

1 TOUR 1

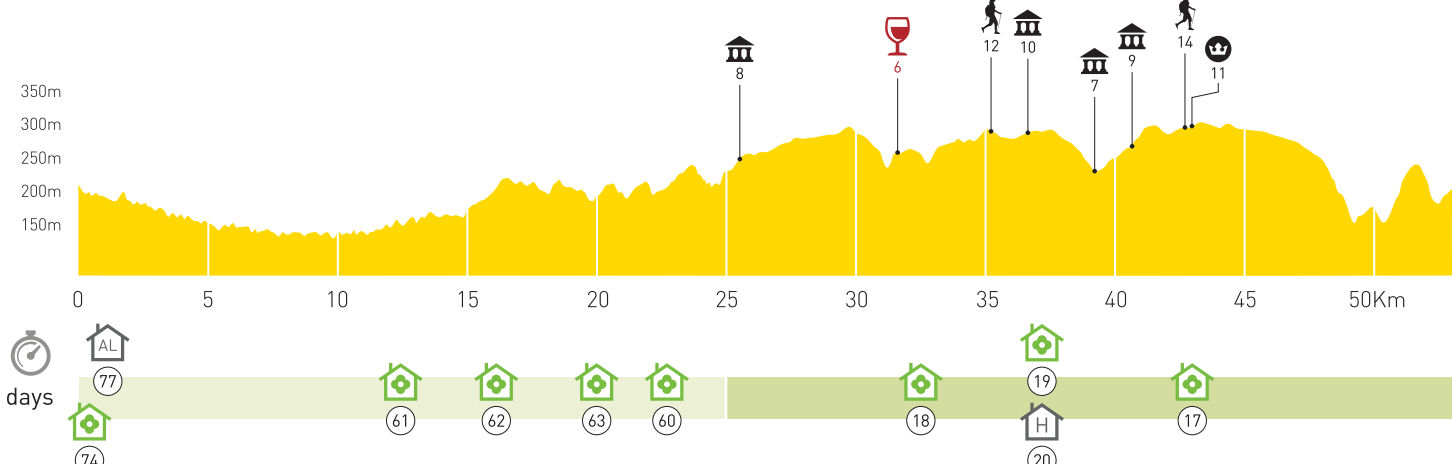
52,9Km / 1→3 days / +809m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	14,4Km
	38,5Km

On the Greenway (14,4Km): Start at the Tonda station and bike or walk to Santa Comba Dão passing by Treixedo. Follow the southernmost sector of the Dão Greenway along the shores of the Agueira Reservoir, which we cross on the Granjal bridge and where the landscape is marked by enormous granite rocks and strawberry trees in abundance.

Off the Greenway (38,5Km): here are various places to visit on this stretch, which serve to interpret the cultural, historical and archaeological heritage of this region. These include the **Vara Parada Winepress** (Lagar) [8], **Cabris Heritage Complex** [7], **Museum Centre of the Primary Schools** [10] and the **Casa do Passal** (of Aristides de Sousa Mendes) [11]. Visit **Paço dos Condes de Santar** [9], taste the wine of the Dão region and follow the **Archaeological Circuit of Cova da Moira** [12] or the **Cimalhinhas Heritage Path** [14].

START / END: Tonda



2 TOUR 2

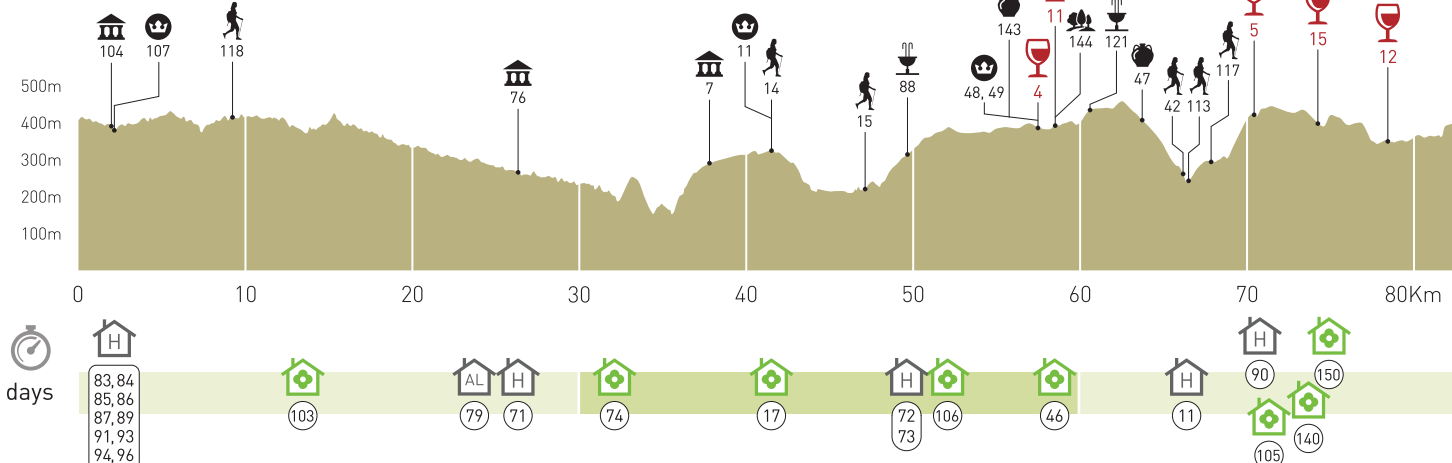
81,2Km / 1→4 days / +1089m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	31,7Km
	49,5Km

On the Greenway (31,7Km): Start at Tondelinha station and bike or walk to Tonda, passing by the old stations and train halts of Travassos, Figueiró, Mosteirinho, Torredeita, Farnimhão, Parada de Gonta, Sabugosa, Tondela and Porto da Laje. Follow the northernmost sector of the Dão Greenway, crossing the Mosteirinho bridge and the dazzling landscapes around it.

Off the Greenway (49,5Km): There are various places to visit on this stretch, which serve to interpret the cultural, historical and archaeological heritage of this region. Worthy of note are **Almeida Moreira House Museum** (VH)[104], **Terras de Besteiros Museum** (VH)[76], **Casa do Passal** (Aristides S.Mendes) (VE) [11], **Solar do Sotão** (VH)[49], **Casa dos Condes de Santar** (VM) [48] and the **Tibaldinho Embroideries** (VM)[47]. Take advantage of the opportunity to do the walking paths of Viseu and Mangualde and at the end relax at the **Termas de Sangemil** (nearby) [88].

