



# Portugal Cycling Holidays



**2023**

**Porto-Santiago de Compostela (coastal) / Porto-Lisboa / Porto-Coimbra /  
Coimbra-Lisboa / Porto-Coimbra-Lisboa / North Portugal / Radial tours Porto /  
UNESCO Douro valley / personalized tours**



## Introduction

Sportours combines two words "Sports" and "Tours(ism)" and it's a bike tour operator & travel agency located in Porto (Portugal).

Our main goal is to offer our customers a great experience with the theme "Um pé no pedal outro em Portugal" - (*One foot on the pedal and the other in Portugal*) based on good service and quality bikes. We explored the most beautiful cycling tours and put together for our customers the most attractive cycling trips.



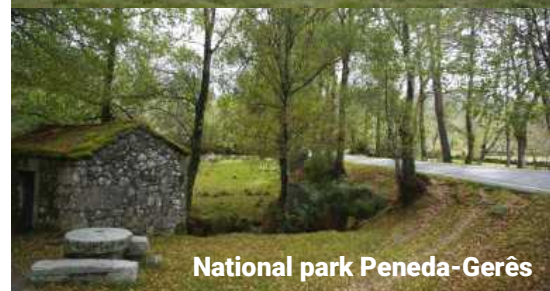
## History

After 8 years working in Germany, the owner Filipe returned to his hometown of Porto with a dream... to share his passion and his joy of riding with other people by guiding through Porto and Northern Portugal. So in 2014 was Sportours established by starting with bike guided tours and rentals.

In 2016 together with the German bike tour operator Velociped, Sportours introduced the 7 days Porto self guided radial tour. The year after brought another successful partnership - 1<sup>st</sup> stage tour - Porto-Coimbra and the 2<sup>nd</sup> stage tour Coimbra-Lisbon came in 2018 and the delighted customers confirm our expectations... good cycling routes with good assistance. 2019 we introduced the Northern Portugal. For 2020 we were expecting to introduce new tours but the Covid-19 virus forced us to cancel almost all bookings. Let's hope better days for 2021!

## Plans for the future?

We are always improving current tours and searching for attractive ones, with the major focus on quality and fun. Portugal's growing cycling infrastructure enables to explore more regions. Therefore as next step, we plan to add more itinerary in the interior regions, develop dedicated e-bike tours and to introduce road bike tours.



## Why cycling in Portugal?

Portugal is 92,2km<sup>2</sup> (35,6 sq mi) country and has a 10,3 million population. Despite of its size Portugal has a lot to offer:

- diversity of landscapes (ocean, int. rivers, mountains, lakes, natural parks)
- historical monuments and cities (over 2.000 years)
- UNESCO world heritage sites
- mediterranean climate (mild winter and warm summer)
- friendly and helpfull population (English and French are generally spoken)
- rich cuisine and international recognised wines
- good transport network
- growing cycling infrastructure

The streets and pathways in Portugal are great for all types of cycling. As they are neatly paved and often, either have a pocket for easy and efficient traffic, or is extremely quiet that you rarely see or hear any vehicles. Generally motorcar drivers are quite friendly as well as courteous towards all cyclists on our roads.



## Climate in Portugal

Portugal is the country with largest number of sunny days in Europe, making it an ideal destination for great holidays. Climate of Portugal is Mediterranean, which is influenced by the Atlantic Ocean. This proximity gives Portugal summer temperatures that are cooler by 5–7 °C, and winter temperatures that are warmer by a degree or two.

From June to September, Portugal experiences 11 to 12 days of sunshine. Sunny and relatively dry, Portugal summers have temperatures that vary from one area to another. The mountain regions have an average temperature of +18 °C, while the plains are in the range of +20 °C, with the south areas reaching up to +25 °C.

This climate table will help you understand when you should book your holidays!

	Climate	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Portugal	Sun (hours)	5	5	7	8	9	10	11	11	9	7	5	5
Lisbon	Min (°C)	8	9	11	12	14	17	18	19	18	15	12	10
Lisbon	Max (°C)	15	16	19	20	22	26	28	28	27	23	18	15
Lisbon	Min (°F)	46	48	52	54	57	63	64	66	64	59	54	50
Lisbon	Max (°F)	59	61	66	68	72	79	82	82	81	73	64	59
Porto	Min (°C)	5	5	8	9	11	13	15	15	14	11	8	5
Porto	Max (°C)	13	14	16	18	20	23	25	25	24	21	17	14
Porto	Min (°F)	41	41	46	48	52	55	59	59	57	52	46	41
Porto	Max (°F)	55	57	61	64	68	73	77	77	75	70	63	57



# Way of Saint James (coastal): Porto - Santiago de Compostela

(9 days / 8 nights / 7 stages)

**new!**



Discover one of the world ancient pilgrim routes – the way of Saint James (*Caminho/Camiño de Santiago*).

Cycle between two UNESCO World heritage sites with a daily diversified beautiful scenery. The first two thirds of tour are on the natural coastline of the Atlantic and the last third is on smooth hilly but quiet rural areas. The itinerary runs alternately on well-developed dirt roads, side roads with little traffic, board walks and cycle paths. Finish the tour in Santiago de Compostela where the legend says that the remains of Saint James is buried under the cathedral.

Difficulty: medium (3 in 5)

Distance: 312km (avg 45km/day)

Total ascent: 2.275m (avg 325m/day)

Total descent: 2.096m (avg 299m/day)

Tour price (2023)	Double/Twin per Person	Single room per Person
8 nights		
Sat. 25 <sup>th</sup> March	1.049,00€	1.449,00€
Sat. 22 <sup>nd</sup> April	1.159,00€	1.559,00€
Sat. 20 <sup>th</sup> May	1.159,00€	1.559,00€
Sat. 3 <sup>rd</sup> June	1.199,00€	1.599,00€
Sat. 1 <sup>st</sup> July	1.199,00€	1.599,00€
Sat. 22 <sup>nd</sup> July	1.199,00€	1.599,00€
Sat. 9 <sup>th</sup> September	1.199,00€	1.599,00€
Sat. 23 <sup>rd</sup> September	1.159,00€	1.559,00€
Sat. 21 <sup>st</sup> October	1.049,00€	1.449,00€

- Min. 2 participants.

- Other dates subject on availability

## Included in the tour price:

- 8 nights w/ breakfast in good central hotels;
- Luggage transfer for all tour (up to Santiago);
- Shuttle: Hotel -> Sportours (Day 2);
- Credential for the pilgrim route;
- GPS-files (for mobile phone) and specific roadbook with infos and pics;
- Personal briefing and 24h support hotline;

## Extras:

- Optional ferry's ticket paid on spot (Day 4);
- GPS-device (Garmin) with all daily routes 60€
- Hybrid bike 119,00€ / E-bike 249,00€
- Shuttle Santiago -> Porto (Day 9):  
shared 119,00€/p. / private 179,00€/p. (min. 2 p.)

Each rental bike has a pannier and a lock.

Pro group we deliver one repair kit.

## Day 3: V.Conde – Viana (↔54km ↑171m)

Keep northwards with ocean view, and in Apulia, visit the local fish market and its mills. After passing by Esposende, you'll finish the day in Viana do Castelo. This port city has a sanctuary on the top of the hill, an hospital ship, old town and an Eiffel bridge.

