



Biohealthy Destination

Chaves~Verín~Vidago

Water
and
health

Biohealthy Plans

21 DAYS TO REFRESH YOUR MIND
AND YOUR BODY
IN THE WATER EUROCITY

Thermal & Water Route

DISCOVERING THE TRACES OF CENTURIES
OF THERMALISM AND BALNEOTHERAPY

Tasty and healthy

A STROLL AROUND THE MARKETS
RECIPES WITH A TASTE OF THE BORDER

 Chaves~Verín~Vidago
Biohealthy Destination

{ A SAFE DESTINATION }



CHAVES
TERMAS & SPA



Water that Heals Well-being for your Body and your Mind

Natural thermal water (76°),
bicarbonate water
with high concentration of mineral content

MEDICAL THERMAL TREATMENTS

Musculoskeletal pathology,
digestive and respiratory pathologies

SPA AND WELLNESS

Relaxation programs to recharge your energy
and treat yourself to the unique properties
of thermal water

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Contents

6 Biohealthy Plans Chaves-Verín-Vidago

CHANGE YOUR WAY OF THINKING
THREE PLANS AND 21 DAYS
TO CHANGE TO A HEALTHIER LIFESTYLE

- Plan 1. **RESET YOUR MIND**
IN CABREIROÁ, FONTE DO SAPO AND FONTENOVA
- Plan 2. **REINFORCE YOUR COMMITMENT**
IN VIDAGO AND PEDRAS SALGADAS
- Plan 3. **KEEP YOUR HABITS**
IN CHAVES AND SOUSAS
-

BIOHEALTHY DESTINATION CHAVES-VERÍN-VIDAGO 2021

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Really practical

- 20 **DESIGN YOUR HEALTHY DIET**
- 22 **KEEP YOUR BODY FIT**
-

Very tasty

- 24 **MARKETS OF CHAVES-VERÍN**
LOCAL, DELICIOUS AND NATURAL
- 28 **HEALTHY RECIPES**
-

Come to Chaves-Verín, know the power of water

- 4 **THERMAL AND WATER ROUTE**
- 26 **TÂMEGA ECO PATH**





Spa of Caldeliñas

Thermal romantic ruins

VERÍN INVITES YOU TO VISIT AND ENJOY
THE NEW RECREATIONAL AREA OF CALDELIÑAS

The ancient ruins are now ready for your visit,
and have become an evocative garden where you can take a break and relax

TIME TRIP CALDELIÑAS APP

If you want to see Caldeliñas in all its glory,
you can download the augmented reality App and use it in the area



CALDELIÑAS. VERÍN-LAZA ROAD



Chaves~Verín~Vidago

Biohealthy Destination

TAKE A CHANCE ON A HEALTHY LIFESTYLE WHILE YOU DISCOVER A BORDER DESTINATION

More and more people are feeling drawn to the advantages of a healthy lifestyle and we include in our daily life habits that help us to achieve this goal: physical activity, a good diet, health treatments...

3

A daily healthy lifestyle is not a matter of supporters or activists of the cause; it is a trend of the whole society which is growing stronger in the different sectors, generations and geographical spaces.

But what happens to our holidays in this unstoppable trend? There seems to be an agreement that holidays and rest periods from work are moments of relax and excesses that must be left behind when we go back to our daily routine.

So, if we consider that an active and healthy life is also comforting, should we give up on caring for our health and turn our holidays into periods of nutritional anarchy?

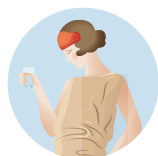
We have thought about it in Chaves-Verín-Vidago, a cross-border and thermal destination of medicinal mineral waters where we want to offer all our visitors, but especially those people who are more committed to a healthy lifestyle, different possibilities so that you do not need to forget about those good habits while you are staying with us.

Also, if healthy habits aren't a priority in your day-to-day life but you want to get started in a healthy lifestyle, make a turning point in your habits or you just think that your body needs to have a break and reshape, Chaves-Verín-Vidago is your destination and the Biohealthy Plans are designed for you.

If you need
to reshape your body,
Biohealthy Plans
are designed for you.

.....
HAVE A GOOD READING AND ENJOY YOUR STAY

Thermal and Water Route



A TOUR THROUGH THE STUNNING THERMAL HERITAGE DEVELOPED OVER THOUSANDS OF YEARS WHICH TAKES US SPECIALLY TO THE *BELLE ÉPOQUE*

The Thermal and Water Route, touring circuit, is the proposal of Chaves-Verín to visit the Water Eurocity. Their itineraries take the visitor through the most emblematic and interesting tourist spots. And the water always provides the backdrop as the main star in the form of rivers, springs, bathing resorts and thermal spas.

