



# Atlantic Coast Route

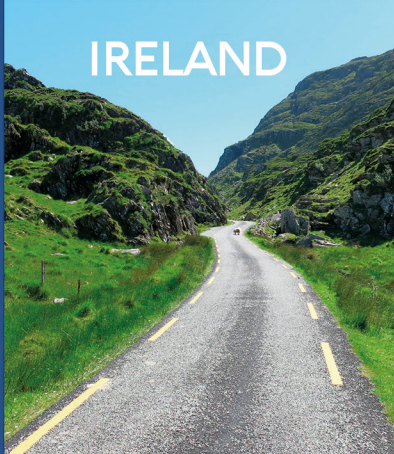


NORWAY

UNITED KINGDOM



IRELAND



SO  
UNIQUE  
SO  
DIVERSE



FRANCE



Press Kit

MEDIA  
CUSTOMERS

SPAIN



PORTUGAL



[www.atlantic-coast-route.com](http://www.atlantic-coast-route.com)



## **BACK COVER**

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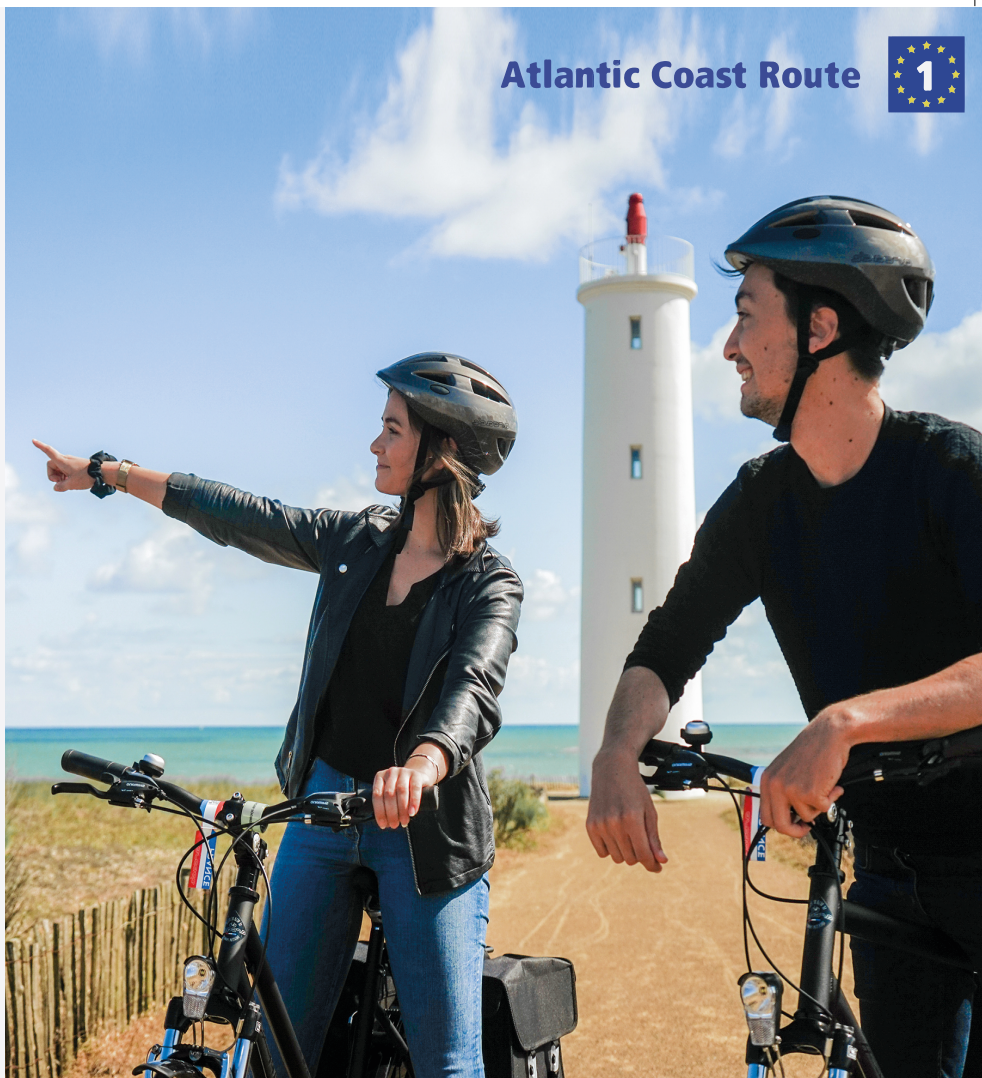
This press kit has been drawn up within the framework of the EAPA\_24/2016 AtlanticOnBike project, which has been co-financed by the European Regional Development Fund (ERDF) by means of the INTERREG programme for the Atlantic Area in its Objective 4: improving biodiversity and the natural and cultural heritage.





