SPiCE ROADS
CYCLING



ROAD

CENTRAL PORTUGAL BY ROAD BIKE

Tour Code
PRT-RCP

9 DAYS
8 NIGHTS

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

ACTIVITY PROFILE

7 Cycling days	**547** km Total cycling distance
79 km Avg distance / day	**1345** m Avg climbing / day

PRICING

Price	US$ 4,600
Bike Hire (Carbon Road Bike)	US$ 420
Bike Hire (E-Bike)	US$ 770
Single Supplement	US$ 760

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

DEPARTURES

23 May - 31 May 2027
05 Sep - 13 Sep 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport drop off
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees

WHAT'S EXCLUDED

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

TRIP PROFILE

This tour covers 547 km over 7 days of riding in Central Portugal. The first 5 cycling days cover mountainous and plateaus with steady climbs and stunning views. The remaining days are spent along lower relief areas through picturesque valleys and rural areas. The last cycling day is mostly along the rugged Atlantic coast with thrilling ascents and descents.

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: This is a challenging tour designed for cyclists with a high level of physical fitness comfortable on hilly and mountainous terrain. Fitness will be a huge asset on consistent 5 to 10 km climbs throughout. The tour is guided and fully supported, and a transfer is possible for those that find the riding too difficult. As the tour visits many scenic villages, towns, ruins, and natural areas, riding is not the only focus and a fair amount of time will be spent off-saddle to explore these fascinating and picturesque places.

Biking Conditions: We ride an average of 79 km a day with average climbs of 1345 m. The roads are 100% tarmac and overall in good condition. Most climbs are steady with 6-8% grade but there will be some short but more steep climbs. To compensate there are also long and exciting descents, of course!



Day 1: Arrive in Guarda

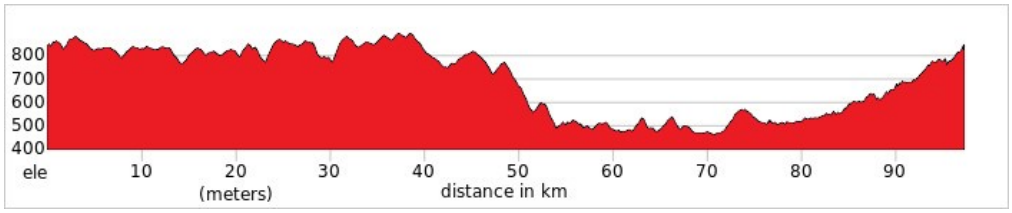
We meet in Guarda, Portugal's highest city (1,056 m) located to the northeast of the Serra da Estrela Mountain range in the country's interior. Guarda is easily reached via bus or train from Porto (2.5 hours) or Lisbon (3.5 hours) - we can also arrange private transfers at additional cost if you prefer. Today we'll do bike fittings and enjoy a welcome dinner together. If you arrive earlier in the day, feel free to explore Guarda and check out the impressive cathedral and other historic sites.

Hotel Lusitânia Congress & Spa Dinner

Day 2: Guarda - Manteigas

We begin our road biking adventure on a literal high note as we head into Portugal's most mountainous terrain. We begin with an undulating rural ride taking us across a plateau where the landscape is characterized by granite rocks strewn across the farmland, pastures, and forests of pine and chestnut trees. Many tightly-packed, small historic villages are dotted along the route, the most fascinating of which being Sorhelo where granite houses are enclosed by the fortifications of a 13th-century castle built on a boulder-laden hilltop. Another few km onwards and we find the remains of a mystery-shrouded tower known as the Centum Cellas which was built in the days of the Roman Empire. From here we begin climbing up the glacial valley of the Zêzere River, following its meandering course surrounded by steep, forested slopes and endless views of the mountains, including the towering peak of the Torre, Portugal's highest point at 1,993 m. We spend the night near the town of Mantegais where we dine on regional mountain cuisine. Make sure to sample the Serra da Estrela cheese, made from sheep's milk and a point of pride for the local communities here.

Hotel Vila Galé Manteigas Breakfast, Lunch, Dinner

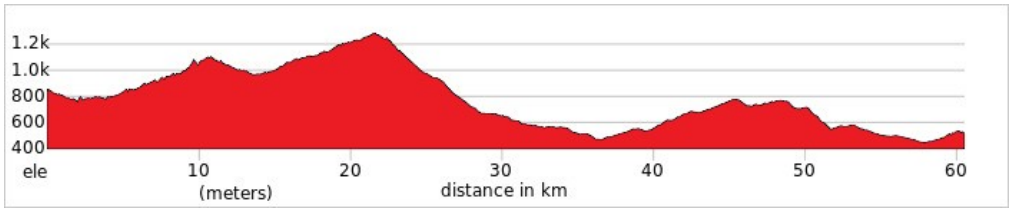


Ride 97km +1609m -1611m

Day 3: Manteigas - Seia

Prepare yourself for some of Portugal's most spectacular natural scenery. Starting from Manteigas, we ride along switchbacks that wind up and down the western slopes of the Serra da Estrela, culminating in a challenging ascent to Portela do Folgosinho, a viewpoint sitting at an impressive 1,200 m. As we catch our breath, we soak in the 360-degree view of the vast surrounding landscape which has been gouged and sculpted by glaciers during the last Ice Age. We then have a refreshing descent down to lower elevations, along the way passing through the medieval village Folgosinho with its unique circular walled citadel perched on a hilltop overlooking the valley. From here on out the ride becomes decidedly less wild and more rural as we crisscross through sheep and goat pastures, olive groves, and the proud towns that lie in the shadows of the mountains. We'll cruise through the lively streets of Gouveia before arriving in the town of Seia where we spend the night.

