

PEDALING UNTIL FRAGA DO PUIO

DESCRIPTION:

This Mountain Bike Touring corresponds to a bike circuit throughout the zone directly to the south of the city of Miranda do Douro. This tour begins in Miranda do Douro, following south through a rural road to Cércio, and through a moorish path to the village of Freixiosa and to the *Fraga do Chapéu* (cliff of Hat). From there follows through rural roads to Vila Chã da Braciosa, then again through rural roads to the village of Barrocal do Douro, and to *Fraga do Puio* (cliff of *Puio*), in Picote, facing the Douro River. Again through rural roads we go to Fonte da Aldeia, and before entering that village, we take the course of the Little Chapel of *Trindade*, surrounded by the largest Cork Oak forest of the Cold Land of Trás-os-Montes. The way back will be made through rural and municipal roads, passing in Fonte da Aldeia, Duas Igrejas and Cércio, until we reach Miranda do Douro through the Urban Park of Fresno River.

COURSE CHARACTERISTICS:

- **Location** – south of Miranda do Douro / parishes of Miranda do Douro, Duas Igrejas, Vila Chã da Braciosa and Picote / Miranda do Douro area / Bragança district / Trás-os-Montes / Portugal
- **Course** – circular / generalist
- **Point of departure and arrival** – Urban Park of Fresno River, Miranda do Douro
- **Distance to travel** – 55 km
- **Ground unevenness** – slight
- **Minimum altitude** – 605 m
- **Medium altitude** – 695 m
- **Maximum altitude** – 775 m
- **Duration** – between 7 and 8 hours
- **Type of Course** – sportive, panoramic, environmental and cultural
- **Paths** – rural and municipal road
- **Difficulty level** – medium
- **Favourable season** – there isn't any

TO BETTER ENJOY THIS ACTIVITY, WE ADVISE THE USE OF:

- Suitable shoes, fit for the practice of MTB;
- Helmet, gloves and suitable clothes for the practice of MTB and according to weather;
- Energetic bars or other energy food source;



- Bottle with water;
- Camera;
- Sunscreen in the summer.

If you're used to MTB practice and you can't bring your bicycle, bring your **saddle**, and we provide you the bicycle!

PRICES:

- 1 day = 30,00 €/person (*)
- 1 day = 45,00 €/person (**)

(*) **Includes:** Specialized guide, obligatory insurance and country lunch.

(**) **Includes:** Bicycle and helmet, specialized guide, obligatory insurance and country lunch.

For more information please refer to the **Terms and Conditions**.

We advise you to read the section
Good Practices

MORE THAN ADVENTURE, NATURE AND CULTURE

