

| NOME PARAGEM | INICIO DE ZONA | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------|----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| COMV | ZONA 1 | - | 07:25 | 08:10 | 08:55 | 10:25 | 12:35 | 13:05 | 13:50 | 16:30 | 17:15 | 18:25 | 19:10 | 19:55 | - | 08:55 | 12:05 | 14:10 | 19:10 | - | 08:50 | 14:05 | 19:10 |
| Segurança Social 1 | | - | 07:27 | 08:12 | 08:57 | 10:27 | 12:37 | 13:07 | 13:52 | 16:32 | 17:17 | 18:27 | 19:12 | 19:57 | - | 08:57 | 12:07 | 14:12 | 19:12 | - | 08:52 | 14:07 | 19:12 |
| Rossio 2 | | - | 07:30 | 08:15 | 09:00 | 10:30 | 12:40 | 13:10 | 13:55 | 16:35 | 17:20 | 18:30 | 19:15 | 20:00 | - | 09:00 | 12:10 | 14:15 | 19:15 | - | 08:55 | 14:10 | 19:15 |
| Alves Martins | | - | 07:31 | 08:16 | 09:01 | 10:31 | 12:41 | 13:11 | 13:56 | 16:36 | 17:21 | 18:31 | 19:16 | 20:01 | - | 09:01 | 12:11 | 14:16 | 19:16 | - | 08:55 | 14:11 | 19:16 |
| S Cristina-Cap S Pereira | | - | 07:32 | 08:17 | 09:02 | 10:32 | 12:42 | 13:12 | 13:57 | 16:37 | 17:22 | 18:32 | 19:17 | 20:02 | - | 09:02 | 12:12 | 14:17 | 19:17 | - | 08:56 | 14:12 | 19:17 |
| Cap S Pereira-Fontelo | | - | 07:33 | 08:18 | 09:03 | 10:33 | 12:43 | 13:13 | 13:58 | 16:38 | 17:23 | 18:33 | 19:18 | 20:03 | - | 09:03 | 12:13 | 14:18 | 19:18 | - | 08:56 | 14:13 | 19:18 |
| Rotunda Fontelo | | - | 07:33 | 08:18 | 09:03 | 10:33 | 12:43 | 13:13 | 13:58 | 16:38 | 17:23 | 18:33 | 19:18 | 20:03 | - | 09:03 | 12:13 | 14:18 | 19:18 | - | 08:56 | 14:13 | 19:18 |
| Estação Agrária 1 | | - | 07:34 | 08:19 | 09:04 | 10:34 | 12:44 | 13:14 | 13:59 | 16:39 | 17:24 | 18:34 | 19:19 | 20:04 | - | 09:04 | 12:14 | 14:19 | 19:19 | - | 08:57 | 14:14 | 19:19 |
| Prof Reinaldo Cardoso 1 | ZONA 2 | - | 07:35 | 08:20 | 09:05 | 10:35 | 12:45 | 13:15 | 14:00 | 16:40 | 17:25 | 18:35 | 19:20 | 20:05 | - | 09:05 | 12:15 | 14:20 | 19:20 | - | 08:58 | 14:15 | 19:20 |
| Gumirães-Centro 1 | | - | 07:35 | 08:20 | 09:05 | 10:35 | 12:45 | 13:15 | 14:00 | 16:40 | 17:25 | 18:35 | 19:20 | 20:05 | - | 09:05 | 12:15 | 14:20 | 19:20 | - | 08:58 | 14:15 | 19:20 |
| Rua Escola Nova 2 | ZONA 3 | - | 07:36 | 08:21 | 09:06 | 10:36 | 12:46 | 13:16 | 14:01 | 16:41 | 17:26 | 18:36 | 19:21 | 20:06 | - | 09:06 | 12:16 | 14:21 | 19:21 | - | 08:59 | 14:16 | 19:21 |
