

PT O percurso pode ser efetuado em qualquer altura do ano, devendo ser tomadas precauções no verão devido às elevadas temperaturas e no inverno devido às baixas temperaturas e à possibilidade de nevoeiros e de queda de neve.

EN The trail can be done at any time of the year, but care should be taken in summer due to the high temperatures and in winter due to the low temperatures and the possibility of fog and snowfall.

CONTACTOS ÚTEIS | USEFUL CONTACTS



SOS Emergência | Emergency SOS: 112
Câmara Municipal de Mesão Frio | City Hall of Mesão Frio: (+351) 254 890 100
Junta de Freguesia de Cidadelhe | Parish of Cidadelhe: (+351) 254 899 962
Centro de Acolhimento ao Visitante do Douro
Douro Visitor Welcome Center: (+351) 254 890 100
Proteção Civil de Mesão Frio | Civil Protection: (+351) 254 890 100
GNR de Mesão Frio | Police: (+351) 254 892 210

Entidade Promotora:
Promotor:



Entidade Apoiante:
Supporter:



Coordenação técnica e implantação: *Coordination and implementation:*



Percorso pedestre registrado e homologado por:
Walking trail certified by:



The short route information Panel located near the Parish Council building. Following the route in the recommended direction, one passes by Casa do Oliveira and the Interpretive Centre of the Cidadelhe Hillfort, where information about the Iron Age monument can be consulted. The trail continues along the western slope of Alto de Santa Sabina, passing by the Chapel of São Gonçalo and the Cidadelhe Hillfort. The return to Cidadelhe follows the eastern slope of the Sermeneha stream valley, continuing along the Castle Path (Cidadelhe Hillfort). On this path, there is a branch that connects to the Oliveira Trail (PR2 MSF) and allows visitors to visit the Mill, situated next to the bridge over the Sermeneha stream valley.

In the Middle Ages, Cidadelhe was one of the few existing Beetras, with D. Afonso, son of D. João II, being one of the lords of this Beetra, that is, a land that had the right to govern itself through the election of a Lord. Along the trail we can see much built heritage of historical relevance, such as Casa do Paço, where D. Diogo de Sousa de Magalhães Coutinho, captain-major, judge, was as well as councilor in the current municipal seat, is said to have lived, or Casa do Oliveira, a baroque emblazoned house from the 18th century, a Wine Estate where the landscape that characterises the Alto Douro Wine Region was already expressed. The striking terraced vineyards stretching across the deep valleys, nestled between plateaus and mountain ranges, can be explored by following the Cidadelhe Trail (PR1 MSF) and the Great Route (PR2 MSF).

NEAR the short route information Panel is a circular route that starts and finishes next to the information Panel located near the Parish Council building. Following the route in the recommended direction, one passes by Casa do Oliveira and the Interpretive Centre of the Cidadelhe Hillfort, where information about the Iron Age monument can be consulted. The trail continues along the western slope of Alto de Santa Sabina, passing by the Chapel of São Gonçalo and the Cidadelhe Hillfort.

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A wide-angle photograph capturing a stunning landscape from a high vantage point. The foreground is dominated by the dark, textured branches and leaves of a large tree in the lower right. In the center, a bright yellow sun hat with a black strap lies on a branch. To the right, a person's legs and a red and teal backpack are visible, suggesting they are a hiker. The middle ground reveals a vast valley filled with lush green vineyards on the slopes and a deep blue lake at the bottom. In the distance, small white buildings are scattered across the hills. The background features towering, rugged mountains with patches of snow and ice clinging to their peaks under a clear blue sky.



TIPO DE PERCURSO | TYPE OF TRAIL

DISTÂNCIA | DISTANCE

DURAÇÃO | DURATION

ALTITUDE | MIN-MAX

DESNÍVEL ACUMULADO | CUMULATIVE GAP



Circular | Circular

5,5 km

2 h 00 min.

185m ↗ 410 m

+253 m

-253 m

LEGENDA | CAPTION

Percorso Pedestre PR1 MSF
PR1 MSF Walking Trail

Sentido Recomendado
Recommended Direction

Derivação
Derivation

GR 69
Great Route 'Porta do Douro'

Alto Douro Vinhateiro
Alto Douro Wine Region

CAMINHO PORTUGUÊS DE SANTIAGO
Caminho de Torres

Torres Way (Way of St. James)

JUNTA DE FREGUESIAS DE CIDADELHE

1 Início e fim da PR1 MSF
Start and end of PR1 MSF
41° 10' 9" N, 7° 50' 44" W

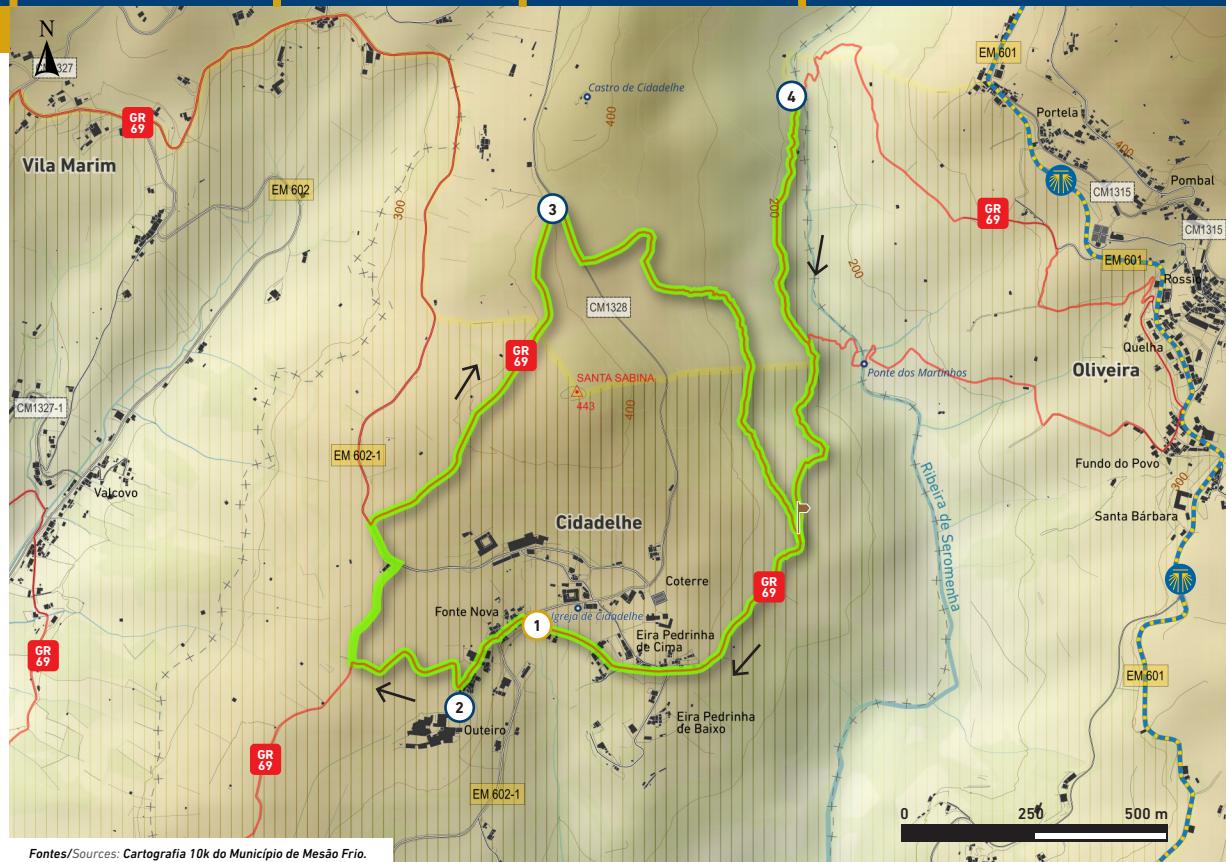
2 Núcleo Interpretativo
do Castro de Cidadelhe
Interpretive Centre
of the Cidadelhe Hillfort

3 Casa do Outeiro
Casa do Outeiro

4 Capela de São Gonçalo
Chapel of São Gonçalo

Moinho
Mill

Carta Militar de Portugal, M888
folha nº. 126; 1/25000, IGeoE
Military Charter of Portugal, M888
sheet nº 126; 1/25000, IGeoE



PERFIL DE ALTIMETRIA | GRADIENT PROFILE

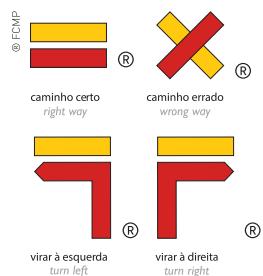


GRAU DE DIFICULDADE | GRADING

FÁCIL | EASY

O grau de dificuldade é representado por 4 símbolos diferentes, sendo cada um deles avaliado numa escala de 1 a 5 (do mais fácil ao mais difícil).

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



Calcularado de acordo com | Calculated according to: Mide (Método de Información de Excursiones)

COFINANCIAMENTO | CO-FINANCED BY



Programa
Transformar Turismo
Linha Regenerar e
Valorizar Territórios
Incêndios 2022

Financiamento de projetos em rede para desenvolvimento de produtos turísticos ou de projetos previstos no Programa Transformar Turismo, a realizar nos territórios afetados pelos incêndios de agosto de 2022.

CÓDIGO DE CONDUTA | WALKING CODE

Seguir apenas pelo trilho sinalizado; Evitar ruídos e atitudes que perturbem a paz do local; Observar a fauna sem perturbar; Não danificar a flora; Não abandonar lixo; Não fazer lume; Não colher amostras de plantas ou rochas; Ser afável com as pessoas que encontrar; Em caso de acidente indique a sua posição utilizando os números no mapa. Tenha em atenção o risco de incêndio florestal.

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. Be aware of the risk of forest fires.