

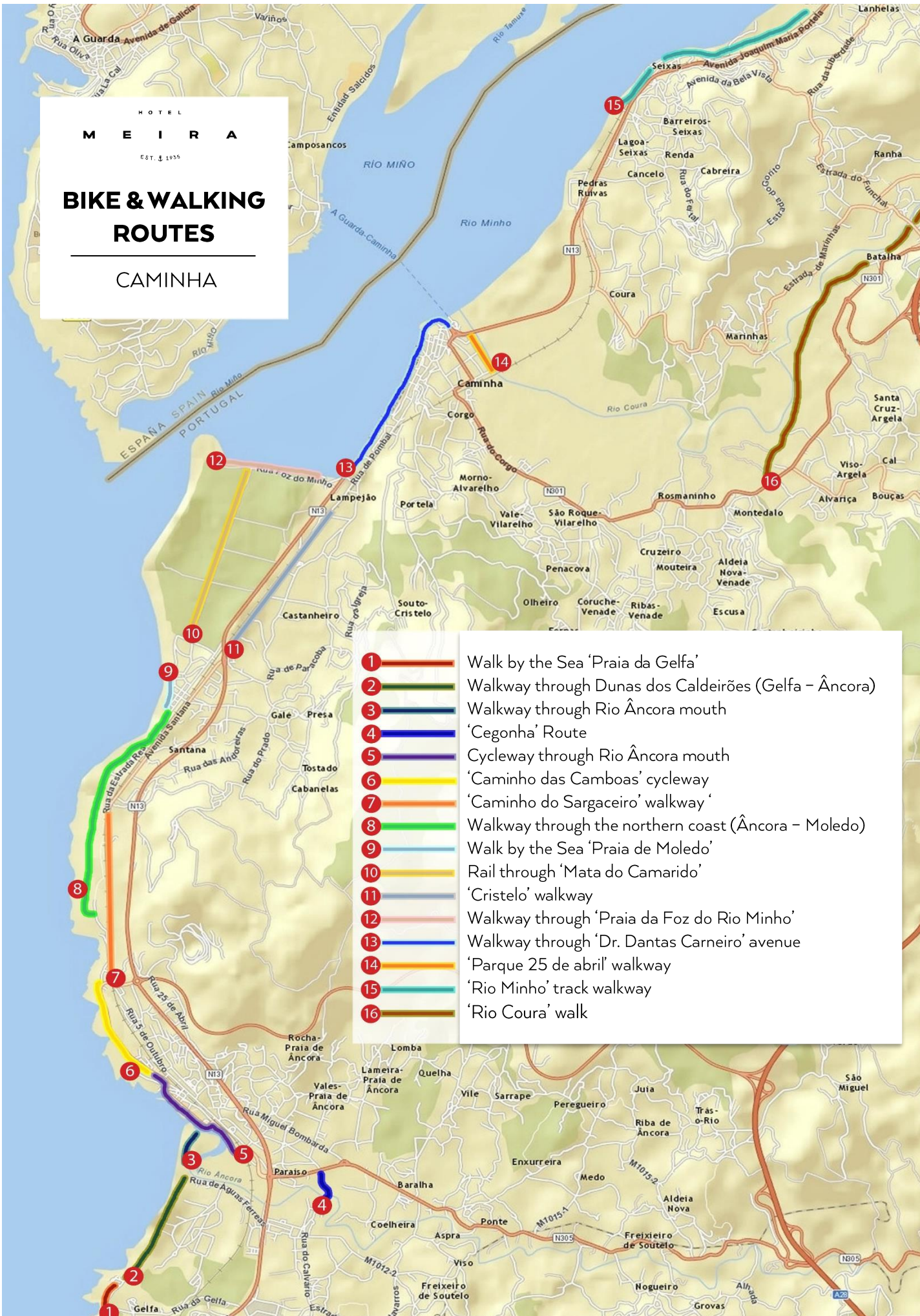
HOTEL  
**M E I R A**  
 EST. ↓ 1935

---

**BIKE & WALKING  
 ROUTES**

---

CAMINHA



- 1 — Walk by the Sea 'Praia da Gelfa'
- 2 — Walkway through Dunas dos Caldeirões (Gelfa - Âncora)
- 3 — Walkway through Rio Âncora mouth
- 4 — 'Cegonha' Route
- 5 — Cycleway through Rio Âncora mouth
- 6 — 'Caminho das Camboas' cycleway
- 7 — 'Caminho do Sargaceiro' walkway
- 8 — Walkway through the northern coast (Âncora - Moledo)
- 9 — Walk by the Sea 'Praia de Moledo'
- 10 — Rail through 'Mata do Camarido'
- 11 — 'Cristelo' walkway
- 12 — Walkway through 'Praia da Foz do Rio Minho'
- 13 — Walkway through 'Dr. Dantas Carneiro' avenue
- 14 — 'Parque 25 de abril' walkway
- 15 — 'Rio Minho' track walkway
- 16 — 'Rio Coura' walk