



**Portugal- Porto to Lisbon by bike The Atlantic, Tradition and Romance (2025)**

**8 Days/ 7 Nights or 12 Days/11 Nights**

**Individual Self Guided**



This wonderful bike tour connects the two cities of Porto and Lisbon. Discover many impressive cultural sites whilst cycling through lush nature on lovely coastal cycle paths. The journey starts in Porto, a World Heritage Site - one of the most beautiful cities in Europe. Enjoy a glass of port wine and other culinary delights. Explore Aveiro (the Venice of Portugal with its canals and salt basins), the lively coastal town of Figueira da Foz, Nazaré where waves can get as high as houses and lots more. Full of impressions you will arrive in Lisbon, the capital of Portugal. Its historic city is impressive and has lots of attractions directly on the Tejo River. A wonderful and very diverse tour awaits.

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

**[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350**

**TICO Ontario Registration No: 50022848**



## HIGHLIGHTS

Porto and Lisbon alone are worth the journey. But on your travels, you will find a lot more to admire too. Steep cliffs, sandy beaches and picturesque town centres will delight you.

Day By Day- 8 Day Version

### **Day 1: Arrival in Porto**

Take a stroll along the Douro riverbank and make sure to try a glass of the famous port today.

### **Day 2: Porto – Furadouro/surroundings approx. 40-45 km**

In the morning you will cross the Douro and cycle past the port cellars. After this, you will head away from the hustle and bustle of the city and towards the quiet Atlantic coast. Going past fine sandy beaches and through extensive pine forests you will head south. Today's final destination is well known for its hospitality and excellent fish. Have a good time!

### **Day 3: Furadouro/surroundings – Aveiro approx. 40 km + ferry ride**

There is a lot of nature to be admired on today's stage. You will cycle through the Aveiro lagoon and while doing so you will be surrounded by water. Do some bird watching at São Jacinto Dunes Natural Reserve or watch the salt extraction at the salt works. A ferry will then take you to Aveiro, a place considered as the "Portuguese Venice" due to its canals and its famous Moliceiro boats.

### **Day 4: Aveiro – Praia de Mira/surroundings approx. 35 km**

The bike path along the Aveiro lagoon will lead you to Costa Nova. The colourfully-striped beach houses are a popular backdrop for holiday photos. You continue cycling leisurely towards the South and soon you will reach today's destination. Take a stroll along the kilometre-long sandy beach and enjoy the atmosphere at this peaceful seaside resort.

### **Day 5: Praia de Mira/surroundings – Figueira da Foz approx. 50 km**

You cycle through a dune landscape on gentle hills. Crickets chirp in the pine forest and soon you will see the first cliff ahead of you. The road leads spectacularly towards the Cabo Mondego lighthouse and then further on towards Figueira da Foz, which is a charming little town with lots of restaurants, decorative alleys, slow-paced cafes and of course a beautiful beach.

### **Day 6: Figueira da Foz – Sintra – Cascais approx. 35 km + transfer**

In the morning by transfer to royal Sintra where you will find many palaces and manor houses. From here it's a rushing descent back towards the coast. Wonderful views of the sea and dreamy sandy bays make the odd climb on the way to Cascais worth it. At the end of the day, you will be welcomed by the lovely promenade to the stylish town of Cascais.

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**Day 7: Cascais – Lisbon approx. 40 km**

The cycle path runs right along the shore to Estoril. After that you will soon reach the mouth of the River Tagus. The famous Belem Tower lies directly en route after which you will ride underneath Lisbon's landmark, the mighty suspension bridge. Continue along the banks of the Tagus to your hotel in the modern district of Oriente.

**Day 8: Departure or extension**





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## **Day by Day 12 Day version**

### **Highlights**

With the longer variant you cycle along the entire coast from Porto to Lisbon. This way, you're guaranteed not to miss a single highlight on the 480-kilometer route.

#### **Day 1: Arrival in Porto**

#### **Day 2: Porto – Furadouro/surroundings approx. 40-45 km**

#### **Day 3: Furadouro/surroundings – Aveiro approx. 40 km + ferry ride**

#### **Day 4: Aveiro – Praia de Mira/surroundings approx. 35 km**

#### **Day 5: Praia de Mira/surroundings – Figueira da Foz approx. 50 km**

#### **Day 6: Figueira da Foz – Pedrogao/Praia da Vieira/surroundings approx. 35-40 km**

You cycle gently uphill into the rural inland. But then it's off towards the coast again. The cycle path winds through dunes as high as houses to your overnight destination. Former fishing villages with kilometre-long, fine sandy beaches are now cosy seaside resorts.

#### **Day 7: Pedrogao/Praia da Vieira/surroundings – Sao Martinho/Foz do Arelho/surroundings approx. 50-70 km**

Continue cycling through the sand dunes before the spectacular cliffs at Sao Pedro de Moel will amaze you. In Nazaré, the world's highest waves attract particularly courageous surfers. Sao Martinho or Foz do Arelho are more relaxing. Both places are located in a sheltered bay with many small boats in the calm waters.

#### **Day 8: Sao Martinho/Foz do Arelho/surroundings – Peniche approx. 45-55 km**

Small roads lead past vines, apple and pear trees towards Obidos with its towering castle and charming, flower-filled alleys. On the cycle path along the Obidos lagoon, you pedal to a fantastic sandy beach. On the way to Peniche, you will once again enjoy the view of the sea before your stage destination delights you with spectacular rock formations.

