

## Minho and Porto

Green Portugal: from the mountains to the sea

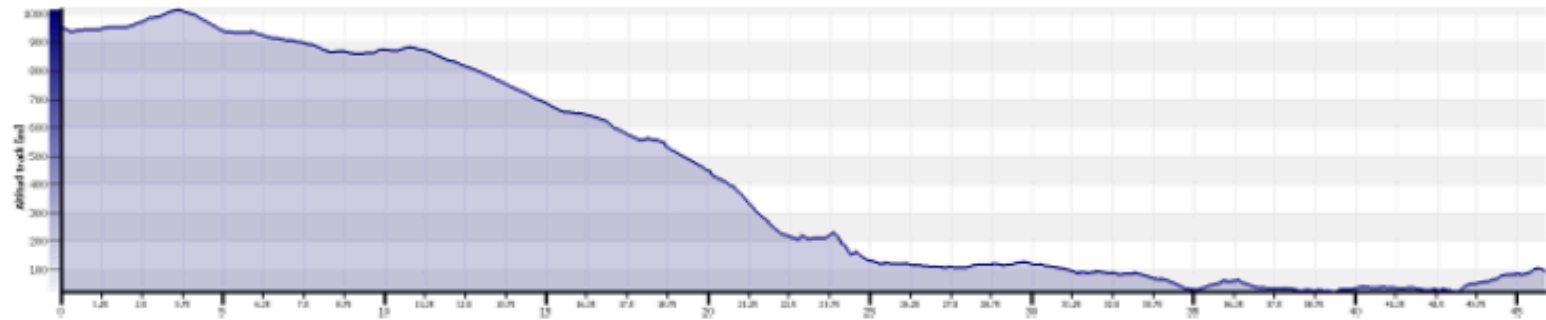
 natural parks  
 wine regions

Dag 2

Stage Characteristics:

Difficulty level	Distance (km)	Altitude (m)		Elevation gain (m)	Routes	
		Min	Max		Paved	Trails
Easy	44.32	22	1015	250	100%	0%
Medium	57	17	1023	222	100%	0%

Altimetry (easy level):

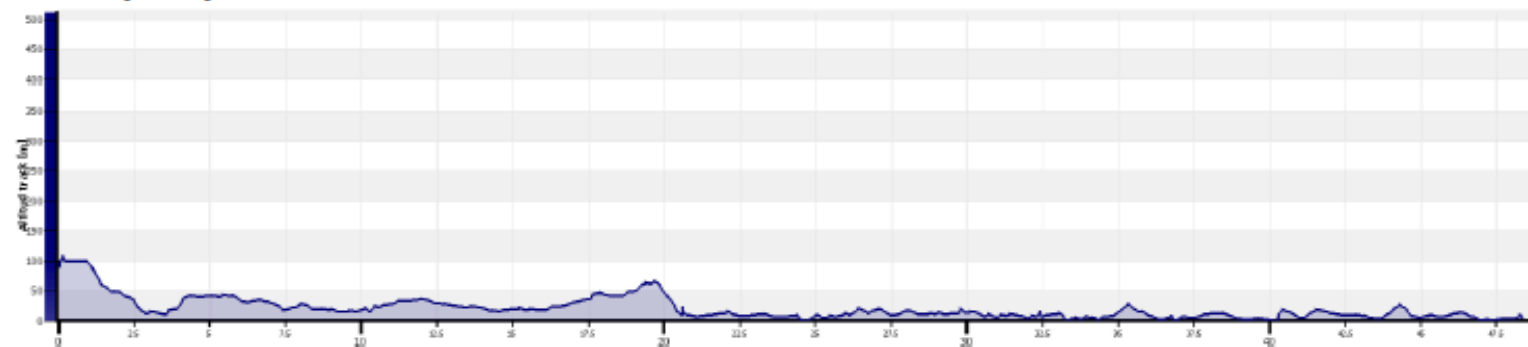


Dag 3

Stage characteristics:

Difficulty level	Distance (km)	Altitude (m)		Elevation gain (m)	Routes	
		Min	Max		Paved	Trails
Easy	48.3	0	108	134	90%	10%

Altimetry (easy level):

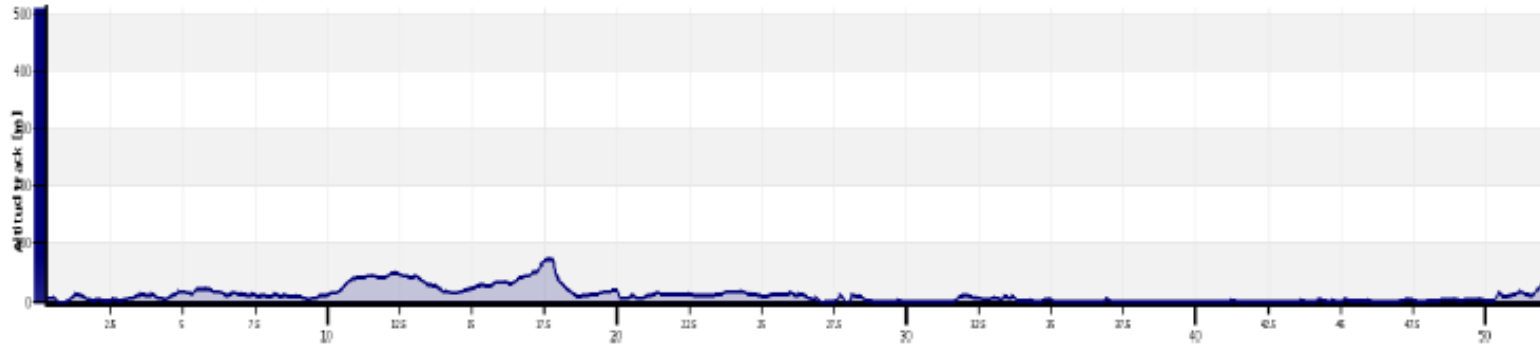


Dag 4

Stage characteristics:

Difficulty level	Distance (km)	Altitude (m)		Elevation gain (m)	Routes	
		Min	Max		Paved	Trails
Easy	52.8	0	76	97	70%	30%

Altimetry (easy level):

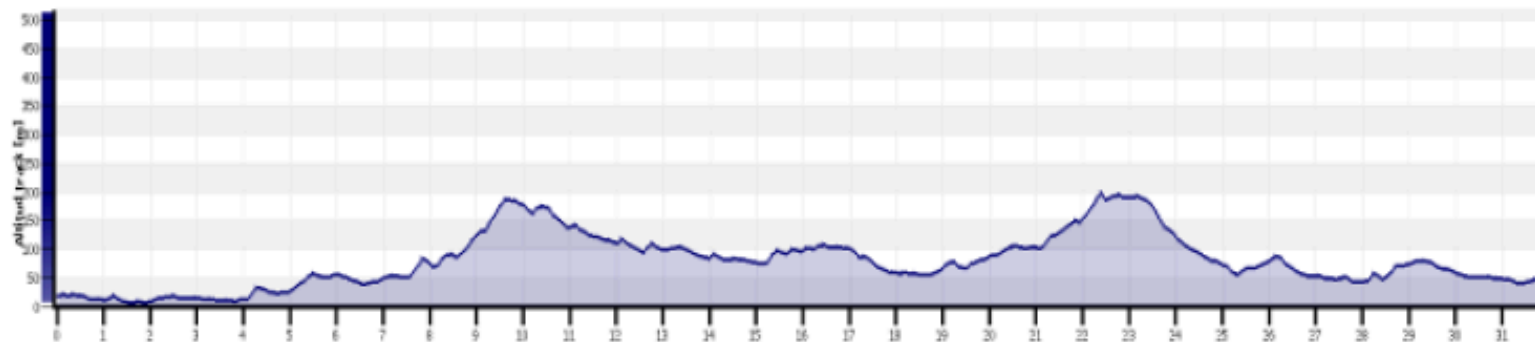


Dag 5

Stage characteristics:

Difficulty level	Distance (km)	Altitude (m)		Elevation gain (m)	Routes	
		Min	Max		Paved	Trails
Easy	32.5	7	199	300	85%	15%

Altimetry:

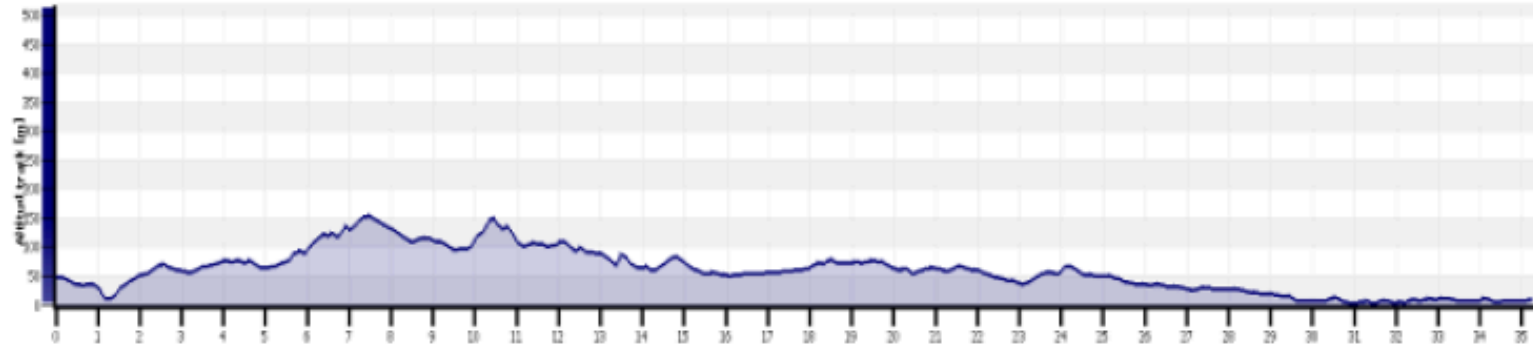


Dag 6

Stage characteristics:

Difficulty level	Distance (km)	Altitude (m)		Elevation gain (m)	Routes	
		Min	Max		Paved	Trails
Easy	35.88	3	154	246	70%	30%
Medium	44.34	4	163	273	65%	35%

Altimetry (easy level):



Dag 7

Stage characteristics:

Difficulty level	Distance (km)	Altitude (m)		Elevation gain (m)	Routes	
		Min	Max		Paved	Trails
Easy	34.4	0	50	232	100%	0%
Medium	47.9	0	77	120	90%	10%

Altimetry (easy level):