## EuroVelo routes

1. Atlantic Coast Route. 11,150 km. 6 countries. Norway - Portugal. 13 UNESCO sites. 4 seas.
2. Capitals' Route. 5,000 km. 7 countries. Ireland - Russia. 17 UNESCO sites. 2 seas.
3. Pilgrims' Route. 5,400 km. 7 countries. Norway - Spain. 28 UNESCO sites.
4. Central Europe Route. 5,100 km. 7 countries. France - Ukraine.
5. Via Romea (Francigena). 3,250 km. 7 countries. United Kingdom - Italy. 21 UNESCO sites. 20 cathedrals.
6. Atlantic - Black Sea. 4,450 km. 10 countries. France - Bulgaria. 11 UNESCO sites. 6 rivers.
7. Sun Route. 7,050 km. 9 countries. Norway - Malta.
8. Mediterranean Route. 7,500 km. 12 countries. Spain - Cyprus. 23 UNESCO sites.
9. Baltic - Adriatic. 2,050 km. 6 countries. Poland - Croatia. 2 seas.
10. Baltic Sea Cycle Route. 9,000 km. 9 countries. Poland - Lithuania.
11. East Europe Route. 6,550 km. 11 countries. Norway - Greece.
12. North Sea Cycle Route. 6,800 km. 6 countries. Norway - United Kingdom.
13. Iron Curtain Trail. 9,950 km. 20 countries. Norway - Turkey. 14 UNESCO sites. 3 seas.
15. Rhine Cycle Route. 1,500 km. 4 countries. Switzerland - The Netherlands. 9 UNESCO sites.
17. Rhone Cycle Route. 1,050 km. 2 countries. Switzerland - France. 1 sea.
19. Meuse Cycle Route. 1,100 km. 3 countries. France - The Netherlands



## Atlantic Coast Route



### The EuroVelo initiative

#### The bicycle in Europe

The 2013 European barometer on the *Attitude of Europeans concerning urban mobility* indicates that **49% of Europeans use bicycles**. Behind this data are big fluctuations in numbers, ranging from 7% in Malta to 87% in the Netherlands.

From an economic point of view, according to a study commissioned in 2012 by the European Parliament, each year in Europe **2,3 billion journeys by bike** are made to generate an **economic impact** of over **€ 44 billion**. **Over 20 million people participate in cycle touring** with one or more overnight stays during their journeys. The economic movement of these stays exceeds **€ 9 billion per year**.

#### What is EuroVelo?

EuroVelo is a network of **16 long-distance cycle routes** connecting and uniting the whole European continent, with a total length exceeding **80,000 km**. The routes can be used by cycle tourists as well as by local people making daily journeys. It is expected that the EuroVelo network will be completed by 2020. According to current calculations it will generate over **60 million journeys a year** with an economic impact of over **€ 7 billion per year**.

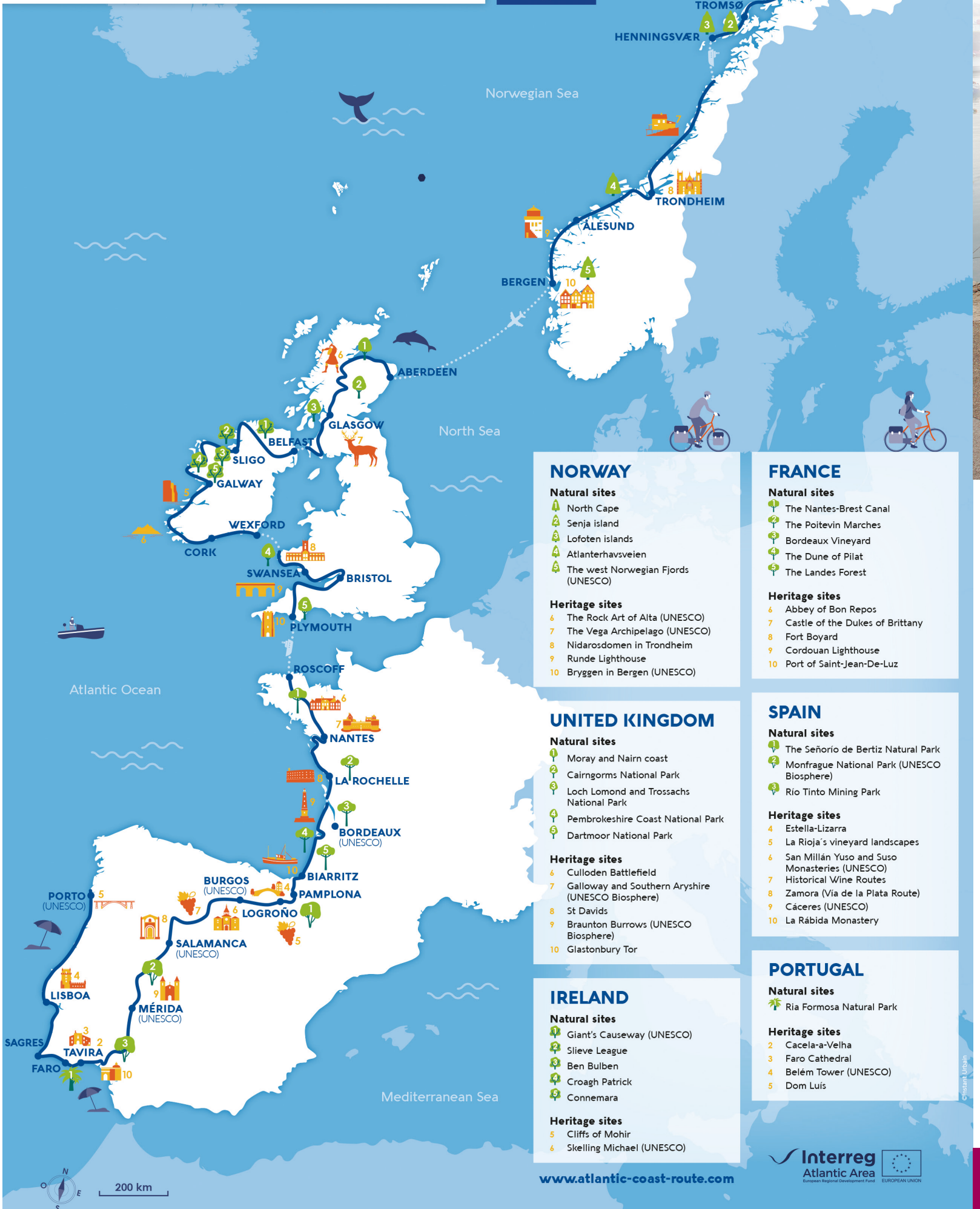
#### Objectives of EuroVelo

- Guaranteeing the setting up of cycle lanes with a high-quality criterion in all the countries taking part.
- Encouraging the exchange of experiences and best practices between European states and regions in order to achieve quality standards common to all countries taking part.
- Disseminating and promoting these routes between administrations, economic stakeholders, and potential users.
- Promoting the transition to a healthy and sustainable means of transportation for both daily travel and touristic journeys.
- Providing an information node for the whole of Europe on cycling, the EuroVelo routes, and national cycling routes.



# ATLANTIC COAST ROUTE

So unique so diverse



## NORWAY

### Natural sites

- 1 North Cape
- 2 Senja island
- 3 Lofoten islands
- 4 Atlanterhavsveien
- 5 The west Norwegian Fjords (UNESCO)

### Heritage sites

- 6 The Rock Art of Alta (UNESCO)
- 7 The Vega Archipelago (UNESCO)
- 8 Nidarosdomen in Trondheim
- 9 Runde Lighthouse
- 10 Bryggen in Bergen (UNESCO)

## FRANCE

### Natural sites

- 1 The Nantes-Brest Canal
- 2 The Poitevin Marches
- 3 Bordeaux Vineyard
- 4 The Dune of Pilat
- 5 The Landes Forest

### Heritage sites

- 6 Abbey of Bon Repos
- 7 Castle of the Dukes of Brittany
- 8 Fort Boyard
- 9 Cordouan Lighthouse
- 10 Port of Saint-Jean-De-Luz

## UNITED KINGDOM

### Natural sites

- 1 Moray and Nairn coast
- 2 Cairngorms National Park
- 3 Loch Lomond and Trossachs National Park
- 4 Pembrokeshire Coast National Park
- 5 Dartmoor National Park

### Heritage sites

- 6 Culloden Battlefield
- 7 Galloway and Southern Ayrshire (UNESCO Biosphere)
- 8 St Davids
- 9 Braunton Burrows (UNESCO Biosphere)
- 10 Glastonbury Tor

## SPAIN

### Natural sites

- 1 The Señorío de Bertiz Natural Park
- 2 Monfrague National Park (UNESCO Biosphere)
- 3 Rio Tinto Mining Park

### Heritage sites

- 4 Estella-Lizarra
- 5 La Rioja's vineyard landscapes
- 6 San Millán Yuso and Suso Monasteries (UNESCO)
- 7 Historical Wine Routes
- 8 Zamora (Via de la Plata Route)
- 9 Cáceres (UNESCO)
- 10 La Rábida Monastery

## IRELAND

### Natural sites

- 1 Giant's Causeway (UNESCO)
- 2 Slieve League
- 3 Ben Bulbin
- 4 Croagh Patrick
- 5 Connemara

### Heritage sites

- 6 Cliffs of Mohir
- 7 Skelling Michael (UNESCO)

## PORTUGAL

### Natural sites

- 1 Ria Formosa Natural Park

### Heritage sites

- 2 Cacela-a-Velha
- 3 Faro Cathedral
- 4 Belém Tower (UNESCO)
- 5 Dom Luís

## EUROVELO ROUTE 1:

### So Unique, So Diverse

#### Route covered

**EuroVelo 1**, also known as the **Atlantic Coast Route**, is a **trans-European cycle touring route**. It runs for **11.150 kilometres** from North Cape in Norway to Caminha in the north of Portugal via the United Kingdom, the Republic of Ireland, France, and Spain. On the way the cycle tourist can visit **13 UNESCO World Heritage Sites**.

**11,150 KILOMETRES**

**6 COUNTRIES**

**6 CLIMATES**

**13 UNESCO SITES**

#### Organisation

EuroVelo 1 is part of EuroVelo, the European cycle route network, which is promoted and coordinated by the European Cyclists' Federation (ECF) with its central headquarters in Brussels.

Each country has a **National EuroVelo Coordination Centre (or Coordinator)**, with the **mission** of guaranteeing the **implementation**, the **operation**, and the **quality standards** of the EuroVelo routes which pass through their territory. The exact composition of the Coordination Centres vary from one country to another according to their characteristics and organisation. They include cyclists' associations, public administrations, tourist bodies, public transport companies, private companies and other service providers.

#### Who is involved in the development of EuroVelo 1?

Beside the EuroVelo National Coordination Centres and Coordinators who manage the EuroVelo network in each country, the EuroVelo 1 is being developed in the frame of the AtlanticOnBike project with the participation of the following 17 project partners:

**Lead partner:** [Conseil départemental des Pyrénées Atlantiques](#)

Norway: [Statens vegvesen](#) (Norwegian Public Roads Administration).

United Kingdom: [University of Central Lancashire](#) (UCLAN).

Republic of Ireland: [Donegal County Council](#), [Sligo County Council](#), and [Mayo County Council](#).

France: [Charentes Tourisme, Vélo & Territoires \(ex Départements & Régions Cyclables\)](#) Coordinator of the national route scheme / National EuroVelo Coordination Centre, and [Eco Compteur](#) (pedestrian and cyclist counting solutions worldwide).