| Gumirães-Ant A Ferreira | | - | 07:37 | 08:22 | 09:07 | 10:37 | 12:47 | 13:17 | 14:02 | 16:42 | 17:27 | 18:37 | 19:22 | 20:07 | - | 09:07 | 12:17 | 14:22 | 19:22 | - | 09:00 | 14:17 | 19:22 |
| Bairro Quinta Lameiras 1 | | - | 07:37 | 08:22 | 09:07 | 10:37 | 12:47 | 13:17 | 14:02 | 16:42 | 17:27 | 18:37 | 19:22 | 20:07 | - | 09:07 | 12:17 | 14:22 | 19:22 | - | 09:00 | 14:17 | 19:22 |
| Rio Loba-R José Saramago | | - | 07:37 | 08:22 | 09:07 | 10:37 | 12:47 | 13:17 | 14:02 | 16:42 | 17:27 | 18:37 | 19:22 | 20:07 | - | 09:07 | 12:17 | 14:22 | 19:22 | - | 09:00 | 14:17 | 19:22 |
| Rio Loba-Fernando Pessoa | | - | 07:38 | 08:23 | 09:08 | 10:38 | 12:48 | 13:18 | 14:03 | 16:43 | 17:28 | 18:38 | 19:23 | 20:08 | - | 09:08 | 12:18 | 14:23 | 19:23 | - | 09:01 | 14:18 | 19:23 |
| Rio Loba-Estr Ramalhosa | | - | 07:39 | 08:24 | 09:09 | 10:39 | 12:49 | 13:19 | 14:04 | 16:44 | 17:29 | 18:39 | 19:24 | 20:09 | - | 09:09 | 12:19 | 14:24 | 19:24 | - | 09:01 | 14:19 | 19:24 |
| Rio Loba-Rua Principal 1 | | - | 07:40 | 08:25 | 09:10 | 10:40 | 12:50 | 13:20 | 14:05 | 16:45 | 17:30 | 18:40 | 19:25 | 20:10 | - | 09:10 | 12:20 | 14:25 | 19:25 | - | 09:02 | 14:20 | 19:25 |
| Rio Loba-Dr Ant Soveral | ZONA 1 | - | 07:41 | 08:26 | 09:11 | 10:41 | 12:51 | 13:21 | 14:06 | 16:46 | 17:31 | 18:41 | 19:26 | 20:11 | - | 09:11 | 12:21 | 14:26 | 19:26 | - | 09:03 | 14:21 | 19:26 |
| Rio Loba-Rua Escola | | - | 07:42 | 08:27 | 09:12 | 10:42 | 12:52 | 13:22 | 14:07 | 16:47 | 17:32 | 18:42 | 19:27 | 20:12 | - | 09:11 | 12:22 | 14:26 | 19:26 | - | 09:04 | 14:21 | 19:26 |
| Rio Loba-R Mário Ponces | | - | 07:43 | 08:28 | 09:13 | 10:43 | 12:53 | 13:23 | 14:08 | 16:48 | 17:33 | 18:43 | 19:28 | 20:13 | - | 09:12 | 12:23 | 14:27 | 19:27 | - | 09:05 | 14:22 | 19:27 |
| Rio Loba-Rua Francial | | - | 07:44 | - | 09:14 | 10:44 | 12:54 | 13:24 | 14:09 | - | 17:34 | 18:44 | 19:29 | 20:14 | - | 09:13 | 12:24 | - | 19:28 | - | 09:06 | 14:23 | 19:28 |
| Póvoa Sob-N S Fátima 1 | | - | 07:45 | - | 09:15 | 10:45 | 12:55 | 13:25 | 14:10 | - | 17:35 | 18:45 | 19:30 | 20:15 | - | 09:14 | 12:25 | - | 19:29 | - | 09:07 | 14:24 | 19:29 |
| Póvoa Sob-N S Fátima 2 | | - | 07:45 | - | 09:15 | 10:45 | 12:55 | 13:25 | 14:10 | - | 17:35 | 18:45 | 19:30 | 20:15 | - | 09:15 | 12:26 | - | 19:30 | - | 09:07 | 14:25 | 19:30 |
| Póvoa Sob-Pogo Lobo | | 06:55 | 07:46 | - | 09:16 | 10:46 | 12:56 | 13:26 | 14:11 | - | 17:36 | 18:46 | 19:31 | 20:16 | 07:30 | 09:16 | 12:27 | - | 19:31 | 08:15 | 09:08 | 14:26 | 19:31 |
