



# Lima Valley - A Unique Experience

VALE DO LIMA LOCAL PRODUCTS AND TOURISTIC RESOURCES

2012

# *Lima Valley*

## *A unique experience...*

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The Lima Valley has four municipalities of notable antiquity and historical value: Arcos de Valdevez, Ponte da Barca, Ponte de Lima and Viana do Castelo. Many features of these municipalities attract visitors, in particular their history, traditions, landscape, rural life, heritage and, specifically, their



historic town centres.

The conjunction of history and heritage with the landscape is magnificently portrayed by Conde d'Aurora in his book «Roteiro da Ribeira Lima»: «Ribeira-Lima, land of legends... And the archaeological sites throughout this part of Portugal...Pre-Roman settlements, hillforts, dolmens, barrows, tombs, ruins, everywhere the vestiges of pre-Roman

civilisations. Medieval bridges, Gothic frescos, tiles with unique patterns, primitive Virgins, religious vestments of rare value». The river Lima is the backbone of this territory and the central element that



has dictated its destiny, from the mountain to the sea, traversing centuries of traditions and of social and economic contacts with many different civilisations who have left their marks here, shaping the region in its picturesque beauty and unique and distinctive cultural landscape. There are many varied opinions about the origins of the name Lethes for this river, many following a more poetic line than true historical facts.

Medieval Ribeira-Lima gained decisive importance in the context of the formation and consolidation of the nation. Its transformation from a land of conflict to a



land of sailors is well illustrated in the following text: «Since the first signs of the freedom of the county of Portugal, the Ribeira Lima appeared to have been a secluded refuge for discreet monastic communities, mainly Benedictine, and the home of pertinacious heirs to land, continuing the lines hardened by the long task of the Reconquest.

More recently, the history of the Lima Valley can be observed in the evolution of agricultural systems. According to some authors, in particular Carlos Alberto Ferreira de Almeida, the prosperity obtained in the 18th and 19th centuries, caused by the move from cultivating traditional crops to maize and husbandry based on the



export of cattle, associated with a land use system based on the lease ('caseiros' and tenants) was reflected in the proliferation of grand houses, manor houses and others important civil and religious building projects (Almeida, 1987). This rural prosperity should also be associated with the creation of wealth in Brazil and its investment in the Lima Valley, in new works or frequently in the ostentatious redecoration and rehabilitation of buildings, façades or

interiors of palaces or churches. This can explain the existence of the magnificent and abundant



heritage which continues to delight us, and which ranges from a network of irrigation canals, to the walled supports of terraced fields, including grain mills and linen mills, churches, chapels, niches, and popular stone crosses, the delicate harmony of the façade of a manor house in the simplest style or in the ornate Baroque of North Portugal.

For this reason and others, linked with the wonders of the nature, landscape, delicious local products, traditional cuisine, the sea, wonderful Atlantic beaches, sun and outdoor activities, we suggest that you accompany us on a visit to this region where history runs in the waters of its river and streams, and that you imagine and recreate the scenarios described above and become part of its cultural landscape.

Strategically located, the Vale do Lima is a link between Porto and Galiza. With the support of logistic structures such as the Porto Airport, Leixões and Viana do Castelo ports, the region managed important accessibilities that connects Porto with Valença, and the Spanish border, A3, A28, A27 and IC 28.



The Vale do Lima is crossed by the Lima river and integrates four municipalities: Arcos de Valdevez, Ponte da Barca, Ponte de Lima e Viana do Castelo. The region has a biodiversity of landscapes, with several characteristics and the authenticity of people and places. The region evokes the quality of cultural contributions of the past generations. Rich in natural spaces, mountain, rural landscapes, streams and lagoons,

river and beaches, the importance of villages with tradition and heritage. The land identity in the northwest of Portugal, shows the harmony of their ecosystems biodiversity: marine, fluvial and land.



The Vale do Lima region has several conditions of attraction, nowadays the environment diversity, landscape preservation, heritage, architecture, culture, ethnography, handcraft and gastronomy. The natural resources such as the National Park of Peneda-Gerês, the natural reserves, the panoramic views, the Lima river and all the coast with amazing beaches.

The important projects contribution to the development of the competitiveness of the region, the pilot projects of an original dynamic touristic model, manor houses tourism and the birth of Rural and Nature Tourism. The accommodation brands with the headquarters in the Vale do Lima: Solares de Portugal and Aldeias de Portugal. Two important networks that develop the tourism in the region. Solares de Portugal

symbolise the tradition, history and heritage. Aldeias de Portugal is the way to discover villages of tradition, travelling to the pass, Soajo, Lindoso and the renovation of the headquarters of Peneda in the National Park Peneda-Gerês. The development of structures, services and activities are associated to local breeds and agriculture, garrano horses, Barrosã ox and Cachena cattle, the Bísaro swine. We can observe in the Vale do Lima woodlands, mountains and National Park Peneda-Gerês.



Marine and fluvial sports, outdoor attractions: surf, windsurf, bodyboard and other radical activities make possible the organisation of national and international championships. The natural advantages of the Lima River connects the four municipalities of the Vale do Lima: kayaking, sailing... In other and, trails and paths in the mountain, river or near the sea... hiking and biking ecopaths, riding itineraries, golf, hunting, fishing, golf, and other activities linked with nature. The

Romans came to the Vale do Lima on the way to Galiza and thousands of pilgrims still doing the way to Santiago de Compostela.

Land of the Verde wine, red or white, the Vale do Lima developed the local products with the support of the Leader programme. Small and medium local enterprises and associations promote the commercialization of local products: Ermelo orange; Minhofumeiro smoked meats; Valdelima jam and marmalades, the traditional gastronomy, the traditional handcraft, the Pedras Sequeiros stonemason.

## Municipalities of Lima Valley



### ARCOS DE VALDEVEZ

Arcos de Valdevez is a very old and idyllic town by the Vez river from which it derived its name. In 1140, the tournament of Valdevez was held here and pitted King Afonso Henriques against Afonso VII of Leon. Many tears were shed here, when during the War of Restoration, the Spanish General Pantoja burned the town to ashes. Arcos de Valdevez was reborn in

the 17th century. It is the Municipal headquarters and has 51 parishes and 32,000 inhabitants. It is surrounded by green hills, where the grapes ripen in the sun. On its roads there are stately houses, towers, bridges and churches. Inhabited since prehistoric times, as can be seen by the various archaeological finds on display at the Mezio Megalithic Centre, the town is situated in the valley of the River Vez and still retains much of the typical charm of the Alto Minho province - luxuriant green landscapes and the traditional architecture of its buildings, amongst which the most impressive are the manor houses. The municipality of Arcos de Valdevez is located inside the boundaries of the Peneda Gerês National Park, where nature still conserves all of its original charm. Hidden within the region are many delightful communal villages, such as Soajo, where the local populations continue to maintain their ancestral customs and practices.

More information in [www.cmav.pt](http://www.cmav.pt)





## **PONTE DA BARCA**

Ponte da Barca is located on the left bank of the Lima river, 39 kilometres from Viana do Castelo. It owes its name to the barge ("barca") that crossed the river until the end of the 15th century. Besides carrying cargo the barge carried pilgrims on their way to Santiago de Compostela. The bridge ("ponte")

substituted the Medieval barges and the name of the town honours both.

It was the birthplace of the poets Diogo Bernardes and Friar Agostinho da Cruz. It has existed since 1120 and during the Middle Ages was integrated with Terra da Nóbrega. In the 16th it received a charter and was selected chief town in the County of Nóbrega. Two centuries later Ponte da Barca was a prosperous town of merchants and farmers. It is a picture of granite houses and palaces surrounded by green

Situated in a luxuriant green region by the banks of the River Lima, Ponte da Barca is thought to have taken its name from the boat (barca) that connected the two banks before the bridge (ponte) was built in the fifteenth century. Previously, this region was known as Terra da Nóbrega or Anóbrega, which is thought to derive from the Roman name "Elaneobriga".

The town's historical centre has a number of manor houses (some of which have been adapted to provide accommodation for tourists), as well as some beautiful monuments dating from the sixteenth to the eighteenth century. These are well worth careful investigation, just like the surrounding area, where two monuments of special interest are the thirteenth-century Romanesque church at Bravães and the castle at Lindoso (again from the thirteenth century), which played such an important role in the defence of the region. Ponte da Barca belongs to the vinho verde demarcated wine region, and part of the municipality is included in the Peneda-Gerês National Park, which has excellent facilities for sports and leisure activities.

