

DOWNHILL FAMILY CYCLING TRIP

MEXILHOEIRA GRANDE - PORTUGAL

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Since 2001 we cycle downhill from the Foia, which is with 902 meters, the highest mountain in the Algarve. From here we run all year round **nature and family friendly** cycling tours. Whilst you can enjoy your **downhill cycling tour**, the support vehicle makes sure that you will have always a cooled bottle of water at hand. Our cycling guide will show you the most fun and safe route for your downhill cycling tour in the **Serra de Monchique**. We will lead you on forest paths with tarmac/asphalt, and through the green valleys of the Serra de Monchique. During the frequent stops you can enjoy the far stretching views !

We run this **Downhill Family Cycling Trip** every Tuesday, Thursday and Saturday. And we´ll meet a bit before 09h30 in Mexilhoeira Grande and to return here at around 15h00. Lunch is usually at 12h30. To let the tour go ahead, we need at least 4 riders. The maximum group size is 15 participants.

The Downhill Family Cycling Trip is offered as a **social ride** with (photo) stops and explanations about the **local flora & fauna**.

This trip is suitable for young people and for the not so young. We usually see that everyone between 12 and 70 years old with some **cycling experience** can enjoy this downhill cycling tour. The minimum age is 12 years and participants need to be minimum 4ft9/149cm tall. A partner or child can join as **spectator** for a reduced price and enjoy the day from the support vehicle.

BIKES

On this Downhill Off-road Bike Tour you´ll be riding a well maintained and clean **Giant 29" MTB** in the sizes M (18"), L (20") and XL (21") or a smaller bike if needed. Young (teenage) cyclists should be able to touch the ground with both feet whilst seated. For our smallest bike (14" frame) we normally see that the **minimum height** required is 149 cm (4ft9). The largest bike size is suitable for riders up to 200 cm (6ft6).

LUNCH

Included is a healthy and locally sourced **lunch with vegetable soup**, a tasty pasta salad with vegetables and tuna, and a **freshly squeezed orange juice**. In the warm **summer months** we change this to a fresh and rich Portuguese gazpacho, a freshly squeezed orange juice and locally grown melon kept cool in the fridge. The tavern where we stop is in the small mountain village of Casais.

MEETING POINT

We wish to see you a bit before 09h30 in our office in the village of Mexilhoeira Grande. This office is located in the centre of Mexilhoeira Grande. Here you can park close to our warehouse for free.

- Coming by car enter the village of Mexilhoeira Grande from the EN125.
- Follow the main street through centre, which goes uphill.
- Pass the market and various shops. Leave the church on your left; stay on the main street.
- After the church look on the right side for a wooden publicity with blue sign and orange triangular logo. See map here: <https://goo.gl/maps/OJ9um>



WHAT TO BRING

July/August: We recommend to bring sun cream factor 30 or more. With sensitive skin you might want to bring a long sleeve shirt.

Rest of the year: The top of Fóia at 902 meters (2960 feet) might always be more chilly or even cold. An extra vest or wind jacket is recommend to bring, and can be left in the support car after a while. Outdoor-Tours also can provide wind jackets or fleece pullovers in the "cold" winter months.

We´ll bring your helmet, cycling gloves, plenty of cooled water bottles for you to keep hydrated. After the trip we offer a cold beer or another water if you wish.

PRICES & INCLUDED

Included in the prices are:

- **transport** up the mountain from **Mexilhoeira Grande** (09h30)
- free return transfer from Lagos or Meia Praia
- **lunch** with fresh orange juice (around 12h30)
- clean and well maintained 2016/2017 Mountain Bike **Giant 29-er** or a smaller sized MTB 26" wheels
- safety **helmet** in various sizes and EN 1078 certified
- qualified and multi-lingual mountain bike **guide** in front of the group
- **support** vehicle following the group
- cold and bottled **water** during the whole day
- a **free drink** at the end of the day in our office (around 15h00)
- liability and personal accident **insurance** accordingly to Portuguese licensing law
- official Portuguese Outdoor Adventure **License** (RNT 61/2007)
- guaranteed fun with **15+ years of experience** riding the best trails in Serra de Monchique

Prices for 2017:

- adults €55 pp (18 years and older)
- juniors €39 pp (12 - 17 years of age)
- spectator €29 pp (join the whole day with transfer, lunch, water and high lights included - there is no bike available)

We´re looking forward to go out riding with you!
best regards,
Frank

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More info at: <http://downhill-cycling-monchique.com/>

See also:

Off-road Downhill Bike Trip: <http://downhill-biking-monchique.com/>

Sea Kayak & Cave Trip Lagos: <http://kayak-lagos.com/>

