

Version EN

ROUTES OF MESETA IBÉRICA TRANSBOUNDARY BIOSPHERE RESERVE

-  WALKING ROUTES
-  MOUNTAIN BIKE ROUTE
-  FAMILY FRIENDLY ROUTE



**MESETA
IBÉRICA**
RESERVA DE LA BIOSFERA

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2 COUNTRIES, 5 NATURAL PARKS, 1 BIOSPHERE RESERVE

Covering a vast territory that includes the Northeast of Portugal and the Spanish provinces of Zamora and Salamanca, the Meseta Ibérica Transboundary Biosphere Reserve is the largest Biosphere Reserve in Europe.

From the mountains of Culebra and Montesinho to the gorges of the Douro and Tua rivers, passing through Lake Sanabria or the Albufeira do Azibo, this is a territory with stunning landscapes and unique natural values, which includes five natural parks and dozens of other protected spaces.

With an imposing and challenging geography, and historically distant from decision-making centers, this territory demanded an adaptation and integration capacity from the communities that is visible today in its built heritage, in its traditions, in its gastronomy and in its strong identity.

All these elements certainly contributed to the recognition of the Reserve by UNESCO (Man and Biosphere Program), in a process promoted by the European Grouping for Territorial Cooperation ZASNET, the entity that currently assumes its management.



Looking to the future, MITBR is certified as a “Biosphere” Tourist Destination, taking the lead in current issues such as combating climate change or pursuing the Sustainable Development Goals (SDGs).

We invite you to visit us.

www.biosfera-mesetaiberica.com



RECCOMENTATIONS AND GOOD PRACTICES



Deposit garbage in containers or take it with you.



Don't make a fire and never throw butts to the ground. Watch out for fires.



Don't yell or talk too loudly. Avoid scaring the animals.



Always walk within the rails. Do not step on sown land.



Remember that capturing animals or harvesting plants is not allowed.



Respect local people, property and private property.



Always close gates and fences to prevent animals from entering and leaving.



As a general rule, pets should be strapped in so as not to disturb or frighten livestock or wild animals.



Don't do free camping. Respect the camping areas.



Take drinking water, suitable clothing and footwear with you. Consult the weather forecast in order to be well prepared. Have your cell phone charged. Take the necessary material and equipment for your safety: map, GPS, compass, hat, sunscreen and, above all, your usual and specific medication against allergies, if applicable. **Emergency telephone number SPAIN / PORTUGAL 112**

ACT PRUDENTLY. COMMIT YOURSELF TO THE DEFENSE OF THE ENVIRONMENT AND HERITAGE AND SET AN EXAMPLE.

Portuguese Santiago's Road of Via de la Plata (1)



GENERAL DESCRIPTION

This route allows visitors to exercise and at the same time to know an important cultural route such as the Santiago's Road, specifically the Portuguese way of "Via de la Plata", suitable for mountain bike following the official branch that many pilgrims who come from Southern Spain following the route called Via de la Plata (original Roman road used by pilgrims in the Middle Ages) in Zamora turn to East to shorten crossing Portugal, before arriving to the French Way.

This bike route includes two of the official stages of the Way, the 4th (from Alcañices to Quintanilla) and the 5th (from Quintanilla to Bragança) starting in Alcañices, where the peace treaty of Alcañices was signed in 1272 between the kingdoms of Castile and Portugal; this town has remarkable monuments to visit as well as pilgrims' hostel.

The route coincides in a first section with a **mountain bike Route through the northwest of Zamora** signposted (from Alcañices to San Martín de Pedroso) and then it can be followed, in addition to the track facilitated by the Biosphere Reserve, following the signposting of the Camino de Santiago with yellow arrows painted on rocks, wooden stakes or even tree trunks. In addition in this section to

Bragança in all the villages crossed we will find stone plates with curious inscriptions (installed by Ramos de Castro Association of defence of the Santiago's Road).

You may photograph the stone plates in some of the villages. Some of them have curious inscriptions, which one catches your attention?

*After passing through three other villages, Sejas de Aliste, Trabazos and San Martín del Pedroso, the route enters through the international bridge that crosses the Maças River in Portugal, arriving later to Quintanilla, the oldest entrance to Santiago's Way in Portugal. The Way enters from here in the **Montesinho Natural Park**, continuing north to Réfega and then Palacios to turn East towards Bragança; after skirting Babe the road reaches altitudes that allow us to enjoy beautiful panoramic views of Trás-os-Montes with the city of Bragança in the background. We will cross Gimonde, a village with an impressive medieval bridge. It will only take just 5 kilometres to reach the monumental town of Bragança where we can enjoy a well-deserved rest while enjoying its rich heritage.*

ALTIMETRY PROFILE



ROUTE DETAILS

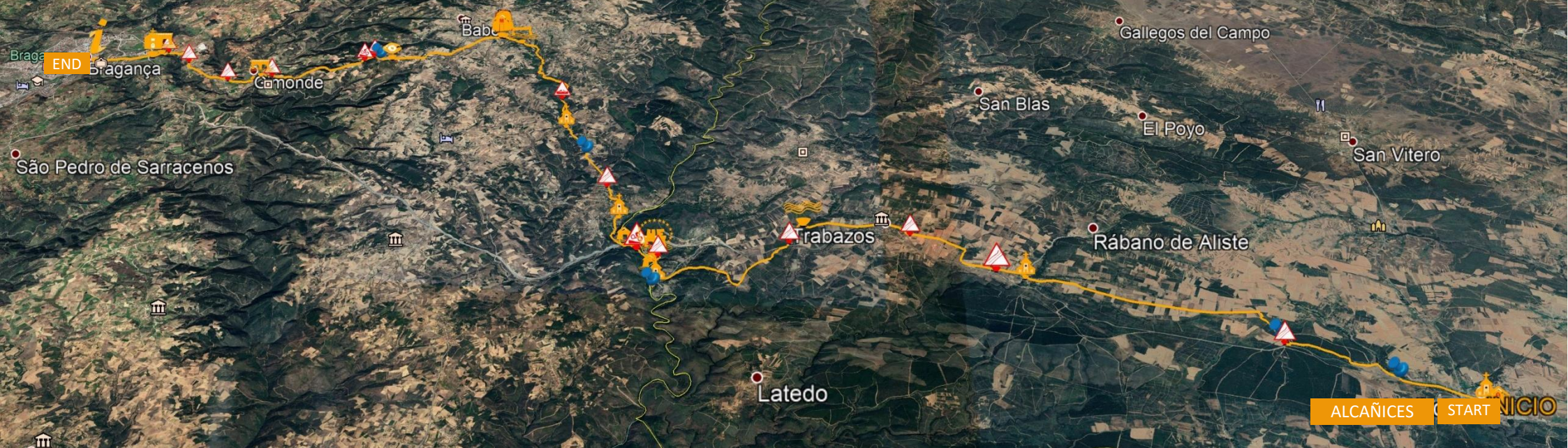
- **Location Area**
Zamora (E) and Bragança (P)
- **Start Point/Coordinates**
Alcañices (Convent of San Francisco)
N 41° 41.957' W 6°
- **Type of Route**
Mountain Bike ID. B1
- **Type of Circuit**
Linear
- **Distance**
50,7 km
- **Approximate Duration**
4,5 h
- **Level of Difficulty**
High



REMARKS

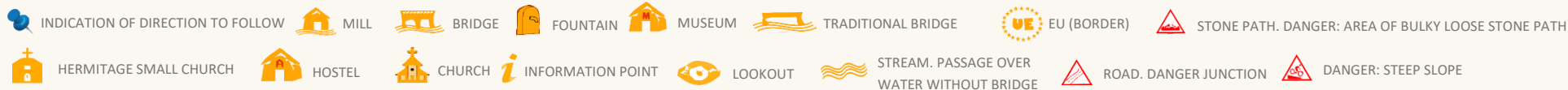
This is a quite long linear route with a medium-high difficulty that can be done in one day but does not offer the possibility of also making the back on the same day. It is recommended to have the support of a car and if not, take two days to do it, spending the night in one of the villages before the return.

It runs in part through the **Montesinho Natural Park**, so visitors must respect all the restrictions established for the protected area in its management plan (POPNM).



LEGEND

MOUNTAIN BIKE ROUTES (B1-B12)
Portuguese Santiago's Road of Via de la Plata (1)



POINTS OF INTEREST and EVENTS

General safety notice available at the end of the Manual.

- **Alcañices:** Cube of its ancient wall, Convent of San Francisco, Church and Palace of Marquesses of Alcañices. Interpretation Centre of Aliste, Tábara and Alba.
- **Bragança:** Old walled town and Castle, Domus Municipalis, Historic Center, Churches of Santa Maria and Igreja da Sé. Military Museum, Iberian Mask and Costume Museum and Street of the Museums with the Abade de Baçal Museum, Georges Dussaud Photography Center, Sephardic Culture Interpretation Center, Contemporary Art Center), Living Science Center and National Railway Museum. Municipal Cultural Center and Theatre. Festival do Butelo e das Casulas and Carnaval dos Caretos (Carnival period). Feira das Cantarinhas- Feira do Artesanato (first weekend of May). History Festival (weekend before August 15). Bragança, Terra Natal and de Sonhos (the whole month of December).

- **Ntra. Sra. De la Riberina romery,** in the sanctuary very close to the international bridge of the board.
- **Gimonde:** medieval bridge.
- **Route of Terra Fria Transmontana** – tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). The tour can be done on foot, by bicycle or by car.

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



www.rotaterrafria.com



Portuguese Santiago's Road of Via de la Plata (2)



GENERAL DESCRIPTION

The route will allow to complete the second part of the major pilgrimage cultural route of the Portuguese Santiago's Road, a branch leaving the "Via de la Plata" in Zamora and passing through the region called Terra Fria Transmontana in Portugal to go to Santiago.

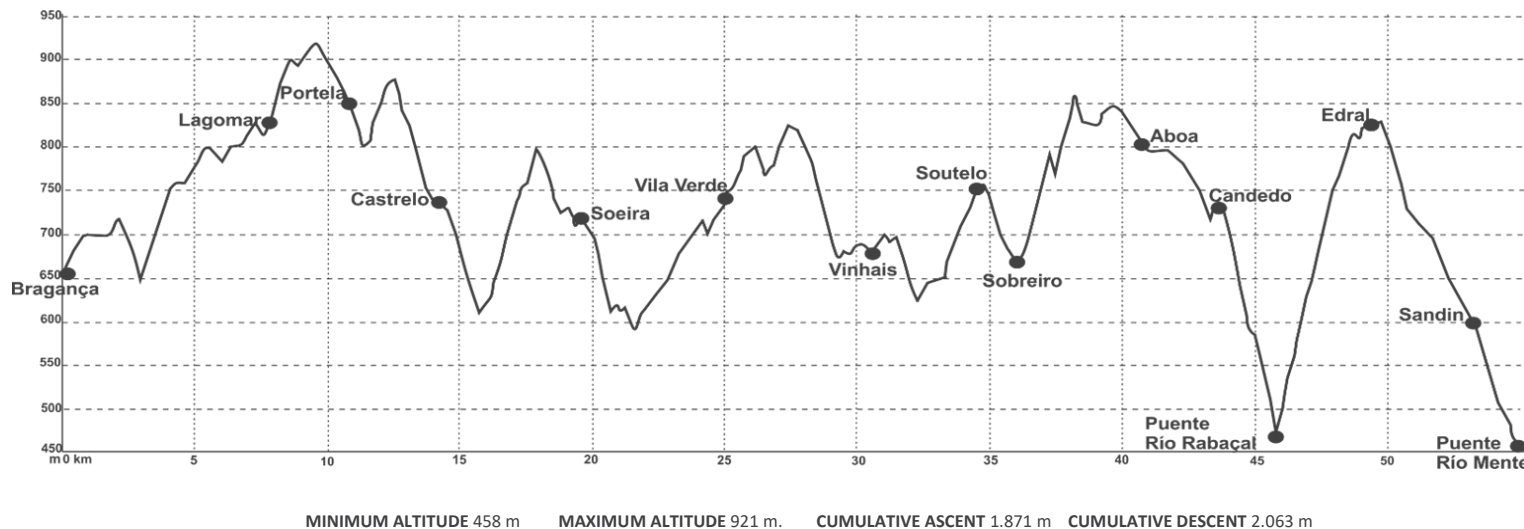
This second part of the Santiago's Road in Meseta Ibérica includes two official stages of the way, the 6th (from Bragança to Vinhais) and the 7th (from Vinhais to Segirei, although our track ends on the Mente river beach, approximately 3 km from the village, just along the Meseta Ibérica Biosphere Reserve boundary). In addition to the track, it is possible to follow the existing signposting of yellow arrows and various signals with the shell symbol installed to guide the pilgrim.

The itinerary is mainly forest, so a significant part of the path is between oak, pine or chestnut trees, but we will also find other more Mediterranean species such as holm oak, cork oak and arbutus trees, among others. We will be able to know how important is chestnut as one of the pillars of the economy of these areas, but we will also draw attention to other agricultural uses such as vineyards, allotments, pumpkin crops and grazing fields or 'Lameiros' (pasture that are watered for pasture and forage of livestock).

The route runs making small incursions in the southern part of the **Montesinho Natural Park**, one of the largest protected areas in Portugal, which is home to a great biodiversity and corresponds to the most mountainous areas of the Portuguese territory of the Meseta Ibérica Biosphere Reserve; this is why the route will have to overcome significant slopes which make it more difficult, in particular at a point such as the crossing of the valley of Rabaçal river between Candedo and Edral, one of the hardest parts of the route, in its final part.

However, this effort will be compensated by the breath-taking views along the route, in addition to the small heritage jewels that can be discovered along the 12 villages, such as Roman and Medieval bridges, ancient roads, crosses, churches, small chapels, churches, etc.; in addition to being able to visit Vinhais, a town with a pre-historic background, which retains interesting Roman and especially Medieval remains, such as the old walled town, several churches and other remarkable buildings.

ALTIMETRY PROFILE



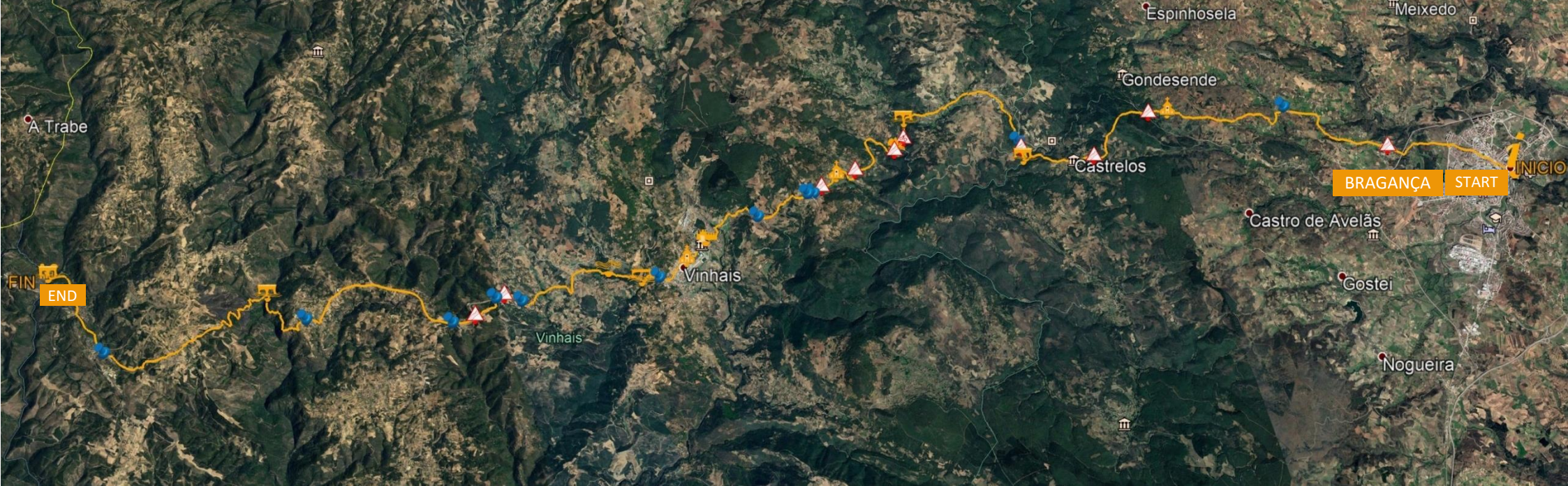
ROUTE DETAILS

- **Location Area**
Bragança and Vinhais (P)
- **Start Point/Coordinates**
Bragança (Tourist Office)
N 41° 41.957' W 6°
- **Type of Route**
Mountain Bike ID. B2
- **Type of Circuit**
Linear
- **Distance**
53,6 km
- **Approximate Duration**
5 h
- **Level of Difficulty**
High



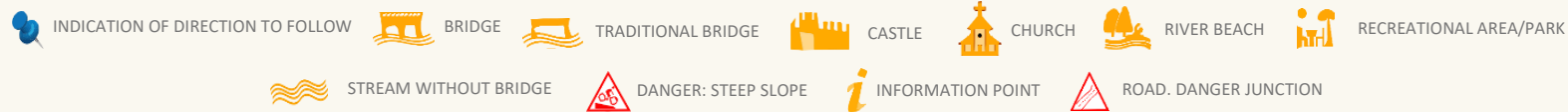
REMARKS

It is a rather long and very difficult linear route; therefore it is not possible to do it in both directions (going and back) within a single day. It is recommended to be supported by a car and if not, to spend two days doing so, by staying at night in one of the villages of the journey before starting the back. The route runs partly through **Montesinho Natural Park** the restrictions set out in the Management Plan of this natural park must be respected



LEGEND

MOUNTAIN BIKE ROUTES (B2)
Portuguese Santiago's Road of Via de la Plata (2)



General safety notice available at the end of the Manual

POINTS OF INTEREST and EVENTS

- Traditional architecture in all villages along the route: Lagomar, Portela, Castrelos, Soeira, Vila Verde, Soutelo, Sobreiro, Aboa, Candedo, Edral, Sandim.
- **Vinhais:** Prehistoric remains, Roman and Medieval remains, such as its old walled town as well as churches and other remarkable buildings. Castanea Rural Festival (end of October), Fumeiro Fair (February), “Diabos à Solta” Carnival (carnival period)
- **Bragança:** Citadel and Castle, Domus Municipalis, Historic Center, Churches of Santa Maria and Igreja da Sé. Military Museum, Iberian Mask and Costume Museum and Street of the Museums with the Abade de Baçal Museum, Georges Dussaud Photography Center, Sephardic Culture Interpretation Center, Contemporary Art Center), Living Science Center and National Railway Museum. Municipal Cultural Center and Theatre.
- Festival do Butelo e das Casulas and Carnaval dos Caretos (Carnival period). Feira das Cantarinhas- Feira do Artesanato (first weekend of May). History Festival (weekend before August 15). Bragança, Terra Natal and de Sonhos (the whole month of December).
- **Route of Terra Fria Transmontana** — tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). Itinerary can be done on foot, by bicycle or by car.

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TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



Via Augusta XVII – River Tuela



GENERAL DESCRIPTION

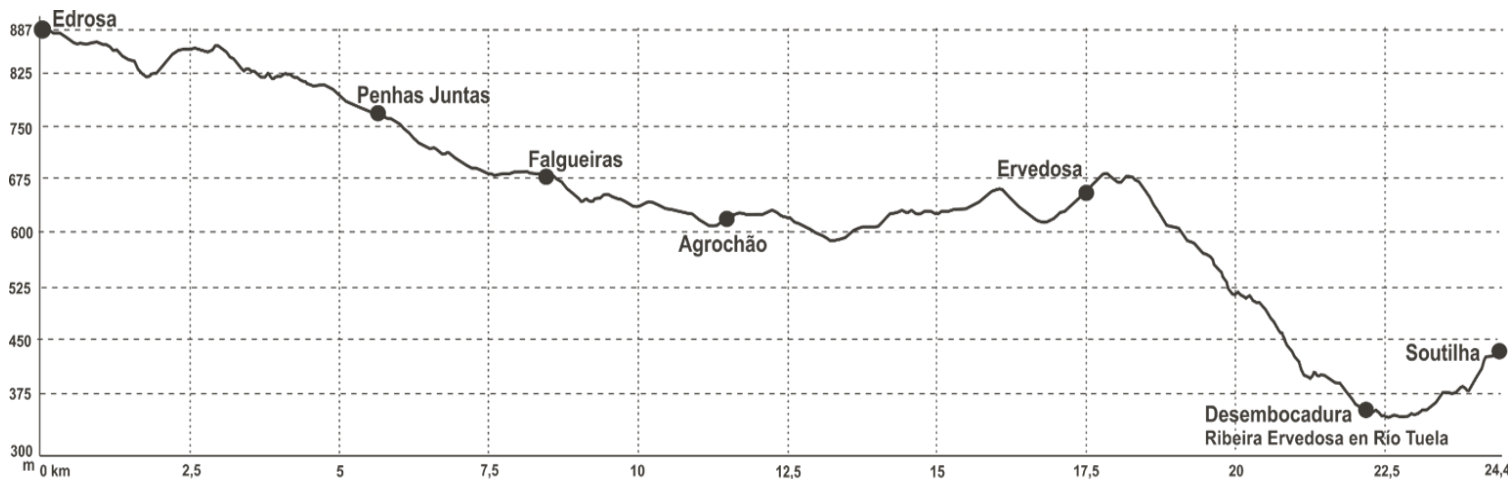
The route uses an interesting cross-border cultural tourist route, the long-distance route GR-117 of Spain and Portugal, the ancient Roman route called Via Augusta XVII, commissioned by the Emperor Augusto to link the old Asturica Augusta city (current Astorga in Spain) with Braccara Augusta (Braga, in Portugal), which crosses a large part of the Meseta Ibérica territory along several villages in Zamora province and the municipalities of Bragança and Vinhais. This bicycle route takes around 18 km of that in the south Vinhais municipality.

The route starts in Edrosa village towards Penhas Juntas, passing through the most significant part of this section of the old Roman road. It continues to Figueira and then to Agrochão, leaving the Roman road in this last village to go to the north-west towards Ervedosa. We do not recommend abandoning the village of Agrochão without visiting its Rural Ethnographic Museum (where utensils associated with rural life are exposed, but also some Roman archaeological remains found in the area, including a Roman altar or ara), as well as other museums, heritage features or popular architecture in this and other villages of the route.

Along the route, the wild fauna and flora specific of this area of Trás-os-Montes will be observed without great nuisance due to the low anthropic pressure in these places, where the forests and brushes on the slopes intermix with traditional uses of chestnut, olive and fruit trees as well as vineyards, forming the interesting landscape mosaic characteristic of the transition area between Terra Fria and the nearby Terra Quente.

The Penhas Juntas Hill is surrounded, a great geological outcrop of shale and quartzite in the form of a crest extending over several kilometres in the vicinity of river Tuela, to which the route is directed after leaving the Via Augusta. Near the river Tuela, it will be possible to enjoy the stunning silence and isolation from certain sites, especially after passing Ervedosa, while we are approaching the point of confluence of the tributary Ervedosa with the Tuela river, where the route descends to border the river for several kilometres before the route reaches a hill again. Then you will have the opportunity to enjoy the lovely sights of the valley and the meanders formed by the river Tuela around Soutilha and Nuzedo de Baixo (besides in the vicinity of those villages the river is also slightly dammed). **We challenge to find and photograph an odd bridge over the river Tuela that will be seen at a point along the path (CAUTION: please observe it far away, as it is now neglected).**

ALTIMETRY PROFILE



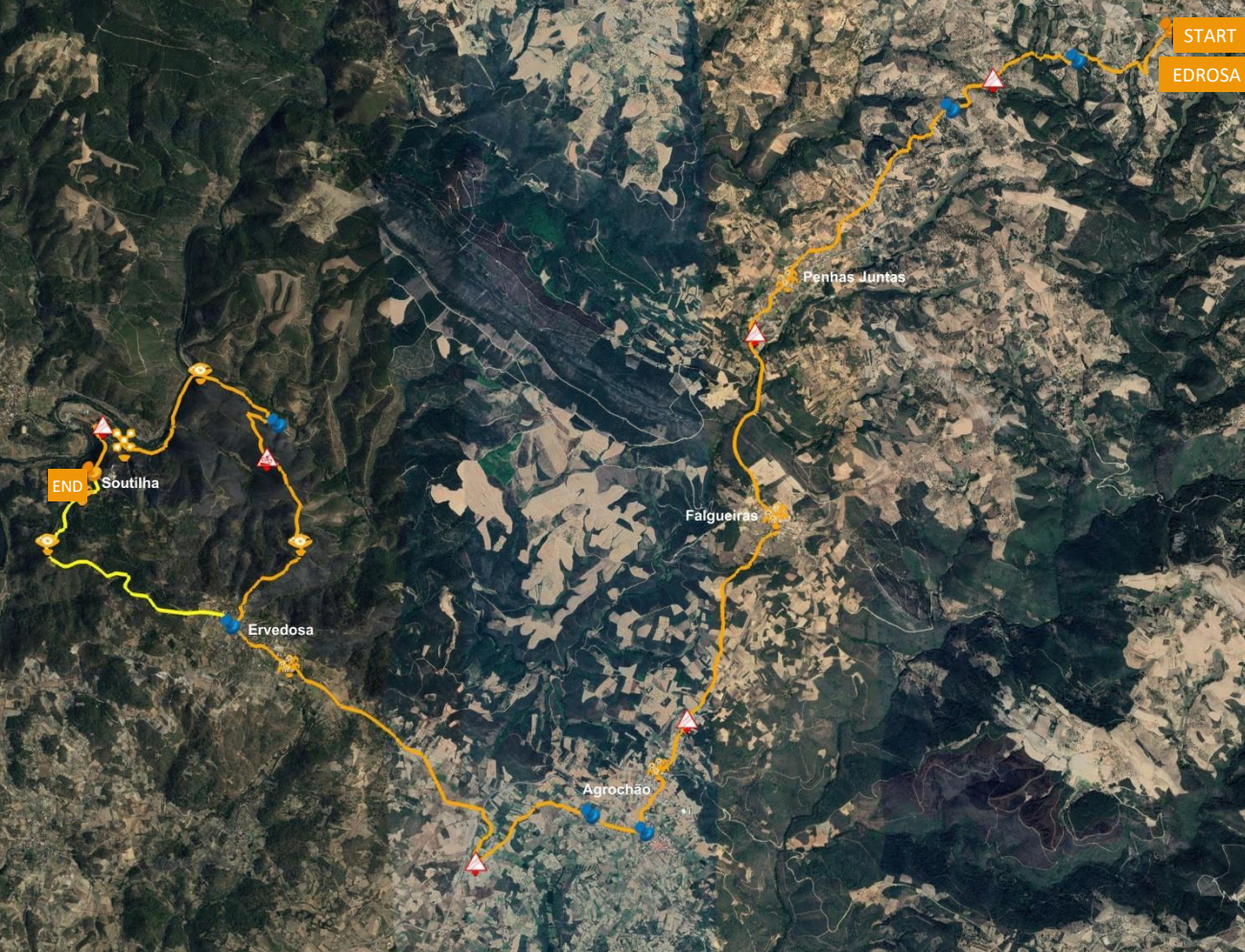
MINIMUM ALTITUDE 354 m. MAXIMUM ALTITUDE 892 m. CUMULATIVE ASCENT 452 m. CUMULATIVE DESCENT -894 m.

- **Location Area**
Vinhais (P)
- **Start Point/Coordinates**
Edrosa
N 41° 45.860' W 6° 58.219'
- **Type of Route**
Mountain Bike ID. B3
- **Type of Circuit**
Linear
- **Distance**
24,5 km
- **Approximate Duration**
2,5 h
- **Level of Difficulty**
Medium







REMARKS

The route can be easily accomplished as a round trip in one day, even making some stops in the villages along the route. This is a linear route and the return would therefore be on the same route, except for the section from Soutilha to Ervedosa which can be made by the alternative section proposed (marked at yellow on the map). On its first section, the indications in red and white of the route GR-117 of Spain and Portugal (Via Augusta XVII) can be followed. It is ideal for spring or autumn, although it can be done at any other season of the year.



LEGEND

-  START/END
-  INDICATION OF DIRECTION TO FOLLOW
-  LOOKOUT
-  UNIQUE ELEMENT
-  TRADITIONAL RURAL ARCHITECTURE
-  DANGER: STEEP SLOPE
-  ROAD. DANGER JUNCTION



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



POINTS OF INTEREST and EVENTS

- **Agrochão:** Santa Bárbara Church, sanctuaries and museum of N. Sra. da Piedade and N. Sra. Do Areal; Mergulho spring; oil museum; cross.
- **Route of Penhas Juntas. Archaeological sites:** Buraco das Tintas, Castro Murio, Castelo dos Mouros and Castro Mau.
- **Ousilhão:** traditional architecture and crafts of masks. San Esteban de Ousilhão Masquerade (25-26 December).
- **Torre de Dona Chama (Mirandela):** Stone bridge over river Tuela. Festivity of San Esteban- Masks (25-26 December)
- **Vinhais:** Churches, pillory, Corujeira and Condes de Vinhais villas (cultural and exhibition centre), fountain do Cano, Roman and Medieval remains (old walled town, Castle). Montesinho Natural Park interpretation centre (Casa de la Vila). Biological Park (Alto da Cidadelha) including Interpretative Centre of native livestock races and Mycological Centre. Chestnut festival — Rural Castanea (end of October), "Feria do Fumeiro" fair (February) and Carnival "Diabos à Solta".
- **Castro de Avelãs:** San Benito Church, a monastery of Romanesque-Mudejar art style (twelfth century) unique in Portugal.

- **Bragança:** Citadel and Castle, Domus Municipalis, Historic Center, Churches of Santa Maria and Igreja da Sé. Military Museum, Iberian Mask and Costume Museum and Street of the Museums (Rua dos Museus) with the Abade de Baçal Museum, Georges Dussaud Photography Center, Interpretation Center of Sephardic Culture, Contemporary Art Center), Living Science Center and National Railway Museum. Municipal Cultural Center and Theatre. Festival do Butelo e das Casulas and Carnaval dos Caretos (Carnival period). Feira das Cantarinhas- Feira do Artesanato (first weekend of May). History Festival (weekend before August 15). Bragança, Terra Natal and de Sonhos (the whole month of December).
- **Route of Terra Fria Transmontana** — tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). Travel can be done on foot, by bicycle or by car. www.rotaterrafria.com

General safety notice available at the end of the Manual

International Douro: between Arribas and Planalto



GENERAL DESCRIPTION

Route through the Portuguese **International Douro Natural Park** that travels some of the most representative areas of Meseta Ibérica, enabling to know a good sample of the cross-border essence of this Reserve: its Mediterranean ecosystems, fauna, flora and landscapes and the elements linked to traditional uses (walls, bridges, fountains, "cigüeños", structures to shoe horses, washing places, etc.), all of which have formed landscapes of great beauty and ethnographic interest, common on both sides of the Duero river, on Portuguese and Spanish land.

On the route, we will discover walls and agro-livestock structures (of incredible stability, thanks to the careful selection and placement of stones, without any binding material), which are testimony to the methods used by the populations living in these places from the prehistory (of which there are many samples of fortified settlement in the area) to the modern era. Rural communities of Meseta Ibérica are therefore depositories of cultural heritage and building art based on secular knowledge and practices, the intergenerational transmission of which is at risk nowadays.

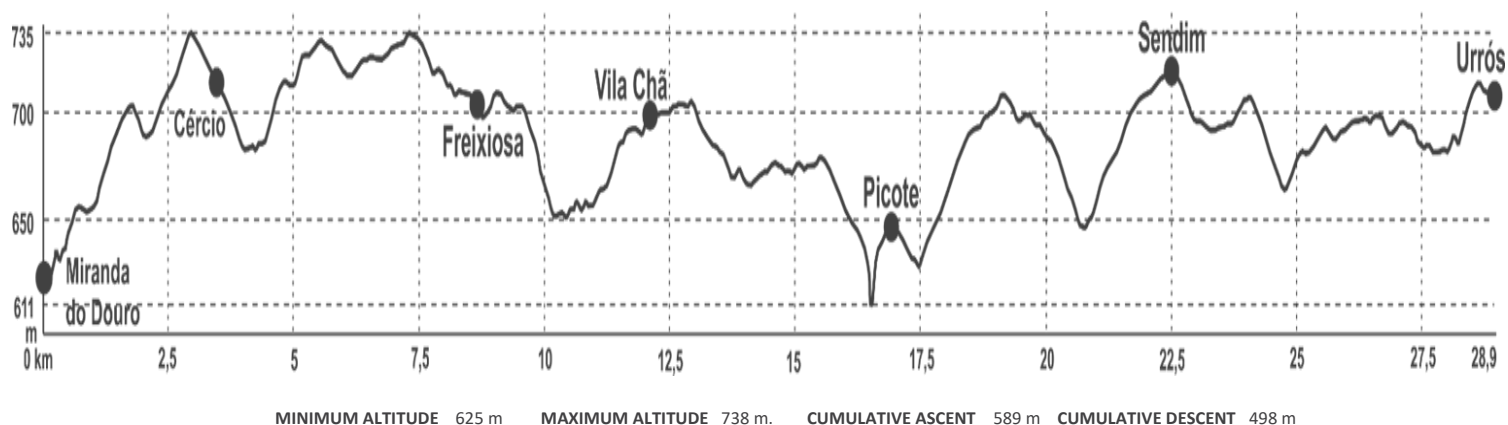
These stone walls and constructions are a clear example of a balanced relationship between man and nature; they play an essential ecological role (improving biodiversity, shaping new biotopes and preventing soil erosion), while creating microclimatic conditions conducive to agriculture and livestock farming, taking advantage of local natural resources.

The route coincides with a section of **the long-distance route GR-36 of Douro Internacional e Douro Vinhateiro** which runs parallel to the Duero river and thus makes it possible to approach the canyon wall, here called "Arribas", for example in Miranda do Douro, before starting the route, or in the lookout area "Fraga do Puio" in Picote, in order to enjoy the sights of the steeply slopes, approximately 150 metres from the river to the meseta (or "planalto" with a medium altitude of about 700 metres) where the rest of the route runs in the middle of crops (cereal fields, olive trees, vineyard,...) and forests of holm oak, cork oak, oak and ash trees, mainly.

In addition to Miranda do Douro, some of the local villages can be visited (Cércio, Freixiosa, Vila Chã de Braciosa, Picote and Sendim) finishing in Urrós already belonging to Mogadouro municipality. In all of them, we will have the opportunity to make small stops to learn about many examples of places of life, work or devotion, built in stone, some of them signalled on the track of the route.

Find out what is the other important natural and landscape space linked to the Douro river and declared UNESCO World Heritage Site, which would be reached if you follow the route GR-36 southward.

ALTIMETRY PROFILE



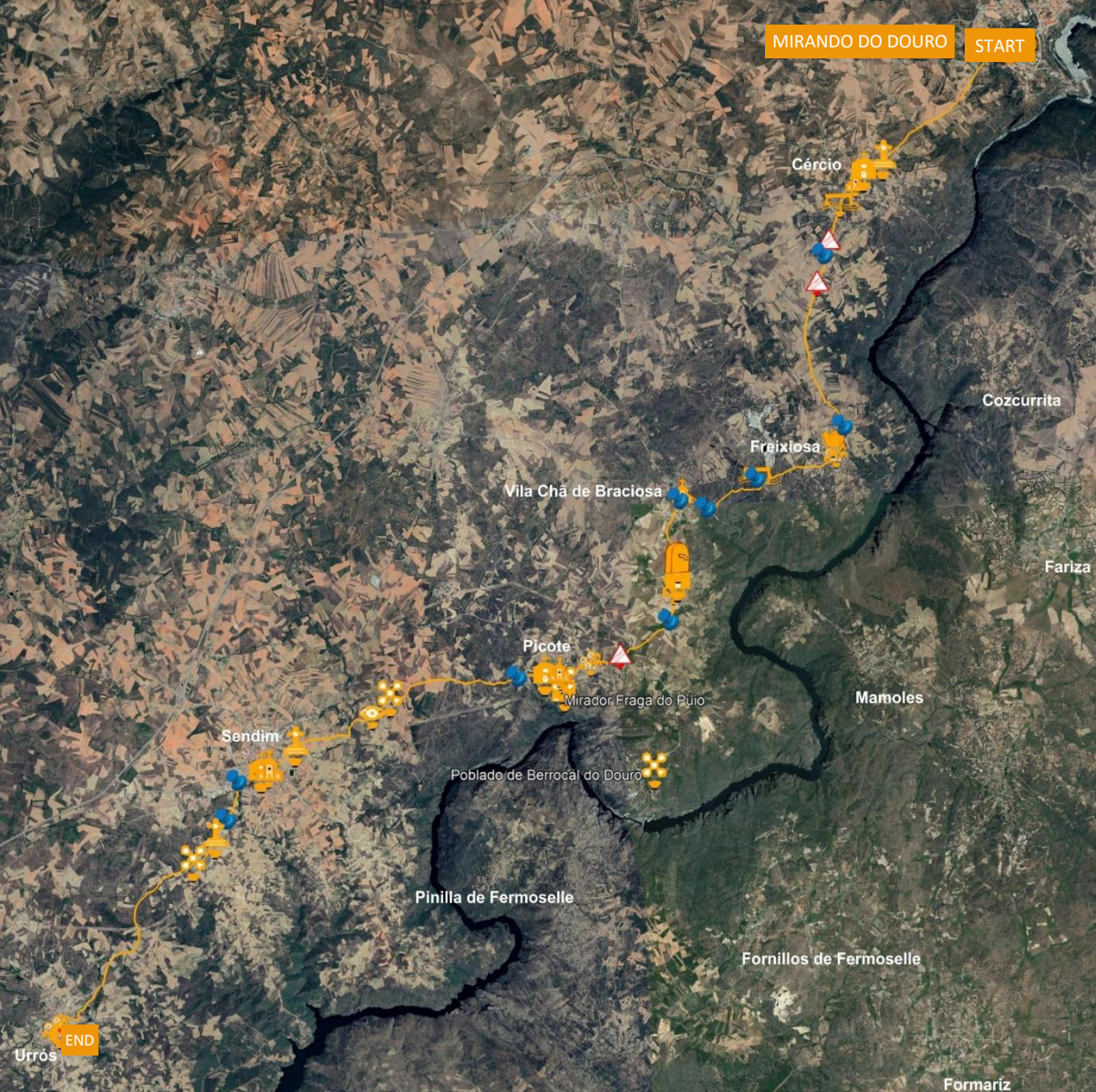
ROUTE DETAILS

- **Location Area**
Concelhos: Miranda do Douro and Mogadouro (P)
- **Sart Point/Coordinates**
Miranda do Douro (Fountain dos Canos)
N 41° 29.619' W 6° 16.721'
- **Type of Route**
Mountain Bike ID. B4
- **Type of Circuit**
Linear
- **Distance**
29 km
- **Approximate Duration**
2,5 h
- **Level of Difficulty**
Low



REMARKS

The route can be easily completed in one day (round trip), even making small stops in villages (in any case as a linear route it can always be shortened easily). The markers of **GR-36** (white and red) can be followed, which on some sections also coincides with short distance routes (PRs), so that the painted marks will add a yellow stripe. It runs through the **International Douro Natural Park** so the conditions of its management plan (POPNDI) must be respected. It can take place at any season, although the most advisable are spring and autumn.



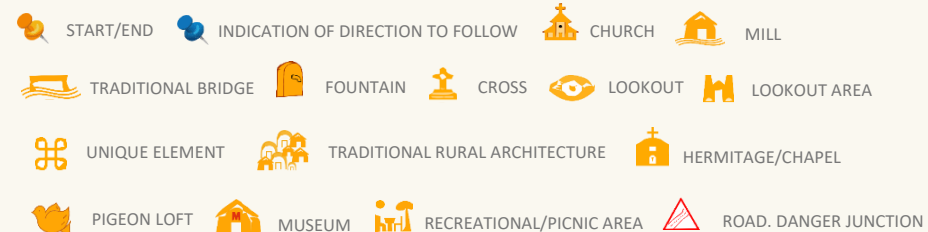
General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- **Miranda do Douro:** Castle, fortress, cathedral, churches, palaces and other heritage; lookout areas; Terra de Miranda Museum; Mycology Eco-centre; Duero-Douro International Biological Station, environmental cruise by the river Duero, etc. Textile shops. Gastronomy and traditional products. Festival of local testes "Sabores mirandeses" (February), International Pauliteiros Festival (July), Fair of "Bola doce" of Miranda (April), etc.
- Traditional architecture in all villages along the route and beyond.



LEGEND



POINTS OF INTEREST and EVENTS

- **Picote:** "Fraga do Puio" lookout area; churches and hermitages; stone boar; fountains; traditional architecture; olive presses and mills; bilingual place names (mirandés and Portuguese) on the streets. Terra de Miranda Ecomuseum (Terra Mater) and local products. Castro do Puio, Castro de Cigaduenha and Castro do Castelhar (fortified settlements remains).
- **Barrocal do Douro:** modern Portuguese Architecture (Public Interest Site). Picote dam and hydroelectric power station.
- **Urrós:** Rural museum and bell tower, church, wineries, traditional architecture, route "PR-3 Camino de S. Fagundo", medieval necropolis, Picão de Bouça d'Aires castle (settlement and lookout).
- **Bemposta:** Church, pillory, emblazoned houses, lookouts, waterfall Faia d'Agua Alta.
- **Algosinho:** Romanesque Church.
- Castro de Vilarinho dos Galegos (fortified settlement remains).
- **Fermoselle** (historical village): walls and castle; wineries; lookout areas; cruises on the River Duero; Centre of the Natural Park Arribas del Duero.
- **Sendim:** Inter-Celtic Festival (August).
- **Route of Terra Fria Transmontana** — tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). Travel can be done on foot, by bicycle or by car.

DOWNLOAD ON SECTION ROUTES (Format KML):



Roman Road to Miranda

GENERAL DESCRIPTION

The route follows the route of the ancient Roman road, known as Mirandesa because was Miranda do Douro the destination from Zamora city, although our route starts, within the Biosphere Reserve, in the village called Pereruela, well known for its traditional pottery.

Along the route there are sections that preserve the old stone pavement, as well as bridges and other historical remains, which will remind us their millennial age and the importance of the roads built under the Roman Empire, which have been connecting these Iberian territories for almost two thousand years. Some remarkable bridges include in the route are the Urrietas, in Pereruela, and La Albañeza, in one of the most beautiful areas along the route, under the same name, between Arcillo and Abelón; both bridges are good examples of Roman civil architecture.

On this route, it will be possible to combine sport with knowledge of cultural heritage while travelling to suggestive landscapes. Between stone walls, grasslands, streams, meadows with centuries-old holm oaks and stone villages, we will be placed in the Natural Parks of Arribes del Duero and Douro International. In the villages, we will be able to discover a profound demonstration of popular architecture such as fountains, crosses, funerary steles, entrances, livestock huts, etc.; villages of Sayago region are known as real outdoors ethnographic museums.



Moreover, on its first section, the route coincides with the stage 20 of the **Duero's Path (GR-14 "Senda del Duero")**, so we will be able to follow its marks, together with those of a bicycle route that follows the GR-14 to Moral de Sayago, a village which, together with Moralina, testifies the ancient habit of planting black mulberry trees next to the churches, as a symbol of sacred terrain, so centenarian trees exist close the churches in both villages, and that is the reason of their names.

The Mirandesa roman road is separated from the Duero path to turn to Torregamones from where we will be able to look at the river Duero canyon, with extraordinary landscapes in front of Miranda do Douro and, after a short but hard final section, end up falling to this always suggested Portuguese town.

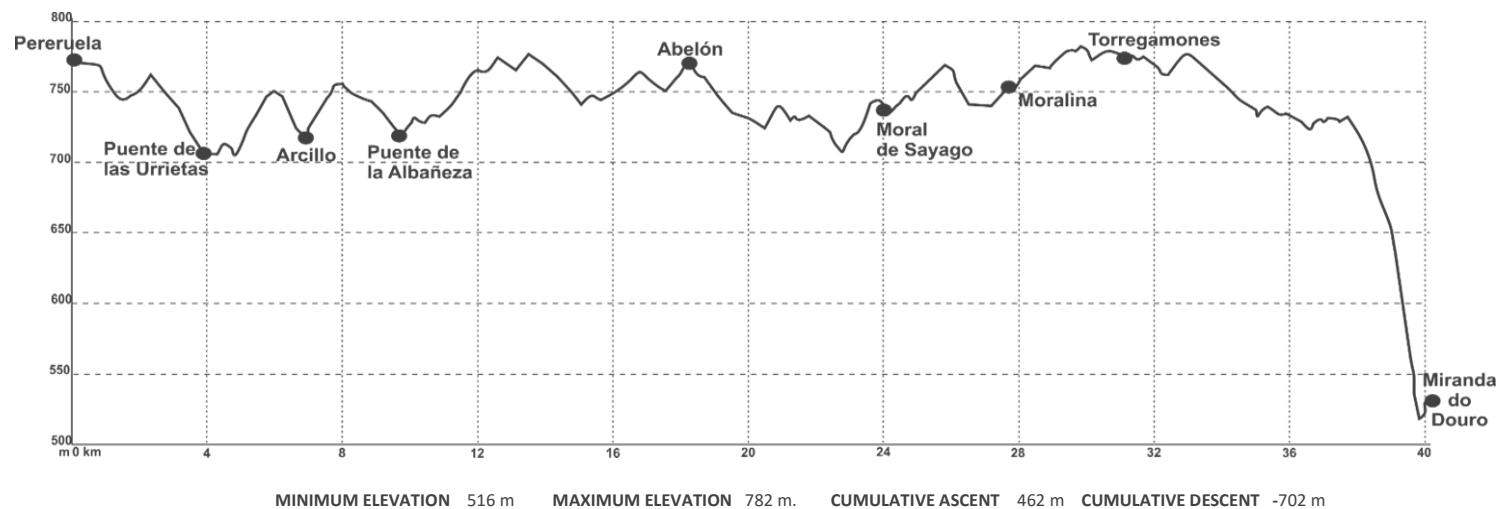
- (1) You may photograph the two most emblematic Roman bridges on the route. Imagine the number of people who have crossed them over almost two millennia.*
- (2) Ask people in Moral de Sayago where the original journey to Torregamones would continue by and why that path has been lost.*

ROUTE DETAILS

- **Location Area**
Zamora (E) and Miranda do Douro (P)
- **Start Point/Coordinates**
Pereruela (Zamora)
N41° 24.980' W5° 52.228'
- **Type of Route**
Mountain Bike ID. B5
- **Type of Circuit**
Linear
- **Distance**
40 km
- **Approximate Duration**
3,5 h
- **Level of Difficulty**
Medium

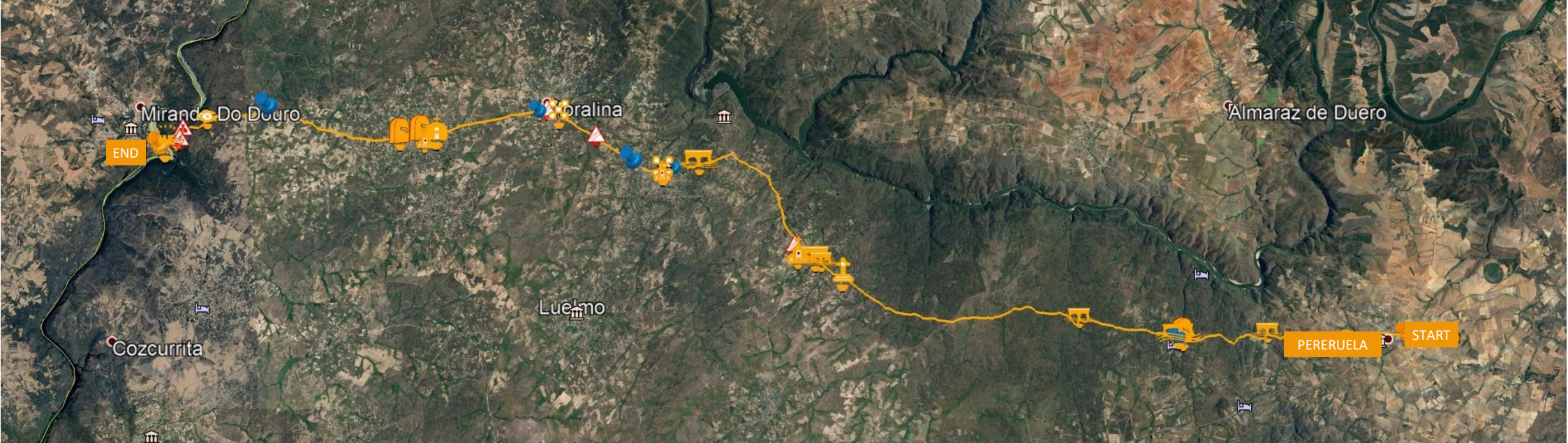


ALTIMETRY PROFILE



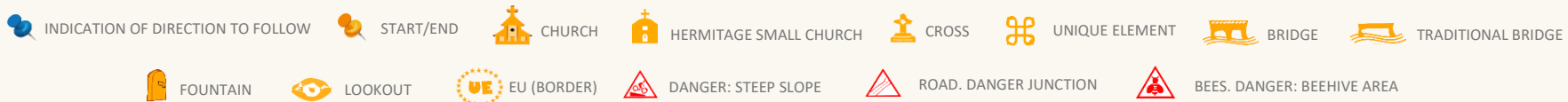
REMARKS

The route can be completed comfortably within one day, even by making the return trip after a break in Miranda do Douro (as it is a linear route it can also be easily shortened). The route travels through the **Natural Park of Arribes del Duero** and a small section enters the **International Douro Natural Park**, so the constraints laid down in the management plans for both protected natural areas must be respected. The old carriageway has been lost on a section between Moral de Sayago and Torregamones, where it has disappeared in the middle of meadows and livestock farms, often with fenced enclosures, which should be crossed, therefore it has been decided to divert the route through a local road with little traffic via Moralina. We recommend caution in this section of the road and in the final part of entry into Miranda, also by road; as well as in the canyon descent where we will even have to walk the last 200 m due to the complexity of the terrain.



LEGEND

MOUNTAIN BIKE ROUTES (B5)
Roman Road to Miranda



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- **Pereruela:** craft workshops, sale of traditional pottery and Interpretation Centre of the clay.
- Rest of the villages along the route and nearby: traditional architecture and ethnographic elements.
- Requejo Bridge, between Pino del Oro and Villadepera.
- Birds Special Protection Areas in the Douro canyons.
- **Abelón:** Abelón Waterfall, lookouts of La Poyata and San Vicente (mouth of the river Esla in the Douro). Routes in the village.
- **Moralina:** Museum of the tradition.
- **Torregamones:** Route of the "Chiviteros" (unique stone constructions to protect the goats from the wolf) and "Fuerte Nuevo" route (eighteenth century defence fortress); both routes depart from our route.
- **Miranda do Douro:** Castle, fortress, cathedral, churches, palaces and other heritage; lookout places; Terra de Miranda Museum; Mycology Eco-centre; Douro-Douro International Biological Station, environmental cruise by the Douro, etc. Textile shops. Gastronomy and traditional products. Festival of local testes "Sabores mirandeses" (February), International Pauliteiros Festival (July), Fair of "Bola Doce Mirandesa" (April), etc.



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



Livestock pens of Sierra de la Culebra



GENERAL DESCRIPTION

Encircling the eastern part of Sierra de la Culebra by its foot, the route will enable us, in addition to enjoying this natural area, discovering some unique livestock buildings typical of these regions of Aliste and Tábara: livestock pens. These are circular enclosures built in stone to keep sheep and protect them from wolves, which are abundant in the forests of these mountains (one of the most emblematic species of this natural area, where there is currently the largest wolf population in the Iberian Peninsula and in Europe).

The route will allow us to bring us closer to a significant number of these traditional constructions, which at various points are found in groups up to 10, creating truly striking constructive sets. Although they are now disused, many of them have been restored, even recovering the green cover, which gives them a particular ancestral appearance, as they respond to millenary constructive techniques.

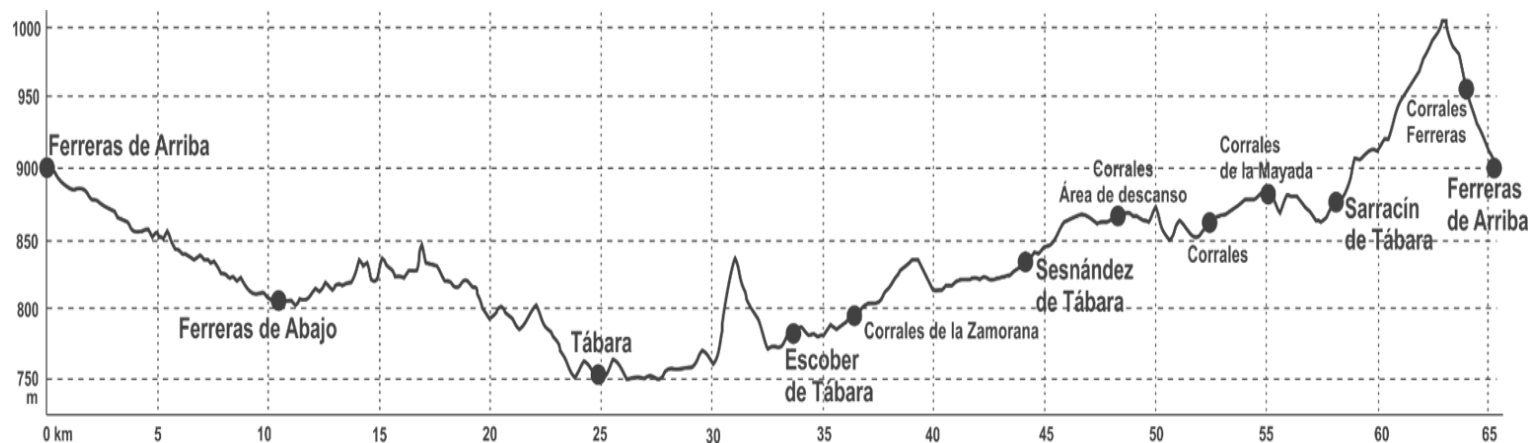
Another example of the area's long-standing livestock tradition is the existence of the Centre for the Interpretation of Shepherd Life (which operates only under appointment visits) in Ferreras de Arriba, village where this route starts and ends.

The woodland of **Sierra de la Culebra** (also declared a **Site of Community Interest of the Nature 2000 Network** and **Regional Hunting Reserve**) is dominated by pine forests, but there are also abundant native oak forests, as well as other tree species such as chestnut, gall, holm oak or even arbutus, which together with areas of heather, brooms, rockrose or lavender, create habitats for a big variety of wild fauna.

The journey is particularly interesting for sighting fauna, especially deer, being easy to observe and listen to the impressive howls of this deer in the mating season called "bellowing" or the blows of its horns in ritual fights, a beautiful natural spectacle that can be enjoyed at dawn or dusk (between the end of September and the beginning of October) from the roads and cattle trails along which the route goes.

But also in the villages on the itinerary and others close of these region, there are still uses, architecture, traditions and ancestral festivals, a rich traditional cultural heritage that we invite to know as complement of the route.

ALTIMETRY PROFILE



MINIMUM ELEVATION 749 m MAXIMUM ELEVATION 1005 m. CUMULATIVE ASCENT 664 m CUMULATIVE DESCENT -661 m

ROUTE DETAILS

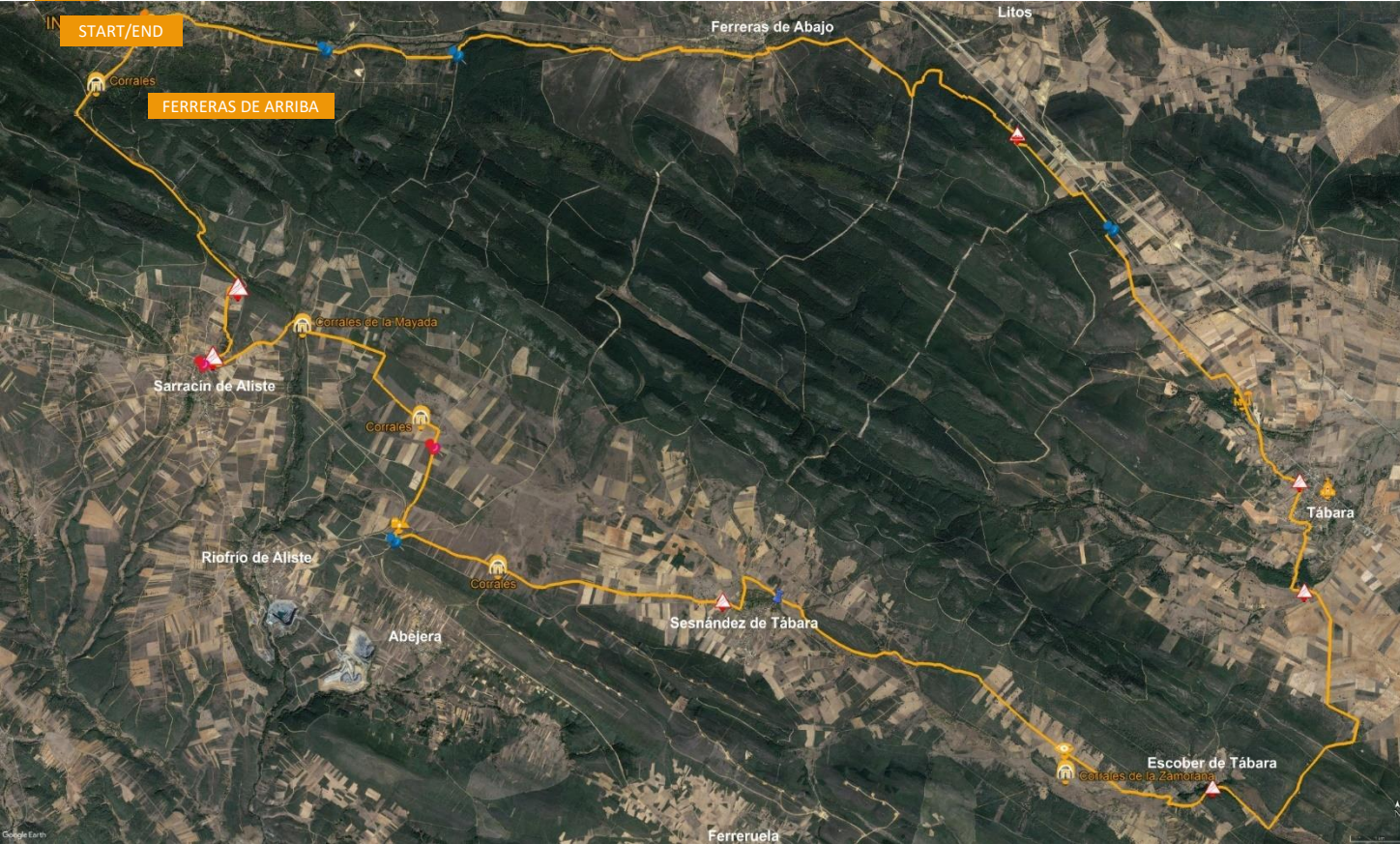
- **Location Area**
Sierra de la Culebra Zamora (E)
- **Start Point/Coordinates**
Ferreras de Arriba (Zamora)
N 41° 53.911' W 6° 11.965'
- **Type of Route**
Mountain Bike ID. B6
- **Type of Circuit**
Circular
- **Dsitance**
66,2 km
- **Approximate Duration**
5 h
- **Level of Difficulty**
Medium



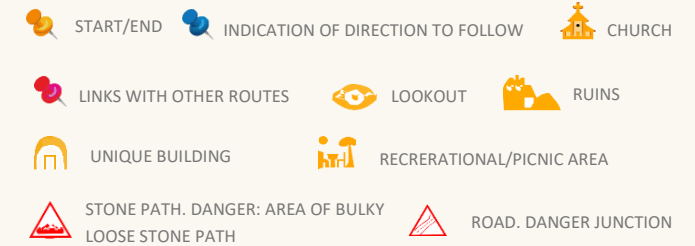
REMAKRS

The route is marked on the ground by bicycle route markers on most of the itinerary, with the exception of two small sections where it deviates from the much longer signposted (Bicycle route by the Northwest of Zamora "Sierra de la Culebra") but where it is also easily followed thanks to the track provided by Meseta Ibérica. As this is a circular route, it can be started at any point along the route.

A short piece of the route runs through a forest "firewall" where caution should be extreme.



LEGEND



DOWNLOAD ON SECTION ROUTES (Format KML):



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- **Tábara:** Romanesque Church of Santa Maria, twelfth Century (declared of Cultural Interest- BIC). Interpretation Centre of Beatos.
- **Ferreras de Arriba:** ‘Los Corralones’ Shepherd interpretation centre
- **Villardecervos:** declared of Cultural Interest (BIC) — historical and artistic ensemble. Interpretation Centre of the Meseta Ibérica Cross-border Biosphere Reserve (planned).
- **San Vitero:** Cristo del Campo hermitage with pilgrimage and Donkey Fair (on March 19 and on the second Saturday of September). Church, preRoman stone boar and miliary in the main square. Fair of the Shepherd and Transhumance and Fair of native breed from Aliste and Trás-os-Montes (September)
- **Masks:** ‘La Filandorra’ in Ferreras de Arriba (26 December); “Los Carochos” in Riofrío de Aliste (January 1 — of regional tourist interest) and Villanueva de Valrojo (Tuesday of Carnival); "El Tafarrón" in Pozuelo de Tábara (25-26 December); “Diablos” in Abejera and Sarracín de Aliste (January 1); La Obisparra of Pobladura de Aliste (August 15); “El Caballo y el Pajarico” in Villarinó Tras la Sierra (December 26); “El atenizador” in San Vicente de la Cabeza (August 11).

- Easter in Bercianos de Aliste (procession of Holy Friday declared of Cultural Interest BIC)
- Bellowing of deer (end of September-early October)
- Interpretation Centre of the Iberian Wolf in Robledo de Sanabria
- **Alcañices:** Cube of its old wall (clock tower), San Francisco Convent, Church and Palace of the Marquesses of Alcañices. Interpretation Centre of Aliste Tábara and Alba. Itinerary through fountains and washing places of the town.
- Rihonor de Castilla, Rio D'onor, Santa Cruz de los Cuérragos (ethnographic ensemble) and Riomanzanas: traditional architecture
- **Moveros:** traditional clay pottery. Cross-border romery of Virgen de la Luz (last Sunday in April)
- **Pino del Oro:** Requejo Bridge; Roman mine-auriferous itinerary.
- Museum-Workshop of embroidery in Carbajales de Alba.
- Mycological species Interpretation Centre in Rabanales.

Route of Aliste



GENERAL DESCRIPTION

Region eminently agricultural, the land of Aliste coexists in its landscape with mountains that ripple the horizon.

Plains and hills are salted with oak, holm oak and brush between crops areas. A territory bounded by the proximity of Sierra de la Culebra, the border with Portugal, largely marked by the transboundary river Manzanas and the Duero and Esla rivers, which receives the water of the river Aliste, which designates the entire region of Aliste.

The agricultural and livestock work carried out over centuries has not only created a characteristic landscape, it has also been populated by constructions such as pigeon lofts, water mills, bridges, structures to shoe cows and horses, etc.

Unique constructions constituting an important ethnographic heritage of undeniable value for knowing the custom and traditions associated with the history of the region and a way of understanding the relationship of man and environment.

These elements of rural architecture, both practical and functional, are intermingled with typical stone fences of Aliste integrated into the landscape. Built from flat stones, assembled without mortar, they limit the 'lameiros', meadows and cereal crops or livestock enclosures, mainly cow cattle.

The calf meat of Aliste is the driving force behind the rural development project for this region, one of the best beef in Spain, which is classified as a Protected Geographical Indication under the traditional production system. Although it is not the only remarkable product in Aliste: cheeses, pork products, wines...

The important livestock production in the district has been able to live together with a significant diversity of wild species, wild boar, roe deer, rabbit, deer, partridge, and a large wolf population, given the proximity of Sierra de la Culebra, as well as golden eagle, eagle owl, black stork, Egyptian vultures, vultures ...

ALTIMETRY PROFILE



MINIMUM ELEVATION 690 m MAXIMUM ELEVATION 895 m. CUMULATIVE ASCENT 402 m CUMULATIVE DESCENT -661 m

ROUTE DETAILS









- **Location Area**
Aliste Natural Region Zamora (E)
- **Start Point/Coordinates**
San Vitero de Aliste
(Hermitage of Cristo del Campo)
N 41°46.58' W 6°20.48'O
- **Type of Route**
Mountain Bike ID. B7
- **Type of Circuit**
Circular
- **Distance**
21 km
- **Approximate Duration**
2 h
- **Level of Difficulty**
Medium



REMARKS

Easy route, with mostly well-marked paths except for a stretch of about 350 m. where besides a small wall must be crossed over by getting off the bike. The final part of the itinerary, about 4.4 km, is via the road from El Poyo to San Vitero.

LEGEND

-  INDICATION OF DIRECTION TO FOLLOW
-  OBSTACLE GET OFF THE BIKE
-  CHURCH
-  OTHER INDICATION: SAN VITERO FAIR BUILDING
-  LOOKOUT
-  PASSAGE OVER WATER WITHOUT BRIDGE
-  HAZARD (OF AN INDEFINITE NATURE)
-  ROAD. DANGER JUNCTION

General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- **San Vitero de Aliste:** Cristo del Campo hermitage with romery and Donkey Fair (on March 19 and on the second Saturday of September). Church, preRoman bullet and military in the main square. Fair of the Shepherd and Transhumance and Fair of native livestock races of Aliste and Trás Os Montes (September).
- **Gallegos del Campo:** village with typical popular architecture of Aliste. San Jorge Mártir Church of 17th century although moved in 20th century to its current location. "La Obisparra" Festival, masquerade celebrated on carnival Tuesday nowadays.
- **Masks:** 'La Filandorra' in Ferreras de Arriba (26 December); "Los Carochos" in Riofrío de Aliste (January 1 — of regional tourist interest) and Villanueva de Valrojo (Tuesday of Carnival); "El Tafarrón" in Pozuelo de Tábara (25-26 December); "Diablos" in Abejera and Sarracín de Aliste (January 1); "La Obisparra" in Pobladura de Aliste (August 15); "El Caballo y el Pajarico" in Villarino Tras la Sierra (December 26); "El atenizador" in San Vicente de la Cabeza (August 11).
- **Alcañices:** town where the Treaty of Alcañices was signed marking the Spanish-Portuguese border in the 13th century, the oldest of Europe. Church of the 16th century, with the image of the Virgin Ntra Sra de la Salud, protector of Aliste region, with festivities on July 3. Cube of its old wall (clock tower), itinerary through fountains and washing places of the town, San Francisco Convent, Church and Palace of the Marquesses of Alcañices. Interpretation Centre of Aliste Tábara and Alba.
- **Nuez:** River Manzanas, a transboundary river whose riverside in Spain has been designated as an SCI in view of the importance of its preserved habitats. It is a clear example of traditional architecture and also has remains of three antique settlements and several hermitages.
- **Villardeciervos:** declared of Cultural Interest (BIC, as a historical-artistic ensemble). Interpretation Centre of the Meseta Ibérica Biosphere Reserve (planned). Sierra de la Culebra. Bellowing of deer (end of September-early October).
- **Robledo de Sanabria:** Iberian Wolf Interpretation Centre.



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



Route of the Azibo



GENERAL

The route runs along the slopes of the east of the river Azibo, partly bordering the current protected landscape of the Albufeira that emerged when the ground dam (barragem in Portuguese) was built in the 80s to create the water reservoir for human consumption and agricultural irrigation.

The River Azibo is 50 km long and finalises in Macedo de Cavaleiros municipality, on the River Sabor, which will bring its water to the River Duero.

The 410 ha extension of Albufeira is in fact made up of three water lines: the rivers Azibo, Azibeiro and Reguengo. An area with an interesting mixture of Mediterranean and Atlantic flora, with gall oak, chestnut and olive trees, vineyards and some of the best cork oak areas in northern Portugal. A diverse and valuable mosaic that is at least partly protected by the **Natura 2000 Network** ("Morais" site).

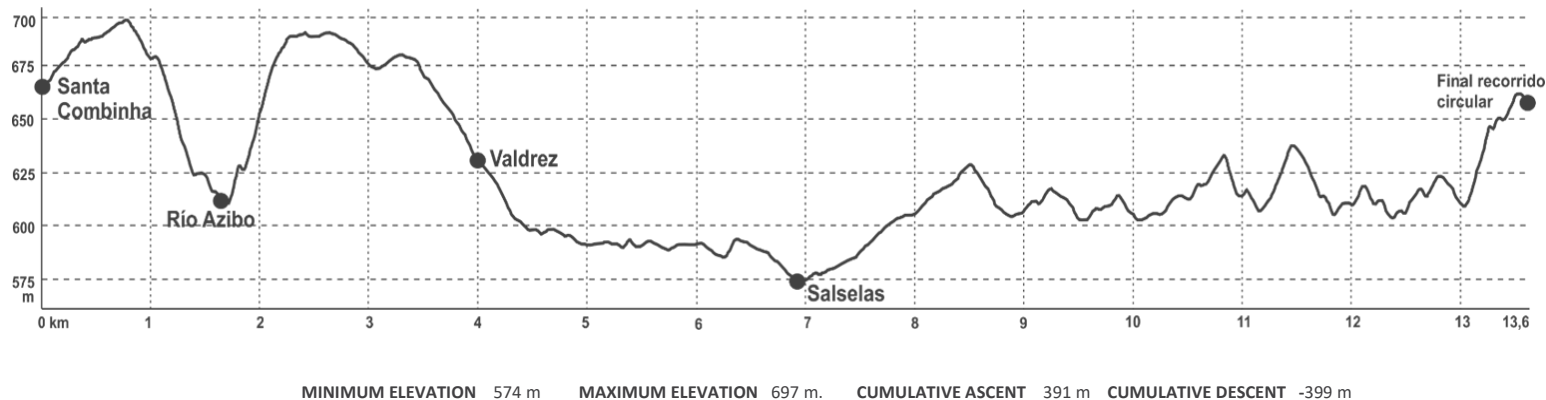
The road from Podence to Santa Combinha gives access to piers and some of the best riverside beaches in Portugal, with distinctions for their environmental quality and accessibility, especially the beach "Praia da Fraga da Pegada", which is called as the metavulcanite outcropping that exists there, one of the geo-sites indicated within the GeoPark Terra de Cavaleiros as well as others that also include the proposed route (e.g. Salselas depression).

Once the river Azibo is crossed, the route makes it possible to observe the traditional agricultural uses in the area, which have created a harmonious landscape, salting traditional constructions such as pigeon lofts and other more specific ones such as old factories of roofing tiles, production of lime or ceramics... Now disused and unfortunately very ruined, the route offers the location of at least two of them.

The villages bring heritage and cultural value to this protected regional area, with one of the best references in the Rural Museum of Salselas, with a remarkable ethnographic collection to learn about customs and traditions, around daily work and festival days, which are made more pleasant by the dances of the 'pauliteiros of Salselas' which today retain their tradition thanks to a neighbouring association.

The circular route after passing around several villages, in the proposed sense, makes it possible to return skirting the meanders of Albufeira, where an abundant, diverse and valuable fauna find calm and food. In the area live wolves, golden eagles and other protected and also endemic species, being the most important area in the north-east of Trás-os-Montes for aquatic bird fauna, with the great crested grebe as emblem, resulting from the diversification of biotopes due to the naturalisation of the Albufeira.

ALTIMETRY PROFILE



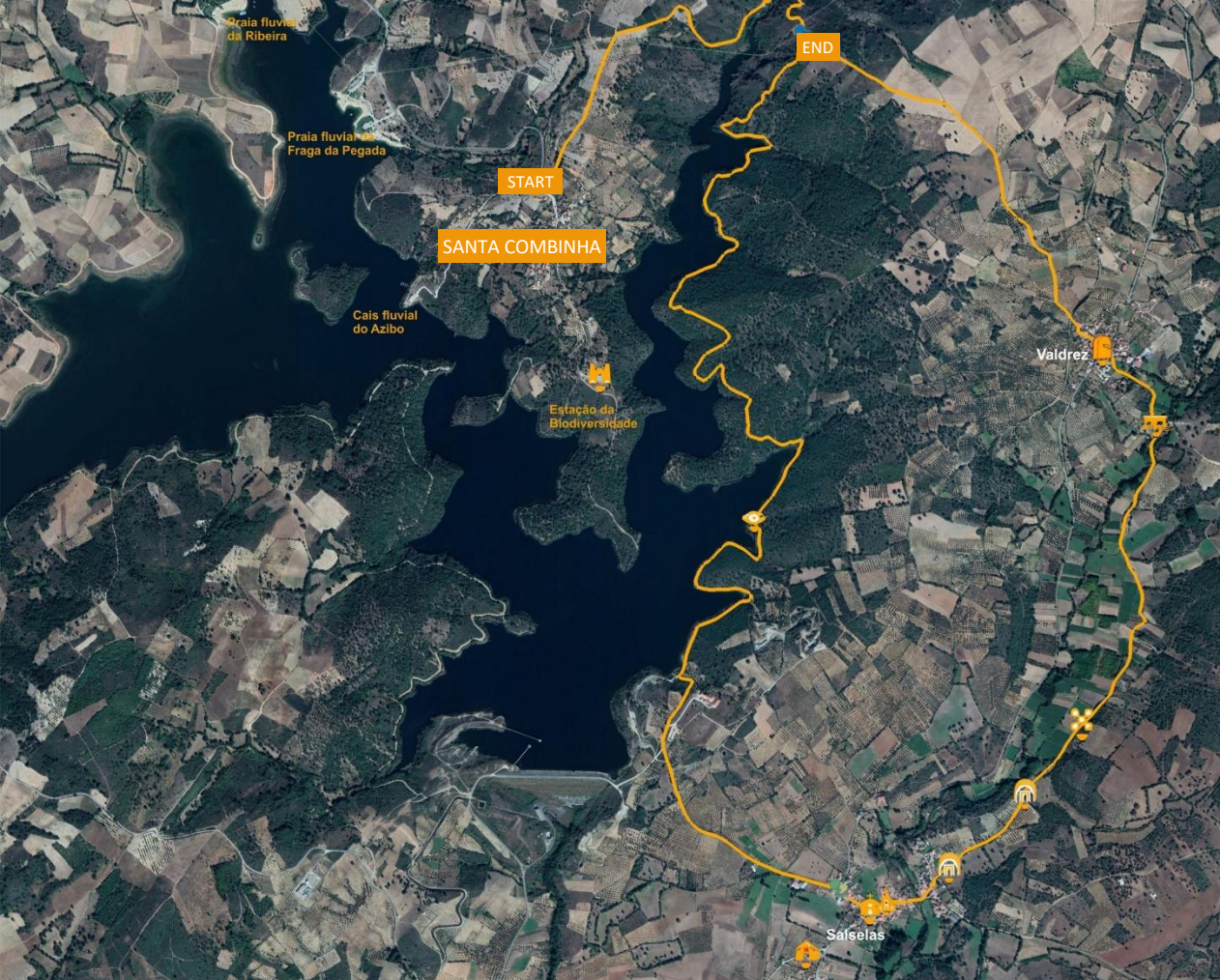
ROUTE DETAILS

- **Location Area**
Concelho: Macedo de Cavaleiros (P)
- **Start Point/Coordinates**
Albufeira do Azibo. Santa Combinha
N 41°34.33' W 6°53.8'
- **Type of Route**
Mountain Bike ID. B8
- **Type of Circuit**
Circular/Linear
- **Distance**
13,6 km
- **Approximate Duration**
1,5 h
- **Level of Difficulty**
Medium



REMARKS

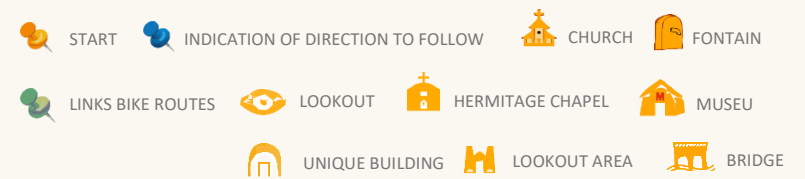
The route starts at the entrance to the village of Santa Combinha, following for about two km through the "Camino do Serro" road until shortly after crossing the river Azibo. A short linear path leading to the beginning of the road that can be done in the circular direction. The proposed route runs through the "Albufeira do Azibo" Protected Landscape and overlaps at different times with the marks of other pre-existing routes such as: Trilho Quercus, Trilho "Fornos antigos" and other mountain bike routes.



MOUNTAIN BIKE ROUTES (B8)

Route of the Azibo

LEGEND



POINTS OF INTEREST and EVENTS

- **Santa Combinha:** San Gonçalo Church (Festivity in August). Access to a pier in the Albufeira and the lookout area, handicrafts, and the start of the interpretative route of the Azibo Biodiversity Station, the route called "Trilho Ricardo Magalhaes" and two bird observation stations.
- GeoPark Terra de Cavaleiros, among others: Geosite metavulcanites 'Fraga da Pegada' on the river beach with the same name.
- River Beach and Azibo recreational area.
- **Podence:** "Casa do Careto" (masks museum). Church "Nuestra Sra de la Purificación". Traditional architecture. Entrudo Chocalheiro and other events around winter masquerades, including the route "Trilho dos caretos de Podence pelo Azibo" (February).
- **Salsas:** Concentration of masks from Portugal and Spain in the "O Dia de Reis" celebration
- **Macedo de Cavaleiros.**

DOWNLOAD ON SECTION ROUTES (Format KML):



General safety notice available at the end of the Manual.



Almond trees of Trás-os-Montes

General Description

The route of the almond trees can be done at any time of the year, but between February and March will be the best time because it will be possible to enjoy a real natural spectacle: the flowering of the almond trees, when the landscape is stained in white and pink colours and several fairs and festivals are organised around the almond trees in different villages.

There is a legend that says that 'the Arabic caliph Ibn-Almundin, when he saw his wife Gila crying bitterly because she missed the snow covering his distant native country, ordered the planting of thousands of almond trees to allow the white flowers to place snowflakes and thus calm the melancholy of his ladylove'.

Almond is one of the most popular products in the southern Trás os Montes, with a large number of almond trees fields in its territory, within the Meseta Ibérica Biosphere Reserve especially important in the municipalities of Mogadouro, Alfândega da Fé, Vila Flor, Freixo de Espada à Cinta and Figueira de Castelo Rodrigo.

Our route will allow to admire the beautiful landscapes across the south-west of Mogadouro municipality, which is part of the territory called 'planalto mirandés', toward the canyons of the river Sabor. Starting from the capital of the municipality, the route also travels through the villages Vale do Porco, Castelo Branco, Meirinhos and Valverde, along a succession of hills, valleys and quartz outcrops that rise in the landscape.

The route runs through a patchwork of fields with abundant and diversified plant cover, where almond trees, olive trees, cereal crops or vineyards alternate with forest areas of cork oak, holm oak, oak, ash, eucalyptus trees and scrubland, giving the landscape a beautiful colours cover that changes according to the season.

