

12 HISTORICAL VILLAGES, WELL WORTH A VISIT

Start in Trancoso and finish wherever you like. You have 600 km to explore.



Living history

ALMEIDA _BELMONTE_ _CASTELO MENDO_ _CASTELO NOVO_ _CASTELO RODRIGO_ _IDANHA-A-VELHA_ _LINHARES-DA-BEIRA_ _MARIALVA_ _MONSANTO_ _PIODÃO_ _SORTELHA_ _TRANCOSO_

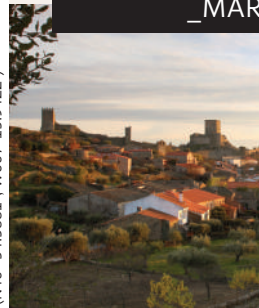
OUR HISTORY, YOUR TIME.

12 VILLAGES, ENDLESS ENJOYMENT

Wander the narrow streets of centuries-old village. Take up position where soldiers once faced each other in battle.

Or just enjoy the beauty of a wild landscape. Portugal's Historical Villages in Beira Interior are a unique destination for tourists and history lovers and are guardians of testimony that dates back centuries.

MARIALVA

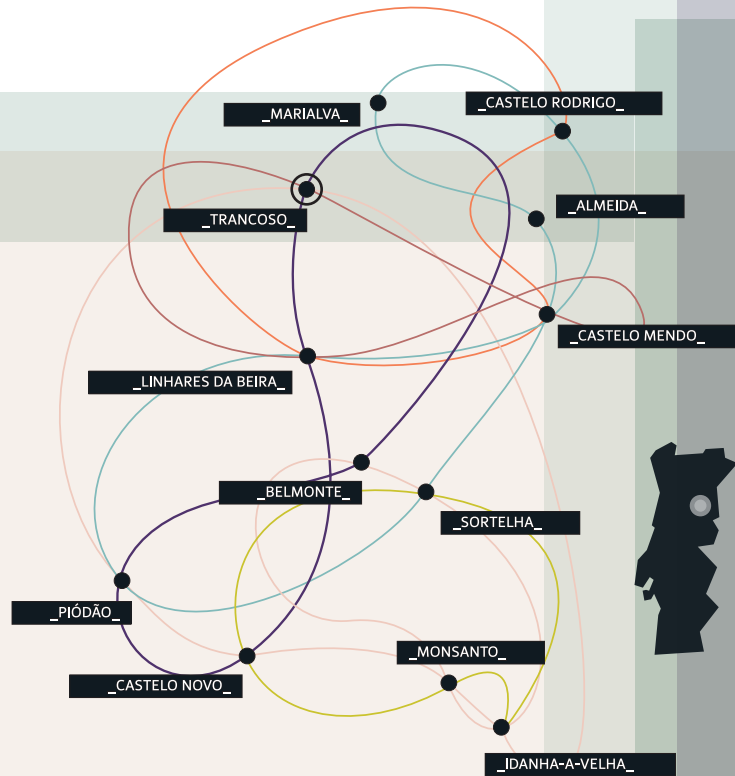


23 km

A castle that guards legends and stories
Churches that amaze us with their subtle details
Very friendly people. Undeniable reasons for a stay.
The nearby Vale do Côa Archaeological Park, a World Heritage Site, with its Palaeolithic figures, is a must on any tourist route.



TECHNICAL INFORMATION:
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The guides do much more than contemplate slower times or genuine experiences. There are days full of excitement, extreme sports, hikes, good food, river beaches, culture and landscapes - everything you need for enjoyable days.
Life here is excitement. And the rest is history.

LINHARES-DA-BEIRA



36 km

The architecture, legends and traditions reveal the village's rich history. The unusually shaped castle is another attraction.
Linhares da Beira is world famous as a hang-gliding location.

PR 1
TCS

PEDESTRIAN TRAIL
Guardians of the Tableland

TRANCOSO

OUR HISTORY, YOUR TIME.



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TRANCOSO

GUARDIANS OF THE TABLELAND

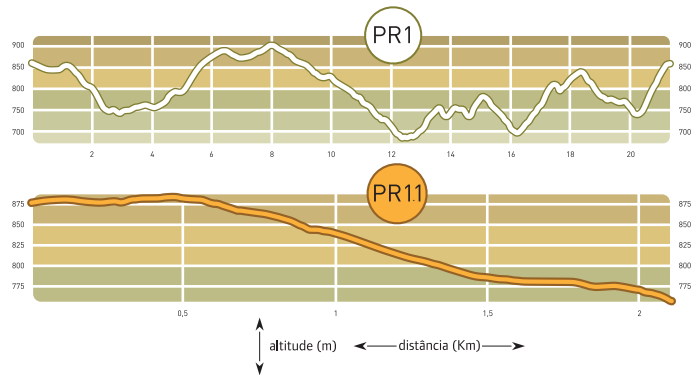
With an extension of 21 km and an optional path that shortens the distance to around 15,5 km (4h30), the trail takes place in the eastern limit of the Central Upland. It enables the observation of the main characteristics of the region and the contemplation of a unique and dazzling view over the extension of lands that constitute the Riba-Côa region.

