

## Porto – Mangualde (by train)

### 1<sup>st</sup> Choice – From Porto Airport (OPO) → to Campanhã or São Bento Railway Station (by subway)



1<sup>st</sup> STEP - Leave the Airport to the Metro station.

Take the **PURPLE LINE (E)** with destination to *Estádio do Dragão* and leave in *Campanhã* (to Campanhã Station) or *Bolhão* (to go to São Bento Station).



You must purchase the Andante Azul or Andante 24 electronic travel card, which you can then top up with balance for your journeys, which you will need to travel by subway.



#### Price:

Electronic Card **ANDANTE AZUL**: 0,60 €  
Single Fare Z4: 2,00 € (10+1 ticket: 20,00€)  
Maximum duration of the trip: 1h15m

Electronic Card **ANDANTE 24**: 0,60€  
Single Fare Z4: 6,90€  
Duration of the trip: 24h



You can consult the metro frequency and other information here:

<http://en.metrodoporto.pt/pages/378>



## 2<sup>nd</sup> STEP – Leave the Subway Station and walk to the Railway Station



The map represents the walking trajectory between *Bolhão* subway stop and *São Bento* railway Station.

In *Campanhã* railway station, the subway and the train are in the same place.



**Train Ticket Price (Porto São Bento or Porto Campanhã – Mangualde):**  
between 12€ - 25€ (without discounts)

### **Baggage allowance:**



Passengers are allowed to carry hand luggage for personal use free on the trains and that can fit in the luggage racks or under the seats that you have the right to.

Each passenger can carry one piece of luggage, not including laptop bags, handbags etc.

### **Reservation Service:**



You can get tickets up to 60 days in advance or just 15 minutes before the train starts its journey. You can purchase the ticket through the website:

<https://www.cp.pt/passageiros/en/buy-tickets>

You have to be registered on **myCP** to make a purchase.

You can also download the mobile app CP App available for Android and iOS. You'll just need to show the ticket in the "Your tickets" area of the CP App and the ID document you mentioned when you bought your ticket.

IOS: <https://itunes.apple.com/pt/app/comboios-de-portugal/id1105415627>

Android: <https://play.google.com/store/apps/details?id=pt.cp.mobiapp>



**They accept the following means of payment: PayPal, credit card, debit card (Visa or MasterCard).**

## TRAIN SCHEDULES

### From Porto - São Bento

Departure	Connections: Where you need to change train and its schedule				Arrival
Porto – São Bento	Porto – Campanhã	Aveiro	Pampilhosa	Coimbra-B	Mangualde
7:30	7:34 (arrival) 7:40 (departure)	-	-	8:42 (arrival) 9:38 (departure)	10:51
8:55	-	10:09 (arrival) 10:46 (departure)	11:22 (arrival) 12:37 (departure)	-	13:53
9:30	9:34 (arrival) 9:40 (departure)	-	-	10:42 (arrival) 12:25 (departure)	13:53
10:20	10:24 (arrival) 10:45 (departure)	-	11:43 (arrival) 12:37 (departure)	-	13:53
14:20	14:24 (arrival) 14:45 (departure)	-	15:43 (arrival) 15:50 (departure)	-	16:51
16:00	16:04 (arrival) 16:09 (departure)	17:09 (arrival) 17:46 (departure)	18:21 (arrival) 18:50 (departure)	-	20:15
16:30	16:34 (arrival) 16:40 (departure)	-	-	17:42 (arrival) 18:28 (departure)	20:15
18:30	18:34 (arrival) 18:40 (departure)	-	-	19:42 (arrival) 20:38 (departure)	21:51

### From Porto - Campanhã

Departure	Connections: Where you need to change train and its schedule			Arrival
Porto – Campanhã	Coimbra-B	Aveiro	Pampilhosa	Mangualde
7:40	8:42 (arrival) 9:38 (departure)	--	-	10:51
9:09	-	10:12 (arrival) 10:50 (departure)	11:25 (arrival) 12:42 (departure)	13:53
9:40	10:42 (arrival) 12:25 (departure)	-	-	13:53
10:45	-	-	11:43 (arrival) 12:37 (departure)	13:53
14:45	-	-	15:43 (arrival) 15:50 (departure)	16:51
16:09	-	17:09 (arrival) 17:46 (departure)	18:21 (arrival) 18:50 (departure)	20:15
16:40	17:42 (arrival) 18:28 (departure)	-	-	20:15
18:40	19:44 (arrival) 20:39 (departure)	-	-	21:51

