



**CULTURAL
HERITAGE**



**ACTIVE
TOURISM**



**VILLAGES
OF MINHO**



**GASTRONOMY
AND WINE**



**CULTURE
& CRAFT**



amar o
minho



MINHO A REGION TO VISIT

A LAND OF ADVENTURE AND DISCOVERY, CULTURE AND TRADITIONS

Minho is a land of adventure and discovery, culture, and traditions, hiding a whole world of wonder. The ideal place for landscape lovers, to enjoy the best thermal baths and spas, to enjoy the richest arts and gastronomy, to discover villages, manor houses and gardens, to savour a good vinho verde and to practise various nature sports. This is an invitation to come and enjoy Minho. It is in this spirit that I greet you and invite you to have remarkable experiences! Welcome to experience and discover Minho!

Manoel Batista

President of the Minho Innovation Consortium



MINHO INNOVATION CONSORTIUM

It is a unique partnership at national level, comprising, in addition to the three Intermunicipal Communities of Minho (Alto Minho, Cávado and Ave, representing 24 municipalities), local development associations, educational institutions and more than 820 companies and 120 associations, whose main objective is to valorise the main endogenous resources of Minho, particularly in low-density areas.

A NATURAL AMPHITHEATRE

GEOGRAPHY

The landscape units of Minho are characterised by their rugged terrain, formed by a sequence of narrow valleys between contiguous watercourses (interfluves), giving rise to steep slopes. The interior mountain ranges have altitudes of over 1000 metres, with the Peneda (1373 metres) and Gerês (1545 metres) standing out.

There is a high orographic contrast between the low, sandy and poorly cut coastline and the high inland mountains. Along the coastline there are small estuaries such as the Neiva and Cávado and sandy beaches between Foz do Cávado and Apúlia. This change takes place over a short distance, so we can speak of an apparent natural amphitheatre.

ATLANTIC INFLUENCE

The geographical location of the Minho region imposes climatic characteristics that are a transition between the cold, humid climates of northern Europe and the hot, dry climates of Africa. Although, from a climatic

point of view, the Mediterranean influence is felt throughout the country, the Atlantic influence predominates in Minho. Thermal amplitudes increase as you move from the coast to the interior and move up in altitude. In general, summers are cool, and the region has the highest rainfall in the country.

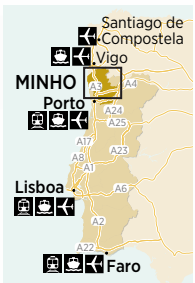
ACCESS

Minho is served by good airport infrastructures such as Oporto Airport and Vigo and Santiago Airports in Galicia, Spain. Road accessibility includes the A1 North Motorway (Lisbon-Porto), the A3 Minho Motorway (Porto-Valença), the A28 North Coast Motorway (Porto-Caminha) and the A27 Lima Valley Motorway (Viana do Castelo-Ponte de Lima). Also by land, Minho is served by regular express bus services.

In addition, there are rail connexions with CP Regional Linha do Minho, CP Intercidades (Coimbra - Valença), CP InterRegional (Figueira da Foz - Valença), Celta (Vigo - Porto)



and Renfe Regional Exprés (Vigo - Porto). The cities of Oporto and Vigo are also served by the Cruise Terminal of the Port of Leixões and the Port of Vigo, in Spain, and Braga by the Municipal Aerodrome.



LEGEND

-  Railway Station
-  Bus Station
-  Maritime Station
-  Airport Aerodrome

AIRFIELD

Braga Municipal Aerodrome
 Ultralight aircraft
 R. do Carregal
 4700-688 Palmeira, Braga
Aeroclub de Cerval
 Avenida Cerval, s/n, Vila Meá
 4920-251 Vila Nova de Cerveira.

AEROPLANUM

Aerodrome Association Alto Minho | Galicia
 with the aim of promoting and boosting the Alto Minho aerodrome.

HIGHLIGHTS

NORTHWEST IN NUMBERS

Territorial expression
 3 sub-regions
 1 100 000 residents
 24 municipalities
 4 927 km2 of area

DISTINGUISHED DESTINATION

CETS - European Charter for Sustainable Tourism



Green Destinations



TOP 100 Sustainable Destinations 2018



Alto Minho Nautic Station





**Peneda-Gerês
National Park**

LEGENDARY PAST

The settlement of Minho dates back to prehistoric times, but the first town was only built in 16 BC, during the Roman period, with the name *Bracara Augusta*, now the city of **Braga**, in honour of Emperor Augustus. After the fall of the Romans, the Suevi and Visigoths passed through. Portugal was born in Minho. This is where the Portuguese began as a people and a nation. In **Guimarães**, in 1128, King Afonso Henriques declared the independence of the Portucalense County and gave birth to what would become the Kingdom of Portugal.

From the 15th century onwards, the north-west region took part in the Portuguese Discoveries, and in the 19th century, Minho was the region from which most emigrants left for Brazil.

VALDEVEZ BATTLE, ARCOS DE VALDEVEZ

The Valdevez “Battle” is one of the most remarkable moments in Portuguese history. When, in 1141, the armies of Afonso Henriques and Afonso VII of Castile and León, his cousin, clashed, the encounter, an almost certain battle, turned into a medieval tournament. It was an example of diplomacy as no blood was shed. Every year

in July, the re-enactment of ‘Bafordo’ in **Arcos de Valdevez** takes on the atmosphere and scenery of the time.

PENEDA-GERÊS NATIONAL PARK

Covering some 70,000 hectares, the Peneda-Gerês National Park stretches from the plateaus of Mourela to Castro Laboreiro, including the Peneda, Soajo, Amarela



Valdevez “Battle”



Valença Fortress



and Gerês mountains. It covers the municipalities of **Terras de Bouro, Melgaço, Arcos de Valdevez, Ponte da Barca and Montalegre** (Trás-os-Montes). It is a granite mountainous region with deep, steep-sided valleys that support a dense hydrographic network, allowing for a wide variety of life forms and experiences. The remarkable botanical diversity - woodlands, scrubland, riparian vegetation, peat bogs and wet scrub - is also home to some of the most important oak forests in Portugal. The diversity of fauna includes the Lusitanian salamander, the Iberian wolf, the mountain goat, the whinchat and the roe deer, the symbol of this protected area,

which is a UNESCO World Biosphere Reserve.

MEDIAeval FORTIFICATIONS

Military architecture is a significant part of Minho's architectural and artistic heritage, with numerous fortifications dating back to the Middle Ages. Castles, forts, towers, and walls mark and characterise many of the urban and rural landscapes and are associated with national history and countless legends. Of great strategic importance in the defence of north-west Portugal, the Wall and Adarve integrated into the Historic Centre of **Guimarães** are a UNESCO World Heritage Site,



for which the Fortess of **Valença** is a candidate.

MEMORABLE STAYS

The hotel network and accommodation options in **Minho** are diverse and of high quality. From hotels, inns and guesthouses to rural tourism, local accommodation, and residential tourism, not forgetting youth hostels and camping, caravanning and glamping sites, the hospitality is genuine and the stays memorable.

A starting and finishing point to get to know **Minho**, the range of lodging and accommodation on offer allows for unique and differentiated experiences. These are spaces where the past, modernity and cultural roots coexist in harmony. They stand out for their appreciation of tradition, history and respect for the environment and well-being.



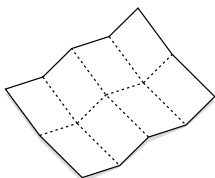
**Bom Jesus de Braga
Sanctuary**

CULTURAL HERITAGE

A testimony to the richness and antiquity of the region.

There is no place in Portugal with as many monuments and classified heritage as the **Minho**, which is a testament to the richness and antiquity of the region. The north-west of Portugal stands out for the valuable diversity of its historical and archaeological heritage, civil and religious architecture, a true testimony to distant cultures and ancestral presences.

Throughout the territory there are medieval castles and towers, churches and monasteries, bridges and palaces, military fortifications for coastal defence and fortresses, much of which is classified as a National Monument. The historic centres of the **Minho** municipalities are urban spaces with ancient foundations that are now strong tourist attractions.



See fold-out illustrated map 'Minho. Above all - Cultural Heritage'



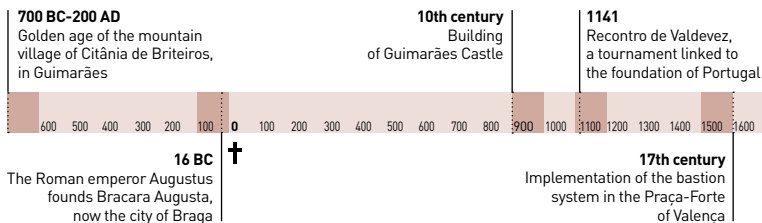
Rubiães Roman-Medieval Bridge

ORIGINS OF NATIONALITY – VIA ROMANA

The Roman-Medieval bridge of the IV Via Romana, in Rubiães - **Paredes de Coura**, is a reminder of the magnitude and scope of the Roman Empire that, between the first century BC and the fourth AC, built a monumental road in **Minho**.

This is where armies and merchants passed through on their way from *Bracara Augusta* (**Braga**) to *Asturica Augusta* (Astorga). Military personnel travelled on horseback, on their way to battle or to the legions' camp, and merchants with their animal-drawn carts,

loaded with products to sell at the fairs. Valuable minerals, such as tin, were exploited by the state, which used this road to transport them safely. The road still serves as a crossing point for pilgrims on their way to Santiago de Compostela.



BOM JESUS DO MONTE SANCTUARY

Located on the slopes of Monte de Espinho, overlooking the city of Braga, the architectural and landscape complex of the Bom Jesus do Monte Sanctuary represents a sacred hill crowned with a church.

The most majestic sacred hill built in Europe is dominated by Italian Baroque religious architecture. The sanctuary is located on a Way of the Cross route and includes a series of chapels that house sculptures evocative of Christ's death and resurrection, as well as fountains, allegorical sculptures and formal gardens.

The Way of the Cross culminates in the neoclassical church, built between 1784 and 1811 to a design by the architect Carlos Amarante.

Chancel
Transept

Five-berth ship





Basilica of Bom Jesus do Monte

Virtues Staircase

Staircase of the five senses

Terreiro dos Evangelistas

Lift or Funicular
Inclined lift overcomes the gradient, parallel to the Staircase.

Three-panelled neoclassical façade

Basilica
Church with a Latin cross floor plan

The pilgrims ascend via the Staircase or the Lift or Funicular, making this baroque resort one of the greatest sacred routes.



THE ELEVATED RESORT IS CLASSIFIED AS A UNESCO WORLD HERITAGE SITE, THE PURPOSE OF WHICH IS TO PROTECT HERITAGE PROPERTIES OF OUTSTANDING UNIVERSAL VALUE.

Capacity
**5 standing passengers
and 30 seated**



Frequency
30 minutes

Journey time
2,5 a 4 minutes

Speed
1,2 a 1,8 m/s

Driving force

The driving force is the water from the springs and mines of the Bom Jesus resort, connected by pipework to an underground tank. There is no need to use the public water supply.



Steering wheel

Rotating part that regulates the cable and the movement of the raising and lowering mechanism.

