

## MAP OF VIANA DO CASTELO

## trail Map in km



trilhos  
viana do castelo



CÂMARA MUNICIPAL  
VIANA DO CASTELO

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 fires > 117



SCALE | 1:50 000

## information PR1

Name of Trail  
Sacred Mountain trail

Sponsoring Organization  
Montaria Parish Council

Trail System  
Average Trail

Location  
Montaria

Distance  
18,7 km

Initial Level  
281m

Maximum Level Reached  
795m

Minimum Level Reached  
281m

Time  
6h20m | 6 hour e 30 minutes

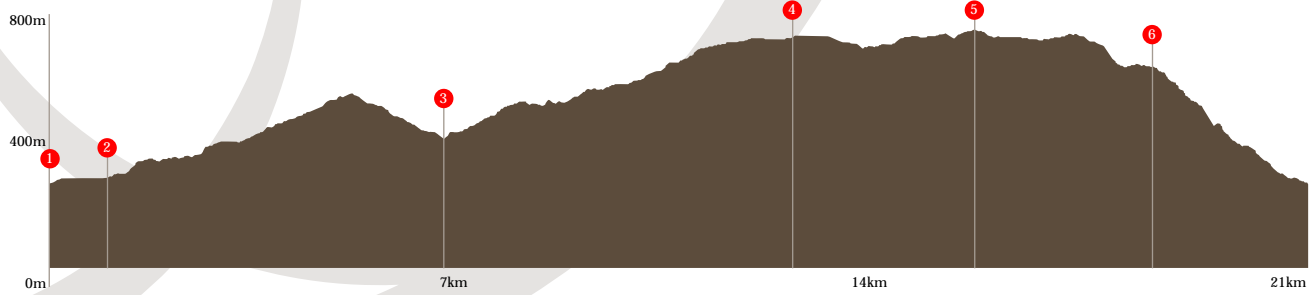
Difficulty  
Moderate/Difficult

Trail Type/Character  
Landscape/Ecological/Cultural

Start Point  
Largo do Souto Montaria

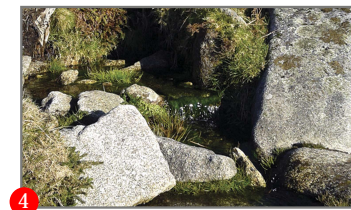
Latitude: 41° 47' 28.17" N  
Longitude: 08° 43' 43.22" W

## profile graph height/distance



Start Point/End Point

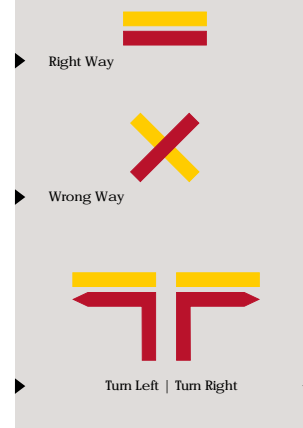
- 1 Serra d'Arga Town Gate
- 2 Former Tree Nursery
- 3 S. João D'Arga Monastery
- 4 Urze Fountain
- 5 Senhora do Minho
- 6 Town Gate



