

“First you see a sea of rocks.  
Siderated waves and waves,  
harsh and hostile, restrained  
in their unbridled force by  
the inexorable hand of a God  
who creates and dominates.  
Everything is still and silent.  
Only the heart in the chest  
moves and makes itself heard,  
restless, announcing the  
beginning of a great hour.”

# One motto, one people

“To this side of the Marão, those who are here command” is the saying most proudly reiterated by the inhabitants of the Terras de Trás-os-Montes. In a single statement, we find motto and sentencing, order of vigil and flag – and the description becomes more and more accurate the more we discover the depth of the relationship between the people and the territory.



The people of the Terras de Trás-os-Montes form communities where individuality is not diluted by the whole or subjected to third parties, especially if they are from abroad. Everyone is able to “call the shots”, which means choosing their own path autonomously, taking the decisions and responsibilities that concern them. Even so, there is a bond shared by all, which begins with the identity of place and extends to the common will to resist any kind of external management - if it was the models and customs of the central power that baptised the territory in terms that suggest its impassability, then let their will be done. The implication is clear: here, each person is their own master and, through this common trait, they form a single people, at the heart of which there is no distinction between higher powers or authorities.

“To this side of the Marão” claims a border, through which the sense of territory and difference is confirmed - all those who are “here” are independent from those outside and emancipated from each other. To understand the development of this particular spirit, we must look at the characteristics of the territory.

“A shiver is felt.  
The eyes widen with  
eagerness and amazement.  
What rock has spoken?  
What respectful terror  
seizes us?  
But there's no point in  
questioning the great  
megalithic ocean, because  
the invisible nume  
commands:  
- Come in!  
We enter, and we are  
already in the Marvellous  
Kingdom.”

Miguel Torga  
“Um Reino Maravilhoso”  
(1941)

“Miles and miles of angry, contorted ground, scorched by a fiery sun or a cold snow. Mountain ranges superimposed on mountain ranges. Mountains parallel to mountains. In between, cramped between the crystal-clear, singing rivers, quenching the thirst of so much anguish. And every now and then, an oasis from the restlessness that made such geological wrinkles, an immense valley of pure humus, where the view rests from the aggression of the cliffs.”

**Miguel Torga**  
“Um Reino Maravilhoso”  
(1941)

Stepping on the ground, crossing the mountains, feeling the passing of the days, we realise the aspect that serves as a barrier to all the other characteristics of the territory: hardness. It's apparent in the rough soil, both in its granite and schist expression.

It's evident in the contrasting climate, between heat fronts and cold peaks, periods of humidity and dry spells, in the hours of gales or times of calm.

It is even expressed in the struggle between the colossal fingers that rise from the earth's crust in the form of mountain ranges against the torrents falling from the sky that seem to want to tear them apart.

Incredibly, these contrasts combine to create an intimate spectacle, an “untouched” map that dazzles with its natural beauty. Over an eternal sky, the landscape multiplies into rugged mountains and vast plains, where rocks crumbled by the force of the rains and spontaneous vegetation cover flank plantations and crops such as vines, oak and olive trees, which - despite being introduced by man - seem to have sprung up with the blessing of the land itself.

Herein lies the magic that so often eludes description: it is precisely the violence of the phenomena that results in a world that is deeply welcoming to those who dare to discover it.

When we look at its vast and often contrasting range of orographic and climatic characteristics, it is possible to find two main sub-regions: the Cold Transmontana Land, located essentially in the north, where the altitude is higher and the climate colder and wetter; and the Hot Transmontana Land, located further south, which has a lower altitude and a hotter, drier climate.

The Terra Fria (Vinhais, Bragança, Miranda do Douro, Vimioso and Mogadouro) is characterised by mountainous



Located in the extreme north-east of mainland Portugal, the Terras de Trás-os-Montes cover a land area of around 5,540 km<sup>2</sup>. This expanse is one of the richest ecologically in the whole of Europe, given its biophysical characteristics and the harmonious relationship they establish with its other specificities, such as demographic and social factors.

At an altitude of 1486 metres, the Serra de Montesinho is the fourth highest mountain range in Portugal.



and rugged terrain, with long and harsh winters, often snowy and with nights that can reach minus degrees, followed by hot and intense summers - as illustrated by the popular expression "nine months of winter and three of hell". At the beginning of the year, we are greeted by enchanting views such as the Nogueira and Montesinho mountain ranges, or Sanabria and Culebra, covered in snow. Or the deep valleys flanking the Sabor, Rabaçal and Maças rivers, brushed with glorious frosts. With the onset of the spring spectacle of blossom, the territory rises in greenery from which other colourful patches emerge. As summer arrives, the yellows burst out and take over the scenery. Gradually, these give way to the ochres, reds and browns that herald autumn, enveloping the landscape in an idyllic blanket.

The Terra Quente (Alfândega da Fé, Macedo de Cavaleiros, Mirandela and Vila Flor), being a transition area between mountains and plains, is distinguished by its flat and slightly undulating surfaces, where the summers are pronounced and the winters rainy and with frequent frosts. Between the valleys of the River Sabor and the mountains of Bornes and Santa Comba, the passing of the seasons also reveals fascinating variations in the landscape, inspiring deep contemplation. The dryness of winter dazzles with the sharpness of the fawn tones it produces, while the spring cloak unveils white and pink floral patches. In summer, the intensity of the sun is reflected in the scenery, gilding it and further enlivening the typical earthy palette of the area. In autumn, the bright colours accentuate the richness of the natural structures and human spaces.

The landscape is also influenced by the different uses of the soils that prevail in each sub-region. The Terra Fria is largely associated with chestnut production in terms of agricultural expression, but it's not just chestnut groves that stand out on the horizon. A large part of the territory is occupied by

spontaneous forest extensions where the black oak (*Quercus pyrenaica*) prevails, but which are also studded with cork oaks, holm oaks, olive trees, ash trees and juniper trees. These alternate with areas of pasture and lameiros, the name given to its huge green meadows, as well as voluminous wheat and rye fields.

In the Terra Quente, agricultural production takes on a more Mediterranean pattern, associated with the cultivation of olive trees but also including almonds, cherries, figs and grapes. Here, natural forests converge with patches of scrubland and pasture, and its woodlands are mainly covered with cork oaks (*Quercus suber*), which feed the important activity of cork production.

The biological and geological heritage of the Terras de Trás-os-Montes is extremely rich and is increasingly the subject of study and a source of attraction - not least because it is at the heart of the Meseta Ibérica Transfrontier Biosphere Reserve (RBT), a classification awarded by UNESCO to the region of north-eastern Portugal and the cross-border areas of the provinces of Zamora and Salamanca (Spain).

A major symbol of the region are its magnificent traditional gastronomic products. Following the principles of low processing, many of them have already been awarded the Protected Designation of Origin (PDO) and Protected Geographical Indication (PGI) labels. These delicacies provide authentic testimony to the ancestral traditions, culture and way of life of their communities.

In the Terra Fria, the Bísaro pig, an indigenous Portuguese breed, is unavoidable. Just as irresistible are the "alheira", the meat sausage, the sweet sausage, the sour sausage, the "Vinhais" butelo, the "Bragançano" lamb or the "mirandesa" steak. Or, in terms of fish, cold-water brook trout, barbel and carp. Also indispensable is the Chestnut of the Terra Fria, available in ten varieties - Amarelal, Aveleira, Boa Ventura, Côta, Judia, Lamela, Longal, Martainha, Negral and Trigueira. Even if we men-



The Serra de Bornes stands out for its hills, small plateaus, deep and sculpted valleys, some watercourses and areas of open valleys.

This territory is made up of the municipalities of Alfândega da Fé, Bragança, Macedo de Cavaleiros, Miranda do Douro, Mirandela, Mogadouro, Vila Flor, Vimioso and Vinhais, all of which have very particular characteristics and cultural heritage - framed, without exception, by impressive natural wealth.

tion the "casulas", "cuscos", "ham" and "foliar", the list of regional delicacies to be discovered here is not complete.

The Terra Quente offers the typical Mirandela alheira, whose ingredients include pork meat and fat, poultry meat, wheat bread, olive oil and lard, as well as Terrincho cheese and Terrincho lamb, obtained from the raw milk and meat of the Terra Quente Churra sheep breed (and distinct from the Terra Fria Churra). Its olive oil, produced from the Verdeal transmontana, Cobrançosa, Cordovil or Madural varieties, is also highly prized. Equally unmistakable are its honeys, including Montesinho Honey and Terra Quente Honey, both produced by the *Apis mellifera iberiensis* bee species, but with very distinct flavours.

Also noteworthy are the game dishes and products, such as wild boar, partridge, wood pigeon, hare and rabbit.

If the codified gastronomy provides us with cultural evidence that goes back at least several centuries, the physical remains present in the region give us proof of human occupation spanning more than twenty thousand years of history. From rock art, the most archaic expressions of which date back to the Upper Palaeolithic, through megalithic monuments, fortified settlements from Protohistory and buildings from the Roman and Medieval periods, to modern constructions, the territory offers a wide variety of testimonies to the popular, erudite, religious and pagan practices of its inhabitants throughout the ages.

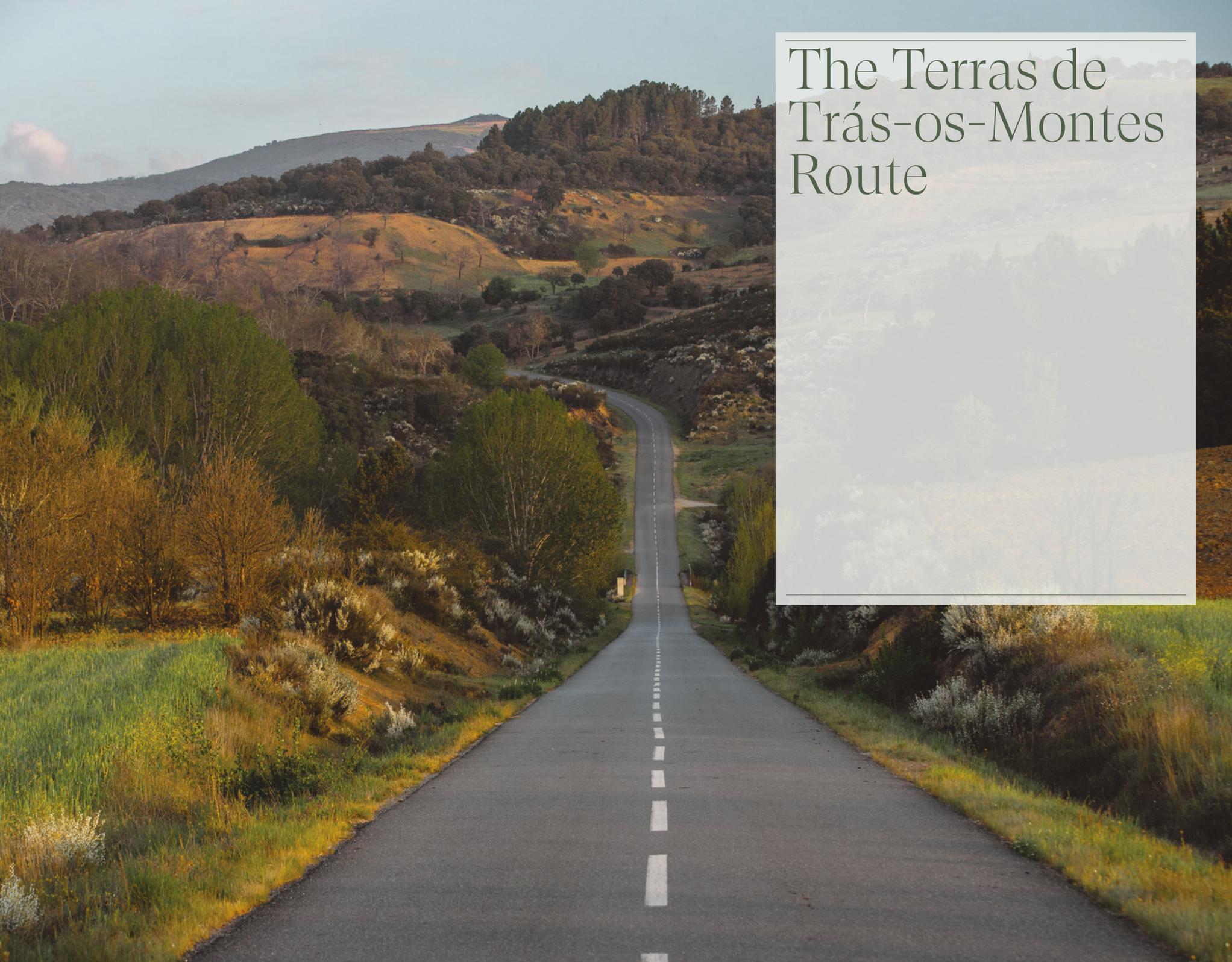


Admirably, and despite the enormous distance in time that separates them, many traces of these practices still seem to survive today in the cultural traditions that are so proudly preserved by the villages. The Winter Festivals, for example, typify rites from times when life was organised around agrarian cycles. The titular "Caretos" are historically associated with pagan festive events. In the secular and popular music of Trás-os-Montes, the use of instruments such as the bagpipes and the bombo suggests a rooting from the Middle Ages. Some theories suggest that the dance of the Miranda Pauliteiros derives from combat preparation rituals typical of the Second Iron Age. What's more, the Mirandese language acts as a living testimony to an expression that defies the territorial lines we take for granted today.

The festive season lasts from 31 October until Ash Wednesday, with traditional masquerades rocking the streets of towns and villages.

The Pauliteiros dance is confined to some of the municipalities of Entre-Douro and Sabor.





# The Terras de Trás-os-Montes Route

“Now, what I want to show you, mine and that of everyone who wants to deserve it, not only exists, but is one of the most beautiful imaginable. It starts with the fact that it’s at the top of Portugal, just as nests are at the top of trees so that the distance makes them more impossible and more desirable. And if you’re a boy and you’re not afraid of heights, once you’ve climbed up and reached the crest of your dream, you can contemplate your own bliss.”

**Miguel Torga**  
“Um Reino Maravilhoso”  
(1941)

No land is exhausted in its description. We can analyse it, compare it with our sciences, fit it into maps, tell its story, and sing its praises over and over again - and yet something will remain untouched. Not that these endeavours are futile, on the contrary, but they will always be approximations to the spirit and never to the true will of the earth. The land asks to be visited. To get to know its children and brothers and sisters, to surrender to what it holds and what it offers.

The Terras de Trás-os-Montes are rich in flavours and knowledge, cultures and crops, customs and people. They are so fertile, in fact, that it’s difficult to pinpoint where a visitor should go without risking overlooking something that is just as, if not more, defining of the territory as any other point of interest that beckons the curious. For this reason, we have analysed the issue at length until we arrived at a consensual way of structuring the discovery of the territory: we suggest dividing the experience into two major routes, the Terra Fria Route and the Terra Quente Route. Endogenous and climatic factors justify this, as well as the previous existence of aggregations aligned with the same systematisation.

Each of the Routes encompasses attractions and events that, although very diverse, are not simply pulverised. We were able to define areas where points of interest converge and, from there, define shorter sections that specialise in showing particular facets of the territory. Crucially, these sections were designed with sequentiality in mind, so that visitors can control the pace and include as many segments as they like in their daily experience without having to backtrack.

Thus, the Terra Fria Route enables thematic discoveries that include the natural wonders of the Vimioso Valleys, the border cultures of the Raia Seca, the historical legacy of the Terras de Miranda, the landscapes of the Douro International, the monumentality of the Raia Castles, the conspicuousness of the Transmontano Pigeon Houses, the surroundings of the Serra da Nogueira, the river culture around the Tuela, the pedestrian extension of the Rabaçal, the biological splendour of Montesinho, and even the ancestry of Lombada.

For its part, the Terra Quente Route proposes to unveil the charms of the micro-climatic charms of the Vilaríça Valley, the nautical thrills of the Sabor Lakes, the geographical exceptionality of the Quadrassal, the Azibo Protected Landscapes, the cultural heritage of the Terras de Ledra, the encounters of the Three Rivers in the Tua Basin and the verdant portent of the Tua Valley.

On behalf of the Terras (Lands), we invite you to visit them.



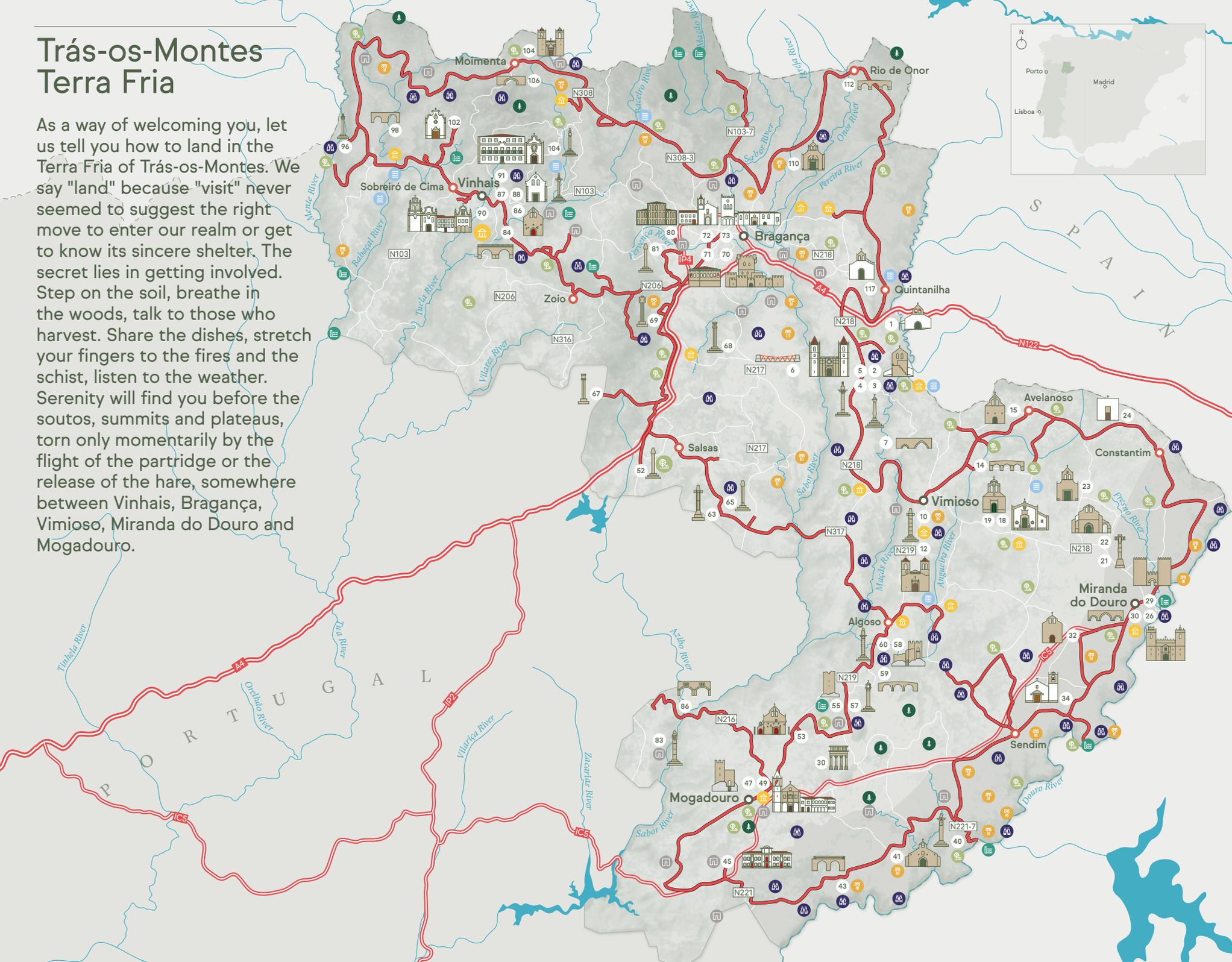
The meandering of the waters of the Medal, Estevais and Meirinhos streams is one of the most impressive images of Lagos do Sabor, representative of the beauty of this place.

# Terra Fria Route

Section 1	Vimioso Valleys Quintanilha → Avelanoso
Section 2	Raia Seca Avelanoso → Constantim
Section 3	Miranda's Lands Constantim → Sendim
Section 4	Internacional Douro Sendim → Mogadouro
Section 5	Castles of Raia Mogadouro → Algosó
Section 6	Trás-os-Montes dovecotes Algosó → Salsas
Section 7	Around the Serra de Nogueira Salsas → Zoio
Section 8	Crossing the Tuela River Zoio → Sobreiró de Cima
Section 9	Rabaçal Way Sobreiró de Cima → Moimenta
Section 10	Montesinho Moimenta → Rio de Onor
Section 11	Lombada Rio de Onor → Quintanilha

# Trás-os-Montes Terra Fria

As a way of welcoming you, let us tell you how to land in the Terra Fria of Trás-os-Montes. We say "land" because "visit" never seemed to suggest the right move to enter our realm or get to know its sincere shelter. The secret lies in getting involved. Step on the soil, breathe in the woods, talk to those who harvest. Share the dishes, stretch your fingers to the fires and the schist, listen to the weather. Serenity will find you before the soutos, summits and plateaus, torn only momentarily by the flight of the partridge or the release of the hare, somewhere between Vinhais, Bragança, Vimioso, Miranda do Douro and Mogadouro.



# Vimioso Valleys

## Section 1 Quintanilha → Avelanoso

Along this route, you'll discover religious temples and ancient buildings, with fascinating origins, passing historic bridges, castles and even alabaster mines. Roman remains, traces of the Jewish legacy and signs of the Caminho de Santiago also populate this route, along which sublime deep valleys hugging rivers and streams are revealed, interspersed with reddish terrain, sunny cornfields and rolling plains.



**6**  
**Mineiros Bridge**  
Argozelo  
Metal bridge over the Sabor river that was used daily by hundreds of people who worked in the Ribeira mines, in Coelhoso.



**8**  
**Bridge Over the Maças River**  
Carção



**7**  
**Gothic Bridge**  
Pinelo  
Two-section bridge over the Maças River, between Pinelo and Argozelo. Rare example, with signs of Gothic style and sidewalk. It would have been built at the end of the 14th century, beginning of the 15th.



**5**  
**Basilica of Santo Cristo**  
Outeiro  
The Basilica of Santo Cristo do Outeiro was built out of devotion to Santo Xpo, who would have sweated blood in a small temple at the entrance to the village.



**3**  
**Cross of Outeiro**  
Outeiro



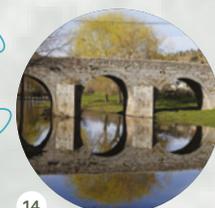
**4**  
**Outeiro Pillory**  
Outeiro



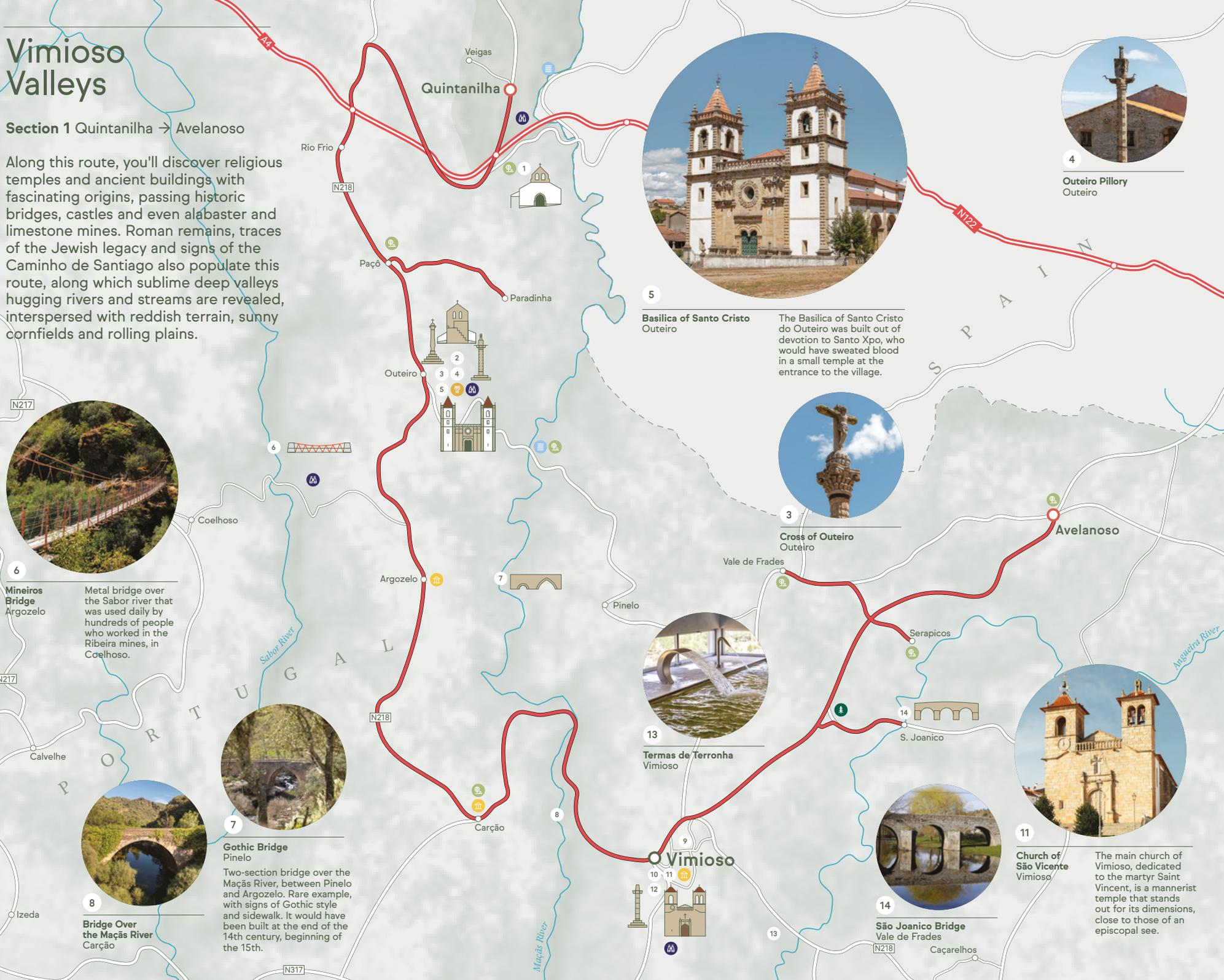
**13**  
**Termas de Ferronha**  
Vimioso



**11**  
**Church of São Vicente**  
Vimioso  
The main church of Vimioso, dedicated to the martyr Saint Vincent, is a mannerist temple that stands out for its dimensions, close to those of an episcopal see.



**14**  
**São Joanico Bridge**  
Vale de Frades



# Vimioso Valleys

## Section 1 Quintanilha → Avelanoso



1

Chapel of Nossa Senhora da Ribeira  
Quintanilha

The construction of the Chapel of Nossa Senhora da Ribeira is associated with a medieval legend that tells of the Virgin appearing to a shepherdess. The chapel was built in the second quarter of the 13th century on the lands of Outeiro, which at the time belonged to the Crown and until 1220 were part of the coutos of the Benedictine monastery of Castro de Avelãs. In 1282, there is already news of the existence of a chapel that housed the miraculous image of Our Lady.



2

Church Nossa Senhora da Assunção  
Outeiro

On a steep slope in the centre of the village, the Church of Our Lady of the Assumption is a modest building, characteristic of a medieval rural environment with few resources and a peripheral setting. Its construction dates back to the late 13th century, when the castle was being built.

6

Mineiros Bridge  
Argozelo

This old bridge used by miners was recently restored by the local population in memory of the tungsten and tin mining operations that lasted here until 1986.

Because it is narrow, the bridge is a bit of an adventure for thrill-seekers - but it immediately rewards those visitors with the most enchanting view over the River Sabor.

Distinguished by its metal construction, the Miners' Bridge was used daily by hundreds of people who worked in the Ribeira mines in Coelhoso. It is 35 metres long and is suspended 10 metres above the riverbed.



