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## Other interesting features

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### Azores

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#### Ilha Terceira

**Furna Dágua**

Address: Cabrito - Posto Santo Ilha Terceira

**Gruta do Natal**

Address: Picos Gordos Reserva Florestal Natural da Serra de Santa Bárbara - Ilha Terceira

**Monumento Natural Regional do Algar do Carvão**

Address: Ilha Terceira

#### Ilha da Graciosa

**Furna do Enxofre**

Address: Ilha Graciosa

#### Ilha do Pico

**Monumento Natural Regional da Gruta das Torres**

Address: Criação Velha Madalena - Ilha do Pico

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## Centro de Portugal

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### Fátima

**Grutas da Moeda**

Address: Largo das Grutas da Moeda 2495-028 SÃO MAMEDE (Fátima)

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## Protected Areas

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### Alentejo

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#### Barrancos

**Parque de Natureza de Noudar****Website:** <http://www.parquenoudar.com>**Contacts**

Apartado 5 - 7230-909 Barrancos

Tel: +351 285 950 000 Fax: +351 285 950 001

E-mail: [pnoudar@edia.pt](mailto:pnoudar@edia.pt)**Characteristics and Services:**

Signposted routes; Guided Tours;

Located in Barrancos, next to the border with Spain, Noudar Nature Park maintains a preserved environment in which agricultural and forestry activities are conserved in profound respect for the natural ecosystems.

With a landscape dominated by (...)

#### Castro Verde

**Centro de Educação Ambiental de Vale Gonçalves****E-mail:** [lpn.cea-castroverde@lpn.pt](mailto:lpn.cea-castroverde@lpn.pt) **Website:**<http://www.lpn.pt>**Contacts**

Herdade do Vale Gonçalves - Apartado 84

7780 Castro Verde

Tel.: +351 286 328 309 / 968 523 648 - Fax: +351 286 328 309

**Characteristics and Services:**

Signposted routes; Guided Tours;

The Vale Gonçalves Environmental Education Centre is the obligatory starting point for a visit to the Special Protection Zone for birds in Castro Verde, providing information on the region's natural heritage. Known as the "Campo Branco" (...)

#### Mértola

**Parque Natural do Vale do Guadiana****Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/13>; <http://www.natural.pt/portal/en/AreaProtegida/Item/13>**Contacts**

Head-office: Rua Dr. Afonso Costa, 40-1º dtº - 7750-352 MÉRTOLA

Ph.: +351 286 611 084 - Fax: +351 286 611 085

E-mail: [pnvg@icnf.pt](mailto:pnvg@icnf.pt)**Characteristics and Services:**

Signposted routes; Park area: 69.773 ha.; Altitude: Máx - 370; min - 9m; Accommodation facilities available;

Located in the valley of the River Guadiana, winds its way through narrow riverbanks dotted by age-old watermills, or sharp ravines covered in Mediterranean undergrowth, and offers magnificent landscape views. The area of the Natural Park also

(...)

## Odemira

### **Parque Natural do Sudoeste Alentejano e Costa Vicentina**

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/12>; <http://www.natural.pt/portal/en/AreaProtegida/Item/12>

#### **Contacts**

Head-office: Rua Serpa Pinto, 32 - 7630-174 ODEMIRA

Tel.: +351 283 322 735 - Fax: +351 283 322 830

E-mail: [pnsacv@icnf.pt](mailto:pnsacv@icnf.pt)

Branch-offices: - Rua João Dias Mendes, 46-A - 8670-086

ALJEZUR

Tel.: +351 282 998 673 - Fax: +351 282 998 531- Colectiva C4

Stº. André - Apartado 98 - 7500-999 VILA NOVA DE SANTO

ANDRÉ

Tel.: +351 269 708 400 - Fax: +351 269 752 145

#### **Characteristics and Services:**

Signposted routes; Park area: 75.000 ha.; Altitude: Máx - 156m; min - 0m; Profundidade máx - 50m;

The South West Alentejo and Vicentine Coast Natural Park is the finest preserved stretch of European coastline, covering over 100 km, from Porto Covo in the Alentejo, to Burgau in the Algarve. The Park includes various unique species of animal and (...)