Reservoir

5,850 litre water tank. The upper cab thus becomes heavier than the lower cab and the movement begins with the release of the brakes on both cabs.

Portico
Staircase



FUNICULAR LIFT

Inaugurated in 1882, the Bom Jesus do Monte lift was promoted by the Braga businessman Manuel Joaquim Gomes. Designed from a distance by the Swiss engineer Nikolaus Riggensch, it fell to the young Portuguese-French engineer Raul Mesnier de Ponsard to interpret and execute the project. Operated by the Confraria do Bom Jesus do Monte, the funicular railway is currently the oldest in service in the world to use the water counterweight system.

It operates on a ramp and consists of two independent cabins connected by a funicular system. It connects the lower part of the hill, following a route parallel to the Escadório, ending at the highest point next to the equestrian statue of São Longuinhos.

Water

To start the gearbox, the driver opens the water tap and fills the reservoir to the desired level, depending on the number (and weight) of occupants.

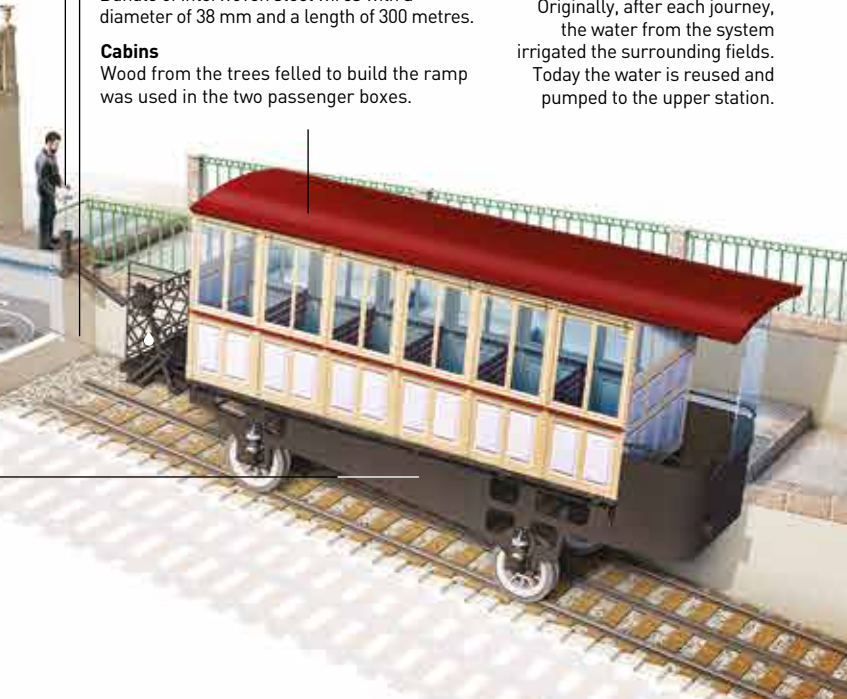
Cable

Bundle of interwoven steel wires with a diameter of 38 mm and a length of 300 metres.

Cabins

Wood from the trees felled to build the ramp was used in the two passenger boxes.

At the foot of the hill, the water is discharged and the cycle repeats itself. As well as being a counterweight, the reservoir feeds the front brake cooling circuit. Originally, after each journey, the water from the system irrigated the surrounding fields. Today the water is reused and pumped to the upper station.



CASTLES AND FORTRESSES INVITE YOU TO TRAVEL BACK IN TIME.

FORTIFICATIONS

Minho has been rich in historical and military monuments since the castreño period, when the first peoples inhabited the Iberian north-west. These include the towers and castles that were once erected at the headquarters of the various lands into which the territory was divided at the beginning of nationality. Others were built in border areas. After the founding of Portugal, the region has an important series of walls, castles, forts and fortifications from various periods. From the 16th century onwards, after the spread of artillery, new warfare tactics required the construction of different types of fortifications, based on the coast. These buildings are valuable documents of Portugal's history, especially the castles of Castro Laboreiro, **Melgaço**, **Monção**, **Valença** and **Lindoso**, in Alto Minho, and **Lanhoso**, Faria and Braga, in Cávado.



**Melgaço
Castle**

HISTORIC CENTRE OF GUIMARÃES

The Historic Centre of **Guimarães** is a unique vestige of city design and evolution. The morphology of its medieval urban fabric forms a succession of squares of great value and formal and environmental quality. The buildings are characterised by a particular type of construction, typologically diverse, but with great formal unity, since they are generally built using traditional construction techniques. The Historic Centre,



VENERATED VISITORS

The search for the sacred can be travelled in **Minho**, with Catholic faith and spirituality, on routes to temples and religious festivals. It should be remembered that the erudite Archbishop of Braga, Pedro Julião, was elected Pope in 1276, adopting the name John XXI for a brief pontificate.



exquisite ornamentation and a series of armoured tombs of the local nobility. The sculpture in the main portal is a remarkable piece of Portuguese Gothic. In 1977, the Mother Church was elevated to Cathedral status.

BREJOEIRA PALACE, MONÇÃO

A former landmark of the Alto-Minho municipality, the Palácio da Brejoeira is a grand neoclassical building from the early 19th century. The manor house, surrounded by high walls, has a leafy park with trees. Beyond its English-style gardens, 18 hectares of Alvarinho vines are cultivated. The modern winery produces quality wines without sacrificing the unique character of the 'Palácio da Brejoeira DOC Vinho Verde'.

which has been exemplarily rehabilitated, has been distinguished and classified by UNESCO as a World Heritage Site, given that **Guimarães** is of universal significance because. The building construction techniques developed here during the Middle Ages were later exported to the Portuguese colonies in Africa and the New World.

SAMEIRO SANCTUARY, IN BRAGA

A Marian temple that attracts pilgrims, the Sameiro Sanctuary is Portugal's second consecrated temple. Located at an altitude of 572 metres, it is framed by woodland and offers a panoramic view over the city of Braga.

The religious complex includes an enclosure for mass, the Chapel of the Blessed Sacrament, the main church, the crypt and the wide monumental staircase. The sanctuary has been enriched with works of art of different aesthetic and religious sensibilities.

VIANA DO CASTELO CATHEDRAL

The construction of the Mother Church of Viana do Castelo dates back to the first half of the 15th century, influenced by Gothic aesthetics. Its exterior retains the appearance of a Romanesque-inspired fortified church. The interior, made up of three naves, is characterised by



PILGRIMAGE ROUTES

The Portuguese Way of Santiago is a fundamental territory for understanding the true international dimension of the pilgrimage phenomenon. The Central Way, the **Barcelos - Ponte de Lima - Paredes de Coura - Valença** route, with a length of 73 km, is the most travelled. The Portuguese Coastal Way, a 150-kilometre route from **Porto to Valença**, is certified in recognition of the high heritage value of the historic routes. The beauty of the **Minho** landscapes and the good infrastructure help to make the routes consecrated by the cities that share their history with that of the road and the villages that come alive with the passage of pilgrims.

S. BENTO DA PORTA ABERTA, TERRAS DE BOURO

Nestled in Gerês and overlooking the Caniçada reservoir, São Bento da Porta Aberta is Portugal's second greatest sanctuary. The Benedictine place of worship in **Terras de Bouro** dates back to the 19th century and is characterised by the tile panels in the chancel and the gilded altarpiece. In 1998, a large crypt was inaugurated and, in 2015, the Holy See granted the sanctuary the title of Basilica.

CROSSINGS OVER THE CÁVADO RIVER

Built in the 17th century, the Prado Bridge is a solid granite construction with sturdy buttresses on both sides. It connects **Braga** and **Vila Verde** and has the particularity of being a trestle bridge, with

PLACES OF WORSHIP ARE CENTRES OF ATTRACTION FOR PILGRIMS AND VISITORS, INSPIRING SERENITY, AND PEACE.

access ramps in the centre. A National Monument itself, the **Barcelos** Bridge was built in the 14th century, with a flat deck resting on five broken, uneven arches. Also classified as a National Monument, Ponte do Porto/Ponte de Perozelo connects **Amares** to **Póvoa de Lanhoso**. Built in the 14th century, it is long and narrow with a flat deck resting on full broken arches.

SANCTUARY OF S. BENTO DAS PÊRAS, VIZELA

At an altitude of 410 metres, on the hill of São Bento das Pêras, the sanctuary is made up of the original chapel, dating from the 14th century and surrounded by rocks painted white in thanks for graces obtained, and the 20th century chapel, designed by the architect Aguiar de Guimarães. At the kiosk of the Confraria de S. Bento das Pêras, you can buy souvenirs of **Vizela's** patron saint. From the top of the belvedere you can enjoy beautiful panoramic views of the Vizela River valley.



**Brejoeira
Palace**

PASSAGES BETWEEN BANKS

Ponte da Barca took its name from the boat that used to link the banks of **Arcos de Valdevez** and **Ponte da Barca** before the bridge was built in the 15th century. The construction has a 180 metre long deck and rests on 10 arches. Classified as a National Monument, the complex is made up

of two bridges: a larger medieval section and what remains of the Roman bridge, dating from the 1st century.

In **Valença**, the Road-Railway Bridge, designed by Pelayo Mancebo Agreda and built in 1884 by the International Society of Braine le Comte, crosses the River Minho on the border with Galicia. Spanning 399 metres, the

international metal girder structure consists of an upper deck for the railway and a lower deck for the road. The French engineer Gustave Eiffel was the builder of the Viana do Castelo Road and Railway Bridge over the River Lima. The monumental metal structure consists of two decks and is 645 metres long, a symbol of iron architecture in Portugal.

GUIMARÃES CASTLE. A paradigm of the origins of Portugal, it is one of the most representative monuments of the Portuguese medieval imagination.

Its initial construction dates back to the time of Countess Mumadona Dias, who had it built in the middle of the 10th century to defend the monastery of Santa Maria de Guimarães from attacks by Muslims and Normans. In the 12th century, with the formation of the Portuguese County, Count Henry and Countess Teresa moved to **Guimarães** and ordered major works to be carried out on the castle to enlarge it and make it stronger.





Bridge over
the River Lima

ROMANESQUE BRIDGE OF VILAR DE MOUROS, CAMINHA

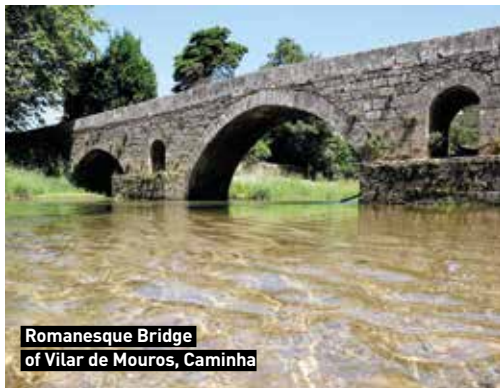
Over the River Coura, the Vilar de Mouros Bridge is classified as a National Monument and is one of the prototypes of Portuguese Gothic bridges. The construction consists of three slightly broken arches, the middle one being the largest, and a trestle deck. Although the exact date of its construction is unknown, its architectural features point to the late 14th and early 15th centuries.

