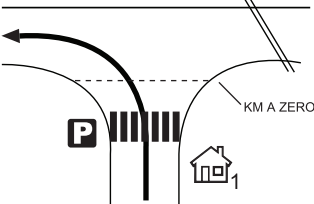
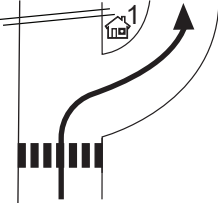
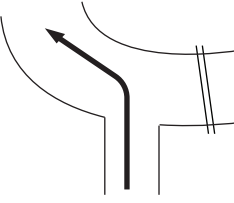
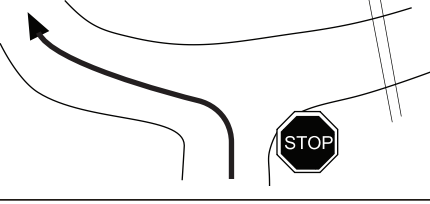
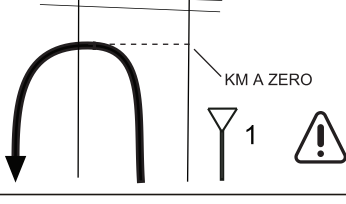
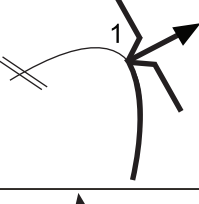
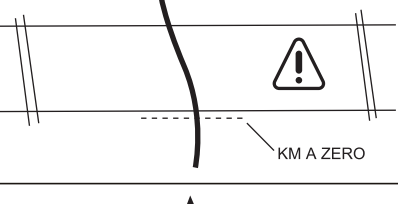
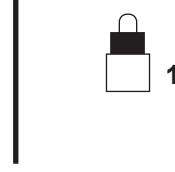
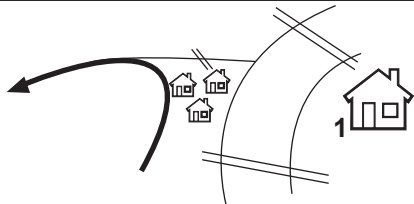

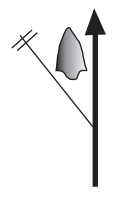
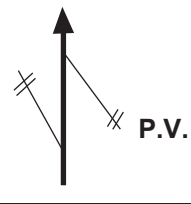
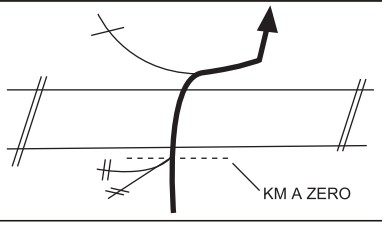
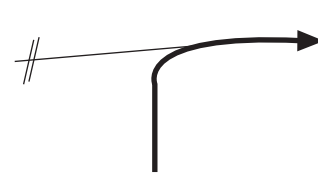
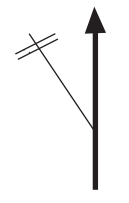

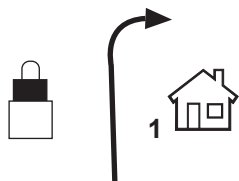
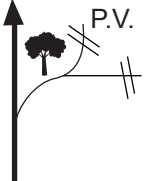
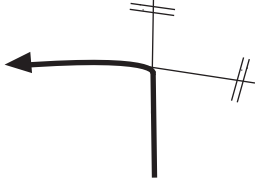
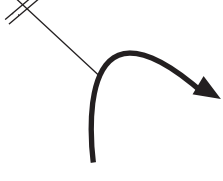
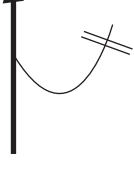
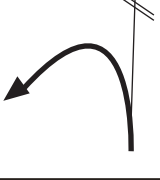



