103 Lamego - Régua

LAMEGO
MUNICÍPIO

IDA *OUTBOUND*	A U	A U	A U	A U	A U	A U	A U	E 4	A U	A U	A U	E U	E U	FE U	A U	A 6	A S	A S	A S	A S	A DF	A DF	A DF
Escola Secundária da Sé	-	-	-	-	-	-	-	13:55	-	-	-	17:00	-	-	-	-	-	-	-	-	-	-	-
Rua Cardoso Avelino	-	-	-	-	-	-	-	13:55	-	-	-	17:00	-	-	-	-	-	-	-	-	-	-	-
Central de Camionagem	06:00	07:55	08:00	09:50	11:00	12:00	13:00	13:57	14:00	15:00	16:00	17:01	17:25	17:25	19:00	21:00	07:55	10:00	14:00	19:00	10:00	14:00	18:00
Mercado Municipal	06:01	07:56	08:01	09:51	11:01	12:01	13:01	13:59	14:01	15:01	16:01	17:03	17:27	17:27	19:01	21:01	07:56	10:01	14:01	19:01	10:01	14:01	18:01
Rua de Fafel (Centro de Saúde)	-	-	-	-	-	-	-	13:59	14:02	-	-	17:03	-	-	-	-	-	-	-	-	-	-	-
Rua de Fafel (Escola Básica 2/3)	-	-	-	-	-	-	-	14:00	14:02	-	-	17:04	-	-	-	-	-	-	-	-	-	-	-
Centro Escolar de Lamego	-	-	-	-	-	-	-	-	-	-	-	17:04	-	-	-	-	-	-	-	-	-	-	-
Rua de Fafel (Escola Básica 2/3)	-	-	-	-	-	-	-	-	-	-	-	17:05	-	-	-	-	-	-	-	-	-	-	-
Rua de Fafel (Centro de Saúde)	-	-	-	-	-	-	-	-	-	-	-	17:06	-	-	-	-	-	-	-	-	-	-	-
Unidade Saúde Familiar	06:02	07:57	08:02	09:52	11:02	12:02	13:02	14:02	14:04	15:02	16:02	17:07	17:28	17:28	19:02	21:02	07:57	10:02	14:02	19:02	10:02	14:02	18:02
R. das Chagas (Escola Latino Coelho)	-	-	-	-	-	-	-	14:02	14:04	-	-	17:07	17:29	-	-	-	-	-	14:02	-	-	-	-
Praça do Comércio	06:02	07:57	08:02	09:52	11:02	12:02	13:02	14:03	14:05	15:02	16:02	17:08	17:30	17:29	19:02	21:02	07:57	10:02	14:03	19:02	10:02	14:02	18:02
Ortigosa (Cruzamento)	06:03	07:58	08:03	09:53	11:03	12:03	13:03	14:04	14:06	15:03	16:03	17:08	17:31	17:30	19:03	21:03	07:58	10:03	14:04	19:03	10:03	14:03	18:03
Quinta Ferraz	-	-	08:04	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vila Hostilina	-	-	08:05	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Souto Covo (X)	-	-	08:06	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Relógio do Sol	-	-	08:07	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Penela de Cima	-	-	08:09	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Penelas	-	-	08:10	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Calçada	-	-	08:11	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Santa Bárbara	-	-	08:12	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Portelo de Cambres	-	-	08:13	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pedreira	-	-	08:14	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Quinta de Santo António	-	-	08:16	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Quinta Bela	-	-	08:17	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bogalheira de Cima	-	-	08:18	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bogalheira	-	-	08:18	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Quinta da Chumbeira	-	-	08:19	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Quinta de Varais	-	-	08:21	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Varais	-	-	08:22	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rua São João	06:04	07:59	-	09:54	11:04	12:04	13:04	14:05	14:07	15:04	16:04	17:09	17:32	17:31	19:04	21:04	07:59	10:04	14:05	19:04	10:04	14:04	18:04
