

Technical Information

Distances between key points:

Mondim	→	Trigal - 970m
Trigal	→	S. Gonçalo - 1.050m
S. Gonçalo	→	Fonte da Costa - 1.350m
Fonte da Costa	→	Sr.ª da Graça - 1.900m
Mondim	→	Sr.ª da Graça - 5.270m

Sr.ª da Graça	→	Pedra Alta - 1.250m
Pedra Alta	→	Paragliding Club - 2.530m
Paragliding Club	→	Picnic Site - 1.900m
Picnic Site	→	Petrol Station (road to Pedra Vedra) - 900m
Road to Pedra Vedra	→	Mondim - 2.500m
Sr.ª da Graça	→	Mondim (pela Pedra Alta) 9.080m

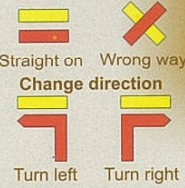
TOTAL DISTANCE → 14.350 km

Heights above sea-level

Mondim de Basto	→	204 m
São Gonçalo (Campos)	→	345 m
Fonte da Costa	→	530 m
Sr.ª da Graça	→	930 m
Pedra Alta	→	795 m
Paragliding Club	→	465 m
Pedra Vedra	→	245 m



PR 1 "Caminhos da Sr.ª da Graça" is a short-distance walk, signposted in both directions using the way-mark system adopted by the Federation of Camping and Hill-walking (Federação de Campismo e Montanhismo de Portugal). The red and yellow marks are as follows:



Graphic design: Luís Santos; Images and Texts: Câmara Municipal de Mondim de Basto/ NaturVeredas, Lda; Print: 2000 Copies

