

A DAY IN ESPOSENDE

ENJOY TAKING A SHORT BREAK TO ESPOSENDE,
ON THE ATLANTIC COAST OF NORTHERN PORTUGAL ...



This municipality harmonizes all aspects of nature, offering extensive beaches and dunes, pine forests and forest areas, mountains and cliffs, rivers and sea, all framed in a dynamic balance and that allow to state: "Esposende, a privilege of nature." The Natural Park of the North Coast has many values related to fauna and flora. The Municipal Network of Pedestrian Paths is always an excellent option for those who want to tread the terrain, step by step. The archaeological collection of the rich territory, with special emphasis on the Castro São Lourenço and Interpretive Center that is adjacent. Through the

Network of Museums of the Sea you will be able to experience a vast historical, cultural and sentimental treasure evoking the memory of our maritime community. In the city, it is notable for its exceptional characteristics, the Chapel of the Lord of the Mareantes inside the church of the Misericordia. These are just some of the reasons for interest, in which the richness of the natural landscape and the built heritage combine in a unique way, composing landscapes of high scenic and environmental value, which confirm Esposende as one of the most beautiful municipalities in the North.



YOUNG PEOPLE

18 to 35 years

KITESURF

Kitesurfing is practiced with a surfboard drawn by a paragliding wing, providing fabulous and daring maneuvers from the water. Esposende has exceptional technical and geographical conditions for the exercise of this activity and is considered a hotspot of the modality, given the unique conditions that it brings together for its practice. With the possibility of hosting practitioners of various levels, the beauty of the place, the restinga and the river Cávado, are magnificent backdrops for those who want to start this activity or give imagination to their acrobatics. Let yourself be amazed by the experience, regardless of your current level of kitesurfing.



CASTRO DE S. LOURENÇO

This pedestrian trail of a small circular route, with an extension of about 10 km, begins in the Castro de São Lourenço and follows the discovery of other millenarian monuments, marks of the presence of the Man in other times before the castros, that are located In the plateau of Vila Chã. It will not only be monumental valence, as a reason for this walk, because there is much more to appreciate, it has landscaping, natural and ethnographic terms.

LUNCH

The gastronomy in Esposende is very rich, ensuring a wide repertoire of flavors, in a “cuisine” dominated by the “flavors of the sea” coming from the Atlantic and the Cávado and Neiva rivers. In the municipality of Esposende, many restaurants offer octopus dishes of traditional “cuisine”, using the known “octopus from the rock”. To cook “Polvo da Pedra à Esposende”(Esposende's Octopus from the Rock), it can be either fresh or frozen octopus as long as it had been caught along the coast of Esposende, and based on a stew of potatoes, peppers, carrots, tomatoes and other local vegetables. From the farms of local producers comes the light, soft and aromatic wines “vinho verde” and the vegetables of the seashores. The well-known butters and cheeses of “Marinhas” are made of the milk of our region. Finally a well-deserved for sweets tooth, it is worth mentioning the famous “Clarinhos de Fão”.



ADULTS

36 to 60 years

CASTRO E CENTRO INTERPRETATIVO DE SÃO LOURENÇO

(Property of Public Interest)

To know more about "Monte de São Lourenço" and to interpret all the geographical and archaeological area of the municipality, which includes "Castro de São Lourenço", it is best to visit São Lourenço Interpretive Center, a cultural equipment with exhibitions and other services. The "Castro de São Lourenço" was built at the Iron Age. The old buildings of the town were devastated over the centuries, a large part of its original extension, mainly due to the stone collection and earthworks. Still, it is possible to have a reasonable idea of how would be the town during its construction: it was protected by two city walls and original houses would have a sub-circular plant, occupying the slopes firmed by retaining walls. Romanization brought the rectangular plan houses, *tégula* (roman roof tile), roman ceramics produced in distant places, and coins.



"CAMINHO DA MEMÓRIA"

A 6-km pedestrian path that crosses the village of Fão, a former salt-water center in the Middle Ages, with its historic area and natural landscape along the Cávado estuary and ocean beaches. Starting from the Alameda do Bom Jesus, where the temple of the Lord of Bom Jesus is inserted, it then goes to the area of Ofir and bonanzas, returning to the village.



SENIORS

over 60 years

“CAMINHO DOS MAREANTES”

It is an urban pedestrian route that traverses and portrays the different environments of the city and its history linked to the maritime tradition, highlighting some of the heritage and natural values, and allows the gaze to rest in the Cávado estuary extending to the Atlantic Ocean. Part of the square where the monarch D. Sebastião is located, then following the streets of the city. It stands out for its monumentality the Chapel of the Mareantes (XVI century), property of public interest and integral part of the Church of the Misericordia of Esposende. Obligatory visit to the Municipal Museum, installed in the old Theater Club, the Pelourinho and the Paços do Concelho building. The Chapel of the Mareantes gives the motto to the route and served as inspiration for the name of the itinerary, with the stronghold of the Fort of Saint John the Baptist provided the silhouette for the logo and the brand.



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