

Ecopista do Tâmega e Sousa (Tâmega and Sousa Ecopista (eco-track))

Type of action: Playgrounds / long term action

Type of solution: Physical Activity solution

Location of the Good Practice: Amarante – Marco de Canaveses
(<https://goo.gl/maps/dhGVV3KD4yQAipjZ9>)

Extension of the area: 39km.

Rational and overall scope of the intervention: This cycle path was built taking advantage of the canal of the old Tâmega railway line whose train circulation ceased in 1990.



Impact on the place aesthetics: Ecopista marked by the Tâmega River, many vineyards and the Alto da Senhora da Graça.

Photo by Porto e Norte

Undulating and flat route, the Ecopista follows the deactivated Tâmega Line and also allows you to see and use the excellence of the railway works of art, such as the Gatão Tunnel and the bridges of Santa Natália, over the river with the same name, Carvalhas and Barreirinho, all with superb views over the river, vineyards and agricultural fields.

Impact on the community wellbeing: The Ecopista is intended for non-motorised traffic and for pedestrian or bicycle circulation, with the aim of meeting daily travel needs and developing leisure activities. It thus seeks to promote the informal practice of physical activity and the acquisition of an active and healthy lifestyle.

Coherence with sustainable development goals

Goal 3: Ensure healthy lives and promote well-being for all at all ages.

Goal 5: Achieve gender equality and empower all women and girls.

Goal 11: Make cities and human settlements inclusive, safe, resilient and sustainable.

Goal 13: Take urgent action to combat climate change and its impacts.

Goal 15: Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.

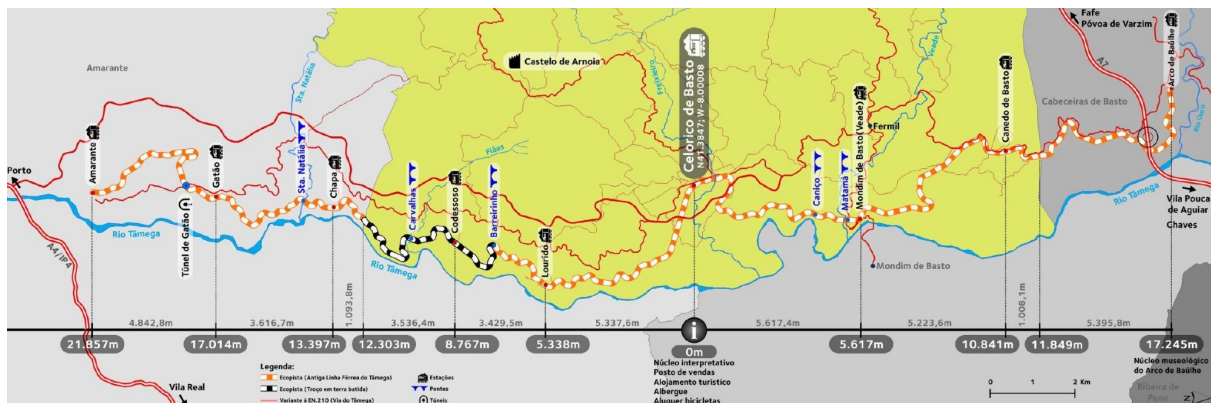


Photo by Porto e Norte

Potential of improving people's health: High

Level of creativity: High

Attention to gender equality and inclusion: High.

Aesthetic impact on the urban environment: High.

Level of sustainability: High

Awards: In 2021, the ecopista, was distinguished with the European Greenways Award, which enhance decommissioned railway lines. The distinction was revealed on 30 September 2021, during the international conference on Greenways, Mobility, Leisure and Tourism, held in Valencia

Links to sources

<https://www.infraestruturasdeportugal.pt/pt-pt/ecopista-do-tamega-vence-premio-europeu>

<https://www.ippatrimonio.pt/pt-pt/ecopistas-ip-patrimonio/ecopista-do-tamega>

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<https://www.ciclovia.pt/ecopistas/1norte/2braga/linha-do-tamega/lt11021002.php>

<https://pt.wikiloc.com/trilhas-mountain-bike/ecopista-do-tamega-4925300>

<https://www.correiodominho.pt/noticias/joaquim-mota-e-silva-ldquo-a-melhor-ecopista-do-pais-rdquo-por-ldquo-paisagens-magnificas-rdquo/69608>