## Day 4: Viana – A Guarda (↔60km ↑270m)

Cycle on the wild Atlantic and get to the medieval town of Caminha. (Here you can shorten the tour about 20km if the ferry boat is available). Keep on lovely cycle paths along the Minho river and visit V.N.Cerveira. Cycle along the river to get to A Guarda, a fishing town on the Atlantic ocean.

## Day 5: A Guarda – Vigo (↔57km ↑384m)

From there you ride mostly on cycle paths with wild Atlantic view and make a short visit in the medieval historical town of Baiona. Leave the ocean and enter in Vigo, the most populous city in Galiza, known for its beautiful bay and countless fish restaurants.

## Day 6: Vigo-Pontevedra (↔36km ↑542m)

Enjoy the great views to the bay on Vigo's hill and roll down to Redondela, where you . After climbing 2 hills you'll get a reward by staying in the centre of Pontevedra, filled with historical and religious buildings.

## Day 7: Pontevedra-Padrón (↔45km ↑453m)

Today explore the green countryside, passing by Caldas de Reis, a thermal town. After a break continue on the country side passing by villages and fields towards Padrón, home of the small green peppers.

## Day 8: Padrón - Santiago (↔28km ↑360m)

The last day is a continuous but smooth climb until Santiago. This is the shortest day so you have time to discover the very ancient old town and visit the Cathedral where inside you see the burial place of Saint James, the apostle of Jesus Christ.

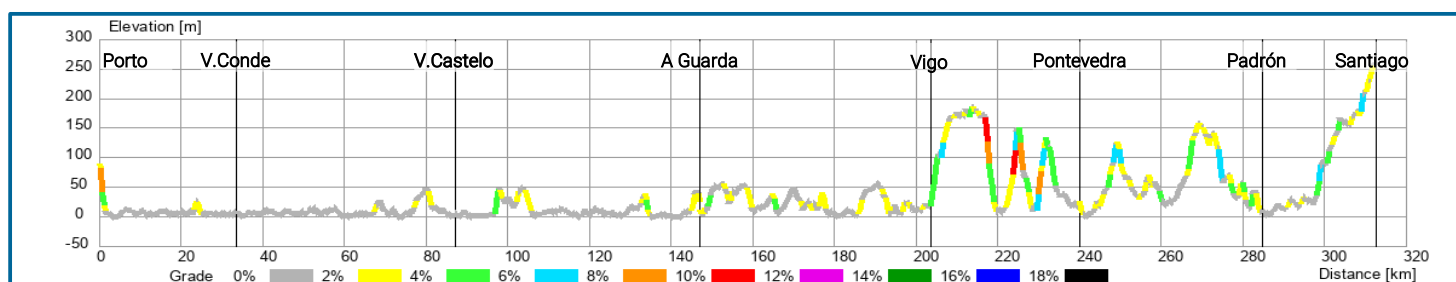
## Day 9: Santiago departure



## Day 1: Arrival in Porto

## Day 2: Porto – V.Conde (↔34km – ↑95m)

Ride along the Atlantic ocean through quiet beaches, some fishing villages and end the day in Vila do Conde, a lovely town with a medieval centre and a caravel's replica from the Discovery Ages.



# UNESCO Douro valley, the Port Wine land

(8 days / 7 nights / 6 stages)

Welcome to the Douro valley! This winemaking region was in 2001 declared an UNESCO World Heritage Site and it's famous for its Port wine and for being the oldest wine region in the world with a protected certification! Discover the Douro river and its surrounding unique and amazing landscapes with terrace vineyards. Start near Vila Real in Mateus, known for the "Mateus Rosé" wine and descend to the idyllic village of Pinhão - the heart and soul of the Douro valley.. Explore this wonderful area before riding into Régua. From there ride two radial tours one through Lamego and the other over S.Leonardo's viewpoint. On the last day cycle along the Douro river back to Porto. On each stage tour you have the chance to visit a Port wine vineyard or cellar in Porto.

Difficulty: hard (5 in 5)

Distance: 217km (avg 36km/day)

Total ascent: 3.275m (avg 546m/day)

Total descent: 3.633m (avg 606m/day)

Tour price (2023)	Double/Twin per Person	Single room per Person
7 nights		
Sun. 2 <sup>nd</sup> April	979,00€	1.329,00€
Sun. 30 <sup>th</sup> April	1.139,00€	1.489,00€
Sun. 11 <sup>th</sup> June	1.079,00€	1.429,00€
Sun. 3 <sup>rd</sup> September	1.139,00€	1.489,00€
Sun. 17 <sup>th</sup> September	1.139,00€	1.489,00€
Sun. 15 <sup>th</sup> October	1.079,00€	1.429,00€

- Min. 2 participants.

- Other dates subject on availability

## Included in the tour price:

- 7 nights w/ breakfast in good central hotels;
- Luggage transfer for all tour;
- Bike transfer & shuttle Porto->Mateus (Day 2);
- Bike transfer & shuttle Régua->Lixa (Day 7);
- Shuttle: Hotel - Sportours - Hotel (Days 2&7);
- GPS-files (for mobile phone) and specific roadbook with infos and pics;
- Personal briefing and 24h support hotline;

## Extras:

- Hybrid bike 109€ / E-bike 239€
- GPS-device (Garmin) with all daily routes 50€
- Boat trip in Pinhão 10€/20€ (1h or 2h)
- Each rental bike has a pannier and a lock.
- Pro group we deliver one repair kit.

Extra night (subject on availability)	Double/Twin per Person	Single room per Person
Porto (3*** hotel)	70,00€	130,00€

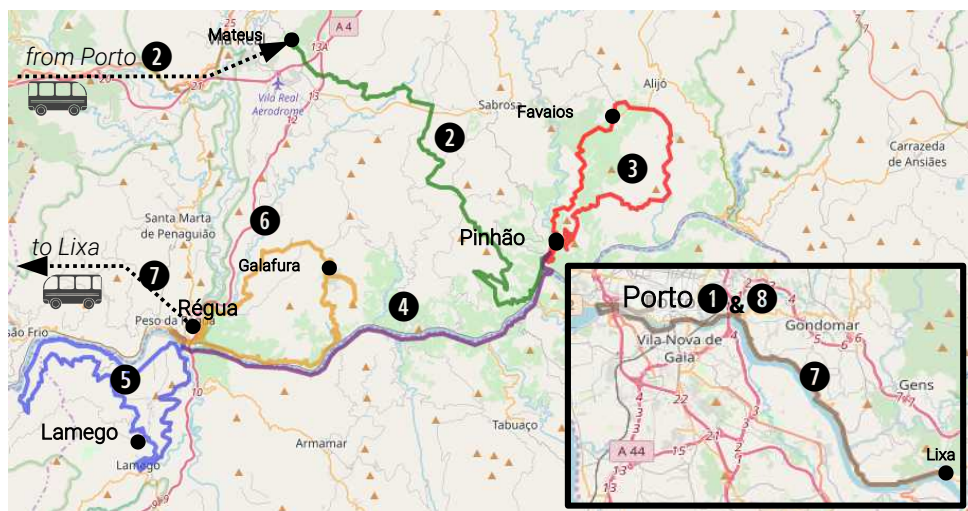
## Day 1: Arrival in Porto

## Day 2: Mateus-Pinhão (↔38km ↑478m)

After a briefing at Sportours, you'll be transported to Mateus, near Vila Real. Start riding on the very quiet countryside until you enter towards Pinhão, centre of the Douro valley with amazing and unique views, vineyards and the Douro river.