5

Basilica of Santo Cristo do Outeiro  
Outeiro

Its construction began in 1698 as a result of a miracle that occurred in a small chapel next door, and the sanctuary of Santo Cristo was completed in the first half of the 18th century. With its archaic Baroque features, it is a grand temple with a façade flanked by two towers, a cross vault inside and a sacristy covered in 18th century paintings. It also has precious Baroque carved altarpieces.



8

Bridge over the Maças River  
Carção

The Carção bridge is a medieval construction of Romanesque origin consisting of a round arch that crosses the Maças river and connects Carção to Vimioso. However, since the middle of the 20th century, when the road and the new bridge linking it to Vimioso were built, this construction has no longer had the use and importance it had had until then.



## Vimioso

Part of the Bragança district, the municipality of Vimioso is located on the Plateau of Miranda and is crossed by the deep valleys of the Angueira, Maçãs and Sabor rivers. Here, the enchanting natural landscape establishes a permanent dialogue with a vast built heritage of great cultural and historical value. The local civil architecture is recognised for its inventive use of schist and granite. Visitors are also attracted to its Roman and Romanesque bridges, as well as its abundant religious architecture and, in particular, its military architecture.



9

Castle and Atalaia of Vimioso  
Vimioso

Although today it is entirely bare and only marked by a few ruins, Vimioso Castle has a historically recognised role in the defensive context of north-eastern Trás-os-Montes. Overlooking the Maçãs - Angueira interfluvium, it has its roots in an Iron Age fort that survived and was adapted during the Roman occupation. Subsequent rebuilds were ordered by the Leonese kings Sancho II and Afonso VI, by

Count Henry at the end of the 11th century and, eventually, by Afonso Henriques and King Dinis. Dinis - with its strategic position always being the basis for its military valorisation. The castle itself was designed by Duarte D'Armas in 1509, in a quadrangular shape, with a keep and three angular vaulted cubicles.



10

Castle Ruins and Municipal Archive of Vimioso  
Vimioso

Continuing with its integrated policy of reorganising municipal services, Vimioso felt the need to update the municipality's archive system, guaranteeing the enhancement and preservation of its documentary collection as the municipality's heritage. In this way, the Vimioso Municipal Archive was inaugurated on 7 October 2013, National Castle Day. A symbolic date, as the Municipal Archive, which reused the building of the former Conde de Ferreira Primary School, is located on the ruins of the town's old castle.

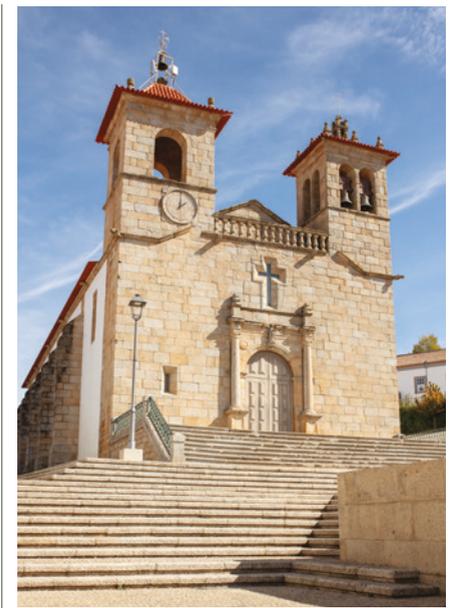


12

Vimioso Pillory  
Vimioso

It is estimated that this pillory was erected in 1516 by order of King Manuel I.

It shows an archaic character shared by many other pillories in the region. The pillory stands on a knoll with four quadrangular steps, only three of which are visible. The column is octagonal, although the lower section is carved to simulate a cubic cushion.



11

Church of São Vicente  
Vimioso

The parish church of Vimioso, dedicated to the martyr Saint Vincent, is a church with Mannerist lines that stands out for its dimensions, which are close to those of a bishop's seat.

The sober main façade has two bell towers connected by a balustrade, with a clock on the left, and a Mannerist portico surmounted by a hollow cross.

Although some bibliographies place the church's construction in the Philippine period, it is possible that building work began a few years earlier.

It has an archaic ribbed vault. Attached to the south wall is a chapel with the Antas coat of arms. Three more Baroque altarpieces have been added to the five it once had. Of particular note is the high altar, with six Solomonic columns and profuse carved and gilded ornamentation.

The façade is topped by two turrets, one for the clock and the other for the bell, and includes a simple portico, still in the Renaissance tradition, surmounted by a cruciform opening.



# Raia Seca

## Section 2 Avelanoso → Constantim



19

S. Pedro's Parish Church  
Caçarelhos

A one-nave temple with a rectangular floor plan, preceded by a staircase leading up to the main portal, with a stone handrail on either side. This portal is of the altarpiece type, has a round arch, is flanked by two Tuscan columns set on pedestals and supports a slightly protruding cornice. Above the portal there is a clock that was given in 1967, above which there are three bays with three bells. At the top of this composition is a cross resting on a pedestal with volutes.

The growth of the parish and the ruin of the original church must have led to the construction of a new church, larger in size and with an architectural language that was up to date in relation to its time.



18

Chapel of Santo Cristo  
Caçarelhos

The Chapel of Santo Cristo das Chagas, also known as the Chapel of Saint Bartholomew, is located in a square where there is also a baroque cross, probably contemporary with its construction.

The main façade of the chapel is bounded by pilasters on the cornerstones, with pinnacles extending from them. The composition surrounding the portal is its most studied motif.



20

Cabanal  
Caçarelhos

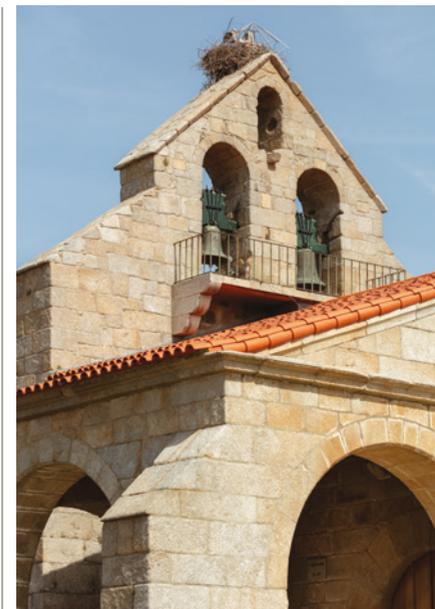
The *Cabanais*, built in granite, serve as a meeting and socialising place for the people of the village - although their central role in the community has been lost over time. Traditionally, it was here that bakers, confectioners and smokehouse producers gathered to sell their delicacies, serving as a shelter for merchants and almocreves. As well as trading, meals were also served here. This cultural heritage is almost non-existent throughout the country, but it remains in Caçarelhos.



21

Cross Malhadas  
Malhadas

The cross located in the centre of the village of Malhadas is of significant historical importance as it was part of an important medieval route linking Bragança and the west of Trás-os-Montes to Miranda do Douro and the Leonese plateau. Classed as a medieval monument, it is probably a late construction from that period. Its distinctive feature is the use of granite, with simple and austere sculptural work.



22

Church of Nossa Senhora da Expectação  
Malhadas

The Parish Church of Malhadas is stylistically between Romanesque and Gothic, but its main characteristic is the disarming simplicity shared by both its structure and its decorative elements.

The chronological uncertainty surrounding its construction is a source of some mystery. In the main monograph on eastern Trás-os-Montes, the Abbot of Baçal placed it between the 12th and 13th centuries, but more recent approaches have put its construction as far back as the full 13th century or even the 14th century.

The temple's decorative details are part of the Romanesque style of the 13th-14th centuries in Trás-os-Montes. The portal has three archivolts, no tympanum and is decorated only with rows of spheres. A tall bell tower rises above it, a solution that is also common in medieval temples in Trás-os-Montes. The structure of the church reinforces the simplicity of the whole: the chancel is Baroque, but the single nave is still preserved, divided into three sections marked by two long broken arches and a third, modern, lowered arch to support the high choir.

# Miranda's Lands

## Section 3 Constantim → Sendim

Between steep cliffs and undulating golden fields, where the soil changes from reddish to granite, there are impressive heritage and cultural gems to discover on this route. Listen to the Mirandese language, discover rock carvings and ancestral legends, observe wild animals, birds of prey and native species and, of course, enjoy the rich, rich local cuisine.



36

**Fraga do Puio Viewpoint**  
Picote

From the Fraga do Puio viewpoint we can observe the Douro now freed from the dam's bonds, describing one of the most majestic meanders of its Mirandês course.



28

**Castle of Miranda**  
Miranda do Douro

This military construction is associated with the transfer of power to the region in 1286, at the hands of D. Dinis.



**The Mirandese Plateau**

Nestled between vertical cliffs and undulating golden fields, the Mirandês Plateau stretches out in a unique landscape pattern.



31

**Fontain of Canos**  
Miranda do Douro

Baroque stonework fountain, reliquary type, supported by square section pillars and with a square porch. It is covered by a pyramidal, scaled roof.



30

**Bridge of Canos**  
Miranda do Douro



29

**Terra de Miranda Museum**  
Miranda do Douro



26

**Concatedral de Miranda**  
Miranda do Douro

The Old Cathedral of Miranda do Douro, currently the Co-Cathedral of Miranda do Douro, has been classified as a National Monument since 1970.



27

**Menino Jesus da Cartolinha**  
Miranda do Douro



25

**Penha das Torres Viewpoint**  
Paradela

Teixeira

Atenor

Prado Gatão

Sendim

34

**Church of São Cristóvão**  
Vila Chã de Braciosa

Church with Romanesque roots and a single nave, with chancel and sacristy. The walls are made of stone, the ceiling is made of wood and there are stone slabs on the floor. The main altarpiece is a rocaille-Joanine work.

35

**Picote Sow**  
Picote

32

**Church of Santa Eufémia**  
Duas Igrejas

Águas Vivas

Fonte da Aldeia

Picote

Freixiosa

Genízio

Malhadas

Póvoa

Palancas

Ilfanes

Aldeia Nova

Vale de Água

Miranda do Douro

Gércio

Barrocal do Douro

P O R T U G A L

I N T E R N A T I O N A L

D O U R O N A T U R A L P A R K

S P A I N

Douro River

Paradela

Constantim

# Miranda's Lands

## Section 3 Constantim → Sendim



“Ban-te roubando l’alma  
Mie tierra pequenina!  
I deixan-te sien calma,  
Sien fala i sien sentir,  
Mudando l tou bibir!...  
–Morrendo-te a la squina!...  
La fala de ls abós  
Yá nun la queremos nós!...  
Cantigas  
qu’éran streilhas  
Acában sien dar  
por eilhas!...”

**António Maria Mourinho**  
“Le Que Ye Buono, Bai-se”  
(in “Nuossa Alma i Nuossa  
Tierra”; Lisboa, Imprensa  
Nacional, 1961).

## Miranda do Douro

The stunning old part of the city can be easily travelled on foot, from the old wall to Praça D. João III. In the centre of this square, we found two life-size statues of a Mirandese couple: one wearing a Capa de Honras, a unique piece of traditional Portuguese clothing that is still worn at various ceremonies.

Praça D. João III is home to the Town Hall and the fascinating Terra de Miranda Museum, which focuses on the way of life on the Mirandese plateau. Miranda do Douro was elevated to the status of a city and the seat of a diocese in 1545, which made it necessary to build a new church.

### Mirandese

Mirandese - or the Mirandese language - is much more than a dialect or variant in the evolution of Portuguese. It is not distinguished by simple tonic differences, but by morphological, syntactic and lexical ones. It finds its roots in Latin, mixing Leonese and Galician-Portuguese, and dates back to the settlement, at the end of the Middle Ages, of the enclaves of the former Terra de Miranda - where it has remained entrenched to this day, given its geographical isolation. Although it is essentially spoken in a geographical area of approximately 500 km<sup>2</sup>, its variants are recognised as Guadramilese, Riodonorese and Sendinese, with expression in the areas of Guadramil, Rio de Onor and Sendim.

The population that still speaks it today is technically bilingual, using Mirandese in family life and Portuguese in more solemn social relationships. Although it has almost disappeared, in recent decades there have been various efforts to preserve it, culminating in its current teaching in schools and official recognition as a minority European language and second official Portuguese language.



26

Cathedral of Miranda  
Miranda do Douro

The Old Cathedral of Miranda do Douro, now the Miranda do Douro Concathedral, has been classified as a National Monument since 1910. Typologically, it is part of religious architecture. It is characterised by its cruciform floor plan, with three naves separated by pillars and a harmonious frontispiece. This building was commissioned by King João III, as were the Sees of Leiria and Portalegre.

In these buildings, various styles intersect, including Gothic, Renaissance and Mannerist. Here, in the Concathedral, we found a frown so horrifying that it gave rise to the popular expression “you’re uglier than the frown on the Sé de Miranda”. This is also where you’ll find the famous “Menino Jesus da Cartolina”, a statue with a wardrobe made just for him and whose costume changes regularly.



28

**Castle of Miranda**  
Miranda do Douro

In 1286, on the territory of Miranda do Douro, King Dinis founded the town that would give it its name, thus marking the transfer of power from the old castle of Algosos, the head of the land until then. At the head of this officialisation, this fortress was born.

Information about the beginnings of this Dionysian construction is scarce. We do know that in later centuries various alterations were made to the structure and that in May 1762, during the Spanish invasion, a violent explosion disfigured fundamental parts of the building. It seems that the castle was rectangular in shape and its walls connected "the formidable keep, situated at one of the angles, to three other lower towers also in an angular position, two of them square and one hexagonal".

This description indicates a typically Gothic fortress, with gates and angles actively defended by high towers that allowed vertical shooting at the most sensitive points.



30

**Bridge of Canos**  
Miranda do Douro

This bridge of medieval origin rises above the River Fresno, forming part of an old road that connected Miranda do Douro to the towns of Duas Igrejas. At its widest point, it reaches 4 metres and rests on three unequal broken arches, the central arch being the largest. It also has two tall carvings and schist masonry railings, topped by granite ashlars. The original building was rebuilt in the 18th century, resulting in the structure we have today.



33

**Solhapa Rock Shelter**  
Duas Igrejas

The Solhapa shelter - which houses rock art dating from between the end of the Neolithic period and the beginning of the Bronze Age - is located on a granite outcrop overlooking the River Douro, about three kilometres from the town of Duas Igrejas. Until the 1950s, it was used by shepherds, one of whom alerted the ethnographer and archaeologist Father António Maria Moutinho to the existence of rock inscriptions there.



The Mirandese Plateau

Offering a unique landscape and nestling between vertical cliffs and undulating golden cornfields, the Mirandese Plateau stretches across the municipalities of Miranda do Douro, Mogadouro and Vimioso, starting from Freixo de Espada à Cinta and Torre de Moncorvo. Hills crowned by Holm Oak and Oak forests, lameiros bordered by Ash trees, rivers in valleys of enormous biological richness, are the favoured habitat of majestic birds such as the Griffon Vulture, the Egyptian Vulture, the Golden Eagle and the endangered Bonelli's Eagle, as well as mammals such as Otters, Roe Deer and Foxes. In a rare balance that has persisted through the ages, the humanised landscapes are integrated into nature itself, with the villages arranged in clusters of rustic houses, watched over on the hillsides by dove-cotes and in the vegetable gardens by elegant picotas, which remain as living testimonies to centuries-old uses. It is here that unique traditions, uses and customs are preserved, such as the handicrafts made by wise hands, the music with sounds that make the body and soul want to dance, the rich gastronomy that brings the flavours of the countryside to the table and even the Mirandese language, which remains a link between grandparents and grandchildren.



37

**Hermitage "Os Santos"**  
Sendim

The "Os Santos" Hermitage consists of a ruined chapel and a shelter decorated with hagiographic frescoes depicting the lives of the saints - hence the name by which the hermitage is known. These paintings were made in the 16th century on the site now known as São Paulo, next to the chapel of the same name, located around 700 metres away and closer to the river. The painted images reveal meticulous and careful workmanship, and are endowed with a remarkable level of artistry.



35

**Picote Sow**  
Picote

Few pre-Roman sculptures have survived to the present day. Among these, the best known are those depicting quadrupeds. Although it is difficult to identify them precisely, it is thought that they may represent pigs, wild boars or bulls. These sculptural exercises are commonly known as "berrões", "verracos" or "varrascos".



36

Fraga do Puio Viewpoint  
Picote

At the end of the village of Picote, there is a signpost that takes you to the Fraga do Puio viewpoint (in Mirandese Peinha de L Puio), where you can enjoy a breathtaking view over two deep stretches of the Douro. Despite the hardships of nature, man's hard work has allowed these banks to be populated with olive trees, adding their mark to this landscape so grandly sculpted by the river two million years ago.

The intervention carried out after the forest fire that decimated the site focused on rehabilitation, but added conditions that didn't exist before. These include the glass platform, suspended a good few metres above sea level, which gives it depth and transparency and allows visitors an even closer view of the river.

From the Fraga do Puio viewpoint we can see the Douro now freed from the bonds of the dam, flowing deeper and more vigorously, describing one of the most majestic meanders of its Mirandese course.

Winding for around 130 km near the Spanish border, the Douro river canyon is a section of the river where it narrows and sinks, forming impressive vertical cliffs ranging from 150 to 640 metres high.

Also known as the "Grand Canyon of the Iberian Peninsula", it is one of the wildest and most unspoilt areas in southern Europe. Along its course, the views from the Penha das Torres, São João das Arribas and Fraga do Puio viewpoints are particularly imposing and majestic. From these points, we can visually take in some of the most enchanting meanders and turns along its course - and, for the more attentive, even discover some of the legends that revolve around it in the local imagination.



Festa dos Moços  
Constantim

This tradition, lived in the village of Constantim, has ancestral roots and is part of the secular celebrations of the winter solstice, taking place over the days surrounding that date.

It is organised in honour of São João Evangelista and its main attraction is the fund collection around the village, accompanied by its two main characters, the "Carocho" and the "Velha", and by the "Pauliteiros" with their traditional dance, a symbol of the culture and history of the Terras de Miranda.



Festa do Menino  
Vila Chã de Braciosa

Celebrated on the first day of the year, this Christian festival revolves around the presentation of Jesus in the Temple. It is also known as *Festa de Ano Novo* and *Festa da Velha*. The round of begging and greeting residents takes place throughout the morning, with bagpipe music and dances performed by the characters of the "Velha", "Bailador" and "Bailadeira". Traditionally, the "Velha" carries begging squares on her back. After the dance, they greet the owners of the house and receive the donations.



# International Douro

## Section 4 Sendim → Mogadouro

From the fauna and flora treasures that populate the International Douro Natural Park, to the breathtaking views only accessible from the "Capital of the Cliffs", discovering traces of fortified settlements and Roman roads in contrast to the vastness of the Bemposta Dam or the precision with which local craftsmen mould their knives, this stretch offers wonders for all moods.



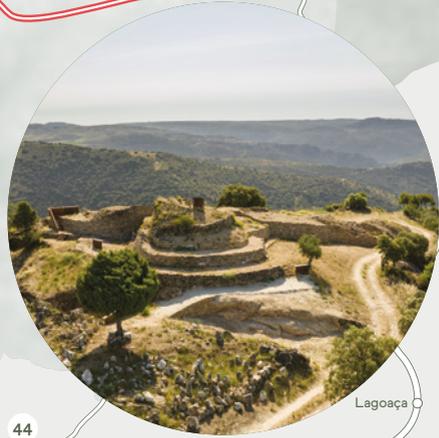
**Douro International Natural Park**  
The deep river valley is characterized by steep banks that create imposing gorges, serving as nesting grounds for several species of threatened birds.



**46**  
**Chapel of Santa Cruz Meirinhos**



**45**  
**Castelo Branco**



**44**  
**Moorish Castle of Vilarinho dos Galegos**  
Vilarinho dos Galegos



**45**  
**Palace of Pimentels**  
Castelo Branco  
The Palace of Pimentels is recognized as one of the largest noble mansions in Trás-os-Montes. This former residence of the Pimentel family is a construction that probably dates back to the second half of the 18th century.



**42**  
**Beach and pier of Juncais Bemposta**



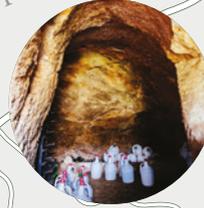
**43**  
**Vilarinho dos Galegos Bridge**  
Vilarinho dos Galegos



**43**  
**Vilarinho dos Galegos Bridge**  
Vilarinho dos Galegos



**41**  
**Church of Algosinho**  
The Church of Santo André is a temple of remarkable interior monumentality. This temple must date back to the late 13th century or even the 14th century.



**39**  
**Lagarico Urrós**  
Lagarico is a small wine press carved into the rock, consisting of a simple rectangular tank with a drainage hole. It is on a high slope overlooking the Douro River and a small stream, and it is possible to glimpse, on the other side of the bank, the Caleira lime kilns.



**38**  
**Chapel Ruins of São Fagundo Urrós**  
The Chapel of São Fagundo corresponds to an old medieval temple that, despite the quality of its construction at the time, today sees its walls transformed into little more than foundations. It is located at the top of a small valley and has preserved the front portal and the triumphal arch of the main chapel.



**38**  
**Church of Santa Bárbara Sendim**



**39**  
**Cabeça de Framontanos**

# International Douro

## Section 4 Sendim → Mogadouro



### Douro International Natural Park

The border region of the Douro River, which separates Portugal from Spain, is characterised by a deep, narrow valley with steep banks. With an area of 86,834.82 hectares, the Douro International Natural Park (PNDI) extends over a vast area along the river, where the predominant vegetation is the holm oak (*Quercus rotundifolia*, known locally as carrasco). There are also juniper forests (*Juniperus oxycedrus*), cork oak forests (*Q. suber*) and areas of black oak (*Q. pyrenaica*).

The Douro International Natural Park occupies part of the municipalities of Miranda do Douro, Mogadouro, Freixo de Espada à Cinta and Figueira de Castelo Rodrigo, along the border stretch of the Douro River, which extends for approximately 122 kilometres.

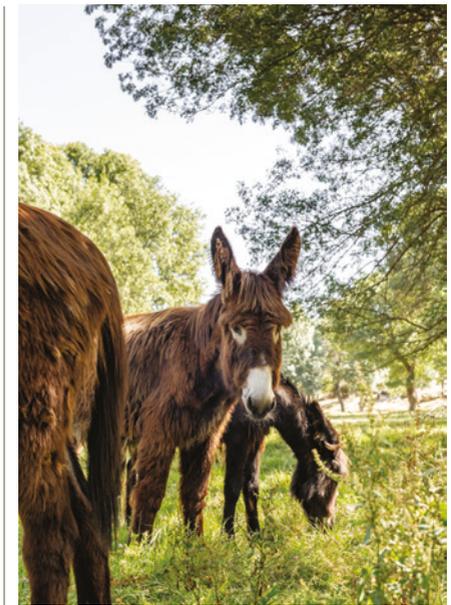
The steep banks of the deep river valley form imposing gorges, gorges that are chosen as nesting sites by various nationally and internationally endangered bird species. Among the birds that visit the PNDI are the Egyptian Vulture or Britango, which was chosen to symbolise the park. The birds are attracted by the proximity of agricultural and livestock areas, where they can easily find food.



Mirandese breed

The sight is familiar: between the cultivated fields and the green meadows of north-eastern Trás-os-Montes, corpulent brown cattle graze. As you get closer, you notice their light horns, which blacken at the tip, the white flowers that frame their eyes, their elegant muzzles. From this distance, you realise the qualities of these cattle for meat production, their ancient genetics and their rusticity. Perhaps we'll be lucky enough to witness the cows' keen maternal instinct or the bulls' easy, sure steps.

It is from these animals that the much-celebrated "Posta Mirandesa" is made, but the culinary wonders that their meat provides don't stop there. As anyone from Trás-os-Montes knows, the famous dishes that make use of the noblest cuts find worthy rivals in the recipes that make use of the rest of the animal, such as Veal Tongue, Oxtail Soup, Heart Steaks, Liver Chops or Molejas.



Miranda's donkeys

According to some authors, the donkey, man's companion since time immemorial, was domesticated even before the horse. Although this animal has been systematically underestimated for a long time, the characteristics of our rural world, and in particular the inland regions, have meant that the donkey has not completely disappeared here. It was precisely in the north-east of Trás-os-Montes that one of the last indigenous varieties of donkeys in Portugal was preserved: the Miranda Asinina donkey breed.

Fortunately, in recent times, steps have been taken to valorise and dignify the breed. Through a series of events, also aimed at revitalising old customs, breeders have been encouraged to adopt this animal for new uses. In this way, this genetic heritage now seems set for a sustainable future.

Its docile temperament is well known, making it an excellent companion animal as well as a useful working and transport animal. Physically, it differs from other donkey species in some very distinctive features. Its coat is long and thick, dark brown in colour, often with light spots on its back and lower torso. Its large, furry ears, which are wide at the base and rounded at the tip, add to its friendly appearance.



Almond Trees

Trás-os-Montes is a region that has long since adopted this tree, which can reach a height of between 8 and 10 metres. It is a kind of deciduous tree whose long, pointed leaves fall in autumn. Its flowers, with five white or pink petals and five reddish sepals (which protect the flower buds when they are closed), wake up earlier than most similar species.



Mushrooms

The extensive oak, chestnut and pine forests of the Terra Fria are home to various types of mushrooms that are useful for a variety of purposes, from human and animal consumption to application in the pharmaceutical industry. In the local rural economy, their harvest is already of some significance, particularly with regard to edible mushrooms, which are exported on a large scale. These include the pine mushroom (*Lactarius deliciosus*), the yellow mushroom (*Tricholoma equestre*) and the boletus mushroom (*Boletus pinophilus*), which are generally collected in pine forests.



Chocalheiro Bemposta

It all starts the day before with the auction of the costume at the butler's house. Those interested in taking part do so during the night and until midnight, or through trusted people or even themselves, make their "mandas" (the name given to the act of auctioning off the "Chocalheiro's" costume). The identity of the winner remains a secret. Those who usually do their "mandas" or ask someone else to do it on their behalf, do so to fulfil promises made to the saint. On 26 December, St Stephen's Day, the "meek" rattler goes out to perform his magical rites, while on 1 January it's the turn of the "brave" one".

On the morning of the 26th, the "chocalheiro", the steward and their entourage go out to collect donations, known locally as "picking up" the alms. At the end of the begging, at the end of the morning, the "chocalheiro" finishes his duties and everyone goes to the butler's house for a meal together. On the *Festa do Menino* in the New Year, the same rituals are repeated with other stewards and another rattler. All the alms collected by the "chocalheiro" around the village and Lamoso go to *Nossa Senhora das Neves e do Menino Jesus*.



40

Bemposta Pillory Bemposta

Bemposta's pillory was probably built after the Manueline charter was issued, as indicated by its typology and similarities with identical monuments found in the same municipality, such as the Azinhoso pillory, with decorative elements typical of the early 16th century.

Located in a small square in the village, it probably once housed the town hall, the courthouse and the prison. The pillory rests on a base of two square-edged steps, recently made to replace the originals, which appear in old photographs to be quite damaged.

The pillory is made of granite and has a somewhat rustic appearance. The base of the column is circular, and the shaft is smooth and cylindrical, composed of two drums. On one side of the shaft, the inverted coat of arms of the Kingdom can be seen. Atop the column, there is a simplified finial with the same section as the shaft, from which four short arms in the shape of a cross emerge.



44

Moorish Castle of Vilarinho dos Galegos Vilarinho dos Galegos

This ancient fortified settlement is located on a prominent hill above the River Douro. Its strategic location offers an all-encompassing view over a considerable stretch of the river and has favourable natural defensive characteristics.

The defensive structures are concentrated in the access area, affected by the construction of agricultural terraces. At the top of the access, there is a large circular turret, which is the starting point of the settlement's only wall line, stretching along the western flank. Just below the turret is a wide moat carved into the rock, still visible and relatively well preserved. In front of the moat is an extensive field of hewn stones, perhaps the best preserved part of the defensive structures.