Project sponsored by

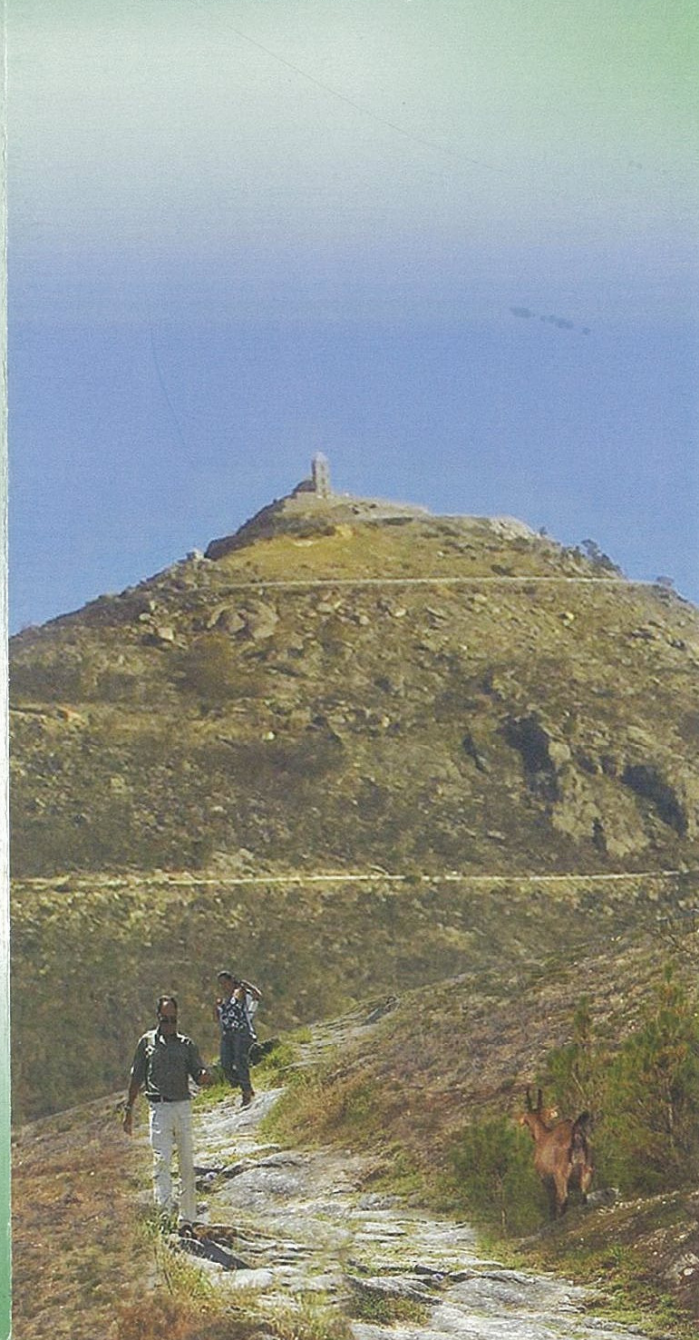


Way marked walk standardized and registered with



PR 1 Caminhos da Sr.ª da Graça

Mondim de Basto Footpaths



Special Considerations

the countryside code

- Keep to the way marked trails;
- Do not disturb the peace and quiet of the countryside;
- Observe wildlife from a distance, preferably using binoculars;
- Do not damage trees or plants;
- Do not leave litter; take it with you to dispose of in litter bins;
- Respect private property;
- Do not light fires;
- Do not pick flowers or take rock samples;
- Be friendly towards local inhabitants. If necessary explain the purpose of your walk and point out the way-marks you are following



Painéis informativos, placas indicativas e implantação
Morada: Adros
4540-511 Stª Eulália - Arouca
Tel/Fax 256 941 834
Telem. 914 847 311 - 963 139 870
e-mail: geral@naturveredas.com
site: www.naturveredas.com

Tourist Information

Festivals in Mondim de Basto

In honour of Nossa Senhora da Graça:

- on the last Sunday in May the festival is dedicated to the Lord's Ascension;
- on 25th July, dedicated to Saint James (S. Tiago)
- on the first Sunday in September the pilgrimage is dedicated to Our Lady.

Municipal Festival - 22nd, 23rd, 24th, 25th July, coinciding on the 25th with the festival to Saint James.

Feira da Terra - Local Produce Fair - usually on the weekend following the Municipal Festival (end of July/beginning of August).

Useful Service Information for Mondim de Basto

Town Hall	255389300
Tourist Information Office	255389370
(turismo@cm-mondim.de.basto.pt)	255389479
Civil Protection Service	255389300
Alvão Nature Reserve	255381209
National Police	255381122
Fire Station	255981251
Health Centre	255381180
Pharmacy Oliveira	255381104
Pharmacy Seara Lemos	255389160

Accommodation

Quinta do Fundo (AT)	255381291
(www.quintadofundo.com)	
Casa do Barreiro de Cima (TR)	255386491
(www.barreirodecima@hotmail.com)	
Residencial Carvalho	255381057
Residencial Arcádia	255381410
Residencial Ramos	255381279
Hospedaria Bela Vista	255382234
Campsite	255381650