START / END: Tondelinha



3 TOUR 3

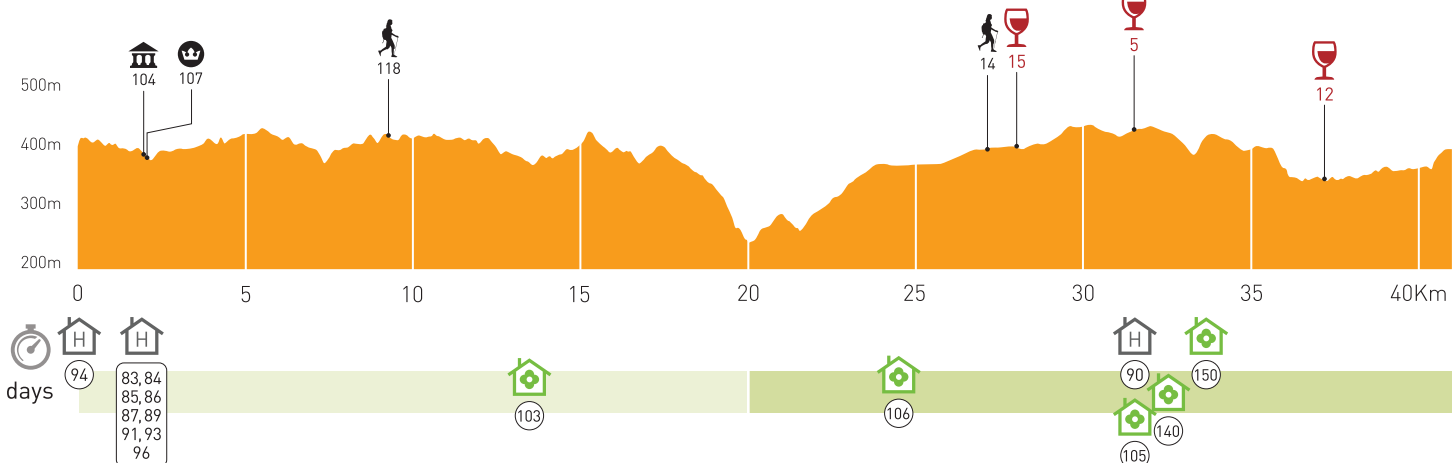
41Km / 1→2 days / +207m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	16,3Km
	24,7Km

On the Greenway (16,3Km): Follow the northernmost sector of the Dão Greenway from Tondelinha station and bike or walk to the Parada de Gonta station passing by the old stations and train halts of Travassos, Figueiró, Mosteirinho, Torredeita and Farnimhão. After passing over the Mosteirinho bridge you come to the Torredeita station, where there is still an old locomotive on display. When you arrive at Parada de Gonta, you can relax in the old station that has been converted into a café.

Off the Greenway (24,7Km): Places to visit on this route include **Almeida Moreira House Museum** (VH) [104] and **Cava de Viriato** (VE) [107], and if you're a wine fancier you'll have to stop by **Quinta Vale das Escadinhas** [15] (PM), **Chão de S. Francisco** [5] (PH - from 9h to 18h) and **Quinta do Medronheiro** [12] (PM). End your outing by tasting the **Vinatios** (Viseu) and the **Laranjas de Besteiros** (oranges) (Tondela).

START / END: Tonda



4 TOUR 4

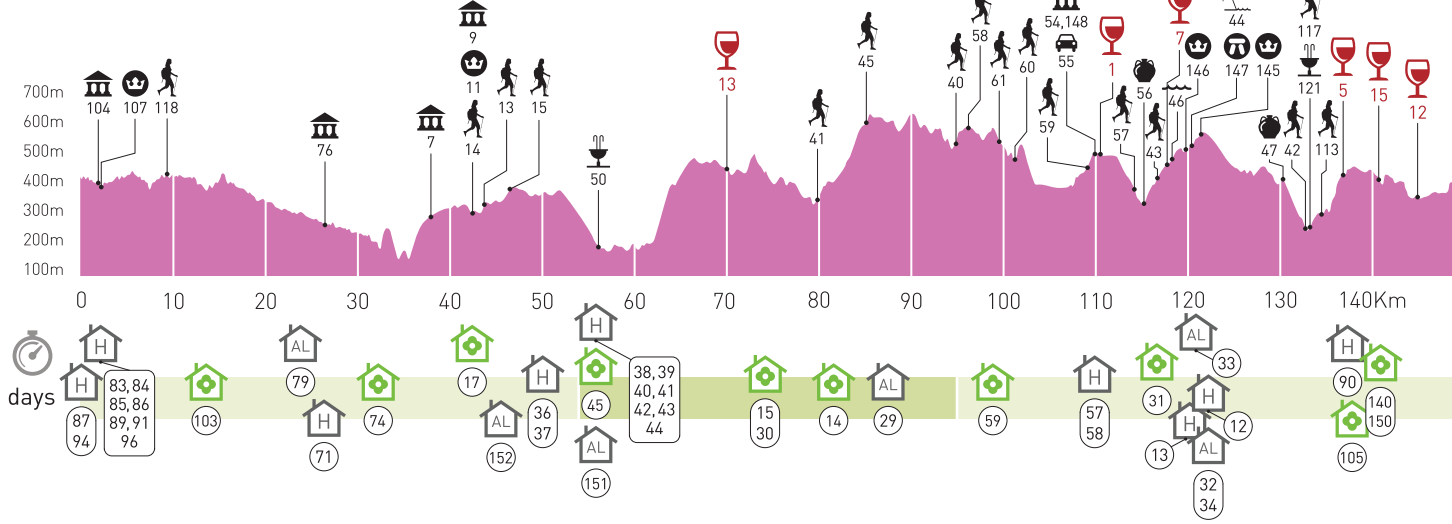
148,7Km / 3→5 days / +2262m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	31Km
	114Km

On the Greenway (16,3Km): Start at Tondelinha station and bike or walk to Tonda, passing by the old stations, among which the old Torredeita station stands out, from the old locomotive on display. After the old Tondela station you will pass through the beautiful valley of the Dinha River, with the mountains of the Serra do Caramulo serving as a scenic backdrop.