VALENÇA FORTRESS

Valença was strategically important in the relationship between **Minho** and Galicia. Its origins date back to the 13th century, but it was in the 17th century that the bastion system was implemented, under the design of Michel de

L'École, a military engineer who had developed other fortifications along the River Minho. Construction began in 1661 and was completed in 1713 under the coordination of architect Manuel Pinto de Vilalobos. Valença then had a majestic network of bastions

and levels connected to each other by moats and bridges. The fortress is divided into two areas linked by the so-called Middle Gate. The northern area surrounds the medieval centre of the town and the southern area, with a purely military function, is called "Coroada".



Romanesque Bridge
of Vilar de Mouros, Caminha



**Geira and Arrieiros Way,
Roman Way**

GEIRA AND ARRIEIROSWAY, TERRAS DE BOURO

The Portuguese section of the Roman road (Braga - Amares - Terras de Bouro), which crosses the Peneda-Gerês National Park, is associated with a hundred milestones, testimony to the regional policies promoted by the Roman Empire. The 'Via XVIII / Geira' National Monument reveals the genius and boldness of the road engineering plan. Terras de Bouro preserves a 30-kilometre stretch of this ancient road. As part of the Campo do Gerês Museum Centre, the Geira Museum explores the construction and transport techniques of the Roman roads.

MEDIEVAL ABBEYS

In Vila Nova de Famalicão, the Church of Santiago de Antas is a building built in

the 12th to 14th centuries, with a Romanesque religious architecture in transition to Gothic. In the parish of Santa Eulália de Arnoso, the Church of the Monastery was a primitive temple founded in the 7th century during the Visigothic era, damaged by the Moors and later rebuilt in the 12th century. The Monastery of Landim,



**Landim Monastery,
Famalicão**

THE LARGEST NUMBER OF MILESTONES ON DISPLAY CAN BE FOUND IN THE ALBERGARIA FOREST

founded in the 12th century, has now been converted into a parish church, park and fence, which houses the Casa do Paço.

COASTAL LANTERNS

A place of fascination due to the mystical idea of its isolation, the lighthouses on the Minho coast have a rich architectural and scientific heritage. The lighthouses and lighthouse keepers publicise the history of the region and the Portuguese sailors who launched and led the Portuguese Discoveries, the conquests, voyages and



**Insua Fort,
Caminha**

explorations of the 15th and 16th centuries. Towers equipped with spotlights serve as navigation guides at the mouth of the Cávado - Esposende (Fort of St John the Baptist) and on the coast of Viana do Castelo (Fort of Santiago da Barra, Fort of Paçô and Fort of Areosa) and Caminha (Fort of Lagareira, Fort of Cão and Fort of Ínsua).

SENHORA DA GRAÇA, MONDIM DE BASTO

At an altitude of around a thousand metres, you can enjoy a privileged 360° view over the Tâmega valley and the Alvão, Marão, Barroso and Cabreira mountains. At the top of Monte Farinha, shrouded in ancient legends, the Sanctuary, an 18th century granite hermitage, welcomes believers and sportsmen alike. At the foot, there's an old

ranger's house, converted into a mountain bike centre, and a picnic area with shaded areas and a small lake.

MONTEADOR LIGHTHOUSE, VIANA DO CASTELO

It is located on a promontory in Montedor, Carreço, at an altitude of 103 metres above sea level. The tower that serves



**Montedor Lighthouse,
Viana do Castelo**

as a guide to navigation is the northernmost in Portugal and began operating in 1910. To guide navigation, the 28-metre high lighthouse also has an annex building. Modernised in 1947 and connected to the electricity grid, it was eventually automated in 1987, while maintaining its mystical, architectural and scientific allure.

SANTA LUZIA LIFT, VIANA DO CASTELO

The centenary funicular, the longest in the country at 650 metres, connects Viana do Castelo Railway Station to the Temple-Monument of Santa Luzia, an inn, historic garden and viewpoint. In seven minutes, you can overcome the 160-metre drop, with the carriages working on counterweights, to see the Lima River valley and the Atlantic coastline.



**Santa Luzia Lift,
Viana do Castelo**



River Vez

ACTIVE TOURISM

Discover the best outdoor experiences.

There is no greener land in mainland Portugal than **Minho**.
Did you know...

- Of the 12 protected areas in the Northern Region, four belong to the Minho territory.

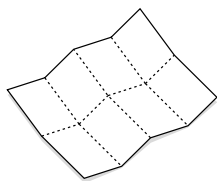
- The Peneda-Gerês National Park, the only National Park in the country also classified as a UNESCO World Biosphere Reserve, covers five municipalities, four of which are in **Alto Minho** and Cávado (Arcos de Valdevez, Melgaço, Ponte da Barca and Terras de Bouro).

- The Protected Landscape of the Bertandos and S. Pedro de Arcos Lagoons, in Ponte de Lima, is part of the Natura 2000 Network - National Ecological Reserve.

- The Corno do Bico Protected Landscape, in Paredes de Coura, covers an area of 2,175 hectares.

- The Litoral Norte Natural Park stretches along 16 kilometres of coastline between the mouth of the Neiva River in Viana do Castelo and the southern part of Apúlia in Esposende.

- **Minho** has the hydrographic regions of the international rivers Minho and Lima and the national rivers Cávado and Ave. These are large natural watercourses with tight beds and narrow basins, flowing in steep-sided valleys.



See the illustrated
fold-out map
'**Minho Above All**
- Active Tourism'.



**Cabeceiras
de Basto**

CLIMB THE MOUNTAIN

In **Minho**, the hills and mountains stretch for kilometres, with peaks of varying levels, cut by valleys and plateaus, creating idyllic landscapes. In the region, the terrain is very rugged, and the mountain ranges exceed 1200 metres, with the Serra do Gerês rising to the second highest point in mainland Portugal.

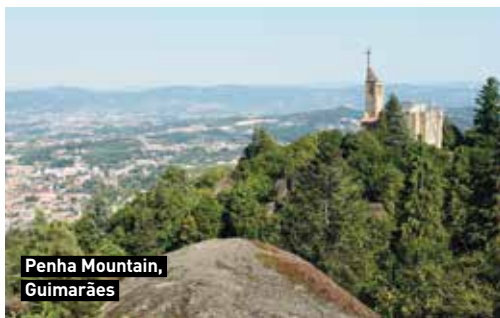
In the north-western region, the mountains, which are singular rather than grouped together, are home to enormous biodiversity, which has led to their being classified as natural parks or protected areas. Here you'll find viewpoints, historic villages, hot springs, waterfalls, rivers, and interpretation centres. As the saying goes: water from the mountains and shade from the rocks.

NATURE OF DEVOTION

The sacralisation of mountainous areas in **Minho** brings spirituality and nature together. Shrines and hermitages coexist at altitude with granite cliffs, trees, watercourses, and viewpoints on Penha Mountain in **Guimarães**, Bom Jesus do Monte and Sameiro in **Braga**, Santa Luzia in **Viana do Castelo**, Senhora da Peneda in **Arcos de Valdevez**, São Bento da Porta Aberta in **Terras de Bouro** and Nossa Senhora da Abadia in **Amares**.

BREEZE ON THE SLOPES

Agile, versatile, and non-polluting, the bicycle makes it possible to discover routes and practise physical exercise. In **Minho**, the main feature of cycling infrastructure is the connection between areas of environmental interest,



**Penha Mountain,
Guimarães**

through woods, along the seafront and along riverbanks. Cycle paths (in cities, towns, and villages), ecotrails (in natural environments) and ecotracks (on disused railway channels) allow cycle tourism routes on even surfaces and with safe and pleasant routes throughout the region. With circulation in restricted areas, the 'e-bike Rio Minho' electric bike sharing system can be used in **Alto Minho**.

PROTECTED LANDSCAPES

Of the 12 protected areas in the Northern Region, four belong to the **Minho** territory. The Peneda-Gerês National Park, Portugal's only National Park classified as a UNESCO World Biosphere Reserve, covers **Arcos de Valdevez**, **Melgaço**, **Ponte da Barca** and **Terras de Bouro** in **Minho**.

The Rede Natura 2000 ecological reserve includes the Protected Landscape of Lagoas de Bertandos and S. Pedro de Arcos, in **Ponte de Lima**, and the Protected Landscape of Corno do Bico, in **Paredes de Coura**, which has extensive forest cover, as well as the Litoral Norte Natural Park, in **Esposende**, which has an extensive strand of Atlantic dunes. With its mountainous topography, the Alvão Natural Park in Vila Real and **Mondim de Basto** and the Serra de Arga in **Caminha**, **Viana do Castelo** and **Ponte de Lima** are also part of the ecological reserve.

TÂMEGA ECOTRACK, CABECEIRAS DE BASTO

The Tâmega Ecotrack is a cycle path built on the railway channel of the old Tâmega

Line, whose train traffic ceased in 1990. The route, which is reserved for pedestrians, cyclists, and cycle tourists, is 5.4 kilometres long in **Cabeceiras de Basto**, from Arco de Baulhe to Vila Nune. The cyclepedestrian route, without steep slopes, offers views of the Tâmega Valley, villages, the old train station, and the Terras de Basto Museum, with a railway centre. EGWA - Special European Greenways Award EYR 2021.

MINHO RIVER ECOTRACK

On the route of the disused **Monção** branch of the Linha do Minho railway corridor, the Minho River Ecotrack follows a 30-kilometre route designed for cycling and walking, inline skating, and skateboarding. The third best greenway in Europe, elected at the European Green



**Peneda-Gerês
National Park**

Awards, starts in **Vila Nova de Cerveira**, passes through **Valença** and ends in **Monção**. With no steep slopes, the ecotrack surprises with its panoramic views of the river, traditional boats, the Galician shore and fishing grounds, small old stone buildings. The entire route has a bituminous surface and vertical signposting.



Surfing on the Esposende coast

BY THE SEA AND THE RIVER

With its Atlantic coastline, **Minho** offers a huge variety of beaches of recognised and award-winning environmental quality. These bathing areas are popular both for moments of leisure and relaxation and for activities such as surfing, bodyboarding and windsurfing. The Blue Flag, a symbol of environmental quality awarded annually to river and coastal beaches, honours environmental information and education, water quality,

environmental management and equipment, and safety and services. In **Minho**, more than two dozen beaches have been honoured, from **Viana do Castelo** (Afife, Amorosa, Arda, Cabedelo, Carreço, Castelo de Neiva, Insua, Luzia Mar, Norte and Paço) and **Caminha** (Azenhas-Vilar de Mouros, Foz do Minho-Cristelo and Vilarelho, Forte do Cão-Âncora, Moledo, Vila Praia de Âncora) to **Esposende** (Apúlia, Fão-Ofir, Marinhas-Cepães and Suave Mar), **Braga** (River Beaches of Adaúfe, Ponte do

Bico and Merelim S. Paio), **Fafe** (River Beach Albufeira da Queimadela) and Faial River Beach - Vila de Prado (**Vila Verde**). There are also designated beaches but no awards, such as Pedras Ruivas-Seixas, Transição Beach in **Caminha**, or Taboão River Beach in **Paredes de Coura**.