The main stretch, Verín-Chaves-Vidago, links the territory from the heart of the Tâmega valley. The area can be covered in an easy way by car from north to south, south to north or taking one spot as a base. You can spend one day in a basic tour of The Thermal and Water Route or take two days to enjoy this area in a more peaceful way.

The protagonists of the Thermal and Water Route are the springs and spa resorts. The visitors can discover the surprising bathing tradition of the area, based upon the richness of the natural springs that is unique in Europe. Nature has been more than generous, and history has made good use of the gift. The name of Chaves, *Aquae Flaviae*, reveals the Roman heritage of its distant origins. The golden age of thermalism, in the early and middle 20th century, has left a clear mark on Verín, Chaves and Vidago. Today, the spa facilities are renewed to meet present-day demands for health and wellbeing; bottling plants work at full capacity to export the nuances of different waters.

Rome, 'Belle Époque', traditional architecture and thermal innovation

Spa of Caldeliñas

The ancient thermal spa is a romantic garden which brings back memories from the past. The walls of a building that we can picture as an aristocratic place full of life are still there. In Caldeliñas, Verín.

Fontenova

When we go into the old building, we come across the ancient health center from those times when scientific medicine struggled to reach everybody. In Verín.

Cabreiroá

We go into a place that was the greatest thermal facility located north of the border: a thermal spa and hotel, a buvette, a bottling plant and a garden that surrounds everything. In Cabreiroá, Verín.

Fonte do Sapo

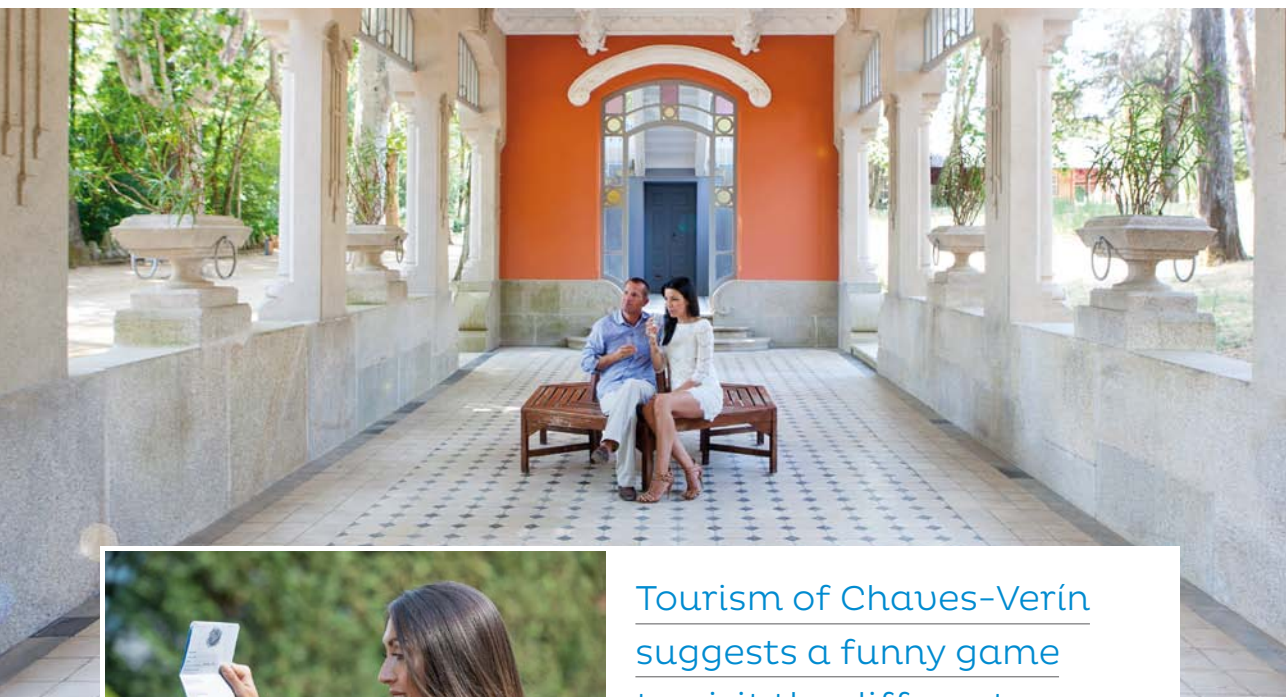
This meeting point to relax, which is highly regarded by the neighbors, was developed around some simple pipes but there is nothing luxurious about this place. However, the natural environment really helps. It is placed just outside Verín.

