



ALDEIAS
HISTÓRICAS
DE PORTUGAL

1 destination that is in fact 12



BIOSPHERE
certified destination



GUIDE TO THE HISTORICAL VILLAGES OF PORTUGAL **CYCLE ROUTE NETWORK**



1 destination that is in fact 12



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1 DESTINATION THAT IS IN FACT 12.

_ALMEIDA_BELMONTE_CASTELO MENDO_CASTELO NOVO_CASTELO RODRIGO_IDANHA-A-VELHA_
_LINHARES DA BEIRA_MARIALVA_MONSANTO_PIÓDÃO_SORTELHA_TRANCOSO_

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THE HISTORICAL VILLAGES OF PORTUGAL

Inland areas of central Portugal jealously guard the secret of one of our country's greatest treasures: the Historical Villages of Portugal. With a unique offer of historical, cultural and natural heritage, fine cuisine, wines, leisure, culture and the calm and tranquil backdrops of their natural surroundings, the Historical Villages of Portugal are the perfect destination for families and adventurers alike.

Almeida, Belmonte, Castelo Mendo, Castelo Novo, Castelo Rodrigo, Idanha-a-Velha, Linhares da Beira, Marialva, Monsanto, Piódão, Sortelha and Trancoso: a handful of miles separate these villages in central Portugal's inland region, where you travel among legends and castles, arts and crafts preserved in time. These are the Historical Villages of Portugal, a destination with a thousand emotions and experiences. Arriving here immediately restores your lust for adventure and discovery that daily routines make you put on hold. To travel to the Historical Villages of Portugal is to discover the history of a country of fearsome conquerors through the cobbles of its pavements and its proudly and imposingly erected leafy walls and castles. It is also a guarantee of unforgettable moments of fun, seasoned with the unique aromas and flavours of the region's traditional cuisine. The perfect destination for families and adventurers, with endless cycle routes full of heritage and nature.

A green destination

The Historical Villages of Portugal, 12 destinations in one, are charming places surrounded by nature in its purest state that invite you to enjoy unparalleled adventures. Travelling through the territory of the Historical Villages of Portugal brings a promise of moments of unmatched contact with nature, freedom and peace. Thanks to a commitment to conserve nature and defend green transportation in the Historical Villages of Portugal, losing yourself in these villages is a unique experience of letting go and absolute tranquillity. Recently awarded the BIOSPHERE DESTINATION certificate - the first network destination in the world to receive this distinction, and the first in Portugal to achieve this certification - the Historical Villages of Portugal are a destination that puts sustainability and nature first.

A thousand and one breathtaking landscapes

Strolling through the Historical Villages of Portugal is a unique experience, full of surprises and amazement. A journey through this territory is a roller-coaster of emotions for discovering different and unexpected landscapes at every turn. In the areas surrounding these villages you can pass through some of the most beautiful natural parks and reserves, listed as UNESCO World Heritage sites: The Douro International Natural Park, the Côa Valley Archaeological Park and the Serra da Estrela Natural Park, whose Global Geopark application was recently approved by UNESCO.

Aside from these Unesco territories, the area of Historical Villages of Portugal also includes other unmissable parks and nature reserves, such as the Serra da Estrela Natural Park, the Serra do Açor Protected Landscape, the Serra da Malcata Nature Reserve, the Faia Brava Private Protected Area and the Serra da Gardunha Protected Landscape. A trip through these places lets you discover unique fauna and flora of incredible beauty. For example, in the Faia Brava Private Protected Area, take the opportunity to contemplate the impressive flights of birds of prey that soar the skies of the region.

HOW TO GET THERE



By air

Francisco Sá Carneiro airport, in Porto, is 202 kilometres from the Historical Village of Marialva, and Humberto Delgado airport, in Lisbon, is 247 kilometres from the Historical Village of Castelo Novo. Barajas airport in Madrid is 359 kilometres from the Historical Village of Almeida. From the airports there are several road links and public transport for easy access to the 12 Historical Villages of Portugal.



By car

➤ The A23 is to the south, with easy access to five Historical Villages of Portugal: Idanha-a-Velha, Monsanto, Castelo Novo, Belmonte and Sortelha;

➤ To the north, the A25 gives easy access to the Historical Villages of Linhares da Beira, Castelo Mendo and Almeida (with a connection to Castelo Rodrigo). The IP2 gives access to the Historical Villages of Trancoso and Marialva;

➤ From the coast, take the IP3 or IC6 and exit at the Côja junction for access to the Historical Village of Piódão;

➤ From Spain, the access routes to the Historical Villages of Portugal are the A62, crossing the border at Vilar Formoso, and EX-A1, crossing the border at Monfortinho.

There are also several national and municipal roads that make journeys easy between the Historical Villages of Portugal.



By train

The Beira Baixa line and the Beira Alta line are the main railways used to access the Historical Villages of Portugal.



By bus

The National Bus Network (*Rede Nacional de Expressos*) provides links to towns and cities surrounding the Historical Villages of Portugal, providing easy access to them.



Motorway service areas for motorhomes

Signposted overnight sites for motorhomes can be found in all of the Historical Villages of Portugal. And there are service areas for motorhomes in the Historical Villages of Almeida, Belmonte and Sortelha.



CYCLE ROUTE NETWORK

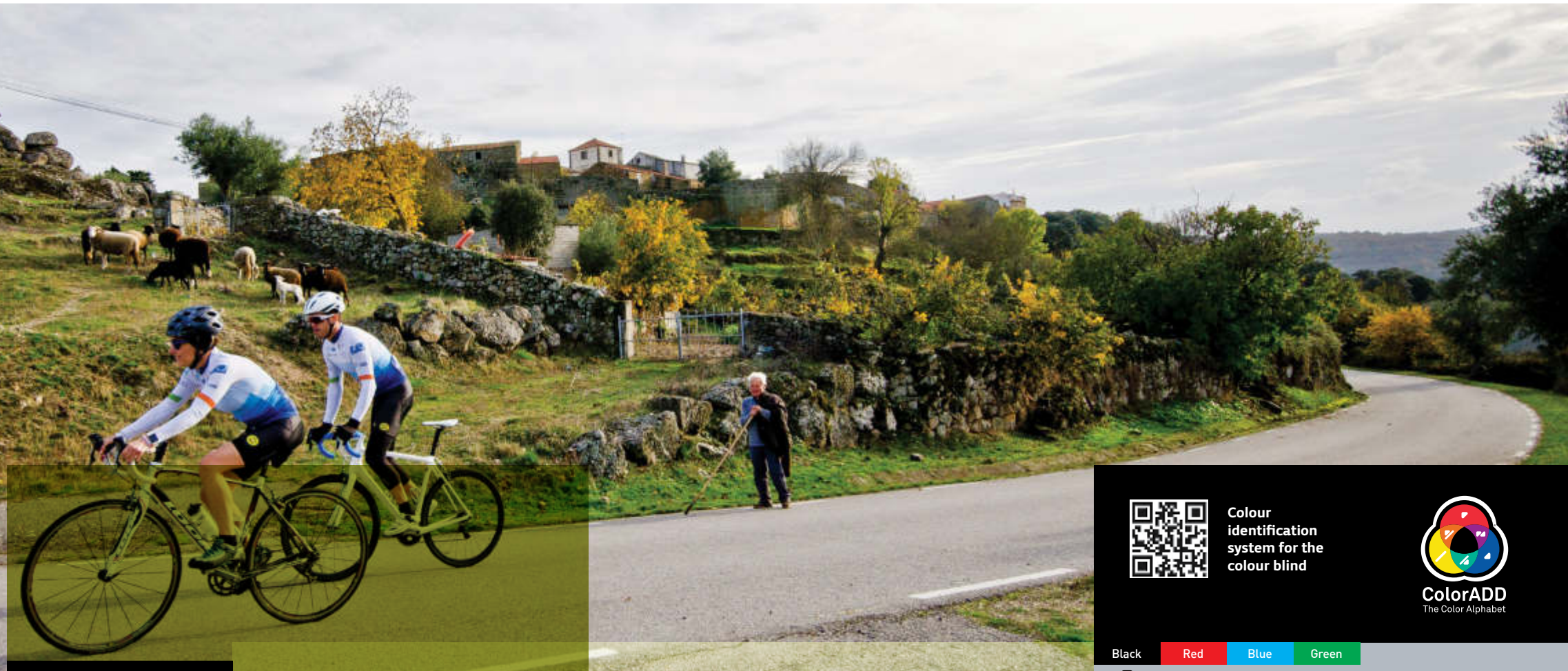
In a pioneering project in Portugal, the Historical Villages of Portugal - Tourism Development Association (HVP-TDA) is launching the Historical Villages of Portugal Cycle Routes Network, in partnership with the Portuguese Cycling Federation.

This project consists of the creation of tourist infrastructures to allow the HVP territory to be visited by bicycle, according to the principles of soft mobility, one of the cornerstones of HVP's sustainability strategy. The HVP are therefore presenting an eco-sustainable way of experiencing and discovering this immense territory!

The creation of a Cycle Routes Network in the Historical Villages of Portugal is also the result of recognition of the territory's potential for the sport of cycling. An endless number of routes and landscapes as far as the eye can see, scenic roads with low traffic, a vast and geo-morphologically very varied territory featuring several natural parks, protected regions and numerous listed monuments. The territory of the Historical Villages of Portugal has perfect and unique characteristics for soft mobility by bicycle.

Ideal for families and adventurers who want to go on a journey of discovery, the new HVP Cycle Routes Network is also possible thanks to the varied and growing range of support services in the territory, such as hotels, restaurants, travel agencies and tourist entertainment companies, among others.

In line with HVP-TDA's commitment to sustainability, we have been awarded a BIOSPHERE DESTINATION certificate as recognition from the Institute of Responsible Tourism (ITR), given for the first time in the world to a network destination. This recognition puts HVP firmly at the forefront as the leader of an international community of Sustainable Tourism Destinations.

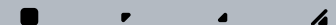


Colour
identification
system for the
colour blind



ColorADD
The Color Alphabet

Black Red Blue Green



HISTORICAL VILLAGES OF PORTUGAL GRAND CYCLE ROUTE

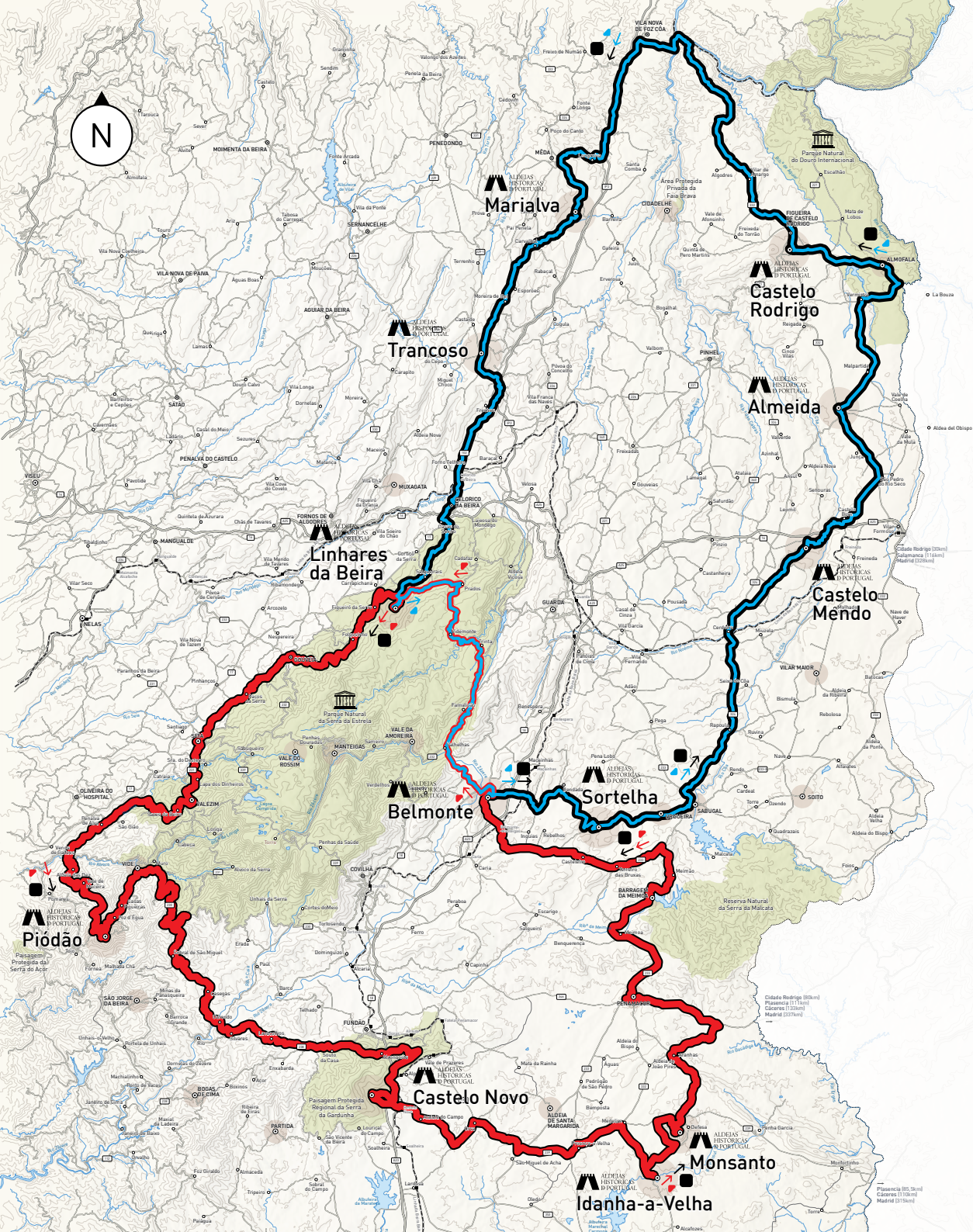
The immense territory of the Historical Villages of Portugal, with well-balanced connections between each of the villages, has allowed the creation of a macro route running through the 12 Historical Villages of Portugal and their natural surroundings.