VERIM RIVER BEACH, PÓVOA DE LANHOSO

On the banks of the Cávado River, the Verim River Beach is located in a region of great natural beauty. The calm, excellent quality waters are sodic, fluoridated, and sulphurous. The bathing area has a picnic zone and support infrastructures, which include a decked walkway, requirements for disabled mobility and accessibility for all and first aid equipment. The facilities include a bar, volleyball court, picnic area and children's playground. Quercus Gold Quality - Inner Beach 2022.



Viana do Castelo



**Faial River Beach,
Vila de Prado**

PRAIA FLUVIAL DO FAIAL DA VILA DE PRADO NA MARGEM DO RIO CÁVADO, IDEAL PARA OS DIAS QUENTES

FAIAL RIVER BEACH, VILA DE PRADO

If you want to truly absorb the splendour of nature and feel the outdoors, there's only one thing you must do: visit the riverside areas of the **Vila Verde** municipality. Watch a spectacle of landscapes, wildlife, the sounds, and lights of nature itself. Feel this pleasure.

Praia Fluvial do Faial is one of these spaces and is located next to the River Cávado, in the village of Prado. With its excellent green spaces, it is ideal for quality time with family or friends. The Prado Nautical Club is also located here, with a multi-sports court (football, tennis, and basketball), a beach

volleyball court, a children's playground and a picnic area consisting of 6 tables with benches, a bathing area, a bar and a car park with access for cars and buses.

ABAE - Blue Flag Accessible Beach, Beach for all

MOLEDO BEACH, CAMINHA

A coastal beach with white, rocky sand, Moledo Beach combines long stretches of sand and sea with the Camarido Forest. The seaside resort,

famous since the beginning of the 20th century, is recognised for the therapeutic qualities of iodine. The slightly windy beach, bathed by a strong sea swell, has good conditions for surfing and even windsurfing during the summer. Opposite, on a small rocky island that can be reached by boat, stands the Ínsua Fort, a bastion of coastal defence.

ABAE - Quercus Gold Quality Blue Flag - Transition Beach. Accessible Beach, Beach for All

ADVENTURE ON THE WATER

Mountains and valleys mark the contrasting landscapes of **Ponte da Barca**, which opens onto the River Lima in an extensive river beach. Long canyoning routes and kayak trips are nautical activities that can be practised on the river and its banks, with all the charms of the mountain landscapes.



**Moledo Beach,
Caminha**



**Kitesurfing
in the Cávado estuary**

NAUTICAL STATIONS

Four certified nautical stations are located on stable water levels in rivers, lakes and reservoirs in the **Minho** region and are part of the Portuguese nautical stations network. They promote nautical and entertainment activities linked to the local cultural and environmental heritage, including accommodation and catering. Whether on the coast or inland, the north-western region of Portugal has a strong connection to water and aquatic entertainment experiences. In **Minho**, the **Esposende** Nautical Station and the **Alto Minho** Nautical Station in **Viana do Castelo**, as well as the **Cabeceiras de Basto** Nautical Station and the **Vila Verde** Nautical Station, have marinas/fluvines, moorings, sports centres, nautical clubs and companies

for kitesurfing, surfing, paddle surfing and canoeing, as well as kayaking, windsurfing, sailing, rowing, skiing, diving and boat trips. **Viana do Castelo** is also home to the new High Performance Surfing Centre at Praia do Cabedelo. The eco-friendly building, home to the Viana Surf Club, is part of the National Network of High Performance Centres. To experience **Minho** in all seasons and always by the water.



**Ermal
Reservoir**

RESERVOIRS

The Albufeira do Ermal is a lagoon fed by the River Ave, with pleasant, clear and crystalline waters.

The area allows you to enjoy the tranquillity of nature and the entire length of the island is suitable for bathing, with the support of synthetic grass mats and a bar with a terrace. For those who dare to practise nautical activities, 'Teleski - Cable Park Aqua Park' offers diversions such as wakeboard, wakeskate, ski kneeboard, trickski, pedalos, kayaks, paddle boards and inflatables. Quercus Gold Quality - Inland Beach 2022.

The Lindoso Reservoir (**Ponte da Barca** and **Arcos de Valdevez**) is located on the River Lima, close to the border, between the Soajo and Amarela mountains, where the most common fish species are trout, barbel and boga. Sports and leisure activities are restricted.



**Fisgas
de Ermelo**

In the Gerês mountains, the Caniçada reservoir (**Terras de Bouro** and **Vieira do Minho**) brings together the waters of the Cávado, Gerês and Freitas rivers. In addition to the natural beauty, there is the Rio Caldo Marina and Alqueirão Beach (holder of the Quercus Gold Quality Award - Inland Beach 2022), for water sports.

WATERCOURSES

Two natural Portuguese-Spanish watercourses cross the Minho region, the international rivers **Minho** and Lima. The Portuguese river Cávado rises in the Serra do Larouco and flows into the Atlantic Ocean. The bathing areas along the rivers are an alternative to the ocean beaches for those who enjoy freshwater bathing, close to green areas and mountains. The rivers and their tributaries are ideal for water sports (jet-skiing, sailing,

rowing, rafting and canoeing) or boat trips. The tranquil banks of the river beaches, the waterfalls and the reservoirs invite you to refreshing swims, nautical activities and the enjoyment of nature.

FISGAS DE ERMELO, MONDIM DE BASTO

In the Alvão Natural Park, Fisgas de Ermelo are one of the largest waterfalls in Europe, with a drop of

around 400 metres, set in quartzite rocks that are 480 million years old. It was the fracturing of these hard rocks that allowed the River Olo to 'emphysise' into them, giving rise to the popular name by which the waterfall is known. Near the waterfalls you'll find 'piocas', natural lagoons with pure, crystal-clear water, and a walking route.

DEVESA PARK, V. N. DE FAMALICÃO

In addition to the built tourist attractions, the Devesa Park in **Famalicão** is a must-see, with an area of around 27 hectares, favouring contact with nature, leisure, sport and environmental education. Located on rural farms that have been abandoned for decades, the area, close to the centre of **Famalicão**, is crossed by the River Pelhe and has a lake, large trees, granite cliffs and the buildings Casa do Território and Amphitheatre.



**Devesa Park,
Famalicão**

THERAPEUTIC MINERAL WATERS

Well-being, which is naturally relaxing, can be found in the thermalism and thermal spa of Minho. The region offers places to relax and find balance in the surroundings of the thermal spas. These are services to improve quality of life linked to disease prevention, aesthetics, beauty and relaxation.

In **Minho**, the spas and resorts of **Melgaço**, **Monção**, **Gerês**, **Taipas Termal**, **Moimenta**, **Caldelas** and **Vizela** apply thermal techniques using natural mineral water with therapeutic properties.



THERMAL TREATMENTS

If you're looking to relax, unwind and forget about your problems, you can enjoy the various health and wellness programmes on offer in **Minho**. The choice is varied, but the feeling is only one: well-being!



Taipas Termal



River Minho Rafting,
Melgaço

CALDELAS THERMAL BATHS, AMARES

Surrounded by a green landscape, Termas de Caldelas is a destination for escaping the stress of everyday life and recharging your batteries through the benefits of relaxation, well-being and therapy. The spa complex consists of a bathhouse and water spouts, as well as a physical medicine and rehabilitation centre. The therapeutic indications for these spas are mainly for the digestive system, rheumatism, the respiratory system, and some chronic dermatoses. Regardless of their specific therapeutic indications, attending the spa brings general benefits through active rest, healthy eating and relaxing balneotherapy.

The remodelled spa combines the modernity and comfort of a spa with the sober style of the original building.

A GREAT

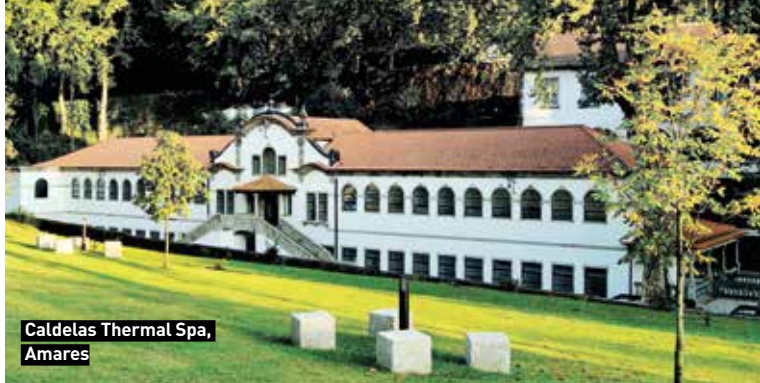
DESTINATION FOR GOLF LOVERS

With its privileged climate, far from the wind, and its beautiful landscapes, between the sea and the mountains, the **Minho** is a favoured destination for golfers.

The natural surroundings, the countryside, allow for the design of pitches with a rigorous and pleasant layout. A mixture of plains and hills, the courses have been designed for both amateurs and professionals, making them easy to use in tournaments. It combines the pleasure of the game and the challenge of the courses with comfortable and peaceful stays.

THE BEST GOLF COURSES

Surrounded by generous nature, between the sea and the mountains, where greenery and tranquillity reign, the golf courses on offer in **Minho** are varied. The Axis Golfe



**Caldelas Thermal Spa,
Amares**

- **Ponte de Lima**, Rilhadas Golf Course - **Fafe**, Clube Golfe **Braga**, Guardizela Golf Course - **Guimarães** and Quinta da Barca Golf Course - **Esposende**, combine the pleasure of the game, the challenge of the courses and peaceful stays for both amateurs and professionals.

PASSION FOR FOOTBALL

Season after season, football clubs from **Minho** account for a third of all the teams in the Portuguese league. They are SC Braga, Vitória SC, Moreirense FC, FC Famalicão, Gil Vicente FC and FC Vizela. Managers, coaches, and players are committed to training footballers. The rivalry between SC Braga and Vitória SC involves the two most representative clubs in the region, with the match between the 'warriors' and the 'conquerors' being dubbed the 'Minho derby'.

MUNICIPAL STADIUM, BRAGA

The **Braga** Municipal Stadium was designed by architect Eduardo Souto Moura and engineer Rui Furtado. The stadium was built for the UEFA Euro 2004 football championship, which took place in Portugal. The stadium has innovative architectural lines, with two side stands and a seating capacity of 30,000. At the top of the stadium, we can see part of the old quarry, and on the other side a view of

the Braga valley.
Secil Award - Architecture 2004 / Civil Engineering 2005.

MELGAÇO TRAINING CENTRE

A national and international benchmark, the modern and well-equipped complex of the **Melgaço** Training Centre is divided into leisure areas, which allow the practice of maintenance sports and recreational activities, and high-level sports (football, athletics, basketball, and handball).



**Braga Municipal
Stadium**



**Pontes Village,
Melgaço**

VILLAGES OF MINHO

Places of scenic excellence, history, and culture

The villages of Minho are an invitation to visit a peaceful territory that preserves its built cultural heritage, its people, art, customs and ancestral ways of life.

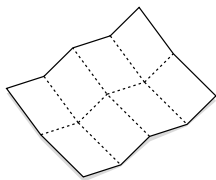
The mountains that line the valleys are home to typical flora that supports an important animal community.