Eurosol Seia Camelo Breakfast, Lunch, Dinner

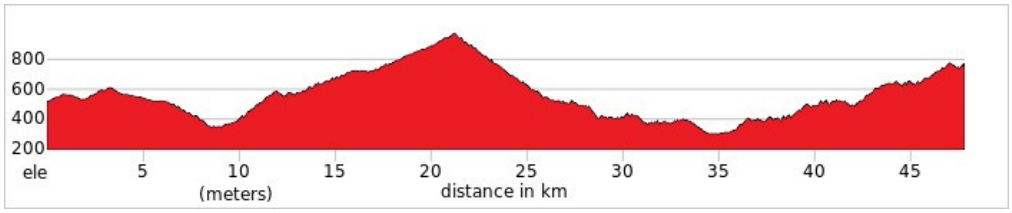


Ride 61km +1239m -1568m

Day 4: Seia - Piodão

Today's riding distance is the shortest on the tour but the route packs a strong punch with lengthy ascents and descents as we head south along the mountains. After leaving Seia behind, we spend 21 km winding our way uphill along roads that cut through Old World Mediterranean pine forests. This is followed by a delightful 13 km descent with thrilling twists and turns, made all the better with fabulous views over the rolling hills that stretch endlessly into the distance. As we reach the valley floor we'll stop in the photogenic riverside village of Vide and rest our legs before another gradual, lengthy climb into a new mountain range: the Serra do Açor. The landscape here doesn't seem to have an inch of level ground and, as a result, the villages and farms are chiseled into the steep slopes, showcasing centuries' of local ingenuity in adapting to the jagged terrain. Most impressive of these villages is Piodão, where narrow, cobblestoned alleys follow the contours of the steep slope harboring a maze of houses built entirely out of schist stones. Spending the night in this remote and storied corner of Portugal will be a treat.

Hotel Inatel Piodão Breakfast, Lunch, Dinner

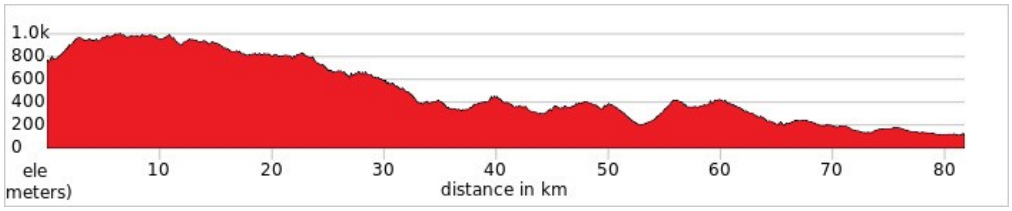


Ride 49km +1487m -1244m

Day 5: Piódão - Miranda do Corvo

The ride today marks a geographical shift as we gradually descend down from the mountains and into the valleys of Coimbra District. While we'll continue to be challenged by some ascents, overall the relief becomes lower with each kilometer pedaled. Rising from within Piódão we begin with a scenic ride along curving mountain ridges flanked by towering windmills. As we reach lower elevations we are greeted by the Ceira River and ride along its deep, narrow valley where the scenery is dominated by dense forest cover occasionally interrupted by quaint red tile roofed villages. We cross the river in the village of Gois and divert from its path as we continue onwards to the town of Lousã which lies in a neighboring valley. Here we visit 11th-century medieval castle ruins nestled amongst colorful woodlands, providing a mysterious and tranquil ambiance. The ride concludes with a less than 10 km flat stretch to the town of Miranda do Corvo.

Hotel Parque Serra da Lousã Breakfast, Lunch, Dinner

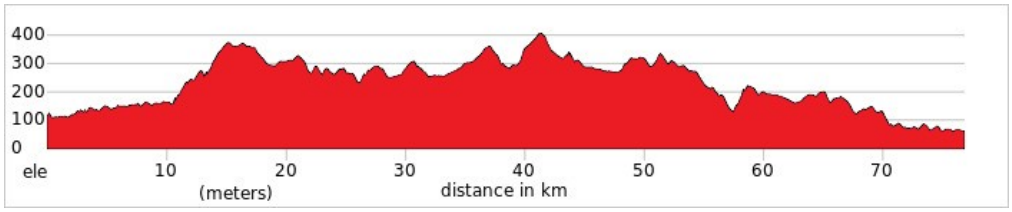


Ride 82km +1406m -2051m

Day 6: Miranda do Corvo - Tomar

Today's ride is gentler compared to the previous days, allowing us to take a leisurely pace as we take in stunning historical sites and traverse the wide, open countryside. We begin with an easy 10 km rural ride south to the town of Penela where we stop to explore the impressive ruins of a medieval castle built as a defense against the Moors. We then enter a terrain of undulating hills blanketed by olive groves and climb to the top of Serra de Alvaiázere, the highest point in the valley. The last 30 km of the ride take us through some of Portugal's most fertile farmland and towards the end we connect with the Nabão River, which we'll follow into the historic town of Tomar. Founded by the Knights Templar in the 12th century, Tomar played a vital role as a spiritual, military, and artistic center in medieval and renaissance Portugal. The UNESCO World Heritage awarded townscape and its many architectural feats – in particular the Convent of Christ and Templar Castle – are the perfect place for us to saddle-off and enjoy the afternoon.

