



## BIKEPACKING GUIDE

*Bikepacking is the most adventurous way of travelling by bike. The freedom of cycling allows you to travel remote routes.*

### **The Evolution of Bikepacking**

In recent years there has been a boom in bikepacking, due not only to new equipment that is increasingly specific to this practice, but also to new bikes that allow you to enjoy a better experience.

#### **The bike**

Gravel bikes are the obvious choice because of their versatility and comfort.

However, it's also possible to use a mountain bike, which on the most demanding routes can be the best alternative.

#### **Luggage**

It's important to dose the luggage you take. If on the one hand you need to be prepared with equipment and accessories, on the other hand you need to take into account the weight you're carrying.

Make a checklist of absolutely essential equipment and try not to take unnecessary 'junk'. Planning is essential!

When packing, pay attention to how the weight is distributed across the bike to ensure good balance. Avoid carrying too much weight on your back!

There are many options on the market for bags, rucksacks and panniers.

#### **Comfort**

Comfort will condition the rider's performance. Choose quality shorts and jerseys that are suitable for the climate you're going to encounter.

Make sure the bike is configured for your anatomy. Do a bike fit beforehand.

Of course, at the end of the day you'll always need to use a repair cream. Take Halibut, Cicalfate or similar with you and, depending on the weather, never forget sun cream.

## **Navigation**

In the 21st century, the obvious solution for navigation is to use a GPS device. For bikepacking, you need to choose a device that has good battery life. Having a powerbank is always a solution.

## **Maintenance and repairs**

One of the keys to a successful bikepacking trip is good equipment maintenance. Preventive maintenance is always advisable to avoid problems that could jeopardise the adventure.

Of course, there's always the chance of a problem arising along the way, so it's advisable that the rider knows how to carry out some basic repairs, such as: Repairing punctures, the rider should have a repair kit with them.

If you have tubeless tyres, don't forget to renew the sealant before setting off. An extra tube can also be a good option. Don't forget tyre changers and of course, always important, the pump!

The chain also deserves attention. Don't forget to include some quick links and your pliers, as well as a chain breaker. It's important to take some lubricant with you.

As a list of essential tools, in addition to what was mentioned in the previous points, you should also include a multi-tool spanner compatible with your bike, other spanners (Philips/screwdrivers) and the ever-important multi-purpose pliers! Finally, some valves, adhesive tape and plastic cable ties.

## **Safety**

The first piece of advice is to plan ahead!

Find out what the weather conditions will be like. There are several APPs for this purpose.

Get to know the route and try to plan your refuelling points and overnight stays. Realise that it's very important to stay hydrated!

Keep your mobile phone charged and know the emergency numbers.

Whenever your GPS device or mobile phone allows it, use the location sharing options.

Bring a first aid kit, painkillers and a thermal blanket with you.

Always have extra water and food, as you may find yourself spending more time outdoors than planned.

Extra energy in the form of a powerbank can make all the difference.

Don't forget to keep your bike safe. There are various solutions to prevent thieves from taking your bike.

Having insurance is also a way of reinforcing your security.

Finally, the obvious: an approved helmet, reflective clothing, front and rear lights. Finally, I'll leave you with the obvious: an approved helmet, reflective clothing, front and rear lights.

### **Nutrition and hydration**

Water management is perhaps the most important aspect. There are bidons and camelbaks with different capacities. Be aware that on a long journey you may not find supplies easily.

If you get your water from uncontrolled sources, take a filter system or disinfectant tablets with you.

As for food, on short trips you can plan and take (almost) everything you need from home, but on longer journeys it will mainly depend on what you find to refuel along the way. There's no shortage of places to eat in Portugal.

### **Overnight accommodation**

On a bikepacking trip, you may have to sleep one or more nights along the way.

You can choose the natural option: tent and/or sleeping bag. Great for camping enthusiasts!

Alternatively, you can choose to stay overnight in accommodation. In this case, either via the Tourism Region's website or using services such as Booking or Trivago, you can easily decide and book the accommodation that best fits your budget. But give preference to establishments that are 'bike friendly'.

*Happy adventures*