



GERÊS

A haven in harmony
with nature.



WHY GERÊS

With its natural beauty, pure mountain air and crystal clear waters, Gerês is an ideal destination for a few days of peace and tranquillity. Add cosy accommodation, excellent traditional cuisine and a scattering of architectural gems and you have the perfect recipe for an unforgettable stay.

The route we suggest includes hiking along mountain trails and diving in lagoons, visiting remote villages with ancient traditions, a unique landscape, the aroma of ancient forests and regional flavours. With time to relax by the pool when it's hot and to chat by the fireplace when the cold weather sets in, always in tune with the seasons.





NATURE

The **Peneda-Gerês National Park** is a protected area of great scenic beauty with a huge amount of biodiversity, encompassing the Peneda, Gerês, Soajo and Amarela mountains, between the Lima and Cávado rivers. Together with the Spanish Baixa Limia - Serra do Xurés Nature Reserve, it constitutes a **World Biosphere Reserve**.

In the mountains, watch for the **garranos**, wild horses that live freely in the park. The wildlife also include **Iberian ibex, roe deer, wolves, wild boar and birds of prey**. Close to the villages, you will often find cattle of the Barrosã breed, herds of goats and dogs of the indigenous Castro Laboreiro breed. Among the flora, the highlights include **pine, yew, chestnut, cork, oak, holly**, various medicinal plants and the bluish **lily of Gerês**.



CUISINE

Northern Portugal is well known for its tasty and generous cuisine – **genuine comfort food!** In Gerês, make sure you try:

Caldo verde, one of the most iconic Portuguese soups.

Charcuterie products like salpicão, chorizo and alheira.

Terras do Bouro **stew** with yellow beans, cabbage and meat.

Tender and tasty roast **lamb**.

Goat **chanfana**, marinated in wine and garlic and slowly stewed.

Corn bread cooked in a wood-fired oven.

Abade de Priscos pudding, a classic regional sweet.

Aletria, a dessert made with thin vermicelli wrapped in custard.

Cabrito assado



ACTIVITIES

With its dense vegetation, waterfalls, lagoons, reservoirs, hiking trails, viewpoints and sanctuaries, Gerês invites you to experience nature to the full. Whether on foot, horseback or bicycle, on water or even off-road, just book each activity directly at the Pousada and set off on an adventure. Many of these programmes include a picnic to restore your energy!



HIKING

The Peneda Gerês National Park has a network of routes consisting of sign-posted paths and trails with map or GPS guidance.



HORSEBACK RIDE

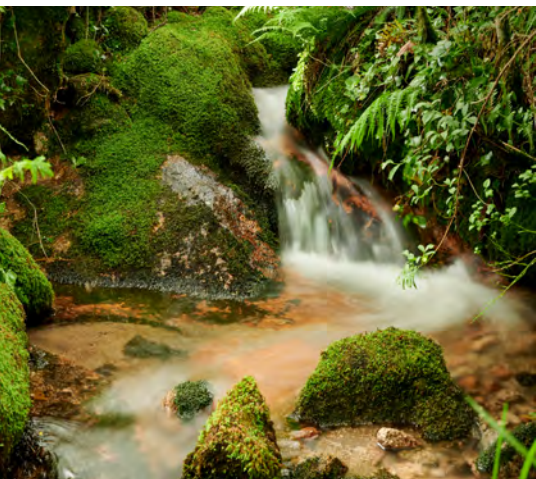
Enjoy a guided horse ride in the Peneda Gerês National Park. Includes a simple picnic.



ATV RIDE **NATURE TOUR**



One-day tour around various must-see sites in the Peneda Gerês National Park – Arado Waterfall, Pedra Bela, Boneca Lookout, etc.



BICYCLE HIRE

Explore the Albergaria Forest.
Including: Road Book to waterfalls.



CART RIDE

Unforgettable cart ride drawn by “Gar-rano” horses around the Gerês.

WATER SPORTS

Diving, canoeing or kayaking? Come and sail along streams and across lagoons, photographing beautiful waterfalls like the Fecha de Barjas, also known as “Cascata do Taiti”.



An aerial photograph of a large, calm lake, likely a reservoir, surrounded by dense green forests. A long, multi-arched bridge spans the lake, with a smaller bridge crossing it. Several small villages or settlements are visible on the surrounding hillsides, nestled among the trees. The water is a deep blue-green color, and there are some small boats visible on the surface. The overall scene is peaceful and scenic.

HERITAGE, HISTORY AND CULTURE

This region has been inhabited since the Neolithic period and contains many points of interest. From the medieval monastery that now houses the Pousada de Amares to the welcoming mountain chalet of Pousada da Caniçada-Gerês, come and discover villages nestled in the mountains, popular shrines and Roman archaeological remains.



SHRINE OF SÃO BENTO DA PORTA ABERTA

One of Portugal's most ancient places of worship.

