

Pedestrian routes with GPS or cartographic orientation in the territory of the Peneda-Gerês National Park (PNPG) – June 2021

Routes/Main aspects		Promoter entity/Information available	Current situation of the route	Situation over the Park's Management Plan
1	<i>Planalto de Castro-Laboreiro</i> Length: 15 km; duration approximately 8 hours; moderate difficulty, although its extension Beginning: in the forest route, situated on the right, just before the "branda" (temporary summer village) of Portos (following in the direction of Castro Laboreiro – Padrosouro – Portos); ending in "Branda de Rodeiro".	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation	Can be done without prior authorization by groups up to 10 participants .
2	<i>Percursos Lamas de Mouro – Peneda</i> Length: 11,5 km; duration approximately 8 hours; moderate/high difficulty Starts at the PNPG's Gate in Lamas de Mouro, in Melgaço Council; ends at the Sanctuary of Senhora de Peneda, in the Parish of Gavieira.	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation	Can be done without prior authorization by groups up to 15 participants .
3	<i>Percursos dos Romeiros</i> Length: 10,5 km; duration approximately 8 hours; medium/high difficulty Starts at the chapel of "Senhor da Boa Morte", in the Inverneira – (temporary winter village) of Ameijoeira (Castro Laboreiro, Melgaço Council); ends at the Sanctuary of "Nossa Senhora da Peneda", in Peneda (Gavieira, Arcos de Valdevez Council)	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation	Can be done without prior authorization by groups up to 15 participants .
4	<i>Percursos dos Bicos</i> Length: 18 km; duration approximately 10 hours; medium/high difficulty Starts and ends at the PNPG's Gate in Mezio (Arcos de Valdevez Council)	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation	Can be done without prior authorization.
5	<i>Rota de Montanha de entre Fojos</i> Length: 10 km; duration approximately 7 hours; high difficulty Starts and ends at the PNPG's Travanca camping Travanca - Cabana Maior, Arcos de Valdevez Council	ARDAL Information available in PNPG's Gate in Mezio.	Signed with <i>mariolas</i>. It is a mountain ascension, a route for mountaineers perfectly framed with the space and knowing in the techniques of mountain progression.	Can be done without prior authorization by groups up to 15 participants .
6	<i>Percursos da Serra Amarela</i> Length: 16 km; duration approximately 9 hours; high difficulty Starts at the PNPG's Gate in Lindoso Castle and ends alongside the Vilarinho da Furna Dam.	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation	Can be done without prior authorization by groups up to 15 participants .
7	<i>Percursos do Pé de Cabril</i> Length: 7 km; duration approximately 5 hours; medium/high difficulty Starts at Portela de Leonte, alongside the old Forestry Guard house and ends in the village of Campo do Gerês.	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation	Can be done without prior authorization by groups up to 10 participants .

8	<i>Percurso do Vale da Teixeira</i> Length: 10 km; duration approximately 6 hours; medium/high difficulty Begins on a forest track near Pedra Bela, then connects with an old path up to Vale da Teixeira; ends in Leonte.	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation	Can be done without prior authorization by groups up to 10 participants .
9	<i>Trilho da Vezeira</i> Length: 20,5 km; duration approximately 8 hours; high difficulty Fafião - Cabril, Montalegre Council	ADERE-PG Leaflet available in Ecomuseu do Barroso – Vezeira e Serra (Fafião)	Signed with <i>mariolas</i> .	Can be done without prior authorization by groups up to 10 participants .
10	<i>Trilho da Construção Popular</i> Length: 8,5 km; duration approximately 3 hours; medium difficulty Fafião - Cabril, Montalegre Council	ADERE-PG Leaflet available in Ecomuseu do Barroso – Vezeira e Serra (Fafião)	Signed with <i>mariolas</i> .	Can be done without prior authorization by groups up to 15 participants .
11	<i>Percurso de Outeiro</i> Length: 21,5 km; duration approximately 10 hours; high difficulty Starts and ends at the PNPG's Gate in Paradela Paradela, Montalegre Council	ADERE-PG/PNPG Information available in ADERE-PG's website and in the PNPG's Gates	GPS or cartographic orientation	Can be done without prior authorization.

