



ALDEIAS
HISTÓRICAS
DE PORTUGAL

GR
22



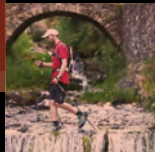
1 destination that is in fact 12



BIOSPHERE
certified destination



WALKING &
CYCLING



**GRANDE ROTA
HISTORIC VILLAGES
OF PORTUGAL**

**GROSSE ROUTE
HISTORISCHEN DÖRFERN PORTUGALS**

_ALMEIDA_BELMONTE_CASTELO MENDO_CASTELO NOVO_CASTELO RODRIGO_IDANHA-A-VELHA
_LINHARES DA BEIRA_MARIALVA_MONSANTO_PIÓDÃO_SORTELHA_TRANCOSO_



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WALKING & CYCLING



**OUR HISTORY,
YOUR TIME.**
UNSERE GESCHICHTE, DEINE ZEIT.

Wild nature. Medieval castles. Places replete with legends, flavors, and traditions. Whether on foot or by bicycle, follow the Grande Rota of the Historical Villages of Portugal and explore this magnificent route that unites all 12 villages in nearly 600 km. On foot, scout the 15 Historic Passages (Pequenas Rotas - PR) in the villages, which vary between 3 and 30 km.

A trip through the Historic Villages of Portugal is a one-of-a-kind experience from where you will return home with a heart full of unforgettable moments and adventures.

Natur in freier Wildbahn. Mittelalterliche Schlösser Orte voller Legenden, Geschmäcker und Traditionen. Zu Fuß oder mit dem Fahrrad können Sie der Großen Route der historischen Dörfer Portugals folgen und diese herrliche Route entdecken, die mit etwa 600 km alle 12 Dörfer vereint. Erkunden Sie zu Fuß die 15 historischen Wege (Kleine Wege - PR), die in den Dörfern vorhanden sind und zwischen 3 und 30 km variieren.

Eine Reise durch die historischen Dörfer Portugals ist eine einzigartige Erfahrung, von der Sie mit einem Herzen voller unvergesslicher Momente und Erlebnisse zurückkehren.



co-funding

TURISMO DE
PORTUGAL

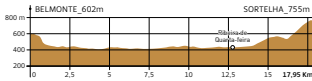
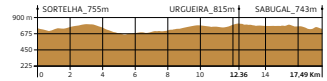
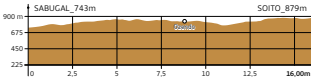
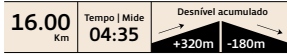
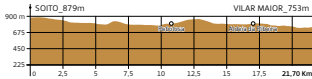
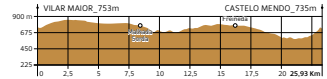
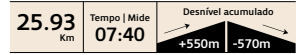
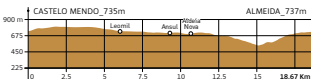
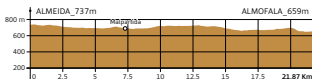
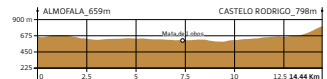
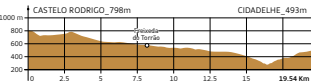
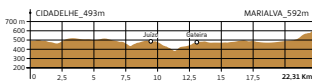
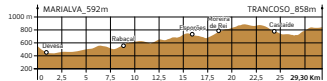
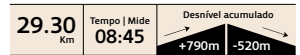
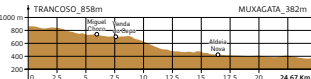
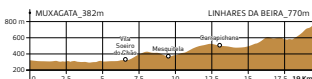
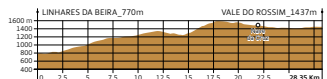
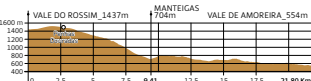
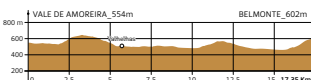


promoters



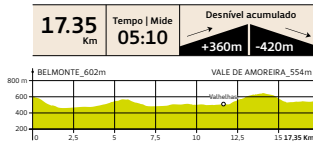
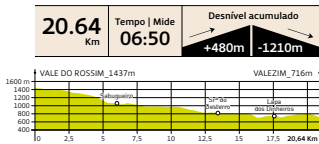
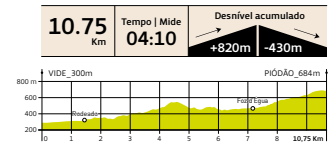
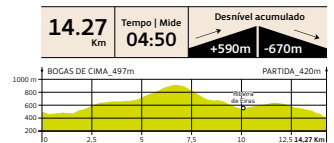
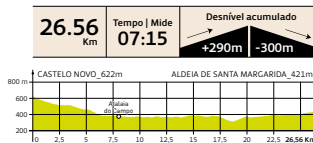
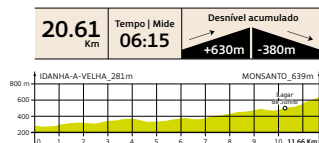
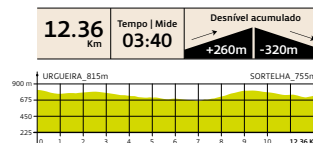
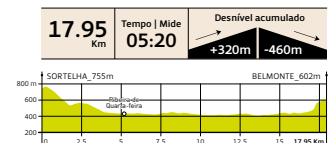
co-funding



