

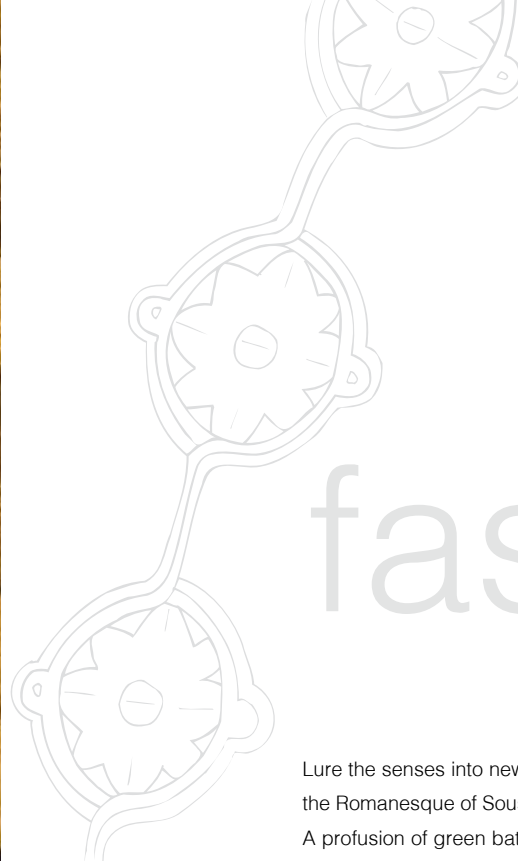


**ROTA DO  
ROMÂNICO  
DO VALE  
DO SOUSA**

route of the romanesque

## An Experience Embedded in History

A Route founded in the memories of the Romanesque, inviting you on an inspiring journey through places with history, near singular monastic ensembles, churches, memorials, bridges and stately towers, matured in a land forged in green, full of wisdom and flavours – the Sousa Valley region.



# fascinating

Truly Fascinating

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Lure the senses into new conquests and let the best kept secret of the North of Portugal, the Route of the Romanesque of Sousa Valley, draw you in.

A profusion of green bathed by crystal clear rivers envelops the six municipalities of the Sousa Valley – Castelo de Paiva, Felgueiras, Lousada, Paços de Ferreira, Paredes and Penafiel.

