

# JOURNEY TO NATURE

ENG

## LANDSCAPE

The Terra Fria region is full of dazzling picturesque panoramas, thanks to the almost idyllic nature of this region, a consequence of the high percentage of protected natural areas (about 60% of the total regional area) where the Parque Natural de Montesinho, that includes part of the municipalities of Bragança and Vinhais, and the Parque do Douro Internacional in Miranda do Douro and Mogadouro are outstanding. The biggest contribution to the maintenance of the fabulous landscape is due to the wise use of this land by the local population who, by the way, are an integral and inseparable part of this charm that is Terra Fria.

"This land of crags and ravines, of serpentine streams edged by willows and black poplars, of olive and chestnut trees that populate and bound marshes and agrarian lands, of eagles that hang high, of donkeys lashed by an scraggy old lady chewing a crust of a rye bread; this land possesses a face and a name."

Mário Cláudio, Relance da Terra Fria

## HERITAGE

The human occupation of the Terra Fria region is remote, having left traces in the abundant archaeological sites and finds that contribute to the enhancement of the very rich cultural heritage, indelibly marked on the collective memory of transmontano man. The archaeological heritage of Terra Fria is considerable, with vestiges of occupation related to various eras. The architectural heritage is vast and whether it is a village, a town or a city on the Rota da Terra Fria Transmontana the visitor will be able to enjoy the civil and religious architecture, which is grouped by its historical relevance. Military architecture is also abundant, the castles and the watchtowers spread throughout Terra Fria are obligatory visits.

## CULTURE

Further to the biological wealth and unusual ecological values that it contains, this area retains memories that are reflected in practices still alive and in use, linked by lexical expressions and a local dialect. The languages of Rio de Onor and Guadramil, of Sendim and Miranda do Douro are noticeable and the latter was recently promoted to the category of the second official Portuguese language, Mirandês. The events that occur in the municipalities of Terra Fria interpret the true rhythms of nature and the associated celebrations are distinguished by the implementation of a calendar of religious festivals related to pagan cycles. Of note is the *Festa dos Rapazes* (Boys's Festival) that is undeniably one of the most salient ritualistic moments, taking place in various villages in the region. It is also notable the pauliteiros (similar to morris dancers) of Miranda do Douro and the *gaiteiros* (bagpipers) bands, existing in all the municipalities of Terra Fria, who play an excellent role for the revitalisation of some of this region's musical roots.

## GASTRONOMY

The gastronomy of this region is firmly founded on the Bisaro pig and the Mirandês ox, due to not only an affirmation that the palate can easily verify, but also to the nurture of a culture created by pagan habits and sacred yearnings. The Bisaro is one of the two existing indigenous swine breeds in Portugal (the other breed is the Alentejana). The Mirandesa bovine breed has Protected Designation of Origin, as well as the Bragançano lamb and the honey from the Parque Natural de Montesinho. Regarding Bisaro breed products there are Protected Geographical Indication certificates for the salpicão and chouriça from Vinhais (both smoked pork sausages). The panorama of foods from Terra Fria goes way beyond the already much appreciated sausages and Mirandesa veal that need no introduction. Therefore, it is worth pointing out the lamb, kid and rabbit dishes and the hunting -particularly for partridge and wild boar, as well trout fishing and the infinite variety of mushrooms.

## LEISURE

Due to its natural characteristics, Terra Fria is a fantastic place for adventure sports enthusiasts namely for mountain biking, hiking, off road driving, climbing and rafting. Also for enthusiastic fans of hunting and fishing this is the place to go. In this region there are several museums and museum nucleus that have information of various kinds, making a visit essential.

