



**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

-06-

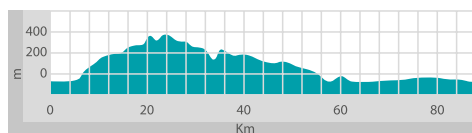
TAVIRA

DISTANCE

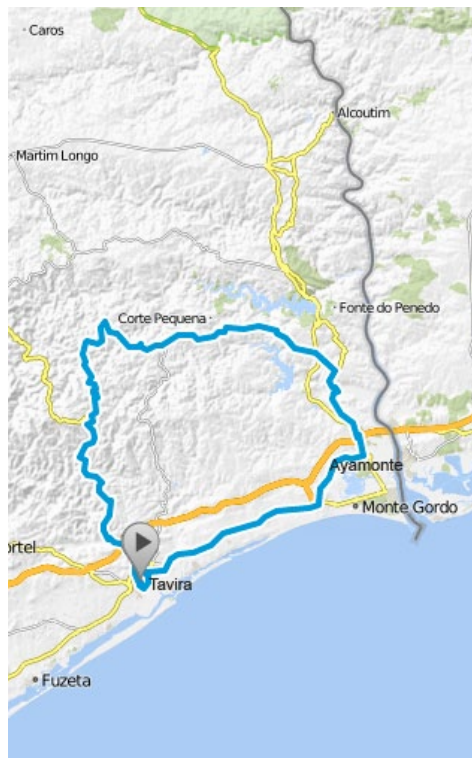
89 km

ACCUMULATED CLIMB

1370 m



+ DETAILS





-07-

TAVIRA

DISTANCE

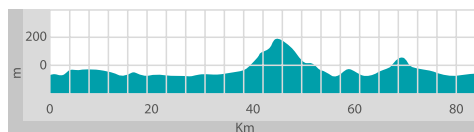
82 km

ACCUMULATED CLIMB

980 m

**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.

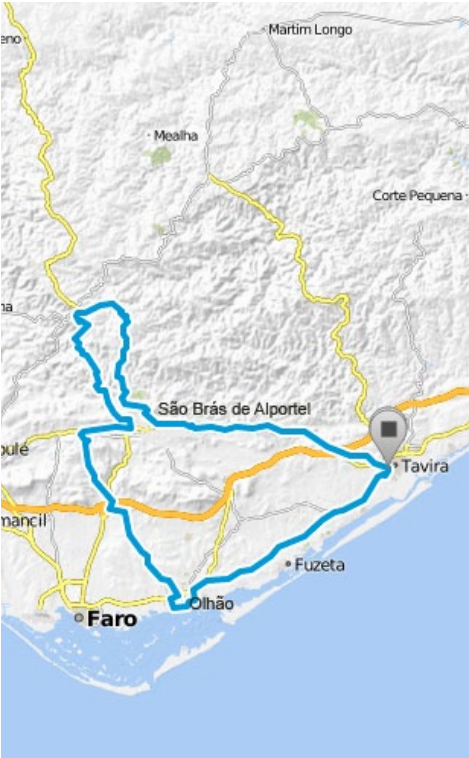
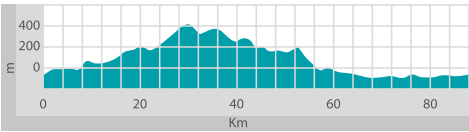


+ DETAILS





**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



- 03 -	
	DISTANCE
	97 km
	ACCUMULATED CLIMB
TAVIRA	1650 m

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.



+ DETAILS







**Aficionados 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

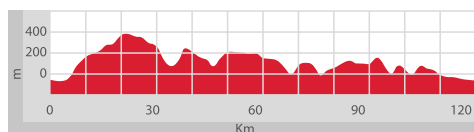
-09-

**TAVIRA**

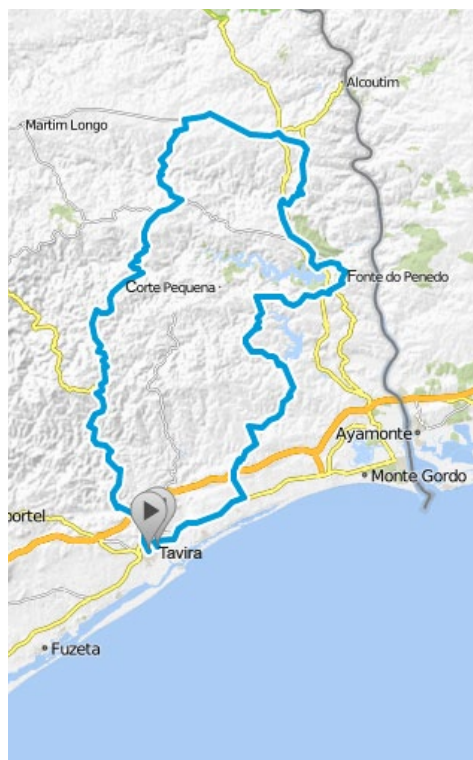
DISTANCE

**125 km**

ACCUMULATED CLIMB

**2500 m**

+ DETAILS

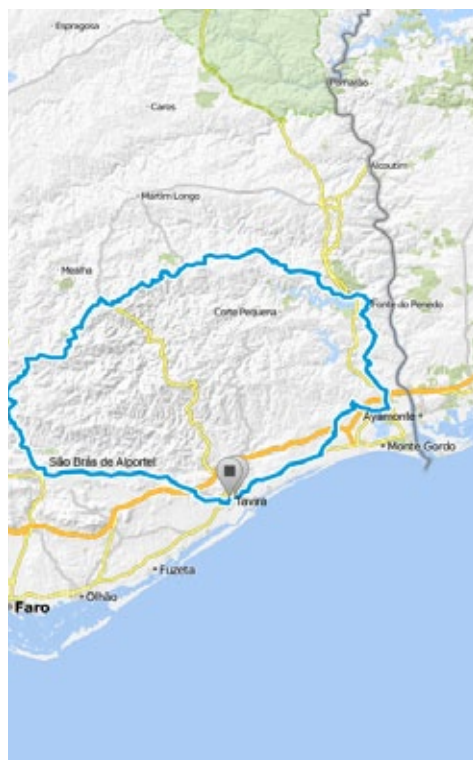
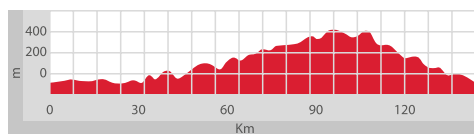


Tavira Uplands





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



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TAVIRA

DISTANCE

143 km

ACCUMULATED CLIMB

2700 m

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 Távira along the undulating EN 270.



+ DETAILS

Pereiro

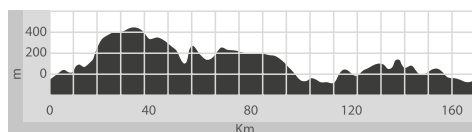




- 11 -	
	DISTANCE
	<b>163 km</b>
	ACCUMULATED CLIMB
<b>TAVIRA</b>	
	<b>2825 m</b>

**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.



+ DETAILS

