

# Route 21 Casa Cantiga holiday resort mountainbike Lagoa do Cao - Sao Martinho do Porto Nazare



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

The trail goes down, up and down to the monastery of Alcobaça, you leave Alcobaça on quiet roads towards Valbom. You bike through the fruit tree fields of the famous apples and pears from Alcobaça. You start climbing strongly to pass the first big hill and the tracks through the forest takes you down to pass the highway A8 at Alfeizerão. The road continues quite flat to Sao Martinho do Porto. Here you can take a break on many nice terraces with sea bay view. You leave town climbing strongly the small Serra and follow the tracks along the serra at the sea side. You get rewarded with gorgeous views. You pass the beach Salgado and continue towards Nazare via the dunes. Just south of Nazare you follow the flat roads to Valado dos Frades through agriculture fields. You continue on the old main road to enter Alcobaça and along the river it takes you back to the monastery. Optionally take a break and prepare you selves for the last 5 km climbing to Casa Cantiga over the normal road.



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

**Subida acumulada: 724 m, Descida acumulada: 725 m**

**Diferenças de Altitudes 177 m (Altitude desde: 0 m para 177 m)**

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