



CYCLE TRACKS, RAIL TRAILS AND GREENWAYS NORTHERN PORTUGAL

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TURISMO DO PORTO E NORTE DE PORTUGAL

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**«At times, I also hear
the wind blow by /
And find that merely
to hear the wind blow
/ makes it worth
having been born.»**

Fernando Pessoa

The soft breeze stroking your face or the fresh smell of the sea invading your senses are just some of the unique sensations that you can experience while riding a bike along the waterfront. While riding a bike, enjoy the feeling of freedom and pure tranquillity that such activity inspires - a sensation very similar to what you can experience when breathing the fresh air of the woods or when rediscovering a city along a cycle track. Search for the lost stories on the old railway tracks or simply go around the riverside and listen to the sounds of nature: these are just some of the suggestions that Tourism of

Porto and Northern Portugal has to offer you and you can discover it all with this guide.

There are plenty of ways to enjoy the several lanes reserved for cyclists, as well as the greenways embedded in the natural environment or the rail trails that were recovered from abandoned railways. The most difficult part will be to choose from the variety of activities available. So, get your bike ready, choose comfortable clothing and footwear and map out your destination. In this guide, you can find several city tips, suggestions that include strolls by the sea and the riverfront, cycle routes in green parks with fitness circuits, swimming-pools, terraces, tennis courts, children's parks, but also long cycle tracks which connect two cities or several small towns and villages.

The challenge is set! Enjoy the healthy and upbeat atmosphere while visiting the castles, churches, forts and museums... Embrace the sunny or cloudy mornings and afternoons and go for a stroll, take a ride by the beach or get on a forest trail and visit the typical villages and wineries. This guide will give you all the necessary information to fully enjoy your nature holidays. There are Nature

and International Parks to visit, viewpoints, picnic areas, thermal spas, birdwatching points, as well as information on fauna and flora and where to keep your bicycles or where to rent it. Enjoy the outdoor spaces, ideal for children, grown-ups in shape or people with reduced mobility to exercise. Don't miss the opportunity to dance at popular festivities and pilgrimages, buy handicrafts at fairs, go to concerts, street shows and the different festivals that are held in the Northern Region of the country. More than a thousand events to choose from and to make your weekend or holiday a memorable one.

Once you've worked up an appetite, take note of the gastronomic and wine suggestions in this guide. There is nothing better than to take a break and recharge your batteries. Discover the many tasty and irresistible dishes, starters and desserts presented in this guide. Choose the ones that will satisfy you the most and boost your energy level, so you can get back on your bike and start pedalling around. Explore the cycle tracks of Porto and Northern Portugal, the greenways and rail trails and just like the poet, feel the wind blow by... and embrace the extraordinary feeling of being alive!

INTRODUCTION

Bikes are a non-polluting means of transport with great agility and versatility on the, thus allowing its users to discover and explore touristic routes in the city or in the countryside while exercising. Therefore, Porto and Northern Portugal Tourism Board considered it was important to produce a guide where people could easily find information concerning Cycle tracks, Greenways and Rail trails in the North of Portugal. For the most experienced or just curious visitors, we sum up the official definitions of the three types of possible lanes to be found in the many Northern municipalities. These municipalities are aware of the importance that these infrastructures have for tourism, especially concerning the exploration of territory and local services and product offer, which ultimately lead to the creation of jobs and a more favourable setting for the national economic development.

Cycle Track

A cycle track or bike path is a space built specifically for the traffic of bicycles, that is, it is a terrestrial communication lane with a level ground built for cyclists.

Rail Trails

“Ecopista” or “Pista Verde” (Rail trail) is the Portuguese designation for the routes which were once railway branches. These can be found in several regions of the country, creating a national network of paths that people can use to go for a stroll while surrounded by nature. This network of roads can sometimes be found in urban areas.

Vias Verdes, Voies Vertes, Voies Douces or Greenways are some of the international designations of infrastructures designed for non-motorized traffic. Considering Portugal's Rail Trails, REFER (National Railway Network) intends to join the European Greenways Network, which gathers nowadays many European countries, so as to eventually become a member of the *European Greenways Association*.

Rail trails are designed as nature routes, since the old railway branches do cover rural or natural areas with landscape value. The pavement is permeable, usually made with dirt track or gravel in order to preserve that rural path feature. In the urban areas that may have developed along these routes, the pavement is impermeable (typically made of asphalt or concrete), thus maintaining the other features of the area.

Greenway

Infrastructure for walking and/or cycling. Its main feature derives from being the link and interface between areas with environmental value, both locally and regionally.

The following signalling is used at the beginning of these tracks in order to identify them:

Path for Cycles



Path for Cycles and pedestrians [with separation]



Path for Cycles and pedestrians



The following signs mark the end of the paths:

End of Path for Cycles

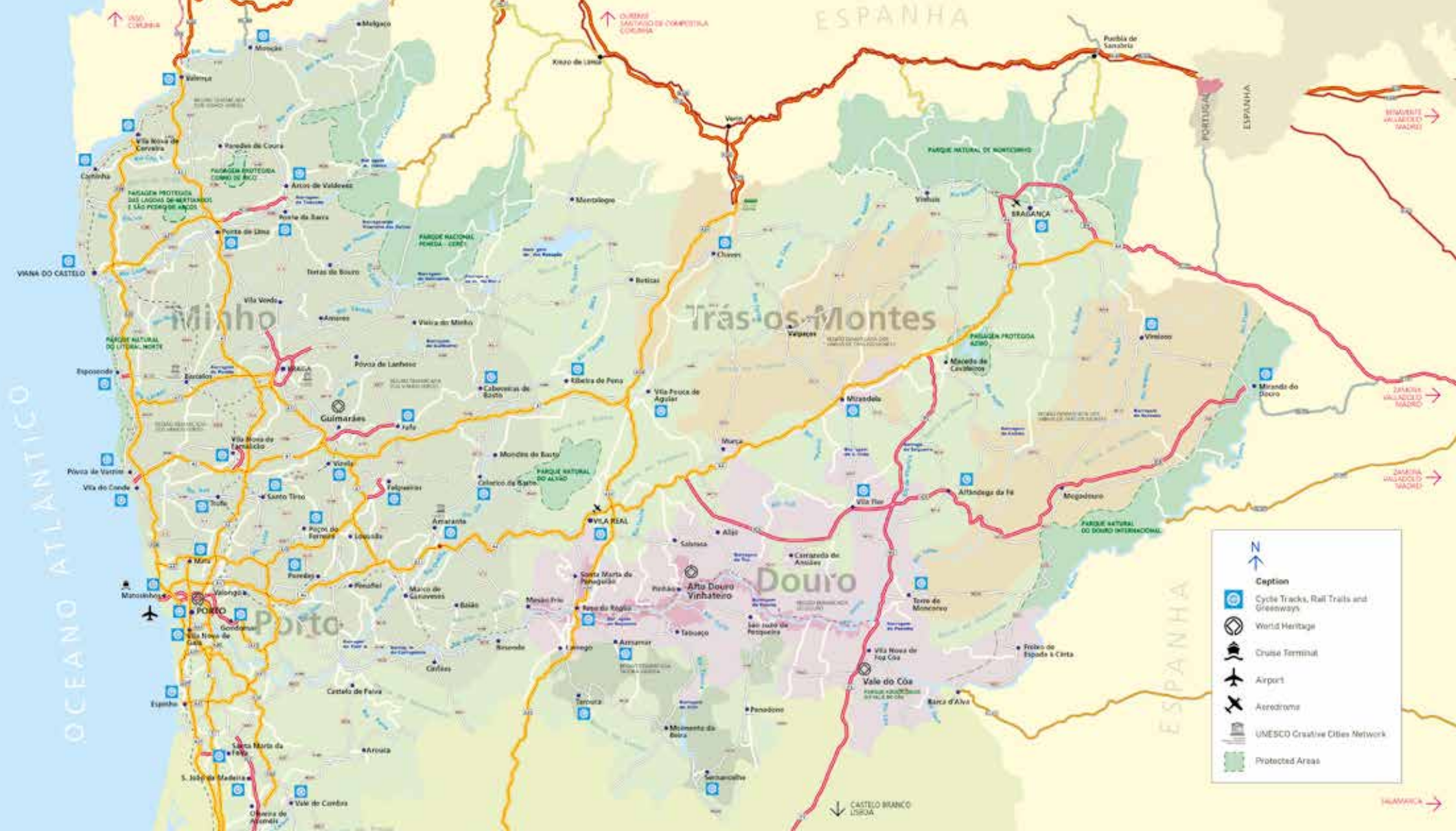


End of Path for Cycles and pedestrians [with separation]



End of Path for Cycles and pedestrians





N
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Legend

- Cycle Tracks, Rail Trails and Greenways
- World Heritage
- Cruise Terminal
- Airport
- Aerodroma
- UNESCO Creative Cities Network
- Protected Areas

→ GALIÇIA



ALFÂNDEGA DA FÉ CYCLE TRACK ALFÂNDEGA DA FÉ



Location: Alfândega da Fé

Beginning: Praça do Município (City hall square)

End: Rua Eng.º Duarte Carrilho

Length: 250 metres

Access: town centre; from N215 and N315 roads

GPS coordinates:

Beginning: N 41.341328

O -6.962870

End: N 41.342253 O -6.961117

The cycle track is located in the heart of Alfândega da Fé. It goes partly around the City Garden making it possible for its users to enjoy a full set of tourist, cultural and sport infrastructures in the area, such as the House of Culture, the Green Park with fitness equipment and the children's park.

Accessibility for People with Reduced Mobility

Water closets and access to people with reduced mobility can only be found at the Green Park and in the City Hall Square.

Bicycle Storage and Parking Locations

Parque Verde (Green Park)

Closest Health Centre/Hospital

Centro de Saúde de Alfândega da Fé
Avenida Nova
5350-009 Alfândega da fé
tel.: 279 460 000

Fauna/Birdwatching

Game: partridge, turtledove, pigeon and blackbird

Flora

Almond trees in bloom, olive trees, cherry tree, chestnut tree, vines and cork oak.

Picnic Parks

Largo do Prado and Avenida Eng.º Camilo Lemos de Mendonça

Parks/Nature Reserves

ZPI, Baixo Sabor

Tourist Attractions

Master José Rodrigues House of

Culture (Casa da Cultura)

Territory Interpretation Centre

City Garden/Green Park

Clock Tower

Tile Panels

Santo Antão da Barca

Chapel of Mercy (Capela da Misericórdia)

Mother Church (Igreja Matriz) of Sambade

Chapel of Santo Amaro, Legoinha

Gastronomy and Wines

Traditional "fumeiro" (typical Portuguese smoked sausages), "sopas da segada" (typical soup, prepared with a sliced bread, olive oil, shredded cod and egg slices),

"sopas da matança" (pork soups and dishes), partridge and rabbit à la caçador, grilled veal steak, boar with chestnut, PDO kid from Trás-os-Montes, river fishes in vinegar sauce, "rochedos" and "barquinhos" (typical sweets).

Festivities and Events

Cherry Fest, June
Mountain Fest, November
"Sete Sóis Sete Luas" (Seven Suns Seven Moons) Festival, September
Theatre Fest, March



TOWN PARK GREENWAY ALIJÓ



Location: Next to the Public Swimming Pools of Alijó
Beginning: Public Swimming Pools Complex
End: Public Swimming Pools Complex
Length: 500 meters
Access: Public Swimming Pools entrance, entrance by the area where the local fair takes place
GPS coordinates:
Beginning: 41°16'29.41"N 7°28'27.18"W
End: 41°16'24.03"N 7°28'24.53"W

The selected route allows visitors to enjoy a green space perfectly framed in the urban centre of Alijó. This route allows its users to explore the Town Park, see a few animal species in the artificial lake and many autochthonous trees which raise the environmental heritage of this place. The park also has fitness equipment for workout, a tennis court, a basketball court (3x3), a *Skate Park* and a sports complex, perfect for sport lovers.

Bike Rental and Repair

Bikes and Motorbikes Repair Shop
 Rua Henrique Pereira
 5070 Alijó

Closest Health Centre/Hospital

Centro de Saúde de Alijó
 Largo do Tapado
 5070-020 Alijó / tel.: 259 959 210

Fauna/Birdwatching

Turtledove, blackbird, sparrow, starling, magpie, goldfinch and nightingale

Flora

Plane tree, oak, poplar, Judas tree, olive tree, cypress and birch

Picnic Parks

Town Park

Parks/Nature Reserves

Tua Valley Natural Regional Park

Tourist Attractions

Dr. Matos Cordeiro Garden
 Chapel of Mercy (Igreja da Misericórdia)
 Pousada Barão de Forrester (Inn)
 Mother Church (Igreja Matriz) of Alijó
 Centenary Plane tree
 Távora's House
 City hall
 Public Library
 State Houses

Gastronomy and Wines

Bread stuffed with meat, "Cozido à portuguesa" (boiled varieties of meat, potatoes, smoked sausages and kale), roast kid, smoked meat, "feijoada" (bean stew) à la Transmontana, corns, roasted codfish with baked potatoes and "enchidos" (typical Portuguese smoked sausages).
 Wheat from Favaíos, rye bread from Vila Chã and wheat and rye bread from Sta. Eugénia.
 Sweet "sarrabulho" (fried pork meat and a sort of porridge with shredded pork meat and blood, cinnamon, sugar and honey), toasted almonds covered in

fondant, "cavacas de Sta. Eugénia" (traditional sweet), borchão cake (baked with port wine) and fried pumpkin sweets.
 Port wine, muscatel wine and sparkling wine.

Festivities and Events

Alijó Festivities, 13th until the 16th of August
 Alijó Summer Fest, July
 Saint Martin's Fair (São Martinho), November 11th
 Muscatel Fest, October



TÂMEGA LINE RAIL TRAIL AMARANTE



Bike Rental

Casa da Juventude de Amarante, managed by Aventura Marão Clube Avenida General Silveira, nº193 - Cepelos
4600-017 Amarante
tel.: 255 420 234
e-mail: info@cj-amarante.org

Closest Health Centre/Hospital

Centro de Saúde de Amarante
Rua Nova - S. Gonçalo
4600-093 Amarante
tel.: 255 431 374

Hospital de Amarante - Centro Hospitalar Tâmega e Sousa, EPE
Quinta da Lama, Telões
4600-758 Amarante
tel.: 255 410 500

Fauna/Birdwatching

Amarante has a wide diversity of fauna. It is home to a high number of species which allow the ecological characterization of the mountain region, namely: Eurasian tree sparrow, red squirrel, common buzzard, wild rabbit, tropical house gecko, chaffinch, boar, serin; piscicolous species (bogue, eel, river trout, dragonflies, Iberian emerald lizard), dipper, green woodpecker, goshawk, tawny owl, little owl, roe deer, short-toed snake eagle, golden eagle, peregrine falcon, red-billed chough, Iberian wolf and fox

Flora

In Amarante, it is possible to find three main types of vegetal formations, according to the

altitude: riparian vegetation (alder, birch, willow, royal fern) and agricultural cultures (rye, wheat, potato, corn, vine, olive trees and fruit trees); forest, in lower areas (chestnut tree, strawberry tree, laurel, black oak, cork oak, maritime pine) and bushes (English oak, heather, *baccharis trimera*, sargassum, gorse and broom), together with herbaceous vegetation (evening-primrose, forget-me-nots, foxglove, sand spurrey), in the highest altitudes

Picnic Parks

Lameira Leisure Park

Parks/Nature Reserves

Amarante Forest Park and Alvão/Marão Natural Park

Tourist Attractions

Amarante Historic Centre
Gatão Railway Station
Gatão Church, NM, 13th century
Teixeira de Pascoas Tomb
Tâmega Valley and Marão Mountain Panoramas
Santa Natália's Bridge
Chapa Railway Station

Gastronomy and Wines

Traditional "Fumeiro" (typical smoked sausages), conventual confectionary and Vinho verde wine.

Festivities and Events

June Festivities, first weekend of June
Amadeo de Souza-Cardoso (Art Biannual Event) Award, from September until December
Theatre Festival, July

The Tâmega Line Rail Trail crosses the municipalities of Amarante, Celorico de Basto and Cabeceiras de Basto, connecting the city of Amarante to the small town of Arco de Baúlhe, in a total length of 39 km. In Amarante, it extends for 9 km along the Tâmega Valley, allowing direct contact with the natural, cultural and historical heritage. The lane has a constant width of 3.5 m of dirt colour bituminous pavement, particularly suitable for cyclists and pedestrians.

Location: Amarante

Beginning: Amarante city - railway station

End: Northern boundary of the municipality in the parish of Chapa (continues towards Celorico de Basto)

Length: 9,385 metres

Access: A4 (exit 17)/city centre/
Avenida 1º de Maio Avenue/Rua
Paulino António Cabral (Station)

GPS coordinates:

Beginning: N 41.274297 O -8.082542

End: N 41.320260 O -8.039064



ARCOS DE VALDEVEZ GREENWAY ARCOS DE VALDEVEZ



Location: Arcos de Valdevez
Beginning: N202 Road in Carregadouro, Jolda S. Paio
End: Sistelo, by the castle
Length: 32,711 metres
Access: N202 Road - Arcos de Valdevez /Jolda S. Paio, N101 - Arcos de Valdevez/Vilela, M505-1 - Link road between N101 and M202-2, M202-2 - Vilela/ Sistelo. The greenway's access signage is visible along the entire path.
GPS coordinates:
Beginning: 41°47'30,889"N 8°30'13,374"W
End: 41°58'19,182"N 8°22'22,925"W

The greenway expands along the rivers Lima and Vez, for 32.5 kilometres. The Lima route follows the municipality's right riverbank boundary, from Jolda S. Paio until the small village of Gandara, parish of Santar; the Vez track goes along the right riverbank, from the village of Sistela until the small village of Prova, in the parish of Paço. The implementation of the greenway allows for the route to be used while still completely preserving the environment. The requalification of this route of unique character in Arcos de Valdevez favours the peripheral landscape, promoting the safeguard, recovery and protection of the existent cultural and architectural heritage, as well



as the recognition of the ecologic and landscape values. Thus, a mainly rural or natural route was chosen for its implementation, although some parts can be found in urban areas. This tourist offer increases the variety of people that use the greenway, ranging from the daily and weekend users to the tourists whose use of the greenway is a more seasonal one.

Bicycle Storage and Parking Locations

Porta do Mezio
 Mezio - Cabana Maior
 4970-092 Arcos de Valdevez
 tel.: 258 510 100
 e-mail: portadomezio@ardal.pt
 www.portadomezio.pt

Bike Rental and Repair

NATURE 4

Avenida Recontro de Valdevez, Loja 1
 4970-593 Arcos de Valdevez
 tel.: 258 523 336/924 454 680
 e-mail: geral@nature4.pt
 www.nature4.pt

Porta do Mezio
 Mezio - Cabana Maior 4970-092
 Arcos de Valdevez
 tel.: 258 510 100
 e-mail: portadomezio@ardal.pt
 www.portadomezio.pt

Closest Health Centre/Hospital

Centro de Saúde de Arcos de Valdevez
 Rua Eng.º Adelino Amaro da Costa
 4970 Arcos de Valdevez
 tel.: 258 520 120
 e-mail: csavaldevez@csarcos.min-saude.pt

Hospital Conde de Bertandos
 - Ponte de Lima
 Largo Conde de Bertandos

4990-041 Ponte de Lima
 tel.: 258 909 500
 e-mail: administracaopl@ulsam.min-saude.pt

Fauna/Birdwatching

The municipality is part of the World Biosphere Reserve. The rivers Lima and Vez are included on the list of Sites of Community Importance within the Natura 2000 Network. These areas are classified as protected areas for the importance and rarity of its fauna and flora, the garron horse habitat, the cachena cow, the Barrosã cow, the Iberian wolf, the boar, the wild cat and the European roe deer.

Flora

Oak, pine tree, chestnut tree, cupressus and birch

Picnic Parks

Sá Picnic Park
 Portela de Alvite Picnic Park, Sistelo

Parks/Nature Reserves

Peneda Gerês National Park, Porta do Mezio - Biosphere Reserve, *Pan Parks*

Tourist Attractions

Banks of the Vez River
 Banks of the Lima River
 Vilela Bridge

Estrica Viewpoint
 Parish of Sistelo
 Sistelo Terraced fields
 House of the Sistelo Castle (Casa do Sistelo)
 Arcos de Valdevez Urban Centre
 Paço de Giela (rural castle)
 Mezio Gate, Arcos de Valdevez

Gastronomy and Wines

Cachena meat with rice and beans, "Cozido à Minhota" (boiled varieties of meat, potatoes, smoked sausages and kale), codfish à la Lavrador, "pica no chão" (chicken stew with vinegary blood), "rojões" (fried pork meat), "papas de sarrabulho" (a sort of porridge with shredded pork meat and blood), mountain kid, "charutos d'ovos" (typical sweet with almonds) with oranges from Ermelo, honey cake and Vinho Verde wine from Arcos de Valdevez

Festivities and Events

Festivities in honour of Our Lady of Lapa (Nossa Senhora da Lapa), second weekend of August
 Historic Recreation of the Tournament of Valdevez, July
 Our Lady of Peneda (Nossa Senhora da Peneda) Pilgrimage, from the 1st until the 8th of September
 Our Lady of the Castle (Nossa Senhora do Castelo) Pilgrimage, Street Carpets, 40 days after Easter

Bicycle Storage and Parking Locations

Porta do Mezio (Mezio Gate)
Mezio - Cabana Maior
4970-092 Arcos de Valdevez
tel.: 258 510 100
e-mail: portadomezio@ardal.pt
www.portadomezio.pt

Bike Rental and Repair

NATURE 4
Avenida Recontro de Valdevez,
Loja 1
4970-593 Arcos de Valdevez
tel.: 258 523 336/924 454 680
e-mail: geral@nature4.pt
www.nature4.pt

Porta do Mezio
Mezio - Arcos de Valdevez
4970-092 Arcos de Valdevez
tel.: 258 510 100
e-mail: portadomezio@ardal.pt
www.portadomezio.pt

Closest Health Centre/Hospital

Centro de Saúde de Arcos de Valdevez
Rua Eng.º Adelino Amaro da Costa
4970 Arcos de Valdevez
tel.: 258 520 120
e-mail: csavaldevez@csarcos.min-saude.pt

Hospital Conde de Bertandos
- Ponte de Lima
Largo Conde de Bertandos



4990-041 Ponte de Lima
tel.: 258 909 500
e-mail: administracaopl@ulsam.min-saude.pt

Fauna/Birdwatching

Cachena cow, barrosã cow, boar, otter, European roe deer and grey heron

Flora

Oaks, pine trees and chestnut trees

Picnic Parks

Picnic Park of Vilarinho de Souto

Parks/Nature Reserves

Peneda Gerês National Park, Biosphere Reserve, *Pan Parks*

Tourist Attractions

Banks of the Lima River
Village of Ermelo
Oranges from Ermelo
Cistercian Monastery of Santa



Maria de Ermelo
Touvedo Reservoir

Gastronomy and Wines

Cachena meat with rice and beans, "Cozido à Minhota" (boiled varieties of meat, potatoes, smoked sausages and kale), codfish à la Lavrador, "pica no chão" (chicken stew with vinegary blood), "rojões" (fried pork meat), "papas de sarrabulho" (a sort of porridge with shredded pork meat and blood), mountain kid. "Charutos d'ovos" (typical sweet with almonds) with oranges from Ermelo, honey cake and Vinho verde wine from Arcos de Valdevez.

ERMELLO GREENWAY ARCOS DE VALDEVEZ



Festivities and Events

Festivities in honour of Nossa Senhora da Lapa, second weekend of August
Historic Reenactment of the Tournament of Valdevez, July
Nossa Senhora da Peneda Pilgrimage, from the 1st until the 8th of September
Nossa Senhora do Castelo Pilgrimage, Street Carpets, 40 days after Easter

The 5.2 km Greenway of Ermelo is a path designed for cyclists. The main section, right next to the Mezio Mountain, runs northwest through several creeks and canals with fast streams, which feed the Touvedo reservoir. When getting close to Ermelo, the first signs of cultivation, small terraces, vineyards and olive trees begin to appear. The orange trees mark the way and, already in Ermelo, you can see it everywhere. In the village of Ermelo (4.6 km) it is well worth climbing up to

Location: Arcos de Valdevez
Beginning: Ermelo Church, between the roman bridge over the Lapa creek and the Village of Ermelo
End: In Negreirô after the Leisure Area of Vilarinho de Souto
Length: 52,000 metres
Access: Road M 530, Arcos de Valdevez - Ermelo
GPS coordinates:
Beginning: 41°51'23.2"N 8°17'09.2"W
End: 41°49'40.1"N 8°18'56.4"W

the church which was classified as a national monument. The church was built on the same place of a Cistercian monastery from the 13th century. The old route to Soajo can be found by following the greenway until the end (4.8 km).

Bike Rental and Repair

RegraPower
Zona Industrial de Armamar
tel.: 254 858 319

Closest Health Centre/ Hospital

Unidade de Cuidados de Saúde
Permanentes de Armamar
Av. Dr. Oliveira Salazar
5110 Armamar
tel.: 254 855 260

Fauna/Birdwatching

Water birds such as the wild
duck and the heron. Different
species of fishes.

Flora

A great amount of pine trees
and chestnut trees can be found
in the southern area of the
municipality. In the northern
area, facing the Douro, apart
from the fig tree and the orange
tree, there are dense woods
where thousands of species of
bushes and weeds grow: giant
and creeping broom, trisha,
sumac, strawberry tree, juniper,
yellow gorse and garden sorrel.
Aromatic plants such as
rosemary, gorse, thyme, herb
robert, lavender, and others, can
also be spotted across the
entire municipality.



Picnic Parks

Along the greenway there are
three places with tables.
Folgosa Leisure Park
São Domingos Picnic Park, Fontelo
Nossa Senhora da Graça Picnic
Park, Cimbres

Nossa Senhora da Piedade Picnic
Park, Gogim - S. Martinho das Chãs

Tourist Attractions

S. Miguel's Mother Church (Igreja
Matriz), Armamar
Chapel and Viewpoint of São
Domingos, Fontelo
Chapel and Viewpoint of
N. Senhora da Graça, Cimbres
Roman Bridge in Santo Adrião
Chapel of Nossa Senhora das
Neves, Marmelal
Viewpoint and Waterfalls of
Misarela, Armamar
Cunho Giant Stones, S. Cosmado
Lumiães Historic Centre and



Temilobos Dam
Chapel of N. Senhora dos Milagres,
Contim
Village of Goujoim

Gastronomy and Wines

Kid from Armamar with baked
potatoes and oven rice, corncobs
with pork seasoned with wine and
garlic, corncobs with "moira"
(Portuguese blood sausage),
"torresmos" (pork dish with pork
skin and fat), roast codfish with
rye bread, broad bean with chorizo,
Douro river fishes, fried yeast
dough balls, yellow cake, olive oil
biscuits, "foliar" (Easter cake),

traditional milk pudding, rice
pudding, sweets baked with
chestnut, traditional apple sweets
and goat cheese.
Douro wine (white and red), Port
wine and sparkling wine.

Festivities and Events

Municipality Festivities in honour of
Saint John (S. João), 24th of June
Apple Fair - Armamar, 21st, 22nd
and 23rd of October
S. Gregório's Annual Fair - Santa
Cruz, 12th of March
Festivity in honour of São Domingos
- Fontelo, 3rd, 4th and 5th of
August

DOURO RIVER GREENWAY FOLGOSA ARMAMAR



This greenway extends
parallel to the Douro River
along the N222 road, thus
allowing its users to enjoy
pleasant strolls.
Along the track, the whole
landscape around has a
typical Douro touch,
particularly the Douro
vineyards terraces of some
of the most emblematic
wine-producing estates of
the region.
Depending on the time of the
year, this greenway has a
unique colour which reflects
on the waters of the Douro

Location: Folgosa do Douro
Beginning: Folgosa do Douro
End: Folgosa do Douro
Length: 900 metres
Access: Avenida Marginal, N222
Road
GPS coordinates:
Beginning: N 41.090771
O -7.405253
End: N 41.092569 O -7.402022

River and that can be
contemplated from one of
the three balconies in the
route.



RIVERSIDE FRONT GREENWAY BARCELOS



Bike Rental and Repair

Gallus Tours
Travessa das Pontes, nº61
Tamel S. Veríssimo
tel.: 934 581 248
e-mail: geral@gallustours.com

Closest Health Centre/Hospital

Hospital de Barcelos, located within 500m
Centro de Saúde, located within 750m

Fauna/Birdwatching

It is possible to find many species, from the small sparrow to the grey heron.

Flora

Riparian trees, typically found by the river, and autochthonous trees.

Picnic Parks

City Park

Tourist Attractions

Barcelos Historic Centre
Medieval Tower
Palace of the Counts of Barcelos
Pillory
Cruzeiro do Galo (Rooster Wayside Cross)
Medieval Bridge
Igreja Matriz (Mother Church)
Bom Jesus da Cruz Church

Pottery Museum

Gil Vicente Theatre
Public Art Gallery

Gastronomy and Wines

Roast rooster à la Barcelos, "rojões" (fried pork meat), "pica no chão" (chicken stew with vinegary blood), roast kid, "Cozido à portuguesa" (boiled varieties of meat, potatoes, smoked sausages and kale), codfish, lamprey, octopus, "papas de sarrabulho" à la Barcelos (a sort of porridge with shredded pork meat and blood). Sweets typically sold in religious festivities, "laranjinhas" (sweet

orange balls), "queijadinhas" (traditional pastry) and "sonhos" (fried sweet dumplings coated with cinnamon and sugar). Loureiro Vinho Verde wine made in the municipality.

Festivities and Events

Popular Carnival of Barcelos, February
Feast of the Crosses (Festa das Cruzes), May
Handicraft Exhibition, August
Weekly Fair, Thursdays

The Cávado River is a key element in the landscape of this city, with a tremendous inherent potential. The riverside front offers its visitors exceptional conditions to enjoy nature and to practice sports surrounded by nature. Located on the Cávado riverbank, this place boasts an astonishingly beautiful natural landscape: located right in the heart of the city, this is the ideal place to enjoy the environmental landscape.

Location: Riverside Front, Rua Doutor José António Peixoto Pereira Machado
Beginning: Rua Rosa Ramalho
End: Rua Rosa Ramalho
Length: 1,260 metres
GPS coordinates:
Beginning: N 41.537778 O -8.618333
End: N 41.537778 O -8.618333

Bicycle Storage and Parking Locations

The City Park has proper infrastructures to park and store bicycles

Bike Rental and Repair

Gallus Tours
Travessa das Pontes, nº61
Tamel S. Veríssimo
tel.: 934 581 248
e-mail: geral@gallustours.com

Closest Health Centre/Hospital

Hospital de Barcelos, located within 500m
Centro de Saúde, located within 750m

Fauna/Birdwatching

The City Park is endowed with thousands of autochthonous trees and bird species.

Flora

An artificial lake can also be found in the City Park and it is possible to watch several species of interest

Picnic Parks

In the City Park

Tourist Attractions

Barcelos Historic Centre
Medieval Tower
Palace of the Counts of Barcelos
Pillory



Crucifixo do Galo (Rooster Wayside Cross)
Medieval Bridge
Igreja Matriz (Mother Church)
Bom Jesus da Cruz Church
Pottery Museum
Gil Vicente Theatre
Public Art Gallery

Gastronomy and Wines

Roast rooster à la Barcelos, "rojões" (fried pork meat), "pica no chão" (chicken stew with vinegary blood), roast kid, "Cozido à portuguesa" (boiled varieties of meat, potatoes, smoked sausages and kale), codfish, lamprey, octopus, "papas de sarrabulho" à la

Barcelos (a sort of porridge with shredded pork meat and blood). Sweets typically sold in religious festivities, "laranjinhas" (sweet orange balls), "queijadinhas" (traditional pastry) and "sonhos" (fried sweet dumplings coated with cinnamon and sugar). Loureiro Vinho Verde wine made in the municipality.

Festivities and Events

Popular Carnival of Barcelos, February
Feast of the Crosses, May
Handicraft Exhibition, August
Weekly Fair, Thursdays

CITY PARK GREENWAY BARCELOS



The selected route allows visitors to enjoy an extraordinary experience in a green space perfectly framed in the urban centre of Barcelos.

This route allows its users to explore the Barcelos City Park, spot several animal species, mainly the ones living in the artificial lake, as well as many autochthonous trees that add value to the park's environmental heritage.

The park also has fitness equipment for work out, perfect for those who wish

Location: City Park, Avenida Cândido da Cunha
Beginning: Campo da República (where the Fair takes place)
End: Campo da República (where the Fair takes place)
Length: 1,100 metres
Access: Campo da Feira
GPS coordinates:
Beginning: N 41.532778 O -8.615278
End: N 41.532778 O -8.615278

to complement their physical activity, as well as a tennis court, ideal for tennis lovers. The Barcelos City Park also has a children's park, full of attractions for the young.



BRAGA GREENWAY BRAGA



Bicycle Storage and Parking

Locations

It has 12 bike parking areas

Closest Health Centre/Hospital

Hospital de Braga
Lugar das Sete Fontes
4710-243 Braga
tel.: 253 027 000
e-mail:
hbraga@hospitaldebraga.com.pt

Tourist Attractions

Sé de Braga (Braga's Cathedral)
Chapel of S. Frutuoso de Montélios
Monastery of São Martinho de Tibães
Old School of the Cathedral Domus

Idol Fountain (Fonte do Ídolo)

Alto da Cidade Roman Thermal
Spas

Gastronomy and Wines

Codfish à la Braga, "rojões" (fried pork meat) with "papas de sarrabulho" (a sort of porridge with shredded pork meat and blood), kid, duck rice à la Braga, Abade de Priscos pudding, Braga's "frigideiras" (special meat puff pastry), "toucinho-do-céu" (egg yolks and sugar traditional dessert), scallops, Christmas cake, sweets typically sold in religious festivities, Braga's "fidalguinhos" (typical biscuits) and dried biscuit

Festivities and Events

Holy Week, Easter Week
Roman Braga, week of May
Saint John's Festival (São João),
24th of June

This route can be found along the East river banks. It has two crossroads, a medium width of 2.5 metres and streetlights every 15 metres. It has ten bridges along the path and five drinking fountains. There is also a fitness area for warm up and stretching in the beginning and in the end of the greenway, as well as a public car park in the beginning.

Location: Riverbanks between the Parishes of S. Vítor and Maximinos

Beginning: Parish of S. Vítor, Complexo Desportivo da Rodovia (Sports Complex)

End: Parish of Maximinos, Rua 5 de Outubro

Length: 3,080 metres

Access: East river banks

GPS coordinates:

Beginning: N 41.551425
O -8.405014

End: N 41.537681 O -8.432330

FERVENÇA CYCLE TRACK BRAGANÇA



Location: Circular, around the Polytechnic Institute of Bragança - right bank of the Fervença River
Beginning: Anywhere
End: Anywhere
Length: 3,710 metres
Access: City centre - University Campus
GPS coordinates:
Beginning: N 41.799370 O -6.769080
End: N 41.799370 O -6.769080

Two-meter width cycle track with a green bituminous lane. Both ways are separated by a white dashed border line and identified through horizontal signalling which is also painted in white on the pavement. The cycle track surrounds the University Campus of Santa Apolónia (Polytechnic Institute of Bragança) continuing across the Green Lane on the right bank of the Fervença River until the Casa da Seda (House of Silk) and the Centro Ciência Viva (Live Science Centre).



Bicycle Storage and Parking

Locations

Bike parking location

Bike Rental and Repair

B Bike

Avenida das Forças Armadas, Lote 32/33 Loja 9
5300-440 Bragança
tel.: 273 327 249
e-mail: geral@bbike.pt

Bike Morais

Urbanização do Plantatório Alameda Sta. Apolónia, nº35 - r/c
5300-253 Bragança
tel.: 273 098 329
e-mail: bikemorais@gmail.com

Abílio Santos Reis
Rua 5 de Outubro, nº70
5300-112 Bragança
tel.: 273 322 452
e-mail: abilioreis1944@gmail.com

Moto Tomé
Rua do Loreto, 112-B
5300-189 Bragança
tel.: 273 324 862
e-mail: moto_tome@hotmail.com

Motomorais (electric bikes only)
Av. Sá Carneiro, nº111
5300-252 Bragança
tel.: 273 300 130
e-mail: bike@bikemorais.com

Closest Health Centre/Hospital

Centro de Saúde de Bragança - Unidade de Saúde da Sé
Rua Eng.º Adelino Amaro da Costa
5300-146 Bragança
tel.: 273 302 420
e-mail: geral@csbraganca.min-saude.pt

Hospital - Unidade Local Saúde Nordeste
Av. Abade de Baçal
5301-852 Bragança
tel.: 273 310 800

Picnic Parks

Picnic Park of the Castle

Parks/Nature Reserves

Montesinho Natural Park

Tourist Attractions

Bragança Castle Citadel
Castle Keep with Military Museum
Santa Maria's Church
Domus Municipalis
Pillory
Iberian Mask and Costume Museum
S. Vicente's Church
Abade de Baçal Museum
Georges Dussaud Photography Centre
Graça Morais Contemporary Art Centre

Gastronomy and Wines

"Butelo" with dried green bean pods (special smoked sausage from Trás-os-Montes wrapped with pork bladder), kid à la Montesinho, "feijoada" (bean stew) à la Transmontana, trout in vinegar sauce, game dishes (partridge, boar, deer) and "enchidos" (typical Portuguese smoked sausages).