With a length of around 700 km, it can also be divided up into two loops, north and south, each with a length of 300 and 400 km, respectively.

Consisting of scenic roads through beautiful landscapes and low traffic, the Historical Villages of Portugal Grand Cycle Route criss-crosses the areas of greatest importance in terms of historical and cultural heritage and passes the territory's main support services, such as service areas for motorhomes, hotels and restaurants, among others, with an emphasis on Members of the Network of Historical Villages of Portugal.

The Grand Route also allows the creation of sector-based links between the Historical Villages of Portugal, from the perspective of the regulatory framework of the Portuguese Cycling Federation's Cyclin'Portugal Cycle Routes and Centres.





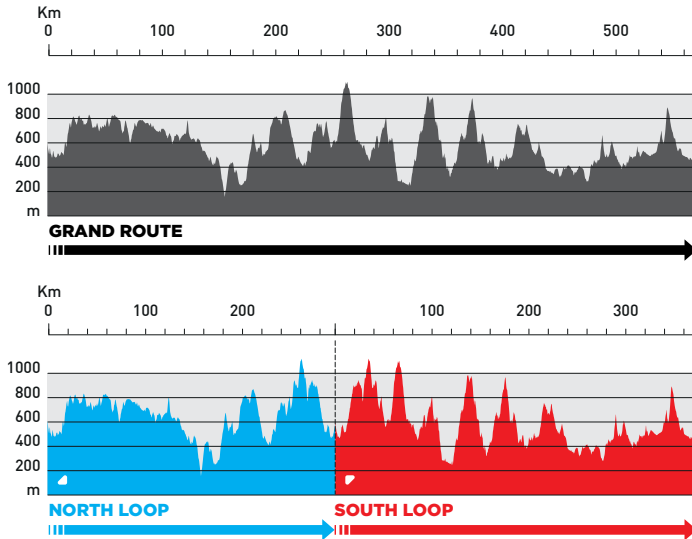
GRAND CYCLE ROUTE OF THE HVP (GCR-HVP)

STAGES FROM A TOURISM-EXPLORATION PERSPECTIVE

Stage	Route	Km	▲ + m
1	Belmonte > Castelo Mendo	68,70	1309 🔴
2	Castelo Mendo > Castelo Rodrigo	55,90	770 🔴
3	Castelo Rodrigo > Marialva	65,90	1117 🔴
4	Marialva > Linhares da Beira	58,18	1187 🔴
5	Linhares da Beira > Seia	41,00	756 🔴
6	Seia > Piódão	57,46	1552 ⬛
7	Piódão > Silvares	53,99	1162 ⬛
8	Silvares > Castelo Novo	35,15	783 🔴
9	Castelo Novo > Monsanto	58,43	852 🔴
10	Monsanto > Belmonte	81,96	1393 ⬛

STAGES FROM A SPORTS CHALLENGE PERSPECTIVE

Stage	Route	Km	▲ + m
1	Belmonte > Castelo Rodrigo	124,60	2079 ⬛
2	Castelo Rodrigo > Trancoso	87,04	1621 ⬛
3	Trancoso > Piódão	135,10	2991 ⬛
4	Piódão > Castelo Novo	89,30	1945 ⬛
5	Castelo Novo > Monsanto	58,43	852 🔴
6	Monsanto > Belmonte	82,20	1393 ⬛



GCR-HVP NORTH LOOP

STAGES FROM A TOURISM-EXPLORATION PERSPECTIVE

Stage	Route	Km	▲ + m
1	Belmonte > Cró	45,80	938 🔴
2	Cró > Almeida	46,25	681 🔵
3	Almeida > Castelo Rodrigo	32,54	463 🔵
4	Castelo Rodrigo > Marialva	65,90	1117 🔴
5	Marialva > Linhares da Beira	58,18	1187 🔴
6	Linhares da Beira > Belmonte	47,12	977 🔴

STAGES FROM A SPORTS CHALLENGE PERSPECTIVE

Stage	Route	Km	▲ + m
1	Belmonte > Almeida	92,05	1618 ⬛
2	Almeida > Marialva	98,44	1581 ⬛
3	Marialva > Linhares da Beira	58,18	1187 🔴
4	Linhares da Beira > Belmonte	47,12	977 🔴

GCR-HVP SOUTH LOOP

STAGES FROM A TOURISM-EXPLORATION PERSPECTIVE

Stage	Route	Km	▲ + m
1	Belmonte > Linhares da Beira	47,69	1176 🔴
2	Linhares da Beira > Seia	41,00	756 🔴
3	Seia > Piódão	57,46	1552 ⬛
4	Piódão > Sobral S. Miguel	35,65	853 ⬛
5	Sobral S. Miguel > Castelo Novo	53,49	1092 ⬛
6	Castelo Novo > Monsanto	58,43	852 🔴
7	Monsanto > Belmonte	81,96	1393 ⬛

STAGES FROM A SPORTS CHALLENGE PERSPECTIVE

Stage	Route	Km	▲ + m
1	Belmonte > Seia	88,45	1932 ⬛
2	Seia > Piódão	57,46	1552 ⬛
3	Piódão > Castelo Novo	89,14	1945 ⬛
4	Castelo Novo > Monsanto	58,43	852 🔴
5	Monsanto > Belmonte	82,20	1393 ⬛

DIFFICULTY LEVEL
🟢 Easy (0-40%) 🔵 Medium (40-60%) 🔴 Difficult (60-80%) ⬛ Very difficult (80-100%)

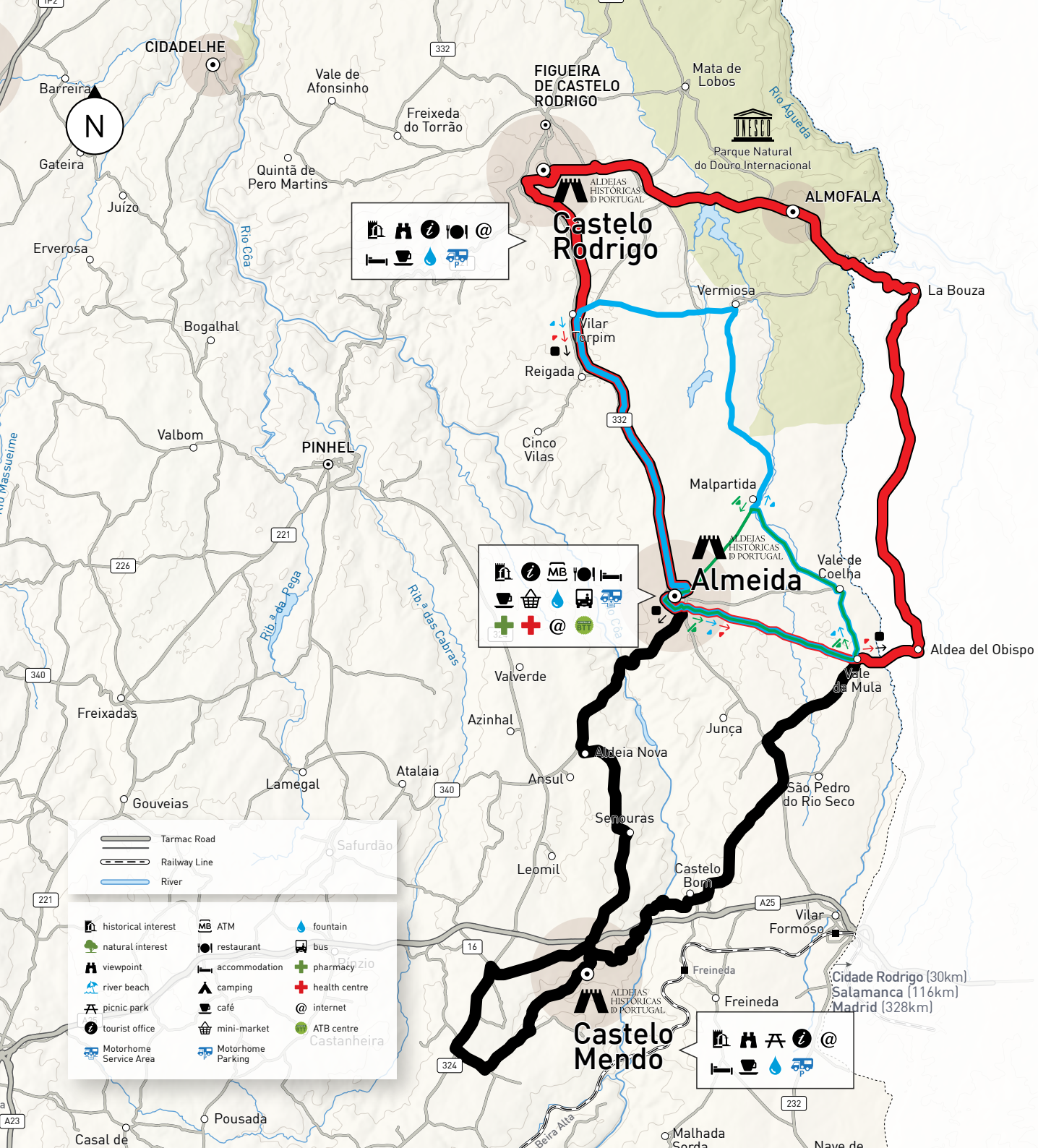
ALMEIDA



With its hexagonal fort in the shape of a star, the Historical Village of Almeida makes an impression as soon as you arrive. The Douro International Natural Park (UNESCO heritage) and the Côa River Valley make up its natural surroundings.

A wide and diverse range of cuisine is to be found in Almeida, including more sophisticated recipes such as meatballs and green eggs, as well as traditional regional dishes in which pork is seasoned and succulent in soups, fried dishes, stews, *migas* served as a famous *Burzigada* (banquet) and sausages, particularly tripe sausages.

