

Trail Running in Madeira

ENCUMEADA

2MADEIRA.COM

#HardLevel

ENCUMEADA **ESSENTIALS**

ITINERARY

This trail begins at Encumeada, the point which divides the north from the south of Madeira island. The first part of the course is an easy trail passing through Curral Jangão and rising gradually on the South side of the central mountain massif to the Chão das Relvinhas going down through a technical trail to Fajã Escura, in Curral das Freiras. Coming up to the road to Fajã dos Cardos, we enter the trail surrounded by agricultural plantations, and go up in the shadow of a large eucalyptus trees to Boca das Torrinhas. Then we have a stop for a few minutes to admire the valley of Curral das Freiras and the mountains that surround it.

Then we retake the course with constant ups and downs along the trail and basaltic steps of the mountain massif until we reach Encumeada.



TRAIL FACTS

Elevation gain 2820 m

Distance 22 km

Altitude min. 604 m

Altitude max. 1638 m

ENCUMEADA ESSENTIALS

WE PROVIDE

TRAIL RUN
WITH GUIDE

INSURANCE

THERMAL
BLANKET

WHISTLE
& FLASHLIGHT

WATER &
SNACK BAR

PICK UP &
DROP OFF

RUN WITH US!

[#TrailRunningMadeira](#)

www.2madeira.com