Festivities and Events

Nossa Senhora das Graças, from the 12th until the 22nd of August
Nossa Senhora da Serra, from the 30th of August until the 8th of September
Senhora da Ribeira, last Sunday of May
Winter Festivities, 25th of December until the 6th of January

Accessibility for People with Reduced Mobility

The access to the cycle track is set for people with reduced mobility

Bicycle Storage and Parking

Locations

Bike parking locations on the public road

Bike Rental and Repair

B Bike
Avenida das Forças Armadas, Lote 32/33 Loja 9
5300-440 Bragança
tel.: 273 327 249
e-mail: geral@bbike.pt

Bike Morais
Urbanização do Plantório
Alameda Sta. Apolónia, nº35 - r/c
5300-253 Bragança
tel.: 273 098 329
e-mail: bikemorais@gmail.com

Abílio Santos Reis
Rua 5 de Outubro, nº70
5300-112 Bragança
tel.: 273 322 452
e-mail: abilioreis1944@gmail.com

Moto Tomé
Rua do Loreto, nº112-B
5300-189 Bragança
tel.: 273 324 862
e-mail: moto_tome@hotmail.com

Motomorais (electric bikes only)
Av. Sá Carneiro, nº111
5300-252 Bragança
tel.: 273 300 130
e-mail: bike@bikemorais.com

Closest Health Centre/Hospital

Centro de Saúde de Bragança -
Unidade de Saúde da Sé
Rua Eng.º Adelino Amaro da Costa
5300-146 Bragança
tel.: 273 302 420
e-mail:
geral@csbraganca.min-saude.pt

Hospital - Unidade Local Saúde
Nordeste
Av. Abade de Baçal
5301-852 Bragança
tel.: 273 310 800

Picnic Parks

Picnic Park of the Castle

Parks/Nature Reserves

Montesinho Natural Park

Tourist Attractions

Bragança Castle Citadel
Castle Keep with Military Museum
Santa Maria's Church
Domus Municipalis
Pillory
Iberian Mask and Costume
Museum
S. Vicente's Church



Abade de Baçal Museum
Georges Dussaud Photography
Centre
Graça Morais Contemporary Art
Centre

Gastronomy and Wines

"Butelo" with dried green bean pods (special smoked sausage from Trás-os-Montes wrapped with pork bladder), kid à la Montesinho, "feijoada" (bean stew) à la Transmontana, trout in vinegar sauce, game dishes (partridge, boar, deer) and "enchidos" (typical Portuguese smoked sausages)

FERVENÇA POLIS CYCLE TRACK BRAGANÇA



Festivities and Events

Nossa Senhora das Graças, from the 12th until the 22nd of August
Nossa Senhora da Serra, from the 30th of August until the 8th of September
Senhora do Ribeiro, last Sunday of May
Winter Festivities, 25th of December until the 6th of January

The Fervença Polis Cycle track is two metres wide and has a green bituminous lane. Both ways are separated by a white dashed border line and identified through horizontal signalling which is also painted in white on the pavement. The cycle track follows a parallel line along the Fervença river, through the riparian gallery and garden areas. Along the track visitors can also find a fitness park and playground equipment.

Location: Bragança
Beginning: IPB Cycle track (Flor da Ponte)
End: Escadaria do Senhor da Piedade
Length: 680 metres
Access: City Centre
GPS coordinates:
Beginning: N 41.801046 O -6.760534
End: N 41.804242 O -6.757000

Bicycle Storage and Parking Locations

There is a place for bike parking

Bike Rental and Repair

B Bike
Avenida das Forças Armadas, Lote 32/33 Loja 9
5300-440 Bragança
tel.: 273 327 249
e-mail: geral@bbike.pt

Bike Morais
Urbanização do Plantório
Alameda Sta. Apolónia, nº35 - r/c
5300-253 Bragança
tel.: 273 098 329
e-mail: bikemorais@gmail.com

Abílio Santos Reis
Rua 5 de Outubro, nº70
5300-112 Bragança
tel.: 273 322 452
e-mail: abiliores1944@gmail.com

Moto Tomé
Rua do Loreto, nº112B
5300-189 Bragança
tel.: 273 324 862
e-mail: moto_tome@hotmail.com

Motomorais (electric bikes only)
Av. Sá Carneiro, nº111
5300-252 Bragança
tel.: 273 300 130
e-mail: bike@bikemorais.com

Closest Health Centre/Hospital

Centro de Saúde de Bragança -
Unidade de Saúde da Sé
Rua Eng.º Adelino Amaro da Costa
5300-146 Bragança
tel.: 273 302 420
e-mail: geral@csbraganca.min-saude.pt

Hospital - Unidade Local Saúde
Nordeste
Av. Abade de Baçal
5301-852 Bragança
tel.: 273 310 800

Parks/Nature Reserves

Montesinho Natural Park

Tourist Attractions

Memory Centre of the S. João de Deus Fort
Monastery of the Avelãs Hill Fort
Castle of Bragança
Iberian Mask and Costume Museum
Graça Morais Contemporary Art Centre
Village of Rio de Onor
Minor Basilic of Santo Cristo de Outeiro
Senhora da Serra
S. Bartolomeu's Viewpoint
Cathedral of Nossa Senhora da Rainha

Gastronomy and Wines

"Butelo" with dried green bean pods (special smoked sausage from



Trás-os-Montes wrapped with pork bladder), kid à la Montesinho, "feijoada" (bean stew) à la Transmontana, trout in vinegar sauce, game dishes (partridge, boar, deer) and "enchidos" (typical Portuguese smoked sausages).

Festivities and Events

Nossa Senhora das Graças, from the 12th until the 22nd of August
Nossa Senhora da Serra, from the 30th of August until the 8th of September
Senhora da Ribeira, last Sunday of May
Winter Festivities, from the 25th of December until the 6th of January

MÃE D' ÁGUA RAIL TRAIL BRAGANÇA



Location: Old railway of the city of Bragança

Beginning: Rotunda do Caçador (Roundabout)

End: Bus Station surroundings

Length: 1,710 metres

Access: City Centre, Inner Ring of Bragança (Circular Interior)

GPS coordinates:

Beginning: N 41.807748

O -6.775403

End: N 41.812115 O -6.762179

The Mãe d'Água Cycle Track is located on the old Tua Line railway. This wide red bituminous lane, which stretches for almost two kilometres, is separated by a white dashed border line. The two-way cycle track is also identified by white horizontal signalling painted on the pavement. The initial route follows along Bragança Inner Ring (Circular Interior) and it continues along the pedestrian lane, which is connected to the old Train Station (a bus station,

nowadays). Since this is a route that crosses the residential area, it highlights a beautiful landscape blended with urban features. Simultaneously, it gives the cyclist the opportunity to admire the stunning natural scenery of the Montesinho Natural Park and the Nogueira Mountain.



TÂMEGA LINE RAIL TRAIL CABECEIRAS DE BASTO



Location: Arco de Baúlhe
Beginning: At kilometre 51.733, Vila do Arco de Baúlhe, Cabeceiras de Basto
End: At kilometre 46.355, Vila Nune, municipality boundary of Cabeceiras de Basto
Length: 5,160 metres
Access: A7 Motorway Vila do Conde-Vila Pouca de Aguiar, exit number 12, Arco de Baúlhe, N 210 Road, next to the Museum of Terras de Basto
GPS coordinates:
Beginning: N 41.451770 O -7.958040
End: N 41.481695 O -7.952883

Nowadays, the five kilometres of the old Tâmega railway in Cabeceiras de Basto are an excellent route for the pedestrians and the cyclotourists who like admiring the surrounding landscapes, villages, manor houses, the vineyard and the forest, which are unique in the Lower Tâmega Valley (Mulher Morta, Vila Nune, Arco de Baúlhe). Start or finish this track by admiring the tile panels from 1940 of Arco de Baúlhe Station, the «house of the drivers»; the pier for loading and unloading of merchandise, which is nowadays a space for temporary exhibitions, and delight yourself with the carriages used by Queen D. Amélia of Orleães and King D. Carlos, in 1907, among others.



Accessibility for People with Reduced Mobility

Access to the rail trail

Closest Health Centre/Hospital

Centro de Saúde de Cabeceiras de Basto
 Praça Acipreste Francisco Xavier Almeida Barreto, Refojos
 4860-445 Cabeceiras de Basto
 tel.: 253 669 190

Fauna/Birdwatching

In Cabeceiras de Bastos, namely in the Vinha de Mouros Environmental Education Centre, in Refojos. The following species can be found: roe deer, deer, boar, fox, hare, rabbit,

rock dove, pheasant, red partridge, jay, common wood pigeon, stock dove, turtledove, quail and mallard. In Moinhos de Rei, Abadim, in the Wild Life Centre and Partridge Hunting Post, in the Cabreira Mountain.

Flora

A wide range of flora species can be found in Cabeceiras de Basto, among the splendour of the Cabreira Mountain and on the banks of the Tâmega River, namely resinous species such as: cluster pine, scots pine, *chamaeciparis*, *pseudotsuga*, white cedar, blue atlas cedar, weymouth pine,

japanese cedar tree; deciduous: common oak, cork oak, red oak, chestnut tree, cherry tree, rowan or mountain ash, sycamore, cherry laurel; shrubs: holly, strawberry tree, mimosa, Iberian pear; and herbaceous/bushes: eagle fern, broom, gorse, rubus and heather.

Picnic Parks

Picnic Park of the Vinha de Mouros Environmental Education Centre
 Leisure Area of Oural Picnic Park, Abadim
 Moinhos de Rei Picnic Park, Abadim
 VÍbora Picnic Park, Abadim
 Leisure Area of Cavez Picnic Park and River Beach Picnic Park
 Picnic Park of the Terras de Basto Museum, Arco de Baúlhe

Parks/Nature Reserves

Vinha de Mouros Environmental Education Centre, Refojos de Basto
 Partridge Hunting Post, Moinhos de Rei, Abadim

Tourist Attractions

Terras de Basto Museum and Railway Centre Arco de Baúlhe
 Monastery of S. Miguel de Refojos and Sacred Art Centre, Refojos
 Casa do Tempo (House of Time) and Historic Centre, Refojos
 Cabeceiras de Basto Equestrian Centre and Vinha de Mouros Environmental Education Centre,

Refojos

Cabreira Mountain, Moinhos de Rei and Wild Life Centre, traditional villages, Veiga (Meadow) Casa da Lã (House of Whool), Bucos
 Cavez Bridge and Sport Fishing Track of Cavez, Cavez

Gastronomy and Wines

Roasted veal, codfish with baked potatoes, kale with beans, “rojões” à la Minho (fried pork meat), rice with beans and “pataniscas” (fried rolls with codfish and parsley), fried potatoes with olive oil mixed with onions and traditional sausages, octopus, steaks à la Vilão
 Vinho verde wine

Festivities and Events

Orelheira and Fumeiro Festivities (typical Portuguese smoked sausages), “fat Sunday” of Carnival Festivities in honour of Nossa Senhora dos Remédios, first weekend of September
 S. Bartolomeu de Cavez, 24th of August
 S. Miguel’s Fair, from the 20th until the 30th of September

Bicycle Storage and Parking Locations

Camboas, next to the greenway benches/boats
Surrounding area of the Lagarteira Fort

Bike Rental

MinhAventura
Apartado 100/ 4910-909 Caminha
www.minhaventura.com

AACC - Armando Cerqueira
Largo Dr. Ramos Pereira
4910-547 Vila Praia de Âncora
tel.: 964 020 070/258 911753

Anchor Point - Surf House
Av. Dr. Ramos Pereira
4910-547 Vila Praia de Âncora
tel.: 965 286 195/965 226 360

Closest Health Centre/Hospital

Unidade de Saúde Familiar do Vale do Âncora
Rua Miguel Bombarda
4910-524 Vila Praia de Âncora
tel.: 258 959 070

Unidade de Cuidados de Saúde Personalizados de Caminha
Rua Eng.º Luís Agostinho Pereira de Castro
4910-102 Caminha
tel.: 258 719 300
Unidade Local de Saúde do Alto Minho



Hospital Particular de Viana do Castelo (Private Hospital)
Clipóvoa - Clínica de Cerveira (Private Hospital)

Fauna/Birdwatching

Grey plover, sanderling, Kentish plover and oystercatcher

Flora

Dune vegetation

Picnic Parks

Campo do Castelo Picnic Park, in the Portinho (Fishing port) surroundings

Parks/Nature Reserves

Site of Community Importance of the North Coast, Natura 2000 Network

Tourist Attractions

Lagarteira Fort
Portinho de Pesca (Fishing port)
Vila Praia de Âncora Beach
Chapel of Senhora da Bonança

Gastronomy and Wines

Butterflied sea bass, stew à la pescador à la Tio Feito, octopus à la Portinho, lamprey rice, lamprey à la Bordalesa, hot stone shrimp, "sardinha de rabito ao alto" (sardines dish), fried sardines with

flour and bread crumbs or "sardinha espalmada" (sardines dish).

Festivities and Events

Vila Praia in Bloom, first weekend of May
Sea & Sardine Fest, second half of June
Viagens à Terra Nova, last weekend of July
Festivities in honour of Nossa Senhora da Bonança, second weekend of September

CAMBOAS' PATH CYCLE TRACK CAMINHA



The Camboas' Path Cycle track extends along the stroll and enjoy the sea breeze at the same time. The place is called Camboas because it is located close to the sea and the fishermen, as the "camboa" is a fishing equipment, built on the coast. In addition to being properly signaled and illuminated throughout the entire path, the route also has leisure areas, with bike parking.

Location: Vila Praia de Âncora
Beginning: Cruz Velha, next to the Camboas junction
End: Portinho, next to the Lagarteira Fort
Length: 883 metres
Access: With crossings connected to the greenway, road: N13; railway: CP Minho Line, exit in Vila Praia de Âncora
GPS coordinates:
Beginning: 41°49'26.72"N 8°52'24.59"W
End: 41°48'57.03"N 8°52'1.68"W



ÂNCORA RIVER MOUTH CYCLE TRACK CAMINHA



Location: Vila Praia de Âncora
Beginning: Avenida Dr. Ramos Pereira, next to Portinho de Pesca (Fishing port)
End: Avenida Dr. Ramos Pereira, next to the viaduct under the Minho Line
Length: 802 metres
Access: Road: N13; railway: CP Minho Line, exit in Vila Praia de Âncora
GPS coordinates:
Beginning: 41°48'57.03"N 8°52'1.68"W
End: 41°48'35.99"N 8°51'34.20"W

This cycle track is made of two distinct and united segments, one located in front of Vila Praia de Âncora Beach and the other on the Âncora River Mouth, providing an open route between the Lagarteira Fort and the Âncora River. The first section of the cycle track is reserved for cyclists, while the second section, which is part of Dr. Ramos Pereira Park, next to the Âncora River Mouth, is also used by pedestrians. It is perfect for those who wish to enjoy a nice walk by



the beach, right next to an urban area, with good accessibility and services.

Bicycle Storage and Parking Locations

Dr. Luís Ramos Pereira Park

Bike Rental

MinhAventura
Apartado 100
4910-909 Caminha
www.minhaventura.com

AACC - Armando Cerqueira
Largo Dr. Ramos Pereira
4910-547 Vila Praia de Âncora
tel.: 964 020 070/258 911 753

Anchor Point - Surf House
Av. Dr. Ramos Pereira
4910-547 Vila Praia de Âncora
tel.: 965 286 195/965 226 360

Closest Health Centre/Hospital

Unidade de Saúde Familiar do Vale do Âncora
Rua Miguel Bombarda
4910-524 Vila Praia de Âncora
tel.: 258 959 070

Unidade de Cuidados de Saúde Personalizados de Caminha
Rua Eng.º Luís Agostinho Pereira de Castro
4910-102 Caminha
tel.: 258 719 300

Unidade Local de Saúde do Alto Minho
Hospital Particular de Viana do Castelo (Private Hospital)
Hospital da Luz Clínica de Cerveira (Private Hospital)

Fauna/Birdwatching

Grey plover, sanderling, Kentish plover, snowy egret and mallard

Flora

Dune vegetation

Picnic Parks

Picnic Park of the Âncora River Mouth, Vila Praia de Âncora

Parks/Nature Reserves

Gelfa National Forest
Site of Community Importance of the North Coast, Natura 2000 Network

Tourist Attractions

Lagarteira Fort
Portinho de Pesca (Fishing port)
Vila Praia de Âncora Beach
Dr. Ramos Pereira Park
Estuary of the Âncora River

Gastronomy and Wines

Butterfly sea bass, "carro de sapateira" (stuffed crab), stew à la pescador à la Tio Feito, octopus à la Portinho, lamprey rice, lamprey à la Bordalesa

Festivities and Events

Vila Praia in Bloom, first weekend of May
Sea & Sardine Fest, second half of June
Viagens à Terra Nova (Journeys to the New Land), last weekend of July
Festivities in honour of Nossa Senhora da Bonança, second weekend of September



Accessibility for People with Reduced Mobility

Bar do rio (bar/café)

Bicycle Storage and Parking Locations

There are quite a few bicycle storage and parking locations along the track.

Bike Rental and Repair

MinhAventura
Apartado 100 / 4910-909 Caminha
www.minhaventura.com

Closest Health Centre/Hospital

Unidade de Cuidados de Saúde Personalizados de Caminha
Rua Eng.º Luís Agostinho Pereira de Castro / 4910-102 Caminha
tel.: 258 719 300

Unidade de Saúde Familiar do Vale do Âncora
Rua Miguel Bombarda



4910-524 Vila Praia de Âncora
tel.: 258 959 070

Unidade Local de Saúde do Alto Minho
Hospital Particular de Viana do Castelo (Private Hospital)
Hospital da Luz Clínica de Cerveira (Private Hospital)

Fauna/Birdwatching

Great cormorant, snowy egret, grey heron, oystercatcher, Eurasian curlew, whimbrel, common sandpiper, ruddy turnstone, black-headed gull, yellow-legged gull, sandwich tern, kingfisher and mallard.

Flora

Riparian vegetation

Picnic Parks

Lanhelas Picnic Park

Parks/Nature Reserves

Special Protection Area of the Minho and Coura Estuaries, Natura 2000 Network / Site of Community Importance of the North Coast, Natura 2000 Network.

Tourist Attractions

Laje das Fogaças (Cave paintings)
Independence Wayside Cross
Parish Church
Recreational River Areas of Lanhelas
Fauna and Flora Birdwatching Areas

MINHO RIVER GREENWAY LANHELAS CAMINHA



Gastronomy and Wines

Fried sole à la Lanhelas, butterflyed sea bass, "carro de sapateira" (stuffed crab), stew à la pescador à la Tio Feito, lamprey rice, lamprey à la Bordalesa, sea octopus, kid à la Arga Mountain.

Festivities and Events

Senhor da Saúde and Santa Rita de Cássia Festivity - Plaice Fest, first weekend of September
Vilar de Mouros Festival, August
Medieval Fair, second half of June
Grand Trail of the Arga Mountain, end of September, beginning of October

Built for pedestrians and cyclists, this greenway connects the municipality of Caminha to Vila Nova de Cerveira.

This greenway begins in the northern limit of the municipality of Caminha and continues along the Minho River, where visitors can observe a great diversity of local fauna and flora, in addition to the signs of human occupation, since this route crosses agricultural areas. The track ends on the river road, in Lanhelas, where visitors can admire

Location: Lanhelas
Beginning: Boundary of the municipality of Caminha with Vila Nova de Cerveira
End: Next to the "Bar do Rio" bar in Lanhelas
Length: 1,200 metres approximately
Access: N13 Road that will soon connect to the Vila Nova de Cerveira greenway, northwards
GPS coordinates:
Beginning: 41°54'56.8"N 8°46'55.4"W
End: 41°54'38.6"N 8°47'35.7"W

the traditional vessels of the Minho river, known as "carochos". Given its location, this route combines sport and leisure in a natural environment that complements the surrounding landscape. Here visitors can find a perfectly organized space, with a picnic park, chill-out areas and an astonishing natural setting. This is the ideal place to go for a nice stroll or to simply relax.



Accessibility for People with Reduced Mobility

Support bars

Bicycle Storage and Parking Locations

There are quite a few bicycle storage and parking locations along the track.

Bike Rental and Repair

MinhAventura
Apartado 100
4910-909 Caminha
www.minhaventura.com

Closest Health Centre/Hospital

Unidade de Cuidados de Saúde Personalizados de Caminha
Rua Eng.º Luís Agostinho Pereira de Castro
4910-102 Caminha
tel.: 258 719 300

Unidade de Saúde Familiar do Vale do Âncora
Rua Miguel Bombarda
4910-524 Vila Praia de Âncora
tel.: 258 959 070

Unidade Local de Saúde do Alto Minho
Hospital Particular de Viana do Castelo (Private Hospital)
Hospital da Luz Clínica de Cerveira (Private Hospital)

Fauna/Birdwatching

Great cormorant, snowy egret, grey heron, oystercatcher, Eurasian curlew, whimbrel, common sandpiper, ruddy turnstone, black-headed gull, yellow-legged gull, sandwich tern, kingfisher and mallard.

Flora

Riparian Vegetation



Picnic Parks

Seixas Pier Picnic Park

Parks/Nature Reserves

Special Protection Area of the Minho and Coura Estuaries, Natura 2000 Network
Site of Community Importance of the North Coast, Natura 2000 Network

Tourist Attractions

S. Bento's Chapel
Parish Church
House "Ventura Terra"
Recreational River Area of Seixas
Fauna and Flora Birdwatching Area

MINHO RIVER GREENWAY SEIXAS CAMINHA



Location: Seixas and Lanhelas
Beginning: Lanhelas, next to the railway station
End: Seixas, next to S. Bento pier
Length: 2 km approximately
Access: Road N13
GPS coordinates:
Beginning: 41°54'25.25"N
8°47'45.41"W
End: 41°53'50.91"N 8°49'9.66"W

The greenway for pedestrians and cyclists connects the parishes of Seixas and Lanhelas along the bank of the Minho river.

It begins next to the railway station of Lanhelas, following the Minho river, where a huge diversity of riparian vegetation species can be found. It then enters the urban agglomeration of Seixas, where several buildings of high architectural value can be seen. Next to S. Bento pier, you can enjoy a spectacular view of the Minho river estuary.

Given its location, it's a route that allows visitors to be closer to nature and the local architectural heritage.



SARGACEIRO'S PATH GREENWAY CAMINHA



Location: Moledo, Vila Praia de Âncora
Beginning: Southern Part of the Moledo agglomerate
End: Northern Part of Vila Praia de Âncora, by the Camboas junction
Length: 1,700 metres
Access: A28 Motorway, Moledo exit; road: N13; railway: CP Minho Line, Moledo stop
GPS coordinates:
Beginning: 41°50'21.46"N 8°52'19.99"W
End: 41°49'30.07"N 8°52'20.80"W

Bike Rental

MinhAventura
Apartado 100 / 4910-909 Caminha
www.minhaventura.com

Closest Health Centre/Hospital

Unidade de Cuidados de Saúde Personalizados de Caminha
Rua Eng.º Luís Agostinho Pereira de Castro
4910-102 Caminha
tel.: 258 719 300

Unidade de Saúde Familiar do Vale do Âncora
Rua Miguel Bombarda
4910-524 Vila Praia de Âncora
tel.: 258 959 070

Unidade Local de Saúde do Alto Minho
Hospital Particular de Viana do Castelo (Private Hospital)
Hospital da Luz Clínica de Cerveira (Private Hospital)

Parks/Nature Reserves

Site of Community Importance of the North Coast, Natura 2000 Network

Tourist Attractions

Santo Isidoro's Chapel
Moledo Beach
Moorish Bell Viewpoint

Gastronomy and Wines

Butterflied sea bass, "carro de sapateira" (stuffed crab), stew à la pescador à la Tio Feito, lamprey rice, lamprey à la Bordalesa, sea octopus, kid à la Arga Mountain and hot stone shrimp.

Festivities and Events

SonicBlast, second weekend of August
Senhora de Ao Pé da Cruz Festivity, first weekend of August
Medieval Fair, second half of June
Artbeerfest, July

The Sargaceiro's Path is part of the Atlantic's Greenway and it connects the parishes of Moledo and Vila Praia de Âncora. The name given to this route is a tribute to the "sargaceiro", a very traditional figure of the region, associated with the harvesting of the sargassum, which is used by the population to the make the animals' bed and fertilizing the agricultural fields. The route is used by pedestrians and bicycles and is identified with vertical signalling and enclosed by

the road. The route is completely illuminated by street lights. Day or night, the sea will follow you along the track and when the sun sets, you will have the opportunity to admire one of the most spectacular sunsets ever seen.



Bicycle Storage and Parking Locations

Mouth of the Minho River

Bike Rental

MinhAventura

Apartado 100 / 4910-909 Caminha
www.minhaventura.com

Closest Health Centre/Hospital

Unidade de Cuidados de Saúde Personalizados de Caminha
Rua Eng.º Luís Agostinho Pereira de Castro
4910-102 Caminha
tel.: 258 719 300

Unidade de Saúde Familiar do Vale do Âncora
Rua Miguel Bombarda
4910-524 Vila Praia de Âncora
tel.: 258 959 070



Unidade Local de Saúde do Alto Minho Hospital Particular de Viana do Castelo (Private Hospital)
Hospital da Luz Clínica de Cerveira (Private Hospital)

Fauna/Birdwatching

Otter, Pyrenean desman, shad, salmon, sea lamprey, twaite shad, common teal, mallard, tufted duck, dunlin, red knot, Eurasian curlew, whimbrel, purple heron, western marsh harrier, western osprey, Kentish plover, grey heron, snowy egret and oystercatcher

Flora

Cluster pine, Portuguese crowberry and dune vegetation

Picnic Parks

Camarido National Forest Picnic Park

Parks/Nature Reserves

Camarido National Forest
Special Protection Area of the Minho and Coura Estuaries, Natura 2000 Network
Site of Community Importance of the North Coast, Natura 2000 Network
Site of Community Importance of the Minho River, Natura 2000 Network

Tourist Attractions

Camarido National Forest
Minho's Mouth Beach
Ínsua Fort

Fraga Viewpoint
Boa Vista Viewpoint
Fortification of Vila de Caminha

Gastronomy and Wines

Butterflied sea bass, "carro de sapateira" (stuffed crab), stew à la pescador à la Tio Feito, lamprey rice, lamprey à la Bordalesa, sea octopus and kid à la Arga Mountain.

Festivities and Events

Vilar de Mouros Music Festival, August
Artbeerfest, July
S. João D'Arga Pilgrimage, from the 28th until the 29th of August
Arga Mountain Grand Trail, end of September, beginning of October

MINHO'S MOUTH BEACH GREENWAY CAMINHA



Location: Camarido National Forest

Beginning: next to the N13 road

End: next to the river beach of the Minho estuary

Length: 1,020 metres

Access: Road: N13; railway: CP Minho line, Caminha stop (railroad stop of Senhora da Agonia, Caminha)

GPS coordinates:

Beginning: 41°51'57.05"N 8°51'1.28"W

End: 41°52'2.32"N 8°51'39.19"W

It is a small river path along the bank of the Minho river mouth and the edge of the Camarido National Forest. Strolling along a wooden walkway, you can observe the richness of the bird fauna in the estuary of the Minho river, feel the smell of fresh earth and admire rare species such as the Portuguese Crowberry in the Camarido National Forest. From there you can see the Santa Tecla Mountain in A Guarda, Spain. The beauty of the landscape full of contrast in colours and scents culminates in the

most wonderful sunset. This route is illuminated and complemented with benches and drinking fountains that you can easily and safely use.

Location: Moledo

Beginning: Moledo - Moledo Beach, next to the "Ribeira das Preces"

End: Moledo, next to Santo Isidoro's Chapel, in the outskirts of Vila Praia de Âncora

Length: 2.13 Km approximately

Access: A28 Motorway, exit Moledo; road: Road N13; railway: CP Minho Line, Moledo stop

GPS coordinates:

Beginning: 41°50'47.3"N
8°51'59.2"W

End: 41°49'47.2"N 8°52'28.9"W

SANTO ISIDORO GREENWAY CAMINHA



The greenway for pedestrians and cyclists connects the parishes of Moledo and Vila Praia de Âncora along the coast. It begins south of the Moledo main urban cluster, where a great diversity of dune flora species can be found. It stretches across the rocky coast, widely exposed to the sea breeze and where particular types of vegetation grow sheltered by small cracks in the rocks. This greenway offers an excellent view to the Santa Tecla Mountain and the

Moledo Beach at your feet. This is also the perfect route for long walks by the sea in the late afternoon, with the sunset as background. Given its location, it's a route that offers visitors a close contact with nature.



Bike Rental

MinhAventura
Apartado 100
4910-909 Caminha
www.minhaventura.com

Closest Health Centre/Hospital

Unidade de Cuidados de Saúde Personalizados de Caminha
Rua Eng.º Luís Agostinho Pereira de Castro
4910-102 Caminha
tel.: 258 719 300

Unidade de Saúde Familiar do Vale do Âncora
Rua Miguel Bombarda
4910-524 Vila Praia de Âncora
tel.: 258 959 070

Unidade Local de Saúde do Alto Minho
Hospital Particular de Viana do Castelo (Private Hospital)
Hospital da Luz Clínica de Cerveira (Private Hospital)

Parks/Nature Reserves

Site of Community Importance of the North Coast, Natura 2000 Network

Fauna/Birdwatching

Yellow-legged gull, great cormorant, Kentish plover and oystercatcher



Flora

Dune vegetation

Tourist Attractions

Santo Isidoro's Chapel
Moledo Beach
Moorish's Bell Viewpoint
Camarido National Forest

Gastronomy and Wines

Butterflied sea bass, "carro de sapateira" (stuffed crab), stew à la pescador à la Tio Feito, lamprey rice, lamprey à la Bordalesa, sea octopus, kid à la Arga Mountain and hot stone shrimp.

Festivities and Events

SonicBlast, second weekend of August
Senhora de Ao Pé da Cruz Festivity, first weekend of August
Medieval Fair, second half of June
Artbeerfest, July

CRISTELO GREENWAY CAMINHA



Location: Cristelo

Beginning: Northern part next to the level crossing of Cristelo

End: Southern part of Cristelo until the "Alminhas" (shrine)

Length: 1,500 metres

Access: Road: N13; railway: CP Minho Line, Caminha stop

GPS coordinates:

Beginning: 41°51'46.89"N

8°50'58.73"W

End: 41°51'14.32"N

8°51'29.83"W

Cristelo Greenway connects Caminha to Moledo and is an ideal place to enjoy peaceful walks next to the Camarido National Forest. Outside summer time, this greenway can also be the best choice when going for a stroll, since it is protected from the sea and the pine forest is the best shield against stronger winds. On sunny days, you can enjoy the picnic park and spend the day in complete harmony with nature.

Bike Rental

MinhAventura
Apartado 100 / 4910-909 Caminha
www.minhaventura.com

Closest Health Centre/Hospital

Unidade de Cuidados de Saúde Personalizados de Caminha
Rua Eng.º Luís Agostinho Pereira de Castro
4910-102 Caminha
tel.: 258 719 300

Unidade de Saúde Familiar do Vale do Âncora
Rua Miguel Bombarda
4910-524 Vila Praia de Âncora
tel.: 258 959 070

Unidade Local de Saúde do Alto Minho
Hospital Particular de Viana do Castelo (Private Hospital)
Hospital da Luz Clínica de Cerveira (Private Hospital)

Flora

Pinus pinaster

Picnic Parks

Cristelo Picnic Park
Camarido National Forest Picnic Park

Parks/Nature Reserves

Camarido National Forest
Special Protection Area of the Minho and Coura Estuaries, Natura 2000 Network
Site of Community Importance of the North Coast, Natura 2000 Network
Site of Community Importance of the Minho River, Natura 2000 Network

Tourist Attractions

Camarido National Forest
Viewpoint of Santo Antão Mountain
Fraga Viewpoint
Moledo Beach
Minho's Mouth Beach

Gastronomy and Wines

Butterflied sea bass, "carro de sapateira" (stuffed crab), stew à la pescador à la Tio Feito, octopus à la Portinho, lamprey rice, lamprey à la Bordalesa, sea octopus, fried sole, kid à la Arga Mountain and hot stone shrimp.

Festivities and Events

Vilar de Mouros Music Festival, August
Medieval Fair, second half of June
Artbeerfest, July
Arga Mountain Grand Trail, end of September, beginning of October



VILA DE SOBRADO CYCLE TRACK CASTELO DE PAIVA



Bike Rental and Repair

Montenegro & Reis
Rua da Boavista, nº39
4550-117 Castelo de Paiva
tel.: 255 689 667

Closest Health Centre/Hospital

Centro de Saúde de Castelo de Paiva
tel.: 255 690 280

Fauna/Birdwatching

Blackbirds, cuckoos, sparrows,
hedgehogs and butterflies

Flora

Cork oaks and small sized trees.
Many bushes and garden plants
Fragrant species: peppermint,

melissa, rosemary and St. John's wort

Picnic Parks

Quinta do Pinheiro Picnic Park

Parks/Nature Reserves

Quinta do Pinheiro Urban Park

Tourist Attractions

Sobrado Funerary monument
Sobrado Fountain
Mother Church of Sobrado
Castelo de Paiva Historic Centre

Gastronomy and Wines

Roasted veal, lamb and kid, "Cozido à
portuguesa" (boiled varieties of meat,
potatoes, smoked sausages and kale),

steaks with onion and onion sauce,
"pataniscas" (fried rolls with
codfish and parsley), lamprey,
"sopa seca" (typical dessert),
French toast, "melindres" (typical
sweet) and sponge cake
Vinho Verde wine from Castelo de
Paiva.

Festivities and Events

St. John's Festivities (São João)
and "People's Marches", 23rd and
24th of June
Vinho Verde, Farmer, Gastronomy
and Handicrafts Fair, first weekend
of July
19th century Fair, October
Gerações Festival, July

You can take a short bike ride
along Vila de Sobrado Cycle
Track, passing through the
Quinta do Pinheiro Urban
Park where you can admire
the green spaces, enjoy its
leisure facilities and spend
relaxing moments in perfect
balance with nature.

Location: Castelo de Paiva
Beginning: Rua Emídio Navarro
End: Rua D. José de Arrochela
Length: 1,150 metres
Access: Fair's car park
GPS coordinates:
Beginning: N 41.04 0 -8.274
End: N 41.045 0 -8.273

Bicycle Storage and Parking Locations

Celorico de Basto Station
Rua Dr. Ernesto Faria Leal, nº64
4890-212 Celorico de Basto
tel.: 255 323 340
e-mail: geral@qualidadebasto.pt
www.qualidadebasto.pt

Bike Rental and Repair

Celorico de Basto Station
Rua Dr. Ernesto Faria Leal, nº64
4890-212 Celorico de Basto
tel.: 255 323 340
e-mail: geral@qualidadebasto.pt
www.qualidadebasto.pt

Celobike

Edifício Galeria Nova, r/c - Loja 1
Rua Dr. Baltazar Rebelo de Sousa,
nº377
4890-377 Celorico de Basto
tel.: 255 322 080, 962 323 660
e-mail: celobike@hotmail.com
www.celobike.pt

Closest Health Centre/Hospital

Centro de Saúde de Celorico de Basto (next to Celorico de Basto Station)
Avenida João Pinto Ribeiro, nº252
4890-221 Celorico de Basto
tel.: 255 320 220

Extensão de Saúde de Fermil -
Centro Saúde de Celorico de Basto
Lugar de Fermil, Veade

4890-568 Celorico de Basto
tel.: 255 361 244

Hospital de Amarante
Quinta da Lama
4600-758 Telões, Amarante
tel.: 255 410 500

Fauna/Birdwatching

Hedgehog, bat, wild rabbit, fox, beech marten, otter, boar.
Bird fauna: goshawk, round-winged eagle, Montagu's harrier, Bonelli's eagle, wren, serin, Eurasian blue tit, owl, lark, cuckoo, jay, grey heron, carrion crow, kingfisher, blackbird, little owl, sparrow, mallard, common magpie, European green woodpecker, great spotted woodpecker, linnnet, goldfinch, European robin, wood pigeon, hoopoe, turtle dove, Eurasian collared dove, nightingale, chaffinch, mistle thrush, sardinian warbler, wood nuthatch, short-toed treecreeper, European greenfinch, common waxbill, cirl bunting, starling and spotless starling, crow.

Flora

Deciduous Quercus robur (hydrophilic and thermophilic variant), *quercus pyrenaica* and *quercus rubra*, cork-oak forest, poplar forest, *platanus hybrida*, *castana sativa* (sweet chestnut

trees and wild chestnut trees), *pinus pinaster*, *eucalyptus globulus*, arbutus trees, formations of *acacia dealbata* and *acacia melanoxylon*, gorse tree forests of *pterospartum tridentatum* and riparian habitats (alder tree forests, willow tree forests and ash tree forests).

Picnic Parks

Fiães (Codessos) Picnic Park with swimming pool, locker rooms and sports complex
Canedo de Basto Picnic Park, next to the Tâmega river
Viso Picnic Park, next to the Viewpoint and the Chapel of Viso
Ourilhe Picnic Park
Rego Picnic Park, next to the river beach

Parks/Nature Reserves

Freixieiro Urban Park

Tourist Attractions

Celorico de Basto Campsite
Freixieiro Urban Park, Windmills and traditional mills moderated by water
Prof. Doutor Marcelo Rebelo de Sousa Public Library
Celorico de Basto Station
Matamá Bridge
Veade Church and Ribas Church
"Quinta do Prado" estate, Manor House and Camellia Gardens
Windmill Circuit of Argotim, Rego Arnoia Castle, National Monument



TÂMEGA LINE RAIL TRAIL CELORICO DE BASTO



Gastronomy and Wines

"Pica no chão" (chicken stew with vinegary blood), roast kid, "Cozido à portuguesa" (boiled varieties of meat, potatoes, smoked sausages and kale), codfish, roast veal, "feijoada" (bean stew), smoked ham and "salpicão" (typical Portuguese smoked sausages)
Sponge cake and typical desserts (cavacas, rosquilhos and gathofas).
Vinho Verde wine.

Festivities and Events

Municipality Festivities in honour of São Tiago, 25th and 26th of June
Camellia Fest, March
Handicraft Fair, August
Santa Catarina's Fair, 25th and 26th of November

Built in the deactivated railway, this rail trail can be used by pedestrians and cyclists. It is a smooth and accessible path for everyone, with a slight slope. Celorico de Basto Station is the central space of this Rail trail which is located right in the heart of the urban centre, where you can visit an interpretative centre and learn more about the history of the Tâmega line. Here you can buy local products in sales booths and find accommodation in the building or in the hostel. You can also rent a bike and go for a ride along the route; afterwards, change out of your clothes and enjoy a relaxing bath at the end of the day. North of Celorico,

Location: Situated in the deactivated Tâmega Line, on the track between Amarante and Arco de Baúlhe, half way down the right riverbank of the Tâmega river
Beginning: Amarante Station, municipality of Amarante
End: Arco de Baúlhe Station, municipality of Cabeceiras de Basto
Length: 39,100 metres in total, of which 24,200 metres are located in Celorico de Basto, 9,600 metres in Amarante and 5,300 metres in Celorico de Basto
Access: Through the A4 Motorway until the N210 road, heading toward Celorico de Basto. On A7 Motorway, exit in Fafe, take the N206 road or at the exit Arco de Baúlhe, take the N210 road, heading toward Celorico de Basto
GPS coordinates:
Beginning: 41°16'22.89"N 8°5'0.86"W
End: 41°28'54.00"N 7°57'10.40"W

the Rail trail stretches across 17 km until Arco de Baúlhe Station. South of Celorico, the track is about 22 km long until Amarante Station.

TÂMEGA RIVERBANKS CYCLE TRACK CHAVES



Location: Chaves

Beginning: Ponte da Galinheira

End: Ponte da Galinheira

Length: 7,000 metres

Access: Banks of the Tâmega River

GPS coordinates:

Beginning: N 41.753706

O -7.457973

End: N 41.753706 O -7.457973

Having been requalified, the banks of the Tâmega River make up the City of Chaves Urban Park, a green space perfect for walking or riding a bike. It also includes several children's parks and sport parks (suitable for beach football, skateboard and trial) and other lively leisure spaces, where water and vegetation are everywhere.



Picnic Parks

Swimming pool and Leisure Complex of Rebentão.

Closest Health Centre/Hospital

Hospital Distrital de Chaves
Av. Dr. Francisco Sá Carneiro
5400-249 Chaves
tel.: 276 300 900
e-mail:
hchaves@hchaves.min-saude.pt

Tourist Attractions

Chaves Thermal Spa
Tabolado Public Garden
Roman Stones
Roman Bridge
Green areas, Dams and Bridges

Gastronomy and Wines

Smoked ham, pastry of Chaves, "Folar de Carne" (typical Easter cake with smoked meat), kid, veal and bísaro pork.

Festivities and Events

Feira dos Santos (All Saints Fair), 30th and 31st of October, 1st of November
Feira dos Sabores, 1st weekend of February, Easter, 1st weekend of August
Mountain Bike Duathlon, May
Dried Ham Route Marathon in Mountain Bike, September

Accessibility for People with Reduced Mobility

The Tâmega river Greenway has many accesses for people with reduced mobility.

Bike Rental and Repair

Barbike
Rua do Valongo, nº32 / 5400 Chaves
tel.: 934 387 129
e-mail: i.ribeiro10@hotmail.com

Run & Bike

Rua D. Afonso III, nº 50
5400-027 Chaves
tel.: 276 325 446
e-mail: runebike@gmail.com
runnbike.net/bike

Street Bikes

Avenida da Cocanha, nº38 - Loja 3
5400-674 Chaves
tel.: 276 334 254
e-mail: ficabikecartos@hotmail.com

Tourist Office of Verín (Rental)

Rua Irmãos La Salle
32600 Verín – Ourense (Spain)
tel.: +34 988 411 614
e-mail: turismo@verin.net

Closest Health Centre/Hospital

Unidade Hospital de Chaves
Av. Dr. Francisco Sá Carneiro
5400-249 Chaves
tel.: 276 300 900
e-mail: hchaves@hchaves.min-saude.pt

Centro de Saúde de Chaves I
Grupo ARS Norte, Administração
Regional de Saúde do Norte
Campo da Feira
5400-159 Chaves
tel.: 276 332 152

Centro de Saúde de Chaves II
Grupo ARS Norte, Administração
Regional de Saúde do Norte
Fonte do Leite, Apartado 209
5400-261 Chaves
tel.: 276 301 920

Fauna/Birdwatching

This river landscape, which blends in with the agriculture fields, is definitely a haven for birds. The migratory birds, such as the grey heron and the cormorant arrive in winter. Some species remain during the entire year, which is the case of the black-winged kite, the ortolan bunting or the kingfisher. The Tâmega is also a sanctuary for the white stork and the montague's harrier. In its waters, we can find the otter, the Pyrenean desman and fishes such as the rainbow trout or the bogue. Three tracks for birdwatching lovers were connected to Tâmega Greenway: the Tamaguelos-Mourazos, Raia and Lagoons of Chaves and birdwatching routes.

Flora

The Tâmega's riparian ecosystem is the reason behind its enormously rich biodiversity. On its riverbanks we can find alders, ash trees, willows, oaks and chestnut trees. Between the trees visitors can find the daffodil and the cardoon; the *typha domingensis* and the reed can be found in the lake areas.

Picnic Parks

Picnic Parks along the Dam of Chaves Greenway (Chaves)
Tamaguelos Park (Verín)
Pazos (Verín)
In the surroundings: Swimming pool and Leisure Complex of Rebentão
Nossa Senhora da Aparecida - Calvão
Nossa Senhora da Aparecida - Sanjurge

Parks/Nature Reserves

"Tâmega River" Special Protected Areas of Natural Values (SPANV) - Natura 2000 Network (Spain)

Tourist Attractions

Chaves Thermal Spa Area, Thermal Spas, Public Garden and Tabolado Garden; Roman Bridge, Roman Thermal Spa, Castle and other fortifications and classified buildings, Historic Centre Building Complex, Nadir Afonso Contemporary Art, Museum, Chaves Museum; Green areas, Dams and Bridges,

Birdwatching Routes, Bosque do Prazer, River Deck of Pazos, Monterrei Castle

Gastronomy and Wines

The cuisine of Chaves and Verín (Eurocity) is characterized by excellent meats (veal, kid and bisaro pork), and exceptional potatoes and vegetables from the fertile lands.

The famous smoked ham from Chaves, widespread since 1910, is worth mentioning, as well as the "folar" (Easter cake) with or without meat, the tender and crispy puff pastry of Chaves stuffed with veal stew, which has been produced for more than 150 years, and the corncobs accompanied with the best "enchidos" (typical Portuguese smoked sausages) of the region. In Verín, we can enjoy some tapas, namely the octopus à la Gallaecian, accompanied by Monterrei wines.

Festivities and Events

Feira dos Santos (All Saints Fair), 30th and 31st of October, 1st of November
Feira dos Sabores, 1st weekend of February, Easter, 1st weekend of August
Roman Market - People's Fest, 3rd weekend of August
Verín's Carnival, January-March

TÂMEGA RIVER GREENWAY CHAVES/VERÍN



The Tâmega river Greenway connects the municipalities of Chaves and Verín along the valley where the river flows. Cyclists and pedestrians can both use this smooth greenway, which covers approximately 30 km, without exerting themselves too much. Along this path, you can discover places with a high landscape value, observe the day-to-day local agricultural work, admire the biodiversity associated with the river's ecosystem, and visit a few small towns that have borne witness to the cross-border relation that has marked the lives of the people of this region.



Location: Between the cities of Chaves and Verín (Spain), along the Tâmega River

Beginning: Chaves (Alameda do Tabolado)

End: Verín (River Beach)

Length: 30 km (Distance between the Chaves Roman Bridge and the Verín Wooden Bridge)

Access: Alameda do Tabolado (Chaves); Galinheira (Chaves); Veiga de Chaves - N103-5 road (Chaves); Vila Verde da Raia (Chaves) Chaves Dam (Border Chaves-Verín) Tamaguelos (Verín); Pazos (Verín); River Beach (Verín)

GPS coordinates:

Beginning: N 41.736403
O -7.471551

End: N 41.940519 O -7.441579

CITY PARK GREENWAY ESPINHO



Location: City Park
Beginning: City Park
End: City Park
Length: A medium level track with 2,100 metres and two easy level tracks with 1 000 metres each
Access: A29/A 41/A1 Motorways, Nave Polivalente
GPS coordinates:
Beginning: N 40.997789 O -8.620942
End: N 40.997789 O -8.620942

Nowadays, the Espinho City Park, designed by landscape architect Sidónio Pardal occupies 2.5 hectares of the 44 hectares of the existent forest
The City Park Greenway is a pleasant leisure place for anyone to enjoy.
Three paths, built in the forest area, are ready to be used: one of medium difficulty and two of low difficulty.

Bike Rental and Repair

Feel Bike
Rua 21, nº236
4500-267 Espinho
tel.: 960 450 881

José de Oliveira Guimarães
Rua 19
4500-814 Espinho
tel.: 227 341 239

Espinho Duas Rodas – E2R
Rua 62, nº552
4500-365 Espinho

Closest Health Centre/Hospital

Centro de Saúde de Espinho
Rua 37, nº700
4500-330 Espinho
tel.: 227 334 020

Fauna/Birdwatching

Paramos Lagoon

Picnic Parks

João de Deus Park, Espinho
Lomba Grout, Guetim

Parks/Nature Reserves

City Park
João de Deus Park
Paramos Lagoon

Tourist Attractions

Multimedia Centre
Marine Resort, Thalassotherapy Centre and Atlantic Solarium
Swimming pool with sea water
Casino
Traditional trade, commercial area (between 19th street and 33th street)
Local Museum
Oporto Golf Club
Equestrian Centre
Aeroclub
Paramos Lagoon

Gastronomy and Wines

Fish and seafood; shrimp from Espinho

Festivities and Events

International Meeting of Live Statues, June
Espinho Surf Destination, June
Oito20e4 Festival – A Street Festival, July and August
City Festivities - Nossa Senhora da Ajuda, September

Bike Rental and Repair

Feel Bike
Rua 21, nº236
4500-267 Espinho
tel.: 960 450 881

José de Oliveira Guimarães
Rua 19
4500-814 Espinho
tel.: 227 341 239

Espinho Duas Rodas - E2R
Rua 62, nº552
4500-365 Espinho

Closest Health Centre/Hospital

Centro de Saúde de Espinho
Rua 37, nº 700
4500-330 Espinho
tel.: 227 334 020

Fauna/Birdwatching

Paramos Lagoon

Picnic Parks

João de Deus Park, Espinho
Lomba Cave, Guetim

Parks/Nature Reserves

City Park
João de Deus Park
Paramos Lagoon

Tourist Attractions

Multimedia Centre
Marine Resort, Thalassotherapy
Centre and Atlantic Solarium



Seawater swimming pool

Casino

Traditional trade, commercial area
(between 19th street and 33th
street)

Local Museum

Oporto Golf Club

Equestrian Centre

Aeroclub

Paramos Lagoon

Gastronomy and Wines

Fish and seafood, shrimp from
Espinho.

Festivities and Events

International Meeting of Live
Statues, June

Espinho Surf Destination, June

Oito20e4 Festival – A Street

Festival, July and August

City Festivities - Nossa Senhora da
Ajuda, September

COASTAL GREENWAY ESPINHO



Location: By the sea

Beginning: Avenida Maia Brenha
Avenue/Esplanada (Promenade)

End: Paramos Lagoon

Length: 6,200 metres

Access: City Centre, Train
(Northern Line) Espinho Station,
Silvalde and Paramos Railway
Stations

GPS coordinates:

Beginning: N 41.014781

O -8.644406

End: N 40.972371 O -8.641323



Surrounded by nature, the Coastal Greenway runs along the rails of the Paramos Lagoon Protected Landscape and offers visitors the opportunity to explore the municipality's extraordinary coastline. The Coastal Greenway has a set of walkways for pedestrians and cyclists stretching across 12 km and links the city to the main areas of environmental interest.

For those who wish to take a break, the coastal greenway offers a beautiful scenery to

enjoy peaceful strolls by the sea and the opportunity to create unique and inspiring monuments that heal both body and soul.

Location: Avenida Eng. Eduardo Arantes and Oliveira

Beginning: Nautical activities centre, Esposende

End: Passeio das Dunas

Length: 2,800 metres

Access: Through Esposende's Coastal Avenue (Avenida Marginal) or through N13 road Porto-Viana

GPS coordinates:

Beginning: 41°31'35.56"N
8°46'42.84"W

End: 41°32'51.75"N
8°47'26.42"W

ESPOSENDE RIVERINE GREENWAY ESPOSENDE



Esposende Riverine Greenway is a flat greenway that covers approximately 2.8 km. Here, the Cávado's River and its Estuary offer a unique view of Cávado's riverine area, with a panoramic view over the Natural Park and the Estuary of Cávado river.

Bike Rental and Repair

Propedal
Av. Dr. Henrique Barros Lima, nº4
4740-203 Esposende
tel.: 253 966 831
e-mail: geral@propedal.net
<http://propedal.net/>

Dunar Turismo e Lazer – BTT
(Mountain Biking)
Travessa N. Sra da Neves, nº9
Rio de Moinhos
4740-577 Marinhas
tel.: 968 680 025
e-mail: dunarlazer@gmail.com
<http://dunar.pt>

Closest Health Centre/Hospital

Hospital Valentim Ribeiro
Santa Casa da Misericórdia de Esposende
Av. Dr. Henrique Barros Lima
4740-203 Esposende
tel.: 253 969 480/253 969 499
e-mail: scmesposende@telepac.pt

Fauna/Birdwatching

Estuary of the Cávado River

Flora

Great diversity of plants and flowers typical of dune and estuary areas: gorse, watercress, spurge flax, buckshorn plantain, *silene niceensis*, rockrose - a true delight

for photographers - sea daffodil, sea-aster and the haughty bellardia. There is also common saltwort, tuberous hawk's beard, common andryala, black bryony, golden willow, capeweed, wormwood and the extensive curry plant which sprinkles the dunes with a charming yellow. In different shapes and colours, from pink to dark blue, visitors can also admire the sea bindweed, pericallis aurita, sea holly and skylover blue.

Picnic Parks

Bonaça, Fão
São Lourenço, Vila Chã
Azevedo, Antas

Parks/Nature Reserves

North Coast Natural Park

Tourist Attractions

Church of Mercy and Seafarers Chapel
Esposende Municipal Museum
Esposende Sea Museum
Roman Castle and St. Lawrence's Interpretative Centre
Barca do Lago (Historic Parish)
Environmental Education Centre
Casa de Viana de Lima
Esposende River Front
Apúlia and Fão/Ofir

Gastronomy and Wines

Fish and seafood; butter and cheese from Marinhas. Clarinhas de Fão (typical sweet)
Local Vinho Verde wine.

Festivities and Events

São Bartolomeu de Mar Pilgrimage, 24th of August
Holy Week,
Galaicofolia, July
Sounds of Summer (Sons de Verão), August



Accessibility for People with Reduced Mobility

Rilhadas Touristic Complex, Multipurpose Pavilion of Fafe and the City Park

Closest Health Centre/Hospital

Centro de Saúde de Fafe
Rua José Ribeiro Vieira de Castro
4820-273 Fafe

Centro Hospital do Vale do Ave
Delegação de Fafe
Praça José Florêncio Soares
4820-270 Fafe

Fauna/Birdwatching

Trout, otter, weasel, fox, blackbird, jay, common buzzard, raniid or true frog, crow, harrier, European eyed lizard, quail and hoopoe

Flora

English oak, willow, alder, ash tree, poplar, musk, eagle fern, holly, broom, heather and gorse

Picnic Parks

Agrela, Docim, Marinhão, Queimadela, Travassós/Vinhós, Medelo, Calvelos, Passadouro, São Salvador, Santo Ovídio and Várzea Cova Picnic Parks

Parks/Nature Reserves

Queimadela Dam
River beaches, Agrela, Docim, Marinhão, Travassós/Vinhós, Medelo, Calvelos
Moreira do Rei Valley and Confurco
High Lands of Fafe Oak Tree Forest, Aboim, Várzea, Cova, Pedraído, Felgueiras, Gontim, Monte, Queimadela, Revelhe, Estorãos, Ribeiros, Moreira de Rei
S. Salvador Viewpoint, Santa Marinha

Tourist Attractions

Santa Rita's Hydroelectric Museum
Fafe Press Museum
Migrations and Communities Museum



Automobile Regional Museum
Mill and People of Aboim Museum, Interpretative Centre, Aboim Oak Bark Museum
1st Thatch Museum in Portugal - Design and Ethnotechnology
Centre of Golães
Brazilians' Architecture, Cinema Theatre of Fafe, Calvário Garden
Romanesque Church of Arões (NM)
Barroco Bridge, Borrvalho Bridge
Traditional Villages of Pontifo, Bastelo, Mós, Figueiró, Barbeita, Lagoa

Gastronomy and Wines

Roasted veal à la Fafe, kid and lamb roasted in wood-fired oven

Sponge cake, yolk based desserts and "rosquilhos"

Festivities and Events

Feiras Francas (Fair), May
Municipality Festivities, 2nd weekend of July
Terra Justa (International Meeting on Human Values and Causes), April
Fafe Roast Veal Gastronomic Festival, September

**FAFE-GUIMARÃES
RAIL TRAIL
FAFE**



Location: City Park, Fafe/Fareja, Fafe
Beginning: Fafe, City Park
End: Fareja, Fafe
Length: 8,300 metres
Access: Rua Cidade de Guimarães (Fafe); Rua Fieis de Deus; Cepães Football Field; Cepães Station; Rilhadas and Fareja
GPS coordinates:
Beginning: 41°26'30,654"N 8°11'48,75"W
End: 41°26'30,654"N 8°11'48,780"W

The municipality of Fafe used the railway track that was deactivated in 1986 with an aim towards connecting Fafe to Guimarães and building a bicycle touring lane that could meet the demands of the locals and the tourists. The greenway or bicycle touring lane, with 15.4 km, crosses part of the municipality of Fafe, on the southwest side and part of Guimarães, on the east side. In Fafe, the bicycle lane is 8.3 km long, while in Guimarães it stretches across 7.10 km.

Its layout is based on the principle that the circulation on it takes precedence over all the other paths that cross it. This follows a norm defined by the municipality of Fafe and which is not seen in any other bicycle touring lane or greenway. Along the track visitors can find different spots to take a break and relax, as well as equipment that allows them to enjoy different activities and properly signalled drinking fountains located in key points on the lane.

Location: Vila Cova da Lixa/Borba de Godim

Beginning: Rua do Ladário (Largo da Casa do Povo)

End: Rua do Ladário (Largo da Casa do Povo)

Length: 1.600 metres

Access: From the centre or south of Portugal through A1 Motorway (Porto) or through A29, (V. N. Gaia) take A41 CREP Motorway. Exit on A42 (Felgueiras) or A11 road (Felgueiras). In Felgueiras, head towards Lixa city centre through N101 road

If you are coming from the north of Portugal: take one of the Motorways A28 (Porto), A3 (Porto), A7 (Póvoa de Varzim), A24 (Chaves/Viseu) or A4 (Bragança/Matosinhos) heading towards Felgueiras. Afterwards, take the A11 road (Esposende/Marco de Canaveses) and exit in Felgueiras, taking the N101 road to Lixa

From Porto take the A3 Motorway (Valença), then A41 CREP (Paços de Ferreira), A42 (Felgueiras) and, finally, A11 (Felgueiras), exit in Felgueiras and head towards Lixa city centre through the N101 road

GPS coordinates:

Beginning: 41°19'13"N 8°8'51"W

End: N 41.320396 O -8.147607

LADÁRIO CYCLE TRACK - LIXA FELGUEIRAS



Ladário Hill has an interesting and beautiful landscape and it's the ideal place to admire the city of Lixa. Located in an urban area, this hill is part of a project that will ultimately transform it into the next city park. Here you can find the Ladário Cycle track - specifically designed for cyclists of all age groups; actually, there is only one track that can present a greater difficulty for users. The cycle track starts in Rua do Ladário, near Largo Dr. Eduardo de Freitas, and goes all the way up to the top of Ladário, embracing it. The entire track is properly protected against the road traffic.



Bicycle Storage and Parking

Locations

Vila Fria Campsite
Rua da Raposeira, Vila Fria
tel.: 255 346 403
www.felgueirascamping.pt

Closest Health Centre/Hospital

Hospital Agostinho Ribeiro
Av. Dr. Magalhães Lemos,
Margaride
tel.: 255 310 820
www.hospitalagostinhoriibeiro.com

Centro de Saúde de Felgueiras
Av. Agostinho Ribeiro, Margaride
tel.: 255 310 920
www.min-saude.pt

Fauna/Birdwatching

Here you can find the goldfinch, the linnet, the turtledove, the common blackbird, the jay, the crow and many other bird species.

Flora

Around the cycle track, there is a great variety plants, namely: the vine, the orange tree, the lemon tree, the olive tree and the kiwi tree. Regarding agricultural production, there are plantations of potatoes, corn, rye, beans, peas and legumes.

Parks/Nature Reserves

Area with landscape value



Tourist Attractions

Ladário Hill Viewpoint
Lixa Urban Centre
Leonardo Coimbra House of Culture
S. Mamede Church of Vila Verde
Quinta da Lixa - Quinta da Palmirinha, Biodynamic Agriculture
Casa do Risco - Terra do Sousa
Embroidery

Gastronomy and Wines

In the unique cuisine of Felgueiras you can find genuine products that embrace the traditional flavours and tastes. The roast kid, the codfish (that can be cooked in a thousand different ways), the Margaride sponge cake and the Vinho Verde

wine from Lixa are irresistible suggestions.

Festivities and Events

Sponge cake (Pão-de-ló) Festival - Pombeiro Monastery, weekend before Easter
Traditional Desserts Annual Show and Gastronomic Weekend, weekend before Easter
Saint Peter's (São Pedro) Feast and the Municipality Festivities - City of Felgueiras and Santa Quitéria, 29th of June

Closest Health Centre/Hospital

Santo António Hospital
Valongo Hospital
Hospital Escola Fernando Pessoa
(Private Hospital)

Flora

Magnolia and oak

Tourist Attractions

Golden Carvings Altars of the São Cosme Church
Tile Panels from 1936 in the Railway Station of Rio Tinto
Saint Isidore's Chapel
White House of Gramido (IIP), Valbom
Júlio Resende Foundation

Gastronomy and Wines

Shad, lamprey and walnuts.

Festivities and Events

Nossa Senhora do Rosário, São Cosme and São Damião Pilgrimage, Saturday preceding the first Sunday until the second Sunday of October
Concerts and other events in the Multiuse Pavilion of Gondomar



AVENIDA DA CONDUTA CYCLE TRACK GONDOMAR



Avenida da Conduta Cycle Track is located on the sidewalks of Avenida da Conduta. Its name comes from the street layout that emerged from the disused stretch of land that was used to install water pipes. Nowadays, the avenue is known as Avenida Dr. Mário Soares and it is flanked by sidewalks that are 5.5 metres wide. It was precisely on these sidewalks that the urban cycle track was built.

Location: Between the Rotunda dos Rotários and the Rotunda do Metro

Beginning: Rotunda dos Rotários, in the Parish Union of Gondomar, S. Cosme, Valbom and Jovim

End: Rotunda do Metro, Parish Union of Fânzeres and S. Pedro da Cova

Length: 5,000 metres

Access: Avenida da Conduta

GPS coordinates:

Beginning: N 41.168411
O -8.542661

End: N 41.142940 O -8.525775



AVENIDA OLIVEIRA MARTINS CYCLE TRACK GONDOMAR



Closest Health Centre/Hospital

Santo António Hospital
Valongo Hospital
Hospital Escola Fernando Pessoa
(Private Hospital)

Flora

Magnolia and oak

Tourist Attractions

Golden Carvings Altars of the S.
Cosme Church
Tile Panels from 1936 in the
Railway Station of Rio Tinto
Santo Isidoro's Chapel
White House of Gramido (PPI),
Valbom
Júlio Resende Foundation

Gastronomy and Wines

Shad, lamprey and walnuts.

Festivities and Events

Nossa Senhora do Rosário, São
Cosme and São Damião Pilgrimage,
Saturday preceding the first
Sunday until the second Sunday of
October
Concerts and other events in the
Multiuse Pavilion of Gondomar

Avenida Oliveira Martins
Cycle Track is located on the
sidewalks of Avenida Oliveira
Martins and it's flanked by
sidewalks that are 5 metres
wide. It was precisely here,
on these sidewalks, that the
urban cycle track was built.

Location: Between the Curva da
Roleta Roundabout and the Rua
Cosme Ferreira de Castro

Beginning: Curva da Roleta
Roundabout in the Parish Union
of Gondomar, S. Cosme, Valbom
and Jovim

End: Rua Cosme Ferreira de
Castro, Parish Union of Fânzeres
and S. Pedro da Cova

Length: 1,200 metres

Access: Avenida Oliveira Martins
GPS coordinates:

Beginning: N 41.144389
O -8.540007

End: N 41.139899 O -8.540013



Closest Health Centre/Hospital

Santo António Hospital

Valongo Hospital
Hospital Escola Fernando Pessoa
(Private Hospital)

Flora

Magnolia and oak

Tourist Attractions

Golden Carvings Altars of the S.
Cosme Church
Tile Panels from 1936 in the
Railway Station of Rio Tinto
Santo Isidoro's Chapel
White House of Gramido (PPI),
Valbom
Júlio Resende Foundation

Gastronomy and Wines

Shad, lamprey and walnuts.

Festivities and Events

Nossa Senhora do Rosário,
São Cosme and São Damião,
Saturday preceding the first
Sunday until the second Sunday of
October
Concerts and other events in the
Multiuse Pavilion of Gondomar



D. MIGUEL ROAD CYCLE TRACK GONDOMAR



Cycle track on the side of the road with urban features.

Location: Between R108 road and roundabout of Rua Vasco da Gama

Beginning: R108 Road, in the Parish Union of Foz do Sousa and Covêto

End: Roundabout of Rua Vasco da Gama, Baguim do Monte

Length: 4,950 metres

Access: R108 Road and roundabout of Rua Vasco da Gama

GPS coordinates:

Beginning: N 41.096127
O -8.521479

End: N 41.190753 O -8.518649

Closest Health Centre/Hospital

Santo António Hospital
Valongo Hospital
Hospital Escola Fernando Pessoa
(Private Hospital)

Flora

Magnolia and oak

Tourist Attractions

Golden Carvings Altars of São Cosme Church
Tile Panels from 1936 in the Railway Station of Rio Tinto
Santo Isidoro's Chapel
White House of Gramido (PPI), Valbom
Júlio Resende Foundation

Gastronomy and Wines

Shad, lamprey and walnuts.

Festivities and Events

Nossa Senhora do Rosário, São Cosme and São Damião, Saturday preceding the first Sunday until the second Sunday of October
Concerts and other events in the Multiuse Pavilion of Gondomar.



VILA VERDE CYCLE TRACK GONDOMAR



Vila Verde Cycle Track is a combination of unidirectional routes, located on both sides of the road. A section of the cycle track that follows alongside the road is approximately 500 metres long.

This cycle track is made of seven upward tracks that cover 3,599 metres and six downward tracks that stretch across 2,767 metres, crossing many streets of the Parish Union, from Freixo to D. Miguel Road (Estrada D. Miguel).

Location: Between Freixo and the road

Beginning: Rua Luís de Camões, in the Parish Union of Gondomar (S. Cosme), Valbom and Jovim
End: D. Miguel Road, in the Parish Union of Gondomar (S. Cosme), Valbom and Jovim

Length: 7,209 metres

GPS coordinates:

Beginning: N 41.143938
O -8.572733

End: N 41.127732 O -8.515152



GONDOMAR POLIS CYCLE TRACK GONDOMAR



Location: Between Ribeira de Abade and Gramido, in the Parish Union of Gondomar, S. Cosme, Valbom and Jovim

Beginning: Ribeira de Abades

End: Gramido

Length: 2,600 metres

Access: Gondomar Coastal Road

GPS coordinates:

Beginning: N 41.140743

O -8.573236

End: N 41.125307 O -8.556473

This cycle track can be found in the rehabilitated area of the Gondomar Polis, which was built along the river area, longitudinally delimited by the N108 road - usually called Gondomar Coastal Road - and by the Douro river, with limits between Freixo (Porto) and Gramido.



Closest Health Centre/Hospital
Santo António Hospital

Hospital Escola Fernando Pessoa
(Private Hospital)

Parks/Nature Reserves
Ribeira de Abade Children's park

Flora
Maple, poplar, plane tree, cork oak, oak, willow, umbrella pine tree and *copressus*

Tourist Attractions
White House of Gramido
Júlio Resende Foundation, Lugar do Desenho
Infante D. Henrique Naval Club
Environmental Education Centre of Quinta do Passal

Gastronomy and Wines
Shad and lamprey.

Festivities and Events
Festivity in honour of S. Pedro de Ribeira de Abade, June



GUIMARÃES - FAFE RAIL TRAIL GUIMARÃES



Location: Guimarães - Fafe

Beginning: Rua Padre João Oliveira, Mesão Frio, Guimarães

End: Rua dos Aliados, Fareja, Fafe

Length: 17,000 metres - 10,000 metres in Guimarães and 7,000 metres in Fafe

Access: Beginning in Guimarães, in N101 road, take the exit towards Fafe; beginning in Fafe in Rua dos Aliados, take the exit towards Guimarães

GPS coordinates:

Beginning: 41°27'21.62"N
8°16'1.42"W

End: 41°27'11.62"N 8°10'55.70"W

In the mid 80s the old railway track which joined the cities of Guimarães and Fafe was deactivated and transformed into a rail trail. In 1996, the City Hall of Fafe built the bicycle touring lane of Fafe, covering approximately 7 km, joining Fareja to Foz, and stretching across predominantly rural areas. In 1999, the City Hall of Guimarães completed the track and opened the bicycle touring lane in Guimarães, joining Fareja and Devesa, in the parish of Mesão Frio, a

track with a more suburban feature.

Therefore, the Guimarães-Fafe Rail trail goes from the Parish of Mesão Frio, in Guimarães, three kilometres away from the city centre until the village of Foz, about a kilometre away from the city centre of Fafe. Throughout its extension the lane is crossed several times by main and secondary roads, offering its users many entrance and exit points.

Bike Rental and Repair

Get Green
Art and Creativity Platform - Lab.11
Av. Conde Margaride, nº175
4810-535 Guimarães
tel.: 937 417 499
e-mail: getgreen.pt@gmail.com
www.getgreen.pt

Closest Health Centre/Hospital

Centro Hospitalar do Alto Ave -
Guimarães - Unidade de Guimarães
Rua dos Cutileiros, Creixomil
4835-044 Guimarães
tel.: 253 540 330
e-mail:
administracao@chaa.min-saude.pt

Unidade de Fafe
Praça José Florêncio Soares
Apartado 120
4824-957 Fafe
tel.: 253 540 330

Picnic Parks

Penha Mountain Picnic Park
Dukes of Bragança Palace Picnic
Park

Parks/Nature Reserves

Penha Mountain Park

Tourist Attractions

Guimarães Historic Centre
Zona de Couros (UNESCO World

Cultural Heritage registry)
Dukes of Bragança Palace Castle
and Palace
Penha Mountain
Guimarães Cable Car

Gastronomy and Wines

Conventual confectionery such as "tortas de Guimarães" (traditional sweet) and "touxinho-do-céu" (egg yolks and sugar traditional dessert) from Guimarães, from the extinct Santa Clara Monastery recipes. Wines from the Demarcated Region of the Vinhos Verdes.

Festivities and Events

City festivities and Gualterianas (festivities in honour of St. Gualter), first weekend of August Afonsina Fair, June Guimarães Jazz, November Nicolinas (festivities in honour of St. Nicholas), 29th of November until the 6th of December



LOUSADA GREENWAY LOUSADA



Location: Vila de Lousada
Beginning: Avenida Cidade de Errenteria
End: Avenida Cidade de Errenteria
Length: 4,080 metres
Access: N207 Road, access road from A42 Motorway until Vila de Lousada
GPS coordinates:
Beginning: N 41.28025 O -8.28077
End: N 41.28025 O -8.28077

Closest Health Centre/Hospital

Hospital da Misericórdia de Lousada
 Avenida Major Arrochela Lobo, Silvares
 4620-697 Lousada
 tel.: 255820700
 www.scmulousada.pt

Fauna/Birdwatching

Common magpie, carrion crow, Eurasian collared dove, Montpellier snake, little owl, bocage's wall lizard, sparrow, blackbird, swallow and dove

Flora

Spurge flax and English oak

Parks/Nature Reserves

Dr. Mário Fonseca Urban Park
 Vilar Forest
 Vilar Park
 Picnic Parks
 Casais Picnic Park
 Domingos Ferreira Leisure Park
 Leisure and Theme Park of Sousela

Tourist Attractions

Romanesque Route Interpretation Centre
 Senhor dos Aflitos Mount and Church
 Lousada Sports complex
 Vila Tower
 Vilela Bridge
 Espindo Bridge

Salvador de Aveleda Church
 Santa Maria de Meinedo Church
 São Lourenço de Pias Church
 Nossa Senhora Aparecida
 Sanctuary

Gastronomy and Wines

"Cozido à portuguesa" (boiled varieties of meat, potatoes, smoked sausages and kale), kid or lamb roasted in the oven, oven rice, "bazulaque" (lamb entrails stew cooked with wine and garlic) and "rojões" (fried pork meat). Sweet "sarrabulho" (fried pork meat and a sort of porridge with shredded pork meat and blood, cinnamon, sugar and honey), "sopa seca" (typical

dessert), custard, sponge cake and "beijinhos de amor" (traditional sweet). The cheese production is also worth mentioning. The most distinguished wines are the Vinhos Verdes from Lousada and the sparkling Verde wine productions. You can also discover these wines through the Gourmet Routes.

Festivities and Events

Camelias International Festival of Lousada, February or March
 Portugal Rally in Lousada, May
 Noites Acústicas/Comédias D'Outono, January until June/
 October
 Lousada Traditional Festival, July

The Lousada Greenway embraces the the eastern part of the urban perimeter of Lousada, stretching for more than 4 km. The route presents a certain visual subtlety, marked by the agricultural landscape, ranging from bush areas and woods where native or naturalized species such as the spurge flax, the English oak or the cork oak can be found. As for the fauna, the bird fauna is definitely the one which stands out the most. Resident species that adapt to environments with

a strong human influence are frequently found here, such as the common magpie, the carrion crow or the Eurasian collared dove. In the urban area, the Interpretation Centre and the Romanesque Route are worth mentioning. Next to the Church and Mount of the Senhor dos Aflitos, the Lousada Sports complex also stands out.



AZIBO RESERVOIR GREENWAY MACEDO DE CAVALEIROS



Location: Albufeira do Azibo (Reservoir)

Beginning: Ribeira Beach

End: The Azibo Reservoir Protected Landscape Main Centre

Length: 15,600 metres

Access: A4 Motorway

GPS coordinates:

Beginning: N 41.586597

O -6.906291

End: N 41.559791 O -6.882608

Azibo Reservoir Greenway is a nature track that follows along the south-eastern edge of the Azibo Reservoir, allowing cyclists to bike on a dirt track, between the Ribeira Beach and the Azibo Reservoir Protected Landscape Main Centre. This route is inserted in the Terras de Cavaleiros Geopark.

Closest Health Centre/Hospital

Centro de Saúde de Macedo de Cavaleiros

Av. Dr. Urze Pires

5340-263 Macedo de Cavaleiros

tel.: 278 420 140

Centro Hospitalar do Nordeste

Rua Dr. Urze Pires

5340-263 Macedo de Cavaleiros

tel.: 278 428 200

Fauna/Birdwatching

Great crested grebe, mallard and otter

Flora

Cork oak and Portuguese oak forest. The holm oak and the chestnut tree are part of the Natura 2000 Network in the 12,878 hectares in Morais, site of geological and floristic interest

Picnic Parks

Santa Combinha Picnic Park

Vale da Porca Picnic Park

Parks/Nature Reserves

Azibo Reservoir Protected Landscape 2 km away from Macedo de Cavaleiros

Tourist Attractions

Ribeira Beach, Azibo Reservoir Fraga da Pegada Beach, Azibo Reservoir

PPAA Central Nucleus, Azibo Reservoir

Sacred Art Museum

Balsemão Religious Museum

Salselas Rural Museum

Careto House

Macedo de Cavaleiros Cultural Centre

Bornes Mountain

Gastronomy and Wines

Meat and typical sausages, mushrooms, chestnut and olive oil.

Festivities and Events

Hunt and Tourism Fair, last week of January

Entrudo Chocalheiro (Carnival Festival), February

St. Peter (São Pedro), last week of June

Beach Volley National Championship, August



VILAR DE LUZ MUNICIPAL AERODROME CYCLE TRACK MAIA



Location: Parish of Folgosa, Village of Vilar de Luz, Rua Vilar de Luz
Beginning: Vilar de Luz Municipal Aerodrome Entrance
End: Vilar de Luz Municipal Aerodrome Entrance
Length: 4,200 metres
Access: N105-2 Road
GPS coordinates:
Beginning: 41°17'09.61"N 8°30'55.90"W
End: 41°17'09.61"N 8°30'55.90"W

Located in Folgosa, 10 km away from the city of Maia and 20 km from Porto, the cycle track can be found in Vilar de Luz Municipal Aerodrome, which covers 100 hectares and is embraced by a remarkably beautiful landscape. The Vilar de Luz Municipal Aerodrome is an infrastructure created from an initiative designed by Maia City Hall. Its construction began in 1992 and the general air traffic aviation opened in 1995. Aside from the

aviation runway, here you can also find the closed-loop cycle track that is approximately 4,200 metres, an aeromodelling runway and another radio modelling runway. Moreover, it has a Road Safety School, a lake and a picnic park. This bituminous cycle track with vertical signalling is very well preserved and delimited. You can only use it during the aerodrome working hours (9 a.m. until 10 p.m.)

Closest Health Centre/Hospital
 Hospital de São João (18 km)
 Alameda Professor Hernâni Monteiro
 4200-319 Porto
 tel.: 225 512 100
 e-mail: geral@hsjoao.min-saude.pt
 www.hsjoao.min-saude.pt

Hospital de Dia da Maia (Private Hospital)
 R. Padre António, nº25
 4470-136 Maia
 tel.: 229 980 940
 www.hospitaldamaia.pt

Centro de Saúde do Castelo da Maia (10 km)

Rua Professor Lafayette Rodrigues Vieira Castro
 4475-646 Maia

Picnic Parks
 Vilar de Luz Local Aerodrome

Tourist Attractions
 São Miguel O Anjo Mount
 Senhora da Luz Chapel

Gastronomy and Wines
 Codfish à la Lidador, sardine in vinegar sauce à la Maia, "rojões" (fried pork meat), roast kid à la Maiata, "Cozido à portuguesa" (boiled varieties of meat, potatoes, smoked sausages and kale)

Fennel scones, sweet bread, "aletria" (sweet vermicelli and cinnamon), French toast and conventual sweets from the Vairão and S. Bento Monasteries. Vinho Verde wine.

Festivities and Events
 Festivities in honour of Our Lady of the Light (Senhora da Luz), first Sunday of May
 Festivities in honour of Santo Ovídio, first Sunday of September
 Festivities in honour of São Frutuoso, second Sunday of September



Picnic Parks

There is a picnic area in the surroundings of Maia's old railway Station, next to the children's park.

Parks/Nature Reserves

São Pedro Park – Avioso

Tourist Attractions

Maia City Hall
Lidador Tower
Maia Forum
Marian Sanctuary of Nossa Senhora do Bom Despacho
"Quinta dos Cônegos" estate
"Quinta da Barca" estate
Maia Zoo
Monument to the Community of Maia
Lidador Statue

Gastronomy and Wines

Codfish à la Lidador, sardine in

vinegar sauce à la Maia, "rojões" (fried pork meat), roast kid à la Maiata, "Cozido à portuguesa" (boiled varieties of meat, potatoes, smoked sausages and kale). Fennel scones, sweet bread, "aletria" (sweet vermicelli and cinnamon), French toast and conventual sweets from the Vairão and S. Bento Monasteries. Vinho Verde wine.

Festivities and Events

Maia Music Festival - Maia Forum, May
Pilgrimage in honour of Nossa Senhora do Bom Despacho, July
Maia Handicraft Fair - Maia Central Park, July
Comic Theatre International Festival of Maia - Maia Forum, September



SOUTO – BRANDINHÃES RAIL TRAIL MAIA



The rail trail corresponds to a section of the old railway, which connected Porto to Guimarães. The entire rail trail is located in Maia. Three-metre wide track paved in bituminous, with public lightening, street furniture and vertical signalling.

It also holds a space for the youngsters with a children's park, equipped with support infrastructures, namely a drinkable water spot next to Maia's old railway station.

Location: Maia, between João Paulo II Avenue and Vias Paralelas (Brandinhães)
Beginning: Outer ring road (Brandinhães). Souto (until João Paulo II Avenue)
End: Outer ring road (Brandinhães). Souto (until João Paulo II Avenue)
Length: 1,860 metres
Access: Through João Paulo II Avenue and Vias Paralelas and along its track through local streets, such as Rua da Estação and Rua Conselheiro Costa Aroso (former N107 road).
By public transportation close to the interface Maia Park and Industrial Area of Porto Underground C Line and Maia Forum. Public transportation buses: 600, 603 and 604 from STCP (Collective Transport Company of Porto).
GPS coordinates:
Beginning: 41°13'39.23"N 8°37'57.27"W
End: 41°14'26.45"N 8°37'39.17"W



AVIOSO PARK GREENWAY MAIA



Location: N318 Road, Rua do Monte Grande, S. Pedro de Avioso
Beginning: Entrance through gate A and/or gate B of Avioso Park, S. Pedro
End: Exit through gate A and/or gate B of Avioso Park, S. Pedro
Access: N105-2 Road
GPS coordinates:
Beginning: 41°17'24.96"N 8°36'34.87"W
End: N 41°17'24.96"N 8°36'34.87"W

Avioso Park, São Pedro, is located in the Parish of Castêlo da Maia and occupies nearly 33 hectares. The spring of Avioso Creek, which together with other water lines form the Arquinho Creek, can be found in this park. As the biggest tributary of the Leça River, the Arquinho Creek carries quite a strategic importance for the Leça river basin and, consequently, at the metropolitan scale. The park has a wide network of roads, covering approximately 4,500 metres. This network is part of the structural basis of



the park, and here you can find a fitness area, a picnic area, a lake, a children's playground or secluded places where you can admire the beautiful surroundings and be in close contact with nature. Made of compact gravel, the greenway's layout is perfectly defined, very well preserved and can be used by pedestrians and cyclists. You can visit the Park during its opening hours: in the winter, from October to March: from 8 a.m. until 7 p.m. and in the summer, from April to September: from 8 a.m. until 9 p.m.

Bicycle Storage and Parking

Locations

Avioso Park, São Pedro, close to Entrance Gate A

Bike Rental and Repair

In the summer there are free bikes available in the Park, close to Entrance Gate A.

Closest Health Centre/Hospital

Hospital de São João (18 km)
 Alameda Professor Hernâni Monteiro
 4200-319 Porto
 tel.: 225 512 100
 e-mail: geral@hsjoao.min-saude.pt
 www.hsjoao.min-saude.pt

Centro de Saúde do Castêlo da Maia (10 km)
 Rua Professor Lafayette Rodrigues Vieira Castro
 4475-646 Maia
 tel.: 229 867 030/1/8
 e-mail: direccao@cscastelomaia.min-saude.pt

Fauna/Birdwatching

In this park, there are two towers for birdwatching. Visitors can observe the following species: Northern wheatear (*oenanthe oenanthe*), Eurasian red squirrel (*sciurus vulgaris*), peacock butterfly (*inachis io*), keeled skimmer (*orthetrum coerulescens/cordulegaster boltonii*), serin (*serinus serinus*), dartford warbler (*sylvia undata*), jay (*garrulus glandarius*), wood pigeon (*columba palumbus*), jewelled eyed lizard (*lacerta lepida*), Iberian emerald lizard or schreiber's green lizard (*lacerta schreiberi*), long-tailed tit (*aegithalos caudatus*), mistle thrush (*turdus viscivorus*), European bee-eater (*merops apiaster*), black redstart (*phoenicurus ochrurus*), willow warbler (*phylloscopus trachilus*), Eurasian blue tit (*parus caeruleus*) and barn swallow (*hirundo rustica*).

Picnic Parks

Avioso Park, close to Entrance Gate B

Parks/Nature Reserves

Forest Park

Tourist Attractions

Alvarelos Roman Settlement (Castro)
 Campa do Preto Village
 "Quinta da Gruta" estate
 Tecmaia

Gastronomy and Wines

Codfish à la Lidador, sardine in vinegar sauce à la Maia, "rojões" (fried pork meat), roast kid à la Maiata, "Cozido à portuguesa" (boiled varieties of meat, potatoes, smoked sausages and kale). Fennel scones, sweet bread, "aletria" (sweet vermicelli and cinnamon), French toast and conventual sweets from the Vairão and Santa Clara Monasteries. Vinho Verde wine.

Festivities and Events

Environment Day, Avioso Park
 Family Day, Avioso Park
 Autocthonous Forest Day, Avioso Park
 Festivity in honour of the Campa do Preto Village



COASTAL CYCLE TRACK (CABO DO MUNDO) MATOSINHOS



Bicycle Storage and Parking

Locations

Pedras do Corgo

Closest Health Centre/Hospital

Hospital Privado da Boa Nova, S.A.

(Private Hospital)

Rua Armando Vaz, nº225

4455-421 Perafita

tel.: 229 980 900

Atendimento Permanente (24-hour Service)

tel.: 229 980 912

e-mail: geral@hpbn.pt

www.hpbn.pt

USF Dunas

Rua da Cruz, nº603 / 4455-116 Lavra

tel.: 229 982 060

e-mail: usf.dunas@ulsm.min-saude.pt

Parks/Nature Reserves

Praia da Memória (Memory Beach)

Dune Park with interpretative visits

Tourist Attractions

Praia da Memória Obelisk: classified as a National Monument in 1880, this obelisk was built in honour of the landing episode of the squad under the command of D. Pedro IV on 8th of July 1832, and whose purpose was to put an end to the absolutist regime in Portugal.

Gastronomy and Wines

Matosinhos is the biggest European restaurant cluster per square meter with approximately 600 catering establishments. From the traditional grilled sardines to the most sophisticated international cuisine, the seafood and the fresh fish from the Matosinhos and Angeiras fish markets are also never forgotten.

Festivities and Events

São Mamede de Perafita Festivity, last week of June/first weekend of July Senhor da Lavra Festivity, second Sunday of August (biannual - alternatively with Nossa Senhora de Fátima Festivity)

This cycle track is another part of a very long cycle track which extends throughout the entire Matosinhos coastline. Some parts are already opened to the public, mainly the Ciclovía do Calçadão (boulevard/promenade) in Matosinhos and the Entre Quintas Cycle track in Leça da Palmeira. In addition to the vertical signalling, this red bituminous path is also signalled with the traditional white bike painted on the pavement.

Location: Perafita/Lavra

Beginning: Rua de Almeiriga Norte

End: Avenida Praia de Angeiras

Length: 4,800 metres

Access: A28 and 104 - Resende

GPS coordinates:

Beginning: N 41.220459

O -8.712945

End: N 41.261115 O -8.724479



MATOSINHOS BEACH CYCLE TRACK MATOSINHOS



Location: Matosinhos Beach
Beginning: Next to João Gonçalves Zarco School (former Industrial School)
End: Matosinhos Beach Waterfront, Boulevard/Promenade (Calçadão)
Length: 1,255 metres
Access: A28 Motorway and Exterior Road of the Ring Road, next to João Gonçalves Zarco School (former Industrial School), "Parque de Real" Metro station or Matosinhos Beach Waterfront, Boardwalk/Promenade, "Matosinhos Sul" Metro station
GPS coordinates:
Beginning: N 41.177388 O -8.677201
End: N 41.176443 O -8.690736

Bike Rental and Repair

Ebike - Electrical Bicycle
 Av. da República, nº173
 4450-241 Matosinhos
 tel.: 220 997 417
 e-mail: info@e-bike.com.pt
 www.e-bike.com.pt

Bicycle Storage and Parking Locations

In front of the Tourism Interactive Shop of Matosinhos

Closest Health Centre/Hospital

Hospital Pedro Hispano - Unidade Local de Saúde de Matosinhos, EPE
 Rua Dr. Eduardo Torres, Senhora da Hora

4454-509 Matosinhos
 tel.: 229 391 000
 e-mail: ca@hph.min-saude.pt
 www.ulsm.min-saude.pt

Tourist Attractions

"*SheChanges*" – Anemone: the 50-metre-high net sculpture designed by American artist Janet Echelman is a tribute to the fishing community of Matosinhos
 Coastal Road of Matosinhos: work by architect Souto Moura, opened in September 2002

Gastronomy and Wines

Matosinhos is the biggest European restaurant cluster per square

metre with approximately 600 catering establishments. From the traditional grilled sardine to the most sophisticated international cuisine, the seafood and the fresh fish from the Matosinhos and Angeiras fish markets are also never forgotten.

Festivities and Events

Senhor de Matosinhos Festivity, 51 days after Easter
 Mártir S. Sebastião Festivity, second weekend of July
 Dolphin Fair - Antiques Fair, fourth Sunday of each month
 Cayo Carpo Historic Reenactment, May/June in Matosinhos Beach

Matosinhos Beach Cycle Track is part of Rua de Sousa Aroso. This is one of the main access points to the sea and beaches in the south of Matosinhos. It starts in Rua D. Nuno Álvares Pereira, next to the rears of the former Industrial School and ends in the Coastal Boulevard of Matosinhos, where it joins the Calçadão Cycle track (boulevard/promenade). It is signalled with vertical and horizontal information. In addition to being painted in red, this 3-metre-wide

cycle track is also outlined by a large continued white strip and can be safely used both ways by cyclists.

Closest Health Centre/Hospital

Hospital Privado da Boa Nova SA
(Private Hospital)
Rua Armando Vaz, nº225
4455-421 Perafita
tel.: 229 980 900/229 980 912
(permanent service)
e-mail: geral@hpbn.pt
www.hpbn.pt

Centro de Saúde de Leça da
Palmeira
Rua Alberto Laura Moreira Júnior,
nº 63
4450-586 Leça da Palmeira
tel.: 229 980 000
e-mail: ucc.leca@ulsm.min-saude.pt

Picnic Parks

Quinta da Conceição

Tourist Attractions

Quinta da Conceição: the origins of the main public park can be traced back to this property, which dates back to 1481. The Manueline style portal and the improvements made in the 60s by Fernando Távora and Siza Vieira are worth mentioning. Quinta de Santiago Museum: designed by Italian artist Nicola Bigaglia, author of the Buçaco Hotel Project, the building dates back to the end of the 19th century. Nowadays, it houses the Art Museum of Matosinhos

Nossa Senhora das Neves Fort – dated from 1651, nowadays it's the captaincy headquarters - Property of Public Interest
Boa Nova Lighthouse: second highest lighthouse on the Portuguese coast, it started operating in 1926, and until 1962 it housed the Lighthouse Keepers School

Gastronomy and Wines

Matosinhos is the biggest European restaurant cluster per square meter with approximately 600 catering establishments. From the traditional grilled sardines to the most sophisticated international cuisine, the seafood and the fresh fish from the Matosinhos and Angeiras fish markets are also never forgotten.

Festivities and Events

S. Miguel Arcanjo e Santana Festivities, last weekend of July
Senhor dos Passos Procession, fifth Sunday of Lent
"Festarte - Popular Art and Traditions International Festival of Matosinhos", July/August
Historic Reenactment "The Pirates", next to the Nossa Senhora das Neves Fort, June



ENTRE QUINTAS CYCLE TRACK MATOSINHOS



This cycle track, located in the parish of Leça da Palmeira, follows along the Northern Pier of Leixões Port. It starts at one of the oldest cycle tracks in the country - now recovered - a wide bike lane, situated between the Quintas de Santiago and of Conceição and Dr. Antunes Guimarães Avenue. From here, it extends towards Leça Beach along the southern side of the avenue, crossing under the Movable Bridge, next to the Marine Station, the old

Location: Leça da Palmeira
Beginning: Southern Entrance of Quinta de Santiago
End: Coastal Road Boulevard of Leça da Palmeira Beach
Length: 2,129 metres
Access: A28 Motorway, Bus STCP 507; 118 Resende
GPS coordinates:
Beginning: N 41.193599
O -8.688872
End: N 41.189348 O -8.704589

APDL (Port Administration) Radar, the Leça Castle and the Leixões Marina, and finishing at the Coastal Road Boulevard of Leça Beach.



Closest Health Centre/ Hospital

Hospital Privado da Boa Nova SA
(Private Hospital)
Rua Armando Vaz, nº225
4455-421 Perafita
tel.: 229 980 900/229 980 912
(permanent service)
e-mail: geral@hpbn.pt
www.hpbn.pt

USF Progresso Perafita
Largo da Igreja
4455-469 Perafita
tel.: 220 907 070
e-mail:
usf.progresso@ulsm.min-saude.pt

Tourist Attractions

The Medieval Necropolis of Montedouro, in Pampelido, in the parish of Perafita, consisting of five non-anthropomorphic graves caved in the granite rock from the Early Middle Ages (9th-11th century)

Gastronomy and Wines

Matosinhos is the biggest European restaurant cluster per square meter with approximately 600 catering establishments. From the traditional grilled sardine until the most sophisticated international cuisine, the seafood and the fresh fish from the Matosinhos and Angeiras fish markets are also never forgotten.

Festivities and Events

São Mamede de Perafita Festivity, last week of June/first weekend of July



PAMPELIDO CYCLE TRACK MATOSINHOS



This cycle track is part of a project whose purpose is to build leisure infrastructures that will connect the beaches and the Atlantic coastal road to the Medieval Necropolis of Montedouro. Even though it is not finished yet, a part of it, nearly 300 metres long, can already be used. From here you can go on a bike ride along the dirt path, crossing the rural fields until you reach Rua Ocidental. This is a wide and illuminated red slurry track, with a pedestrian lane on both sides. It is also properly signalled by horizontal signalling painted in white.

Location: Perafita
Beginning: Rua Almeiriga Norte
End: To be finished (the cycle track is to be prolonged until the Medieval Graves, located in Outeiro de Montedouro)
Length: 234 metres
Access: 104 Road, Resende
GPS coordinates:
Beginning: N 41.220289
O -8.712914
End: N 41.224761 O -8.716167

MATOSINHOS BOULEVARD/ PROMENADE CYCLE TRACK MATOSINHOS



Location: Matosinhos Beach

Beginning: Beginning of Matosinhos Coastal Road, next to the Seamen Monument and the net sculpture roundabout (Giant Anemone)

End: End of Matosinhos Coastal Road, next to the Seamen Monument and the Monitoring and Environmental Centre/Tourist Office of Matosinhos

Length: 734 metres

Access: Exterior road of the Ring Road (Circunvalação) and Metro (Matosinhos South Station)

GPS coordinates:

Beginning: N: 41.179533
O -8.693786

End: N: 41.173912 O -8.689304

The Boulevard (Calçada) Cycle track is part of Matosinhos Beach Coastal Road platform - on General Norton de Matos Avenue - and can be found alongside the sea and with Matosinhos Beach right next to it. This lane, on the pedestrian sidewalk, is outlined by two continuous parallel stripes, painted in white on the granite floor. This two-way lane is wide enough that people can use it both ways. It is also divided by a white dashed border line and signalled by a white bike painted on the floor.



Bicycle Storage and Parking

Locations

In front of LIT Matosinhos and the Matosinhos City Market

Bike Rental and Repair

Veloculture - Matosinhos Shop (repairing)
Rua Álvaro Castelões - Matosinhos City Market, Loja Exterior, nº46A
4450-039 Matosinhos
Tel.: 229 350 062 / 934 353 523
www.velocultureporto.com

Ebike - electrical bicycle
Av. da República, nº173
4450-241 Matosinhos
tel.: 220 997 417

e-mail: info@e-bike.com.pt

www.e-bike.com.pt

Closest Health Centre/Hospital

Hospital Pedro Hispano - Unidade Local de Saúde de Matosinhos, EPE
Rua Dr. Eduardo Torres - Senhora da Hora / 4454-509 Matosinhos
tel.: 229 391 000
e-mail: ca@hph.min-saude.pt
www.ulsmin-saude.pt

Tourist Attractions

"She Changes" – Anemone:
50-metre-high net sculpture designed by American artist Janet Echelman, is a tribute to the fishing community of Matosinhos

Matosinhos Coastal Road: work by architect Souto Moura, opened in September 2002

Fisherman Monument: sculpture by José João Brito, inspired by a painting by Augusto Gomes as a tribute to the fishing community and to the 152 fishermen victims of the shipwreck on December 1st, in 1947
Senhor do Padrão: According to the legend, this 18th-century National Monument marks the place where the image of Senhor de Matosinhos appeared.

Gastronomy and Wines

Matosinhos is the biggest European restaurant cluster per square

meter with approximately 600 catering establishments. From the traditional grilled sardine until the most sophisticated international cuisine, the seafood and the fresh fish from the Matosinhos and Angeiras fish markets are also never forgotten.

Festivities and Events

Senhor de Matosinhos Festivity, 51 days after Easter
Mártir S. Sebastião Festivity, second weekend of July
Dolphin Fair - Antiques Fair, fourth Sunday of each month
Cayo Carpo Historic Reenactment, May/June in Matosinhos Beach

Tourist Attractions

Praia da Memória Obelisk: classified as National Monument in 1880, this obelisk was built in honour of the landing episode of the squad under the command of D. Pedro IV, which took place on the 8th of July 1832, and whose purpose was to put an end to the absolutist regime in Portugal
Roman Tanks: buried under the sands of Angeiras Beach and one of the most important archaeological stations of the Roman period in the north of Portugal.

Gastronomy and Wines

Matosinhos is the biggest European restaurant cluster per square meter with approximately 600 catering establishments. From the traditional grilled sardines to the most sophisticated international cuisine, the seafood and the fresh fish from the Matosinhos and Angeiras fish markets are also never forgotten.

Festivities and Events

Lavra Festivities – Senhora de Fátima - Divino Salvador, 13th and 14th of August
Feast of the Lord, second Sunday of August - every two years (alternates with Nossa Senhora de Fátima Festivities)

Closest Health Centre/Hospital

Hospital Privado da Boa Nova SA (Private Hospital)
Rua Armando Vaz, nº 225
4455-421 Perafita
tel.: 229 980 900/229 980 912 (permanent service)
e-mail: geral@hpbn.pt
www.hpbn.pt

USF Dunas (Lavra)
Rua da Cruz, nº 561
4455-116 Lavra / tel.: 229 982 060
e-mail: usf.dunas@ulsm.min-saude.pt

Parks/Nature Reserves

Dune Park of the Angeiras Beach with interpretative views



NÓ DE LAVRA CYCLE TRACK MATOSINHOS



Nó de Lavra cycle track is made of two segments, one on the east and the other on the west, next to the new A28 Motorway's Nó de Lavra access to Angeiras. It is an urban cycle track which crosses an area of rural fields and the centre of Lavra. This red bituminous lane also has vertical signalling and follows along the north side of the road, occupying the roadside.

Location: Lavra
Beginning: Roundabout with Rua da Cruz
End: Crossing with Praia de Angeiras Avenue, next to the Roman Tanks for Fish Salting
Length: 970 metres
Access: Nó de Lavra Access; Beach
GPS coordinates:
Beginning: N 41.261911
O -8.707321
End: N 41.260227 O -8.723672

Location: Miranda do Douro
Beginning: Sendim
End: Duas Igrejas
Length: 15,000 metres approximately
Access: Roads - IC5, N221, EM's
GPS coordinates:
Beginning: N 41.372498
O -6.41838
End: N 41.473353 O -6.35604

SABOR RAIL TRAIL – SENDIM SECTION – DUAS IGREJAS MIRANDA DO DOURO



The deactivation of the Sabor (Pocinho-Duas Igrejas) railway line in 1988 intensified the degradation of a fabulous heritage which took years to raise. At the end of 2011, REFER and the City Hall of Miranda do Douro signed a concession agreement to build a rail trail, between the Stations of Sendim and Duas Igrejas, in an extension of 15 kilometres, similar to the already active rail trail of the municipality of Torre de Moncorvo. At the same time, protocols were signed to recover the buildings at the stations (Sendim and Duas Igrejas) and the railroad stop (Fonte Aldeia), thus encouraging the will to make these places iconographic

symbols of the northeast of the region once again. In the specific case of Miranda do Douro, it is intended that the rail trail and all the buildings associated with it actually enhance the rich cultural heritage, the gastronomy, the arts and crafts, the agriculture and the local language alike. The fact that the entire rail trail section is part of the Douro International Natural Park also promotes tourism in its various forms.



Bicycle Storage and Parking

Locations

Casa de Turismo Rural "L Curral de Tiu Pino"

Rua da Frágua
tel.: 273 739 679

Casa de Turismo Rural "La Tenerie"

Rua da Frágua
tel.: 273 738 006 / 927 820 005
964 827 511

Bike Rental and Repair

Stand Irmão Ferreira
Rua da Presa, Sendim
tel.: 273 739 428

Casa Cristal

Rua do Mercado, Miranda do Douro
tel.: 273 431 225

Casa de Turismo Rural "L Curral de Tiu Pino"

Rua da Frágua
tel.: 273 739 679

Casa de Turismo Rural "La Tenerie"

Rua da Frágua
tel.: 273 738 006 / 927 820 005
964 827 511

Fauna/Birdwatching

Wild cat, roe deer, vultures (griffon and Egyptian), European eyed lizard, common genet and black stork.

Flora

Oak, holm oak, cork oak, juniper, terebinth and rosemary

Parks/Nature Reserves

Natural Park of the International Douro

Tourist Attractions

"Castros" (hill forts)
Viewpoints
Solhapa Rock Shelter
Church and wayside cross of Malhadas
Carreirão das Arribas, Pisões
Castle and Church of Miranda do Douro

Gastronomy and Wines

Steak à la Mirandesa, coal-roasted lamb, roast codfish and "enchidos" (typical Portuguese smoked sausages). Mirandesa sweet bread. Local wine.

Festivities and Events

Interceltic Festival of Sendim, first weekend of August
Nossa Senhora do Naso Festivities-Póvoa, 6th until the 8th of September
Santa Bárbara's Festivities - Sendim, first week of August
Santa Bárbara's Festivities - Miranda do Douro, third week of August



Closest Health Centre/Hospital

Unidade Hospitalar de Mirandela
Centro Hospitalar do Nordeste, EPE
5370-210 Mirandela
tel.: 278 260 500

Fauna/Birdwatching

Rabbit, hare, fox, song thrush and partridge.

Flora

Olive tree, cork oak, poplar, alder, willow, broom and common gum cistus.

Picnic Parks

Mirandela Picnic Park

Parks/Nature Reserves

Vale do Tua Natural Regional Park
Natura 2000 Network - Site of
Community Importance of Romeu

Tourist Attractions

Campsite
Cultural Heritage of the city and municipality of Mirandela
Green areas
Pedestrian Route: PR2 - Entre Rios
Track
Public Outdoor Swimming Pool

Gastronomy and Wines

Alheira (typical sausage) from
Mirandela, PDO Olive Oil from
Trás-os-Montes and PDO wines.

Festivities and Events

Flavour Festival of the "Azeite
Novo" (New Olive Oil), January
Nomad Gardens, May
Nossa Senhora do Amparo and City
Festivities, 25th of July until the
first weekend of August
Santo Estevão's Festivity/Caretos
Festivity, Vila de Torre de Dona
Chama, 25th and 26th of December



MIRANDELA CYCLE TRACK MIRANDELA



The cycle track starts at the Maravilha Roundabout (northern sector of the city of Mirandela) and continues along Rua da Maravilha until the Três Rios Maravilha Campsite. Throughout this path you can admire the natural landscape, which includes cultivated fields and the confluence of the rivers Tuela and Rabaçal that give origin to the Tua river.

Location: Mirandela

Beginning: Rotunda da Maravilha (Roundabout)

End: Três Rios Maravilha Campsite

Length: 2,000 metres

Access: A4 Motorway

GPS coordinates:

Beginning: N 41.496859

O -7.182204

End: N 41.509242 O -7.196418

Closest Health Centre/Hospital

Centro de Saúde ULSAM, Monção
Unidade de Cuidados na
Comunidade, Monção
Hospital de Santa Luzia, Viana de
Castelo (ULSAM, EPE)

Fauna/Birdwatching

Grey heron (*arfes cinera*), black
kite (*milvus migrans*), black stork
(*ciconia nigra*) and wild duck (*anas
platyrhynchos*). On the riverside,
you can see amphibians such as the
midwife toad (*alytes obstetricans*),
Iberian frog (*rana iberica*) and
Perez's frog or green frog (*rana
perezi*).

Flora

Alder (*alnus glutinosa*), box elder
(*acer negundo*), sycamore (*acer
pseudoplatanus*), common white
birch (*betula alba*), European
nettle tree (*celtis australis*),
Monterey cypress (*cupressus
macrocarpa*), Italian cypress tree
(*cupressus sempervirens*, raywood
(*fraxinus angustifolia*), common
ash (*fraxinus excelsior*), honey
locust (*gleditsia triacanthus*), bay
laurel (*laurus nobilis*), oriental
plane tree (*platanus orientalis*),
grey poplar (*populus canescens*),
Lombardy poplar (*populus nigra
"italica"*), aspen (*populus tremula*),
red oak (*quercus rubra*), wild
cherry tree (*prunus avium*), white

willow (*salix alba*), grey willow
(*salix atrocinerea*), willow (*salix
babylonica*), rowan or mountain
ash (*sorbus aucuparia*), swamp
cypress tree (*taxodium distichum*),
honeysuckle (*lonicera japonica*),
common grape vine (*vitis vinifera
subsp. sylvestris*).

Picnic Parks

Picnic Park, Lapela
Nossa Senhora da Cabeça Picnic
Park, Cortes
Caldas Picnic Park, Vila - Monção

Parks/Nature Reserves

Natura 2000 Network

Tourist Attractions

Castle Keep of Lapa Castle or Torre
de Lapela Museum (NM)
Fisheries of the Minho River,
Cortes, Troporiz and Lapela: small
constructions made with old stone
International River Course of
Minho, Cortes, Troporiz and Lapela
Nossa Senhora da Cabeça Chapel
and Railroad Stop, Cortes
Customs office, Lodeira: nowadays
headquarters of the ASPEA
Nucleus of Monção - Centre of
Environmental Education,
Observation and Interpretation of
Riparian Nature
Walls of Monção and Historic
Centre
Alvarinho Wine Museum

Foto: P Duarte



City Archive
Monção Thermal Spa

Gastronomy and Wines

Lamprey and lamb à la Monção
Typical desserts: Barrigas de freira,
roscas, rosquilhos and papudos.
Alvarinho Vinho Verde wine.

Festivities and Events

Lamprey Rally, last weekend of
February
Coca (Dragon) and Corpus Christi
Festivity, 60 days after Easter
Alvarinho Wine Fair, 1st weekend
of July
Lamb à la Monção Festival, first
and second weekend of October

The railway section that
connected Monção to Valença
was deactivated several years
ago, suffering a progressive
degradation due to the lack of
use. The Municipalities of
Monção and Valença signed
protocols with REFER so that
a rail trail would be built for
bike rides and walks in the
referred section.
Along the track, the
interpretation panels and all
the signage provide the
necessary elements so that
its users, even without guides,
can understand the existing
cultural, natural and

landscape resources. The rail
trail allows visitors to walk
through vineyards, cultivated
fields and a close view and
contact with the Minho River.
The morphology of the land
enabled the construction of
some viewpoints with
panoramic views over the
river and meadows. The
fisheries, the beaches and
the river islands, which are
part of the Natura 2000
Network and all the built
heritage are enriching
complements for those who
chose to go for a walk or a
bike ride.

MINHO RIVER RAIL TRAIL MONÇÃO



Location: Monção - Valença

Beginning: Pedra Furada, Vila -
Monção

End: Casa da Linha, in Ponte
Seca, Valença

Length: 17,000 metres

Access: it begins in Monção, at
Pedra Furada, in access to "Porta
de Salvaterra" (one of the five
gates of Monção's bastion
fortress) and continues toward
Valença, coming across the
Valencian route at the border of
the two municipalities, between
Lapela and Friestas. Other
accesses associated with
Monção: in Lodeira, in the old pier,
next to Quinta da Barca and in
Nossa Senhora da Cabeça
railroad stop in Cortes

GPS coordinates:

Beginning: 42° 4'49.51"N
8°29'6.78"W (Monção)

End: 42°2'87.69"N 8°6'36.71"W
(Valença)

OLIVEIRA DE AZEMÉIS CYCLE TRACK

OLIVEIRA DE AZEMÉIS



Location: Oliveira de Azeméis Educational and Sports Area
Beginning: Largo Adília Alegria
End: Oliveira de Azeméis Sports Area
Length: 1.000 metres
Access: Avenida Ferreira de Castro and Oliveira de Azeméis Sports Area
GPS coordinates:
Beginning: N 40.834793 O -8.480890
End: N 40.832873 O -8.483838

This cycle track next to the school and sports area is the first of thirteen cycle tracks designed to favour the connection between the main city facilities, since Oliveira de Azeméis considers that the mobility policies are part of the solution that can fix the city's alternative transportation issues. To promote the cycle track network, there is a bicycle sharing system, made of 20 vehicles - the Biclaz (urban bicycles with electric

assistance) and three parking areas with automatic management and monitoring, located near the City Hall in Largo da República, next to the Interactive Tourist Shop, in the city square and next to the public swimming pools.



Bicycle Storage and Parking

Locations

Oliveira de Azeméis City Hall
 Interactive Tourist Shop of Oliveira de Azeméis
 Public Swimming pools of Oliveira de Azeméis

Closest Health Centre/Hospital

Centro de Saúde Oliveira de Azeméis
 R. Marquês de Abrantes
 3720 Oliveira Azeméis
 tel.: 256 664 070

Hospital São Miguel de Oliveira de Azeméis

Largo do Riso Terra
 3720-275 Oliveira de Azeméis
 tel.: 256 600 800
 e-mail:
 cadmin@hdoazemeis.min-saude.pt

Centro Hospitalar Entre Douro e Vouga, EPE

Fauna/Birdwatching

Banks of the Caima River

Flora

Banks of the Caima River

Picnic Parks

La Salette Park
 Mill Theme Park
 Cercal Urban Park/Leisure area of Pedregulhal

Parks/Nature Reserves

La Salette Park
 Mill Theme Park

Tourist Attractions

La Salette Park
 Mill Theme Park
 Banks of the Caima River
 Regional Museum of Oliveira de Azeméis
 Historic Centre of Oliveira de Azeméis
 Historic Centre of Pinheiro da Bemposta
 Ferreira de Castro House Museum



Regional House Museum of Cucujães

Gastronomy and Wines

"Pão de Ul" (traditional bread), "regueifa de Ul" (traditional sweet bread), "canoco de Ul" (traditional bread), "papas de São Miguel" (thick delicacy with pork, wine and garlic), "arroz de ossos d' assuã" (spinal vertebrae rice: pork loin and lean trimmings), pork rice. Typical sweets (beijinhos de Azeméis, zamacóis), cinnamon cake and cornbread, "rabanadas de pão de Ul" (traditional French toast), custard.

Festivities and Events

Old Fashion Style Market, May
 White Night, September
 "Há Festa na Aldeia" Festival, September
 La Salette Festivities, first Sunday until the second Monday of August



FREAMUNDE CITY PARK GREENWAY PAÇOS DE FERREIRA



Bicycle Storage and Parking

Locations

Urban Park of Freamunde

Closest Health Centre/Hospital

Unidade de Saúde de Freamunde
Praça 19 de Abril
4590-295 Freamunde
tel.: 255 880 500

Centro de Saúde de Paços de
Ferreira

Rua Rainha D. Leonor, nº107
4580-612 Paços de Ferreira
tel.: 255 962 506

Fauna/Birdwatching

Ducks, geese and other kinds of

birds and fishes in the Freamunde
Leisure Park.

Picnic Parks

The Freamunde Leisure Park is
equipped with stone tables and
benches, barbecue structure, a
support bar and a WC.

Parks/Nature Reserves

Freamunde Leisure Park

Tourist Attractions

Santo António's Chapel
São Francisco's Chapel
Freamunde Leisure Park
Sport Fishing Track

Gastronomy and Wines

Capon à la Freamunde.

