SPICE ROADS
CYCLING



TOURING

PORTUGAL'S HISTORIC VINEYARDS AND VALLEYS BY BICYCLE

Tour Code
PRT-CHP

8 DAYS
7 NIGHTS

Destinations	Portugal
Tour Meets	Lisbon
Tour Ends	Porto
Fly in to	Humberto Delgado Airport (Lisbon Airport)
Fly out of	Francisco Sá Carneiro Airport (Porto Airport)
Group Size	4-15 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**378** km Total cycling distance
63 km Avg distance / day	**1006** m Avg climbing / day

PRICING

Price	US$ 4,600
Bike Hire (Mountain Bike)	US$ 330
Bike Hire (E-Bike)	US$ 510
Single Supplement	US$ 670

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

11 Apr - 18 Apr 2027
09 May - 16 May 2027
05 Sep - 12 Sep 2027
26 Sep - 03 Oct 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Ferry/boat fares
- ✓ Train rides

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

This tour covers 378 km over 6 days of riding in Portugal's interior region in the east and north of the country. The first 5 cycling days cover mountainous and rugged terrain, with historic villages and hilltop castles dotted along the valleys and plateaus. Scenic stretches through more wild areas in the national parks also feature prominently. Days 6 and 7 are focused on the Douro Valley, renowned for it's terraced vineyards which are not just a great backdrop but also fun to cycle through.

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: The tour is suitable for cyclists possessing a good level of physical fitness as the average climb per day is more than 900 m. Fitness will be a huge asset on those long days and challenging climbs. The tour is guided and fully supported, and a transfer is possible at certain points during each stage for those that find the riding too difficult. As the tour visits many charming villages, towns and ruins as well as national parks and vineyards, riding is not the only focus and a fair amount of time will be spent off-saddle to explore these fascinating and picturesque places. This includes a train and boat ride as well!

Biking Conditions: We ride an average of 63 km a day with average climbs of more than 900 m. The itinerary is roughly 60% tarmac and 40% off-road on double track / dirt roads / gravel roads. Except for day 7 in the Douro Valley (which is all on paved roads), the riding on the other days will contain a mix of surfaces. Throughout all days, the terrain is hilly and changeable with flat sections and a lot of climbs and descents. Some climbs can be gradual and up to 10 km while others are short but steep. Good handling skills will be an asset.



Day 1: Lisbon – Idanha-a-Nova

We pick you up from your hotels in Lisbon in the early afternoon and transfer 3 hours to the town of Idanha-a-Nova located in east-central Portugal. Upon arrival, we'll check into our accommodation, do a bike fitting, and take a stroll to the ruins of the town's 13th-century medieval castle. Here we can also get a good lay of the land for the cycling days ahead as we relish in stunning views over the surrounding countryside. We cap off the day with a welcome dinner.

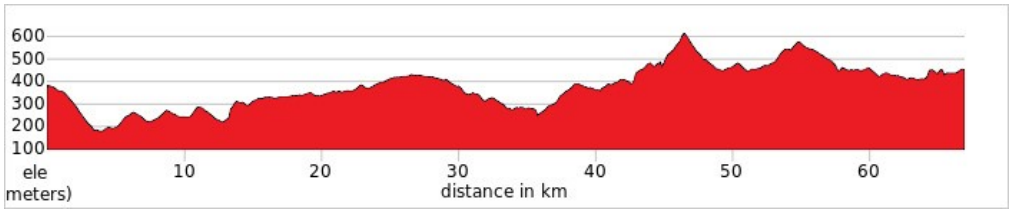
Hotel Estrela da Idanha or similar Dinner

Day 2: Idanha-a-Nova – Penamacor

In the morning, we ride out of Idanha-a-Nova and, after an initial 10 km, we find ourselves skirting along the southern shore of the Marechal Carmona Reservoir, offering scenic views over the calm waters. After another 5 km we arrive at the tranquil Chapel of Nossa Senhora do Almortão. From behind the Chapel, we dip into a lengthy stretch of back-country roads where we may encounter the occasional herd of cattle grazing on the edges of the extensive olive groves, vineyards, and wheat fields. At the 35 km mark we reach the village of Idanha-a-Velha which bears impressive vestiges of continuous occupation from the ancient Romans to the Knights Templar. Just another 10 km cycle north lies yet another gem of a historic village: Monsanto. Perched atop a rocky hill, the entire village of Monsanto is locked in a harmonious coexistence

with giant boulders, offering fascinating visuals! We pass more villages and smaller hamlets before arriving at our hotel near the town of Penamacor.

