

**TRANSBOUNDARY
BIOSPHERE
RESERVE
GERÊS-XURÉS**

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TURISMO DO PORTO E NORTE DE PORTUGAL

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TOURIST GUIDE

**TRANSBOUNDARY
BIOSPHERE
RESERVE
GERÊS-XURÉS**



edition

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The Gerês_Xurés Transboundary Biosphere Reserve, declared by UNESCO on May 27, 2009, unifies as a key driver, the Peneda Gerês National Park and the Baixa Límia Natural Park - Serra do Xurés, as a guarantee of healthy cross-border collaboration and affirmation of Euro- Northern Region of Portugal Galicia.

A distinct Territory, full of bridges of convergence that invite us to dive into the ancient human occupation, from prehistoric times, as the megalithic, Celtic, Roman remains and, of course, of the entire medieval collection that constitutes the historic soul of this region.

The Biosphere Reserve is a decisive resource for the affirmation of the **NATURE TOURISM** product, which contains an unparalleled diversity, in a happy synthesis of man's complete harmony with nature. It allows prioritizing and georeferencing species and priority habitats for nature conservation, offering thematic routes, in a clear invitation to walk through nature, to enjoy beautiful landscapes, so that they encourage and invite the tourist to establish a relationship of full enjoyment.

The European Charter for Sustainable Tourism and the Gateway to the PNPG are presented as paradigmatic and consolidated dynamics of the Municipalities and the partners involved, highlighting environmental preservation as a strategic factor for the promotion of a quality image of the region - inspiring scenarios of reminiscences of collective memory.

The altitude of some mountains and the fitting of the river valleys, as well as the different exposure of the slopes, produces a wide range of microclimates. The PNPG thus asserts itself as a region of contrasts that, due to the geographical situation, varied geo-morphology and climate, offers privileged conditions so that its open plateaus, the ridges of its mountain ranges and the river valleys, are framed in a sublime way, due to its still pure and exuberant nature, with a diversified flora and fauna rich in protected, native and migratory species.

We are facing a territory that asserts itself, in the regional and national panorama, as an example of dynamism resulting from a combination of institutional and cultural efforts, with frankly positive reflexes in the renewal and projection of its brand image,

from the point of view of tourist attractiveness and establishing a stimulating feeling of pride in the population, through an efficient awareness and information, based on the resources and incentives applied to the project.

We are faced with a territory that is affirmed, in the regional and national panorama, as an example of a dynamism resulting from a combination of institutional and cultural efforts, with frankly positive repercussions in the renewal and projection of its brand image, from the point of view of tourist attractiveness and establishing a stimulating feeling of pride in the population, through an efficient awareness and information, based on the resources and incentives applied to the project.

Indeed, the high importance of the natural heritage gives this region a special status. Due to their natural and scenic value, the natural zones become poles of attraction for Tourism and Leisure (correctly arranged), emerging as a strong contribution to the sustainability of the balanced relationship between man and nature. The growing interest in regions where human presence entwines with natural values (fauna, flora and habitats) aims at the need to provide information and structures that allow, not only to enjoy the playful aspect of these regions, but to discover the biodiversity that surrounds us and raise awareness for its preservation.

The present project allows to praise the richness of this fantastic territory, to discover and disseminate the biodiversity of the Biosphere Reserve, showing appealing centers of natural, cultural and tourist animation, as fundamental axes of dynamization of the region, according to the strategy of Turismo do Porto and Norte and the 2020-2023 Tourism Sustainability Plan.

Inspiring scenarios that create a fascination for tourists with renewed scented and savored experiences, arousing an ever-renewed desire to return ...

An invitation to experiment with new sensations. New knowledge and flavors. Of new aromas.

Surround yourself with the magic of these places and let yourself be embraced by the warmth of it's people.

The journey starts here. The emotion too!!

Luis Pedro Martins

President of TPNP

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ATLANTIC OCEAN



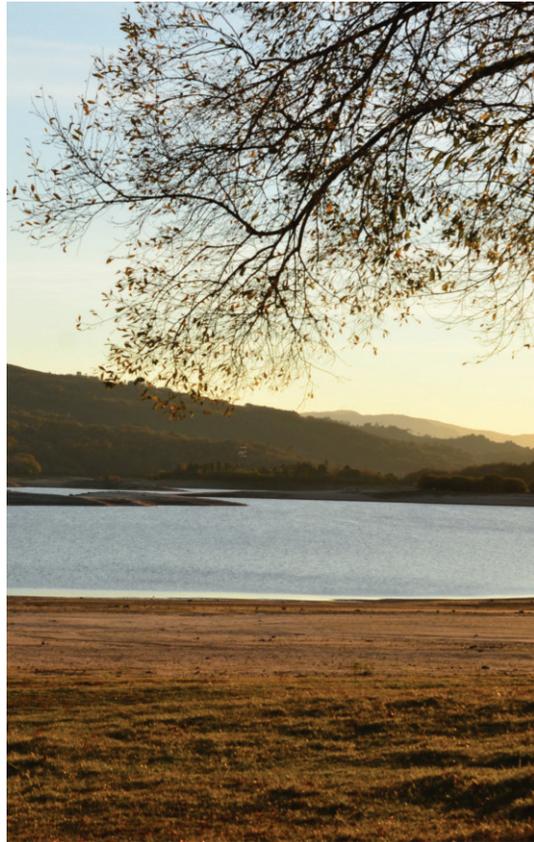
PENEDA-GERÊS NATIONAL PARK

GEOGRAPHIC CHARACTERIZATION

The Peneda-Gerês National Park, classified by UNESCO as a World Biosphere Reserve, is the only protected area at a national level that reached National Park's status, having been created in 1971. With about 70,000ha and a length of 700km, inserted in the Northwest of the Iberian Peninsula, bordering Galicia, the National Park of Peneda-Gerês integrates the territorial space of 22 parishes of five distinct municipalities in the Northern Region of Continental Portugal - Melgaço, Arcos de Valdevez, Ponte da Barca, Terras de Bouro and Montalegre.

This Protected Area, in the northeast of Minho, develops from Serra da Peneda to Serra do Gerês, extends from the Castro Laboreiro Plateau, in the North, to the Mourela Plateau, in the East, constituting an amphitheater of high geological interest, which besides integrating the Peneda and Gerês Mountains also includes the Serra do Soajo and Serra Amarela, with quotas above 700 meters, reaching up to 1,545 meters at the highest points.

The territory is mainly characterized as an area with extremely stressed reliefs, with deep slopes, traversed by many watercourses with incalculable beauty, having an intricate rock formation, based on an extensive granite cover, with a relevant presence of shales and deposits of glacial origin, with moraines and erratic blocks.





SOCIOECONOMIC CHARACTERIZATION

The evolution of the population resident in the Peneda-Gerês National Park and its surrounding area (territory referring to the set of five municipalities that make up the Protected Area) confirms a tendency of contraction (55,819 inhabitants in 2018), which should deepen in the coming years because of the high aging rates of the resident population.

The economic activity of the territory, despite being anchored almost only in micro and small enterprises, have seen positive dynamics in some activity indicators, namely in terms of the number of companies (7,530, in 2017), and of employees (13,652, in 2017), turnover (628.4 million euros, in 2017) and gross added value (224.9 million euros, in 2017).

The characteristic activities of tourism, in particular those related to the subsectors of accommodation and restaurants (CAE I), in 2017, concentrated 9.4% of the companies, 10.4% of the employed persons, 5.9% of the volume, and 7.0% of the gross added value generated by the companies in the territory concerned. Still, this territory's touristic relevance - Peneda-Gerês National Park - is a present and future opportunity to attract new residents to the territory, generate more jobs, and boost the respective local economic bases.

FAUNA AND FLORA

With about 1,100 flora species, the Peneda-Gerês National Park's vegetation cover is mainly characterized by oak trees, shrub formations, "lamelas", and riparian vegetation. This unique territory's surrounding environment allows for an unusual variety of vegetation cover because of the relief, the different variations in altitude, and the diverse Atlantic, Mediterranean, and continental influences. The territory has a unique botanical diversity, with different endemic species with chief value for nature conservation.

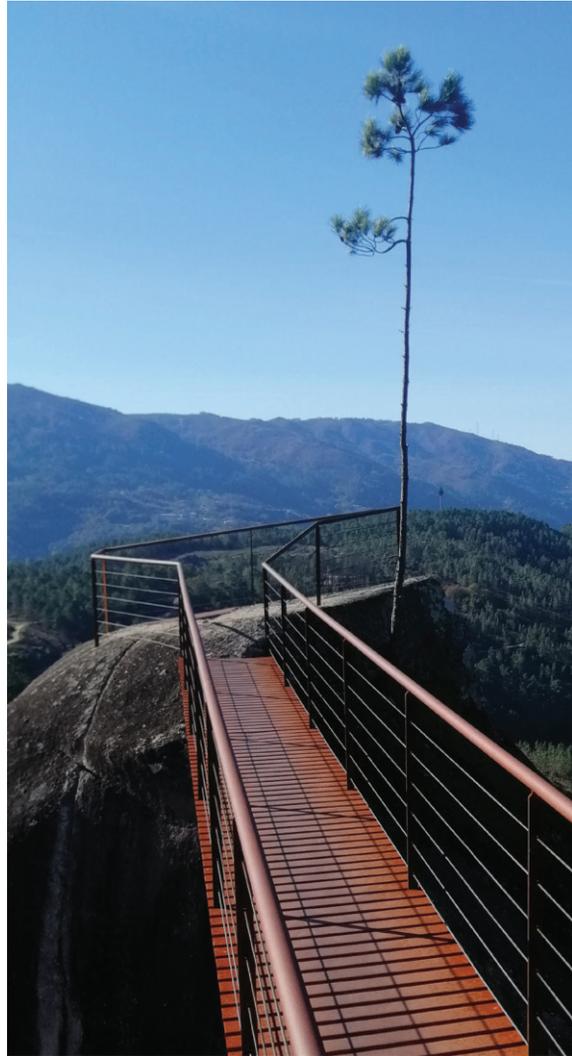
In regions characterized by a lower altitude, it is possible to find alvarinho oak, cork oak, gilbardeira, sycamore, Portugal laurel, and strawberry tree. At higher altitudes, the Pyrenean oak is predominant, with blueberries, holly, birch, yew, and pine. There are several reference species in terms of shrub formations, such as juniper, gorse, and sundew. Considering the existing differences in soil moisture, the "lameiros", recognized for their high medicinal value, have different species in the territory, with emphasis on sweet-amber, bastard balm, and blueberry.

Associated with the immense vegetal diversity, and because of the surrounding territory morphology, the Peneda-Gerês National Park has a considerable diversity of animal species, with 246 listed vertebrate species, many of them on the brink of extinction and detaining a higher level of importance. The Peneda-Gerês National Park fauna has many large emblematic mammals, like the Iberian wolf, the roe deer, and the wild goat, having many lesser stature species that have relevant importance for species conservation.



Several species associated with watercourses inhabit the extensive hydrographic network of the Peneda-Gerês National Park, with 11 species of fish identified, such as bermejuela, eel, and river trout. The birdlife in the territory is vibrant, constantly changing, depending on the park's different biotypes and the different seasons of the year, with rare species such as the golden eagle, the eagle owl, and the hen harrier, the red-billed chough, and the common snipe.

Several species also represent invertebrates with extremely relevant conservation, such as butterflies, the beetle (stag-beetle), and the gastropod (slug).



NATURAL SITES AND MONUMENTS

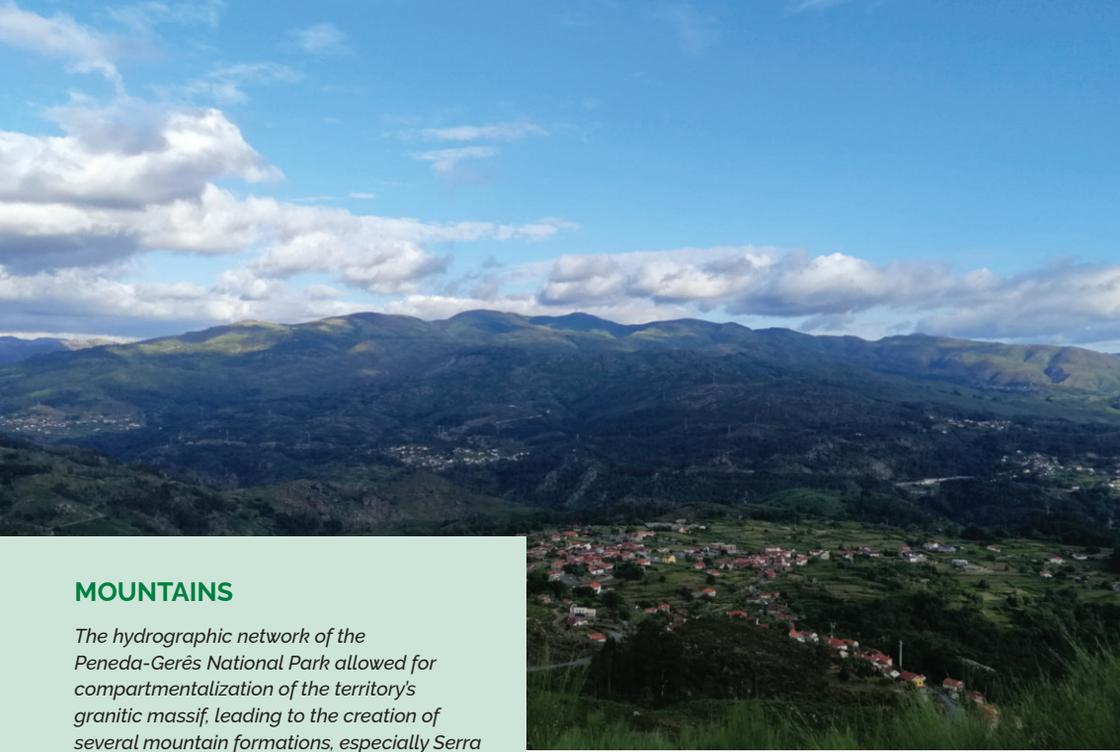
The Peneda-Gerês National Park has a unique natural heritage shaped by the predominantly granite structure of the territory. Several privileged locations from the geological and natural points of view can be discovered.

Among the various natural sites and monuments of the Peneda-Gerês National Park, the forests of Ramiscal, Albergaria and Cabril stand out, which integrate multiple points of interest integrated into an inspiring natural environment, with particular relevance to the waterfalls - Arado Waterfalls and Fecha de Barjas - where idyllic sceneries with unique characteristics emerge, surrounded by their magic.

One factor influencing this picturesque scenario is the hydrography existing in the territory, with the various watercourses that wind across this Protected Area. The Lima, Cávado, Homem, and Minho rivers and their tributaries played a reference role in the existing territorial outline, defining, transforming, and shaping the multiple natural spaces that define the Peneda-Gerês National Park itself.

The natural scope is so extensive and rich that it is difficult to perceive all this wealth in a single take. There are points of interest scattered around the Peneda-Gerês National Park that have become true windows to observe the grandeur of the territory, with emphasis on the Pedra Bela viewpoint, where you can see the rivers that make the park their home, the iconic Caniçada reservoir, the unique Portela do Homem and the different mountains that make up the territory's rock mass.





MOUNTAINS

The hydrographic network of the Peneda-Gerês National Park allowed for compartmentalization of the territory's granitic massif, leading to the creation of several mountain formations, especially Serra do Soajo, Serra Amarela, Serra do Gerês, and Serra da Peneda. These mountainous massifs have unique characteristics, allowing significant differences in their morphology, thus becoming yet another natural element of incredible environmental and landscape relevance.

SERRA DO SOAJO

The Serra do Soajo, with 1,416 meters of altitude, extends through Arcos de Valdevez, Melgaço, and Monção, being the sixth highest mountain

in mainland Portugal, an integral part of the Old Minho Massif. Having a general orientation from North to South, its highest point, called 'Pico da Pedrada', is recognized as being the highest place in the Viana do Castelo.

Covered by several rustic locations, its name is associated with a small village on its hillside, about 300 meters above sea level, called Soajo, and it is also an area characterized by fauna and flora endowed with unique values, with some of them associated only to the limits of the mountains, such as Cachena.

SERRA DA PENEDA

Serra da Peneda, near Serra do Soajo, has a maximum altitude of 1,374 meters, a vast mountain system dominated by a granitic landscape, with a vegetation cover mainly composed of holly, oak, and pine.

Recognized as the most remote area of the Peneda-Gerês National Park, it offers unique natural conditions for the practice of birdwatching, given the diversity of bird species that make up this habitat.

SERRA AMARELA

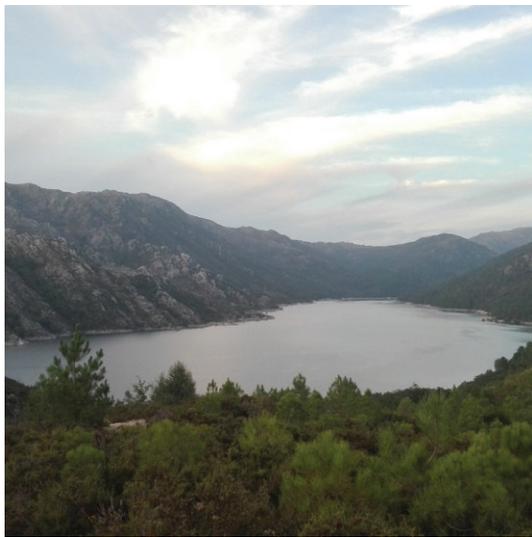
Between the Serra do Gerês and the Serra do Soajo, the Serra Amarela, named after the fact that it has mostly low vegetation, is the ninth highest elevation in mainland Portugal, with about 1,360 meters of altitude, is surrounded, North, by the Lima River and, to the South, by the Homem River. Crossing Terras de Bouro and Ponte da Barca's municipalities, it is recognized as a rugged mountain with a rugged landscape, from which images of enormous landscape value can be taken.

This granite landscape is complemented by places of extreme heritage value that spread across the slopes and foothills of the Serra Amarela, such as the Ermida village, a typical mountain village with ancestral traditions and customs, or the old community village of Vilarinho das Furnas, now submerged, at the foot of the mountain, a landmark of passing time and the implications of socio-economic development.

SERRA DO GERÊS

The Serra do Gerês has an extension of about 35 km between the Homem river and Cávado river. It comprises a granitic massif, reaching 1,545 meters at its highest point, Alto da Nevosa. It has distinct geomorphological characteristics, integrating a vibrant fauna and flora. The vegetation changes according to the altitude, allowing the variety of vegetation cover present in the territory to be extremely relevant.

Up to 1,200 meters of altitude, chestnut, holly, and strawberry trees are present on a large scale, replaced above 1,200 meters up to 1,400 meters by a vegetation cover characterized by yew and birch and Nordic pines. At the same time, at the highest points, there are concentrations of small shrubs and juniper.



PLACES AND SITES OF INTEREST

The Peneda-Gerês National Park, because of its geomorphological characteristics and the presence and action of man in the territory since the most remote periods, presents several spaces and sites of relevant historical and cultural interest that testify the territory's own identity.

From 'forgotten' villages, places 'stuck in time' to breathtaking landscapes, the monumental, artistic, and ethnographic cultural heritage of the Peneda-Gerês National Park is so varied that walking through it ends up being a visit to an

amphitheater-museum of immense natural history, where multiple historical-cultural elements suddenly appear. The Peneda-Gerês National Park comprises more than half a thousand interesting sites for its archaeological and architectural heritage. Integrated into one of the most enchanting landscapes in Portugal, this natural treasure is filled with stunning locations and ready to involve all those who visit them in a mantle of history and natural beauty.



CASTRO LABOREIRO

The village of Castro Laboreiro, in the municipality of Melgaço, at the top of Serra da Peneda, has elements of great cultural richness, which make the location one of the richest points in the territory of the Peneda-Gerês National Park, with a historical, architectural and archaeological legacy of great importance. The architecture of the territory is characterized by a peculiar type of construction, based on Castro culture, with the ex-libris of the locality being the Castro Laboreiro Castle, classified as a National Monument, because of its history and unique characteristics, with its Mother Church, recognized as a Property of Public Interest, dating from the 12th century, contributing to the cultural relevance of the territory.

