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BRAGA HIKING
TRAILS NETWORK



*Braga Hiking
Trails Network*



Technical Sheet

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Câmara Municipal de Braga

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Braga Hiking Trails Network

Braga is a county of great charm. Along with its vast historical and monumental heritage, there is a natural and environmental inheritance all over the county, which must be preserved and enriched.

The recent complex of pedestrian routes, comes up as a privileged area for the development of activities, leisure, sport, economic dynamization and tourism promotion, connecting the population's quality of life to nature.

The implementation of this 280 km complex, the largest at national level, aspires to promote that rich asset, taking into account not only security and information components but also the maintenance and stability of natural and rural systems. And, step-by-step, we want to make necessary enhancements so that the paths can be certified and have greater national and international projection.

Come and enjoy this adventure throughout the environment, its ancient paths, rivers, mountains, fields and valleys, and discover the beauty of our landscapes that will provide you with unforgettable experiences. Contact with nature is a privilege that is within your reach and closer than you think.

Ricardo Rio

Braga's Mayor








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GR 117 (Via Romana XVII) 

Signed Trail: 
Unsigned Trail: 

Introduction

Braga Hiking Trails Network

The territory of the municipality of Braga has an abundant amount of tangible and intangible heritage that is truly unique and differentiating. Among others, the following aspects stand out: the legacy of the Celtic culture; the importance of Bracara Augusta in the context of Galécia and the Roman Empire; the legacy of Braga and the Kingdom of Suebi; and, finally, the importance of the role of Braga in the foundation of Portugal and the Baroque time in Braga. In addition to the illustrated aspects, there are also a myriad of representative elements of the formerly every day, observed throughout the centuries.

In environmental terms, more than half of Braga's municipality is covered by some sort of protection of natural area. Therefore, the city of Braga lays in the central part of Minho region, between the coastal area and the mountainous interior of the Peneda-Gerês National Park, and it includes a wide range of locations and elements of remarkable environmental interest.

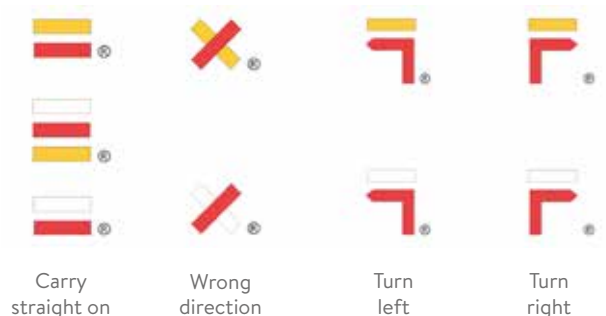
Throughout traditional and old paths, between rivers and streams, mountains, hills, valleys, fields and recreational facilities, the fauna and flora elements as well as characteristics of geology and landscape, surprisingly arise. A constant harmony combining a heritage of rural and urban elements can be observed. The Braga Hiking Trails Network is an important approach to reveal historical eras and urban and rural culture that merge in Braga. At the same time it accentuates other distinguishing features of natural and scenic nature, in an interactional context between the visitor and the territory. Hiking on these trails the visitor will be able to autonomous

live and enable truly compelling and enriching experiences. Totalizing about 280 km to walk, the footpaths are aggregated on four major themes: Historical Trails; Rivers; City and Nature; Mountains and Valleys. The footpaths vary greatly in terms of the physical challenges that they present and the themes were they were inspired, but all emphasize the local potential and the local identity aspects.

As a result, the network of paths provides exciting discovery experiences, with options suitable for everyone, whether they are local walkers, tourists or sporty walkers. Some routes are marked on the ground in accordance with the routing marks of Portugal's Federation of Camping and Mountaineering (FCMP), guaranteeing the security and a level of captivating information, allowing a full enjoyment of a hiking experience.

The remaining routes will be progressively implemented and signalized. For the time being, they may be prudently operated, using the GPS tracks of each route and / or through the Mobile Application of Braga Hiking Trails Network.

Waymarks of FCMP



Na Senda dos Galos

City and Nature



Not very far from the city center, close to the Avenida da Liberdade (Liberdade Avenue) next to the Este River, there is an old fountain with two engraved Roosters in stone. This fountain names the place as Sítio dos Galos (Roosters place) a local whose identity withstood the time, with several rural granite buildings, in which a mill is included and the memory of the ancient rural world is preserved.

The route progresses through the contrast between the marks of this authenticity and the urban context that today it involves. It is strongly complemented with a focus on the environmental experience of Picoto, Ponte and Camélias parks, as well as Este River Eco Trail. The challenge of walking there with a careful eye to the details that arise along the way is launched. Along the way, there is a certainty that the profusion of surprises related with either heritage or with the fauna and flora will cause a growing enthusiasm that will culminate at the highest point, the viewpoint of Picoto. This viewpoint has absolutely astonishing views around a wide area, a full radius of 360 degrees.



Unsigned Trail

TECHNICAL DATA

Distance 7,2km

Duration 2h30m

Difficulty 2/5 Easy

Elevation Gain 249m



GPS: tiny.cc/sendagalos



Points of Interest

- 1- Ponte Park (41.541280; -8.419366)
- 2- 1º de Maio Stadium
- 3- Camélias Park
- 4- Este river
- 5- Rooster place
- 6- Rooster Fountain
- 7- Santo Adrião Fountain
- 8- Santo Adrião Chapel
- 9- Picoto Park and viewpoint (41.537226; -8.414016)



Suggested Starting Points

Trilho da Encosta do Sol

City and Nature



Near the University of Minho and the Braga Hospital, the “Monte de Vasconcelos” (Hill of Vasconcelos) and the “Monte Pedroso” (Pedroso Hill) limit the urban area of the municipality; they are areas where the forest tranquility contrasts with the city bustle. The feeling of these contrasts is the main invitation to walk this trail. The name “Encosta do Sol” (hill of the sun) trail is due to the fact that the sun rises behind these hills.

Nearby the urban area of the municipality the “Trilho Encosta do Sol” (hill of the sun trail) does not fail to reveal a set of little-known nooks. The “Igreja Velha de Gualtar” (Gualtar Old Church) with its Romanesque elements and “Sete Fontes” (Seven Fountains Hydro Monumental Area) are the greatest points of interest and heritage along this route. In addition to the pleasant natural surroundings, the “Monte Pedroso” (Pedroso Hill) and “Monte de Vasconcelos” (Hill of Vasconcelos) were places where ancient “castros” could be seen. They were built to take advantage of its large panoramic views to control the territory.

Further to this there are several streets, tracks and paths, often through the forest, in which the sightings of birds of prey are not rare, booth in the forest or in the village of Gualtar. In total, the route consists of 8,6km without a significant degree of difficulty, which allows a reinvigorating getaway from the city world.



Unsigned Trail

TECHNICAL DATA

Distance 8,6km

Duration 3h20m

Difficulty 2/5 Easy

Elevation Gain 345m



GPS: tiny.cc/encostasol



Points of Interest

- 1- Gualtar Old Church (41.568911; -8.389347)
- 2- Sete Fontes (41.571562; -8.399420)
- 3- Pedroso hill
- 4- Vasconcelos hill
- 5- Breias wooded place
- 6- Viewpoint



Suggested Starting Points

Trilho do Monte das Velhas

City and Nature



The “montes das Velhas, da Santa Marta, Frio e Dadim” (the Hills of Velhas, Santa Marta, Frio and Dadim) compose a significant part of the “Serra da Falperra” (Falperra Mountains), completing it in the southeastern part of the city of Braga. The sanctuaries of Bom Jesus, Sameiro and Santa Maria Madalena are settled at the top of this mountain and the neighboring hills. These areas house more than two thousand years of history and have always been places of particular mysticism, several tales and traditions. One tale states that, on the “Monte das Velhas” (Old Ladies Hill), in all moonlight nights it was possible to find elderly women combing their long hair.

