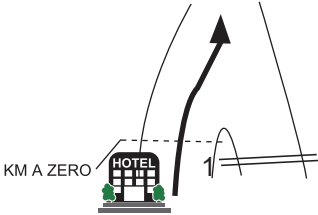
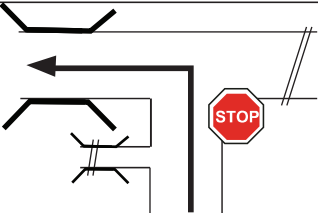
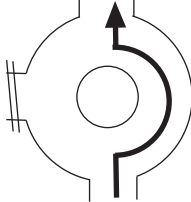
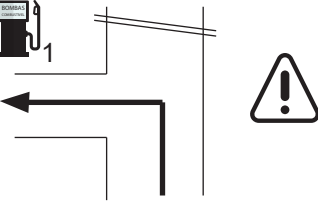
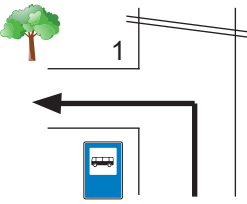
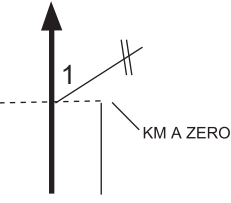
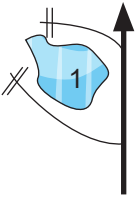
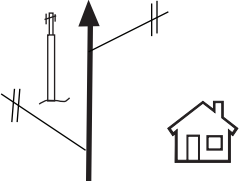
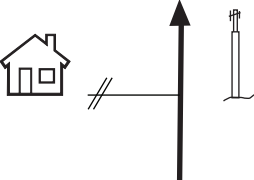
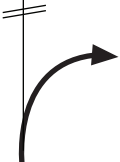
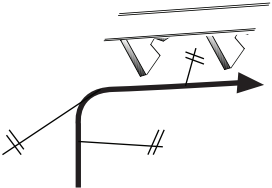
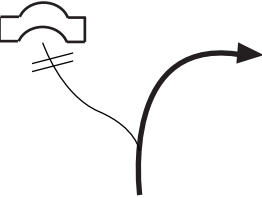
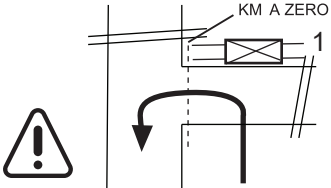
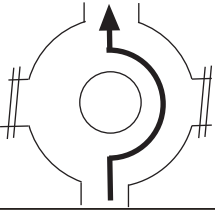
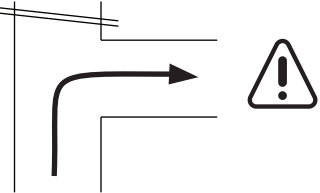
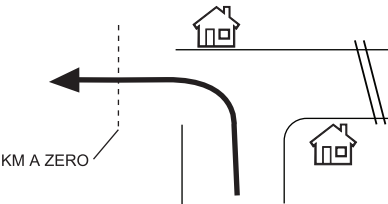
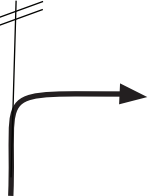
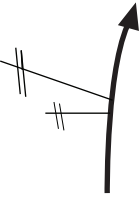
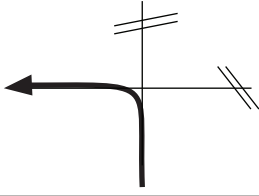
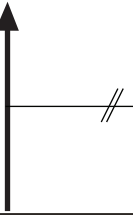
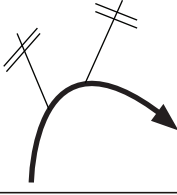
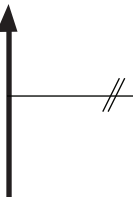
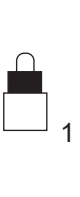
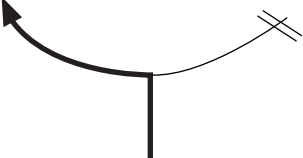
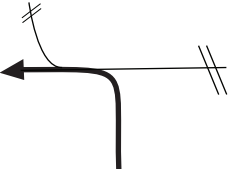
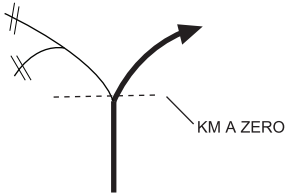
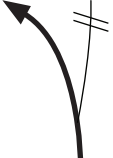
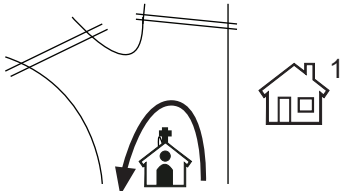


