HEALTHY ROUTES IN REDONDELA 01

These routes are part of the Healthy Routes Plan of the City Council of Redondela prepared by the Department of the Environment with the aim of promoting health and physical activity in the natural environment in an accessible and safe way. Do not forget to hydrate well before, during and after walking, wear suitable clothing and footwear and consult your doctor or physical education specialist about the possibilities of your practice.

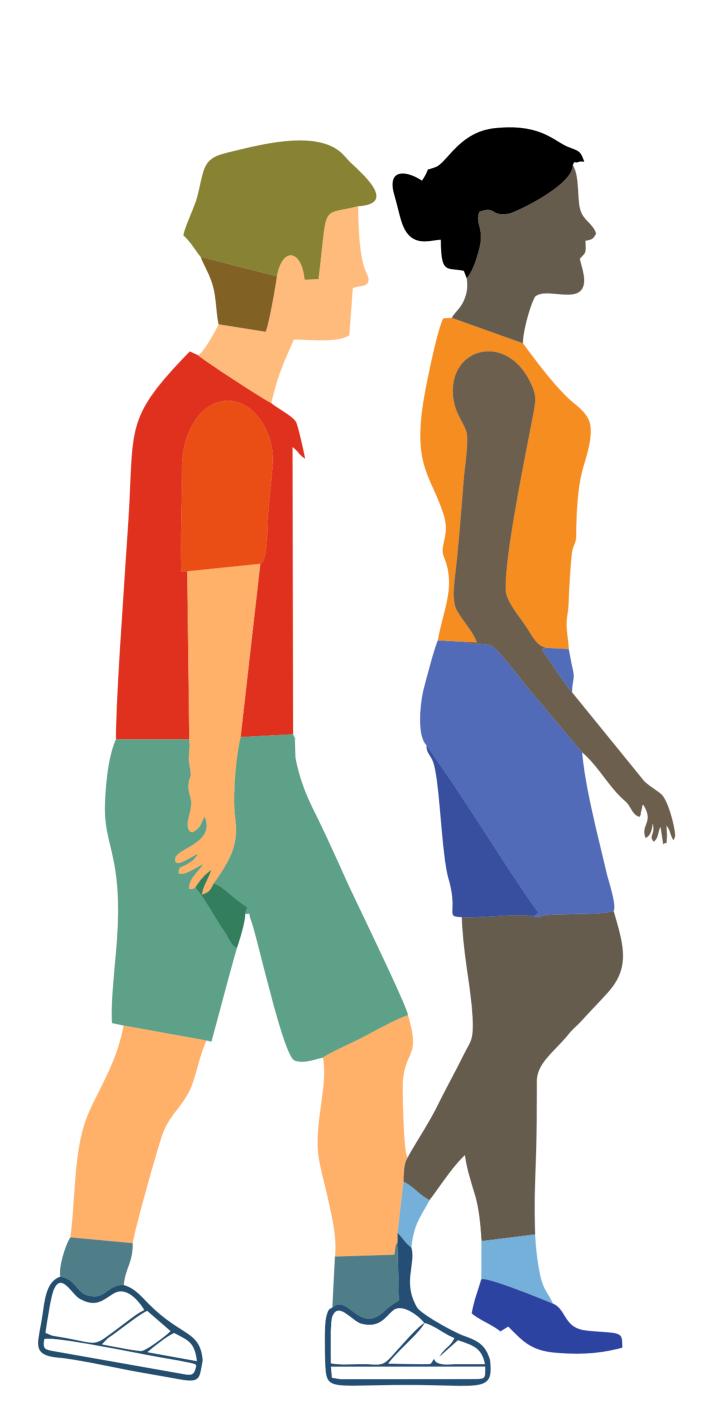


QR DO MAPA DIXITAL
DAS RUTAS SAUDABLES
DE REDONDELA



RUTA PRAIA DE CESANTES

ROUND TRIP DISTANCE: 5,1 km



RUTA PORTO CESANTES

ROUND TRIP DISTANCE: 3,36 km



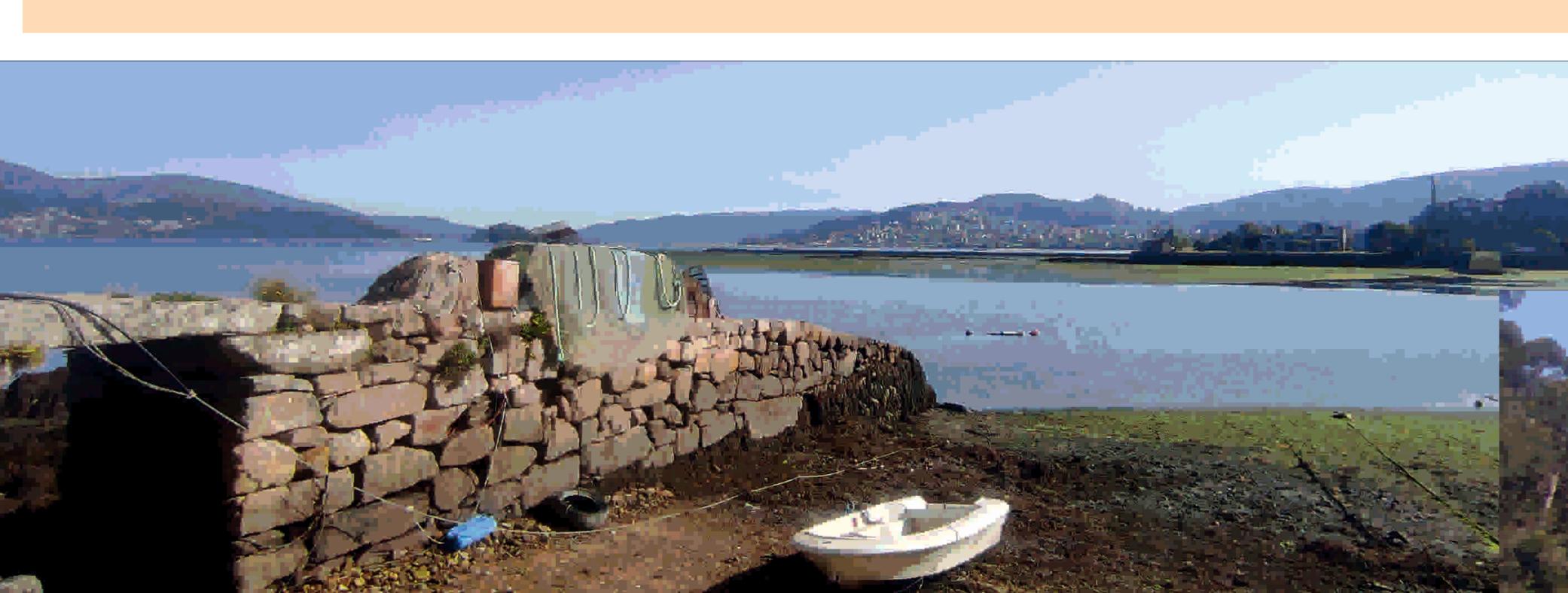
The first section of Sendeiro da Praia de Cesantes runs along the coast. Check the tide table in this QR to check accessibility.

