

# CASCAIS & ESTORIL

## COASTLINE



TUESDAY 2:30 p.m.

### 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.

🕒 3h 📏 25km 🟡🟡🟡 For all ages

💶 40€ p/pax\* | 70€ Family Pack (2pax)\* 🐾 2 Min. / 12 Max.

📍 Pick-up at Hotel

\*Lunch box included.  
Monuments and museums entry fees not 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

📍 Rua do Clube 2, 2750-002 CASCAIS

☎ (+351) 913 293 784

✉ manuel.plantier@gmail.com

🕒 Every day 9 a.m. - 5 p.m.

📱 /singlespeedbiketours



# E-BIKE TOURS



## DAYTRIPS HALF DAY TRIPS BOAT & BIKE TOURS RENTALS

LISBOA, SINTRA & CASCAIS

# BOAT & BIKE TOURS

## BY THE RIVER



UPON REQUEST

### CASCAIS & ESTORIL COASTLINE

📍 Cabo da Roca, Cascais Coastline, Estoril Coastline, Ocean, Tejo River, Bugio Light House, Cascais Beaches.

🕒 4h30 📏 20km 🟡🟡🟡 For all ages

💶 120€ p/pax\* | 220€ Family Pack (2pax)\* 🐾 4 Min. / 8 Max.

📍 Pick-up at Hotel



UPON REQUEST

### LISBON COASTLINE (Terreiro do Paço)

📍 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.

🕒 4h30 📏 70km 🟡🟡🟡 For all ages

💶 140€ p/pax\* | 260€ Family Pack (2pax)\* 🐾 4 Min. / 8 Max.

📍 Pick-up at Hotel

\*Lunch box included.











DAYTRIPS




OCEAN & VINEYARDS

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

 4h30  45km  Over 14 years old

 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

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

 4h30  45km  Over 14 years old


 70€ p/pax\* | 130€ Family Pack (2pax)\*  2 Min. / 12 Max.




 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).

 4h30  40km  Over 14 years old


 70€ p/pax\* | 130€ Family Pack (2pax)\*  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

 4h30  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




 50€ p/pax\* | 90€ Family Pack (2pax)\*  2 Min. / 12 Max.



 Pick-up at Hotel




CABO DA ROCA

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


 3h  25km  Over 14 years old




 45€ p/pax\* | 80€ Family Pack (2pax)\*  2 Min. / 12 Max.



 Pick-up at Hotel




PENINHA

 Anta de Andrenunes, Convento da Peninha, Pedras Gêmeas and Convento dos Capuchos.




 3h  25km  Over 14 years old



 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

 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.