



date and cannot be confirmed until approximately two weeks before departure.

### UK Regional Flights

Exodus can arrange flights from the majority of the UK's regional airports that are more flexible and convenient than if booked separately. Please contact our sales team for details.

Please note that if booking your regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1.5 hours at Heathrow; this is longer than the official minimum connecting time, but baggage handling at Heathrow is known to be subject to delays.

### Airport Transfers

Airport transfers are included for those on the group flights. Please note that transfers are not included for clients arriving on any other flight, even if Exodus has booked it. Those arriving from London on non-group flights should read the airport transfer section below for information on reaching the start point. Please check with the Exodus office if you are unsure whether or not a transfer is included.

## JOINING THE TRIP IN VILA NOVA DE MILFONTES

**8 days, start Vila Nova de Milfontes, end Vila Nova de Milfontes.**

### Itinerary start

Your trip normally starts at our hotel in Vila Nova de Milfontes on the afternoon of Day 1 of the itinerary listed below. Details of how to reach the start point are given in the Final Joining Instructions.

### Airport Transfers

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight.

Group flights can be rescheduled, so you must check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense. Joining the group transfer is free of charge.

We advise you take the group transfer but it is possible to reach Vila Nova de Milfontes by bus from Lisbon. The journey takes approx 3hr 30min and costs €14 one way. If you would like us to organise a private transfer for you, please request this with our sales consultants. Please ensure that you provide us with all relevant information at least 2 weeks before departure.

## LAND ONLY ITINERARY

The entries in **bold** at the end of each day indicate the type of accommodation normally used (see accommodation section overleaf for key to codes) and meals included (**B**=Breakfast, **L**=Lunch, **D**=Dinner)

**Day 1 Start Vila Nova de Milfontes** We transfer to our hotel in Vila Nova de Milfontes. **CH (D)**

### Day 2 Cycle from Colos to the historical town of Cercal

We transfer to the small village of Colos (approx 40min) and begin cycling through the farming communities and oak trees of Cercal before returning to Milfontes. Portugal is the world's first producer of cork and we will cycle past numerous cork oak trees today with evidence of the debarking process. Our target of Cercal actually means oak tree in Latin, and there are many archaeological sites in the area from the Roman era, as they inhabited the region to exploit copper and iron mining. **Ride approx. 45km CH (B)**

### Day 3 Scenic coastal ride passing the quaint fishing harbour at Lapa das Pombas to the picturesque village of Zambujeira do Mar

Lapa das Pombas is one of the smallest fishing harbours along this coast, with a crew of 12 men and 5 fishing boats reeling in the produce for the village restaurants. We then cycle towards the famous Cabo Sardo lighthouse where we will be able to admire the stork nests on the impressive high cliffs. The day ends in the coastal paradise of Zambujeira do Mar, meaning



wild olive tree, where for many years the inhabitants of nearby villages visited during the summer months to take salt baths. After the day's riding we can sit outside one of the many restaurants taking in the glorious sea views and sampling some of the local specialities such as grilled sole, sea bass, crabs and crayfish. **Ride approx. 32km CH (B)**

### Day 4 Circular route to Odeceixe, an attractive village with narrow streets and cosy squares

We cycle from our guesthouse along the coast to the beautifully secluded Carvalho beach before heading inland through rural communities to Odeceixe, where the River Seixe acts as a natural border between the Alentejo and the Algarve. The village church is an interesting building dating back to the late 19<sup>th</sup> century, which also belonged to the Order of Santiago, whilst from the windmill on the top of the surrounding hills there are stunning views of the region and the River Seixe. We then return to our guesthouse in Zambujeira do Mar. **Ride approx. 50km CH (B)**



