

Portugal Spring Cycle 2019

Cycle approximately 210 miles from the Lisbon district of Costa da Caparica, to the former tranquil fishing village of Albuferia on the Algarve coast. A picturesque event that will take you along the coastal routes of the Atlantic Ocean and across the foothills of the beautiful Algarve, all in aid of Kidneys For Life

21-25 March 2019

Itinerary



Thu, 21 March - Day 1 - Arrival in Lisbon District (Costa da Caparica)

On arrival in Lisbon, you can check into your hotel in the Lisbon district of Costa da Caparica and have the option to explore the amazing sights Lisbon city centre has to offer (flight-times dependent). You will be greeted by our event organisers, Chapeau at registration who will provide all the details you need for your first days cycling. Your bikes will have arrived safely in advance and will be ready and waiting for you to start your challenge.

Fri, 22 March - Day 2 - Costa da Caparica to Santo Andre

Approximate cycling distance 119km (74 miles)

Our challenge begins after breakfast, as we leave our hotel situated on the longest beach in the Lisbon area. Heading south towards the hills of the Parque Natural da Arrabida, an area of outstanding natural beauty. Continuing on we cycle towards the city of Setubal, where a short ferry crossing directs to the unspoilt Troia Peninsula. Following the coastal road, we head through some truly sublime cycling country with relatively flat terrain, as our views stretch out across the magnificent Atlantic Ocean. After taking in all those scenic views we head for the beautiful city of Santo Andre, our stop for the night and is actually one of the youngest cities in the world! The accommodation for this evening boasts the largest eco friendly hotel in Portugal.

TO REGISTER YOUR INTEREST OR FOR MORE INFORMATION PLEASE CONTACT:

Email: fundraiser@kidneysforlife.org Tel: 0161 276 6671

Alternatively register online at www.kidneysforlife.org/events

Itinerary cont...

Sat, 23 March - Day 3 - Santo Andre to Sao Teotonio

Approximate cycling distance 108km (67 miles)

After a good night's rest and breakfast, we set off continuing our journey southbound following the coastline on another day of relatively flat terrain and amazing coastal views. Whether you choose to rack up those speeds for a personal best, or meander along and savour those amazing views, the choice is yours. We continue on our travels cycling through the Portuguese towns of Sines and Porto Covo and onto Vila Nova. We continue along the coast as the terrain becomes a little more undulating, before finally heading inland to our stop for the night, Sao Teotonio. The hotel tonight boasts the most relaxed atmosphere and tranquil views, with its ultra modern complex, spa and infinity pool...all for your leisure.

Sun, 24 March - Day 4 - Sao Teotonio to Albuferia

Approximate cycling distance 111km (69 miles)

After breakfast we head off towards one of Portugal's 7 wonders, the stunning beach and cove at Odeceixe. Having stopped for photo opportunities and a first coffee of the day, we then cycle further south to our first water stop of the day at Aljezur. Late morning we head up into the foothills of the Algarve, leaving the coast behind as we head inland to the medieval castle town of Silves, with it's cafes and bars, a perfect place to take those souvenir photos! From Silves it is then pretty much downhill all the way to the party town of Albuferia and the celebrations to come!

Mon, 25 March - Day 5 - Departure Day

After a leisurely breakfast, the event comes to an end. Your bikes will be safely transported back to the UK leaving you hassle free to continue with your onward arrangements whether homeward bound or enjoying the amazing delights that Albuferia has to offer.



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Frequently Asked Questions



What's Excluded?

- Flights and transfers both inbound and outbound
- Lunches and Evening meals, giving you the freedom to explore. Recommended meal stops will be provided
- A bicycle
- Personal travel insurance
- Remember to allow extra money for meals, drinks, snacks, souvenirs and other personal expenses.
- We strongly recommend you carry a credit card in case of personal emergency.



What's Included?

- Full bike transport from the UK and back, if required
- Four nights accommodation on a bed and breakfast basis based on twin share
- Complete transport of luggage between hotels during the ride
- Full trip support including mechanics, first aid, drivers and full route support
- Water stops



How much does it cost?

You will need to pay a £100 registration fee to secure your place on the challenge and we then ask you to raise a minimum of £1,000 sponsorship in aid of Kidneys For Life, of which £500 will need to be raised eight weeks prior to the event (ie: 24 Jan 19).

How will I get my bike back from Albuferia?

When you arrive at your hotel in Albuferia your bikes will be loaded onto transport and taken safely back to the UK for you. There will be pre-arranged drop off points in the UK to be determined. This will give you a lot more flexibility in your return travel.

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What food is included and does it cater for all diets?

Breakfasts will be provided at the hotels, starting from the morning of day two. Lunches and evening meals are not included giving you the freedom to explore, however recommendations for meal stops will be provided. Chapeau will provide refreshments at each cycle checkpoint of which there will be two each day consisting of water, juices and high-energy snacks, one in the morning and one in the afternoon. Chapeau can cater for all special dietary requirements provided you let us know well in advance of the trip.

Who will be there to support me during the event?

Your trip will be led by experienced Chapeau Events. The crew are selected for their experience in cycling events around the world, their friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. The crew leaders are also trained in expedition first-aid. You are in very safe hands with the Chapeau Events crew.

The number of crew and support vehicles looking after you will depend on the final size of the group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, sorting out any mechanical problems or giving you a lift in our back vehicle – our "Love bus". Chapeau Events pride themselves on high crew: cyclist ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.



What happens to my luggage each day?

Support vehicles are with the group all of the time. All luggage and spares will be carried in them as we travel to each destination. On reaching your hotels, at the end of each day, you will hand over your bike for safe overnight keeping and collect your luggage. Each morning, you will hand over your luggage and collect your bike. Obviously space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a canvas bag, rucksack (15kg).



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