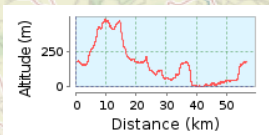


# Route 23 Casa Cantiga holiday resort mountainbike Lagoa do Cao - serra dos candeiros eolicos Cela Alcobaça



[www.casacantiga.eu](http://www.casacantiga.eu)

Prepare yourselves for a heavy track, almost 1000 accumulated height meters. You start calm through the countryside in the direction of Moleanos. Here the climb toward the top of the Serra do Candeiros starts. Partly unpaved, partly on quite roads on the rocky hill. On top in Vale Ventos you have one restaurant Casa Velha, the perfect place for a break. You leave South and the track will lead you through a huge stone winning area. Impressive!! You will pass by many windmills and half way the windmill park you turn right for a spectacular road downhill. The way down you enjoy your earlier climb but be careful on the unpaved tracks!! Through the fields you go up and up again to Turquel. At the other side you go down and get into the hilly countryside with agriculture and a lot of fruit trees. Via Acipreste you start the next climb towards Cela. From Cela go downhill with beautiful views towards Nazare, Sao Martinho do Porto and the sea. The roads take you around the serras, flat back to Alcobaça where you might take a break before you start your last climb back. As gift I selected a steep unpaved track to Carrascal and then quietly towards Casa Cantiga!



**56.74 km (Percurso com início e fim no mesmo local)**

**Subida acumulada: 952 m, Descida acumulada: 956 m**

**Diferenças de Altitudes 473 m (Altitude desde: 1 m para 474 m)**

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Sancheira Grande