

Terras de Trás-os-Montes

Portugal

TTM
TRÁS-OS-MONTES

The Natural Destination





About us

We are the Intermunicipal Community of Terras de Trás-os-Montes (CIM-TTM), the public entity responsible for coordinating, enhancing and promoting tourism in the Terras de Trás-os-Montes region, in north-eastern Portugal, near the border with Spain.

We represent a territory comprising nine municipalities, marked by a strong cultural identity, high environmental preservation and a historically consolidated Iberian dimension.

As a destination promotion entity, we do not market or sell tourist programmes. We act as facilitators and mediators between the territory and the markets, promoting the destination to tour operators, travel agents, the press and institutional partners.

Our work focuses on promoting living culture, preserved nature, local cuisine and our shared Iberian heritage, supporting the creation of sustainable tourism products and connecting external operators with a network of accredited local partners.

Terras de Trás-os-Montes

The **Terras de Trás-os-Montes** are one of the most authentic and unique regions in northern Portugal, located in the far north-east of the country, on the border with Castile and León and Galicia, with preserved landscapes and a very strong territorial identity. Its historical relationship with neighbouring Spanish territories has consolidated a strong Iberian dimension, visible in the traditions of the border region, community culture and shared heritage.

The territory asserts itself as a peaceful and naturally preserved destination, suitable for getaways, gastronomic experiences, ancestral traditions and nature programmes, benefiting from easy access from Spain. Its proximity to Zamora, Salamanca, Valladolid, León, Ourense and Vigo allows for its natural integration into short breaks, cultural itineraries, cross-border routes and touring and slow travel programmes aimed at nearby Spanish and European markets.

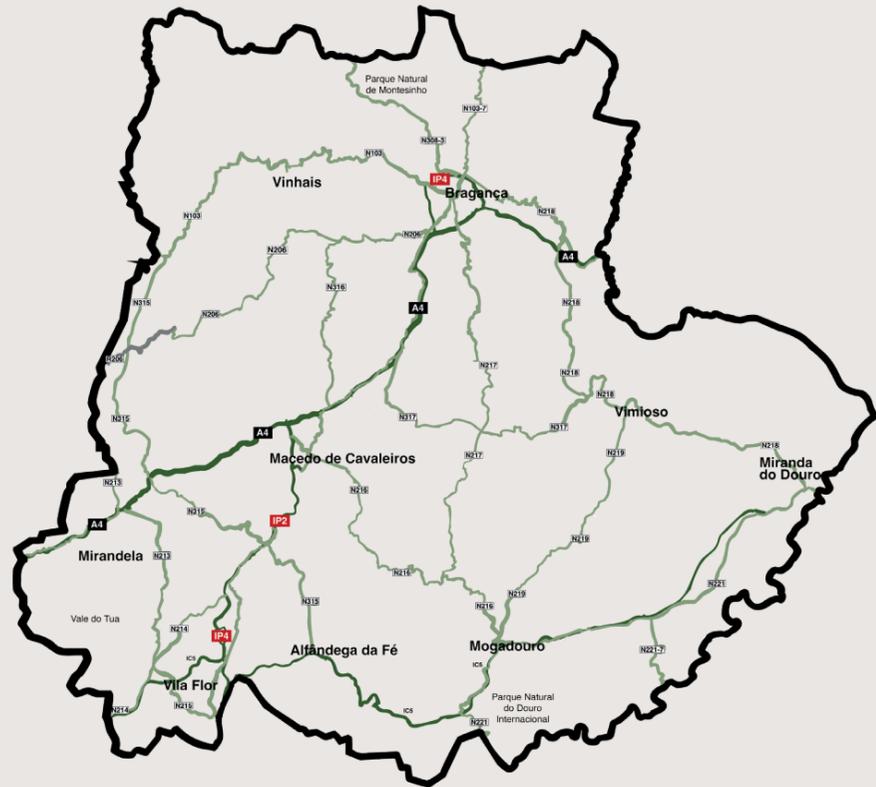
A stone's throw from Spain, one of the most authentic regions of Portugal.

Terras de Trás-os-Montes

LOCATION AND ACCESSIBILITY

Terras de Trás-os-Montes

TRAVEL TIMES FROM BRAGANÇA



Terras de Trás-os-Montes is located in the far north-east of Portugal, close to the border with Castile and León and Galicia, benefiting from direct and quick access from the main Spanish cities. Its geographical proximity favours short trips, getaways, cross-border itineraries and combinations with other destinations on the Iberian Peninsula.

