



PR 23 trail of sobreiros  
carvoeiro



CÂMARA MUNICIPAL  
VIANA DO CASTELO



www.cm-viana-castelo.pt

## 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."

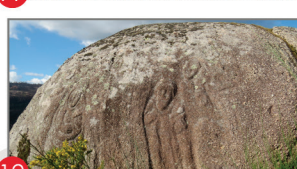
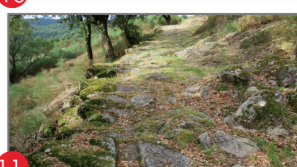
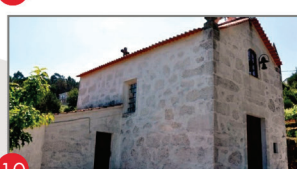
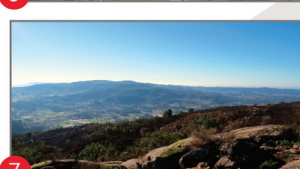
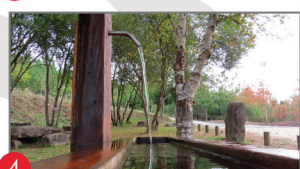
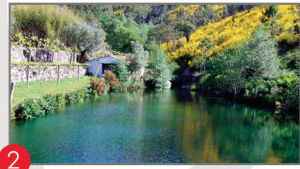
## trail rules

- >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.

