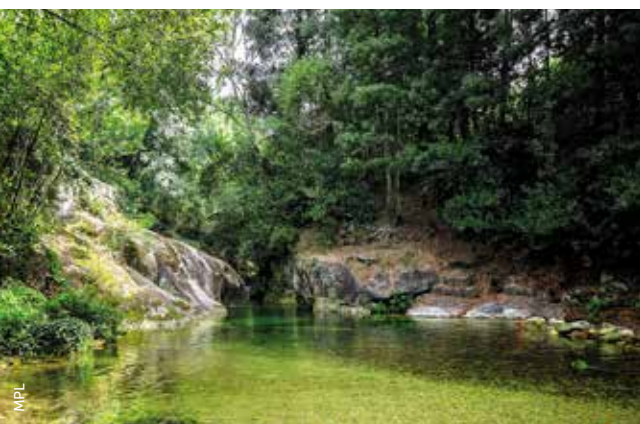


Pé do Negro

PontedeLima

Pé do Negro (Blackfoot) Trail

The *Pé do Negro* trail is a short footpath, with an approximate length of 13,7 km, of moderate difficulty and an accumulated unevenness of 889 metres. The markings and signs on this trail comply with national and international standards. The trail starts at the headquarters of the Parish Council of *Bárrio* and *Cepões*, from where we walk towards the Parish Church of *São Miguel de Bárrio*. From its



churchyard we can appreciate the valley of the *Mestre River* (also known as the *Labruja River*), which offers us a typical landscape of the *Alto Minho* region, in which the green landscape, full of life, stands out. We soon find ourselves at the *Poço do Pé do Negro* (Blackfoot well), on the *Mestre River*. This natural retreat, well cared for by the local community, is perfect for a dip on hot days. The intensity of the waters of the *Poço do Pé do Negro*, in other times served a sawmill for wood, a linen mill, and the mills for grinding various cereals. In this place there was also a plan for the production of electric energy, a project for a mini-hydroelectric plant, which was never concluded but of which there are still traces. Walking a little further, on the left side, we come across the *Varziela Bridge*, a centenary crossing over the *Mestre River*, which has resisted the passage of time untouched. Along the river banks, the ruins of the mills that were built over time are clearly visible. At this point we have to pay more attention to the markings and signs; here there is a junction with the *Portelas' Trail* which goes downhill from the Chapel of Our Lady of *Guadalupe*, and the *Pé*

do Negro Trail goes uphill on the right, following the *Mestre River*. We now follow the mixed forest until we reach *Rendufe*. In this parish, we take a short detour along the road until we reach the Chapel of *Santa Luzia*. Here we find the *Rendufe* Fishing Park, a place dedicated to sport fishing of trout. Leaving *Rendufe* behind, we buckle up for the climb and continue to the point of *Picaranha*, where we find the small Chapel of *Nossa Senhora da Piedade* (Our Lady of Mercy). When we reach the highest point of the trail the landscape opens over the valley. From this point we can see the terraces that flank the valley from a different perspective and we can see other well-known places such as *Bola de Pena*, the high place of *Nossa Senhora de Fátima* (Our Lady of Fatima) and the high place of the Red Cross, on the banks of the Protected Landscape of *Corno de Bico*. We now arrive at the Chapel of *São Silvestre*, at 371 metres' altitude, whose feast is held on the last Sunday of August. It is in a very good state of conservation, with a pleasant picnic park, ideal for a well-deserved rest. We continue down the path, enjoying the view of the valley. We arrive at the Chapel of *Nossa Senhora das Dores* (Our Lady of Sorrow) and *São João de Deus* (St John of God), with a small staircase leading up to the Chapel. Here, the most important festival of the parish is held on the 1st Sunday of June. In a small rehabilitation made to the floor of the Chapel, a former parish priest of this parish was found buried. We continue our way and approach the small place of *São Gens*, here we find the "*Penedos dos Borrachos*", a cluster of large granite boulders, rounded by rain and wind erosion over millions of years. Here we again find agricultural land for subsistence crops, which supply local families with vegetables, tubers, and legumes throughout the year. In *São Gens* we also find the Chapel of *Nossa Senhora dos Remédios* (Our Lady of Remedies) surrounded by olive trees, a much respected and characteristic symbol of the Christian faith. Finally, we also find the Chapel of *Nossa Senhora da Abadia*, (Our Lady of the Abbey,) a beautiful example of rural baroque. The feast is held on August 15th. A few meters away we meet again at the Parish Council of *Bárrio e Cepões*, to end this walk, in a step-by-step journey through the rural world!



