

Terras de Trás-os-Montes

Portugal

TTM
TRÁS-OS-MONTES

The Natural Destination





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TERRAS DE TRÁS-OS-MONTES is a strategic territory in the Iberian Peninsula, not only because of its geographical location, but also because of the way it has built relationships, identities and ways of life that transcend administrative borders over time. Here, the border has never been a dividing line: it has been a place of contact, movement and human continuity.

In a European context marked by profound changes, inland territories face common challenges, but also clear opportunities. The Terras of Trás-os-Montes respond to these challenges on their own scale: close-knit communities, a balanced relationship with the territory and the enhancement of resources that remain alive. Not as an evocation of the past, but as a conscious choice for the future.

For Spain, Trás-os-Montes is a neighbouring and accessible territory, with obvious cultural affinities, but still little known. A space where proximity translates into real experiences, where time is lived differently and where a unique identity is manifested, built on the relationship between people, places and shared history.

Pedro Lima

*President of the Intermunicipal Council of
Terras de Trás-os-Montes*

A stone's throw from
Spain, one of Portugal's
most authentic
destinations

The **Intermunicipal Community of Terras de Trás-os-Montes** (CIM-TTM) is a public entity that brings together nine municipalities united by a common identity and a shared vision of enhancing the territory. In the field of communication and external promotion, it works to affirm an integrated view of **Terras de Trás-os-Montes**, respecting local diversity and reinforcing what distinguishes this territory.

The **Terras de Trás-os-Montes territorial brand** reflects this identity. More than just a tourist brand, it expresses a real, lived-in territory, where landscape, culture, products and ways of life remain deeply interconnected.

Associated with the territorial brand, the **Terras de Trás-os-Montes Seal – Original Product** is a project that identifies products and services whose origin, production and transformation are effectively linked to the territory. The seal ensures authenticity and a direct relationship between the product, landscape and local know-how, reinforcing confidence in and recognition of products from Trás-os-Montes.

The essentials in 30 seconds



The **TERRAS DE TRÁS-OS-MONTES** are located in north-eastern Portugal, directly bordering Castile and León and Galicia. Their geographical position reflects a long history of human, cultural and territorial relations that go beyond the administrative notion of borders.

It is a sparsely populated territory, marked by a strong connection between landscape, communities and time. Here, life maintains a human scale, the pace is slower and human presence coexists in balance with nature and traditional practices.

The continuity of ways of life is reflected in the culture, gastronomy and local products, as well as in the way the territory is experienced on a daily basis. The diversity of landscapes and the preservation of the territory make Trás-os-Montes a nearby, accessible and still largely unexplored area of discovery, ideal for experiences linked to nature, food and cultural discovery.

· **Region** in north-eastern Portugal, bordering Castile and León and Galicia

· Strong **historical, cultural and human ties** with Spain

· Preserved **landscape, living culture** and **traditional cuisine**

· **Quick access** from Spain:

Madrid 3h30

Zamora 1h15

Salamanca 1h45

Vigo 3h00

León 2h00

Ourense 2h00

· **Ideal for slow travel**, getaways, nature, food and cultural discovery



Nine municipalities, one unique territory:

Alfândega da Fé

Bragança

Macedo de Cavaleiros

Miranda do Douro

Mirandela

Mogadouro

Vila Flor

Vimioso

Vinhais

The identity of **Terras de Trás-os-Montes** stems from the relationship between landscape, community and time. It is not a destination that can be explained solely by nature or culture: it is in the way these dimensions intersect that the territory finds coherence and a unique character.



THE GEOGRAPHY THAT SHAPES THE WAY OF LIFE

The territory is organised around two major references — Terra Fria and Terra Quente — which help to understand landscapes, rhythms and ways of life.



Terra Fria, associated with higher altitude areas, is characterised by long winters, mountain villages and open landscapes. Here, time is marked by the seasons and harvests, influencing daily life and community life.

Terra Quente develops in more sheltered valleys, with a Mediterranean influence. Olive groves, vineyards and almond and cherry orchards appear in an agricultural landscape shaped over centuries of adaptation to the natural environment.