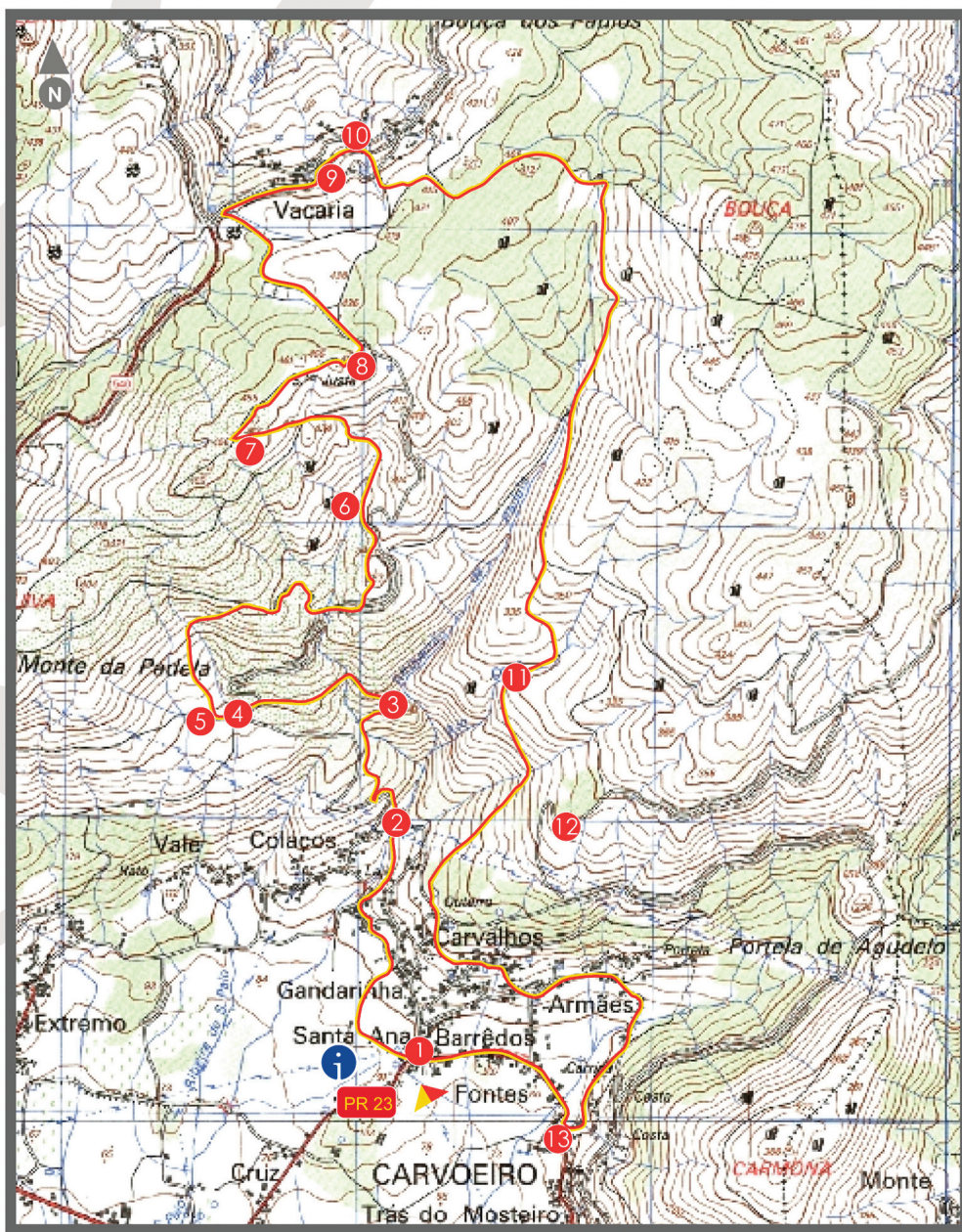
## map of viana do castelo



## trail mark



## trail map in km



SCALE | 1:25 000

## information PR 23

### Name of Trail

PR 23/ Trail of Sobreiros

### Sponsoring Organization

Viana do Castelo City Council  
Council Management of Carvoeiro  
Common Land

### Trail System

Average Trail

### Location

Padeia Mountain - Carvoeiro

### Distance

13.5 km

### Initial Level

95m

### Maximum Level Reached

462m

### Minimum Level Reached

85m

### Time

3h30m

### Difficulty

Moderate

### Trail Type/Character

Landscape/ Ecological/ Cultural

### Start Point/End Point

School EB1 - Carvoeiro

Latitude: 41°38' 59.93" N

Longitude: 08° 39' 45.28" W

Start Point/End Point

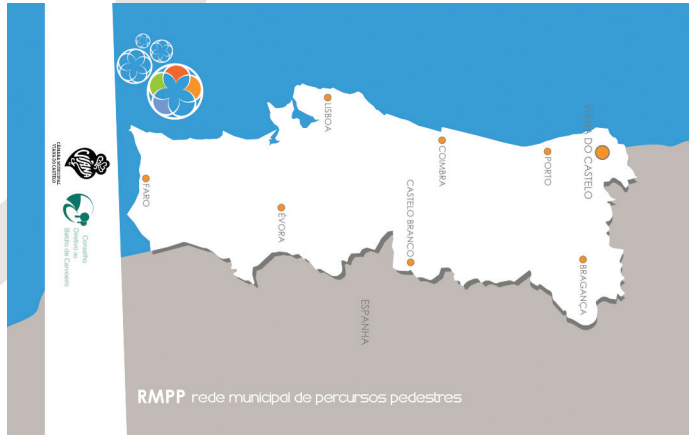
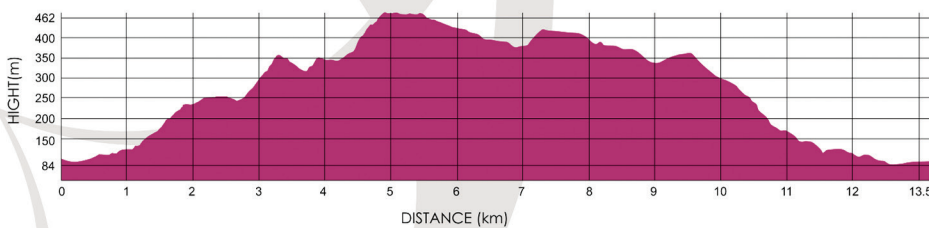
PR 23