### Day 5 Cycle from the narrow streets of picturesque Reliquias and through the Natural Park, returning to Milfontes

We transfer to the picturesque village of Reliquias (approx 40min), with beautiful narrow streets and church, before cycling along the serene landscape of the Montado Ecosystem. The area was once covered with dense Mediterranean forest, dominated by holm and cork oak, and as part of a huge rural conservation project a vast number of the trees were removed in order to open glades for goats, sheep, cattle and pigs to graze. In addition to the economic impact to the region, there is now an abundance of flora and fauna, with the colourful pastures, partridges, owls, hares and rabbits. We then cycle through the beautiful landscape of the Natural Park back to the pretty coastal town of Milfontes. **Ride approx. 37km CH (B)**

### Day 6 Circular ride from Odemira beside the river and passing a natural lagoon

A short transfer (approx 30min) takes us to the district capital, Odemira, which sits at the end of the River Mira overlooking the harbour. We then cycle through mining and farming communities at the foot of the mountains. As we enter Odemira we will see the first reminders of its navigation period. In the middle of a field are two tiny white structures that formerly secured the ropes used to hold the ferryboat. Continuing the day's cycling we visit the spectacular natural lagoon of Pego das Pias and admire some stunning coastline views from the top of the Cercal hills before finishing the circuit in São Luís (transfer back to Milfontes approx 20min). **Ride approx. 35km CH (B)**



### Day 7 Cycle along the beautiful coastline to Porto Covo and Peach Island

We transfer to São Torpes (approx 35 min) to begin the day's ride along the coast. The Alentejo coastline is shaped by high cliffs broken up by idyllic coves of golden sand and Porto Covo was founded on top of one of these cliffs in 1870, with only four houses. Our final ride along the coast takes us first to Porto Covo and then on to Ilha do Pessegueiro. Also known as 'Peach Island', the area has suffered at the hands of pirates over the years and has many abandoned forts. **Ride approx. 45km CH (B, D)**

**Day 8 End Vila Nova de Milfontes. (B)**

## ACCOMMODATION

### Accommodation

We indicate in the itinerary what type of accommodation is provided on each day. The descriptions are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

In Vila Nova de Milfontes we spend 5 nights in the Casa de Eira, which has a nice garden and is just 200m from the river and sea. In

Zambujeira do Mar we spend 2 nights in the Onda Azul. Both guesthouses are locally owned and all rooms have en suite facilities.

### Single Accommodation

A limited number of single rooms are offered, which must be booked and paid for in advance, (subject to availability). To guarantee a single room, you can pay a single room supplement of £150 on booking.

### Extra Accommodation

We can book additional accommodation before or after the trip in Vila Nova de Milfontes (subject to availability). Please notify us at the time of booking and we will provide up-to-date prices. Please note a £5 booking fee is added to the invoice.

#### KEY TO ACCOMMODATION:

CH Comfortable Hotel, Lodge or Gite - twin rooms with en suite facilities, reliable electricity and water supply, good service and some added amenities.

### FOOD & TRANSPORT

#### Food

In the itinerary we state which meals are included on each day.

All breakfasts and 2 dinners are included.

#### Transport

Transfers to and from the airport will be by private vehicle (normally minibus). Whilst cycling the vehicle will carry your baggage and be on hand with assistance or if you choose to 'sit out' a section of the ride. A guide cycles with the group. On four of the cycling days there will be short transfers to the start of the ride and on day 6 at the end of the ride (no longer than 40 minutes).

#### Bike Hire Options

**Local bike hire:** Decathlon (hybrid bikes) with 21 gears. £75 paid on booking.

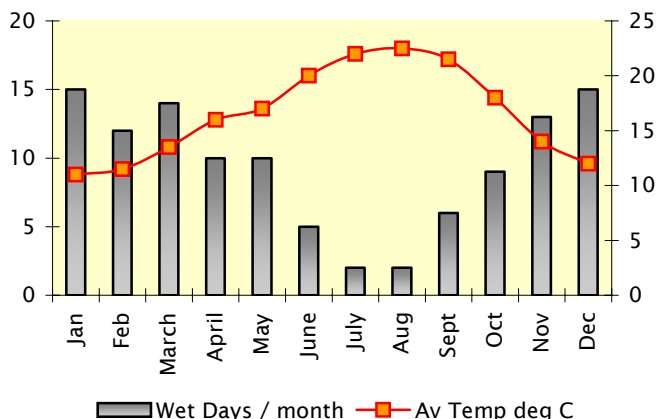
'In-country' bike hire should be arranged at the time of booking, and the cost will be added to your invoice. Please note that there is a limited number of bikes available locally, and very occasionally late bookers may be required to bring a bike from the UK (either a UK hire bike, or their own).