Inside the settlement, artefacts are scarce, consisting mainly of handmade pottery from the Iron Age, as well as some fragments of tiles and common pottery from Roman times.

It is important to emphasise that the Abbot of Baçal mentions the existence of a rock where there may have been a sanctuary similar to the one at Panóias. This rock, called Fraga do Calço, is adjacent to the village, on the south-western slope, but today it is only possible to see a single rounded basin carved out of the rock.

# Castles of Raia

## Section 5 Mogadouro → Algozo

This section pays special attention to the region's medieval architectural wonders, establishing a journey full of particularities back to that era. The stories to be discovered through these magical castles and fortifications, bridges, towers, pillories, churches and even a monopter, tell us above all about a past marked by border disputes with invaders and neighbouring kingdoms.



**47**  
Castle of Mogadouro  
Mogadouro

The keep and part of the ancient walls of this once imposing fortress are preserved to this day.

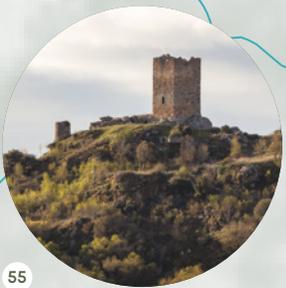


**49**  
Convent of São Francisco  
Mogadouro

Various architectural styles, listed paintings, rich gilded ornaments and many other elements of cultural and religious interest combine in this complex, making your visit essential for understanding the local heritage.



**57**  
Penas Roias Pillory  
Penas Roias

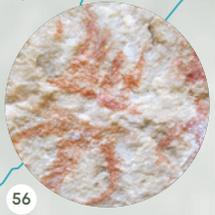


**55**  
Castle of Penas Roias  
Penas Roias

In the 12th century, during the period of affirmation of the kingdom of Portugal, the castle of Penas Roias played a fundamental role in the defense of the border regions.



**60**  
Algozo Pillory  
Algozo



**56**  
Fraga da Letra  
Penas Roias

This cave art shelter dates back to the end of the third millennium BC, and from the second half of the second millennium BC. The central core is made up of a set of five anthropomorphic figures, ranging from 13 to 17 centimeters in height.



**59**  
Medieval Bridge  
Algozo

This notable medieval road structure features a deck with a predominantly horizontal profile, differing from the usual inclined format prevalent in the Middle Ages.



**58**  
Castle of Algozo  
Algozo

The castle of Algozo occupies a prominent position among the medieval fortresses of the northeast of Trás-os-Montes, as an eternal symbol of the battles fought with the kingdom of Leão.



**53**  
Azinhoso



**54**



**54**  
Monopter  
Penas Roias

This monument is unique within the Iberian Peninsula, standing out for its originality and for not having a specific purpose. It also features a very rare Baroque style.



**52**  
Niche  
Mogadouro

# Castles of Raia

## Section 5 Mogadouro → Algosó

47

### Castle of Mogadouro Mogadouro

The origins of Mogadouro Castle are still the subject of debate. However, recent excavations carried out in the vicinity of the current parish church have revealed traces of Roman occupation, possibly succeeding an early protohistoric nucleus, although there are no preserved contexts to prove this.

Over the centuries, the site of Mogadouro has undergone many changes, making it impossible to reconstruct its original layout. However, it is likely that it was not very different from the Castle of Penas Róias, whose renovation under the Order of the Templars is proven by an inscription dated 1172.



## Mogadouro

Situated in the southernmost part of the Terra Fria, Mogadouro has established itself as a historic town, also functioning as the seat of the municipality, marked by its rugged terrain with variations between mountainous areas and valleys, whose settlement can be traced back to ancient times. Documenting this occupation in the region are various remains in situ and finds now collected in the town's Archaeology Museum Room, as well as imposing megalithic monuments and examples of rock art.



54

### Monopter Penas Róias

Located in Quinta Nova, also known as Quinta de Nogueira, this monument dates back to the 18th century and was built by the Távora family, former lords of the region, in honour of Saint Gonçalo, patron saint of hunters. It is said to be a unique monument of its kind on the Iberian Peninsula. It has a Baroque style of great rarity

and has no specific function assigned to it. It is a circular structure, similar to a pavilion, resting on a socle with four steps in the shape of an inverted torus and scotia. On top of this terrace are six 1.90 metre high Solomonic columns with Ionic capitals, an entablature and a balustrade as a finial, concealing the domed roof that housed the central image of Saint Gonçalo inside.



48

**Clock Tower**  
Mogadouro

Close to Mogadouro Castle is the striking Clock Tower, made up of three floors, one of which was designed to house bells. Its roof is pyramidal in shape and there are granite pinnacles at the four corners. This building has a quadrangular plan and is built with stones of different sizes. On the south elevation, it also displays an engraved sundial.



50

**Parish Church of Mogadouro**  
Mogadouro

Despite not being very abundant, the documents relating to the Parish Church of Mogadouro – or Church of St Mammes – are a precious window into the history of this church and the town's past. They make it possible to understand, for example, the functional proximity between the church and Mogadouro Castle.

We know that the current three-nave church dates back to the end of the 16th century, although it originated as a simple Romanesque church with a single nave.



49

**Convent and Church of São Francisco**  
Mogadouro

This church, built in the 17th century, has a Latin cross plan with three naves. It is believed to have been built after the convent, which dates back to the 15th century. The high altar and the paintings on it by M. Lopes Matos are of great importance and are therefore also classified. However, the convent underwent several reconstructions over time due to two fires that destroyed it, thus losing its original design.



51

**Church of Misericórdia**  
Mogadouro

After a positive response from Pope Pius IV - who granted the papal bull and several indulgences – to the request of the benefactor Luís Álvares de Távora, this Mannerist-style church with Baroque influence was built, also as a consequence of the foundation of the Misericórdia de Mogadouro in 1559. Its front façade is divided by a round-arched portal surmounted by a niche with a masterful Pietà - a typical representation of Our Lady of Mercy.



55

**Castle of Penas Roias**  
Penas Roias

The castle of Penas Roias was one of the main medieval fortresses in Trás-os-Montes during the 12th century. Throughout this period, as the kingdom of Portugal asserted itself against Islam and the neighbouring kingdom of León, this castle played a fundamental role in defending the border regions.

Originally belonging to the Knights Templar, the preserved part of the fortification is now down to a square tower, 5 metres on a side, with a simple structure and built from quartz schist mixed with mortar. Stonework predominates in the windows facing south and east, while the door is located to the west, about six metres high, also made of stonework. However, the tower's fragile structure does not currently allow access to the interior.



58

**Castle of Algosó**  
Algosó

The rock castle of Algosó, built in the 12th century, once played a central role as the seat of royal authority in Terras de Miranda. Around 1224, the castle was donated by King Sancho II to the Hospitallers, who carried out important works, including the construction of the keep and the vaulted cistern, which still stand today. This castle is one of the most important medieval fortresses in the north-east of Trás-os-Mon-

tes and is a reminder of the wars with León, the attempts to assert authority in the region, and the presence of the Hospitaller Commandery that was established here in 1224.

The history of Algosó Castle dates back to the 12th century, during the final phase of Afonso Henriques' reign, when Sancho I was already involved in exercising royal power. According to the information in the Inquiries of 1258, it was built by D. Mendo Rufino in exchange for the town of Vimioso.



53

**Church of Santa Maria de Azinhoso**  
Azinhoso

The church of Santa Maria de Azinhoso is one of the main examples of Romanesque architecture in Trás-os-Montes, along with the church of Algosinho.

As far as the style of this temple is concerned, its ogival arches decorated with Romanesque elements suggest that it was built in the 13th and/or 14th centuries.



59

**Algosó Medieval Bridge**  
Algosó

The Algosó bridge, located over the narrow valley formed by the river Angueira, is one of the region's notable medieval road structures. It stands out not only because of its construction, but also because it forms part of a route that includes medieval sections. This road was established when Algosó became the seat of a hospital comenda in 1224, around which various agricultural production units developed.



**Trindade Coelho**

José Francisco Trindade Coelho (1861 - 1908), who divided his activity between writing and law, is remembered not only as an author of great merit but also as an important activist in the democratisation of education and the political awareness of the Portuguese people. Born in Mogadouro, where he received his primary education with the support of two priests in Latin Studies, he would later reflect his origins in a sublime way through his rustic tales - an area in which he is still considered to be one of Portugal's great masters.



60

**Algosó Pillory**  
Algosó

Algosó's pillory, probably erected after the granting of the Manueline charter, is located in front of the old town hall, in a square towards the castle.

It consists of a base of four square steps made of carved stone. The base supports the column, the capital and the finishing touch of the ensemble.

# Trás-os-Montes dovecotes

## Section 6 Algozo → Salsas

Dotting the landscape throughout the Terras de Trás-os-Montes, traditional dovecotes are a rural icon that arouse the curiosity of those who visit us and begin to realise their omnipresence. By taking this route, you'll discover their ancient and modern significance and functions, while also taking the opportunity to discover other equally fascinating schist and stone constructions, as well as the remarkable festive events that take place here.



**Olive trees**  
Fields of olive trees (*Olea europaea* L.) that so well characterize the typical landscape of Trás-os-Montes.



**64**  
**Frieira Bridge**  
Frieira  
Stone bridge thrown over the river, built in schist masonry, with five round arches, the central arch being larger than the others.



**63**  
**Frieira Pillory**  
Montesinho



**65**  
**Sanceriz Pillory**  
Sanceriz  
In the heart of the village, there is the pillory, a building believed to have been built during the 19th century. XIV, in the phase between the issuance of the two charters. It presents a simplicity and robustness that mirror the essence of the region during the Middle Ages.



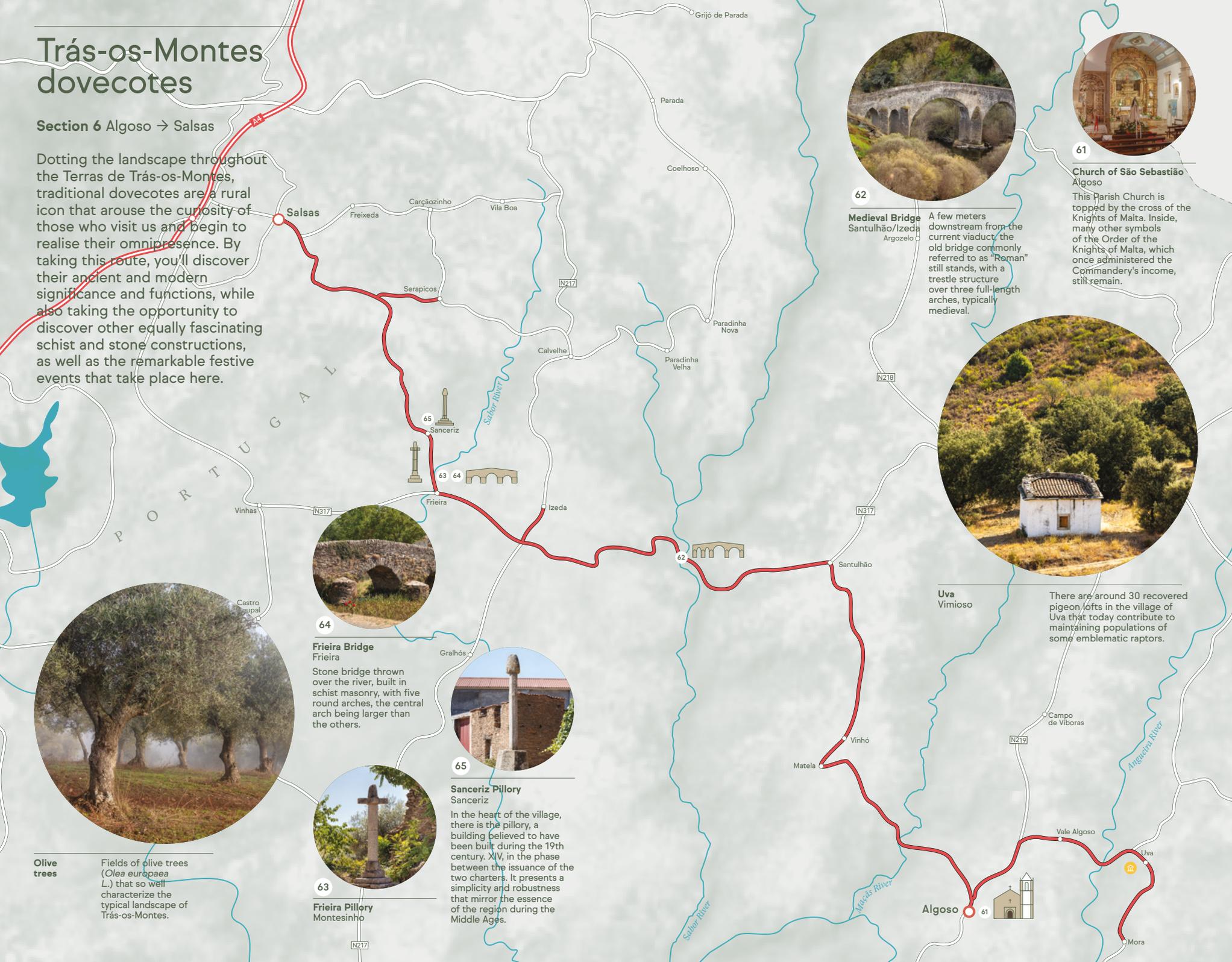
**62**  
**Medieval Bridge**  
Santulhão/Izedo  
Argozelo  
A few meters downstream from the current viaduct, the old bridge commonly referred to as "Roman" still stands, with a trestle structure over three full-length arches, typically medieval.



**61**  
**Church of São Sebastião**  
Algozo  
This Parish Church is topped by the cross of the Knights of Malta. Inside, many other symbols of the Order of the Knights of Malta, which once administered the Commandery's income, still remain.



**Uva Vimioso**  
There are around 30 recovered pigeon lofts in the village of Uva that today contribute to maintaining populations of some emblematic raptors.



# Trás-os-Montes dovecotes

Section 6 Algosó → Salsas



Uva  
Vimioso

Despite its small population, the village of Uva has unique cultural characteristics. Located on the banks of the Ribeira das Fragas, this village allows us to see some very peculiar traditional architectural elements - the dovecotes. These have a horseshoe or circular shape and were once used to raise pigeons to feed the population and fertilise the farmland.



62

Bridge of Izeda and Santulhão  
Santulhão/Izeda

The southern end of Santulhão leads to Izeda. The road slowly descends the hillside until it reaches the River Sabor. A few metres downstream from the current viaduct, at a low level, the old bridge commonly referred to as "Roman" is still preserved, with a trestle structure over three full-turn arches. The masonry structure, made of schist rock from the region, has a large, very open central arch and four other arches, slightly pointed and of unequal sizes.



The olive oil

Preferring dry, rocky soil and a Mediterranean climate, this tree adapts very well to the marginal slopes of the watercourses that flow into the Douro, developing unique characteristics in the transition zones between Hot and Terra Fria. This effect is particularly noticeable in the town of Santulhão, where its own variety of olive - the so-called santulhana - has originated.



63

Frieira Pillory  
Frieira

Marking the power gained by Frieira through the charter granted by King Dinis, the Frieira pillory still stands in the centre of the village. Although it has undergone some changes over time, its primitive essence remains intact.



64

Bridge of Frieira  
Frieira

This modest stone crossing is located over the river Vale de Moinhos, on the current route of a municipal road about two hundred metres from the bridge between Vinhas and Izeda.



Festa de Santo Estêvão  
Grijó de Parada

These festivities take place over the 26th and 27th of December, a period during which the village of Grijó truly revolves around the celebrations. The first day is made up of a round of Greetings and fundraising, with a "king" and "bishop" and a performance by the "caretos", as well as the table of Santo Estêvão – a traditional community lunch – and the blessing of the bread. The local "caretos", dressed in red and now including young and old, men and women, take centre stage. It is they who, with or without masks, gather the crowds and make the party happen to the sound of drums and bagpipes – and, of course, with plenty of pranks and pratfalls in between.

The rounds of the houses begin first thing in the morning, led by the "mordomos", where the members of the groups that generate the most commotion are welcomed with food and drink. On the second day, after a lot of revelry, fun and more performances by the "caretos", the new stewards are invited and, after sunset, the traditional "corrida à rosca" takes place.



Festa de Santo Estêvão  
Parada de Infanções

The roots of this traditional festival go back a long way and, until recently, it was obligatory for married men to be responsible for its preservation. Throughout the year, the stewards would raise money so that, on St Stephen's Day, they could roast sardines, which were then offered to the population at a lunch that brought together dozens of people, known as the "Mesa de Santo Estêvão". Married men who offered to organise the next year's feast were carried through the village on an ox cart pulled by single men. Over time, the tradition has changed, given the ageing of the population and the lack of young people.

If the tradition has done away with marital status restrictions when it comes to organising the festival, neither has the ox cart, which used to be pulled only by unmarried boys. Even so, the excitement continues to infect the population and people take to the streets to watch the ox carts go by. Accompanying this procession are the typical "caretos" accompanied by pipers. It all culminates in the "galhofa" night, where the boys put on a wrestling show, keeping alive the ancestral practice of this Portuguese martial art, whose demonstrations typically take place inside haystacks (so that falls can be cushioned)..

# Around the Serra de Nogueira

## Section 7 Salsas → Zoio

The heritage to be discovered on this stretch is one of the most diverse in the Terras de Trás-os-Montes. Picturesque villages surround one of Portugal's most emblematic and well-preserved castles, from where you can see the surrounding mountains. A convent dedicated to the mendicant order of St Francis can be seen on the slopes of trigais, centeiras, pine forests and old vines. Figures such as Death, the Devil and Censorship colour the imagination and folklore. But the best thing is to find out for yourself.



78  
**Church of Santa Maria**  
Bragança



69  
**Rebordãos Pillory**  
Rebordãos



66  
**Church of Santa Comba**  
Santa Comba de Rossas



67  
**Rebordainhos Fountain and Pillory**  
Rebordainhos

Featuring worn anthropomorphic decoration — possibly a face, a moon and a cross in quotation marks or Saint Andrew — on its pinnacle, this pillory dates from the 17th century.

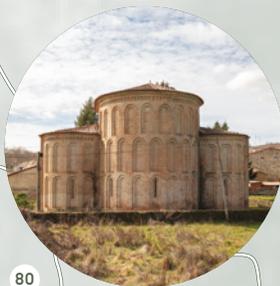


74  
**Bragança Pillory**  
Bragança



77  
**Convent of São Francisco**  
Bragança

Built in the 13th century to house the mendicant order of Saint Francis, the convent's legend attributes its foundation to the Saint himself.



80  
**Monastery of Castro de Avelãs**  
Castro de Avelãs

To get to know its important heritage, where an old Clunicense monastery from the 12th century stands, a visit to the village of Castro de Avelãs is essential.



75  
**Cathedral Cross**  
Bragança



81  
**Gostei Pillory**  
Gostei



68  
**Failde and Carocedo Pillory**  
Failde and Carocedo



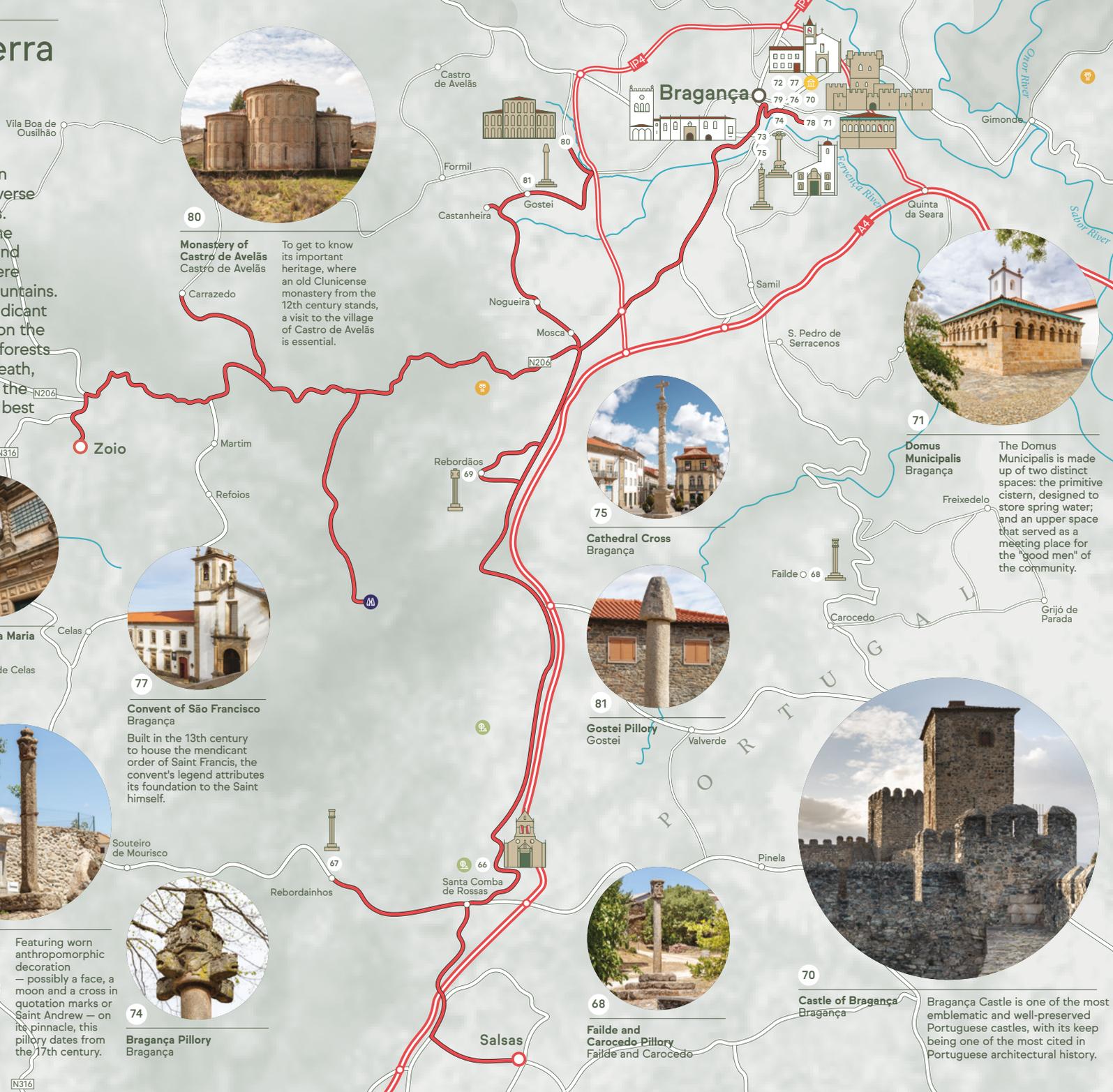
70  
**Castle of Bragança**  
Bragança

Bragança Castle is one of the most emblematic and well-preserved Portuguese castles, with its keep being one of the most cited in Portuguese architectural history.



71  
**Domus Municipalis**  
Bragança

The Domus Municipalis is made up of two distinct spaces: the primitive cistern, designed to store spring water; and an upper space that served as a meeting place for the "good men" of the community.



# Around the Serra de Nogueira

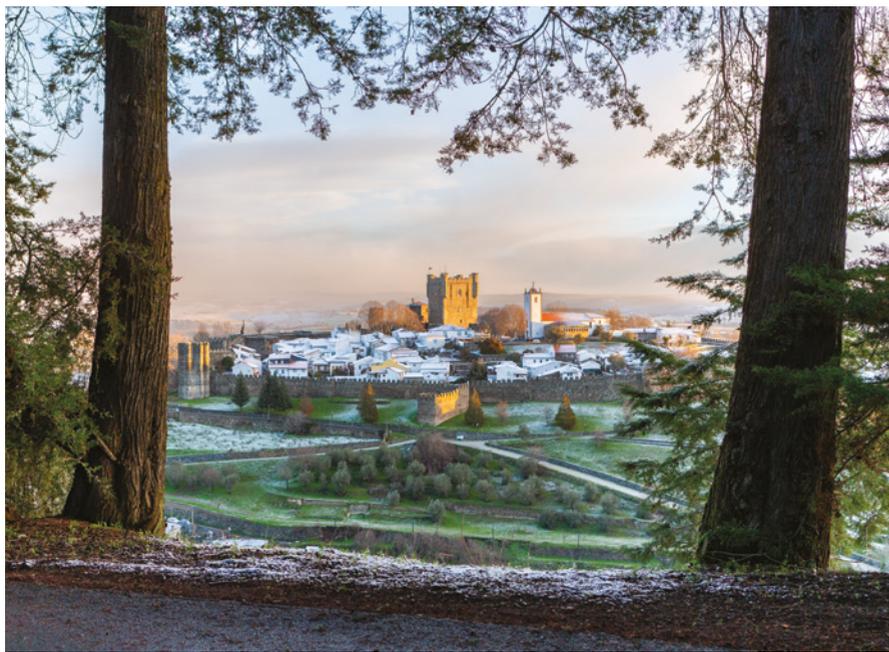
Section 7 Salsas → Zoio

70

Castle of Bragança  
Bragança

The emblematic Bragança Castle, classified as a National Monument since 1910, is one of Portugal's most significant and well-preserved fortifications. It's easy to understand the relevance of its location when, from the top of its walls, you can see the mountains of Montesinho, Sanabria, Rebordões and Nogueira.

The history of human occupation in the neighbourhood dates back to the Neolithic period. Although most of the data relating to other more ancient defensive fences has been lost, it is accepted that fortification efforts in this exact location took place in the 12th century.



## Bragança

Throughout history, Bragança has been an important point of defence for the Portuguese border - and to prove it, the walls that surround the old part of the city still stand, as does the famous keep of its castle. As a town, it has existed since the 12th century, with King Sancho I granting it a charter in 1187 and, at the hands of King Afonso V, it received a new charter when it was elevated to a city.

It is still the seat of the municipality and belongs to the district of the same name, both of which are recognised for their cultural and folkloric richness, as well as their majestic and much sought-after local cuisine.



71

Domus  
Bragança

In the lower space, there is a primitive cistern for storing spring water, based on an irregular pentagon plan with several levels, documented from 1446 onwards but which is thought to predate this date; in the upper space, there is the meeting place for the "good men" of the community, which was built by order and with the guidance of the Duke of Bragança, in a letter from 1510.



72

Church of São Vicente  
Bragança

Within the walls of this resilient temple, some of the most remarkable episodes in Portugal's history took place. Dating back to the 13th century, when it functioned as a parish church, it was rebuilt in 1571 by order of the then bishop D. António Pinheiro. However, due to a collapse, it was rebuilt again in 1683, keeping the medieval structure at the head but with notable changes to the Baroque style.



73

Church of São João Baptista  
Bragança

Duke Teodósio and the town council ordered the construction of a convent for Poor Clares on the "Cruz de Pedra" site, next to the Archbishop's threshing floors, which belonged to the Castro de Avelãs Monastery. The building was handed over to the Society of Jesus in 1561, which transformed it into a college. When the Society of Jesus was expelled from Portugal in 1759, the building passed into the possession of the Crown. In 1764, the church was elevated to a cathedral when the seat of the diocese was transferred from Miranda do Douro to Bragança.



74

**Bragança Pillory**  
Bragança

Bragança's pillory is one of the oldest in the country, following a typology typical of the north-eastern region. A symbol of autonomy and lordly power, it is made up of a proto-historic base (500 years BC), in the shape of a berron, on which rests a column dating from the 12th or 13th century, decorated at the top.

The decoration at the top of the column is unique in that it has four stone arms in the shape of a cross, usually made of iron with rings, where the condemned were tied up in the public square. At the top, at the end of the pillory, a human figure holds a coat of arms with the city's coat of arms.

A symbol of municipal power, it has stood in the Officers' Garden, formerly St James' Square, since 1860. Probably dating from the 16th century, it has a capital with four arms, a Greek cross, topped with zoomorphic figures and surmounted by a seated figure holding a shield.

More than six metres high, it rests on a 2 metre-long pedestal, popularly known as the Porca da Vila (Town Nut).



