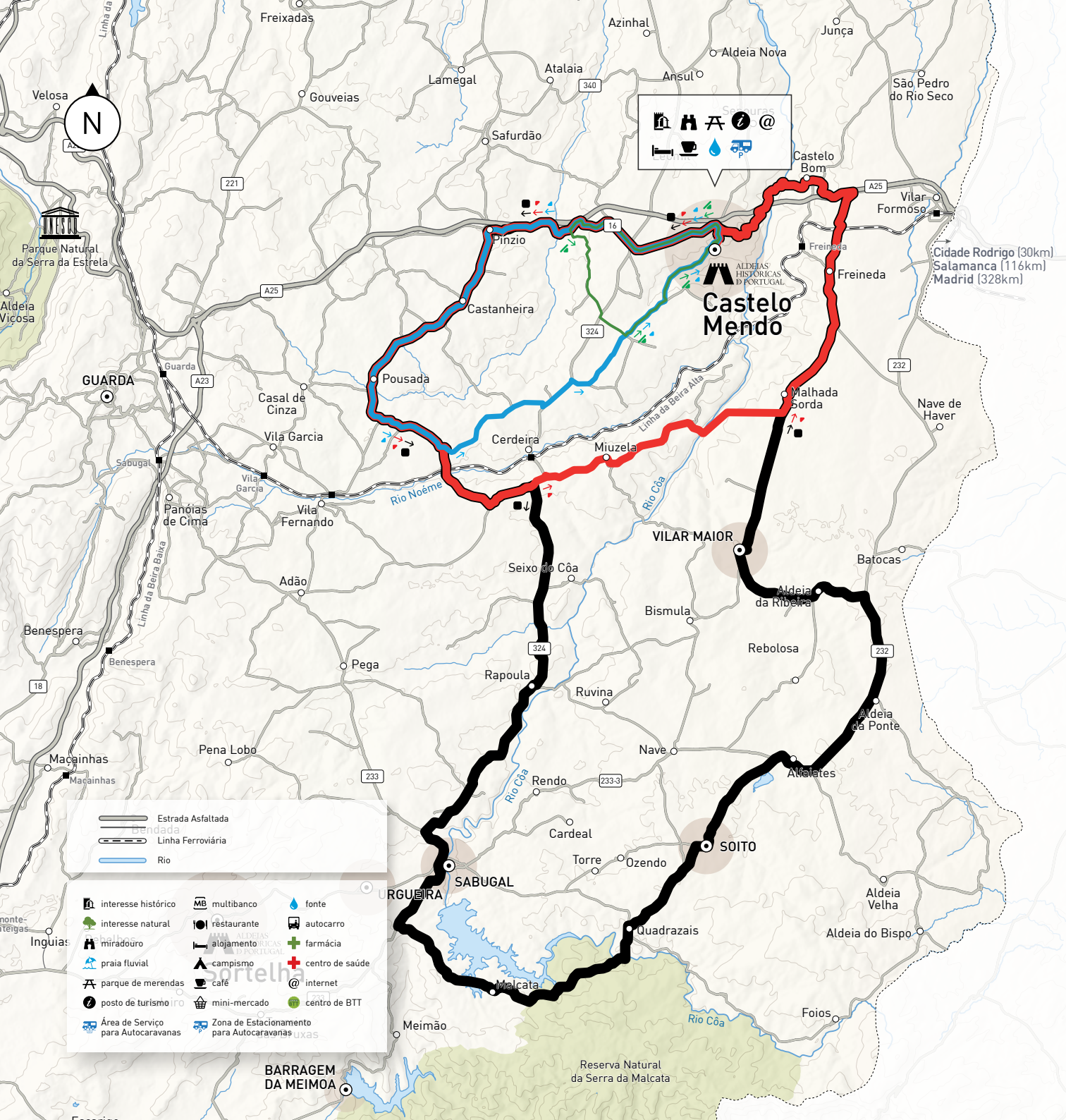
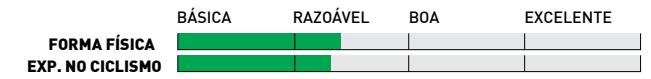




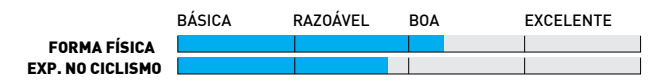
CASTELO MENDO

GRAU DE DIFICULDADE
Fácil (0-40%) Médio (40-60%) Difícil (60-80%) Muito difícil (80-100%)

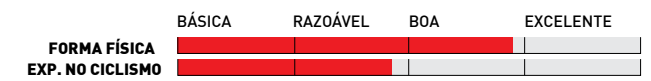
Percorso VERDE 21,37(Km) 246(m) _ Desnível + ▲
01:00 (min.) _ 01:30 (máx.) Dificuldade: 35,50%



Percorso AZUL 44,53(Km) 571(m) _ Desnível + ▲
02:15 (min.) _ 03:30 (máx.) Dificuldade: 54,75%



Percorso VERMELHO 67,37(Km) 1119(m) _ Desnível + ▲
03:45 (min.) _ 05:45 (máx.) Dificuldade: 68,25%



Percorso PRETO 127,36(Km) 1996(m) _ Desnível + ▲
07:45 (min.) _ 11:30 (máx.) Dificuldade: 80,75%

