

**CONDUCT, RECOMMENDATIONS AND PERSONAL SAFETY**

- Plan your trip in advance;
- Check the weather forecasts for the dates of your trip, and be aware of any risk indicators and warnings provided by the civil protection services;
- Follow all signs relating to use of the trails, whether due to environmental, maintenance or private reasons, remembering that some of the routes are not signposted and may require you to use satnav or similar tools to cross them;
- Only use trails that are open;
- Leave no trace as you go;
- Ensure you always have control of your bicycle, always wear protective equipment (gloves, helmet, goggles, etc.) and take all the tools you might need with you (pump, spare inner tube, etc.);
- Always give way;
- Beware of motor vehicles on public roads;
- Never scare off animals;
- Always leave gates as you find them. If they were closed when you found them, make sure you close them securely behind you;

Find more information at:  
[www.turismodeportugal.pt](http://www.turismodeportugal.pt)

**DIFFICULTY LEVELS**

EASY MODERATE DIFFICULT VERY DIFFICULT

These routes are classified according to the following criteria: distance, gradient, terrain and technical features.

Find more information at:  
[www.cyclinportugal.pt](http://www.cyclinportugal.pt)

**USEFUL CONTACTS**

<b>ARRONCHES</b> ☎ 245 580 020 ☎ 245 583 274 ☎ 245 589 100 ☎ 245 580 080	<b>CASTELO DE VIDE</b> ☎ 245 901 314 ☎ 245 901 444 ☎ 245 900 160 ☎ 245 908 227	<b>MARVÃO</b> ☎ 245 993 617 ☎ 245 920 135 ☎ 245 909 100 ☎ 245 909 131	<b>PORTALEGRE</b> ☎ 245 609 320 ☎ 245 307 000 ☎ 245 301 000 ☎ 245 307 445
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**Route 02 Beirã - XC**  
Beirã, Cabeçudos, Ranginha, Menir dos Pombais.  
**Signposted**  
17,1 Km 210 m 1h25m



**Route 03 Beirã - XC**  
Marvão, Portagem.  
**Non-Signposted**  
34,5 Km 775 m 2h55m



**Route 04 Beirã - XC**  
Beirã, Marvão, Portagem, Porto Espada, Apartadura, Carreiras, Castelo de Vide, Póvoa e Meadas Dam, Menir da Meada.  
**Non-Signposted**  
96,3 Km 1810 m 9h30m



**Route 05 Beirã - XC**  
Castelo de Vide, Carreira, Escusa, Marvão, Portagem, Ponte Velha, Porto Espada, Galegos, Montes de Baixo, Santo António das Areias, Beirã.  
**Non-Signposted**  
74,8 Km 2340 m 8h10m

**Route 06 Castelo de Vide - XC**  
Castelo de Vide and surrounding areas.  
**Signposted**  
6,1 Km 155 m 0h30m



**Route 07 Castelo de Vide - XC**  
Coureiros Megalith Park, Menir da Meada, Castelo de Vide.  
**Signposted**  
31,2 Km 415 m 2h35m

**Route 08 Castelo de Vide - XC**  
Coureiros Megalith Park, Menir da Meada, Beirã, Marvão, Castelo de Vide.  
**Non-Signposted**  
44,6 Km 965 m 4h00m

**SIGNPOSTING ON ROUTES**

**BASIC SIGNAGE**

- XC MTB Route
- Gravel Route
- Road Route
- Crossing
- Route through Protected an ICNF Classified Areas
- Route Classified as Touristic or Cultural

**ADDITIONAL SIGNAGE**

- Wrong Route
- Dangers
- Two-way route
- Wrong Route on Long Tours

**WHERE TO EAT AND SLEEP**

[www.visitalentejo.com](http://www.visitalentejo.com)