GR
22LOOP
NORTE
▲ BELMONTE ↔ ▲ SORTELHA

**▲ SORTELHA ↔ ▲ URGUEIRA
↔ ▲ SABUGAL**

SABUGAL ↔ SOITO

SOITO ↔ VILAR MAIOR

**VILAR MAIOR
↔ ▲ CASTELO MENDO**

▲ CASTELO MENDO ↔ ▲ ALMEIDA

▲ ALMEIDA ↔ ▲ ALMOFALA

**ALMOFALA
↔ ▲ CASTELO RODRIGO**

**▲ CASTELO RODRIGO
↔ ▲ CIDADELHE**

CIDADELHE ↔ ▲ MARIALVA

▲ MARIALVA ↔ ▲ TRANCOSO

▲ TRANCOSO ↔ ▲ MUXAGATA

**▲ MUXAGATA
↔ ▲ LINHARES DA BEIRA**

**▲ LINHARES DA BEIRA
↔ ▲ VALE DO ROSSIM**

**VALE DO ROSSIM
↔ ▲ VALE DE AMOREIRA**

**VALE DE AMOREIRA
↔ ▲ BELMONTE**


The Grande Rota of the Historic Villages of Portugal (GR22) favors old rural passages away from the chaos, furnishing serenity, silence, and security. Approved nationally by the Portuguese Camping and Mountaineering Federation (FCMP) and internationally by the European Ramblers Association (ERA) with the Leading Quality Trails Best of Europe seal, it is the perfect trail for those who like challenges and to travel independently in total, intimate contact with the region. Venture out on the breathtaking landscapes of the GR22.

Die Große Route der historischen Dörfer Portugals (GR22) privilegiert die alten ländlichen Wege, entfernt sich von der Agitation und bietet Gelassenheit, Ruhe und Sicherheit. Sie ist national vom FCMP und international von der ERA mit dem "Best of Europe" -Siegel von Leading Quality Trails anerkannt. Sie ist die perfekte Route für alle, die Herausforderungen und autonome Reisen bevorzugen, die sich in vollem Kontakt mit dem Gebiet befinden. Wage dich durch die atemberaubenden Landschaften des GR22.

GR
22LOOP
SUL**▲ BELMONTE**
↔ **VALE DE AMOREIRA****VALE DE AMOREIRA**
↔ **VALE DO ROSSIM****VALE DO ROSSIM** ↔ **VALEZIM****VALEZIM** ↔ **VIDE****VIDE** ↔ **▲ PIODÃO****▲ PIODÃO**
↔ **SÃO JORGE DA BEIRA****SÃO JORGE DA BEIRA**
↔ **BOGAS DE CIMA****BOGAS DE CIMA** ↔ **PARTIDA****PARTIDA** ↔ **▲ CASTELO NOVO****▲ CASTELO NOVO**
↔ **ALDEIA DE S.ª MARGARIDA****ALDEIA DE S.ª MARGARIDA**
↔ **▲ IDANHA-A-VELHA****▲ IDANHA-A-VELHA**
↔ **▲ MONSANTO****▲ MONSANTO** ↔ **PENAMACOR****PENAMACOR**
↔ **MEIMOA (BARRAGEM)****MEIMOA (BARRAGEM)**
↔ **URGUEIRA****URGUEIRA** ↔ **▲ SORTELHA****▲ SORTELHA** ↔ **▲ BELMONTE**

Degree of Difficulty / Schwierigkeitsgrad: ■ Easy / Leicht ■ Medium / Mittel ■ Hard / Schwer ■ Very difficult / Sehr schwer

The difficulty and duration of the stages are presented according to the MIDE system. For more information about this system, visit: www.montanasegura.com/mide/

Der Schwierigkeitsgrad und die Dauer der Teilabschnitte werden nach dem MIDE-System dargestellt. Weitere Informationen zu diesem System finden Sie unter: www.montanasegura.com/mide/

Institutional
Partner
Institutioneller
Partner

Registered, Approved,
and Certified Trail
Registriert, genehmigt
und zertifiziert