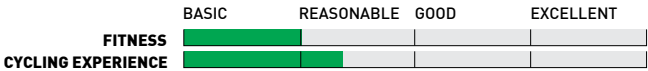




ALMEIDA

DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

GREEN route 21,71(Km) 185(m) _ Height gain +
01:00 (min.) _ 01:30 (máx.) Difficulty: 30,75%



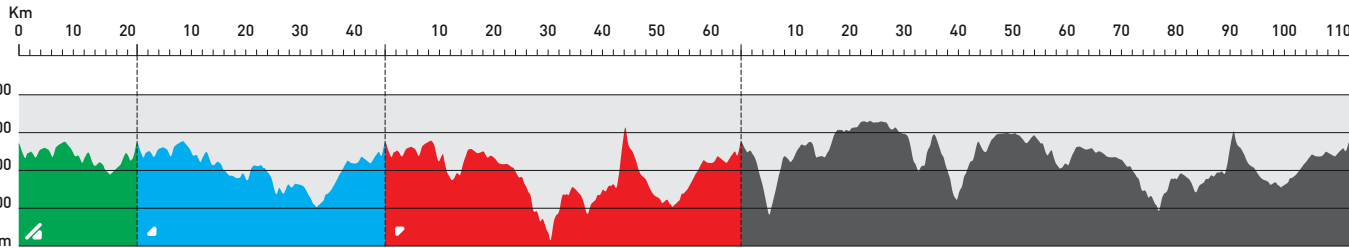
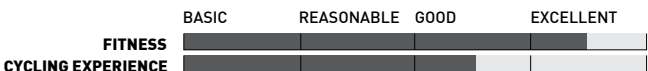
BLUE route 45,65(Km) 404(m) _ Height gain +
02:15 (min.) _ 03:30 (máx.) Difficulty: 53,75%



RED route 65,60(Km) 846(m) _ Height gain +
03:45 (min.) _ 05:45 (máx.) Difficulty: 75,75%



BLACK route 112,30(Km) 1530(m) _ Height gain +
06:45 (min.) _ 10:15 (máx.) Difficulty: 83,00%

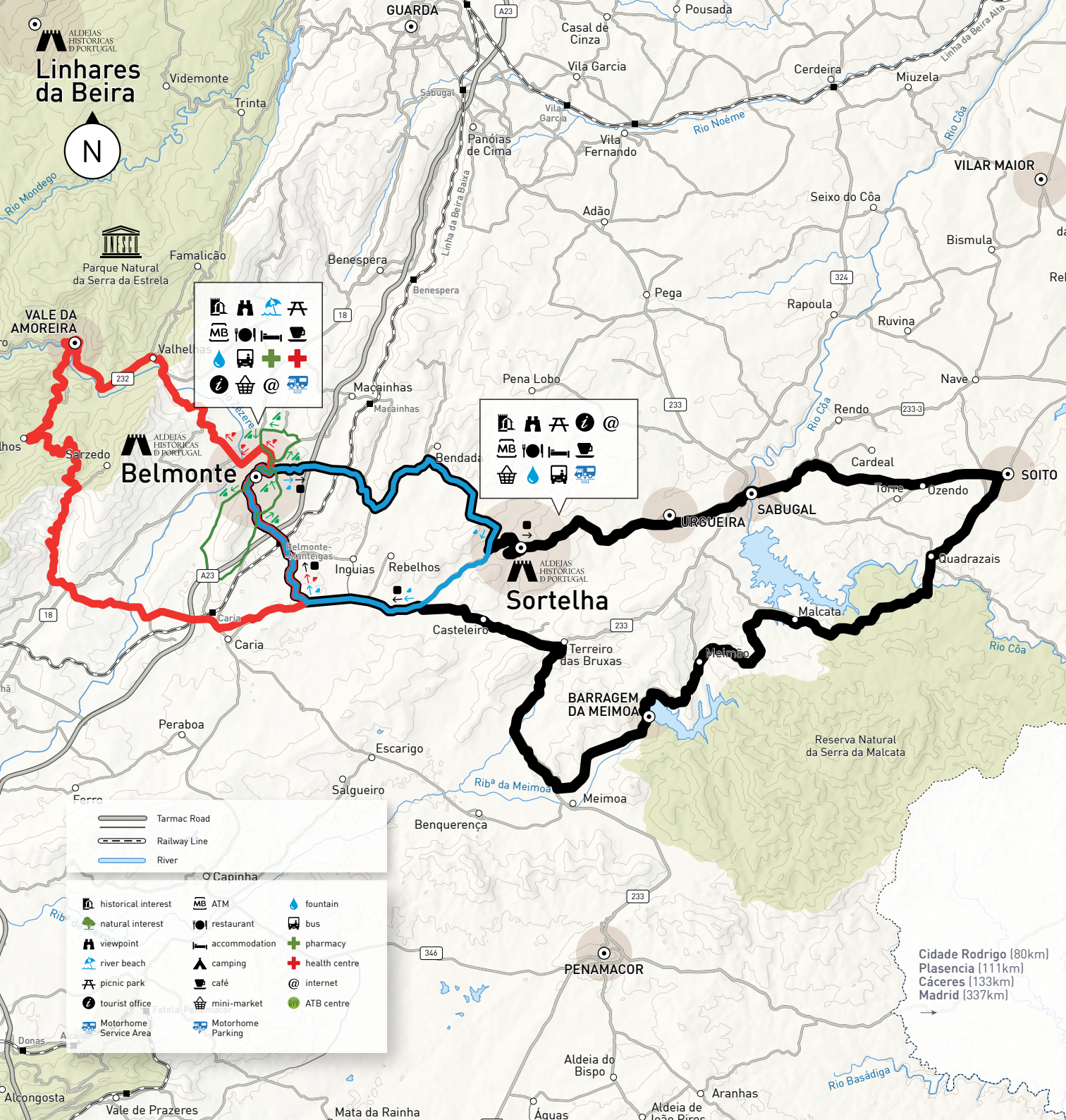


BELMONTE



Land of Pedro Álvares Cabral and refuge of one of the largest Jewish communities in Europe at the time of the Inquisition, Belmonte is a place full of mysticism and history. Located in the heart of Cova da Beira, Belmonte offers sweeping views over the eastern slopes of Serra da Estrela. The Serra da Malcata Natural Reserve is also nearby. From fried lamb gizzards of Jewish cuisine, to the community's stewed lamb feet and traditional broths, migas and spinach purée, Belmonte's cuisine is a constant and inspiring discovery. Desserts come from the neighbouring districts and feature rice pudding, cornmeal pudding and sweet Christmas fritters.

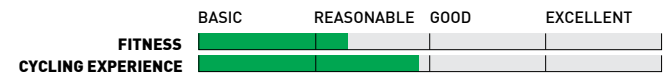




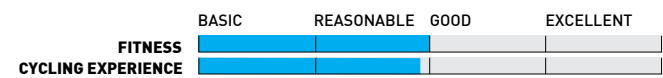
BELMONTE

DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

GREEN route 20,06(Km) 301(m) _ Height gain +▲
01:00 (min.) _ 01:30 (máx.) Difficulty: 39,00%



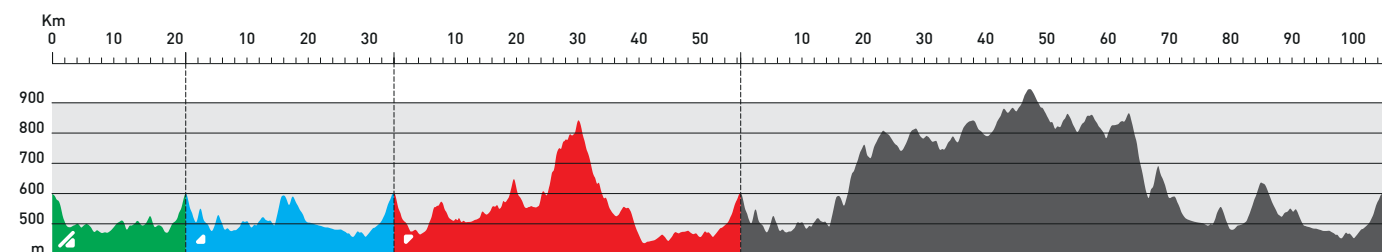
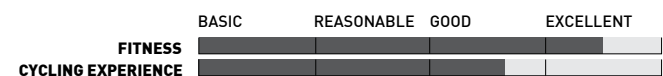
BLUE route 33,90(Km) 568(m) _ Height gain +▲
01:45 (min.) _ 02:30 (máx.) Difficulty: 47,75%



RED route 59,49(Km) 880(m) _ Height gain! +▲
03:15 (min.) _ 04:45 (máx.) Difficulty: 69,75%



BLACK route 104,00(Km) 2006(m) _ Height gain +▲
06:15 (min.) _ 09:30 (máx.) Difficulty: 82,00%



CASTELO MENDO

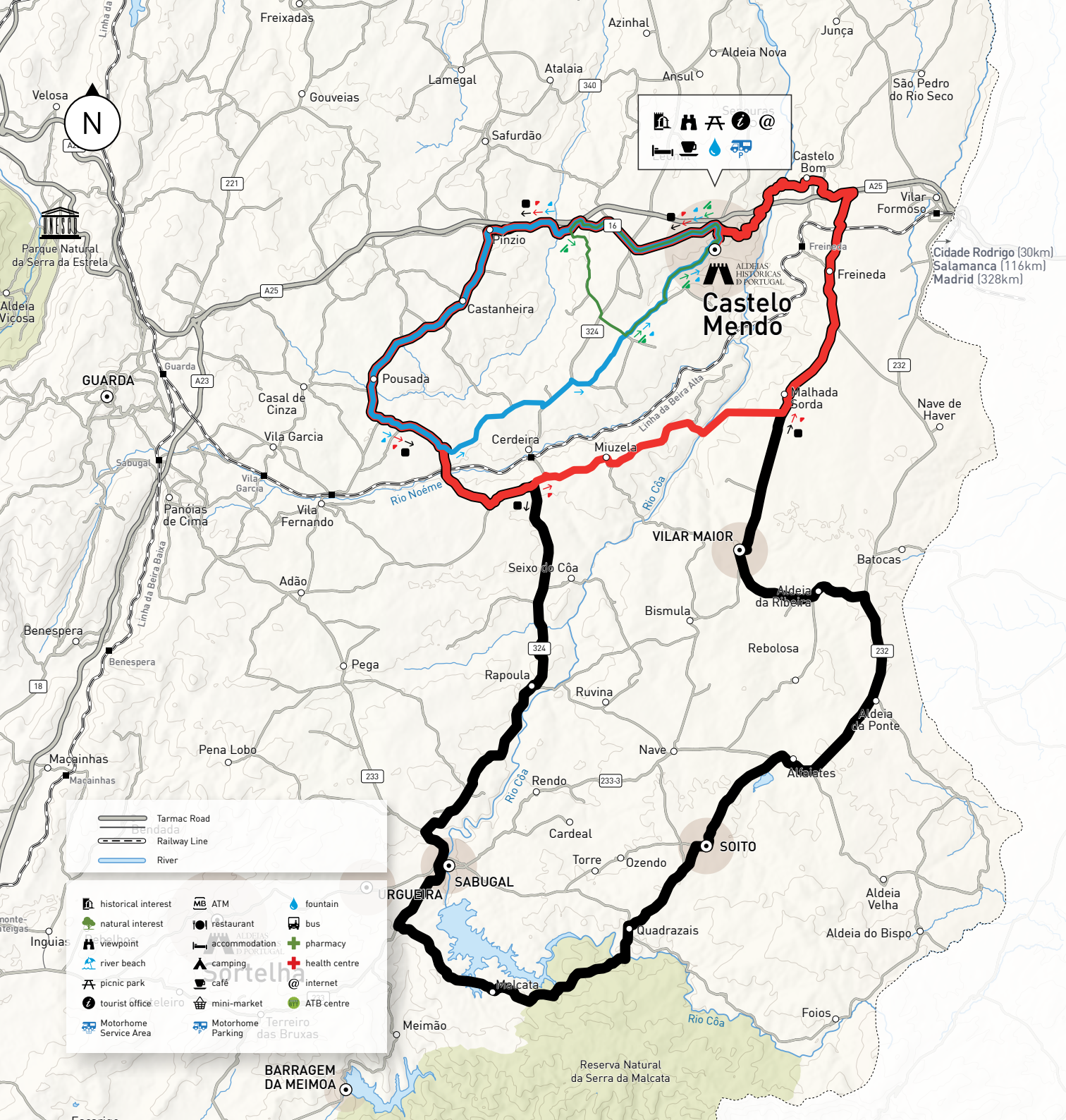


A village with predominantly medieval characteristics, in Castelo Mendo there are two figures who have been feeding myths and legends for centuries: two stone gargoyles, similar to male and female figures, facing each other on two walls.

Close to the Historical Village of Castelo Mendo can be found the Côa Valley and the Serra da Malcata Natural Reserve.

As far as cuisine is concerned, the Breckland thyme found all over this rugged territory flavours everything from rice dishes to stewed and roasted meat. Rice pudding, cornmeal pudding and sponge cake decorated with sugar syrup sweeten the village's festivities and bring meaning to community celebrations.

