GCR-HVP

PINK route | 576(Km) | 10881(m) _ Height gain

Difficulty:

GCR-HVP NORTH LOOP

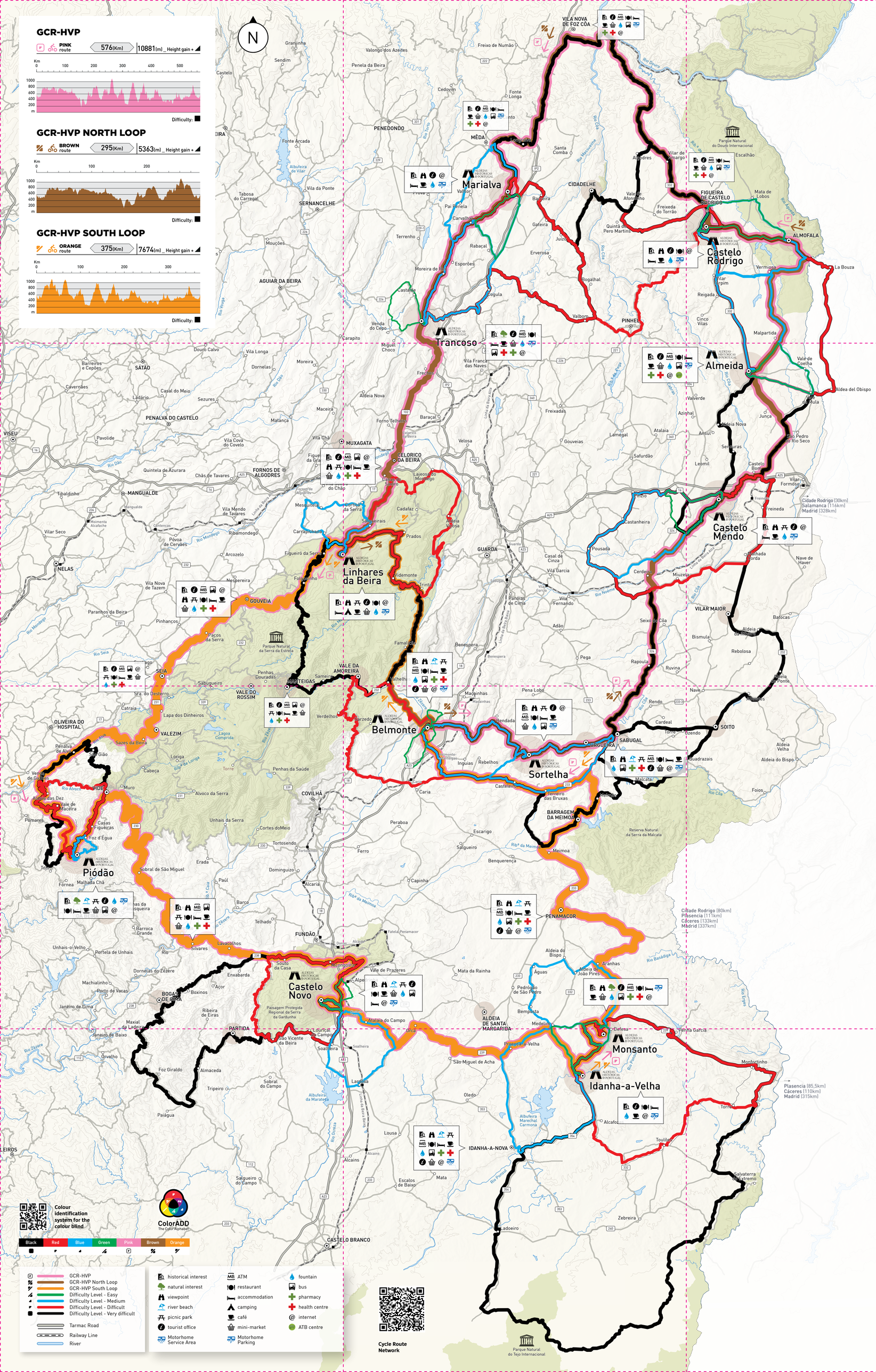
BROWN route | 295(Km) | 5363(m) _ Height gain

Difficulty:

GCR-HVP SOUTH LOOP

ORANGE route | 375(Km) | 7674(m) _ Height gain

Difficulty:



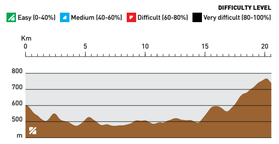
Setor_1

BELMONTE/SORTELHA

20,55(Km) | 612(m) _ Height gain

01:00 (min.) _ 01:30 (máx.) | Difficulty: 51,75%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



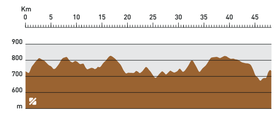
Setor_2

SORTELHA/CASTELO MENDO

48,29(Km) | 804(m) _ Height gain

02:30 (min.) _ 03:45 (máx.) | Difficulty: 58,00%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



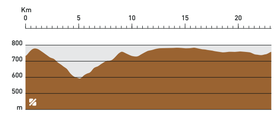
Setor_3

CASTELO MENDO/ALMEIDA

23,11(Km) | 327(m) _ Height gain

01:00 (min.) _ 01:30 (máx.) | Difficulty: 39,00%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



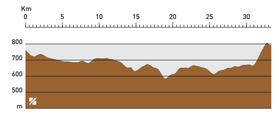
Setor_4

ALMEIDA/CASTELO RODRIGO

33,34(Km) | 539(m) _ Height gain

01:45 (min.) _ 02:30 (máx.) | Difficulty: 56,25%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



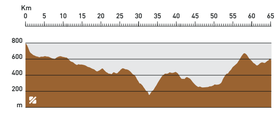
Setor_5

CASTELO RODRIGO/MARIALVA

65,11(Km) | 1129(m) _ Height gain

03:45 (min.) _ 05:30 (máx.) | Difficulty: 69,50%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



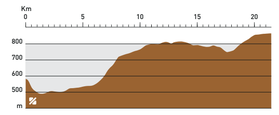
Setor_6

MARIALVA/TRANCOSO

21,46(Km) | 547(m) _ Height gain

01:00 (min.) _ 01:30 (máx.) | Difficulty: 51,25%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



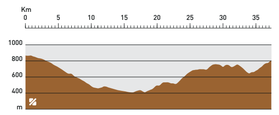
Setor_7

TRANCOSO/LINHARES DA BEIRA

37,33(Km) | 741(m) _ Height gain

02:00 (min.) _ 03:00 (máx.) | Difficulty: 58,50%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



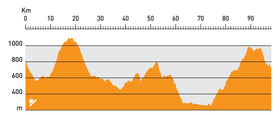
Setor_8

LINHARES DA BEIRA/PIÓDÃO

98,35(Km) | 2355(m) _ Height gain

06:00 (min.) _ 09:00 (máx.) | Difficulty: 83,50%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



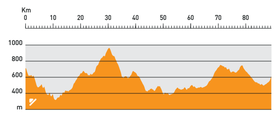
Setor_9

PIÓDÃO/CASTELO NOVO

89,30(Km) | 1995(m) _ Height gain

05:30 (min.) _ 08:15 (máx.) | Difficulty: 82,00%

FITNESS / CYCLING EXPERIENCE: BÁSICA, REASONABLE, GOOD, EXCELLENT



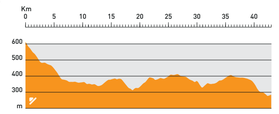
Setor_10

CASTELO NOVO/IDANHA-A-VELHA

43,01(Km) | 447(m) _ Height gain

02:15 (min.) _ 03:30 (máx.) | Difficulty: 57,25%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



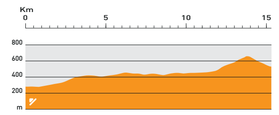
Setor_11

IDANHA-A-VELHA/MONSANTO

15,28(Km) | 490(m) _ Height gain

00:45 (min.) _ 01:15 (máx.) | Difficulty: 55,25%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



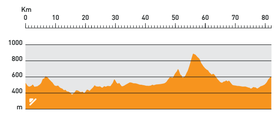
Setor_12

MONSANTO/BELMONTE

82,04(Km) | 1463(m) _ Height gain

05:00 (min.) _ 07:30 (máx.) | Difficulty: 82,50%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



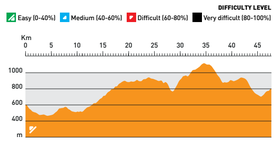
Setor_1a

BELMONTE/LINHARES DA BEIRA

47,63(Km) | 1219(m) _ Height gain

02:45 (min.) _ 04:00 (máx.) | Difficulty: 67,50%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



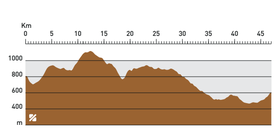
Setor_8a

LINHARES DA BEIRA/ BELMONTE

46,98(Km) | 1034(m) _ Height gain

02:30 (min.) _ 04:00 (máx.) | Difficulty: 67,50%

FITNESS / CYCLING EXPERIENCE: BASIC, REASONABLE, GOOD, EXCELLENT



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.

