

- > Viana do Castelo City Council | 258 809 300
- > Viana Welcome Centre | 258 098 415
- > Hospital | 258 802 100
- > Fire Department | 963 442 205 / 258 840 400
- > Volunteer Fire Department | 258 800 840
- > GNR (Portuguese National Guard) | 258 840 470
- > PSP (City Police Department) | 258 809 880
- > SOS - Emergency Services | 112
- > Emergency Number for Forest Fire | 117



map of viana do castelo



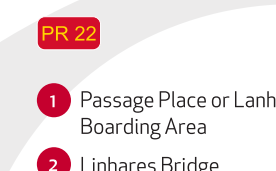
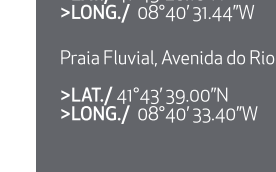
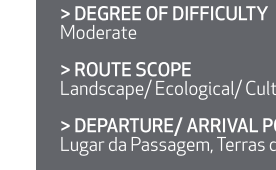
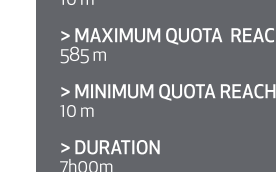
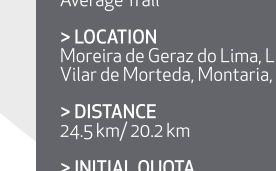
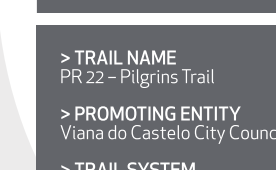
trail rules

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

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



trail map in km



information PR 22

> TRAIL NAME
PR 22 – Pilgrins Trail

> PROMOTING ENTITY
Viana do Castelo City Council

> TRAIL SYSTEM
Average Trail

> LOCATION
Moreira de Geraz do Lima, Lanheses, Meixedo
Vilar de Morteda, Montaria, S. João d' Arga

> DISTANCE
24.5 km/ 20.2 km

> INITIAL QUOTA
10 m

> MAXIMUM QUOTA REACHED
585 m

> MINIMUM QUOTA REACHED
10 m

> DURATION
7h00m

> DEGREE OF DIFFICULTY
Moderate

> ROUTE SCOPE
Landscape/ Ecological/ Cultural

> DEPARTURE/ ARRIVAL POINT
Lugar da Passagem, Terras de Geraz do Lima

>LAT./ 41° 43' 28.18"N
>LONG./ 08° 40' 33.44"W

Praia Fluvial, Avenida do Rio Lima, Lanheses

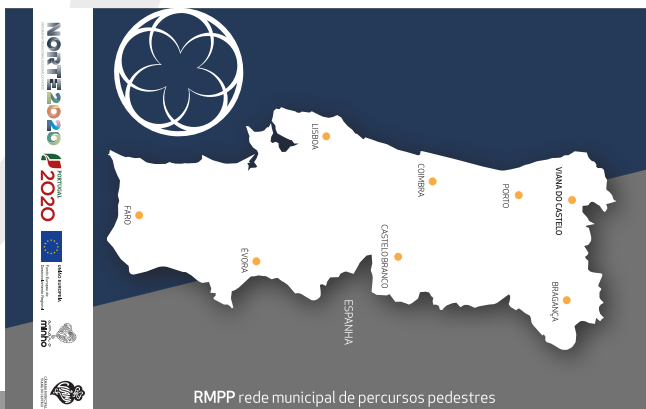
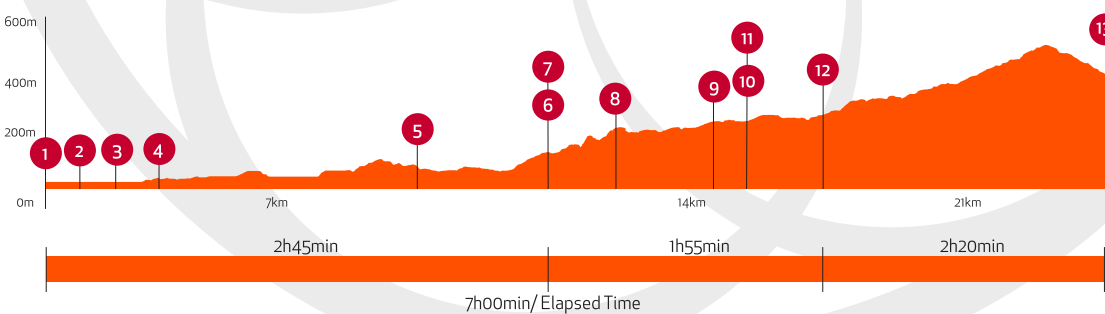
>LAT./ 41° 43' 39.00"N
>LONG./ 08° 40' 33.44"W

