

Summits on the Air

Portugal(CT)

Association Reference Manual



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Association Manager	Manuel Alberto C. Marques CT1BWW
Summits-on-the-Air	an original concept by G3WGV and developed with G3CWI
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Summits on the Air – ARM for Portugal (CT)

1 Change Control

Date	Version	Details
01-Mar-11	1.0	First formal issue of this document
23-Apr-11	1.1	Added more summits, change of MN-001 from Serra da Pedrada to Alto da Pedrada.

Summits on the Air – ARM for Portugal (CT)

2 Association Reference Data

Association	Portugal (CT)
Commencement date	01 April 2011
Regions	AA, AL, BA, BB, BL, BT, DL, ES, MN, RB, TM,
Association parameters ¹	
Summit operation criteria	Operation must be within 25m vertically of the summit
Band 1, score 1 point	< 600 m a.s.l.
Band 2, score 2 points	>=600 m a.s.l. <700 m. a.s.l.
Band 3, score 4 points	>=700 m a.s.l. <850 m. a.s.l.
Band 4, score 6 points	>=850 m a.s.l. <1000 m. a.s.l.
Band 5, score 8 points	>=1000 m a.s.l. <1300 m. a.s.l.
Band 6, score 10 points	>=1300 m. a.s.l.
Seasonal bonus	Yes
Bonus rationale	Winter period with highest probability of sub-zero temperatures and deep snow
Min. height for bonus	3 Points for activations >=1000m ASL
Bonus period dates	1 December to 15 March inclusive
Association sponsored awards	Portuguese QRP Club (CT-QRP-CLUB)
Association Manager	Manuel Marques CT1BWW ct1bww(at)clix.pt
Current CT Summits manager	David Quental CT1DRB ct1drb(at)gmail.com

2.1 Programme derivation

Portuguese SOTA is an extension of similar programmes already active in other countries. Much of the initial list of summits was based on the work of Manuel Alberto Marques published and now adapted and translated into Portuguese

<http://ctqrpclub.bravehost.com/>

“Manuel Alberto Marques was also the creator on Portuguese Mountains Award edited by FNA Fraternidade Nuno Álvares RadioScouting Department.”

A couple of summits have reference numbers for SOTA also in Spain. As stated in General Rules, you **must** choose SOTA Association and use proper reference number **before** activation and you cannot change it during your activation.

The summit database is unlikely to be complete. If you find a summit which you'd like to add to SOTA-CT, or you find a mistake in this ARM please contact the Association Manager. Activators are asked to submit details of proposed additional summits to the Association Manager. Summits cannot be counted for points until a reference number has been allocated by the Association Manager.

¹ See General Rules for parameter definitions

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2.2 General information

Regions are based on macro-regions of physico-geographical regionalization Provinces of Portuguese Territory.

All regions do have the same points rationing scheme.

To qualify for a summit it has to meet the following requirements:

- The summit must be elevated at least 150 m from it's surroundings
- In the case of doubt the Management Team will decide whether the Summit will be added to the list

The summit database does not claim to be completed and can only be changed by the acceptance of the management team. Summits cannot be counted for points until a launch date and reference number has been allocated by the Association Manager and approved by the SOTA Management Team .

There is a unwritten rule which that you should say “Hello”, “Good Morning/Afternoon”, etc (in Portuguese language “Bom Dia, Boa Tarde”) to other people you meet on footpaths, esp. in Sudetes.

2.3 Rights of way and access issues

Footpaths in Portugal are usually well marked. Anyhow you should take a good map of the region where you want to hike plus GPS and/or compass if you have one. Never hike without a map, always follow the footpath. We (the Association team) don't know anything about summits which are private property. If you find one, you'll need owner's permission before attempting activation.

2.4 Maps and navigation

The easiest way to obtain a map is to buy one in the city or village which is closest to the summit. We are sure, that you will be able to obtain one in almost every shop or kiosk. Best maps are printed by <http://www.igeoe.pt/> but not exclusively. In every table of summits there is a column “Mountain Range” (keyword), which will help you to find most accurate map for summit's surroundings.

You can also use webmap by IGEO-E,SIG Instituto Geográfico do Exército, <http://www.igeoe.pt/>

Some areas of Portugal are covered by APRS.

2.5 Safety considerations

Before hiking always ask for weather forecast or check it i.e. on <http://www.meteo.pt/pt/> Please remember, that weather in the mountains can change rapidly and you should be always prepared both for snow, rain, strong wind or intensive sun, especially over 1000 meters a.s.l.

In case of emergency you should call <http://www.gnr-gips.org/> (mountain rescue group) using mobile phone number 112.

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2.6 Foreign Hams in Portugal

Holders of CEPT Licenses are authorised to transmit according to their licenses and IARU Region I Bandplan. You should have a copy of your license with you.

You should prefix your callsign with “CT7/” (CT7/ Category 1 CEPT CS7/ Category “Novice” and CR7/ Category 3 mostly for beginners VHF/UHF). Then you should add, “/P”, “/M” and when working using power from socket (230V) you should use “/n”, where n depends on the region you are in (shown on map on the next page). Second stroking isn't mandatory.