## Portalegre

### **Parque Natural da Serra de São Mamede**

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/9>; <http://www.natural.pt/portal/en/AreaProtegida/Item/9>

#### **Contacts**

Head-office: Rua General Conde Jorge de Avilez, 22-1º - 7300-185

PORTALEGRE

Tel.: +351 245 203 631/ 245 207 215 - Fax: +351 245 207 501

E-mail: [pNSSM@icnf.pt](mailto:pNSSM@icnf.pt) Branch-offices: - Largo de Santa Maria -

7330 MARVÃO

Tel.: +351 245 993 886 - Fax: +351 245 909 131- Largo Serpa

Pinto - 7340 ARRONCHES

Tel.: +351 245 580 085- Rua de Santo Amaro, 25 - 7320

CASTELO DE VIDE

Tel.: +351 245 905 299

#### **Characteristics and Services:**

Signposted routes; Park area: 29.694 ha.; Altitude: Máx - 1.025m; min - 350m; Accommodation facilities available;

In the Serra de São Mamede we encounter an unexpected Alentejo, constituted by high mountains instead of rolling plains, where it's possible to discover vestiges of human presence from various historical periods.

The highest point in the Park, at (...)

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## Rio Maior

### Parque Natural das Serras de Aire e Candeeiros

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/8>; <http://www.natural.pt/portal/en/AreaProtegida/Item/8>

#### Contacts

Head-office: Rua Dr. Augusto César Silva Ferreira - Apartado 190  
2040-215 RIO MAIOR

Phone: +351 243 999 480 - Fax: +351 243 999 488

E-mail: [pnsac@icnf.pt](mailto:pnsac@icnf.pt)

#### Characteristics and Services:

Signposted routes; Park area: 39.900 ha.; Altitude: Máx: 678m;

The greatest riches of the Serras de Aire e Candeeiros Natural Park are hidden within its interior. This chalk massif is a paradise for speleologists who will be able to discover grottoes and ravines in its depths, with surprising rock formations (...)

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## Algarve

### Olhão

#### Parque Natural da Ria Formosa

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/14>; <http://www.natural.pt/portal/en/AreaProtegida/Item/14>

#### Contacts

Head-office: Centro de Educação Ambiental de Marim - Quelfes  
8700-225 OLHÃO

Phone: +351 289 704 134 /5 - Fax: +351 289 704 165

E-mail: [pnr@icnf.pt](mailto:pnr@icnf.pt)

#### Characteristics and Services:

Signposted routes; Park area: 17.664 ha.; Altitude: Máx - 26m;  
min - 0m; Accommodation facilities available;

A humid zone of international importance, the Ria Formosa estuary is a labyrinth of canals, islands, marshland and sandy beaches that extend 60 km along the Algarve coast between the beaches of Garrão and Manta Rota.

This diversity of eco-systems (...)

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## Vila Real de Santo António

### Reserva Natural do Sapal de Castro Marim e Vila Real de Santo António

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/23>; <http://www.natural.pt/portal/en/AreaProtegida/Item/23>

#### Contacts

Head-office: Sapal de Venta Moinhos - Apartado 7 - 8950-999  
CASTRO MARIM

Tel.: +351 281 510 680 - Fax: +351 281 531 257

E-mail: [rnsac@icnf.pt](mailto:rnsac@icnf.pt)

#### Characteristics and Services:

Signposted routes; Park area: 2.089 ha.; Altitude: Máx - 50m;  
min - 0m; Accommodation facilities available;

After journeying around 850 km from its source in Spain, and just before flowing into the sea in Vila Real de Santo António, the

River Guadiana winds its way through the plains, branching out into creeks and canals that flow into lakes, marshland (...)

## Azores

### Ilha de São Miguel

#### Centro Ambiental do Priolo

##### Contacts

Apartado 14 - 9630 Vila de Nordeste  
São Miguel - Açores Telm. +351 918 536 123  
E-mail: centropriolo@spea.pt

##### Characteristics and Services:

Signposted routes; Guided Tours;

Located in the Cancela do Cinzeiro Forestry Park within the Special Protection Zone of Pico da Vara/Ribeira do Guilherme, Priolo Environmental Centre aims to preserve this small bird and its habitat. The priolo is Europe's second rarest bird (...)

