



Trail Running in Madeira

SÃO JORGE 1

2MADEIRA.COM

#HardLevel

SÃO JORGE 1 ESSENTIALS

ITINERARY

We start our trail running from Calhau de São Jorge by the road towards the old bridge, coming to a dirt road to start our ascent consisting of endless amount of steps to Ilha parish. Then we follow the road until entering a path always ascending, and crossing a few times some dirt roads, through the laurel forest of Madeira. In Vale da Lapa we find the Levada do Caldeirão Verde, and continue climbing until we reach the path that leads to the highest peak of the island – Pico Ruivo. Following the path along the central mountain massif we pass through the Pico do Milhafre, and climb to Pico Canário, where we can have a unique view of the Pico Ruivo. From here the trail is always descending, until we find a dirt road leading to viewpoint of Voltas, where we have a view of the village of Boaventura. Following again a dirt road, we reach the forest house of Cascalho. Then we run a few tens of meters through agricultural plantations to the Jogo da Bola, and then descending through the Fio stone path steeped in the hillside towards Calhau de São Jorge.



TRAIL FACTS

Elevation gain 3092 m

Distance 34 km

Altitude min. 18 m

Altitude max. 1844 m

SÃO JORGE 1 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