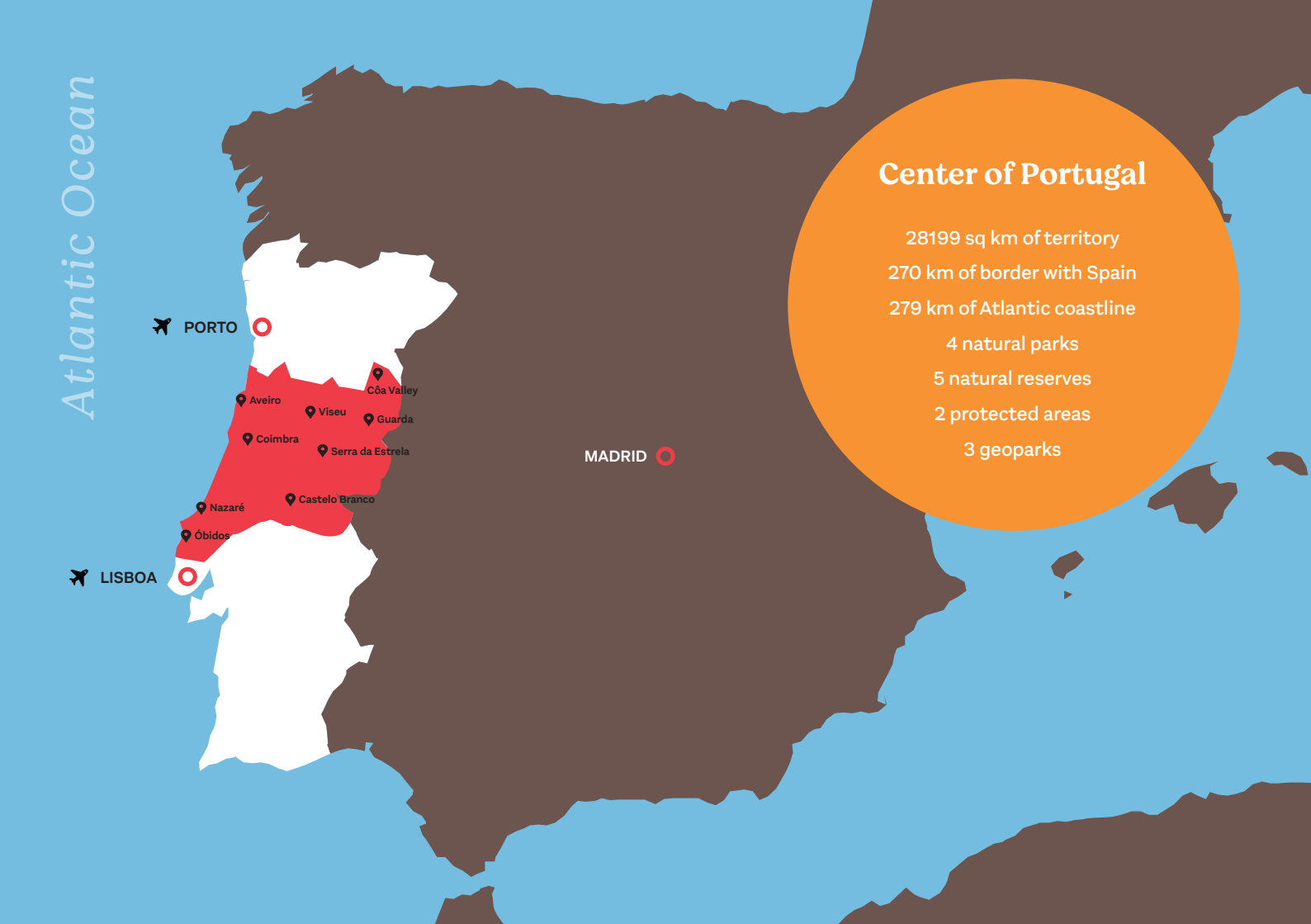
EN

Great Routes



visit Center of Portugal

FAIA VIEWPOINT • PINHEL • CÔA VALLEY


Atlantic Ocean
PORTO
LISBOA
MADRID
Aveiro
Viseu
Guarda
Côa Valley
Coimbra
Serra da Estrela
Castelo Branco
Nazaré
Óbidos
Center of Portugal
28199 sq km of territory
270 km of border with Spain
279 km of Atlantic coastline
4 natural parks
5 natural reserves
2 protected areas
3 geoparks



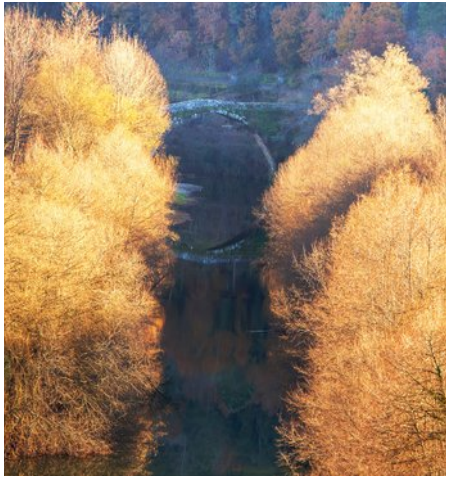
SÃO PEDRO DE MOEL BEACH

Biking or Walking in Center of Portugal is one of the most exciting ways to immerse yourself in the local culture, discover hidden treasures through winding backroads and witness the country's breath-taking scenery up close. Ready to start planning your adventure holiday in Center of Portugal?

With a sunny Mediterranean climate, excellent road infrastructures and welcoming people ready to make you feel right at home in their remote village. That's why biking or walking in Center of Portugal is one of the best ways to explore the country.

Through the rolling hills of inland, into the deep river valleys or along the refreshing beach of the Atlantic Coast, cycling and walking trails abound in Center of Portugal. But with so much to choose from, it can be tough to choose where to go on a bike or walking tour (not such a bad problem to have, in our opinion!).

So if you're wondering which destinations are the best to explore walking or on two wheels, check out our favorites!





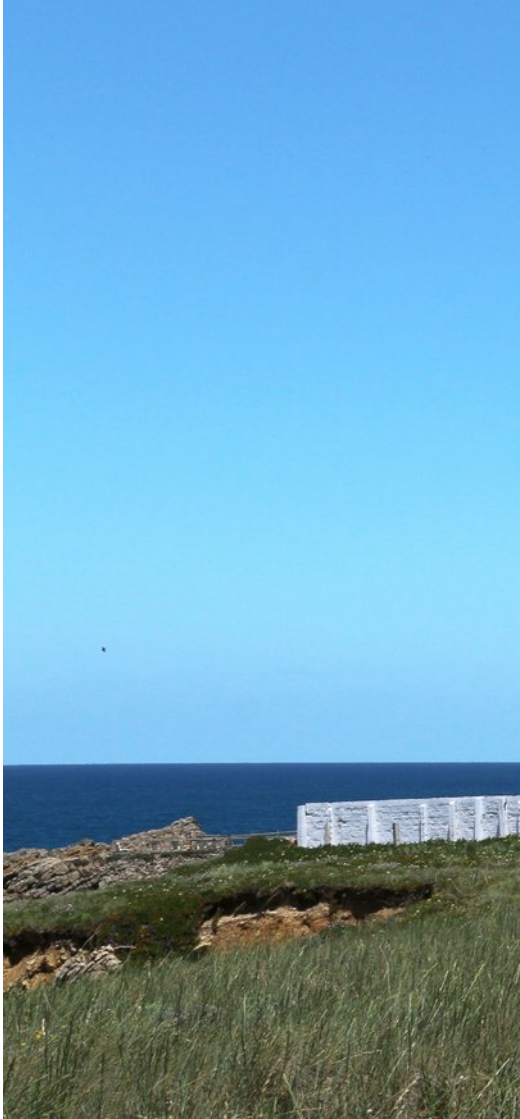


The Atlantic Road

There is no better way to explore Portugal's diverse landscape and history than with an ocean breeze on a North-South bike tour along the country's picturesque Atlantic Coast. Starting in Caminha, in Portugal's northern border with Spain, and ending in Sagres, Europe's southernmost point, this 700km bike route is ideal for families or cyclists looking for a relaxing holiday.

You can challenge yourself to complete the entire tour or select a shorter course to dive deep into a specific region like Center of Portugal between Porto and Lisbon. Enjoy delicious seafood, explore historic cities like Porto, Aveiro, Coimbra, Nazaré, Óbidos and Lisbon, swim in open sea and wild beaches or discover one of the few remaining wild spots on the Atlantic Coast.

Cycle along the Atlantic coast, starting from Porto towards Lisboa! This tour by flat terrains is our easiest one. With routes by the ocean side, you have the chance to enjoy the West Coast sunny beaches, stopping in one beach bar terrace for a coffee or in another for some grilled fresh fish.



