



Overview of the Laboreiro River Valley

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 trail leads you through a pleasant route along the Laboreiro River, which springs in the plateau of Castro Laboreiro, on the western slope of the Laboreiro mountain range, near the Galician border, and crosses the entire territory. As it turns south, the river sets the border between the Peneda and Laboreiro mountain ranges. In its final section, of about 14 Km, it also sets the border between Portugal and Spain and flows into the Lima River.

The route starts in the village of Castro Laboreiro, and, shortly after, you will be at the interpretation centre. Then, you will reach a natural viewpoint to the Laboreiro waterfalls and the village's old bridge. In this mountain area, the waterfall crosses a steep slope and falls from the top of high rocky cliffs. Involved in this landscape, you can also appreciate the old water mills used in the past to grind rye, the essential raw material in the making of rye bread, the famous "castreja" bread.

Winding down the mountain, the Laboreiro banks are connected by bridges that various civilizations have built over time and are still standing today. In the final stretch of the route, you can cross **Varziela Bridge** (C). Of the numerous historical bridges that are preserved, Varziela is the one that presents the

greatest traces of the medieval period. However, some authors point out the medieval redesign of ancient Roman bridges, which would also have happened to this bridge.

These are some examples of the inexhaustible opportunities that the Laboreiro River has to offer. Throughout its extension it presents us with clear natural pools surrounded by giant cliffs and breath-taking waterfalls, the perfect ingredients to practice **canyoning** (D), a recreational exploration activity that allows us to visit and go through the most beautiful and hidden corners of this mountain river.

Fauna: otter (*lutra lutra*), Pyrenean desman (*Galemys pyrenaicus*), river trout (*salmo trutta fario*)



Lontra



Urze branca

Flora: common alder (*alnus glutinosa*), alpine ragwort (*senecio nemorensis*), giant heath (zz)

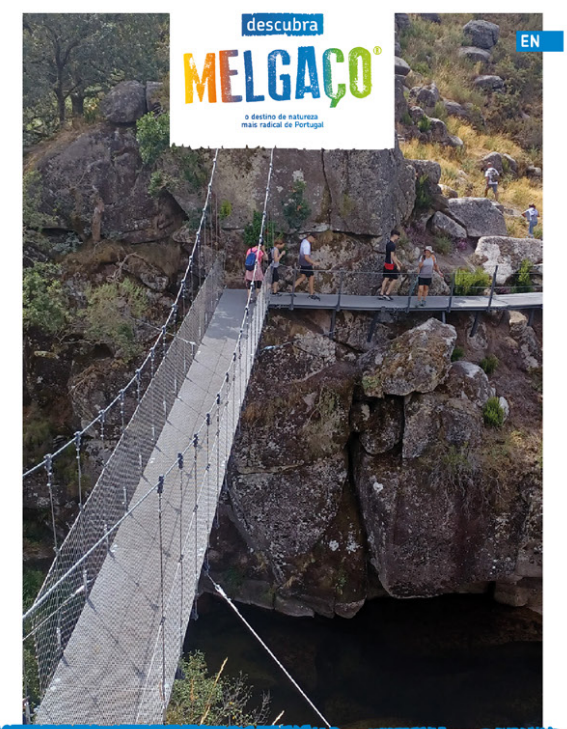


Waterfall, mills and bridge over the Laboreiro River



"Castreja" and the bread

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

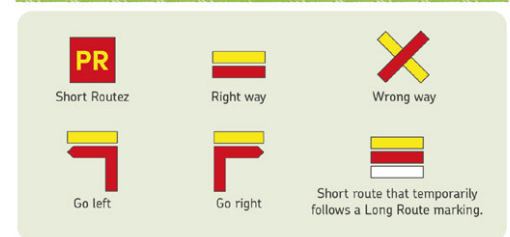
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PRECAUTIONS DURING THE TRAIL

- Wear sensible clothes and shoes:** mountain boots, a hat and a raincoat.
- Respect the signposted trail** and pay attention to the markings.
- Respect private property.** Make sure all gates are closed.
- Leave nature unspoilt:** do not collect plants, animals or rocks.
- Avoid walking alone** in the mountain and always carry water.
- Be polite** to locals.
- Do not disturb natural habitats.**
- Do not litter,** take the rubbish to the appropriate container.
- Do not make fire** and do not throw cigarettes on the floor.
- Do not start the trail** under severe weather conditions such as fog and snow.
- When there is high or very high risk of wildfires, access might be limited.**
- 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
- Peneda Gerês National Park**
Porta PNP G Lamas de Mouro
+351 251 465 010
- Melgaço Firefighters**
+351 251 402 599
- Melgaço Police**
+351 251 404 960
- Emergency Line**
112

Pedestrian route registered and approved by:



MELGAÇO'S HIKING TRAIL NETWORK

PR 6 MLG LABOREIRO RIVER

Castro Laboreiro 8,1 Km - Circular Very difficult



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

Promoting organisation:

melgaço
município

discovermelgaço.pt

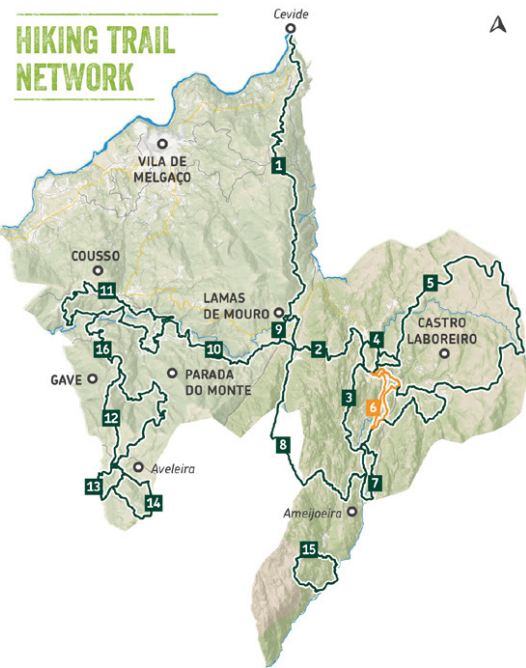
TOURIST INFORMATION OFFICE

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HIKING TRAIL NETWORK



- 1. Lamas de Mouro - Cevide 15,8 km
- 2. Castro Laboreiro-Lamas de Mouro 6,6 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 Glaciário 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: 8,1 km

Duration: 04h00 | - | -

Route Type: Landscape-Cultural

Difficulty: Very difficult

Recommended season: All year (*)

Highest altitude: 980 meters

Lowest altitude: 789 meters

Positive elevation gain: 486 meters

Negative elevation gain: 486 meters



CANYONING
It consists of going along rivers or streams using different techniques, and according to different levels of difficulty. It is a perfect way to discover breath-taking landscape.



VARZIELA BRIDGE
An arched bridge, with Roman foundation and rebuilt in the medieval era. There were several gold mines 60 metres away from the right bank which would have been explored by the Romans.



VARZIELA RIVER MOUTH
At the beginning of its course, the Varziela River is called "Corgo dos Portos" (Portos furrow). It is excellent to go canyoning. It flows into the Laboreiro River in a breath-taking place ("Poço do Carroucho").



WATERFALL VIEWPOINT & VILLAGE MILLS

Elevation profile:



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 4, 1/25000. IGeoE

250 m

Edition: May 2024