Hotel Termas de São Tiago or similar Breakfast, Lunch, Dinner

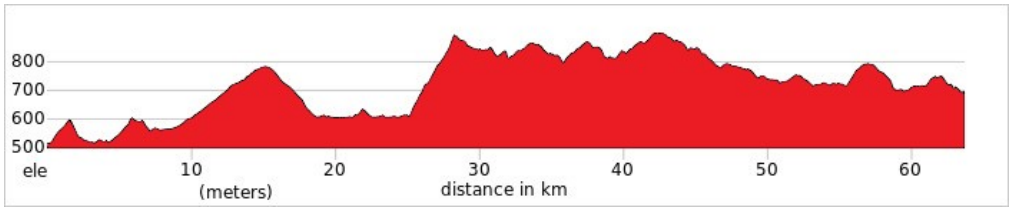


Ride 67km +1159m -1087m

Day 3: Penamacor - Rapoula do Côa

Today's focus is east-central Portugal's wild side as we cycle within the secluded Serra da Malcata Nature Reserve. As we enter the National Park outside of Penmacor, the scenery quickly changes from farmlands to dense Old World Mediterranean forest. This is the home of the elusive iberian lynx as well as many other species of animals and vegetation. Expansive views abound, though be warned that it is a taxing gradual climb for the first 5 km, after which a relieving downhill section brings us to the beachy shores of Lake Meimão. Here the terrain flattens until we reach the village of Meimão where we'll conquer a steep 3 km climb to the top of a ridge with towering windmills. After catching our breath we continue more leisurely at higher elevation through a mix of rural areas and national park before arriving at our accommodation nestled in the countryside of Rapoula do Côa, renowned for its thermal springs in use since the time of the Romans. Indulge in a refreshing soak to reward your cycling efforts today!

The Cró Rural Hotel or similar Breakfast, Lunch, Dinner

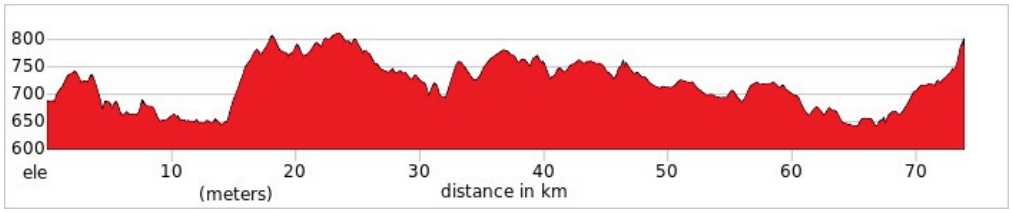


Ride 64km +1187m -1006m

Day 4: Rapoula do Côa - Castelo Rodrigo

Our journey today takes us through the Côa Valley, where the hills are crowned with picturesque medieval fortresses. The first 15 km follow the course of the Côa River and we will cross the Ponte de Sequeiros, a beautifully arched stone bridge. As the route diverts from the river we begin to enter the hills, riding up and down as we hop from one hilltop castle – and the charming villages nestled within – to the next. The first of these is Castelo Bom with its ruins overlooking a vast, rugged hinterland. A further 15 km north and we find ourselves entering the impressive gate of Almeida Castle, a true bastion renowned for its star-shaped defensive walls. From here we complete the final 25 km along narrow country lanes to the village Castelo Rodrigo. The serenity of this tiny cobblestoned village stands in sharp contrast to the remnants of the once fierce stronghold on which it sits.

Casa da Cisterna or similar Breakfast, Lunch, Dinner

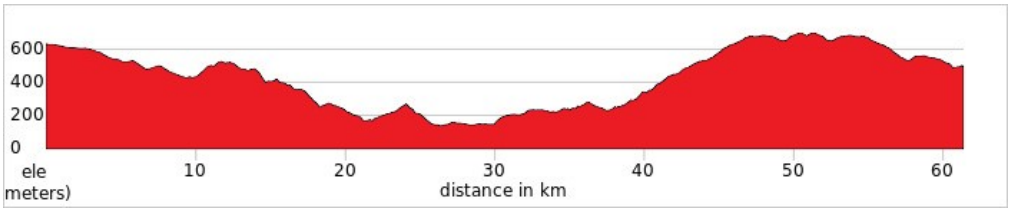


Ride 74km +962m -851m

Day 5: Castelo Rodrigo - Freixo de Espada à Cinta

A thrilling day awaits as we conquer roads and trails impressed upon the plateaus, escarpment and valleys of the Douro International Natural Park, an important wildlife corridor stretching north along both sides of Portuguese-Spanish border. Descending from Castelo Rodrigo, we ride 30 km along narrow off-road trails that dissect olive groves, shrubland and rocky outcrops. Greeting us at the end of this stretch is the small town of Barca D'Alva, which rests on the banks of the dreamy Douro River. We then cycle up meandering roads and sweeping curves leading to the ridge of Penedo Durão. Here the views peer deep into the gorges and mountains of neighboring Spain and soaring above we may spot eagles and vultures. After taking in this incredible scene we backtrack briefly and then turn north to ride along the vineyards and almond tree farms surrounding the historic town of Freixo de Espada à Cinta – our final destination for today.

