



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 Duoro 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



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



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 Duoro.

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





DAY 7

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

Questions?

chasingatlas.com

+1 435 225 2563

info@chasingatlas.com

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