Here, life follows the design of the landscape. Geography dictates the rhythm. Culture gives it continuity.

Preserved nature



A TERRITORY OF BIODIVERSITY AND MAGNIFICENT LANDSCAPES

The **TERRAS DE TRÁS-OS-MONTES** is one of the best-preserved areas in northern Portugal, where the relationship between nature and human presence remains balanced. Low population density and the continuation of traditional practices have allowed for the conservation of vast and diverse landscapes.

Between mountains, plateaus, valleys and agricultural systems, the territory brings together a wide variety of natural environments, resulting in a landscape shaped over time by human action, without losing its ecological integrity or character.

The tranquillity, silence and scale of the territory allow for a direct and uncomplicated experience of nature, made up of trails, observation and close contact with the landscape.

NATURAL AREAS OF REFERENCE

• Montesinho Natural Park

One of the largest natural parks in Portugal, marked by traditional villages, diverse forest habitats, emblematic species and high ecological integrity.

• Douro International Natural Park

One of the most impressive river gorges in the Iberian Peninsula, with deep escarpments and abundant rock-dwelling birds, and a cultural landscape shaped over centuries.

• Vale do Tua Regional Natural Park

An area of great natural and landscape diversity, marked by deep valleys, natural viewpoints and a network of walking trails that invite discovery and direct contact with nature.

• Albufeira do Azibo Protected Landscape

A benchmark in environmental conservation and bathing quality, with high tourist demand due to its award-winning beaches and surrounding landscape.

• Lagos do Sabor

The Sabor Dam gave rise to one of the largest inland water bodies in the Iberian Peninsula, creating a landscape of high natural value, conducive to leisure and the enjoyment of nature.

In the **TERRAS DE TRÁS-OS-MONTES**, nature is not just a backdrop — it is a living, preserved and shared territory.



Living culture and ancestral rituals



A UNIQUE AND DEEPLY ROOTED CULTURE

The culture of the **TERRAS DE TRÁS-OS-MONTES** is distinguished by the authenticity and continuity of its community practices. Here, tradition and everyday life are inseparable: collective memory is naturally passed down from generation to generation, sustaining a strong identity that is deeply connected to the territory. These practices are maintained because they continue to make sense to the communities that live them, transmitted through participation, coexistence and direct experience.

MIRANDESE LANGUAGE, A UNIQUE IDENTITY

The Mirandese language, Portugal's second official language since 1998, is one of the region's most striking cultural elements. A Romance language belonging to the Asturian-Leonese group, Mirandese maintains a lively presence in education, literature, music and place names, and is an active expression of Mirandese identity.

PAULITEIROS DE MIRANDA, MEMORY IN MOTION

The Pauliteiros de Miranda represent one of the oldest choreographic expressions in the Iberian Peninsula. With its warrior origins and marked rhythm, this community dance is kept alive in Miranda through local groups that ensure its continuity, symbolising the strength of the identity of the Land of Miranda and the value of the region's intangible cultural heritage.

FESTIVAIS DE INVERNO, A LIVING RITUAL CYCLE

The Winter Festivals are one of the most expressive ritual cycles in the **TERRAS DE TRÁS-OS-MONTES**. More than two dozen celebrations preserve ancestral practices marked by masks, music, ritual noise and community participation. The Podence Carnival - Entrudo Chocalheiro - stands out as the most internationally recognised example.

SPACES THAT INTERPRET TRADITION

- Museu do Abade de Baçal — regional historical and ethnographic reference
- Museu da Terra de Miranda — Mirandese language, ethnography and identity
- Museu Ibérico da Máscara e do Traje — cross-border collection of Iberian masks
- Museu da Oliveira e do Azeite — interpretation of the olive oil cycle and agricultural landscape
- Casa do Careto — tradition of the Caretos de Podence
- Centro Interpretativo da Morte e do Diabo — interpretation of the Trás-os-Montes ritual imagery

In the **TERRAS OF TRÁS-OS-MONTES**, culture is neither represented nor recreated — it remains alive because it continues to be part of the life of the communities.



