

 Short Route Walking Paths <i>Kleine Wanderroute</i>	
1 - PR1 FCR - <i>Almofala e Arribas Sto André</i> - 5mi/8Km / <i>Moderate</i>	
2 - PR3 FCR - <i>Trilho do Convento</i> - 8,8mi/14,2Km / <i>Moderate</i>	
3 - PR2 FCR - <i>Trilho da Via Sacra</i> - 7mi/11,3Km / <i>Moderate</i>	
4 - PR1 MED - <i>Caminho Histórico de Marialva</i> - 2,4mi/3,8Km / <i>Easy</i>	
5 - PR2 MED - <i>Ao encontro dos Castelos:</i> <i>Mêda, Marialva, Longroiva</i> - 15,3mi/24,6Km / <i>Moderate</i>	
6 - PR1 TCS - <i>Guardiões do Planalto</i> - 13mi/21Km / <i>Moderate</i>	
7 - PR2 CLB - <i>Trilho de S. Gens</i> - 6,6mi/10,6Km / <i>Easy</i>	
8 - PR1 CLB - <i>Trilho das Ladeiras</i> - 3,1mi/5Km / <i>Easy</i>	
9 - PR4 CLB/GVA - <i>Trilho da Calçada Romana</i> - 3,1mi/5Km / <i>Easy</i>	
10 - PR1 GVA - <i>Rota dos Galhardos</i> - 7mi/11,2Km / <i>Moderate</i>	
11 - PR3 GVA - <i>Penedos Mouros</i> - 11,2mi/18Km / <i>Moderate</i>	
12 - PR2 GVA - <i>Caminhos da Fé</i> - 9,9mi/16Km / <i>Moderate</i>	
13 - PR12 SEI - <i>Rota da Fervença</i> - 2,9mi/4,7Km / <i>Moderate</i>	
14 - PR10 SEI - <i>Rota da Caniça</i> - 4,4mi/7Km / <i>Moderate</i>	
15 - PR9 SEI - <i>Rota das Minas do Círio</i> - 4,4mi/7,1Km / <i>Moderate</i>	
16 - PR3 SEI - <i>Rota dos Socalcos</i> - 1,7mi/2,8Km / <i>Easy</i>	
17 - PR5 SEI - <i>Garganta de Loriga</i> - 5,4mi/8,7Km / <i>Difficult</i>	
18 - PR4 SEI - <i>Rota da Eira</i> - 1,8mi/2,9Km / <i>Easy</i>	
19 - PR7 SEI - <i>Rota das Canadas</i> - 3,9mi/6,2Km / <i>Moderate</i>	
20 - PR14 SEI - <i>Rota do Pastoreio</i> - 4,2mi/6,7Km / <i>Difficult</i>	
21 - PR2 SEI - <i>Rota da Ribeira de Loriga</i> - 5mi/8Km / <i>Difficult</i>	
22 - PR6 SEI - <i>Rota da Missa</i> - 5mi/8Km / <i>Difficult</i>	
23 - PR3 PPS - <i>Cam. do Xisto da Barr. de S.ª Luzia</i> - 6mi/9,7Km / <i>Easy</i>	

