

## SOLSTITIAL RITUALS AND NEW YEAR

Between Christmas and Twelfth Night, there are several villages in the Northeast of Trás-os-Montes that celebrate the Winter Solstice, and in the Mirandese plateau these solstice rituals are still very alive.

With the unbearable cold of the winter season, it's necessary to rejoice and to be happy, and for that, nothing better than to discover the nature and the culture of Miranda do Douro, and welcoming the New Year in this jolly season.

### PROGRAM OF ACTIVITIES:

#### 1<sup>st</sup> day:

- Festa de San Juan (solstice ritual), in Constantim;
- Festival of Traditional Culture of Terras de Miranda – *Geda*.

#### 2<sup>nd</sup> day:

- Guided tour to Miranda do Douro (built heritage and the Terra de Miranda Museum);
- Pedestrian tour.

#### 3<sup>rd</sup> day:

- Workshop of Mirandese traditional music;
- Donkey ride.

#### 4<sup>th</sup> day

- MTB touring;
- New Year's Eve in a country house.

#### 5<sup>th</sup> day (½ day):

- Solstice ritual of the *Menino* and the *Biêlha*, in Vila Chã da Braciosa.

The program of activities will be held between the 28<sup>th</sup> of **December** and the 1<sup>st</sup> of **January**.

The donkey ride will be held in partnership with the *Associação para o Estudo e Proteção do Gado Asinino* (AEPGA) - the Association for the Study and Protection of Donkeys.



## TO BETTER ENJOY THE ACTIVITIES, WE ADVISE THE USE OF:

- Suitable clothes and shoes, fit for walking in the country/mountain, and according to weather;
- Hat;
- Suitable shoes, fit for the practice of MTB;
- Helmet, gloves and suitable clothes for the practice of MTB and according to weather;
- Bottle with water;
- Camera;
- Small backpack with food and water.

## PRICES:

- 4 days without bicycle rental = 275,00 €/person (\*)
- 4 days with bicycle rental = 290,00 €/person (\*\*)

(\*) **Includes:** Transportation to the places where the activity will be held, 1 donkey for each 3 persons, specialized guide, obligatory insurance and 9 meals based in local gastronomy and regional products.

(\*\*) **Includes:** Transportation to the places where the activity will be held, 1 donkey for each 3 persons, bicycle and helmet, specialized guide, obligatory insurance and 9 meals based in local gastronomy and regional products.

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

