




NATURE'S
TRAVEL GUIDE

TUTUA VALLEY





 DAWN





"Miles and Miles of feral and contorted ground, sometime sunbaked, sometime frozen. Mountains overlapped with mountains. Mountains parallel with mountains. In the tight gaps among rivers of crystalline water, singing, quenching such anguish. And now and then, restless oasis maker of such geographic wrinkles, a vast valley, of pure humus, where the eyes rest from the cliff's assault."

Miguel Torga



Presentation

Tua Valley Regional and Natural Park (PNRVT) > *A Singular Nature*

With this work, we aim to achieve two overlapping objectives, in order to promote and bring awareness to the Tua Valley territory: on one hand, the bet in biodiversity and the potentialities of the Natural Heritage; on the other, promoting the distinctive factors of each of the five municipalities - Alijó, Carraceda de Ansiães, Mirandela, Murça and Vila Flor – all part of the PNRVT. In sum, we want that the Nature Tourism may become a complement to the traditional economic activities, of true agricultural and food character, helping the growth of local development.

Consequently, the Guide starts by framing the PNRVT in the Regional and National context, to then take us on a journey through the Valley's Territory, showcasing the natural landscape, the plant and animal life, the agro-eco-systems, the viewpoints and thermal fountains, the material and immaterial heritage and the singularities of the Tua Valley. This journey intends to awaken our senses to a sensorial shock, that stimulates the desire and curiosity of making the transition from the Guide to reality, submerging in *"unforgettable places"*, tasting our gastronomy's delicacies, the wine and olive oil, or feel the vigor of nature, on one of the exceptional viewpoints of this region.

To get to know each of the five municipalities that constitute the PNRVT, we draw special attention to the *"Entry Gates"* chapter. Each of them fundamentally constitutes a pillar for the understanding of the singularity of this territory. Although each *"Gate"* has common structure and logic, they permit, at the same time, to assert the specifics of each municipality, establishing a connection that makes the whole superior to the addition of each part. All this while installing the urge of discovering the territory of these municipalities, beyond the geographic limits of the Park itself.

In this guided tour to the PNRVT, we propose a Great Route, that can start in any of the five *"Entry Gates"*; but also some courses not to be missed and other smaller trails, that will accommodate sensibilities, preferences and time restrictions of those who visit us.

For those who love nature observation, the Guide holds a chapter based on seven micro-reserves, with GPS location, that permit the observation of the Park's animal and plant life along the year's seasons.

Don't waste another second! Come and visit us and enjoy the singular beauty of our landscapes, as well the kindness of our people! Get involved and let yourself get carried away by legends, sounds, flavors, smells and other *"palates"* of this Enchanted Valley!

The Director of the PNRVT, José Artur Fontes Cascarejo





 ROCK BUNTING



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 **Tua Valley Regional and Natural Park**

MURÇA

MIRANDELA

ALIJÓ

VILA FLOR

CARRAZEDA DE ANSIÃES

N

PNRVT

Oporto

Lisbon

Spain





Useful Information > Guide Tutorial

The Guide presents the Tourist the chance of visiting places with relevant tourism offer, with previous knowledge of what can be found!

The several typologies of observation will be pointed out throughout the guide, accompanied with GPS coordinates and some of the observable species. It is meant to be an instrument of enjoyment of part of this abundant territory integrated in the municipalities of the Tua Valley Regional and Natural Park.

Recommended gear practical and discreet wear / Outdoor and mountain suited shoeing / binoculars / water
In winter warm, waterproof wear / **In summer** hat and sunblock

05

Rules of Conduit

1. Respect the local ways of life and local traditions / 2. Respect private property / 3. Promote silence in order to not disturb the site's tranquility / 4. Keep the given distance to the species / 5. Do not take plants, do not capture animals and do not collect geological samples / 6. Respect signaling / 7. Pedestrian courses must be used by small groups at a time / 8. Do not make fire / 9. Each person is responsible for their litter, transport a bag for the effect / 10. Contact the authorities every time you detect any irregularity.

Photography is the only capture authorized!



 FRAGA DO OVO





Legends and Narratives of the Tua Valley

Portugal presents, in the European context, an acknowledged importance for its variety in landscape and habitats that favor multiple nature offers, ranging from mountains, rivers and natural valleys, to plateaus, botanical rarities and a growing birdwatching scene, which, together, constitutes a valuable national resource.

This natural recognition and the fact that 21% of the territory is composed of Classified Areas, that state the pungency of the nature and biodiversity values to which is added a qualified tourism offer, place Portugal in a hinge position, also by its geographical position, towards the emitting markets, namely the northern European countries. This characteristic, that reasserts a growing tendency of these very same markets, is, in fact, understandable, because, in the Top 5 tourist emitting countries to Portugal, 4 of them are European, in which the search for nature tourism has been increasing.

The natural resources may be a destination for themselves, as well have a roll to complement the cooperation of offer, together with other tourism products, like the Touring Cultural, the Wine and the Gastronomy of excellence, set in genuine authenticity. This way, the Nature Tourism, associated to the kindness and hospitality of the Portuguese people, plays an extraordinary roll in the asserting character of Portugal's tourist excellence, which notoriety, both national and international, have been rising.

It is in this context that the qualification of the Tua Valley's predominantly natural resources, aims to contribute to the regional and national valorization, organization and promotion of the sustained tourist offer which confers value to the region and its inhabitants.

The Tua Valley Regional and Natural Park was created in 2013, and comprehends a 25.000 hectares territory distributed by the Municipalities of Alijó, Murça,



 BUZZARD





Mirandela, Vila Flor and Carrazeda de Ansiães along the lower Tua, down to the point where it meets the Douro.

In essence, aims to contribute to the preservation of nature and biodiversity reconfigured by the new aquifer that will result of the Tua's hydroelectric project, and, the valorization of aspects of the history, culture, and immaterial values deeply inscribed in this territory, which will be centerfold in the strategies of tourist, economic and social development of these territories.

This strategic alignment is also framed in the European Landscape Convention, that defines the use of landscape in a context of articulation between the sustainable development and the social and economic necessities of the communities, in the favoring of the natural space as a favorable attribute to human realization, in reinforcing the identity of local populations and, finally, a key element for the individual and social well-being.

The present Guide is also inserted in a wider frame of territorial promotion and valorization of the PNRVT,

struggling to adequate its offer in the nature tourism market, showed in the Action Plan of the Turismo de Portugal and the Regional Tourism Agenda, within a logic of network and of valorization of the Northern Portugal's natural rim, where the Peneda Gerês National Park, The Montesinho Natural Park, the Douro Internacional Natural Park, the Alvão Natural Park and the Azibo Lagoon Protected Landscape, are inserted.

Geography

The areas of the PNRVT are part of a transition territory right in the confluence of the continental and Atlantic influences, embodied by the southern Trás-os-Montes rim and in the Douro's Mediterranean soul, that stretches along the sweet Warm Land. Its orography expresses that multifaceted sum manifested in the mountain rim, the quartz ridges, the long luminous plateaus often cut straight down by deep valleys, sculpted by the rivers and mountain creeks, with special highlight of the Douro, the Tua and the Tinhela that, together with the sweeping



 PALA PINTA





winds, sculpted a singular landscape.

The Tua River, backbone of the PNRVT, after wandering through the gentleness of the Trás-os-Montes Warm Land of Murça, Mirandela and Vila Flor, will narrow its flow, transforming it in a steep canyon of gigantic granite walls, mainly between Alijó and Carraceda de Ansiães.

The characteristics of that orography have determined the settlement of towns and cities at plateau heights between the 500 and 800 meters, all except Mirandela, that constitutes the *“low frontier”* of these agglomerates, located at 220 meters, fact that highly influences the climate profile and the proud identity centrality of the Trás-os-Montes Warm Land.

Human occupation

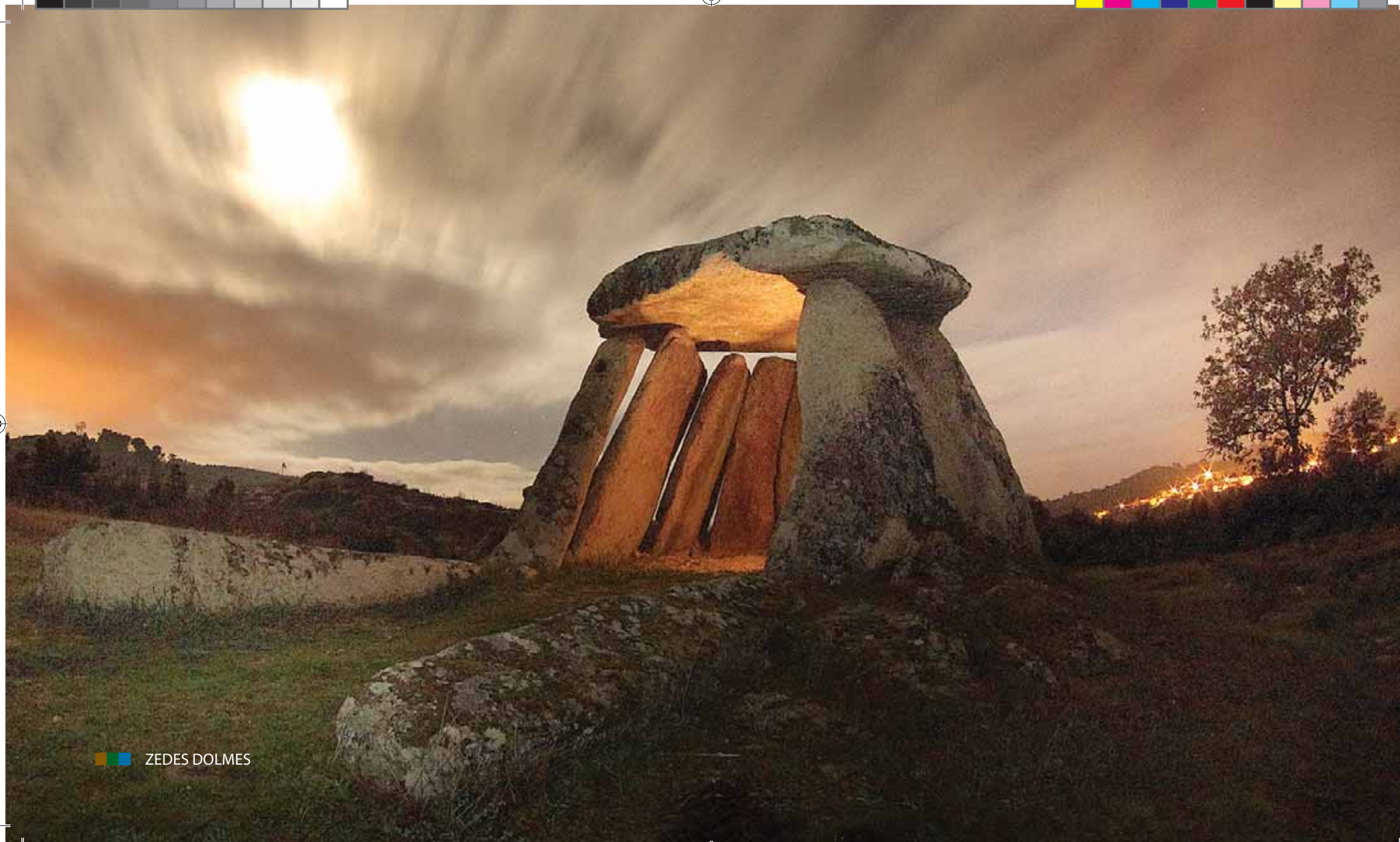
There is remote ancestry, expressed in the material and immaterial heritage of the Tua Valley and in the multiple images that still subsist from that time and that prove the priceless value transmitted by its castros, oral expressions, documental logs and sun and moon rituals, engraved in the memories, the

alignments, the wilderness, the cliffs, much like on the Fraga (rock) da Botelhinha, in the Alijó, Carraceda de Ansiães or Vila Flor plateaus, in hills, ravines, and deep valleys, that award a distinctive magical character to its geography. After all, nothing more natural in a territory occupied and made sacred by Man throughout millennia in the Douro/Duero Valley and the neighbors Côa and Sabor Valleys.

That remote human presence perpetuates in the agricultural and pastoral development, as seen in the Buraco da Pala and the Passos de Mirandela Sierra, in the tutorial symbolism of the *“berrões”*, with emphasis on the *“Porca de Murça”*, and in the pre and proto-historic settlements of the Municipalities that compose the PNRVT. It is precisely this common thread in which the Guide progresses and, through it, the visitors are challenged to discover the hidden or coded secrets in the bright landscapes of the Tua Valley.

The symbolic and the divine in the landscape

Wandering along the territories that hold the PNRVT is



 ZEDES DOLMES





a challenge to the discovery of millenary landscapes, where true treasures are found, messages and appeals to ancient magic embodied in the natural elements. The sacred and emotional places impose themselves and are proof of the cult of the cliffs with its chants, sorrows and moans and also with the “*bulideiras*” stones, like the Fraga do Ovo, in Cadoso, or the cliff of Inteirão, in Sta Eugénia, of moors, where sensations of enchantment are felt, shrouded in mysteries perpetuated by the popular memory in winter nights.

With time, cliffs were made divine as gods that face the lightning that thunder down from the skies, either the pagan god Jupiter or the Christian Saint Barbara, to whom the rosemary and blessed olive, on Palm Sunday, are burnt. In their turn, the castros won churches or chapels, devotions, promises and pilgrimages, that revive beliefs and omens, that motherly water, from the caves, wells and canyons, through fountains, and miraculous therms protected by the spirits and with secret devotions to the Nabian and Bormian Celts, or to the Saints: Lawrence and

Mary Magdalene. Finally, the crossroads, wild or dangerous where the “*viales*” gods were evoked, were they Hermes or souls, where spaces are forever haunted, shivered, where fingers are crossed and ominous plants are burned.

Dolmens

The plateau areas or the most inhospitable lows, that surround the Tua’s hydrographic basin, show archeological testimonials as graves that are inserted in the Atlantic megalithic culture, initiated in a pre-historical period, that takes us back to around 5000 b.C. and that arrive to us through the Zedes Dolmen in Carrazeda, the Chã Dolmen in Alijó, the Madorras complex of the plateau limits that separate the northern part of Alijó and the Murça Municipality and also the traces of that burial model in Marmelos, in the Mirandela Municipality.

These graves or *tumulus*, usually associated to engraved symbols, had a chamber supported by large stones, an entry facing east, sealed with a pile of rocks and dirt, forming an artificial breast shaped



 PURPLE FOXGLOVE





mound, hence the name given, mamoa (breast). Strolling around these grounds of the dead is to enter in sacred spaces of powerful symbolic impact, where mythical ancestors of important families were buried or the bloodlines through which the warrior classes were made heroes, and were forever perpetuated in the architecture of large stones and the mysteries they raise.

“Castros” and “Berrões”

In the rocky prominences of the Warm Land depression, in the headlands and the intertwined spurs of the mountain siege that surrounds the Tua’s hydrographic basin, Iron Age settlements appear, which, through their strategic location, withheld the control of vast fertile territories, of river basins and mining sites, that allowed them to affirm the inter-tribal power and commercial trading.

In this framework, the intense development of metallurgy, associated to the periods of the Atlantic Bronze and Iron Age, was essential to the affirmation of a model of life and organizational coherence,

deeply associated to the peninsular northeastern geography.


The castros are fortified settlements with walls and housing, generally circular, well supported by complex additional defense systems, such as pits, gates and cunning entrances, pointy stones to protect the exterior walls from enemies, stating their monumental character, and broad visual domain.

Some of these settlements stand out in the landscape, for its location, for the antiquity and the valuable spoils they show. The Pópulo Castro in Alijó displays a beautiful wall, the Palheiros Castro emerges from a quartz spike in the Murça depression and holds an interpretation center on the site. In its turn, the Vilas Boas Castro, in Vila Flor, held a beautiful gold “torques” (necklace), that stands out as the most rare and beautiful exemplary of Castro jewelry known to date in the Iberian northeast, being a fabulous element of self-esteem, of authenticity and prestige for the Tua Valley people.

These examples represent a small sample of the vast network of fortified agglomerates, largely





 MORNING WALK





implemented in the Tua Valley's municipalities. On their turn, the "*Berrões*" are part of the proto-historic religious architectures, showing a relevant and vast zoolatry cult, spreading to most part of the Castilian plain, and inner Trás-os-Montes, evidenced in 49 examples of those representations and traditionally attributed to the tribe Vetões, since they coincide, both in time and geography.

West of the river, the only known examples are the "*Porca de Murça*" and one other "*berrão*" engraved in the rocks of the Carlão Castro, limiting a vast geographical tribal area, in which the totemic figure of "*berrões*", heads of horses, bulls, bears and small goats ensured the religious cult, fertility and magic, thus perpetuating as symbolic religious and territorial marks, as representations of mysterious vows.

Are famous the "*berrões*" of Torre de D. Chama in Mirandela, of Vila Flor (showed in the Municipal Museum), of Bragança (in its historical center) and several others in the Mirandela plateau and in Freixo-de-Espada-à-Cinta. There was also an example of these powerful figurations in the Linhares fountain

(Carrazeda de Ansiães), made of marble and which is currently missing.

Tua River, an old frontier line

Historically, the physical or symbolic frontier of this valley has been perpetuated since the occupation by the first organized communities of the pre and proto-history and kept to the present, acting, this way, as a territorial limit and a mark of the administrative and political division of the Castro communities, which heavily occupied the region. The maintenance of this feeling of "*frontier*" is rooted in the habits and in the sense of belonging of the Trás-os-Montes and Douro's peoples, aligned in ancient bloodlines and neighbor tribal descendants, yet opposed, with the Zelas or Zoelas at the east and the Gróvios (Brácaros and Calaicos) at the west, and that met at the Tua valley.

This aspect of territorial limitation and frontier did not prevent, however, the transit of artistic and symbolic manifestations and commercial trading, that some peoples passed onto another, for instance, the



 CREEK





presence of the warrior's head statue in Vilas Boas, distant from the Galician influence of the west, hence, far from the natural epicenter, or, in the mentioned "berrões", of the western most distant region of the plains centrality.

The statues of warriors wearing necklaces and arm bracelets, symbolized the culture of chieftains, the glorification of ancestors and the hero leaders, proving the existence of societies organized in bonds of blood, which are the base of these social structures, where the "Torques" was the main symbol of leadership, of power and warrior bravery of the castro's peoples.

Waters, Fountains and Hot Springs - a territory's resource

The territorial spaces of the PNRVT integrating municipalities are situated, in a macro level, between the geological faults of Chaves, Vila Real, Régua, and the Vilariça Basin, which delimits, to the east, the two Municipalities of Mirandela and Vila Flor from which *Graben* (tectonic depression) the Frize waters

emerge, once called Bensaúde. This fault or scar is well marked in the landscape among schists and granites, and shows as a lowered block delimited by southern and horizontal faults, configuring in this territory one of the Cenozoic detachment basins.

The territorial area in which the Park develops, although shows a rare water image, that conditions the characteristics of its vegetal mantle, of its Mediterranean climate profile or of some of the extremes in the upper part of the river so common of the Warm Land, such isn't entirely true, rather justifying that appearance by orographic characteristics, by the unevenness and soil structure, which makes the waters flow in deep valleys, freeing the plateau areas.

This is due to the fact that the Tua Valley and its hydrographic basin are characterized in the final canyon by very abrupt and steep margins, and some amphitheater like openings that, throughout the year, vary the color palette, followed by narrow turns, result of the ongoing struggle between the rivers flows and the nature that holds and condition



 FOUNTAIN





them, made by schists, granites and a tectonic structure that clearly shows the Trás-os-Montes profiles of telluric constriction. These flows, wisely used throughout the ages, ensure the watering of fields, the beauty of the orchards, and the survival of implemented ecosystems, perpetuating themselves in the landscape in small waterfalls, canals and watermills. Also endure examples of Moorish “*noras*” and of even older fountains of diving, in the urban centers and ancient roadways, populating the imaginary of fountains and caves of Nabia, well transparent in the festivities of the solstice periods. Well, together with these non-stopping life and richness generating torrents of the Tua Valley, other aquifer generosities emerge that diversify the use, identify territories and affirm its identities and complement the water theme offer.

Hot Springs and the magic of Landscape


The Tua valley’s hot springs are framed in a lithological environment composed by sintectonic hercynian granites that structure

the metasediments of the greywacke schist complex.

The Caldas de Sta Maria Madalena, although situated in the Murça Municipality, are popularly called by Termas de Carlão, for being historically connected to this beautiful Alijó locality and are positioned on the right bank of the Tua River, next to the mouth of the Tinhela river, a short 4,5 Km distance from the São Lourenço Hot Springs, located on the south bank, in the Carrazeda de Ansiães Municipality. Chemically, these waters are very similar, meteor originated and are reenergized in higher grounds of the surrounding mountains, showing similar temperatures, around 29 and 30 degrees Celsius as well as physical-chemical composition, designated by fluorinated, bicarbonate, sulfureted, sodic, alkaline and reductive waters. The therapeutic indications are: skin diseases, rheumatic and musculoskeletal diseases, respiratory passages and diseases of the digestive tract.

The beginnings of hot springs use take us back to a pre-historic period in which man connected intensively to this territory and which evidence is



 HIKE





shown profusely in its identifying elements and in artistic and symbolic manifestations, embodied in the granites of the Botelhinha cliffs, the Fraga da Rapa in Carrazeda de Ansiães and, mainly, in the sanctuary of the Pala Pinta cave, in Alijó.

All contribute to the ancestral religious magic, overseen by the Borman god, water deity that, in the north of the Douro, corresponds to Esculapius, god that oversees health and which tradition the people maintain by naming the waters as *“holy”*, because they heal, re-temper and regenerate, like the Borman image that *“boils”* and the protective saints endure. For that reason there stands the granite image of St Lawrence (17th century) over the bath tank of the hot springs, testifying the overseeing power of the holy waters manifested and perpetuated by the deities.

This group of rivers and fountains, of motherly waters manifested in caves, in canyons flowing from cliffs, protected by mythological spirits, embody the pilgrimages, the rituals and the miracles of the *“Vulcan´s forge”* in the mysterious corners of the Tua.

Come and discover!...

... And, gradually, by syncing with the places and memory, the territory will unravel its mysteries and there will be nothing more to do but be taken in that search of the roots, anchored in that remote space and time of the Tua valley territories, in its granites, schists and quartz, showed in its telluric monumentality, in its cosmic cults, of the sun and the moon, like the ones of the Passos Mountains or the Pala Pinta shelter, in its natural vegetation, aromatic, cosmetic, seasoning and magical plants.

And so, gain meaning the festivities and cult of the mays, the Beltane fertility rituals with its fires, with the Christmas logs that warm the men reinstating the ancient tribal and community bonds and beliefs of the sun´s power, along with rituals and the celebration of the boys, of the symbolism of equinoxes and solstices kept in the memory of Trás-os-Montes.

This journey is a search for innumerable legends, beliefs and superstitions that endure and insinuate diffuse echoes of ancient religions and the mighty circular altars of Serapis, Averno, Jupiter, Bormanian,



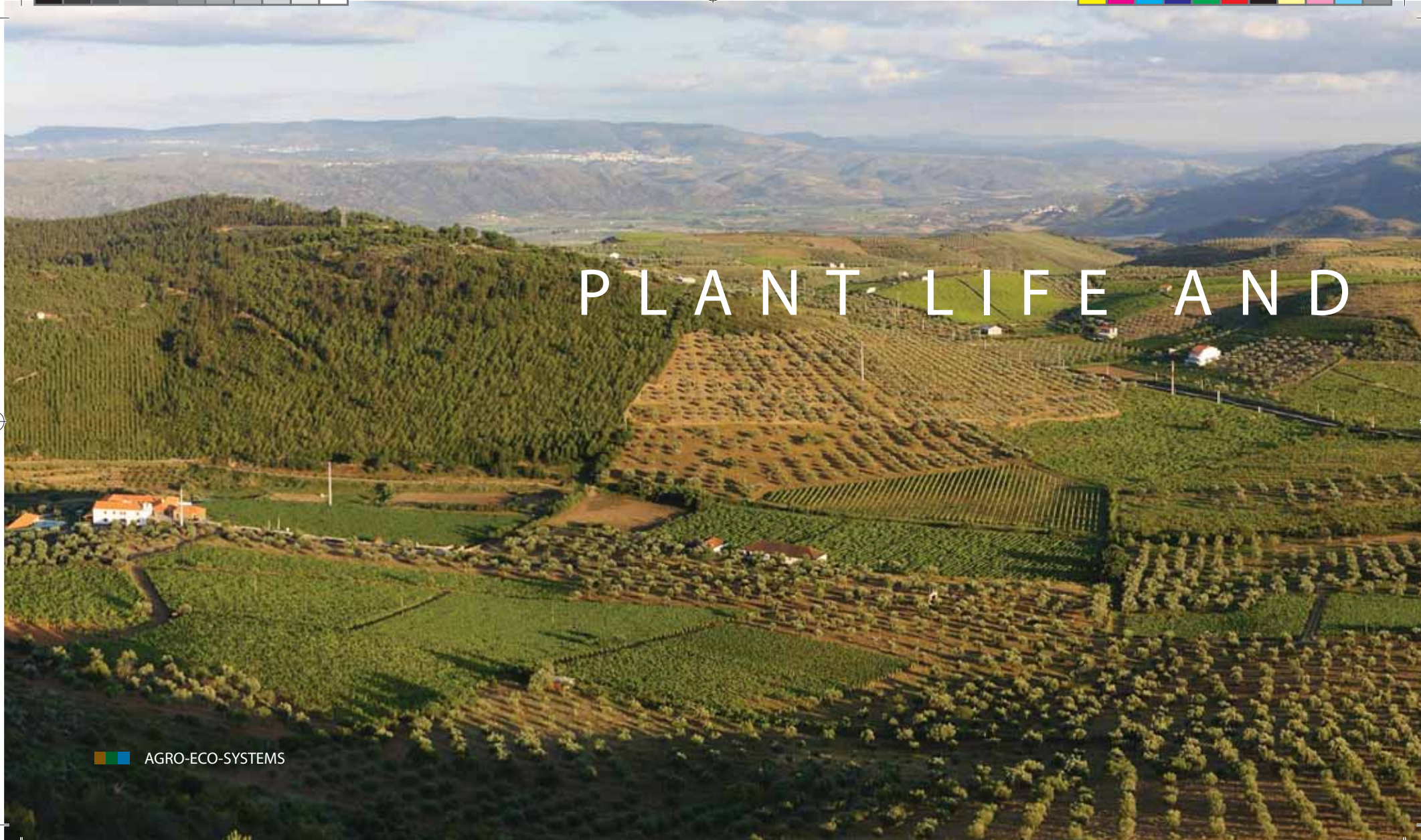
 EVENING






Marandicus and every major god, from a distant time, perpetuated in the mountains and devotional shrines. Let us hear the echoes of the cliffs that eternalize the metallurgic gods and the primitive animism with its spirits that emanate from the felt landscape, of which one depends and fears. This is the *"Transmontana"* soul. The visitor understands, then, that the chapels, crosses, souls and churches take hold of former sacred spaces, manifested through burial monuments, enigmatic inscriptions, sun and moon shrines shown in places, warrior and zoomorphic statues, hills, holy stones and castros, castles, with their secret passage ways and fabulous tunnels filled of legendary power, magic and awe.