24 - PR6 PPS - <i>Cam. do Xisto Ald. Porto de Vacas</i> - 4,4mi/7Km / <i>Easy</i>
25 - PR2 FND - <i>Cam. do Xisto de Janeiro de Cima</i> - 6,2mi/10Km / <i>Easy</i>
26 - PR4 PPS - <i>Cam. do Xisto de Janeiro de Baixo</i> - 6mi/9,7Km / <i>Easy</i>
27 - PR1 FND - <i>Caminho do Xisto da Barroca</i> - 5,7mi/9,2Km / <i>Easy</i>
28 - PR4 FND - <i>Rota da Marateca</i> - 8,7mi/14Km / <i>Easy</i>
29 - PR1 CTB - <i>Rota da Gardunha</i> - 10,8mi/17,4Km / <i>Difficult</i>
30 - PR11 FND - <i>Cam. Histórico de Castelo Novo</i> - 1,7mi/2,7Km / <i>Easy</i>
31 - PR5 FND/CTB - <i>Rota da Penha</i> - 8,9mi/14,3Km / <i>Difficult</i>
32 - PR10 FND - <i>Rota da Ribeira de Alpreade</i> - 9mi/14,5Km / <i>Difficult</i>
33 - PR8 FND - <i>Rota do Carvalho</i> - 7,8mi/12,6Km / <i>Difficult</i>
34 - PR7 FND - <i>Rota da Cereja</i> - 6,2mi/9,9Km / <i>Moderate</i>
35 - PR3 FND - <i>Pedra d'Hera</i> - 3,4mi/5,4Km / <i>Easy</i>
36 - PR9 FND - <i>Rota dos Castanheiros</i> - 8mi/13Km / <i>Moderate</i>
37 - PR6 FND - <i>Portela da Gardunha</i> - 7,9mi/12,8Km / <i>Moderate</i>
38 - PR7 IDN - <i>Rota dos Balcões</i> - 10,7mi/17Km / <i>Moderate</i>
39 - PR5 IDN - <i>Rota dos Barrocais</i> - 4,4mi/7Km / <i>Moderate</i>
40 - PR2 IDN - <i>Rota da Egitânea</i> - 5,3mi/8,5Km / <i>Easy</i>
41 - PR3 IDN - <i>Rota dos Fósseis</i> - 1,9mi/3Km / <i>Easy</i>
42 - PR6 IDN - <i>Rota do Erges</i> - 3,1mi/5Km / <i>Easy</i>
43 - PR1 IDN - <i>Rota dos Abutres</i> - 6,5mi/10,5Km / <i>Moderate</i>
44 - PR6 SBG - <i>Rota dos Casteleiros</i> - 3,6mi/5,8Km / <i>Easy</i>
45 - PR7 SBG - <i>Caminho Histórico de Sortelha</i> - 4,6mi/7,4Km / <i>Moderate</i>
46 - PR5 SBG - <i>Penha do Lobo</i> - 6,7mi/10,7Km / <i>Moderate</i>
47 - PR1 SBG - <i>Rio Côa</i> - 6,4mi/10,3Km / <i>Easy</i>
48 - PR4 SBG - <i>Vilares</i> - 9,9mi/15,9Km / <i>Moderate</i>
49 - PR3 SBG - <i>Nascente do Côa</i> - 8,9mi/14,3Km / <i>Moderate</i>
50 - PR8 SBG - <i>Termas do Cró</i> - 4,9mi/7,8Km / <i>Moderate</i>
51 - PR8 SBG - <i>Vale do Cesarão</i> - 5,8mi/9,4Km / <i>Moderate</i>



Mountain Bike Center / Mountainbike-Zentren

TERMAS DE MONFORTINHO 215KM 4 Signed Trails / Routen 1x ; 1x 1x ; 1x	SABUGAL 225KM 5 Signed Trails Routen 1x ; 1x 2x ; 1x	GARDUNHA 250KM 8 Signed Trails Routen 2x ; 2x 3x ; 1x	MANTEIGAS 150KM 5 Signed Trails Routen 1x ; 1x 2x ; 1x	SEIA 151KM 4 Signed Trails Routen 1x ; 1x 1x ; 1x	PAMPILHOSA DA SERRA 122KM 4 Signed Trails / Routen 1x ; 1x 1x ; 1x	ARGANIL / SERRA DO AÇOR 150KM 4 Signed Trails / Routen 1x ; 1x 1x ; 1x
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Difficulty grade _ Schwierigkeitsgrad: ● easy/einfach; ● moderate/mittel; ● difficult/schwer; ● severe/sehr schwer