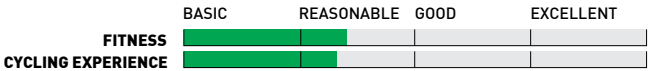




CASTELO MENDO

DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

GREEN route 21,37(Km) 246(m) _ Height gain +
01:00 (min.) _ 01:30 (máx.) Difficulty: 35,50%



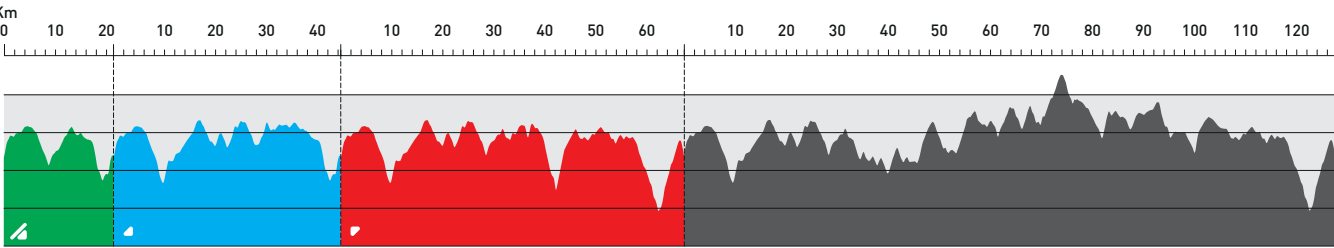
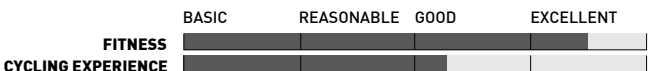
BLUE route 44,53(Km) 571(m) _ Height gain +
02:15 (min.) _ 03:30 (máx.) Difficulty: 54,75%



RED route 67,37(Km) 1119(m) _ Height gain +
03:45 (min.) _ 05:45 (máx.) Difficulty: 68,25%



BLACK route 127,36(Km) 1996(m) _ Height gain +
07:45 (min.) _ 11:30 (máx.) Difficulty: 80,75%

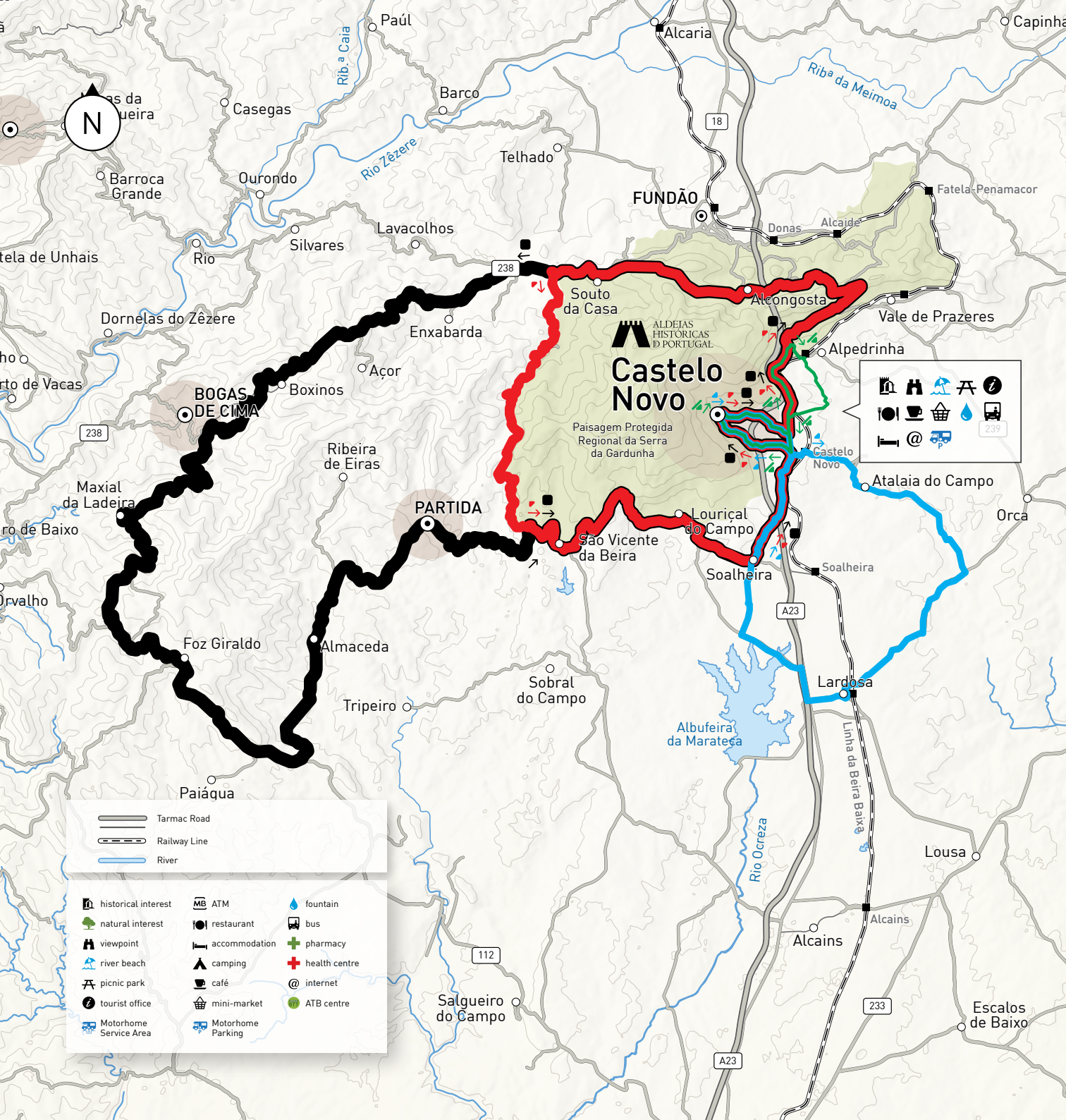


CASTELO NOVO



In the heart of the Serra da Gardunha, the Historical Village of Castelo Novo rises in shades of green and grey. Built from granite, Castelo Novo's unique architectural heritage seems frozen in time. Toasted rice is one of Castelo Novo's culinary specialities. Main courses feature green eggs, codfish pastries, battered vegetables, fried pumpkin, goat cheese and the *Picas de S. Brás*. Highlights of the area's confectionery are squash pies, baked custard and sponge cake.





CASTELO NOVO

DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

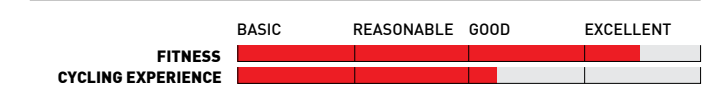
GREEN route 15,87(Km) 323(m) _ Height gain +
00:45 (min.) _ 01:00 (máx.) Difficulty: 39,50%



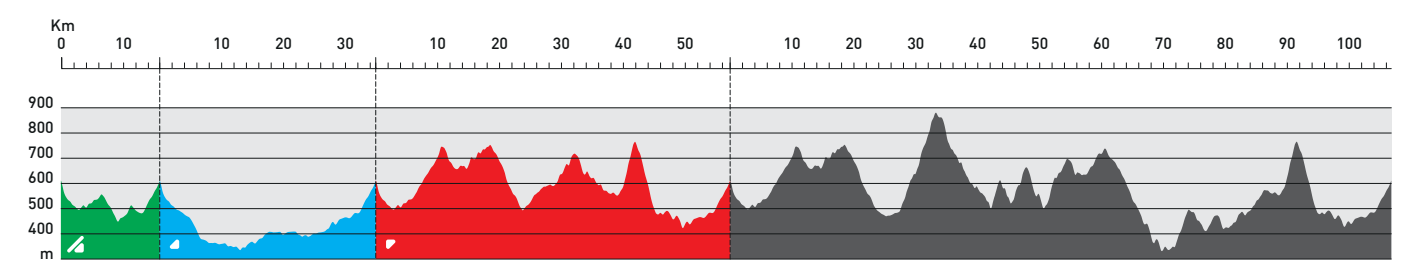
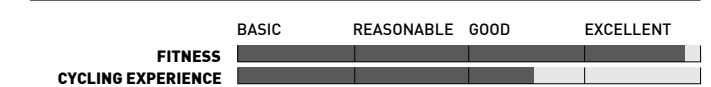
BLUE route 34,85(Km) 457(m) _ Height gain +
01:45 (min.) _ 02:45 (máx.) Difficulty: 55,00%



RED route 57,27(Km) 1240(m) _ Height gain +
03:15 (min.) _ 05:00 (máx.) Difficulty: 76,00%



BLACK route 106,79(Km) 2600(m) _ Height gain +
06:45 (min.) _ 10:00 (máx.) Difficulty: 86,75%



CASTELO RODRIGO

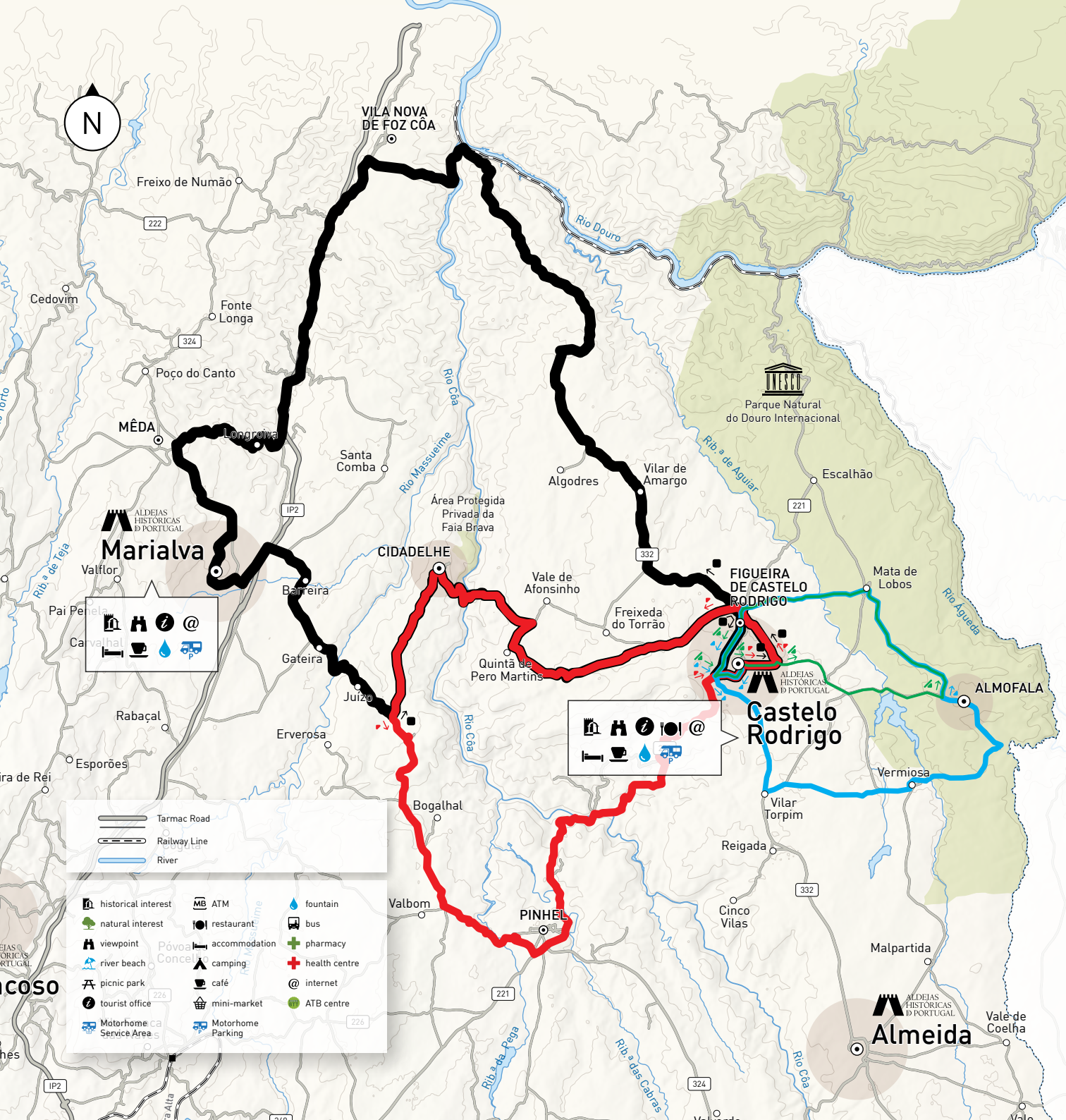


Even today, the Historical Village of Castelo Rodrigo preserves several features that take us back to Medieval times. Traces of the presence of an significant community of New-Christians have also been discovered.

The natural surroundings of the Historical Village of Castelo Rodrigo include the Douro International Natural Park, the Côa Valley, the Serra da Marofa and the Faia Brava Reserve Private Protected Area.

Marofa lamb, octopus served as a traditional *migas* dish, rice and meat wrapped in bacon are some of the most sought-after dishes in the Historical Village of Castelo Rodrigo.





