

GERÊS-XURÉS
RESERVA DA BIOSFERA
TRANSFRONTEIRIÇA



THE CROSS-BORDER BIOSPHERE RESERVE OF GERÊS - XURÉS

Gerês-Xurés The Cross-Border Biosphere Reserve

In every corner of the Gerês-Xurés Cross-Border Biosphere Reserve we can find evidence of the relationship between humans and nature. Among valleys and hills, **1 forests** and plateaus, there are signs of this timeless symbiosis among the natural treasures that give this land its identity, a land where various bucolic scenes come together, ready to be discovered.

The reserve is a connection that crosses borders and covers a total of 267,000 hectares, in which there are many habitats characteristic to the area, with local flora and endemic species preserved in harmony alongside socio-economic development. The environmental protection policies adopted in the past have allowed the biodiversity of this land to be preserved, giving life to this intricate geomorphological matrix, with the water that snakes through it giving the land its shape.

Among the mystery and the magic of the different mountain ranges, history tells us of the presence of **2 different villages** that, over time, **3 left their mark on this territory**, leaving behind an important historical legacy, both material and immaterial, which tells a story, educates us, and embodies the identity of two countries that have been built on this multiculturalism since time immemorial.

And the heart of those that live there – the “peoples” of these lands – must be discovered by all those that travel there!



Long Distance Cross Border Trail of Gerês - Xurés

 **TYPE OF TRAIL:** CIRCULAR

 **DISTANCE:** 302 KM

STAGES

- 1 Ameijoira - Castro Laboreiro - 8,3 km - Easy
- 2 Castro Laboreiro - Lamas de Mouro - 7 km - Easy
- 3 Lamas de Mouro - Peneda - 8,2 km - Easy
- 4 Peneda - Adrão - 10,2 km - Somewhat Difficult
- 5 Adrão - Mezio - 8,5 km - Somewhat Difficult
- 6 Mezio - Soajo - 6,8 km - Easy
- 7 Soajo - Lindoso - 17,5 km - Difficult
- 8 Lindoso - Ermida - 11,9 km - Somewhat Difficult
- 9 Ermida - Germil - 6,9 km - Somewhat Difficult
- 10 Germil - Brufe - 4,4 km - Easy
- 11 Brufe - Campo do Gerês - 11,3 km - Somewhat Difficult
- 12 Campo do Gerês - Gerês - 10,3 km - Difficult
- 13 Gerês - Ermida - 9,4 km - Somewhat Difficult
- 14 Ermida - Fafião - 9,4 km - Somewhat Difficult
- 15 Fafião - Cabril - 8,4 km - Somewhat Difficult
- 16 Cabril - Sirvozelo - 16,5 km - Difficult
- 17 Sirvozelo - Outeiro - 11 km - Somewhat Difficult
- 18 Outeiro - Pitões de Júnias - 9,0 km - Somewhat Difficult
- 19 Pitões de Júnias - Tourém - 12,5 km - Somewhat Difficult



The Long Distance Cross Border Trail of Gerês-Xurés is a piece of supportive infrastructure for hiking with an extension of approximately **300km that cuts through the Peneda-Gerês National Park and the Baixa Limia-Serra do Xurés National Park**, like the "dorsal spine" of this unique protected area.

This long distance path is made up of **19 stages in the Portuguese area (Long Distance Trail of Peneda-Gerês - GR50)**, from Ameijoira in the Melgaço municipality to Tourém in the Montalegre municipality, and **6 stages in the Spanish area**, extending along paths from long ago that were walked by the local communities for many reasons, giving it a unique historical and cultural identity and a special scenic context. Along this road, you can experience an intimate adventure that stimulates the senses as you discover the secrets of these natural surroundings.

This distinctive and integrating product of tourism in the Peneda-Gerês National Park and the Baixa Limia-Serra do Xurés National Park reveals the many secrets of this land, of its natural, historical, and cultural heritage, and of the local communities at each stage of the journey; secrets that are present in the geomorphological features of the land, the picturesque villages, and the informal way of speaking of the people in these places.

