

Rodeiro Waterfall

**! 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 route goes from the village of Castro Laboreiro towards Branda do Rodeiro. It takes you through the "castrejo" plateau, a territory that has kept striking traces of the past.

As you thread your way through the plateau and Serra do Laboreiro unfolds to the so-called "Raia Seca", the land border with Galicia, there is a prehistoric sacred space witnessed in the landscape by capstones or dolmens that are grouped in relatively restricted nuclei, forming a large necropolis, which indicates the collective and symbolic importance of this place.

The Megalithic Necropolis dates to the middle/late Neolithic to the Bronze Age and is one of the largest and most important in the Iberian Peninsula. The remaining monuments are spread over an area of about 50 km<sup>2</sup>, at an altitude of more than 1100 meters and in good condition, thanks to their location. Most of the capstones still preserve the megalithic dolmen.

The nucleus of Alto da Portela do Pau (A) is the only one in this extensive area that has undergone archaeological investigation. As a result, one of the monuments was partially reassembled for visits. The engraved motifs and faint traces of painting on the pillars are still visible.

The most prominent monument in this place is the **Mota Grande**, the largest capstone of the plateau, already in Galician territory.

This cultural heritage coexists harmoniously with another treasure of natural heritage, the **atlantic peatlands (B)** which can only be found in mountain areas above 800 meters and in waterlogged areas. Once abundant, today they are a rare habitat in Portugal, but with enormous ecological importance.

The route extends to other Brandas and goes through some Inverneiras, and then you find the way back to the starting point.

**Fauna:** Montagu's harrier (*Circus pygargus*), whinchat (*Saxicola rubetra*), Iberian wolf (*Canis lupus signatus*)



Tartaranhão caçador



Bolas de algodão

**Flora:** Common cottongrass (*Eriophorum angustifolium*), common sundew (*Drosera rotundifolia*), groundsels (*Senecio legionensis*)

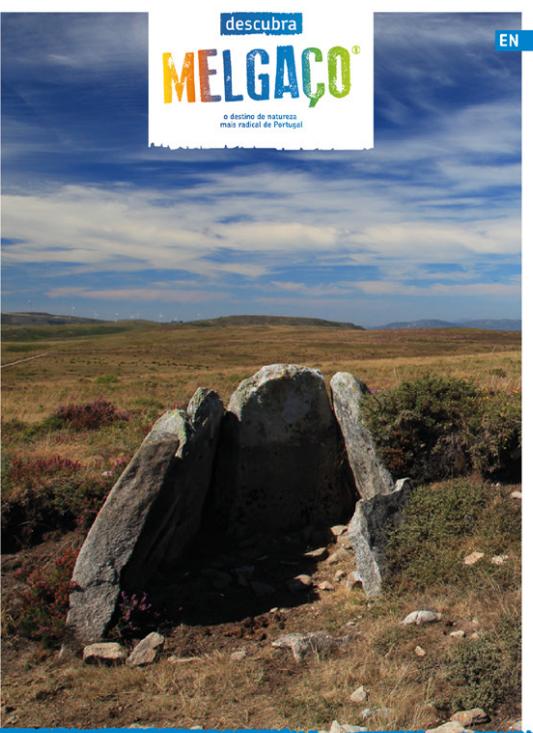


Garrano horses, Castro Laboreiro Plateau



Extensive livestock, Castro Laboreiro plateau

**? 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 5  
MLG  
**MEGALITHISM**

Castro Laboreiro 25,7 Km - Circular - Difficult

## 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.

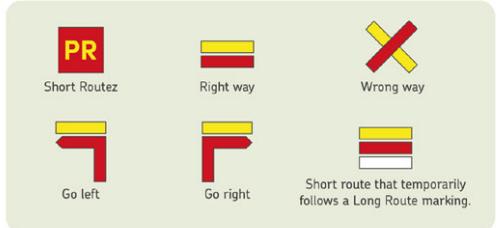


**AND REMEMBER...**  
Take only memories and photos. Do not leave anything but footsteps.



(\*) 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 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**

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

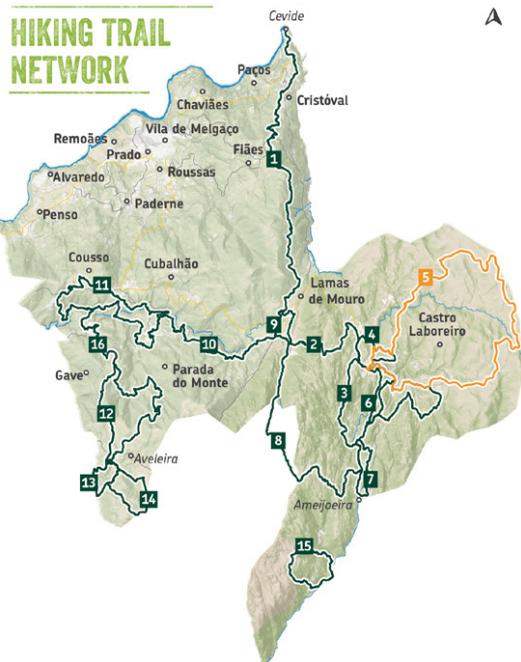
**PENEDA GERÊS NATIONAL PARK PORTA PNPGLAMAS DE MOURO**

Lugar de Porto Ribeiro  
4960-170 Lamas de Mouro  
T. +351 251 465 010  
E. portadelamas@cm-melgaço.pt

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 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:** 25,7 km
- Duration:** 07h30 | 02h30 | 03h15
- Route Type:** Landscape-Cultural
- Difficulty:** Difficult
- Recommended season:** All year (\*)
- Highest altitude:** 1274 meters
- Lowest altitude:** 884 meters
- Positive elevation gain:** 682 meters
- Negative elevation gain:** 682 meters



**ALTO DA PORTELA DO PAU**  
The only nucleus of dolmens in this extensive area that has undergone archaeological investigation. As a result, one of the monuments was partially reassembled for visits.



**QUINGOSTA STONE CROSS**  
Stone cross (religious architecture), 18th century (according to the engraved date - 1860) in granite. It would have been built to protect the place in periods of greater difficulty.

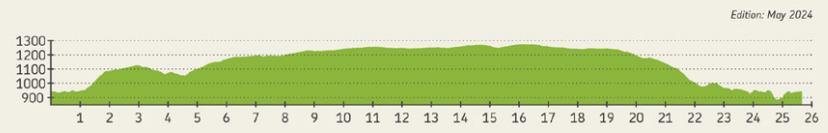


**CAINHEIRAS BRIDGE**  
Roman Foundation Bridge, probably from the 1st or 2nd centuries. It connected the village of Castro Laboreiro to Geira Via Romana, in Lobios (Galicia).



**LAMA DAS PATICÁRNIAS PEATLANDS (LABOREIRO SPRING)**  
(Priority and rare habitat in Portugal) - Peatlands arise in waterlogged areas where we can identify several rare faunal and floristic species, characteristic of this habitat, namely carnivorous plants.

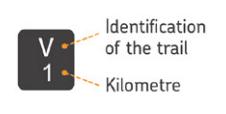
### Elevation profile:



### 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 and 5, 1/25000. iGeoE

500 m