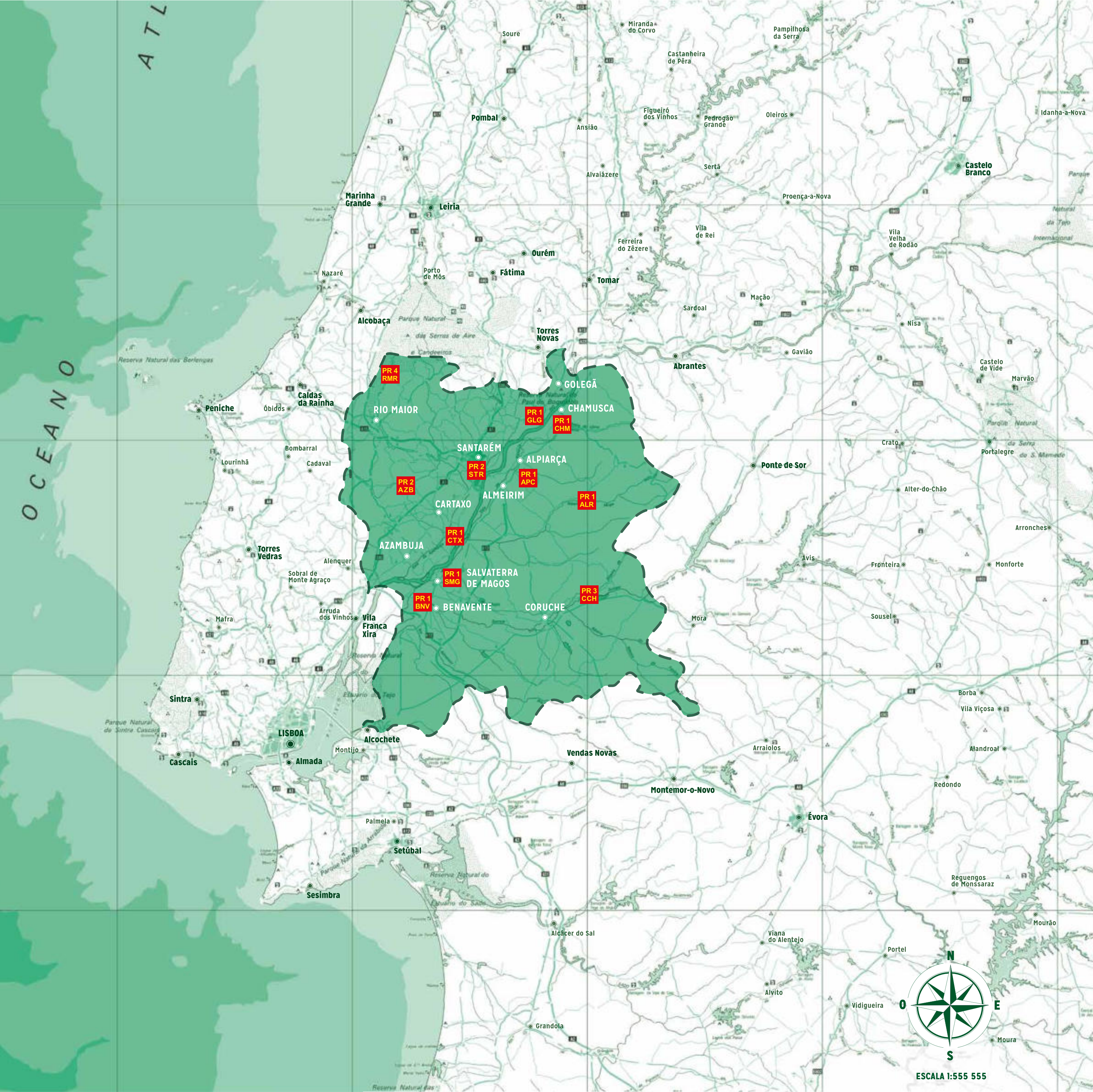




The Network extends for 100 km divided into 11 itineraries. With an average of 9 km per trail, they can be easily completed in half a day, leaving free time to visit other points of interest and enjoy the rich cuisine and local shopping opportunities.

There are ten circular itineraries and one linear route. The paths can be travelled throughout the year, but it is in autumn and spring, when the weather is milder, that new life brings a more colourful palette to the landscape, thanks to the myriad flowers, the songs of the resident birdlife and the aromas of wild herbs filling the air.

