

HeartCycle Bicycle Touring Club The West Coast & The Algarve, Portugal 2024

- Dates:** April 7, 8-17, 2024
- Coordinator:** Judy Siel
- Rating:** Intermediate, 296 miles
- Riders:** 16 max, including coordinator
- Price:** \$4,900; Deposit \$800. Single supplement +\$800.
Balance due by January 3, 2024.
- Cancellation:** Fee \$300 prior to January 3 (unless a replacement is secured from the HeartCycle waitlist then \$75);
Jan. 4 - February 6: 50% of tour price;
Feb 7 - March 6: 75% of tour fee;
No refund after March 6th (unless waitlist replacement is available). **Travel insurance is strongly recommended.**



OVERVIEW:

Spring is the perfect time to visit Portugal, bike the Atlantic and Mediterranean coasts and experience their culture. Starting south of Lisbon, this bicycle tour in guides you along the western and southern coasts of Portugal. We will cycle through the Natural Park of Arrabida, a lush area where you can see the beautiful Mediterranean landscape on one side and the gorgeous coast with fine sand beaches and clear sea waters on the other. We will visit small fishing towns and Roman ruins as we continue south to the Natural Park of SW Alentejo and Vientine Coast, where we will see the Atlantic Ocean, numerous cliffs and isolated islets filled with a diversity of rare botanical species, maritime birds and birds of prey. We continue cycling to the south-

westernmost point in continental Europe. Next, we head east along the famous Algarve coast and the cosmopolitan and oldest towns in the Algarve until we end in Tavira. Tavira has traditions with Moorish influence and an amazing Roman bridge over the Gila river in its historic center. Join us on this small group tour!

INCLUDED:

- Transportation from airport pickup to drop off
- 8 days cycling, 1 rest day, and 2 transport days
- Support vehicle(s) & local guides
- GPS device preloaded with bike routes
- Cube carbon road bike with disc brakes with 20 speeds or hybrid. (E-bike rental available for +480 Euros.)
- Accommodations: 3 nights in Posadas (luxury, or historical hotels in Portugal), 6 nights in 4 star hotels with either the sea or pool views and 1 B&B.
- 10 breakfasts
- 9 dinners (*including Portuguese wines, cheese & desserts*)
- Daily snacks, fruits, bars, nuts...
- Visit to a winery & wine tasting
- Cycling jersey and water bottles. Helmets optional.
- Baggage transportation by the team
- Personal accident insurance and liability insurance

ITINERARY:

April 7, 2024 Pickup at Lisbon airport (morning only) or Lisbon hotel

There will be a group transfer to the town of Sesimbra and group briefing about the tour along with bike fitting. Lodging in Sesimbra Hotel & Spa. <https://www.sesimbrahotelspa.com/en>

**Highly recommended to arrive in Lisbon 1-3 days early; experience less jet lag and minimize problems with flight delays, lost baggage etc. Plus, Lisbon is an amazing city to explore for a couple days or even for an afternoon or evening.

April 8, 2024 - 25 miles and 2,430 feet

After breakfast we start riding in the Arrabida Natural Park. A visit to a winery with wine tasting is included in our first day of biking. Lodging in Luna Esperance Centro Hotel. the-hotel.html

April 9, 2024 - 53 miles and 2,000 feet

Today we cross the Sado River in a ferry boat and then ride towards the coast. Our accommodation is a 4 star hotel facing the sea and beaches in the Natural Park. Lodging in Porto Cove Praia Hotel & Spa <https://portocovopraiahotelspa.pt/en/>



April 10, 2024 - 52 miles and 2,300 feet

After breakfast we ride into the SW Alentejo Natural Park and end the day in a typical village near the coast. Lodging in a B&B Monte Joao Roupeiro.

<http://monte-joao-roupeiro-turismo-rural.odeceixe.hotelsalgarve.org/pt/#photo>

April 11, 2024 - 43 miles and 1,970 feet

We continue riding along the beautiful beaches and get to the place where the land ends and the sea begins to the south-westernmost point in Continental Europe. This rugged southwestern tip of Portugal was the spot “closest to the edge of the earth” in the day before Columbus when the world was presumed to be flat. Our Posada with a pool is surrounded by stunning deserted beaches and beautiful wild nature.

Lodging: Pousada de Sabres (or Memmo Baleeira Hotel). [pousada-sagres](#)

April 12, 2024 -Rest day

We will spend our rest day at the “End of Europe” where the surrounding sea cliffs are dramatic. This area has two distinct capes; Cape Sagres and windy Cape St. Vincent which is actually the most southwestern tip. Visit the nearby beaches to watch daredevil windsurfers, fishermen, or visit the Fortress of Sages.

April 13, 2024 - 27 miles and 1,970 feet

Today we will bike along the south coast of the Algarve region where you can see the contrast between the Natural Park and the developed tourism along the Algarve.



Lagos has stunning beaches, whitewashed buildings and cobbled pedestrian streets in the old town that has an endearing charm that is best experienced by strolling. Lodging: Tivoli Lagos Algarve Resort. [tivoli-lagos](#)

April 14, 2024 - 29 miles and 1,500 feet

A day of contrast as we bike inland and visit a very small and charming village before getting to the famous Rocha Beach. Lodging in Tivoli Marina Portico Algarve Resort. [nh-marina-portimao-resort](#)

April 15, 2024 - 45 miles and 3,220 feet

We will cycle inland to discover a completely different Algarve without tourism and resorts. This evening we will be staying in an 18th century palace with a rococo style saloon in Faro. Lodging: Pousada do Palacio de Estoi, Monument Hotel [pousada-estoi](#)

April 16, 2024 - 21 miles and 1,440 feet

We will cycle from inland to the coast and arrive in the most well preserved town in the Algarve-Tavira with all its Morrish characteristics and tangled lanes. Tavira is whitewashed, red-roofed, and cobbled with culture that runs deeper than its beaches. Five hundred years ago, Tavira was the largest town on the Algarve coast and an important base for Portuguese adventurers in Africa. Our last nights' lodging is in a 4 star hotel near the center of town. Free afternoon to visit this beautiful town. Lodging in Hotel Vila Gale Tavira. [vila-gale-tavira](#)

April 17, 2024 - Transport Day

After breakfast we will transport back to Lisbon via our vans (4 hour drive) arriving ~1:30 pm. If departing Lisbon on the 17th, make sure to have late afternoon or evening flights.



For more information contact:
Judy Siel judy.siel@gmail.com 720-519-9401