Hotel dos Templários Breakfast, Lunch, Dinner

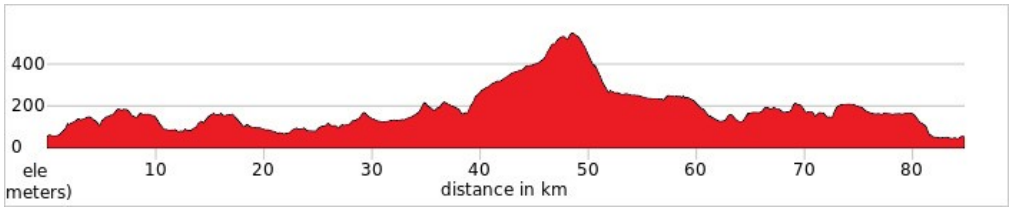


Ride 77km +1141m -1199m

Day 7: Tomar - Alcobaça

Departing Tomar, we first cycle past the Convent of Christ before reaching the town's outskirts where we'll encounter the remnants of an impressive, stone-arched aqueduct. We carry onwards along predominantly flat township roads, zipping past heavily cultivated farmlands bordered by estates and villages. Eventually, at around 20 km, we'll begin to see a massif jutting out of the ground - this is the Serra de Aire Natural Park, an area of striking limestone formations. The relief rises and we find ourselves climbing yet again! Parts of the roads here are lined with low-rising stone walls, making for a ruggedly picturesque visual pressed against the background of the chalky hills. Upon coming down on the west side of the Serra de Aire we'll roll right into the town of Porto de Mós. Here we find a battle-hardened medieval castle with towers covered in green ceramic tiles. We'll take a quick rest to appreciate the views from the top before completing the last 20 km to Alcobaça. This splendid little city is graced with a grand Gothic-style Monastery commissioned by Portugal's first monarch in the 12th-century. It is a UNESCO World Heritage site and one of Portugal's most treasured national monuments.

Montebelo Mosteiro de Alcobaça Historic Hotel Breakfast, Lunch, Dinner

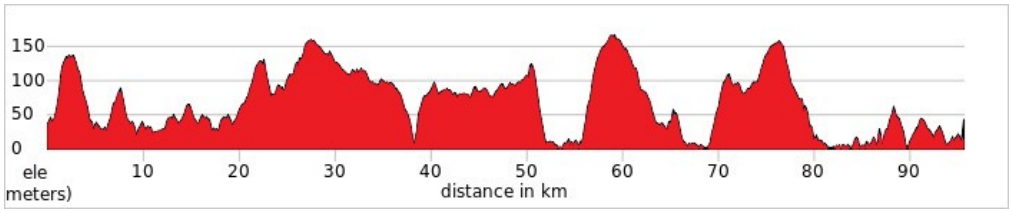


Ride 85km +1240m -1245m

Day 8: Alcobaça - Óbidos

The feeling of finally reaching the shores of Portugal's stunning coastline is a rite of passage for anyone cycling in the country! On today's ride we head out from Alcobaça, enjoying a stretch of inland rural riding along farms, forests, villages and towns. The salty ocean air may begin to hit us and, at 35 km, we arrive on the so-called "Silver Coast" in a spectacular fashion: by descending steeply down to the seaside with views over wind-swept cliffs facing the vast and powerful ocean. We'll continue up and down along the coastline, taking in panoramas of beaches, bays, lagoons, cliffs and coastal towns. We'll pause to admire the beauty of Lagoa de Óbidos, Portugal's largest salt water lagoon surrounded on both sides by rugged, wave-battered headlands. The road bordering the lagoon makes for some scenic cycling and we conclude the ride with a few km of rural roads where we'll be able to see the fairytale-like Castle of Óbidos majestically perched on its hilltop. Óbidos is one of Portugal's best preserved medieval towns; the perfect setting for our last night. How about toasting to our epic journey with a glass of ginjinha (locally produced sour cherry liqueur)?

Hotel Josefa D'Óbidos Breakfast, Lunch, Dinner



Ride 96km +1295m -1293m

Day 9: Óbidos - Lisbon

Enjoy the final morning at your own leisure. Before noon we will transfer you to Lisbon (around 1 hour) and drop you off at your hotel or the airport for your flight home. We definitely suggest spending at least a day or two exploring Portugal's incredible capital city.

Breakfast

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 road bike in good mechanical order.

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

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