Sousas

It is said that the water from the spring even healed Napoleon's army. It was also the first bottled water in the town of Verín.

Fonte da Facha

This fountain is located outside the most important thermal routes and gives evidence of a most traditional way to get benefit from water. In Vilarelho da Raia, Chaves.



Tourism of Chaves-Verín suggests a funny game to visit the different fountains: there is a passport, a certificate and several prizes.

> visitchavesverin.com

> [Tourist Information Network Chaves-Verín](#)

MAIN PLACES OF INTEREST OF THE THERMAL AND WATER ROUTE:

Chaves Termas & Spa

Next to the well-known Fonte do Povo (76°C), we can find one of the greatest thermal centers of Portugal which has inherited the Roman baths and has become a museum. In the center of Chaves.

Balneario Pedagógico de Vidago

The ancient railway station which welcomed spa-goers from all over Europe could not have a most suitable destination. It is the most advanced thermal facility. In Vidago, Chaves.

Carvalhelhos

The legend of an ancient shepherdess and a miraculous healing have shrouded in mystery Caldas Santas do Barroso, located in a fortified settlement or Castro. In Carvalhelhos, Boticas.

Thermal Park of Vidago

Grandeur... this is what you feel when you go into the Park for the first time. The visitor is fascinated by the luxurious Vidago Palace Hotel and the different styles of the four fountains. In Vidago, Chaves.

Campilho

The parish of Arcossó hides an ancient buvette which keeps its walls and its pride in the premises of Águas de Campilho. In Vidago, Chaves.

Thermal Park of Pedras Salgadas

We are fascinated by the careful combination of nature, care for the preservation of the old buildings and the environmental commitment of the new facilities. In Pedras Salgadas, Vila Pouca de Aguiar.

Biohealthy Plans

Chaves~Verín~Vidago

The Biohealthy Plans Chaves-Verín-Vidago have been designed around the rich mineral and medicinal waters to provide you with an enjoyable experience to adopt or reinforce healthy lifestyle habits in 21 days. There are three plans that last one week. You can follow the intensive biohealthy plan of three weeks or distribute them in several months.

..... YOUR HEALTH WILL THANK YOU!

A WEEKEND OF TOURISM AND WELL-BEING IN CHAVES-VERÍN...

...AND STAYING ON TRACK AT HOME

- **Physical activity** surrounded by high nature value areas of great historical interest.
- **Intake of mineral water** according to Dr. Antonio Freire's advice.
- **Healthy gastronomy**, following our tips and choosing among our restaurants.
- **Complementary activities** to make the most of your stay in Chaves-Verín-Vidago. Do not forget to check timetables and prices.

- **Take our bottled waters** and combine their qualities.
- **Follow our suggestions** In addition, you can take our recipes; healthy food with natural products. In addition, you can take our recipes; healthy food with natural products.



	PLAN 1. CABREIROÁ, FONTE DO SAPO AND FONTENOVA RESET YOUR MIND
	DAY 1. SATURDAY
PHYSICAL ACTIVITY	1. Park of Cabreiroá and A Braña
WATER INTAKE IN A SPRING	2. Spring of Cabreiroá
ADDITIONAL ACTIVITY	3. Recreation area of Tintores
...AND IN THE EVENING	4. Spring of Fonte do Sapo (second intake)
	5. Fonte do Sapo and Water Route
	DAY 2. SUNDAY
PHYSICAL ACTIVITY	1. Urban Route in Verín
WATER INTAKE IN A SPRING	2. Spring of Fontenova
ADDITIONAL ACTIVITY	3. Swimming pool and river
AT HOME	· Magma de Cabreiroá Original
	· Fontenova Con Gas
	· Carvalhelhos

WITH ALL GUARANTEES

The Biohealthy Plans Chaves-Verín-Vidago have been designed by a team of health, gastronomy experts and balneotherapy specialists.



Dr. Antonio Freire Magariños

Specialist doctor in Medical Hydrology and Hydrotherapy. Medical Director in Galician Spas.



Dr. Filipe Daniel de Almeida Ferreira

Bachelor of Science in Food Science and Nutrition. Nutritionist Doctor in Chaves Termas & Spa.



Prof. Christian González Esteves

Bachelor of Science in Sports Science who specializes in Physical Education (High Performance). Crossfit Coach and Personal Trainer.



PERSONALIZED BIOHEALTHY PLANS

The nutrition and dietetics services of Chaves Termas & Spa and Balneário Pedagógico de Vidago design personalized plans which include intake of water, diet, physical exercise and thermal treatments.

Chaves Termas & Spa

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Balneário Pedagógico de Vidago

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<p>PLAN 2. VIDAGO AND PEDRAS SALGADAS REINFORCE YOUR COMMITMENT</p>	<p>PLAN 3. CHAVES AND SOUSAS KEEP YOUR HABITS</p>
<p>DAY 1. SATURDAY</p>	<p>DAY 1. SATURDAY</p>
<ol style="list-style-type: none"> 1. Park of Vidago 2. Spring of Vidago 1 3. Thermal Villa of Vidago 4. Thermalism, golf and more 	<ol style="list-style-type: none"> 1. Cycle Route of Chaves 2. Spring of Fonte do Povo 3. Swimming pool or tennis 4. Thermalism, art or a historical route in Chaves
<p>DAY 2. SUNDAY</p>	<p>DAY 2. SUNDAY</p>
<ol style="list-style-type: none"> 1. Pedras Salgadas Nature Park 2. Spring of Pedras Salgadas 3. Well-being in Pedras Salgadas 	<ol style="list-style-type: none"> 1. Tâmega River Eco Path 2. Spring of Sousas 3. More sport in Sousas
<ul style="list-style-type: none"> · Vidago · Campilho · Fontenova 	<ul style="list-style-type: none"> · Pedras Salgadas · Magma de Cabreiroá Con Gas · Sousas Sin Gas

Reset your mind

CABREIROÁ, FONTE DO SAPO AND FONTENOVA

We have a strong start. The first day of this plan implies double activity. We are eager to begin our plan, so we take advantage from it and reset our mind and body to create a healthier lifestyle. And we do that in Verín, which we find surprising because of the great number of fountains and the heritage around them.



HEALTHY FOOD

Biohealthy Menu

PLAN YOUR BIOHEALTHY MENU FOR THIS WEEKEND. Have a look at the suggestions made by Dr. Filipe Ferreira (pages 20-21) and find healthy ideas with the best local products in our restaurants.

DAY 1



1 PHYSICAL ACTIVITY

Park of Cabreiroá and A Braña

Cabreiroá offers the charm of a park that emerges around the spring. When the fountain was discovered and the properties of the water were known, the buvette, the ancient hotel spa and the bottling plant were developed. An authentic botanical garden evolved around the area and it has become one of the most beautiful places in Verín and an ideal place for a relaxing and healthy walk after being taken care of for several decades. Next to the park, the Recreation Area of A Braña has a biohealthy circuit with the necessary equipment to practise calisthenics and native trees with information panels. If you go there with your family, you can let the smaller children run freely.



OUR COACH SUGGESTS

• **WARM UP.** Run for 10 minutes or walk at a brisk pace around the recreation area of A Braña, moderate intensity running. Move your upper limbs at the same time rotating your shoulders and open your arms in front of you.

YOUNG PEOPLE

- Bodyweight squats: 5x30.
- Machine 2 (Arm bending). High/medium bar: 5x12.
- Machine 1 (Abdominal): 4x25.
- Isometric plank on the ground: 4x40".
- **Rest.** for 50" after each series. 2' after each exercise.

ADULTS

- Bodyweight squats: 5x25.
- Machine 2 (Arm bending). High/medium bar: 4x15.
- Machine 1 (Abdominal): 3x25.
- Isometric plank on the ground: 3x45".
- **Rest.** Rest for 40" after each series. 2' after each exercise.

SENIORS

- Bodyweight squats: 2x10.
- Machine 14 (Arm bending). Angle low/medium: 2x8.
- Machine 1 (Abdominal): 2x10.
- Isometric plank on the ground: 2x25".
- **Rest.** Rest for 1'30" after each series. 3' after each exercise.

• **END OF THE WORKOUT.** Go for a walk to the botanical gardens of the Park of Cabreiroá keeping a low or moderate pace.