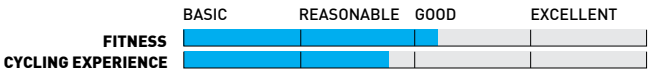
CASTELO RODRIGO

DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

GREEN route 26,85(Km) 370(m) _ Height gain +
01:15 (min.) _ 01:45 (máx.) Difficulty: 39,25%



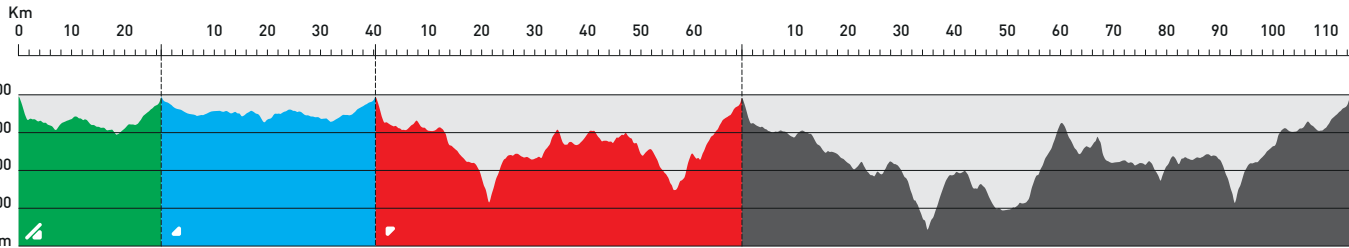
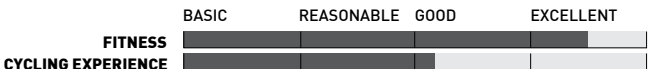
BLUE route 40,28(Km) 523(m) _ Height gain +
02:00 (min.) _ 03:00 (máx.) Difficulty: 53,75%



RED route 69,03(Km) 1232(m) _ Height gain +
04:00 (min.) _ 06:00 (máx.) Difficulty: 71,25%



BLACK route 114,26(Km) 2099(m) _ Height gain +
07:00 (min.) _ 10:15 (máx.) Difficulty: 81,25%



IDANHA-A-VELHA

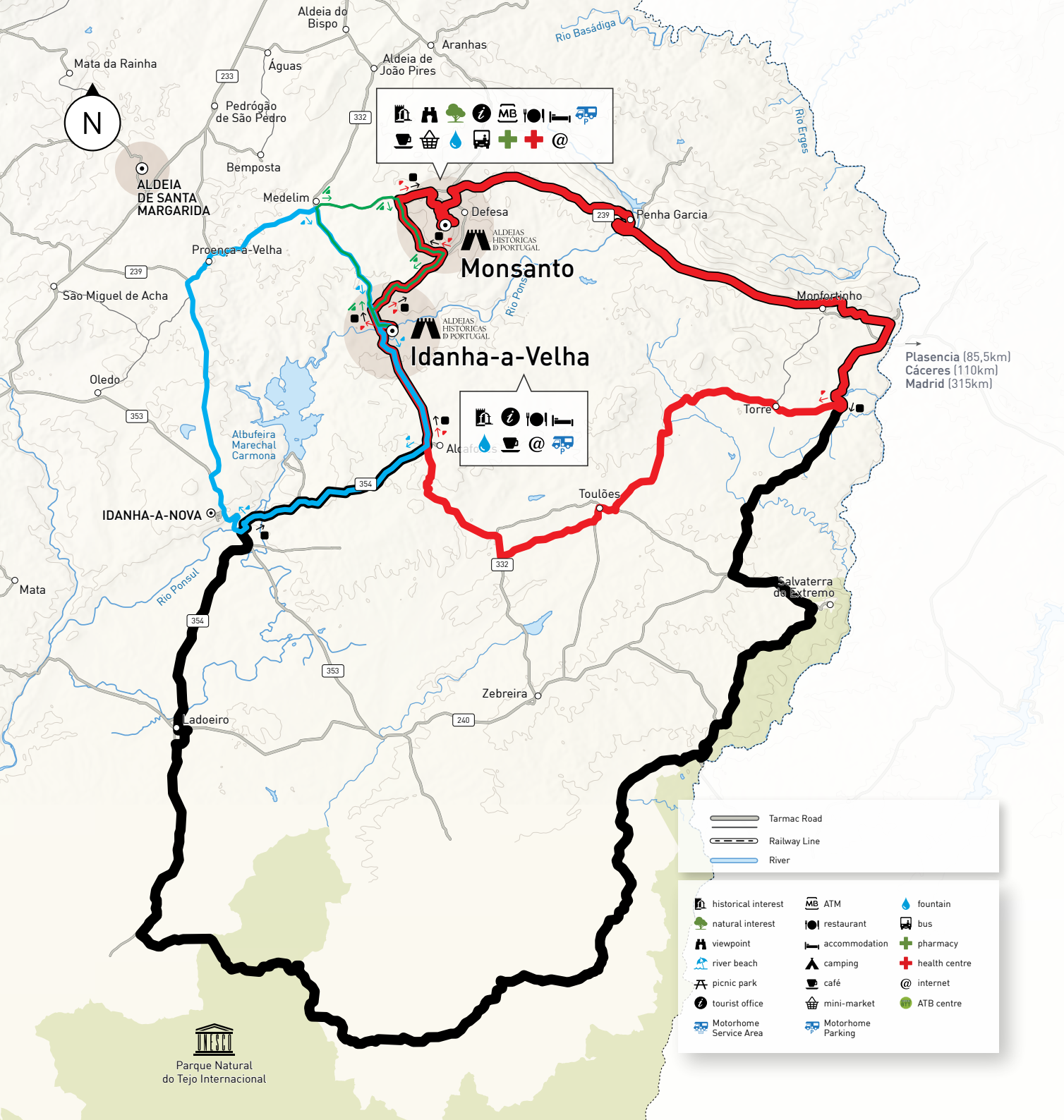


The Historical Village of Idanha-a-Velha is one of the most important archaeological sites in the country due to its remarkable set of preserved ruins.

Its natural surroundings include the Tagus International Natural Park and the Penha Garcia Iconological Park.

One of the oldest and most irresistible delicacies in the area are the *borrachões*, biscuits prepared with a little white wine and brandy. In Idanha-a-Velha there is also wheat bread, baked in the community oven (which goes wonderfully with goat cheese, also commonly found in this Historical Village), and dishes such as rice with rabbit, broth and stews made from gizzards of kid, goat or lamb.





IDANHA-A-VELHA

DIFFICULTY LEVEL

Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

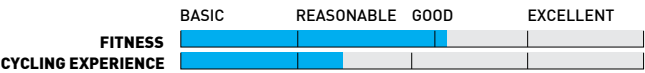
GREEN route 20,70(Km) 310(m) _ Height gain +

01:00 (min.) _ 01:30 (máx.) Difficulty: 36,50%



BLUE route 44,65(Km) 584(m) _ Height gain +

02:15 (min.) _ 03:30 (máx.) Difficulty: 52,50%



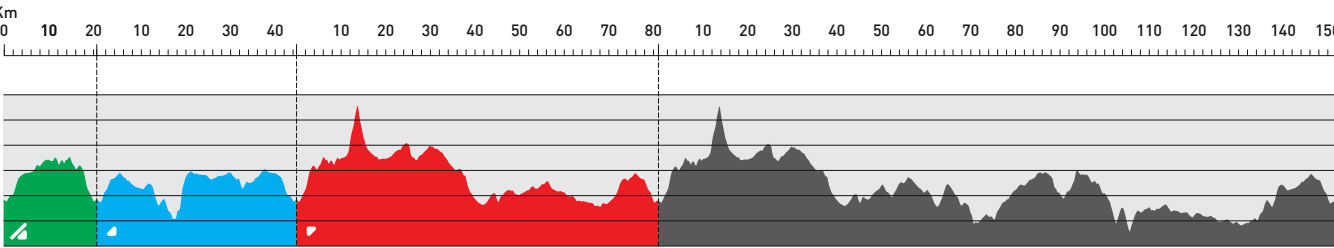
RED route 81,12(Km) 1083(m) _ Height gain +

04:45 (min.) _ 07:15 (máx.) Difficulty: 78,75%



BLACK route 151,58(Km) 2024(m) _ Height gain +

09:15 (min.) _ 14:00 (máx.) Difficulty: 84,25%



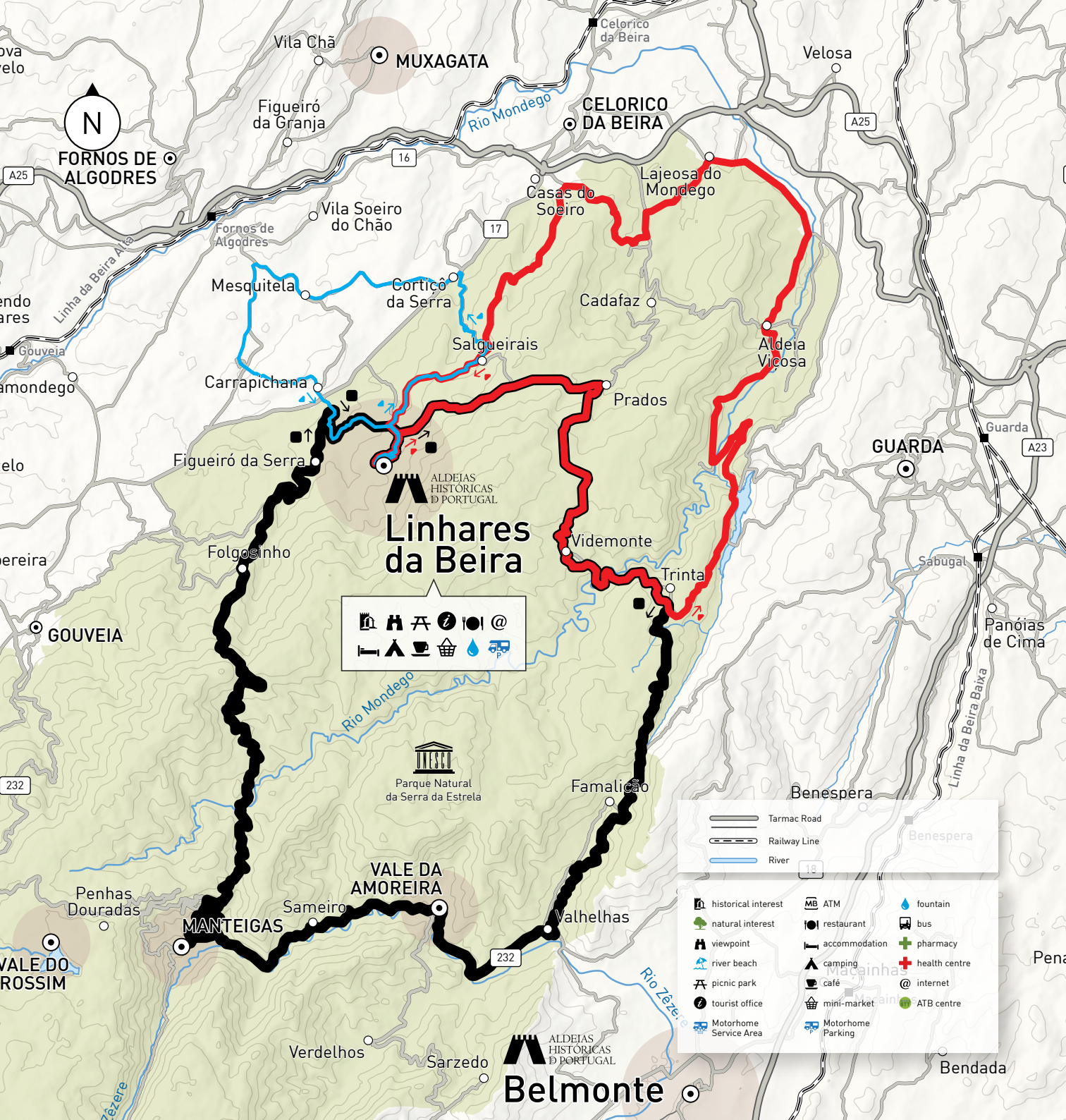
LINHARES DA BEIRA



A medieval village from the 12th century, Linhares da Beira has unique architectural and artistic diversity resulting from the legacy of different eras. It offers exclusive views over the Mondego River Valley and its surrounding area also include part of the Serra da Estrela Natural Park (a UNESCO heritage site).

When visiting this Historical Village, a practically obligatory experience is to try the unique Serra da Estrela cheese. The local sausages and other traditional dishes such as puréed spinach with beans or peas in the pod, stews, tomato rice and desserts such as farófia custard, canudos pastries, rice pudding and sponge cake are all not to be missed.





