

Miranda do Corvo



Contactos úteis
Useful contacts

SOS Emergência
SOS Emergency
tel.: 112

Incêndios Florestais
Forest fire department
tel.: 117

Bombeiros Voluntários
Fire Brigade
tel.: 239 532 194

G.N.R. / Police
tel.: 239 532 147

Informação Anti-Venenos
Poisons Information Centre
tel.: 808 250 133

Contacto dos Promotores
Promoter contacts

Câmara Municipal de Miranda do Corvo
Miranda do Corvo Municipal Council
tel.: 239 530 320

Baldios de Vila Nova
tel.: 239 538 109

Abutres
Email: geral@abutres.net

ADXTUR - Agência para o Desenvolvimento Turístico das Aldeias do Xisto
tel.: 275 647 700

Posto de Turismo / Tourist office
tel.: 239 530 316

Onde dormir / Places to sleep

Hotel Quinta do Viso***
Quinta do Viso
tel.: 239 530 400
e-mail: hotel@quintadoviso.com
www.quintadoviso.com
GPS N 40.05887° W -8.19682°

Sabores da Fraga
Souravás
tel.: 239 538 088 | 965 929 048
e-mail: saboresdafraga@gmail.com
www.saboresdafraga.com
GPS N 40.038669° W -8.313219°

Pátio do Xisto
Gondramaz
tel.: 239 538 012 | 933 928 371
e-mail: info@patiodoxisto.pt
www.patiodoxisto.pt
GPS N 40.061947° W -8.272478°

Mountain Whisper | Gondramaz
tel.: 239 532 055 | 961 512 150
e-mail: info@mountainwhisper.pt
www.mountainwhisper.pt
GPS N 40.061947° W -8.272478°

Sete Quintas
Museu Do Azeite | Retorta
tel.: 911 514 587 | 239 538 562
e-mail: setequintas@hotmail.com
www.museudoazeite.pt

Delucci Retreat | Corujeira
tel.: 912 009 655 | 239 538 034
e-mail: flash@delucci.co.uk

Parque De Caravanas De Miranda Do Corvo
EN 342
GPS N 40.0846235° W -8.2882922°

Como chegar / How to get there



Onde comer / Places to eat

A Parreirinha
tel.: 239 532 312 | 914 394 008
GPS N 40.0911° W -8.325238°

Estação de Sabores
tel.: 239 538 356
GPS N 40.089024° W -8.33173°

Museu da Chanfana
tel.: 239 538 444 | 915 361 527
GPS N 40.093557° W -8.333688°

O Caniço
tel.: 910 270 535
GPS N 40.082115° W -8.333000°

O Caracol
tel.: 239 042 365 | 915 638 918
GPS N 40.093091° W -8.332886°

O Espanhol
tel.: 239 531 053
GPS N 40.083300° W -8.326048°

Fika Keto
tel.: 239 532 234
GPS N 40.091894° W -8.333299°

Churrasqueira Faju
tel.: 239 533 202
GPS N 40.091767° W -8.330303°

Churrasqueira Oficina do Frango
tel.: 239 059 336
GPS N 40.089026° W -8.331325°

Churrasqueira Paraíso do Frango
tel.: 239 538 233
GPS N 40.082115° W -8.3283483220°

O Paris
tel.: 91 7391946 | 926314863
GPS N 40.096293° W -8.324536°

O Grelhador
tel.: 239 532 075
GPS N 40.091283° W -8.330536°

O Professor
tel.: 918 851 867
GPS N 40.095952° W -8.328717°

Rufino dos Leitões
tel.: 239 533 867
GPS N 40.102118° W -8.328799°

Taberna Típica do Bernardo
tel.: 917 399 584
GPS N 40.091767° W -8.330303°

Teia
tel.: 239 538 429 | 917 017 899
GPS N 40.093223° W -8.331681°

S. Miguel
tel.: 239 532 202
GPS N 40.096211° W -8.330308°

O Paris
tel.: 91 7391946 | 926314863
GPS N 40.096293° W -8.324536°

Zé Padêiro
tel.: 239 532 108
GPS N 40.095447° W -8.331552°

A Cancela
tel.: 239 532 575 | 915 337 643

Pentágono | Semide
tel.: 239 549 431
GPS N 40.158556° W -8.335522°

Churrasqueira Galinha Amiga Semide
tel.: 239549025 | 938092820
GPS N 40.157598° W -8.334224°

