

Trail Running in Madeira

POISO

2MADEIRA.COM

#EasyLevel



POISO ESSENTIALS

ITINERARY

Starting in Poiso, we go through a large area covered by pine trees followed by a single track until we cross a brook passing to the treeless area of Chão da Lagoa. We contour the Chão do Arieiro and after crossing the road, we enter an ascending trail that ends at Pico do Arieiro. From this peak we can observe the Pico Ruivo, the Paúl da Serra and all the central mountains of Madeira island. The descent goes through the Chão do Arieiro and Cabeço da Lenha, where are planted and preserved native plants of Madeira.

The return to the initial trail goes by the Levada do Blandy ending again in Poiso.



TRAIL FACTS

Elevation gain 673 m

Distance 13.6 km

Altitude min. 1372 m

Altitude max. 1799 m

POISO **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