

## BETWEEN HILLS & VALLEYS

### DESCRIPTION:

This Mountain Bike Touring corresponds to a bike circuit throughout the zone directly to the northwest and south of the city of Miranda do Douro. This tour begins in Miranda do Douro, following northwest through a rural road, near the Fresno River, to the vicinity of the village of Palancar, and again through rural roads to Malhadas and Duas Igrejas, and through a moorish path to the village of Freixiosa. The way back will be made through rural and municipal roads, passing in Cércio, until we reach Miranda do Douro through the Urban Park of Fresno River.

### COURSE CHARACTERISTICS:

- **Location** – northwest and south of Miranda do Douro / parishes of Miranda do Douro, Malhadas, Duas Igrejas and Vila Chã da Braciosa / Miranda do Douro area / Bragança district / Trás-os-Montes / Portugal
- **Course** – circular / generalist
- **Point of departure and arrival** – Urban Park of Fresno River, Miranda do Douro
- **Distance to travel** – 37 km
- **Ground unevenness** – slight
- **Minimum altitude** – 627 m
- **Medium altitude** – 707 m
- **Maximum altitude** – 787 m
- **Duration** – between 3 and 4 hours
- **Type of Course** – sportive, panoramic, environmental and cultural
- **Paths** – rural and municipal road
- **Difficulty level** – medium
- **Favourable season** – there isn't any

### TO BETTER ENJOY THIS ACTIVITY, WE ADVISE THE USE OF:

- Suitable shoes, fit for the practice of MTB;
- Helmet, gloves and suitable clothes for the practice of MTB and according to weather;
- Energetic bars or other energy food source;
- Bottle with water;
- Camera;
- Sunscreen in the summer.



If you're used to MTB practice and you can't bring your bicycle, bring your **saddle**, and we provide you the bicycle!

**PRICES:**

- ½ day = 17,00 €/person (\*)
- ½ day = 25,00 €/person (\*\*)

(\*) **Includes:** Specialized guide and obligatory insurance.

(\*\*) **Includes:** Bicycle and helmet, specialized guide and obligatory insurance.

For more information please refer to the **Terms and Conditions**.

**We advise you to read the section**  
**Good Practices**

MORE THAN ADVENTURE, NATURE AND CULTURE

