

BEYOND DOURO

DESCRIPTION:

This Mountain Bike Touring corresponds to a bike circuit throughout the zone directly north of the city of Miranda do Douro. This tour begins in Miranda do Douro, following north through a rural road, by the neighbourhood of *Terronha*, to Vale de Águia, then again through a rural road to Aldeia Nova and the chapel of São João das Arribas, where you can look at the Douro valley. The way back will be made through rural roads, across Aldeia Nova, Pena Branca and Malhadas, until we reach Miranda do Douro through the Urban Park of Fresno River.

COURSE CHARACTERISTICS:

- **Location** – north of Miranda do Douro / parishes of Miranda do Douro and Malhadas / 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** – 32 km
- **Ground unevenness** – deep
- **Minimum altitude** – 628 m
- **Medium altitude** – 719 m
- **Maximum altitude** – 811 m
- **Duration** – between 3 and 4 hours
- **Type of Course** – sportive, panoramic, environmental and cultural
- **Paths** – rural
- **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