All the trails are marked with marks registered by the FCMF. You can obtain the technical data of each individual trail in PDF format and all of the trails in gpx, kml or kmz format. This information is available via Internet at www.visitribatejo.pt





PR 1
ALR

ALMEIRIM

RIBEIRA DE MUGE, A NATIONAL TREASURE

RIBEIRA DE MUGE, UM TESOURO NATURAL

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

EASY

DIFFICULTY

11.3 km

LENGTH

4 h

DURATION

134 m

ACCUMULATED CLIMB

134 m

ACCUMULATED DESCENT

132 m

MAXIMUM ALTITUDE

37 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Marianos - Casal da Tira

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Casal da Tira no largo junto à ribeira
Casal da Tira in the square next to the brook

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.179478, -8.471476

AEROPORTOS / AIRPORTS

Lisboa: 93 km | Porto: 258 km | Faro 298 km



PR 1
BNV

BENAVENTE

LEZÍRIAS ROUTE

A ROTA DAS LEZÍRIAS

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

EASY

DIFFICULTY

19.2 km

LENGTH

5 h

DURATION

82 m

ACCUMULATED CLIMB

81 m

ACCUMULATED DESCENT

20 m

MAXIMUM ALTITUDE

-2 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Benavente

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Jardim do Calvário / Cruz do Calvário

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

38.984470, -8.813076

AEROPORTOS / AIRPORTS

Lisboa: 56 km | Porto: 292 km | Faro: 268 km



PR 3
CCH

CORUCHE

LEZÍRIAS ROUTE

A ROTA DAS LEZÍRIAS

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

EASY

DIFFICULTY

9.7 km

LENGTH

3 h

DURATION

152 m

ACCUMULATED CLIMB

151 m

ACCUMULATED DESCENT

108 m

MAXIMUM ALTITUDE

18 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Vila Nova da Erra

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Jardim público de Vila Nova da Erra
Public garden of Vila Nova da Erra

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.006642, -8.447794

AEROPORTOS / AIRPORTS

Lisboa: 79 km | Porto: 285 km | Faro: 275 km



PR 1
SMG

SALVATERRA DE MAGOS

ESCAROUPIM NATIONAL FOREST

A MATA NACIONAL DE ESCAROUPIM

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

EASY

DIFFICULTY

8.5 km

LENGTH

3 h

DURATION

63 m

ACCUMULATED CLIMB

64 m

ACCUMULATED DESCENT

34 m

MAXIMUM ALTITUDE

7 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Escaroupim

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Largo dos Avieiros - junto ao rio tejo
Largo dos Avieiros - near the Tagus River

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.066673, -8.756951

AEROPORTOS / AIRPORTS

Lisboa: 62 km | Porto: 289 km | Faro: 274 km



PR 1
APC

ALPIARÇA

TROUGH THE CAVALO DO SORRAIA RESERVE

PELA RESERVA DO CAVALO DO SORRAIA

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

EASY

DIFFICULTY

10.2 km

LENGTH

3 h

DURATION

54 m

ACCUMULATED CLIMB

55 m

ACCUMULATED DESCENT

42 m

MAXIMUM ALTITUDE

8 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Alpiarça

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Reserva do cavalo do Sorraia
Cavalo do Sorraia Reserve

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.242092, -8.575890

AEROPORTOS / AIRPORTS

Lisboa: 91 km | Porto: 256 km | Faro 305 km



PR 1
CTX

CARTAXO

ALONGSIDE THE TAGUS

LADO A LADO COM O TEJO

ALL YEAR

RECOMMENDED SEASON

LINEAR

TRAIL TYPE

EASY

DIFFICULTY

14.6 km

LENGTH

3 h

DURATION

33 m

ACCUMULATED CLIMB

36 m

ACCUMULATED DESCENT

11 m

MAXIMUM ALTITUDE

3 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Porto de Muge

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Largo junto ponte Rainha Dona Amélia
Square next to the Rainha Dona Amélia

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.106994, -8.738627

AEROPORTOS / AIRPORTS

Lisboa: 66 km | Porto: 253 km | Faro: 307 km



PR 1
GLG

GOLEGÃ

PAUL DO BOQUILOBO NATURE RESERVE

RESERVA NATURAL DO PAUL DO BOQUILOBO

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

EASY

DIFFICULTY

9.9 km

LENGTH

3 h

DURATION

67 m

ACCUMULATED CLIMB

67 m

ACCUMULATED DESCENT

53 m

MAXIMUM ALTITUDE

14 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Mato de Miranda

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

R. João Veiga - junto à estação de comboios
R. João Veiga - next to the train station

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.367587, -8.553670

AEROPORTOS / AIRPORTS

Lisboa: 130 km | Porto: 220 km | Faro 331 km



PR 2
STR

SANTARÉM

FROM THE SANTARÉM PLATEAU TO THE TAGUS RIVER

DO PLANALTO DE SANTARÉM AO RIO TEJO

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

MEDIUM

DIFFICULTY

6.2 km

LENGTH

3 h

DURATION

139 m

ACCUMULATED CLIMB

139 m

ACCUMULATED DESCENT

107 m

MAXIMUM ALTITUDE

9 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Santarém

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Jardim da República / Republic Garden

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.238493, -8.685847

AEROPORTOS / AIRPORTS

Lisboa: 80 km | Porto: 245 km | Faro: 307 km



PR 2
AZB

AZAMBUJA

CASTRO DE VILA NOVA DE SÃO PEDRO

CASTRO DE VILA NOVA DE SÃO PEDRO

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

EASY

DIFFICULTY

7.3 km

LENGTH

3 h

DURATION

116 m

ACCUMULATED CLIMB

115 m

ACCUMULATED DESCENT

104 m

MAXIMUM ALTITUDE

28 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Vila Nova de São Pedro

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Rua das Escolas
Junta de Freguesia de Vila Nova de São Pedro