The cultural dimension of the locality is visible in the existing prehistoric heritage, and at over 1,100

meters above sea level, in the Castro Laboreiro Plateau, is the largest megalithic necropolis in mainland Portugal, with several paintings and rock engravings, millenary dolmens, and megalithic monuments, which prove the presence of men from distant periods. There is also a distinct medieval architectural legacy, with bridges, community ovens, and mills, which combine the agro-pastoral activity and the way of life of the local community in this historical period.

The Castro Laboreiro village remains untouched by time, having characteristics that make it a national attraction. The village's morphology is unique in such a way that it allows it to be divided into three distinct zones, which attest to man's ability to adapt to Nature. The locality has a permanent housing cluster of Castro origin,



serving as housing units adapted to the seasons. The "inverneiras", built to avoid the cold wind from the North of Serra da Peneda, served as a housing nucleus in the winter months, while the "brandas" would be used mainly in the warmer months.

VILA DO GERÊS

In the southwest part of the Peneda-Gerês National Park, in the municipality of Terras de Bouro, it is one of the locations with the highest rate of tourist development and one of the most emblematic of the entire Protected Area, Vila do Gerês. Besides integrating a relevant hotel offer, this location has a spa of Roman origin, with particular national notoriety, which is associated

with the privileged natural context in which it is inserted, determines its enormous tourist attractiveness.

Vila do Gerês is oriented towards tourist activities that characterize the very attractiveness of the Peneda-Gerês National Park, structuring its offer to respond to the growing tourist demand of the territory, assuming itself as the 'development engine' of the base local economic situation. The existing natural offer is remarkable, with landscaping elements inserted in the area surrounding the town. The variety of its flora, integrated into a vast network of walking routes, is a distinctive ingredient of this location.



LAMAS DE MOURO

In the heart of the Peneda-Gerês National Park, Lamas de Mouro (municipality of Melgaço) is characterized by a Castro culture that is rooted in the surrounding territory, having been one standard for the defense of the territory during the reconquest against the Moors, working in sync with the Castro Laboreiro Castle. It has very relevant patrimonial elements, many of them centuries old, with emphasis on the Lamas de Mouro Church, with Romanesque origin, which had an added importance in the territory, because it was the specific place for the baptism between Christians for the surrounding territory.

The town also has a community oven, a landmark of Portuguese culture, once used for bread production by the local community, and the Porto Ribeiro Bridge, which connects the two banks of the Mouro river.



LINDOSO

In Ponte da Barca's municipality, the historical village of Lindoso is recognized for its extensive material heritage, which has transformed this rural nucleus into a unique location within the Peneda-Gerês National Park. The castle, rebuilt in 1278, the former standard of Portuguese defense, is the most important element of the locality, recognized as one of the most important military monuments in Portugal, introducing an innovative style of military construction in the national panorama.

The locality also has a set of granaries widely recognized as the largest in the Iberian Peninsula, with 64 structures, with the valuable built heritage including a pillory, a cruise, a set of community threshing floors, a medieval bridge, and watermills. The Lindoso village also has a remarkable landscape, with its dam on the Lima River standing out.

MEZIO

The place of Mezio, in the municipality of Arcos de Valdevez, marks the beginning of the adventure in the Peneda-Gerês National Park, integrating one door of this Protected Area, called Porta do Mezio. There is a concentration of several points of interest in this place, organized according to a common denominator of protection of the natural space and biodiversity, where leisure, bird watching, and nature appreciation stand out.

The younger ones are not forgotten, through the small-scale reconstruction of the universe of mountain villages and the primary activities characteristic of these spaces, in the model



of Aldeia dos Pequeninos, as a thematic educational, interpretive, leisure, and adventure space.

From climbing and slide to picnics and outdoor dining, Porta do Mezio is structured to allow you to experience the Peneda-Gerês National Park profile in an observation and entertainment space, complemented by a museum center that explores the entire archaeological area of the Mezio.

The prehistoric Megalithic Nucleus is integrated into the set of megalithic monuments called 'Antas da Serra do Soajo', with about a dozen funerary monuments, with emphasis on the so-called 'Dolmen do Mezio', which still has well-preserved remains of the "anta" and "mamoá" next to it

NOSSA SENHORA DA PENEDA

The Nossa Senhora da Peneda Sanctuary, in Arcos de Valdevez, dating from the late 18th century, is a distinct place of worship, positioning itself as one of the most relevant altars of faith in the northern region of Portugal, dedicated to the Virgin Mary, under the invocation of Nossa Senhora da Peneda. It is believed that, in the area where the Sanctuary is located today, there was a chapel built to remember the apparition of Senhora da Peneda.

The architectural structure comprises the main church, with a monumental staircase with about 20 chapels representing the life of Jesus Christ and a 'staircase of virtues' where faith, hope, charity, and glory are represented through statues. The Grande Terreiro and the Terreiro dos



Evangelistas are also relevant landmarks, with the entrance porch with the Blessed Virgin Mary's image.

At 780 meters of altitude, the picturesque scenery, in a deep valley, allows a very exclusive spiritual environment, harmonized with the surroundings in a majestic mountain landscape.

PITÕES DE JÚNIAS

The town of Pitões de Júnias, belonging to the municipality of Montalegre, is one of the most characteristic villages of Gerês transmontano, at 1,103 meters of altitude, inserted in a traditional and picturesque environment, in deep isolation. The village has ancestral traditions, which have perpetuated over time, with a wide range of cultural elements that make it one of the region's main tourist assets, has maintained its medieval structure and its small population over time, preserving a strong identity, closely linked to the past.

The locality has a vast heritage, with several great architectural relevance structures, emphasizing the Santa Maria das Júnias Monastery, inserted in an isolated valley, with an intense, mysterious aura, clearly inserting itself in the environment to meet its ancestor's needs of isolation and silence.

The São João da Fraga Chapel, the Anjo da Guarda Chapel, and the São Rosendo Mother Church complement the religious heritage of the town, which also has a series of landscaping elements endowed with an idyllic beauty, with emphasis on the Pitões das Júnias waterfall.



SOAJO

Inserted in Arcos de Valdevez, the Soajo village remains rooted in the traditions of yore, in one slope of Serra da Peneda. Recognized as one of the most typical locations in the Peneda Gerês National Park, the village contains an extensive set of granaries, with 24 structures built and based on a granite outcrop, still used today by the local community for various purposes.

The village of Soajo has heritage, landscape, and ancestral traditions. The Soajo pillory, possibly built in the 17th century, represents one of the unique structures of this monument, even being difficult to characterize in chronological terms. The existing material heritage is also complemented by the São Martinho de Soajo Mother Church, with several megalithic remains present in the town's vicinity, with Anta Grande do Mezio having a greater prominence because of its extraordinary state of conservation.

The territory offers a significant hydrographic network, the result of wells and natural pools,



emphasizing Poço Negro, which contributes to supporting the offer of a small village rich in culture, tradition and landscape, and material heritage.

VILARINHO DA FURNA

The Vilarinho da Furna village was once a community village, at the base of Serra Amarela, in Terras de Bouro. With the Vilarinho da Furna dam construction, the village ended up being submerged by the waters of the Homem River in 1971, undoing what was a population center with an extremely gifted community culture. It is also possible to observe glimpses of the locality when the dam is emptied or when the water level drops, revealing its entire history, with the old walls and houses of the village emerging from its submerged state.

This former location had a unique organization, where six men were appointed each week to direct the community to optimize agricultural and food production. This organization meant that men were more connected to outside jobs and women worked from home in their domestic duties.

All the surroundings of the village made this location a tourist spot for all those who visit the Peneda-Gerês National Park, who seek to glimpse the old houses, imagining the experiences that once took place there, being a testimony of everything that had to be eclipsed so that progress could take place.





ARCOS DE VA
MELGACCO
MONTA
PONTE DA
TERRAS



ALDEVEZ

ALEGRE

BARCA

DE BOURO

ARCOS DE VALDEVEZ

<https://www.cmav.pt>



THE MUNICIPALITY

On the right bank of the Vez River, in the interior of Alto Minho, the village of Arcos de Valdevez is the seat of a municipality with approximately 447 km², composed of 36 parishes, surrounded by Monção to the North, Melgaço to the Northeast, Ponte da Barca to the South and Ponte da Lima, and Paredes de Coura to the west, with the Galicia Region (Spain) bordering on the east. With a resident population of 20,970 (INE, 2018), the municipality is largely integrated into the Peneda-Gerês National Park's mountainous system,

with scenic elements of incredible beauty, with plateaus, valleys, waterfalls, and closed forests that provide an idyllic environment, with rich fauna and flora.

The local economic base, although with a strong concentration in the primary sector (wine activities), the secondary sector, based on manufacturing industries, concentrates a greater impact on employment and wealth generated at the local level. At the tertiary sector level, trade stands out, although activities related to





the tourism sector have been showing greater relevance in the local economic structure, namely concerning the business's volume.

A territory of deep traditions, rooted in ancestral knowledge carried from generation to generation, with an immense material heritage, resulted from the extensive use of the diverse people who lived there, with connections that extend to the Neolithic period. Elements such as the Soajo granaries, the Megalithic Nucleus of Mezio, the Nossa Senhora da Peneda Sanctuary, or the Casa Solarenga de Requeijo demonstrate the richness and diversity of the cultural heritage of this municipality, full of places to discover and secrets to unveil. The progress and evolution of time was not felt the same way in the localities belonging to the municipality, which still have an extremely communal way of life, with the main forms of subsistence coming from work related to agriculture, pastoralism, and livestock.

The various tourist entrepreneurs are betting on different municipality areas to constitute their business, as can be seen by the remarkable size of local accommodation units and tourism enterprises in the rural area, complemented by a quite complete restaurant offer. The Peneda-Gerês National Park's surroundings and the



natural beauty of the municipality are a strong appeal for all those who want to recharge their energies and get involved in a traditional environment full of small discoveries.

DRIVING DIRECTIONS

Accessibility

Arcos de Valdevez – Francisco Sá Carneiro Airport (Maia/ Porto) – 100 km

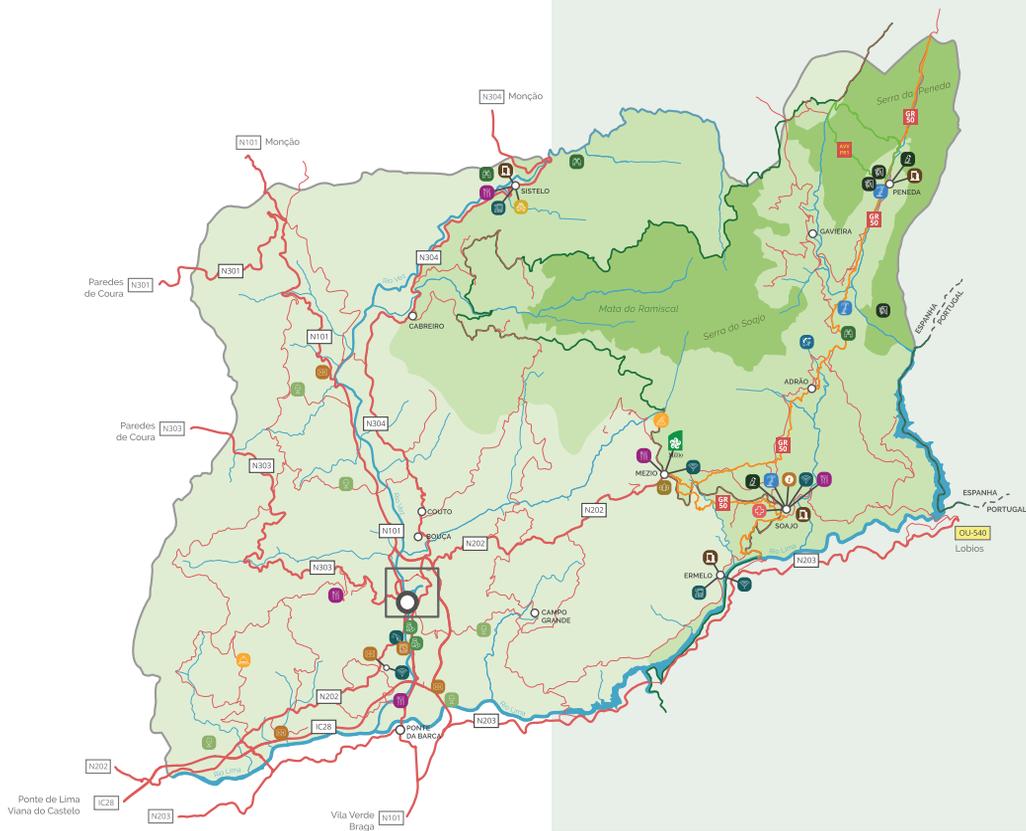
Highways (nearby) – A3, A28, A27

National Roads (nearby) – EN 202, EN 101, EN 203

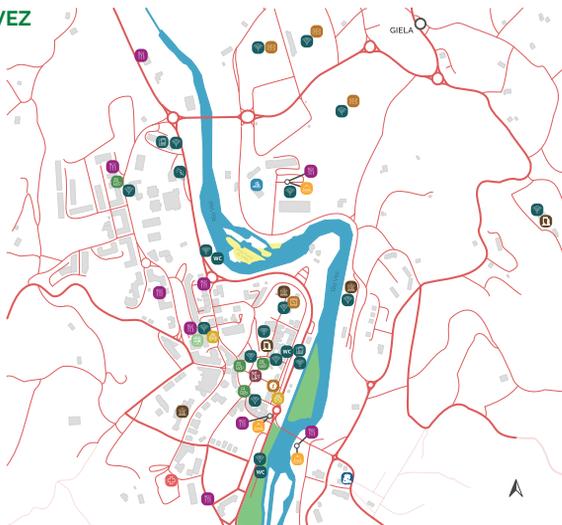
Complementary Itineraries (nearby) – IC 28







ARCOS DE VALDEVEZ HISTORICAL CENTER



- Birdwatching
- Climbing
- Viewpoint
- Waterfall
- Canyoning
- Megalithic Monument
- Museum
- Monument
- Camping Site
- Hotel
- Restaurant
- Tourist Information
- Auditorium /exhibition center
- Stadium
- Swimming pool

- Taxis
- Health Center
- Pharmacy
- Wi-fi
- Bus stop
- Gas station
- Public toilet
- Post office
- Marketplace
- Police
- Porta do Mezio
- Long distance trail Peneda Gerês
- Peneda Trail

- Biosphere Reserve - Center zone
- Biosphere Reserve - Buffer zone
- Biosphere Reserve - transition zone
- Limit of National Park Peneda Gerês
- Border boundary
- Water line
- Reservoir
- Street
- Municipalities Limits
- County Seat
- Parish, Town or Village
- Road number

MELGAÇO

<https://www.cm-melgaco.pt>



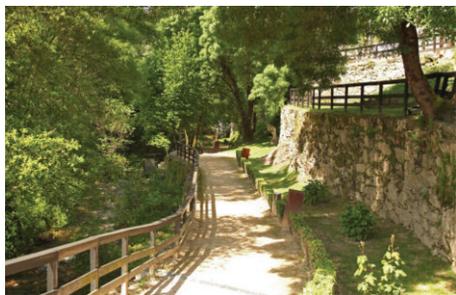
THE MUNICIPALITY

At the northernmost point of mainland Portugal, with 13 parishes located on the River Minho's left bank, the municipality of Melgaço has its characteristics, widely recognized as a place with beauty and heritage that represents a unique culture. A place marked by secular traditions, where a peculiar rural environment exists, inserted in a mountainous context such as the Peneda-Gerês National Park, which adds magic, value, and history to the territory. The municipality, which is limited to the north and east by the Region of Galicia (Spain), to the

southwest by Arcos de Valdevez, and the west by Monção, has 8,144 inhabitants (INE, 2018), being the most northern point of Portugal.

The territory's economy is largely based on the primary sector, with great importance associated with the wine subsector (Demarcated Region of Alvarinho Green Wine). However, there's a certain relevance associated with characteristic activities of tourism, which are responsible for generating more wealth than the primary sector. This circumstance stems from the progressive





commitment to this sector of activity, being the same anchored by the diversity of natural and historical-cultural resources that define the municipality, in addition to other sports, recreational and thermal offers, which transform the municipality into a small hidden treasure in the North of Portugal.

Castro Laboreiro's archaeological heritage is recognized as the greatest testimony to the territorial occupation of Melgaço since prehistoric times, further proving the military and strategic importance of the territory. The existing architectural heritage is also complemented by a diverse religious heritage, including the Melgaço Mother Church, of Romanesque origin.

From gastronomy to wine, to the unique characteristics of its fauna and flora, from generational traditions to material heritage, the municipality of Melgaço has magic and a history of satisfying all its visitors, in a clear manifestation of Raian culture, amplified by local communities, which keep faithful to their identity and preserve the whole territory in their memories and in their sincere and humble way of living. The thermal resort of Melgaço also bears witness to the therapeutic and medicinal quality of its waters, providing yet another relevant instrument of



dynamism and tourist attractiveness in the municipality.

A place worthy of discovery, transported until today in the memory of its inhabitants, graced by a unique landscape, which promises to surprise all those who visit it.