## From Mangualde (return trip)

Departure	Where you need to change train and its schedule			Arrival	Departure	Arrival
Mangualde	Coimbra-B	Pampilhosa	Aveiro	Porto - Campanhã	Porto – Campanhã <sup>1</sup>	Porto – São Bento
8:06	9:21 (arrival) 9:51 (departure)	-	-	10:57	11:26	11:30
11:21	12:51 (arrival) 13:33 (departure)	-	-	14:46	14:56	15:00
13:36	14:51 (arrival) 15:45 (departure)	-	-	16:50	16:56	17:00
17:33	-	18:47 (arrival) 19:00 (departure)	19:39 (arrival) 19:45 (departure)	20:40	20:50	20:55
19:06	20:21 (arrival) 20:45 (departure)	-	-	21:50	22:01	22:05

1- Just in case you choose to go to Porto – São Bento.

### Buy your ticket 5, 8 or more days in advance and get discounts of up to 65%



If you buy tickets at least 5 days in advance, you can get up to 56% off.

If you buy at least 8 days in advance the discounts can be as big as 65%.

The advance period is counted from the journey day, up to a limit of 60 days. You can also take advantage of discount if you're under 25 years old or have Youth Card.

If you buy tickets to or from Porto - Campanhã, you can use the Porto urban trains for free, to get to or from Porto São Bento.



You can consult the train times and other information here:

<https://www.cp.pt/passageiros/en>



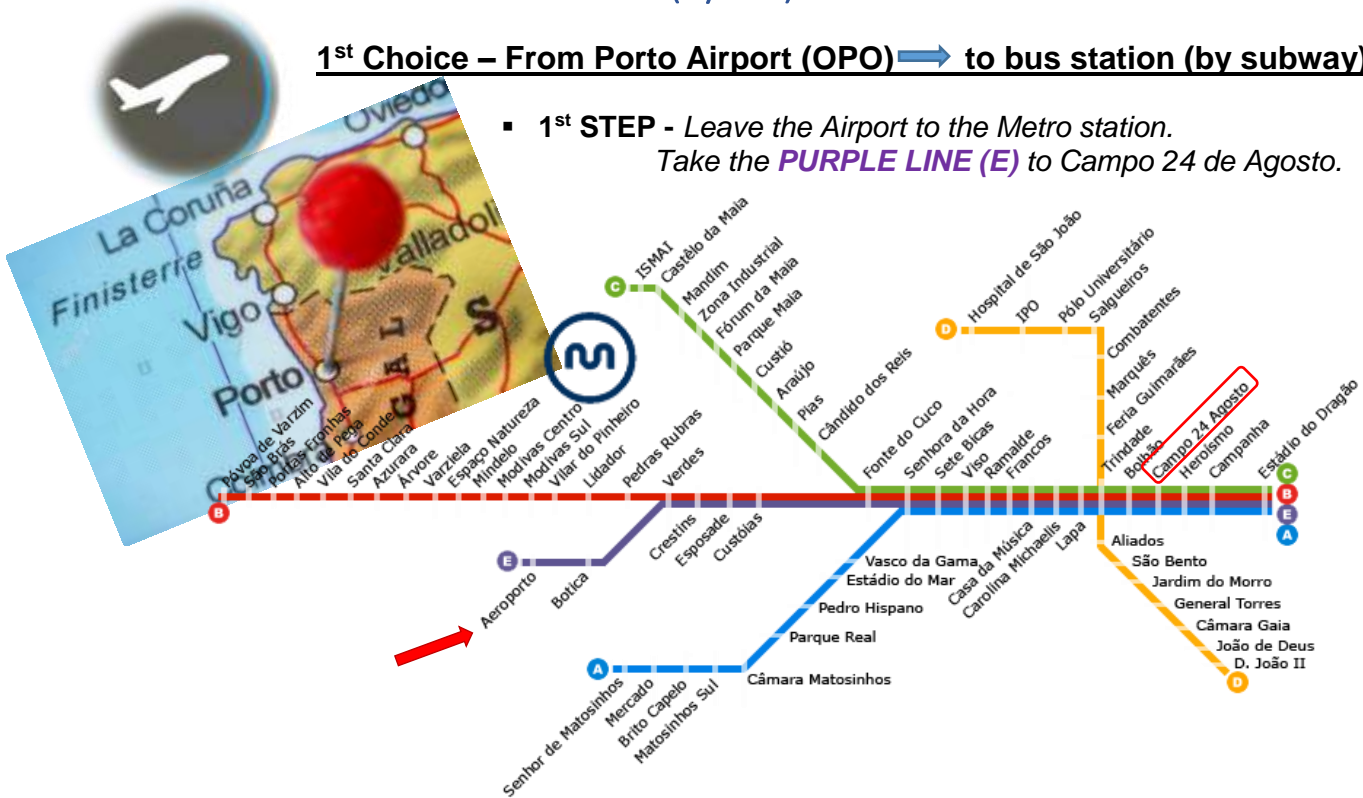
▪ **3<sup>rd</sup> STEP** – We will pick you at the railway station in Mangualde according with the arrivals of the participants.



## Porto – Viseu or Gouveia (by bus)

### 1<sup>st</sup> Choice – From Porto Airport (OPO) → to bus station (by subway)

- **1<sup>st</sup> STEP** - Leave the Airport to the Metro station.  
Take the **PURPLE LINE (E)** to Campo 24 de Agosto.



The prices and conditions are the same as mentioned above.



You can consult the metro frequency and other information here:

<http://en.metrodoporto.pt/pages/378>

- **2<sup>nd</sup> STEP** – Leave the Metro Station and walk to the Bus Station



Bus station and  
Subway station.

### 2<sup>nd</sup> Choice – From Porto Airport (OPO) → to bus station (by bus)

In Francisco Sá Carneiro Airport (OPO) they provide a connection to Campo 24 Agosto bus station, where you have buses to Viseu or Gouveia. It has a cost of 2.80€.



You can consult the bus frequency and other information here:

<https://www.getbus.eu/pt/porto-aeroporto-porto/>



## Porto



## Aeroporto Porto – Paragem B



### PORTO >>> AEROPORTO ✈

Partida	9:30	10:30	11:30	12:30	14:30	15:30	16:30	18:00
Chegada	9:55	10:55	11:55	12:55	14:55	15:55	16:55	18:25

### AEROPORTO ✈ >>> PORTO

Partida	10:00	11:00	12:00	13:00	15:00	16:00	17:00	18:25
Chegada	10:25	11:25	12:25	13:25	15:25	16:25	17:25	18:50

### Ticket Price (Porto – Viseu):

12 € (without discounts)



### Ticket Price (Porto – Gouveia):

15.5 € (without discounts)



[twitter.com/RedeExpressos](https://twitter.com/RedeExpressos)



## Bus Schedules

Outward trip:

**PORTO** → **WISEU**

Buy	Departure	Arrival	Bus	Connections	Service
<input type="radio"/>	<b>08:30</b>	10:05	20		Rede Expressos
<input type="radio"/>	<b>08:30</b>	10:25	74		CitiExpress
<input type="radio"/>	<b>10:00</b>	11:45	33		CitiExpress
<input type="radio"/>	<b>13:00</b>	14:45	14		Rede Expressos
<input type="radio"/>	<b>14:00</b>	15:50	33		CitiExpress
<input type="radio"/>	<b>14:00</b>	15:50	79		CitiExpress
<input type="radio"/>	<b>15:00</b>	16:45	14		Rede Expressos
<input type="radio"/>	<b>16:00</b>	17:50	77		CitiExpress
<input type="radio"/>	<b>16:15</b>	18:10	74		CitiExpress
<input type="radio"/>	<b>17:15</b>	19:00	14		Rede Expressos
<input type="radio"/>	<b>18:15</b>	20:00	79		CitiExpress
<input type="radio"/>	<b>19:30</b>	21:15	14		Rede Expressos
<input type="radio"/>	<b>20:00</b>	21:45	79		CitiExpress
<input type="radio"/>	<b>20:30</b>	01:05	91	1	Rede Expressos
<input type="radio"/>	<b>20:45</b>	22:30	14		Rede Expressos

Outward trip:

**WISEU** → **PORTO**

Buy	Departure	Arrival	Bus	Connections	Service
<input type="radio"/>	<b>06:00</b>	08:55	21	1	Rede Expressos
<input type="radio"/>	<b>08:00</b>	09:45	14		Rede Expressos
<input type="radio"/>	<b>09:00</b>	10:45	14		Rede Expressos
<input type="radio"/>	<b>09:30</b>	11:15	77		CitiExpress
<input type="radio"/>	<b>10:40</b>	12:25	79		CitiExpress
<input type="radio"/>	<b>12:30</b>	14:15	14		Rede Expressos
<input type="radio"/>	<b>14:15</b>	16:00	14		Rede Expressos
<input type="radio"/>	<b>15:40</b>	17:25	33		CitiExpress
<input type="radio"/>	<b>16:30</b>	18:15	14		Rede Expressos
<input type="radio"/>	<b>17:00</b>	18:45	79		CitiExpress
<input type="radio"/>	<b>18:00</b>	19:45	14		Rede Expressos
<input type="radio"/>	<b>19:30</b>	21:05	20		Rede Expressos
<input type="radio"/>	<b>19:55</b>	21:40	33		CitiExpress

### Porto – Gouveia

Porto	Coimbra	Gouveia	Connections
<b>12:00</b>	13:25 (arrival) 13:30 (departure)	<b>15:35</b>	Change in Coimbra
<b>16:30</b>	17:55 (arrival) 18:15 (departure)	<b>20:20</b>	
<b>17:15</b>	-	<b>19:45</b>	No need to change
<b>20:00</b>	21:25 (arrival) 21:30 (departure)	<b>23:35</b>	Change in Coimbra

### Gouveia - Porto

Gouveia	Coimbra	Porto	Connections
<b>7:00</b>	9:05 (arrival) 9:30 (departure)	<b>10:55</b>	Change in Coimbra
<b>8:05</b>	12:05 (arrival) 14:00 (departure)	<b>10:45</b>	
<b>10:00</b>	-	<b>14:25</b>	No need to change
<b>17:00</b>	19:10 (arrival) 19:30 (departure)	<b>20:55</b>	Change in Coimbra

### Reservation Service:



You may purchase your online ticket up to 30 days prior to the day of travel.  
You can purchase the ticket through the website:

<https://www.rede-expressos.pt/default.aspx>

Or through the mobile app “myRNE” available for Android and iOS.  
You can buy your tickets and keep them on your mobile.  
Just download the tickets and get on the bus. You only need to present the ticket to the coach driver on the screen of your device (tablet or smartphone).



IOS: <https://itunes.apple.com/pt/app/myrne/id551700536?mt=8>

Android: <https://play.google.com/store/apps/details?id=pt.beware.myrne>

Online purchases are available through MB WAY, PayPal, credit card, MBNet or ATM.

### Discounts



*Rede Expressos* offers discounts to youngsters between 13 and 29 years old.

**Single Journey Youth ticket:** 15% discount every day of the week + 5% online purchase discount.

**Two Way Return ticket:** 20% discount (Friday and Sunday) and 25% discount (Monday to Thursday and Saturday) + 5% online purchase discount.

### Baggage allowance:



When traveling with Rede Expressos, you are allowed to bring your personal luggage up to 20 kg free of charge. Depending on the size and weight, you can also use the luggage racks.

You can take with you inside the bus: laptop bags, handbags, backpacks etc.



- **3<sup>rd</sup> STEP** – *We will pick you at the bus station in Viseu or Gouveia according with the arrivals of the participants.*

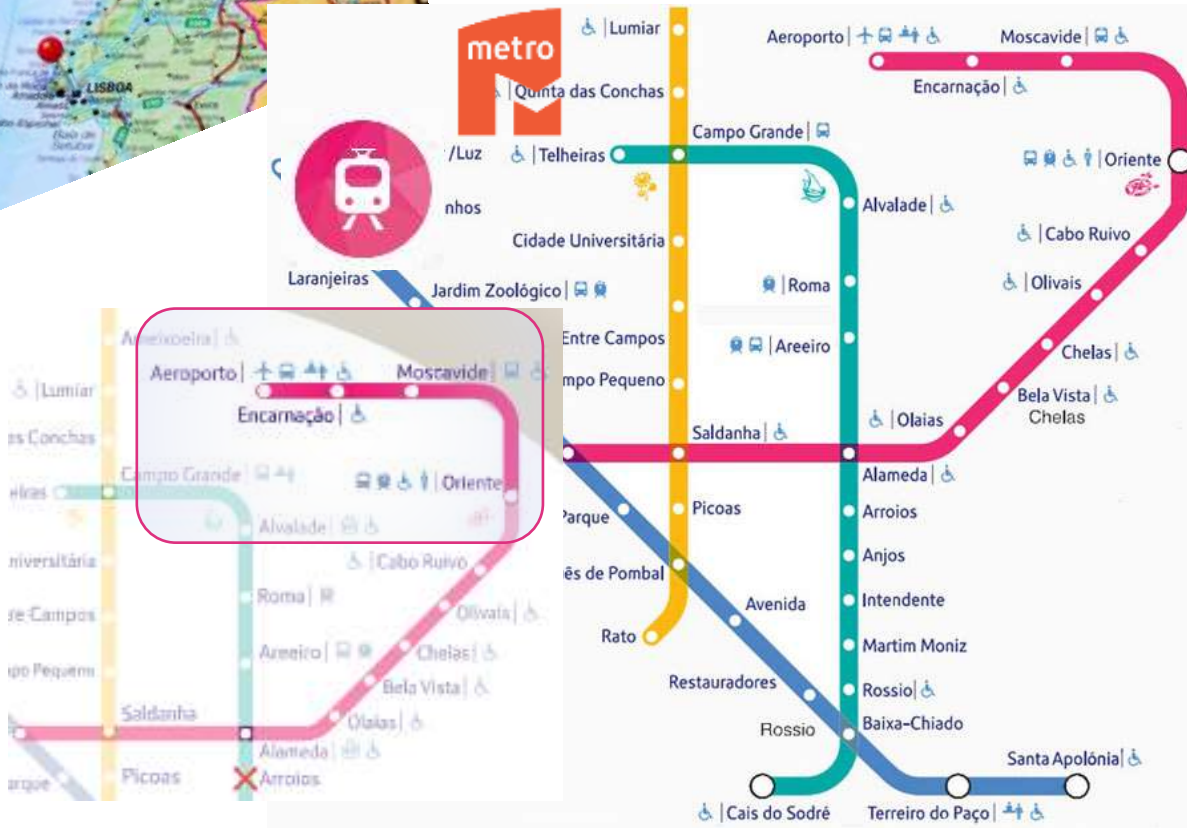




## Lisboa – Mangualde (by train)

### 1<sup>st</sup> Choice – From Lisboa Airport (LIS) → to Oriente Station (by subway)

- **1<sup>st</sup> STEP** - Leave the Airport to the Metro station  
Take the **RED LINE** to Oriente (Aeroporto, Encarnação, Moscavide, Oriente).



You must purchase the '7 Colinas' / 'Viva Viagem' electronic travel card, which you can then top up with balance for your journeys, which can be used both for the Metro and for Carris (bus network):



#### **Price:**

Electronic Card 7 Colinas / Viva Viagem: 0,50 €

Single Fare: 1,45 €



You can consult the metro frequency and other information here:

<http://metro.transporteslisboa.pt/>



- **2<sup>nd</sup> STEP** – Leave the Metro Station and walk to the Train Station



#### **Ticket Price (Lisboa Oriente – Mangualde):**

between 20 € - 26 €



## Buy your ticket 5, 8 or more days in advance and get discounts of up to 65%



If you buy tickets at least 5 days in advance, you can get up to 56% off.

If you buy at least 8 days in advance the discounts can be as big as 65%.

The advance period is counted from the journey day, up to a limit of 60 days.

You can also take advantage of discount if you're under 25 years old or have Youth Card.



You can consult the train times, buy your tickets online and other information here:

<http://www.cp.pt>

### IDA - 10 resultados Lisboa - Oriente > Mangualde Entre as 00:00 e as 24:00

Serviço	Partida	Chegada	Duração	Preço 1ª/2ª	Bilhete Promo 1ª/2ª
IC	07h39	10h51	3h12	€27,10/€20,30	★ €16,50/€9,50
IC R	09h39	13h53	4h14	€27,85/€22,65	★ €18,50/€16,10
AP R	10h09	13h53	3h44	€36,55/€26,35	★ €23,35/€18,10
IC	13h39	16h51	3h12	€27,10/€20,30	★ €16,50/€12,50
AP R	14h09	18h09	4h00	€36,55/€26,35	
IC R	15h39	20h15	4h36	€29,55/€22,75	★ €18,95/-
AP R	16h09	20h15	4h06	€36,55/€26,35	
IC	18h39	21h51	3h12	€27,10/€20,30	★ €16,50/-

### IDA - 6 resultados Mangualde > Lisboa - Oriente Entre as 00:00 e as 24:00

Serviço	Partida	Chegada	Duração	Preço 1ª/2ª	Bilhete Promo 1ª/2ª
IN	03h24	07h20	3h56	ND	
IC	08h06	11h22	3h16	€27,10/€20,30	★ €16,50/€9,50
R IC	11h21	15h52	4h31	€27,85/€22,65	★ €18,50/€16,10
IC	13h36	16h52	3h16	ND	
R AP	17h33	21h22	3h49	ND	
IC	19h06	22h22	3h16	€27,10/€20,30	★ €16,50/€9,50

## Labels and meanings

- IC - Intercidades
- R - Regional
- AP - Alfa Pendular



**3<sup>rd</sup> STEP** – We are waiting for you at the Mangualde station, to get you. We will find the best suitable hour to pick everyone up, according to the participants choice of trips.



## **2<sup>nd</sup> Choice – From Lisboa Airport (LIS) → to Oriente Station (by bus)**



- **1<sup>st</sup> STEP** -Leave the Airport to the Bus Station (Carris)  
Take the Bus to Oriente.



You must purchase the '7 Colinas' / 'Viva Viagem' electronic travel card, which you can then top up with balance for your journeys, which can be used both for the Metro and for Carris (bus network):



### **Price:**

Electronic Card 7 Colinas / Viva Viagem: 0,50 €  
Single Fare: 1,45 €



You can consult the bus frequency and other information here:

<http://carris.transporteslisboa.pt/>



**Note:** the maximum baggage size allowed in these buses is 50x40x20cm. If your baggage exceeds this size, you must take the airport's specific buses (Aerobus and Airport Shuttle).

- **2<sup>nd</sup> STEP** – Leave the Bus Station and walk to the Train Station  
(Same as the 2<sup>nd</sup> STEP on the previous page)



- **3<sup>rd</sup> STEP** – We are waiting for you at the Mangualde station, to get you according to different arrivals.



## Lisboa – Viseu or Gouveia (by bus)

There are two transport companies to Viseu: *Rede Expressos* and *Rodonorte*. The *Rodonorte* bus picks up at *Oriente Station*. The *Rede Expressos* bus picks up at *Oriente Station* or *Sete Rios Station*.

❖ If you choose *Rodonorte* bus:



You can go to the *Oriente Station* as the 1<sup>st</sup> and 2<sup>nd</sup> choice above (by bus and subway) of the previous pages.

- **2<sup>nd</sup> STEP** – *Leave the Metro or Carris Bus Station and walk to the Rodonorte Bus Station*



**Ticket Price (Lisboa Oriente – Viseu): 17€**

### **Youth/Student Card**

15% discount throughout the year.



### **Online**

Up to 5% discount throughout the year.

### **Round Trip**

Up to 27% discount throughout the year.



You can consult the bus frequency, buy your tickets online and other information here:

<http://www.rodonorte.pt>



**Note:** You can purchase your ticket 30 days before your departure date. In Rodonorte you don't have a specific place assigned to you. So you should arrive early to the station in order to try to travel all together in the bus.