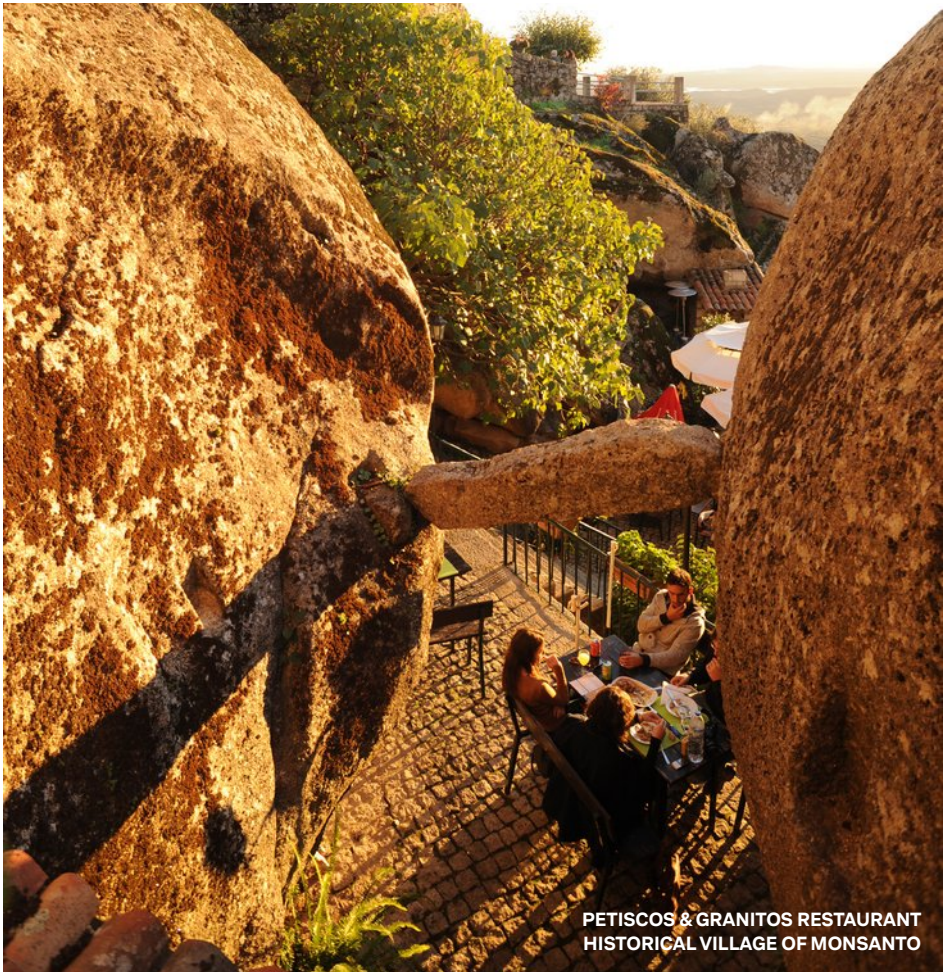




HISTORICAL VILLAGE OF MONSANTO

Historical Villages

If 12th century villages, castles and beautiful rural landscapes sound like your kind of bike tour, then your best bet will be the Historical Villages Trail. In the heart of Center of Portugal, this trail will take you back in time through 12 villages and ancient castles, stunning natural parks like Serra da Estrela, and winding natural scenarios. Untouched and off the beaten path, this is where you will feel the authentic history and traditions of Portugal. This is the ultimate Mountain Bike crossing to do in Portugal, a big 600km loop.



PETISCOS & GRANITOS RESTAURANT
HISTORICAL VILLAGE OF MONSANTO



Schist Villages

Coming across a deer, a wild boar or a fox is something not that rare to happen while traveling through the territory of the Schist Villages in Center of Portugal. The latest annual census reported already over a thousand identified deer in Lousã Mountains.

And it is precisely in this mountain range that we invite you to discover 10 of a total of 27 Schist Villages.

Here, you will be able to spend a whole week walking the trails from village to village, eating and sleeping in local houses made of stone fully restored and ready to welcome you with all the modern comfort.

The Schist Villages are tiny hamlets with dozens or hundreds of inhabitants who warmly welcome anyone who passes by. Nowadays, the Schist Villages not only home their original settler families but also a new wave of outsiders who reformed some of the houses into charming inns with a soul and restaurants dedicated to local cuisine.

The fresh water streaming down the mountains forming secret pools and crystal-clear river beaches complete a whole set of wonders inviting you for a week of silence, nature and contemplation, one village after another, walking or cycling.



SCHIST VILLAGE CERDEIRA

SERRA DA ESTRELA MOUNTAIN



Serra da Estrela and Mountain Villages

Conquering Portugal's highest continental peak is a must road bike tour for the thrill seekers out there. This challenging route will take you through empty roads with dramatic alpine views, deep valleys, dense oak tree forests and glacial lakes.

And when you need a break, stop in one of the many Mountain Villages to meet friendly locals, learn about ancient shepherd traditions and taste the tasty local cheese (Queijo Serra da Estrela). Particularly outstanding is the rye bread of the Mountain Village of Videmonte that pairs perfectly with Serra da Estrela cheese.

The Mountain Villages are the ideal setting for digital nomads. The co-working spaces of Serra da Estrela Mountain Villages are the first rural co-working spaces in Portugal: with a modern, unusual and inspiring soul. They are located in the Mountain Villages of Videmonte, Alvoco das Várzeas and Lapa dos Dinheiros in complete harmony with the involving nature.



SERRA DA ESTRELA MOUNTAIN

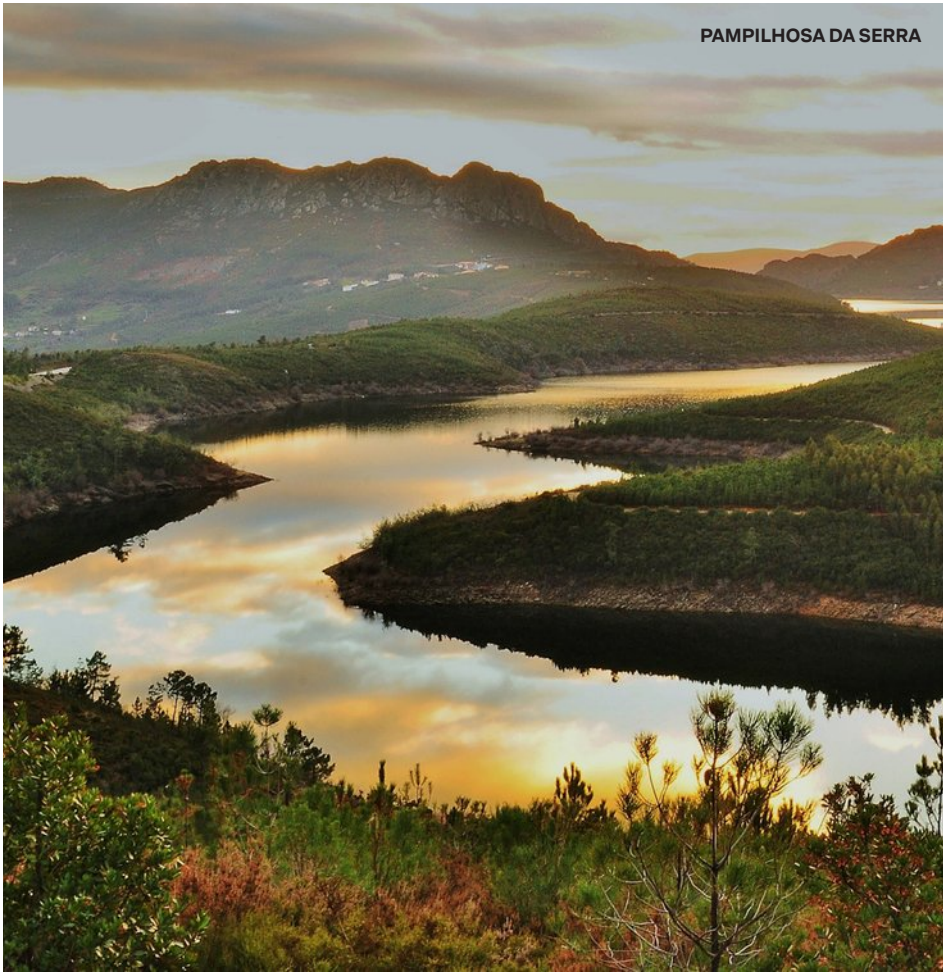


GÓIS

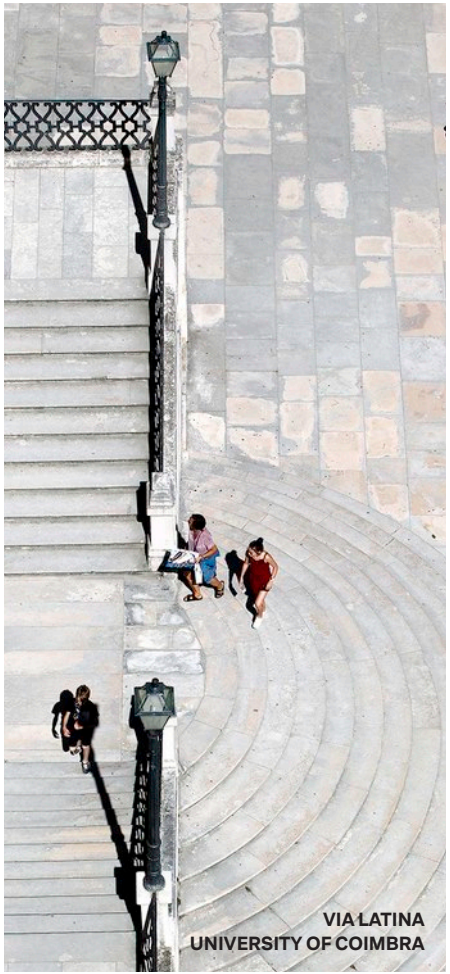
The EN2 (aka the Portuguese Route 66)

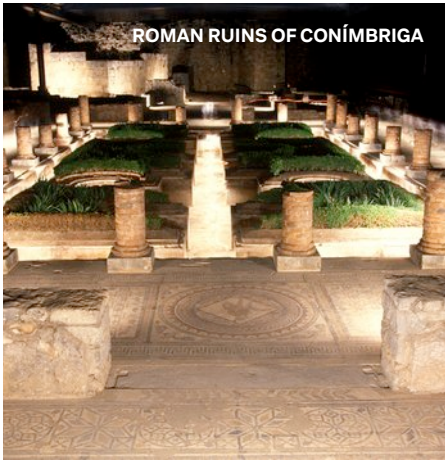
Alternatively, you can discover the country from its northern mountains to its southern beaches via the EN2, also known as the Portuguese Route 66. This national road, built over 70 years ago, will take you inland, allowing you to discover Portugal's diverse history, villages and landscapes through 739km of pure joy.

Cross the vast river valleys of the Douro, Mondego, Tejo and Zêzere, discover the rich history of cities like Viseu, Sertã, Abrantes and Faro, enjoy the slower pace of life in the rural landscape around you and taste some of the finest local foods and wines along the way.



PAMPILHOSA DA SERRA


VIA LATINA
UNIVERSITY OF COIMBRA


ROMAN RUINS OF CONÍMBRIGA







VISEU CATHEDRAL



SERRA DE MONTEMURO MOUNTAIN

The Portuguese Caminho (to Santiago de Compostela)

There are no less than 12 official routes to Santiago de Compostela and the Portuguese route (or caminho) is becoming increasingly popular.

The Central Portuguese Way to Santiago starts from the Lisbon Cathedral across more than 500 km of incredible landscapes. This has always been one of the most sought-after paths and the second one, in terms of number of pilgrims, only beaten by the French St. James Way.

This way crosses UNESCO spots like Tomar and Coimbra and one additional pilgrimage site if you detour to check Fátima, following the banks of the Tagus River. It passes Alvaiázere, Ansião, Santiago da Guarda, the Roman Villa of Rabaçal and the Roman Ruins of Conímbriga. Continuing north, the Central Portuguese Way goes via Mealhada, colourful Águeda, Albergaria-a-Velha, São João da Madeira and Grijó, before entering Porto, where the Northern Ways begin.

The Portuguese Inland Way of Santiago extends for 205 km, in Portuguese territory, crossing the municipalities of Viseu, Castro Daire, Lamego, Peso da Régua, Santa Marta de Penaguião, Vila Real, Vila Pouca de Aguiar and Chaves.

Whether you're fascinated by ancient traditions, mesmerized by wild untouched landscapes or eager to challenge yourself on winding trails, Center of Portugal has the ideal bike or walk tour for you. And whichever route you choose, we know there will be no shortage of opportunities to immerse yourself in the local culture by trying delicious local dishes, meeting friendly and welcoming locals and participating in unique traditions.

The Great Route of Ria de Aveiro — GR 57, 58 and 59

These 600 km-long great routes comprising 3 breath-taking routes have in the water its epicentre.

The blue route – **GR 57** - is 130,8 km-long along its shoreline and paths as diverse as the landscapes and the biotopes of a unique lagoon ecosystem in Portugal.

From the salt marshes to the habitat of "Bocage", from the pine forests planted in the dune cords that hold the Ocean, to the farming fields of villages that have lived with the Ria for centuries, this is a route that unveils us the diversity and richness of the relationships that human beings establish with the natural world.

The small yet meaningful dots in the map are Ovar, Murtosa, Estarreja, Aveiro, Ílhavo and Vagos!

The golden route – **GR 58** - is the longest and the most diversified of the 3 great routes of the Ria de Aveiro. This 234 km-long route goes deep into the sea – Esmoriz beach, in Ovar – crossing mountains and the Vouga Valley, ending at the Barra Lighthouse, in Ílhavo.

The green route – **GR 59** - is 194 km-long departing from the urban heart of Aveiro across the Vouga Valley, the endless vineyards of Bairrada wine region and the riverside woods of Alfusqueiro River.

This route crosses Águeda, Anadia, Albergaria-a-Velha, Aveiro, Oliveira do Bairro e Sever do Vouga. Pateira de Fermentelos is one of the greatest natural lagoons in the Iberian Peninsula, owner of a deeply rich fauna and flora.



PHALACROCORAX CARBO



ORNITHOPUS SATIVUS

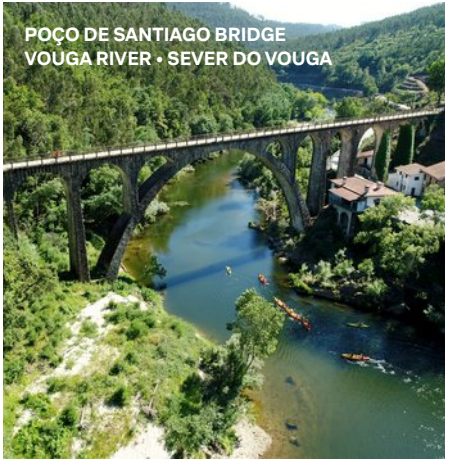

DOS NETOS
AVEIRO "RIA" LAGOON

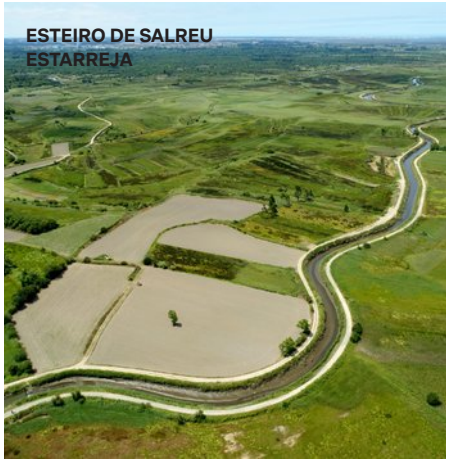

GREAT ROUTE OF RIA DE AVEIRO


CAIS DA BÉSTIDA • MURTOSA

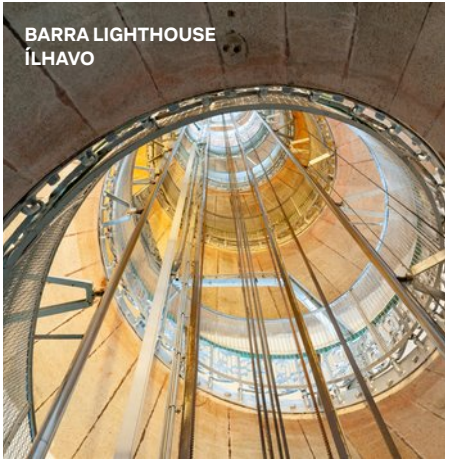

PATEIRA DE FROSSOS
ALBERGARIA-A-VELHA


CAIS DO TORRÃO • OVAR


POÇO DE SANTIAGO BRIDGE
VOUGA RIVER • SEVER DO VOUGA


ESTEIRO DE SALREU
ESTARREJA


ESTEIRO DO NACINHO
PARDILHÓ • ESTARREJA


BARRA LIGHTHOUSE
ÍLHAVO


COSTA NOVA BEACH • ÍLHAVO


PATEIRA DE FERMENTELOS • ÁGUEDA



PARADISE LAKE • AVEIRO



PHOENICOPTERUS ROSEUS



BARRA FORT
ÍLHAVO


CABREIA WATERFALL
SEVER DO VOUGA

Great Route of the Magical Mountains — GR 60

Fully signed, this is a 275 km-long circular walking trail distributed in 14 stages. It also offers a circular 280 km-long mountain bike trail divided in 8 stages that almost fully coincide with the walking trail.

The Great Route of the Magical Villages cross the Mountains of Montemuro, Arada, Arestal and Freita, along the Rivers Douro, Vouga and Paiva.

Comprising 4 Special Areas of Conservation, included in Rede Natura 2000, and a UNESCO Geopark, no wonder that this route is deeply memorable!

Starting in Upper Douro this Great Route crosses the Center of Portugal from Montemuro Mountain in Castro Daire, along the Arada and S. Macário Mountains next to São Pedro do Sul, to Freita Mountain, in Arouca.

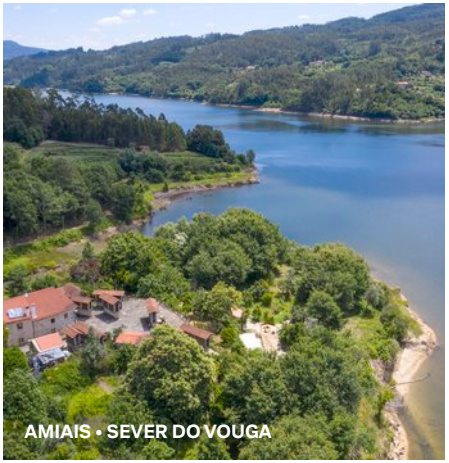
Owner of totally unrivalled geodiversity, a great biodiversity and the cultural richness of the small mountain economies, the Great Route of the Magical Mountains is a still unexplored and surprising Portugal.



SERRA DA ARADA MOUNTAIN • S. PEDRO DO SUL



MARIOLAS DA ARADA • S. PEDRO DO SUL



AMIAIS • SEVER DO VOUGA

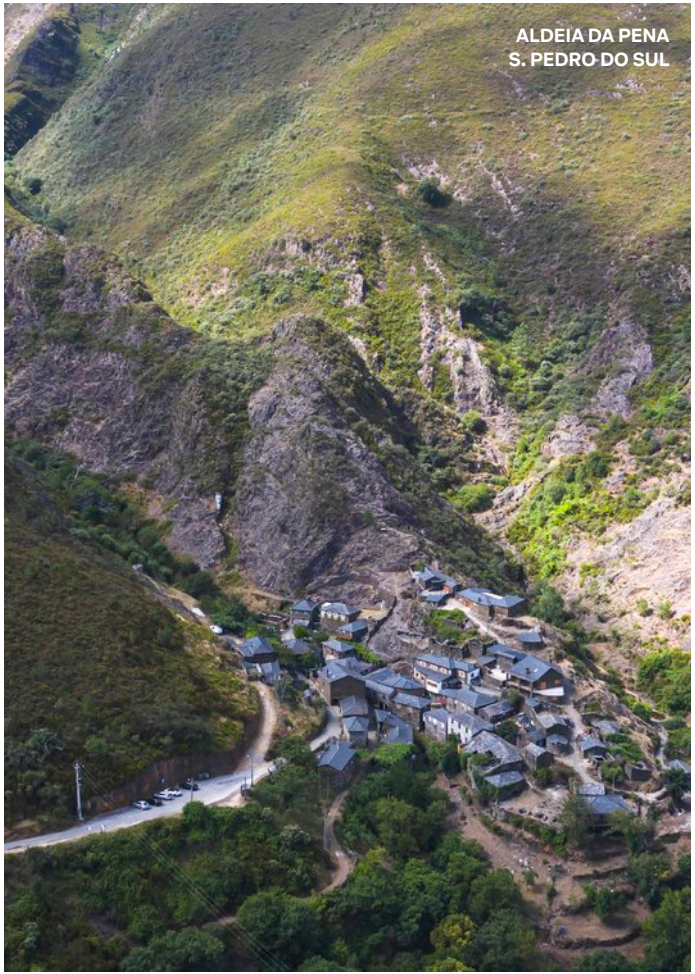


ALBUFEIRA VIEWPOINT
SEVER DO VOUGA

Technical data and altimetry

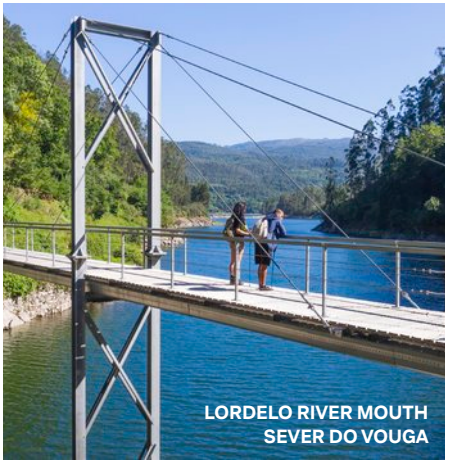
Length: 275 Km on foot and 280 km by bike
Cycling route: 312 km
No of Stages: 14 on foot and 8 by bike
Maximum Altitude: 1.225 m
Minimum altitude: 18,00 m
Accumulated positive gradient: 9.625 on foot and 9.420 by bike
Total duration: 14 days on foot
Difficulty level: medium to very difficult
Advisable season: Spring, Summer and Autumn


SERRA DA ARADA MOUNTAIN
S. PEDRO DO SUL

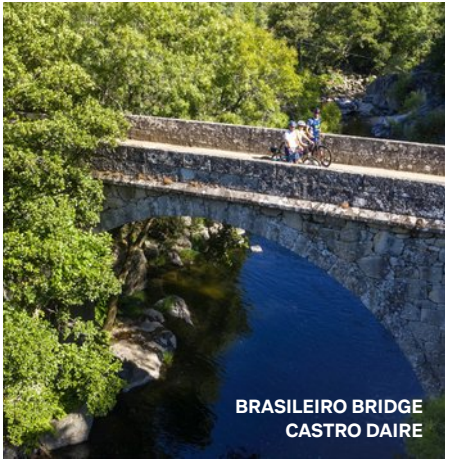

ALDEIA DA PENA
S. PEDRO DO SUL



SERRA DA ARADA MOUNTAIN • S. PEDRO DO SUL



LORDELO RIVER MOUTH
SEVER DO VOUGA

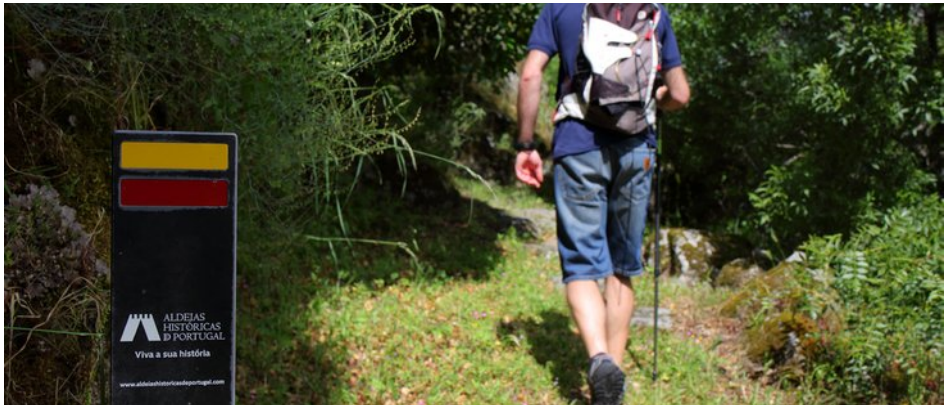


BRASILEIRO BRIDGE
CASTRO DAIRE



Sea level

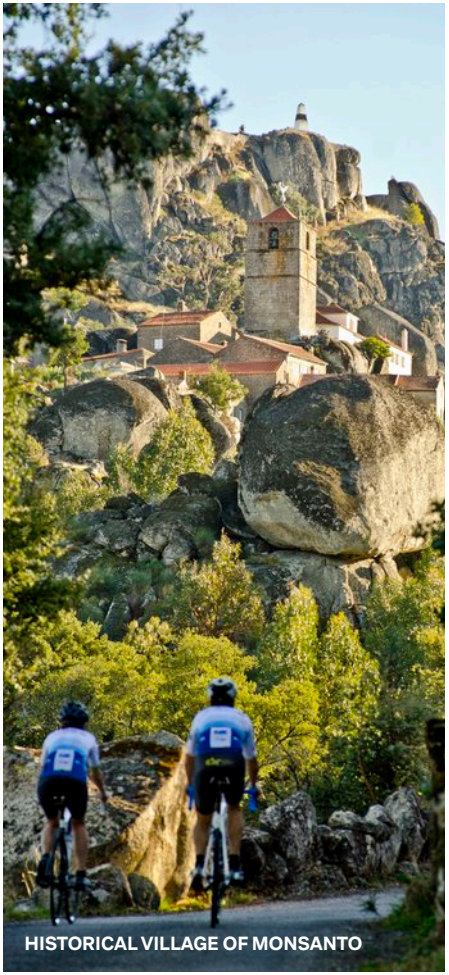

1993 m
high
SERRA DA ESTRELA



Great Route of the Historical Villages — GR22

This great route connects the 12 Historical Villages of Center of Portugal by stages, in a circular track of 600 km. Surprising castles dominating the landscape, military defence walls, natural parks of utter beauty like the Archaeological Park of Côa Valley, the Natural Park of Serra da Estrela, the Natural Park of Tejo Internacional and crystal-clear river beaches.

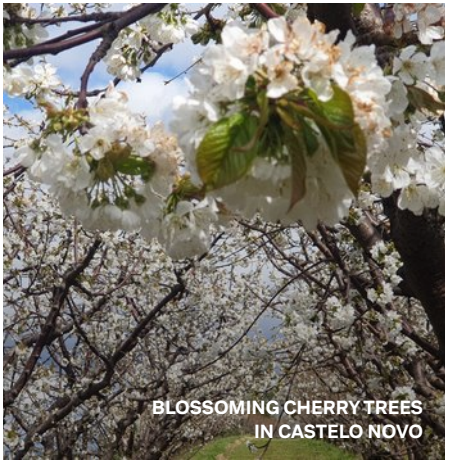
The stamp Leading Quality Trails – Best of Europe given by the European Ramblers Association highlights the sustainability criteria, the experience level provided to the user, the quality of the track, along with the natural and cultural richness of GR22. The Great Route of the Historical Villages will make the connection to Spain in a near future.



HISTORICAL VILLAGE OF MONSANTO



HISTORICAL VILLAGE OF CASTELO NOVO



BLOSSOMING CHERRY TREES
IN CASTELO NOVO



HISTORICAL VILLAGE
OF IDANHA-A-VELHA



HISTORICAL VILLAGE OF PIÓDÃO



HISTORICAL VILLAGE OF CASTELO RODRIGO



HISTORICAL VILLAGE OF MARIALVA

Technical data and altimetry

Length: 600 Km
No of stages: 13
No of Mountain Bike sectors: 13
Maximum altitude: 1588 m
Minimum altitude: 269 m
Positive accumulated gradient walking: 10.927
Negative accumulated gradient walking: 10.707
Positive accumulated gradient Mountain bike: 10.296
Negative accumulated gradient Mountain bike: 10.124
Difficulty level: medium
Difficulty level in Mountain Bike: difficult
Total duration: 30 days walking; 7 days in Mountain Bike; 12 days running
Advisable season: Spring and autumn



HISTORICAL VILLAGE OF MONSANTO

The Great Route of Côa Valley — GR 45

The Great Route of Côa Valley is a magical 196 km-long route along the Côa river from the spring in Fóios in Sabugal to the river estuary in Douro River in Vila Nova de Foz Côa.

Its almost untouched 196 km stretch from the Malcata Nature Reserve where the black oak *(Quercus pyrenaica)*, the strawberry tree *(Arbutus unedo)* and the holm oak *(Quercus rotundifolia)* lend many shades of green to the landscape up to the steep valley of the river already close to the Foz, where very dramatic rocky outcrops are admired from the sky by the majestic flights of Bonelli's eagles *(Aquila fasciata)*, golden eagles *(Aquila chrysaetos)*, the petrel *(Neophron percnopterus)* and the black vulture *(Aegypius monachus)*.

Because there is a fascinating network of streams and tributaries of the river, there is also a rich mosaic of Mediterranean crops such as vines, olive groves and almond trees along the route. And where there are almond trees as far as the eye can see, there are also circular dovecotes, built of stone and used for breeding rock doves *(Columba livia)*, so important for the production of "pigeonpea", the most natural of fertilizers.

And the heather that also dominates the landscape of the Côa Valley, in the Malcata Nature Reserve, is followed by the white broom *(Cytisus multiflorus)*, piorno-amarelo *(Retama spherocarpa)*, cistus *(Cistus ladanifer)* and areas of bramble, with rosa-canina *(Rosa canina)* and blackberry *(Rubus sp.)*.

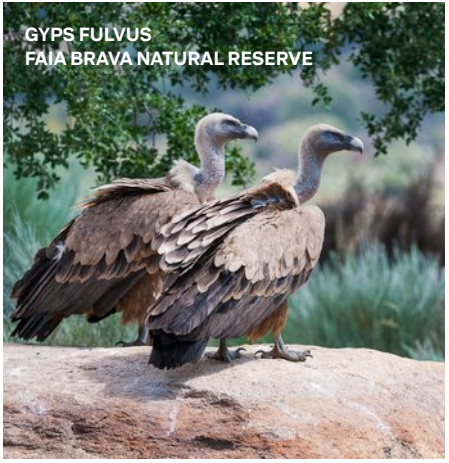


CÔA WALKWAYS
VILA NOVA DE FOZ CÔA



NEOPHRON PERCNOPTERU
FAIA BRAVA NATURAL RESERVE




GYPS FULVUS
FAIA BRAVA NATURAL RESERVE


MEROPS APIASTER


FAIA BRAVA NATURAL RESERVE

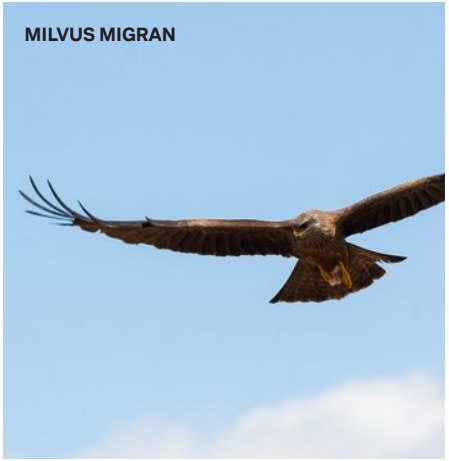

QUERCUS SUBER

Closer to the mouth of the river, the Faia Brava Natural Reserve, which is part of the Forest Intervention Zone of Algodres and Vale de Afonsinho, the huge cork oak forest *(Quercus suber)*, the holm oak *(Quercus rotundifolia)* and the very imperial Portuguese oak *(Quercus faginea)* are the ones that surprise us. And there are, to our eyes, large expanses of lavender *(Lavandula stoechas)* and bold strokes of thyme bela-luz *(Thymus mastichina)* and helichrysum stoechas *(Helichrysum stoechas)*.

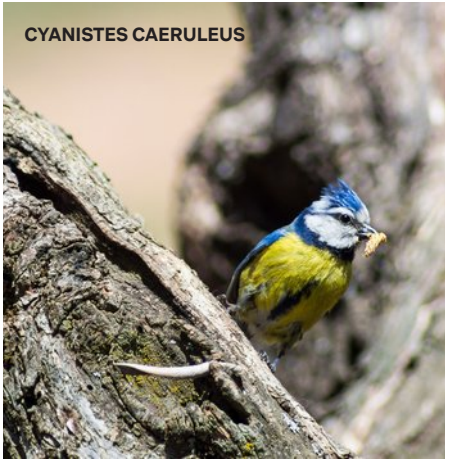
On the banks of the river, the absolutely perfect line of ash trees *(Fraxinus angustifolia)*, lotus *(Celtis australis)* and poplars *(Populus sp.)*, is visited by many birds. For those who are more familiar, you can see the undata warbler *(Sylvia undata)*, the crowned godwit *(Pyrrhula pyrrhula)* or the golden oriole *(Oriolus oriolus)*; A great enchanted valley.

But along this route, there are castles like fairy tales. They are very ancient castles, strategically essential for the stability of the border between Portugal and Spain. They are all imposing: Sabugal, Vila Maior, already on the way to Almeida, there are Castelo Mendo and Castelo Bom, the magnificent Castelo de Pinhel, the Almeida Fortress, Castelo Rodrigo and Castelo Melhor.

And as if trees, birds, cranes, pigeons and precious scents were not enough, near the mouth of the river, there are thousands of engravings from the Upper Paleolithic: an absolutely unique open-air art gallery, preserved over 30,000 years and classified by UNESCO: the Archaeological Park of the Côa Valley.

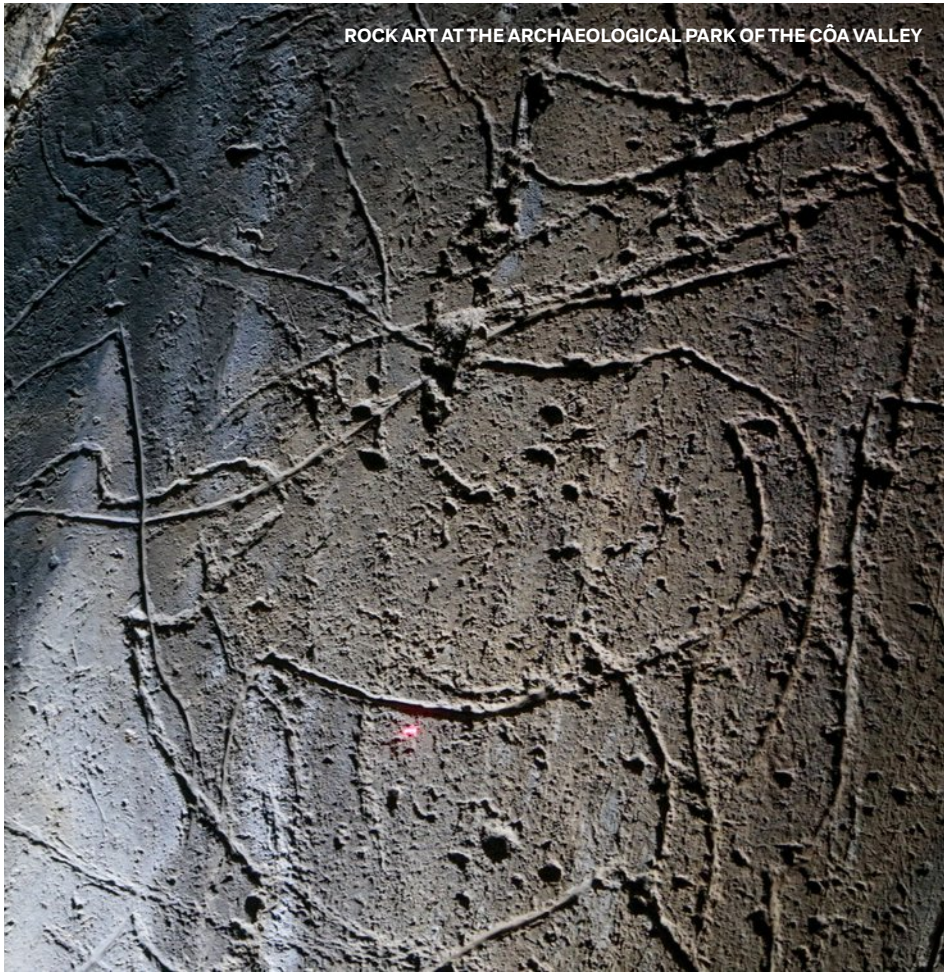


MILVUS MIGRAN



CYANISTES CAERULEUS





ROCK ART AT THE ARCHAEOLOGICAL PARK OF THE CÔA VALLEY



HISTORICAL VILLAGE OF CASTELO RODRIGO

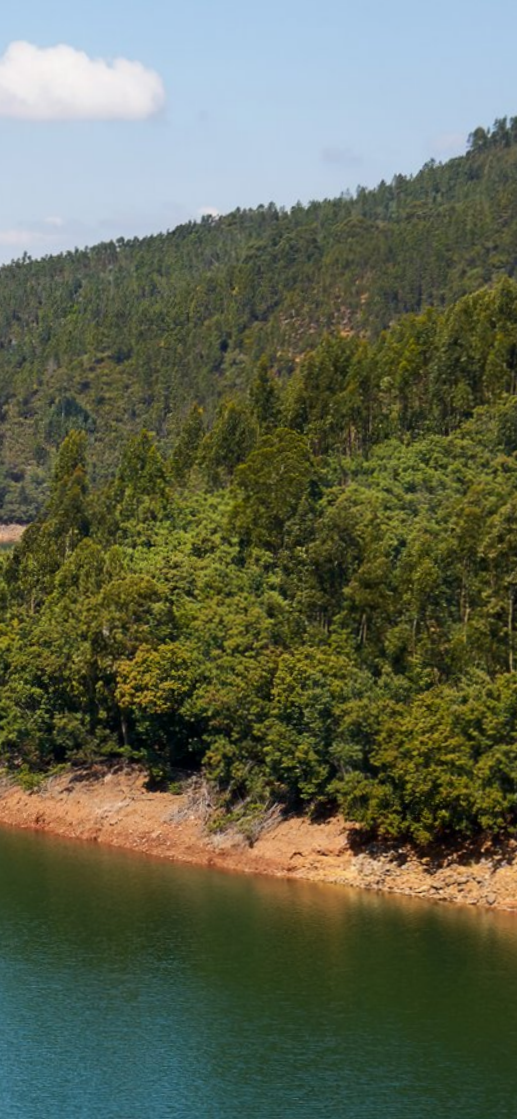


Technical data and altimetry

Length: 196 Km
Number of stages: 11
Maximum height: 1164 m
Minimum height: 129 m
Difficulty degree: medium to very difficult
Total duration: 10 to 15 days walking; 3 to 6 days cycling
Advisable season: Spring and Autumn


FAIA BRAVA NATURAL RESERVE





Great Route of Zêzere — GR 33

The 370km stretch from source to mouth of one of the wildest rivers in Portugal, the River Zêzere. A sport challenge, on foot, by bike or canoe.

A deep immersion in the natural and cultural diversity that makes the Zêzere river valley a unique landscape in the heart of Center of Portugal.

With a breath-taking start in Covão d'Ametade, in Serra da Estrela - 1.900 meters high - exactly where the river Zêzere is born, this Great Route partially crosses Serra da Estrela, some of the most distinguishing Schist Villages, the charming village of Dornes in Castelo de Bode reservoir, ending in the light-bathed Constância, beautifully placed by the Tagus River.

The 370 kms of this Great Route cross Manteigas, Covilhã, Guarda, Fundão, Pampilhosa da Serra, Vila de Rei, Oleiros, Sertã, Pedrógão Grande, Figueiró dos Vinhos, Ferreira do Zêzere, Abrantes and Constância. The identity of the river is a parade of surprises, across the dams of Cabril, Bouçã and Castelo de Bode. Zêzere river flows across tectonic blocks and the singularity of the landscape is a gift.

It flows down Serra da Estrela in its glacial valley, unique in Europe, full of energy, young and crystal-clear. It passes Manteigas until il peacefully reaches the Historical Village of Belmonte and Covilhã. Further south of Covilhã, it enters again the Central Iberian Mountain Range until it reaches Zaboeira, in Vila de Rei.

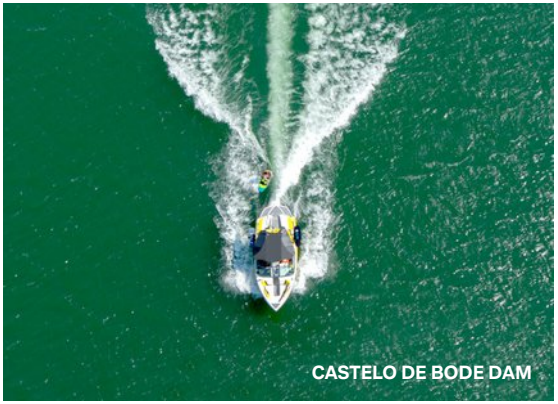
The valley gets filled with curves. The deeply enchanting "Meandros do Rio", one of the geo-places classified by UNESCO, between the surprising Schist Villages of Janeiro de Cima, Janeiro de Baixo and Pedrógão Grande, crossing the utterly fascinating viewpoint of Cabeço do Mosqueiro.



COVÃO DA AMETADE, MANTEIGAS



FOZ DE ALGE • FIGUEIRÓ DOS VINHOS



CASTELO DE BODE DAM

The river has crossed the mount Cabeço da Argemela, very close to Fundão, surrounded by the Mountains of Gardunha, Serra da Estrela and Açor, deeply influenced by its mineral richness, and Aldeia de Barco, named after the ancient boat that crossed the river.

The fascination of Cabeço do Pião and the shadows of its mining past. The enchanting village of Dornelas do Zêzere, placed in the right bank of Zêzere river, was founded in 1320. The main church was devoted to the Holy Mary of Dornelas, already mentioned in the "Catalogue of Churches, Donations and Monasteries of the Reign of Portugal and the Algarve".

The deeply surprising Schist Village of Álvaro, in Oleiros, upon the Valley of Zêzere River, holds a majestic sky, many churches and chapels and the reservoir of Cabril Dam.

The gorges of Zêzere, Almegue and the Philippine bridge of the Schist Village of Pedrógão Pequeno, right next to the mythical National Road EN2.

And already in an inlet of the Castelo do Bode reservoir, 10 km from Ferreira do Zêzere, the very noble village of Dornes that could well belong to the world of Game of Thrones.

The route, designed to be multimodal, can be done on foot, by bicycle or canoe. It has 13 Intermodal Stations placed in riverside spots.

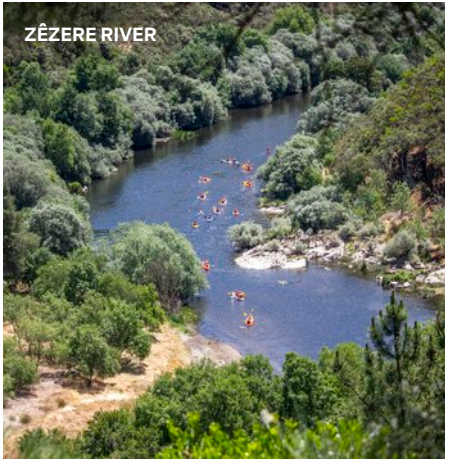
Please note that from this Great Route there are complementary Short Route trails, such as the Schist Trails.

Technical data and altimetry

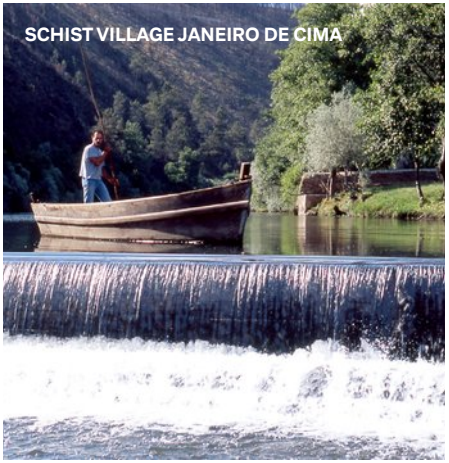
Length: 370 km
No of stages: 9
Duration: 112 hours
Highest point: 1429 m
Lowest point: 20 m
Positive accumulated gradient: 7245 m
Negative accumulated gradient: 8644 m
Advisable season: Spring, summer and autumn

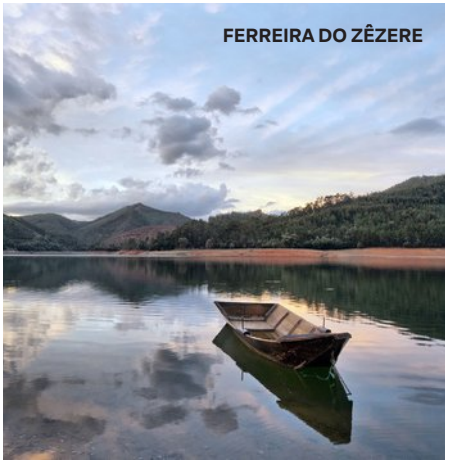

SCHIST VILLAGE ÁLVARO


ZÊZERE GLACIAL VALLEY

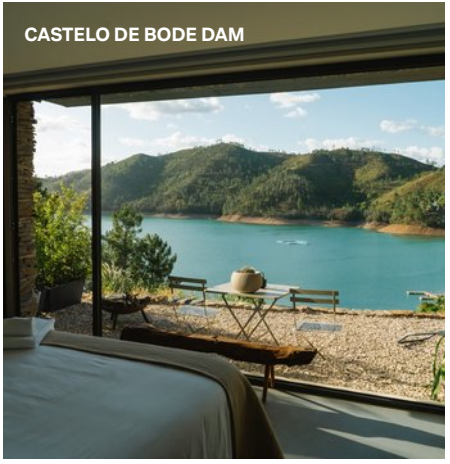

ZÊZERE RIVER




SCHIST VILLAGE JANEIRO DE CIMA


FERREIRA DO ZÊZERE


PEDRÓGÃO GRANDE


CASTELO DE BODE DAM

Mondego Walkways

Beautifully placed at the heart of Serra da Estrela Natural Park and UNESCO Estrela Geopark, Mondego Walkways are a brand-new natural attraction of the region of Guarda. They represent a major investment in nature tourism, as well as a great asset of the whole territory.

The path runs along River Mondego and two tributaries, Ribeiro do Barrocal and Rio Caldeirão, covering 12 km, with 6.7 km over wooden walkways, some of them flat, others on stairs. The rest of the route is made along existing tracks and paths. Three suspension bridges were built and Ribas bridge was renovated.

These walkways start in the Mountain Village of Videmonte and continue to the Caldeirão Dam, crossing the Mountain Villages of Videmonte, Trinta, Meios and Corujeira, as well as Aldeia Viçosa, Mizarela, Pero Soares and Vila Soeiro.

Trinta was the first village of Guarda district to have electricity and it was an important wool production centre, where 7 factories were working. Wool memories are still alive in this welcoming village. These were the lands where blankets, worthy of a Pope, were woven. Hence the name “cobertor de papa”, meaning “Pope blanket”.

Meios has a Weaving Museum, housed in a former wool factory that closed its doors in the 80’s of the 20th century. In this charming museum visitors can see wool-related utensils and weaving machines still working. Aldeia Viçosa has a dazzling fully-equipped river beach, situated on the right bank of Mondego River, offering a breath-taking over the Mondego valley.

Visitors have access to unique places, such as Mocho Real Viewpoint, waterfalls, mills, old wool fabrics, and electricity production factories (Hidroelétrica do Pateiro).

Right at the entrance to the city of Guarda, there is the Caldeirão Waterfall, a gigantic waterfall, where the waters of Ribeira do Caldeirão crash into a steep abyss, showing a pink hue.

A fascinating route across the best-kept secrets of Mondego River that has been designed in full respect to the highest sustainability standards.

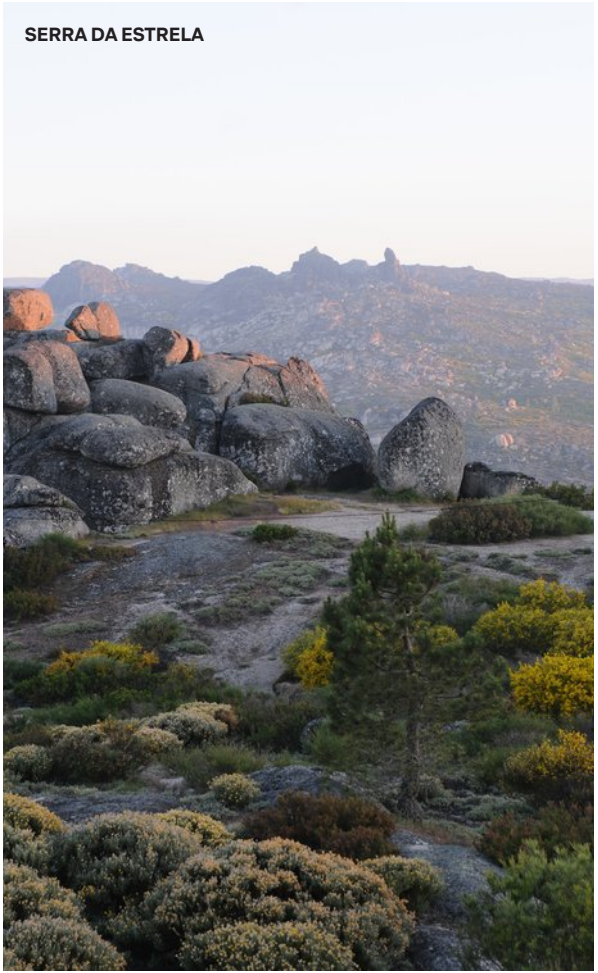


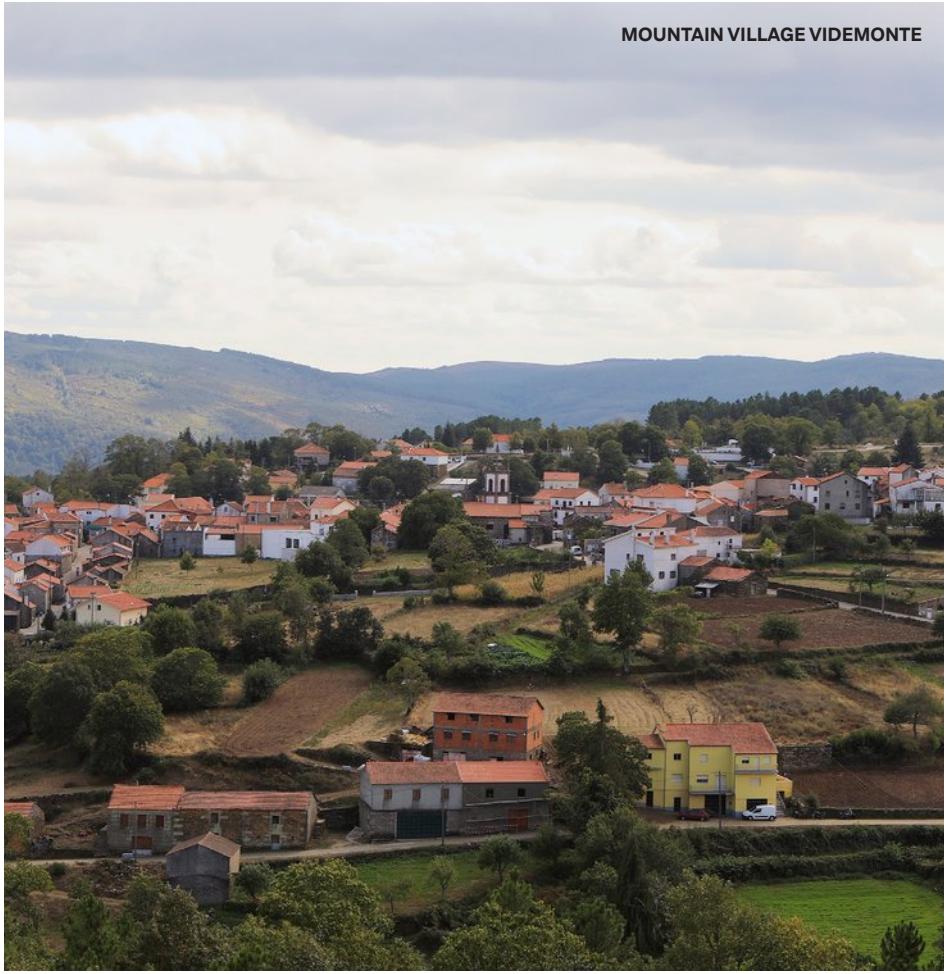
Useful information

There are 3 available routes:

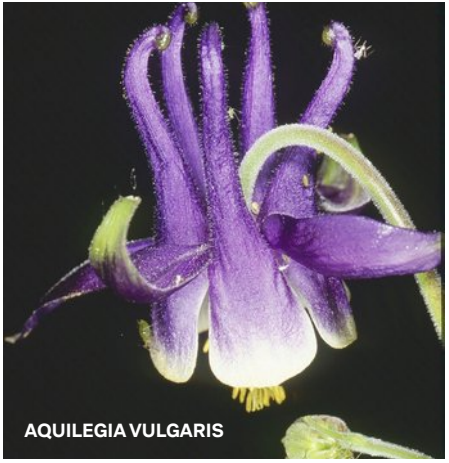
- Full route: 12km-long; medium difficulty; approximate duration: 4/5 hours // Barragem do Caldeirão - Videmonde
- Family route: 2km-long, linear // Videmonde - Açude dos Trinta
- Reduced mobility route: 2km, linear // Vila Soeiro - Central - Suspension Bridge Engenho do Pateiro

The walkways are open everyday from 09:00 to 17:00
Parking and bathrooms available at the entries of the walkways
Baby cars not recommended except in the reduced mobility route
Pets not allowed
Cafés and restaurants at the 3 entries of the walkways
Transfers available to take visitors from one end to the other
Visitors can enter/leave the route through each one of the 3 entries/exits
Ticket booking is mandatory
Parking lots next to the entries of the walkways


SERRA DA ESTRELA



MOUNTAIN VILLAGE VIDEMONTE



AQUILEGIA VULGARIS



WINTER IN SERRA DA ESTRELA





Côa Walkays

These 930 m-long walkways connect Côa Museum to the deactivated train station of Côa, near the mouth of River Côa, facing the Douro River. This is a short yet challenging route: 890 stairs and a gradient of 160 meters. Enough to take your breath away!

A still unspoilt nature, along with its history, set the pace of this tour across the Côa Walkways with a dazzling view over wild cliffy landscapes, the peaceful Douro and Côa Rivers and an inspiring fauna and flora, some of the protected. Absolutely extraordinary in-between two UNESCO World Heritage sites: the Archaeological Park of Côa Valley and Douro Valley.

A part of the territory of the Archaeological Park of Côa Valley belongs to the Special protection Area of Côa Valley, classified in 1999.

The Côa Walkays start next to the Côa Museum, in Vila Nova de Foz Côa.



Vouga Valley and Dão cycling paths 100 outstanding kms

Vouga Valley Cycling Path

Set upon the former railway line of Vouga – the very winding Vale das Voltas railway line that was deactivated in 1980 - the Vouga Valley cycling path stretches along 70 kms, connecting Sernada do Vouga, a small town in Águeda to Santa Comba Dão, across Águeda, Albergaria-a-Velha, Sever do Vouga, Oliveira de Frades, Vouzela, S. Pedro do Sul, Viseu and Tondela.

The enchanted valley of Vouga River sets the tone of the landscape of this cycling path. Vouga River is born in a thin water line at 930 m-high Serra da Lapa, in Viseu, running across 148 kms until it flows in the Aveiro Lagoon.

This is a refuge of biodiversity with deeply diversified landscapes. Vouga is an altitude river until São Pedro do Sul, crossing a deep valley and becoming a mountain river until Pessegueiro do Vouga. Its last 50 kms between large and low river banks as plateau river until its river mouth in Ria de Aveiro.

The monumental 28,5 m Poço de Santiago Bridge in Sever do Vouga, one of the highest stone masonry bridges in Portugal, eleven perfect round arches and a 165-metre deck, is one of the most stunning places on the whole cycling path.

Let's go for a train ride

The connection between Aveiro and Sernada do Vouga can also be made by train through the Vouga line, a railway line inaugurated in 1908, which transported many people who witnessed the fall of the monarchy and the establishment of the Republic, which survived two world wars, and witnessed the rise and fall of fascism in Portugal.

From June to October, the Historical Vouga Train circulates between Aveiro and Macinhata do Vouga, a journey on the only narrow-gauge line in operation in Portugal.


LUPINUS LUTEUS



VOUGA VALLEY CYCLING PATH • S. PEDRO DO SUL

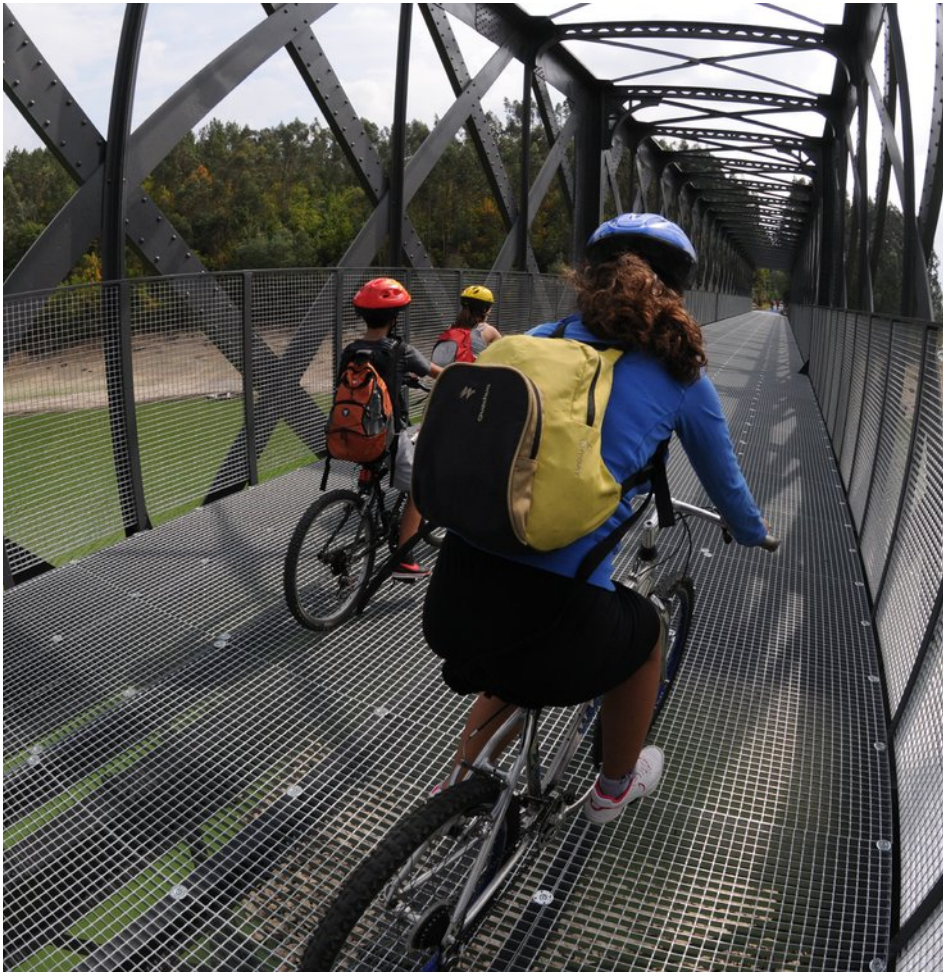
Dão Cycling Path

Situated in the former railroad branch of Viseu (the old Dão railway line), the Dão Cycling Path was officially inaugurated in June 2011. This cycling path is 49 m-long and crosses the municipalities of Santa Comba Dão, Tondela and Viseu.

Its sinuous design follows the curves of Dão and Paiva rivers, across a landscape of crok trees, chestnut trees, oak trees, vineyards and cultivated fields with a view over the Mountains of Caramulo and Serra da Estrela.

Let's go for a train ride

The connection to Santa Comba Dão can be made by train from Coimbra: Intercidades or Regional trains.




DARK SKY SCHIST VILLAGES

Useful links

The Eurail web site helps visitors plan rail journeys across Europe. The site shows average travel times between all the large European cities:
www.eurail.com

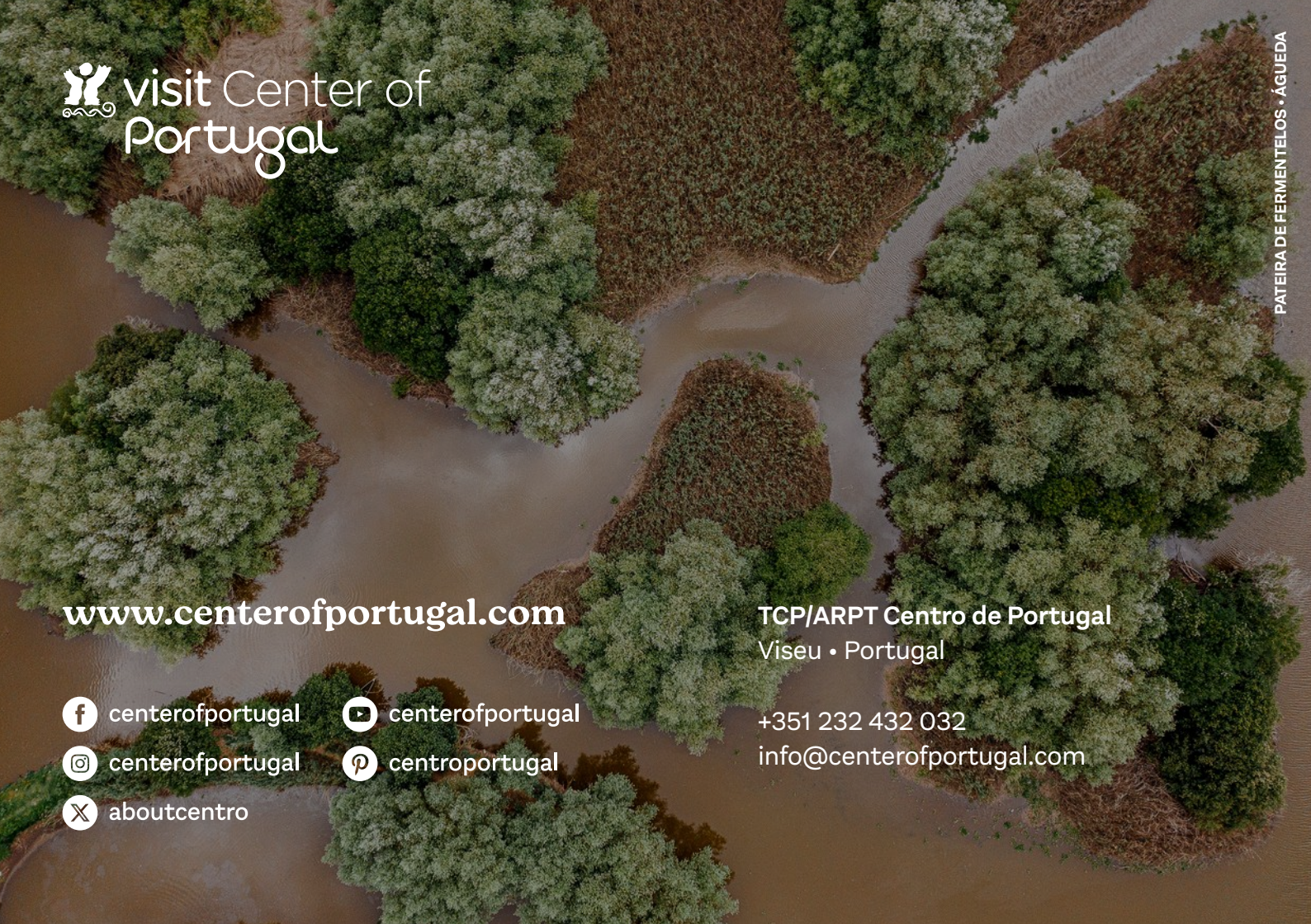
Two other comprehensive rail planning and fare booking services throughout Europe are Rail Europe and The Train Line:
www.raileurope.com
www.thetrainline.com

The Man in Seat 61 is an excellent web resource for train travel in Europe. The site provides information on the best routes, times and fares from London to all major destination in Europe and between the main cities in Europe:
www.seat61.com

The Portuguese Railways web site CP allows visits to check timetables throughout Portugal:
www.cp.pt

A calculator to compare the energy consumption, CO2 and exhaust atmospheric emissions for planes, cars and trains for passenger transport:
www.ecopassenger.org

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