

Pedestrian routes with conventional signalling on the ground in the territory of the Peneda-Gerês National Park (PNPG) – August 2018

Routes/Main aspects		Promoter entity/Information available	Current situation of the route	Situation over the Park's Management Plan
1	<p><i>Trilho do Megalitismo do Planalto de Castro Laboreiro</i></p> <p>Length 13,1 km; duration approximately 4 hours, 30 minutes; easy</p> <p>Location: Rodeiro, Castro Laboreiro, Melgaço Council</p>	<p>ADERE-PG (Peneda-Gerês National Park Development Association)</p> <p>A leaflet is available at ADERE-PG and in the Park's headquarters and Gates</p>	<p>Some signs are missing in the early part of the footpath. It can still be done with this warning.</p>	<p>Can be done without prior authorization by groups up to 10 participants.</p>
2	<p><i>Trilho de Lamas de Mouro</i></p> <p>Length 5 km; duration approximately 2 hours, 30 minutes; easy/moderate difficulty</p> <p>Location: Lamas de Mouro, Melgaço Council</p>	<p>PNPG's Gate in Lamas de Mouro/PNPG</p> <p>A leaflet is available in the PNPG's Gate in Lamas de Mouro, ICNF¹ site, ADERE-PG's site² or Melgaço Council site³</p>	<p>OK</p>	<p>Can be done without prior authorization.</p>
3	<p><i>Trilho Interpretativo de Castro Laboreiro</i></p> <p>Length 3 km; duration approximately 2 hours; moderate difficulty</p> <p>Location: Castro Laboreiro, Melgaço Council</p>	<p>PNPG (Peneda-Gerês National Park)</p> <p>A leaflet is available in the Park's headquarters, PNPG's Gates, ICNF¹ site, ADERE-PG's site² or Melgaço Council site³</p>	<p>OK</p>	<p>Can be done without prior authorization.</p>
4	<p><i>Trilho Castrejo</i></p> <p>Length 17 km; duration approximately 9 hours; medium/high difficulty</p> <p>Location: Castro Laboreiro, Melgaço Council</p>	<p>Iberian Mountaineering and Guidance Club</p> <p>A leaflet is available in the ICNF¹ site, ADERE-PG's site² or Melgaço Council site³</p>	<p>OK</p>	<p>Can be done without prior authorization.</p>
5	<p><i>Trilho da Peneda</i></p> <p>Length 8,2km; duration approximately 4 hours; medium difficulty</p> <p>Location: Gavieira, Arcos de Valdevez Council</p>	<p>ADERE-PG</p> <p>A leaflet is available in the ADERE-PG's site or in ICNF1 site</p>	<p>OK</p> <p>The board to initiate the footpath is lacking.</p>	<p>Can be done without prior authorization by groups up to 15 participants.</p>
6	<p><i>Rota Temática dos Peregrinos e Romeiros da Peneda - Rota de Sistelo</i></p> <p>Length 20 km; duration approximately 9 hours; medium difficulty</p> <p>Location: Sistelo, Arcos de Valdevez Council</p>	<p>ARDAL (Alto Lima Development Association)</p>	<p>It has some problems of signalling. It can still be done with this warning.</p>	<p>Can be done without prior authorization.</p>
7	<p><i>Trilho Curro da Velha</i></p> <p>Length: 7 km; duration approximately 4,30 hours; moderate/high difficulty</p> <p>Location: Castro Laboreiro, Melgaço Council</p>	<p>ADERE-PG</p> <p>A leaflet is available at ADERE-PG, in the Park's headquarters and Gates, in the ADERE-PG's site, in ICNF¹ site or Melgaço Council site³</p>	<p>OK</p>	<p>Can be done without prior authorization.</p>
8	<p><i>Trilho Pertinho do Céu</i></p> <p>Length: 6 km; duration approximately 3,30 hours; easy/moderate difficulty</p> <p>Location: Gavieira, Arcos de Valdevez Council</p>	<p>ADERE-PG</p> <p>A leaflet is available at ADERE-PG, in the Park's headquarters and Gates, in the ADERE-PG's site or in ICNF¹ site</p>	<p>It has some problems of signalling. It can still be done with this warning.</p>	<p>Can be done without prior authorization.</p>