promoters

co-funding

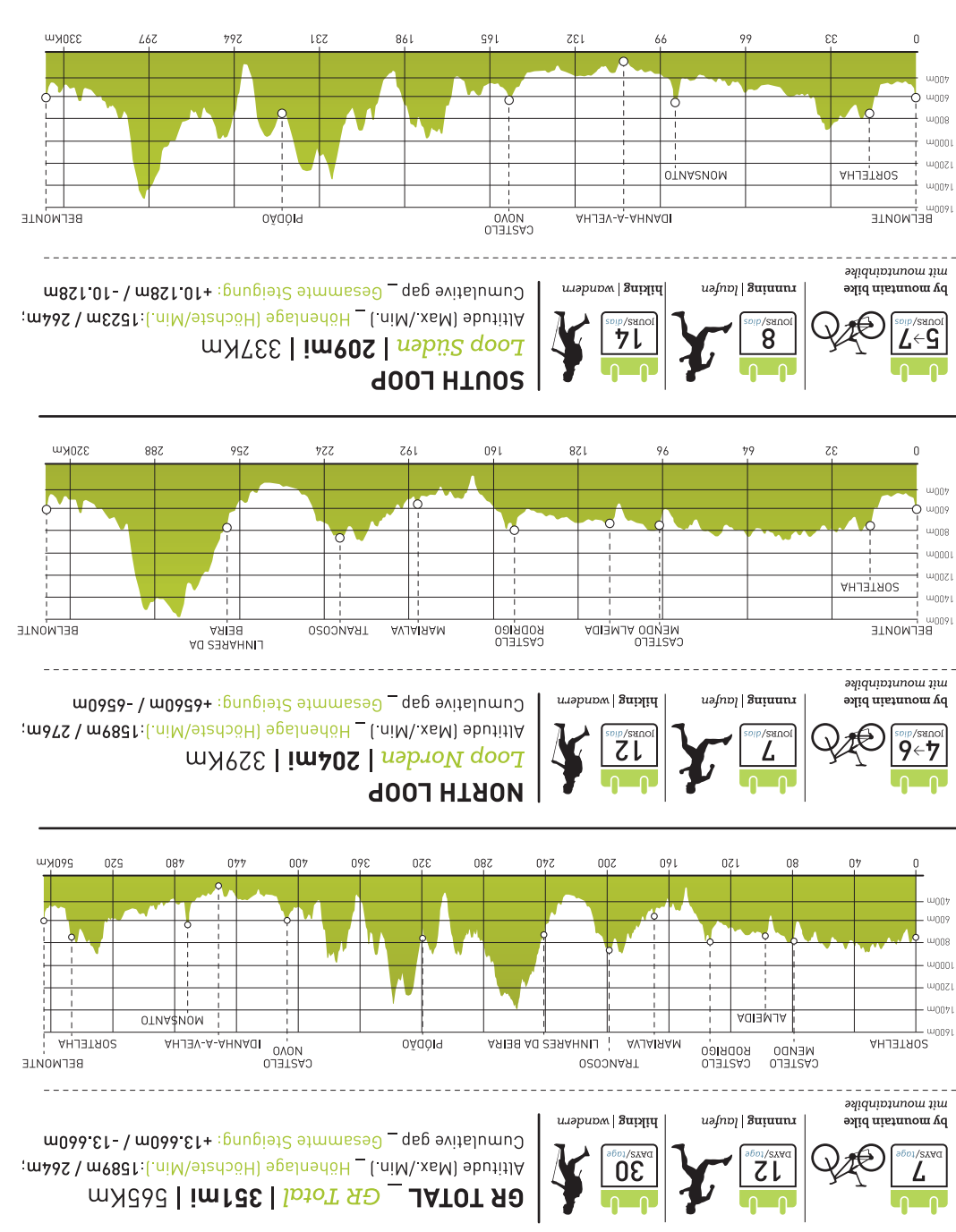
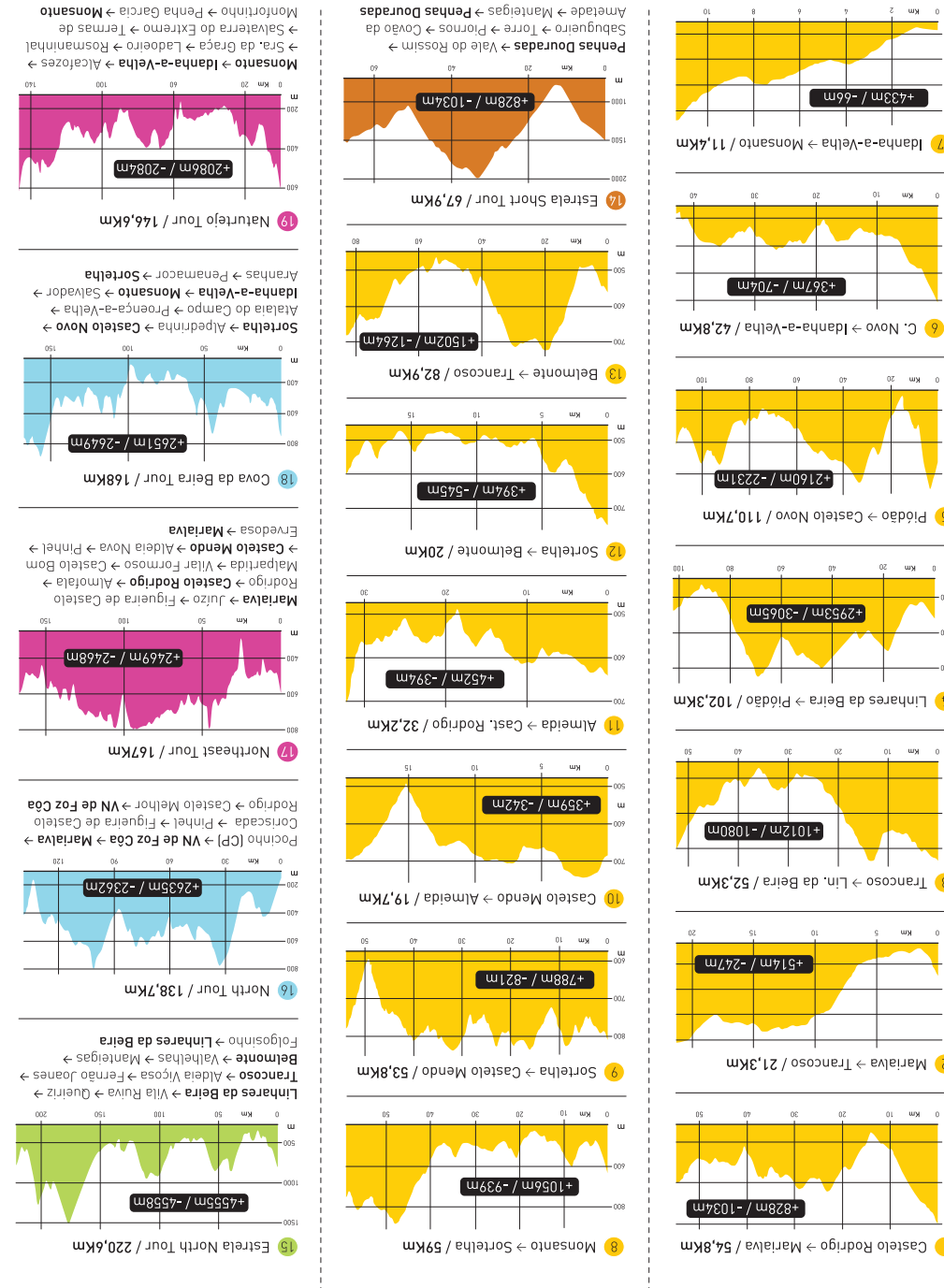
GR22 / Historische Wege / Routen für Fahrradtourismus / ROUTENKARTE

