

**Pedestrian routes with GPS or cartographic orientation in the territory of the Peneda-Gerês National Park (PNPG) – July 2018**

Routes/Main aspects	Promoter entity/Information available	Current situation of the route	Situation over the Park's Management Plan
<p>1 <i>Planalto de Castro-Laboreiro</i></p> <p>Length: 15 km; duration approximately 8 hours; moderate difficulty, although its extension</p> <p>Beginning: in the forest route, situated on the right, just before the "branda" (temporary summer village) of Portos (following in the direction of Castro Laboreiro – Padrosoiro – Portos); ending in "Branda de Rodeiro".</p>	<p>ADERE-PG/PNPG</p> <p>Information available in ADERE-PG's website and in the PNPG's Gates</p>	<p>GPS or cartographic orientation</p>	<p>Can be done without prior authorization by groups <b>up to 10 participants.</b></p>
<p>2 <i>Percurso Lamas de Mouro – Peneda</i></p> <p>Length: 11,5 km; duration approximately 8 hours; moderate/high difficulty</p> <p>Starts at the PNPG's Gate in Lamas de Mouro, in Melgaço Council; ends at the Sanctuary of Senhora de Peneda, in the Parish of Gavieira.</p>	<p>ADERE-PG/PNPG</p> <p>Information available in ADERE-PG's website and in the PNPG's Gates</p>	<p>GPS or cartographic orientation</p>	<p>Can be done without prior authorization by groups <b>up to 15 participants.</b></p>
<p>3 <i>Percurso dos Romeiros</i></p> <p>Length: 10,5 km; duration approximately 8 hours; medium/high difficulty</p> <p>Starts at the chapel of "Senhor da Boa Morte", in the Inverneira – (temporary winter village) of Ameijoeira (Castro Laboreiro, Melgaço Council); ends at the Sanctuary of "Nossa Senhora da Peneda", in Peneda (Gavieira, Arcos de Valdevez Council)</p>	<p>ADERE-PG/PNPG</p> <p>Information available in ADERE-PG's website and in the PNPG's Gates</p>	<p>GPS or cartographic orientation</p>	<p>Can be done without prior authorization by groups <b>up to 15 participants.</b></p>
<p>4 <i>Percurso dos Bicos</i></p> <p>Length: 18 km; duration approximately 10 hours; medium/high difficulty</p> <p>Starts and ends at the PNPG's Gate in Mezio (Arcos de Valdevez Council)</p>	<p>ADERE-PG/PNPG</p> <p>Information available in ADERE-PG's website and in the PNPG's Gates</p>	<p>GPS or cartographic orientation</p>	<p>Can be done without prior authorization.</p>
<p>5 <i>Rota de Montanha de entre Fojos</i></p> <p>Length: 10 km; duration approximately 7 hours; high difficulty</p> <p>Starts and ends at the PNPG's Travanca camping</p> <p>Travanca - Cabana Maior, Arcos de Valdevez Council</p>	<p>ARDAL</p>	<p>Signed with <i>mariolas</i>.</p> <p>It is a mountain ascension, a route for mountaineers perfectly framed with the space and knowing in the techniques of mountain progression.</p>	<p>Can be done without prior authorization by groups <b>up to 15 participants.</b></p>
<p>6 <i>Percurso da Serra Amarela</i></p> <p>Length: 16 km; duration approximately 9 hours; high difficulty</p> <p>Starts at the PNPG's Gate in Lindoso Castle and ends alongside the Vilarinho da Furna Dam.</p>	<p>ADERE-PG/PNPG</p> <p>Information available in ADERE-PG's website and in the PNPG's Gates</p>	<p>GPS or cartographic orientation</p>	<p>Can be done without prior authorization by groups <b>up to 15 participants.</b></p>
<p>7 <i>Percurso do Pé de Cabril</i></p> <p>Length: 7 km; duration approximately 5 hours; medium/high difficulty</p> <p>Starts at Portela de Leonte, alongside the old Forestry Guard house and ends in the village of Campo do Gerês.</p>	<p>ADERE-PG/PNPG</p> <p>Information available in ADERE-PG's website and in the PNPG's Gates</p>	<p>GPS or cartographic orientation</p>	<p>Can be done without prior authorization by groups <b>up to 10 participants.</b></p>

