



Kedar Gogte

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Along the Atlantic : Portugal Cycling 2020

This bike tour will take you through some of the wildest and beautiful **Portuguese landscapes** between pristine **natural parks** and the cool blue waters of the **Atlantic Ocean**, taking some easy dirt roads occasionally.

Experience the irresistible **Portuguese gastronomy** with **awarded Alentejo wines** and enjoy a picnic, in the sands of **secluded beaches**...there is nothing quite like it! Learn and live the **traditions and culture** of the heart-warming people so simple and true and know their ways about olive oil, cork extraction, and its many uses, rice fields, pine forests, the dictatorship, and many other intriguing historical facts.

Safe routes with a challenge here and there will make for a **relaxing and fun ride** while you live the present, learn the past and discover the future of **one of the oldest and sunniest countries in Europe**.

Sleep in an array of historical buildings, charm hotels, and agro-tourisms.

Detailed Day-wise Itinerary:

Day 1 – 20 June : Mumbai – Lisbon – Palmela

Upon arrival at the Lisbon Airport, take a bus to Palmela.

6 p.m. – Welcome drink and first briefing of our cycle tour, followed by a superb freshly caught fish dinner at a local restaurant.

Activity: Flight - Transfer by Bus

Day 2 – 21 June : Palmela – Setúbal through Arrábida Natural Park

The morning light will lead to Sesimbra's castle, built in the 12th century to watch over the port, followed by a visit to the picturesque fisherman's market down in the small village and perhaps a quick dive at the local beach. Then the green lust of Arrábida Natural Park will keep us company until Portinho da Arrábida beach, the perfect place for a drink and a swim. Last stop: Setúbal, the day's destination, a vibrant and prosperous city.

Activity: Cycling

Distance: 65 km

Ascent: 1485 m

Terrain: Hilly

Day 3 – 22 June : Setúbal - Santo André

After breakfast, the visit to Setubal downtown will make for an easy start followed by the ferry crossing of the Sado river, home to a healthy resident dolphin population. Riding in the peninsula of Troia, surrounded by sand dunes of this once island, we will get to do some wine tasting. Then choose a beach in this 50 km long white sandy stretch to relax and enjoy. The wild egrets and storks will keep us company through the rice fields, a prosperous Moorish heritage. Near the end of the ride, there is still time to explore a couple of fresh water lagoon ecosystems and a unique outdoors library made of marble. Enjoy the scenic easy road to Santo André.

Activity: Cycling

Distance: 71 km

Ascent: 540 m



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Terrain: Flat, 6 kms of dirt road

Day 4 – 23 June : Santo André - Vila Nova de Milfontes

After the initial warm up reach Santiago do Cacém, an interesting old small town with great aristocratic architecture and a castle with views into the past and future. Before leaving visit the last operating wind mill and head out towards the coastline through a lush green oak forest. The Blue Ocean and schist cliffs will frame the arrival to the fisherman's village of Porto Covo. On the way check out a fortification that used to protect a natural bay from pirate attacks. Soon after the opportunity to walk into the ocean, watch the unloading of the fish and the lamprey drying in the sun. Later relax at the beach or snoop around the small streets and shops of Vila Nova de Milfontes followed by the perfect end of the day at the romantic river side agro-tourism.

Activity: Cycling

Distance: 70 km

Ascent: 1240 m

Terrain: Flat roads and some dirt tracks

Day 5 – 24 June : Vila Nova de Milfontes – Aljezur

Set the camera to landscape mode and through roads only used by locals, mostly dirt roads with some bits more challenging frame the rocks sticking out of the ocean ornamented by stork's nests, frame the unexplored hidden coves and small beaches with an impressive array of colours and contrasts. Capture all these moments and share them... yes, it's selfie time. Wild hidden beaches will pop up during the day to surprise and invite you to a moment of leisure and relaxation, enjoy them. Odeceixe and its famous beach, one of the Portuguese 7 wonders is a good place for a coffee stop. The ride ends in one of the last villages conquered from the moors, Aljezur. The local artist shop and gallery deserve a visit, as well as the local museums.

Activity: Cycling

Distance: 87 km

Ascent: 670 m

Terrain: Some dirt tracks, riding along some water channels and undulating secondary asphalt roads.

Day 6 – 25 June : Aljezur – Sagres

From the Castle of Aljezur, witness the quilt like landscape over the village and its neat and tidy vegetable gardens. As you cycle keep your eye out for the impressive "needle rock", an imposing rock standing in the middle of the ocean. Soon after, we can choose between following the undulating asphalt road or a dirt track adventure through wild and breath-taking valleys full of life. At Carrapateira's village visit the fisherman's museum. Learn about the ways of the people that risk their lives to catch the best fish for your meal! Now we get to choose whether we prefer to ride on an asphalt road or a dirt track through a lush valley to reach the village of Vila do Bispo. Before reaching the most SW point of Europe, S. Vincent cape, named by the Romans as the end of the world you'll have a chance to enjoy a couple of beaches and small villages. The cliffs here are huge, go down to a beach and feel the enormity of the setting. Now only the visit to the Fortress of Sagres, the first school of mariners ever created, stands between you and the hotel on the edge of the cliffs.

Activity: Cycling

Distance: 85 km

Ascent: 1150 m

Terrain: Good dirt tracks, mostly flat, with a couple of short climbs.



