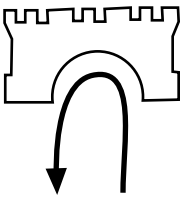
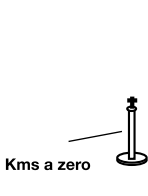
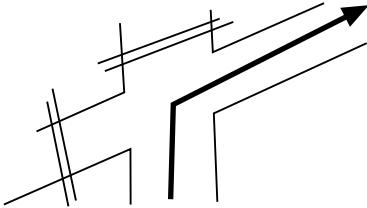
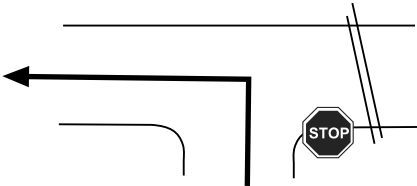
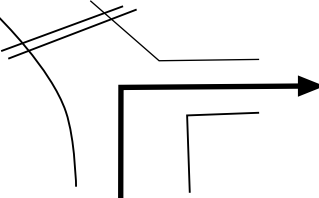
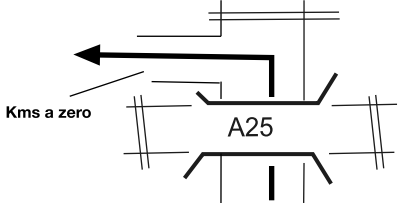
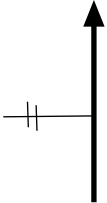

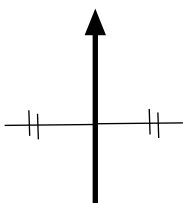
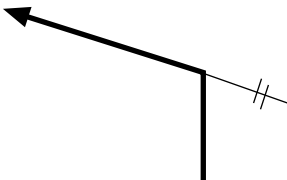
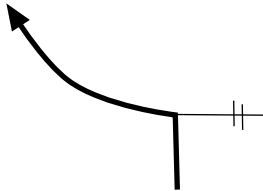
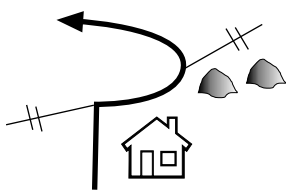
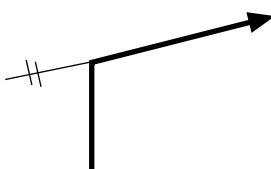
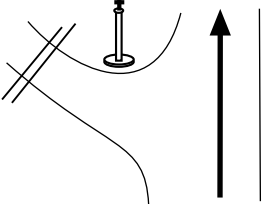
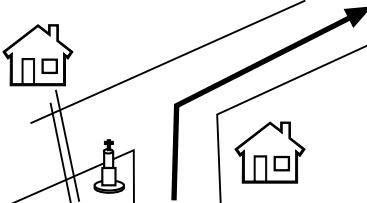
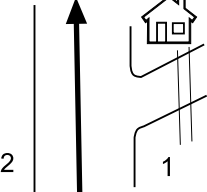
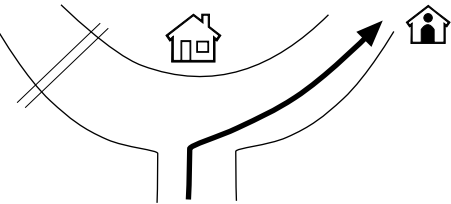