DRIVING DIRECTIONS

Accessibility

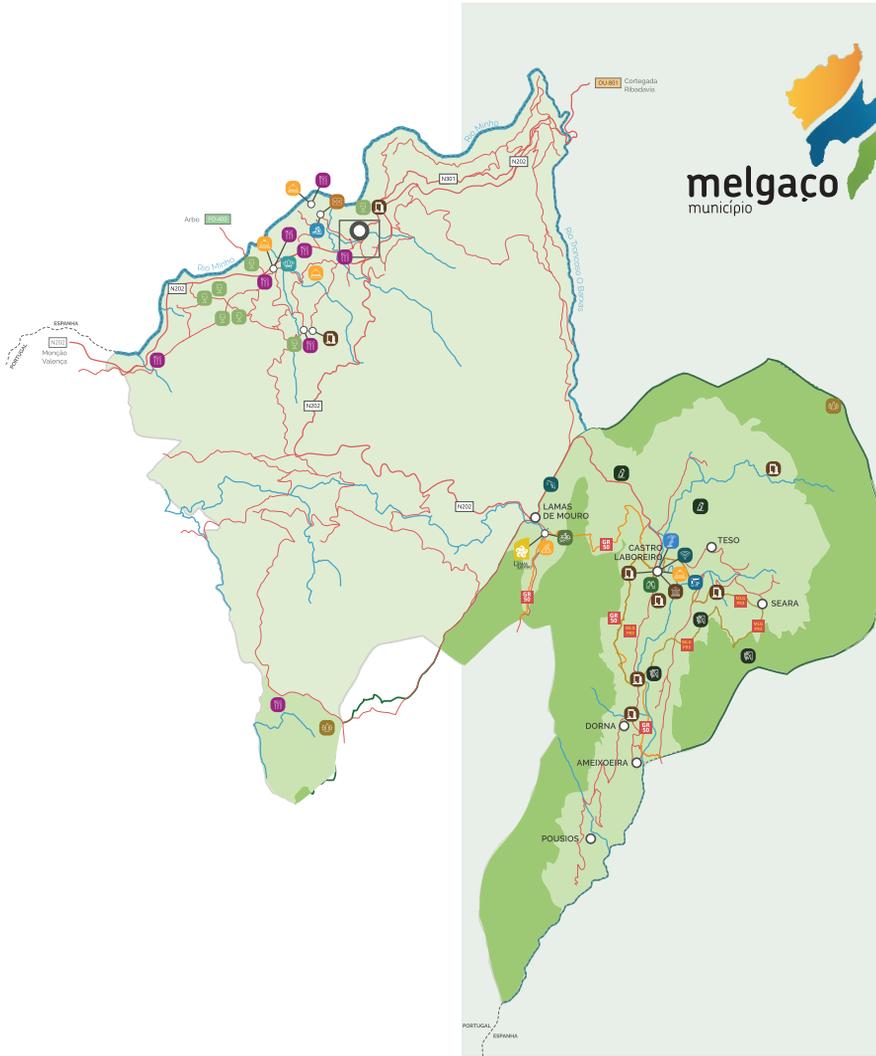
Melgaço – Francisco Sá Carneiro Airport (Maia/ Porto) – 150km

Highways (nearby) – A3, A28

Main National Roads (Nearby) – EN 202, EN 301

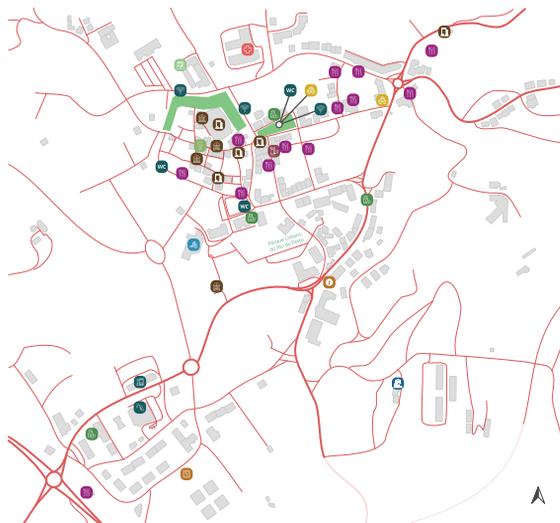






MELGAÇO

HISTORICAL CENTER



- Birdwatching
- Climbing
- Viewpoint
- Waterfall
- Canyoning
- Mountain bike center
- Megalithic Monument
- Museum
- Monument
- Camping Site
- Hotel
- Restaurant
- Tourist Information
- Auditorium / exhibition center
- Stadium

- Swimming pool
- Thermal Spas
- Taxis
- Health Center
- Pharmacy
- Wi-fi
- Bus stop
- Gas station
- Public toilet
- Post office
- Marketplace
- Wine Tourism
- Police
- Porta de Lamas de Mouro

- Long distance trail Peneda Gerês
- Trilho Castrojo
- Biosphere Reserve – Center zone
- Biosphere Reserve – Buffer zone
- Biosphere Reserve – transition zone
- Limit of National Park Peneda Gerês
- Border boundary
- Water line
- Reservoir
- Street
- Municipalities Limits
- County Seat
- Parish, Town or Village
- Road number



MONTALEGRE

<https://www.cm-montalegre.pt>



THE MUNICIPALITY

The municipality of Montalegre, composed of 25 parishes, constitutes one of the banners of "transmontana" culture, with part of it inserted in the Peneda-Gerês National Park, located in the singular lands of Barroso, where culture and nature detain a singular beauty, in a place stopped in time, raised in ancient traditions and hidden knowledge. The resident population of the municipality has been decreasing significantly, settling at 9.090 inhabitants (INE, 2018), with the territory being limited to the north

by the Galicia Region (Spain), to the southeast by Boticas, to the south by Cabeceiras de Bastos, to the southwest by Vieira do Minho and to the west by Terras de Bouro.

The local economic structure is significantly based on agriculture and livestock, with a growing appreciation of endogenous and regional products. Concerning the generation of wealth, the tertiary sector detains a great relevance, mainly through commerce, where the tourism sector has been registering growing





importance in the local economic base, that stands greatly associated with the singular characteristics of its natural and cultural heritage, as well as in the distinctive animation offers that define the territory.

Imposing and majestic, the Montalegre castle, dating from the 14th century and raised amongst the remains of an ancestral fortification, is the most relevant patrimonial element of the territory, validating the Montalegre military history peculiarly inserting itself in the picturesque surroundings that surround it. The Santa Maria das Júnias monastery, dating from the 12th century, located in Pitões das Júnias, is a place deserving a closer look, with its religious heritage complemented with several churches and chapels of unequivocal historical wealth. The importance of heritage extends to Nature, where a region of mountains, oaks, and rivers rises offer grandiose landscapes, involving the existing rural architecture and enabling an idyllic setting, with the territory being crossed by several rivers that elevate its natural wealth.

The whole municipality has a strong sense of Raiana culture, and gastronomy is one of the most interesting points, garnished with various products of a regional nature, endowed with



typical flavors impossible to find elsewhere, and which reflect on the table what takes place in the land. It is also a warm and welcoming municipality, with a complete tourist offer and adapted to the territory culture, enabling a peculiar dynamic, partly inserted in the Peneda-Gerês National Park's magical context.

DRIVING DIRECTIONS

Accessibility

Montalegre – Francisco Sá Carneiro Airport – 150km

Highways (nearby) – A24

Main National Roads (nearby) – N103

Main Municipal Roads (nearby) – EM 508, EM 308, EM 509-1





MONTALEGRE HISTORICAL CENTER



PONTE DA BARCA

<https://www.cmpb.pt>



THE MUNICIPALITY

On the banks of the Lima River, in a territory composed of 17 parishes, the municipality of Ponte da Barca emerges, as a green and singular land, formerly nicknamed and recognized as Terra da Nóbrega, name of Celtic origin, with the current place-name due, according to local history, to the boat that once connected the banks of the river, centuries before the bridge erected there. The territory is recognized for its multifaceted characteristics, with a sumptuous monumental cultural heritage and a rich historical

estate, leveraged by a unique beauty provided by the existing plant cover, enhanced by the existing rivers and streams, reservoirs, river beaches, and waterfalls, experienced at the taste of the calm of the markedly rural context that defines the municipality and neighboring spaces. The municipality has a resident population of 11,210 inhabitants (INE, 2018). It is limited to the north by Arcos de Valdevez, to the east by the Region of Galicia (Spain), to the west by Ponte de Lima, and to the south by Terras de Bouro and Vila Verde.





The Lindoso Castle, built in the kingdom of Afonso III, bears witness to the strategic military importance that this territory once held, with the built heritage still having elements of great historical and cultural relevance such as the set of granaries in Lindoso (a remarkable set of granaries in the vicinity of the Castle), the Old Market, the São Bartolomeu Chapel, the Ponte da Barca Mother Church, and the Ponte da Barca pillory, dating from the end of the 16th century, which allow the patrimonial surroundings of the municipality to have great cultural and historical wealth.

The occupation of this territory is extensive, which means that different influences give shape to a unique region, which has as one of its greatest strengths its wine activity (demarcated region of Vinho Verde), which perpetuated in the territory several manor houses, houses emblazoned granite, manor houses and small palaces that testify to the socioeconomic relevance of several families. Despite the relevance of the primary sector in the local economic base, it is the tertiary sector that stands out in the economic development model of the territory, with greater relevance for trade and tourism, with the latter showing enormous growth dynamics.



A land prepared to receive all those who seek it, with several attractions that make this place a land of choice, with a wide range of restaurant services, diverse gastronomy, nature and adventure activities, handicrafts, an extensive cultural and monumental heritage, integrated into a unique environment, partly inserted in the Peneda-Gerês National Park.

DRIVING DIRECTIONS

Accessibility

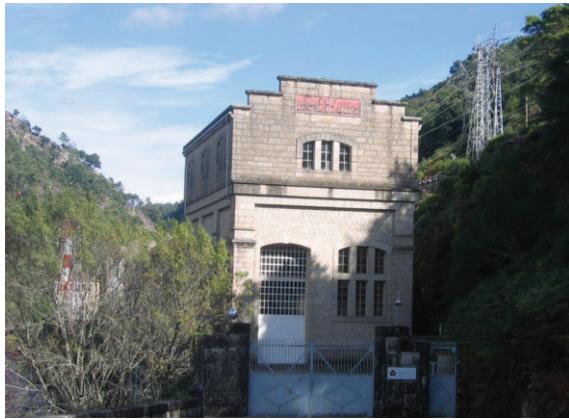
Ponte da Barca – Francisco Sá Carneiro Airport (Maia/ Porto) – 95km

Highways (nearby) – A3

Complementary Itineraries (nearby) – IC 28

National Roads (nearby) – EN 101, EN 202, EN 203, EN 304





PONTE DA BARCA HISTORICAL CENTER



Birdwatching



Climbing



Viewpoint



Waterfall



Museums



Monument



Camping Site



Hotel



Restaurant



Tourist Information



Auditorium / Exhibition Center



Stadium



Swimming pool



Taxis



Health Center



Pharmacy



Wi-fi



Bus stop



Gas station



Post office



Marketplace



Police



Porta do Lindoso



Linhosa



Long distance trail Peneda Gerês

Triho interpretativo da Serra Amarela

Biosphere Reserve – Center zone

Biosphere Reserve – Buffer zone

Biosphere Reserve – transition zone

Limit of National Park Peneda Gerês

Border boundary

Water line

Reservoir

Street

Municipalities limits

County Seat

Parish, Town or Village

Road number

TERRAS DE BOURO

<https://www.cm-terrasdebouro.pt>



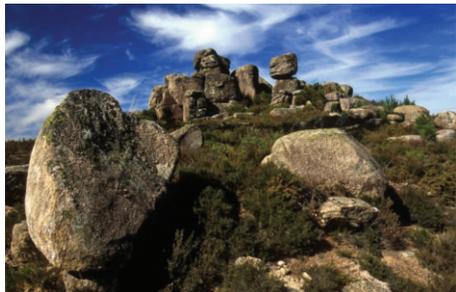
THE MUNICIPALITY

The municipality of Terras de Bouro, composed of 14 parishes, is recognized for its ability to convey a feeling of uniqueness and rurality, being a landmark that refers to times past, surrounded by a landscape and heritage context with unique characteristics. The municipality has been losing population continuously, with 6,405 inhabitants for the last available year (INE, 2018). It is bounded to the North by Ponte da Barca, covering a part cross-border with the Region of Galicia (Spain), to the east by Montalegre, to

the south by Vieira do Minho, to the west by Vila Verde and Amares.

The territory's patrimonial legacy results from the plurality of cultures that passed through there, with the architectural elements having a rural touch that represents, in an excellent way, the region. The cultural identity is very marked in the territory, showing a deep connection with agricultural activities, being even the economic activity with greater relevance for the





overwhelming majority of the different parishes in the municipality, leveraged by the insertion in the Peneda-Gerês National Park. Several heritage elements of recognized cultural relevance are scattered throughout the municipality, and it is possible to highlight the Roman route of Geira, the Vilarinhos das Furnas village (now submerged, but capable of telling stories of yore through the silence that reigns there), the São João do Campo cruise and the silhas and fojos do lobo.

The economic base of the municipality indicates a strong relevance of the tourism activities, corresponding to more than 20% of the number of companies in the municipality, more than 25% of the employment generated, and more than 17% of the wealth created, which indicates a superior relevance of the sector when compared to the other municipalities that make up the Peneda-Gerês National Park.

The natural context is further enhanced by diverse fauna and flora. The Mata de Albergaria has an extremely relevant secular oak, with hydrological and thermal resources that make the municipality a territory of immense tourist resources, with several iconic locations. The local gastronomy is also wonderful, with



flavors created on the land, thus possessing characteristics linked to the rural dimension of the territory.

The entire heritage context (natural and cultural), together with the traditional handicrafts and typical gastronomy, contribute significantly to promote and enhance the tourist demand, with this natural attractiveness confirmed by the growing tourist demand of the territory.

DRIVING DIRECTIONS

Accessibility

Terras de Bouro – Francisco Sá Carneiro Airport (Maia/ Porto) – 80km

National Roads (nearby) – EN 205, EN 307

Municipal Roads (nearby) – EM 535, EM 536, EM 531





TERRAS DE BOURO HISTORICAL CENTER



VILA DO GERÊS HISTORICAL CENTER



- Birdwatching
- Climbing
- Viewpoint
- Waterfall
- Marina
- Canyoning
- Museum
- Monument
- Camping Site
- Hotel
- Restaurant
- Tourist Information
- Auditorium / Exhibition Center
- Stadium
- Swimming pool
- Taxis
- Health Center

- Pharmacy
- Wi-fi
- Bus stop
- Gas station
- Public toilet
- Post office
- Thermal Spa
- Police
- Porta do Campo do Gerês
- Trilho Interpretativo da Serra Amarela
- Trilho Cidade da Calcedónia
- Trilho do Castelo
- Trilho dos Currais
- Trilho dos Moinhos e Regadios
- Trilho da Água do Sarilhão
- Trilho dos Miradouros

- Trilho dos miradouros
- Trilho de S. Bento
- Trilho Couto do Souto
- Trilho da Geira
- Trilho dos Moinhos de Sta. Isabel do Monte
- Trilho da Albufeira da Caniçada
- Biosphere Reserve - Center zone
- Biosphere Reserve - Buffer zone
- Biosphere Reserve - transition zone
- Limit of National Park Peneda Gerês
- Limit of National Park Peneda Gerês
- Border boundary
- Water line
- Reservoir
- Street
- Municipalities Limits
- County Seat
- Parish, Town or Village
- Road number

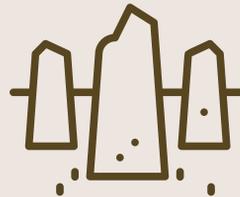
LEGENDARY HERITAGE THAT IS THOUSANDS OF YEARS OLD

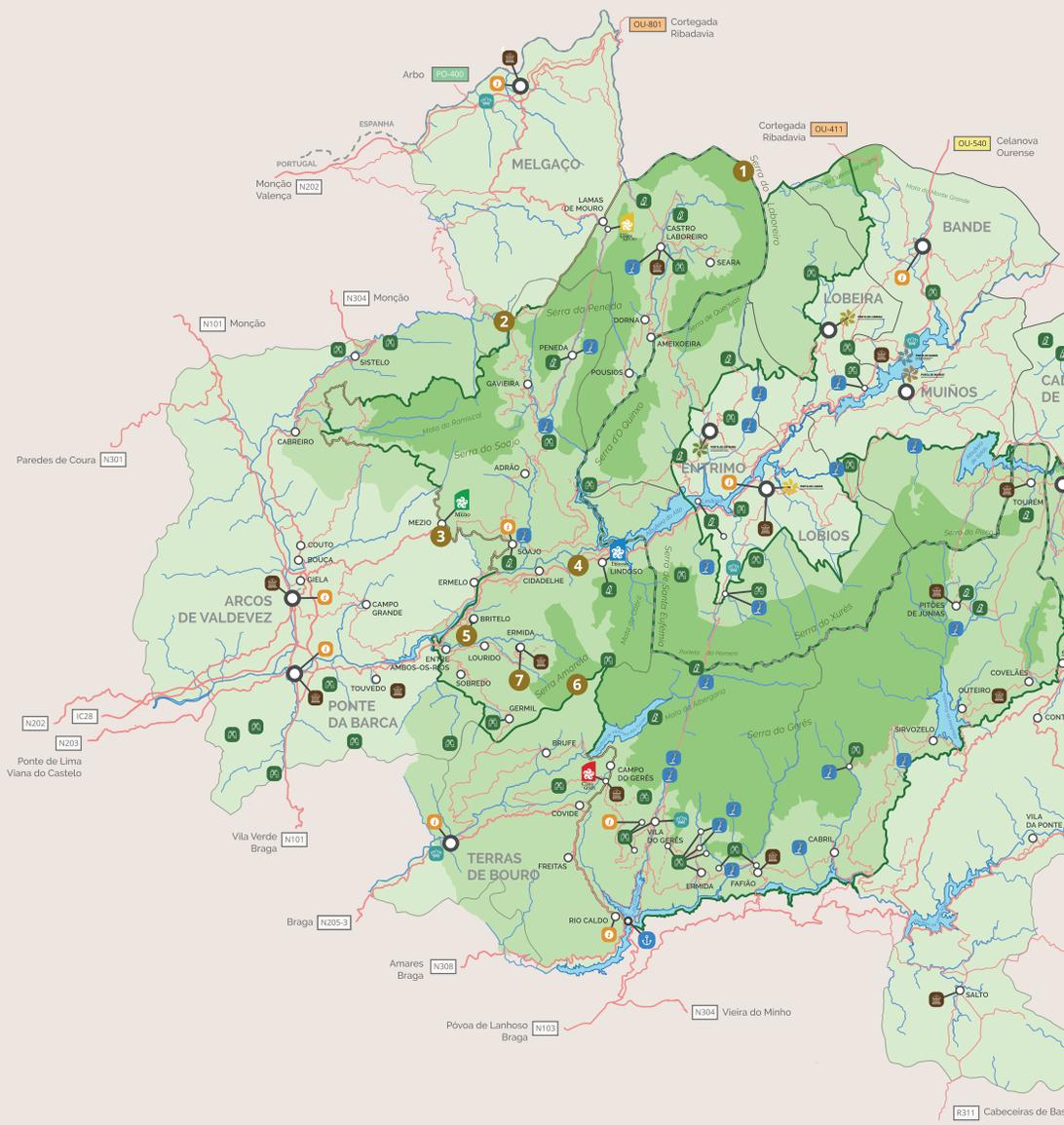


The presence of humans in these parts goes back thousands of years, long before Portugal and Spain were independent countries. The signs of this presence are visible in different aspects of monumental cultural heritage, as well as in the identifying characteristics of the local culture, which can take any little piece of land and turn it into a virtual book of ancestral tales that transports anyone that passes through the region back to ancient times.

There are countless references to the presence of humans, dating back to the megalithic period and reaching the current day, linking the land with the history of each particular place.

Megalithic heritage remains, such as mamoas (burial mounds) and dolmens (megalithic tombs), and the presence of the Romans on the Iberian Peninsula, which also left its mark on





OU-801 Cortegada Ribadavia

Cortegada Ribadavia OU-411

OU-540 Celanova Ourense

PORTUGAL
Monção Valença N202

N101 Monção

N304 Monção

Parques de Coura N301

ARCOS DE VALDEVEZ

PONTE DA BARCA

Vila Verde Braga N101

N202 IC28
N203
Ponte de Lima Viana do Castelo

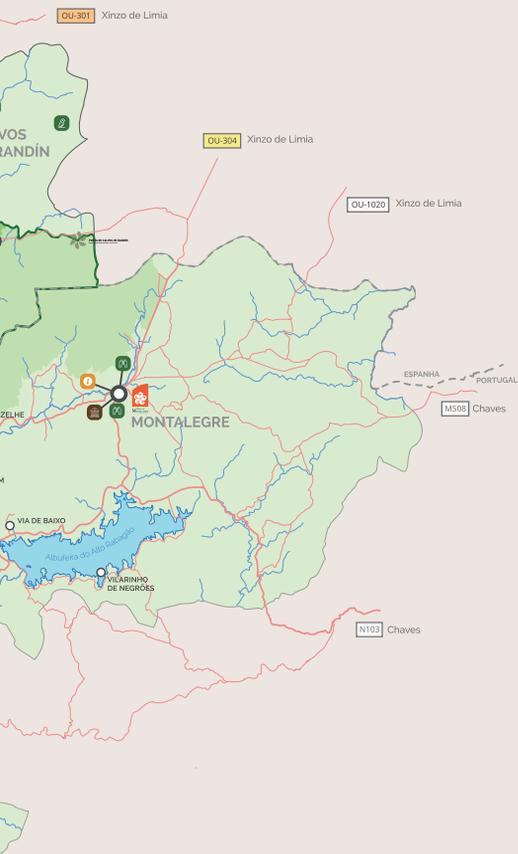
Braga N205-3

Amareis Braga N308

Póvoa de Lanhoso Braga N103

N304 Vieira do Minho

R311 Cabeceiras de Basto



MAP SUBTITLES

-  Biosphere Reserve – Center zone
-  Biosphere Reserve – Buffer zone
-  Biosphere Reserve – transition zone
-  Limit of the National Park Peneda Gerês and Natural Park Baixo Limia - Serra do Xurés
-  Border boundary
-  Street
-  Water line
-  Reservoir
-  County seat
-  Parish, Town or Village
-  Park Gates
-  Tourist Information
-  Birdwatching
-  Viewpoint
-  Museum
-  Waterfall
-  Marina and nautical activities
-  Thermal Spas

the land, including the *Aquis uerquennis* camp in Bande and the Roman Geira, a road which crosses the two countries, as well as bridges and milestones, that serve as indelible signs of the cultural pluralism of the region. References to medieval times include examples of medieval architecture, such as the Castelo de Lindoso, and religious architecture, such as the Santa Maria de

Pitões das Júnias Monastery and Santa Comba de Bande church.