RUTA DA PORTELA

ROUND TRIP DISTANCE: 3,18 km

RUTA PASEO DA TELLEIRA

ROUND TRIP DISTANCE: 2,20 km



RUTA PEIRAO DA PORTELA

ROUND TRIP DISTANCE: 1 km



RUTA PORTO CEDEIRA

ROUND TRIP DISTANCE: 2,82 km

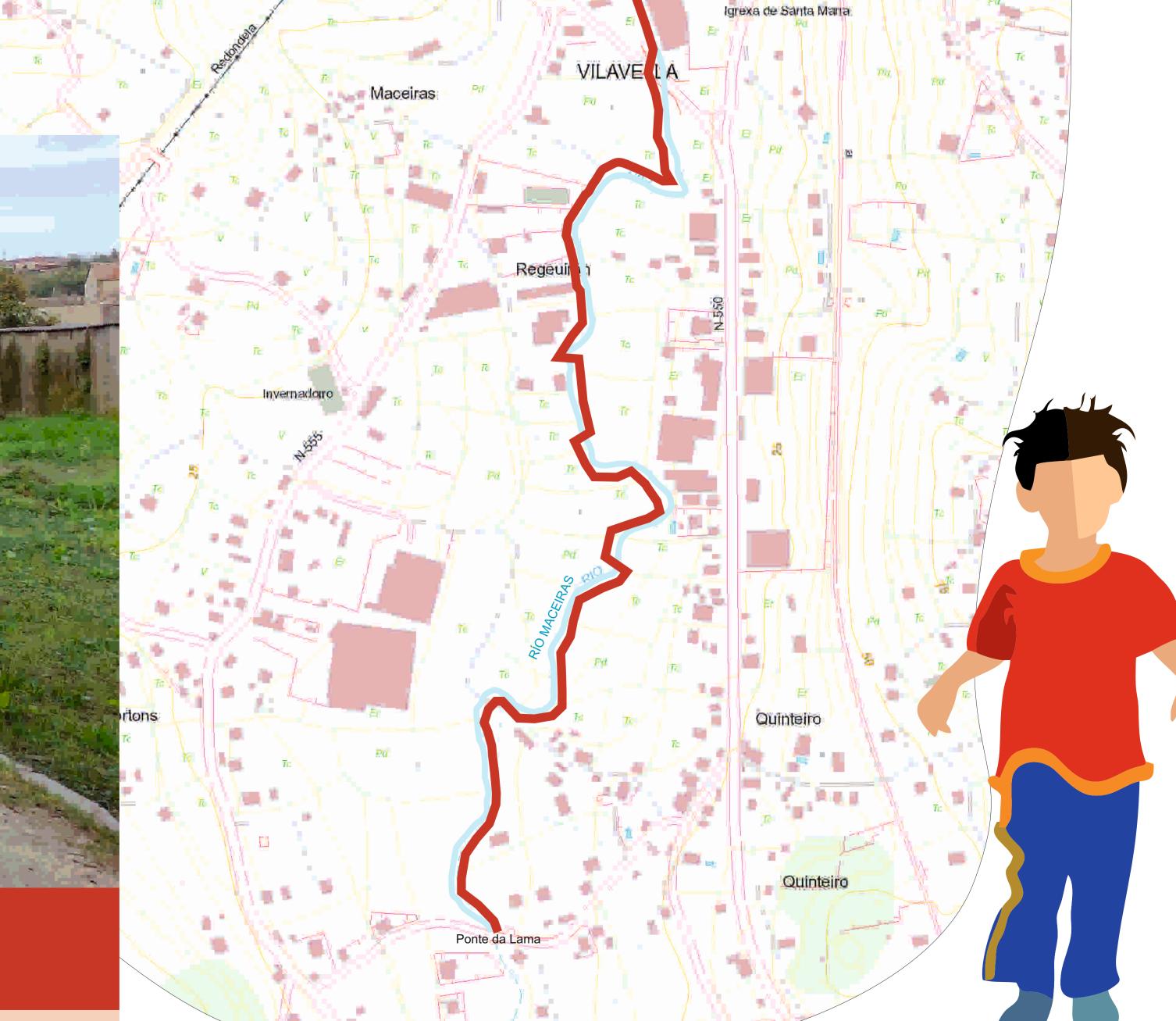




TUIS TO CONCELLO DE REDONDELA

RUTA DO MACEIRAS

ROUND TRIP DISTANCE: 4,20 km



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