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.209335, -8.843206

AEROPORTOS / AIRPORTS

Lisboa: 51 km | Porto: 271 km | Faro 292 km



PR 1
CHM

CHAMUSCA

FROM THE HEATH TO THE BANKS OF THE TAGUS

DA CHARNECA ÀS MARGENS DO TEJO

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

EASY

DIFFICULTY

10 km

LENGTH

3 h

DURATION

137 m

ACCUMULATED CLIMB

137 m

ACCUMULATED DESCENT

132 m

MAXIMUM ALTITUDE

15 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Chamusca

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Centro da Chamusca - Jardim do Coreto
Chamusca Center - Coreto Garden

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.357458, -8.481264

AEROPORTOS / AIRPORTS

Lisboa: 108 km | Porto: 228 km | Faro: 323 km



PR 4
RMR

RIO MAIOR

SERRAS DE AIRE E CANDEEIROS NATURE PARK

PARQUE NATURAL DAS SERRAS DE AIRE E CANDEEIROS

ALL YEAR

RECOMMENDED SEASON

CIRCULAR

TRAIL TYPE

DIFÍCIL

DIFFICULTY

4.5 km

LENGTH

3 h

DURATION

215 m

ACCUMULATED CLIMB

215 m

ACCUMULATED DESCENT

473 m

MAXIMUM ALTITUDE

270 m

MINIMUM ALTITUDE

LOCALIZAÇÃO / LOCATION

Aldeia de Chãos

PONTO DE PARTIDA / TRAIL DEPARTURE POINT

Estacionamento Cooperativa Terra Chã
Car park Cooperativa Terra Chã

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES

39.417998, -8.920365

AEROPORTOS / AIRPORTS

Lisboa: 81 km | Porto: 233 km | Faro: 321 km



KEY

LEGENDA - ETIQUETA

LÉGENDE - BILDUNTERSCHRIFT - LABEL

LOCALIZAÇÃO / LOCATION / LOCALIZACIÓN / LOCALISATION / PLAATS / LAGE

PONTO DE PARTIDA / TRAIL DEPARTURE POINT / PUNTO DE PARTIDA DE LA RUTA / POINT DE DÉPART DU PARCOURS / VERTEXPUNKT WANDELROUTE / AUSGANGSPUNKT

COORDENADAS GPS-WGS84 / GPS-WGS84 COORDINATES / COORDENADAS GPS-WGS84 / COORDONNÉES GPS-WGS84 / GPS-WGS84 COÖRDINATEN / GPS-WGS84 KOORDINATEN

AEROPORTOS / AIRPORTS / AEROPUERTOS / AÉROPORTS / FLUGHÄFEN / LUCHTHAVENS

GRUPOS > 9 PESSOAS / GROUPS > 9 PEOPLE / GRUPOS > 9 PERSONAS / GROUPE > 9 PERSONNES / GRUPE > 9 PERSONEN / GROEP > 9 PERSONEN

ÉPOCA RECOMENDADA / RECOMMENDED SEASON / SAISON CONSEILLÉE / JAHRESZEIT EMPFOHLEN / AANBEVOLEN SEIZOEN

TIPO DE PERCURSO / TYPE OF TRAIL / TIPO DE RUTA / TYPE DE PARCOURS / TYPE WANDELING / STRECKENART

TIPO DE PERCURSO / TYPE OF TRAIL / TIPO DE RUTA / TYPE DE PARCOURS / TYPE WANDELING / STRECKENART

GRAU DE DIFICULDADE / DEGREE OF DIFFICULTY / NIVEL DE DIFICULTAD / NIVEAU DE DIFFICULTÉ / MOEILIJKEIDSGRAAD / SCHWIERIGKEITSGRAD

DURAÇÃO APROXIMADA / APPROXIMATE DURATION / DURACIÓN APROXIMADA / DURÉE APPROXIMATIVE / VERWACHTE DUUR / UNGEFÄHRE GEHZEIT

EXTENSÃO / LENGTH / EXTENSIÓN / LONGUEUR / AFSTAND / LÄNGE

SUBIDA ACUMULADA / ACCUMULATED CLIMB / SUBIDA TOTAL / MONTÉE ACCUMULÉE / TOTALE STIJGING / HÖHENMETER NACH OBEN

DESCIDA ACUMULADA / ACCUMULATED DESCENT / DESCENSO TOTAL / DESCENTE ACCUMULÉE / TOTALE DALING / HÖHENMETER NACH UNTEN

ALTITUDE MÁXIMA / MAXIMUM ALTITUDE / ALTITUD MÁXIMA / ALTITUDE MAXIMUM / MAXIMALE HOOGTE / HÖCHSTER PUNKT

ALTITUDE MÍNIMA / MINIMUM ALTITUDE / ALTITUD MÍNIMA / ALTITUDE MINIMUM / MINIMALE HOOGTE / NIEDRIGSTER PUNKT