

## The Trip

Day 1 – Travel from Porto to Chaves – Transfer for all cyclists to start point and afternoon relaxing.

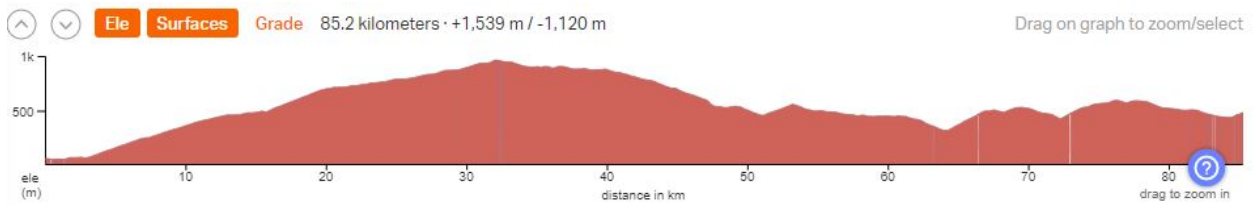
### Day 2 – Chaves to Peso da Regua

This section will consist of approximately 90km of cycling with 1,150m ascending as shown in the profile below. There will be a coffee stop and additional lunch stop.



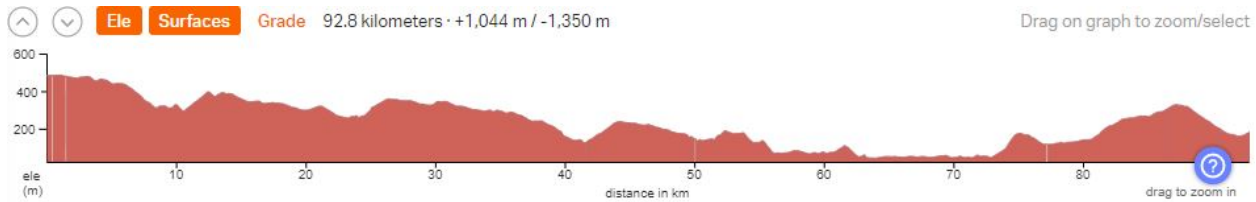
### Day 3 – Peso da Regua to Viseu

This section will consist of approximately 85km of cycling with 1,540m ascending as shown in the profile below. There will be a coffee stop and additional lunch stop.



### Day 4 – Viseu to Gois

This section will consist of approximately 93km of cycling with 1,050m ascending as shown in the profile below. There will be a coffee stop and additional lunch stop.



### Day 5 – Gois to Abrantes

This section will consist of approximately 113km of cycling with 1,900m ascending as shown in the profile below. There will be 2 coffee stops and additional lunch stop.



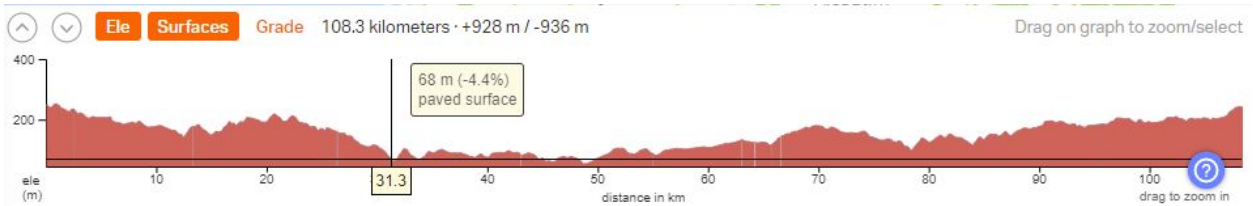
### Day 6 – Abrantes to Montemor-o-Novo

This section will consist of approximately 142km of cycling with 1,300m ascending as shown in the profile below. There will be 2 coffee stops and additional lunch stop.



### Day 7 – Montemor-o-Novo to Castro Verde

This section will consist of approximately 108km of cycling with 930m ascending as shown in the profile below. There will be 2 coffee stops and additional lunch stop.



### Day 8 Castro Verde to Faro

This section will consist of approximately 95km of cycling with 1,100m ascending as shown in the profile below. There will be a coffee stop and additional lunch stop.

