



English

ADVENTOURS
TRAIL, HIKE AND BIKE TOURS

GREEN PEAKS GERÊS CYCLING TOUR



DATES

May, June, August, September 2019



adventours.pt

|



info@adventours.pt

|



+351 910523417



ADVENTOURS
TRAIL, HIKE AND BIKE TOURS

GREEN PEAKS GERÊS CYCLING TOUR

GREEN PEAKS GERÊS TOUR

LOCATION:

BRAGA - North of Portugal
Peneda Gerês National Park



DURATION:

6 days | 5 nights

TOTAL DISTANCE: 450km/280 miles

TOTAL ELEVATION: +8000m/20.000 Feet

ACCOMODATION:

4 Star Hotel **** (Braga)
Small Luxury Boutique Hotel 5*****

RIDER TIPE:

Recreational and frequent riders

PRICE:

€ 1799 (Shared Room)*

In the far northwest of Portugal, between Alto Minho and Trás-os-Montes, you may find the Peneda-Gerês National Park, the only Portuguese protected area classified as such.

Considered by "The Guardian" as one of the 10 best Natural Parks in Europe, it is a world apart in which nature and humans live in perfect harmony, preserving ancient values and traditions. It has an unusual beauty, with mountainous landscapes and very *sui generis* characteristics, perfect for outdoor activities. The luxurious vegetation, with an endless variety of green tones, includes the only holly forest in Portugal, and endemic species such as the Gerês lily, which brightens up the fields with its shades of violet-blue. Rivers and streams flow through the mountains, rushing down in waterfalls forming crystalline water dams that invite you to reinvigorate baths. The landscapes are breathtaking.

Sometimes you might spot a roebuck (the Park's symbol) or, if you're lucky, its predator, the Iberian wolf. More common are the "Garranos", wild horses that run freely in the mountains. You may also come across the Barrosã breed cattle or the dark-haired Castro Laboreiro dogs, guarding the herds in harmony with the rhythm of the changing seasons.

This "planted seafront garden" has remained unknown to the general public for a long time. However, in the last few years sport events like Trail Running World Championship and the annual stage of the Gerês Granfondo (a cycling event that brings together about 2000 athletes from all corners of the globe) have chosen this region.

With roads in perfect condition and traffic free, Peneda-Gerês National Park enjoys a unique environment for

cycling, with deep valleys, challenging climbs (with mountain peaks above 1500 meters) and plateaus with breathtaking panoramic views.

With years of experience in organizing outdoor activities, Adventours® carries out the Green Peaks Gerês Cycling Tour, aiming to offer a unique road cycling trip in the mountains of northern Portugal, crossing some of the most spectacular natural scenery of the region, such as the D'Arga, Cabreira, Soajo, Amarela and the magnificent Peneda-Gerês mountains.

Designed for a cyclist with a regular cycling practice (road or mountain bike), the Green Peaks Gerês Cycling Tour event will last 6 days, with 4 cycling days, 280 miles/450km total distance and +20 000feet/+8000 meters total elevation, exploring the inside of the this majestic landscapes.



adventours.pt



info@adventours.pt



+351 910523417



ADVENTOURS

TRAIL, HIKE AND BIKE TOURS

Day 1

Welcome Day



After arriving at Porto airport, our team will pick you up and make a short 30-minute trip to Braga, the city of the Archbishops.

Braga has a bi-millennial history that began in Ancient Rome when it was founded in 16 BC as Bracara Augusta in honor of the Roman Emperor Augustus. We will notice the Roman influence in a short tour in the city center. From here we can see the mountain of Bom Jesus, one of the most beautiful sacred mountains in Europe. Located in this mountain and surrounded by the Sanctuary and Gardens of Bom Jesus Natural Park we find our hotel, a 19th century building, recently renovated but it kept all its charm and finesse.

After your accommodation, we will perform the bike-fit and the last adjustments on the bikes, with the help of our mechanical team, who will support us during all the Tour. It will be possible to do a short training session and visit the Sameiro Cathedral, just a few kilometers from Bom Jesus. At this point, the beginning of the evening is approaching and we will have dinner at one of Braga's finest restaurant. Here we will have a briefing session about the activity and we will delight ourselves with the best traditional cuisine of the region.

- Transfer from Porto airport to Braga scheduled at 14h00.

