

Percurso 1 = 9,1km

Largada (Centro Histórico) - Rod. Duque Caxias (Pol Rodoviária)



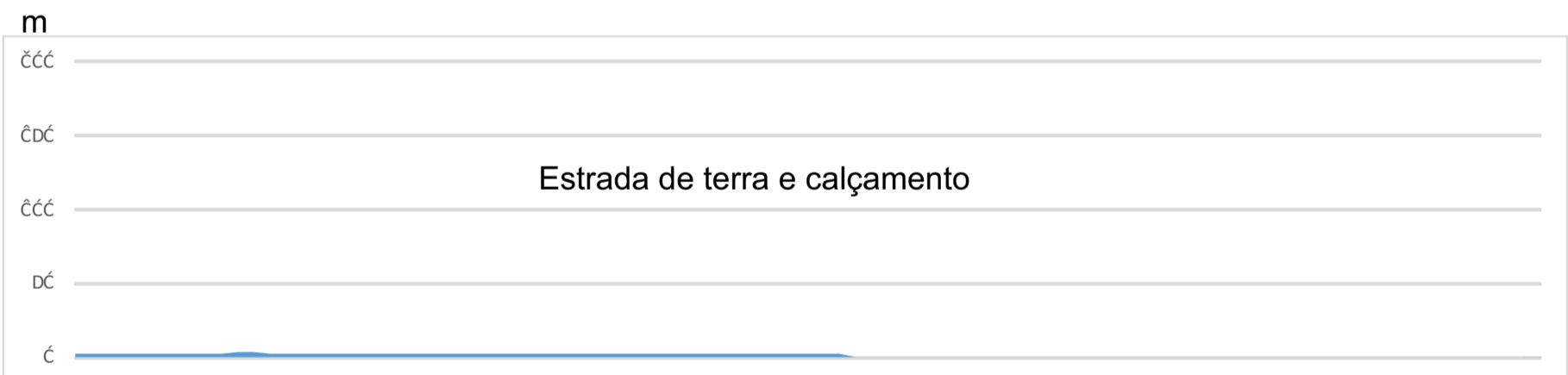
Percurso 2 = 8,2km

Rod. Duque Caxias (Pol Rodoviária) - entrada do Capri



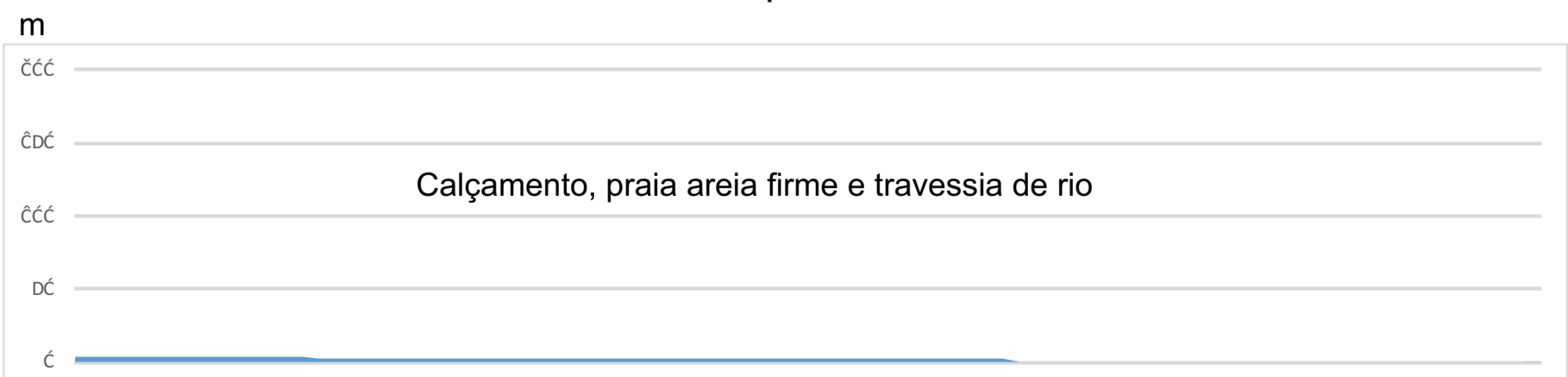