Festivities and Events

St. Anthony (Santo António), 13th
of June
Sebastianas, Festivities in honour
of St. Sebastian, second weekend
of July
Festivity dedicated to the
Immaculate Conception
(Imaculada Conceição), 8th of
December
Santa Luzia (Capons Fair), 13th of
December

The Leisure Park, located in
the heart of the city of
Freamunde, has an area of
10 thousand square metres
and several important
structures, such as a
greenway that covers almost
two kilometres and
surrounds a great area of the
park. The natural
environment attracts people
who enjoy fishing on the river
that runs through the park
and all those looking for the
perfect place to practice
sports, rest or just have a
picnic.

Location: Freamunde City Park

Beginning: Rua do Parque da
cidade de Freamunde

End: Rua do Parque da cidade de
Freamunde

Length: 2,000 metres

Access: City Centre

GPS coordinates:

Beginning: N 41.28625
O -8.339191

End: N 41.282044 O -8.337213



CITY OF PAREDES CYCLE TRACK PAREDES



Bicycle Storage and Parking Locations

Five parking locations:
José Guilherme Park/Square
República Avenue
City Park
Largo da Feira (Fair Complex)
School area of Paredes

Closest Health Centre/Hospital

Hospital Padre Américo Vale do Sousa
Lugar do Tapadinho
4560-162 Guilhufe - Penafiel
tel.: 255 714 000

Hospital da Misericórdia de Paredes
Rua Elias Moreira Neto
4580-085 Paredes
tel.: 255 780 310

Centro de Saúde de Paredes
Avenida Comendador Abílio Seabra,
nº 104
4580-029 Paredes
tel.: 255 782 318

Picnic Parks

Sobreira Picnic Park

Parks/Nature Reserves

Senhora do Salto Park, Aguiar de Sousa

Rio Ferreira Park, Rebordosa and Lordelo
Paredes City Park

Tourist Attractions

Art works of the Public Art Circuit
Music Conservatory
Public Library
Mother Church of Paredes
José Guilherme Park/Square
House of Culture
Paredes City Park

Gastronomy and Wines

Kid roasted in a wood-fired oven with oven rice, "sopa seca" (typical dessert).

Cavaco (typical dessert). Local Vinho Verde wine

Festivities and Events

Paredes City's festivities in honour of Divino Salvador, third weekend of July
Rebordosa City's festivities in honour of S. Miguel, first Sunday of July
Lordelo City's festivities in honour of the Patron Saviour, last Sunday of July
Nossa Senhora dos Chãos Festivity, 7th and 8th of September

This route covers the whole area of the city of Paredes, allowing users to move through various locations in the city centre in a sustainable way. At the same time, users can also enjoy the visiting the main points of interest, such as the art works all over the city and the architectural heritage.

Location: Paredes
Beginning and End: Circular. The entire urban perimeter of the city
Length: 22,000 metres
Access: Anywhere in the city
GPS coordinates:
Beginning: 41°12'38,227"N 8°19'19,712"W
End: 41°12'19,114"N 8°20'30,766"W



RIVERSIDE GREENWAY PESO DA RÉGUA



Location: Peso da Régua
Beginning: Junqueira Pier
End: Salgueiral
Length: 2,233 metres
Access: N108 Road or Avenida do Douro
GPS coordinates:
Beginning: N 41.155954
 O -7.782666
End: N 41.160063 O -7.805023

Peso da Régua Riverside Greenway is the result of the urban regeneration operation known as Frente Douro. It offers a very pleasant route along the Douro River, which bathes the city, and is used by cyclists and pedestrians who want to enjoy nature or practice sports. The riverside area crossed by the greenway has an enormous environmental and landscape value, set in an area classified as a UNESCO World Heritage Site and from where it is possible to glimpse the Metallic Bridge and access the Douro Museum.



5050-275 Peso da Régua
 tel.: 254 312 050
 e-mail: cspregua@srsvilareal.min-saude.pt

Fauna/Birdwatching

Grey heron (*arfes cinera*), black kite (*milvus migrans*), black stork (*ciconia nigra*) and mallard or wild duck (*anas platyrhynchos*). On the riverside, you can see amphibians such as the midwife toad (*alytes obstetricans*), Iberian frog (*rana iberica*) and Perez's frog or green frog (*rana perezi*).

Flora

Alder (*alnus glutinosa*), box elder (*acer negundo*), sycamore (*acer pseudoplatanus*), common white birch (*betula alba*), European nettle tree (*celtis australis*), Monterey cypress (*cupressus macrocarpa*), Italian cypress tree (*cupressus sempervirens*), raywood (*fraxinus angustifolia*), common ash (*fraxinus excelsior*), honey locust (*gleditsia triacanthus*), bay laurel (*laurus nobilis*), oriental plane tree (*platanus orientalis*), grey poplar (*populus canescens*), Lombardy poplar (*populus nigra* "italica"), aspen (*populus tremula*), red oak (*quercus rubra*), wild cherry tree (*prunus avium*), white willow (*salix alba*), grey willow (*salix atrocinerea*), willow (*salix*

Bicycle Storage and Parking

Locations

Bike parking area in both extremities of the greenway and in the railway station

Closest Health Centre/Hospital

Centro Hospitalar de Trás-os-Montes e Alto Douro
 Hospital D. Luiz I
 Praceta Delfim Ferreira
 5054-001 Peso da Régua
 tel.: 254 320 430
 e-mail: geral@chtmad.min-saude.pt

Unidade de Cuidados de Saúde Personalizados do Peso da Régua
 Rua Dr. José de Sousa Pereira

babylonica), rowan or mountain ash (*sorbus aucuparia*), swamp cypress tree (*taxodium distichum*), honeysuckle (*lonicera japonica*), common grape vine (*vitis vinifera* subsp. *sylvestris*).

Picnic Parks

Junqueira Pier

Tourist Attractions

Douro Museum
 Riparian Area
 Casa do Douro (Port and Douro Wines Institute)
 Cruzeiro Chapel
 Railway Station
 Metallic Bridge
 Cais de Mercadorias (Pier)
 World Heritage Landscape

Gastronomy and Wines

Kid roasted in the oven with rice, with "moira" (typical Portuguese sausages) and turnip greens sauce, pork entrails, onion soup with "moira", Custard and "rebuçados da Régua" (sweets). PDO Douro wines (red, white and rosé) and Port wine.

Festivities and Events

Francésinhas Festival (Portuguese sandwich originally from Porto), first week of August; Festivities in honour of Nossa Senhora do Socorro, 14th, 15th and 16th of August; Douro Book Fair, May; Harvest Feast, September.



PONTE DA BARCA CYCLE TRACK PONTE DA BARCA

Location: Ponte da Barca
Beginning: Public Swimming Pools Complex
End: Vila Nova de Muía
Length: 1,000 metres
Access: N203 Road
GPS coordinates:
Beginning: N 41.808348
 O -8.415205
End: N 41.807180 O -8.403313

A section connecting the small town and the roundabout with access to N203 road, following the course of the Lima River for cyclists and pedestrians, skates, scooters, among others.

Accessibility for People with Reduced Mobility

Access for people with reduced mobility

Bicycle Storage and Parking Locations

Public Swimming Pools

Bike Rental and Repair

Aktiva Natura
 tel.: 916 336 628
 www.aktivanatura.com

Planeta Lima
 tel.: 966 319 263
 www.planetalima.com



Closest Health Centre/Hospital

Centro de Saúde de Ponte da Barca
 Rua Francisco Sá Carneiro
 tel.: 258 452 134

Fauna/Birdwatching

Grey heron, kingfisher and otter

Flora

Riparian

Picnic Parks

Lima river Coastal Road, Santa Rita

Parks/Nature Reserves

Peneda Gerês National Park

Tourist Attractions

Town of Ponte da Barca
 Public Swimming pools
 Lima river Coastal Road
 River Beach
 Vila Nova de Muía Monastery
 Lima river

Gastronomy and Wines

Grilled steak of "barrosã" veal, "sarrabulho" rice (a sort of porridge with shredded pork meat and blood), steak à la Terras da Nóbrega, "papas de sarrabulho" (a sort of porridge with shredded pork meat and blood), roast kid, lamprey, "Cozido à portuguesa"

(boiled varieties of meat, potatoes, smoked sausages and kale). Honey French toasts, orange "queijadas" (traditional pastry), "magalhães" (typical sweet). Vinho Verde wine (white, red and rosé).

Festivities and Events

S. Bartolomeu Pilgrimage, from 19th until the 24th of August
 Celtic Folk Festival, July
 Christmas Market, December
 Honey Fair, 22nd of December



LIMA RIVER GREENWAY - AÇUDES SECTION PONTE DA BARCA



Bike Rental and Repair

Aktiva Natura
tel.: 916 336 628
www.aktivanatura.com

Planeta Lima
tel.: 966 319 263
www.planetalima.com

Closest Health Centre/Hospital

Centro de Saúde de Ponte da Barca
Rua Francisco Sá Carneiro
tel.: 258 452 134

Parks/Nature Reserves

Peneda Gerês National Park
Picnic Parks
Fonte Santa (Holy Fountain)

Fauna/Birdwatching

Grey heron, kingfisher and otter

Flora

Riparian

Tourist Attractions

Town of Ponte da Barca
Bravães Monastery
Fonte Santa (Holy Fountain)
Banks of the Lima River
Bemposta, Lavradas, Dams, Fishing

Gastronomy and Wines

Grilled steak of "barrosã" veal,
"sarrabulho" rice (a sort of porridge
with shredded pork meat and
blood), steak à la Terras da

Nóbrega, "papas de sarrabulho"
(a sort of porridge with shredded
pork meat and blood), roast kid,
lamprey, "Cozido à portuguesa"
(boiled varieties of meat, potatoes,
smoked sausages and kale). Honey
French toasts, orange "queijadas"
(traditional pastry) and
"magalhães" (typical sweet).
Vinho Verde wine (white, red and
rosé).

Festivities and Events

S. Bartolomeu Pilgrimage, from
19th until the 24th of August
Celtic Folk Festival, July
Christmas Market, December
Honey Fair, 22nd of December



Following along the banks of the Lima River, the section comprising the Dams of the Lima River Greenway connects the towns of Ponte da Barca and Ponte de Lima, thus offering users the chance to admire an exceptional green setting by the river, where it's possible to see several specimens of wildlife almost everywhere.

Location: Ponte da Barca

Beginning: Campo da Feira

End: Ponte de Lima

Length: 16,700 metres

Access: Lima river Coastal Road

GPS coordinates:

Beginning: N 41.806685

O -8.424773

End: N 41.771871 O -8.584513

Bike Rental and/or Repair

A Benda
Rua Beato Francisco Pacheco, nº53
4990-075 Ponte de Lima
tel.: 963 746 015
e-mail: lojaabenda@gmail.com

Adrenalina Bikes
Rua General Norton de Matos, nº547
4990-118 Ponte de Lima
tel.: 969 086 153
e-mail: adrenalinaptl@gmail.com

In Mountain
Largo de S. João, nº87 e 89
4990-049 Ponte de Lima
tel.: 965 693 021
e-mail: dugamcoelho@gmail.com

Lima Bike
Loteamento de São Gonçalo, lote 1
- Loja B
4990-150 Arcozelo Ponte de Lima
tel.: 258 742 167/963168292
e-mail: filipemachadounipessoal@gmail.com

Rocha e Soares
Rua General Norton Matos, nº296
4990-118 Ponte de Lima
tel.: 258 942 723
e-mail: geral@rocha-soares.com
www.rocha-soares.com

Viv'Experiencia
Mercado Municipal
Rua 5 de Outubro

4990-028 Ponte de Lima
tel.: 913 348 813
e-mail: geral@vivexperiencia.pt

Closest Health Centre/Hospital

Centro de Saúde de Ponte de Lima
Urb. Olho Marinho
4990-145 Ponte de Lima
tel.: 258 909 280
e-mail:
csplima@csplima.min-saude.pt

Extensão de Saúde S. Martinho da
Gandra, Ponte de Lima
Terreiro, Gandra
4990-643 Ponte de Lima
tel.: 258 948 623

Hospital Conde de Bertiandos -
Ponte de Lima (Unidade Local de
Saúde do Alto Minho, EPE)
Largo Conde de Bertiandos
4990-041 Ponte de Lima
tel.: 258 909 500
e-mail: administracaopl@ulsam.
min-saude.pt
www.ulsam.min-saude.pt

Fauna/Birdwatching

Birds: least grebe, mallard or wild
duck, cormorant, grey heron, white
egret, little bittern, kingfisher,
snipe, seagull, jay, song thrush,
blackbird, Eurasian blue tit, azure
jay and common magpie.
Mammals: otter, American bison,
Pyrenean desman, fox, common

genet and beech marten.
Reptiles: grass snake, viperin
snake, European eyed lizard and
Iberian emerald lizard or
Schreiber's green lizard.
Amphibians: green frog, common
toad, fire salamander, gold-striped
salamander and marbled newt.
Fishes: twaite shad, shad, salmon,
barbel, European chub, bogue,
bermejuela, brown trout, eel and
sea lamprey.

Flora

Alder, willow, English oak, ash tree,
alder buckthorn and vine.
Water plants: ranunculus and
water lilly.

Picnic Parks

Arnado Picnic Park
Souto de Bertiandos's Picnic Park
Veiga de Fontão (meadow) Fontão's
Picnic Park

Parks/Nature Reserves

Protected Landscape Area of the
Bertiandos and São Pedro de Arcos
Lagoons

Tourist Attractions

Roman-gothic Bridge
Santo António da Torre Velha's
Church
Guardian Angel Church
Lima river
International Garden Festival

Foto: Susana Matos



LAGOAS GREENWAY PONTE DE LIMA



Nautical Club
Bertiandos Manor House
Protected Area of the Bertiandos
and São Pedro de Arcos Lagoons
Veiga de Bertiandos and Fontão
(meadows)

Gastronomy and Wines

"Sarrabulho" rice (a sort of
porridge with shredded pork meat
and blood), lamprey à la Bordalesa,
onion stew codfish.
Custard. Vinho Verde wine from
Ponte de Lima (Loureiro and
Vinhão's grape varieties).

Festivities and Events

"Feiras Novas", second weekend of
September
"Vaca das Cordas", on the day before
the Corpus Christi Holiday
Horse Fair, June or July
Fortnightly Fair, Mondays

The Lagoas' greenway section connects the town to Silvareira Creek, in Fontão. It starts on the right riverbank, next to the Roman-Gothic bridge, passes near the statue of Decius Brutus, the leading figure of the legend of the Lethes River and continues surrounded by the beautiful background of the historic centre and the plane tree avenue. Right before the Nossa Senhora da Guia Bridge, you will find the facilities of the Nautical Club and the International Garden Festival. The greenway continues towards Bertiandos, and as it reaches a small pier the Bertiandos Manor House and its vineyard come into view. Nearby you

Location: Ponte de Lima
Beginning: Arcozelo, next to Santo António's Church and the Old Tower
End: Fontão, where the Silvareira Creek drains
Length: 9.01 km
Access: By foot, on a bike and or on horseback along the riparian area
GPS coordinates:
Beginning: N 41.769419
O -8.587592
End: N 41.734372 O -8.664416

can find one of the entrance gates of the Protected Area and Wetlands of International Interest of Bertiandos and S. Pedro d'Arcos Lagoons, an important space for nature conservation and biodiversity. The greenway stretches until the leisure area of Souto de Bertiandos, where it slightly drifts from the bank towards the Estorãos River crossing. It then continues until the Silvareira Creek - where it crosses the municipality of Viana do Castelo - and is surrounded by the agricultural landscape where the corn is king in the spring and summer.

Bike Rental and/or Repair

A Benda
Rua Beato Francisco Pacheco, nº53
4990-075 Ponte de Lima
tel.: 963 746 015
e-mail: lojaabenda@gmail.com

Adrenalina Bikes
Rua General Norton de Matos,
nº547
4990-118 Ponte de Lima
tel.: 969 086 153
e-mail: adrenalinaoptl@gmail.com

In Mountain
Largo de S. João, nº 87 e 89
4990-049 Ponte de Lima
tel.: 965 693 021
e-mail: dugamcoelho@gmail.com

Lima Bike
Loteamento de São Gonçalo, lote 1
- Loja B
4990-150 Arcozelo Ponte de Lima
tel.: 258 742 167/963 168 292
e-mail: filipemachadounipessoal@gmail.com

Rocha e Soares
Rua General Norton Matos, nº296
4990-118 Ponte de Lima
tel.: 258 942 723
e-mail: geral@rocha-soares.com
www.rocha-soares.com

Viv'Experiencia
Mercado Municipal

Rua 5 de Outubro
4990-028 Ponte de Lima
tel.: 913 348 813
e-mail: geral@vivexperiencia.pt

Closest Health Centre/Hospital

Centro de Saúde de Ponte de Lima
Urb. Olho Marinho
4990-145 Ponte de Lima
tel.: 258 909 280
e-mail:
csplima@csplima.min-saude.pt

Extensão de Saúde de Refóios do
Lima, Ponte de Lima
Lugar de Mosteiro
4990-706 Refoios do Lima
tel.: 258 947 145

Hospital Conde de Bertiandos -
Ponte de Lima (Unidade Local de
Saúde do Alto Minho, EPE)
Largo Conde de Bertiandos
4990-041 Ponte de Lima
tel.: 258 909 500
e-mail: administracaopl@ulsam.
min-saude.pt
www.ulsam.min-saude.pt

Fauna/Birdwatching

Birds: least grebe, mallard or wild
duck, cormorant, grey heron, white
egret, little bittern, kingfisher, snipe,
seagull, jay, song thrush, blackbird,
tit, azure jay, common magpie.
Mammals: otter, American bison,
Pyrenean desman, fox, common

genet and beech marten.
Reptiles: grass snake, viperin
snake, European eyed lizard and
Iberian emerald lizard or
schreiber's green lizard.
Amphibians: green frog, common
toad, fire salamander, gold-striped
salamander and marbled newt.
Fishes: twaite shad, shad, salmon,
barbel, European chub, bogue,
bermejuela, brown trout, eel and
sea lamprey.

Flora

Ash tree, willow, alder, oak,
chestnut tree, olive tree and laurel.
Water plants: ranunculus and
water lilly.

Picnic Parks

Arnado Picnic Park
Garrida Pier Picnic Park

Parks/Nature Reserves

Protected Landscape Area of the
Bertiandos and São Pedro de Arcos
Lagoons

Tourist Attractions

Roman-gothic Bridge
Santo António's Church
Guardian Angel Church
Arnado Park
Labruja river
Observation Post
Lima river
Garrida Pier

Foto: MPL



LARANJAS GREENWAY PONTE DE LIMA



Gastronomy and Wines

"Sarrabulho" rice (a sort of
porridge with shredded pork meat
and blood), lamprey à la Bordalesa,
onion stew codfish.
Custard. Vinho Verde wine from
Ponte de Lima (Loureiro and
Vinhão's vine varieties).

Festivities and Events

"Feiras Novas", second weekend of
September
"Vaca das Cordas", on the day
before the Corpus Christi Holiday
Horse Fair, June or July
Fortnightly Fair, Mondays

The section of Laranjas connects the village to the Garrida pier, in Refoios do Lima. It begins on the right riverbank, next to the Roman-Gothic bridge, passes near the 14th-century Guardian Angel Chapel and approaches the Arnado Park, located on the left and definitely worth visiting so as to admire the remarkable set of gardens of different artistic styles. The section stretches across the beautiful specimens of linden trees, towards the bridge that crosses the Labruja River. From there you can get a glimpse of the fauna observation post of the Lima river.

Location: Ponte de Lima
Beginning: Arcozelo, next to Santo António da Torre Velha's Church
End: Refóios, Garrida Pier
Length: 5,004 metres
Access: By foot, by bike or on horseback along the riverside
GPS coordinates:
Beginning: N 41.769419
O -8.587592
End: N 41.78171 O -8.540039

The rest of the path, which is followed the Lima river's riparian gallery, continues until it reaches Refoios do Lima, giving the route a pleasant freshness. It ends at the Garrida pier, where the beauty of the place is associated with the sound of artificial fishing water that seeks to limit the passage of the lamprey, in its route to the spawning, thus facilitating its capture. Nearby, the greenway continues and crosses into the territory of Arcos de Valdevez.



Foto: Susana Matos

VEIGAS GREENWAY PONTE DE LIMA



Location: Ponte de Lima
Beginning: Ponte de Lima - Sebastião Sanhudo Garden, close to Alameda de S. João
End: Vitorino das Donas Pier
Access: By foot, by bike or on horseback along the riparian area of the Lima river; town and meadows
GPS coordinates:
Beginning: N 41.768844 O -8.584684
End: N 41.729211 O -8.665028

The Veigas (meadows section) connects the village and the Vitorino das Donas pier. It begins on the left riverbank, next to the Roman-Gothic bridge, not very far from "Largo de Camões" square. It continues along 25 de Abril sidewalk, passing by São Paulo's Tower and the Cadeia Velha Tower. It crosses the magnificent avenue of plane trees and stops next to Nossa Senhora da Guia Chapel, dating from the 17th century. Then, the section passes under the bridge and continues until it reaches the meadows of Correlhã, Seara and Vitorino das Donas. On the way, it crosses the Trovela river. In the meadows (veigas) - designation given to the fertile and flat lands

located in the area adjacent to the edges of the watercourses - agriculture is the main human activity. Here, it is common to see farmers carrying out their work and numerous fauna species can also be found. About a kilometre after the Vitorino das Donas pier, the greenway continues across the lands of the municipality of Viana do Castelo.

Bike Rental and/or Repair

A Benda
 Rua Beato Francisco Pacheco, nº53
 4990-075 Ponte de Lima
 tel.: 963 746 015
 e-mail: lojaabenda@gmail.com

Adrenalina Bikes
 Rua General Norton de Matos, nº547
 4990-118 Ponte de Lima
 tel.: 969 086 153

e-mail: adrenalinaaptl@gmail.com

In Mountain
 Largo de S. João, nº 87 e 89
 4990-049 Ponte de Lima
 tel.: 965 693 021
 e-mail: dugamcoelho@gmail.com

Lima Bike
 Loteamento de São Gonçalo, lote 1 - Loja B
 4990-150 Arcozelo Ponte de Lima
 tel.: 258 742 167/963 168 292
 e-mail: filipemachadounipessoal@gmail.com

Rocha e Soares
 Rua General Norton Matos, nº296
 4990-118 Ponte de Lima
 tel.: 258 942 723
 e-mail: geral@rocha-soares.com
 www.rocha-soares.com

Viv'Experiencia
 Mercado Municipal
 Rua 5 de Outubro
 4990-028 Ponte de Lima
 tel.: 913 348 813
 e-mail: geral@vivexperiencia.pt

Closest Health Centre/Hospital

Centro de Saúde de Ponte de Lima
 Urb. Olho Marinho
 4990-145 Ponte de Lima
 tel.: 258 909 280
 e-mail: csplima@csplima.min-saude.pt

'Hospital Conde de Bertandos - Ponte de Lima (Unidade Local de Saúde do Alto Minho, EPE)
 Largo Conde de Bertandos
 4990-041 Ponte de Lima
 tel.: 258 909 500
 e-mail: administracaopl@ulsam.min-saude.pt
 www.ulsam.min-saude.pt

Fauna/Birdwatching

Birds: least grebe, mallard or wild duck, cormorant, grey heron, white egret, little bittern, kingfisher, snipe, seagull, jay, song thrush, blackbird, tit, azure jay and common magpie.

Mammals: otter, American bison, Pyrenean desman, fox, common genet and beech marten.
 Reptiles: grass snake, viperin snake, European eyed lizard and Iberian emerald lizard or Schreiber's green lizard.
 Amphibians: green frog, common toad, fire salamander, gold-striped salamander and marbled newt.
 Fishes: twaite shad, shad, salmon, barbel, European chub, bogue, bermejuela, brown trout, eel and sea lamprey.

Flora

Ash tree, willow, alder, oak, chestnut tree, olive tree and laurel. Water plants: ranunculus and water lily.

Parks/Nature Reserves

Protected Landscape Area of the Bertandos and São Pedro de Arcos Lagoons

Picnic Parks

Correlhã Meadow Picnic Park
 Vitorino das Donas Pier Picnic Park

Tourist Attractions

Roman-Gothic Bridge
 Largo de Camões (Camões Square)
 S. Paulo's Tower and Cadeia Velha Tower
 Terceiros Museum
 Avenida dos Plátanos
 Nossa Senhora da Guia Chapel
 Lima river
 Agroforestry Mosaics
 Vitorino das Donas Pier

Gastronomy and Wines

"Sarrabulho" rice (a sort of porridge with shredded pork meat and blood), lamprey à la Bordalesa, onion stew codfish.
 Custard. Vinho Verde wine from Ponte de Lima (Loureiro and Vinhão's grape varieties).

Festivities and Events

"Feiras Novas", second weekend of September
 "Vaca das Cordas", on the day before the Corpus Christi Holiday
 Horse Fair, June or July
 Fortnightly Fair, Mondays

Bike Rental and/or Repair

A Benda
Rua Beato Francisco Pacheco, nº53
4990-075 Ponte de Lima
tel.: 963 746 015
e-mail: lojaabenda@gmail.com

Adrenalina Bikes
Rua General Norton de Matos,
nº547
4990-118 Ponte de Lima
tel.: 969 086 153
e-mail: adrenalinaapl@gmail.com

In Mountain
Largo de S. João, nº87 e 89
4990-049 Ponte de Lima
tel.: 965 693 021
e-mail: dugamcoelho@gmail.com

Lima Bike
Loteamento de São Gonçalo, lote 1
- Loja B
4990-150 Arcozelo Ponte de Lima
tel.: 258 742 167/963 168 292
e-mail: filipemachadounipessoal@gmail.com

Rocha e Soares
Rua General Norton Matos, nº296
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tel.: 258 942 723
e-mail: geral@rocha-soares.com
www.rocha-soares.com

Viv'Experiencia
Mercado Municipal

Rua 5 de Outubro
4990-028 Ponte de Lima
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e-mail: geral@vivexperiencia.pt

Closest Health Centre/Hospital

Centro de Saúde de Ponte de Lima
Urb. Olho Marinho
4990-145 Ponte de Lima
tel.: 258 909 280
e-mail:
csplima@cpslima.min-saude.pt

Extensão de Saúde S. Martinho da
Gandra, Ponte de Lima
Terreiro, Gandra
4990-643 Ponte de Lima
tel.: 258 948 623

Hospital Conde de Bertiandos -
Ponte de Lima (Unidade Local de
Saúde do Alto Minho, EPE)
Largo Conde de Bertiandos
4990-041 Ponte de Lima
tel.: 258 909 500
e-mail: administracaopl@ulsam.
min-saude.pt
www.ulsam.min-saude.pt

Fauna/Birdwatching

Birds: least grebe, mallard or wild
duck, cormorant, grey heron, white
egret, little bittern,
kingfisher, snipe, seagull, jay, song
thrush, blackbird, tit, azure jay and
common magpie.
Mammals: otter, American bison,

Pyrenean desman, fox, common
genet and beech marten.
Reptiles: grass snake, viperin
snake, European eyed lizard and
Iberian emerald lizard or
Schreiber's green lizard.
Amphibians: green frog, common
toad, fire salamander, gold-striped
salamander and marbled newt.
Fishes: twaite shad, shad, salmon,
barbel, European chub, bogue,
bermejuela, brown trout, eel and
sea lamprey.

Flora

Ash tree, willow, alder, oak,
chestnut tree, olive tree and laurel.
Water plants: ranunculus and
water lilly.

Picnic Parks

Cucas Picnic Park
Gemieira Picnic Park
Gemieira Mills Picnic Park
Cais de S. Martinho Picnic Park
(S. Martinho's Pier)

Parks/Nature Reserves

Protected Landscape Area of the
Bertiandos and São Pedro de Arcos
Lagoons

Tourist Attractions

Roman-Gothic Bridge
Alameda de S. João (Avenue)
S. João's Chapel
Expolima



AÇUDES GREENWAY PONTE DE LIMA



Observation Post
Lima river
Ribeira Lime kiln
Gemieira Mills
River leisure area of São Martinho
da Gandra

Gastronomy and Wines

"Sarrabulho" rice (a sort of
porridge with shredded pork meat
and blood), lamprey à la Bordalesa,
onion stew codfish.
Custard. Vinho Verde wine from
Ponte de Lima (Loureiro and
Vinhão's vine varieties)

Festivities and Events

"Feiras Novas", second weekend of
September; "Vaca das Cordas", the
day before the Corpus Christi
Holiday; Horse Fair, June or July;
Fortnightly Fair, Mondays

The Dams (Açudes) section
establishes the connection
between the town and the
limit of the municipality of
Ponte de Lima with Ponte da
Barca, in Santa Cruz do Lima.
The greenway begins on the
left riverbank, next to the
Roman-Gothic bridge, not
very far from the "Largo de
Camões" square. It
continues towards S. João's
Chapel, and while following
along you will see an
observation post from
where, after a short turning,
you can observe some fauna
species, namely water birds.
The section slightly deviates
from the Lima riverbank to
go back to the riverside,
close to some ruins where,

Location: Ponte de Lima
Beginning: Ponte de Lima - Sebastião
Sanhudo Garden, close to Alameda de
S. João
End: Santa Cruz do Lima
Length: 11,100 metres
Access: By foot, by bike or on
horseback along the bank of the Lima
river
GPS coordinates:
Beginning: N 41.768844 O -8.584684
End: N 41.794701 O -8.477745

between 1894 and 1902, the
Ribeira lime kiln used to
work. Along the rest of the
section, there are picnic
parks and rest areas, of
which the Gemieira mill's
area is worth mentioning.
Towards the end, it is very
common to come across the
artificial fisheries that limit
the places used by the
lamprey in the route for
spawning, as well as the
dams that divert the water
to the mills. After arriving in
Santa Cruz do Lima, the
point where the greenway
crosses into the lands of
Ponte da Barca will not be
far.

BOAVISTA AVENUE CYCLE TRACK PORTO



Location: Avenida da Boavista
Beginning: Praça Gonçalves Zarco

End: Boavista Roundabout

Length: 5,200 metres

Access: Beaches and city park

GPS coordinates:

Beginning: N 41.16774

O -8.68765

End: N 41.16451 O -8.66826

Two-direction running cycle track, which connects the Coastal Road Cycle track to the Granja Creek Mouth's Cycle Track.

It is a cycle especially built for for leisure activities.

Accessibility for People with Reduced Mobility

Access, public toilets, café/ restaurants, sport fields

Bicycle Storage and Parking Locations

City Park
Urban Parks' Municipal Division
Estrada Interior da Circunvalação (Interior Bypass Road)

Closest Health Centre/Hospital

Hospital CUF
Estrada da Circunvalação, nº14341
4100-180 Porto
tel.: 220 039 000

Centro Hospitalar do Porto
Largo Prof. Abel Salazar
4099-001 Porto
tel.: 222 077 500
e-mail: secretaria.geral@chporto.
min-saude.pt

Fauna/Birdwatching

Bird fauna: Kingfisher (*alcedo atthis*), mallard (*anas platyrhynchos*), cattle egret (*bubulcus ibis*), snowy egret (*egretta garzetta*), grey heron (*ardea cinerea*), great cormorant (*phalacrocorax carbo*), black-headed gull (*larus ridibundos*), little grebe (*tachybaptus ruficollis*), Eurasian coot (*fulica atra*),

common moorhen (*gallinula chloropus*), common sandpiper (*actitis hypoleucos*), ruddy turnstone (*arenaria interpres*), goose (*anser anser*) and Egyptian goose (*alopochen aegyptiacus*).

Flora

Italian stone pine (*pinus pinea*), cluster pine (*pinus pinaster*), plane tree (*platanus spp.*), poplar (*populus spp.*), oak (*quercus spp.*), alder (*alnus glutinosa*), willow (*salix alba*), birch (*betula alba*), New Zealand fire tree (*metrosidera excelsa*) and Japanese mock orange (*pitosporum tobira*).

Picnic Parks

City Park

Parks/Nature Reserves

City Park

Tourist Attractions

Casa da Música
Casa de Serralves
Castelo do Queijo
Marine Zoology Station
City Park, Environmental Education Centre and City Park's Rural Centre
Kitchen Garden
Water Pavilion
Sealife
Geological Route of the Douro estuary
Heritage interest Arboretum of *Metrosideros excelsa Soland ex*



Gaert in Avenida Montevidéu, with an estimated age of 90 years.

Gastronomy and Wines

"Tripas à moda do porto" (pork entrails stewed with white beans), codfish à la Gomes de Sá, golden codfish seasoned with port white wine, roast kid, "francesinha" (typical Portuguese sandwich covered with melted cheese and beer sauce). Custard, Port wine French toast, "trouxa-de-ovos" (traditional sweets) from the Avé Maria Convent and yolk pudding.

Festivities and Events

Organic Agriculture Products
Weekly Fair (City Park's Rural Centre), Saturdays
Permanent program in the Environmental Education Centre of the City Park Rural Centre
"Family Environment" Program, last Saturday of each month
"Seasonal workshops" Program, during school holidays



GRANJA CREEK MOUTH'S CYCLE TRACK PORTO



Accessibility for People with Reduced Mobility

Access, public toilets, café/ restaurants

Closest Health Centre/Hospital

Centro Hospitalar do Porto
Largo Prof. Abel Salazar
4099-001 Porto
tel.: 222 077 500
e-mail: secretaria.geral@chporto.min-saude.pt

Fauna/Birdwatching

In Largo António Calém (beginning of the track): Grey heron (*Ardea cinerea*); great cormorant (*phalacrocorax carbo*); snowy

egret (*egretta garzetta*); ruddy turnstone (*arenaria interpres*); black-headed gull (*chroicocephalus ridibundus*) and cattle egret (*bubulcus ibis*).

Flora

Italian stone pine (*pinus pinea*), cluster pine (*pinus pinaster*), plane tree (*platanus spp.*), New Zealand fire tree (*metrosidero excelsa*) and cork oak (*quercus suber*).

Picnic Parks

Pasteleira Park

Parks/Nature Reserves

Serralves Park

Pasteleira Park

Tourist Attractions

Serralves Contemporary Art Museum

Pasteleira Park
Pasteleira Park Environmental Education Centre
Jardim do Fluvial (Garden)
Cálem Garden
Douro Birdwatching

Gastronomy and Wines

"Tripas à moda do porto" (pork entrails stewed with white beans), codfish à la Gomes de Sá, golden codfish seasoned with port white wine, roast kid, "francesinha"

(typical Portuguese sandwich covered with melted cheese and beer sauce). Custard, Port wine French toast, "trouxa-de-ovos" (traditional sweets) from the Avé Maria Convent and yolk pudding.

Festivities and Events

Permanent program in the Pasteleira Park Environmental Education Centre
"Family Environment" Program, last Saturday of each month
"Seasonal workshops" Program, during school holidays

Granja Creek Mouth's Cycle Track is a two-direction running urban cycle track that connects some facilities for collective use, linking the coastal area to Boavista Avenue. Inside the Pasteleira Park there is a section of the cycle track designed for leisure activities.

Location: Largo de António Calém; Rua de D. Pedro Meneses; Pasteleira Park; Rua de Gomes Eanes de Azurara; Rua de João de Barros; Avenida Marechal Gomes da Costa; Rua de António Galvão; Praça de D. Afonso V; Rua do Professor Luís de Pina; Rua de Pinho Leal; Praça Revista O Tripeiro

Beginning: Largo de António Calém

End: Avenida de Boavista

Length: 4,500 metres

Access: Piscina do Fluvial (Swimming pool), Pasteleira Park

GPS coordinates:

Beginning: N 41.14840 O -8.65423

End: N 41.16451 O -8.66826

Accessibility for People with Reduced Mobility

Accesses, public toilets, café/ restaurants, sport fields

Bicycle Storage and Parking Locations

City Park
Urban Parks Municipal Division
Estrada Interior da Circunvalação
(Interior Bypass Road)

Closest Health Centre/Hospital

Hospital CUF
Estrada da Circunvalação, nº14341
4100-180 Porto
tel.: 220 039 000

Centro Hospitalar do Porto
Largo Prof. Abel Salazar
4099-001 Porto
tel.: 222 077 500
e-mail: secretaria.geral@chporto.
min-saude.pt

Fauna/Birdwatching

Yellow-legged gull (*larus michahellis*), lesser black-backed gull (*larus fuscus*), grey heron (*ardea cinerea*); great cormorant (*phalacrocorax carbo*); snowy egret (*egretta garzetta*); ruddy turnstone (*arenaria interpres*); black-headed gull (*choicephalus ridibundus*) and cattle egret (*bubulcus ibis*).



Picnic Parks

City Park
Pasteleira Park

Parks/Nature Reserves

City Park
Pasteleira Park

Tourist Attractions

City Park
Sealife
Beaches
Heritage interest Arboretum of 33 *Metrosideros excelsa Soland ex Gaert* in Avenida Montevideu, with an estimated age of 90 years.
Castelo do Queijo

Marine Zoology Station
Cálem Garden
Heritage interest Arboretum of the Canary Island date palms *Phoenix canariensis* in the Passeio Alegre Garden
Douro Birdwatching
Jardim do Fluvial (Garden)

Gastronomy and Wines

"Tripas à moda do porto" (pork entrails stewed with white beans), codfish à la Gomes de Sá, golden codfish seasoned with port white wine, roast kid, "francesinha" (typical Portuguese sandwich covered with melted cheese and beer sauce).

