

# NEW! Paths to Peneda

- ◆ Up to 57.7 miles ◆ Grade 2+ - 4
- ◆ 8 or 5 Days ◆ Route open: May-Jul; Sep-Oct



Wild serras of the Peneda-Geres National Park

## Features

- Little known 'most beautiful area of Portugal' and Peneda National Park
- Ancient granite landscape with varied microclimates and traditional way of life
- Daily route options offering moderate or challenging walks
- Wild *serras*, cascading rivers, granite pilgrim paths and megalithic monuments
- Interesting local wines and cuisine

## Itinerary

(Days in brackets refer to 5-day itinerary)

**Day 1 (1) • Arrive in Arcos de Valdevez**  
Arcos, with cobbled streets and ornate churches, is picturesquely set on the banks of the River Vez.

**Day 2 (2) • Arcos de Valdevez to Soajo**  
Paths through forest, pasture and scrub lead up to the megalithic monuments at Mezio, 'gateway' to the Peneda National Park (*alternative starting point*), from where ancient tracks and paths lead down to the delightful village of Soajo (pr. 'swarj'). Arcos-Mezio (10 miles, 5 hrs); Mezio-Soajo (3.7 miles, 2 hrs).

**Day 3 • Soajo**  
Explore Soajo's alleys, admire *espigueros* (granite grain stores) and walk through terraces and valleys around the village (3.1 miles, 2 hrs). Alternatively, transfer (bus/taxi) to old Lindoso with its castle and 53 *espigueros*, before crossing the Alto (high) Lindoso Dam and following the Lima Valley to an ancient bridge and natural pools below Soajo (7.2 miles, 4 hrs).

**Day 4 (3) • Soajo to Peneda**  
Increasingly scenic ancient trails lead up to the village of Adrão, then across a ridge (views!) before descending into the Peneda Valley and following the pilgrimage path to the Sanctuary of Nossa Senhora da Peneda (9.6 miles, 5 hrs). Alternatively, transfer by road to Varzea and follow paths through wild valleys above crystal-clear rivers before joining the ancient pilgrim route to Peneda (7.8 miles, 4 hrs).

**Day 5 (4) • Peneda to Castro Laboreiro**  
Follow paths up the Peneda Valley before climbing to the serra and frontier settlement of Castro Laboreiro (10 miles, 5 hrs). Alternatively – a challenge for experienced walkers confident with GPS, a steep ancient path leads up to the 'wilderness of the high Serra', granite outcrops and tall scrub ... descending to extensive moorland with small granite villages, ancient bridges, chapel of São Brás and Castro Laboreiro (7.6 miles, 4 hrs).

**Day 6 • Castro Laboreiro**

(Day 5 – Departure)

Alternative options to explore the high Castro plateau, its moorland with granite outcrops, small villages, castle and megalithic monuments (1.6, 7.5 or 11.7 miles).

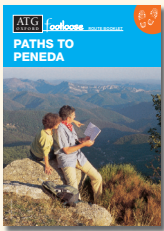
**Day 7 • Castro Laboreiro to Melgaço**

Old paths link granite villages close to the border, before an open ridge and the well-graded descent with wide views of the Minho Valley and distant Galicia... and Melgaço, its castle, vineyards and thermal springs ... (13.4 miles, 6.5 hrs / 8.75 miles, 4 hrs).

**Day 8 • Departure**

## Paths to Peneda Trip Information

### Finding Your Way



The ATG Route Booklet includes detailed directions and maps, as well as up-to-date information on towns visited, places of interest, local history, restaurants, cafés and shops en route.

Your Route Manager, who lives locally, is there to ensure your trip runs smoothly. They will brief you before you set out, move your luggage along the route, offer advice and answer your questions, and they're contactable by phone to help out in case of emergencies.

