

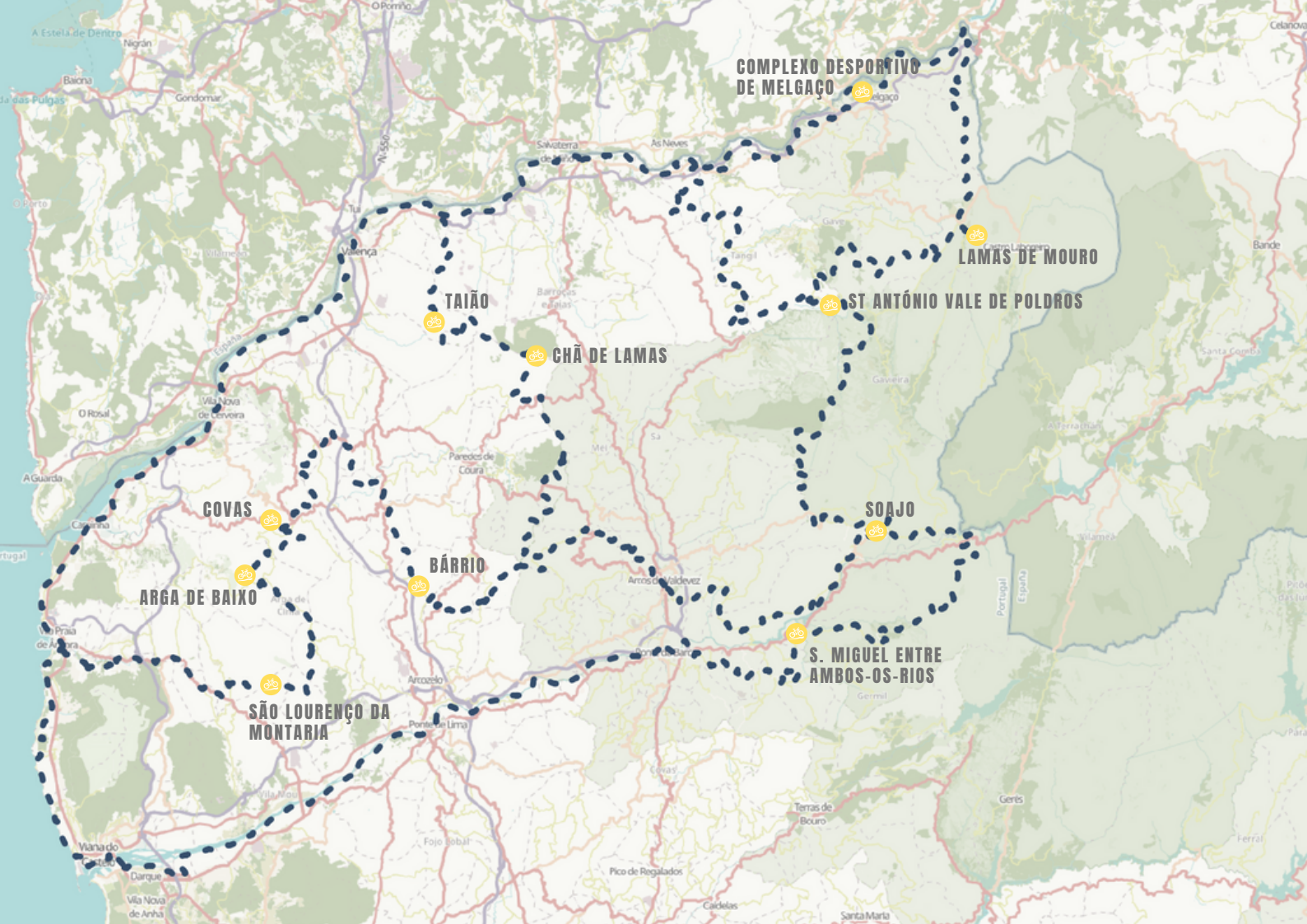


## **ROTA DAS ALDEIAS DO ALTO MINHO - CYCLING & WALKING**



# **ALTO MINHO**

[www.altominho.pt](http://www.altominho.pt)



A Rota das Aldeias Alto Minho - Cycling & Walking, englobam um conjunto de recursos naturais e turísticos, cuja atratividade é inegável e passível de visitar. As aldeias e lugares mais destacados nesta rota são: São Lourenço da Montaria, Covas, Arga de Baixo, Bário, Chã de Lamas, Taião, Santo António Vale de Poldros, Lamas de Mouro, Soajo, São Miguel Entre Ambos-os-Rios. Este rota não se encontra sinalizada no terreno, funciona por track de gps, pode descarregar todas as etapas no QR code aqui disponível.