Here, the time is to enjoy, get to know, experience and interpret the natural and rural landscapes, agricultural fields, rivers and biodiversity.

To fully appreciate rural tourism, the traditional villages and their surroundings offer traditional houses, typical cuisine, regional handicrafts, the most diverse active tourism experiences and a friendly and welcoming population.

The mission of the Village Tourism Association is to develop and promote rural territories, villages and local and regional endogenous resources.

In Minho, 28 traditional villages have been classified, with the rural village of Sistelo, in Arcos de Valdevez, having been voted one of the 7 Wonders - Villages of Portugal.



See fold-out illustrated map 'Minho. Above all - Villages of Tradition'.



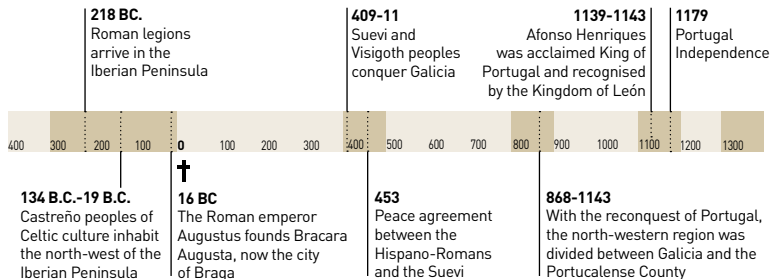
Typical house,
Branda da Aveleira

THE IDENTITY OF A PEOPLE – TYPICAL HOUSE

The vernacular architecture of **Minho** is the result of knowing how to interpret and use the landscape, how to take advantage of natural resources and how to manipulate and master the materials available. Made of granite and

oak, the typical **Minho** house combines human habitation and the corral. The houses are rectangular in plan and usually have two floors: the upper floor, for living, and the ground floor, for the livestock and shops (storerooms), cellar and

barn. A single flight stone staircase rises along the façade and terrace, covered with a porch. The gabled roof is made of gutter tiles. Around the house you can't miss the threshing floor, the cereal stacks, the well, the courts, and the granaries.



SISTELO

The Cultural Landscape of Sistelo, in Arcos de Valdevez, still harbours all the ancient rural beauty of Minho. The terraces and small settlements are a unique feature. The territory is marked by the construction of terraces and levels, adapted to contour lines, modelling the steep slopes, used for corn production and grazing, and water channels for irrigation. By retaining the soil, conducting the water through the irrigation system and creating vertical access stairs, the terraces represent an intelligent and eco-sustainable way of obtaining agricultural and livestock benefits, and are the breeding ground for the indigenous Cachena and Barrosá cattle breeds.

Classified as a National Monument due to its exceptional nature and high heritage value, the Sistelo Cultural Landscape is set in a steeply sloping valley, at the bottom of which flows the River Vez. The traditional village of Sistelo is made up of houses of popular architecture, mills and granaries, where the Castle of Sistelo stands out.

The centre of the village still retains a strong memory of ancestral rhythms in its granite buildings. The rural community is perfectly adapted to the mountainous terrain, with diversified utilisation. In the 12th century, the army of Afonso VII of León and Castile passed through here to confront D. Afonso Henriques, in a decisive episode in the foundation of the Kingdom of Portugal.



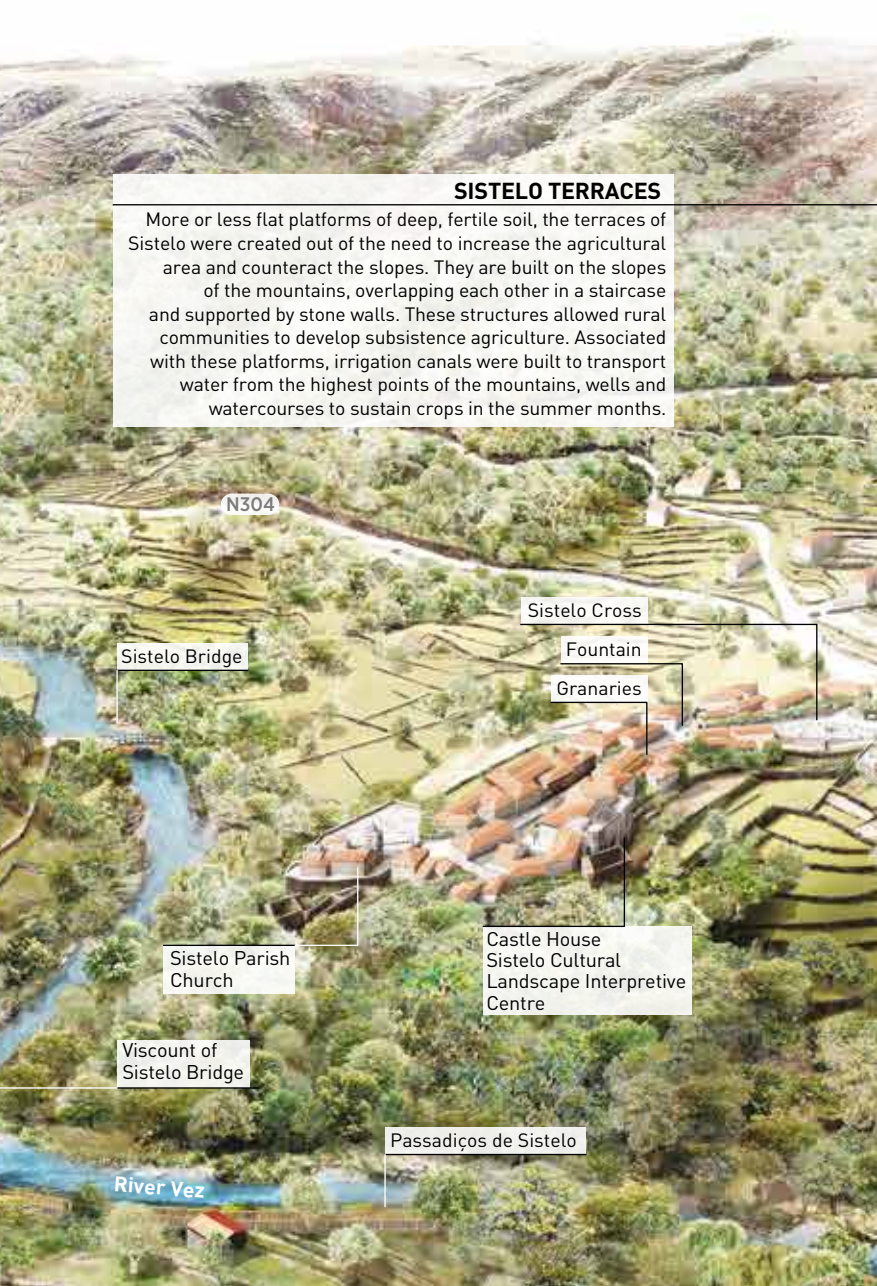
← Monção



Sistelo Cultural Landscape
- National Monument
7 Wonders of Portugal - Villages

SISTELO TERRACES

More or less flat platforms of deep, fertile soil, the terraces of Sistelo were created out of the need to increase the agricultural area and counteract the slopes. They are built on the slopes of the mountains, overlapping each other in a staircase and supported by stone walls. These structures allowed rural communities to develop subsistence agriculture. Associated with these platforms, irrigation canals were built to transport water from the highest points of the mountains, wells and watercourses to sustain crops in the summer months.



N304

Sistelo Bridge

Sistelo Cross

Fountain

Granaries

Sistelo Parish Church

Castle House
Sistelo Cultural
Landscape Interpretive
Centre

Viscount of
Sistelo Bridge

Passadiços de Sistelo

River Vez



Chapel of Sto.
António do Barroco

N202-2

Sistelo Veiga Bridge



Arcos de
Valdevez



SISTELO PARISH CHURCH

A small parish church that blends in with its surroundings. At the back, next to the cemetery, in the neoclassical stone tomb, Manuel Gonçalves Roque, the first Viscount of Sistelo, is buried.



CASTLE HOUSE – SISTELO LANDSCAPE INTREPRETIVE CENTRE

A small palace with two towers on one side, built in the second half of the 19th century by Manuel Gonçalves Roque, the son of the land who returned from Brazil and was appointed the first Viscount of Sistelo.



MEDIEVAL BRIDGE OF SISTELO

Built in the 15th century, this medieval bridge has a granite structure with two unequal round arches. The walkway is pedestrianised only.

BRANDA DA AVELEIRA, MELGAÇO

The traditional village of Branda da Avelreira, one of the many high-altitude residential centres in **Alto Minho**, has been used since the 12th century as a grazing sheepfold in spring and summer. Located in the vicinity of the Peneda-Gerês National Park, it was to these corrals that the sheepherders would go up with their flocks and spend the night in these small rustic stone buildings, with the lower floor being used for the cattle, which allowed the upper floor to be heated. Nowadays, you can find around 80 cardanhas [little stone houses used as shelter to rural workers] here, a dozen of which have been restored for village tourism.

COMMUNITY THRESHING FLOOR OF PORREIRAS

With eight granaries, four porches that served as haystacks and a cluster of restored watermills, a visit to the Community Threshing Floor of Porreiras, in **Paredes de Coura**, also offers a panoramic view of the landscape.

SOAJO, ARCOS DE VALDEVEZ

Located in the Peneda Gerês National Park, the town of Soajo is made up of several places that retain a unique identity. During the Middle Ages, its monteiros (coutos guards) had privileges from the



CARDENHA (CORTELHO)

A rudimentary construction, it serves as a resting place for shepherds and other mountain labourers during the night.



COMMUNITARIANISM WAS AN ESSENTIAL LABOUR MODEL FOR THE SURVIVAL OF THE VILLAGES



Community threshing floor of Porreiras, Paredes de Coura



**Castro Laboreiro
Village**

crown. The village's *ex-libris* is the community threshing floor, made up of a group of 24 granite granaries set on a huge rocky outcrop. In Soajo, there are numerous rural holiday cottages and restaurants with typical cuisine.

CASTRO LABOREIRO, MELGAÇO

In **Alto Minho**, **Castro Laboreiro** is located in the Peneda-Gerês National Park. The location of the traditional village, in **Melgaço**, at an altitude of over a thousand metres, meant that the Castro people defended the tradition of grazing at altitude (brandas) and in valleys (inverneiras), testimony to the practice of transhumance and seasonal occupation. The village as an ancient historical legacy, including megalithic monuments,

Castro Laboreiro Castle, classified as a National Monument, medieval bridges and churches, community ovens, mills, and farming activities. Visitors can find

accommodation in hostels and shelters, the result of the restoration of Castro houses. The guardian of the small town is the Castro Laboreiro dog.



TABLE OF THE 4 ABBOTS

A granite table flanked by four stone benches, each one based on the territory of each neighbouring parish: Calheiros, Cepões, Bárrio and Vilar do Monte (**Ponte de Lima**). In the Middle Ages, the representatives of each parish sat down to discuss and resolve issues and consult with the parishioners. The tradition was taken up by the parish presidents in June each year.