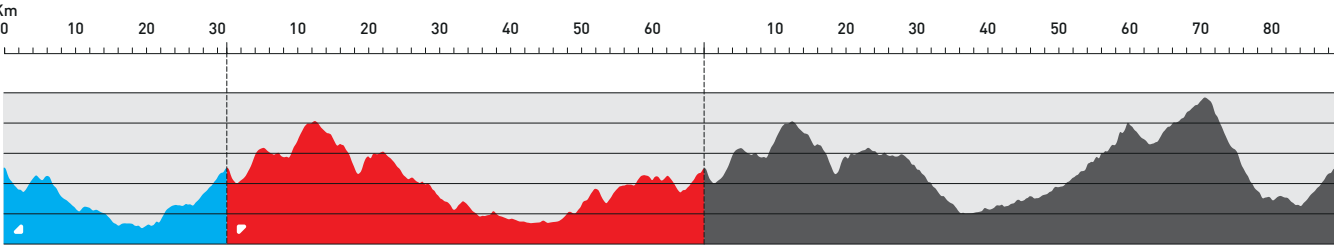
LINHARES DA BEIRA

DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

BLUE route 31,34(Km) 656(m) _ Height gain +
01:30 (min.) _ 02:30 (máx.) Difficulty: 52,00%
BASIC REASONABLE GOOD EXCELLENT
FITNESS
CYCLING EXPERIENCE

RED route 67,14(Km) 1590(m) _ Height gain +
04:00 (min.) _ 06:00 (máx.) Difficulty: 75,50%
BASIC REASONABLE GOOD EXCELLENT
FITNESS
CYCLING EXPERIENCE

BLACK route 89,13(Km) 2150(m) _ Height gain +
05:30 (min.) _ 08:00 (máx.) Difficulty: 82,25%
BASIC REASONABLE GOOD EXCELLENT
FITNESS
CYCLING EXPERIENCE



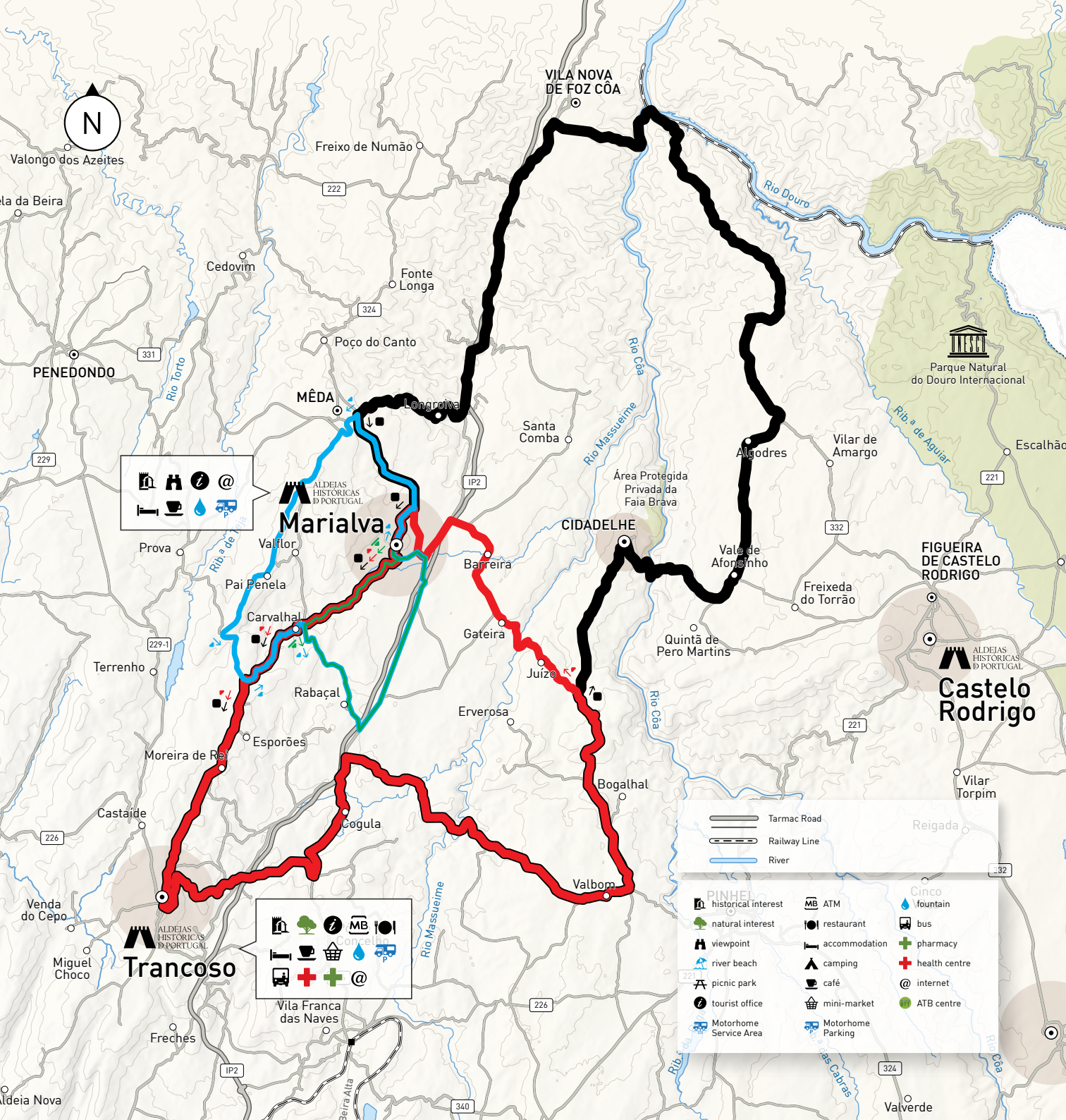
MARIALVA



Populated by the natives, the Lusitanian people, the Historical Village of Marialva guards the first vestiges of our people, the roots of our history. The natural surroundings of Marialva are made up of the Douro International Natural Park, the Côa River Valley and the Faia Brava Reserve Private Protected Area. Wine is one of the region's traditional products, so Marialva's landscape is all the more pretty because it is dotted with vineyards.

Roast kid and stewed rabbit are some of the typical dishes found in the Historical Village of Marialva. When it comes to soups and side dishes, there is no shortage of chickpeas, *carrapatos*, peas in the pod and beans. Favourite desserts in Marialva include rice pudding, sweet corn, light bread and sheep cheese with biscuits and dried figs.

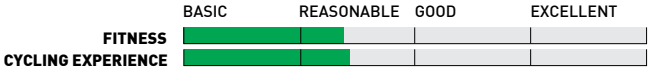




MARIALVA

DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

GREEN route 22,28(Km) 366(m) _ Height gain +
01:00 (min.) _ 01:30 (máx.) Difficulty: 38,50%



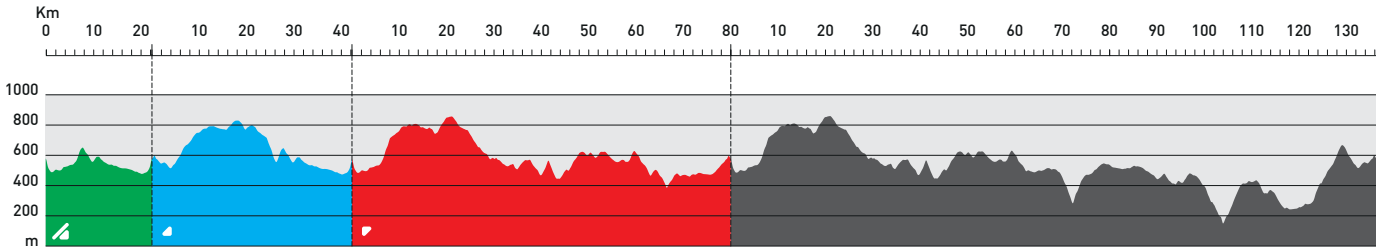
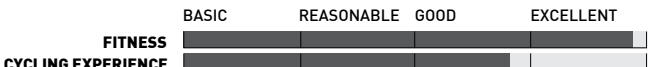
BLUE route 42,14(Km) 729(m) _ Height gain +
02:15 (min.) _ 03:15 (máx.) Difficulty: 52,25%



RED route 79,82(Km) 1502(m) _ Height gain +
04:45 (min.) _ 07:00 (máx.) Difficulty: 78,00%



BLACK route 136,37(Km) 2639(m) _ Height gain +
08:30 (min.) _ 12:45 (máx.) Difficulty: 86,25%

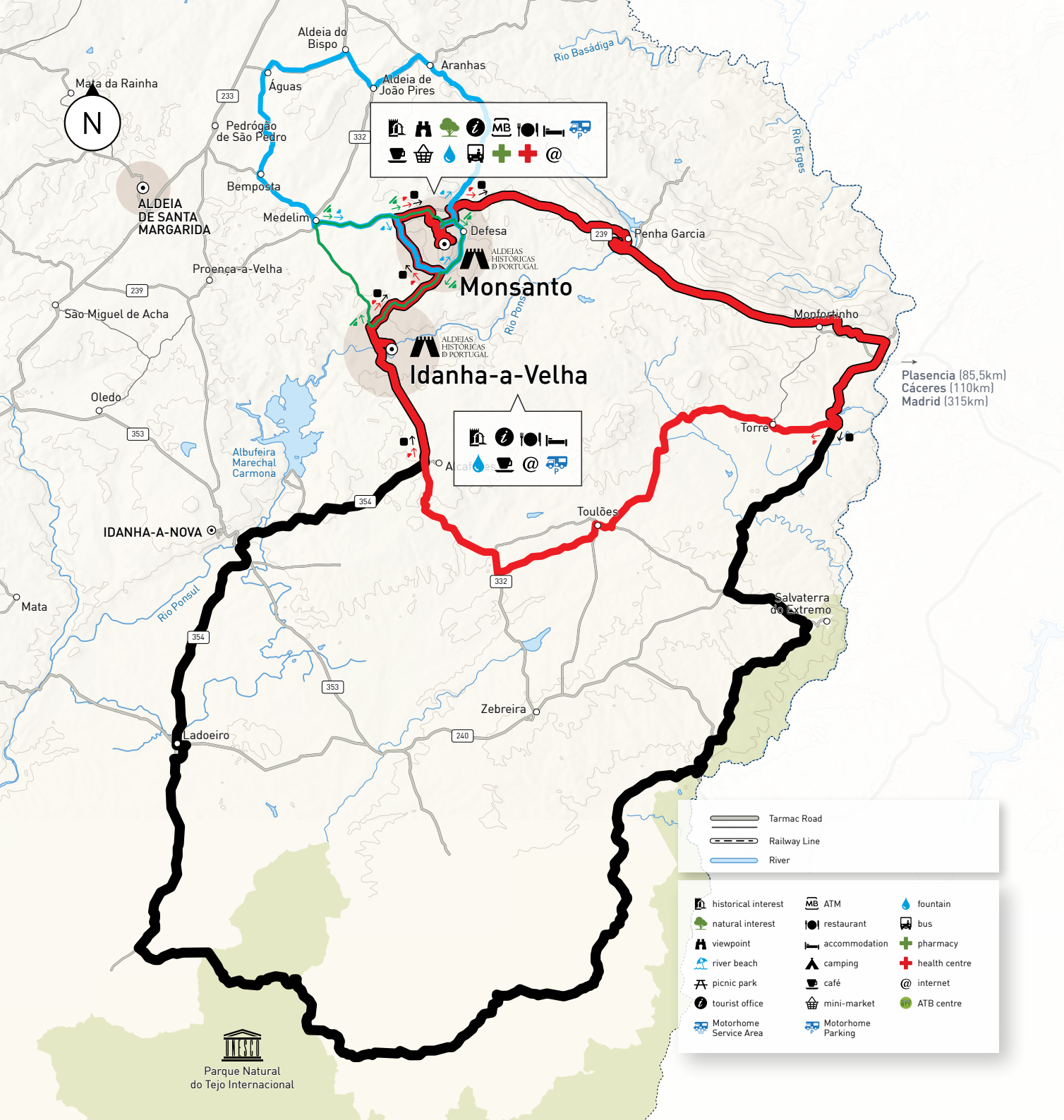


MONSANTO



Located on the slope of a steep hill known as the 'Cabeço de Monsanto', in this Historical Village the houses hide among the stones forming a picturesque and magnificent setting. The Tagus International Natural Park and the Penha Garcia Iconological Park form part of the ever-changing and exciting landscapes of the Historical Village of Monsanto. Monsanto's typical dishes are goat or lamb broth, always seasoned with mint. In terms of confectionery, a highlight is cornmeal pudding.

