



TUA

Parque Natural Regional
do Vale do Tua

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TUA VALLEY REGIONAL AND NATURAL PARK



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A Singular Nature



The Tua Valley Regional and Natural Park was created in 2013, and comprehends a 25.000 hectares territory distributed by the Municipalities of Alijó, Murça, Mirandela, Vila Flor and Carrazeda de Ansiães, in the interior north of Portugal, between the emblematic Upper Wine Growing Douro, classified as World Heritage by UNESCO in 2001 and the Terra Fria, the Cold Land.

This natural bond connects the Park's territory to other natural areas, well identified in the northern regions and that are part of a kind of "natural corona", which are part the Peneda/Gerês National Park, the Alvão Natural Park, the Montesinho Park, the Azibo Reservation and the Douro/Duero Natural International Park, and also the Transborder Biosphere Reservation of the Iberian Plateau.

The Park benefits of excellent accessibilities and great mobility that is able to congregate a wide range of complementary possibilities, supported by the roadways connecting Portugal to Galicia and Castilla Leon, and the inland to the coastline, aswell benefiting from the Douro railway line and the emblematic "historical train", and also the varied offer resulting from the Douro's navigability, together with the non automated mobility possibilities, whether by foot or bicycle.

In this chapter we need to highlight the work that has been undertaken in organizing trails inside the Park area. It is important to stand out the work developed in the last 3 years in which the Nature guide was designed, the 5 "entry gates" created, the establishment of hiking trails, the inauguration of an interpretation center, the bet in biological agriculture, the protection of bat colonies and other emblematic species.



But, for the Tua Valley Regional and Natural Park, the resident population, the scientific knowledge and entrepreneurship, are in the center of its focus, and within this context was developed a strong effort in environmental education in high schools, with challenges to creativity in order to create the Park's image, to which followed the involvement of universities, to reinforce territorial marketing.

The Park was included to the National Network of Protected Areas, to the "Natural.pt" brand, to the "Norte Natural" and AETUR, thus reinforcing the effort in boosting this singular territory, both tourist and environmentally wise.

Where we are

Recommended Gear

Practical and discreet wear
Shoeing suited for the outdoor/mountain
Binoculars
Water
Summer: Hat and Sunscreen
Winter: Warm and waterproof wear

Rules of Conduit:

1. Respect the local ways of life and traditions
2. Respect private property
3. Promote silence in order to not disturb the site's tranquility
4. Keep the given distance to wildlife
5. Do not take plants, capture animals nor collect geological samples
6. Respect signaling
7. Pedestrian courses must be used by small groups at a time
8. Do not make fire
9. Each person is responsible for their litter, carry a bag for such effect
10. Contact the authorities every time you detect that something is wrong



MAP LEGEND



Town Hall and
Entry Gate

Alijó

T. +351 259 950 095

GPS: 41.274217, -7.476184

Carrazeda de Ansiães

T. +351 278 610 200

GPS: 41.242015, -7.305667

Mirandela

T. +351 278 203 143

GPS: 41.482218, -7.183366

Murça

T. +351 259 510 120

GPS: 41.406411, -7.452808

Vila Flor

T. +351 278 510 100

GPS: 41.307160, -7.153020



Micro Reservations

1. Foz Tua

GPS: 41.213056, -7.428889

2. Castanheiro

GPS: 41.235556, -7.385278

3. Amieiro

GPS: 41.281389, -7.395556

4. São Lourenço

GPS: 41.291667, -7.374167

5. Carlão / Stª M. Madalena

GPS: 41.330000, -7.371944

6. Abreiro

GPS: 41.347222, -7.278611

7. Ribeirinha

GPS: 41.366111, -7.240556



PNRVT



Surrounding
Municipalities





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10 Reasons to visit us

The Tua Valley Regional and Natural Park holds a number of different valencies, with high tourist and environmental value, that offer visitors unique and singular experiences!

1. Riverside Villages

Together they make part of a set of traditions and living places that benefit from the water body, resulting in sceneries of rare beauty, quietness and charm. These surround the water like enchanted nativity scenes.



TUA VALLEY REGIONAL AND
NATURAL PARK (P06) *A Singular Nature*

2. The presence of Pre and Proto-History

Human presence has been a constant in the territory, demonstrated by historical and archaeological remnants that survived until the present day, in milenar constructions.





TUA VALLEY REGIONAL AND NATURAL PARK (P07) *A Singular Nature*

3. The vast and legendary heritage

The Park's territories have a mysterious aura that emanates from its waters, mythical legends of castros, berrões and community cultural practices.

5. CP Railway - Your imagination and the new travel in time

This railway, one of the most emblematic mountain railway constructions, transports an imagination and time that endure. Adapted to a new age, it will serve as local and tourist mobility within this magical land.



TUA VALLEY REGIONAL AND NATURAL PARK (P08) *A Singular Nature*

4. Contemplation and leisure

The landscape is sublime, stretched through vineyards, contemplative viewpoints, in the Warm Land mosaic, in the smell of the earth and the fragrance of the rock rose, and the quietness of the chapels, where time is challenged to meditate.

6. Powerful food and wine

Strong and eternal territories, also hold a striking gastronomy starring the alheira and other partners of the palliums transmontanos that seek alliances in intense olive oils, unmatched breads and Alto Douro wines made immortal.





7. Hospitality and Tradition

In these mountain secluded territories, the gestures are immutable and perpetuate in the old hospitality traditions. Here the sense of “enter who is” is complete, of deep transmontana roots.

9. Places, villages and their vernacular aspects

Visit unique spaces, singularities, nooks where the harmony between man and nature remain unaltered, as if conducted by a primordial order, ancient and primitive!



8. Micro reservations and the environmental value

In the Tua Valley Regional and Natural Park context, exceptionally valuable, environmentally and naturally, places emerge, distributed by seven micro reservations that constitute extraordinary places to visit. They are striking evidence of the Tua Valley biodiversity!

10. Entry points, circuits and trails

Get to know the Tua Valley Regional and Natural Park using the Entry Gates and the trails within. There is no better way to discover it!