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Day 7 – 26 June : Sagres – Lagos

Today, as we move east, the landscape will be predominantly the south coastline with its cliffs turning from black schist to orange sandstone and calmer and warmer waters. There will be lots of opportunities to enjoy these magical spots. We may choose to do this day in 100% asphalt or using the more scenic ocean side and more challenging dirt tracks. You will also notice a change in the atmosphere, something feels different, the villages are bigger, more touristic, many cafés, restaurants, and shopping opportunities. On secondary roads or cycling through the cliffs witness the sea's marvellous erosion architectural-creations on sandstone. Lagos is a hub of life, a city with a pulse and charming architecture. Visit the local museum, the beautiful church, the downtown area with its cosmopolitan atmosphere or book a boat trip for a different perspective.

Activity: Cycling

Distance: 55 km

Ascent: 720 m

Terrain: We may choose to do this day in 100% asphalt or have a dirt track adventure

Day 8 – 27 June : Lagos – Lisbon

After breakfast we take a bus to the capital city of Lisbon. We have the rest of the day to explore the city. Touted as a modern metropolis to rival London and packed with places of interest, Lisbon is a city that is really going places. There is a plethora of history here, with tales of everything from Roman imperialists to exotic Berber pirates, Moorish builders to fierce Reconquista knights, all wrapped up in the grand palaces and heritage districts. But there is also an atmosphere of bohemianism and the surprise of the new here too. Post lunch we will walk down to the Torre de Belem and the Padrão dos Descobrimentos, take a ride on the Tram 28, walk through the Alfama district, watch the sun set over the capital city from the Portas Do Sol Viewpoint and end the day with a Fado performance followed by the famous Portuguese dessert of Pastel de Nata and Portuguese Espresso Coffee.

Activity: Transfer by bus & sightseeing on foot or bicycle

Day 9 – 28 June : Lisbon – Sintra - Lisbon

This morning, we take a train ride to Sintra which is a town in the foothills of the Sintra Mountains, about an hour northwest of Lisbon. The region is hilly, forested, and dotted with fairytale-like palaces and villas – making it a must-see. If time permits, head to Cabo da Roca to view the sunset before we take a train back to Lisbon for the night. The Cabo da Roca is the wild and rugged headland that marks the most westerly point of mainland Europe. These windswept cliffs and barren lands were believed to be the edge of the world up until the 14th century, and even today the region possesses a remote and untamed atmosphere. The isolated ambience of Cabo da Roca is enhanced by the very limited development within the area; there is a lighthouse, a coffee shop and a gift shop but nothing much else.

Activity: Transfer by train & sightseeing by Hop-on Hop-off or bicycle

Day 10 – 29 June : Departure or extension of trip to Porto and/or Evora or other destinations.

*Option of taking E-bike is available at additional cost

Registration Process:



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Please click on the link below to fill up the registration form in order to reserve your place on the tour:

<https://goo.gl/forms/cbuRpl9t99CawWna2>

In order to confirm your place on the tour please either pay the tour cost by cheque drawn in favour of '**GREEN EARTH ADVENTURES**' or transfer to the following bank account:

Account Name: **Green Earth Adventures**
Bank Name: **HDFC Bank, Pune Bhandarkar Road**
Current Account No.: **50200034793086**
IFSC: **HDFC0000007**

Note: Please make sure you write your name as well as the event name in the remarks column in case you transfer the amount by NEFT.

Inclusions (for service starting post lunch on Day 1 and ending before breakfast on Day 10):

- 5% GST
- Accommodation with breakfast and dinners in double/twin room except in Lisbon – 2 nights in hostel type accommodation.
- Transfer from Lisbon Airport to Palmela/ Sisembra in Bus
- Transfer from Lagos to Lisbon in Bus
- Transfer from Lisbon to Sintra and back
- Luggage transfer from hotel to hotel while on the cycle tour.
- Bicycle for 6 cycling days with front bag, back rack and pannier or similar.
- Basic tools for fixing small problems
- Route instructions, detailed maps and history notes
- Personal accident insurance
- 1 Cycling jerseys

Exclusions (for service starting post lunch on Day 1 and ending before breakfast on Day 10):

- International Flights
- Visa application & processing fees
- Transport from Pune – Mumbai – Pune
- Travel Insurance
- Monument Entry Fees
- All lunches
- Bottled water and Alcoholic Beverages
- Internal transport other than that arranged for the group
- Personal Expenses
- All items not mentioned in the "Inclusions" section

Cancellation Costs:

If an agreement is cancelled, the traveller shall pay the following cancellation costs in the event of cancellation, in addition to any reservation costs. All notice of cancellation must be sent to our official email address greenearthadventurespune@gmail.com (verbal cancellation will not be accepted) :

- More than 90 days before the date of departure: 10 %
- 89 to 45 days before the date of departure: 30 %
- 44 to 30 days before the date of departure: 60 %
- 29 days to 1 day before the date of departure: 90 %
- On the date of departure or later: 100 %

Always in % of the agreed tour (package) price.

***You may find a replacement for yourself in case of cancellation at no additional cost subject to approval of the Green Earth Adventures team.**

***Green Earth Adventures and its associates reserve the rights to make changes to the itinerary without prior notice should any unavoidable circumstances arise. In case the tour gets cancelled due to any natural calamity or health risk, the above mentioned cancellation charges will still apply.**