



Alto Minho Cycling Tour

Explore the wonders of the Alto Minho, Costa Verde and Porto on this 1-week self-guided cycling holiday in Portugal.

After beginning the adventure with a winery visit in the spa town of Monção, you'll follow ecotrails along the River Minho, the natural border with Spain, which offers fabulous views, wildlife and scenery as well as fortified towns with centuries of history.

From the mouth of the Minho, you'll head down a verdant section of the Atlantic Coast, filled with stunning beaches, to the beautiful historical city of Viana do Castelo. Then follow the Lima River to Portugal's oldest town, Ponte de Lima, where you will sample more wine and local produce. From this idyllic setting, cycle to the villages of Arcos de Valdevez and Ponte da Barca along ecotrails on either side of the river.

Next stop is Barcelos, home to a legendary cockerel and an important stop on the Camino de Santiago pilgrim trail, before heading back to the coast for the last leg of the journey.

More wonderful beaches, fishing communities, nature reserves and interesting towns and cities form part of your last cycling day. End the tour in the UNESCO World Heritage city of Porto, with a port wine cellar tour and tasting experience.





Day-by-day itinerary

Day 1: Transfer from Porto to Monção

Meet your driver and enjoy the scenic drive to the small town of Monção in the Alto Minho region. After a welcome briefing with one of our team members, you'll visit a local winery and taste their Alvarinho wines (**see important notes**). If you have time, you may wish to sample the healing waters at Termas de Monção spa or simply settle into your hotel and surroundings and relax in preparation for your cycling adventure.

Overnight: Monção, 4-star hotel

Day 2: Monção to Caminha (47.7 km | 29.6 miles)

Enjoy the views of neighbouring Galicia across the mighty Minho River as you follow it to its mouth at Caminha. Birdlife abounds and you'll see ingenious fishing platforms built into the river. Take time to explore the fortress town of Valença and the art and architecture in the pretty little town of Vila Nova de Cerveira. Caminha's medieval centre is full of charms, which you can explore at leisure when you arrive, as this is your base for the night.

Overnight: Caminha, 4-star hotel

Meals: Breakfast

Day 3: Caminha to Ponte de Lima (56.6 km | 35.2 miles)

Portugal's Costa Verde (Green Coast) is known for its pristine beaches, backed by dunes, forest and the occasional fishing village. Enjoy the coastline for the first part of today's journey and spend time exploring the historical centre of Viana do Castelo, famous for heart-shaped filigree jewellery and colourful embroidery, before heading inland. Follow the south bank of the Lima River, through forests and farmland, to reach Ponte de Lima, a delightful town with plenty to offer.

Overnight: Ponte de Lima, 3-star hotel

Meals: Breakfast

Day 4: Ponte de Lima circular (via Arcos de Valdevez) (46.6 km | 29.0 miles)

Using the Lima and Vez rivers as your guide, follow the ecotrail upstream through gorgeous countryside to Arcos de Valdevez, another picturesque riverside town with an impressive bridge and delicious local cakes known as *charutos*. The return journey to Ponte de Lima follows the opposite banks of the Vez and Lima Rivers, passing through more rural wonders and the village of Ponte da Barca, allegedly the birthplace of the

navigator Ferdinand Magellan. When you return to Ponte de Lima, we will have a chilled Vinho Verde (a regional wine) and Portuguese tapas waiting for you at a typical *tasca*.

Overnight: Ponte de Lima, 3-star hotel

Meals: Breakfast

Day 5: Ponte de Lima to Barcelos (35 km | 21.8 miles)

Don't be surprised if you see lots of people hiking on today's route - you'll be following sections of the Camino de Santiago pilgrim trail today, albeit in the opposite direction. This stage brings you up close and personal with tiny villages and their local farming traditions and vineyards. It also offers fabulous views of nearby mountain ranges.

Overnight: Barcelos, 3-star hotel | **Meals:** Breakfast

Day 6: Barcelos to Vila do Conde (45.8 km | 28.4 miles)

Make your way through more beautiful countryside as you head back to the ocean once more at the mouth of the Cávado River. Then follow the coast south to the sandy beaches and riverside town of Vila do Conde, which is famous for bobbin lace-making, embroidered "handkerchiefs of love" and its naval history.

Overnight: Vila do Conde, 3-star hotel | **Meals:** Breakfast

Day 7: Vila do Conde to Porto (35.4 km | 22 miles)

Look out for more birds as you cross the nature reserve south of Vila do Conde. The coastline is varied and beautiful, with windmills on some of the beaches. Stop at the colourful fishing village of Angeiras to see the community at work before making your way past the port of Matosinhos and along the Douro River into Porto city centre. After you have freshened up, it's time to find out more about the famous port wine at one of the most prestigious port wine lodges in Vila Nova de Gaia. With a tasting, of course!

