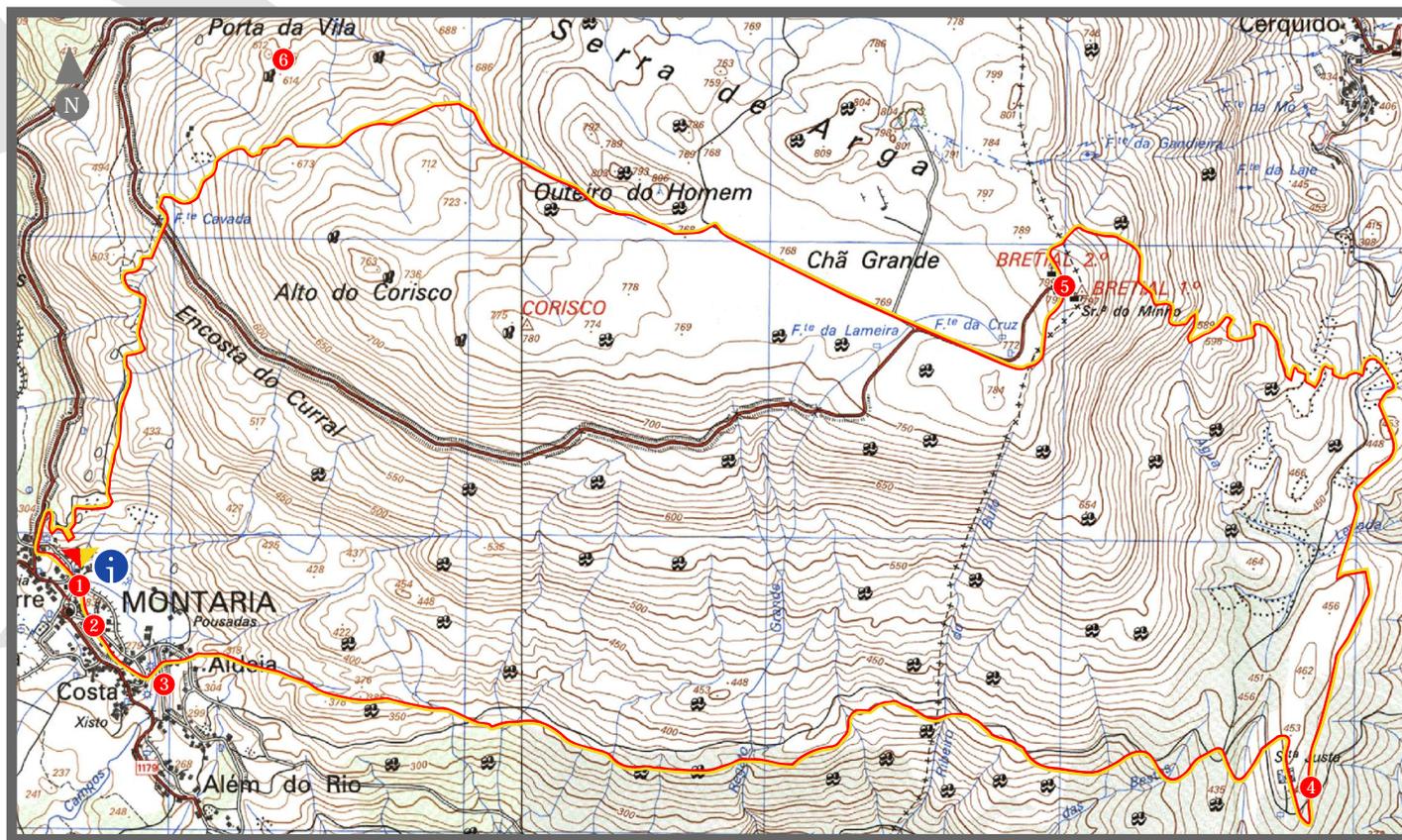


MAP OF VIANA DO CASTELO



trail Map in km



SCALE | 1:25 000

useful contacts

Viana do Castelo City Council > 258 809 300
 Viana Welcome Centre > 258 098 415
 Hospital > 258 802 100
 Fire Department > 903 442 205 / 258 840 400
 Volunteer Fire Department > 258 800 840
 GNR (Portuguese National Guard) > 258 840 470
 PSP (City Police Department) > 258 809 880
 SOS - Emergency Services > 112
 Emergency number for Forest Fires > 117

information PR2

Name of Trail
Shepherds Trail

Sponsoring Organization
Montaria Parish Council

Trail System
Average Trail

Location
Montaria

Distance
14,8 km

Initial Level
274m

Maximum Level Reached
795m

Minimum Level Reached
274m

Time
4h50m | 4 hour e 50 minutes

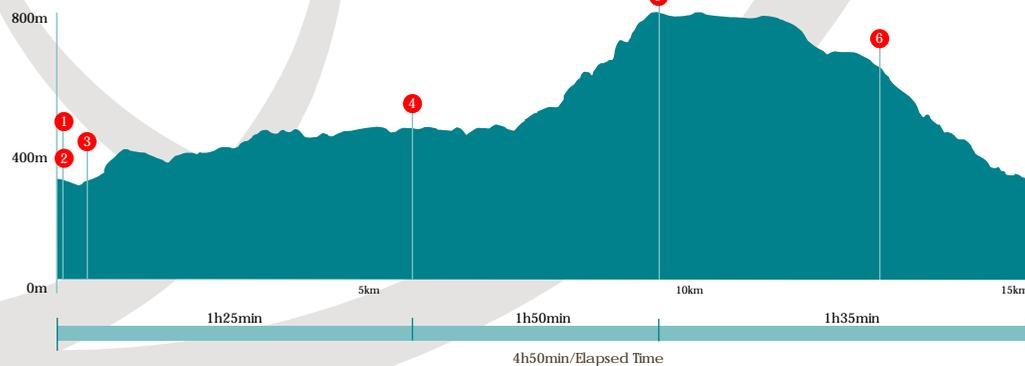
Difficulty
Moderate

Trail Type/Character
Landscape/Ecological/Cultural

Start Point
Largo do Souto Montaria

Latitude: 41° 47' 28.17" N
Longitude: 8° 43' 43.22" W

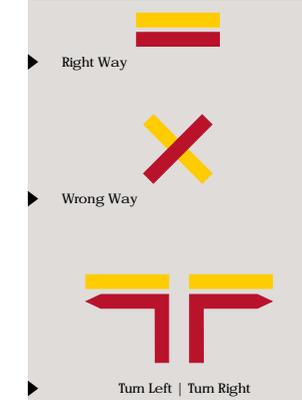
profile graph height/distance



- Start Point/End Point
- 1 Serra d'Arga Town Gate
- 2 Montaria Parish Church and Calvary
- 3 Costa Mills
- 4 Santa Justa Chapel and Shelters
- 5 Senhora do Minho
- 6 Town Gate



trail mark



trail rules

>Stay on the trail at all times - Pay attention and obey trail signs and markings.
 >Avoid making loud noises.
 >Respect Private Property.
 >Do not litter. Take all litter with you and place in rubbish bins.
 >Be careful with livestock. Do not disturb animals.
 >Preserve nature. Do not pick flowers, collect rocks or catch animals.
 >Avoid walking alone in the mountains.
 >Be careful when foggy.
 >Always use appropriate gear and clothing - hiking boots, a raincoat and a hat.
 >Do not make fire at any time.
 >Help preserve the trail.

responsibilities

"The recommended walking trails do not exempt their users or those who promote them from taking the responsibility for any possible damage to property or personal injury which may occur when using the trails."

