



# ALGARVE ROAD CYCLING ROUTES

A photograph of three cyclists riding on a coastal road during sunset. The scene is bathed in a warm, golden light. The cyclists are wearing helmets and cycling gear. The background shows the ocean and a cliffside.

# ALGARVE ROAD CYCLING ROUTES

## CONTENTS

<b>06</b>	<b>THE EASTERN ALGARVE ROUTES</b>
08	Level 1
13	Level 2
16	Level 3
18	Level 4
<b>22</b>	<b>THE CENTRAL ALGARVE ROUTES</b>
24	Level 1
31	Level 2
33	Level 3
35	Level 4
<b>38</b>	<b>THE WESTERN ALGARVE ROUTES</b>
40	Level 1
45	Level 2
47	Level 3
49	Level 4
<b>52</b>	<b>SPORTS TRAINING ROUTES</b>
54	Level 3
58	Level 4
<b>62</b>	<b>UPHILL AREAS</b>
64	Eastern Algarve
68	Central Algarve
72	Western Algarve
<b>76</b>	<b>GEOGRAPHICAL CHARACTERISATION</b>
<b>78</b>	<b>CLIMATIC CHARACTERISATION</b>

# THE ALGARVE

THE ALGARVE OFFERS OUTSTANDING CONDITIONS FOR ALL SORTS OF CYCLING. THE GEOGRAPHICAL AND OROGRAPHIC CHARACTERISTICS OF THE REGION, THE CLIMATE, THE QUALITY AND DIVERSITY OF THE ROADS, TRACKS AND TRAILS, THE WEALTH OF HISTORY AND CULTURE, AND THE WONDERFUL PEOPLE ALL COMBINE TO MAKE THIS A FABULOUS DESTINATION FOR AN ACTIVITY THAT IS BECOMING INCREASINGLY POPULAR ALL OVER THE WORLD.



**Boasting a vast array of natural attractions, the Algarve's authentic charm wins over residents and visitors alike.** The enchanting coast is lined with long, golden sandy beaches and modern towns and cities; and inland, there are delightful and welcoming villages waiting to be discovered. From the sophisticated coastal resorts to the old country trails through the *barrocal*, along roads that wind their way through abundant nature and forests, or open up on to wide valleys and hills, there are endless opportunities in this sunny region for unforgettable outings at any time of year.

**Promoting this leading destination and its appeal in terms of leisure activities is the aim of the first *Algarve Road Cycling Routes*. This guide book brings together 41 different itineraries** that let residents and visitors discover the region in an active and sustainable way, by cycling along selected road routes. The guide also contains a chapter written especially for competitive and more experienced cyclists, which indicates various areas that are suitable for hill training.



Odeceira



Carvoeiro



Alvor

In order to ensure that all cyclists – from complete beginners to those who cycle regularly or train intensively – have the chance to enjoy cycling in the Algarve, the various routes have been divided into **FOUR DIFFICULTY LEVELS** depending on their length and altitude. The easiest routes are marked as green, while the moderately difficult ones are shown in blue. Red routes are even more difficult and the toughest ones of all are marked in black.



**LEVEL 1**



**LEVEL 2**

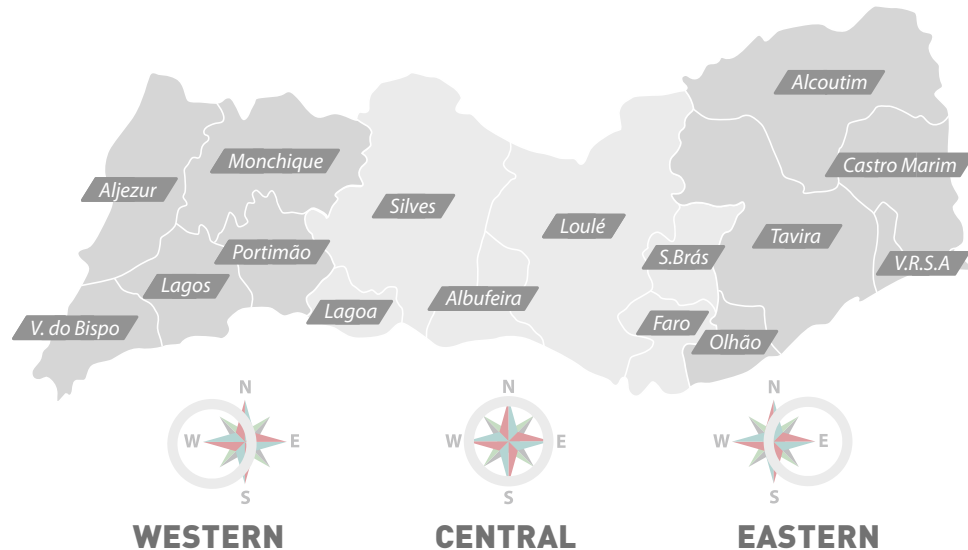


**LEVEL 3**



**LEVEL 4**

Contrasting perfectly with the size of the territory, the Algarve's huge diversity in terms of geography, orography and environment also allowed us to organise the routes into **THREE DISTINCT ZONES**: **the eastern Algarve**, which takes in the Lower Guadiana area and the municipalities of Tavira, Olhão and part of São Brás de Alportel; **the central Algarve**, which includes the municipalities of Faro, Loulé, Albufeira and Silves; and **the western Algarve**, encompassing the municipalities of Portimão, Monchique, Lagos and the Vicentine Coast in the municipalities of Vila do Bispo and Aljezur.



**THIS GUIDE BOOK INVITES TOURISTS TO TAKE UP THE CHALLENGE OF EXPLORING AN ALGARVE THAT IS CHARACTERISED BY THE DIGNITY OF ITS PEOPLE, UNRIVALLED IN ITS TRADITIONS AND NATURAL BEAUTY, AND BLESSED WITH CONSIDERABLE BIOLOGICAL DIVERSITY. THE AIM IS TO ENCOURAGE PEOPLE TO GET OUT AND ABOUT ON THEIR BICYCLES IN THE PURSUIT OF A HEALTHIER, HAPPIER LIFESTYLE.**



All the routes in this guide are available for downloading in GPX format on the site [visitalgarve.pt](http://visitalgarve.pt).



Cacela Velha

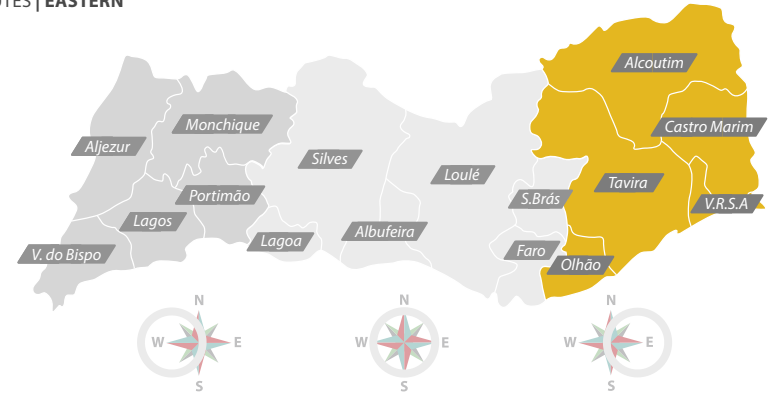
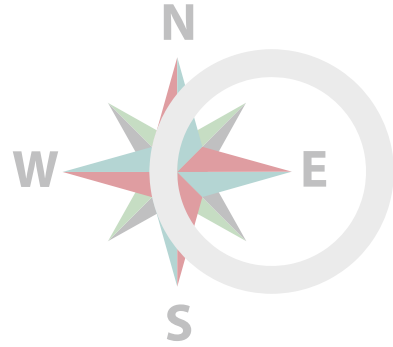


Odeleite Dam



Querença

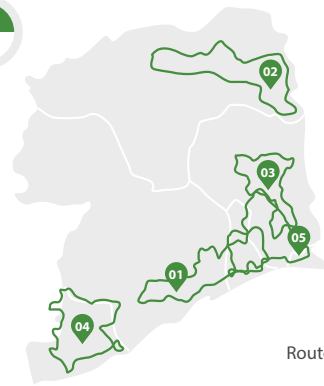
# the EASTERN ALGARVE



## ROUTES



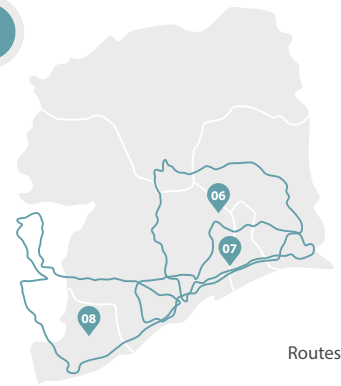
LEVEL 1



Routes



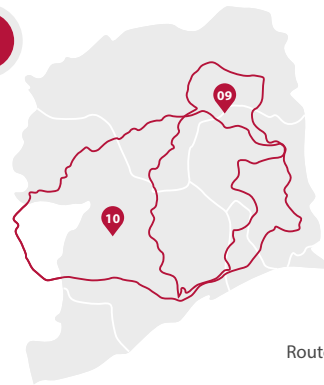
LEVEL 2



Routes



LEVEL 3



Routes



LEVEL 4



Routes

Beliche Dam

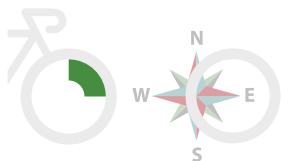


Odeleite Dam



River Guadiana

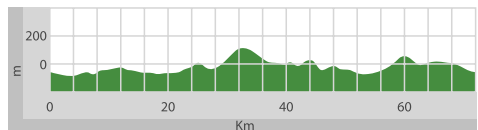




-01-	DISTANCE
	<b>70 km</b>
	ACCUMULATED CLIMB
	<b>980 m</b>
<b>TAVIRA</b>	

**The scenery is stunning and adventure beckons.** In the eastern Algarve, known as the “Sotavento”, you are surrounded by beautiful natural scenery and important historical and religious heritage, bringing added interest to routes that are already replete with charm. Enjoy the peaceful atmosphere in Cacela Velha, where the traditional Algarve houses stand side by side with the Renaissance church and the imposing fortress overlooking the Ria Formosa. The water

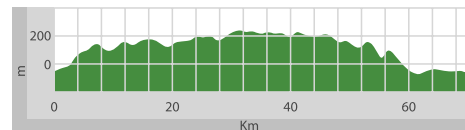
alongside the route sparkles like a mirror all the way to the resorts of Manta Rota and Altura, inspiring you to ride all the way up to the Monte Rei golf course. With a good surface and little traffic, the road takes you as far as Curral de Boeiros, before the challenging descent to the Asseca Valley, by way of Pego do Inferno. And there is yet another climb before you reach the end of the route, this time leading up to the typical village of Santo Estêvão.

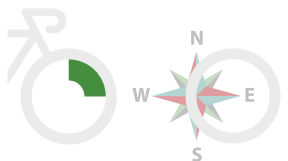


-02-	DISTANCE
	<b>66 km</b>
	ACCUMULATED CLIMB
	<b>740 m</b>
<b>ALCOUTIM</b>	

**In this pretty town at the north-eastern edge of the Algarve, an unforgettable experience awaits, and it starts next to the river beach.** Always bountiful, nature unveils magnificent views that help make the ride up to Santa Marta easier. An interesting stage of the route begins here; the road to Giões is narrow but it provides an opportunity to encounter the friendly hamlets so typical of the inland Algarve. Hunting is

very common in this upland area so it is not at all unusual to spot wild animals such as hares and wild boars. The EN 124 road is much wider and the route is flat all the way to Pereiro and Balurcos, giving you a chance to catch your breath in preparation for a demanding descent between Corte das Donas and Guerreiros, with the enigmatic River Guadiana as the backdrop.



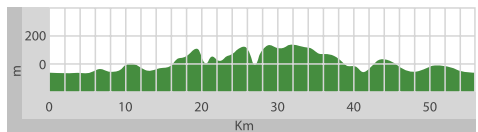


-03-	DISTANCE
	<b>60 km</b>
	ACCUMULATED CLIMB
	<b>900 m</b>
<b>CASTRO MARIM</b>	

your pace. The freshness of the scenery around Quebradas will help you recharge your batteries; from here you can catch a glimpse of deep lakes and the outline of the neighbouring hamlets across the border, in Spain. And once you reach Almada do Ouro, it's time to stop for a rest as you admire the spectacular view over the River Guadiana.

**There is plenty of history on offer in this municipality and the route is enjoyable although no less difficult for all that.**

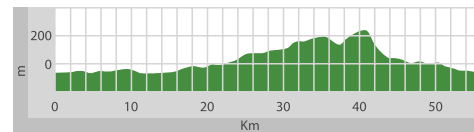
Comprising various uphill and downhill sections, there are surprises and moments of sheer delight in store as you feast your eyes on the panorama of the Beliche and Odeleite dams. Although short, some of the uphill sections are steep, so you need to be physically fit and be able to judge

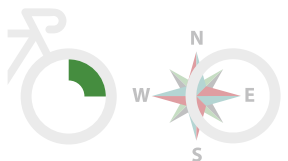


-04-	DISTANCE
	<b>57 km</b>
	ACCUMULATED CLIMB
	<b>625 m</b>
<b>OLHÃO</b>	

**A cubist city with deeply-rooted fishing traditions, Olhão offers an interesting route that begins at the emblematic municipal markets perched on the bank of the Ria Formosa.** The first few kilometres are flat but as they are along the busy EN 125 road you will need to be especially careful of the traffic. However, you will soon be able to let down your

guard as you head into the municipality's rural interior. Here, you will encounter pretty villages such as Moncarapacho, Estiramantens and Pereiro. Ride around the São Miguel Hill and get ready for the progressive climb up to Azinheiro. The scents of the countryside perk you up for the next downhill section, which takes you through the village of Pechão.