More information in [www.cm-pontedabarca.pt](http://www.cm-pontedabarca.pt)



## **PONTE DE LIMA**

Throughout the valley between Santa Maria Madalena and Santo Ovídio flows the Lima river with green and blue tones bathing the sandy banks of the oldest village in the country.

Near the riverbank extensive and fertile valleys, rich in agricultural and botanical species are a great location for long walks.

Walking around this area has been described by many poets born in the region: the landscapes of the Arga Mountain, the ascent to the Vacariça belvedere, the chapel that harbours historical memories of the crusaders, the evening fragrances of the Lima river or the excitement of the fortnightly trade fairs. Ponte de Lima is Portugal's oldest town and one of its most beautiful. It takes its name from the Roman bridge which was rebuilt during the reign of D. Pedro I along with a wall surrounding the entire village. What remains is the S. Paulo tower and the old prison tower which today is an art gallery.

In the Luis de Camões square, the 16th century baroque fountain once provided water to the villagers who had to pay a tax in order for their animals be allowed to drink. Ponte de Lima exudes hospitality and is endowed with great character and architectonic wealth. You can wander the narrow streets and admire gothic, manueline, baroque and mannerist facades. The Matriz church shows a strong Romanesque influence and in the centre of the town you will find beautiful 16th century facades. The Plátanos Avenue leads to the Diogo Bernardes Theatre and the Archaeology and Sacred Art Museum housed in the Ordem Terceira Convent. The Avenue ends at the Nossa Senhora da Guia chapel after which the new bridge was named. The old bridge was built by the Romans to connect the military road from Braga to Astorga.

More information in [www.cm-pontedelima.pt](http://www.cm-pontedelima.pt)



## **VIANA DO CASTELO**

It is the capital of the district and is known as the "The Princess of Minho". It extends from the sea to the Lima river and has the Santa Luzia Hill on the North. King Afonso III granted it a charter in 1258. It was a fishing village. He built a tower at the mouth of the river to protect the village from

pirates from Galicia and North Africa. From fishing Viana expanded to maritime commerce with Northern Europe and later with Brazil. It became one of the busiest ports in Portugal. It is also closely linked with the Age of Discoveries via a native son, Gonçalo Velho, one of the first navigators of Prince Henry, who was given the task of populating the Azores Islands. Also Fernão Martins who headed an expedition to Africa under the orders of King João II.

Viana was elevated to a city in 1847 as a reward for the loyalty of the Commander of the Castle, by Queen Maria II. Viana had been besieged by the forces of the Count of Antas, who rose against the Cabrais during the Patuleia Civil War. The Commander went to Lisbon and gave the key of the castle to the royal sovereign. She elevated Viana to a city and changed its name from Viana da Foz do Lima to Viana do Castelo. Today, it is a progressive city. Its economy is based on naval industry, commercial fishing, cellulose and food industries and recently tourism.

Viana do Castelo has been a city since 1848 and a town since 1258. Before that it was an agri-piscatorial settlement on the right bank of the Lima river that had developed from pre-Roman communities in the surrounding mountains, especially from those in the Santa Luzia Hill. There you can still visit the remains of a pre-Roman village, later romanized and inhabited at least until the 4th century. Nevertheless, on former river terraces and beaches you can still find Paleolithic remains. Viana may still be proud of its recent past but is also getting ready for its leap into the next century. You just have to think of the new port on the left bank that has Darque and Cabedelo's area moving at a completely different pace. Or the new bridge that highlights A28 road's importance to the linking of Valença, Viana and Oporto. Or the industrial center and Higher Education facilities. Or even the new recreational dock, the marina, the tourist facilities on the riverside. Or the historical centre and its century-old streets. Or, finally, an entire municipality aware of its own strength and willing to improve itself. More information in [www.cm-viana-castelo.pt](http://www.cm-viana-castelo.pt)

## Architectural, Historical Heritage



### **MOSTEIRO DE ERMELO -ARCOS DE VALDEVEZ**

Just by itself alone, the monastery's setting at the foot of a hill covered with densely planted orange groves on the banks of the River Lima would be enough to justify the journey to see it. Despite forming part of the Cistercian Order, this monastery had a rather short and troubled life. On his visit here in 1553, the abbot of Clairvaux found it to be totally abandoned and in a state of extreme poverty, so that it was secularised in 1560 and converted into a parish church. What can be seen at Ermelo nowadays is a beautiful Romanesque church, adapted in the modern era to the life of a small parish. All that now remains of the nave once situated at the southern end of the church is the beautiful triumphal arch standing outside the building and exposed to the elements. At the opposite end, the chapel has been adapted to form the sacristy and a bell-tower has also been added. At the top is the beautiful and slightly overhanging Romanesque rose-window that used to provide light for the nave. The monastery's outbuildings used to spread southwards. Here, we can still find an arcade of semi-circular arches, which are in fact the remains of the monastery's ruined cloister. The walk along the river's romantic banks provides a unique experience of intimate contact with the beauty and sounds of Nature.



### **IGREJA DE N. SRA. DA LAPA -ARCOS DE VALDEVEZ**

The impressive and Baroque church of Nossa Senhora da Lapa, built in 1767, has an oval exterior which curiously adopts an octagonal shape inside.



### **PALÁCIO DA GIELA -ARCOS DE VALDEVEZ**

Leaving the town on the way to the villages of Ázere and Mezio, the isolated Paço de Giela is a magnificent example of a Medieval noble residence, formed by a characteristic stone house and tower.



### **PELOURINHO -ARCOS DE VALDEVEZ**

This 16th century pillory has a single column, entwined with serpents. It has a triangular stone on top with skeleton spheres and the Royal escutcheon. It is considered to be one of the most noteworthy pillories in Portugal.





### **SANTUÁRIO DA SRA. DA PENEDA -ARCOS DE VALDEVÉZ**

An enormous crag (the Meadinhas rock) dominates the site with its 300 metres of sheer height. In the pure air of the altitude, the Santuário de Peneda gives a holy feel to the mountain, creating a religious atmosphere. Every year, in the first week of September, several hundred pilgrims from all over the region and from neighbouring Galicia flock to this place of pilgrimage. The dedication to Nossa Senhora das Neves (Our Lady of the Snows) originates from the Middle Ages, spreading the legend of her apparition at this site, where a small chapel has been built. The present Sanctuary, built in the nineteenth century, is topped by a church with a monumental flight of steps. At the front, there is a series of terraces and steps, lined on both sides by twenty little chapels comprising episodes in the life of Jesus, that go down the valley and finish in a square with an image of the Angel Gabriel on top of a column and a portico with a sculpture at the top representing Nossa Senhora da Encarnação.



### **PONTE SOBRE O RIO VEZ-ARCOS DE VALDEVÉZ**

It is a 19th century construction that further united the two banks, São Paio on one side, São Salvador on the other. The bridge is associated with the local market, of great importance in the 15th century and the main reason for the historical, social and economic development of the town. It became an important artery, the crossing point for roads from Barca, Soajo, Monção, Paredes de Coura and the Lima Valley. This bridge, with four depressed arches buttressed by semicircular masonry cutwaters, replaced a previous medieval bridge.



### **MEZIO - ARCOS DE VALDEVÉZ**

This area of prehistoric burial sites comprises about ten monuments scattered around a plateau area. The most famous of these is Mamoa 3, commonly called the Mezio Dolmen, which still retains traces of the mamoa (a covering of earth and small stones that sealed the burial site) and of the anta, which is quite well conserved. The archaeological excavation showed that these nearly five-thousand-year-old monuments have suffered some vandalism, but more importantly it has enabled us to understand the principles of architecture and engineering underlying this evidence of our ancestors' ingenuity, and to gather a significant amount of the materials associated with their funerary contexts. At the site, visitors will find a plaque with information about the monuments that provides an insight into these examples of primitive architecture.

## **ARTE RUPESTRE DE GIÃO - ARCOS DE VALDEVEZ**

At Portela do Mezio we can visit one of the dolmens of the archaeological area of Mezio-Gião. Part of the group of megalithic monuments known as the “Antas do Soajo”, the Megalithic Centre of Mezio includes around ten monuments scattered over a high plain about 2 km in length, allowing contact with unique examples of these funereal The 800-metre-high mount of Gião, which rises imposingly to the south-east, is home to a significant group of rock paintings. It is one of the most important complexes of rock paintings in the North-east of the Peninsula, consisting of around 100 rocks painted with different motifs of a symbolic and geometric nature, as well as several anthromorphs (diagrammatic paintings of human figures).