## Centro de Portugal

### Arganil

#### Paisagem Protegida da Serra do Açor

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/24>; <http://www.natural.pt/portal/en/AreaProtegida/Item/24>

##### Contacts

Head-office: Casa Grande, Mata da Margarça - 3305-031  
BENFEITA (ARGANIL)  
Tel.: +351 235 741 329 - Fax: +351 235 741 379  
E-mail: ppsa@icnf.pt

##### Characteristics and Services:

Signposted routes; Park area: 346 ha.; Altitude: Máx - 1.012m; min - 400m; Accommodation facilities available;

Located next to Arganil, the protected landscape of the Serra do Açor includes a zone of great natural beauty included within the European network of biogenetic reserves - the Margarça Woodlands. The luxurious vegetation found on these slate (...)

### Aveiro

#### Reserva Natural das Dunas de São Jacinto

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/15>; <http://www.natural.pt/portal/en/AreaProtegida/Item/15>

##### Contacts

Head-office: Estrada Nacional, 327 - 3800-901 SÃO JACINTO  
(AVEIRO)  
Tel. / Fax: +351 234 831 063  
E-mail: rndsj@icnf.pt

##### Characteristics and Services:

Signposted routes; Park area: 666 ha; Altitude: Máx - 17m; min - 2m; Accommodation facilities available;

Scenery that remains undecided between land and sea, composed of sandy beaches, marshland, freshwater and saltwater, and home to many valuable species. You are guaranteed an unforgettable visit. The reserve is located at the southernmost tip of the (...)

## Castelo Branco

### Geopark Naturtejo da Meseta Meridional

**Website:** <http://www.naturtejo.com>

#### Contacts

Rua Conselheiro Albuquerque, nº 4-Cave C  
6000-161 Castelo Branco  
Tel.: +351 272 320 176 Call Center: 707 200 065 (custo chamada local) Fax: +351 272 320 137  
E-mail: [geral@naturtejo.com](mailto:geral@naturtejo.com)

#### Characteristics and Services:

Signposted routes; Park area: 4.625 Km<sup>2</sup>; Altitude: 40 m<sup>2</sup> - 1.227 m<sup>2</sup>; Accommodation facilities available; Guided Tours;

#### Access:

Buses; Train stations;

Discover the first Portuguese Geopark recognised by UNESCO. The Naturtejo Geopark, an exponent of Nature Tourism in Central Portugal, invites you to discover 16 geosites and a land of valuable natural history and cultural heritage. Travel back in (...)

## Coimbra

### Reserva Natural do Paul de Arzila

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/17>; <http://www.natural.pt/portal/en/AreaProtegida/Item/17>

#### Contacts

Head-office: Rua do Bairro, 1, Arzila - 3040-604 COIMBRA  
Tel.: +351 239 980 500 - Fax: +351 239 980 502  
E-mail: [rnpa@icnf.pt](mailto:rnpa@icnf.pt)

#### Characteristics and Services:

Signposted routes; Park area: 535 ha; Altitude: Máx - 88m; min - 6m;

The Paul de Arzila Nature Reserve was created in order to protect an important internationally recognized marshland zone in Ribeira de Cernache, next to the River Mondego. The zone encompasses part of the municipalities of Coimbra, Condeixa and (...)

## Manteigas

### Parque Natural do Tejo Internacional

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/7>; <http://www.natural.pt/portal/en/AreaProtegida/Item/7>

#### Characteristics and Services:

Signposted routes; Park area: 27.968 ha.; Altitude: Máx - 383 m; min - 120 m;

The River Tagus is the longest River flowing across Portugal. Its source is in Spain and the river travels a great distance before reaching Portuguese territory, where it establishes the frontier between the two countries over a 50 km stretch that (...)