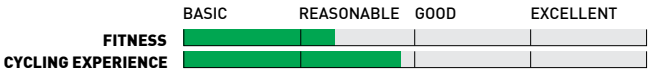




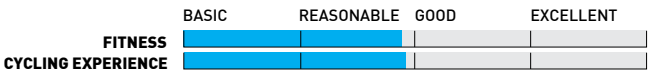
MONSANTO

DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

GREEN route 20,72(Km) 320(m) _ Height gain +
01:00 (min.) _ 01:30 (máx.) Difficulty: 38,00%



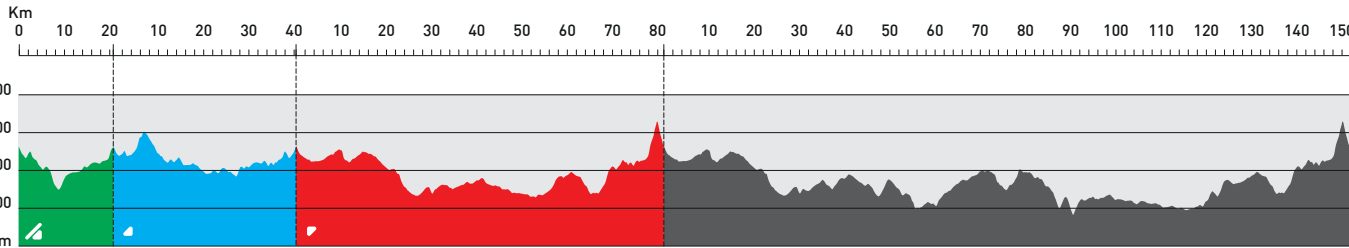
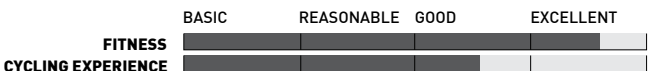
BLUE route 40,50(Km) 613(m) _ Height gain +
02:00 (min.) _ 03:00 (máx.) Difficulty: 51,75%



RED route 81,21(Km) 1085(m) _ Height gain +
04:45 (min.) _ 07:15 (máx.) Difficulty: 78,75%



BLACK route 151,73(Km) 2037(m) _ Height gain +
09:15 (min.) _ 14:00 (máx.) Difficulty: 84,25%



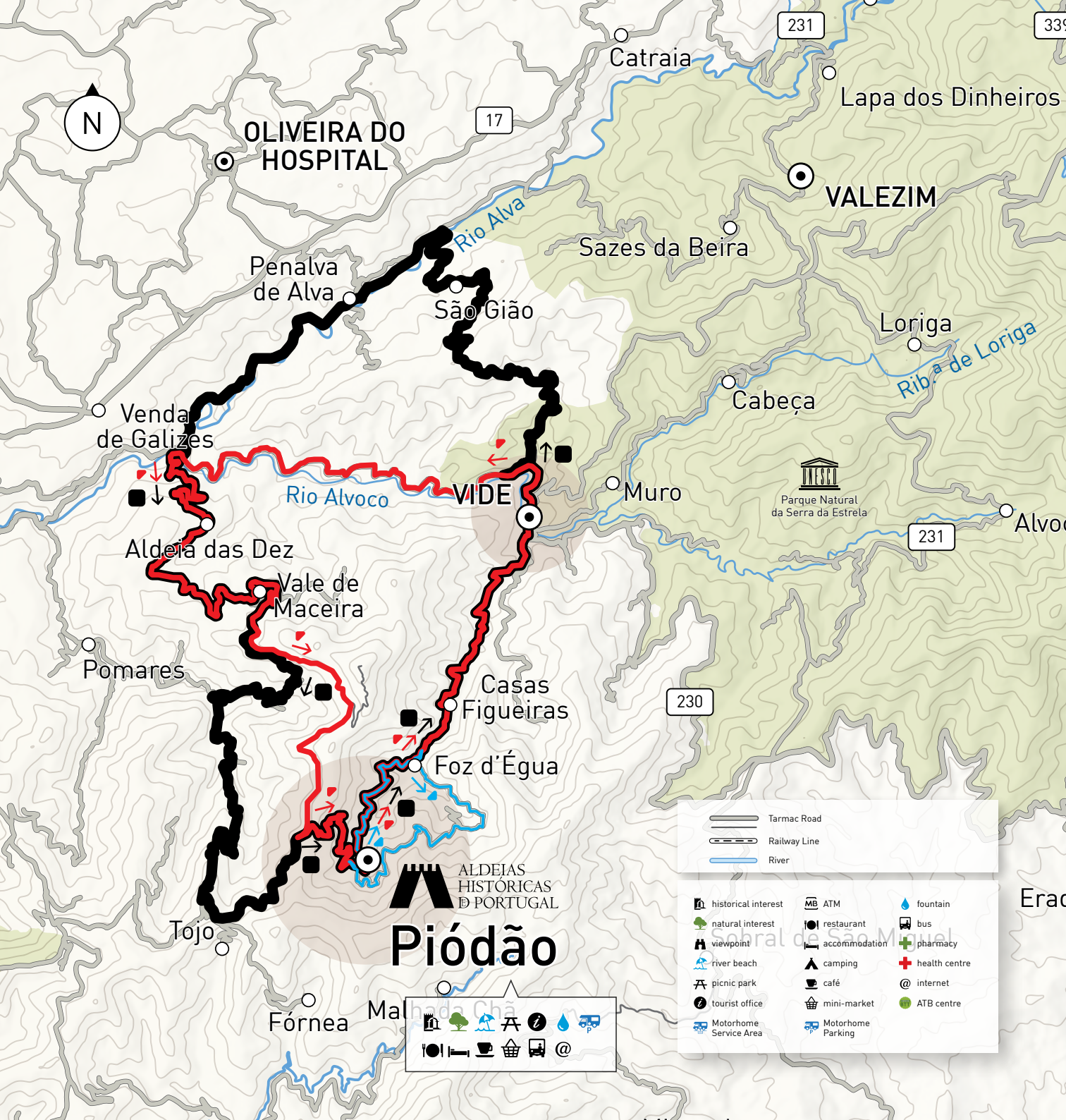
PIÓDÃO



In the heart of the Serra do Açor, the Historical Village of Piódão stands out as an authentic nativity scene. With terraces painted blue, the colour that adorns the windows and doors of the schist houses, the Historical Village of Piódão is a unique and beautiful picture-postcard.

The most iconic and irresistible dish of the Historical Village of Piódão is known as chanfana (lamb or goat stew). Other highlights of the local cuisine are rice with rabbit and the desserts of rice pudding and sponge cake.





PIÓDÃO

Easy (0-40%)

Medium (40-60%)

Difficult (60-80%)

Very difficult (80-100%)

DIFFICULTY LEVEL

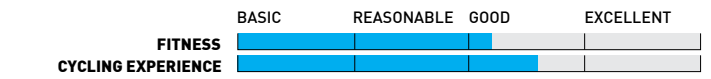
BLUE
route

13,28(Km)

481(m) _ Height gain +

00:45 (min.) _ 01:00 (máx.)

Difficulty: 52,50%



RED
route

47,82(Km)

1147(m) _ Height gain +

02:45 (min.) _ 04:00 (máx.)

Difficulty: 70,00%



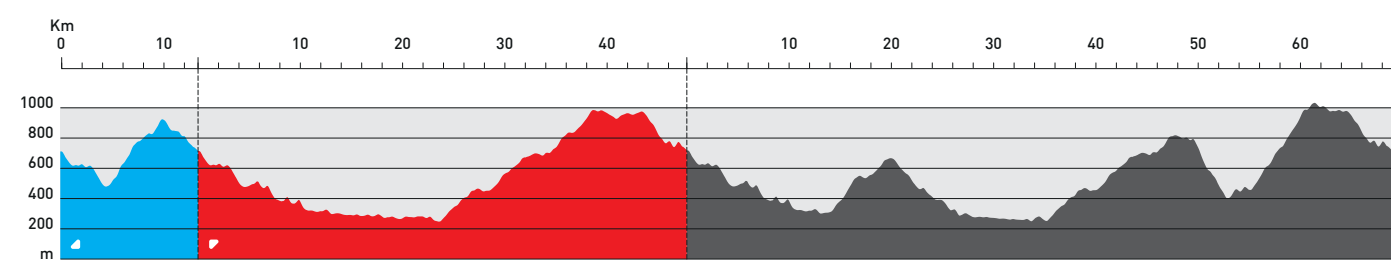
BLACK
route

68,85(Km)

2021(m) _ Height gain +

04:15 (min.) _ 06:15 (máx.)

Difficulty: 82,50%



SORTELHA

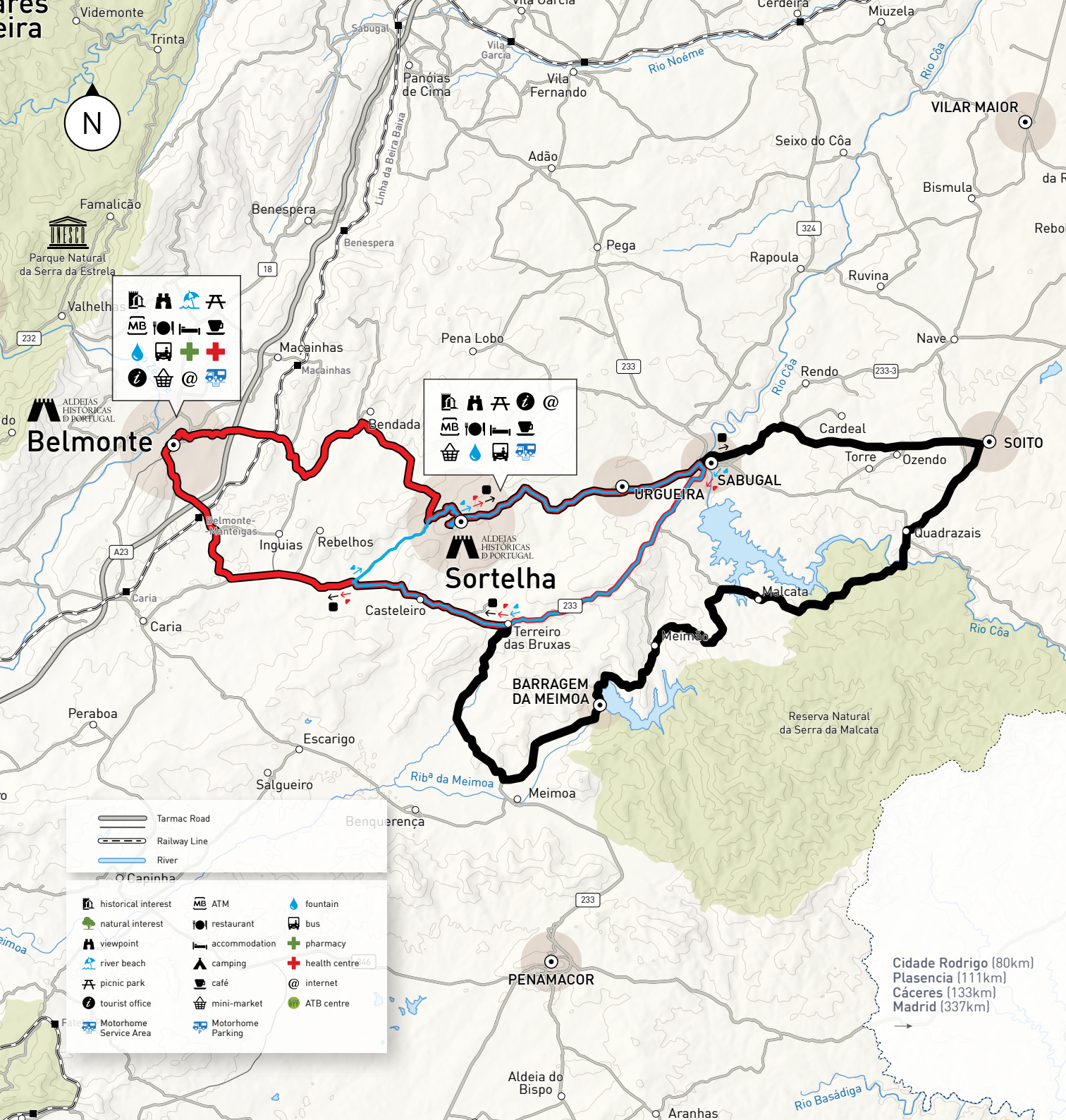


Surrounding by ring-shaped walls and overlooked by a 13th century castle, the urban and architectural physiognomy of the Historical Village of Sortelha has remained unchanged until the present day. It is one of the oldest villages in Portugal, witness to the very beginnings of our country.

Adventures in the area around the Historical Village of Sortelha include the Serra da Estrela Natural Park (a UNESCO heritage site) and the Serra da Malcata Natural Reserve.

In culinary terms, one of the best-known delicacies of the Historical Village of Sortelha is its sweet corn pudding. Long days of work in the countryside mean that Sortelha's traditional fare features threshed grain soup and traditional stews.





SORTELHA

DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

BLUE
route

37,53(Km)

680(m) _ Height gain +

02:00 (min.) _ 03:00 (máx.)

Difficulty: 55,00%



RED
route

62,98(Km)

1146(m) _ Height gain +

03:45 (min.) _ 05:30 (máx.)