## Day 3: Pinhão roundtour (↔34km ↑664m)

Start a radial tour by climbing the hill northwards of Pinhão, visit the „Bread and wine“ museum in Favaio - home of the Douro's muscatel (wine).



Enjoy the day by cycling on secondary roads and finish in Loivos where you can visit the olive oil museum - with a great viewpoint!

## Day 4: Pinhão-Régua (↔27km ↑219m)

Before leaving Pinhão, relish 1 or 2 hour boat river tours to the Tua valley and discover UNESCO site on water with wonderful views. Cycle flat along the Douro river on the N222 with charming river landscapes. During the way there are some winemakers or in Régua visit the Douro museum.

## Day 5: Lamego (↔49km ↑799m)

Climb the picturesque N2 to Lamego, a small town with castle and cathedral. Descend with amazing panoramic views over the valleys with the vineyards. Return back to Régua along the Douro river.

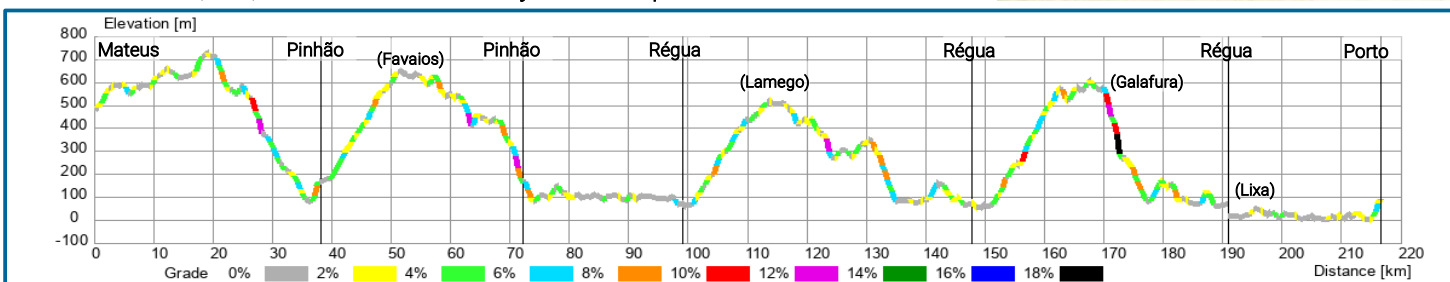
## Day 6: Galafura (↔43km ↑846m)

Cycle along the Corgo river and then climb the hill eastwards of Régua towards Galafura. Visit the peak at S.Leonardo and descend along the Douro back to Régua.

## Day 7: Lixa-Porto (↔26km ↑269m)

You'll be transferred to Lixa and cycle along the Douro river towards Porto. Visit some Port wine cellars and lunch at the fishing village of Afurada and finish the tour at our shop.

## Day 8: Porto departure





# Porto radial tours\*

(8 days / 7 nights / 7 stages)

\*Each stage comprehends the use of public transport

This is an independent way of a cycling holiday. You can choose if you want to stay in an hotel or an apartment. The biggest advantage of this tour, is you can select daily one of the 7 different routes and return always back "home". First discover Porto - UNESCO world heritage site with the magnificent Douro river and finish on the ocean. Visit 3 totally diversified cities: Braga (Portugal's religious capital), Guimarães (Portugal's first capital still with its' castle) and Aveiro (Portugal's Venice). Then ride along the ocean on the 2 coastal tours (north and south) and still time to cycle on Porto's Nature Park Hills along the Douro river. 7 incredible tours.... 7 unforgettable days around Porto!

Difficulty: medium (3 in 5)

Distance: 223km (avg 32km/day)

Total ascent: 1.584m (avg 226m/day)

Total descent: 2.092m (avg 299m/day)

Tour price (2023)	Double/Twin per Person	Single room per Person
7 nights		
Apartment Low season	599,00€	849,00€
Apartment Med. season	749,00€	999,00€
Apartment High season	849,00€	1.099,00€

- LS (02.01. - 31.03) / MS (16.04. - 14.05.) /

HS (01.04. - 15.04. + 15.05. - 31.10.)

- Apartments for 3-4 people (with 2 bedrooms)

- Availability subject, on demand;

## Included in the tour price:

- 7 nights in apartments with private bathroom and kitchen (no breakfast);
- GPS-files (for mobile phone) and specific roadbook with infos and pics;
- Personal briefing and 24h support hotline;

## Extras:

- Commuting tickets not included
- Touring/Hybrid bike 109€ / E-bike 239€
- GPS-device (Garmin) with all daily routes 50€
- Boat trip in the Douro valley 80€ / 85€ (weekdays: April-May+Oct / June-September)
- Each rental bike has a pannier and a lock.
- Pro group we deliver one repair kit.

Extra night - apartment (subject on availability)	Double/Twin per Person	Single room per Person
Low season	60,00€	95,00€
Medium season	65,00€	100,00€
High season	70,00€	105,00€

## Day 1: Porto (↔27km ↑256m)

Welcome to Porto - a UNESCO world heritage site. This tour invites you to visit Port wine's cellars and if there's enough time, you can finish in Matosinhos filled with fish restaurants with barbecue.

## Day 2: South coast (↔49km ↑198m)

Passing by the picturesque old town of Porto, you'll cycle along the Douro's river and then on the Atlantic Ocean. From there on cycle paths and some wooden paths until Espinho - a big fisherman village. Then roll through the woods also on cycle paths until Furadouro, a small village on the ocean. Return by train.



## Day 3: Guimarães (↔24km ↑170m)

It was Portugal's first capital, and its' medieval town (15<sup>th</sup> Century) was awarded with UNESCO world heritage site. The old town is within the city walls and has a castle. Climb the Penha hill on a cable car and ride down the hill passing by the "Vinho Verde" region and along the river to thermal town of Vizela.

## Day 4: 3 rivers to Douro (↔30km ↑247m)

In Valongo, the hills of Porto, you'll cycle through a nature reserve along 2 rivers before you come into "Douro" river, where you ride on cycle path entering in Porto.

## Day 5: North coast (↔41km ↑189m)

Today's adventure is to explore Porto's north coast. This coastal region is wilder comparing to south with lovely wooden and cycle paths. Enjoy the views and visit some sandy beaches along the path!

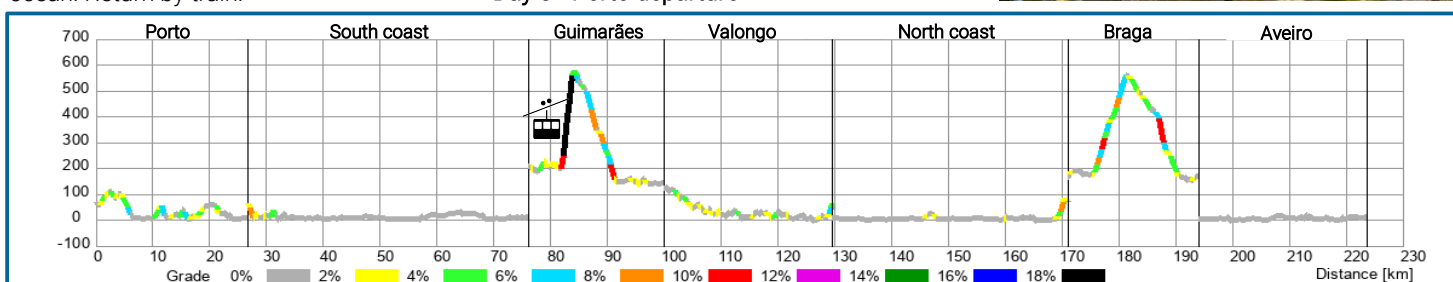
## Day 6: Braga (↔23km ↑438m)

Braga is Portugal's oldest city and religious capital due to its several churches, cathedral and sanctuaries. Explore the old streets and 18th century mansions before you climb the mountain. On the top of the hills, you'll be amazed by the gardens and the city view.