75

**Cathedral Cross**  
Bragança

A very central location in the city of Bragança, in the heart of the Cathedral square, the Bragança Cathedral Cross is a regular meeting point for locals and visitors. This spot is one of the most photographed in the city, offering an excellent panoramic view of the historic centre and castle.



76

**Church of São Bento**  
Bragança

The Church of São Bento is part of a convent - the Benedictine monastery of Bragança -, founded in the 16th century by the noble lady D. Maria Teixeira, under the protection of Saint Scholastica (sister of the patriarch Saint Benedict). Still visible today on the temple's façade are the coat of arms of the family of this benefactress, who donated the houses that formed the basis for its construction.



**The snowfalls**

We know that snow and ice are among the events most associated with the image that outsiders have of the 'Northeast Highlands'. However, this image doesn't entirely - or at least not that often - correspond to reality. Snowfalls don't happen regularly and the ice doesn't last long enough for the carambina - the local name given to the icicle, the ice that hangs from trees, roof eaves and other

structures and results from the freezing of dew or light rain - to paralyse activity.

Even so, a snowfall in the mountains of Coroa, Nogueira or Montesinho, hanging its flakes from the leafy tops of the oak trees or spreading its high mantle over the "abexedos" of the hillsides, gives the landscape a spectacle of strength and grandeur that makes it easy to understand why it is so noticeable.



Morte, Diabo e Censura  
Bragança

Death, the Devil and Censorship - takes to the streets in the historic centre of the city of Bragança. From here, they take their usual route through the older neighbourhoods. Their aim is to chase the girls; when they reach them, they chastise them with their whips; when they take refuge in the house, the Devil finds a way in; if they can't get in through the door, they jump out of the windows or balconies.

All this is justified: it's Ash Wednesday and people need to be reminded to do penance. However, the ritual ends up becoming a moment of fun; that's why it's said that Bragança has one more day of Carnival.

In the not too distant past, the rites performed by the characters of death, the devil and censorship took on truly terrifying proportions. That was the purpose they were intended to fulfil.

As in the past, Ash Wednesday in Bragança is still a fun day today. Death no longer takes part in the Ash Wednesday procession, because even that has been lost, but performs the so-called profane rituals duly accompanied by the devil and censorship.



77

Convent of São Francisco  
Bragança

Built in the 13th century to house the mendicant order of St Francis, legend attributes its foundation to the saint himself. Queen Isabel, wife of King Dinis - who most likely landed here in 1282 - favoured the convent. It was rebuilt in the first half of the 16th century from a medieval structure of which elements remain. The Mannerist façade dates from 1635. The entire convent underwent further interventions throughout the 1700s. The façade of the church was renovated in 1800.



Manor Houses  
Bragança

In Bragança, there are also historical testimonies that reflect experiences that transcend popular daily life, the military past or religious culture. An example of this are the various manor houses that are preserved here and which today serve a variety of purposes, from private exploitation to hotels, from museum shelters to estate reserves.



79

Museum of the Abbot of Baçal  
Bragança

The roots of this museum go back to 1897, and it was reinstalled in 1912 in a former Episcopal Palace - the contents of which were added to the original archaeological and numismatic collections. Opened to the public in 1927 and operating under the name of the Bragança Regional Museum of Works of Art, Archaeological and Numismatic Pieces under the direction of the Abbot of Baçal, it eventually took on its current name in 1935 when he was jubilated.



78

Church of Santa Maria or Nossa Senhora do Sardo  
Bragança

Located within the walls of the Citadel of Bragança - more precisely in the castle enclosure, to the left of the Domus -, this is considered to be the oldest church in Bragança. It was built in the 14th century, initially in the Romanesque style. However, it was modified over the next two centuries, resulting in a Baroque style that has preserved few traces of its original layout.



80

Monastery of Castro de Avelãs  
Castro de Avelãs

A visit to the village of Castro de Avelãs is indispensable if you want to get to know its important heritage, where an old Clunic monastery from the 12th century stands. It is part of the Mudejar Romanesque tradition of the Castilian Douro plateau and is a rare, if not unique example in our country. In March 1387, the Duke of Lancaster, John of Gaunt, stayed here with a thousand men-at-arms who accompanied him when he met King João I on the Babe plateau.

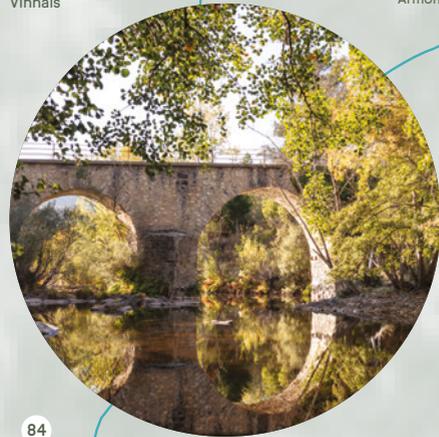
# Crossing the Tuela River

## Section 8 Zoio → Sobreiró de Cima

Then suddenly the landscape changes. Arriving at the Tuela basin, we discover stony slopes, irrigated by many water lines that flow from the river's main stream, marking the terrain with hills and hillsides. Heather, cistus and rosemary emerge from the undergrowth, alongside the dominant chestnut trees. Everywhere, we hear about the smokehouse and the masks, the castle, the churches, the ancient ruins, the biological park and life syncopated to nature's intentions.



86  
Church of São Facundo  
Vinhais



84  
Ranca Bridge  
Nunes

Between Ousilhão and Vinhais, where the road passes the Tuela river at Ranca Bridge, a medieval bridge with five round arches, with talhamares, over a beautiful stretch of the river, with mouchs covered in poplars and alders.



87  
Mother Church of Nossa  
Senhora da Assunção  
Vinhais



90  
Museum of Sacred Art  
Vinhais



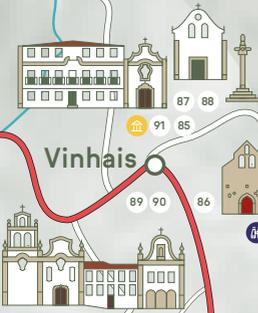
The Way of St. James  
Marking indicative of a historical route belonging to the Way of St. James.



91  
Corujeira Manor House  
Vinhais



92  
Condes de Vinhais Manor  
House and Cultural Center  
Vinhais



Vinhais



93  
Biological Park  
Vinhais

The vegetation of the surrounding area is dominated by oak forests (*Quercus pyrenaica*), present in a large part of the territory.

○Melhe



83  
Church of São Cipriano  
Nunes



94  
Paço Pillory  
Paço



89  
Convent and  
Church of S.  
Francisco and  
the Third Order  
Vinhais

On the facade of the church appears the image of Our Lady of the Incarnation, accompanied on the left side by the Archangel Gabriel. According to a legend, a bricklayer tasked with laying the stonework on the cornice slipped and fell, and was not injured by a "miracle".



82  
Church of São Pedro  
Zoio



95  
Ruins of the Modorra Fort  
Vila Verde

The functionality of the structure is unknown, but considering its proximity to the Roman road, it could be a support structure for travelers.



82

# Crossing the Tuela River

Section 8 Zoio → Sobreiró de Cima



93

Biological Park  
Vinhais

The Vinhais Biological Park is located in the Prada Forest Nursery and is therefore part of the Serra da Coroa Forest Perimeter, in the heart of the Montesinho Natural Park - a mere two kilometres from the town of Vinhais. Here, you'll be able to enjoy the most typical green elements of the surrounding area, including oak groves, riparian copses, willow groves of alder, black willow and water willow, as well as heaths, jungle and lime groves. During the tour, you'll be able to spot the many fascinating animals that inhabit the area, such as wild boar, deer, roe deer, wolves and foxes, or get to know the imposing Transmontano cattle dog and familiarise yourself with the 51 indigenous breeds linked to livestock and agricultural activities.

## Vinhais

The first documented reference to Vinhais appears in the mid-13th century, but the occupation of this territory dates back to ancient times, as witnessed by the countless archaeological remains that can be found in this region, from rock inscriptions to dolmen buildings and Castro fortifications. Perhaps more than anywhere else, traditions here are not memories but habits of all.

In every sense, Vinhais is remote. And in that distance, it preserves its magic.

85

Castle of Vinhais  
Vinhais

The Castle of Vinhais is a harmonious and symmetrical composition, characteristic of the architecture of the Dionysian urban villages. This castle played an important role in the 14th century, during the turbulent reign of King Ferdinand and the revolution that followed. Between 1369 and 1371 it was occupied by Castilian troops and, a year later, its mayor took the Spanish side. The peripheral status of the fortress, reinforced by its extreme proximity to the kingdom of Castile, with which it had easy access routes, may have accentuated the castle's lords' greater attachment to the invaders, a fact that was repeated in 1397, when the alcalde João Afonso Pimentel revolted against King João I and embraced the Castilian cause, only returning to national possession in 1403.





86

Church of São Facundo  
Vinhais

Although the current temple probably dates from after the 13th century, its patron saint still confesses to a pre-Romanesque foundation, possibly situated in the 9th-10th centuries, a phase of particular expansion of the Asturian kingdom. During this period, Vinhais was the scene of an important process of settlement and administrative restructuring. The town centre was moved to the area around the castle, which was then under construction, which led to the relatively eccentric location of the church.



88

Pillory of Vinhais  
Vinhais

The pillory dates back to the Manueline period and, until its destruction at the end of the 19th century, it stood near the town hall and the jail. The current example is the result of a restoration with the reuse of the finial, which is of indisputable plastic and iconographic interest.



87

Mother Church of Nossa Senhora da Assunção  
Vinhais

The people of Vinhais have a great veneration for their great patron saint. According to tradition, her image belonged to the church of St Facundo, an ancient temple that legend has it was built by the Goths and that it was inside it that the two Galician noblemen Facundo and Primitivo, in combat with the barbarians, suffered cruel martyrdom in defence of the Christian faith. In times of drought, the image is transported from the parish church to St Facundo's, and some still claim that when they return on a clear day, a heavy downpour brings chaos to the procession.



89

Convent and Church of São Francisco  
and the Third Order  
Vinhais

This exceptional Baroque architectural complex has a façade on two levels, the one overlooking the convent church and a bell tower with three bell arches and the other the body of the convent where the so-called Church of Nossa Senhora da Encarnação (Our Lady of the Incarnation) is located.



The Way of St James

Throughout the Middle Ages, pilgrimages to Santiago de Compostela in Galicia mobilised millions of pilgrims who travelled across Europe to venerate the tomb of the Apostle Saint James the Greater. Several scholars even point to this phenomenon motivated by devotion as one of the main factors in European consolidation, both in terms of identity and culture. .

95

Ruins of the Modorra Fort  
Vila Verde

The Ruins of Modorro, also known as the Tower or Castle, are located on a spur overlooking the Tuela. Immediately to the north ran the old Roman road that crossed the Soeira Bridge.

Isolated in the middle of the spur are the ruins of a structure. It appears to be a well-built rectangular building with mortared walls. The type of construction and the mortar point to a Roman chronology. Only a few half-timbered tiles and some bricks or tegulae can be seen among the rubble, but there are records of the appearance of materials of clear Roman chronology, accompanied by the remains of other constructions, which are currently not visible.

The functionality of the structure is unknown, but given its proximity to the Roman road, it could have been a support structure for travellers.



Terra Fria Route



Smokehouse

The region's smoked products are generally seen as its calling card. In particular, the Vinhais Smoked Meat Fair, held annually since 1981, is increasingly visible nationally and internationally and has played a growing role not only in publicising the local gastronomic wealth, but also its cultural tradition.

In terms of appreciation, the excellence of the flavour of Bisaro smoked meats is rivalled only by the diversity of its recipes: from Ham to Sweet Sausage, Sour Sausage to Bread Sausage, Salpicão and Alheira, it's easy to recognise the quality of the products and difficult to resist any of them. To this end, and beyond the virtues of the raw materials, it is worth mentioning the knowledge and skill of our traditional producers who, by controlling the smoking process and selecting the wood, are still guardians of some of the secrets that make it possible to create such appetising products.



Cuscos

Cuscos are one of the most unchanged Portuguese recipes and a product that we only know about - or have the opportunity to taste - almost miraculously nowadays. In 15th century Portugal, the consumption of cuscos was part of people's daily diet, but with the introduction of potatoes and maize from the Americas, it almost disappeared. With progressive modernisation, the time-consuming and labour-intensive production of cusco became increasingly incompatible with the pace of life. At the same time, Barbela wheat, the indispensable cereal as the basis of this product and once abundant, was also being replaced by other variants that were easier to work with. Fortunately, some small pockets of the population, particularly in Vinhais, have kept the tradition and the secrets of making it alive. Today, we are witnessing a recovery and reintroduction of Barbela wheat, as a result of global awareness of food diversity, which has also made it possible to appreciate and rediscover our cuscos.



Bisaro pig

The Bisaro pig is a living testimony to our region's ancestry. The breed descends from the pigs brought by the Celtic peoples in the 6th century BC and its unmistakable physical characteristics seem to stubbornly remind us that traces of wild boar still remain in its genetics. However, if its corpulence insists on indicating its primitive ancestry, the Bisaro's docile temperament completely betrays this pretence. As do its pendulous ears and somewhat clumsy gait, which nevertheless contribute greatly to its fabled charm and enchantment, so often reflected and celebrated in local cultural events. Also recognisable by its generally spotted coat, but also black or white, the Bisaro pig is an indigenous species that is closely linked to the traditional subsistence of our peoples. This has resulted in countless years of knowledge and refinement of recipes, ways of processing and preserving the meat, and even different secrets for fully utilising the animal. Nowadays, the nobility of the breed is recognised through the regional smokehouse of Vinhais, and its marbled and tender meat is responsible for delicacies such as salpicão, chouriça de carne, linguíça, presunto, alheira, chouriço azedo, chouriço doce and butelo.



Chestnut

The local chestnut groves have remained undisturbed for centuries and their beauty takes us back to a time when chestnuts were the basis of people's diet and survival. Despite the introduction of the potato to Portugal around 1789, the villages have managed to preserve their chestnut groves and have kept the tradition of traditional chestnut harvesting alive to this day - collected from the ground, without any interference with the natural fall of the hedgehogs. Countless years of utilising this product have brought us countless recipes that use chestnuts as the main ingredient or as an accompaniment to dishes and, in recent years, we have seen a renewed interest in exploiting them in different and new culinary practice.





Entrudo dos Máscaros de Vila Boa  
Vila Boa de Ousilhão

Although they were once mainly associated with the celebrations in honour of St Stephen, which also take place in this town on 25 and 26 December, the Máscaros of Vila Boa have long since also burst into the streets of the village with their stunts on the day of Entrudo. The celebrations begin as soon as the sun rises, with groups of men dressed as carnival demons appearing, wearing brightly coloured costumes, tinkling heavy rattles and wearing the traditional and fabulous wooden, cork, leather or tin masks produced by local craftsmen. In this round, which goes through the whole town and spares no house or cellar,

the groups of bagpipers also follow, adding to the frenzy with the sound of their bagpipes. They drink and eat wherever they are greeted, throw flour and water at the locals and challenge girls and women with their jokes. Along the way, they also "steal" objects and gather them in one place - these, later in the day, will be used to fuel the gigantic communal bonfire around which the revellers will gather. When the time comes, the masks dance around the flames, bravely crossing the flames, and the revelry goes on for as long as their souls (and stomachs) can stand it.



Festa de Santo Estêvão  
Ousilhão

With its origins in pagan celebrations associated with the winter solstice, marking the passage of adolescents into adulthood, the *Festa de Santo Estêvão de Ousilhão* takes place on 25 and 26 December. The festivities begin with the "máscaros", the four young men and the group of pipers, who make the traditional rounds of the houses in the village. The young men dance to the sound of the bagpipers wishing them happy holidays and the "máscaros" do their stunts.

On the 26th, the ritual of the previous day is repeated in the morning and in the afternoon the Eucharist in honour of Saint Stephen is celebrated, with the 'king and two vassals' taking part. At the end of the Mass, the population gathers around the communal table, where the kings and vassals are seated, and the new king and his vassals are crowned. During this celebration the people are offered 'holy bread' and wine.

On the evenings of the 25th and 26th, the traditional 'galhofas' are held to the sound of the bagpipers.

# Rabaçal Way

## Section 9 Sobreiro de Cima → Moimenta

This is possibly the route that most strikes the imagination of visitors to Terra Fria. You'll discover winding roads that follow the whims of streams, old gold mines now covered in chestnut trees and some of the oldest wineries in the country. From the top of the slopes, you can see spurs and memories of proto-historic settlements, between valleys whose sun exposure provides Mediterranean microclimates. And that's almost without mentioning the rich architectural and folkloric heritage.



**97**  
Church of Nossa Senhora da Assunção  
Gestosa

Dedicated to Our Lady of the Assumption, the restoration of this Church involved restoring the roof, replacing the ceiling, floor and doors, as well as painting the internal and external walls.



**99**  
Sandim River Beach  
Sandim



**96**  
Vilar Seco da Lomba Pillory  
Vilar Seco de Lomba



**98**  
Gestosa Bridge  
Gestosa

Medieval Gestosa Bridge that crosses the Rabaçal river, making the old connection to the village of Santalha through the Calçada, which would also have connections to the village of Cigadonha.



**100**  
Pinheiro Novo Pillory  
Pinheiro Novo



**102**  
Sanctuary of Nossa Senhora dos Remédios  
Tuzelo

The façade of this sanctuary decorated with undulating rocaille ornaments is covered with yellow and white patterned tiles.



**101**  
Mill and Park  
Pinheiro Novo



**Adegas**  
São Jomil

This emblematic group of wineries is probably one of the oldest in the country.



# Rabaçal Way

## Section 9 Sobreiró de Cima → Moimenta



96

Pillory of Vilar Seco de Lomba  
Vilar Seco de Lomba

Alongside the town hall building, the pillory of Vilar Seco, the greatest symbol of municipal autonomy, remains from these times and is in a good state of preservation, although there are still some doubts as to its originality. In fact, the Abbot of Baçal stated that the platform of the pillory actually corresponded to a millstone that had been reused, adding to the fact that the design of the pillory at the time did not fully match the later reality, which was eventually demolished and replaced by a more modern version that did not respect the pre-existence.



Quartzite ridges

Easy to identify visually, quartzites are rocks of sedimentary or even metamorphic genesis, made up essentially of quartz (usually over 75 per cent), a translucent mineral of great hardness and resistance. When these take on a linear layout on the summits and slopes of the mountains and become prominent due to erosion of the surrounding schist formations - constituting shapeless excrescences of significant size and, if not continuous, at least aligned - quartzite ridges are formed.

In the Terra Fria, these residual reliefs outcrop in various places, with an approximately north-west-south-east orientation, invariably constituting occurrences of great scenic value.

In Pinheiro Novo and Pinheiro Velho, on the slopes of the Assureira valley, you can witness their unmistakable effect particularly well. However, these extensive alignments can also be seen elsewhere in the Terra Fria, such as in the Serra da Nogueira, in Rio de Onor, in the valley of the Maças River or in Deilão, among other examples. In Deilão, curiously, the surface of the quartzite is covered with cylindrical, filiform bodies that look like twisted, overlapping strands, probable fossil remains that erosion has laid bare and which, because they resemble alphabetic characters, are outcrops locally known as "Pedras Escrividas" (Written Stones).



Terra Fria Route

## The bodegas São Jumil

Some 29 kilometres from Vinhais and a few metres beyond the village of St Jumil are what are probably the oldest wineries in the country. In this context, "adega" not only means a place where wine and brandy are produced, stored or preserved, but also a place where they are sold and consumed - often accompanied by snacks such as roast salpicão or grilled ham. This place, also known as "Bairro da Alegria", "Bairro das Adegas" or "Travessa", is made up of 49 rectangular cellars perfectly integrated with the landscape, arranged in bands and still retaining their original layout and characteristics, dating back to the 18th century. Architecturally, the only change they have undergone over time is the replacement of the thatched roofs with tiles, which has allowed them to retain their rustic identity. In the past, this group of buildings was at the centre of the social life of the village's inhabitants - especially the boys, who would often hang out until the early hours of the morning.



102

## Sanctuary of Nossa Senhora dos Remédios Tuizelo

Legend has it that one summer's day a mute girl was grazing her cattle in Pereiros, near the streams of Santa Maria, where she was approached by the Virgin of Remedies, who offered her water from an open spring in the ground. On her way home, the girl was thinking of a way to pass on these events to her family, when she realised she could already speak.

The façade of this shrine decorated with undulating rocaille ornaments is lined with yellow and white patterned tiles. The main portal is surmounted by a quadrilobed oculus, barred and glazed, which is located under the coat of arms. A wrought-iron crown tops off the ensemble. A work of modern rococo architecture.

At the site of the spring, later baptised with the name "Hortinha do Conde", there is a granite fountain where many inhabitants of Vinhais used to fetch water for medicinal purposes.



## Festa da Senhora dos Remédios Tuizelo

The pilgrimage in honour of Our Lady of Remedies takes place on 8 September, bringing hundreds of devotees to the sanctuary, where they take part in the Eucharist and then the imposing procession - the ultimate symbol of which is a very peculiar float several metres high, profusely decorated and crowned by the figure of this icon so celebrated locally.

Behind this reverence is the legend of a mute girl to whom the Virgin of Remedies appeared on three separate occasions. These apparitions resulted in the healing of the girl, the revelation of a medicinal spring and instructions for the construction of a new temple - which would come to be known as the *Santuário de Nossa Senhora dos Remédios*.



# Montesinho

Section 10 Moimenta → Rio de Onor



Montesinho Natural Park

Even for those who live there, the natural splendour of the Montesinhos Natural Park is unparalleled. In any part of its 75,000 hectares, we are treated to a biodiversity so vast that it alarms - just before it soothes - the spirit. Between undulating plateaus and deep valleys, life synchronises with the seasons.

The edges of the woods beckon you to discover them, the mountains invite you to adventure, the streams present themselves before you hear them. The rumours of Iberian wolves, roe deer, deer, wild boar and foxes become tangible signs. Heaths, cistus and giestais flourish or stand still in the face of time. An ancient mill suggests itself in the distance while the tables are filled with gastronomic gems. And something immemorial is still protected among the chestnut groves.



104

S. Pedro's Parish Church  
Moimenta

Although the origins of Moimenta's parish church date back to the 14th century, the current building is the result of a building campaign carried out at the end of the 17th century. The original church, which had belonged to the Diocese of Miranda since 1545, was small in size, a fact that led to it being enlarged in the 17th century - when the distinctive bell towers were erected.



107

Lime kilns  
Dine

The use of lime for construction purposes is a practice that dates back to antiquity until the mid-20th century. In the Terra Fria of Trás-os-Montes, as in other places where lime was traditionally produced, its cultivation is inevitably associated with the geological characteristics of the landscape and is directly linked to the existence of raw material sources that support it, namely limestone outcrops.



106

Vinhas Bridge  
Moimenta

The medieval Vinhas Bridge passes over the glacial river, which enters Portugal through the parish of Moimenta after a journey through Spain. The route from Moimenta to the bridge over the River Tuela, in addition to the beautiful landscape, also allows you to see various archaeological features such as the *cigadonha*, the *fraga das almas* and *fraga da ponte das vinhas*.



108

Lorga de Dine  
Dine

This curious cave, popularly known as Casa da Moura Encantada, has fuelled the local imagination and folklore for centuries. The periods of ancestral occupation of this cave are well documented and mainly go back to the Copper Age and the Bronze Age, although some minor remains also indicate human activity here during the Iron Age. Its remains, recovered in various excavations, are abundant and very significant, with a large



Ultrabasic rocks  
Donai

Of undetermined age, but probably of Precambrian origin, these rocks formed by the consolidation of ultra-basic magmas - and therefore with a lower silica content than even basalts - are relatively rare. In Portugal, they only occur in the Alto Alentejo and in two very conspicuous north-eastern massifs - one between Bragança and Vinhais and the other in the Morais mountain range.

These few basic rocks include amphibolites, serpentinites, peridotites and gabbros, among others. Serpentinite, a distinctive greenish rock - in turn made up of serpentine, maguetite, chlorite and talc - is still exploited today in the parish of Donai and sold as a stone for ornamental purposes. In Meixedo and Lagomar (Donai), peridotites can be found and, in Gondesende, the Sete Fontes mines were still active until recently, supplying talc to the pharmaceutical and cosmetics industries.



109

Ruins of the Ancient Sanctuary of Senhora da Hera  
Cova de Lua

Although only one arch remains of the medieval chapel that invoked *Nossa Senhora da Hera* (Our Lady of the Ivy), its location and surroundings in Cova de Lua allow us to guess at the strength of local devotion to this patron saint. Also known as *Capela da Senhora da Hedra*, *Capela da Senhora da Edra* and *Capela da Senhora da Idera*, these names are now also attributed to a more recent religious building that continues the mission of the ruined structure.

Montesinho  
Bragança

Fully restored but genuine, the village of Montesinho is made up of several houses that retain the popular architecture of Trás-os-Montes, built in granite with slate roofs and wooden balconies.

The village of Montesinho, well known due to the Natural Park it is named after, is above all a settlement made up of several properties that retain the popular architecture of Trás-os-Montes, which can be seen in several houses, some of which have recently been restored for local businesses such as rural tourism, craft shops and shops selling regional products.



Festa dos Rapazes  
Varge

The *Festa dos Rapazes* typically takes place on Christmas Day and St Stephen's Day (26 December). The unmarried boys are the favoured actors in this event, as they are the ones who prepare and carry out the feast, which includes rounds, masses, petitions, dances and songs. They meet in the "Casa da Festa", which has been specially provided for the occasion, and which can only be entered with the authorisation of the butler, who determines the start and end of the activities. This is where the group eats their meals and prepares for the various stages.

Of all the manifestations, the rounds and praises stand out. The rounds can be nocturnal, dawn or festive, depending on the time of day or the purpose. The boys, masked or dressed as "caretos", go round the village accompanied by musicians and stewards, asking people to contribute to the festivities. The most important moment is the round of Happy Holidays, when they go round all the houses in the village asking for donations.



Terra Fria Route

# Lombada

## Section 11 Rio de Onor → Quintanilha

It is on this route that we discover the most emblematic of the villages in the northeast, where communitarianism still reigns supreme and border lines do not circumscribe identities. Here too we come across purely indigenous animal species and ancestral examples of popular architecture, in which the walls make full use of schist and the roofs of slate. There are also Roman civilisational remains and places of worship with impressive fillings to uncover.



Rio de Onor Bragança

In Rio de Onor, one of the most emblematic and unchanged communities in the Northeast remains, populating the community village that, in 2017, was elected Seventh Wonder of Portugal - Village in a Protected Area.

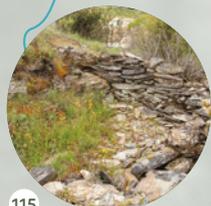


Rio de Onor



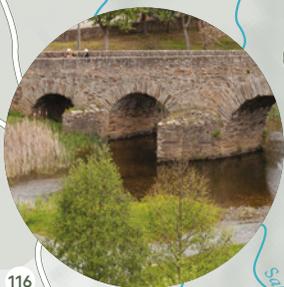
111 Church of São João Batista Rio de Onor

This church is dedicated to Saint John the Baptist and was built in the 17th century. XVI. About 500 m from it, there is the almost twin Church of Rihonor de Castilla, indicating the indivisibility that exists between the Portuguese and Spanish parts of this location.



115 Castro de Gimonde Gimonde

Its strategic location, naturally defended by the river on three of its fronts, would have been the origin of the choice of this location by the ancient village that established itself and fortified itself there. Among other traces of occupation, an artificial moat and an outpost can also be discovered.



116 Gimonde Bridge Gimonde



114 Babe's Coat of Arms Babe



Popular Architecture Quadramil

In Quadramil, we can discover several examples of popular schist architecture houses, which are also distinguished by their thick walls prepared to face the "nine months of winter" that guide the Terra Fria.



112 Rio de Onor Bridge Rio de Onor

For many years, this bridge over the Onor River offered the only means of circulation between the two sides of the village.



117 Church of São Vicente Veigas

This Romanesque-style temple, as well as its contents, which include wall paintings and altarpieces, has been classified as a Property of Public Interest since 1993.