Within this extensive forest that is in flowing connection to the urban area and the villages of Fraiã, Lamações and Dadim (Nogueiró), the route presents the walker with different stunning panoramic views of the city associated with constant notable elements such as oak trees, watercourses and a mill.



Unsigned Trail

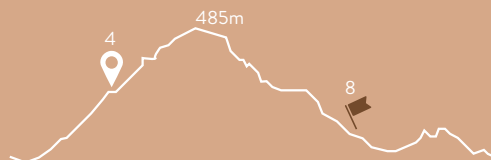
TECHNICAL DATA

Distance 10,4km

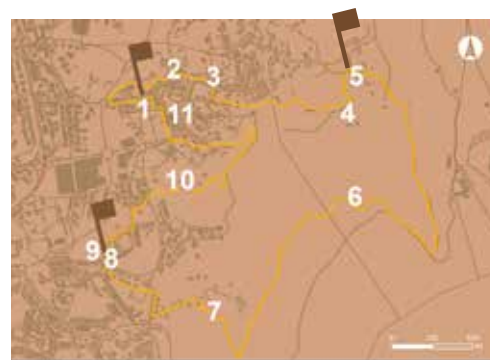
Duration 3h35m

Difficulty 3/5 Moderate

Elevation Gain 425m



GPS: tiny.cc/tvelhas



Points of Interest

- 1- Lamações Church (41.545083; -8.396133)
- 2- Lamações Fountain
- 3- Shrine
- 4- Mills
- 5- Dadim (41.547138; -8.380757)
- 6- Oaks
- 7- Monte das Velhas and panoramic view
- 8- Fraiã New Church (41.536501; -8.398830)
- 9- Fraiã Church
- 10- Shrine
- 11- Carreira old farmhouse



Suggested Starting Points

Trilho dos Bosques do Rio Este

City and Nature



In its path along Braga, as soon as the Este River reaches the end of the city urban area, it widens and begins to run through a completely natural environment. All around it, there are several riverside species, such as, among others, alders, birches and poplars.

Besides the flora, there are some animal species that can be spotted such as crest birds, green woodpeckers, and ordinary jay birds, among many others.

Overlooking this environment, there is Monte do Capelão (Capelão Hill) where, along its geodesic landmark, one can contemplate a western perspective of this region. At the bottom of the hill, the picturesque rural corners of Covêlo location can also be appreciated.

Following this path, there is also a church with Romanesque elements, mills, old bridges and some crop fields. All elements give to this environment a surprising charm, to be delighted along the 10 kilometers of the trail named “Trilho dos Bosques do Rio Este” (Este River Woods Trail).



Unsigned Trail

TECHNICAL DATA

Distance 10,0km

Duration 3h50m

Difficulty 2/5 Easy

Elevation Gain 296m



GPS: tiny.cc/bosqueseste



Points of Interest

- 1- Lomar Old Church (41.527631; -8.429656)
- 2- Old mills and Bridge of Feijoa
- 3- Mill of Veiga River
- 4- Laboriz Old Farmhouse
- 5- Capelão Hill
- 6- Covêlo (41.509565; -8.442837)
- 7- Tank of Andrias
- 8- Lomar New Bridge (41.521018; -8.437022)
- 9- Varziela Old Farmhouse
- 10- Path of Assento
- 11- Tank of Cales



Suggested Starting Points

Trilho dos Dois Montes

City and Nature



Among the Complexo Desportivo da Rodovia (Rodovia Sports Complex) and the Bom Jesus Sanctuary surroundings, by peculiar paths that "escape" the main road and cross some of the most traditional places of Nogueiró and Tenões villages, the "Trilho dos dois Montes" (Two Hills Trail) emerges. This trail offers an experience of discovering an environment bursting with emotion by the delicate details that reveal luxurious when revealed. Passing through the "Monte da Senhora da Consolação" (Senhora da Consolação Hill), place of an ancient Castro ("castros" are fortified settlements from late bronze Age and Iron Age) and magnificent views, the route also leads to the Bom Jesus Monte. There one can observe the architectural impressiveness, the lush green of its surroundings and worth to remember Camilo Castelo Branco (famous Portuguese writer of the 19th century) who highlighted this region in his novels.



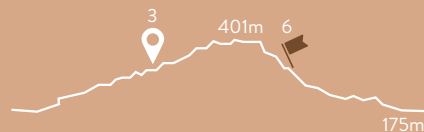
TECHNICAL DATA

Distance 6,8km

Duration 2h45m

Difficulty 3/5 Moderate

Elevation Gain 293m



GPS: tiny.cc/t2montes



Points of Interest

- 1- Rodovia Sports Complex
(41.554073; -8.400673)
- 2- Old mills
- 3- Bom Jesus stairway
- 4- Bom Jesus historical lift (41.554693;
-8.380864)
- 5- Bom Jesus do Monte Sanctuary
- 6- Senhora da Consolação Hill
(41.550296; -8.386186)



Grande Rota da Serra dos Picos

Mountains and Valleys 

Guarded by the hills of Sameiro and Serra dos Picos and the lovely and refreshing Várzea River and Provências and Reamondes Streams, there stands the area with the highest average altitude of Braga, observed in the villages of Espinho, Sobreposta and Pedralva. Among mountainous regions and valleys, all seem to have an important heritage significance. The landscape resembles Gerês or Peneda Mountains, and there one can sense and experience a union with the surrounding environment that fulfills the soul of the ones who come to this place.

"Route of Mountains of Picos" is a long route to be covered, approaching 30km. The route has an "8" shape as a result of the meeting of two smaller circular paths, with about 10km and 20km. These trails overlap in a common spot, near the Chapel of Santo António, in the village of Espinho.

Ranging from rural roads and mountain trails, this route is an invitation to experience an absolutely genuine environment, where cattle breeding and agriculture are revealed in the landscape.

Elements such as Eira Comunitária (communitarian threshing floor), the Portuguediz Mills in Sobreposta village and the traditional granitic rural centers of Pedralva and Espinho villages' countryside surroundings remain in the memory of those who discover them.



