



TERRAS DE **TTM** TRÁS-OS-MONTES

The natural destination

TERRAS DE **TTM** **TRÁS-OS-MONTES**

O destino natural

TECHNICAL INFORMATION

Property, coordination and production

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Rota da Terra Fria Transmontana





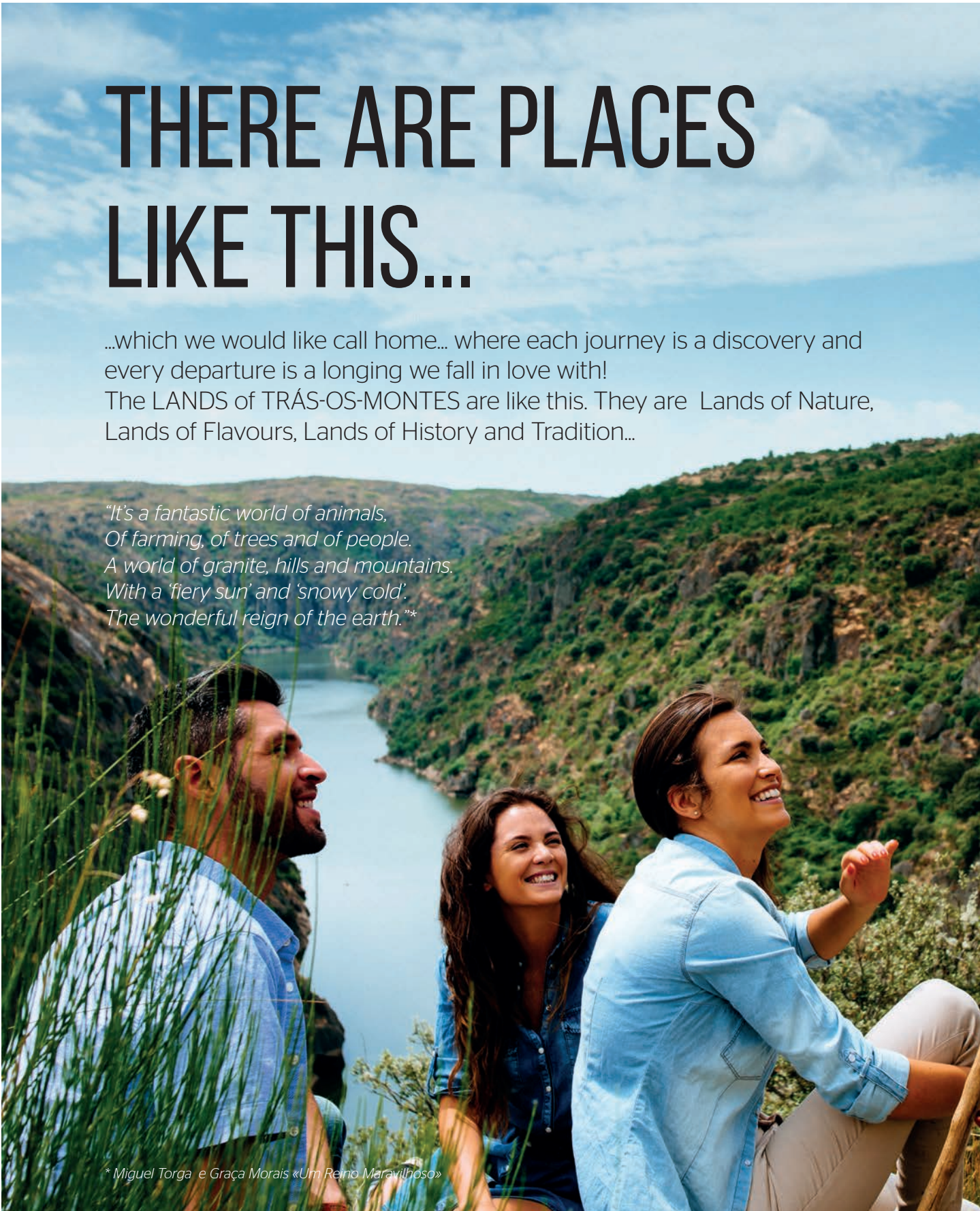
**TRÁS-OS-MONTES
IS SO NEAR!**

THERE ARE PLACES LIKE THIS...

...which we would like call home... where each journey is a discovery and every departure is a longing we fall in love with!
The LANDS of TRÁS-OS-MONTES are like this. They are Lands of Nature, Lands of Flavours, Lands of History and Tradition...

*"It's a fantastic world of animals,
Of farming, of trees and of people.
A world of granite, hills and mountains.
With a 'fiery sun' and 'snowy cold'.
The wonderful reign of the earth."**

* Miguel Torga e Graça Morais «Um Reino Maravilhoso»





The lands of Trás-os-Montes are located in the northeast of Portugal and cover an area of 5538 km². The territory comprises the municipalities of Alfândega da Fé, Bragança, Macedo de Cavaleiros, Miranda do Douro, Mirandela, Mogadouro, Vila Flor, Vimioso and Vinhais.

The region presents two distinct realities, with respect to the morphological and climatic characteristics, that gave rise to the designations Terra Fria and Terra Quente Transmontana. The first is composed of uplands with a higher altitude and a colder and humid climate. The second presents uplands of lower altitude and a warmer and drier climate. They are lands of a genuine culture, viewed in traditions and ancestral festivals unique in the country, which are an invitation to direct contact with a cultural, natural and landscape heritage that, against all odds, its people have managed to maintain and preserve.

The rich gastronomy is one of the main business cards of these places and is a great excuse for a longer visit to these destinations.

The Lands of Trás-os-Montes are an inexhaustible source of possibilities to spend unforgettable days in the region.

Just let yourself go... after all we are so close!

Find out in the next pages what makes these lands THE NATURAL DESTINATION.



TASTE THE FLAVOURS OF TRÁS-OS-MONTES

People say that appetite originates at the table. Why not test popular wisdom in the Lands of Trás-os-Montes? You will find good food and a full table. The hard part will be to resist it.

Let temptation grow your appetite and gluttony follow its way. The flavours reveal the authenticity of the gastronomy and remind you that this territory has the quality of the local products as one of its main identity marks. In fact, the best way to get to know a region is by sitting down at the table. In these lands, gastronomy has the marks of geography and landscape, but also of the history and local customs of its people. It takes us to the cliffs of the International Douro Natural Park, it leads us through the Montesinho Natural Park and the Geopark das Terras de Cavaleiros and speaks to us about the Rivers Sabor and Tua and the Vilariça Valley.

