



Castro Laboreiro Dog

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

From here, you go through a smooth path, following at approximately the same altitude and granting some amplitude of observation. If you look to your left side, into the horizon, an important rock formation appears on the slope of Serra da Peneda, as a result of granitic weathering, the **Castle koppie** (A) - particular form of inselberg ("Hill - Island"), castellated with dominant orthogonal and vertical fractures. This is one of the best examples of granitic geological forms of greater dimension in Peneda-Gerês National Park, and, therefore, an element to consider in the interpretation of the geological heritage of this region. Shortly after, you cross Porto Seco stream, the old **Veigas Bridge** (B) and you reach the leisure area under the same name. It is a large space with a picnic area, several wooden benches, and tables, as well as a children's playground and a sports centre. Just before the village of Vido, you will see the hill that will take you in a gradual ascent from 1000 to 1100 metres of altitude. Upon reaching the

highest point (approx. 1100 meters), you can enjoy a forest with **Scots pines and birches** (C), an important place of shelter for various faunal species. Just after the forest, the route heads north, **flanking a small wetland (hygoturf complex)** (D). A few metres further, you will begin a steep descent, through thickets and rocky outcrops, to Porta de Lamas De Mouro, an informative and interpretive tourist space about the National Park.

Fauna: red-billed chough (*Pyrrhocorax pyrrhocorax*), Iberian pointed Frog (*Discoglossus galganoi*), Iberian wolf (*Canis lupus signatus*)



Galha



Campanula

Flora: bellflower (*Campanula lusitanica*), mallow (*Mallow tournefortiana*), Scots pine (*Pinus sylvestris*)



Woods - Lamas de Moura



The Garrano horse

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

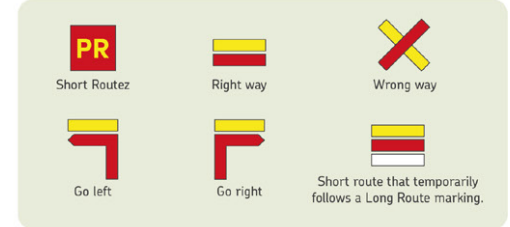
EN

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:

discovermelgaço.pt

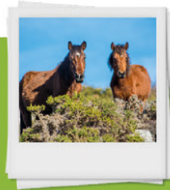
TOURIST INFORMATION OFFICE
Praça da República, 133
4960-567 Melgaço
T. +351 251 402 440
E. turismo@cm-melgaço.pt

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

MELGAÇO'S HIKING TRAIL NETWORK

PR 2 MLG CASTRO LABOREIRO - LAMAS DE MOURO

Castro Laboreiro → 6,5 Km - Linear - Something easy



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

Co-funded by:



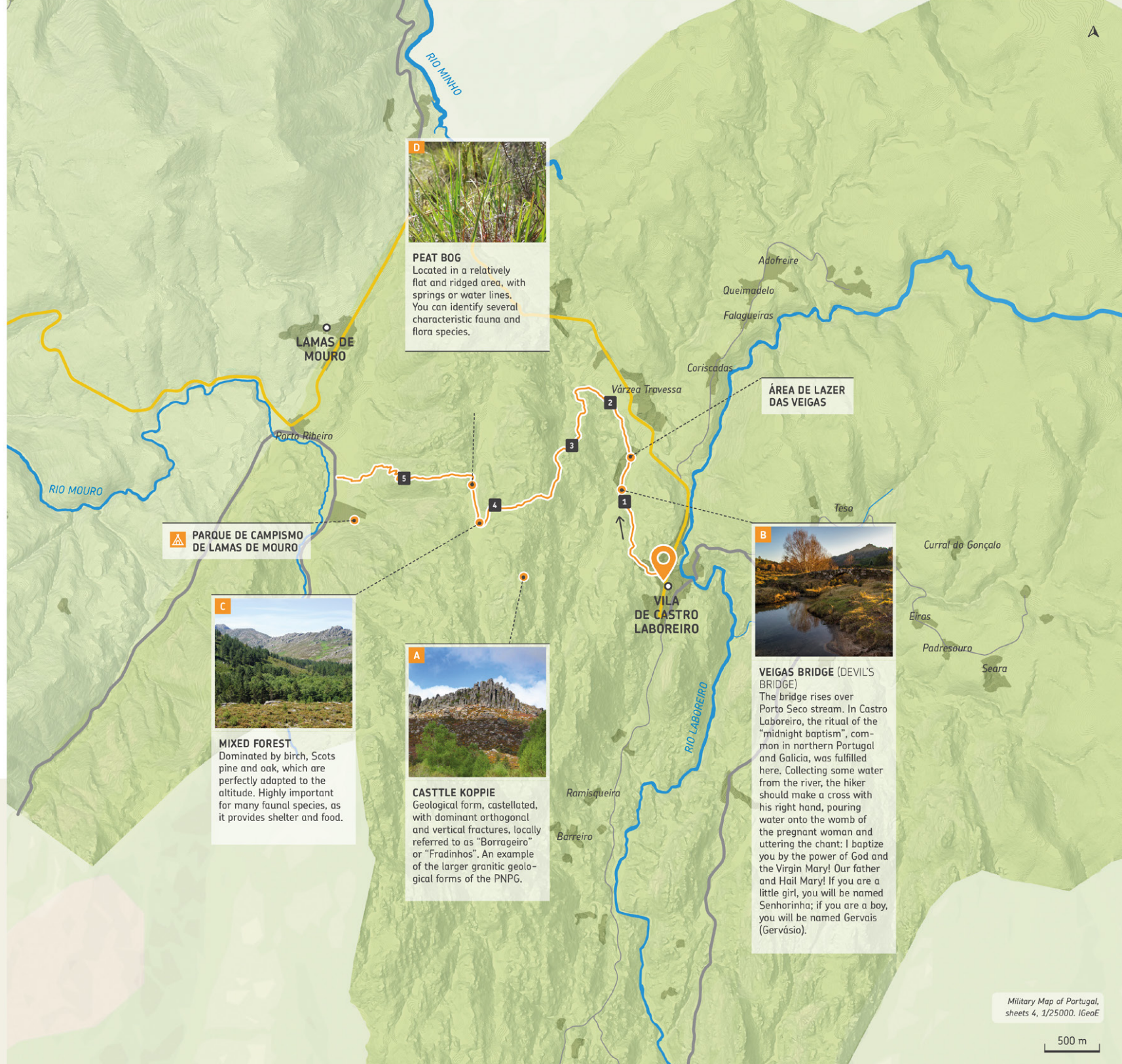
HIKING TRAIL NETWORK



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 Linear**
- Starting point:** Castro Laboreiro
42°01'49.9"N 8°09'33.6"W
- Ending Point:** Lamas de Mouro (Porta PNPg)
42°02'20.7"N 8°11'45.0"W
- Distance:** 6,5 km
- Duration:** 02h45 | - | -
- Route Type:** Landscape-Cultural
- Difficulty:** Something easy
- Recommended season:** All year (*)
- Highest altitude:** 1095 meters
- Lowest altitude:** 869 meters
- Positive elevation gain:** 322 meters
- Negative elevation gain:** 249 meters



D

PEAT BOG
Located in a relatively flat and ridged area, with springs or water lines. You can identify several characteristic fauna and flora species.

PARQUE DE CAMPISMO DE LAMAS DE MOURO

C

MIXED FOREST
Dominated by birch, Scots pine and oak, which are perfectly adapted to the altitude. Highly important for many faunal species, as it provides shelter and food.

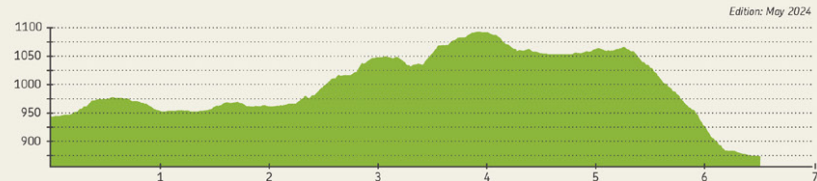
A

CASTLE KOPPIE
Geological form, castellated, with dominant orthogonal and vertical fractures, locally referred to as "Borrageiro" or "Fradinhos". An example of the larger granitic geological forms of the PNPg.

B

VEIGAS BRIDGE (DEVIL'S BRIDGE)
The bridge rises over Porto Seco stream. In Castro Laboreiro, the ritual of the "midnight baptism", common in northern Portugal and Galicia, was fulfilled here. Collecting some water from the river, the hiker should make a cross with his right hand, pouring water onto the womb of the pregnant woman and uttering the chant: I baptize you by the power of God and the Virgin Mary! Our father and Hail Mary! If you are a little girl, you will be named Senharinha; if you are a boy, you will be named Gervais (Gervásio).

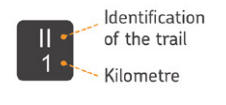
Elevation profile:



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