8	<i>Percurso do Vale da Teixeira</i> Length: 10 km; duration approximately 6 hours; medium/high difficulty Begins on a forest track near Pedra Bela, then connects with an old path up to Vale da Teixeira; ends in Leonte.	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation	Can be done without prior authorization by groups <b>up to 10 participants.</b>
9	<i>Trilho da Vezeira</i> Length: 20,5 km; duration approximately 8 hours; high difficulty Fafião - Cabril, Montalegre Council	ADERE-PG Leaflet available in Associação Vezeira de Fafião	Signed with <i>mariolas</i> .	Can be done without prior authorization by groups <b>up to 10 participants.</b>
10	<i>Trilho da Construção Popular</i> Length: 8,5 km; duration approximately 3 hours; medium difficulty Fafião - Cabril, Montalegre Council	ADERE-PG Leaflet available in Associação Vezeira de Fafião	Signed with <i>mariolas</i> .	Can be done without prior authorization by groups <b>up to 15 participants.</b>
11	<i>Percurso de Paradela</i> Length: 20,5 km; duration approximately 10 hours; high difficulty Starts and ends at the PNPG's Gate in Paradela Paradela, Montalegre Council	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation <i>Hit by forest fires/2017</i>	Can be done without prior authorization by groups <b>up to 15 participants.</b>
12	<i>Percurso de Outeiro</i> Length: 21,5 km; duration approximately 10 hours; high difficulty Starts and ends at the PNPG's Gate in Paradela Paradela, Montalegre Council	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation <i>Hit by forest fires/2017</i>	Can be done without prior authorization.

1: ICNF's site: <http://www.icnf.pt/portal/turnatur/visit-ap/pnpg>

2: ADERE-PG's website: [adere-pg.pt/trilhos/percursos.php](http://adere-pg.pt/trilhos/percursos.php)

3: Melgaço Council site: [http://www.cm-melgaco.pt/portal/page/melgaco/portal\\_municipal/Turismo/Turismo\\_trilhos](http://www.cm-melgaco.pt/portal/page/melgaco/portal_municipal/Turismo/Turismo_trilhos)

4: ARDAL's site: <http://www.ardal.pt/modules/wfdownloads/>

5: Ecomuseu do Barroso site: <http://www.ecomuseu.org/Portuques/turismo/actividades2.php>

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### **Recommendations for your visit to the Park:**

#### **General rules of conduct**

#### **1. Activities of tourism and nature sports in PNPG must be exercised in strict compliance with the fundamental objectives that led to the elaboration of the planning of the Peneda-Gerês National Park and respect for its natural resources.**

#### **2. Practitioners of tourism and nature sports activities should undertake, in particular, the following rules of conduct:**

- a) Comply with the legislative environment for tourism and sports nature in protected areas;
- b) Respect the proper legislative framework of each activity, if they exist;
- c) Respect the indicated locations to practice each activity;
- d) Comply with the access and track set, as well as parking places;
- e) Comply with the conditions laid down regarding the sites, the number of practitioners and the time of year;
- f) Comply with warning signs;
- g) Ensure the maintenance of equipment, signage, access, parking and facilities or infrastructure to support practical activities as well as ensure the preservation of the environmental quality of each site and its surroundings;
- h) Avoid making noise;
- i) No spoon or damage plants or parts thereof, such as flowers or fruit or harvest or damage lichens, mushrooms or mineral samples;
- j) Do not disturb wildlife or the tranquillity of the places; fauna should be viewed from a distance, and preferably with binoculars or other suitable optical equipment;
- k) Do not damage elements of geological heritage;
- l) Do not damage architectural elements of cultural heritage and other existing buildings and equipment;
- m) Do not disturb the domestic animals of the resident population;
- n) Do not make any kind of heat;
- o) No picnicking outside the places intended for that purpose;
- p) Do not use detergents, soaps and other cleaning products off the premises and venues for that purpose;
- q) Do not abandon or deposit garbage out of containers intended for this purpose;
- r) Respect public and private property;
- s) Respect and follow the directions from the staff of PGNP, particularly the Nature Watchers, as well as other personnel with responsibilities for monitoring and control on the territory of the Park;
- t) Collect, if possible, injured wildlife and deliver them to ICNF, IP or the Service for the Protection of Nature and Environment of the National Republican Guard (SEPNA). In case of doubt or inability of collecting, the situation should be reported to those agencies;
- u) Promptly report to ICNF, I. P. or SEPNA (hotline Environment and Territory) accidents or environmental offenses detected.

#### **3. Practitioners of tourism activities and sports of nature shall meet the following general safety rules:**

- a) Planning and preparing timely activity, gathering all the information about the place where they intend to accomplish it;
- b) Never leave alone for the activity and inform others about the route and means to conduct and their schedules;
- c) Consult the weather forecast and ensure that conditions are suitable for the practice of the activity;
- d) Make sure you have clothing, footwear, food and materials. Always carry a small first aid kit and communication equipment in case you need to ask for help (whistle, mobile phone, radio); sun and seek for help.