Spain: [Gobierno de Navarra](#), [La Rioja Turismo, S.A.U.](#), [Junta de Castilla y León](#), [Ruta Vía de la Plata](#), [Junta de Extremadura](#), [Junta de Andalucía](#).

Portugal: [Comunidade Intermunicipal do Algarve](#) <http://amal.pt>, and [Região de Turismo do Algarve](https://www.turismoalgarve.pt) <https://www.turismoalgarve.pt>

#### How can I take part?

**Any interested person or body who is associated** with the territories through which the route passes can take part in the project and become a **Friends of EuroVelo 1**.

To do so just register on the link you will find on the EuroVelo 1 website and sign the **Decalogue** of the Friends of the EuroVelo 1. This essentially means that you undertake to **support** the development of the **route**, to have a **friendly and proactive attitude towards cycle tourists**, and to **participate in formative and informative activities about the route**.

For further information on the Friends of EV1 programme [click here](#).





## Atlantic Coast Route

# NORWAY

## FJORDS, MOUNTAINS, AND ISLANDS

EuroVelo 1 takes you along Norway's beautiful and extensive coastline, with fjords, high mountains and a multitude of islands dominating the scenic backdrop to the route. Connections to EuroVelo 3, 7, 11 and 12 are available, whilst the Norwegian section of EuroVelo 1 covers over 2,500 kilometres stretching from Bergen to the North Cape.

### National EuroVelo Coordinator Centre in Norway

Statens vegvesen (Norwegian Public Roads Administration).

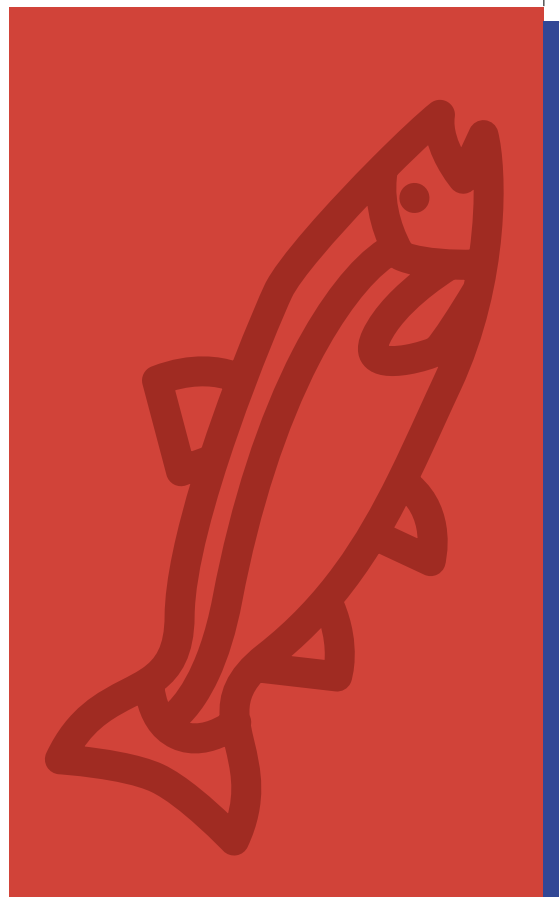
Postboks 6706 Etterstad.

0609 Oslo.

☎ +47 2207 30 00 Press 9 for information in English.

✉ [firmapost@vegvesen.no](mailto:firmapost@vegvesen.no)

<https://www.vegvesen.no/en/home>





# UNITED KINGDOM

## RAILWAY LINES, BRIDGES, TUNNELS, AND NATIONAL PARKS

EuroVelo 1 travels 230 miles through England, entering at Plymouth and following Route 27 of the National Cycle Network - also known as the Devon Coast to Coast. Passing over impressive Victorian-era bridges and viaducts, the route takes in Exmoor National Park and the historic towns of Glastonbury and Wells, before reaching the city of Bristol.

From Bristol, EuroVelo 1 crosses the border into Wales and joins The Celtic Trail, following the beautiful Pembrokeshire coast.

EuroVelo 1 then departs for Ireland, re-entering the United Kingdom via the beautiful county of Donegal and the North West of Ireland. The scenic section that follows traverses 130 miles of the Northern Irish countryside, heading east towards Belfast.

The ferry from Belfast takes Eurovelo cyclists to Cairnryan in South West Scotland, where they can link up with EuroVelo 1 at nearby Stranraer. The route heads to Glasgow, voted the friendliest city in the world. The route then continues through the heart of Scotland and both of its National Parks.

Navigating through historic towns and past the mouth of the River Spey, famous for its many whisky distilleries, make sure to look out for wildlife including dolphins and even the occasional orca in the Moray Firth before heading south to the Aberdeen. The harbour is also the gateway to the Orkney and Shetland archipelagos.

## The bicycle in United Kingdom

The National Cycle Network is a signed network of over 16,575 miles of routes, spanning all four regions of the United Kingdom.

Running within a mile of over half of the United Kingdom's population, National Cycle Network routes were used for an estimated 786 million journeys in 2017.

The National Cycle Network contributes £2.5 billion to local economies annually, and saves the UK economy nearly £88m through reduced road congestion every year. The health benefits associated with walking and cycling on the Network in 2017 prevented 630 early deaths, and averted nearly 8,000 serious long-term health conditions.