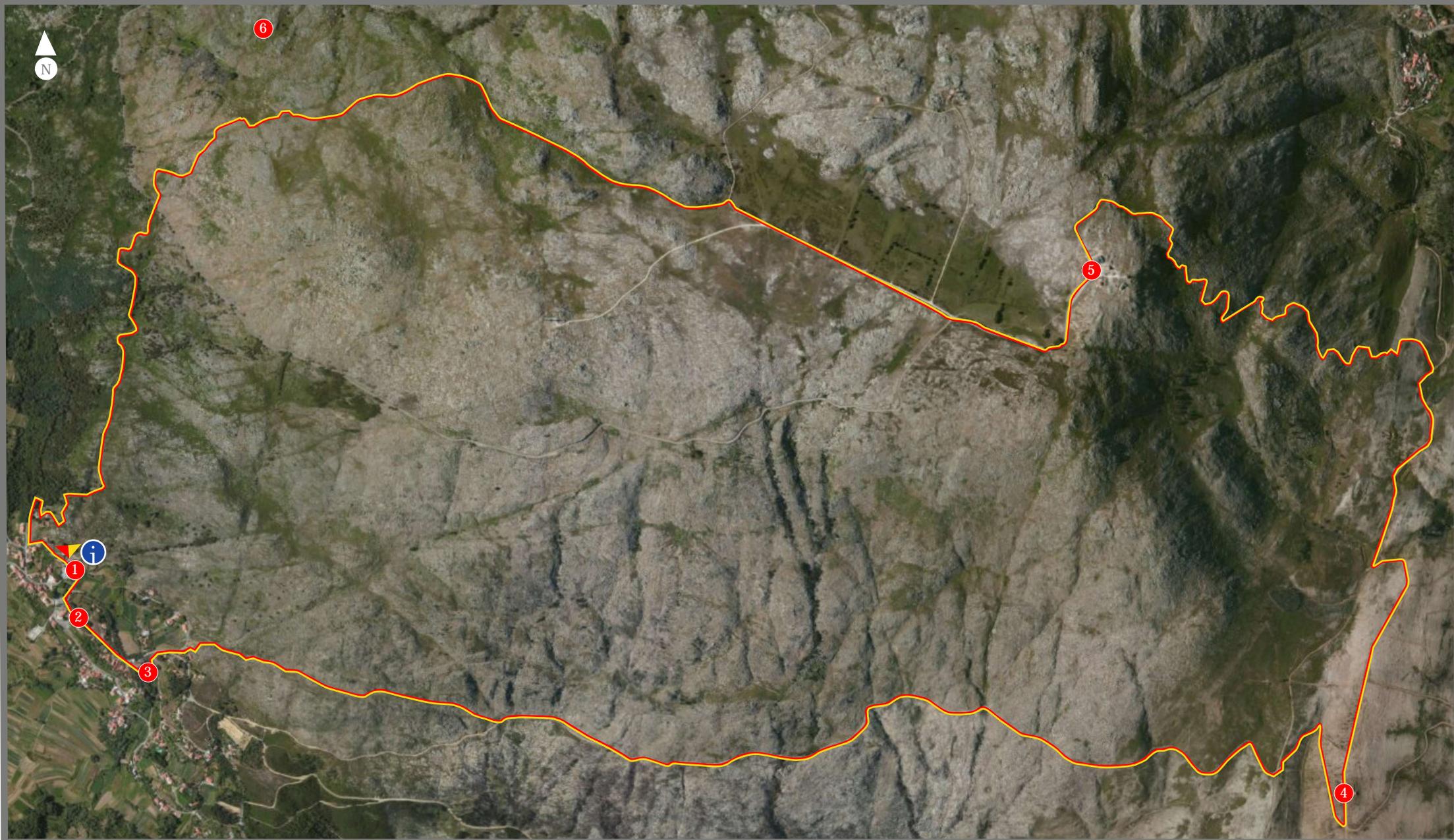
CÂMARA MUNICIPAL VIANA DO CASTELO

www.cm-viana-castelo.pt

PR 2
shepherds trail

montaria trAILS

RMP - rede municipal de percursos pedestres



SCALE | 1:15 000

trail description PR2

This circular trail starts off in the centre of Montaria, next to the Porta do Sitio da Serra d'Arga (Interpretation Centre) and heads towards Montaria Parish Church and Calvary. Along the way you may visit the Costa Mill, a characteristic symbol of the Montaria landscape along with the paths and levadas (irrigation channels).

These confer a very picturesque setting to the landscape. These irrigation channels are still in use today. Continue on a shepherd's trail and about 1 km ahead you will come to a military road that will lead you to the "Santa Justa" Chapel and shelters (this belongs to the Ponte de Lima region). This place is quite interesting due to its imposing walls, the dimensions of the shelter and the singularity of the chapel. The trail heads towards "Lugar do Cerquido", in the village of Estorãos - the stone pavement heads towards the Senhora do Minho plateau, where you may visit a small cave with a stone statue of Our Lady wearing a Minhoto costume

(traditional folk costume). You may also contemplate the views over the regions of Paredes de Coura, Ponte de Lima and Viana do Castelo, the Lima river valley as well as the majestic Atlantic Ocean. The trail now descends to Montaria, passing the Porta da Vila, an odd stone (granite) formation which received this name as it looks like a door, as well as an old house located right in the middle of the mountain.