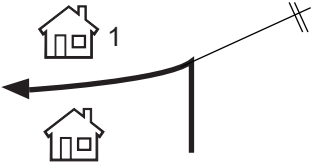
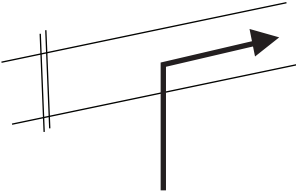
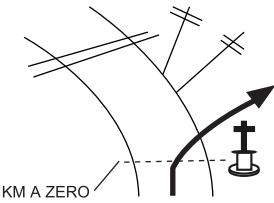
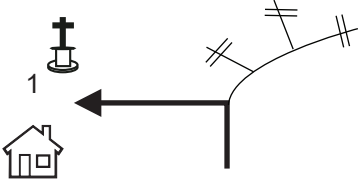
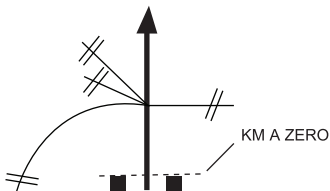
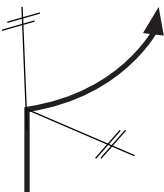
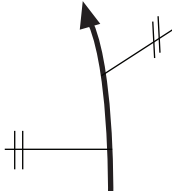
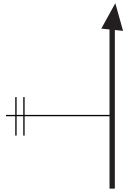
NOTA	PARCIAIS	TOTAIS	DIREÇÃO	OBSERVAÇÕES
1	0,000 / 0,000	0,000 / 0,000		1 - Placa Duecítania Design Hotel PÔR KM A ZERO ENTRA ASFALTO
2	0,100	0,100		ATT!!! STOP ENTRA EN110
3	0,200	0,300		DIR. ESPINHAL
4	0,100	0,400		1 - Prio SOBE E SEGUE ESTRADA PRINCIPAL
5	0,900	1,300		
6	0,200	1,500		1 - HIESE DIR. PONTO DE ÁGUA E VALE DO ESPINHAL
7	0,200 / 0,000	1,700 / 0,000		1 - Poste ENTRA TERRA PÔR KM A ZERO
8	0,050	0,050		1 - Lago SEGUE P.P.

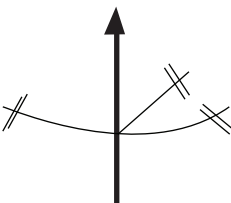
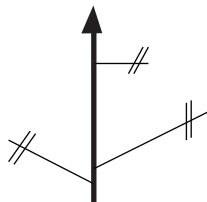
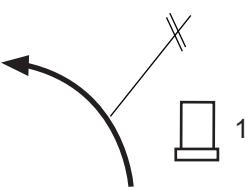
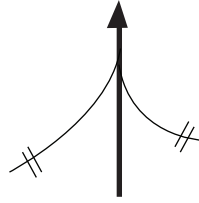
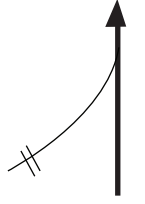
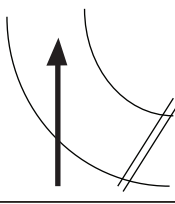
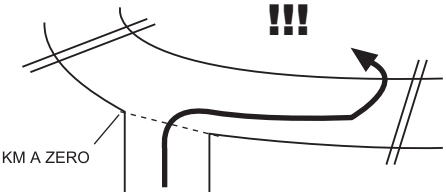
NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,550	0,600		CONTINUA P.P.
2	0,300	0,900		
3	0,100	1,000		
4	0,300	1,300		SEGUE P.P.
5	0,700	2,000		CONTINUA P.P.
6	0,300 / 0,000	2,300 / 0,000		1 - Portão verde PÔR KM A ZERO ENTRA ASFALTO
7	0,050	0,050		ESPINHAL DIR. POLIDESPORTIVO
8	0,250	0,300		DIR. TRILHO