Percurso 3 = 4,7km

entrada do Capri - late Clube do Capri



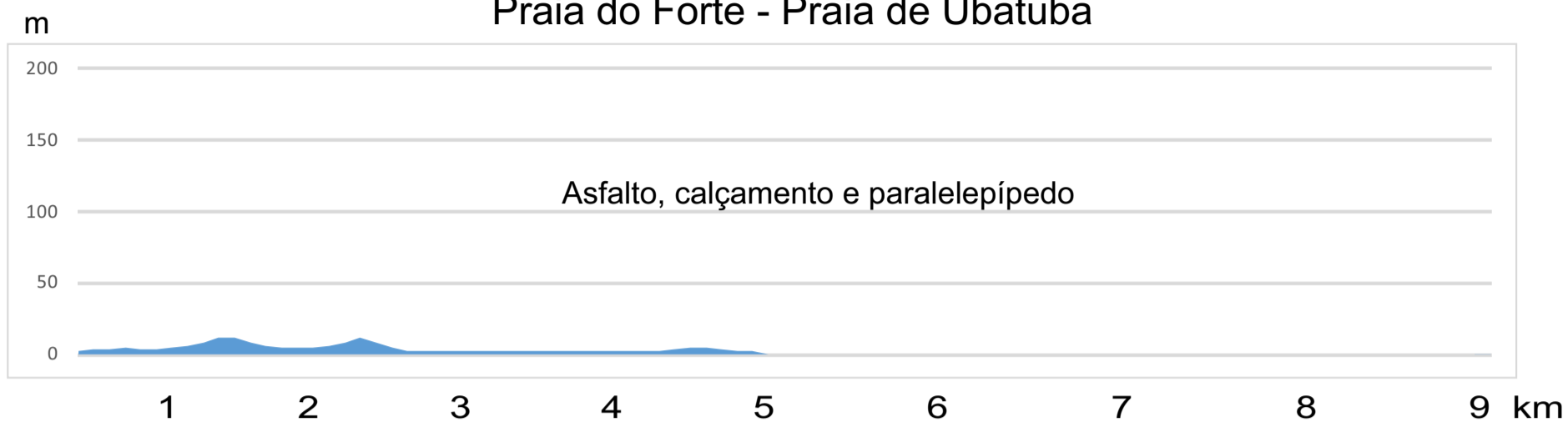
Percurso 4 = 5,7km

late Clube do Capri / Praia do Forte



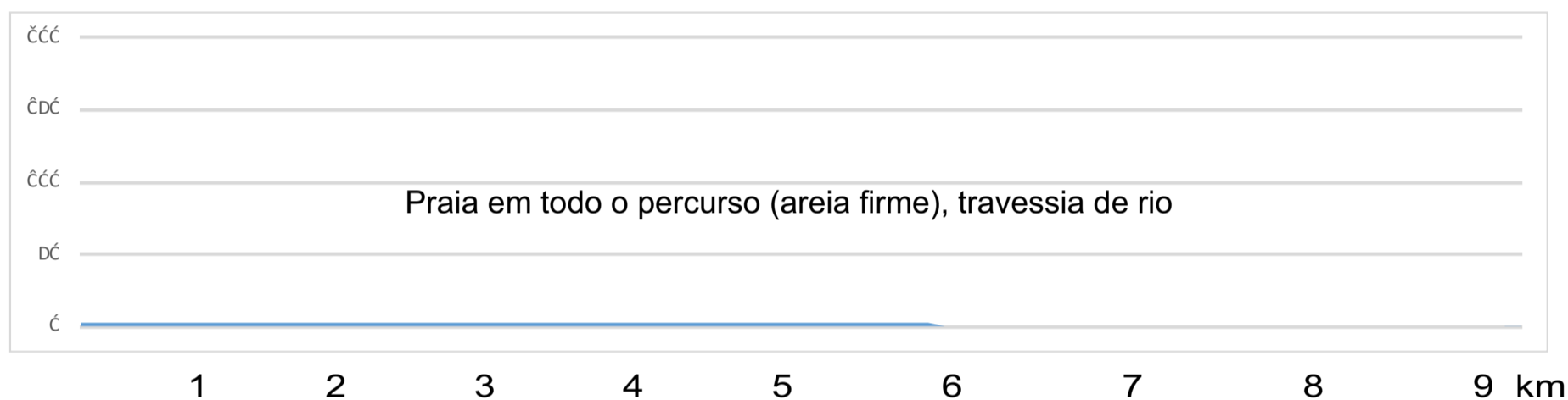
Percurso 5 = 4,3km