## responsabilities

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

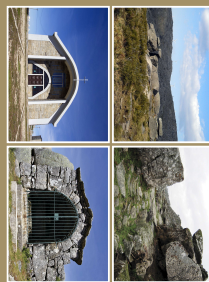
## trail mark



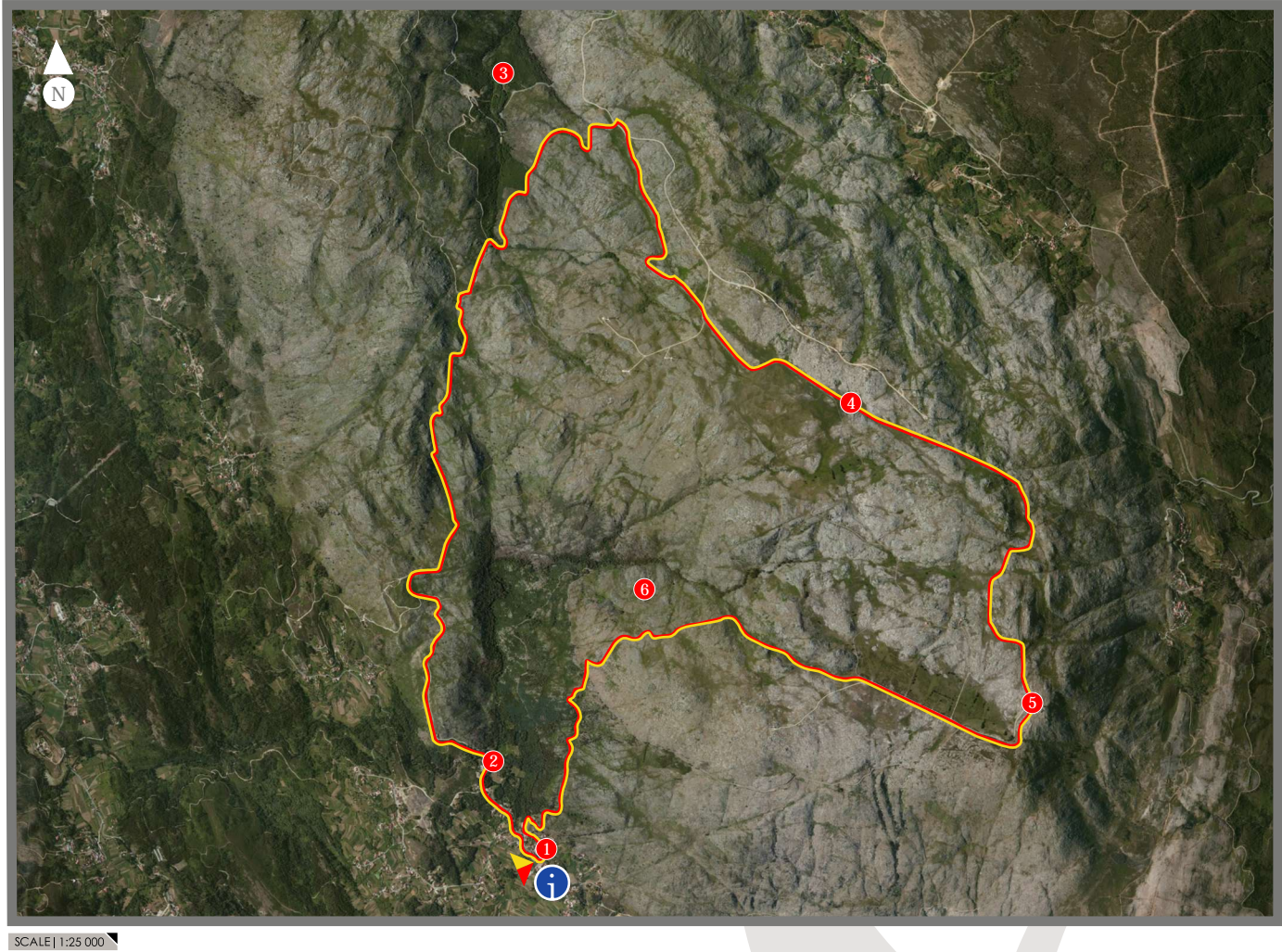
## trail rules

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

www.cm-viana-castelo.pt



montaria trail  
Sacred Mountain trail



trail description PR1

This circular trail starts off at the centre of Montaria, next to the Porta do Sitio da Serra d’Arga (Interpretation Centre) and heads toward S. João d’Arga, past the former tree nursery, where you will cross the Âncora river. During this part of the trail admire the magnificent views of Montaria, from the places of Espantar, Trás-Âncora and Pedrulhos as well as the views of the Mount Santa Luzia, Perre and the sea. After descending the last part of the path to visit S. João d’Arga, return to the trail and continue towards the highest point of Serra d’Arga. During this part of the trail, you will walk past the Urze fountain, a spring and the source of Âncora’s river. The trail contours Serra d’Arga highest point, ‘Alto do Espinheiro’.

Next you will come to ‘Porta do Lobo’ or ‘porta de Serra d’Arga’ (gate) a passage through which wolves would pass. Admire the beautiful views of the plateau, where it is still possible to see garranos (portuguese horses breed) grazing. The furrows made by the passage of thousands of oxcarts are still visible in the granite outcrops. From here, head towards “Senhora do Minho”, the highest elevation point in the region of Viana do Castelo. Here you may visit a small cave with a stone statue of Our Lady wearing what appears to be a Minhoto costume (traditional folk costume) and contemplate the views over the regions of Paredes de Coura, Ponte de Lima and Viana do Castelo, the Lima river valley as well as the Atlantic ocean. Descending towards Montaria, you will come to a unique location that was moulded by nature and which the local folks of Montaria call “Porta da Vila (translated as the town gate). This is an odd stone (granite) formation which received this name as it resembles a door. You will also walk by an old house in the middle of the mountain.