Signed Trail

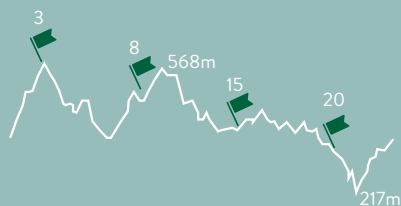
TECHNICAL DATA

Distance 31,2km 

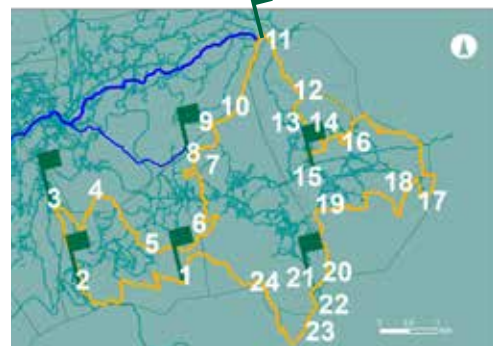
Duration 11h40m 

Difficulty 5/5 Very Hard 

Elevation Gain 1071m 



GPS: tiny.cc/serrapicos



Points of Interest

- 1- Chapel of Santo António (41.541382; -8.346979)
- 2- Sameiro Sanctuary (41.540202; -8.368395)
- 3- Mãe de Água (Bom Jesus) (41.553267; -8.374274)
- 4- Crasto hill
- 5- Fontainhas
- 6- Penedos Brancos hillside
- 7- Pena hill
- 8- Picnic park of Sobreposta (41.56028; -8.345724)
- 9- Peak of Crasto
- 10- Mountains of Picos
- 11- Source of Este river (41.578970; -8.33207)
- 12- Reamondes stream
- 13- Fields between Picos and Bugide
- 14- Chapel of Espírito Santo
- 15- Pedralva (41.559810; -8.320987)
- 16- Outeiro place
- 17- Alvar place
- 18- Além place
- 19- Hill of Campelos
- 20- Portuguediz place (41.540522; -8.320146)
- 21- Communitarian threshing floor
- 22- Cascade of Portuguediz
- 23- Mills of Várzea river
- 24- Mills of Provências stream



Suggested Starting Points

Caminho dos Santuários

Mountains and Valleys 

There, on top of the hills overlooking the city of Braga, three sanctuaries master the landscape: the Bom Jesus do Monte Sanctuary, the Nossa Senhora do Sameiro Sanctuary and Santa Maria Madalena Sanctuary. The three sanctuaries are not only extraordinary places of worship, but also significant spaces for leisure and rest. Here, the exceptional architectural and historical richness has a correspondence with the charming natural surroundings which allies different kinds of landscapes such as Bom Jesus woods, the autochthonous forest, the panoramic of the city of Braga and finally the surrounding region to the Atlantic Ocean view.

The “Caminho dos Santuários” (Sanctuaries Path) invites to have a walk between these three sanctuaries, in a linear path, with little difficulty, and they may be covered completely or in part. To stroll among forest trails, often between oak and cork trees, promises to provide a unique experience that combines history, heritage and nature.



Unsigned Trail

TECHNICAL DATA

Distance 6,0km 

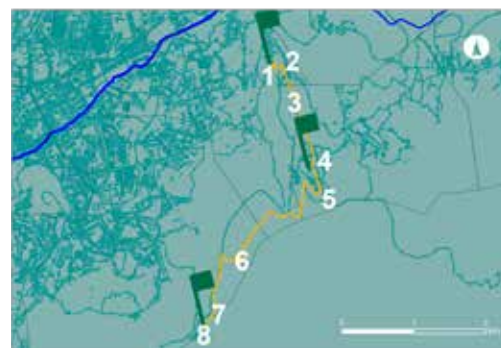
Duration 2h10m 

Difficulty 2/5 Easy 

Elevation Gain 227m 



GPS: tiny.cc/csantuarios



Points of Interest

- 1- Bom Jesus do Monte Sanctuary
(41.554686;-8.377258)
- 2- Bom Jesus woods
- 3- Autochthonous forest
- 4- Nossa Senhora do Sameiro Sanctuary
(41.541876 -8.369997)
- 5- Picnic Park
- 6- Monte Frio hill
- 7- Cork-oaks
- 8- Santa Maria Madalena Sanctuary
(41.522128 -8.387875)



Suggested Starting Points

Na senda do Castelo de Penafiel de Bastuço

Mountains and Valleys 

Between XI and XIV centuries, there were more than twenty castles between the Minho and Douro rivers; Penafiel de Bastuço castle was one of those. At that time, this castle was the administrative centre of a vast territory .

Still today some traces of the castle can be found, namely an imposing granite massif, known as the "Penedo do Castelo"(Castle's Rock), on top of which the main tower would be erected. In one of the upper blocks there is a staircase engraved on the rock which can be identified.

Encouraging spiritual sensations, the "Penedo do Castelo" motivates several legends and stories of struggles and treasures which are evoked in the trail along a landscape typical from this region of Minho. Here the landscape partakes a particular charm, and several regional species of apple trees from this region of Minho, presently in the planting stage, can be appreciated.



 **Signed Trail**

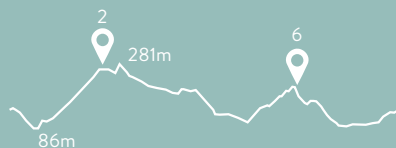
TECHNICAL DATA

Distance 10,2km 

Duration 3h40m 

Difficulty 3/5 **Moderate** 

Elevation Gain 486m 



GPS: tiny.cc/penbastuco



Points of Interest

- 1- Padre Mário César Marques Square
(41.528619; -8.498075)
- 2- Eiro hill
- 3- Serra place
- 4- Oaks
- 5- Labriosque valley
- 6- Castle's rock
- 7- Torre rural place
- 8- São Julião de Passos Church

 Suggested Starting Points

Por São Pedro da Oliveira

Mountains and Valleys 

The route "Por São Pedro da Oliveira" (walking through São Pedro de Oliveira) is signposted and runs through the village of São Pedro da Oliveira. This village has historical references dating back to the XII century and has the distinctiveness of being delimited by a set of granitic landmarks engraved with the coat of arms of Casa de Bragança (Portuguese royal family).

Departing from charming rural roads, where the green cultivated fields contrast with the granite blocks of the traditional buildings, this route invites the walker to feel the essence of this markedly agricultural territory. The visit to Parque de Lazer do Moinho (Moinho Leisure Park) is pointed out. This is a privileged place to stop and enjoy the surrounding atmosphere. One may visit a now recovered old water mill, and, in the warmer days, enjoy the water tank and bathe in Guisande River.

It is a relatively short and easy route in which also arises, on the top of the hill, the Capela de São Bento (São Bento Chapel). This chapel is a pleasant place to visit. There also sets a leafy and ancient cork oak and the Capela da Senhora do Campo (Senhora do Campo Chapel), places that invite to discover the tale behind its construction.



Signed Trail

TECHNICAL DATA

Distance 6,3km 

Duration 2h00m 

Difficulty 2/5 Easy 

Elevation Gain 250m 



GPS: tiny.cc/spedrooliveira



Points of Interest

- 1- São Bento chapel (41.479512; -8.458917)
- 2- Landmarks of House of Bragança
- 3- Senhora do Campo Chapel
- 4- Stone way and Pereiro Fountain
- 5- Panoramic view
- 6- S.Pedro da Oliveira Church
- 7- Moínho Leisure Park (41.476496; -8.46468)



Suggested Starting Points

Trilho da Morreira

Mountains and Valleys ▲

The valley of Morreira Stream and the Senhora da Saúde Hill are composed of charming yet unknown surroundings. A walk there will reveal all its splendor. In this short trail of medium difficulty, there is a lot of to be seen. A climb to the Senhora da Saúde Hill illustrates a picture of what is a characteristic environment of Minho region. Among the genuine center of Morreira village, the hill and the valley leading up to Veiga de Penso (Penso Meadow), the "Trilho da Morreira" (Morreira Trail) combines typical features of these locations. The forest trails of Senhora da Saúde Hill, often flanked by native species of trees highlighting different shades of green, join to rural roads in the surrounding countryside of the valley of Moreira Stream. There, a granite heritage can be appreciated through the contemplation of fountains, mills and places of worship.