Praia do Forte - Praia de Ubatuba



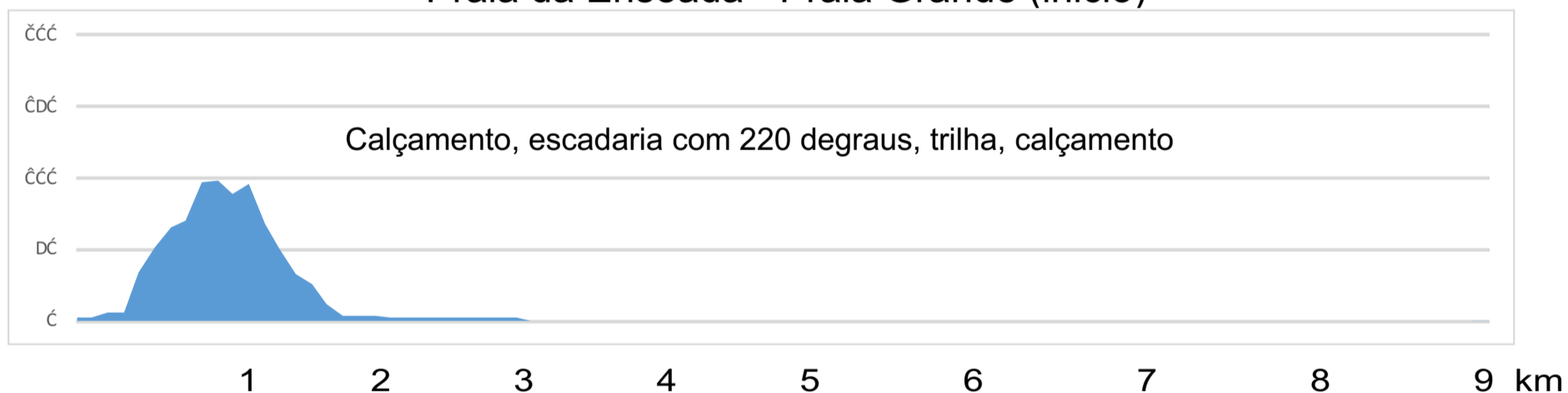
Percurso 6 = 6,3km

Praia de Ubatuba - Praia da Enseada



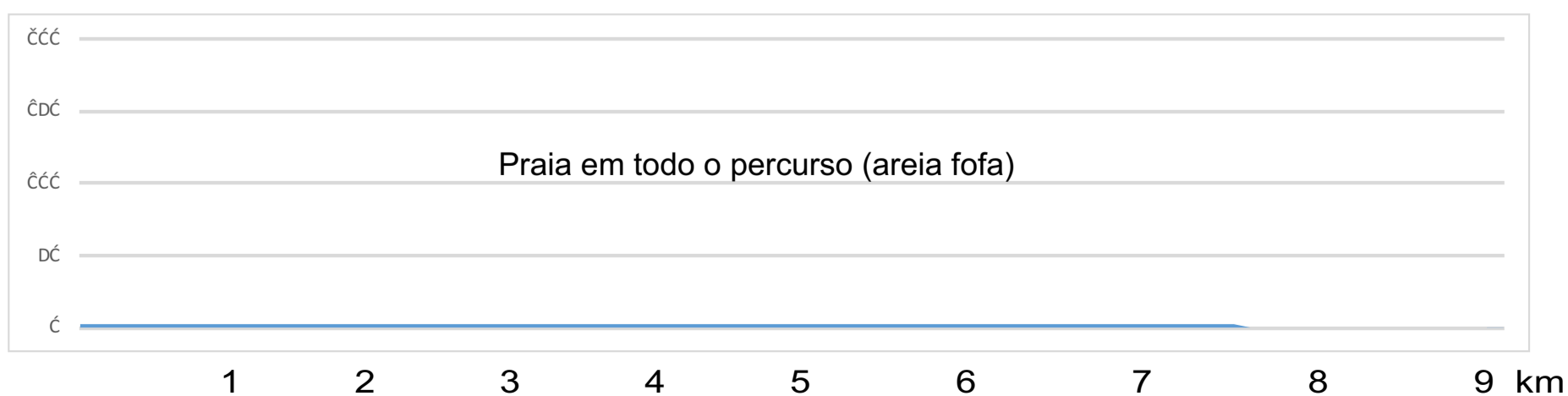
Percurso 7 = 2,8km

Praia da Enseada - Praia Grande (inicio)



