Foz Cycle Path, Porto

Self-guided bike ride · 27 map points, 8 with voice notes · about 8 km one way · flat. Scripts of the voice notes and Google Maps links. Tap any blue link on your phone to open directions.

All 27 points, in riding order (km from the Parque da Cidade; stops with a voice note in bold)

1. Parque da Cidade · km 0.0
2. **Castelo do Queijo** · km 1.1
3. Estação de Zoologia Marítima · km 1.8
4. **Homem do Leme** · km 2.2
5. Praia do Homem do Leme · km 2.3
6. Molhe de Carreiros · km 2.6
7. Praia do Molhe · km 2.8
8. Pérgula do Jardim de Montevideu · km 2.9
9. **Marco fronteiriço** · km 3.0
10. Praia de Gondarém · km 3.2
11. Praia da Luz · km 3.6
12. Praia dos Ingleses · km 3.8
13. **Bike rental** · km 4.0
14. Praia do Ourigo · km 4.1
15. **Castelo da Foz** · km 4.4
16. **Farol de Felgueiras** · km 4.8
17. Molhe da Foz do Douro (new) · km 5.1
18. Monument to Ferreira de Castro · km 5.8
19. Monument to Raul Brandão · km 6.0
20. Jardim do Passeio Alegre · km 6.1
21. Marégrafo da Foz · km 6.6
22. **Cantareira** · km 6.8
23. Fontanário da Cantareira · km 7.0
24. Sculpture “O Mensageiro” · km 7.6
25. Jardim do Cálem · km 8.0
26. **Observatório de Aves** · km 8.1
27. Foz da Ribeira da Granja · km 8.1

Start: Parque da Cidade (the Castelo do Queijo, where the audio begins, is about 1 km further on). Finish: Ribeira da Granja and the bird observatory. Ride back the same flat way. The path is shared with walkers: ride slowly at the beaches.

2. Castelo do Queijo (km 1.1)

Directions by bike (Google Maps) · Show on map

Welcome to the Castelo do Queijo, the Cheese Castle, where our ride along the Foz cycle path begins. Its real name is the Fort of São Francisco Xavier, and it stands on a rounded rock at the water's edge, which is how it got its nickname. Together with the fort at the river mouth, which we will reach later, it was part of the defensive line that guarded Porto. From here the path runs south along the Atlantic, with the ocean on your right and the city on your left. If you started at the Parque da Cidade, you have already ridden the first kilometre. Keep an easy pace, share the path with walkers, and enjoy the sea air. Next stop: the Homem do Leme.

4. Homem do Leme (km 2.2)

Directions by bike (Google Maps) · Show on map

This is the Homem do Leme, the Helmsman: a sculpture of a sailor at the wheel, looking out to sea. It is a fitting symbol for this coast, where fishermen and river pilots have steered boats across the dangerous sandbar at the mouth of the Douro for centuries. The beach just below carries the same name. Before you ride on, look south along the shore to the long Carreiros breakwater, pushing out into the waves. This is one of the best places on the route to stop, breathe and take a photo. Next: a small boundary stone with a story.

9. Marco fronteiriço (km 3.0)

Directions by bike (Google Maps) · Show on map

Slow down for this boundary stone. It once marked the border between the old municipality of Bouças and the city of Porto, so for a moment you are standing on an old frontier. Right beside it you will find the pergola of the Jardim de Montevideu, a shady place to rest, and just ahead lies the little beach of Gondarém. The path is busiest here on sunny weekends, so ride slowly and ring your bell politely when you pass walkers. Next, the beaches of Luz and Ingleses, and a practical stop for anyone who still needs a bike.

13. Bike rental (km 4.0)

Directions by bike (Google Maps) · Show on map

You have ridden about two and a half kilometres from the Cheese Castle, and here you will find a bike rental shop, close to the beaches of Ingleses and Ourigo. If you came to Foz on foot or by tram, this is where you can pick up a bike by the hour or the day. Rental shops in Foz usually offer city bikes, and often child seats and tandems as well; check prices and opening times before you go. Bring a lock if you plan to stop at the beach. Ahead, the route reaches the mouth of the Douro, with a fort, a lighthouse and the open sea.

15. Castelo da Foz (km 4.4)

Directions by bike (Google Maps) · Show on map

Here is the Fort of São João Baptista, known as the Castelo da Foz. Work began in 1570, and it was finished in 1647, with modern bastions added during the Wars of Restoration. Its job was to protect the entrance to the Douro, the narrow, dangerous bar that every ship bound for Porto had to cross. Inside you can still see the remains of the old church of São João da Foz, which Bishop Miguel da Silva ordered built to a design by the Italian architect Francesco da Cremona. Today the fort is used for exhibitions and events. Lock your bike and have a look, if it is open. Next, the lighthouse on the old breakwater.

16. Farol de Felgueiras (km 4.8)

Directions by bike (Google Maps) · Show on map

At the end of this old breakwater stands the Felgueiras lighthouse, built in 1886: a neoclassical tower, six-sided and ten metres high, with a red balcony and lantern. Work on the breakwater itself began back in 1790, to tame the shifting sandbar at the river mouth that had wrecked so many ships. The light was switched off in 2009, and switched on again in December 2021. It is a free, twenty-minute detour, and it is much nicer on foot, so leave your bike at the start of the jetty. If the sea is rough, keep back from the edge. After this out-and-back detour, we return to the river path, and head upstream.

22. Cantareira (km 6.8)

Directions by bike (Google Maps) · Show on map

Welcome to Cantareira, a small sheltered harbour on the river side of Foz. From here the scenery changes: the salt wind of the Atlantic gives way to the calm of the Douro, and the path turns east, along the water. Boats rest here, and just ahead you will find the Cantareira fountain, a handy place to refill a bottle, if it is running. This is also a natural place for a coffee or an ice cream before the last stretch. The path is flat and easy, with the river now on your right. Next: a sculpture called The Messenger, and the Jardim do Cálem.

26. Observatório de Aves (km 8.1)

Directions by bike (Google Maps) · Show on map

You have reached the end of the Foz cycle path, and a bird observatory on the north bank of the Douro estuary. From the hide there is a clear view over the river and the little island opposite. It is at its best at low tide, when the mudflats are uncovered, and winter is the best season for watching birds. Bring binoculars if you have them. The Ribeira da Granja stream flows into the river right beside you. To return, simply ride back the same flat way, about six kilometres, or finish with a drink in Foz. Thank you for riding with us.

Practical tips

• Bring a lock, water and sun cream; a light windproof jacket helps on the coast.

• Castelo da Foz: hours reported differently by different sources (weekdays, daytime). Check before you ride there.

• Lighthouse and breakwater: free, about 20 minutes. Nicer on foot; keep back from the edge when the sea is rough.

• Bird observatory: best at low tide and in winter.

• Bike rental prices change: check with the shop.

Map data © OpenStreetMap contributors. Facts compiled in November 2026.