



The "Marão Forests Walking Trail" is a circular trail, starting and ending at the information board at Largo do Coladinho, in the centre of Vila Nova, Campeã.

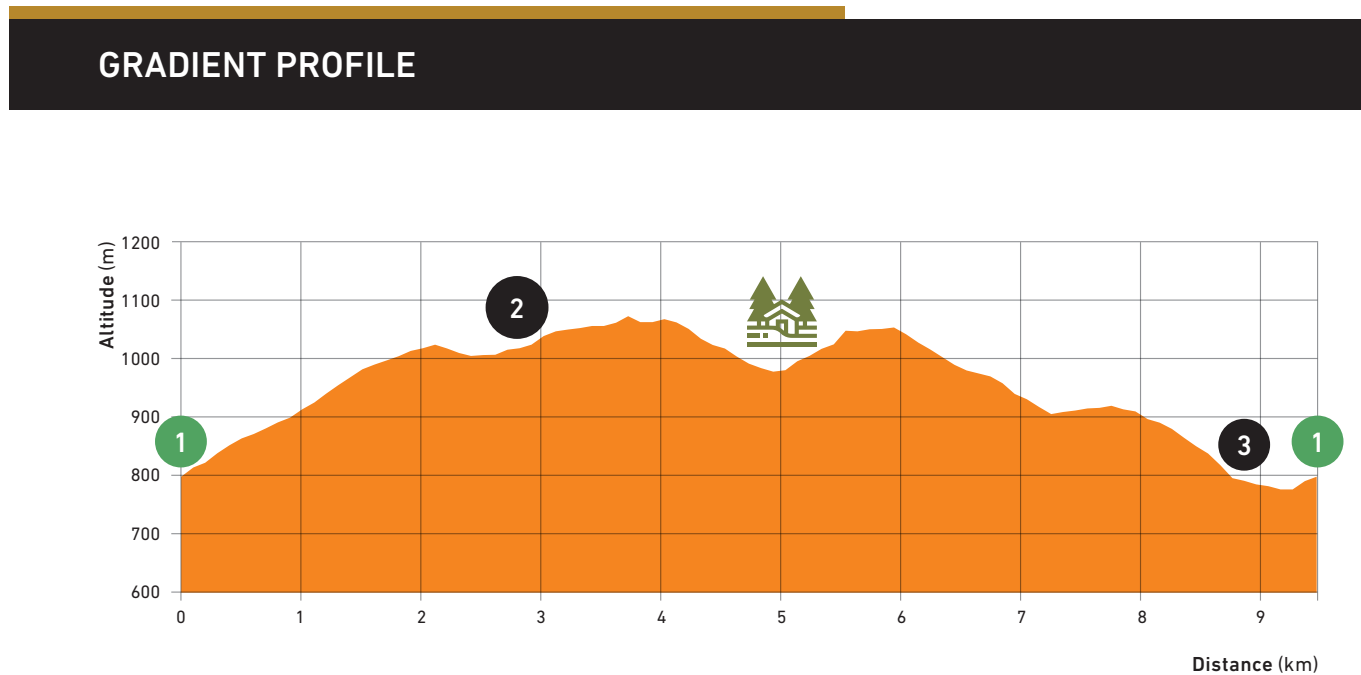
