

Explore Viseu



**PESTANA**  
**POUSADA**  
**VISEU**  
HISTORIC HOTEL  
PORTUGAL



**START  
PEDALING!**



For more information please contact:  
+351 232 245 200

[fo.viseu@pestana.com](mailto:fo.viseu@pestana.com)

Follow the links





# Welcome to Pousada de Viseu

Experience the welcoming atmosphere, design, and comfort of Pousada de Viseu. The former Hospital de São Teotónio has undergone a careful restoration process, designed to offer all the conveniences of contemporary life. The rooms feature elegant decor, conveying a warm sense of hospitality through polished wood, natural light, and warm colors. This characteristic extends to how the people of the Beira Alta region welcome guests. The spacious original windows showcase a charming view of the historic city of Viseu. Inside the rooms, contemporary decor seamlessly blends with the neoclassical style of the building. The view encompasses the city of Viseu, the historic center, the garden, and the Pousada's pool.

## What we offer

**Tool Kit** *Ready for any repair!*

**Tire Pump** *Check your tire air pressure before you leave!*

**Washing/Repair 360° Support** *The post-adventure check-up is essential!*

**Balanced Menu** *Energy to spend and energy to recover!*

**Gym and Spa** *For warming up and for relaxation!*



## Sports Menu



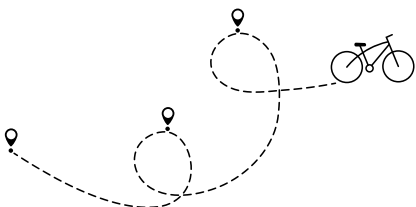
Our restaurant menu is filled with excellent choices to savour during your stay. Here are some recommendations for those embarking on this adventure!

### Pré

**Carbohydrates** are energy-providing nutrients that prevent the sensation of fatigue, being the main source of fuel for the body, maintaining stable blood glucose levels and promoting sustained physical performance.

### Pós

**Protein** is the essential nutrient in muscle development and improvement of endurance, being crucial for muscle recovery and strengthening, as well as the prevention of micro-injuries.





## Gym & Spa

Warming up not only increases body temperature but also prepares the body for the physical activity that follows.

Our gym is located on 3rd Floor of the Pousada, with its entrance through the SPA on the 2nd Floor .

Opening hours: 8:00 AM to 8:00 PM.

## Spa

In our SPA, you can enjoy a space and treatments that will contribute to a fantastic recovery.

*Our recommendations!*

**Advanced booking:** We recommend scheduling your session in advance to ensure availability.

**Communicate your preferences:** Feel free to share information; this will help customize the session according to your needs.

**Hydration:** Drink water before and after treatments to help eliminate toxins from the body.



### Focus Points

Legs, forearms, hands, lower back, and neck. These are the main focus areas for your post-exercise relaxation session.

# Tips & Tricks

01

**Plan and prepare in advance:**

Plan your route ahead of time, considering the distance, terrain, and weather conditions. Check the condition of your bike and perform any necessary maintenance.



03

**Be Mindful of Your Safety:** Never forget to use safety equipment, such as a helmet. Make yourself visible to drivers by wearing brightly colored clothing or clothing with reflective strips, especially in low-light conditions.

05

**Respect the Environment and the Places You Visit:** Remember to adhere to local environmental preservation rules and respect the local residents.

07



**Ensure You're Properly Equipped:** Wear appropriate cycling clothing, including a helmet, gloves, and protective eyewear. Also, carry a backpack with essential items such as water, snacks, sunscreen, a first-aid kit, and basic repair tools.

02

**Respect Your Pace:** There's no rush during a bicycle touring trip. Go at your own pace and savor the journey.

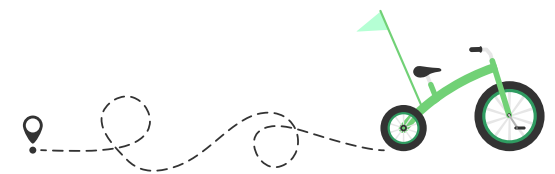


04

**Stay Hydrated and Sustained:** Drink water regularly to prevent dehydration during your ride. Carry nutritious snacks and take breaks to eat properly.

06

**Don't Forget to Rest:** Bicycle touring can be challenging, so it's important to give your body time to rest and recover. Plan regular stops to relax, stretch, and rest. Ensure you get a good night's sleep to recharge your energy.



08

**Enjoy Every Moment:** It's a wonderful opportunity to enjoy nature, explore new places, and challenge yourself. Stay present in the moment and appreciate the beauty of the environment around you.

We hope that this advice is helpful for your next bike touring adventure.  
Happy cycling!