Off the Greenway (24,7Km): This route takes you through a vast area, with a varied cultural, historical and archaeological heritage. After you leave the Ecopista, the itinerary takes you through Cabanas de Viriato, Nelas, Penvalva do Castelo and Mangualde, with magnificent views over the Mondego River. Further north you will cross over a dike on the Dão River and follow along it to your left. At Penvalva do Castelo you're invited to stop in at the **Adega de Penvalva** (PM) to taste the most celebrated wines of the region. Along the way, you'll also find places to relax, such as the baths at **Caldas da Felgueira** - Termas & Spa [50], and **Termas de Alcaface** [121].

START / END: Tondelinha / Viseu



5 TOUR 5

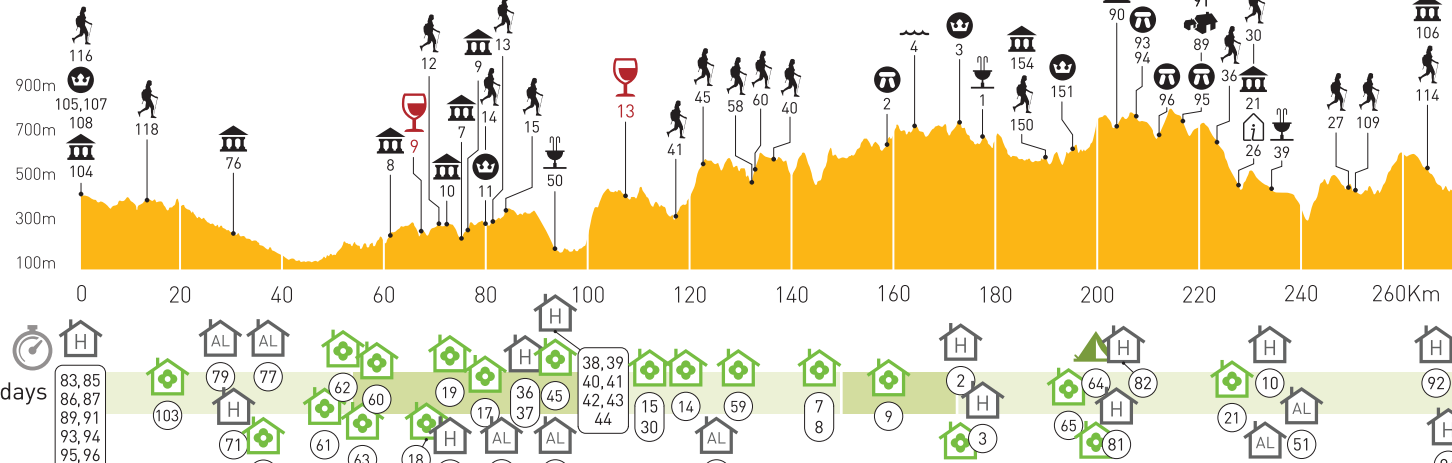
256,2Km / 4→6 days / +4047m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	49,2Km
	207Km

On the Greenway (49,2Km): Travel the Dão Greenway, crossing the municipalities of Viseu, Tondela and Santa Comba Dão. Over a course of almost fifty kilometres, you discover the scenic nooks and crannies that the old Dão line offers, old stations, train halts, bridges and the Dão River, with the different landscapes that contrast with each other along the route.

Off the Greenway (207Km): Discover all the region to the east of the Greenway, its historical, cultural and archaeological heritage, taking the opportunity to taste the wines of the various estates you'll find along the way. For those who enjoy a good walk, there's nothing better than trying out the walking paths of Tondela, Sátão, Penvalva do Castelo, Mangualde, Castro Daire and Viseu. Be sure to visit the **source of the Dão River** [4].

START / END: Viseu



6 TOUR 6

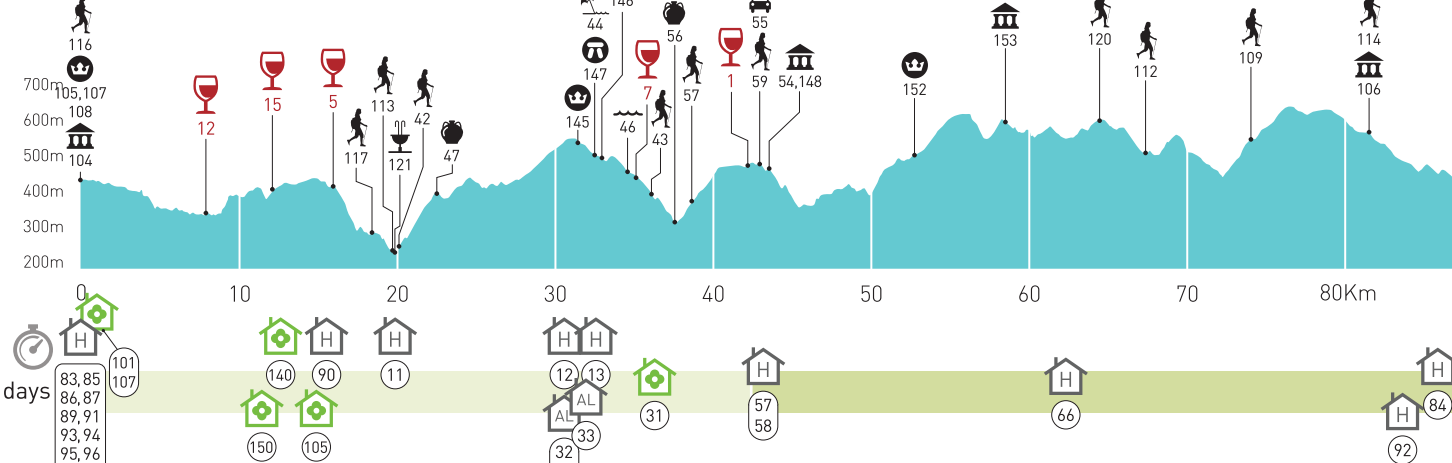
86Km / 2→3 days / +1393m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	4Km
	81Km

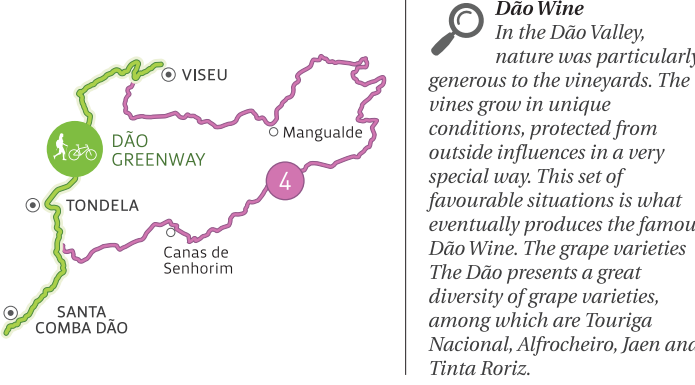
On the Greenway (4Km): Travel a small stretch of the Dão Greenway from Viseu to Tondelinha. This is the most urban stretch of the Greenway, but as you leave Viseu you will still see small gardens and fields next to the Greenway.