113 Palácios Rural Museum Palácios

This museum is housed in an old mill, with a collection of everyday objects, but increasingly disused, from local populations, giving special emphasis to the tradition of using slates in the construction of roofs.

Deilão Vila Meã S.J. Palácios

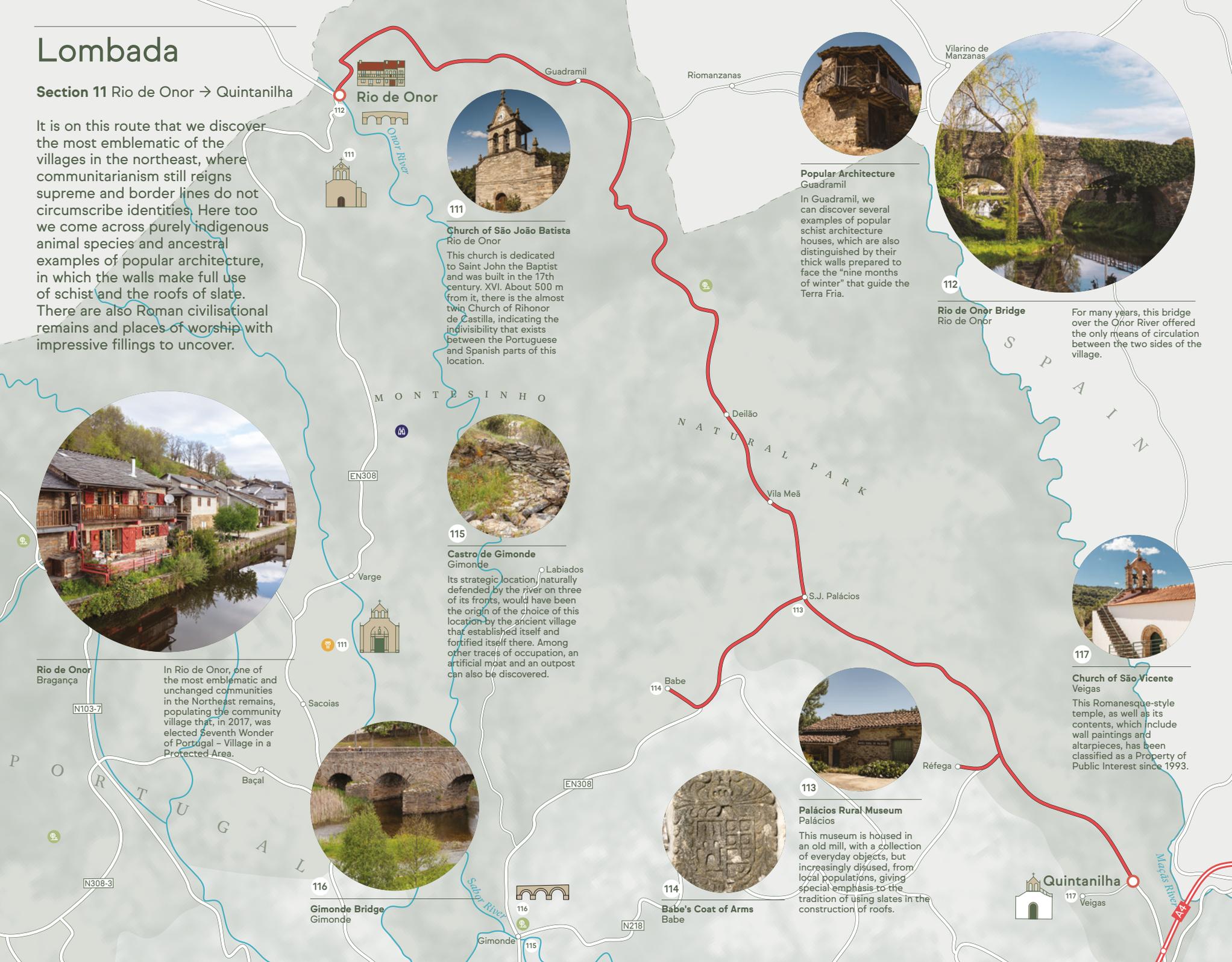
114 Babe

Réfega



Quintanilha

117 Veigas



# Lombada

## Section 11 Rio de Onor → Quintanilha

Village of Rio de Onor  
Bragança

In Rio de Onor there is still one of the most emblematic and unchanged communities in the north-east, populating the community village that, in 2017, was voted Seventh Wonder of Portugal - Village in a Protected Area. Even today, it is considered a close example of medieval communitarianism, where the sharing of land and resources continues to resonate. Here, the exchange of goods and products is often based on mutual trust and the guarantee of an honoured word. Mutual help between all the inhabitants is an assumption that has the force of law, underpinning the sharing of community ovens and agricultural land, used and worked by all. Even a single flock of around 300 sheep and 100 goats is grazed in turn by the "neighbours" across the community land.



112

Rio de Onor Bridge  
Rio de Onor

For many years, this bridge over the River Onor was the only way of travelling between the two sides of the village. It is an arched construction dating from the 19th century that still delights visitors with its aesthetic character, seeming to have been imported directly from the most imaginative and idyllic fables.



116

Gimonde Bridge  
Gimonde

The picturesque Gimonde Bridge or Old Bridge, as it is known locally, stands over the Malara River - which is itself a channel that forms part of the Igrejas and Onor rivers.

Originally, it was a structure built during the process of Romanisation of this region, forming part of the so-called Via XVII, which connected Bracara Augusta (Braga) and Asturica Augusta (Astorga), passing through Aquae Flaviae (Chaves) and which also served the inhabitants of the Castro de Gimonde.



117

Church of São Vicente  
Veigas

Within the walls of this resilient temple, some of the most remarkable episodes in Portugal's history took place. Dating back to the 13th century, when it functioned as a parish church, it was rebuilt in 1571 by order of the then bishop D. António Pinheiro. However, due to a collapse, it was rebuilt again in 1683, keeping the medieval structure at the head but with notable changes to the Baroque style.



**Bragançan Galician Churra Sheep**

The Bragançan Galician Sheep shares the same genetic stock as the Mirandese Sheep, but is comparatively more robust and produces wool with less long fibres. Their stature ranges from medium to large, with their characteristic leggy appearance resulting from the relative height of their limbs and chest.

White or yellowish individuals have distinctive dark spots around the eyes, ears and lips. However, the black individual, once almost

extinct and recently recovered, has a single dark colouration all over its body.

It is from this breed that the famous Bragançano PDO Lamb is born, its meat being extraordinarily succulent, tender and graced with a consistent fat that inspires the palate. The secret to this meat's much-appreciated flavour lies in the lambs' diet, where they are fed only on their mother's milk and, from the age of two months, exclusively on traditional fodder.



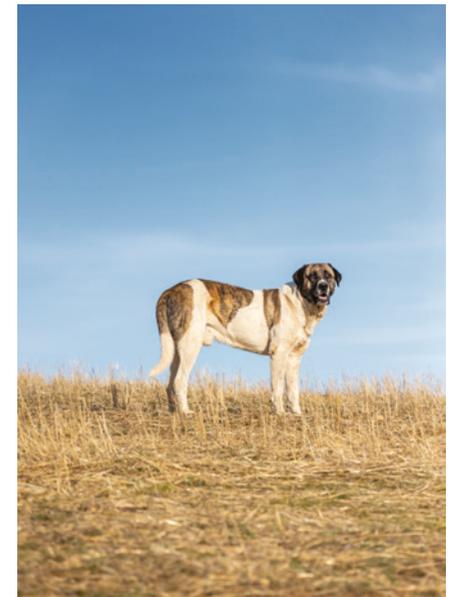
**Wild boar**

The wild boar (*Sus scrofa*), with its robust body protected by a dense layer of stiff hair, is one of the most respected wild animals in this region. It is also recognisable by its large,

triangular head, its powerful muscular neck and canine teeth that protrude out of its mouth (they never stop growing), as well as its brownish colouring.

**Transmontano Cattle Dog**

The powerful Transmontano Cattle Dog has long been a regular companion of the region's shepherds and guardian of their flocks of sheep and goats. Its size and renowned bravery make it an excellent deterrent to wolves, preventing them from attacking the flocks. Morphologically, it shares some characteristics with the so-called 'Iberian mastiffs' and belongs to the branch of the portly and corpulent molossoids - which is genetically based on the theory that its predecessors arrived in our territory in the company of nomadic shepherds from Minor Asia. It is perfectly adapted to the conditions of the area and the role it fulfils, being strong and rustic, with a proud bearing, sober look and light gait. Although generally reserved, it has a surprisingly docile temperament. It has only recently been recognised as a breed, dating back to the early 1990s. The most commonly seen coats are white spotted with black, yellow, fawn or wolfish.



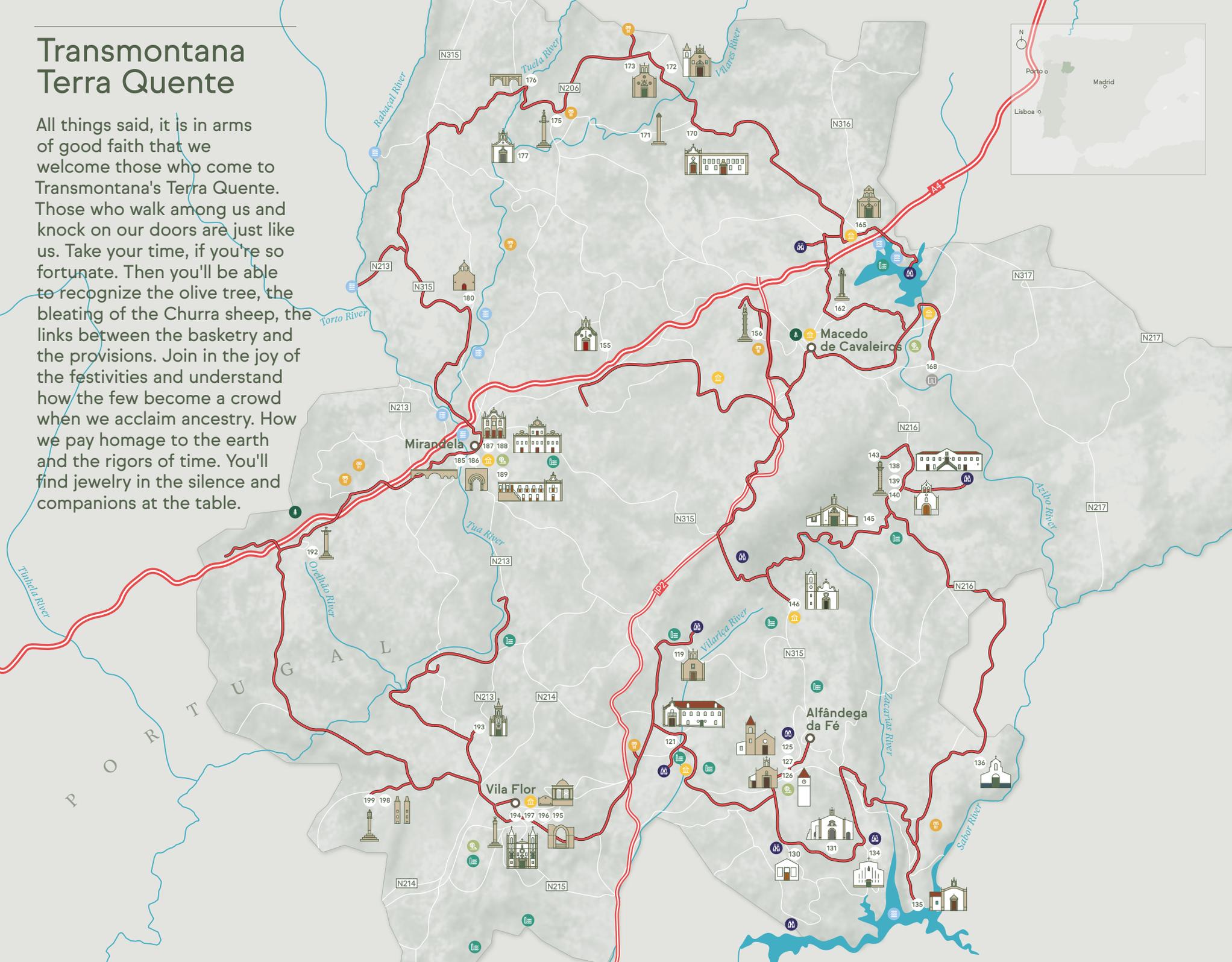


# Terra Quente Route

Section 1	Vilariça Valley
Section 2	Sabor Lakes
Section 3	Bornes
Section 4	Quadrassal
Section 5	Azibo
Section 6	Ledra Lands
Section 7	Three Rivers
Section 8	Tua Valley

# Transmontana Terra Quente

All things said, it is in arms of good faith that we welcome those who come to Transmontana's Terra Quente. Those who walk among us and knock on our doors are just like us. Take your time, if you're so fortunate. Then you'll be able to recognize the olive tree, the bleating of the Churra sheep, the links between the basketry and the provisions. Join in the joy of the festivities and understand how the few become a crowd when we acclaim ancestry. How we pay homage to the earth and the rigors of time. You'll find jewelry in the silence and companions at the table.



# Vilarica Valley

Around the Vilarica Valley, dazzling in its beautiful terrain and natural graces, there is a trail of civilizational finds, religious and civil architectural wonders, noble manor houses and viewpoints to discover. Who knows, if you come at the right time, you might even see the peach trees bursting and the migratory movements of the birds.



**Santa Comba de Vilarica**  
Vila Flor



**Cabeço da Mina Interpretive Centre**  
Assares



**Viewpoint of Nossa Senhora do Socorro**  
Vilares da Vilarica



**Vilarica peach trees**  
Vila Flor

When the peach trees bloom, the Vilarica valley is painted in pink tones, offering a spectacle that never causes indifference.



**Vilares da Vilarica**  
Alfândega da Fé

It is in the highest area of the Vilarica valley (southern slope of the Serra de Bornes) that the Village of Vilares de Vilarica is located, with a vast religious and civil architectural heritage, which includes a coat of arms.



**Vilarica Valley**  
Alfândega da Fé e Vila Flor

In the Vilarica valley, recent times have been marked by the return of vegetable production such as pumpkin, cabbage, tomatoes, beans, melon or strawberries.



**124**  
**Santa Justa Dam**  
Eucisia



**123**  
**Salgueiro Dam**  
Vilarelhos



**119**  
**Church of Santa Catarina**  
Vilares de Vilarica

In this 17th century church dedicated to Saint Catherine, it is possible to admire five altars, the old Chapel of Santa Cruz that adjoins it and even a peaceful surrounding churchyard.



**122**  
**Viewpoint of Nossa Senhora dos Anuncios**  
Vilarelhos

In addition to the Sanctuary of Nossa Senhora dos Anuncios, at the top of the parish of Vilarelhos is the viewpoint that allows you to see all the beauty of the Vilarica valley.



**121**  
**Morgado de Vilarelhos**  
Manor House  
Vilarelhos

Manor house with baroque details and flanked by a chapel, dating from the mid-18th century, once belonging to the most noble family in the locality.

P O R T U G A L

# Vilariça Valley



Vilariça Valley  
Alfândega da Fé e Vila Flor

The approximately 34,000 hectares of the Vilariça valley are nothing more than a tectonic fault that has been occupied by flood deposits. Locally, this phenomenon has been called “rebofas”, which results from the receding waters of the River Sabor and the Vilariça stream when the Douro floods. The fertility of the land where this happens skyrockets.

In addition to experimenting with tobacco cultivation, the region became famous for the production of hemp flax, cereals and vegetables, especially melons, beans and grains. Since the 20th century, vines have dominated the landscape, taking the place of other crops.

However, recent times have seen a return to the valley for the production of vegetables such as squash, cabbages, tomatoes, beans, melons and strawberries. Watercourses such as the Ribeira de Vilariça and Ribeiro Grande, as well as irrigation reservoirs, make the valley a convenient crossing point for migratory birds.



Santa Comba de Vilariça  
Vila Flor

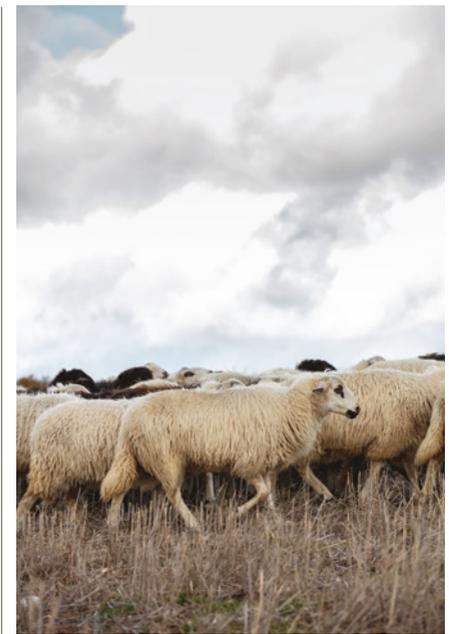
In the 1864 national census - in which it is referred to simply as Santa Comba - this quaint and modest parish in the municipality of Vila Flor had 436 inhabitants. In 2011, there were 407 residents, indicating that “the sons of the soil” are not letting it fade away. Interestingly, between 1841 and 1853, the parish belonged to the municipality of Alfândega da Fé.



Vilares da Vilariça  
Alfândega da Fé

Split into Vilares de Cima and Vilares de Baixo, it is in the highest part of the Vilariça valley, on the southern slope of the Serra de Bornes, that we can find this village, whose parish is partially integrated into the demarcated Douro region.

It has an abundant religious and civil architectural heritage, including a manor house with a coat of arms. Served by fertile agricultural land, the production of olive oil, wine, fruit and vegetables is particularly noteworthy.



Terra Quente Churra Breed

The most emblematic sheep in Trás-os-Montes today - not least because of their rustic appearance - belong to the Terra Quente Churra breed and are absolutely indigenous to the region. Previously, this breed was also called Tarrincha or Terrincha. Its genesis dates back to the late 19th and early 20th centuries, when animals from the Churra Badana and Churra Mondegueira breeds began to be crossed - and which, in turn, share ancestors originating from the Iberian trunk of the Pyrenees.



122

**Viewpoint of Nossa Senhora dos Anúncios**  
Vilarelhos

Located at the top of the parish of Vilarelhos, this is one of the most privileged spots to admire the landscape - which from here seems endless - encompassed by the beautiful Vilarça Valley. The patchwork of land in various shapes and colours that makes up this valley is one of the most distinctive views the region has to offer and, invariably, observing it from this viewpoint is also an invitation to contemplation. The Sanctuary of Nossa Senhora dos Anúncios is also located here and, on the hillside, a fort and a necropolis have also been discovered, indicating that there was once an Iron Age settlement here.



120

**Cabeço da Mina Interpretive Centre**  
Assares

In the 1980s, a significant archaeological find took place in Cabeço da Mina, which in 2014 was classified as an Asset of Public Interest. This is the origin of the Cabeço da Mina Interpretive Centre (CICM), which opened in 2017 in the town of Assares, in the area of the Vilarça Valley that is part of the municipality of Vila Flor, with the aim of showcasing the natural and cultural heritage of the Vilarça region.



121

**Morgado de Vilarelhos Manor House**  
Vilarelhos

Flanked by cobbled streets, the Morgado de Vilarelhos manor house dates back to 1744, the date inscribed on the portal that gives access to its inner courtyard, where we still find a profusion of ornamental details of singular beauty. It also stands out for its central curved lintel door, flanked by two small glasses and flanked by two barred openings on the first floor.



124

**Burga, Santa Justa and Salgueiro dams**  
Alfândega da Fé

The Burga, Santa Justa and Salgueiro dams were built to meet the irrigation needs of the areas surrounding the Vilarça Valley, one of the most fertile and lush valleys in the Transmontano and Alto Duriense world. Thanks to these endeavours, countless varieties of vegetables, legumes and fruit continue to benefit from the microclimate that exists here, as well as its unique soils, thus supplying the national markets with top quality products and boosting local economic activity. The natural surroundings are also recognised for the breadth of their beauty and biodiversity, constituting systems that are also supported by these dams.



123

# Sabor Lakes

The surroundings of the Sabor Lakes, one of the most scintillating panoramic spaces in the country, include ancient fortresses, sanctuaries that emanate tranquillity and incredible viewpoints. It is also dotted with wildlife that routinely delights visitors, including Otters, Griffon Vultures and Bonelli's Eagles.



126  
**Clock Tower**  
Alfândega da Fé



125  
**Parish Church of São Pedro**  
Alfândega da Fé



132  
**Loca Viewpoint**  
Cerejais  
In addition to having a breathtaking view, the Loca viewpoint houses a fountain sculpted by Carlos Barreira, where you can see the now non-existent pillory and the history and antiquity of the area that today we know as Alfândega da Fé.



136  
**Chapel of Santo Amaro**  
Legoinha



129  
**Cabreira Viewpoint**  
Ferradosa



137  
**Castro Vicente Pillory**  
Castro Vicente



127  
**Misericórdia Church**  
Alfândega da Fé



133  
**Calvário Viewpoint**  
Cerejais  
On the hill that houses the Cerejais Sanctuary, there is also the so-called Varanda de Pilatos, a concrete structure forming an advanced viewpoint over the landscape.



128  
**Ribeira de Zacarias Viewpoint**  
Sendim da Ribeira



135  
**Sanctuary of Santo Antão da Barca**  
Parada

The new sanctuary of Santo Antão da Barca has a small museum nucleus, whose collection includes some paintings on canvas, a collection of ex-votos and photographic and video records of the sanctuary's transfer.



135



# Sabor Lakes

## Alfândega da Fé

Founded in 1294 by King Dinis, this municipality extends over some 320 km<sup>2</sup>, spread between the Serra de Bornes, the plateaus of Alfandeguinha and Vilarchão-Parada, the valley of the river Sabor and the Vilarica valley. The charming town of Alfândega da Fé is perched on a hill at an altitude of 575 m, preserving the traces and charms of a past rich in history, where ancestral customs still prevail, and centuries-old legends are known.

### Sabor Lakes

The Sabor Lakes were created with the construction of the Baixo Sabor Dam and these 70 km of clear water connect the municipalities of Alfândega da Fé, Macedo de Cavaleiros, Mogadouro and Torre de Moncorvo. On this route you'll find *Lago dos Santuários*, *Lago de Cilhades*, *Lago do Medal* and *Vale das Fragas do Sabor*.

Stretching from the dam to the mouth of the Azibo river, they help to form a wildlife sanctuary and provide us with stunning landscapes suitable for contemplation. They also bridge the gap between ancient traditions and unique experiences.

In addition to this, there are endless trails, rock formations and, of course, pulsating wildlife, including Griffon Vultures, Bonelli's Eagles and foolish Otters.

The area is also rich in historical heritage, where you can see ancient hill forts, centuries-old convents and shrines, medieval villages that tell the story of Portugal's history.





125

**Alfândega Parish Church**  
Alfândega da Fé

To this day, the circumstances surrounding the original construction of the Parish Church of Alfândega da Fé continue to be the subject of debate and research. Located at the top of the town, its construction is consistent with the first expansion outside the walls of the old castle - which would place it between the end of the 15th century and the beginning of the 16th. Its first documentation in an inventory, dated 1540, survives to attest to this. However, other data affirms the existence of a parish church dedicated to St Peter in Alfândega da Fé in 1295.

Regardless of its point of origin, it's natural that the architectural features we see today are the result of successive interventions that altered the original construction, which is why it's difficult to date the antiquity of the church. This, in turn, makes it impossible to make a final decision on whether or not the two references point to one and the same Mother Church.



127

**Misericórdia Church**  
Alfândega da Fé

In the niche of the church's frontispiece, we can see a 16th century sculpture depicting Our Lady of Mercy in painted limestone. The building is believed to be of the same height. It is known that it has belonged to the Santa Casa da Misericórdia de Alfândega da Fé since the 18th century, although it is not known whether it has always been its property.

Located in the oldest part of the town, it would have been near one of the castle's entrance gates, within the perimeter of the old wall, which no longer exists. The surrounding area would have been called "rossio da Misericórdia". As there are no traces of the parish church within the walls, it is believed that another building existed in the same area.



126

**Clock Tower**  
Alfândega da Fé

It is presumable that the Alfândega Clock Tower already existed in the 16th century, although there is no certainty about its construction chronology or its initial function. Although its size and the characteristics of the surrounding terrain do not suggest that it was originally a church bell tower, there were once openings at the top where four other bells could fit. Having military functions, it underwent several renovations in medieval times.

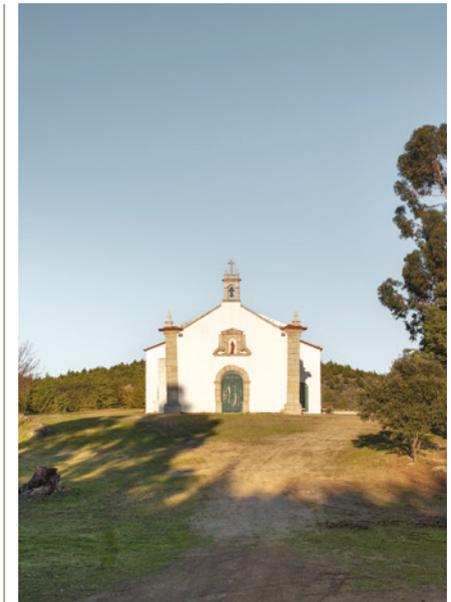


130

**Chapel of Santa Eufémia**  
Sendim da Serra

We can identify the Chapel of Santa Eufémia as a porch chapel from the Modern Period, later subject to a contemporary renovation.

With a rectangular floor plan, the dim interior lighting is provided by a side window. The main façade culminates in a gable and the porch is supported by pillars resting on walls. This façade is divided by a straight lintel door and a window.



131

**Chapel of Nossa Senhora de Jerusalém**  
Sendim da Serra

With its façade featuring a round-arched doorway with cushion stone voussoirs, this temple is a work of neoclassical architecture. Above the door, but without being part of it, we can see an interrupted curved pediment, from which emerges a niche with adjoining pilasters dominated by a triangular pediment.

The chapel has already deteriorated considerably, and on the nave's barrel vault you can see the remains of a painting surrounded by crude cement "restorations". On one of the walls there is a natural painting depicting scenes from the life of the Virgin Mary. The triumphal arch displays simple plant-inspired paintings. In the chancel, in addition to the carved altar, the coffered ceiling stands out, painted with moments from the Virgin's life and phytomorphic themes.

135

### Sanctuary of Santo Antão da Barca Parada

The chapel of Santo Antão da Barca, known for its sanctuary and popular pilgrimage, is descended from another temple, which was located on the right side of the Sabor riverbed, in the parish of Parada, and whose last works took place in the mid-18th century.

Motivated by the construction of the Baixo Sabor dam, the building was almost completely moved in 2012/2013, including the mural paintings it housed, to the current chapel, which was built in a nearby area, half-way up the hillside, with a breathtaking view that makes this an excellent lookout point for the Sabor Lakes.



134

### Cerejais Sanctuary Cerejais

This Marian sanctuary is a work of nineteenth-century religious architecture that includes a church, Via Sacra and Loka arranged on three distinct elevations filled with works of art by renowned sculptors, including Comendador José Ferreira Thedim, Mestre José Rodrigues, Avelino Vinhas, João Fragoso, Hélder de Carvalho, Joaquim Cardoso, among others.

The main nucleus is the church, which has a rectangular floor plan, three naves, a faceted chancel and wooden ceilings, plus an annex and two deep chapels. The main façade reveals the internal layout of the spaces and is crossed by a portal with a straight lintel, flanked by segmented and stepped openings. The side façades have gaps in the central nave and transverse doors on the left sides, as well as groups of three elongated bays, similar to those in the chancel. Inside, the naves are separated by pillars, with flat ceilings and abundant lighting through the colored stained glass windows.



136

### Chapel of St. Amaro Legoinha

The renovation work carried out on the Santo Amaro Chapel in Legoinha has put a stop to the advanced state of disrepair it was in. The work also extended to the remarkable frescoes in the church. These are an interesting set of wall paintings dating back to the 16th century and occupying a considerable area of the building. This group is also part of the Mural Painting Route: History in Fresco, a project that includes 23 chapels and churches around the Sabor Lakes.



Blossoming almond trees

The air holds a sweet, enveloping scent carried by the gentle wind in the leaves.

The fruit of the almond tree is born after the flowers have been fertilized. They give rise to a drupe - a fleshy fruit with a stone - covered in a thin, velvety skin that gets tougher as it ripens and finally opens to release the stone. It is

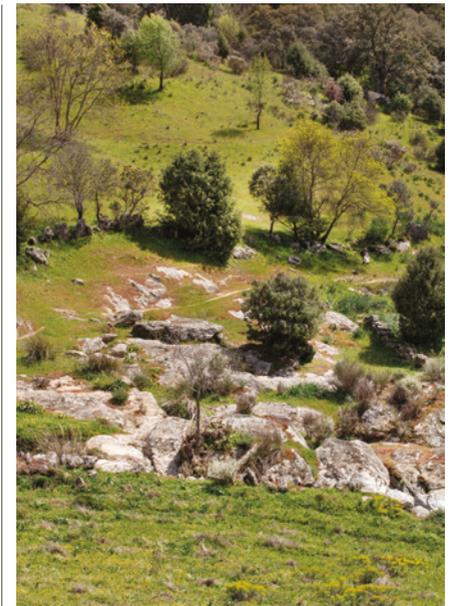
inside this stone (the endocarp) that the seed is found: the almond. This precious good is at the base of two typical sweets from Alfândega da Fé: *barquinhos* (little boats) and *rochedos* (rocks), one of which is made from the "waste" of the other, i.e. the *barquinhos* are made from egg yolk, while the *rochedos* are made from egg white.



137

Castro Vicente Pillory  
Castro Vicente

This is a 17th century pillory, which seems to have replaced an older one. It has a spindle-shaped pine cone, an octagonal base with four steps, a circular base and an octagonal shaft, topped by a cube bearing heraldic elements. The parallelepiped capital has a shield per face, which is now very faded, but on one of them we can see the coat of arms of Portugal, topped by a conical pyramid.



Gneiss and Geosite Conrad and Moho  
Discontinuities  
Lagoa

Millions of years before the formation of the supercontinent Pangea - as well as the continents that we know today as a result of its division - other crusts mapped planet Earth. Among these was the small continent of Armorica, whose existence is testified to by the rock formation that rises on the right bank of the River Sabor, very close to the village of Lagoa. It is this settlement that inspired the title given to this metamorphic rock that is over 500 million years old, thus coining it the Lagoa Gneiss. Its most distinctive feature is its elongated crystals, which are due to the heavy pressure and movements to which the rock has been subjected over the millennia.

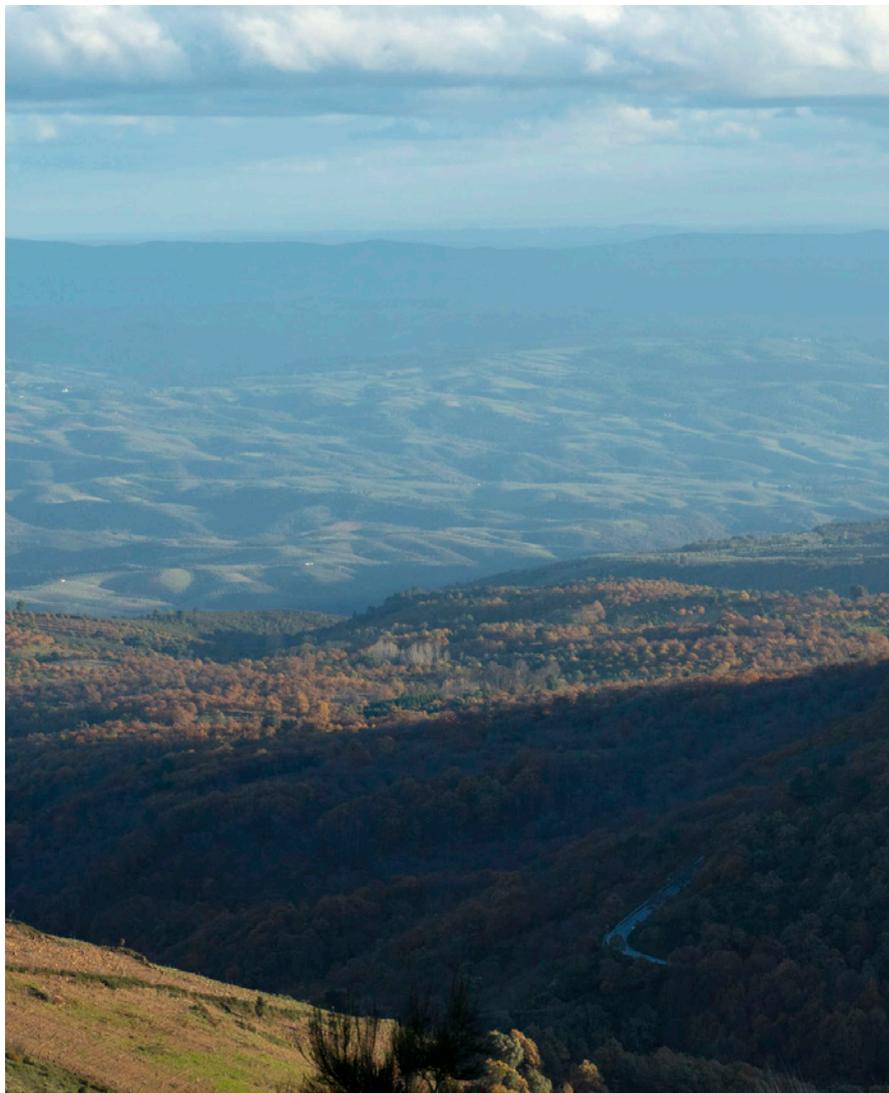
This gneiss is also joined by the neighbouring Conrad and Moho Seismic Discontinuities geosite. Here we have the unique opportunity to observe on the surface the results of a phenomenon that invariably occurs tens of kilometres deep in the interior of the planet - the clear separation of different types of materials on different surfaces.



# Bornes

## Bornes Mountain

Rising from the Ancient Massif, one of the ancient mountain ranges of the Iberian Peninsula, the enchanting Bornes mountain range is flanked by the Sabor and Tua rivers and lies to the south of the municipality of Macedo de Cavaleiros and to the north of the municipality of Alfândega da Fé. Its highest point, known as Cabeço de Bornes, is 1199 meters. The body of the mountain has a topographic prominence of 621 meters and stretches for more than 12 km in length and 5 km in width.



## Chacim Pillory Macedo de Cavaleiros

The distinctive Chacim Pillory has been classified as a Property of Public Interest since 1933 and gives its name to the square where it stands. It's an 18th-century construction with a prismatic block, a three-stepped quadrangular base and an octagonal shaft, topped by cruciferous arms with phytomorphic decoration, from which the subjection irons evolve. The top is parallelepiped with heraldic elements. The column is decorated with small rosettes on some of its sides. Along with the arms of Portugal, the presence of the Sampaio's suggests that they were the first grantees. There is also a male figure with a key in his hand, although it has yet to be identified, and a female figure, believed to be Our Lady of Balsamão. Taking advantage of your visit to Chacim, we also recommend discovering its Mother Church and Manor House.





Cherry

In Trás-os-Montes, its cultivation is already a relatively long-standing tradition that is being increasingly valued. Between April and May, the cherry trees fill with beautiful white or pink blossoms, making them one of the most anticipated spring visual delights, especially when they are found in large orchards. It is often said that the cherry blossom is one of the most breathtaking, and to justify this, its shape is often mentioned, as well as the delicacy and thickness of its petals.

After flowering, the precious cherries appear, reaching their intense, ripe red colour in the second half of May. In the municipality of Alfândega da Fé, now emblematic for the quality of the cherries produced there, picking lasts until mid-June.



141

Balsamão Convent  
Chacim

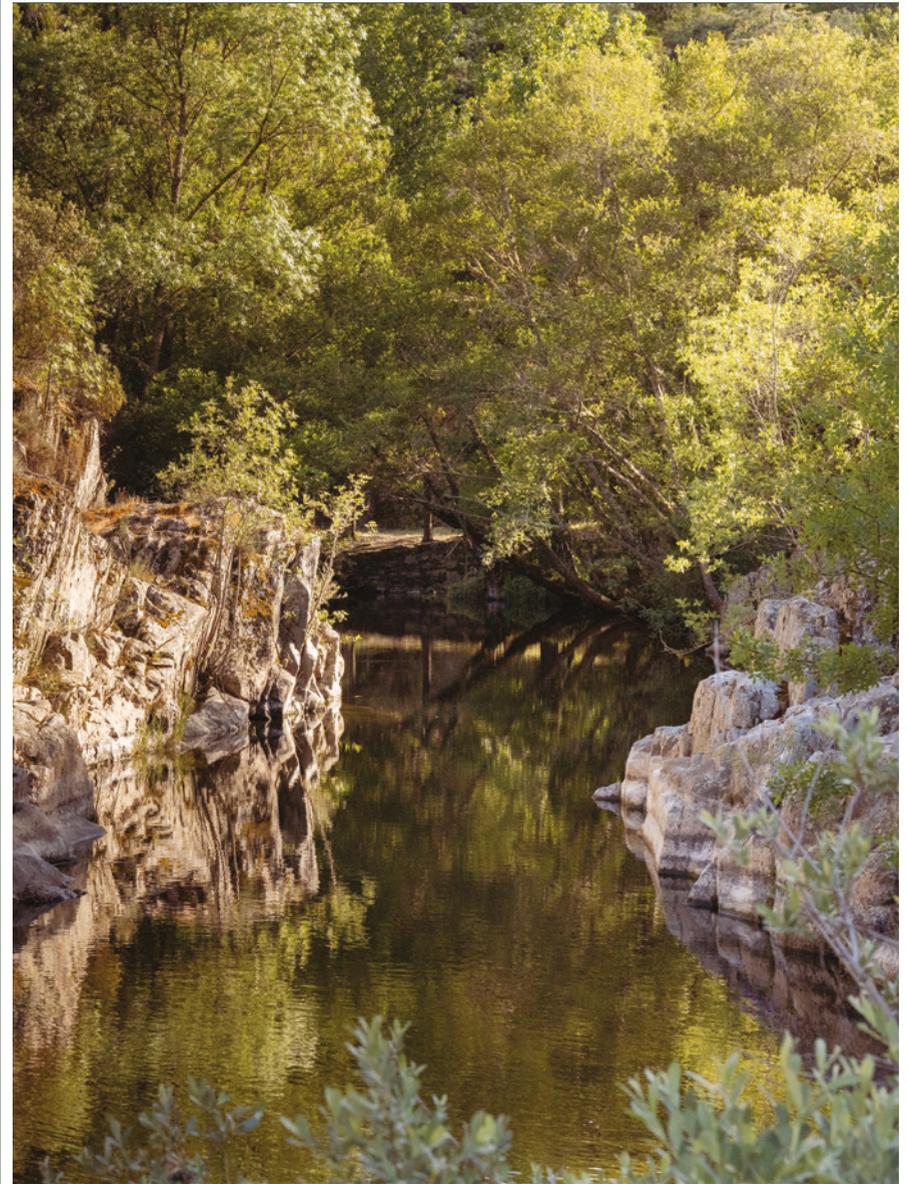
The Convent of Balsamão - belonging to the Congregation of the Marians of the Immaculate Conception - is a famous old temple built on the hilltop of Caramouro or Balsamão, next to the river Azibo. In this place where nature and spirituality are in constant dialogue, the whole surrounding area invites contemplation and the discovery of silences and sounds, tones and colours.



143

Church of Divino Senhor Santo Cristo  
Malta, Olmos

Malta is a village in the parish of Olmos, in the municipality of Macedo de Cavaleiros. Its Maltese church, consecrated to the Divine Lord Holy Christ, includes five sixteenth-century tablets with the figures of Our Lady, the Risen Christ, St. Christopher, St. Michael and St. John the Baptist, as well as other valuable oils. The whole complex is built over an ancient temple dedicated to the pre-Christian god of the Zela people, Aerno.



142

Poço dos Paus  
Chacim

As part of the Terras de Cavaleiros UNESCO World Geopark, this geosite allows you to see rocks that were formed around 420 million years ago, during the expansion of the prim-

itive Rheic Ocean - an ocean that eventually disappeared due to the collision of the continents that bordered it. Here we find proof of the presence of an ancient oceanic crust, as the existing rocks allow us to state with certainty that we are dealing with the same type of rocks that make up the depths of the Atlantic Ocean.



144

**Real Spinning Mill**  
Chacim

On the outskirts of the village of Chacim stands one of the most unique pearls of Portuguese heritage: the Real Spinning Mill. Although it survives only as a ruin, what remains of the building constructed in 1788 - beyond capti-

vating the imagination - confirms its importance as a silk spinning factory with economic vigour and royal patronage. The remaining structure indicates the use of water as a driving force and provides us with precious clues about the proto-industrial activity of Trás-os-Montes. Having functioned both as a school and a silk spinning factory, it was there that knowledge and techniques were introduced from Italy, which at the time was Europe's silk producer *par excellence*.



145

**Chapel of São Bernardino**  
Gebelim

This chapel dedicated to St. Bernardino dates back to 1741 and today hosts an important pilgrimage in the village of Gebelim.

Its modest façade is dominated by a portal with a straight lintel flanked by thick pilasters, which end in a rounded pyramid. In turn, the pediment has a small niche and extends to the gable, which is intersected by a bell tower of strange proportions with a vent with a bell. The corners of the façade are made of ashlar and have pyramidal finials.



147

**Territory Interpretation Centre**  
Sambade

The Territory Interpretation Centre - which seeks to preserve the assets that make up the history and accompany the development of the communities of Trás-os-Montes - is located in the village of Sambade and was inaugurated in 2015. Aided by new technologies, it is able to translate past experiences and different ways of life into the present day, also using photographs with imagery descriptions, various signs, video installations and language panels.



146

**Sambade Parish Church**  
Sambade

Being the patron saint of the parish, we find the marble image of Our Lady of the Assumption inscribed in the niche of the Parish Church of Sambade, classified as a building of public interest.

When work was carried out on the church, traces of previous buildings were found. The construction of the imposing building we see today ended in 1798 and is believed to have taken a long time, given its high cost, which was borne by the population and a family surnamed Silva.

Fitting in with Baroque and Neoclassical architecture, it has a longitudinal floor plan, with the chancel lower and narrower than the nave, a bell tower to the right of the façade, the sacristy on the north side and the Casa das Almas on the other side. The main façade is quite jagged and topped by a pediment interrupted by fins, with a cross in the middle. Similar to the façade, the portal has a semi-circular pediment, from which a curved window breaks through.

# Quadrassal

Along this picturesque stretch, green hills and valleys take turns with genuine villages where traditional stone houses, old railway bridges, hermitages and vestiges of Roman settlements persist. Also not to be missed are the varieties of artisan cheese, local wines, olive oil and traditional smoked meats produced here.



**154**  
**Ermida de Nossa Senhora de Jerusalém**  
 Jerusalém de Romeu  
 As a chapel of devotion, the Chapel of Our Lady of Jerusalem in Romeu was built based on legends of Our Lady.



**152**  
**Cortiços**  
 Macedo de Cavaleiros



**155**  
**Church of Santo André**  
 Avantos  
 Having been cataloged as a Property of Public Interest since 1986, the Church of Avantos is recognized for the uniqueness of its bell tower as well as, moving towards the interior, the pulpit and crossing arch, to which are also added the sumptuous gilded carvings present on the altars.



**Vale Pradinhos**  
 Macedo de Cavaleiros



Vale de Pradinhos



Pinhovelo



**157**  
**Terronha de Pinhovelo**  
 Pinhovelo  
 The total set of structures excavated during this emergency archaeological intervention places the town of Terronha "as one of the most imposing Roman stations in northeastern Portugal".



**156**  
**Pinhovelo Pillory**  
 Pinhovelo  
 Located in the center of the village, this pillory was built in granite, the predominant material in the region, and displays a carved national shield topped by a crown.



**Pinhovelo**  
 Macedo de Cavaleiros



**150**  
**Grijó Hequestrian Centre**  
 Grijó

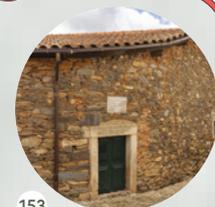


Romeu

**Romeu**  
 Mirandela  
 The history of Jerusalem do Romeu is closely linked to the history of the Meneres family, who invested here in agriculture and created conditions for the development of the locality.



**Vale de Lobo**  
 Mirandela



**153**  
**Olive Oil Museum Centre**  
 Cortiços  
 Based on an old oil mill, restored in 2005, this museum offers visitors the possibility of getting in touch with the world of olive growing and olive oil, central activities in the agriculture of these lands.

Grijó de Vale Benfeito

Vale Benfeito



**Vila Verdinho**  
 Mirandela



Vale de Lobo



Vila Verdinho

P O R T U G A L

Avantos 155

154  
 Jerusalém do Romeu

153  
 152 Cortiços

150 151

# Quadrassal

Romeu  
Mirandela

The history of Jerusalem do Romeu is closely linked to that of the Meneres family, who invested in agriculture here and created the conditions for the town's development.

The story goes that the chapel was built by the community at the request of a shepherdess to whom Our Lady appeared. To attest to the truth of this request, Our Lady made water, which was scarce at the time, flow from the fountain at the top of the hill.



Vale Pradinhos  
Macedo de Cavaleiros

In recent years, the ancient and picturesque village of Vale Pradinhos has seen many of its typical houses restored and the ageing it used to suffer fought by new initiatives. An emblematic example of this revitalization is the event that takes place here every year around the making of the "world's largest mushroom açorda". Hundreds of visitors, from all over Portugal and the world, flock to the village - but not only - at this time to sample the delicacies and take part in the outings, social gatherings and mycological workshops associated with it.

The well-known "mountain wines" also have their point of origin here, with the famous Old World terroir that produces them - a 450-hectare farm established in 1913 - located in the immediate vicinity of the village.



Vale de Lobo  
Mirandela

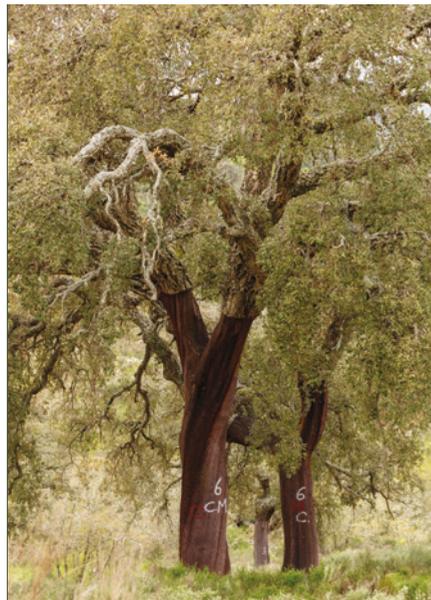
Vale de Lobo is one of the most unspoiled villages in the north-east of Trás-os-Montes and you can still see its community olive oil mill in the middle of the square.

This mill is the common property of the population, reminiscent of the typical Transmontano communitarianism that was the norm until not so long ago and which is still evident today in many aspects of local daily life. Although the mill is no longer in operation, the locals still have vivid memories of its operation, indicating that the last olive oil was made in 1984/85



Cortiços  
Macedo de Cavaleiros

Aldeia de Cortiços has established itself as a historic area, where you'll find testimonies of the times when it was a "nobleman's land", a village and the county seat. The three manor houses that stand in the centre of the town date back to the times of the Monarchy and, although today they have private owners, the old Town Hall, jail, registry office and courthouse are still clearly visible. But there are other landmarks here today, such as the Cyclin' Portugal - Quadrassal Centre, whose gateway is located in the refurbished building of the old Cortiços train station.



Cork Oak

Quadrassal is home to the largest contiguous patch of virgin cork oak forest on the Iberian Peninsula, which is part of the Natura 2000 Network, and its exploitation is particularly important for the subsistence of the population of Terras de Trás-os-Montes. Until relatively recently, a cork stopper factory was in operation here, although it is currently inactive. It's important to note that cork oak forests and cork oak groves also play an important ecological role, helping to conserve soils, regularise hydrological cycles and favour water quality, as well as producing oxygen and sequestering carbon. They are also forest ecosystems that are extremely rich in biodiversity and often include the rearing of native species that produce quality meat and milk, beekeeping and the collection of edible mushrooms.



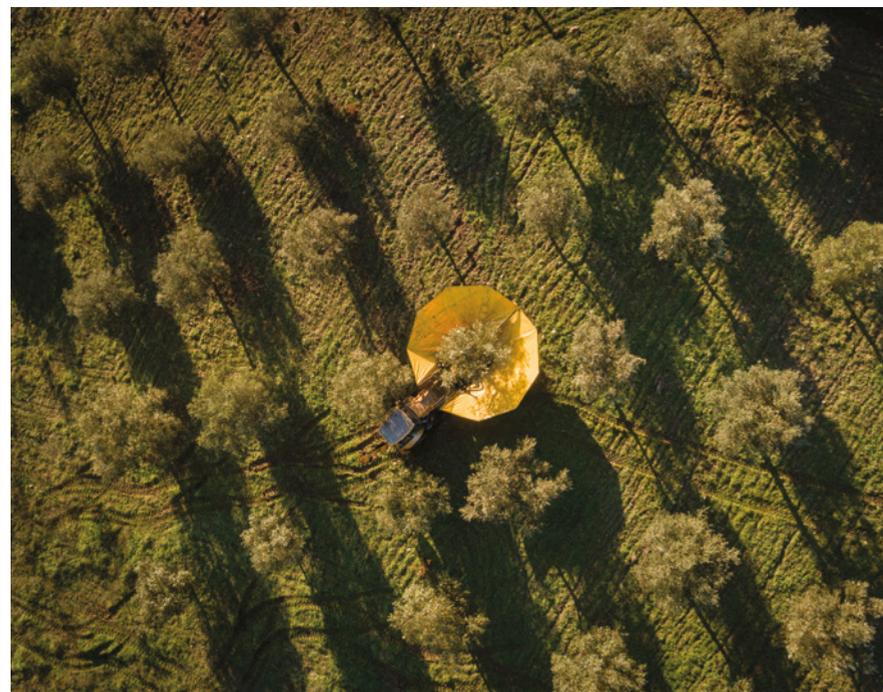
153

Olive Oil Museum Centre  
Cortiços

The 'Solar dos Cortiços' Olive Oil Museum Centre, located in the village of Cortiços, is part of the Trás-os-Montes Olive Oil Route. Here, visitors have the chance to get to know the world of olive growing and olive oil, central activities in Trás-os-Montes agriculture, and to discover the history of the old village of Cortiços.

#### Olive oil

The region was still called the comarca of Tral-os Montes and many of the traditions of the north-east already revolved around olive oil. Mirandela's olive groves, for example, are documented as having originated in the first half of the 16th century. It's no exaggeration to say that this is a land of splendid olive oils, among which are objectively some of the most highly rated and widely appreciated in the world - a distinction that is only possible thanks to the millenary know-how and hard work done over generations by its people. Their greenish yellow color is one of their distinguishing factors. They are low to very low acidity oils, qualified as virgin or extra virgin, with a fresh fruit smell and taste, sometimes almondy, and with a remarkable sweet, green, bitter and spicy sensation.



Terra Quente Route



151

**Corço Interpretive Centre and Enclosure**  
Grijó

The charming roe deer is Europe's smallest cervid, which explains why it is popularly known in these parts as the 'Elf of the Woods'. In an effort to protect this animal, a 35-hectare enclosure has been built, equipped with cameras that make it easier to study its behaviour and reproductive habits. Nature lovers will find here the opportunity to take the Roe Deer Route and, over a distance of around 6 kilometres, come into contact with this species and many other specimens of the diverse fauna that share its habitat. At the adjuvant Corço (Roe Deer) Interpretive Centre you'll have the chance to learn more about this fascinating animal and the ecological and cultural importance of conserving this and other species.



150

**Grijó Equestrian Centre**  
Grijó

The Grijó Equestrian Centre has recently been refurbished and expanded, acting as a nerve centre for horse riding enthusiasts from Trás-os-Montes - and increasingly sought after by other national and international aficionados. Today, in addition to the popular riding lessons for children and adults, it also offers equestrian shows and hosts cultural events that intersect with equestrianism.



156

**Pinhovelo Pillory**  
Pinhovelo

Pinhovelo, one of the four places that make up the current parish of Amendoeira, was an important medieval settlement, as indicated by the existence of its pillory. Although this was not erected when Pinhovelo was elevated to a town, its eventual placement would have strengthened the town's judicial autonomy, not least because of the charter granted by King Manuel I in 1510.



157

**Terronha de Pinhovelo**  
Pinhovelo

Located in the parish of Amendoeira, the imposing archaeological site of Terronha de Pinhovelo covers an area of around 2.5 hectares. Originally functioning as a domestic unit for an agro-pastoral community organised into nuclear families from Zelas - a division of the Ástures, a pre-Roman people who lived in the north-west of the Iberian Peninsula - this settlement still has two or three lines of wall to the north and two slopes to the east and south.

# Azibo

The expansive area of the Azibo Reservoir offers an opportunity to connect with the natural world that also acts as a gateway to understanding the culture of the peoples of Terra Quente. By grasping the interweaving of ecosystems, we discover their parallels with ancestral rites and the unbreakable bonds of small community life.



164  
**Careto House**  
Podence

The "Caretos" crossed borders when the Winter Festivals of Podence were recognized as Intangible Cultural Heritage of Humanity. This is your home par excellence.



158  
**Manor House of Morgado Oliveira**  
Macedo de Cavaleiros  
Also known as Solar dos Morgados de Macedo, this splendid 18th-century manor house is emblazoned with a 19th-century building. XVII has remained in the



162  
**Vale de Prados Pillory**  
Vale de Prados



160  
**Rural Museum**  
Salselas  
Of ethnographic essence, the objective of the Rural Museum of Salselas is, through its collection, to make known the human universe and society that are transversal to any Trás-os-Montes village.



163  
**Sanctuary of Nossa Senhora do Campo**  
Viewpoint Lamas



**Azibo Protected Landscape**

The surroundings of Albufeira do Azibo are a shining example of environmental balance, serving both as a sanctuary for biodiversity and as a refuge for lovers of outdoor life.



168  
**Biodiversity Station**  
Santa Combinha  
The Santa Combinha Biodiversity Station route is a circular pedestrian route, which allows you to observe 43 species of daytime butterflies out of the 135 known in mainland Portugal.



