



INFORMATION PR 28

> **TRAIL NAME**
PR 28 - The Três Summits Trail

> **PROMOTING ENTITY**
Subportela Association
Viana do Castelo City Council

> **TRAIL SYSTEM**
Average Trail

> **LOCATION**
Portela Susã, Deocriste, Subportela, Vila Franca, Mujães e Vila de Punhe

> **DISTANCE**
19.9 Km

> **INITIAL QUOTA**
46 m

> **MAXIMUM QUOTA ACHIEVED**
384 m

> **MINIMUM QUOTA REACHED**
21 m

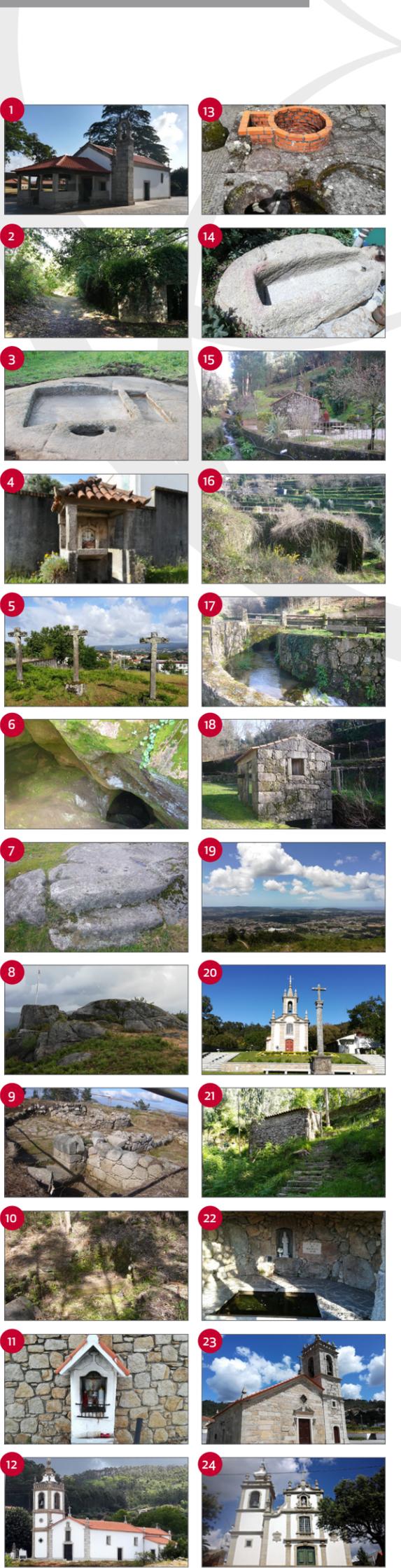
> **DURATION**
6h00m

> **DEGREE OF DIFFICULTY**
Difficult

> **ROUTE SCOPE**
Landscape/ Ecological/ Cultural

> **DEPARTURE/ ARRIVAL POINT**
S. João Chapel, Subportela

> **LAT./ 41° 41' 40.28"N**
> **LONG./ 8° 43' 19.33"W**



RESPONSABILITIES

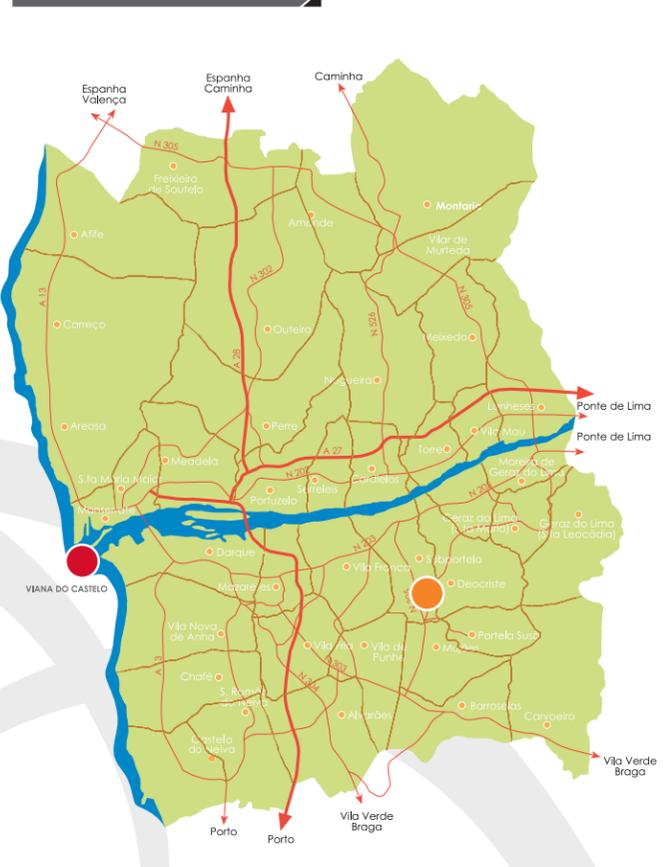
> The recommended walking trails do not exempt their users of those who promote them from taking the responsibility for any possible damage to property or personal injury which may occur when using the trails.