In the Lands of Trás-os-Montes there are 23 products classified by the European Union with Protected Designation of Origin (PDO) or Protected Geographical Indication (PGI). Meat, Wine, Dry Fruits, Cheeses, Smoked goods, Honey and Olive oil proudly bear this seal and one can see why: Unquestionable quality, authentic and unmistakable taste.

THE 7 MANDATORY SINS

The local products of the Lands of Trás-os-Montes are a real sin for the senses... but, we assure you, with guaranteed absolution.

Take note of these seven sins that you will certainly want to commit!

MEAT

Posta Mirandesa needs no introduction. The guarantee of quality and flavour is in the certified Mirandesa veal. Succulent and tasty, it's a real temptation!

If this is a mouth-watering delicacy, it is necessary to make note that in the region the meat dishes are a real challenge to the senses. Kid, Mirandese Lamb, Bragançano Lamb and Bísaro Pork of the region of Trás-os-Montes are just some of the options. Grilled over a wood fire, in the oven or even in a wonderful stew, the hard thing is to choose!

Those who like game dishes will not be disappointed either. Trás-os-Montes Wild Boar Stew, Hunter's style Rabbit or Partridge Soup are suggestions that can be found in local restaurants.



TRADITIONAL SMOKED PRODUCTS

'From the pork we waste nothing and use everything'. Thus says the people, and so it is in the Lands of Trás-os-Montes. The confection of the famous smoked products and sausages from the region of Trás-os-Montes finds in this popular saying its highest form of expression. The smoked products are still traditionally

produced in small or medium-sized sites, preserving its original quality and flavour. The meat sausages, salpicões, alheiras, azedos, butelos, ham or sweet sausages are a seasoning for cold days and the long nights of the winter in Trás-os-Montes. It is an absolute delicacy!



The salpicão is considered by many the maximum exponent of the sausages of Trás-os-Montes, and it is a mandatory presence at any table of this region. The basis of this success is how the Bísaro

pig is raised, a local breed that is fed only with what the land provides. Its meat has a smooth texture and marbled intramuscular fat, which originates a truly captivating and tempting flavour.



Butelo com Casulas is one of the most typical dishes of this territory, and tradition says it is to be consumed near Carnival. The filling of this local sausage is composed of little bones, still with some meat from the pork spine and rib.

The casulas result from the drying process of the green bean pod (already with this one formed), which are then cooked and go as a side dish to the traditional sausage. It is so appreciated that there is already a Festival with its name.



OLIVE OIL

The quality of the olive oil of the Lands of Trás-os-Montes is unquestionable. This is proven by the innumerable prizes and distinctions, both national and international, that this product has won.

Its presence is mandatory, either in the confection or the seasoning, imparting notes of delicacy to the simplest menu. Yellowish-green, fruity, sweet, but also green, bitter and spicy reflects the characteristics of the region where it is produced.

To taste it is to travel to the essence of the territory.

NEW OLIVE OIL TASTINGS

In the oil presses, the tastings of the new olive oil were made with a loaf of wood-fired bread, roasted on the fire, and covered with the fresh olive oil that has just come out from the press. This was how olive oil was tasted, the quality of the olive oil was evaluated and the olive growers spent the long hours waiting. Even nowadays people do not forget this ritual.

They are flavours that refresh the memory, which some local restaurants have already recovered.



PASTRIES

Lose yourself in the sweet layers of the Bola Doce Mirandesa. With a rough appearance, it hides a surprisingly soft and moist mass, thanks to the sugar and cinnamon filling.

It is one of Miranda do Douro's ex-libris indispensable at the table, especially at Easter. A mandatory sweet sin!



BREAD

There are memories that linger and the smell of hot bread coming out of the wood oven is one of them. When this is associated with the possibility of experiencing a 'cibo' (locally used expression to designate piece) of a

freshly baked bread the experience is perfect! And have you tried out the Bola Sovada? It is a bread with oil, named like this because it takes a big 'sova' (it is well kneaded) before baking.



CHEESE

Who can resist it?

The cheeses of the Lands of Trás-os-Montes are produced from the milk of sheep or goats of native local breeds, leaving no one indifferent. The Terrincho or Cabra Transmontana breeds cheese are ideal to start or finish a meal. To the quality of the raw material the know-how of skilful cheesemakers is added, who, in their cold hands and wise eyes, keep the secrets of tradition.

Accompanied with the delicious pastries or fruit jams that are made here, drizzled with honey from the Montesinho Natural Park or Terra Quente Transmontana, the difficult thing is really to stop eating!





WINE

Viticulture in the Lands of Trás-os-Montes is of secular origin and dates back to the pre-Roman times.

It is a sin not to be avoided. Taste it. In these lands, you will find wines of the regions of Trás-os-Montes and Douro, awarded in the most important national and international competitions.

They are heavenly nectars in perfect symbiosis which you will not want to stop tasting and take home.

A photograph of a traditional stone and wood building in a village. The building has a rustic appearance with stone walls and wooden balconies. A balcony on the left is adorned with red flowers. A large wooden wheel is leaning against the wall. The street is paved with cobblestones, and a lush green hillside is visible in the background.

A WONDERFUL REIGN, FOUR WONDERS

Rio de Onor Village



ALHEIRA DE MIRANDELA

The Alheira de Mirandela has won a privileged place in Portuguese gastronomy. The traditional confection and the characteristic taste have made it one of the references of the national cuisine. In 2011 it was awarded the title of one of the 7 Wonders of Portuguese Gastronomy.



PRAIA DA RIBEIRA ALBUFEIRA DO AZIBO MACEDO DE CAVALEIROS

This beach was voted one of the 7 Wonders of Portugal in 2012 and is located in a Protected Area of great natural value. Azibo is a synonym for environmental quality and scenic beauty. These characteristics associated with water quality, good conditions and recreational activities earned it the award.



RIO DE ONOR VILLAGE BRAGANÇA

The Rio de Onor Village is in the middle of the Montesinho Natural Park, county of Bragança, and is crossed by the border with Spain. In 2017 it was considered one of the Wonderful Villages of Portugal. On one side, it is called Rio de Onor, and on the other, in Spain, Rihonor de Castilla. This communitarian village is one of the best preserved of the Montesinho Natural Park, with typical mountain houses in shale and with porched balconies, very well recovered. Enjoy moments of complete rest being housed in a tourist lodging or in the campsite of Rio de Onor.



MESA DE MIRANDELA MARIA RITA DO ROMEU

A place with history and with so many stories to tell. Maria Rita do Romeu is one of the most emblematic places in the Lands of Trás-os-Montes. It is a place of meetings, celebrations, secrets and memories shared at a table full of flavours that guide us through these lands. This fact will have contributed to its election, in 2018, as one of the 7 Maravilhas à Mesa de Portugal (7 Wonders of the Portuguese Cuisine). In addition, there is also the Romeu Museum of Curiosities and a natural and historical heritage that demand a visit.

