

## Atlantic Way Portugal - 7 days

This leisure cycling bike tour follows the coastline of north central Portugal discovering some of the cultural and natural beauties of this land. The route starts in Porto, a vibrant city full of history and culture to unveil, it's a renowned place for its Port wine and cellars and is also classified by UNESCO as a World Heritage Site. On the way you'll cross the São Jacinto Dunes Natural Reserve and the Ria de Aveiro, on the estuary of Vouga river, which marks this region and takes you to Aveiro, our little Venice with its moliceiros boats. To the south, the way crosses pine tree forests and the dunes system allowing you to enjoy some quiet and solitude, and a stop in small beaches to have a drink and contemplate the immense sea.

### Day 1: Arrival in Porto

Welcome to Porto! Our guide will pick you up at the airport and drive to your hotel in the center of Porto. Plan some time to explore and enjoy this exciting city. The grey color of the granitic building stones, the narrow streets from the middle ages and the riverside make it a fantastic place to wander. The second biggest city of Portugal, classified by UNESCO as a World Heritage site, Porto has a lot to see and will be your home for the first night.

### Day 2: Porto - Furadouro, ~46 km

This first day starts from the old Porto, crossing Don Luís Bridge, with a spectacular view over Douro River. On the way, you will cross several small beaches like Valadares, Francelos and Miramar, by a cycling path near the coastline. These beaches are good spots to take a bath and enjoy the sun (if the weather and the conditions allow it). Miramar Beach is worth a stop to visit a small and intriguing little chapel, on the top of a boulder situated on the shore, the famous Capela do Senhor da Pedra.

### Day 3: Furadouro - Aveiro, ~64 km

Today you will have some pine tree forests to cross and enjoy some easy roads leading you to Ria de Aveiro. The river Vouga Delta (Ria de Aveiro) is a shallow coastal lagoon connected to the Atlantic Ocean. Its unique mesotidal wetland area has several branches forming islands and it is a pleasure to ride along. Arrive at the dune system of São Jacinto, an incredible natural reserve home to many valuable species and perfect to watch some wild life. At last this is where you will catch the ferry that will take you to our own little Portuguese Venice, Aveiro.

### Day 4: Aveiro - Praia da Mira, ~42 km

Getting out of Aveiro takes you to a path that crosses a land of salt harvesting ponds, interesting views of the old ancestral works in the estuary. Ahead the route follows one dock, offering views of the harbor and some old Codfish Boats. Soon you will cross the bridge and arrive in Barra Village, follow south by the bicycle path which avoids the open road. The scenery will be from the Ria itself and arriving at the end of the Ria it changes to small fields and vegetable gardens until Mira Beach.

### Day 5: Praia da Mira - Coimbra, ~62 km

This day starts on gravel roads, taking you through villages, towns until reaching the Mondego river, which will guide you to the heart of Coimbra. This charming city was the first capital of Portugal and the first University was placed there in 1537, where many Portuguese writers, doctors, philosophers, or scientists studied throughout the times. University of Coimbra - Alta, and Sofia was built in the Royal Palace of Alcáçova, a historical place full of charm, beauty, and heritage, as the 12th-century Cathedral of Santa Cruz, several 16th-century colleges, the Joane Library with a baroque decor, or the 18th-century Botanical Garden. There is a lot to see and explore around Coimbra!

### Day 6: Coimbra - Figueira da Foz, ~65 km

After a delicious breakfast, get back to your bike and cycle through agricultural lands and villages, to later arrive in Montemor-o-Velho town. Overlook the river from its little hill known as Monte Maior, which has been fortified for at least 2000 years. The Romans called it Montis Maioris and Roman stonework may be found in the base of the keep, while many walls are built on Moorish foundations. Enjoy the view from the top, take a deep breath and ride towards Figueira da Foz, to enjoy a relaxing afternoon on the seaside.

### Day 7: End of the bike tour

### Services:

6 nights in 4\*\*\*\* hotels  
6x breakfast  
luggage transfer  
welcome briefing with bike fitting  
digital roadbook GB with maps  
navigation app with GPS tracks  
transfer from airport Porto to the first hotel  
transfer from the last hotel to the airport Porto  
service hotline

### additional services:

supplement solo traveler (luggage)	500 €
GPS rental	60 €
race bike	0 €
rental bike 27 gears	140 €
electric bike	245 €
own bike	0 €

### Price:

