



Bridge of Lamas De Mouro

1 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 interpretive route begins and ends at Porta de Lamas De Mouro, one of the entrances to the Peneda-Gerês National Park (PNPG).

Take the opportunity to visit this space dedicated to the reception, recreation, information and environmental education of PNPG visitors. Exhibitions and various interactive applications, with a strong visual and sound component, allow you to "travel" and discover the territory.

As soon as you start the route, you cross a small forest area and, at the same time, you enjoy the water line of the Mouro River. The route develops towards the village of Lamas De Mouro allowing an interpretation not only of the surrounding natural heritage, but also of a whole cultural tradition associated to mountain life.

The origin of this village dates back to the Middle Ages. It grew around the affectionate **religious temple** (D) that formerly functioned as a baptistry of the neighbouring villages.

Other testimonies that show the community experience are materialized in the picturesque Porto-Ribeiro Bridge, the old **Sundial** (B), the mill (A) and the community oven (C), all built from rough granite.

In the last stage of the route, you can enjoy a landscape where areas covered by undergrowth stand out with Serra da Peneda in the background. This is a short route, which gives you a very comprehensive view of different habitats (forest, riparian gallery, mountainous area and low bushes) which reflects its important landscape and natural wealth.

Fauna: Eurasian jay (*Garrulus glandarius*), red squirrel (*Sciurus vulgaris*), Eurasian nuthatch (*Sitta europaea*)



Esquilo-vermelho



Fel-da-terra-rastejante

Flora: Perennial centaury (*Centaureum portense*), foxglove (*Digitalis purpurea*), common oak (*Quercus robur*)



Lamas De Mouro Leisure Area



Garranos horses

? 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

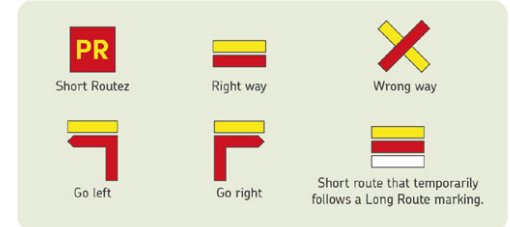
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PRECAUTIONS DURING THE TRAIL

- Wear sensible clothes and shoes:** mountain boots, a hat and a raincoat.
- 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 PNPG Lamas de Mouro
+351 251 465 010
- Melgaço Police**
+351 251 404 960
- Emergency Line**
112

Pedestrian route registered and approved by:



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

MELGAÇO'S HIKING TRAIL NETWORK

PR 9 MLG INTERPRETATIVE OF LAMAS DE MOURO

Promoting organisation:

melgaço município

discovermelgaço.pt

TOURIST INFORMATION OFFICE

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PENEDA GERÊS NATIONAL PARK PORTA PNPG LAMAS DE MOURO

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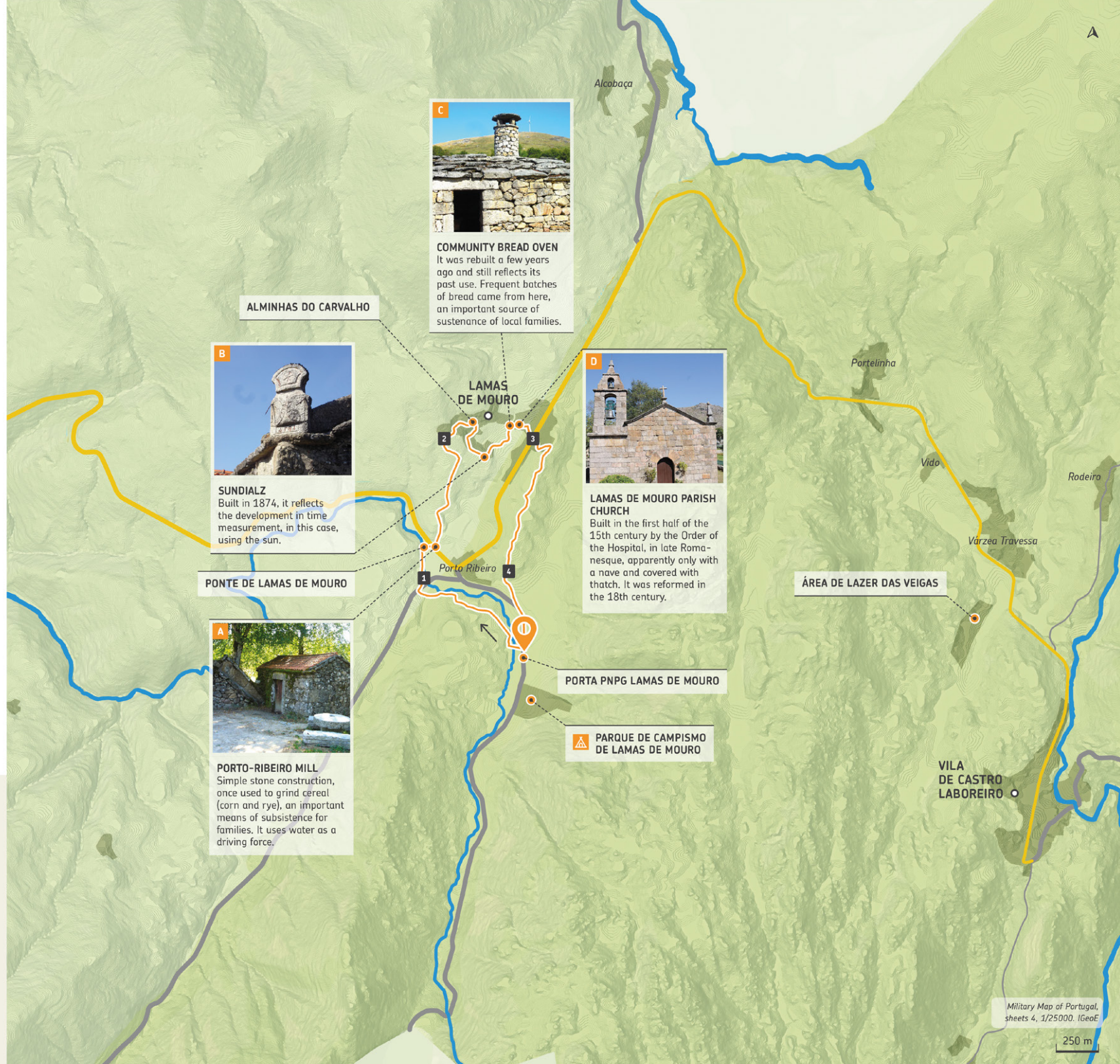
HIKING TRAIL NETWORK



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. Avelreira 6,1 km
15. Curro da Velha 7,3 km
16. Transumância 10,3 km

TECHNICAL DATA

- PR Circular**
- Starting point:** Porta PNPg - Lamas de Mouro
42°02'20.7"N 8°11'45.0"W
- Ending Point:** Dorna - Castro Laboreiro
42°02'20.7"N 8°11'45.0"W
- Distance:** 4,4 km
- Duration:** 02h00 | - | -
- Route Type:** Landscape-Cultural
- Difficulty:** Easy
- Recommended season:** All year (*)
- Highest altitude:** 940 meters
- Lowest altitude:** 864 meters
- Positive elevation gain:** 135 meters
- Negative elevation gain:** 135 meters



SUNDIALZ
Built in 1874, it reflects the development in time measurement, in this case, using the sun.



COMMUNITY BREAD OVEN
It was rebuilt a few years ago and still reflects its past use. Frequent batches of bread came from here, an important source of sustenance of local families.

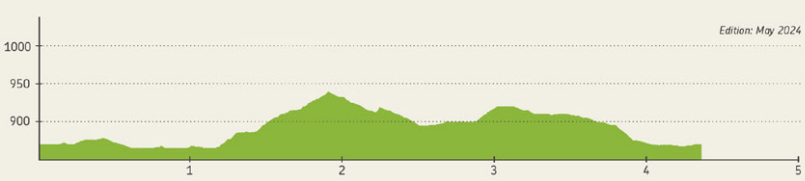


LAMAS DE MOURO PARISH CHURCH
Built in the first half of the 15th century by the Order of the Hospital, in late Romanesque, apparently only with a nave and covered with thatch. It was reformed in the 18th century.



PORTO-RIBEIRO MILL
Simple stone construction, once used to grind cereal (corn and rye), an important means of subsistence for families. It uses water as a driving force.

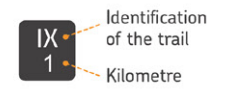
Elevation profile:



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