# MTB Trail

## Trails & Rails

### Santos Evos

Route aimed at experienced cyclists, with good technical skills and physical endurance. It unfolds on very varied terrain, with many technically demanding passages. It starts from Santos Evos, exploring the territory of the parish, marked by trails both in the valley and in the mountains, in a combination of climbs, descents, and flatter areas. It passes through the villages of Pinheiro to the south, and Sernada, Dornelas, Corvos-à-Nogueira, and Remonde to the north, before returning to Santos Evos.

**Distance**

26,39 km

**Positive elevation gain**

854 m

**Negative elevation loss**

854 m

**Maximum elevation**

592 m

**Minimum elevation**

297 m

**Trail type**

Circular

Consult the website [VISITVISEUDÃOOLAFÕES.PT](http://VISITVISEUDÃOOLAFÕES.PT) for more trails and paths!

# Trilhas de Cidade

Visit the website [MUV.PT](http://MUV.PT) to view all the bike paths/ecopaths available in the council of Viseu!

The implementation of the Urban Bike Lane Network in Viseu includes the creation of three types of lanes: the common ones, which will be shared by cars and bicycles, the shared ones, for pedestrians and bicycles, and the exclusive ones for bicycles.

For the Viseu City Council, this project called MUV Bike aims to "transform habits into healthier lifestyles, where walking and cycling will be valid and favored modes of movement and transportation, to the detriment of the automobile".



## Ecopista do Dão

Uma via dedicada à prática de cicloturismo e caminhadas, seguindo o traçado da antiga linha ferroviária desativada, proporcionando um percurso seguro e tranquilo ao longo do Rio Dão.

É predominantemente plana, com trechos asfaltados e outros com um piso mais natural, adequado para caminhadas e ciclismo. Passa por áreas rurais, vinhedos, florestas e paisagens cênicas, oferecendo aos usuários uma rica experiência natural.

A Ecopista do Dão é acessível a ciclistas de todos os níveis de habilidade. É uma rota segura e bem sinalizada, com áreas de descanso ao longo do percurso.

Ao longo da Ecopista do Dão, existem diversos pontos de apoio, como cafés, restaurantes e lojas onde é possível alugar bicicletas. Além disso, há estacionamentos para veículos nos pontos de partida e chegada da ecopista.



**Distância** 49 km

## Ecopista do Vouga

A Ecopista do Vouga, à semelhança da anterior mencionada, segue o trajeto de uma antiga linha ferroviária que ligava as cidades de Aveiro e Viseu, oferecendo aos visitantes uma experiência única de natureza e tranquilidade.

É predominantemente plana e asfaltada, percorrendo caminhos tranquilos e seguros. Segue o curso do Rio Vouga, passando por paisagens deslumbrantes, áreas rurais, belas cidades e vilas pitorescas. Acessível a ciclistas de todos os níveis de habilidade, bem como a caminhantes, amplamente utilizada pela comunidade local e turistas.

Existem diversos pontos de apoio ao longo da Ecopista do Vouga, incluindo áreas de descanso, estações de serviço, cafés e restaurantes.

Aproveite a ecopista e desfrute de uma experiência única ao ar livre!

**Distância** 47 km

# Trilhas Históricas

## Interior Trail of Santiago de Compostela

Over the tomb of Saint James, you will find the current Cathedral of Santiago de Compostela, one of the most popular Christian pilgrimages, following only Rome and Jerusalem. Routes that crossed Western Europe and Portugal to Santiago de Compostela, adorned with hostels for pilgrims, would become known as the Way of Saint James.

Currently, this path is done not only for religious reasons but also for personal challenges, the need for deep introspection, or a simple desire for adventure.

The so-called new/old Portuguese Interior Trail of Santiago, or CPSI, crosses 108 parishes in Portuguese territory, covering 214 km divided into 11 stages.

The first two legs begin here, in Viseu, marking the start of an incredible journey towards the destination of Santiago de Compostela.

And a historic path deserves equally fitting accommodation!

### Etapa 1

Ponto de Partida: Farminhão

Ponto de Chegada: Fontelo

Concelhos percorridos: Viseu - Viseu

Extensão: 16 km

Tempo médio para realização: 3h 33m

Elevação: 471/433 m

### Etapa 2

Ponto de Partida: Fontelo

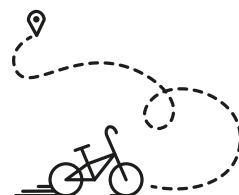
Ponto de Chegada: Almargem

Concelhos percorridos: Viseu - Viseu

Extensão: 15,6 km

Tempo médio para realização: 3h 07m

Elevação: 370/336 m







*Ecopista do Dão*