

# Portugal Gravel



**BikePlusTours**



Join us in May 2024 for a scenic journey through southern Portugal. We'll ride in the hills and along the coast on unpaved logging roads, farm tracks and quiet tarmac roads.

As usual with our trips, we will be staying multiple nights in each hotel so you won't have to pack and unpack every day.

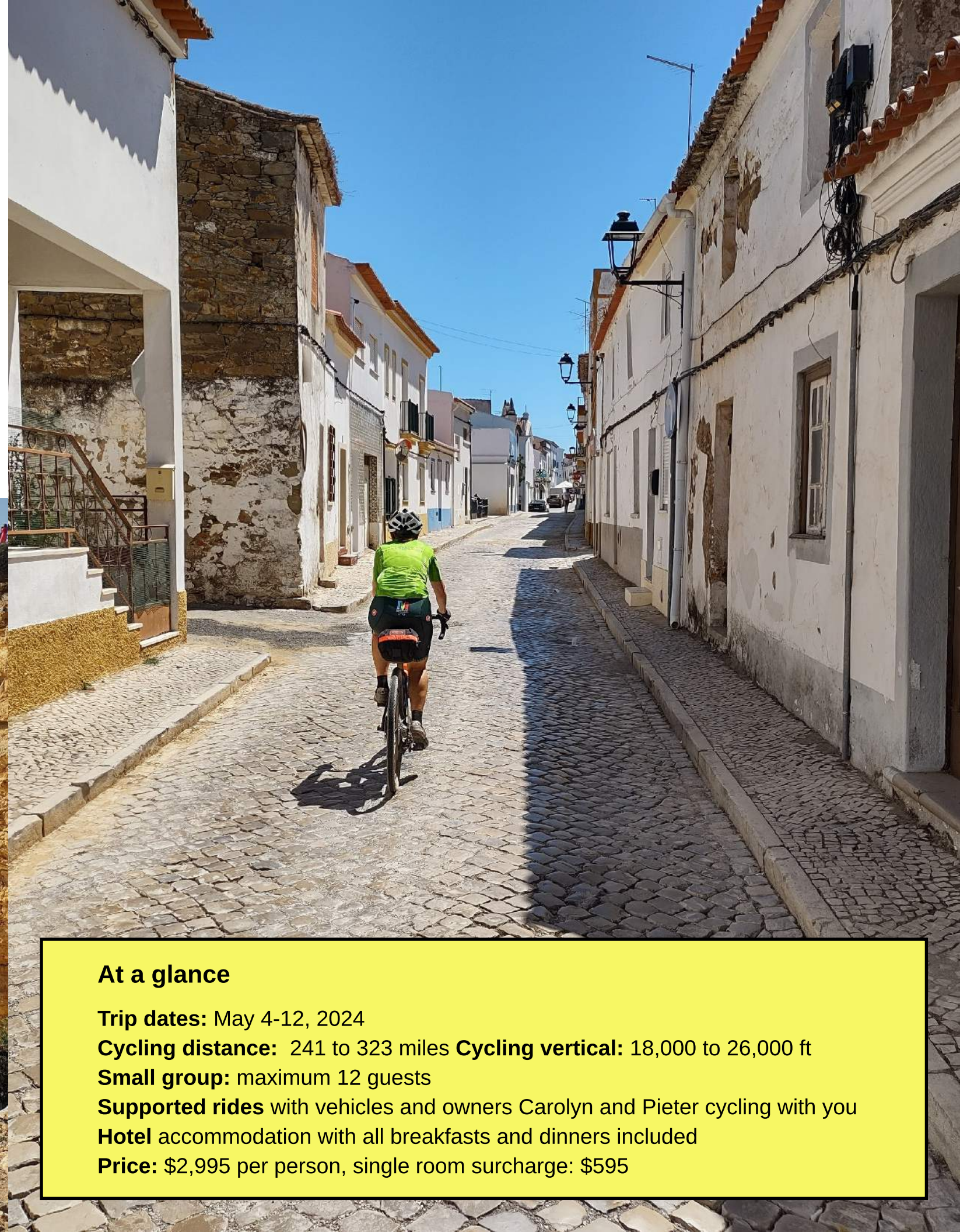
To show you the diversity of the region, we have selected three very distinct locations for the overnights stays. The first two nights will be spent in a typical 'quinta', a converted farm in the countryside of the Algarve region. The next three nights will be at the marina of Lagos, a resort town on the south coast which is known for its historic center and lively atmosphere. It is

surrounded by beautiful coves with impressive cliffs and sea caves. After cycling along the wild Atlantic coast, you will stay for two nights in picturesque Vila Nova de Milfontes in a beach hotel in the historic center.

