

The 'Raia', which is what they call the border from both sides, crosses the valley of the Tâmega and the mountains that surround it in a whimsical way. The river flows through it, ignoring the divisions created by men, but the observant traveller will notice as villages and landscapes change. Taking the Raia in direct contact with the landscape is a game to discover what remains unchanged on both sides, as the identity of a land that changes. You will also discover the contrasts between the meadow and the surrounding mountains.



### The 'Raia' Fortresses MTB Route

takes you by Chaves-Verín showing its ancient defensive structures. Since the Middle Ages, and in particular, with the Restoration War, which separated the Spanish and Portuguese crowns in the seventeenth century, castles and forts were erected to ensure the positions before the enemy: Monterrei Castle, remains of the Verín wall, São Neutel and São Francisco Forts, Menagem Tour and Santo Estêvão Castle and Monforte de Rio Livre; all of them are worth a visit.

Between castles and fortresses, you will pass through towns that will tell you the other side of the 'Raia', of the movement of people, the mixing of accents, the old smuggling and the promiscuous people, such as Lamadarcos, formerly settled on the same border and split into two kingdoms.



<b>Route:</b>	'Raia' Fortresses MTB Route
<b>Verín Access:</b>	Alameda de Verín / Camiño da Preguiza 7° 26' 25.62" W / 41° 56' 35.97" N 29T X 0629274 Y 4644660
<b>Chaves Access:</b>	Fort of São Neutel 7°28'3.66" W / 41° 44' 59.22" N 29T X 0627400 Y 4623130
<b>Distance:</b>	92 km
<b>Duration:</b>	MTB: 2 days
<b>Altitude:</b>	Lowest: 350 m Highest: 851 m Average: 485 m
<b>Difficulty:</b>	Difficult
<b>Chaves:</b>	+351 276 348 180 Chaves Tourism Offices. Terreiro da Cavalaria
<b>Verín:</b>	+34 988 411 614 OTourist Information Officea. Hnos. La Salle, s/n
<b>Vidago:</b>	+351 276 907 470 Vidago Tourism Office. Largo Miguel de Carvalho

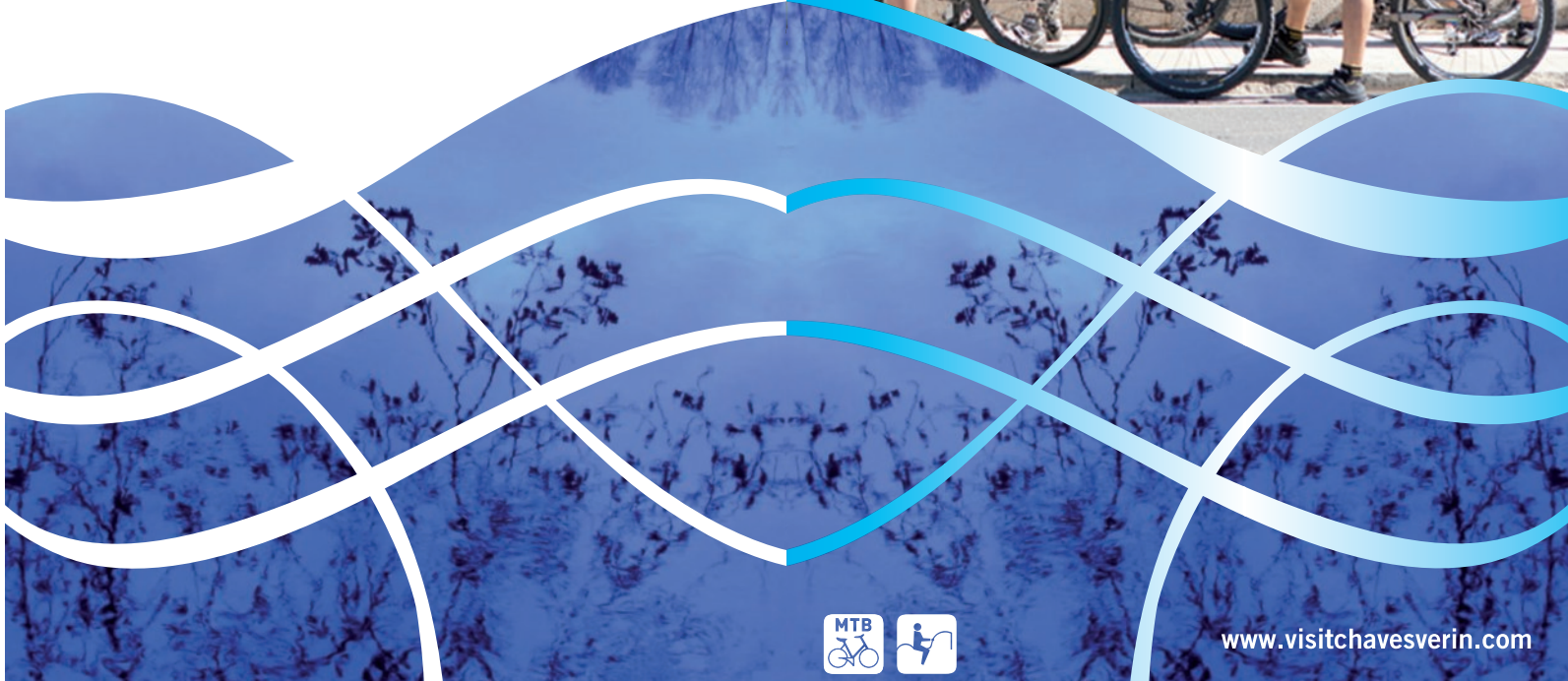


[www.visitchavesverin.com](http://www.visitchavesverin.com)

Chaves-Verín BTT Fortalezas da Raia



# 'Raia' Fortresses MTB Route



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## THE ROUTE

**Accesses and stages** The recommended starting point are the towns of Verín and Chaves. The more daring can do it in one day. If you want to take it slow and enjoy every corner of the route, you can divide it into two days, starting in each of the cities, where you'll find everything you need to rest and restore your strength.

**Western stretch: the valley.** The stretch between Verín and Chaves, for Vilarelho da Raia, is the least difficult. After climbing Monterrei Castle and descend again to the valley, the profile becomes mild. The banks of the Tâmega, which belongs to the Natura 2000 Network, offer a pleasant journey between the river ecosystem and the working camps. Crossing the border, in Vilarelho da Raia, we depart from the plain and the effort increases, which is reduced again as we approach Chaves.



**Eastern stretch: the mountain.** The Chaves exit takes advantage of the urban bicycle track and runs comfortably through the valley. The road becomes hard from Santo Estêvão; from here, the climb towards the Castle of Monforte de Rio Livre, through Sobreira and Águas Frias, is demanding. If going through the Upland and after descending to Lamadarcos and passing through Feces de Cima, a new climb emerges through the city limits of the Verín municipality. It descends and levels out.

**The waters.** You are in the Eurocity of Water. In Verín, Vilarelho da Raia, Chaves and Cabreiroá, you can quench your thirst in the mineral and medicinal waters; making your sport an even healthier practice.



## DO NOT FORGET

**Alternative junction.** In the map, we indicate a junction on the border area that divides the route into two shorter routes.

## Tips:

- It is a long and demanding route. Calculate your possibilities.
- Decide whether you want to do it in one or two stages.
- Hone your bike.
- Check the weather forecast and choose your clothes wisely.
- Calculate your time and the point at which night may fall.
- Wear comfortable, breathable shoes, light clothing and a hat.