| Póvoa Sob-N S Fátima 3 | | 06:56 | 07:47 | - | 09:17 | 10:47 | 12:57 | 13:27 | 14:12 | - | 17:37 | 18:47 | 19:32 | - | 07:30 | 09:17 | 12:27 | - | - | 08:16 | 09:09 | 14:27 | - |
| Póvoa Sobrinhos-R Corgo | | 06:57 | 07:48 | - | 09:18 | 10:48 | 12:58 | 13:28 | 14:13 | - | 17:38 | 18:48 | 19:33 | - | 07:31 | 09:18 | 12:28 | - | - | 08:17 | 09:10 | 14:28 | - |
| Rio Loba-R Entrevinhas 2 | | 06:58 | 07:49 | 08:29 | 09:19 | 10:49 | 12:59 | 13:29 | 14:14 | 16:49 | 17:39 | 18:49 | 19:34 | - | 07:31 | 09:19 | 12:29 | 14:29 | - | 08:18 | 09:10 | 14:29 | - |
| Rio Loba-R Entrevinhas 1 | | 06:59 | 07:50 | 08:30 | 09:20 | 10:50 | 13:00 | 13:30 | 14:15 | 16:50 | 17:40 | 18:50 | 19:35 | - | 07:31 | 09:20 | 12:30 | 14:30 | - | 08:19 | 09:11 | 14:30 | - |
| Rio Loba-Rua Samarróa | | 07:00 | 07:51 | 08:31 | 09:21 | 10:51 | 13:01 | 13:31 | 14:16 | 16:51 | 17:41 | 18:51 | 19:36 | - | 07:32 | 09:21 | 12:31 | 14:31 | - | 08:20 | 09:12 | 14:31 | - |
| Rio Loba-Estr Ramalhosa | | 07:01 | 07:53 | 08:33 | 09:23 | 10:53 | 13:03 | 13:33 | 14:18 | 16:53 | 17:43 | 18:53 | 19:38 | - | 07:32 | 09:23 | 12:33 | 14:33 | - | 08:21 | 09:13 | 14:33 | - |
| Rio Loba-Rua Principal 1 | | 07:01 | - | - | - | - | - | - | - | - | - | - | - | - | 07:32 | - | - | - | - | 08:21 | - | - | - |
| Rio Loba-Dr Ant Soveral | | 07:01 | - | - | - | - | - | - | - | - | - | - | - | - | 07:32 | - | - | - | - | 08:21 | - | - | - |
| Rio Loba-Rua Escola | | 07:02 | - | - | - | - | - | - | - | - | - | - | - | - | 07:33 | - | - | - | - | 08:22 | - | - | - |
| Rio Loba-R Mário Ponces | | 07:02 | - | - | - | - | - | - | - | - | - | - | - | - | 07:33 | - | - | - | - | 08:22 | - | - | - |
| Rio Loba-R Entrevinhas 2 | | 07:03 | - | - | - | - | - | - | - | - | - | - | - | - | 07:34 | - | - | - | - | 08:23 | - | - | - |
| Rio Loba-R Entrevinhas 1 | | 07:03 | - | - | - | - | - | - | - | - | - | - | - | - | 07:34 | - | - | - | - | 08:23 | - | - | - |
| Rio Loba-Rua Samarróa | | 07:03 | - | - | - | - | - | - | - | - | - | - | - | - | 07:34 | - | - | - | - | 08:23 | - | - | - |
| Rio Loba-Estr Ramalhosa | | 07:04 | - | - | - | - | - | - | - | - | - | - | - | - | 07:35 | - | - | - | - | 08:24 | - | - | - |