These cultural manifestations imprint the region with a significant vitality, complementing nature with a contextual heritage provided by the unique elements in each area. The cultural offering in the Gerês-Xurés Cross-Border Biosphere Reserve transforms the region into a journey through time, set amongst unique landscapes and scenery.

MAP MEGALITHIC REFERENCES

1 MEGALYTHIC NECROPOLIS OF THE PLANALTH OF CASTRO LABOREIRO

With an unusual extension the Megalithic Necropolis of Castro Laboreiro Plateau demonstrates a singular concentration of megalithic monuments, crossing Portuguese and Spanish territory. It presents itself as one of the largest megalithic necropolis on the Peninsula Iberia, holder of more than 9 funerary monuments.

2 BATATEIRO BURIAL MOUNDS

Within walking distance of the Plateau Megalithic Necropolis Castro Laboreiro, the Batateiro burial mounds constituted itself as a megalithic element of considerable dimension, supported by seven main tests, and another one, which is out of place. The structure presents traces of megalithic art in one of its internal faces with drawn prints, almost imperceptible due to the shallow depth of the grooves.

3 ARCHEOLOGICAL AREA MEZIO-GIÃO

This archaeological area groups two of the most iconic megalithic art sites on the Iberian Peninsula. The Mezio Megalithic Nucleus holds a peculiar set of megalithic monuments, with about 10 more than 5000 years old. Their junction with the archaeological area of Gião with more than 100 rocks holding megalithic motifs, creates an extensive megalithic amphitheater, dominated by an unusual natural environment.

4 PENEDO DO ENCANTO/ BOUÇA DE COLADO ROCK ART

Penedo do Encanto, recognized prehistoric art sanctuary, is surrounded by an ancient mystery due to its unique engravings, inserted in the central rock, where its meaning has been lost in mists of history.

5 CHÃ DA RAPADA ROCK ART SANCTUARY

The Chã da Rapada Rock Art Sanctuary, in Ponte da Barca, integrates several rocks with an extremely relevant iconographic and symbolic significance. The meaning of the engravings, also too lost at the various crossroads of history, it remains to be interpreted and imagined by all those who visit.

6 SERRA AMARELA MEGALITHIC NECROPOLIS

The set of megalithic tombs inserted in the slope Norte of Serra Amarela constitutes the so-called Megalithic Necropolis of Serra Amarela, one of the most important megalithic points of the National Park Peneda Gerês, with a special emphasis on the immense Tapir of Lapa da Moura in Chã dos Cabanas.

7 ERMIDA MENIR STATUE

It can be studied at the Ermida archaeological core, this statue, carved in form of a female figure, in a single block, is particularly interesting because its meaning is not known, having been identified outside its place of origin, in an old house in the village of Ermida, presenting a very relevant state of conservation.

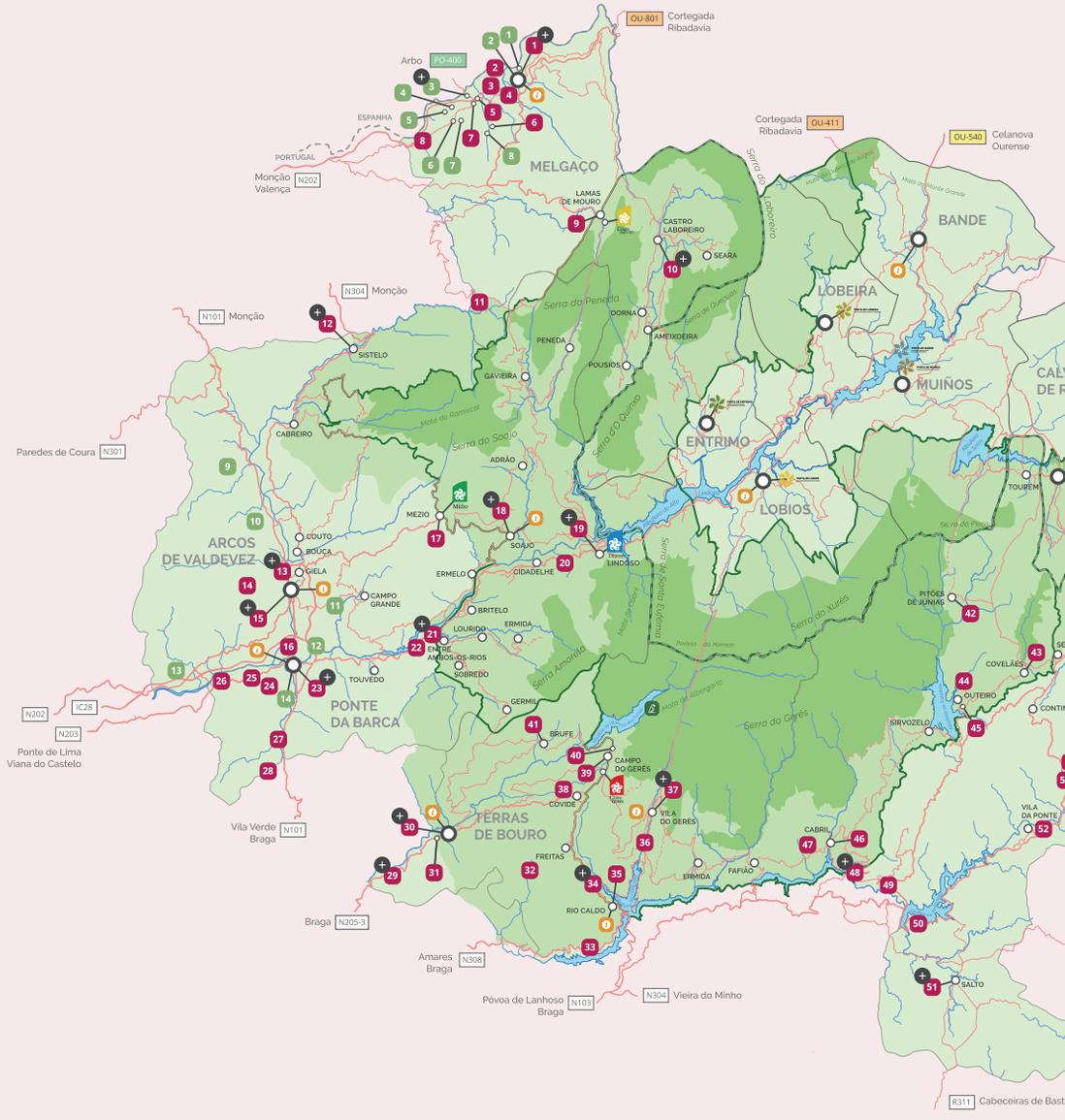
GASTRONOMY AND WINES



The extension of the Peneda-Gerês National Park is of such dimension that the gastronomy itself confined to the territory changes according to the respective geographical area, always maintaining a rurality touch that ends up defining the very identity of this Protected Area. In addition to its natural splendor, the culture associated with the Peneda-Gerês National Park allows for enormous diversity, with gastronomy carrying the flavor of this magical place to the table, always accompanied by a typical green wine from the region, such as the green alvarinho wine of Melgaço, which is one of the noblest grape varieties in the country.

The gastronomic offer of the territory is reflected in the remarkable dimension of existing catering establishments in the five municipalities that make up the Peneda-Gerês National Park, which seek to integrate in their menu the typical delicacies of their territory, always defending its traditional receipts, contributing to this secular flavors manifestation.





OU-801 Cortegada Ribadavia

RC-4001 Arbo

OU-411 Cortegada Ribadavia

OU-540 Celanova Ourense

N202 Monção Valença

MELGAÇO

BANDE

N101 Monção

N304 Monção

LAMEIRAS DO MOURO

LOBEIRA

MUÍÑOS

N301 Parcedes de Coura

ARCOS DE VALDEVEZ

ENTRIMO

LOBIOS

CALDE F...

N202 IC28

N203

Ponte de Lima Viana do Castelo

PONTE DA BARCA

BRIGAS DE JUNIA

SE...

N101 Vila Verde Braga

FERRAS DE BOURO

SIRVOZELDO

VILA DA PONTE

N205-3 Braga

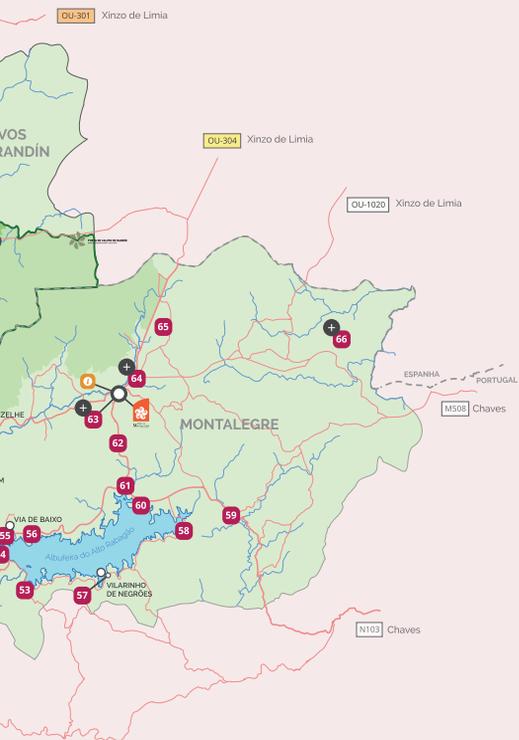
N308 Amares Braga

N103 Póvoa de Lanhoso Braga

N304 Vieira do Minho

N101 SALTO

R311 Cabeceiras de Bast...



MAP SUBTITLES

-  Biosphere Reserve – Center zone
-  Biosphere Reserve – Buffer zone
-  Biosphere Reserve – transition zone
-  Limit of the National Park Peneda Gerês and Natural Park Baixo Limia - Serra do Xurés
-  Border boundary
-  Street
-  Water line
-  Reservoir
-  County Seat
-  Parish, Town or Village
-  Park Gates
-  Restaurant
-  Several restaurants in the same location
-  Wine Tourism
-  Tourist Information

LISTA DE RESTAURANTES E ENOTURISMO



MELGAÇO

1	ADEGA SABINO	251 404 576
1	CANTINHO DO ADRO	251 414 177
1	CASA REAL	251 402 435
1	CHAFARIX	251 403 400
1	INÊS NEGRA	961 839 317
1	MINI ZIP	251 418 286
1	O CINEMA	961 839 371
1	O MINHOTO	251 402 905
1	A LANTERNA	251 402 602
1	CASA DAS TAPAS	251 032 559
1	PARIS	251 418 037
1	TASQUINHA DE MELGAÇO	934 212 619
2	FORAL DE MELGAÇO	251 400 130
3	O ADÉRITO	251 404 412
4	DY MICHELYS	251 403 058
5	ADEGA DO SOSSEGO	251 404 308
6	TASQUINHA PORTELA	251 401 109
7	VERDE MINHO	251 416 081
8	JARDIM	251 416 303
9	O VIDOIEIRO	251 465 566
10	MIRACASTRO HOTEL E RESTAURANTE	251 460 020
10	MIRADOURO DO CASTELO	251 465 469
10	SERRA	251 465 412
11	O BRANDEIRO	934 870 682
1	ALVARINHO POEMA	910 862 183
2	SOLAR DO ALVARINHO	251 410 195
3	ADEGA REGUENGO DE MELGAÇO	251 410 150
3	ANSELMO MENDES WINEMAKER	227 128 541
4	QUINTA DE FOLGA	967 076 079
5	QUINTA DE SOALHEIRO	251 416 769
6	ADEGA CASTABOA	965 428 901
7	QUINTAS DE MELGAÇO	251 410 020
8	ADEGA DOM PONCIANO	229 475 648



ARCOS DE VALDEVEZ

12	CANTINHO DO ABADE	258 563 201
12	TASQUINHA DA T'IMÉLIA	962 699 811
13	O BARRIGUINHAS	258 515 800
13	COSTA DO VEZ – GRILL	258 516 122
13	ROMANZA	258 518 110
14	RECANTO DO CASTELO	964 688 079
15	A FLORESTA	258 515 163
15	A REGIONAL	258 515 230
15	CHURRASQUEIRA DO MERCADO	258 516 953
15	O BRASEIRO	258 521 506
15	CHURRASQUEIRA DA PONTE NOVA	258 522 260
15	D. ISABEL	258 520 380
15	FORAL DE VALDEVEZ	258 093 600
15	MANJAR DAS HORTAS	258 521 144
15	O LAGAR	258 516 002
15	O PINHEIRINHO	258 111 076
15	O POTE	258 515 245
15	TRIBUTO BY CHEFE CORDEIRO	258 009 410
15	SOLAR DO GALVÃO	968 805 717
16	ALTO DA PROVA	258 455 666
17	PORTA DO MEZIO	258 510 100
18	ESPIGUEIRO DE SOAJO	258 576 136
18	O VIDEIRA	258 576 205
18	SABER AO BORRALHO	258 577 296
9	QUINTA DE SANTA MARINHA	965 138 815
10	QUINTA DA TORRE DE AGUIÃ	962 605 674
11	CASA DOS BORRALHAIS	933 004 239
12	QUINTA DO CERQUEIRAL	968 690 841
13	QUINTA DOS ABRIGUEIROS	258 947 315



PONTE DA BARCA

19	CASA DO DESTRO	918 807 264
19	S. MARTINHO – LINDOSO	258 577 090
19	LINDOVERDE	258 578 010
20	M	258 577 030
21	ADEGA DO ARTUR	258 588 361
21	NOVAS PONTES	258 588 353
22	LOBO	258 587 081
23	ADEGA DO LAVRADOR	258 455 546
23	CANTINHO DO PARADA	258 488 625
23	BARQUENSE	258 454 104
23	DI NANDO	258 455 473
23	KIBOM	258 452 175
23	SOLAR DO GALVÃO	258 452 513



23	O CHURRASCO	258 452 513
23	O EMIGRANTE	258 452 248
23	O MOINHO	258 452 035
23	PETISC'ART	258 023 557
23	TIO FREDO	258 455 600
23	DON CHIVITA	258 454 474
23	BAR DO RIO	258 452 582
23	CASA REAL FONTE VELHA	966 874 989
23	GOMES	258 452 194
23	RECANTO DOS SABORES	963 735 176
23	VARANDA DO LIMA	258 453 469
23	SÃO JOÃO	258 455 534
23	VAI A FAVA	258 027 769
23	VILA GOURMET	258 455 381
24	TEMPUS RESTAURANT	258 009 250
25	QUINTA DO PENEDO	258 453 871
26	O COMPANHEIRO	258 452 248
27	S. MARTINHO – CRASTO	258 098 110
28	SANT'ANA	258 454 576
14	ADEGA COOP. DE PONTE DA BARCA	258 480 220

TERRAS DE BOURO

29	O BEM COZINHADO	253 351 392
29	O VATICANO	253 351 492
30	ADEGA DA VILA	253 351 152
30	MODELO	253 299 995
30	RIO HOMEM	253 351 136
30	TASCA DO LOPES	253 351 467
30	TOCA DO CAÇADOR	253 351 137
31	LUA DE MEL	253 351 322
32	O ENCONTRO	253 378 124
33	VESSADA	253 377 134
34	MIRA SERRA	243 391 362
34	S. BENTO	253 141 580
35	RESTAURANTE DO RITA	253 391 164
36	ADEGA DO RAMALHO	253 391 336
37	ADEGA REGIONAL HOTEL UNIVERSAL	253 390 220
37	ADELAIDE	253 390 020
37	BALTAZAR	253 391 131
37	CASA CAPELA	253 391 192
37	LURDES CAPELA	253 391 208
37	ESSENTIA DO GERÊS	253 390 190
38	CANTINHO DE ANTIGAMENTE	253 353 195
39	ALBERGARIA STOP	253 350 040
40	CERDEIRA	253 351 005
41	O ABOCANHADO	253 352 944

MONTALEGRE

42	CASA DO PRETO	276 566 158
43	MONTE ALEGRE	936 974 074
44	TABERNA DA EIRA	935 720 842
45	VISTA BELA GERÊS	276 560 120
46	ÁGUIA REAL	968 719 330
47	PONTE NOVA	276 659 882
48	PONTE DO DIABO	253 759 010
48	O TRANSMONTANO	253 659 244
49	TABERNA DA MISARELA	969 513 434
50	BAIXO BARROSO	253 659 424
51	BORDA D'ÁGUA	253 659 216
51	O PARQUE	253 659 438
52	A CISTA	276 556 235
53	ALBUFEIRA	276 556 213
54	SOL E CHUVA	276 556 171
55	RABAGÃO	276 555 207
56	DIAS	910 228 242
57	A ILHA	276 549 529
58	O PINTO	276 549 143
59	CHEGA DE BOIS	276 549 150
60	P LO NORTE	276 549 230
61	FOZ DO RABAGÃO	276 549 328
62	MAURÍCIO	276 549 367
63	O FUMEIRO	935 125 010
63	MONTANHA	963 463 118
63	BRASILEIRO	276 512 161
63	O SOLDADO	276 094 429
63	MONTALEGRE	276 511 095
63	POTE BARROSÃO	276 511 152
63	COSTA	919 562 720
63	D. JOÃO	276 511 388
63	FALTA D'AR	276 512 664
63	O CASTELO	276 511 237
63	RICOTERO	276 094 333
63	SABORES DE BARROSO	276 518 231
63	TASCA DO AÇOUGUE	919 817 541
63	TAVERNA DO MERCADO	962 722 334
63	TERRA FRIA	276 512 101
64	SÃO JOSÉ	276 512 384
64	ABRASADOR	276 100 012
64	NEVADA	276 512 411
65	CASA DE PADORNELOS	276 512 114
66	CABAÇO	276 536 136
66	O LAROUÇO	276 536 351



GASTRONOMY

The gastronomic offer of the territories that make up the Peneda-Gerês National Park is very diverse, transmitting a remarkable plurality of flavors, allowing to portray the spirit of the surrounding territory through what comes to the table from ancestral traditions, passed down from generation to generation, which shaped the territory and all those who belong to it.

In the municipality of Arcos de Valdevez, the "cozido à minhota" (meat) is a typical dish that is much appreciated, with goat and "carne de cachena com arroz de feijão tarrestre" (meat) producing a distinct repertoire of flavors, with the "bacalhau à minhota" (codfish), "rojões" (meat) and "papas de sarrabulho" (meat) also to be a peculiar gastronomic manifestation. The most sugary delicacies in the municipality are distinguished by the "bolos de discos" and honey cakes, the "Charutos dos Arcos", the Arcos candies, and the unique Soajo sponge cake.

In Melgaço, the territory's rurality is also experienced at the table, providing a truly

differentiating traditional cuisine. The "cabrito assado no forno" (meat), the "lampreia com arroz à bordalesa" (fish), or the "trutas do Rio Minho abafadas" (fish) are dishes full of characteristic and unique flavors, accompanied by Melgaço goat cheese and a good alvarinho wine. The "migas doces", the "bola da frigideira", the "bolo de pedra", and the "mimosos" pastries are the local desserts, which promise to bring the sweetness of the place to all those who visit it.

Portuguese stew, "papas de sarrabulho", "chanfana de cabra à moda do Germil" (meat), the Serra Amarela lamb, and the "posta barrosã" (meat) are the main dishes in the municipality of Ponte da Barca, with lamprey, shad, and trout also forming part of this complete range of flavors. The "bolo branco", the cream milk, the "rabanadas de mel", and the "queijadas de laranja" are the necessary sweet complement, which will delight everyone who experiences it.