## Legenda



**Início da etapa**



**Distância**



**Centros C&W**



**Meio da etapa**



**Desnível**



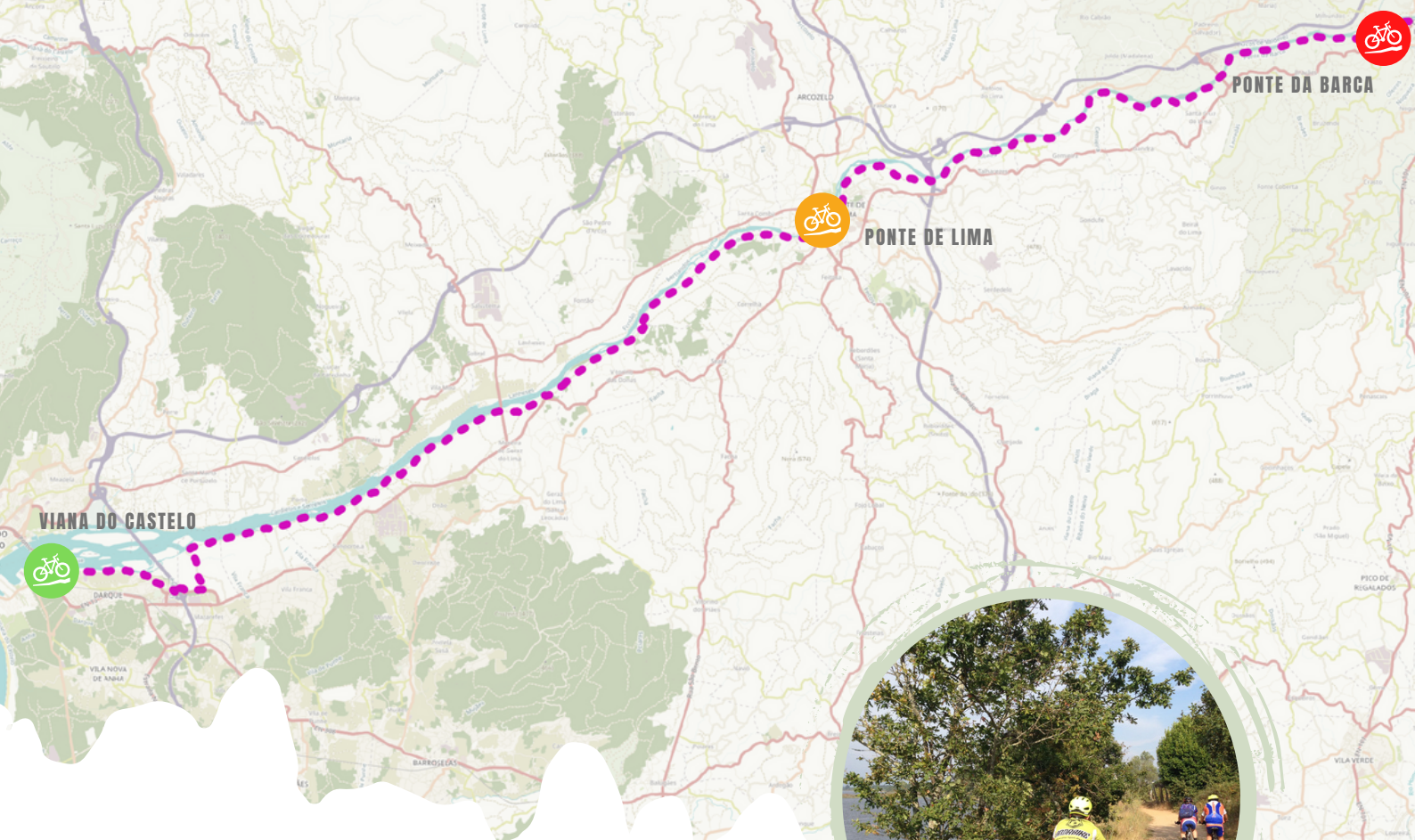
**Final da etapa**



**Download da etapa**







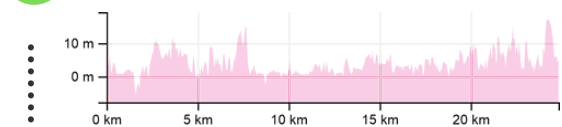
## VIANA DO CASTELO » PONTE DE LIMA » PONTE DA BARCA



41,8 KM    + 135 | - 121 M



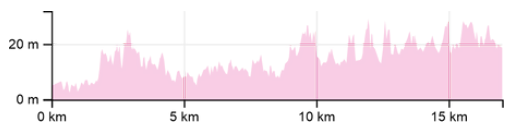
### VIANA DO CASTELO » PONTE DE LIMA



24,8 KM    + 48 | - 47 M



### PONTE DE LIMA » PONTE DA BARCA



17,0 KM    + 89 | - 74 M



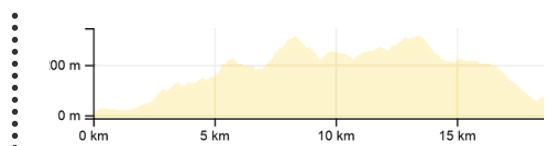




**PONTE DA BARCA » S. MIGUEL ENTRE AMBOS-OS-RIOS » SOAJO**

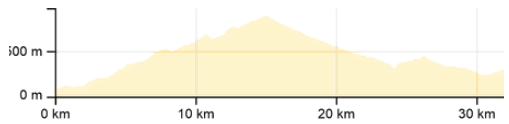
50,7 KM + 1782 | - 1510 M

**PONTE DA BARCA » S. MIGUEL ENTRE AMBOS-OS-RIOS**



18,7 KM + 517 | - 475 M

**S. MIGUEL ENTRE AMBOS-OS-RIOS » SOAJO**



32,1 KM + 1259 | - 1029 M



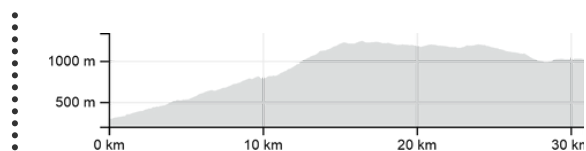




## SOAJO » ST ANTÓNIO » LAMAS DE MOURO

 **54,1 KM**  **+ 1736 | - 1154 M**

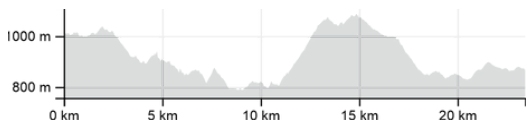
### SOAJO » SANTO ANTÓNIO VALE DE POLDROS



 **30,9 KM**  **+ 1103 | - 387 M**

 **Zona de Proteção Parcial tipo I e tipo II do Parque Nacional da Peneda-Gerês (verificar autorizações de passagem)**

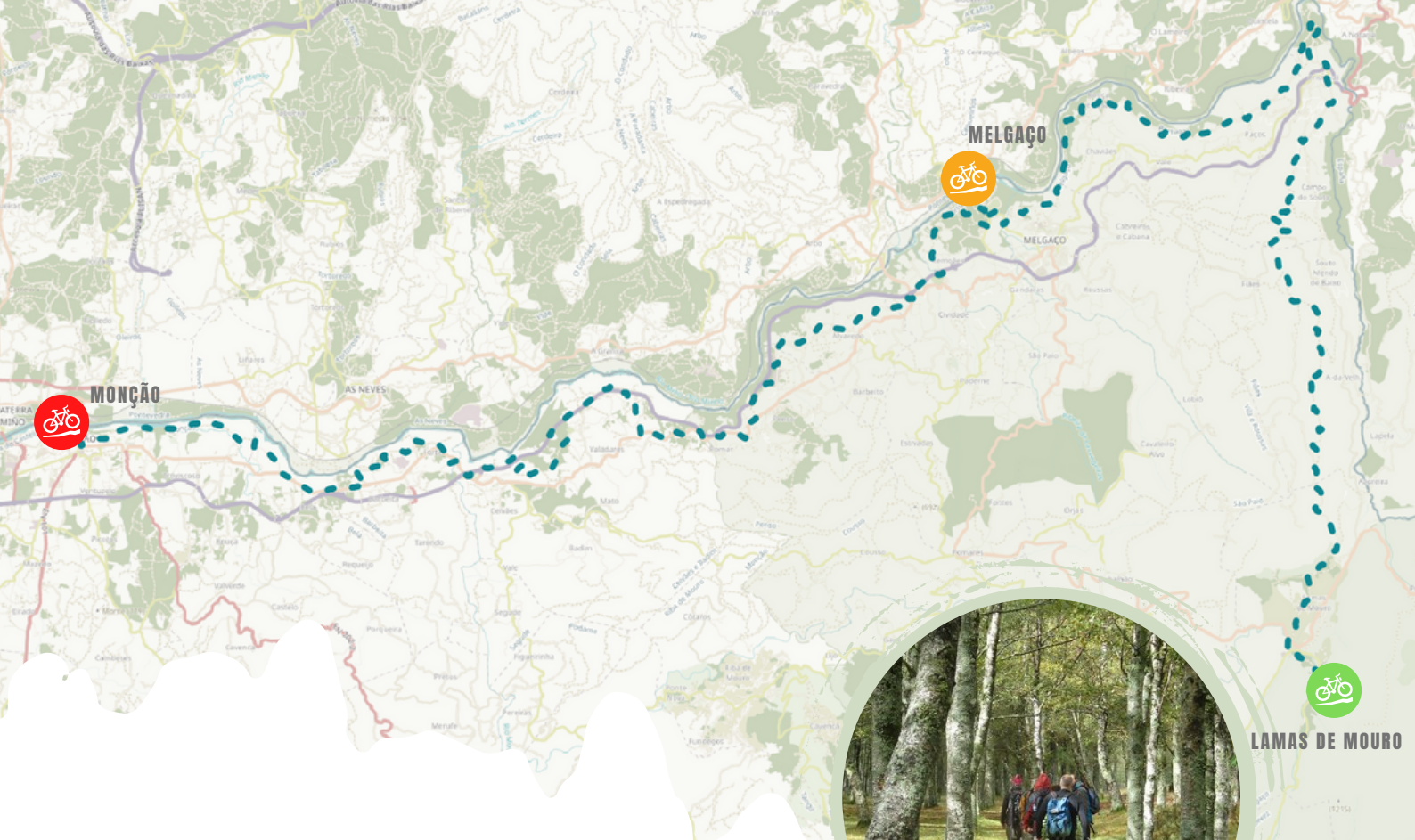
### ST ANTÓNIO » LAMAS DE MOURO



 **23,4 KM**  **+ 635 | - 780 M**



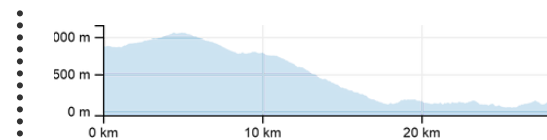




## LAMAS DE MOURO » MELGAÇO » MONÇÃO

56,2 KM    + 926 | - 1755 M

### LAMAS DE MOURO » MELGAÇO



28,4 KM    + 576 | - 1330 M

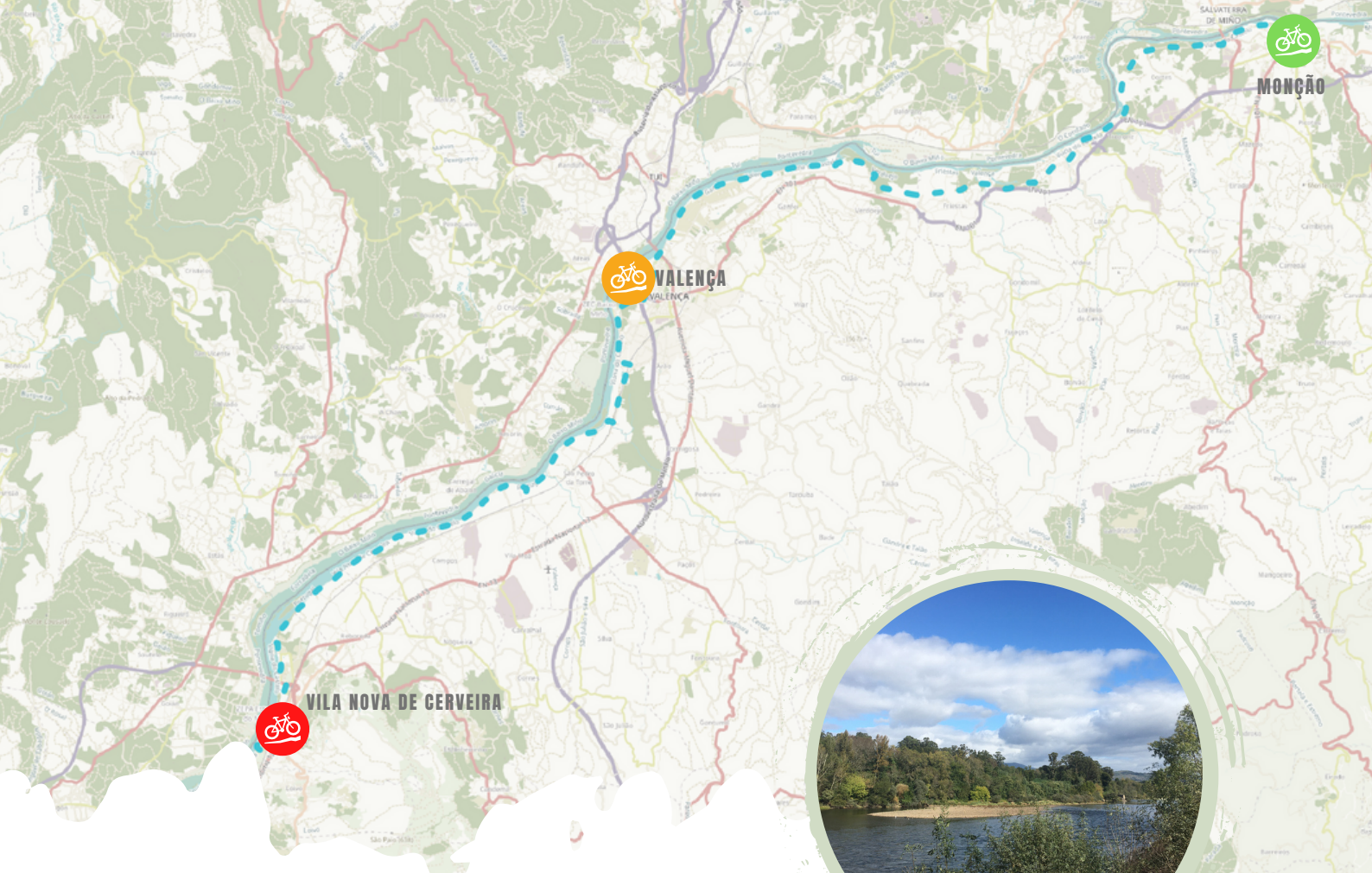
### MELGAÇO » MONÇÃO



28,4 KM    + 343 | - 428 M







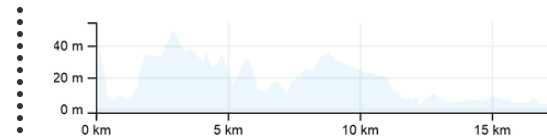
# MONÇÃO » VALENÇA » VILA NOVA DE CERVEIRA



**33,5 KM** **+ 159 | - 198 M**



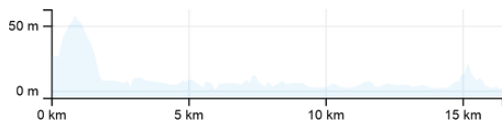
## MONÇÃO » VALENÇA



**17,1 KM** **+ 97 | - 117 M**



## VALENÇA » VILA NOVA DE CERVEIRA



**16,4 KM** **+ 62 | - 81 M**



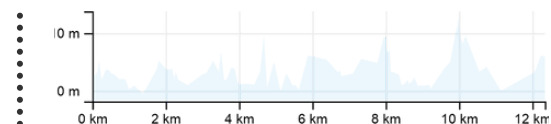




## VILA NOVA DE CERVEIRA » CAMINHA » VIANA DO CASTELO

43,2 KM +104 | -103 M

### VILA NOVA DE CERVEIRA » CAMINHA



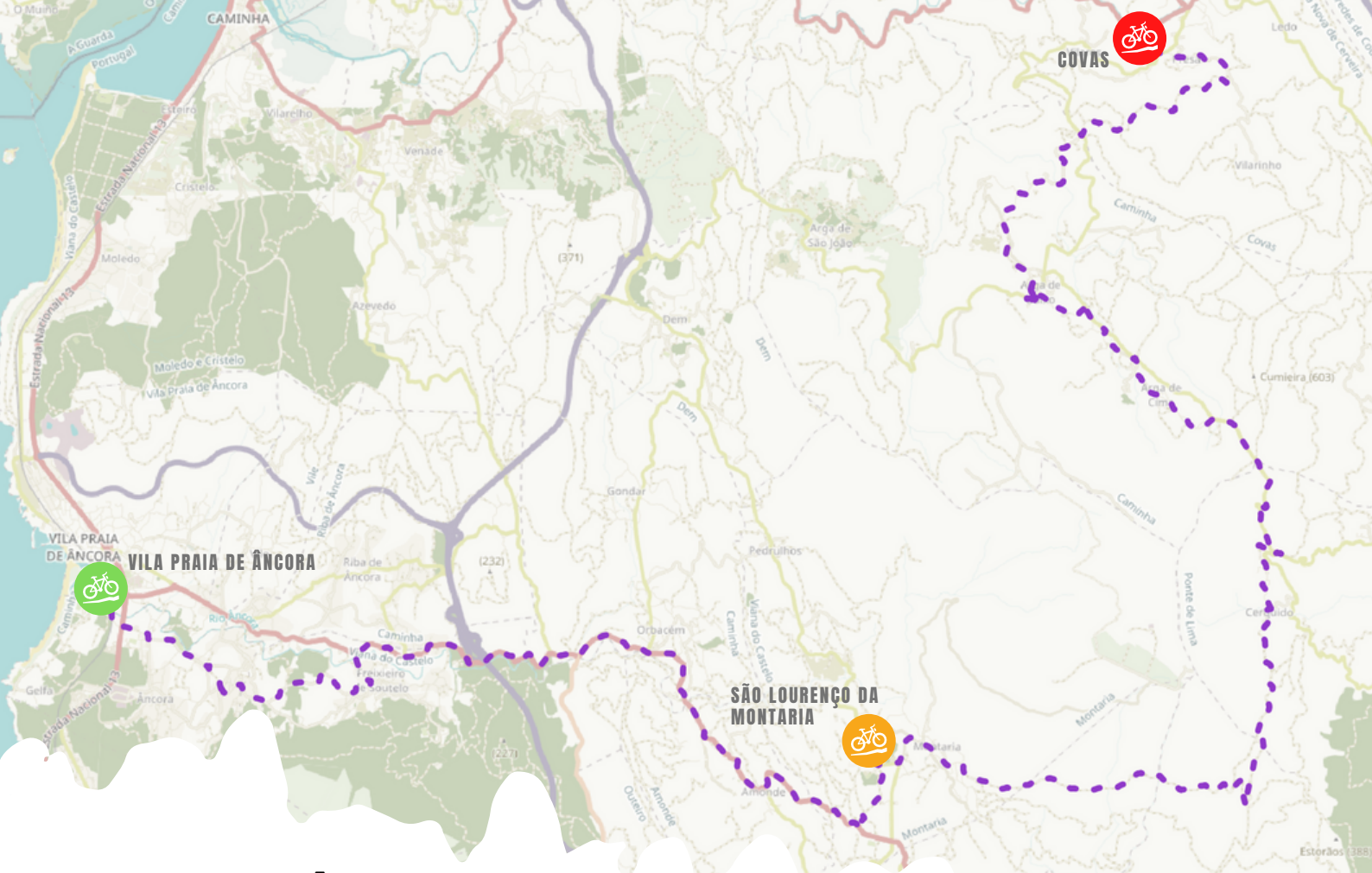
12,3 KM +26 | -25 M

### CAMINHA » VIANA DO CASTELO



30,9 KM +78 | -78 M

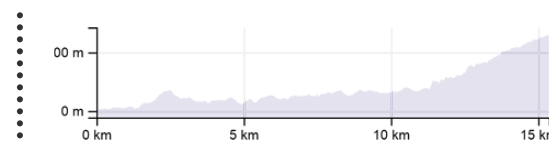




## VILA PRAIA DE ÂNCORA » MONTARIA » ARGAS DE BAIXO » COVAS

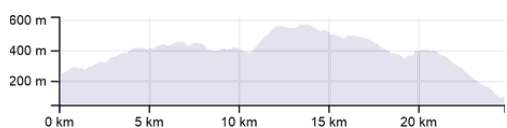
40,1 KM + 915 | - 825 M

### VILA PRAIA DE ÂNCORA » MONTARIA



15,3 KM + 348 | - 94 M

