

Portugal Atlantic Coast Family Tour

ADVENTURE | NATURE | COASTAL



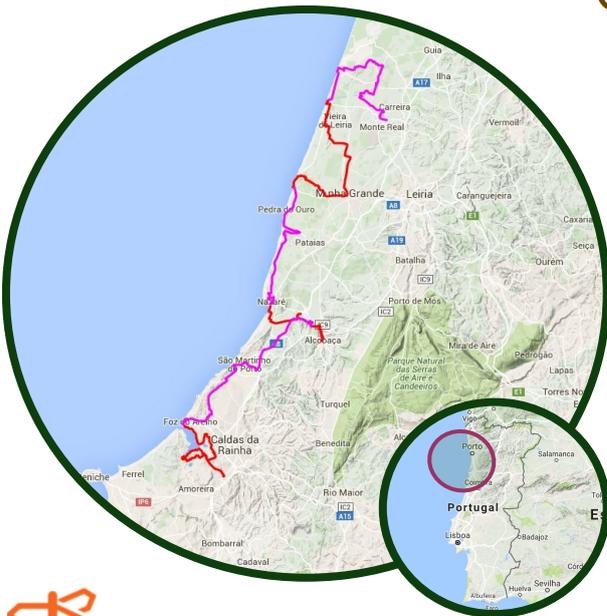
2018



DESCRIPTION



Cycle through our nature and discover our coast!



This is an incredible Family Cycling Tour over the Atlantic West Coast of Europe! Visit typical fishing villages with beautiful beaches and pass by Nazaré, the place where the famous surfer Garret McNamara surfed the biggest wave ever with 30m on January 2013. Visit Alcobaca, a village where you will find an amazing old Monastery. Spend the afternoon trying SUP or Kite Surf at Óbidos Lagoon. Finally discover the most well preserved medieval village in Portugal, Óbidos and feel the history walking on medieval roads pretending that you are in the Middle Ages... A great way to finish this family tour! Enjoy fantastic days in family and relax in the swimming pool, go for the SPA, swim on the beach, ride horses, go for Geo-Caching, "invade" castles, visit Monasteries and historical sites, just having fun all the time.



TRIP INFORMATION



ACCOMMODATION
 Superior

DISTANCE
 23 —37 Km/ day

TOUR GRADE
 Easy

ROUTE
 90% paved road, 10%, half of the route uses dedicated bike lanes

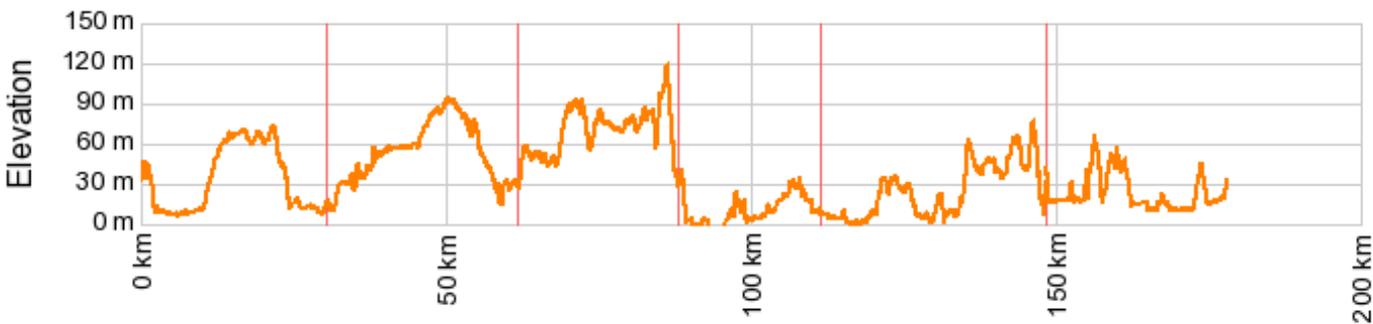
DURATION
 8 Days | 7 Nights

START | END
 Monte Real | Óbidos

PROFILE
 Mostly flat with a significant climb on day 6 but with easy gradient. On day 7 some small climbs and a little of off-road

TOUR HIGHLIGHTS

- Medieval village of Óbidos, with an incredible castle on top
- Stunning coastal riding
- Nazaré, a city full of fishing traditions
- Traditional food and fresh fish from the Atlantic Coast
- Ride through pine forests passing by beautiful beaches



THE ITINERARY

DAY 1 | ARRIVAL

Welcome at LISBON airport and transfer to Monte Real (2h from Lisbon). Lodging in a Palace Hotel building 4 star hotel in the Town Center. Great way to recover from traveling and charge for the nice riding and family days in the coast starting on day 2.