ALDEIA DO BICO, PAREDES DE COURA

A natural viewpoint, Aldeia do Bico stretches from the slopes of the Serra do Corno de Bico to the banks of the River Coura. In the village, typical delicacies are prepared, linen and woollen crafts are kept alive and rural tourism houses are available. In the surrounding area, there are remains of mamoas, burial mounds dating back five millennia. The mountain village of Porreiras, on the slopes of the Serra da Boalhosa, has a community threshing floor with nine granaries and four porches, and offers the Shepherd's Trail through natural nooks and crannies.

ALDEIAS DE AGRA AND ESPINDO, VIEIRA DO MINHO

South of the Serra da Cabreira and bathed by the



River Ave, Aldeia de Agra, in Rossas, is made up of a cluster of granite houses, fountains, steep alleyways and cultivated land. The village offers accommodation, a typical restaurant, handicrafts and a walking route.

In Ruivães, the picturesque

mountain Aldeia de Espindo preserves a community irrigation system, 19th century houses, granaries and mills, a legendary well and shepherds' shelters on the hillsides.

UZ, CABECEIRAS DE BASTO

Located in the parish of Vilar de Cunhas, in the Serra da Cabreira, Uz is a small village with granite houses. Its name is due to the large amount of heather on the hills of this village. The narrow streets of Uz transport visitors to this picturesque village to a remote era. Near this traditional village, you can also visit the Fojo do Lobo, which represents an ancient trap used to hunt wolves.





VILLAGES OF MINHO

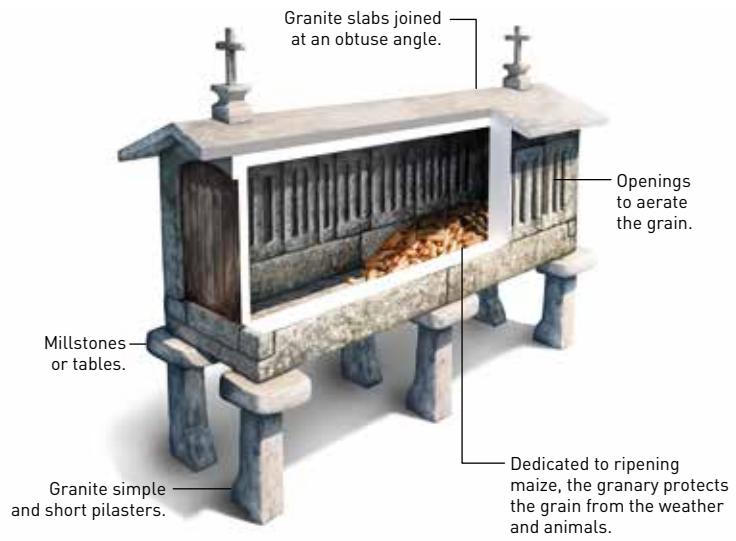
The arrival at Aldeia da Ermida, in **Ponte da Barca**, is signalled by a viewpoint. In the community village, where the Museum Centre and the access to Branda de Bilhares are located. Heading towards the Serra Amarela, the community village of Germil appears, centred on two clusters of typical houses, streets, pavements, granaries

and a watermill. Between the Serra de Arga (Serra D' Arga Natura 2000 site) and the Serra de Formigoso is the village of Cabração, in **Ponte de Lima**. Walking through the narrow streets, you can see the schist and granite used in the rustic houses, some of which are tourist accommodation. The parish of Taião, in **Valença**, is situated on a mountain plateau, which, due to its geographical location,

is "always in the sun", as the locals say. Sundials can be found at Taião de Cima and Taião de Baixo. In this typical village you'll find the rehabilitated Taião Rural Museum, whose collection highlights the original costume of the taionesa, as well as various materials and utensils linked to the art of linen, as well as old agricultural implements still in use in the region.

THE GRANARY It's an example of the community spirit of the villagers, who also share the threshing floor.

Characteristic of the north-west of the Iberian Peninsula, this stone and wood structure was designed to store and dry ears of corn, protecting them from birds and rodents.





Germil,
Ponte da Barca

ALDEIA DA MONTARIA, VIANA DO CASTELO

São Lourenço da Montaria is a parish in the municipality of Viana do Castelo, located inland, far from the city and on the slopes of the Serra d'Arga. This particular location

has given it a mountainous and independent character that has materialised in many material remains.

LINDOSO, PONTE DA BARCA

In **Alto Minho**, the village of Lindoso combines history,

GERMIL: A SMALL VILLAGE WHERE YOU CAN HEAR THE SOUNDS OF NATURE AND ANIMALS

heritage, and nature in harmony. The rural centre, from which you can glimpse the Lindoso reservoir, is part of the Peneda-Gerês National Park and has undergone recent renovations. In the past, it played an important role in the defence of the Portuguese border. Its main feature is a group of granaries dating from the 18th, 19th and 20th centuries. Lindoso Castle, classified as a National Monument, is located next to the village.



Lindoso,
Ponte da Barca



Roast veal

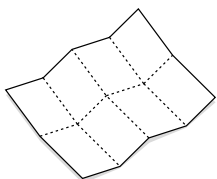
FOOD AND WINE

The tastiest gastronomic traditions

Gastronomy is one of the most representative aspects of the ancestral knowledge and customs of the Minho region. Each dish exemplifies the community's heritage and memory. They are family recipes, conventional knowledge, many of which are kept secret.

A typical Minho meal can be very varied.

The gastronomy reflects typical flavours such as fish from the river and the sea, tender and well-seasoned meats, and convent sweets. The enogastronomy of Minho, the perfect balance between wine and food, combining and harmonising flavours, provides an experience for the senses, rich in aromas and tastes and aimed at increasing gastronomic pleasure.



See fold-out illustrated map 'Minho. Above all - Gastronomy and Wines'.



MINHO GASTRONOMIC REFERENCE



The work carried out by Minho Inovação to promote gastronomy has borne visible outcomes, resulting from the promotion and support of a diverse range of initiatives through the Minho Gastronomic Reference.



VINHO VERDE - ONE OF A KIND IN THE WORLD

Vibrant freshness, elegance and lightness, aromatic and flavour expression, with an emphasis on its fruity and floral notes, are the characteristics that define and differentiate Vinho Verde.

Minho's vast menu doesn't do without a good Vinho Verde to accompany it. With a moderate alcohol content, and therefore less calories, Vinho Verde is a fruity wine, easy to

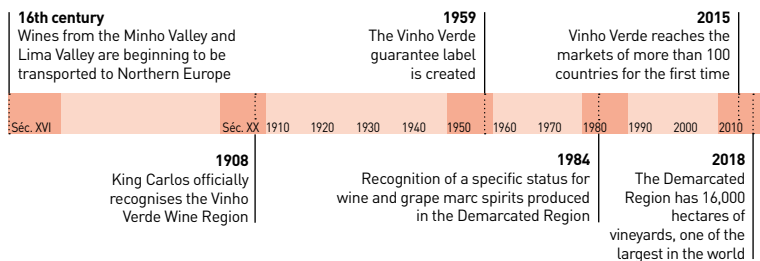
drink, great as an aperitif or paired with light, balanced meals (salads, fish, seafood, white meats, and snacks).

Exclusively produced in the Vinho Verde Demarcated Region, the whites, rosés, and reds are joined by Vinho Verde brandies and sparkling wines. To appreciate and get to know it, there's nothing like visiting the wine tourism centres, including wineries, hotels, farms traditionally linked to wine, tasting houses, restaurants or going along

routes such as the Vinho Verde Route or the Monção & Melgaço Alvarinho Wine Route.

PORTUGUESE GREEN BROTH

The typical Minho soup Caldo Verde (Green Broth) originated in the mid-15th century in the **Minho** region, when farmers used the most abundant ingredients to produce a soup that would satisfy the entire population. Made with the typical cabbage





**Portuguese
Green Broth**



**Codfish
São Teotónio-style**

and red potatoes, the dish is the main attraction in the gastronomy of the region and the country. It is served in a clay bowl, with a slice of wine sausage and a little extra virgin olive oil. It is traditionally accompanied by cornbread and served with Minho Regional Wine

CODFISH SÃO TEOTÓNIO-STYLE

Bacalhau à São Teotónio is a dish with a genuine flavour. It's named after a saint, in honour of the first Portuguese saint, a native of Valença.

MINHO MEAT

The ways in which cattle of the Minho breeds are reared reflect the community spirit of the local population. It is customary for animals belonging to several owners to graze together or for one owner to look after both his own animals and those of his neighbours. They are fed on green fodder, maize straw, and ryegrass.

Carne Cachena da Peneda DOP identifies a product originating in the **Minho** region, obtained from animals of the Cachena cattle breed

(veal, steer, ox and cow), whose quality and characteristics are due to the geographical environment. The meat is succulent, slightly moist, and very tasty.

ORANGE FROM AMARES

A regular, spherical, reddish-yellow fruit with a thin, very juicy rind, the Amares Orange is a symbol of the Cávado municipality and is part of its coat of arms. This citrus fruit is overripe and can be eaten from May to August, remaining on the tree until it is consumed. The healthiness of the peel, its thickness and the amount of juice and sugar are appreciated. Consumed as it is, it is also used for jams and puddings.



Cachena meat

IN MINHO CUISINE EVERY INGREDIENT BECOMES VALUABLE

MONÇÃO-STYLE LAMB

Traditionally cooked, **Monção**-style lamb is a reference in Minho gastronomy. This dish takes more than 24 hours to prepare and is served with yellow rice. It is accompanied at the table by Vinho Verde from the Alvarinho variety. For dessert, we recommend Roscas de Monção (Monção rusks), a typical sweet from the municipality in the shape of a ring and covered in sugar syrup. The recipe is a well-kept secret, made by only a few families, and requires mastery in putting the ingredients together.

LAMB COOKED WITH TIME AND CARE, A REFLECTION OF THE EXPERTISE OF MINHO HANDS



Monção-style
lamb

"CAURDO" FROM VILA VERDE

This is the name given to traditional soups, which in times gone by were the sustenance of the poorest. It is one of the delicacies of the region and the municipality of **Vila Verde** and represents an authentic speciality that has gained expression through the Caurdo Festival, which takes place in October, as part of the Harvest Festival and the Caldo do Pote Festival, an initiative that is part of the On the Harvest Route programme, where dozens of caurdos are served cooked the old-fashioned way. Caurdo à Lavrador is one of these delicacies and the basis of the recipe is made up of ingredients such as kale, red beans, white potatoes, flour, ham shank, meat sausage, salt, and olive oil to taste, prepared in a pot and served in clay pots.



Caurdo
de Vila Verde



Smoked meat
from Melgaço

SMOKED MEAT FROM MELGAÇO

The European Commission has recognised the names Salpício de **Melgaço**, Presunto de Melgaço, Chouriça de Carne de Melgaço and Chouriça de Sangue de Melgaço as Protected Geographical Indications (PGI). These products have a reputation associated with their region of origin and their qualitative characteristics are inseparable from the raw material used, which comes from Bísaro pigs, and the know-how of the people of Melgaço who know the traditional manufacturing techniques, passed down from generation to generation.