The territory is well served by major road links, allowing comfortable access by car from Zamora, Salamanca, Valladolid, León, Ourense, Vigo and Madrid, via the main Spanish and Portuguese motorways. This accessibility also facilitates connections with other regions in northern Portugal, such as

the Douro and Porto, reinforcing the Iberian vocation of the destination.

In terms of air transport, Bragança Aerodrome stands out, with regular flights to Lisbon and the Algarve, enabling connections to the main national and international urban centres.

The region also benefits from its proximity to the Spanish high-speed rail network (AVE), with stations nearby in Zamora, Puebla de Sanabria and A Gudiña, allowing for the creation of combined itineraries between Portugal, Castile and León, and Galicia.

Península Ibérica

TRAVEL TIMES FROM BRAGANÇA

Destination	Time
Zamora (Spain)	1 h 15 min
Salamanca (Spain)	1 h 45 min
Valladolid (Spain)	2 h 00 min
León (Spain)	2 h 00 min
Ourense (Galicia)	2 h 00 min
Vigo (Galicia)	3 h 00 min
Madrid (Spain)	3 h 30 min
Oporto (Portugal)	1 h 40 min
Lisboa (Portugal)	4 h 30 min

An easily accessible destination, with comfortable journeys and landscapes of great natural beauty along the way.

Terras de Trás-os-Montes

NATURE | LANDSCAPE



The **Terras de Trás-os-Montes** is one of the best-preserved natural areas in northern Portugal, bringing together large-scale protected areas, extensive rural landscapes, high Iberian biodiversity and peaceful environments. The combination of natural values, traditional human practices and low urban pressure has given rise to a diverse, balanced landscape of high environmental quality.

The territory includes **several classified natural areas**, which structure the nature offering and allow for the development of activities such as hiking, wildlife watching, cycle tourism, river tourism and astro-tourism.

Montesinho Natural Park – A large-scale, high-altitude mountain area marked by traditional villages, oak groves and extensive chestnut forests. It is one of the most emblematic natural areas in northern Portugal, where Iberian biodiversity remains associated with ancestral rural practices.

The diversity of the landscape and the high environmental quality allow for the development of:

- **Walking trails and interpretive walks** in protected areas
- **Wildlife observation programmes** (birdlife, Iberian biodiversity)
- **Astro-tourism and night sky observation** (Starlight Destination – Vale do Tua)
- **Cicloturismo y movilidad sostenible** en entornos naturales
- **Cycle tourism and soft mobility in natural settings** (playas fluviales, embalses)
- **River tourism and water-related experiences** (river beaches, reservoirs)

• **Montesinho Natural Park:**

A large-scale, high-altitude mountain area marked by traditional villages, oak groves and extensive chestnut forests. It is one of the most emblematic natural areas in northern Portugal, where Iberian biodiversity remains associated with ancestral rural practices.

• **Douro International Natural Park:**

A deeply carved territory along the Douro River, characterised by quartzite escarpments, natural viewpoints and habitats of great importance for rock-dwelling birds, forming one of the most impressive landscapes on the Portuguese-Spanish border.

• **Vale do Tua Regional Natural Park:**

A valley with a peaceful landscape and exceptional conditions for observing the night sky. The Vale do Tua is recognised as a certified Starlight Tourist Destination, establishing itself as a benchmark for astro-tourism.

• **Albufeira do Azibo Protected Landscape:**

A water area integrated into a natural context, with classified river beaches, accessible bathing areas and high environmental quality, associated with leisure activities, hiking and enjoyment of the landscape.

• **Lagos do Sabor:**

A system associated with the River Sabor, creating extensive bodies of water, viewpoints and diverse natural habitats, which introduce a new landscape interpretation in the interior of the territory.

Terras de Trás-os-Montes

LIVING CULTURE AND HERITAGE

The **TERRAS DE TRÁS-OS-MONTES** region has a deeply rooted cultural identity, visible in its language, community traditions, music, rituals associated with natural cycles and a built heritage that bears witness to continuous human occupation. It is a territory where culture remains alive, practised and transmitted by local communities.