If you'd like to transmit from Portugal for longer than 3 months you should contact ANACOM (Autoridade Nacional de Comunicações) in order to obtain a (F Class) license. You can contact ANACOM (Portuguese regulatory body regarding radio licenses) via:

ANACOM Autoridade Nacional de Comunicações

(Departamento de Amadores)

Av. José Malhoa, 12

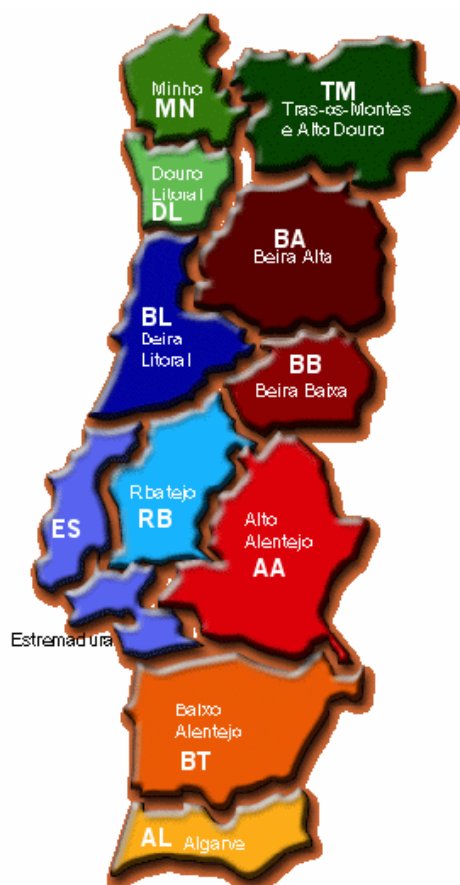
1099-017 LISBOA

Poland

e-mail: servico.amador@anacom.pt

<http://www.anacom.pt>

Office hours: from 9:00 until 16:00 Monday through Friday.



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2.7 Awards

There are SOTA Portugal Association with some specific awards for those operating in Portuguese Summits «Activadores » and « Chasers » both valid for Portugal SOTA Award Program, please contact SOTA Portuguese Association (SOTA Associação Portuguesa) <http://sotaportugal.bravehost.com/>

Part of this members are from CT-QRP_CLUB (Clube Português de QRP) <http://ctqrpclub.bravehost.com/>

CR6FNA RadioScouting is a publisher of Portuguese Mountains Award (Diploma Serras de Portugal) for QSO/SWL from/with operators QRV from Portuguese mountains. Visit : <http://fna-departamento-radioescutismo.blogspot.com/> for more details.

2.8 Disclaimer

Hiking, hill-walking and rock-climbing are potentially dangerous activities. The SOTA Management Team and their associates assume no responsibility for accidents. Each participant does so at his or her own risk, and must decide, on the basis of their own ability, whether an objective is achievable. The listing of a summit in the reference does not mean that it is easy to reach, and it is always worth seeking local advice for all but the simplest of expeditions.

Summits on the Air – ARM for Portugal (CT)

3 Summit Reference Data

3.1 Region Reference – Minho Province

Association	Portugal (CT)
Region	Minho Province = MN (CT/CR-xxx)
Region manager	Refer to Association Manager

3.1.1 Regional notes

Minho Province (MN) Is mainly located in North of Portugal, close to Spanish border. Gerês Mountains are very popular due to having the Biggest Natural Park and largest number of summits in Portugal.

3.1.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
MN-001	Alto da Pedrada	1416	4646	41° 55.8' N	8° 17.5' W	01 Apr 2011		10
MN-002	Serra Amarela	1362	4468	41° 48.8' N	8° 11.7' W	01 Apr 2011		10
MN-003	Serra da Cabreira	1286	4219	41° 38.3' N	8° 2.6' W	01 Apr 2011		8
MN-004	Serra do Corno do Bico	883	2896	41° 52.1' N	8° 31.1' W	01 Apr 2011		6
MN-005	Serra de Arga	825	2706	41° 48.7' N	8° 41.8' W	01 Apr 2011		4
MN-006	Serra de Oural	700	2296	41° 43.8' N	8° 27.5' W	01 Apr 2011		4
MN-007	Borrageiro	1413	4635	41° 45.5' N	8° 7.1' W	23 Apr 2011		10
MN-008	Serra da Peneda	1367	4484	41° 58.1' N	8° 18.4' W	23 Apr 2011		10
MN-009	Bouça dos Homens	1296	4251	42° 0.5' N	8° 15.4' W	23 Apr 2011		8
MN-010	Monte de Lamas	1244	4081	42° 4.1' N	8° 12.2' W	23 Apr 2011		8
MN-011	Concieiro	1236	4055	41° 59.3' N	8° 14.3' W	23 Apr 2011		8
MN-012	Pé de Cabril	1217	3992	41° 46' N	8° 9.5' W	23 Apr 2011		8
MN-013	Vilarinho	1208	3963	41° 49.1' N	8° 9.9' W	23 Apr 2011		8
MN-014	Cerdeira	1203	3946	41° 44.4' N	7° 56.9' W	23 Apr 2011		8
MN-015	Pico da Serra da Peneda	1197	3927	42° 0.8' N	8° 11.6' W	23 Apr 2011		8
MN-016	Serra da Cabreira	1194	3917	41° 36' N	7° 59' W	23 Apr 2011		8
MN-017	Peneda 09	1164	3818	41° 59.4' N	8° 12.1' W	23 Apr 2011		8
MN-018	Portela do Homem	973	3192	41° 43.2' N	8° 14.2' W	23 Apr 2011		6
MN-019	Alto do Morgair	887	2910	41° 32.5' N	8° 7' W	23 Apr 2011		6
MN-020	Aboim	848	2782	41° 32.8' N	8° 3.7' W	23 Apr 2011		4
MN-021	Mourisca	833	2732	41° 58.4' N	8° 25.9' W	23 Apr 2011		4
MN-022	Monte de Boulhosa	826	2709	41° 57.3' N	8° 29.5' W	23 Apr 2011		4
MN-023	Vila Pouca	824	2703	41° 27.8' N	8° 4.1' W	23 Apr 2011		4
MN-024	Varzeacova	820	2690	41° 30' N	8° 2.9' W	23 Apr 2011		4
MN-025	Vilarinho das Furnas	809	2654	41° 45.4' N	8° 12.4' W	23 Apr 2011		4
MN-026	Alto do Gião	809	2654	41° 51.9' N	8° 19.5' W	23 Apr 2011		4
MN-027	Serra da Orada	769	2522	41° 29.3' N	8° 1.5' W	23 Apr 2011		4

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Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
MN-028	Ventoselo	755	2477	41° 46.2' N	8° 22.5' W	23 Apr 2011		4
MN-029	Senhora da Lapa	718	2355	41° 36.9' N	8° 10.7' W	23 Apr 2011		4
MN-030	Serra de São Mamede de Penafiel	681	2234	41° 37.7' N	8° 14.8' W	23 Apr 2011		2
MN-031	Castro do Ladário	624	2047	41° 27.8' N	7° 59.5' W	23 Apr 2011		2
MN-032	Alto da Pena	624	2047	41° 55.2' N	8° 42.7' W	23 Apr 2011		2
MN-033	Monte da Penha	598	1961	41° 25.8' N	8° 16.1' W	23 Apr 2011		1
MN-034	Santa Marinha	595	1952	41° 30.1' N	8° 13.5' W	23 Apr 2011		1
MN-035	Monte Sameiro	561	1840	41° 32.5' N	8° 22.1' W	23 Apr 2011		1
MN-036	Serra da Nora	557	1827	41° 42.9' N	8° 35.9' W	23 Apr 2011		1
MN-037	Serra de Santa Luzia	537	1761	41° 45.8' N	8° 48.5' W	23 Apr 2011		1
MN-038	Serra do Formigoso	508	1666	41° 50.2' N	8° 36.8' W	23 Apr 2011		1
MN-039	Morreira	479	1571	41° 29.9' N	8° 22.9' W	23 Apr 2011		1
MN-040	Monte da Padela	474	1555	41° 40.6' N	8° 38.8' W	23 Apr 2011		1
MN-041	Monte de São Gonçalo	468	1535	41° 35.3' N	8° 39.6' W	23 Apr 2011		1
MN-042	Penedo das Letras	449	1473	41° 28' N	8° 27.5' W	23 Apr 2011		1
MN-043	Serra de Perre	438	1437	41° 45.1' N	8° 45.2' W	23 Apr 2011		1
MN-044	Serra de Antelas	424	1391	41° 48.2' N	8° 37.1' W	23 Apr 2011		1
MN-045	Serra de Airo	403	1322	41° 31.1' N	8° 31.3' W	23 Apr 2011		1
MN-046	Alto de São Bento	397	1302	41° 50.1' N	8° 49.9' W	23 Apr 2011		1
MN-047	Senhora dos Montes	394	1292	41° 24.3' N	8° 20.6' W	23 Apr 2011		1
MN-048	Vila Nova da Cerveira	323	1059	41° 54.4' N	8° 46.6' W	23 Apr 2011		1
MN-049	Santa Tecla	317	1040	41° 25.1' N	8° 24.2' W	23 Apr 2011		1
MN-050	Forno dos Mouros	294	964	41° 27.3' N	8° 35.1' W	23 Apr 2011		1

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3.2 Region Reference – Trás-os-Montes e Alto Douro Province

Association	Portugal (CT)
Region	Trás-os-Montes e Alto Douro = TM (CT/KA-xxx)
Region manager	Refer to Association Manager

3.2.1 Regional notes

Trás dos Montes e Alto Douro (or Behind Mountains, a translation of the term ..por de trás dos Montes) are de facto part of Region North East of Portugal near Spanish Border (Galicia) and has the largest number of summits in Portugal.

3.2.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
TM-001	Serra do Larouco	1525	5003	41° 52.9' N	7° 43.2' W	01 Apr 2011		10
TM-002	Serra da Nogueira	1318	4324	41° 43.2' N	6° 51.2' W	01 Apr 2011		10
TM-003	Serra do Alvão	1283	4209	41° 20.3' N	7° 50.4' W	01 Apr 2011		8
TM-004	Serra do Barroso	1279	4196	41° 41.6' N	7° 50.9' W	01 Apr 2011		8
TM-005	Serra da Coroa	1274	4179	41° 54.9' N	7° 0.2' W	01 Apr 2011		8
TM-006	Serra de Bornes	1200	3937	41° 26' N	7° 0.4' W	01 Apr 2011		8
TM-007	Serra da Padrela	1146	3759	41° 33.7' N	7° 31.1' W	01 Apr 2011		8
TM-008	Serra da Falperra	1134	3720	41° 24.9' N	7° 38' W	01 Apr 2011		8
TM-009	Serra de Santa Comba	1041	3515	41° 28.2' N	7° 20' W	01 Apr 2011		8
TM-010	Serra de Reboredo	966	3169	41° 10.8' N	6° 57.1' W	01 Apr 2011		6
TM-011	Barrosã	1414	4639	41° 52.3' N	7° 50.6' W	23 Apr 2011		10
TM-012	Caravelas	1311	4301	41° 21.7' N	7° 45.8' W	23 Apr 2011		10
TM-013	Castanheira da Chá	1272	4173	41° 47.7' N	7° 49.2' W	23 Apr 2011		8
TM-014	Bousende	1223	4012	41° 39.4' N	6° 54.8' W	23 Apr 2011		8
TM-015	Monte de Meixedo	1199	3933	41° 48.8' N	7° 42.9' W	23 Apr 2011		8
TM-016	Monte Minheu	1176	3858	41° 33' N	7° 41.3' W	23 Apr 2011		8
TM-017	Seixa	1154	3786	41° 36.2' N	7° 53.7' W	23 Apr 2011		8
TM-018	Serra do Leirança	1145	3756	41° 43.9' N	7° 38.8' W	23 Apr 2011		8
TM-019	Pinheiro Novo	1137	3730	41° 59.1' N	7° 7.2' W	23 Apr 2011		8
TM-020	Pico de Montesinho	1112	3648	41° 53.9' N	6° 46.4' W	23 Apr 2011		8
TM-021	Cabeço da Pena	1021	3349	41° 23.9' N	7° 33.7' W	23 Apr 2011		8
TM-022	Curros	994	3261	41° 37.6' N	7° 42.3' W	23 Apr 2011		6
TM-023	Senhora da Assunção	983	3225	41° 23.5' N	6° 36.4' W	23 Apr 2011		6
TM-024	Lameiros	968	3175	41° 53.4' N	6° 35.7' W	23 Apr 2011		6
TM-025	Cerva	947	3106	41° 26.6' N	7° 51.7' W	23 Apr 2011		6
TM-026	Edroso de Lomba	900	2952	41° 54.8' N	7° 9.1' W	23 Apr 2011		6

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Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
TM-027	Caminho de Monteiros	897	2942	41° 35.8' N	7° 39.3' W	23 Apr 2011		6
TM-028	Felgar	888	2913	41° 11.7' N	6° 57.3' W	23 Apr 2011		6
TM-029	Carrazeda de Anciaães	879	2883	41° 15.6' N	7° 18.5' W	23 Apr 2011		6
TM-030	Fonte Santa	873	2864	41° 12.6' N	6° 45.5' W	23 Apr 2011		6
TM-031	Fragas da Pomba	867	2844	41° 26.6' N	7° 23.6' W	23 Apr 2011		6
TM-032	São Domingos	856	2808	41° 12.3' N	7° 36.1' W	23 Apr 2011		6
TM-033	Lousa	840	2755	41° 11.3' N	7° 11.6' W	23 Apr 2011		4
TM-034	Ansiães	824	2703	41° 12' N	7° 19.9' W	23 Apr 2011		4
TM-035	Moás	805	2641	41° 48.6' N	7° 1.5' W	23 Apr 2011		4
TM-036	Alto do Courisco	792	2598	41° 22.6' N	7° 54.1' W	23 Apr 2011		4
TM-037	Serra do Faro	782	2565	41° 22' N	7° 11.5' W	23 Apr 2011		4
TM-038	Rebordondo	763	2503	41° 41.7' N	7° 36.2' W	23 Apr 2011		4
TM-039	Sobreda	756	2480	41° 30.6' N	6° 46.5' W	23 Apr 2011		4
TM-040	Barca de Alva	754	2473	41° 3.5' N	6° 60' W	23 Apr 2011		4
TM-041	Penedo Durão	719	2358	41° 3.4' N	6° 49.2' W	23 Apr 2011		4
TM-042	Ligares	699	2293	41° 6.2' N	6° 56.3' W	23 Apr 2011		2
TM-043	Bragadas	695	2280	41° 33.5' N	7° 48.2' W	23 Apr 2011		2
TM-044	Amieiro	656	2152	41° 17' N	7° 22.3' W	23 Apr 2011		2
TM-045	Serra do Cubo	535	1755	41° 24.8' N	7° 11.3' W	23 Apr 2011		1
TM-046	São Silvestre	520	1706	41° 8.9' N	7° 54.1' W	23 Apr 2011		1
TM-047	Abreiro	499	1637	41° 21' N	7° 18.9' W	23 Apr 2011		1
TM-048	São Pedro	428	1404	41° 11.1' N	7° 46.2' W	23 Apr 2011		1

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3.3 Region Reference – Douro Litoral Province

Association	Portugal (CT)
Region	Douro Litoral = DL (CT/CR-xxx)
Region manager	Refer to Association Manager

3.3.1 Regional notes

Douro Litoral Province is in the North West of Portugal on the Atlantic Coast and includes the Porto District Region.