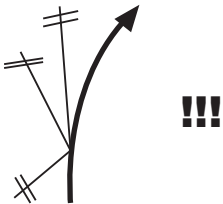
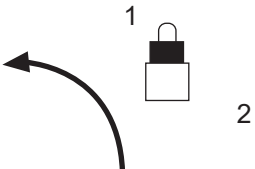
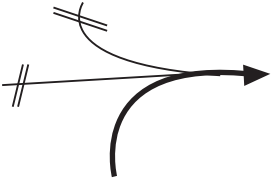
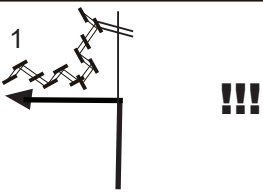
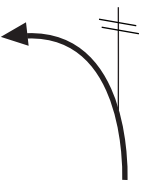
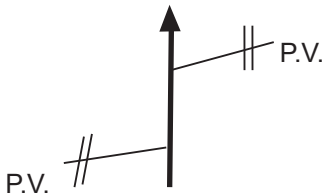
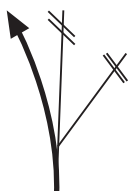
NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,050	0,350		DIR. POLIDESPORTIVO
2	0,050	0,400		
3	0,200	0,600		DIR. POLIDESPORTIVO DESCE
4	0,200	0,800		POLIDESPORTIVO
5	0,100	0,900		DIR. TRILHO E PÉ DE ESQUIO
6	0,100	1,000		ATT! ASFALTO ESTREITO
7	0,200	1,200		1 - Caça Grossa DESCE
8	0,400	1,600		SEGUE ASFALTO PRINCIPAL

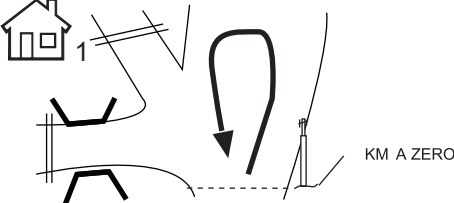
NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,600 / 0,000	2,200 / 0,000		DIR. PÉ DE ESQUIO E PESSEGUIERO ENTRA TERRA PÔR KM A ZERO
2	0,500 0,500	 0,500		SOBE
3	0,200 0,700	 0,700		
4	0,100 0,800	 0,800		ATT! VALA
5	0,100 0,900	 0,900		SOBE P.P.
6	0,100 1,000	 1,000		
7	0,100 1,100	 1,100		SOBE
8	0,500 1,600	 1,600		SOBE

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,100	1,700		1 - Marco Geodésico Vouzela 568m ADMIRE PAISAGEM
2	0,100	1,800		SOBE P.P.
3	0,600	2,400		DESCE P.P.
4	0,700 0,000	3,100 0,000		PÔR KM A ZERO SEGUE P.P. ADMIRE PAISAGEM
5	0,500	0,500		SEGUE P.P.
6	1,500	2,000		SOBE ASFALTO
7	0,300	2,300		1 - Centro de BTT DIR. FERRARIA DE S. JOÃO ENTRA E SEGUE EMPEDRADO ATRAVESSANDO A ALDEIA
8	0,500	2,800		1 - Currais comunitários 2 - Caminho dos Sobreiros ENTRA TERRA

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,100	2,900		1 - Currais comunitários SEGUE ENTRE CASAS
2	0,100	3,000		ENTRA ASFALTO
3	0,300 0,000	3,300 0,000		PÔR KM A ZERO DIR. S. JOÃO DO DESERTO SOBE E SEGUE ESTRADÃO
4	2,700	2,700		1 - S. João do Deserto ESTACIONE E VISITE ADMIRE A PAISAGEM
5	0,100 0,000	2,800 0,000		PÔR KM A ZERO DEIXA S. JOÃO DO DESERTO
6	0,100	0,100		DEIXA ESTRADÃO SOBE
7	0,050	0,150		SOBE P.P.
8	0,050	0,200		SOBE P.P.

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,300	0,500		SOBE P.P.
2	0,300	0,800		SOBE P.P.
3	0,100	0,900		SOBE P.P.
4	0,500	1,400		1 - Posto de Vigia DESCE CORTA-FOGO
5	0,500	1,900		
6	0,100	2,000		ENTRA ESTRADÃO
7	0,100	2,100		ENTRA E SOBE ASFALTO
8	0,400 0,000	2,500 0,000		PÔR KM A ZERO ATT!!! CRUZA ASFALTO ENTRA ESTRADÃO

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,900	0,900		DEIXA ESTRADÃO SOBE CORTA-FOGO
2	0,300	1,200		1 - Marco Géodésico Malhadizes 866m 2 - Posto de Vigia DESCE
3	0,200	1,400		ENTRA E SEGUE ESTRADÃO ATT!! AOS 3,300 CURVA À ESQUERDA ESCORREGADIA COM PRECEPÍCIO
4	3,000	4,400		1 - Vedação DEIXA ESTRADÃO
5	0,300	4,700		
6	0,500	5,200		SEGUE P.P.
7	0,200	5,400		DESCE P.P.
8	0,400	5,800		

NOTA	PARCIAIS	TOTAIS	DIRECÇÃO	OBSERVAÇÕES
1	0,500	6,300		
2	0,500 /	6,800 /	 KM A ZERO	1 - Xisto Restaurante LOUÇAINHA VISITE FIM DO PERCURSO TODO TERRENO
3				
4				
5				
6				
7				
8				