Off the Greenway (81Km): This route passes by the **Termas de Alcaface** baths [121], by Mangualde, with its **Historic Centre** (VE) [145] and where is located the **Chapel of Nossa Senhora do Castelo** (VH) [146]. Right after that, in Penvalva do Castelo, get to know the **Casa da fassua Museum Centre** (VH) [54]. Passing through Sátão, be sure to visit the **Camilo Loureiro Municipal Museum** (VM) [153] and when you get to Viseu visit the **Quartz Museum** (VH) [106].

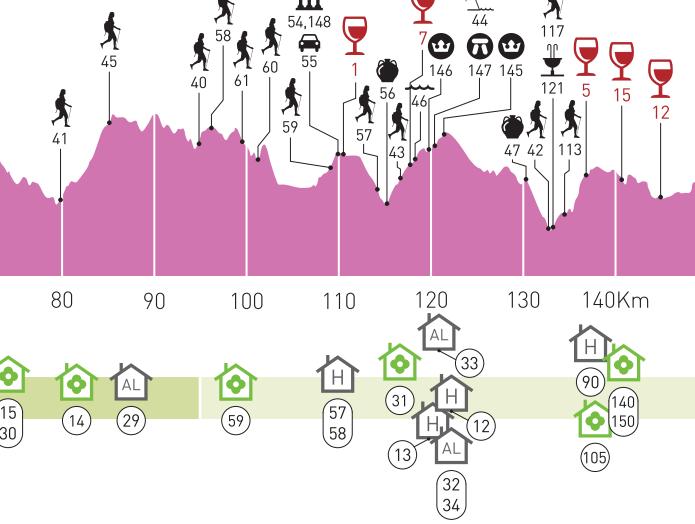
START / END: Viseu



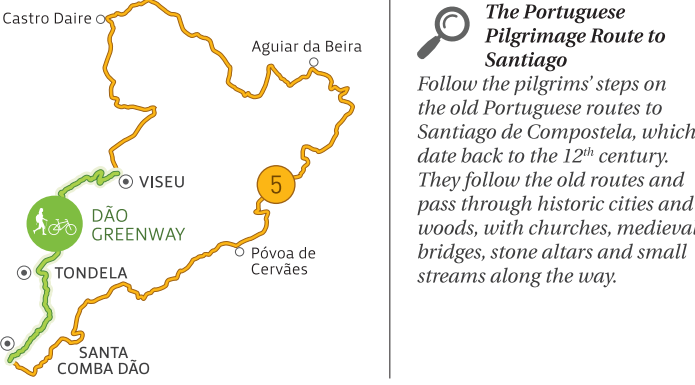
Roman bridge — PR4-PCT Ambientes Rurais Path [60]



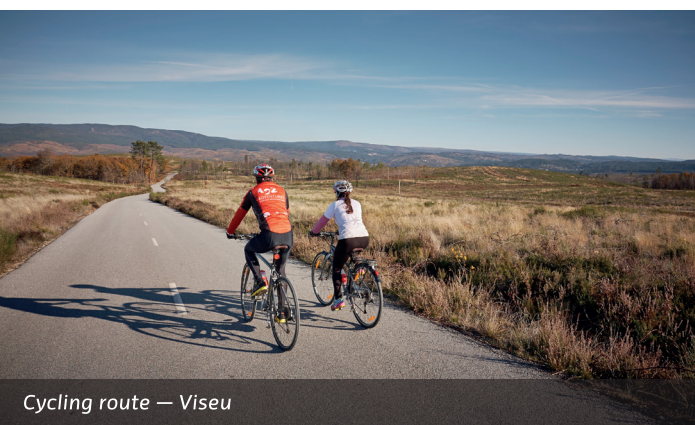
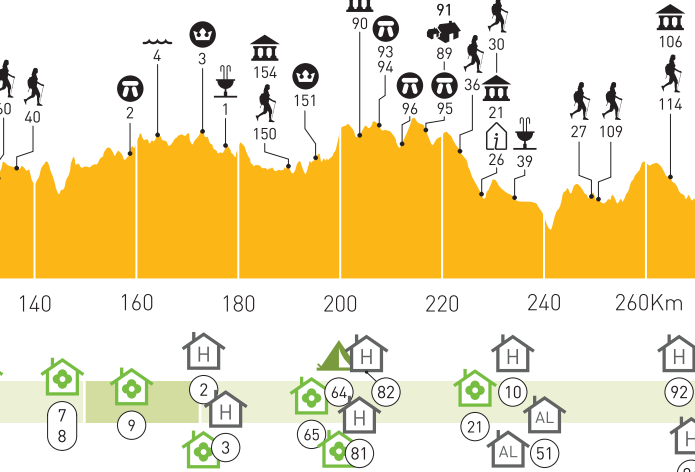
START / END: Viseu or Tonda or Mangualde or Penvalva do Castelo



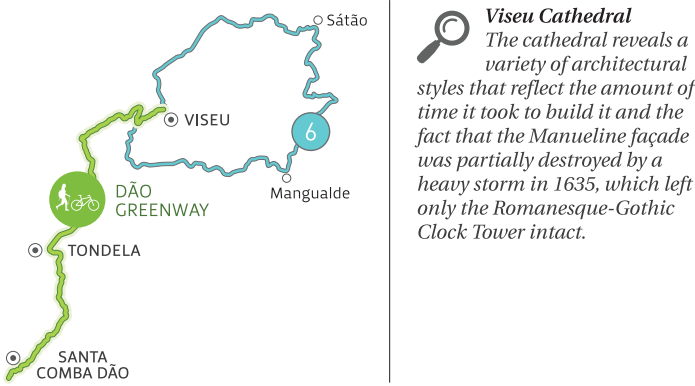
Dão Greenway — Viseu



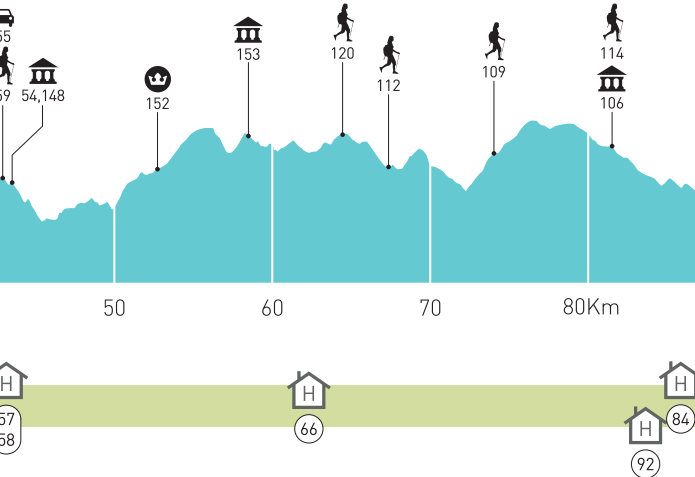
START / END: Viseu or Farnimhão or Oliveira de Frades or Castro Daire