All breakfasts and dinners are included. Portuguese food is delicious and based on simple but fresh ingredients.

We have gravel bikes available for rent if you don't have a suitable bike or prefer not to travel with a bike. Please contact us for details.

Our support van will be there to assist you. We offer different ride options in terms of length and difficulty on all days, except for the two days where we are cycling to the next hotel.



### At a glance

**Trip dates:** May 4-12, 2024

**Cycling distance:** 241 to 323 miles **Cycling vertical:** 18,000 to 26,000 ft

**Small group:** maximum 12 guests

**Supported rides** with vehicles and owners Carolyn and Pieter cycling with you

**Hotel** accommodation with all breakfasts and dinners included

**Price:** \$2,995 per person, single room surcharge: \$595





## Itinerary and Elevation Profiles

**Friday May 3rd, or before:** Overnight flight to Lisbon

**Saturday May 4th:** Arrival in Lisbon and group transfer to our hotel (3 hrs)

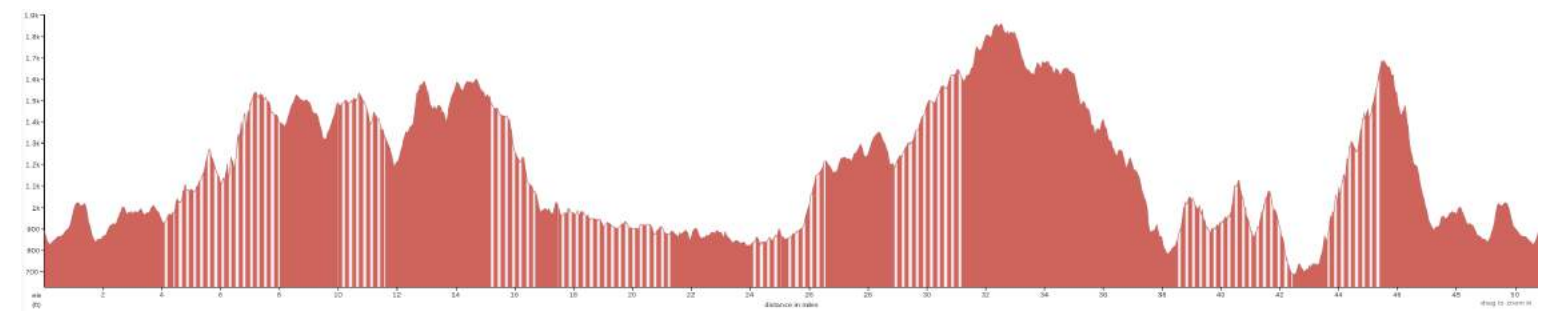
We'll be there to greet you at Lisbon airport. Our private bus will take you to Quinta do Freixo, an old farm in the interior of the Algarve which has been converted into a comfortable hotel. Time to relax by the pool or go for a short hike.