Embrace the Tua Valley and be awed!



PLANT LIFE AND

 AGRO-ECO-SYSTEMS





AGRI-ECO-SYSTEMS





Plant Life and Vegetation in the Valley

By José Ribeiro

The Tua River is formed by the confluence, somewhat north of Mirandela, of two other rivers, the Tuela, coming from the Sanábria Mountain in Spain, and the Rabaçal, also born in Spain near the Vinhais border. The valley of this river is one of the largest Douro affluent, it is a relatively open valley in the section between the mentioned confluence and the town of Cachão, about 12 Km south of the city of Mirandela. From this point on and all the way to its mouth in the Douro river, it becomes much narrower with gorged sections and where the craggy landscape is also inhospitable, maintaining, still, the Mediterranean vegetation of the entire valley, of scarce agricultures, stippled here and there by vineyards, olive trees, almond trees and some orange yards almost every time planted in terraces made by men, muck alike the rest of the Douro region, interleaved with small woods and groves.

We will now address the characteristic vegetation and plant life of this valley, which in phytogeography terms, may be framed in what is known as the vast *Transmontano-Duriense Mesomediterranean Domain*. In this review we will limit to spontaneous vegetation and plant life, dominated by Holm fields together with juniper in the lower parts of the valley, and cork oak fields in the intermediate heights, between the 350 and 600 meters. Some pine trees and sweet chestnut trees speckle the landscape on some hills, are in fact human made small woods and not representative of this region's natural vegetation.



ORANGE TREE FIELD





The *Transmontano-Duriense Mesomediterranean Domain*, being divided in two bioclimatic levels, the medium mesomediterranean and the lower mesomediterranean, shows a sub-humid to dry ombroclimate and constitutes most part of the phytogeography territory of the Lusitano-Duriense Sector, covering the areas known as the Warm Land, Upper Corgo and Upper Douro. This domain is related with the holm oak, the juniper (*Juniperus oxycedros* L.), the oak (*Quercus faginea* Lam.) and the cork oak (*Quercus suber* L.). The most important floristic communities of this domain are the following:

- The *Genisto hystricis-Quercetum rotundifolia* P. Silva and the *Junipero oxycedri-Quercetum suberis* C. Costa, Capelo, Lousã et Aguiar ined Associations.
- The *Genisto hystricis-Q.rotundifoliae juniperetosum oxycedri* C. Costa, Capelo, Lousã et Aguiar ined. and *Rusco aculeati-Quercetum suberis juniperetosum oxycedri* C. Costa, Capelo, Lousã et Aguiar ined. sub-associations. These represent holm oak and cork oak fields with juniper.
- Because the Tua valley is essentially inserted

in the Trás-os-Montes Warm Land and Upper Corgo sub-regions, are also present, in critical conservation condition, some thermophilic oak yards accompanied by grape seed of *Rusco aculeati-Quercetum roboris viburnetosum tini* and arbutus of *Phyllireo angustifoliae – Arbutetum unedonis* Rivas Goday et Galiano, these representing a serial stage of the *Rusco aculeati-Quercetum suberis*.

This mesomediterranean phytogeography domain is identified with the sub-continental Warm Land, and is connected with the base level of the eastern inlands (up to altitudes of 450 – 500 meters) in the mesomediterranean bioclimatic levels and in it are included the Upper Corgo and Winegrower Upper Douro sub-regions. The holt [*Quercus rotundifolia* Lam. or *Quercus ilex* L. *ssp. rotundifolia* (Lam.) T. Morais], also known in the region as “carrasco”, is the dominant species. The real carrasco - *Quercus coccifera* L. -, being colicole is frequent in the south of the country, and rare in the north, existing only a few examples in the Upper Douro calcoschists. The



sub-dominant species is an ancient cupressaceous resin, sheltered in Iberia since the ice age, the plateau juniper (*Juniperus oxycedrus* L.). These two are the most frequent species, but also part of the arboreal profile, we find the oak (*Quercus faginea* Lam.), the cork oak (*Quercus suber* L.), the ash-leaf maple (*Acer monspessulanum* L.) and, here and there, the olive tree - wild or common (*Olea europaea* L.). In phytosociological terms there are related sub-associations with the holm and cork yards with juniper.

As characteristic elements of the sub-wood, the "piorno" [*Retama sphaerocarpa* (L.) Boiss.] stands out, a shrub similar to the broom, the terebinth (*Pistacia terebinthus* L.), the narrow-leaved phillirea (*Phillyrea angustifolia* L.), the strawberry tree (*Arbutus unedo* L.), the rockrose (*Cistus ladanifer* L.), the rosemary (*Lavandula pedunculata* (Miller) Cav., the mastic thyme (*Thymus mastichina* L.), the daphne (*Daphne gnidium* L.) and the sage and white leave rockroses (*Cistus salvifolius* L. and *C. psilosepalus* Sweet) as well as the climbing species jasmine (*Jasminum fruticans* L.), graybeard (*Clematis vitalba* L.) and the best known honeysuckle (*Lonicera estrusca* G. Santi and *Lonicera peryclimenum* L.).

As we can see in the iberian-mediterranean and sub-mediterranean domains, the shrub woods integrate in absolute the *Schist-Lavanduletea* Br. Bl. Morais] class, also called in the region as "carrasco". The real carrasco - *Quercus coccifera* L. - , being colcicole is frequent in the south of the country, and rare in the north, existing only a few examples in the Upper Douro calcoschist. The sub-dominant species is an ancient cupressaceous resin, sheltered in Iberia since



ROSEMARY





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In the warmer areas of the medium mesomediterranean, closer to the Douro river and its mouth, taking advantage of the scree's deeper soils, we find more thermophilic varieties of these Mediterranean woods: the "piorno" fields, shrub formations more frequent in the south of the peninsula. These "piorno" fields are tall scrubs dominated by a shrub similar to the common broom called "piorno" [*Lygos sphaerocarpa* (L.) Heywood or *Retama sphaerocarpa* (L.) Boiss. - also similar to the scotch broom (much because of the tiny yellow flowers), with small rounded pods and high, flexible branches, with almost no leaves so it adapts better to

the dryness.

It is due to this similarity between the broom (*Genista florida* L.) and the "piorno" [*Lygos sphaerocarpa* (L.), that the scotch broom scrubs are also called piornos, only that these are exclusive of the higher lands, mountains of the Beirã and Trás-os-Montes Cold Land. In the Douro's piorno fields we have to mention two precious meso and thermomediterranean thorny shrubs: the mahaleb cherry (*Prunus mahaleb* L.) and the Palestine buckthorn (*Rhamnus lycioides* L.).

In the Tua's plant life we stand out, like in the entire Douro region, the importance of the so called "mortórios", areas still bearing the old dividing walls and where, 120 years ago, vineyards were devastated by the phylloxera, which many are now repopulated by the native vegetation.

In these scrubs, not only we find relevant tree and shrub species, but also some herbal species as are the cases of a Cruciferous or Brassicaceae similar to the gay feather *Erysimum linifolium* (Press.) Gay, the Orchidaceae green-winged orchid (*Orchis morio* L), the western peony (*Paeonia broteroi* Boiss. et Reuter)



and still the Iridaceae spanish iris.

It is never too much to bring to attention the need of preserving some of the magnificent “mortórios” as deposits of rich native Mediterranean Douro biodiversity.

As well we cannot stop alerting to the need of preserving the best hill top woods and the river banks vegetation, fundamental to the ecological equilibrium of the region.

Riverside vegetation and plant life

In the Tua’s riverside rims, like in most of the Region’s Rivers, up to the montane level some species stand out like: the black Alder (*Alnus glutinosa* (L.) Garrtner; the desert ash (*Fraxinus angustifolia* Vahl); the elm tree (*Ulmus spp.*); the aspen (*Populus spp.*); the willow (*Salix spp.*); the nettle (*Celtis australis* L.); the glossy buckthorn (*Frangula alnus* Miller); the elderberry (*Sambucus nigra* L.); the purple loosestrife (*Lythrum salicaria* L.); the giant reed and other riparian species. In the herbal stratum limiting the edges of the water lines there are some herbaceous species that do not have enough expression to be called “lameiros” (marshy), these being the most typical agricultural ecosystems of the Cold Land and some ash tree fields of the transition zones between the Warm and Cold Lands. The mentioned herbal stratum of the riverside rims is inserted in the broad *Thero-Brachypodietea* Malato-Beliz community with rushes well defined in the *Mentho suaveolentis-Juncetum inflexi* Rivas-Martinez ined. and



FLOWERY LANDSCAPE





hygrophilic herbs of the hila herbs of the *Preslietum cervinae* Br. Bl., rich in aromatic and medicinal species like the water mint (*Mentha aquatica* L.) and water spearmint (*Preslia cervina* L.) Opiz, the squaw mint (*Mentha pulegium* L.) and the gypsywort (*Lycopus europaeus* L.), and several hygrophilia gramineae of the Molinia, Glyceria and other genres.

Other typical waterline formations, both in these and other areas of the North and Center of our country, are the willow forests, with predominance of the large gray willow (*Salix atrocinerea* Brot.) up the river and the white willow (*Salix salvifolia* Brot.) down the river, much because this last one is a thermophile species. In the Douro's floodbanks and its effluents, the willows occupy sections where the regime of waters is more aggressive and the soil more sandy and stony, habitats where the black alder and ash tree do not adapt so well. In these flood banks, the willows share such ecological niches with another not so known shrub but very characteristic (exclusive of our country and of the inner valleys of the Douro, Tejo and Guadiana).

It's the "tamujo" a very branched and thorny shrub of the botanical family of the Euphorbiaceae which designation is *Securinega tinctoria* (L.) Rothm and this specific adjective indicates that it was once used in dyeing, because, like all Euphorbiaceae, is a species rich in secretions. It can be observed in the Tua banks and its river mouth, along magnificent tufts of white willows.

Ruderal and Rupestrian Flora

The ruderal flora, inserted in transition ecotones like side paths, margins of woods and scrubs and edges of agricultural fields is very similar to other ruderal floras of other regions with identical Mediterranean ombroclimate, being a very cosmopolitan flora, in other words, made of species with wide phytogeographical insertion from which some vivacious herbal species stand out such as the *Scrophularia auriculata* L., the *Epilobium hirsutum* L., the apiaceae *Torilis spp.*, *Smirnum olusastrum* L. and *Thapsia vilosa* L., the asteraceae type thistles like the *Silybum marianum* (L.) Gaertner, the *Carduus*



tenuiflorus Curt. and the *Galatites tomentosa* Moench, the brassicaceae *Coyncia monensis* (L.) Gaertner et Burdet also called *Rhyncosinapis monensis* (L.) Dandy, the edible *Brassica barrelieri* Janka and the *Sisymbrium officinale* (L.) DC., and still several gramineae or poaceae like the cheats – *Bromus spp.* - the quaking grass - *Briza spp.*, some species of the *Alopecurus*, *Vulpia* and *Cynosurus* genres and the better known as false barley - *Hordeum murinum* L. *ssp. leporinum* (Link.) Arcangeli, indeed, it is considered as one of the most characteristic species of the ruderal flower communities.

Regarding the riparian flora, inserted in slopes and other places distinguished by their stoniness or by slate soils, habitats that include some river banks and overflow areas, creeks and water lines, we have to point out, in the case of this valley, the presence of the common and edible “azedas” (sours) - *Rumex induratus* L, of the navelwort - *Umbilicus rupestris* L. and other Crassulaceae of the *Sedum* genre, as well as the beautiful “alfinetes” with their most showy red inflorescence - *Centranthus ruber* (L.) DC. But, together with these relatively common species in rupestrian habitats, we have to point out some other quite rare in the region and therefor with more notoriety like the *Silene marizii* Samp., the *Anarrhinum duriminium* (Brot.) Pers. and most of all, the beautiful foxglove - *Digitalis armandiana* Samp. In a Mediterranean climate scenario like the one that defines this entire Tua valley, the dominant agricultures are, as we know, the vine, the olive, the almond and the orange. However one must remember that the section of this valley between Mirandela and the Canyon is a lot wider



TYPICAL VEGETABLE FARM





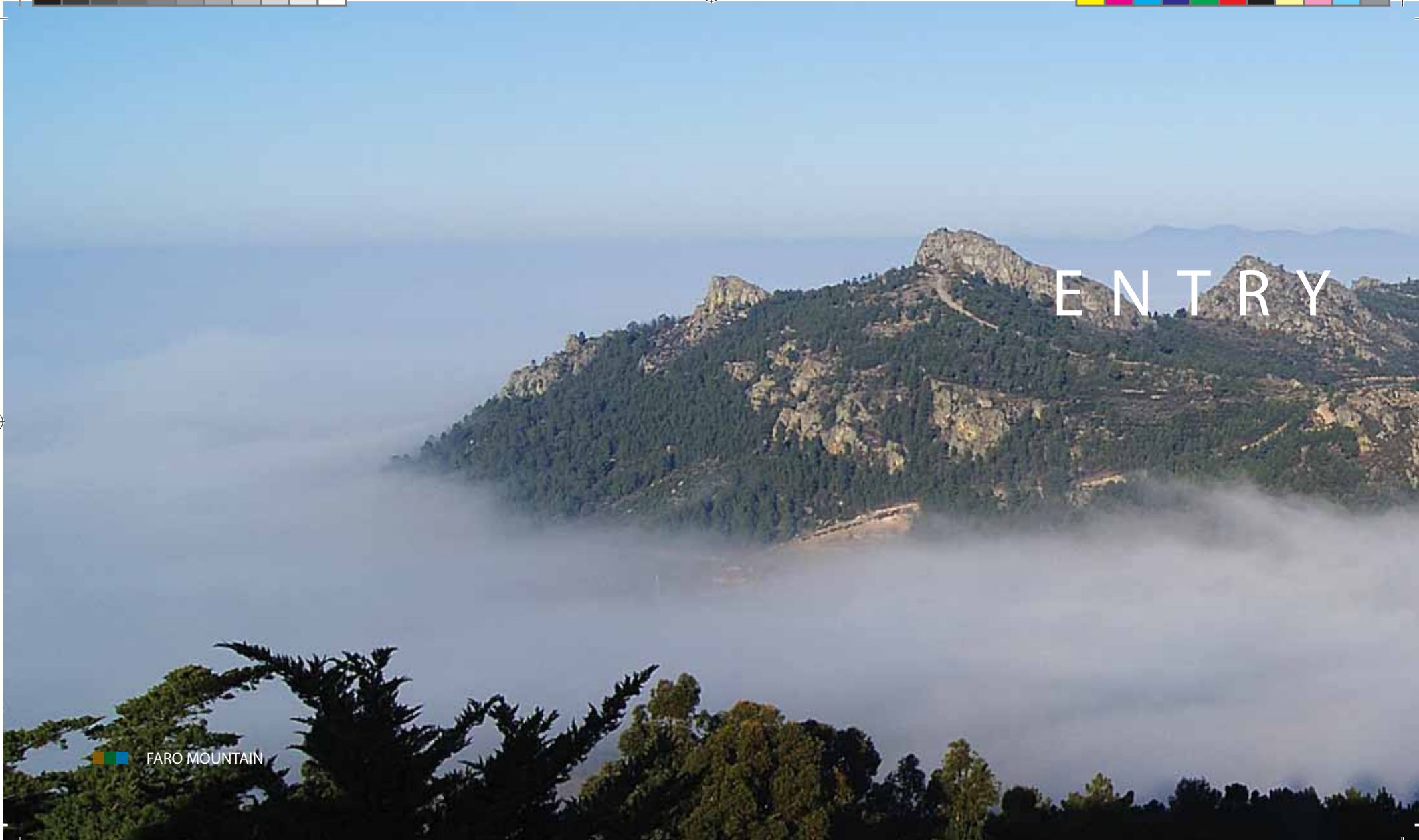
forming a vast and fertile wetland, deep in the so called Trás-os-Montes Warm Land where vegetable and fruit farms like the cherry, peach, plum, and fig, deeply enrich the landscape and its agriculture. In this wetland there are also magnificent olive fields, for the Warm Land shows privileged soil and climate conditions to grow olive, and the existence of some winter cold due to the continent influence, stops the advance of certain diseases and plagues like the grub and the olive fly, and the dominance of the “cobrançosa” feature confers the oil of this region a unique quality, being the olive culture in this Mirandela portion of the Tua valley, the base of its agriculture.

This aspect changes as we approach the south part of the canyon, with steeper, craggier walls where the vine starts to show its dominium, not only because it adapts better to these conditions, but also this is where the Winegrowing Upper Douro starts and with it the chance of producing Port, and quite good Port if we might say.

Concerning vegetables, the ones worthy of mention

are the “penca” or “troncha” cabbages of the Tua valley, that, like the cabbages of veiga from Chaves or the Vilariça valley, “suffer” with the autumnal frosts a physiological pressure that increases the sugars in order to better defend against the cold, this sweetening makes them the best “penca” cabbages in the market.

Another important culture of the Tua valley is the orange, inserted in two types of landscape: in small terraces similar to the vine terraces, built on the sides of the schist cliffs – the schist is dominant in the valley’s geology as in all the winegrowing Douro, although some granite clusters appear here and there – or in small marshes mainly positioned near river mouths. Are especially famous, for their quality, given the unique microclimate, the renowned oranges of São Mamede de Riba-Tua.



ENTRY

 FARO MOUNTAIN






GATES





 MAN OF THE DOURO





ENTRY GATE

ALIJÓ

Amidst Castros and Foxgloves



ORANGE TREE GARDEN





Having left behind telluric deities of *Reve Marandicus* and Serapis, in the limits of Vila Real, we gradually immerse in the Trás-os-Montes ambiances, in which, the luminous Alijó plateaus, its sacred grounds of the dead and the granitic castro tops, makes us feel the first quivering of the Wonderful Kingdom. On one side the giants, the stone divinities and the great mountain wall of the telluric fortress, on the other, the sublimate Douro and its geometric cliffs where vineyards parade like musical notes. But looking through the window opened to the east, we dive in the Warm Land where the river stretches from the ancient and faded tribal frontiers of the proto-historic age.

We enter the domains of the Tua's riverine, their precipices and their mysteries.

Thus being welcomed in Alijó, emblematic land of producers and great wines, of a growing tourist activity that enhances the people's dynamism and awards notoriety to the region and its hydrographic basin which name echoes around the corners of the world. Famous by its vegetable gardens and,

orange fields and mountain products, the highlight, however, goes to the production of renowned Douro and Port wines, without forgetting the characteristic Alijó moscatel and Favaíos, which is a peculiarity of the transition plateaus. With them the traditional production of bread intertwines, something to see and taste in the last location where the Bread and Wine Museum is located.

The medieval Alijó and its name had a group of charters that testify to the evolution of those communities and the care of the first kings in favoring the settlement and creating the conditions to attract the merchant bourgeoisie class and the land owning nobles, which tutored the land through long cycles. Such as happened with the Távora Marquis that was the first land owner and contributor to Alijó and its names, until returned to possession of the crown, in the Pombalino period, after a tragic annihilation of that powerful family, in the mid-18th century.

The chapels, the viewpoints, the City Hall building, the pillory, the old Távora's manor and the centennial maple tree, regarded as national monument, roughly

Entry Gate
ALIJÓ



 GREAT SPOTTED WOODPECKER





make out the set of material heritage. The gastronomy, the roots of history, the hospitality of its peoples, the breathtaking viewpoints and the magic/legendary, complete the portrait of Alijó's offer.

A Legend

The Senhora da Cunha Legend

The place of Senhora da Cunha receives a pilgrimage much associated to the communities' meals and siestas that goes around the Chapel and the "Cabeço" (higher boulder of the hill).

Traditionally, disputes occurred, through which the different parishes claimed the filiation of the saint, whose symbolism was very connected to the beginning of harvests and agricultural celebrations. It is said that the villagers of Chã tried, one day, to turn the image of the Saint facing this parish and that her, having acquired will, turned itself to Alijó, maintaining the dispute between the two parishes of to which belongs the Saint, as well the fact that the seven sisters (seven viewpoints) obligatorily "see" each other. They are Saint Euphemia, of Lavandeira,

Lady of Assumption in Vilas Boas, Our Lady of Remedies in Lamego, Saint Comba in Franco, Saint Barbara in Favaios and Our Lady of Pains in Castedo. The Lady of the Cunha pilgrimage is quite singular, by the way the groups of each parish meet at the base of the hill, carrying crosses and adornments.


Curiosities

The Amieiro Cable Car and the "ingenuity and art, Trás-os-Montes style".

To climb the abrupt margins of the Tua Valley, the Amieiro folks built, decades ago, a cable car that allowed access between the two sides, to around 40 people every day, to go to the train and for work at the fields of the Carrazeda hills. This transportation service was complemented with the Barca transport, that worked 24 hours and both, as a harbingers of the modern interchange hubs, were operated by concession awarded by auction on Christmas day. Retainers would pay the fee annually, according to the number of persons per couple, profession, buildings they owned on the other side, animals they

Entry Gate
ALIJÓ



 SENHORA DA CUNHA





had, among other factors. The railway workers payed more because they made more trips.

In 1954, the fee costs went from 30 to 100 escudos and, in 1985, from 40 to 500 escudos per year.

Bellow, the description of the different prices associated to this old transportation:

Courier: Free

Passengers:

Until 1954: 50 cents per shortest trip;

Between 1955 and 1984: from 2,5 escudos up to 15 escudos, depending on the trips duration;

From 1985: 20 escudos per trip;

Animals:

From 1954: 50 cents per head and trip;

From 1985: 7,5 escudos per head and trip.

Relevant Festivity

Our Lady of Pleasures or Our Lady of the Cunha

Senhora da Cunha (Our Lady of Pleasures) - Provides a grand scenario on the top of the hill, probably a former moon cult location and clearly depicted in the rock paintings of Pala Pinta. It is a millenary

sacred place that, from the 18th century on, became associated to the adoration of the Lady of Pleasures, which festivity occurs on the first Sunday of July.

Gastronomy

From the "*peixinhos do rio*" (river fish) of the riverside Tua villages, to the Saint Eugenia almonds, or the baked kid with roasted rice of the Pópulo's plateaus, Alijó stands as a space of great gastronomical diversity. With premium wines, of which the distinctive Moscatel is part of, the famous meat bread, the variety of sausages and the emblematic Favaio's bread, make of Alijó a place of perdition to the palate.

Come and witness yourself!

Entry Gate
ALIJÓ



 PALA PINTA





Unmissable Places

Pala Pinta: "A place of Transcendence"

The first photograph of the Tua Valley appears, embodied in the rocky morphology of the granite peak that manifests and records an integrated set of landscapes, human and serpent shaped motifs, visible from the site, and showing, above the skyline, singular and unexpected astronomical conjectures.

Pala Pinta also affirms itself as an impressive observatory, both terrestrial and celestial. It is a special place where the sun, stars and who knows, a comet, with different light intensities and respective tail, assume great visibility, framed in a special unit where humans, skylines, hills and the unparalleled *Senhora da Cunha* hill, coexist.


And if the global representation is associated to the passage of a comet that crossed the skies 7.000 years ago, this tiny Tua's nook surpasses, by several centuries, the oldest texts of the Babylonian fertile crescent, and clearly express the visit of fascinating cosmic motifs in the skies, like the passing of a comet. Thus perpetuates the legendary fascination for

the deserted cliffs of the Tua and their magical and touching character which endure the historical fascination of men before celestial phenomena.

The Pala Pinta Rock Painting Shelter was considered Site of Public Interest in 2010, for being one of the most notable examples of shelters showing schematic paintings of the Trás-os-Montes area.

Entry Gates
ALIJO



 FRAGAS DA BOTELHIINHA





Entry Gates
ALIJO


Botelhinha Cliffs

In scattered granite outcrops 12 rocks emerge, magnificently engraved and framed in a wide and spacey landscape, facing the Warm Land depression and an entire telluric and Castrojeo (Iron Age settlements) environment, dispersed around the surrounding municipalities.

In the identified rocks, 25 engraved panels, all done in pricking technique, showing a remarkable theme variety, made of anthropomorphic, oval, triangular figures and motifs, and also dimples, *Greek Phi* shaped figures and other geometries.

Located in Botelhinha Mountain, in the Pegarinos parish, these are an essential archaeological and artistic set in the understanding of the magical in the Tua valley.