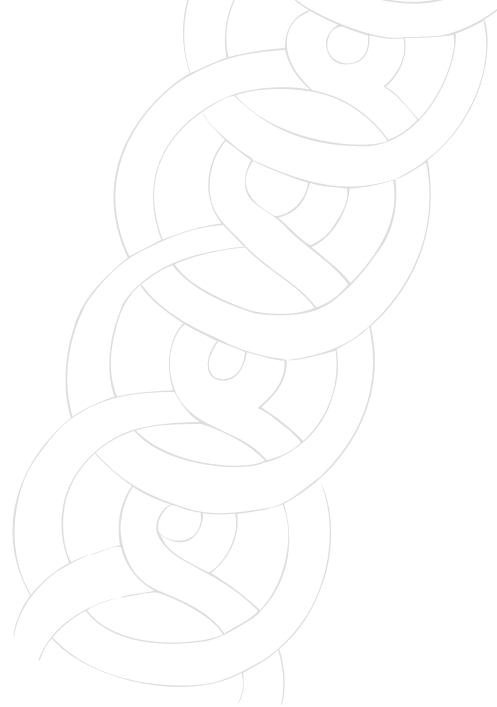
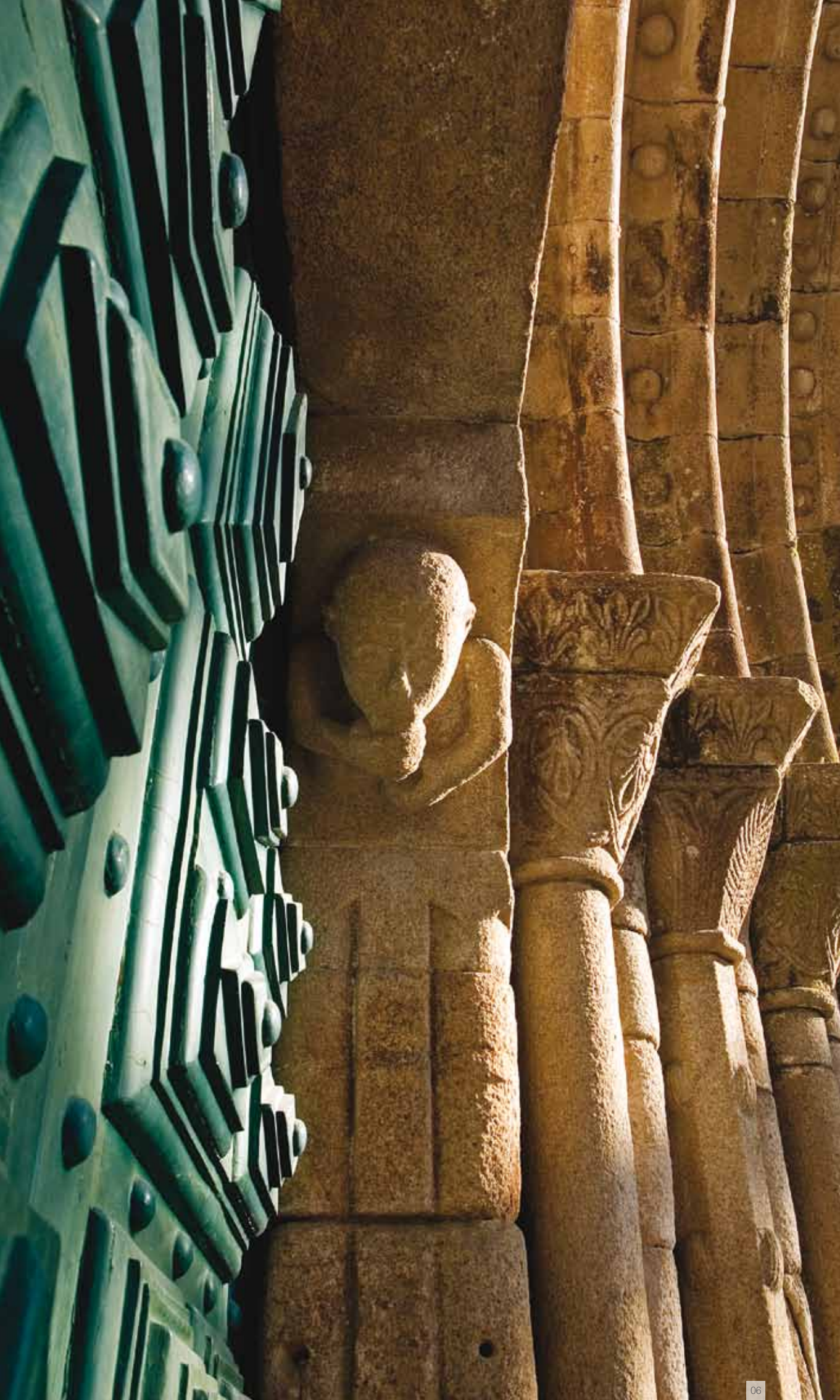
Exploring these places clad with traditions, you will discover a singular Romanesque legacy... a Route of 21 monuments reveals the charm of the monasteries, churches, towers, memorials and bridges raised in hard stone in a rural style.

This exceptional legacy carries you to the time of the foundation of the Portuguese nationality and illustrates the region's importance in the history of the aristocracy and the religious orders in Portugal.

Nearby you will find other wonders, like Porto, Guimarães and the High Douro Wine-growing region, recognized by UNESCO as World Heritage.

The Sousa Valley holds other surprising experiences. Join us and live them.





# secrets

Thrilling Secrets

Among the spaces and the tranquility of the rivers that surround the Sousa Valley arises the history of a country.