Difficulty: 73,00%



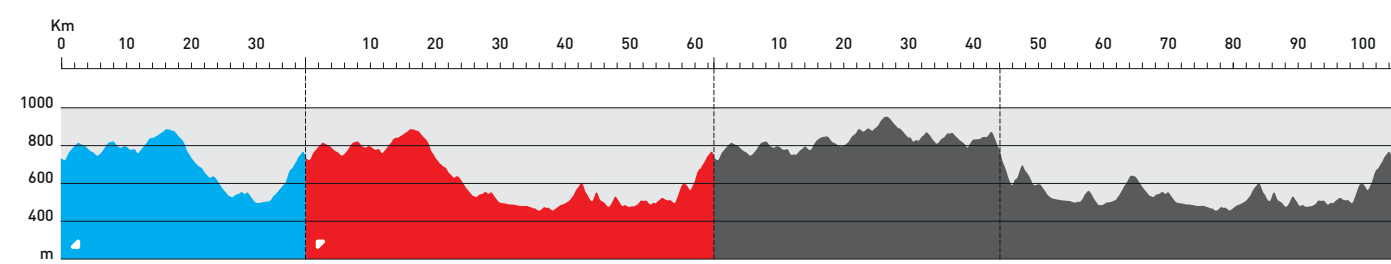
BLACK
route

104,37(Km)

1999(m) _ Height gain +

06:15 (min.) _ 09:30 (máx.)

Difficulty: 81,00%



TRANCOSO



Surrounded by medieval walls and with a wealth of architectural heritage and an ancient castle, the Historical Village of Trancoso is a place full of history and stories.

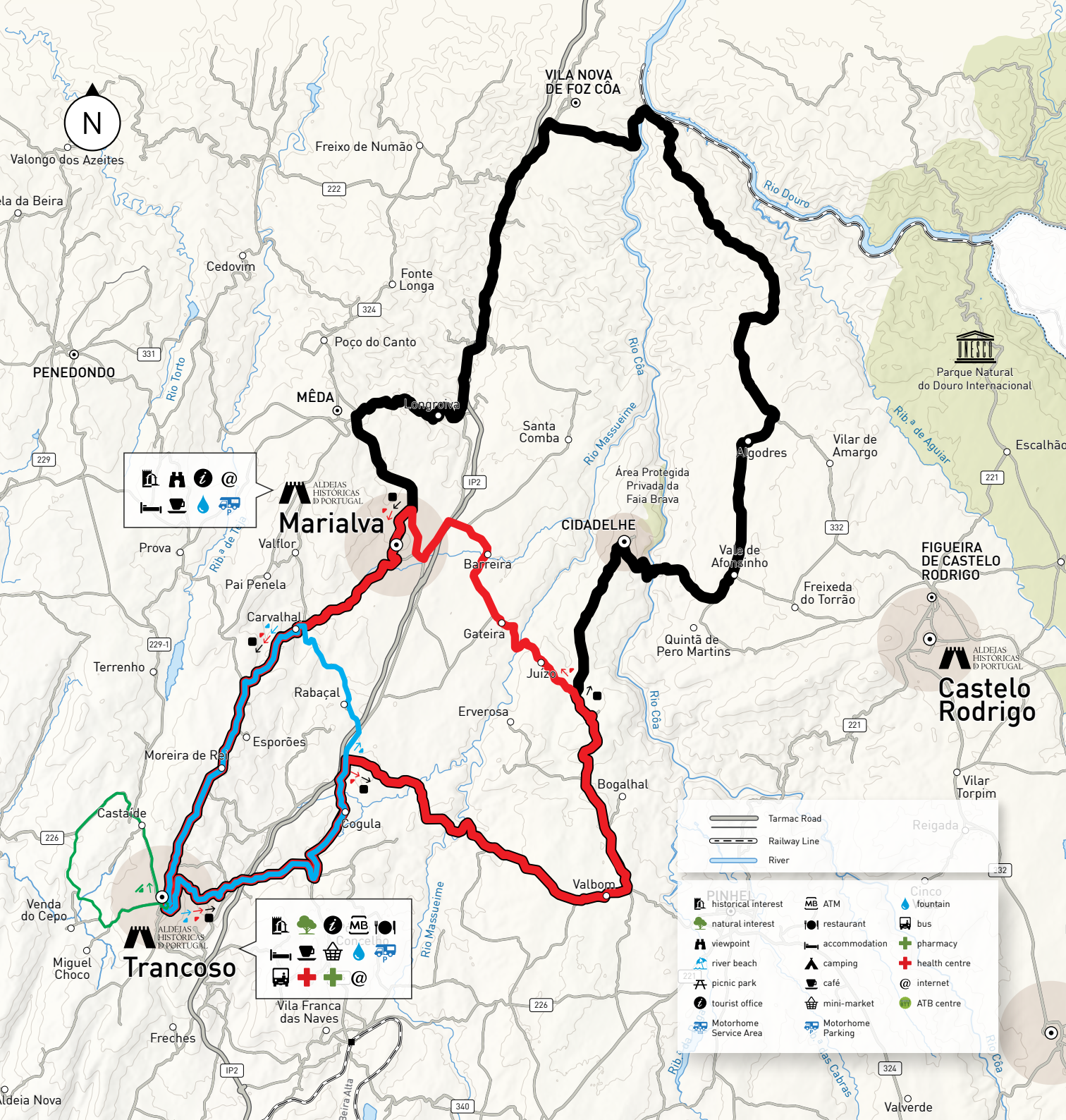
One of its mythical figures is Gonalo Anes Bandarra, a famous poet, prophet and shoemaker who was born and lived in Trancoso in the 16th century.

A Jewish physician and philosopher, appointed chief physician of the Court of the King of Portugal in 1632, Isaac Cardoso was another of the great historical figures born in Trancoso.

Trancoso's natural surroundings are made up of the Douro International Natural Park, the Coa River Valley and the Faia Brava Reserve Private Protected Area.

Sweet sardines are Trancoso's best known delicacy of Trancoso, and its cuisine also consists of specialties such as *Sarrabulho* pig's blood stew and *Migas Recheadas das Segadas*.





TRANCOSO

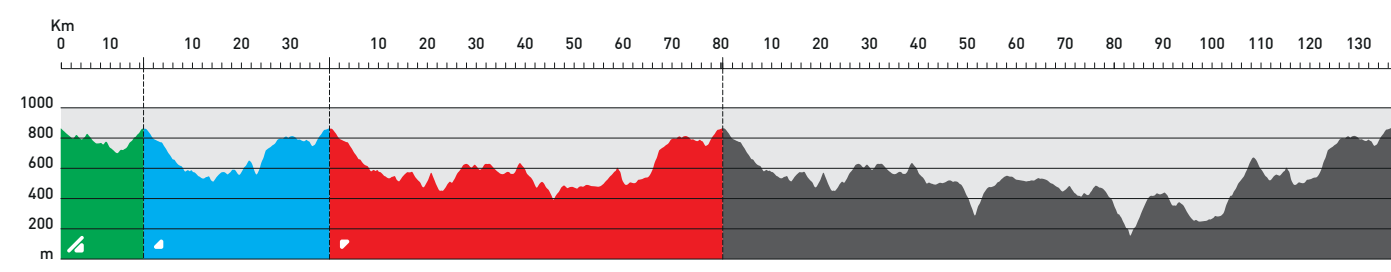
DIFFICULTY LEVEL
Easy (0-40%) Medium (40-60%) Difficult (60-80%) Very difficult (80-100%)

GREEN route
16,84(Km) | 282(m) _ Height gain +
00:45 (min.) _ 01:15 (máx.) | Difficulty: 38,25%
BASIC REASONABLE GOOD EXCELLENT
FITNESS
CYCLING EXPERIENCE



BLUE route
37,92(Km) | 723(m) _ Height gain +
02:00 (min.) _ 03:00 (máx.) | Difficulty: 57,25%
BASIC REASONABLE GOOD EXCELLENT
FITNESS
CYCLING EXPERIENCE



RED route
80,30(Km) | 1503(m) _ Height gain +
04:45 (min.) _ 07:15 (máx.) | Difficulty: 77,75%
BASIC REASONABLE GOOD EXCELLENT
FITNESS
CYCLING EXPERIENCE



BLACK route
136,67(Km) | 2639(m) _ Height gain +
08:15 (min.) _ 12:30 (máx.) | Difficulty: 82,25%
BASIC REASONABLE GOOD EXCELLENT
FITNESS
CYCLING EXPERIENCE



WHERE TO EAT, WHERE TO SLEEP AND WHAT TO DO IN THE HISTORICAL VILLAGES OF PORTUGAL

Where to sleep



Where to eat



What to do



Local accommodation, rural guest houses, luxury hotels, SPAs, restaurants with traditional cuisine, fine-dining and snacks: the Historical Villages of Portugal offer a diverse and varied range of hotels and restaurants to suit many individual tastes.

There are hotels and restaurants in all of the 12 Historical Villages of Portugal, and in the surrounding areas, which provide the support required by anybody travelling this Cycle Route Network. They also supplement the experience of escaping from the routine, contact with nature and enjoying sport with moments of pure culinary delight and well-being. An adventure on the Historical Villages of Portugal Cycle Route Network not only lets you discover endless roads with unforgettable landscapes, but also a thousand and one flavours and aromas of the territory. The cuisine and wines of the Historical Villages of Portugal are without a shadow of a doubt the cherry on top of any visit to the region. Tour agencies and tourist entertainment companies working in the region also arrange different activities, tours and experiences to make sure you don't leave without discovering the history of every nook and cranny of the Historical Villages of Portugal.

AH Marialva



HANDY TIPS

All of the described routes are on public paved roads that are mostly used by light and heavy vehicles, so you must abide by all of the traffic rules in force in the Portuguese highway code.

To guarantee the safety of cyclists, we recommend preparing in advance before embarking on the routes, so the following points should be taken into account:

NAVIGATION

As there are no street signs installed on the roads, the use of GPS equipment is essential.

Before embarking on an adventure you should check the route you want to take and download the official GPS track of the route, available from the Historical Villages of Portugal website.

After downloading the track you should check the route and know where the waypoints are so that you have a general idea of the route if the equipment's battery runs out.

Taking into account the size of the project in terms of kilometres and the large number of villages and services in the region, specifically cafes, restaurants, supermarkets, museums, etc., there will not always be people in these places who know about the routes and there may be nobody to answer your questions. Therefore the use of GPS is essential.

BEFORE PEDALLING

- › The use of an approved protective helmet for cycling is highly recommended;
- › You should keep your bicycle in a good state of repair and check the condition of the brakes, gears, tyres and other components;
- › You should always have hydration and nutrition (food, bars, gels) to avoid running out of energy in a remote location.
- › When riding for several days, you should distribute the weight of the load over the bike using saddlebags and bags. Avoid carrying heavy backpacks as this can injure your back.
- › Your bicycle should be fitted with lights, a rear position lamp (red) and a front light, especially in the autumn and winter months when it gets dark early;
- › You should wear cycling shorts and use cream to avoid the fabric rubbing against your skin (chamois cream).
- › You should use sunscreen to avoid skin burns (depending on time of year);
- › You should have a dry inner layer and a good raincoat (depending on the time of year);
- › You should use strong tyres and always carry at least 2 spare inner tubes;
- › It is recommended to have a spare dropout that is compatible with the bicycle that you ride. Ask the shop how to change a dropout if it splits;
- › You should keep a piece of Kevlar in your rucksack to mend broken tyres (a rectangle of any thicker rubber can be used until you get to a workshop);
- › Multi-purpose tool with a chain tool;
- › Bike pump;
- › Puncture repair kit;
- › Chain oil;
- › Spare brake pads for replacement (depending on the number of kilometres you are going to travel).

RULES OF CONDUCT

- › Respect all road traffic rules found in the highway code;
- › Always ride on the right;
- › Avoid riding side-by-side in areas of curves (so as not to block traffic);
- › Avoid making unnecessary noises;
- › Observe the fauna and flora without disturbing it;
- › Respect the monuments and urban spaces that you visit;
- › Always follow the directions of the police authorities;
- › Do not leave rubbish or other traces of your visit;
- › Do not light fires;
- › Be friendly to the people you meet in the villages.



USEFUL CONTACTS

Historical Villages of Portugal
- Tourism Development Association
+351 275 913 395
info@aldeiashistoricasdeportugal.com

Technical information
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Tourist information
produto@aldeiashistoricasdeportugal.com

promoter



institutional partner



approval



co-financing





_ALMEIDA_BELMONTE_CASTELO MENDO_CASTELO NOVO_CASTELO RODRIGO_IDANHHA-A-VELHA_
_LINHARES DA BEIRA_MARIALVA_MONSANTO_PIÓDÃO_SORTELHA_TRANCOSO_

promoter



institutional partner



approval



co-financing



CENTRO₂₀₂₀

PORTUGAL₂₀₂₀



ColorADD
The Color Alphabet



**Colour
identification
system for the
colour blind**