## Parque Natural da Serra da Estrela

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/6>; <http://www.natural.pt/portal/en/AreaProtegida/Item/6>

### Contacts

Head-office: Rua 1º de Maio, 2 - 6260-101 MANTEIGAS

Tel.: +351 275 980 060/1 - Fax: +351 275 980 069

E-mail: [pnse@icnf.pt](mailto:pnse@icnf.pt)

Branch-offices: - Praça da República, 27 - 6270 SEIA

Tel.: +351 238 310 440 - Fax: +351 238 310 441- Casa da

Torre - Rua dos Bombeiros Voluntários, 8- 6290 GOUVEIA

Tel.: +351 238 492 411 - Fax: +351 238 494 183- Rua D.

Sancho I, nº 3 - 6300 GUARDA

Tel: +351 271 225 454

### Characteristics and Services:

Signposted routes; Park area: 101.060 ha.; Altitude: Máx - 1.993m; min - 300m; Accommodation facilities available;

The Serra da Estrela Natural Park is the largest protected area in Portugal, located in the central mountainous massif, in a high plateau that inclines towards the North-East, cut across by rivers and streams that have their source here such as the (...)

## Penamacor

### Reserva Natural da Serra da Malcata

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/16>; <http://www.natural.pt/portal/en/AreaProtegida/Item/16>

### Contacts

Head-office:

Rua dos Bombeiros Voluntários, Apartado 38 - 6090-587

PENAMACOR

Tel.: +351 277 394 467 - Fax: +351 277 394 580

E-mail: [rnsn@icnf.pt](mailto:rnsn@icnf.pt)

Branch-office:

Centro de Educação Ambiental da Senhora da Graça

Bairro Srª. da Graça - Aldeia de Santo António - 6320 SABUGAL

Tel. / Fax: +351 271 752 825

### Characteristics and Services:

Signposted routes; Park area: 16.347 ha; Altitude: Máx - 1.078m; min - 425m; Accommodation facilities available;

The main reason why the Serra da Malcata Nature Reserve was created was preservation of the Iberian lynx and its habitat. This endangered feline is an endemic species of the Iberian peninsula. It is considerably smaller than Eurasian lynxes and (...)

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## Peniche

### Reserva Natural das Berlengas

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/18>; <http://www.natural.pt/portal/en/AreaProtegida/Item/18>

#### Contacts

Head-office: Av<sup>ª</sup>. Mariano Calado, 55 - 2520-224 PENICHE  
Tel.: +351 262 787 910 - Fax: +351 262 787 930  
E-mail: [rnb@icnf.pt](mailto:rnb@icnf.pt) Branch-office: Ilha da Berlenga - Casa Varella-Cid  
Tel: +351 262 750 405

#### Characteristics and Services:

Signposted routes; Park area: 9.560 ha.; Altitude: Máx - 94m; min - 0m; Profundidade máx: 555m; Accommodation facilities available;

At a distance of around 10 km from Peniche, the Berlengas Archipelago is a natural haven maintained in a virtually unspoilt state. Constituted by three groups of small islands - Estelas, Farilhões and Berlenga - the zone maintains extensive (...)

## Torres Novas

### Reserva Natural do Paul do Boquilobo

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/19>; <http://www.natural.pt/portal/en/AreaProtegida/Item/19>

#### Contacts

Head-office: Quinta do Paul, Apartado 27, Brogueira - 2350-334 TORRES NOVAS  
Tel.: +351 249 820 550 - Fax: +351 249 820 378  
E-mail: [rnpb@icnf.pt](mailto:rnpb@icnf.pt)

#### Characteristics and Services:

Signposted routes; Park area: 530 ha.; Altitude: Máx - 22m; min - 16m;

Located around 6 kms from Golegã, Paul do Boquilobo is an alluvial plain of marshland and humid zones, where the local life depends upon the volume of the current of the River Tejo and River Almonda that flow around its borders.

the landscape is (...)

## Lisboa Region

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### Alcochete



## Reserva Natural do Estuário do Tejo

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/20>; <http://www.natural.pt/portal/en/AreaProtegida/Item/20>

### Contacts

Head-office: Av<sup>a</sup>. dos Combatentes da Grande Guerra, 1 - 2890-015 Alcochete Tel.: +351 21 234 17 42 - Fax: +351 21 234 16 54

E-mail: [rnet@icnf.pt](mailto:rnet@icnf.pt)

### Characteristics and Services:

Signposted routes; Park area: 14.192 ha; Altitude: Máx - 11m; Profundidade máx - 10m; Guided Tours;

From its source in Spain, in the Serra de Albarraçin, to its estuary mouth close to Lisbon, the River Tagus travels a distance of 1.100 kms, making it the longest river flowing across Portugal.

The vast estuary in front of Lisbon's eastern zone has (...)

## Costa de Caparica

### Paisagem Protegida da Arriba Fóssil da Costa de Caparica

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/25>; <http://www.natural.pt/portal/en/AreaProtegida/Item/25>

### Contacts

Head-office: Estrada Florestal da Costa de Caparica - Praia da Rainha

2825-412 COSTA DE CAPARICA

Phone: +351 21 291 82 70/6 - Fax: +351 21 291 82 79

E-mail: [ppafcc@icnf.pt](mailto:ppafcc@icnf.pt)

### Characteristics and Services:

Signposted routes; Park area: 1.594 ha.; Altitude: Máx - 111m; min - 0m;

The fossil cliff is constituted by a succession of sedimentary rock strata, one of the most important examples of its kind in Western Europe, whose origin dates back to the Pliocene period, around 10 million years ago. At that time, the Sea reached (...)

## Setúbal

### Parque Natural da Arrábida

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/11>; <http://www.natural.pt/portal/en/AreaProtegida/Item/11>

### Contacts

Head-office: Praça da República - 2900-587 SETÚBAL

Tel.: +351 265 541 140 - Fax: +351 265 541 155

E-mail: [pnarr@icnf.pt](mailto:pnarr@icnf.pt) Branch-office: Museu Oceanográfico - Fortaleza de St<sup>a</sup>. Maria da Arrábida - Portinho da Arrábida Tel.: +351 212 189 791

### Characteristics and Services:

Signposted routes; Park area: 10 821 ha.; Altitude: Máx - 499m; min - 0m (até 100m profundidade mar); Guided Tours;

Located next to the sea, between Setúbal and the fishing town of Sesimbra, Arrábida Natural Park has incomparable natural beauty, where the blue of the sea alternates with the white tones of the chalk cliffs and the depths of the green vegetation (...)

### Reserva Natural do Estuário do Sado

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/21>; <http://www.natural.pt/portal/en/AreaProtegida/Item/21>

### Other informations:

#### Tradicional Country House Accommodation:

Carrasqueira

A Cabana do Pai do Tomás CCI n.º 3700 Carrasqueira, 7580-613 Comporta

Phone: +351 265 532 996/ 79 - Fax: +351 265 539 663

E-mail: [acabanadopaidotomas@mil-andancas.pt](mailto:acabanadopaidotomas@mil-andancas.pt)

[www.mil-andancas.pt/pages/cabana/](http://www.mil-andancas.pt/pages/cabana/)

#### Characteristics and Services:

Signposted routes; Park area: 23.160 ha.; Altitude: Máx - 36m; min - 0m; Accommodation facilities available;

The River Sado is born in the Serra da Vigia, near Beja, and winds its way across the plains of the Alentejo, travelling 180 km north until they flow into the sea near Setúbal. The river's estuary commences close to Alcácer do Sal, a highly (...)

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## Sintra

### Parque Natural de Sintra-Cascais

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/10>; <http://www.natural.pt/portal/en/AreaProtegida/Item/10>

#### Contacts

Head-office: Rua Gago Coutinho, 1 - 2710-566 SINTRA  
Tel.: +351 21 924 72 00 - Fax: +351 21 924 72 27  
E-mail: [pnsf@icnf.pt](mailto:pnsf@icnf.pt)

#### Characteristics and Services:

Signposted routes; Park area: 14.583 ha; Altitude: Máx: 528 m; min: 0 m;

The westernmost point of the European continent, was considered in antiquity to be the place where "the land ends and the sea begins" - the Cabo da Roca is one of the most spectacular locations in the Sintra-Cascais Natural Park. Its vertical cliffs (...)

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## Porto and the North

### Arouca

#### Geoparque de Arouca

**E-mail:** [turismo@aroucageopark.pt](mailto:turismo@aroucageopark.pt) **Website:** <http://aroucageopark.pt>

#### Contacts

AGA - Associação Geoparque Arouca  
Rua Alfredo Vaz Pinto - 4540-118 Arouca  
Tel.: +351 256 940 254  
E-mail: [geral@geoparquearouca.com](mailto:geral@geoparquearouca.com)

#### Characteristics and Services:

Signposted routes; Park area: 328 km<sup>2</sup>; Guided Tours;

The Arouca Geopark is a classified area by the European and Global Geoparks Networks, under the auspices of UNESCO since 2009, with 328km<sup>2</sup>. It is located in northern Portugal about 50 km far away from Oporto and Aveiro cities.

This is an unique (...)

### Braga

#### Parque Nacional da Peneda-Gerês

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/1>; <http://www.natural.pt/portal/en/AreaProtegida/Item/1>

#### Contacts

Head-Office: Av. António Macedo - 4704-538 BRAGA  
Tel.: +351 253 203 480 - Fax: +351 253 613 169  
E-mail: [pnp@icnf.pt](mailto:pnp@icnf.pt) Reservations Centre: Largo da Misericórdia, 10 - 4980-613 PONTE DA BARCA  
Tel: +351 258 452 250 - Fax: +351 258 452 450  
E-mail: [geral@adere-pg.pt](mailto:geral@adere-pg.pt); [reservas@adere-pg.pt](mailto:reservas@adere-pg.pt)

#### Other informations:

##### PAN Park

The Peneda Gerês National Park has been officially certified as a PAN Park. This distinction has been awarded to only 11 European

parks covering an area of no less than 20,000 hectares, and in which the "wilderness area" amounts to no less than 10,000 hectares, so that the fauna and flora can develop freely.

The parks awarded this certificate must promote a strategy of sustainable development, through the implementation of measures for the conservation of nature and the local biodiversity, a policy for the management of visitors and the certification of tour operators.

**Characteristics and Services:**

Signposted routes; Park area: 70.290 ha; Altitude: Máx: 1.545m; min - 140m; Accommodation facilities available; Guided Tours;

In the extreme north-east of Portugal, between the Alto Minho and Trás-os-Montes, the Serra da Peneda and Serra do Gerês constitute the only Portuguese protected area that has been classified as a National Park. It is a world apart, where human (...)

## Bragança

### Parque Natural de Montesinho

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/2>; <http://www.natural.pt/portal/en/AreaProtegida/Item/2>

**Contacts**

Head-office: Bairro Rubacar - Rua Cónego Albano Falcão, Lote 5 - 5301-044 BRAGANÇA

Tel.: +351 273 300 400 - Fax: +351 273 381 179

E-mail: [pnm@icnf.pt](mailto:pnm@icnf.pt) Branch-office (Porta de Vinhais): Casa da Vila - Dentro da Vila - 5320-272 VINHAIS

Tel.: +351 273 771 416

E-mail: [pnm.vinhais@icnf.pt](mailto:pnm.vinhais@icnf.pt)

**Characteristics and Services:**

Signposted routes; Park area: 74.229 ha.; Altitude: Máx - 1.486m; min - 438m; Accommodation facilities available;

Throughout the Park one senses an intense rural atmosphere, expressed in the villages where the traditional slate or granite houses merge with the landscape itself. Sometimes one can hardly sense the presence of these houses, given the almost (...)

## Esposende

### Parque Natural do Litoral Norte

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/3>; <http://www.natural.pt/portal/en/AreaProtegida/Item/3>

**Contacts**

Head-office: Rua 1º de Dezembro, 65 - 4740-226 ESPOSENDE

Phone: +351 253 965 830/1 - Fax: +351 253 965 330

E-mail: [pnln@icnf.pt](mailto:pnln@icnf.pt)

**Characteristics and Services:**

Signposted routes; Park area: 440 ha; Altitude: Máx - 20m; min - 0m;

Located between the rivers and the sea, the North Coast Natural Park stretches for nearly 18 kilometres between the Cávado River estuary and the village of Apúlia in a line of white sand dunes. Dotted with low vegetation that helps to anchor the (...)