ACCOMMODATION | Hotel Palace Monte Real

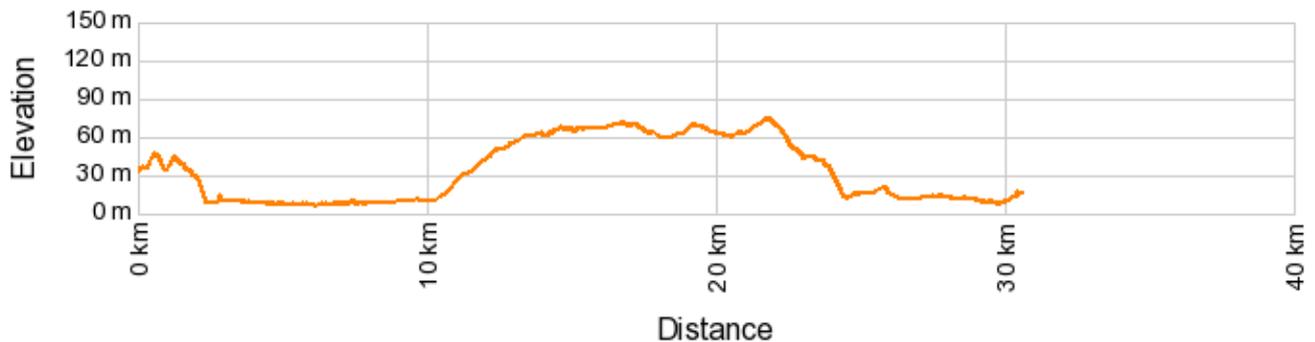
DAY 2 | MONTE REAL to PRAIA DA VIEIRA

Start biking from the center of the village and follow the river Lis that flows out to the ocean... this is the same goal for you today. Ride through the ancient and beautiful pine forest, visit the Ervideira Lagoon and spend some time to appreciate all the Portugal Atlantic Coast activities and the calm waters. After this the ocean will be close and the first sights will be in Pedrogão Beach. After touching the white sandy beach its time to ride along the coast to Praia da Vieira.



ACCOMMODATION | Hotel Cristal Vieira

BIKE | 31 km + 200m



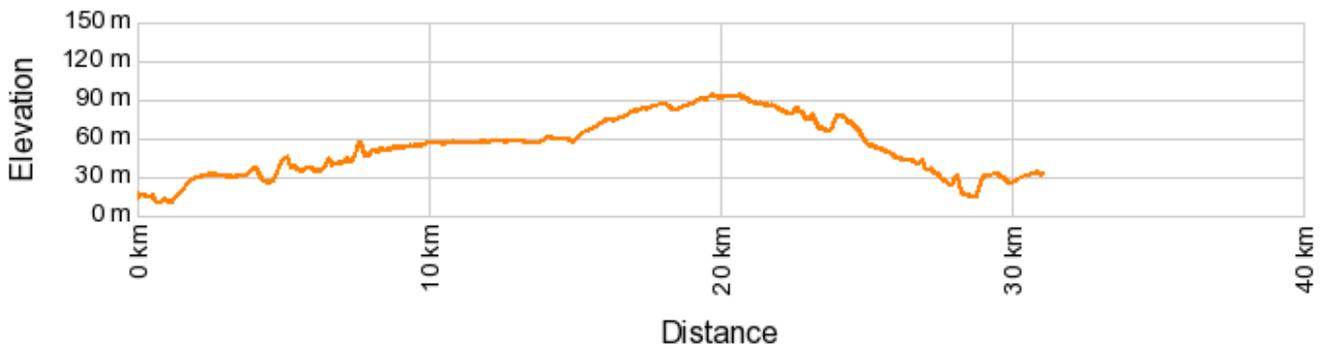
DAY 3 | PRAIA DA VIEIRA to S. PEDRO DE MOEL

On this day you will ride in quiet roads inside the beautiful pine forest and visit the village of Marinha Grande. Here you can find parks, cafés and local shops. From here you will return to the ocean side and finally you will arrive at São Pedro de Moel, a beautiful beach resort from the late twentieth century. This little town, with its sandy beaches and nice walkways on top of the cliffs, is a great place to watch the sunset.