| Rio Loba-Rua Principal 2 | | 07:04 | 07:54 | 08:34 | 09:24 | 10:54 | 13:04 | 13:34 | 14:19 | 16:54 | 17:44 | 18:54 | 19:39 | - | 07:35 | 09:24 | 12:34 | 14:34 | - | 08:24 | 09:14 | 14:34 | - |
| Gumirães-Rua Cedro | | 07:05 | 07:55 | 08:35 | 09:25 | 10:55 | 13:05 | 13:35 | 14:20 | 16:55 | 17:45 | 18:55 | 19:40 | - | 07:36 | 09:25 | 12:35 | 14:35 | - | 08:25 | 09:15 | 14:35 | - |
| Gumirães-Rua Escola Nova | | 07:06 | 07:56 | 08:36 | 09:26 | 10:56 | 13:06 | 13:36 | 14:21 | 16:56 | 17:46 | 18:56 | 19:41 | - | 07:36 | 09:26 | 12:36 | 14:36 | - | 08:26 | 09:16 | 14:36 | - |
| Gumirães-Centro 2 | ZONA 2 | 07:07 | 07:57 | 08:37 | 09:27 | 10:57 | 13:07 | 13:37 | 14:22 | 16:57 | 17:47 | 18:57 | 19:42 | - | 07:37 | 09:27 | 12:37 | 14:37 | - | 08:27 | 09:17 | 14:37 | - |
| Prof Reinaldo Cardoso 2 | | 07:09 | 07:59 | 08:39 | 09:29 | 10:59 | 13:09 | 13:39 | 14:24 | 16:59 | 17:49 | 18:59 | 19:44 | - | 07:39 | 09:29 | 12:39 | 14:39 | - | 08:29 | 09:19 | 14:39 | - |
| Estação Agrária 2 | ZONA 3 | 07:10 | 08:00 | 08:40 | 09:30 | 11:00 | 13:10 | 13:40 | 14:25 | 17:00 | 17:50 | 19:00 | 19:45 | - | 07:40 | 09:30 | 12:41 | 14:40 | - | 08:30 | 09:20 | 14:40 | - |
| Capitão Silva Pereira | | 07:11 | 08:01 | 08:41 | 09:31 | 11:01 | 13:11 | 13:41 | 14:26 | 17:01 | 17:51 | 19:01 | 19:46 | - | 07:41 | 09:31 | 12:42 | 14:41 | - | 08:31 | 09:21 | 14:41 | - |
| Cap S Pereira-S Cristina | | 07:12 | 08:02 | 08:42 | 09:32 | 11:02 | 13:12 | 13:42 | 14:27 | 17:02 | 17:52 | 19:02 | 19:47 | - | 07:42 | 09:32 | 12:43 | 14:42 | - | 08:32 | 09:22 | 14:42 | - |
| General Humberto Delgado | | 07:14 | 08:04 | 08:44 | 09:34 | 11:04 | 13:14 | 13:44 | 14:29 | 17:04 | 17:54 | 19:04 | 19:49 | - | 07:44 | 09:34 | 12:44 | 14:44 | - | 08:34 | 09:24 | 14:44 | - |
| Rossio 2 | | 07:15 | 08:05 | 08:45 | 09:35 | 11:05 | 13:15 | 13:45 | 14:30 | 17:05 | 17:55 | 19:05 | 19:50 | - | 07:45 | 09:35 | 12:46 | 14:45 | - | 08:35 | 09:25 | 14:45 | - |
| Segurança Social 2 | | 07:17 | 08:07 | 08:47 | 09:37 | 11:07 | 13:17 | 13:47 | 14:32 | 17:07 | 17:57 | 19:07 | 19:52 | - | 07:47 | 09:37 | 12:48 | 14:47 | - | 08:37 | 09:27 | 14:47 | - |
| COMV | | 07:20 | 08:10 | 08:50 | 09:40 | 11:10 | 13:20 | 13:50 | 14:35 | 17:10 | 18:00 | 19:10 | 19:55 | - | 07:50 | 09:40 | 12:50 | 14:50 | - | 08:40 | 09:30 | 14:50 | - |

Dia Útil

Sábados

Domingos, Feriados, Terça-Feira de Carnaval e Segunda depois da Páscoa