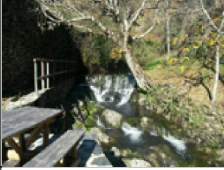





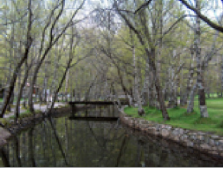
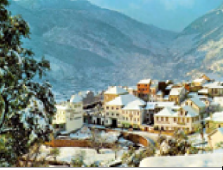




100 km	PAC 1	PAC 2	PAC 3	PAC 4	PAC 5
	<i>Fórnea</i> <i>6 km</i>	<i>Covanca</i> <i>11 km</i>	<i>Malhada Chã</i> <i>21 km</i>	<i>Teixeira de Baixo</i> <i>36 km</i>	<i>Alvoco da Serra</i> <i>45 km</i>
					
100 km	PAC 6	PAC 7	PAC 8	PAC 9	PAC 10
	<i>Torre</i> <i>52 km</i>	<i>Covão da Ametade</i> <i>61 km</i>	<i>Manteigas / B. de Vida</i> <i>72 km</i>	<i>Poios Brancos 1</i> <i>80 km</i>	<i>Poios Brancos 2</i> <i>91 km</i>
					
100 km	PAC 11				
	Penhas da Saúde Meta				
	