TRAIL RULES

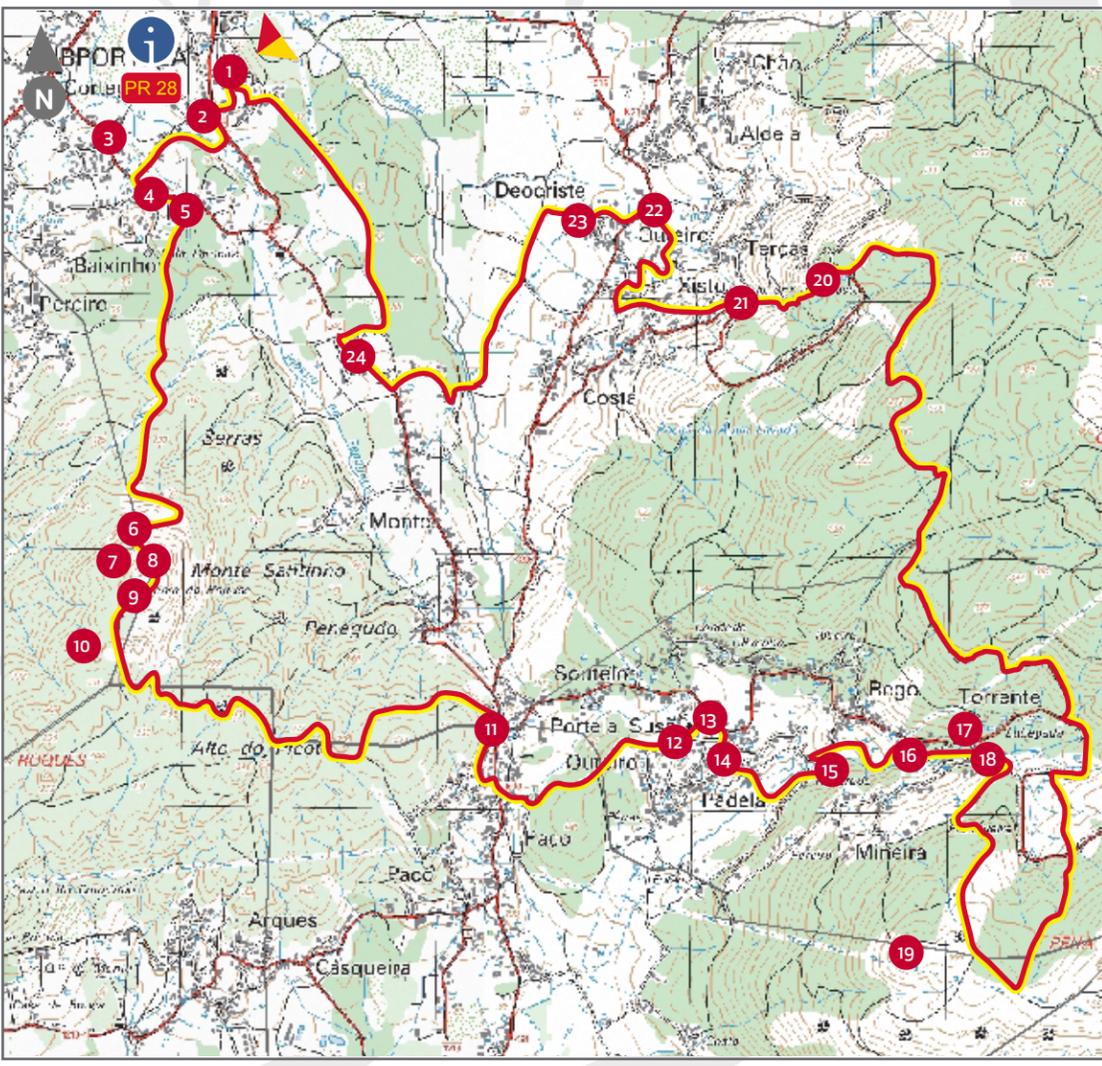
- > Stay on the trail at all times
- > Pay attention and obey trail signs and markings.
- > Avoid making loud noises.
- > Respect private property.
- > Do not litter.
- > Take all litter with you and place in rubbish bins.
- > Be careful with livestock. Do not disturb animals.
- > Preserve nature. Do 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 any time.
- > Help preserve the trail.



