



# **Bike Tours**

## **Sao Miguel Island, Azores**

**Departures from Ponta Delgada, Sao Miguel Island**

**Book & pay for tours locally at our boat base in Ponta Delgada**

Imagine being surrounded by endemic flora and green pastures while riding over the rim of a volcanic crater that has views over the ocean. Next, imagine pedaling into the heart of the crater and circling a lake while passing through freshwater streams. You will ride inland past active fumaroles and also close to the blue ocean coastline. Our team in the Azores specializes in guided, supported and self-guided mountain bike tours and also self-guided road cycling tours. Riding in São Miguel Island is quite an experience! You can reach all the major attractions by taking secondary roads, either off the beaten track or over concrete paving.

Choose from the following tours featured in this brochure:-

**1. Mountain Bike Tour in Sete Cidades - Volcanic Complex - Full Day**

**2. Mountain Bike Tour in Furnas – Thematic Tour - Full Day**

**3. Mountain Bike Tour in Nordeste - Full Day**

**4. Mountain bike and kayak tour in Sete Cidades - Adventure - Full Day**



## BIKE TOURS – Ponta Delgada, Sao Miguel Island, Azores

### 1. Mountain Bike Tour in Sete Cidades - Volcanic Complex - Full Day

**Duration**

5h00

**Distance**

25 Km

**Difficulty**

Hard

**Description**

On this tour we explore the west side of São Miguel and the volcanic complex of Sete Cidades. Across a stretch of 25 km, you will have the opportunity to learn about the fauna, flora, history, volcanic formation of the island, and of course, you will hear the legendary love story behind the formation of the lake. Along the route, as we pedal across the rim of the crater, we have superb views over several lakes in the region as well as the adjacent coastline. Lunch is on the shore of the blue lake of Sete Cidades. At the end of the journey we stop in Ferraria where there is a magnificent ocean bathing area, where the salt water is heated from inside a volcanic fissure.

**Recommendations**

Bring: comfortable light clothes, sweater, raincoat, comfortable shoes, hat, sunblock, backpack, water.

**65€ Price per person includes**

Nature guide, mountain bike, visit to the surrounding volcanic region of Sete Cidades, visit to Ferraria, picnic lunch (sandwich, cake, fruit, water, juice), pick up and drop off at the tourism office or your hotel.

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## BIKE TOURS – Ponta Delgada, Sao Miguel Island, Azores

### 2. Mountain Bike Tour in Furnas – Thematic Tour - Full Day

<b>Duration</b>	<b>Distance</b>	<b>Difficulty</b>
3h00	15 Km	Medium

#### **Description**

On this tour we feel and experience the volcanic origins of the Island in Furnas, a magical place. The route begins in Furnas centre and continues along a road that leads to Furnas lake. We start by visiting the Caldeiras da Lagoa das Furnas (Furnas lake calderas), a place where we cook the famous “cozido das Furnas” (a very special meal cooked only with the steam of the Earth). We continue pedaling to pass a stream and circle the lakeside where we will have the opportunity to appreciate a variety of endemic flora species. Then we visit a viewpoint over Furnas town and continue to the town centre where we will be visiting its fumaroles and hot water springs that contain water with different tastes. Afterwards we visit the centenary Terra Nostra botanical garden that is famous for its extraordinary collection of native plants of the Azores, as well as others from all over the world that have adapted to the local garden conditions. At the end of the visit you are invited to bathe in the iron-rich hot water swimming pool that has a temperature of 35-40°C, an exquisite experience!

#### **Recommendations**

Bring: comfortable light clothes, sweater, raincoat, comfortable shoes, swimming suit and towel, hat, sunblock, backpack, water.

#### **65€ Price per person includes**

Nature guide, mountain bike, visit to Furnas lake calderas, visit to the fumaroles, visit to Terra Nostra botanical garden, picnic lunch (sandwich, cake, fruit, water, juice), pick up and drop off at the tourism office or your hotel.

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## BIKE TOURS – Ponta Delgada, Sao Miguel Island, Azores

### 3. Mountain Bike Tour in Nordeste - Full Day

Duration	Distance	Difficulty
5h00	35 Km	Hard

#### Description

This route starts in Povoação and ends in Nordeste. In the past, all of these trails were used to reach the woods, to fetch branches to provide cattle fodder, to produce charcoal, and to provide a connection to other parishes. We will pedal through pastures, roads flanked by plane trees (*Platanus hispanica*), valleys and streams. Just before reaching Nordeste the trail enters an amazing forest land – Tronqueira – which is very rich in endemic native species that resemble the forests that existed on the island before the discoverers arrived here. The trip finishes in Nordeste village which is known to be the most flower-rich village in São Miguel. A Picnic lunch is included. By the end of the trip we will be passing through the tea plantation fields (*Camellia sinensis*) and we will have the opportunity to visit the centenary Gorreana Tea Factory and taste the local tea. This tea plantation is the only one existing in Europe and its organic tea is well known worldwide for its antioxidant properties.

#### Recommendations

Bring: comfortable light clothes, sweater, raincoat, comfortable shoes, hat, sunblock, backpack, water.

#### 65€ Price per person includes

Nature guide, mountain bike, visit to Nordeste and surrounding area, visit Gorreana tea plantation, picnic lunch (sandwich, cake, fruit, water, juice), pick up and drop off from the tourism office or your hotel

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## BIKE TOURS – Ponta Delgada, Sao Miguel Island, Azores

### 4. Mountain bike and kayak tour in Sete Cidades - Adventure - Full Day

<b>Duration</b>	<b>Distance</b>	<b>Difficulty</b>
5h00	35 Km	Easy

#### Description

Let's explore the west side of São Miguel. Sete Cidades lake is one of the most famous and legendary lakes of the island. We will have time to go down to the bottom of the crater where we can ride a bike and paddle a kayak in the amazing lake of Sete Cidades. This is definitely the best way to enjoy the Sete Cidades environment, feeling the amazing energy and beauty of the place. A picnic lunch is enjoyed on the lake shore. In the afternoon we drive along the south coast and pass by Ferraria where we find a wonderful hot water bathing area that was created by the formation of a small crater and volcanic fissure from which the surrounding ocean water is heated. What a perfect way to end our adventurous day!

#### Recommendations

Bring: comfortable light clothes, sweater, raincoat, comfortable shoes, hat, sunblock, backpack, water.

#### 70€ Price per person includes

Nature guide, mountain bike, kayak, visit to Sete Cidades and surrounding volcanic region, picnic lunch (sandwich, cake, fruit, water, juice), pick up and drop off at the tourism office or your hotel.

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