## Macedo de Cavaleiros

### Geopark Terras de Cavaleiros

**E-mail:** [geral@geoparkterrasdecavaleiros.com](mailto:geral@geoparkterrasdecavaleiros.com) **Website:**

<https://www.geoparkterrasdecavaleiros.com>

#### Contacts

Head-office:

Rua Eng. Moura Pegado; R/C Centro Cultural

5340-302 Macedo de Cavaleiros

Tel.: +351 278 428 101/ 917 859 608

#### Characteristics and Services:

Signposted routes; Park area: 700 km<sup>2</sup>; Guided Tours;

The Geopark Global Terras de Cavaleiros (GGTC) encompasses the entire area of the municipality of Macedo de Cavaleiros, covering an area of around 700 km<sup>2</sup> in the very heart of the Nordeste Transmontano region. Most of this territory is included in (...)

### Paisagem Protegida da Albufeira do Azibo

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/33>; <http://www.natural.pt/portal/en/AreaProtegida/Item/33>; <http://www.azibo.org/>

#### Other informations:

Facilities: Bar, WC, safety equipment, access for disabled visitors, control of water quality, picnic area. Access: take the IP4 from Macedo de Cavaleiros – beaches are less than 1 kilometre away. Signposted for the reservoir (Albufeira) and the village of Santa Combinha. The EN 216 road leads to the visitors' centre and the museum.

#### Characteristics and Services:

Signposted routes; Park area: 4897 ha; Altitude: 602 m;

In the heart of the north-eastern region of Trás-os-Montes, you should take some time to discover the Protected Landscape Area of Albufeira do Azibo.

Situated in the municipality of Macedo de Cavaleiros, the dam that forms this reservoir was built (...)

## Mogadouro

### Parque Natural do Douro Internacional

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/5>; <http://www.natural.pt/portal/en/AreaProtegida/Item/5>

#### Contacts

Head-office: Av<sup>a</sup> do Sabor, 49 - 5200-204 MOGADOURO

Tel./Fax: +351 279 341 596

E-mail: [pndi@icnf.pt](mailto:pndi@icnf.pt) Branch-offices:- Centro de Formação

Profissional Agrária - Av. Dr. Francisco Sá Carneiro

6440-102 FIGUEIRA DE CASTELO RODRIGO

Tel.: +351 271 313 382 - Fax: +351 271 311 055- Cabanais do

Castelo - Largo do Castelo

5210-188 MIRANDA DO DOURO

Tel./Fax: +351 273 431 457

#### Characteristics and Services:

Signposted routes; Park area: 86.500 ha; Altitude: Máx - 895m; min - 125m; Accommodation facilities available;

The Douro Internacional Natural Park covers part of the municipalities of Miranda do Douro, Mogadouro, Freixo de Espada à Cinta and Figueira de Castelo Rodrigo, along the national frontier formed by the river Douro (in an extension of around 122 (...))

## Vila Real

### Parque Natural do Alvão

**Website:** <http://www.natural.pt/portal/pt/AreaProtegida/Item/4>; <http://www.natural.pt/portal/en/AreaProtegida/Item/4>

### Contacts

Head-Office: Largo dos Freitas - 5000-528 VILA REAL

Tel.: +351 259 302 830 - Fax: +351 259 302 831

E-mail: [pnal@icnf.pt](mailto:pnal@icnf.pt) Branch-office: Lugar do Barrio - Sítio do

Retiro - 4880-164 MONDIM DE BASTO

Tel. / Fax: +351 255 381 209

### Characteristics and Services:

Signposted routes; Park area: 7.239 ha; Altitude: Máx: 1.339m - min: 260m; Accommodation facilities available;

In the western section of the Serra do Alvão, that includes the imposing mountainous massif that incorporates the Serra do Marão, the River Olo runs through this protected area, between cranks and rocky outcrops and cuts across the rocks of the (...)