

# CASCAIS & ESTORIL

## COASTLINE



### CASCAIS & ESTORIL COASTLINE (Beaches, Nature & Heritage)

By avoiding the busy roads we'll pass by some of the region must-sees and stunning coastline: **Duna da Cresmina, Praia do Abano, Forte do Guincho, Praia da Cresmina, Forte de São Jorge de Oitavos.** 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, Marina de Cascais, Palácio da Cidadela de Cascais, Praia dos Pescadores e Praia do Tamariz.** 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.

🕒 2h30 📏 20km 🟡🟢🟠 For all ages

€ 50€ p/pax\* 🐾 4 Min. / 8 Max.

📍 Meeting Point: Hotel

\*Include: Helmet, bottle of water, bilingual guide and your ebike.

5€ per child in child seat.  
Monuments/Museums entry fees are not included in the price.

## 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

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🕒 Every day 9 a.m. - 5 p.m.

📱 /singlespeedbiketours



# E-BIKE TOURS



DAYTRIPS  
HALF DAY TRIPS

LISBOA, SINTRA & CASCAIS

# LISBOA

## BY THE RIVER



### LISBON BY THE RIVER

📍 Parque Eduardo VII, Marquês de Pombal, Rossio, Terreiro do Paço, Cais do Sodré, Alcântara, Belém.

🕒 3h 📏 30km 🟡🟢🟠 For all ages

€ 60€ p/pax\* 🐾 2 Min. / 20 Max.

📍 Meeting Point: The upper part of Parque Eduardo VII

\*Include: Helmet, bottle of water, Nata pastry, Cherry Liqueur, bilingual guide and your ebike.



### MONSANTO & BELÉM

📍 Parque Eduardo VII, Monsanto View Point, Belém, Palácio Nacional da Ajuda, Basílica da Estrela, Rio Tejo.

🕒 3h 📏 30km 🟡🟢🟠 For all ages

€ 60€ p/pax\* 🐾 2 Min. / 20 Max.

📍 Meeting Point: The upper part of Parque Eduardo VII

\*Include: Helmet, bottle of water, Nata pastry, Cherry Liqueur, bilingual guide and your ebike.

## DAYTRIPS



MONDAY 10 a.m.

### OCEAN & VINEYARDS

📍 Landscape, Coastline, Beaches, Natural Park, Wineries & Vineyards, Adega Regional de Colares.

🕒 4h30 📏 45km 🟡🟢🟠 Over 14 years old

💶 90€ p/pax\* 🧑 2 Min. / 12 Max.

📍 Meeting Point: Hotel

\*Include: Helmet, bottle of water, **Wine Tasting and Lunch**, bilingual guide and your ebike.



FRIDAY 10 a.m.

### WEST COAST

📍 Convento dos Capuchos, Penedo, Almoçageme, Praia da Adraga, Praia Grande (Dinosaur Coastal), Dino Biscaia, Praia do Guincho.

🕒 5h 📏 45km 🟡🟢🟠 Over 14 years old

💶 80€ p/pax\* 🧑 2 Min. / 12 Max.

📍 Meeting Point: Hotel

\*Include: Helmet, bottle of water, lunch, bilingual guide and your ebike.

## HALF DAY TRIPS



UPON REQUEST

### CABO DA ROCA & PENINHA

📍 Palácio Nacional de Sintra, Historical Places, Santuário da Peninha, Natural Park, Cabo da Roca, Praia do Guincho, Cascais Coastline.

🕒 3h30 📏 35km 🟡🟢🟠 Over 14 years old

💶 60€ p/pax\* 🧑 2 Min. / 12 Max.

📍 Meeting Point: Hotel

\*Include: Helmet, bottle of water, bilingual guide and your ebike.



THURSDAY 10 a.m.

### CABO DA ROCA

📍 Cabo da Roca, Coastline, Convento dos Capuchos, Penedo, Almoçageme, Praia da Urso, Biscaia, Praia do Guincho.

🕒 3h 📏 30km 🟡🟢🟠 Over 14 years old

💶 60€ p/pax\* 🧑 2 Min. / 12 Max.

📍 Meeting Point: Hotel

\*Include: Helmet, bottle of water, bilingual guide and your ebike.

## HALF DAY TRIPS



WEDNESDAY 10 a.m.

### SINTRA PARKS & PALACES

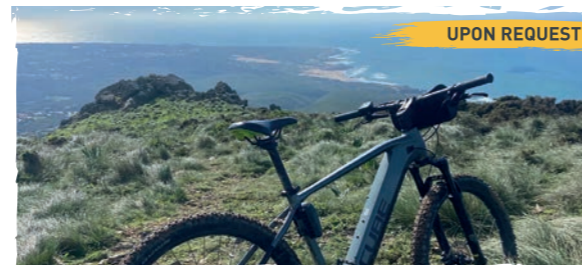
📍 Palácio Nacional de Sintra, Historical Places, centro de Sintra, Natural Park, Colares, Quinta da Regaleira, Palácio da Pena, Castelo dos Mouros, Piriquita pastry and Hotel Palácio de Seteais.

🕒 4h30 📏 45km 🟡🟢🟠 Over 14 years old

💶 80€ p/pax\* 🧑 2 Min. / 12 Max.

📍 Meeting Point: Hotel

\*Include: Helmet, bottle of water, **Lunch includes in Refugio do Ciclista Restaurant** (Unesco's World Heritage since 1995), bilingual guide and your ebike.



UPON REQUEST

### SINTRA DOWNHILL (upon request)

📍 Palácio Nacional de Sintra, Historical Places, Santuário da Peninha, Natural Park, Cabo da Roca, Praia do Guincho, Cascais Coastline, Marina de Cascais.

🕒 2h30 📏 25km 🟡🟢🟠 Over 14 years old

💶 60€ p/pax\* 🧑 2 Min. / 12 Max.

📍 Meeting Point: Sanctuary of Peninha

\*Include: Helmet, bottle of water, bilingual guide and your ebike.



SATURDAY 10 a.m.

### PENINHA

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

🕒 3h 📏 30km 🟡🟢🟠 Over 14 years old

💶 60€ p/pax\* 🧑 2 Min. / 12 Max.

📍 Meeting Point: Hotel

\*Include: Helmet, bottle of water, bilingual guide and your ebike.



UPON REQUEST

### SINTRA IN 3 DAYS

📍 **Day 1:** Ocean and Vineyards; **Day 2:** Sintra Parks and Palaces; **Day 3:** West Coast

🕒 4h30 🟡🟢🟠 Over 14 years old

💶 250€ p/pax\* 🧑 2 Min. / 12 Max.

📍 Meeting Point: Hotel

\*Include: Helmet, bottle of water, bilingual guide and your ebike.