Regulation

- Do not leave the trail. Respect private property.
- Do not leave trash. Leave it in the appropriate collection point.
- Leave nature intact. Do not collect plants, animals or rocks.
- Avoid walking alone.
- Always use appropriate footwear, waterproof sunscreen and a hat.
- Take water with you.
- During the critical fire period, don't make fire.



PROGRAMA DE
DESENVOLVIMENTO
RURAL 2014-2020



PORTUGAL
2020



UNIÃO EUROPEIA
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de Desenvolvimento Rural
A Europa Investe nas Zonas Rurais



Datasheet

Trail Name: Pé do Negro

Promoting Entity: Municipality of Ponte de Lima

Type: Circular, Short Route

Focus: Rural Landscape

Departure/Arrival point:
Parish Council of Bárrio and Cepões

Extension: 13,7 Km

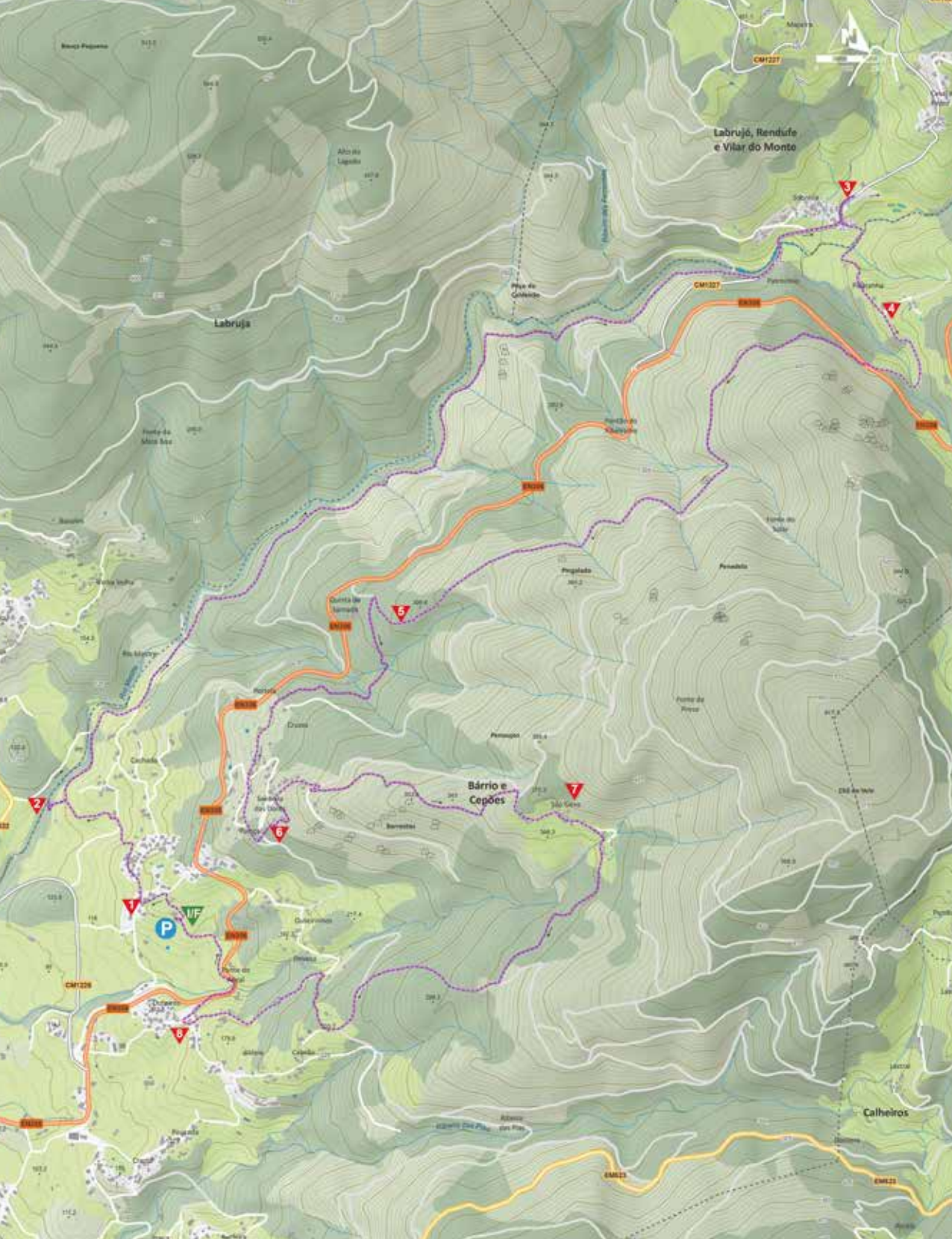
Duration: 5h00m

Skill Level: Moderate

Maximum Elevation Reached: 371 metres

Textos: Município de Ponte de Lima