3.3.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
DL-001	Serra do Marão	1415	4642	41° 14.9' N	7° 53.2' W	01 Apr 2011		10
DL-002	Serra da Agrela	532	1745	41° 19.4' N	8° 23.2' W	01 Apr 2011		1
DL-003	Serra de Valongo	376	1233	41° 10.3' N	8° 29.6' W	01 Apr 2011		1
DL-004	Pena	1223	4012	41° 17.7' N	7° 55' W	23 Apr 2011		8
DL-005	Aboboreira	949	3113	41° 11.7' N	8° 1.7' W	23 Apr 2011		6
DL-006	Mesão Frio	947	3106	41° 11.2' N	7° 57.6' W	23 Apr 2011		6
DL-007	Montedeiras	656	2152	41° 7' N	8° 8.2' W	23 Apr 2011		2
DL-008	Brenha	575	1886	41° 11.3' N	8° 13.9' W	23 Apr 2011		1
DL-009	Monte de Lousada	570	1870	41° 18.6' N	8° 17.8' W	23 Apr 2011		1
DL-010	Monte de Celorico de Basto	562	1843	41° 21.2' N	7° 57.3' W	23 Apr 2011		1
DL-011	Serra da Boneca	510	1673	41° 3.8' N	8° 20.8' W	23 Apr 2011		1
DL-012	Vandoma	504	1653	41° 12' N	8° 23.4' W	23 Apr 2011		1
DL-013	Alpendurada	473	1551	41° 5.9' N	8° 13.6' W	23 Apr 2011		1
DL-014	Serra de Pias	369	1210	41° 8.7' N	8° 28.1' W	23 Apr 2011		1
DL-015	Monte de Amarante	369	1210	41° 14.2' N	8° 5.7' W	23 Apr 2011		1
DL-016	Monte de Guimarei	334	1095	41° 17.6' N	8° 29.3' W	23 Apr 2011		1

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3.4 Region Reference – Beira Alta Province

Association	Portugal (CT)
Region	Beira Alta = BA (CT/CR-xxx)
Region manager	Refer to Association Manager

3.4.1 Regional notes

Beira Alta Region in North Eastern Central Portugal covers the districts Viseu and Guarda near the Spanish border.

3.4.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
BA-001	Serra do Montemuro	1382	4534	40° 58.4' N	7° 59.3' W	01 Apr 2011		10
BA-002	Serra do Caramulo	1075	3526	40° 34.8' N	8° 10.6' W	01 Apr 2011		8
BA-003	Serra de São Macário	1052	3451	40° 52.5' N	8° 3.7' W	01 Apr 2011		8
BA-004	Serra do Pisco	989	3244	40° 46.3' N	7° 25.4' W	01 Apr 2011		6
BA-005	Serra da Marofa	977	3205	40° 51.9' N	6° 59.5' W	01 Apr 2011		6
BA-006	Serra de São Lourenço	929	3047	40° 49.9' N	7° 50.5' W	01 Apr 2011		6
BA-007	Folgosinho	1585	5200	40° 28.3' N	7° 32.4' W	23 Apr 2011		10
BA-008	Covão da Ponte	1299	4261	40° 26.3' N	7° 29.5' W	23 Apr 2011		8
BA-009	Serra da Azinha	1254	4114	40° 25.9' N	7° 27.8' W	23 Apr 2011		8
BA-010	Pedra Posta	1204	3950	41° 0.5' N	8° 6.1' W	23 Apr 2011		8
BA-011	Seixo Amarelo	1127	3697	40° 27.2' N	7° 21.4' W	23 Apr 2011		8
BA-012	Candal	1106	3628	40° 50.6' N	8° 11' W	23 Apr 2011		8
BA-013	Nossa Senhora do Castelo	1013	3323	41° 2' N	8° 9.1' W	23 Apr 2011		8
BA-014	Cabeço das Fragas	1005	3297	40° 25.5' N	7° 13.4' W	23 Apr 2011		8
BA-015	Penedono	993	3257	41° 0.7' N	7° 25.1' W	23 Apr 2011		6
BA-016	Arcos	975	3198	41° 4.4' N	7° 34.8' W	23 Apr 2011		6
BA-017	Serra de Opa	850	2788	40° 17.1' N	7° 12.8' W	23 Apr 2011		6
BA-018	Serra do Ladário	798	2618	40° 42.2' N	8° 17.3' W	23 Apr 2011		4
BA-019	Senhora do Viso	795	2608	41° 5.5' N	7° 19.7' W	23 Apr 2011		4
BA-020	Frieira	776	2545	41° 9.5' N	7° 26.6' W	23 Apr 2011		4
BA-021	Monte de Reriz	763	2503	40° 52.8' N	7° 59' W	23 Apr 2011		4
BA-022	Monte da Aldeia da Deseiosa	721	2365	41° 8.2' N	7° 31.5' W	23 Apr 2011		4
BA-023	Monte de Maçal	706	2316	40° 40.1' N	7° 18.4' W	23 Apr 2011		4
BA-024	Monte São Gabriel	644	2112	41° 2.1' N	7° 5.3' W	23 Apr 2011		2
BA-025	Monte Calábria	498	1633	41° 1.8' N	7° 0.9' W	23 Apr 2011		1
BA-026	Castelo Velho	441	1446	41° 9' N	7° 8.4' W	23 Apr 2011		1