The lovely villages of white façades, granite and red roofs enrich these beautiful landscapes, providing an interesting cultural, heritage and ethnographic added value to the route, which crosses a total of six villages along its entire journey.

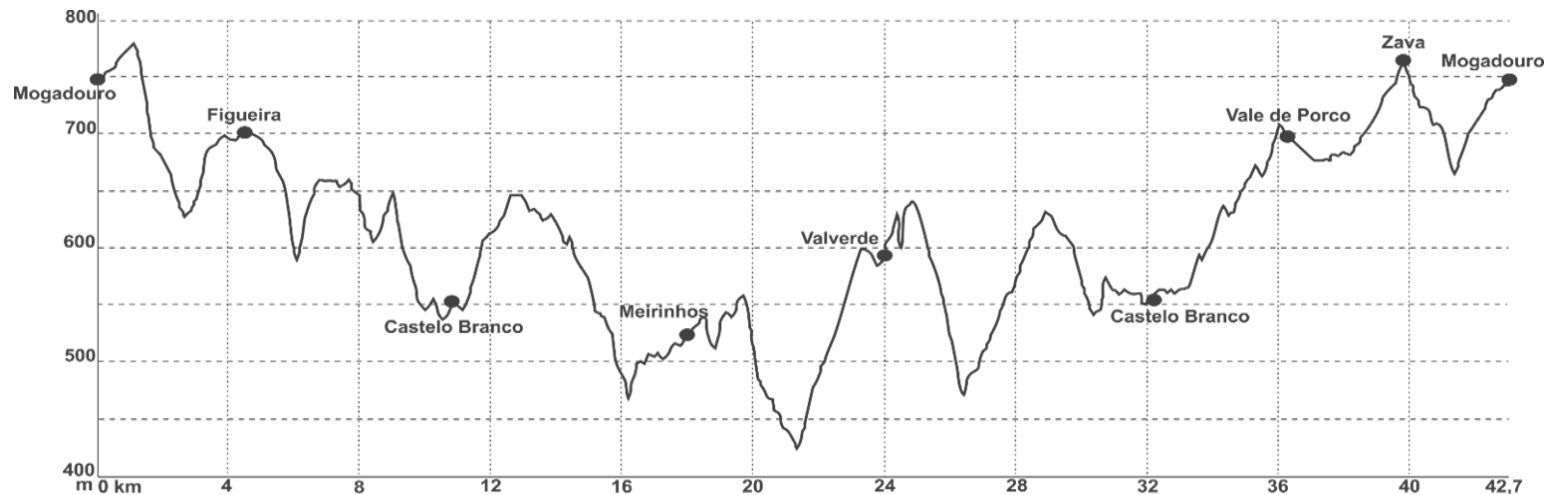


ROUTE DETAILS

- **Location Area**
Concelho: Mogadouro (P)
- **Start point/Coordinates**
Mogadouro (main square)
N 41° 20.480' W 6° 42.948'
- **Type of Route**
Mountain Bike ID. B9
- **Type of Circuit**
Circular
- **Distance**
43 km
- **Approximate Duration**
4 h
- **Level of Difficulty**
High



ALTIMETRY PROFILE



MINIMUM ELEVATION 424 m MAXIMUM ELEVATION 779 m. CUMULATIVE ASCENT 1.429 m CUMULATIVE DESCENT -1.433 m

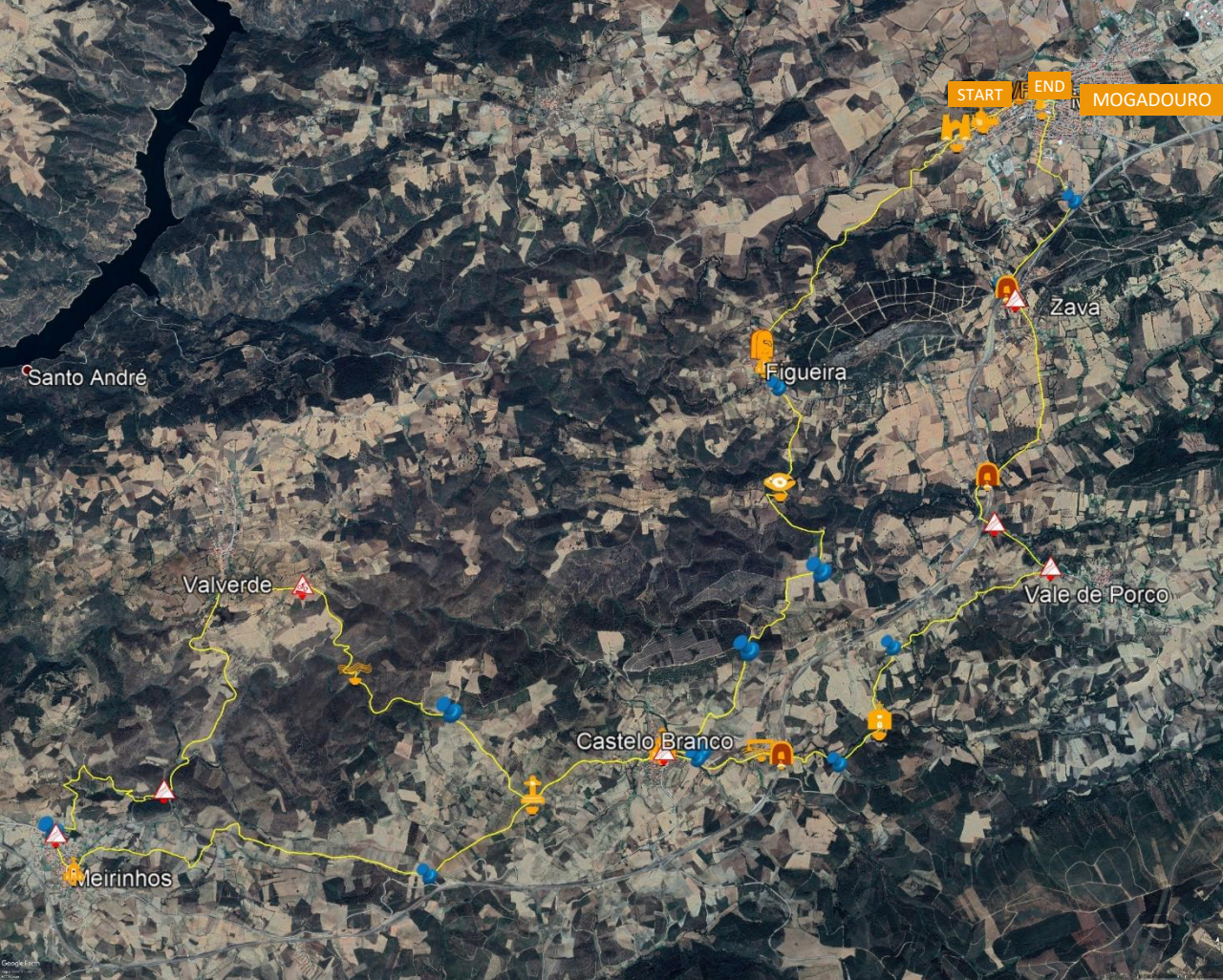


REMARKS

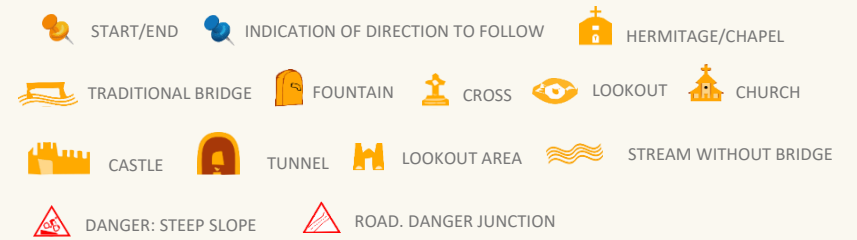
The route is circular but having shape of an 8, which offers different possibilities for implementation: complete or only one of its two circular halves. It coincides in a small initial stretch with the route PR1 MGD -Trilho de São Cristovão of the municipality of Mogadouro.

It is recommended to carry out this route in February-March if you want to enjoy the flowering almond trees.

A small section (from Castelo Branco to Vale de Porco) goes into the International Douro Natural Park, subject to compliance with the conditions laid down in its management plan (POPNDI).



LEGEND



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- Lakes of the river Sabor (Sabor reservoir): landscapes and water activities
- Mogadouro: Castle, Clock Tower, Pillory, Archaeological hall, Main Church and San Francisco Church, etc.
- Penhas Roias Castle.
- Romanesque Church of Algosinho
- **Bemposta**

- **Route of Terra Fria Transmontana** - tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). Travel can be done on foot, by bicycle or by car.
- **Fairs in Mogadouro:** Gorazes (weekend of October 15), Flowering Almond trees (weekends of March) and Mushrooms Fair (second weekend of November).
- **Winter masquerades:** Chocaleiro of Vale do Porco (December 25 and January 1) and Chocaleiro of Bemposta (December 26 and January 1). 'Velhos' Festival in Bruçó (December 25). Mogadouro Masks Meeting (end of December).

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



www.rotaterrafria.com

Cross-border route of the landscape of Arribes del Douro



GENERAL DESCRIPTION

This cross-border route runs from both sides of the River Duero around the last kilometres where the river is the Spain-Portugal border and then it turns towards its mouth crossing through Portuguese territory. The route will allow us to combine exercise and enjoyment and knowledge of the extraordinary landscapes in this area, which is the southern part of the Natural Parks of Arribes del Duero and Douro International, Spanish and Portuguese respectively, around the spectacular canyon formed by the River Duero, the largest and deepest of the Iberian Peninsula.

Some tributaries, Águeda, Huebra and Camaces, also provide breath-taking views of throats, where the tourist will be able to recreate from several lookout areas integrated in the route - such as "Cachón de Camaces" (alluding to the waterfall formed by the river on his feet, shortly before joining the river Huebra), "El Salto" and "Llano-Picón del Moro" besides many other natural viewpoints along the route.

Visitors will discover these natural landscapes in the plateau ("meseta") and the huge rounded berrocalos in slopes and fields, as well as landscapes resulting from human intervention; local people have been able to take advantage of the special microclimate, protected from the wind and sunny, for the cultivation of vines, olive trees or orange trees, thus shaping certain landscapes of incredible beauty that will be impressive to us. This is the case of the vineyard landscape on the slopes of the Duero, which describes beautiful lines of colour around dispersed farms (quintas in Portuguese); landscapes that are abundant in the wine region of Alto Douro Vinhateiro, which has been designated as a World Heritage Site as a cultural landscape. It is accompanied by the always attractive beauty of the water around the Salto de Saucelle dam.

The itinerary follows parts of **GR-14 and GR-14.1 (Duero Path and Águeda Path)** and includes a number of villages, thus complementing their offer with an interesting traditional architecture and other heritage and ethnographic features, without forgetting the various native livestock races, also a fundamental part of these landscapes, which we will also be able to enjoy along the route.

ROUTE DETAILS

- **Location Area**
Salamanca (E) and Freixo E. à Cinta/Figueira C.R. (P)
- **Start Point/Coordinates**
Saucelle (SA) – Toursist Office
N 41° 02.776' W 6° 45.179'
- **Type of Route**
Mountain Bike ID. B10
- **Type of Circuit**
Circular
- **Distance**
66 km
- **Approximate Duration**
5,5 h
- **Level of Difficulty**
High



ALTIMETRY PROFILE



MINIMUM ELEVATION 145 m MAXIMUM ELEVATION 697 m. CUMULATIVE ASCENT 1560 m CUMULATIVE DESCENT -1502 m



REMARKS

Long and very difficult route, which takes many hours by cycling, so time and light hours must be well calculated in order to be able to complete it. It can be shortened by taking the road SA-CV-4 from Hinojosa de Duero towards Aldeaduero or the Saucelle Dam, from where it links to the track of the route to return to the start point in Saucelle. Spring and autumn are the best times to run this route. It runs through the **Natural Park of Arribes del Duero** and the **International Douro Natural Park**, so that the established constraints and the protection areas of the management plans for both natural areas (SPA, NEN, PTCND022, etc.) must be respected (REN, PTCND022, etc.).



LEGEND

	INDICATION OF DIRECTION TO FOLLOW		FOUNTAIN
	OTHER INDICATIONS: CONNECTIONS AND ALTERNATIVES		CROSS
	BRIDGE		TRADITIONAL BRIDGE
	LOOKOUT		PIER/JETTY
	LOOKOUT AREA		UNIQUE BUILDING
	EU (BORDER)		DANGER: STEEP SLOPE
	TRADITIONAL RURAL ARCHITECTURE		INFORMATION POINT
	ROAD. DANGER JUNCTION		RUINS
	HAZARD (OF AN INDEFINITE NATURE)		

POINTS OF INTEREST and EVENTS

- Piers of Barca d'Alva and Vega Terrón: cruise ships through the River Duero.
- **Vega Terrón**: Interpretation Centre of the Meseta Ibérica Cross-border Biosphere Reserve (planned).
- **La Fregeneda**: "Iron Way", old railway line declared of Cultural Interest (BIC), currently recovered for tourist use through 20 tunnels and 10 viaducts
- Other nearby lookout places: Janas, Penedo Durão, etc. Viewpoints Route of Las Arribes' landscapes.
- Arribes Travellers Club, Experiences Portal of El Abadengo (Salamanca)
- International Cheese Fair of Hinojosa de Duero (first weekend in May).
- Almond and handicraft products Fair (October) and San Lorenzo Festival (August 10) in Saucelle.
- Vetón territory: Route of "Castros Vetones" (pre-Roman fortified settlements), Lumbrales.
- **Freixo de Espada à Cinta**: monumental town with important examples of "manuelino" art style, Castle, Silk Museum, etc. "Manuelino" market held at the end of June.
- La Congida river beach: boat trips and leisure area with bathing area and other facilities.
- **Castelo Rodrigo**: medieval historic village, La Marofa Lookout, Monastery of Santa María de Aguiar (twelfth century).
- Archaeological area of Siega Verde (UNESCO World Heritage Site).
- **Vale do Côa** (Vila Nova de Foz Côa): Archaeological site (UNESCO World Heritage Site).

www.rotaterrafria.com

General safety notice available at the end of the Manual.



DOWNLOAD ON SECTION ROUTES (Format KML):



MOUNTAIN BIKE ROUTE (B11)

Landscapes of Trás-os-Montes

GENERAL DESCRIPTION

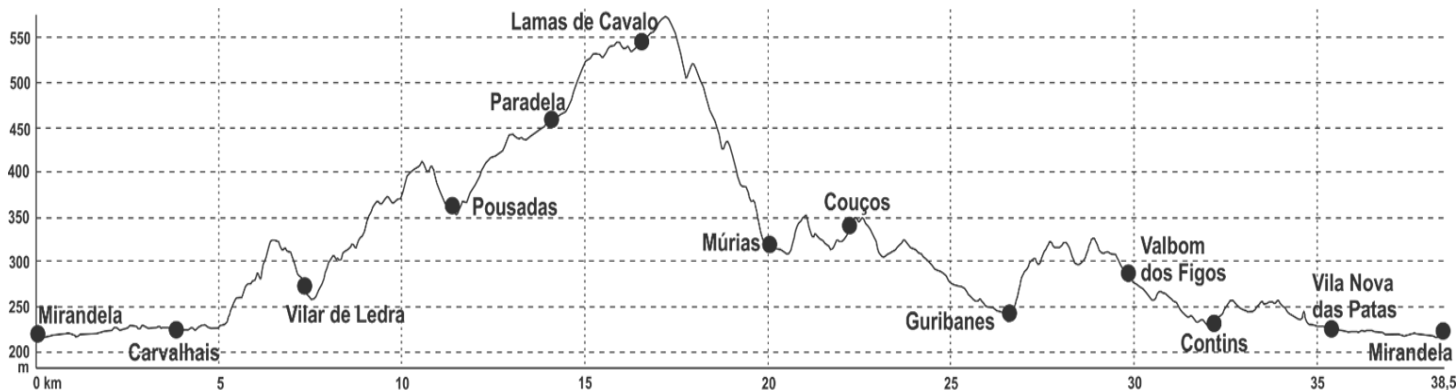
"I am going to talk about a wonderful Kingdom. Although many people say no, there have always been and will be wonderful kingdoms. What is needed to see them is that the eyes do not lose their original virginity in the face of reality, and the heart does not hesitate. Now, what I want to show, mine and of all those who want to deserve it, not only does exist, but it is the most beautiful thing to imagine..." (Um Reino Maravilhoso, Miguel Torga)

Trás-os-Montes region has a beautiful landscape with a wide historical and cultural heritage, which is also part of landscape.

The route runs through Terra Quente Transmontana, characterised by a warmer climate and lower altitudes than Terra Fria, but in particular in an area of transition with climate and territorial influence of both, in the north of Mirandela municipality.

Along the almost 37 km you will run a representative sample of the landscapes. Although the orography is soft without major accidents on the ground, the route allows you to access to hills from where the typical agroforestry mosaic of Trás-os-Montes and so characteristic of Meseta Ibérica is visible: slopes and valleys of olive cultivation, main driver of the local economy, around the white villages;

ALTIMETRY PROFILE



MINIMUM ELEVATION 217 m MAXIMUM ELEVATION 573 m. CUMULATIVE ASCENT 971 m CUMULATIVE DESCENT -971 m



forest areas dominated by cork oak and Mediterranean scrub, lavender, broom and juniper, with the highest mountains behind.

The landscape is always the result of the action and interaction of natural and human factors and this is particularly evident in Terra Quente whose landscapes reflect the intense but harmonious human activity in the territory, with uses consistent with the land usability and rooted in wide knowledge accumulated over the time.

The route begins and ends at Mirandela town, on the banks of the river Tua, next to which it will be possible to rest at the end of the route, on its pleasant beaches and gardens. The stone bridge, the impressive Távora Palace, current headquarters of the municipality, the Misericórdia Church or the Vinhais Condes mansion are some of the monuments that can be visited. In addition, the route will allow to approach to a total of 11 villages: small villages where time is slow and their few inhabitants always have welcoming words for visitors and where you may be surprised by a rural architectural and ethnographic heritage, humble but really beautiful.

ROUTE DETAILS

- **Location Area**
Concelho: Mirandela (P)
- **Start point/Coordinates**
Mirandela (Rua da Republica-Avda. Comunidades Europeas)
N 41° 29.161' W 7° 10.992'
- **Type of Route**
Mountain Bike ID. B11
- **Type of Circuit**
Circular
- **Distance**
38,5 km
- **Approximate Duration**
4 h
- **Level of Difficulty**
Medium



REMARKS

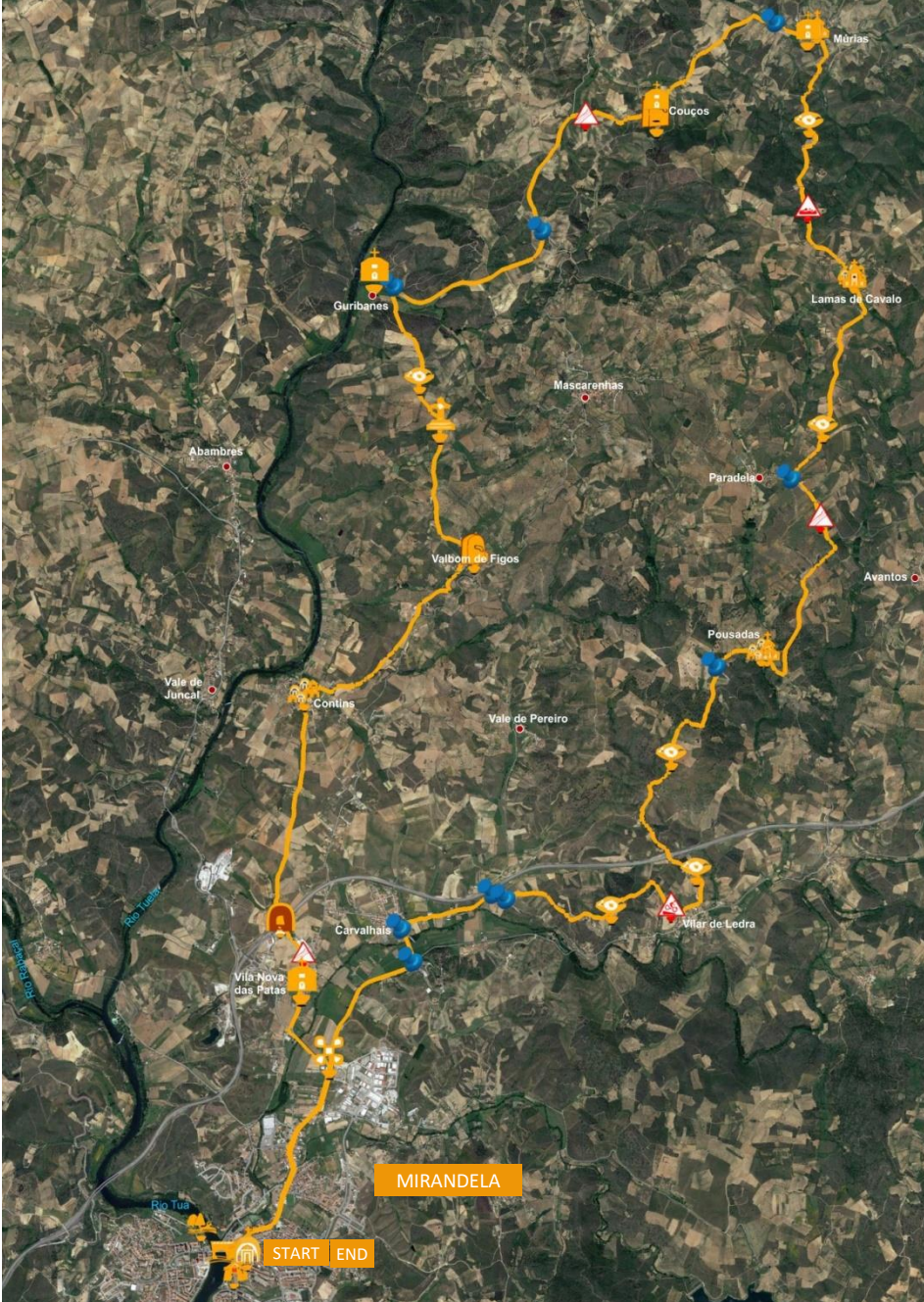
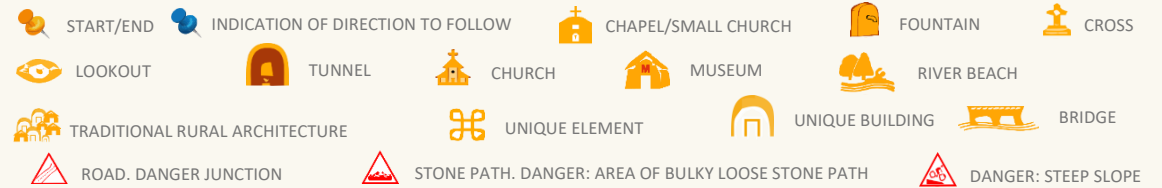
Circular route through the territory of the Vale do Tua Regional Natural Park.

Most of it travels on agricultural roads, although a small section is on the road, where you must take extreme caution.

It can be done at any season of the year but spring, when colours are more intense and flowers beautify the landscape, may be the most advisable time.

MOUNTAIN BIKE ROUTES (B11)
Landscapes of Trás-os-Montes

LEGEND



POINTS OF INTEREST and EVENTS

- **Torre de Dona Chama:** Stone bridge over the river Tuela. Pillory, stone bull, main Church. Festival of S. Esteban (December 25-26).
- **Mirandela:** Bridge over the river Tua, Mirandela old town, Paço dos Távoras, Misericórdia Church, Olive and Oil Museum, Império Park, Armindo Teixeira Municipal Museum and others, lookout areas, river beaches. Festivities of N. Señora del Amparo (July 25, Santiago's day- first Sunday in August), Folk National Festival, Alheira Fair, Festival of flavours of new oil "Sabores del Aceite Nuevo".
- Festa dos Reis — Festa dos Rapazes in Vale de Salgueiro. San Esteban festival in Abreiro (December 26).
- **Romeu:** Traditional Architecture, Museum of Curiosities.
- Protected Landscape of the **Albufeira do Azibo** and nearby villages such as Podence and Macedo de Cavaleiros.
- "Caretos de Podence" masks: Entrudo Chocaleiro and other Carnival events.
- **Vila Flor:** Major Church, Roman Fountain, Rua Nova, Solar dos Aguilares (Municipal Museum) and other blazoned houses, D. Dinis Arch, Pazo dos Lemos, Church of Misericórdia and several small chapels.
- Lookout area of Ntra. Sra. Asunción in Vilas Boas.
- **Alfândega da Fé:** History and public art Itineraries. Main Church, Casa dos Ferreira Chapel, Largo de Castelo, Church of Misericórdia, Clock Tower, Lagar d'El Rei, Solar do Visconti de Valpereiro, San Sebastián Chapel, Casa Malfaia, Casa do Alta, Casa Grande, House of Court-Câmara Municipal. Cherry Festival, "Sete Sóis Sete Luas" Festival, Theatre Festival of Alfândega da Fé, Vanguard Arts Festival.

General safety notice available at the end of the Manual.

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



www.rotaterrafria.com

MOUNTAIN BIKE ROUTE (B12)

Route through Wine Roads

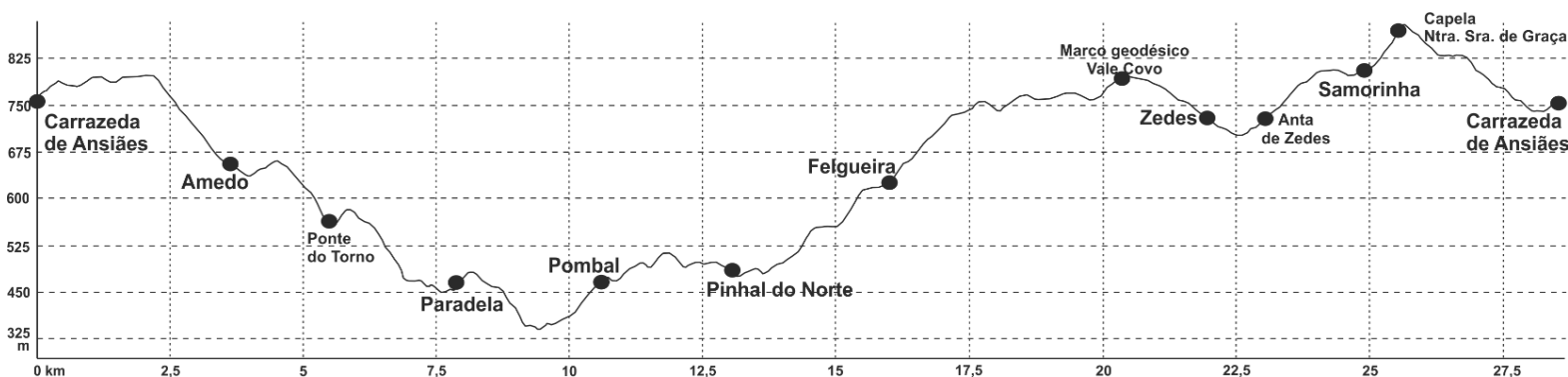
GENERAL DESCRIPTION

In the Carrazeda de Ansiães municipality, we can walk to **Vale do Tua Regional Natural Park** and the '**Alto Douro Vinhateiro**' area, one of the world's most important wine-growing regions, where port wine was born, whose cultural landscapes have been declared a **World Heritage Site by UNESCO**. If there is something representative of the landscape of this municipality, it is its infinite areas of crops on the slopes of the deep valleys that make up the rivers Tua and Duero, the banks of which are used to produce, as well as wine, fruits and oil.

These diverse landscapes demonstrate the wisdom of being able to adapt the use to the natural potential, dominating the permanent crops of vineyards and olive trees, which following harmoniously the variations in the terrain, with terraces secured with impeccable stone walls in some areas, create striking geometric designs on the slopes that give the landscape an incredible spectacularity.

Although this route runs partly through the plateau of Ansiães, its landscape is also marked by the mosaic of agricultural occupation, which contrasts with slopes of the mountains covered by forest patches, which further accentuate the balanced beauty of the surrounding agricultural areas.

ALTIMETRY PROFILE



MINIMUM ELEVATION 397 m MAXIMUM ELEVATION 885 m. CUMULATIVE ASCENT 905 m CUMULATIVE DESCENT -906 m



This mountain bike route has a great landscape interest but also cultural interest, as it offers a diverse range of resources along the signposted route: small lovely villages, where you can enjoy the traditional architecture in stone, as well as bonded beautiful churches, fountains, crosses, etc.; areas with striking **geological formations (Vale Covos)**; important traces of the old populations that make up the history of the municipality, such as the megalithic funerary monument called **Casa da Moura or Anta de Zedes** or the Roman roads and bridges (**Calzada de Pombal**); lookout areas to enjoy interminable landscapes; in addition to the interesting cultural and artistic heritage of Carrazeda de Ansiães, part of which is included in the route itself: **the interpretation centre of the Ansiães Castle**, an excellent place to learn about the history of the municipality; **the fountain of sirens**; **the pillory and the church of Santa Águeda**.

In addition to other elements of old and modern art that we will be able to visit in the village (the contemporary granite sculptures of the International Museum of Contemporary Art, the cross of the eighteenth century or the unique wind mill) or nearby as the Castle of Ansiães and the Romanesque churches located in their enclosure.

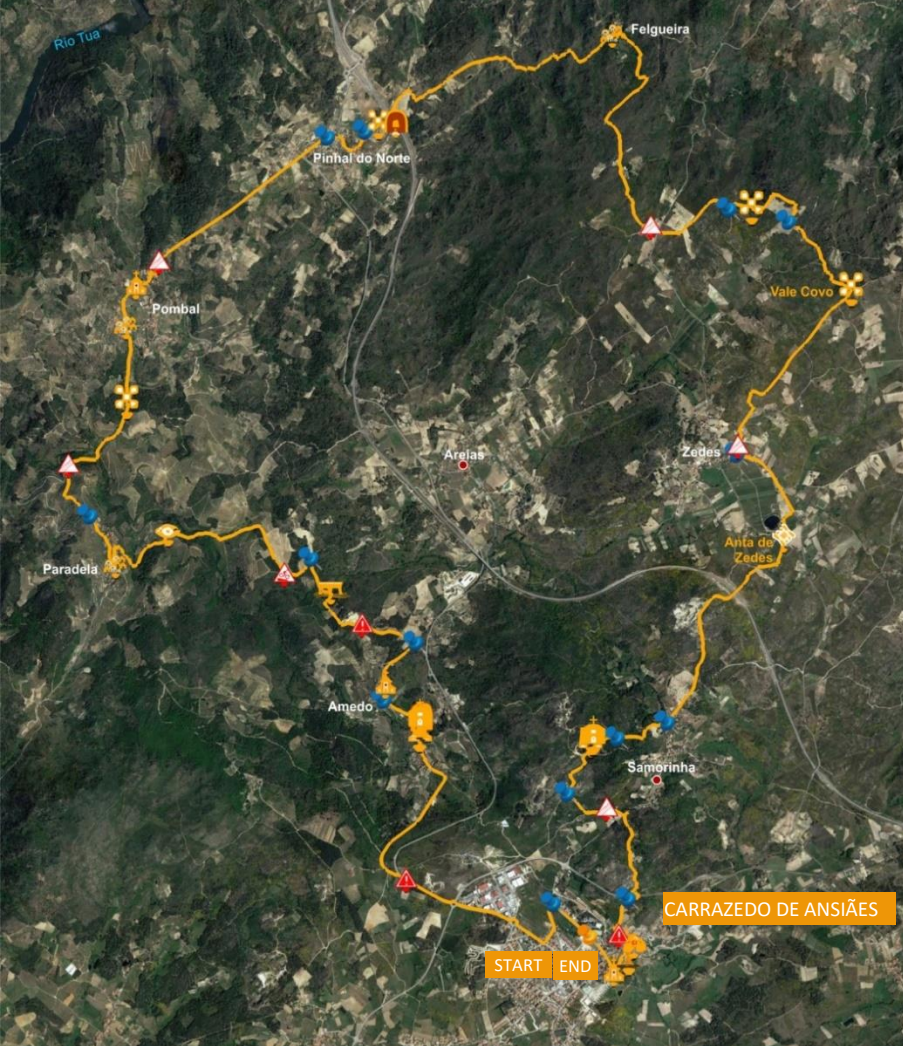
ROUTE DETAILS

- **Location Area**
Concelho: Carrazeda de Ansiães (P)
- **Start Point/Coordinates**
Carrazeda de Ansiães (Indoor Swimming Pool)
N 41° 14.730' W 7° 18.294'
- **Type of Route**
Mountain Bike ID. B12
- **Type of Circuit**
Circular
- **Distance**
29,3 km
- **Approximate Duration**
3,5 h
- **Level of Difficulty**
Medium



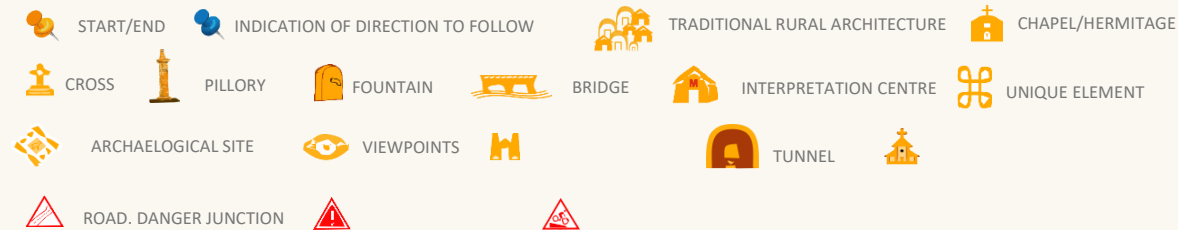
REMARKS

Mountain bike route of the municipal network of routes of Carrazeda de Ansiães (**Rota por Trilhos Vinhateiros**). Standard bike markings in blue may be followed, except for the first section where, due to changes in the environment, we propose an alternative route to Amedo. The route runs through the **Vale do Tua Regional Natural Park**. Interesting at any season since the vineyards provide different, but always beautiful, colours and light games in each season. Precautions should be taken in summer due to heat as well as at times of rain or frost due to the state of the ground. Extreme caution in sections marked in the track with higher gradients and curves.



MOUNTAIN BIKE ROUTES (B12)
Route through Wine Roads

LEGEND



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- **Carrazeda de Ansiães:** Interpretative Centre of Ansiães Castle, Sculpture International Park, fountain of sirens, pillory, Church of Santa Águeda. Wine and apple fair (last weekend of August). Festivals of Santa Águeda (February 5).
- Ansiães Castle and churches of S. Salvador de Ansiães and S. Joao Baptista.
- **Lavandeira:** Church of Santa Eufémia and Museum of Oil and rural memory. Santa Eufemia romery (15-16 September).
- **Selores:** Blazoned house and San Gregorio Church.
- **Vilarinho da Castanheira:** Anta (Pala da Moura), complex of recovered mills, Museum of Rural Memory.

- Viewpoints route: São Lourenço, Olhos do Tua, Ruta del Duero, Fraga da Ola, da Saúde, Nossa Senhora da Assunção, Sra. da Graça, etc.
- **Foz do Tua:** Interpretative Centre of Vale do Tua (CIVT). Cantoneiros house "Foz Tua wine house". O Cachao da Rapa (cave paintings).
- **Vila Flor:** Main Church, Roman fountain, Rua Nova, Solar dos Aguilares (Municipal Museum) and other blazoned houses, D. Dinis Arch, Pazo dos Lemos, Church of Misericórdia and several small chapels.
- **Alfândega da Fé:** History and public art itineraries. Main Church, Chapel of Casa dos Ferreira, Church of Misericórdia, Clock Tower, Lagar d'El Rei, Solar do Visconti de Valpereiro, San Sebastián Chapel, Casa Malfaixa, Casa do Alta, Casa Grande, House of Court. Cherry Festival, "Sete Sóis Sete Luas" Festival, Theatre Festival of Alfândega da Fé, Vanguard Arts Festival.
- **Mirandela:** Stone bridge, Paço dos Távoras, Church of Misericórdia, Museum of Olive and Oil, Império Park, Armindo Teixeira Municipal Museum and others, lookouts, river beaches. Festivities of N. Sra. del Amparo. Fair of the Alheira. Festival of the testes of new oil "Sabores del Aceite Nuevo".
- Macedo de Cavaleiros, Albufeira do Azibo and nearby villages such as Podence. "Caretos de Podence" masks.

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DOWNLOAD ON SECTION ROUTES (Format KML):



Route of the cross-border villages



GENERAL DESCRIPTION

In a cross-border area such as the Meseta Ibérica Biosphere Reserve, the existence of the cross-border village or villages to which this route goes is particularly emblematic: a village crossed by the border between Spain and Portugal; a single rural nucleus but administratively are two, called **Rihonor de Castilla** on its Spanish side and **Rio de Onor** in the Portuguese one, without any real separation between both, except for that invisible border. People name the Spanish and Portuguese sides 'upper village and down village' respectively. In fact, its inhabitants speak the two languages interchangeably, and another curiosity is that there is an ancient native dialect, although now almost extinct, the "rihonorés", which is the result of the mixing of the two languages.

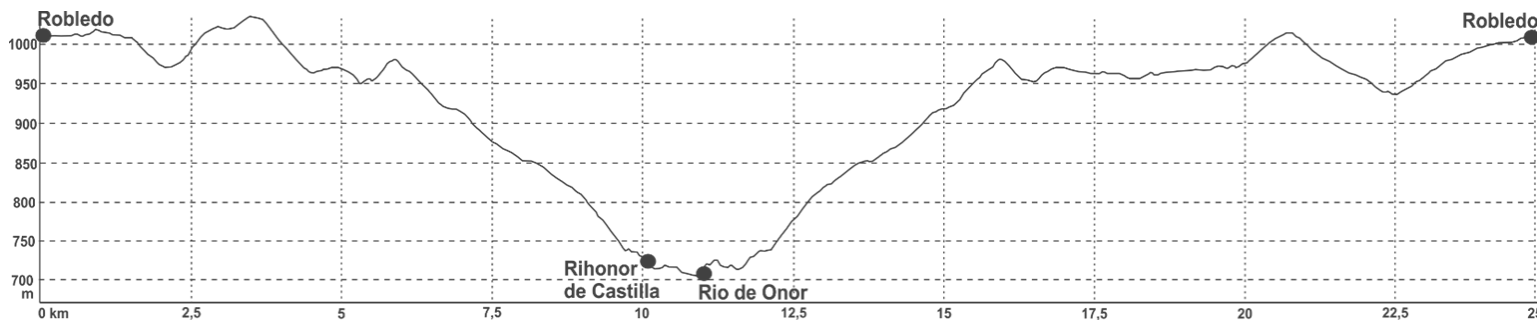
Two villages and two countries that become one when we go into their streets, discovering a single set of lovely houses with two heights and stone pavement in the own style of Trás-os-Montes; where the river forms a beautiful river beach, a pleasant retreat in the village, where the visitor can rest and refresh in summer. You will also be able to visit the two major churches, a beautiful Roman bridge and some Community buildings as the forge.

The route links these villages with another small village of Zamora, **Robledo**, which, like the previous ones, will delight everybody who loves rural life, due to their very well-conserved traditional architecture and the pleasant feeling of transporting us to the past.

It is one of the geographical areas of the Biosphere Reserve where the villages best preserve the traditional architecture typical of stone and slate with wooden balconies, a form of common construction of the regions of Sierra de la Culebra and Sanabria in the Spanish part and of Trás-os-Montes in Portugal. It is worth visiting some other villages close to the route, such as **Santa Cruz de los Cuérragos**, whose conservation has been recognised as an asset of cultural interest.

