



**Maia International Acro Cup** brings to Maia more than 700 gymnasts from 17 countries. The International Competition shows all visitors movements in which the athletes' flexibility, balance and coordination are essential. You have 5 days to watch the Municipal Gymnastics Championship show.



**Portugal Hip Hop Dance Championship** is considered the biggest national artistic and competitive event in urban dance. The Championship includes group and individual competitions, master classes, showcases, live performances, hosting, products fair, among others. The event brings together around 150 groups and 1500 dancers from all over the country.

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## SPORTS

visit  
Maia

## DISCOVER A SPORTS TERRITORY

The territory of Maia is also known for sports. There are many clubs specialised in different modalities that offer the people from Maia the opportunity to be physically fit, whatever their age. Mountain biking, athletics, horse riding, tennis, karate and acrobatic gymnastics, are just some of the sports you can play in Maia. There are also several swimming pools spread across the municipality offering a variety of water sports.



**Maia Open** is a tennis tournament that has been part of the ATP Challenger Tour series since 2019. The tournament is held on the clay courts of Complexo de Ténis da Maia.

**Maia Jovem** used to be one of the 13 most important international cups in Europe for young tennis players and has now become one of the five chosen for the new category. Maia Jovem is part of a group of 5 tournaments that were chosen by the European Association.

**Power Expo** is the biggest multi-power sports event in Portugal, with shows, exhibitions and sport competitions at the highest level.



**Cross Fit** has been gaining prominence year after year. After all the work and joint investment by the organization and the municipality, it is presently the most famous, newsworthy and biggest competition in Portugal in this speciality.

Google Maps Friendly





1

**Complexo de Ténis da Maia** [Maia Tennis Complex] is equipped with 10 tennis courts, 5 of them covered and 6 with seats for the public. It is here that the classes of the Escola de Ténis da Maia [Maia Tennis School] take place, with more than 600 students, including initiation, improvement, advanced and competition.



2

**Complexo Municipal de Ginástica da Maia** [Maia Municipal Gymnastics Complex] was created to meet all gymnastics needs. But gymnastics is not the only sport played at this complex, since pilates, fitness, bodybuilding, climbing and even contemporary dance also found a home here.



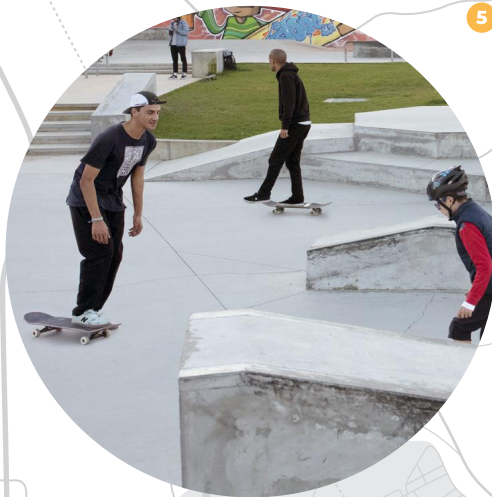
3

**Clube de Escalada da Maia** [Maia Climbing Club] is used by many young people. Located at the Complexo de Ténis da Maia, the Club offers one indoor training room for bloc climbing. The team created by the Club regularly participates in championships, where they have achieved excellent performances at various levels.



4

**Centro de Alto Rendimento da Maia** [Maia High Performance Center] is an important infrastructure in a municipality that intends to promote sports. Athletics, gymnastics and tennis are the core sports. The partnership with ISMAI allows the high performance sports to be medically monitored.



5

The **Skate Park** is a place where urban movements can express themselves within the territory of Maia. Right at the centre of the city, skateboarding enthusiasts can find a complete infrastructure where the exchange of knowledge and manoeuvres takes place every day. A unifying centre that has hosted national championships.