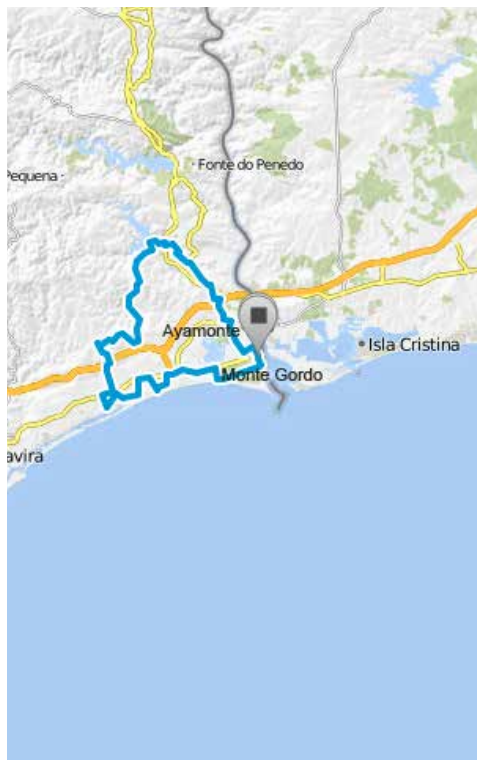
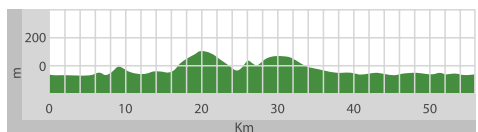




-05-	DISTANCE
	<b>54 km</b>
	ACCUMULATED CLIMB
	<b>600 m</b>
<b>VILA REAL DE STO ANTÓNIO</b>	

The charismatic city with perpendicular streets, built in 1773 as a result of political contingencies against Spain and the unshakeable will of the Marquis of Pombal, opens its doors to cyclists with a route that begins next to the River Guadiana. After riding through the serene Castro Marim Marshland you head northwards, passing through Monte Francisco and Junqueira, until you reach the

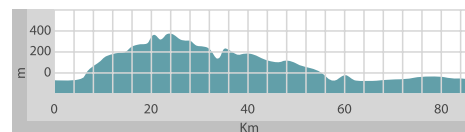
Beliche dam. Energised by the pure, fresh air, you must get ready for a fairly steep ride up to Enho Hill, where a splendid view over the Algarve coast is a worthwhile reward. Thereafter, the route is like a roller-coaster ride all the way to Vila Nova de Cacela and then the crossroads on the EN 125 to visit the welcoming village of Cacela Velha. Manta Rota and Altura welcome you on the ride back to Vila Real de Santo António.



-06-	DISTANCE
	<b>89 km</b>
	ACCUMULATED CLIMB
	<b>1370 m</b>
<b>TAVIRA</b>	

The challenge is tempting and few will be bold enough to turn it down. Don't be fooled by the gentle uphill stretch of the first 15 km; you will need to save some strength to reach your goal. There is no mountain stage prize here but when you get to the top the reward is priceless: a 360° panoramic view unfolds before you as the green of the uplands merges into the blue of the sea. Behind you is the winding road that goes

through the typical hamlets of Alcaria, Cabaços, Casas Novas, Alta Mora and Cabeça Gorda, before passing by the Beliche dam. The route continues downhill now to Junqueira, to be followed by an up-and-down stretch until you reach Castro Marim. Here you can visit the splendid mediaeval castle and the fortress of São Sebastião, before returning to the city.



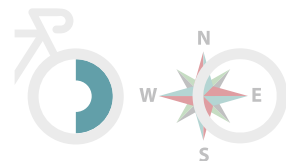
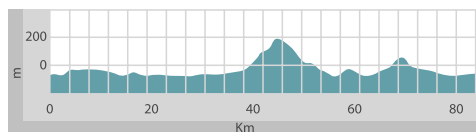




-07-	DISTANCE	82 km
	ACCUMULATED CLIMB	980 m
	TAVIRA	

The marvellous tones of nature provide a splendid backdrop for this route, where the region's magnificent historical heritage is also one of the highlights. This is a fascinating route that begins on the bank of the River Guadiana in Vila Real de Santo António and takes you to Castro Marim, where you will certainly be impressed by the magnificent castle, one of the most important mediaeval monuments in Portugal. The road up to the Monte Rei golf

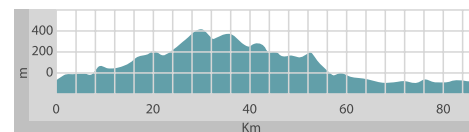
course is good and traffic is usually light. Along the way you will pass by Curral de Boeiros before starting the descent to the Asseca Valley, always surrounded by the eastern Algarve's beautiful scenery. A final uphill stretch now, to reach the village of Santo Estevão, and the route is complete, but along the way you will undoubtedly want to pause for a moment and enjoy the view over the Ria Formosa in the fishing village of Santa Luzia.



-03-	DISTANCE	97 km
	ACCUMULATED CLIMB	1650 m
	TAVIRA	

Cyclists love this road since it is in excellent condition and offers you access to a route of medium difficulty with spectacular views. São Brás de Alportel awaits after an uphill stretch on the EN 270 that gives you two challenges: two uphill sections – Marco and Bengado – a total of approximately 2.5 km and an average incline of 5%. São Brás is the seat of a major cork-producing municipality and at the entrance to the town you head northwards, catching your breath for the

tough uphill ride to Cova da Muda. The inclines here are hard going, sometimes exceeding 10%. At a height of over 500 metres, with the ocean to the south and the impressive Serra do Caldeirão mountains to the north vying to enchant you, you will get an added boost of energy for the next steep slope, as you ride through Javali towards Barranco do Velho. With your feet firmly on the pedals, you now begin your descent, passing through the village of Estoi all the way to Olhão.

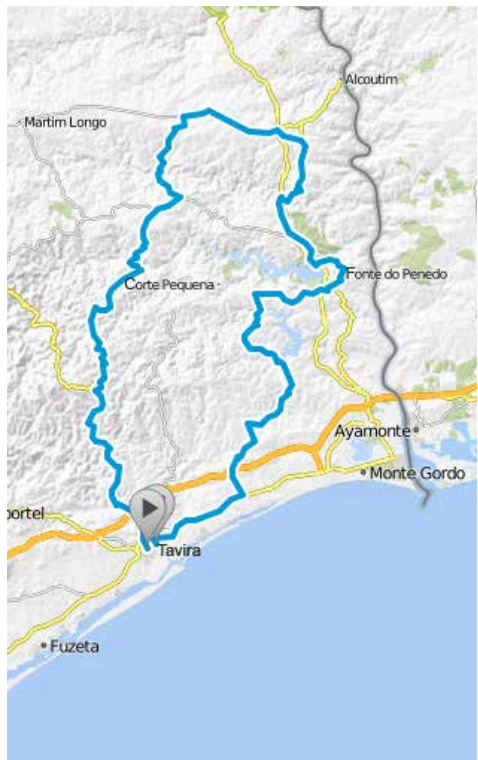
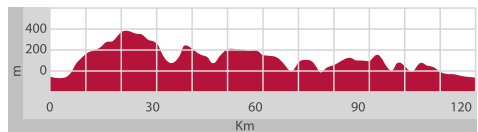




-09-	DISTANCE
	<b>125 km</b>
	ACCUMULATED CLIMB
	<b>2500 m</b>
<b>TAVIRA</b>	

**Afficionados of the circuit of classic tours in central Europe will fall in love with this route, which provides countless opportunities to admire the wonderfully diverse natural scenery.** The constant up-and-down stretches in the uplands of Tavira are a reminder of the traditional springtime races, with their short, steep hills. Don't succumb to laziness at Monte das Preguiças (preguiça in Portuguese means

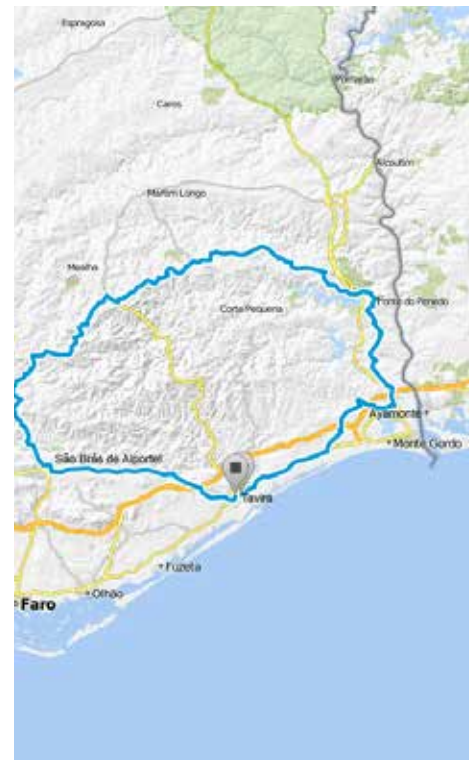
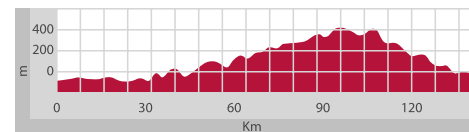
laziness) and prepare mind and body for the long uphill ride to Pereiro and the Balurcos plateau. Concentration is essential for the tricky downhill ride to the Odeleite dam, before you reach the Beliche dam. The ride ends with a progressive downhill stretch through the invigorating scrubland known as the Mata Nacional da Conceição or Santa Rita.



-10-	DISTANCE
	<b>143 km</b>
	ACCUMULATED CLIMB
	<b>2700 m</b>
<b>TAVIRA</b>	

**The eastern Algarve's delightful climate is an open invitation to set off from the coastal area and explore the delights of the hinterland on the way to Vila Nova de Cacela. The first few kilometres are flat but are then followed by a series of uphill and downhill stretches as you head towards Castro Marim.** Here the challenge becomes more exciting as the uphill ride to the hamlet of Azinhal becomes progressively steeper. The EN 122 road takes you to the Odeleite dam

and the pure fresh air will recharge your batteries for the demanding climb to Furnazinhas and on into the municipality of Alcoutim, passing through the hamlet of Soudes. Considered one of the most traditional villages in the inland Algarve, Cachopo awaits you at the top of the Serra do Caldeirão, on the way to Barranco do Velho. Following the descent to São Brás de Alportel, you return to Tavira along the undulating EN 270.

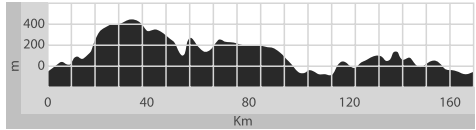




- 77 -	DISTANCE
	<b>163 km</b>
TAVIRA	ACCUMULATED CLIMB
	<b>2825 m</b>

The sounds of the countryside and the intense scents of the upland flora combine to make this ride unforgettable. The first goal is to reach Santa Catarina da Fonte do Bispo and, from there, to head inland and uphill to Alcaria do Cume, one of the landmarks in terms of height in the eastern Algarve. As you prepare to explore the winding roads of the uplands of Tavira on your

way to Alcoutim, you will be riding at a height of over 500 metres. The Portuguese bank of the River Guadiana offers a peaceful atmosphere and will whet your appetite for some of the tasty dishes you can sample in Guerreiros do Rio, such as freshwater fish. The return ride is flatter and takes you through Azinhal to the historic town of Castro Marim.



# INTERESTING PLACES TO VISIT the eastern algarve



## RIA FORMOSA

Caçela Velha



## MARKETS

Olhão



## PEGO DO INFERNO

Tavira



## IGREJA MATRIZ (MAIN CHURCH)

Olhão



## MUNICIPAL MUSEUM

Tavira



## CASTLE

Castro Marim



## CHURCH OF SANTA MARIA DO CASTELO (ST MARY OF THE CASTLE)

Tavira



## FORT OF SÃO SEBASTIÃO (ST SEBASTIAN)

Castro Marim



## RAVELIN OF SANTO ANTÓNIO (ST ANTHONY)

Castro Marim



## BEACH

Ilha de Tavira



## ANTÓNIO ALEIXO CULTURAL CENTRE

Vila Real de Santo António



## LVAJO MENCHIR

Alcoutim



## LIGHTHOUSE

Vila Real de Santo António



## OLD BRIDGE

Tavira



## CASTELO

Alcoutim



## RIVER BEACH

Alcoutim



## ROMAN VILLA OF MONTINHO DAS LARANJEIRAS

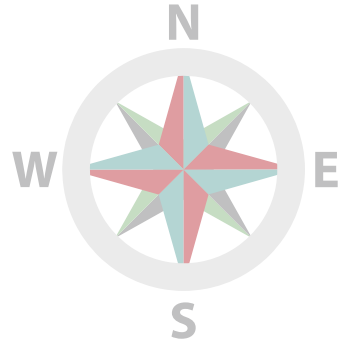
Alcoutim



## MARQUÊS DE POMBAL SQUARE

Vila Real de Santo António

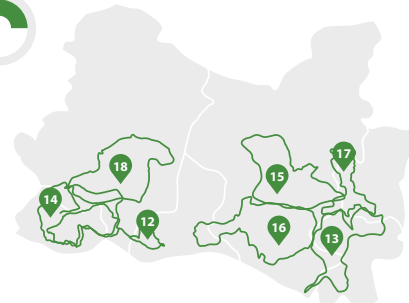
# the CENTRAL ALGARVE



## ROUTES



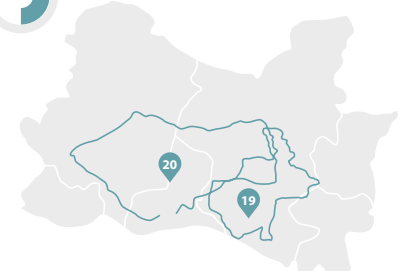
LEVEL 1



Routes



LEVEL 2



Routes



LEVEL 3



Routes



LEVEL 4



Routes



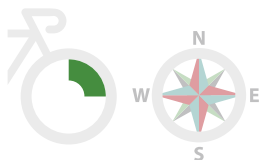
Querença



São Brás de Alportel



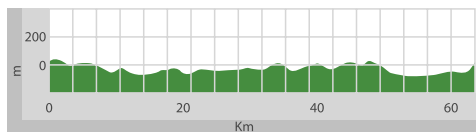
Sãir



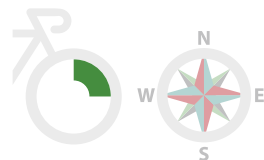
-12-	DISTANCE
	60 km
	ACCUMULATED CLIMB
	740 m
ALBUFEIRA	

**The cosmopolitan city of Albufeira is the starting point for a route that highlights the diversity and genuine beauty of the Algarve's dynamic central section.** Be especially careful on the first part of the ride, to Guia and Algoz, because of the traffic. Once you reach Algores, however, the road is quieter and you can enjoy a flat 20-kilometre stretch that takes you to the Amendoeiras golf course. After this, the landscape opens out into one of the region's

most traditional farming areas, affording a pretty setting as you ride southwards towards the bustle of the coast. A stop in Porches is a must for those who appreciate earthenware; and Senhora da Rocha is a natural viewpoint that affords a breathtakingly beautiful view over the coastline from Albufeira to Carvoeiro. The route also takes you through Armação de Pêra, Salgados, Galé and Sesmarias.