Cycling route — Viseu



START / END: Tondela or Farnimhão or Caramulo



7 TOUR 7

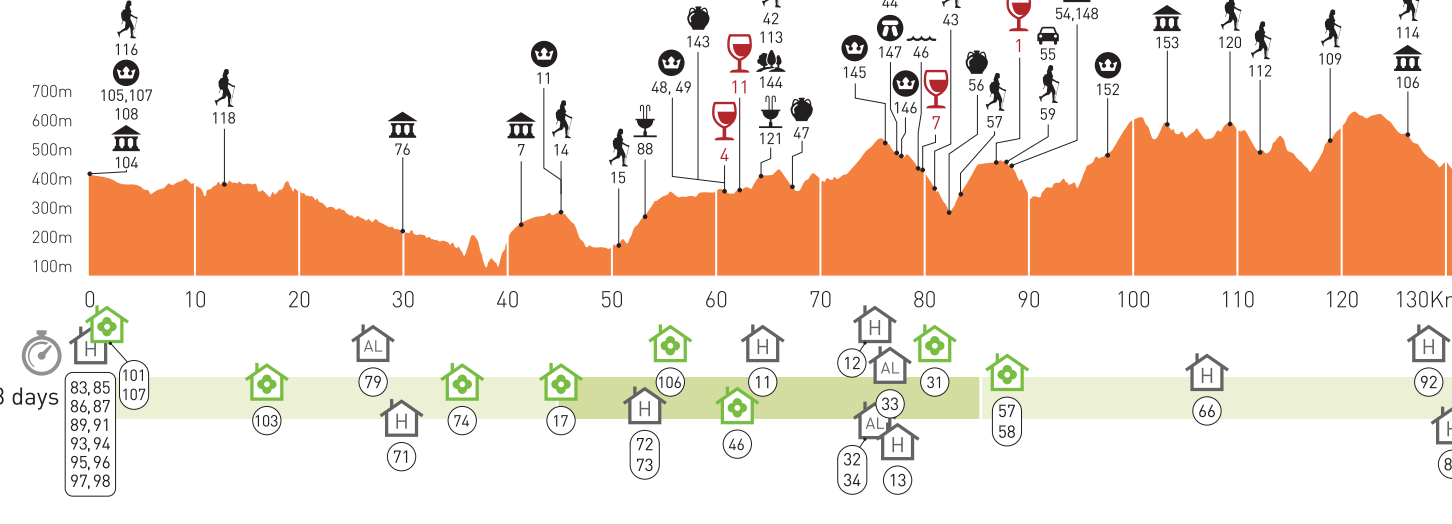
131,6Km / 3→4 days / +1848m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	35Km
	96,6Km

On the Greenway (35Km): Bike or walk this itinerary along the northernmost section of the Dão Greenway, from Viseu to Tonda, passing by the old stations of Tondelinha, Travassos de Ordem, Mosteirinho, Torredeita, Farnimhão, Parada de Gonta and Tondela. You'll find a changing landscape, with many cork oak, chestnut and oak trees, cultivated fields and villages, and in the distance the mountain ranges of Serra do Caramulo to the north and Serra da Estrela a bit further to the south.

Off the Greenway (96,6Km): Places to visit are many on this itinerary: **Solar do Sotão** (VH) [49], **Casa dos Condes de Santar** (VM) [48], **Tibaldinho Embroideries** (VM) [47], **Mangualde Historic Centre** (VE) [145], **Chapel of Nossa Senhora do Castelo** (VH) [146], **Fagilde Dam** (VE) [46], **Camilo Loureiro Municipal Museum** (VM) [153]. Venture out on the walking paths of Mangualde, Penvalva do Castelo and Viseu.

START / END: Viseu or Tonda or Mangualde or Penvalva do Castelo



8 TOUR 8

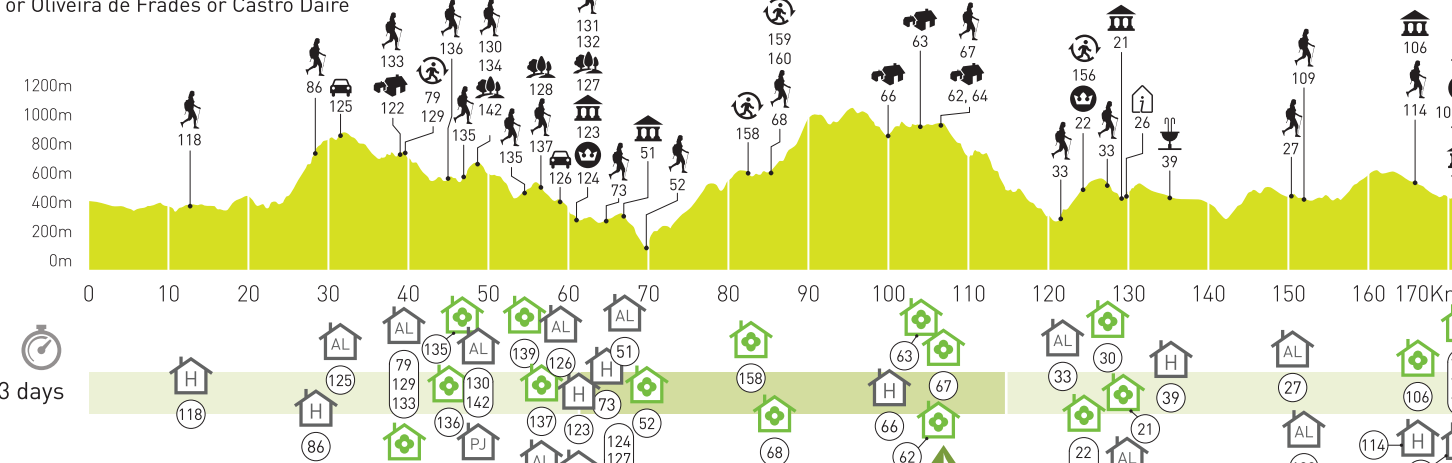
170,9Km / 3→4 days / +885m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	16Km
	155,9Km

On the Greenway (155,9Km): This route runs through the northernmost zone of the Dão Greenway from Viseu to Farnimhão, which is rich in cork oak, chestnut and oak trees, but here and there along the Greenway you will see some vineyards and cultivated fields. This itinerary includes the stations of Mosteirinho and Torredeita, where there is still an old locomotive today.