 BREAD AND WINE MUSEUM





WHAT NOT TO MISS > HERITAGE

PALA PINTA ROCK PAINTING SHELTER

FORTE COBERTA DOLMEN

**OUR LADY OF THE GOOD DEATH OR
POPULUM CHAPEL AND STONE CROSS**

"CASTRO DO PÓPULO"

**ARCHAEOLOGIC SET - "LARGO PRAÇA E
RUA DIREITA OF FAVAIOS"**

SÃO MAMEDE DE RIBATUA CHURCH

**ALTO DAS MADORRAS MEGALITHIC
NECROPOLIS**

ALIJÓ PILLORY

SÃO MAMEDE DE RIBATUA PILLORY

OUR LORD OF PERAFITA SANCTUARY

CARLÃO - AMIEIRO / GPS: 41°19'01"N, 7°24'13"O

VILA CHÃ / GPS: 41°20'05"N, 7°28'17"O

PÓPULO / GPS: 41°22'18"N, 7°29'18"O

PÓPULO, ALIJÓ / GPS: 41°22'18"N, 7°29'19"O

FAVAIOS / GPS: 41°15'56"N, 7°30'04"O

SÃO MAMEDE DE RIBATUA / GPS: 41°14'53"N, 7°25'47"O

**VILA VERDE (ALIJÓ), FIOLOSOSO (MURÇA) / GPS:
41°23'35"N, 7°30'59"O**

ALIJÓ / GPS: 41°16'35"N, 7°28'29"O

SÃO MAMEDE DE RIBATUA / GPS: 41°15'01"N, 7°25'55"O

PERAFITA / GPS: 41°23'19"N, 7°32'31"O

Archaeology / Site of Public Interest

Archaeology / National Monument

Religious Architecture / Monument of Public Interest

Archaeology / Property of Public Interest

Civil Architecture / Property of Public Interest

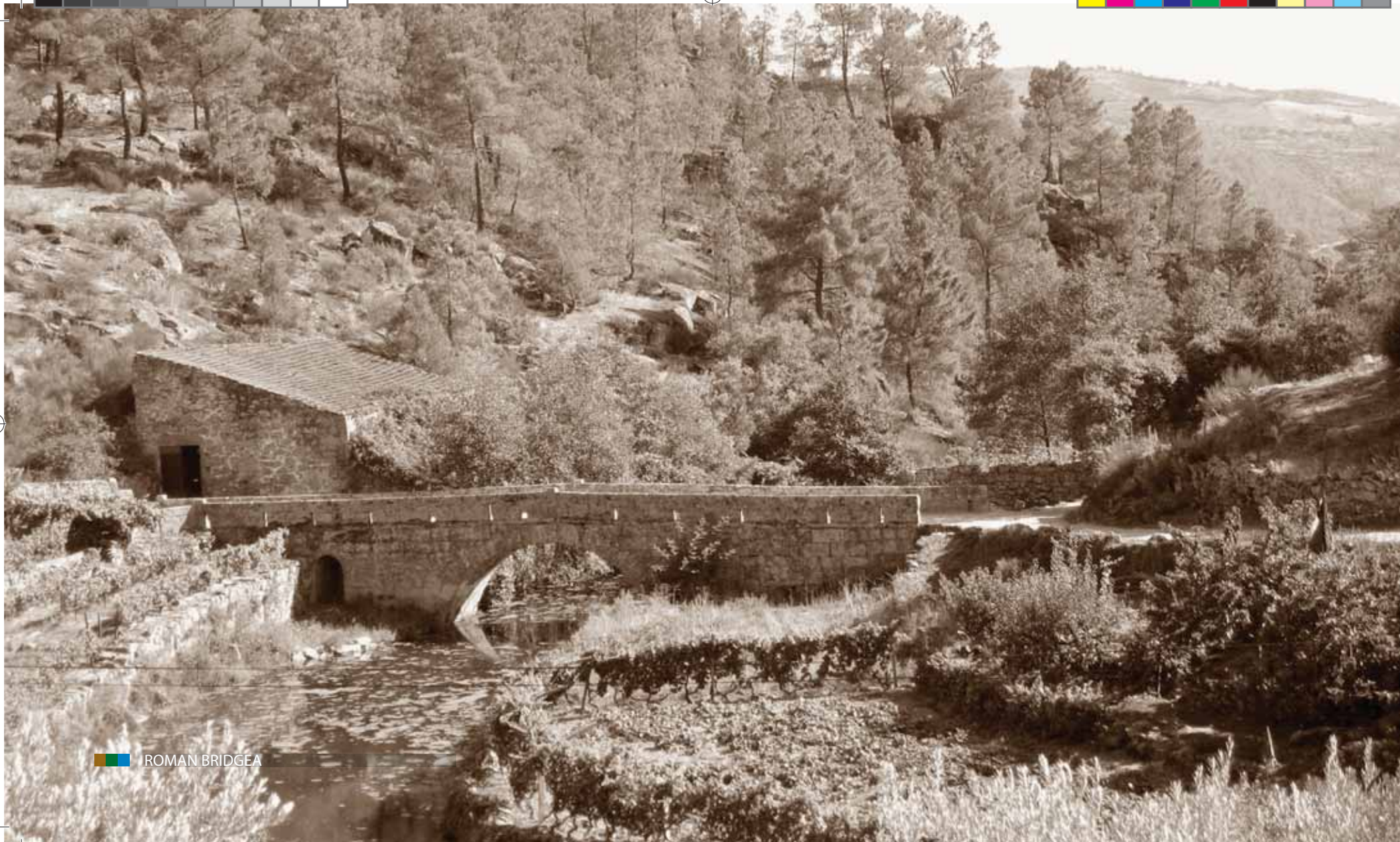
Religious Architecture / Site of Municipal Interest

Archaeology / Site of Public Interest

Jurisdictional Landmark / Property of Public Interest

Jurisdictional Landmark / Property of Public Interest

Religious Architecture / Set of Public Interest



 ROMAN BRIDGEA



Utilities & Information > **Directions** > Alijó

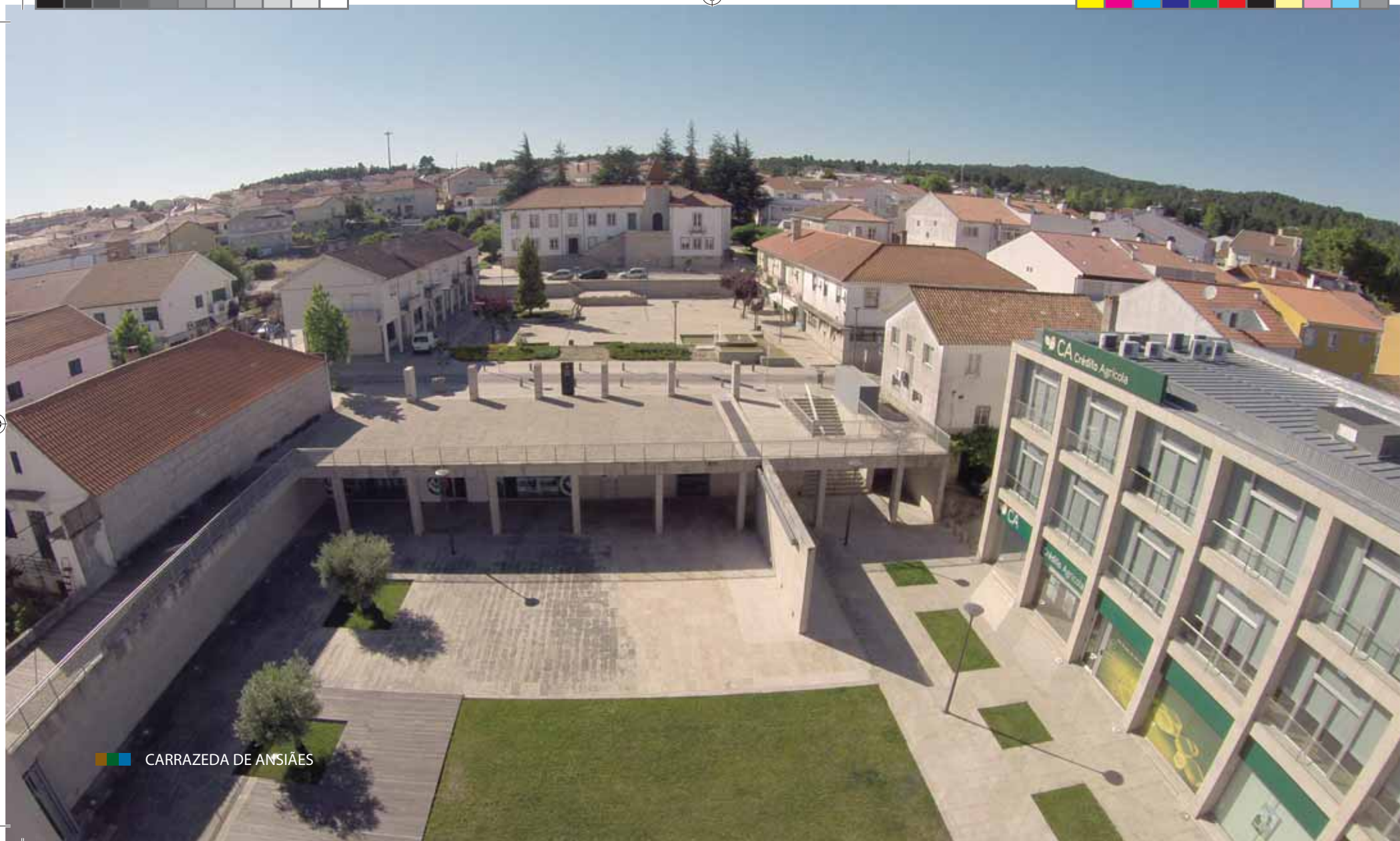
Place of Departure	Time	Distance	Itinerary
Carraceda de Ansiães	20 min	35 km	IC5 / N212
Mirandela	35 min	50 km	A4 / IC5 / N212
Murça	20 min	25 km	A4 / IC5 / N212
Vila Flor	30 min	45 km	IC5 / N212
Bragança	1h 10 min	110 km	A4 / IC5 / N212
Chaves	1h 5 min	95 km	A24 / A4 / IC5 / N212
Vila Real	30 min	40 km	A4 / IC5 / N212
Porto	1h 30 min	135 km	A4 / IC5 / N212
Lisboa	3h 45 min	410 km	A1 / IP3 / A24 / A4 / N212

Health and Safety National Emergency Number 112 • Fire Department – Green number 800 202 425

Alijó's Primary Health Care Center Largo do Tapado • Alijó • Tel. 259 959 210 • csalijo@srsvreal.min-saude.pt

Republican National Guard of Alijó Rua do Pombal • Alijó • Tel. 259 950 543

Tourist Information Post Avenida 25 de Abril • Alijó • Tel. 259 950 0955



CARRAZEDA DE ANSIÃES






ENTRY GATE
CARRAZEDA DE ANSIÃES

In search of the Black Wheatear



 SCARP > TUA RIVER





The municipal area is distributed in three great spaces, with distinct characteristics: one, a plateau, that extends in the continuation of the Vila Flor platform, the second, facing the Douro, distinctly wine growing and, at last, a patch that covers the hills and throws itself over precipices over the Tua, showing then a more natural and wild character, this way contributing to the valorization of the Natural Park's resources.

The granite is preponderant and gave notoriety to this county, the rivers and creeks fall down abysses, the villages rest in small sheltered platforms, the use of the soil is diverse, the climate and the terrain, the altitude and the vegetation allow us to identify typified nuances of both the Cold and Warm Lands. Set in the first agricultural and shepherd communities, in the likes of what happened in neighbor municipalities, its history is long and sustained, arriving to our days testimonies of that human print. The Fraga da Rapa paintings, the dolmens, the iron age settlements, the totemic divinities, the altars, the cult of the boiling waters as well of the sun and

moon inscribed in the horse shoe cliffs *"...filled with arch, cross and circle shaped signs, together with other Iberian alphabetic forms..."* (Archaeologic-Historical Memories of the Bragança District), take us back to that distant time.

The roman presence in this municipality was intense, from it, bridges, roads, fountains and altars arrived to us, then the Suevian parishes followed, which regional unit was named, in Carrazeda, *Pagus Auneco*, located between *Pagus Pannonias* to the west and *Pagus Valleraricia* to the east. It's in this wide diffuse chronology and many times weak in available sources in which the *Ansillanes* Castle appears. *"...Is this town and its square the noblest and oldest that the Province has and ever had, such that all lands that exist from north of the Maram Mountain to her within a distance of ten leagues comprehend many lands and towns and the beautiful Vila Real of its name..."* (Memories of Ansiães). It is around the castle that Ansiães will develop, receiving Arabic occupation, the Christian re-conquest, the Charters and Inquisitions that, since king D. Fernando Magno to D. Manuel, structure,

Entry Gate
Carrazeda de Ansiães



 ANSIÃES CASTLE





regulate and assert a model for social organization, as extent of the ambitions and importance of the Ansiães peoples.

The Ansiães castle is located at the top of a hill, close to Lavandeira, and in it was set the urban center and defensive stronghold in the Middle Ages, pivotal in the defense of Trás-os-Montes and as sentry of the Douro River, given its alignment with the Numão castle, its neighbor on the other side of the river. Its apogee and monumentality happens in the 13th and 14th centuries, in a period of strong instability with Castile. From this moment on, starts the escape of population to lower and more functional sites and, in 1734, the Municipal seat is transferred to Carrazeda. Records show the last residents in 1758, being the year when over 5000 years of permanent human occupation come to an end. The castle was classified as National Monument in 1910 and is one of the emblematic monuments of the inner north part of Portugal.

The CICA – Centro Interpretativo de Carrazeda de Ansiães (Carrazeda de Ansiães Interpretation Center),

located in the historic center of the current town, is the suggested starting point to the tourist and cultural approach of this municipality. Through it, it is possible to have a true encounter with the history of the territory and travel through its inscriptions, steles, pottery, coins and adornments.

A Legend

The Tunnel of the Ansiães Castle

The legend says that, in the time of Moorish occupation, there were two communities: one in the Ansiães Castle, and another, in the Douro south bank, in the Numão Castle. According to the folk's imaginary, there would be an underground passage that connected both castles cisterns, going under the hills of the Douro's river banks, allowing communication between the two peoples.

This passage is only possible in the magical imaginary of the "Moorish times", would permit communication, good neighboring relations and escapes in case of danger. One can hear, still today, at the entry of the cisterns, the echoes of Arab cavalry galloping wildly,

Entry Gate
Carrazeda de Ansiães



HIKE





through the Douro's hills. Go and listen!

Curiosities

Memory Museum – Located in Vilarinho da Castanheira and, although part of peripheral context of the PNRVT, deserved a visit, because it contributes to the cultural enrichment, through sensory travels of the immaterial evoked by the traditions, the knowledge and the multiple disappearing crafts.

Relevant Festivity

A Festa da Marrã da Lavandeira

On the 15th and 16th of September, when the leaves start to turn golden and the air is filled with the smell of ripe fruit, is held the Saint Euphemia pilgrimage, that closes the Summer festive cycle.

Traditionally gathers many people, some to pray and fulfil promises, others to eat, because, as it is said in the region *"the Lavandeira festival without marrã, it's not a festival"*, and all the village mobilizes to the two day festival, around grills, home grown pigs, and the farmers wine, *"old school"*, where *"50 years ago, 80*

pigs would be hanging around the square".

So it is maintained an ancient Trás-os-Montes tradition, in which the sacred and profane are wisely combined.

Gastronomy

The Carrazeda de Ansiães gastronomy is framed in the Douro's and Warm Land's typologies and greatly benefits of the plateau productions of chestnut and apple.

The meat bread, the sausages, the roasts and the *"peixinhos do rio"* (river fish) near the river, favor a great variety of palates mixed with premium wines of the Douro slopes.

Unmissable Place

São Lourenço

It starts by being a place of recollection and silence. Perhaps of abandonment, meditation and magic that can be felt as soon we leave Pombal and start our descent through a mosaic of Mediterranean cultures that multiply down the slope and which speeds as it

Entry Gate
Carrazeda de Ansiães



 BLACK WHEATEAR





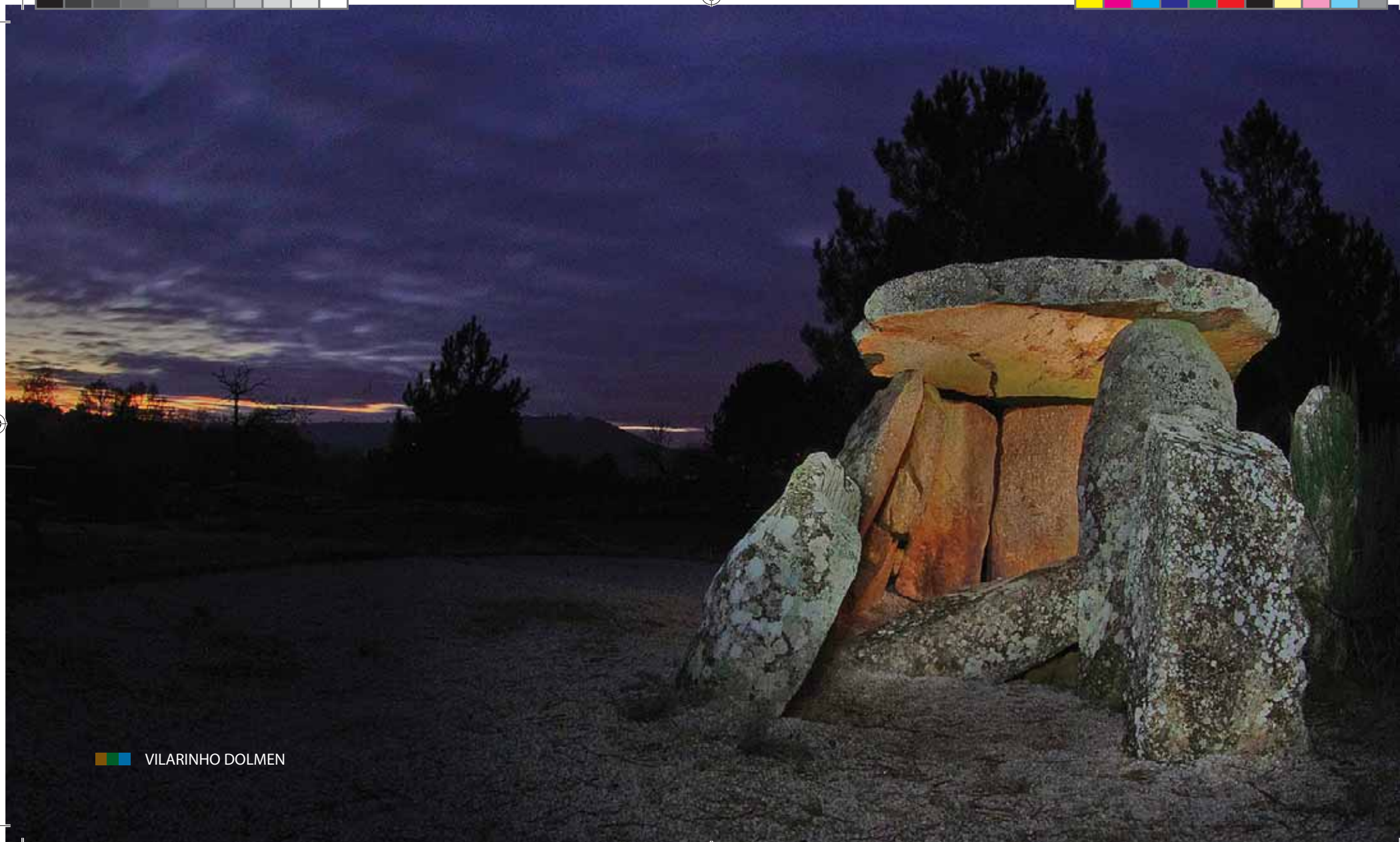
Entry Gates
Carrazeda de Ansiães


precipitates towards the Tua. The schist coexists with granite and the woods are Mediterranean and tend to be more abrupt.

The scenery is impressive, the mountains contract the geological canyon, the water whisper at our feet and the hills show intact forests and woods, testifying a true expressive nature. But, in São Lourenço, the miracles of water happens, sprouting from the walls. The saint assists the healing requests and the sacred baths in sulfuric waters, boiling water that the ancient Borman God heats, in *"Vulcan's forge"*. It is a mixture of beliefs that appropriate whoever seeks balm and healing for the body, spirit and inner reunion.

The surrounding magic is quite strong, because it is imbibed of that fostering spirit, is it Our Lady of the Cunha and the moon cults, which profile stands ahead of us, in the direction of Franzilhal, of the powers of water, energy, the peace of the site and also, inherent behind the first mountain, the magical shelter of Pala Pinta and its amazing paintings, true millenary outdoors.

For all this, to São Lourenço, one should not go conditioned by time, but yet willing to be touched in the senses, that allows you to be catapulted to other worlds that the landscape codifies.



 VILARINHO DOLMEN





WHAT NOT TO MISS > HERITAGE

VILARINHO DOLMEN	VILARINHO CASTANHEIRA / GPS: 41°12'10"N, 7°12'54"O	Archaeology / National Monument
ZEDES DOLMEN	CARRAZEDA ANSIÃES / GPS: 41°16'33"N, 7°17'37"O	Archaeology / Site of Public Interest
SELORES MANOR	SELORES / GPS: 41°12'21"N, 7°17'40"O	Civilian Architecture / Property of Public Interest
ANSIÃES CASTLE	SELORES / GPS: 41°12'13"N, 7°18'13"O	Military Architecture / National Monument
CACHÃO DA RAPA CLIFF PAINTING	RIBALONGA / GPS: 41°13'20"N, 7°23'22"O	Archaeology / National Monument
LINHARES / SÃO MIGUEL CHURCH	LINHARES / GPS: 41°12'13"N, 7°21'39"O	Religious Architecture / Property of Public Interest
SÃO JOÃO BATISTA CHURCH	SELORES / GPS: 41°12'13"N, 7°18'13"O	Religious Architecture / Property of Public Interest
STA EUFÉMIA DE LAVANDEIRA CHURCH	LEVANDEIRA / GPS: 41°11'36"N, 7°18'01"O	Religious Architecture / Property of Public Interest
CARRAZEDA DE ANSIÃES PILLORY	CARRAZEDA DE ANSIÃES / GPS: 41°14'42"N, 7°18'04"O	Jurisdictional Land Mark / Property of Public Interest
ANSIÃES PILLORY *	SELORES / GPS: 41°12'13"N, 7°18'13"O	Jurisdictional Land Mark / National Monument
LINHARES PILLORY	CARRAZEDA ANSIÃES / GPS: 41°12'23"N, 7°21'46"O	Jurisdictional Land Mark / Property of Public Interest
ANSIÃES CHURCH RUINS	SELORES / GPS: 41°12'13"N, 7°18'13"O	Religious Architecture / National Monument
SAMPAIO MANOR	CARRAZEDA DE ANSIÃES / GPS: 41°12'18"N, 7°21'36"O	Civilian Architecture / Property of Public Interest

* Only fragments



 OLD DOOR

Utilities & Information > **How to reach** > Carrazeda de Ansiães

Place of Departure	Time	Distance	Itinerary
Alijó	20 min	35 km	IC5 / N212
Mirandela	40 min	40 km	N213 / N215 / IC5
Murça	30 min	40 km	A4 / IC5 / N214
Vila Flor	15 min	15 km	IC5 / N214
Bragança	1h 10 min	100 km	A4 / IP2 / IC5 / N214
Chaves	1h 15 min	115 km	A24 / A4 / IC5 / N214
Vila Real	40 min	55 km	A4 / IC5 / N214
Porto	1h 40 min	150 km	A4 / IC5 / N214
Lisboa	4h	420 km	A1 / IP3 / A24 / A4 / N214

Health and Safety National Emergency Number 112 • Fire Department – Green number 800 202 425

Carrazeda de Ansiães Primary Health Care Center Av. Eng. Camilo de Mendonça • Carrazeda de Ansiães • Tel. 278 610 050 • geral@cscansiaes.min-saude.pt

Republican National Guard of Carrazeda de Ansiães Av. Eng. Camilo de Mendonça • Carrazeda de Ansiães • Tel. 278 610 020

Tourist Information Post Praça do Município | Carrazeda de Ansiães • Tel. 278 610 200



TOWN HALL





ENTRY GATE
MIRANDELA

In search of legends and “alheiras”





 NOMAD GARDENS





In 1578, João de Barros placed Mirandela *“just ahead (of the Lamas de Orelhão town) is the Tua river which is great and will enter the Douro, next to which stands the town of Mirandela, with its very nice and long bridge not long built...”*, thus by date testifying the magnificent stonework bridge, with nineteen round pointed arches, although some argue that the placing was done over a previous roman bridge. Concerning this, Pinha Leal (1847) says that *“in front of the town is seen the beautiful and long 19 arches stone bridge which crosses the Tua, whose makers are said to be the romans. It is the longest and oldest bridge of this kingdom”*.

In turn, the city, once *“isolated and isolating (...) of the Transmontana Province”* (Amorim Girão, 1949), was walled and with castle, being mentioned, in the *“numeramento do Reino”* (numbers of the Realm) of 1530, as being in bad condition because *“has damaged walls and sections”*, when a century before, with D. João I, was still considered a fortress, despite restorations, because, *“is this walled town for old use with weak wall and ruined in some parts, with 3 doors...”*,

of which only the Santo António door remains.

It is the capital of the Trás-os-Montes Warm Land, located over the Tua river, and geographically, inserted in a natural depression, surrounded by smooth landscapes, fertile grounds, diverse cultures, cereal and Mediterranean, which confers a mosaic, patchwork feel to the territory, as far as the eye can see and which, in the Summer, gains intense golden tones. The climate is extreme, well characteristic of the Trás-os-Montes northeast that, in the writings of Columbano Ribeiro da Costa, in 1796, had *“...rash and wild Winters, due to the great colds, snows, ices and excessive heats (...) however it is healthy and rarely are there any epidemics, it is ardent, the air is pure and there are no still waters or sources that poison them, and abundance of juicy fruits that in case water shortens...”*. The Tua river, central vein of the Warm Land, to which converge the Rabaçal, Tuela and Ribeira de Carvalhais converge, refresh and mirror the princess, that by enchantment, traps anyone who dares to look even once, because it is beautiful, seductive, enigmatic and open to the peoples.

Entry Gate
MIRANDELA



 PANORAMIC





It is a Municipality of good customs and best traditions, reservoir, memory and identity archive, land of olive oil, almonds, figs and smokehouses, in which the “*alheira*” stands out as a great national brand.

Mirandela is closely tied to the Távora family, grantees of Mirandela and that passed from that secular guardianship, the manor house, where today functions the Municipal Seat, well framed with the lagoon and the deck of the ancient bridge, presently reserved for pedestrians.

The immense power of the Távoras, swiftly annihilated by the Marquis of Pombal, stretched to countless territories, by receiving of important revenues, and the application of self-imposing measures, like in march 11th 1690 when, in the respective session of a City Hall meeting, was agreed that “*in one month, perform a payment for the emptying of the Távora Marquis’ granary*”.

Today, Mirandela is proud of its modernity, its geographic and cultural centrality and its magnificent water mirror, which works as a civic, social and sports

convergence.

A Legend

The Legend of the King of Orelhão

In very ancient times, there was in Lamas de Orelhão, in a castle inhabited by moors, the famous King of Orelhão, absolute Lord and tyrant of the lands of Mirandela, who had the peculiarity of having a donkey and a dog’s ear, as penitence for his evilness. He had, however, an overwhelming passion for a fair princess, that lived in the Passos mountain cliff tops and that, despite the intense harassment by the king, managed to resist and flee to the lower lands of the Tua.

The King wandered in despair among the cliffs and, fixing the eye on the distant horizon, succumbed to a deep sadness. When someone asked him why he gazed so far, he would answer:

- Estou à Mira dela! (I am looking for her!).

And so was the name Mirandela born, the princess of the Tua valley and, for such, when someone looks at her, in her would stay, such is the fascination.

Entry Gate
MIRANDELA



HIKE





But, in the hurry of her flight, the beautiful princess left her crown in the shelters of the King of Orelhão's Mountains, also known as Passos Mountain, waiting that someone find it.

Set out to explore the mysteries and fascinations of the Tua Valley!

Curiosities

The silk was once an important industry in Mirandela, as said by Eusébio Esteves Dias, town priest in 1758, mentioning that: *"...in it as in its territories there is much breeding of silkworm"*.

In the Passos Mountain, between Murça and Mirandela, there is a set of pre-historical schematic paintings, usually known as Regato das Bouças shelter and located in fissures or rocky shelters of the impressive quartz schist cliff which lies parallel to the layout of the Trás-os-Montes highway.

