



DOWNHILL CYCLING WITH OUTDOOR-TOURS.COM

Nature friendly, fun and safe cycling tours from the Foia; with 902 meters, the highest mountain in the Algarve.

You will cycle with our guide downhill through the green valleys of Serra de Monchique. Enjoy the beautiful panoramic views and let gravity do the work!

The trip starts at the office at Mexilhoeira Grande. From here you are brought to the highest peak in the Algarve in the middle of the Serra de Monchique, by a mini-van.

Enjoy here the stunning views to the west & south coast. The restaurant on top of this mountain is always open and can serve you a lovely coffee before you start the trip. After a good explanation you will cycle back to the coast... easy going downhill!

The experienced multilingual guide will take you on quiet land roads. The guide will stop at the most picturesque sites and give you information about the local wildlife and nature. Since 2001 Outdoor-Tours.com rolls down this mountain. We have now developed this tour into a safe & fun concept of cycling in the mountains, suitable for young people and for those who stayed young!

The trip is suitable for everyone between 14-70 years with some cycling experience. To deliver optimal service during the tour a service car will follow with water and your belongings. The aluminium 'all terrain' bikes are custom made and have safe hydraulic brakes from Magura, comfortable gel seats and front suspension. The handle bar is higher than on a normal bike, so you will enjoy a safe and comfortable sit position. We provide you with a helmet and a water bottle.

Nature trip

"The natural way to enjoy the Portuguese country side":

After a long and easy descending with spectacular views we head further south. The remaining part you will cycle cross country through beautiful valleys with quiet tarmac roads. While cycling close to little farms, the local shepherd will always greet you. We end the trip on gravel roads to the warm estuary lagoon of the Ria de Alvor, where you can spot flamingos and spoonbills in the winter. A local, light and tasty lunch is included.

The total distance is 35 km (22 miles) from which 60% goes downhill and 40% goes through quiet and green valleys.

We'll meet at 10h30 at the main office in Mexilhoeira Grande, and will be back around 16h00.

Fitness level required n° 2, difficulty B.

Summer trip

"The lazy way to enjoy the beautiful green Serra de Monchique":

In the summer months you will enjoy our easiest bike trip, leading you downhill through eucalyptus and cork tree forests. 98 % of this trip is downhill - so let the gravity work for you!

During this trip we stay on good roads with little traffic. A local, light and tasty lunch is included.

The total distance is 22 km (14 miles) from which 98% goes downhill.

We start at 10h30 and will be back around 14h00.

Fitness level required n° 1, difficulty B.

DETAILS

Nature Trip:

Every Tuesday, Thursday & Saturday; 10.30 – 16.00 hr. (You have a group of 6 or more? Bookings every day welcome!)

Price per person: € 43.00 including pick nick lunch, home made cake + fruit of the season in tavern.

Summer Trip:

Every Tuesday, Thursday & Saturday; 10.30 - 14.30 hr (You have a group of 6 or more? Bookings every day welcome!)

Price per person: € 39.00 including pick nick lunch, home made cake + fruit of the season in tavern.

Prices include:

- Good All terrain Bike, aluminium bike with safe hydraulic brakes and comfortable gel seat
- Helmet aproved by ANSI 1078, sizes S/M/L
- Water bottle
- Guide for safety instructions & nature explanations
- Service car where you can leave your bag or jacket
- Transport up hill to Fóia from our shop in Mexilhoeira Grande
- Liability insurance for outdoor activities

Pick up/bring back service to/from start of activitiy:

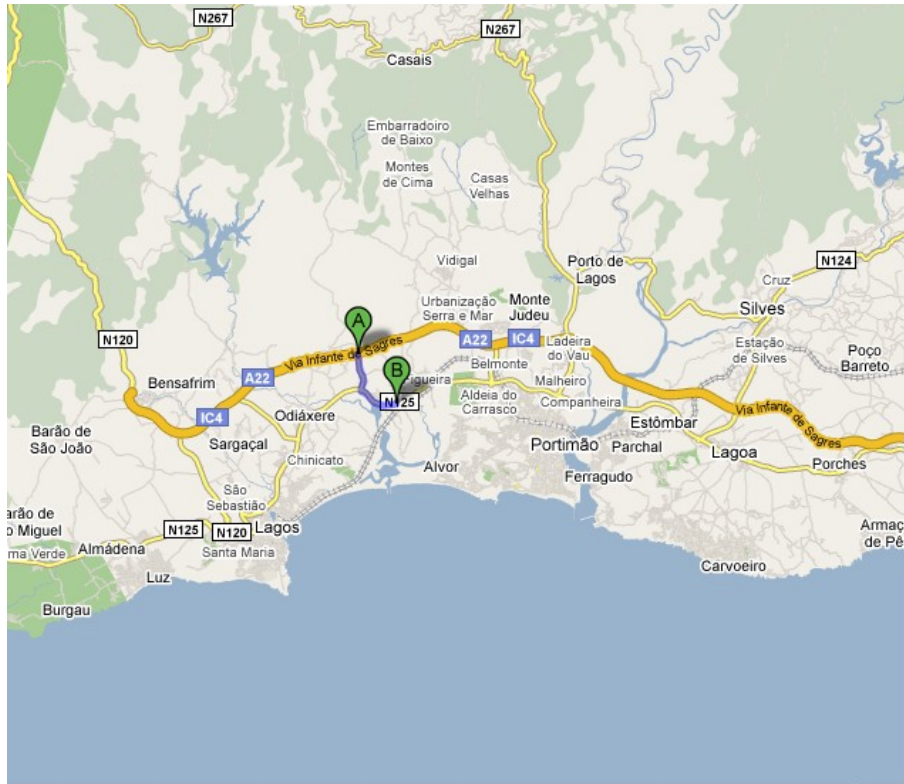
Lagos, Luz, Meia Praia, Barão São João		€ 8,- p.p.
Praia de Rocha, Portimão, Alvor, Vau		€ 5,- p.p.
Carvoeiro, Ferragudo, Silves		€ 11,- p.p.
Armação de Pera, Senhora da Rocha	MIN 4 PAX	€ 15,- p.p.
Albufeira, Galé	MIN 4 PAX	€ 17,- p.p.
East-Albufeira	MIN 4 PAX	€ 18,- p.p.
Olhos de Agua	MIN 4 PAX	€ 19,- p.p.



How to drive from A to B:

A – Turn at exit nº 3 “Mexilhoeira Grande” from the motorway A22, go left at the EN 125

B – Our office is located on the EN 125 300 meters before Mexilhoeira Grande, on your left



In case you come from the other side and follow the EN 125, than how to drive from A to B:

A – From the crossing with Mex. Gr. and the EN 125 go west, this is towards Lagos, on the EN 125

B – After 300 meters look for the sign on your right side, 6 meters high, with a bicycle on top

