

Kat's Great Adventures

Portugal – Lima Valley Bicycle Tour 2022
Self-Guided Tour
8 Days / 7 Nights



Cycling in Portugal's Lima Valley is the perfect way to discover the unspoiled Lima Valley where you will find warm-hearted people and tasty food and wine. Whether you cycle alone, with friends or family, you can enjoy the unique alliance between nature and manmade landmarks. The local culture and proud sense of tradition finds expression in many different forms: through handicrafts, music and dancing, gastronomy, religious festivals and numerous creative and recreational activities. Discover the identity, history and the verdant beauty of the Lima Valley.

Itinerary Day to Day

Day 1: Arrival to Porto

Private transfer from Porto to Ponte da Barca. In person welcome briefing.

Day 2: Ponte da Barca to Crasto – Ponte da Barca 20 km

On the first day visit the “Land of Nobrega” and discover the landscape of the interior of the Lima Vallay and two of the most important medieval monasteries in the region, Crasto Monastery and Bravaes Monastery, before returning to your hotel in Ponte da Barca.

Day 3: Ponte da Barca to Ponte de Lima 18 km

On the second day, you will follow the river downstream, leaving Ponte da Barca and arriving in Ponte de Lima via the riverside cycle path.



Day 4: Ponte de Lima – Bertandos Lagoons – Ponte de Lima 30 km

Explore the medieval town of Ponte de Lima and the Lagoas Nature Reserve. You will pass a famous watermill in Estoraos and the medieval chapel of Espirito Santo in Moreira do Lima.

Day 5: Ponte de Lima – Freixo – Ponte de Lima 38 km

Today's tour takes you along secondary roads to the village of Freixo. From there it is just a short distance to reach the Way of St. James. From there the yellow arrow will guide you through Correlha to end this journey back in Ponte de Lima.

Day 6: Ponte de Lima – Viana do Castelo 25 km

This cycling day links the towns of Ponte de Lima and Viana do Castelo at the mouth of the Lima River. Cross the Eiffel Bridge to arrive in the city centre, allowing plenty of time to discover the treasures of this medieval city.

Day 7: Viana do Castelo – Montedor – Viana do Castelo 30 km

This tour follows part of the Atlantic Route to the Montedor Lighthouse. From there, you'll climb to the top of the iconic Santa Luzia Mountain, from where you can admire the entire Lima Valley and the town of Viana do Castelo. Some people say that is the best viewing spot in Portugal.

Day 8: Departure

Private transfer from Viana do Castelo to Porto



Route



Technical Characteristics:

Tour Profile: Easy. This tour doesn't require any special preparation although you should be reasonably fit and in good health as there may be some small hills. The aim is to provide a leisurely experience with time to appreciate your surroundings.

Distance: 161 km

Travel Season: Daily departures from March 1 to October 31, 2022
Low Season: March 1 – June 30 and September 16 - October 31
High Season: July 1 – September 15



Price per Person:

Double Occupancy B&B Low Season	€ 790.00
Double Occupancy B&B High Season	€ 840.00
Single Supplement B&B Low Season	€ 240.00
Single Supplement B&B High Season	€ 260.00
Half Board Option (7x dinners, drinks included)	€ 198.00
E-Bike Upgrade	€ 175.00
Extra Nights Oporto Double Occupancy B&B	€ 65.00
Extra Nights Oporto Single Occupancy B&B	€ 95.00

Accommodation:

3* hotels with private washrooms

Included:

- 7 nights of accommodation with breakfast included
- 6 days bike rental (16 speed MTB bike with 29" wheels + panniers + helmet)
- Luggage transfer between accommodations
- GPS track using an app (you will need a smartphone)
- Private transfer from Porto to Ponte da Barca on day 1
- Private transfer from Viana do Castelo to Porto on day 8
- Journey documentation
- In-person welcome briefing
- 24/7 Emergency support

Not Included:

- Lunches and dinners
- Insurance
- Touristic taxes
- Personal equipment
- Other personal expenses
- All item not mentioned in "Included"

Bikes

Hybrid Bike

Cannondale Trail 5



E-Bike

BH Rebel Lynx 5.5