The route runs through quiet forest areas, dominated by pines but with enclaves around streams where birch, ash, oak or cherry trees abound; very remote woodland areas where deer may therefore be sighted in addition to birds such as jays or woodpeckers. Sierra de la Culebra is one of the areas in the Iberian Peninsula with the highest density of wolves, in fact the route passes very close to the **Centre of Iberian Wolf of Castile and Leon**, an interpretation centre whose visit is highly recommended and where wolves may also be sighted in semi-freedom.

ALTIMETRY PROFILE



MINIMUM ELEVATION 711 m MAXIMUM ELEVATION 1.035 m. CUMULATIVE ASCENT 624 m CUMULATIVE DESCENT -621 m

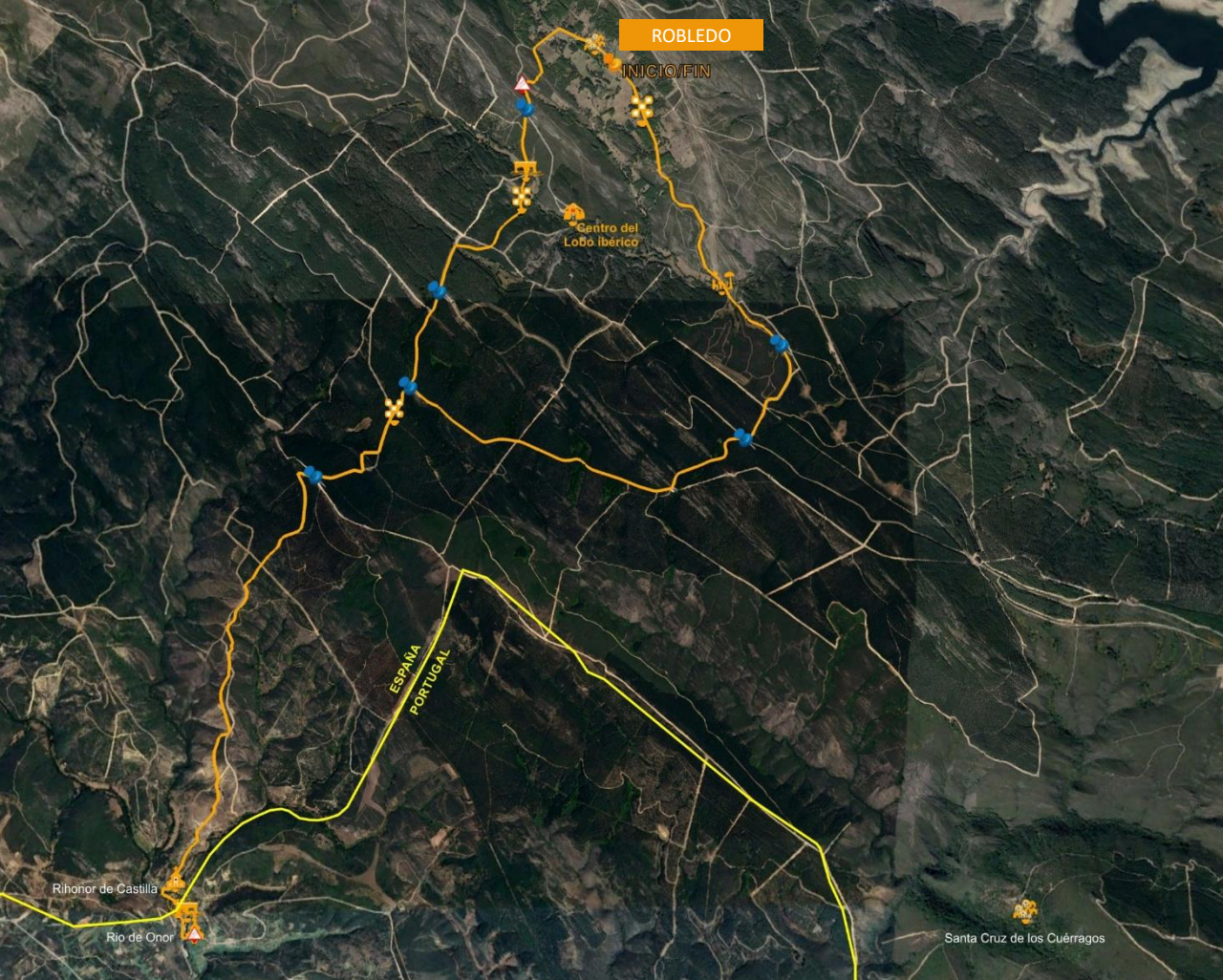
ROUTE DETAILS

- **Location Area**
Zamora (E) and Bragança (P)
- **Start Point/Coordinates**
Robledo (Zamora)
N 42° 00.411' W 6° 34.225'
- **Type of Route**
Walking ID. C1
- **Type of Circuit**
Circular - Linear
- **Distance**
24,5 km (Round Trip)
- **Approximate Duration**
6,5 h (Round Trip)
- **Level of Difficulty**
Medium



REMARKS

This is a cross-border route linking Robledo and Rio de Onor (where the route goes into **Montesinho Natural Park** and the restrictions laid down in the management plan for this natural area must be respected). Although the route is proposed in this direction, it can be started without distinction from one or other part of the border. The round journey track is provided, with a common part of the itinerary but an alternative path from one point (hence it is given as a linear-circular circuit). On some sections of the itinerary coincides with marked mountain bike routes but none of them is followed.



ROBLEDO

INICIO/FIN

Centro del Lobo Ibérico

Rihonor de Castilla

Rio de Onor

Santa Cruz de los Cuérragos

ESPAÑA
PORTUGAL

General safety notice available at the end of the Manual.

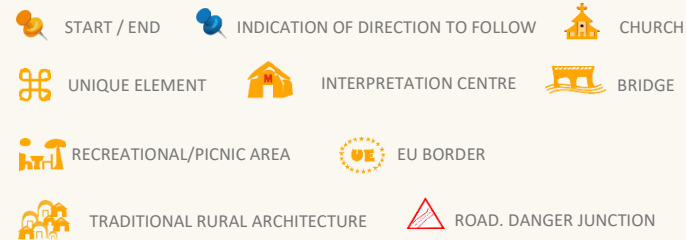


TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



WALKING ROUTES (C1)
Route of the cross-border villages

LEGEND



POINTS OF INTEREST and EVENTS

- Centre of the Iberian Wolf in Robledo.
- **Puebla de Sanabria:** Historical-artistic ensemble (Castle Condes de Benavente, Romanesque church of Sta. Maria del Azogue, villas...). Interpretation Centre of Fortifications. Museum of Giants and Bigheads. Festivals of N. Sra. del Azogue and Anunciación and Medieval market (August 15). Victoria's festival (September). Ntra. Sra. de las Candelas festival (first Sunday of February).
- Sanabria Lake Natural Park, interpretative centre, official routes, network of traditional paths and roads. Lake of Sanabria. Lookouts.
- Traditional architecture in Ungilde, Riomanzanas, Guadramil, Santa Cruz de los Cuérragos (ethnographic ensemble) and other villages.
- **Bragança:** Old walled town and Castle, Domus Municipalis, Historic Center, Churches of Santa Maria and Igreja da Sé. Military Museum, Iberian Mask and Costume Museum and Museums Street with the Abade de Baçal Museum, Georges Dussaud Photography Center, Interpretation Center of Sephardic Culture, Graça Morais Contemporary Art Center), Living Science Center and National Railway Museum. Municipal Cultural Center and Theatre. Festival do Butelo e das Casulas and Carnival dos Caretos (Carnival period). Feira das Cantarinhas- Feira do Artesanato (first weekend of May). History Festival (weekend before August 15). Bragança, Terra Natal and de Sonhos (the whole month of December).
- **Route of Terra Fria Transmontana** - tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). Travel can be done on foot, by bicycle or by car. www.rotaterrafria.com
- **Masks:** Festa dos Reis in Rio d'onor (January 6); "Las Talanqueiras" in Trefacio (December 25); "La Visparra" in Vigo de S. (December 26), "La Filandorra" in Ferreras de Arriba (December 26); "Los Carochos" in Riofrío de Aliste (January 1 - regional tourist interest) and Villanueva de Valrojo (Carnival Tuesday); "El Tafarrón" in Pozuelo de Tábara (25-26 December); "Diablos" in Abejera and Sarracín de Aliste (January 1); La Obisparra in Pobladura (August 15); "El Caballo y el Pajarico" in Villarino Tras la Sierra (December 26); "El atenizador" in S. Vicente de la Cabeza (August 11).
- Bellowing of deer (end of September-early October).

Route of Montesinho's berrocal



GENERAL DESCRIPTION

The route runs through Montesinho Natural Park which extends along the north-east border with Spain, one of the largest natural parks of Portugal.

Located north of Bragança and Vinhais municipalities in Trás-os-Montes region, the terrain base of this area is made up of two mountainous massifs, Serra da Coroa to the west and Serra de Montesinho to the east; the last one designates the park and the village where these route starts and finishes.

With an area of around 75.000 ha, the Park has preserved significant ethnographic and natural heritage since 1979. Its rich botanical and faunal biodiversity includes around 240 vertebrate species: wolves, foxes, roe deer, wild boars and deer, among others.

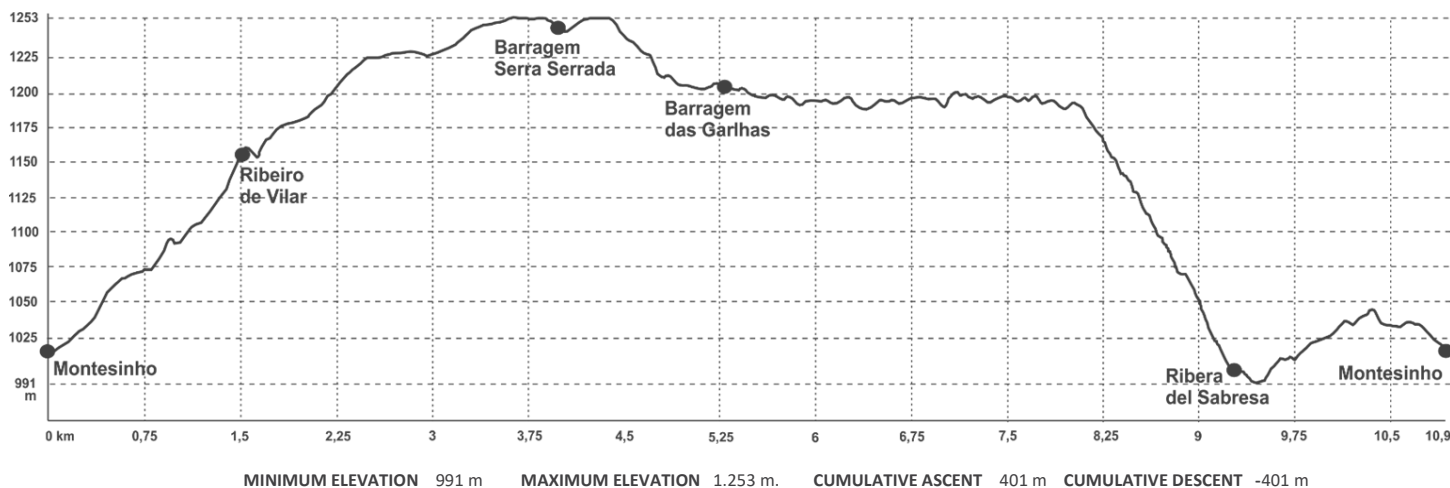
The route offers a mountain landscape with wide horizons, marked by granite outcrops emerging between the cover of heather, brooms and gorse. "Berrocales" or "berruecas" are the granite stone balls shaped by the erosion caused by water and wind, which give the landscape one of its main characteristics in this area, once the highest altitude is reached on the route, in the area of the dams or "barragem". Those dams accumulate the water that flows through the channel running parallel to the rest of the route.

The route starts in Montesinho, the village with highest altitude (1.020 m) of the Terra Fria region. The Church dedicated to S. Antonio of the 17th century stands out in the village, and it also maintains a multitude of houses of traditional mountain architecture with granite walls and slate roofs. It is a preserved village and as most of the villages in the area is very well integrated into the landscape.

Among the village's constructions, allotments, gardens, crops and a few huge chestnut trees, whose flower is the symbol of the Natural Park. Beyond the village an agro-forestry mosaic extends in the valley base, characteristic of the traditional use of the environment.

Leaving Montesinho, the road is climbing through the small valley called Ribeiro de Vilar, between forests of oak trees and, on the banks of the rivers, ash trees and alders. A shaded rise allows to easily reaching a large runway which continues to climb gently to two dams on the river Sabresa, following in parallel the channel which conducts the water from the reservoirs to the pipe next to which the zig-zag of the road allows to descend back to the village.

ALTIMETRY PROFILE



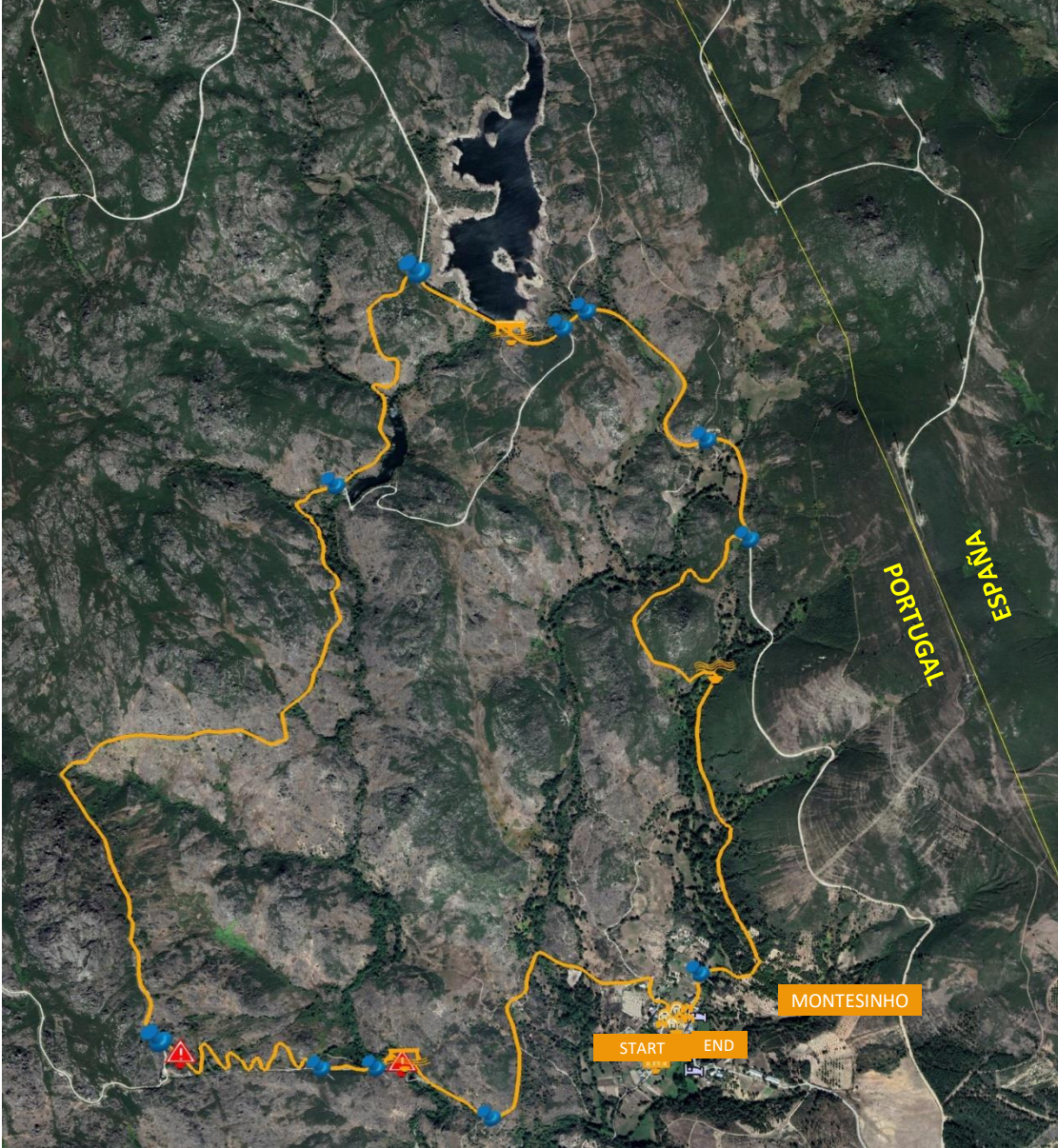
ROUTE DETAILS

- **Location Area**
Montesinho Natural Park (P)
- **Start Point/Coordinates**
Montesinho
N 41° 56.214' W 6° 45.542'
- **Type of Route**
Walking ID. C2
- **Type of Circuit**
Circular
- **Distance**
10,9 km
- **Approximate Duration**
3,5 h
- **Level of Difficulty**
Medium

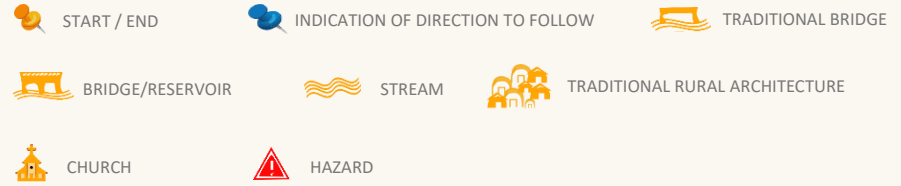


REMARKS

The route runs, with the exception of its first section, in areas which are sufficiently exposed to the sun, therefore it is recommended take care of sun protection and water supply. It includes approximately 1 km of steep descent, between 8 and 21 % depending on stretches, by a sloping road which facilitates the fall but where run-off water can create slippery mud areas. It should also be avoided to approach the machine house to the foot of pipe in order to avoid any electrical hazard. It runs through protected areas (Montesinho Natural Park, NEN and NAN) and therefore the restrictions laid down in the planning of these areas must be respected. It coincides in some section with the PR3 Porto Jurado.



LEGEND



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- **Bragança:** Citadel and Castle, Domus Municipalis, Historic Center, Churches of Santa Maria and Da Sé. Military Museum, Iberian Mask and Costume Museum and Museums Street with the Abade de Baçal Museum, Georges Dussaud Photography Center, Interpretation Center of Sephardic Culture, Contemporary Art Center, Living Science Center and National Railway Museum. Municipal Cultural Center and Theatre. Festival do Butelo e das Casulas and Carnaval dos Caretos (Carnival period). Feira das Cantarinhas - Handicraft Fair (first weekend of May). History Festival (weekend before August 15). Bragança, Terra Natal and de Sonhos (the whole month of December).
- **Puebla de Sanabria:** Historical and artistic ensemble (Condes de Benavente Castle, Sta. Maria del Azogue Romanesque Church, villas, etc.). Interpretation Centre of Fortifications. Museum of "Giants and Bigheads". Festivals of Ntra. Sra. del Azogue and Anunciación and Medieval market (August 15). Victorias' festival (September). Ntra Sra. de las Candelas festival (first Sunday of February).
- **Rio D'onor, Rihonor de Castilla, Guadramil, Santa Cruz de los Cuérragos** (ethnographic ensemble) and **Riomanzanas:** traditional architecture
- **Vinhais:** Historical centre. "Casa de la Vila": Montesinho N.P Interpretative Centre. "Solar dos Condes" Cultural Centre. Biological Park (Alto da Cidadelha) which includes the Interpretation Centre of native breeds and Mycology Centre. Chestnut Fair (end of October). Fumeiro Fair in February. San Antonio romery (first Sunday in September). Masquerades "Dia dos Diablos e da Morte" (first day of Lent).
- **Route of Terra Fria Transmontana** - tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). Travel can be done on foot, by bicycle or by car.

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DOWNLOAD ON SECTION ROUTES (Format KML):



Among Chestnut and oak trees



GENERAL DESCRIPTION

The route begins in the ‘preserved village’ of Zeive, in the municipality of Bragança, to go into Vinhais municipality later, by directing towards the Termas on the river Tuela through a route that will cross different habitat types, along an agroforestry mosaic with crops near the villages, forest of chestnut trees (*Castanea sativa*), oak forests (*Quercus pyrenaica*) and riparian corridors in the courses of water with irrigated meadows or “lameiros” for livestock in their vicinity.

After passing the Termas on the river Tuela and its bathing area, we will remount the valley in the direction of return, initially passing through Dine, where there is a pre-historic cave called Lorga de Dine and several lime kilns. We will then turn to Mofreita, a village of simple constructions but with some barroc elements on door and window thresholds, to return to the starting point in Zeive.

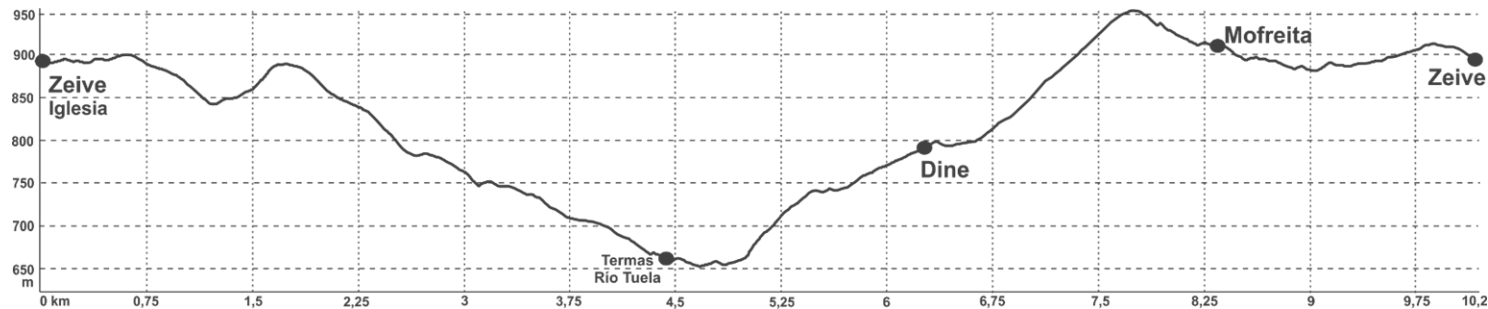
In the middle of the Montesinho Natural Park the route shows us the impressive beauty of the chestnut trees, whose flower is the symbol of the park. We will be able to see the centennial chestnut trees and the young ones recently planted, as a big bet on maintaining this fundamental element of the landscape, the rural economy and the popular culture of Trás-os-Montes, where it finds optimal

environmental conditions, especially in Terra Fria, a region where it represents a fundamental economic pillar. The municipalities of Bragança and Vinhais produce approximately 20 thousand tonnes of chestnut per year (two-thirds of Portugal’s total production). The ‘Terra Fria Trasmontana’ origin protected designation exists in addition to many typical trasmontana varieties, all of which are of excellent quality.

The route runs one of the most forested areas of Meseta Ibérica by allowing us to walk among some of the most abundant species in this area with a certain Atlantic climatic influence (oak, chestnut and ash trees, alders, etc.) but also to walk villages and traditional roads bordered from stone walls, in which common hawthorns, blackthorn or sloe and wild blackberries will display colouring fruits in the autumn.

We all know chestnuts. It is also easy to recognise the characteristic fruits of oak, the acorns. The latter should not be confused with the oak galls or oak apples, which are spherical prominences in oak species, as a response from the tree to certain insects that introduce their eggs into the tree. You may try to find some galls; if you see a small hole, it will mean that the larvae have already left.

ALTIMETRY PROFILE



MINIMUM ELEVATION 659 m MAXIMUM ELEVATION 952 m. CUMULATIVE ASCENT 418 m CUMULATIVE DESCENT -407 m

ROUTE DETAILS

- **Location Arera**
Bragança and Vinhais (P)
- **Start Point/Coordinates**
Zeive (Bragança)
N 41° 54.722' W 6° 53.872'
- **Type of Route**
Walking ID. C3
- **Type of Circuit**
Circular
- **Distance**
10 km
- **Approximate Duration**
2,5 h
- **Level of Difficulty**
Low










REMARKS

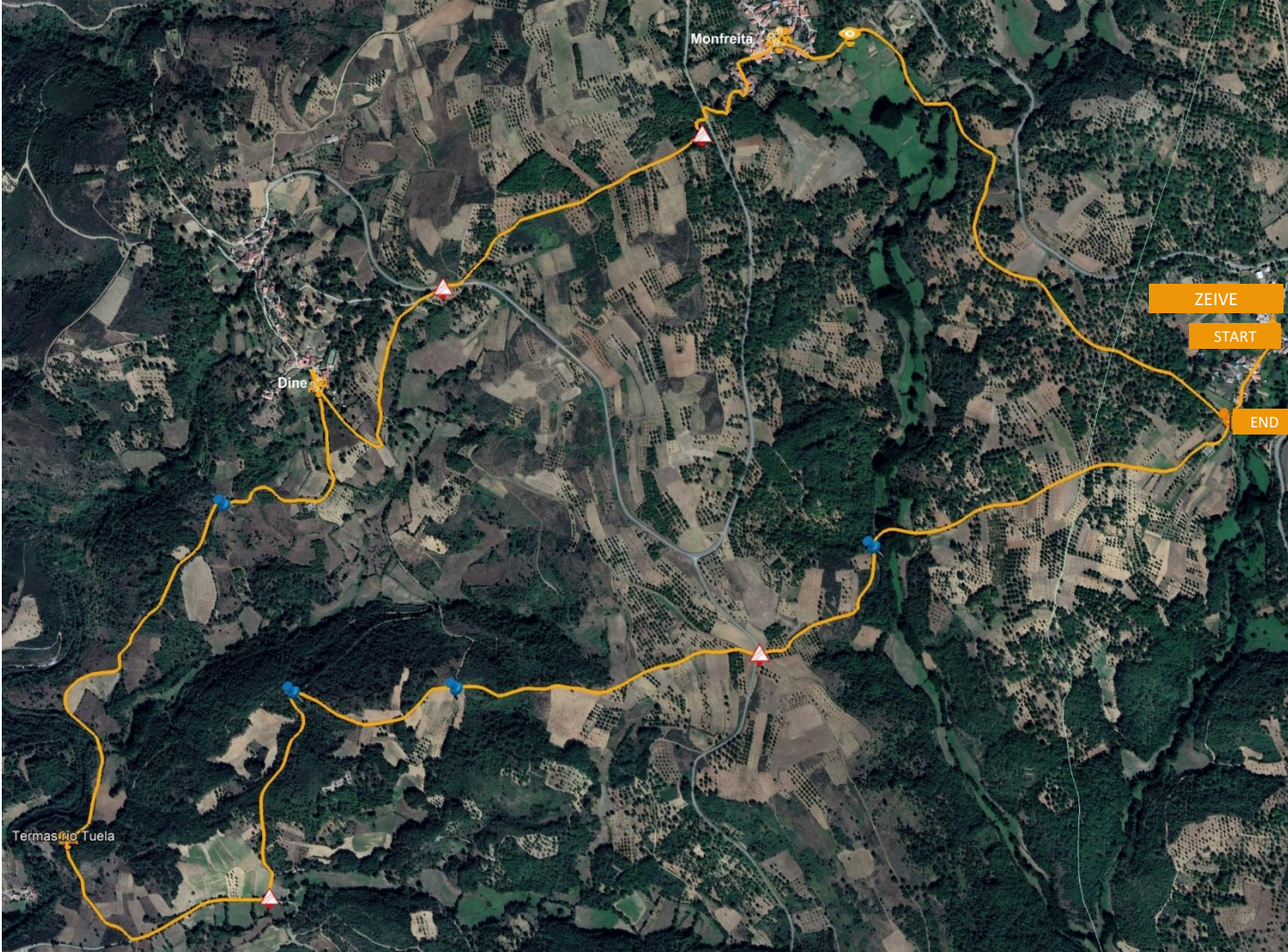
Like any circular route, although it is proposed to start in Zeive, it could be started at any point along the route, in the villages of Mofreita or Dine.

It runs through **Montesinho Natural Park** so the restrictions laid down in the development plans for its protected areas (POPNM) must be respected.

LEGEND

-  START / END  INDICATION OF DIRECTION TO FOLLOW
-  RIVER BEACH  VIEWPOINTS  CHURCH
-  TRADITIONAL RURAL ARCHITECTURE  ROAD. DANGER JUNCTION

General safety notice available at the end of the Manual.



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



POINTS OF INTEREST and EVENTS

- **Dine:** Lorga de Dine (Pre-historic cave and interpretation centre). Lime kilns. Traditional architecture.
- Zeive, Mofreita, Fresulfe, Santa Cruz, etc.: rural architecture.
- **Moimenta:** Largo do Calvairo, Main Church, villas, traditional architecture, mills, fountains, etc. Medieval carriageway and bridge. Lookout area of Moimenta. Castro de Cigadonha or Cigarrosa (confluence of the Anta Rivera and the river Tuela).
- **Vinhais:** Churches, Pillory, Solares de Corujeira and Condes de Vinhais (cultural and exhibition centre), fountain do Cano, prehistoric, Roman and medieval remains (walled Cidadelha and Castle).
- Interpretation Centre of Montesinho Natural Park (Casa de la Vila-Vinhais)
- Vinhais Biological Park (Alto da Cidadelha) including Mycological Centre and native breed Interpretation Centre.
- Chestnut festival — Rural Castanea (end of October), Feria do Fumeiro (February) and Carnival “Diabos à Solta” in Vinhais.
- **Bragança:** Old walled town and Castle, Domus Municipalis, Historic Center, Church of Santa Maria and Church da Sé. Military Museum, Iberian Mask and Costume Museum and Museums Street (Rua dos Museus) with the Abade de Baçal Museum, Georges Dussaud Photography Center, Interpretation Center of Sephardic Culture, Contemporary Art Center), Living Science Center and National Railway Museum. Municipal Cultural Center and Theatre. Festival do Butelo e das Casulas and Carnaval dos Caretos (Carnival period). Feira das Cantarinhas- Handicraft Fair (first weekend of May). History Festival (weekend before August 15). Bragança, Terra Natal and de Sonhos (the whole month of December).
- **Route of Terra Fria Transmontana** — tourist circuit with 11 sections (455 km through Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais municipalities). Travel can be done on foot, by bicycle or by car.

www.rotaterrafría.com

High mountain of Sanabria (Peña Trevinca)



GENERAL DESCRIPTION

Peña Trevinca, at an altitude of 2,127 m, is the highest peak of the Meseta Ibérica Biosphere Reserve and Zamora province. Therefore its climb route will allow us to know an excellent high-mountain area, with spectacular landscapes shaped by glaciers, which in Pleistocene sculpted these valleys, such as the Tera River Valley, through which the route runs and through which a 20-kilometre ice tongue moved 100.000 years ago. It was the origin of the current Sanabria Lake, the largest glacier lake of the Iberian Peninsula that this route is also giving us the opportunity to know.

In fact, to access up the beginning of the route, we will go along the edge of the Sanabria Lake and have a good sight of it while we move along the road to San Martín de Castañeda and then to the lake "Laguna de los Peces", one of the many lakes in the Sanabria region. You will also have the opportunity to discover traces of glacialism in the landscape. Other small lakes are "La Ventosa", close to prior one, at the beginning of the route, and Lacillo, higher than the Vega del Conde reservoir, when you look at the Tera valley.

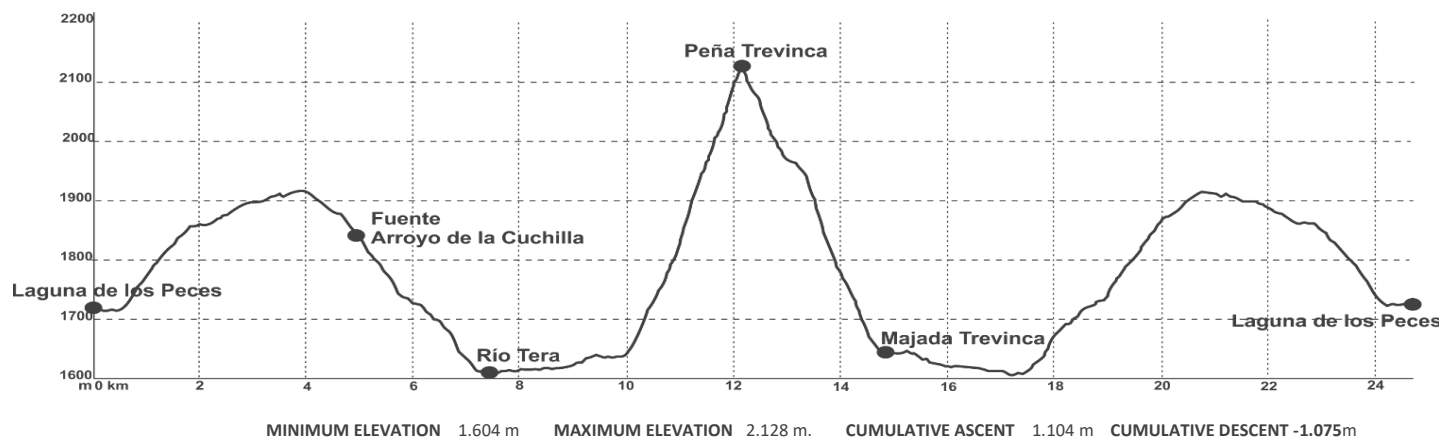
At the starting point there is a car park as well as an accessible path for people with reduced mobility that allows the approach to the "Laguna de los Peces" lake.

Our route starts at the beginning of this adapted route and it is marked with small blue pegs because it is included in **the network of paths of the Natural Park "Lago de Sanabria and Sierras Segundera y de Porto"** (from Laguna de los Peces to Peña Trevinca). However, in the final section of the climb to the peak, small piles of stones made by walkers, typical of mountain routes, will guide us.

This high mountain landscape is home to an interesting community of flora and fauna, although due to the high altitude, the forest disappears and is replaced by the scrub of different species, representing both Mediterranean and Atlantic bioclimates (as it is an area of influence of both) with some interesting endemic plants of Sanabria such as *Geranium bohenicu*. The ecosystems of peatlands and lakes also bring great biological diversity and provide breeding sites for an important amphibian community. Finally, we will be able to see species of rocks along the route and above all on the final stretch.

On reaching the Peña Trevinca peak, we will have an overwhelming landscape of mountains of Zamora, León and Galicia (as the three provinces come together on this point) and the magnificent Tera glacier valley for which we have come. ***Please observe the valley of the river Tera originated at the feet of Peña Trevinca and its U-shape, with a very open valley bottom, typical of the glacier valleys.***

ALTIMETRY PROFILE



ROUTE DETAILS

- **Location Area**
San Martín de Castañeda–Zamora (E)
- **Start Point/Coordinates**
Parking Laguna de los Peces
N 42° 10.185' W 6° 44.071'
- **Type of Route**
Walking ID. C4
- **Type of Circuit**
Linear (Round Trip)
- **Distance**
24,3 km (Round Trip)
- **Approximate Duration**
9 h
- **Level of Difficulty**
High











REMARKS

It runs through the "Lago de Sanabria and Sierras Segundera y de Porto" Natural Park so the restrictions of this protected area must be respected. The route is hard because of its length since it is inevitable to do the round trip on the same day. But despite being a mountain route it is quite comfortable, with the exception of the final rise to Peña Trevinca peak, with 500 m delaying by only 2 km, and above all the last 100 metres of rock climb. The track provided makes the descent of this last section on the way back along a different path avoiding the steepest slope, but in this way it runs through the scrubland and near a small creek, recommended in summer but to avoid in raining times, when it is better to go down by the same track as the going way.



LEGEND

-  START / END
-  INDICATION OF DIRECTION TO FOLLOW
-  UNIQUE BUILDING
-  VIEWPOINTS
-  SPRING
-  TRADITIONAL BRIDGE
-  BRIDGE
-  STONE PATH. AREA OF BULKY LOOSE STONE PATH

POINTS OF INTEREST and EVENTS

- Sanabria Lake: beaches, tourist facilities, water activities, boat trips.
- Centre of the Natural Park "Lago de Sanabria and Sierras Segundera y de Porto": Botanical path. (Road Rabanillo-Galende). Network of hiking routes of the Natural Park.
- **San Martín de Castañeda**: Santa Maria Romanesque monastery.
- Puebla de **Sanabria**: Historical and artistic ensemble (Condes de Benavente Castle, Romanesque Church of Santa María del Azogue, villas, etc.). Centre for the Interpretation of Fortifications. Museum of "Gigantes and Cabezudos". Etc.
- Iberian Wolf Interpretation Centre (Robledo)
- Mycology Interpretation Centre (Ungilde).
- Traditional Architecture in several villages: Galende, Vigo de Sanabria, Robledo.
- **Masquerades**: "Talanqueira" in San Martín de Castañeda and Trefacio (December 25) and "La Visparra" in Vigo de Sanabria (December 26)
- Ntra. Sra. de las Nieves "La Tuiza" romery in Lubián. August 5 and last Sunday in September.
- Ntra. Sra. de los Remedios romery (protector of Sanabria) in Otero de Sanabria. First weekend of October.
- Puebla de **Sanabria**: Festivals of Ntra. Sra. del Azogue and la Anunciación and medieval Market (August 15). Victorias´ Festival (September). Ntra. Sra de las Candelas (first Sunday of February).
- Festival Virgen de la Peregrina in San Martín de Castañeda (first Sunday in September).



General safety notice available at the end of the Manual.

DOWNLOAD ON SECTION ROUTES (Format KML):



Route of the traditional roads of Sanabria Lake



GENERAL DESCRIPTION

The route runs through traditional roads, called "rodeiros" or "breas" in this region, south-west of the province of Zamora (Spain), north of the Meseta Ibérica Cross-border Biosphere Reserve.

Paths that have history, open by the traces of thousands of anonymous steps that sought to give access to mills, fountains and farmland and just join villages to exchange agricultural or livestock products or share moments of festivals and traditions.

Some of these roads were especially relevant such as the Cordel Sanabrés coincident on a small section with this route. The importance of the shepherds in Sanabria mountains led the region to be part of the history of cross-border transhumance that connected many regions of Europe, contributing to a cultural exchange which today deserves be valued.

The livestock trap through the cattle roads has left the Reserve with a rich 'pastoril' heritage, material constructions and intangible heritage, such as a vocabulary that is gradually dying through the disuse (perrizolas, bozaco or caganeta, carolo, costillas, choto, rehata, etc.), rich and shared on both sides of the Spanish-Portuguese border.

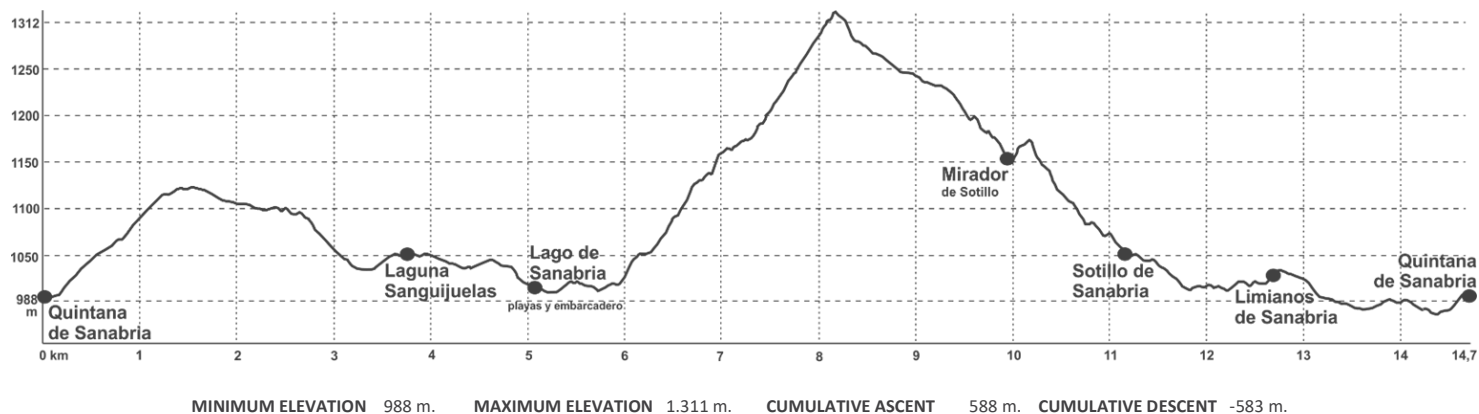
It has been the interaction of man with its surroundings, in particular through livestock and agroforestry activities developed for centuries that have shaped the landscape of the reserve we know today.