Hotel Lamego	06:05	08:00	-	09:55	11:05	12:05	13:05	14:05	14:07	15:05	16:05	17:10	17:33	17:33	19:05	21:05	08:00	10:05	14:05	19:05	10:05	14:05	18:05
São João (X Adega Cooperativa)	06:06	08:01	-	09:56	11:06	12:06	13:06	14:06	14:08	15:06	16:06	17:10	17:34	17:34	19:06	21:06	08:01	10:06	14:06	19:06	10:06	14:06	18:06
Ortigosa (Norte)	06:06	08:01	-	09:56	11:06	12:06	13:06	14:06	14:08	15:06	16:06	17:10	17:35	17:34	19:06	21:06	08:01	10:06	14:07	19:06	10:06	14:06	18:06
Santinha	06:07	08:02	-	09:57	11:07	12:07	13:07	14:08	14:09	15:07	16:07	17:11	17:37	17:36	19:07	21:07	08:02	10:07	14:08	19:07	10:07	14:07	18:07
Souto Covo	06:09	08:04	-	09:59	11:09	12:09	13:09	14:09	14:11	15:09	16:09	17:12	17:39	17:38	19:09	21:09	08:04	10:09	14:09	19:09	10:09	14:09	18:09
Quinta do Atalho	06:11	08:06	-	10:01	11:11	12:11	13:11	14:11	14:12	15:11	16:11	17:14	17:42	17:41	19:11	21:11	08:06	10:11	14:11	19:11	10:11	14:11	18:11
Cimo de Sande (X)	06:13	08:08	-	10:03	11:13	12:13	13:13	14:13	14:14	15:13	16:13	17:16	17:45	17:45	19:13	21:13	08:08	10:13	14:13	19:13	10:13	14:13	18:13
Barreiro (X)	06:14	08:09	-	10:04	11:14	12:14	13:14	14:14	14:15	15:14	16:14	17:16	17:46	17:46	19:14	21:14	08:09	10:14	14:14	19:14	10:14	14:14	18:14
Sande (Junta de Freguesia)	06:15	08:10	-	10:05	11:15	12:15	13:15	14:15	14:16	15:15	16:15	17:17	17:48	17:48	19:15	21:15	08:10	10:15	14:15	19:15	10:15	14:15	18:15
Sande (Quinta dos Novais)	06:16	08:11	-	10:06	11:16	12:16	13:16	14:17	14:17	15:16	16:16	17:18	17:50	17:50	19:16	21:16	08:11	10:16	14:16	19:16	10:16	14:16	18:16
Quintião	06:18	08:13	-	10:08	11:18	12:18	13:18	14:18	14:19	15:18	16:18	17:20	17:53	17:53	19:18	21:18	08:13	10:18	14:18	19:18	10:18	14:18	18:18
Central Varosa (Conduta)	06:22	08:17	-	10:12	11:22	12:22	13:22	14:22	14:22	15:22	16:22	-	17:58	17:58	19:22	21:22	08:17	10:22	14:22	19:22	10:22	14:22	18:22
Central Varosa (Reta)	06:22	08:17	-	10:12	11:22	12:22	13:22	14:23	14:23	15:22	16:22	-	17:59	17:59	19:22	21:22	08:17	10:22	14:22	19:22	10:22	14:22	18:22
Quinta Vale Sapos	06:23	08:18	-	10:13	11:23	12:23	13:23	14:23	14:24	15:23	16:23	-	18:00	18:00	19:23	21:23	08:18	10:23	14:23	19:23	10:23	14:23	18:23
Casa da Formiga	06:25	08:20	-	10:15	11:25	12:25	13:25	14:25	14:25	15:25	16:25	-	18:02	18:02	19:25	21:25	08:20	10:25	14:25	19:25	10:25	14:25	18:25
Varais	06:27	08:22	-	10:17	11:27	12:27	13:27	14:27	14:27	15:27	16:27	-	18:05	18:06	19:27	21:27	08:22	10:27	14:27	19:27	10:27	14:27	18:27
Régua (Ponte Pedonal)	06:29	08:24	08:24	10:19	11:29	12:29	13:29	14:29	14:29	15:29	16:29	-	18:08	18:09	19:29	21:29	08:24	10:29	14:29	19:29	10:29	14:29	18:29
Régua (Estação)	06:30	08:25	08:25	10:20	11:30	12:30	13:30	14:30	14:30	15:30	16:30	-	18:10	18:10	19:30	21:30	08:25	10:30	14:30	19:30	10:30	14:30	18:30

