



Route 01 Arripiado - XC

This route is the most easily accessible from the Arripiado - Chamusca Cycling Centre. Taking cyclists down wide, even-surfaced country paths, it runs alongside the left bank of the River Tagus. The paths along this route are wide, even-surfaced dirt tracks with no steep inclines. This route partially coincides with other routes that will take you back to the centre, providing varying distances and levels of difficulty and allowing cyclists to mix and match the routes they take.

Signposted Route

11.5 Km 50 m 1h00m

Route 02 Arripiado - XC

A moderately difficult route, it winds along country paths on the left bank of the River Tagus. This route goes through Pinheiro Grande and Carregueira, where there are several services (water fountains, cafés, etc.). The paths along this route are mostly wide even-surfaced dirt tracks.

Signposted Route

22.4Km 170 m 1h55m



Chamusca



Route 04 Arripiado - XC

A difficult route hailed as the route of all routes thanks to its technical paths and its breathtaking views, since it follows the Vale da Foz and the left bank of the River Tagus. The main points of interest are Ribeira da Foz, the Biodiversity station and the stretch alongside the River Tagus, which provides fantastic views of Almourol Castle.

Non-signposted Route

22 Km 370 m 1h50m



Route 05 Arripiado - XC

A difficult route that takes cyclists down country lanes, across Carregueira and southwards, through the valleys and hills of the Ribatejo. The paths are mostly wide, through short sections which go through more technical tracks. This route is mostly made up of dirt tracks with varying inclines. The landscape is dominated by cork oaks and eucalyptus trees.

Non-signposted Route

45.8 Km 380 m 4h00m

Route 06 Arripiado - XC

Very difficult route due to its length and technical sections. The main points of interest along this route are Chamusca, where there are several perfect rest stops, as well as Vale Cavalos and Chouto. This route crosses a variety of landscapes, such as the ribatejano corklands, forest areas, farmland and river areas.

Non-signposted Route

107.9 Km 1000 m 9h15m



Route 07 Arripiado - XC

Difficult route within the Arripiado - Chamusca Cycling Centre, mainly due to its length and incline. The main points of interest along the route are within Vale Cavalos, Chouto and Semideira. This route is iconic thanks to the landscapes it crosses, from the Ribatejo corklands, which are dominated by cork oaks, to forests and farmland.

Non-signposted Route

69.4 Km 670 m 6h00m



Route 11 Erra - GR

This is the Cycling Centre's easiest route, through the south and east of Coruche. A reasonably flat route, it takes you along the riverbed of the Sorraia River. The landscape is diverse, with farmland lining the riverbanks, along with corklands and pastures.

Signposted Route

22.5 Km 180 m 1h25m



Route 12 Erra - GR

A moderately difficult route through the south, east and north of Erra. Following the diverse landscape along the Sorraia River, this route provides a view over farmland along one side of the riverbanks, and corklands spread among pastures on the other. Further north, the predominant landscapes are corklands and eucalyptus forests.

Signposted Route

30.4 Km 270 m 1h55m



Route 13 Erra - GR

This difficult route passes through the south area of Erra, mostly on wide, largely flat dirt tracks. Explore the farmlands along the Sorraia River as well as the region's characteristic cork oak forests.

Non-signposted Route

64.5 Km 460 m 4h00



Route 14 Erra - GR

This difficult route runs north of Erra, mostly on wide, largely flat dirt tracks. Explore the farmlands along the Sorraia River as well as the region's characteristic cork oak forests.

Non-signposted Route

38.5 Km 340 m 2h25m



Route 15 Erra - GR

This is one of the most difficult routes south of Erra. The route is mainly made up of wide, largely flat dirt tracks. Explore the farmlands along the Sorraia River up to the town of Monte Novo, as well as the entire landscape south of the river.

Non-signposted Route

81.2 Km 420 m 5h00m



Route 16 Erra - GR

This difficult route runs north of Erra, mostly on wide dirt tracks with some inclines. Explore the farmlands along the Sorraia River up to the town of Santa Justa, as well as the entire landscape north of the river.

Non-signposted Route

65.7 Km 530 m 4h10m



CONDUCT, RECOMMENDATIONS AND PERSONAL SAFETY



- Plan your trip in advance.
- Check the weather forecasts for the dates of your trip, and be aware of any risk indicators and warnings provided by the civil protection services.
- Follow all signs relating to use of the trails, whether due to environmental, maintenance or private reasons, remembering that some of the routes are not signposted and may require you to use satnav or similar tools to cross them.
- Only use trails that are open.
- Leave no trace as you go.
- Ensure you always have control of your bicycle, always wear protective equipment (gloves, helmet, goggles, etc.) and take all the tools you might need with you (pump, spare inner tube, etc.).
- Always give way.
- Beware of motor vehicles on public roads.
- Never scare off animals.
- Always leave gates as you find them. If they were closed when you found them, make sure you close them securely behind you.

Find more information at:

www.turismodeportugal.pt

SIGNPOSTING ON ROUTES

BASIC SIGNAGE



ADDITIONAL SIGNAGE



These routes are classified according to the following criteria: distance, gradient, terrain and technical features.