In the municipality of Terras de Bouro, the cabbage stew with beans is the main point when it comes to local cuisine, with the "chanfana de cabra da Ermida" (meat), the "pica-do-chão" rice (meat), the "rojões à moda do Minho" (meat), and the "cabrito assado" (meat) being also dishes of high interest, complemented with sweets based on "aletria", french toast, and "Beneditinos de São Bento".

In Montalegre, the "cozido Barrosão" (meat) is the primary specialty in a region dominated by its high-quality smoked meat, capable of producing renowned gastronomic products such as the Barroso meat sausage and the Barroso blood sausage. The municipality has refined regional sweets, with the "doce Larouco" being one of its exponents.



ARCOS DE VALDEVEZ

- Cozido à Minhota
- Carne de Cachena com Arroz de Feijão Tarrestre
- Cabrito
- Bacalhau à Minhota
- Pica no Chão
- Rojões e Papas de Sarrabulho
- Bolo de Discos
- Charuto dos Arcos
- Rebuçado dos Arcos
- Bolo de Mel
- Pão-de-Ló de Soajo
- Doce Sortido

Arcos de Valdevez Gastronomic Associations

Confraria Gastronómica da Carne Cachena (In the process of formalization),
Confraria dos Gastrónomos do Minho

PONTE DA BARCA

- Cozido à Portuguesa
- Sarrabulho
- Papas de Sarrabulho
- Cabrito à Serra Amarela
- Posta Barrosã
- Naco às Terras de Nóbrega
- Chanfana de Carne à moda do Germil
- Lampreia
- Sável
- Truta
- Bolo Branco
- Leite Creme
- Rabanadas de Mel
- Queijadas de Laranja
- "Magalhães"

Ponte da Barca Gastronomic Associations

Confraria dos Gastrónomos do Minho

MELGAÇO

- Cabrito assado no forno
- Lampreia com arroz à bordalesa
- Trutas do Rio Minho abafadas
- Sarrabulho
- Grelas com Rojões
- Bola da Frigideira
- Bolo da pedra
- Migas Doces
- Pastéis mimosos
- Presunto de Castro Laboreiro
- Queijo de cabra de Melgaço
- Mel de Melgaço

Melgaço Gastronomic Associations

Confraria da Lampreia do Rio Minho,
Confraria dos Gastrónomos do Minho

TERRAS DE BOURO

- Cozido de couves com feijão
- Chanfana de Cabra da Ermida
- Arroz pica no chão
- Rojões à moda do Minho
- Cabrito Assado
- Aletria
- Rabanadas
- Beneditinos de São Bento

Terras de Bouro Gastronomic Associations

Confraria dos Gastrónomos do Minho

MONTALEGRE

- Batata Kennbec
- Cozido Barrosão
- Doce Larouco
- Chouriga de Carne do Barroso
- Sangueira de Barroso

Montalegre Gastronomic Associations

Confraria Gastronómica da Carne Barrosã

WINES

Accompanying the beautiful gastronomic refinement in the territories that make up the Peneda-Gerês National Park, there is also a consecrated wine offer in the region, inserted in the demarcated region of green wine.

The municipalities of Ponte da Barca, Arcos de Valdevez and Terras de Bouro have a robust expression in the production of quality green wine, with the municipality of Melgaço having a very famous wine, Vinho Verde Alvarinho, representative of one of the grape varieties with the greatest expression in Portugal, by many proclaimed as the best white grape variety of Portuguese vineyards, characterized by high typicality.

The fame that the region's wines have is not unfounded, as they have unique characteristics worldwide, endowed with an incomparable harmony and freshness. Green, red or white wine is an excellent accompaniment to the traditional dishes that abound in the territory of the National Park of Peneda-Gerês, complementing the flavors of the region excellently.

Wine Associations

Melgaço

- Real Confraria do Vinho Alvarinho

Melgaço, Arcos de Valdevez e Ponte da Barca

- Confraria do Vinho Verde



THERMAL SPAS AND WELLNESS - PGNP

Health and well-being are the daily concerns of several people who seek to convey some sense of rest and calm to a body that lives in the hustle and bustle of today's society.

Functioning as a true haven for total immersion in Nature and a progressive departure from the continuous demand that characterizes modern life, the territory of the Peneda-Gerês National Park is endowed with a unique placidity, bathed by waters of high therapeutic qualities that gave rise to established thermal spas, with unique benefits, precisely for health and well-being. In an environment of supernatural natural refinement, everyone can live life at the speed they want, allowing their minds to calm down and their bodies to recharge their energies, working as a complement of choice in restoring well-being and health.





MAP SUBTITLES

-  Biosphere Reserve – Center zone
-  Biosphere Reserve – Buffer zone
-  Biosphere Reserve – transition zone
-  Limit of the National Park Peneda Gerês and Natural Park Baixo Limia - Serra do Xurés
-  Border boundary
-  Street
-  Water line
-  Reservoir
-  County Seat
-  Parish, Town or Village
-  Park Gates
-  Tourist Information
-  Birdwatching
-  Viewpoint
-  Museum
-  Waterfall
-  Marina and Nautical Activities
-  Thermal Spas

THERMAL SPAS

The thermal resorts integrated into the municipality of Terras de Bouro are recognized for their excellent therapeutic qualities, specialized in treating various diseases, with the Thermal Spa of Peso, in Melgaço indicated as a place of excellent therapeutic indications.

The Gerês Thermal Spa, in Terras de Bouro, inserted in a landscape of extraordinary beauty, absorb the characteristics of the surrounding territory, with its waters having unique characteristics due to the geological morphology of the region where they are inserted, suitable for the treatment of various diseases, namely diseases related to the liver, gallbladder, hypertension, and rheumatism, with their qualities to be recognized since the period of Roman occupation in the Iberian Peninsula. The traditional healing methods present have remarkable skills, influenced by the calm and tranquility of the place, with several specific programs that, combined with a healthy and complete diet, carry extremely positive effects in reducing stress and fatigue, contributing to a significant increase in well-being.

Suitable for all those affected by respiratory and musculoskeletal diseases, the Moimenta thermal springs, also located in the municipality of Terras de Bouro, are an excellent option due to their waters uniqueness.

In Melgaço, the spa and, specifically, its waters have therapeutic characteristics recognized at a national and international level, namely in the treatment of type 1 and 2 diabetes, diseases of the digestive tract and the respiratory tract, inserted in a thermal park surrounded by a beautiful landscape, which seeks to feed all

those who spend there a feeling of tranquility and relaxation, capable of incorporating into their treatments, contributing to better well-being and a reduction in stress and consequent fatigue.



TERRAS DE BOURO

TERMAS DO GERÊS

Water characteristics - Poorly mineralized, with an ionic composition of thiosulfate and sodium bicarbonate, with a pH of 9.18.

Therapeutic Indications - Rheumatic and Musculoskeletal, Circulatory System, Digestive System, Metabolic-Endocrine

Other benefits - Stress and Fatigue, Anorexia, Sedentary Lifestyle and Depression



TERMAS DA MOIMENTA

Water characteristics - Sulfuric, bicarbonated, sodium, fluoridated, chlorinated and silicate water, with a pH of 9.04.

Therapeutic Indications - Respiratory and Musculoskeletal Pathways / Rheumatisms



MELGAÇO

ESTÂNCIA TERMAL DE MELGAÇO

Water characteristics - mineralized, gas-carbonated, bicarbonated, calcium / magnesium and ferruginous, with a temperature of 15 ° C and a pH of 6

Therapeutic Indications - Type 1 Diabetes, Type 2 Diabetes, Dyslipidemia, Dyspepsia, Duodenitis, Cholecystitis, Biliary Dyskinesia, Digestive Tract Diseases, Respiratory Tract Diseases

Other benefits - Well-being, aesthetics, stress reduction and fatigue



SPA'S

Spas are a perfect place to regain balance and promote an increase in well-being rates, improving physical and mental health. In the National Park of Peneda-Gerês, in Terras de Bouro, the Spa of Termas do Gerês offers a complete sensory experience, leveraged by the waters that bathe the surrounding region. This



place of healing and rest, integrated into the heart of the Peneda-Gerês National Park, offers a wide range of experiences supported by unique sensations. Different programs are designed and formulated to allow an experience suitable for all audiences.

With beauty, wellness, and thermal healing programs, the spa inserted in Termas & Spa do Gerês includes a mix of emotions and unique experiences, with the natural and landscape context, in communion with the waters that bathe the region, making this place a mandatory stop for those who want to balance their life and recharge their batteries, escaping from their daily lives, allowing themselves to be involved in a mix of sensations capable of providing a timeless delight.

There are also several hotel and accommodation spaces with recognized spas, such as the Monte Prado Hotel & Spa, in Melgaço, the Tempus Hotel & SPA, in Ponte da Barca and the Ribeira Collection Hotel, in Arcos de Valdevez.



TERRAS DE BOURO SPA DAS TERMAS DO GERÊS / HOTEL DAS TERMAS

PROGRAMS

2 days | Spa Experience, Delight and Feel
Romance

3 days | 100% Gerês, 100% Oriente

5 days | Zen

5 days | Beauty & Care

7 days | Relax profundo, Fitness

MELGAÇO MONTE PRADO HOTEL & SPA

Equipment

- Panoramic outdoor pool
- Indoor pool
- Sensations shower
- Water jets
- Jacuzzi
- Turkish bath
- Solarium
- Facial Treatments
- Baths
- Hydromassages
- Massages
- Exfoliations
- Chocotherapy
- Vinotherapy

PONTE DA BARCA TEMPUS HOTEL & SPA

Equipment

- Heated indoor pool
- Jacuzzi
- Turkish bath
- Sauna



ARCOS DE VALDEVEZ RIBEIRA COLLECTION HOTEL

Equipment

- Pool
- Sauna
- Turkish bath
- Jacuzzi
- Facial treatment
- Massages
- Body Treatments



NATURE TOURISM - PGNP

The Peneda-Gerês National Park includes a natural heritage of enormous relevance, with several highly diverse biotypes involved in a global structure of extraordinary visit and observation conditions.

In a unique natural amphitheater, shaped by slopes and deep valleys of granite perfection, there are several fauna and flora species, the result of the climatic dynamics of the territory, which allows the maintenance and creation of several natural biotypes. The existing vegetation cover wraps the park in an aura of mystery and magic, creating several observation spaces, allowing all those who pass by to get involved in a place that will mark their path of discovery.

The natural offer is so vast that the diversity of actions aimed at the tourism sector is quite significant, covering activities of nature, namely hundreds of kilometers of walking routes that cross the five



municipalities where the park is inserted and bird watching, with the rivers that cut the territory of the park to serve as refreshment points, possessing a beauty unparalleled in the national territory, with countless places that function as true natural monuments.

According to the National Tourism Register, there are currently 46 tourist entertainment companies

in the five municipalities where the Peneda-Gerês National Park is integrated, recognized as providers of services directly and indirectly linked to the promotion of nature activities, providing dynamics capable of creating a unique experience, inserted in an unparalleled natural context, that seek to establish a deep connection between the tourist and the Nature that surrounds him.



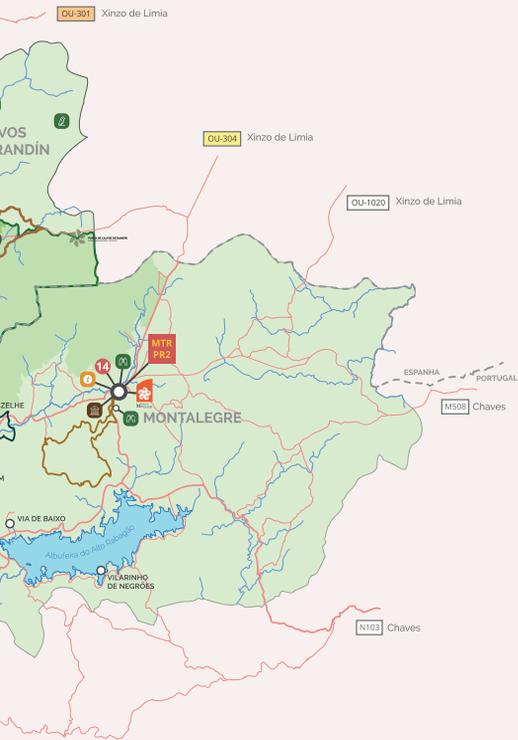
WALKING TRAILS

The Peneda-Gerês National Park is cut by an extensive set of walking trails, which promote observation of the park in communion with an activity that stimulates physical levels, promoting a sense of well-being driven by the existing natural surroundings.

The offer of walking routes in the territory becomes a pleasant way of exploring the park's diverse attractions, functioning as connecting points that allow this unique territory's most diverse treasures to be covered. The diversity of paths is peculiar, with the main highlight being the Great Route of the National Park of Peneda-Gerês (GR 50), which allows the integration of multiple resources in a single adventure of long duration, where several trails congregate and provide an immersive experience.

In addition to an activity of exploration and observation of nature, to make the different trails of the Peneda-Gerês National Park is also to walk on ancient history scrolls, with the idealized routes to allow observation of all the historical and cultural surroundings of the territory inserted in the park, thus becoming a complete activity, enhanced by the various agents of tourist entertainment that promote several related activities.





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-  Viewpoint
-  Museum
-  Waterfall
-  Marina and Nautical Activities
-  Thermal Spas

Change direction



Right Way



Wrong Way



To the left



To the right

ARCOS DE VALDEVEZ

TRILHO DA PENEDA

Registered - **Yes**
Certified - **Yes**
Access - **National Road 202**
Starting Point - **Peneda**
End Point - **Peneda**
Type - **Circular**
Scope - **Environmental and Landscape**
Total Distance - **8,2km**
Duration - **5h00m**
Difficulty Level - **Difficult**

TRILHO DAS BRANDAS

Registered - **No**
Certified - **No**
Access - **National Road 202**
Starting Point - **Rouças, Gavieira**
End Point - **Fojo do Lobo**
Type - **Linear**
Scope - **Cultural and Landscape**
Total Distance - **8km**
Duration - **5h00m**
Difficulty Level - **Difficult**

TRILHO PERTINHO DO CÉU

Registered - **No**
Certified - **No**
Access - **National Road 202**
Starting Point - **Gavieira**
End Point - **Gavieira**
Type - **Circular**
Scope - **Ecological and Cultural**
Total Distance - **6km**
Duration - **3h30m**
Difficulty Level - **Somewhat Difficult**



MELGAÇO

LAMAS DE MOURO-CEVIDE

Registered - **No**
Certified - **No**
Access - **Main Municipal Road N°2**
Starting Point - **Lamas de Mouro**
End Point - **Lamas de Mouro**
Type - **Circular**
Scope - **Cultural, Environmental and Landscape**
Total Distance - **16km**
Duration - **7h00m**
Difficulty Level - **Difficult**

TRILHO INTERPRETATIVO DE LAMAS DE MOURO

Registered - **No**
Certified - **No**
Access - **Main Municipal Road N°2**
Starting Point - **Lamas de Mouro**
End Point - **Lamas de Mouro**
Type - **Circular**
Scope - **Cultural, Environmental and Landscape**
Total Distance - **4,5km**
Duration - **2h00m**
Difficulty Level - **Easy**

CASTRO LABOREIRO - LAMAS DE MOURO

Registered - **No**
Certified - **No**
Access - **Main Municipal Road N°2**
Starting Point - **Lamas de**



Mouro

End Point - **Lamas de Mouro**

Type - **Linear**

Scope - **Cultural,**

Environmental and Landscape

Total Distance - **6,2km**

Duration - **3h00m**

Difficulty Level - **Somewhat**

Difficult



TRILHO INTERPRETATIVO DE CASTRO LABOREIRO

Registered - **No**

Certified - **No**

Access - **Main Municipal Road 2**

Starting Point - **Vila Castro**

Laboreiro

End Point - **Vila Castro**

Laboreiro

Type - **Circular**

Scope - **Cultural,**

Environmental and Landscape

Total Distance - **5,80km**

Duration - **2h15m**

Difficulty Level - **Easy**



TRILHO DO MEGALITISMO DO PLANALTO CASTRO LABOREIRO

Registered - **No**

Certified - **No**

Access - **Main Municipal Road 2**

Starting Point - **Vila Castro**

Laboreiro

End Point - **Vila Castro**

Laboreiro

Type - **Circular**

Scope - **Cultural,**

Environmental and Landscape

Total Distance - **26km**



Duration - **8h00m**
Difficulty Level - **Difficult**

TRILHO CASTREJO

Registered - **Yes**
Certified - **Yes**
Access - **Main Municipal Road 2**
Starting Point - **Vila Castro Laboreiro**
End Point - **Vila Castro Laboreiro**
Type - **Circular**
Scope - **Historical, Cultural, Environmental and Landscape**
Total Distance - **17km**
Duration - **7h00m**
Difficulty Level - **Somewhat Difficult**

INVERNEIRAS DE CASTRO LABOREIRO

Registered - **No**
Certified - **No**
Access - **Municipal Road 7**
Starting Point - **Ameijoeira, Castro Laboreiro**
End Point - **Ameijoeira, Castro Laboreiro**
Type - **Circular**
Scope - **Cultural, Environmental and Landscape**
Total Distance - **6km**
Duration - **3h15m**
Difficulty Level - **Somewhat Difficult**

LAMAS DE MOURO-DORNA

Registered - **No**
Certified - **No**
Access - **Municipal Road 2**



Starting Point - **Lamas de Mouro**
End Point - **Dorna**
Type - **Linear**
Scope - **Cultural, Environmental and Landscape**
Total Distance - **12km**
Duration - **4h30m**
Difficulty Level - **Difficult**

LAMAS DE MOURO-PARADA DO MONTE

Registered - **No**
Certified - **No**
Access - **Municipal Road 2**
Starting Point - **Lamas de Mouro**
End Point - **Parada do Monte**
Type - **Linear**
Scope - **Cultural, Environmental and Landscape**
Total Distance - **9,5km**
Duration - **4h30m**
Difficulty Level - **Somewhat Difficult**

MELGAÇO - BRANDEIRO

Registered - **No**
Certified - **No**
Access - **Municipal Road 10**
Starting Point - **Branda de Aveleira**
End Point - **Branda de Aveleira**
Type - **Circular**
Scope - **Cultural, Environmental and Landscape**
Total Distance - **15km**
Duration - **6h00m**
Difficulty Level - **Somewhat Difficult**



VALE GLACIAR DO VEZ

Registered - **No**
 Certified - **No**
 Access - **Municipal Road 10**
 Starting Point - **Branda de Aveleira**
 End Point - **Branda de Aveleira**
 Type - **Circular**
 Scope - **Cultural, Environmental and Landscape**
 Total Distance - **4,3km**
 Duration - **01h45m**
 Difficulty Level - **Somewhat Difficult**



AVELEIRA

Registered - **No**
 Certified - **No**
 Access - **Municipal Road 10**
 Starting Point - **Branda de Aveleira**
 End Point - **Branda de Aveleira**
 Type - **Circular**
 Scope - **Cultural, Environmental and Landscape**
 Total Distance - **7,5km**
 Duration - **03h00m**
 Difficulty Level - **Easy**



PERCursos MARGINAIS DO RIO MINHO

Registered - **No**
 Certified - **No**
 Access - **National Road 202**
 Starting Point - **Termas do Peso**
 End Point - **Termas do Peso**
 Type - **Linear**
 Scope - **Historical, Cultural, Environmental and Landscape**

Total Distance - **5,7km**
Duration - **01h30m**
Difficulty Level - **Easy**

TRILHO DO MEGALITISMO DE CASTRO LABOREIRO

Registered - **No**
Certified - **No**
Access - **National Road 203-3**
Starting Point - **Brande de Rodeiro**
End Point - **Planalto Castro Laboreiro**
Type - **Linear**
Scope - **Historical, Cultural**
Total Distance - **13,1km**
Duration - **04h30m**
Difficulty Level - **Easy**