A-6 | Anual - Sextas | *Fridays*
A-U | Anual - Dias Úteis | *Business Days*
A-S | Anual - Sábados | *Saturdays*
A-DF | Anual - Domingos e Feriados | *Sundays and Bank Holidays*
E-4 | Escolar - Quartas | *School Days - Wednesdays*
E-U | Escolar - Dias Úteis | *School Days - Business Days*
FE-U | Férias Escolares - Dias Úteis | *School Holidays - Business Days*

Em vigor desde 15 de dezembro de 2025.
Valid from 15th December 2025.

www.valedoavelamego.pt

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(custo de chamada p/ rede fixa nacional)

bilheteira.lamego@grupovaledoave.pt

103 Lamego - Régua

LAMEGO
MUNICÍPIO

VOLTA	A	A	E	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
INBOUND	U	U	U	U	U	U	U	U	U	U	U	U	U	U	6	S	S	S	S	DF	DF	DF	
Régua (Estação)	07:15	07:50	-	08:30	09:30	11:15	12:05	13:30	14:30	15:30	16:15	17:25	18:30	19:35	21:30	08:30	11:15	15:30	19:30	11:15	15:30	21:30	
Régua (Ponte Pedonal)	07:15	07:50	-	08:30	09:30	11:15	12:05	13:30	14:30	15:30	16:15	17:25	18:30	19:35	21:30	08:30	11:15	15:30	19:30	11:15	15:30	21:30	
Varais	07:18	07:52	-	08:32	-	11:17	12:07	13:32	14:32	15:32	16:17	-	-	-	21:32	08:32	11:17	15:32	19:32	11:17	15:32	21:32	
Casa da Formiga	07:20	07:54	-	08:34	-	11:19	12:09	13:34	14:34	15:34	16:19	-	-	-	21:34	08:34	11:19	15:34	19:34	11:19	15:34	21:34	
Quinta Vale Sapos	07:22	07:55	-	08:35	-	11:20	12:10	13:35	14:35	15:35	16:20	-	-	-	21:35	08:35	11:20	15:35	19:35	11:20	15:35	21:35	
Central Varosa (Reta)	07:22	07:56	-	08:36	-	11:21	12:11	13:36	14:36	15:36	16:21	-	-	-	21:36	08:36	11:21	15:36	19:36	11:21	15:36	21:36	
Central Varosa (Conduta)	07:23	07:57	-	08:37	-	11:22	12:12	13:37	14:37	15:37	16:22	-	-	-	21:37	08:37	11:22	15:37	19:37	11:22	15:37	21:37	
Varais	-	-	-	-	09:32	-	-	-	-	-	-	17:27	18:33	19:37	-	-	-	-	-	-	-	-	
Quinta de Varais	-	-	-	-	09:33	-	-	-	-	-	-	17:28	18:33	19:38	-	-	-	-	-	-	-	-	
Quinta da Chumbeira	-	-	-	-	09:35	-	-	-	-	-	-	17:30	18:35	19:40	-	-	-	-	-	-	-	-	
Bogalheira	-	-	-	-	09:36	-	-	-	-	-	-	17:31	18:36	19:41	-	-	-	-	-	-	-	-	
Bogalheira de Cima	-	-	-	-	09:36	-	-	-	-	-	-	17:31	18:37	19:41	-	-	-	-	-	-	-	-	
Quinta Bela	-	-	-	-	09:37	-	-	-	-	-	-	17:32	18:38	19:42	-	-	-	-	-	-	-	-	
Quinta de Santo António	-	-	-	-	09:38	-	-	-	-	-	-	17:33	18:39	19:43	-	-	-	-	-	-	-	-	
