

## PEDALING THROUGH NAZO

### DESCRIPTION:

This Mountain Bike Touring corresponds to a bike circuit throughout the zone directly to the north of the city of Miranda do Douro. This tour begins in Miranda do Douro, following north through rural roads to the villages of Malhadas and Especiosa, and again through rural roads to the Sanctuary of *Nossa Sra. do Nazo*. From there follows through rural and municipal roads to the villages of Póvoa and Constantim, then again through rural roads to Ifanes and Aldeia Nova, until we reach the chapel of *São João das Arribas*. The way back will be made through rural roads, passing in Aldeia Nova e Vale de Águia, until we reach Miranda do Douro through the neighbourhood of Terronha.

### COURSE CHARACTERISTICS:

- **Location** – north of Miranda do Douro / parishes of Miranda do Douro, Malhadas, Genísio, Póvoa, Constantim and Ifanes / 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** – 52 km
- **Ground unevenness** – deep
- **Minimum altitude** – 637 m
- **Medium altitude** – 743 m
- **Maximum altitude** – 830 m
- **Duration** – between 7 and 8 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:

- 1 day = 30,00 €/person (\*)
- 1 day = 45,00 €/person (\*\*)

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

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

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

