

**ROTA DE
ALVORNINHA**

ALVORNINHA
CALDAS DA RAINHA

PR1

**ROTA DA
BARRAGEM**
ALVORNINHA

3K

PR2

**ROTA DO
PAUL DE
TORNADA**
TORNADA E
SALIR DO PORTO

3.5k

PR3

**ROTA DAS
PEGADAS DOS
DINOSSAUROS**
TORNADA E
SALIR DO PORTO

8.9k

PR4

**ROTA DA
BOAVISTA**
SANTO ONOFRE E
SERRA DO BOURO

7.2k

PR5

**ROTA DE
ALVORNINHA**
ALVORNINHA

9.3k

PR6

**ROTA DOS
AFETOS**
FOZ DO ARELHO

10.5k

PR7

**ROTA DA
LAGOA DE
ÓBIDOS**
NADADOURO E
FOZ DO ARELHO

12.8k

GR11/E9

**ROTA DO
ATLÂNTICO**
TROÇO CONCELHIO

22.8k

CAMINHO

**CAMINHO DO
MAR/FÁTIMA**
TROÇO CONCELHIO

10k



TRAIL RUNNING • 6 ROUTES • 115k

MTB • 4 ROUTES • 150k

ROAD CYCLING • 6 ROUTES • 350k



C.R. FIRE DEPARTMENT
262 840 550

EMERGENCY

112

C.R. CITY HALL
262 240 000

C.R. POLICE DEPARTMENT
262 830 180

C.R. TOURIST OFFICE
262 240 005



ROUTE

The route begins next to the Sports Pavilion, passing by Alvorninha Church, then descends towards the river and its dam.

Following Rua das Flores, you go around the dam on the north side, passing through the villages of Cumeira da Cruz and Almofala before descending back towards the dam.

Here, you walk along the dam's wall, then take a trail through a dense forest of cork oaks, pine trees, and eucalyptus in a southerly direction, ultimately leading you to the finishing point.

TECHNICAL DATA

COORDINATES

BEGINNING/END
39.382262
-9.035020

ELEVATION

MÍN. 74 m
MÁX. 175m

GRADING

DIFFICULT

FCMP GRADE

I II III IV V

SINALÉTICA

® FCMP



RIGHT
PATH



WRONG
PATH



TURN
LEFT



TURN
RIGHT

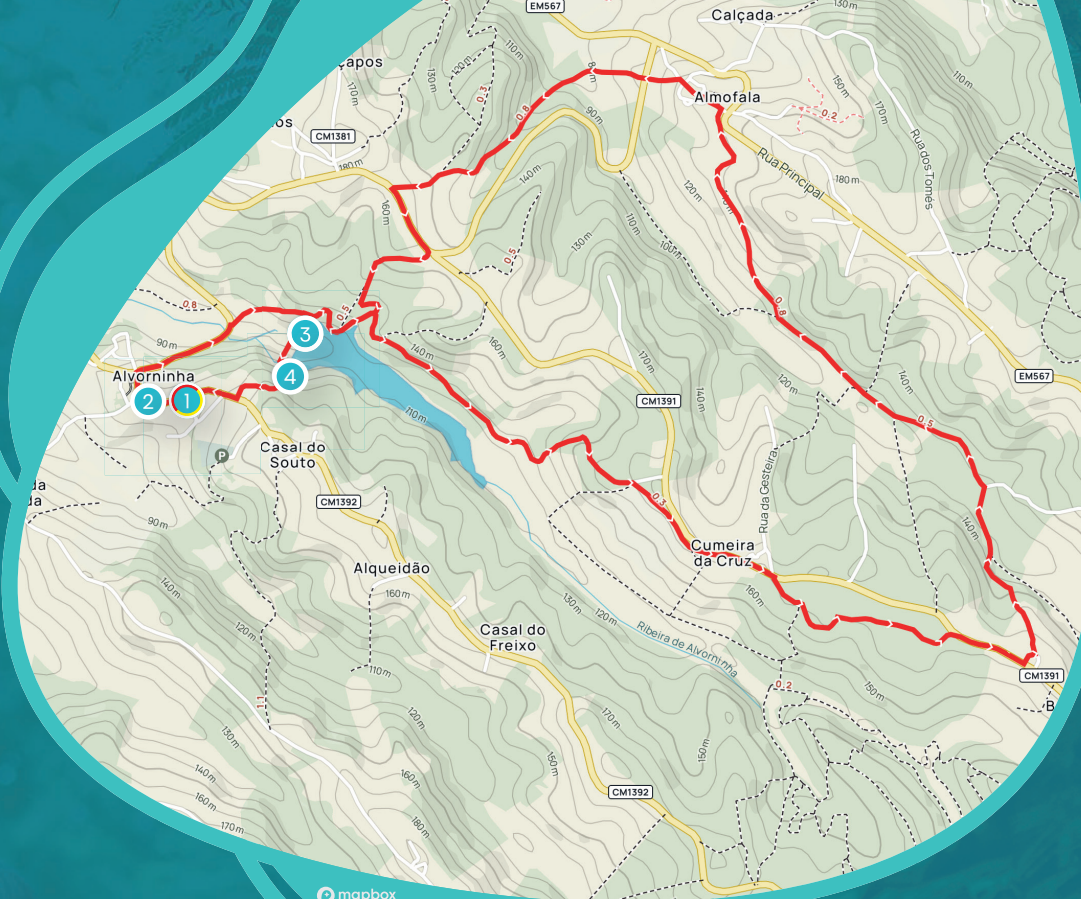


PR RIGHT PATH
COINCIDENT WITH GR

HICKING TIPS

- Before embarking on your walk, check the weather forecast.
- Wear suitable footwear for walking on uneven terrain.
- Dress comfortably in accordance with the day's weather.
- Carry a small backpack to transport your water, food, clothing, and personal belongings.
- Bring a cellphone, a first aid kit, and a garbage bag.
- Avoid walking alone. It is preferable to be accompanied by friends, family, or an experienced guide.
- Capture only photos and leave behind only footprints, preserving nature.

-Before heading out, inform your family or friends about your planned activity.



BEGINNING/END

RECOMMENDED DIRECTION
CLOCKWISE



POINTS OF INTEREST

1. PAVILHÃO DESPORTIVO ALVORNINHA | KM 0.0
2. IGREJA PAROQUIAL ALVORNINHA | KM 0.1
3. BARRAGEM DE ALVORNINHA | KM 0.9
4. TRILHO DA ALBUFEIRA DA BARRAGEM | KM 1.1