Varandas do Ceira | Semide
tel.: 239 549 833
GPS N 40.173446° W -8.302188°

O Pedroso | Semide
tel.: 239 549 438
GPS N 40.152075° W -8.347567°

O Careca
Casais S. Clemente | Lamas
tel.: 239 532 221
GPS N 40.093452° W -8.383061°

O Carpinteiro | Moinhos
tel.: 239 531 291
GPS N 40.115493° W -8.355424°

Pátio do Xisto | Gondramaz
tel.: 239 538 012 | 933 928 371
e-mail: info@patiodoxisto.pt
www.patiodoxisto.pt
GPS N 40.061947° W -8.272478°

Beco do Tintol | Gondramaz
tel.: 917 811 577
GPS N 40.062047° W -8.272919°

O Ferrador
tel.: 239 549 362
GPS N 40.132082° W -8.333022°

Retiro do mendes
tel.: 239 428 158
GPS N 40.072667° W -8.328601°



13 O Senhor da Serra
Circular route beginning and ending in Semide. It is a difficult route which provides a short tour along the banks of the river Ceira, through the Senhor da Serra and the Vale do Açor.

12 Pelas Margens do Rio Ceira
Circular route beginning and ending in Semide. It is a moderate route which provides a short tour along the banks of the river Ceira.

6 Louçã Mountain
Round trip route with beginning and end at Gondramaz. It is a moderate route which provides a small tour of the Serra da Louçã with magnificent scenery and fresh air which rejuvenate body and mind.

4 Chanfana route
Circular route that connects the three doors of the MTB Centre, Quinta da Paiva, Vila Nova and Gondramaz and passes through Lamas, Vale do Aço, Semide. It is a very difficult route which can be initiated on any of the doors. This route is advised for those who are physically well prepared.

3 Gondramaz, Aldeia do Xisto
Circular route that connects the three doors of the MTB Centre, Quinta da Paiva, Vila Nova and Gondramaz. It is a difficult route which can be initiated on any of the doors. There is an alternative detour of 6.35 kilometers on a mountain ascent to Gondramaz either by dirt or road trail.

2 Quinta da Paiva, Vila Nova
Circular route that connects the two doors of the MTB Centre, Quinta da Paiva and Vila Nova. It is a moderate route which can be initiated on any of the doors.

1 Vamos à Vila
Round trip route with beginning and end at Quinta da Paiva. It is the easiest route of the Centre. Accessible to all athletes of the sport. It is a ride between the Quinta da Paiva and the Centre of the village of Miranda do Corvo.

13 O Senhor da Serra
Circular route beginning and ending in Semide. It is a difficult route which provides a short tour along the banks of the river Ceira, through the Senhor da Serra and the Vale do Açor.

12 Pelas Margens do Rio Ceira
Circular route beginning and ending in Semide. It is a moderate route which provides a short tour along the banks of the river Ceira.

6 Serra da Louçã
Circular route beginning and ending in Semide. It is a moderate route which provides a small tour of the Serra da Louçã with magnificent scenery and fresh air which rejuvenate body and mind.

4 Rota da Chanfana
Circular route that connects the three doors of the MTB Centre, Quinta da Paiva, Vila Nova and Gondramaz and passes through Lamas, Vale do Aço, Semide. It is a very difficult route which can be initiated on any of the doors. This route is advised for those who are physically well prepared.

3 Gondramaz, Aldeia do Xisto
Circular route that connects the three doors of the MTB Centre, Quinta da Paiva, Vila Nova and Gondramaz. It is a difficult route which can be initiated on any of the doors. There is an alternative detour of 6.35 kilometers on a mountain ascent to Gondramaz either by dirt or road trail.

2 Quinta da Paiva, Vila Nova
Circular route that connects the two doors of the MTB Centre, Quinta da Paiva and Vila Nova. It is a moderate route which can be initiated on any of the doors.

1 Vamos à Vila
Round trip route with beginning and end at Quinta da Paiva. It is the easiest route of the Centre. Accessible to all athletes of the sport. It is a ride between the Quinta da Paiva and the Centre of the village of Miranda do Corvo.

