



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

The Vez Glacier Valley Trail starts at Branda Da Aveleira, a mountain plateau at the northern end of Serra da Peneda.

The route starts next to a small and pleasant lake and heads towards the Chapel of Nossa Senhora da Guia.

Many rocky occurrences can and should be understood as many other documents of an even older history, processed over millions and millions of years. They are the memory of earth and life and are part of our natural heritage.

There are currently no glaciers in Portugal, but you can find traces of their existence. In the northwest mountains of Portugal, glacial remains are very frequent, namely in Serra da Peneda, a beautiful mountain, around 1400 m high, where marks of large icy masses resulting from the accumulation and compaction of thick layers of ice are confirmed.

Geologically speaking, in Branda Da Aveleira shales predominate. However, several traces of glacial deposits can be found when palming the territory. "Aborregado" rocks (D), polished and striated surfaces, moraines (C), "till" type deposits and erratic blocks (B) of granite based on the shale are frequent. These traces resulted from the last Quaternary glaciation, the Wurm glaciation.

Right after the beginning of the route, you reach the confluence of the Aveleira River with the Vez River. You slowly enter the valley through which the ancient glacier passed, thousands of years ago, formed by a huge mass of ice, shaping the surface of the mountain, forming the characteristic **U-shaped** (A) valley.

Fauna: Common buzzard (*Buteo buteo*), Iberian wolf (*Canis lupus signatus*), red fox (*Vulpes vulpes*)



Flora: Common broom (*Cytisus scoparius*), Heather (*Calluna vulgaris*), Hawthorn (*Crataegus monogyna*)



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

MELGAÇO'S HIKING TRAIL NETWORK

PR 13
MLG
**VEZ GLACIER
VALLEY**

Aveleira 4,3 Km - Circular Something easy

PRECAUTIONS DURING THE TRAIL

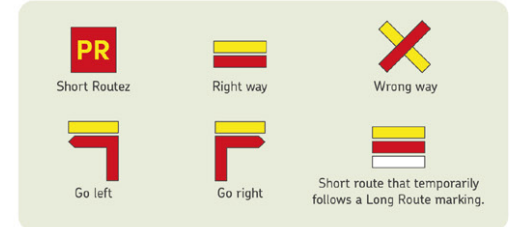
- Wear sensible clothes and shoes:** mountain boots, a hat and a raincoat.
- Do not disturb natural habitats.**
- Respect the signposted trail** and pay attention to the markings.
- Do not litter,** take the rubbish to the appropriate container.
- Respect private property.** Make sure all gates are closed.
- 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 PNP 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

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

**PENEDA GERÊS NATIONAL PARK
PORTA PNP 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:

TURISMO DE PORTUGAL

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: Aveleira
41°59'41.0"N 8°16'48.7"W

Ending Point: Aveleira
41°59'41.0"N 8°16'48.7"W

Distance: 4,3 km

Duration: 01h45 | - | -

Route Type: Landscape-Cultural

Difficulty: Something easy

Recommended season: All year (*)

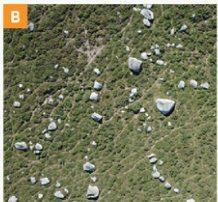
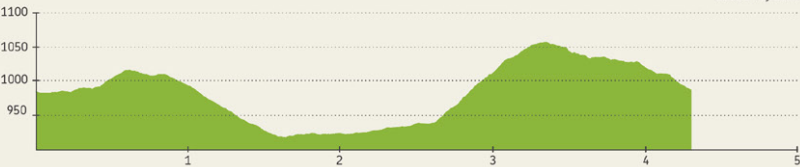
Highest altitude: 1057 meters

Lowest altitude: 918 meters

Positive elevation gain: 202 meters

Negative elevation gain: 202 meters

Elevation profile:



ERRATIC BLOCKS
Large size stone generally transported to distant places by glaciers and usually differ from native rock.



GLACIER MORAINE
Moraines are accumulations of rocks, with some density, caused by the melting of glaciers



"ABORREGADO" BOULDERS
Type of rock with rounded, polished, and grooved surfaces. They were part of the glacier bed and are named "Aborregados" (lambled) due to the visual effect they cause: resembling flocks of sheep (lambs).



VEZ GLACIER VALLEY
The glacier, a huge mass of ice extinct thousands of years ago, passed through this valley, shaping the surface of the mountain in the characteristic U-shape.

CAPTION

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

How to read milestones:

Identification of the trail

Kilometre

Military Map of Portugal, sheets 9, 1/25000. IGeoE

250 m