MAP OF VIANA DO CASTELO



TRAIL MAP IN KM



STAR POINT | END POINT

PR 28

- | | |
|----------------------------------|--------------------------------|
| 1 S. João Chapel | 13 Olive Press |
| 2 Engenhos Pathway | 14 Stone Dug Sepulture |
| 3 Medieval Mill/ Press | 15 Rebolido Mill |
| 4 Calvary Shrines | 16 Watermills |
| 5 Cortegaça Calvary | 17 "Souto da Torrenta" |
| 6 Boca da Serpe | 18 Lubegada Mill |
| 7 "Pegadinha" | 19 Cruz Watchtower |
| 8 Penedo da Cruz | 20 "Sr.ª do Crasto" Chapel |
| 9 Castro of Roques Acropolis | 21 Watermills and Olive Press |
| 10 Castros Watering Place Area | 22 Lígua Fountain |
| 11 Portela Susã Shrines | 23 Deocriste Parochial Church |
| 12 Portela Susã Parochial Church | 24 Subportela Parochial Church |

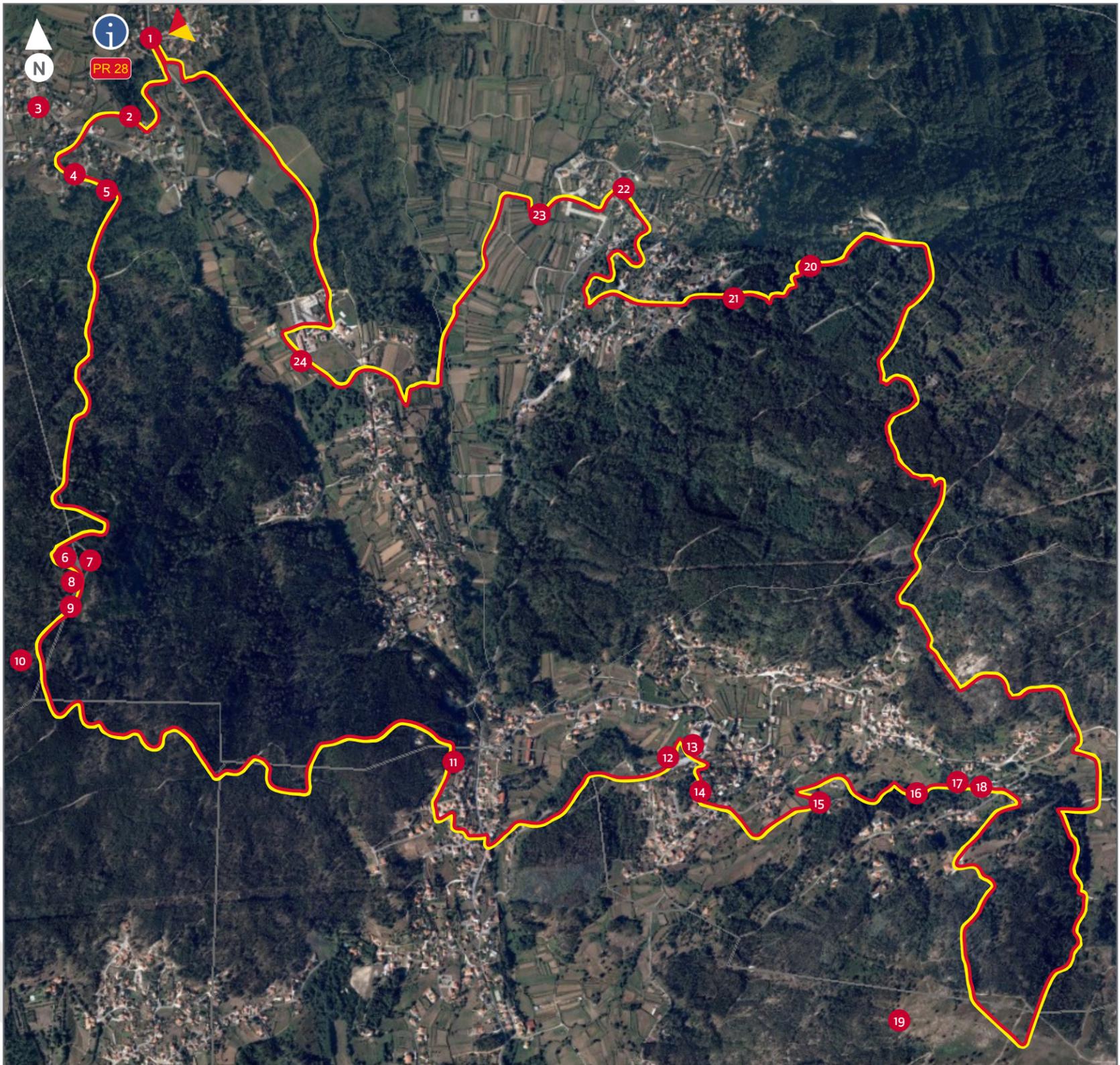
PROFILE GRAPH
HIGH/DISTANCE



USEFUL CONTACTS

- > Viana do Castelo City Council | 258 809 300
- > Viana Welcome Centre | 258 098 415
- > 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 Fire | 117





SCALE | 1:5 000

TRAIL DESCRIPTION PR 28

The "Três Cumes" (Three Summits) Trail begins and ends at the "São João Novo" Hill, where a chapel going by the same name was erected. It should be noted that this route is partly shared by the PR 19 – "Castro de Roques" Trail, in the area between "Monte Santinho" and the descent towards "Portela Susã".

Starting from this chapel, we head towards the "Engenhos" pathway, where in the past several water-powered mills were operating, including a sawmill. At the end of the road we have to turn left, walking a little along the M540 until reaching the "Calvário de Cortegaça" (Cortegaça Calvary). If you turn right, however, you can visit the medieval Mill/Press, which is privately owned but nonetheless easily accessible. Returning to the trail, we cross the aforementioned Calvary and follow through the forest, where there are hints of once existing tungsten mines, towards "Monte Santinho", one of the first trail summit as well as its