



Mouro Walkway

**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

Rivers are one of the most striking features of our landscapes. This route, which starts next to the old Primary School of Couso, goes along the Mouro River Valley, crossing the villages of Couso, Gave and Parada do Monte.

The Mouro River springs in Lamas De Mouro, runs about 30 kilometres and flows into the left bank of the Minho River, in Ponte de Mouro, Monção. Along the way, it provides an interesting contact with a rich and vast natural and landscape heritage, sustained in crystal-clear and refreshing waters and punctuated by paradisiacal places that appeal to contemplation and rest. Following the guidelines, the descent allows you to experience a unique moment started by meek bees (Buckfast bees). Continue until the river, where two contemporary iron bridges connecting Gave and Couso take the stand. They both allow you to appreciate the unique beauty of the crystal-clear Mouro River waters. We must highlight the **suspension bridge** for its structural beauty (A). Here you can enjoy the richness of a vast riparian gallery and great biodiversity to the relaxing sound of water.

The river has had an important role in the survival of populations since ancient times as seen in the impressive set of terraces. Agricultural terraces are structures that contradict the nature of slopes and allow man to develop agriculture in the most

inhospitable places. Crops like maize and vineyard colour the landscape. In Parada do Monte, you can appreciate a traditional vineyard (tendone method vine), set according to an ancient technique of which very few examples are left. Appreciate the magnificent natural amphitheatre made by the **terraces in this village (B)**.

Next to **Senhora da Vista and Senhor dos Aflitos Chapel, also known as Minhoteira (C)**, enjoy the calm and cool shade to the sound of water. When crossing the bridge, you can now step on the cobble stones of an old path from which you can access the must-see **walkways (D)** and waterfalls. From here, you walk to Cela village and then to Couso. Along this path, which will take you back to the starting point, you can appreciate a breathtaking view over the Mouro River Valley and the villages around it.

**Fauna:** River trout (*Salmo trutta*), water lizard (*Lacerta schreiberi*), Iberian frog (*Rana iberica*)



Truta-do-rio



Feto-pente

**Flora:** black willow (*Salix atrocinerea*), comb-fern (*Blechnum spicant*), elderberry (*Sambucus nigra*)



Buckfast Bees



Traditional Ramada (Tendone Method Vine)

**?** 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

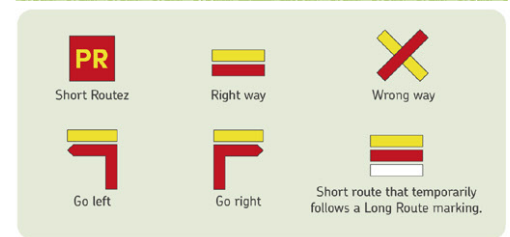
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## PRECAUTIONS DURING THE TRAIL

- 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

(\*) 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 PNPGLamas de Mouro  
+351 251 465 010
- Melgaço Police**  
+351 251 404 960
- Emergency Line**  
112

Pedestrian route registered and approved by:



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

MELGAÇO'S HIKING TRAIL NETWORK

PR 11 MLC **MOURO RIVER**

Promoting organisation:

**melgaço** município

[discovermelgaço.pt](https://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 PNPGLAMAS DE MOURO**

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

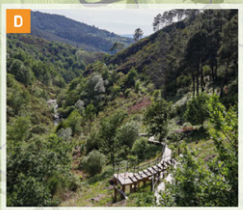
## HIKING TRAIL NETWORK



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 Glaciar do Vez 4,3 km
14. Aveleira 6,1 km
15. Curro da Velha 7,3 km
16. Transumância 10,3 km

## TECHNICAL DATA

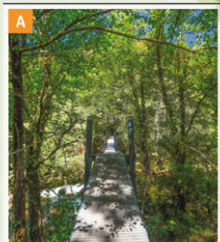
- PR Circular
- Starting point:** Couso  
42°03'34.7"N 8°18'10.0"W
- Ending Point:** Couso  
42°03'34.7"N 8°18'10.0"W
- Distance:** 18,4 km
- Duration:** 06h30 | - | -
- Route Type:** Landscape-Cultural
- Difficulty:** Very difficult
- Recommended season:** All year (\*)
- Highest altitude:** 664 meters
- Lowest altitude:** 279 meters
- Positive elevation gain:** 1004 meters
- Negative elevation gain:** 1004 meters



**MOURO RIVER WALKWAYS**  
Wooden and iron walkways that wind through part of the valley, allowing a privileged view of the valley itself and the parishes that rise above it. Take the opportunity to glimpse the rich and vast natural and landscape heritage, made up of villages, farmland, levadas (a canal built to carry irrigation water) and forest.



**CHAPEL OF SENHORA DA VISTA**  
From the 18th century, located next to the Mouro River. Also known as Minhoteira Chapel, it is celebrated on the first weekend of August. A great place to relax.



**PEDESTRIAN BRIDGE**  
Allows the passage between the two banks of the Mouro River, to facilitate enjoying the valley's natural beauty.



**PARADA DO MONTE TERRACES**  
These are human constructions, which contradict the nature of the steep slopes and allow man to take advantage of natural resources to develop agriculture. They are a distinctive element of the Mouro River valley landscape.

### Elevation profile:



### CAPTION

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

### How to read milestones:



Military Map of Portugal, sheets 4, 1/25000. IGeoE

500 m