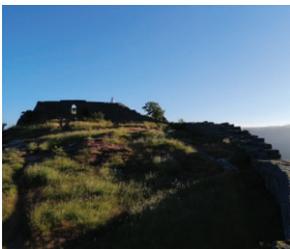
TRILHO CURRO DA VELHA

Registered - **No**
Certified - **No**
Access - **National Road 203-3**
Starting Point - **Pousios, Castro Laboreiro**
End Point - **Pousios, Castro Laboreiro**
Type - **Circular**
Scope - **Landscape and Cultural**
Total Distance - **7,1km**
Duration - **03h15m**
Difficulty Level - **Difficult**

MONTALEGRE

TRILHO DE TOURÉM

Registered - **Yes**
Certified - **Yes**
Access - **Municipal Road 308**



and Municipal Road 513
Starting Point - **Tourém**
End Point - **Tourém**
Type - **Circular**
Scope - **Cultural e Panoramic**
Total Distance - **3km**
Duration - **02h30m**
Difficulty Level - **Very Easy**

TRILHO DO OURIGO

Registered - **Yes**
Certified - **Yes**
Access - **National Road 103, National Road 308**
Starting Point - **Ecomuseu do Barroso, Espaço Pe. Fontes**
End Point - **Ecomuseu do Barroso, Espaço Pe. Fontes**
Type - **Circular**
Scope - **Cultural, Environmental and Landscape**
Total Distance - **23km**
Duration - **08h00m**
Difficulty Level - **Somewhat Difficult**

TRILHO DA SERRA DA VILA

Registered - **Yes**
Certified - **Yes**
Access - **National Road 103, National Road 508, National Road 308**
Starting Point - **Ecomuseu do Barroso, Espaço Pe. Fontes**
End Point - **Ecomuseu do Barroso, Espaço Pe. Fontes**
Type - **Circular**
Scope - **Cultural, Environmental and Landscape**
Total Distance - **19km**



Duration - **08h00m**
Difficulty Level - **Somewhat
Difficult**

TRILHO DO RIO

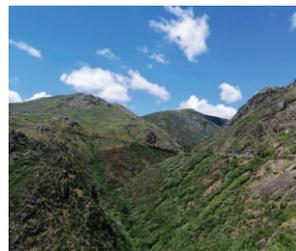
Registered - **Yes**
Certified - **Yes**
Access - **National Road 308,
Municipal Road 514**
Starting Point - **Monument in
honor of Bento Gonçalves,
first Secretary-General of the
Portuguese Communist Party
(Fiães do Rio).**
End Point - **Monument in
honor of Bento Gonçalves,
first Secretary-General of the
Portuguese Communist Party
(Fiães do Rio).**

Type - **Circular**
Scope - **Cultural,
Environmental and Landscape**
Total Distance - **21,8km**

Duration - **07h00m**
Difficulty Level - **Somewhat
Difficult**

ROTA DO CONTRABANDO, TRILHO DO TOURÉM

Registered - **Yes**
Certified - **Yes**
Access - **National Road 308,
Municipal Road 513**
Starting Point - **Largo do
Outeiro, Tourém**
End Point - **Largo do Outeiro,
Tourém**
Type - **Circular**
Scope - **Cultural and Natural**
Total Distance - **11km**



Duration - **03h30m**
Difficulty Level - **Somewhat Difficult**

TRILHO DE D. NUNO

Registered - **Yes**
Certified - **Yes**
Access - **National Road 103, National Road 311-1 or A7 - National Road 311**
Starting Point - **Torrão da Veiga Park**
End Point - **Torrão da Veiga Park**
Type - **Circular**
Scope - **Cultural and Natural**
Total Distance - **22km**
Duration - **05h00m**
Difficulty Level - **Somewhat Difficult**



TRILHO DOS MOINHOS DA PARADA

Registered - **No**
Certified - **No**
Access - **National Road 304**
Starting Point - **Aldeia de Parada - Lindoso**
End Point - **Aldeia de Parada - Lindoso**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **7km**
Duration - **04h30m**
Difficulty Level - **Very Easy**

TERRAS DE BOURO

TRILHO CIDADE DA CALCEDÓNIA

Registered - **Yes**
Certified - **Yes**
Access - **National Road 307, National Road 304**
Starting Point - **Calvário, Covide**
End Point - **Calvário, Covide**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **7km**
Duration - **04h00m**
Difficulty Level - **Difficult**

TRILHO DO CASTELO

Registered - **Yes**
Certified - **Yes**
Access - **National Road 307, National Road 304, Municipal**

PONTE DA BARCA

TRILHO DO PENEDO DO ENCANTO

Registered - **Yes**
Certified - **Yes**
Access - **National Road 304**
Starting Point - **Aldeia de Parada - Lindoso**
End Point - **Aldeia de Parada - Lindoso**
Type - **Circular**
Scope - **Historical and Landscape**
Total Distance - **4km**
Duration - **02h00m**
Difficulty Level - **Very Easy**





Road 535-1

Starting Point - **Cruzeiro Rebordochão (St^a Isabel do Monte)/Cálvário - Covide**
End Point - **Cruzeiro Rebordochão (St^a Isabel do Monte)/Cálvário - Covide**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **14km**
Duration - **06hoom**
Difficulty Level - **Somewhat Difficult**



TRILHO DOS CURRAIS

Registered - **Yes**
Certified - **Yes**
Access - **National Road 308-1**
Starting Point - **Parque de Estacionamento do Vidoeiro**
End Point - **Cruzeiro Rebordochão (St^a Isabel do Monte)/Cálvário - Covido**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **10km**
Duration - **04hoom**
Difficulty Level - **Somewhat Difficult**



TRILHO DOS MOINHOS E REGADIOS TRADICIONAIS

Registered - **Yes**
Certified - **Yes**
Access - **National Road 307, CM 1259, Municipal Road 535**
Starting Point - **Sequeirós, Chamoim**



End Point - **Sequeirós, Chamóim**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **8 km**
Duration - **04h00m**
Difficulty Level - **Somewhat Difficult**

TRILHO DA ÁGUA DO SARILHÃO

Registered - **Yes**
Certified - **Yes**
Access - **National Road 307**
Starting Point - **Núcleo Museológico do Campo do Gerês**
End Point - **Núcleo Museológico do Campo do Gerês**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **9 km**
Duration - **03h00m**
Difficulty Level - **Somewhat Difficult**

TRILHO DOS MIRADOUROS

Registered - **Yes**
Certified - **Yes**
Access - **National Road 308-1**
Starting Point - **Vidoeiro Parking Lot**
End Point - **Vidoeiro Parking Lot**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**



Total Distance - **12km**
Duration - **05h00m**
Difficulty Level - **Somewhat Difficult**

TRILHO DE SÃO BENTO

Registered - **Yes**
Certified - **Yes**
Access - **National Road 304**
Starting Point - **Carvalha, Seara - Rio Caldo**
End Point - **Carvalha, Seara - Rio Caldo**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **14km**
Duration - **06h00m**
Difficulty Level - **Somewhat Difficult**

TRILHO COUTO DE SOUTO

Registered - **Yes**
Certified - **Yes**
Access - **National Road 205, Municipal Road 536, Geira**
Starting Point - **Handicraft Selling Points on the National Road 205-3**
End Point - **Handicraft Selling Points on the National Road 205-3**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **9km**
Duration - **04h00m**
Difficulty Level - **Somewhat Difficult**



TRILHO DA GEIRA

Registered - **Yes**
Certified - **Yes**
Access - **National Road 535, CM 1265, Geira**
Starting Point - **Capela de São Sebastião da Geira**
End Point - **Capela de São Sebastião da Geira**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **10km**
Duration - **04h00m**
Difficulty Level - **Somewhat Difficult**



TRILHO DA PREGUIÇA, PERCURSO INTERPRETATIVO DA ECOLOGIA DO CARVALHAL

Registered - **Yes**
Certified - **No**
Access - **National Road 308**
Starting Point - **Casa da Preguiça**
End Point - **Casa da Preguiça**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **5,5km**
Duration - **03h00m**
Difficulty Level - **Somewhat Difficult**



TRILHO INTERPRETATIVO DAS SILHAS DOS URSOS

Registered - **Yes**
Certified - **No**
Starting Point - **Casa da Junceda**



End Point - **Casa da Junceda**
Type - **Circular**
Scope - **Landscape and Rural Archeology**
Total Distance - **5km**
Duration - **03h00m**
Difficulty Level - **Somewhat Difficult**

TRILHO DOS MOINHOS DE SANTA ISABEL DO MONTE

Registered - **Yes**
Certified - **No**
Access - **Municipal Road 535-1, CM 1244**
Starting Point - **Cruzeiro Rebordochão (Stª Isabel do Monte)/Calvário - Covide**
End Point - **Cruzeiro Rebordochão (Stª Isabel do Monte)/Calvário - Covide**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**
Total Distance - **18km**
Duration - **07h00m**
Difficulty Level - **Somewhat Difficult**

TRILHO DA ALBUFEIRA DA CANIÇADA

Registered - **Yes**
Certified - **No**
Access - **National Road 308, CM 1243**
Starting Point - **National Road 308, Lugar do Assento**
End Point - **National Road 308, Lugar do Assento**
Type - **Circular**



Scope - **Historical, Cultural and Landscape**
Total Distance - **13km**
Duration - **05h00m**
Difficulty Level - **Somewhat Difficult**

TRILHO DO SOBREIRAL DA ERMIDA DO GERÊS

Registered - **Yes**
Certified - **Yes**
Starting Point - **Ermida, Vilar da Veiga**
End Point - **Ermida, Vilar da Veiga**
Type - **Circular**
Scope - **Environmental and Landscape**
Total Distance - **13,3km**
Duration - **05h00m**
Difficulty Level - **Somewhat Difficult**

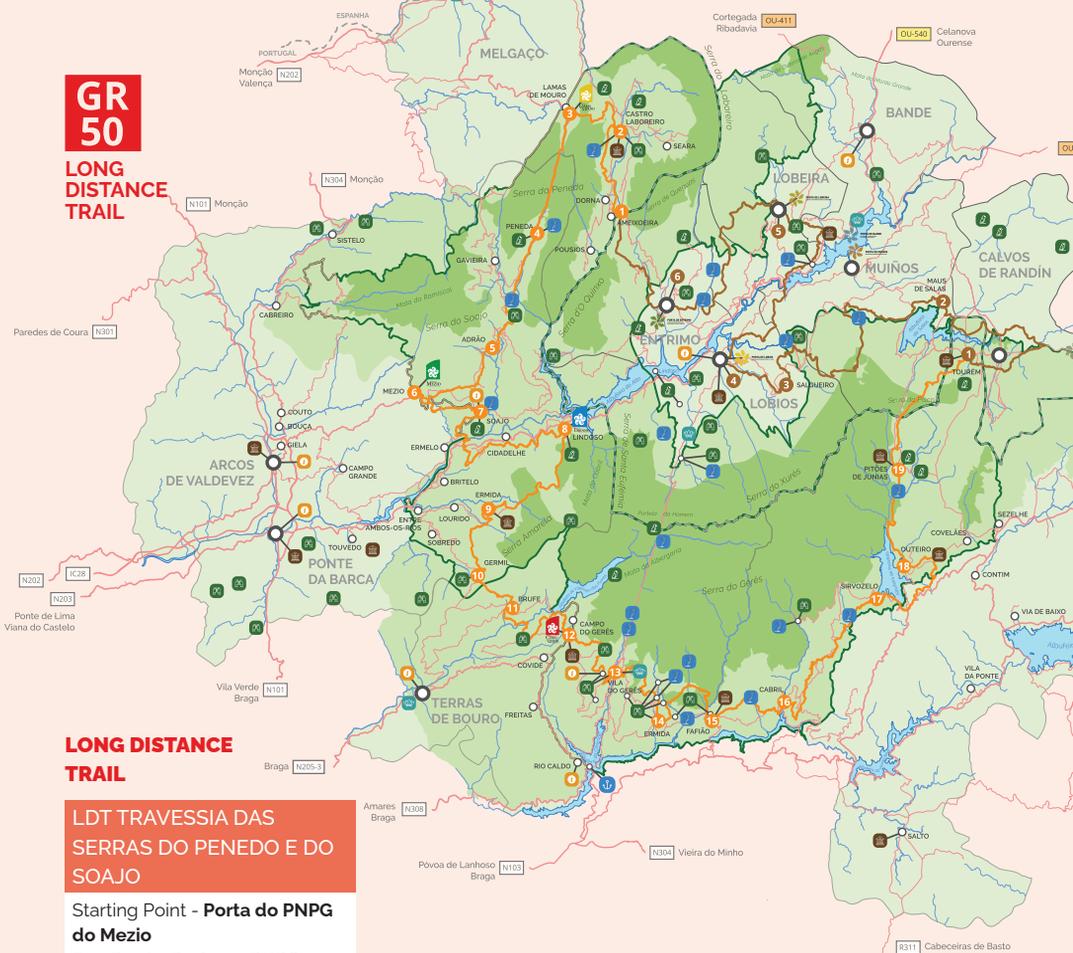
TRILHO DA SERRA AMARELA (TROÇO CONCELHIO)

Registered - **Yes**
Certified - **Yes**
Type - **Circular**
Scope - **Historical, Cultural and Landscape**



**GR
50**

**LONG DISTANCE
TRAIL**



**LONG DISTANCE
TRAIL**

**LDT TRAVESSIA DAS
SERRAS DO PENEDO E DO
SOAJO**

Starting Point - **Porta do PNPg
do Mezio**

End Point - **Porta do PNPg do
Mezio**

Type - **Circular**

Scope - **Natural and Landscape**

Total Distance - **77km**

Duration - **4 days**

Difficulty Level - **Medium**

**GR50 PARQUE NACIONAL
DA PENEDA GERÊS**

Total Distance - 200 km

BIRDWATCHING

The practice of birdwatching is growing due to the increase in followers of activities practiced in a more natural context. The Peneda-Gerês National Park territory is widely recognized as one of the most interesting bird observatories in Europe, with several endemic species, many of which are endangered, thus making it a space of choice for all those interested in avifauna, with the territory itself offering several places for bird watching.

Species such as the golden eagle, the montagu's harrier, the red-billed chough, the northern wheather, the red-backed shrike, the euroasian scops-owl and the western bonelli's warbler can be observed in the territory, being that, even in the coldest months and when the migration of several species is verified, it is still possible to observe birds like the alpine accentor.

The park's morphology also allowed several observation spaces to materialize, enabling an immersive experience in this activity, such as Senhora da Peneda and Soajo, in Arcos de Valdevez; the Castro Laboreiro Plateau and Portelinha, in Melgaço; the Lindoso village, in Ponte da Barca; the Gerês village, Portela do Homem and Mata da Albergaria, in Terras de Bouro; and Pitões das Júnias, Tourém and the Mourela Plateau, in Montalegre.





ARCOS DE VALDEVEZ

Senhora da Peneda

Soajo



MELGAÇO

Castro Laboreiro Plateau

Portelinha



PONTE DA BARCA

Lindoso

TERRAS DE BOURO

Gerês

Portela do Homem

Mata da Albergaria



MONTALEGRE

Pitões das Júnias

Tourém

Mourela Plateau

TOURIST PROGRAM PROPOSAL

CAMINHO DA GEIRA AND ARRIEIROS

The Roman occupation of Portugal's northernmost territory shaped the environment, with multiple traces proliferating in the different counties, functioning as clear manifestations of the existing cultural plurality. The Geira Romana road, together with the Caminho dos Arrieiros, connects Braga, former Bracara Augusta, to Santiago de Compostela, for 240 km, passing through the Peneda-Gerês National Park, through the Serra do Gerês, entering Spain through Portela do Homem.

From Braga, the path follows the Geira Romana road, an ancient Roman military route that connected Braga to Astorga, then crossing the Caminho dos Arrieiros, the former commercial route for Ribeiro's wine transporters to Compostela, which then heads to Santiago of Compostela. The route thus becomes a complex and intricate Roman archaeological circuit, with a 30 km pass through the Peneda-Gerês National Park, through the so-called Geira Romana,



maintaining much of its original layout, passing through several points of interest, involved in an environment of natural beauty unmatched in the national context.

The route connects Amares and Terras de Bouro, crossing the territory of the park, following the Homem River, passing through the areas of São João do Campo do Gerês, then arriving at Portela do Homem. There, it infiltrates Spain, through the lands of Galicia, passing through the counties of Lobios and Entrimo, inserting itself again in Portugal in the Castro Laboreiro area, in Melgaço, returning to Spain, then going to Santiago de Compostela. The route is marked by a set of

mostly epigraphic miliars in the Geira Romana, a unique case in the world because of its length and density per mile.

The crossing is part of one of the Caminhos de Santiago accesses, thus having a differentiated spiritual environment, leveraged by the existing natural and scenic surroundings, with the Peneda-Gerês National Park becoming an important asset to create a unique dynamic for all those who make the journey. Several architectural and natural traces are found along the way, making the trip a true landmark of cultural and landscape surroundings. During the crossing, it is possible to find several notes that complement the route, from different periods, with the heart of the Peneda-Gerês National Park seen through several natural environments of undeniable beauty, with numerous natural pools ready to bathe all passers-by, with diverse population groups endowed with sympathy and a peculiar way of living, who embrace all those who pass by.

These characteristics make this one of the most peculiar journeys existing in Portugal, with several cultural traits that make it genuine, being a path that offers physical and spiritual challenges to all those who travel it, in communion with Nature, in a journey endowed with history at every step along the way.



COURSE TECHNICAL FILE

Distance: **240km**
(Braga - Santiago de Compostela)

Typology: **Linear**

Accumulated Elevation: **6.200m**

Difficulty Level: **Very Hard**



MAP SUBTITLES

-  Biosphere Reserve – Center zone
-  Biosphere Reserve – Buffer zone
-  Biosphere Reserve – transition zone
-  Limit of the National Park Peneda Gerês and Natural Park Baixo Limia - Serra do Xurés
-  Border boundary
-  Street
-  Water line
-  Reservoir
-  County Seat
-  Parish, Town or Village
-  Park Gates
-  Tourist Information
-  Birdwatching
-  Viewpoint
-  Museum
-  Waterfall
-  Marina and Nautical Activities
-  Thermal Spas



STAGES

- 1 Braga - Caldelas - 17 Km
- 2 Caldelas - Terras de Bouro - 13,6 Km
- 3 Terras de Bouro - Portela do Homem - 24 Kms
- 4 Portela do Homem - Lobios - 20,1 Km
- 5 Lobios - Castro Laboreiro - 28,6 Km
- 6 Castro Laboreiro - Cortegada - 13,9 Km
- 7 Cortegada - Ribadavia - 17,7 km
- 8 Ribadavia - Pazos de Arenteiro - 19,5 Km
- 9 Pazos de Arenteiro - Beariz - 11,3 km
- 10 Beariz - Soutelo de Montes - 20 Km
- 11 Soutelo de Montes - Codeseda - 11,9 Km
- 12 Codeseda - A Estrada - 12,3 Km
- 13 A Estrada - Pontevea - 17,1 Km
- 14 Pontevea - Santiago de Compostela - 17,1 Km

REASONS TO CARRY OUT THE PROGRAM / EXPERIMENT

Historical-Cultural Context:

Considered one of the most primitive paths inserted in the national context, the historical-cultural environment is vital. The route connects Braga to Santiago de Compostela, part of which passes through the Peneda-Gerês National Park. It has a unique historical-cultural environment, with several Roman points of interest, with centuries of existence, such as milestones, complemented with the cultural and monumental heritage belonging to the park, dating back to different eras.

Natural Context:

The surrounding area, particularly in the Peneda-Gerês National Park context, is extremely relevant and will interest all those who need to enjoy an outdoor activity. Being one of the accesses to the Caminho de Santiago, spirituality in such a relevant context will further mark the trip, being a clearly differentiated activity, with passages through natural reserves of unparalleled value, such as Mata da Albergaria, being possible to glimpse the fauna and flora of this singular space through several endemic species.