LIVING CULTURAL IDENTITY

MIRANDESE LANGUAGE:

Portugal's second official language, spoken in the Terra de Miranda, with its own linguistic structure and strong symbolic value in the Iberian context. It allows for the development of interpretive visits, language museums, storytelling activities, and educational products.

PAULITEIROS DE MIRANDA:

A choreographic and musical expression of great identity value, based on community dances with sticks, often associated with festive moments and religious rituals. It is one of the region's most recognised cultural icons, with interest for ethnographic and educational programmes.

WINTER FESTIVALS AND COMMUNITY RITUALS:

The territory preserves the largest and most diverse set of winter rituals linked to agricultural tradition, the changing seasons and community life. All have common elements: wooden, tin and animal skin masks, traditional music played on ancestral instruments, processions, bonfires, ritual clothing and characteristic sounds.



ARCHITECTURAL AND HISTORICAL HERITAGE

The territory has a rich collection of:

- **Civil Architecture:** circular and horseshoe-shaped dovecotes, water mills, wine presses, and typical rural buildings from Trás-os-Montes.
- **Religious Architecture:** more than 20 temples classified as National Monuments or Buildings of Public Interest.
- **Military Architecture:** border castles (Bragança, Algosó, Miranda do Douro, Mogadouro, Penas Róias, Vinhais), watchtowers, fortifications.
- **Archaeology:** remains from the Upper Palaeolithic period (rock art), protohistoric hill forts, Roman sites (Lorga de Dine, Castro de S. João das Arribas, Domus Municipalis de Bragança).

MUSEUMS AND INTERPRETIVE CENTRES

Several museums and interpretive centres enrich the cultural offering of the territory, focusing on art, ethnography and regional history, without excessive concentrations in order to preserve a dispersed and authentic experience.

INTERNATIONAL HERITAGE RECOGNITION

UNESCO

- **Podence Carnival** – Intangible Cultural Heritage of Humanity (2019)
- **Iberian Meseta Transboundary Biosphere Reserve** – territory classified by UNESCO (2015)
- **Terras de Cavaleiros Geopark** – geological heritage of international importance (2014)

Terras de Trás-os-Montes

LIVING CULTURE AND HERITAGE

COMMON IBERIAN HERITAGE, RAIJA AND MEMORIES OF SMUGGLING

The following stand out as symbols of Iberian encounter:

- **Fraga dos Três Reinos**, symbolic point of historical convergence between Portugal, León and Galicia;
- **Rio de Onor**, a Portuguese-Spanish village with ancestral community practices still alive today;
- **Network of Border Castles**, which bear witness to the defensive and relational history of the territory.

Memories of smuggling are also an important part of the Raia's cultural identity. Today, this intangible heritage can be explored and interpreted through:

- historic smuggling trails,
- border villages,
- pilgrimages and shared traditions,
- interpretive centres and guided tours.

THE CULTURAL AND HERITAGE WEALTH OF THE TERRAS DE TRÁS-OS-MONTES REGION ALLOWS FOR THE DEVELOPMENT OF

- **A Transmontano Carnival tour**, incorporating different mask and ritual events
- **Cultural and ethnographic programmes** ocused on ancestral traditions and community practices
- **Interpretive visits** o the Mirandese language and culture of the Terra de Miranda
- **Experiences associated with seasonal rituals and festive cycles** throughout the year
- **Heritage itineraries** (border castles, historic villages, museums and interpretive centres)
- **Thematic programmes on the border**, smuggling and shared Iberian memory

Terras de Trás-os-Montes

GASTRONOMY AND LOCAL PRODUCTS



The flavours of this region, as unquestionably genuine as the landscape, appeal to the connoisseur. Only those with sensitivity and experience can recognise the diversity of tastes and depth of flavours, discerning their origins in the territory, the seasons and the methods of production.

The gastronomy of **Terras de Trás-os-Montes** is renowned for the exceptional quality of its products, many of which are recognised by the European Union with **PDO** and **PGI** classification, constituting one of the most expressive groups in the country.



FLAVOURS THAT DEFINE THE REGION

Miranda Beef (PDO): From a native breed, it is one of the region's hallmarks, with Mirandesa steak standing out for its texture, intense flavour and direct link to traditional farming systems.

Traditional smoked meats (PGI/PDO): The result of ancestral techniques for processing and preserving meat, with special emphasis on Alheira de Mirandela, Fumeiro de Vinhais, butelo, sausages and Bísaro ham, products deeply linked to the agricultural cycle and winter in Trás-os-Montes.

Traditional cheeses (PDO): Produced from the milk of native sheep and goats, such as Queijo Terrincho and Queijo de Cabra Transmontano, they reflect ancient pastoral practices and a strong connection to the territory.

Trás-os-Montes olive oil (PDO): Extracted from regional olive varieties, it is a central element of Trás-os-Montes cuisine, characterising dishes, techniques and flavours, especially in Terra Quente.

Castanha da Terra Fria (PDO) and Amêndoa do Douro: Products that shape the landscape and local economy, present in everyday cuisine as well as in traditional sweets and seasonal dishes.

Mushrooms, game and fish: The natural diversity of the territory supports a cuisine rich in wild mushroom, game and river fish dishes, reflecting the direct relationship between gastronomy and natural resources.

Honey and regional fruits: Honey from the Montesinho Natural Park and Terra Quente, as well as fruits such as Alfândega da Fé cherries, Vilariça peaches and wild fruits, are widely used in traditional sweets.

Wines from Trás-os-Montes and the Douro: From intense reds to fresh whites, regional wines accompany the local cuisine, winning awards and national and international recognition.

THE AUTHENTICITY OF THE CUISINE AND THE DIVERSITY OF THE PRODUCTS ALLOW FOR THE DEVELOPMENT OF:

- **Themed gastronomy programmes:** 2-3 day itineraries focused on specific products (olive oil, smoked meats, chestnuts, cheese, bread).
- **Craft experiences:** participation in transformation processes.
- **Local markets and seasonal fairs:** direct contact with producers, understanding of production cycles, purchase of fresh products.
- **Meals in traditional settings:** lunches or dinners with dishes prepared with local ingredients, conversations about history and traditions.
- **Gastronomic workshops:** Trás-os-Montes cooking classes, learning traditional techniques, understanding the connection between landscape and flavour.

Terras de Trás-os-Montes

VALUE AND POSITIONING OF THE DESTINATION



EXPERIENCE OF THE TERRITORY

The Terras de Trás-os-Montes offer an integrated territorial experience, marked by continuity between landscape, culture and daily life, with no break between what you visit and what you experience.

- A territory that is discovered through immersion, rather than by accumulating points of visit, where identity is perceived in the rhythm, relationships and permanence.
- Unstaged cultural and social experiences, anchored in resident communities, active practices and traditions passed down to the present day.
- A close relationship with food and local products, which allows one to understand the connection between landscape, season and ways of doing things.
- Experiences in wide-open, uncrowded natural settings, conducive to tranquillity, contemplation and reading the territory.
- The possibility of structuring itineraries and programmes with narrative coherence, adjustable to different durations, rhythms and times of the year.

ADVANTAGES AND DIFFERENTIATION

The Trás-os-Montes region is establishing itself as a destination of great strategic value in northern Portugal and the Iberian Peninsula, distinguished by the coherence between its territorial identity, preservation of resources and authenticity of the experiences it offers.

Destination positioning axes

· Structural authenticity and deep-rooted hospitality

A territory where culture, landscape and ways of life are not staged for tourism, maintaining living practices and active resident communities. Hospitality results from genuine community relationships, proximity and sharing, providing a natural welcome, direct contact and unformatted human experiences.

· Human scale and low tourist pressure

A destination suitable for small and medium-sized programmes, with dispersed tourism and rhythms compatible with slow travel, discovery and immersion.

· Iberian and cross-border dimension

An identity built historically in relation to neighbouring territories, allowing for

integrated readings of the border and itineraries within the Iberian scope.

· Recognised quality of resources

Presence of international and national certifications that validate the environmental, cultural and heritage relevance of the territory.

· Programmatic versatility throughout the year

Ability to structure differentiated proposals by season, reducing dependence on a single tourist season.

· Ease of integration into existing programmes

Proximity to nearby source markets and possibility of integration into broader circuits in Northern Portugal and the Iberian Peninsula.



Terras de Trás-os-Montes

ANNUAL CALENDAR AND SEASONAL EXPERIENCES



The **Trás-os-Montes** region allows for tourist programming throughout the year, favouring strategies of seasonal decentralisation, visitor rotation and adaptation of experiences to the natural, cultural and climatic conditions of each period.

