



TOUR DE ZWAP 2025 - Portugal Top To Bottom **in 10 cycling days from 24th of June to 3rd of July 2025**

Background: Tour de ZWAP 2025 is organised and arranged by ZWAP Cycling club (Zwifters against Parkinson) as a private non-profit trip, with professional help during the ride (pro Tour leader, companion van etc).

The team: We expect to be 23 cyclists, of which 2/3 with Parkinson's, and the rest caregivers and supporters. In addition, an extended non-cycling support team of 4 or 5, including our Tour Leader. In total a group of 28 people, where 3/4 of the group also was part of Tour de ZWAP in 2024 and/or Bike to Barcelona in 2023. We are 100% sure that this will be a great team together, and that all newcomers quickly will feel integrated.

Goal: To race against Parkinson's, not each other. We will act as a team, with a joint responsibility of getting everybody to the finish line, being positive, having fun and socialise along the way. The ride will serve as a training goal for the ZWAP Cycling Club.

Start and finish: Everybody should be in Valenca within evening Monday 23rd of June 2024. The default arrival would be to fly into Porto latest 6 pm, and join our planned organised transport to Valenca (120 km). Arrival in Faro area on Thursday 3rd of July, where you can fly out from Faro International Airport on the 4th of July

Companion van / ride management: Steve Wesson, one of Europe's most experienced bike adventure organisers, has volunteered to manage the ride, including driving the companion car/van. The team will also be supported by 3-5 other non-cyclists, driving ordinary cars.

Price: Includes 11 nights incl breakfast and companion van support (luggage transport, bike tech support etc)

Cyclist in single room: 1 800 Euro	Cyclist in shared room: 1 250 Euro	Non-cycling support partner sharing room with you: 850 Euro
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Non-cycling support partners are expected to become part of the extended support team for the whole group. Transportation in Portugal for support partners is not included – this will be the cost of a shared rented car.

Eating: Breakfast is included in the payment. Lunch will be according to your personal choice on the road each day. Likewise with dinner, but we will probably arrange team dinners many of the days (paid individually).

Important: Since this is a private, non-profit travel arrangement, there will be no contract, no liability insurance or comeback if any problems occur along the way. The Tour Committee and Steve Wesson work on a voluntary basis and will do our very best to make this a great journey!

Final booking: 1st of November before midnight

Send a message to Rune Bjerke or email to rubjerke@gmail.com. All bookings will be confirmed within 24 hours, with details for 20% payment to ZWAP Cycling Clubs bank account within November 8th. Any available seats will be open for new applications until filled, and there will be a waiting list.

Travel to Portugal

Getting To The Start (Day 0 – 23rd of June 2025)

Porto airport is served by multiple budget airlines. We will aim to facilitate transport the 120km journey to Valenca, by rental minibus or a single transfer by chartered coach.

Getting From the Finish (Day 11 – 4th of July 2025)

The ride finishes on the Algarve coast, close to Faro and includes a night in or near the town. Next day riders are responsible for their own transfer to Faro airport which takes 10-30 minutes depending on our choice of hotel.

Riding Conditions

Longest day:	95km
Average daily distance:	85km
Greatest daily climb:	1,290m
Average daily climb:	750m

The route is all paved but there are multiple short sections of cobbles, mainly through village centres. There is one longer stretch of cobbles (about 3km) which is completely unavoidable. The route is mostly quiet, though there are some busier stretches, particularly on the day we pass through Porto. Northern Portugal is very hilly and there are some stiff climbs on Day 1. Days 2 and 3 are extremely flat after which every day has some climbing.

Navigation

We will make available .GPX electronic files via RidewithGPS for use with a SatNav/mobile phone.