**Sunday May 5th:** Remote Algarve and Alentejo villages

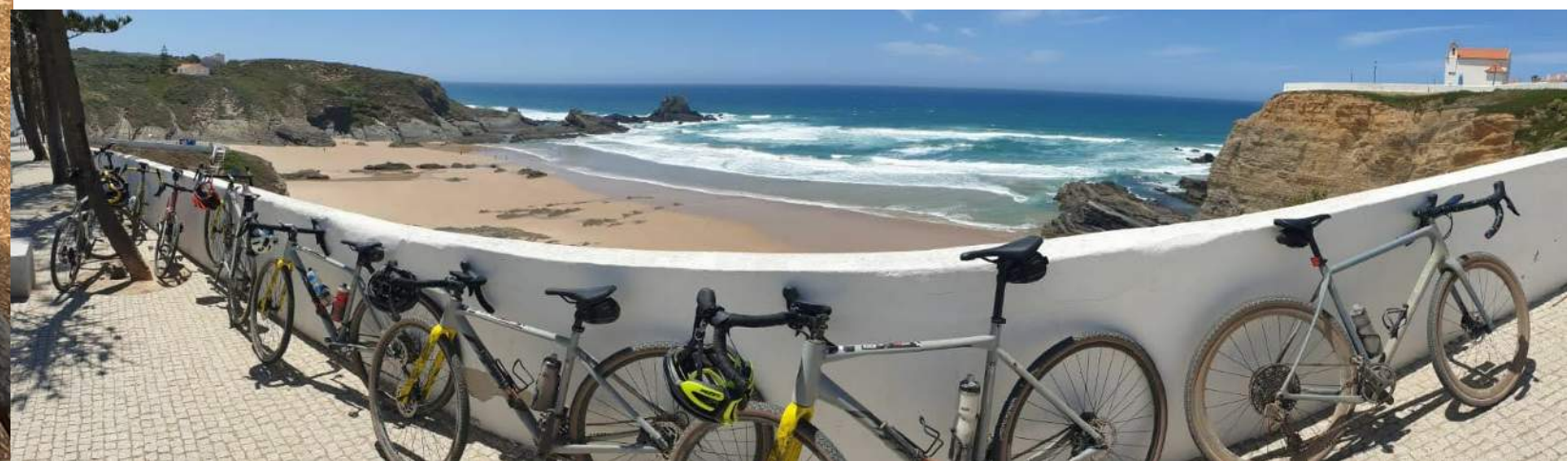
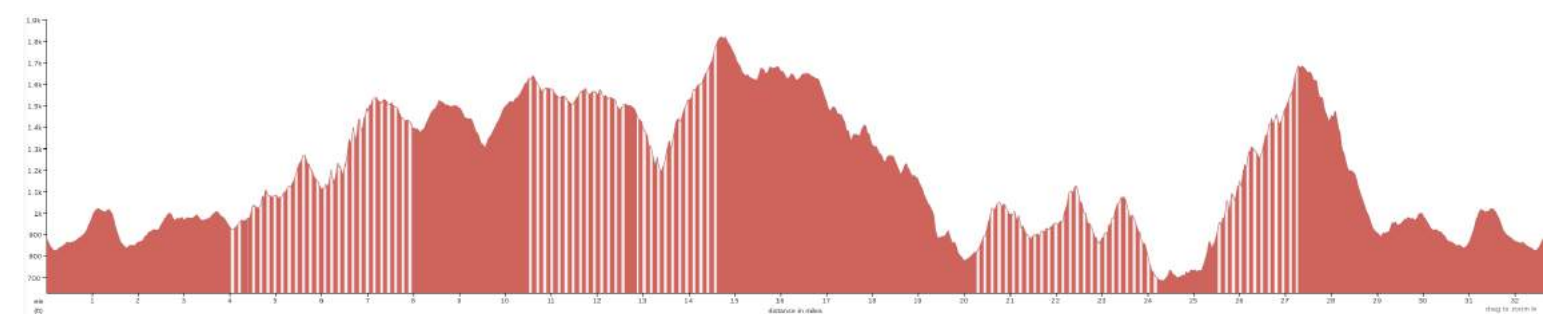
Today's ride crosses from the Algarve into the Alentejo region and back again via small roads linking remote villages and farms. There are two route choices today. All routes include one of our favorite roads, a roller coaster type descent from Pico do Mu on perfect tarmac with spectacular views. The hardest climb of the day is a very tough gravel stretch near the end of both routes but it can easily be avoided if you'd rather go straight back to the hotel.

Below are the profiles of the routes with gravel sections shown as stripes.

