



PEDAL & SEA
adventures

PORTUGAL'S BLUE COAST

ROTA VICENTINA CYCLING ADVENTURE

GUEST TOUR PACKAGE

As you prepare for your cycling tour in Portugal, here is some important information to help you plan your vacation with Pedal & Sea Adventures



PORTUGAL PRE & POST TOUR KEY INFORMATION



AIRPORTS

Lisbon Airport (LIS)

We recommend you fly into [Lisbon Airport \(LIS\)](#) ([click here](#)).

Faro Airport (FAO)

Some guests prefer to fly to [Faro Airport \(FAO\)](#) ([click here](#)), and explore the city before start of our tour.

ACCOMODATIONS

Lisbon Hotels

[Hotel Heritage Lisboa Plaza](#) ([click here](#)).

[Lux Lisboa Park Hotel](#) ([click here](#)).

[Eurostars Lisboa Parque](#) ([click here](#)).



TRANSPORTATION

Taxi

- Taxi from Lisbon Airport to Downtown Lisbon – from 12 to 25 Euros

Metro and Trains

- [Metro schedule and ticket information - \(click here\)](#)
- [Train schedule and ticket information - \(click here\)](#)

Buses

- Passenger bus companies also operate from airports to Downtown Lisbon.

TRAVEL TIMES

From Lisbon Airport to Lisbon Downtown

- Taxi
 - 20-30 min
 - €12 - €25
- Bus
 - 20-40 min
 - €4 - €5
- Metro
 - 20-30 min
 - €2

From Faro Airport to Lisbon

- Bus
 - 4-5 hours
 - Approx. €12
- Taxi
 - ~3 hours
 - Confirm cost with your driver



IMPORTANT INFORMATION

Tour Start

- **Pick up in Lisbon at Hotel Heritage Lisboa Plaza- 11:00 AM**
 - **Address: Tv. do Salitre 7, 1269-066 Lisboa, Portugal**
- Transfer from Lisbon to the start of our trip in the historic old village of Azeitão.
- Lunch in Azeitão – 1:30 PM
- Welcome dinner – 7:30 PM

Tour End

- Check out of our hotel at 9:00am
- There will be a drop off at Lagos Train station as well as Faro Airport.

Suggested Apps To Install:



We use WhatsApp – Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)



We use Ride With GPS – Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)

Weather

- **May** – Daytime high temperatures average about 22 °C (72 °F) Overnight low temperatures hover around 13 °C (56 °F). It can be slightly cooler by the sea. May is relatively dry.
- **October** – Daytime high temperatures average about 23 °C (73 °F) Overnight low temperatures hover around 15 °C (59 °F). It can be cooler by the coast. Rain showers are not uncommon in October.

MEDICAL & ALLERGIES

Guests with any medical issues, medications or allergies that we ought to be aware of, must inform our guides when they check in.

- **GUESTS WHO CARRY AN EPIPEN:** Please tell the guides at check-in where you keep it so they can assist if necessary.
- If you have any cardiac, pulmonary, breathing issues or recent surgeries, we urge you to inform our guides at check-in so we can assist in the best manner possible.
- In the event of an incident, Guides will make the best decisions in consultation with each guest and their respective partners/designates. Guests agree to understand this to be the case.
- **ALLERGIES:** We must be informed of any allergies you have, whether food or substance so we can make every effort to provide a safe environment.
- **DIETARY:** Please confirm any dietary needs or preferences at registration.



ADDITIONAL INFORMATION

What we provide:

- All accommodations
- All breakfasts and lunches
- 5 dinners
- Support vehicle
- Full-time bilingual guides
- Cold drinks
- Bicycle rental
- Helmet - When booking, we asked if you require one of our helmets. You may also choose to bring your own. Helmets are mandatory.
- Reusable water bottle
- Navigation app
- Route notes and detailed itinerary



Roads & Traffic

Portugal roads use kilometers (km) for distance and speed limits. You drive on the right-hand side.



Banking and shopping

- Banks are open Monday-Friday and closed on Saturday & Sundays
- Shops in the center of Lisbon are generally open from Monday to Saturday, until 7 or 8 pm.
- Alcohol can be purchased in shops/supermarkets before 10 PM.



Tipping Your Guides

While tipping is always at the discretion of our guests, we are often asked what guidance we can provide regarding tipping. Here is what we suggest: €60 per week – per guest – per guide, as a general amount. Should you believe more or less is warranted, feel free to adjust accordingly.

CHECKLIST

Items We Suggest You Bring

- Airline tickets
- Valid Passport / government ID / Any required travel documents
- Phone and charger
- Luggage: 2 carry-on sized suitcases, if possible, but not necessary.
- One personal bag (if your tour has a hiking portion, a knapsack to carry items)
- Cycling jerseys (2 or 3 - short sleeve and long sleeve)
- Cycling shorts (1-3 pairs)
- Arm warmers if desired
- Cycling rain (jacket, pants waterproof and breathable)
- Cycling shoes
- Cycling gloves
- Helmet: if you wish to bring your own, otherwise one will be provided at no additional cost
- Comfortable walking shoes, sweater, light jacket or windbreaker for after dinner
- Bring a few lightweight clothing items for city wear (dinner and sightseeing)
- Fleece / Lycra sweater / long sleeves
- Sun hat or visor
- Sandals
- Swimsuit
- Sunglasses
- Sunscreen/bug spray
- Any medical or nutritional items you deem necessary
- Gel seat cover, or your own saddle, do not bring the post (if cycling)
- Universal power outlet adapter, or European power outlet adapter
- Rear view mirror, if desired. Helmet version preferred.
- Pedals: If you want to clip in, bring your own pedals. Our guides will put them on your bike. This does not apply to e-bikes.
- Extra water bottle, if desired.

ETIAS (New European Union travel visa.)

ETIAS PROJECTED TO BEGIN IN THE 4th QUARTER OF 2026.

- As with all travel authorization and visa documents, it is your responsibility to apply for and submit an application. Please be aware of, and have received, everything you require to travel. [Monitor the European Union's OFFICIAL Website for the latest status on ETIAS \(click here\).](#)



A NOTE TO OUR GUESTS:

We are excited to have you as part of our tour! I trust this tour package answers many questions and provides insights about your upcoming trip. It's our role to provide you with a great cycling adventure. Please ask our guides for anything you may need.

Have a great trip and have lots of fun!

My best,

Michael

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