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3.5 Region Reference – Beira Litoral Province

Association	Portugal (CT)
Region	Beira Litoral = BL (CT/CR-xxx)
Region manager	Refer to Association Manager

3.5.1 Regional notes

Beira Litoral Province is located on the Central Atlantic coast covering Aveiro, Coimbra, Leiria e Santarém (part) Districts.

3.5.2 Table of summits

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Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
BL-001	Serra do Açor	1418	4652	40° 13.9' N	7° 46.8' W	01 Apr 2011		10
BL-002	Serra da Lousã	1205	3953	40° 5.4' N	8° 10.7' W	01 Apr 2011		8
BL-003	Serra do Vidual	1119	3671	40° 8.4' N	7° 52.8' W	01 Apr 2011		8
BL-004	Serra da Freita	1085	3559	40° 53' N	8° 15.2' W	01 Apr 2011		8
BL-005	Serra de Alvaiázere	618	2027	39° 49.7' N	8° 24.7' W	01 Apr 2011		2
BL-006	Serra do Sicó	553	1814	39° 55.4' N	8° 32.7' W	01 Apr 2011		1
BL-007	Serra do Buçaco	549	1801	40° 22.1' N	8° 21.4' W	01 Apr 2011		1
BL-008	Serra da Boa Viagem	261	0856	40° 12' N	8° 52.9' W	01 Apr 2011		1
BL-009	Picoto do Cebolo	1405	4609	40° 10.9' N	7° 48.6' W	23 Apr 2011		10
BL-010	Monte do Culcurinho	1231	4038	40° 16' N	7° 49.6' W	23 Apr 2011		8
BL-011	Barroca Grande	1079	3540	40° 8.8' N	7° 46.5' W	23 Apr 2011		8
BL-012	Pampilhosa da Serra	1036	3398	40° 6.5' N	7° 57.2' W	23 Apr 2011		8
BL-013	Selada das Eiras	957	3139	40° 10.4' N	8° 0.3' W	23 Apr 2011		6
BL-014	Cabeço do Souto	911	2988	40° 4.9' N	7° 51.2' W	23 Apr 2011		6
BL-015	Monte do Rabadão	852	2795	40° 10.1' N	8° 2.8' W	23 Apr 2011		6
BL-016	Aldeia Cimeira	847	2778	40° 1.7' N	7° 57' W	23 Apr 2011		4
BL-017	Monte de Arouca	701	2299	40° 57.8' N	8° 14.4' W	23 Apr 2011		4
BL-018	Serra de Porto de Mós	607	1991	39° 33' N	8° 52' W	23 Apr 2011		2
BL-019	Portela de Góis	597	1958	40° 9.3' N	8° 9.4' W	23 Apr 2011		1
BL-020	Serra da Pena de Águia	582	1909	39° 32.1' N	8° 47' W	23 Apr 2011		1
BL-021	Monte de Aveleira	531	1742	40° 15.5' N	8° 21' W	23 Apr 2011		1
BL-022	Serra do Rabaçal	520	1706	40° 1.8' N	8° 30' W	23 Apr 2011		1
BL-023	Juromelo	503	1650	40° 0' N	8° 24.2' W	23 Apr 2011		1
BL-024	Monte de Vale de Cambra	503	1650	40° 51.9' N	8° 25.5' W	23 Apr 2011		1
BL-025	Vila Nova do Ceira	485	1591	40° 12.7' N	8° 9.2' W	23 Apr 2011		1
BL-026	Caneiro	449	1473	40° 13.4' N	8° 18.5' W	23 Apr 2011		1
BL-027	Semide	400	1312	40° 10' N	8° 20.9' W	23 Apr 2011		1

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3.6 Region Reference – Beira Baixa Province

Association	Portugal (CT)
Region	Beira Baixa = BB (CT/CR-xxx)
Region manager	Refer to Association Manager

3.6.1 Regional notes

Beira Baixa Province is located in eastern part of the country near Spanish Border. This is where the highest mountains of mainland Portugal are located, the Serra da Estrela. Notable cities are Covilhã, Castelo Branco.

