



Medoira stream, seen from the bridge

Help us protect biodiversity!
A part of Melgaço's area is located in Portugal's most important preserved area, **Peneda-Gerês National Park**, which is recognised as **World Biosphere Reserve by UNESCO**.

HIKING & DISCOVERING

This route goes from Lamas de Mouro to Parada do Monte.

In some points, it follows the course of the Mouro River, a tributary of the Minho River which markedly models the configuration of the terrain. The waterline path is predefined by the direction of the main fractures affecting the granite massif.

Shortly after passing the ruins of the Old Castro Laboreiro Dog kennel, cross the paved road and follow the dirt path that leads you close to the left bank of the Mouro River. A few metres away, cross the **Medoira Bridge (A)**, in Porto-Travassos, over the river with the same name, leading to Brandas De Travassos (about 1.2 km from the route) and Fitoiro, located at 950 and 900 metres altitude, respectively. These were used in the summer (June-August) for cattle grazing, due to the lack of food in the village since the fields were totally cultivated. Both tell the story of the Parada do Monte people and how they organized themselves as a community, adapting to the environment, basing their subsistence model on agriculture.

When crossing **Branda do Fitoiro (B)** you follow the dirt path, with a small detour along the old sidewalk, to Cortegada. After a few metres of tarmac, turn right next to the water line, a vital structure for

the conduction of water for irrigation. The water is used both in winter, in level irrigation, avoiding the damage to the marsh caused by severe frosts and low temperatures, and between June and October in the irrigation of maize fields or to move the mills.

At the end of **Abelheira waterline (C)** the path goes to the village of Parada do Monte and ends next to **Saint Jerome Alminhas (Shrine) (D)** which are the most emblematic of the parish. They are carved in a kind of altar attached to the wall of a house which was executed in carved granite by master Manuel José Gomes (S. Paio, Melgaço, 1825-1901), better known at the time as "Mestre do Regueiro".

Fauna: Roe deer (*Capreolus capreolus*), hoopoe (*Upupa epops*), black kite (*Milvus migrans*)



Gilbardeira



Corso

Flora: Chestnut (*Castanea sativa*), butcher's broom (*Ruscus aculeatus*), royal fern (*Osmunda regalis*)



Interactive experience at Porta de Lamas De Mouro



Mouro River, Além Village

Did you know Melgaço is a sustainable tourist destination? It is a model of excellence for tourists and of well-being for locals.

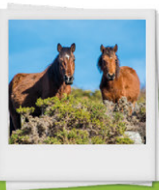


descubra
MELGAÇO
o destino de natureza
mais radical de Portugal

EN

PRECAUTIONS DURING THE TRAIL

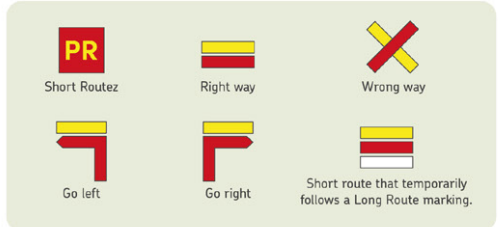
- Wear sensible clothes and shoes:** mountain boots, a hat and a raincoat.
- Do not disturb natural habitats.**
- Respect the signposted trail** and pay attention to the markings.
- Do not litter**, take the rubbish to the appropriate container.
- Respect private property.** Make sure all gates are closed.
- Do not make fire** and do not throw cigarettes on the floor.
- Leave nature unspoilt:** do not collect plants, animals or rocks.
- Do not start the trail** under severe weather conditions such as fog and snow.
- Avoid walking alone** in the mountain and always carry water.
- When there is high or very high risk of wildfires, **access might be limited.**
- Be polite** to locals.
- Beware of cattle.** Do not approach litters or cubs



AND REMEMBER...
Take only memories and photos. Do not leave anything but footsteps.

(*) The route can be travelled at any time of year, but some precautions should be taken in summer due to the high temperatures, and in winter due to the low temperatures, the possibility of fog and snowfall and the accumulation of water in some sections.

TRAIL SIGNPOSTING



USEFUL CONTACTS

- Melgaço City Hall**
+351 251 410 100
- Melgaço Firefighters**
+351 251 402 599
- Peneda Gerês National Park**
Porta PNPg Lamas de Mouro
+351 251 465 010
- Melgaço Police**
+351 251 404 960
- Emergency Line**
112

Pedestrian route registered and approved by:



Promoting organisation:
melgaço
município



discovermelgaço.pt

TOURIST INFORMATION OFFICE

Praça da República, 133
4960-567 Melgaço
T. +351 251 402 440
E. turismo@cm-melgaço.pt

PENEDA GERÊS NATIONAL PARK PORTA PNPg LAMAS DE MOURO

Lugar de Porto Ribeiro
4960-170 Lamas de Mouro
T. +351 251 465 010
E. portadelamas@cm-melgaço.pt

Co-funded by:



HIKING TRAIL NETWORK



- 1. Lamas de Mouro - Cevide 15,8 km
- 2. Castro Laboreiro - Lamas de Mouro 6,5 km
- 3. Castrejo 16,7 km
- 4. Interpretativo de Castro Laboreiro 5,2 km
- 5. Megalitismo 25,7 km
- 6. Rio Laboreiro 8,1 km
- 7. Inverneiras 6,0 km
- 8. Lamas de Mouro - Dorna 11,9 km
- 9. Interpretativo de Lamas de Mouro 4,4 km
- 10. Lamas de Mouro - Parada do Monte 9,3 km
- 11. Rio Mouro 18,4 km
- 12. Brandeiro 16,2 km
- 13. Vale Glacier do Vez 4,3 km
- 14. Aveleira 6,1 km
- 15. Curro da Velha 7,3 km
- 16. Transumância 10,3 km

TECHNICAL DATA

PR Linear

Starting point: Porta PNP - Lamas de Mouro
42°02'20.7"N 8°11'45.0"W

Ending Point: Parada do Monte
42°03'34.7"N 8°18'10.0"W

Distance: 9,3 km

Duration: 04h00 | - | -

Route Type: Landscape-Cultural

Difficulty: Something easy

Recommended season: All year (*)

Highest altitude: 890 meters

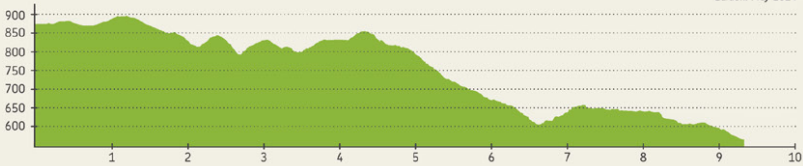
Lowest altitude: 565 meters

Positive elevation gain: 249 meters

Negative elevation gain: 553 meters



Elevation profile:



Edição: May 2024

CAPTION

- Starting point
- Trail marking
- Point of interest
- Milestone
- Primary roads
- Secondary roads
- Tertiary roads
- Preferred direction

How to read milestones:

