



BICYCLE RIDE

Just take a deep breath and soak up nature! It's perfect for a bike ride! As you leave Areias do Seixo, turn left onto the main road and follow the cycle track. Why not visit the Seixo viewpoint on the left? Savour the majesty of the Atlantic below...

Back on the main road, before reaching Santa Rita beach, take a detour to the right and visit the ruins of the Penafirme Convent. Completely abandoned after the 1755 Lisbon earthquake, it was probably started in 1547, immediately after the reformation of the province of Portugal by the hermit monks of the Order of St Augustine. Legend has it that the convent was swept by a tidal wave during the earthquake. One of the monks, Brother Aleixo, is said to have fled up the hill in front of the convent. On reaching the top, he dropped down dead, the cross there marking the spot where he died.

Continuing along the cycle track, you reach Santa Rita beach on your left, which is particularly popular for paragliding. Further along, at Porto Novo beach, the River Alcabrichel meets the ocean, to the delight of the many ducks that stop off here. Surrounded by cliffs, this beach forms a small bay and is where British troops came ashore before fighting at the Battle of Vimeiro during the first French invasion of the Peninsular War (1807-1811).

After crossing the bridge, turn onto the dirt track on the right and enjoy the magic of the winding path along the river bank, while you enjoy the whispering trees and spectacular mountain views! As you reach a gateway, you'll see the Vimeiro Spa Complex, also known as the Fonte dos Frades (Friars' Spring). The spa dates back to the 19th century, with the therapeutic qualities of its sodium chloride- rich waters recognised since January 1921.





SNACKS

Praia de Santa Rita

📍 O Grão – Beach Bar. Try the fish roe salad, octopus salad and snails.

Praia de Porto Novo

📍 Restaurante Ernesto – Try the clams with garlic and coriander and the steamed mussels.

📍 Pizzaria Jacinto