WINTER (DECEMBER – FEBRUARY)

Seasonal profile: low demand, high cultural authenticity

- Period with the highest concentration of community rituals and winter festivals, with special relevance for cultural and ethnographic programmes.
- Significant presence of traditional product fairs, associated with the agricultural cycle and the post-slaughter period, favouring direct contact with local producers and products.
- Favourable context for experiences of community proximity, conviviality and winter cuisine.
- Strategic opportunity: ideal for operators working in cultural and gastronomic niches and audiences interested in authenticity and non-mass experiences.

SPRING (MARCH – JUNE)

Seasonal profile: balance between nature, landscape and comfortable climate

- Ideal conditions for hiking, cycling and touring, with mild temperatures and high-quality light.
- Period of greatest active biodiversity, suitable for nature observation and landscape reading.
- Presence of fresh produce and seasonal markets, favouring programmes that combine nature and gastronomy.
- Strategic opportunity: very versatile season, suitable for senior, cultural and nature audiences.

SUMMER (JUNE – SEPTEMBER)

Seasonal profile: mobility, water and night-time experiences

- Ideal conditions for hiking, cycling and touring, with mild temperatures and high-quality light.
- Period of greatest active biodiversity, suitable for nature observation and landscape reading.
- Presence of fresh produce and seasonal markets, favouring programmes that combine nature and gastronomy.
- Strategic opportunity: very versatile season, suitable for senior, cultural and nature audiences.

AUTUMN (SEPTEMBER – NOVEMBER)

Seasonal profile: gastronomy, landscape and harvests

- A season associated with traditional harvests (chestnuts, olive oil, grapes), with great potential for gastronomic and craft experiences.
- Landscape marked by autumnal colours and agricultural transition.
- Stable and comfortable climate for combined culture, gastronomy and nature programmes.
- Strategic opportunity: period of high attractiveness for gastronomic and cultural audiences, with less tourist pressure.



NETWORK OF TOURIST ENTERTAINMENT

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mountainadventure.pt/en

TERRITORIAL FRAMEWORK

- Territorial Designation: Terras de Trás-os-Montes (NUTS III)
- Managing Entity: Intermunicipal Community of Terras de Trás-os-Montes (CIM-TTM)
- Municipalities included (9): Alfândega da Fé · Bragança · Macedo de Cavaleiros · Mirandela · Miranda do Douro · Mogadouro · Vila Flor · Vimioso · Vinhais

KEY GEOGRAPHICAL FEATURES

- Location: extreme north-east of Portugal, bordering Castile and León (Zamora, Salamanca) and Galicia (Ourense)
- Total area: 5,544 km²
- Population: 107,000 inhabitants (2021 Census)
- Population density: 19 inhabitants/km² (low-density territory)
- Altitude range: 100 m (Douro) to >1400 m (Montesinho)
- Two distinct climatic contexts: Cold Land (mountainous, continental) and Hot Land (valleys, Mediterranean)

TOURISM SECTOR DATA

- (reference values 2022–2024)
- Overnight stays in tourist accommodation establishments (2024): 285,818
- Guests in tourist accommodation establishments (2024): 168,340
- Average stay: 1.8 nights

- Rooms in hotel establishments (2024): 1,864
- Total tourist accommodation capacity: 4,097 beds

DESTINATION TRENDS AND DYNAMICS

- Growing segments: cultural and ethnographic tourism · nature and observation tourism · cycle tourism · gastronomic tourism · slow travel and retreats.
- Seasonal distribution of demand: peaks in spring (April–May), autumn (September–October) and cultural winter (January–February); less pressure in the hotter summer months and transition periods.
- Overall territorial capacity still below critical levels, allowing for diversification of supply and balanced growth.

RECOGNITIONS AND CERTIFICATIONS

- Iberian Meseta Transboundary Biosphere Reserve (UNESCO)
- Terras de Cavaleiros Geopark (UNESCO)
- Starlight Tourist Destination – Vale do Tua
- Podence Carnival – Intangible Cultural Heritage of Humanity (UNESCO)
- Wide range of PDO and PGI certified products

Terras de Trás-os-Montes

CONTACTS AND RESOURCES

This chapter brings together the **institutional contacts and technical resources** available to support tour operators interested in working with **Terras de Trás-os-Montes** as a destination.