Muito Difícil / Very difficult
(Bastante técnico, só para praticantes com bastante experiência, declives máximos >20%, obstáculos não evitáveis altura > 0,5 m ; piso imprévisível)
(quite technical, for experienced users only, maximum slopes >20%, unavoidable obstacles, height > 0,5 m ; unpredictable ground conditions)

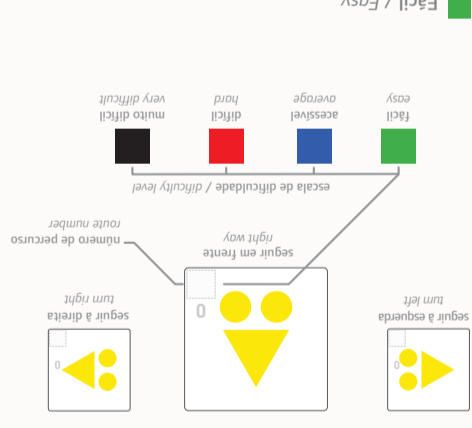
Difícil / Hard
(Com diversos obstáculos altura < 0,5 m e passagens técnicas, declives máximos >15% com média inferior a 15%, piso muito variável)
(several obstacles < 0,5 m and technical passages, maximum slopes > 15% and average <15% with variable ground conditions)

Fácil / Easy
(rotação, piso rijo ou asfaltado e largura > 1,5m, declives inferiores a 10% com média inferior a 5%, sem obstáculos)
(rolling, hard or asphalt trail, with a width > 1,5m, slopes with < 10% and average <5%, without obstacles)



Acessível / Average
(poucos obstáculos altura < 0,2m ; poucas passagens técnicas, declives máximos >10%, obstáculos não evitáveis e largura > 1m)
(few obstacles height < 0,2m ; few technical passages, slopes > 15% with an average < 10%, firm or stable ground and width > 1m)

Fácil / Easy
(rotação, piso rijo ou asfaltado e largura > 1,5m, declives inferiores a 10% com média inferior a 5%, sem obstáculos)
(rolling, hard or asphalt trail, with a width > 1,5m, slopes with < 10% and average <5%, without obstacles)



Signética usada / Signage used

- Evite correr riscos desnecessários
- Realize os percursos de maior dificuldade acompanhado
- Evite realizar os percursos durante a noite
- Leve sempre consigo água, comida e vestuário em excesso,
- Ter sempre consigo um telemóvel com bateria e os contactos de emergência
- Avise sempre um familiar ou amigo do percurso que vai realizar e as horas previstas de início e fim da sua atividade
- Evite fazer ruído desnecessário
- Mantenha-se no trilho traçado
- Preserve a flora e evite perturbar a fauna
- Evite fazer percursos de passagem
- Não faça lume
- Não colha amostras de plantas ou rochas
- Seja atível com as pessoas que encontre no local