This area is also one of the main entrances into the Peneda-Gerês National Park, which combines unrivalled examples of fauna and flora with a centuries-old human presence.



### **PONTE SOBRE O RIO LIMA - PONTE DA BARCA**

Classified as a National Monument, this bridge, built in the first half of the 15th century, is one of the most impressive pieces of medieval architecture to be found in Portugal. It spans the Lima, the river separating the municipalities of Ponte da Barca and Arcos de Valdevez. The bridge was extensively altered in the 18th and 19th centuries. Carried on

ten round or pointed arches of irregular span, its halfway point is marked by two stone flourishes, one with the arms of Ponte da Barca, the other with an armillary sphere.



### **PELOURINHO - PONTE DA BARCA**

The pelourinho is classified as a National Monument. It is believed to date from the late 16th century and comprises a granite column on a four stepped base. Its sphere-and-cone finial dates from the 18th century and is somewhere between Mannerist and Baroque in style. The heraldic devices allude to King Manuel. The sphere is carved with the royal arms, the cross and the insignia of the Magalhães family, to whom the town was awarded by royal charter.

(DGEMN; Fundação Calouste Gulbenkian, 1965; IPPAR)



### **MERCADO COBERTO - PONTE DA BARCA**

It was built in 1752 and resembles a porch. Places were rented out to the hawkers. It is rectangular, has 3 arches on the East and 7 on the West and one on each short side. There are no entrances, which allows for easy access.



### **IGREJA DA MISERICÓRDIA - PONTE DA BARCA**

It was rebuilt in 1822 to 1844, but maintains the Rococo façade of the 18th century. There is a Neo-Classical veranda across the façade.

The interior is Neo-Classical and the gem is the wooden carvings of the Last Supper on the front of the main altar.

There are Art Nouveau tiles in the apse.



### **IGREJA MATRIZ - PONTE DA BARCA**

The parish church of Ponte de Barca is also known as São João Baptista. It owes its present appearance to its rebuilding, between 1717 and 1738, to plans by an architect from Viana do Castelo, Manuel Pinto Villalobos, who gave it its typically Baroque spatial verve. Built on a longitudinal plan with nave and no aisles, it has six side chapels built by the leading

families of the town.

The façade has a relief of the baptism of Christ, a 17th-century work which presumably belonged to the original building. Inside, the décor is extremely rich, especially the altarpiece and other wood carvings in the high altar, rendered in a characteristically Portuguese form of Baroque. The decoration in the chapel of Nossa Senhora das Dores is rococo, with polychrome glazed tiles. The church is now classified as a National Monument, is still a place of worship and also hosts the occasional classical music concert or recital. (Azevedo, 1991; DGEMN; Fundação Calouste Gulbenkian, 1965; IPPAR)



### **IGREJA DE BRAVÃES - PONTE DA BARCA**

13th century; valuable entrance - the oldest in Portugal; Gothic rose window.

The church of Bravães is one of the more interesting Romanesque churches of Ribeira Lima and one of the most impressive monuments in the municipality of Ponte da Barca. It is classified as a National Monument. Probably built in the first half of the 13th century, though many of its elements are

redeployed from earlier buildings. The church has a single nave which is separated from the high altar by a meticulously carved crossing arch. On the walls of the nave are a number of 16th-century frescoes (DGEMN; IPPAR).

The most remarkable feature of the church is «its west-facing portal, whose five archivolt are covered in figurative and geometric motifs, its tympanum containing a relief of Christ in majesty flanked by two angels. The columns from which the archivolt spring are covered in ornament from capital to base, and the two column shafts carved in the form of affronted human figures are quite rare in Portuguese



Romanesque. The lamb of God appears in the tympanum of the south door, while the tympanum of the north door features a stylized Tree of Life flanked by two animals». (Azevedo, p. 223, 1991)



### **BIBLIOTECA, ANTIGO HOSPITAL DA MISERICÓRDIA- PONTE DE LIMA**

The architectonic composition of the City Library derives from the opening of the Rua Cardeal Saraiva, in the late first quarter of the 20th century, which divided in two the building of the former Hospital da Misericórdia (the reconstruction was finished in 1731), thus having been destroyed an interesting cloister of the 17th century and a part of the medieval wall.

Adored to a section of the wall, there is an access to the battlement from the porched balcony facing the Largo da Picota, and in its interior there is still a flight of stairs of baroque features. Similarly to the building of "Igreja da Misericórdia", a new elevation facing Rua Cardeal Saraiva was built, with features identical to the remaining ones, such as the fenestrated structure, cornices and eaves.

In 1993 large global restoration works were undertaken to house the City Library services.



### **PAÇOS DO CONCELHO - PONTE DE LIMA**

Dated from the second quarter of the 16th century, this building was several times rebuilt, such as in 1573 when a remarkable building, of which only a few walls facing South and an interior window persist, was constructed. In 1677, the main stairway was reconstructed, dating the upper body from 1751.

By the end of the 19th century, during the Estado Novo's period, profound interior alterations took place, such as the rise of this building's ceilings. Its present features date from 1997.

It lodged, simultaneously, the Town Hall, the Court, the Teatro D. Fernando and the Real Associação dos Bombeiros Voluntários de Ponte de Lima.



### **PONTE MEDIEVAL - PONTE DE LIMA**

Two different branches, a roman and a medieval one constitute this bridge. The construction of this building draws back probably to the 1st century since the way opened by the Emperor Augustus passes over it. The medieval bridge has gothic characteristics and was probably finished 1370, by the time King D. Pedro I had the village fortified; King D. Manuel

had the paving and the merlons done in 1504 and the two original towers that flanked it, along with great part of the defence urban system, were demolished in the second half of the 19th century due to traffic conditions. The simple roman bridge has a sloping deck over 7 full center ogival arches, which

are irregularly arranged and have different spans, one of them covered by the plot where the church Igreja de Santo António stands and another one closed up down the stream. Two of the seventeen ogival arches of the Gothic bridge were hidden by the improvements carried out in Praça Camões; prismatic cutwaters crowned by spans also with ogival arch and, at the center, its Latin cross with faceted column, fleur-de-lis arms and shield in the capital are prominent. The bridge are classified as a National Monument.



### **LARGO DE CAMÕES - PONTE DE LIMA**

In the space presently known as Largo the Camões, a stoned wall, separated a wide strand from an interior where green fields, houses and small farms coexisted, bounded, in the North, by Rua da Ponte, which converged with Rua do Rosário, and in the South, by Rua da Ribeira, nowadays called Postigo, which led to the Passeio 25 de Abril, right beside the Torre de S. Paulo or Expectação. During the second half of the 19th century, with the demolition of the stoned wall and of the Torre dos Grilos (located at the bridge's opening), the future Largo de Camões gained new dimension. The small farms which were bounded by the wall became wide open and the houses which were held up by this structure were forced to find a new support or to reorganise their structures and façades. The floor was levelled and gravelled, making it the first paved public space.

Soon after the 1909's floods, the Largo was, once more, heightened - a thick layer of debris topped with gravel was placed.

The current aspect started being outlined by the end of the 1920's, when extensive work was carried out: the pavement was heightened and levelled in order to ease the connection with the Largo da Feira (then created) and the Passeio 25 de Abril, two bridge's arches were obstructed, the renaissantist fountain was placed and the new pavement began being drawn".

The rectangular odd looking well from the 15th century, with a depth of 3 meters, totally filled with good quality ashlar and ending in a vault, integrated the former Casa do Patim (an imposing construction that used to exist).



### **CHAFARIZ - PONTE DE LIMA**

In 1575 Ponte de Lima's Town Hall ordered the construction of this fountain. Concluded in 1603, it was placed in the current Largo Dr. António Magalhães, from where it was transferred, in 1929, to the Largo de Camões.

Its renaissantist outline and execution are currently attributed to João Lopes, the youngster, a famous master from Ponte de Lima.

In order to collect money for the construction of this fountain, as well as for the distribution of Merim's water, a tax was

charged on salt and olive oil merchandised in the village.

The inscription reads the fines due to dirtying the fountain. The municipal coat of arms is carved in the shaft.



