

S1) AVEIRO - CP1 LINHARES DA BEIRA

POI	KM	TO CP1	TYPE	NOTES
AVEIRO - AGUADA DE CIMA (COFFEE SHOP)	0 - 34,3	279	NEUTRALIZED START	TOURING PACE
ROAD ER 336	40 - 64	239	DANGER	WINDING ROAD
LUSO - BUÇACO	64 - 69	215	CLIMB	5,0K 4,9%
BUSSACO PALACE	65 - 68	214	DANGER	GATES AND COBBLES
BUSSACO DESCENT	68 - 78	211	DANGER	DESCENT + BAD TARMAK
VIDE	145	134	SMALL VILLAGE	CAFÉ
TEIXEIRA + PEDRA LAVRADAS	146 - 163	133	CLIMB	9,9K 3,8% + 5,5K 3,8%
UNHAIS DA SERRA	183	96	SMALL VILLAGE	CAFÉS, ACCOMODATION.
UNHAIS - TORRE	183	96	CLIMB	20,7K 6,5%
PENHAS DA SAÚDE	198 (+3,6KM)	81	SMALL VILLAGE	RESTAURANTS, ACCOMODATION/HOSTEL.
SERRA DA ESTRELA	198 - 215	81	DANGER	ALTITUDE ABOVE 1.500M
SABUGUEIRO	222	57	SMALL VILLAGE	CAFÉS, RESTAURANTS, ACCOMODATION.
PENHAS DOURADAS	225	54	CLIMB	10,3K 3,3%
PORTELA DE FOLGOSINHO	254	25	CLIMB	7,5K 3,9%
LINHARES DA BEIRA	275	4	CLIMB	4,0K 6,2%
LINHARES DA BEIRA	279	0	SMALL VILLAGE	CAFÉ, RESTAURANT, ACCOMODATION.
CP1 LINHARES - CASA DO PARAPENTE	279	0	CHECK POINT	CP LEADER - RUI RIBEIRO (969 050 829)

S2) CP1 LINHARES DA BEIRA - CP2 VILA POUCA DE AGUIAR

POI	KM	TO CP2	TYPE	NOTES
CP1 LINHARES	0	203	HISTORIC VILLAGE	CHECK POINT
CELORICO DA BEIRA	15,6	187	TOWN	MARKETS, CAFÉS, RESTAURANTS, ACCOMODATION, PHARMACY, BOMBEIROS.
CELOICO GARE	21,1	182	SMALL VILLAGE	TRAIN STATION
CARDAL	25-26	178	DANGER	DESCENT WITH BAD TARMAC, GRAVEL & SAND
QUINTA DAS SEIXAS	26,2	177	CLIMB	10,4K 4,5%
TRANCOSO	35	168	TOWN	MARKETS, CAFÉS, RESTAURANTS, ACCOMODATION.
ROAD EN 229	40-73	163	DANGER	HIGH SPEED TRAFFIC
PENEDONO	63	140	HISTORIC VILLAGE	CAFÉS, RESTAURANTS.
SÃO JOÃO DA PESQUEIRA	86	117	TOWN	SUPERMARKET, CAFÉS, RESTAURANTS.
BARRAGEM VALEIRA	96	107	CLIMB	7,3K 7,7%
FOZ DO TUA	123	80	SMALL VILLAGE	CAFÉS, RESTAURANTS, ACCOMODATION, TRAIN STATION.
FOZ DO TUA	124	79	CLIMB	9,5% 4,6%
SÃO MAMEDE DE RIBATUA	130	73	SMALL VILLAGE	CAFÉS, RESTAURANT.
FRANZILHAL	141	62	CLIMB	5,1K 6,0%
SANTA EUGÉNIA	152	51	SMALL VILLAGE	CAFÉS, ACCOMODATION.
MURÇA	167	36	VILLAGE	CAFÉS, RESTAURANTS, MARKET, PHAMARCY, BOMBEIROS.
CURVAS DE MURÇA	170	33	CLIMB	10,5K 4,0%
VILA POUCA DE AGUIAR	203	0	TOWN	CAFÉS, RESTAURANTS, MARKET, ACCOMODATION, PHAMARCY, BOMBEIROS.
CP2 VILA POUCA - GARDEN LARGO SOUSA TEIXEIRA	203	0	CHECK POINT	CP LEADER - JOÃO PINTO (918 017 090)