Although other major influences are visible on this route, the geomorphology of the terrain tells us of the ancient glaciation in these landscapes. The main glacier tongue in the area emerged in the circus of Trevinca and Survia, decreased by reshaping the valleys in their characteristic U-shaped and when arriving at Ribadelago it already reached almost 15 km long and 300 m thick. With these dimensions, its erosive capacity excavated the pan on which the current Sanabria Lake is based. Its 318 ha surface area and up to 51 m deep makes it the largest glacier lake in the whole Iberian Peninsula, remembering the ice removed 10.000 years ago.

Today, it offers us spectacular views from the various lookout areas around it, on the road to San Martín de Castañeda and the Laguna de los Peces and a pleasant leisure and recreation area highly demanded in summer.

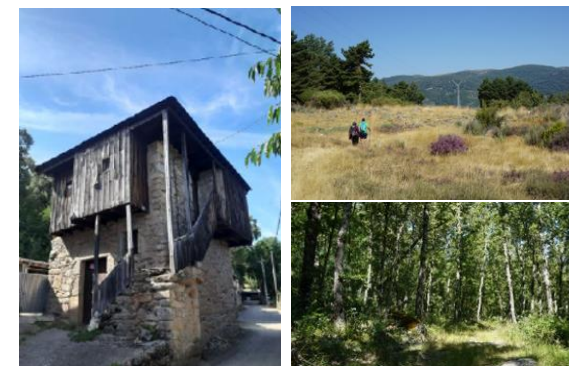
The villages along the route (Quintana, Sotillo and Limianos, all of them in Sanabria) are an example of the area's popular architecture and offer the possibility to link with other traditional paths in the area, with the official routes of the Natural Park or more local paths such as those of the Sotillo waterfalls and lake.

ALTIMETRY PROFILE



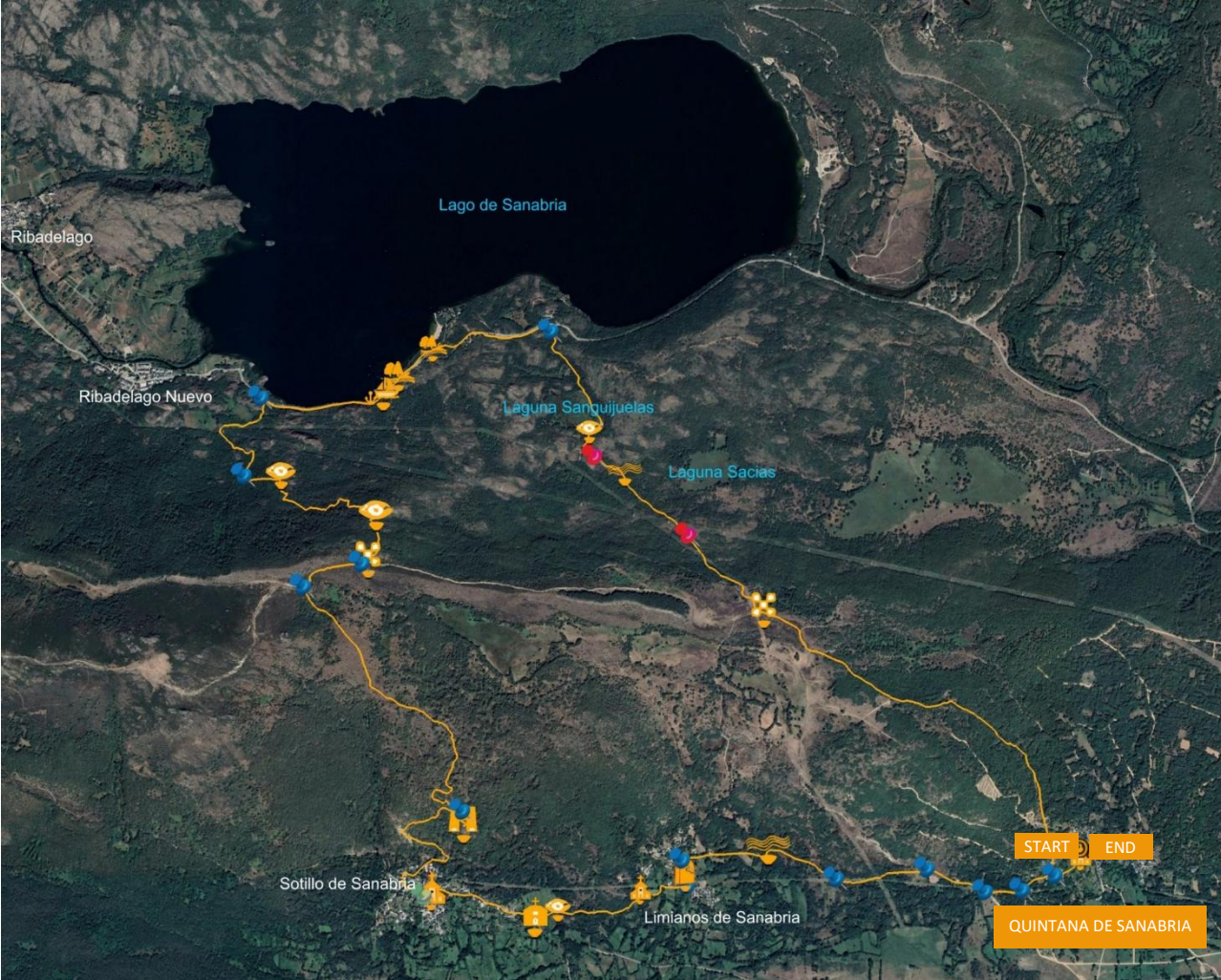
ROUTE DETAILS

- **Location Area**
Natural Park Sanabria-Zamora (E)
- **Start Point/Coordinates**
Quintana de Sanabria (Zamora)
N 42° 6.1337' W 6° 42.2938'
- **Type of Route**
Walking ID. C5
- **Type of Circuit**
Circular
- **Distance**
14,7 km
- **Approximate Duration**
4,5 h
- **Level of Difficulty**
Medium



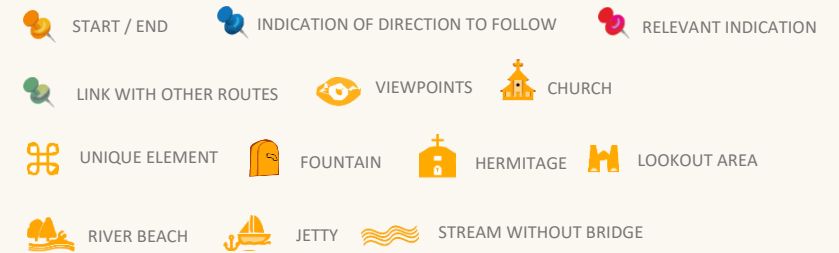
REMARKS

The route runs through the "Lago de Sanabria-Sierras Segundera y de Porto" Natural Park so the restrictions of this protected area must be respected. The road is marked with yellow arrows in wooden signals, but not continuously throughout the whole route. In part, it also overlaps with a section of the long itinerary GR 84 surrounding the Natural Park. Approximately two-thirds of the route runs under trees which can provide shadows at certain times, but also at certain times of the year there is a significant presence of insects.



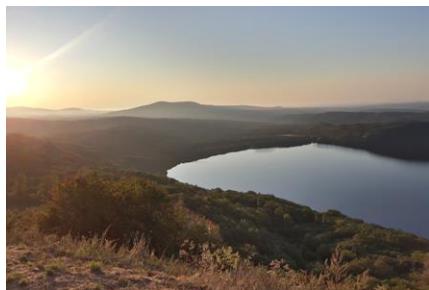
General safety notice available at the end of the Manual.

LEGEND



POINTS OF INTEREST and EVENTS

- Network of traditional paths and roads in Sanabria.
- **Galende-Rabanillo**: Centre of the Natural Park "Lago de Sanabria y Sierras Segundera y de Porto": Botanical path and official park routes.
- Sanabria Lake: beaches and tourist facilities, boat trips, etc. and lookouts towards the Lake and the canyon of the River Forcadura.
- **San Martín de Castañeda**: Romanesque monastery of Santa Maria. Festival of Virgen de la Peregrina (first Sunday in September).
- **Puebla de Sanabria**: A historical and artistic ensemble. Interpretation Centre of Fortifications. Museum of Giants and Bigheads. Festivals of Ntra. Sra. del Azogue and la Anunciación and medieval Market (August 15). Victorias' Festival (September). Ntra. Sra de las Candelas (first Sunday of February).
- **Lubián**: Ntra. Sra. de las Nieves "La Tuiza" romery in Lubián. August 5 and last Sunday in September. Castro 'As Muralles' of the Iron Ages. Popular architecture. Nas Portelas Folk-Rock Festival (Agosto).
- **Robledo**: Iberian Wolf Interpretation Centre.
- **Otero de Sanabria**: Ntra Sra de los Remedios romery (protector of Sanabria), first weekend October.
- **Masquerades**: "Las Talanqueiras" festival in Trefacio (December 25) and "La Visparra" festival in Vigo de Sanabria (December 26).



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



Faia d'Água Alta

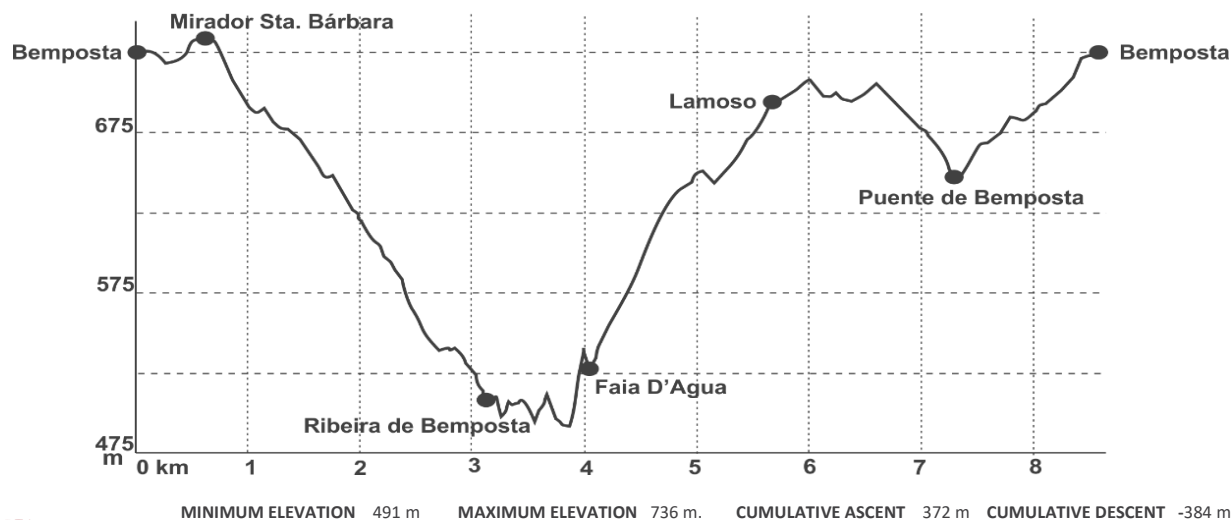
GENERAL DESCRIPTION

In the middle of **Douro International Natural Park**, the route begins in the village Bemposta, where you can discover an interesting cultural and ethnographic heritage, as well as an environment where you can enjoy the extraordinary landscapes of the canyon of the River Duero, the largest and deepest of the Iberian Peninsula, which within the Meseta Ibérica territory makes the border while it is a link between the two Iberian countries.

The route begins in the village, in the Chapel of Santo Cristo, going through it to the Church and then to the Santa Bárbara lookout, from which you will be able to observe, traces of the historical past of the village (ruins of the Oleiros Castle) and, above all, excellent views of fields of olive, fruit trees and vineyard, with the boundary canyon of Arribes del Duero behind.

You will leave the village to follow the path indicated as the short itinerary **PR4 MGD**, with yellow and red marks painted in rocks and walls, towards the enclave that designates this route, the 'Faia d'Água Alta', one of the most impressive waterfalls in Portugal, resulting, like others in Meseta Ibérica, from the deep valleys and slopes drained by rivers in this territory.

ALTIMETRY PROFILE



The road falls to the stream Bemposta, a tributary of the river Duero, and rapidly you will see its valley and the waterfall itself, with oak, juniper, almond and olive trees (grown in terraces with walls at the points on the slopes with the highest gradient), accompanied by Mediterranean scrub (lavenders, rockrose, brooms, etc.) and riparian vegetation at the points closest to the water.

To reach the Faia, you must cross the stream through a wooden bridge and start climbing through a narrow path protected by wooden rails and ropes. Halfway through the climb, you will have the opportunity to get closer to seeing the waterfall from the bottom. This is a drop of water (approximately 60 metres high and 10 metres wide), which forms the Algos stream a few metres before joining its waters with those of the river Bemposta. From here, you will return to the defined path to climb to a lookout area from which you can also disguise the cascade and then take a runway to Lamoso, where the path to Bemposta is taken by an old Roman carriageway which retains the stone pavement and a bridge of Roman origin.

ROUTE DETAILS

- **Location Area**
Concelho: Mogadouro (P)
- **Start Point/Coordinates**
Bemposta (Chapel of Santo Cristo)
N 41° 18.709' W 6° 30.126'
- **Type of Route**
Walking, C6
- **Type of Circuit**
Circular
- **Distance**
8,5 km
- **Approximate Duration**
3 h
- **Level of Difficulty**
Low

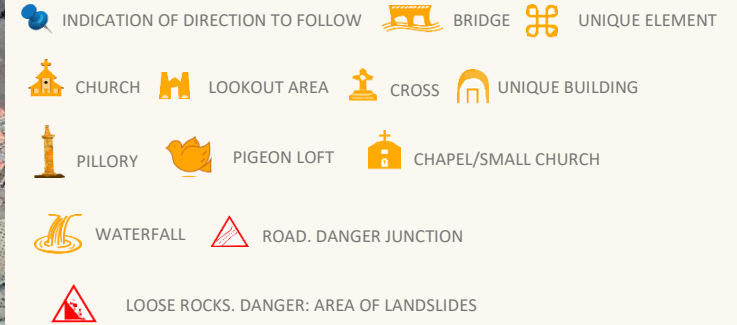


REMARKS

Circular route corresponding to the **PR4 MGD Trilho da Faia d'Água Alta** of the municipality Mogadouro. It starts in Bemposta but can also be done starting in Lamoso. It also accepts another variant: making only the linear route from either of the two villages to the most emblematic point of the route, the waterfall called **Faia d'Água Alta**. The best time to observe the cascade is between November and April, when the waterfall has more flow; this will be particularly impressive in rainy years. It runs through the **International Douro Natural Park** and an especial protection area, so all the constraints laid down in the POPNDI management plan must be respected.



LEGEND



DOWNLOAD ON SECTION ROUTES (Format KML):



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- Other cascades: "Faia do Cuco" (next to the road leading to the Bemposta dam) and "Poço de los Humos" (on the river Uces between Masueco and Pereña de la Ribera-SA).
- Other PR's posted along the Mogadouro municipality.
- **Cardal del Duero** Lookout (4 km from the N-221-7 road in direction to Fermoselle).
- **Bemposta** Dam (Barragen): reservoir, dam and hydroelectric power station; river beach and botanical micro-reserve (Quartel da Guarda and Gavilas sites).
- **Route of Terra Fria Transmontana** — tourist circuit with 11 sections (455 km by Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais municipalities). Travel can be done on foot, by bicycle or by car.
- Interesting small villages: Among others, Algosinho (lovely Romanesque church), Vilarinho dos Galegos (archaeological remains of a fortified settlement), Palaçoulo (crafts of pocket knives), etc. on the Portuguese side; Villarino de los Aires and Fermoselle (historic ensemble; walls and castle; religious heritage; cellars; lookouts; the Duero cruise; House of NP Arribes del Duero; etc.).
- **Mogadouro** and **Miranda do Douro** as important capitals of their respective municipalities with important heritage, museums, visits and various activities.
- Chocalheiro de Bemposta (winter masquerades): December 26 and January 1. In addition to other festivals and celebrations at the various villages.

www.rotaterrafria.com

WALKING ROUTE (C7)

Border route of castros

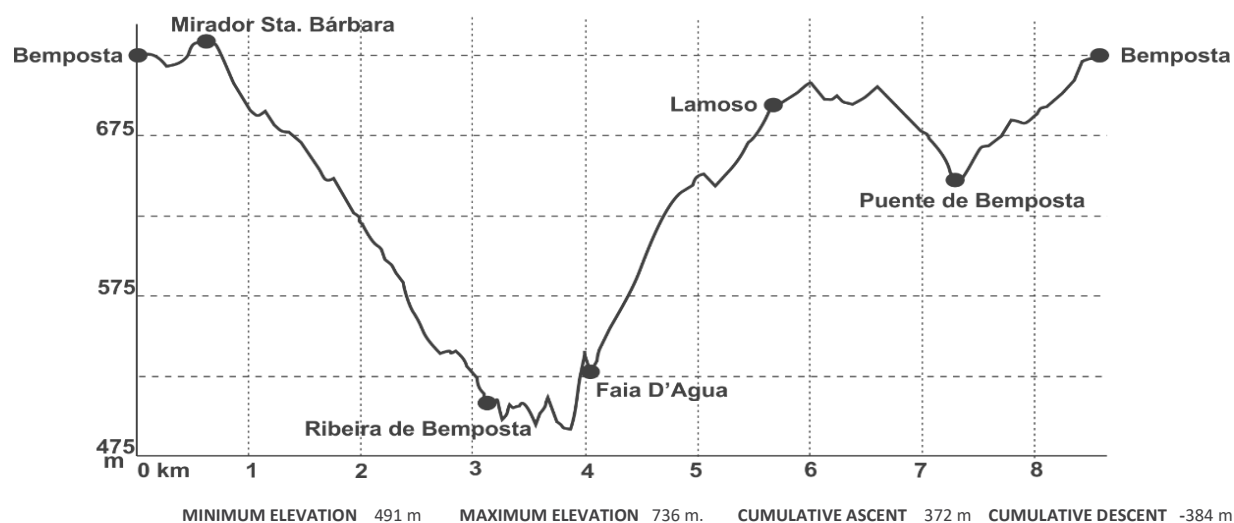
GENERAL DESCRIPTION

The route partly coincides with one of the most emblematic routes in Portugal, the **GR-36 (Douro International e Douro Vinhateiro)** in the **International Douro Natural Park**, which runs parallel to the River Douro, enabling us to enjoy the magnificent sights of the "Arribes" with the river at the bottom; steep slopes, of approximately 150 m., of granite substrate colonised by lichens, herbaceous and scrub but also by some trees such as holm oaks. All of it forms a landscape of an extraordinary natural beauty, supplemented by the majesty of the birds of prey that overfly it.

The route will allow us to find a rich rural cultural and archaeological heritage along an easy way from Miranda do Douro (a small city which deserves a walk trip) along a path to Vale de Águia, the first village in the vicinity of which there are traces of one of the abundant small fortified settlements ("castros") of the preRoman tribes of the Zoelas (of the Astures' group).

But it will be in the next village, Aldeia Nova, where you can be closer to one of the most important "castros" in the area, today called Castro de São João das

ALTIMETRY PROFILE



Arribas, a fortified settlement dating from the Iron Age, although used later in Roman period. The castro had a fortified enclosure of walls and a tower, supplemented by the inaccessible natural defences of the own "Arribes" of the river Douro, and some caves oriented to the east, at the sunrise, as typical ceremonial spaces to the Deity of these pre- and protohistorical populations.

The castro became known as São João das Arribas, because of the worship that this saint has enjoyed there for centuries, and to whom the existing small church was dedicated and where a festival that attracts many people (a large number of them from Spain) is promoted every year. Aldeia Nova is a typical border ('rayana') community, where, in addition to Portuguese and the language of Miranda (ancient dialect preserved in the region of Miranda do Douro), the Spanish is also dominated, since there have always been strong relationships with people from the other side of the Duero, relationships founded on festivals and commercial relations and past smuggling practices.

Find out what other "castros" exist in Miranda do Douro municipality by means of the informative posters that will be found on the route.

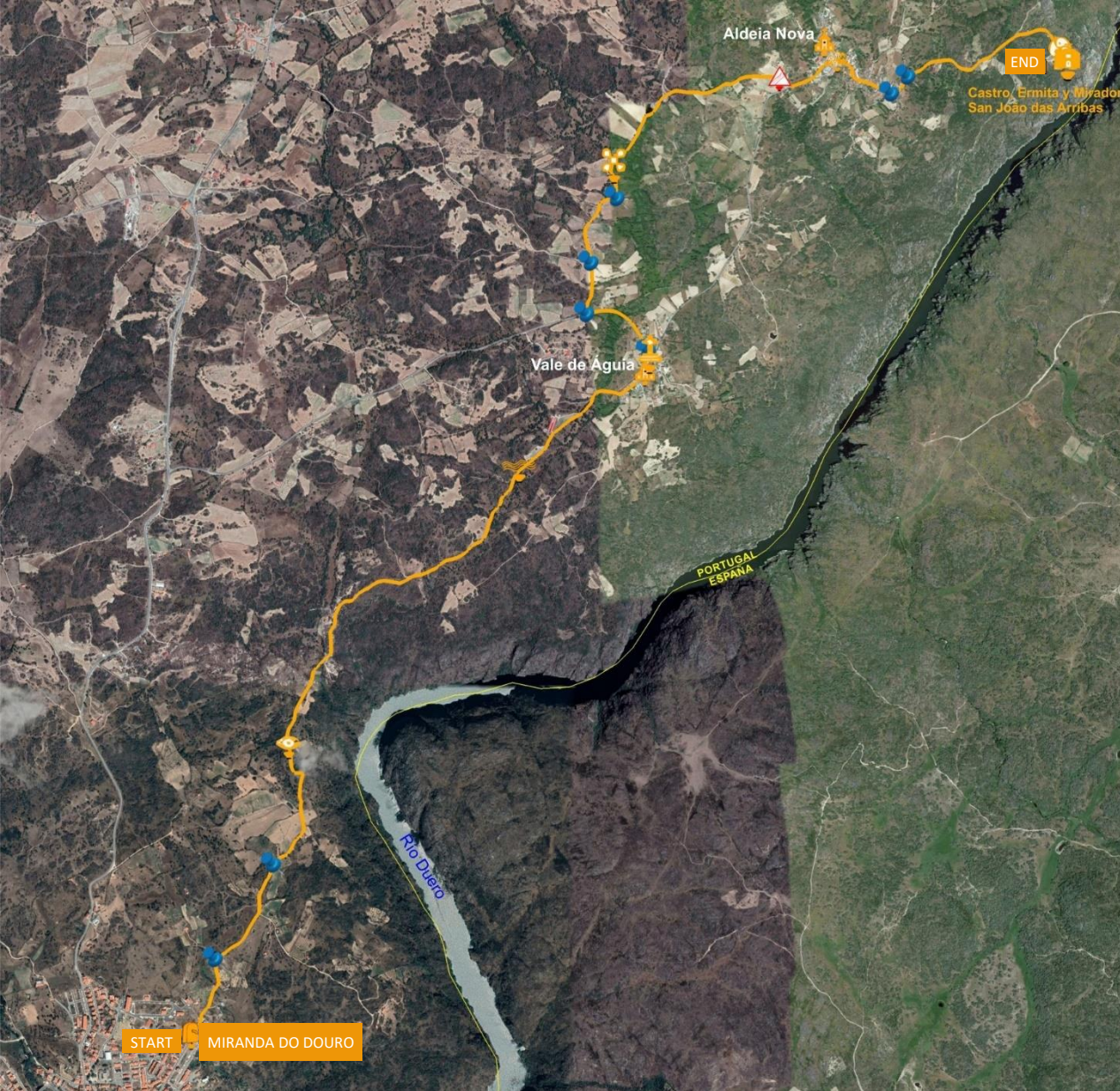
ROUTE DETAILS

- **Location Area**
Concelho: Miranda do Douro (P)
- **Start Point/Coordinates**
Miranda do Douro (Rua da Terronha)
N 41° 30.128' W 6° 16.053'
- **Type of Route**
Walking. C7
- **Type of Circuit**
Linear
- **Distance**
7,5 km
- **Approximate Duration**
1,75 h
- **Level of Difficulty**
Low















REMARKS

This route runs through the **International Douro Natural Park** and coincides with the classified site PTCCND0222, so that the restrictions set out in the management plan of the park must be respected. A linear route that can easily be made in one day as it has a short duration (15 km as round trip).



WALKING ROUTES (C7)
Border route of castros

LEGEND

-  INÍCIO / FIM
-  INDICAÇÃO DA DIRECÇÃO A SEGUIR
-  IGREJA
-  CAPELA/ERMIDA
-  PASSAGEM SOBRE ÁGUA SEM PONTE OU PONTÃO
-  FONTE
-  MIRADOURO
-  CASTRO
-  ELEMENTO SINGULAR
-  PONTO DE OBSERVAÇÃO
-  CRUZEIRO
-  PERIGO INCORPORAÇÃO OU CRUZAMENTO DE VIA



- Lookout of Fraga Amarela/Castro Cigaduenha in Vila Chã
- **Picote**: Castro (preRoman fortified settlement) and lookout area of Fraga do Puio; sculpture of a stone boar; traditional architecture
- Requejo's Bridge between Pino del Oro and Villadepera.
- Special Protection Areas for Douro canyons birds.
- **Torregamones**: Chiviteros Route and Fuerte Nuevo Route (eighteenth century defence fortress). Douro path (GR-14)
- **Fariza** (church, crosses, orchards, organic cheese factory, etc.). Romery of the Viriatos or the Pendones: popular Romery held on the first weekend of June (declared of regional tourist interest and with great transnational importance due to the participation of Spanish and Portuguese villages).
- **Terra Fria Transmontana Route** - tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). Travel can be done on foot, by bicycle or by car.

www.rotaterrafria.com

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



POINTS OF INTEREST and EVENTS

- **Vale da Águia**: Castro (pre-Roman fortified settlement), recreational area, Peña Redonda lookout area.
- **Paradela**. Lookout of Salto del Castro.
- **Miranda do Douro**: Castle, fortification, cathedral, churches, palaces and other heritage; textile shops; lookouts; Terra de Miranda museum; Mycology Eco centre; Duero-Douro International Biological Station, environmental cruise by the Duero, etc. Festival "Sabores mirandeses" (February), International Festival of Pauliteiros from SP and PT (July), Fair of sweet ball (April), etc.

General safety notice available at the end of the Manual.

Route of Vale do Tua



GENERAL DESCRIPTION

The **Vale do Tua Regional Natural Park** includes the municipalities of Vila Flor, Carrazeda de Ansiães and Mirandela, which besides form part of the Cross-border Biosphere Reserve Meseta Ibérica. The cross-border connection is also due to the fact that the river Tua comes from the confluence of two other Spanish rivers (Tuela and Rabaçal).

It runs around 40 km to its mouth and in the vicinity of this route, it is possible to see how the landscape has shaped, sometimes between hills and mountains and others, opening large and fertile valleys.

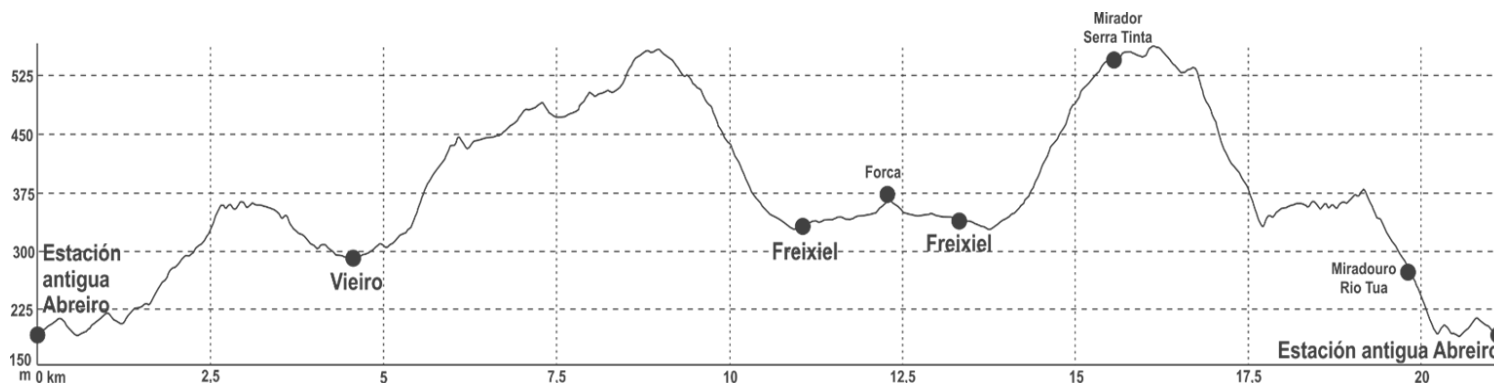
A landscape to which traditional uses have given its stamp, with terraces on the slopes and extensive growing areas in the valleys. Vineyards, almonds and olive trees squeeze the landscape in the high areas without losing the presence of the potential natural vegetation, characterised by the cork oak intermingled in the colder areas with pyrenean oak.

Sporadically some patches of pine forest appear without breaking the harmony of the landscape created by years of sustainable use so typical in the Biosphere Reserve.

The bridge near the Abreiro railway station and the lookout "Miradouro do Tua" allow us to enjoy an excellent view of this watercourse on this stretch of the route, from which it is also common to see local people, fishermen and tourists enjoying on foot the riverside.

Moving away from the river, the route offers the possibility of approaching other villages such as Vieiro and Freixiel, and following some of the above-mentioned branches to the **Miradouro de Serra Tinta** or the **Forca de Freixiel**, a point of interest for its historical use.

ALTIMETRY PROFILE



MINIMUM ELEVATION 191 m MAXIMUM ELEVATION 536 m. CUMULATIVE ASCENT 993 m CUMULATIVE DESCENT -993 m

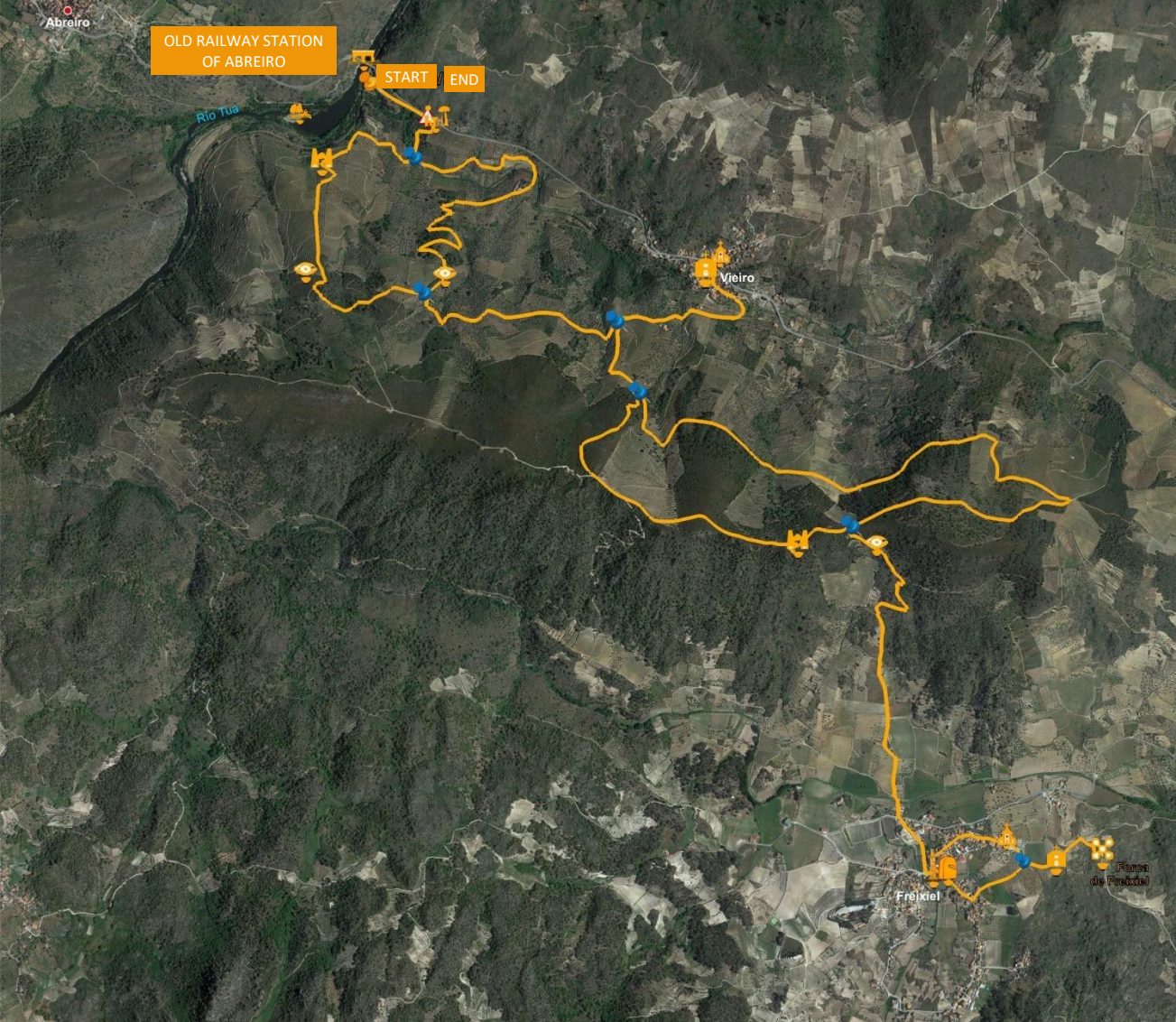
ROUTE DETAILS

- **Location Area**
Carrazeda de Ansiães (P)
- **Start Point/Coordinates**
Old railway station of ABREIRO
N 41° 20.5195' W 7° 16.4049'
- **Type of Route**
Walking. C8
- **Type of Circuit**
Circular-Linear
- **Distance**
21,1 km
- **Approximate Duration**
8 h
- **Level of Difficulty**
High



REMARKS

This is the short distance route PR I VFL which forms part of the routes network of the Vale do Tua Regional Natural Park. The route combines circular and linear sections with branches to reach certain points of interest or nearby villages. This gives you great versatility in designing your own alternative, without the need to complete the full route, based on the multiple options available depending on the characteristics of each individual or family group. Not all crosses are marked so it is recommended to complement the information with a map or the digital track available on the RBTMI platform.



WALKING ROUTE (C8)
Route of Vale do Tua

LEGEND

-  START / END
-  INDICATION OF DIRECTION TO FOLLOW
-  CHURCH
-  PILLORY
-  UNIQUE ELEMENT
-  BRIDGE
-  FOUNTAIN
-  VIEWPOINT
-  LOOKOUT AREA
-  RIVER BEACH
-  CHAPEL/HERMITAGE
-  RECREATIONAL/PICNIC AREA
-  ROAD. DANGER JUNCTION



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- Interpretation Centre of Vale do Tua. Foz de Tua (Carrazada de Ansiães)
- Viewpoints' route: Lookout areas of São Lourenço, Olhos do Tua, Ruta del Duero, Fraga da Ola, Sra. da Saúde, N. Sra. da Assunção, Sra. da Graça, etc.
- **Vilarinho da Castanheira:** Anta (Pala da Moura), complex of recovered mills, Museum of Rural Memory.
- **Carrazada de Ansiães:** CICA — Ansiães Castle interpretative centre, Sculpture International Park, fountain of sirens, pillory, Church of Santa Águeda. Wine and apple fair (last weekend of August). Festivals of Santa Águeda (February 5).

- Ansiães Castle and Churches of S. Salvador de Ansiães and S. Joao Baptista.
- **Zedes:** Anta de Zedes
- **Santa Comba da Vilarça:** Meseta Ibérica Transboundary Biosphere Reserve Interpretation Centre (in project)
- **Vila Flor:** Major church, Roman fountain, Rua Nova, Solar dos Aguilares (Municipal Museum) and other blazoned houses, Arch of D. Dinis, Pazo dos Lemos, Church of Misericórdia and several small chapels.
- Lookout area of Ntra. Sra. Asunción in Vilas Boas.
- **Mirandela:** Olive and Oil Museum, Bridge on the River Tua, Mirandela old town, Paço dos Távoras, Church of Misericórdia, Império Park, Armindo Teixeira Museum and others, lookouts, river beaches. Festivities of N. Sra. Amparo (25 July, Santiagos Day — first Sunday in August), National Folk Festival, Alheira Fair, New Oil Flavours Festival.

Streams between the rivers Sabor and Maçãs



GENERAL DESCRIPTION

The route begins in Santulhão, a village of the Vimioso municipality, through which two important rivers (the Sabor and the Maçãs), forming canyons fitted into the terrain run through. Both of them are born on Zamora lands and then traverses Trás-os-Montes from North to South (thus representing important ecological corridors for many species) before coming together later, just before reservoir in the River Sabor. The sights of these canyons and the Sabor lakes, which is the name of the reservoir in the course of this river, will be a good complementary activity in addition to the route.

This area of influence of the Sabor and Maçãs rivers is designated as a **Special Protection Area for Birds (SPA)** in Portugal within the **Natura 2000 network** because of their natural characteristics, difficult accessibility and low human influence, they provide ideal conditions for nesting species such as the vulture, the golden eagle, the owl, the Bonelli's eagle and the black storm, among others.

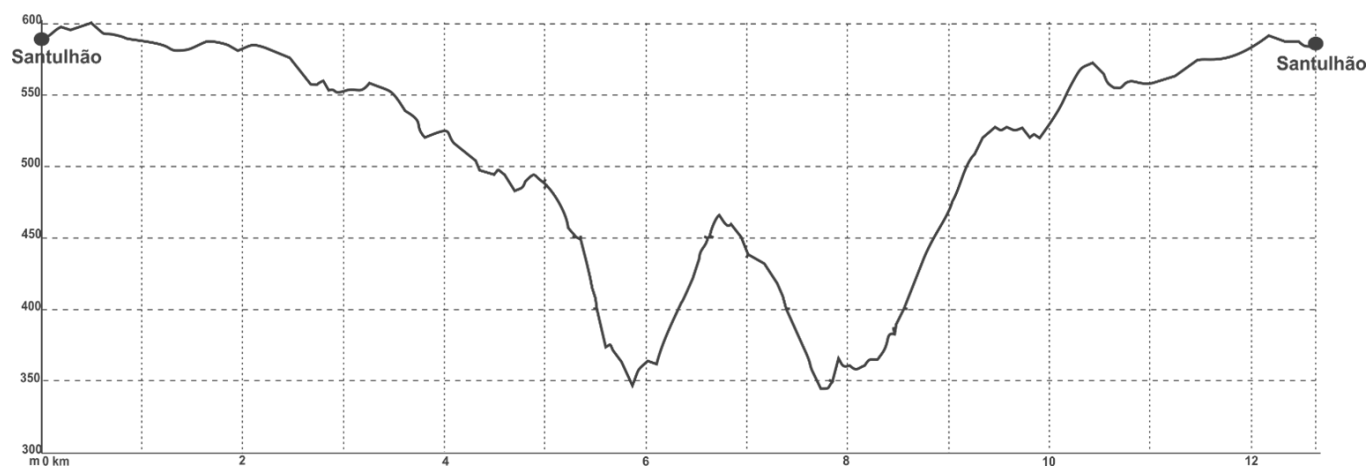
The valleys between these two rivers have a special microclimate for the cultivation of olive trees of a unique and exclusive variety of this area, which bears precisely the name of the village of Santulhão, the Santulhana variety, since its territory and that of the surrounding areas have the appropriate conditions for this hardy and resistant to the cold variety. This relict variety together with low production means that its local oil is very exclusive and has a different taste.