### **PAÇO DOS MARQUÊS - PONTE DE LIMA**

The palace dates back to the 15th century and was the old Governor's house in the castle, which overlooks the town. The façade is Manueline and the palace was enlarged later on. It belongs to the Viscount of Vila Nova de Cerveira.



### **TEATRO DIOGO BERNARDES - PONTE DE LIMA**

A promoting commission, consisting of several citizens of Ponte de Lima (Limianos) of which João Rodrigues de Moraes stood out, had the Teatro Diogo Bernardes built in 1893, having assigned the project to António Adelino de Magalhães Moutinho, the municipal architect of Viana do Castelo.

The theatre was planned according to the architectonic patterns of the Italian theatre, typical of the 19th century and it exhibited in its inside elements of special interest, such as the ceiling paintings (now faded away) and Eduardo Reis' curtain.

After a long period of degradation, the city hall of Ponte de Lima acquired it: having carried out extensive restoration works, finished in 1999.



### **CAPELA DO ANJO DA GUARDA - PONTE DE LIMA**

The chapel Capela do Anjo da Guarda is a religious Romanic/Gothic construction, probably built in the last quarter of the 13th century. After the partial collapse due to floods, it was rebuilt in the 18th century according to baroque canons, strengthening the pillars, building turrets and adding a

polychromatic ingenious image of São Miguel.

Its localization near the bridge on the right bank of the River Lima and its small open quadrangular configuration give it a devotional character and it is used as a cult and shelter place for those who pass by.

The archaism of its pillars and columns, with claws in their bases, on the one hand and the vegetarian decoration of the capitals that hardly differ from the baskets on the other are its particular characteristics.

The turrets still existing were built during an intervention in 1991. This chapel is classified as a National Monument.





### **IGREJA MATRIZ DE PONTE DE LIMA - PONTE DE LIMA**

This late Gothic 15th century church replaced an earlier church and has itself been altered over the years. Changes include the addition of side aisles to the original single nave and a chevet. In the interior of the church, the chapel of Nossa Senhora da Conceição was built by Inês Pinto in 1540.

This chapel belongs to the house of Bertandos. The best woodcarving is in the chapel of Nossa Senhora das Dores, in «National Style». (Almeida, 1987; DGEMN)



### **TORRE DA CADEIA VELHA - PONTE DE LIMA**

The Torre da Cadeia Velha or Torre da Porta Nova is the result of several huge reinforcement and improvement repairs carried through on the tower that already existed here as part of the town walled structure (XIV century). Those repairs were carried out under the orders of King D. Manuel, to set up there the district correction prison, and were concluded in 1511.

Inside, the abundance of signed stones as well as the corbels and grooves that support the framing and divide the tower in floors are worth special attention, and in the ashlar-masonry it still can be seen the series of alterations the ground-floor has undergone along all these years.



### **CONVENTO DE STO ANTÓNIO - PONTE DE LIMA**

The "Museu dos Terceiros" was created in 1974 with the aim of keeping and exhibiting a meaningful collection of sacred-art, occupying the area corresponding to the built-in complex composed by the "Convento dos Frades Menores da Província da Conceição" (of which not much is left but the "Igreja Conventual"), and the "Igreja da Ordem Terceira", its sacristy, consistorial room and its outbuildings around a small

cloister, which is supported by a Tuscan arcade.

The first Viscounts of Vila Nova de Cerveira instituted the "Convento de Santo António" in 1481. Between 1745 and 1747, the "Igreja da Venerável Ordem Terceira de S. Francisco" was built to the side out of a longitudinal project, an only nave and essentially baroque decoration, its chancel featuring a magnificent Rocaille altar in golden and polychromatic wood carvings and a row of stairs assigned to the Italian Luigi Chiari.

The museum contents include a representative set of religious statuary, 16th and 17th century glazed tiles, 16th and 18th century paintings and liturgical implements.

The decoration of some of its areas is worth noticing: the fore-sacristy covered with polychromatic pattern tiles, the sacristy panelled tiles of sundry design, a chest of drawers with elevation decorated with panels allusive to St. António, Indo-Portuguese threads and a panelled polychromatic ceiling.



### **PRAÇA DA REPÚBLICA – VIANA DO CASTELO**

Square with impressive buildings; the old City Hall; the House of Misericórdia and the 16th century fountain. Formerly known as the Campo do Forno (Oven Field). Later, in 1852, its name was changed to Praça da Rainha. After the declaration of the Republic on 5 October 1910, it was renamed Praça da República. Today, it is one of the social hubs of Viana do

Castelo, and the location of some of its most important historical monuments, in particular the Chafariz (Fountain), the Edifício and Igreja da Misericórdia and the Antigos Paços do Concelho. In addition to these monuments, it is also the site of the Museu do Traje (Costume Museum), on the corner of Rua Manuel Espregueira and Rua da Picota. Some of the main shopping streets in Viana do Castelo radiate from this square, all restored and paved for pedestrians, in particular Rua Manuel Espregueira, Rua da Picota, Rua da Bandeira, Rua Cândido Reis and Rua Sacadura Cabral.



### **CHAFARIZ – VIANA DO CASTELO**

Situated in the centre of the square. It is one of the most celebrated fountains in Portugal and is classified as a National Monument. It was designed by João Lopes, the Elder, and is built in solid granite. A circular pool is set on a base with several steps. The spindle-shaped column, with circular basins, is finished in several phytomorphic and zoomorphic

elements, topped by an armillary sphere and a metal Cross of the Order of Christ. The first bowl has six water spouts from gargoyles and the second bowl, which is smaller in diameter, has four spouts. (Almeida, 1987; IPPAR) «A highly decorative fountain, it is an almost exact copy of the fountain in Caminha, by the same architect. Together with the fountain in Pontevedra, it is one of the most representative pieces of his career (...).» (DGEMN)



### **ANTIGOS PAÇOS DE CONCELHO – VIANA DO CASTELO**

This construction dates from the reign of the felicitous King Manuel I (16th century), and was finished during the reign of King João III. Classified as a National Monument, the building has two storeys and is built from granite; the ground floor

consisting of a form of porch with three pointed arches. Its volumes and style are in the Gothic tradition. (Almeida, 1987; IPPAR) «(...) Although altered in the 17th and 20th centuries, its simple lines

have numerous analogies with other contemporary European town halls: it is an independent construction on a town square and its ground floor, open in an arcade, was reserved as a place to sell food (...). Unlike in the North of Italy and in the Low Countries, it is a town hall without a tower, a tendency also found in Germany». (DGEMN)

On the main façade of this building are visible a «coat of arms with sails (the arms of Viana), the arms of Portugal with a helm crest, within by a moulding surmounted by the Cross of the Order of Christ (arms of King Manuel I) and an armillary sphere (the king's emblem)». (DGEMN) The former town hall and bread market is now a cultural centre and a venue for temporary exhibitions. Stop to visit the exhibitions on the ground and first floors.

At the back of the building is a Manueline portal, known as Portal de Mexia Galvão. This historical construction was part of the former town hall, but the part of the building it belonged to was demolished and the portal was dismantled. In the 1980s, the portal was re-erected in its original location, where it is now to be found. It has round arch entrance, with double frieze moulding and flanked by pilasters. The national arms are represented along the top of the whole portal. (DGEMN)



### **IGREJA DA MISERICÓRDIA – VIANA DO CASTELO**

It is 16th century and has a 3 storied carved veranda from 1589. The carvings seem to have been inspired by Nordic sculptures and it is unique for that time. The church was remodelled in the 18th century. There are several valuable altarpieces of gilt wood carvings and tiles.



### **CONVENTO DE STA ANA – VIANA DO CASTELO**

It was first built in the 16th century and remodelled in the 17th and 18th centuries. The altarpieces of gilt wood carvings, sculptures, tiles and the painted ceiling are the result of this remodelling. The current façade is the result of the remodelling in the last century.



### **SÉ CATEDRAL – VIANA DO CASTELO**

It is a 15th century cathedral that demonstrates the influence of Galician stonemasons.

It is a Romanesque church from the transition period, with some Gothic and revivalist touches, and it has a most notable portal and great rose window. The cathedral is classified as a Building of Public Interest. (Azevedo, 1991;

IPPAR; DGT) «This Church is built on a Latin cross plan, with long arms, central nave flanked by two aisles of different heights, five bays and rectangular chancel, with several other buildings attached to it. (...) The gabled frontispiece is flanked by two quadrangular, three storey towers, marked by different



openings at the top, and topped by an embattled parapet over a blind arcade with gargoyle and animal waterspouts. Stepped buttresses flank the alfiz around the pointed arch portal, with figures of the Apostles attached to the colonnettes and archivolts decorated with leaves. On the next ones, two angels touching and, in the centre, a rose window with decorated moulding. The interior has patterned tile panelling and painted walls with Gothic motifs. The nave and side aisles are separated by pointed arches on square pillars quadrangular with corner colonnettes.

