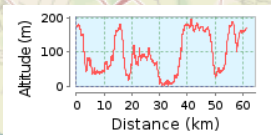


# Route 24 Casa Cantiga holiday resort mountainbike Lagoa do Cao - Sao Martinho do Porto heavy



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

Up and down, Up and down, Up and down. You will make just above 1000 height meters. Enjoy to the max. You first go to Alcobaca Monastery, you turn at the Correios and pass our favourite hamburger restaurant and of you go towards Sao Martinho. First along the rio Baça, then you start climbing while you enjoy the views. On the top you cross the road to go back, but first you continue on nice downhill trails. You pass the motorway A8 and in Familicao you are at almost sea level. But you don't see it yet. First you have to climb the Serra. Though, technical and with nice views inland. You continue until Serra dos Mangues, here you cross the top and will enjoy the Atlantic Ocean views along the way to Sao Martinho. Take a break and leave town and cross the flat countryside. Pass the A8 and start climbing again towards Cela. Start your decent to Vesteria and enter Alcobaca with magnificent views of the monastery. Leave Alcobaca, pass the lidl and turn left to start climbing again towards Aljubarrota. Almost home...just one big valley separates you from your holiday accommodation. Down and up again!



**61.27 km (Percurso com início e fim no mesmo local)**  
**Subida acumulada: 1030 m, Descida acumulada: 1030 m**  
**Diferenças de Altitudes 192 m (Altitude desde: 4 m para 196 m)**