The olive tree is therefore the symbol of Santulhão and we can already observe the first of them from the very beginning of the route, on the outskirts of the village towards the church "Santuário de San Lázaro"; between stone walls, we will move forward, leaving centuries-old olive fields perfectly well on both sides of the runway. These are trees of great beauty due to their long sculpid logs of relatively large size, which, moreover, on days of wind show a special view different from other olive trees, due to the unique movement that produces their larger, longer and lighter leaves.

Continuing on the route, we will have extensive landscapes of a magnificent landscape of mountainous relief, in which different valleys depending on the geological characteristics of the substrate, in an agroforestry mosaic where the crops will almost exclusively be olive groves, with some vineyards as predominant activities, as well as livestock.

Throughout the route, we can see oak, cork oak and terebinths, among other forest species, combined with Mediterranean scrub areas, and ash trees, willows and other riverbanks in 'ribeiros' or streams. Above all, however, it will be possible to enjoy a strong sense of peace and silence, only broken by natural sounds, in an area genuinely separated from urban centres or roads.

ALTIMETRY PROFILE



MINIMUM ELEVATION 344 m MAXIMUM ELEVATION 599 m. CUMULATIVE ASCENT 454 m CUMULATIVE DESCENT -464 m

ROUTE DETAILS

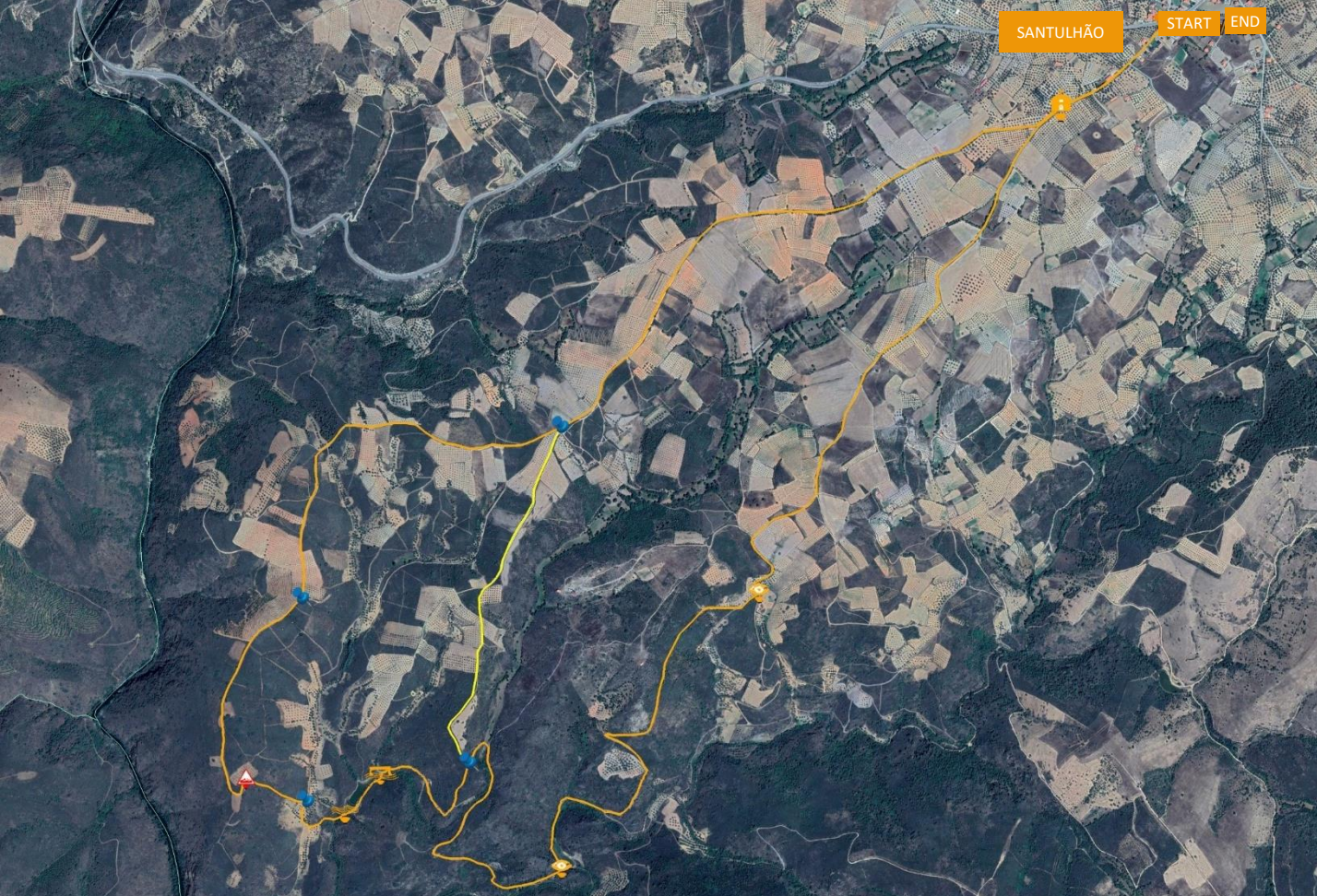
- **Location Area**
Santulhão-Vimioso (P)
- **Start Point/Coordinates**
Santulhão (salida a Santuario S. Lázaro)
N 41° 33.583' W 6° 37.566'
- **Type of Route**
Walking. C9
- **Type of Circuit**
Circular
- **Distance**
12,6 km
- **Approximate Duration**
3,5 h
- **Level of Difficulty**
Medium










REMARKS

The route is circular but an additional linear track is provided which divides it into two parts, as an option for those who wish to make either of the two resulting shorter routes. There are areas where the road seems to be lost in cultivated olive groves areas, but the track should be followed as it is very easily transited through them.

It coincides with a **Special Protection Area for Birds (SPA)** within the **Natura 2000 Network**.



LEGEND

-  START / END
-  INDICATION OF DIRECTION TO FOLLOW
-  TRADITIONAL BRIDGE
-  STREAM
-  HERMITAGE
-  STONE PATH. DANGER: AREA OF BULKY
LOOSE STONE PATH
-  PONTO DE OBSERVAÇÃO



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POINTS OF INTEREST and EVENTS

General safety notice available at the end of the Manual.

- Festival of Entrudo (carnival), February or March. Traditional and Celtic music festival (August) and San Lázaro Festival (August) in Santulhão.
- **Santulhão**: churches and chapels; fountains; pigeon lofts; traditional architecture. Bridge of Roman origin over the River Sabor (road to Izeda).
- **Carçao**: traditional architecture. Rural market
- **Vimioso**: Atalaya, Church of S. Vicente, pillory, fountain, ethnographic museum.
- P.I.N.T.A. Iberian Nature, Tourism and Aventura Park. Centre for Interpretation of Meseta Ibérica Biosphere Reserve (planned).
- Fair of crafts and tastes of Vimioso (December).
- Festival de Posta Mirandesa (beef). Vimioso (December)

- Fair of chestnut and local products of Avelanoso (November)
- Algosó Castle.
- Lakes of the River Sabor: recreational area and aquatic activities
- **Macedo de Cavaleiros**.
- **Podence**: Traditional architecture. Casa do Careto (Museum). Major Church.
- Entrudo Chocaleiro and other winter masquerades and events.
- **Route of Terra Fria Transmontana** - tourist circuit with 11 sections (455 km through Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais municipalities). Travel can be done on foot, by bicycle or by car.

www.rotaterrafria.com

Route of Sierra de Bornes and Trilho Rabo de Burro



GENERAL DESCRIPTION

The route goes across a part of the Sierra de Bornes, located in the centre of Trás-os-Montes.

The agricultural surrounding areas of the village called Gebelim will give way to a route that sometimes surrounds and others crosses oak and chestnut trees areas.

After one kilometre and a half there is the possibility of stopping the walk to visit a nearby lime kiln, without departing significantly from the route.

Following the climbing, a path is reached that moves along the foot of the wind turbines and allows you to go easily through the top of the mountain. From this altitude a wide range of views are opened up to the valleys of Alfândega da Fé and also Macedo de Cavaleiros, to see the town centre on the clear days. Later you may see the village giving the name of the mountains, Bornes.

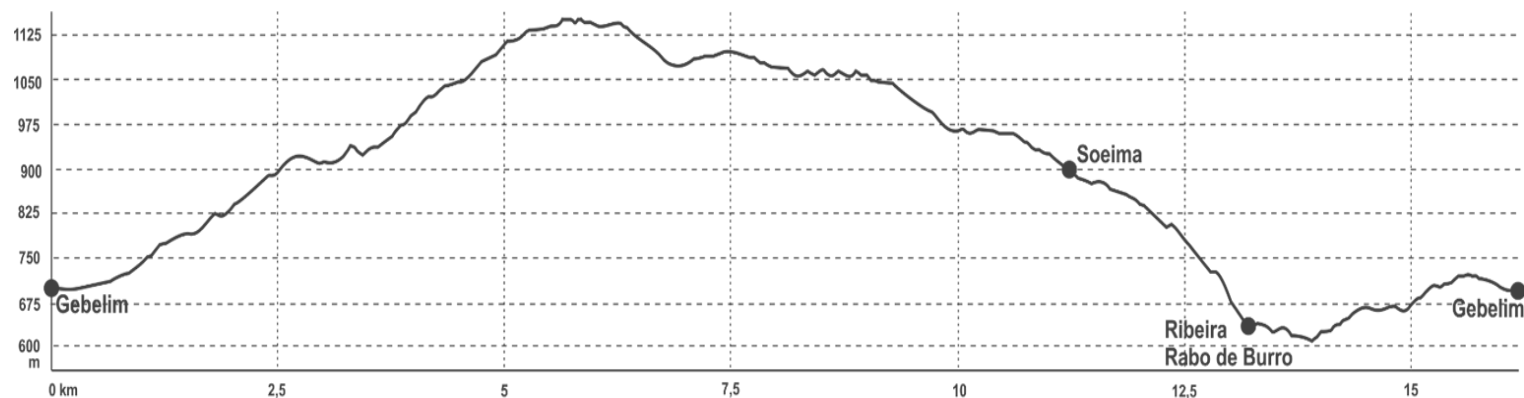
The descent will take us to Soeima village, where you can visit the major church and its main altar dedicated to Saint Pelágio where there is a procession on 6 August, festival of Santa Lucia, towards the small chapel of the same village, behind which the path that will allow you to return to Gebelim starts. From here you will go through the marked route called "PR Trilho de Rabo de Burro".

This last stretch of about 5 kilometres, initially leads to a drop among a dense and closed chestnut trees area, including the presence of cork oak trees, all of which are being used locally. They extend along the steep slopes towards the bottom of the valley where they are mixed with a thick riparian forest that accompanies the Rabo de Burro stream.

After crossing the passage built on the riverbed, the road leaves the valley bottom on the north-eastern slope, where two traditional mills are located nearby.

The last section of the route between crops and forest harvesting leads to the road that about 600 metres to the right leading back to Gebelim.

ALTIMETRY PROFILE



MINIMUM ELEVATION 615 m MAXIMUM ELEVATION 1155 m. CUMULATIVE ASCENT 762 m CUMULATIVE DESCENT -762 m

ROUTE DETAILS

- Location Area**
 CONCELHO: Alfândega da Fé (P)
 Macedo de Cavaleiros borders
- Start Point/Coordinates**
 Gebelim (Alfândega da Fé)
 N 41° 26.320' W 6° 55.461'
- Type of Route**
 Walking, C10
- Type of Circuit**
 Circular
- Distance**
 16,2 km
- Approximate Duration**
 7 h
- Level of Difficulty**
 High














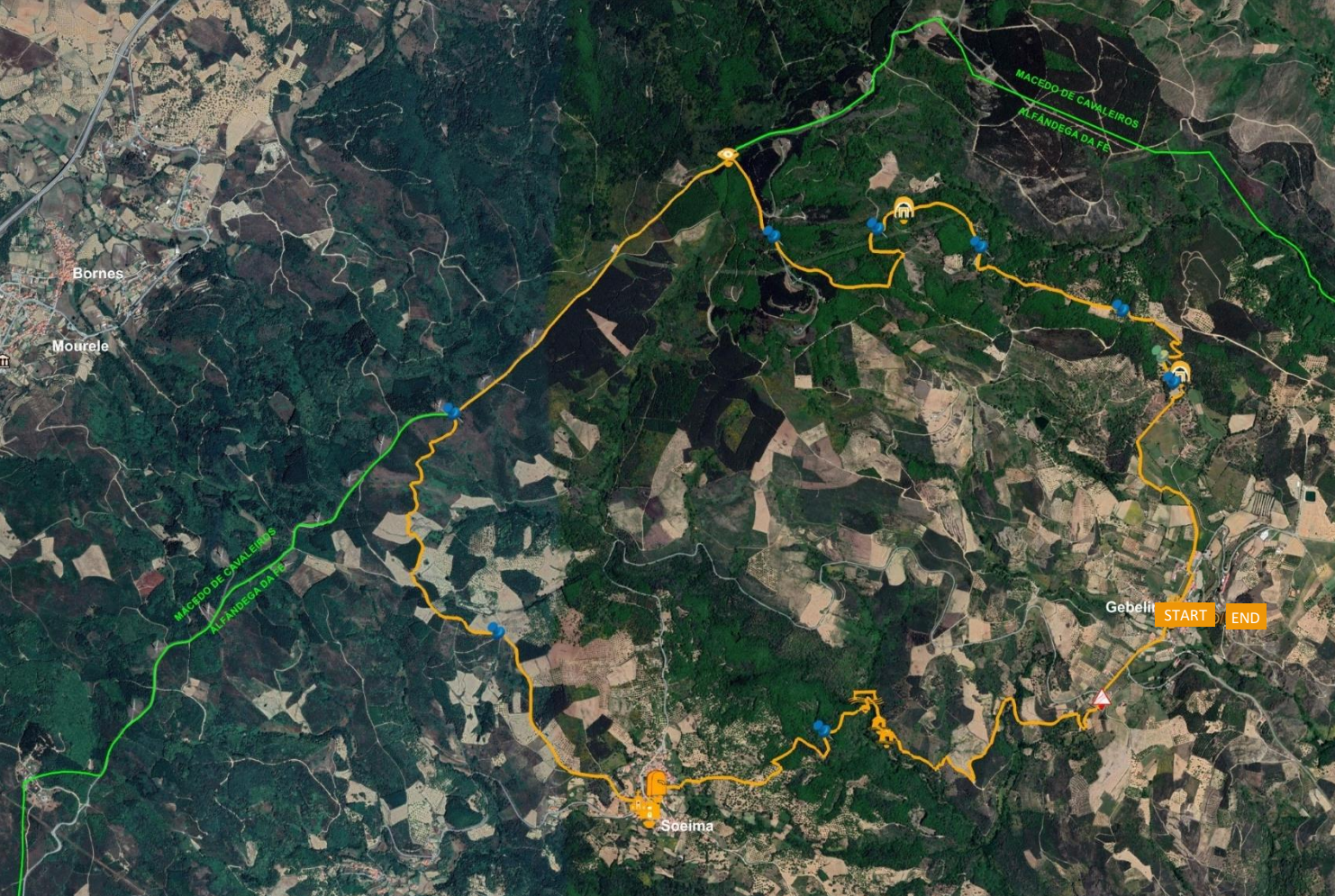
REMARKS

A route which runs through territory included in Natura 2000 Network.

It is proposed to go from Gebelim to the north to rise at the beginning of the day the first 5 km to reach the best landscape and then gradually decrease from Soeima following the PR Trilho de Rabo de Burro of Alfândega da Fé municipality with its own signage.

LEGEND

-  START / END
-  INDICATION OF DIRECTION TO FOLLOW
-  DIVERSION SIGNED TO GROUTE CALDEIRA
-  CHURCH
-  CHAPEL
-  LOOKOUT
-  MILL
-  FOUNTAIN
-  UNIQUE BUILDING
-  TRADITIONAL BRIDGE
-  ROAD. GANGER JUNCTUION



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ROUTES (Format KML):



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- Geosite "Miradouro del Bornes Sul" and Tourist Complex "Pico de Bornes".
- **Bornes:** Church of Bornes or Santa Marta Church
- **Gebelim:** Sanctuary of São Bernardino de Seena, Major Church of São Martinho, Hermitage of Nossa Senhora do Rosário
- **Soeima:** Major church of São Pelágio, Chapel of Nossa Senhora do Rosário, cross, fountain and washing place. Santa Luzia festivals on 6 August.
- Protected landscape of Albufeira do Azibo and nearby villages such as Podence and Macedo de Cavaleiros.
- **Alfândega da Fé:** History circuit and Public art circuit. Church, Chapel of Casa dos Ferreira, Largo de Castelo, Church of Misericórdia, Clock Tower, Lagar d'El Rei, Solar del Visconde de Valpereiro villa, Chapel of São Sebastião, Casa Malfaia, Casa do Adro, Casa Grande, Casa de Tribunal a Câmara Municipal. Albufeira de Camba.

- **Basamão:** Convent and Castle
- **Covelas:** Nossa Senhora Das Neves Sanctuary
- **Lamalonga:** Nossa Senhora dos Reis Church
- **Sambade:** Major Church
- **Vilarelhos:** Lookout of Nossa Senhora dos Anuncios
- **Vila Flor:** Major Church, Roman Fountain, Rua Nova, Solar dos Aguilares (Municipal Museum) and other emblazoned houses, Arch of D. Dinis, Pazo dos Lemos, Church of Misericórdia and several chapels. Lookout area of Nossa Senhora de la Asunción in Vilas Boas.

www.rotaterrafría.com

The ornithological route



GENERAL DESCRIPTION

This cross-border route will allow you to enjoy two of the characteristic landscapes and interesting points for observing very different birds within the territory Meseta Ibérica, the River Águeda canyon, in a first part, and the Albufeira Sta. Maria de Aguiar, after entering the Portuguese plain of the Riba Côa Lands.

We begin in San Felices de los Gallegos, an important landmark in the fortifications of the Spanish-Portuguese border and declared Historic Artistic Site, whose castle and medieval fortress as well as other heritage elements, make it well worth a calm visit. The route follows the signposted route **Agueda River Path (GR 14.1)**, leaving another of the emblematic corners of the village: “Lagar del mudo”, an eighteenth-century olive oil mill now converted into a museum.

The route will allow us to cross a landscape of great strength and get to know one of the most characteristic biotopes of the Arribes del Duero within the Biosphere Reserve: the canyon walls and rock formations on the river banks, whose inaccessibility and its well-preserved environment makes them home of one of the best bird communities of the Iberian Peninsula.

The deep fitting of the River Duero and its network of tributaries, as the river Águeda, have built granitic rock throats up to several hundred meters deep. Our route crosses the Agueda canyon by a historically strategic step and therefore the scene of many struggles, called the Bridge of the French because during the

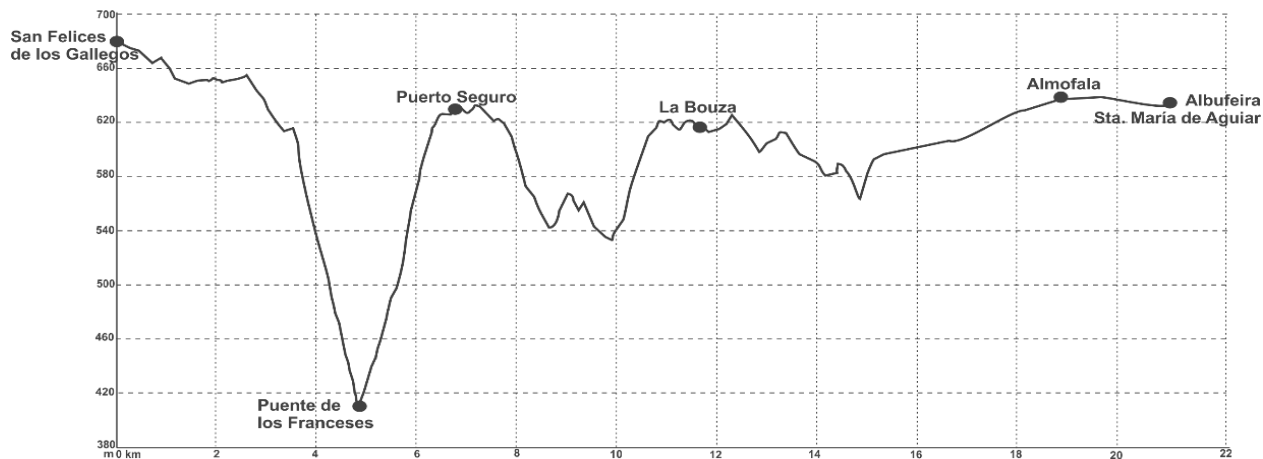
Independence War there were important battles between British and French troops. In this area, it will be easy to observe vultures flying over your head insistently or posing on some of the rocky walls flanking the canyon; or groups of lively crag martins in the parts closest to the river.

But you will also be able to observe other birds of great value, characteristics of these ecosystems, such as golden eagle, short-toed eagle, peregrine falcon, among others, and hopefully the most desired: the Bonelli's eagle or the black stork.

As we ascend the canyon on zigzag, its views will be overwhelming and you will end up to Puerto Seguro. After it you can continue the route walking or by car (because it will continue on local roads that have occupied the traditional paths) to La Bouza, and after leaving the Arribes del Duero Park and going into the Douro International Park, through Escarigo and Almofala, where you will take direction to Castelo Rodrigo. You will find the water site Albufeira Sta. M^a de Aguiar, in the limits of the natural park.

This water reservoir surrounded by riparian natural vegetation brings biodiversity and hosts an interesting community of aquatic birds (wild duck, great crested grebe, grey heron, little grebe, cormorant...) that will be easy to see from some of the existing ornithological observatories. **How many different species of birds have you been able to spot along the route? Try to find out the names of those you don't know.**

ALTIMETRY PROFILE



MINIMUM ELEVATION 411 m MAXIMUM ELEVATION 680 m. CUMULATIVE ASCENT 439 m CUMULATIVE DESCENT -542 m

ROUTE DETAILS

- **Location Area**
Salamanca (E) Figueira de Castelo R. (P)
- **Start Point/Coordinates**
Gebelim (Alfândega da Fé)
N 41° 26.320' W 6° 55.461'
- **Type of Route**
Walking. C11
- **Type of Circuit**
Linear
- **Distance**
21,2 km
- **Approximate Duration**
7 h
- **Level of Difficulty**
High

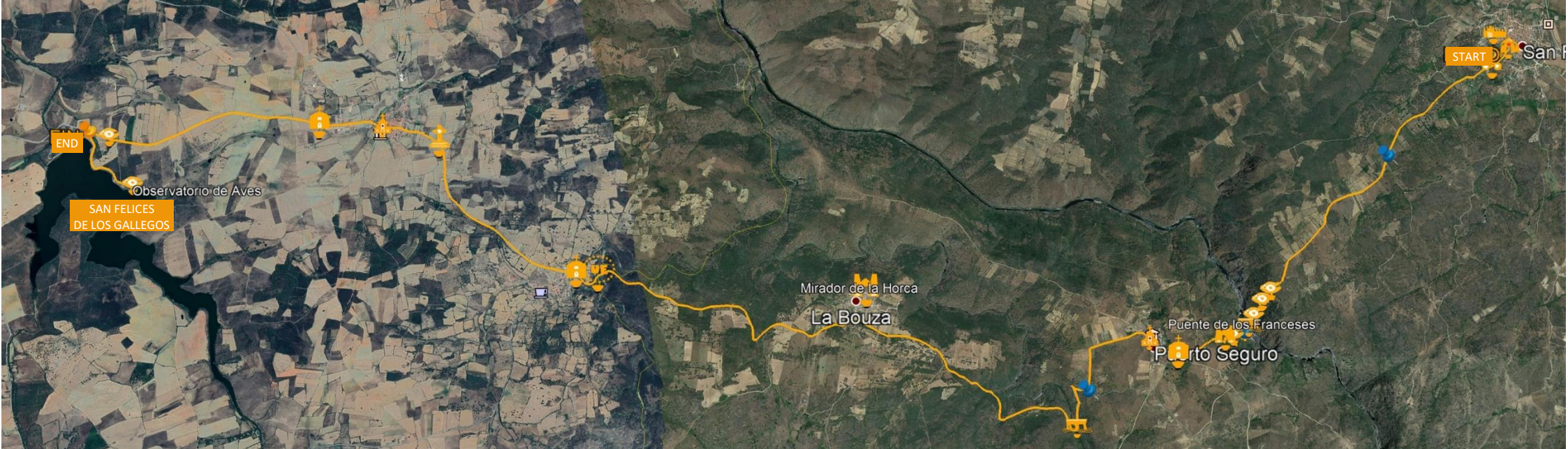


REMARKS

It runs through the **Natural Park of Arribes del Duero** and the **Natural Park of International Douro** (NEN and classified site PTCCND022) so the conditions established in the management plans for both protected natural areas must be respected.

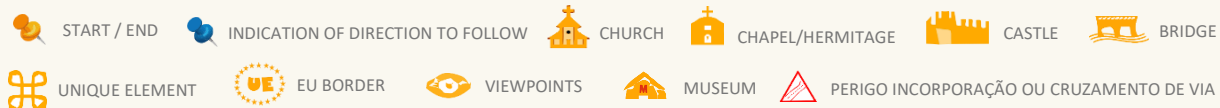
This linear route of 21.2 km that includes two parts, an initial from San Felices de los Gallegos to Puerto Seguro, which inevitably has to be made walking (5.7 km) and a complementary section that runs on local roads with little traffic and therefore can be done walking or by car from Puerto Seguro to Almofala and Albufeira of Santa Maria de Aguiar. If it is done walking, given its length it is not possible to go back on the same day. If no supporting vehicle is available, it should be shortened depending on the time available and the light hours to ensure the return to the starting point.

It is recommended to wear binoculars to better observe birds during the route.



LEGEND

WALKING ROUTES (C11)
The Ornithological Route



POINTS OF INTEREST and EVENTS

- **Castelo Rodrigo:** medieval historical village
- Albufeira Santa María de Aguiar
- **Vale do Côa** Archaeological Park (Vila Nova de Foz Côa) and prehistoric art station of Siega Verde (Villar de Argañán-Salamanca), both declared World Heritage Sites (UNESCO)
- **San Felices de los Gallegos:** Artistic Historical Ensemble: castle, fortification and Historical Classroom, Church Ntra. Sra. Entre dos Alamos, Bells Tower and several hermitages; Oil Museum, mills, etc.
- Feast of Noveno in San Felices de los Gallegos – May 11. Declared of regional tourist interest.
- **Sobradillo** (tower, crosses, Centre of the Natural Park Arribes del Duero...)
- Ahigal of the Aceiteros: traditional bread oven, organic mill, traditional architecture, church, hermitage of Humilladero...
- **La Redonda:** Church of Ntra. Sra. De la Asunción, hermitage, crosses, popular architecture...
- **Lumbrales:** village, fortified settlement "Castro de las Merchanas", stone boards, museums, etc.



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



General safety notice available at the end of the Manual.

Route of the river Duero boats



GENERAL DESCRIPTION

This route follows the **traditional path known as way of the Boat** to head to the **Vilvestre Pier** where nowadays in summer tourist boats depart to sail through the "Arribes" and where you can enjoy a cozy recreational area in a haven of tranquility on the river bank of the Duero.

The inhabitants of the villages of Arribes have crossed, since ancient times, the barrier imposed by the river Duero by using small wooden boats to cross and exchange goods with the inhabitants on the other side; simple means of communication that have endured from pre-Roman times until a century ago, when dams began to be created in the river course which allowed them to cross overland, also taunting the strength of the current.

In the thirteenth century, when the borders between the kingdoms of Castile and Portugal were established, the Crown of Castile granted the nobility and the Church the right to charge customs duty for the passage of persons and goods, which would arouse many disputes over the control of these boats as well as popular strategies to avoid such payments. Vilvestre has historically been important for the control of these boats, being one of the few villages of the Arribes that had more than one: the boat of the pier included in this route and the boat of the Pandera, upstream.

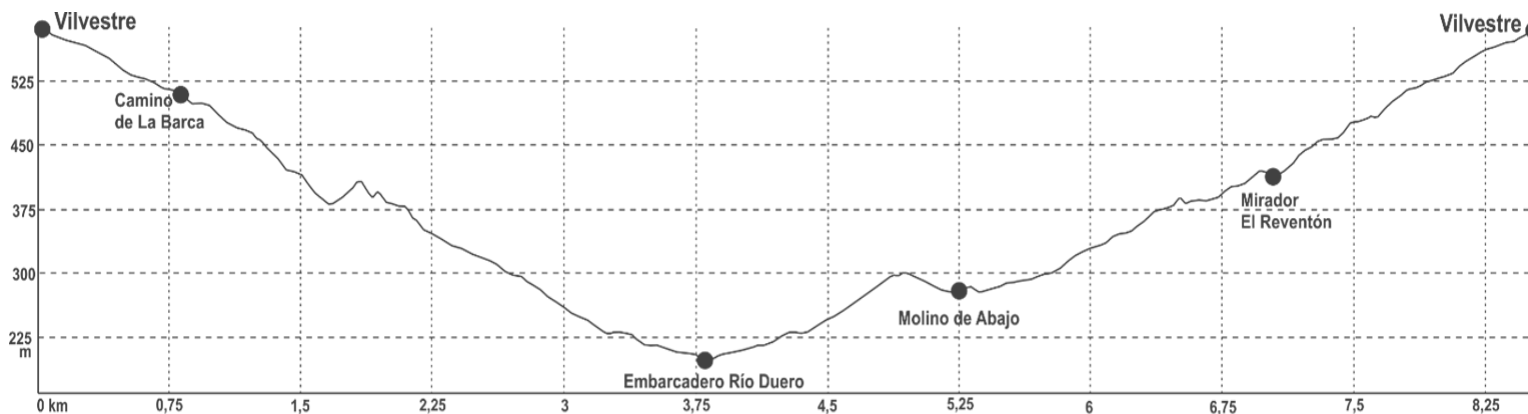
It is therefore an emblematic route in the entire territory of Meseta Ibérica, which will also allow us to recreate in magnificent landscapes from several viewpoints and to know many of the most characteristic elements of this cross-border space, from the Mediterranean vegetation of prickly-pear cactus, olive and orange trees, to the crops in terraces or the old typical constructions such as huts or oil mills. And finally the interesting heritage offered by Vilvestre, testimony to its important history.

ROUTE DETAILS

- **Location Area**
Salamanca (E)
- **Start Point/Coordinates**
Vilvestre (Salamanca)
N 41° 06.1467' W 6° 43.3243'
- **Type of Route**
Walking ID. C12
- **Type of Circuit**
Circular
- **Distance**
8,5 km
- **Approximate Duration**
3 h
- **Level of Difficulty**
Medium



ALTIMETRY PROFILE



MINIMUM ELEVATION 199 m MAXIMUM ELEVATION 589 m. CUMULATIVE ASCENT 481 m CUMULATIVE DESCENT -482 m



REMARKS

This circular route with start and end in Vilvestre follows the route signposted PR "Camino de la Barca" although with a slight adjustment and turn along another paved road that will allow you to approach the **lookout area "El Reventón de la Barca"** (with interpretive panels).

It runs through the **Natural Park of Arribes del Duero** so all conditions established for this protected natural area must be respected.

LEGEND



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- Route of viewpoints Landscapes of Las Arribes.
- Arribes Travellers Club, Experience Portal of El Abadengo (Salamanca)
- Border Paths Network
- Popular architecture and some monuments in: San Felices de los Gallegos (Historical ensemble), Sobradillo (Centre of the Natural Park of Arribes del Duero), Ahigal de los Aceiteros, La Redonda, Lumbrales, La Fregeneda ("Iron Way", old railway line declared of tourist interest BIC, currently recovered for tourist use whose itinerary runs through 20 tunnels and 10 viaducts), Saucelle, Freixo de Espada à Cinta, Poiaras, Masueco, Aldeadávila de la Ribera, Mieza, etc.
- Waterfall "Poza de los Humos" (Masueco and Pereña de la Ribera)
- Prehistoric archaeological site of Siega Verde (Vilar de la Yegua) and Vale do Côa Archaeological Park (Vila Nova de Foz Côa): both declared a World Heritage Site by UNESCO.

- Veton territory: Route of the "Castros Vetones", Lumbrales.
- Festivals in Vilvestre: Virgen del Castillo (May and September), San Sebastián (January 20), Bull festival (August) and Fair of the Oil and the Olive trees (May).
- Festival of "Noveno" in San Felices de los Gallegos – May 11. Declared of regional tourist interest.
- International Cheese Fair of Hinojosa del Duero (first weekend of May).
- Fair of the Almond and artisan products (October) and Festival of San Lorenzo (August 10) in Saucelle.

www.rotaterrafria.com

Route of Wolves



GENERAL DESCRIPTION

The Iberian wolf is one of the emblematic species of biodiversity in Alta Sanabria and, of course, of the Meseta Ibérica Transboundary Biosphere Reserve, so there are many points of interest around its figure throughout the territory, Spanish and Portuguese.

The proposed route runs through this sub-district of Sanabria, known as “As Portelas”, in which the ancestral relationship of man and wolf, once much more abundant, has left its mark on ornamental elements, traditional constructions... The route allows to know precisely the Cortello dos Lobos of Lubián (where the route ends) and to go from Aciberos by tracks and paths in which it is likely to find traces and excrements of this species. The route also offers in some sections places suitable to stop at sunrise or sunset to hopefully take home the memory of its sighting on the slopes opposite. You can also have the reward of seeing a fox passing or roe deer jogging, both species also abundant in the area.

In the streets of Lubián you can find different allusions to the wolf... among them, **the challenge is to locate and photograph the fountain with three wolf heads**, accompanied by Lubián’s shield and the pilgrim’s shell. The own name of the

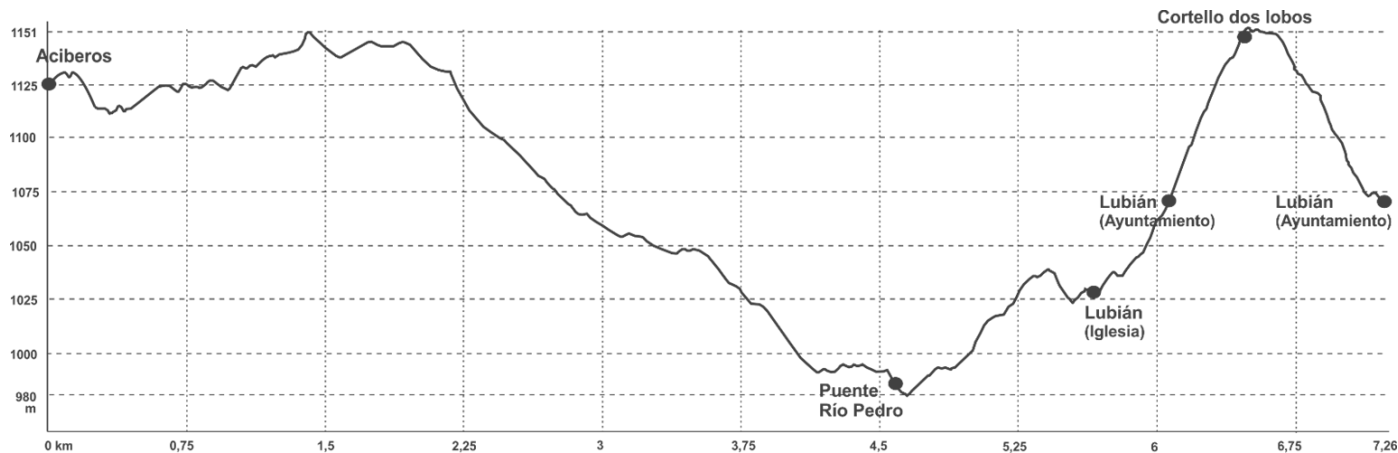
streets shows another peculiarity of the municipality, one of the few in Zamora that is bilingual, because the proximity to Galicia and Portugal has made official the use of the Galician-Portuguese dialect.

Proof of this is also the name "Cortello dos Lobos" to designate this trap built as a circular enclosure, which on the one hand is at the ground level to facilitate the entry of the wolves, to the claim of an old sheep or goat as bait. But the exit is not possible because the wall was built of stones topped by large flat stones outgoing to the interior. Today it is a good example of the value of popular architecture in the ethnographic heritage of the region and of the Biosphere Reserve.

Lubián is also the last municipality of the Mozárabe-Sanabrés Santiago’s Road in Zamora, and the hostel of pilgrims next to the village confirms it, showing on its plaque also an allusion to the "Cortello" of wolves.

Lubián and Aciberos are examples of the popular architecture of the area. In Aciberos there are several water mills and bread ovens dated between the fifteenth and eighteenth centuries. Without forgetting the Church of the Virgin of Carmen and the Hermitage of Santa Ana, both very beautiful.

ALTIMETRY PROFILE



MINIMUM ELEVATION 980 m MAXIMUM ELEVATION 1.151 m. CUMULATIVE ASCENT 273 m CUMULATIVE DESCENT 330 m

ROUTE DETAILS

- **Location Area**
Alta Sanabria
Zamora (E)
- **PStart point/Coordinates**
Aciberos (Zamora – España)
N 42° 2,245" W 6° 52,322"
- **Type of Route**
Family Friendly ID. F1
- **Type of Circuit**
Linear
- **Distance**
7,26 km (Going)
- **Approximate Duration**
2,5 h (Going)
- **Level of Difficulty**
Low



REMARKS

This linear and easy route runs through shaded areas but not continuous, along the route. You may take into account the alternative of returning walking from Lubián to Aciberos through the original route of the Mozárabe-Sanabrés Santiago’s Way (once the works of train railway finish).

Binoculars will be useful if you want to try to sight wolves.



LEGEND

FAMILY FRIENDLY ROUTES (F1)
Route of Wolves



POINTS OF INTEREST and EVENTS

- **Lubiá:** Sanctuary of the Virgin of Tuiza. Pilgrimage of Ntra. Sra de las Nieves “La Tuiza” (August or September). Castro “As Muralellas” from the Iron Age. Popular architecture of the village. Folk-Rock Festival Nas Portelas (August).
- **Barjacobo:** “Curro dos lobos”
- Thematic Centre of the Iberian Wolf in Robledo
- Rihonor de Castilla, Rio D’Onor, Santa Cruz de los Cuérragos (Ethnographic ensemble), Riomanzanas and Robledo: traditional architecture
- **Puebla de Sanabria:** Historical-artistic ensemble. Fortifications Interpretation Centre. Museum of "Giants and Bigheads". Festivals of Ntra. Sra del Azogue and Annunciation and Medieval Market (15 August). Festival of the Victories (September). Festival of Ntra Sra de las Candelas (first Sunday of February).
- **San Martín de Castañeda:** Romanesque Monastery of Santa Maria.