Living in harmony with the secular traditions of the land goes hand in hand with the experience of completing this journey, although it includes a dimension of discovering of the unknown and everything that comes with that.

STAGES

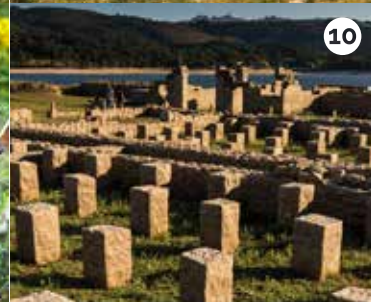
- Tourém - Maus de Salas - 18,5 km - Somewhat Difficult 1
- Maus de Salas - Salgueiro - 13,4 km - Somewhat Difficult 2
- Salgueiro - Lobios - 19,2 km - Somewhat Difficult 3
- Lobios - Lobeira - 21,2 km - Difficult 4
- Lobeira - Terrachá (Entrimo) - 10,6 km - Difficult 5
- Terrachá (Entrimo) - Ameixoeira - 6,8 km - Somewhat Difficult 6

Nature in its Pure State

The **4 Peneda-Gerês National Park** and the **5 Baixa Limia-Serra do Xurés Natural Park** are home to several natural marvels, attracting an infinite amount of flora and fauna species, thus creating a true living, breathing organism that is cloaked in green, idyllic beauty, with rock formations that are millions of years old cutting through it.

The fauna is a true manifestation of life itself, with several protected species finding shelter in this natural hideaway, a standout of which is the **6 golden eagle**. There are also **7 dozens of species classified as under threat or in danger of extinction**. The existing hydrographic network, which cuts through the landscape and traces the layout of the region, is also home to a huge range of aquatic species. On the surface of the water the sky is reflected, where many birds can be spotted.

The **8 characteristic flora** favors the biodiversity of endemic species, supported by a combination of natural biotypes, including dense areas of oak trees. There are also several shrub formations and river vegetation, resulting in a mosaic of colors.



Legendary Heritage that is Thousands of Years Old

The presence of humans in these parts goes back thousands of years, long before Portugal and Spain were independent countries. The signs of this presence are visible in different aspects of monumental cultural heritage, as well as in the identifying characteristics of the local culture, which can take any little piece of land and turn it into a virtual book of ancestral tales that transports anyone that passes through the region back to ancient times.

There are countless references to the presence of humans, dating back to the **9 megalithic period** and reaching the current day, linking the land with the history of each particular place. Megalithic heritage remains, such as mámoas (burial mounds) and dolmens (megalithic tombs),

and the presence of the Romans on the Iberian Peninsula, which also left its mark on the land, including the **10 Aquis Querquennis** camp in Bande and the Roman Geira, a road which crosses the two countries, as well as bridges and milestones, that serve as indelible signs of the cultural pluralism of the region. References to medieval times include examples of medieval architecture, such as the **11 Castelo de Lindoso**, and religious architecture, such as the **12 Santa Maria de Pitões das Júnias Monastery** and **13 Santa Comba de Bande church**.

These cultural manifestations imprint the region with a significant vitality, complementing nature with a contextual heritage provided by the unique elements in each area. The cultural offering in the Gerês-Xurés Cross-Border Biosphere Reserve transforms the region into a journey through time, set amongst unique landscapes and scenery.

Geira and the Arrieiros Path

The route called **"Geira and the Arrieiros Path"** is one way to **travel from Braga to Santiago de Compostela**. It is **240km long** and is a unique experience of spiritual immersion that **passes through the Peneda-Gerês National Park at the Serra do Gerês, entering Spain through the Portela do Homem**.

This route includes the old military road from the period of the Roman occupation of the Iberian Peninsula, a road known as the **Roman Geira**, as well as the old trade route used by producers of wine, known as the "Arrieiros Path". The cultural-historical context and the landscapes combine the spirituality associated with this route with the unique natural scenery and the countless and distinctive architectural touches.

The heart of the **Peneda-Gerês National Park** is home to diverse and unique natural environments, which are integrated with the clusters of population that resist the calls of the nearby cities, maintaining an authentic daily life closely tied to agriculture, forestry, and fishing. The people that are part of this land also serve as a refuge for those who hike through the region, a hike which unites the demanding physical challenges with the spiritual in perfect communion with nature.