## Day 7: Aveiro (↔29km ↑93m)

Start your day in Estarreja after a train voyage. Then you'll enter in to a new landscape... a nature reserve with lagoons before you arrive into Portugal's Venice - Aveiro. This is also a fishing city surrounded by salt hills and the old town is divided by canals sailed by their traditional fishing boats.

## Day 8 - Porto departure



# Northern Portugal

(8 days / 7 nights / 5 stages)

Begin your trip in Porto and explore it before being transferred to Castro Laboreiro inside the Peneda-Gerês National Park. Start the tour at the top of the mountain (950m) and then descend continuously towards the Minho river, the natural border between Portugal and Spanish Region of Galiza. You'll pass by medieval and border towns with castles, forts and religious monuments all on newly cycle paths. After Caminha leave the river's landscape and "dive" into Atlantic ocean's panorama with wild waves and beaches. Along the ocean you'll pass by fisherman villages and cities with forts, imposing lighthouses before returning to Porto. An awesome mix of nature, tranquillity, history and landscapes!

Difficulty: easy (2 in 5)

Distance: 216km (avg 43km/day)

Total ascent: 1.165m (avg 233m/day)

Total descent: 2.029m (avg 406m/day)

Tour price (2023)	Double/Twin per Person	Single room per Person
7 nights		
Sun. 9 <sup>th</sup> April	969,00€	1.319,00€
Sun. 7 <sup>th</sup> May	1.089,00€	1.439,00€
Sun. 18 <sup>th</sup> June	1.059,00€	1.409,00€
Sun. 16 <sup>th</sup> July	1.089,00€	1.439,00€
Sun. 10 <sup>th</sup> September	1.119,00€	1.469,00€
Sun. 8 <sup>th</sup> October	1.059,00€	1.409,00€

- Min. 2 participants.

- Other dates subject on availability

## Included in the tour price:

- 7 nights w/ breakfast in good central hotels;
- Luggage transfer for all tour;
- Bike transfer & shuttle Porto -> C.L. (Day2);
- Shuttle Sportours -> Hotel (Day 7);
- GPS-files (for mobile phone) and specific roadbook with infos and pics;
- Personal briefing and 24h support hotline;

## Extras:

- Touring/Hybrid bike 109€ / E-bike 239€
- GPS-device (Garmin) with all daily routes 50€
- Each rental bike has a pannier and a lock.
- Pro group we deliver one repair kit.

Extra night (subject on availability)	Double/Twin per Person	Single room per Person
Porto (3*** hotel)	70,00€	130,00€

## Day 1: Arrival in Porto

**Day 2: Transfer to Castro Laboreiro**  
Use the morning to explore Porto and after lunch join us for a briefing, you will be transferred to Castro Laboreiro.

**Day 3: Castro L. - Monção (↔50km ↑397m)**  
Leave C.Laboreiro and roll down the hill through the Geres natural park till Minho river. Your first stop is the border town of Melgaço with a castle and then ride on the Vinho Verde (Green wine) region and finish in the fortress city of Monção.

**Day 4: Monção - Caminha (↔48km ↑239m)**  
Always along the flat and quite Minho river on cycle paths you can enjoy great landscapes and still visit border town of



Cycle path along the Minho river

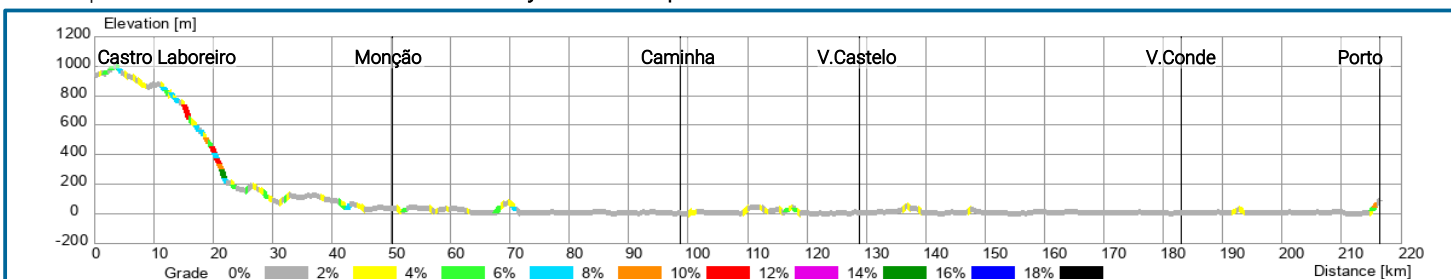
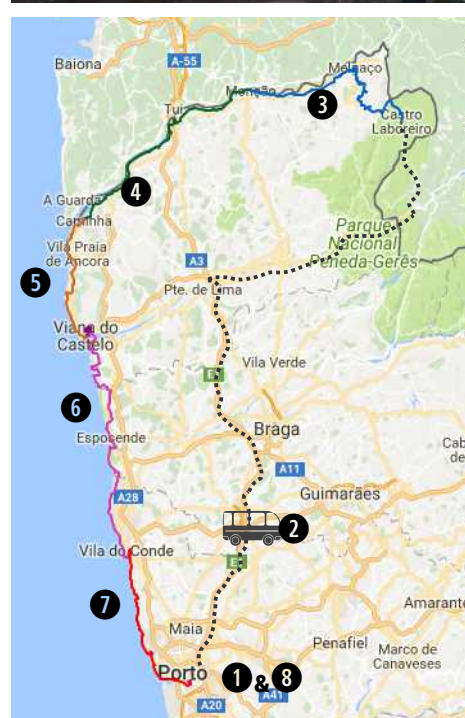
Valença do Minho with its lovely old town inside a fortress with over 800 years. Soon after in Cerveira visit its' medieval castle and old town center. Continue along the river and finish in Caminha, a very old but cosy border town on the mouth of river.

**Day 5: Caminha - Viana C. (↔30km ↑189m)**  
Along the Atlantic you ride southwards with tailwind till lovely city and Upper Minho's capital of Viana. In the 16<sup>th</sup> century, its port gained great importance as one of the entry-points for Portuguese explorers for the discoveries and its' center has historical buildings. For high viewpoint lovers you can cycle uphill to visit Santa Luzia sanctuary with great ocean's view (total 10km).

**Day 6: Viana C. - V. Conde (↔54km ↑169m)**  
Leave Viana over the Eiffel bridge and then return to the wild Atlantic coast and ride mostly on cycle paths. In Esposende pass by the fortress with a lighthouse. Soon after pass by the Apúlia's windmills. Next to the ocean pass by P.Varzim's bullring and finish the day in cosy Vila do Conde.