Relevant Festivity

Our Lady of Amparo Festival

The Festival of our Lady of Amparo, patroness of

Mirandela, always starts on July 25th, with the apostle James Fair and ends in the first Sunday of August, taking place since 1794, when, by order of the external Judge of the time, this cult was initiated, that was composed by a mass with exposure of the Most Blessed Sacrament, sermon and procession. After a show of pyrotechnics ordered in Oporto, the festival won greater enthusiasm and veneration which has maintained through the years, along the expressions of faith, there are shows of popular character, amusement and entertainment, closed by grandiose spectacles of pyrotechnics. This celebration attracts a vast community, devout, pilgrims, party people from the surrounding parishes and municipalities, immigrants and tourists seeking the authentic and different experiences. To mention the famous *"Noite de Bombos"* (Night of the Drums) performed Friday, on the day before the festival, that lures thousands for the impact and commotion it generates.

Entry Gate
MIRANDELA



 MARSH FRITILLARY





Gastronomy

"Of birds, the partridge. Better said, the quail. But if the pig fled, there would be no meat to match it".

The food is powerful, in the high standards of the good Trás-os-Montes cuisine, starring the lamb and kid roasts, the game courses, the meat breads, the juicy vegetable stews, the olive oil, the wine and pig derivate (*"salpicões"*, *"linguiças"*, prosciuttos and the unmissable *"alheiras"*, greater symbol of the Mirandela gastronomy).

Mirandela's Alheira

It is the supreme wonder of regional gastronomy, which affirmed its own brand with great national recognition. An icon! May have appeared in the late 15th century, at the time of the persecutions ordered by D. Manuel I on the Jews, appearing as an ingenious solution of resistance, in the context of a refined survivor's manual, which ingenuity perfected. Jews forced to Christianity, but still faithful to their food habits that prevented them of eating pork, came up with a sausage, made only with other meats,


this way fooling the eye of the inquisitors.

So a rarity was born, a Portuguese *"eating"* wonder, being the most voted in the 7 Wonders of Portuguese Gastronomy contest, of 2011.

Feel the taste and origins of this Trás-os-Montes marvel.

Entry Gate
MIRANDELA



 FRECHAS





Entry Gate
MIRANDELA

Unmissable place

Frechas

Frechas is a place where history and nature thicken! Set on a gentle hill top over the Tua River and lost in the memories of remote history, the place makes us feel good. Accompanied the entire history of human occupation in the region and saw the passage of every water of a crystalline river. With it, established profound bonds of cooperation, using its freshness, the shade of its forests, the waters that irrigated lands, orchards and devices. Witnessed trains and roads passing by. Of all these events, it holds a memory.

Come and share it.



 OLD BRIDGE






WHAT NOT TO MISS > HERITAGE

REGATO BOUÇAS SHELTERS	SERRA DOS PASSOS / GPS: 41°28'11"N, 7°16'46"O	Archaeology / Property of Public Interest
SÃO BRÁS CASTRO	TORRE DE DONA CHAMA / GPS: 41°39'17"N; 7°07'14"O	Archaeology / Property of Public Interest
SÃO JUZENDE CASTRO	MÚRIAS, MIRANDELA / GPS: 41°35'48"N, 7°06'31"O	Archaeology / Property of Public Interest
AVANTOS / SANTO ANDRÉ CHURCH	AVANTOS / GPS: 41°32'38"N; 7°05'52"O	Religious Architecture / Property of Public Interest
SÃO MAMEDE / GUIDE CHURCH	GUIDE / GPS: 41°38'18"N; 7°08'59"O	Religious Architecture / Property of Public Interest
SÃO TOMÉ PARISH CHURCH	ABAMBRES / 41°33'35"N; 7°11'04"O	Religious Architecture / Property of Public Interest
MISERICÓRDIA DE MIRANDELA CHURCH	MIRANDELA / GPS: 41°29'10"N; 7°10'54"O	Religious Architecture / Property of Public Interest
TÁVORAS MANOR HOUSE	MIRANDELA / GPS: 41°29'07"N; 7°10'56"O	Civilian Architecture / Property of Public Interest
ABREIRO PILLORY	ABREIRO / GPS: 41°21'04"N; 7°17'42"O	Jurisdictional Landmark / Property of Public Interest
FRECHAS PILLORY	FRECHAS / GPS: 41°24'42"N; 7°09'50"O	Jurisdictional Landmark / Property of Public Interest
LAMAS DE ORELHÃO PILLORY	LAMAS DE ORELHÃO / GPS: 41°26'24"N; 7°17'21"O	Jurisdictional Landmark / Property of Public Interest
TORRE DE DONA CHAMA PILLORY	TORRE DE DONA CHAMA / GPS:41°39'08"N; 7°07'38"O	Jurisdictional Landmark / Property of Public Interest
BRIDGE OVER TUELA RIVER	TORRE DE DONA CHAMA/ GPS: 41°39'56"N; 7°08'44"O	Civilian Architecture / National Monument
BRIDGE OVER TUA RIVER "PONTE VELHA"	MIRANDELA/ GPS: 41°29'05"N; 7°11'05"O	Civilian Architecture / National Monument
STO ANTÓNIO DOOR - CASTLE	MIRANDELA / GPS: 41°29'08"N; 7°10'58"O	Military Architecture / Property of Public Interest
"CONDES DE VINHAIS" MANOR HOUSE	MIRANDELA / GPS: 41°29'10"N; 7°10'53"O	Civilian Architecture / Property of Public Interest



 TUA RAILWAY LINE



Utilities & Information > **How to reach** > **Mirandela**

Place of Departure	Time	Distance	Itinerary
Alijó	35 min	50 km	N212 / IC5 / A4
Carrazeda de Ansiães	40 min	40 km	IC5 / N215 / N213
Murça	25 min	30 km	A4
Vila Flor	25 min	25 km	N213
Bragança	45 min	60 km	A4
Chaves	50 min	50 km	N213
Vila Real	45 min	60 km	A4
Porto	1h 40 min	150 km	A4
Lisboa	4h	430 km	A1 / IP3 / A24 / A4

Health and Safety National Emergency Number 112 • Fire Department – Green number 800 202 425

The Mirandela Hospital Unit Av. Nossa Senhora do Amparo • Mirandela • Tel. 278 260 500 • administracao@hmirandela.min-saude.pt

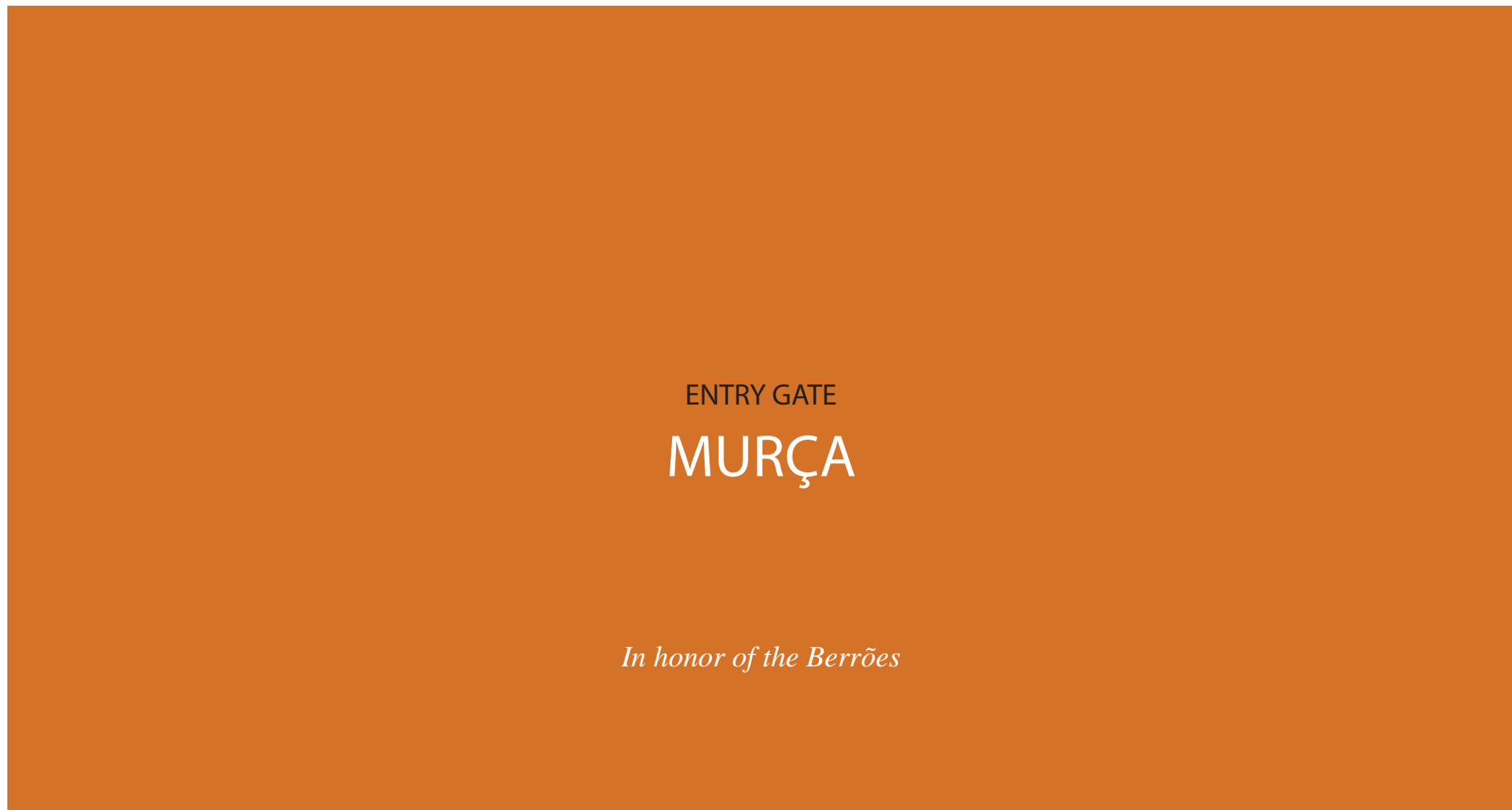
Republican National Guard of Mirandela Avenida 25 de Abril, nº 660 • Mirandela • Tel. 278 260 000

Tourist Information Post Rua D. Afonso III • Mirandela • Tel. 278 203 143



 PORCA DE MURÇA





ENTRY GATE
MURÇA

In honor of the Berrões





 URBAN PARK





The town of Murça is located in a fertile and plain area, of transition to the Tua valley, place where cultures start to assert their Douro identity. The keen visitor will be able, through the evidences in the landscape and in the density of the imaginary, to follow human occupation in the county from the first presence to the organized habitats, reflected in the first settlements of the Palheiros' Castro, going back 5000 years.

During this long period multiple realities come to fruition, in which dolmens and mounds, castros, pavements and roads, fountains, charters, pillories, churches, manors, a Benedictine convent and other architectural elements. Through them, eight centuries of Portugal's history, are affirmed.

Let yourself go through trails of history and linger in old roman imperial roads or the food experiences, wines tasting, and premium olive oils, and the intact nature of the Tinhela rarities.

A Legend

The legend of a pig called ursa.

In the late 17th century, the Father Carvalho da Costa depicts the legend, then told in Murça. It is a relic we now transcribe.

"Is in this Town in front of its square in large stone, the shape of a Ussos (Bear), which meaning (say the locals) is that the very old Grantees house of this town before the Moors won the battle against the King D. Rodrigo in the fields of Guadalete in the year of 714, retreated with every one that escaped to Galliza, Asturias and the Burgos mountains, and so the Moors were made lords of all Spain in eight months; many years passed before the lords of this house reclaimed this town, and the other two in this district (said to have been held by their ancestors), from the Moors, and according to the tradition in the time of King Dom Affonso the First of Castille in the year 757.

And finding the land occupied by Ussos (Bears), that destroyed bee hives, made of them mounts, and rode them, in whole recognition of the tellers, who, besides

Entry Gate
Murça



■ ■ OLIVE YARD AND VINEYARDS





the bread, wine and money, payed them the 3,03 pounds of wax in satisfaction of the received benefits: then they took people to war payed at their expense, which seat was by this Usso, and won nine castles, inhabited, and held by the Moors at the time."

History overlaps legend:

"The town of Murça has a bear in front of the square, in memory of the many killed in the year of 757" (Abbreviated Dictionary of Portugal's Chorography).

The millenary zoomorphic figure retains its sacred and totemic character for the local folks, assuming as an identity element of the community life and feel. Indeed, it holds the civic alignment of the county's centrality, aligned with the City Hall, the square and pillory, following the parish church as a preannouncement of the square, secular center of the civitas where, since 1912, is exhibited the major symbol of Murça.

Was called bear, female bear, hippopotamus, elephant, boar, and pig. But, after all, the animal is a

pig, better still, a "berrão", clearly demonstrated by its sexual attributes.

Curiously, besides having several names, the "pig" also suffered with the accidents of Portuguese history, where everyone took a bite, was it by painting it blue with the regenerators, or red if the progressives were in charge. With the arrival of the Republic was painted red and green and, when in 1927, the court of Murça was extinct and integrated in Alijó, the Murça folk showed their discontent and mourning, by painting the "pig" black and white.

The "pig" is the undisputed symbol of the natives of this locality, an identifying factor of belonging to a true stone divinity that overlapped other elements of the municipality in notoriety, like the City Hall, the square, the pillory and the parish church.

Historically, the Murça's Pig - Porca de Murça - is the last great known berrão west of the Tua river and is part of a larger group of around two hundred exemplaries, much present in the Spanish Estremadura plateau and in Portugal, limited to

Entry Gate
Murça



 TRAIL





the Inner Beira and Inner Trás-os-Montes regions, corresponding to the Vettones territory, which was a people that occupied a vast territory in the Iberian interior.

This Square and everything that surrounds the “*Porca de Murça*”, frames the perfect scenario to start the discovery of this beautiful Municipality. Its folks call it the “*Land of Charm*”.

Experience and confirm!

Curiosities

The Murça Curves

Located in the old national road that connected Vila Real to Murça was one of the most remarkable itineraries of the region, describing curves and serpentine paths that extended to the bridge over the Tuela River, close to the entrance of Murça.

Roman Road

South of the Murça Curves and aligned with the centenary eucalypts, at the entrance of the town, are

drawn the lines of a magnificent pavement, Roman road and bridge, carved in the depths of the Tinhela river. Take this trail surrounded by nature and history.

Alto das Madorras Megalithic Necropolis

The Alto das Madorras Megalithic Necropolis is located at the northwest border of Murça, where it meets the Alijó County, showing its burial function, its religious/symbolic character and an undeniable patrimonial value, which aggrandize the Tua Valley imaginary.

Relevant Festivities and Events:


São Domingos Festival - the traditional festivity in honor of São Domingos, takes place annually on the second weekend of July, at the São Domingos hill.

Olive Oil and Wine Fair – This fair takes place annually on the second weekend of May.

Entry Gate
Murça





 CASTRO DE PALHEIROS





Gastronomy

The “*toucinho-do-céu*” (literally heaven’s bacon) and the “*queijadas*” are Murça’s delicacies, inherited from the culinary secrets of the extinct monastery. Don’t forget to try!

Unmissable Place

Castro de Palheiros - Iron Age Settlement

The Palheiros Iron Age settlement is a proto-historic settlement, located in an exceptional place, overlooking a well visible beak of cliff in the so called “*Mirandela basin*”, seating southeast of the village with the same name and, geologically, is framed near the frontier between metasedimentary rocks and granites. The approach to the promontory is made through a landscape nuanced by pine trees and native species. The occupation of this hill, although going back to the Chalcolithic and abandoned in the late 3rd millennium b.C., it was reoccupied more intensively in the Iron Age, around the 5th century b.C..

The urban and space occupation, framed by the stone walls, was adequate to the topography of the hill, and set for a long time, which may have ended in the 1st century A.D., when a fire must have decimated the entire settlement.

The archaeological interventions performed resulted in the gathering of an important acquis of fragments and objects, that can be visited in the Castro’s interpretative center, part of a museum space, functioning on site and, from which, one can perceive the strategic position the settlement occupies, looking in every direction, imposing itself in the Iron Age geography of the Tua valley.

Finally, this promontory holds an added and complementary importance, as a place to visit, as a viewpoint, as usufruct, of nature contemplation and an excellent star observatory, of plants, birds and geological reading, expressed in its characteristic quartz ridge.

An awe of telluric grandeur in the Trás-os-Montes Warm Land, from where one may have a dazzling

Entry Gate
Murça



 HOOPOE



Entry Gate
Murça

view over the Tua valley and the Garraia and Passos Mountains.

From the Castro, many species may be observed, with emphasis to birds of prey, migratory birds and some species of reptiles that find their natural habitat in the rocks and cliffs.



 MURÇA'S PILLORY





WHAT NOT TO MISS > HERITAGE

MISERICÓRDIA CHAPEL

"CASTRO DE PALHEIROS"

MURÇA EUCALYPT

PALHEIROS EUCALYPT

ALTO DAS MADORRAS NECROPOLIS

MURÇA PILLORY

ROMAN ROAD AND BRIDGE

MURÇA / GPS: 41°24'12"N, 7°27'17"O

CRASTO, PALHEIROS / GPS: 41°24'10"N, 7°22'49,"O

MURÇA / GPS: 41°24'04"N, 7°27'53,"O

PALHEIROS / GPS: 41°25'04"N, 7°24'13"O

FIOLHOSO (MURÇA) / GPS: 41°23'36"N, 7°30'58"O

MURÇA / GPS: 41°24'27"N; 7°27'13"O

EN 15 / GPS: 41°24'04"N, 7°27'53"O

Religious Architecture / Property of Public Interest

Archaeology / Site of Public Interest

Living Monument / Tree of Public Interest

Living Monument / Tree of Public Interest


Archaeology / Site of Public Interest

Jurisdictional Land Mark / National Monument

Civilian Architecture / Property of Public Interest





 BRIDGE OVER THE TINHELA RIVER



Utilities & Information > How to reach > Murça

Place of Departure	Time	Distance	Itinerary
Alijó	25 min	25 km	N212 / IC5 / A4
Carrazeda de Ansiães	35 min	40 km	IC5 / A4
Mirandela	25 min	30 km	A4
Vila Flor	35 min	50 km	IC5 / A4
Bragança	55 min	85 km	A4
Chaves	1h	90 km	A24 / A4
Vila Real	30 min	35 km	A4
Porto	1h 25 min	130 km	A4
Viseu	1h 15 min	115 km	A24 / A4

Health and Safety National Emergency Number 112 • Fire Department – Green number 800 202 425

Murça's Primary Health Care Center Rua Comendador Américo Breia • Murça • Tel. 259 510 400 • E-mail. cmurca@srsvilareal.min-saude.pt

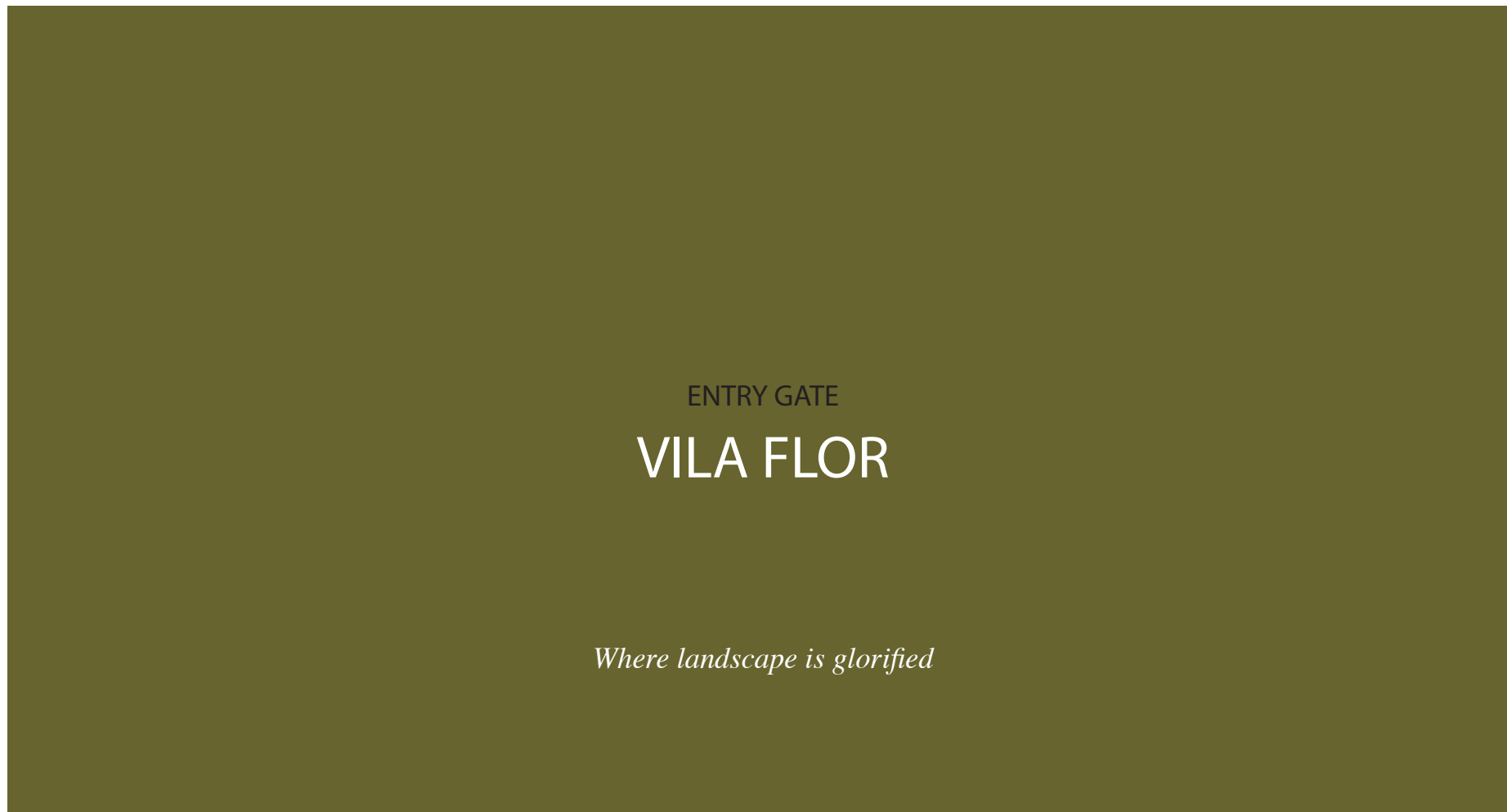
Republican National Guard of Murça Bairro da Cortina Nova • Murça Tel. 259 511 563

Tourist Information Post Alameda 8 de Maio • Murça • Tel. 259 518 233



VILA FLOR





ENTRY GATE

VILA FLOR

Where landscape is glorified





FIG DRYING OVEN





The old “*Póvoa d’Álem Sabor*” testifies the ancient origins of the medieval settlement, previous to the founding of Portugal and so called because of the Castellan centrality, then becoming Vila Flor in the reign of D. Dinis that fell in awe standing before the exuberance the beauty of the place and the flowery surroundings.

So was the town re-baptized and asserted its status of fortified square, with 5 gates, of which only one remains, called the D. Dinis Arch.

After this royal and military recognition and following urban impulse, the Town entered a remarkable trajectory of economic development, supported by commerce, agriculture, tanning and gold smiting, and in the recognized Jewish dynamic that developed much of the activities in the inner Trás-os-Montes, up until the reign of D. Manuel I.

Today, practically everywhere in the Vila Flor County, we can find diving fountains, manors, medieval houses and windows, stone crosses, viewpoints, sanctuaries, churches and chapels (Romanesque and Baroque), old wine and oil mills, among arts and crafts, the “*know*

how” of our people and typical curiosities of each locality, perpetuated through generations, as symbols of the historical and cultural heritage, remnants that time did not erase and that represent an undeniable patrimonial value.

Naturally the human occupation was intense and way older in the region of Vila Flor proven by the multiple archaeological testimonies reflected in watch towers, castros, shelters, rock painting, dolmens, zoomorphic sculptures, roman habitats and valuable immaterial patrimony. The sum of these evidences strongly connected the communities to their places and in them perpetuated, developing that never ending bond with the origins. The call of our Land!

However, the most remote origins of that Vila are placed in the Our Lady of the Assumption’s hill top, located in the Vilas Boas parish, where once stood a magnificent castro on the western limits of the Zoelae people, in which the Torques of Vilas Boas was found and that, in the words of Santos Júnior (1965), is “*the most beautiful of all the known Torques in the Iberian Peninsula and abroad*”. Here is the report of the finding of this Torques

Entry Gate
VILA FLOR



EMPEROR DRAGONFLY



registered by the same investigator:

"(...) a farmer was farming and grabbed and took it (the Torques - necklace) from the plough (...). And the man that did not know what it was took it with the cane used to move the cattle, held it and...Giddy! (...) Threw the thing to the building of the neighbor. And so, what happens? The other, when went out to farm, being smarter saw it on the ground (...) reached to clean the thing he saw... and was what he thought!"

And to reinforce categorically his tale (Mr Joaquim da Silva Amaral) about the appearance of the Torques dragged by the plough with which he farmed the Tamancas land, took his hat off, and facing the hill top where the beautiful church of our lady of the Assumption lies, in a spectacular attitude of impressive vibration, stated, almost shouting: *"if I haven't seen this as I say, may Our Lady of the Assumption grab me by feet and hands and make me explode right here like a dummy!"*

These *Ordo* organized people, which correspond to its broad tribal status, part of the South Astures, was described by Pliny and occupied the eastern part of

Trás-os-Montes next to the Tua and Mente, limited to the south by the Douro and to the east by the Castellan plateau in the areas of Aliste and Zamora. This large territory brings more understanding to the sub grouping character of the Asture people and with bigger dimension than the traditional tribes, having its tribal, political and religious centrality in the Avelãs Castro, proven by the slate dedicated to the *Aerno* god, protector of the Zelas, and lord of the northern winds. Of the legacy left by *Ordo Zoelae*, the Astorga document of 27 A.d. arrived to us, renewed in 152m through which the two Zoela clans establish a pact of hospitality before their magistrate *Abienus* and, in consequence, renewed the old hospitality pact all hosting each other in trust and reciprocal clientele (protection), theirs and their sons and descendants.

This hospitality pact, showed in the called *"Tabula"* or *"Zelas Pact"*, may very well contain the basis of the Trás-os-Montes candor, its predisposition for solidarity and the *"enter who is"* of the Marvelous Rein of Torga and of which Vila Flor should claim such heritage.

Did you know that this tabulate was found in Astorga

Entry Gate
VILA FLOR



RELIGIOUS FESTIVITY





and is deposited in the Berlin Museum?

