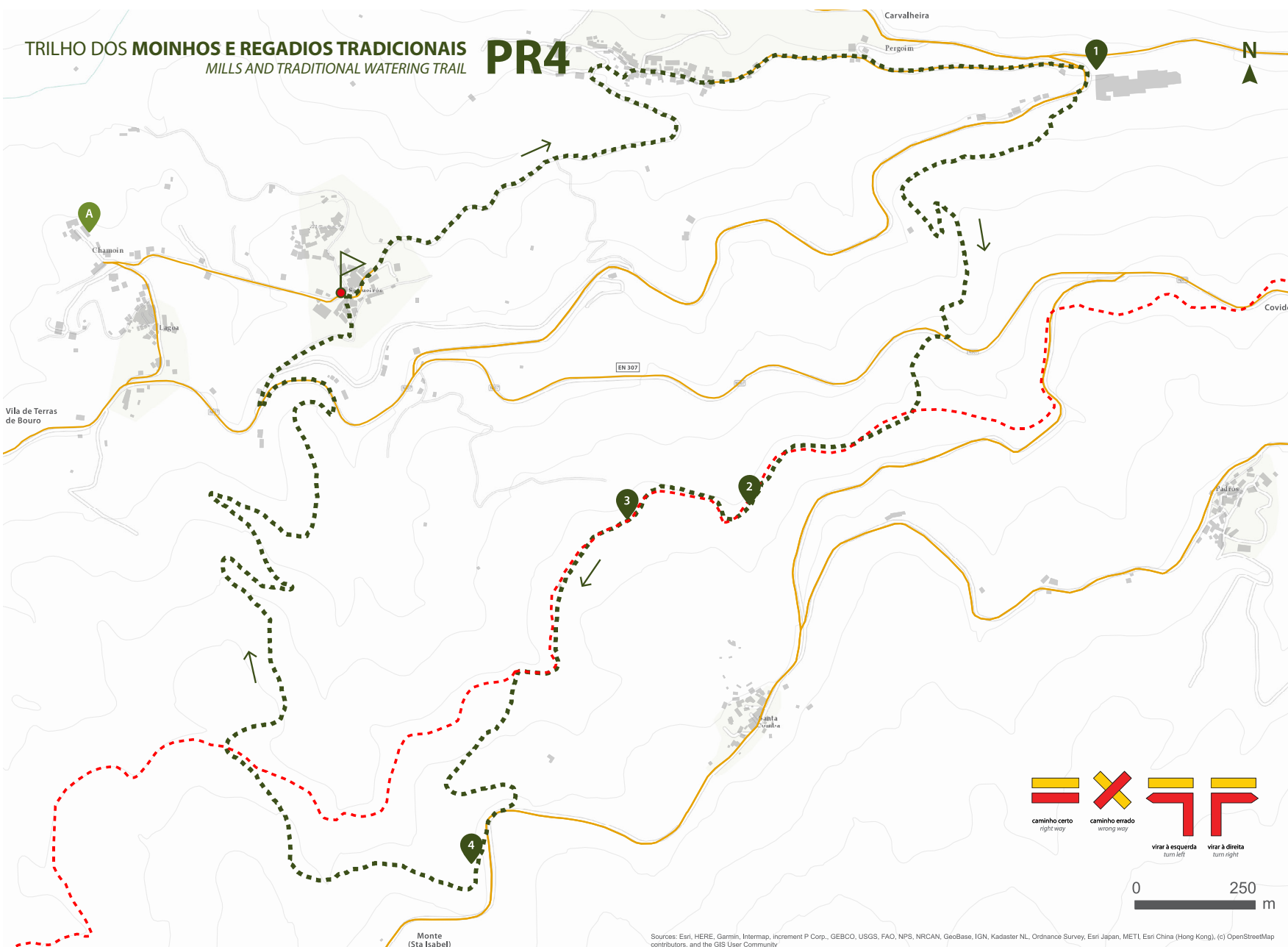
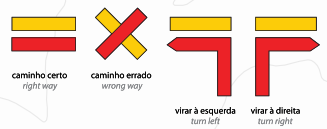


TRILHO DOS MOINHOS E REGADIOS TRADICIONAIS PR4

MILLS AND TRADITIONAL WATERING TRAIL



Sources: Esri, HERE, Garmin, Intermap, increment P Corp., GEBCO, USGS, FAO, NPS, NRCAN, GeoBase, IGN, Kadaster NL, Ordnance Survey, Esri Japan, METI, Esri China (Hong Kong), (c) OpenStreetMap contributors, and the GIS User Community



adversidade do meio environmental adversity		2
orientação orientation		2
tipo de piso type of ground		3
esforço físico physical effort		3

Calculado de acordo com / Calculated according: MIDE (Método de Información Excursiones)

EXTENSÃO | EXTENSION

8 km

DURAÇÃO | DURATION

4h00

DESNÍVEL ACUMULADO | CUMULATIVE GAP



ALTITUDE | MIN-MÁX



TIPO DE PERCURSO | TYPE OF TRAIL



LEGENDA | KEY

- Percurso pedestre PR4**
Walking trail PR4
- Geira Romana**
Roman Road (Geira)
- Sentido recomendado do PR4**
Recommended way of PR4
- Início e fim do PR4**
Start and end of PR4
- Igreja de Chamoin (S. Tiago)**
Chamoin Church (S. Tiago)
- Fábrica "Água do Fastio"**
"água do Fastio" Factory
- Milha XXII**
Mile XXII
- Milha XXI**
Mile XXI
- Moinhos de água**
Water mills