Contacts:

Parque Nacional da Peneda-Gerês

Av.ª António Macedo
4704 - 538 BRAGA
Tel.: + 351 253 203 480
pnpg@icnf.pt
www.icnf.pt/portal/turnatur/visit-ap/pnpg
<http://www.natural.pt/portal/pt/AreaProtegida/Item/1>

ADERE – Peneda Gerês

Rua D. Manuel I s/n
4980 - 649 Ponte da Barca
Tel.: +351 258 452 250
geral@adere-pg.pt
www.adere-pg.pt

PNPG's Gate in Lamas de Mouro

Porto Ribeiro
4960-170 MELGAÇO
Tel.: + 351 251 465 013
Telef. + 351 927 525 124.
portadelamas@cm-melgaco.pt
www.cm-melgaco.pt

PNPG's Gate in Mezio

4970-092 CABANA MAIOR
Telef: + 351 258 510 100 ou + 351 258 522 157
Fax: + 351 258 510 109
portadomezio@ardal.pt
<http://www.portadomezio.pt/>
<https://www.cmav.pt/>

PNPG's Gate in Lindoso

Lugar do Castelo
4980-451 Lindoso
Telef: + 351 258 578 141
portalindoso@cmpb.pt
<http://www.cmpb.pt/ver.php?cod=0I0A0P>

PNPG's Gate in Campo do Gerês

4840-030 CAMPO DO GERÊS
Tel./Fax: + 351 253 351 888
museudevilarinhodafurna@gmail.com
www.cm-terrasdebourro.pt/

PNPG's Gate in Montalegre

Terreiro do Açougue
pnpg@icnf.pt
www.icnf.pt/portal/turnatur/visit-ap/pnpg
5470-250 Montalegre
Tel.: +351 276 518 320

Ecomuseu do Barroso – Espaço Padre Fontes

Terreiro do Açougue
5470-250 Montalegre
Tel.: + 351 276 510 203
ecomuseu@cm-montalegre.pt
<http://www.ecomuseu.org/index/>

Recommendations for your visit to the Park:

General rules of conduct

1. Activities of tourism and nature sports in PNPG must be exercised in strict compliance with the fundamental objectives that led to the elaboration of the planning of the Peneda-Gerês National Park and respect for its natural resources.

2. Practitioners of tourism and nature sports activities should undertake, in particular, the following rules of conduct:

- a) Comply with the legislative environment for tourism and sports nature in protected areas;
- b) Respect the proper legislative framework of each activity, if they exist;
- c) Respect the indicated locations to practice each activity;
- d) Comply with the access and track set, as well as parking places;
- e) Comply with the conditions laid down regarding the sites, the number of practitioners and the time of year;
- f) Comply with warning signs;
- g) Ensure the maintenance of equipment, signage, access, parking and facilities or infrastructure to support practical activities as well as ensure the preservation of the environmental quality of each site and its surroundings;
- h) Avoid making noise;
- i) No spoil or damage plants or parts thereof, such as flowers or fruit or harvest or damage lichens, mushrooms or mineral samples;
- j) Do not disturb wildlife or the tranquillity of the places; fauna should be viewed from a distance, and preferably with binoculars or other suitable optical equipment;
- k) Do not damage elements of geological heritage;
- l) Do not damage architectural elements of cultural heritage and other existing buildings and equipment;
- m) Do not disturb the domestic animals of the resident population;
- n) Do not make any kind of heat;
- o) No picnicking outside the places intended for that purpose;
- p) Do not use detergents, soaps and other cleaning products off the premises and venues for that purpose;
- q) Do not abandon or deposit garbage out of containers intended for this purpose;
- r) Respect public and private property;
- s) Respect and follow the directions from the staff of PGNP, particularly the Nature Watchers, as well as other personnel with responsibilities for monitoring and control on the territory of the Park;
- t) Collect, if possible, injured wildlife and deliver them to ICNF, IP or the Service for the Protection of Nature and Environment of the National Republican Guard (SEPNA). In case of doubt or inability of collecting, the situation should be reported to those agencies;
- u) Promptly report to ICNF, I. P. or SEPNA (hotline Environment and Territory) accidents or environmental offenses detected.

3. Practitioners of tourism activities and sports of nature shall meet the following general safety rules:

- a) Planning and preparing timely activity, gathering all the information about the place where they intend to accomplish it;
- b) Never leave alone for the activity and inform others about the route and means to conduct and their schedules;
- c) Consult the weather forecast and ensure that conditions are suitable for the practice of the activity;
- d) Make sure you have clothing, footwear, food and materials. Always carry a small first aid kit and communication equipment in case you need to ask for help (whistle, mobile phone, radio); sun and seek for help.