

- Visit Cabo de Sao Vicente, Europe's most south-westerly point known as the 'Sacred Promontory'
- Bird-spotter's paradise; endemic and migratory species from Europe and North Africa
- Superb variety of hotels, all with pools and great regional cuisine
- Peaceful cycle routes; contrasting coast and the lush green interior
- Sagres and Lagos - beautiful coastal towns with a rich maritime history

Is This Trip for You?

EXCELLENT CHOICE FOR

Food lovers, wine lovers, flora & fauna, bird spotting opportunities, art & history, swimming opportunities, couples, coastal routes

Classification: Self-Guided

Average daily distance on move on days: 40km (25miles).

No. of days Cycling: 3

Terrain: Mostly gently undulating with a couple of short but steepish descents/climbs. Routes mainly follow a mix of coastal paths, tracks, woodland trails and country roads.

Vehicle Support: This is a self-guided trip for those who prefer to cycle independently, but with our assistance to take out the stress of the logistics and planning. We arrange your accommodations, provide you with a map and route notes so that you can cycle at your own pace.

It is important that you are happy reading maps and following route notes, we make these as accurate as possible and they are regularly checked.

As this is a self-guided holiday there is no group and no leader. There may be others on the same departure date as you, but you will not be organised together. The route notes contain a 24-hour emergency assistance telephone number should you need it and in emergencies, the local representative is normally able to dispatch a taxi or pick you up themselves. They may wish to charge for this service.

Group

As this is a self-guided holiday there is no group and no leader. A local representative is on hand to assist you and will meet you at the beginning of the week to set up your bike and go through the route notes and point out particular places of interest. Your luggage is transferred and route notes and maps are provided. The route notes contain a 24-hour emergency assistance telephone number. In an emergency, the local representative is normally able to dispatch a taxi or pick you up themselves. They may wish to charge for this service.

Adult min age: 18

Child min age: 8

Child max age: 17

Itinerary

Day 4

Lagos to Pedralva

You have a choice of routes today, with both taking you along the promenade at Lagos, before heading inland to Odiaxere where you can choose a shorter option that has fewer climbs and takes you through lovely villages on winding roads, giving you a real insight into local life. The longer route takes you past the beautiful Bravura reservoir and pretty alpine-like hamlets and meadows, meeting the coast in picturesque Carrapateira. Then it's on to Pedralva, a village where each house has been restored to create individual hotel rooms. **(Staying at Aldeia da Pedralva, Half Board)**

Meals included: Breakfast, Dinner

Distance covered: 52 km / 33 miles

Day 5

At Pedralva

Aldeia da Pedralva is a wonderful rural retreat and you could easily spend the day relaxing in the village. If you fancy doing more you can follow one of our routes taking you out along the cliff tops with great views of the coast, or return to Carrapateira to visit the Land and Sea Museum and have a leisurely lunch. **(Staying at Aldeia da Pedralva, Half Board)**

Meals included: Breakfast, Dinner

Day 6

Pedralva to Sagres

There's two options today but both routes are fairly short allowing you time to visit the lighthouse at Cabo de Sao Vicente and Sagres Fortress, built by Henry the Navigator. The longer route is on off-road tracks passing holm oak forests. Both routes give great views of the Serra de Monchique passing through Vila do Bispo, a nice lunch stop with its beautiful 17th century church. From Vila do Bispo head out across the Vicente peninsula to Cabo de Sao Vicente and the southwestern tip of Europe before following the coast road back to Sagres. **(Staying at Hotel Memmo Baleeira, Breakfast Only)**

Meals included: Breakfast

Distance covered: 30 km / 19 miles

Day 7

Leave Sagres

Meals included: Breakfast

All ascents, descents and distances listed above have been measured by our local partners or tour leaders. Please note that different GPS measuring devices can give differing results dependent on the barometric pressures at the time. Measurements stated throughout these trips notes are given to help you understand the types of terrain and distances you will encounter.

Accommodation

Hotels



We have hand-picked three wonderful hotels all with their own charm. These include a modern 4-star design hotel perched on a cliff in Sagres, a 4-star hotel in Lagos full of Portuguese colonial charm and a hotel in Pedralva, where the village houses have been rustically renovated to create individual rooms. All hotels have pools with Sagres and Lagos boasting covered ones. Most evening meals are included so you can dine on the freshest salads, seafood or excellent meat accompanied by tasty cheeses and chouricos, washed down with a selection of Portuguese wines.

Where a single supplement is available, paying for a single only guarantees a room for single use. It does not always mean a twin or double room will be provided for sole occupancy.