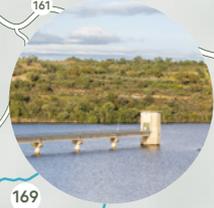
**Banrezes**  
Vale da Porca



161  
**Sanctuary of St. Ambrósio**  
Vale da Porca



167  
**Ribeira River Beach**  
Podence



169  
**Azibo Dam**  
Vale da Porca



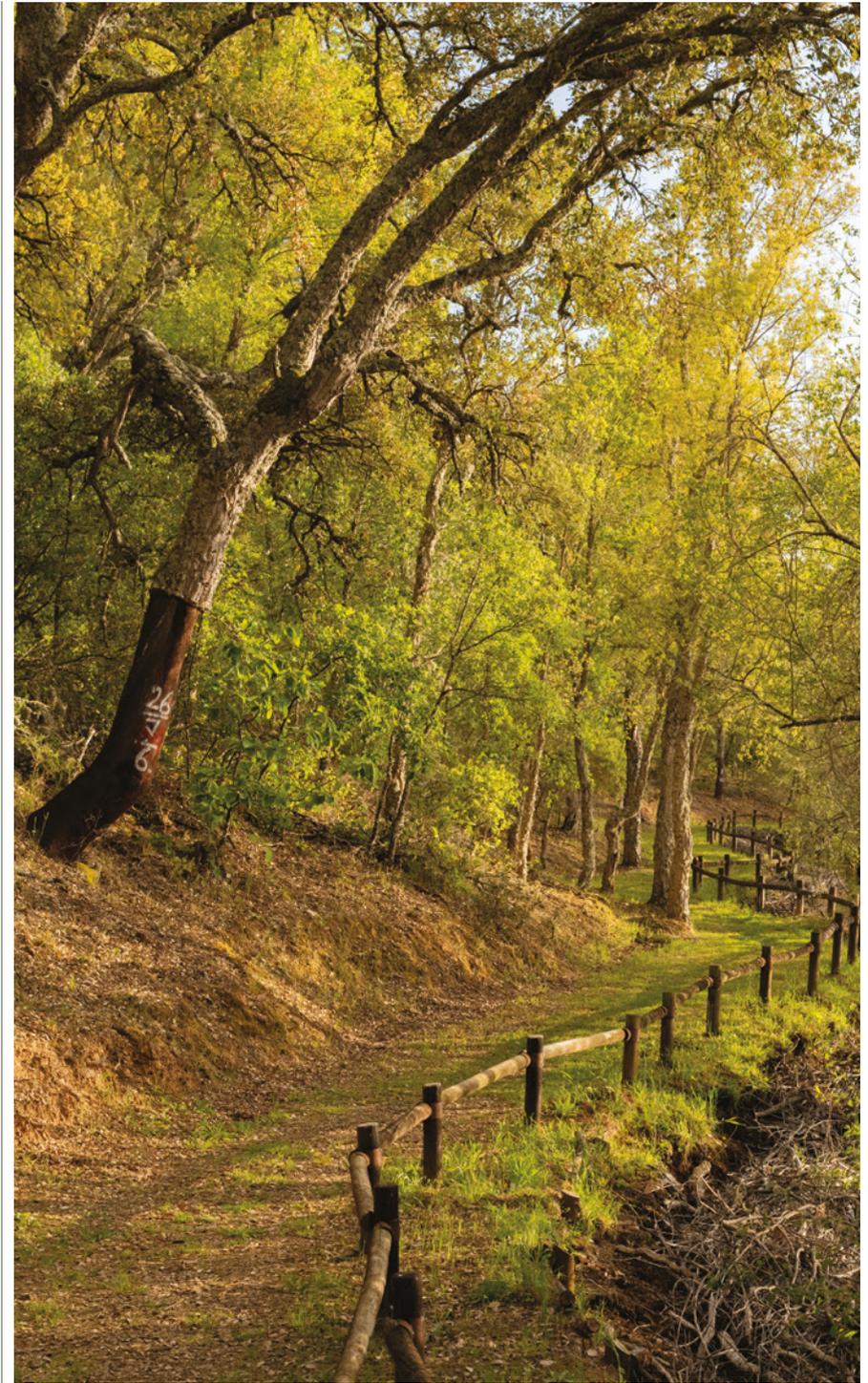
159  
**Sanctuary of São Marcos**  
Castelaões

## Macedo de Cavaleiros

Macedo de Cavaleiros is a municipality particularly noted for the uniqueness of its cultural manifestations - which, however, are still rivalled by the beauty of its countless natural treasures. Here, in the middle of a fertile valley, next to the Serra de Bornes, every nook and cranny hides a marvel of its own: from almost unchanged villages, through unique gastronomic preparations, to codified folklore and ancestral heritage. In the 18th century, one of the region's main activities was silkworm breeding, and today Macedo de Cavaleiros is the Portuguese headquarters of the European Silk Road. This region is also home to the famous village of Podence which, thanks to its unmistakable "Caretos", is now known worldwide.

### Azibo Protected Landscape Macedo de Cavaleiros

Located 2 kilometres from Macedo de Cavaleiros, the Azibo Reservoir Protected Landscape covers around 4,000 hectares and is partially included in the Natura 2000 Site of Community Interest 'Morais'. Its environmental qualities also make it part of the Transfrontier Biosphere Reserve of the Iberian Meseta, thus classified by UNESCO as the largest reserve in Europe. The name Azibo is synonymous with environmental quality, scenic beauty and river beaches. This immense lake is home to protected species and a network of signposted trails that delight hiking and mountain biking enthusiasts. There are also two beaches that have successively been awarded the Blue Flag: Praia da Fraga da Pegada, the river bathing area with the largest number of Blue Flags in Europe, and Praia da Ribeira, one of Portugal's 7 Wonders of the Beaches.





**Terras de Cavaleiros Geopark**  
Macedo de Cavaleiros

Take a peek into the formation of the Earth by discovering a mountain range that was created around 380-280 million years ago and that bears witness to the origin of two continents and an ocean - all you have to do is visit the Terras de Cavaleiros Geopark.

Covering an area of around 700 km<sup>2</sup>, this geopark includes the majestic Protected Landscape of the Azibo Reservoir, located between the Nogueira and Bornes mountains, the Morais Massif and the lush valleys of the Sabor and Maças rivers.

Amongst an abundance of natural landscapes, you'll find 200 kilometres of marked trails, spread over 24 footpaths, as well as 42 inventoried geosites.

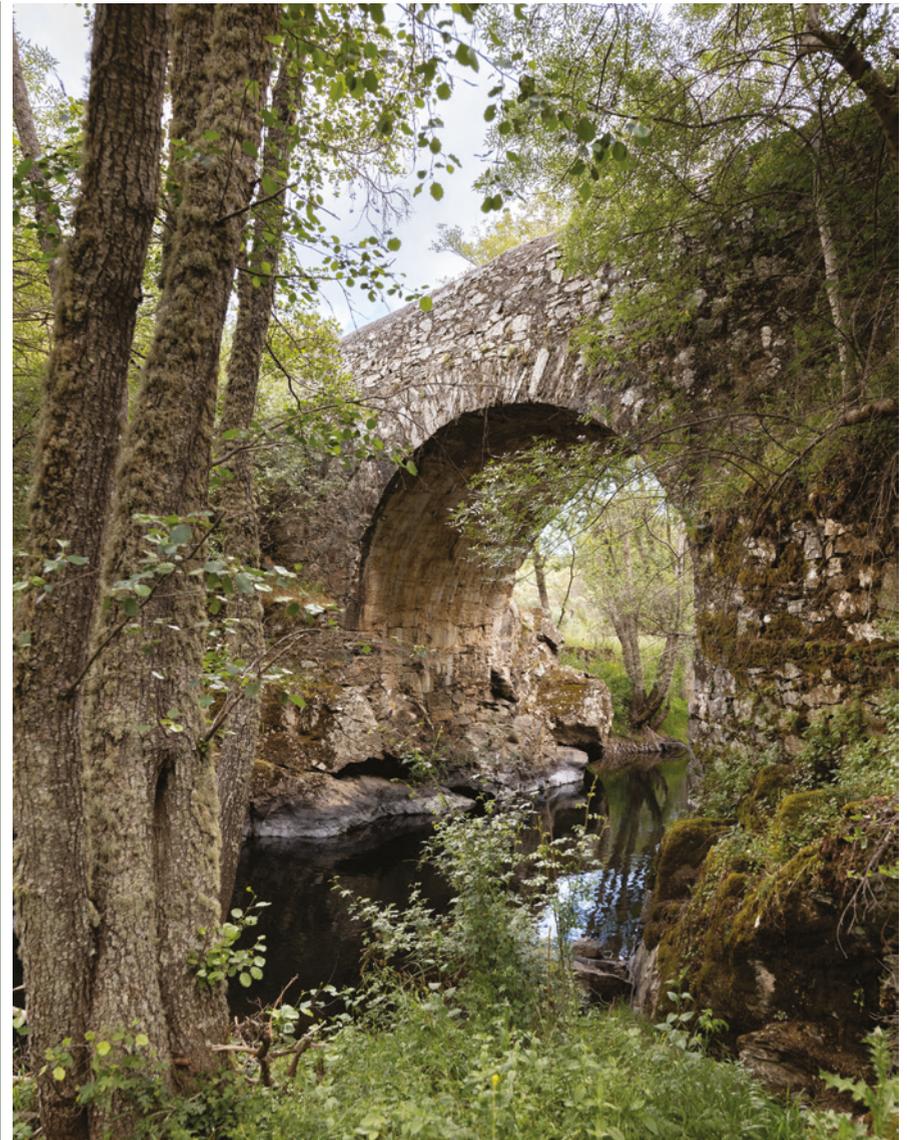
The geopark is also home to a multitude of animal and plant species, many of which are strictly indigenous. Among many other living creatures, its oak and pine forests provide shelter and sustenance for deer, wild boar, wolves and eagles.

Visitors can explore the area recreationally, through a range of outdoor activities that include climbing, hiking along ancestral routes, birdwatching, or canoeing along the 'sculptor' rivers, in an invitation to come into direct contact with the physical history of the region.

166

**Azibo Nautical Station and Pier**  
Macedo de Cavaleiros

Doing justice to the beauty of the surrounding water mirrors, the Nautical Station and the Azibo Pier were designed to enhance the nautical offer of this environment, facilitating the practice of water sports and promoting recreational activities in this environment. These spaces also work in conjunction with other outdoor activities, namely routes, trails, walking routes, cycle tourism and mountain biking, allowing these practices to expand through new links on the water.



**Bridge and Abandoned Village of Banzeres**  
Vale da Porca

From the Sanctuary of Santo Ambrósio, along a dirt track, you unexpectedly begin to glimpse a valley where, between mudflats and hills, you can see the ruins of what appears to be a ghost town, complete with rural houses and mills. This is the abandoned village of Banzeres - or 'Banrez', as it is pronounced locally - which was once the seat of a parish and is

now completely deserted. The local inhabitants explain the phenomenon: around 150 years ago, an epidemic wiped out almost the entire population. This spectre of misfortune still hangs over the village today, discouraging any recovery efforts and fuelling the myth and stories that pass from mouth to mouth.



161

Sanctuary of St Ambrósio  
Vale da Porca

Located on the Redondel plateau - and more specifically in Alto de Redondelo - about 3 kilometres from the village of Vale de Porca, the Sanctuary of Santo Ambrósio is surrounded by trees and invites contemplation. The associated festival, in honour of the patron saint Santo Ambrósio, has been celebrated for more than a century on the third Sunday of August and attracts real pilgrimages - with thousands of faithful - to the town.



162

Pillory of Vale de Prados  
Vale de Prados

Located in the parish of Vale de Prados, this is a 17th-century pillory, of the prismatic block type, with an octagonal socle with three steps, an octagonal shaft, surmounted by four stone arms, ending in a parallelepiped with the faces bearing heraldic elements. A cobblestone rests on the capital and its faces show a lupine figure, a shield, a cross and the national coat of arms.



165

Church of Nossa Senhora Da Purificação  
Podence

Also known as the parish church or mother church of Podence, this church invokes Our Lady of Purification and was built at the end of the 17th century.

Although it chronologically belongs to the Baroque period, its façade follows a comparatively more refined model, in the late-Mannerist style.

Preceded by a staircase and a churchyard, this church has a frontispiece divided in the centre by a portal with a straight frame, with fluted side pilasters and topped by a triangular pediment with a niche - the whole ending in a gable topped by a double bell tower. The interior consists of a single nave with a wooden ceiling painted with brutesco motifs, a high choir and a pulpit, both made of wood. On the side walls are two rocaile altarpieces - one dedicated to the Heart of Jesus and the other to Our Lady - as well as two others in the National Baroque style with the integration of Joanine elements in gilded wood carvings, alluding to the life of Christ and St Anthony.

The chancel, covered by a wooden ceiling painted with the figure of Our Lady and Child, has a late-Mannerist carved altarpiece in the centre, with a tripartite structure depicting Calvary in the centre. The side panels depict the Annunciation. In the upper and lower registers, the boards visually describe passages from Jesus' life.



164

Careto House  
Podence

Here you'll find a record of the carnival tradition of the village of Podence, associated with the "Caretos", represented on canvases by painters Graça Morais and Balbina Mendes and in photographs by António Pinto and Francisco Salgueiro.

On display are the costumes, rattles, masks and all the clothing of these seductive and enigmatic figures, as well as the only beings that the "Caretos" respect in their stumbling, shouting and rattling on Carnival Sunday and Tuesday, the marafonas.

Carnaval de Podence - Entrudo Chocalheiro  
Podence

The Carnival of the village of Podence is one of the most emblematic cultural and folkloric icons of our country and is already a reference all over the world. Since 2019, this Carnival has been classified by UNESCO as Intangible Cultural Heritage of Humanity, and this distinction is mainly due to the symbolism associated with the famous "caretos". These characters - who can be described as a kind of jumping devil - take to the streets wearing masks and brightly coloured ragged costumes, covered in rattles, to 'annoy the girls'. In these manifestations, echoes of ancestral fertility rituals are interwoven with other concepts, such as purging from the rigours of winter or ceremonies of passage into adulthood or access to the community.



# Ledra Lands

In the 12th century, Ledra was an important administrative division that had just been incorporated into the Lands of Portugal – and many landmarks from that distant time still stand today. Along this route, you'll discover not only architectural documents but also particularities of ancestral traditions, including the role of the olive tree and olive oil in the development of communities and the role of satire in festive celebrations.

Tuela River



**Torre de Dona Chama**  
Mirandela

Vila Nova da Rainha



**179**  
**Hillfort of São Juzende**  
Arcas

The Hillfort of São Juzende, is located in an elevated location next to the village of Vale de Prados close to the Tuela River. This fort was built in the Iron Age, consisting of two lines of schist walls. It was populated again during the Roman period.

Argana



**Argana**  
Macedo de Cavaleiros

172

**Church of Santo Antão**  
Vilarinho de Agrochão

Named Santo Antão de Vilarinho de Agrochão Church, in honor of the village's patron saint, this temple was built in the first quarter of the 18th century.



173

**Church of Nossa Senhora dos Reis**  
Lamalonga

It was built in 1767, the date inscribed on the facade, above the portal, in a niche where the image of Saint



Lamalonga



Vilarinho de Agrochão



172

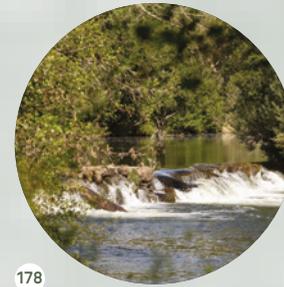
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171

**Nozelos Church and Pillory**  
Nozelos

The fragments of this pillory allowed the reconstruction of an octagonal shaft, with a capital and a small finial, carved from the same block.



178

**Guide and Ribeirinha River Beach**  
Torre Dona Chama



175

**Torre Dona Chama Pillory**  
Torre Dona Chama



174

Torre de Dona Chama



175



176

**Bridge Over Tuela River**  
Torre de Dona Chama

Initially of Roman construction, the bridge underwent subsequent changes which, however, did not take away either its character or its architectural quality.



177

Guide



177

**Church of São Mamede**  
Guide

Vilares



174

**Luso Roman Hillfort of Monte de São Brás**  
Torre de Dona Chama



170

**Arcas Manor House**  
Arcas

This important manor is widely considered one of the best examples of the 18th century Trás-os-Montes noble house.



170

Arcas

Agrochão

# Ledra Lands



**Argana**  
Macedo de Cavaleiros

In the far north-west of the municipality of Macedo de Cavaleiros, in the parish of Lamalonga, you can discover the serene and captivating village of Argana - where, incredibly, you can still walk along the same granite-lined streets that were laid out there in the distant days of Roman occupation. This is where the Bugio Way extends, for example, a section of the Via XVII, the oldest Roman road in the north-west of the Iberian Peninsula, built between the years 5 and 2 B.C. Recently, new research has been carried out to identify other ancestral stretches that passed through here, given the information given by the locals about 'ancient roads' that existed here. This effort, among other discoveries, resulted in the identification of a milestone - one of the markers that were placed from mile to mile along Roman roads - which has yet to be catalogued. The notion that Argana was, in ancient times, the 'centre of the world' is still present in popular memory. Beyond the more mythological interpretation of this notion as axis mundi - the nerve centre of civilisation, favoured in its connection between earthly reality and other planes - this concept can also refer to a point of origin or the intersection of various routes, which seems plausible in the case of Argana.



**170**  
**Arcas Manor House**  
Arcas

The Arcas Manor House, located in the municipality of Macedo de Cavaleiros and classified as a Monument of Public Interest, is one of the most important examples of an 18th century noble house in Trás-os-Montes. As is the norm for Baroque manor houses, it runs the length of the house, including a private chapel at one end of the façade.



**173**  
**Church of Nossa Senhora dos Reis, Lamalonga**  
Lamalonga

One of the most unique examples of Baroque in Trás-os-Montes, the Mother Church of Lamalonga - popularly known as the Church of *Nossa Senhora dos Reis* - was inaugurated in 1767. What sets this church apart is the fact that all of its architectural and artistic elements belong exclusively to the Baroque period, almost all of which were built during the second half of the 18th century.



**177**  
**S. Mamede Church**  
Guide

The main façade of the Church of Guide is dominated by a straight-arched doorway surmounted by an interrupted triangular pediment, above which is a small niche. The gable has an oculus window in the centre and is intersected by a granite belfry with two bells, ending with two small urns and a small cross. The cornerstones are surmounted by urns identical to those on the belfry.

Inside, the pavement demarcates the graves where parishioners were once buried. The roof is made of wood in a barrel vault and is painted with the coat of arms of Portugal, surrounded by a small phytomorphic fillet. The two polychrome carved side altars are connected to the two altars placed in a chamfer, forming a single whole with the triumphal arch. The chancel has a gilded carved altarpiece with Solomonian columns supporting the polylobed arch and the central throne. The curved painted wooden ceiling has a large central medallion.



172

Church of Santo Antão  
Vilarinho de Agrochão

Distinguished immediately by its robust granite façade - one of the region's architectural appanages - this Baroque-style church was built in the first quarter of the 18th century and was dedicated to Santo Antão, patron saint of the village of Vilarinho de Agrochão. The façade also features several images in niches.



176

Bridge over the River Tuela  
Torre de Dona Chama

It is located on the River Tuela, about three kilometres from the parish seat of Torre de D. Chama, and still has road use, serving as a crossing of the EN 206 between the first town and Valpaços. It was originally a Roman construction that underwent subsequent alterations which, however, did not detract from its character or architectural quality.



175

Dona Chama Tower Pillory  
Torre de Dona Chama

The pillory stands on a platform made up of three square-edged steps made of dressed granite stone, with the ground floor buried in the ground. The column has a quadrangular base, tapered at the top so as to approximate the section of the shaft. It is topped by a protruding collar and abacus, like a tray, on which four arms rest in a cross, like dogs, with animal heads protruding at the angles.



174

Luso Roman Hillfort of Monte de São Brás  
Torre de Dona Chama

The São Brás hillfort is located in the parish of Torre de Dona Chama in the place known as São Brás. Its occupation probably dates back to the Late Bronze Age, given the double-sided axes of the monteagudo type discovered here. The documentation, combined with the surface traces, suggest a continuous occupation from the Late Bronze Age, with a clear presence in the Roman period, until the Modern Age.



Festa de Santo Estêvão  
Torre de Dona Chama

The *Festa dos Caretos, dos Rapazes e São Estêvão*, which takes place on 25 and 26 December and constitutes Intangible Cultural Heritage, is a bastion of identity for the children of the parish of Torre de Dona Chama - who ritually return to their origins to take part in these days. Even though it takes place in a territory highly characterised by its own festivities, this *Festa dos Caretos* brings together some of the most peculiar cultural manifestations in the whole of the Trás-os-Montes world. The premise behind all the events is the recreation of a semi-legendary battle between 'Moorish' (represented here by the "caretos") and 'Christians' (represented by the mordomos) that culminated in the reconquest of the castle (or 'tower') associated with the local settlement. However, this theatricality seems to have even more distant origins, coming from ancient times where the struggle displayed would oppose allegorical forces of 'good' and 'evil'. Over time, this battle would take on the theme that is recreated today. But this is just one of the components of the celebrations.

On the night of the 25th, the giant traditional bonfire is lit and the glittering ritual of social satire 'Manda el Rei meu Senhor que Saíam os Jogos à Praça' begins. During the course of the night, the boys semi-stagedly kidnap several donkeys belonging to members of the village. This is done to replicate the idea that, on the eve of the battle, the 'Christians' had stolen the mounts from the 'Moorish' in order to weaken them. Masking the operation is the Shepherd and His Flock (an adult who accompanies the village children) who theatrically distract the victims (co-operators) so that they don't realise the animals have been stolen.

The next morning, the trouble breaks out: the donkeys ride off and the 'gypsies' and 'madams' (boys dressed as girls and girls dressed as boys) leave).

In the afternoon, Mass is celebrated for St Stephen, including the blessing of the bread, followed by the 'battle' itself, with mock hand-to-hand fighting and the final assault on the castle symbolising the final blow and defeat of the 'Moorish'.

# Three Rivers

Over the centuries, the Tua Basin has been inhabited by different peoples who have left rich testimonies of their time here - from rock shelters to ancient villages, including medieval churches and castles. Certainly, it was the same splendour of nature, which continues to impress visitors to this day, that motivated them to settle here.



Tua River

The Tua River is surrounded by breathtaking landscapes that impress with their natural beauty, being the protagonist of an imperious setting where you can breathe all the grandeur of nature.



185

**Bridge Over the Tua River**  
Mirandela

The Bridge over the Tua River or Old Bridge, is located in the parish and place of Mirandela, it forms the connection between Rua D. Manuel I, where the old area of the city is located, and Avenida Nossa Senhora do Amparo, located on the right bank.



184

**Maravilha River Beach**  
Mirandela

This place condenses three main attractions: the Maravilha River Beach, the Maravilha Swimming Pool and the Mirandela Camping and Caravan Park. It is here that the "Three Rivers" combine, the name given to the meeting of the flows of the Rabaçal and the Tuela, which thus give rise to a "third river", the Tua.



182

**Miradese River Beach**  
Miradese



192

**Lamas de Orelhão Pillory**  
Lamas de Orelhão



183

**Vale Juncal River Beach**  
Vale Juncal

São Pedro de Veiga de Lila



191

**Buraco da Pala**  
Passos

Buraco da Pala and the "Regato das Bouças rock shelters" are located in Serra de Santa Comba - on one of the summits and on the east coast of the mountain, respectively.



192

Lamas de Orelhão



180

**Church of São Tomé**  
Abambres



181

**Abambres Dam**  
Abambres



189

**Condes de Vinhais**  
Manor House  
Mirandela

The axis formed by the door and bay window is accentuated by the coat of arms of the Counts of Vinhais and culminates with the stone image representing the apostle Saint James on horseback, wielding a spear, dressed as a combatant.



188

**Távora's Palace**  
Mirandela

On the main facade of the Palace, the values of 18th century civil architecture converge with other previous traditionalisms.



187

**Misericórdia Church**  
Mirandela



186

**Santo António Gate**  
Mirandela

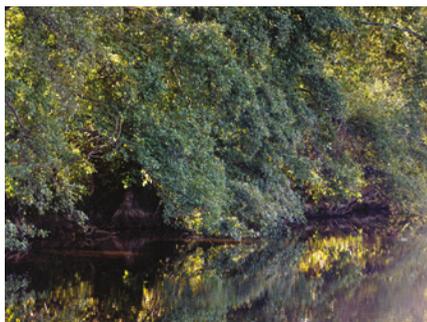
# Three Rivers



180

Church of São Tomé  
Abambres

The Church of São Tomé is a 13th-century building that stands out above all for the considerable collection of mural paintings that decorate its interior. This same interior, with a false barrel-vaulted roof with metal ties, has a high choir, a baptismal font under the choir, an altarpiece on the Epistle side, a pulpit with a quadrangular basin on the Gospel side with a stone staircase and wooden railings with polychrome balusters. The nave wall on the Gospel side has trompe l'oeil mural paintings of altarpiece composition with prettified architecture. The chancel has a curved wooden roof painted with a balustrade and plant motifs, various medallions and the coat of arms of Portugal. The side elevations are decorated with murals depicting 'The Last Supper' on the Gospel side and 'The Nativity' on the Epistle side. The high altar has carved woodwork with a tabernacle and a central throne, flanked by two canvases depicting St Peter and St Paul, between Solomonian columns..



183

Vale Juncal River Beach  
Vale Juncal

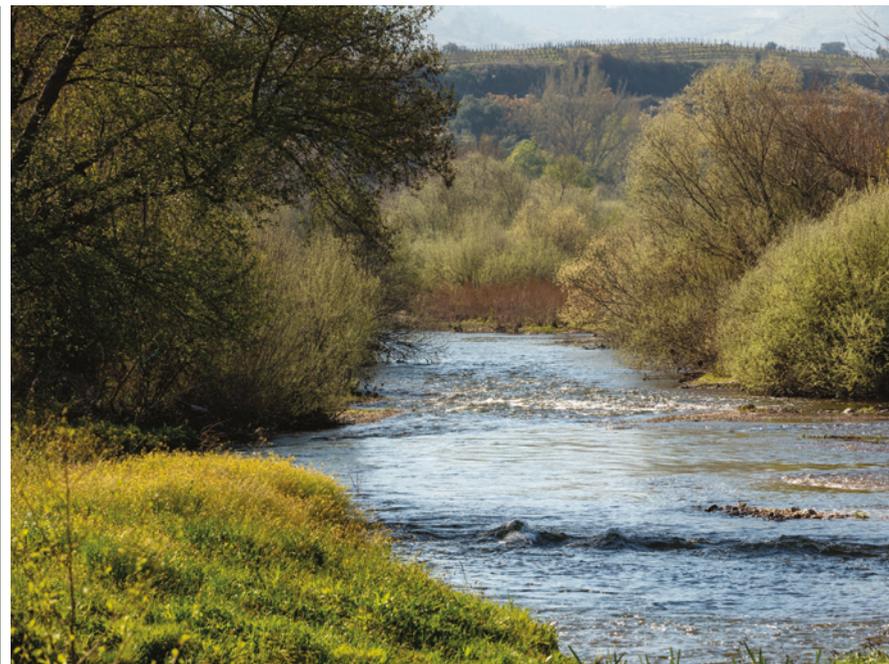
While one of the region's lesser-known holiday wonders, the river beach at Vale de Juncal and its magnificent weir continue to serve the village that gave it its name and delight the still rare visitors. The river has no currents or eddies, which makes it suitable for the whole family, and there is also a support area with a bar and picnic area.



184

Maravilha River Beach  
Mirandela

Just where the Rabaçal and Tuela rivers meet, giving rise to the Tua River, is the Maravilha River Beach. It's a quiet, green area where you can go for a swim in complete harmony with nature, enjoy a relaxing canoe ride or even do some recreational fishing. The water is typically calm and generally has a pleasant temperature of around 24 °C.



Tua River

Lined with impressive landscapes and incomparable natural pictures, the Tua River is around 40 kilometres long and results from the con-

vergence of the Rabaçal and Tuela rivers, which originated in Spain. It passes through the municipalities of Mirandela, Vila Flor, Carrazeda de Ansiães, Murça and Alijó and is a vital tributary of the right bank of the River Douro.



Old Tua Line

The old Tua Line is one of the most famous - and no less romanticised - railway links in the country. Its famous narrow gauge track followed 134 kilometres of the world's most breathtaking landscapes, linking Foz Tua to the city of Bragança. To this day, the part of the route that followed the sinuosity of the Tua river valley (from its mouth at the Douro river) to Mirandela, remains one of the most fabled and appreciated railway sections in history. From there, the locomotives crossed the plateau of Trás-os-Montes on a permanent climb to Rossas, the highest station in the country, before descending to Bragança. Initially called the Mirandella Line, this emblematic link was built in two phases and, when completed, included 10 tunnels, 4 viaducts and 17 bridges.

Disused since the 1990s, this line is now being used as an ecotrail linking Bragança to Mirandela.

Festa dos Reis de Vale de Salgueiro  
Vale de Salgueiro

The *Festa dos Reis* in Vale de Salgueiro incorporates deep traditions that reflect the communal codes that have developed there over the millennia and have been passed down from generation to generation.

The festivities begin when the bagpipers arrive in the village on 5th January.