## National EuroVelo Coordinator in United Kingdom

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<https://www.sustrans.org.uk/>

## Transportation intermodality conditions

**Ferry.** Plymouth links the British section of EuroVelo 1 from France. It's easily accessed using the Brittany Ferries service. They also offer a second ferry service from St Malo, France, and a ferry service from Santander in Spain. Cycles can be booked onto all services.

The Fishguard to Rosslare ferry service, operated by StenaLine connects EV1 from Wales to the Republic of Ireland. Again cycles can be booked.

StenaLine also operate the ferry connection from Belfast, to Cairnryan in Scotland.

**Rail.** From Europe, the United Kingdom can be reached using the Eurostar train to London St Pancras. Bikes are permitted, however need to be transported in a bike box or bag as part of luggage allowance. For more information, see their conditions of carriage.

Mainland UK is well connected by train, with main locations on Eurovelo 1 accessible by rail services from major cities. Tickets can be booked through the National Rail Enquiries website for all rail services in the UK. Trains are operated by a number of private companies. This website provides additional information, including a summary of cycle policy details and a link to operator's cycle policy webpage, at point of booking.

In Northern Ireland Translink provides public transport including rail and bus services – their policy is that all bicycles are carried free of charge on Translink Goldline Express Coaches only and trains (including the 'Enterprise' service to Dublin). No bikes will be carried before 0930 hours Monday to Friday.



## Atlantic Coast Route

# REPUBLIC OF IRELAND

## THE ISLAND'S ROLLING HILLS, RUGGED COASTLINE, AND RURAL TOWNS AND VILLAGES

The route EV1 in the Republic of Ireland is 2.400 km long and runs along its western seaboard from Donegal in the north west to Wexford in the south east.

Starting from the village of Newtowncunningham in County Donegal, EuroVelo1 follows a primarily rural route along the Atlantic seaboard, Ireland's renowned Wild Atlantic Way, to the ferry port of Rosslare, County Wexford, a total distance of more than 2,300 kilometres. For the most part, EuroVelo 1 traces the outline of Ireland's rugged coast from Donegal's wild North Atlantic shoreline to the, at times, more tranquil Irish Sea. Along this route it passes through the Counties of Donegal, Sligo, Mayo, Galway, Clare, Limerick, Kerry, Cork, Waterford, and Wexford and the many sites, experiences, and activities for which these regions are famous. Most of the route is close to the Atlantic Coast and provides cyclists with many spectacular coastal views. There are also attractions related to the Wild Atlantic Way tourist route along the way.



### The bicycle in Republic of Ireland

Cycling is increasingly popular with recent census reports indicating more than 82,000 people using bicycles as their primary means of transport, a number that is growing annually. There are almost 400 cycling clubs in Ireland with approximately 23,000 registered members. There are 50 clubs in the Connaught region, seven of which are in County Sligo. Almost 800 organised cycling events take place each year.

Cycling plays a significant role in visitor activities with almost 5% (399,000) of overseas visitors in 2016 engaging in cycling activities and 8% (390,880) of domestic holiday-makers engaging in cycling activities in 2017.

### Transportation intermodality conditions

EuroVelo1 passes through or close to all Irish cities apart from Dublin, for example, Galway, Limerick, and Cork, as well as regional centres such as Letterkenny, Sligo, Tralee, etc. These cities, and many of the centres, are transport hubs with bus, train, taxi, and in some cases air transport available. In addition, large sections of the route are also served by scheduled public bus as well as private bus services, thereby providing visitors with accessible transport options.

Transport for Ireland ([www.transportforireland.ie](http://www.transportforireland.ie)) is the "single public transport brand" which the Irish Government's National Transport Authority has developed to promote and integrate public transport in Ireland. It provides journey planning guidance, public bus and rail timetables, real time passenger information, a taxi fare estimator, discounted fares, and cycling and walking information including a downloadable Cycle Planner App.

Rail: [www.irishrail.ie](http://www.irishrail.ie). Bicycles can currently be transported on the Irish rail network and space can be booked in advance (2 spaces set aside for bicycle storage on each train service).

Bus: [www.buseireann.ie](http://www.buseireann.ie). Bicycles can also be transported on Irish public bus services and are transported in the storage area beneath the bus. This service cannot be booked in advance.

Ferry port: Rosslare Europort <http://rosslareeuroport.irishrail.ie/home/>. Cyclists can connect with ferries from Rosslare to Wales to cross the Irish Sea and continue on the Atlantic Coast Route through the United Kingdom.

### National EuroVelo Coordination Centre in the Republic of Ireland

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<https://en.eurovelo.com/ev1/ireland>

FRANCE **LEGENDS, MARSHES, DUNES, FORESTS AND GOURMET STOPS**

The French part of the EuroVelo 1, La Vélodyssée, connects Roscoff with Hendaye in 38 stages of 14 to 50 kilometres. La Vélodyssée seduces by the diversity of landscapes it allows the visitor to explore. A route over 1,200 km long with specially adapted cycle trails in both directions. 70% of the itinerary is on designated car-free cycle lanes.

So whether as a family, a couple, or as a sporting challenge, come and discover the Atlantic coast and all the treasures to be explored along this fully secure and marked route. Every turn brings new surprises to be seen from a bike, that powerful symbol of personal freedom.

From Brittany, land of legends, along the Loire Estuary, through the marshes in the Vendée, and then down through maritime Aquitaine, the route traverses magical and ever-changing landscapes.