S3) CP2 VILA POUCA DE AGUIAR - CP3 SOAJO

POI	KM	TO CP3	TYPE	NOTES
CP2 VILA POUCA	0	177	TOWN	CHECK POINT
VIDAGO	18,4	159	VILLAGE	CAFÉS, RESTAURANTS, ACCOMODATION, PHARMACY.
PINHO	21,4	156	CLIMB	7,6K > 4,0%
BOTICAS	34,1	143	TOWN	CAFÉS, RESTAURANTS, MARKETS, PHAMARCY, BOMBEIROS.
BOTICAS ER 311	34,1	143	CLIMB	11,5K 4,8%
COVELÃES	76,5	100	CLIMB	5,4% 5,2%
PITÕES DAS JUNIAS	84,6	92	SMALL VILLAGE	CAFÉS, RESTAURANTS, ACCOMODATION.
PT-ES BORDER	89 - 93	88	DANGER	DANGEROUS DESCENT
MUGUEIMES	105	72	SMALL VILLAGE	CAFÉS
CASTRO LABOREIRO	118	59	CLIMB	19,7K 3,1%
CASTRO LABOREIRO	139	38	VILLAGE	CAFÉS, RESTAURANTS, ACCOMODATION.
TIBO	160	17	CLIMB	5,7K 4,6%
SOAJO (REST)	175 (+1KM)	2	OFFICIAL REST SPOT	SPOT LEADER - DIOGO TAVARES (964 461 984)
SOAJO	176	1	VILLAGE	CAFÉS, RESTAURANTS, ACCOMODATION.
CP3 SOAJO - AL CASA DA QUELHA	177	0	CHECK POINT	CP LEADERS - LUÍS & TITA (969 394 004)

S4) CP3 SOAJO - FINISH AVEIRO

POI	KM	TO FINISH	TYPE	NOTES
CP3 SOAJO	0	348	VILLAGE	CHECK POINT
ARCOS DE VALDEVEZ	24,1	324	TOWN	CAFÉS, RESTAURANTS, MARKETS, ACCOMODATION, PHARMACY.
PONTE DA BARCA	28,5	319	TOWN	CAFÉS, RESTAURANTS, MARKETS, ACCOMODATION, PHARMACY.
EM 532	30,9	317	CLIMB	11,7K 3,4%
VILA VERDE	63,5	284	TOWN	CAFÉS, RESTAURANTS, MARKETS, ACCOMODATION, PHARMACY.
PÓVOA DO LANHOSO	86	262	TOWN	CAFÉS, RESTAURANTS, MARKETS, PHARMACY, HOSPITAL.
CABECEIRAS DE BASTO	123	225	TOWN	CAFÉS, RESTAURANTS, MARKETS, PHARMACY.
ECOPISTA DO TÂMEGA	130 - 169	218	DANGER	WALKERS, ROAD CROSSINGS, OBSTACLES.
CELORICO DE BASTO	147	201	TOWN	CAFÉS, RESTAURANTS, MARKETS, PHARMACY.
AMARANTE	169	179	CITY	CAFÉS, RESTAURANTS, MARKETS, ACCOMODATION, PHARMACY, HOSPITAL.
MARCO DE CANAVESES	187	161	CITY	CAFÉS, RESTAURANTS, MARKETS, PHARMACY.
CASTELO DE PAIVA	220	128	VILLAGE	CAFÉS, RESTAURANTS, MARKETS, PHARMACY.
URTIGOSA	249	99	CLIMB	6,1K 4,7%
VALE DE CAMBRA	262	86	CITY	CAFÉS, RESTAURANTS, MARKETS, PHARMACY.
SÃO PEDRO DE CASTELÕES	263	85	CLIMB	6,3% 7,1%
ESTARREJA	303	45	CITY	CAFÉS, RESTAURANTS, MARKETS, PHARMACY.
EN327	319 - 335	29	DANGER	FAST CAR TRAFFIC
TORREIRA	322	26	VILLAGE	CAFÉS, RESTAURANTS, ACCOMODATION.
SÃO JACINTO	306	10	SMALL VILLAGE	CAFÉS, RESTAURANTS, ACCOMODATION.
SÃO JACINTO - AVEIRO	306 - 316	10	NEUTRALIZED END	TOURING PACE
FINISH AVEIRO	316	0	CITY	CASA DA BICICLETA