• **HAVE A LOOK AT THE EXERCISES ON PAGES 22-23.**



② WATER INTAKE IN A SPRING
Spring of Cabreiroá

1 GLASS OF WATER WHEN YOU FINISH YOUR PHYSICAL ACTIVITY, BEFORE YOUR MEAL.
Sodium bicarbonate water rich in carbon dioxide, with lithium; mineralization: 1,6 g/l.

THE DOCTOR SAYS: The presence of bicarbonate could have a **neutralizing action of heartburn**. These waters containing some bicarbonate could have a **protective effect of liver cells**. It has been proved that preliminary consumption of alkaline bicarbonate waters protects against **oxidative stress and the appearance of gastric lesions**.



③ ADDITIONAL ACTIVITY
Recreation area of Tintores

To keep this first day going we encourage you to visit the recreation area of Tintores, which you can find about 4.5 km from the urban center of Verín. You will find a bathing area, a children's games area, a picnic area, a bio-healthy park and a sports area here. The natural environment and the gentle shape of the landscape around the Tâmega brings serenity and soothes your spirit.



④ WATER INTAKE IN A SPRING
Fonte do Sapo

1 GLASS OF WATER IN THE AFTERNOON, WHEN YOU VISIT THE SPRING.
Sulphurate water, mineralization: 1,1 g/l.

THE DOCTOR SAYS: Consumption of sulphurate waters has a slight **antacid and antipeptic effect** in the digestive system. It also shows a slight **hypoglycemic** action (enhancing the insulin action), a **mucolytic effect** and a **protective action of hepatocyte**. Sulphurate waters have **anti-inflammatory actions** in rheumatic disorders and allergic skin conditions which could be caused by an immune response. According to some research studies, their consumption could provide **protection against degenerative diseases**.



⑤ PHYSICAL ACTIVITY
Fonte do Sapo and Water Route

OUR COACH SUGGESTS

- **WARM UP.** Leave your vehicle next to the road and walk down all the way to the Fonte do Sapo as a warm up to improve vasodilation of the lower limbs.

YOUNG PEOPLE	ADULTS	SENIORS
<ul style="list-style-type: none"> · Use the benches and the green area to do some bodyweight exercises: Abdominal Crunch: 5x20. Back hyperextension: 3x10. Bodyweight squats: 5x20. Push up on the bench of the garden: 5x12. Isometric plank: 3x45". Bound Angle position: 5' controlled breathing. Close your eyes and breathe the fresh air in and out nice and slowly. · Rest. Rest for 50" after each series. 2' after each exercise 	<ul style="list-style-type: none"> · Use the benches and the green area to do some bodyweight exercises: Abdominal Crunch: 3x30. Back hyperextension: 3x10. Bodyweight squats: 4x25. Push up on the bench of the garden: 5x12. Isometric plank: 3x45". Bound Angle position: 5' controlled breathing. Close your eyes and breathe the fresh air in and out nice and slowly. · Rest. Rest for 40" after each series. 2' after each exercise 	<ul style="list-style-type: none"> · Use the benches and the green area to do some bodyweight exercises: Back hyperextension: 2x6. Bodyweight squats (sit down and stand up on a bench of the garden): 2x8. Arm bending on the back of a bench of the garden: 3x6. Isometric plank: 2x25". Bound Angle position: 5' controlled breathing. Close your eyes and breathe the fresh air in and out nice and slowly. · Rest. Rest for 1'30" after each series. 2' after each exercise

- **END OF THE WORKOUT.** Walk all the way up to your vehicle for about 700m. You can also do a section of the path The Water Route, which goes from Fonte do Sapo to the ancient Spa of Caldelañas and is about 6 km long (round trip).



① PHYSICAL ACTIVITY Urban Route of Verín



The flat orography of Verín encourages us to visit the historic centre of this easily accessible town. We can stroll around the old city leaving the Convento Mercedario or the Praza Maior behind. Then, we arrive at the district of San Lázaro on the other side of the Tâmega, which was placed outside the walls of the town in the past. The most energetic people can follow the Camiño Real (Royal Way), which climbs to the Castle of Monterrei, and takes about 30 minutes to walk along a section of the Way of Saint James and enjoy the scenery from the viewpoint in the middle of the route.

OUR COACH SUGGESTS

· **WARM UP.** Do some exercises to improve joint flexibility such as bending and stretching your arms and legs several times: do 1 to 2 series and spend 20" in each series. You must rest 20" after each series. Your warm up must not take more than 10'.