A TERRITORY TWO UNESCO SEALS

Culture, traditions, heritage, gastronomy, agriculture and tourism are considered within the sustainability component.

MESETA IBÉRICA TRANSBOUNDARY BIOSPHERE RESERVE

“Two countries, two territories, a common future”, this is the slogan of the Meseta Ibérica Transboundary Biosphere Reserve, the largest in Europe, covering territories of Spain and Portugal, including the nine municipalities of the Lands of Trás-os-Montes.

“There is no conservation of nature without human action, because man is the basic structure of the ecosystem”. This statement is the basis of all the work developed by the Reserve.

We leave the invitation for the involvement, the sharing, and the feeling of a territory opened up to the world in its most authentic genuineness, which unreservedly welcomes those who visit it.



GEOPARK

TERRAS DE CAVALEIROS

One territory, two continents, one ocean... Millions of History.

Are you indecisive about your vacation destination? You don't know which continent to choose? Enjoy and visit two simultaneously. At Geopark Terras de Cavaleiros this is possible.

The unique geological heritage allows to go through 540 million years in the history of the earth. Did you know that these lands have already integrated two continents and one ocean?

Here, the natural heritage is also distinctive, with stunning and preserved landscapes.

The climate, culture, fauna, flora, history, gastronomy and nature are in perfect harmony.

You can visit 42 geosites, enjoy the Geological

Route already defined and stop at the Biodiversity Station of Santa Combinha, where you can see 43 species of daytime butterflies from the 135 that are known in mainland Portugal. Twenty-four routes, homologated and marked, are also available.

As a matter of fact, the municipality of Macedo de Cavaleiros is the Portuguese county with the highest number of approved hiking trails of small route. There are 190 km to visit and to know this area.



THREE NATURAL PARKS YOU CANNOT MISS

Do you want to escape the bustle and enjoy a few days in full contact with nature? So these Natural Parks really are for you!

Hide the agenda in the drawer, set the clock aside, and forget the hustle and bustle of everyday life. In the Montesinho and Douro International Natural Parks, as in the Tua Valley Regional Park, time is not made of hours. They are three must-see places for those looking for moments of leisure, relaxation and direct contact with nature.

These protected areas have experiences to offer that you will surely keep in your memory. If biodiversity is a motto, the variety of fauna and flora is a combination of activities you can perform alone, as a family or with a group.

Bird watching, hiking, biking, donkey rides and even boat trips are some of the programmes you can follow. Wander around the villages of these protected areas and discover their tranquillity and typical features. Add to it the contact with the local people and culture and sit at the table with a rich and high quality gastronomy.

Take your partner by the hand lead him/her to see the stars. Here you will find a wonderful night sky where the stars really shine and cradle romance nights.



MONTESINHO NATURAL PARK

“No other protected area expresses this well the contrast of the seasons as Montesinho”, was how the prestigious National Geographic magazine described this Park. It was classified in 1979 and is one of the largest protected areas in Portugal, covering the northern part of the counties of Bragança and Vinhais.

Here you will find a true natural paradise, a refuge for important species of fauna and flora. In fact, the biodiversity of this area is what best characterizes and defines it.

Start discovering this vast heritage, its history

and culture. Whether you go by foot, by car or by bicycle, there are mandatory places. The village that gives name to the Park is one of them, one of the most characteristic and best preserved of the area. You must also visit Gimonde, Moimenta and Rio de Onor, a community village classified as one of the 7 Wonders of Portugal. If you come in winter you may even find snow.

From mid-September to October, you can watch the Brama dos Veados, the mating ritual of deer.



Montesinho Village

DOURO INTERNATIONAL NATURAL PARK

The magnificence of the landscape and its cliffs with more than 200 meters of altitude are an invitation to contemplation. Here the river Douro is as majestic as the view, ripping the border between Portugal and Spain, shaping the landscape that enchants with its sumptuousness. The Douro International Natural Park was created in 1988 and includes the counties of Miranda do Douro and Mogadouro. On foot, by bicycle, by car or even on a Mirandese donkey, the contact with nature is permanent. Do not miss the Environmental Cruise through the Douro cliffs. Along the way, you will get to know better the local flora and fauna. Visit Miranda do Douro, go through the historical centre, enjoy the existing heritage and if you listen to a 'Buonos Días! Que fareis bós por estes lhados?', do not be surprised, because in Miranda do Douro, besides the Portuguese language, the Mirandese language is spoken, the second official language of Portugal.

Can you see the number two?

People of Miranda do Douro say that anyone who visits the city and can see this number inscribed in the 'Fraga Amarela' [Yellow Rock] will soon find a partner in the region, otherwise the path is filled with loneliness. If they are married and do not see it, it is a sign of betrayal.

