



★★★★★ (5)

## Central Portugal

### THE GREEN HEART AROUND COIMBRA.

Great bike tours between Costa Prata and the foothills of Serra de Estrela. You cycle through green and hilly landscape, with many rivers, streams, lakes and fantastic views, named "Miradouros". In this area, which is named "Pinhal Interior" because of its many pines, yellow boxes, cork- and durmast oaks, citrus fruits, olives and small vineyards are growing. In spring plenty mimosas put forth here. A farmer with donkey is in this surrounding not uncommon. Many inhabitants are living from their harvest. Centuries-old "Quintas" (farm houses) and country estates are restored in authentic style, in parts you stay overnight in such houses. You travel along the coast with its wild and high waves and homelike fisher villages as Praia de Mira. To make a long story short: it is a diversified bike tour which offers Portuguese silence, space and authenticity. Of course you can visit also Coimbra: the cultural pearl with great old city, beautiful parks, river Mondego and ancient University in Manuelino architectural style. The students are wearing still their traditional "capas negras" (black cape). This is the city, where the Fado is sung from men only and where it sounds more adorable and more charming as in Lisboa. Tired from all those impressions you rest in a café at the "Igreja Santa Cruz" on square "8° de Maio" where you think of all efforts which the mountain villages along the Serra de Lousã caused.

## Challenging



8 Days / 7 Nights



Self-guided Tour



Minimum number of participant 2

## To the online version



# Itinerary

DAY  
1

## *Arrival in Vila Nova de Poiares*

You will be welcomed in „Quinta no Pinhal“. This Quinta is located on the brink of the forest and a little bit outside of village Vila Nova de Poiares. Possibility to try your bike and to talk to your hosts.

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DAY  
2

## *Rountrip Vila Nova de Poiares* | approx. 40/50 km

Today you get to know the landscape of Beira Litoral: slightly hilly terrain, a lot of green and a lot of water. You cycle along Barrier Lake “Barragem das Fronhas”, one of many barrier lakes in Portugal. At the end of this tour you can try your climbing skills in Moura Morta. Overnight stay in “Quinta no Pinhal”.

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DAY  
3

## *Vila Nova de Poiares – Lousã* | approx. 50 km

You cycle from Vila Nova de Poiares to Ceiro dos Vales. Mostly you follow Rio Ceiro. Along the route possibility to take a bath in the river in Casal de Ermio/Praia Fluvial. You continue to Lousã which is located at the foothills of Serra de Lousã. This area offers green mountain landscapes, many trees, a lot of water and a palace from 10th century which is surrounded by small chapels. When you enter the villages you can visit “Casa de Cima” and “Casa de Quinto do Cano”, two luxury manor houses from 17th and 18th century. Overnight stay in “Além do Ribeiro”.

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DAY  
4

## *Roundtrip Lousã* | approx. 15-60 km

Today you can choose between two routes. You can go along a short route of 15 to 20 km to a nature bath in the near of a fortress. Or you make a longer tour of 60 km into Serra da Lousã up to an elevation of 1.200 m, where you can enjoy pure silence and a clear view onto Central Portugal, from the Atlantic Sea to Serra da Estrela. A tour which leads along lonesome mountain villages with old houses and offers beautiful views. The descent leads along unpaved roads back onto the road of Goís-Lousã. Overnight stay in “Além do Ribeiro”.

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DAY  
5*Lousã –Laurenco de Bairro* | approx. 60 km

This tour leads from Ceira dos Vales to São Laurenco de Bairro. You pass village Penacova, which is located high above Rio Mondego and continue to national park Buçaco. Along your way see numerous springs, many villages, olive groves, fruit orchards and stone pines. In Serra do Buçaco you will find Mata do Buçaco, a forest with a size of 105 hectare. It is fenced by a wall with a length of 5 km and 11 gates. From Luso, a health-resort which is well-known for its sanative water you cycle through the wine region of "Bairrada". Goal of today is Quinta de São Lourenço.

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DAY  
6*Laurenco de Bairro* | approx. 70 km

Today you will cycle through pine forests via Mira to Praia de Mira, broad and sandy beaches await you. The village was called Palheiros de Mira before, due to the typical houses built on piles. Some of the fishing-men still carry out the traditional fishing with nets. In summer it is a popular beach resort. Overnight stay in Quinta de São Lourenço.

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DAY  
7*Laurenco de Bairro – Vila Nova de Poiares* | approx. 25/70 km

You go by bicycle or take the train to the ancient University City Coimbra and then continue on the bike past old villages, some of them are already deserted, and along paddy fields at Gandara through the valley of Mondego to Quinta no Pinhal.

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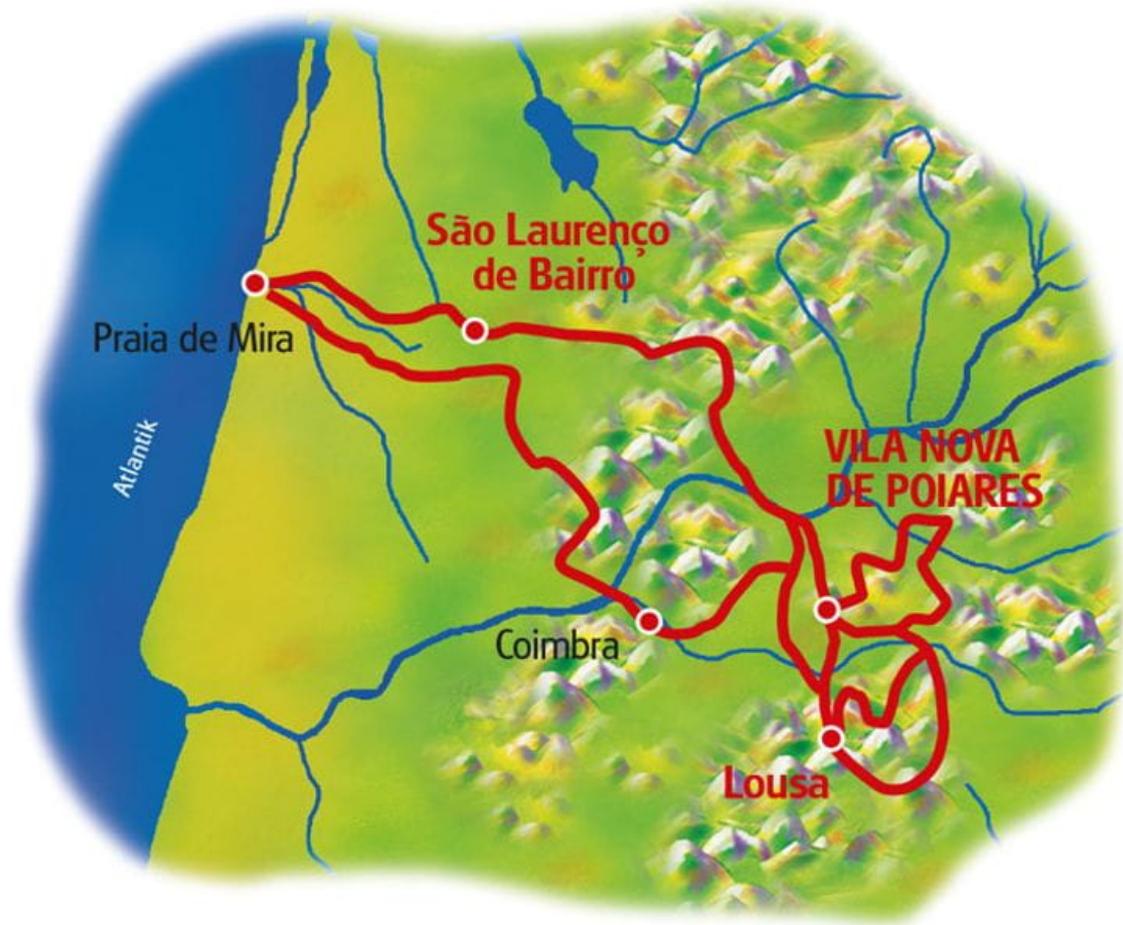
DAY  
8*Departure or extension*

After breakfast your bike tour ends or you enjoy some additional nights in Coimbra!

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# Tour character

Flat coastal roads and hilly sections. Also climbs, but easier alternatives are available. Asphalted roads.  
Sometimes a little bit exhausting, but it is worth it!



# Prices and events

*Place of arrival: Vila Nova De Poiares*

	<b>Season 2022 1</b> 01.03.2022 - 31.03.2022   01.10.2022 - 31.10.2022   daily	<b>Season 2022 2</b> 01.04.2022 - 30.06.2022   01.09.2022 - 30.09.2022   daily	<b>Season 2022 3</b> 01.07.2022 - 10.08.2022   daily
<b>Central Portugal, 8 days, PO-PMRPP-08X</b>			
Base price	499.00	549.00	629.00
Surcharge half board 7x (evening meal: mostly multi-course, sometimes outside the property, payable with voucher)	185.00	185.00	185.00
Surcharge single room	239.00	239.00	339.00

# Additional nights

*Place of arrival: Vila Nova De Poiares*

	<b>Season 2022 1</b> Mar 1, 2022 - Mar 31, 2022   Oct 1, 2022 - Oct 31, 2022   daily	<b>Season 2022 2</b> Apr 1, 2022 - Jun 30, 2022   Sep 1, 2022 - Sep 30, 2022   daily	<b>Season 2022 3</b> Jul 1, 2022 - Aug 10, 2022   daily
<b>Vila Nova De Poiares</b>			
Double room p. P.	39.00	39.00	39.00
Surcharge single room	35.00	35.00	35.00

# Our rental bikes

*Filter*

<b>27-gear gents trekking</b>	8900
<b>27-gear unisex trekking</b>	8900
<b>Electric bike</b>	13900

Prices per person in EUR

## *Services and infos*

### Services

#### Included:

- Accomodation as already mentioned
- Breakfast
- Lunch package for the route (6x)
- Welcome briefing (German, English)
- Luggage transfer between the Quintas
- Detailed travel documents 1x per room (GER,EN)
- GPS-data available
- Service hotline

#### Optional extras:

- Half board evening meal (multi-course), in Caniço and Funchal incl. drinks (house wine, beer, soft drinks and water)
- Transfer possible upon request – per ride approximately
- Airport Porto (until 4 Persons) EUR 149
- Airport Lisboa (until 4 Persons) EUR 199
- More than 4 Persons on request

### Infos

#### Arrival / Parking / Departure

- Coimbra train station
- Porto or Lisboa airport
- Free parking at the Quinta, reservation is necessary
- Good bus connections from Coimbra to Vila Nova de Poiares EUR 4, Taxi approx. EUR 30 or transfer EUR 29 per person

#### Things to note:

- Tourist tax, if due, is not included in the price!
- Further important information according to the package travel law can be found [here!](#)

# Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



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**Book now**