In every corner of the **Gerês-Xurés Cross-Border Biosphere Reserve** we can find evidence of the relationship between humans and nature. Among valleys and hills, forests and plateaus, there are signs of this timeless symbiosis among the natural treasures that give this land its identity, a land where various bucolic scenes come together, ready to be discovered.

FINANCING:

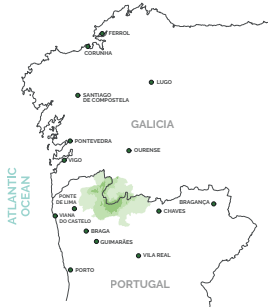


PROMOTERS:



Photos:
 Municipality of Melgaço
 Municipality of Arcos de Valdevez
 Municipality of Ponte da Barca
 Municipality of Terras de Bouro
 Municipality of Montalegre
 Turismo de Porto e Norte de Portugal
 Perfecto Rueda | Turismo de Galicia





ATLANTIC OCEAN

GALICIA

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FIND OUT MORE ABOUT THE RESERVE HERE:

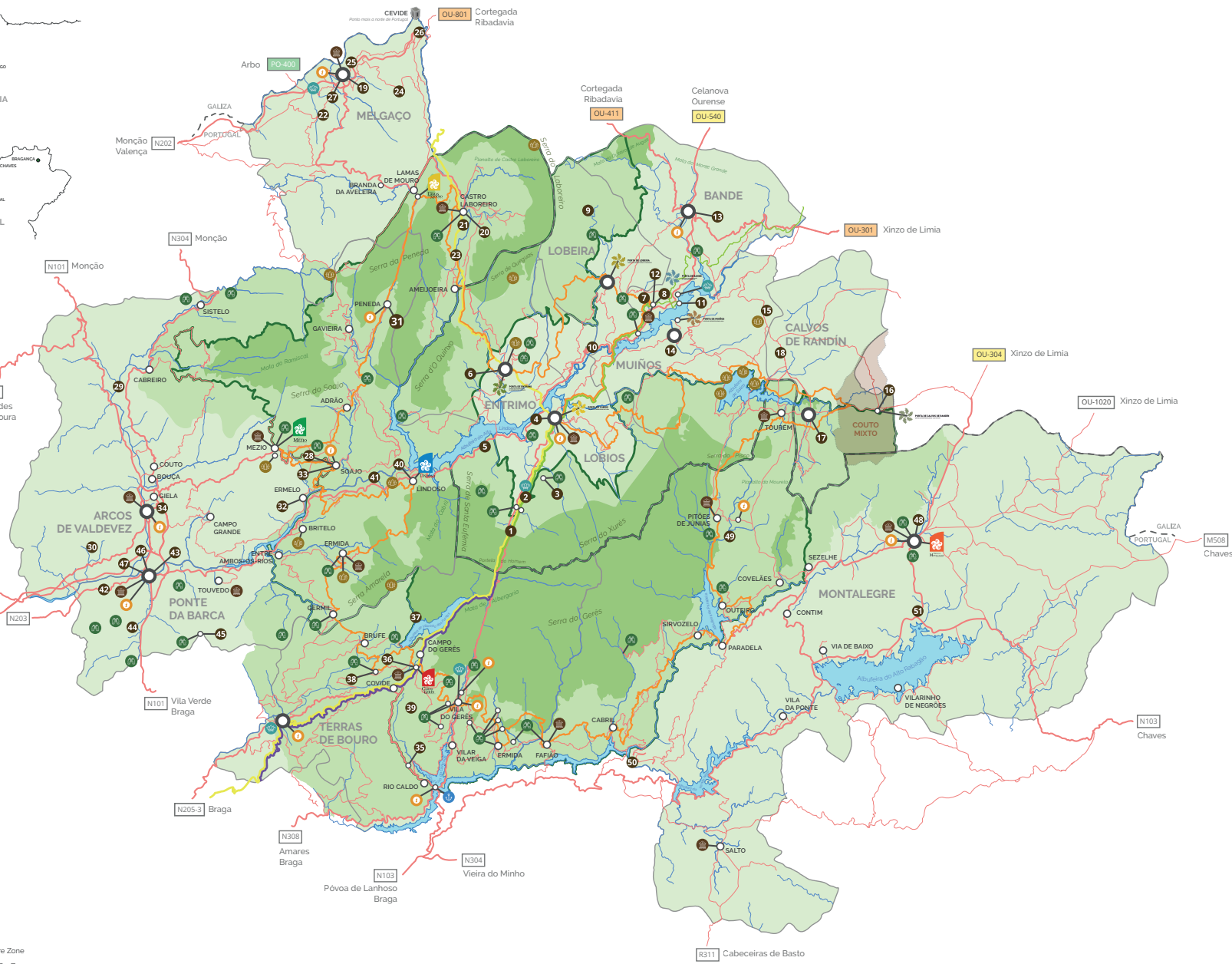


MAP LEGEND

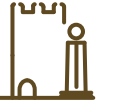
- Biosphere Reserve - Core Zone
- Biosphere Reserve - Buffer Zone
- Biosphere Reserve - Transition Zone
- Peneda-Gerês National Park and Baixo Limia - Serra do Xurés National Park Limits
- Border Limit
- Water Line
- Reservoir
- Road
- Municipality Line
- Municipality Capital
- Parish or Village
- Road Number
- Viewpoint
- Marina
- Museum
- Information Point
- Megalithic Monument
- Thermae
- Park Doors



Map Scale 1: 198 000



MONUMENTAL HERITAGE



- Via Nova - Roman Milestones **1**
- Aquis Originis **2**
- Hermitage of Nossa Senhora do Xurés **3**
- Church of San Miguel de Lobios **4**
- A Casa da Escusalla **5**
- Church of Santa Maria a Real de Entrimo **6**
- Church of Nossa Senhora do Viso **7**
- Church of São Xes **8**
- Church of São Bartolomeu **9**
- Cabaleiros Monastery **10**