Freixo Douro Superior Hotel or similar Breakfast, Lunch, Dinner

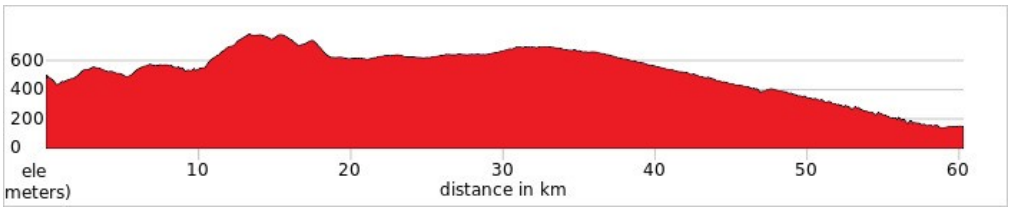


Ride 64km +1061m -1366m

Day 6: Freixo de Espada à Cinta - Pocinho – Peso da Régua

Today we head west into the heart of the Douro wine region, combining cycling with a scenic train ride. We start by almost immediately trading paved roads for narrow rural trails as we climb steadily to the rustic village of Mazouco, commanding panoramic views over the surrounding mountains and valleys. We then cut across the Trás-os-Montes plateau, passing countless farms and villages, before rolling into the old mining town of Torre de Moncorvo. From here we follow a winding mountain bike path to rendezvous again with the Douro River, this time near the village of Pocinho which is the terminus of the Douro railway line. We'll pack up our bikes and board the train for an enriching finale to the day. Relish in endless scenes of the wide Douro River and terraced vineyards etched into the steep, sun-kissed hills. After roughly two hours we disembark in the wine-rich town of Peso da Régua; our home for the final 2 nights of the tour. How about a glass or two of authentic port wine to unwind?

Original Douro Hotel or similar Breakfast, Lunch, Dinner



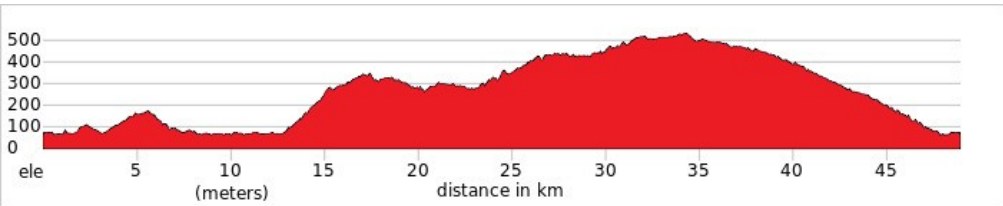
Ride 60km +717m -1061m

Day 7: Douro Wine Region Loop

For our last cycling day we use our hotel in Régua as a base and ride a wide loop all along paved roads through the surrounding wine region. We begin with a bridge crossing and then follow the course of the Douro River downstream, enjoying a relatively flat ride flanked by vineyards, orange groves and estates. After around 12 km we begin our climb into the hills, meandering along the centuries' old schist walls that give shape to the Douro valley's famed – UNESCO World Heritage awarded – terraced vineyards. Once we reach the top, we'll enjoy a long stretch of more gently undulating riding, accompanied by uninterrupted views of the river

valley. At around 35 km we reach the storied city of Lamego and it's baroque-era church perched atop a hill with a massive and intricate stairway leading up to it. From here we conclude the ride with a pleasant downhill back into Régua. Tonight's dinner will be a feast to celebrate the unforgettable cycling journey of the last six days!