COORDINATION AND SUPPORT ENTITY FOR OPERATORS

Intermunicipal Community of Terras de Trás-os-Montes (CIM-TTM)

Institutional website: www.cim-ttm.pt

Email: geral@cim-ttm.pt

Telephone: +351 273 327 680

CIM-TTM acts as a territorial promotion and coordination entity, supporting tour operators in accessing information, local contacts, institutional framework and destination resources.

OFFICIAL DESTINATION PLATFORM

Terras de Trás-os-Montes Tourism

www.terrasdetrasosmontes.pt

General information about the destination, territorial framework, institutional content and links to the main tourism promotion projects.

PRODUCT SUPPORT PLATFORMS AND TOOLS

E-MOB – Terras de Trás-os-Montes Cycling Network

www.emob.terrasdetrasosmontes.pt

- Interactive maps
- Routes by level of difficulty
- Technical information for cycle tourism and e-bikes

Nine Steps in Terras de Trás-os-Montes

<https://9passos.cim-ttm.pt>

- Walking trails
- Technical documentation of the routes
- Mobile app to support your visit

Meseta Ibérica Transboundary Biosphere Reserve

www.biosfera-mesetaiberica.com

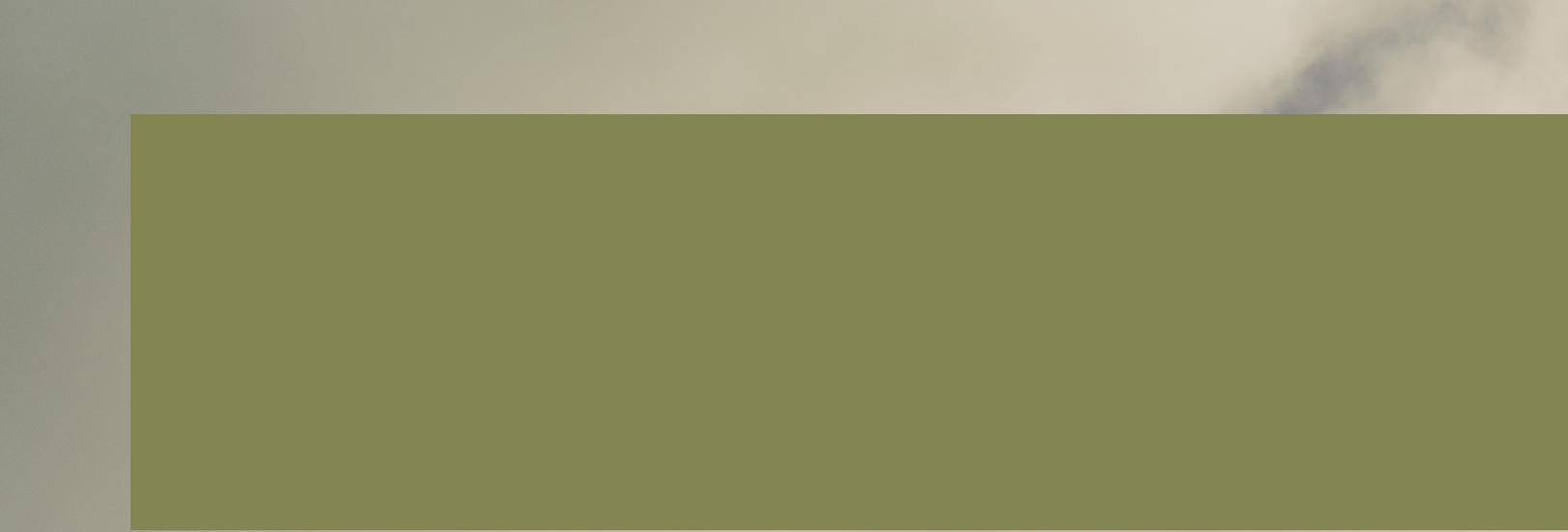
- Institutional information
- Cross-border framework
- Iberian routes and projects

Digital access:



Includes:
complete dossier, high-definition photos,
logos, maps and direct contacts.





TTM TERRAS DE
TRÁS-OS-MONTES

WWW.TERRASDETRASOSMONTES.PT

ALFÂNDEGA DA FÉ | BRAGANÇA | MACEDO DE CAVALEIROS | MIRANDA DO DOURO | MIRANDELA | MOGADOURO | VILA FLOR | VIMIOSO | VINHAIS

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Comunidade Intermunicipal