Off the Greenway (15,9Km): This route heads to Alcofra, where you can visit the rebuilt tower, then pass through Oliveira de Frades and go down to the Roman bridge at Cunhedo, and then by the São Cristóvão de Lafões Monastery. Passing through the mountain ranges of Serra da Freita and Arada with their dazzling landscapes, you come to typical villages, such as Pena. For those who do canyoning, here is a great place for it on the Teixeira River.

START / END: Viseu or Farnimhão or Oliveira de Frades or Castro Daire



9 TOUR 9

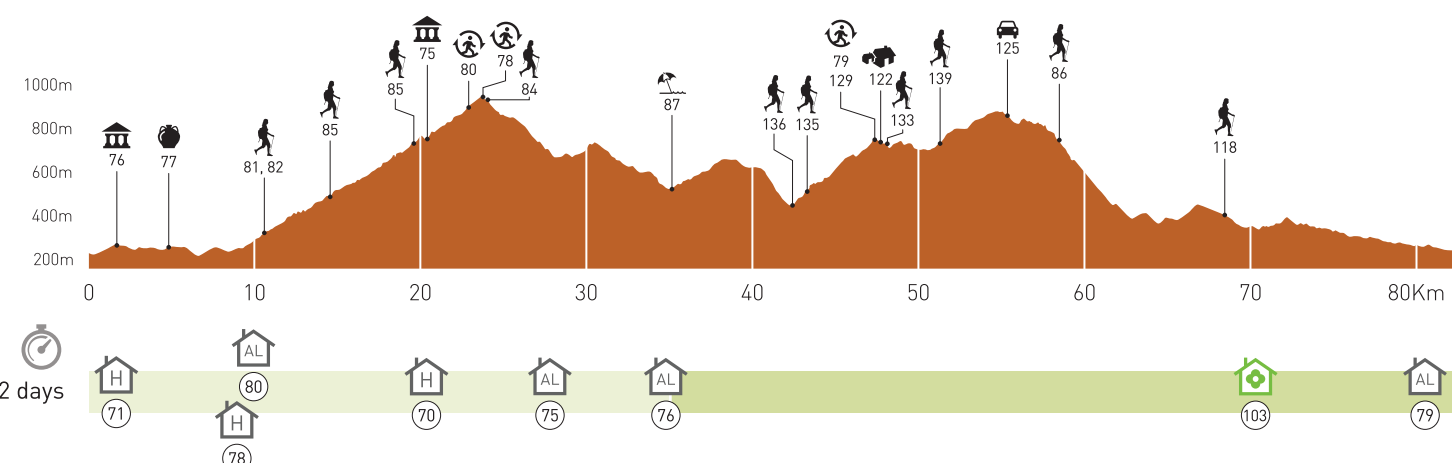
82,6Km / 2→3 days / +1755m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	12,5Km
	70,1Km

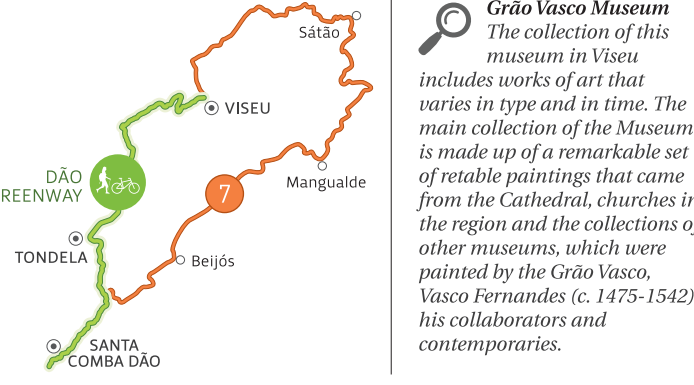
On the Greenway (12,5Km): On this route the Greenway runs from the old Farnimhão station to Tondela, passing by Parada de Gonta and Sabugosa. Over the course of the Greenway you can see the mountain range of Serra do Caramulo in the distance.

Off the Greenway (70,1Km): This route leaves Tondela heading to Serra do Caramulo, passing by the village of Caramulo and climbing up to Caramulinho. Here the landscape is marked by masses of granite rock that make up the greater part of the mountain range. Following the itinerary, you can relax at the riverside beach of Montanha de São João de Monte [87], assing by Alcofra. If you want to enjoy all that the Serra do Caramulo has to offer, remember there is **Paragliding** [80], **Climbing** [78] and a number of walking paths.

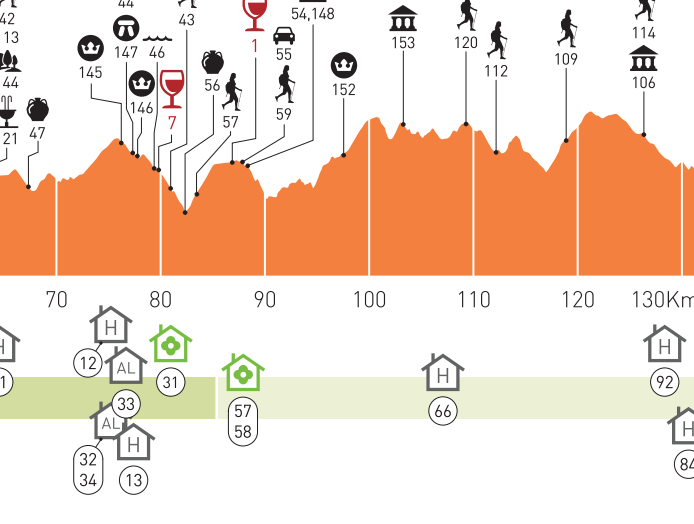
START / END: Tondela or Farnimhão or Caramulo