Fall in love with iconic tourist attractions such as the Nantes to Brest Canal, the Poitevin marshes, Fort Boyard, Arcachon Bay, the Dune of Pilat, and the Landes Forest. Not to mention the pleasures of watching craftsmen at their work and making unmissable gourmet stops to try local delicacies...

**The bicycle in France**

In France, cycling continues to grow thanks to the quality of its network which includes 15.780 km of developed national routes including 7 030 km of European route.

The number of bike counted in cities and on touristic routes has increased by 20% over the last 5 years (2013-2018).

Today, 56% of French people ride bikes at least once a year.

15 million or French people cycle for commuting and 21 million during their holidays. Cycle tourists affect 5% of these 21 million.

Thanks to an average expense of 65 € per day per person, the economic impact of cycle tourism in France varies from 12 000 € to 80 000 € per route kilometer.

**National EuroVelo 1 Coordination Centre in France**

EV1-La Vélodyssée  
Charentes Tourisme  
85 Boulevard de la République  
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**Transportation intermodality conditions**

EuroVelo 1 crosses France by following the Atlantic coast and its famous seaside resorts. Different intermodal solutions allow cyclists to reach La Vélodyssée's gateways as well as the others connections facilitating their progress.

**Rail:** [www.velo-sncf.com](http://www.velo-sncf.com). Depending on the type (TER, Intercités ou TGV) of train you will use, the access' conditions with bicycles may be different.

Consult booking's conditions on line at [en.oui.sncf](http://en.oui.sncf) or [www.thetrainline.com](http://www.thetrainline.com)

In all trains, the number of places dedicated to bicycles being limited, we advise you to arrive well in advance, avoid busy schedules and anticipate your reservation.

Good to know: bike dismantling kits are available in different stations.

**Bus:** Some local bus networks accept bikes all year round. Remain still vigilant because places are limited; it is therefore recommended to arrive in advance.

On the national and international network: several long-distance bus companies serving La Vélodyssée accept bicycles: [Eurolines](#), [Flixbus](#), [Isilines](#), [Ouibus](#). Other local lines can also be set up in summer to facilitate travel on the Atlantic coast.

**Alternatives solutions:** opt for a lighter trip by trusting the professionals at your disposal: luggage delivery service, "one-way services", bike rental around train stations and accommodation's offers.

Consult all the news and useful information to prepare your next stay on [www.cycling-lavelodysee.com](http://www.cycling-lavelodysee.com)

# SPAIN

## HISTORY, CULTURE, NATURE, VINEYARDS, AND GASTRONOMY

In Spain EuroVelo 1 covers over 1,400 km and crosses the regions of the Basque Country, Navarra, La Rioja, Castilla y León, Extremadura, and Andalusia.

The itinerary follows various historical and cultural routes such as the French Pilgrims' Route to Santiago, the Canal de Castilla, the Duero Route, and the ancient Vía de la Plata Route of Roman origin. On the routes covered a wide variety of landscapes can be enjoyed. From the green Navarra, through the colourful landscapes of the vineyards of La Rioja, you can reach the wide expanses of Castilla y León and continue on the dehesa pasturelands of Extremadura; you will end up on the Atlantic beaches of Andalusia.

Heritage, culture, art, and history are combined in various places which have been declared World Heritage Sites by the UNESCO: San Millán de la Cogolla, the cradle of the Spanish language, and cities such as Burgos, Zamora, Salamanca, Cáceres, and Mérida. Unique places such as the Mines of Rio Tinto in Andalusia or La Rábida, the gateway to the New World, await you on the final stretch of the journey.

All this is accompanied in the various regions by Spain's renowned gastronomy (garden produce, vegetables, fruit, cheeses, hams, meats, stews...) and wines of exceptional quality which are acknowledged all over the world.



### The bicycle in Spain

Spain is a country which is becoming more and more prepared for using bicycles, both for leisure and as local transport. The mildness of the climate means that the number of users remains fairly constant throughout the year: 13% in winter, 32% in spring, 33% in summer, and 22% in autumn.

Cycling is the most frequently practised sport in Spain. In only five years (2011-2016) its figures have doubled: 38.7% of the population who practice a sport are cyclists.

The industry, commerce, and services related to cycling are growing at a rate of 4/5% per year.

Cycle touring in Spain accounts for 1,620 million euros annually.

### Transportation intermodality conditions

RENFE (rail): [www.renfe.com/viajeros/info/bicicletas.html](http://www.renfe.com/viajeros/info/bicicletas.html). By booking in advance the traveller can take a bicycle or scooter with him/her on all AVE (High Speed Train), Long Distance, Avant, Conventional Middle Distance, Suburban, and Feve services.

Buses. In general bus companies (not city buses) allow the transporting of bicycles on both national and international journeys, provided that they are suitably packed. In any case it is a good idea to consult the rules of each company before starting to travel.

Courier firms. Both the public company Correos (Post Office) and several private companies (NACEX, SEUR, MRW, Bicigrino, Jacotrans...) provide services for sending bicycles within Spain. They generally have standardised boxes for packing them and apply a weight limitation. The price usually includes a general insurance to cover possible damage to the bicycle.

### National EuroVelo Coordination Centre in Spain

CONBICI. Coordinadora en defensa de la Bici.

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Manuel Calvo (national coordinator),  
Vicente Hernández (communication), Raúl  
Gómez (technical),

Ángeles Gómez (administration).

