



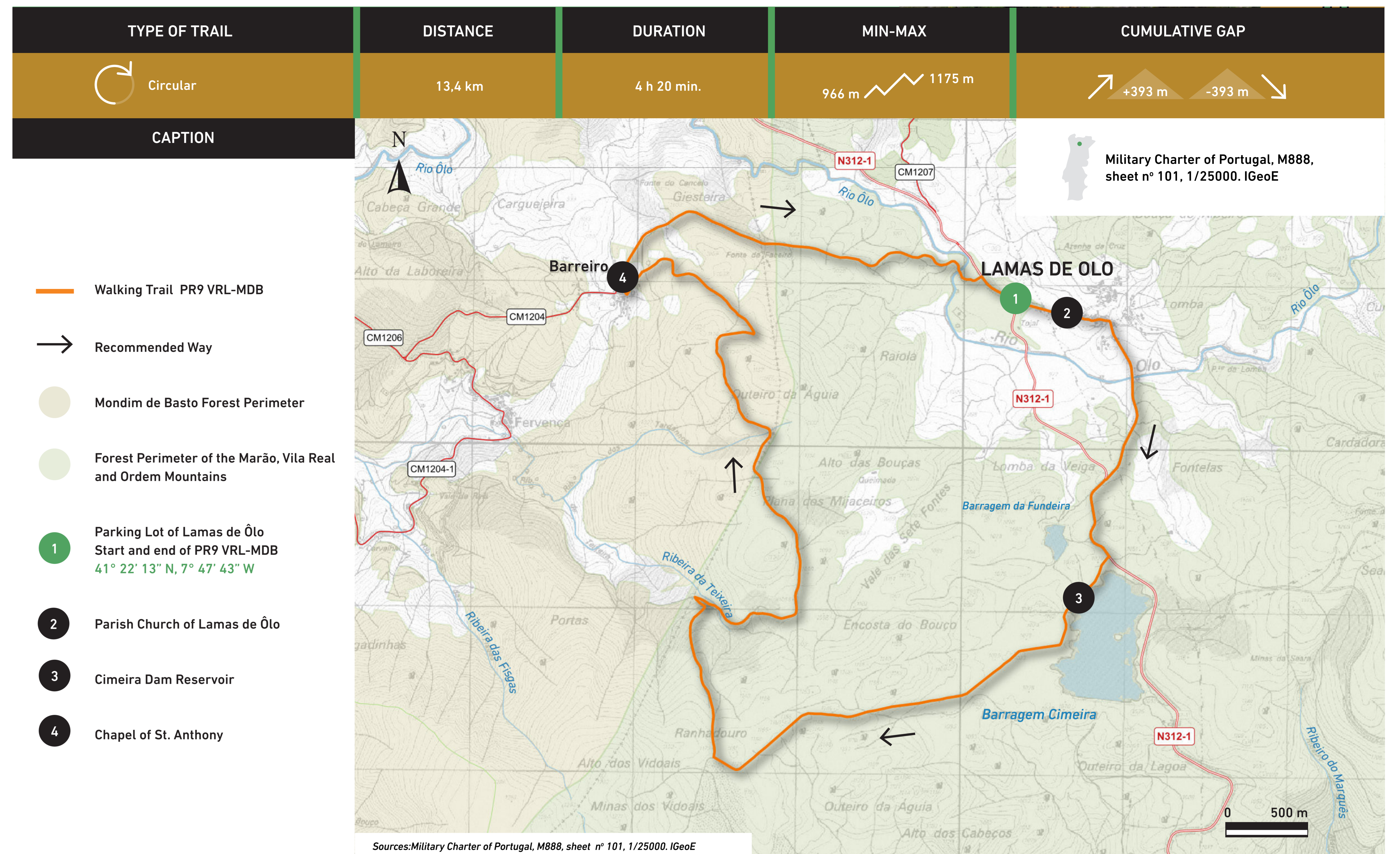
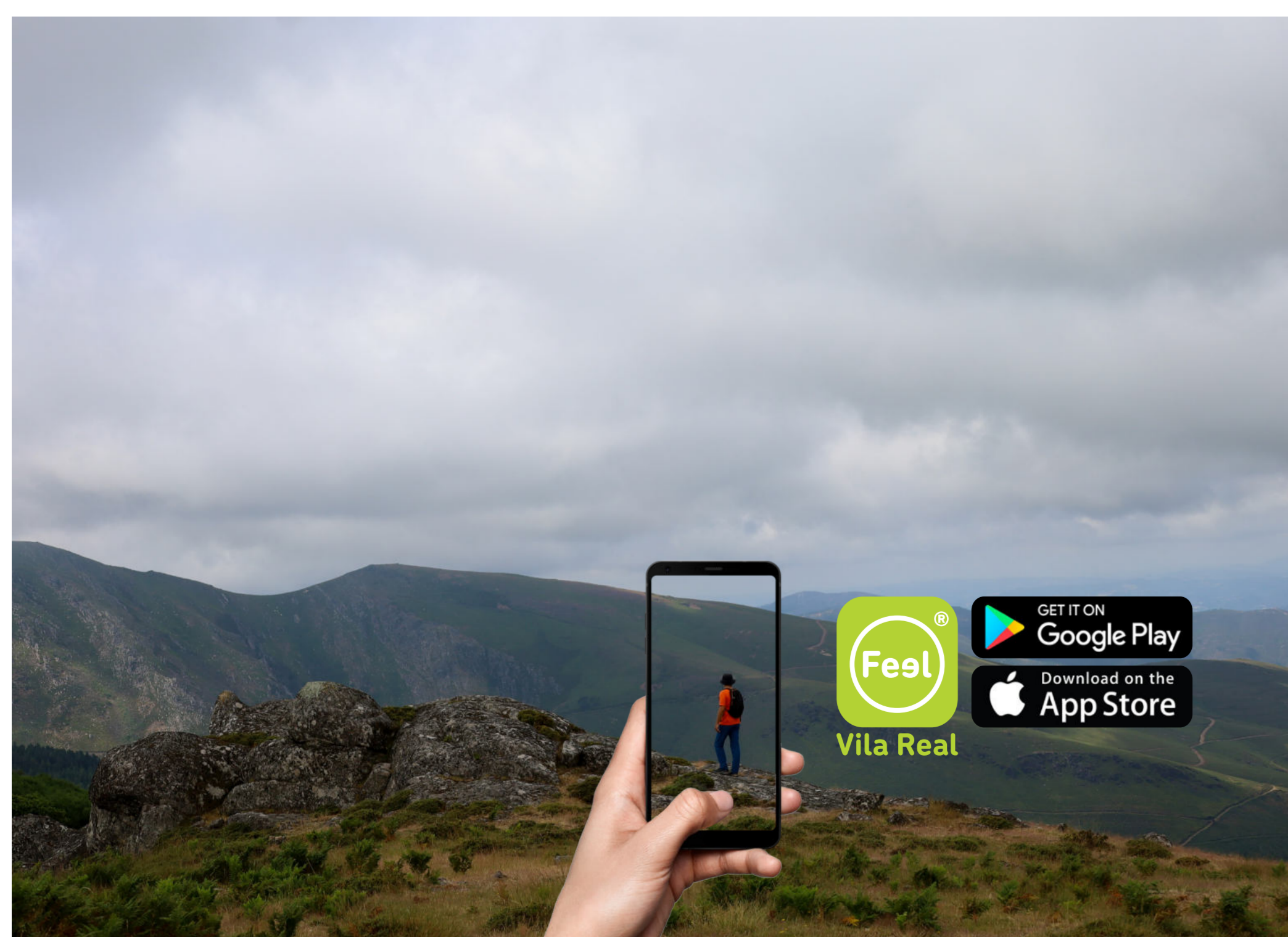
PR9  
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## ALVÃO | BARREIRO - LAMAS DE ÔLO - DAMS WALKING TRAIL VILA REAL

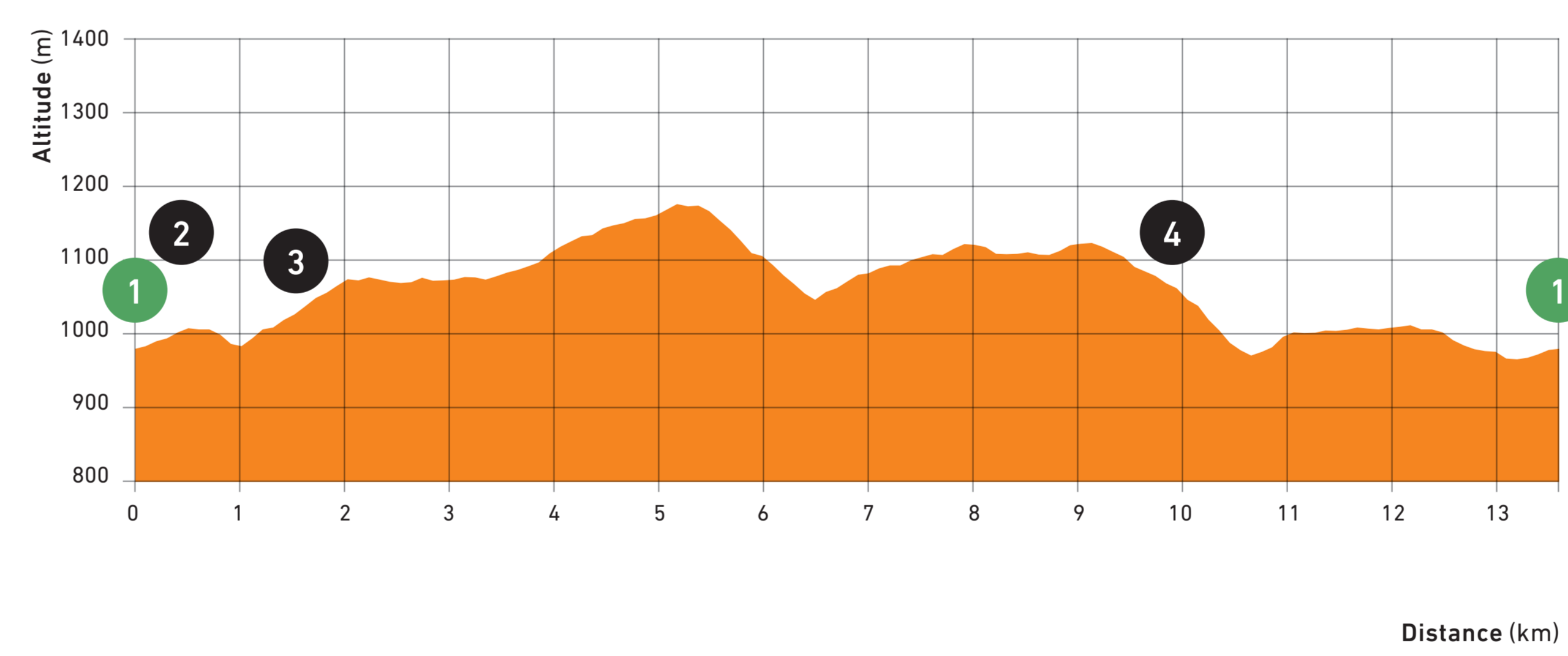


The "Alvão | Barreiro - Lamas de Ôlo - Dams Walking Trail" is a circular trail that starts and ends next to the information board at the Parking Lot of Lamas de Ôlo. It is fully inserted in the Alvão Natural Park, offering landscapes of rare beauty and allowing contact with the rural world and with a vast natural and cultural heritage. The route starts towards the village of Lamas de Ôlo, passing by a tank of remarkable visibility located in the main square of the village, whose waters are used to irrigate the lands downstream. Passing Lamas de Ôlo, the trail heads south towards the Fundeira Dam and the Cimeira Dam. In the highest elevation area of the course (at 1175 m altitude), it turns west, where you can see Monte Farinha with the Lady of Grace Shrine and the Ribeira and Teixeira headwaters.

The trail now continues north towards the rural village of Barreiro, where you can visit the Chapel of St. Anthony. In this village, you can see large granite masses shaped by winds and weathering. In the lower and more sheltered areas, there are forest stands of a specific size. The return to the starting point is initially made along the slope of the left bank of the river Ôlo, from where the village of Dornelas can be seen, moving on to the right bank of the river, near the village of Lamas de Ôlo.



### GRADIENT PROFILE 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).



Calculated according to MIDE (Método de Información de Excursiones)

### WALKING CODE RECOMMENDED SEASON TRAIL SIGNAGE

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.

- Do not make fire
- Do not collect plants. Do not disturb animals
- Do not leave garbage
- No camping

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.

### USEFUL CONTACTS

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

### TRAIL SIGNAGE