3.6.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
BB-001	Serra da Estrela	1993	6539	40° 19.3' N	7° 36.8' W	01 Apr 2011		10
BB-002	Serra da Gardunha	1227	4026	40° 4.8' N	7° 31.5' W	01 Apr 2011		8
BB-003	Serra de Alvélos	1084	3556	39° 50.9' N	7° 55.5' W	01 Apr 2011		8
BB-004	Serra do Moradal	885	2903	39° 59.3' N	7° 47' W	01 Apr 2011		6
BB-005	Serra da Melriça	592	1942	39° 41.7' N	8° 7.8' W	01 Apr 2011		1
BB-006	Encosta do Diabo	1748	5734	40° 17.7' N	7° 34.8' W	23 Apr 2011		10
BB-007	Santo António da Neve	1172	3845	40° 4.6' N	8° 9.8' W	23 Apr 2011		8
BB-008	Ladeira	1080	3543	40° 1.7' N	7° 42.6' W	23 Apr 2011		8
BB-009	Sarzedo	1027	3369	40° 22.3' N	7° 25' W	23 Apr 2011		8
BB-010	Serra da Malcata	1001	3284	40° 14' N	7° 4.3' W	23 Apr 2011		8
BB-011	Serra da Maunça	996	3267	40° 5.9' N	7° 38.9' W	23 Apr 2011		6
BB-012	Serra Vermelha	963	3159	39° 56.5' N	7° 57.8' W	23 Apr 2011		6
BB-013	Espadana	949	3113	39° 49.1' N	7° 52.8' W	23 Apr 2011		6
BB-014	Ingamal	900	2952	39° 59.6' N	7° 44.5' W	23 Apr 2011		6
BB-015	Sarnadas de São Simão	863	2831	39° 56.9' N	7° 46' W	23 Apr 2011		6
BB-016	Outro monte de Penamacor	823	2700	40° 11.3' N	7° 3.1' W	23 Apr 2011		4
BB-017	Penha Garcia	812	2664	40° 1.6' N	6° 58.4' W	23 Apr 2011		4
BB-018	Santa Marta	798	2618	40° 12.3' N	7° 14.4' W	23 Apr 2011		4
BB-019	Serra do Gomes	788	2585	40° 9.1' N	7° 35.3' W	23 Apr 2011		4
BB-020	Ferro	775	2542	40° 13.2' N	7° 26.1' W	23 Apr 2011		4
BB-021	Vieira das Gralhas	757	2483	40° 5.3' N	7° 4.6' W	23 Apr 2011		4
BB-022	Monte de Penamacor	749	2457	40° 10.7' N	7° 6.7' W	23 Apr 2011		4
BB-023	Monsanto	726	2381	40° 2.1' N	7° 6.8' W	23 Apr 2011		4
BB-024	Monte de Belmonte	710	2329	40° 20.5' N	7° 21.5' W	23 Apr 2011		4
BB-025	Monte de Cimadas	643	2109	39° 45.3' N	7° 59.5' W	23 Apr 2011		2
BB-026	Serra das Talhadas	597	1958	39° 46.4' N	7° 46.5' W	23 Apr 2011		1
BB-027	Alcafozes	575	1886	39° 57.8' N	7° 1.5' W	23 Apr 2011		1
BB-028	Penedo Gordo	538	1765	39° 40.7' N	7° 42' W	23 Apr 2011		1
BB-029	Monte da Mendeira	444	1456	39° 47.3' N	8° 15.9' W	23 Apr 2011		1
BB-030	Monforte da Beira	441	1446	39° 43.6' N	7° 17.3' W	23 Apr 2011		1
BB-031	Alqueidão de Pussos	441	1446	39° 50.3' N	8° 19.6' W	23 Apr 2011		1

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3.7 Region Reference – Ribatejo Province

Association	Portugal (CT)
Region	Ribatejo = RB (CT/CR-xxx)
Region manager	Refer to Association Manager

3.7.1 Regional notes

Ribatejo Province is located in Western-Central Portugal along Tejo (Tagus) River, covering part of Lisbon District to Santarém . Notable cities are: Santarém, Tomar.

3.7.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
RB-001	Serra de Aire	679	2227	39° 32.1' N	8° 38.2' W	01 Apr 2011		2
RB-002	Serra do Bando dos Santos	632	2073	39° 36.8' N	7° 58.5' W	23 Apr 2011		2
RB-003	Monte de Mação	600	1968	39° 37.3' N	8° 1.7' W	23 Apr 2011		2
RB-004	Serra Alta	434	1423	39° 45.4' N	8° 15.5' W	23 Apr 2011		1

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3.8 Region Reference – Estremadura Province

Association	Portugal (CT)
Region	Estremadura = ES (CT/CR-xxx)
Region manager	Refer to Association Manager

3.8.1 Regional notes

Estremadura is located on the Atlantic Coast, covering Estoril Sunny Coast, the Lisbon Area and Setúbal.