RICH CORN FROM MONDIM DE BASTO

They came about as a way of making use of the regional maize found in all farmhouses to create a new gastronomic delicacy, together with the smoked meat produced from the slaughter of the pig. Corn and the broth from cooking the entremada, chispe and

meat and blood sausages are added to a sauté. They are served with the meat, smoked ears, salpicão and ham.

FAFE-STYLE ROAST VEAL

In the last quarter of the 19th century, José Augusto Vieira wrote that "Fafe's veal is famous", noting that "the slaughter of veals is large compared to other municipalities, and that they are even exported to other localities due to their fame". The author of "O Minho Pittoresco" praises, more than once, the "delicious veal, which makes Fafe a celebrity among lovers of tender, white meat". The "bed" of veal is prepared on a clay baking tray. The pieces of meat and the potatoes are drizzled with the marinade sauce. It's roasted slowly in a wood-fired oven. The rest is the secret of the hands and knowledge of those who make it. To accompany it, the voluptuous red vinho verde.



BOLINHOL DE VIZELA

Bolinhol has been part of **Vizela's** gastronomic heritage for over 130 years. This type of rectangular sponge cake comes with a soft sugar coating that results from the preparation of a careful syrup, which is then brushed by hand over the refined, slightly moist dough. The recipe is made up of ingredients sourced mainly from local suppliers. The jam is the result of expert hands and an essentially artisanal process, true to its origins.



CHOCOLATE MUSEUM

Opened in 2016, this museum provides an insight into the entire labour process of one of Portugal's oldest continuously working chocolate factories, Avianense. The factory and shop are currently located in Durrães - Barcelos, where the famous 'Bombom Avianense', made with dark chocolate, is produced.



feita amor
alta lembrança
minha. ela é de quem
meu coração. nós ambos
assombra. os dias
belleza. Pois
da
discrção



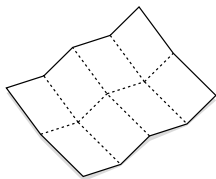
Embroidery

CULTURE AND CRAFTS

The Minho body and soul

The richness and plurality of the Minho landscape is reflected in the spontaneity and joy of its folklore, the animation and colourfulness of its festivals and events. The culture, the traditions handed down through the ages, the festivals and the traditional arts of cooperage, embroidery, lace, weaving, tile and china painting, clog making, wooden miniatures and filigree all contribute to making this region a stage full of reasons for interest. By harmoniously combining history, tradition, contemporaneity and innovation, Minho gains a renewed flavour, revealing the temperament and talent of the people who lived and still live here.

Art collections and the preservation of **Minho's** collective memory and identity are accessible to the public in the region's museums. The Portuguese Museum Network includes 17 museums in **Minho**, in **Famalicão, Braga, Barcelos, Viana do Castelo, Esposende, Guimarães, Paredes de Coura** and **Ponte de Lima**. They exhibit, programme, and develop cultural activities and preserve heritage to build a historical image of north-west Portugal.



See fold-out illustrated map 'Minho. Above all - Culture and crafts.



Handicrafts
from Terras de Bouro

MUSEUMS OF MINHO

Art collections and the preservation of **Minho's** collective memory and identity are accessible to the public in the region's museums. The museum units and spaces exhibit, programme and develop cultural activities and preserve heritage to build a historical image of north-west Portugal. Municipalities, foundations, universities, the archdiocese, and the Northern Regional Directorate for Culture qualify, present

and disseminate the cultural specificities of **Minho** by exhibiting collections of art objects of great richness and diversity. The Portuguese Museum Network includes 17 museums in **Minho**, which showcase cultural heritage, identity, curation, and collections for aesthetic enjoyment in **Famalicão** (Bernardino Machado Museum and Cupertino de Miranda Foundation Museum), **Braga** (Braga Cathedral Treasury-

Museum, D. Diogo Sousa Museum, Biscainhos Museum, Pio XII Museum and Nogueira da Silva Museum), **Barcelos** (Pottery Museum), **Paredes de Coura** (Regional Museum), **Esposende** (Municipal Museum) and **Viana do Castelo** (Costume Museum and Decorative Arts Museum), **Guimarães** (Dukes' Palace and Alberto Sampaio Museum), **Paredes de Coura** (Regional Museum) and **Ponte de Lima** (Terceiros Museum).



Costume Museum,
Viana do Castelo



Ponte de Lima
Territory Interpretation Centre

PARADE OF TRADITION - ALLEGORICAL FLOATS: WOMEN WITH SHAWLS ON THEIR BACKS RECALL THE COUNTY'S ROOTS



ANTONINE FESTIVITIES

Every year, the Santo António Festivities launch **Vila Verde, Amares** and **Vila Nova de Famalicão** into a programme that promotes and values the traditions and identity of the local communities. The programme includes a diverse range of cultural, recreational, and sporting events and activities. Folklore, philharmonic bands, raids, popular marches, processions, and ethnographic parades, as well as musical shows and fireworks are special moments.

The Antoninas of **Vila Nova de Famalicão** are now part of the National Inventory of Intangible Cultural Heritage.

FREE TRADE FAIRS

They have been held since at least the end of the 18th century. Every year, **Fafe** and **Amares** are visited not only

by many visitors, but also by local people who have emigrated and make a point of coming to this great fair. In addition to the obligatory

Livestock Contest and Horse Race, the fairs are also enlivened by music and an exhibition of local products and articles.



FESTIVALS AND PILGRIMAGES

Minho's popular festivals and celebrations are an invitation to healthy and joyful socialising. The summer festivals, dedicated to the popular saints, bring together music bands, marches, ethnographic parades, stewardship parades, dance and singing groups, competitions and auctions, food, and wine.





GUALTERIANAS AND CITY FESTIVITIES

The Festas Nicolinas are the student festivals of **Guimarães**, celebrated in honour of São Nicolau de Mira. The first reference to the Festas Nicolinas dates back to 1664, when the Chapel of St Nicholas was built in Guimarães. They usually begin on 29 November and end on 7 December. During these days, the students have various "activities" that form part of the structure of the festival. They are called Nicolino Acts: Moinas, Nicolino Suppers; Pine tree; Novenas/ Matinas, Posses, Magusto; Roubalheiras; Pregão; Maçãzinhas; S. Nicolau Dances; Nicolino Ball.

THE TRADITIONS AND FOLKLORE, THE ENTERTAINMENT AND CONVIVIALITY, THE SACRED AND PROFANE OF FESTIVALS AND PILGRIMAGES ARE AN INVITATION TO VISIT THE VILLAGES, TOWNS, AND CITIES OF MINHO.

SÃO JOÃO DE BRAGA

Portugal's biggest popular festival was born in the 12th century. Every year in June, **Braga** organises festivities in honour of Saint John with traditional hammerheads, leeks, and basil. The

International Meeting of Gigantones and Cabeçudos, the Procession of St John the Baptist, the Ethnographic Parade, the Rusgas Parade, the Herb Car, King David's Dance and the Shepherds' Car are some of the highlights. Concerts, ukulele players, challenge songs and folklore and drum groups add to the festivities.

NOSSA SENHORA D'AGONIA PILGRIMAGE

Queen of Portugal's pilgrimages, the Senhora d'Agonia Pilgrimage in **Viana do Castelo** dates back to the 18th century. Every year in August, the celebration includes ethnographic parades and processions through the streets, decorated with carpets of flowers, and on the Lima

River, with decorated boats. The festivities include concerts, a gigantone and cabeçudos revue, a folkloric festival, a craft fair and fireworks.

SÃO JOÃO D'ARGA PILGRIMAGE

For centuries, the pilgrimage in August has attracted visitors to Caminha and has already been voted one of the 7 Wonders of Popular Culture. After climbing the hill, the tradition is to go round the chapel of the Sanctuary three times and make a donation to the saint and another to... the devil. The night is a party, with colourful costumes, dancing and genuine snacks.

VIANESE COSTUME

Dressed by wealthy young women in the villages in the 19th century, the Vianesa costume (the first in the country to be certified)



consists of a scarf, shirt, waistcoat, skirt, apron, pocket and socks made of linen, wool and cotton.

The Viana do Castelo

Costume Museum publicises this ethnographic heritage and the Mordomia Parade.

At the Festas d'Agonia, more than half a thousand women parade in costumes and with

pieces of gold, spreading the traditional 'chieira'. The embroidery of Viana is certified, as is the Vianese Costume (Traje à Vianesa).

NIGHT OF PILGRIMS

The main attraction of the **Mondim de Basto** Festivities, the night of 24 July brings together dozens of groups in full costume who parade through the streets of the town, performing traditional songs in dances. Then they spread out their linen tablecloths and ragged blankets, open their lunch boxes and share their delicacies with visitors. In the parade of the Pilgrims of Santiago Night, the young women wear scarves, arrecadas (gold hoop earrings) and gigas (baskets),



Cutlery



Valentine's song

while the young men wear waistcoats, horse chains and three-cornered hats.

DANCES AND SONGS

Minho is rich in traditional dances, including Vira, Cana Verde and Malhão. In folklore groups, singing is mostly practised by cantadeiras, amateur female singers whose learning is mostly by oral tradition. The music is marked by the rhythm of the accordion and concertinas. It is accompanied by the strident sound of the cavaquinho. The quatrains speak of love, courtship, and the reality of working in the fields. The ethno-folkloric variety is expressed in the opulence and diversity of the costumes, the richness of the jewellery and the liveliness of the folklore.



Filigree
from Póvoa de Lanhoso

INDUSTRY

Guimarães is rich in industrial production diversity. It is home to several companies with internationally recognised brands in sectors such as home textiles, cutlery, footwear and

clothing. There is even the possibility of buying products directly from factory outlets.

EMBROIDERY FROM GUIMARÃES AND CANTARINHA DOS NAMORADOS (LOVERS JAR)

Guimarães embroidery has changed over time and has acquired several very specific characteristics that make it unique. Its six colours (red, blue, beige, grey, white, and black), used in isolation, the reproduction of stylised motifs and the use of twenty-one stitches make it unique. The Cantarinha dos Namorados reproduces the shape of a water jar, but decorated with embossed details and sprinkled with



Filigree Interpretation Room,
Póvoa de Lanhoso



Crivo embroidery
from S. Miguel da Carreira, Barcelos

in small-scale workshops, using techniques passed down from generation to generation. The production of traditional jewellery has a fertile territory in **Minho** with an ancient history. In **Póvoa de Lanhoso**, the filigree craft technique has production units that honour the art and guarantee the quality and authenticity of the productions.

mica powder, which has been manufactured since at least the 16th century to the present day. In the 19th century, the "cantarinha" began to be valued by the elites for representing the popular art of Guimarães and for fitting in with the bucolic spirit of the time.

FILIGREE FROM PÓVOA DE LANHOSO

Filigree is the art of producing very fine gold or silver threads, twisted, and flattened, applied by hand in delicate work. The ancestral jewellery technique is predominantly handcrafted

FORJÁES REED, ESPOSENDE

The handicraft of mats is one of **Esposende's** cultural heritages. In Forjães, the art of reed basketry gives value to craft traditions, which have now become fashion accessories. A century-old loom and artefacts linked to



Guimarães embroidery



Cobres Cunha,
Barcelos

ecological and sustainable art are on display at the Reed Interpretive Centre. Certified product.