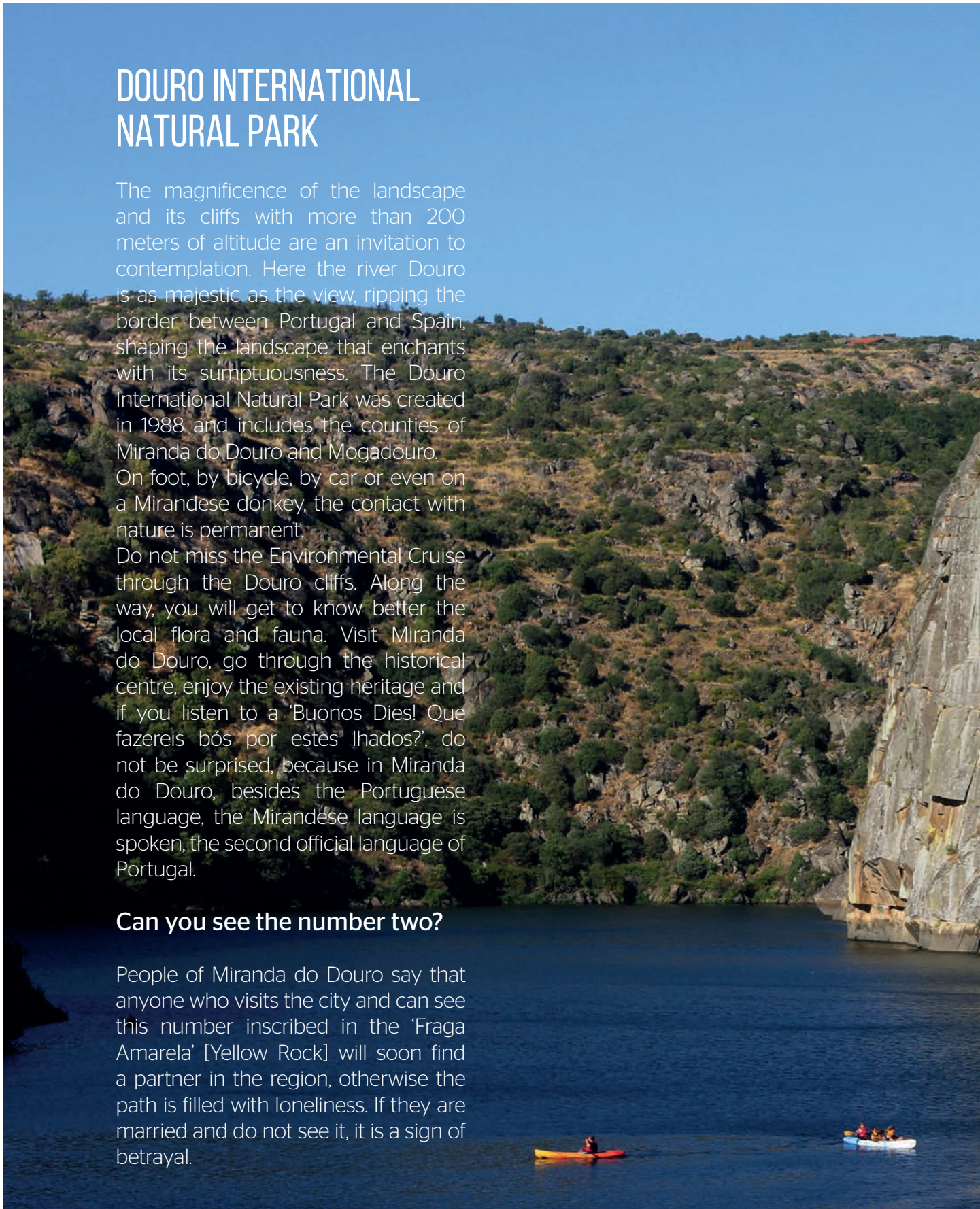




Photo: Francisco Pinto

TUA VALLEY REGIONAL NATURAL PARK

Mirandela and Vila Flor are two of the gates to the Tua Valley Regional Natural Park.

The landscape is sublime, extended in vineyards and contemplative viewpoints of the landscape of the Terra Quente Transmontana. This park, with an approximate area of 25 thousand hectares, is part of the National Network of Natural Parks.

A true sanctuary for species of local fauna and flora, which awaken unique experiences.



To know the Tua Valley on foot

In this park, the suggested walks offer the opportunity to discover some particularities of this territory, to contact with the local population and to observe, from privileged points, the immensity of the Tua Valley. You are invited to discover the hiking trails of the Tua Valley.

Come and visit us!

Start at PR4 'Trilho do Vale do Tua', in Abreiro station (Mirandela). It is possible to go through

the Ponte do Diabo (Devil's Bridge), walk through the mountains, observe the beauty of the landscape and walk side by side with the River Tua.

If you choose PR 5 'Trilho de Santa Catarina', starting and finishing at the Dr. Adérito Rodrigues Museum (Abreiro - Mirandela), you will find the place known as Santa Catarina or Poço dos Mouros, an old site. The walk continues through the Mountain and allows



a 360º view of the surrounding area of the Tua River.

The route of Vila Flor, the PR 1 'Trilho do Tua Vieiro - Freixiel', with 27 kilometres, also starts at Abreiro station and heads towards Vieiro, where it is possible to visit the old primary school that today exhibits works by the well-known painter Graça Morais. In Freixiel, the Pillory and the Gallows are the main reasons of interest. The whole route guarantees stunning landscapes that make the walk even more enjoyable.

EXPLORE NATURE: NINE TRACKS FOR THE FOUR SEASONS OF THE YEAR

Take the map, your backpack and discover the Lands of Trás-os-Montes, enjoying a full contact with nature. This Territory invites you to unforgettable walks, to an adventure between rails and amazing landscapes!

Contact with the local population is a reality. The observation of fauna and flora is a constant challenge. There are hundreds of marked hiking trails.

Also note that you should save a slot in the agenda for the nine thematic routes that exist in the region.

Follow this suggestion... and see what you can find. What is difficult is to choose.

Are you ready?



ALFÂNDEGA DA FÉ SABOR ROUTE

Localisation: Albufeira do Baixo Sabor

Extension: 6,9 Km

Recommended season: Spring

Degree of difficulty: Moderate

Scope/Target value: Sabor Lakes Landscape



BRAGANÇA CARVALHO ROUTE

Localisation: Rio de Onor

Extension: 6,8 Km

Recommended season: Autumn

Degree of difficulty: Low

Scope/Target value: Red Deer (*Cervus elaphus*)



MACEDO DE CAVALEIROS ALBUFEIRA DO AZIBO ROUTE

Localisation: Albufeira do Azibo

Extension: 8,1 Km

Recommended season: Fall / Winter / Spring

Degree of difficulty: Moderate

Scope/Target value: Albufeira do Azibo avifauna





MIRANDA DO DOURO SÃO JOÃO DAS ARRIBAS ROUTE

Localisation: São João das Arribas
Extension: 3,2 Km
Recommended season: Spring / Summer
Degree of difficulty: Low
Scope/Target value: Vultures



MIRANDELA VALE DO LOBO ROUTE

Localisation: Lamoso
Extension: 2,2 Km
Recommended season: End of winter / early spring
Degree of difficulty: Moderate
Scope/Target value: Cork Oak and Juniper Groves



MOGADOURO CASCATA DA FAIA DA ÁGUA ALTA ROUTE

Localisation: Lamoso
Extension: 2,2 Km
Recommended season: End of winter / early spring
Degree of difficulty: Moderate
Scope/Target value: Cascata da Faia da Água

VILA FLOR VILARINHO DA AZENHA TO RIBEIRINHA ROUTE

Localisation: Vilarinho das Azenhas
Extension: 3,6 Km
Recommended season: Spring / Summer
Degree of difficulty: Low
Scope/Target value: Riparian galleries



VIMIOSO CASTELO DE ALGOSO ROUTE

Localisation: Castelo de Algosó
(Algosó Castle)
Extension: 6,5 Km
Recommended season: Spring
Degree of difficulty: Moderate
Scope/Target value: Fauna of the river
Angueira



VINHAISS BIOSPOTS ALTO DA CIDADELHA ROUTE

Localisation: Biological Park of Vinhais
Extension: 1,6 Km
Recommended season: Spring
Degree of difficulty: Low
Scope/Target value: Butterflies and other
invertebrates





HUSH!

WATCH THE BIRDS!