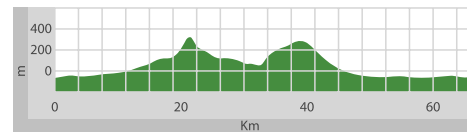
Carvoeiro (Benagil)



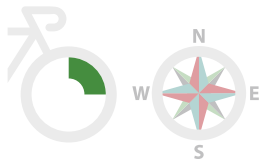
-13-	DISTANCE
	66 km
	ACCUMULATED CLIMB
	750 m
FARO	

**Set off from the Algarve's capital city and explore a route replete with history and tradition.** After riding through the outskirts of the city, a country road will take you firstly to Conceição. Known for the famous Milreu ruins, one of the most important Roman sites in the Algarve, Estoi is worth spending some time in

before you continue northwards and tackle the 2-kilometre climb up the São Miguel Hill to Azinheiro. The most demanding stretch on this route is the ride up to Bordeira, which includes a detour into the village of Santa Barbara de Nexe. From here, it's a downhill ride all the way to the bustling beach at Praia de Faro.



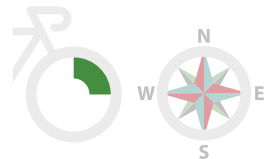
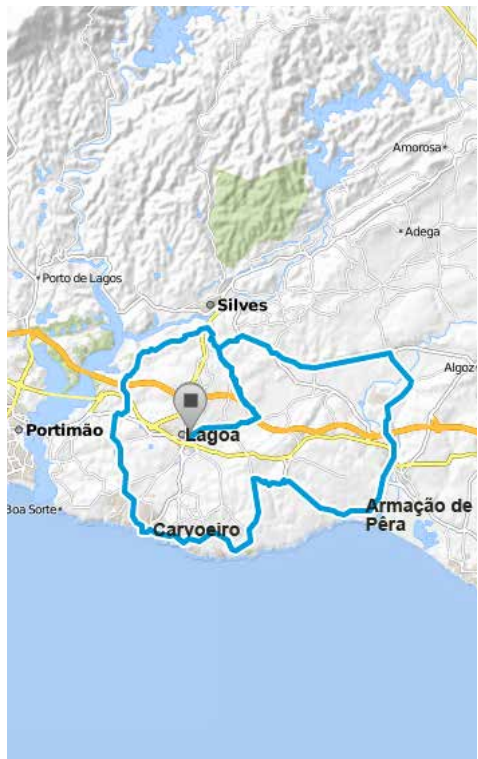
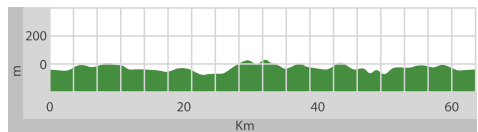
Faro Beach



-14-	DISTANCE
	<b>62 km</b>
	ACCUMULATED CLIMB
	<b>750 m</b>
<b>LAGOA</b>	

Famed for its wine-growing traditions, the municipality of Lagoa invites you to a ride that starts on flat terrain towards Fontes da Matosa, where you can admire the splendid golf courses of the Amendoeira Golf Resort. An entertaining up-and-downhill stretch then takes you to Alcantarilha, a small town that serves as a connecting point between the charms of the rural interior and the extensive Algarve coast. Take a few moments to rest on the seafront

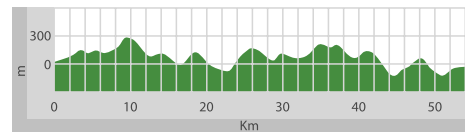
avenue in Armação de Pêra, in preparation for a new challenge: the steady uphill ride to the village of Porches and a visit to the emblematic beaches of Benagil and Carvoeiro. Steep slopes await on the stages preceding the return to the countryside and during the crossing of the Gramacho golf course. From Estombar, head north and enjoy the marvellous view over the River Arade until you arrive back in Lagoa.

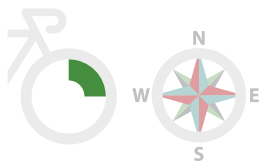


-15-	DISTANCE
	<b>59 km</b>
	ACCUMULATED CLIMB
	<b>750 m</b>
<b>LOULÉ</b>	

This is the Algarve's biggest municipality and it is here that you will find some of the region's most typical villages. On this ride between the *barrocal* and the uplands, you will be enchanted by the friendliness of the local people and the extraordinary beauty of the scenery. It is uphill and downhill all the way from Loulé towards São Brás de Alportel, to ride up to São Romão and, from there, back down to the peaceful village

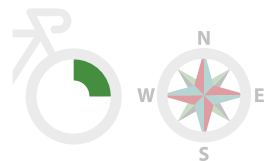
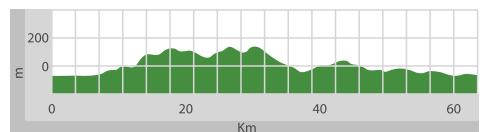
of Querença. Ride alongside the Algibre Stream to get to Tôr, a village that has a steep uphill stretch in store for you. From Salir, head towards Benafim, enjoying the backdrop of the Rocha da Pena protected landscape along the way. This magnificent setting will boost your courage for two more uphill stretches, first to Alto Fica and then to Parragil.





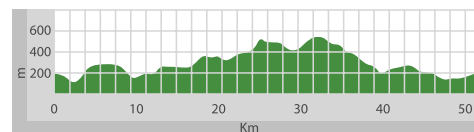
-16-	DISTANCE
	<b>60 km</b>
	ACCUMULATED CLIMB
	<b>700 m</b>
<b>VILAMOURA</b>	

Sanctuary of the Sovereign Mother and head towards Boliqeime, where you join the EN 125. This is a busy main road, so be especially careful of the traffic. Then you ride downhill towards the coast until you reach Albufeira. The next part of the route takes you to Olhos de Água, where you start the return, your batteries recharged by the bright green of the region's top award-winning golf courses.



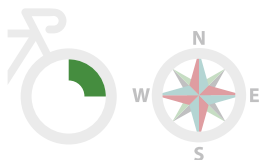
-17-	DISTANCE
	<b>52 km</b>
	ACCUMULATED CLIMB
	<b>925 m</b>
<b>SÃO BRÁS DE ALPORTEL</b>	

The colours of the earth decorate the route which showcases the fabulous and concentrated biodiversity between the barrocal and the uplands of the Serra do Caldeirão. The roads are good and the traffic will be light as you head up from São Brás de Alportel to Corotelo, where you can admire a pretty panoramic view over the seat of the municipality. São Romão and Alportel are two more places to reach before you join the legendary EN 2 road,



the longest in Portugal, and which obliges you to pedal constantly uphill until you reach Barranto do Velho. This entertaining up-and-down route takes you through Javali and on up to the peak at Cova da Muda. From this natural viewpoint a splendid view awaits, taking in almost the entire municipality. Pause for a moment to admire it before setting off back downhill. The area of Almargem and Mesquita is worth a closer look before you head back to the starting point.

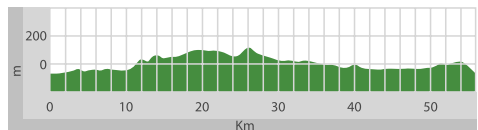




-18-	DISTANCE
	<b>54 km</b>
	ACCUMULATED CLIMB
	<b>525 m</b>
<b>SILVES</b>	

The economically dynamic city of Silves is known not only for its historical significance but also for its juicy oranges which are recognised as being of excellent quality. And it is in a setting dominated by the original castle, built in red sandstone, that the city of Silves welcomes cyclists for an exceptionally beautiful outing. First of all, take the EN 124 road until you reach São Bartolomeu de Messines, where you

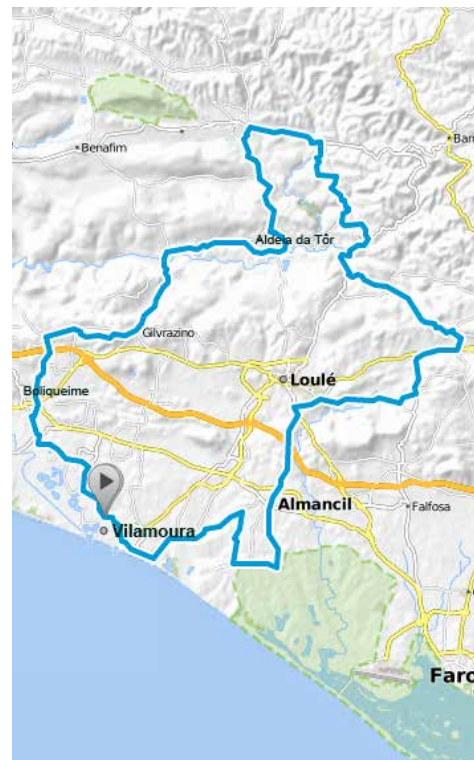
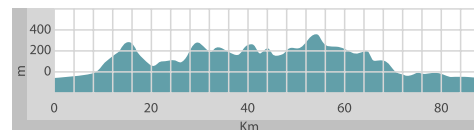
join the EN 124-3 towards the Funcho dam. Back in São Bartolomeu de Messines, this time along the EM 1080 by way of Vale Fuzeiros, head south and ride through the scent of the orange blossom that is the hallmark of this part of the Algarve's *barrocal*. To finish your ride, be sure to visit Barranco Longo, where some of the region's most appreciated wines are produced.

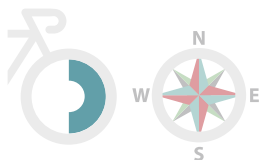


-19-	DISTANCE
	<b>85 km</b>
	ACCUMULATED CLIMB
	<b>1480 m</b>
<b>VILAMOURA</b>	

This idyllic holiday resort with its elegant marina, winner of various international awards, is the starting point for an adventure in which the different elements of nature seem to combine to enchant you. The route starts off flat then gradually rises up to Alfontes, where the first uphill stretch – 2 km long – takes you to Picota. With the sea still claiming a spot on the increasingly diverse landscape, you begin the

descent to the Algibre Stream. Here you join a flat road that will take you to Querença, a typical village that is an undeniable benchmark in terms of regional gastronomy. The toughest part of the route requires some energetic pedalling up to São Romão and Relógio, but then you can ease off on the way back down, passing through Vale do Lobo and Quinta do Lago, in Almancil.

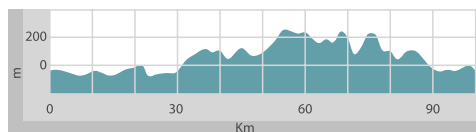




-20-	DISTANCE	101 km
	ACCUMULATED CLIMB	1360 m
	ALBUFEIRA	

This is one of the most popular tourist destinations in the Algarve and it offers a route featuring some impressive examples of the region's treasure trove of natural and historical heritage. After a flat start through Salgados, Pêra and Alcantarilha, you will encounter a landscape dotted with colour, thanks to the orange trees growing alongside the road to Silves. In this city that was the Algarve's first administrative capital, take the opportunity to

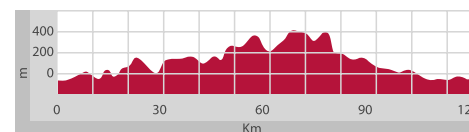
visit the castle, classed as a National Monument, before continuing on to São Bartolomeu de Messines, Alte, Rocha da Pena and Salir. The exhilarating uphill and downhill stretches on the way back south include climbs to Tôr and Cruz da Assomada, from where there is a marvellous view over the immense Atlantic Ocean. The route down takes you through Loulé and Boliqueime on your way back to Albufeira.



-21-	DISTANCE	122 km
	ACCUMULATED CLIMB	2440 m
	ALBUFEIRA	

The second-highest point in the Monchique Mountains is the first goal of this route starting in Albufeira. Skill, a camera and some vigorous pedalling are needed for this ride up to Picota and its stunning peak. The road through Paderne is winding but in good condition and you will soon reach Benafim and Salir, taking in short but very steep inclines that will get your adrenaline going as you climb to a height of 750 metres. The entire region looks like a watercolour

painting and you will surely succumb to its charm as you prepare body and mind for yet another tough endurance test. Califórnia, Vermelhos and Corte de Pinheiro will take you to the top of Malhão and from there you can ride down the slopes made famous by the Tour of the Algarve. It's 20 kilometres to Bartolomeu de Messines and then Algoz, followed by a steady pedal on a good road back to Albufeira.

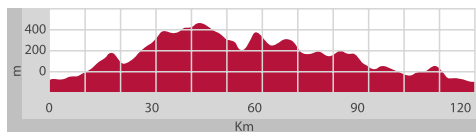




-22-	DISTANCE
	<b>125 km</b>
	ACCUMULATED CLIMB
<b>QUARTEIRA</b>	<b>1945 m</b>

Setting off from Quarteira, the coastal city with the longest seafront avenue in the Algarve, this physically demanding route lets you plunge into the region's exquisite natural beauty. The first 50 km make it quite clear that this is a tough ride, with uphill stretches to Barranco do Velho and the top of the Serra do Caldeirão uplands. Succumbing to the feeling that you can truly touch the sky, you reach the highest point in the eastern Algarve, at 584

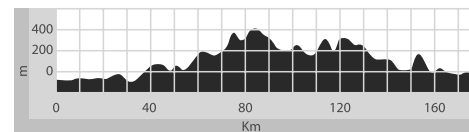
metres. From here, the view over the region's hinterland will recharge your batteries for the charming ride back downhill through lush green landscapes such as Quinta do Freixo. In Benafim, you start on a flatter stretch preceding Alte, Portela de Messines and Paderne, but then there are more ups and downs until you reach Boliqueime. Be very careful with the traffic on the ride back to Quarteira.



-23-	DISTANCE
	<b>178 km</b>
	ACCUMULATED CLIMB
<b>ALBUFEIRA</b>	<b>3130 m</b>

This route is a veritable uphill cycling marathon and begins in the old fishing village that witnessed the massive growth of tourism away back in the 1960s. Although the Ferreiras, Paderne and Portela de Messines section of the route is quite easy, this itinerary that brings to mind the great stars of cycling will take you by surprise when you reach Alte, with slopes of as much as a 20% incline. After Malhão, the legendary uphill stretch on the Tour

of the Algarve, you will embark upon a section of constant ups and downs until you reach Pico da Mú. Here you begin the approximately 35 km to São Marcos da Serra. Head now to Nave Redonda, lying to the rear of the Monchique Mountains and on the border with the neighbouring Alentejo region. The Sapeira Road will round off the short, steep uphill stretches on the way to Silves, before returning to Albufeira along flat terrain.



