



AVE MARIA

GRATIA PLENA

# PORTUGAL

BIKE & WINE

## **DAY 1 Welcome to the Douro River Valley**

The day starts with a noon transfer from Porto. We'll head into the Douro Valley, hydrate and get you acquainted. On the way, find out what happened here in the 12th century & why it's so important today. Your hotel for the next two nights is a restored palace so we're sure you'll enjoy your stay.

After arriving at our hotel, we'll prep your bikes while you enjoy lunch. Afternoon warm-up ride followed by cocktails and dinner.

*Ride: 15-20miles*

*Terrain: gentle rollers*

**SLEEP** Vidago Palace

[www.vidagopalace.com](http://www.vidagopalace.com)



## DAY 2

Today we're taking a great loop ride to a relatively isolated area of Portugal that few visit. We'll roll past tree-lined roads, small villages, and a hidden lake.

Lunch will be a farm visit complete with sampling sausages, local produce and meeting the owners. After we'll return to our hotel by bike and celebrate with a wine-paired dinner.

*Ride: 35-40 miles*

*Terrain: Hilly*

**SLEEP** Vidago Palace

[www.vidagopalace.com](http://www.vidagopalace.com)



# Did you know...

There are 250 million Portuguese speakers in the world.

And, Portugal is ranked #4 on the Global Peace Index. The USA? #114





## DAY 3

Today we're transferring to our next destination perched up on the hilltops.

We'll stop in beautiful town of Pinaho and climb back to our secret hamlet.



After a full day of riding get ready to sample the best of Portuguese cuisine at our private chef dinner tonight.

*Ride: 40-50 miles*

*Terrain: Rolling big hills*

**SNOOZE** *Private House with chef, housekeeping, spa, pool*

## DAY 4

Explore on your own by bike or join us for a day off the bike as we do a deep dive into why the Douro River Valley area was classified by UNESCO and the BBC as, “one of the most beautiful landscapes in the world.”

Enjoy the spa, a swim, or even a hammam at our house. Private dinner on the terrace.

*Hike: 2-3hrs*

*Terrain: Vineyards & olive farms*

## SNOOZE

*Private House with chef,  
housekeeping, spa and pool*



## DAY 5

Today we're descending by bike down to the river to take a traditional boat ride and a river cruise on the Douro.

Experience for yourself the perfect climate for wine growing and walk the UNESCO Heritage site land. Meet Rafaello who will show you how his family created an amazing legacy.

In the afternoon, we'll take our bikes and roll along the river to the town of Peso de Regua and one of our favorite Portuguese hotels.

Today is a free night so be sure to check out the local wine bars.

*Ride: 20-25 miles*

*Terrain: Flatter; Riverbank*

## SNOOZE

Six Senses Hotel

[sixsenses.com/en/resorts/  
douro-valley](https://sixsenses.com/en/resorts/douro-valley)



## DAY 6

We'll start by riding along the tops of the rolling hills and roll up & down through the beautiful countryside and views down below.

Tackle some climbs and make s-turns past vineyards on our way to Lamego.

We'll take a lunch break and explore important historical places in town before one more climb a big descent to our hotel.

*Ride: 30-45 miles*

*Terrain: Climbs and hills*

### SLEEP

Six Senses Hotel

[sixsenses.com/en/resorts/  
douro-valley](https://sixsenses.com/en/resorts/douro-valley)





## DAY 7

Drop-off at the Porto Airport. If you haven't seen Lisbon, we'll share our favorite guides, hotels, and experiences.

### Questions?

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*Please note that our itinerary shifts  
and change is inevitable*