Have you ever heard of the Golden Eagle? And of the Egyptian Vulture? These are some of the soaring birds you can see in the Douro International Natural Park. The setting is idyllic: the most spectacular cliffs of the international section of the river Douro! Since the valley is close, it is common to see birds of prey flying here, like the Short-toed Eagle.

But do not leave without going through the viewpoint of Fraga do Puio, which is next to the village of Picote. Be patient and you are likely to be able to see some of the main species in this region, such as the Black Stork, the Red-billed Chough and the Alpine swift, in addition to the Ubiquitous Griffon.

If you go through the Montesinho Natural Park, do not forget to look at the sky.

Approximately 155 species of birds are listed here, of which 126 are breeding bird species, thanks to the diversity of habitats existing in this Park. Here you can watch species such as the Water Pipit, the Red-tailed Shrike, the Song Thrush and the Whinchat.

The Albufeira do Azibo's Protected Landscape area is also a privileged habitat for different species. Of the present avifauna, one must highlight the Great Crested Grebe, an emblematic bird on the logotype of this Protected Landscape. When visiting this observatory you can still observe the Great Cormorants and the Lapwings. Be sure to watch the resident birds, such as the Mallard, the Kingfishers or the Capped Heron, which will certainly be within reach of your view.



SPECTACULAR NATURE!

In Alfândega da Fé, Mogadouro and Vila Flor, spring is announced with a scenery of rare beauty. They are the almond trees in bloom which, cover the fields with a white and pink mantle between February and March.

Do not miss this spectacle! There are defined routes and even specific festivities throughout this period.

We defy you to try the almond-based delicacies, such as the 'barquinhos' and 'rochedos' or even the 'chouriços doces' [sweet sausages].



DISCOVER THE SABOR LAKES

70 KMS OF EMOTION

They are dreamlike landscapes, a true festival of the senses that all seek and few, very few, where it is... so close! There are 70 km of crystal clear water, from the Baixo Sabor dam to the mouth of the Azibo, with large lakes, connected by gorges and cliffs, which form a true sanctuary of wild life and offer the visitors a blue sky and a stunning horizon. They are the Sabor Lakes.

They appeared with the construction of the Baixo Sabor Dam and unite the counties of Alfândega da Fé, Macedo de Cavaleiros, Mogadouro and Torre de Moncorvo. They are an invitation to contemplation, but also to direct contact with genuine millenarian traditions, with a world of unparalleled sensations.



A man with dark hair and a beard is performing a handstand in a blue lake. He is wearing black swim trunks. His body is inverted, with his head near the water surface and his legs pointing towards the top of the frame. In the background, a crowded beach is visible with many people, umbrellas, and a line of trees under a clear blue sky. The water is calm with some ripples.

SHALL WE DIVE?

When we mention summer in the lands of Trás-os-Montes, many may ask: are there no beaches? We have unique sites where you can dive, enjoy the fantastic scenery and easily forget the crowded beaches.

ALBUFEIRA DO AZIBO MACEDO DE CAVALEIROS

The river beaches of Fraga da Pegada and Ribeira are very popular places, especially in the summer. This fact can be explained not only by the landscape and natural environment, but also by the quality of the water and the existing infrastructures. The river beaches have been successively awarded the Blue Flag.

Fraga da Pegada is the river beach with more Blue Flags throughout Europe and is also an accessible river beach. Praia da Ribeira, as we have already mentioned, is one of the 7 Wonders -Beaches of Portugal.

These bathing areas have a set of infrastructures that allow sporting, cultural, environmental or simple leisure activities.



SERENITY, CLEAR AND QUIET WATERS.
HERE NATURE RULES.



PONTE DE SOEIRA RIVER BEACH

On the road that connects Vinhais to Bragança, there is a small paradise hidden in the vicinity of the village of Vila Verde. It is close to a round arch stonework bridge. If you go down to the river you will find a small natural reservoir. It is the ideal setting for a swim on a hot summer day.



CLEAR WATERS AND NICE TEMPERATURES COLADO RIVER BEACH

Very close to the village of Quintanilha you will find the Colado River Beach. Here you can take a nap in the shade of the trees and take a refreshing bath. Walk around, enjoy the scenery and at the end enjoy a good snack.



DR. JOSÉ GAMA PARK RIVER BEACH

This river beach stands out by its location. It is in the middle of an extensive green park in the heart of the Mirandela city. When summer invites to refreshing baths or to rest under a pleasant shade, Dr. José Gama Park is the ideal place. Here you can enjoy boat, canoe or pedalo trips. There are also beach volleyball courts, tennis courts and futsal pitches.

A “HOUSE ON YOUR BACK” EXPERIENCE TYPE

In a territory that stands out by the beauty of the landscape and a direct contact with nature, it is easy to find outdoor places to rest or to spend the night.

There are diverse offers for camping or caravanning lovers.

Campsites and caravan parks:

- Alfândega da Fé Service Area
- Bragança Service and overnight area for motor caravans
- Cepo Verde Campsite - Bragança
- Bragança Municipal Campsite - Sabor River
- Rio de Onor Rural Campsite - Bragança
- Macedo de Cavaleiros Service Area and Parking Area of the Albufeira do Azibo
- Santa Luzia Campsite - Miranda do Douro
- Três Rios Maravilha Campsite - Mirandela
- Quinta da Agueira Campsite - Mogadouro
- Vila Flor Campsite
- Vimioso campsite and caravan park
- Vinhais Biological Park campsite and caravan park

A low-angle, upward-looking photograph of a woman with blonde hair lifting a baby into the air. The woman is wearing a dark dress with a colorful floral pattern. The baby is wearing a red shirt and light-colored shorts. They are in a lush field of tall green grass and yellow wildflowers, with a dense forest in the background. The sun is shining from the upper left, creating a warm, golden light and lens flare.

NINE THINGS TO DO WITH YOUR FAMILY

IN THE LANDS OF TRÁS-OS-MONTES

Keep these proposals in mind, have fun, enjoy, experience the territory in the company of those who are most dear to you. Take these suggestions into consideration to spend family time in the Lands of Trás-os-Montes. You'll see it will be worth it!

It is not a mere chance that the lands of Trás-os-Montes are a **NATURAL DESTINATION**.

VISIT THE INTERPRETATION CENTRE OF THE TERRITORY IN ALFÂNDEGA DA FÉ

A space to live, feel and know the county of Alfândega da Fé. A visit to this place allows you to discover this land, its people, habits, customs and traditions. Operating in the old primary school of the parish of Sambade, it is assumed as a front door to a wider tour through Alfândega da Fé.

It acts as a Museum of Society, Identity and Territory, its museum program is full of attractive, diverse and innovative content.