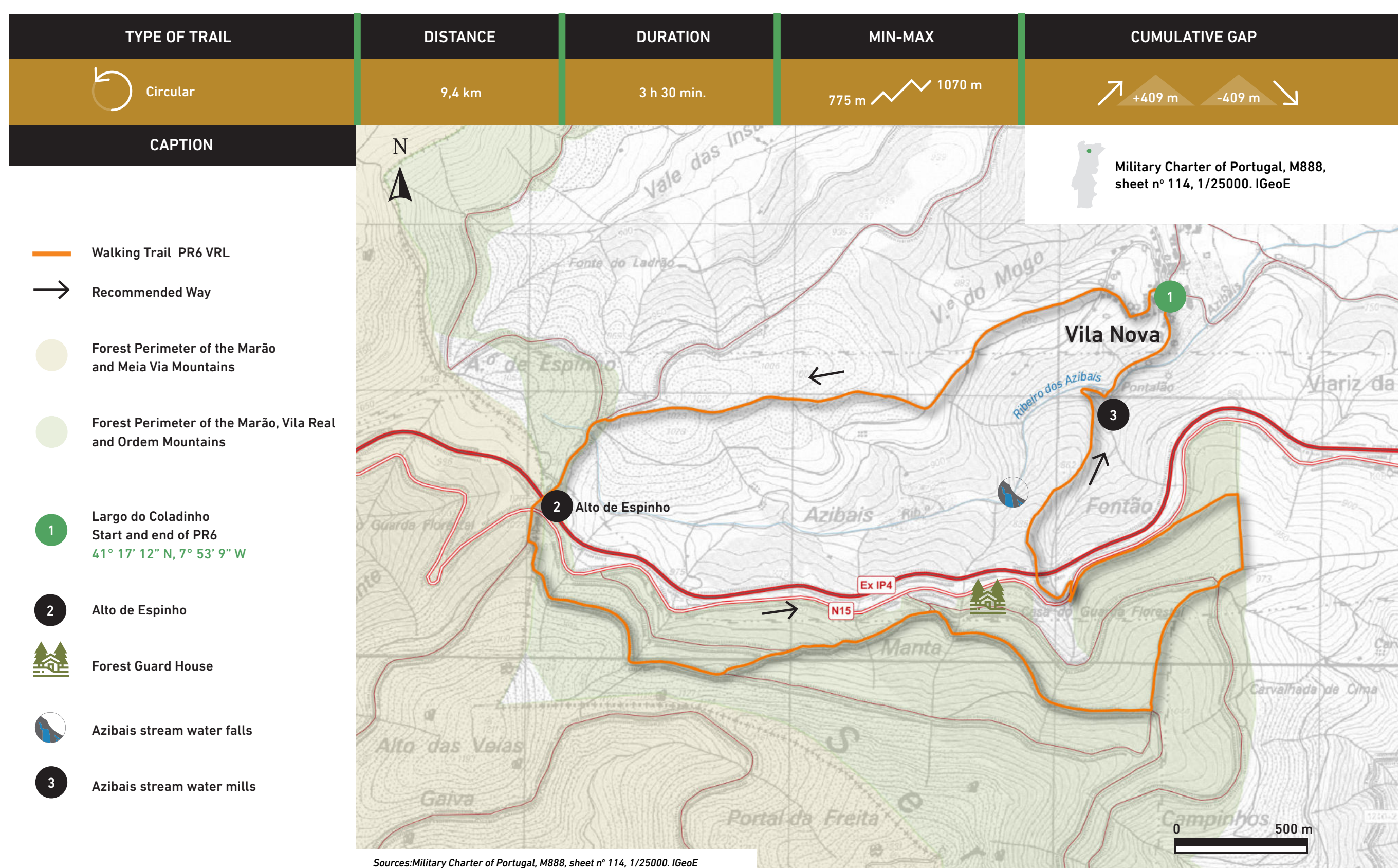
This trail runs along both slopes of the Azibais stream, crossing different forests of this large, wooded area in the municipality of Vila Real.