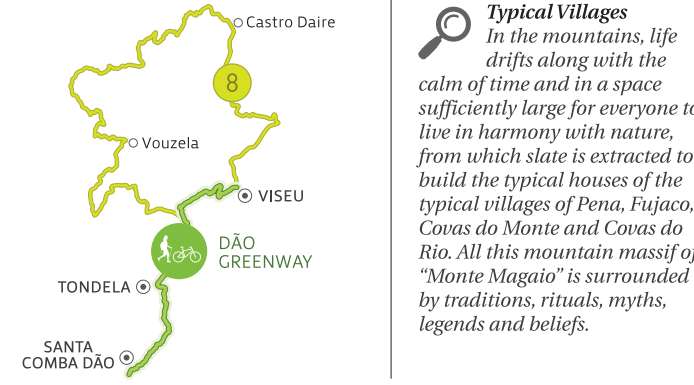
PR8-VIS — Póvoa Dão Path



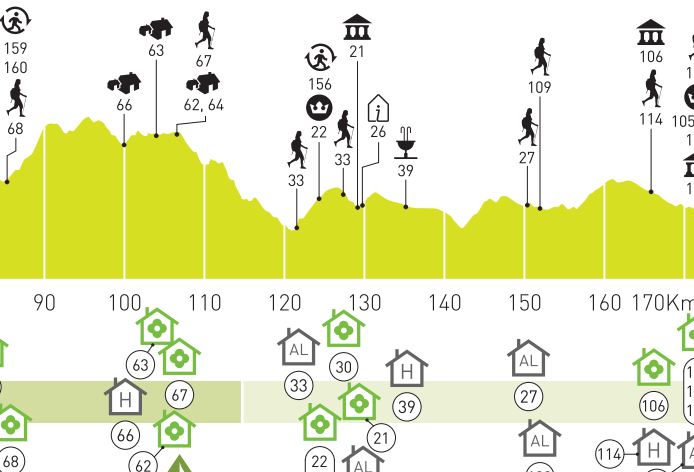
START / END: Tondela or Santa Comba Dão or Carregal do Sal or Aguiar da Beira or Castro Daire or Oliveira de Frades



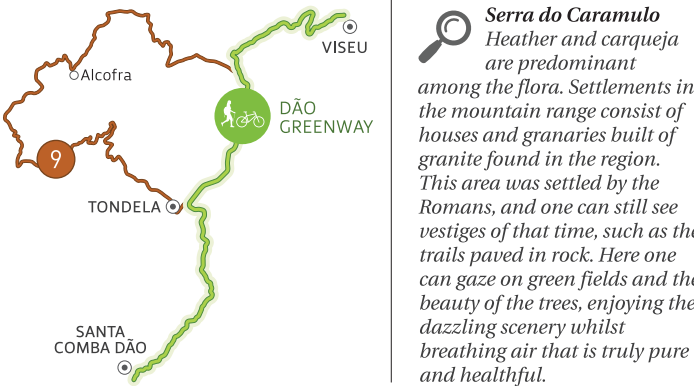
Cycling route — Serra da Freita



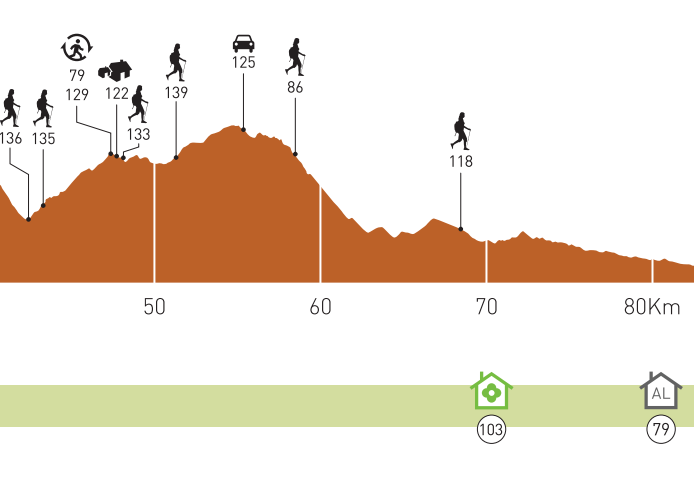
START / END: Sernada do Vouga



PR4-TND Caleiros Path [84]



START / END: Tondela or Farnimhão or Caramulo



10 TOUR 10

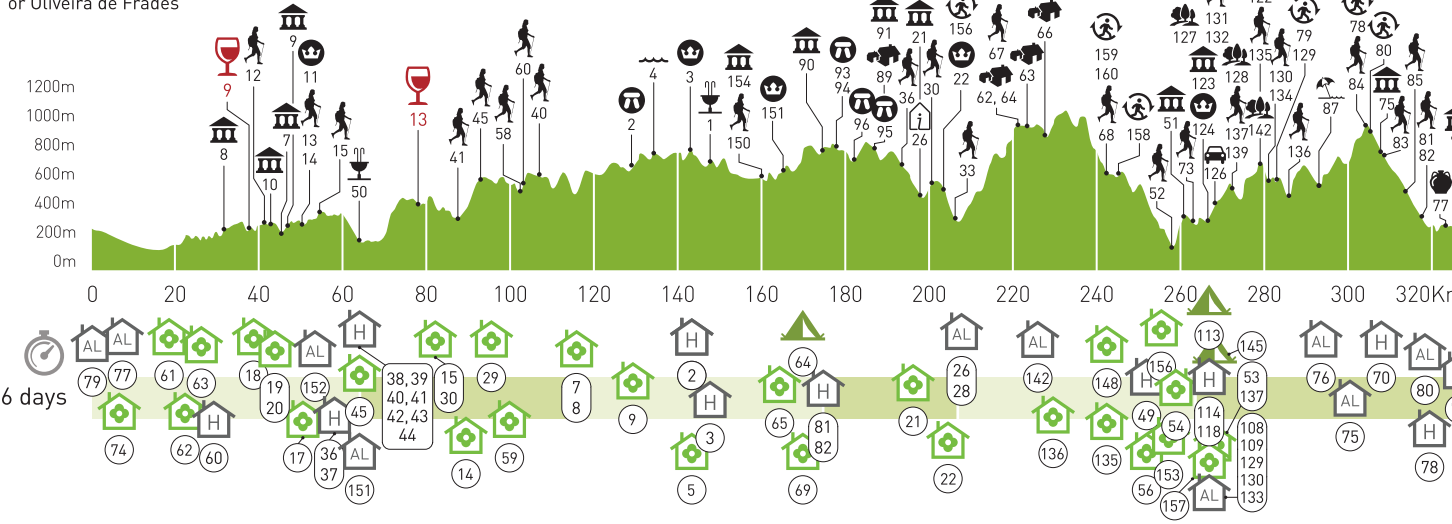
327Km / 6→8 days / +6746m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	21Km
	306Km

On the Greenway (21Km): This route runs through the southernmost zone of the Dão Greenway, from Tondela to Santa Comba Dão. From Tondela it passes through the Dinha River valley and further to the south we come up on the Reservoir of Agueira, which we cross at the Granjal bridge and where the landscape is marked by enormous granite rocks and the abundant strawberry trees.