The nave has a choir gallery, six side chapels and two side altars. (...) The portico, although it adapts some Gothic forms, is still closely linked to the structure and form of Romanesque churches from the transition, resembling other porticos from Galician churches.

The Capela dos Camaridos and the holy water font are Manueline in structure. Capela de São Bernardo and Capela de São Bartolomeu are Renaissance. The wood carving on the altarpiece and in the Capela dos Fiéis de Deus is Baroque, in the Louis XV style. The other altarpieces are neoclassical. The paintings on stucco in the aisles are revivalist and attempt to provide the building with elements characteristic of flamboyant Gothic style, crowning the arches with crockets». (DGEMN) In the interior, Capela de São Bernardo and Capela dos Fiéis de Deus are by Mestre João Lopes, the Elder.



### **TEMPLO DE SANTA LUZIA – VIANA DO CASTELO**

The National Geographic magazine wrote 'Santa Luzia is blessed with one of the world's finest panoramas, perhaps bettered only by those of Funchal and Rio de Janeiro, both in Portuguese speaking countries'. Buildings works in the Basílica of Santa Luzia or of the Sacred Heart of Jesus began in 1903, based on a project that was inspired upon the Sacré Coeur Basilica, in Paris.

The design is the work of the architect Miguel Ventura Guerra (1866-1919), continued from 1925 onwards by the architect Miguel Nogueira (1883-1953). Opened for public worship in 1926, the shrine was only completed in 1943.



### **CITÂNIA DE SANTA LUZIA – VIANA DO CASTELO**

Is a remarkable example of the fortified settlements typically found in the north-western region of the Iberian Peninsula. Situated in the hill of Sta. Luzia has been inhabited from about 2000 BC, at a place affording a view over the whole area from the estuary and the mouth of river Lima to the Atlantic coast.

This 'Castro' civilization of Celtic hunter/gatherers flourished until the Romans conquered Portugal and forced the citizens into the valleys to become farmers to provide food for the Roman legions. The last inhabitants of this old 'citania' left in about 500 AD.

## Landscape and Environment



### RIO LIMA

The Lima River rises in the São Mamede Mountains in Spain, flowing for 108 km - 67 of which are in Portugal - until it reaches the Atlantic at Viana do Castelo. It enters Portugal through a narrow gorge between the mountain ranges of Soajo and the Serra Amarela. Of the 2480 km<sup>2</sup> covered by the water basin, 1303 are in Portugal and coincide, almost

entirely, with the Lima Valley region.

If the Lima crosses the area transversely from east to west, its tributaries from the north bank all run south, and the opposite is true of the south bank. The Vez is undoubtedly the most important tributary and is mainly responsible for the landscape of the municipality of Arcos de Valdevez. To the south, with its mouth at almost the same place as the Vez, is the Vade River, which divides the municipality of Ponte da Barca through a magnificent and narrow valley. In the municipality of Ponte de Lima, the main tributaries of the Lima are the Estorãos and the Labruja to the north and the Trovela to the south.



### NATIONAL PARK OF PENEDA-GERÊS

Penada Gerês is the unique National park in Portugal. It has 72,000 hectares and a great variety of climates, landscapes, fauna and flora. There are some rare species of animals and vegetables. There used to be bear and mountain goat and today it is the last refuge for the wolf and Royal Eagle. People have lived here for 7,000 years (Peneda, Gerês, Soajo and Amarela). They are shepherds and have a communal system "vezeiras" (whereby each shepherd from the village takes his turn to go with the flocks to the pastures).

**Area:** 72 000 hectares

**Countries:** Melgaço, Arcos de Valdevez, Ponte da Barca  
reated: 8 May 1971

**Headquarters:** Quinta das Parretas, 4700 - Braga. Tel. (253) 613166/7/8

**Access roads:** Lamas de Mouro (EN 292; Melgaço); Mezio (EN 202, Arcos de Valdevez); Entre-Ambos-os-Rios (EN 203 Ponte da Barca); Sezelhe/Covelães (EN 308 Montalegre)

Recommended routes: Castro Laboreiro-Gerês; Soajo; Lindoso-Entre-Ambos-os-Rios.

**Specialities:** the only park that has both Mediterranean and Euro-Siberian characteristics.

**Flora:** Oak, Portuguese laurel cherry, Holly, Arbutus-berry, black oak, Birch, Heather, Gorse, Juniper, Broom, Lilly, Fern.

**Fauna:** Eagle, Kite, Falcon, Eagle-owl, Screech owl, Owl; Black viper, Water snake, Water lizard; Triton, Salamander; Wolf, Roe deer, Wild pony, Boar, Otter, Wild cat, Weasel.

**Domestic animals:** Castro Laboreiro dog, Barrosão ox



### **BRANDAS E INVERNEIRAS**

To experience the feeling transmitted by a visit to these villages on the western limits of the Lima Valley, is to be part of the ancient tradition of transhumance of populations and their herds between summer pastures, or «brandas», and winter pastures, in other words, the villages and their lower pastures, the «inverneiras». These are temporarily «uninhabited» in the Summer since most of their inhabitants have moved to the brandas with their highland pastures. This is an interesting form of life, in which local inhabitants had two homes, thus breaking the monotony of a whole, common shared working life. This communitarian tradition is still deep-rooted and proudly shared with visitors.



### **LAGOAS DE BERTIANDÓS - PONTE DE LIMA**

The Protected Landscape, with an area of approximately 350 ha, extends around the two lakes and banks of the river Estorãos. It has an interesting mosaic of habitats with a high landscape value, particularly the wetlands with their high biodiversity. The river Estorãos and all the surrounding wetlands are a dynamic landscape and reflect a combination of various environmental factors, in addition to the harmony between human activities and nature over countless generations. Important both aesthetically and in terms of the landscape, are the varied deciduous broadleaf trees that provide an ever-changing spectacle of colour throughout the year and also the spectacular backdrop of the soaring hills of Arga and Cabração.

#### **Lagoas de Bertandós e S. Pedro de Arcos**

S. Pedro de Arcos

4990 PONTE DE LIMA

Tel: 258 733 553

Site: [www.lagoas.cm-pontedelima.pt](http://www.lagoas.cm-pontedelima.pt)

Email: [lagoas@cm-pontedelima.pt](mailto:lagoas@cm-pontedelima.pt)



### **MIRADOUROS DO VALE DO LIMA**

The fantastic panoramic sea, land, landscape views of the Vale do Lima leads us back millions of years to the natural evolution of the coastline and the estuary of the Lima and centuries of history that have marked the story of Vale do Lima. For dazzling views it is worth climbing to the top of the Monte de Santa Luzia, S. Silvestre, in Ponte de Lima, climbing to the Sta. Madalena, Sto. Ovídio, in Ponte da Barca the panoramic views of Fonte Coberta, Couto do Muro, and finally in Arcos de Valdevez, Mezio, Adrão, Penedo da Meadonha, Sistelo, in the National Park Peneda-Gerês.





## **ECOVIAS DO VALE DO LIMA**

The municipalities of Vale do Lima - Viana do Castelo, Ponte de Lima, Ponte da Barca e Arcos de Valdevez, all together with Comunidade Urbana Valimar, developed the projectos Way of Lima and Guarda-Rios.

The eco via is an infrastructure which links áreas os local and regional environmental interest and provides pedestrian and bicycle Access to such areas.

A Ecovia do Rio Lima 5 paths: AÇUDES between Ponte de Lima and Ponte da Barca; LARANJA between Ermelo (Arcos de Valdevez) and Touvedo; LAGOAS between Ponte de Lima and the Lagoas de Bertiandos and S. Pedro de Arcos; VEIGAS between Deão (Viana do Castelo) and Ponte de Lima, Refoios between Ponte de Lima and Refoios do Lima (Source: [www.ciclovia.pt](http://www.ciclovia.pt)).



## **FESTIVAL INTERNACIONAL DE JARDINS DE PONTE DE LIMA**

The Ponte de Lima International Garden Festival is an unprecedented initiative at a national level that relaunches appreciation for and interest in gardens and gardening, closely connected with heritage preservation and with environmental protection.