# INTERESTING PLACES TO VISIT the central algarve



**MILREU  
RUINS**

*Estoi*



**CAVE  
IN CARVOEIRO**

*Lagoa*



**POUSADA**

*Estoi*



**CHAPEL OF  
NOSSA SENHORA  
DA ROCHA  
(OUR LADY  
OF THE ROCK)**

*Senhora da Rocha  
Lagoa*



**ALGARVE  
COSTUME  
MUSEUM**

*São Brás  
de Alportel*



**CHURCH OF  
SÃO LOURENÇO  
(ST LAWRENCE)**

*Almancil*



**CALÇADINHA  
(OLD ROMAN  
ROAD)**

*São Brás  
de Alportel*



**CERRO DA VILA  
ROMAN RUINS**

*Vilamoura*



**CIDADE VELHA  
(OLD TOWN)**

*Faro*



**IGREJA MATRIZ  
(MAIN CHURCH)**

*São Bartolomeu  
de Messines*



**CASTLE**

*Silves*



**IGREJA MATRIZ  
(MAIN CHURCH)**

*Querença*



**CATHEDRAL**

*Silves*



**CASTLE**

*Paderne*



**MUNICIPAL  
ARCHAEOLOGY  
MUSEUM**

*Albufeira*



**MUNICIPAL  
ARCHAEOLOGY  
MUSEUM**

*Silves*



**HOUSE OF  
ISLAMIC AND  
MEDITERRANEAN  
CULTURE**

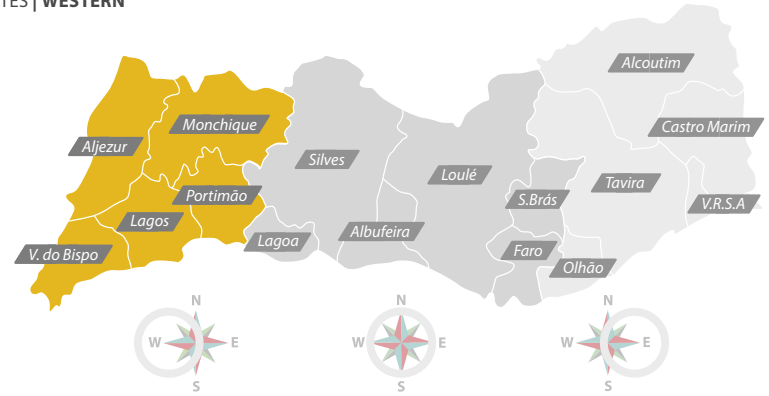
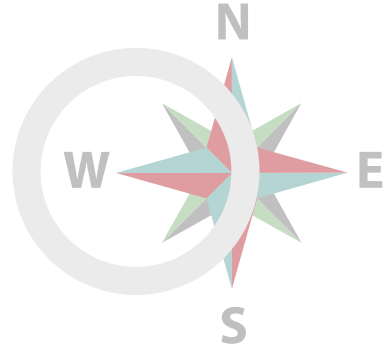
*Silves*



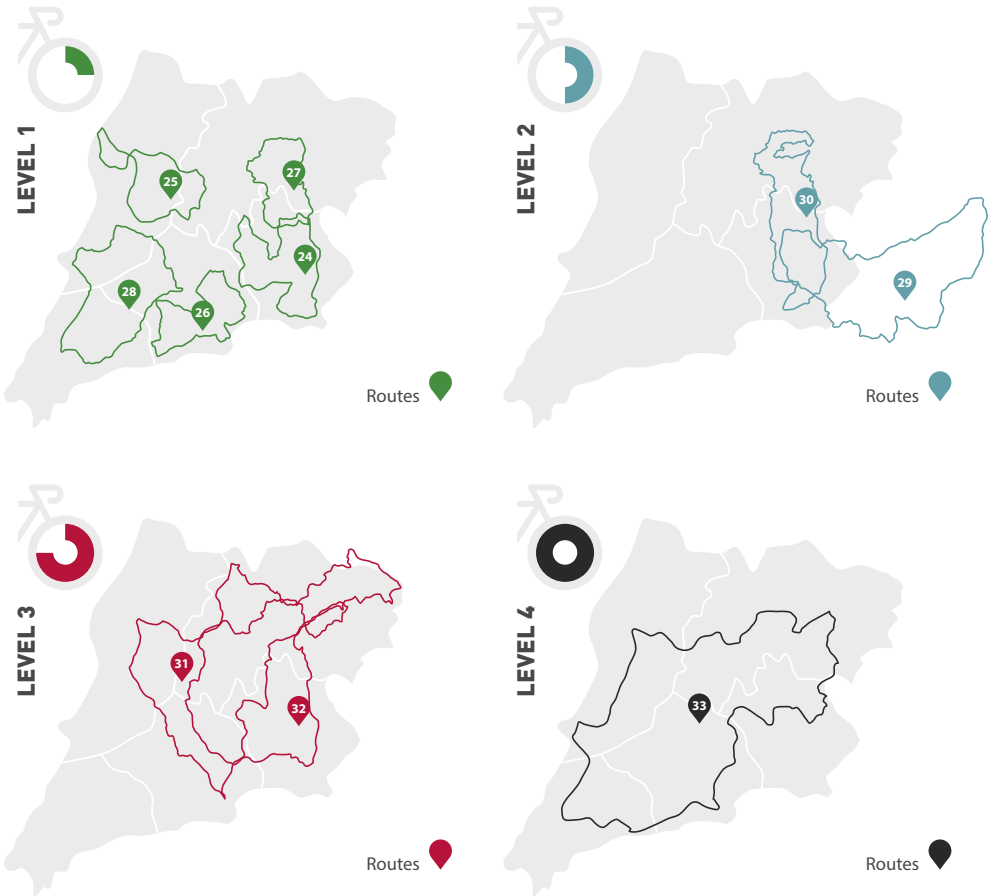
**FONTE GRANDE  
(BIG FOUNTAIN)**

*Alte*

# the WESTERN ALGARVE



## ROUTES



Bordeira (Carrapateira)

Vale dos Homens Beach

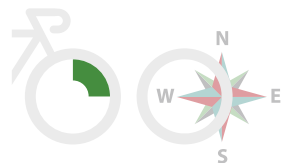
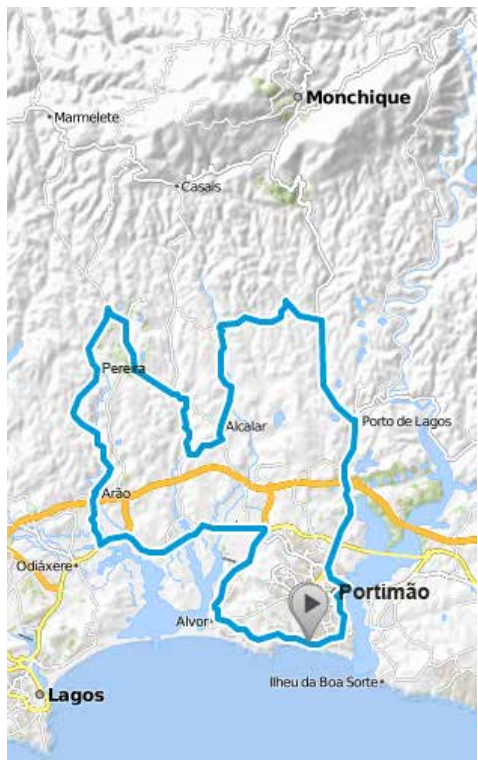
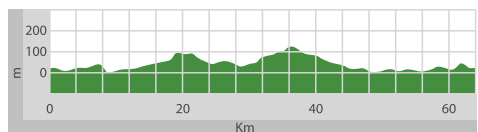
Amoreira Beach



-24-	
	DISTANCE
	<b>63 km</b>
	ACCUMULATED CLIMB
<b>PORTIMÃO</b>	<b>680 m</b>

**Its beaches bounded by the magnificent cliffs that stand watch over the ocean, the western Algarve attracts thousands of visitors from all over the world every year, and offers an array of irresistible options for cycling enthusiasts.** The lively Praia da Rocha beach is the starting point of a route that brings together marine ambience and rural atmosphere. After crossing the peaceful waterfront zone in the city centre,

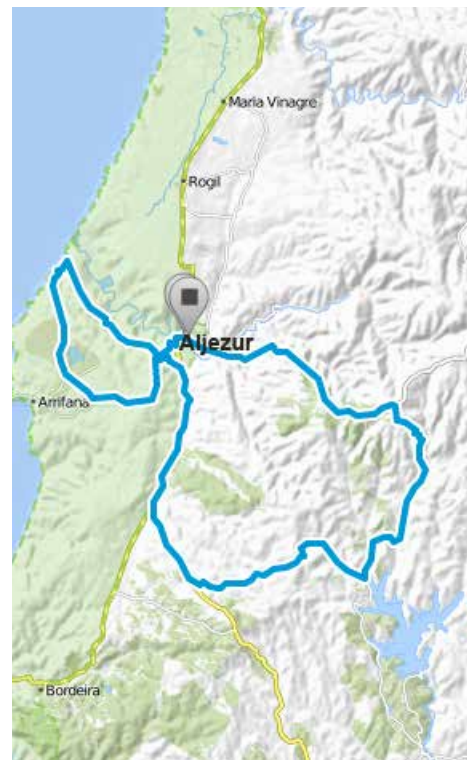
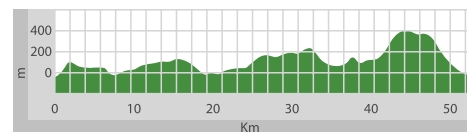
continue on to Rasmalho, heading towards Senhora do Verde. Here, in the heart of the municipality's hinterland, you ride towards the Algarve International Motor Racing Circuit and then embark on a slightly undulating stretch that ends at a narrower road where you need to pay quite close attention to the road surface. On the way back, ride to the Arão Stream, going around the Bay of Alvor.



-25-	
	DISTANCE
	<b>55 km</b>
	ACCUMULATED CLIMB
<b>ALJEZUR</b>	<b>950 m</b>

**The splendid Vicentine Coast offers scenery worthy of the silver screen, stirring strong emotions on the uphill ride from the centre of Aljezur to Arrifana.** After the first ten kilometres, when you are half way along the route, a vast window will open out over the horizon and the powerful waves that come crashing on to the sands of beautiful beaches such as Monte Clérigo. Turn back from Arrifana to Aljezur and head

south along the EN 120 towards the uplands of the Serra de Espinhaço de Cão. Keep left until you reach the Bravura dam and get ready to face a tough climb of three kilometres up to the outskirts of Marmeleite. From here, you start the descent back to the seat of the municipality, a city which was founded by the Moors in the long-distant past of the 10th century.

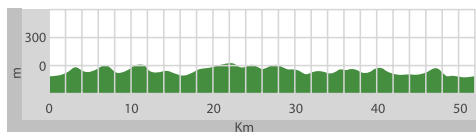




-26-	DISTANCE
	<b>51 km</b>
LAGOS	ACCUMULATED CLIMB
	<b>600 m</b>

It is from this “cradle” of the Portuguese discoveries that you set off on a route replete with history and a taste of adventure. Ride along the long avenue that pays tribute to the glorious reign of the Infante D. Henrique and continue past the Boavista golf course, with its magnificent view over the beach at Porto do Mós. The beauty of Praia da Luz and Burgau is unparalleled and sets the scene for the next part of the ride towards the municipality’s interior.

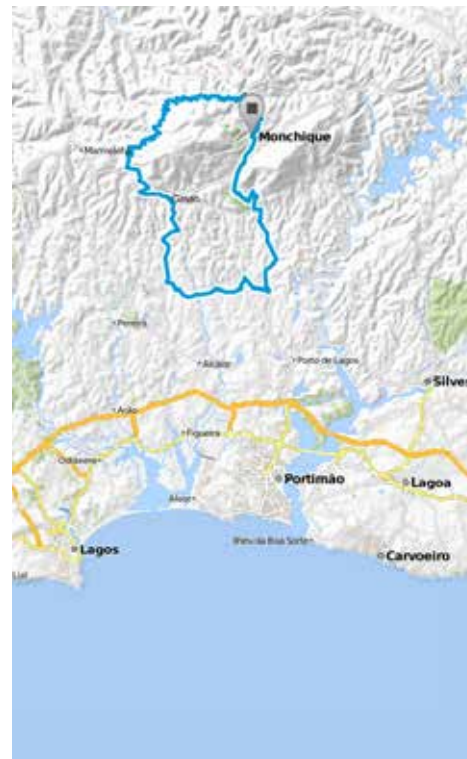
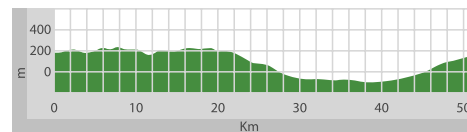
Cross the EN 125 road to reach Almádena, whose appeal rivals that of the characteristic village of Barão de São João. The houses in this little hamlet are almost all painted white and are topped with the traditional “lacy” Algarve chimneys. From here, ride up to Portelas and Odiáxere, until you reach the long sandy Meia Praia beach. The ride ends at Lagos Marina, from where you can admire the impressive city walls.

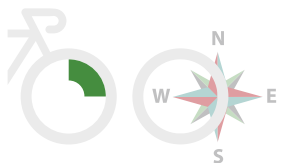


-27-	DISTANCE
	<b>51 km</b>
MONCHIQUE	ACCUMULATED CLIMB
	<b>975 m</b>

Commonly referred to as the “garden” of the Algarve, the municipality of Monchique welcomes you for a ride that ends at one of the best-known holiday resorts in the inland Algarve. Leaving the town and heading towards Portela da Viúva-Selão, the winding roads take you around Fóia and afford one of the most sublime views over the uplands and the Vicentine Coast. From Portela do Vale, ride downhill in a

southerly direction to the hamlet of Montes de Cima. From here the successive up-and-downhill stretches are great fun and will bring you through the village of Senhora do Verde until you reach Rasmalho and the main Portimão/Monchique road. On the way back, linger for a while at the spa town of Caldas de Monchique, where the scenery inspires a sense of peacefulness.

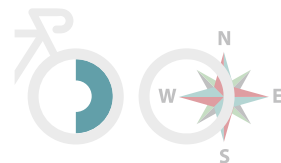
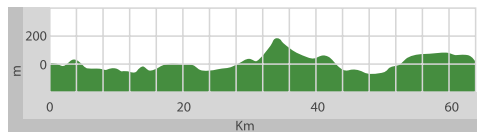




-28-	DISTANCE
	<b>61 km</b>
	ACCUMULATED CLIMB
	<b>835 m</b>
<b>V. DO BISPO</b>	

Situated at the westernmost tip of the Algarve, Vila do Bispo joins with the Parque Natural do Sudoeste Alentejano e Costa Vicentina (Southwest Alentejo and Vicentine Coast Nature Park) to attract visitors to its beautiful beaches and bays, some on the southern coast and some on the western coast. This route will first of all let you explore the civil parishes of Raposeira, Figueira and Budens. After this, you head north to the villages of Barão de São Miguel

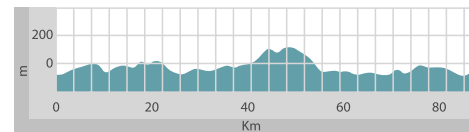
and Barão de São João. In Bensafrim, you begin the climb up to Espinhaço de Cão on a wide road that will take you to the opposite side of the hills. The sudden change in the scenery along the Vicentine Coast will take you by surprise as you descend to the little villages of Bordeira and Carrapateira. Then, after a gentle uphill stretch, you will come to a plateau where a steady wind carries the intense scents of the still pristine natural surroundings.



