

# TOP 6 TO SEE



## NORTH COAST NATURAL PARK

**Make a short getaway in Esposende and enjoy the atlantic coast of northern Portugal...**

A visit to the **North Coast Natural Park** leads us towards unique places of great diversity and rich landscape.

Along its Atlantic coast, from the mouth of Neiva River, in Antas, to Apulia, there are many interesting reasons to explore this Park, which has a unique environment and biodiversity in Portugal.

# THE TOWN OF FOZ DO CÁVADO

**Start discovering the many beauties that the city has for you.**

The **Church of Misericórdia** is part of a complex of buildings that also includes the Santa Casa da Misericórdia, whose Brotherhood was established in 1595. The Chapel of Senhor dos Mareantes was built inside the Church of Misericórdia. An exceptional chapel, classified as a National Monument.

The **Mother Church** is a mid 16th century building, like many of the monuments of Esposende.



The **Pillory of Esposende** is an interesting example of the municipal power and the autonomy of those free from servitude.

The **Municipal Museum** which is set up in the early 20th-century building, of the then Theatre Club of Esposende, deviating from the mark of the architect Ventura Terra.



The **Maritime Museum** operates in a building from 1906, which also houses the “house of the lifeboat” of Esposende.

The **S. João Batista Fort** stands at the mouth of Cávado River, on the threshold of river and sea.

The mouth of Cávado River, a merger of river and sea, is a spectacle no one should miss. The river spreads out in the estuary, in a slow curve towards the Atlantic.



# FÃO AND OFIR

The history of Fão reflects, on the one hand, a time when shipbuilding and discoveries marked the history of our country and, on the other hand, the Brazilian taste of the rich returned emigrants.

The **Church of Bom Jesus de Fão**, is a building of the early 18th century, as well shows its style, typical of the pilgrimage sanctuaries.



The **Church of Misericórdia** is a Renaissance temple that dates back to the late 16th century. Enjoy the moment and visit the Museum of Sacred Art of the Church of Misericórdia nearby..

## The Ofir beach is a beauty!

The sand is very thin, the sun exposure could not be better, the dunes are an invitation for long walks.



And the **Ofir pine** forest does not disappoint either!

Large pine trees give a welcome shade during the hot peak hours, and the gentle wavy form of the dunes form a pine forest that, without being monotonous, invites tranquility.

The **Torch of Nossa Senhora da Bonança** is a 16th century building, built in freestone.

Next to it, is the **Chapel of Senhora da Bonança** where the seamen came to ask protection for their fishing activity and sea travel.



# APÚLIA LAND OF GULFWEED

**In Apúlia, in addition to salt and fish, the exploitation of gulfweed was one of the agricultural and maritime activities with the highest expression.**

Apúlia beach is now primarily known as a summer resort. However, the bay, given its good natural conditions, has been used since the Roman presence in the Peninsula as a point of loading of goods. When the bathing season entered in people's everyday habits, Apulia beach gained fame by possessing high levels of iodine. Currently, due to the bay's excellence, Apúlia beach continues to be a holiday favourite turned towards the Atlantic.



The **windmills** of this beach is one of the reasons of interest.

They are built in granite and schist with a round and conical shape in order to make the most out of the wind available. These mills have lost their original function and are now used as summer houses.



In Apúlia, in addition to salt and fish, the exploitation of gulfweed was one of the agricultural and maritime activities with the highest expression. A testimony of a time when the gathering of this product was important work are the huts, directly set on the dune, and where the tools of the gulfweed gathering were kept. The gulfweed collected from June until the end of the year, and dried in the sun, was employed as an organic fertilizer of the lands.

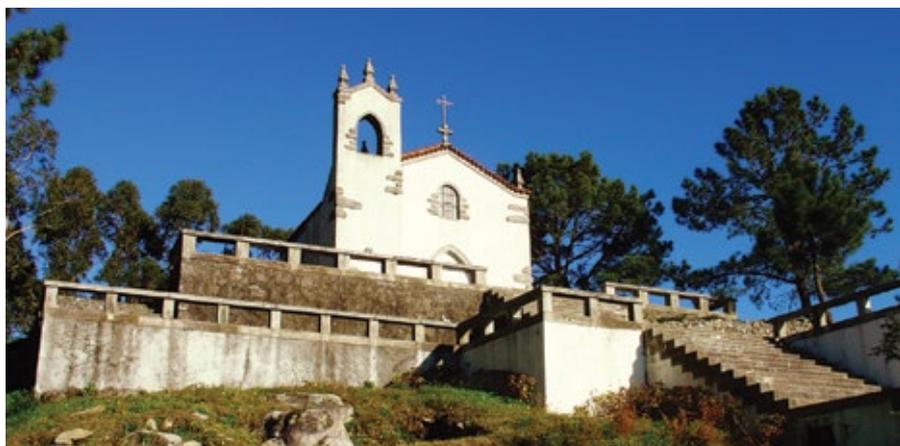


In terms of relevant religious buildings, stands the **Parish Church**, from the end of the 17th century.

# SÃO LOURENÇO

## S. Lourenço and the megalithic plateau of Vila Chã

The **S. Lourenço Hill Fort** was built by Iron Age peoples on top of one of the elevations of the fossil cliff - a rocky chain that lies parallel to the line of the Atlantic coast.



The mount where the Hill Fort is set underwent Christianization - quite common in monuments of this nature - through the construction of a chapel in the ancient acropolis - the **chapel of S. Lourenço**.

You should visit the **Interpretation Centre of São Lourenço**, next to the Hill Fort, the best way to interpret all the geographical and archaeological area.



# THE LEGENDARY BARCA DO LAGO

**Here, the Cávado river is wide, quiet and overflowing its low banks - quite similar to a lake.**

This was one of the best places of passage of the river, since ancient Roman and the Middle Ages, in which it became the passage point of pilgrims traveling towards Santiago de Compostela.

For this reason, the “Barca” (the small river crossing boat) connected the two banks in a constant back-and-forth, according to demand. On both banks, there were boatmen who met the demands of travelers from any social condition. But this “lago” (lake) does not favor the region with only a good river crossing point. The clean waters and currents are fertile in fish, and the fishery here was abundant and profitable. The place is so pleasant that the manor houses settled here, as the Manor House of Gayos or the Manor House of Machados.