Original Douro Hotel or similar Breakfast, Lunch, Dinner



Ride 49km +950m -950m

Day 8: Douro River Cruise to Porto

Having traversed a large swath of inland Portugal over the past week, the time has come to head to the coast and end our tour in Porto. And we'll do so in true style: aboard a boat cruising down the storied Douro River. The total cruising time is around 6 hours and includes lunch on board. Starting directly from the pier in Régua, simply relax and unwind as you take in a never ending photoreel of terraced vineyards carved into the surrounding hillsides. You might even see some Rabelo boats - historically used to transport wine along the river – darting by us as we leisurely meander downstream. Our ship will pass through some impressive river locks before arriving at the pier in Porto, Portugal's second largest city located on the Atlantic Coast. Our tour concludes with a shared transfer to your hotel in Porto (feel free to ask us for recommendations!). We suggest spending at least 2 days in this stunning city.

Breakfast, Lunch

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a mountain bike in good mechanical order.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Portugal is a member of the **Schengen Area**. Citizens of the **UK, US, Canada, Australia, New Zealand, and Japan** (among others) do not require a visa for tourism and are permitted to stay for up to **90 days within any 180-day period**.

All visa-exempt travellers are required to obtain a valid **ETIAS** (European Travel Information and Authorisation System) approval prior to arrival. This is a digital authorisation linked to your passport, valid for three years, and must be applied for online before you travel. Additionally, all non-EU/Schengen citizens are subject to the **Entry/Exit System (EES)**. This replaces manual passport stamping with a digital registration of your entry and exit, including a biometric scan (facial image and fingerprints) at the border.

For citizens of the EU, Switzerland, and Norway, entry is permitted with a valid National ID card or passport. If you are from a country that requires a Schengen Visa, you must apply through a Portuguese consulate or embassy. Please ensure your passport is valid for at least three months beyond your intended departure date.

Health & Insurance

No specific vaccinations are mandatory for entry, though being up-to-date on standard boosters (Tetanus, Hep A/B) is always recommended.

While Portugal has high-quality healthcare, we strongly recommend comprehensive travel insurance that covers cycling activities and medical evacuation. If you are an EU citizen, ensure you carry a valid European Health Insurance Card (EHIC). UK citizens should carry their Global Health Insurance Card (GHIC) to access reciprocal state-provided healthcare for necessary treatments.

Weather

Portugal's climate is influenced by both the Mediterranean and the Atlantic, creating diverse conditions for riding.

- **The Best Window: April to June** and **September to October** are the "Goldilocks" months, offering mild temperatures and clear skies.
- **Summer Heat:** In July and August, the interior—particularly the Alentejo—can see temperatures exceeding **35°C**. During these months, coastal routes are preferred as they benefit from cooling Atlantic breezes.
- **Winter:** The Algarve remains mild, making it a popular winter training spot, though the northern mountains can be wet and receive snow at higher altitudes.
- **Gear:** Layers are essential. Even on sunny days, the Atlantic coast can be surprisingly breezy and cool once the sun sets.

Food

Portuguese gastronomy is honest, seasonal, and deeply tied to the sea. The national obsession is **Bacalhau** (salted cod), but you will also find exceptional fresh grilled sardines and octopus along the coast. In the interior, look for hearty **Alentejo pork** and game dishes. No visit is complete without a **Pastel de Nata** (custard tart) from a local bakery. Most meals are served with regional bread and premium olive oils. We cater to all dietary needs; please let us know your requirements at the time of booking.

Drink

Hydration is a priority, especially during inland climbs. We provide ample water and local snacks during all rides. Portugal's wine culture is world-class; try the crisp, effervescent **Vinho Verde** in the north, robust reds in the Alentejo, and the iconic **Port wine** in the Douro. For a traditional digestif, a small glass of **Ginjinha** (sour cherry liqueur) is a local favourite. Soft drinks and alcohol during meals are not included in the tour price.

Solo Travellers

SpiceRoads does not charge a mandatory single supplement. We will arrange for you to share a room with another traveller of the same gender. If no match is available, you will receive a single room at no extra charge. If you prefer to guarantee your own private room, a single supplement is available at the rate listed in the tour pricing.

Extra Expenses

Portugal remains one of the most affordable destinations in Western Europe. Budget for personal incidentals such as post-ride coffees (a local *bica*), unique souvenirs like cork-based handicrafts or hand-painted tiles (*azulejos*), and tips for your local support team.

Money

The currency of Portugal is the **Euro (€)**.

- **ATMs:** Known as **Multibanco**, ATMs are plentiful in airports and towns, accepting most international debit and credit cards.
- **Cards:** Visa and Mastercard are widely accepted in hotels, restaurants, and most shops.
- **Cash:** While the country is highly digitised, it is wise to carry a small amount of cash for tips or for use in traditional "Tascas" (taverns) in smaller rural villages.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

twitter.com/spiceroads
youtube.com/user/spiceroads
instagram.com/spiceroads
facebook.com/SpiceRoad