**Bike hire from the UK\*:** Our UK bike hire fleet are all Specialized Rockhopper 'Comp' mountain bikes with 27 gears, front-suspension, V-brakes and fitted with road or off-road tyres as required. For the duration of this trip the price is: £95, including a London airport drop-off and pick-up. Please note that the bike forms part of your total baggage allowance, and we are not liable for an extra charges the airline may apply.

**Bringing your own bike\*:** Plenty of people choose to bring their own bikes on our trips. If you wish to bring your own bike, please note that we cannot guarantee against small scratches and paintwork damage involved in the loading and unloading from support vehicles.

### WEATHER

#### Weather chart for Lisbon



The Alentejo climate resembles that of southern California. Although it is not on the Mediterranean it has a similar climate, the summers are

hot and dry, the winters wet and cold, and in spring and autumn temperatures are delightful, with moderate highs and lows. Daytime temperatures rarely drop below 12°C, but in summer it can be very hot, especially inland. The average lowest temperature in the coldest months, December and January, is 6°C, and the average high in July/August, the hottest months, is 30°C.

### RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment.

Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company. Exodus trips are designed to allow a high degree of economic benefit to the local communities; we buy local produce, eat local food and use local services, thus ensuring that as much money as possible is retained within the local economies and the host communities. With our responsible tourism policy we are continually reassessing our holidays, trying at all times to ensure that they are socially, economically and environmentally sound.

#### Awards for our work on Responsible Tourism

2006. British Travel Awards: Environmentally Responsible Tourism Company.

2004. Responsible Travel Awards: Best Tour Operator.

For full details of our Responsible Tourism Policy please visit:

[www.exodus.co.uk/responsible-travel](http://www.exodus.co.uk/responsible-travel)

### PRACTICAL INFORMATION

Most nationalities, including British, require a full passport that must be valid beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Some EU nationals may travel to Portugal using only an EU identity card. If you think this may apply to you please check with your local authorities.

Visa regulations can and do change without notice and if you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

For information on how to obtain visas please call Travcour on 020 7223 5295 or visit their website: [www.travcour.com/exodus](http://www.travcour.com/exodus).

#### Vaccinations and Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no statutory vaccination requirements if you are travelling from the UK. If you are travelling from elsewhere you should check with the nearest Embassy or consulate for current regulations. Please note that tetanus and polio vaccinations are currently recommended for all countries. Please consult your doctor or vaccination centre for up-to-date information.

The above information can change at short notice, and as we are not qualified to answer all your questions in regards to travel health we strongly recommend you contact your GP or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

**Nomad Travel Clinics** are experts in preparing people for travel, providing expert advice on vaccinations, anti-malarial and staying healthy whilst overseas. We have arranged a special 10% discount for Exodus passengers on any vaccinations that you may require! Take along your Nomad discount card, sent with your confirmation pack, or call Exodus for your special discount code.

Visit [www.nomadtravel.co.uk/exodus](http://www.nomadtravel.co.uk/exodus) for further information.

For additional information please visit: [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)

#### Insurance

It is a condition of joining this trip that you must be insured against medical and personal accident risks. Please see [www.exodus.co.uk/about-exodus/travel-insurance](http://www.exodus.co.uk/about-exodus/travel-insurance) for more details.

**Local Time** is GMT.

## Group, Staff and Support

The group will generally be between 6 and 14 people. There will be a local leader and a driver and local guides where needed.