### MONTARIA » ARGAS DE BAIXO » COVAS



24,8 KM + 567 | - 732 M





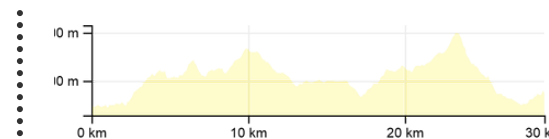
## COVAS » BÁRIO » CHÃ DE LAMAS



50,2 KM + 1641 | - 1141 M



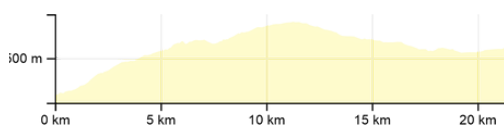
### COVAS » BÁRIO



28,9 KM + 816 | - 764 M



### BÁRIO » CHÃ DE LAMAS



21,3 KM + 825 | - 377 M



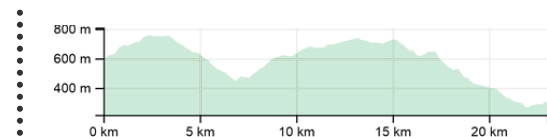




## CHÃ DE LAMAS » TAIÃO » VERDOEJO

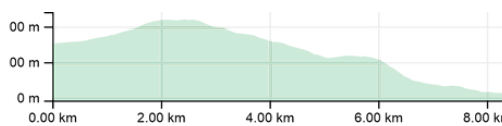
 **31,2 KM**  **+ 702 | - 1269 M**

### CHÃ DE LAMAS » TAIÃO



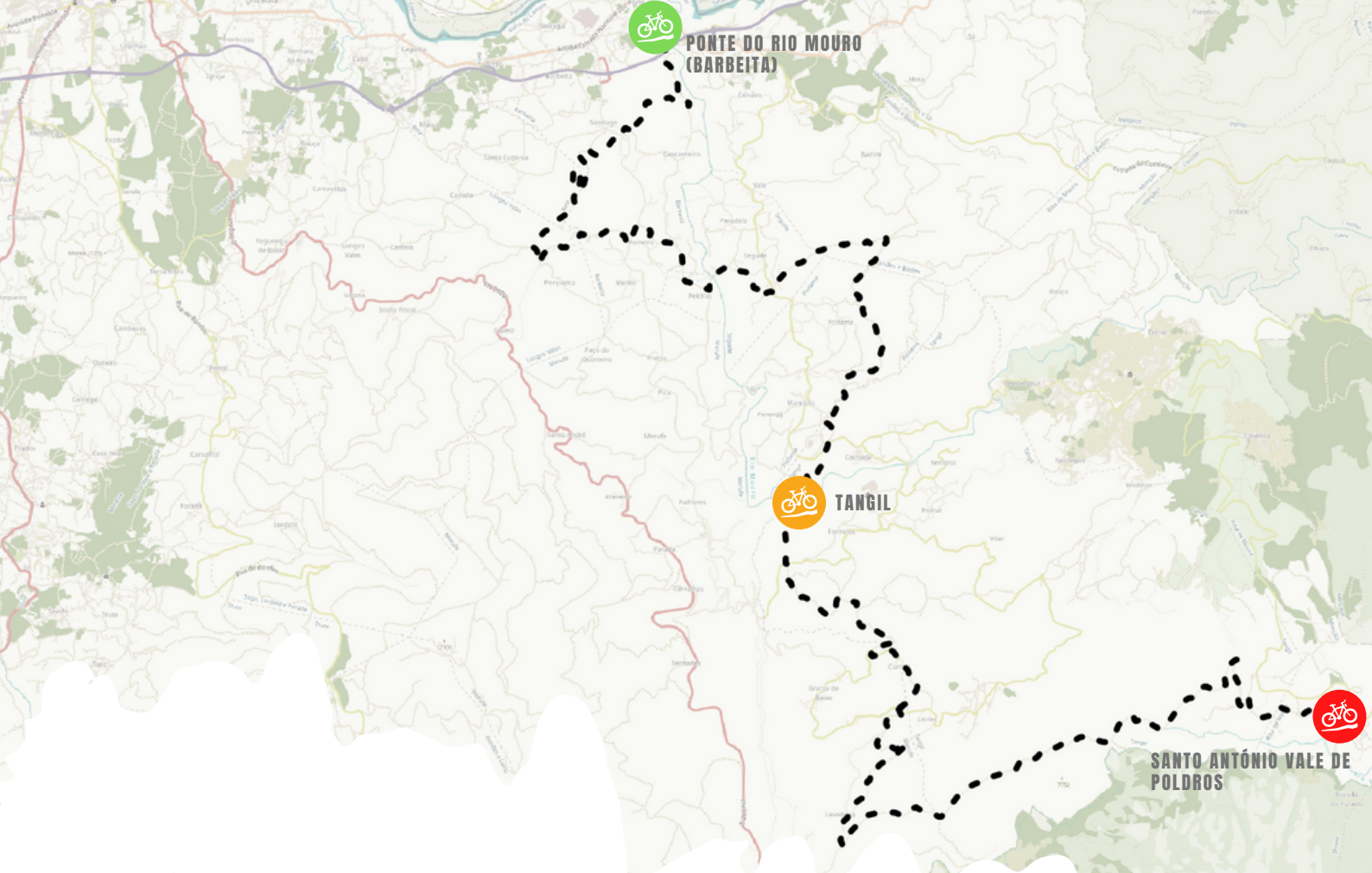
 **23 KM**  **+ 560 | - 850 M**

### TAIÃO » VERDOEJO



 **8,2 KM**  **+ 142 | - 419 M**

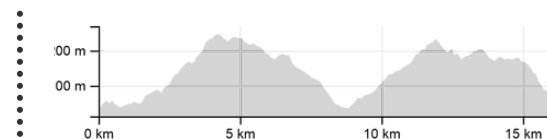