Unsigned Trail

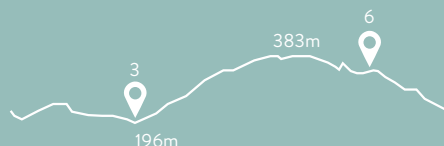
TECHNICAL DATA

Distance 4,3km

Duration 2h00m

Difficulty 2/5 Easy

Elevation Gain 250m



GPS: tiny.cc/tmorreira



Points of Interest

1. Morreira Church (41.494291; -8.408425)
2. Vilar Old Farmhouse
3. Cabo de Vila mill and Morreira stream
4. Cabo de Vila Fountain
5. Senhor do Calvário Chapel
6. Oaks



Suggested Starting Points

Trilho da Santa Marta das Cortiças

Mountains and Valleys 

At 562 meters of altitude, overlooking a vast area, a small chapel, surrounded by leafy oak trees, is a place of devotion to Santa Marta (Saint Martha). This figure gives its name to a place of unique historical importance: “Santa Marta das Cortiças” (Saint Martha of Corks), whose enormous archaeological patrimony, today still discreetly concealed underground, keep some remains that date back to the late Bronze Age, around the VIII century BC.

The oldest archaeological findings discovered in the upper decks of the mountain are dated to this distant time. Several remains were found: like traces of a “castro” which became romanized and of a basilica of early Christianity dated from the V and VI centuries and the “Palácio do Reino dos Suevos” (Kingdom of the Suevians Palace), that confirm an occupation of this location for more than a millennium.

This location combines several privileged panoramic views over “Veiga de Penso” (Penso Meadow) site and “rio da Veiga” (Veiga River). It also covers the vast area between Braga and the coast line. There, on a clear day, one can perceive the Atlantic Ocean. Moreover, in the north, northeast and east directions, the Cabreira, Gerês, Amarela, Soajo and Arga mountains can be appreciated.

This trail runs along forestry paths, magnificent granite rocks and dramatic landscapes. By strolling this trail, one can experience the ancient history of the surroundings and contemplate a truthful characteristic panoramic view of Braga municipality and Minho region.



Unsigned Trail

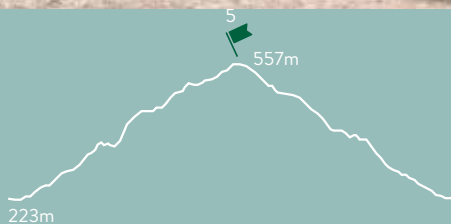
TECHNICAL DATA

Distance 7,3km 

Duration 3h30m 

Difficulty 3/5 Moderate 

Elevation Gain 382m 



GPS: tiny.cc/smarta



Points of Interest

- 1- Esporões Church (41.509864; -8.416993)
- 2- Covelinhos calcolitic settlement
- 3- Granitic stone and panoramic view
- 4- Santa Marta das Cortiças archaeological site
- 5- Santa Marta das Cortiças Chapel (41.514518; -8.394978)
- 6- Granitic stones



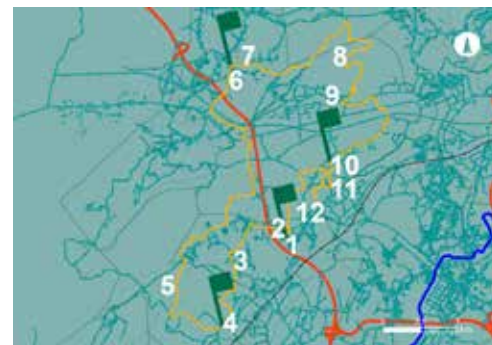
Suggested Starting Points

Trilho do Castro das Caldas

Mountains and Valleys 

Fairly isolated in the landscape in the western zone of the Braga region, the “Monte das Caldas” (Caldas Hill) arises, a place full of stories and tales. At that place there was a Castro where indigenous people took advantage of its 300 metres of altitude and 360 degrees of panoramic views to defend themselves and to control the surrounding area. Therefore this hill is the reason and the starting point of a walk around its scenery, covering the large areas of Veiga de Sequeira (Sequeira Meadow) and Vale do Labriosque (Labriosque Valley) farm fields. There is also the opportunity of visiting the most traditional places of Tadim, Sequeira, Vilaça and Cabreiros villages, wandering through old paths, drinking medicinal water and hearing some old tales about the “Monte das Caldas” (Caldas hill).

Due to its length, this is a path with some difficulty. This route is suitable for those who, having some practice, wish to make use of a route that combines forest and rural areas sceneries providing a unique landscape to be appreciated from the top of the “Monte das Caldas” (Caldas Hill).



Points of Interest

- 1- Vilaça leisure park (41.517529; -8.479856)
- 2- Vilaça Church
- 3- Saldouro Old Farmhouse
- 4- Tadim (41.507081; -8.489685)
- 5- Old way
- 6- Cabreiros (41.538491; -8.488255)
- 7- Leiras path
- 8- Caldas hill
- 9- Caleiros Fountain
- 10- Sequeira Church (41.526811; -8.472306)
- 11- Gaiosa Fountain
- 12- Windmill



TECHNICAL DATA

Distance 17,0km 

Duration 6h30m 

Difficulty 4/5 **Hard** 

Elevation Gain 582m 



GPS: tiny.cc/tcaldas



Trilho dos Miradouros

Mountains and Valleys 

This route seeks to unveil the secret of unique locations where landscapes that stretch between the banks of the Douro and Minho rivers, throughout the coastal line of Minho, can be seen. A unique view over the city of Braga from south of Veiga de Penso (Penso Meadow) can also be appreciated.

This route crosses forests, fields and rural centers. It will fascinate also for their details, such as ancient roads. Another fascinating details are the "Pezinho do Senhor" (a mark in a large block of granite, of controversial origin, and that was traditionally attributed to a divine footprint) and the ruins of an old windmill, as well as the large number of civil and religious architectural elements.

Given the high difficulty of "Trilho dos Miradouros" (Trail of the Viewpoints), this trail is divided into two circular routes, which are joined in the "Capela do Padrão" (Padrão Chapel), in Guisande village: the routes are "Caminho de Penedice" (Penedice Path), which has 9,6 km, and "Caminho do Miradouro da Senhora de Fátima" (Senhora de Fátima Viewpoint Path), which has 8,6km. Both trails are essentially covered in forest trails and are physically challenging, but full of unexpected and captivating surprises.