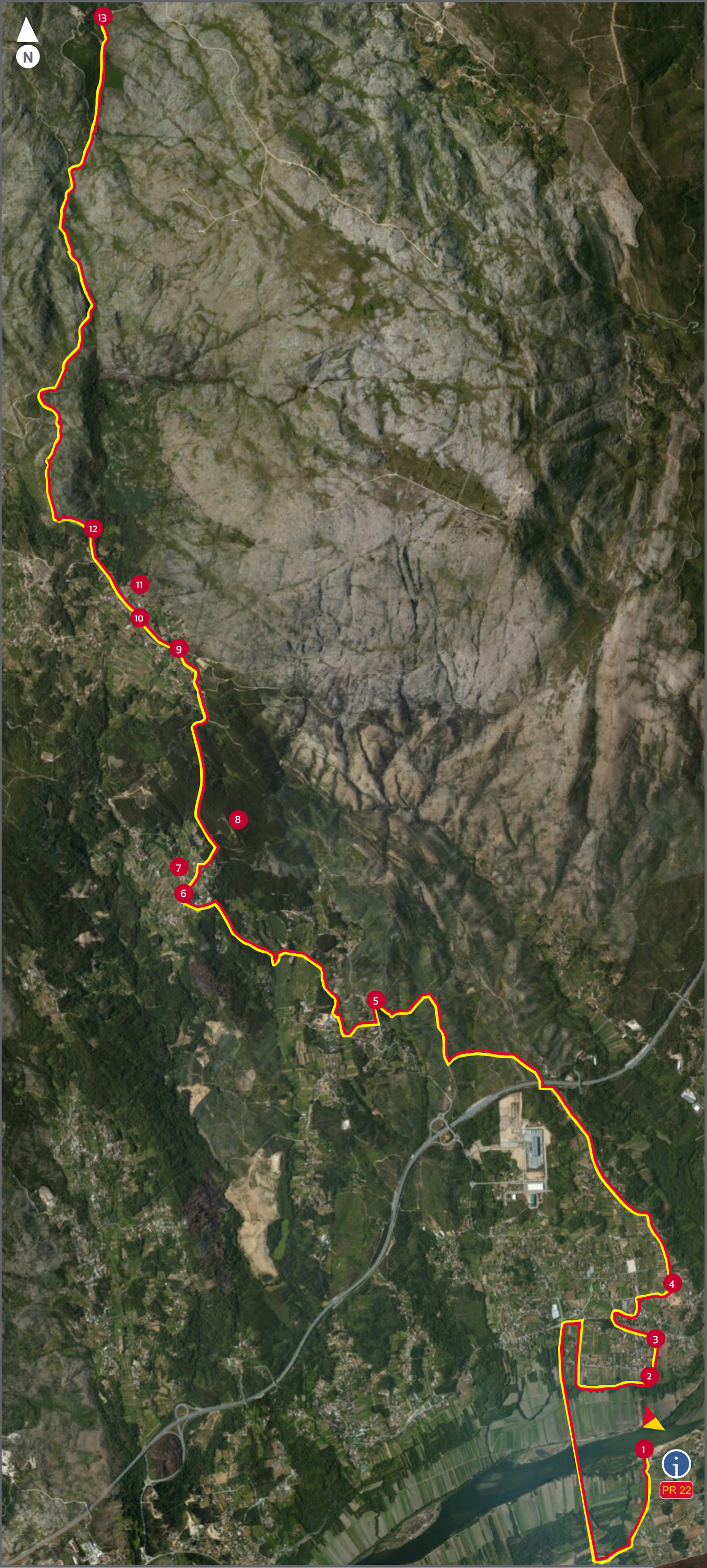
STAR POINT | END POINT

PR 22

- 1 Passage Place or Lanheses Boarding Area
- 2 Linhares Bridge
- 3 Seara Square
- 4 Lanheses Parochial Church
- 5 Chapel of Senhora da Conceição
- 6 Vilar de Murteda Hostel
- 7 Vilar de Murteda Parochial Church
- 8 Calvary of Vilar de Murteda
- 9 Costa Mills
- 10 Parochial Church and Montaria Calvary
- 11 Serra d' Arga - Gate
- 12 Former Tree Nursery
- 13 S. João de Arga Monastery

PROFILE GRAPH HIGHT/DISTANCE





SCALE | 1:45 000

TRAIL DESCRIPTION PR 22

The trail starts at the mythical “Lugar da Passagem” in “Geraz do Lima”, or on the opposite side of the river (dock on the right margin of the Lima river). Heading towards the centre of “Lanheses”, part of this trail is famous St. James’s Pathway. Thousands of pilgrims have travelled on this path through the centuries, as well as ox carts filled with ceramic roof tiles, bricks and dishware which were delivered to various parts of the region by way of the legendary river. Amidst the vegetation, Hikers will be able to find the “Linhares” bridge which runs over the ‘olho’ creek and a bit further ahead you will reach “Largo da Seara”. There is an open air museum with several objects from the era when thriving trade flowed through the area. As you travel up the incline, you will walk past the “Lanheses” Parish Church, also known as “Santa Eulália” church, and “Senhora do Cruzeiro” chapel. Head towards the industrial park. You will come to “Santo Antão” chapel and right after, amongst the pine trees, vineyards and farming fields are the villages of “Meixedo” and “Vilar de Murteda”. Here, next to the Parish Church, there is a Calvary with seven stone crosses located next to the Parish Church. There is also a hostel. Continue through a tree covered area and you will arrive at one of the most typical and picturesque mountain villages in the region – “São Lourenço da Montaria”, known for its traditional mills, which are still operational; the characteristic landscape of “Serra d’Arga”, and the typical regional delicacies. As you head toward “S. João d’Arga”, admire the landscape the areas of “Espantar”, “Trás-Âncora” and “Pedrulhos” have to offer, enjoy the views of the mountainous areas of “Perre” and “Santa Luzia” with the Atlantic Ocean in the background.