HISTORICAL VILLAGES OF PORTUGAL

MAP OF ROUTES

GR22, Historical walking paths and road cycling tours

www.aldeiashistoricasdeportugal.com
facebook.com/aldeiashistoricasdeportugal



The Historical Villages of Portugal region is very interesting for bicycle touring, mainly using quiet and low grade roads with good pavement and excellent landscapes. Das Gebiet der historischen Dörfer von Portugal ist sehr interessant für Fahrradtourismus-Routen. Zum größten Teil mit leichtem Gefälle, Straßen mit wenigem Verkehr, guten Pflasterung und hervorragenden Landschaften.

You can do the GR22 big external circuit or two shorter loops North or South, using the (Schleifen), Norden oder Süden mit der Variante GR22.1 um zum Ausgangspunkt zurückzukehren, ausführen. Sie können die GR22 in einer größeren ausseren strecke, oder in zwei kleineren "loops" GR22.1 variant to get back to the starting point.

GR 22

TOTAL DISTANCE

351mi/565Km

+ GR 22.1

25mi/40Km



STAGES / ETAPES GR 22

Sortelha → Castelo Mendo (79km) / +1264m / -1283m
Castelo Mendo → Almeida (19km) / +296m / -303m
Almeida → Castelo Rodrigo (36km) / +338m / -274m
Castelo Rodrigo → Marialva (36km) / +628m / -837m
Marialva → Trancoso (29km) / +751m / -482m
Trancoso → Linhares da Beira (43km) / +708m / -790m
Linhares da Beira → Piódão (80km) / +3407m / -3488m
Piódão → Castelo Novo (87km) / +3277m / -3354m
Castelo Novo → Idanha-a-Velha (45km) / +403m / -739m
Idanha-a-Velha → Monsanto (19km) / +529m / -153m
Monsanto → Sortelha (75km) / +1514m / -1423m
Sortelha → Belmonte (18km) / +283m / -433m

Belmonte ↔ Vale do Rossim (40km) / +1830m / -1007m
(variante GR 22.1)
GR22 ↔ Penamacor (2,6km) / +86m / -0m
(variante GR 22.2)

BTT

Mountain Bike Center /
Mountainbike-Zentren

- 1 - Termas de Monfortinho
- 2 - Sabugal
- 3a; 3b - Gardunha
- 4 - Manteigas
- 5 - Seia
- 6 - Pampilhosa da Serra
- 7 - Arganil / Serra do Açor



Where to sleep / Wo schlafen
Historical Villages of Portugal

KEY / LEGENDE

GR 22

GR 22 — Portugal's Historical Villages Great Route /
Grosse Route der Historischen Dörfer
GR 22.1 — Variant / Variante
GR 22.2 — Variant connecting Penamacor /
Verbindungsvariante zu Penamacor

- Short Route Walking Path /
Kleine Wanderroute
- Historical Walking Path / Historischer Weg
- Bike Friendly Hotel /
Fahrradfreundliches Hotel

- Paved Road /
Asphaltstrasse
- River / Fluss



Road cycling tours
Routen für Fahrradtourismus



Linear tours (connections between AHP)
Zielrouten



Circular tours / Rundrouten



1 - Castelo Rodrigo → Marialva / 54,8Km



2 - Marialva → Trancoso / 21,3Km



3 - Trancoso → Linhares da Beira / 52,3Km



4 - Linhares da Beira → Piódão / 102,3Km



5 - Piódão → Castelo Novo / 110,7Km



6 - Castelo Novo → Idanha-a-Velha / 42,8Km



7 - Idanha-a-Velha → Monsanto / 11,4Km



8 - Monsanto → Sortelha / 59Km



9 - Sortelha → Castelo Mendo / 53,8Km



10 - Castelo Mendo → Almeida / 19,7Km



11 - Almeida → Castelo Rodrigo / 32,2Km



12 - Sortelha → Belmonte / 20Km



13 - Belmonte → Trancoso / 82,9Km



14 - Tour Estrela Curto / 67,9Km



15 - Tour Estrela Norte / 220,6Km



16 - Tour Norte / 138,7Km



17 - Tour Nordeste / 167Km

18 - Tour Cova da Beira / 168Km

19 - Tour Naturtejo / 146,6Km

0 5 10 20 Km