Custard, Port wine French toast, "trouxa-de-ovos" (traditional sweets) from the Avé Maria Convent and yolk pudding.

Festivities and Events

St. John (São João), June

COASTAL ROAD CYCLE TRACK PORTO



This is a two-direction running cycle track for leisure activities, given the proximity to the beach and the Douro River. The existing connection to the cycle track on the Municipality of the Matosinhos coastal road is also worth mentioning.

Location: Via do Castelo do Queijo; Praça de Gonçalves Zarco, Avenida de Montevideu; Avenida do Brasil; Rua do Coronel Raúl Peres; Avenida de D. Carlos I; Rua do Passeio Alegre; Rua das Sobreiras; Largo de António Calém

Beginning: Praça da Cidade do Salvador

End: Largo de António Calém

Length: 6,580 metres (4,860 metres across a segregated way and 1,720 metres in a shared lane)

Access: Beaches, *SeaLife*, Castelo do Queijo, S. João Baptista Fort, Passeio Alegre Garden and Douro River

GPS coordinates:

Beginning: N 41.17299
O -8.68919

End: N 41.14840 O -8.65423



PRELADA CYCLE TRACK PORTO



Location: Avenida Cidade de Xangai; Avenida das Congostas
Beginning: Rua de Teodoro Sousa Maldonado
End: Estrada da Circunvalação (Bypass road)
Length: 1,240 metres
Access: Residential area of the city of Prelada cooperative and surroundings of the Prelada Hospital, connection to the municipality of Matosinhos (through the Bypass Road).
GPS coordinates:
Beginning: N 41.16962 O -8.6321
End: N 41.17976 O -8.6338

This a two-direction running urban cycle track that enables the connection between the Estrada da Circunvalação (bypass road) and Carvalhido. It's an urban cycle track that can be used as a means of linking the suburbs to the city centre.

Bike Rental and Repair

Fold n'visit
Rua Alferes Malheiro, nº139
4000-059 Porto
tel.: 915 316 999
e-mail: info@foldnvisit.com
www.foldnvisit.com

Easy Cicle/Urban Cicle Café
Bom Sucesso Market
Rua do Bom Sucesso, loja 18 (exterior)
4150-153 Porto
tel.: 936 361 353
e-mail: sales@easy-cicle.pt
www.easy-cicle.pt

Closest Health Centre/Hospital

Hospital de São João
Alameda Prof. Hernâni Monteiro
4200-319 Porto
tel.: 225 512 100
e-mail: geral@chs.j.min-saude.pt

Hospital da Prelada
Rua Sarmiento Beires, nº153
4250-449 Porto (Ramalde)
tel.: 228 330 600
http://portaldasaude.scmp.pt/

Fauna/Birdwatching

Cattle egret (*Bubulcos ibis*), jay (*Garrulus glandarius*), common magpie (*Pica pica*) and wood pigeon (*Columba palumbus*).

Flora

Plane tree (*Platanus spp.*) and poplar (*Populus spp.*).

Parks/Nature Reserves

Quinta da Prelada Park

Tourist Attractions

"Quinta da Prelada" estate

Gastronomy and Wines

"Tripas à moda do porto" (pork entrails stewed with white beans), codfish à la Gomes de Sá, golden codfish seasoned with port white wine, roast kid, "francesinha" (typical Portuguese sandwich covered with melted cheese and

beer sauce). Custard, Port wine French toast, "trouxa-de-ovos" (traditional sweets) from the Avé Maria Convent and yolk pudding.

Festivities and Events

St. John (São João), June

Location: Viso

Beginning: Rua de Requezende

End: Rua de José Fontes da Rocha

Length: 470 metres

Access: Escola Básica do 2º e 3º Ciclo do Viso (Elementary School)

GPS coordinates:

Beginning: N 41.17480 O -8.6395

End: N 41.17732 O -8.6405

Bicycle Storage and Parking Locations

Rua de D. João Coutinho

Bike Rental and Repair

Fold n'visit

Rua Alferes Malheiro, nº139

4000-059 Porto

tel.: 915 316 999

e-mail: info@foldnvisit.com

www.foldnvisit.com

Easy Cicle / Urban Cicle Café

Bom Sucesso Market

Rua do Bom Sucesso, loja 18

(exterior)

4150-153 Porto

tel.: 936 361 353

e-mail: sales@easy-cicle.pt

www.easy-cicle.pt

Closest Health Centre/Hospital

Hospital de São João

Alameda Prof. Hernâni Monteiro

4200-319 Porto

tel.: 225 512 100

Fauna/Birdwatching

Cattle egret (*Bubulcos ibis*), jay (*Garrulus glandarius*), common magpie (*Pica pica*) and wood pigeon (*Columba palumbus*).

Flora

Plane tree (*Platanus spp.*) and poplar (*Populus spp.*).

Tourist Attractions

Skate Park

Ribeira da Granja (Granja Creek)

Gastronomy and Wines

“Tripas à moda do porto” (pork entrails stewed with white beans), codfish à la Gomes de Sá, golden codfish seasoned with port white wine, roast kid, “francesinha” (typical Portuguese sandwich covered with melted cheese and beer sauce). Custard, Port wine French toast, “trouxa-de-ovos” (traditional sweets) from the Avé Maria Convent and yolk pudding.

Festivities and Events

St. John (São João), June



ASPRELA - GRANJA ROUTE CYCLE TRACK PORTO



This is a two-direction running cycle track for leisure activities and shared by cyclists and pedestrians alike.



COASTAL ROAD CYCLE TRACK PÓVOA DE VARZIM



Bicycle Storage and Parking

Locations

next to the beach entrances

Closest Health Centre/Hospital

Centro de Saúde da Póvoa de Varzim

Rua Dr. Alberto Pimentel, nº1 - r/c
4490-441 Póvoa de Varzim

tel.: 252 299 620

e-mail: acespovoa-vconde@
csvconde.min-saude.pt

Hospital da Póvoa de Varzim

Largo da Misericórdia

4490-421 Póvoa de Varzim

tel.: 252 690 600

e-mail: geral@chpvvc.min-saude.pt

Fauna/Birdwatching

About a dozen species of seagulls; waders such as sanderlings, sandpipers, plovers, ruddy turnstones, large cormorants and herons.

Flora

Crithmum maritimum known by rock samphire. It can be observed in the dry rocks in the walls of the Castle.

Tourist Attractions

Póvoa Beach

Póvoa Casino

Fishermen district

Nossa Senhora da Conceição Fort

Fishing port

Póvoa Marina

Tile panel in the entrance of the

Fishing Port

Fishmonger Monument

S. Pedro Monument

Gastronomy and Wines

Fishes and seafood à la Poveira,

French toast.

Festivities and Events

Saint Peter's (S. Pedro) Festivities,
29th of June

International Music Festival of

Póvoa de Varzim, July

Nossa Senhora da Assunção

Festivities, 15th of August

Sardine Fest and Seafood Festival,

August

Beautiful cycle track that crosses the entire urban front of Póvoa de Varzim (1,900 metres) with a rather low degree of difficulty, since it is practically flat. Parallel to the Atlantic Ocean, it stretches until the neighbouring town of Vila do Conde, making for an interesting route of 5,400 metres.

Location: Póvoa de Varzim

Coastal Road

Beginning: Largo Alto de Martim Vaz (Square)

End: Rua da Caverneira

Length: 1,900 metres

Access: Póvoa de Varzim Coastal Road

GPS coordinates:

Beginning: 41°23'8.96"N

8°46'21.24"W

End: 41°22'20.65"N

8°45'42.49"W



Bicycle Storage and Parking Locations

Penapark Hotel
Rua do Complexo Turístico de
Lamelas, nº1
Portela de Santa Eulália
4870-129 Ribeira de Pena
tel.: 259 100 880
e-mail: info@penaparkhotel.pt
www.penaparkhotel.pt

Bike Rental and Repair

Penapark Hotel
Rua do Complexo Turístico de
Lamelas, nº1
Portela de Santa Eulália
4870-129 Ribeira De Pena
tel.: 259 100 880
e-mail: info@penaparkhotel.pt
www.penaparkhotel.pt

Closest Health Centre/Hospital

Centro de Saúde de Ribeira de Pena
Rua Manuel José de Carvalho



4870-162 Ribeira de Pena
tel.: 259493315

Fauna/Birdwatching

In the Ribeira de Pena
Environmental Park and in the
Abade Pedestrian Routes, Levada
de Santo Aleixo and Póio Valley

Flora

Autochthonous species: cluster
pine, oak, birch, poplar, ash tree and
chestnut tree.
You can find aromatic and
medicinal plants in the Ribeira de
Pena Environmental Park and in
the Abade Pedestrian Routes,

Levada de Santo Aleixo and Póio
Valley.

Parks/Nature Reserves

Lamelas Natural Park

Picnic Parks

Lamelas Leisure and Picnic Park

Tourist Attractions

Pena Aventura Park, Leisure and
Adventure Sports Park
Lamelas Rock engravings from the
Neolithic Period (PPI)
Lamelas Leisure Park
Ribeira de Pena Environmental Park

LAMELAS NATURAL PARK GREENWAY RIBEIRA DE PENÁ



Gastronomy and Wines

Corncoobs with chicken, pork and
cow meat, fried river fishes with
"vessadas" rice, trout from the
Beça river, roast kid from the high
lands, "maronesa" veal, corn and
kale with beans.

Festivities and Events

Linen Fair and Local Products
Exhibit, first weekend of August
Nossa Senhora da Guia Festivity,
15th of August

The Lamelas Natural Park
Greenway is a circular route
located in the Lamelas
Natural Park, with an
extension of 3,500 metres.
This greenway can be used
on foot or by bike and it's
entirely paved.
To find some sites of
interest, we suggest visiting
the Lamelas Rock
Engravings, which are 300
metres away. About 800
metres downwards you can
find the Lamelas Picnic Park
and, a bit further away, you'll
reach the Ribeira de Pena
Environmental Park.

Location: Portela de Santa Eulália,
Ribeira de Pena

Beginning: Lamelas Tourist Complex

End: Lamelas Tourist Complex

Length: 3,500 metres (circular)

Access: If you arrive from the A7
Motorway, exit in the Ribeira de Pena
bypass road. Find the first
Roundabout (Rotunda) and head
towards Pena Aventura Park. If you
are coming from Vila Pouca de Aguiar,
take the N206 road until Portela de
Santa Eulália and keep driving in the
direction of Pena Aventura Park.

GPS coordinates:

Beginning: N 41.507055 O -7.799638

End: N 41.507055 O -7.799638

The most adventurous
visitors should definitely pay
a visit to the Pena Aventura
Park.

Closest Health Centre/Hospital

Hospital S. Sebastião
Rua Dr. Cândido de Pinho
4520-211 Santa Maria da Feira
tel.: 256 397 700
e-mail:
hss@hospitalfeira.minsaude.pt

Tourist Attractions

Santa Maria da Feira Castle
Lóios Convent Museum
Terras de Santa Maria Paper
Museum
Lourosa Zoo, Ornithological Park
S. Jorge Thermal Spa

Gastronomy and Wines

Roast mix of diverse types of meat,

Christmas stew, "fogaça"
(traditional sweet bread),
"caldinhos" (traditional dishes of
the Indo-Portuguese cuisine from
Goa), "doces dos coimbra e
chamoá" (traditional dessert).

Festivities and Events

Fogaceiras Fest, 20th of January
(local holiday)
Holy Week, April
Imaginarius - Street Theatre
International Festival of Santa
Maria da Feira, May
Medieval Journey in Terra de Santa
Maria, July/August
Perlim - A Dream Theme Park,
December



SILVEIRINHA INDUSTRIAL AREA'S CYCLE TRACK SANTA MARIA DA FEIRA



Silveirinha Industrial Area's
Cycle Track is a short and
straight track.

Location: São João de Ver
Beginning: Rotunda do Ciclista
(Roundabout) direction Lourosa
End: Rotunda of the Silveirinha
Industrial Area (Roundabout)
Length: 1,000 metres
approximately
Access: Route between
roundabouts
GPS coordinates:
Beginning: 40°57'14.791"N
8°33'19.779"W
End: 40°57'33.661"N
8°33'28.263"W



Bicycle Storage and Parking Locations

Rua do Rio Park
N326 Road Park

Closest Health Centre/Hospital

Hospital S. Sebastião
Rua Dr. Cândido de Pinho
4520-211 Santa Maria da Feira
tel.: 256 397 700
e-mail:
hss@hospitalfeira.minsaude.pt

Fauna/Birdwatching

Grey heron (*Ardea cinerea*);
common buzzard (*Buteo buteo*);
grey wagtail (*Motacilla cinerea*);
cetti's warbler (*Cettia cettia*); otter
(*Lutra lutra*); common pipistrelle
(*Pipistrellus pipistrellus*); northern
straight-mouth nase
(*Chondrostoma duriense*); eel
(*Anguilla anguilla*); gold-striped
salamander (*Chioglossa lusitânica*);
common fire salamander



(*Salamandra salamandra*); Iberian
frog (*Rana iberica*); natterjack toad
(*Epidalea calamita*); grass snake
(*Natrix natrix*); Iberian emerald
lizard or schreiber's green lizard
(*Lacerta schreiberi*); dragonfly
(*Odonata anisoptera*); damselfly
(*Odonata zygoptera*); Portuguese
firefly (*Luciola lusitânica*) and
peacock butterfly (*Inachis io*).

Flora

Alder (*Alnus glutinosa*); alder
buckthorn (*Frangula alnus*);
elderberry (*Sambucus nigra*); yellow
flag iris (*Iris pseudacorus*); willow
(*Salix sp*); bulrush (*Typha latifolia*)
and English oak (*Quercus robur*).

Picnic Park

Ribeiras do Uíma Park, where it's
possible to find a willow tree
forest, a wide riparian gallery, a
bulrush area and many temporary
ponds.

Park/Nature Reserves

Ribeiras do Uíma Park

Tourist Attractions

Santa Maria da Feira Castle
Lóios Convent Museum
Terras de Santa Maria Paper
Museum
Santa Maria de Lamas Museum
S. Jorge Thermal Spa

Gastronomy and Wines

Roast mix of different types of
meat, Christmas stew, "fogaça"
(traditional sweet bread),
"caldinhos" (traditional dishes of
the Indo-Portuguese cuisine from
Goa), "doces dos coimbra e
chamoa" (traditional dessert).

Festivities and Events

Fogaceiras Fest (religious festival),
20th of January (local holiday);
Imaginarius - Street Theatre
International Festival of Santa
Maria da Feira, May; Medieval
Journey in Terra de Santa Maria,
July/August; Perlím - A Dream
Theme Park, December.

RIBEIRAS DO UÍMA PARK GREENWAY SANTA MARIA DA FEIRA



Location: Fiães/Lobão
Beginning: Rio Street, Fiães
End: Tabuaço, Lobão
Length: 2,000 metres approximately
Access: Ribeiras do Rio Uíma Park
GPS coordinates:
Beginning: N 40°59'09.701"N
8°30'31.211"W
End: N 40°59'52.576"N
8°30'30.953"W

The Ribeiras do Rio Uíma
Park is located in a riverine
area, set in the parishes of
Fiães and Lobão, municipality
of Santa Maria da Feira. This
place aims to stimulate and
engage people towards the
importance of using the
natural heritage. Thus, you
can go for walks and bike
rides and have access to
support infrastructures for
the interpretation of riparian
ecosystems with natural
protection status. Along the
greenway you can also
observe the cycles of annual
transformation within the

scope of a harmonious
balance between natural
conditions and humanized
systems.

RIBEIRO DO MATADOURO URBAN PARK CYCLE TRACK SANTO TIRSO



Location: Ribeiro do Matadouro Urban Park

Beginning: Close to the Portugal Telecom Building and the Local Sports Complex

End: Close to Frádegas Bridge and Quelha da Pêssega

Length: 397 metres

Access: N105 Road Porto-Santo Tirso; N204 V. N. Famalicão-Santo Tirso; R319 Road Guimarães-Santo Tirso

GPS coordinates:

Beginning: N 41.338262
O -8.472108

End: N 41.340753 O -8.469812

Easy route with very accessible layout and excellent pavement, flanked by lush vegetation. Integrated lane in the space with a unique landscape design. The perfect place to rest from pedalling and to admire “dinosaur structures” or listen to the musical chords that flow from them. The water course at the opposite end of the lane gave its name to the park “Ribeiro do Matadouro” (Matadouro Creek). Here, you can find privileged areas for reading,

studying or simply laying on a towel and absorb the majestic silence. The park integrated the “Slow Fast Landscape” project, whose programme privileges the ecological sustainability and cohesion of the urban fabric in the Ribeiro do Matadouro extremity. This project was a winning proposal of “European 9” Competition, dedicated to the “European Urbanity - Sustainable City and New Public Spaces”.

Accessibility for People with Reduced Mobility

Toilets and access ramps

Bicycle Storage and Parking Locations

Cycle track (beginning and end)

Bike Rental

Bicicletas Abrigo
“Toupeira” Project
Headquarters Building of the Parish Union of Santo Tirso, Couto (Santa Cristina, São Miguel) and Burgães
tel.: 252 860 970/961 684 047

Motocar (bike repair)

Manuel Pinheiro de Carvalho, Unip. Lda.
tel.: 252 856 286

Closest Health Centre/Hospital

Centro de Saúde, Unidade de Saúde Familiar Vil’Alva
Rua Jornal de Santo Tirso, r/c
4780-484 Santo Tirso
tel.: 252 809 753
e-mail:
usfvilalva@csstirso-min-saude.pt
http://usfvilalva.pt

Centro Hospitalar do Médio Ave, E.P.E.
Unidade de Santo Tirso
Largo Domingos Moreira
4780-371 Santo Tirso
tel.: 252 830 700 / 252 858 986
e-mail:

administracao@chma.min-saude.pt
www.chma.pt

Fauna/Birdwatching

Pigeon, turtledove, cuckoo, little owl, owl, swift, hoopoe and woodpecker. Passerine family: swallow, pipit and wagtail, wren, small European locust lobster, warbler, tit, wheatear and similar, barn swallow, common chaffinch and similar, jay, azure-winged magpie, sparrow, goldfinch, European robin, butterfly, beetle, amphibians, mammals and reptiles.

Flora

Alder, willow, birch, plane tree, oak, cork oak, ash tree and poplar.

Picnic Parks

Picnic Park of the Rabada Urban Park
Picnic Park of Nossa Senhora da Assunção Mount
Carvalho de Valinhas Picnic Park
Pereiras Picnic Park
Quinta do Olival Picnic Park

Parks/Nature Reserves

Rabada Urban Park
Ribeiro do Matadouro Park
Dona Maria Li Park
Park of Nossa Senhora da Assunção Mount
Praça dos Carvalhais Park
Parks of Carvalho de Nossa Senhora de Valinhas, Pereiras and

Quedas de Fervença
Geão Park
Quinta do Olival Park
Novo Amieiro Galego Park
Park of the Ave Riverbank Island
Promenade (Passeio da Ilha das Margens do Rio Ave)
Senhora do Parto da Torre Park

Tourist Attractions

Contemporary Sculpture
International Museum
Abade Pedrosa City Museum
S. Bento’s Monastery
Padrão Mount Hill Fort
Padrão Mount Interpretative Centre
Nossa Senhora da Assunção Mount
Promenade of the Ave Riverbanks
Caldas da Saúde Thermal Spa
Quinta do Pisão Golf
Ribeiro do Matadouro Urban Park

Gastronomy and Wines

“Jesuíta” (traditional sweet), lemon cake, São Bento pie, conventual biscuits and crackers and home-made biscuits. Liquors (Singeverga and Rosas) and Vinho Verde wine.

Festivities and Events

Festivities in honour of S. Bento (Patron Saint), July
Guitar International Festival, May and June
Nazarene Market, Easter
Christmas in the Square, December and January

Accessibility for People with Reduced Mobility

Toilets and access ramps

Bicycle Storage and Parking Locations

Cycle track (beginning and end)

Bike Rental

Bicicletas Abrigo

"Toupeira" Project

Head office of the Parish Union of Santo Tirso,

Couto (Santa Cristina, São Miguel) and Burgães

tel.: 252 860 970/961 684 047

Motocar (bike repair)

Manuel Pinheiro de Carvalho, Unip. Lda.

tel.: 252 856 286

Closest Health Centre/Hospital

Centro de Saúde, Unidade de Saúde Familiar Vil'Alva

Rua Jornal de Santo Tirso, r/c

4780-484 Santo Tirso

tel.: 252 809 753

e-mail: usfvilalva@csstirso-min-saude.pt / http://usfvilalva.pt

Centro Hospitalar do Médio Ave, E.P.E.

Unidade de Santo Tirso

Largo Domingos Moreira

4780-371 Santo Tirso

tel.: 252 830 700 / 252 858 986

e-mail: administracao@chma.min-saude.pt / www.chma.pt

Fauna/Birdwatching

Cormorant, cattle egret, mallard or wild duck, common buzzard, pigeon, turtledove, cuckoo, little owl, owl, swift, kingfisher, hoopoe and woodpecker.

Passerine family: swallow, pipit and wagtail, wren, small European locust lobster, warbler, tit, wheatear and similar, barn swallow, common chaffinch and similar, jay, azure-winged magpie, sparrow, goldfinch and European robin. Butterfly, beetle, amphibians, mammals and reptiles.

Flora

Alder, cluster pine, umbrella pine, willow, birch, plane tree, oak, cork oak, ash tree and poplar.

Picnic Parks

Rabada Urban Picnic Park

Picnic Park of Nossa Senhora da Assunção Mount

Carvalho de Valinhas Picnic Park

Pereiras Picnic Park

Quinta do Olival Picnic Park

Parks/Nature Reserves

Rabada Urban Park

Ribeiro do Matadouro Park

Dona Maria Li Park

Park of Nossa Senhora da Assunção

Praça dos Carvalhais Park

Parks of Carvalho de Nossa

Senhora de Valinhas, Pereiras and



Quedas de Fervença

Geão Park

Quinta do Olival Park

Novo Amieiro Galego Park

Park of the Ave Riverbank Island

Promenade (Passeio da Ilha das

Margens do Rio Ave)

Senhora do Parto da Torre Park

Tourist Attractions

Contemporary Sculpture

International Museum

Abade Pedrosa Local Museum

São Bento's Monastery

Padrão Mount Hill Fort

Padrão Mount Interpretative Centre

Nossa Senhora da Assunção Mount

Promenade of the Ave Riverbanks

Caldas da Saúde Thermal Spa

Quinta do Pisão Golf

Ribeiro do Matadouro Urban Park

Gastronomy and Wines

"Jesuíta" (traditional sweet),

lemon cake, São Bento pie,

conventual biscuits and crackers

and home-made biscuits.

Liquors (Singeverga and Rosas)

and Vinho Verde wine.

Festivities and Events

Festivities in honour of São Bento

(Patron Saint), July

Guitar International Festival, May

and June

Nazarene Market, Easter

Christmas in the Square, December

and January

AVE RIVERBANK PROMENADE CYCLE TRACK SANTO TIRSO



Easy route with flat layout and good pavement, running parallel to the Ave River. It provides resting areas and fauna and flora observation spots. Medium to low speed is recommended as the lane is flanked by a pedestrian walk. Choosing an appropriate time, company or a good book for a break are some of the suggestions from our daily visitors. There's also a strong chance you could come across families of wild ducks. You can also make a stop to admire a stunning kingfisher.

Location: Passeio das margens do Ave (Promenade of the Ave Riverbank)

Beginning: Surroundings of Solar São Bento (Manor House)

End: Rabada Urban Park (future Sara Moreira Park)

Length: 1,400 metres

Access: N105 Road Santo Tirso-Guimarães and N204 Santo Tirso-V.N. Famalicão

GPS coordinates:

Beginning: N 41.347314

O -8.470116

End: N 41.354058 O -8.462645

Closest Health Centre/Hospital

Centro de Saúde de S. João da Madeira

R. Vale do Vouga, nº1332

3700-298 São João da Madeira

tel.: 256 816 000

Hospital de S. João da Madeira

Avenida da Misericórdia

3700 São João da Madeira

tel.: 256 837 500

Fauna/Birdwatching

The ictus-fauna of the Antuã River includes the trout and the Iberian sub-species, such as the Iberian Barbus Bocagei, the European chub and the northern straight-mouth nase, as well as the eel, a threatened migratory species.

Flora

The Ul River, branch of the Antuã, is the main water course in S. João da Madeira. At the foot of the slopes and in the area surrounding the valleys and the waterline edges, there is a wide growing of autochthonous vegetation like the English oak, the cork oak and the common rhododendron or pontic rhododendron (*rhododendron ponticum baeticum*), and also riparian vegetation such as alders, black willows and poplars.

Picnic Parks

City Garden, close to the City Hall

Parks/Nature Reserves

River Ul Park: Urban park with green areas and infrastructures such as the House of Nature, a bar, reception room, an Environmental Interpretation Centre and a bathing area

Nossa Senhora dos Milagres Park
Freira de Castro Park

Tourist Attractions

S. João da Madeira Industrial Tourism Welcome Centre
Casa da Criatividade, Showroom
Paços da Cultura, Historic Archive
Oliva Creative Factory, Creative Industries Incubator
Museu da Chapelaria (Headgear Museum)
8ª Avenida, Shopping Centre
Sanjotec, S. João da Madeira
Business and Technological Centre
Oliva Creative Factory Art Centre
Music Academy
Public Library

Gastronomy and Wines

Rabbit dishes and carrot flavoured sweet desserts.

Festivities and Events

City in the Garden and City Festivities
Municipality Day and Local Holiday,
11th of October



SÃO JOÃO DA MADEIRA CYCLE TRACK NETWORK S. JOÃO DA MADEIRA



Given the size that was set for the cycle track network – about 19 km – its construction was divided into different phases: the first phase consisted of fundamental structuring axes while the second phase was meant for the complementation of these axes. The cycle paths of Avenida Dr. Renato Araújo, Rua Visconde and Rua da Fonte Cova were completed in the first phase. The cycle track network favours different ways of using the bicycle as an alternative means of transport. In operational terms, it consisted of creating unidirectional channels in this lane made of stable and continuous material and with 1.20

Location: S. João da Madeira

Beginning: Rua Visconde

End: Avenida Dr. Renato Araújo

Length: 5,000 metres

Access: Anywhere in the city

GPS coordinates:

Beginning: 40°52'56,88"N

8°29'15,73"W

End: 40°53'14,66"N 8°29'26,28"W

metres width. São João da Madeira Cycle Track Network has five profiles: type P1 in Shared Channel, P2 in Shared Channel with a central separator, P3 in circulation lanes with a central separator and P5 in circulation lanes with a central separator and parking (two lanes). The network's design included a coloured slurry pavement, made of a wearing surface with an emulsion of 0.004 m thick synthetic resins.



LAPA CYCLE TRACK SERNANCELHE



Location: Parishes of Granja and Quintela da Lapa

Beginning: N226 Road Granjal Crossing

End: N226 Road Lamosa Crossing, Lapa

Length: 6,800 metres

Access: N226 Road; M581

GPS coordinates:

Beginning: 40°53'45.46"N
7°31'0.94"W

End: 40°53' 50.36"N 7°36'2.78"W

Bike Rental and Repair

Chavibike
Largo do Mercado
3640-218 Sernancelhe
tel.: 254 594 043

Gabriel Rocha Vaz
Rua do Polidesportivo
3640-307 Vila da Ponte
tel.: 962 683 758

Closest Health Centre/Hospital

Centro de Saúde de Sernancelhe
Rua da Tapada
3640-280 Sernancelhe
tel.: 254 550 000

Flora

Chestnut tree, oak, olive tree,
cluster pine and umbrella pine tree.

Picnic Parks

Picnic Park of the Historic Centre,
Sernancelhe; Picnic Park of Nossa
Senhora de Ao Pé da Cruz; Picnic
Park of the Historic Centre, Lapa;
Lugar da Feira Picnic Park, Lapa.

Tourist Attractions

Nossa Senhora da Lapa Sanctuary
Source of the Vouga and Paiva rivers
Guesthouse of the Sanctuary, Old
Private School of Lapa which the
famous writer Aquilino Ribeiro
attended.

Gastronomy and Wines

"Fálaros de Tabosa do Carregal"
(typical sweet), Lapa cheese,
"cavas de Freixinho" (typical
sweet), boiled or baked chestnuts.

Festivities and Events

Soup Festival and Folk dance
(group) Meeting, 20th, 21st and
22nd of February; Sernancelhe
Mais Cultura (Cultural Festivity),
26th, 27th and 28th of June;
Friendship Festival (Festival da
Amizade) and Earth Seeds Fair
(Feira Sementes da Terra), from
the 1st of August until the 8th of
August; Chestnut Fest, 23rd, 24th
and 25th of October

The Lapa Cycle track has three distinct sections along the N584-2 road, covering almost 7 km. The first section stretches from N226 road to Granjal, the second goes from Granjal to Lapa and the last one from Lapa to N581 road.

Its path is separated by two continuous parallel lines, which are divided by reflectors. It has horizontal and vertical signalling painted in white.

This cycle track is associated with the religious and cultural aspects of Lapa, a

village surrounding the parish of Quintela da Lapa, a "postcard" of the municipality that attracts visitors and pilgrims to the Sanctuary of Nossa Senhora da Lapa throughout the year.

Accessibility for People with Reduced Mobility

There is access for people with reduced mobility.

Bike Rental and Repair

Maquimotor
Castanheiro do Ouro
3610 Tarouca
tel.: 254 678 540

Moto Fonseca
Avenida Alberto Pereira Martins
3610-001 Tarouca
tel.: 254 678 909

Rolomotor
Quinta do Alvarinho
Mondim da Beira
3610-055 Tarouca
tel.: 254 679 561

Closest Health Centre/Hospital

Unidade de Cuidados de Saúde Personalizados de Tarouca
tel.: 254 679 200/301/474

Hospital de Proximidade de Lamego
tel.: 254 609 980

Fauna/Birdwatching

In the banks of the Varosa river and Santa Helena Mountain (Cristo-Rei): trout and turtledove.

Flora

Olive tree, apple tree, vine tree,

chestnut tree, cherry tree, quince, alder, heather, gorse, broom, rosemary and elderberry used in the pharmaceutical and cosmetics industry.

Picnic Parks

Mondim da Beira Park
Santa Helena Mountain, Tarouca
Senhora de Fátima de Vilarinho Viewpoint, São João de Tarouca
Cristo-Rei Picnic Park
Toquinho Leisure Park
Santa Catarina Picnic Park, Granja Nova
Nossa Senhora do Calvário Picnic Park, Vila Chã da Beira
Santa Bárbara Picnic Park, Dalvares
Nosso Senhor dos Monte, Tarouca
Alcáçima Picnic Park, Tarouca
Vale de Ovelha, Vilarinho, São João de Tarouca
Santa Bárbara Viewpoint, Meixedo

Parks/Nature Reserves

Mondim River Beach Park
Várzea da Serra River Beach Park
Ucanha River Beach Park

Tourist Attractions

House of the Dalvares Palace
Santa Maria de Salzedas Monastery
São João de Tarouca Monastery
Bridge and Tower of Ucanha
São Pedro de Tarouca Church



Alcáçima Viewpoint, Tarouca
Várzea da Serra Historic Village
Santa Helena Mountain
Cristo-Rei of Gondomar, Tarouca

Gastronomy and Wines

Bread stuffed with meat, smoked ham, goat cheese, “marrã” (traditional pork dish), corn, “chanfana” (meat stew seasoned with wine), roast kid with rice, trout from the Varosa river, “rojões” (fried pork meat) with boiled potatoes, “bazulaque” (lamb entrails stew cooked with wine and garlic) at the São Miguel Festivity, Custard, honey or olive oil scones, sponge cake, “falachas” (sweets

baked with chestnut), sweet cornbread. Liqueurs and spirits from the Monastery recipe. Wines and sparkling wines of the Távora-Varosa Demarcated Region.

Festivities and Events

São Miguel’s Festivities, 29th of September
Saint Peter’s (São Pedro) Festivities, 29th of June
Elderberry Flower, May
São Martinho dos Esporões, November 11th

CITY OF TAROUCA CYCLE TRACK TAROUCA



Location: Eastern variant of the city of Tarouca

Beginning: Tarouca /Mártir S. Sebastião

End: Dalvares / Riparian / Riverside Area

Length: 2,000 metres

Access: Direct connection between the main cluster of the municipality and the N226 road

GPS coordinates:

Beginning: N 41.019275
O -7.773566

End: N 41.027042 O -7.764098

City of Tarouca Cycle Track stretches for nearly 2,000 metres, next to the eastern variant of Tarouca. It connects the historic centre to the riparian area of the Varosa River, in the meadow (Veiga) in Dalvares. It’s the perfect place for leisure and for practicing physical activity. It is a route embedded in a rural environment with great accessibility and mobility conditions. This cycle track enables the articulation and connection with the surrounding area of the

Varosa River, benefitting from the contact of the population with the natural and environmental space.

Bicycle Storage and Parking

Locations

Along the rail trail there are several parking locations for bikes.

Bike Rental

Sabor Douro e Aventura, Lda.
tel.: 279 258 270/964 801 332
e-mail: info@sabordouro.com

Closest Health Centre/Hospital

Centro de Saúde de Torre de Moncorvo
Av. das Amendoeiras
5160-304 Torre de Moncorvo
tel.: 279 200 770

Fauna/Birdwatching

In several areas of the municipality, namely in the rail of the lower limit of Reboredo National Forest and in the route towards Quinta do Mendes. Also, around Quinta Diogo Vaz, near the Convent, in Larinho and next to the rail trail in Quinta da Água. Here you can find the Brazilian merganser in the Marmeleiro Pond. There are specific activities mainly developed within the scope of the Ornithological Sessions.

Flora

Cork oak, olive tree, chestnut tree, pine tree, almond tree and vineyards.

Picnic Parks

In the beginning of the rail trail in Torre de Moncorvo (Station) there is a Picnic Park. You can also find a cafeteria in the old Larinho station.

Parks/Nature Reserves

In Reboredo Mountain, where the largest iron ore reservoir in Europe is situated there is a wide variety of species and forests of pine trees, strawberry trees, cedar trees, chestnut trees, corks, oaks, almond trees and vineyards. The patch of the primitive oak is one of the largest black oak forests in Europe. In the oak forest, you can also see wild orchids and several species of birds and mammals, such as woodpeckers, tits, cuckoos, boars and wolfs. Also, species of cave bats can be seen, given the extent of the mining tunnels that run through the mountains and surrounding areas like Cabeço da Mua.

Tourist Attractions

Mother Church of Torre de Moncorvo
Sacred Art Museum
Iron and Moncorvo Region Museum
Wine Workshop
Wax Mill in Felgueiras
Landscapes of Sabor Valley and Reboredo Mountain
Villages of Larinho, Carvalhal and



Carviçais (crossed by the rail trail)
Carmelite Convent of the Holy Family (Sagrada Família)
Iron ore mines, Carvalhal
Vale de Ferreiros Reservoir

Gastronomy and Wines

Toasted almonds covered in fondant, peeled almonds, almond scones, traditional almond sweets. Typical desserts: "cavacas de Moncorvo", "súplicas da nossa terra", "económicos" and biscuits.
"Migas de fumeiro" (sort of smoked sausage bread-soup), broad bean stew with chorizo, "terrinho" lamb (typical from Bragança), "cozido à transmontana" (boiled varieties of

meat, potatoes, smoked sausages and kale), black-eyed bean stew and grilled steak. Partridge, rabbit, hare and boar. Fish from the mouth of Sabor (grilled or fried); fish with potatoes or kneaded bread seasoned with water spearmint. "Alheira" (bread and game meat sausage), "salpicão" and "morcela" (typical Portuguese sausage), meat chorizo, honey chorizo, pure sheep cheese, young and adult "terrinho" lamb (typical from Bragança, "churra" autochthonous meat).
PDO Douro wines, Port wine, brandies (jeropiga and aguardante).

SABOR RAIL TRAIL TORRE DE MONCORVO



Location: Torre de Moncorvo
Beginning: Torre de Moncorvo
End: Carviçais, Torre de Moncorvo
Length: 24,700 metres
Access: Torre de Moncorvo, Larinho, Carvalhal and Carviçais
GPS coordinates:
Beginning: 41°10'12.468"N
7°3'28.963"W
End: 41°11'4.200"N
6°51'35.504"W

The Sabor Line platform starts on km. 0600 and km. 40.150. Its rehabilitation gives citizens the opportunity to enjoy a secular heritage and, at the same time, to become closer to nature. At the foot (North/East) of the Reboredo Mountain for 24,700 metres, this track has an adequate pavement perfect for the activities mentioned, as well as public lightening from the urban sections (Moncorvo, Larinho, Carvalhal and Carviçais), signalling and urban furniture. The

rehabilitation of the built heritage has turned it into support and shelter infrastructures. On this rail trail, pedestrians and bike rides are allowed, although motor vehicles are forbidden.

