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## Follow the trail...

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### ABOUT

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Find the ideal setting to experience something special.

Discovering a place by bicycle is a unique experience. And in Portugal there are a number of routes and trails, many of them located in [protected areas](#), that allow you to discover very different sorts of countryside.



The mountain routes are challenging, but their special feature is that you go through small villages and towns where you can take a break to visit the heritage of the area and discover local arts and crafts. But you will also be surprised by the itineraries along the coast, close to the sea, with the blue horizon stretching as far as the eye can see. In the Algarve in particular, you can take advantage of a network of interlinked routes that enable you to travel throughout the region, quite literally from one end to the other: the [Rota Vicentina](#), the [Via Algarviana](#), the [Gadiana Route](#) and the [Coastal Ecovia](#).

There is a wide range of outdoor activities on offer in Portugal and the mild climate all year round makes it possible to enjoy new experiences at any time, be it summer or winter. [Cycling routes](#) and [walks](#) are the most accessible, but you can also go climbing and abseiling, rafting, canyoning and canoeing. And for people who love the sea, the full range of [surfing](#) activities, [sailing](#) and paragliding are just some of the activities on offer.

Whatever the activity or itinerary, you will certainly have the chance to appreciate what the country has to offer: scenery, climate, gastronomy and Portuguese hospitality.

**Find out more about**

[Outdoor Activities](#)