Colour identification system for the colour blind

ColorADD
The Color Alphabet

Black	Red	Blue	Green	Pink	Brown	Orange

- GCR-HVP
- GCR-HVP North Loop
- GCR-HVP South Loop
- Difficulty Level - Easy
- Difficulty Level - Medium
- Difficulty Level - Difficult
- Difficulty Level - Very difficult
- Tarmac Road
- Railway Line
- River

- historical interest
- natural interest
- viewpoint
- river beach
- picnic park
- tourist office
- Motorhome Service Area
- ATM
- restaurant
- accommodation
- camping
- café
- mini-market
- Motorhome Parking
- fountain
- bus
- pharmacy
- health centre
- internet
- ATB centre

Cycle Route Network

ALMEIDA

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

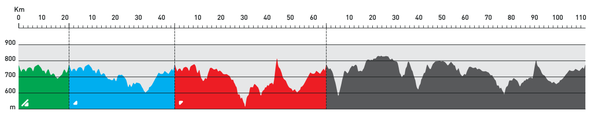
GREEN route — 21,71(Km) — 185(m) _ Height gain + — 01:00 (min.) _ 01:30 (máx.) — Difficulty: 30,75%

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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



BELMONTE

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

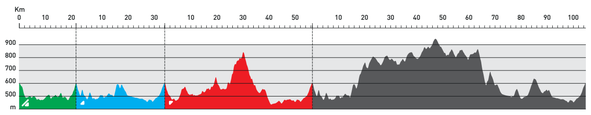
GREEN route — 20,06(Km) — 301(m) _ Height gain + — 01:00 (min.) _ 01:30 (máx.) — Difficulty: 39,00%

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 gainl + — 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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



CASTELO MENDO

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

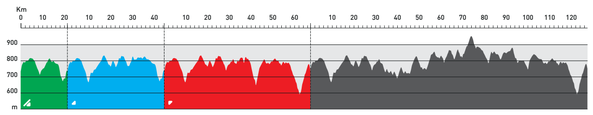
GREEN route — 21,37(Km) — 246(m) _ Height gain + — 01:00 (min.) _ 01:30 (máx.) — Difficulty: 35,50%

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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



CASTELO NOVO

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

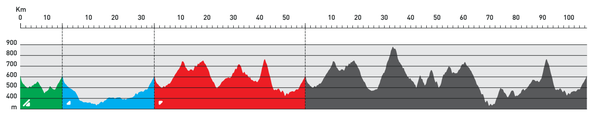
GREEN route — 15,87(Km) — 323(m) _ Height gain + — 00:45 (min.) _ 01:00 (máx.) — Difficulty: 39,50%

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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



CASTELO RODRIGO

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

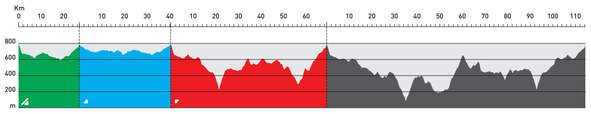
GREEN route — 26,85(Km) — 370(m) _ Height gain + — 01:15 (min.) _ 01:45 (máx.) — Difficulty: 39,25%

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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



IDANHA-A-VELHA

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

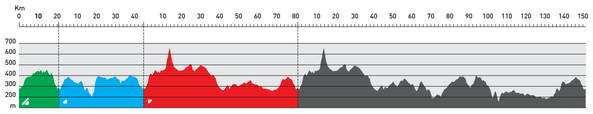
GREEN route — 20,70(Km) — 310(m) _ Height gain + — 01:00 (min.) _ 01:30 (máx.) — Difficulty: 36,50%

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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



LINHARES DA BEIRA

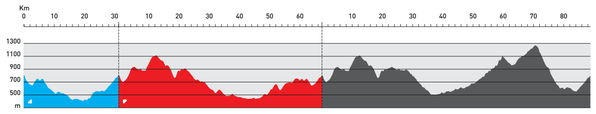
DIFFICULTY LEVEL: Easy (0-40%) | Medium (40-60%) | Difficult (60-80%) | Very difficult (80-100%)