Long Route: 54 miles / 7,500 ft vertical



Short route: 31 miles / 4,800 ft vertical



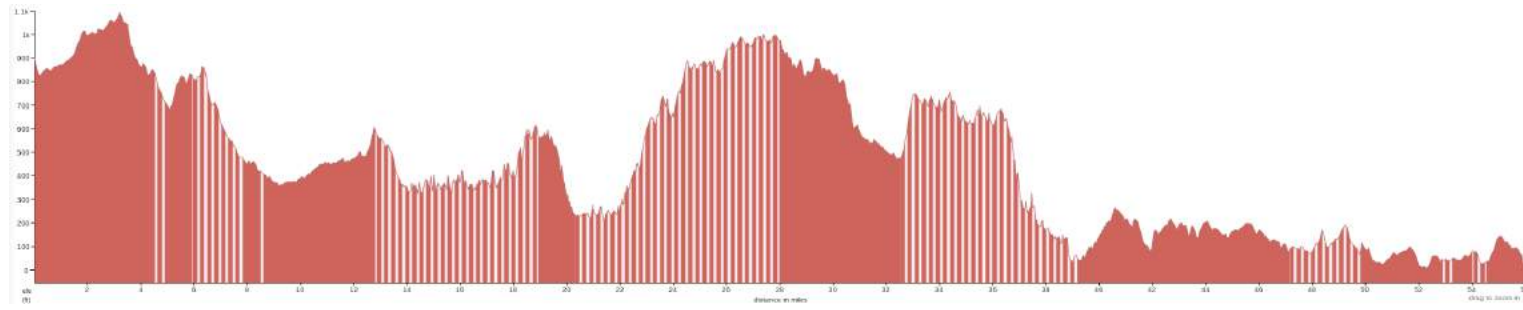


**Monday May 6th:**

**Along the lakes to the coast**

We will follow the remote roads around the Algarvian water reservoirs on our way to Lagos. There are some short but steep gravel climbs on the way as well as some remote paved byways.