**Day 7: V. Conde - Porto (↔33km ↑170m)**  
Again with ocean's breeze ride through some fisherman villages next to beautiful beaches and end the tour in our store. Then you'll be transferred to your hotel.

**Day 8 - Porto departure**





# Atlantic tour 1: Porto – Coimbra

(8 days / 7 nights / 5 stages)

The northern half of the Atlantic Tour starts on the River Douro in Porto - UNESCO World Heritage site, the medieval city that gave Portugal its name and is home to Port wine. The route follows Portugal's unspoilt Atlantic coast along cycle paths and quiet secondary roads. It passes over sandy beaches, through forests of pine and eucalyptus, beside salt lagoons, through fishing villages, castles and historic towns - Aveiro is known as Portugal's Venice. It finishes at Coimbra, another UNESCO World Heritage site, Portugal's oldest University city.



Difficulty: easy (2 in 5)  
Distance: 257km (avg 51km/day)  
Total ascent: 946m (avg 189m/day)  
Total descent: 1003m (avg 200m/day)

Tour price (2023)	Double/Twin per Person	Single room per Person
7 nights		
Sun. 12 <sup>th</sup> March	949,00€	1.349,00€
Sun. 26 <sup>th</sup> March	989,00€	1.389,00€
Sun. 9 <sup>th</sup> April	989,00€	1.389,00€
Sun. 23 <sup>rd</sup> April	1.079,00€	1.479,00€
Sun. 7 <sup>th</sup> May	1.079,00€	1.479,00€
Sun. 21 <sup>st</sup> May	1.079,00€	1.479,00€
Sun. 4 <sup>th</sup> June	1.079,00€	1.479,00€
Sun. 18 <sup>th</sup> June	1.079,00€	1.479,00€
Sun. 2 <sup>nd</sup> July	1.119,00€	1.519,00€
Sun. 27 <sup>th</sup> August	1.119,00€	1.519,00€
Sun. 10 <sup>th</sup> September	1.119,00€	1.519,00€
Sun. 24 <sup>th</sup> September	1.029,00€	1.429,00€
Sun. 8 <sup>th</sup> October	989,00€	1.389,00€
Sun. 22 <sup>nd</sup> October	989,00€	1.389,00€

- Min. 2 participants.  
- Other dates subject on availability

## Included in the tour price:

- 7 nights w/ breakfast in good central hotels;
- Luggage transfer for all tour;
- Shuttle: Hotel -> Sportours (Day 2);
- Bike transfer & shuttle Coimbra->Porto (Day 7);
- GPS-files (for mobile phone) and specific roadbook with infos and pics;
- Personal briefing and 24h support hotline;

## Extras:

- Touring/Hybrid bike 109€ / E-bike 239€
- GPS-device (Garmin) with all daily routes 50€
- Transfer (Price per person: 2 or 3p / from 4p.)  
Coimbra -> Lisbon (airport) : 120,00€ / 75,00€  
Lisbon (airport) -> Porto: 160,00€ / 100,00€

Each rental bike has a pannier and a lock.  
Pro group we deliver one repair kit.

Extra night (subject on availability)	Double/Twin per Person	Single room per Person
Porto (3*** hotel)	70,00€	130,00€
Coimbra (3*** hotel)	65,00€	120,00€

## Day 1: Arrival in Porto

## Day 2: Porto-Furdouro (↔45km - ↑175m)

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

## Day 3: Furdouro-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 Figueira da Foz.

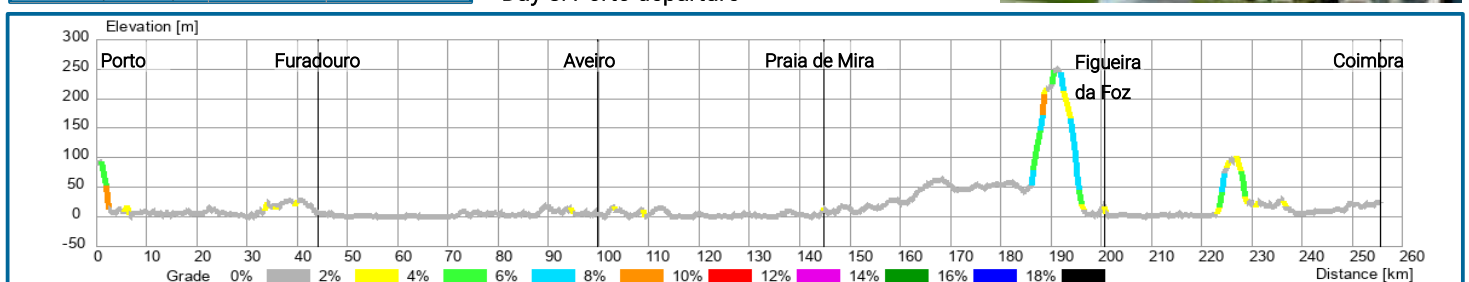
## Day 6: F.Foz - Coimbra (↔55km - ↑210m)

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: Return to Porto

In the morning explore Coimbra - medieval old town and University. After lunch you'll be transferred to Porto.

## Day 8: Porto departure





# Atlantic tour 2: Coimbra – Lisbon

(9 days / 8 nights / 7 stages)

On the 2<sup>nd</sup> part of the tour, start cycling on the extended cycle path "Via Atlântica" through the pine forest near the ocean, where you'll get into Nazaré - fisherman town but nowadays a recognized surf spot known for its big waves. Still along the coast, discover São Martinho do Porto, Óbidos the lagoons, Peniche and Ericeira - what an experience!! Before you finish the tour, you will have a deserved short day to visit Sintra's castles and palaces. The best on the last (day)! Ride on the Tagus river and enter into Lisbon - an old imperial capital filled with Discoveries' monuments!

Difficulty: medium/hard (4 in 5)

Distance: 332km (avg 47km/day)

Total ascent: 2.888m (avg 412m/day)

Total descent: 2.858m (avg 408m/day)

## Tour price (2023)

8 nights	Double/Twin per Person	Single room per Person
Sat. 18 <sup>th</sup> March	1.249,00€	1.699,00€
Sat. 1 <sup>st</sup> April	1.439,00€	1.899,00€
Sat. 15 <sup>th</sup> April	1.439,00€	1.899,00€
Sat. 29 <sup>th</sup> April	1.439,00€	1.899,00€
Sat. 13 <sup>th</sup> May	1.439,00€	1.899,00€
Sat. 27 <sup>th</sup> May	1.439,00€	1.899,00€
Sat. 10 <sup>th</sup> June	1.439,00€	1.899,00€
Sat. 24 <sup>th</sup> June	1.439,00€	1.899,00€
Sat. 8 <sup>th</sup> July	1.499,00€	1.949,00€
Sat. 2 <sup>nd</sup> September	1.499,00€	1.949,00€
Sat. 16 <sup>th</sup> September	1.499,00€	1.949,00€
Sat. 30 <sup>th</sup> September	1.439,00€	1.899,00€
Sat. 14 <sup>th</sup> October	1.309,00€	1.759,00€
Sat. 28 <sup>th</sup> October	1.309,00€	1.759,00€

- Min. 2 participants.