Itinerary with accommodation

Day	Weekday	Date	Distance (km) /	Destination	Hotel	Hotel webpage	Comments
			Elevation gain (m)				
Arrival	Monday	23-June	To be detailed, but on average 85 km distance and 750 meter climb per day	Valenca	Hotel Lara	https://www.hotellara.com	You should arrive in Porto before 6 pm, for organised car transport (1 hour) to Valenca.
1	Tuesday	24-Jun		Barcelos	Hotel Bagoeira and Flag Hotel	https://www.bagoeira.com/ https://flaghotelbarcelos.com/	As-is the group is split into two nearby locations
2	Wednesday	25-Jun		Espinho	Praia Golf	https://www.eurostarhotels.co.uk/exe-praia-golfe.html	
3	Thursday	26-Jun		Praia de Mira	Macarico Beach	https://www.macaricobeachhotel.com	
4	Friday	27-Jun		Pombal	Cardal Hotel	https://hotel.cardalhotel.com	
5	Saturday	28-Jun		Abrantes	Luna Hotel Turismo	https://www.lunahoteis.com/luna-abrantes/o-hotel.html	
6	Sunday	29-Jun		Montargil	Lago Montargil	https://ap-hotelsresorts.com/montargil/	
7	Monday	30-Jun		Evora	Evora Olive Hotel	https://www.artsoulgroup.com/evoraolivehotel/en/	
8	Tuesday	1-Jul		Beja	Hotel Melius	https://hotelmelius.com	
9	Wednesday	2-Jul		Alcoutim	Hotel/Hostal D'Alcoutim	https://www.hoteldalcoutim.com/	This is a small village, and we are at the "Hostal" part of this Hotel
10	Thursday	3-Jul		Faro area	TBD		Hotel will be somewhere on the coastline from Faro to Tavira
Departure	Friday	4-Jul	Back home			Many international flights out from Faro	

We start at the magnificent fort in Valenca with views over the river to Spain, a perfect backdrop for the start of trip photos! The day is spent in the spectacular hills of Northern Portugal, before striking the coast and following coastal paths for three days.

We then slowly work our way down and across the country, finally reaching the Spanish border in the northern Algarve. Riding conditions get progressively easier as the country flattens but the scenery is always great!

For our final day we strike the Algarve's southern coast and then follow cycle trails down to the coastline.

More details on each day:

Day 1 Valenca to Barcelos - The walled fort in Valenca provides a dramatic starting point and photo opportunity, with views over the Minho river with Spain on the far bank. Despite being a large town, we are quickly out into open countryside, utilising a network of very minor roads. The day can be described overall as 'rolling' but there are several stiff climbs in the morning, after which the terrain becomes gentler with long periods of relative flat. We pass through very few towns of any size but many villages offer a cafe or restaurant with magnificent views.

Day 2 Barcelos to Espinho - After the hills of the first day you will be relieved that we head southwest to the coast and the prospect of flatter terrain. We reach the coast at Condominhos and from here follow a mix of coastal roads and cycle paths past Seixo and Porto to the resort town of Espinho.

Day 3 Espinho to Praia de Mira - We remain mainly on the coast for the whole day. Initially following a cycle path through the coastal marshlands before turning inland to skirt the lagoons of Aveira. We bypass Aveira by taking a ferry across the lagoons before re-joining cycle paths/route to Praia de Mira.

Day 4 Praia de Mira to Pombal - We follow the coast for a further 20 miles or so, by which time we have safely cleared the worst of the northern hills and can turn inland. We are now heading southeast, towards the town of Pombal where we spend the night.

Day 5 Pombal to Abrantes - Although there are still hills to be climbed, this central portion of the trip is very manageable with splendid scenery. By the end of the day we are in the very heart of the country, approximately half way from 4 extremities.

Day 6 Abrantes to Montargil - From now on every day is spent in open countryside, amongst the rolling fields, pastures, and olive groves of southern Portugal. Today there are a couple of long but gradual climbs but overall the going is easy.

Day 7 Montargil to Evora - A day of magnificent medieval towns, firstly Arriolas with its hilltop castle for lunch and then the walled town of Evora for our overnight stop. Hills are now more or less a thing of the past and the country roads are both peaceful and pretty as well as flat!

Day 8 Evora to Beja - A day of even quieter roads and no habitation larger than a village all day. Fortunately, virtually every Portuguese village will have at least one, and often several, cafes/snack bars so there is no need to go hungry and with easy riding there will be plenty of time to enjoy them.

Day 9 Beja to Alcoutim - After a very easy morning there is some climbing to be done in the afternoon as we cross a range of hills to the Gardiana River, the border separating Portugal from Spain.

Day 10 Alcoutim To Faro area - From the small town of Alcoutim we follow the river for some way with views across the border, before turning inland and reaching our final destination.