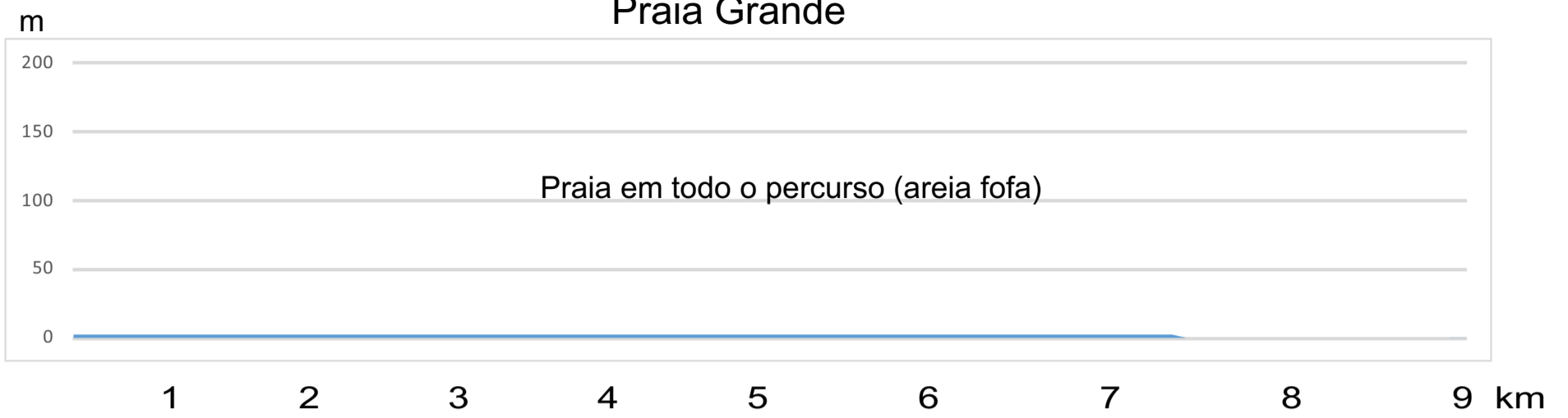
Percurso 8 = 7,3km

Praia Grande (inicio) - Praia Grande (decke)



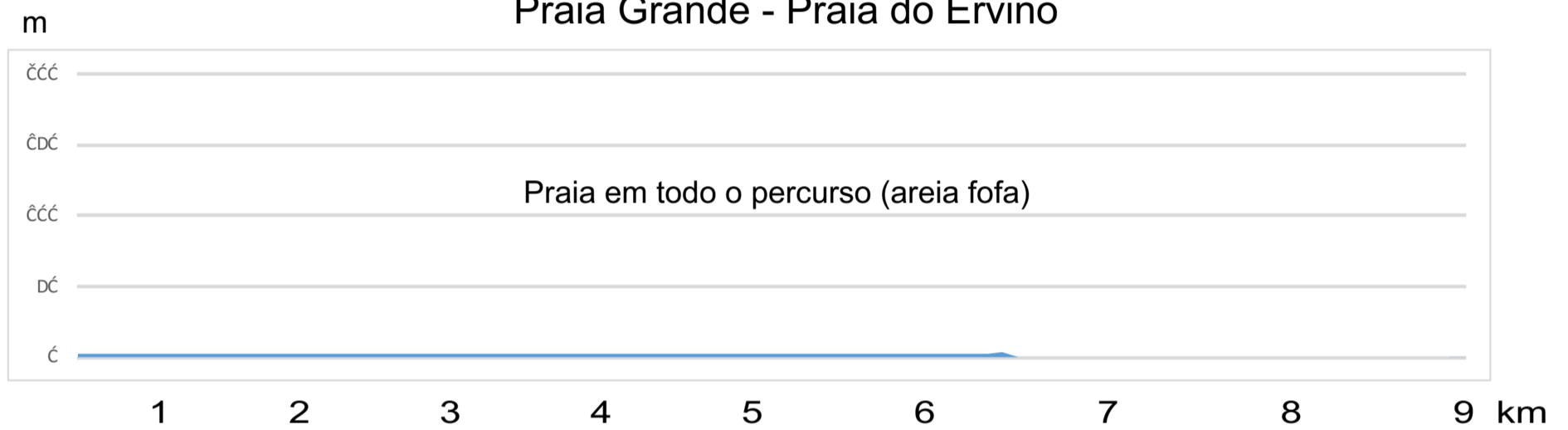
Percurso 9 = 7,1km

Praia Grande



Percurso 10 = 6,0km

Praia Grande - Praia do Ervino



Percurso 11 = 7,5km

Praia do Ervino - Gamboa



Percurso 12 = 6,3km

Gamboa - BR280 (Miranda)



Percurso 13 = 6,2km Br280 (Miranda) - Laranjeiras



Percurso 14 = 5,1km Laranjeiras - BR 280



Percurso 15 = 4,6km BR 280 - Chegada (Centro Histórico)