There are numerous other sightseeing opportunities in Porto, including the Lello Bookstore and the Stock Exchange Palace.

Overnight: Porto, 4-star hotel | **Meals:** Breakfast

Day 8: Departure

After breakfast at your hotel, make your own way to your next destination.

End of our services

Like what you see but it's not quite a perfect fit?

Simply tell us what you're looking for. We'll happily adapt this itinerary to suit your personal interests, needs and schedule to create your ideal holidays.

Highlights

- Monção spa town,
- Valença fortress town,
- Art-filled Vila Nova de Cerveira,
- Medieval Caminha,
- Historical Viana do Castelo,
- Pretty Ponte de Lima,
- Charming Arcos de Valdevez,
- Barcelos ceramics,
- Vila do Conde lace and embroidery,
- UNESCO World Heritage Porto,
- Vinho Verde and local tapas,
- Winery visit,
- Port wine cellar visit and tasting,
- Douro and port wines,
- Fishing communities,
- Mountains,
- Rivers,
- Stunning and varied coastline,
- Rural lifestyles,
- Local gastronomy.

At a glance

DURATION	8 days 7 nights	GRADE	Easy to moderate
ACTIVITY	6 cycling days	AVAILABILITY	1st March to 31st October
TYPE	Self-guided	MEALS	Breakfast 7
TOTAL CYCLING DISTANCE	267.1 km 166.0 miles	Nº PEOPLE	From 2

Prices 2026

DATES	PRICE PER PERSON IN DOUBLE ROOM	SINGLE SUPPLEMENT
March, April and October	1.180 Euros	390 Euros
May, June and September	1.240 Euros	440 Euros
July and August	1.290 Euros	490 Euros

General conditions

INCLUDED:

- 7 nights' hand-picked accommodation with breakfast;
- 6 days bike rental (MTB TREK Marlin 6 with 29" wheels + panniers + helmet);
- Transfer from Porto airport to Monção on day 1;
- Winery visit with tastings in Monção (day 1);
- Tapas and Vinho Verde in Ponte de Lima (day 4);
- Port wine cellar tour with tastings (day 7);
- Luggage transfer between accommodations;
- Detailed route notes;
- App with trail information for use on a smartphone
- In-person welcome briefing;
- 24-hour emergency contact number (English-speaking).

Welcome Briefing: A member of the Portugal Green Walks team will meet you on the arrival day to provide a comprehensive briefing and personally deliver your Welcome Pack. This pack contains all the materials you'll need as a cyclist: a roadbook with route descriptions and tips, plus a few other goodies for the trail! The member of our staff will be delighted to answer any questions that you have before starting your holiday.

Accommodations: A combination of 3 and 4-star hotels. All rooms have their own bathrooms. We've chosen these accommodations for their hospitality, comfort, and location.

Meals: All breakfasts are included with your accommodation.

Luggage transport: We will arrange for the transfer of one suitcase or piece of luggage per person between your hotels during your cycle.

Pre- / During / Post-Trip Service: We're here to help! Based in Northern Portugal, we are here to ensure that your trip runs as smoothly as possible. Don't hesitate to contact our support line to request assistance.

NOT INCLUDED:

Lunches and dinners; Insurance; Touristic taxes; Gratuities; Personal expenses; Anything not mentioned in the "Included" section above.

IMPORTANT NOTES:

To arrive in Monção with enough time to do the briefing and the winery visit, your flight must arrive in Porto before 1 pm. If this is not possible, we suggest adding a night in Porto so that you can explore the city at leisure and fully enjoy your time in Monção, which is 130 kilometres from Porto.

The route is a combination of rural paths (asphalt, cobblestones or dirt), forest trails (dirt or gravel, uneven and sometimes rocky), secondary roads and some main roads (both on asphalt). Along the journey, you may sometimes encounter some steep climbs and descents, so good advance physical preparation is necessary to complete this trip successfully.

You must have previous experience with mountain bikes and basic bicycle repair knowledge, especially how to change a tyre, as punctures may occur during your trip.

EXTRA SERVICES:

Extra nights in Porto (4-star hotel):	On request;
Upgrade to E-bike TREK ALLANT 7 (or similar):	175 Euros /E-bike;
Transfer from hotel to airport in Porto:	55 Euros /up to 3 people 85 euros/4 to 7 people.

PAYMENTS:

The payment can be made by credit card or bank transfer. A 25% deposit will be requested upon confirmation and the remaining 75% up to 30 days before the arrival date.

CANCELLATION POLICY:

More than 30 days before the expected arrival date – no costs;

From 29 to 15 days before the expected arrival date - we retain 50% of the total cost;

Less than 14 days before the expected arrival date - we retain 100% of the total cost.

Inspired by nature

Portugal Green Walks, Lda.

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