- Other dates subject on availability

## Included in the tour price:

- 8 nights w/ breakfast in good central hotels;
- Luggage transfer (Porto) / Coimbra -> Lisbon;
- Shuttle: Sportours (Porto) -> Coimbra (Day 1);
- Shuttle: Coimbra -> Verride (Day 2);
- Bike transfer to Coimbra and back to Porto;
- GPS-files (for mobile phone) and specific roadbook with infos and pics;
- Briefing (in Porto) + 24h support hotline;

## Extras:

- Hybrid bike 129,00€ / E-bike 249,00€
- GPS-device (Garmin) with all daily routes 60€
- Transfer (Price per person: 2 or 3p / from 4p.)
- Lisbon (airport) – Coimbra: 120,00€ / 75,00€
- Lisbon (airport) – Porto: 160,00€ / 100,00€
- Each rental bike has a pannier and a lock.
- Pro group we deliver one repair kit.

Extra night (subject on availability)	Double/Twin per Person	Single room per Person
Porto (3*** hotel)	70,00€	130,00€
Lisbon (4*** hotel)	85,00€	150,00€



built cycle paths along the Atlantic ocean, and finish at the ocean in Praia de Pedrógão.

## Day 3: P.Pedróg. - 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 4: 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 5: Óbidos-Peniche (↔50km - ↑341m)

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

## Day 6: 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 7: Ericeira-Sintra (↔27km - ↑416m)

The shortest stage so you can have enough time to visit the wonderful city of Sintra with its fabulous castles and palaces - UNESCO World Heritage Sites.

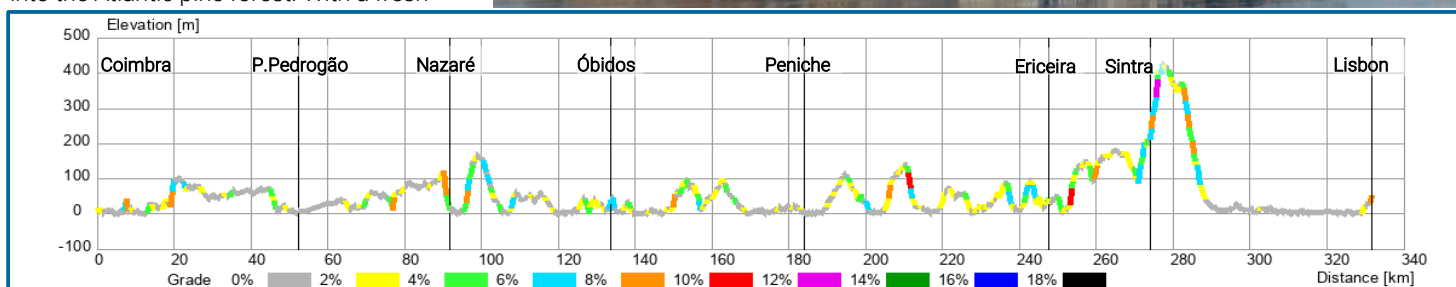


## Day 8: Sintra-Lisbon (↔58km - ↑379m)

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 9 - Lisbon departure





# Atlantic tour: Porto – Coimbra – Lisbon

(15 days / 14 nights / 12 stages)

Since this tour combines Atlantic tour 1 & 2 (previous pages), you won't miss a thing between Portugal's biggest cities. Start in the North's capital, 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, over secondary or quite roads and experience a diverse countryside with ocean view!

Difficulty: medium (3 in 5)

Distance: 589km (avg 49km/day)

Total ascent: 3.834m (avg 319m/day)

Total descent: 3.861m (avg 322m/day)

Tour price (2023)	Double/Twin per Person	Single room per Person
14 nights		
Sun. 12 <sup>th</sup> March	1.799,00€	2.549,00€
Sun. 26 <sup>th</sup> March	1.999,00€	2.749,00€
Sun. 9 <sup>th</sup> April	1.999,00€	2.749,00€
Sun. 23 <sup>rd</sup> April	1.999,00€	2.749,00€
Sun. 7 <sup>th</sup> May	2.039,00€	2.789,00€
Sun. 21 <sup>st</sup> May	2.039,00€	2.789,00€
Sun. 4 <sup>th</sup> June	2.039,00€	2.789,00€
Sun. 18 <sup>th</sup> June	2.039,00€	2.789,00€
Sun. 2 <sup>nd</sup> July	2.039,00€	2.789,00€
Sun. 27 <sup>th</sup> August	2.159,00€	2.909,00€
Sun. 10 <sup>th</sup> September	2.159,00€	2.909,00€
Sun. 24 <sup>th</sup> September	2.039,00€	2.789,00€
Sun. 8 <sup>th</sup> October	1.999,00€	2.749,00€
Sun. 22 <sup>nd</sup> October	1.999,00€	2.749,00€

- Min. 2 participants.

- Other dates subject on availability

## Included in the tour price:

- 14 nights w/ breakfast in good central hotels;
- Luggage transfer for all tour (up to Lisbon);
- Shuttle: Hotel -> Sportours (Day 2);
- Shuttle: Coimbra -> Verride (Day 2);
- Bike transfer Lisbon -> Porto;
- GPS-files (for mobile phone) and specific roadbook with infos and pics;
- Personal briefing and 24h support hotline;

## Extras:

- Hybrid bike 209€ / E-bike 429€
- GPS-device (Garmin) with all daily routes 100€
- Each rental bike has a pannier and a lock.
- Pro group we deliver one repair kit.

Extra night (subject on availability)	Double/Twin per Person	Single room per Person
Porto (3*** hotel)	70,00€	130,00€
Lisbon (4*** hotel)	85,00€	150,00€

## Day 1: Arrival in Porto

## Day 2: Porto-Furadouro (↔45km - ↑175m)

Leave Porto along the river and at the Atlantic ocean ride on cycle paths until Espinho - a fisherman 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 Figueira 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: Coimbra free day.

## Day 8: Coimbra-P.Pedrogão (1h train) (↔48km - ↑304m)

After 1h train (around 2,00€/p.) come off in Verride and ride on the hills into the pine forest. With a fresh breeze, roll on newly built cycle paths along the Atlantic ocean, and finish at the ocean in Praia de Vieira.

## Day 9: P.Pedrog. - 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, pass by the half island of Baleal and finish in Peniche - a 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 (↔27km - ↑415m)

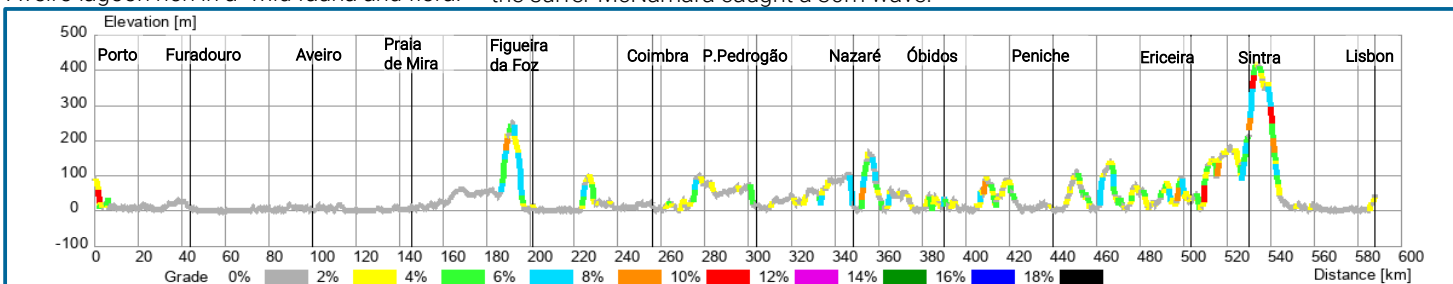
The shortest stage so you can have enough time to visit the wonderful city of Sintra with its fabulous castles and palaces - UNESCO World Heritage Sites.