GENUINE CRAFT

As this is a region of folk art and traditional Portuguese handicrafts, Minho's master craftsmen carry out an artistic activity in the production of embroidery and lace, filigree, costumes and scarves, pottery and figurines and stringed musical instruments that represent the region's identity, imagery, and traditions.

The certification guarantees the provenance and quality of traditional **Minho**

BARCELOS - CIDADE CRIATIVA DA UNESCO NA ÁREA DO ARTESANATO, COM 3 PRODUÇÕES CERTIFICADAS: OLARIA DE BARCELOS, FIGURADO DE BARCELOS E BORDADO DE CRIVO DE S. MIGUEL DA CARREIRA.

products and ensures the authenticity of their technical and aesthetic characteristics. **Barcelos** is

a member of the UNESCO Creative Cities Network.

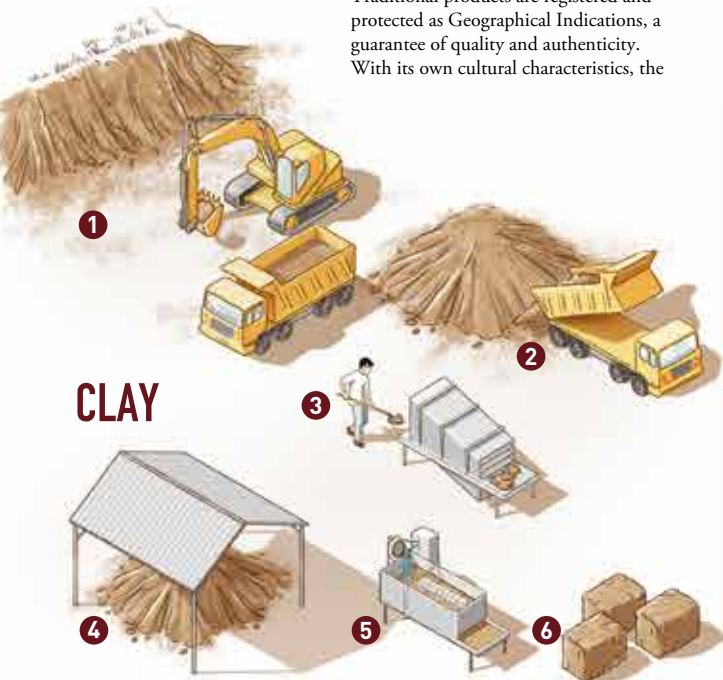
SHOPS WITH HISTORY

Throughout history, commerce has played a very important role in the cities of **Minho**, constituting one of the distinctive and differentiating elements between cities. Traditional commerce continues to play a key role in the economic, social, and cultural life of the region's municipalities. By preserving and energising establishments, Shops with History generate economic activity and connect architectural elements and material heritage.

TRADITIONAL CRAFT PRODUCTIONS

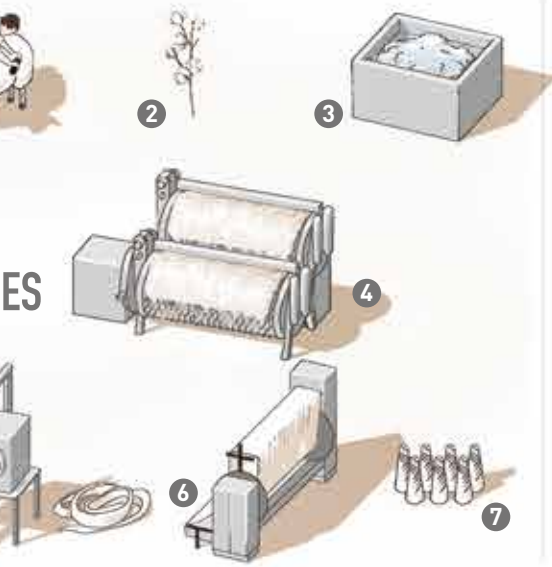
Handicrafts are emblematic of Minho and form an integral part of its heritage. Traditional products are registered and protected as Geographical Indications, a guarantee of quality and authenticity. With its own cultural characteristics, the

handicrafts of Minho are unique. Its geographical location is contributing to the development of traditional crafts and crafts, and its identity and culture.



Minho stand out and are genuineness is a way of to the consolidation and of craft production units, arts and the affirmation of regional culture. Contemporary artisans

with excellent technical and aesthetic mastery of materials see the quality of their productions recognised. They respect sustainability and values by creating non-standardised, handmade products associated with new lifestyles.



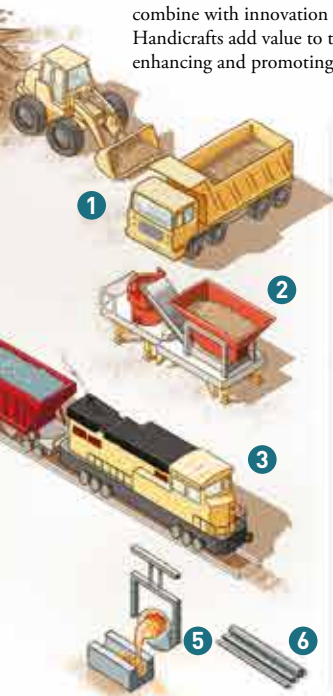
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INSPIRED BY THE REGION

In Minho, the preservation of know-how and the renewal of artisanal production combine with innovation and modernity. Handicrafts add value to the territory, enhancing and promoting history,

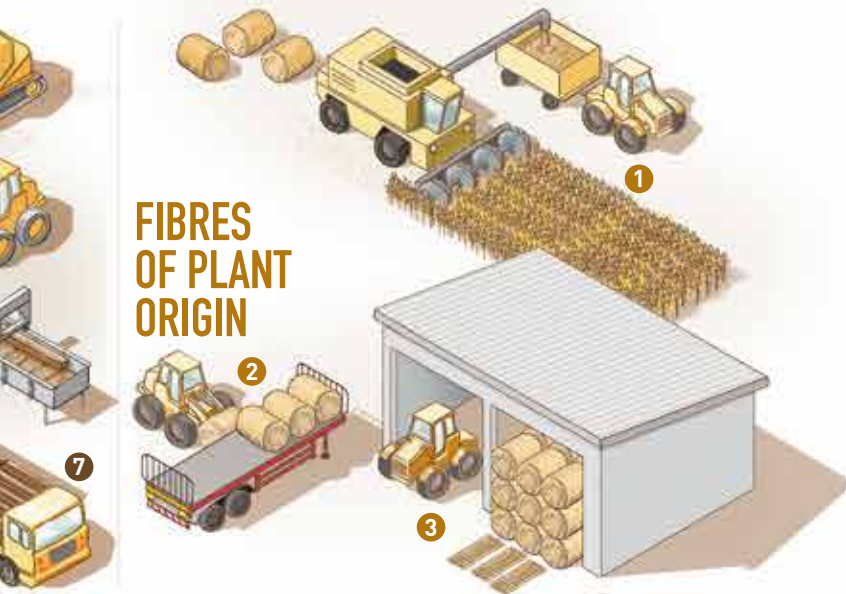
culture, and heritage of the region of the country. Traditional craft production is a generational renewal of knowledge. Innovation



The north-west
y energies and values
duction, promoting
and the passing on
vative design

and traditional know-how create
a unique collection of original and
exquisite objects. New works emerge from
the intersection of a design culture open
to contemporary vision.

FIBRES OF PLANT ORIGIN





POTTERY MUSEUM, BARCELOS

At the Mendanhas House in **Barcelos**, the Pottery Museum has a collection of more than 9,000 pieces handmade from clay. The permanent exhibition 'The Pottery of Portugal' is made up of utilitarian crockery for domestic use. Among the various figures representing the **Figurado de Barcelos**, the legendary Rooster is a tourist icon in Portugal that comes from the popular legend of the pilgrim saved from the gallows thanks to the apostle St James and the crowing of a chicken.

MUSEUM OF LINEN AND THE RURAL WORLD, MARRANCOS

A visit to this space allows you to contemplate the various work tools, the pieces made from linen and their strong symbolism, referring to the various turns that linen takes, from sowing to the loom, constituting a very important cultural legacy, a testimony to our national identity and collective memory that we must preserve and value.

LITERARY RESIDENCIES

Minho served as a refuge for writers in the 19th and 20th centuries, who settled in the region in restored





Linen and Rural
World Museum, Vila Verde

buildings to find inspiration and pause for reflection. The permanence allowed them to develop new horizons and meanings.

Converted into house museums, the former homes of literary authors reveal how they lived and where they wrote. Furniture, personal utensils, libraries, and gardens are preserved.

LITERARY ROUTE

The Camilo Route offers a guided tour of the house where Camilo Castelo Branco (1825-1890) lived and wrote. In Seide - **Vila Nova de Famalicão**, the Casa de Camilo - Museum preserves part of the bookshop, as well as furniture and objects that belonged to the author of 'Maria Moisés'. The route mentioned in this novel can be revisited on the Congosta do Estevão Trail, which establishes a link

between the texts and the architectural and landscape heritage from Seide to Landim.

ART CENTRES

Contemporary Art or Post-Modern Art emerged as an artistic trend in the second half of the 20th century with the technological era. In **Minho**, contemporary artistic styles, perspectives, techniques and languages are brought together in museums, meetings and biennials. In the region, the Portuguese Contemporary Art Network brings together the Cupertino de Miranda Foundation Museum, with exhibitions, and



STAGE SCENES

In **Alto Minho**, the Network of Portuguese Theatres and Cinemas includes the **Paredes de Coura** Cultural Centre, the Cine Teatro João Verde, the Diogo Bernardes Theatre and the Sá de Miranda Theatre. In Ave, it includes the Casa das Artes in **Vila Nova de Famalicão**, the Vila Flor Cultural Centre and the **Fafe** Theatre-Cinema. In Cávado, it brings together the gnration, Teatro Circo and Teatro Gil Vicente venues.



Vila Flor Cultural Centre



Vila Nova de Cerveira

the Portuguese Surrealism Centre, and the José de Guimarães International Arts Centre, with its collections.

ARTS ROUTE, VILA NOVA DE CERVEIRA

Home to the oldest Arts Biennale on the Iberian Peninsula, **V. N. Cerveira** is known as the 'Village of the Arts'. Among the spaces for exhibitions/installations, the Cultural Forum, the former Fire Brigade building and the Convento de São Paio - Casa Museu de José Rodrigues stand out.

The Cerveira Biennial Museum has a collection of around 700 works of national and international contemporary art, representing the evolution of the visual arts over the last 40 years.

INTERNATIONAL ARTS BIENNALE, VILA NOVA DE CERVEIRA

After more than four decades of existence, B.I.A.C. has a national and international reputation. Cultivating and stimulating creativity in the region, it has been attracting audiences and extending

its geographical reach by promoting contemporary art exhibitions in cultural spaces located in other municipalities in the Minho Valley and Galicia. The meeting, interaction, dissemination of ideas and projection of plastic and visual artists is organised by the **Cerveira Art Biennial Foundation**.



Bienal de Vila Nova de Cerveira

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