

TRANSBOUNDARY FESTIVAL – TERRITORY AND HEALTHY LIFESTYLES PROGRAM

WEDNESDAY 18 JULY, MORNING

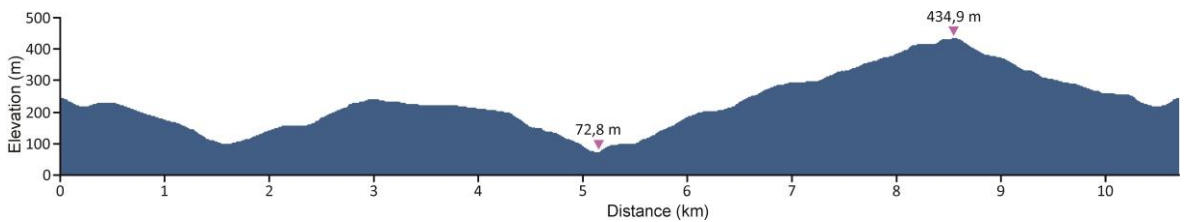
7.45 h	Reception of participants in the Geosciences building
8.00 h	Departure by bus to S. João de Lobrigos
8.40 h - 12.10 h	<p>Pedestrian route "Trilho do Corgo" (10,7 km, 3h 30 min) with the participation of several speakers</p> <p>It is suggested to wear comfortable clothing and shoes and, if possible, use a walking stick. Attention with hydration and sunscreen and sun glasses are recommended. A light morning snack is also recommended.</p>
12. 25 h	Departure from S. João de Lobrigos towards Vila Real
13.00 h	Lunch break in the Geosciences building

WEDNESDAY 18 JULY, AFTERNOON

	<p>Chair: <i>Mário Santos</i> (UTAD, CITAB)</p> <p>The Flumen Durius Project: proposal of a methodology for the evaluation and classification of walking paths <i>Helena Moreira</i> (UTAD, CIDESD, CITAB)</p>
14.30 h – 15.25 h	<p>Flumen Durius and geotourism monitoring system <i>Ronaldo Gabriel</i> (UTAD, CITAB)</p> <p>Trails floor type, width and slope assessment: Flumen Durius methodology <i>José Martinho</i> (UTAD, CEMMPRE- UC)</p> <p>Discussion (10 minutes)</p>
15.25 h – 15.40 h	Coffee Break
15.40 h – 16.30 h	<p>Chair: <i>Ronaldo Gabriel</i> (UTAD, CITAB)</p> <p>Using nature tracks to link ecosystems, biodiversity and people: the case study of the Flumen Durius project <i>Mário Santos</i> (UTAD, CITAB)</p> <p>Reading the landscape: the Flumen Durius case study <i>Frederico Meireles</i> (UTAD, CITAB)</p> <p>Discussion (10 minutes)</p>
16.40 h	<p>Closure <i>Helena Moreira</i> (UTAD, CIDESD, CITAB) and <i>Ana Alencão</i> (UTAD, CEMMPRE- UC)</p>

Trilho do Corgo

Generic information



Extension: 10 700 m
Duration: 03h 30m
Difficulty level: Moderate
Average altitude: 233 m
Maximum / Minimum elevation: 434,9 m / 72,8 m
Lifting gain: 636 m

Health and well-being benefits



Depression



Diabetes



Cardiovascular



Obesity



Well-being

Degree of recommendation of the pedestrian route from very little (*) to very high (*****)