#### **Day 9: Peniche – Ericeira approx. 65 km**

The queen stage has a lot to offer. You cycle as close as possible to the cliffs and enjoy spectacular views. In the hinterland you cycle around the estuaries, in whose valleys wine and vegetables are grown. Lonely bays entice you with fine sandy beaches and crystal-clear water, and quaint fishing villages offer an opportunity to take a break.

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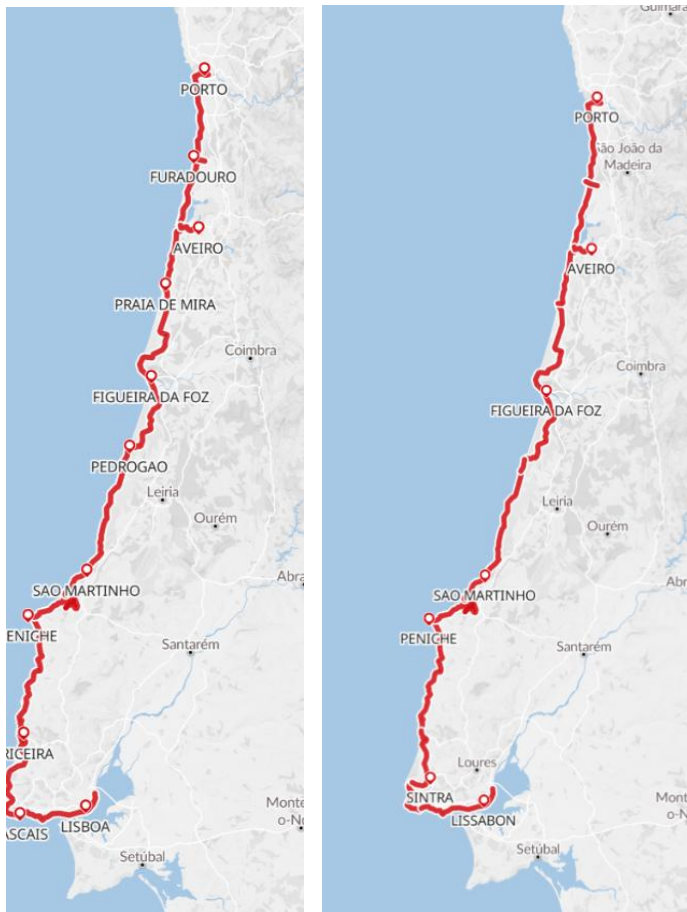
**Day 10: Ericeira – Cascais approx. 55 km**

Today's stage also offers wonderful views over the steep coast. You cycle along the typical stone walls through tranquil villages with often pastel-coloured houses. Directly on the coast, you cycle on to fashionable Cascais with its beautiful promenade and historic mansions.

**Day 11: Cascais – Lisbon approx. 40 km**

**Day 12: Departure or extension**

**Route**



**DIFFICULTY LEVEL Average to Relatively difficult**

Generally, a slightly hilly tour with very few steeper sections. On the 12-day version of this tour there are 4 days with several steep ascents to overcome. A wonderful route on bike paths, farm tracks and side streets with little traffic. Small sections are on slightly busier roads. There are also some longer sections to cycle on gravel tracks.

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## Dates

**2025 ARRIVAL DATES Thursday, Saturday and Sunday 01.02. – 30.11.**

Season 1: 01.02. – 19.03. | 30.10. – 30.11.

Season 2: 20.03. – 07.05. | 25.09. – 29.10.

Season 3: 08.05. – 24.09.

**Prices-** All prices given in Euros per person in double room. Subject to confirmation on booking

	8 Day Tour	12 Day Tour
Season 1	1059	1469
Season 2	1159	1689
Season 3	1259	1849
Surcharge single room	589	919
Rental bike	99	109
Rental bike PLUS	169	185
Electric bike	269	289
Extra nights		
All prices given in Euros per person in double room.		
Porto		
Basic price	99	
Surcharge single room	99	
Lisbon		
Basic price	89	
Surcharge single room	79	

## Included

- Accommodation in 3\*\*\*- and 4\*\*\*\*-hotels
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- EUROBIKE developed route
- Detailed travel documents 1x per room (German, English, French)
- 1 ferry ride to Aveiro incl. your bike
- 1 transfer Figueira da Foz – Sintra incl. your bike (only variant 8/7)
- App for Navigation and GPS-data
- Service hotline

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## **Bikes**

### **RENTAL BIKES**

Our quality KTM bikes are the result of years of experience and continued development, always with the wishes and requirements of our guests in mind. The result is a solid, easy to use and travel-suitable bike, that we can recommend with a clear conscience. With reliable brakes, an aluminium frame and top tyres, it is well-equipped for every journey.

Unisex bike 21/24-speed with freewheel (Height approx. 148–190 cm)

Men's bike 21-speed with freewheel (Height approx. 165–205 cm) Note: reservation is essential

### **E-BIKES**

With our electric bikes, you have unlimited mobility and can really enjoy every cycle tour, so you always stay beside your friends or family on the road! The unisex bikes are comfortable to ride for both men and women.

Unisex bike 8-speed (Height approx. 148–195 cm)

Bosch Active Line Plus motor

Battery 550 Wh removable with mobile charger

Hydraulic breaks

Range up to 120 kilometres

### **RENTAL BIKE PLUS**

With our rental bike PLUS from KTM, we can offer our guests an additional rental bike option on all Eurobike original tours. From the saddle to the breaks and gears, the quality of the equipment is even higher (e.g. hydraulic breaks and precise gears), the "plus" is noticeable in many parts of the bike.

Men's bike 20/27-speed with freewheel (Height approx. 155–205 cm)

Hydraulic breaks

Shimano XT/CUES rear derailleur

***This is a partner tour***

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