



## Discover the Praia de Mira

7 days / 6 nights

Discover the central area of Portugal and the Praia de Mia, meeting local people and their villages. As a couple, family or with friends, you will share a happy time, on a pleasant rythm of holidays.

### YOUR PROGRAM

#### Day 1 - Mira

Arrival at Porto Airport. Pick-up from the airport and transfer to your hotel in Mira.

#### Day 2 - Mira beach

For this first day, you will discover Mira beach. Take the cycle path until the "Barrinha", a lagoon where freshwater rivers meet. You can follow riverbank, wood pontoon and entirely enjoy a completely preserved nature. Then you will keep going until Poço da Cruz beach, which at low tide gives form to an heavenly bay. Afterwards, you will reach Mira beach, known for its fishermen, its chapel and its fishing village. Take the time to visit the ethnographic museum.

About 25 km.

#### Day 3 - Olhos da Fervença

Today, cross the emblematic villages of this region. You will ride through a still authentic environnement. Olhos da Fervença fluvial coast is the perfect place for a pic-nic day, peacefully, with family or friends.

About 33 km.

#### Day 4 - Ílhavo and Visita Alegre.

Discover Ílhavo and its codfish fishing museum. Indeed, during the entire 20th century, most of the captains and sailors who formed the codfish fishing fleet, came from Ílhavo. Then, discover Vista Alegre, which used to be the first portuguese porcelain production unit. Created in 1824 it acquires an international fame. Still reknown today, the town still produces magnificent porcelain products. Vista Alegre museum owns several amazing products that you can admire.

About 48 km

#### Day 5 - Tocha

Following the cycle path, then the road, you will reach the town of Tocha, famous for its sunday market, very picturesque and colorfull. Feel free to stop and eat some grilled chicken cooked in a local way. You will follow the forest road which will lead you to Tocha beach and its village close to the ocean. Finally you will see the wooden houses where fishermen still live nowedays.

About 32 km.



### **Day 6 - Costa Nova**

The little striped and colored houses form, without any doubts, the most picturesque Costa Nova picture. Originally built by fishermen, these wooden buildings were used as houses, but also to stock fishing equipments. Today well restored, they form peaceful places for holidays. Bordered with a strong sea, very appreciated by surfers, Costa Nova beach continues in the south towards Vagueira beach where nature, fauna and wild flora are very beautiful. It is a real pleasure for hiking lovers. You will go along the Ria d'Aveiro and a sea lagoon which is subjected to tides. Today, it forms a natural reserve.

About 44 km.

### **Day 7 - End of the tour in Mira**

End of the service, departure after breakfast. A transfer is possible from Mira to Porto airport on request.

## **Additional information**

### **TARIFFS**

Price from 680 euros per person.

### **OPTIONS**

Single supplement : 130 euros per person.

Hybrid Bike rental : 110 euros per person.

VAE Bike rental : 150 euros per person.

Transfer back from Mira to Porto's airport at the end of the tour : 80 euros per person.

Half board : 240 euros per person.

### **INCLUDED**

- Accommodation in a 3-star hotel with breakfast, in double room.
- Transfer from Porto airport to the hotel
- Road book detailed with the whole itinerary and all the visits
- Application fee

### **NOT INCLUDED**

- Plane ticket and other spending to come in Portugal
- Lunches and dinners
- Single person supplement
- Personal expenses
- Transfer back from Mira to Porto's airport - optional
- Bike rental - optional

### **LEVEL OF DIFFICULTY**

This tour is made for everyone.



## **CARRYING**

No need to undo and redo your luggage each day because you remain in the same hotel for the duration of the tour.

## **ACCOMMODATION**

7 nights in a charming 3-star hotel, with breakfast.

## **SIZE OF GROUP**

Starting from 2 people

## **DEPARTURES**

Every day, all year long.

## **DEPARTURE**

Beginning of your tour at Porto airport. Pick-up from the airport and transfer to your hotel in Mira.

## **DISPERSION**

After breakfast in Mira, end of the service. Optional transfer back to Porto's airport.

## **HOW TO GET THERE**

Porto airport is about 15km from the city center.

Ryanair offer cheap flights from several cities like London Stansted, Liverpool, Dublin, Dusseldorf-Weeze, Eindhoven, Brussels-Charleroi, Frankfurt-Hahn, Maastricht, Milan-Bergamo, Bologna, Rome, Barcelona, Madrid, Marrakesh and Valencia. EasyJet also flies to Geneva, Basel, Bristol, Milan and London-Gatwick.

TAP flies from most European airports and some American airports.

## **EQUIPMENT TO TAKE**

ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive checklist) :

As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

## **BIKES**

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike...

## **REPAIR MATERIAL**



To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recommended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :

- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

#### EQUIPMENT

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

#### DAY BACKPACK

Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:

- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag





## PICNIC

In order to avoid unnecessary waste at picnic time, remember to take with you :

- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

## TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

## FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.

However, it is essential to bring your own first aid kit.

Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.