Landscape Context:

The landscapes that can be seen become part of the route's magic, with the passage through the Peneda-Gerês National Park incorporating a set of unique landscapes into a particular spiritual journey;

Spiritual Context:

In the Middle Ages, the Geira and Arrieiros path was used by several pilgrims who used the

distinctive scallop. Thus, today's route is part of a network of access to the Caminhos de Santiago, thereby having associated an extremely particular symbolism. The spirituality involved in the process of realizing the Caminhos de Santiago is, in itself, a call for several individuals, and associated with the existing magical surroundings, it thus becomes a unique path that is not yet widely known.



DETAILED DESCRIPTION OF ATTRACTIONS / ACTIVITIES

Due to its historical-cultural component, the Caminho da Geira e dos Arrieiros holds a monumental cultural heritage that makes it a true journey through the different eras of history, with the existing vestiges providing the path with a unique environment. Along the 240 km, the route is associated with a spiritual component added to a relevant cultural heritage, bringing together traces of two countries' history wrapped in a unique landscape context.

WHAT TO VISIT ALONG THE WAY

MUSEUMS IN ORDER

Ethnographic Museum Campo do Gerês

41.750371, -8.197086

Museum of Geira

41.7509, -8.197596

Numismatic Museum of Lobios

41.903583, -8.083028

Pura Santos Museum

41.9338677, -8.1182824

Museological Nucleus of Castro Laboreiro

42.029756, -8.1571659

Sarmientos S XV Castle

42.2874786, -8.1436942

Sefardi Museum

42.287533, -8.143115

Ethnological Museum of Ribadavia

42.2884491, -8.1422743

Ethnographic Center Terra de Montes

42.2884491, -8.1422743

Estradense Town Museum "Manuel Reimóndez Portela"

42.2884491, -8.1422743

Museum of Furniture and Wood

42.688199, -8.48629

VIEWPOINTS IN ORDER

Mirante Novo

41.714176, -8.176694

Boneca

41.727943, -8.171220

Junceda

41.742022, -8.169948

Fraga Negra

41.72775, -8.1679

Bom Jesus das Mós

41.747500, -8.230278

Carballón

41.84882, -8.1142

Alto de Santa Eufémia

41.85855, -8.14305

Ermida de Nossa Senhora do Xurès

41.86703, -8.09247

Piteira

41.89361, -8.10162

O Pedreiriño

41.94097, -8.10885

Castro Laboreiro

42.02727, -8.16006

Quinta

42.10575, -8.14805

Coto de Pena

42.19777, -8.177

Reigoso

42.27635, -8.12068

Ribadavia

42.28654, -8.1342

Cruz da Grela

42.61596, -8.4213

Monte Fenal

42.65372, -8.46772

WHAT TO VISIT ALONG THE WAY

MONUMENTAL CULTURAL HERITAGE IN ORDER

Braga Cathedral

41.550007, -8.426903

Chapel of São Frutuoso

41.560551, -8.438945

Church of São Martinho de Dume

41.567646, -8.435681

Church of Pópulo

41.551967, -8.428677

Bico Bridge

41.606568, -8.429406

Church of São Martinho em Rendufe

41.620302, -8.414155

Church of Senhora da Agónia em Rendufe

41.629539, -8.408675

Mosteiro de Santo André de Rendufe

41.635827, -8.405831

Termas de Caldelas

41.668034, -8.369326

Church of Santiago de Caldelas

41.668554, -8.375892

Chapel of Senhora da Boa Viagem (Paranhos)

41.672648, -8.345610

Church of Santa Cruz

41.680281, -8.326077

Mile XIV

41.680239, -8.324932

Pedra da Cruz

41.686557, -7.323773

Mile XV

41.696196, -8.318566

Chapel of Pena

41.703590, -8.313300

Church of ChoreNSE

41.70957, -8.303489

Parish Church of Santo André de Moimenta

41.71794, -8.30968

Mile XX

41.716648, -8.285588

Mile XXI

41.720540, -8.274855

Chapel of São Bento

41.71853, -8.27495

Mile XXII

41.725710, -8.263274

Mile XXIII

41.731772, -7,248931

Mile XXIV

41.736290, -8.235049

Parish Church of Covide

41.738268, -8.214684

Mile XXVII

41.747094, -8.198905

Mile Stone in Campo do Gerês

41.749578, -8.197105

Alminhas do Campo do Gerês

41.758187, -8.194266

Ethnographic Museum of Campo do Gerês

41.750381, -8.197088

WHAT TO VISIT ALONG THE WAY

Mile XXXI

41.788417, -8.159932

Mile XXXII

41.794396, -8.147811

Mile XXXIII

41.795965, -8.135257

São Miguel Bridge

41.799505, -8.134283

Milha XXXIV

41.808393, -8.131444

Mile Stone of Ponte Nova

41.834024, -8.119385

Aquis Originis

41.856491, -8.107256

Hermitage of Santo Amaro

41.85953, -8.11109

Balneario de Lobios

41.860963, -8.106940

Cruzeiro de Vilameá

41.865694, -8.102235

Hermitage of Santa Catarina

41.86781, -8.11003

Hermitage of Nosa Señora do Xurés

41.86669, -8.09266

Devesa Bridge

41.874392, -8.095784

Frascas Manor House

41.897682, -8.085466

Church of Lobios

41.904242, -8.084216

Chapel of Santo António de Quintáns

41.919091, -8.095090

Hermitage of Santa Catarina

41.867810, -8.110037

Church of Santa Maria do Vale de Rio Caldo

41.873594, -8.114788

Chapel of Remédios de Asperelo – Feira Vella

41.919392, -8.095820

Church of Santa Maria a Real de Entrimo

41.934275, -8.120506

Church of São Facundo em A Pereira

41.957300, -8.150765

Hermitage of Ameixoeira

41.985060, -8.158761

Dorna Bridge

41.994288, -8.167687

Cava da Velha Bridge

42.003208, -8.164014

Assureira Roman Bridge

42.003016, -8.165390

Castro Laboreiro Castle

42.022649, -8.158107

Church of Santa Maria da Visitação

42.030345, -8.158143

Castro Laboreiro Old Bridge

42.03043, -8.15628

Veiga Bridge

42.037588, -8.164189

Church of San Juan de Monteredondo

42.111181, -8.158516

WHAT TO VISIT ALONG THE WAY

Church of São Miguel

42.128247, -8.163469

Church of São Amaro

42.133743, -8.165895

Church of San Roque em Padrenda

42.1382, -8.15698

Hermitage of Virxe das Candeas em A Portela

42.151929, -8.159784

Hermitage of Portela

42.15188, -8.15973

Chapel of São Xusto

41.169374, -8.156729

Bridge over Deva River

42.1814, -8.1569

Balneario da Cortegada

42.20042, -8.17314

Church of Santa Maria da Cortegada

42.207372, -8.169228

Lavadoiro Fountain

42.21543, -8.16421

Church of San Benito do Rabiño

42.21772, -8.15971

Cross Stone of Rabiño

42.21818, -8.15902

House with Heraldic Shield

42.23327, -8.1638

Church of San Cibrán em Meréns

42.233777, -8.164691

Bridge over Arnóia River

42.25558, -8.1475

Chapel of Arnoia

42.25835, -8.15501

Church of Santa Maria Madalena de Francelos

42.27668, -8.15903

Chapel of San Gens de Francelos

42.27663, -8.15567

Bridge over Miño River

42.28017, -8.13934

Chapel of Santa Marta

42.28536, -8.12947

Bridge over Avia

42.2869, -8.1411

Chapel of Magdalena

42.28787, -8.14212

Church of Monacal de Santo Domingo

42.28592, -8.1452

Church of do Portal

42.28601, -8.14476

Ribadavia Castle

42.28675, -8.1444

Church of de Santiago de Ribadavia

42.28838, -8.14224

Ethnological Museum of Ribadavia

42.28852, -8.14227

Porta da Vila Fountain

42.28894, -8.14288

Church of Santa Maria de Oliveira

42.28972, -8.1483

Church of Santo António

42.29001, -8.14137

WHAT TO VISIT ALONG THE WAY

Church of São Cristóvão em Regodeigón

42.30958, -8.13401

Chapel of Portela de Beade

42.32417, -8.12646

Pateira em Beade Manor House

42.33105, -8.12809

Inquisition House of Beade

42.3313, -8.12867

Group of Cross Stones and Chapel of San Roque

42.33294, -8.12904

Cross Stone of Cruz Templária

42.3337, -8.12838

Church of Santa Maria de Beade

42.33385, -8.12824

Porta Lodeiro Bridge

42.34228, -8.13624

Caldelas Windmill

42.34228, -8.1408

Balneario de Berán

42.34488, -8.14045

Church of San Breixo de Beran

42.35057, -8.14252

House of "Granxa"

42.3509, -8.14398

Quinteiro Fountain

42.35107, -8.14406

House with Heraldic Shield

42.35137, -8.14412

Taboada Manor House

42.35493, -8.14719

Stone with Templar Cross

42.35577, -8.14815

Hermitage of San Roque

42.35735, -8.14425

Cross Stone of San Roque

42.35791, -8.1444

Lebosende Windmill

42.3755, -8.13696

Old Cellars

42.37609, -8.1364

Church of San Miguel de Lebosende

42.37694, -8.13169

Abandoned Village of Viñoa

42.39203, -8.14438

Roman Bridge over Avia

42.3955, -8.14309

Bridge with the figure of the Apostle Santiago

42.39963, -8.1411

Templar Church of San Salvador

42.39859, -8.14513

Manor House

42.40078, -8.15131

Bridge over Viñoa River

42.40298, -8.16491

Eiroa Fountain

42.40586, -8.16673

Church of San Miguel de Albarellos

42.40863, -8.1784

Chapel with figure of Santiago

42.41348, -8.18446

WHAT TO VISIT ALONG THE WAY

Church of Feas

42.44212, -8.21042

Church of Santa Maria de Beariz

42.46634, -8.26876

Church of Santiago de Pardesoa

42.51843, -8.30933

Parish Church of Madanela

42.53641, -8.30021

Church of San Nicolao de Ventoxo

42.54355, -8.32282

Chapel of Cachafeiro

42.57606, -8.33763

Gomail Bridge

42.5794, -8.3536

Cross Stone of Mamoá

42.58945, -8.38452

Arrieiro Cross

42.595428, -8.388272

House with crosses from Malta

42.615670, -8.415142

Chapel of Virgem de Guadalupe

42.61545, -8.41527

Grela Cross

42.616008, -8.421305

Church of Codeseda

42.61855, -8.43706

Bridge over Umia

42.63822, -8.4343

Church of Santa Maria e Nígoi

42.65072, -8.45716

Chapel of Consolación e Cruzeiro

42.66117, -8.46186

Church of Santiago de Tabeiros

42.66299, -8.46271

Guimarei Roman Bridge

42.67348, -8.46353

Cross Stone of Guimarei

42.67618, -8.46679

Church of San Julián de Guimarei

42.67721, -8.46691

A Torre de Guimarei

42.68322, -8.47559

Church of Santa Maria de Aguions

42.70187, -8.47404

Church of São Pedro de Toedo

42.71387, -8.50303

Church of Santa Cristina de Veá

42.73434, -8.51551

Chapel of Nossa Senhora de Aranzazu

42.737101, -8.528882

Church of Santa Maria de Couso

42.75111, -8.55123

Pazo de Maindo

42.74941, -8.55287

Pontevea Bridge

42.759624, -8.548389

Cross Stone of Reis

42.771661, -8.552927

Church of São Cristóvão de Reis

42.772477, -8.555209

WHAT TO VISIT ALONG THE WAY

Church of São Miguel de Raris

42.782414, -8.561540

Caxade Medieval Bridge

42.79848, -8.56409

Church of San Xoán de Recesende

42.813258, -8.557512

Church of São Simão de Ons

42.821651, -8.551030

Hermitage of Santa Lucia

42.84544, -8.52008

Mazarelos Gate

42.87795, -8.54223

Santiago Cathedral

42.88052, -8.54577



SUPPORT LINK:

<https://www.google.com/maps/d/edit?mid=1o6vdcY3kAheEZBd-myzhdxynUEbQZLS8&usp=sharing>



EXPERIENTIAL COMPONENT - IMMERSION IN THE TERRITORY

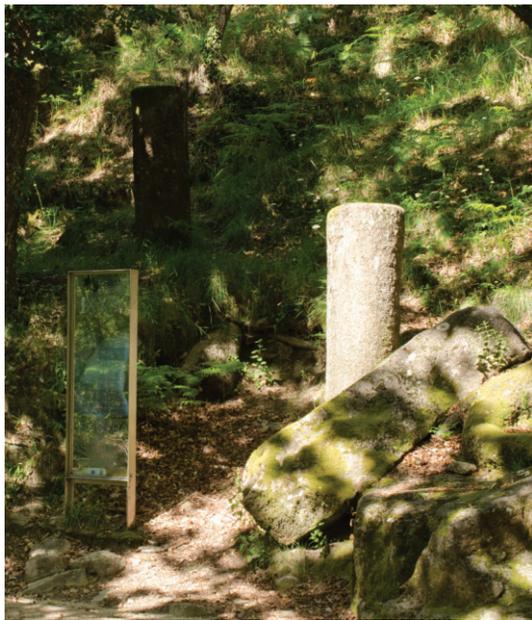
The experiential component of the product is largely associated with the historical-cultural and natural dimension of the route, which involves the path in a distinct mystique, making the course a true journey through the history of the territories themselves, crossing several eras in a unique natural environment, where spiritual designs are associated with these realities, creating a truly authentic and differentiated product.

The immersion in the territory is easily amplified by the quantity and diversity of the existing monumental heritage, constituting real points of reference for a history that began thousands of years ago and which can be witnessed by walkers, leading them to wonderful discoveries. From megalithic vestiges to imposing religious landmarks, the different narratives unfold in each territory crossed, calling for discovery at every stage of the journey.

Associated with this cultural component, the natural heritage is also an important factor in the creation of the Caminho da Geira and dos Arrieiros product, with part of the crossing being inserted into the Peneda-Gerês National Park, where a vast floristic and fauna heritage unfolds, with unique natural monuments that can (and should) be enjoyed by walkers, elevating the richness of a path that, at each step taken, distinguishes itself from any other adventure.

The Caminhos de Santiago 'pilgrim' profile is distinctive, as it seeks in its 'spiritual journey' immersion in the territory and a relationship with the local communities, standing out substantially from other pilgrim profiles. This circumstance gives greater integration and emotional

connection between pilgrims and residents, which gains even greater depth in the territorial spaces. The inhabitants of the different places covered by Caminho da Geira and Arrieiros are true support for hikers, understanding the faith that moves them. They do not inhibit themselves from supporting and sharing their experiences with hikers, letting them know a little of the stories and narratives of the territories of which they are so proud, welcoming those who pass through in the best possible way, and, due to this spirit of openness and welcoming of local communities, they project the trip to another dimension that challenges the very psychological and physical barriers of the hiker.



REQUIRED / RECOMMENDED EQUIPMENT

The Caminho da Geira e dos Arrieiros adds to its spiritual component, an intense physical component, which raises its crossing difficulties. Therefore it is necessary that the hiker carefully prepares his trip, providing himself with several recommended equipment, so that any unexpected adversity or circumstance can be overcome, allowing the walker to be supported throughout the trip, which is recognized to be demanding physically and spiritually.



Backpack

(Small / Large)

Adequate clothing,

able to adapt to any climatic situation

Trunk

sweaters with UV protection, anorak, ...

Legs

Waterproof pants, pants suitable for hiking, ...

Accessories

Hat, bandana, gloves, ...

Footwear

(Preferably trekking boots)

Sleeping bag;

Walking stick;

Flashlight;

Cantilever;

Food

(rich in calories, consisting mostly of small snacks to recover energy during the walk)

Hygiene products;

Orientation equipment

(GPS, map, altimeter, compass, binoculars, ...)

Safety equipment

(small aid kit, ...)

Technology-based equipment

(power-banks, a smartphone with support apps ...)



INFRASTRUCTURES USED

A crossing endowed with an extension as high as the Caminho da Geira and Arrieiros needs structures that complement the route, allowing for an increase in safety, being effective points of support for the walker, providing support and bases for the conception of a product structured and prepared to be completed, with all the existing conditions for that.

Observation points *(Google Maps)*

Viewpoints

Sleeping points *(Attached - RNET, REAL, Google Maps)*

Tourist developments

Hostels

Campsites

Recreation and Rest Zones

Picnic parks

Leisure parks

Rest zones

Fountains

Health Centers and Medical Support Points *(Google Maps)*

Feeding points *(Google Maps)*

Restaurants

Points for purchasing essential goods

Markets

Supermarkets

Hypermarkets

Grocery stores



Interpretation Centers

Environmental

Historical-Cultural

Teaching spaces

Reception and support infrastructures

Tourist Offices *(Google Maps)*

Information Stations *(Google Maps)*

Sanitary Installations

Self-service laundries

ATMs



SUPPORT LINK:

<https://www.google.com/maps/d/edit?mid=1o6vdcY3kAheEZBd-myzhdxynUEbQZLS8&usp=sharing>

ITINERARY – 14 STAGES

The Caminho da Geira and dos Arrieiros is divided into 14 distinct stages, designed to allow the best possible crossing for hikers. Despite this formal segmentation, the walker can, at any time, customize the respective stages, adjusting the route to his needs and motivations.

The design of Caminho da Geira and Arrieiros offers walkers access to information about the path itself, the monumental and artistic natural and cultural heritage, as well as the characteristic activities of tourism, namely, tourist accommodation units, catering establishments, as well as other complementary services (eg health centers).

In strict compliance with the fundamental requirements that guide this product's structuring, safety stands out as a reference pillar, so the possibility offered to walkers to customize their trip safely and securely is guaranteed by the information and services available.

Crossed counties: **Braga, Amares, Terras de Bouro, Lobios, Entrimo, Melgaço, Padrenda, Pontedeiva, Cortegada, A Arnoia, Ribadavia, Beade, Berán (Leiro), Boborás, Beariz, Forcarei, A Estrada, Teo, Santiago de Compostela.**

1. Braga

Ø 17km

2. Santiago de Caldelas

Ø 13km

3. Terras de Bouro

Ø 13.6km

4. Portela do Homem

Ø 24km

5. Lobios

Ø 20.1km

6. Castro Laboreiro

Ø 28.6km

7. Cortegada

Ø 13.9km

8. Ribadavia

Ø 17.7km

9. Pazos de Arenteiro

Ø 19.5km

10. Beariz

Ø 11.3km

11. Soutelo de Montes

Ø 20km

12. Codeseda

Ø 11.9km

13. A Estrada

Ø 12.3km

14. Pontevea

Ø 17.1km

15. Santiago de Compostela



SUPPORT LINK:

<https://imgur.com/LAmYG3M>

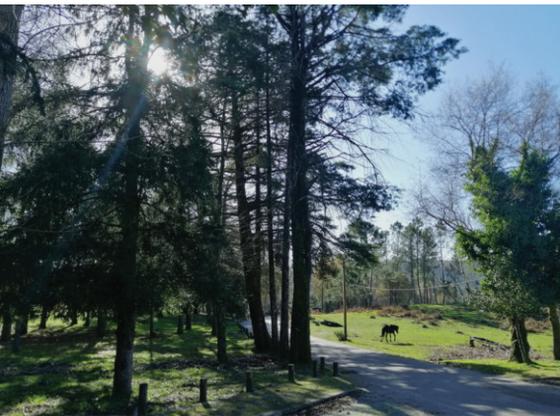
AGENTS INVOLVED

Effective coordination between the various agents involved is necessary to have an efficient implementation of a highly complex product such as the Caminho de Santiago. As such, the different local authorities must mobilize their resources to prepare a joint offer that makes this itinerary an attractive product, capable of meeting, through its natural and historical resources, the paths most recognized by the community, together with all the economic agents and organizations that are seen as important assets in defining a better experience for all hikers.

A set of partnerships must be established between all interested entities, aiming solely and exclusively at the correct construction of a product that can bring benefits to the regions where it is located, appealing to thousands

of annual visitors who, during the crossing, strengthen the local economic fabric. Therefore, there must be a total harmony between the municipalities, the organizations that, in some way, try to preserve the history of the Way, communicating it and organizing several actions so that it gains visibility, and the local economic agents themselves who serve as a complement for a safe crossing, being an addition to the experience but necessary for the development of the same (restoration, accommodation, ...).

