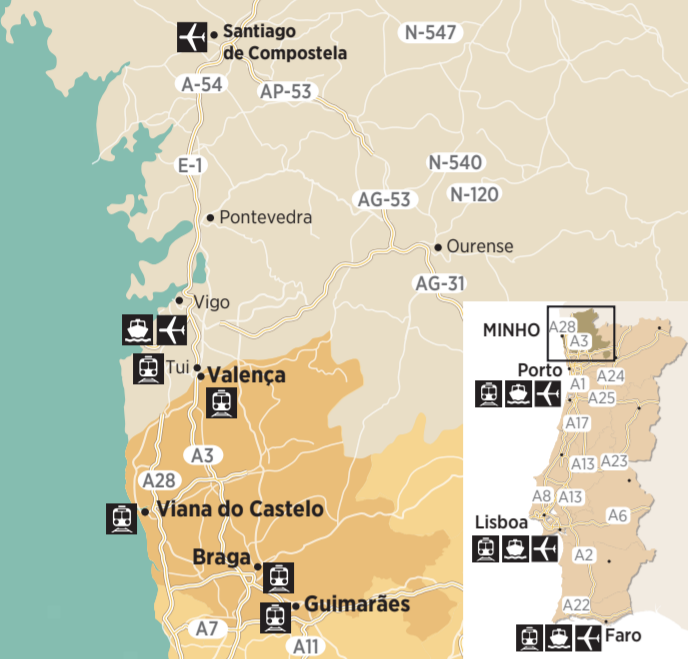




ACTIVE TOURISM



CIM Alto Minho
 Rua Bernardo Abrunhosa, 105
 4900-309 Viana do Castelo
 + 351 258 800 200
 www.cim-altominho.pt
 geral@cim-altominho.pt

CIM Cávado
 Rua do Carmo, 29
 4700-309 Braga
 + 351 253 201 360
 www.cimcavado.pt
 geral@cimcavado.pt

CIM Ave
 Rua Capitão Alfredo Guimarães, 1
 4800-019 Guimarães
 + 351 253 422 400
 www.cim-ave.pt
 geral@cim-ave.pt



EMOTION AND INTERACTION

A region of protected natural spaces, the Minho is a favourite for ecotourism, leisure, and recreation, for breathing and finding strong sensations. Nature and adventure activities are attractive, easily accessible and for all ages. The range of sports and physical activities on offer in contact with nature includes accommodation, entertainment services, nature and heritage observation and major sporting events. Active leisure, sports and outdoor adventure activities abound in the parks, beaches and dams, rivers and sea, mountains and forests, trails, and routes of Portugal's greenest region.

Recommended equipment

- Water
- Food
- Map
- Appropriate Clothing
- Sunscreen
- Cell phone

Code of conduct

- It is forbidden to set fires and throw butts
- Walk along the signposted paths
- Take care of the fauna and flora.
- Respect private property.
- Put rubbish in the bins
- Respect the silence of the place.

IMMENSE AND UNIQUE MINHO
 The north-west region of Portugal offers high-quality natural conditions, diversity, and territorial coverage for active leisure. The range of nature activities on offer is wide-ranging, specialised and aimed at all ages. The Peneda-Gerês National Park, the mountains and the beaches stand out for the sustainability of their environmental heritage.



Sea coast
 60 km



Coastal and river beaches
 23 Blue Flag and 22 Quercus Gold Quality



Mountains and valleys
 6 mountains



Peneda-Gerês National Park
 70,000 hectares in 5 municipalities

ACTIVE TOURISM

Recreation, sport and adventure in nature

Minho is a demarcated region for active leisure and nature, adventure, and extreme sports. It is rich in quality and diverse services and infrastructures for exercise, leisure, and socialising in the natural environment. Promoters, organisers, monitors, and guides guarantee experiences and safety for practitioners and respect an ethic of conservation of nature and its ecosystems. Physical activities are combined with discovering and observing nature.



The natural resources of the Minho invite you to experience, escape and contemplate. The surroundings are peaceful and of unique natural beauty. Just select activities, programmes and destinations and set off on your adventure.



PARAGLIDING

The activity of free flight in a glider, with a non-rigid wing and a jump from the ground, is easy to learn. Flight baptisms with an instructor are an experience for those who don't have a flying licence.

PENDULUM JUMP

Pure adrenaline is achieved by launching the body into the void, attached with non-elastic ropes. The fall is absorbed by the pendulum movement. In Minho, you can try jumping from bridges up to 30 metres high.



KITESURF

The wind and the northerlies make Minho the ideal spot for kitesurfers. The Atlantic waves are the best for those who want to improve their performance. Equipment and instructors are available to beginners.

ARBORISM

Progressing along a circuit of suspension bridges at treetop level just requires a little balance and co-ordination. With different levels of difficulty, it's an activity that builds self-confidence.

BIRDWATCHING

Birdwatching, with the support of guides and optical equipment, encourages a better understanding of nature. With its different habitats and birdlife, Minho is one of the best destinations.

SAIL

WAKEBOARD

Recreational boats navigate the reservoirs, rivers with islands and estuaries of the Minho. The tours allow you to dive, observe habitats and fishing villages and even taste the region's products.

TOURIST BOAT

WALKING ROUTES

The trails and hiking routes are signposted. Boots and a rucksack are all you need to set off on an adventure and discover the best that nature and the villages have to offer in Minho.

ECOVIAS

Infrastructures designed for walking and cycling, with the aim of linking two areas of environmental interest, both locally and regionally.

ECOTRACKS

The decommissioned and refurbished railway tracks make it possible to walk, cycle, rollerblade or use a wheelchair. The routes in Minho are pleasant for everyone.

CYCLING

On cycle paths or rural routes, on conventional or electric bikes, on rides or training, cycling is one of the best physical activities. In Minho, it's also a way of contemplating and discovering the region.

CANYONING

Descending steep watercourses using ropes and jumps offers adventure and discovery. The crystal-clear waters of the Minho offer freedom and harmony with nature.

RAFTING

The aim is to descend rivers and cross rapids, whirlpools and waves in an inflatable boat, a pneumatic raft, putting team spirit into practice.

CANOEING

Kayaking trips on the rivers of the Minho offer visits to islands and observation of biodiversity. For beginners, there are calm waters and guided tours.

NAUTICAL TOURISM

Nautical resorts, clubs and associations and entertainment companies offer nautical activities on the sea and rivers of Minho. Many of the experiences offer are innovative and differentiated.

SURF

The Minho coastline, with its fast and consistent waves, has some of the best surfing and windsurfing spots, surrounded by dunes and pine forests. For beginners there are lessons, for the experienced it's just a matter of picking up the board.

WINDSURF

PADDLE

Stand up paddle boarding is a challenge to balance when descending rivers. At a slow pace, you can appreciate the fauna and flora and visit beaches and islands. For beginners, there are equipment and instructors.

ROWING

HORSE RIDING

Guided walks, horse riding lessons and baptisms on Garrana horses are all exciting activities. The mountain trails, village lanes, rivers and beaches of the Minho are the ideal settings.

BEACH

On the Atlantic coast or on the rivers, Minho's beaches have environmental quality awarded, accessibility and support. They offer crystal-clear waters and long stretches of sand, islands and dunes, pine forests and fishing villages.