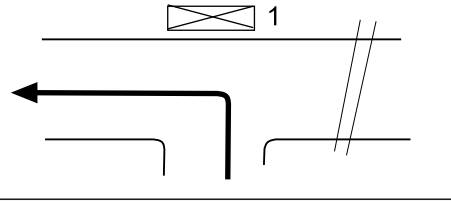
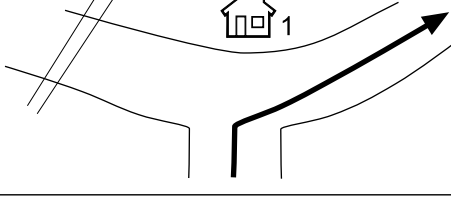
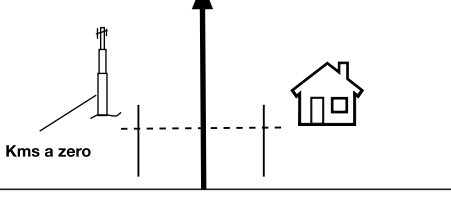
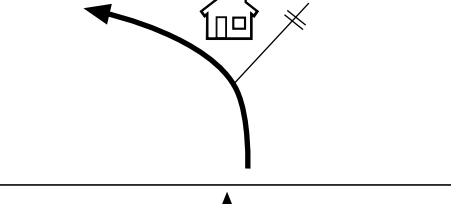
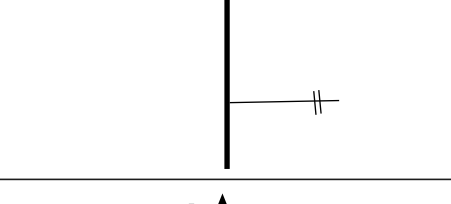
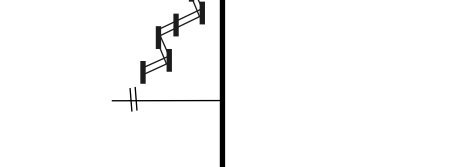
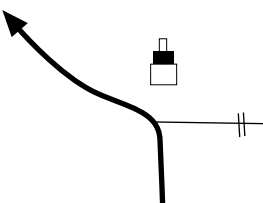
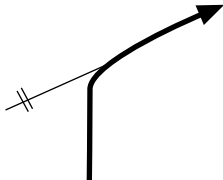
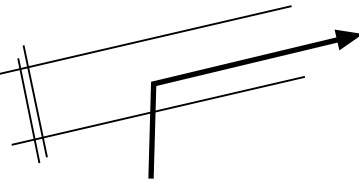

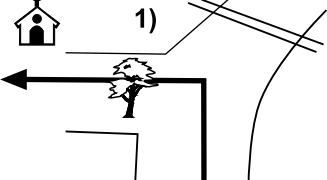
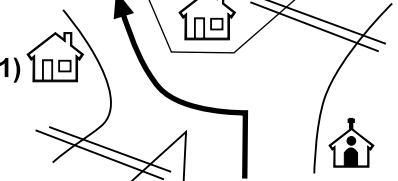
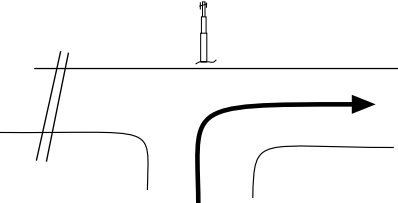
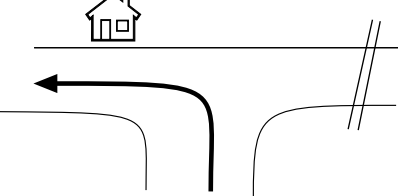

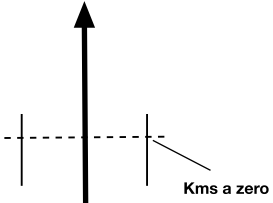
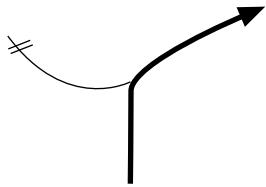
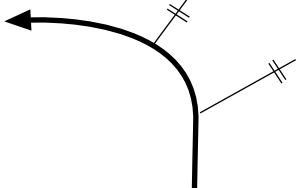
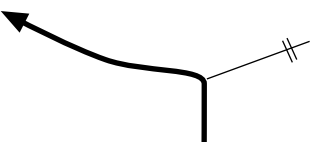
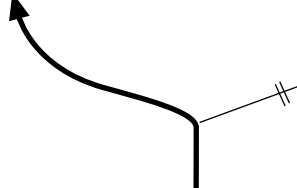

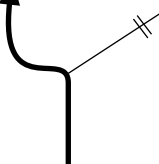


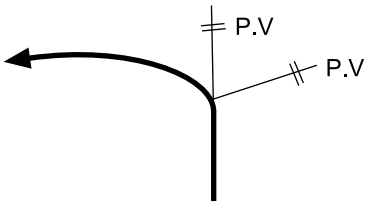
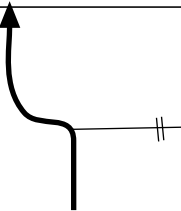
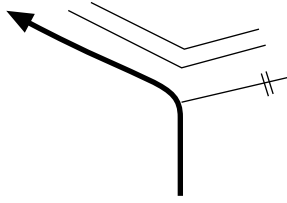
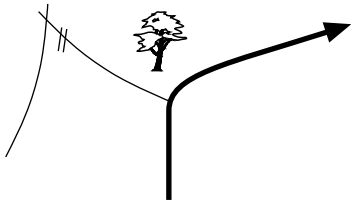

