

## TOUR N

### DESCRIPTION:

This itinerary goes through the occidental area of the so called *Terra de Riba* (Land of Above), accompanying the Douro River from Miranda do Douro until the Castro (Ancient fort) of Penha da Torre, the place where this river enters in Portugal, following afterwards to Ifanes, Constantim and Cicouro (two of the three parishes located further north in the area of Miranda do Douro), passing through the hill of *Sra. da Luz*, situated at 895 meters, the highest point of the whole county.

It's a place where the steep valley (Arribas) of the Douro River makes a contrast with the Mirandese plateau, with a beautiful mosaic landscape of agricultural fields, *lameiros* (grazing pastures) and dense forested areas.

This itinerary goes through the villages of Vale de Águia, Aldeia Nova, Paradela, Ifanes, Constantim, Cicouro and Pena Branca.

### POINTS OF INTEREST:

- Ancient Cathedral of Miranda do Douro (XVI, XVII and XVIII centuries);
- Fountain of *Gidro* (XVI century);
- *Castro* 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;
- Secular chestnut (tree of public interest);
- *Castro* of *Penha da Torre*;
- House of the *Dizimo* [Tithe], in Paradela;
- Church of Paradela;
- Romanized *Castro* of *Sra. da Luz*;
- Parish church of Constantim;
- Chapel of the *Santíssima Trindade*, in Constantim;
- Church of Cicouro;
- Forge, in Cicouro;
- *Curralada* [old courtyard], in Ifanes;
- Parish church of Ifanes;
- Fountain of *Concelho* (XVI century), in Ifanes;
- Rock Sanctuary of *Fraga da Rodela* (proto-historic/roman).

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## COURSE DETAILS:

- **Location** – north of Miranda do Douro / parishes of Miranda do Douro, Paradela, Ifanes, Constantim and Cicouro / Miranda do Douro area / Bragança district / Trás-os-Montes / Portugal
- **Course** – circular / generalist
- **Point of Departure and Arrival** – Parking lot near the ancient Cathedral of Miranda do Douro
- **Duration** – between 7 and 8 hours
- **Type of Course** – sportive, panoramic, environmental and cultural
- **Paths** – rural, national and local roads
- **Favourable season** – there isn't any

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

- Suitable shoes, fit for walking in the country/mountain;
- Head protection, suitable clothes to according weather;
- Binoculars;
- Camera;
- Small backpack with food and water.

## PRICE:

- 1 day = 90,00 €/person (\*)

(\*) **Includes:** All road vehicle driven by specialized guide, obligatory insurance, and country lunch.

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

We advise you to read the section  
**Good Practices**

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