The minimum age of clients on this trip is 16 years. Please note that children aged 16 or 17 years of age must be accompanied by (and share accommodation with) a parent or legal guardian.

### Join the Exodus Online Community:

Don't forget to visit the Community area on our website. You can view our range of Exodus videos and podcasts, read trip write-ups that have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Compass Café forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be automatically entered into our monthly photo competition.

To make full use of the Compass Cafe you'll need to join My Exodus. It's free, registration is simple and easy... so what are you waiting for?

<http://www.exodus.co.uk/community>

## MONEY MATTERS

### Exodus and Local Payments

There is no local payment on this holiday. As of 1 January 2008, Exodus no longer uses local payments to cover part of the cost of the holiday. While some of the headline prices seem higher, we have not added any extra costs into the total price, apart from the local payment and any standard annual fluctuation in price.

If you are comparing prices with other operators, please check the total price paid, as we believe that Exodus offers the best balance between value for money and operational quality.

### Currency Information

The national currency of Portugal is the Euro, with an exchange rate of approximately 0.70 to the US\$ and 1.14 to the UK£.

Exchange rates are correct at the time of publication.

### ATM availability

There are cash points available in most towns along the route and most places take major credit cards, even though cash is generally easier.

### Extra Expenses and Spending Money

Allow approximately 25 euro per day for lunches and dinners (except for the days where dinner is included), but it is certainly possible to spend a lot more, depending on what you choose to eat. Most main dishes can cost between 7 and 15 euro (excluding wine): if you choose wine or one of the well known restaurants you could pay up to 30 euro. The leader will advise you about the different types of restaurants and prices. For lunches you have the choice of preparing your own lunch from the local supermarket or the guesthouse will prepare a packed lunch if you request this from the leader.

For your commission free holiday currency, pre loaded cash cards and travellers cheques delivered directly to your door at very competitive rates, visit us on [www.currency-express.com/exodus](http://www.currency-express.com/exodus) and receive free delivery on orders over £300.

## WHAT TO TAKE

### Essential Equipment and Clothing

This should be read in conjunction with our 'What to Pack' section in the Travel Advice booklet.

#### Equipment provided:

Helmets, mudguards, large water bottles and carriers, pannier carriers and large rear panniers, pumps, puncture kit and tools, spare inner tubes.

#### You will need the following:

Gloves and shorts, spare inner tube (unless hiring a bike), waterproof jacket, sun cream and lip salve, sunglasses/eye protection, warm jacket for evenings, small daysack, favourite energy snacks.

Much of the equipment mentioned above is available at very competitive prices at the Exodus online shop, 'Exodus Travel Essentials' in partnership with Amazon. Please visit [www.exodus.co.uk/community](http://www.exodus.co.uk/community) for more information.

### Baggage and Baggage Allowance

Exodus kitbags are available for purchase at £25, which includes postage, packing and VAT. Please note that they are available within the UK only.

At time of publication - the standard weight limit for hold baggage on the recommended international carrier for this trip is 20kg.

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check [www.baa.com](http://www.baa.com) and/or the airline's website for the latest information prior to your departure.

## IMPORTANT INFORMATION FOR ALL CLIENTS

Please note that Exodus operate a 24 hour duty office for emergencies, which can be contacted on 0044 (0) 1582 644 100.

Anytime that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at [www.exodus.co.uk/about-exodus/essential-information?](http://www.exodus.co.uk/about-exodus/essential-information?)

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

The information in these Trip Notes is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between these Trip Notes and our current brochure, the Trip Notes are the correct version and supersede the brochure. Abnormal conditions or other events beyond our control can prevail at any time, particularly in remote or off the beaten track destinations, therefore all holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

## HOW TO BOOK YOUR TRIP

- 1. Check availability** Go online to check availability, or contact us by phone or email.
- 2. Secure your place** You can provisionally hold a place on this trip, usually for between three and seven days.
- 3. Complete your booking and payment** When you're ready to book, go to [www.exodus.co.uk](http://www.exodus.co.uk) for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

**Book with confidence** Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

