).

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### Day 8 - Sagres to Lagos (51 km)

Start your day by exploring **Sagres**, one of the most important areas in the Algarve accordingly with its exceptionally rich heritage. Cycling along **quiet roads**, enjoy the passage through **Vila do Bispo** to visit its 18<sup>th</sup> century Mother Church and through **Raposeira** to visit its 16<sup>th</sup> century Mother Church, taking a break in one of the **traditional cafés**, while chatting with the local people. Cycling towards the coast on **secondary roads**, the landscape is over green fields by the gentle hills, with a common presence of pine trees. Upon arriving at the coast, you are greeted with a resounding landscape over the ocean. In **Salema**, a fishing village, you can enjoy a refreshing swim while watching the traditional arts of fishing of this village. It is to highlight the passage through the **Boca do Rio**, not only by all the Lusitanian-Roman ruins that can be witnessed here, but also by the magnificent scenery that gives us, the beach in the valley between two hills. Quiet paths and roads with little movement with some elevations mark the route to the destination. At **Burgau** beach, also known as the Portuguese Santorini, the traditional fishing gear such as Alcatruz, gillnet or the hook device can be observed. Take advantage of the passage on **Praia da Luz** to visit the Church of Luz de Lagos, the ruins of the Roman baths and to make sure that the ocean is refreshing for a swim. Cycling on a bike path surrounded by views of the sea and the cliffs, you will find **Ponta da Piedade**. We recommend that you take some time to explore this magnificent natural monument. Cycling along the Bensafrim stream you will reach the city centre of Lagos.



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#### **Day 9 - Lagos to Portimão (31 km)**

Start your day exploring **Lagos**, a city that played a key role in the **Age of Portuguese Discoveries**, as many of these vessels left from here. The Parish Church of Santa Maria, the Church of Santo António, the Bandeira Fort and the Municipal Market are some highlights to explore in the city. Cycling along a bike path and quiet paths you will reach **Meia Praia**, where you can enjoy a refreshing swim.

Between **roads and paths with little movement** you will cycle along an aquaculture area. When the tide is low, you can see countless shellfish gatherers collecting bivalves such as clams and cockles. Take advantage of the passage through **Odiáxere** to visit its 16<sup>th</sup> century Mother Church. The route to **Alvor** is traced by a road with movement, often accompanied by storks in their nests. In Alvor, visit the Morabito de São Pedro, the Municipal Market and cycle through the typical narrow streets, where we recommend a break for a drink or a good lunch in a typical Algarve restaurant with **fresh fish**. The **Alvor estuary** is a highlight and offers extraordinary views. Enjoy the passage through Praia do Vau and its landscaped environment flanked by smooth cliffs and irregular rock formations. Cycling along the coast with fantastic views over the ocean, you will reach **Praia da Rocha**, where you can relax the rest of the day.

#### **Day 10 - Portimão to Albufeira (48 km)**

The beginning of the stage is marked by a bicycle path along the bank of the **Arade River**. Visit the Portimão Museum and discover the city's strong connection to fishing culture. Next to the river Arade we find the village of **Ferragudo** and we immediately feel its fishing environment through fishing boats by the river and by the fishermen on the sidewalk preparing their fishing nets and fishing traps. We recommend a visit to the Church of Ferragudo where you have a fantastic view over the mouth of the River Arade and the city of **Portimão**. The stage is mainly marked by **secondary roads and quiet paths**, where olive, cypress, orange, pine, fig and cork oak vegetation predominates. In **Lagoa**, we suggest a visit to the Mother Church and to take a break to taste traditional Portuguese pastries, especially the Florados from Lagoa. We recommend a visit to the promontory of **Senhora da Rocha**, a place that was a cult for Visigoths and Muslims, which has a fantastic view over the ocean and also a 16<sup>th</sup> century chapel. Cycling through **Armação de Pêra** enjoy not only its cultural heritage but also a good offer of beaches: Vale do Olival, Armação de Pêra or Pescadores. It is to highlight the passage across the Salgados lagoon, a favourable place for bird watching. In **Albufeira**, cycling through its winding streets, explore the various "hidden" viewpoints between the white houses, contemplate the Portuguese sidewalk in the downtown and enjoy the fishing gastronomy that the city offers.

#### **Day 11 - Albufeira to Faro (48 km)**

Day full of adventure and nature. Cycling along a road with some movement through the surrounding area of Albufeira, you have the opportunity to visit the fishing village of **Olhos de Água** where you can observe a spring of fresh water at the beach sand. Cycling along **secondary roads and quiet paths**, the landscape is mostly surrounded by pine, olive, cork, palm and some carob trees. Enjoy the passage on the Falésia beach, on the Vilamoura beach or on one of the beaches of Quarteira to feel the water of the ocean. In **Vilamoura** we recommend a visit to the ruins of the Roman villa and a break at the largest

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marina in the country, where you can observe an extraordinary diversity of boats. In the typical fishing town of **Quarteira**, visit the fish and regional products market and cycle through the pine forests around the small lagoon of **Foz do Almargem**, with fantastic views to the ocean and to the small cliffs. It is to highlight the passage through luxury resort of **Quinta do Lago** which presents you with the Natural Park of Ria Formosa, one of the seven natural wonders of Portugal. Here you can see several species of birds such as Flamingo, Western swamphen, Azure-winged magpie and many more. We suggest a visit to **Praia de Faro**, a fishing village where the inhabitants keep alive ancient traditions. Here, you not only have extraordinary views over the ocean and dunes, but also privileged views over the Algarve mountains. Next to the natural park, cycling through paths with little movement, you reach the marina in the city centre of **Faro**, where the end of the stage is marked.

#### **Day 12 - Faro to Tavira (42 km)**

Start your day exploring the **capital of the Algarve**. The village arch and the cathedral are some of the highlights that can be seen in the famous "old town" of Faro, which is partially surrounded by the walls built by the Moors. The route to Olhão is partly traced by a road with movement and by a path along the **Ria Formosa Natural Park** and the **saltpans**, with views of the Deserta, Farol, Culatra and Armona islands. Visit this typical Algarve town and explore its fishing traditions. We recommend visiting the well-frequented Mercado Municipal and the marina, where you can see the replica of the boat Caíque do Bom Sucesso. Cycling near the fishing port gives you a unique contact with **fishing traditions and arts**, as well as with local fishermen. The route to Tavira is cycled by roads with little movement between small towns and quiet paths next to the **Ria Formosa Natural Park**, where the landscape is marked mainly by the presence of olive trees, pines, fig trees and cactus. In the fishing village of **Fuseta**, observe the architecture of the white houses with roof terraces and enjoy an excellent view over the Ria Formosa while taking a refreshing swim on its beach. The route guides you through the Fuseta saltpans - a place where you can observe several species of birds in their natural habitat such as Flamingo, Pied avocet, Black-winged stilt and many others. Observe small historical landmarks such as the Tower of Aires, some Norias and the two-thousand-year-old Olive tree. In **Santa Luzia** we suggest visiting **Barril beach** where you can find the well-known Anchor Cemetery, which were used in the past in the practice of tuna fishing. Enjoy a good meal of typical Algarve cuisine, here best known for making octopus dishes. The end of the stage is marked on the Roman bridge, in the city centre of Tavira.