-29-	DISTANCE
	<b>95 km</b>
	ACCUMULATED CLIMB
	<b>1300 m</b>
<b>PORTIMÃO</b>	

The peaceful waters of the Atlantic Ocean provide a backdrop of blue that accompanies you while you explore part of this pleasant route. Set off from Portimão, a city popular with aficionados of charcoal-grilled sardines, and head towards the coast. Your goals are the pretty villages of Ferragudo, Carvoeiro, Benagil and Armação de Pêra. Now leave the western

Algarve's busy tourist resorts and head inland to São Bartolomeu de Messines. The roads along the way are in good condition and traffic will be light. The EN 124 road brings you to the historic city of Silves, where you can pause to recharge your batteries before returning to Portimão by way of Senhora do Verde and Figueira.



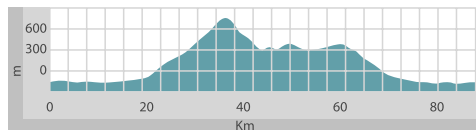




-30-	DISTANCE
	<b>92 km</b>
	ACCUMULATED CLIMB
	<b>2300 m</b>

18-kilometre uphill ride to a height of 900 metres. The feeling of victory and achievement will keep you going during the ride down the northern slope to the entrance to Monchique. From there, a winding, up-and-down road will take you around Fóia. Extra care and skill are needed until you reach Casais because of the bends and damp road surface; thereafter, you descend the final part of the route, taking you into Monchique.

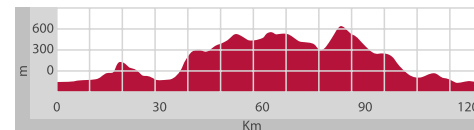
Set off from the pleasant village of Alvor, where the waters of the sea merge with those of the estuary to form a romantic bay, and pedal towards the port of Lagos and Rasmalho. This route will take you to the highest point in the Algarve. On the way to the summit at Fóia, the magnificent scenery along the way will give you just an inkling of the incomparable view that awaits you after an



-31-	DISTANCE
	<b>125 km</b>
	ACCUMULATED CLIMB
	<b>2440 m</b>

With the Vicentine Coast and the Monchique Mountains pinpointed on your map, a very special trip awaits you, inspired by the brave seafarers who set off from the pretty coastal city of Lagos, and wrote the history of Portugal's overseas expansion. The first accomplishment is getting through Bensafrim and claiming victory over the Serra de Espinhaço de Cão to reach the coast. A few kilometres farther on, don't miss the chance for a culture

stop in this historical city of Aljezur, where you can recharge your batteries for the long uphill ride to Marmelete. Once in Portela do Vale, where the famous medronho brandy is produced, get ready to ride into the heart of the uplands along winding roads around Fóia. From Monchique, head to Alferce and ride all the way up to Picota; then get ready for the grand return, all the way down to Casais and Lagos.

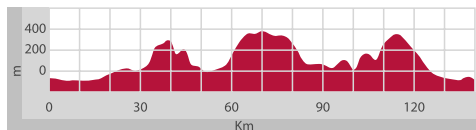




<b>-32-</b>	DISTANCE
	<b>135 km</b>
	ACCUMULATED CLIMB
	<b>2000 m</b>
<b>PORTIMÃO</b>	

**Portimão is the setting-off point on a route that will let you visit the countryside of the Baixo Alentejo region.** Take the EN 125 road to Odiáxere, then turn away from the coast to begin the long ride inland. The first stage comes as a sudden surprise, with the calm lakes of the Bravura dam seeming to compete with the lush greenery of the surrounding woodland. This is an ideal place to stop for a rest, since the next stretch up to Marmeleite involves a steep uphill ride.

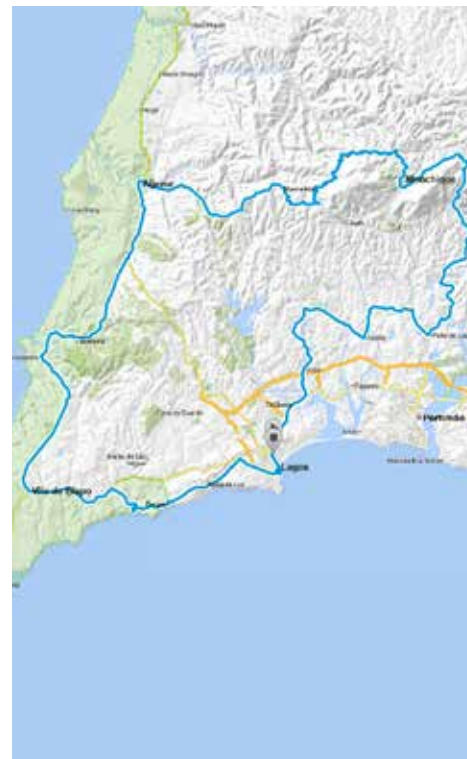
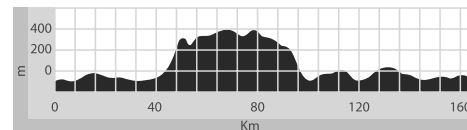
And the little civil parish has another challenge in store, since a fair amount of skill is needed for the tricky downhill ride until you reach a part of the uplands where it's a constant up-and-down until you reach Nave Redonda in the municipality of Odemira. On the way back, you can admire the sublime view over the Odelouca dam. The final part of the route begins in Alferce, but we suggest you stop to visit Caldas de Monchique on the way.



<b>-33-</b>	DISTANCE
	<b>163 km</b>
	ACCUMULATED CLIMB
	<b>3330 m</b>
<b>LAGOS</b>	

**Seen from a distance, you would think the mountain is the same colour as the sky but, up close, the many different hues are one of the attractions on this tough route from the craggy coast with its impressive, sheer cliffs.** Head towards Odiáxere alongside the Arão Stream and on towards the Algarve International Motor Racing Circuit. This part of the route is a fun mix of ups and down until you reach Senhora do Verde, Rasmalho and Porto de Lagos. At the Odelouca Stream you start an 11-kilometre uphill

ride to the summit of Picota, the second-highest point in the region, at 774 metres. A tricky downhill stretch of narrow road lets you "slip" into Monchique, before arriving at Chilrão by going around the summit at Fóia along a winding road overlooking the uplands. The final part of the route lets you visit Aljezur, Carrapateira, Vila do Bispo and Budens, after which you will be back on the coastal road again, to enjoy the pleasant beaches of Burgau and Luz.



# INTERESTING PLACES TO VISIT

## the western algarve



### CASTLE

Aljezur



### IGREJA MATRIZ (MAIN CHURCH)

Vila do Bispo



### IGREJA MATRIZ (MAIN CHURCH)

Aljezur



### CHAPEL OF NOSSA SENHORA DE GUADALUPE (OUR LADY OF GUADELOUPE)

Raposeira



### MUNICIPAL MUSEUM

Aljezur



### FORT

Sagres



### MUSEUM OF THE SEA AND THE LAND

Carrapateira



### FORT OF CAPE ST VINCENT

Vila do Bispo



### FORT OF SANTO ANTÓNIO (ST ANTHONY)

Beliche



### FORT OF SANTA CATARINA (ST CATHERINE)

Praia de Rocha



### WALLS

Lagos



### PREHISTORIC SITE

Alcalar



### FORT OF PONTA DA BANDEIRA

Lagos



### IGREJA MATRIZ (MAIN CHURCH)

Monchique



### CHURCH OF SANTO ANTÓNIO (ST ANTHONY)

Lagos



### GALLERY OF SANTO ANTÓNIO (ST ANTHONY)

Monchique



### MUSEUM

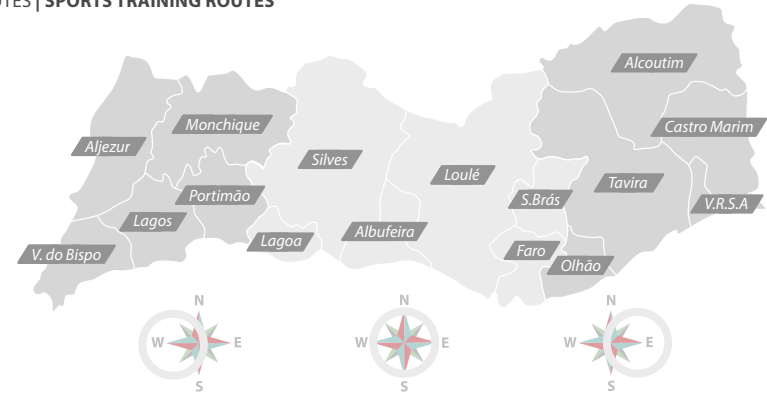
Portimão



### BARBELOTE WATERFALL

Monchique

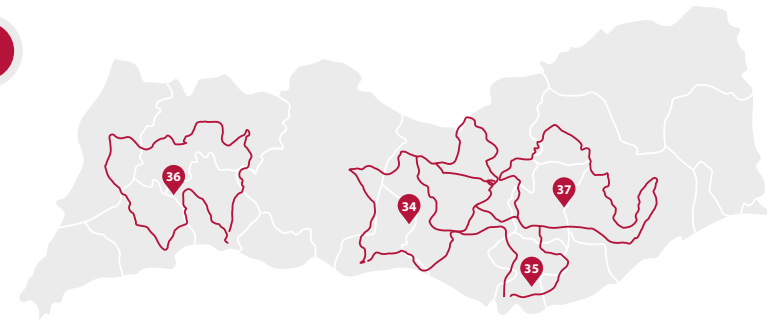
# SPORTS TRAINING ROUTES



## ROUTES



LEVEL 3



Routes



LEVEL 4



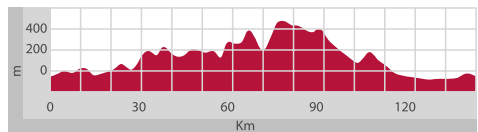
Routes



-34-	DISTANCE
	<b>132 km</b>
	ACCUMULATED CLIMB
<b>ALBUFEIRA</b>	<b>2000 m</b>

The idyllic images of Albufeira's beaches are irresistible and can be seen all over the world, drawing people to one of Europe's favourite holiday resorts. And it is also from this old fishing village that you set off towards São Bartolomeu de Messines on a route that is not particularly demanding in its early stages. The road surface is excellent as you ride past the villages of Ferreiras and Paderne on your way to the first big challenge: the 2-kilometre uphill ride to Pico Alto. Once in the Serra do Caldeirão, there

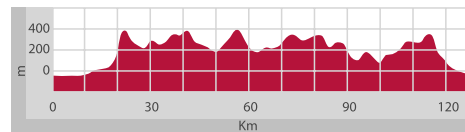
is a constant succession of uphill and downhill sections on roads that, despite being rather winding, still let you admire the green landscapes of this part of the Algarve. The challenge becomes tougher as you get closer to Freixo Seco and its steep uphill section, 2.5 km long and over an uneven surface. And then you will need to catch your breath in preparation for the uphill stretches to Vermelhos and Ameixial, which can be steeper than 15% in places.



-35-	DISTANCE
	<b>123 km</b>
	ACCUMULATED CLIMB
<b>FARO</b>	<b>1800 m</b>

The city's historical centre, where some of the region's finest heritage is concentrated, including the magnificent Faro Cathedral, can serve as your starting point for a route that gives you a fabulous view over the Algarve's coast. Although this route takes you no higher than 360 metres, it nevertheless offers an interesting challenge because of its constant uphill and downhill sections. These begin after a flat first few kilometres bring you to a more

demanding climb up to the top of the São Miguel Hill. Some three kilometres on very uneven terrain and slopes to the order of 10% separate you from this spacious viewpoint, where you can stop to recharge your batteries for the next round of typical upland riding. The roads are good and the traffic will be light so you will be able to ride up to some other high points in these lush natural surroundings: Barranco do Velho, Alto Fica and Parragil.

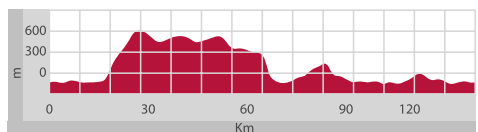




<b>-36-</b>	DISTANCE
	<b>135 km</b>
	ACCUMULATED CLIMB
	<b>2300 m</b>
<b>PORTIMÃO</b>	

The infinite hues of the uplands vie with the deep blues of the coast and provide the stimulus for this energetic route that sets off from Portimão. After the first few kilometres along a wide, flat road, you reach Rasmalho and the challenge of the long uphill ride to Fóia, which becomes even more demanding as you pass through Monchique. Only after you crest the summit at a height of 904 metres do you begin the descent to Portela da Viúva, ready to

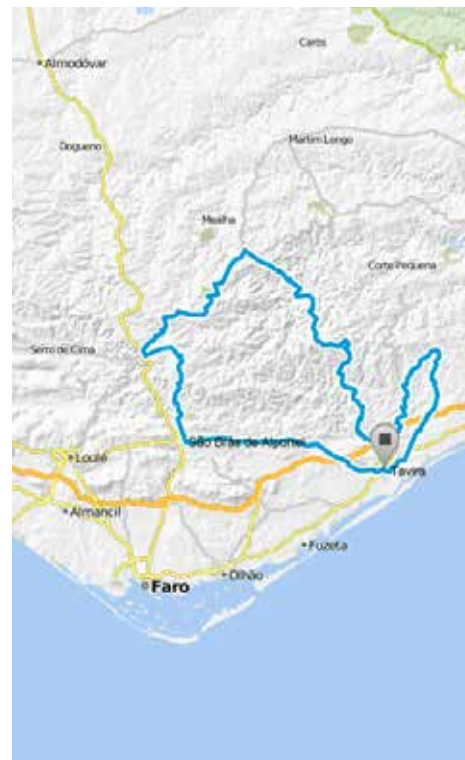
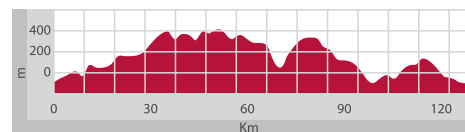
take on the next demanding section of the ride. The road to Marmeleite winds its way up and down through the hills. This is a tricky section so you need to be careful but the reward awaits as soon as you finish the long descent to Aljezur and are greeted with a spectacular view over the Vicentine Coast. The training session ends in the Serra de Espinhaço de Cão after a flat stretch and seven kilometres on a gradual and gentle slope.