This space is composed of an Exhibition Hall; a Túnel do Pastor, where you can hear the characteristic sounds of pastoral farming; the

Sala Elogio ao Tempo e à Natureza, where there is a natural environment and a movie can be seen; the Sala Identidade, where you can interact with the exposed elements, using augmented reality and where you can get the meaning of some regionalisms such as: 'Bô', 'Cibo', 'Cucha' or 'Refustedo' and, finally, the Sala Sambade, where objects related to everyday life in the rural world are exhibited.

In addition to these areas, there is also a shop selling local products, where a 3D printer is installed for real-time printing of objects related to the territory.



KNOW BRAGANÇA FROM THE AIR

Overfly the city of Bragança and get a better perspective of the main points of interest of this locality. A unique experience that will allow you to discover the citadel, whose walls embrace this ancient nucleus forming a heart. Admire the Castle of the city which is considered one of the best preserved in the country and the Domus Municipalis, a unique

building in the Iberian Peninsula, a perfect example of the Romanesque Architecture. You can also overfly the Montesinho Natural Park, visit the typical villages of Montesinho and Rio de Onor and observe the rich fauna and flora in this protected area. To do so, simply contact the Aeroclube of Bragança and become a careto member for one day.



HEAR THE SILENCE OF NATURE IN MACEDO DE CAVALEIROS

At Monte de Balsamão, in Macedo de Cavaleiros, you will find the ideal place to experience a unique family experience. We are talking about the Convent of Balsemão. Surprised? You will be even more when you reach the top of this mountain. The surrounding landscape is surprising, at this spot you can breathe serenity and silence invites to meditation. It is time for a spiritual retreat and to listen to the silence of nature. Please note that you can stay hosted here, in the Rest and Retreat House, and experience the daily life in this Convent. Do not forget to visit the Museum of Sacred Art in the Convent, whose collection houses artwork from the first half of the 18th Century.

In the property, belonging to the Convent, Poço dos Paus is located, one of the geosites

of the Geopark das Terras de Cavaleiros. Here you can see the rocks that have formed at the bottom of the ancient Rheic ocean. The place is pleasant and among the rocks runs a stream. Enjoy, lay out the towel and have a picnic surrounded by millions of years of history. You can also go to the village of Morais and reach the 'Umbigo do Mundo' (Navel of the World). The site is thus designated because it was the scene of a geological phenomenon, occurred 400 million years ago, that gave rise to the constitution of Planet Earth, as we know it today. Ask also for 'Monte Maldito' (Damned Mountain), which bears its name due to the fact that the terrain is not very fertile, a fact explained by the geological phenomenon that occurred there.



TAKE A DONKEY THROUGH THE LANDS OF MIRANDA DO DOURO

An experience that you will surely keep in your memory. The proposal is to discover nature, the traditional villages of the Mirandese Plateau or the Douro International Natural Park, on a donkey ride.

“More than a means of transportation, ideal for carrying bags and backpacks, the donkey will be your travelling companion in a variety

of offers to discover of the Lands of Trás-os-Montes. You will quickly realize that a friendly relationship will be established between you and your new travelling companion... also with the children who are rendered from the first contact”. This is how A.E.P.G.A., the association responsible for organizing these tours, describes this ‘adventure’.



VISIT MIRANDELA BY TRAIN

A programme to do with the family, which will delight the youngest. The Tourist Train of Mirandela takes you to the most emblematic places of this city.

Named as Garden City, Mirandela also has a lot to offer from a historical and cultural point of view. The itinerary may vary according to the wishes of passengers, but it usually goes through Rua da República, turns into the Rotunda das Comunidades, goes by the Avenida Varandas do Tua, the Europa Bridge, the Sanctuary of Nossa Senhora do Amparo and the Old Bridge.

At the end, do not forget to pay a visit to the Museu da Oliveira e Azeite (Museum of Olive Tree and Olive Oil). It is in the former Moagem Mirandelense facilities. In the central pavilion of the Old Moagem there is a replica of an old olive oil press. There is also a module dedicated to the olive tree, where you can watch a video related to the fauna and flora associated with the olive tree.



Photographs, sonorities and ethnographic material on olive picking activity and olive oil production are other elements that make up the estate of this space. On the first floor, the different uses of olive oil are shown in gastronomy, in the pharmaceutical industry, in lighting, in heating, in cosmetics or in the canning industry.



GET TO KNOW THE INTERPRETATION CENTRE FOR THE RURAL WORLD IN MOGADOURO

Sensory experiences, interactive exhibitions on the cycle of bread, honey, wine production, olive oil, mushrooms and on topics such as livestock and geology are some of the surprises you will find in this Interpretation Centre of the territory. The visit also provides 3D experiences and immersive interactive mapping. It is a solution that allows you to recreate a specific environment, using

the projection, sound and transmission of sensations associated with the different seasons of the year.

A playful space, but above all, educational where you will get to know better the identity traces of this county. Masks representing the Winter Festivities of Trás-os-Montes and an old bagpipe are also on exhibition. The interactive games room will delight the younger visitors.



HAVE A PICNIC AT THE PENEIREIRO PARK IN VILA FLOR

Is there a better way to celebrate the family spirit than with a meal? If we add the beauty, tranquillity and fresh air offered by nature, the ideal conditions for a perfect day are gathered! The Peneireiro Tourist Complex is the right place to have an excellent family program. We suggest you take in the picnic basket and enjoy the conditions offered by the onsite picnic park.

Visit the minizoo and practise sports, taking advantage of the tennis courts, soccer fields, beach volleyball courts, motocross track or maintenance circuit. There is also a children's



playground and, if you come here on hot summer days, you can enjoy and take a dip in the Municipal Pool. If you want to extend your stay, there is a campsite for that.





EMBRACE AN ADVENTURE ON PINTA IN VIMIOSO

Gather the family and embrace this adventure through the Vimioso Valleys. The Iberian Nature and Adventure Park - PINTA - assumes itself as a front door to discover this territory. The Park offers the opportunity to contact with the culture, the traditions and the biodiversity of the valleys moulded by the Rivers Angueira, Sabor and Maçãs. Note that 40% of the municipality of Vimioso is part of the Natura 2000 network and that there is a permanent exhibition on this subject at PINTA. There are also several multimedia equipment so you get to know better the territory and a presentation of local products and crafts. On the same day, you can walk along the banks of the River Angueira, go on a Mirandese Donkey ride and have direct contact with this species at the Centro de Atividades Lúdico-pedagógicas do Burro de Miranda. And how about 'hunting' Butterflies? Or learning local crafts? At PINTA, you can do this and much more...