- 1 Santa Ana Chapel
- 2 Fraga's Reservoir
- 3 Castro of Alto dos Mouros
- 4 Valinhas Park
- 5 "Mamoa" of Valinhas (tumulus of the Megalithic period)
- 6 Lage Negra (Big flat rocky surface)
- 7 Viewpoint
- 8 Santa Justa Chapel
- 9 Cowshed Area
- 10 Our Lady of Lurdes Chapel
- 11 "Calçada Nova" (New pavement)
- 12 Coxa Rock
- 13 Benedictine Monastery

## useful contacts

Viana do Castelo City Council > 258 809 300  
Viana Welcome Centre > 258098415  
Hospital > 258 802 100  
Fire Department > 963 442 205 / 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

## profile graph / hight/ distance







## trail description PR 23

The "Trilho dos Sobreiros" (Cork Oak Trail) is a small pedestrian route, integrated into Viana do Castelo Municipal Pedestrian Network. Located into the forestall area of the "Carvoeiro" Parrish Council, right in the middle of Padela's Mountain, the trail aims to show the landscape as well as archaeological and patrimonial richness of the Parrish Council. Its route is circular and 14 km long.

The trail starts next to the "Carvoeiro" primary school and Santa Ana's Chapel, right in the Parrish Council Centre. After climbing the stairs giving access to the Chapel's Churchyard, the trail follows west using a dirt track.

In between farming fields, and already by the end of the settlement, we enter a route alongside the river taking us to a water reservoir presenting a containment capacity of 800 cubic meters, used for watering and enjoyed during summer in bathing related activities.

Keeping ahead north and already entering the forestall area, we go up using the Cowshed street and around 200 meters ahead entering to the right into a pine and cork oak populated area taking us till the Castro of the "Alto dos Mouros", small fortified settlement dating back to the Iron Age and Romanization. We go back to the trail and follow up to the forestall pathway, now to the west, arriving to the "Valinhas Park", a playground and leisure area with a fish populated lake, a fountain, tables and a whole environment dedicated to a relaxed journey. Around 100 meters west we find a tumulus of the Megalithic Period, small artificial "mound" covering a funerary chamber, most of the time delimited by an architectonic structure called tapir or dolmen. We get back to the trail once again and head north, passing by a new area populated by adult cork oaks and turn right until we arrive to a tar covered street. Then, we turn left exiting right away, once again to the left, until getting to the "Lage Negra", imposing massive granitic formation. We head towards north till we get to a valley and reach the trail highest spot (462m) and enjoy a magnificent view over the River's Neiva Valley. Going now east, we arrive to the Santa Justa Chapel, a little hermitage located at the heart of Padela's Mountain, where we can admire to the south the magnificent landscapes as well as the mountain spring. Santa Justa is the advocate of skin diseases and her pilgrimage occurs during August last week (end of the week to be precise). Forwarding on the trail we arrive to the Cowshed Area, a Mountain Rural Community with beautiful landscapes over Rio's Lima Valley.

We follow till the spring then, after leaving the old house, we enter once again the forest where we begin our descent towards the support water reservoir used to fight potential fires. From the reservoir we go up the forestall pathway to the left and at the end of it we exit to the right to start a unique journey using the "Calçada Nova" (New Pavement), main forestall pathway, from early XX century, all covered by granite and where all the forestall activity went by. More or less by the middle of the trail we can observe a huge formation of adult Cork Oaks. Leaving the course, and 250 meters to the east, we can observe the images carved in cliffs by a resident, realized in the decade of 1930/40 with the aid of peaks. Returning again to the track, and arriving by the end of the "Calçada Nova" (New Pavement), we turn left and get back to the urban area, we then follow to the right south using Outeiro street to the Oak Tree Square. By the end of Luísa Monteiro street we turn left and get back to Armães street, following the Costa street heading to the Benedictine Monastery. The Monastery exists since immemorial times, its last reconstruction dating back to 1704-1707. We then enter the Fontes street and go back to the starting bridge next to the school.