Pedreira	-	-	-	-	09:40	-	-	-	-	-	-	17:35	18:41	19:45	-	-	-	-	-	-	-	-	
Portelo de Cambres	-	-	-	-	09:41	-	-	-	-	-	-	17:36	18:42	19:46	-	-	-	-	-	-	-	-	
Santa Bárbara	-	-	-	-	09:42	-	-	-	-	-	-	17:37	18:44	19:47	-	-	-	-	-	-	-	-	
Calçada	-	-	-	-	-	-	-	-	-	-	-	-	18:44	-	-	-	-	-	-	-	-	-	
Penelas	-	-	-	-	-	-	-	-	-	-	-	-	18:46	-	-	-	-	-	-	-	-	-	
Penela de Cima	-	-	-	-	-	-	-	-	-	-	-	-	18:47	-	-	-	-	-	-	-	-	-	
Relógio do Sol	-	-	-	-	-	-	-	-	-	-	-	-	18:48	-	-	-	-	-	-	-	-	-	
Souto Covo (X)	-	-	-	-	-	-	-	-	-	-	-	-	18:51	-	-	-	-	-	-	-	-	-	
Vila Hostilina	-	-	-	-	-	-	-	-	-	-	-	-	18:52	-	-	-	-	-	-	-	-	-	
Quinta Ferraz	-	-	-	-	-	-	-	-	-	-	-	-	18:53	-	-	-	-	-	-	-	-	-	
O Febras	-	-	-	-	09:43	-	-	-	-	-	-	17:38	-	19:48	-	-	-	-	-	-	-	-	
Quintião	07:27	08:00	08:15	08:40	09:44	11:25	12:15	13:40	14:40	15:40	16:25	17:39	-	19:49	21:40	08:40	11:25	15:40	19:40	11:25	15:40	21:40	
Sande (Quinta dos Novais)	07:29	08:01	08:17	08:42	09:46	11:27	12:17	13:42	14:42	15:42	16:27	17:41	-	19:51	21:42	08:42	11:27	15:42	19:42	11:27	15:42	21:42	
Sande (Junta de Freguesia)	07:30	08:02	08:19	08:43	09:47	11:28	12:18	13:43	14:43	15:43	16:28	17:42	-	19:52	21:43	08:43	11:28	15:43	19:43	11:28	15:43	21:43	
Barreiro (X)	07:32	08:04	08:21	08:45	09:49	11:30	12:20	13:45	14:45	15:45	16:30	17:44	-	19:54	21:45	08:45	11:30	15:45	19:45	11:30	15:45	21:45	
Cimo de Sande (X)	07:33	08:04	08:22	08:45	09:50	11:30	12:20	13:45	14:45	15:45	16:30	17:45	-	19:55	21:45	08:45	11:30	15:45	19:45	11:30	15:45	21:45	
Quinta do Atalho	07:35	08:07	08:26	08:47	09:52	11:32	12:22	13:47	14:47	15:47	16:32	17:47	-	19:57	21:47	08:47	11:32	15:47	19:47	11:32	15:47	21:47	
Souto Covo	07:37	08:08	08:28	08:49	09:54	11:34	12:24	13:49	14:49	15:49	16:34	17:49	-	19:59	21:49	08:49	11:34	15:49	19:49	11:34	15:49	21:49	
Santinha	07:39	08:10	08:30	08:50	09:55	11:35	12:25	13:50	14:50	15:50	16:35	17:50	-	20:00	21:50	08:50	11:35	15:50	19:50	11:35	15:50	21:50	
Ortigosa (Norte)	07:40	08:11	08:32	08:52	09:56	11:37	12:27	13:52	14:52	15:52	16:37	17:51	-	20:01	21:52	08:52	11:37	15:52	19:52	11:37	15:52	21:52	
São João (X Adega Cooperativa)	07:41	08:11	08:33	08:52	09:57	11:37	12:27	13:52	14:52	15:52	16:37	17:52	-	20:02	21:52	08:52	11:37	15:52	19:52	11:37	15:52	21:52	
Hotel Lamego	07:42	08:11	08:33	08:53	09:57	11:38	12:28	13:53	14:53	15:53	16:38	17:52	-	20:02	21:53	08:53	11:38	15:53	19:53	11:38	15:53	21:53	