9	<p><i>Trilho da Mistura das Águas</i></p> <p>Length: 4 km; duration approximately 2 hours (option 1) or 8,6 km, duration approximately 5 hours (option 2); easy</p> <p>Location: Gavieira, Arcos de Valdevez Council</p>	<p>ARDAL</p> <p>A leaflet is available in the PNPG's Gate in Mezio</p>	<p>Ok</p>	<p>Can be done without prior authorization.</p>
10	<p><i>Trilho do Ramiscal</i></p> <p>Length: 8 km; duration approximately 5 hours; moderate difficulty</p> <p>Location: Gavieira, Arcos de Valdevez Council</p>	<p>ARDAL</p> <p>A leaflet is available in the PNPG's Gate in Mezio, in the ARDAL's site⁴, in ICNF¹ site or in the ADERE-PG's site</p>	<p>We do not recommend this footpath.</p>	<p>Can be done without prior authorization.</p>
11	<p><i>Trilho das Brandas</i></p> <p>Length: 7.2 km; duration approximately 4 hours; easy</p> <p>Location: Gavieira, Arcos de Valdevez Council</p>	<p>ADERE-PG</p> <p>A leaflet is available at ADERE-PG, in the Park's headquarters, in the PNPG's Gates, in the ADERE-PG's site or in the ICNF¹ site</p>	<p>OK</p> <p>The board to initiate the footpath is lacking.</p>	<p>Can be done without prior authorization.</p>
12	<p><i>Rota Temática dos Peregrinos e Romeiros da Peneda - Rota dos Bicos</i></p> <p>Length: 17 km; duration approximately 8 hours; medium difficulty</p> <p>Location: Lombadinha (Gondoriz), Arcos de Valdevez Council</p>	<p>ARDAL</p> <p>A leaflet is available in the PNPG's Gate in Mezio</p>	<p>It has some problems of signalling. It can still be done with this warning.</p>	<p>Can be done without prior authorization by groups up to 10 participants.</p>
13	<p><i>Trilho Interpretativo do Mezio</i></p> <p>Length: 2 km; duration approximately 1 hour; easy</p> <p>Location: Mezio, Arcos de Valdevez Council</p>	<p>PNPG</p> <p>A leaflet is available in the Park's headquarters, at ADERE-PG, in the PNPG's Gates, in the ICNF¹ site and in the ADERE-PG's site²</p>	<p>Ok</p>	<p>Can be done without prior authorization.</p>
14	<p><i>Travessia das serras da Peneda e Soajo</i></p> <p>Length: 77 km; duration approximately 4 days; moderate/high difficulty</p> <p>Location: Mezio, Arcos de Valdevez Council</p>	<p>ARDAL</p> <p>A leaflet is available in the PNPG's Gate in Mezio and in the ICNF¹ site</p>	<p>We do not recommend this footpath.</p>	<p>Can be done without prior authorization.</p>
15/16	<p><i>Caminhos do Pão, Caminhos da Fé</i></p> <p>Length: 4,9 km; duration approximately 2 hours (short route) or 5,4 km; duration approximately 3 hours (long route); easy</p> <p>Location: Soajo, Arcos de Valdevez Council</p>	<p>ARDAL</p> <p>A leaflet is available in the PNPG's Gate in Mezio, in the ARDAL's site⁴, in ICNF¹ site or in the ADERE-PG's site</p>	<p>It has some problems of signalling. It can still be done with this warning.</p>	<p>Can be done without prior authorization.</p>
17	<p><i>Rota Temática dos Peregrinos e Romeiros da Peneda - Rota do Soajo</i></p> <p>Length: 15 km; duration approximately 7 hours; medium difficulty</p> <p>Location: (Lage, Soajo), Arcos de Valdevez Council</p>	<p>ARDAL</p>	<p>We do not recommend this footpath (hit by forest fires/2016).</p>	<p>Can be done without prior authorization.</p>

18	<i>Trilho do Ramil</i> Length: 4 km; duration approximately 2 hours; easy Location: Soajo, Arcos de Valdevez Council	ARDAL A leaflet is available in the PNPG's Gate in Mezio, in the ARDAL's site ⁴ , in ICNF ¹ site or in the ADERE-PG's site	We do not recommend this footpath.	Can be done without prior authorization.
19	<i>Trilho dos Moinhos de Parada</i> Length: 6 km; duration approximately 2,30 hours; moderate difficulty Location: Lindoso, Ponte da Barca Council	ADERE-PG A leaflet is available at ADERE-PG, in the Park's headquarters, in the PNPG's Gates, in the ADERE-PG's site ² and in the ICNF ¹ site	We do not recommend this footpath.	Can be done without prior authorization.
20	<i>Trilho do Penedo do Encanto</i> Length: 4 km; duration approximately 3 hours; easy Location: Lindoso, Ponte da Barca Council	ADERE-PG	We do not recommend this footpath.	Can be done without prior authorization.
21	<i>Trilho do Megalitismo de Britelo</i> Length: 11 km; duration approximately 3 hours; moderate difficulty Location: Britelo, Ponte da Barca Council	PNPG A leaflet is available in the Park's headquarters, at ADERE-PG, in the PNPG's Gates, in the ICNF ¹ site and in the ADERE-PG's site ²	OK	Can be done without prior authorization.
22	<i>GR Alto Minho – Etapa da Ponte da Barca</i> Location: Entre Ambos-os-rios, Ponte da Barca Council	Municipality of Ponte da Barca	Under development.	Can be done without prior authorization by groups up to 15 participants .
23	<i>PR Entre Ambos-os-rios - Ermida</i> Length: 14,8 km; duration approximately 5 hours; moderate difficulty Location: Entre Ambos-os-rios, Ponte da Barca Council	Municipality of Ponte da Barca	OK	Can be done without prior authorization.
24	<i>GR 34 - Trilho Interpretativo da Serra Amarela</i> Length: 35 km; duration approximately 24 hours; high difficulty Location: Ermida, Ponte da Barca council	Municipalities of Terras de Bouro and Ponte da Barca Information available in http://adere-pg.pt/serraamarela/	We do not recommend this footpath, for the moment.	Can be done without prior authorization by groups up to 10 participants.
25	<i>Trilho de Germil</i> Length: 6 km; duration approximately 3 hours; easy Location: Germil, Ponte da Barca Council	Municipality of Ponte da Barca A leaflet is available in the ICNF ¹ site and in the -PG's site ²	OK	Can be done without prior authorization.
26	<i>Geira (roman road)</i> Length: 10 km; duration approximately 5 hours; easy Location: Campo do Gerês, Terras de Bouro Council	Municipality of Terras de Bouro/PNPG A brochure is available in the PNPG's Gate in Campo do Gerês, in Terras de Bouro Council and its tourist offices	The footpath itself is ok, although there are some problems with the milestones information panels, which have been damaged.	Can be done without prior authorization by groups up to 10 participants .

27	<i>Trilho da Água do Sarilhão</i> Length: 9 km; duration approximately 3 hours; medium difficulty Location: Campo do Gerês, Terras de Bouro Council	Municipality of Terras de Bouro A brochure is available in the PNPG's Gate in Campo do Gerês, in Terras de Bouro Council and its tourist offices, at ADERE-PG website and in the ICNF ¹ site	We do not recommend this footpath.	Can be done without prior authorization.
28	<i>Trilho da Preguiça - Percurso interpretativo da Ecologia do Carvalhal</i> Length: 5 km; duration approximately 3 hours; medium difficulty Location: Vilar da Veiga, Terras de Bouro Council	PNPG A leaflet is available in the Park's headquarters, at ADERE-PG, in the PNPG's Gates, in the ICNF ¹ site and in the ADERE-PG's site ²	OK	Can be done without prior authorization by groups up to 10 participants.
29	<i>Trilho Interpretativo das Silhas dos Ursos</i> Length: 5 km; duration approximately 3 hours; medium difficulty Location: Vilar da Veiga and Campo do Gerês, Terras de Bouro Council	PNPG A leaflet is available in the Park's headquarters, at ADERE-PG, in the PNPG's Gates, in the ICNF ¹ site and in the ADERE-PG's site ²	OK Part of the access road is not in good state which can be an added difficulty for motor vehicles.	Can be done without prior authorization by groups up to 10 participants.
30	<i>Trilho Cidade da Calcedónia</i> Length: 7 km; duration approximately 4,30 hours; high difficulty Location: Covide, Terras de Bouro Council	Municipality of Terras de Bouro and ADERE-PG A brochure is available in ADERE-PG, in the PNPG's Gates, at ADERE-PG's website and in the ICNF ¹ site	We do not recommend this footpath (hit by forest fires/2017).	Can be done without prior authorization.
31	<i>Trilho dos Currais</i> Length: 10 km; duration approximately 5 hours; medium/high difficulty Location: Vilar da Veiga, Terras de Bouro Council	Municipality of Terras de Bouro A brochure is available in the PNPG's Gate in Campo do Gerês, in Terras de Bouro Council and its tourist offices, at ADERE-PG website and in the ICNF ¹ site	OK	Can be done without prior authorization.
32	<i>Trilho dos Miradouros</i> Length: 11 km; duration approximately 6 hours; high difficulty (steep slope) Location: Vilar da Veiga, Terras de Bouro Council	Municipality of Terras de Bouro	We do not recommend this footpath.	Can be done without prior authorization.
33	<i>Trilho de S. Bento</i> Length: 11 km; duration approximately 5 hours; medium/high difficulty Location: Rio Caldo and Covide, Terras de Bouro Council	Municipality of Terras de Bouro A brochure is available in the PNPG's Gate in Campo do Gerês, in Terras de Bouro Council and its tourist offices, at ADERE-PG website and in the ICNF ¹ site	We do not recommend this footpath.	Can be done without prior authorization.
34	<i>Trilho do Sobreiral da Ermida do Gerês</i> Length: 13,3 km; duration approximately 5 hours; medium difficulty Location: Ermida, Terras de Bouro Council	ATACE (Associação de Turismo de Aldeia Comunitária da Ermida) A brochure is available in the PNPG's Gate in Campo do Gerês, in Terras de Bouro Council and its tourist offices, at ADERE-PG website and in the ICNF ¹ site	OK	Can be done without prior authorization by groups up to 15 participants.
35	<i>Trilho do Fojo de Fafião</i> Length: 1,1 km; duration approximately 45 minutes; easy Location: Fafião and Cabril, Montalegre Council	PNPG For the moment there is no updated leaflet available.	OK For the moment, the board in the beginning of the footpath is lacking, but there are marks of right track.	Can be done without prior authorization.