GR 22



Total Distance / Gesamt Entfernung

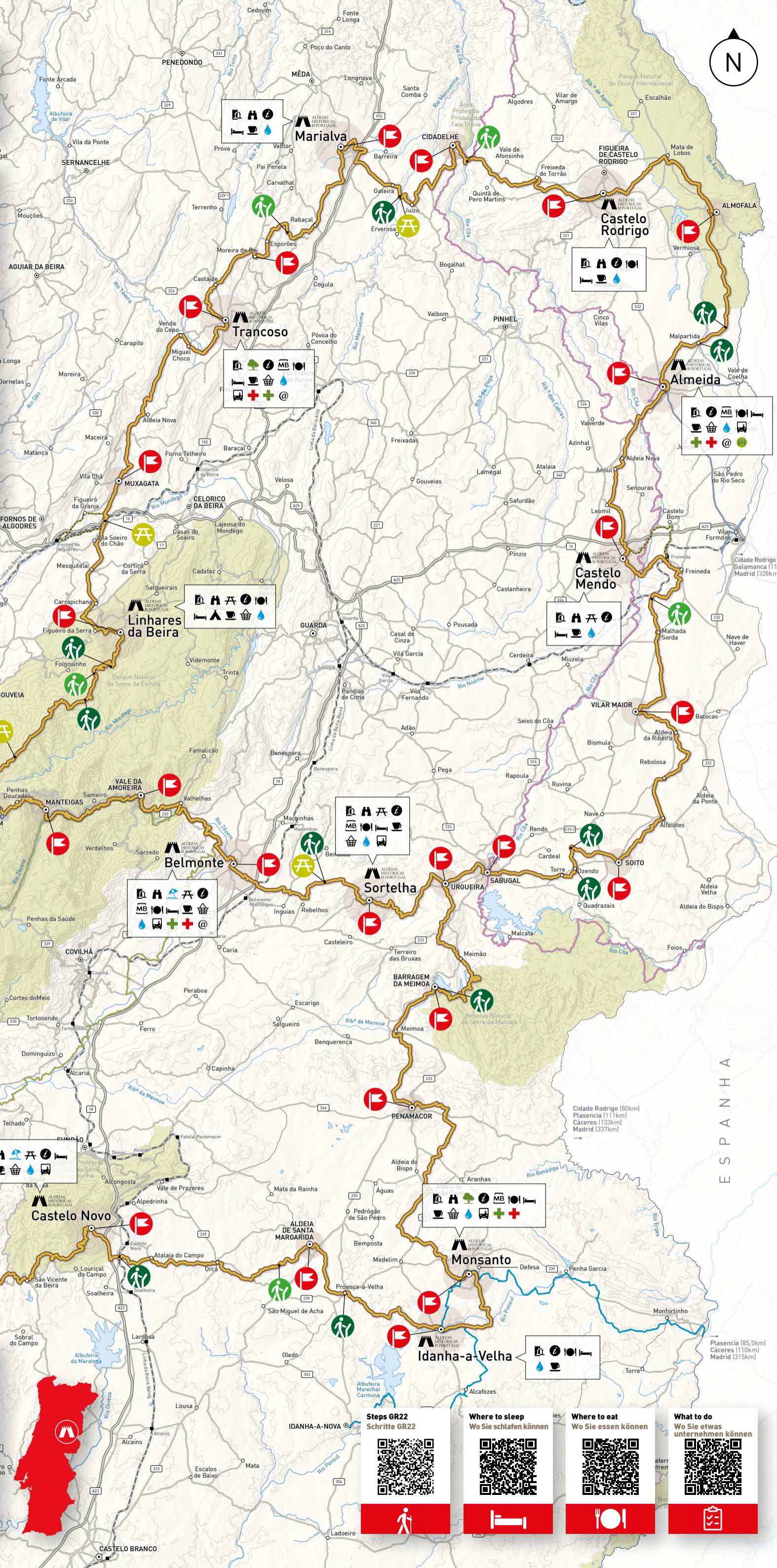
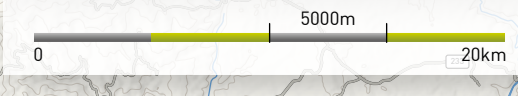
565 Km

+ GR 22.1
40 Km



- GR 22 _ Grande Rota of the Historic Villages of Portugal / Große Route der Historischen Dörfern Portugals
- GR 22 _ Detour / Abzweigung
- GR 45 _ GR Vale do Côa
- GR 33 _ GR do Zêzere
- GR 12 / E7
- GR 80 _ GR das Cidades Amuralhadas
- Paved Road / Asphaltstraße
- Railway Track / Eisenbahn
- River / Fluss
- Steps to Walk / Schritte zu Gehen
- Interpretive Panels / Interpretationstafeln
- Landscape Information Boards / Landschaftsleser
- Rest Areas / Rastplätze

- historic interest / historisches Interesse
- natural interest / naturinteresse
- scenic viewpoint / aussichtspunkt
- river beach / flussstrand
- food park / picknickplatz
- tourist office / touristen Posten
- multibanco / geldautomat
- restaurant / restaurant
- accommodation / unterkunft
- camping area / camping
- café / kaffee
- convenience store / minimarkt
- fountain / brunnen
- bus / bus
- pharmacy / apotheke
- health center / gesundheitszentrum
- internet / internet
- MTB center / MTB-center



ESPAÑA

Steps GR22
Schritte GR22

Where to sleep
Wo Sie schlafen können

Where to eat
Wo Sie essen können

What to do
Wo Sie etwas unternehmen können