Rua São João	07:42	08:12	08:35	08:53	09:58	11:38	12:28	13:53	14:53	15:53	16:38	17:53	-	20:03	21:53	08:53	11:38	15:53	19:53	11:38	15:53	21:53	
Ortigosa (Cruzamento)	07:43	08:13	08:36	08:54	09:59	11:39	12:29	13:54	14:54	15:54	16:39	17:54	18:53	20:04	21:54	08:54	11:39	15:54	19:54	11:39	15:54	21:54	
Praça do Comércio	07:44	08:14	08:37	08:55	10:00	11:40	12:30	13:55	14:55	15:55	16:40	17:55	18:54	20:05	21:55	08:55	11:40	15:55	19:55	11:40	15:55	21:55	
R. das Chagas (Escola Latino Coelho)	07:45	08:14	08:38	08:55	10:00	11:40	12:30	13:55	14:55	15:55	16:40	17:55	18:55	20:05	21:55	08:55	11:40	15:55	19:55	11:40	15:55	21:55	
Unidade Saúde Familiar	07:45	08:14	08:38	08:56	10:01	11:41	12:31	13:56	14:56	15:56	16:41	17:56	18:55	20:06	21:56	08:56	11:41	15:56	19:56	11:41	15:56	21:56	
Rua de Fafel (Centro de Saúde)	07:47	08:15	08:40	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Rua de Fafel (Escola Básica 2/3)	07:47	08:16	08:41	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Centro Escolar de Lamego	-	-	08:42	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Mercado Municipal	-	-	-	08:56	10:02	11:41	12:31	13:56	14:56	15:56	16:41	17:57	18:56	20:07	21:56	08:56	11:41	15:56	19:56	11:41	15:56	21:56	
Av. Dr. Alfredo de Sousa (Multiusos)	-	-	-	08:57	10:02	11:42	12:32	13:57	14:57	15:57	16:42	17:57	18:57	20:07	21:57	08:57	11:42	15:57	19:57	11:42	15:57	21:57	
Av. Dr. Alfredo de Sousa (CTT)	07:50	08:18	-	08:58	10:03	11:43	12:33	13:58	14:58	15:58	16:43	17:58	18:58	20:08	21:58	08:58	11:43	15:58	19:58	11:43	15:58	21:58	
Rua Cardoso Avelino	07:51	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Escola Secundária da Sé	07:52	-	08:51	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Central de Camionagem	07:55	08:20	08:55	09:00	10:05	11:45	12:35	14:00	15:00	16:00	16:45	18:00	19:00	20:10	22:00	09:00	11:45	16:00	20:00	11:45	16:00	22:00	

A-6 | Anual - Sextas | *Fridays*
A-U | Anual - Dias Úteis | *Business Days*
A-S | Anual - Sábados | *Saturdays*
A-DF | Anual - Domingos e Feriados | *Sundays and Bank Holidays*
E-U | Escolar - Dias Úteis | *School Days - Business Days*

Em vigor desde 15 de dezembro de 2025.
Valid from 15th December 2025.

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