Design: Xpto Design



Point of departure

41°49'54.0"N | 8°35'05.1"W

Point of arrival

41.831677 | -8.584752

Places of interest

1. Bários' Parish Council
2. Parish Church of São Miguel de Bário
3. Poço Pé do Negro (Mestre River)
4. Chapel of Santa Luzia
5. Chapel of N^a Sr^a da Piedade and Rural Nucleus of Picaranha
6. Chapel of São Silvestre
7. Our Lady of Sorrows' Chapel and Saint John of God
8. Our Lady of Remedies Chapel and Rural Nucleus of Sao Gens
9. Our Lady of Abbey Chapel



Municipality of Ponte de Lima

tel. 258 900 400

Volunteers' Fire brigade of Ponte de Lima

tel. 258 909 200

Health Center of Ponte de Lima

tel. 258 909 280

Ponte de Lima Hospital

tel. 258 909 500

Tourism Shop of Ponte de Lima

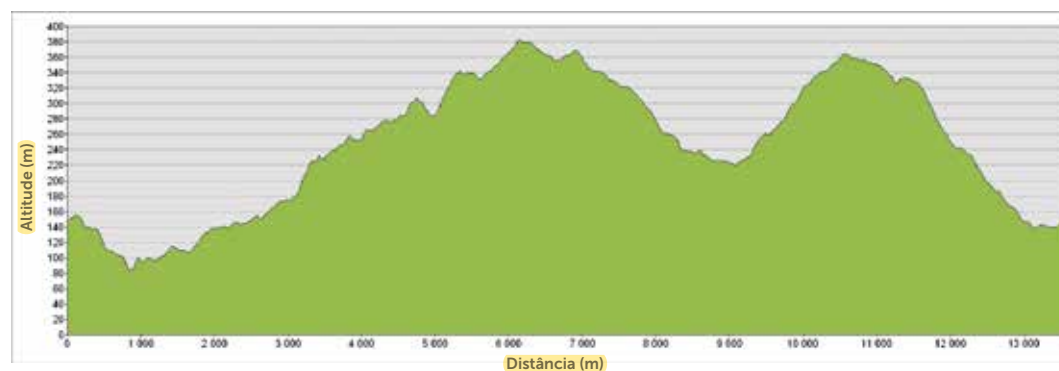
tel. 258 240 208

Protected Area of Ponte de Lima

SOS Ponds: Cell phone. 963 520 002

Useful Contacts

Altimeter Profile



Download the application