- Natural Park of Sanabria Lake: Park house in Rabanillo-Galende, botanical trail and park routes.
- Sanabria Lake: beaches and tourist facilities, boat trips... and viewpoints towards the lake and the canyon of the Forcadura River on the ascent to the lake "Laguna de los Peces".
- **Ungilde:** Mycological Interpretation Centre.
- **Otero de Sanabria:** Romery of Ntra Sra de los Remedios, protector of Sanabria (first weekend of October)
- **Masquerades:** Festivals of Talanqueiras in S. Martín de Castañeda and Trefacio (December 25) and Visparra in Vigo de Sanabria (December 26).

General safety notice available at the end of the Manual.

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



Route of Villardeciervos



GENERAL DESCRIPTION

The beautiful village of Villardeciervos, declared **Historical-Artistic Ensemble**, has great attraction for visitors as walking through its streets you can contemplate one of the most beautiful rural architectural ensembles of these regions. It is a magnificent example of rural architecture of La Carballeda, with houses of stone ashlars, large gates and wooden corridors, heritage of the times of economic splendour, associated with the trade and smuggling of products with Portugal, traditionally usual activities for “cervatos”, as are called the inhabitants of this village,

Its location at the foot of the **Sierra de la Culebra** also offers the visitor a privileged place for the observation of fauna, especially deer. Honouring the name of Villardeciervos (“town of deer”) exists in this environment, declared a Regional Hunting Reserve, a large population with magnificent specimens of this species, becoming another of the attractions of this village, especially in the early autumn when, after the first rains, you can enjoy sighting or listening to the males during the bellowing, the mating season of deer, a beautiful natural spectacle.

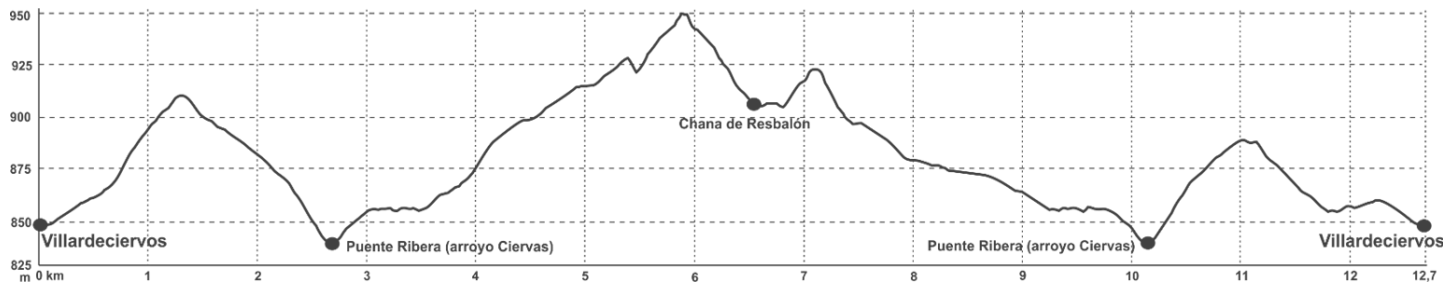
But also hiking, along this route or any other itinerary through the mountain, we could surprise – as long as we take advantage of the sunrise or the sunset and walk silently – in addition to deer, roe deer, wild boars, foxes and hopefully wolves (another emblematic species of Sierra de la Culebra, where there is the largest population in Western Europe but, in spite of which it is not easy to observe them unless you have the services of experts who offer this activity in the area).

It will be easy to observe on the route traces, footprints and excrement of these vertebrates, as well as other signs of their habits such as rooting areas and “baths” of wild boar. **We propose the challenge of trying to respond what type of animal activity these and other signals are due.**

The route, without getting too far from the village, enters some of the forest ecosystems representative of this natural space, mainly through areas of European red pine forest and oak forest, in addition to some streams and areas of heather, brooms, rockrose and lavender scrub that in spring will bring beautiful brushstrokes of colour to this green forest landscape.

In summer the route can be complemented by a bath in one of the two nearby river beaches in the Valparaíso reservoir, where there are recreational areas to enjoy as a family.

ALTIMETRY PROFILE



MINIMUM ELEVATION 849 m MAXIMUM ELEVATION 944 m CUMULATIVE ASCENT 247 m CUMULATIVE DESCENT 252 m

ROUTE DETAILS

- **Location Area**
Sierra de la Culebra
Zamora (ES)
- **Start Point/Coordinates**
Villardeciervos (ZA) Next to the deer sculpture
N 41° 56.605' W 6° 17.122'''
- **Type of Route**
Family Friendly ID. F2
- **Type of Circuit**
Circular
- **Distance**
12,7 km
- **Approximate Duration**
3 h
- **Level of Difficulty**
Low

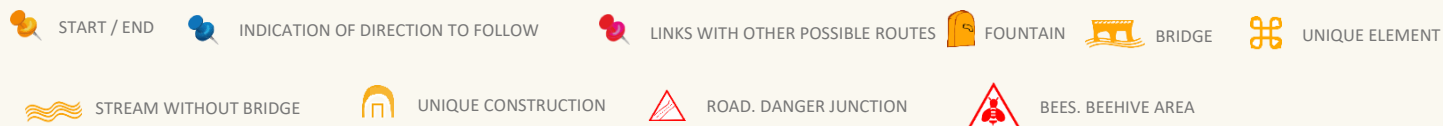


REMARKS

Route in the Sierra de la Culebra (Regional Reserve of Hunting and Community Interest Site of the Natura 2000 Network). It is circular and offers the possibility to lengthen approx. 4 km in the middle of the route, at a point signposted on the track from which you can make a branch to cross an interesting oak tree forest and reach a firewall where it will be easy to observe footprints of deer, wolves and other animals. The route can be carried out in any season because each one will provide a different attraction and complementary activity (bellowing of deer, mycology, landscape, bathing areas...).



LEGEND



The route in yellow is a complementary route of just over two kilometres and two hundred meters (going) through an interesting pine and oak forest.

POINTS OF INTEREST and EVENTS

- **Villardeciervos:** historical-artistic ensemble. Cional beach (with playground and sports facilities) and Los Molinos beach (rent of pedal boats in summer), both in the reservoir of Valparaiso.
- Interpretation Centre of Meseta Ibérica Transboundary Biosphere Reserve (in project).
- Interpretation Centre of the Iberian wolf in Robledo de Sanabria.
- Centre for interpretation of mycological species of Rabanales.
- **San Vitero:** Hermitage of Cristo del Campo with romeries and donkey fair (March 19 and the second Saturday of September). Church, pre-Roman bull and milliary in the main square. Fair of Transhumance and Fair of Autochthonous Races of Aliste and Trás-Os-Montes (September).
- **Tábara:** Romanesque Church of Santa Maria, XII century (declared if Cultural Interest). Interpretation Center of Beatos.
- **Masquerades:** “La Filandorra” in Ferreras de Arriba (26 December); “Los Carochos” in Riofrío de Aliste (1 January – of Regional Tourist Interest) and Villanueva de Valrojo (Carnival Tuesday); “El Tafarrón” in Pozuelo de Tábara (25 and 26 December); “Diablos” by Abejera and Sarracín de Aliste (1 January); “La Obisparra” in Pobladura de Aliste (15 August); “El Caballo y el Pajarico” in Villarino Tras la Sierra (26 December); “El atenizador” in San Vicente de la Cabeza (August 11). Holy Week in Bercianos de Aliste (Holy Friday procession declared of cultural interest)
- Bellowing of deer (end of September-early October)
- **Alcañices:** Cube of its ancient wall (Clock Tower), Convent of San Francisco, Church and Palace of the Marquises of Alcañices. Aliste Tábara and Alba Interpretation Centre.
- Popular architecture: Rihonor de Castilla, Rio D’Onor, Santa Cruz de los Cuérragos (Ethnographic ensemble), Riomanzanas and other villages in these regions.
- **Moveros:** traditional pottery. Cross-border romery of “Virgen de la Luz” (last Sunday of April)
- **Pino del Oro:** Requejo Bridge; Roman Mining-Auriferous Itinerary.
- Museum of traditional pottery and Archaeology of Muelas del Pan.



General safety notice available at the end of the Manual.

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



“Fraga dos Três Reinos” (Stone of the three Kingdoms”)



GENERAL DESCRIPTION

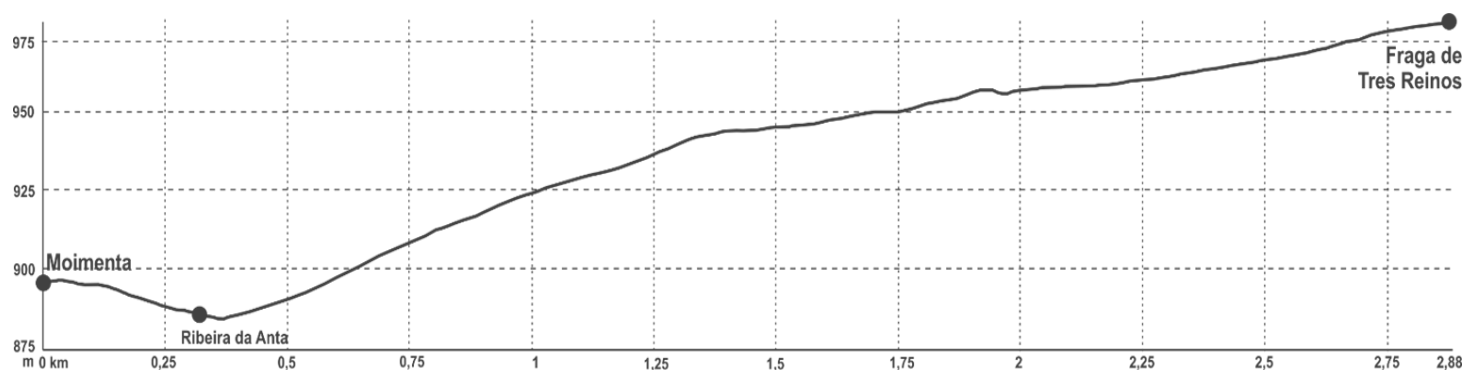
This route starting from Moimenta village allows you to approach one of the abundant stone landmarks in the border between Spain and Portugal, but in this case, the number 350, has an interesting historical background as it marks the point of convergence of the three medieval kingdoms of Portugal, Galicia and León, and the place where a historic meeting of the three kings was held.

In 1253 King Alfonso III of Portugal called the other two kings to the area to solve the cross-border disputes over the ownership of the springs that were born at the top (1025 m) and descended to Portugal, especially by a fountain that did not dry up in summer and is 200 m from the border pillar, on Portuguese land (which is called the Fountain of the 3 Kings). They agreed to create an area that would serve as a common drinking trough for the three kingdoms. In commemoration of this agreement, on the rocks of the Fraga of three Kingdoms carved three Greek crosses, each looking at their respective territory. Legend says that they celebrated a meal and pronounced the phrase: “We drink from the same fountain; we eat at the same table, each one with his face toward his kingdom”. Currently, only two of the crosses, corresponding to Portugal and Spain, are preserved.

As across the entire border there was also an important smuggling activity here during the years when it could not be crossed by Spaniards and Portuguese. The route can be complemented by a visit to the modest museum of the Smuggling existing in Moimenta, in addition to touring the beautiful village in whose streets and houses are preserved interesting testimonies of the importance it had thanks to the opportunities of the border relations. The visit should not be completed without approaching the viewpoint to enjoy its impressive views of the river Tuela in its course through Spanish land, where it is born, and its entry into Portugal.

You may try to find and visit the Smuggling Museum in the village of Moimenta. What products were passed clandestinely across the border?

ALTIMETRY PROFILE



MINIMUM ELEVATION 876 m MAXIMUM ELEVATION 974 m. CUMULATIVE ASCENT 16m CUMULATIVE DESCENT -93 m

ROUTE DETAILS

- Location Area**
Moimenta – Concelho: Vinhais (P)
- Start Point/Coordinates**
Moimenta
N 41° 06.1467' W 6° 43.3243'
- Type of Route**
Family Friendly ID.F3
- Type of Circuit**
Linear
- Distance**
5,8 km
- Approximate Duration**
1,5 h
- Level of Difficulty**
Low



REMARKS

Very easy linear route (about six km round trip) that is proposed to be completed with a walk through Moimenta village, also approaching the existing viewpoint in its vicinity from where there are highly recommended views. The route runs through the **Montesinho Natural Park** so the restrictions established for the protected area in its planning (POPNM) must be respected.



General safety notice available at the end of the Manual.

LEGEND



POINTS OF INTEREST and EVENTS

- **Moimenta:** Largo do Calvairo, major Church, noble houses and traditional architecture, mills, presses, fountains, community forge, etc. Medieval road and bridges.
- Lookout area of Moimenta
- Castro de Cigadonha or Cigarrosa (confluence of the river Anta with the Tuela)
- **Vinhais:** Churches, pillory, Solares de Corujeira and the Counts of Vinhais (cultural and exhibition centre), Cano fountain, prehistoric site, Roman and medieval remains (walled old town, castle).
- Interpretation centre of Montesinho Natural Park (Casa de la Vila-Vinhais)
- Vinhais Biological Park (Alto da Cidadelha) which includes interpretation centres for native cattle races and Mycological.
- Chestnut Festival – Rural Castanea (end of October), Fumeiro Fair (February) and Carnival “Diabos à Solta”, in Vinhais.
- **Bragança:** Old walled town and Castle, Domus Municipalis, Historic Center, Churches of Santa Maria and Igreja da Sé. Military Museum, Iberian Mask and Costume Museum and Museums Street (Rua dos Museus) with the Abade de Baçal Museum, Georges Dussaud Photography Center, Interpretation Center of Sephardic Culture, Contemporary Art Center), Living Science Center and National Railway Museum. Municipal Cultural Center and Theatre. Festival do Butelo e das Casulas and Carnaval dos Caretos (Carnival period). Feira das Cantarinhas- Handicraft Fair (first weekend of May). History Festival (weekend before August 15). Bragança, Terra Natal and de Sonhos (the whole month of December).
- **Route of Terra Fria Transmontana** – tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). The tour can be done on foot, by bicycle or by car.

www.rotaterrafria.com

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



By the Banks of the Angueira River



GENERAL DESCRIPTION

The route starts in the **Iberian Park of Nature, Tourism and Adventure of Vimioso** and then touring both sides of the river Angueira between the villages São Joanico and Serapicos, two beautiful examples of traditional stone villages. It runs through the river forest formed by ash trees, alders, willows and poplars (accompanied by Arbutus and oaks in the parts further away from the water), being a very mature forest and in preserved condition, which is why it is included in the **Natura 2000 Network**.

The walk along the banks of the Angueira will allow us to understand why these types of forests are also called gallery forests because the riparian vegetation forms a real tunnel around the water bed; it is also one of the ecosystems that is home of a greater biodiversity of plants and animals, which can also be enjoyed, especially the birds (chickadee, blue tit, robin, finch, kingfisher or different woodpeckers, among others) that with their colours and songs will make us happy on the route. We can also find different species of mammals, amphibians and reptiles as well as many insects, essential for the basic functioning of the entire trophic chain.

Another environment through which the route runs, associated with these valley bottoms and very characteristic of these regions, are those called in Trás-os-Montes "lameiros": very productive pastures bordered by ash or stone walls, where "churra" sheep or "Mirandesa" cows graze, which in summer are harvested to store dry grass as food for the winter.

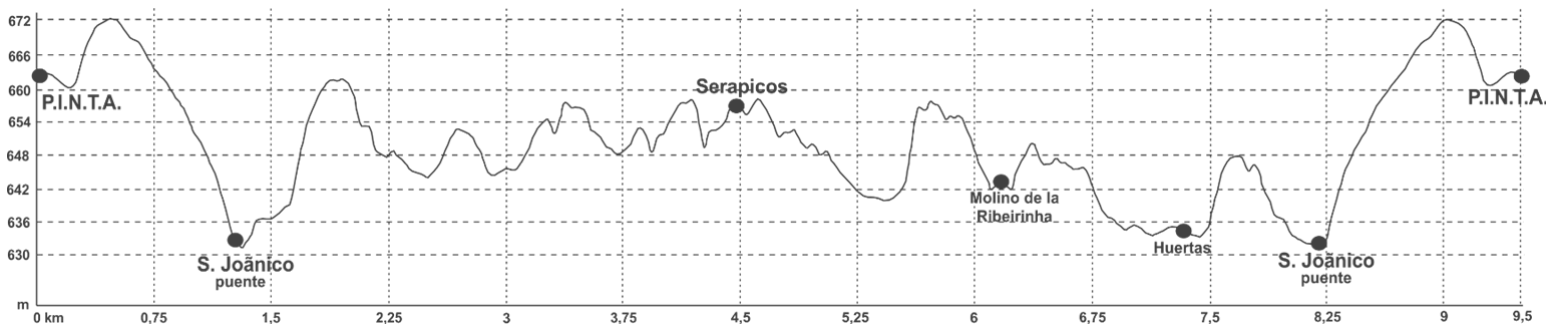
The route can be carried out at any time of the year, including summer as the riverbank provides shade along practically the entire route, although the summer season will be the one where the aquatic environment and the small waterfalls that abound along the river Angueira are least enjoyable, one of the main attractions of the route. Although some elements associated with the water that the route also offers us, can be enjoyed all year round, such as the mill of **the Ribeirinha**, the monumental **medieval bridge of S. Joanico**, the traditional bridges over the river or the orchards near the villages.

ROUTE DETAILS

- **Location Area**
Concelho: Vimioso (P)
- **Start point/Coordinates**
P.I.N.T.A. Iberian Park of Nature, Tourism & Adventure
N 41° 36.5097 W 6° 28.5922'
- **Type of Route**
Family Friendly ID.F4
- **Type of Circuit**
Circular
- **Distance**
9,6 km
- **Approximate Duration**
3 h
- **Level of Difficulty**
Very Low



ALTIMETRY PROFILE

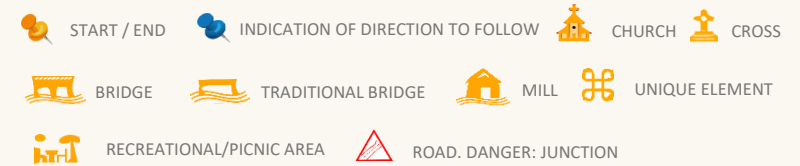


REMARKS

This circular route follows the route of the same name (**PR1 VMS of the municipality of Vimioso**) perfectly signposted; but since it is a family route it is proposed to shorten it by taking the variant of Serapicos (indicated on the ground) to start from there the turn to S. Joanico and then to the Park P.I.N.T.A., without reaching the village of Angueira that would mean a route too long (22.11 km) but which is equally signposted and available to those who wish to make it complete. The route runs through a space included within the **Natura 2000 Network**.



LEGEND



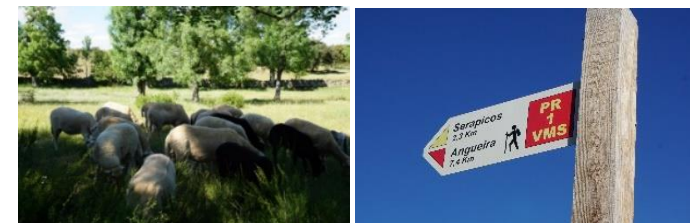
General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS:

- **Vimioso:** Viewpoint, church of S. Vicente, pillory, fountain, ethnographic museum. Fair of trades and flavours (December), Festival of Posta Mirandesa (beef) (December), etc.
- Interpretation Centre of Meseta Ibérica Transboundary Biosphere Reserve (in project) that will be located in the P.I.N.T.A.
- **Algozo:** Castle, medieval bridge, church and several chapels, pillory, ethnographic museum, pigeon lofts, etc.
- **Uva:** traditional architecture, set of pigeon lofts, centre of interpretation of the traditional pigeon lofts.
- **Avelanoso:** Fair of chestnut and local products (November).
- **Miranda do Douro:** castle, walls, cathedral, churches, palaces and other heritage; lookouts; Terra de Miranda Museum; Mycological EcoCenter; Douro-Douro International Biological Station, environmental cruise through the river Douro, etc. Textile trade. Gastronomy and traditional products. Festival of Miranda's tastes (February), Pauliteiros International Festival (July), Fair of sweet ball (April), etc.
- Lakes of Sabor : recreational and aquatic activities
- **Alcañices:** Cube of ancient wall, Convent of San Francisco, church, palace and I.C. of Aliste, Tábara and Alba.

- **Santulhão:** churches and chapels; fountains; pigeon lofts; traditional architecture. Bridge of Roman origin over the river Sabor (Izeda Road). Entrudo festival (carnival), February or March. Festival of traditional and Celtic music (August) and Festival of San Lázaro (August).
- **Outeiro:** Basilica of Sto.Cristo del Outeiro and remains of a castle
- **Argozelo:** Sanctuary of S. Bartolomé
- **Route of Terra Fria Transmontana** – tourist circuit with 11 sections (455 km through the municipalities of Bragança, Miranda do Douro, Mogadouro, Vimioso and Vinhais). The tour can be done on foot, by bicycle or by car.

www.rotaterrafria.com



From Stone to Stone



GENERAL DESCRIPTION

Route in which the stone has a special prominence, becoming evident in the terrain by which the hiker will literally go “from stone to stone” in some of its sections in which the granite outcrops typical of the area abound. You will also have the opportunity to discover an interesting set of traditional constructions appearing along the route: a significant number of ancient mills, bridges and others, such as huts of shepherds, fences of stone walls, fountains, houses, hermitages...; all are magnificent examples of how people of these villages have been able to take advantage of the materials provided by the environment to build different constructions practically camouflaged with the landscape, which constitute a very interesting cultural legacy preserved until today but in danger of disappearance.

This traditional heritage is complemented by some larger historical buildings that also appear on the route such as the Great Bridge of Fariza, of Roman origin, medieval and rebuilt in the eighteenth century; the chapel of Ntra. Sra. del Castillo and the church of Santa María Magdalena, of Romanesque sword, which is located at the entrance of the village Cozcurrita.

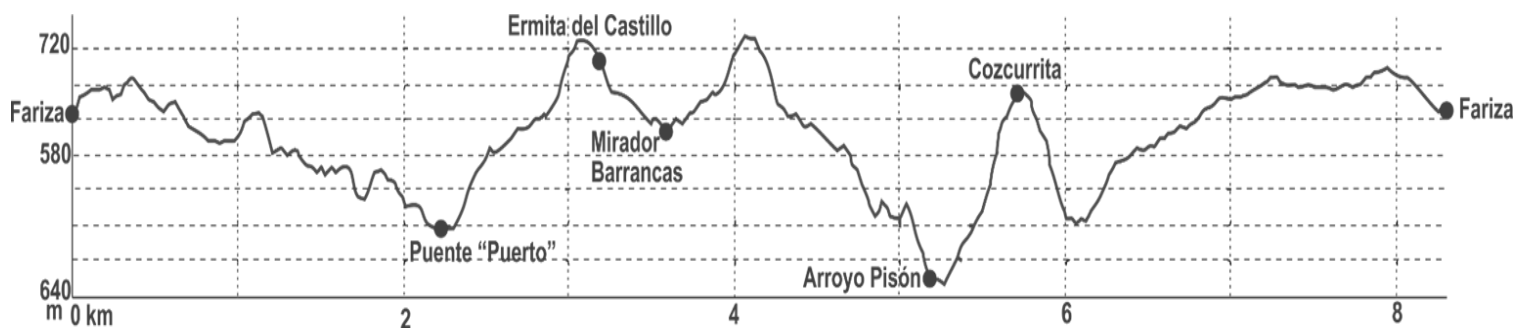
We also highlight the natural and landscape interest of the route, which provides the opportunity to get to know ecosystems and species characteristic of the area (alder forests and meadows in the valleys of Pisón and Mimbre streams, the

juniper forest of Cozcurrita, forests of holm oaks...) as well as extraordinary panoramic views, especially from the lookout area of the Barrancas, one of the best points to contemplate the landscape of Arribes del Duero, where it will also be easy to see vultures or golden eagles.

This circular route can be easily followed thanks to the track facilitated by Meseta Ibérica and also through the marks existing on the ground in the sections coincident with **PR Ruta de los Molinos (Route of the Mills)**, perfectly marked with stakes and marks in yellow and white (leaving from the Great Bridge in Fariza until you reach the hermitage of the Castle and the viewpoint of Barrancas and another one to approach Cozcurrita) and then return to Fariza taking advantage of a small stretch of the well-known **GR14 Duero’s Path** (with marks in red and white).

This route has been considered as one of the Educational Routes of the Meseta Ibérica Cross-border Biosphere Reserve due to the interesting diversity and concentration of architecture of stone, so representative of the whole territory, together with the fact that the route runs through an interpretative point about stone in history, with some panels and a reproduction of signs in the stones and their meanings, realised by the management bodies of the Natural Park of Arribes del Duero.

ALTIMETRY PROFILE



MINIMUM ELEVATION 643 m MAXIMUM ELEVATION 713 m. CUMULATIVE ASCENT 239m CUMULATIVE DESCENT -232 m

ROUTE DETAILS

- **Location Area**
TM Fariza - Provincia: Zamora (E)
- **Start Point/Coordinates**
Ponte Grande de Fariza
N 41° 25.313' W 6° 16.317'
- **Type of Route**
Family Friendly ID.F5
- **Type of Circuit**
Circular/Linear
- **Distance**
8,2 km
- **Approximate Duration**
2 h 15min
- **Level of Difficulty**
Low














REMARKS

It is a circular route including a small branch of round trip that allows you to reach the Hermitage of Santa M^a del Castillo and the lookout area “Las Barrancas”. It can be shortened, not touring this branch and going directly to Cozcurrita, or opting for a totally linear route from Fariza to the lookout area and back.
It runs through the **Natural Park of Arribes del Duero**, so the conditions established in the plans for the management of the natural resources of this protected area must be respected.



FAMILY FRIENDLY ROUTE (F5)
From Stone to Stone

LEGEND

-  START / END
  INDICATION OF DIRECTION TO FOLLOW
  MILL
  BRIDGE
-  FOUNTAIN
  CHURCH
  TRADITIONAL BRIDGE
  HERMITAGE
-  UNIQUE CONSTRUCTION
  STREAM WITHOUT BRIDGE
  LOOKOUT AREA



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



POINTS OF INTEREST and EVENTS

General safety notice available at the end of the Manual.

- **Fariza** (church, crosses, orchards with old systems to water called "cigüeñales", organic cheese factory, etc.).
- **Fornillos de Fermoselle** (traditional architecture, cork oak forest of Valduyán; etc.).
- **Miranda do Douro** (castle, fortress, cathedral, churches, palaces and other heritage; textile shops; lookouts; Terra de Miranda Museum; Mycological Ecoenter; Douro-Douro International Biological Station, Douro environmental cruise, etc.)
- **Fermoselle** (a town declared a historical ensemble; walls and castle; religious heritage; cellars; lookouts; cruise through the river Douro; Centre of the Natural Park of Arribes del Duero; etc.)
- Romery of Viriatos or Pendones: popular romery held on the first Saturday of June in Fariza (declared of regional tourist interest and with great transnational importance due to the participation of neighbouring towns, both Spanish and Portuguese).

Albufeira do Azibo



GENERAL DESCRIPTION

The protected area of Albufeira do Azibo is an area that agglutinates a great biodiversity with a relevant importance within the Meseta Ibérica Biosphere Reserve, providing one of the areas with the greatest educational and informative potential for the promotion of the environmental conservation, therefore, as a complement to this family friendly route, is available a didactic support material for the realisation of school visits within their curriculum program.

Apart from its fauna and botanical richness, the naturalisation of the water reservoir is so important that the landscape becomes an element of enjoyment with equal or even greater interest than the possibility of wildlife sighting, especially the abundant catalogue of birds of different types present in the area.

The route proposed is outside the most touristic area of Albufeira, on the northeast side of its perimeter, with two of the best river beaches in Portugal, while the southern slope offers the possibility of carrying out awareness activities using all the senses, especially the sight but also the hearing. In short, Albufeira is also an example of how to reconcile different forms of tourism and environmental approaching, all within the framework of sustainability and respect necessary to preserve the living conditions of the species that share this space with us.

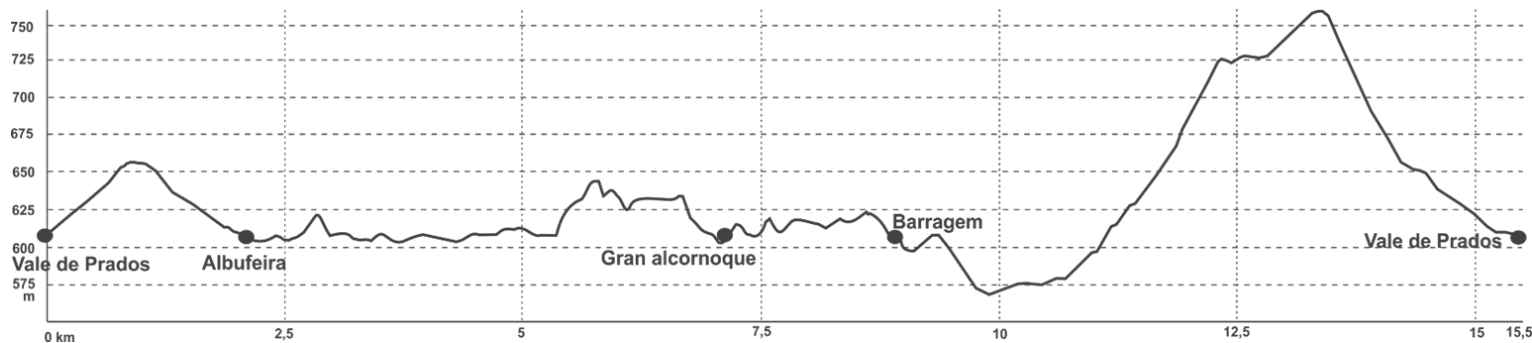
Part of the route also allows you to see how the traditional uses of the surrounding lands by people can also be compatible with the nature conservation. It should be borne in mind that the Azibo's dam (called "barragem" in Portugal) was built with a clear will of using water for human consumption.

ROUTE DETAILS

- **Location Area**
Concelho: Macedo de Cavaleiros (P)
- **Start point/Coordinates**
Vale de Prados (Church)
N 41° 33.069' W 6° 56.321'
- **Type of Route**
Family Friendly ID.F6
- **Type of Circuit**
Circular
- **Distance**
15,5 km
- **Approximate Duration**
5 h
- **Level of Difficulty**
Medium



ALTIMETRY PROFILE



MINIMUM ELEVATION 569 m MAXIMUM ELEVATION 758 m. CUMULATIVE ASCENT 452m CUMULATIVE DESCENT -452 m









REMARKS

The route is circular, with a firm width and comfortable since you reach the Albufeira until you reach the dam. This first part of the route is 9,2 km long. The route from the dam to Vale de Prados is partly along a medium-traffic road, without a hard shoulder and with an accumulated slope of 190 m in ascent but also in descent for approximately 5 km out of its 6,2 km. You can have a support vehicle at the Azibo dam to shorten the return time to Vale de Prados. It runs through a protected area with the figure of Protected Landscape and integrated into the Natura 2000 Network.



START END VALE DE PRADOS

LEGEND

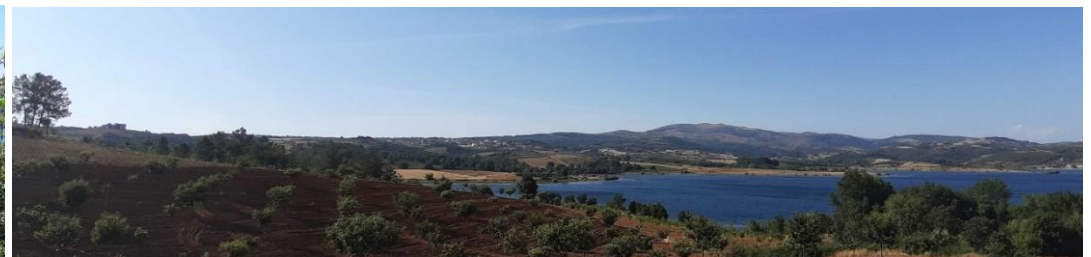
-  START / END
-  INDICATION OF DIRECTION TO FOLLOW
-  CHURCH
-  PILLORY
-  VIEWPOINT
-  UNIQUE ELEMENT

General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- **Podence:** "Casa do Careto"(masks museum). Major Church. Traditional architecture. Entrudo Chocalheiro and other events around the masks during winter masquerades.
- Recreation areas and jetties in the river beaches on the banks of the Albufeira.
- "Fraga da Pegada" Geosite.
- **Santa Combinha:** viewpoint, craftsmanship, Sta. Combinha Biodiversity Station and bird observatories.
- **Salselas:** Geosite "Salselas Depression" and lime kilns...., rural museum.
- **Macedo de Cavaleiros.**

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



Geological Route (Ribeira do Mosteiro)



GENERAL DESCRIPTION

It is a short but intense route that offers the possibility of practicing family hiking in a very attractive place with a great geological interest.

It begins at the point with signposting towards the roads of Santa Ana and Alpjare, medieval and Roman roads respectively, from which we start our Geological route to head to the road of Santa Ana and its stone bridge over the "Ribeira do Mosteiro".

It is well evident that at this point in the Mosteiro valley the landscape is absolutely dominated by impressive rocks and quartz sediments, which look like authentic defensive walls (if you take the route of the signposted PR1 FEC you will have the opportunity to see the so-called wall of Abalona).

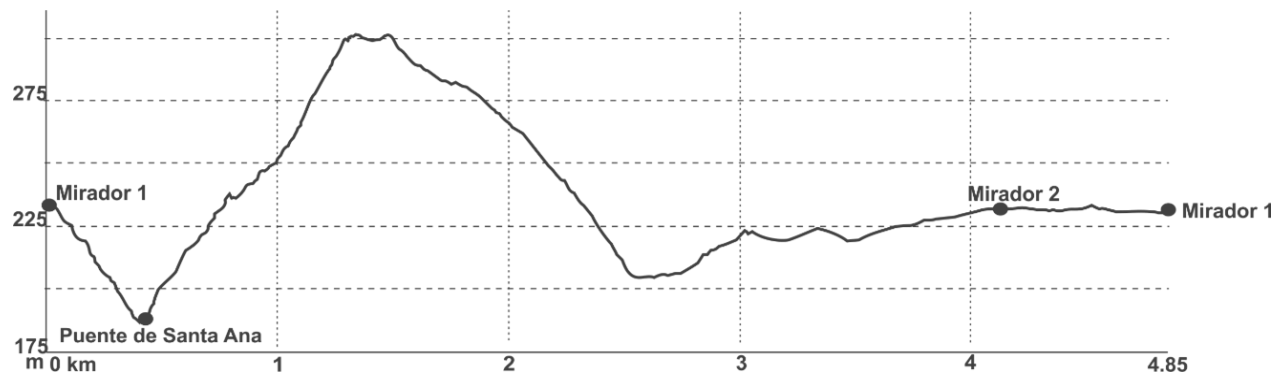
From the very beginning of the route we will be able to observe interesting geological formations – marks left by the tectonic movements of the Earth's crust millions of years ago – such as faults, sediments and folds (you can see strata obviously folding that form what is known as anticlinal and synclinal).

After crossing the bridge of Santa Ana we will begin the ascent. As we go up the views of the river "Ribeira do Mosteiro" become more attractive until you have a spectacular panoramic view of this upper stretch of the valley. At the same time, as we move away from the riparian forest bordering the banks of the stream, the vegetation becomes limited, dominated by herbaceous and scrub. But perhaps the flora that brings a special attraction to the route are the lichens that colonise the rocks dyeing them with spectacular greenish yellow colours. One of the most abundant is the *Rhyzocarpon geographicum*.

The route, in one section at the beginning and another at the end, also coincides with the signposted road GR34 that runs through the Douro International Natural Park from north to south.

1) Please try to discover at least two folds of rocks on the slopes. 2) Get closer to the yellow rocks and observe the lichens closely. Did you know that the most abundant is called "geographic lichen" because of its similarity to imaginary maps illustrated on the surface of the rock?

ALTIMETRY PROFILE



MINIMUM ELEVATION 187 m MAXIMUM ELEVATION 301 m. CUMULATIVE ASCENT 154m CUMULATIVE DESCENT -160 m

ROUTE DETAILS

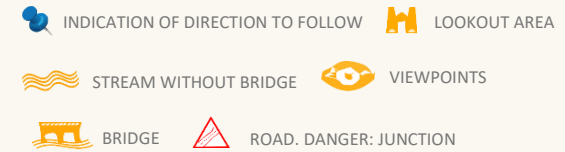
- **Location Area**
Concelho: Freixo de Espada à Cinta (P)
- **Start point/Coordinates**
Ribeira do Mosteiro
N 41° 03.394' W 6° 54.248'
- **Type of Route**
Family Friendly ID.F7
- **Type of Circuit**
Circular
- **Distance**
4,8 km
- **Approximate Duration**
2 h
- **Level of Difficulty**
Low



REMARKS

The beginning of the route is accessed from the road that connects Barca d'Alva with Freixo de Espada à Cinta (N221), taking a detour to Ligares, at the point where the sign of the PR1 FEC "Ribeira do Mosteiro" appears, following parallels to the stream, until reaching a point with a kind of small white chapel next to the road. As it is a family friendly route we provide the track of a comfortable route in the final part of the valley, but you can also follow the complete route signposted as PR1 FEC, starting from the same point but continuing towards the road of Alpjares or initiating it at the starting point of the PR1. The proposed route crosses a stream at a point where there is no bridge; it can be easily crossed however periods of heavy rains should be avoided. It runs through the **International Douro Natural Park** and areas of special protection and classified sites (EPA, NEN, PTCCND022) so the conditions established in the management plan must be respected.

LEGEND



POINTS OF INTEREST and EVENTS

- **Barca d'Alva and Vega Terrón:** piers, cruise ships along the River Duero.
- **Fregeneda:** "Iron Road", old railway route declared with cultural interest, currently recovered for tourist use whose itinerary runs through 20 tunnels and 10 viaducts.
- Lookout area and recreational park of Penedo Durão, as well as other viewpoints over the canyon walls of the Duero: Colado (Mazouco), Carrascalinho (Fornos), Assumadouro (Poiares) or la Cruzinha (Lagoaça). Route of viewpoints "Las Arribes Landscapes" (Salamanca)
- **Poiares.** Prehistoric cave painting of Fraga do Gato. Alpajares Bridge. Cyclopic rocking of Penedo Durão.
- **Freixo de Espada à Cinta:** monumental ensemble with important elements of the art style "Manuelino", castle, baroque church of the old convent of San Felipe Neri, church of Misericordia, pillory, Silk Museum and Casa Junqueiro Museum, etc. "Manuelino" Market celebrated at the end of June.
- **La Congida River Beach:** boat trips and leisure area, picnic area, bathing area and other facilities.
- Water Park next to the mouth of the river Sabor in the river Douro.



- Saucelle Dam and tourist centre of Aldeaduero. Lookouts of "Salto de Saucelle" and "Las Janas" (Saucelle-Salamanca)
- **Castelo Rodrigo:** medieval historical village, Lookout of Marofa, Monastery of Santa Maria de Aguiar (12th century).
- Arribes Travellers Club, portal of experiences of the region "El Abadengo" (Salamanca).
- **Hinojosa de Duero:** International Cheese Fair (first weekend of May).
- Veton territory: Route of "Castros Vetones", Lumbrales (Salamanca).
- Archaeological areas of Siega Verde and Vale do Côa: UNESCO World Heritage Site.



General safety notice available at the end of the Manual.