Each year, the creation of twelve temporary gardens selected by a qualified Jury ensures the renewal of the Festival and offers visitors direct contact with new approaches to garden design, with different creative trends, different visions of artistic schools and innovative perspectives of the use of public space to serve the populations who, in this case, can

also express their opinion. The competition has inspired landscape architects, architects studios, sculptors, universities, schools of higher education, vocational schools, designers, builders and gardening businesses; a world of people from the public and private sectors interested in gardening, mobilising sponsors and patrons who consider this event to be an excellent opportunity to promote the development of a town and of a region that undoubtedly helps to improve quality of life. Ponte de Lima is the National Capital of Gardens!

More information: <http://www.festivaldejardins.cm-pontedelima.pt>



## **O MARE AS PRAIAS ATLÂNTICAS**

The beaches hold a great attraction for the urban and rural populations, who have easy access to the coast, seeing as over 80% of the Portuguese population live less than 50 km from the sea. The busiest time of year is the summer, when people come in search of rest, sun and sea as well as for recreational activities such as sailing, water-skiing, bodyboarding, windsurfing and surfing.

**Contacts:**

Bodyboard e Surf [www.surfingviana.com](http://www.surfingviana.com) / [www.abcescoladesurf.com](http://www.abcescoladesurf.com)

Darque Kayak Clube- [www.darquekc.do.sapo.pt](http://www.darquekc.do.sapo.pt) Mergulho Amigos do Mar - [www.amigosdomar.pt](http://www.amigosdomar.pt)

Remo [www.arco.com.pt/](http://www.arco.com.pt/) [www.clubevela-vc.com](http://www.clubevela-vc.com) Windsurf, Kitesurf, - [www.vianalocals.com](http://www.vianalocals.com)



## MARINA DE VIANA DO CASTELO

The marina in Viana do Castelo is composed of two docks. One, located downstream of the Eiffel bridge, with 163 places for boats up to 20 meters long and 3 meters draft. This dock has water, electricity, toilets and showers, fuel supply, grid tides and a ramp for hauling boats. The other Dock, located

upstream of the same bridge, has 144 places for smaller vessels.

## Autochthonous of the Lima Valley



Those who visit the Lima Valley region and travel through its rural areas cannot fail to notice a breed of cows of local origin that pass through the fields and villages. Light brown in colour, with a hint of orange and with characteristic large, widely spaced horns, this bovine breed is known as the Barrosã. The countless restaurants in the region that serve its meat are proof of its quality and no-one can know the real

tastes of the Lima Valley without trying its meat.

In days gone by the Barrosã cows could be seen all over the Peneda-Gerês National Park. Today, they are fewer in number, since they have been replaced by or crossed with other breeds, but are still the most common. They come from Barroso (which gave them their name), in Montalegre, where the famous “chegas de bois” are held every year during the festivals.

The Cachena breed (popular name Cabreira, Carramelha or Vilarinha), it's the smallest breed in the world. The natural habitat from high pics of the mountain, mainly from National Park of Peneda-gerês.

The Bísaro swine, come from the celtic branch, big animals, can measure 1,5 meters from the head to



the tail. The ponies have been subject to crossbreeding over the centuries, but are originally a breed of horse thought to have been brought by the Celts when they invaded this area in the first century BC. They have brown skin, which is normally dark, and a short but sturdy body: the Romans praised them for their agility. They are wild in nature and normally live in small groups, led by a dominant male. They

are found in many of the “Minho” mountains and in Mezio there are stables that offer riding lessons and pony trekking through the region with a view to promoting and preserving the Garrano breed.

## Traditions / Cultural Tourism



### **CAMINHO PORTUGUES DE SANTIAGO SANTIAGO**

The royal Oporto-Barcelos-Valença road has a particular importance, as here almost all the others roads come together, reinforcing this road as the maiming Portuguese Way to Santiago de Compostela. So why this was the route chosen by most of the Pilgrims going to Santiago, at least from the beginning of the 14th century.

This road was also the one commonly used by the population which moved from South to North in the province of Entre-Douro e Minho, encouraged by its speed, safety and comfort. Along here went multitudes of the anonymous, vagrants, travellers, mule-drivers, peddlers, market-goers and local

pilgrims. It was also used by the regular army, the Ordnance Company and common soldiers, by gangs of adventurers, bandits and smugglers. It was the scene of skirmishes, assaults and ambushes, it saw all sorts of people pass by and witnessed five centuries of tumultuous relations between two brother peoples. Destiny did not wish to unite.

Barcelos and Ponte de Lima ceased to be obligatory transit points on North-South journeys and Viana, already additionally titled "do Castelo", assumed hegemony as well as political and administrative leadership for the Alto Minho. In this new context, there was no justification for the creation of new



alternatives, not even reinforcing or improving the old road, nominally the Ponte de Lima-Valença stretch, an undoubtedly difficult and onerous project, when Braga and Viana claimed priority from the Royal Munificence for access to the border. For this reason, this road lost interest, it was abandoned and quickly forgotten, the old narrow passes cursed by William Kinsey, lying under dense brushwood and shrubs.

The manifest disinterest in the Barcelos-Ponte de Lima-Valença route, overtaken by more viable accesses to the border, ensured, all the same, a certain degree of preservation, given that other routes on which renovations were permitted retain little more today than a vague outline of the original road.

In the tranquillity of a landscape unspoilt by time, the road slowly disappeared under the muddy riverside pastures and the skeletal slopes of Labruja, where even the brushwood can not withstand erosion. However, the outline was there, reasonably well preserved, revealing itself here and there in a large stone cross, in shrines, in the remains of a causeway ingrained with deep ruts and almost always well recorded in the memory of the local people.

**AACPS – Associação dos Amigos do Caminho Português de Santiago**

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## FOLCLORE, FESTAS, FERAS E ROMARIAS

In Vale do Lima, costumes are regarded as one of the most representative features of the culture, expressing the clear differences between social groups and highlighting the local people's lifestyles and working habits, as well as their traditional appearance and behaviour at religious and popular festivals. The Costume Museum, founded in 1997 with the mission of preserving, inventorying, documenting, studying and promoting this art, is based on a collection of exhibits that provide an extremely broad sample of the different types of clothing and accessories that have been used over the years in the Viana region. The district's festivals begin in May with the Festa das Rosas (Feast of the Roses) in Vila Franca do Lima and end in September. The merriment, the colour and the folklore make these festivals the region's greatest attraction.



In Arcos de Valdevez, the municipal feast-days, which are extremely lively and bring together people from many different places, are held in the month of August. During this festival, the town of Arcos and the banks of the River Vez are transformed and have constant entertainment. Folklore, speeches, fireworks, groups of drummers, pipe players and dances in the street to the sound of concertinas and castanets go on into the early hours of the morning. Dawn gun salutes are commonplace. The Romaria de São Bartolomeu, in Ponte da Barca, is held during the municipal festivals between August 19th and 24th. On the 23rd, there are *rusgas*, bands of people in the traditional costume of the region playing and dancing in the streets of Ponte da Barca. Several events occur during these festivities, including a craft fair. On August 22 the annual linen fair is held.



In Ponte de Lima the "old fair" was held every fortnight in Ponte de Lima since 1125. The "new fair" was established in 1826, together with the foundation of the cult of Nossa Senhora das Dores. After the harvests in September, usually on the 3rd weekend, there are 3 days and nights of feasts, fair and open air parties. Ponte de Lima receives thousands of visitors. There are livestock contests, the running of the "garranos" (wild horses), parades, music, festivals, folk dancing and it ends with the majestic procession of Nossa Senhora das Dores on a Monday.

The Feast of the Senhora da Agonia, in Viana do Castelo, is considered the most important of the Portuguese festivals. The *cabeçudos* and *gigantones* (giant puppet heads worn by dancers) accompanied by the deafening beat of the drums welcome the dawn visitors. Then comes the parade

of the mordomia, in which the mordomas display their black costumes adorned with gold. The high point of the religious feast comes in the afternoon with the Solemn Procession of the Senhora da Agonia. The dazzling firework display ends the first day of the festival. On the second day, the ethnographic procession and the costume parade are the stars of the festival. The colour and merriment, the beauty and variety of the costumes remain forever in the minds of the visitors. On the Sunday, the fishermen pay homage to their patron saint. Religious fervour is clear in every detail, in every flower arrangement on the boat that takes the Saint on her sea procession. She returns through the streets of the fishermen's quarter, which is decorated with carpets of flowers. The festival ends with the Serenata – a cascade of fireworks along the Eiffel Bridge.



