



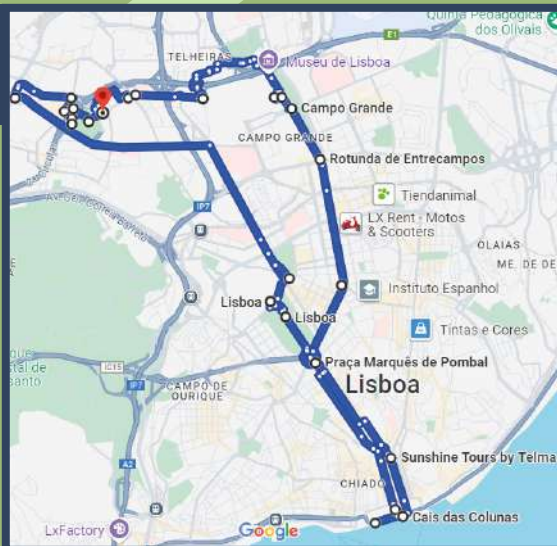
STAY  
GREEN

UPON  
- LISBON -  
PRIME RESIDENCES  
\*\*\*\*

# TIME FOR A RIDE

Descubra a cidade  
de forma ativa  
e **eco friendly**

*Discover our routes and  
explore the city in an active  
and eco-friendly way*



ROUTE 1

# LISBON CENTRE

- Duration: 1h48
- Distance: 22.5 km
- Intensity: Intermediate
- Uphill: 240 metres
- Downhill: 240 metres

### Details:

- Mostly paved surfaces.
- Suitable for all levels of experience.
- Cycling is not permitted along parts of this route (873m in total).
- Includes segments off the beaten track (1.10km in total).

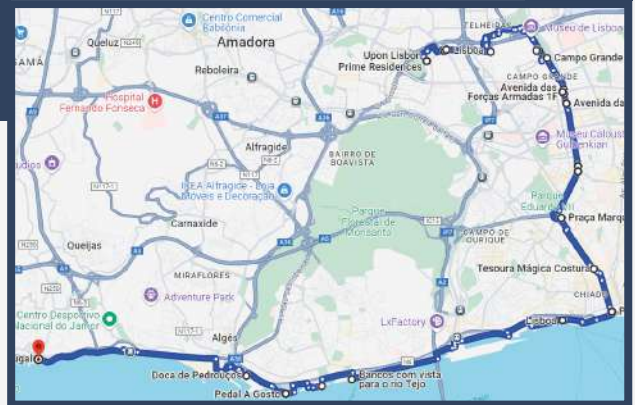
ROUTE 2

# RIVER TAGUS

- Duration: 4h36
- Distance: 61.7 km
- Intensity: Intermediate
- Uphill: 300 metres
- Downhill: 300 metres

### Details:

- Mostly paved surfaces.
- Suitable for all levels of experience.
- Cycling is not permitted along parts of this route (1.02km in total).
- Includes segments off the beaten track (388m in total).



IDA

VOLTA



ROUTE 3

# SEVEN HILLS

- Duration: 2h58
- Distance: 34.0 km
- Intensity: Difficult
- Uphill: 500 metres
- Downhill: 500 metres

**Details:**

- Difficult cycling route.
- Suitable for medium/advanced levels of experience.
- Cycling is not permitted along parts of this route (2.61km in total).
- Includes segments off the beaten track (914m in total).
- Includes segments with stairs (70m in total).



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ROUTE 4

# LISBON TOWERS

- Duration: 00h10
- Distance: 2.22 km
- Intensity: Easy
- Uphill: 20 metres
- Downhill: 20 metres

**Details:**

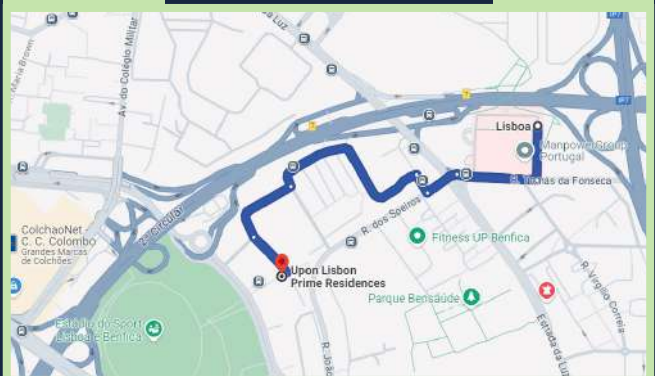
- Mostly paved surfaces.
- Suitable for all levels of experience.
- Cycling is not permitted along parts of this route (202m in total).
- Includes segments off the beaten track (67m in total).



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ROUTE 5

# COLOMBO

- Duration: 00h22
- Distance: 3.23 km (round trip)
- Intensity: Easy
- Uphill: 20 metres
- Downhill: 20 metres

## Details:

- Mostly paved surfaces.
- Suitable for all levels of experience.
- Cycling is not permitted along parts of this route (1.16km in total).
- Includes segments off the beaten track (335m in total).



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ROUTE 6

# MONSANTO

- Duration: 1h31
- Distance: 16.5 km
- Intensity: Difficult
- Uphill: 230m
- Downhill: 230 metres

## Details:

- Difficult cycling route.
- Suitable for medium/advanced levels of experience.
- Parts of the route on tracks.
- Parts of the route with rocks (somewhat dangerous) and a steep descent.



UPON

We have the following equipment available (\*):

- Momabikes Ebike-26 Hydraulic Brakes
- Rockrider ST 120 27.5' mountain bikes
- Rockrider 300 bikes
- Btwin Riverside 100 bikes
- Spiral Locks With Code For Bicycle Accessories
- Ecoconceived 100 15 Litre Trunk Bike Saddlebag
- Metal Smartphone Holder
- Helmets
- Child seats (up to 22kg)

(\*) subject to availability

Rental prices:

Rent			Conventional	BTT	Child	Electric
Normal	50€	4 hours	10€	15€	5€	25€
BTT	85€	6 hours	15€	20€	5€	30€
Child	30€	8 hours	20€	25€	5€	35€
Electric	150€					