Location: Trofa, left bank of the Ave river

Beginning: Esprela, Parish Union of Bougado (São Martinho and Santiago)

End: Bairros, Parish Union of Bougado (São Martinho and Santiago)

Length: 4,037 metres

Access: A3 Motorway, N104 road and N14

GPS coordinates:

Beginning: 41°20'45.23"N
41°20'45.22"N

End: 8°32'33.15"W 8°35'23.81"W

AZENHAS PARK GREENWAY TROFA



Close to being concluded, the Azenhas Park Greenway is a pedestrian and cycle route which is part of the Ave Riverbanks Requalification Project and the Azenhas Park Project. This greenway is an interpretive and informative circuit that runs through the several "environments" of the park, on a permeable pavement. The route covers 4.04 km (1st phase), approximately. The area of the Park is rich in cultural and scenic heritage - watermills, dams, pontoons, steles and old foliage have a strong presence in the park. The

Park will have three sanitary facilities, for people with reduced mobility and two Visit Support Centres, with a reception area for visitors and a bar with terrace, a laboratory and a multimedia space. Bike rental will also be available from the respective rental support structures.

Accessibility for People with Reduced Mobility

Accesses to the Park and sanitary facilities near the greenway.

Bicycle Storage and Parking Locations

Seven bike supports in the park

Bike Rental and Repair

The park is expected to have four bike rental services

Closest Health Centre/Hospital

Centro de Saúde - USF
Rua Abade Inácio Pimentel
4785-273 Trofa
tel.: 252 416 932
e-mail: usfumaponteparasaude@cstrofa.min-saude.pt

Hospital da Trofa
Rua António Sá Couto Araújo, nº105
4785-409 Trofa
tel.: 252 409 100
e-mail: geral@hospitaldatrofa.pt

Fauna/Birdwatching

Species belonging to the group of mammals, birds, reptiles, amphibians, fishes and invertebrates.

Mammals: otter, squirrel and common genet, wild rabbit, fox, hedgehog and common pipistrelle.
Birds: purple heron, red seabream, grey heron, mallard, red knot, greenshank, common tern, goshawk, peregrine falcon, little owl, tawny owl, nightjar and little bustard. Reptiles: Iberian emerald lizard or Schreiber's green lizard, grass snake.
Amphibians: gold-striped salamander, bosca's newt, Iberian frog.

Fishes: eel, bermejuela, bogue and barbel.

Invertebrates: dragonfly, damselfly, butterfly, margin-winged stick insect and parying mantid.

Flora

In the riparian gallery: black poplar (*populus nigra*), alder (*alnus glutinosa*), grey willow (*salix atrocinerea*), ash tree (*fraxinus angustifolia*), sycamore (*acer pseudoplatanus*), elderberry (*sambucus nigra*) and oriental plane (*platanus orientalis*). In the woods: English oak (*quercus robur*), cork oak (*quercus suber*), common gum cistus (*cistus sp.*), broom (*cytisetum sp.*) and heather (*erica sp.*)

Picnic Parks

Souto de Bairros
Parks of Nossa Senhora das Dores and Dr. Lima Carneiro

Tourist Attractions

Alvarelos Roman Castle
Trofa House of Culture and Milestones of the *Bracara* Roman Road (Braga) and *Olisipo* (Lisbon)
16th century Roman road
Religious buildings of Lagoa and Bairros
Centre of the Alvarelos Parish Church and Sacred Art Collection

Parks of Nossa Senhora das Dores and Dr. Lima Carneiro

Engenheiro Hernâni Gonçalves
Cunha Cultural Space
Alberto Carneiro Sculpture Garden
Fernando Pereira Silva Azevedo Museum
Sacred Art Workshops and Traditional Wood Toys Workshop
Viewpoints of the St.ª Eufémia Mount and the S. Gens Mount

Gastronomy and Wines

"Feijoada" (bean stew), "pica no chão" (chicken blood rice), "rojões" (fried pork meat), roast kid and piglet, several codfish dishes. French toast, "sopa seca" (typical dessert), baked apple, "aletria" (sweet vermicelli and cinnamon), custard and sponge cake. Vinho Verde wine.

Festivities and Events

S. Gonçalo Pilgrimage, last Sunday of January
Trofa Annual Fair, first weekend of March
ExpoTrofa, first week of July (during the whole week)
Be Live, third weekend of July
Festivities in honour of Nossa Senhora das Dores, third Sunday of August
Santa Eufémia Pilgrimage, third Sunday of September



VALE DE CAMBRA CITY PARK CYCLE TRACK VALE DE CAMBRA



Location: Vale de Cambra City Park, Vila Chã -Vale de Cambra
Beginning: Link road (Via Variante) of the Vale de Cambra City Park
End: Link road (Via Variante) of the Vale de Cambra City Park
Length: 2,200 metres
Access: N224 Road, next to Eng.^o Ilídio Pinho Avenue and M547 road, Rua de Vila Chã
GPS coordinates:
Beginning: N 40.848392
O -8.398589
End: N 40.848392 O -8.398589

Vale de Cambra City Park Cycle Track is a 1.2 metres wide circular route inserted in the Vale de Cambra City Park, stretching for 2,200 metres. Mostly flat, with only a slight inclination near the entrance to the City Park, this cycle track floor is painted in red and has a white sign identifying the cycle lane. It has lighting systems throughout its entire path, with a 2-metre width. Here you can also find several spots to park your bicycle.



Bicycle Storage and Parking

Locations
Parking along the cycling circuit of the Vale de Cambra City Park

Bike Sale and Repair

Curvale (1 km away from the cycle track)
Rua da Granja, n^o61
3730-205 S. Pedro de Castelões

A. Carvalho Bikes (1.5 km away from the cycle track)
Rua do Cimo de Aldeia, n^o116
3730-053 S. Pedro de Castelões

Closest Health Centre/Hospital
Centro de Saúde de Vale de Cambra

Rua do Hospital, n^o 91
3730-250 Vila Chã

Hospital São Miguel Oliveira de Azeméis
Largo do Riso Terra
3720-275 Oliveira de Azeméis

Fauna/Birdwatching
Leaf-cutter ant and cuckoo

Flora
Deciduous: eucalyptus (*eucalyptus globulus*). Resinous: maritime pine (*pinus pinaster*); English oak (*quercus robur*), black oak (*quercus pyrenaica*) and cork oak (*quercus suber*).

Picnic Parks

Senhora da Saúde Park
Lagos Leisure Park, Codal
Surroundings of the Burgães River Beach
Surroundings of the Pontemieiro Leisure Area
Surroundings of the Paço de Mato Leisure Area

Parks/Nature Reserves

Urban Park
Senhora da Saúde Park
Lagos Leisure Park, Codal

Tourist Attractions

Church and Wayside cross of Roge Macieira de Cambra Pillory

Outeiro dos Riscos (Rupestrian art)
Burgães River Beach
Pontemieiro Leisure Area
Paço de Mato Leisure Area and the surrounding landscape
Village of Felgueira
Village of Trebilhadouro
Paraduça Mills
Codal Mills

Gastronomy and Wines

Veal from Arouca, “enchidos” (typical Portuguese smoked sausages), cornbread, cheese. Custard, “aletria” (sweet vermicelli and cinnamon), “sopa seca” (typical dessert) and rice pudding. Vinho Verde wine.

Festivities and Events

St. Anthony’s (Santo António)
Festivities, 13th of June
Gastronomy Local Exhibition, Handicrafts and wines from Vale de Cambra, July
Pilgrimage to the Senhora da Saúde Mountain, 15th of August
Chestnut Fair, first weekend of November



MINHO RIVER RAIL TRAIL VALENÇA



Location: Valença
Beginning: Friestas
End: São Pedro da Torre
Length: 20,000 metres
Access: Roads N101 and N13
GPS coordinates:
Beginning: 42°03'01.01"N
 8°32'40.45"W
End: 41°59'20.51"N
 8°40'53.07"W

Bicycle Storage and Parking

Locations

Interpretation Centre of the Minho River Rail trail

Closest Health Centre/Hospital

Centro de Saúde de Valença
 tel.: 251 800 020

Birdwatching

Friestas, Minho River Rail trail
 Biotype of the Meadow of Mira

Fauna and Flora

The riparian forest of the banks of the Minho river is rich in salmon, shad, twaite shad, lamprey, trout and otter.

Picnic Parks

Friestas Leisure Park
 River mouth Picnic Park, Friestas
 Verdoejo Picnic Park
 Frades Picnic Park, Ganfei
 Senhora da Cabeça Park

Parks/Nature Reserves

Ínsua do Crasto (Crasto River Island)
 Ínsua do Conguedo (Conguedo River Island)
 Biotype of the Meadow of Mira
 São Pedro da Torre Island

Tourist Attractions

Gates of the Hill forts ("Castros"), Friestas

Old Churchyard, Verdoejo

Ganfei Monastery
 Rail trail Interpretation Centre
 Valença/Tui International
 Centenary Bridge
 Valença Fortress, World Heritage Candidate
 Cristelo Covo Traditional Fishing Pier
 Roman-medieval Bridge of the Mira Meadow (Veiga da Mira), São Pedro da Torre
 Traditional Fishing Pier of São Pedro da Torre
 São Pedro da Torre Fisheries

Gastronomy and Wines

"Caldo verde" (traditional green

broth), cod fish, lamprey, kid à la Sanfins. Typical sweets: "Valencianos" and "borrachinhos de Valença". Vinho Verde wine.

Festivities and Events

Lamprey Fest, April
 Sabores Serranos (Flavours of the Mountain), May
 Sabores da Aldeia (Flavours of the Village), June
 Valença Cidade Presépio, from the 1st of December until the 6th of January

Classified as Europe's fourth best Greenway, Minho River Rail Trail is a route that runs side by side along the Minho River. The first sections used the old railway line between Valença and Monção. Today, the 20-kilometre track runs along the whole Minho riverbank of Valença, from North to South. This is an incredibly beautiful course, full of natural and scenic richness. The Rail Trail Interpretation Centre gives you the opportunity to get to know the railway memories of Valença and the richness

of the fauna and flora of the Minho River. In Friestas and in the Mira Meadow (Veiga) you can observe the environmental richness of "Ínsua do Crasto" and the biotype of the Mira Meadow (Veiga).

Bike Rental and Repair

Bianinha Tours - Rent a Bike
Viana Welcome Center
Praça da Liberdade
4900 Viana do Castelo
tel.: 258 098 415
e-mail:
vianawelcomecenter@gmail.com
www.vivexperiencia.pt/
vianawelcomecenter



Rodavinteito

Rua do Poço
4900-519 Viana do Castelo
tel.: 258 407 904
e-mail: geralrodavinteito.com
www.rodavinteito.com

Closest Health Centre/Hospital

Hospital de Santa Luzia
Estrada de Santa Luzia
4904-858 Viana do Castelo
tel.: 258 802 100
e-mail: administracao@ulsam.
min-saude.pt
www.ulsam.min-saude.pt

Picnic Parks

In the Santa Luzia Mount, close to
the Sanctuary

Tourist Attractions

Church of Agonia
Forts of Areosa and Santiago da
Barra
Coliseu
Public Library

Nova Praça da Liberdade (New
Square)
Santa Luzia Church
Old City Hall
Church of Mercy (Igreja da
Misericórdia)
Mother Church

Gastronomy and Wines

Codfish à la Gil Eannes, “rojões”
(fried pork meat) à la Minho.
“Aletria” (sweet vermicelli and
cinnamon).
Vinho Verde wine

Festivities and Events

Nossa Senhora da Agonia
Festivities, August



CITY OF VIANA DO CASTELO CYCLE TRACK VIANA DO CASTELO



This cycle track starts at the city's Atlantic front and heads towards the historic centre. It runs along the entire maritime stretch until it ends at the source of the urban park, crossing the nautical equipment centre. Near the midpoint of the riverside front, a distributary channel crosses the historic centre towards Santa Luzia Mount, which is accessible by funicular. There, you can admire the landscape of the whole city, the Northern Coast and the final stretch of the Lima river.

Location: Viana do Castelo
Beginning: Praia Norte Beach
End: Argaçosa
Length: 4,198 metres
Access: A28 Motorway, bypass
road of Viana do Castelo
GPS coordinates:
Beginning: N 41.693358
O -8.849036
End: N 41.697327 O -8.807020



LIMA RIVER GREENWAY - MEADOWS ROUTE VIANA DO CASTELO



Bike Rental and Repair

À Moda Antiga

Largo João Tomás da Costa, nº63

4900-509 Viana do Castelo

tel.: 258 023 229

e-mail: geniusgrowing@gmail.com

<http://amodaantiga.pt/>

Bianinha Tours - Rent a Bike

Viana Welcome Centre

Praça do Eixo Atlântico

4900-040 Viana do Castelo

tel.: 258 098 415

e-mail: vwv@vivexperiencia.pt

www.vivexperiencia.pt

Bicicletas Lavarinhas

Estrada da Papanata, nº189

4900-470 Viana do Castelo

tel.: 258 811 900/931 739 998

e-mail: info@lavarinhas.com

www.lavarinhas.com

StressOff Bikes/Coffe/Running

Estrada da Papanata, Loja nº 204, Fr.D

4900-470 Viana do Castelo

tel.: 258 110 445

e-mail: stress.bike@sapo.pt

Viana Cycles

(Bike Repair)

Rua Ramalho Ortigão, nº161

4900-422 Viana do Castelo

tel.: 258 847 376

e-mail: vianacycle@gmail.com

www.vianacycles.pt

Closest Health Centre/Hospital

Hospital de Santa Luzia

Estrada de Santa Luzia

4904-858 Viana do Castelo

tel.: 258 802 100

e-mail: administracao@ulsam.min-saude.pt

www.ulsam.min-saude.pt

Picnic Parks

Leisure Area of Deão

Village of Passagem

Tourist Attractions

Popular Architecture Centre of the

Village of Passagem

Quinta de Santo António

Gastronomy and Wines

Codfish à la Gil Eannes, "rojões"

(fried pork meat) à la Minho.

"Aletria" (sweet vermicelli and

cinnamon). Vinho Verde wine.

Festivities and Events

Nossa Senhora da Agonia

Festivities, August

This rail trail follows the left bank of the Lima River and its wide valley with extensive meadows, riverside forests where the wide panoramic views conceal nooks and crannies, and where you can see the whole landscape dominated by the imposing granite mass of the Arga Mountain.

Location: Left bank of the Lima river, Viana do Castelo and Ponte do Lima

Beginning: Leisure Area of Deão, Viana do Castelo

End: Next to Nossa Senhora da Guia Bridge, Ponte do Lima

Length: 13,452 metres (5,191 metres in Viana do Castelo)

Access: A28 Motorway until the Darque Ring road in Viana do Castelo and the R308 road towards Ponte de Lima until Deão

GPS coordinates:

Beginning: N 41.707266

O -8.717073

End: N 41.763496 O -8.590198

CARREÇO-AREOSA NORTH COAST GREENWAY VIANA DO CASTELO



Location: Viana do Castelo Coast, north the Lima river, between Paçô Beach, in Carreço and the Areosa Fort

Beginning: In the car park near the Paçô Beach, in Carreço

End: southeast of the Rego da Fonte Fort in Areosa

Length: 6,955 metres

Access: R13 Road, exit at the roundabout next to the supermarket "Minipreço", CP (Portugal Trains) regional/inter-regional or international service, Viana Station or Railroad Stops of Areosa or Carreço (regional service only)

GPS coordinates:

Beginning: N 41.760806
O -8.875982

End: N 41.699945 O -8.855400

Carreço-Areosa North Coast Greenway stretches across Viana's coastline, north of the Lima River. On one side, you can see the Meadows of Carreço and Areosa, followed by the clusters with the same name (veiga) and with Santa Luzia Mountain on the top; the set illustrates an occupation of the landscape of excellent precision. On the sea side, a sheet of rocks, punctuated by small beaches, one or another anchorage, deactivated windmills, protects dunes and meadows from the high tides of the sea. The extremes are punctuated on the sea side by two local natural monuments, the Alcantilado de Montedor geological site, in the north, and the Pedras Ruivas, in the south. Halfway between them, it's the Canto Marinho Natural Monument.

Bike Rental and Repair

À Moda Antiga

Largo João Tomás da Costa, nº63
4900-509 Viana do Castelo
tel.: 258 023 229

e-mail: geniusgrowing@gmail.com
<http://amodaantiga.pt/>



Bianinha Tours - Rent a Bike
Viana Welcome Centre
Praça do Eixo Atlântico
4900-040 Viana do Castelo
tel.: 258 098 415
e-mail: vwv@vivexperiencia.pt
www.vivexperiencia.pt

Bicicletas Lavarinhas
Estrada da Papanata, nº189
4900 - 470 Viana do Castelo
tel., 258 811 900/931 739 998
e-mail: info@lavarinhas.com
www.lavarinhas.com/

StressOff Bikes/Coffe/Running
Estrada da Papanata, Loja nº204,
Fr.D
4900-470 Viana do Castelo

tel.: 258 110 445
e-mail: stress.bike@sapo.pt

Viana Cycles (Bike Repair)
Rua Ramalho Ortigão, nº161
4900-422 Viana do Castelo
tel.: 258 847 376
e-mail: vianacycle@gmail.com
www.vianacycles.pt

Closest Health Centre/Hospital

Hospital de Santa Luzia
Estrada de Santa Luzia
4904-858 Viana do Castelo
tel.: 258 802 100
e-mail: administracao@ulsam.min-saude.pt
www.ulsam.min-saude.pt

Fauna/Birdwatching

The diversity of natural habitats, between the sea and the land, explains why one finds a very rich and diversified fauna (mammals, amphibians, reptiles, birds etc.), thus emphasizing the presence of some endemism. Due to the variety of species that can be observed throughout the year, the resident and migratory bird fauna is one of the many aspects that make Viana's Coastline a high-quality space.

Flora

The floristic biodiversity is notorious, characterized by some

important endemic species. Southwards from the Lima river we find very deep dune systems with a remarkable set of phyto associations. North of the Lima river, the rocky coast merged by dune systems offers an alternation of habitats to which various endemic species and phytoassociations, typical of the North Coast, arise.

Parks/Nature Reserves

The greenway follows along a territorial area integrated in the National Ecological Reserve, underlining, within the scope of the Natura 2000 Network, the North Coast Sites of Community Importance (SIC PTCON0017 Litoral Norte) and the Lima River (SIC PTCON0020 Rio Lima). Besides an extremely rich and diversified geological (Geopark of Viana do Castelo's Coastline) and cultural heritage (Archaeological Stations and ethnographic experiences), emphasis is laid on a very well-preserved mosaic of natural habitats, highlighting the coastal habitats and halophytic vegetation, marine and inland dunes, freshwater habitats, moorlands and temperate zone forests, natural and semi-natural herbaceous forests and formations. All this natural and cultural

heritage will soon integrate the Protected Landscape Area of Viana do Castelo's Coastline.

Tourist Attractions

Natural Monuments - Cliffs of Montedor and Canto Marinho (Carreço) and Pedras Ruivas (Norte Beach)
Rock Engravings
Pias Salineiras ("troughs" scraped in granite rock)
Montedor Windmills, Carreço
Montedor Lighthouse
Agro-Maritime Centre of Carreço Beaches
Pedestrian Routes
Areosa Small Fort
Estate, Chapel and Wayside Cross of Boa Viagem

Gastronomy and Wines

Codfish à la Viana, codfish à la Gil Eannes, lamprey, "rojões" (fried pork meat) à la Minho, traditional Viana sweets (torta de Viana and meia-lua de Viana), Vinho Verde wine.

Festivities and Events

Nossa Senhora da Agonia Pilgrimage, August
Viana do Castelo Medieval Fair, June
Viana do Castelo Book Fair, July
"Jazz na Praça da Erva" Festival, July

Bike Rental and Repair

À Moda Antiga
Largo João Tomás da Costa, nº63
4900-509 Viana do Castelo
tel.: 258 023 229
e-mail: geniusgrowing@gmail.com
http://amodaantiga.pt/

Bianinha Tours – Rent a Bike
Viana Welcome Centre
Praça do Eixo Atlântico
4900-040 Viana do Castelo
tel.: 258 098 415
e-mail: vwc@vivexperiencia.pt
www.vivexperiencia.pt

Bicicletas Lavarinhas
Estrada da Papanata, nº 189
4900 - 470 Viana do Castelo
tel.: 258 811 900/931 739 998
e-mail: info@lavarinhas.com
www.lavarinhas.com

StressOff Bikes/Coffe/Running
Estrada da Papanata, Loja nº 204,
Fr.D
4900-470 Viana do Castelo
tel.: 258 110 445
e-mail: stress.bike@sapo.pt

Viana Cycles (bike repair)
Rua Ramalho Ortigão, nº161
4900-422 Viana do Castelo
tel.: 258 847 376
e-mail: vianacycle@gmail.com
www.vianacycles.pt

Closest Health Centre/Hospital

Hospital de Santa Luzia
Estrada de Santa Luzia
4904-858 Viana do Castelo
tel.: 258 802 100
e-mail: administracao@ulsam.
min-saude.pt
www.ulsam.min-saude.pt

Fauna/Birdwatching

The diversity of natural habitats, between the sea and the land, explains why one finds a very rich and diversified fauna (mammals, amphibians, reptiles, birds etc.), thus emphasizing the presence of some endemism. Due to the variety of species that can be observed throughout the year, the resident and migratory bird fauna is one of the many aspects that make Viana's Coastline a high-quality space.

Flora

The floristic biodiversity is notorious, characterized by some important endemic species Southwards from the Lima river we find very deep dune systems with a remarkable set of phyto associations. North of the Lima river, the rocky coast merged by dune systems offers an alternation of habitats to which various endemic species and phytoassociations, typical of the North Coast, arise

Parks/Nature Reserves

The greenway follows along a territorial area integrated in the National Ecological Reserve, underlining, within the scope of the Natura 2000 Network, the North Coast Sites of Community Importance (SIC PTCON0017 Litoral Norte) and the Lima River (SIC PTCON0020 Rio Lima). Besides an extremely rich and diversified geological (Geopark of Viana do Castelo's Coastline) and cultural heritage (Archaeological Stations and ethnographic experiences), emphasis is laid on a very well-preserved mosaic of natural habitats, highlighting the coastal habitats and halophytic vegetation, marine and inland dunes, freshwater habitats, moorlands and temperate zone forests, natural and semi-natural herbaceous forests and formations. All this natural and cultural heritage will soon integrate the Protected Landscape Area of Viana do Castelo's Coastline.

Tourist Attractions

Beaches; Water Sports; Surfing High Performance Centre (Centro de Alto Rendimento de Surf); Senhora das Areias Chapel S. Lourenço's Chapel; Lime kiln Galeão Mount; Natural Monument



- Ribeira de Anha; Pias Salineiras ("troughs" scraped in granite rock); Paço de Anha Village.

Gastronomy and Wines

Codfish à la Viana, codfish à la Gil Eannes, lamprey, "rojões" (fried pork meat) à la Minho, traditional Viana sweets (torta de Viana and meia-lua de Viana), Vinho Verde wine.

Festivities and Events

Nossa Senhora da Agonia Pilgrimage, August
Viana do Castelo Medieval Fair, June
Viana do Castelo Book Fair, July
"Jazz na Praça da Erva" Festival, July

This greenway begins on the sand platform bearing the same name, next to the estuary. It runs along the margin of a protected corner of that body of water, known as "Water Mirror", and stops at the car park of Cabedelo Beach. The path begins once again 700 metres south, next to the Centro de Alto Rendimento de Surf (Surfing High Performance Centre), and runs along the dune forest, which is part of the Natura Network. It also borders with the "Ribeira do Rodanho" geological site. Eastwards, a campsite accompanies the beginning of the section.

NORTH COAST GREENWAY SOUTH SECTION OF CABEDELLO - RIBEIRA DO RODANHO VIANA DO CASTELO



Location: Viana Coast, south of the Lima river

Beginning: In Cabedelo Avenue, Darque, close to the southwestern edge of Viana do Castelo Trade Port
End: In the access to Rodanho Beach

Length: 2,007 metres

Access: A28 Motorway, exit through the Darque/Mazarefes bypass road, towards west along the roads N203 and N13. CP regional and inter-regional services of the Minho Line: Darque Railroad Stop.

GPS coordinates:

Beginning: N 41.682093
O -8.824530

End: N 41.667970 O -8.819345



Bicycle Storage and Parking Locations

Parking area in the surroundings of the S. João Baptista Fort

Bike Rental and Repair

Bike Garage
Av. Infante D. Henrique, nº520 r/c
4480 Vila do Conde
tel.: 926 817 082
e-mail: geral@bikegarage.pt

Closest Health Centre/Hospital

Largo Dr. António José de Almeida
4480-711 Vila do Conde
tel.: 252 299 100
e-mail: ca@chpwc.min-saude.pt
www.chpwc.pt

Centro de Saúde de Vila do Conde
Rua Dr. António José de Sousa
Pereira
4480-807 Vila do Conde
tel.: 252 299 030



e-mail: acespovoa-vconde@
csvconde.min-saude.pt

Centro de Saúde - Unidade de
Saúde Familiar Navegantes
Av. D. Manuel I
4480-793 Vila do Conde
tel.: 252 611 148
e-mail:
usfnaveg@csvconde.min-saude.pt

Fauna/Birdwatching

Dune Preservation of the Atlantic
Front

Flora

Dune Preservation of the Atlantic
Front

Parks/Nature Reserves

Old Primary Dune northwards from
the S. João Fort

Tourist Attractions

S. João Baptista Fort - Property of
Public Interest (PPI)
Nossa Senhora da Guia Church -
Property of Public Interest (PPI)
Nossa Senhora dos Navegantes
Church, Caxinas

Gastronomy and Wines

Roast kid, small sardines à la
Caxinas and a whole variety of
fresh fish and seafood.
Conventual confectionery from the
Santa Clara or Vairão Monasteries

ATLANTIC COASTAL ROAD CYCLE TRACK VILA DO CONDE



recipes, "folar de Páscoa" (Easter
cake) and "rosca" (traditional
sweet bread).

Festivities and Events

Nossa Senhora da Guia Festivity,
end of January/beginning of
February
Nossa Senhora dos Navegantes
Festivity, Caxinas, first week of
August
Nelo Summer Challenge - Sea
Kayak International Competition,
beginning of September
Medieval Market and
entertainment in the surrounding
area of the S. João Baptista Fort,
March/April

This is a cycle track with a
practically flat longitudinal
profile and a completely
paved road. It runs side by
side along the maritime
promenade, which is widely
used for walking. It has
support areas with
equipment for exercising, as
well as water supply points.

Location: Avenida Brasil and
Avenida Infante D. Henrique
Beginning: Passeio Manuel Barros,
next to S. João Fort
End: Limit of the municipality with
a connection to the sea front cycle
track of Póvoa de Varzim
Length: 3,700 metres
Access: Road: Direction north-
south - take the A28 Motorway or
the N13 road, with exits in Vila do
Conde. Direction east-west - take
the A7 Motorway or the N206 road,
with exits in Vila do Conde.
Railway: surface underground with
exits in the stations of Santa Clara
(except express service); Vila do
Conde or Portas Fronhas
GPS coordinates:
Beginning: N 41.342576
O -8.752785
End: N 41.372451 O -8.761692





AVENIDA DA LIBERDADE CYCLE TRACK VILA DO CONDE



Location: Avenida da Liberdade
Beginning: Avenida Alexandre
Herculano

End: Avenida Portas Fronhas

Length: 3,100 metres (x2)

Access: Road: north-south
direction - take the A28
Motorway or the N13 road, with
exits in Vila do Conde. East-west
direction - take the A7 Motorway
or the N206 road, with exits in
Vila do Conde.

Railway: light-rail (Metro) with
exits in the stations of Santa
Clara (except express service);
Vila do Conde; Alto de Pêga
(except express service) and
Portas Fronhas

GPS coordinates:

Beginning: N 41.358862

O -8.732950

End: N 41.369008 O -8.749199

Avenida da Liberdade Cycle Track is a double cycle track that runs parallel along the light rail (Metro) track, inside the city. This is a completely paved cycle track, with a longitudinal profile with a less than 1% slope and a connection to the Ave Coastal Road Cycle track.

Bike Rental and Repair

Bike Garage
Av. Infante D. Henrique, nº 520 r/c
Vila do Conde
tel.: 926 817 082
e-mail: geral@bikegarage.pt

Closest Health Centre/Hospital

Centro Hospitalar Póvoa de Varzim/
Vila do Conde, Unidade de Vila do
Conde
Largo Dr. António José de Almeida
4480-711 Vila do Conde
tel.: 252 299 100
e-mail: ca@chpwc.min-saude.pt
www.chpwc.pt

Centro de Saúde de Vila do Conde
Rua Dr. António José de Sousa
Pereira
4480-807 Vila do Conde
tel.: 252 299 030
e-mail: acespovoa-vconde@
csvconde.min-saude.pt

Centro de Saúde - Unidade de
Saúde Familiar Navegantes
Av. D. Manuel
4480-793 Vila do Conde
tel.: 252 611 148
e-mail: usfnaveg@csvconde.
min-saude.pt

Tourist Attractions

Santa Clara Monastery, PPI

Monastery Church, MN
Aqueduct, MN
Nossa Senhora da Encarnação
Convent
St. Francis' (São Francisco)
Convent
Public Archive, Memory Centre,
Largo de São Sebastião

Gastronomy and Wines

Roast kid, small sardines à la
Caxinas and a whole variety of
fresh fish and seafood.
Conventual confectionery from the
Santa Clara or Vairão Monasteries
recipes, "folar de Páscoa" (Easter
cake) and "rosca" (traditional
sweet bread).

Festivities and Events

Memories in the Fest Centre -
Memory Centre, first weekend of
September
Ash Procession - St. Francis' (S.
Francisco) Church, first Sunday of
Lent
Santo Amaro's Pilgrimage, Santo
Amaro's Chapel, 15th of January
Twelfth Night - Lapa Church, 5th of
January

AVENIDA DO CASTELO CYCLE TRACK VILA DO CONDE



Location: Avenida do Castelo

Beginning: Avenida Júlio Graça

End: Avenida do Brasil

Length: 640 metres (x2)

Access: Road: Direction north-south - take the A28 Motorway or the N13 road, with exits in Vila do Conde. East-west direction – take the A7 Motorway or the N206 road, with exits in Vila do Conde.

Railway: light rail (Metro) with exits in the stations of Vila do Conde and Santa Clara (except express service).

GPS coordinates:

Beginning: N 41.347080
O -8.745994

End: N 41.342956 O -8.750619

Avenida do Castelo Cycle Track is made of two lanes that run parallel to Avenida do Castelo's Avenue's road. It has a longitudinal profile practically flat and is completely paved. This cycle track also connects the Coastal Road Cycle track to the City's Game Park.

Bicycle Storage and Parking

Locations

Parking area in the surroundings of the São João Baptista Fort

Bike Rental and Repair

Bike Garage

Av. Infante D. Henrique, nº520 r/c
4480 Vila do Conde
tel.: 926 817 082
e-mail: geral@bikegarage.pt

Closest Health Centre/Hospital

Centro Hospitalar Póvoa de Varzim/
Vila do Conde - Unidade de Vila do
Conde
Largo Dr. António José de Almeida
4480-711 Vila do Conde

tel.: 252 299 100

e-mail: ca@chpwc.min-saude.pt
www.chpwc.pt

Centro de Saúde de Vila do Conde
Rua Dr. António José de Sousa
Pereira,
4480-807 Vila do Conde
tel.: 252 299 030
e-mail: acespovoa-vconde@
csvconde.min-saude.pt

Tourist Attractions

São João Baptista / St. John
Baptist Fort - Property of Public
Interest, PPI
Nossa Senhora da Guia Church
- Property of Public Interest, PPI

Nossa Senhora dos Navegantes
Church, Caxinas

Gastronomy and Wines

Roast kid, small sardines à la
Caxinas and a whole variety of
fresh fish and seafood.
Conventual confectionery from the
Santa Clara or Vairão Monasteries
recipes, "folar de Páscoa" (Easter
cake) and "rosca" (traditional
sweet bread).

Festivities and Events

Nossa Senhora da Guia Festivity,
end of January/beginning of
February
Nossa Senhora dos Navegantes

Festivity, Caxinas, first week of
August
Nelo Summer Challenge - Sea
Kayak International Competition,
beginning of September
Medieval Market and
entertainment in the surrounding
area of the S. João Batista Fort,
March/April



AVENIDA NASSICA CYCLE TRACK VILA DO CONDE



Bike Rental and Repair

Bike Garage
Rua S. Miguel o Anjo, nº 1131
Argvai - Póvoa de Varzim
tel.: 926 817 082
e-mail:
bikegarage.reservas@gmail.com

Closest Health Centre/Hospital

Centro Hospitalar Póvoa de Varzim/
Vila do Conde
Largo Dr. António José de Almeida
4480-711 Vila do Conde
tel.: 252 299 100
e-mail: ca@chpwc.min-saude.pt
www.chpwc.pt

Centro de Saúde de Vila do Conde
Rua Dr. António José de Sousa
Pereira
4480-807 Vila do Conde
tel.: 252 299 030
e-mail: acespovoa-vconde@
csvconde.min-saude.pt

Unidade de Saúde Familiar de
Modivas
Rua do Padrão, nº166
Modivas - Vila do Conde
tel.: 229 272 024
e-mail:
usf4373a@csmodivas.min-saude.pt

Tourist Attractions

Vila do Conde Style Outlet, Modivas

Gastronomy and Wines

Roast kid, small sardines à la
Caxinas and a whole variety of
fresh fish and seafood.
Conventual confectionery from the
Santa Clara or Vairão Monasteries
recipes, "foliar de Páscoa" (Easter
cake) and "rosca" (traditional
sweet bread).

Paved with ceramic tile, part
of the longitudinal profile of
this cycle track forms an arc
that crosses unevenly the
light rail (Metro) line.

Location: Avenida Nassica,
Parish of Modivas
Beginning: Rua EN13/Rua da
Aldeia Nova, Modivas
End: Rua dos Combatentes, Vila
Chã
Length: 875 metres
Access: Road: A28 Motorway
(exit 13) or N13 road (exit km.
16.35)
Railway: light rail / Metro (exit in
the station of Modivas-centro)
GPS coordinates:
Beginning: 41°18'14"N
8°42'14"W
End: 41°17'59"N 8°42'41"W



AVE COASTAL ROAD CYCLE TRACK VILA DO CONDE



Location: Avenida do Ave
Beginning: Avenida Figueiredo Faria

End: Rua Afonso Costa

Length: 680 metres

Access: Road: For the north-south direction take the A28 Motorway or the N13 road, with exits in Vila do Conde and for the east-west direction take the A7 Motorway or the N206 road (Vila do Conde exit)

Railway: light rail (Metro) with exits in the stations of Vila do Conde and Santa Clara (except express service)

GPS coordinates:

Beginning: N 41.351938
O -8.737288

End: N 41.355036 O -8.730950

Bike Rental and Repair

Bike Garage
Av. Infante D. Henrique, nº520 r/c
Vila do Conde / tel.: 926 817 082
e-mail: geral@bikegarage.pt

Closest Health Centre/Hospital

Centro Hospitalar Póvoa de Varzim/
Vila do Conde - Unidade de Vila do
Conde
Largo Dr. António José de Almeida
4480-711 Vila do Conde
tel.: 252 299 100
e-mail: ca@chpwc.min-saude.pt
www.chpwc.pt

Centro de Saúde de Vila do Conde
Rua Dr. António J. Sousa Pereira

4480-807 Vila do Conde
tel.: 252 299 030
e-mail: acespovoa-vconde@
csvconde.min-saude.pt

Tourist Attractions

Sixteenth century Mill (left bank of
the Ave river)
Monument to the Dead of World
War I.

Gastronomy and Wines

Roast kid, small sardines à la Caxinas
and a whole variety of fresh fish and
seafood.
The conventual confectionery is a
secular tradition in Vila do Conde.
The typical sweets - "foliar de

Páscoa" (Easter cake) and "rosca"
(traditional sweet bread) are also
very traditional in some parishes.

Festivities and Events

Nossa Senhora da Guia Festivity,
end of January/beginning of
February
Nossa Senhora dos Navegantes
Festivity, Caxinas, first week of
August
Nelo Summer Challenge - Sea
Kayak International Competition,
beginning of September
Medieval Market and
entertainment in the surrounding
area of the S. João Baptista Fort,
March/April

Following along the bank of
the Ave river, this cycle track
is completely paved and has
a longitudinal profile
practically flat. It is also
connected to Avenida da
Liberdade Cycle track



ESPAÇO NATUREZA CYCLE TRACK VILA DO CONDE



Bike Rental and Repair

Bike Garage
Av. Infante D. Henrique, nº520 r/c
4480 Vila do Conde
tel.: 926 817 082
e-mail: geral@bikegarage.pt

Closest Health Centre/Hospital

Centro Hospitalar Póvoa de Varzim
- Vila do Conde
Unidade de Vila do Conde
Largo Dr. António José de Almeida
4480-711 Vila do Conde
tel.: 252 299 100
e-mail: ca@chpwc.min-saude.pt
www.chpwc.pt

Centro de Saúde de Vila do Conde
Rua Dr. António José de Sousa
Pereira
4480-807 Vila do Conde
tel.: 252 299 030
e-mail: acespovoa-vconde@
csvgovoa.min-saude.pt

Unidade de Saúde Familiar de
Modivas
Rua do Padrão, 166
4485-591 Modivas-Vila do Conde
tel.: 229 272 024
e-mail:
usf4373a@csmodivas.min-saude.pt

Tourist Attractions

Santa Clara Monastery, PPI

Monastery Church, NM
Aqueduct, NM
Nossa Senhora da Encarnação,
St. Francis' (São Francisco)
Convent
Public Archive - Memory Centre,
São Sebastião Square

Gastronomy and Wines

Roast kid, small sardines à la
Caxinas and a whole variety of
fresh fish and seafood.
Conventual confectionery from the
Santa Clara or Vairão Monasteries
recipes, "folar de Páscoa" (Easter
cake) and "rosca" (traditional
sweet bread).