They then accompany the King - the popular selected the previous year, who is responsible for organising the festivities in the current year and who wears a golden crown lent and owned by all the inhabitants - in distributing wine and lupins to all the houses in the village. In the evening, the first popular gathering takes place in the square. In the early hours of the next morning, King's Day, the King goes round the houses again to raise funds to cover the cost of the celebrations. After lunchtime Mass, a new King is consecrated.

After the Murinheira Dance, the bagpipers say goodbye at the end of the afternoon. That same evening, the most indefatigable folk gather again - at least until the fireworks are over or the wine and lupins run out.



Alheira de Mirandela PGI

Alheira de Mirandela PGI (Protected Geographical Indication) occupies the national imagination as one of the most recognisable and sought-after gastronomic products from the north-east of Trás-os-Montes. It is a smoked sausage, roughly cylindrical and horseshoe-shaped. Its ingredients include pork, chicken or turkey meat, traditional wheat bread, local olive oil and lard - virtuously seasoned with salt, garlic and paprika and/or chilli. Other equally typical versions of the recipe also include game meat, beef, savoury sausage and aged ham.



190

Olive Tree and Olive Oil Museum  
Mirandela

Housed in the former premises of the Mirandense Mill - itself a piece of industrial archaeology - and the result of an auspicious project by architect Manuel Graça Dias, the Olive Tree and Olive Oil Museum is a very rich and surprising space in spatial and historical terms. Throughout the visit, we understand the transformation - and not dissipation - of the original building in truly narrative terms, making use of compartments and additions, materialised in wood, iron and concrete and revolving around a central square pavilion made of stone. Light and its immensity are also captured or omitted along the architectural path, resulting in an experience that metaphorises the cycles associated with olive growing and olive oil production.

PDO Transmontano Goat's Cheese  
and PDO Transmontano Goating Cheese

The only Portuguese PDO (Protected Designation of Origin) goat's cheese, this product is highly appreciated for its pure flavour with a slightly spicy aftertaste, semi-hard paste, pleasant texture and intense aroma. Traditional methods are still used in its production, and the milk that gives rise to it comes exclusively from indigenous Serrana goats. It is also from this ancient rustic goat breed that the famous Cabrito Transmontano PDO is obtained, a meat appreciated for its high palatability, tenderness and succulence and which is one of the greatest icons of Trás-os-Montes gastronomy.

## Mirandela

Popularly known as the *Princess of Tua*, Mirandela - which is also the seat of the municipality of the same name - is located in the middle of the Ria Tua valley, in a flat area of relatively low altitude, complemented by fertile and generous soils. In contrast, it is surrounded by high hills, so it has a microclimate that is very favourable to growing fruit and olive trees - olive oil being one of the most acclaimed gastronomic products from here, along with the famous *alheira* sausage.



185

Bridge over the Tua River  
Mirandela

Classified as a National Monument since 1910, this emblematic bridge connects the old part of the city, on the left bank, with the newer part, on the right bank. Over the years, it has undergone various interventions and reconstructions, but it still bears traces of what may have been its first incarnation. In the 15th cen-

ture, it was rebuilt for the first time, but it was in the following century, during the reign of King Manuel I, that construction began on the building we know today. In 1909, due to severe flooding, four of its arches collapsed. In 1910, these were replaced by two larger ones, resulting in the 17 arches visible today.



186

Sto. António Gate  
Mirandela

Originally, Mirandela Castle had a wall and four gates - the gate of Santo António, the gate of Santiago, the gate of Portela and the wicket of São José. In front of the gate of Santo António, through which you could only enter the interior of the wall on foot - as the street was very steep - there was a barbican (a wall built in front of the walls and lower than them) about 15 metres away, designed to defend this access point. And it is precisely the gate of Santo António, formed by an arch measuring 2.60 metres by 1.80 metres, which is the only remaining part of the ancient walls of Mirandela castle. Rua de Santo António, where the arch is located, was once the town's busiest shopping street. On the inside of the arch you can still see the grooves that received the hinges of the old bolted gate.



187

Misericórdia Church  
Mirandela

One of the most important religious landmarks in Mirandela's old town, the Misericórdia Church dates back to the late 17th century and is an example of the Mannerist style. Its construction was originally commissioned in 1671 by the Brotherhood of Mercy of Mirandela.



188

Távoras' Palace  
Mirandela

It is on the main façade of the palace that all the dynamism of the values of civil architecture of the 18th century is concentrated, with the horizontal tendency of the long house, sectioned off by pilasters. On the uppermost body, the centrepiece is made up of fins and a cartouche featuring the coat of arms, which was chopped off after the misfortune that befell the Távoras, who were accused of attempting regicide in 1758. In 1863, the chopped-up coat of arms was replaced by that of the Counts of São Vicente, who took possession of the palace, leaving the building in a state of abandonment and ruin. This coat of arms is the one that still remains today on the



191

**Buraco da Pala**  
Passos

On one of the summits of the Serra dos Passos - a mountain formation whose importance has already been recognised by the International Federation of Rock Art - is the Buraco da Pala, a rock shelter with a single compartment that may have seen three distinct periods of human occupation. The first would have taken place in the Neolithic period, between 2800-2500 BC, and others would have lasted until the Copper Age. Its function also varied between a seasonal living space and a place to store agricultural products. Some of the schematic murals painted here have survived to the present day.



Serrana Goat

The Serrana goat is easily recognisable by its long coat - it is, in fact, the only indigenous goat breed with this characteristic - its grey colouring and its horns directed backwards in the shape of a sabre. Although these attributes indicate its genetic proximity to the wild goat, this animal is especially loved in the local popular imagination for its gentle temperament, intelligence and sensitivity. Its meat is unmistakably tender and succulent, making it the basis for many of the most popular and famous recipes from Trás-os-Montes.



192

**Pillory of Lamas de Orelhão**  
Lamas de Orelhão

Erected in a square in the town of Lamas de Orelhão - a parish that was a villa and the seat of an extensive municipality between 1259 and 1853 - this medieval pillory has been classified as a Property of Public Interest since 1931. Although several pillories of the same type can be seen in the Bragança district, this one has the particularity of not having zoomorphic representations at the top of the cross arms, but rather on the finishing piece.

# Tua Valley

Winding through the valley, the River Tua guides us past green hills and sunny slopes, on which the vines claim the properties that so many connoisseurs of the region's wines enjoy. Here, you'd almost think that the almond and cherry trees were competing with each other to determine who would add the most beauty to the landscape. Here, the legacy of the people almost blends with the will of nature.



**Abreiro**  
Mirandela



**198**  
**Freixiel Gallows**  
Freixiel  
Garrote gallows, where the condemned were not executed by suspension strangulation, but by garrote, and were then put on prolonged exposure.



**Ribeirinha**  
Vila Flor



**200**  
**Abreiro Bridge**  
Abreiro  
From this point it is possible to appreciate the river, the old Linha do Tua, the Alpendurada sidewalk and the old bridge.



**Freixiel**  
Vila Flor



**Frechas**  
Mirandela



**Vilarinho das Azenhas**  
Vila Flor



**Vilarinho das Azenhas**  
Vila Flor



**Vilarinho das Azenhas**  
Vila Flor



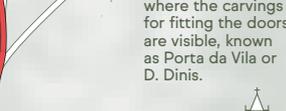
**Frechas**



**193**  
**Sanctuary of Nossa Senhora da Assunção**  
Vilas Boas  
Built in the 19th century on top of a hill that dominates the entire surrounding landscape, it represents one of the highest points in the municipality, with around 760 meters of altitude.



**195**  
**Vila Flor Castle Gate**  
Vila Flor



**194**  
**Vila Flor Pillory**  
Vila Flor



**197**  
**Church of São Bartolomeu**  
Vila Flor



**196**  
**Vila Flor Fountain**  
Vila Flor



**194**  
**Vila Flor Pillory**  
Vila Flor



**Vila Flor**

P O R T U G A L

F R E I X I E L

R E G I O N A L N A T U R A L P A R K

T U A V A L L E Y

Tua River

P O R T U G A L

F O L G A R E S

Vale de Sancha

Meireles

Vilas Boas

Roios

Cobro

Frechas

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# Tua Valley



Frechas  
Mirandela

The picturesque village of Frechas, as well as the parish of the same name that it captains, is located on a hill on the lovely banks of the River Tua. Settlement in this area dates back to prehistoric times, as the archaeological remains here unequivocally show, and the rich soil and extraordinary climatic conditions that still exist here today may have contributed to it.

Vilarinho das Azenhas  
Vila Flor

The village of Vilarinho das Azenhas rises from the bank of the River Tua, preceded by the ruins of two old watermills - the only surviving architectural remains of the once fruitful activity that gave it its name. However, other vestiges present there tell us about the ancestry of its settlement, such as the remains of an acropolis that can still be visited in the centre of the village. Religious fervour also marks this town, as can be seen in the building of the Church of Santa Justa - an example of the 18th century Baroque style - and, above all, the proximity of the Sanctuary of Nossa Senhora dos Remédios. The latter is located on the head of the neighbouring hill and overlooks both the village and the river, seeming to protect them. This is also where the stunning Azenhas do Tua viewpoint is located, which offers thrilling views over the length of the valley.



Vilas Boas  
Vila Flor

The town of Vilas Boas has a rich past that is well known to historians, but which visitors would not easily guess were it not for the endurance of its pillory. In fact, Vilas Boas was a town and county seat from the 14th century until 1836. In 1512, when the 'New Charters' were issued during the reign of King Manuel - renewing a charter presumably given by King Afonso IV - the reaffirmation of the town's municipality would have meant the construction of this monument.





## Vineyard

Among the various attractions offered by the municipality of Vila Flor - such as olive oil, almonds, lamb and kid goat, sweets, wood-fired bread, cheese and honey - wine has a significant impact on the local economy and culture. With part of its territory in the Douro Demarcated Region, vineyards naturally mark the landscape, along with almond and olive groves. But if today we take the quality and production capacity of the Douro for granted, we must remember that if it weren't for the tireless resilience of man over the centuries, we wouldn't be enjoying Douro nectars today.

Ingeniously, our ancestors were able to tame the difficult steep terrain and schist soils, transforming them into terraces and levels that allowed them to vastly expand their working and cultivation areas.



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Sanctuary of Nossa Senhora da Assunção  
Vilas Boas

The Sanctuary of Nossa Senhora da Assunção is the largest and one of the most important Marian shrines in Trás-os-Montes. Erected in the 19th century on top of a hill that dominates the surrounding landscape, it is one of the highest points in the municipality, at around 760 metres. Its history goes back thousands of years, as there was an Iron Age fortified settlement on this magnificent hill. It has a church with a single rectangular nave and chancel, several small chapels scattered around the grounds and a monumental staircase, all surrounded by immense clumps of forest.



Festa da Senhora da Assunção  
Vilas Boas

The pilgrimage of *Nossa Senhora da Assunção*, or popularly known as the *Romaria do Cabeço*, is a centuries-old manifestation of popular religiosity. Since the 17th century, many thousands of pilgrims from all over the world have travelled to the "Cabeço", where the current Diocesan Sanctuary of Our Lady of the Assumption was built. Many thousands of devotees of Our Lady of the Assumption come to this place, coming from *Além-Tua*, *Além-Sabor* and *Além-Douro*, along different pilgrimage routes created and systematised over centuries, within a radius of more than 100 km around the Sanctuary, particularly on 15 August, the day of Mary's Assumption.

Until 1843, the Sanctuary was little more than a small chapel situated at the top of the sacred 'Cabeço', where many hundreds of pilgrims flocked, with great difficulty, especially on the *Festa de Nossa Senhora*.

The dynamisation of the Sanctuary and its pilgrimages is largely due to the key moment of the apparition, on several occasions, of Our Lady of the Assumption to the young girl Maria, from Vilas Boas, in 1673. From then on, the pilgrims increased in great numbers and the miracles followed, as Friar Agostinho de Santa Maria reported in 1712 in *Santuário Mariano* (Marian Sanctuary). The dynamisation of the Sanctuary and its pilgrimages is largely due to the key moment of the apparition, on several occa-

## Vila Flor

Legend has it that Vila Flor, once called Póvoa d'Além-Sabor, was renamed by King Dinis. When the king was on his way to Miranda to meet his fiancée Isabel of Aragon, he passed through here and, finding the place so beautiful and flowery, poetically renamed it so. He also granted it a charter in 1286 and had it surrounded by walls - although only the South Gate remains of this fortification. Today, this town is also the seat of the municipality and, in addition to its vast built heritage, it is recognised for the production of top quality olive oil.



Historic Centre of Vila Flor

The picturesque Historic Centre of Vila Flor comprises a surprising agglomeration of historical monuments and places of recreational and cultural interest. The entry point is usually the Fonte das Bestas, a 14th or 15th century plunge fountain shrouded in legend. From there, we come across the Misericórdia Church, dating back to the 17th century, in the middle of Largo do Rossio. Nearby, in another of the town's main squares, you'll find the Parish Church of Vila Flor, also known as the Church of St Bartholomew, which stands out

for its two imposing bell towers. Nearby are the old Jewish Quarter, the medieval Arch of King Dinis - part of the remains of a vanished castle - and the Roman Fountain. In the practically adjacent Praça da República, which also opens onto two gardens and an amphitheatre, you can discover the Museu Municipal Dra. Berta Cabral, whose rich collection includes a gold coin from the time of the Visigoths and the original document that bears witness to the Manueline charter granted to the town. Among other attractions, this centre is also framed by manor houses and farmhouses associated with the production of wine and olive oil.



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Vila Flor Castle Gate  
Vila Flor

There may once have been a castle in Vila Flor, with existing documentation pointing to a 1286 construction ordered by King Dinis. Although few traces survive to this day, this arch - also known as the 'town gate' - attests to the past existence of a walled enclosure around the town. This would have been one of only five gates, all with a broken arch, built along the fortification.



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Vila Flor Fountain  
Vila Flor

Although it goes by the old name of 'Roman Fountain', this is actually a 16th century fountain. It consists of four pillars and six Ionic columns supporting a brick dome.

It is believed that this enclosure, in the shape of a Greco-Galician temple, was used for municipal meetings of the good men of the parish.



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Parish Church of São Bartolomeu  
Vila Flor

Distinguished especially by its majestic scale, this church was built in the 18th century to replace the previous church that had collapsed on 31 January 1700 - most of the ornate stones from the older building having been reintegrated into the new one. It is a paradigmatic example of Baroque architecture, with a longitudinal floor plan consisting of a nave and chancel, with a side chapel and sacristy attached. It has an external height of over 15 metres, a width of 14 metres and a length of 42 metres. It also has towers that rise to 24.6 metres. Inside, it has a total of six altars, three of which include gilded altarpieces. Its two side altars deserve special mention for their artistic complexity and antiquity, dating back to the century before the church itself was built. In turn, the more modern high altar (1787) features a venerable panel by the Vila-flor painter Manuel de Moura.

### Freixiel Gallows Freixiel

Rising on the outskirts of Freixiel, there remains a disconcerting monument from the Middle Ages that reminds us of the implacability of the concepts of justice of that era - the Old Gallows. Resisting the pressure of time, the two granite pillars that supported the now-disappeared horizontal beam from which the noose was hung still stand today. The marks at the base of these pillars also reveal the past existence of a wooden platform.



However, the distance between the holes that supported the beam and the floor and the platform made it impossible to strangle by suspension. It would then have been a garrote gallows - with the condemned typically left on display there, hanging by the neck. According to the beliefs of the time, the condemned couldn't be buried in consecrated places and, for this reason, they were buried in a nearby field known as the 'Faithful of God'.

According to current knowledge, these are the only surviving remains of this type of structure in the entire Iberian Peninsula.



Freixiel  
Vila Flor

Between two hills, at the bottom of the magnificent Freixiel Valley - which is surrounded by the Folgares, Cabreira, Mós, Pessegueiro and Vieiro mountains - lies the village recognisable by the same name. Although the population is now concentrated in this centre, the general area of the valley has been inhabited since prehistoric times. As an indication of this, here you'll find testimonies such as an ancient settlement, the Salgueiral Necropolis, a Roman fountain and wine press and the ruins of a medieval bridge. But there are also buildings from comparatively less distant centuries, such as the important Manueline pillory, some emblazoned manor houses and even the disconcerting gallows - a monument of this type that is unique in Portugal and recalls the implacability of the concepts of justice from other eras. Beyond the olive tree, the vineyard marks the landscape, or we wouldn't be in the middle of the Douro Demarcated Region.



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Freixiel Pillory  
Freixiel

It is estimated that Freixiel's first charter dates back to 1112, and that it was granted again in 1515 by King Manuel - this pillory was erected in the main square of the village at the time to specifically recognise the municipal authority. This example shows many of the traditional Manueline features, with its prismatic block with a quadrangular four-stepped base - the ground floor being partially embedded in the ground, with a steep slope - and its octagonal shaft topped by a simple capital and parallelepiped with heraldic elements.



Abreiro  
Mirandela

Part of the municipality of Mirandela, the village of Abreiro is located in a valley embraced by the River Tua and is the guardian of an extremely valuable archaeological heritage. Of particular note are the causeway that connected the village to the old bridge of Abreiro - a medieval building that didn't survive the floods of 1909 - the ruins of the bridge itself and the megalithic dolmen of Arcã. In the middle of the village, imposing stately homes stand out, alternating with the humble granite houses typical of the region, which here are notable for their wooden balconies.

# Location



# Location and Accessibility

The region of Trás-os-Montes is located in the northeast of Portugal, positioned as a sub-region of the country's North, comprising nine municipalities: Alfândega da Fé, Bragança, Macedo de Cavaleiros, Miranda do Douro, Mirandela, Mogadouro, Vila Flor, Vimioso, and Vinhais. This area, commonly known as the Northeast of Trás-os-Montes, covers an approximate area of 5,538 km<sup>2</sup> – making up 26% of the Northern region – and hosts a population of about 107,300 inhabitants (INE, 2021).

To the north and east, it borders the Spanish provinces of Galicia and Castile and León, respectively. To the south, it is bordered by the Douro sub-region, and to the west, by the Alto Tâmega and Barroso sub-region. More broadly, the Northeast of Trás-os-Montes is positioned on the central axis of Europe and is notable for its Iberian centrality and proximity to Spain.

The region of Trás-os-Montes is well-served by road infrastructure, with a wide and diverse network that includes municipal roads, national roads, main routes (IP2), complementary routes (IC5), and a motorway (A4). This network ensures smooth connections to major national urban centers and direct cross-border road access.

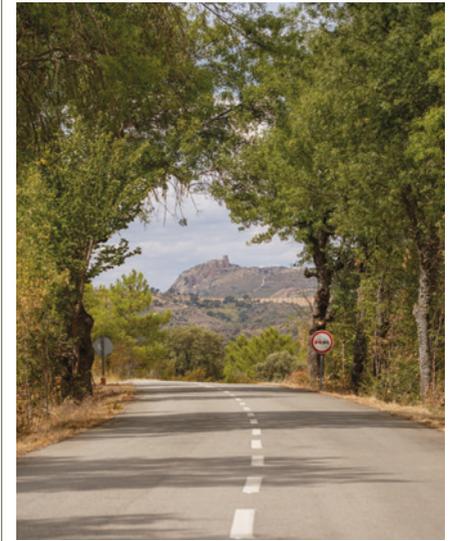
More specifically, the main entry points for national and international connections are located in the municipalities of Bragança, Macedo de Cavaleiros, and Mirandela, while Vila Flor, Mogadouro, and Alfândega da Fé are best served by the main and complementary route types. In terms of connections between urban centers that are municipal seats, Vimioso, Mirandela, and Macedo de Cavaleiros have the highest number of routes.

Regarding public transportation, most travel within the region is provided by collective road transport services – commonly known as “carreiras” – which stand out socially for adhering strictly to maximum fares regulated annually by ordinance. The sub-region is served by

8 different operators offering 91 base service lines, 12 partial lines, and 1 variant. Alongside these typically municipal routes, there are also express services, mainly used for medium/long-distance travel that connect the region of Trás-os-Montes to major national urban centers.

In the past, the sub-region was served by the Sabor and Tua railway lines. In this context, it is important to note the proximity of the region to Spain's AVE high-speed train stations, particularly Sanabria, which is 50 km from Bragança.

As for air transport, most activity is concentrated at the Bragança Aerodrome, located in the parish of Baçal, which has two runways of approximately 1,700 x 30 meters, a hangar, and other associated facilities, such as a terminal with a bar and a departure lounge. From here, for instance, the popular Bragança-Lisbon-Portimão air connection operates. Additionally, the territory is also served by the Municipal Aerodrome of Mogadouro, the Municipal Aerodrome of Mirandela, and the Municipal Heliport of Macedo de Cavaleiros.



The route of the Rota das Terras de Trás-os-Montes allows you to discover villages, towns, cities and municipalities rich in flavors, landscapes and culture.



# Other Routes

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Via Romana XVII

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The Way of St. James

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Castros and Berrões Route

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Chestnut Route

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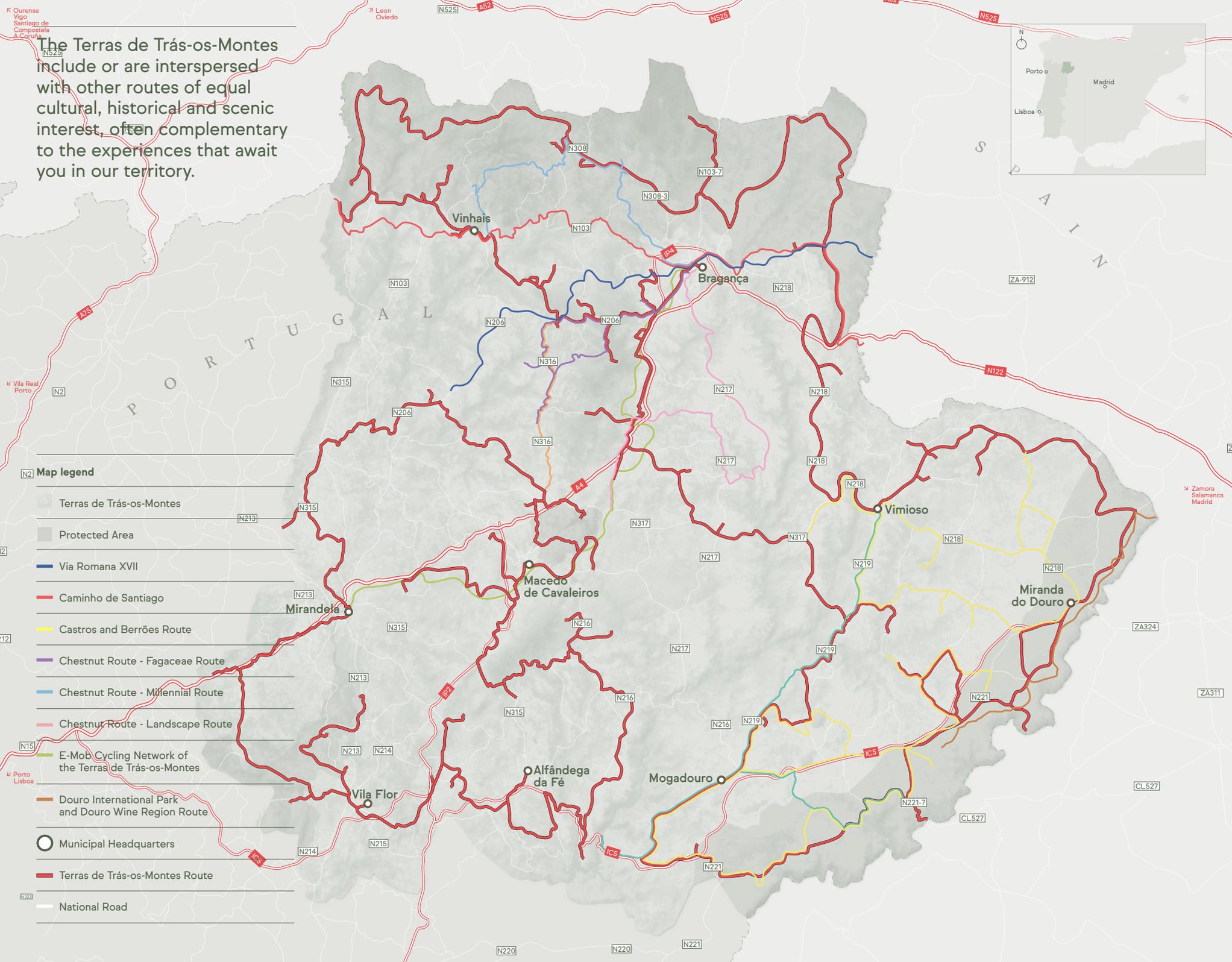
Douro International Park  
and Douro Wine Region Route

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E-Mob Cycling Network of  
the Terras de Trás-os-Montes

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The Terras de Trás-os-Montes include or are interspersed with other routes of equal cultural, historical and scenic interest, often complementary to the experiences that await you in our territory.



- Map legend**
- Terras de Trás-os-Montes
  - Protected Area
  - Via Romana XVII
  - Caminho de Santiago
  - Castros and Berrões Route
  - Chestnut Route - Fagaceae Route
  - Chestnut Route - Millennial Route
  - Chestnut Route - Landscape Route
  - E-Mob Cycling Network of the Terras de Trás-os-Montes
  - Douro International Park and Douro Wine Region Route
  - Municipal Headquarters
  - Terras de Trás-os-Montes Route
  - National Road

# Winter Rituals



Festa da Cabra e do Canhoto	Cidões, Vinhais	october 31st
Festa de Santa Luzia / Festa do Velho e da Galdrapa	São Pedro da Silva, Miranda do Douro	december 13th (ou domingo mais próximo)
Festa dos Rapazes	Varge, Bragança	december 25th and 26th (preparatory rites on december 24th)
Festa dos Rapazes	Aveleda, Bragança	december 25th and 26th
Festa de Santo Estêvão	Arcas, Macedo de Cavaleiros	december 25th and 26th
Festa de Santo Estêvão	Parada de Infanções, Bragança	december 25th and 26th (rites run until december 30th)
Festa de Santo Estêvão / Festa das Varas	Rebordelo, Vinhais	december 25th and 26th
Festa de Santo Estêvão	Ousilhão, Vinhais	december 25th and 26th
Festa de Santo Estêvão / Festa dos Caretos	Torre de D. Chama, Mirandela	december 25th and 26th
Festa dos Velhos	Bruçó, Mogadouro	december 25th
O Careto e a Velha	Valverde, Mogadouro	december 25th
Festa do Velho Chocalheiro	Vale de Porco, Mogadouro	december 25th and january 1st
Festa de Santo Estêvão	Rebordãos, Bragança	december 26th
Chocalheiro	Bemposta, Mogadouro	december 26th and january 1st
Festa de Santo Estêvão	Grijó de Parada, Bragança	december 26th and 27th

Festa de Santo Estêvão	Travanca, Vinhais	december 27th
Festa das Morcelas ou da Mocidade	Constantim, Miranda do Douro	december 28th and 29th (the preparatory rites start on December 27th)
A Encamisada	Vale das Fontes, Vinhais	night of december 31st
Festa do Menino e do Farandulo	Tó, Mogadouro	january 1st
Festa do Menino / Festa da Belha / Festa do Ano Novo	Vila Chã da Braciosa, Miranda do Douro	january 1st
Festa dos Reis	Rio de Onor, Bragança	Weekend before january 6th
Festa dos Reis	Baçal, Bragança	Weekend closest to january 5th and 6th
Festa dos Reis	Salsas, Bragança	january 1st and 6th
Festa dos Reis	Rebordainhos, Bragança	january 6th
Festa dos Reis e dos Roscos	São Pedro da Silva, Miranda do Douro	january 5th
Carnaval	Vila Boa de Ousilhão, Vinhais	saturday and "fat sunday"
Entrudo Chocalheiro	Podence, Macedo de Cavaleiros	saturday to carnival tuesday
Carnaval	Santulhão, Vimioso	carnival tuesday
Morte e Diabo	Vinhais	ash wednesday
Morte, Diabo e Censura	Bragança	ash wednesday

## Useful Contacts

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