### **ARTESANATO E MESTERES**

The Vale do Lima region is a proud land of handicrafts and artists with special hands in textiles, granite, lightning, gold, and other products from nature and agriculture.

For example Pedras Sequeiros, Ltd. Is a small family enterprise with headquarters in Ponte de Lima that is dedicated exclusively to the production of handicrafts, works in the art of stone masonry carved from granite and that in few years, through the quality of work produced, have obtained acceptance in the market, effectively competing, giving prestige to the quality of local handicrafts. The insufficiency of the initial installations justified the remodelling and improvement of work conditions, that was shared by the

LEADER Programme, with the creation of a sheltered space with precarious materials, accommodating the administrative services and exposition of the workers.

#### **PEDRAS SEQUEIROS**

Carvalho Mouco – Calheiros  
Ponte de Lima  
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### **GASTRONOMIA E VINHOS DO VALE DO LIMA**

The arts and skills of the Lima people also include the smells and tastes of the recipe book, inherited from their grandmothers, in which regional products are necessarily the basis of the traditional gastronomy. Honey perfumed with borage and cistus flowers, olive oil and olives, cheese and cornbread. The potato replaced the chestnut; corn was used in the fat stock, in the soups and in the bread. Cabbage was used to make delicious soup (caldo verde) and wine was never missing from the table.

Hens were fundamental in the rural economy, for their eggs,

for their meat and for good broth. But: "Eggs and hen only on feast days, or if someone is ill". Apart from these cases, eggs were to sell at the market and to buy rice, sugar and even sardines.

The slaughtering of the pig was an occasion that brought the smokehouses in the village to life. Veal and beef were only eaten at rich weddings; sheep, goat, lamb or kid only on feast days or in the



community work. Sweets were also reserved for feast days: sweet loaves (regueifas and rosquilhos), papudos and kisses, "gold" cake, "silver" cake and sponge cake (pão-de-ló). Feast days allowed family and friends to get together, good enough reason to give appetites a loose rein. On the menu there could be a milk broth with pumpkin and red beans seasoned with pig's ear and pickled pork sausage (salpicão), a salmon steak with a lettuce salad and tender onion rings or a pig roast on the spit with corn porridge. But there could also be pig's

ear with beans, savoury suet pudding, Soajo-style, or partridge with fermented cabbage. Pork loins marinated in wine and garlic, roast kid or sucking pig, partridge in "villain" sauce, fried lamprey, cod à S. Lourenço da Montaria, baked hake Viana style, bogue in vinegar sauce or even cod cakes. Then lamprey rice, if they added a spoonful of duck butter, was divine.



The delights of the table varied according to wealth and the place where the feast was held. There is no doubt that there is traditional cuisine of the entire Minho, but each of the municipalities and even villages in Ribeira Lima has its own traditional dishes. Viana do Castelo offers the highly regarded cod recipes, such as bacalhau à Gil Eanes. The city is also renowned for its variety of sweets: Viana tarts (torta real), sweet eggs, sopa seca (dry soup), meias luas (half moons),

rabanadas (sweet fried bread) and royal cake, or that of the feast days. Ponte de Lima offers a unique sarrabulho (savoury suet pudding), rojões (pork chunks), leg of pork à Clara Penha, squash cakes and Franciscan or tangerine flan. Arcos de Valdevez serves cozido à portuguesa (boiled meats, sausage and vegetables), boiled potatoes with rojões, mountain sucking kid, Barroso steak and sarrabulho with rojões, as well as the honey dessert, the egg cigars, the sweets of Arcos, the oranges of Ermelo and the cheese of Cachenas. Ponte da Barca presents the flour broth, the Barroso steak with saucy rice, the veal chop with rice and beans, the roast Barroso veal with roast jacket potatoes or a piece of rare, grilled veal and a vinegary sauce over boiled potatoes. These are accompanied by the irreplaceable wines of the Terras da Nóbrega. The typical wine of Ribeira Lima is the young wine, which is ruby or amber in colour, slightly piquant and with low alcohol content: a wine that leaves a finish known by the tasters as "needle point".

Not to be missed are the gastronomic Sundays promoted by the Tourist Region of the Upper Minho, which are held from February to May and cover the region's municipalities. They have a varied menu accompanied by the good young wines of the land.





### **Adega Cooperativa de Ponte de Lima (wine cooperative)**

The Adega Cooperativa de Ponte de Lima – Wine “Vinho Verde” Producers Cooperative - was launched in 1959 and starting production wine by 1962. Originally, there were forty seven cooperative producers handing in 675 hl of wine. Its growth has been sustained by an increase in the number of cooperative producers (to over 2000), as well as by enlarged

storage and wine-producing capacity based on state-of-the-art technology supported by excellent, modern laboratories and strict quality control in conformance to the EN ISO 9001:2000 Standard. Average annual “Vinho Verde” production is 50.000 hl, mainly white wine (30.000). The Cooperative brands are Vinhão (red), Adamado, Seco and Loureiro (White), brandy, and Sparkling Wines (Tinto and Loureiro).

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### **Adega Cooperativa de Ponte da Barca (wine cooperative)**

The Adega Cooperativa de Ponte da Barca – Wine Producer of the DOC region of “Vinho Verde” - was provisionally founded in 1963 and its activity began in 1968. It occupies a production area of about 849 hectares and is mainly located in valleys of Lima and Vez Rivers. Nowadays, it possesses about 1100 associates, which

involves the entire area of Ponte da Barca and Arcos de Valdevez councils. In 2002 the Adega had completely remodelled its image in the market and the Quality Management System Certification was given to this winery according to the international norm ISO 9001:2000 standards. Also in 2002, the Adega Cooperativa de Ponte da Barca launched on national and international markets the brands “Vinho Verde” Vinhão (red) and Loureiro (white). Due to the excellence of its wines, this Winery is being worthy of unanimous praises not only by specialized critics but also by consumers in general. In fact it has received several awards.

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### **Minhofumeiro**

The Minhofumeiro is an enterprise of three generations. Originally known as Casa de Borges, was at the beginnings a small village store situated in Correlhã, Ponte de Lima. Casa de Borges early gained recognition for its magnificent pork smoked meats (Sausage, ham, bacon). People all over the country travelled to Ponte de Lima to buy there those delicious products. The business was growing continuously

and some years later the owner invested in a manufacturing unity, which activity began in 1993 allowing the development of the enterprise. To implement the quality of its products Minhofumeiro was certified with the ISO 22.000 by APCER in 2005, becoming the first enterprise on meats sector, in Portugal, obtaining this demanding standard of certification.

The Minhofumeiro maintains important productive presuppositions such as a high level of quality (obtained from handmade processes, sensitive selection of the materials and exclusive use of natural ingredients, from Vale do Lima – the “Bisaro” pork, onions, garlic, wine, etc.)

#### **Minhofumeiro, Lda.**

Lugar de Carvalho-Correlhã

4990-295 Ponte de Lima

Tel (351) 258 742 421 Fax: (351) 258 743 932

e-mail [minhofumeiro@minhofumeiro.pt](mailto:minhofumeiro@minhofumeiro.pt) / [www.minhofumeiro.pt](http://www.minhofumeiro.pt)



### **VALDELIMA**

VALDELIMA – Cooperativa Polivalente de Desenvolvimento Rural, CRL - is a multifunctional agricultural cooperative, using high-quality products from the region and adding value through the production of traditional marmalades and jams, as well as liqueurs and spirits. Valdelima products have traditional methods of production, in harmony with the local environment. These traditional recipes have no colorings nor

chemical preservatives. Orange peel with chocolate results from the crystallization of small pieces of orange wrapped in creamy chocolate, providing a contrast of acid-sweet taste.

The biscuits of healthy corn are traditional products. The ingredients include flour corn, eggs, sugar, vegetable fat, lemon scrapings and cinnamon. Red wine Veigas da Matança is a Green Red Wine with one harvest year. This is a wine of ruby red colour, taste of berries, slightly stringent and dry. It should be served at a temperature of 16 °C. Ideal to have with fish, white meats or cheese. Valdelima also commercialises Urze's Honey. The Honey of Urze is collected in the mountain range of the Peneda-Gerês. It presents a dark colour derived to the origin from the wild plant from where it comes: the heather. The Honey can crystallize with the temperature decreases.