Distance: 56 miles / vertical: 4,000 ft

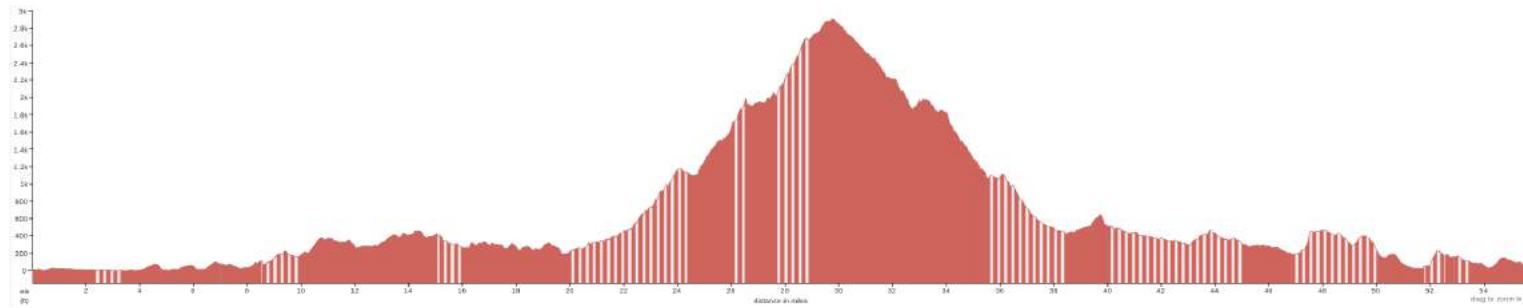


**Tuesday May 7th:**

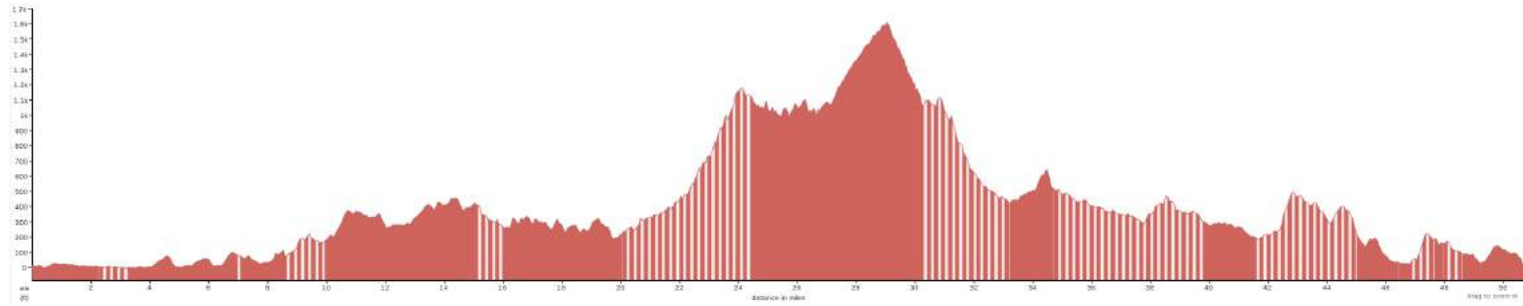
**To the top of the vulcano**

The long ride today goes from sea level all the way to the summit of an extinct vulcano. Just shy of 3,000ft altitude, Alto da Foia is the highest point of the Algarve. There are spectacular views of the south and west Atlantic coastline from there. The shorter options go partially up the side of the vulcano. All routes include the paved roads around the Formula 1 race circuit.

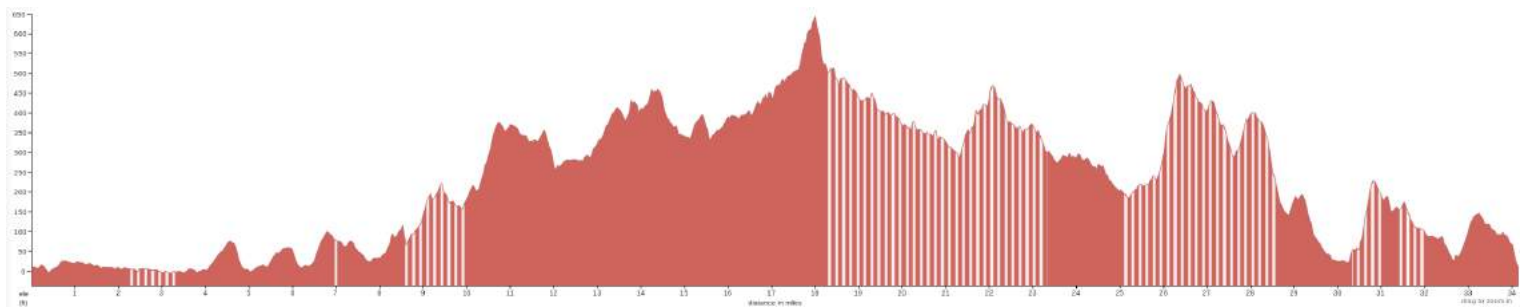
Long route: 56 miles / 6,400 ft



Medium route: 51 miles / 5,100 ft



Short route: 34 miles / 2,700 ft







**Wednesday May 8th:**

**Rest Day**

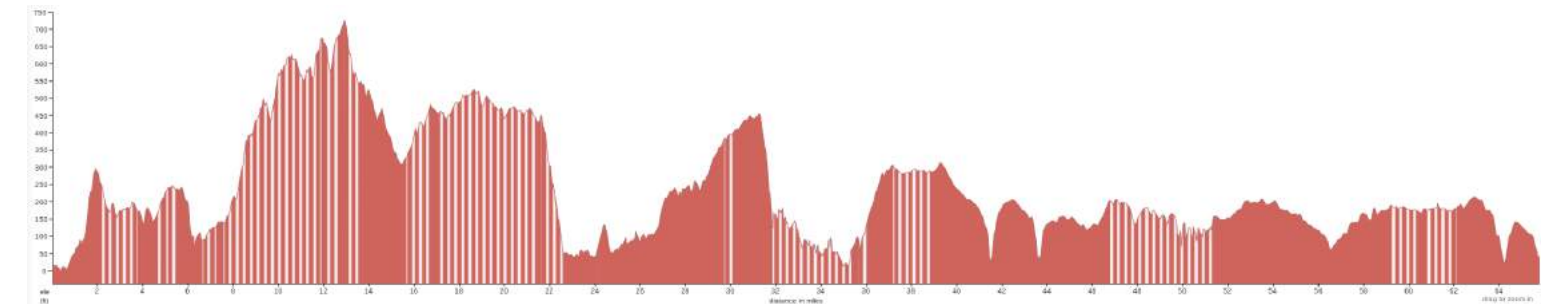
Time to recover! We highly recommend a spectacular kayak tour along the cliffs. You can spend the rest of the day at the hotel's pool or enjoy the sights of Lagos.