ACCOMODATION

4 Star Hotel ****

INCLUDED MEALS

Dinner



adventours.pt



info@adventours.pt



+351 910523417



ADVENTOURS

TRAIL, HIKE AND BIKE TOURS

Braga » Gerês Village

Day 2

DISTANCE:

116km / 72miles

ELEVATION:

+2010m / -1805m



GREEN PEAKS - DAY 2



ACCOMODATION

Small Luxury
Boutique Hotel 5*****

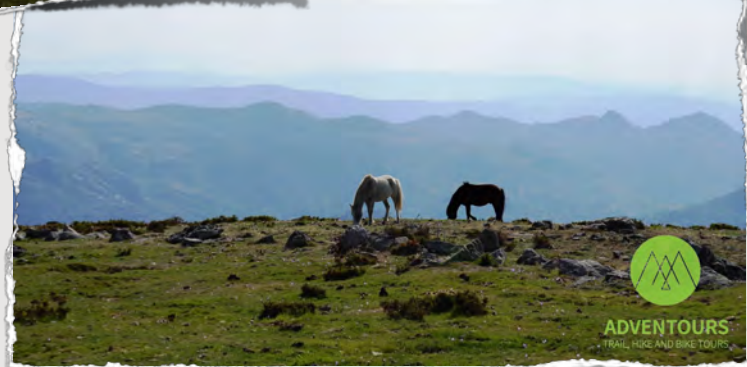
INCLUDED MEALS

Breakfast | Lunch |
Dinner

On the first riding day of this tour, we will say goodbye to Braga and will head for the hillsides and mountains of the Peneda-Gerês National Park. After passing the big lake of the Ermal dam, we will make our way to Vieira do Minho, the land of the Garrano Horse and a village that presents us the Serra da Cabreira. Our first foray into the more pronounced slopes will be crossing the spectacular "Mata do Turio" covered by its oaks, cork oaks and chestnut trees.

After crossing "Serra da Cabreira", we will continue to be surprised with passages in secular villages full of history, charm and unique viewpoints.

But our journey will end high. After crossing the ancient glacier valley of Gerês and cycling through its cozy village, we will end this day in one of the most beautiful viewpoints of the National park. Can you guess which one is it?



adventours.pt



info@adventours.pt



+351 910523417



ADVENTOURS

TRAIL, HIKE AND BIKE TOURS

Day 3

Ponte de Lima »» Arcos de Valdevez

After a good night's rest, we leave the Small Luxury Boutique Hotel 5***** and will start our third day of the Green Peaks Tour heading to Terras de Bouro.

Being a village with a history closely linked to the Roman influence in the Iberian Peninsula, Terras de Bouro is the town that serves as a gateway to enter the territory of the Peneda-Gerês Natural Park, protected by UNESCO as a World Biosphere Reserve.

On this third day, we will go along the banks of the "Homem river" to the plateau of Campo de Gerês village and the Vilarinho das Furnas dam. This panoramic road we will cross was, in the 1st century, one of the roads used by Roman empire soldiers to link Bracara Augusta, today known as Braga, to the north of Spain.

After crossing beautiful mountains with breathtaking landscapes, we will stop for lunch in one of the finest restaurant of the region, located in Brufe, a place known for being a refuge during the French invasions in the 19th century and just in the vicinity of the Yellow Mountain Range. From here we will head towards the Lindoso Dam and the upper mountains of Soajo, one of the four mountain ranges of the Peneda-Gerês National Park. After passing through Soajo village and the "Porta do Mesio", we will make a beautiful descent to the friendly Arcos de Valdevez village where we will finish our second day of activity.

DISTANCE:

127km / 79miles

ELEVATION:

+1860m / -1905m



GREEN PEAKS - DAY 3

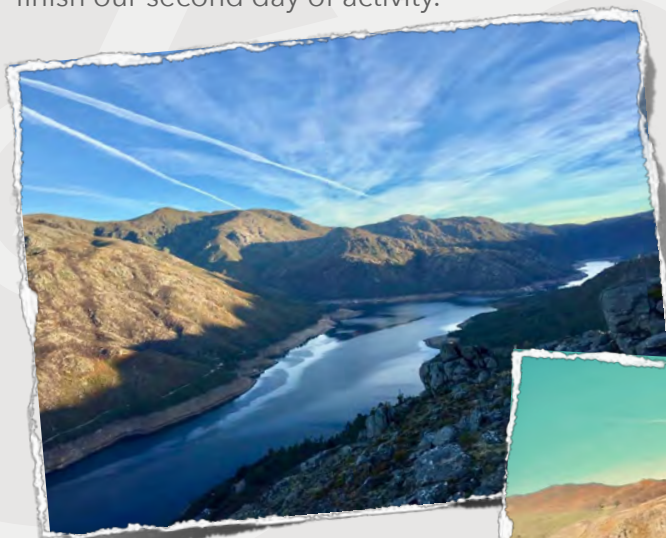


ACCOMODATION

Small Luxury
Boutique Hotel 5*****

INCLUDED MEALS

Breakfast | Lunch |
Dinner



adventours.pt



info@adventours.pt



+351 910523417



ADVENTOURS

TRAIL, HIKE AND BIKE TOURS

Ponte de Lima »» Corno do Bico »» Ponte de Lima

Day 4

DISTANCE:

97Km / 61miles

ELEVATION:

+1100m / -1100m



GREEN PEAKS - DAY 4



ACCOMODATION

Small Luxury
Boutique Hotel 5*****

INCLUDED MEALS

Breakfast | Lunch |
Dinner

This day will start flat in a road along the Lima River banks. We will enter the valley of Arcos de Valdevez, a land known for its unique "Vinho Verde", and where you can breathe tranquility. Surely an ideal place to enjoy the bucolic landscapes of the Vez River and the so typical rural granite houses.