Find more information at:

www.cyclinportugal.pt

USEFUL CONTACTS

CHAMUSCA
249 769 030
249 769 220
249 769 170
249 769 100

CORUCHE
243 611 240
243 610 260
243 610 500
243 619 072

WHERE TO EAT AND SLEEP

www.visitribatejo.pt

For more information on signposted and non-signposted routes, go to
www.visitribatejo.pt

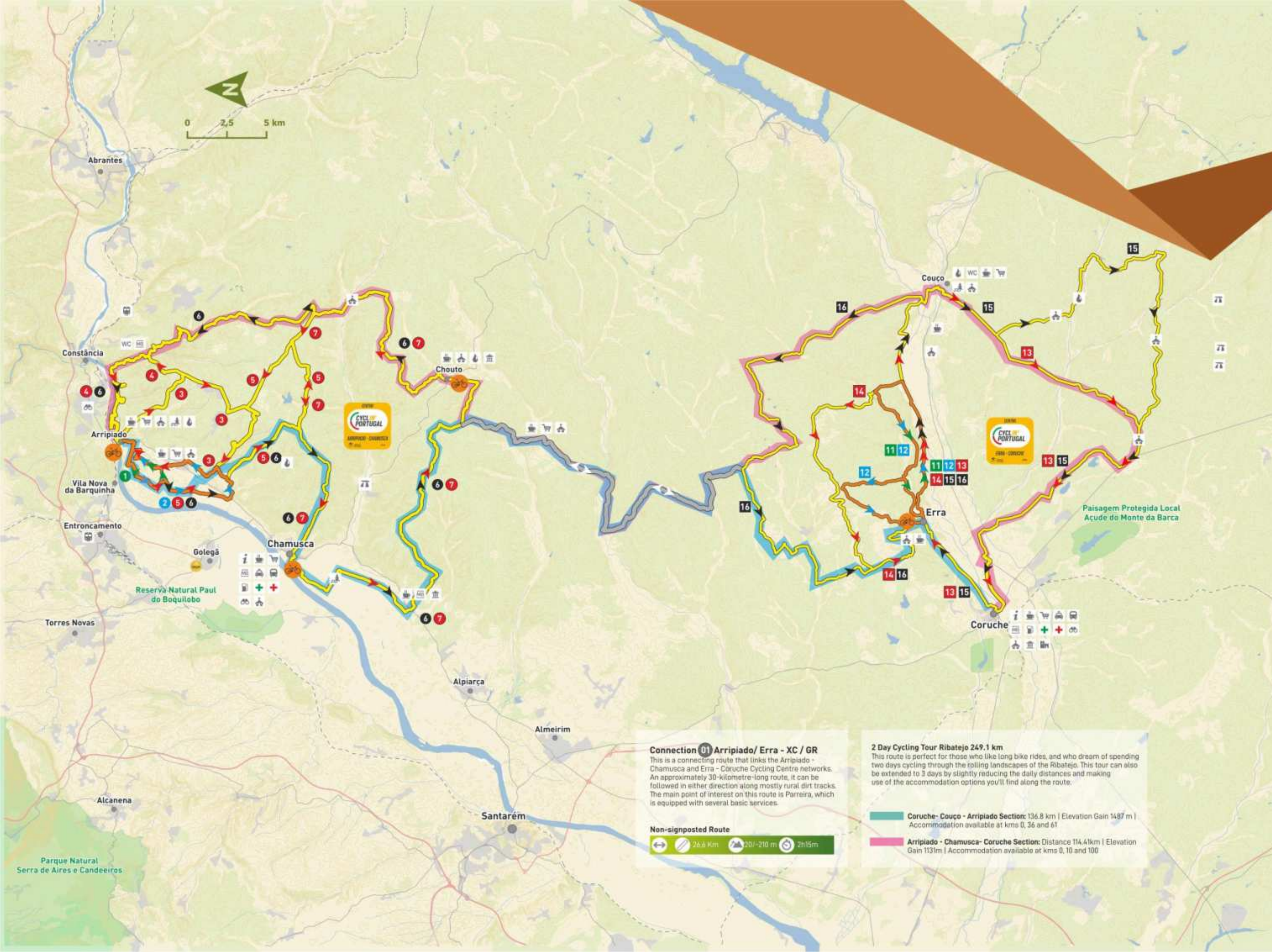
112 808 250 250
Emergency Poison Information

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cycling
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RIBATEJO
Chamusca | Coruche



HOW TO GET HERE

KEY

- Complementary Road Network
- Main Road Network
- Waterway
- Signposted Route
- Non-signposted Route
- Connecting Route

- XC Route (HBT) Signposted
- XC Route (HBT) No Signposted
- GR Route (GRAVEL) Signposted
- GR Route (GRAVEL) No Signposted

Cycling Center:

- Arripiado - Chamusca
- Erra - Coruche

Service Station:

- Arripiado, Chamusca, Chouto, Erra

SUPPORT POINTS

- Bikotel

- Water Point
- Tourist Office
- Toilets
- Café
- Supermarket
- Rest Area
- Bus
- Taxi
- Train
- Fuel
- ATM
- Hospital / Health Centre
- Pharmacy

POINTS OF INTEREST

- Monument
- Religious Building
- Museum
- Megalith
- Viewpoint

Connection 01 Arripiado/ Erra - XC / GR
This is a connecting route that links the Arripiado - Chamusca and Erra - Coruche Cycling Centre networks. An approximately 30-kilometre-long route, it can be followed in either direction along mostly rural dirt tracks. The main point of interest on this route is Parreira, which is equipped with several basic services.

Non-signposted Route
26.6 Km | 20/-210 m | 2h15m

2 Day Cycling Tour Ribatejo 249.1 km
This route is perfect for those who like long bike rides, and who dream of spending two days cycling through the rolling landscapes of the Ribatejo. This tour can also be extended to 3 days by slightly reducing the daily distances and making use of the accommodation options you'll find along the route.

Coruche - Couço - Arripiado Section: 136.8 km | Elevation Gain 1487 m | Accommodation available at kms 0, 36 and 61

Arripiado - Chamusca - Coruche Section: Distance 114.41km | Elevation Gain 1131m | Accommodation available at kms 0, 10 and 100