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✉ [eurovelo@conbici.org](mailto:eurovelo@conbici.org)

[www.eurovelospain.com](http://www.eurovelospain.com)

# PORTUGAL

## 300 DAYS OF SUNSHINE TO ENJOY THE ATLANTIC

Over 920 kilometres of coastline – enough to suit everybody, from sheltered dunes to rocky coves, from tiny bays to vast stretches of open sands, from shallow lagoons to the crashing surf of the wild Atlantic. Blessed with over 300 days of sunshine a year, Portugal also enjoys the perfect climate to complement its spectacular shoreline.

In Portugal, the EV1 crosses 5 regions on 18 sections with a total length of 1,176 km. The EV1 enters Portugal through the Algarve (4 sections and 281 km), Alentejo (3 sections and 181 km), Lisbon (2 sections and 139 km), Centro (6 sections and 375 km) and Porto and the North (3 sections and 200 km). The main heritage sites are for example the VRS António old quarter – a city of the Age of Enlightenment, the castle and city walls of Tavira, Faro cathedral and its city walls, the Igreja de S. Lourenço (Almancil), Igreja da Misericórdia (Alvor e Tavira), Igreja do Carmo (Faro), the Roman ruins of Cerro da Vila, the Paderne castle, Lagos city walls, the Fortress of Sagres, and the Governadores Castle in Lagos. The main natural sites are the Ria Formosa Natural Park, the wetlands of VRS António and Castro Marim, Zoomarine, Nossa Senhora da Rocha, and Ponta da Piedade.

### The bicycle in Portugal

Among the Portuguese population over 15 years old, 380,257 men and 131,284 women use a bicycle at least one day a week.

### Transportation intermodality conditions

**Rail:** <https://www.cp.pt/passageiros/pt>.

There are two types of train services with national coverage, the Intercidades and Alfa Pendular, operated by the company Comboios de Portugal – CP.

Informa\_on regarding bike transportation on the different trains operated nationally can be found on this website: <https://www.cp.pt/passageiros/en/passenger-information/Useful-information/bike-transport>

**Bus: National coverage:** <https://www.rede-expressos.pt/>.

The Rede de Expressos ensures the connection between hundreds of destinations across the country several times a day. You can transport bicycles with Rede Expressos / Renex at an extra price of 5 euros; they must be purchased in advance and exclusively online. A total of four units per vehicle is allowed.

**Regional (Algarve):** <https://eva-bus.com/index.php>

EVA Transportes is the regional bus operator for the Algarve. Starting August 2020, it will be possible the transportation of 2 bicycles per vehicle on the bus lines from Vila Real de Santo António to Faro, Faro to Lagos and Lagos to Sagres. The bus shuttle from Faro airport to Lagos, passing through Albufeira, Portimão and Lagos also allows the transport of 2 bicycles per vehicle. This service is free.

**Ferry: Ayamonte (SPAIN) to Vila Real de Santo António (PORTUGAL):** <https://etri-oguardiana.pt/index.php/horarios-carreiras/vrsa-ayamonte>

Bicycle transportation is allowed with an extra cost of 1,20 euros per unit.

**Cacilhas (Setúbal) to Cais do Sodré (Lisbon):** <https://ttsl.pt/passageiros/horarios-de-ligacoes-fluviais/ligacao-cacilhas-cais-do-sodre/>

Bicycle transportation is free.

### National EuroVelo Coordinator Portugal

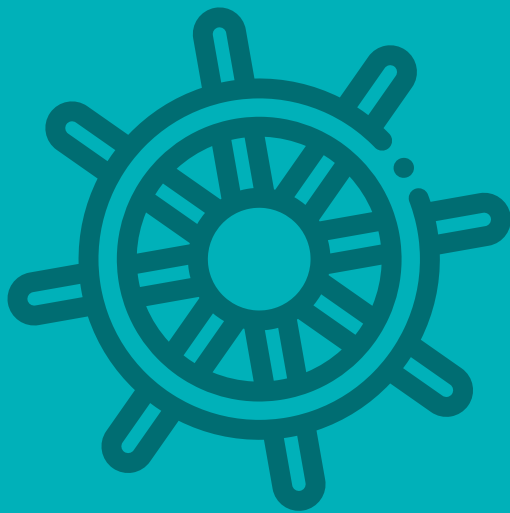
Federação Portuguesa de Cicloturismo e Utilizadores de Bicicleta

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## Corporate identity of EuroVelo 1 for use in the media

The international logo of the Atlantic Coast Route (EuroVelo 1) consists of the following elements:

- Number 1 corresponding to the order of the route within the EuroVelo Network.
- The 12 yellow stars representing Europe.
- The blue background which also represents Europe.

The logo can be used with the name of the route (or without it) so that it can be read easily.



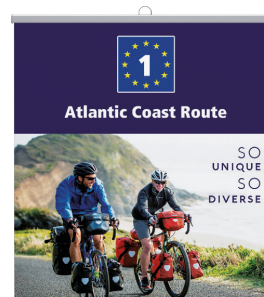
Version 1



Version 2



30 mm  
Minimum size  
of logo use  
Version 1



Example of use  
of the logo Version 2

Frutiger 87  
Extra Black CN

Next the PANTONE code is given in different colours to ensure correct reproduction:

### Four-colour version



Signage of the route

When the EV1 route is completely set up, its 11.150 km will have specific signposting to allow users to identify it easily. This has been designed taking into account the European recommendations for marking the EuroVelo itineraries, the CEE-ONU 2009 resolution on road signs, and the manual «Signalisation des itinéraires cyclables EuroVelo», ECF, 2016.