A Legend

In the historical town of Freixiel, land of the hang and old judicial power, exists, on the other side of the valley, a remote castro, well hidden in the natural landscape. That castro, which may have been the origin of Freixiel, fed throughout generations the popular belief that in Summer Solstice mornings the sound of a weaving loom was heard, in which moor women weaved their cloths of enchantment. This presence of the Moorish symbolism was referred, also in August, when, in full moon enchanted nights, moor women were seen collecting figs. We should mention that the production of these fruits was once important and that, to attest such fact, still endure in the landscape several ovens where the figs were dried. These ovens are jewels of vernacular architecture in the Tua Valley.

Relevant Festivity

Our Lady of the Assumption Festival – This Festival takes place in August, between the 13th and 15th, attracting

thousands of pilgrims from Trás-os-Montes and the Upper Douro.

Gastronomy

Capital of the Olive Oil, Vila Flor conserves the authenticity of the true Trás-os-Montes flavors where the terrincho cheese, the meat breads, the roasted lamb, river fishes and the hills game stand out.

Curiosities

“Roman” Fountain of Vila Flor


15th century fountain, with 4 pillars and 6 columns, topped by a brick dome. The set shows a singular character, for its rarity and historical importance, which awarded it with the classification of Monument of Public Interest. It’s a symbolic element identifier of urban spaces of interaction, of sharing and of associated sociability.

Zoelian Linen

Did you know that the Linen made by the Zoelae people was famous in Rome, as referred by Pliny in the

Entry Gate
VILA FLOR



 OUR LADY OF THE ASSUMPTION'S SANCTUARY





1st century A.d., telling us that *“since not very long ago, from the same Hispania comes to Italy the Zoelian linen, very useful for nets”* while Strabo referred the use of the same linen in the breastplates of the Lusitanian, already denoting this way the importance of their agriculture?

Vilas Boas Castro

From the Vilas Boas Castro came, also, the zoomorphic sculpture of the *“Berrão”* showed in the Vila Flor Museum, which accentuates the continuing profile of pre and proto-historical symbols of relevant territorial broadness, of assertion of a historical logic and of cohesion in the PNRVT context.

Today, what once constituted a grand castro that affirmed the power of the Zelas in their western limits, was, like many others, made sacred with the devotion to Our Lady of the Assumption, that figures as the greatest shrines to Mary in Trás-os-Montes, once a space of adoration to *Aerno*, remaining in this place the timeless magic feeling. In this sanctuary which devotion and festivity are closely linked to the agricultural activity, existed a large number of promises

by pilgrims which testified, through paintings, great miracles recognized by the people that were, in their majority, burned because there was no room to keep them. From that collection remain few wax examples of animal figures (pigs, cows and donkeys), to whom Our Lady helped.

Another curiosity, already gone in the Sanctuary, was the payment of promises in cereal that was poured inside the main chapel, on the top of the hill, into great granite granaries. Those too, for reasons of betterment of the sites functionality, eventually disappeared, hence losing, identity elements of a remarkably rural festivity.

Entry Gate
VILA FLOR



TUA RIVER





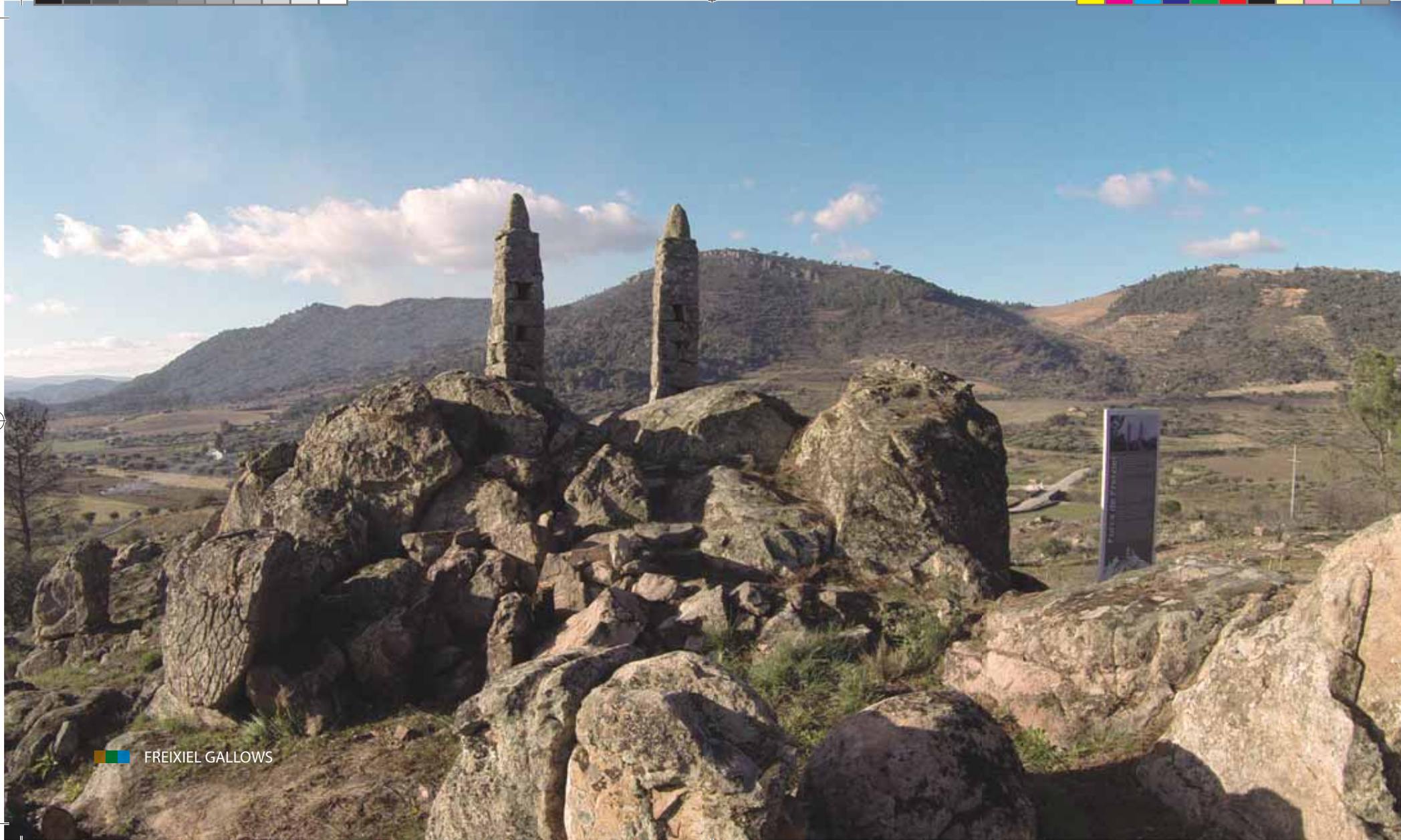
Entry Gate
VILA FLOR

Unmissable Place

Pedestrian Course Vilarinho das Azenhas – Ribeirinha

In the entire Tua valley does not exist such a plane course, greener and more balanced with the humanized landscape, than the road connecting these localities, in permanent interaction with the wild river and the railway. It is a gem of the Park's natural offer which justifies a visit for being a unique sanctuary of riverside landscape.





 FREIXEL GALLOWS





WHAT NOT TO MISS > HERITAGE

OLD FREIXIEL GALLOWS

FREIXIEL / GPS: 41°19'01"N, 7°14'20"O

D. DINIS ARCH - VILA FLOR CASTLE

VILA FLOR / GPS: 41°18'22"N, 7°09'06"O

COSTA MORAIS MANOR

VILA FLOR / GPS: 41°18'32"N, 7°09'16"O

VILA FLOR "ROMAN FOUNTAIN"

VILA FLOR / GPS: 41°18'20"N, 7°09'05"O

FREIXIEL PILLORY - FREIXIEL

FREIXIEL / GPS: 41°18'57"N, 7°14'51"O

VILA FLOR PILLORY

VILAS BOAS / GPS: 41°20'47"N, 7°11'42"O

VILAS BOAS PILLORY

VILAS BOAS / GPS: 41°20'47"N, 7°11'42"O

VALONGO ESTATE - VILA FLOR

VILA FLOR / GPS: 41°18'25"N, 7°09'09"O

CABEÇO DA MINA ARCHAEOLOGIC SITE

CABEÇO DA MINA, LODÕES / GPS: 41°18'57"N, 7°14'51"O

Civilian Architecture / Property of Municipal Interest

Military Architecture / Property of Public Interest

Civilian Architecture / Property of Municipal Interest

Civilian Architecture / Property of Municipal Interest

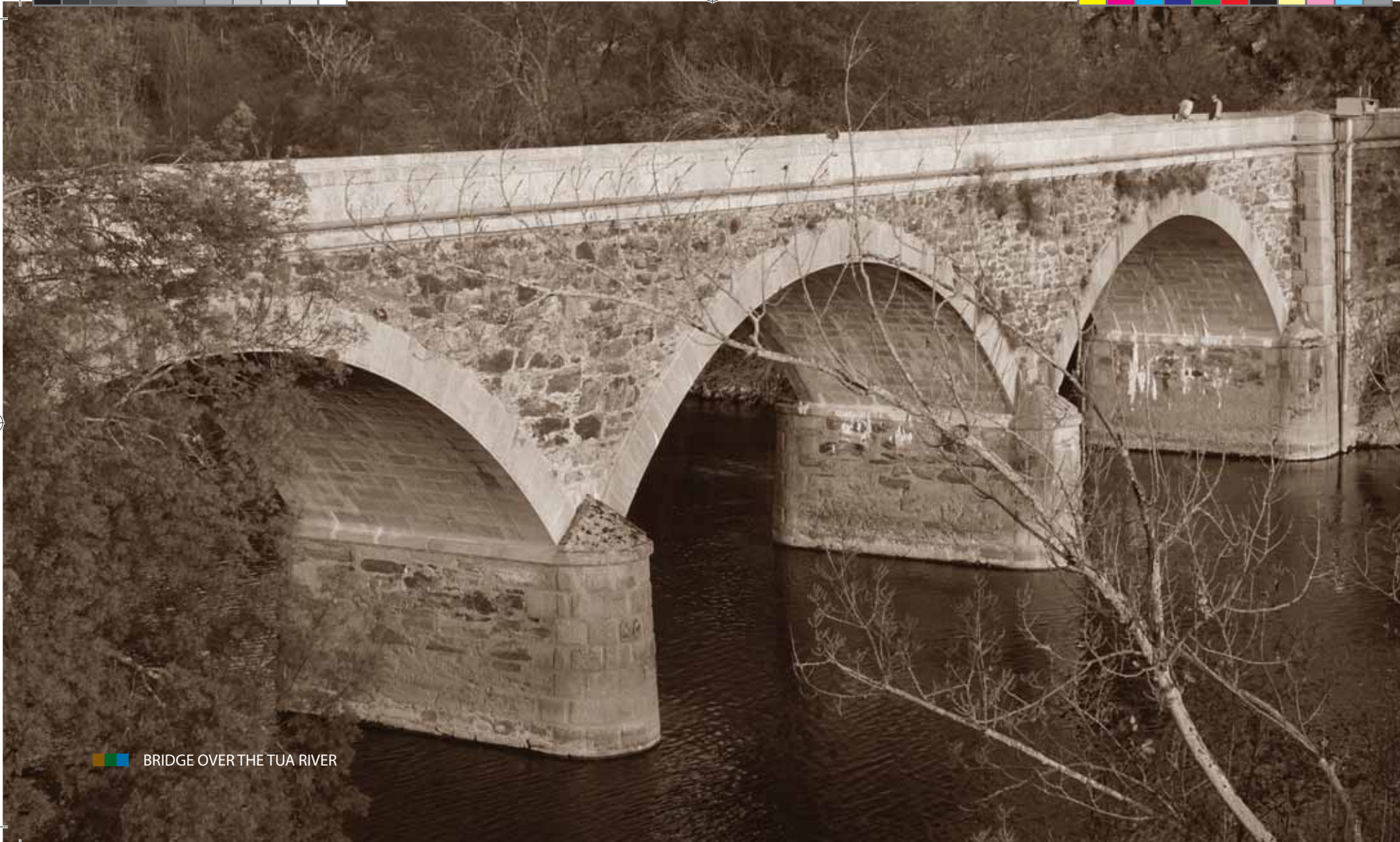
Jurisdictional Land Mark / Property of Public Interest

Jurisdictional Land Mark / Property of Public Interest

Jurisdictional Land Mark / Property of Public Interest

Civilian Architecture / Property of Municipal Interest

Archaeology / Site of Public Interest



 BRIDGE OVER THE TUA RIVER



Utilities & Information > How to reach > Vila Flor

Place of Departure	Time	Distance	Itinerary
Alijó	30 min	45 km	N212 / IC5
Carraceda de Ansiães	15 min	15 km	N214 / IC5
Mirandela	25 min	50 km	A4 / IC5 / N212
Murça	20 min	25 km	N213
Bragança	1h	80 km	A4 / IP2
Chaves	1h 15 min	120 km	A24 / A4 / IC5
Vila Real	45 min	65 km	A4 / IC5
Porto	1h 40 min	160 km	A4 / IC5
Lisboa	4h	425 km	A1 / IP3 / A24 / A4 / IC5

Health and Safety National Emergency Number 112 • Fire Department – Green number 800 202 425

Vila Flor's Primary Health Care Center Av. Dr. Francisco Guerra • Vila Flor • Tel. 278 516 268 • geral@csvilaflor.min-saude.pt

Republican National Guard of Vila Flor Rua da Paz • Vila Flor • Tel. 278518130

Tourist Information Post Largo Dr. Alexandre de Matos • Vila Flor • Tel. 278 510 100



G R E A T R O U T E

 EVENING



PNRV/T





 FLOWERY FIELD





Great Route of the Tua Valley Regional and Natural Park

The “Great Route of the Tua Valley Regional and Natural Park” that we propose, begins and ends in Mirandela, nevertheless it can begin and end in any other “Entry Gate”. Through it, the tourist is captivated by various experiences of environmental, natural and scenic nature.

Come and wander around a Unique Territory!

Leaving Mirandela, the road follows the river and the CP railroad line, taking us along the old lands of Ledra up to the locality of Frechas, 11 Km from the head-municipality, which displays a small hill that borders the peacefulness of the river.

Frechas, former municipality, benefits of magnificent soil and weather conditions, conditions that, for millennia, were responsible for binding to the land mankind that arrived at this pleasant location.

The Manueline Charter and the pillory certify its medieval significance. The region’s typical built construction allows, nonetheless, that some sunny

houses, well framed by the involvement of the river, olive groves, gardens and orchards to be noticed, enhancing the pure and peaceful ambience of the location.

In search of the “engaranhados” Fountain

Gone from Frechas and arriving at Cachão, you take a municipal road towards Vale da Sancha, a small and historical place. It’s a graceful ascent in the presence of olive and almond trees that languish above the inclined valley, framed between two, polychrome, rocky turrets that look as if they are watchmen of a magical nook in this Trás-os-Montes land.

What brings us here is the secular search for the Fountain of the “engaranhados”, like the ancient pilgrims that, from far away, searched for the miracle of the sprout waters and the small tank where debilitated children were washed and the protection of Our Lady of Aviso was invoked, which is right above with its millstones and Iron Age relics.

Here, the talk is about the water’s healing powers and how to proceed throughout the pilgrimage.

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After the child has been immersed or washed, she was presented at the saint's altar and if she cried she would live, however, if remained in silence she would die of whatever evil she carried.

The Chapel of Our Lady of Aviso receives pilgrimage in the third Sunday of August, and is located in an interesting viewpoint, accessible by a dirt road.

Leaving behind the Sancha Valley and returning to Cachão, using the road to Vilarinho das Azenhas, which is one of the most beautiful riverside courses in the Tua Valley. With natural geographic surroundings, the river is a permanent company. It is an extraordinary ballad for the contemplative spirit.

This is an interesting course for nature observation as well as a notorious fishing spot. You can cross the beautiful bridge and go up 2 km to have a panoramic view over fields of olive trees and watermills.

This locality was a remote origin associated to the magnificent Castro, today practically gone as result of the construction of the biggest sanctuary in Trás-os-Montes for the cult of Mary, the Lady of the Assumption Sanctuary. Only a few traces of the wall

remain, some destroyed not long ago to extend the parking platforms. This Castro is located in an extraordinary hill top, which guaranteed a strategic position in the Zelas vast territory which, in the Tua Valley, had its border with the west Grovian Federation, where a berrão was found and, most of all, a magnificent gold necklace, the world famous "*Vilas Boas Torques*".

Since the Middle Ages this locality features its pillory, several manors, the fountain and stone cross.

Return to Vila Flor, visit the Museum and, especially, the Lady of the Lapa viewpoint, with a wide view over the town, plains and hills. A sweet bright mosaic, where words are forgotten and silence rules.

Go back to the road and go towards Freixiel, near a sand factory. The descent is smooth through a juniper field and, gradually, plantation fields appear. Up ahead, in a fertile basin and remarkably Mediterranean lies the proud and avenging Freixiel, land of fountains, ancient graves, a pillory, the facing Castro, its chilling gallows, symbol of the judicial power of the old county.



Several are the fig ovens scattered around the landscape. Interesting vernacular architecture.

Through a municipal road, go onto Zedes that features a Dolmen as distinctive archaeological element. Then continue to Carrazeda de Ansiães, land of apple and wine. Here you will find a set of available offers, and for such one should consult a Tourist Information Spot.

The Route continues to the Ansiães Castle and visiting Lavandeira and Selores is mandatory. The castle justifies a well prepared visit, with time to feel the place which is truly exceptional.

If you look for a viewpoint to contemplate the wine growing Douro, go down a bit and find one of its wonders - The Douro Route Viewpoint.

The Great Route then returns through Marzagão and Linhares, lands of much history, hospitality, and Parambos, that produces compotes and indescribable cookies.

Plunge into the essence of these places. Continue through Castanheiro and contemplate, from the viewpoint of the Lord of Boa Morte, the wildest

slope of the Tua River, covered in cork trees, kermes oaks, rockrose and other Mediterranean species, that intensely populate the granitic hills.

From this point on, we leave the plateaus and the sweet vertiginous ride down the sunny Ribalonga hill sides begins, in which are inscribed the different phases of the creation of arable land and its enchanting vineyards. So are the brims of the Douro contemplated, the Fragas da Rapa and the river dynamic, that awaits us further down at the Tua's mouth.

Foz Tua - A historical outpost *"There, where the Tua enters the Douro, there is a settlement called Foz Tua, with warehouses for loading and unloading of the goods which go up and down the very same river to the Oporto City"* (Marzagão Memories). So continues the description: *"Has this port its own piers and in them many times dock over 30 boats that load up to 50 barrels each"* (Carrazeda memoirist) *"as well as significant cargos of the rare sumac that, from here, was distributed to several regions, including Castille"*.

Foz Tua is a true entry gate to the Tua Valley, due to

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PNRVT



 CHESTNUT TREE





its river, railway and roadway interface. There lies the dam infrastructure, suspended on the granite hill sides, the magnificent metallic structure, that held the rail lines and is a remarkable feat of human engineering and suffering.

Here there are places to eat and transfers, and it is here that ends the journey of the *"historical Train"*, that runs from June to October, embodying one of the most emblematic Douro offers. *An unmissable experience! Try it!*

On your way! The Route continues, now up the Alijó riverside slopes with the Tua waters as companions. If you need a meal, lodging, or just an esplanade to cool off, head to Alijó, and there, in a small leap you get to Favaios. Experience the rare ambiance of the bakeries, the wines, by visiting the Bread and Wine Museum in the domains of the ancient Távoras.

Returning to Alijó, check out Vila Chã and admire the remarkable Dolmen. Next go to Our Lady of the Cunha Sanctuary!

The return trip is done through Alijó up to S. Mamede de Riba Tua, place of unparalleled landscapes

and unusual viewpoints, where the testimonies of the ancient humans are felt, in the Castros, the pavements and the places names. It is the start of a luminous geographical balcony that extends to the languid Safres and the sunny Amieiro, and that persists through the hills like a nativity scene, land of an old cable car, popular engineering at play, that allowed the transport of people and goods from one side to the other, where they would take the train.

In these places are famous the citrine and the orchards because of the good exposure. But what is truly famous here is the Musical Band, which foundation dates back to 1798, being one of the oldest in Portugal.

Hence the say *"in São Mamede, even the cobble stones can make music"*.

The journey continues through Franzilhal, in higher grounds, and, turning right, head out to Carlão, a truly special place for being located in a flattened platform, where sheltered vegetable gardens, orchards and vineyards abound, surrounded by the granite peaks and by a Castro rich in archaeological remnants,

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PNRVT



like small cellars, dimples and a berrão inscribed on the stones. From here we depart onto visit or get treatment in the miraculous thermal waters from the depths of the Tinhela or, in the opposite way, seek out beyond the pine forests a place like no other, called the rock paintings shelter of Pala Pinta. Here, the visit gains another dimension. The cosmic unity materialized in the landscape and in the decorative elements takes hold of the visitor. Feel that timeless presence!

The calling of the landscape continues. Proceed to the exit of Carlão, underneath the IC5 in direction of St Eugenia that intensifies under the protection of St Barbara (that may have been Jupiter!). Stroll the streets and try the food. You can sleep there, while stories of haunting in the road to Pegarinhos or the set off of 15 kg of fireworks at the saint's festival, are told. And if the *"County's Slate"* takes us to ancient social practices, the diving fountain takes the visitor into the Nábia imaginary and the mysterious powers of water.

Turn right when leaving, heading out to Pegarinhos

of curious cliffs, airy vegetable farms at the feet of this fair locality, that stretches out in the Trás-os-Montes sun. Surrounded by flashy cliff tops where, in pre-history, men carved symbolic images and unexpected geometries in the Fragas da Botelhinha. Try to include them in your itinerary.

Continuing, go up the Pópulo plains *"in a high and harsh woodland"* with its beautiful reconditioned Castro, transformed in a sancturay and immemorial space of pilgrimage to the Lady of the Pópulo, where, *"many people attend in pilgrimage and is made in the day when a fair is set in the chapel with all kinds of goods(...)"*. Nothing amazing in this land that does not cease to amaze, and which on the boundaries with the Murça Municipality, imposing *"madorras"* can be found.

Using the highway you quickly arrive to Murça, proudly named, by its natives, Land of Charm, where you will find a wide range of services and information, restaurants and wine tasting, olive oil and rarities, like the unmistakable *"toucinho-do-céu"*, that the conventual tradition perpetuated.



Lodging needs improvement, but nothing that can't be solved in the neighboring towns!

After visiting the "Entry Gate" and now clearly inside the Cold Land you can't miss the Castro de Palheiros, place where you can have multiple experiences:

Observing the night skies, understand the hill top as a place inhabited for millennia, hear the silence, imagine children playing while watching plant life and the flight of birds that cruise the hot streams of the bright skies, between the Passos, Vila Flor and Carrazedas de Ansiães mountains. Like a winged being, navigate the nuanced landscape.

Go back a little and pass by Noura, land of vineyards and olives, displayed along the main street and showing much of the typical and vernacular Warm Land patrimony, with wine and olive oil presses, as well as traditional bread ovens and watermills. The locality, historically well referenced, was born from an ancient castro set in a facing hill.

In its territory flows the Tinhela river, that assumes relevant importance in the Tua Valley Regional and Natural Park context.

And so the tour proceeds to the parish of Candedo, mentioned in the inquisitions of D. Afonso II, in 1220 and in the Abreiro charter of 1225 and its places of Porrais and Sobreira. The first born from an Iron Age Castro, distinguishes for hosting vineyards hanging over slopes and several fruit trees of Mediterranean characteristics, which creates a springtime nuance. In its turn, Sobreira lies down the hill to the Tua river, in a very attractive setting, with the hugging mountain that protects it from the weather rigors. Here, withdraw your eyes!

In Candedo are located the Santa Maria Madalena Hot Springs, used since immemorial times and of renowned therapeutically properties. Also, around it, were found archaeological traces associated to the roman presence, like Castros, a mound and a necropolis that, together, generate a magical and immaterial substrate and a mysterious aura that fill the natives stories.

But the Great Route continues next to the Tua's right bank, and then, after turning to the only Milhais street, through its lovely rural houses, we arrive to

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 SCOPS OWL





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Abreiro where a walk in its center, that occupies a hill top of rare beauty, showing a pillory, some manor, the pavement and the devil's bridge ruins. Go and listen. Feel the chill of the Tua cliffs right after the bridge. Because in Abreiro, "*pico queda!*"

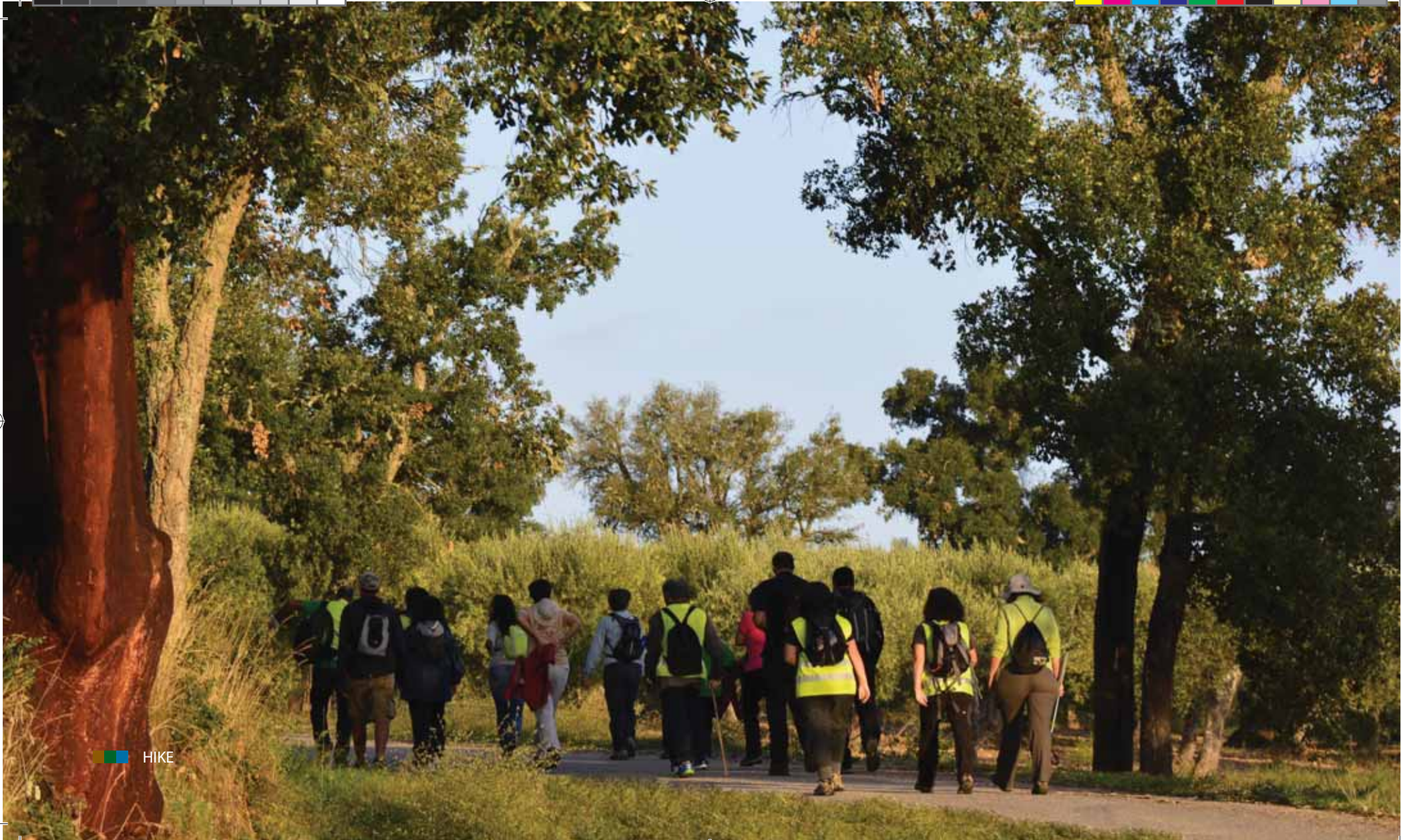
The story to be told!