<b>-37-</b>	DISTANCE
	<b>132 km</b>
	ACCUMULATED CLIMB
	<b>2400 m</b>
<b>TAVIRA</b>	

The Cork Route is a circuit that lets you learn about the mysteries surrounding cork growing and the production of the famous Algarve bottle corks. And it lets you explore the municipality of São Brás de Alportel, on the first part of a route that sets off from the city which straddles the River Gilão. On some parts of the route the incline can be more than 15% and you have to concentrate on the

constant uphill and downhill sections, ensuring you control your pace accordingly. Other uphill sections on this route include Cova da Muda, Montes Novos and Monte da Ribeira, with the final flourish being when you reach the top of Alcaria do Cume. From there, it's a pleasant downhill ride of 40 km through the pretty scenery of the eastern Algarve.





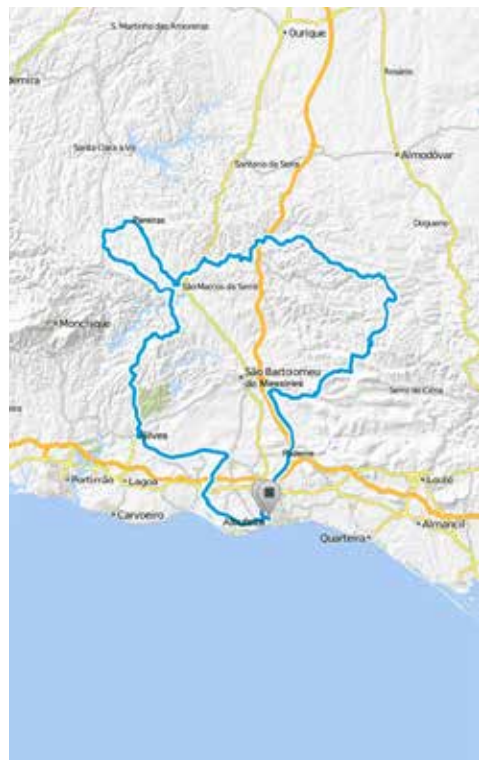
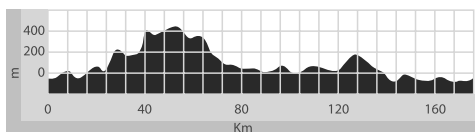
-38-	DISTANCE
	<b>177 km</b>
	ACCUMULATED CLIMB
	<b>3000 m</b>

**ALBUFEIRA**

**Set off from alongside the sands that shape Albufeira's lovely beaches for the first stage of a route that demands agility and time to appreciate the admirable spectacle of nature.**

The aim is to reach Picota by way of Paderne, Benafim and Salir, surmounting the difficulties of a road which is winding but has a good surface. Successive short but quite steep sections define this route through the uplands of the Serra

do Caldeirão, where you will want to visit the hamlets of Califórnia, Vermelhos and Corte de Pinheiro. Heading northwards, you reach the top of Malhão and enthusiastically take on the hills of the 20 km that separate you from São Bartolomeu de Messines. You will come across the village of Algoz on the final stage of the return journey, where you will need to watch out for the traffic.

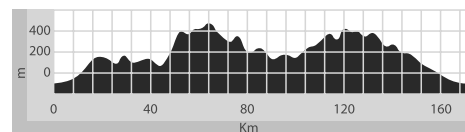


-39-	DISTANCE
	<b>175 km</b>
	ACCUMULATED CLIMB
	<b>3200 m</b>

**FARO**

**It is from the region's capital, a city that combines urban charm with a rural atmosphere and the sublime natural scenery of the Ria Formosa, that you set off on this route along the legendary roads of the Algarve uplands.** As you would expect of a route through the uplands, there are plenty of uphill and downhill sections. Surrounded by the magnificent scenery of the inland Algarve, the

ride includes various paved stretches along roads such as the historic EN 2, one of the oldest in Portugal. Crossing the Serra do Caldeirão, you will be able to test your strength and stamina on the hilly sections up to Bordeira, Cruz da Assumada, Barranco do Velho and Feiteira. And you can take the opportunity to (re)discover curious traditions in the hamlets of Ameixial, Cortelha, Cachopo and Martim Longo.



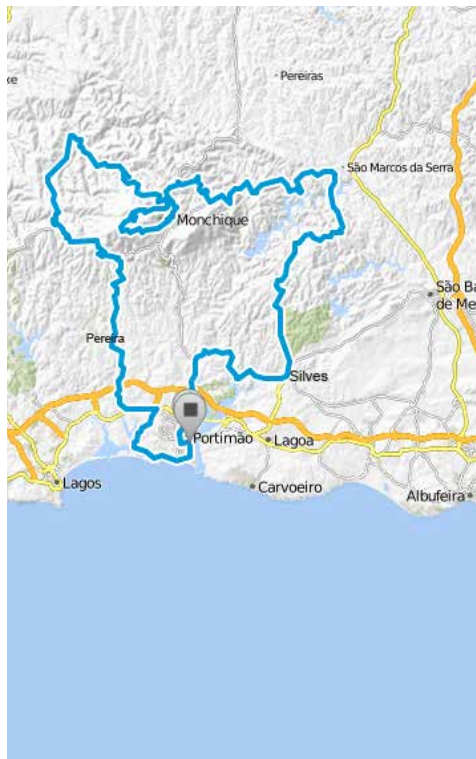
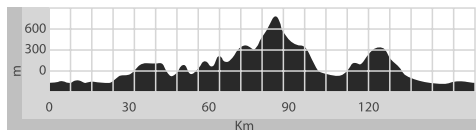


-40-	DISTANCE
	<b>160 km</b>
	ACCUMULATED CLIMB
	<b>4500 m</b>

**PORTIMÃO**

The Algarve is blessed with a mild climate and plenty of sunshine all year round, providing you with just the right spirit to tackle this tough ride in the mountains. The first stage reveals nothing of the difficulties ahead. It takes you to Silves, a city adorned by a splendid castle that is one of the finest examples of Islamic military architecture in the region. From here, you will encounter an increasing number of long, hard uphill sections, starting with the

Sapeira road, and then on towards Alferce, with the Odelouca dam on the horizon. The Monchique forest will help you recharge your batteries during the 15-kilometre descent from Fóia – in preparation for another demanding but spectacular climb, this time to Marmeleite. From Casais, you can calmly appreciate the remainder of the ride, which includes uphill sections to Picota and Pomba.

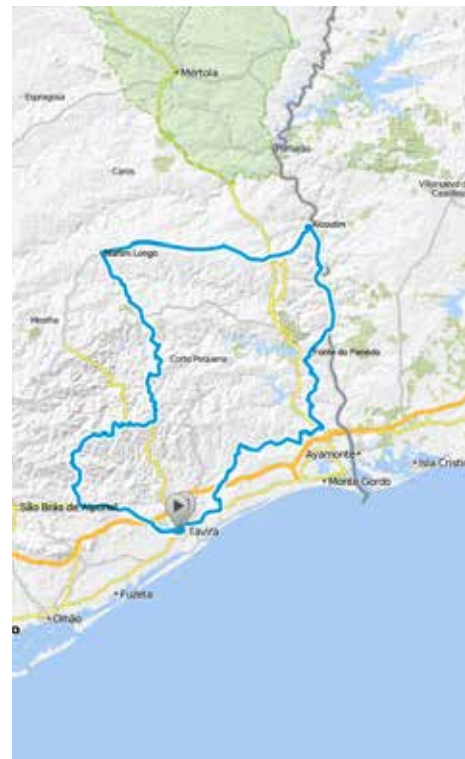
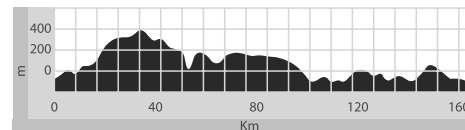


-47-	DISTANCE
	<b>163 km</b>
	ACCUMULATED CLIMB
	<b>2700 m</b>

**TAVIRA**

The peacefulness of the uplands contrasts with the dynamic of a route that starts in Tavira, a municipality which boasts a vast array of valuable religious heritage, with 37 churches. This route takes you through the hilly landscape typical of the inland Algarve and offers plenty of challenges from the very start, when you head towards Santa Catarina da Fonte do Bispo and then veer off to Alcaria do Cume. The

fairly steep uphill ride to Bemparece then gives you access to Bentos, which you will reach after several kilometres along an uneven road. And it is during the next climb up to Vaqueiros and then Martim Longo that you reach a road with an excellent surface, leading to Alcoutim. The Portuguese bank of the River Guadiana is a great spot for a rest after this fabulous ride that also takes you to Alcaria Fria and Cabeça Gorda.

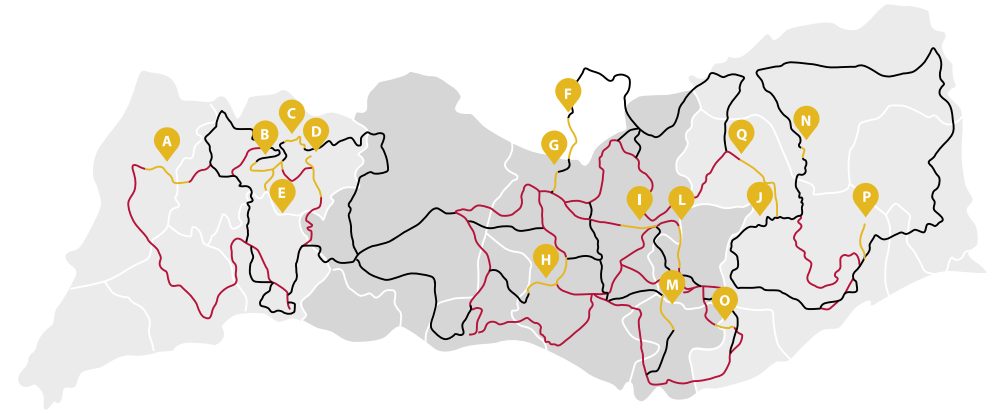




# UPHILL AREAS



Costa Vicentina



## UPHILL STRETCHES

### THE WESTERN ALGARVE

- A** Padescas
- B** Fóia
- C** Pomba
- D** Picota (Monchique)
- E** Portela da Nave

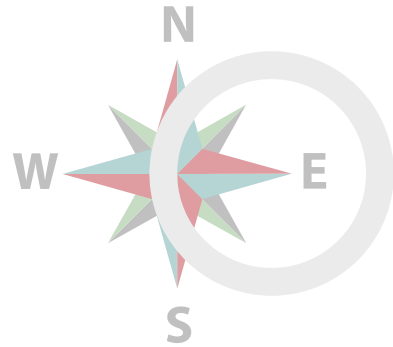
### THE CENTRAL ALGARVE

- F** Mú
- G** Malhão
- H** Algibre (Picota)
- I** Barranco do Velho
- L** Javali
- M** Bordeira

### THE EASTERN ALGARVE

- J** Alcaria do Cume
- N** Bentos
- O** Cerro de São Miguel
- P** Faz Fato
- Q** Monte da Ribeira

# the EASTERN ALGARVE



- J Alcaria do Cume
- N Bentos
- O Cerro de São Miguel
- P Faz Fato
- Q Monte da Ribeira

Castro Marim

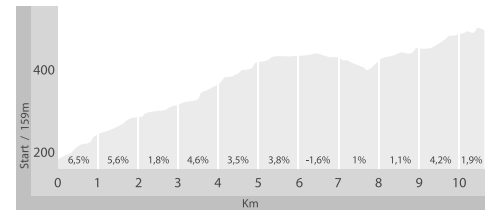


Bentos



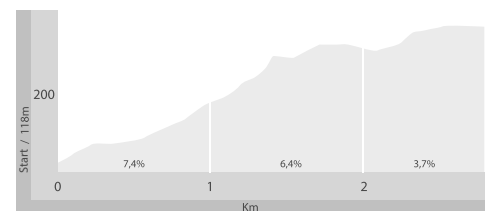
**ALCARIA DO CUME**

DISTANCE
<b>10.6 km</b>
ACCUMULATED CLIMB
<b>337 m</b>
AVERAGE STEEPNESS
<b>3.18%</b>
CATEGORY
<b>Category 3</b>
ALTITUDE
<b>496 m</b>



**BENTOS**

DISTANCE
<b>2.8 km</b>
ACCUMULATED CLIMB
<b>172 m</b>
AVERAGE STEEPNESS
<b>6.25%</b>
CATEGORY
<b>Category 2</b>
ALTITUDE
<b>290 m</b>

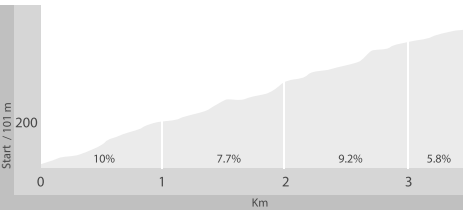




**— C —**

DISTANCE	
<b>3.5 km</b>	
ACCUMULATED CLIMB	
<b>298 m</b>	
AVERAGE STEEPNESS	
<b>8.59%</b>	
CATEGORY	
<b>Category 2</b>	
ALTITUDE	
<b>399 m</b>	

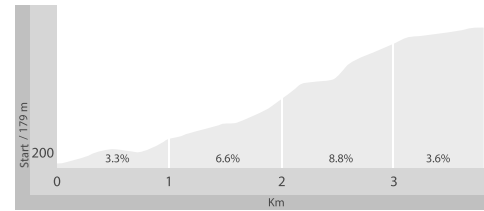
**CERRO DE SÃO MIGUEL**



**— Q —**

DISTANCE	
<b>3.8 km</b>	
ACCUMULATED CLIMB	
<b>221 m</b>	
AVERAGE STEEPNESS	
<b>5.76%</b>	
CATEGORY	
<b>Category 3</b>	
ALTITUDE	
<b>400 m</b>	

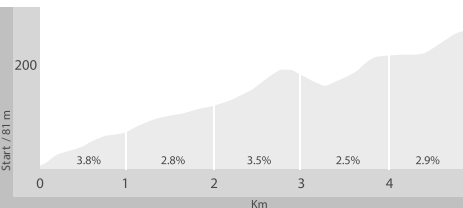
**MONTE DA RIBEIRA**



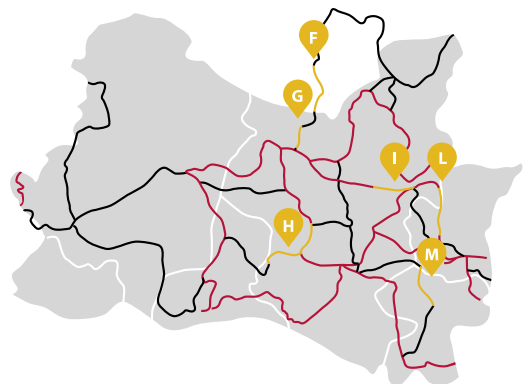
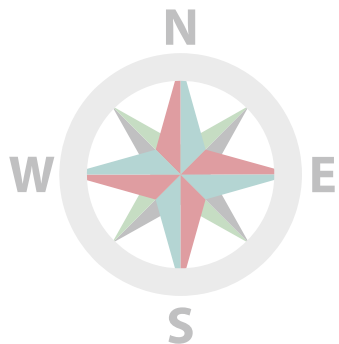
**— P —**

