

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.

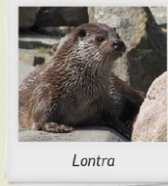
The route starts in the village of Castro Laboreiro, and, shortly after, you will be at the interpretation centre. Then, you will reach a natural viewpoint to the Laboreiro waterfalls and the village's old bridge. In this mountain area, the waterfall crosses a steep slope and falls from the top of high 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 "castrejo" 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



"Castrejo" 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
a destino de natureza
mais radical de Portugal

EN

MELGAÇO'S HIKING TRAIL NETWORK

PR 6
MLG **LABOREIRO RIVER**

Castro Laboreiro 8,1 Km - Circular Very difficult

PRECAUTIONS DURING THE TRAIL

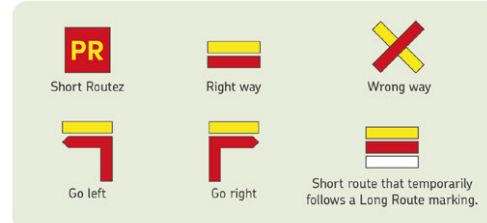
- Wear sensible clothes and shoes:** mountain boots, a hat and a raincoat.
- Do not disturb natural habitats.**
- Respect the signposted trail** and pay attention to the markings.
- Do not litter,** take the rubbish to the appropriate container.
- Respect private property.** Make sure all gates are closed.
- 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

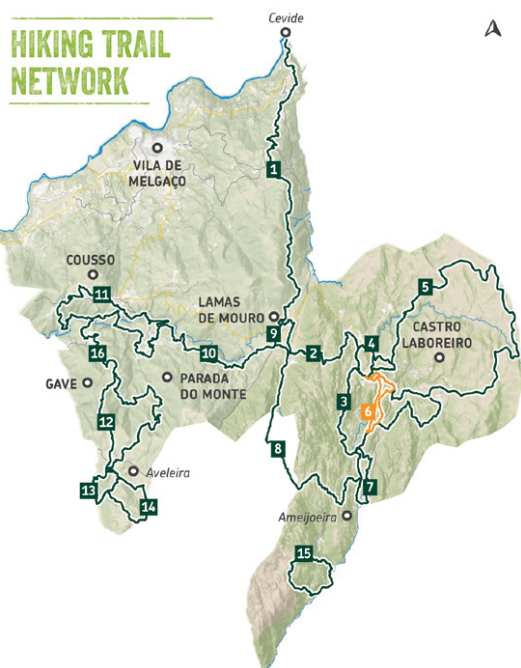
TOURIST INFORMATION OFFICE

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

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 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

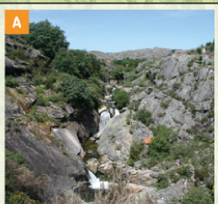
- PR Circular
- Starting point:** Vila - Castro Laboreiro
42°01'49.9"N 8°09'33.6"W
- Ending Point:** Vila - Castro Laboreiro
42°01'49.9"N 8°09'33.6"W
- Distance:** 8,1 km
- Duration:** 04h00 | - | -
- Route Type:** Landscape-Cultural
- Difficulty:** Very difficult
- Recommended season:** All year (*)
- 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.



WATERFALL VIEWPOINT & VILLAGE MILLS



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

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

250 m