ACCOMMODATION | Hotel Mar e Sol

BIKE | 31 km + 250m



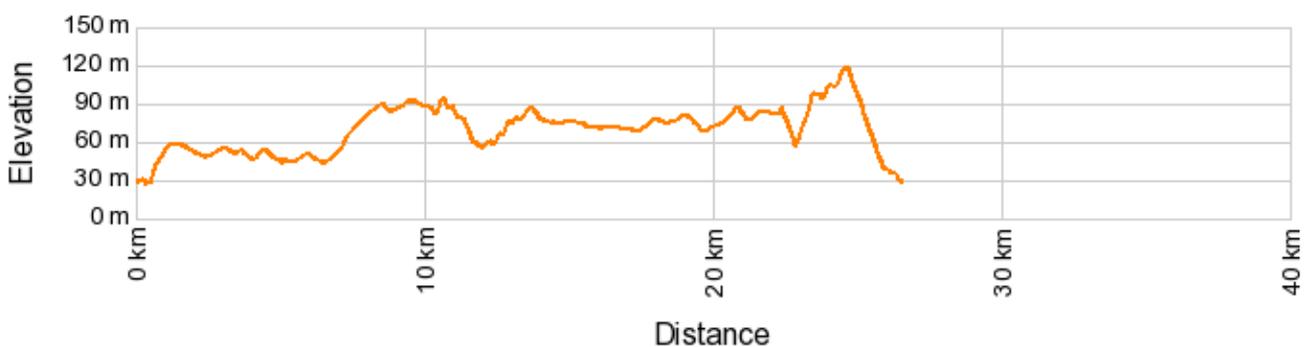
DAY 4 | S. PEDRO DE MOEL to NAZARÉ

The journey through the pine forest continues. Following the coastline heading south this day the riding is done almost completely on dedicated bike lanes with nice infrastructures for bikers. The goal for the day is to reach Nazaré, a beautiful old fishing town that became worldwide famous because during the winter storms it is possible to see giant waves from the clifftop reach the North Beach of Nazaré. This is where Garret MacNamara surfed the record breaking wave of 30 meters on January 2013. But don't worry, all this action happens in the North Beach and the village develops next to this quiet and protected bay to the south of Nazaré. The village is full of different attractions.



ACCOMMODATION | Miramar Hotel & Spa

BIKE | 27 km + 300m



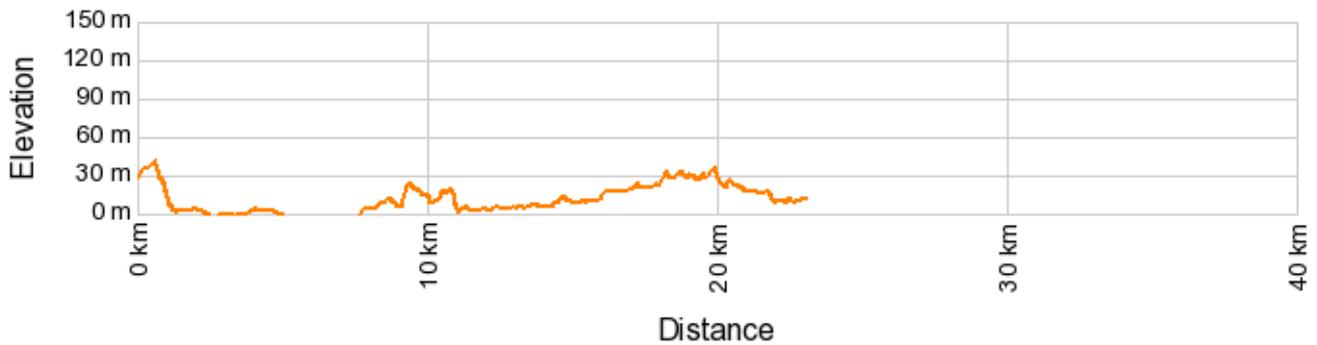
DAY 5 | NAZARÉ to ALCOBAÇA

This day you will leave the ocean behind and travel along Alcoa River to reach Alcobaca. Halfway through the day there is a little settlement of Valado dos Frades to visit an old train station, which is famous for its tiles and a past winner of prizes for the most beautiful train station of Portugal. Past Valado the river indicates the way to Alcobaca, this charismatic and historical village can offer a wonderful afternoon visiting the town, trying Geocaching or relaxing in one of the several terraces next to the Monastery. Heading to the accommodation there is the possibility to try the swimming pool, SPA or just use the playground.



ACCOMMODATION | Your Hotel & Spa

BIKE | 23 km + 150m



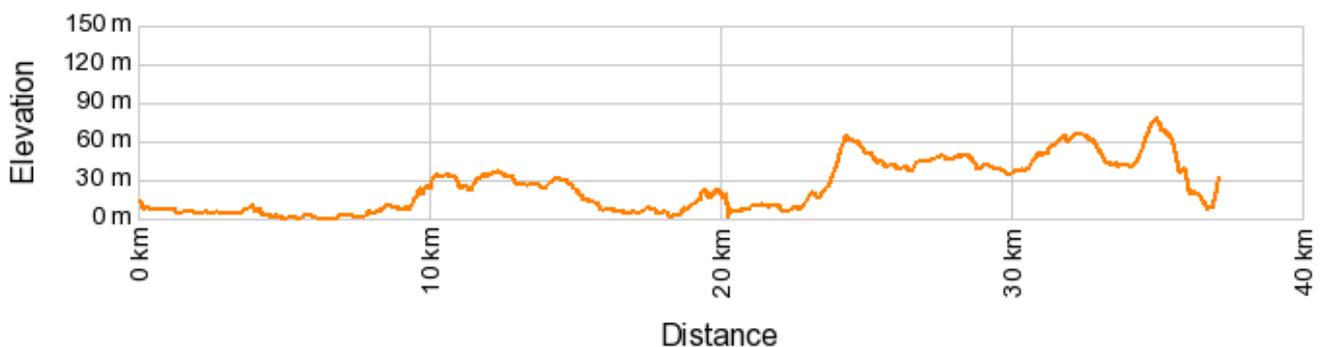
DAY 6 | ALCOBAÇA to FOZ DO ARELHO

This day will get you to the coast again. After a soft ride through agricultural fields there is the chance to visit the lovely village of São Martinho do Porto, with its incredible ocean bay, make the passage from the village to the ocean or go for some more Caches. Leaving this village behind the idea is to reach Óbidos Lagoon, a place where several different water sports are available. It is also a nice and secure place to go into the water.



ACCOMMODATION | INATEL Foz do Arelho Hotel

BIKE | 37 km + 350m



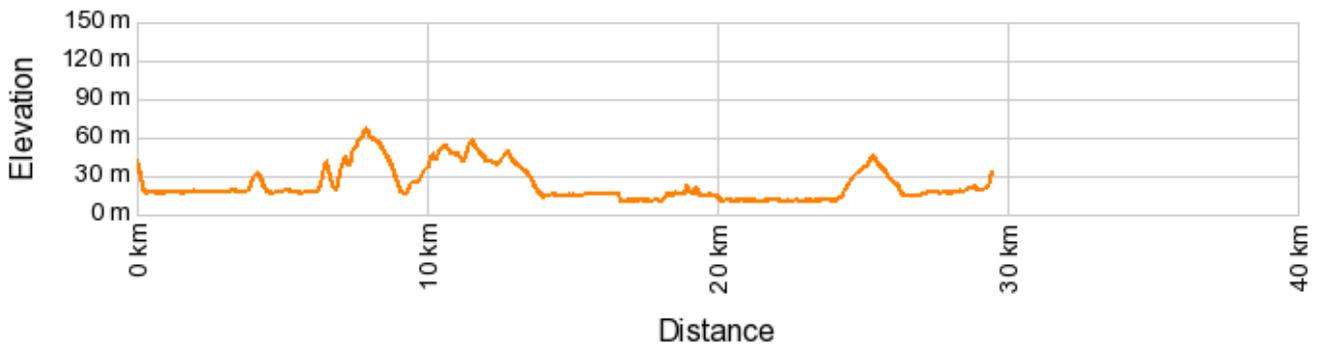
DAY 7 | FOZ DO ARELHO to ÓBIDOS

On the last cycling day you will ride around the Lagoon and head to Óbidos. Before you reach the final destination of this tour there is still time to relax by a calm lagoon beach with a wide range of water sports available. From here you return and finally reach the old medieval settlement of Óbidos. This is your chance to get lost inside the castle walls and pretend you are the Lord of this mansion!



ACCOMMODATION | Hotel Real Óbidos

BIKE | 30 km + 300m



DAY 8 | DEPARTURE

This is it! It went by so fast. Today it is time to put all the incredible memories on your luggage and say goodbye. It has been for sure a great adventure and we truly want you to come back and discover more of Portugal's infinite beautiful trails.



All programs are specially designed for adventure lovers. Amazing experiences are guaranteed.

We aren't responsible for possible side effects, that may include moments of extreme happiness, sense of freedom and desire to continue with us. Contact us for more information.

Portugal Nature Trails is a registered trademark of **Caminhos da Natureza®**

Registered Company as RNAVT (National Registry of Travel Agencies and Tourism) and RNAAT (National Registry of Animation Agent and Tourism)

Rua 7 de Junho,58, Leceia, 2730-174 BARCARENA | PORTUGAL