## LIGAÇÃO: PONTE DO MOURO » ST ANTÓNIO VALE DE POLDROS

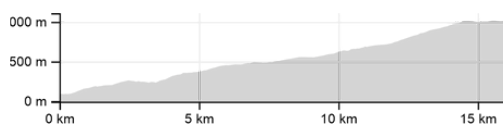
 **32,1 KM**  **+ 1467 | - 491 M**

### PONTE DO MOURO » TANGIL



 **16 KM**  **+ 494 | - 446 M**

### TANGIL » SANTO ANTÓNIO VALE DE POLDROS



 **16,1 KM**  **+ 971 | - 41 M**



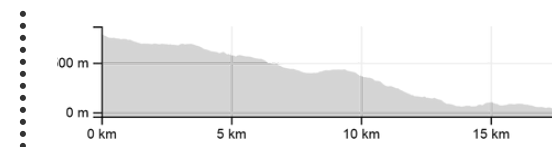




**LIGAÇÃO: CRUZ VERMELHA » ARCOS DE VALDEVEZ » SOAJO** 

 **43,3 KM**  **+ 1352 | - 856 M**

 **CRUZ VERMELHA » ARCOS DE VALDEVEZ**



 **17,5 KM**  **+ 141 | - 898 M**

 **ARCOS DE VALDEVEZ » SOAJO**



 **25,3 KM**  **+ 736 | - 475 M**





**cim alto minho**  
comunidade intermunicipal do minho-lima



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