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



Route of the terraced fields



GENERAL DESCRIPTION

The route runs through Escalhão, a place name that is believed to be derived from the Latin “Scalanis” referring to the geographical configuration of the terrain on steps due to the large slope existing in the area, confluence of the rivers Águeda and Douro, which limit the village's territory to the east and north respectively, both forming canyons of great depth.

This rugged orography has not prevented from being agriculture the main activity in the area, even on its steepest slopes. In the village it is mainly produced olive oil and olives, but also almonds and wine. Agricultural activity has created one of Meseta Ibérica’s most picturesque and impressive human landscapes: a landscape of stepped terraces protected by stone walls that extend along incredible surfaces on the slopes.

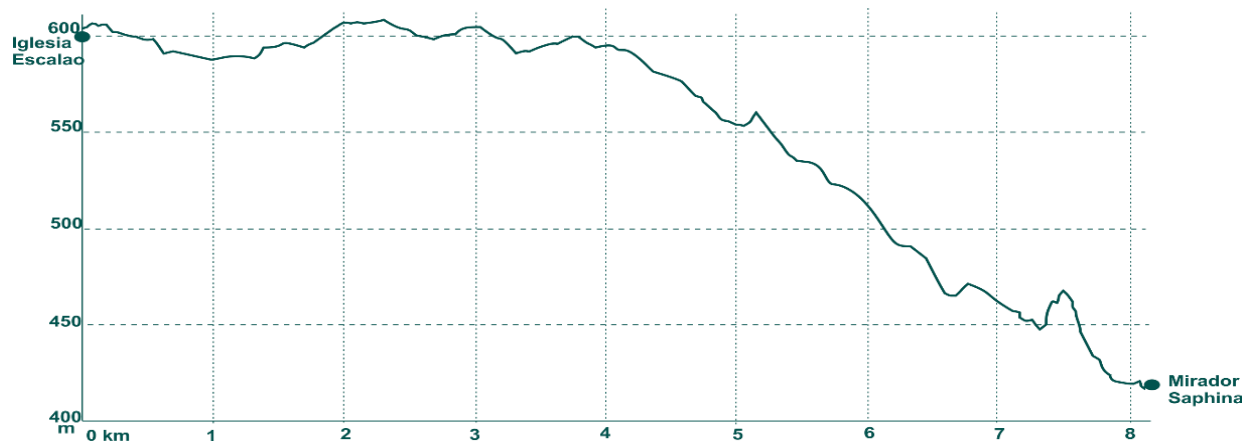
The route starts from the village and initially runs a path also bordered by beautiful stone walls that delimit the cereal lands and pastures (some abandoned that are currently being invaded by the bush or repopulated with young oaks and cork oaks trees).

It then passes through a more forested area, where holm oaks and cork oak trees and olive cultivation begin, (mixed with almond trees and vineyards) where once again the protective stones will attract our attention, in this case by surrounding some of the longer olive trees and oaks, appearing curious walls of stone in circular form that visitors should not miss.

But it will undoubtedly be the arrival to the area of terraces, in the final part of the route, where visitors will be most astonished when they will have the opportunity to walk around some of the terraces and finally, when arriving at the viewpoint of Saphina, they can observe them as far as the view can be reached in the middle of the **Natural Park of International Douro**.

The Saphina lookout area is a good place to reflect on the origin of this curious landscape: Why has the land been terraced and built walls between one step and the next one? What is the objective of these circular walls around some trees observed on the route?

ALTIMETRY PROFILE



MINIMUM ELEVATION 412 m MAXIMUM ELEVATION 608 m. CUMULATIVE ASCENT 82m CUMULATIVE DESCENT -258 m

ROUTE DETAILS

- Location Area**
 Concelho: Figueira de Castelo Rodrigo (PT)
- Starting Point/Coordinates**
 Escalhão (Main Church)
 N 40° 56.946' W 6° 55.551'
- Type of Route**
 Family Friendly ID.F8
- Type of Circuit**
 Linear
- Distance**
 8 km
- Approximate Duration**
 2,5 h
- Level of Difficulty**
 Baixo








REMARKS

Linear route that runs from Escalhão to "La Saphina" lookout area. Caution should be extreme at the end of the route in a small stretch in which you walk between terraces and when arriving at the viewpoint because this is next to the road E.N.221. It is cyclable route although you should get off the bike at the end point where the route runs between terraces and in the access to the road. It can be done all the year around. It is recommended in spring, when you can enjoy the almond blossoms in landscape, and in autumn because of the incredible colours of the vineyards. In summer visitors must be well protected from the sun because part of the route is little shaded. It runs through the **International Douro Natural Park** and its protected areas and classified sites (PTCCND022) so the conditions established in the Plan for the management of this space (POPNDI) must be respected.



LEGEND

-  INDICATION OF DIRECTION TO FOLLOW
-  CHURCH
-  LOOKOUT AREA
-  LOOKOUT
-  ROAD. DANGER: JUNCTION

POINTS OF INTEREST and EVENTS

- **Escalhão:** Main church (facade, clock tower and mural paintings in the sacristy) and other architectural heritage. Crafts (carpentry, tin, wool weaving, lace...) and typical gastronomy.
- Roman bridge on the River Aguiar (declared National Monument).
- **Barca d'Alva:** village and cruises along the River Douro. Landscape of vineyards in hillside terraces (Alto Duero Vinhateiro, cultural landscape declared a World Heritage Site by UNESCO).
- **La Fregeneda:** "Iron Road", old railway line declared of cultural interest, currently recovered for tourist use whose itinerary runs through 20 tunnels and 10 viaducts
- **Castelo Rodrigo:** Historical village, La Marofa viewpoint, monastery of Santa Maria de Aguiar (12th century).
- **Vale do Côa:** Archaeological park. Declared a World Heritage Site by UNESCO.
- **Freixo de Espada à Cinta:** monumental ensemble with important examples of Manuelino art style, castle, Silk Museum, etc. Manuelino Market held at the end of June.

General safety notice available at the end of the Manual.

- Aqualike water park, next to the mouth of the river Sabor in the Douro.
- Saucelle Dam and tourist centre of Aldeaduero. Viewpoints of El Salto and Las Janas (Saucelle-Salamanca).
- Arribes Travellers Club, portal of experiences of El Abadengo region (Salamanca).
- Hinojosa de Duero, International Cheese Fair (first weekend of May).
- Veton territory: Route "Castros Vetones", Lumbrales (Salamanca).
- Route of viewpoints "Las Arribes' Landscapes". Salamanca



TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



Fields, pastures and border castles



GENERAL DESCRIPTION

Route that will allow you to discover some ancient border castles that abound in this area, witnesses of numerous battles at different times throughout history: **the fortresses of San Felices de los Gallegos and Sobradillo**, good examples of defensive enclaves of a territory in other times in dispute but today twinned with the neighbouring country, proof of this is the Meseta Ibérica Transboundary Biosphere Reserve.

The route starts from Ahigal de los Aceiteros, which as its name indicates, is land of olive trees and oil. Although more abundant in other times, this activity is recovering, passing precisely the route through the Ecological Oil factory that currently operates in the village and also touring a piece of the route signposted called **Oil Path (PR "Sendero del Aceite")** in the direction of San Felices de los Gallegos (where you can also visit the oil museum "El Lagar del mudo").

San Felices de los Gallegos deserves a quiet visit to discover its interesting heritage: its castle, tower of tribute and fortification (where is also the Interpretation Center of the Route of Border Fortifications) as well as many other samples of its important past, which will delight the whole family.

From San Felices the route will return to the starting point, traversing paths between cereal fields and livestock pastures and dehesas, as well as approaching different singular elements associated with traditional agricultural uses: the mill of Santa Ana, several ponds and drinking troughs for livestock, shepherds' huts, orchards with "cigüeñales" and an old bread oven in Ahigal de los Aceiteros, among others. **We propose the challenge of finding and photographing as many of these elements as possible along the route.**

This route can be complemented by another branch that takes us to Sobradillo. It is recommended to visit this town whose fortress or big tower, in this case currently houses the **Centre of the Natural Park of Arribes del Duero**, with an interesting exhibition on the natural and heritage values that enclose the natural space in this part of Salamanca.

ALTIMETRY PROFILE



MINIMUM ELEVATION 602 m MAXIMUM ELEVATION 739 m. CUMULATIVE ASCENT 290m CUMULATIVE DESCENT -292 m

ROUTE DETAILS

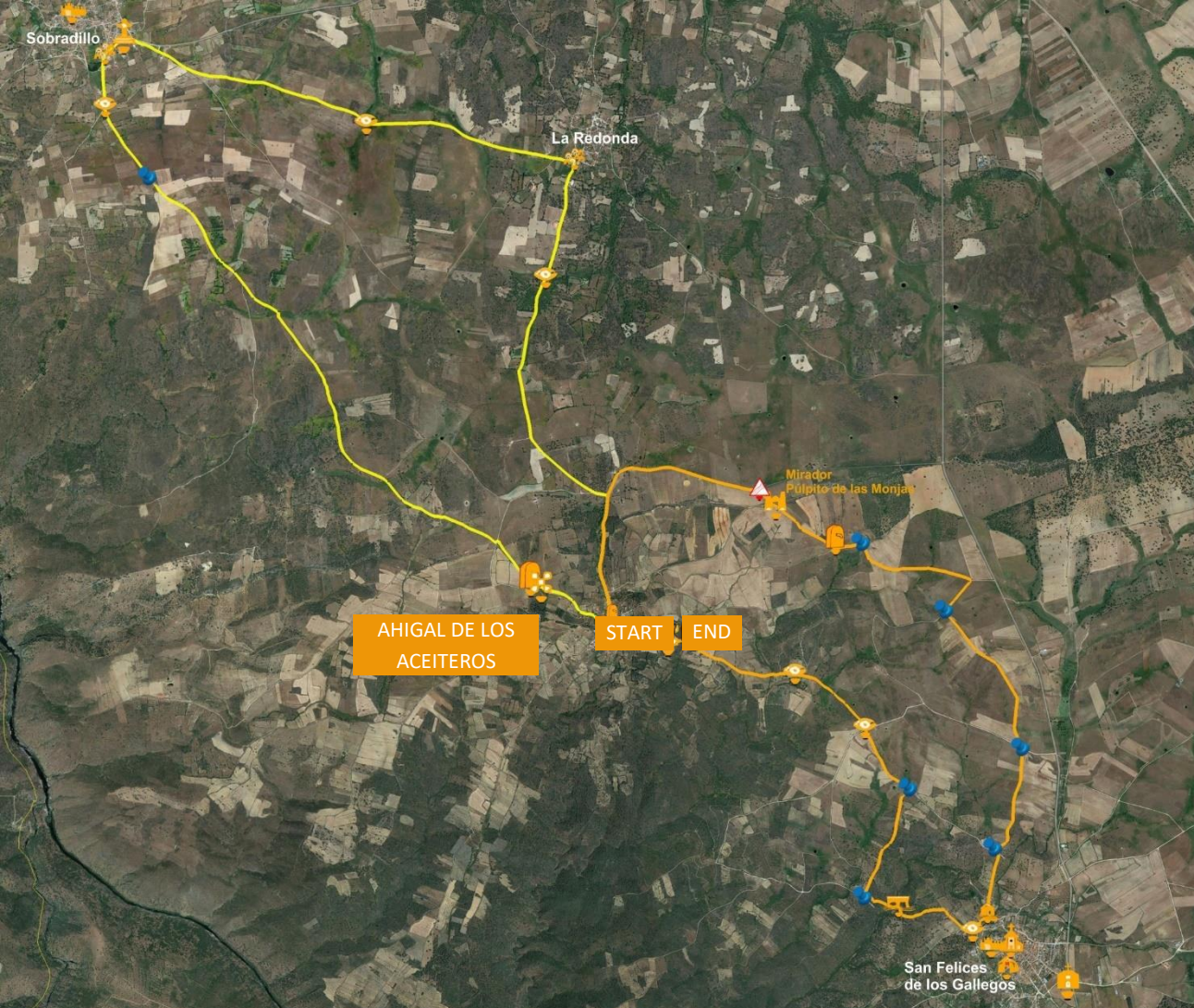
- **Location Area**
Arribes del Duero Nat. Park
Salamanca (E)
- **Start point/Coordinates**
Ahigal de los Aceiteros (SA)
N 40° 52.414' W 6° 44.879'
- **Type of Route**
Family Friendly ID.F9
- **Type of Circuit**
Circular
- **Distance**
13 km
- **Approximate Duration**
3,5 h
- **Level of Difficulty**
Low



REMARKS

Circular route of 13 km that offers the option of being able to lengthen for those who want a more complete plan (up to 27.8 km on a route in form of 8, with centre at the same starting and end point, Ahigal de los Aceiteros) being able to complement the visit to Sobradillo and La Redonda, in addition to San Felices de los Gallegos. If the route is done in summer it is especially important to provide sun protection and water.

It runs through the **Arribes del Duero Natural Park**, so the conditions established in the plan for the management of the natural resources of this protected area must be respected.



General safety notice available at the end of the Manual.

- Arribes Travellers Club, portal of experiences of the region "El Abadengo" (Salamanca)
- Cruises over the river Duero: piers in Vega Terrón and Barca d'Alva.
- Festival of "Noveno" in San Felices de los Gallegos – May 11. Declared of regional tourist interest.
- International Cheese Fair in Hinojosa del Duero (first weekend of May).
- Fair of the Almond and artisan products (October) and Festival of San Lorenzo (August 10) in Saucelle (Salamanca).
- La Congida River beach: boat trips and leisure area with picnic area, bathing area and other facilities.
- Prehistoric archaeological area of Siega Verde (Vilar de la Yegua) and Vale do Côa Archaeological Park (Vila Nova de Foz Côa): both declared a World Heritage Site by UNESCO.

LEGEND



POINTS OF INTEREST and EVENTS

- **San Felices de los Gallegos** (Historical ensemble): Castle, tower of tribute and fortification, Interpretation Center of the Route of Border Fortifications, Church of Ntra. Sra. Entre dos Álamos, "El Cordero" hermitage and others, Tower of the Bells, Puerto Arch, Oil Museum "El Lagar del mudo", Bridge of the French, Multi-adventure Park, etc.
- **Sobradillo**: Tower, crosses, Centre of the Natural Park "Arribes del Duero", church, hermitages, crosses, etc. "El Molinillo" lookout area, Route "Trails of legend".
- **Ahigal de los Aceiteros**: traditional oven, organic mill, church, hermitage of Humilladero, Oil Path (PR Sendero del Aceite), etc.
- **La Redonda** (Church of Ntra. Sra. De la Asunción, hermitage, Crosses, popular architecture,...)
- Lumbrales (village, "Castro de las Merchanas"). Vetón territory: Route of "Castros vetones".
- Border Paths Network
- **La Fregeneda**: traditional architecture and "Iron Road", old railway line declared of cultural interest, currently recovered for tourist use whose itinerary runs through 20 tunnels and 10 viaducts
- **Castelo Rodrigo** (a medieval historical village, "La Marofa" viewpoints, monastery of Santa Maria de Aguiar 12(th century).
- Route of viewpoints "Las Arribes Landscapes" (Salamanca).

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



Route of the Cherry trees



GENERAL DESCRIPTION

The Alfândega da Fé municipality surprises many people for its dynamism in the promotion of their cultural and traditional resources and also of their agroforestry products, favoured by the climatology in a fertile land.

Among all its production one of the marks of the municipality is cherries. In the 50s and 60s its crops in the area became the “largest cherry trees area of Europe”. Although different factors reduced their presence and production, some of the cooperatives created then are still operating and others push to promote a product that competes with those of other regions given its quality.

The proposed route starts in the Green Park of Alfândega, specifically in the “Portal dos Cerejais”, sculpture of the urban art route existing in the town. The route from the park leads quickly to the outskirts, in the direction of the water reservoir called Albufeira da Estevinha. Cherry trees fields will appear around us very soon along the whole way to the albufeira, although they share land with fields of almond and olive trees, promoted by European rural development projects.

The main varieties of cherries in Alfândega da Fé are: burlat, sunburst, van and summit. In March and April, the cherry blossoms will allow you to enjoy a landscape of great beauty, comparable to the Jerte Valley in Spain, or Fundão (Beira Baixa) and Resende (Viseu) in Portugal. In May, sometimes until June, you can see how people work on the cherries collection, which splashes with intense red the fields of the council and when they celebrate in Alfândega a three-day festival the maturation of this fruit, organising a fair with more than 30 years of history, which has reached international prestige and with great popular acceptance. Being a moment and meeting place in which many times the Spanish neighbours have been invited to participate. In autumn a visit to the area will show how the cherry leaves dye an ochre and reddish colour the landscape, providing another equally interesting vision.

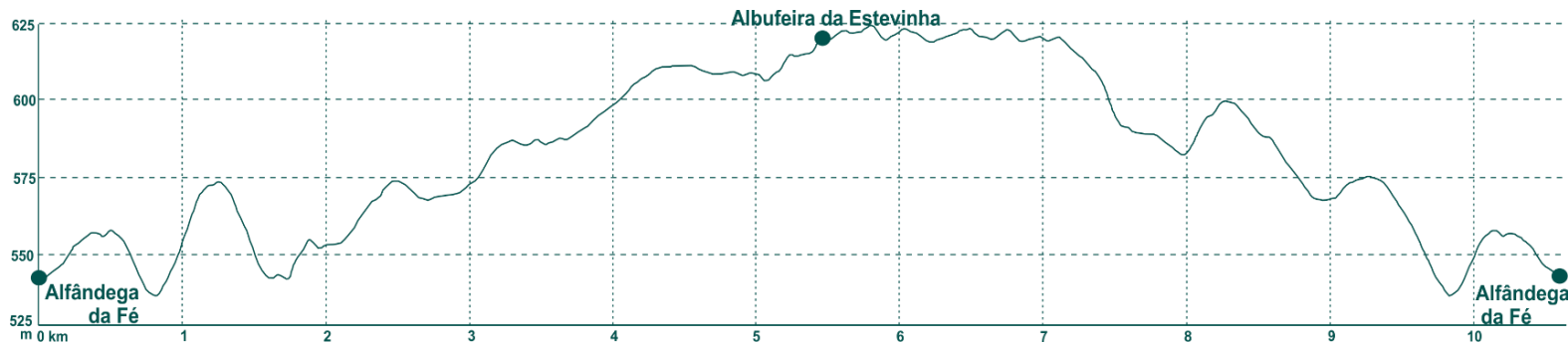
Without any doubt, another attraction of the route is the water space of the albufeira that always allows you to find good places to rest on the water’s banks and enjoy the elusive company of water birds, such as great crested grebes and other aquatic birds or forest birds among the pine spots that surround it.

ROUTE DETAILS

- **Location Area**
Alfândega da Fé (Portugal)
- **Start Point/Coordinates**
Alfândega da Fé
(Concelho Alfândega da Fé)
N 41° 20.3280' W 6° 57.3870'
- **Type of Route**
Family Friendly ID.F10
- **Type of Circuit**
Circular
- **Distance**
10,6 km
- **Approximate Duration**
3 h
- **Level of Difficulty**
Very low



ALTIMETRY PROFILE



MINIMUM ELEVATION 537 m MAXIMUM ELEVATION 624 m. CUMULATIVE ASCENT 218m CUMULATIVE DESCENT -217 m

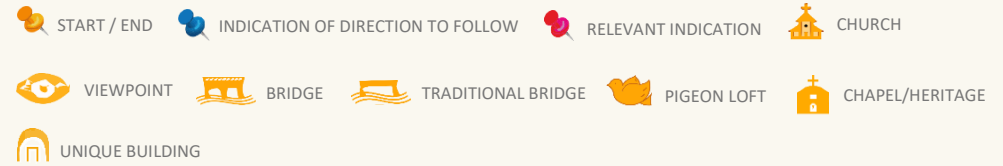


REMARKS

Route very easy to walk, mostly a paved road, so it is accessible for wheelchairs, even around the albufeira where the road is in good condition, only a few deteriorated in a stretch of only about 10 m. The route is not signposted and there is an abundant number of intertwined paths that can lead to deviating from the objective so it is recommended to have a map with good detail of satellite or to be guided by the track provided in the platform of Meseta Ibérica. There are no drinking water points throughout the route, which should be taken into account especially in summer.



LEGEND



POINTS OF INTEREST and EVENTS

- **Alfândega da Fé:** Itineraries of history and public art. Main Church, Chapel of Casa dos Ferreira, Largo de Castelo, Church of Misericórdia, Clock Tower, Lagar d'El Rei, Solar do Visconde de Valpereiro, San Sebastian Chapel, Casa Malfaia, Casa do Adro, Casa Grande, Court House. Cherries Festival, Sete Sois Sete Luas Festival, Theatre Festival, Vanguard Arts Festival-PAN.
- **Santa Comba de la Vilarça:** Interpretation Centre of the Meseta Ibérica Biosphere Reserve (in project).
- Sierra de Bornes and nearby villages: Gebelim, Soeima, Bornes...
- Protected area of **Albufeira do Azibo** and nearby villages such as Podence and Macedo de Cavaleiros.
- Caretos de Podence and other masks: Chocaleiro in Vale do Porco (December 25 and January 1) and Chocaleiro in Bemposta (December 26 and January 1). Festival of the 'Velhos' in Bruçó (December 25). Mogadouro Masks Meeting (end of December).
- **Vila Flor:** Main Church, Roman Fountain, Rua Nova, Solar dos Aguilares (Municipal Museum) and other emblazoned houses, Arch of D. Dinís, Pazo dos Lemos, Church of Misericórdia and several chapels.
- Lookout area of Nuestra Señora de la Asunción in Vilas Boas.
- **Mogadouro:** Castle, Clock Tower, Pillory, Archaeological Hall, Main Church and Church of San Francisco, etc. Fair of Gorazes (weekend of 15 October), Fair of "Amendoeiras em flor" (on the weekends of March) and Mushrooms Fair (second weekend of November).
- **Mirandela:** Olive and Oil Museum, Bridge over the River Tua, old town, Paço dos Távoras, Church of Misericórdia, Império Park, Armindo Teixeira Municipal Museum and others, Scenic Viewpoints, River Beaches. Festivities of N. Señora del Amparo (July 25, day of Santiago – first Sunday of August), Nacional Folk Festival, "Alheira" Fair, Festival of new olive oil tastes.

TRACK DOWNLOAD ON SECTION ROUTES (Format KML):



General safety notice available at the end of the Manual.

Route of the Olive trees - Trilho de Vale de Lobo



GENERAL DESCRIPTION

The route starts in Vale de Lobo village, specifically in the old building of the Community Oil Mill. For years, the anonymous and supportive traditional ability allowed rudimentary engineering to demonstrate its efficiency by maintaining the local economy through the valued oil from the olives of the area. Today, rehabilitated from the outside, not so much inside, it is not permanently open but can be visited thanks to the kindness of the local people who have the keys (or asking for it in the rural house "Vale de Lobo" of the village. There is a project to create in the future in this oil mill a museum, related to the history and production of oil, which would form part of the Olive and Oil Museum existing in Mirandela.

From here the marked path will take you to know the main church of Vale de Lobo, next to which the olive trees already appear to accompany from that moment on the entire route.

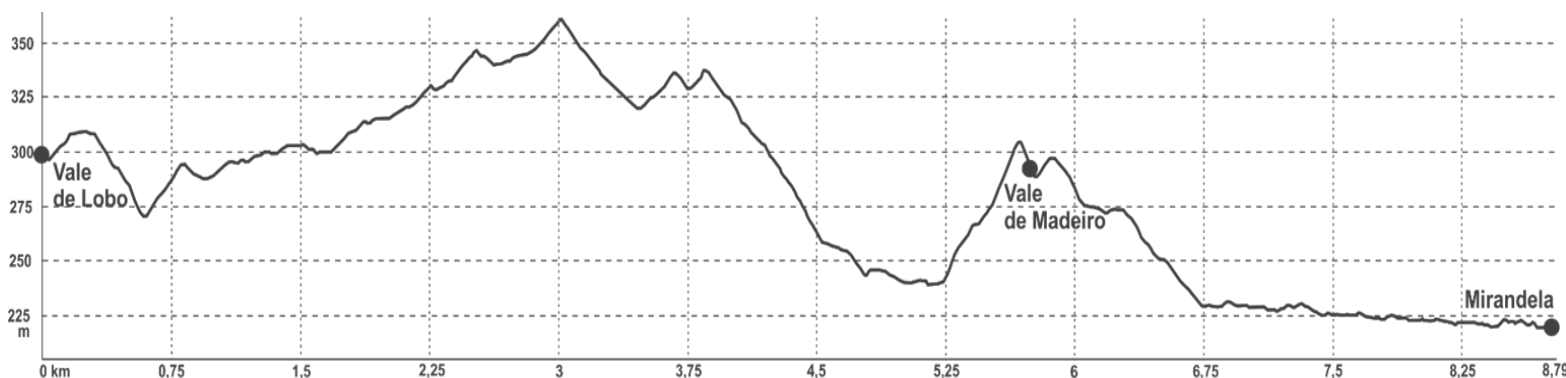
Crossing some area of abundant cork oak, the olive trees intermingle with them or completely dominate the landscape, giving shape and colour to the panoramic views depending on the time of the year.

The tour is achievable in any season, but especially recommended in spring or autumn, to be able to enjoy watching its flowering or fruiting, respectively.

Among the large extensions of "young" olive trees along the route, it is possible to locate several farms with specimens that surprise with the capricious shapes of their old logs. You may take into account that olive trees reach maturity and their maximum productivity from 35 to 150 years old. From the age of 150 years old they begin to aging, but they can maintain remarkable productivity for centuries and even millennia occasionally.

The itinerary will take you to Vale de Madeiro village where a modern mill that produces the brand "Magna Olea" is operational, an example of the great use that is made of these crops nowadays. Upon reaching Mirandela you should remember the interest of visiting the Olive and Oil Museum ("Museu da Oliveira e do Azeite") to complete the day.

PROFILE ALTIMETRY



MINIMUM ELEVATION 219 m MAXIMUM ELEVATION 361 m. CUMULATIVE ASCENT 258m CUMULATIVE DESCENT -337 m

ROUTE DETAILS

- **Location Area**
Concelho: Mirandela (P)
- **Start Point/Coordinates**
Vale de Lobo (Concelho de Mirandela)
N 41° 30.2893' W 7° 6.2366'
- **Type of Route**
Family Friendly ID: F11
- **Type of Circuit**
Linear
- **Distance**
8,8 km
- **Approximate Duration**
3 h
- **Level of Difficulty**
Low



REMARKS

The route runs through the territory of the Vale do Tua Regional Natural Park. The itinerary coincides entirely with the route called Trilho de Vale de Lobo (PR2 MDL) until you reach Mirandela, in which it is recommended to complement the tour with a visit to the Museu da Oliveira e do Azeite of the town. The Trilho is perfectly signposted and you can just follow the marks on the ground.

PRECAUTION: It is recommended to respect the distance with the farms and dogs around Mirandela, and close to its industrial zone, at the end of the route.



LEGEND

	START / END		INDICATION OF DIRECTION TO FOLLOW
	RELEVANT INDICATION		CHURCH
	CROSS		UNIQUE BUILDING
	TUNNEL		MUSEUM
	CHAPEL/HERMITAGE		PIGEON LOFT
	VIEWPOINTS		BRIDGE
	HAZARD		ROAD. DANGER: JUNCTION

TRACK DOWNLOAD ON SECTION ROUTES
(Format KML):



General safety notice available at the end of the Manual.

POINTS OF INTEREST and EVENTS

- **Mirandela:** Olive and Oil Museum, Bridge over the river Tua, old town, Paço dos Távoras, Church of Misericórdia, Império Park, Armindo Teixeira Municipal Museum and others, Scenic Viewpoints, River Beaches. Festivities of N. Señora del Amparo (July 25, day of Santiago – first Sunday of August), National Folk Festival, Fair of the “Alheira”, Festival of testes of new oil.
- **Romeu:** Traditional architecture of Trás-os-Montes, Museum of the curiosities.
- **Torre de Dona Chama:** Stone bridge over the Tuela river. Pillory, "verraco", main church. Festival of San Esteban (December 25-26).
- **Vila Flor:** Main Church, Roman Fountain, Rua Nova, Solar dos Aguilares (Municipal Museum) and other emblazoned houses, Arch of D. Dinís, Pazo de los Lemos, Church of Misericórdia and several chapels.
- Lookout area of Nuestra Señora de la Asunción in Vilas Boas.
- Festa dos Reis – Festa dos Rapazes in Vale de Salgueiro. Festival of San Esteban in Abreiro (December 26).
- Protected area of Albufeira do Azibo and nearby villages such as Podence and Macedo de Cavaleiros.
- Caretos de Podence (masks): Entrudo Chocaleiro and other Carnival events.
- **Alfândega da Fé:** Itineraries of history and public art. Main Church, Chapel of Casa dos Ferreira, Largo de Castelo, Church of Misericórdia, Clock Tower, Lagar d’El Rei, Solar do Visconde de Valpereiro, Chapel of San Sebastian, Casa Malfaia, Casa do Adro, Casa Grande, Court House to Câmara Municipal. Cherries Festival. "Sete Sois Sete Luas" Festival, Alfândega da Fé Theatre Festival, Vanguard Arts Festival.



Route of the Water - Pozo de los Humos



GENERAL DESCRIPTION

Water is a vertebrating element of the Meseta Ibérica Transboundary Biosphere Reserve. It is evident that the powerful watercourse of the River Duero marks its transboundary character and besides to be a border it also unifies the natural richness on both sides of the borderline.

For this reason, it is suggested to complement the family friendly route proposed from Masueco to "Pozo de los Humos" with the visit to some of the numerous points that the Duero offers for its contemplation and enjoyment: river beaches, boat trips from docks, viewpoints over different parts of the riverbed, waterfalls...

Everything will broaden the vision of the water that the route provides. The sense in which it is proposed to carry out the route allows you to leave Masueco and approach the area of orchards and crops of its surroundings. Not far away it will be possible to see typical "cigüeñales", utensils of popular tradition devised by ingenious anonymous engineers who for centuries have been able to extract and use water in the orchards, and even today, although many have fallen into disuse others continue operating after decades

The water of wells and streams has been, and will always be, a vital element for the maintenance of livestock and agroforestry activities that mark the landscape of the Reserve and the people lives. Moreover it is not difficult to find water troughs, community maintained and cleaned by neighbours. In addition, many animal species that are not given much attention make use of them, being potential observation points of aquatic macroinvertebrates and some species of amphibians (frogs, tritons...), depending on the time of year.

Later the path goes almost parallel to the course of a stream, accompanied by the typical riparian vegetation. The freshness provided by the stream makes pleasant the itinerary, especially in spring and autumn. The sound of the flow of water is intermingled with the singing of the numerous species of birds that like this type of habitat (robins, warblers, blackbirds...).

Finally, the strength of the water and the spectacular natural phenomena that it generates are evident when accessing the viewpoints of the Pozo de los Humos. An impressive waterfall in the course of the river Uces due to a geological fault in which the erosion of the water has exposed a wall of granite 50 m high, the largest in Spain, through which, especially in spring and after the autumn rains, it overflows and flows in free fall, forming an magnificent curtain of water.

ALTIMETRY PROFILE



MINIMUM ELEVATION 435 m MAXIMUM ELEVATION 681 m CUMULATIVE ASCENT 327m CUMULATIVE DESCENT -328 m

ROUTE DETAILS

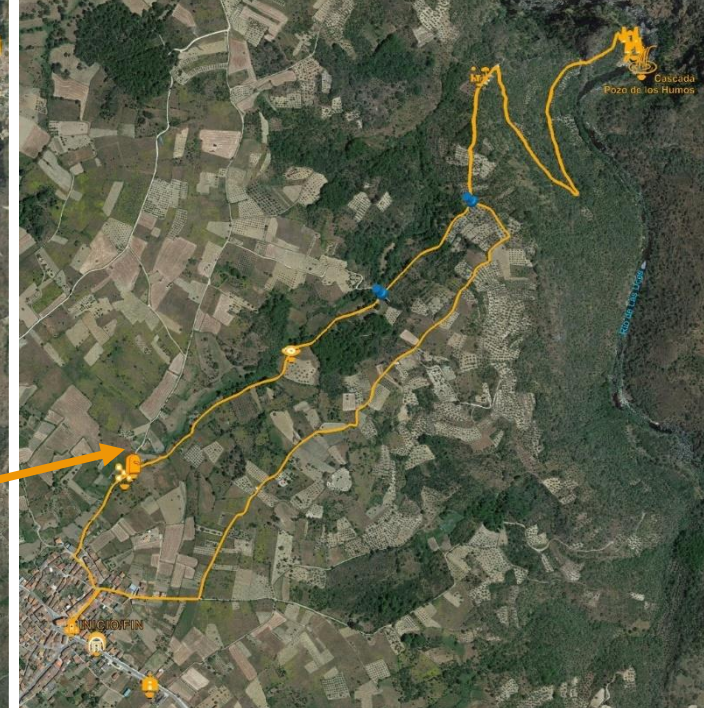
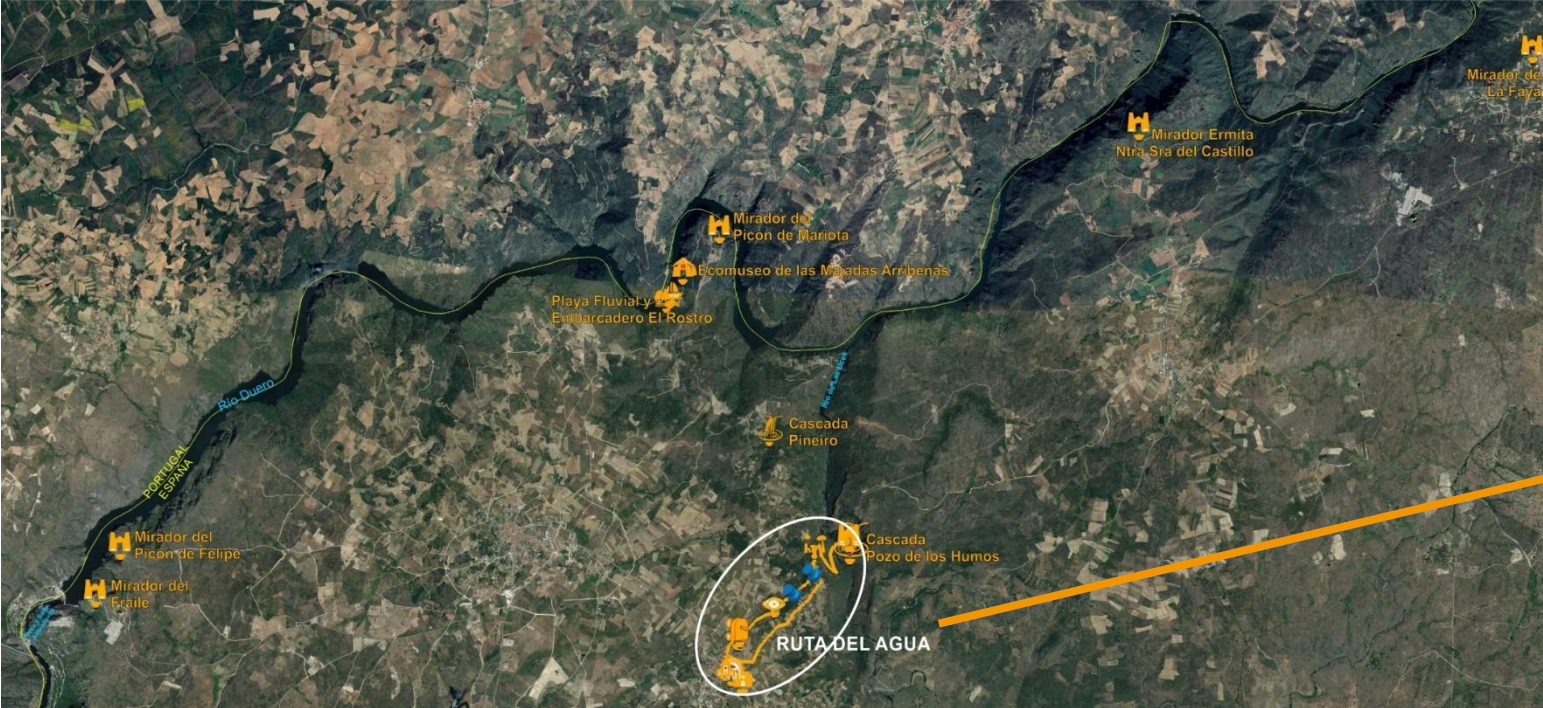
- **Location Area**
Aldeadávila de la Ribera (E)
- **Start point/Coordinates**
Masueco (Salamanca)
N 41° 12.1350' W 6° 35.1963'
- **Type of Route**
Family Friendly Route ID: F12
- **Type of Circuit**
Circular/Linear
- **Distance**
6,7 km
- **Approximate Duration**
2 h
- **Level of Difficulty**
Low



REMARKS

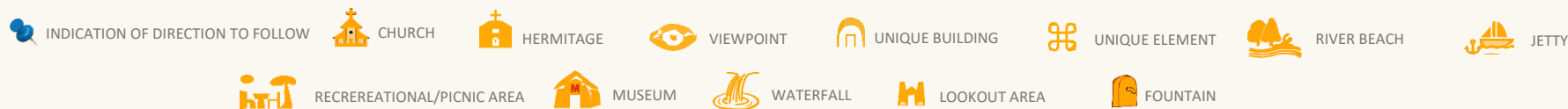
It runs through the Arribes del Duero Natural Park, so all the conditions established in the planning plans for this protected area must be respected.

The small parking area in the vicinity of the waterfall makes it inadvisable moving the car to the last accessible point, considering that only a stretch of approximately 1.2 km presents a slope that entails a slight effort to go down and come up. Despite this, it is a route with a great presence of tourists, so it is recommended caution due to the presence of vehicles on the roads.



LEGEND

FAMILY FRIENDLY ROUTE (F12) Route of the Water - Pozo de los Humos



POINTS OF INTEREST and EVENTS

- Reservoir of La Almendra.
- **Aldeadávila**: Monument to the goat herder. Church of San Salvador. Chapel of Santo Cristo del Humilladero.
- River beach and pier of El Rostro in Aldeadávila de la Ribera. Ecomuseum of the cowsheds of Arribes.
- Viewpoints: Picón de Mariota, Picón de Felipe, Picón del Fraile, La Faya and Teso de San Cristobal (Vilarino de los Aires), La Code (Mieza)
- Pineiro Waterfall
- **Pereña de la Ribera**: Parish church and hermitage. Viewpoint and hermitage of the Castle.
- Vilvestre (recreational area of La Barca and cruises), Vitigudino (Petrus, Museum of the Tower) and Barruecopardo (Museum of Mineralogy).
- **Saucelle**: Botanical path of Las Lavanderas, Viewpoints of Las Janas and Picón del Moro.
- Fermoselle (a town declared a historical ensemble; walls and castle; religious heritage; wine cellars; lookouts; cruise through the Douro; Centre of the Natural Park of Arribes del Douro; etc.).
- **Mogadouro**: Castle, Clock Tower, Pillory, Archaeological Hall, Main Church and San Francisco Church, etc.
- **Freixo de Espada à Cinta**: monumental ensemble with important examples of Manueline style, castle, Silk Museum, etc. Manuelino Market held at the end of June.
- **Bemposta**: dam, river beach and botanical micro-reserve (Quartel da Guarda and Gavilas). Chocalheiro of Bemposta (winter masks): December 26th and January 1st. In addition to other festivities and celebrations in the different villages.
- **Miranda do Douro**: castle, fortress, cathedral, churches, palaces and other heritage; shopping; lookouts; Terra de Miranda Museum; Mycological EcoCenter; Douro-Douro International Biological Station, environmental cruise through the Douro, etc.

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