



## CARVALHAL DE GONTÃES WALKING TRAIL VILA REAL



The “Carvalho de Gontães Walking Trail” is a circular trail that starts and ends near the information board at Quintã Biopark.

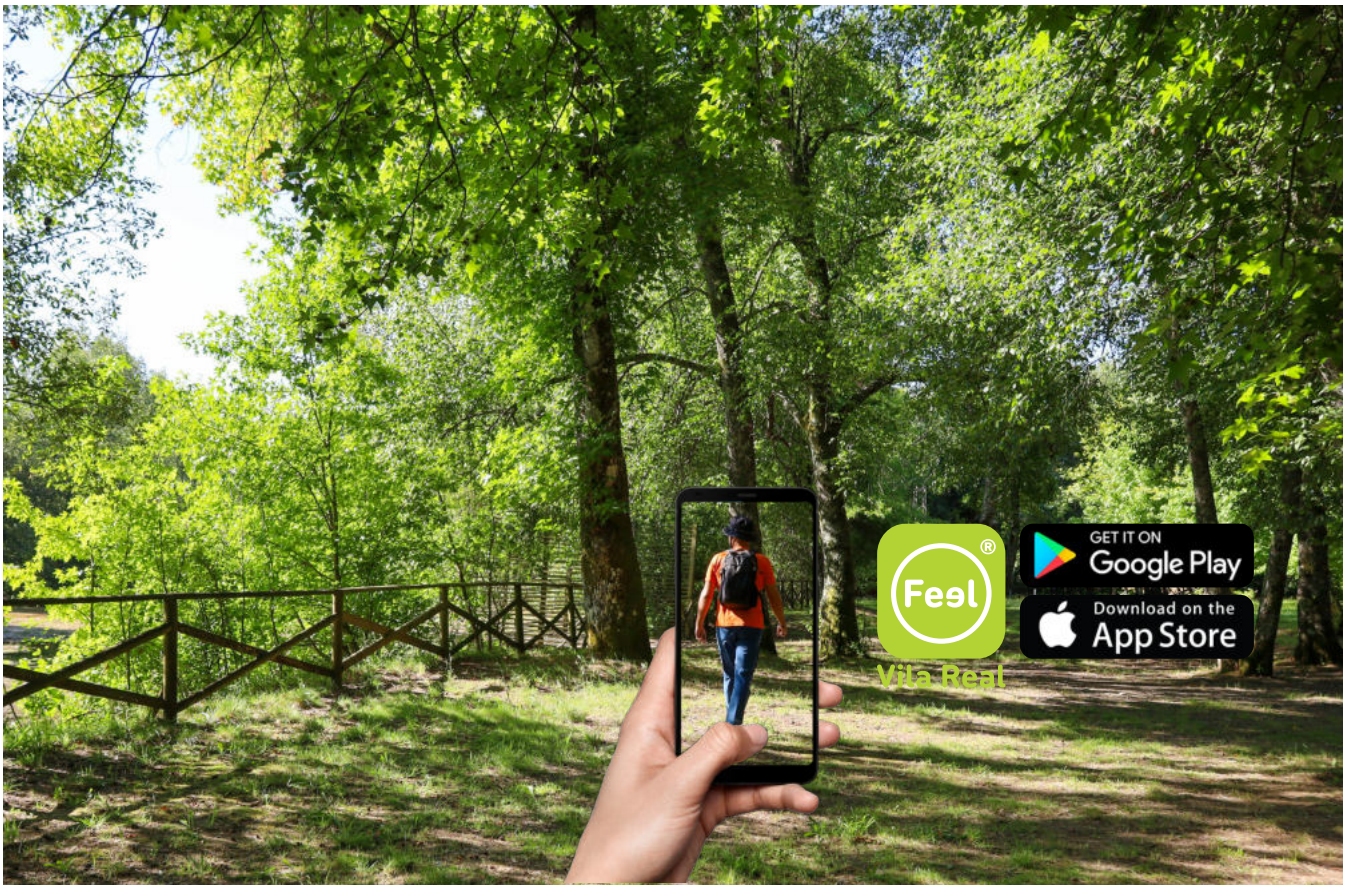
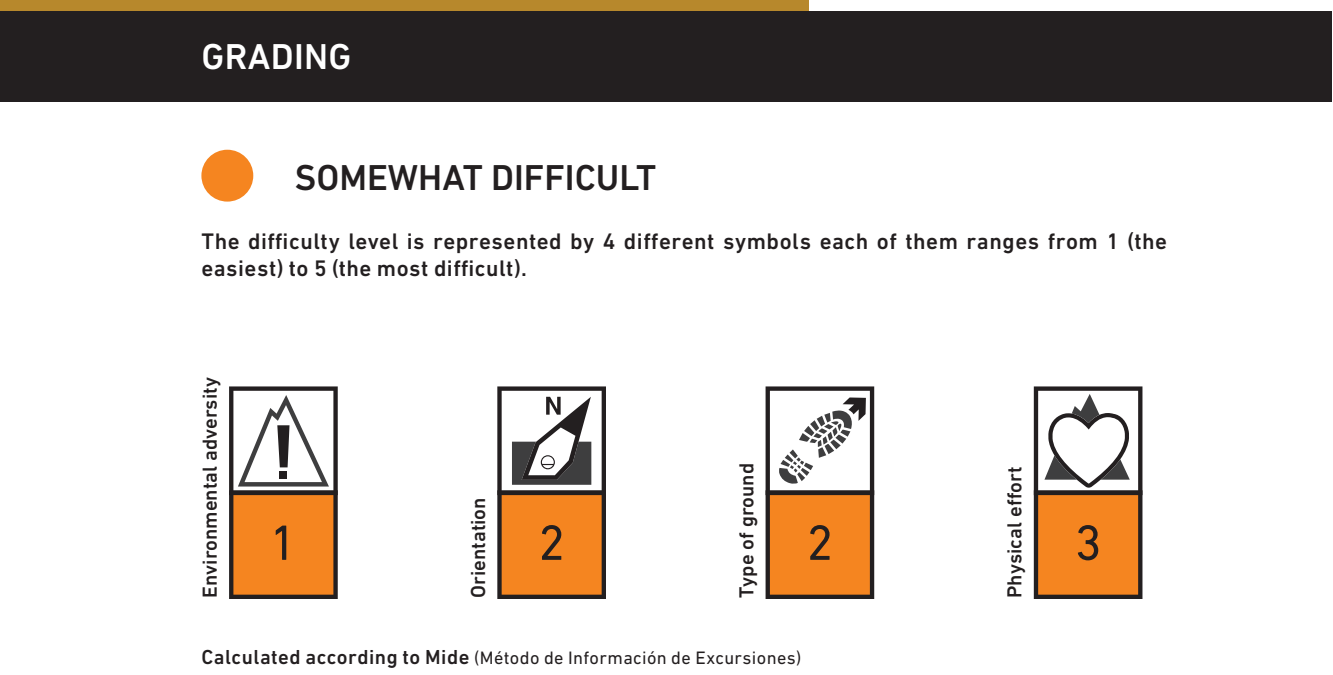
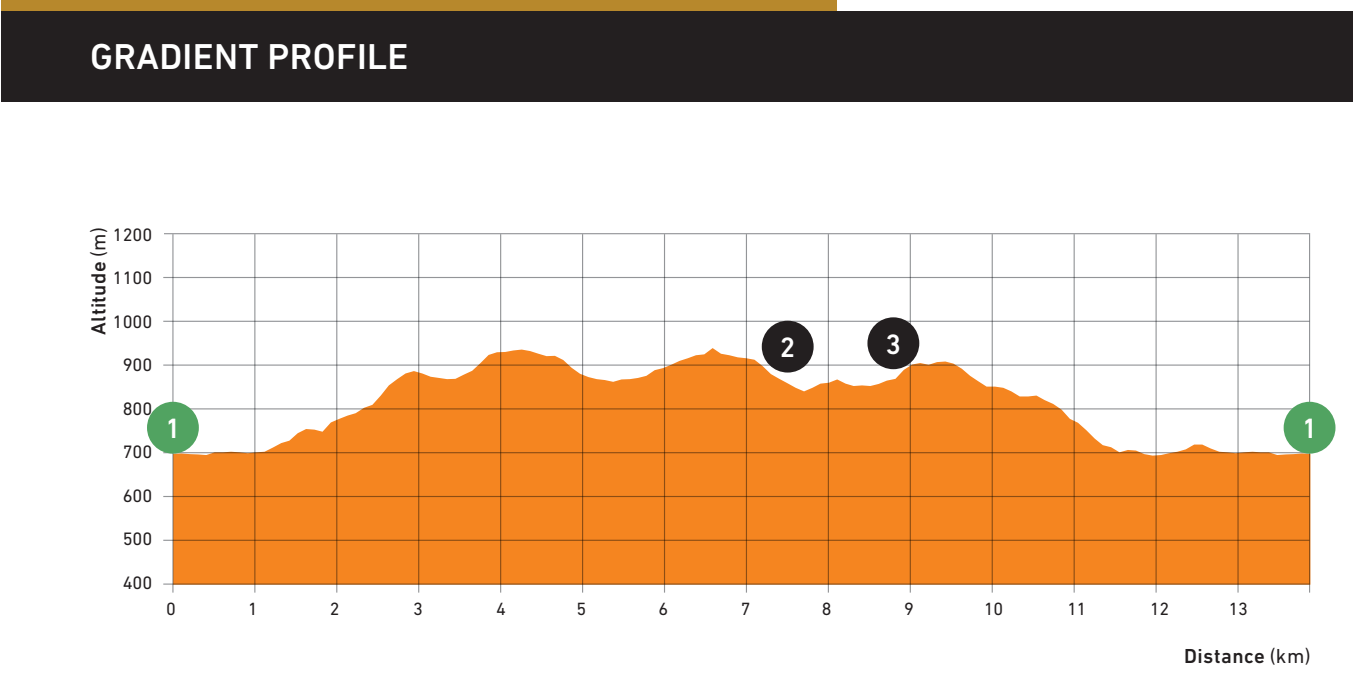
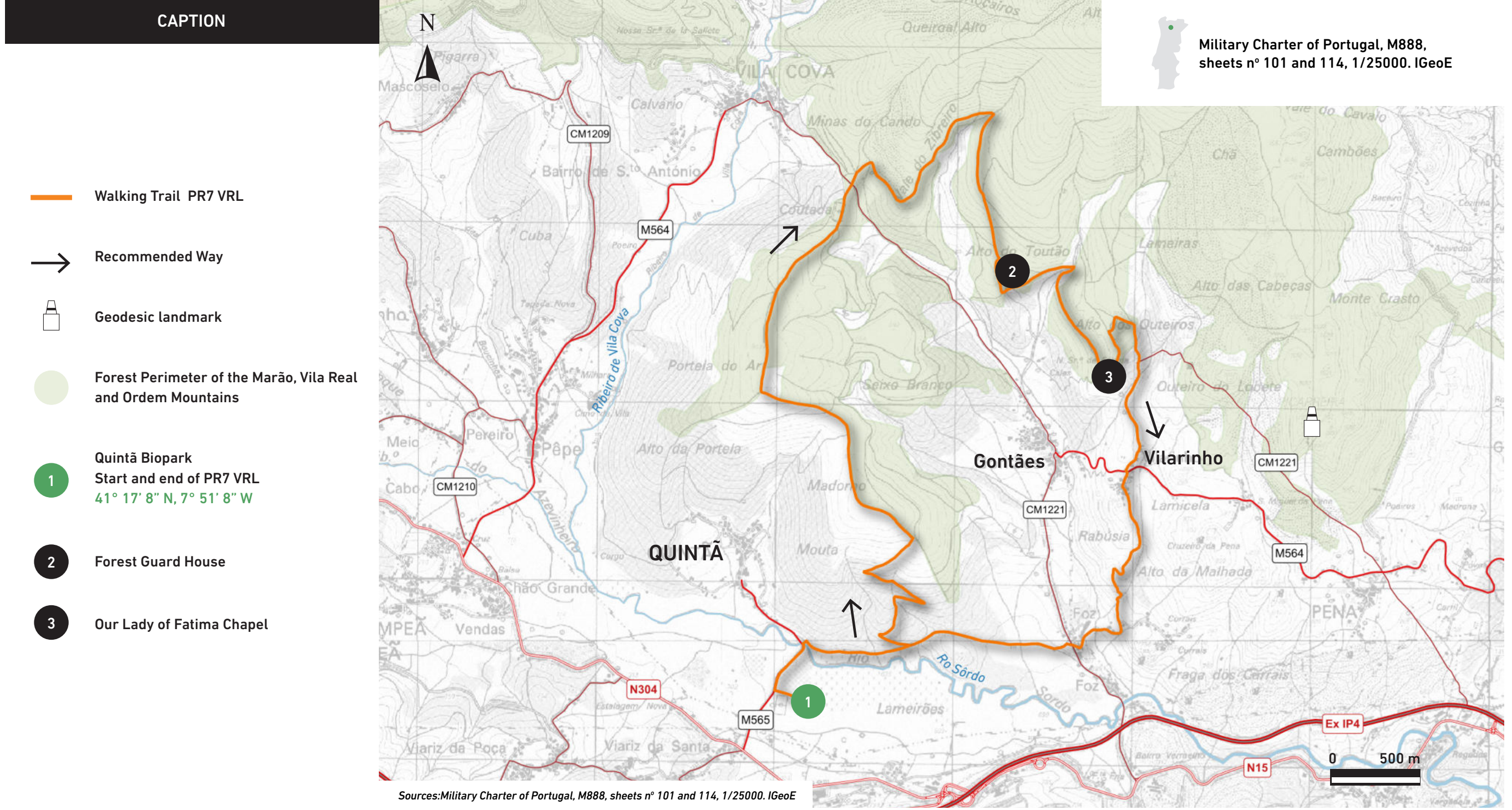
This trail develops around the village of Gontães, travelling through a diverse mosaic of forest stands with patches of natural vegetation of remarkable extension.

The trail begins to the west, crosses the river Sordo, where the surrounding marshes are permanent, and continues northwards up to Portela do Ar, a flattened area at one of the trail’s highest points (940 m altitude). Shortly after passing the Coutada, the trail turns south, passes the Forest Guard House and arrives at the head of the Our Lady of Fatima Chapel, overcoming an imposing staircase that takes us to a place of contemplation, with emphasis on the landscape of outstanding balance and vastness for us to appreciate.

Continuing south, after an inflexion caused by the relief layout, we are led to Vilarinho, an exciting set of rural buildings, where in several houses, very curious ornamentation and symbolism stand out, inscribed in the stone support pieces of the shutters.

The return to the starting point, at the southern end of the trail, skirts the village of Foz and uses a rural path implanted in a transition zone at the base of the slope, separating fertile agricultural fields from more extensive areas of forest located higher up, in an adjacent position.

TYPE OF TRAIL	DISTANCE	DURATION	MIN-MAX	CUMULATIVE GAP
Circular	13,7 km	4 h 45 min.	695 m  940 m	+472 m  -472 m



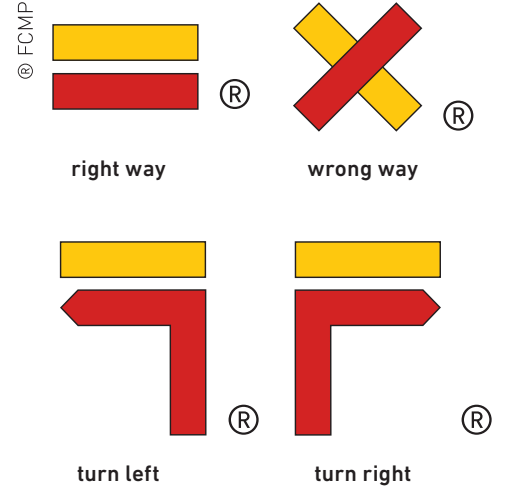
**WALKING CODE**

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