Off the Greenway (306Km): This is the longest route and as such, it will take six to eight days to complete it. It passes through the municipalities of Santa Comba Dão, Carregal do Sal, Nelas, Mangualde, Sátão, Penvalva do Castelo, Aguiar da Beira, Vila Nova de Paiva, Castro Daire, Oliveira de Frades, São Pedro do Sul, Vouzela, Tondela and Viseu. This region is rich in historical, cultural, architectural and landscape heritage, for which these municipalities deserve to be visited. Special mention goes to the **Manuel Soares Municipal Museum** (VH)[19], the **ultra Municipal Museum** (VM)[154], the **Centre for Interpretation and Information of Montemor e Paiva** [26], **Pena Typical Village** (VE) [62], **Penóia Forest** (VE) [128].

START / END: Tondela or Santa Comba Dão or Carregal do Sal or Aguiar da Beira or Castro Daire or Oliveira de Frades



11 TOUR 11

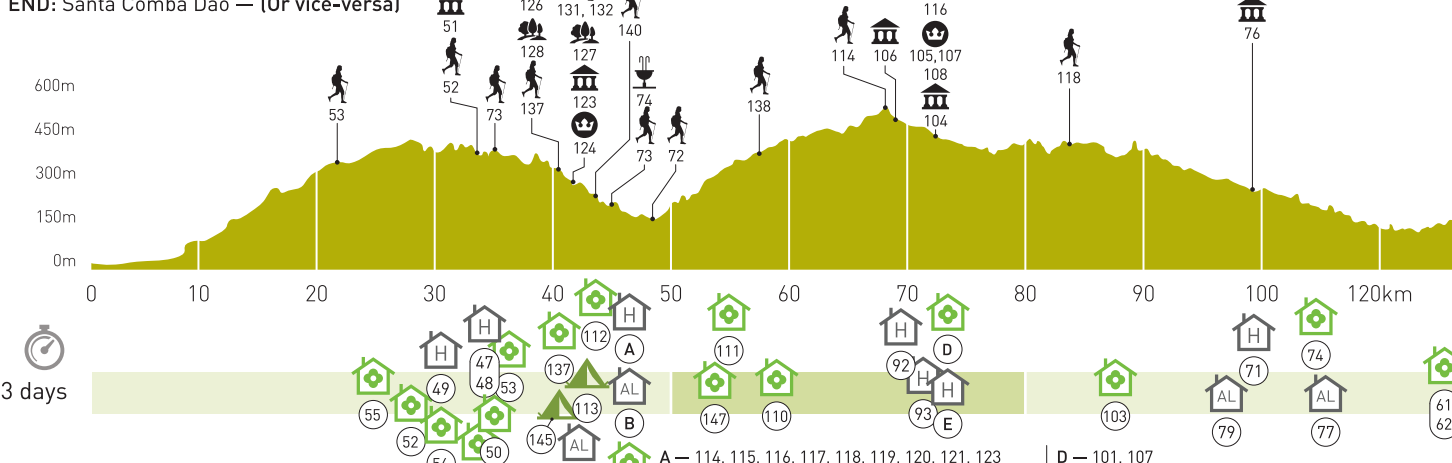
133Km / 2→4 days / +1894m

THEMATIC INTEREST:	DÃO GREENWAY:
Historical & Cultural	
Dão Greenway	
Nature & Active	
Wine tourism	
Thermal & Wellness	
	49,2Km
	85,3Km

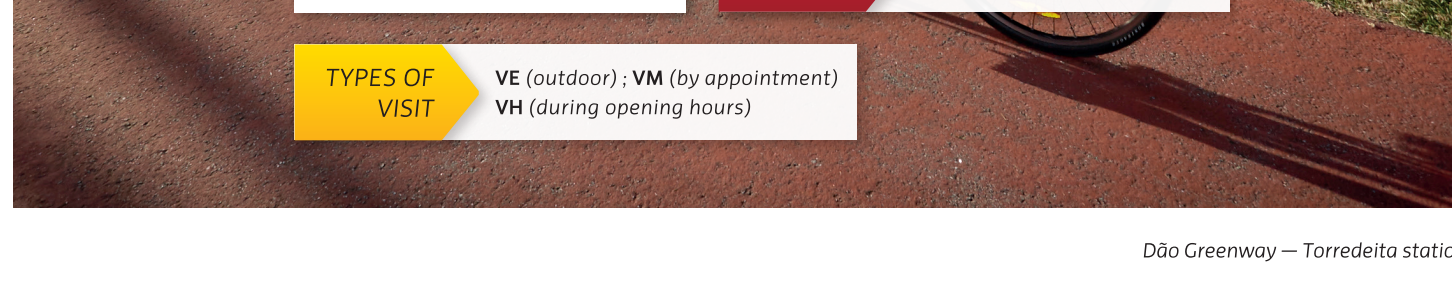
Vouga Greenway (85,3Km): Follow the former Vouga railway, in a mountain bike, from the Sernada do Vouga station to Viseu. The old line runs next to the Vouga River, which it crosses over by the imposing Paço de Santiago bridge and passes through the centre of Oliveira de Vouzela headed to Vouzela, where it passes over the imposing Roman bridge of Vouzela. Continuing on, you will go through various tunnels and pass by the old Badiosa station before coming into Viseu.

Dão Greenway (49,2Km): Following the Dão Greenway downhill to Santa Comba Dão, you pass by all the old stations and train halts of the Greenway, the Torredeita station standing out from the others because of the old locomotive. The views of nature are magnificent, and the northern area is covered in cork oak, chestnut and oak trees. Here you will also find some cultivated fields and vineyards, whilst in the south the enormous strawberry trees stand out, along with the Granjal bridge over the Agueira reservoir.

START: Sernada do Vouga



START / END: Tondela or Farnimhão or Caramulo



Dão Greenway — Torredeita station