In this way, the various public organizations concerned must take measures to provide a stable environment so that different instances that may become essential (eg. Hostels, information points for the walker ...) can be built and contribute to an evolution of conditions general directions.



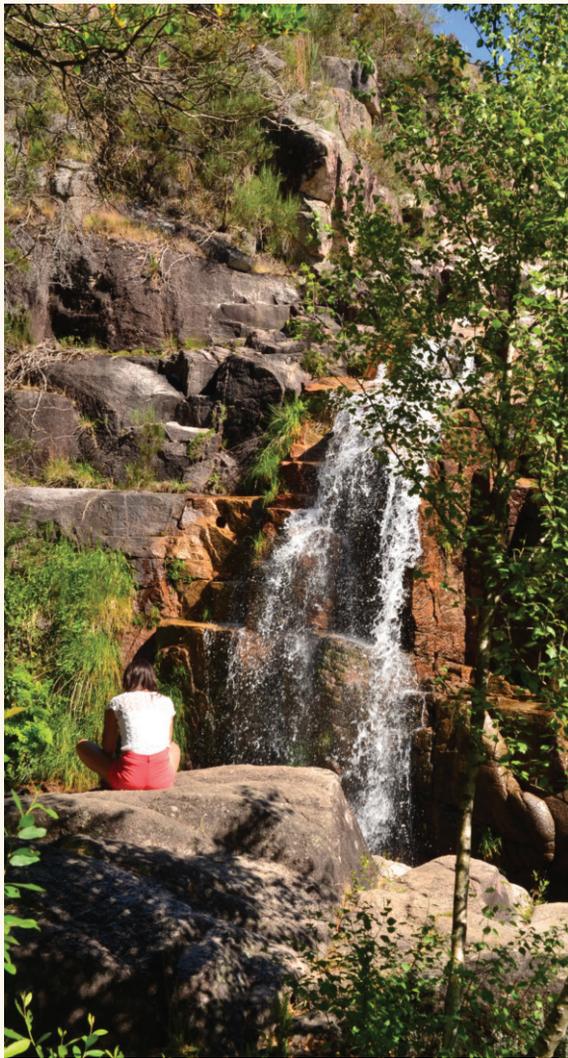
LIST OF AGENTS INVOLVED

- Municipalities and public decision-making bodies;
- Organizations involved in the promotion and communication of Caminho da Geira and Arrieiros;
- Public organizations involved in receiving and clarifying information (eg. Tourist offices, ...);
- Organizations responsible for the management and protection of natural areas;
- Restoration;
- Accommodation.

POSSIBLE NATURAL AND CULTURAL IMPACTS

In 2019, about 350 thousand hikers walked the Caminhos de Santiago, with an annual increase being observed throughout the years. The Central Portuguese Way was the second most traveled route, with about 72 thousand passers-by, only surpassed by the French Way, with the importance of Caminho da Costa being assumed from year to year, reaching a new record for pedestrians in 2019. The Way's unique spiritual environment appeals to several travelers, with travel and a sense of mission to be a difficult call to ignore, boosted by the existing cultural and natural surroundings. The activity is no longer practiced only by devotees, now involving several segments, many of them letting themselves be led by the unique adventure, with cultural and built attractions being an essential component for this.

The existence of a structured path with history and with the surroundings of Caminho da Geira and Arrieiros may bring positive impacts to the regions where it operates, due to the strong call it can exert on all those who intend to undertake the Caminho de Santiago in a unique historical-cultural and natural environment. The economic impact derived from crossing the path would be clearly relevant, with the tourist flow caused by the various hikers' presence allowing a greater dynamization of the economic fabric of the region, with the expenses derived from the crossing allowing a greater stimulation of the local economy. The economic impact would be evident, in a significant way, in hotels, restaurants and even in the traditional commerce itself, growing in line with the increase in the number



of pedestrians who, looking at what are the annual statistics of the number of pilgrims and the unique surroundings of the Caminho da Geira Romana and the Arrieiros, it would be verified.

At the cultural level, there may be a greater dynamization of visitors to the various historical and cultural attractions existing in the territory that surrounds the Caminho da Geira Romana and dos Arrieiros, with the existence of the route allowing until several culturally significant infrastructures can be restructured and adapted to make the journey a journey spiritually interesting, but also culturally and historically relevant. The pilgrims' tourist flow may even revitalize certain cultural landmarks and give greater historical and cultural relevance to places unknown to most interested parties. The fact that this is, in general terms, one of the oldest functioning Caminhos de Santiago, with a history that goes back to times of strong influence in the history of Portugal, may also stimulate the local history of the regions where it is inserted, the which will increase the cultural relevance of the territory and enable interesting storytelling to promote the culture associated with this very primitive path.

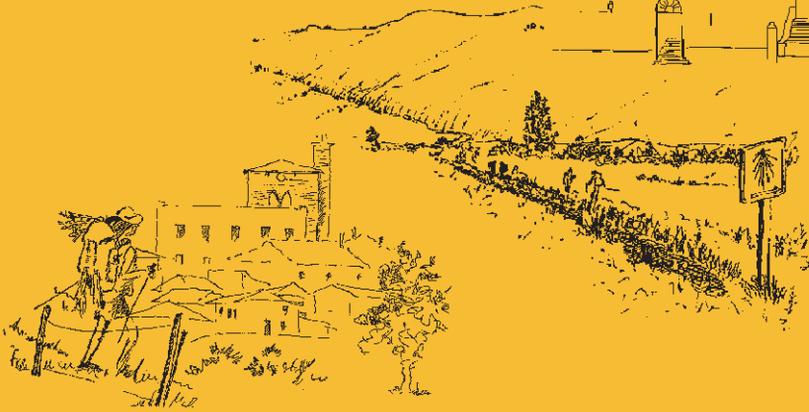
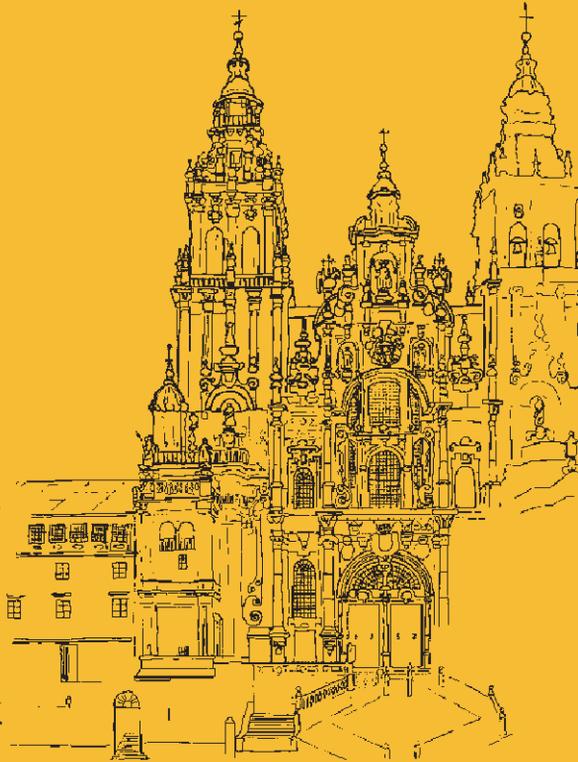
The impact will also be felt in the natural context, with the various elements of Nature, namely in the section of the path inserted in the Peneda Gerês National Park, to be able to become one of the most recognized characteristics of the route, and allowing an increase of the notoriety of the vast natural heritage existing in the region where the path is inserted, leading to a consequent increase in visits to it. The gradual increase in the number of passers-by may, nevertheless, contribute to the erosion of existing natural resources, particularly in protected areas, so that



there must be exhaustive regulation to make the activity safe, capable of being carried out in a natural environment of unparalleled value, without any damage to Nature.



STORYTELLING SUPPORT FORM



GENERAL DESCRIPTION OF THE STORY

The so-called Geira Romana, former Via Romana number 18 of the Itinerarium Antonini, popularly known as Via Nova, was presumably built during the second half of the first century AD, serving for several centuries as a military reference, connecting Braga, former Bracara Augusta, to Astorga, at that time called Asturica Augusta. Its creation was due to the need to guarantee troops' geostrategic mobility through the rugged terrain of this region, being an important part of the road network devised by the Roman people, essential in their campaign of conquests that gave rise to one of the greatest empires in history.

Its path is partially inserted in the Peneda-Gerês National Park, still incorporating much of what is its original layout, having been used for centuries as the main way to overcome this green amphitheater, conserving, in an area with steep slopes relief, a harmonious outline, also the result of the restoration works that it suffered over the centuries by the different peoples that inhabited the

region, afraid that the only way they could safely cross lands of uncertain dangers would deteriorate to the point of disappearing.

Its Roman constitution meant that the route was marked by an extensive set of military, small formations placed at intervals of 1480 meters, strategically deployed to serve as a means of guidance for military and civilian purposes, becoming a unique case in the world due to the density per mile of these epigraphs rock monuments. It's a clear testimony of the importance placed by the Roman people in this transition path inserted in a unique natural context.

This crossing, used for 2000 years as a focal point of communication between Portugal and Spain, is integrated into Caminhos de Santiago. Since the 15th century, several pilgrims have walked this road with the scallop, symbology largely associated with these spiritual paths.

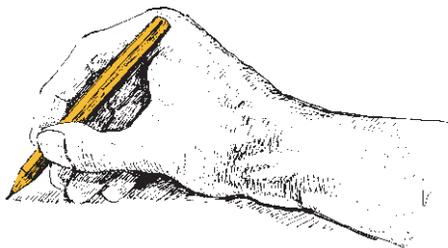
This path, which crosses the Peneda-Gerês National Park through the municipality of

Terras de Bouro, ending in Spain through Portela do Homem, intersects with an old commercial road in the municipality of Lobios, the Caminho dos Arrieiros, used for centuries by traders of wine, which were in charge of transporting the wine from Ribeiro to Compostela, one of the great centers of consumption of the time, that was mostly controlled by the monasteries belonging to the Church. Coming from the Astorga area, they had enormous prestige, having even been decreed by the kingdom that those who exercised these functions were exempt from paying taxes.

These courageous traders, who made this activity their main income source, followed difficult paths, with countless obstacles, taking their precious goods in pack animals, trying to reach their destination at their own risk. Historical references point out that the pilgrims who made their crossing to Compostela, seeking to honor Santiago, followed the today called Caminho dos Arrieiros, with the existence of several Orders of Protective Knights

of the Pilgrims to pontificate along the crossing, namely, in Ribadavia, Beade and Pazos de Arenteiro, and corroborating this statement.

The commercial and military dichotomy that characterizes this path makes it a unique case among the Caminhos de Santiago context. The Geira Romana, idealized and built 2000 years ago, is an element belonging to the path that makes it one of the most primitive existing, possessing heritage elements along its route loaded with millenary history, anchored in local communities, simple and holding a very own culture, but



full of unusual empathy and relational capacity that involves the various walkers, opening the doors of their homes to them, helping and giving hope to those who, moved by faith and spirituality, seek to end a challenge that takes everyone to the limits of their physical and mental capacities. The natural and built heritage

inserted in the Roman path, and Spain through the Caminho dos Arrieiros, is so extensive that it becomes a visit to an enormous natural mosaic, the result of the uniqueness of the Peneda-Gerês National Park (Portugal) and the Baixa Limia - Serra do Xurés Natural Park (Spain), where, with each step, ancient history is pioneered.



SUPPORT LINKS | CAMINHO DOS ARRIEIROS

<https://imgur.com/16XZsMP>

<https://imgur.com/YesJlKt>

<https://imgur.com/1tMYSuS>

LINKING HISTORY WITH LOCALS

Caminho da Geira and Arrieiros is naturally integrated into the history of the regions it traverses, having essential importance for several peoples who made the territories adjacent to the route their home. In this way, the communities' own cultural identity provided the crossing with a truly unusual historical-cultural estate, with a scope such that some of the existing heritage dates back to the period of history normally designated as the Ancient Age, the result of the

extensive Roman occupation, namely, in the territories included in the Peneda-Gerês National Park.

Therefore, the narrative associated with the crossing is a central point in the history of the places. The Caminho da Geira Romana, used for so many years as a crossing point for several hikers who sought to escape the dangers across the territory, today inserted in the Peneda-Gerês National Park, is an integral part of a unique





culture, being a landmark in the territory. The Caminho dos Arrieiros itself, which joins the Caminho da Geira in the Lobios area, also has a centuries-old history, having been an important commercial route associated with the territory of Galicia, also containing a brief passage through the Portuguese side through Castro Laboreiro, in Melgaço, associating with the muleteers, who, due to their profession and courage, had a relevant prestige in the kingdom, having marked

several generations that lived off the products transported by these traders, such as wine, salt, coal, wax or cereals.

The cultural traits deposited in these two complementary paths, which give rise to the Caminho da Geira and the Arrieiros, are fundamentally linked to the history of the regions and the countries where they belong, having absorbed several identity traits of the communities.

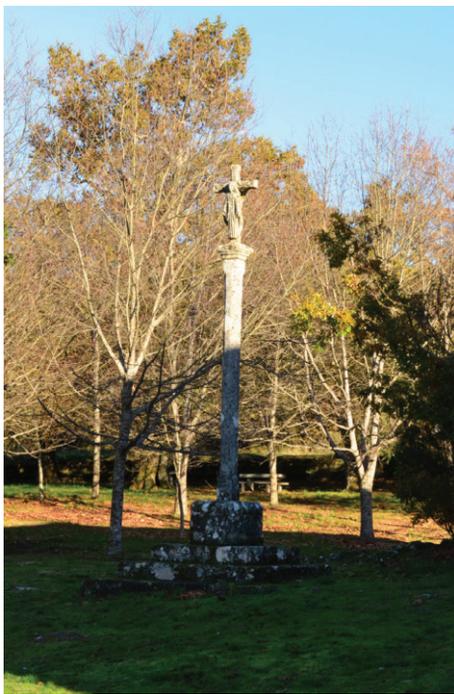


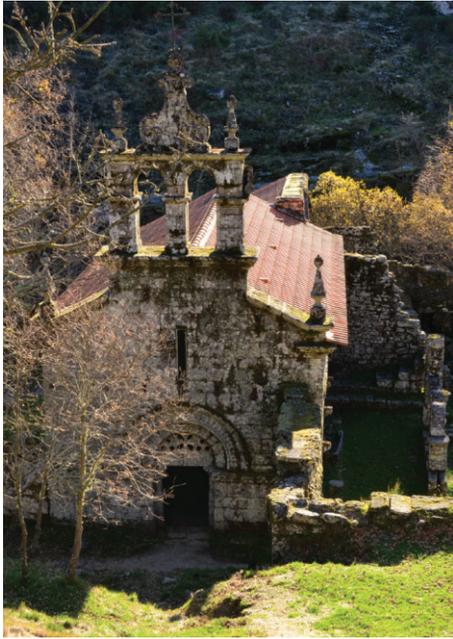
TOURIST ATTRACTIVENESS

The unique conjuncture surrounding this path, endowed with an absolutely unusual history, which has brought essential heritage elements to this day, with the passage through the most magnificent natural amphitheater in Portugal, elevates its tourist attractiveness.

The crossing of this route is associated with a unique spirituality, anchored in its history of several centuries of the different pilgrims who

passed there with a famous scallop, shaping a narrative of the route, fleeing its military and commercial origins. This conjuncture also appeals to the spirit of the Caminhos de Santiago's walkers, who increasingly evade religious principles, intending instead to get involved in an environment that allows them to escape the hustle and bustle of everyday life in an adventure of self-knowledge. In this way,





a proposal for a highly complex product and full of an extremely relevant spiritual idealism, added to a monumental and absolutely unusual natural heritage, will become an essential asset for all regions where it is located, possessing an immense tourist attractiveness, possible to be observed by the size and the affluence of other Paths existing in the country, where the number of hikers has increased from year to year.

Authenticity is also a significant factor for many of the hikers who travel these paths with a set



of objectives they intend to realize. The existing intangible heritage is so peculiar that it can be an attraction and one of the main drivers of this product's tourist attractiveness. The tender way in which local communities receive all those who visit them, in a simple and welcoming environment, meets the needs of many hikers to leave what are the big urban centers, seeking calm and self-realization, with absorption in cultures totally different from yours to be a major factor in decision making.

“CAMINHO DA GEIRA E DOS ARRIEIROS” ECONOMIC INTEGRATION

The entire history associated with the path can also be intelligently promoted, integrating the regional/local economic base, transporting essential services for the safe accomplishment of the journey, with the active participation of decision-making bodies. Thus, it is important to create an integrated strategy articulated with territorial institutional and business agents. This strategy will raise the level of this differentiated product, anchoring in an extremely relevant history, which is associated with a remarkable period in world history.

The natural and historical-cultural environment will constitute the main attraction associated with the path. It can and should be used by the local economic fabric through dynamization actions that promote walkers' integration, encouraging them to take advantage of the actions directed to them, both at the cultural level and at the level of basic support services for walkers - accommodation and restaurants. This structuring level, associated with a unique historical context,

can become extremely important for the product's communication as something built on solid bases. There will be no lack of any service for the hiker to make the trip with sufficient support points to suppress its needs.

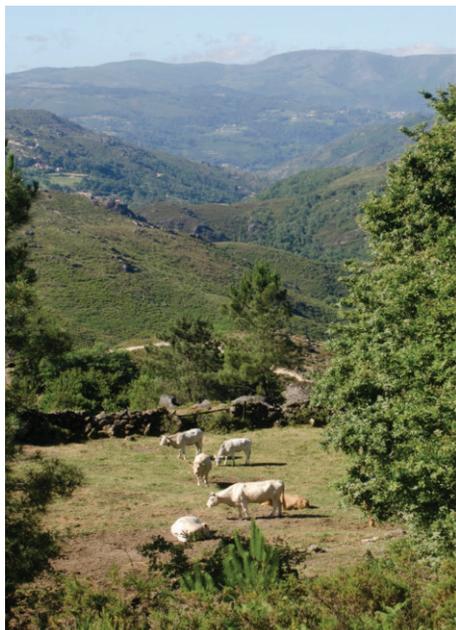
The integration actions integrated through the association of the available offer with the "credential" of the pilgrim of the Caminhos de Santiago, used by pedestrians to take advantage of a set of offers in adherents necessary to their hiker profile.

In terms of tourist accommodation, a model of direct and/or indirect commercial benefits (discount policy) may be implemented, aimed at walkers who are traveling along the respective path, integrating this 'Caminho de Santiago' product in the offer portfolio. This can be even more complex or profound, by including complementary services (massage and wellness services, exclusive menus for walkers, diverse cultural programs, among others), increasing the offer value.

Catering services can complement this offer, adjusting a menu specially prepared for all those who are making the Caminho da Geira and the Arrieiros. Tourist entertainment companies can also enter this equation, offering cultural activities to live a little more of the culture adjacent to the path, engaging in activities prepared to forget a long journey's tiredness.

The local decision-making bodies play an important role here in promoting the Caminho da Geira and the Arrieiros. As the aggregating factor of all the targeted offers, they play a pivotal role in extracting a necessary narrative to go along





with this ancient history. In close relationship with the associations that have a historical interest in the product, they will provide the necessary guidance for proper structuring an important asset that can bring economic and social benefits to all the regions it crosses.

The storytelling and the narrative associated with this path, essential in the promotion strategy added to it, must be absorbed by all stakeholders, seeking to convey an image of security and efficient partnerships, increasing widespread interest. This concerted image will enable a safe, complete, and capable crossing to meet what is intended by the different hikers.





Fondo Europeo de Desarrollo Regional
Fundo Europeu de Desenvolupament Regional



GERÊS-XURÉS
RESERVA DA BIOSFERA
TRANSFRONTEIRIÇA



TURISMO DO PORTO E NORTE DE PORTUGAL

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