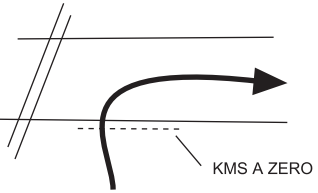
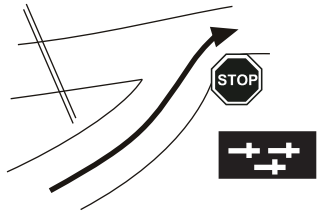
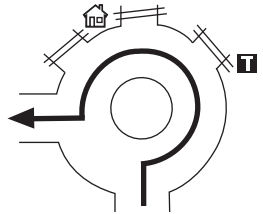
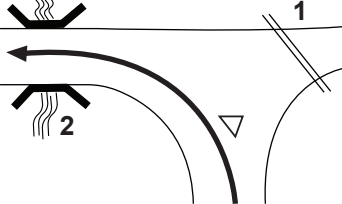
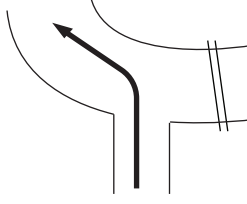
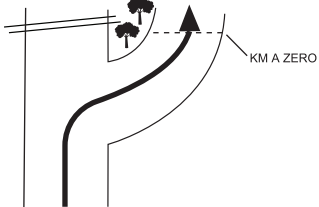
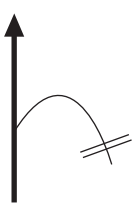
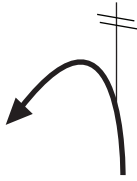
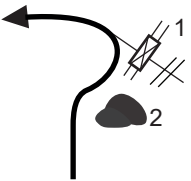
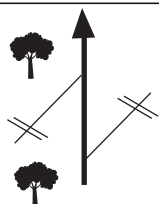
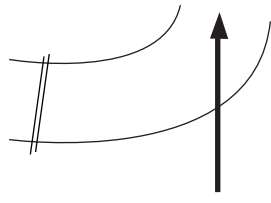
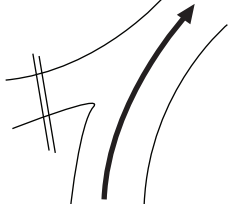
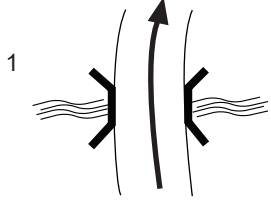
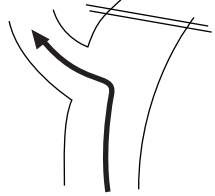


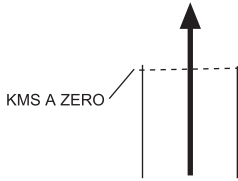
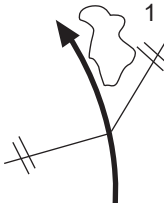
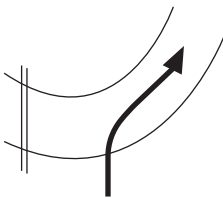
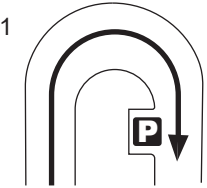

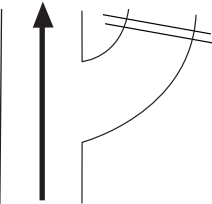

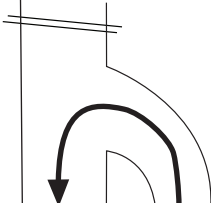
NOTA	PARCIAIS	TOTAIS	DIREÇÃO	OBSERVAÇÕES
1	0,000 /	0,000 /		1 - Câmara Municipal de Manteigas <b>PÔR KM A ZERO DIR TORRE</b>
2	0,100	0,100		1 - Casa com portão castanho <b>SOBE RUA PRINCIPAL</b>
3	0,900	1,000		<b>SOBE E SEGUE ESTRADA PRINCIPAL DIR. GOUVEIA</b>
4	4,100	5,100		<b>ATT!! STOP ENTRA E.N. 232 DIR. GOUVEIA</b>
5	0,200 /	5,300 /		1 - Sinal de trânsito <b>PÔR KM A ZERO ENTRA TERRA</b>
6	1,500	1,500		1 - PR15.1 MTG <b>DIR. POUSADA S.LOURENÇO DEIXA P.P</b>
7	0,500 /	2,000 /		<b>ATT!!! ATRAVESSA ASFALTO PÔR KM A ZERO</b>
8	1,000	1,000		1 - Marco geodésico <b>DESCE P.P.</b>

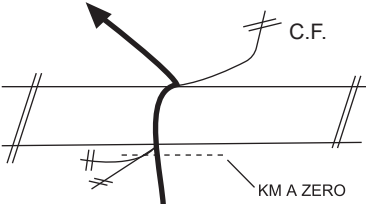
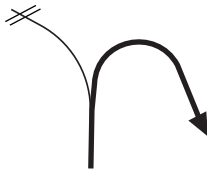
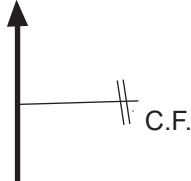
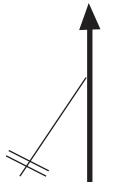
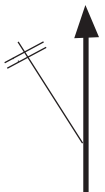