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Here you will feel the magic of discovering places inhabited by two of the first five Portuguese noble families, the Riba Douro and the Sousas, since the 11<sup>th</sup> century. A maze of paths will surprise you with every step of the way with historical testimonies and enchanted legends...



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Feel the scent of the land, pay attention to the people's daily life and follow the chants coming from the Benedictine Monastery of Paço de Sousa. Here, through stone walls hiding the secrets of generations, you will find one of Portugal's masterpieces in funerary art, the tomb of Egas Moniz, the famous esquire of the first king of Portugal.



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It was the 12<sup>th</sup> century and times were of tension between the King of Portugal, Afonso Henriques, and Alfonso VII of Castile. Egas Moniz, descendant of the Riba Douro family, was the faithful *master* of Afonso Henriques who, through bravery and cunning, dictated the lines that would weave to the independence of the Portuguese kingdom. He negotiated the truce with Alfonso VII in exchange for Afonso Henriques' vassalage. However, the promise was not kept and, according to legend, Egas Moniz went to Toledo with his family, barefoot and with ropes on their necks, to deliver their lives to the Castilian king and thus save his honour and that of his king. This loyal and heroic deed earned him the royal pardon and even greater esteem from Afonso Henriques.



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Exploring centennial tracks, you will be marvelled by the perfect harmony between Nature and the historical legacies... In a valley of exuberant green, where time seems to have stopped, is one of the most important Benedictine monasteries of the time, the Monastery of Pombeiro. Contemplating it, so deeply wrapped in silence, one can almost hear the bell toll and imagine the Sousas, noble sires of these lands, in their Sunday clothes on their way to mass.

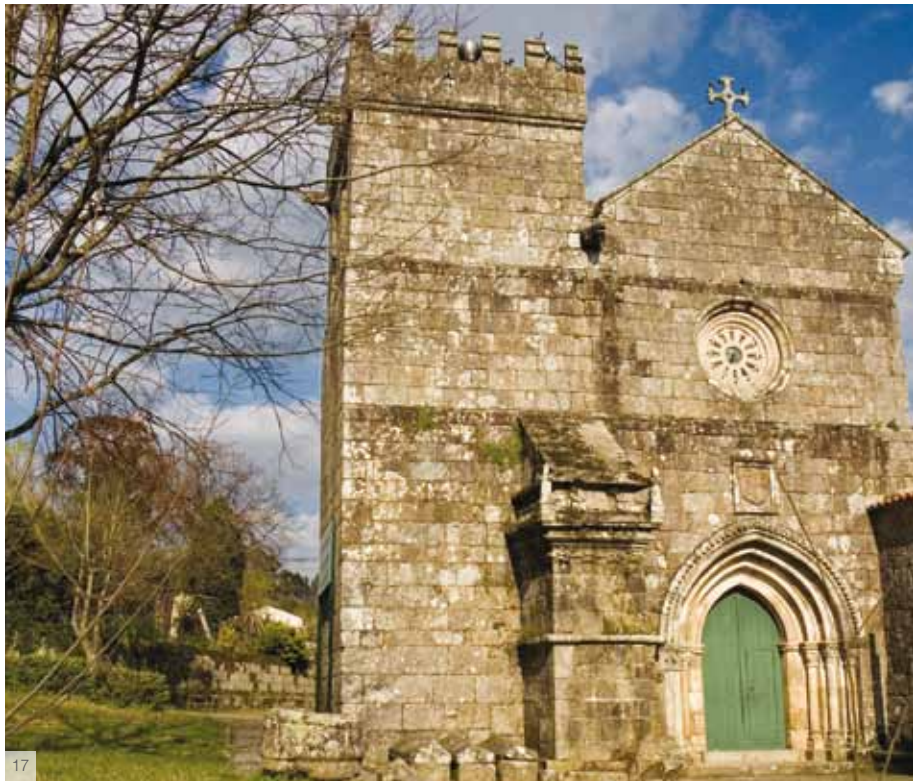


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But if you wish to feel like a true knight, climb up to the imposing Tower of Vilar, a *domus fortis*, symbol of feudal power in this region. From the top of its 45 feet, the dazzling view of the valley is magical...



