

Pena de Anamão

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

“Castrejo” route starts in the village of Castro Laboreiro, at the intersection of the church (next to the information panel).

It follows old paths dating back to the Middle Ages of which remain some old cobblestones and arch bridges that connected the “Brandas” to the “Inverneiras”. These population centres are a unique occupation form of the territory. “Brandas” are villages on high and sunny lands, more suitable for warm weather; and “Inverneiras” are settlements in sheltered valleys which allowed “castrejos” (locals) to protect themselves from the mountain winter harshness.

These paths are full of history and stunning natural wealth. Sometimes you cross lush oak forests; then, creeping and flowering bushes and even biodiverse riparian galleries.

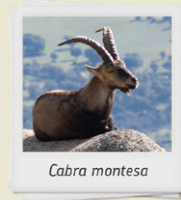
You walk through a territory where human occupation was done in close harmony with the environment, nowadays called “sustainable growth”, but which comes a long way among “Castros” (hill fort populations) in their relationship with the mountains and nature.

You must note the important cultural heritage: **Cava da Velha bridge** (B) (National Monument), the mill, the bridge and St. Brás Chapel. Next to the latter,

the **water mill**, used ingeniously in the past to grind cereals, further enriches the landscape. “**Bico De Patelo**” (C) is also a geological formation worthy of attention.

The granite outcrops are also a strong image of this mountain landscape.

Fauna: Iberian ibex (*Capra Pyrenaica*), white-throated dipper (*Cinclus cinclus*), Algerian psammotromus (*Psammotromus algerius*)



Cabra montesa



Raiz divina

Flora: strawberry tree (*Arbutus unedo*), honeysuckle (*Lonicera periclymenum*), thrift (*Armeria humilis*)

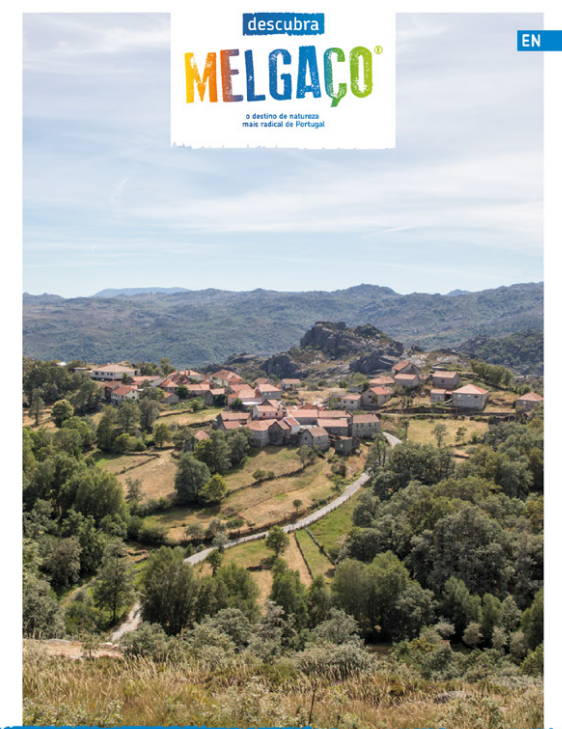


Bico do Patelo



Cava da Velha Bridge

? 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

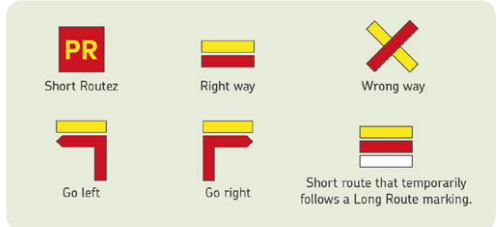
EN

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

(*) 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 3 MLG CASTREJO

Promoting organisation:

discovermelgaço.pt

TOURIST INFORMATION OFFICE

Praca 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



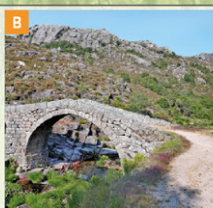
1. Lamas de Mouro - Cevide 15,8 km
2. Castro Laboreiro - Lamas de Mouro 6,5 km
- 3. Castrejo 16,7 km
4. Interpretativo de Castro Laboreiro 5,2 km
5. Megalitismo 25,7 km
6. Rio Laboreiro 8,1 km
7. Inverneiras 6,0 km
8. Lamas de Mouro - Dorna 11,9 km
9. Interpretativo de Lamas de Mouro 4,4 km
10. Lamas 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

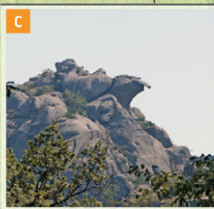
- PR Circular**
- Starting point:** Vila - Castro Laboreiro
42°01'49.9"N 8°09'33.6"W
- Ending Point:** Vila - Castro Laboreiro
42°01'49.9"N 8°09'33.6"W
- Distance:** 16,7 km
- Duration:** 06h00 | - | -
- Route Type:** Landscape-Cultural
- Difficulty:** Difficult
- Recommended season:** All year (*)
- Highest altitude:** 1119 meters
- Lowest altitude:** 749 meters
- Positive elevation gain:** 839 meters
- Negative elevation gain:** 839 meters



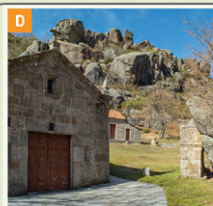
RAMISQUEIRA SWAMP
A small reservoir that takes advantage of the topography to store rainwater and runoff waters. It forms an aquatic habitat associated with a great biological diversity.



NEW BRIDGE OR CAVA DA VELHA BRIDGE
Classified as a national monument since 1986, originally built around the 1st century, and reformed in medieval times into a bridge with trestle board and two bows. It is a must-visit.



BICO DO PATELO
A granitic outcrop, whose end culminates in a huge beak-shaped rock, carved, over time, by wind and water erosion.



CHAPEL OF OUR LADY OF ANAMÃO
Marian invocation, flanked by oaks and chestnut trees. Pleasant place to restore strength in nature.

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, 5 and 9, 1/25000. IGeoE

500 m