

Trail Running in Madeira

FOLHADAL

2MADEIRA.COM

#ModerateLevel

FOLHADAL ESSENTIALS

ITINERARY

This trail starts from Encumeada and goes to the opposite direction of Levada do Norte. After a long tunnel that goes to the North side of Madeira island, we continue to follow the Levada do Norte penetrating the dense Laurel forest, passing by a few more tunnels before starting the ascent to the Paredão. This rise has more than 200 wooden steps and requires some muscular endurance, but the arrival at the Paredão allows you to forget the fatigue of the climb thanks to one of the most beautiful views of Madeira. We are at the heart of the Laurel forest surrounded by green hills, and with fantastic views over the São Vicente valley. After, we continue run towards the Lagoa do Caramujo. Upon arriving at the dirt road of Ginjas, we climb a little more to the Pináculo, then go down to the levada until reaching the road in Lombo do Mouro.

With a splendid view over the valley of Ribeira Brava, and the central mountainous massif, we return relaxing to Encumeada.



TRAIL FACTS

Elevation gain 2331 m

Distance 18.2 km

Altitude min. 925 m

Altitude max. 1509 m

FOLHADAL 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