FICHA TÉCNICA DO PERCURSO

LOCALIZAÇÃO DO PERCURSO

Travessia das Serras da Peneda e Soajo

PENEDAS AND SOJO MOUNTAIN TRAVERSE

ROUTE DESCRIPTION

The Peneda and Sojo Mountain Traverse, classified and waymarked as a long-distance path, runs through the whole of this mountain complex, making use of crags and granite pared trails that have navigated a mountain ecosystem full of contrast, sometimes soft and boleic, at other times grand and harsh.

Noteworthy in the landscape are signs of the toil and efforts of our predecessors in fitting the soil that is so scarce in these mountainous areas.

An example of this is the multitude of terraces that exist, attaining their peak of expression in the parish of Sistelo. Further expressions of this are found in the extensive groups of carefully maintained farming infrastructures such as stands, cornals, eavlings, wolf craps, salt-panning, stone pavements, irrigation systems, ditches and granaries.

The route passes through distinct habitats that shelter huge and diverse floral and faunal communities. We will come across Lux-gelatinous alowoods, waterlde woodlands, natural and semi-natural moss-and-fern moorlands, heaths and marshes. All this magnificent natural environment is still to be found one of the most emblematic of all Portuguese wild animals — the Bearded Wolf (Canis lupus signatus) With a wealth of faunal and geomorphological features are to be found, notable amongst which is the glaciated upper valley of the Rio Vea and the Peneda granite mass.

The historical and anthropological importance of this traverse finds expression consistently as you pass through the settlements, particularly the villages with communal systems and their associated summer settlements, impacting the art and unparalleled skill needed for survival in these mountainous areas.

It is in this context that we suggest to hill walkers and mountaineers this walk of several days duration, with its strong humus and natural components through landscapes that have been remodelled since ancient times.


REGULAMENTO DO PERCURSO

Não saia do percurso marcado e sinalizado.

Preste atenção às marcas.

Entra fazer reis e barrocos.

Respeite a propriedade privada. Feche portas e cercas.

Não abandone o liceu, tenha ato respecto local de recolha.

Não incomode os animais. Cuidado com o gado.

Não recolha plântulas, plantas ou rochas. Deve a instabilidade instaurar.

Fica lopo apena nos locais destinados para o efecto.

Esvazie o saco na embalagem.

Guarde o máximo cuidado nos dias de neve.

Utilize sempre botas de montanhismo impermeáveis e um chapéu.

TRAIL REGULATIONS

Do not go off the marked and sign-posted path. Pay attention to all markers.

Do not cross local roads.

Respect private property. Close all gates behind you.

Do not disturb animals. Be careful with live-stock.

Do not disturb animals. Be careful with live-stock.

Do not use nets, ropes, or anything else to catch the foxes.

Do not disturb animals. Be careful with live-stock.

Avoid walking along the mountain streams.

Avoid walking along the mountain streams.

Always wear proper walking boots and a waterproof jacket.


RELÉGUEM DO PARCOURS

Do not pass through villages and fields. Be aware of the habitats.

Show respect for the properties. Remain in the village boundaries.

Do not abandon the doches, even staying just to respect the laws of the countryside.

Do not devastate the environment. Leave stone walls with the same arrangement.

Do not go through the pasture, perform activities with a light touch.

Do not cross the ditches, the fences, the lower stone walls. Leave the lower stone walls.

Avoid touching the plants and flowers. Leave the entire area.

Avoid touching the plants and flowers. Leave the entire area.

Always avoid walking along the watercourses.

Always avoid walking along the watercourses.

A very proper walking boots and a waterproof jacket.

LA TRAVERSEE DES MONTAGNES PENEDA ET SOajo

Description du parcours

La traversée des montagnes de Peneda et Soajo, parcours classé au balnéaire de long court, parcourt tout un complexe montagneux, mais aussi charmants et chaleureux qu’ils énoncent un écosystème montagneux, de différentes contours, parfois sauvages et bruyantes, d’autres fois immenses et majestueuses.

Le parcours traverse des habitats qui intègrent une vaste et diversifiée communauté de faune et flore. On peut observer la présence de zones de chênes goudiard portugais, de bois de bord d’eau, de prairies naturelles et semi-naturelles de montagne, brèves et bocagés. Dans cet espace naturel, la faune est toujours présente, les espèces les plus emblématiques de la faune portugaise, le bearded wolf (Canis lupus signatus). Cette richesse géologique et paléontologique est dévoilée tout au long du parcours, dans la haute vallée de la rivière Vea, où l’on peut observer la silhouette de certaines des roches les plus impressionnantes de Peneda.

L’importance historique et anthropologique de cette traversée s’exprime de façon constante dans la traversée d’agglomérations populaires, notamment dans les villages communaux et leurs perspectives à suivre qui à travers l’histoire et le laisser incommensurables de la survie en terrains montagneux.

C’est dans ce contexte que nous proposons au montagnard une promenade de plusieurs jours, avec une forte composante humaine et naturelle, dans un territoire mouillé depuis la mégalithisme.