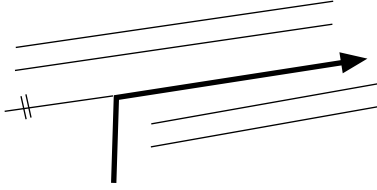
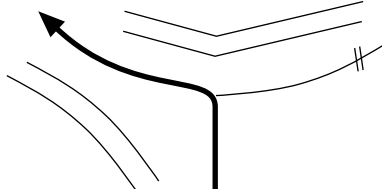
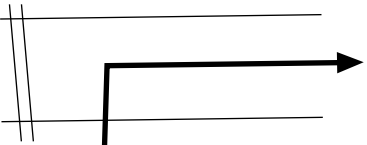
NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1				ESTACIONE E VISITE ALDEIA MEDIEVAL
2	0,000 / 0,000	0,000 / 0,000		PÔR KMS A ZERO SIGA EMPEDRADO
3	0,200	0,200		ENTRA E SEGUE ASFALTO
4	0,650	0,850		ATT!!! STOP DIR. GUARDA ENTRA E.N. 16
5	0,100	0,950		DIR. MIDO/ SENOURAS DEIXA E.N 16
6	0,300 / 0,000	1,250 / 0,000		DIR. ÁREA NORTE ENTRA TERRA PÔR KMS A ZERO
7	0,350	0,350		SEGUE P.P
8	0,900	1,250		

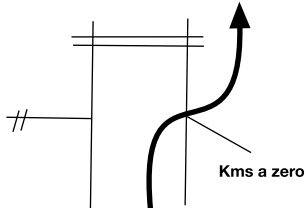
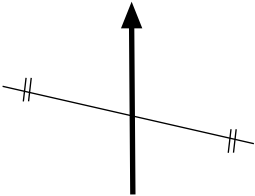
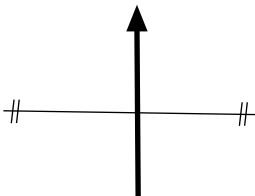
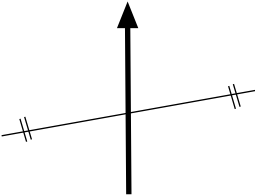
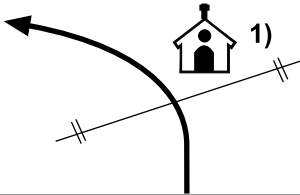
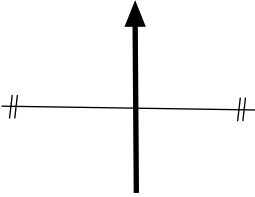
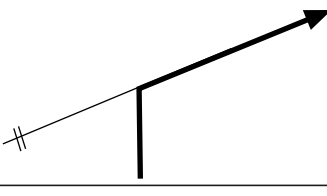
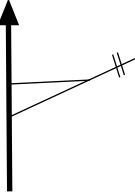
NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,350	1,600		SEGUE ENTRE MUROS
2	0,650	2,250		
3	0,350	2,600		SEGUE P.P
4	0,550	3,150		DIR. À ALDEIA
5	0,450	3,600		
6	0,150	3,750		LEOMIL ENTRA EMPEDRADO SEGUE RUA PRINCIPAL
7	0,150	3,900		
8	0,050	3,950		1) Lavadouro 2) Fonte Medieval

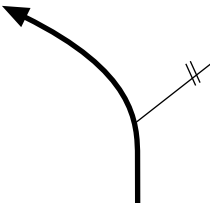
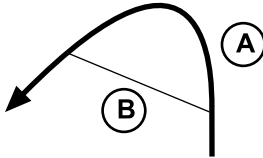
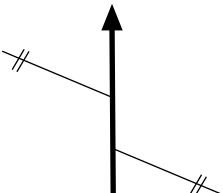
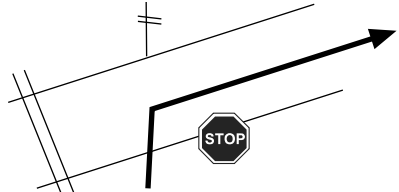
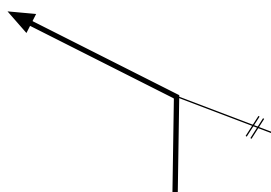
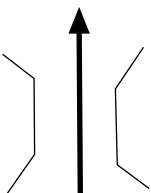
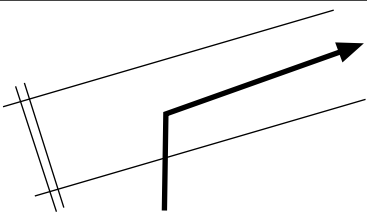
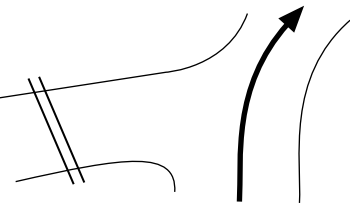
NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,050	4,000		SEGUE DIR. IGREJA
2	0,050	4,050		1) Junta de Freguesia
3	0,050	4,100		1) Portão preto
4	0,050	4,150		1) SEGUE RUA DO CALVÁRIO
5	0,050 0,000	4,200 0,000		ENTRA TERRA PÔR KMS A ZERO
6	0,100	0,100		ATT!!! TRÂNSITO LOCAL
7	0,350	0,450		SEGUE P.P
8	0,600	1,050		SEGUE P.P