**Thursday May 9th:**

**Over the hills and along the coast**

We'll turn quickly onto gravel today, with a lot of unpaved climbing in the early part of the ride. There are great ocean views in the second half of the ride. The highlight of the day will be the sandy road high along the ocean cliffs.

Distance: 66 miles / vertical: 4,000 ft

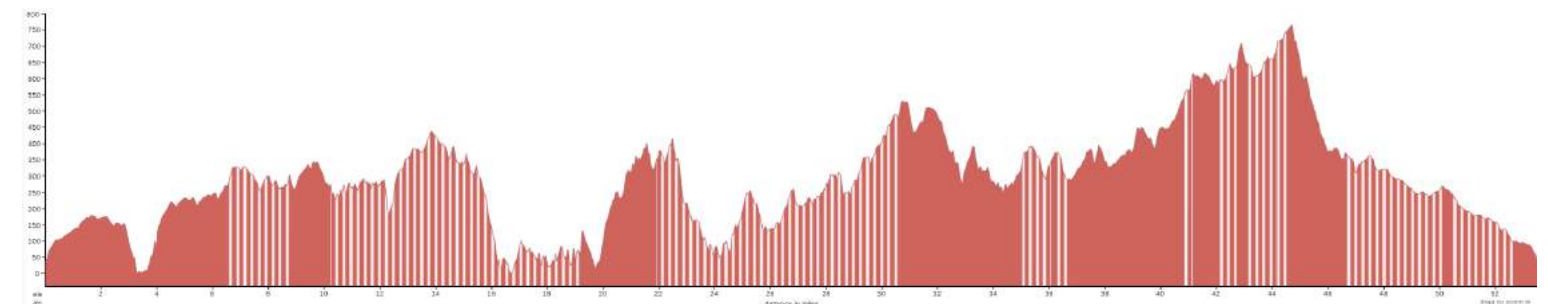


**Friday May 10th:**

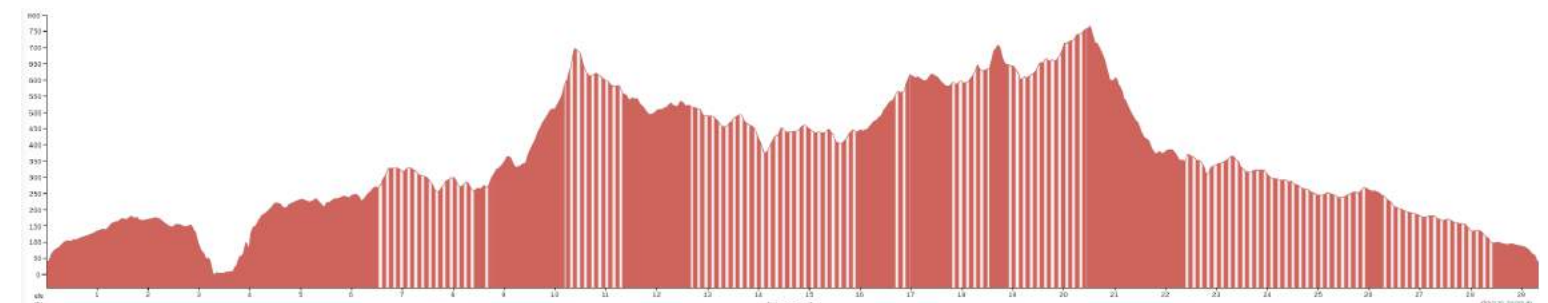
**Exploring the Alentejo region**

There are two routes today, both along small rural roads and farmtracks. The long route passes by Odemira, the capital of the region as well as some sleepy villages. Along the way there are some roadside cafes for a cold refreshment.

