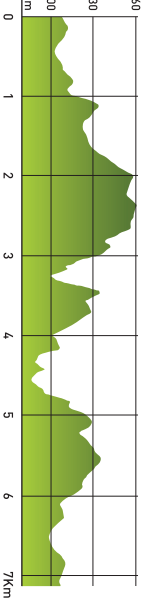


ALTIMETRIA / ALTIMETRY

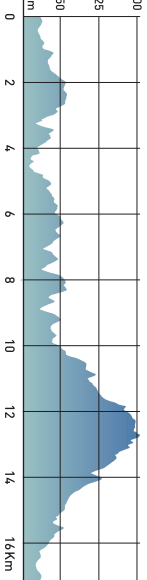
21

DISTÂNCIA | DISTANCE: 7,10 km / 4,41 mi
ACUMULADO SUBIDA | POSITIVE CLIMBING: 137 m / 450 ft
TEMPO | TIME: 1:00 → 1:30



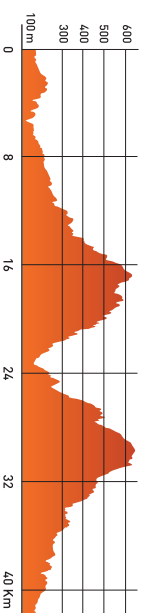
22

DISTÂNCIA | DISTANCE: 17,18 km / 10,68 mi
ACUMULADO SUBIDA | POSITIVE CLIMBING: 504 m / 1653 ft
TEMPO | TIME: 1:30 → 2:00



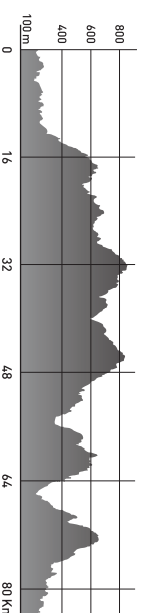
23

DISTÂNCIA | DISTANCE: 41,78 km / 25,96 mi
ACUMULADO SUBIDA | POSITIVE CLIMBING: 1460 m / 4790 ft
TEMPO | TIME: 4:00 → 5:00

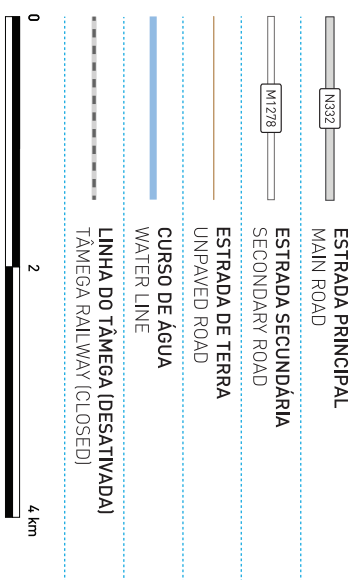


24

DISTÂNCIA | DISTANCE: 83,99 km / 52,19 mi
ACUMULADO SUBIDA | POSITIVE CLIMBING: 3039 m / 9971 ft
TEMPO | TIME: 8:00 → 8:00



LEGENDA / LEGEND



Coordenação Técnica:

AG2

CONSULTING

Design:

www.poldesignstudio.com

Infografia:

www.estudionomada.com

PONTOS DE INTERESSE INTERESTING POINTS

1. Citânia do Ladário | Ladário's Pre-Roman Ruins
2. Igreja de Ribas | Ribas Church
3. Circuito de Moinhos de Argontim | Argontim's Mill Circuit
4. Igreja de Veade | Veade's Church
5. Parque de Merendas do Viso | Viso's Picnic Park
6. Castro de Barraga | Barraga's Pre-Roman Ruins
7. Castelo de Arnoia | Arnoia's Castle

