

# Around Caramulo tour



**Amazing cycling holiday circling the Caramulo mountain**

**As the name suggest we will be making a circle around Caramulo mountain.**

**Caramulo mountain range is situated in central Portugal with the highest point of 1076 m above sea level.**

**Our tour consists of 4 days of riding with our guide. Stopping at different sides of the mountain, always admiring the views to the top along the way.**

**We have chosen cycling paths as much as possible, the route is built up so that even the first timer on a mountain bike can enjoy every pedal stroke.**

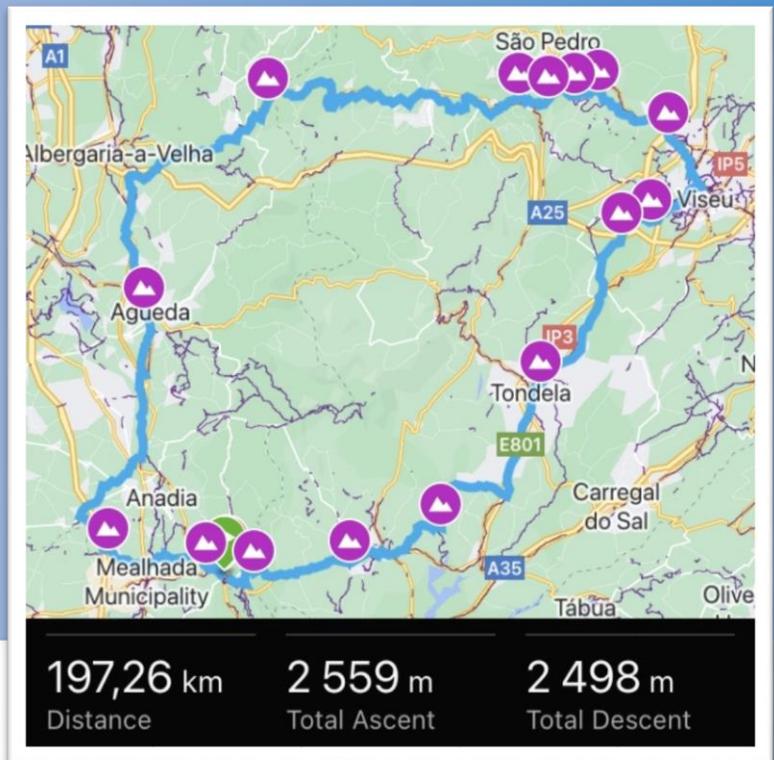
**Around Caramulo tour is suitable for every fitness level.**



# Tour overview



Tour has 4 stops/towns where we will be staying.  
The start/end town is chosen by convenience of your group,  
in this brochure we suggest Luso.  
Main stops are Luso, Águeda, São Pedro do Sul and Tondela.  
Total distance for the tour is around 200 km.  
Tour is guided.



## Elevation



# Day 1



**We set off from the town of Luso towards the vineyards of Bairrada.**

**Arriving to the rice plantations with its variable bird habitation.**

**Passing Pateira which is one of the largest freshwater lagoons in Iberian Peninsula.**

**Arriving to „umbrella town“ Águeda.**





# Day 2

**We set out from Águeda and pass the day by the banks of Vouga river. Ride across Roman bridge and many old railway bridges and tunnels.**

**Most of the day we ride on cycle paths.**

**And arrive to thermal town of São Pedro do Sul.**



# Day 3



**We start from São Pedro do Sul and almost the all day we take different cycling paths.**

**We pass the biggest city of the area Viseu and continue until we arrive to Tondela.**

**We have nice views to the top of Caramulo and to opposite side to the highest point of Portugal, Serra da Estrela.**



# Day 4



**We start from Tondela and head out on the cycle path. Last part of the cycle path is right next to Dão river with such amazing views.**

**Then we head towards Mortagua and final climbs to Bussaco forest, where we will pass the magnificent castle with its gorgeous garden.**

**And we arrive back to Luso where our tour began.**



# Overview



## Route plan

Luso - Águeda

Águeda – São Pedro do Sul

São Pedro do Sul - Tondela

Tondela – Luso

Total of approx. 200 km

## Included:

4 days cycling with a guide

4 day rental bike usage

5 nights at high quality rural hotels

Buffet breakfast

Planned stops during the rides to reinforce

Basic mechanical help during the rides

Daily bag transfer between accommodations

Certified coach and guide

Civil Responsibility insurance



Join us to ride around Caramulo!  
[www.mtbcamps.eu](http://www.mtbcamps.eu)