DISTANCE	
<b>4.9 km</b>	
ACCUMULATED CLIMB	
<b>158 m</b>	
AVERAGE STEEPNESS	
<b>3.2%</b>	
CATEGORY	
<b>Category 3</b>	
ALTITUDE	
<b>239 m</b>	

**FAZ FATO**



# the CENTRAL ALGARVE



- F** Mú
- G** Malhão
- H** Algibre (Picota)
- I** Barranco do Velho
- L** Javali
- M** Bordeira

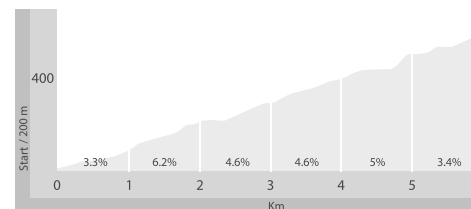


Estoi Palace



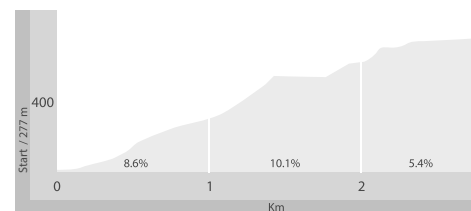
Tôr (Loulé)

<p><b>MÚ</b></p>	DISTANCE	<b>6.5 km</b>
	ACCUMULATED CLIMB	<b>226 m</b>
	AVERAGE STEEPNESS	<b>3.93%</b>
	CATEGORY	<b>Category 3</b>
	ALTITUDE	<b>546 m</b>



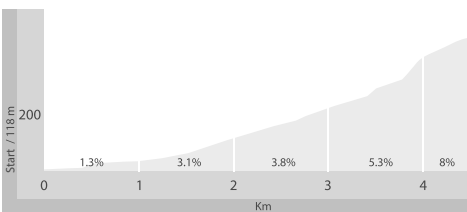
Malhão

<p><b>MALHÃO</b></p>	DISTANCE	<b>2.4 km</b>
	ACCUMULATED CLIMB	<b>240 m</b>
	AVERAGE STEEPNESS	<b>10.16%</b>
	CATEGORY	<b>Category 2</b>
	ALTITUDE	<b>504 m</b>

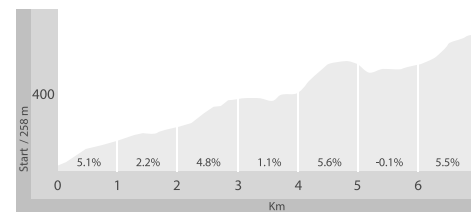




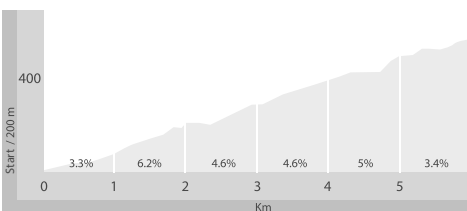
	DISTANCE
	<b>4.5 km</b>
	ACCUMULATED CLIMB
	<b>196 m</b>
<b>ALGIBRE (PICOTA)</b>	AVERAGE STEEPNESS
	<b>4.32%</b>
	CATEGORY
	<b>Category 3</b>
	ALTITUDE
	<b>314 m</b>



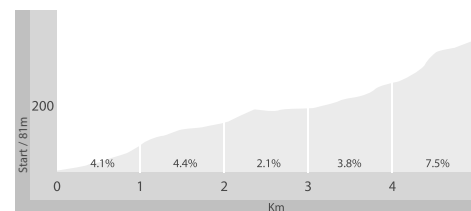
	DISTANCE
	<b>7.1 km</b>
	ACCUMULATED CLIMB
	<b>255 m</b>
<b>JAVALI</b>	AVERAGE STEEPNESS
	<b>3.59%</b>
	CATEGORY
	<b>Category 3</b>
	ALTITUDE
	<b>513 m</b>



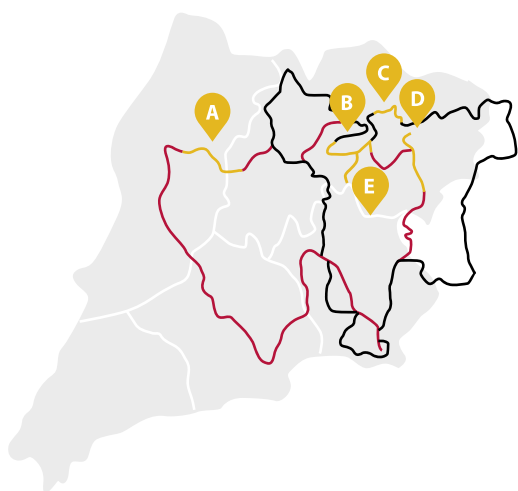
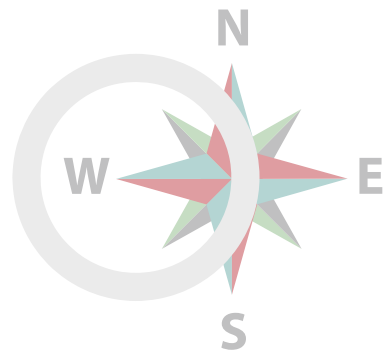
	DISTANCE
	<b>6 km</b>
	ACCUMULATED CLIMB
	<b>284 m</b>
<b>BARRANCO DO VELHO</b>	AVERAGE STEEPNESS
	<b>4.71%</b>
	CATEGORY
	<b>Category 3</b>
	ALTITUDE
	<b>484 m</b>



	DISTANCE
	<b>5.1 km</b>
	ACCUMULATED CLIMB
	<b>236 m</b>
<b>BORDEIRA</b>	AVERAGE STEEPNESS
	<b>4.63%</b>
	CATEGORY
	<b>Category 3</b>
	ALTITUDE
	<b>317 m</b>



# the WESTERN ALGARVE



- A** Padescas
- B** Fóia
- C** Pomba
- D** Picota (Monchique)
- E** Portela da Nave



Beliche Fort

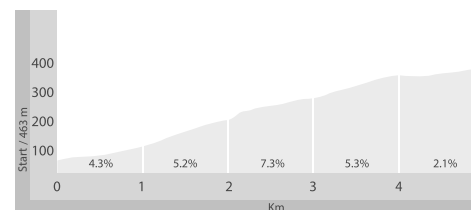


Aljezur



**PADESCAS**

DISTANCE	<b>4.9 km</b>
ACCUMULATED CLIMB	<b>292 m</b>
AVERAGE STEEPNESS	<b>6.01%</b>
CATEGORY	<b>Category 3</b>
ALTITUDE	<b>332 m</b>

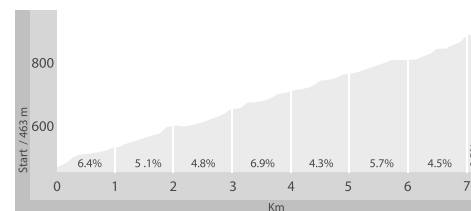


Casais





**FÓIA**

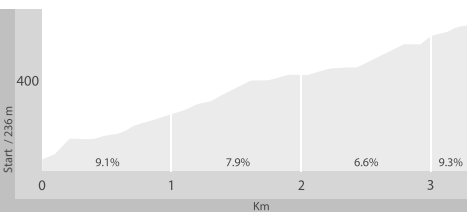
DISTANCE	<b>7.3 km</b>
ACCUMULATED CLIMB	<b>425 m</b>
AVERAGE STEEPNESS	<b>5.79%</b>
CATEGORY	<b>Category 2</b>
ALTITUDE	<b>888 m</b>







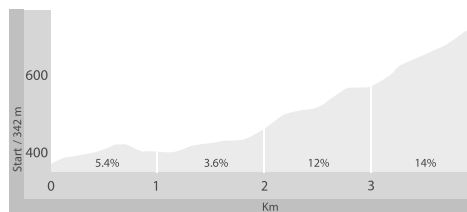
Casais

    <b>POMBA</b>	DISTANCE	<b>3.3 km</b>
	ACCUMULATED CLIMB	<b>266 m</b>
	AVERAGE STEEPNESS	<b>8.08%</b>
	CATEGORY	<b>Category 2</b>
	ALTITUDE	<b>502 m</b>





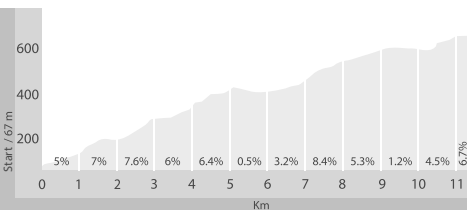
Fóia

    <b>PORTELA DA NAVE</b>	DISTANCE	<b>4.1 km</b>
	ACCUMULATED CLIMB	<b>364 m</b>
	AVERAGE STEEPNESS	<b>9%</b>
	CATEGORY	<b>Category 1</b>
	ALTITUDE	<b>706 m</b>



Monchique

    <b>PICOTA (MONCHIQUE)</b>	DISTANCE	<b>11.3 km</b>
	ACCUMULATED CLIMB	<b>592 m</b>
	AVERAGE STEEPNESS	<b>5.23%</b>
	CATEGORY	<b>Category 2</b>
	ALTITUDE	<b>659 m</b>



Vicentine Coast



## GEOGRAPHICAL CHARACTERISATION

**The Algarve is the southernmost region in mainland Portugal. It covers an area of approximately 4,899 km<sup>2</sup>, which represents 5.5% of the country's continental territory. From north to south, it stretches for 30 to 40 km, whereas from east to west it reaches as much as 130 to 150 km.**

The average altitude in the Algarve is 150 metres; the highest point is the summit of Fóia, at 902 metres, followed by Picota at 774 metres

(Monchique Mountains). Around 23% of the region's total area is below an altitude of 50 metres. A similar percentage of the territory (21%) is between 50 and 100 metres in altitude. The altitudes between 100 and 300 metres correspond to approximately 43%, and only 12% of the region's surface area is higher than 300 metres. The areas that reach altitudes of 500 metres or more are found only in the Monchique Mountains and account for less than 1%.

1

### THE COAST (LITORAL)

The South-western Sector "Barlavento Algarvio" where the cliffs are carved out of rock, and the South-eastern Sector "Sotavento Algarvio" with sandy cliffs and extensive sandy beaches.

2

### THE "BARROCAL"

The relief consists of mountain ranges running E-W with valleys in between them.

3

### THE UPLANDS (SERRA)

The northernmost section of the Algarve, comprising three mountain ranges: the Serra de Monchique, the Serra de Espinhaço de Cão and the Serra do Caldeirão. These mountainous areas occupy around 50% of the terrain in the Algarve and protect the beaches to the south from the north winds and the Atlantic influences. The western Algarve "The Barlavento" is more exposed to these influences.

## GEMORPHOLOGICAL MAP



- Uplands (Serra)
- Coast (Litoral)
- Barrocal





# CLIMATIC CHARACTERISATION

ACCORDING TO THE KOPPEN CLIMATE CLASSIFICATION, THE ALGARVE COMES UNDER THE FOLLOWING:

**CSA**  
TEMPERATE CLIMATE WITH HOT, DRY SUMMERS

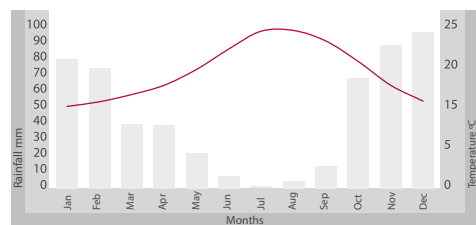
in the inland areas of the Algarve and the south coast of the eastern Algarve.

**CSB**  
TEMPERATE CLIMATE WITH WARM, DRY SUMMERS.

Where rainfall is concerned, there are no significant differences between the stations of Faro and Sagres. The average annual temperature variation along the coast (Sotavento/Barlavento) is around 1°C (e.g. between Vila Real de Santo António and Sagres).

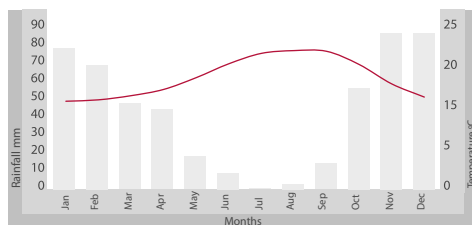
Average rainfalls vary with altitude, with Fóia, at an altitude of 902 metres recording 1,526.1 mm and Praia da Rocha, at an altitude of 21 metres, registering a minimum of 454.6 mm. However, as far as the coastline is concerned, the variation in average annual rainfall is practically nil.

## NORMAL WEATHER CHARTS



1961-1990 | Climate Chart Faro

- Average annual temperature
- Total rainfall



1961-1990 | Climate Chart Sagres

- Average annual temperature
- Total rainfall

Some studies and data recorded in recent years show that the monthly average and the periodicity in the number of days with rainfall at >1mm have been dropping, although the actual amount of rain, when it does fall, is higher.

As for the winds, the predominant wind from October to March is West/South-west, to the south of the Algarve uplands. The best-known and most characteristic wind in the Algarve is the "Levante" which, because of its warm, damp composition, is pleasant in winter but uncomfortable in summer.

To sum up, if we compare the figures on some of the climate charts for Faro with those for Palma de Mallorca, it can be seen that the Algarve's capital is hotter by an average of 1.7°C in the months of December, January and February. A contributing factor in this difference is that Mallorca has, on average, more days of frost during the winter months of December, January and February. In terms of winter averages, the cities analysed stand out for having better climates for outdoor sports, in terms not only of the low number of days with rainfall (an average of 5 days with rainfall above 1mm in the winter months of December, January and February), but also with regard to milder minimum temperatures and the number of hours of sunshine (the number of hours that the sun shines on to the surface). For this last variable, Faro stands out with more than 3,000 hours of sunshine a year, 200 hours more, on average, than other continental European cities at the same latitude. Another factor to be taken into

account is the higher average annual minimum temperature (12.5°C), including during winter.

**FARO**  
The months with the highest rainfall are November, December, January and February, with an average of 94.1 mm. This is also the time of year when the average temperatures are at their lowest. January is the coldest month (11.9°C) but, even so, it is still one of the pleasantest in continental Europe.