### Restaurants, Food & Wine

Fresh local produce from the valleys and serra. Trout and crayfish from the mountain rivers... *Caldo* – traditional soups and stews with bread, chicken with ham and roast spring onions; *Empanadas* – pies filled with tuna, tomato and onion, minced pork or vegetables; pork shoulder with turnip tops; hake from the Atlantic, with potatoes, peppers, onions and paprika.

Try the local Vinho Verde (literally 'green wine') – young and fresh, with fruit and floral aromas.

On booking you will be sent further trip information: details of how to get to/from the route, what to bring and other practicalities.

### Getting There & Back

#### Recommended Destination Airport

Buses from Porto airport to Arcos de Valdevez (1 hr 50 mins) depart 3 times a day Mon-Fri (11:00; 14:00; 17:00) and twice a day Sat-Sun (10:10; 15:30). Alternatively, a taxi to the first hotel takes 1 hour, ~€100.

From Melgaço to Porto airport, we recommend a taxi transfer (1 hr 40 mins). There are no direct buses; however, you may take a taxi from Melgaço to Valença bus station (45 mins), and then a bus from there to Porto airport (approx. 1.5 hrs; departures: 11:15; 11:25; 15:55).

#### Buses

From	To	Price
Porto airport	Arcos de Valdevez	~€12
Valença	Porto airport	~€8

#### Taxis

From	To	Price
Porto airport	First hotel	~€100
Melgaço	Porto airport	~€130-€160
Melgaço	Valença	~€40

Prices may be significantly higher on Sundays and public holidays.

Taxis can be booked via the ATG office.

## Accommodation



NIGHT 1

**ARCOS DE VALDEVEZ**  
**Ribeira Collection Hotel**  
★★★★  
Charming hotel overlooking the River Vez



NIGHTS 2 & 3

**SOAJO**  
**Casa do Adro**  
B&B  
Lovely guest house in picturesque village of Soajo



NIGHT 4

**PENEDA**  
**Hotel Peneda**  
★★★★  
Quiet, comfortable hotel in idyllic setting



NIGHTS 5 & 6

**CASTRO LABOREIRO**  
**Albergaria Miracastro**  
★★★★  
Family-run hotel with wonderful views



NIGHT 7

**MELGAÇO**  
**Hotel Boavista**  
★★★★  
Cosy, modern hotel in peaceful surroundings, with pool

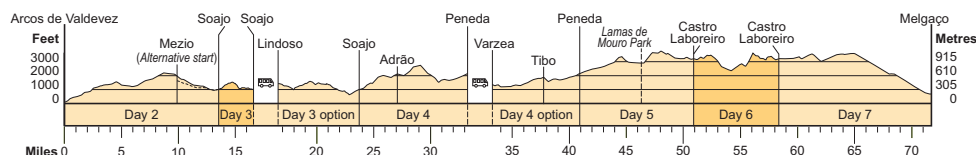
#### 5-day itinerary:

1 night in Arcos de Valdevez, Soajo, Peneda & Castro Laboreiro

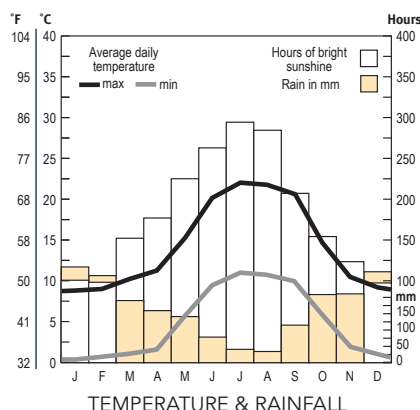
### Terrain

**Fitness: Grade 2+ - 4**

Ancient granite paths, gravel roads and tracks.



..... 5-day route



#### 2019 DATES & PRICES

Route open May-Jul; Sep-Oct.  
Start on any day – subject to availability

8-day £675 / DFS\* £140  
5-day £425 / DFS £100

\*Double room-for-single-traveller supplement



Espigueiros – granite grain stores – near Soajo