This area invites you to get down to business, whether you learn to make bread, to grind the cereal or to participate in the wool production process. Make time for a family picnic in the middle of the activities. This is one of the programmes available at PINTA.



Foto: Ângela Cordeiro

Do not leave Vimioso without relaxing in the thermal waters of the Terronha Spa. A place to forget time, pamper yourself and take care of your health and well-being.



VISIT THE BIOLOGICAL PARK OF VINHAIS

The park is situated in the Montesinho Natural Park and offers the visitor the possibility of having direct contact with the local fauna and flora. It is an ideal place to spend a few days with your family, especially if you have children. They will be delighted with the direct contact with the ducks, the chickens, the cows, the goats, the sheep or the local cattle dog breed. In the area, you can also see local animals, such as deer, wild boars, bucks, wolves, foxes and birds.

In the interpretive centre of the local breeds, you will find complementary information on 51 breeds linked to the livestock activity. At the Mycological Centre you will get to know all about mushrooms.

You can also do hiking and activities such as trail tree climbing, slide, climbing, paintball, archery and blowgun in the Adventure Park. There is also a biological pool for the hot summer days and the possibility of staying in the bungalows.

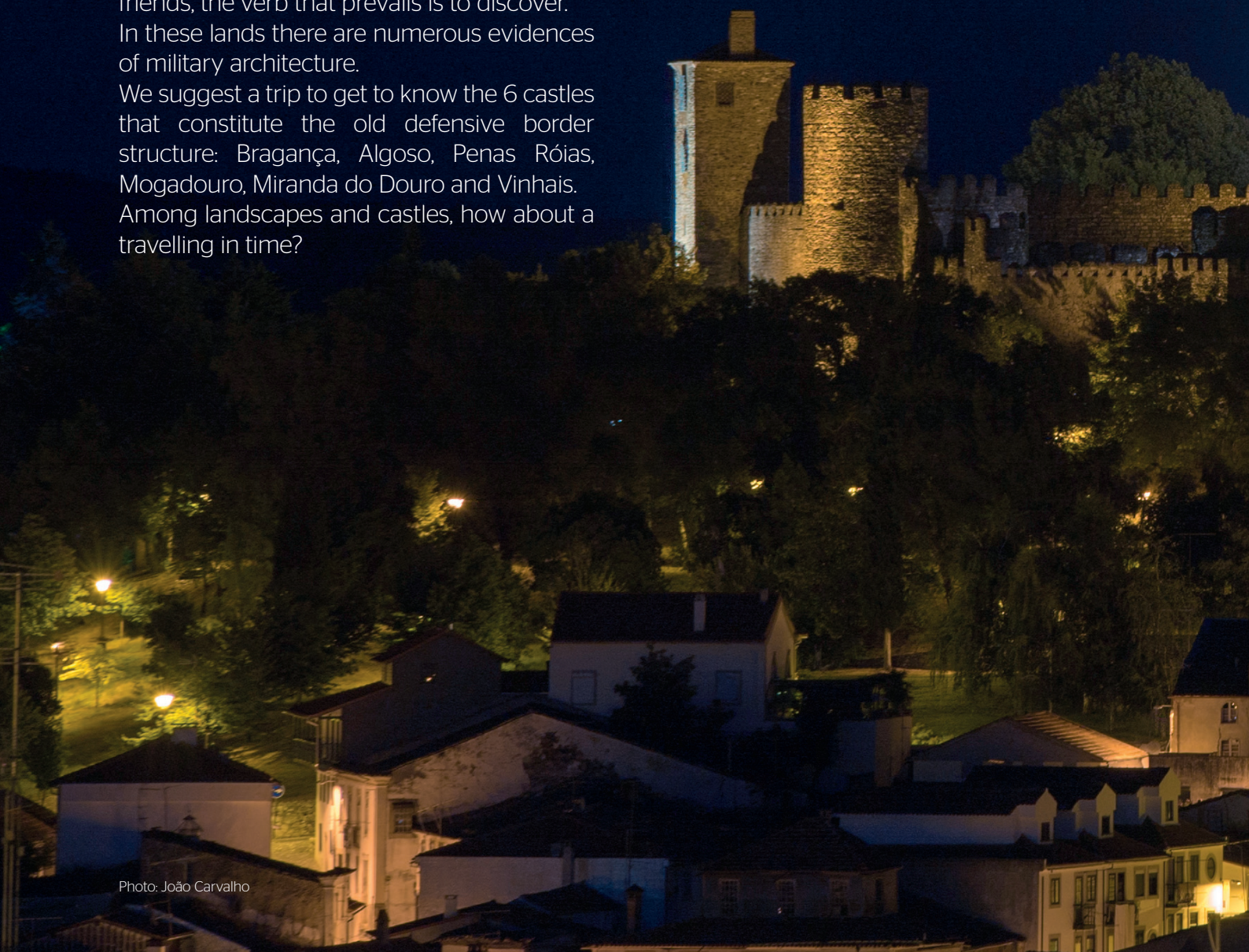


CASTLES IN SIGHT

Among landscapes and castles, how about a travelling in time?

Take the map and hit the road. This is a true journey in history, among castles and landscapes that the time and local people have shaped well. In a family or a group of friends, the verb that prevails is to discover. In these lands there are numerous evidences of military architecture.

We suggest a trip to get to know the 6 castles that constitute the old defensive border structure: Bragança, Algosó, Penas Róias, Mogadouro, Miranda do Douro and Vinhais. Among landscapes and castles, how about a travelling in time?



BRAGANÇA CASTLE

The Castle of Bragança, classified as a national monument, is one of the most important and well preserved in Portugal.

It houses the Military Museum, which includes pieces and weapons from various eras.

Walk around the site, get lost in the narrow streets of the citadel, climb the walls and enjoy the panoramic view.