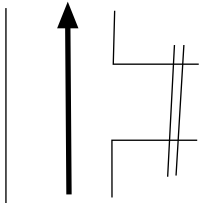
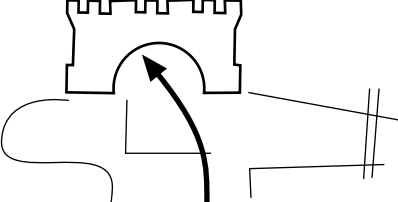
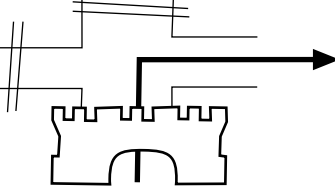
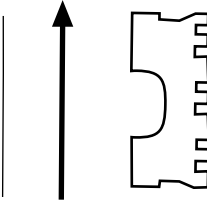
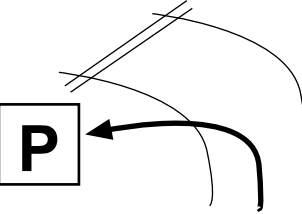
NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	1,350	2,400		SENOURAS ALT. 769,34m SEGUE P.P
2	0,550	2,950		
3	0,100	3,050		ENTRA E SEGUE ASFALTO
4	0,400	3,450		
5	0,200	3,650		1) Parque Infantil DEIXA ASFALTO DESCE EMPEDRADO CONTORNE IGREJA
6	0,100	3,750		1) Rua do Lagar RUA ESTREITA
7	0,050	3,800		
8	0,050	3,850		

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,050	3,900		DESCE EMPEDRADO
2	0,100 /	4,000 /		ENTRA TERRA PÔR KMS A ZERO
3	0,250	0,250		DESCE
4	0,850	1,100		DESCE P.P
5	0,250	1,350		
6	0,200	1,550		
7	0,300	1,850		SEGUE AO LONGO RIO CÔA
8	0,900	2,750		

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,300	3,050		SOBE P.P
2	1,250	4,300		ENTRA E SEGUE P.P
3	0,700	5,000		SEGUE P.P
4	0,600	5,600		SOBE
5	0,400	6,000		SOBE
6	0,500	6,500		SEGUE ENTRE MUROS
7	0,050	6,550		CONTINUA ENTRE MUROS SOBE
8	0,600	7,150		ENTRA E SEGUE ASFALTO

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	1,650 /	8,800 /		DEIXA ASFALTO ENTRA TERRA PÔR KMS A ZERO
2	0,200	0,200		
3	0,050	0,250		
4	0,100	0,350		
5	0,300	0,650		1) Capela
6	0,200	0,850		
7	0,100	0,950		ENTRA E SEGUE P.P
8	0,250	1,200		

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,650	1,850		
2	0,050	1,900		A) Percurso B) Alternativa TT SEGUE P.P
3	0,800	2,700		ANTIGO CAMINHO PARA ALMEIDA
4	0,600	3,300		ATT!!! STOP ENTRA E SEGUE ASFALTO E.N 340
5	0,300	0,300		
6	0,250	0,550		SOBE CALÇADA ANTIGO CAMINHO PARA ALMEIDA
7	1,600	2,150		ENTRA ASFALTO
8	0,850	3,000		

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,200	3,200		
2	0,100	3,300		FORTALEZA DE ALMEIDA ATRAVESSA MURALHA
3	0,200	3,500		DIR. POUSADA SIGA PELA RUA AO LONGO DA MURALHA
4	0,350	3,850		DIR. POUSADA
5	0,100	3,950		FIM DE ETAPA
6				
7				
8				