

Trail Running in Madeira

RIBEIRO FRIO 1

2MADEIRA.COM

#EasyLevel

RIBEIRO FRIO 1 **ESSENTIALS**

ITINERARY

With the start in Poiso, we go through an area covered by a large pine trees. We follow the Levada do Blandy, passing by the Cabeço da Lenha, and enjoying the views of Poiso basin, where is located the parish of São Roque do Faial. The descent to Ribeiro Frio is performed in a technical trail over the Laurel forest, and heading in the Levada dos Balcões. Following the trail we quickly arrive to Ribeiro Frio, where we can visit a trout vivarium.

The ascent is made through the Chão das Feiteiras where is a sheepfold, and ends again at the starting point in Poiso.



TRAIL FACTS

Elevation gain 730 m

Distance 10.5 km

Altitude min. 874 m

Altitude max. 1443 m

RIBEIRO FRIO 1 ESSENTIALS

WE PROVIDE

TRAIL RUN
WITH GUIDE

INSURANCE

THERMAL
BLANKET

WHISTLE
& FLASHLIGHT

WATER &
SNACK BAR

PICK UP &
DROP OFF

RUN WITH US!

[#TrailRunningMadeira](#)

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