Gastronomía y sabores de origen

GASTRONOMY AND FLAVOURS OF ORIGIN GASTRONOMY AS AN EXPRESSION OF THE LANDSCAPE AND IDENTITY

The gastronomy of TRÁS-OS-MONTES region stems from the direct relationship between the landscape, local products and know-how. Mountains, valleys with a Mediterranean influence, olive groves, chestnut groves and pastoralism shape a cuisine of origin, built on authentic ingredients and techniques passed down from generation to generation.

The cuisine is organised according to the rhythm of the seasons, agricultural cycles and the actual availability of products, reflecting a direct relationship between time, territory and the table.

The TERRAS DE TRÁS-OS-MONTES region has 23 PDO and PGI products, one of the highest concentrations of certifications of origin in Portugal.

Meat, sausages, olive oil, honey, chestnuts, cheeses and dried fruits are part of a food heritage built on time, knowledge and respect for the land.



THE TRÁS-OS-MONTES TABLE

Smoked meats occupy a central place in the gastronomic identity of the **Terras de Trás-os-Montes**. Present throughout the territory, with distinct local expressions, they are the result of traditional preservation techniques that continue to be practised and passed on. More than just a product, it is a collective know-how, associated with winter, shared meals and community celebrations.

The wines of **Terras de Trás-os-Montes** also reflect the diversity of the territory and its landscapes. The **Trás-os-Montes** and **Douro DOC** appellations coexist and complement each other, reinforcing the region's wine-growing wealth and the connection between soil, climate and agricultural practices.

ORIGINAL PRODUCT SEAL PROVEN ORIGIN. PRESERVED IDENTITY.

Identifies products that:

- are produced in the territory,
- are processed locally,
- use regional raw materials,
- respect traditional techniques.

It guarantees authenticity and the link between the product, the landscape and local know-how.

50 members + 200 producers

Products: Olive oils · meats and sausages · honey · jams · dried fruits · bread and cakes · cheeses · wines · non-food products



EMBLEMATIC DISHES



- **Posta Mirandesa:** Mirandesa PDO beef steak, grilled to perfection.
- **Butelo com Casulas:** Traditional sausage, served with dried casulas; a dish synonymous with winter and Carnival in Trás-os-Montes.
- **Cabrito Transmontano:** PDO meat with a delicate flavour, slowly roasted, associated with festive celebrations.
- **Pork with chestnuts:** Traditional mountain recipe, associated with autumn and local produce.
- **Alheira:** Sausage served as a starter or main course, accompanied by boiled potatoes and turnip greens, highlighting traditional preservation techniques.

Transmontano cuisine reflects ancient knowledge, shared practices and a deep connection between product, territory and identity.

History and heritage shared with Spain

International recognition

A TERRITORY WHERE THE BORDER UNITES MORE THAN IT SEPARATES

In the TRÁS-OS-MONTES region, the border has never served as a dividing line. Over the centuries, it has been a place for meeting, movement and coexistence, shaping cultures, traditions and forms of community organisation shared between Portugal and Spain.

RÍO DE ONOR / RIHONOR DE CASTILLA ONE VILLAGE, TWO COUNTRIES, ONE COMMUNITY



Rio de Onor is one of the most emblematic examples of cross-border connection. Divided administratively between Portugal and Spain, the village maintains ancestral community practices based on mutual aid, common management of resources and an identity that transcends national borders.

FRAGA DOS TRÊS REINOS THE POINT WHERE THREE HISTORIES CONVERGE



In Fraga dos Três Reinos, in Moimenta (Vinhais), Portugal, Castile and Galicia meet. This geographical and symbolic landmark represents centuries of coexistence between peninsular territories and the memory of a shared history.

THE RIVER DOURO THE BORDER THAT CONNECTS

In the international section of the Douro, the river has historically been a route for movement and exchange between border communities. The escarpments, ancient paths and traditional customs reveal centuries of mobility and coexistence between the banks.

OTHER TESTIMONIES OF BORDER HISTORY

- The **castles** of Bragança, Algosó, Miranda do Douro, Mogadouro, Penas Róias and Vinhais, historical landmarks of border defence and surveillance
- **Smuggling routes and border mobility**, associated with trade and pastoralism
- **Historic Jacobean routes**, such as the Via da Prata and the Portuguese Way of the East
- **Ancient cross-border routes**, now reinterpreted for cultural and walking enjoyment

In the TERRAS DE TRÁS-OS-MONTES, the border is a shared territory, marked by human, cultural and historical relationships that remain active.

DISTINCTIONS THAT REINFORCE THE AUTHENTICITY AND VALUE OF THE TERRITORY



The TERRAS DE TRÁS-OS-MONTES region has received several international recognitions that confirm the cultural, natural and identity value of the territory, reinforcing its projection in the Iberian and European context.

CARNAVAL DE PODOENCE — INTANGIBLE CULTURAL HERITAGE OF HUMANITY

Classified by UNESCO in 2019, this winter festival is distinguished by the authenticity of its rituals and strong community ties. The Caretos de Podence, central figures in the celebration, have become one of the most recognised cultural icons of the region and of Portugal.

IBERIAN MESETA TRANSBOUNDARY BIOSPHERE RESERVE — UNESCO

Shared between Portugal and Spain, the Iberian Meseta comprises natural areas of high ecological value and covers the entire territory of Terras de Trás-os-Montes. The distinction highlights the continuity of the landscapes, biodiversity and sustainable management models developed in a cross-border context.

TERRAS DE CAVALEIROS GEOPARK — UNESCO GLOBAL GEOPARK

Located in Macedo de Cavaleiros, the Terras de Cavaleiros Geopark brings together geosites of scientific, scenic and educational interest, establishing itself as a European benchmark in geoconservation and landscape interpretation.

VALE DO TUA REGIONAL NATURAL PARK — STARLIGHT TOURIST DESTINATION

The Vale do Tua is recognised for the exceptional quality of its night sky, offering



ideal conditions for astronomical observation and astro-tourism, reinforcing the preserved character of the territory.

The essence of the Terras de Trás-os-Montes

AUTHENTICITY THAT CANNOT BE INVENTED. PROXIMITY THAT IS LIVED



In the **TERRAS DE TRÁS-OS-MONTES**, identity is built on the direct relationship between people, places and time. The communities are small and close-knit, the pace of life is serene and life is organised on a local scale. Far from urban pressures, time takes on a different cadence, allowing for a more direct relationship with places and those who inhabit them.

For visitors, the experience is built through encounters, conversations and simple gestures, without rigid itineraries or imposed narratives. The historical, geographical and cultural proximity to Spain reinforces the cross-border character of Terras de Trás-os-Montes. Here, the border is a point of contact, creating a familiar territory, but with its own distinct identity.

Keys of an Authentic Territory

- Iberian centrality and historical connection to Spain
- Unique identity, with singular cultural expressions
- Hospitality and human closeness
- Cultural continuity and collective memory
- Serenity and unspoilt territory
- A nearby, accessible and still relatively unexplored destination

The Luxury of Travelling Slowly

SEVEN REASONS TO DISCOVER AN AUTHENTIC TERRITORY

SILENCE, SPACE AND REAL TIME

Quiet villages, unhurried roads and rural accommodation that invites you to relax. An ideal territory for those looking to switch off, take a deep breath and live at the pace of the communities.

WIDE OPEN LANDSCAPES AND ACCESSIBLE TRAILS

Natural parks, viewpoints, deep valleys and the unique scenery of the Sabor Lakes. Hiking, gentle mountain biking, birdwatching and deep night skies make for a complete and uncomplicated nature experience.

PLACES WHERE THE LINE THAT SEPARATES ALSO BRINGS TOGETHER



Rio de Onor / Rihonor de Castilla, Fraga dos Três Reinos, smuggling routes, border castles and pilgrimage routes. A territory where the border has always been a place of encounter, mobility and coexistence.