Festivities and Events

Memories in the Fest Centre -
Memory Centre, first weekend of
September
Ash Procession - St. Francis' (São
Francisco) Church, first Sunday of
Lent
Santo Amaro's Pilgrimage, Santo
Amaro's Chapel, 15th of January
Twelfth Night - Lapa Church, 5th of
January

With the particularity of
being connected to a Metro
(light rail) station, this cycle
track is completely paved
and has a longitudinal
descending profile, in the
east/west direction, with a
moderate average slope
(about 5%).

Location: Mindelo, Vila do Conde
Beginning: Rua da Estrada Velha,
Mindelo
End: Rua de Tróia, Light rail
(Metro) "Espaço Natureza" in
Mindelo
Length: 460 metres
Access: Road: A28 Motorway (exit
14) or N13 road (exit km 18,6)
Railway: light rail (Metro), exit in
the "Espaço Natureza" station
GPS coordinates:
Beginning: N 41.317678
O -8.722543
End: N 41.320495 O -8.718509



Bike Rental and Repair

Bike Garage
 Av. Infante D. Henrique, nº520 r/c
 4480 Vila do Conde
 tel.: 926 817 082
 e-mail: geral@bikegarage.pt

Closest Health Centre/Hospital

Centro de Saúde USF Santa Clara/
 Aqueduto
 Rua Dr. António José de Sousa
 Pereira
 4480-807 Vila do Conde
 tel.: 252 299 030
 e-mail: acespovoa-vconde@
 csvconde.min-saude.pt

Centro de Saúde USF de Modivas
 Rua do Padrão, nº166
 4485-591 Modivas - Vila do Conde
 tel.: 229 272 024
 e-mail: usf4373a@csmodivas.
 min-saude.pt



Centro de Saúde USF de Santo
 Amaro
 Rua do Parque
 4485-324 Labruge - Vila do Conde
 tel.: 229 271 082
 e-mail: usfsantamaro@gmail.com

Fauna/Birdwatching

In the Regional Protected
 Landscape of the Vila do Conde
 Coastline and in the Ornithological
 Reserve of Mindelo.

Flora

In the Regional Protected
 Landscape of the Vila do Conde
 Coastline and in the Ornithological
 Reserve of Mindelo: sand dune

belts, cliffs, wetlands, soils and
 agricultural areas.

Parks/Nature Reserves

Regional Protected Landscape of
 the Vila do Conde Coastline
 Ornithological Reserve of Mindelo.

Tourist Attractions

Regional Protected Landscape of
 the Vila do Conde Coastline
 Ornithological Reserve of Mindelo
 S. Paio "Castro" (hill fort) from the
 Iron Age, considered the only
 maritime hill fort of the
 Portuguese part of the Peninsular
 Northwest
 Moreiró Beach

Parishes of Azurara, Árvore,
 Mindelo, Vila Chã and Labruge and
 respective bathing areas

Gastronomy and Wines

Roast kid, small sardines à la
 Caxinas and a whole variety of
 fresh fish and seafood. Conventual
 confectionery from the Santa Clara
 or Vairão Monasteries recipes,
 "folar de Páscoa" (Easter cake) and
 "rosca" (traditional sweet bread).

Festivities and Events

Azurara Beach Party, last Saturday
 of August

SOUTH COAST GREENWAY VILA DO CONDE



South Coast Greenway follows
 along the coastline, south of
 Ave, in the parishes of Azurara,
 Árvore, Mindelo, Vila Chã and
 Labruge. It is a pedestrian and
 cycle route that runs along the
 entire coast of the
 municipality, south of the Ave
 River. It covers almost 8,600
 metres, of which 6,000 metres
 correspond to raised wooden
 walkways, 2,000 metres for
 walks and paths in the
 crossing between villages and
 600 metres for local roads,
 between the promontory of
 Sampaio and the Labruge
 beach.

Location: Seafront, between the
 mouths of Ave and Onda rivers

Beginning: Rua das Salinas,
 Azurara

End: Municipality limit, Labruge

Length: 8,600 metres

Access: Road: Through the A28
 Motorway (exits number 13 or
 number 14). Through the N13
 road with exits in Árvore (Km20);
 Mindelo (Km17.8); Vila Chã
 (Km16.4) and Vilar (Km13.8)
 Railway: light rail (Metro) with
 exits in the stations of Varziela,
 Espaço Natureza, Mindelo,
 Modivas-norte, Modivas-centro
 and Modivas-sul

GPS coordinates:

Beginning: N 41.340396
 O -8.745369

End: N 41.270440 O -8.726210



VILA FLOR CYCLE TRACK

VILA FLOR

Location: Maintenance Circuit
Beginning: Bus Terminal
End: Near the Touristic Complex of Peneireiro
Length: 500 metres
Access: IP2 and IC5 Roads, Vila Flor
GPS coordinates:
Beginning: 41°18'9.01"N 7°9'21.16"W
End: 41°17'52.92"N 7°9'40.45"W

This route allows cyclists to go from the Bus Terminal to the surroundings of the Tourist Complex of Peneireiro. Made in painted porous concrete, surrounded by agricultural land, the surrounding landscape of vineyards and olive trees stands out.



Closest Health Centre/Hospital

Centro de Saúde de Vila Flor
tel.: 278 510 000

Fauna/Birdwatching

Podiceps Cristatus

Flora

Pine trees, cork oaks, eucalyptus

Picnic Parks

There are two Picnic Parks: one near the reservoir and the other near the local stadium.

Parks/Nature Reserves

Campsite, Mini Zoo, Picnic Park

Tourist Attractions

Public Swimming pool

Campsite
Peneireiro Reservoir
Maintenance Circuit
Mini Zoo
Picnic Park
Local Stadium

Gastronomy and Wines

Roast lamb and kid, "enchidos" (typical Portuguese smoked sausages), bread baked in wood-fired oven, "folar" (Easter cake) and "económicos" (typical sweet). Olive oil from Vila Flor and PDO Douro wines.

Festivities and Events

Raid TT, February or March

Accessibility for People with Reduced Mobility

All the accesses to the River Path Rail trail do not have architectural barriers and are accessible for people with reduced mobility.

Bike Rental and Repair

Animaminho
Parque de Lazer do Castelhinho
tel.: 962 892 606
e-mail: info@nimaminho.eu
www.animaminho.eu

Olá Vida
Rua César Maldonado
tel.: 964 994 420
e-mail: info@olavida.pt
www.olavida.pt

Closest Health Centre/Hospital

Centro de Saúde de Vila Nova de Cerveira
Largo das Oliveiras
tel.: 251 795 289

Hospital da Luz
Av. Manuel José Lebrão
tel.: 251 706 100

Hospital Santa Luzia de Viana do Castelo
Estrada de Santa Luzia
tel.: 258 802 100
e-mail: administracao@ulsam.min-saude.pt

www.ulsam.min-saude.pt

Fauna/Birdwatching

The following species make for important habitats: the mallard, the heron, the cormorant and the kingfisher. Mammals: otter and European pine marten. Amphibians: Perez's frog, newt and salamander. Fishes: bogue, European chub and trout.

Flora

The flora is dominated by dense tree formations of riverine forests, consisting essentially of alders, poplars and shrub species such as elderberry and reeds.

Picnic Parks

Moutorros Picnic Park
Lenta Beach Picnic Park
Castelhinho Leisure Park
Nossa Senhora da Encarnação Park

Parks/Nature Reserves

Castelhinho Leisure Park

Tourist Attractions

Moutorros Picnic Park in Vila Meã
Lenta River Beach in Lovelhe
Cultural Forum and Cerveira Biannual Museum
Historic Centre and Castle of Cerveira
Castelhinho Leisure Park
Minho River Aquamuseum



Mota River Beach in Gondarém
Deer Viewpoint
São Paio's Convent
Interpretative Centre of the Gávea Mills

Gastronomy and Wines

Shad thresh, marinated shad, fried shad and boiled shad. Lamprey rice, lamprey à la Bordalesa, "galo de cabidela" (cock and giblets rice) and deer à la D. Dinis. Corn biscuit, "trovador" and "cervereuses" (typical sweets), rice pudding and custard.

Festivities and Events

Cerveira International Art

Biannual, from July until September
Local Festivities in honour of São Sebastião, first weekend of August
Acoustic Cerveira, August
History Fest, August

RIVER PATH RAIL TRAIL VILA NOVA DE CERVEIRA



The River Path Rail trail follows along the left bank of the Minho River, in a place of great scenic beauty, that allows visitors to fully admire the Estuary of the Minho River: the riverbed, riparian galleries, islands and the calming scent of the sea breeze. It is quite an isolated route, except in some sections where the path is crossed mainly by green spaces of collective use and leisure areas. Throughout the rest of the track, the human presence is felt since agricultural activity has been practically abandoned.

Location: Banks of the Minho River
Beginning: Mota Beach (Parish of Gondarém – Vila Nova de Cerveira)
End: Montorros Picnic Park (Parish of Vila Meã - Vila Nova de Cerveira)
Length: 12,600 metres
Access: Mota Beach in Gondarém, Ligo Pier in Gondarém, Castelhinho Leisure Park in Vila Nova de Cerveira, Lenta Beach in Lovelhe, Lentas in Reboreda, Furnas (Caves) in Campos and Montorros Picnic Park in Vila Meã
GPS coordinates:
Beginning: 41°55'13.28"N 8°46'24.44"W
End: 41°59'21.49"N 8°41'08.38"W





Closest Health Centre/Hospital

Centro Hospitalar Médio Ave
Rua Arthur Cupertino de Miranda,
Apartado 31
4764-958 Vila Nova de Famalicão
tel.: 252 300 800/252 311 917
(linha azul)
e-mail: hfamalicao@hfamalicao.
min-saude.pt

Extensão de Saúde de Gondifelos
tel.: 252 952 139

Fauna/Birdwatching

In the riparian area of the River East

Picnic Parks

Gondifelos Picnic Park

Parks/Nature Reserves

Vinhal Park
Gondifelos Campsite

Tourist Attractions

Vinhal Chapel
Casa do Vinhal
Senhor do Monte Chapel and
Viewpoint
Parish Church of Outiz
Parish Church of Cavalões
Capela das Almas (Chapel of the
Souls)
São Gonçalo's Chapel
São Veríssimo's Bridge
Quinta de Cruges (Villa)
Conjunto de Penices (Mills), Mocha
Mill House and Sr. Raposo Mill House

Gastronomy and Wines

Louro Cheese (from the parish of
Louro) and Vinho Verde wine.

Festivities and Events

Festivity in honour of Santo
António - Vila Nova de Famalicão,
13th of June
Festivity in honour of the Blessed
Sacrament - Brufe, first weekend
of July
Festivities in honour of São
Martinho – Cavalões, third
weekend of September
Annual Onion Fair - Gondifelos, last
Sunday of August

FAMALICÃO - PÓVOA DE VARZIM RAIL TRAIL VILA NOVA DE FAMALICÃO



Location: Vila Nova de Famalicão,
Brufe, Louro, Outiz, Cavalões and
Gondifelos
Beginning: Vila Nova de Famalicão
End: Gondifelos
Length: Junction of V.N. de
Famalicão: 10,000 metres, total of
29,000 metres
Access: Vila Nova de Famalicão
Railway Station, roads: N206 and
N204
GPS coordinates:
Beginning: N 41.413932
O -8.528108
End: N 41.411261 O -8.622836

The Vila Nova de Famalicão
Rail Trail is the result of the
recovery work carried by the
City Hall on the old railway
line between Famalicão and
the city of Póvoa de Varzim,
under a protocol signed in
partnership with REFER. The
route stretches between
Famalicão and the limit of
the municipality, in the parish
of Gondifelos, covering 10.2
kilometres.
It is located in a rural and
forest area, right in the heart
of "Verde Minho" (Green
Minho). Surrounded by
woods and hills, typical

villages and vineyards, this
route is an excellent way to
enjoy the region's nature and
to practice sports in a
wonderful and relaxing
environment.

Location: Areinho de Oliveira do Douro
Beginning: Quebrantões Pier
End: Alameda do Areinho (Avenue)
Length: 1,375 metres
Access: From the west side (at Largo Luís I) through Rua Cabo Simão (Santa Marinha); from the south/west side, through Rua Manuel Pinto de Lima; Rua Silva Tapada (Oliveira do Douro) from the east/south side, Rua do Mirante/Rua do Areinho (Oliveira do Douro)
GPS coordinates:
Beginning: N 41.137458
O -8.596269
End: N 41.139511 O -8.581500

AREINHO DE OLIVEIRA DO DOURO CYCLE TRACK VILA NOVA DE GAIA



You can access the beginning of the Areinho de Oliveira do Douro Cycle track, at Quebrantões Pier, starting at Largo D. Luís I and through Rua Cabo Simão. It crosses the Quebrantões Valley, covering 550 metres. This route allows you to contemplate the view over the river and some of its bridges. Southwards, you can admire Quebrantões Valley's landscape. The Areinho de Oliveira do Douro cycle track begins at the end of the walkway. It goes around the Areinho Garden

and follows along the Alameda do Areinho (Avenue), for 760 metres.

Accessibility for People with Reduced Mobility

There is access for people with reduced mobility.

Bicycle Storage and Parking Locations

You can find bicycle storage and parking locations along the riverbank.

Bike Rental and Repair

Efungpstours
Rua Cândido dos Reis, nº55

4400-072 Vila Nova Gaia
tel.: 220 923 270/914 173 671/
913 496 213
e-mail: info@efungpstours.com
www.efungpstours.com

Closest Health Centre/Hospital

Centro Hospitalar de Vila Nova de Gaia/Espinho
Rua Conceição Fernandes
4434-502 Vila Nova de Gaia
tel.: 227 865 100
e-mail: geral@chvng.min-saude.pt
www.chvng.pt

Fauna/Birdwatching

Quebrantões Valley: being a purely agricultural valley you can still

observe animals grazing and the agricultural activity.
Areinho de Oliveira do Douro:
Starling, ruddy turnstone, black-headed gull, common chiffchaff, European pied flycatcher and migratory birds.

Flora

Quebrantões Valley: alluvial soil crossed by two water lines, with riverside and riparian vegetation. Extensive forests of oaks, poplars and willows.
Areinho Garden: plane trees
Alameda do Areinho (Avenue):
plane trees and ash trees.

Tourist Attractions

Historic Centre
Port Wine Cellars
River cruises
Corpus Christi Convent
Monastery of the Pilar Mountain
D. Luiz I Bridge
Dona Maria Pia Bridge
Infante Bridge
Freixo Bridge

Gastronomy and Wines

The privileged location of Vila Nova de Gaia, overlooking the sea and the river, allowed for its gastronomy to be enriched. Vila Nova de Gaia's cuisine is dedicated to the typical flavours of fish, in

which the lamprey, the shad and the stew stand out. In the inland area, traditional dishes of pork, kid and chicken are the most popular. The "caldo verde" (traditional green broth), along with "broa" (type of cornbread) from Avintes, is the perfect complement to the main course. The typical "dessert" *Velhotes* is a must-have in the local pilgrimage festivities. The Port wine, a nectar with a unique distinctive flavour, is the perfect choice to have with Gaia's rich cuisine.

Festivities and Events

Festivity in honour of Santo António do Freixeiro, 9th until the 12th of June
Festivities in honour of S. Tiago, 22nd until the 25th of July
Festivities in honour of Santa Eulália, 19th until the 22nd of August

Accessibility for People with Reduced Mobility

Vila Nova de Gaia waterfront has privileged the conditioned mobility, through the implementation of appropriate signalling, accesses, reserved parking areas, toilets and other support facilities.

Bicycle Storage and Parking Locations

You can find bicycle storage and parking locations along Gaia's Waterfront.

Bike Rental and Repair

Oporto Moto Rent
Rua da Praia, nº430
Douro Marina - Loja4
4400-554 Vila Nova de Gaia
tel.: 220 993 160/914 133 499
e-mail: info@oportomotorent.com
www.oportomotorent.com

RégiaBike (repairing)
Rua da Estação, nº710 - Granja
4410-178 São Félix da Marinha / VNG
tel.: 223 187 967
e-mail: regiabike@gmail.com
www.regiabike.com

Closest Health Centre/Hospital

Centro Hospitalar de Vila Nova de Gaia/Espinho
Rua Conceição Fernandes
4434-502 Vila Nova de Gaia
tel.: 227 865 100

e-mail: geral@chvng.min-saude.pt
www.chvng.pt

Hospital Privado da Arrábida
(Private Hospital)
Praceta Henrique Moreira, nº150
4400-346 Afurada VNG
tel.: 223 776 800
e-mail: geral@hospitaldaarrabida.pt
www.hospitaldaarrabida.pt

Fauna/Birdwatching

Throughout the annual cycle, in the estuary of the Douro river there are kingfishers, cormorants, herons, great white egrets, sandpipers, turnstones, golden plovers, red knots, seagulls of various species, among many other birds. The São Paio's bay is the perfect place for birdwatchers.

Flora

In the Douro Estuary Reserve, the profusion of plants adapted to this environment creates aquatic labyrinths, drawn by stems and roots. Among other plants, in this marsh you can find the sea purslane (*Halimione portulacoides*) and several species of dune flora like the *Jasione lusitanica*, sea holly, cotton weed and sea rockets.

Picnic Parks

Alameda do Senhor da Pedra (Lord of the Rock Avenue)

Parks/Nature Reserves

Nature Reserve of the Douro Estuary and Valley of S. Paio Park
Aguda Dunes Park

Tourist Attractions

Fishing Area of Afurada
Interpretative Centre of the Afurada Heritage
Local Nature Reserve of the Douro Estuary
Blue flag Beaches
Douro Marina
Campsite
School Horses - Horse riding Centre of Valadares
Senhor da Pedra (Lord of the Rock)
Chapel
Fishmarket/Aguda Beach
Aguda Coastal Station

Gastronomy and Wines

The privileged location of Vila Nova de Gaia, overlooking the sea and the river, allowed for its gastronomy to be enriched. Vila Nova de Gaia's cuisine is dedicated to the typical flavours of fish, in which the lamprey, the shad and the stew stand out. In the inland area, traditional dishes of pork, kid and chicken are the most popular. The "caldo verde" (traditional green broth), together with "broa" (type of cornbread) from Avintes, is the perfect complement to the main course. The typical "dessert"



Velhotes is a must-have in the local pilgrimage festivities. The Port wine, a nectar with a unique distinctive flavour, is the perfect choice to have with Gaia's rich cuisine.

Festivities and Events

"Marés Vivas" Festival, second half of July
S. Pedro of Afurada, 29th of June
Senhor da Pedra (Lord of the Rock) Pilgrimage, weekend before the Corpus Christi holiday
Nossa Senhora da Nazaré Festivities - Aguda, on the last but one Sunday of August

CABEDELLO - AGUDA CYCLE TRACK VILA NOVA DE GAIA



The cycle track between Foz do Cabedello and Aguda Beach makes the transition between the river and maritime scenery. With an incomparable natural beauty, it offers a panoramic view of the ornithological nature reserve of the Douro estuary and the beaches awarded with the blue flag and gold quality. During this journey, you can catch a glimpse of the Sr. da Pedra (Lord of the Rock) Chapel, considered an icon among the religious architectural heritage. This route ends in Aguda, where you can visit the Marine Aquarium - Estação Litoral da Aguda (ELA - Portuguese Zoo Park) and get to know the characteristics of the sea people. Along the track, the pavement is in coloured

Location: Cabedello and Waterfront

Beginning: Cabedello

End: Aguda Beach

Length: 12,000 metres

Access: By car: from Arrábida Bridge directions: take the A1 Motorway, Rua António Bessa Leite and the A1 Motorway to Rua Abílio de Azevedo in Lagos. Take the "Afurada" exit on the A1 Motorway. At the roundabout, take the third exit to Rua Abílio de Azevedo. Continue to Rua da Praia (Beach Street). Head towards Avenida Deoceliano Monteiro and then to Rua da Praia (Beach Street) where you will find the beginning of this cycle track

By bus: lines 11 and 12 of the Espírito Santo company - Porto-Lavadores

By train: railroad stops of Aguda and Granja, where several urban and regional trains stop

GPS coordinates:

Beginning: N 41.138579

O -8.658092

End: N 41.044789 O -8.652553

bituminous, well signalled and identified, served by a panoply of supporting infrastructures, thus allowing an easy and safe circulation by the user.

Location: Historic Centre
Beginning: Via Rosa Mota
End: Madalena Beach
Length: 5,000 metres
Access: By car: from Luís I Bridge. Directions: head south towards Largo Dom Luis I and continue until Avenida Ramos Pinto. Turn left towards Rua Serpa Pinto, stay on its right side to continue in that street and turn left towards Via Rosa Mota, where the Historic Centre Cycle track begins
By train: General Torres railroad stops, where several urban and regional trains stop

GPS coordinates:

Beginning: N 41.132825
O -8.615696

End: N 41.106396 O -8.661567

HISTORIC CENTRE - WATERFRONT CYCLE TRACK VILA NOVA DE GAIA



The Historic Centre - Waterfront (Madalena) Cycle track is connected to the Cabedelo - Aguda Cycle track. This is a cycle track with medium difficulty and more pronounced slopes in the section of Avenida Manuel de Oliveira. Its main characteristic is a predominantly urban landscape marked by intense traffic. Along the track, the pavement is in coloured bituminous, well signalled and identified, allowing an easy and safe circulation.



Blue flag Beaches
Campsite

Gastronomy and Wines

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Festivities and Events

São Gonçalo, first Sunday after the 10th of January
St. John (São João), 24th of June
Santa Marinha Festivities, second half of July

Accessibility for People with Reduced Mobility

Vila de Gaia waterfront has privileged reduced mobility, through the implementation of walkways and appropriate signage, reserved parking areas, toilets and other support facilities.

Bicycle Storage and Parking Locations

You can find bicycle storage and parking locations along Gaia's Waterfront.

Bike Rental and Repair

Efungpstours
Rua Cândido dos Reis, nº55

4400-072 Vila Nova Gaia
tel.: 220 923 270/914 173 671/
913 496 213
e-mail: info@efungpstours.com
www.efungpstours.com

Closest Health Centre/Hospital

Centro Hospitalar de Vila Nova de Gaia/Espinho
Rua Conceição Fernandes
4434-502 Vila Nova de Gaia
tel.: 227 865 100
e-mail: geral@chvng.min-saude.pt
www.chvng.pt

Hospital Privado de Gaia - Unidade
Trofa Saúde
Rua Fernão de Magalhães, nº 2 -

Fração E
4404-501 Vila Nova de Gaia
tel.: 220 439 600/220 439 591
e-mail:
geral@hospitalprivadodegaia.pt
www.hospitalprivadodegaia.pt

Parks/Nature Reserves

Quinta das Devesas Park: Camellia
Garden in Rua D. Leonor de Freitas,
number 162.

Tourist Attractions

Historic Centre
Port Wine Cellars
River cruises
Corpus Christi Convent
Quinta do Fojo Golf Club

Accessibility for People with Reduced Mobility

Vila de Gaia waterfront has privileged reduced mobility, through the implementation of walkways and appropriate signage, reserved parking areas, toilets and other support facilities.

Bicycle Storage and Parking Locations

You can find bicycle storage and parking locations along Gaia's Waterfront.

Bike Rental and Repair

RégiaBike (repairing)
Rua da Estação, 710 - Granja
4410-178 São Félix da Marinha / VNG
tel.: 223 187 967
e-mail: regiabike@gmail.com
www.regiabike.com

Closest Health Centre/Hospital

Centro Hospitalar de Vila Nova de Gaia/Espinho
Rua Conceição Fernandes
4434-502 Vila Nova de Gaia
tel.: 227 865 100
e-mail: geral@chvng.min-saude.pt
www.chvng.pt

Flora

Several species of dune flora can be found here, like the *Jasione lusitanica*, sea holly, cotton weed and sea rocket.



Picnic Parks

Alameda do Senhor da Pedra (Lord of the Rock Avenue).

Tourist Attractions

S. Félix da Marinha Beach
Granja Beach
Boca-mar Beach
Brito Beach

Gastronomy and Wines

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the stew stand out. In the inland area, traditional dishes of pork, kid and chicken are the most popular. The "caldo verde" (traditional green broth), together with "broa" (type of cornbread) from Avintes, is the perfect complement to the main course. The typical "dessert" *Velhotes* is a must-have in the local pilgrimage festivities. The Port wine, a nectar with a unique distinctive flavour, is the perfect choice to have with Gaia's rich cuisine.

Festivities and Events

São Félix and Mártir São Sebastião Festivity, closest Sunday to the 1st

of August
Nossa Senhora das Necessidades Festivity, Sunday before the 15th of August
Nossa Senhora do Amparo Festivity, São Vicente and São Tomé, first Sunday of September
Senhora da Soledade Festivity, closest Sunday to the 15th of September

GRANJA - SÃO FÉLIX DA MARINHA CYCLE TRACK

VILA NOVA DE GAIA



This cycle track starts next to the Solverde Hotel, in Granja and connects the cycle track of Cabedelo - Aguda to the cycle track of the neighbouring city of Espinho. It has a pavement in coloured bituminous, vertical signage and is physically separated from the motorized ways, allowing users to go for a ride with greater security.

Location: Granja and S. Félix da Marinha
Beginning: Granja
End: Espinho
Length: 2,500 metres
Access: By car: from Arrábida Bridge, directions: A1, A44 and A29 Motorways to Arcozelo, second exit of A29 and head to Rua Oliva Teles until Granja Beach
By train: railroad stops of Granja, where several urban and regional trains stop
GPS coordinates:
Beginning: N 41.040401
O -8.650098
End: N 41.018662 O -8.640646

CORGO RAIL TRAIL VILA POUÇA DE AGUIAR



Location: Vila Pouca de Aguiar
Beginning: Torencinho, Parish of Telões
End: Sabroso de Aguiar
Length: 20 Km
Access: N2 Road
GPS coordinates:
Beginning: N 41.407639 O -7.682827
End: N 41.596941 O -7.573100

The Corgo Rail trail is the result of the reconversion of the old railway line. It crosses the entire municipality, offering different landscapes for visitors to admire next to the water lines (Corgo and Avelames), and also crossing the two towns of the municipality: Vila Pouca de Aguiar (head office) and Pedras Salgadas (thermal town). Physically separated from the main roads, it offers you safety conditions and a magnificent rural environment, allowing

visitors to be in contact with the nature, the culture, the villages and the towns of the municipality, by bicycle, by foot or on horseback. It intercepts the Portuguese Interior Way of St. James (Viseu-Chaves) several times.

Accessibility for People with Reduced Mobility

Toilets available: Old Train Station of Vila Pouca de Aguiar, Sports Complex of Vila Pouca de Aguiar, Old Train Station of Pedras Salgadas and Interactive Tourist Shop of Pedras Salgadas.



Bicycle Storage and Parking Locations

External bicycle parking supports available throughout the rail trail and in the crossed urban perimeters, namely: Tourencinho, Gralheira, Zimão, Parada, Fontes, Mariais Roundabout, House of Culture (Casa da Cultura), Sports Complex and Pedras Salgadas.

Bike Rental and Repair

Casa Fontes / Pedras Salgadas
tel.: 259 434 231

Creative Moto (repairing)
Vila Pouca de Aguiar
tel.: 259 107 500

José Joaquim David Cruz
Pedras Salgadas
tel.: 259 434 171 (SOS number)

Closest Health Centre/Hospital

Centro de Saúde de Vila Pouca de Aguiar, N2
5450-011 Vila Pouca de Aguiar
tel.: 259 419 460
e-mail: csvilapouca@srsvreal.min-saude.pt

Fauna/Birdwatching

The rail trail crosses the extensive Aguiar Valley, in the heart of the national distribution area of the Iberian wolf. Here visitors can see a wide range of birds of prey,

particularly the common buzzard and the common kestrel, which fly over the Alvão and Padrela Mountains. It is also common to find the grey heron and the stork. The gold-striped salamander and the Iberian emerald lizard or schreiber's green lizard are also easy to find, as well as a variety of butterflies, specially the alcon large blue (*maculinea alcon*).

Flora

While walking through the rail trail, you can also identify the trees that border the path. The most common are the oak and chestnut tree compositions, to which species such as the common hawthorn, holly, or birch are associated. In the fall, wild mushrooms sprout along the paths: from the dangerous amanita, to the delicious bloody milk cap, parasol mushroom and the bolete.

Picnic Parks

Forest Park of Vila Pouca de Aguiar
Sabroso de Aguiar Leisure Park

Parks/Nature Reserves

Natura 2000 Network – SIC Alvão/ Marão
Forest Park of Vila Pouca de Aguiar
Thermal Park of Pedras Salgadas

Tourist Attractions

Aguiar Castle
Alvão Lagoon
Roman Gold Complex of Tresminas
Padre José Rafael Rodrigues Local Museum
House of Culture (Old Train Station of Vila Pouca de Aguiar)
Sports Complex of Vila Pouca de Aguiar
Interactive Tourist Shop of Vila Pouca de Aguiar, in Pedras Salgadas
Thermal Park of Pedras Salgadas
Equestrian Centre of Pedras Salgadas
Nature Shelters Network

Gastronomy and Wines

Wild kid, "maronesa" grilled veal steak, wild mushrooms, Padrela chestnut, heather and blueberry honey.

Festivities and Events

Granite and Municipality Fair, June
Honey and Handicraft Fair - Pedras Salgadas, August
Onion Fair, September
Gastronomic Exhibition (kid, chestnut, mushrooms), November

**Closest Health Centre/Hospital**

Centro Hospitalar de Trás-os-Montes e Alto Douro
Centro de Saúde N.º 1 e N.º 2 de Vila Real

Fauna/Birdwatching

Alvão Natural Park

Flora

Alvão Natural Park

Picnic Parks

Codessos Picnic Park

Parks/Nature Reserves

Corgo Park
Alvão Natural Park

Tourist Attractions

Forest Park
Corgo Park
Santa Margarida Bridge
UTAD (University of Trás-os-Montes and Alto Douro)

Mateus Palace

Piscais Bridge
Senhora da Guadalupe Church
São Bento
Men's Hand Rock Engravings

Gastronomy and Wines

"Tripas aos molhos" (cow entrails with smoked ham and parsley), "maronesa" PDO meat. Typical sweets: "covilhetes", "cristas de galo", "pitos de Santa Luzia". Douro PDO Wines from the Vila Real Cellar.

Festivities and Events

Vila Real International Circuit, June and July
St. Anthony (Santo António), June
St. Peter (São Pedro), June
Handicraft and Gastronomy Fair, end of November and beginning of December



CORGO RAIL TRAIL

VILA REAL



The Corgo Rail trail is the result of the recovery of the old railway, which connected Vila Real to Vila Pouca de Aguiar, and was deactivated in 1990.

It is an uninterrupted, safe and enjoyable infrastructure where you can easily walk, ride a bike or a horse. Here you can also admire a magnificent landscape where the Marão and Alvão Mountains and some heritage do stand out, without forgetting the outstanding wealth of fauna and flora along the way.

It is a panoramic route with several leisure areas. Along the rail trail there are many trees, benches for a short rest, leisure areas and green spaces.

Location: Vila Real
Beginning: Vila Real Station
End: Municipality limits with Vila Pouca de Aguiar
Length: 17,800 metres
Access: Old railway
GPS coordinates:
Beginning: 33°15'8.6188"N
18°06'71.1413 "O
End: 37°64'9.2768"N
19°32'49.8017 "O

Bicycle Storage and Parking Locations

Vimioso Campsite

Closest Health Centre/Hospital

Centro de Saúde de Vimioso
Avenida de Alcanices
Vimioso
tel.: 273 512 705

Fauna/Birdwatching

Iberian Nature Park, Vimioso
Tourism and Adventure

Flora

Iberian Nature Park, Vimioso
Tourism and Adventure

Picnic Parks

Picnic Parks across the municipality

Parks/Nature Reserves

Iberian Nature Park, Vimioso
Tourism and Adventure/Natura
2000 Network

Tourist Attractions

Algozo Castle
Algozo Mother Church
Vimioso Mother Church
Atalaia
Vimioso Thermal Spa
Vimioso and Algozo Pillory
City Archive
Mother Church and Cabanais de
Caçarelhos (Sheds)



VIMIOSO PARK GREENWAY VIMIOSO



Roman Bridges: Vimioso-Carção;
Vimioso - Caçarelhos; Algozo -
Matela;
Pinelo - Argozelo; Santulhão -
Izeda; Algozo - S. Martinho do
Peso; S. Joanico

Gastronomy and Wines

Typical Portuguese smoked
sausages (alheira, salpicão, botelo,
chabiana doce), "butelo" with dried
green bean pods (special smoked
sausage from Trás-os-Montes
wrapped with pork bladder), lamb
stew, roast kid, steak à la
Mirandesa, hare rice, boar stew,
"garrotes no pote" (traditional calf
dish), home-made bread, wild

mushrooms. Local desserts:
chestnut pudding, chestnut cake,
marmalade, homemade goat
cheese.
Local wine and traditional liqueurs.

Festivities and Events

Bread Fair in Caçarelhos, Palm
Sunday
S. Lourenço's Day, 10th of August
"King of Portugal", September
Arts, Crafts and Flavours of
Vimioso, weekend before
Christmas

Location: Fitness area
Beginning: Vimioso Campsite
End: Vimioso Public Swimming
pools
Length: 2,800 metres
Access: Fitness area, public
swimming pools and campsite
GPS coordinates:
Beginning: N 41.593856
O -6.516636
End: N 41.608272 O -6.519472

The Vimioso maintenance circuit is a greenway that stretches for 2,800 metres. It has a 2-metre-wide profile, a cement-coloured pavement, and connects the Campsite to the Public Swimming pools. It is a cycle and pedestrian circuit that has several fitness stations, distributed along the circuit, wooden facilities intended for physical, individual or group activity. The surrounding landscape is characterized by pine forests, groves, mounts, grassland and wild forests,

thus being a route where the contact with nature is privileged. The spaces designed for leisure and where visitors can relax are placed in strategic points that allow splendid views on the surroundings, thus appealing appeal to the senses, balance and inner-peace.



RIVERSIDE ROAD GREENWAY VIZELA



Location: Riparian Area

Beginning: Mourisco Surroundings

End: Regato de Sá

Length: 3,000 metres (approximately)

Access: Riparian area of the Vizela River

GPS coordinates:

Beginning: 41°22'20.21"N 8°18'23.19"W

End: 41°22'16.51"N 8°17'56.88"W

The Riverside Road Greenway is located on the left bank of the Vizela River, next to the beautiful Vizela Thermal Spa Park. This is a space that was recently requalified by the Vizela City Hall. The Riverside Road Greenway is often used by cyclists and even pedestrians who want to enjoy some long hikes. It has a self-draining painted floor, with horizontal signalling. The level of difficulty is quite low.

Bicycle Storage and Parking

Locations

In the entrances of the Vizela Thermal Spa Park

Bike Rental and Repair

City Bike

Edifício das Polés

Parish Union of S. Miguel and S. João

Casa Coelho

Rua Dr. Abílio Torres

Parish Union of S. Miguel and S. João

Closest Health Centre/Hospital

Centro de Saúde de Vizela

Travessa das Teixugueiras, nº7

Parish Union of S. Miguel and S. João

4815-531 Vizela

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e-mail: director@csvizela-min-saude.pt

Fauna/Birdwatching

Peacocks, squirrels and ducks

Flora

Sequoia sempervirens Endl. (coast redwood), *magnolia grandiflora* L., *camellia japonica* L., *platanus x acerifolia* (london plane) *willd* (plane tree), *acer pseudoplatanus* L. (other species of plane tree) and *L. 'moltkey'* (American basswood).

Picnic Parks

Picnic Park of São Bento das Peras'

Sanctuary

São João Picnic Park

Vizela Thermal Spa Park

Parks/Nature Reserves

Vizela Thermal Spa Park

Tourist Attractions

Roman Bridge, NM

Palace of Gominhães, PPI

Casa de Sá (Rural House)

Mother Church of São Miguel

(Classified Heritage)

São Bento das Peras Sanctuary

Manuel Faria Garden

Praça da República, Bica Quente

(Square)

Praça do Município (City Hall

Square), Vizela Forum

Vizela Thermal Spa Park

Vizela Thermal Spa

Gastronomy and Wines

"Bolinhol" or Vizela topped sponge cake.

Vinho Verde wine.

Festivities and Events

Holy Week Celebration, week

before Easter

Vizela Roman Fair, June

São Bento das Peras Festivity, 11th

of June and the weekend after

City and Municipality Festivities of

Vizela, first half of August

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