



Cava Da Velha 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

As you walk through the corners of this route, you get to know the valley of Inverneiras.

When turning south, the Laboreiro River digs a valley of vital importance for the survival of the inhabitants of this territory. Here, in deeper and sheltered places, you find Inverneiras, small population centres with stern buildings, which served as a counterpoint to Brandas (their summer equivalents located on the plateau), allowing families and their animals a haven of shelter during the harsh winter months (from Christmas to Easter).

The route starts in Inverneira da Ameijoeira, located right next to the border with Galicia, near Senhor da Boa Morte Chapel. A few metres away you find the famous **Contador Waterhole** (A), one of the best places in the region to go for a swim: always with plenty of water flow and a lot of sun exposure.

From here, the path continues to inverneira do Bago and leads to Cava Da Velha Bridge, in Assureira. The bridge, also known as the New Bridge, was originally built around the 1st century and later, in Medieval Ages, it was adapted and transformed into a bridge with trestle board and two arches. It was classified **National Monument** in 1986. As you descend, you reach the emblematic **Pontes Aqueduct** (B), about

60 metres long. It was intended for the irrigation of the village fields, which are 500 metres away. **Pontes** (C) was abandoned due to the rural exodus and the disappearance of this mountain way of life. As a result of a reconstruction project, its old houses have recently been transformed to welcome all those who want to appreciate the richness of the **local cultural heritage** (D) and take the opportunity to rest and enjoy the calm in harmony with nature. From here, the route continues to the starting point.

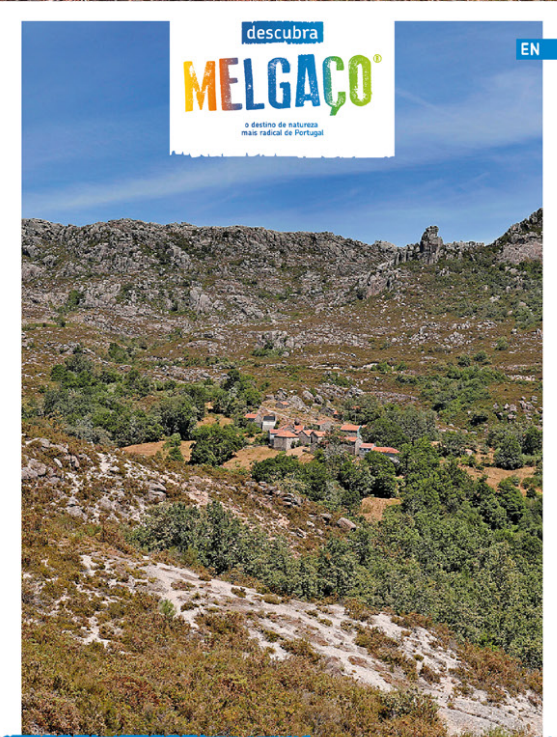
Fauna: Eurasian bullfinch (*Pyrrhula pyrrhula*), peregrine falcon (*Falco peregrinus*), Iberian wall lizard (*Podarcis hispanica*)



Flora: European blueberry (*Vaccinium myrtillus*), crocus-leaved romulea (*Romulea bulbocodium*), narrow-leaved ash (*Fraxinus angustifolia*)



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

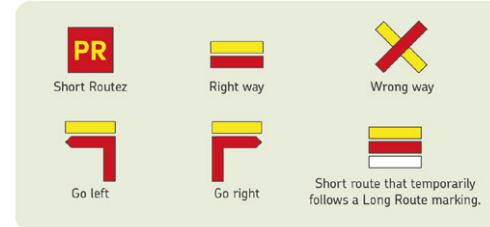
EN

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:



Promoting organisation:
melgaço
município



discovermelgaço.pt

TOURIST INFORMATION OFFICE

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4960-567 Melgaço
T. +351 251 402 440
E. turismo@cm-melgaço.pt

PENEDA GERÊS NATIONAL PARK
PORTA PNPGLAMAS DE MOURO

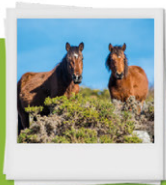
Lugar de Porto Ribeiro
4960-170 Lamas de Mouro
T. +351 251 465 010
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MELGAÇO'S HIKING TRAIL NETWORK

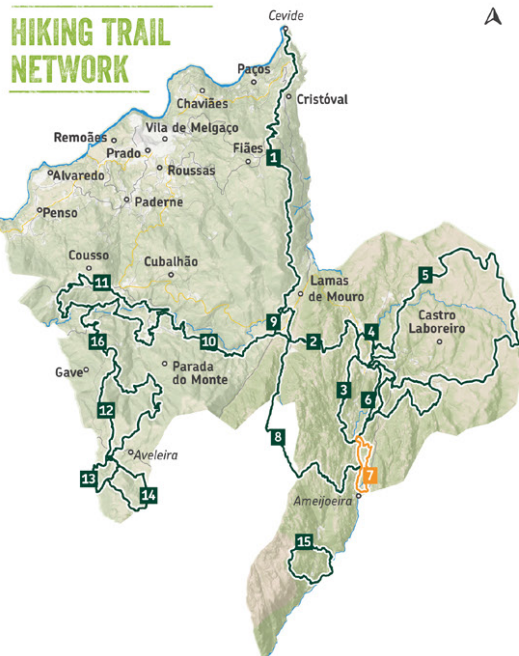
PR 7
MLG **INVERNEIRAS**

AND REMEMBER...

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



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 Glaciár 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:** Ameijoeira - Castro Laboreiro
41°59'06.2"N 8°09'30.1"W
- Ending Point:** Ameijoeira - Castro Laboreiro
41°59'06.2"N 8°09'30.1"W
- Distance:** 6,0 km
- Duration:** 02h30 | - | -
- Route Type:** Landscape-Cultural
- Difficulty:** Easy

Recommended season: All year (*)

Highest altitude: 830 meters

Lowest altitude: 714 meters

Positive elevation gain: 296 meters

Negative elevation gain: 296 meters



PONTES SHRINE AND AQUEDUCT
Built in the 1940s by the residents of Pontes, it was intended to route the waters of Pontes swamp, which is located next to Dorna Roman bridge. On the south side, there is a stone cross resting on a shrine (Alminhas).



PONTES INVERNEIRA
Pontes is a traditional inverneira that has been uninhabited for many years. The village has recently gained new life because of a tourist heritage enhancement project.

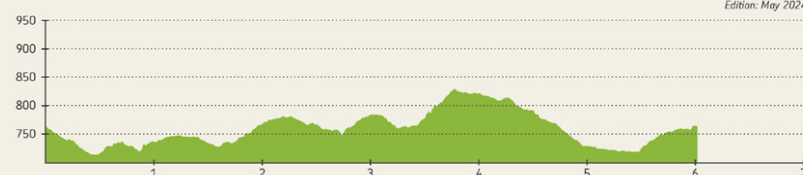


PONTES COMMUNITY OVEN
One of the most beautiful examples of this type of community infrastructure, so important in the life of mountain communities, at a time when bread was the families' livelihood.



CONTADOR WATERHOLE
One of the most beautiful places in the region; always with plenty of water flow and a lot of sun exposure. Named after the work to measure or "count" the flow of the water, to build the area's dam, in the 1930s.

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 9, 1/25000. IGeoE

250 m