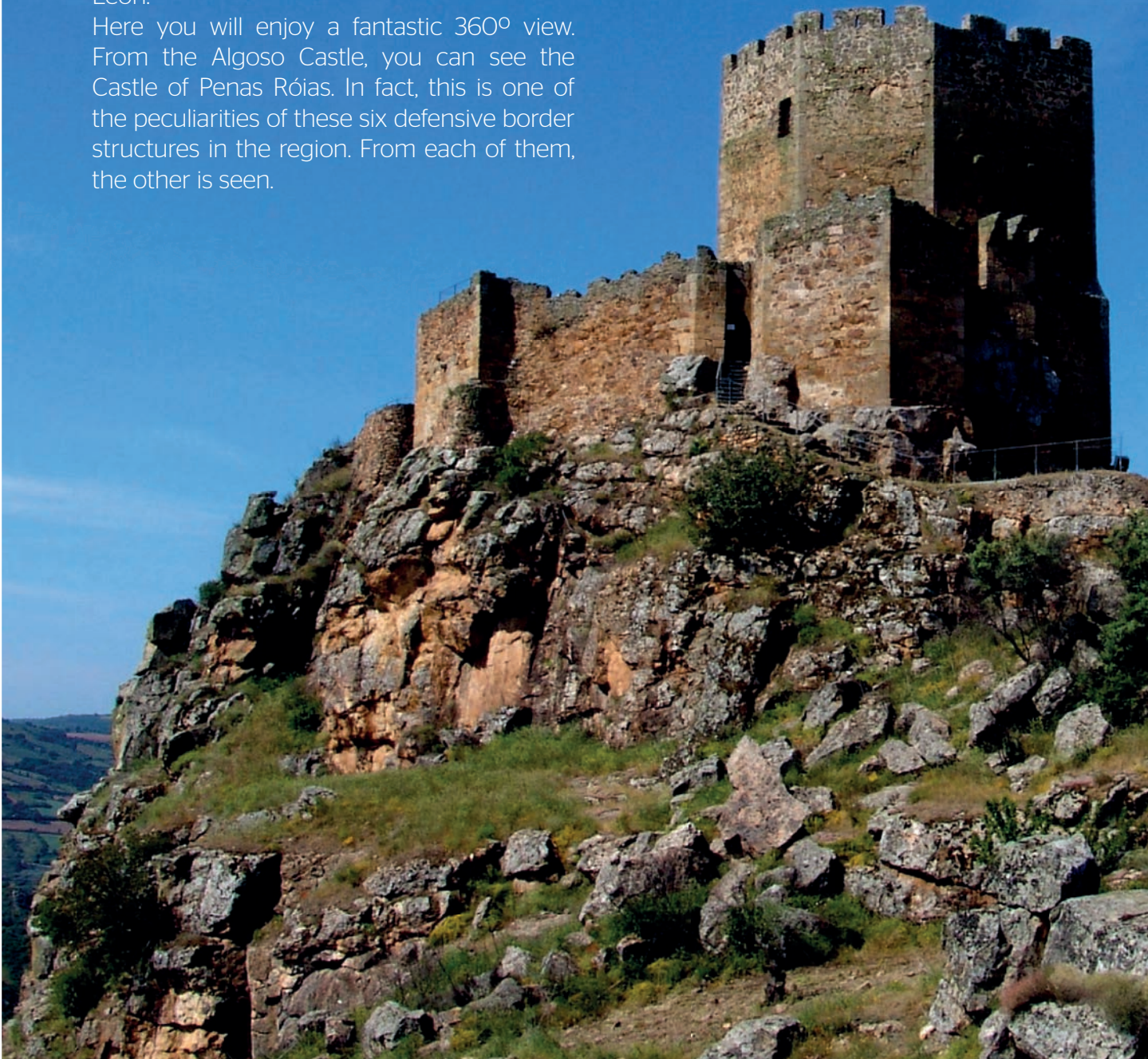
Here you can also visit the Mask and Costume Museum, the Domus Municipalis and the Santa Maria Church.



ALGOSO CASTLE

The Castle of Algosó, in the municipality of Vimioso, stands on the top of a cliff, as if it was part of it. It is considered one of the most important medieval buildings and was decisive in the wars against the kingdom of León.

Here you will enjoy a fantastic 360º view. From the Algosó Castle, you can see the Castle of Penas Róias. In fact, this is one of the peculiarities of these six defensive border structures in the region. From each of them, the other is seen.





PENAS RÓIAS CASTLE

The Castle of Penas Róias, in the municipality of Mogadouro, was one of the most important medieval fortresses of the region of Trás-os-Montes. This defensive structure, from before nationality, belonged to Fernão Mendes, the Braganção. In 1145, during the reign of King Afonso Henriques, he donated it to the Templars.





MOGADOURO CASTLE

The first references to the Castle of Mogadouro date back to the 12th century. However, it is very likely that it has been built before. It was the seat of the Commendation of the Order of Christ and from the 14th Century on, Seat of the Távoras, lords of Mogadouro and governors.

The castle stands on the top of the town and from here you can discover the charms of the Mirandese Plateau. Here you can also visit the Mother Church, the S. Francisco Convent and the Misericórdia Church.

MIRANDA DO DOURO CASTLE

The Castle of Miranda do Douro was built during the reign of D. Dinis, corresponding to a second moment of settlement of the Lands of Trás-os-Montes. This defensive structure underwent natural transformations along time and in 1762 a great explosion

damaged fundamental parts of this Gothic work. Climb the walls and enjoy the view of the International Douro. Walk around through the old houses and visit the co-cathedral and the Lands of Miranda Museum.



VINHAIS CASTLE

Visit the castle and the surrounding historic area where ancient manor houses have recently been converted into cultural facilities.

Enjoy, visit the Interpretation Centre of the Bísaro Pig and do not forget to taste the famous sausages of this county.





CULTURE AND TRADITION GO HAND IN HAND

In this context, the Trás-os-Montes Winter Festivities stand out. Rituals that begin with the festivities known as 'Festas dos Rapazes', also known as the Saint Stephen Festival. They start before Christmas and continue until Carnival. This is a tradition that originates in rites of passage from adolescence to adulthood. Young people wear colourful suits, put on their masks and parade through the villages.

The climax of these manifestations, characterized by irreverence, is the Entrudo Chocalheiro, a typical carnival festival in Podence.

There are other demonstrations of the cultural identity of this territory. This is the case of the Pauliteiros de Miranda. In their dances, synchronized and performed at a surprising pace, both warrior and religious elements can be identified.





Mirandese Honours Cloak

TALKING HANDS

Objects that tell the history of the region are born of men's and women's hands. These guard the know-how of tradition and speak to every point, knot or mould. In fact, the local handicraft reflects the identity of the territory, tells us the history of the rural world, its uses and customs.

Traditional products, such as cheese and sausages, are associated with objects that were once part of the everyday life of local

people.

Regional handicrafts consist of basketry, cutlery, coffins, mats and bedspreads made of wool, but also of wood or brass masks, bagpipes and pieces made of burel, whose exponent is the Mirandese Honours Cloak. It is a piece that has medieval origins and is currently used by the people of the Mirandese plateau, only at festivals and ceremonies, and even Pope Francis has already used one.

A photograph of several traditional Galician ponchos (manto) hanging on a rough stone wall. The ponchos are made of thick, woven wool in various colors including red, purple, and orange, and feature long, fringed edges. Numerous large, brass bells are attached to the ponchos, hanging from the top and sides. The background is a rustic stone wall, and the overall scene suggests a traditional Galician setting.

*Trás-os-Montes
await you*

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