

## FORTRESSES ROUTE

### DESCRIPTION:

This itinerary was partially defined and characterized by the Douro International Natural Park.

Part of this course is made through granitic soils, with approximately 500 million years, near the *Arribas do Douro* (Douro Cliffs).

Along the itinerary, the arborous vegetation is significant, namely the more usual ones: Ashes (*Fraxinus angustifolia*), Prickly Junipers (*Juniperus oxycedrus*), Holm Oaks (*Quercus rotundifolia*), Pyrenean Oaks (*Quercus pyrenaica*) and some Cork Oaks (*Quercus suber*). The shrub layer is fairly large, in some areas.

In the open areas, the main human activity is the pastoralism, with emphasis on the exploitation of cattle breed *Mirandesa* and sheep breed *Churra Galega Mirandesa*, as well as donkeys from Miranda (Burro Mirandês), and familiar agriculture, with the exploration of the *lameiros* (grazing pastures), cereal grain cultures, small farms and vines, and also some fruit trees, are the main human activities.

Several birds species have a strong presence along the itinerary, namely the Black stork (*Ciconia nigra*), Griffon vulture (*Gyps fulvus*), Golden eagle (*Aquila chrysaetos*), Bonelli's eagle (*Aquila fasciata*), Peregrine falcon (*Falco peregrinus*), Eurasian eagle owl (*Bubo bubo*), Alpine swift (*Apus melba*), Red-billed chough (*Pyrrhocorax pyrrhocorax*), Black wheatear (*Oenanthe leucura*), Blue rock thrush (*Monticola solitarius*), Red kite (*Milvus milvus*), Montagu's harrier (*Circus pygargus*), Eurasian scops owl (*Otus scops*), among others.

The itinerary goes through the villages of Vale de Águia, Aldeia Nova, Paradela, Ifanes and Pena Branca.

### POINTS OF INTEREST:

- Citadel of the Miranda do Douro Castle (XIII, XV and XVII centuries);
- Fountain of *Gidro* (XVI century);
- *Castro* (Ancient fort) of Vale da Águia (Iron Age);
- Watermills of *ribeira da Carrascosa*;
- *Castro of São João das Arribas* (VII a.C. century);
- Diving Fountains of Aldeia Nova;
- Houses and church of Aldeia Nova;
- Secular chestnut (tree of public interest);
- *Castro of Penha da Torre*;
- House of the *Dízimo* (Tithe), in Paradela;
- Church of Paradela;



- Curralada (old courtyard), in Ifanes;
- Parish church of Ifanes;
- Local Fountain (XVI century), in Ifanes;
- Fresno River watermills, in Miranda do Douro.

#### COURSE DETAILS:

- **Location** – north of Miranda do Douro / parishes of Miranda do Douro, Ifanes and Paradela / Miranda do Douro area / Bragança district / Trás-os-Montes / Portugal
- **Course** – circular / thematic
- **Point of departure and arrival** – Urban Park of Fresno River, Miranda do Douro
- **Distance to travel** – 36 km
- **Ground unevenness** – deep
- **Minimum altitude** – 597 m
- **Medium altitude** – 729 m
- **Maximum altitude** – 800 m
- **Duration** – between 7 and 8 hours
- **Type of Course** – sportive, panoramic, environmental and cultural
- **Paths** – rural paths
- **Difficulty level** – low/medium
- **Favourable season** – there isn't any

#### TO BETTER ENJOY THIS ACTIVITY, WE ADVISE THE USE OF:

- Suitable shoes, fit for walking in the country/mountain;
- Soft socks, without seams;
- Head protection, suitable clothes to according weather;
- Binoculars;
- Camera;
- Sunscreen in the Summer;
- Small backpack with food and water.

#### PRICE:

- 1 day = 40,00 €/person (\*)

(\*) **Includes:** Specialized guide, obligatory insurance, and country lunch.

For more information please refer to the **Terms and Conditions**.

We advise you to read the section  
**Good Practices**

MORE THAN ADVENTURE, NATURE AND CULTURE