<b>LISBOA – VISEU</b>	<b>Departure</b>	<b>Arrival</b>
From Monday to Saturday	08:30	11:40
Daily	14:00	17:25
Friday (or Thursday if Friday Holiday) and Sunday (or Monday if Holiday)	18:00	21:20

<b>VISEU – LISBOA</b>	<b>Departure</b>	<b>Arrival</b>
From Monday to Friday (except Monday and Friday)	11:45	15:25
From Monday to Saturday (except Monday if Holiday)	17:40	20:55
Friday (or Thursday if Friday Holiday) and Sunday (or Monday if Holiday)	20:35	00:30



- **3<sup>rd</sup> STEP** – We are waiting for you at the Mangualde station, to get you. We will find the best suitable hour, according to the participants choice of trips.



❖ If you choose **Rede Expressos** bus:



You can go to the Oriente Station as mentioned above, or you can go to the Sete Rios Station as the by Aerobus. With this company you can also choose to go to Gouveia.

- **1<sup>st</sup> STEP** - Leave the Airport to the Aerobus Station  
Take the Aerobus to Sete Rios – Line 2



**Price:**

One-way ticket: 24H AEROBUS PASS  
Adults: €4.00  
Groups (4 or more adults): €3.00  
Return Ticket: 2 X 24H AEROBUS PASS  
Adults: €6.00  
Groups (4 or more adults): €4,50



Early purchase through the site guarantees a **10% discount** on 24h and 2x24h (adult) tickets.

The 24h AEROBUS PASS can be purchased on board, online, at [www.aerobus.pt](http://www.aerobus.pt), or at the Turismo de Lisboa counters, in arrivals. The ticket is valid for 24 hours of unlimited journeys in the Aerobus network.



You can consult the Airbus information here:

<https://www.aerobus.pt>

- **2<sup>nd</sup> STEP** – Leave the Metro or Carris Bus Station or Aerobus Station and walk to the Rede Expressos Bus Station.



### Ticket Price:

*Standard ticket* – round trip: around 32€  
*Youth ticket* – round trip: around 28€



Young Ticket (between the ages of 13 and 29) – discounts up to 25% + 5% discount online purchase.



You can consult the bus frequency, buy your tickets online and other information here:

[www.rede-expressos.pt](http://www.rede-expressos.pt)



**Note:** You may book your ticket up to 30 days prior to date/time of travel; please check these options in the purchase process in the website. You may book your ticket up to 16 days prior to date/time of travel by phone **707223344**. Payment by Multibank, ticket via SMS.

It is recommended to show at the place of embarkation at least 15 minutes in advance.

LISBOA ORIENTE – VISEU	
Departure	Arrival
08:20	11:50
08:20	12:00
13:50	17:30
14:50	18:20
16:50	20:30
18:50	22:30

VISEU – LISBOA ORIENTE	
Departure	Arrival
09:10	12:40
09:40	13:05
17:00	20:30

GOUVEIA – LISBOA SETE RIOS	
Departure	Arrival
11:00	15:35
15:45	20:20
18:45	23:35

GOUVEIA – LISBOA SETE RIOS	
Departure	Arrival
7:00	11:50
8:05	12:45
10:00	14:35
17:00	22:00

LISBOA SETE RIOS – VISEU	
Departure	Arrival
07:00	10:50
08:00	11:30
08:00	11:45
08:00	11:50
08:00	12:00
09:30	13:15
10:30	14:35
12:00	15h50
13:30	16:50
13:30	17:30
14:00	17:25
14:30	18:10
14:30	18:20
15:45	19:10
16:00	19:30
16:00	19:50
16:30	20:30
17:00	20:40
17:00	21:40
18:00	21:20
18:00	21:50
18:15	21:35
18:30	22:30
18:45	22:50
19:15	22:40

VISEU – LISBOA SETE RIOS	
Departure	Arrival
06:00	09:50
07:00	11:15
08:00	11:25
08:00	12:00
09:00	12:45
09:10	13:00
09:40	13:25
10:00	13:35
11:15	14:45
12:30	16:20
13:45	17:20
14:15	18:20
15:00	18:30
16:00	19:45
17:00	20:35
17:00	20:50
18:00	21:50



**3<sup>rd</sup> STEP** – We are waiting for you in Viseu or Gouveia station, to get you. We will find the best suitable hour, according to the participants choice of trips.