

CYCLING



THE BIKE SHED SERVICES

BIKE RENTALS	HALF DAY	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS
CARBON ROAD BIKE*	-	€50	€100	€135	€170	€200	€225	€245
MOUNTAIN BIKE*	€26	€42	€72	€98	€124	€140	€151	€162
EXTRA DAY*	€26							

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

CYCLING SOCIAL SPINS

Discover the best of the local trails through the Ria Formosa Natural Park and stunning Algarve coastline or emerge into the countryside of the Algarve for more challenging routes. Guided group rides for road cycling or Off-road cycling roll out from. The Bike Shed several mornings a week. Tours are suitable for beginners or advanced cyclists.

€ 1 Spin	€16
Pack 10 Spins	€110

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEDIUM / ADVANCED LEVEL	EASY LEVEL	MEDIUM / ADVANCED LEVEL	EASY LEVEL	MEDIUM / ADVANCED LEVEL
09:00	09:00	09:00	09:00	09:00
60 - 90 KM	<40 KM	60 - 90 KM	<40 KM	60 - 90 km

SERVICES

Private Guided Cycle	€85	1h-3,5h	€120	4h+
Bike Fitting				€200
Bike Basic Maintenance & Wash				€30
Performance Coaching			€125	Per month

BOOK YOUR SESSION HERE