Already in the Monastery of Cête, the bucolic atmosphere will soothe you with a unique calmness, offering you at the same time the privilege of witnessing how the territory was organized and the importance of the religious orders in the forging a kingdom.





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Take part in the legend... follow the route of the memorials raised in honour of Lady Mafalda, daughter of King Sancho I. They signal the stops in the procession that carried her body to the Monastery of Arouca. One in particular, the Memorial of Sobrado, is noticeable for its architectural originality.



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In the singular Monastery of Ferreira, feast on capitals, columns, archivolts and ornamental motives from different regions and workshops that harmoniously represent the excellence in the Portuguese Romanesque.



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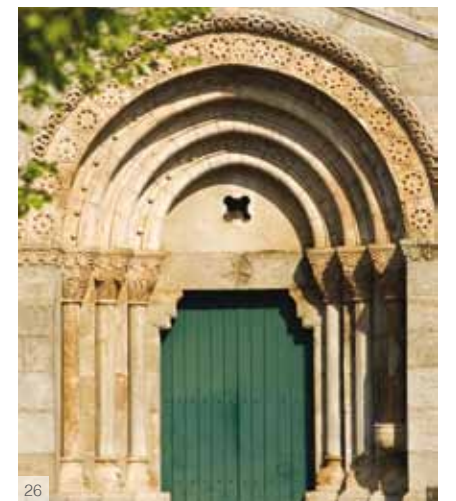
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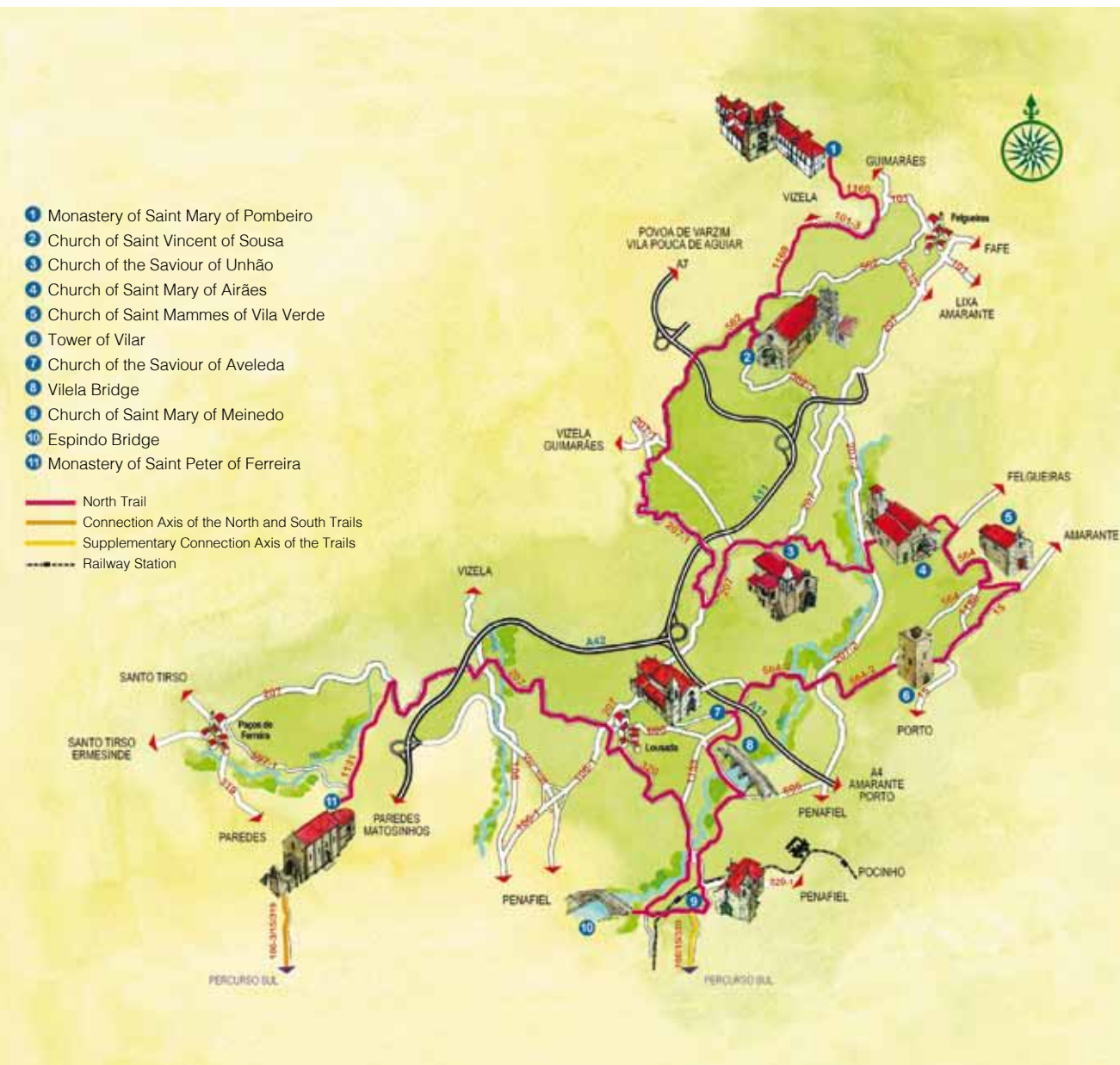
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In the Sousa Valley one feels the eternity...