**SAGRES**  
Given Sagres's geographical location, the average annual figures for temperature are lower, due to the attenuating/regulating effect of the sea and the fact that most of this area is exposed to winds from the north.

When comparing data about fine particles in the atmosphere, due to pollution, Faro stands out as having the lowest figure, thus consolidating its position as an excellent destination for an environment propitious to pulmonary oxygenation through the practice of outdoor sports requiring physical effort. The Algarve stands out for the excellent quality of its air in accordance with the Air Quality Index – IQAr 2012 and 2014. It records figures of 95 and 97 points, and a continuously positive evolution was seen from 2005 to 2012 (above 90 is considered excellent). This region offers outstanding conditions. The air quality was good on 138 out of the 165 days monitored; in other words, on around 80% of the days when readings were taken.





## TOURIST INFORMATION OFFICES



### EASTERN

#### ALCOUTIM

Rua 1.º de Maio  
8970-059 Alcoutim  
GPS: 37.471423, -7.471447  
Tel.: (+351) 281 546 179

[turismo.alcoutim@turismoalgarve.pt](mailto:turismo.alcoutim@turismoalgarve.pt)

#### CASTRO MARIM

Mercado Local (Local Market)  
Rua de São Sebastião  
8950-121 Castro Marim  
GPS: 37.217257, -7.443782  
Tel.: (+351) 281 531 232

[turismo.guadiana@turismoalgarve.pt](mailto:turismo.guadiana@turismoalgarve.pt)

#### OLHÃO

Largo Sebastião Martins Mestre, n.º 8 A  
8700-349 Olhão  
GPS: 37.025187, -7.841989  
Tel.: (+351) 289 713 936

[turismo.olhao@turismoalgarve.pt](mailto:turismo.olhao@turismoalgarve.pt)

#### PONTE INTERNACIONAL DO GUADIANA Guadiana International Road Bridge

A22 – Monte Francisco  
8950-206 Castro Marim  
GPS: 37.236831, -7.437635  
Tel.: (+351) 281 531 800

[turismo.guadiana@turismoalgarve.pt](mailto:turismo.guadiana@turismoalgarve.pt)

#### TAVIRA

Praça da República, n.º 5  
8800-329 Tavira  
GPS: 37.125805, -7.650282  
Tel.: (+351) 281 322 511

[turismo.tavira@turismoalgarve.pt](mailto:turismo.tavira@turismoalgarve.pt)



### CENTRAL

#### GAGO COUTINHO INTERNATIONAL AIRPORT (FARO)

8006-901 Faro  
GPS: 37.019939, -7.967821  
Tel.: (+351) 289 818 582

[turismo.aeroporto@turismoalgarve.pt](mailto:turismo.aeroporto@turismoalgarve.pt)

#### ALBUFEIRA

Rua 5 de Outubro  
8200-109 Albufeira  
GPS: 37.087416, -8.252978  
Tel.: (+351) 289 585 279

[turismo.albufeira@turismoalgarve.pt](mailto:turismo.albufeira@turismoalgarve.pt)

#### CARVOEIRO

Largo da Praia  
8400-517 Lagoa  
GPS: 37.097017, -8.471279  
Tel.: (+351) 282 357 728

[turismo.carvoeiro@turismoalgarve.pt](mailto:turismo.carvoeiro@turismoalgarve.pt)

#### FARO

Rua da Misericórdia, n.º 8 – 11  
8000-269 Faro  
GPS: 37.014739, -7.934715  
Tel.: (+351) 289 803 604

[turismo.faro@turismoalgarve.pt](mailto:turismo.faro@turismoalgarve.pt)

#### LOULÉ

Avenida 25 de Abril, n.º 9  
8100-506 Loulé  
GPS: 37.139073, -8.021448  
Tel.: (+351) 289 463 900

[turismo.loule@turismoalgarve.pt](mailto:turismo.loule@turismoalgarve.pt)

#### QUARTEIRA

Praça do Mar  
8125-193 Quarteira  
GPS: 37.068110, -8.104187  
Tel.: (+351) 289 389 209

[turismo.quarteira@turismoalgarve.pt](mailto:turismo.quarteira@turismoalgarve.pt)

#### SÃO BRÁS DE ALPORTEL

Largo de São Sebastião, n.º 23  
8150-107 São Brás de Alportel  
GPS: 37.152438, -7.888509  
Tel.: (+351) 289 843 165

[turismo.saobras@turismoalgarve.pt](mailto:turismo.saobras@turismoalgarve.pt)

#### SILVES

E. N. 124 (Picnic Park)  
8300-000 Silves  
GPS: 37.185663, -8.440556  
Tel.: (+351) 282 098 927

[turismo.silves@turismoalgarve.pt](mailto:turismo.silves@turismoalgarve.pt)

#### ARMAÇÃO DE PÊRA

Avenida da Beira Mar  
8365-101 Armação de Pêra  
GPS: 37.101578, -8.363360  
Tel.: (+351) 282 312 145

[turismo.armacaodepera@turismoalgarve.pt](mailto:turismo.armacaodepera@turismoalgarve.pt)



### WESTERN

#### ALJEZUR

Rua 25 de Abril, n.º 62  
8670-054 Aljezur  
GPS: 37.315685, -8.803803  
Tel.: (+351) 282 998 229

[turismo.aljezur@turismoalgarve.pt](mailto:turismo.aljezur@turismoalgarve.pt)

#### ALVOR

Rua Dr. Afonso Costa, n.º 51  
8500-016 Alvor  
GPS: 37.130530, -8.593432  
Tel.: (+351) 282 457 540

[turismo.alvor@turismoalgarve.pt](mailto:turismo.alvor@turismoalgarve.pt)

#### LAGOS

Praça Gil Eanes (Former Paços do Concelho)  
8600-668 Lagos  
GPS: 37.102775, -8.672714  
Tel.: (+351) 282 763 031

[turismo.lagos@turismoalgarve.pt](mailto:turismo.lagos@turismoalgarve.pt)

#### MONCHIQUE

Largo S. Sebastião  
8550-000 Monchique  
GPS: 37.316494, -8.555302  
Tel.: (+351) 282 911 189

[turismo.monchique@turismoalgarve.pt](mailto:turismo.monchique@turismoalgarve.pt)

#### PRAIA DA ROCHA

Avenida Tomás Cabreira  
8500-802 Praia da Rocha  
GPS: 37.118968, -8.538511  
Tel.: (+351) 282 419 132

[turismo.praiadarocha@turismoalgarve.pt](mailto:turismo.praiadarocha@turismoalgarve.pt)

#### SAGRES

Rua Comandante Matoso  
8650-357 Sagres  
GPS: 37.007772, -8.940281  
Tel.: (+351) 282 624 873

[turismo.sagres@turismoalgarve.pt](mailto:turismo.sagres@turismoalgarve.pt)



## BICYCLE SHOPS



### EASTERN

#### AVALANCHE ALGARVE BIKESHOP

Rua 5 de Outubro, Lote 1  
8150-114 São Brás de Alportel  
GPS: 37.1525667, -7.8830458  
Tel.: 966 436 534 / 933 413 150  
[www.avalanchealgarve.com](http://www.avalanchealgarve.com)

#### ON THE ROCKS BIKE SHOP

Rua Almirante Reis, n.º 225  
8700-365 Olhão  
GPS: 37.027667, -7.843917  
Tel.: 289 701 189  
[www.ontherocksbikeshop.pt](http://www.ontherocksbikeshop.pt)

#### ALLBIKES

Estrada Nacional 125, n.º 178, R/C Dto  
8700-207 Olhão  
GPS: 37.032139, -7.847111  
Tel.: 289 997 319  
[www.jorbi-bikes.com](http://www.jorbi-bikes.com)

#### BICISTOI

Estrada Nacional 125, n.ºs 60-62-64-66-72  
8700-221 Olhão  
GPS: 37.035472, -7.836583  
Tel.: 289 702 788

#### ABÍLIO BIKES – SHOP & RENTALS

Rua João Vaz Corte Real, n.º 23 A  
8800-351 Tavira  
GPS: 37.127806, -7.650306  
Tel.: 281 323 467  
[www.abiliobikes.com](http://www.abiliobikes.com)

#### BIKE BOX

Estrada Nacional 125, Hortas, Vila Real Santo António  
8900-117 Vila Real Santo António  
37.191509, -7.430567  
Tel.: 911 870 180  
[www.bikebox.pt](http://www.bikebox.pt)

#### EAST ALGARVE BIKE HIRE

8800-120 Tavira  
Tel.: 962 388 710  
GPS: 37.124278, -7.646694  
[www.eastalgarvebikehire.com](http://www.eastalgarvebikehire.com)



### CENTRAL

#### G-RIDE FARO

Urbanização S. Luís, Edifício C, Loja 4,  
8005-000 Faro  
GPS: 37.025037, -7.920972  
Tel.: 289 812 080  
[www.g-ridebike.com](http://www.g-ridebike.com)

#### RUAS BIKE

Rua Francisco Sá Carneiro, Urbanização Lagoalar, Lote F  
8400-386 Lagoa  
GPS: 37.137611, -8.022861  
Tel.: 282 353 382 / 914 479 665  
[www.facebook.com/RuasBike-123910407670831/?fref=ts](https://www.facebook.com/RuasBike-123910407670831/?fref=ts)

#### BIKE SUL - GUIA

Poço das Canas, Estrada Nacional 125 – km 68,  
8200-564 Guia, Albufeira  
GPS: 37.128940, -8.275319  
Tel.: 289 561 310 / 966 163 683  
[www.bikesul.pt](http://www.bikesul.pt)

#### BIKELAND

Cascalheira, Estrada Nacional 125, Quatro Estradas, n.º 8  
8125-018 Quarteira  
GPS: 37.100167, -8.064917  
Tel.: 289 358 379 / 914 769 336  
[www.bikeland.pt](http://www.bikeland.pt)

#### MEGASPORT

Campina de Baixo, Centro Industrial Nascente, Area C,  
Lote 6 E -272  
8100-272 Loulé  
GPS: 37.126611, -8.040750  
Tel.: 289 393 044  
[www.megasporttravel.com](http://www.megasporttravel.com)

#### S BIKES BIKE SHOP

Rua José de Sousa Faisca  
8125-024 Quarteira  
GPS: 37.103275, -8.063599  
Tel.: 967 775 395  
[www.sbikes.pt](http://www.sbikes.pt)

#### FREEBIKE SHOP

Rua Dr. Francisco Sá Carneiro, Bloco 2 R/C Dto  
GPS: 37.135806, -8.019472  
8100-578 Loulé  
Tel.: 919 208 629

#### DUAS RODAS BIKE STORE

Rua I de Dezembro, n.ºs 6 e 10  
8100-615 Loulé  
GPS: 37.137611, -8.022861  
Tel.: 289 432 380  
[www.lojaduasrodas.com](http://www.lojaduasrodas.com)

#### MARTIN'S E-BIKE

Avenida Duarte Pacheco, n.º 48,  
8135-104 Almancil  
GPS: 37.084778, -8.021528  
Tel.: 289 098 603  
[www.martinebike.com](http://www.martinebike.com)

#### FUNBIKE ALGARVE

Estrada Nacional 125, Sítio das Benfarras, n.º 510-A  
8100-068 Boliqueime  
GPS: 37.117000, -8.121944  
Tel.: 289 322 215 / 913 943 288  
[www.funbike.pt](http://www.funbike.pt)

#### BIKE ALGARVE

Estrada Nacional 125, n.º 42 - 46 Patacão  
8005-511 Faro  
GPS: 37.048306, -7.952667  
Tel.: 917 707 042  
[www.bikealgarve.com](http://www.bikealgarve.com)

#### RODA FARO

Rua Aboim Ascensão, n.º 56,  
8000-198 Faro  
GPS: 37.021500, -7.936500  
Tel.: 289 813 943  
[www.rodabikeshop.blogspot.com](http://www.rodabikeshop.blogspot.com)

#### ALGARVE CYCLING

Rua Sebastião Teles 72 e 76  
8000-256 Faro  
GPS: 37.020301, -7.939472  
Tel.: 966 327 505  
[www.algarvecycling.com](http://www.algarvecycling.com)

#### SWIFT MOMENTUM SPORT

Casa Rosa Brava, Sítio do Paraíso  
8400-558 Carvoeiro-Lagoa  
GPS: 37.099500, -8.476500  
Tel.: 922 011 153

#### ALGARVE BIKE HOLIDAYS

Av. da Liberdade, 144  
8200-002 Albufeira  
GPS: 37.090919, -8.254522  
Tel.: 289 589 048  
[www.algarvebikeholidays.com](http://www.algarvebikeholidays.com)



### WESTERN

#### G-RIDE PORTIMÃO

Estrada de Monchique,  
8500-331 Portimão  
GPS: 37.163904, -8.533341  
Tel.: 282 180 798/966 928 159  
[www.g-ridebike.com](http://www.g-ridebike.com)

#### XTREME LAGOS

Rua da Gafaria, Lote 11, Letra O  
8600-545 Lagos  
GPS: 37.097556, -8.676111  
Tel.: 282 760 978  
[www.xtremesports.wordpress.com](http://www.xtremesports.wordpress.com)

#### ONEBIKE

Rua Cidade Damão, Lote 3  
8500-579 Portimão  
GPS: 37.144944, -8.548528  
Tel.: 282 031 457  
[www.onebike.pt](http://www.onebike.pt)

#### TORRADO BIKES

Urbanização Alto Alfarrobal, Bloco 1, Loja 2  
8500-791 Pedra Mourinha-Portimão  
GPS: 37.143667, -8.550500  
Tel.: 282 416 160  
[www.facebook.com/torradobikes](https://www.facebook.com/torradobikes)





NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## CREDITS

---

### **PUBLICATION AND COPYRIGHT**

Algarve Tourism Board  
turismodoalgarve@turismodoalgarve.pt  
www.visitalgarve.pt

Head Office: Av. 5 de Outubro, 18  
8000-076 Faro, Algarve, Portugal  
Telephone: (+351) 289 800 400  
Fax: (+351) 289 800 489

### **COORDINATION**

Communications and Images  
marketing@turismodoalgarve.pt

### **GRAPHIC DESIGN AND LAYOUT**

NEWINGS design agency

### **TEXTS**

Portuguese Cycling Federation

### **TEXT REVISION**

The Splendid Words (Madalena Bentes)

### **TRANSLATION**

TRU Consulting

### **PHOTOGRAPHY**

Portuguese Cycling Federation (Luís Silva), Hélio Ramos

### **PRINTING**

-

### **PRINT RUN**

-

### **LEGAL DEPOSIT NUMBER**

427962/17

### **2<sup>ND</sup> EDITION**

2024

---



Collaboration:

