WATERMILLS ROUTE

DESCRIPTION:

This route was partially defined and characterized by the Douro International Natural Park.

This course is made through granitic soils, with landscapes that are at the same time beautiful and harsh, where the steep valley (Arribas) of the Douro River contrasts sharply with the Mirandese plateau. In this area, the wildlife and flora are prominent, and associated to the archeological, historical, architectonic and ethnographic heritage, unique in all of Portugal.

The itinerary goes through the villages of Vale de Águia, Aldeia Nova and Pena Branca.

POINTS OF INTEREST:

- Citadel of the castle of Miranda do Douro (XIII, XV and XVII centuries);
- Fountain of *Gidro* (XVI century);
- *Castro* (Ancient fort) of Vale da Águia (Iron Age);
- Watermills of *ribeira da Carrascosa*;
- *Castro of São João das Arribas* (VII a.C. century);
- Diving Fountains of Aldeia Nova;
- Houses and church of Aldeia Nova;
- Fresno River watermills, in Miranda do Douro.

COURSE DETAILS:

- **Location** – north of Miranda do Douro / parish of Miranda do Douro / Miranda do Douro area / Bragança district / Trás-os-Montes / Portugal
- **Course –** circular / thematic
- **Point of departure and arrival –** Urban Park of Fresno River, Miranda do Douro
- **Distance to travel –** 20 km
- **Ground unevenness –** deep
- **Minimum altitude –** 597 m
- **Medium altitude –** 693 m
- **Maximum altitude –** 753m
- **Duration –** 4 hours
- **Type of Course –** sportive, panoramic, environmental and cultural
- **Paths –** rural paths
- **Difficulty level –** low/medium
- **Favourable season –** there isn't any

TO BETTER ENJOY THIS ACTIVITY, WE ADVISE THE USE OF:

- Suitable shoes, fit for walking in the country/mountains;
- Soft socks, without seams;
- Head protection, suitable clothes to according weather;
- Binoculars;
- Camera;
- Sunscreen in the Summer;
- Small backpack with food and water.

PRICE:

- ½ day = 22,00 €/person (*)

(*) Includes: Specialized guide and obligatory insurance.

For more information please refer to the **Terms and Conditions**.

We advise you to read the section
Good Practices