



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Portugal- Cycling the Algarve Coast Line (2025)

8 Days/ 7 Nights

Individual Self-Guided



On this **self-guided cycling tour** you will cycle **254 km on a 6-day itinerary** along the Algarve coast, surrounded by incredible landscapes. The selected stages provide you with magnificent moments that you will certainly keep in memory. The huge cliffs of **Sagres**, the sweet surroundings of **Vilamoura**, the wonders of Ria Formosa Natural Park, the Islamic culture of **Cacela Velha**, the stunning landscapes upon the coast, along with the **typical characteristics** of the Algarve coastal villages and towns express some of the experiences that you don't want to miss.

The beginning of your cycling holiday is marked at the most southwestern point of Continental Europe, at **Cape St. Vincent** in Sagres, by the Algarve 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

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locations with ancient roots of fishing traditions such as **Portimão, Albufeira, Quarteira** and many others. Cycling along the 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 Almagem** 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.

Itinerary Day by Day

Day 1 - Arrival

Optional transfer from Faro airport, or from another location of your choice, to the hotel in **Sagres**, where you will start your cycling holiday. The meaning of this village for world history is tremendous, witnessed by a wealth of historical events, stories and tales. The ruins of the 16th century Baleeira Fort, the magnificent fortress and the Mareta beach are some of the highlights to explore in the village.

(Extra nights available before departure to Lagos).



Day 2 - Cape St. Vincent 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. The starting point is next to the lighthouse at **Cape St. Vincent** - the most southwestern point of Portugal and Continental Europe. Enjoy the views to the ocean and to the cliffs that rise almost vertically from the Atlantic to a height of 75 meters. Cycling along **quiet roads**, enjoy the passage through **Vila do Bispo** to visit its 18th century Mother Church and through **Raposeira** to visit its 16th 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.



Day 3 - Lagos to Portimão (30 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 16th 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 4 - Portimão to Albufeira (54 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 16th 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 5 - Albufeira to Faro (51 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 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 6 - Faro to Tavira (44 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 7 - Tavira to Vila Real de Santo António (36 or 69 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 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 8 - Return

Route:



- This itinerary covers the whole of the Algarve Coast, allowing you to visit villages, towns and coastal cities in the region, mostly by secondary roads and quiet paths. It mostly presents a flat terrain with an average of one to two medium-size climbs per day. With an average of 42 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.
- For this program, individual bicycles and 2-seater (tandem) bikes are available - which are an excellent option for the blind and for people who do not know how to ride a bicycle, since they are accompanied by an experienced person in cycling.
- 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.

Total distance 254 km

Dates:

This tour is available year-round.



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Prices: all prices in Euros subject to confirmation on booking

| 2024: Price in Euros | Jan*/Feb/ Mar*/Nov/Dec* | Apr/May/Oct | June/Sept | July/Aug |
|-------------------------------------|----------------------------|-------------|-----------|----------|
| Double p. person | €995 | €1220 | €1500 | €1850 |
| Double premium view p person sup | €190 | €230 | €350 | €390 |
| Single supplement | €430 | €580 | €900 | €1180 |
| Single supplement PREMIUM VIEW | €810 | €1040 | €1490 | €1930 |

Additional Supplements

Additional charges apply January 1 between April 12 and 27 , December 24- 31

*Electric Bicycle (Bosch) = 126€

*Half board p. person (HB - 7 dinners) = 290€

*Arrival transfer from Faro (airport, train station, bus terminal or any other location of your choice) to the hotel in Sagres: 1-4 persons = 160€ | 5-8 persons = 170€ 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 = 70€ Departure transfer from other locations: on request

Special Date Supplements for Easter, New Years and Christmas – contact us for details

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Included:

- 7 nights' accommodation in 4 * hotels with breakfast (may be subject to change due to availability)
- Luggage transfer from Hotel to Hotel
- Trekking bicycle or tandem bicycle (2 seats) with front bag and side bag
- Helmet
- Bottle of water
- Insurance
- Travel pack per booking

Travel pack included:

- 1 Road book per room
- 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
- Information on the social and community rules and rules for preventing COVID-19, in force in Portugal
- Information about the Clean & Safe protocol and rules

Not Included:

- Train ticket from Vila Real de Santo António to Tavira (optional)



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Bikes:

Trekking Bikes



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

Tandem



Steel Frame, 21 speed, V brakes

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 FOR MORE INFORMATION CONTACT

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