Single supplement from \$288.30 USD

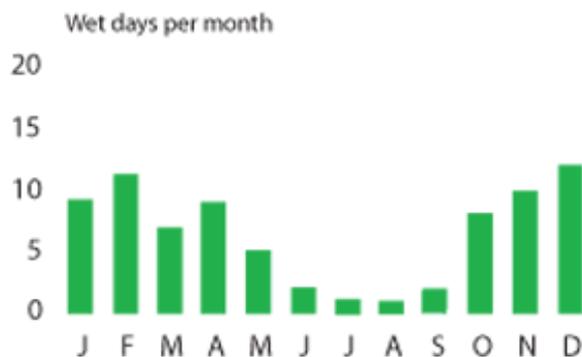
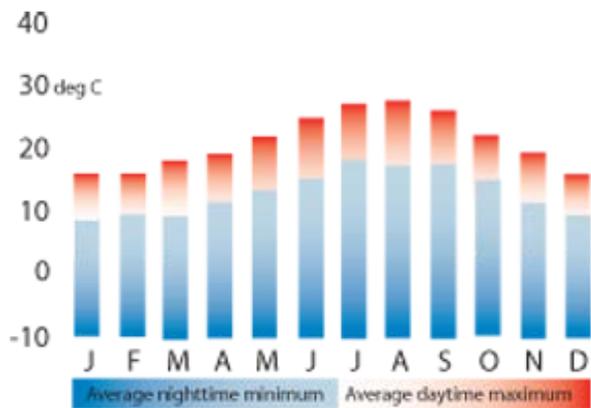
Food & Transport

Eating & Drinking

All continental breakfasts and 5 evening meals.

The local speciality from the sea is the Barnacle Perceve, this is not taken from the bottom of boats but the bottom of submerged local cliffs, it is harvested by hand using a dangerous and traditional method, which involves one of the two collectors dangling by a rope from the top of the cliffs! They are a bit of a delicacy not too dissimilar to mussels. Away from the sea the dried hams, salamis and chouriço are as good as anything that Spain or Italy can produce. The strange sounding bread sausage Alheira is very good, invented by the Portuguese Jews during the Inquisition to avoid persecution, bread and non-pork products are used. Good quality meat is also on the menu, beef and pork are of a high quality and lamb in season is superb. Vegetables are plentiful and with big harvests of almonds and oranges, fruits are in good supply alongside another local vegetable, the sweet potato.

The Algarve's other surprise is the quality of cheese; from mild to strong using cow, goat or sheep milk there is a great range of cheeses for all tastes, Queijo de Cabra do Algarve, is a particular favourite.



Practical Information

Passport

Portugal

All nationalities require a full passport that must be valid beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Visa

Portugal

No visa required for SQ?passport holders.

For further travel advice please visit [rfc_S,Q,QrrcBcnprkclrmlfrnq8--uuu,qrrc,emt-rptcjcpcq-](https://www.gov.uk/foreign-travel-advice/portugal)

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

Vaccination

Portugal

There are no specific health risks.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: Centers for Disease Control C.D.C at <https://wwwnc.cdc.gov/travel>

Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the USA we strongly recommend the Travelex Travel Select travel insurance policy, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

Local Time

Portugal's Timezone: Europe/Lisbon WEST (GMT +01:00)

Electricity

Portugal's Electricity: European 2-pin plug.

Money

Portugal's Currency

The national currency of Portugal is the Euro (EUR), with an exchange rate at the time of publication of approximately 1.2 to the UK£ and 0.9 to the US\$.

Exchange rates are correct at the time of publication.

ATM Availability

ATMs are widely available, but we recommend taking some Euros cash with you in case you can't get to a bank at the start of the trip. Cards are widely accepted.

Extra Expenses & Spending Money

You will need spending money for meals not included in the itinerary and all drinks. We suggest €25 per day to cover a few drinks if not then €10 per day. On the days where lunch or dinner is not included expect to spend €10-€15 for lunch and €15-€35 for dinner.



Responsible Tourism

At Breakaway we believe in the power of Responsible Travel.

Every time we travel, we are part of a global movement that creates jobs, builds more sustainable societies, encourages cultural understanding and safeguards common natural and cultural heritage. To learn more about what Responsible Travel means to Exodus click [here](#)...

Exodus Community

Join the Exodus online community

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Community you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

Important Information

On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorise them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 14 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

On all trips

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Breakaway office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

TRAVEL AWARE -STAY SAFE & HEALTHY ABROAD

The Foreign & Commonwealth Office and the NHS have up-to-date advice on staying safe and healthy abroad. For more on security, local laws, plus passport and visa information, see <https://travelaware.campaign.gov.uk/>

Keep informed of current travel health news by visiting <https://travelhealthpro.org.uk/>

Advice can change so check regularly for updates.

For all latest travel information about your holiday, please visit our Travel Safety Advice page.



How to Book

Ready to book? Please contact your travel agent