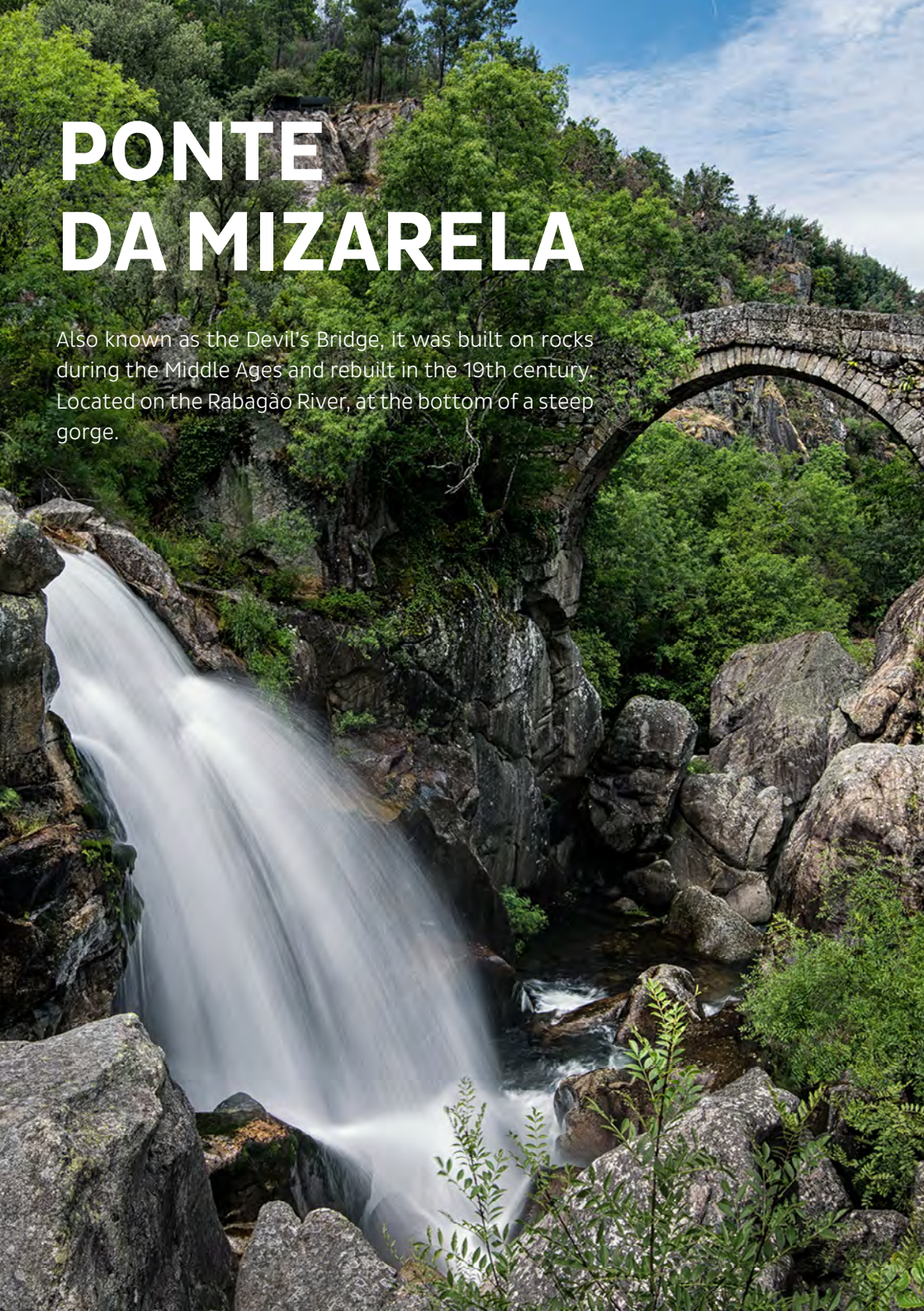


SHRINE OF SENHORA DA ABADIA

Legend has it that an image of Our Lady was hidden in a cave in the 9th century and discovered many centuries later due to a mysterious light. It is until today a centre of pilgrimage and procession.

PONTE DA MIZARELA

Also known as the Devil's Bridge, it was built on rocks during the Middle Ages and rebuilt in the 19th century. Located on the Rabagão River, at the bottom of a steep gorge.





CALDAS DO GERÊS SPA

The nutritional, thermal and therapeutic benefits of Gerês water have been valued for hundreds of years.



TERRAS DE BOURO ETHNOGRAPHIC MUSEUM

Includes an exhibition dedicated to Vilarinho das Furnas, a village submerged by the dam in 1971.

SILHAS DOS URSOS

Granite buildings where hives were kept to prevent bears from eating the honey.

SILHA DOS URSOS
SÉC. XVIII 



GEIRA ROMANA TRAIL

Road markings with almost 2000 years of history can be found along stretches of the Roman road.



PITÕES DAS JÚNIAS

Village where the local customs of sowing and harvesting are preserved.



OUR
HOTELS



POUSADA CANIÇADA-GERÊS

Located next to the Peneda-Gerês National Park, this Pousada takes the form of a gorgeous mountain chalet, sitting high in the mountains near the forests, with translucent waterfalls and unforgettable scenery. Whether at the scenic viewpoint on the terrace or by the fire-place, the ambience invites you to completely relax.

⊕ SERVICES

- Outdoor swimming pool surrounded by nature
- Terrace with incredible views over the dam and the mountains
- Restaurant serving regional dishes
- Very welcoming rooms with views of the garden or the Caniçada dam



POUSADA AMARES

The Pousada Mosteiro de Amares is a project by architect Souto de Moura and is set in a former 12th century Cistercian monastery. Classified as a National Heritage site and situated between Gerês and the city of Braga, it offers stunning scenery and a comforting, restful atmosphere.

⊕ SERVICES

- Outdoor marble swimming pool and children's pool
- Tennis court surrounded by greenery
- Restaurant created in the former Monastery kitchen
- Bar with traditional fireplace



PESTANA

HOTEL GROUP