ANCIENT RITUALS, A UNIQUE LANGUAGE AND TRADITION VIA

Festivals de Inverno, Caretos de Podence (UNESCO), Pauliteiros de Miranda and interpretive centres dedicated to masks and identity. Here, culture is not staged — it is lived.



LOCAL PRODUCTS, MOUNTAIN FLAVOURS, ANCIENT KNOW-HOW

The region with the most PDO/PGI products in Portugal: olive oil, meats, cheeses, Terra Fria chestnuts, traditional smoked meats, among others. Gastronomy completes the experience.

FOR FAMILIES AND LOCAL GETAWAYS

Safe, close by and with activities for all ages. A few kilometres from Zamora, Salamanca, Ourense or Vigo, it offers river beaches, easy trails, safe villages and short circuits that combine nature, culture and gastronomy.

A PHOTOGENIC TERRITORY FULL OF STORIES

Clear high-altitude light, wide landscapes, unique rituals, vernacular architecture and dark skies. An ideal setting for visual storytelling and content creation.

Fact Sheet

ESSENTIAL DATA FOR THE PRESS

IDENTIFICATION

- Sub-region: **Terras de Trás-os-Montes** (NUT III)
- Entity: **Comunidade Intermunicipal Terras de Trás-os-Montes** (CIM-TTM)
- Municipalities (9): **Alfândega da Fé · Bragança · Macedo de Cavaleiros · Miranda do Douro · Mirandela · Mogadouro · Vila Flor · Vimioso · Vinhais**

TERRITORIAL DATA

- Area: **5 543,6 km²**
- **26 %** of the area of Northern Portugal
- Main urban centre: **Bragança**

DEMOGRAPHICS (2021 CENSUS)

- Resident population: **107 272 inhabitants**
- Population density: **19 inhabitants/km²**

LOCATION AND ACCESS

- Far north-east of Portugal (border with Castile and León and Galicia)
- Main access routes (ES): A-52 · A-11 · A-6
- Distances:
 - Madrid 3 h 30 min**
 - Zamora 1 h 15 min**
 - Salamanca 1 h 45 min**
 - Vigo 3 h 00 min**
 - León 2 h 00 min**
 - Ourense 2 h 00 min**

NATURE AND PROTECTED AREAS

- **Montesinho Natural Park**
- **Douro International Natural Park**
- **Vale do Tua Regional Natural Park**
- **Albufeira do Azibo Protected Landscape**
- **Lagos do Sabor**

CULTURE AND HERITAGE

- **Mirandese language (second official language of Portugal)**
- **Pauliteiros de Miranda**
- **Festivais de Inverno (more than two dozen)**
- **Carnaval de Podence – UNESCO (2019)**

GASTRONOMY, PRODUCTS AND WINES

- **Certified products: 23 PDO/PGI products**
- **Original Product Seal: over 250 products**
- **Wines: Trás-os-Montes and Douro (DOC)**

CROSS-BORDER HERITAGE

- **Rio de Onor / Rihonor de Castilla**
- **Fraga dos Três Reinos**
- **Douro Internacional**
- **Shared landscape and history with Spain**

RECOGNITION

- **Carnaval de Podence – UNESCO**
- **Reserva de Biosfera Transfronteiriça Meseta Ibérica – UNESCO**
- **Geopark Terras de Cavaleiros – UNESCO**

EMBLEMATIC EVENTS

- **Festival da Cereja (Alfândega da Fé) – June**
- **Festival do Butelo e das Casulas and Carnaval dos Caretos (Bragança) - Carnival**
- **Carnaval de Podence and Festivais de Inverno - Carnival**
- **Feira da Caça e do Turismo (Macedo de Cavaleiros) - January**
- **Festival da Bola Doce (Miranda do Douro) - Easter**
- **Feira da Alheira (Mirandela) - February**
- **Festival Terra Transmontana (Mogadouro) - July**
- **Amendoeiras em Flor (Vila Flor) - July**
- **Feira Ibérica de Artes e Sabores (Vimioso) – December**
- **Feira do Fumeiro (Vinhais) - February**

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Media & Press Kit

Digital access:



Includes:
complete dossier, HD photos, logos, maps
and direct contacts.



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