## 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 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 use the fast 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





# Atlantic Tour: Porto - Lisbon (sporty version)

(9 days / 8 nights / 7 stages)

We have a dedicated tour for our sporty guests (based on the daily distances).

Within 7 days you'll travel from Porto (UNESCO world site heritage) and Portugal's capital - Lisbon, the city of the 7 hills. In 465 km mostly along the Atlantic ocean, you will ride by the beaches, fisherman villages, lovely towns, lakes, castles, wonderful landscapes, where it will take your breath away. You'll have a thrill of emotions by biking on the "Via Atlantica" and having the ocean as sunset.

Difficulty: medium/hard (4 in 5)  
Distance: 544km (avg 78km/day)  
Total ascent: 3.531m (avg 504m/day)  
Total descent: 3.569m (avg 509m/day)



lagoon after Aveiro

## Day 3: Aveiro – F. Foz (↔101km - ↑1460m)

Start the day in Portugal's Venice and cycle along the lagoon near the Atlantic ocean, passing by "Praia de Mira". In the afternoon ride on natural paths along lakes and rivers. At the end of the day you'll be challenged with the 1st climb of the tour and then rewarded with a great viewpoint.

## Day 4: F.Foz – Nazaré (↔110km - ↑587m)

Ride along the Mondego river and then on the soft hills until the pine forest on "via Atlântica" cycle paths, passing by some beaches, São Pedro de Moel, a small fishing village and finish in another fishing town of Nazaré, known for the big waves.

## Day 5: Nazaré–Peniche (↔85km - ↑739m)

On the top of the hill with a grand view to the ocean, get into the baytown of S. Martinho do Porto. Then ride on secondary roads until Óbidos' lagoon with wonderful paths before you return to the ocean, where you pass by the tiny half island of Baleal and finish the day in Peniche.

## Day 6: Peniche-Ericeira (↔63km - ↑671m)

Today is the most diverse stage as you start near the coastal cliffs, pass by some rural areas, sandy beaches, forest paths and finish the day in Ericeira – a surf spot.

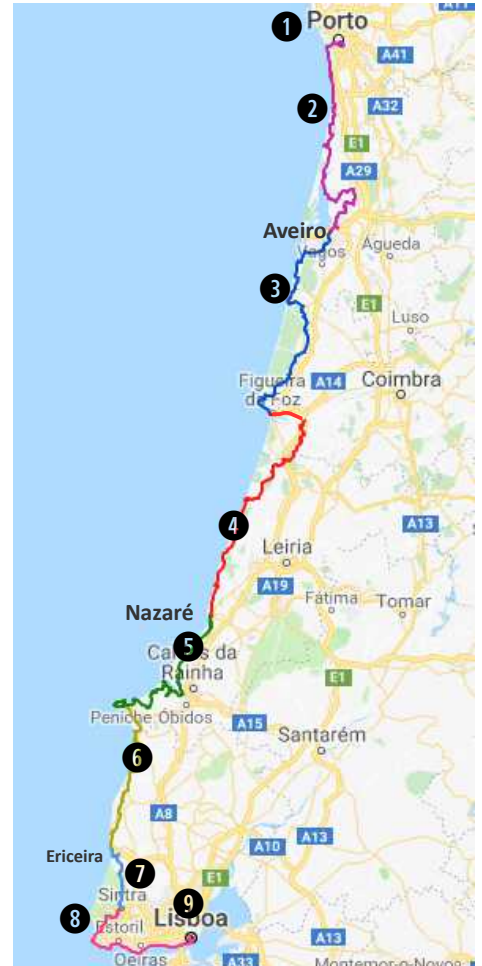
## Day 7: Ericeira – Sintra (↔27km - ↑1415m)

The shortest stage so you can have enough time to visit the wonderful city of Sintra with its fabulous castles and palaces - UNESCO World Heritage Sites since 1995.

## Day 8: Sintra – Lisbon (↔58km - ↑379m)

The last day starts with a challenging climb on Sintra's natural park and then enjoy the descent with a view to Atlantic Ocean. Enter in the city of Cascais, the historical summer kings destination and cycle along the river to Lisbon – an old imperial capital with more UNESCO world heritage sites.

## Day 9 - Lisbon departure



Sintra

Tour price (2023)	Double/Twin per Person	Single room per Person
8 nights		
Sat. 18 <sup>th</sup> March	1.199,00€	1.599,00€
Sat. 1 <sup>st</sup> April	1.439,00€	1.839,00€
Sat. 15 <sup>th</sup> April	1.359,00€	1.759,00€
Sat. 29 <sup>th</sup> April	1.359,00€	1.759,00€
Sat. 13 <sup>th</sup> May	1.359,00€	1.759,00€
Sat. 27 <sup>th</sup> May	1.359,00€	1.759,00€
Sat. 10 <sup>th</sup> June	1.399,00€	1.799,00€
Sat. 24 <sup>th</sup> June	1.399,00€	1.799,00€
Sat. 8 <sup>th</sup> July	1.439,00€	1.839,00€
Sat. 2 <sup>nd</sup> September	1.439,00€	1.839,00€
Sat. 16 <sup>th</sup> September	1.439,00€	1.839,00€
Sat. 30 <sup>th</sup> September	1.359,00€	1.759,00€
Sat. 14 <sup>th</sup> October	1.359,00€	1.759,00€
Sat. 28 <sup>th</sup> October	1.359,00€	1.759,00€

- Min. 2 participants.

- Other dates subject on availability

### Included in the tour price:

- 8 nights w/ breakfast in good central hotels;
- Luggage transfer for all tour (up to Lisbon);
- Shuttle: Hotel -> Sportours (Day 2);
- Bike transfer Lisbon -> Porto;
- GPS-files (for mobile phone) and specific roadbook with infos and pics;
- Personal briefing and 24h support hotline;

### Extras:

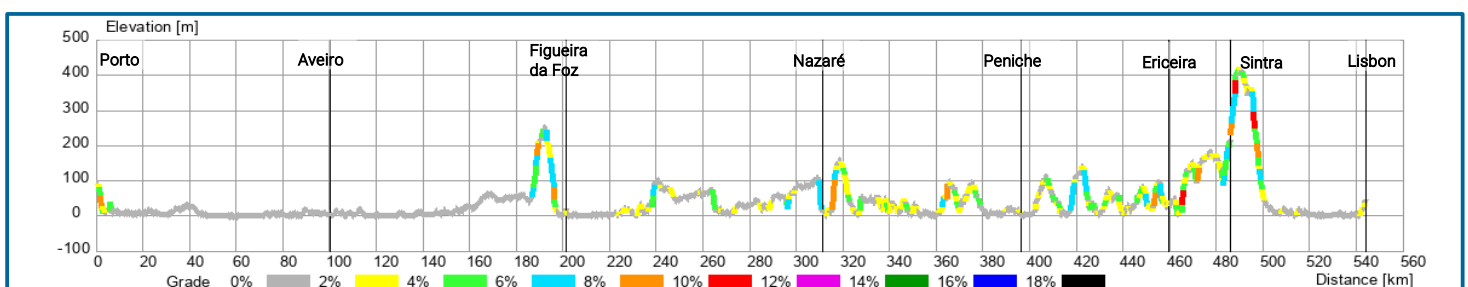
- Hybrid bike 129,00€ / E-bike 249,00€
  - GPS-device (Garmin) with all daily routes 60€
- Each rental bike has a pannier and a lock.  
Pro group we deliver one repair kit.