Set in a charming landscape, with natural and man-made elements, the trail highlights the connection between the historical village of Trancoso and Moreira de Rei and, by walking the trail, it is possible to understand the outstanding strategic position of the millenary castles that are at the origin of these two settlements and that, just as guardians of the upland, defended this territory throughout the centuries.



PR1 TCS Variant PR1.1 TCS GR 22
Start / End of the trail (Portas do Prado) interesting points
Accommodation Snack-bar Listed Monument Fountain

Profile



Difficulty Level

The difficulty level is represented through 4 different items, each one evaluated in a scale from 1 to 5 (from the easiest to the hardest)



Interesting Points

- Historical Village of Trancoso
- Fraga do Ladrão (Robbers Rock) (1)
- Vale Azedo stream (2) and Créus stream (6)
- Pedreira (2), Botelho (6) and Saint Lazarus (7) farms
- Rural and traditional architecture in Vale Azedo and Golfar
- Cabecinha (3)
- Wine-presses excavated in the rock (4)
- Moreira de Rei
- Medieval graves excavated in the rock (5, 7 and 8)



Characterized by small pine and oak woods and by dense shrubby vegetation, the landscape is noticeable, mainly, for its roughness and for the constant presence of granite blocks, set together in a somewhat chaotic manner and, other times, assuming curious configurations.

Not very expressive, the level areas showcase, frequently, an undulated relief and are intersected by narrow valleys, where villages and farms are installed, taking advantage of the fertile lands irrigated by streams, that create a colourful and humanized landscape. From time to time, small ridges of mountains appear, such as the majestic Pisco mountain ridge, observable in the initial part of the trail, and the Barroco do Oiro mountain ridge.

Upon reaching the top of this mountain, where the highest spot of the trail is located (Cabecinha), the view spreads over an extensive horizon, from Estrela mountain ridge, in the south direction, and the Douro valley, in the north direction. From that point, the visibility is clear to the east, where the vast Iberian Plateau spreads, only broken by the Marofa Mountain.

Rules

- Follow the signaled trail;
- Avoid unnecessary noise;
- Observe the animals without disturbing them;
- Do not damage the vegetation;
- Do not leave rubbish or other vestiges of your presence;
- Do not light a fire;
- Do not collect samples of plants or rocks;
- Be polite to other people that you may meet in the trail.

Advices

Recommended season: all year.
Recommended direction: clock wise.
Suitable for the practice of Mountain Bike.

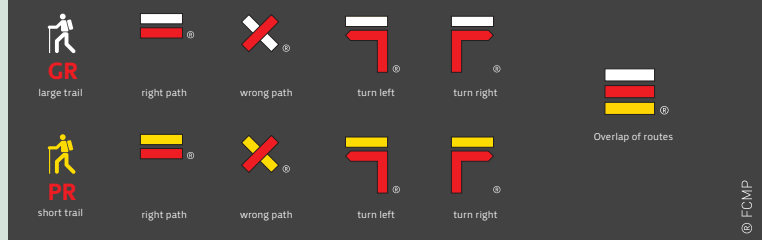


With its beginning and ending in the monumental and artistic historical set of Trancoso, the trail crosses the Moreira de Rei village, which history can be revisited, mainly, through its magnificent listed monuments: the peculiar castle from the 12th – 13th century, the sublime Romanesque church of St. Marinha (13th century), one of the biggest medieval necropolises excavated in the rock in the country and the elegant Manueline style pillory (16th century).

Together with some fountains, pigeon-houses and threshing-floors, in the villages and farms it is possible to observe excellent examples of rural traditional architecture from this area, some with a first floor and balcony and others taking advantage of the imposing blocks of rock and using them as walls.

Along the trail we can find some parts of ancient paths and old wine-presses excavated in the rock, that testify the currently almost extinct local wine production, and several sets of rock excavated sepulchers, the final resting place of the people that inhabited the region in the medieval period.

Signals



Useful Contacts

- SOS Emergency: **112**
- SOS Woods: **117**
- Anti-Poison Information Center: **808 250 143**
- Trancoso Police: **271 829 030**
- Firemen Department: **271 811 218**
- Health Center: **271 829 070**
- City Hall: **271 829 120**
- Tourism Office: **271 811 147**
- Parish council from Trancoso and Souto Maior: **271 812 619**
- Parish council from Moreira de Rei: **271 812 625**