# north trail



# south trail



# nature

In Harmony with Nature

Leave the city bustle behind you and surrender yourself to the Sousa Valley's bucolic sceneries. The mountains hide lush valleys that are reflected in rivers of crystal clear waters. An irrefutable offer of relaxing moments next to those you treasure the most. Follow nature's trails and enjoy long walks through woodlands and villages lost in time. From the top of a scenic viewpoint, let the poetry of a magic evening win you over and contemplate the serene beauty of the landscape.

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But if what makes you tick is strong emotions, then venture into the Sousa Valley. Your adrenaline will rush at the speed of the river rapids in an invitation to rafting, hydrospeed or canoeing. In land, speed things up in the rally, motocross, go-kart or 4x4 tracks.



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For a full experience, spend the night in one of the rural tourism houses. Let the ancestral spirit surround you and benefit from atmospheres that are traditional and sophisticated at the same time.

Relax. Rejoice. Feel.



# tradition

The Cult of Tradition

Hospitable people with a strong personality reflect the inheritance of centennial traditions. Return to the roots and try their ancestral habits... During the local festivities and pilgrimages, let the joy of the singing and dancing catch you by the colours in the typical costumes or the life of the markets. Join the folly! Unveil the soul of this people in the artisans' skilful hands. Admire the meticulous repairs made to the wood and gilding or the beauty of artistic embroideries and linen articles, whose skill has been passed on from generation to generation.



Deliver yourself to life's simple pleasures and try the tempting regional flavours of the river fish, the tender meats or the conventual desserts that will not leave your mouth dry. The region's heavenly Green Wine cannot be forgotten. Visit the vineyards and the cellars that reveal the mysteries of the vines germinating in these lands and sample true nectars.



Carry a bit of the Sousa Valley with you. Make your experiences last.



## How To Get There



### FROM THE NORTH OF PORTUGAL OR FROM GALICIA (SPAIN)

A28 (Caminha/Porto), A3 (Valença/Porto) or A7 (Vila Pouca de Aguiar/Póvoa de Varzim)  
Enter the Sousa Valley through A41 / A42 (Matosinhos/Lousada) or through A11 (Esposende/  
Marco de Canaveses).

