



Portugal- Porto-Coimbra-Lisbon Cycle Tour (2025)

15 Days/ 14 Nights

Individual Self-Guided



Start in the North's capital Porto, take a free day in the university city of Coimbra and finish in Portugal's capital. Explore the Atlantic ocean, beaches, fisherman town and villages, forest, lakes, castles, swamps and lovely towns. Ride along an extensive cycle path "Via Atlântica" through the pine forest near the ocean then over secondary or quite roads and experience a diverse countryside with ocean view!

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

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848

Day by Day

Day 1: Arrival in Porto



Day 2: Porto-Furadouro (↔45km ↑175m)

Leave Porto along the Douro river and at the Atlantic ocean ride on cycle paths until Espinho - a fishing town. Cycle through the woods also on cycle paths until Furadouro, a small village on the ocean.

Day 3: Furadouro-Aveiro (↔56km ↑100m)

This flat day is mostly characterized by the Aveiro lagoon rich in a wild fauna and flora. Enjoy nature on newly cycle paths before you finish your day in Aveiro known as "Portugal's Venice".

Day 4: Aveiro – P. Mira (↔ 46km ↑98m)

After 1h riding, visit "Vista Alegre" a ceramic plant with museum in Ilhavo. Then cycle along the 2nd lagoon and pass by Costa Nova before you arrive in Praia de Mira - small coastal fisherman village.

Day 5: P. Mira - F.Foz (↔56km ↑363m)

Today you will ride on cycle paths to Mira and then quiet roads along small lakes and country side. At the end of the day you'll be challenged with the 1st climb (200m) of the tour. After your effort you'll be rewarded with a great ocean and forest view. Then roll down to the small coastal city of Fig. da Foz.

Day 6: F.Foz - Coimbra (↔55km ↑210m)

Cycle along the Mondego river and visit the medieval town of "Montemor-o-Velho" with its imposing castle at the top. Enjoy the country side and enter in Coimbra through the Choupal natural park, next to the river.

Day 7: Free day in Coimbra

Use the free day to explore Coimbra. Start by river and visit Santa Clara church. Nearby you can wonder “Portugal dos pequeninos” (Portugal in small scale). Walk the medieval old town, passing by the old cathedral, reaching the top of the hill in the university. Finish the day by visiting the botanical garden and the university’s library

Day 8: Coimbra - P.Pedrogão (45min shuttle) Ereira – P.Pedrogão (↔ 48km ↑ 304m)

After a transfer, start the tour in Ereira next to Mondego river and ride on into the Atlantic pine forest. With a fresh breeze, roll on newly built cycle paths along the Atlantic ocean, and finish at the ocean in Praia de Pedrogão.

Day 9: P.Pedr. - Nazaré (↔44km - ↑257m)

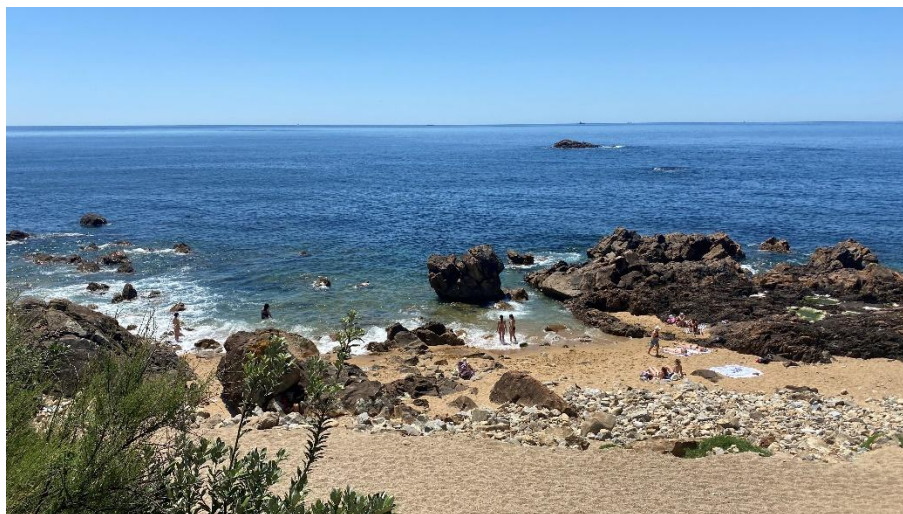
This day is characterized by the cycle paths along the Atlantic. You've time to visit the lovely fishing town of São Pedro de Moel. Before you finish the day in another fishing city Nazaré, you can watch the spot where the surfer McNamara caught a 30m wave.