#### **Valdelima**

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## Sports and Touristic Activities



In The Lima Valley you can find several possible activities. There are many paths, trails, “Ecovias” and landscapes to organize hikes, picnics, horseback riding or cycling. The mountains of Peneda are a challenge for those who love climbing and mountaineering. The discovery of the specific fauna and flora are another challenge.

The river has beaches and great places to relax from the everyday life, through sports or simply relax. Hunting and fishing are other options.

Golf lovers have in the Valley's reason to spend a few days in this region. Riding is another activity in the Lima Valley, with several equestrian events such as the Ponte de Lima Horse fair or the Garrano Fair in Sisitelo.



### EQUESTRIAN CENTRE OF VALE DO LIMA

The Equestrian Centre of Ponte de Lima is the place where beautiful Lusitano horses are trained in the classical tradition of haute école.

The equestrian centre located near Ponte de Lima in Vale do Lima has 50 boxes and 20 employees including 10 accomplished trainers. There are two covered arenas and one

uncovered arena. The main objective is the promotion the Lusitano and Garrano – two Portuguese breeding, and to teach there nature. Here you have the opportunity of riding and to learn about the equestrian activities.

#### Contacts:

Quinta da Sobreira - Posa – Feitosa  
4990-345 PONTE DE LIMA  
Telefone 258943873

### EQUESTRIAN CENTRE OF MEZIO



The Equestrian Centre Mezio is situated in the national park of Peneda-Gerês where they are stables that offer riding lessons and trekking through the region with the view to promoting and preserving the Garrano breed.

#### Contacts:

Vilar de Suento - Soajo  
4970-672 ARCOS DE VALDEVEZ  
Telefone: 258 526 452 / 968 918 156 Fax: 258 526 088  
[www.aventuraequestre.com](http://www.aventuraequestre.com)





### **GOLF COURSE OF PONTE DE LIMA**

The Ponte de Lima Golf Course is located a few miles from the sea in an area of great natural beauty. It will entertain both beginners and advanced players. It is designed in two nine-hole loops, with start and finish at the clubhouse, which result from a rebuilding of two biologic farms. Conciliating sportive life with nature.

**Contacts:**

Quinta de Pias – Fornelos - 4990 PONTE DE LIMA

Tel. (+351) 258743414 Fax (+351) 258743424

[www.axisoteisegolfe.com](http://www.axisoteisegolfe.com)



### **NAUTIC CLUB OF PONTE DE LIMA**

Canoeing activities between bridges – the roman /medieval and the nautical centre.

The Nautic Clube of Ponte de Lima is located on the right banks of the river Lima. Has contributed to the improvement of the existing hydric resources and to increase participation in nautical sports. They organise several sport activities to explore the beauty of the river Lima from the cliff of the

national park (Peneda-Gerês) to the mouth of the river in Viana do Castelo.

**Contacts:**

S. Gonçalo – Arcozelo - 4990 – 150 - Ponte de Lima

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## **Manor Houses and Country Tourism In the Lima Valey**



Tourism, an industry of leisure and peace, has in the Lima Valley one the most appropriate scenarios for high quality rural development.

European Tourist Destination, the Lima Valley has been awarded several prizes, that distinguish the pioneering nature, hospitality, and the quality of TER - “Turismo no Espaço Rural”. An example of the above mentioned it is the importance attributed by the European Commission in the study to rural tourist destinations – “Towards Quality Rural Tourism” – Integrated Quality Management of Rural Tourist Destination” and “Tourism for Tomorrow” – a prize awarded by British Airways. The Lima Valley, with its large number of historical private buildings, manor houses, farms, medieval towers, water and wind mills, served as an inspiration for those who in the 1980s founded “Turismo de Habitação”,

which began particularly in the municipality of Ponte de Lima and then quickly spread to the 3 other

neighbouring municipalities (Arcos de Valdevez, Ponte da Barca and Viana do Castelo). The three different types of TER - "Turismo de Habitação" (private manor houses), "Turismo Rural" (cottages and lodges) and "Agroturismo" (country estates and farms) comprises 85 houses with 1,500 beds, restored and adapted with comfort and good taste.



It is also in the Lima Valley, that the expression Turismo de Aldeia (village tourism) has developed with success. ADRIL – Associação de Desenvolvimento Rural Integrado do Lima (Association of Rural Development for The Lima Valley), has played a key role in its implementation, namely in the villages

of Soajo, in Arcos de Valdevez and Lindoso, in Ponte da Barca, restoring 24 houses and one building of the pilgrims at Peneda, increasing the supply of rural tourism in the Peneda Gerês National Park by more than 160 beds. In this rural area, TER has been an innovative project in the creation of complementary accommodation, the restoration and enhancement of architectural and environmental heritages, the stimulation of the tourism supply and the diversification of quality infrastructures, such as a golf course, an hippodrome, equestrian centres, nautical centres, swimming-pools, tennis courts, handicrafts, restaurants, tourist routes, contributing significantly to the improvement of the standard of living and self-esteem of local populations.



TER has also encouraged the creation of several associations and small entertainment and tourist interpretation enterprises, that promote new dynamics in the development of joint programmes, creation of itineraries and organisation of local supply. An example of this is: CENTER – Central Nacional de Turismo no Espaço Rural (National central reservation of tourism in rural areas), which resulted from a cooperation between TURIHAB – Solares de Portugal (quality branded accommodation) and ATA – Associação de Turismo de Aldeia (Association of villages tourism) – responsible for the certification, promotion and marketing of the brand Aldeias de Portugal. Stimulating new tourism demand, TER allows guests to enjoy a family atmosphere, the authenticity and single experience of the local country life.

There are many references to the Lima Valley as a quality tourist destination, a rural area demanded by visitors and tourists, a crossroad on the pilgrims' way to Santiago de Compostela, is an ideal place to reflect and rest, to practice sports or other leisure activities, a green paradise, of peace and inspiration to avoid the daily stress of modern life.

Lima Valley is the highest exponent of rural tourism development, a privileged area that links modernity to real traditions of the rural environment. Visit the Lima Valley and share with us the joy, the hospitality, the strong architectural heritage and the local culture.

Welcome to Vale do Lima, be our Guest!



## Solares de Portugal

Anyone with a sense of history and a desire to discover the real Portugal cannot fail to be captivated by the treasury of experiences offered by the Solares de Portugal, manor houses, stately homes, (Casas Antigas), Estates, farmhouses (Quintas e Herdades), country homes and cottages (Casas Rústicas), certified with the ERS 3001 and “Marca Portugal”, guarantees of quality. Their charm and ambiance takes hold of the imagination in many different ways. From the moment you walk through the entrance there is a magic in the air and a tranquillity that will make the stress of everyday life seem a million miles away. Guests at Solares de Portugal will find a range of leisure opportunities at their disposal, such as Golf, fishing, swimming, rambling, tennis, horseback riding, cycling and wine tasting, always in harmony with nature. A timeless

muse whispers from every corner and blends the nostalgia of the past with the beauty and colour of the present, and the hope in the future. More information in [www.solaresdeportugal.pt](http://www.solaresdeportugal.pt)



## Aldeias de Portugal

Going back to Portuguese roots, is the invitation of Aldeias de Portugal, with the experience of even the briefest contact with a more simple and peaceful way of life, in touch with nature. Singular rural Villages, reconverted in “Turismo de Aldeia” (rural tourism), insinuated in idyllic landscapes, preserving an express past of traditions which are testified by its buildings, people, culture, uses and customs.

These villages provide the return to the origins and the revival of many memories that testify the past. In a natural environment it is possible to contemplate the built and cultural heritage and the inheritance of the agricultural, the arts, the traditions and the crafts of its population, the farming activity, the landscape and the products of the land. The Aldeias de Portugal guarantee the possibility to be lodged in a traditional

house, to delight the typical gastronomy, to acquire handicraft, to enjoy activities such as bird-watching, horse riding or just walk through wonderful paths...

More information in [www.aldeiasdeportugal.pt](http://www.aldeiasdeportugal.pt)

For reservations and information of **Solares de Portugal**, **Casas no Campo** and **Aldeias de Portugal**, please contact:

**CENTER - Central Nacional do Turismo no Espaço Rural**

Praça da República - 4990-062 Ponte de Lima - Portugal

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*Welcome to Lima Valley,  
be our Guest!*



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