

# CENTRAL PORTUGAL THE PAIVA WALKWAY



## NORTHERN PORTUGAL

### The Paiva Walkway and the Suspension Bridge 516

Paiva Walkways are located on the left bank of the Paiva River, in Arouca municipality, Aveiro, Portugal. They are 8 km that provide a walk "untouched", surrounded by unique beauty of landscapes, in an authentic natural sanctuary along the brave waters downhill, quartz crystals and endangered species in Europe. The route extends from the river beaches of Areinho and Espiunca, lying between them, the Vau beach.

A journey through biology, geology and archeology that will remain, of course, in heart, soul and in mind of any nature lover.

And since here it is meet also the remaining territory Arouca Geopark recognized by UNESCO as a Geological Heritage of Humanity.



## AVEIRO

Arrival in Aveiro, a city with a unique natural landscape dominated by the Ria de Aveiro and the waterways that flow through the urban area. Board one of the typical boats (the Moliceiro boat) to discover the city through the canals which, at sunset, turn their colour from silver to gold because of the sunlight reflection on the water. Or take a walk through the "Art Nouveau" style buildings which have distinguished this municipality as an urban museum of Art Nouveau in Portugal. Or pay a visit to the University of Aveiro, a true contemporary Portuguese architecture museum in the open air. Time for lunch. We suggest the restaurants "O Bairro" or "Cais do Pescado". After a cup of coffee, indulge yourself with the delicious regional sweets, where the "Ovos Moles" stand out. Check in at the hotel.

## AVEIRO | SÃO PEDRO DO SUL | CABREIROS | CANDO | ALBERGARIA DA SERRA | AROUCA

Departure from Aveiro to São Pedro do Sul, a town in the Beira region, located in the Lafões valley, framed by mountain ranges with their green landscapes and crystal-clear streams of cold water. It is renowned for having the largest and most developed thermal spa in the Iberian Peninsula, with an age-old tradition for health spa treatments, with mineral-medicinal waters that have been used since the times of the Romans for their healing powers. Included in the itinerary is a swim in a pool with hydro-massage. Time for lunch. We suggest the typical restaurant, Adega do Ti Joaquim, before setting off in the direction of Arouca, passing through the villages of Cabreiros, which was strongly linked to the commendation of Rossas, of the Order of Malta. You will also pass through Cando, a small village with a beautiful view the Freita mountain range, known for its slate extraction sites, perhaps the oldest known in Arouca. And finally, the village of Albergaria da Serra, which keeps the granite houses and where you can find the spring of the Caima river. Arrival in Arouca. Check in at the hotel.

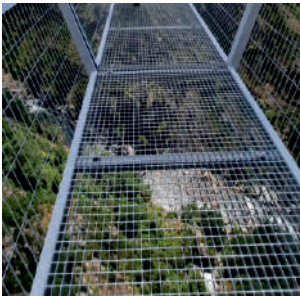
## AROUCA AND THE WALKWAYS

Departure for the walkways in the morning, which are located on the left bank of the Paiva river, one of the cleanest rivers in the world and considered the least polluted in Europe. It is an 8.3 kilometres pedestrian walk in an authentic natural sanctuary. The route stretches between the riverside beaches of Areinho and Espiunca, that is, the two ends of the Paiva river. In the middle, you will find the famous Vau riverside beach. Only do the one-way linear route. We recommend starting at Areinho. At the end, there are taxis that will bring you back. This was already an emblematic route which got even better with the opening of the Suspension Bridge 516, the longest pedestrian suspension bridge in the world, with an impressive length of 516 metres and a height of 175 metres offering breathtaking views. It's a unique experience. To do so, the cost of the ticket is not cheap (12 euros) but it includes all the other footbridges. It is advisable to buy the ticket in advance. Please note that only 100 people are allowed on the Suspension Bridge 516 at any a time. And children under 6 years old are not allowed for safety reasons.

Time for lunch. We suggest the restaurant "O Parlamento" in Arouca. Try the "Posta Arouquesa", a prime cut of beef grilled over charcoal. After the meal, you get to know the town of Arouca,



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along with its Monastery and Convent, with more than 800 years of history. It once was one of the richest in the country and belonged to the Order of Cistercians. It began by having a mixed community - male and female - but was converted into a female monastery and adopted the Rule of St. Benedict in the end of the 11th century. The monks retired to Cucujães. To end the day, you must pay a visit to the viewpoint of Monte da Senhora da Mó, located at an altitude of 711 metres. It is one of the best-known viewpoints of Arouca Geopark, from which you can get a 360° panoramic view of the geomorphology of this park. It is also a place of religious cult. At its highest point you can find a chapel dedicated to Nossa Senhora da Mó, with very peculiar contours, which is presumed to be from the 16th century. The festival in honour of this saint, considered to be the patron saint of fields, crops and animals and protector against droughts and thunderstorms, is held annually on 7 and 8 September. Return to the hotel and accommodation.

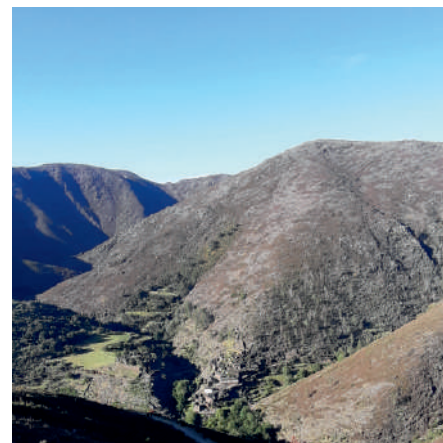
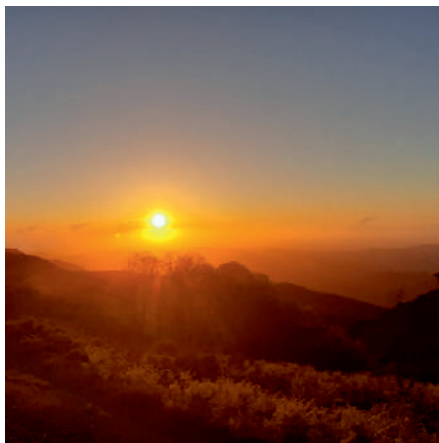
## AROUCA | BACK HOME

Leaving the hotel and heading back home.



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#WETRAVELTOGETHER




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