36	<i>Trilho do Rio</i> Length: 21,8 km; duration approximately 10 hours; medium/high difficulty Location: Fiães do Rio, Covelães, Sezelhe and Cambezes do Rio, Montalegre Council	Ecomuseu do Barroso A brochure is available in Ecomuseu do Barroso, on its website, in the ICNF ¹ site or in ADERE-PG website.	OK	Can be done without prior authorization.
37	<i>Trilho do Fojo da Portela da Fairra</i> Length: 6 km; duration approximately 3 hours; easy Location: Parada - Outeiro, Montalegre Council	PNPG The layout of the footpath can be found in the ICNF ¹ site	OK	Can be done without prior authorization.
38	<i>Trilho de Pitões das Júnias</i> Length: 3,5 km; duration approximately 1,30 hours; medium difficulty Location: Pitões das Júnias, Montalegre Council	PNPG A brochure is available in the Park's headquarters, at ADERE-PG, in the PNPNG's Gates, in ADERE-PG's website and in the ICNF ¹ site	Part of the access road is not in good state which can be an added difficulty for motor vehicles. It can still be done with this warning. The Monastery ruins themselves are unstable so caution is advised.	Can be done without prior authorization.
39	<i>Trilho do Contrabando</i> Length: 11 km; duration approximately 3,30 hours; medium difficulty Location: Tourém, Montalegre Council	Ecomuseu do Barroso A brochure is available in Ecomuseu do Barroso, in the ICNF ¹ site or in ADERE-PG website.	OK	Can be done without prior authorization.
40	<i>Trilho de Tourém</i> Length: 3 km; duration approximately 2,30 hours; easy Location: Tourém, Montalegre Council	ADERE-PG A leaflet is available at ADERE-PG, in the Park's headquarter or in the ICNF ¹ site	OK It was signalled locally by Ecomuseu Barroso as "Trilho da Costa".	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

3: Melgaço Council site: 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/Portugues/turismo/actividades2.php>

Contacts:

PNPG (headquarters)

Av.ª António Macedo
4704 - 538 BRAGA
Tel.: + 351 253 203 480
Fax: + 351 253 613 169
E-mail: pnpg@icnb.pt

PNPG's Gate in Montalegre

Ecomuseu de Barroso
Terreiro do Açogue
5470-250 Montalegre
E-mail: ecomuseu@cm-montalegre.pt
Tel.: +351 276 518 320
Fax: +351 276 510 201

PNPG's Gate in Lamas de Mouro

Porto Ribeiro
4960-170 MELGAÇO
Tel.: + 351 251 465 013
Fax: + 351 251 465 014
E-mail: portadelamas@cm-melgaco.pt
Site: www.cm-melgaco.pt

PNPG's Gate in Campo do Gerês

4840-030 CAMPO DO GERÊS
Tel./Fax: + 351 253 351 888
E-mail: museudevilarinhodafurna@gmail.com
Site: www.cm-terrasdebouro.pt

PNPG's Gate in Mezio
4970-092 CABANA MAIOR
Telef: + 351 258 510 100
Fax: + 351 258 510 109
E-mail: portadomezio@ardal.pt

PNPG's Gate in Lindoso
Lugar do Castelo
4980-451 Lindoso
Telef: + 351 258 578 141
E-mail: portalindoso@cmpb.pt

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);