



Just grab the day's page and go.

***DRAFT CYCLING THE ALENTEJO,
THE LAND OF MARBLE, CORK AND WINE
May 21-May 26, 2017
DRAFT Itinerary***

Sunday, May 21, Lisbon to Evora by Train

2:30 pm - Meet at the Lisbon Dreams Guest House for a short meeting and to go to the train station

Address: R. Rodrigo da Fonseca 29, 1250-189 Lisboa, Portugal
Phone Number: +351 21 387 2393

4:30 Train from Lisboa Santa Apolonia Station to Evora (2 hours/5 minutes)

Address: Av. Infante Dom Henrique 1, 1100-105 Lisboa

6:35 pm - Arrive in Evora and check into the hotel, Mar De Ar Aqueducto

website: <http://www.mardearhotels.com/en/mar-de-ar-aqueduto/>

Address: Rua Candido dos Reis

7:30 pm - Leave the hotel lobby for dinner and briefing with our guides at Monte Ravasqueira winery.

Monday, May 22, Evora to Monsaraz

9:00 am - Leave hotel lobby for walking tour of Evora.

We will see the historic center, the Templo Romano and the Capela dos Osos.

10:30 am - Begin cycling from Évora to Monsaraz, 37 miles.

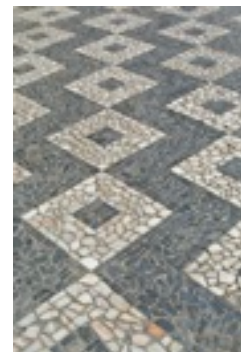
Lunch on your own along the way.

When you arrive in Monsaraz, check into the hotel, São Lourenço do Barrocal

Address: Monsaraz 7200-177.

Feel free to tour the winery on you own.

8:00 pm - Wine dinner at Barrocal Cellar



Evora, Uniseco World Heritage

Tuesday, May 23, Loop Ride Around Monsaraz

9:00 am - Leave the hotel lobby

Ride through pottery villages and by monoliths. There will be several routes to choose from.

Lunch on your own

Return to the hotel, São Lourenço do Barrocal

7:30 pm - Leave the hotel lobby for dinner at Sem Fim, an old olive mill with olive tasting followed by star gazing at the star center at the Alqueva Dark Sky Reserve (OLA – Observatório do Lago Alqueva)



Monsaraz



Alqueva Dark Sky Reserve, some of the brightest, clearest skies on earth

Wednesday, May 24, Monsaraz to Vila Viçosa

9:00 am - Leave the hotel lobby

Cycle 30 miles from Monsaraz to Vila Viçosa.

Lunch on your own.

Arrive at the hotel, Alentejo Marmaris Hotel and Spa.

7:30 pm: Leave the lobby for dinner at Winery Quinta do Carmo, near Glória/rio de Moinhos.



Cork trees



Farms

Thursday, May 25, Vila Viçosa to Estremoz

9:00 am - Walking tour of Vila Viçosa

10:00 am - Cycle 30 miles from Vila Viçosa to Estremoz stopping to hike into a marble quarry.

Lunch will be provided

Upon arrival in Estremoz, check into Páteo dos Solares

Website: <http://www.pateosolares.com/en/>

Address: Rua Brito Capelo, 7100-562 Estremoz

Phone number: +351 268 338 400

7:30 pm - Leave hotel lobby for winery visit and dinner at Quinta Dona Maria



Marble from the quarry

Friday, May 26 - Estremoz to Lisbon

9:00 am - Leave the hotel for a walking tour of Estremoz

12:00 pm - Farewell lunch is provided

1:45 pm - Bus to Lisbon, arrive Lisbon 3:45 pm

Hugs goodbye!



Reading Materials

Cork Industry -<http://content.time.com/time/magazine/article/0,9171,2027774,00.html>

Conde Naste, Evora Alentejo, Portugal Secret Wine Country <http://www.cntraveller.com/recommended/coast-countryside/things-to-see-and-do-in-alentejo>

The Wine and Food Lovers Guide to Portugal: <https://www.amazon.com/Wine-Food-Lovers-Guide-Portugal/dp/0955706904>

Portugal's Wine and Winemakers: <https://www.amazon.com/Portugals-Wines-Wine-Makers-Regional/dp/193587974X>

Notes

Alentejo Weather: Average temperature is 81F with lows of 63F and highs of 91F. Rarely is there rainfall. Average wind is 8.5 miles per hour.

Lisbon: Keep in mind that Lisbon is a very hilly city. Wear comfortable shoes when hitting the streets. Public transport is great in Lisbon. It's trams and funiculars are among the city's most popular attractions. Get the Lisboa Card for inclusive rides across the system. A tip of 10% of your bill is customary when eating out at restaurants. A great place to buy shoes!

Alentejo: The Alentejo region is a stark contrast to the busy city of Lisbon. The agricultural and rural nature of the area contributes to a slower, more traditional pace of life, and one of the best ways to experience it is by bicycle. Occupying nearly a third of Portugal's mainland, it has some of the prettiest old towns in Portugal – and some of the gentlest cycling. It's not flat but it's not nearly as rugged as other parts of the country.

The Portuguese often refer to the Alentejo as a nation unto itself. Its architecture is white-washed, imbued with a Moorish flavor, and the people speak their own dialect and sing songs unique to the region. Roman conquerors left their relics behind across this region and we will see some of them along our route. We'll also see dolmens, which are ancient stone tables, as well as burial grounds from the Neolithic period., and of course, cork trees, vineyards, and roaming sheep with their bells ringing.