- Aquis Querquennis **11**
- Church of Santa Comba de Bande **12**
- Church of São Pedro de Bande **13**
- Sanctuary of Nossa Senhora da Clamadoira **14**
- Sanctuary of Milagres de Couso **15**
- Parish Church of Santiago de Rubiás **16**
- Parish Church of San Xoán de Randin **17**
- Paço dos Tejada **18**
- Castle of Melgaço **19**
- Mother Church of Castro Laboreiro **20**
- Castle of Castro Laboreiro **21**
- Church of Paderne **22**
- Cava da Velha Bridge **23**
- Church of Fiães **24**
- Church of Nossa Senhora da Orada **25**
- Cross Stone of São Gregório **26**
- Cross Stone of São Julião **27**
- Granaries of Soajo **28**
- Vilela Bridge **29**
- Chapel of São João Batista da Comenda de Távora **30**
- Sanctuary of Nossa Senhora da Peneda **31**
- Ermelo Monastery **32**
- Pillory of Soajo **33**
- Manor House of Guela **34**
- Basílica of São Bento da Porta Aberta **35**
- Cross Stone of São João do Campo **36**
- Submerged Village of Vilarinho da Furna **37**
- Monument to Bom Jesus das Mós **38**
- Ruins of Calcedónia **39**
- Castle and Granaries of Lindoso **40**
- Granaries of Cidadelhe **41**
- São Salvador de Bravães Monastery **42**
- Pillory of Ponte da Barca **43**
- Church of São Martinho de Crasto **44**
- Ruins of Castle of Nobrega **45**
- Church of Ponte da Barca **46**
- Bridge over the Lima **47**
- Castle of Montalegre **48**
- Santa Maria das Júnias Monastery **49**
- Misarela Bridge **50**
- Church of São Vicente da Chã **51**

WALKING TRAILS
CROSS-BORDER ROUTES AND PATHS

Long Distance Cross-Border Trail of Gerês - Xurés —

Geira and the Arrieiros Path —

Via Nova - Roman Miles —

Roman Road - XVIII (Geira, Via Nova) —