Unsigned Trail

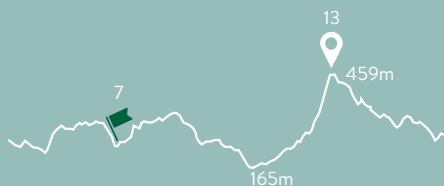
TECHNICAL DATA

Distance 18,9km 

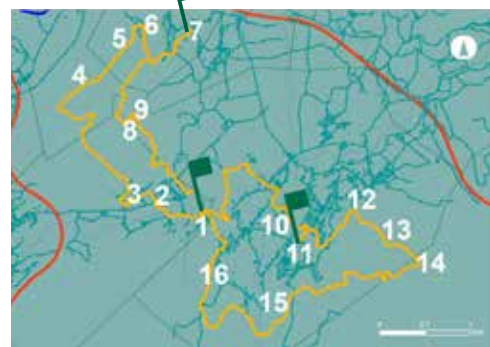
Duration 8h15m 

Difficulty 4/5 **Hard** 

Elevation Gain 797m 



GPS: [gps-tour.com/tmiradouros](https://www.gps-tour.com/tmiradouros)



Points of Interest

Senhora de Fátima Viewpoint Path

- 1- Padrão chapel (41.481129; -8.440043)
- 2- Guisande Church
- 3- Sagrado Coração de Maria statue
- 4- Lajes hill
- 5- Castro das Lajes archaeological site
- 6- Nossa Senhora de Fátima chapel
- 7- Figueiredo Church (41.49956; -8.441795)
- 8- Pezinho do Senhor, Cadeirinha da Senhora
- 9- Raposa's rock

Penedice Path

- 10- Souto place
- 11- N.ª Sr.ª do Rosário chapel (41.477623; -8.428000)
- 12- Windmill
- 13- Penedo Branco hillside
- 14- Penedice hill
- 15- Wood
- 16- Old stone way



Suggested Starting Points

A Volta do Rio Este

Rios 

To experience an environment of strong agricultural nature, walking along the riverside of “Rio Este” (Este River) among its waterside ecosystem, strolling the central streets of Arentim, Cunha, Ruilhe and Tebosa villages and knowing their most picturesque corners, having a leisurely walk experiencing bucolic countryside paths, forest trails and having a picnic in “Parque da Lavegada” (Lavegada Park) to regain strength, it is the invitation made for this route. There are about 16km traveled between the river valley agricultural fields and the forest of the surrounding hills, providing an intimate contact with an area where agricultural works still dominate the landscape.



Signed Trail

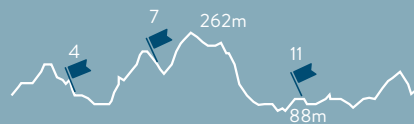
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Distance 14,9km 

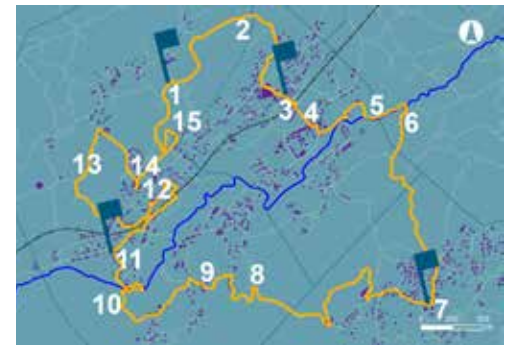
Duration 5h25m 

Difficulty 3/5 **Moderate** 

Elevation Gain 500m 



GPS: tiny.cc/voltareste



Points of Interest

- 1- Lavegada mill and park (41.498255; -8.508834)
- 2- Amarela hill
- 3- Ruilhe neighborhood (viewpoint)
- 4- Este place (41.495506; -8.495574)
- 5- Este river and mill
- 6- Autochthonous forest
- 7- Tebosa church (41.482372; -8.483746)
- 8- Samoça hillside
- 9- Arentim Old Church
- 10- Outeiro fields and Este river
- 11- Arentim Parish Council (41.485920; -8.514216)
- 12- São Gonçalo Chapel
- 13- Archeological site of Cunha tumulus
- 14- Cunha wayside cross
- 15- Nossa Senhora do Carmo Chapel



Suggested Starting Points

Descobrimo o Couto de Tibães

Rivers

The territory management needs have determined that, in 1110, D. Henrique presented a “Carta de Couto” to the “Mosteiro de Tibães” (Letter of “Couto” to Tibães Monastery).

The “coutos” were manorial privileges where royal officials were not allowed to apply justice or levy taxes and in many cases can be understood as equivalent to municipalities. The “Couto de Tibães” was extended in a wide area around the “Mosteiro de Tibães” (Tibães Monastery) to the Cávado River. It was a land of exceptional fertility, which allowed this monastery to become one of the richest and the most powerful ones in the region.

This trail covers a significant part of the old “couto”, where the green fields contrast with the water of the Cávado River (and the modest Torto River). There are several points of interest along the 22km which announce an intimate connection of the monastery with the unusual rich heritage of the surrounding area. In addition to the “Mosteiro de Tibães” (Tibães Monastery), other points of interest are: the summer garden of the monks, the monastery fence, several mills and fishing areas of Cávado River, numerous churches and chapels and the ancient “couto” and villages stones delimiters, as well as the only Roman Road Milestone that can be seen in a public open place in the municipality of Braga. This trail develops partly along the riverside but also runs through trails and rural streets; the São Filipe Hill is the only gap along this route.



Unsigned Trail

TECHNICAL DATA

Distance 22,1km 

Duration 7h00m 

Difficulty 4/5 Hard 

Elevation Gain 450m 



GPS: tiny.cc/coutotibaes



Points of Interest

- 1- Tibães Monastery and waycross (41.558225; -8.478213)
- 2- Parishes of Couto de Tibães landmarks
- 3- Quintalejo garden and mills (Picnic park) (41.568554; -8.492412)
- 4- Old factory
- 5- Cávado trail
- 6- River beach of Merelim São Paio (41.593870; -8.464584)
- 7- Prado Bridge
- 8- Ruães meadow
- 9- São Roque Chapel
- 10- Mainha Old Farmhouse
- 11- Panoias mills
- 12- Panoias Church
- 13- Panoias waycross (milestone)
- 14- Parada de Tibães church (41.562059; -8.463980)
- 15- Semelhe Church
- 16- Senhor do Lírio Chapel (41.553689; -8.464010)
- 17- Tibães Monastery wood
- 18- São Filipe Chapel and Waycross (picnic park)
- 19- São Filipe Arc and stone way



Suggested Starting Points

Pelo Vale do Cávado

Rivers 

The Cávado River emerges in Larouco Mountain in the municipality of Montalegre. It runs 135km and it flows into the Atlantic Ocean in the municipality of Esposende. The river and the economic activities associated to it, are characteristics of identity of the areas that mediate it with the city of Braga. One can clearly observe the contrast with the mountainous villages, as Sobreposta and Pedralva categorized with a more open panoramic, to the larger properties with soft unevenness.

To walk on foot crossing the villages of Adaúfe, Santa Lucrécia de Algeriz and Navarra, equals to contact the elements that characterize this type of landscape: the river and its tributaries, the worship places, the rural matrix constructions, the farms, the mills and the cultivated fields, in which the traditional green wine culture is highlighted. Among these elements, a set of picturesque paths and old roads, nowadays free of traffic, improve the consistency of the experience.

18km are driven by an inspiring environment. Climbing to the Galho Hill and to Santa Catarina Chapel might be the only hardship, which is totally offset by the wonderful panoramic view offered by this landscape. A view that covers the Carvalho Mountain at southeast, the Gerês and Amarela Mountains at northeast and that widens along to Cávado Valley.



Unsigned Trail

TECHNICAL DATA

Distance 17,4km 

Duration 6h30m 

Difficulty 3/5 Moderate 

Elevation Gain 435m 



GPS: tiny.cc/valecavado



Points of Interest

- 1- Presa mills (41.598428; -8.407237)
- 2- Path between Penela and Freire
- 3- Penela Old Farmhouse
- 4- Brazilian House
- 5- Navarra mills (41.613351; -8.384616)
- 6- Navarra Church
- 7- S. Cristina Chapel
- 8- S. Lucrécia de Algeriz Church (41.591944; -8.372555)
- 9- Galho hill
- 10- S.Catarina Chapel
- 11- Senhora de Nazaré chapel



Suggested Starting Points

Trilho da Margem do Cávado

Rivers 

The “Praia Fluvial de Merelim (São Paio)” (river beach of Merelim) and the contiguous park are privileged leisure locations in Braga municipality, providing both refreshing baths on the Cávado River, as pleasant moments at the riverside natural environment.

It is the ideal place to start a walk along the river, taking advantage of the existing “ecovia” (trail) there. The “Trilho da Margem do Cávado” (Cávado riverside trail) covers this “ecovia” (trail) following the route along the river for about another 1km, leading to the old “Companhia Fabril do Cávado”. A set of pleasant rural roads, most of them flanked by crop fields of “Veiga Ruães” (Ruães Meadow) allow to do a circular path and return to the starting point. It is an accessible route consisting of 5,6km without significant gaps, totally adequate for family activities.



Unsigned Trail

TECHNICAL DATA

Distance 5,6km 

Duration 1h45m 

Difficulty 1/5 Very Easy 

Elevation Gain 56m 



GPS: tiny.cc/mcavado



Points of Interest

- 1- River beach of Merelim (S.Paio)
(41.593708; -8.465086)
- 2- Prado Bridge
- 3- Ruães meadow
- 4- São Roque Chapel
- 5- Covo Old Farmhouse
- 6- Ruães neighborhood
- 7- Old factory
- 8- Cávado trail



Suggested Starting Points

Trilho dos Moinhos de Priscos

Rivers 

Looking for ways to take advantage of what nature has to offer, has been one of the mankind purposes since the dawn of its kind. Originating in Greece by the III century BC, the water mills are an excellent example of this. In Priscos village, the fertility of the surrounding was joined to the driving force of the river and, in this way the river provided energy to mills for grain to be transformed into flour. The “moinhos do Castanheiro, de Pias, da Esperança e do Crasto” (Castanheiro, Pias, Esperança and Castro mills) constitute a set of four Priscos village mills. The route visits this heritage, strolling by ancient rural roads on both sides of “Rio Este” (Este River). The route also unveils two medieval bridges and a forest of native species. This route is a constant connection to the most characteristic elements of ancient times well preserved in the identity of Priscos village.



Unsigned Trail

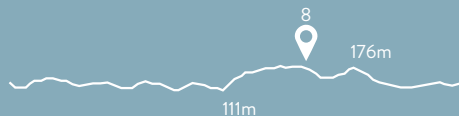
TECHNICAL DATA

Distance 6,9km 

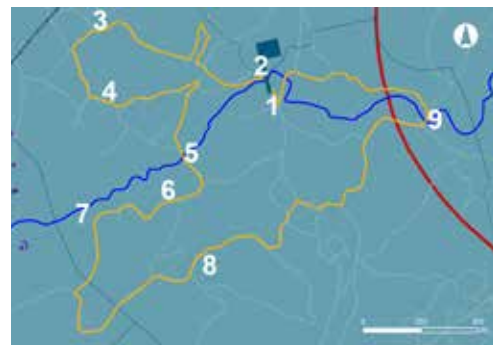
Duration 2h30m 

Difficulty 2/5 Easy 

Elevation Gain 250m 



GPS: tiny.cc/moinhospriscos



Points of Interest

- 1- Parish Council (41.593708; -8.465086)
- 2 - Castanheiro mill
- 3- Cerdeiras Old Farmhouse
- 4- Ribeira old farmhouse
- 5- Alminhas Bridge
- 6- Torre viewpoint
- 7- Autochthonous forest
- 8- Ramalhosa viewpoint
- 9- Crasto Bridge and mill



Suggested Starting Points

Trilho dos Solares

Rivers 

In Crespos and Pousada villages, by the Cávado River, the fertility of crop fields has led to a wide set of farms and manor houses that have been marked the identity of this territory. Over about 10km from the northern hillside of the “Serra do Carvalho” (Carvalho Mountain) and Cávado River, this trail ensures the discovery of memorable granite paths, forest trails and places of undeniable patrimonial significance, with picturesque and distinctive rural buildings. One can observe the centre of Crespos village and the area of Quinta da Lage (Lage farm) (where there was a Roman Villa), in its natural environment.

The experience of walking this route will last in one’s memory when the walker remembers: the visit to Praia Fluvial do Cavadinho (Cavadinho river beach) with its rare sulphurous spring water just a few meters from the Cávado River; and the six farms and manor houses, including the area of Capela de Santo António (Santo António Chapel). This will include panoramic breathtaking views over the valley.



Unsigned Trail

TECHNICAL DATA

Distance 10,0km 

Duration 4h00m 

Difficulty 3/5 Moderate 

Elevation Gain 296m 



GPS: tiny.cc/tsolares




Points of Interest

- 1- Crespos Church (41.604737; -8.362025)
- 2- Barral place
- 3- Salgueiro wasteland
- 4- Cavadinho river beach (41.616525; -8.356044)
- 5- Hombra mills
- 6- Lage Farm
- 7- Pena Farm
- 8- Gregoça hillside
- 9- Nossa Senhora de Fátima Chapel (41.599335; -8.347949)
- 10- Enxido Farm
- 11- Santo Amaro-o-novo Chapel
- 12- Rural house



Suggested Starting Points

Trilho da Mamoa

Historical Trails 

In very ancient eras of human history, about 3.000 years before Christ and some centuries before the first Egyptian pyramids, the cult of the dead is revealed, in this region, by the construction of megalithic tombs. These tombs were built from large stone blocks. This is the case of “Mamoa de Lamas” (Lamas tomb), built on the top of the hill overlooking the large crop fields of Veiga de Penso (Penso Meadow). To “Mamoa de Lamas” (Lamas tomb) a memory of the Roman roads network is joined in.

The surrounding area would be covered by the Roman road Via XVI that linked Olissipo (actual Lisbon) to Bracara Augusta (actual Braga). This Roman Road later served as a pilgrimage route to Santiago de Compostela.

The “Trilho da Mamoa” (Mamoa Trail) evokes the historical memory of human presence in this territory dating thousand years ago. This presence is certainly due to the fertility of the fields irrigated by the Veiga River. This event still today provides agricultural production and all the landscape surrounding the river is painted green.

The trail is composed of 6,7km of low difficulty. Walking along the Veiga de Penso (Penso Meadow) will transport the walker into a unique environment in the municipality of Braga, where a visit to the Mamoa de Lamas (Lamas tomb) is an opportunity for an excellent visit.



Unsigned Trail

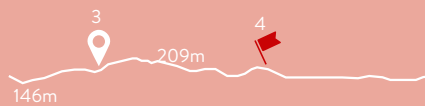
TECHNICAL DATA

Distance 6,7km 

Duration 2h30m 

Difficulty 2/5 **Easy** 

Elevation Gain 130m 



GPS: tiny.cc/tmamoa




Points of Interest

- 1- Lamas tomb (41.503329; -8.431686)
- 2- Loureira place
- 3- Bocas Farm
- 4- Santo Estêvão de Penso Church (41.489925; -8.42349)
- 5- Lamas Church



Suggested Starting Points

Entre Braga e o Cávado

Historical Trails 

In ancient times, when Braga was called Bracara Augusta, the Cávado river was known as Katavo. At those times the Roman administration built the Roman Road named Via XIX. Taking the north direction, Via XIX departed from Bracara Augusta, crossed Cávado river, passed by Lucus Augusti (actual Lugo) and had as the final destination Asturica Augusta (actual Astorga).