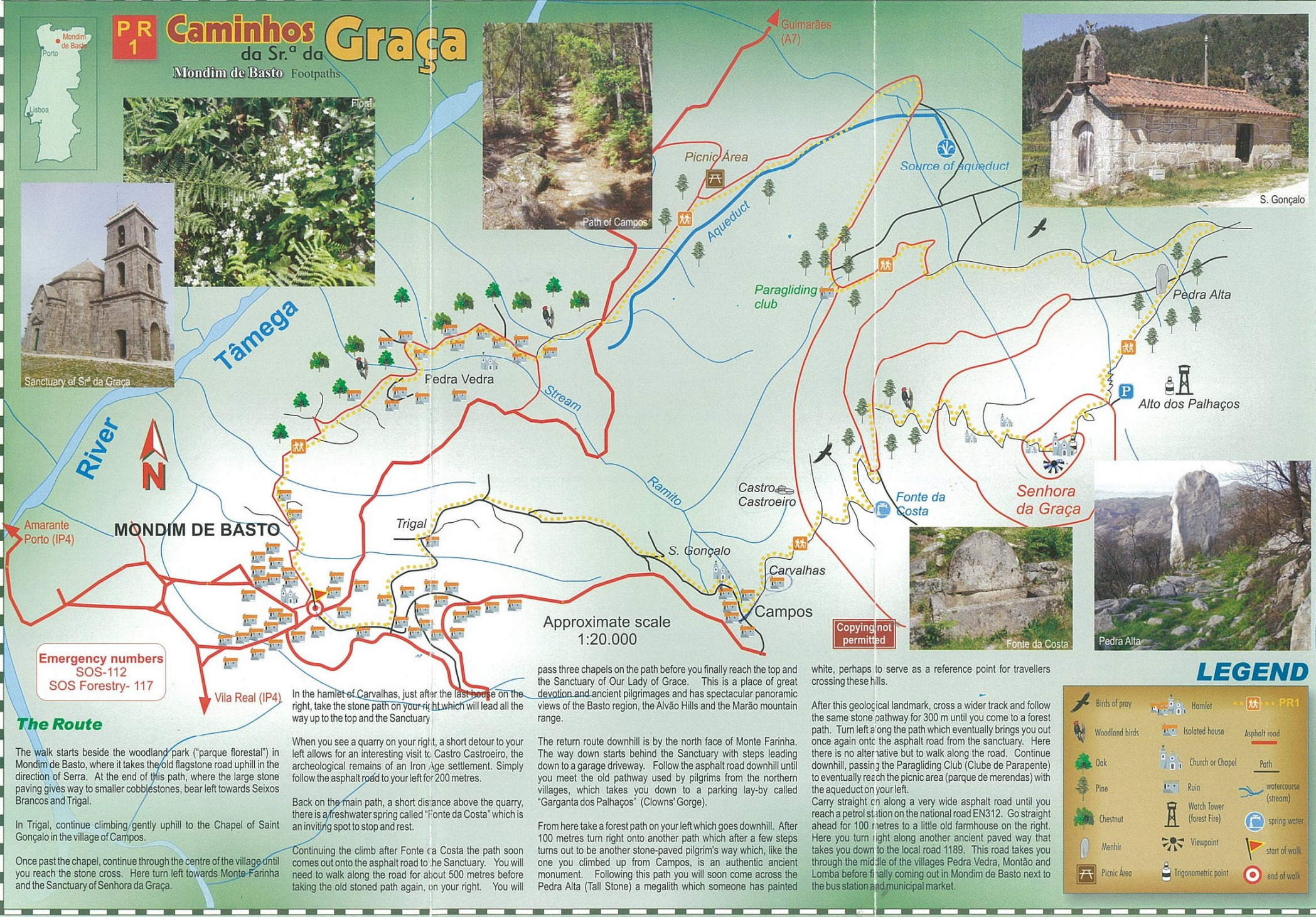
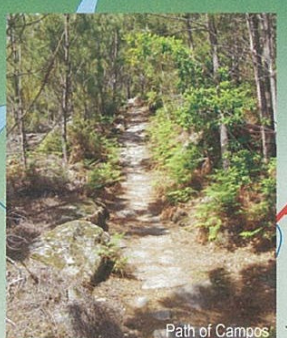
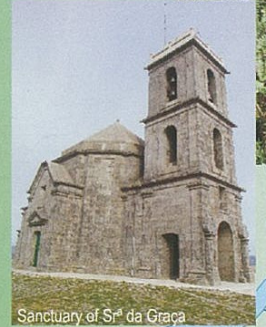


Chapel



PR 1 Caminhos da Sr.ª da Graça

Mondim de Basto Footpaths



Emergency numbers
SOS-112
SOS Forestry- 117

The Route

The walk starts beside the woodland park ("parque florestal") in Mondim de Basto, where it takes the old flagstone road uphill in the direction of Serra. At the end of this path, where the large stone paving gives way to smaller cobblestones, bear left towards Seixos Brancos and Trigal.

In Trigal, continue climbing gently uphill to the Chapel of Saint Gonçalo in the village of Campos.

Once past the chapel, continue through the centre of the village until you reach the stone cross. Here turn left towards Monte Farinha and the Sanctuary of Senhora da Graça.

In the hamlet of Carvalhas, just after the last house on the right, take the stone path on your right which will lead all the way up to the top and the Sanctuary.

When you see a quarry on your right, a short detour to your left allows for an interesting visit to Castro Castroeiro, the archeological remains of an Iron Age settlement. Simply follow the asphalt road to your left for 200 metres.