### FROM THE CENTER OR SOUTH OF PORTUGAL

A1 (Lisboa/Porto) or A29 (Estarreja/V.N. Gaia).  
Cross the Douro River through Ponte do Freixo (Freixo Bridge). Soon after, take A3 (Braga/  
Valença) and then A4 (Valongo/Vila Real).

### PAREDES

A4/IP4; A41/A42.

### PENAFIEL

A4/IP4; A11.

### FELGUEIRAS

A7; A11.

### LOUSADA

A11; A41/A42.

### PAÇOS DE FERREIRA

A41/A42.

### CASTELO DE PAIVA

Take A4 and exit in Penafiel Sul. Turn left towards route N15 and N106 to the roundabout of  
Entre-os-Rios. Turn right and follow roads N108 and N224 (IC35) till the vicinities of Castelo  
de Paiva.



Douro Railroad: Porto S. Bento – Pocinho (Vila Nova de Foz Côa).

Stations/Halts: Recarei-Sobreira, Cête, Paredes, Penafiel and Meinedo.



Going up the Douro River till the river dock of Entre-os-Rios, in Penafiel, or the dock of  
Castelo, in Castelo de Paiva.



Sá Carneiro Airport, Porto (20 min.)

Vigo Airport, Spain (1.30 hour)

Portela Airport, Lisbon (3 hours)

Find the best way to get to the Sousa Valley and safe journey!

## Make Your Reservation

To visit the monuments that integrate the Route of the Romanesque of the Sousa Valley requiring previous reservation, please book at least three days ahead, through the following contacts:

PHONE +351 255 810 706

MOBILE +351 918 116 488

Mondays to Fridays

from 9.30am to 12.30pm and 2.30 to 5.30pm.

FAX +351 255 810 709

E-MAIL [rrvs@valsousa.pt](mailto:rrvs@valsousa.pt)

WEBSITE [www.rotadoromanico.com](http://www.rotadoromanico.com)



### Pictures

01. West Portal. Monastery of Saint Peter of Ferreira.
02. Fortified Village of Mount Mozinho.
03. Capitals. South Portal. Church of the Saviour of Cabeça Santa.
04. Transept. Outer Frieze. Church of Saint Peter of Abragão.
05. Roman *Villa* of Sanfins.
06. West Portal. Monastery of the Saviour of Paço de Sousa.
07. Church of Saint Mammes of Vila Verde.
08. Arch. Vilela Bridge.
09. Cloister. Monastery of the Saviour of Paço de Sousa.
10. Egas Moniz's Tomb. Monastery of the Saviour of Paço de Sousa.
11. Frame. Rosette. Monastery of the Saviour of Paço de Sousa.
12. Egas Moniz's Tomb's Support. Monastery of the Saviour of Paço de Sousa.
13. Monastery of the Saviour of Paço de Sousa.
14. Landscape. Monastery of Saint Mary of Pombeiro.
15. Monastery of Saint Mary of Pombeiro.
16. Tower of Vilar.
17. Monastery of Saint Peter of Cête.
18. Cloister. Monastery of Saint Peter of Cête.
19. Piece included in one of the steps separating the nave from the transept. Church of the Saviour of Aveleda.
20. Arch. Hermitage Memorial.
21. Memorial of Sobrado.
22. Transept. Mural painting. Hermitage of Our Lady of the Valley.
23. Monastery of Saint Peter of Ferreira.
24. Portal. South Façade. Church of Saint Michael of Entre-os-Rios.
25. Corbel. Bovine Head. Church of Saint Genes of Boelhe.
26. The West Portal. Church of Saint Vincent of Sousa.
27. Park.
28. Tourism in Manor House.
29. Rafting.
30. Pedestrian Trails.
31. Handmade Linen Embroidery.
32. Street Theater in a Preserved Village.
33. Spongecake ("Pão-de-ló").
34. Vine Culture. Green Wine ("Vinho Verde").
35. Water Mill.

### Credits

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