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## Protected areas

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### Alentejo

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#### Barrancos

##### **Parque de Natureza de Noudar**

###### **Protected areas**

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

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**

###### **Protected areas**

**E-mail:** [lpn.cea-castroverde@lpn.pt](mailto:lpn.cea-castroverde@lpn.pt) **Website:**

<http://www.lpn.pt>

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**

###### **Protected areas**

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-nat/pnvg>

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**

###### **Protected areas**

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-nat/pnsacv>

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

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## Portalegre

### Parque Natural da Serra de São Mamede

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-nat/pnssm>

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

## Rio Maior

### Parque Natural das Serras de Aire e Candeeiros

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-nat/pnsac>

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

## Santiago do Cacém

### Reserva Natural das Lagoas de Santo André e da Sancha

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/r-nat/rnlsas>

Located in the Alentejo, the Lagoas de Santo André and Sancha Natural Reserve occupies a 15km-wide coastal sector inland from the shoreline, in the municipalities of Sines and Santiago do Cacém. The Natural Reserve consists of the Lagoa de

## Algarve

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## Olhão

### Parque Natural da Ria Formosa

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-nat/pnrf>

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

## Vila Real de Santo António

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

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/r-nat/rnscmvrsa>

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

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## Ilha de São Miguel

### Centro Ambiental do Priolo

#### Protected areas

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

### Reserva Natural Regional Ilhéu de Vila Franca

#### Protected areas

Ilhéu de Vila Franca Regional Nature Reservellhéu de Vila Franca was classified as a Regional Nature Reserve in 2004. The area resulted from a submarine eruption that produced an almost perfectly circular caldera, measuring around 150 m in diameter

## Ilha do Faial

### Vulcão dos Capelinhos - Faial

#### Protected areas

Capelinhos Volcano - FaialThe Capelinhos Volcano is located in the "Capelo Peninsular", formed by the lava flows from a line of volcanoes located along a fault, with a WNW-ESSE orientation. The Capelinhos volcano is the last of the volcanoes in the

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## Centro de Portugal

## Arganil

### Paisagem Protegida da Serra do Açor

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-prot/ppsa>

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

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/r-nat/rndsja>

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

#### Protected areas

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

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

### Parque Natural do Tejo Internacional

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-nat/pnti>

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

## Coimbra

### Reserva Natural do Paul de Arzila

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/r-nat/rnpa>

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

## Figueira de Castelo Rodrigo

### Área Protegida Privada da Faia Brava

#### Protected areas

**E-mail:** [geral@atnatureza.pt](mailto:geral@atnatureza.pt) **Website:** <http://www.atnatureza.org>

Situated in the Vale do Côa, the Private Protected Area of Faia Brava, a wilderness teeming with wildlife, hosts the nesting sites and feeding grounds of one of the most important centres of rupicolous birds in the Vale do Côa Special Protection

## Manteigas

### Parque Natural da Serra da Estrela

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-nat/pnse>

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

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/r-nat/rnsm>

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

## Peniche

### Reserva Natural das Berlengas

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/r-nat/rnb>

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

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## Torres Novas

### Reserva Natural do Paul do Boquilobo

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/r-nat/rnpb>

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

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## Lisboa Region

### Alcochete

#### Reserva Natural do Estuário do Tejo

##### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/r-nat/rnet>

From its source in Spain, in the Serra de Albarracin, 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

##### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-prot/ppafcc>

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

##### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/p-nat/pnar>

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

##### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/r-nat/rnes>

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

### Sintra

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## Parque Natural de Sintra-Cascais

### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/pnat/pnsc>

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

##### Protected areas

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

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

##### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/pnpg>

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

##### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/pnat/pnm>

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

##### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/pnat/pnlN>

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

### Paisagem Protegida da Albufeira do Azibo

#### Protected areas

**Website:** <http://www.azibo.org/>

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

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/pnat/pndi>

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

#### Protected areas

**Website:** <http://www.icnf.pt/portal/naturaclas/ap/pnat/pnal>

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