3.8.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
ES-001	Serra de Montejunto	666	2185	39° 10.4' N	9° 2.9' W	01 Apr 2011		2
ES-002	Serra de Sintra	528	1732	38° 46.9' N	9° 23.5' W	01 Apr 2011		1
ES-003	Serra da Arrábida	501	1643	38° 28.9' N	9° 0' W	01 Apr 2011		1
ES-004	Monte Manique	428	1404	38° 53.7' N	9° 14.3' W	01 Apr 2011		1
ES-005	Monte do Alqueidão	434	1423	38° 59.2' N	9° 9.1' W	23 Apr 2011		1
ES-006	Monte de Santa Eulália	399	1309	38° 52.2' N	9° 14.9' W	23 Apr 2011		1
ES-007	Serra do Socorro	386	1266	39° 1.1' N	9° 13.5' W	23 Apr 2011		1
ES-008	Serra do Risco	368	1207	38° 26.9' N	9° 2.9' W	23 Apr 2011		1
ES-009	Serra de São Luís	355	1164	38° 32' N	8° 56.3' W	23 Apr 2011		1
ES-010	Monte Serves	344	1128	38° 53.6' N	9° 5.4' W	23 Apr 2011		1

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3.9 Region Reference – Alto Alentejo Province

Association	Portugal (CT)
Region	Alto Alentejo = AA (CT/CR-xxx)
Region manager	Refer to Association Manager

3.9.1 Regional notes

Alto Alentejo in South Central Portugal, stretches from the Atlantic Coast to Spanish Border. Notable Cities Évora, Portalegre.

3.9.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
AA-001	São Mamede	1025	3363	39° 18.8' N	7° 21.6' W	01 Apr 2011		8
AA-002	Serra do Marvão	865	2837	39° 23.8' N	7° 22.8' W	01 Apr 2011		6
AA-003	Serra de Ossa	653	2142	38° 44.4' N	7° 35.1' W	01 Apr 2011		2
AA-004	Serra da Selada	958	3143	39° 20.2' N	7° 18.4' W	23 Apr 2011		6
AA-005	Cruz da Penha	641	2103	39° 18.2' N	7° 27' W	23 Apr 2011		2
AA-006	Serra da Ossa pico 2	622	2040	38° 44.2' N	7° 32.5' W	23 Apr 2011		2
AA-007	Monte de Estremoz	504	1653	38° 50.1' N	7° 32.1' W	23 Apr 2011		1
AA-008	Monte de Vila Boim	489	1604	38° 52.5' N	7° 15.8' W	23 Apr 2011		1
AA-009	Pé da Serra	437	1433	39° 34.5' N	7° 37.8' W	23 Apr 2011		1

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3.10 Region Reference – Baixo Alentejo Province

Association	Portugal (CT)
Region	Baixo Alentejo = BT (CT/CR-xxx)
Region manager	Refer to Association Manager

3.10.1 Regional notes

Baixo Alentejo is in the South of Portugal between the Atlantic South Coast and the Spanish border.

3.10.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
BT-001	Serra de Mú	578	1896	37° 22.2' N	8° 4.8' W	01 Apr 2011		1
BT-002	Serra da Adiça	518	1699	38° 0.5' N	7° 18.3' W	01 Apr 2011		1
BT-003	Serra da Vigia	393	1289	37° 37.1' N	8° 23.3' W	01 Apr 2011		1
BT-004	Serra de Grândola	383	1256	38° 10.2' N	8° 38.7' W	01 Apr 2011		1
BT-005	Serra do Cercal	378	1240	37° 45.7' N	8° 41.5' W	01 Apr 2011		1
BT-006	Serra de Ficalho	503	1650	37° 57.9' N	7° 17.1' W	23 Apr 2011		1
BT-007	Serra do Mendro	403	1322	38° 14.8' N	7° 47.1' W	23 Apr 2011		1
BT-008	Serro Alcaria Ruiva	351	1151	37° 42' N	7° 45.7' W	23 Apr 2011		1

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3.11 Region Reference – Algarve Province

Association	Portugal (CT)
Region	Algarve = AL (CT/TA-xxx)
Region manager	Refer to Association Manager

3.11.1 Regional notes

The Algarve Province consist of two small regions: Sotavento and Barlavento.

3.11.2 Table of summits

Ref. no.	Peak	Height		Lat	Long	Available		Pts
		[m]	[ft]			since	until	
AL -001	Serra de Foia	902	2959	37° 18.9' N	8° 35.7' W	01 Apr 2011		6
AL -002	Serra do Caldeirão	589	1932	37° 18.5' N	7° 57.7' W	01 Apr 2011		1
AL -003	Serra do Monte Figo	411	1348	37° 6.1' N	7° 49.9' W	01 Apr 2011		1
AL-004	Serra de Monchique	764	2506	37° 18.5' N	8° 31.9' W	23 Apr 2011		4
AL-005	Monte das Sarnadas	455	1492	37° 15.4' N	8° 9.2' W	23 Apr 2011		1
AL-006	Serra de Salir	453	1486	37° 15.6' N	8° 2.9' W	23 Apr 2011		1
AL-007	Serra da Rocha da Pena	449	1473	37° 15.4' N	8° 6.1' W	23 Apr 2011		1
AL-008	Sapeira	348	1141	37° 19.1' N	8° 23.2' W	23 Apr 2011		1

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