#### **Day 13 - Tavira to Vila Real de Santo António (34 or 68 km)**

Start your day exploring **Tavira**, one of the most beautiful and typical cities in the Algarve. Its beautiful castle, the Church of Misericórdia and the Camera Obscura are some of the highlights of the city. Starting at the Roman bridge, the stage leads us to **Cabanas de Tavira**, where we cycle along the Ria Formosa Natural Park, a 60 km long lagoon system. The route is mostly cycled by **secondary roads and quiet paths**, where you can observe and visit some strategic defensive points on the Algarve coast. Passing through **Cacela Velha** it is impossible to stop feeling its Islamic culture. Visit its Mother Church built on a primitive medieval building, the Cacela Fortress - where in the same place was once a Moorish

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castle and observe the fantastic view over the coast. Cycling along the coast you have the opportunity to enjoy a **refreshing swim** at Manta Rota beach, at Altura beach or at Monte Gordo beach. The path through the pine forest next to Monte Gordo beach and through the **National Forest of the Dunes of Vila Real de Santo António** until the **Guadiana River**, where the natural border is marked between Portugal and Spain, is a great highlight of the day. Cycling along the Portuguese bank of the Guadiana River, the stage guides us through the city of Enlightenment - **Vila Real de Santo António**. We recommend visiting the Marquês de Pombal square, the city parish and the market of regional products spread through these streets. The stay is again in Tavira, so you can choose to return by train or cycle.

#### **Day 14 - Return**

End of the program with **optional transfer** to Faro airport or to another location of your choice.

OPTIONAL: **extra nights available** on request.





## Route

Flat terrain with an average of one to two climbs per day. With an average of 49 km per day, the stages are easily crossed with the support of a detailed roadbook and a GPS, which are provided with the travel pack. If any member of the group or family does not want to cycle one or more stages, they have the possibility to travel between the hotels in the vehicle that performs daily the luggage transfers. Daily Distances 21 – 76 Km

**Travel season:** This tour is available year-round.

**Prices per person double occupancy in euros- all prices subject to confirmation on booking**

Month	Jan*/Feb/Mar* Nov/Dec*	Apr/May Oct	June/ Sept	July /August
Double (p. person)	€2230	€2500	€3070	€3650
Double (supplement - p. person) PREMIUM VIEW	€380	€410	€515	€550
Single (supplement)	€1290	€1530	€1940	€2300
Single (supplement) PREMIUM VIEW	€2050	€2380	€2900	€3635
Supplement half board	€540			
Supplement e-bike	€216			

**Arrival transfer from Lisbon airport (or from another location of your choice) to the hotel in Lisbon:** 1-4 persons = 70€ | 5-8 persons = 100€

- Arrival transfer from other locations: on request

**\*Departure transfer from Tavira to Faro (airport, train station, bus terminal or any other location of your choice):** 1-4 persons = 65€ | 5-8 persons = 80€

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- Departure transfer from other locations: on request

**\*Easter** - 35€ per person for double room and 60€ for single room - 12<sup>nd</sup>, 13<sup>rd</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> April

**\*New year** - 35€ per person for double room and 60€ for single room - 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> December 2025 and 1<sup>st</sup> January 2026

Additional special meal supplements for Christmas and New Year Dec 24, 25 and Jan 1

**Included:**

- 13 nights' accommodation with breakfast (12 nights in 4\* hotels and 1 night in 3\* hotel - subject to change due to availability)
- Trekking or Mountain bicycle with front bag and side bag
- Luggage transfer between hotels
- Helmet
- Bottle of water
- Insurance
- Technical assistance
- Travel pack per booking
- Municipal tourist taxes

**Travel pack included:**

- 1 Road book per room (on request)
- Hotel vouchers
- 1 GPS per booking
- 1 Speedometer per room
- 1 Set of puncture repair kit for each two bikes
- 1 Lock for each two bikes

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**Not Included:**

- Ferry boat ticket from Belém to Trafaria
- Ferry boat ticket from Setúbal to Tróia
- Train ticket from Vila Real de Santo António or from Castro Marim to Tavira (optional)

**Bikes:****Trekking Bikes**

Aluminum Frame, 700c 21 speeds V brakes and front suspension

**E-bike**

The ideal solution for those who want to practice a controllable exercise or for those who are looking for a ecological transport with a low energetic consumption, silent, no need of driving license and SUPER FUN!

**This is a partner tour.**

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