**Route 09 Póvoa e Meadas - XC**  
Póvoa e Meadas Dam.  
**Non-signposted**  
32,2 Km 400 m 2h45m



**Route 11 Beirã - ES**  
Beirã and surrounding areas.  
**Signposted**  
16,6 Km 95 m 0h50m

**Route 12 Beirã - ES**  
Serra de S. Mamede Natural Park, Marvão, Beirã.  
**Signposted**  
26 Km 275 m 1h20m



**Route 13 Beirã - ES**  
Santo António das Areias, Beirã, Galegos, La Fonteira / San Pedro (optional cross-border section), Ponte Velha.  
**Non-Signposted**  
44,7 Km 790 m 2h15m

**Route 14 Beirã - ES**  
Beirã, Marvão, Escusa, Portagem, Santo António das Areias.  
**Non-Signposted**  
39,2 Km 765 m 2h00m



Find more information at:  
[www.visitalentejo.com](http://www.visitalentejo.com)

**Route 15 Beirã - ES**  
Póvoa e Meadas, Póvoa e Meadas Dam, Sra. da Penha, Castelo de Vide, Marvão, Carreiras, Porto de Espada, Galegos.  
**Non-signposted**  
82,9 Km 1380 m 4h30m

**Route 16 Castelo de Vide - ES**  
Castelo de Vide and surrounding areas.  
**Signposted**  
8,1 Km 195 m 0h25m



**Route 17 Castelo de Vide - ES**  
Castelo de Vide and surrounding areas.  
**Signposted**  
16,8 Km 255 m 0h50m

**Route 18 Castelo de Vide - ES**  
Castelo de Vide, Póvoa e Meadas Dam, Póvoa e Meadas, Meada.  
**Non-signposted**  
41,6 Km 670 m 2h50m

**Route 19 Castelo de Vide - ES**  
Póvoa e Meadas, Póvoa e Meadas Dam, Sra. da Penha, Castelo de Vide.  
**Non-signposted**  
55,8 Km 900 m 2h10m



**Route 20 Póvoa e Meadas - ES**  
Póvoa e Meadas Dam.  
**Signposted**  
21,4 Km 195 m 1h05m



**Route 21 Póvoa e Meada - GR**  
Póvoa e Meadas Dam.  
**Signposted**  
18,3 Km 190 m 1h10m

**Route 31 Reguengo - GR**  
Reguengo, São Mamede Range.  
**Signposted**  
12,8 Km 195 m 0h50m



**Route 32 Reguengo - GR**  
Reguengo, Portalegre, Joinal, Assentos.  
**Signposted**  
21 Km 315 m 1h20m

**Route 33 Reguengo - GR**  
Reguengo, Nave Longa, S. Tiago, Outeiro do Alho, Joinal, Assentos.  
**Signposted**  
28 Km 445 m 1h45m

**Connecting Route 01 - XC**  
Puerto Roca Border / Portalegre.  
**Non-signposted**  
4,2 Km 160 / -85m 0h20m

**Connecting Route 02 - XC**  
Puerto Roca Border / C.Cycling C.Vide-Marvão.  
**Non-signposted**  
5,7 Km 50 / -182m 0h30m



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**cycling**  
alentejo e ribatejo

SERRA DE SÃO MAMEDE  
Arronches | Castelo de Vide  
Marvão | Portalegre

4 LEVELS  
320km HIGHLIGHTED ROUTES  
1200km TOTAL HIGHLIGHTED ROUTES  
4 DIFFICULT LEVELS  
33 ROUTES

**Route 34 Reguengo - GR**  
Reguengo, Ribeira de Nisa, Areeiro de Cima, Azinhaga do Carvoeiro.  
**Non-signposted**

21,9 Km 545 m 1h22m

**Route 35 Reguengo - GR**  
Monte Sete, Teixinha, Sobral, Soverete, Alegrete.  
**Non-signposted**

52,5 Km 1220 m 3h35m

**Route 36 Reguengo - GR**  
Porto Espada, Serra da Selada, Carreiras, N. Sra. da Penha, Fortios, Sr. Jesus dos Aflitos, Portalegre.  
**Non-signposted**

81,7 Km 1700 m 5h50m



**Route 37 Reguengo - GR**  
Serra de São Mamede, Barroco, São Julião, Cabroeira de Baixo, Besteiros, Mosteiros, Alegrete, Reguengo.  
**Non-signposted**