Recomendações

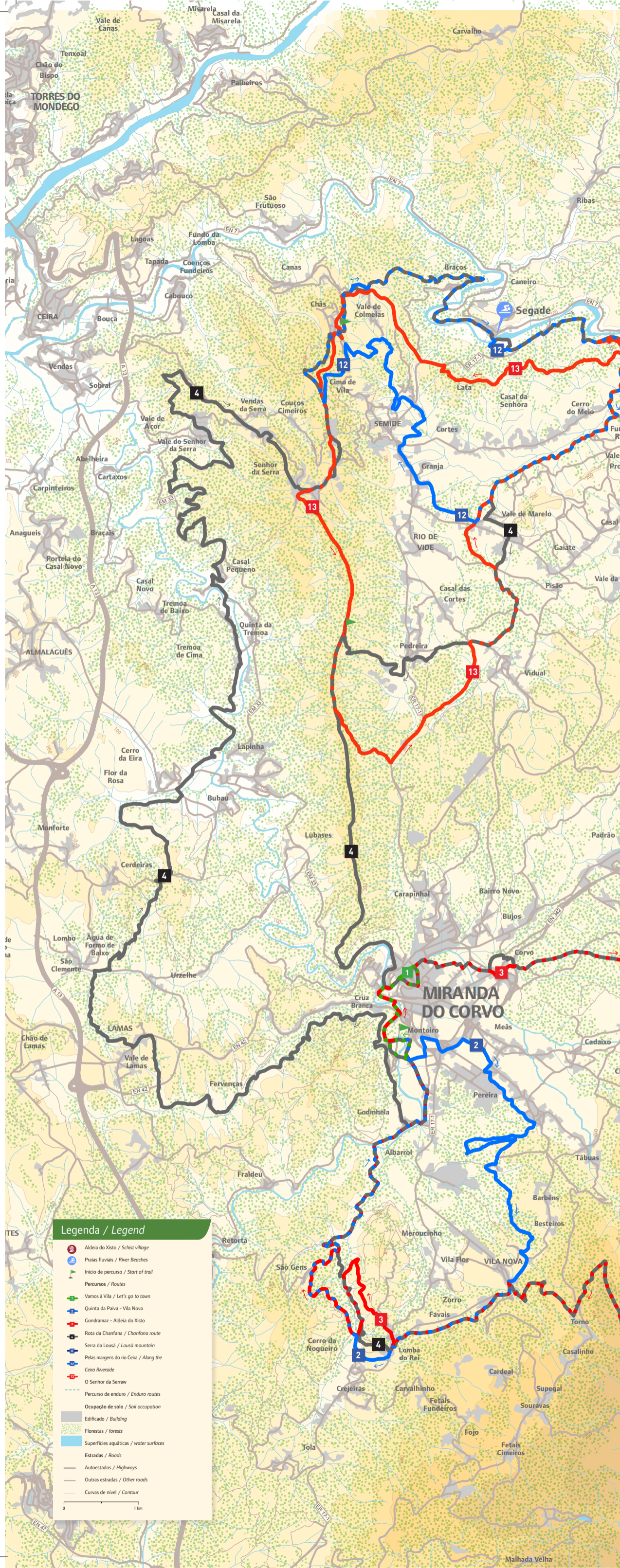
- Remain on the pre-determined trail
- Preserve the flora and avoid disturbing the fauna
- Avoid making unnecessary noise
- Do not litter or leave other traces of your passage
- Do not make fire
- Do not collect samples of rocks or plants
- Be friendly with the people you find on the site
- Avoid taking unnecessary risks
- Perform the more difficult routes accompanied
- Avoid performing routes during the night
- Always take water, food and clothing in excess, a headlamp,
- Always have on you a phone with battery and the emergency contacts
- Always notify a family member or friend of the route that you will perform, and the estimated time for the beginning and end of your activity

Rules of the trail

Normas de conduta

Percursos

Routes



	percurso route	distância distance	duração time	desnível positivo positive height gain	altitude máxima maximum altitude	gráfico de altitude elevation graphic
1	Vamos à Vila <i>Let's go to town</i>	4,65 km	30 m	10 m	135/125 m	
2	Quinta da Paiva <i>Vila Nova</i>	18 km	2 h	300 m	310/125 m	
3	Gondramaz <i>Aldeia do Xisto</i>	34 km	4 h	1700 m	915/125 m	
4	Rota da Chanfana <i>Chanfana route</i>	93 km	6 h 30 m	3360 m	883/75 m	
6	Serra da Louçã <i>Louçã Mountain</i>	14 km	1 h	500 m	900/570 m	
12	Pelas margens do rio Ceira <i>Along the Ceira Riverside</i>	20 km	1 h 30 m	1000 m	407/75 m	
13	O Senhor da Serra	23 km	3 h	1500 m	407/70 m	

Legenda / Legend

- Aldeia do Xisto / Schist village
- Praias fluviais / River beaches
- Início de percurso / Start of trail
- Percursos / Routes
- Vamos à Vila / Let's go to town
- Quinta da Paiva - Vila Nova
- Gondramaz - Aldeia do Xisto
- Rota da Chanfana / Chanfana route
- Serra da Louçã / Louçã mountain
- Pelas margens do rio Ceira / Along the Ceira Riverside
- O Senhor da Serra
- Percursos de enduro / Enduro routes
- Ocupação de solo / Soil occupation
- Edifício / Building
- Florestas / forests
- Superfícies aquáticas / water surfaces
- Estradas / Roads
- Autoestradas / Highways
- Outras estradas / Other roads
- Curvas de nível / Contour

0 1 km