Leaving Vila Nova, the trail heads west towards Alto de Espinho (the border between the municipalities of Vila Real and Amarante).

As we approach the quartzite hardness of Pena Suar, we can see the beautiful outline of the entire mountain ridge connecting Alto do Velão and Alto de Espinho. Still in the immediate vicinity, looking down the

symmetrical slope in the heart of Marão, we recognise below the heights of Pico de Freitas, the mosaic of birch trees with various needle trees, up to the threshold of the intersection with the natural vegetation of the oak grove, which dominates the base of the valley, along with the chestnut tree, a species much appreciated by farmers in the area.

Continuing eastwards, the trail passes the Forest Guard House, crosses the Azibais Stream, where it is possible to glimpse a waterfall and several watermills that remind us of recent rural activity in this area, and returns to the village of Vila Nova.



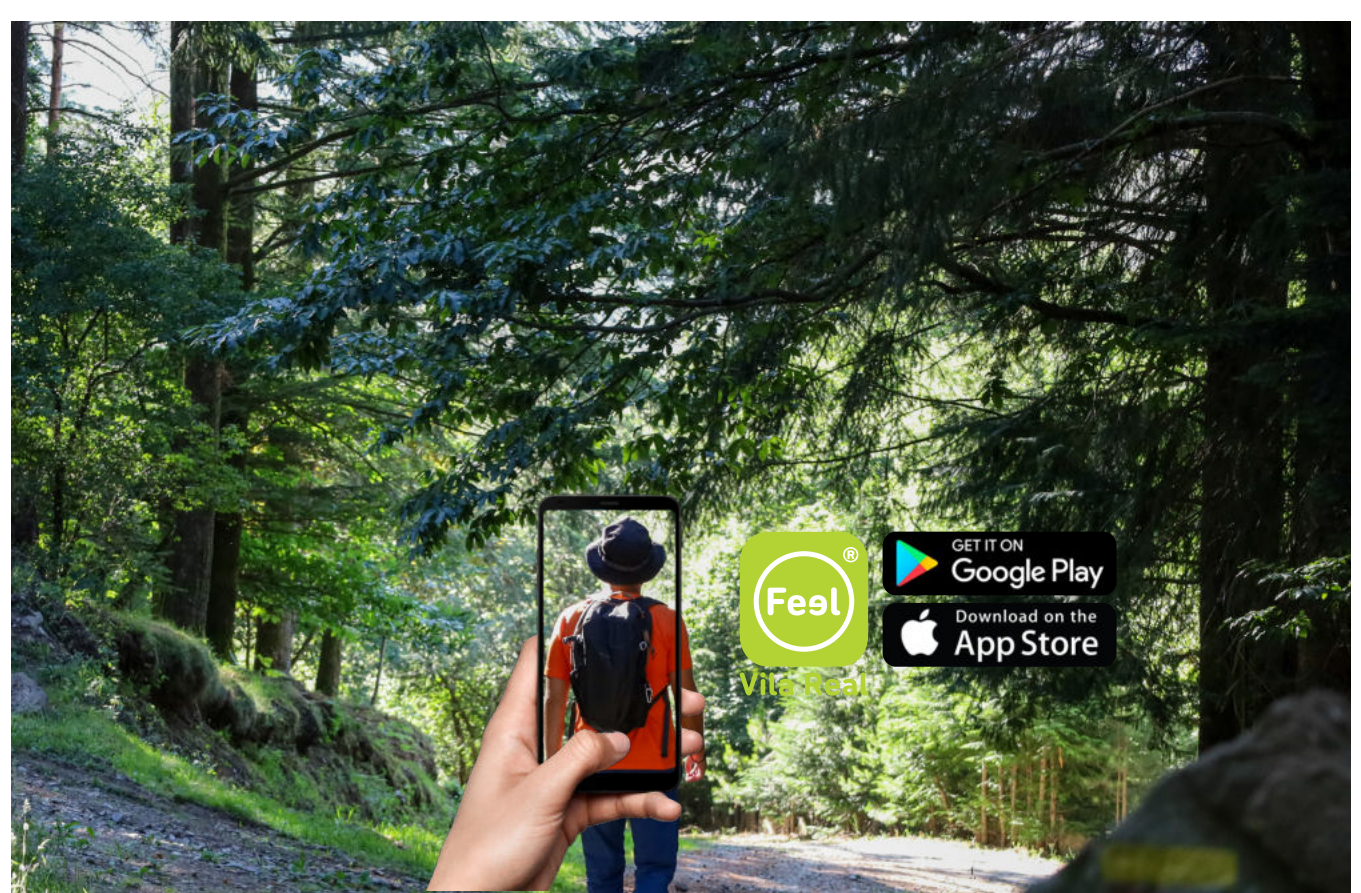
GRADING

SOMEWHAT DIFFICULT

The difficulty level is represented by 4 different symbols each of them ranges from 1 (the easiest) to 5 (the most difficult).

Environmental adversity 1	Orientation 2	Type of ground 2	Physical effort 3
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Calculated according to Mide (Método de Información de Excursiones)



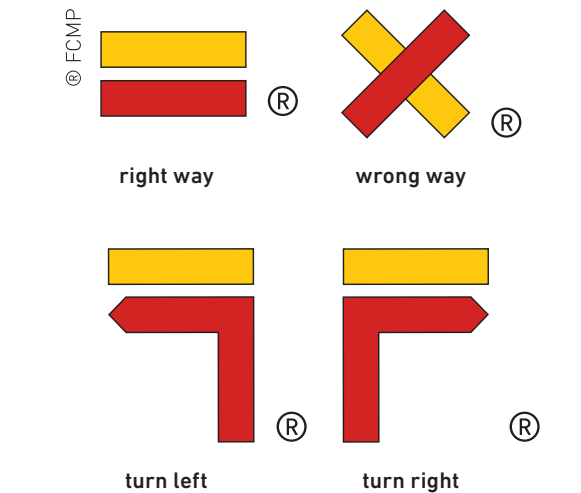
WALKING CODE

Follow only signalized tracks; Avoid making noise and disturb local peace and quiet; Watch but do not disturb the animals; Do not damage vegetation, leave waste, make fire, collect plants or rocks; Be kind to people you may meet; In case of accident, inform your position using the numbers on the map.

RECOMMENDED SEASON

The walking trail may be done any time of the year, although some precautions shall be taken into account considering the high temperatures during the summer season and the low temperatures, fog and snowfall during the winter season.

TRAIL SIGNAGE



USEFUL CONTACTS

SOS: 112
Municipality of Vila Real (+351) 259 308 100
Tourist Office (+351) 259 308 170