Extra night (subject on availability)	Double/Twin per Person	Single room per Person
Porto (3*** hotel)	70,00€	130,00€
Lisbon (4*** hotel)	85,00€	150,00€

## Day 1: Arrival in Porto

## Day 2: Porto-Aveiro (↔101km - ↑1279m)

Leave Porto's oldtown, through the Port Wine cellars and then at the Atlantic ocean on cycle paths. After Espinho you'll pass the pine forest and after Murtoza ride on the lagoons on newly built cycle paths till the fishing city of Aveiro.





## GPS & books

A GPS device with the tour tracks can be requested to ease the tour navigation. Also we supply our guests with our roadbooks since the tours are original and there's no available cartographic material in the market. All books are available in English and German.



## Our bicycles

A successful cycling holiday depends on very good bikes.

Therefore we have exigent requirements for our bikes, since they must have aluminium frame, Shimano hydraulic disk brakes, racks, fork and seat post w/suspension, Shimano 24/27 gear system and adjustable stem. We have also comfortable e-bikes. Just seat and enjoy the ride!



**Touring**

### Kross Transarctica (Trans7) easy entry:

- Aluminum frame easy entry
- Shimano BR-M315, Hydr. Disc Brake (160/160)
- Shimano Deore RD-M591, Altus FD-M310 (3x8 Speed)
- Suspension fork with Lock-out & suspension seatpost 27,2mm
- Mudguards, front & rear lights, rack, bell
- Tyres: Schwalbe Marathon Plus Tour 700x42c



**Trekking**

### Orbea Comfort 10/12:

- Aluminum frame „male“/“female“
- Shimano BR-MT200, Hydr. Disc Brake (160/160)
- Shimano Deore RD-M592, Altus FD-M370 (3x9 Speed)
- Suspension fork & suspension seatpost 27,2mm
- Tyres: Schwalbe Marathon Plus Tour 700x42c



**Road bike**

### Orbea Avant H30:

- hydroformed triple butted aluminum frame
- carbon fork, aluminum steerer
- Shimano 105 R7000 groupset (2x11 speed)
- Shimano RS100 Clincher wheels
- Vittoria Zafiro IV 700x25 tyres



**E-bike**

### CUBE Touring/Town Sport:

- Aluminum frame easy entry
- Bosch Active Plus Generation 3 (50Nm) Cruise (250Watt)
- Bosch PowerPack 500W
- Intuvia/Purion display w/ 4 Riding modes (Eco, Tour, Sport, Turbo)
- Shimano BR-MT200, Hydr. Disc Brake (180/160)
- Shimano Deore RD-M592-SGS (9 mechanical gears)
- Suspension fork with Lock-out & suspension seatpost 27,2mm
- Mudguards, front & rear lights, rack, bell
- Tyres: Schwalbe Range Cruiser, Active, K-Guard, 47-622



## The tours by Sportours

Our cycling holiday tours were tested by us and our tour operator partners. Since all guests are riding on self guided tours, they need to be good informed.

Therefore we provide own-made road books, GPS device with the tracks, good quality bikes and accessories. In 2020 we cover around 2.400km (over 1490 miles) through our tours.

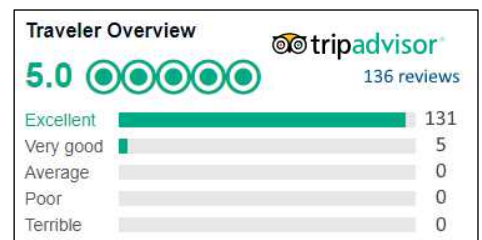
## Why Sportours?

Sportours and Velociped (German bike tour operator) started working together in 2016. At the time our main goal was to organize bike tours for the German speaking market. Thanks to this partnership it allowed us to develop new tours and our knowledge rose too. In the future we want to cover even more beautiful landscapes from Portugal and we want to be internationally recognised for our excellent quality service through the own organised bike tours. For this purpose we want to offer a bike tour program based on:

- great and delightful tours;
- mostly self-guided tours, but also semi-guided bike tours;
- mainly easy tours but also different levels of difficulty;
- custom made bike tours;
- expert team members with wide knowledge of the country;
- good quality bikes;
- very good accommodation (mostly 3\*\*\* and 4\*\*\*\* hotels);
- good quality accessories (GPS, dedicated road books, panniers, etc...);
- reliable luggage transfer;
- personalized tour briefing;
- 24h assistance.

## Reviews

The feedbacks and reviews are excellent, so we believe that we doing a very good job. We want that all our guests can be amazed by Portugal and have a great reminder of their holidays!

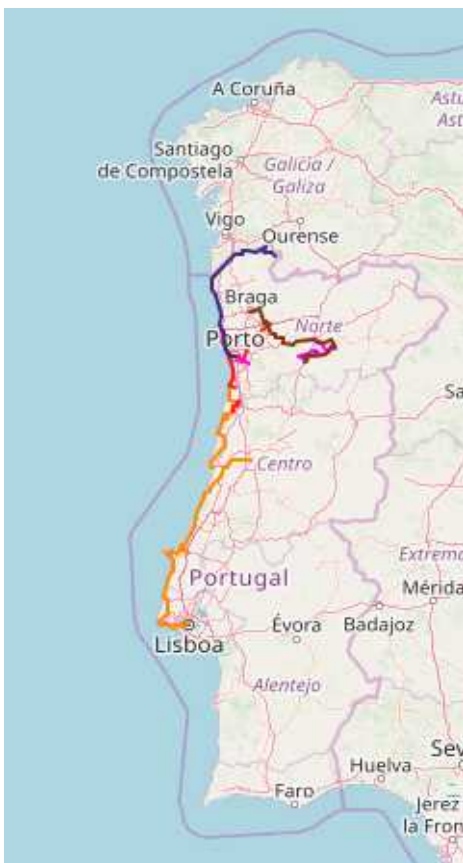


## Our location

March 2018 we moved to a shop with 100 m<sup>2</sup> (1076 ft<sup>2</sup>) with a capacity for 60-100 bikes (depending on season).

Now at Porto's artistic area, near the „Cedofeita“ pedestrian area or next to the „Palácio de Cristal“, we are very central due to the surrounding bus & metro connections. You can reach in 10-20 minutes our partner hotels or less than 30 minutes from the international airport.

Thanks to our favourable location you can drive to Aveiro (40min) or to Coimbra/ Douro valley for less than 1,5h!







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[www.sportours.pt](http://www.sportours.pt)



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RNAAT - 169/2014  
RNAVT - 8364



Associated since 2018



12.10.2022