

# THE BIKE SHED SERVICES

BIKE RENTALS	HALF DAY	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS
<b>CARBON ROAD BIKE*</b>	-	€50	€100	€135	€170	€200	€225	€245
<b>MOUNTAIN BIKE*</b>	€30	€46	€76	€102	€128	€144	€155	€166
<b>EXTRA DAY*</b>	€30							

\*Helmets and pedals are included. Garmin stand not included.

## CYCLING SOCIAL SPINS

Discover the best of the stunning Algarve coastline or emerge into the countryside of the Algarve for the more challenging routes. Guided group rides for road cycling include our Easy level which has an average speed of 24km to 27km per hour and our Advanced level has an average speed of over 26k per hour.

€ 1 Spin	€17
Pack 10 Spins	€120

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ADVANCED LEVEL</b>	<b>EASY LEVEL</b>	<b>ADVANCED LEVEL</b>	<b>EASY LEVEL</b>	<b>MEDIUM / ADVANCED LEVEL</b>
<b>09:00</b>	<b>09:00</b>	<b>09:00</b>	<b>09:00</b>	<b>09:00</b>
80 - 90 KM 3 - 4 hours 1000m elevation	50 - 60 KM 2 - 2.5 hours 200 - 600m elevation	80 - 90 KM 3 - 4 hours 1.000m elevation	50 - 60 KM 2 - 2.5 hours 200 - 600m elevation	80 - 120 KM 3 - 4 hours 500 - 1000m elevation

## SERVICES

Private Guided Cycle (max 5 persons)	€95	1h-3,5h	€130	4h+
Performance Coaching			€140	Per month
Beginners Guided Cycle				€70

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