This trail launches the challenge of remembering remarkable elements of history, linking the urban area of the urban area of Braga to the Cávado River. There are about 18km in a circular path, where walkers can feel the magnitude of the historical heritage of Braga.

On top of the “Monte Castro” (Castro hill) one can begin the route appreciating the fantastic views over the whole area. The route includes a transitory passage on important historical locations: the “Capela de São Lourenço da Ordem” (São Lourenço Chapel) with a recreation of “Sé de Braga” (Cathedral of Braga) carved in high relief on the storefront; the “Capela de São Frutuoso” (S. Frutuoso Chapel) dated from the X century and today considered a jewel of the Portuguese architecture; and finally the “Igreja São Martinho de Dume” (São Martinho de Dume Church). To these the greatest icons of Braga’s history, a number of other interesting motivations for the visit can be joined in, including some areas with a lovely and intense natural surroundings.



Unsigned Trail

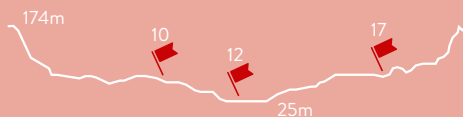
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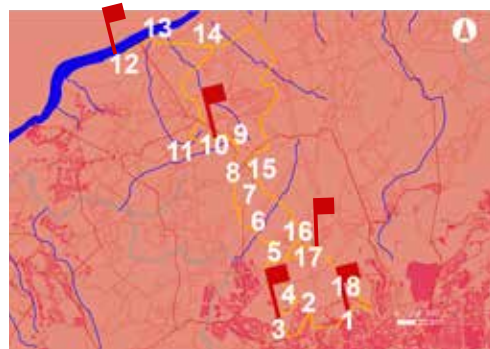
Duration 5h30m 

Difficulty 4/5 **Hard** 

Elevation Gain 242m 



GPS: tiny.cc/bragaecavado




Points of Interest

- 1- Máximo castro (41.561333; -8.427069)
- 2- São Lourenço da Ordem Chapel
- 3- São Frutuoso chapel, São Francisco church and convent (41.560355; -8.438852)
- 4- Pedagogical Farm
- 5- Pereira House
- 6- Sobremoure Bridge
- 7- Roman stone
- 8- Pinhel - Pateira roman village
- 9- Section of Via XIX (roman road)
- 10- Gerizes Park (41.583555; -8.449196)
- 11- São Brás do Carmo church and Waycross
- 12- River beach of Merelim (S.Paio) (41.593752; -8.465106)
- 13- Prado Bridge
- 14- Santo Estevão o Velho
- 15- Lindoso House
- 16- Dume
- 17- São Martinho de Dume Museum (41.567558; -8.436041)
- 18- Braga Municipal Stadium



Suggested Starting Points

Trilho da Nascente do Rio Este

Historical Trails 

The Roman Road Via XVII connected, in Roman times, the cities of Bracara Augusta (actual Braga) and Asturica Augusta (actual Astorga), passing through Aquae Flaviae (actual Chaves). A few miles from Bracara Augusta, in the Carvalho Mountain in the zone of Este (São Mamede) village, this Roman Via passed near a small spring where Este River begins its journey. The Este River then runs through the municipalities of Braga and Vila Nova de Famalicão, to Touguinha village, in the municipality of Vila do Conde, where it converges into Ave River.

Full of history, this route evokes a two thousand year old Roman Road. This is best illustrated in the stoned pavement section in Serra do Carvalho (Carvalho Mountain). This location also held an important battle in the XIX century, which opposed the resistance of the people of Braga to the French invaders.

In the source of Este River, the pure and bucolic environment remains. The route extends to Serra dos Picos (Picos Mountain), where green and traditional pastoralism combine. The route also reveals locations of archaeological importance, such as the Pico do Pau da Bandeira (Pau da Bandeira elevation) where the panoramic views are truly dramatic and emotional; it also discloses the Serra do Gerês (Gerês Mountain) towards the Este valley and the city of Braga, culminating in the distant coast horizon where one can glimpse some ships in the Atlantic Ocean.

The route runs through the village of Este (São Mamede), which also includes its oldest and characteristically areas.



 **Signed Trail**

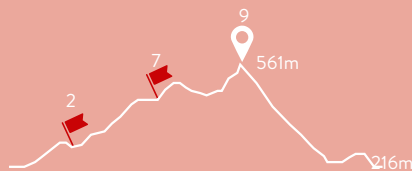
TECHNICAL DATA

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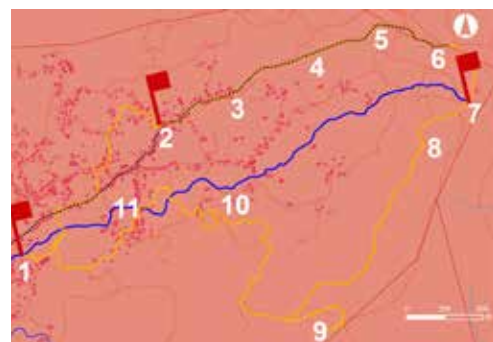
Duration 4h00m 

Difficulty 3/5 **Moderate** 

Elevation Gain 493m 



GPS: tiny.cc/tneste



Points of Interest

- 1- Cambas picnic park (41.569751; -8.366627)
- 2- São Sebastião square (41.577705; -8.355195)
- 3- Stone way
- 4- Carvalho Mountain
- 5- Carvalhal
- 6- Carvalho d'Este place
- 7- Source of Este River and picnic park (41.578970; -8.33207)
- 8- Picos Mountain
- 9- Crasto peak
- 10- Chamor
- 11- S.Mamede d'Este Church

 Suggested Starting Points

Trilho das Fontes

Historical Trails

The Roman Road called Geira (which is also known as Via Nova or even as Via XVIII of the Antonine Itinerary) was one of the roads that, at the Roman Empire time, linked Bracara Augusta and other cities in the northwest of the Iberian Peninsula, specifically Asturica Augusta (present Astorga). It is thought that from Bracara Augusta the course of the Geira Roman Road descend towards the Cávado River by a path that would cross the current Palmeira and Adaúfe villages; and, even today, the Roman Road Geira can be deciphered over places like Ortigueira, Outeiro and Canas.

Not far from the Geira Roman Road was what might have been a water supply system to Bracara Augusta and that, by the eighteenth century, gained a monumental importance by the action of Archbishop José de Bragança. The “Complexo Hidrológico e Monumental das Sete Fontes” (Hydrological and Monumental Complex of Seven Fountains) still contributes today to supply the fountains of the city. Its surroundings are places that combine historical and environmental diversity.

Departing from the urban area of Braga, and with less than 10km, the trail “Trilho das Fontes” is unexpectedly exciting, transporting the walker through two golden eras of the history of Braga, integrating the immense historical symbolism with picturesque and emotional surroundings. This route find places like the sidewalk of the “Caminho do Monte” (hill path), like the “Fontanário of Ortigueira” (Ortigueira fountain), like the “Igreja de Adaúfe” (Church of Adaúfe) and “Parque de Merendas de Adaúfe” (Picnic Park of Adaúfe) besides the scenic paths of “Vale de Outeiro” (Outeiro Valley).