Day 10: Nazaré - Óbidos (↔ 42km ↑523m)

Leave Nazaré by climbing an hill and ride on mountain's top with ocean views. Have a break in the baytown of S.Martinho do Porto and ride the countryside until you finish in Óbidos - a picturesque medieval town surrounded by 8th century AD walls.

Day 11: Óbidos - Peniche (↔50km ↑341m)

Ride on Óbidos' lagoon and its' wonderful paths and cycle by the ocean. Once there pass by the half island of Baleal and finish in Peniche - a bigger half island fishing town shaped by a cliff coast.





Day 12: Peniche-Ericeira (↔63km ↑668m)

The longest day of the entire tour will be very diverse, starting with a cliff coast, beaches, rivers, agricultural areas, forest and finally finishing in the surf spot of Ericeira. Enjoy the sunset with ocean view.

Day 13: Ericeira - Sintra (↔63km ↑668m)

We made this stage the shortest so you can have enough time to stroll around in the wonderful city of Sintra with its fabulous castles and palaces - UNESCO World Heritage Sites.

Day 14: Sintra - Lisbon (↔58km ↑379m)

The last day of the tour starts with a climb on the Sintra Natural Park so you can afterwards enjoy the mountain descent with the Atlantic ocean's view. Soon after on cycle paths you'll enter in Cascais, the historic summer destination of the Portuguese kings. Here you can make a shortcut by using the fast suburban train or cycle on the promenades until Lisbon. The entry in the city evokes the memories of an old imperial capital with more UNESCO world heritage sites, mostly on the river side giving Lisbon a why the old imperial capital once ruled the world on the Discoveries ages.

Day 15: Lisbon departure



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Route

Medium difficulty. 589 km an average of 49km per day. Total accent 3834m. Total descent 3861m



Travel Dates: Arrival: Sundays from 29.03. till 02.11.2025

Travel Seasons

S1: 29.03.2025 / 02.11.2025

S2: 30.03. – 06.04.2025 / 05.10. – 26.10.2025

S3: 13.04. – 15.06.2025 / 21.09. – 28.09.2025

S4: 22.06. – 13.07.2025 / 31.08. – 14.09.2025

S5: 20.07. – 24.08.2025

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Tour price- 14 nights per person in Euros – subject to confirmation on booking

Date	Double/Twin	Single room
S1	€ 1999	€ 2799
S2	€ 2199	€ 2999
S3	€ 2299	€ 3099
S4	€ 2399	€ 3199
S5	€ 2599	€ 3399
Hybrid bike rental	€ 219	
E-bike rental	€ 459	
GPS rental	€ 80	
Additional nights Porto or Lisbon	On request	

Included in the tour price:

- 14 nights w/ breakfast in good central hotels
- Luggage transfer for all tour (up to Lisbon)
- Shuttle: Hotel -> Start (Day 2)
- Shuttle: Coimbra -> Motemor (Day 8)
- Bike transfer Lisbon -> Porto
- GPX-files (for mobile phone or GPS-devices) and specific roadbook with info and pics
- Personal briefing and 7 day support hotline

Extras:

Each rental bike has a pannier and a lock.

Per group we deliver one repair kit

This is a partner tour.

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