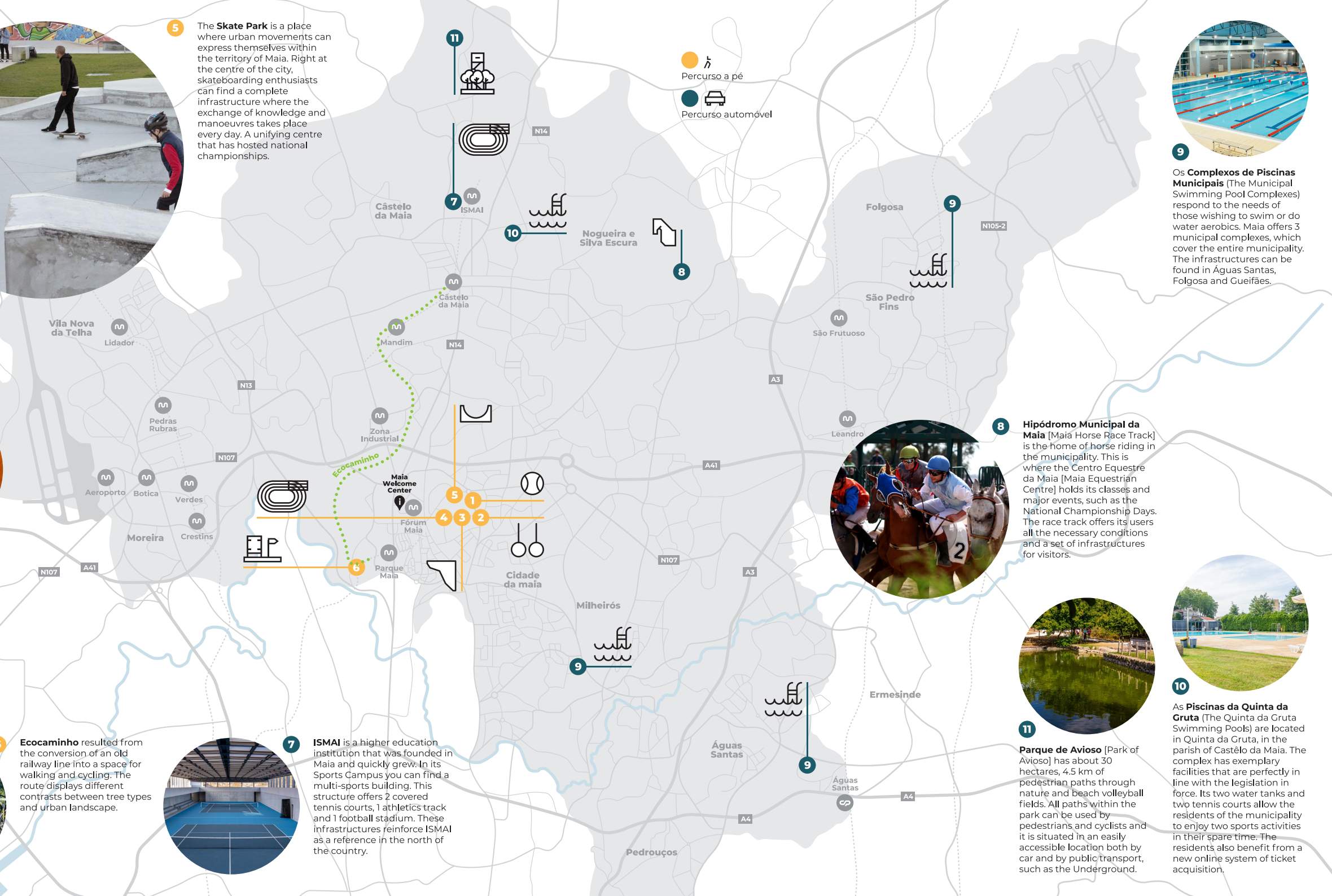
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**Ecocaminho** resulted from the conversion of an old railway line into a space for walking and cycling. The route displays different contrasts between tree types and urban landscape.



7

**ISMAI** is a higher education institution that was founded in Maia and quickly grew. In its Sports Campus you can find a multi-sports building. This structure offers 2 covered tennis courts, 1 athletics track and 1 football stadium. These infrastructures reinforce ISMAI as a reference in the north of the country.



9

Os **Complexos de Piscinas Municipais** (The Municipal Swimming Pool Complexes) respond to the needs of those wishing to swim or do water aerobics. Maia offers 3 municipal complexes, which cover the entire municipality. The infrastructures can be found in Águas Santas, Folgosa and Gueifães.



8

**Hipódromo Municipal da Maia** [Maia Horse Race Track] is the home of horse riding in the municipality. This is where the Centro Equestre da Maia [Maia Equestrian Centre] holds its classes and major events, such as the National Championship Days. The race track offers its users all the necessary conditions and a set of infrastructures for visitors.



11

**Parque de Avioso** [Park of Avioso] has about 30 hectares, 4.5 km of pedestrian paths through nature and beach volleyball fields. All paths within the park can be used by pedestrians and cyclists and it is situated in an easily accessible location both by car and by public transport, such as the Underground.



10

As **Piscinas da Quinta da Gruta** (The Quinta da Gruta Swimming Pools) are located in Quinta da Gruta, in the parish of Castelo da Maia. The complex has exemplary facilities that are perfectly in line with the legislation in force. Its two water tanks and two tennis courts allow the residents of the municipality to enjoy two sports activities in their spare time. The residents also benefit from a new online system of ticket acquisition.