Unsigned Trail

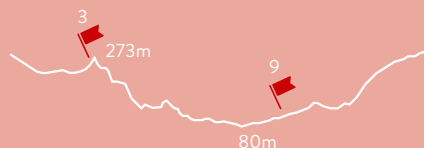
TECHNICAL DATA

Distance 9,6km 

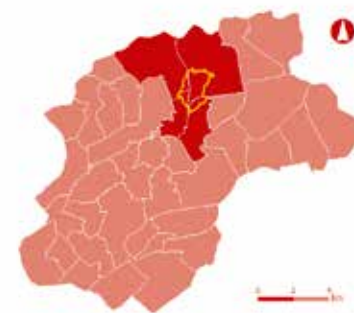
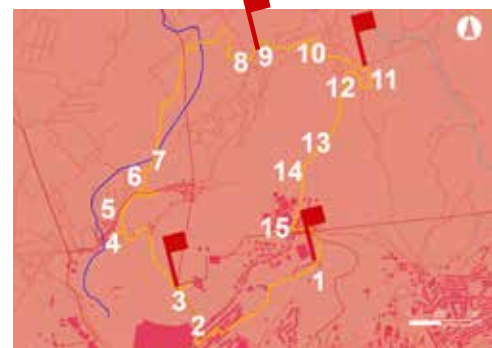
Duration 3h45m 

Difficulty 2/5 Easy 

Elevation Gain 312m 



GPS: tiny.cc/tfontes



Points of Interest

- 1- Sete Fontes (Seven Fountains) (41.571530; -8.399359)
- 2- Senhor do Alecrim Chapel
- 3- Montariol College (41.569617; -8.412494)
- 4- São Romão Chapel
- 5- N. Sr. do Socorro Chapel
- 6- Ortigueira Fountain
- 7- Outeiro valley
- 8- Mota Fountain
- 9- Picnic Park of Adaúfe (41.587324; -8.405291)
- 10- Romil Tank
- 11- Church of Adaúfe (41.585463; -8.394592)
- 12- Pegada Fountain
- 13- Hill path
- 14- Cork oaks
- 15- Senhor dos Milagres Chapel



Suggested Starting Points

Pelos Prados do Rio Torto

Historical Trails

The Roman Road identified as Via XX linked Bracara Augusta (Braga) to Lucus Augusti (Lugo). This via had the distinction of being *per loca maritima*, because part of the path was made by sea. Departing from Bracara Augusta, the Via XX followed west heading to the shore, where the sea route would initiate. It is thought that this route would cross near the Roman amphitheater in Maximinos parish, following west direction, passing near São Gregório Hill and Quinta da Naia.

This trail is a harmonious and captivating combination of a remarkable historical legacy combined with a surprising and pleasant rural environment. One can stroll by Torto River valley, passing through Cones location and the peculiar Bairro do Penedo reaching unusual hills, ideal to contemplate all the surrounding landscape, such as in Parque do Barral and São Gregório, places of leisure and enjoyment. In this last location several archaeological discoveries were found.



Unsigned Trail

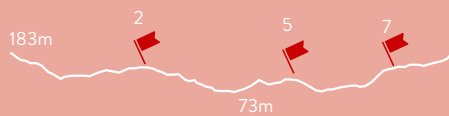
TECHNICAL DATA

Distance 7,9km 

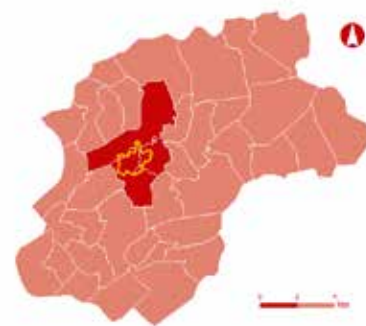
Duration 2h45m 

Difficulty 2/5 Easy 

Elevation Gain 240m 



GPS: tiny.cc/riotorto




Points of Interest

- 1- São Gregório hill (41.542192; -8.445280)
- 2- Nossa Senhora da Esperança chapel and waycross (41.542305; -8.459084)
- 3- Torto river valley
- 4- Nossa Senhora da Saúde Chapel
- 5- Barral park (41.552964; -8.448855)
- 6- Cones
- 7- Penedo neighborhood (41.548286; -8.436785)



Suggested Starting Points

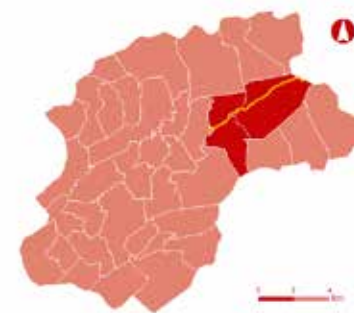
GR 117 (Via Romana XVII)

Historical Trails 

Via XVII of the Antonine Itinerary was one of the Roman Roads that connected Bracara Augusta (actual Braga) to Asturica Augusta (actual Astorga). This Roman Road crossed Aquae Flaviae (actual Chaves). The Via departed from Orósio Square and followed by the east side of the city, passing through the actual streets of Alcaide, D. Pedro V and Nova de Santa Cruz, reaching Gualtar parish. From there, the Via closely followed the Este River to the top of the Carvalho Mountain, succeeding to the municipality of Póvoa de Lanhoso. Still today there are several milestones from this route preserved. Some of them are collected in the D. Diogo de Sousa Museum.

In order to walk the paths of this ancient Via, the Great Route 117 was created. This route linked Braga to Chaves through the municipalities of Póvoa de Lanhoso, Vieira do Minho, Montalegre and Boticas. In Braga, the route starts in Largo Paulo Orósio, but the signposted section starts in Gualtar, covering a set of streets to the nearby Este (São Pedro e São Mamede) village. The route goes through the rural scenery of Novainho and other places that still preserve the identity of this territory. It reaches Rola location, a place where one can observe a stone pavement. To this sight the mind can be instantly transported to the distant times of two thousand years ago.

The route follows to the top of Carvalho Mountain, continuously signposted to the municipality of Póvoa de Lanhoso. This route includes a part of the Great Route 117, that is located in the municipality of Braga, totalizing 9,9km.



Points of Interest

- 1- Gualtar (41.557822; -8.397615)
- 2- Novainho place
- 3- Roman road
- 4- São Sebastião Chapel
- 5- Stone way
- 5- Carvalho mountains hillside
- 6- Carvalho d'Este place (41.582281; -8.333305)



 **Signed Trail**

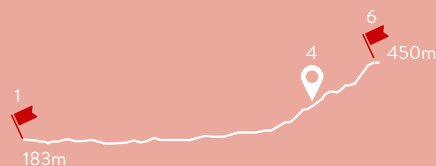
TECHNICAL DATA

Distance 6,7km 

Duration 2h30m 

Difficulty 2/5 **Easy** 

Elevation Gain 315m



GPS: tiny.cc/gr117

 **Suggested Starting Points**

Recomendations

- The unsigned trails are only suggestions of routes, indicated only for experienced hikers and should be done with the assistance of a GPS device suitable for this purpose (mobile APP is not an alternative to this effect);
- Unsigned trails are not subject to maintenance, cleaning and periodic monitoring. There may be sections where vegetation has grown or other issues that alter circulation conditions. In such cases, an alternative should be sought and informed to the entity in charge of the Braga Hiking Trails Network;
- Private property must be respected;
- On the signed trails one should follow the signs;
- One should not leave trash, taking it to a collection point;
- Preserve the patrimony;
- Do not kindle a fire in the forest;
- Enjoy the natural, historic and scenic heritage that the municipality of Braga offers.

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* this trails are in process of signaling

