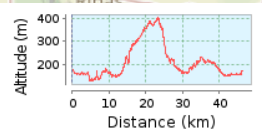


Route 22 Casa Cantiga holiday resort mountainbike Lagoa do Cao - Porto do Mos ecovia Bezerra



www.casacantiga.eu

You start quietly on normal roads towards north. After a few km you get to mostly unpaved tracks in the beautiful nature, going up and down towards Pedreiras. You pass the motor way IC2 and continue between the olive tree fields towards the foot of the Serra dos Candeeiros. Unpaved you climb a first steep part on the west side and then the track takes you around the Serra towards the east side where you will climb further via an old coal train track towards the top of the mountain (called ecovia). Leaving the ecovia you "turn back" on beautiful single tracks, a very long downhill experience. It takes you back to Porto do Mos where you will go via normal road around the Serra back to the east side. You cross the road where you arrived at the Serra and continue next to the mountain south. After a first going uphill, through forest road, olive tree and wine yards you can enjoy a long decent towards the IC2. You cross the motor way and continue through small village and fields back to Casa Cantiga.



46.28 km (Percurso com início e fim no mesmo local)

Subida acumulada: 637 m, Descida acumulada: 637 m

Diferenças de Altitudes 274 m (Altitude desde: 129 m para 403 m)

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