Here are some examples of signs which have already been erected in various countries:



Ireland



Spain



Spain



Portugal



## EuroVelo 1 services

In the 6 countries through which the Atlantic Coast Route runs there are various services and tourist offers designed to make the journey and the stay of the travellers who use it an easier undertaking. These services vary from one country to another as they depend on the cycle touring tradition, the maturity of the product in each place, and the inherent characteristics of each territory. Among these services we can mention specialised travel agencies, guided cycle touring journeys, thematic accommodation, cycle shops on the way, bike parking, recharging points for electric bikes, bike hire, stamps of quality for cycle tourism friendly establishments, points of information...

In some cases associations and programmes exist to provide this type of specific services in an organised manner for cycle tourists. For example:

**Voyages France Velo** (France) [www.francevelo.bike](http://www.francevelo.bike) Delivers and retrieves bikes of different kinds, all equipped with saddlebags, an antitheft system, repair kit, pump and helmet. "One-way" bike rental companies all along the French Atlantic Coast. Transporting bikes, luggage and people are their most popular services.

**Bikefriendly** (Spain) <https://bikefriendly.bike/> This is a network which has been created in Spain to gather national information on accommodation, service establishments, travel agencies, route information, cycle touring packages, quality stamps, discounts, offers...

**BikeSul (Portugal)** <https://www.bikesul.pt/> Bike rental and repairing services with guided and self-guided tours of outdoor cycling activities.

## The Atlantic Coast Route at the weekend

Many healthy options for tourism committed to the environment are made available by EuroVelo 1, either for day or weekend trips or longer rides. This weekend proposal through the Irish countries of Donegal and Mayo is an example of the multitude of itineraries which can be followed along the 11.150 km of the Atlantic Coast Route.

*Notice: this example can be customized by each country in their respective press kit.*

**Day 1.** Start in Donegal – Visit the Slieve League Cliffs which are among the highest sea cliffs in Europe. Go on a boat trip from Teelin/Killybegs and then stay the night at St. John's Lighthouse.

**Day 2.** Head towards Sligo and stop off for a visit at Gleniff Horseshoe, Mullaghmore, and Benbulbin for amazing scenery. Also stop off at Atlantic Sheepdog which offers you the opportunity to see some of the world's smartest sheepdogs working in their natural environment. Finish up at the Beach Bar at Aghris Head for dinner and accommodation.

**Day 3.** Head west towards Mayo. First stop in Mayo would be at the magnificent Dun Briste, next stop for a lunch of traditional Irish food in Mary's Cottage Kitchen, next discover the remoteness of the Wild Nephin National Park where you can set up a camp and a fire and chill for the night with nature. Next day travel the 'Great Western Greenway' and finish up in the cycle-friendly town of Westport where there is plenty to see and do and loads of wonderful places to eat such as 'This must be the place'.



## Frequently asked questions (FAQ)

### When and how did the idea for EuroVelo arise?

EuroVelo arose at a meeting of the European Cyclists' Federation (ECF) and its British (Sustrans) and Danish partners (de Frie Fugle) in 1995. It was officially presented in Logroño, Spain, in 1997. The original plan contemplated the creation of 12 long distance cycling routes. There are currently 16.

### Why is there no EuroVelo route 14 or 16?

The routes are numbered according to whether they run North-South or East-West. There are currently 10 North-South routes 1-19 (odd numbers) and six East-West routes (even numbers) 2-12.

### What kind of cyclists can travel on EuroVelo 1?

EuroVelo 1 offers a wide variety of routes for all kinds of cyclists. Those who enjoy challenges and adventure can make the epic trip of the 11.150 km of the route over several months. In contrast, families and the less experienced cyclists can start travelling by bike by riding shorter sections according to their capacities.

### Where can I find information on EuroVelo 1?

On the website [www.atlantic-coast-route.com](http://www.atlantic-coast-route.com) you will find extensive information on on the route itinerary and state of development, attractions and points of interest to visit, available maps and guides and touristic offers. This information is organised both by thematic stages and countries. Some of them already have their national websites in operation; these give detailed information on each of the sections with their itineraries, relief cross sections, points of interest, public transport, services and activities, and news related to cycle touring.

France: [www.cycling-lavelodysee.com](http://www.cycling-lavelodysee.com)

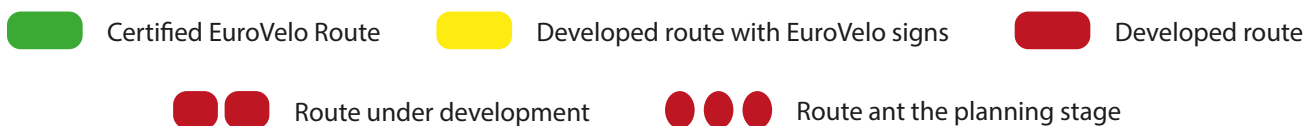
Spain: <https://eurovelospain.com/en>

Portugal: <https://euroveloportugal.com/en/>

### What is the situation of the various sections of the route?

A large part of EuroVelo 1 is already in operation and has been completed and signposted, but some sections still to be further developed. On the website [www.atlantic-coast-route.com](http://www.atlantic-coast-route.com) you can check the level of development of the route by stage and country.

#### MAP LEGEND



### What are the rules for using the EuroVelo 1 route?

There is no unified ruling. Each of the six countries through which the route runs has its own regulations. This will also depend on the type of road we are using; whether it is a surfaced road or a country trail, or whether it is open to motor vehicles or not. Owing to this it is a good idea to consult information on the legislation of each country before starting your trip.