BLUE route — 31,34(Km) — 656(m) _ Height gain + — 01:30 (min.) _ 02:30 (máx.) — Difficulty: 52,00%

RED route — 67,14(Km) — 1590(m) _ Height gain + — 04:00 (min.) _ 06:00 (máx.) — Difficulty: 75,50%

BLACK route — 89,13(Km) — 2150(m) _ Height gain + — 05:30 (min.) _ 08:00 (máx.) — Difficulty: 82,25%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



MARIALVA

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

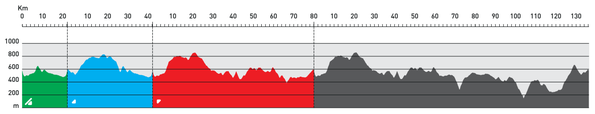
GREEN route — 22,28(Km) — 366(m) _ Height gain + — 01:00 (min.) _ 01:30 (máx.) — Difficulty: 38,50%

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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



MONSANTO

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

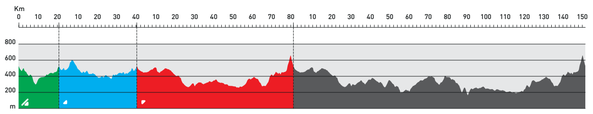
GREEN route — 20,72(Km) — 320(m) _ Height gain + — 01:00 (min.) _ 01:30 (máx.) — Difficulty: 38,00%

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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



PIÓDÃO

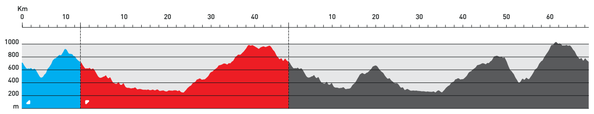
DIFFICULTY LEVEL: Easy (0-40%) | Medium (40-60%) | Difficult (60-80%) | Very difficult (80-100%)

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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



SORTELHA

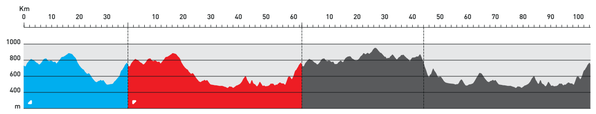
DIFFICULTY LEVEL: Easy (0-40%) | Medium (40-60%) | Difficult (60-80%) | Very difficult (80-100%)

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%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



TRANCOSO

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

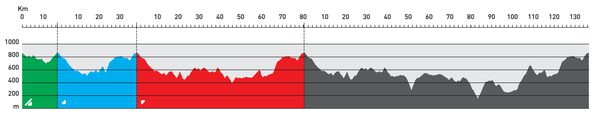
GREEN route — 16,84(Km) — 282(m) _ Height gain + — 00:45 (min.) _ 01:15 (máx.) — Difficulty: 38,25%

BLUE route — 37,92(Km) — 723(m) _ Height gain + — 02:00 (min.) _ 03:00 (máx.) — Difficulty: 57,25%

RED route — 80,30(Km) — 1503(m) _ Height gain + — 04:45 (min.) _ 07:15 (máx.) — Difficulty: 77,75%

BLACK route — 136,67(Km) — 2639(m) _ Height gain + — 08:15 (min.) _ 12:30 (máx.) — Difficulty: 82,25%

FITNESS / CYCLING EXPERIENCE: BASIC | REASONABLE | GOOD | EXCELLENT



GUIDE TO THE HISTORICAL VILLAGES OF PORTUGAL CYCLE ROUTE NETWORK

ALDEIAS HISTÓRICAS DE PORTUGAL

1 destination that is in fact 12

BIOSPHERE certified destination

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.

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.

USEFUL CONTACTS

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promoter: ALDEIAS HISTÓRICAS DE PORTUGAL | TURISMO DE PORTUGAL

co-financing: CENTRO 2020 | PORTUGAL 2020 | UNIÃO EUROPEIA

Fundo Europeu de Desenvolvimento Regional

institutional partner: FEDERAÇÃO PORTUGUESA DE CICLISMO

approval: CYCLIN' PORTUGAL

Sistema de Identificação de Cores para Daltónicos

Color FADD

_ALMEIDA_BELMONTE_CASTELO MENDO_CASTELO NOVO_CASTELO RODRIGO_IDANHA-A-VELHA_
_LINHARES DA BEIRA_MARIALVA_MONSANTO_PIÓDÃO_SORTELHA_TRANCOSO_