Acropolis. Here we can observe traces of the ancient Iron Age settlement, there are even ruined walls and an old bathing resort, which we can visit, then return to the track. After passing this magnificent monument that portrays the human occupation ancestry in this region, we will keep on going through the forest until we reach "Portela Susã", which we will travel through, passing by several emblematic monuments, such as the Parish Church and a grave dug in the rock, located on private property. Continuing through the forest and growing fields, we will reach the completely renovated "Rebolido" Mill. From this point, we start a slight climb, through paradisiacal paths, that will take us to the "Souto da Torrenta" area, a magnificent leisure park where you can rest for a while. Here we can admire the renovated "Lubegada" Mill, the dam and fountain, as well as a magnificent surrounding landscape. From here we will climb to the "Serra da Padela" (Padela Mount), the second trail summit. Turning right, you can go to the "Miradouro da Cruz" (Cruz Watchtower), where you can see Lima's River mouth and the "Monte de Santa Luzia" (Santa Luzia Hill). On clear days, you can even see the city of "Braga and Sameiro".

Returning to the trail, we will then go down again towards "Portela Susã", crossing forest and fields. Then we will slightly ascend, once again crossing the forest, which will take us to the "Senhora do Crasto" hill, in "Deocriste" region, the third and last summit of our journey.

After enjoying the magnificent landscape of Lima's river mouth, the surrounding hills as well as the view over the city of Viana do Castelo, we will start going down, passing through two "azenhas" (watermills), until we reach the "Deocriste" urban core, which we will cross in order to reach your parish church. Then, always by countryside, we will reach the "Subportela" Parish Church. Then we enter a forest patch until we reach the "São João Novo" Hill again, finally finishing our trip.