Back on the main path, a short distance above the quarry, there is a freshwater spring called "Fonte da Costa" which is an inviting spot to stop and rest.

Continuing the climb after Fonte da Costa the path soon comes out onto the asphalt road to the Sanctuary. You will need to walk along the road for about 500 metres before taking the old stoned path again, on your right. You will

pass three chapels on the path before you finally reach the top and the Sanctuary of Our Lady of Grace. This is a place of great devotion and ancient pilgrimages and has spectacular panoramic views of the Basto region, the Alvão Hills and the Marão mountain range.

The return route downhill is by the north face of Monte Farinha. The way down starts behind the Sanctuary with steps leading down to a garage driveway. Follow the asphalt road downhill until you meet the old pathway used by pilgrims from the northern villages, which takes you down to a parking lay-by called "Garganta dos Palhaços" (Clowns' Gorge).

From here take a forest path on your left which goes downhill. After 100 metres turn right onto another path which after a few steps turns out to be another stone-paved pilgrim's way which, like the one you climbed up from Campos, is an authentic ancient monument. Following this path you will soon come across the Pedra Alta (Tall Stone) a megalith which someone has painted

white, perhaps to serve as a reference point for travellers crossing these hills.

After this geological landmark, cross a wider track and follow the same stone pathway for 300 m until you come to a forest path. Turn left along the path which eventually brings you out once again onto the asphalt road from the sanctuary. Here there is no alternative but to walk along the road. Continue downhill, passing the Paragliding Club (Clube de Parapente) to eventually reach the picnic area (parque de merendas) with the aqueduct on your left.

Carry straight on along a very wide asphalt road until you reach a petrol station on the national road EN312. Go straight ahead for 100 metres to a little old farmhouse on the right. Here you turn right along another ancient paved way that takes you down to the local road 1189. This road takes you through the middle of the villages Pedra Vedra, Montão and Lomba before finally coming out in Mondim de Basto next to the bus station and municipal market.

Copying not permitted

Approximate scale
1:20.000

LEGEND

Birds of prey	Hamlet	PR1
Woodland birds	Isolated house	Asphalt road
Oak	Church or Chapel	Path
Pine	Ruin	watercourse (stream)
Chestnut	Watch Tower (forest fire)	spring water
Menhir	Viewpoint	start of walk
Picnic Area	Trigonometric point	end of walk

This walk explores an ancient pilgrimage route to the top of Monte Farinha, a place of great devotion and spirituality. Still climbed by pilgrims today, it is just one of several paths that have always been used by people from villages and towns of the Basto region and beyond. Starting in the village of Campos, it gives access to pilgrims coming from the directions of Celorico, Cabeceiras de Basto, Canedo, Fafe, Amarante and Gandarela. At least two other ancient pilgrim routes, one starting in the villages of Vilar and Vilarinho, the other in Atei, provide access from Cerva, Ribeira de Pena and Arco de Baúlhe

medieval paving (Roman road); the remains of the iron-age settlement Castro do Castroeiro; a tall standing stone, the Pedra Alta, considered by many to be a menhir; and, of course, the sanctuary itself. The whole of Monte Farinha is surrounded by stories and legends which give it an air of mystery, enchantment and adventure.

Monte Farinha is Mondim de Basto's showpiece. At an altitude of about 1000m it offers the most spectacular panoramic viewpoint over the Basto region.

It is not an easy journey. To keep their spirits up and to relieve the inevitable tiredness the pilgrims prayed and sang traditional songs to Our Lady as they climbed. Some of these popular songs, with their religious flavour, are preserved in the traditions of the local festivals today.

*Our Lady of Grace
I'll definitely go there next year
Be I married, be I single
Or a serving maid*

This walk is not simply a pleasant journey to a beauty spot, however. It is also a path of faith and of sacrifice; of seeking and finding. It is a way of supplication, but also a way of thanksgiving to Our Lady for grace which has been granted. Moreover, it is an historical walk with many stories to tell. Along the route many remains of the past can be seen. These include fragments of

*Our Lady of Grace
Make them sweep the path
I've already ruined my shoes
I don't want to ruin my socks!*