65,6 Km 1705 m 4h50m



**Route 41 Arronches - ES**  
Arronches, Mosteiros.  
**Signposted**

17,2 Km 190 m 0h50m

**Route 42 Arronches - ES**  
Arronches, Esperança, Hortas de Baixo.  
**Signposted**

20,5 Km 242 m 1h00m

**Route 43 Arronches - ES**  
Arronches, Mosteiros, Arronches.  
**Signposted**

23 Km 271 m 1h10m



**Route 44 Arronches - ES**  
Arronches, Mosteiros.  
**Signposted**

30,3 Km 408 m 1h30m

**Route 45 Arronches - ES**  
Arronches, Esperança, Nave Fria, Mosteiros.  
**Non-signposted**

37,3 Km 490 m 1h50m

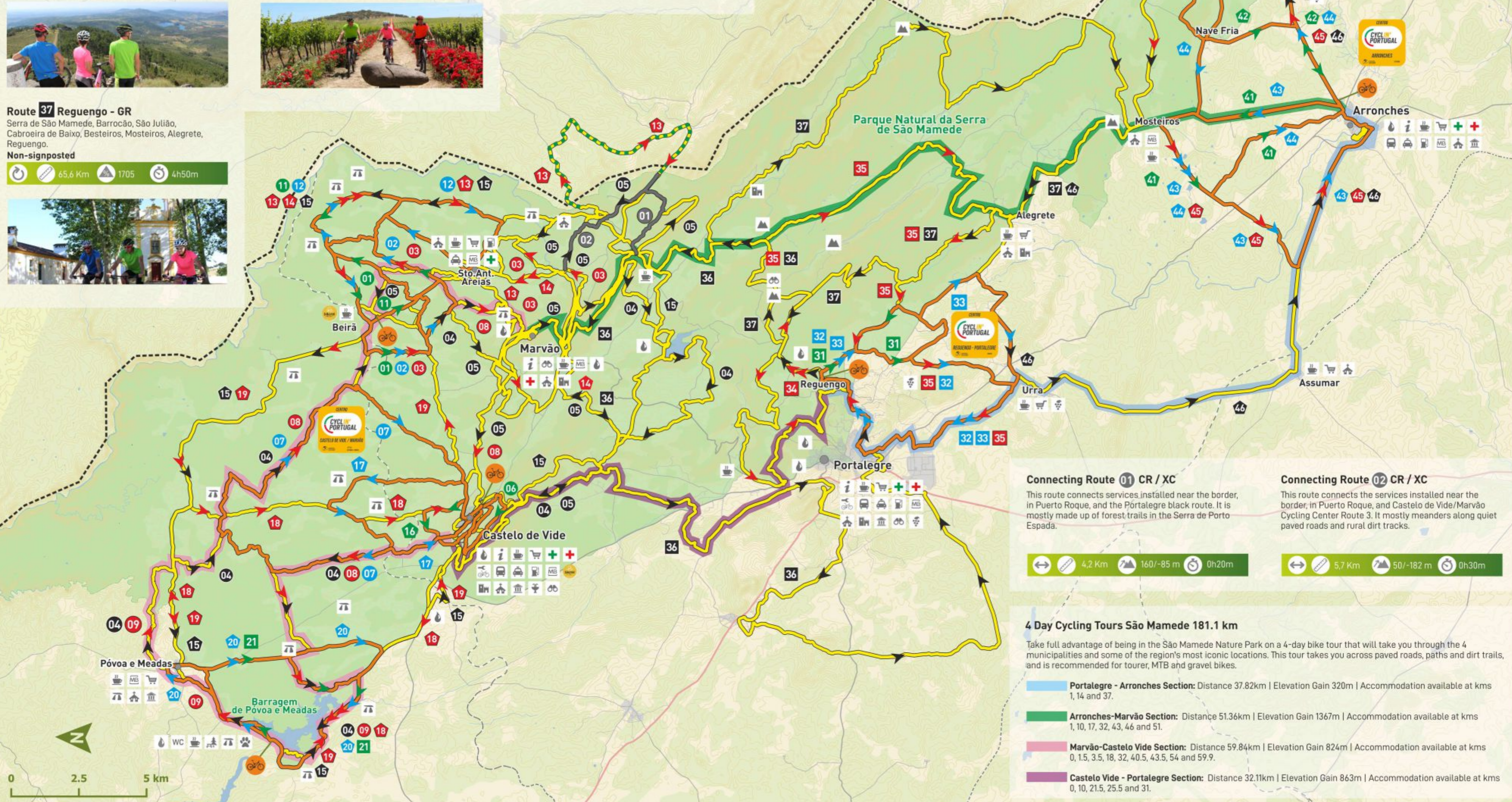


**Route 46 Arronches - ES**  
Arronches, Esperança, Mosteiros, Alegrete, Urra.  
**Non-signposted**

60,1 Km 780 m 3h00m



For more information on signposted and non-signposted routes, go to:  
[www.visitalentejo.com](http://www.visitalentejo.com)



**Connecting Route 01 CR / XC**  
This route connects services installed near the border, in Puerto Roque, and the Portalegre black route. It is mostly made up of forest trails in the Serra de Porto Espada.

4,2 Km 160/-85 m 0h20m

**Connecting Route 02 CR / XC**  
This route connects the services installed near the border, in Puerto Roque, and Castelo de Vide/Marvão Cycling Center Route 3. It mostly meanders along quiet paved roads and rural dirt tracks.

5,7 Km 50/-182 m 0h30m

- 4 Day Cycling Tours São Mamede 181.1 km**  
Take full advantage of being in the São Mamede Nature Park on a 4-day bike tour that will take you through the 4 municipalities and some of the region's most iconic locations. This tour takes you across paved roads, paths and dirt trails, and is recommended for tourer, MTB and gravel bikes.