After 40 km crossing the interior municipalities of Ponte da Barca and Arcos de Valdevez, we will start climbing towards the "Corno do Bico" Natural Reserve. For us, on a typical sunny Spring day, these roads are pretty much a dream for any cyclist. It has just about everything, stunning views and low traffic. Here you can enjoy the silence of nature and just listen to your breath until we reach the next town, Paredes de Coura.

On roads decorated in green and natural colours, we will cross the quiet landscapes of the Alto Minho region with our goal set in Ponte de Lima village and its Roman bridge, where our journey ends.



adventours.pt



info@adventours.pt



+351 910523417



ADVENTOURS

TRAIL, HIKE AND BIKE TOURS

Day 5

Ponte de Lima »» Serra D'Arga

On the fifth and final cycling day of the Green Peaks Tour through the Minho mountains, we have chosen the Arga mountain range.

Starting from our Small Luxury Boutique Hotel 5****, this cycling day will be focused on exploring the roads and ascents of the Arga mountain range.

With only a few kilometers to finish our adventure, we will make our last climb of this tour, about 7 km from the village of Montaria to the "Senhora do Minho" viewpoint. On a clear sunny day, we can see the Portuguese Atlantic coast to west and to the east we can contemplate the mountains climbed the days before.

DISTANCE:

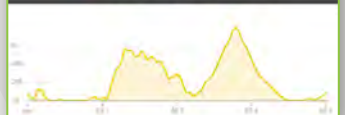
93Km / 58miles

ELEVATION:

+1200m / -1200m



GREEN PEAKS - DAY 5



ACCOMMODATION

Small Luxury
Boutique Hotel 5****

INCLUDED MEALS

Breakfast | Lunch |
Dinner



adventours.pt



info@adventours.pt



+351 910523417



ADVENTOURS

TRAIL, HIKE AND BIKE TOURS

Ponte de Lima »» Porto's Airport

Day 6

INCLUDED MEALS

Breakfast

On the sixth day, after a well served breakfast and a last jump in the swimming pool, our guides will take you to Porto airport for our bid their farewells.

- Transfer from Ponte de Lima to Porto airport scheduled at 10h00.



adventours.pt



info@adventours.pt



+351 910523417



ADVENTOURS

TRAIL, HIKE AND BIKE TOURS

WHAT'S INCLUDED

Have you ever dreamed about your perfect adventure in Gerês? Adventours® did it! Every moment of the Green Peaks Gerês Cycling Tour has more than you could have ever dreamed.

What's Included

- 5 nights accommodation ⁽¹⁾
 - 1 night in a 4***** Hotel (Braga)
 - 4 nights in a Small Luxury Boutique Hotel 5*****
- An experienced 4 persons team to provide local knowledge, support, and camaraderie - including 2 daily route guides and one mechanic.
- 2 support vehicles
- Daily breakfast, lunches and dinners ⁽²⁾
- Snacks and drinks for each day's ride
- Adventours® cycling jersey to keep
- Adventours® water bottle to keep
- All luggage transfers and transportation during your trip
- Laundry service for cycling clothing
- Transfer from Porto airport to Braga (1ST day): pick-up schedule at 14h00.
- Transfer to Porto airport (6th day): pick-up schedule at 10h00.
- A personalized photobook brochure of your trip
- Personal accident insurance

⁽¹⁾Pre/post-trip lodging is not included

⁽²⁾Beverages ordered by guests beyond normal amounts and away from group activities will incur additional charges

What's Not Included

- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Adventours®

THANK YOUR GUIDES , BY TIPPING

Gratuities for your Adventours® guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.



adventours.pt



info@adventours.pt



+351 910523417



ADVENTOURS

TRAIL, HIKE AND BIKE TOURS

BICYCLES

- Bicycles and helmets are not included - each client shall bring his own bicycle and helmet;
- Bike rental is possible for affordable prices.
 - Available for rent: Cervélo R3/R5 or Cipollini Bond/NK1K fully equipped with Ultegra components and Mavic Wheels; saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
 - Carbon Wheels upgrade is possible;
- Garmin GPS and helmet available for rent at affordable prices;
- You may bring your own pedals and saddle on the trip. Our Mechanic will install your gear on the first day during your bike fit.



Cervélo R3 (Shimano Ultegra)



Cervélo R5 (Shimano Ultegra)



Cipollini Bond (Shimano Ultegra)



Cipollini NK1K (Shimano Ultegra)





ADVENTOURS
TRAIL, HIKE AND BIKE TOURS



ADVENTOURS

TRAIL, HIKE AND BIKE TOURS



adventours.pt



info@adventours.pt



+351 910523417