Go back just before the town's entrance and follow the road that take you to the IP4, passing by Avidagos (typical Warm Land place) and go to Lamas de Orelhão, pleasant place of olive yards, of an ancient fair and important in our medieval history. The central square is quite interesting with it balconies, pillory, church and quietness. There you are bound to find a gastronomical surprise. Enter and try!

Passos, with its invaluable archaeological value and Moorish imaginary, fascination, very present in this locality niched on the foothill and that clearly shows the urban typology of the region's settlements.

And now we see it! Where once ran a slim, crystalline and tranquil waters river.

We just entered the capital of the Warm Land, in the center of Trás-os-Montes.



 HIKE





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Other Routes

The following suggestions aim to complement the Great Route. The use of motor vehicles is recommended.

Must-see itineraries:

Mirandela – Frechas – Vale da Sancha – Vilarinho das Azenhas – Vilas Boas – Vila Flor

Murça – Palheiros – Avidagos – Sobreira – Abreiro – Pereiros – Freixiel – Vilas Boas – Vila Flor

Vila Flor – Carvalho de Egas – Carrazeda – Zedes – Pereiros – Codessais – Pinhal do Norte – Pombal – Castanheiro – Ribalonga – Foz Tua – (boats + train-CP)

Alijó - Vila Chã – Sra. Da Cunha – Carlão – Pala Pinta – Franzilhal – Safres – Amieiro – S. Mamede de Ribatua – Foz Tua

Short Routes:

Pinhal do Norte – Pombal – S. Lourenço – Pombal – Pinhal do Norte – Codessais – Pereiros – Zedes – IC5

Mirandela – Frechas – Vilarinho – Vilas Boas – Vila Flor

Vila Flor – Carrazeda – Castelo – Linhares – Parambos – Castanheiro – Foz Tua

Alijó – Vila Chã – Alto Pópulo – Murça – Pegarinhos – Sta. Eugénia – Sra. Da Cunha

Murça – Palheiros – Franco – Lamas de Orelhão – Passos – Mirandela



Viewpoints

Casal de Loivos Viewpoint

CASAL DE LOIVOS - ALIJÓ / GPS: 41°11'55"N, 7°31'55"O

Overlooking the Town of Pinhão is one of the most beautiful turns of the Douro granting a stunning view of the Wine Growing Douro.

Our Lady of Piedade Viewpoint

SANFINS DO DOURO - ALIJÓ / GPS: 41°17'1"N, 7°30'48"O

A beautiful viewpoint located in Sanfins do Douro, 750 meters high, giving a wide look over the wine growing country, the transition territories and the plateau area. Has a restaurant, picnic area and holds a grand pilgrimage on the second Sunday of August.

Our Lady of the Cunha Viewpoint

ALIJÓ / GPS: 41°16'58"N, 7°25'11"O

Our Lady of the Cunha (Lady of Pleasures)

Provides a grandiose scenery from the top of a hill probably formerly linked to the moon cult and well depicted in the Pala Pinta rock paintings. It is a millenary sacred place that, since the 18th century

became associated with the worship of Our Lady of Pleasures. The previous "Moon Hill", traditionally associated to agricultural practices, works in the same logic of blessing of the cattle, once made by the priest of Pegarinhos, at the Lord of the Aflitos festival.

Our Lady of Boa Morte (Good Death) Viewpoint

MONTE DO SOUTO S - C. ANSIÃES / GPS: 41°13'52"N, 7°23'37"O

It is framed in a religious space, where one can have a view of the Tua's steep slopes where the Mediterranean plant life are shown. The landscape descends abruptly down to the Ribeirinho Valley.

Ansiães Castle Viewpoint

SELORES - C. ANSIÃES / GPS: 41°12'13"N, 7°18'13"O

From the castle walls gives view to the multicolor drawings of landscape that slides down to the Douro Valley like a waterfall. Besides encountering 5 000 years old history, this place exerts a special attraction to the visitor.



Rota do Douro Viewpoint

BEIRA GRANDE - C. ANSIÃES / GPS: 41°09'25"N, 7°18'23"O

It's a viewpoint turned to the wine growing landscape of the deep Douro, with emblematic farms, the drawn vineyards on the terraces and the Douro's water mirror, where the riverside settlements are reflected on the slopes. It is at 400 m high.

São Brás Viewpoint

TORRE D. CHAMA - MIRANDELA / GPS: 41°39'16"N, 7°07'14"O

Located on Torre de D. Chama and has interesting views over the broad Trás-os-Montes lands and over the Town itself, filled with history and outstanding cultural and tourist evidences.

Santa Comba Mountain Viewpoint

LUGAR DA PALA - MIRANDELA / GPS: 41°27'45"N, 7°17'23"O

A true dazzle, with wide and magnificent views over the surrounding Trás-os-Montes hills as well the Castillan Sanábria Mountains. Its breadth gives it a unique centrality of the Trás-os-Montes identity.

Santa Catarina Viewpoint

ABREIRO - MIRANDELA / GPS: 41°20'54"N; 7°18'11"O

Located in Abreiro which is an essential place in the Park. The viewpoint permits views over the cultivated hill sides and to feel the meander of the Tua valley and the railway lines that confer a quite remarkable natural attractiveness.

S. Domingos Viewpoint

MURÇA / GPS: 41°25'5"N, 7°26'46"O

Located close to the Town of Murça, from which an interesting panoramic is obtained, as well of the surroundings, filled with vineyards and olive fields.


Palheiros Viewpoint

PALHEIROS - MURÇA / GPS: 41°24'11"N, 7°22'49"O

Integrates an old castro bearing the same name and elevates on a quartz spike that emerges from the geologic depression of the warm Land. It is a happy coincidence it provides view of such overwhelming landscape, an impressive archaeological context and an Interpretation Center on site. A place you can't miss.

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 BIRD WATCHING





Casa da Floresta Sobreira Viewpoint

SOBREIRA - MURÇA / GPS: 41°21'04"N, 7°0'42"O

The Casa da Floresta viewpoint is located in Sobreira, in a recently forested area, next to an old forest house, with views over the Tua River.

Our Lady of the Assumption Viewpoint

VILAS BOAS - VILA FLOR / GPS: 41°20'56"N, 7°10'50"O

It is situated in Vilas Boas and is one of the largest and most important sanctuaries to Mary in all Trás-os-Montes, imbedded in the millenary sacred hill side. The hill allows view of a wide and overwhelming landscape, with valleys, mountain ranges, towns and places. It is installed in an old castro, meanwhile turned to sanctuary and stripped of notable spoil. The built set is diverse and is topped by a single nave and rectangular shaped chancel church.

Our Lady of the Lapa Viewpoint

VILA FLOR / GPS: 41°18'42"N 7°08'59"O

Overlooking the Town it is truly one of the most beautiful contemplation spots, where silence speaks, offering a wide view of the Vilariça Valley, villages and

places that paint the landscape, and to surroundings of the neighbor municipalities and has a legend associated, from the time of the Liberal period. The folks call the place "capelinhas" where silence rules and a stunning view of Vila flor, to which some call a "bunch of carnations and daisies".

Our Lady of Remedies Viewpoint

V. DAS AZENHAS - VILA FLOR / GPS: 41°22'53"N 7°12'12"O

Located in the historical locality of Vilarinho das Azenhas in the Tua valley and occupies a fancy hill top that protects the village. Worth seeing.

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PNRVT



SINGULARITIES OF THE

 TUA RIVER





TUJA VALLEY





  TUA RAILWAY LINE





The Tua Line

This line is one of the most emblematic mountain railways. It is the materialization of the effort and ingenuity and of the almost impossible, it is the realization of a dream made of bridges, tunnels, stonework that, in the first 21 km, is sustained by a wall made of 118 retaining dry stone walls, with 170 000 cubic meters of brickwork.

The first part of the line was compared to the alpine rail lines and took the demolishing of the Fragas Más, *“vigorous commitment by workers and engineers that flocked to the site for a while, smashing rock and cliffs”*; in ravines that hide gorges of monsters. But, right at the start, it was needed to overcome a gigantic precipice, called the Viaduto das Prezas which, in fact, looks more like a metallic balcony hanging over the abyss, which is still the trademark image of the project.

The construction of the line had its starting point the appeal made in January 11th 1883 by the Mirandela City Hall together with the Porto Commercial Association, to the King Luis I so that the construction project would be approved. The venture eventually

started in April 1st 1887. The opening to concession of the then called Mirandela Line was in September 29th 1887.

Curiosity: The work had 917.147 daily wages of workers, 70.839 daily wages of pulling animals and vehicles and 10.883 daily wages of locomotives and wagons. The most used land path, because it was the only one accessing the river, was the one connecting the Castanheiro do Norte to the Barca do Tua, on the Carrazeda de Ansiães side.

Riverside villages

“Water is the driving force of all nature”

(Leonardo da Vinci)

Riverside villages translate an economical, geographic and cultural space, different of the remaining territory, due to their connection to the banks and river waters. They embody the identity of humid landscape, wet and green inside a grizzly, dry and hot territory, in which the river extends.

These places present a duality of profile, one that ties and connects it to the nature of the Warm Land or



Mediterranean and the other that identifies it with the river ways and the imaginary. The river enriched these communities with elements of fluvial architecture (peers, dams, devices, mills, fishing spots, ferries, gastronomy betterment, environmental quality, increase in leisure offers and roads that connected directly to the town center), expressed in the names, the water rituals and the legendary cultural spaces.

These places show even more fertility of the soils translated in the implementation of beautiful vegetable farms where excellent quality produce is grown and lend the landscape an increase of humanization, order, tradition and fascination.

Simultaneously the wet areas represent an additional valorization of the territories, of the human communities developing in such places, guaranteeing the perpetuation of the ecosystems, the natural contemplation and the Tourist value of the territories. In the Tua Valley context, a set of villages are already in umbilical contact with the river and others that will be bathed by the new lagoon, will then embody models of Tourist packages, distinct leisure and life style offers,

adding new features and reinforcing old practices, inside a specific frame of development, of new offer creation and appealing functionalities.

Localities:

Frechas, Vilarinho das Azenhas, Ribeirinha, Barcel/ Valverde, Abreiro, Sobreira, Brunheda, S. Lourenço, Foz Tua, Amieiro, Safres and S. Mamede Riba Tua.

The Legend of the “Pico Quedo” (Tools down)

In Abreiro existed a beautiful bridge that connected the place to Vila Flor which was destroyed in the 1909 floods. Its granite grandiosity was impressive and became popular belief that the construction was work of the devil, name by which the bridge was known.

The legend says that the construction only took one night and was meant to ease access to a fountain located in Vila Flor. The work was supposed to be finished before the rooster crow, thanks to the intensive effort developed by a horde of demons that produced, transported and laid the bricks. Everything was on schedule, when, in the silence of night, the rooster crows.



- Which rooster is it? – Asked Beelzebub.
- White rooster! – Replied the informants.
- Let it sing, keep working – he returned

A while after, new crow erupts from the Trás-os-Montes darkness!

- Which rooster is it? – Curses the Devil.
- Black rooster! – They answer.
- Tools down! – Decrees the evil one.

Only one stone was left to lay on the bridge, and so it remained. Every time the men try to place it, the same is taken down during the following night.

For such, was deemed the destruction of the bridge natural, saying the folk that the devil made it, the devil took it.

For those who would like to confirm, they must park next to the old Abreiro station and walk 50 meters up the river. There you will find the remains of the construction, especially at the meeting point of the two banks, two reinforced by buttresses, with triangular cut-seas. On the Abreiro side, it is still visible the rest of the suspended pavement on both granites and houses that assisted the bridge and the local ferry.

Day of the spike or the hour

It is a spring time celebration, once spread throughout the Trás-os-Montes Northeast that took place on the Thursday of Ascension, then considered the holiest day of the year. At noon everything would stop: the water in the streams would not flow, the milk wouldn't split and the bread wouldn't rise. Then the spikes were harvested, several country flowers, small bundles of olive and rosemary were picked, in order to make a protective branch against thunders and evil house and farm spirits, and that was placed behind the doors until it was replaced the following year.

The cult of the Mays

It is an ancient tradition of rural character that comprehends a set of magical, symbolic and prophylactic practices deeply rooted in the region.

Thus, on the night of the 30th of April to the 1st of May, bundles of flowery brooms are placed on windows, house doors, fences, wagons, corrals and animal heads, which function is to



 RIVERSIDE FLORA





protect the goods from the “*May*”, the “*tick*” or “*donkey*” that personify the negative side, the evil, diseases and dark spirits. It is also tradition to eat chestnuts that gave origin to the saying: “*those who do not eat chestnuts on the 1st of May, will be ridded by the donkey*”.

In the Middle ages a tax was collected called the “*Horse of May*”, payed on this day for all those who possessed a horse in good condition to join the war.

These pagan manifestations and rites of agrarian essence were forbidden by king’s decree in 1402 and replaced by “*much devout processions*”, aiming to fend off such pagan practices and defend the Christian Religion.

This measure is aligned with another decree of 1385, by decision of the King João I that classified this cult “*as a diabolical costume and a crime of idolatry*”. In fact, in ancient Rome, on this day were celebrated in honor of Flora, deity of

the flowers, gardens, natural beauty and mother of spring.

Mushrooms

They are a valuable resource of the Tua Valley, used in many ways and important functions like ecology, gastronomy and medicine.

In gastronomy they richen the regional offer, by the excellence of the flavors, the variety of textures and the experience they deliver. Furthermore they marry beautifully with other produce of the region, like the olive oil, the pig and game, enhancing sublime palates of the Trás-os-Montes food.

Usually classified as vegetable or herb, but in fact they are fungi. From traditional woods and forests or from modern facilities, the mushrooms are a central element of tradition, of the Tua legends and economy, where the largest production facility in Europe is located.



The pleasure of the olive oil

By António Monteiro

"If I have olive oil, bread and wine, at home the whole night, I sleep like a king and do not wake up alone." – Of course I am subscribing such kind eloquence to the food triad of the peoples from where the olive tree reigns. The author of this text asks, as of now, for forgiveness to the circumstantial diners for the use of the olive oil on the most wise of foods and asks for the protection of the wise that make of this practice not an unusual extravagance but the consequence of a solemn and unanimous conviction. Indeed, the aroma of the stews and the spice of the broths, the stiffness of the sprouts, the whim of the roasts or the tantrums of the fried onions, the eroticism of salads and the pride of the sauces, the slices of vinegary bunches or the vanity of the nosier foods cannot disengage, nor alleviate, the argument that *"eating without olive oil is to eat small"*.

I shall not refuse myself to refer that our ancestors understood that a good dose of olive oil would cure the palate inability and soften unprepared teeth, has the ability to fortify weary hairs and re-temper fatigued muscles... Was it ministered to the dead as symbol of eternal life or to the unlucky to remove curses, clogged intestines, respiratory irritations, roundworms and hexes. And to this mythical medicinal virtues, prophetic



OLIVE GROVE





or holy, the ancestors gave other lubricants and luminescent adjectives. Even in the priority of stimulating desires!

For such I evoke the more distracted, that the olive and its oil are the memory of the people of pleasures and the sun and the light, of the body and longevity... The immortality of their culture and the magnificence of the ecological praise; finally, they are the harbinger of the divine pardon for the awakening of the timid or for the gastronomy excesses of the more avid.

Enjoy then the hospitality of the table and praise the singularity of the oil, for this pleasure – the pleasure of olive oil – there is no caste, race, profession, it is for all ages, all conditions, all countries, all days... May be associated to every other pleasure and remains as last to console the loss of others. And let it be known that the oil – with your pardon – is the lover of food that the fortunate stomachs transcend through the table

pleasure. And it is also known that being a good lover, the beloved can't be bad.

Allow me, still, one last incitement: reclaim from the present enthusiasm to fixate definitely in your diet the more presumed of all fats – the Olive Oil. Ending this humble writing, in the stimulating company of the oil, remain now with the remaining appetites. May be with the re-usage of the orange scraps or the more acid ones – oily orange - , that was once a gipsy food, mid-day snack with bread and brine olives, vegetables or the nobles orange to adorn roasts of capon, lamb or pig, and, more recently, the olive oil epilogue and the epiphany of many banquets of courtesy. Poise, then, with one of those oranges and slice it in very thin slices, leaving very small strips of peel. Remove the grains, adds thinly chopped garlic, a pinch of salt and drizzle with olive oil – acid oil, nearly spicy green. And *“remember that the olive does not forget a thing.”*



NATURE

 KINGFISHER





OBSERVATION





COMMA



Micro-reserves

In the PNRVT context, places of exceptional environmental and natural value emerge, distributed by seven Micro-reserves that constitute extraordinary spaces to visit.

They are remarkable evidences of biodiversity, forming true “Noah’s arks” of the original natural territory of the Tua Valley.

Generic Characterization

By Paula Canha

The Micro-reserves located in the Tua Valley Regional and Natural Park correspond to areas of the Park that concentrate a larger amount and diversity of biological resources of great interest or rarity. In the seven Micro-reserves - Foz Tua, Castanheiro, S. Lourenço, Amieiro, Caldas de Carlão, Abreiro and Ribeirinha – the Tua valley most emblematic habitats can be found, as well as the more interesting plant and animal species, from a conservation standpoint.

The Micro-reserves were created not only to ensure the

conservation of the natural values, but also to inform and raise awareness, on an environmental educational and nature tourism perspective.

These objectives are fulfilled with the indispensable support of the Tua populations, the same that always knew how to preserve that very same natural values through countless generations of human occupation in the Valley.

On the steep slopes of the Tua River and its affluents, predominate forests, woods and cliffs, rocky walls many times close to verticality. These habitats, in mosaic with others, provide the physical scenery for a true biodiversity hotspot. In the Lower Tua, down river from Abreiro, the cork trees grow close to the river, due to the sharply abrupt terrain, which permits better concentration of humidity in lower altitudes. In the north facing hill sides, the greater freshness favors more humid woods, of nettle trees (*Celtis australis*) and acer (*Acer monspessulanum*). On the contrary, the juniper (*Juniperus oxycedrus*) appears frequently in the more exposed and dryer sides, where the holm oak is also more abundant.

NATURE
Observation



The Tua river section, up the river from Abreiro, is characterized by a smoother orography, more exposed hill sides, dryer and less covered in trees, where the bushes gain predominance.

The forests are places of shelter and feeding grounds to many species of tree bats that use the cavities in trees to establish their colonies or to use merely as temporary shelter. The vast forest areas in declivity and practically untouched by human beings, hold cork trees, holm oaks, chestnut and pine trees with the ideal characteristics for bats.

The rocky outcrops, as well the vertical stone walls, are the habitat for many original moss communities, likens and vascular plants, many of them rare or endemic, like the foxglove (*Digitalis purpúrea subsp. amandiana*), *Holcus setiglumis subsp. Duriensis* or *Anarrhinum duriminium*. In the rocky slopes down the river from Cachão can be found, in the impressive quartz crests of the right bank, species of likens of high geographic singularity.

The rocky outcrops also constitute important areas for fissure bats and riparian birds, like the eagle-owl (*Bubo*

bubo), the crag martin (*Ptyonoprogne rupestris*), the Red-rumped swallow (*Hirundo daurica*), the Blue rock thrush (*Monticola solitarius*) and the Bonelli's eagle (*Hieraaetus fasciatus*).

The Micro-reserves are also important for the black kite (*Oenanthe leucura*), species classified as "critically endangered" according to the Red Book of Vertebrae of Portugal. The Upper Douro Wine Growing is one of its last refuges. The occurrence of this species is tightly related with the presence of vineyards and olive fields of extensive regime. The traditional schist walls are used as nesting sites.

As emblematic as the forest habitats are the riparian environments. The riparian galleries are particularly important in the outline of the Tua and Tinhela rivers, holding post-Dryas (last ice and dry period, that must have ended around 10.000 years ago) where the ash, the willow, the poplar and the alder rule. Associated to these galleries there are different aquatic habitats, depending on the characteristics of the river floor or the speed of the currents. The rocky flood banks of the Lower Tua are particularly singular





concerning vegetation, showing endisms like the *Festuca duriotagana*, *Bufo macropétala* or *Galium glaucum subsp. australe*.

The Tinhela mouth is located in one of the most sloping areas of the Tua valley, with a singular ecological framing: two river hill sides dominated by schist outcrops containing more thermophilic species on the south exposed sides and ombrophily in the north exposed ones. In this framing there are 23 rare or endemic species of moss and likens!

The riverside communities are essential to the White-throated dipper (*Cinclus cinclus*), a bird with a quite fragmented distribution in Portugal, limited to non-polluted waters, battered by currents and swirls, with shallow rocky bottoms and banks of abundant vegetation.

The Tinhela river, in the Caldas de Carlão Micro-reserve, shows favorable conditions for other species of the river bird life, like the nightingales, blackcaps, kingfisher (*Alcedo attis*) and the gray wagtail (*Motacilla cinerea*). Particularly abundant in this Micro-reserve is also the desman (*Galemys pyrenaicus*), a small

mammal with protection status that needs unpolluted water lines, high levels of oxygen all year round and the existence of shelters in the margins. The riparian galleries are essential for bats as feeding grounds, due the abundance of insects.

In the Abreiro and Ribeirinha Micro-reserves, the wet lawns are habitat to the rodent *Microtus cabrerae*, an endemic micromammal of the Iberian Peninsula, classified with the “vulnerable” status.

The cabrera’s vole lives exclusively in prairies and rush fields of typically wet areas, where the vegetation is green most of the year.

In the aquatic communities, the highlight goes to the river mussels that holds a very high conservation value.

On the Micro-reserves also occur 32 species of amphibian and reptile, including the horned viper (*Vipera latastei*), the spinyfooted lizard (*Acanthodactylus erythrus*), the Iberian midwife toad (*Alytes cisternasii*) and the Iberian painted frog (*Discoglossus galganoi*). The Tua valley integrates the largest nucleus of spiny footed lizard in the north of the country, appearing in



 PARTRIDGE

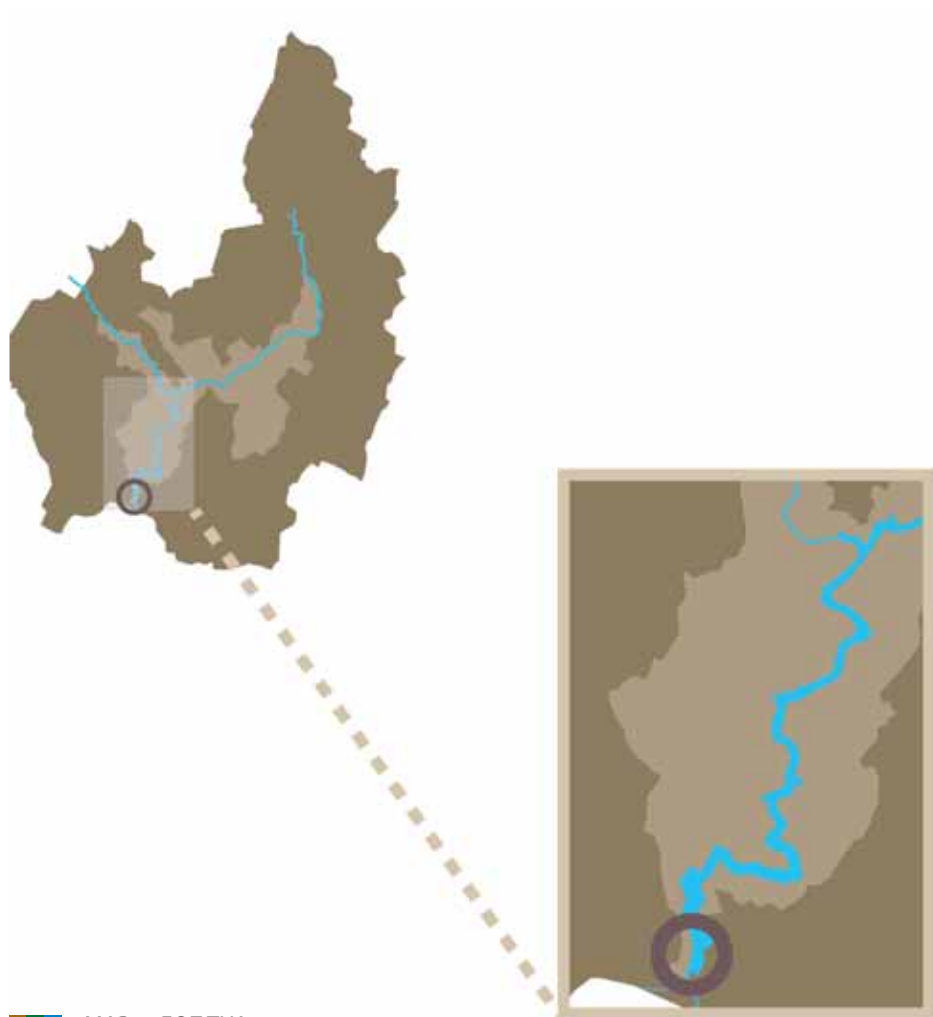




NATURE
Observation

areas of scrublands, mainly in the Abreiro Micro-reserve.

Riparian habitats of the Ribeirinha Micro-reserve are preferred hunting territory of the Bonelli Eagle (*Hieraetus fasciatus*), the golden eagle (*Aquila chrysaetos*) and of the Egyptian Vulture (*Neophron percnopterus*) and show adequate features for the sandpiper (*Actitis hypoleucos*).



MAP > FOZ TUA

Micro-reserve Foz Tua

Location: Foz Tua

GPS: 41°12'47"N, 7°25'44"O

The Foz Tua Micro-reserve allows the visitor to walk over a section of the old railway, a construction of the late 19th century, built with remarkable ingenuity on the steep rocky scarps. Up close to these walls rare plants can be seen, like the *Silene marizzi*. Here concentrate important areas for bird life: black kite, blue rock thrush, crag martin, bonelli's eagle and many other species.

Most relevant species, period and observation sites

Flora

Spring, from April to June, is the time of year where most species are blooming.



> Most relevant species

In the forest:

Angel's tears (*Narcissus triandrus*)

French Broom (*Genista falcata*)

Prickly Juniper (*Juniperus oxycedrus*)

Purple Foxglove (*Digitalis purpurea* subsp. *amandiana*)

On rocks alongside water:

Festuca duriotagana

Tunic Flower (*Petrorhagia saxifraga*)

On rocky walls:

"Erva-molar-de-gluma-sedosa" (*Holcus duriensis*)

"Fidalguinha" (*Centaurea micrantha*)

"Samacalo-peludo" (*Anarrhinum duriminium*)

Sedum arenarium

Silene marizii

Reptiles

Most common biotopes – forest and agricultural areas with olive grove parcels.

Most propitious sighting periods – Summer, autumn and spring, during the day.

> Most relevant species

False smooth snake (*Macroprotodon cucullatus*)

Horseshoe whip snake (*Coluber hippocrepis*)

Ladder snake (*Elaphe scalaris*)

Large Psammodromus (*Psammodromus algirus*)

Montpellier snake (*Malpolon monspessulanus*)

Moorish Gecko (*Tarentola mauritanica*)

Ocellated Lizard (*Lacerta lepida*)

Mammals (bats)

Most common biotopes -forest and agricultural areas with olive grove parcels.

Most propitious sighting periods – Summer, autumn and spring, at dusk or at night.

> Most relevant species

Arboreal species (examples - *P. kuhlii*, *P. pygmaeus*, *H. savii*, *E. serotinus*, *T. teniotis*, *Myotis pequenos*, *R. hipposideros*, *B. barbastellus*)



 BEE EATER





Birds

Most common biotopes – river banks, forest and agricultural areas with olive grove parcels and rocky walls.

Most propitious sighting periods – in the early morning or in the evening, especially during the Spring.

> Most relevant species

African stonechat (*Saxicola torquatus*)

Black redstart (*Phoenicurus ochruros*)

Black wheatear (*Oenanthe leucura*)

Blue rock thrush (*Monticola solitarius*)

Blue tit (*Parus caeruleus*)

Bonelli's eagle (*Hieraetus fasciatus*)

Carrion crow (*Corvus corone*)

Common blackbird (*Turdus merula*)

Common starling (*Sturnus vulgaris*)

Common swift (*Apus apus*)

Corn bunting (*Emberiza calandra*)

Dunnock (*Prunella modularis*)

Eurasian crag martin (*Ptyonoprogne rupestris*)

Eurasian eagle-owl (*Bubo bubo*)

Eurasian Jay (*Garrulus glandarius*)

Eurasian nuthatch (*Sitta europaea*)

Eurasian wren (*Troglodytes troglodytes*)

European robin (*Erithacus rubecula*)

Golden oriole (*Oriolus oriolus*)

Goldfinch (*Carduelis carduelis*)

Great spotted woodpecker (*Dendrocopos major*)

Great tit (*Parus major*)

Greenfinch (*Carduelis chloris*)

Grey wagtail (*Motacilla cinerea*)

Hoopoe (*Upupa epops*)

Nightingale (*Luscinia megarhynchos*)

Red-rumped swallow (*Hirundo daurica*)

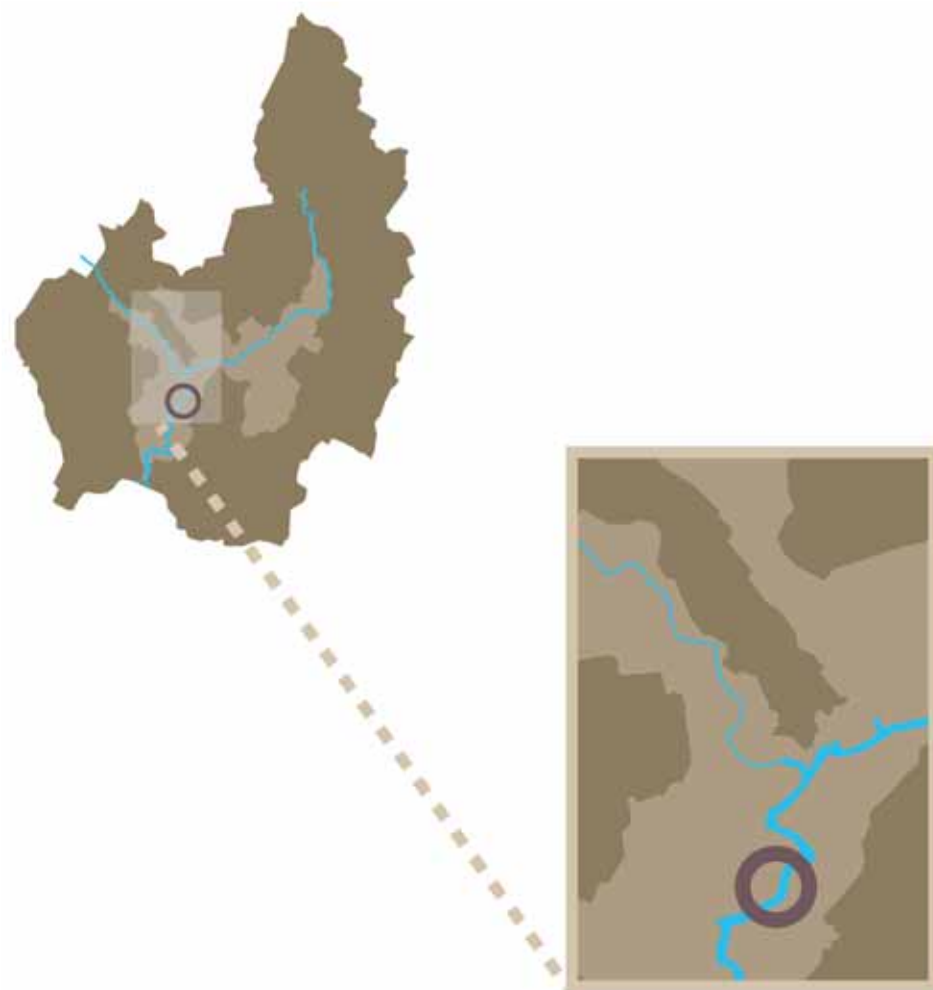
Short-toed treecreeper (*Certhia brachydactyla*)

Southern grey shrike (*Lanius meridionalis*)

White wagtail (*Motacilla alba*)

Woodchat shrike (*Lanius senator*)

NATURE
Observation



MAP > SÃO LOURENÇO

Micro-reserve São Lourenço

Location: São Lourenço

GPS: 41°17'30"N, 7°22'27"O

The micro-reserve São Lourenço is, since the 19th Century, a classic site for herbal growth, which due to its enormous diversity of plant species, many of which rare, is a mandatory spot for botanists or naturalists. Its forests and rocky outcrops are habitat to many bird species, bats, reptiles and amphibians.

Most relevant species, period and observation sites

Flora

Spring, between April and June, is the season in which more species are blooming.

> Most relevant species

"Bocas-de-lobo" (*Antirrhinum graniticum*)

Carduus platypus

"Fidalguinha" (*Centaurea micrantha*)





Forest of cork oak and evergreen oak with prickly Juniper and European nettle tree (*Celtis australis*)
 Forest of Montpellier Maple (*Acer monspessulanum*)
Linaria aeruginea subsp. aeruginea
Luzula sylvatica subsp. henriquesii
Narcissus triandrus
 Purple Foxglove (*Digitalis purpurea subsp. amandiana*)
 "Samacalo-peludo" (*Anarrhinum duriminium*)
Silene marizii
Statice transmontana (Armeria transmontana)

Amphibians

Most common biotopes - forests located nearby watercourses and all habitats with high levels of humidity or with water availability.

Most propitious sighting periods – autumn and spring, at dusk or at night.

> Most relevant species

Iberian painted frog (*Discoglossus galganoi*)
 Iberian midwife toad (*Alytes cisternasii*)

Iberian green frog (*Rana perezi*)
 Common toad (*Bufo bufo*)

Reptiles

Most common biotopes – forest areas of cluster pine and cork oak, rocky outcrops, vineyards and olive groves.

Most propitious sighting periods – Summer, autumn and Spring, during daytime.

> Most relevant species

False smooth snake (*Macroprotodon cucullatus*)
 Grass snake (*Natrix natrix*)
 Horseshoe whip snake (*Coluber hippocrepis*)
 Iberian wall lizard (*Podarcis hispanica*)
 Ladder snake (*Elaphe scalaris*)
 Large psammodromus (*Psammodromus algirus*)
 Montpellier snake (*Malpolon monspessulanus*)
 Moorish Gecko (*Tarentola mauritanica*)
 Ocellated lizard (*Lacerta lepida*)
 Spanish pond turtle (*Mauremys leprosa*)
 Spiny-footed lizard (*Acanthodactylus erythrurus*)



Viperine water snake (*Natrix maura*)

Mammals (bats and terrestrial mammals)

Most common biotopes – forest and agricultural areas with olive grove parcels.

Most propitious sighting periods – Summer, autumn and Spring, at dusk or during the night.

> **Most relevant species**

Bats

Arboreal species (examples - *P. kuhlii*, *P. pygmaeus*, *H. savii*, *E. serotinus*, *T. teniotis*, *Myotis pequenos*, *R. hipposideros*, *B. barbastellus*)

Mammals

Beech marten (*Martes foina*)

Common genet (*Genetta genetta*)

Common hedgehog (*Erinaceus europaeus*)

Common rabbit (*Oryctolagus cuniculus*)

European badger (*Meles meles*)

Least weasel (*Mustela nivalis*)

Red fox (*Vulpes vulpes*)



LEOPOLDIA COMOSA





Roe deer (*Capreolus capreolus*)
Wild boar (*Sus scrofa*)

Birds

Most common biotopes – forest and agricultural areas with olive grove parcels, outcrops, rocky walls and reservoir margins.

Most propitious sighting periods – in the early morning or in the evening, during spring.


> Most relevant species

Black redstart (*Phoenicurus ochruros*)
Blackcap (*Sylvia atricapilla*)
Blue rock thrush (*Monticola solitarius*)
Blue tit (*Parus caeruleus*)
Bonelli's eagle (*Hieraaetus fasciatus*)
Booted eagle (*Hieraaetus pennatus*)
Cetti's warbler (*Cettia cetti*)
Cirl bunting (*Emberiza cirlus*)
Coal tit (*Parus ater*)
Collared-dove (*Streptopelia decaocto*)

Common buzzard (*Buteo buteo*)
Common chaffinch (*Fringilla coelebs*)
Common chiffchaff (*Phylloscopus collybita*)
Common cuckoo (*Cuculus canorus*)
Common firecrest (*Regulus ignicapilla*)
Common kestrel (*Falco tinnunculus*)
Common kingfisher (*Alcedo atthis*)
Common quail (*Coturnix coturnix*)
Crested tit (*Parus cristatus*)
Dartford warbler (*Sylvia undata*)
Dunnock (*Prunella modularis*)
Eurasian crag martin (*Ptyonoprogne rupestris*)
Eurasian eagle-owl (*Bubo bubo*)
Eurasian Jay (*Garrulus glandarius*)
Eurasian nuthatch (*Sitta europaea*)
Eurasian wren (*Troglodytes troglodytes*)
Eurasian wryneck (*Jynx torquilla*)
European bee-eater (*Merops apiaster*)
European green woodpecker (*Picus viridis*)
European Robin (*Erithacus rubecula*)
Golden oriole (*Oriolus oriolus*)

NATURE
Observation



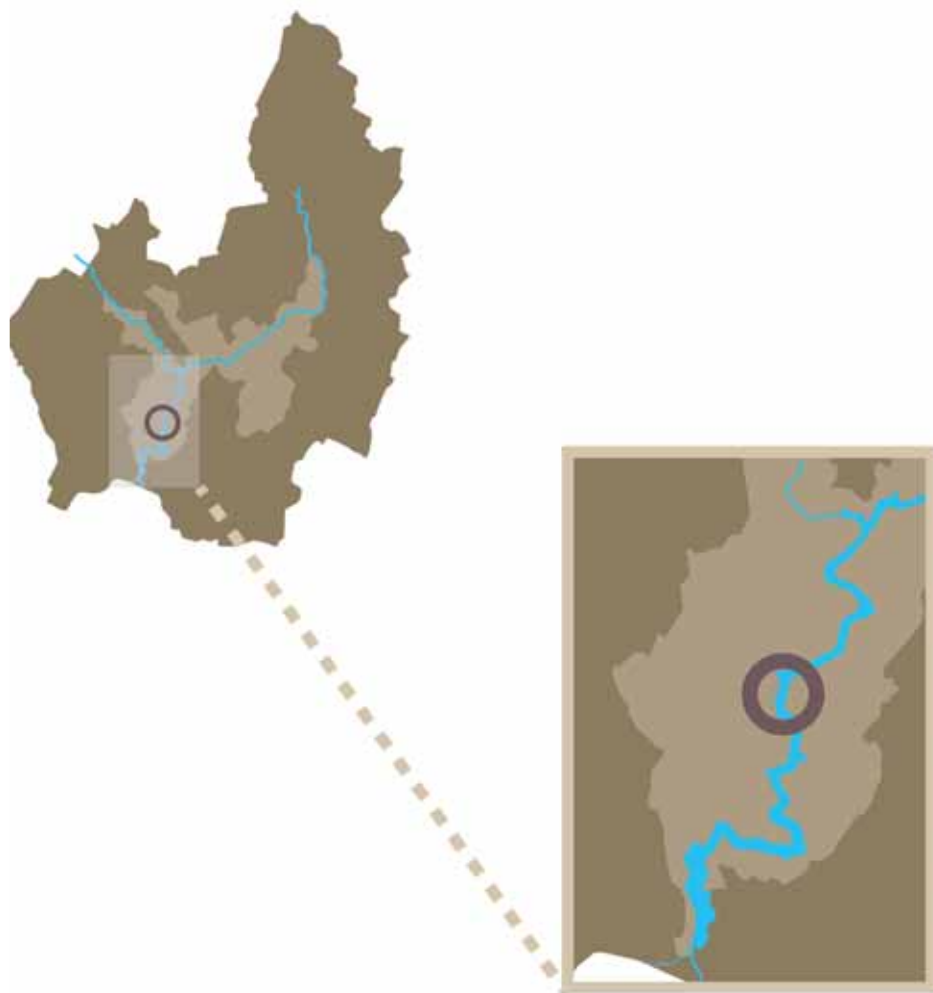
 OCELLATED LIZARD





Great spotted woodpecker (*Dendrocopos major*)
 Great tit (*Parus major*)
 Grey heron (*Ardea cinerea*)
 Grey wagtail (*Motacilla cinerea*)
 Hoopoe (*Upupa epops*)
 Little egret (*Egretta garzetta*)
 Long-tailed tit (*Aegithalos caudatus*)
 Mallard (*Anas platyrhynchos*)
 Mistle thrush (*Turdus viscivorus*)
 Nightjar (*Caprimulgus europaeus*)
 Peregrine falcon (*Falco peregrinus*)
 Red kite (*Milvus milvus*)
 Red-legged partridge (*Alectoris rufa*)
 Red-rumped swallow (*Hirundo daurica*)
 Rock bunting (*Emberiza cia*)
 Sardinian warbler (*Sylvia melanocephala*)
 Short-toed snake eagle (*Circaetus gallicus*)
 Short-toed treecreeper (*Certhia brachydactyla*)
 Sparrowhawk (*Accipiter nisus*)
 Tawny owl (*Strix aluco*)
 Western Bonelli's warbler (*Phylloscopus bonelli*)

White wagtail (*Motacilla alba*)
 Willow warbler (*Phylloscopus trochilus*)
 Wood lark (*Lullula arborea*)



MAP > AMIEIRO

Micro-reserve Amieiro

Location: Amieiro

GPS: 41°16'53"N, 7°23'44"O

The Micro-Reservation Amieiro is essentially forested and most of its area is of difficult access, conditioning human activities. Nonetheless, these steep slopes, full of rocky outcrops are an ideal hunting ground for Bonelli's Eagles and other birds of prey, as well as bats and mammals.

Most relevant species, period and observation sites

Flora

Spring, between April and June, is the season in which more species are blooming.

> Most relevant species

In the forest:

Angel's tears (*Narcissus triandrus*)

Cork oak (*Quercus suber*)

Evergreen oak (*Quercus rotundifolia*)



Montpellier Maple (*Acer monspessulanum*)
Prickly Juniper (*Juniperus oxycedrus*)
Purple Foxglove (*Digitalis purpurea* subsp. *amandiana*)

On rocky walls:

“Bocas-de-lobo” (*Antirrhinum graniticum*)
“Erva-molar-de-gluma-sedosa” (*Holcus duriensis*)
“Fidalguinha” (*Centaurea micrantha*)
“Samacalo-peludo” (*Anarrhinum duriminium*)
Sedum arenarium

Reptiles

Most common biotopes – rocky outcrops, glades and agricultural areas with olive grove parcels.

Most propitious sighting periods – Summer, autumn and Spring, during daytime.

> Most relevant species

False smooth snake (*Macroprotodon cucullatus*)
Grass snake (*Natrix natrix*)
Horseshoe whip snake (*Coluber hippocrepis*)
Iberian wall lizard (*Podarcis hispanica*)

Ladder snake (*Elaphe scalaris*)
Large psammodromus (*Psammodromus algirus*)
Montpellier snake (*Malpolon monspessulanus*)
Moorish Gecko (*Tarentola mauritanica*)
Ocellated lizard (*Lacerta lepida*)
Viperine water snake (*Natrix maura*)

Mammals (bats and terrestrial mammals)

Most common biotopes - forest and agricultural areas with olive grove parcels.

Most propitious sighting periods – Summer, autumn and Spring, at dusk or during the night.

> Most relevant species

Bats

Chiroptera fissuricolas species - *Tadarida teniotis*, *Pipistrellus pygmeus*, *Pipistrellus pipistrellus*, *Pipistrellus kuhlii*, *Hypsugo savii*, *Eptesicus isabellinus*, *Eptesicus serotinus*, *Myotis daubentonii*, *Nyctalus noctula* and *Plecotus austriacus*



Mammals

Beech marten (*Martes foina*)
Common genet (*Genetta genetta*)
Common hedgehog (*Erinaceus europaeus*)
Common rabbit (*Oryctolagus cuniculus*)
European badger (*Meles meles*)
Least weasel (*Mustela nivalis*)
Red fox (*Vulpes vulpes*)
Red squirrel (*Sciurus vulgaris*)
Roe deer (*Capreolus capreolus*)
Wild boar (*Sus scrofa*)

Birds

Most common biotopes – forest and agricultural areas with olive grove parcels.

Most propitious sighting period – Spring, in the early morning or in the evening.

> Most relevant species

African stonechat (*Saxicola torquatus*)
Black kite (*Milvus migrans*)
Black redstart (*Phoenicurus ochruros*)

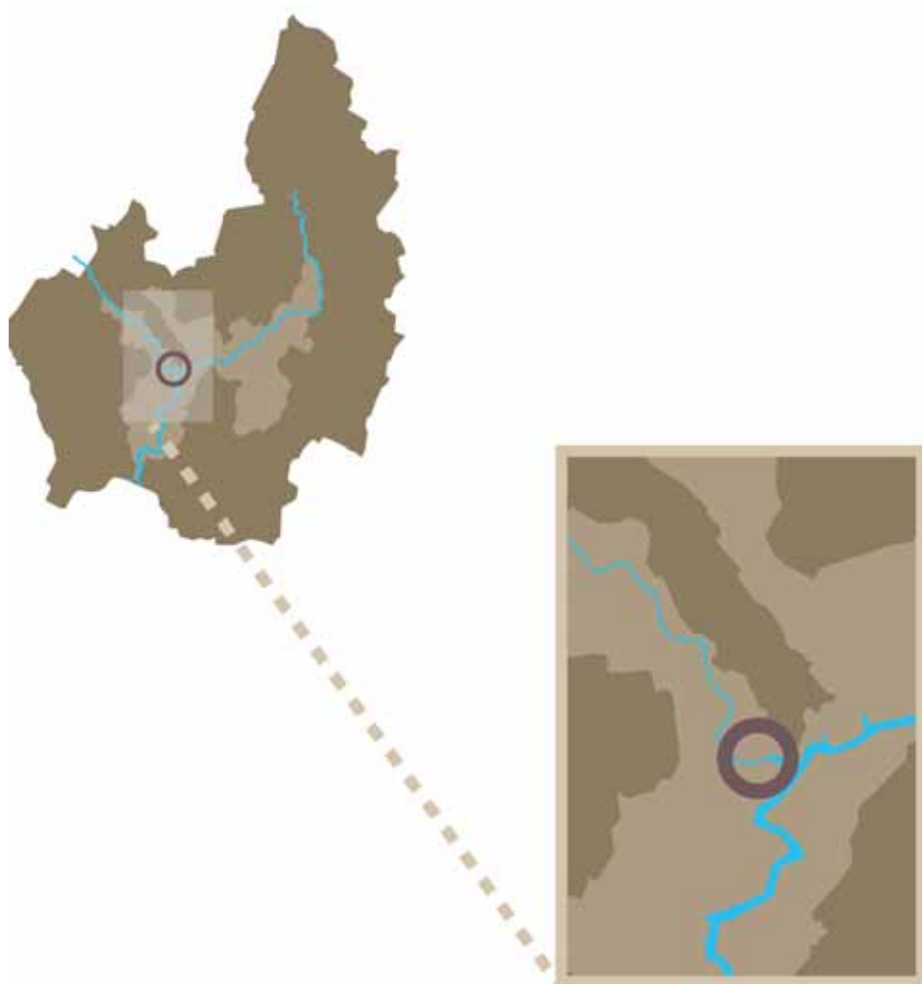
Blackcap (*Sylvia atricapilla*)
Blue rock thrush (*Monticola solitarius*)
Blue tit (*Parus caeruleus*)
Bonelli's eagle (*Hieraaetus fasciatus*)
Booted eagle (*Hieraaetus pennatus*)
Cetti's warbler (*Cettia cetti*)
Cirl bunting (*Emberiza cirlus*)
Coal tit (*Parus ater*)
Collared-dove (*Streptopelia decaocto*)
Common buzzard (*Buteo buteo*)
Common chaffinch (*Fringilla coelebs*)
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Common cuckoo (*Cuculus canorus*)
Common firecrest (*Regulus ignicapilla*)
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Common quail (*Coturnix coturnix*)
Crested tit (*Parus cristatus*)
Dartford warbler (*Sylvia undata*)
Dunnock (*Prunella modularis*)
Eurasian crag martin (*Ptyonoprogne rupestris*)
Eurasian eagle-owl (*Bubo bubo*)



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Eurasian Jay (*Garrulus glandarius*)
Eurasian nuthatch (*Sitta europaea*)
Eurasian wren (*Troglodytes troglodytes*)
Eurasian wryneck (*Jynx torquilla*)
European bee-eater (*Merops apiaster*)
European green woodpecker (*Picus viridis*)
European Robin (*Erithacus rubecula*)
Golden oriole (*Oriolus oriolus*)
Great spotted woodpecker (*Dendrocopos major*)
Great tit (*Parus major*)
Grey heron (*Ardea cinerea*)
Grey wagtail (*Motacilla cinerea*)
Hoopoe (*Upupa epops*)
Little egret (*Egretta garzetta*)
Long-tailed tit (*Aegithalos caudatus*)
Mallard (*Anas platyrhynchos*)
Mistle thrush (*Turdus viscivorus*)
Nightjar (*Caprimulgus europaeus*)
Peregrine falcon (*Falco peregrinus*)
Red kite (*Milvus milvus*)
Red-legged partridge (*Alectoris rufa*)
Red-rumped swallow (*Hirundo daurica*)

Rock bunting (*Emberiza cia*)
Sardinian warbler (*Sylvia melanocephala*)
Short-toed snake eagle (*Circaetus gallicus*)
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Sparrowhawk (*Accipiter nisus*)
Tawny owl (*Strix aluco*)
Western Bonelli's warbler (*Phylloscopus bonelli*)
White wagtail (*Motacilla alba*)
Willow warbler (*Phylloscopus trochilus*)
Wood lark (*Lullula arborea*)



MAP > CARLÃO HOT SPRINGS / SANTA MARIA MADALENA

Micro-reserve Caldas de Carlão / Santa Maria Madalena

Location: Caldas de Carlão / Santa Maria Madalena
GPS: 41°19'48"N, 7°22'19"O

The Micro-Reservation Caldas de Carlão / Santa Maria Madalena evolves in the magnificent Tinhela river valley, where its intense contour contributes to its scenic beauty, creating a remarkable diversity of habitats. The hillsides on the right side margin of the river, facing north, are shady and fresh leading to profoundly diverse vegetation, as opposed to that found on the left margin, facing south. The use of Caldas de Carlão's thermal waters dates back to the period of Roman occupation.

Most relevant species, period and observation sites

Flora

Spring, between April and June, is the season in which more species are blooming.





> Most relevant species

In the forest:

Angel's tears (*Narcissus triandrus*)

Cork oak (*Quercus suber*)

European nettle tree (*Celtis australis*)

Evergreen oak (*Quercus rotundifolia*)

Montpellier Maple (*Acer monspessulanum*)

Prickly Juniper (*Juniperus oxycedrus*)

Purple Foxglove (*Digitalis purpurea subsp. amandiana*)

"Vide-branca" (*Clematis campaniflora*)

Riparian galleries and floodplains:

Common box (*Buxus sempervirens*)

Festuca duriotagana

Galium broterianum

Galium glaucum subsp. australe

Luzula sylvatica

In outcrops and rocky walls:

"Bocas-de-lobo" (*Antirrhinum graniticum*)

"Erva-molar-de-gluma-sedosa" (*Holcus duriensis*)

"Fidalguinha" (*Centaurea micrantha*)

"Samacalo-peludo" (*Anarrhinum duriminium*)

Sedum arenarium

Statice transmontana (Armeria transmontana)

Amphibians

Most common biotopes – Deciduous forests in proximity to watercourses, especially on the right side margin of the Tinhela River and all habitats with high levels of humidity or with available water (water lines, ponds, marshes, traditional irrigation systems).

Most propitious sighting periods – autumn and spring, at dusk or at night.

> Most relevant species

Bosca's newt (*Triturus boscai*)

Common toad (*Bufo bufo*)

Fire salamander (*Salamandra salamandra*)

Iberian frog (*Rana iberica*)

Iberian green frog (*Rana perezi*)

Iberian midwife toad (*Alytes cisternasii*)

Marbled newt (*Triturus marmoratus*)

Natterjack toad (*Bufo calamita*)



Reptiles

Most common biotopes – outcrops and rocky walls, forest and agricultural areas with olive grove parcels. The Tinhela River for the terrapins.

Most propitious sighting periods – Summer, autumn and Spring, during daytime.

> Most relevant species

False smooth snake (*Macroprotodon cucullatus*)

Horseshoe whip snake (*Coluber hippocrepis*)

Ladder snake (*Elaphe scalaris*)

Large Psammodromus (*Psammodromus algirus*)

Montpellier snake (*Malpolon monspessulanus*)

Moorish Gecko (*Tarentola mauritanica*)

Ocellated Lizard (*Lacerta lepida*)

Spanish pond turtle (*Mauremys leprosa*)

Mammals (bats)

Most common biotopes – forest and agricultural areas with olive grove parcels, riparian galleries and other habitats on river banks

Most propitious sighting periods – Summer, autumn



COMMON LINNET





and Spring, at dusk or at night.

> Most relevant species

Pyrenean desman (*Galemys pyrenaicus*)

Bats - *Pipistrellus pygmeus*, *Pipistrellus kuhlii*, *Hypsugo savii*, *Nyctalus leisleri*, *Nyctalus lasiopterus*, *Nyctalus noctula*, *Myotis daubentonii*, *Myotis escaleraei*, *Myotis blythii*, *Myotis myotis*, *Rhinolophus hipposideros*, *Rhinolophus ferrumequinum*, *Miniopterus schreibersii* and *Tadarida teniotis*.

Birds

Most common biotopes – forest and agricultural areas with olive grove parcels and rocky walls, floodplains and galleries on river banks.

Most propitious sighting periods – early morning or evening, especially during spring.

> Most relevant species

African stonechat (*Saxicola torquatus*)
 Black redstart (*Phoenicurus ochruros*)
 Blackcap (*Sylvia atricapilla*)

Blue rock thrush (*Monticola solitarius*)
 Blue tit (*Parus caeruleus*)
 Cirl bunting (*Emberiza cirlus*)
 Coal tit (*Parus ater*)
 Collared-dove (*Streptopelia decaocto*)
 Common blackbird (*Turdus merula*)
 Common buzzard (*Buteo buteo*)
 Common chaffinch (*Fringilla coelebs*)
 Common chiffchaff (*Phylloscopus collybita*)
 Common cuckoo (*Cuculus canorus*)
 Common firecrest (*Regulus ignicapilla*)
 Common kingfisher (*Alcedo atthis*)
 Common linnet (*Carduelis cannabina*)
 Common quail (*Coturnix coturnix*)
 Common swift (*Apus apus*)
 Common whitethroat (*Sylvia communis*)
 Crested tit (*Parus cristatus*)
 Dartford warbler (*Sylvia undata*)
 Eurasian eagle-owl (*Bubo bubo*)
 Eurasian Jay (*Garrulus glandarius*)
 Eurasian nuthatch (*Sitta europaea*)
 Eurasian siskin (*Carduelis spinus*)

NATURE
 Observation



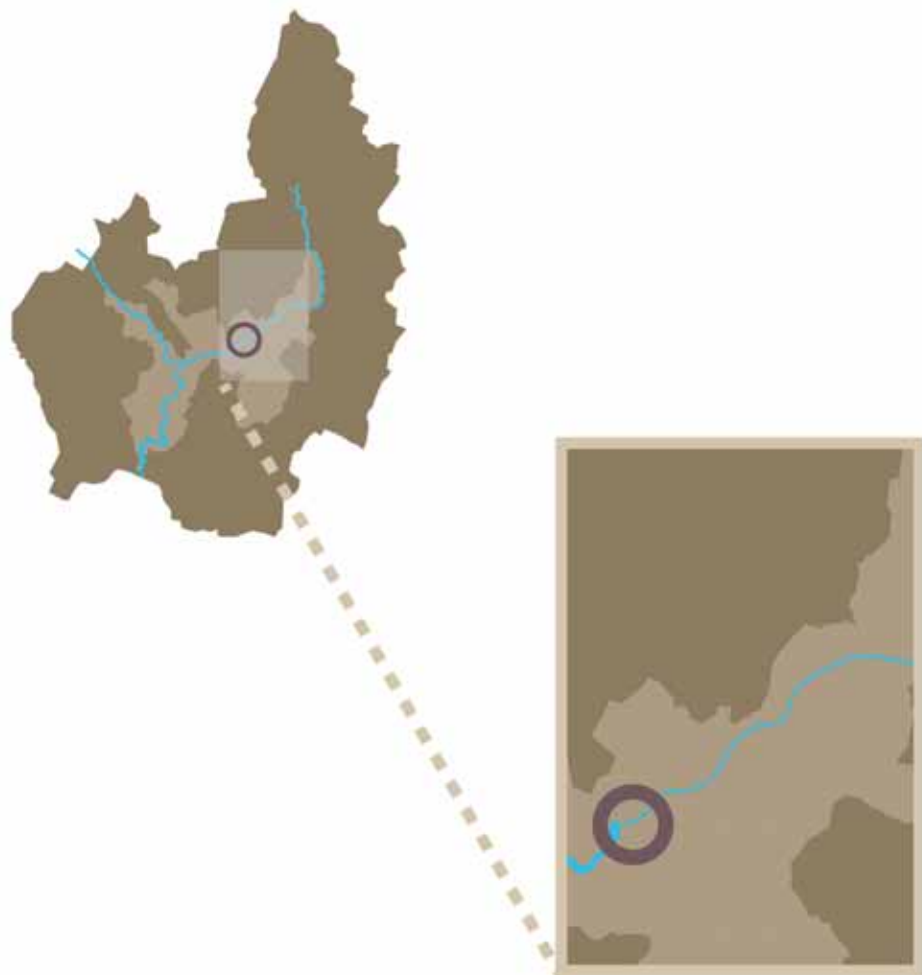
 DAMSELFLY > BEAUTIFUL DEMOISELLE





Eurasian wren (*Troglodytes troglodytes*)
 Eurasian wryneck (*Jynx torquilla*)
 European bee-eater (*Merops apiaster*)
 European green woodpecker (*Picus viridis*)
 European Robin (*Erithacus rubecula*)
 Golden oriole (*Oriolus oriolus*)
 Goldfinch (*Carduelis carduelis*)
 Great spotted woodpecker (*Dendrocopos major*)
 Great tit (*Parus major*)
 Greenfinch (*Carduelis chloris*)
 Grey wagtail (*Motacilla cinerea*)
 Hoopoe (*Upupa epops*)
 Long-tailed tit (*Aegithalos caudatus*)
 Nightingale (*Luscinia megarhynchos*)
 Nightjar (*Caprimulgus europaeus*)
 Red-legged partridge (*Alectoris rufa*)
 Red-rumped swallow (*Hirundo daurica*)
 Rock bunting (*Emberiza cia*)
 Sardinian warbler (*Sylvia melanocephala*)
 Serin (*Serinus serinus*)
 Short-toed treecreeper (*Certhia brachydactyla*)
 Subalpine warbler (*Sylvia cantillans*)

Tawny owl (*Strix aluco*)
 Western Bonelli's warbler (*Phylloscopus bonelli*)
 Western Orphean warbler (*Sylvia hortensis*)
 White wagtail (*Motacilla alba*)
 White-throated dipper (*Cinclus cinclus*)
 Willow warbler (*Phylloscopus trochilus*)



MAP > ABREIRO

Micro-reserve Abreiro

Location: Abreiro

GPS: 41°20'50"N, 7°16'43"O

Nestled in the Micro-Reservation Abreiro, you find the only section of the lower Tua that is not submerged by the reservoir. The communities harbored in floodplains are especially interesting.

There are existing species of fauna that are of great interest to preservation, like the Cabrera's vole, the spiny-footed lizard and the thick shelled river mussel. Abreiro is an important cross-river passageway for terrestrial fauna.

Most relevant species, period and observation sites

Flora

Spring, between April and June, is the season in which more species are blooming.





> Most relevant species

In the forest and brushwoods with rocky outcrops:

- Angel's tears (*Narcissus triandrus*)
- Angel's tears (*Narcissus triandrus*)
- "Bela-luz" (*Thymus mastichina*)
- Bellflower (*Campanula lusitanica*)
- Cork oak (*Quercus suber*) and Evergreen oak (*Quercus rotundifolia*)
- Dianthus laricifolius subsp. laricifolius*
- "Erva-seca" (*Herniaria lusitanica*)
- Euphorbia oxyphylla*
- European nettle tree (*Celtis australis*)
- Genista hirta*
- Giant fennel (*Ferula communis*)
- Hoop petticoat daffodil (*Narcissus bulbocodium*)
- Hyacinthoides paivae*
- Lax Viper's bugloss (*Echium rosulatum*)
- "Leite-de-galinha" (*Ornithogalum concinnum*)
- Montpellier Maple (*Acer monspessulanum*)
- Prickly Juniper (*Juniperus oxycedrus*)
- Purple Foxglove (*Digitalis purpurea subsp. amandiana*)
- Spanish foxglove (*Digitalis thapsi*)

"Vide-branca" (*Clematis campaniflora*)

Riparian galleries and floodplains:

- Bufonia macropetala*
- Festuca duriotagana*
- Galium glaucum subsp. australe*
- Pond Water-crowfoot (*Ranunculus peltatus subsp. Saniculifolius*)

In outcrops and rocky walls:

- "Fidalguinha" (*Centaurea micrantha*)
- "Samacalo-peludo" (*Anarrhinum duriminium*)
- Statice transmontana (*Armeria transmonta*)

Amphibians

Most common biotopes – forest and croplands located close to the river, marshes and traditional irrigation systems.

Most propitious sighting periods – autumn and Spring, at dusk or during the night.



> **Most relevant species**

Bosca's newt (*Triturus boscai*)

Common toad (*Bufo bufo*)

Fire salamander (*Salamandra salamandra*)

Iberian frog (*Rana iberica*)

Iberian green frog (*Rana perezi*)

Iberian midwife toad (*Alytes cisternasii*)

Marbled newt (*Triturus marmoratus*)

Natterjack toad (*Bufo calamita*)

Reptiles

Most common biotopes – outcrops and rocky walls, forest and agricultural areas with olive grove parcels

Most propitious sighting periods – Summer, autumn and Spring, during daytime.

> **Most relevant species**

False smooth snake (*Macroprotodon cucullatus*)

Horseshoe whip snake (*Coluber hippocrepis*)

Ladder snake (*Elaphe scalaris*)

Large psammodromus (*Psammodromus algirus*)

Montpellier snake (*Malpolon monspessulanus*)

Moorish Gecko (*Tarentola mauritanica*)

Ocellated lizard (*Lacerta lepida*)

Spiny-footed lizard (*Acanthodactylus erythrurus*)

Mammals

Most common biotopes – forest and agricultural areas with olive grove parcels, riparian galleries and other habitats on river banks

Most propitious sighting periods – Summer, autumn and Spring, at dusk or during the night.

> **Most relevant species**

Beech marten (*Martes foina*)

Cabrera's vole (*Microtus cabrerae*)

Common genet (*Genetta genetta*)

Common hedgehog (*Erinaceus europaeus*)

Common rabbit (*Oryctolagus cuniculus*)

European badger (*Meles meles*)

Least weasel (*Mustela nivalis*)

Red fox (*Vulpes vulpes*)





Wild boar (*Sus scrofa*)

Birds

Most common biotopes – forest and agricultural areas with olive grove parcels and rocky walls, floodplains and galleries on river banks.

Most propitious sighting periods – early morning or evening, especially during springtime.

> Most relevant species

- African stonechat (*Saxicola torquatus*)
- Barn swallow (*Hirundo rustica*)
- Black redstart (*Phoenicurus ochruros*)
- Blackcap (*Sylvia atricapilla*)
- Blue tit (*Parus caeruleus*)
- Bonelli's eagle (*Hieraetus fasciatus*)
- Booted eagle (*Hieraetus pennatus*)
- Cetti's warbler (*Cettia cetti*)
- Cirl bunting (*Emberiza cirlus*)
- Coal tit (*Parus ater*)
- Collared-dove (*Streptopelia decaocto*)

- Common blackbird (*Turdus merula*)
- Common buzzard (*Buteo buteo*)
- Common chaffinch (*Fringilla coelebs*)
- Common chiffchaff (*Phylloscopus collybita*)
- Common cuckoo (*Cuculus canorus*)
- Common firecrest (*Regulus ignicapilla*)
- Common house martin (*Delichon urbicum*)
- Common kestrel (*Falco tinnunculus*)
- Common kingfisher (*Alcedo atthis*)
- Common linnet (*Carduelis cannabina*)
- Common quail (*Coturnix coturnix*)
- Common whitethroat (*Sylvia communis*)
- Crested tit (*Parus cristatus*)
- Dartford warbler (*Sylvia undata*)
- Eurasian crag martin (*Ptyonoprogne rupestris*)
- Eurasian eagle-owl (*Bubo bubo*)
- Eurasian Jay (*Garrulus glandarius*)
- Eurasian nuthatch (*Sitta europaea*)
- Eurasian siskin (*Carduelis spinus*)
- Eurasian wren (*Troglodytes troglodytes*)
- European bee-eater (*Merops apiaster*)



 HEDGEHOG





European Robin (*Erithacus rubecula*)
 Golden oriole (*Oriolus oriolus*)
 Goldfinch (*Carduelis carduelis*)
 Great spotted woodpecker (*Dendrocopos major*)
 Great tit (*Parus major*)
 Greenfinch (*Carduelis chloris*)
 Grey wagtail (*Motacilla cinerea*)
 Hoopoe (*Upupa epops*)
 Long-tailed tit (*Aegithalos caudatus*)
 Mistle thrush (*Turdus viscivorus*)
 Nightingale (*Luscinia megarhynchos*)
 Nightingale (*Luscinia megarhynchos*)
 Nightjar (*Caprimulgus europaeus*)
 Peregrine falcon (*Falco peregrinus*)
 Red-legged partridge (*Alectoris rufa*)
 Rock bunting (*Emberiza cia*)
 Sardinian warbler (*Sylvia melanocephala*)
 Serin (*Serinus serinus*)
 Short-toed treecreeper (*Certhia brachydactyla*)
 Subalpine warbler (*Sylvia cantillans*)
 Tawny owl (*Strix aluco*)

Western Bonelli's warbler (*Phylloscopus bonelli*)
 Western Orphean warbler (*Sylvia hortensis*)
 White wagtail (*Motacilla alba*)
 Willow warbler (*Phylloscopus trochilus*)

NATURE
Observation



MAP > RIBEIRINHA

Micro-reserve Ribeirinha

Location: Ribeirinha

GPS: 41°21'58"N, 7°14'26"O

The Micro-reservation Ribeirinha follows the Tua River and its margins upstream the reservoir to Cachão.

The clear waters run through the open river bed, sometimes delayed by the watermills, sketching rocky or sedimentary beaches, framed by gorgeous riparian galleries. In contrast with this section of the river's smoothness, grandiose quartzite ridges rise from the Cachão, on the base of the Valverde Mountain.

Most relevant species, period and observation sites

Flora

Spring, between April and June, is the season in which more species are blooming.





> Most relevant species

In the forest and rocky outcrops:

Butcher's-broom (*Ruscus aculeatus*)

Cork oak (*Quercus suber*)

Evergreen oak (*Quercus rotundifolia*)

Linaria saxatilis

Prickly Juniper (*Juniperus oxycedrus*)

Spanish foxglove (*Digitalis thapsi*)

Riparian galleries and rocky floodplains:

Dedaleira-menor (*Gratiola linifolia*)

Festuca duriotagana

"Silva" (*Rubus henriquesii*)

"Solda" (*Galium glaucum subsp. Australe*)

Outcrops and rocky walls:

"Erva-molar-de-gluma-sedosa" (*Holcus duriensis*)

"Fidalguinha" (*Centaurea micrantha*)

"Samacalo-peludo" (*Anarrhinum duriminium*)

Amphibians

Most common biotopes – forest and croplands located

close to the river, marshes and traditional irrigation systems.

Most propitious sighting periods – Autumn and Spring, at dusk or during the night.

> Most relevant species

Bosca's newt (*Triturus boscai*)

Common toad (*Bufo bufo*)

Fire salamander (*Salamandra salamandra*)

Iberian frog (*Rana iberica*)

Iberian green frog (*Rana perezi*)

Iberian midwife toad (*Alytes cisternasii*)

Marbled newt (*Triturus marmoratus*)

Natterjack toad (*Bufo calamita*)

Reptiles

Most common biotopes – outcrops and rocky walls, agricultural areas with olive grove parcels.

Most propitious sighting periods – Summer, autumn and Spring, during daytime.



> **Most relevant species**

False smooth snake (*Macroprotodon cucullatus*)

Horseshoe whip snake (*Coluber hippocrepis*)

Ladder snake (*Elaphe scalaris*)

Large psammodromus (*Psammodromus algerus*)

Montpellier snake (*Malpolon monspessulanus*)

Ocellated lizard (*Lacerta lepida*)

Mammals

Most common biotopes – olive grove parcels, riparian galleries and other habitats on river banks

Most propitious sighting periods – Summer, autumn and Spring, at dusk or during the night.

> **Most relevant species**

Cabrera's vole (*Microtus cabrerae*)

Common hedgehog (*Erinaceus europaeus*)

Common rabbit (*Oryctolagus cuniculus*)

Red fox (*Vulpes vulpes*)

Wild boar (*Sus scrofa*)



EUROPEAN RABBIT





Birds

Most common biotopes – agricultural areas with olive grove parcels and rocky walls, floodplains and galleries on river banks.

Most propitious sighting periods – early morning or evening, especially during springtime.

> Most relevant species

Blue rock thrush (*Monticola solitarius*)

Bonelli's eagle (*Hieraaetus fasciatus*)

Common kingfisher (*Alcedo atthis*)

Common quail (*Coturnix coturnix*)

Common sandpiper (*Actitis hypoleucos*)

Common swift (*Apus apus*)

Dartford warbler (*Sylvia undata*)

Egyptian vulture (*Neophron percnopterus*)

Eurasian crag martin (*Ptyonoprogne rupestris*)

Eurasian eagle-owl (*Bubo bubo*)

European bee-eater (*Merops apiaster*)

Golden eagle (*Aquila chrysaetos*)

Grey wagtail (*Motacilla cinerea*)

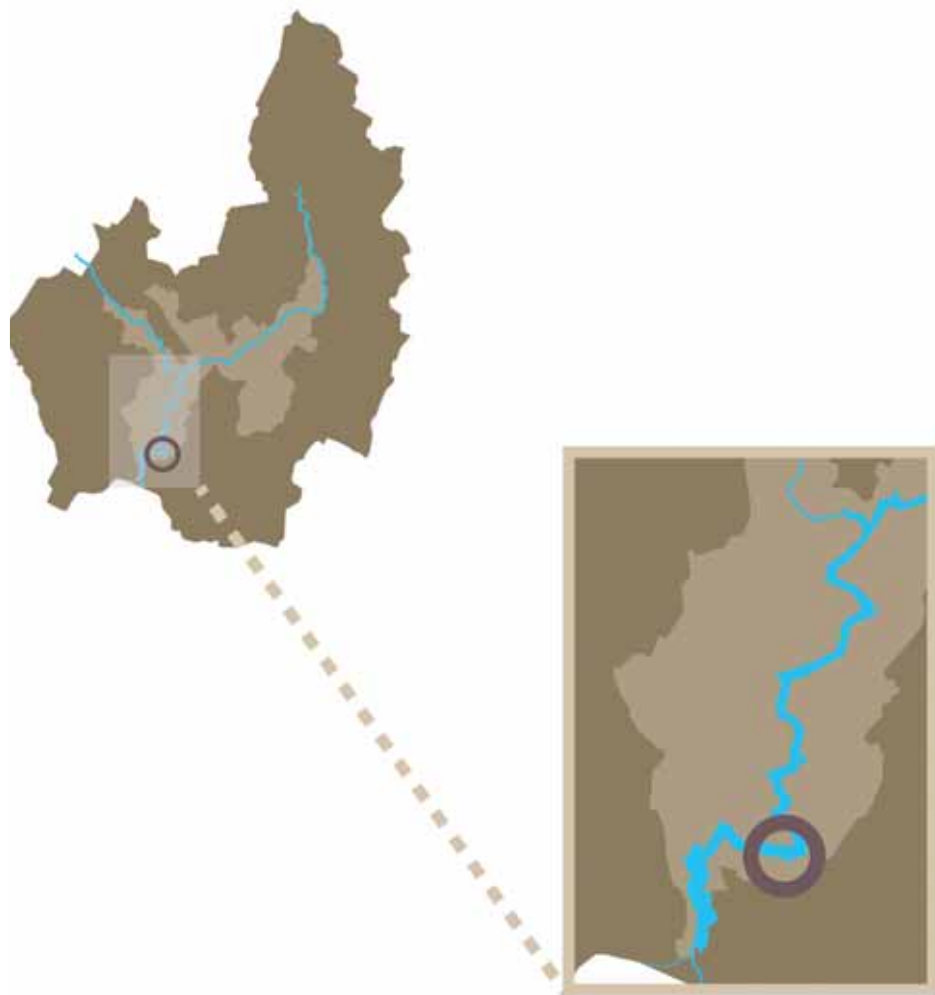
Red-legged partridge (*Alectoris rufa*)

Red-rumped swallow (*Hirundo daurica*)

Sardinian warbler (*Sylvia melanocephala*)

Tawny owl (*Strix aluco*)

NATURE
Observation



MAP > CASTANHEIRO

Micro-reserve Castanheiro

Localition: Castanheiro

GPS: 41°14'08"N, 7°23'07"O

The Micro-reservation Castanheiro has a remarkable area in terms of vascular flora, moss and lichens.

The most relevant patches are the woods of hygrophilous nature (cool and moist) and the, almost vertical, rocky walls. It's an excellent hunting ground for Bonelli's eagle, Eurasian eagle-owl and innumerable species of bats.

Most relevant species, period and observation sites

Flora

Spring, between April and June, is the season in which more species are blooming

> Most relevant species

Angel's tears (*Narcissus triandrus*)

Bellflower (*Campanula lusitanica*)

"Bocas-de-lobo" (*Antirrhinum graniticum*)



Butcher's-broom (*Ruscus aculeatus*)
 "Fidalguinha" (*Centaurea micrantha*)
 Forest of cork oak, evergreen oak or chestnut tree with prickly juniper, European nettle tree and *Montpellier maple*.
Pterocephalidium diandrum
 Purple Foxglove (*Digitalis purpurea* subsp. *Amandiana*)
Ranunculus olissiponensis
 "Samacalo-peludo" (*Anarrhinum duriminium*)
Silene marizii
Statice transmontana (*Armeria transmontana*)

Reptiles

Most common biotopes – forest areas of maritime pine and cork oak, rocky outcrops, vineyards and olive groves.
Most propitious sighting periods – Summer, Autumn and Spring, during daytime.

> Most relevant species

False smooth snake (*Macroprotodon cucullatus*)
 Grass snake (*Natrix natrix*)

Horseshoe whip snake (*Coluber hippocrepis*)
 Iberian wall lizard (*Podarcis hispanica*)
 Ladder snake (*Elaphe scalaris*)
 Large psammodromus (*Psammodromus algirus*)
 Lataste's viper (*Vipera latastei*)
 Montpellier snake (*Malpolon monspessulanus*)
 Moorish Gecko (*Tarentola mauritanica*)
 Ocellated lizard (*Lacerta lepida*)
 Spanish pond turtle (*Mauremys leprosa*)
 Spiny-footed lizard (*Acanthodactylus erythrurus*)
 Viperine water snake (*Natrix maura*)

Mammals (bats)

Most common biotopes – forest and agricultural areas com olive grove parcels.
Most propitious sighting periods – Summer, Autumn and Spring, at dusk or during the night.

> Most relevant species

Arboreal species (examples - *P. kuhlii*, *P. pygmaeus*, *H. savii*, *E. serotinus*, *T. teniotis*, *Myotis pequenos*, *R. hipposideros*, *B. barbastellus*)



Fissuricola species - *Tadarida teniotis*, *Pipistrellus pygmeus*, *Pipistrellus pipistrellus*, *Pipistrellus kuhlii*, *Hypsugo savii*, *Eptesicus isabellinus*, *Eptesicus serotinus*, *Myotis daubentonii*, *Nyctalus noctula* e *Plecotus austriacus*.

Birds

Most common biotopes – forest and agricultural areas with olive grove parcels, outcrops and rocky walls as well as the margins of the reservoir.

Most propitious sighting periods – early morning or evening, during springtime.

> Most relevant species

African stonechat (*Saxicola torquatus*)

Black redstart (*Phoenicurus ochruros*)

Blackcap (*Sylvia atricapilla*)

Blue rock thrush (*Monticola solitarius*)

Blue tit (*Parus caeruleus*)

Bonelli's eagle (*Hieraetus fasciatus*)

Cetti's warbler (*Cettia cetti*)



EUROPEAN CRESTED TIT





NATURE
Observation

Cirl bunting (*Emberiza cirulus*)
 Coal tit (*Parus ater*)
 Common chaffinch (*Fringilla coelebs*)
 Common chiffchaff (*Phylloscopus collybita*)
 Common cuckoo (*Cuculus canorus*)
 Common firecrest (*Regulus ignicapilla*)
 Common kestrel (*Falco tinnunculus*)
 Common kingfisher (*Alcedo atthis*)
 Crested tit (*Parus cristatus*)
 Dartford warbler (*Sylvia undata*)
 Eurasian crag martin (*Ptyonoprogne rupestris*)
 Eurasian eagle-owl (*Bubo bubo*)
 Eurasian Jay (*Garrulus glandarius*)
 Eurasian nuthatch (*Sitta europaea*)
 Eurasian wryneck (*Jynx torquilla*)
 European bee-eater (*Merops apiaster*)
 European green woodpecker (*Picus viridis*)
 European Robin (*Erithacus rubecula*)
 Golden oriole (*Oriolus oriolus*)
 Great spotted woodpecker (*Dendrocopos major*)
 Great tit (*Parus major*)
 Hoopoe (*Upupa epops*)

Long-tailed tit (*Aegithalos caudatus*)
 Mistle thrush (*Turdus viscivorus*)
 Red-rumped swallow (*Hirundo daurica*)
 Rock bunting (*Emberiza cia*)
 Sardinian warbler (*Sylvia melanocephala*)
 Short-toed treecreeper (*Certhia brachydactyla*)
 Tawny owl (*Strix aluco*)
 Western Bonelli's warbler (*Phylloscopus bonelli*)
 Willow warbler (*Phylloscopus trochilus*)



 SCOPS OWL



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 WATERFALL







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Parque Natural Regional
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 WHITE-THROATED DIPPER