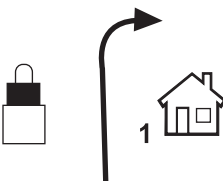
NOTA	PARCIAIS	TOTAIS	DIREÇÃO	OBSERVAÇÕES
1	0,700	1,700		1 - Casa de São Lourenço / Burel Panorama Hotel
2	0,200	1,900		
3	0,400	2,300		<b>SEGUE P.P</b>
4	0,600	2,900		<b>POUCO DEPOIS DESCE P.P</b>
5	1,600 0,000	4,500 0,000		<b>PÔR KMS A ZERO CRUZA ASFALTO SOBE CORTA-FOGO</b>
6	0,650	0,650		<b>ENTRA E SEGUE P.P</b>
7	0,450	1,100		<b>DESCE P.P</b>
8	0,400	1,500		<b>CONTINUA P.P</b>

NOTA	PARCIAIS	TOTAIS	DIREÇÃO	OBSERVAÇÕES
1	0,600	2,100		1 - Torre de vigia <b>ADMIRE PAISAGEM DESCE</b>
2	0,100	2,200		<b>DESCE CORTA FOGO</b>
3	0,700	2,900		<b>ENTRA E SEGUE P.P</b>
4	1,600	4,500		<b>DESCE COM MANOBRA</b>
5	0,400	4,900		<b>DESCE</b>
6	0,200	5,100		<b>COM MANOBRA</b>
7	0,400	5,500		
8	1,200	6,700		<b>DESCE</b>

NOTA	PARCIAIS	TOTAIS	DIREÇÃO	OBSERVAÇÕES
1	0,100	6,800		<b>DESCE</b>
2	0,300 0,000	7,100 0,000		<b>PÔR KMS A ZERO ENTRA E DESCE EMPEDRADO COM MANOBRA</b>
3	0,500	0,500		<b>SAMEIRO ENTRA E.N. 232</b>
4	2,900	3,400	<b>MANTEIGAS</b>	
5	0,500	3,900		<b>DIR. LEANDRES / ECOCENTRO</b>
6	0,400	4,300		1 - Parque da Várzea 2 - Rio Zêzere
7	0,200	4,500		<b>DIR. LEANDRES</b>
8	0,500 0,000	5,000 0,000		<b>ENTRA TERRA PÔR KM A ZERO</b>

NOTA	PARCIAIS	TOTAIS	DIREÇÃO	OBSERVAÇÕES
1	0,500	<b>0,500</b>		<b>SEGUE P.P.</b>
2	1,700	<b>2,200</b>		
3	0,700	<b>2,900</b>		1 - Cancela 2 - Rocha
4	0,200	<b>3,100</b>		
5	1,200	<b>4,300</b>		<b>ENTRA E SOBE ASFALTO</b>
6	1,100	<b>5,400</b>		
7	0,100	<b>5,500</b>		1 - Cascata <b>POÇO DO INFERNO</b>
8	2,500	<b>8,000</b>		<b>SOBE E SEGUE ASFALTO DIR. CHÃO DE CELORICO</b>

NOTA	PARCIAIS	TOTAIS	DIREÇÃO	OBSERVAÇÕES
1	6,000 0,000	<b>14,000</b> 0,000		No fim do asfalto <b>ENTRA TERRA PÔR KMS A ZERO SEGUE P.P</b>
2	2,800	2,800		1 - Lago <b>CONTINUA P.P</b>
3	3,600	6,400		<b>ENTRA E.N. 338 DESCE</b>
4	1,000	7,400		1 - Entrada Covão d'Ametade <b>COVÃO D'AMETADE</b> Visite e depois continue a descer para Manteigas
5	1,800	9,200		1 - Fonte de Paulo Luís Martins
6	6,000	15,200		<b>POÇO DO INFERNO</b>
7	0,100	15,300		
8	0,600	15,900		<b>SEGUE SEMPRE ESTRADA PRINCIPAL ATÉ CENTRO DE MANTEIGAS</b>

NOTA	PARCIAIS	TOTAIS	DIREÇÃO	OBSERVAÇÕES
1	0,000 /	0,000 /		<b>PÔR KMS A ZERO CRUZA ASFALTO SOBE CORTA-FOGO</b>
2	1,300	1,300		<b>DEIXA P.P. SOBE</b>
3	1,000	2,300		<b>CONTINUA P.P.</b>
4	0,400	2,700		<b>DESCE P.P.</b>
5	0,200	2,900		<b>CONTINUA E DESCE P.P.</b>
6	0,400	3,300		<b>SEGUE P.P.</b>
7	0,600	3,900		<b>ADMIRE PAISAGEM DESCE RETOMA ROADBOOK PRINCIPAL A PARTIR DA NOTA 17</b>
8				