CASCAIS & ESTORIL

COASTLINE



GUINCHO (Beaches, Nature & Heritage)

By avoiding the busy roads we'll pass by some of the region must-sees and stunning coastline: Cresmina Dunes, Abano Beach, Abano Fortress, Cresmina Beach, Oitavos Fortress.

Following the cycling path, we will discover the main points of interest of the city of Cascais including historical buildings, beaches and museums, such as: Casa da Guia, Boca do Inferno. Cascais Marina. Cascais Citadel Palace. Fisherman's Beach & Tamariz Beach.

This is a perfect tour to enjoy as a family.

The ride distance depends of the number of children and the pace of the riders.











Monuments and museums entry fees not included.



*Luch box included.

THE CASCAIS E-BIKE TOURS

There may be many things in life that you can skip, but certainly not our tours, Cycling in Cascais bike tour will make you discover one of the beautiful regions in Portugal and realize how fantastic it is

If you're coming with family or friends, the e-bike tours are one of the coolest ways to discover Cascais and its surroundings!

CONTACTS

- Q Rua do Clube 2, 2750-002 CASCAIS
- (+351) 913 293 784
- manuel.plantier@gmail.com
- Every day 9 a.m. 5 p.m.
- f /singlespeedbiketours





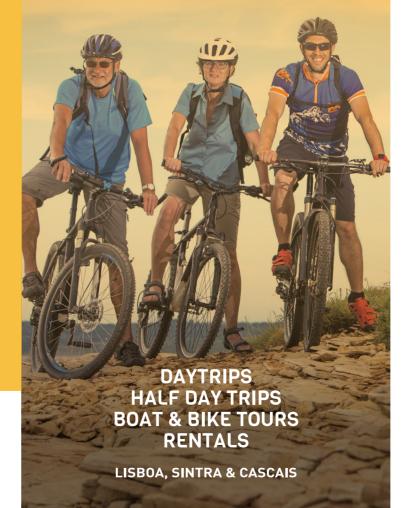








E-BIKE **TOURS**



BOAT & BIKE TOURS

BY THE RIVER



CASCAIS & ESTORIL COASTLINE

- Cabo da Roca, Cascais Coastline, Estoril Coastline, Ocean, Tejo River, Bugio Light House, Cascais Beaches.
- √ 20km



- Pick-up at Hotel



LISBON COASTLINE (Terreiro do Paco)

- Peninha, Cascais Coastline, Estoril Coastline, Ocean, Tejo River, Bugio Light House, Cascais Beaches, Lisbon Coastline, Torre de Belém, Ponte 25 de Abril, Cristo Rei and Terreiro do Paço.











Pick-up at Hotel

*Lunch box included

SINTRA

DAYTRIPS



OCEAN & VINEYARDS

- A Landscape, Coastline, Beaches, Natural Park, Praia das Macãs, Azenhas do Mar, Wineries & Vineyards, Adega Regional de Colares, Colares.
- 6 4h30 √ 45km
- Over 14 years old
- (a) 75€ p/pax* | 135€ Family Pack (2pax)* 2 Min. / 12 Max.
- Pick-up at Hotel
- *Wine tasting at Adega Cooperativa de Colares & lunch included.



SINTRA PARKS & PALACES

- A Landscape, Coastline, Beaches, Natural Park, Praia das Maçãs, Azenhas do Mar, Wineries & Vineyards, Adega Regional de Colares, Colares.

- **✓ 45km** Over 14 years old
- Pick-up at Hotel
- *Lunch include Refúgio do Ciclista Restaurant. (Unesco's World Heritage since 1995).



WEST COAST

- Cabo da Roca Convento da Peninha, Praia da Adraga, Mercado de Colares, Praia Grande (Dinosaur Coastal).
- 6 4h30
- √ 40km
- Over 14 years old
- 70€ p/pax* | 130€ Family Pack (2pax)*
 4 2 Min. / 12 Max.

- Pick-up at Hotel
- *Lunch box included for a Picnic.



SINTRA IN 3 DAYS

- Day 1: Ocean and Vineyards Day 2: Sintra Parks and Palaces Day 3: West Coast

- Over 14 years old
- (190€ p/pax* | 300€ Family Pack (2pax)* 2 Min. / 12 Max.
- Pick-up at Hotel

HALF DAY TRIPS



SINTRA DOWNHILL

- Peninha, Cabo da Roca, Guincho, Boca do Inferno, Cascais Coastline and Marina de Cascais.
- 2h30
- 20km
- Over 14 years old
- 6 50€ p/pax* | 90€ Family Pack (2pax)*
 2 Min. / 12 Max.

Pick-up at Hotel



PENINHA

- Anta de Andrenunes, Convento da Peninha, Pedras Gémeas and Convento dos Capuchos.
- 25km

 - Over 14 years old
- 45€ p/pax* | 80€ Family Pack (2pax)*
- 2 Min. / 12 Max.

Pick-up at Hotel



CABO DA ROCA

- Cabo da Roca, Biscaia, Coastline, Praia da Ursa.

- ✓ 25km Over 14 years old
- (a) 45€ p/pax* | 80€ Family Pack (2pax)* 2 Min. / 12 Max.

Pick-up at Hotel



CABO DA ROCA & PENINHA

- 3h30
- √ 30km
- - Over 14 years old
- (a) 60€ p/pax* | 100€ Family Pack (2pax)* 2 Min. / 12 Max.

- Pick-up at Hotel
- *Lunch box included for a Picnic.
- *All activities include: E-bike, Helmet & Water. 5€ per child in child seat. Monuments/Museums entry fees are not included in the price.