- Portalegre - Arronches Section:** Distance 37.82km | Elevation Gain 320m | Accommodation available at kms 1, 14 and 37.
  - Arronches-Marvão Section:** Distance 51.36km | Elevation Gain 1367m | Accommodation available at kms 1, 10, 17, 32, 43, 46 and 51.
  - Marvão-Castelo Vide Section:** Distance 59.84km | Elevation Gain 824m | Accommodation available at kms 0, 1.5, 3.5, 18, 32, 40.5, 43.5, 54 and 59.9.
  - Castelo Vide - Portalegre Section:** Distance 32.11km | Elevation Gain 863m | Accommodation available at kms 0, 10, 21.5, 25.5 and 31.

**GPS SERVICE STATIONS**

If you're coming from the west, take the A3 and turn onto the N244 (towards Gavião), then the N18 (towards Alentejo) and finally take the 27 towards the Serra de São Mamede Nature Park. Public transportation: Portalegre train station.

**HOW TO GET HERE**

**KEY**

- Complementary Road Network
- Main Road Network
- Waterway
- Signposted Route
- Non-signposted Route
- Connecting Route
- Boundary Line
- Route in Spanish territory

**XC Route (MTB) Signposted**  
**XC Route (MTB) Non-signposted**  
**GR Route (GRAVEL) Signposted**  
**GR Route (GRAVEL) Non-signposted**  
**ES Route (ROAD) Signposted**  
**ES Route (ROAD) Non-signposted**

**Cycling Center:** Arronches, Castelo de Vide / Marvão, Reguengo / Portalegre  
**Service Station:** Arronches, Beirã, Castelo de Vide, Barragem de Póvoa e Meadas, Reguengo

**SUPPORT POINTS**

- Bike Parking
- Bike Repair
- Bikotel
- Water Point
- Tourist Office
- Toilets
- Café
- Supermarket
- Rest Area
- Bus
- Taxi
- Train
- Fuel
- ATM
- Hospital / Health Centre
- Pharmacy

**POINTS OF INTEREST**

- Monument
- Religious Building
- Museum
- Megalith
- Fauna
- Flora
- Geology
- Hot Springs
- Viewpoint
- Wine Tourism