Long route: distance 51 miles / vertical 3,800 ft



Short route: distance 36 miles / vertical 2,300 ft





**Saturday May 11th: Early ride and afternoon transfer**

We'll go for a beautiful 26 mile ride in the morning with great coastal views. Back at the hotel we'll shower, pack the bikes (if you brought your own) and have lunch. A private bus will take us to our hotel in Lisbon in the afternoon. We'll have a celebratory dinner tonight to mark the end of our trip.

**Sunday May 12th: Flight home**

The hotel shuttle will take you to the airport for your flight home.



**Why BikePlusTours?**

- 20 Years of experience in organizing performance cycling trips
- Routes that combine famous climbs with beautiful local byways
- Multiple nights in each hotel so more relaxing and less packing
- Small group size
- Owners Carolyn and Pieter are with you on every trip
- Great value







## Renting a bike

We have a fleet of gravel bikes available for rent. They have aluminum frames with disc brakes, wide tires and small gears for the steep climbs.

The bikes will be delivered to our first hotel on Sunday morning before our first ride and will be picked up on Saturday morning after our final ride.

The price is \$300 for the whole trip. Please inform us when booking if you would like to rent a bike and let us know your size. You will have to bring your own pedals, gps bike computer and mount.



## Bringing your own: What bike, tires and gears?

Although half of the mileage on our route will be on paved roads, you will spend most of the time on gravel roads. Not only is cycling speed lower on gravel, but most of the climbing and descending on route is on gravel. Descending on gravel is often not much faster than climbing!

We recommend a gravel specific bike with tires of at least 35mm width and ideally 40-45mm. In general, wider tires are more sluggish on paved roads whereas narrower tires decrease grip on gravel. There are also some sandy sections where wider tires work best.

Every ride includes short but very steep climbs (sometimes over 20%), mostly on gravel so very small gears are in order. We recommend gearing as low as you can get, definitely easier than 1:1. We're happy to discuss your setup with you if you are unsure.



### Our package includes:

- Group airport transfers to and from Lisbon airport for you, your luggage and your bike
- Support vehicle during the rides and Carolyn and Pieter guiding on bikes
- 8 nights of hotel accommodation in air conditioned rooms
- All breakfasts and dinners, lunches on Sunday and Monday
- Water, snacks and fruit on the rides
- GPS files of all rides

### Excluded items:

- Flights
- Rental bike (\$300 for the whole trip)
- Travel and medical insurance
- Lunches (except on Sunday and Monday), drinks, guide gratuities and personal expenses

**Price:** \$2,995 per person in a shared double room, single room surcharge: \$595

**Please e-mail Carolyn and Pieter for more information and booking:**  
[info@bikeplustours.com](mailto:info@bikeplustours.com)



We reserve the right to change this itinerary due to availability of accommodation, road closures and conditions, weather or other unexpected circumstances.

Our trips are for experienced cyclists with good bike handling skills.





## About BikePlusTours

We are a small company owned and operated by Carolyn and Pieter Maessen.


BikePlusTours was born out of a desire to share our love for cycling on the great mountain roads of Europe with our guests. We have been organizing group cycling trips since 2002 and we feel very lucky that our hobby has become our profession.

Pieter has been a cyclist all his life. He has competed in junior and elite races in his native Netherlands as well as in Belgium, Germany and the USA. Although more of a classics rider than a climber, Pieter has had a passion for cycling in the mountains ever since riding up Passo dello Stelvio at age 16.

Carolyn has had a lot of success as a triathlete. She was a sponsored athlete for seven years and has won races in every distance from sprint to Ironman. She has competed in World Championships in Ironman in Kona (Hawaii), Ironman 70.3 in Las Vegas (Nevada) and Sprint Triathlon in London (UK).

Please get in touch with us if you would like more information about our trips.

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