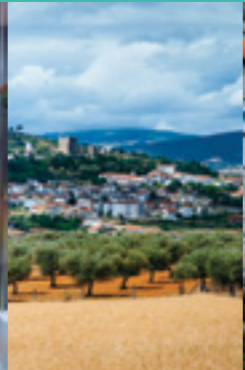
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# MAP

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## TERRA FRIA ROUTE

The Route of the Terra Fria recommends a 455 km road circuit. However, it was created to be a more convenient course comprehending the municipalities of Bragança, Miranda do Douro, Vimioso, Mogadouro and Vinhais and to demonstrate the rich variation of landscape, integrating all the best that can be offered. And what is not in sight, is within our reach. The pleasure, curiosity and spirit of adventure will guide you. You will do the tour by car, you can start it at any of the eleven Portas dos Troços (Sections Doors), which are the connection of the circuit with the main local roads of the national network. In all of the 5 county seats you will also find the Portas da Rota (Route Doors) where you can gather all the information about the Terra Fria Route Transmontana, either in paper or multimedia format. Along the way, you can also count on the help of multimedia kiosks, located at the Portas dos Troços, as well as road signs and general information panels.



## MUSEUMS

- Museu do Abade de Baçal**  
Rua Abílio Beça, 27, Bragança
- Museu Militar de Bragança**  
Torre de Menagem, Castelo de Bragança, Cidadela
- Museu da Terra de Miranda**  
Largo D. João III, Miranda do Douro
- Casa da Cultura Mirandesa**  
Rua Mousinho de Albuquerque, Miranda do Douro
- Casa da Cultura de Vimioso**  
Largo Mendes Rufino, Vimioso
- Museu de Arte Sacra da Ordem Terceira**  
Adro de S. Francisco, Vinhais
- Núcleo Museológico Interpretativo de Dine**  
Dine, Vinhais
- Casa das Artes e Ofícios**  
Av. dos Comandos, Mogadouro
- Museu de Arqueologia**  
R. D. Afonso II, Mogadouro
- Casa da Cultura de Mogadouro**  
Rua das Eiras, Mogadouro
- Museu Ibérico da Máscara e do Traje**  
Cidadela do Castelo de Bragança
- Centro de Interpretação do Parque Natural de Montesinho**  
Casa da Vila em Vinhais
- Centro Cultural Solar dos Condes de Vinhais**  
R. Simão Costa Pessoa, Vinhais
- Centro de Arte Contemporânea Graça Morais**  
R. Abílio Beça, 105, Bragança

## USEFUL PHONE NUMBERS

SOS - 112

**BRAGANÇA**  
National Police  
T. 273 300 530

Local Police  
T. 273 303 400

Volunteer Firefighters  
T. 273 310 800

Hospital  
T. 273 310 800

Tourist Information  
T. 273 381 273

**MIRANDA DO DOURO**  
National Police  
T. 273 430 010

Volunteer Firefighters  
T. 273 431 066

Health Care  
T. 273 430 040

Tourist Information  
T. 273 430 025

**MOGADOURO**  
National Police  
T. 279 340 210

Volunteer Firefighters  
T. 279 340 020

Health Care  
T. 279 340 300

Tourist Information  
House of Arts and Crafts  
T. 279 340 501

**VIMIOSO**  
National Police  
T. 273 512 216

Volunteer Firefighters  
T. 273 511 000

Health Care  
T. 273 510 030

Tourist Information  
T. 273 518 120

**VINHAIS**  
National Police  
T. 273 770 090

Volunteer Firefighters  
T. 273 771 012

Health Care  
T. 273 770 150

Tourist Information  
T. 273 770 309



# LETTER IDEOGRAPHIC

## IBERIAN PENINSULA



-  Chestnut tree
-  Oak tree
-  Pine tree
-  Cork oak
-  Olive tree
-  Almond tree
-  Vineyard
-  Hen harrier
-  Golden Eagle
-  Egyptian Vultures
-  White Storks
-  Black storks
-  Wolf
-  Deer
-  Roe deer
-  Wild boar
-  Castle
-  Roman and medieval bridges
-  Lofts
-  Wine cellar
-  Smoked products
-  Houses made with thatch and granite
-  Houses made with slate and schist
-  Mills
-  Pauliteiros
-  Bagpiper
-  Caretos
-  Route Door
-  Section Door