YOUNG PEOPLE

- Take the Urban Route of 2km in Verín from the Tourist Office in the town center.
- Follow the Camiño Real to the castle of Monterrei and climb up the stairs to the castle five times in a row vigorously.
- Enjoy the views from the castle and do the following exercises:
Squats: 5x15.
Arm bending: 5x15.

ADULTS

- Take the Urban Route of 2km in Verín from the Tourist Office in the town center.
- Follow the Camiño Real to the castle of Monterrei and climb up the stairs to the castle five times in a row vigorously.
- Enjoy the views from the castle and do the following exercises:
Squats: 5x20.
Arm bending: 5x15.

SENIORS

- Take the Urban Route of 2km in Verín from the Tourist Office in the town center.
- Follow the Camiño Real to the castle of Monterrei and climb up the stairs to the castle five times in a row vigorously.
- Enjoy the views from the castle and do the following exercises:
Squats: 2x8.
Arm bending leaning on a vertical wall: 2x6.

· **END OF THE WORKOUT.** Bound angle position: sit down bringing the soles of your feet together and clasp your fingers around your ankles. 5' controlled breathing. Close your eyes and breathe the fresh air of the area in and out nice and slowly.



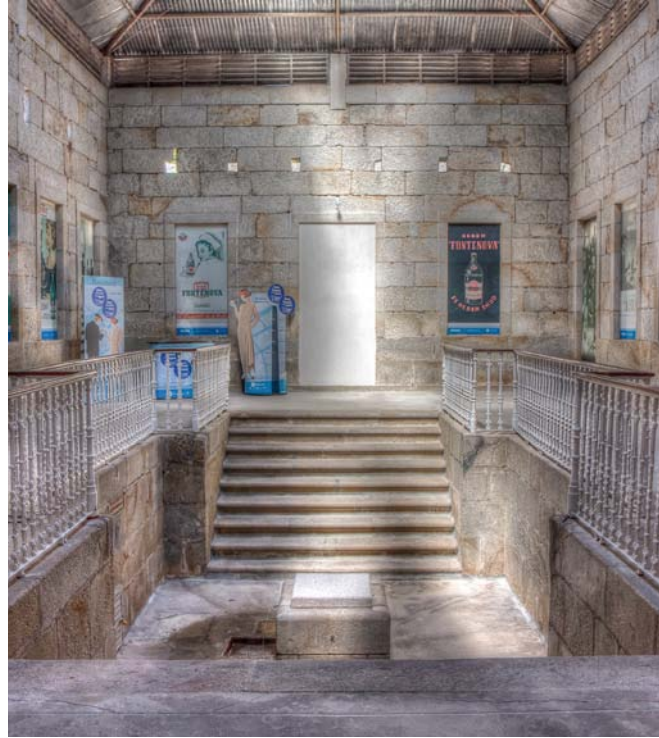


② WATER INTAKE IN A SPRING
Spring of Fontenova

1 GLASS OF WATER WHEN YOU FINISH YOUR PHYSICAL ACTIVITY, BEFORE YOUR MEAL.

Sodium bicarbonate water rich in carbon dioxide, with fluorides; mineralization: 1,6 g/l.

THE DOCTOR SAYS: The presence of gas in mineral waters **sharpens the appetite** when you drink them before mealtimes. These sodium carbonated waters **quench your thirst more quickly** because of the anesthetic effect of carbon dioxide gas on the nerve endings of oral mucosa, which are so important to have a sense of thirst.



③ ADDITIONAL ACTIVITY
Swimming pool and river

The water offers other possibilities of healthy and leisure activities in Verín. There is an indoor swimming pool with a sauna, jacuzzi and an area to do aerobic exercises. An opportunity to start a new habit to follow when you go back home. In summer, enjoy being outdoors in the beach by the river Tâmega or the swimming pools of A Granxa, where you can also find tennis and paddle courts.

..... **AT HOME**

· A FIVE-DAY PROGRAM • FOLLOW OUR PLAN AT HOME WITH OUR BOTTLED WATERS

MAGMA DE CABREIROÁ ORIGINAL	FONTENOVA CON GAS	CARVALHELHOS
 <ul style="list-style-type: none"> · Naturally carbonated water. · Highly mineralized sodium bicarbonate water. · Mineralization: 1,6 g/l. · 1 glass before breakfast. 	 <ul style="list-style-type: none"> · Carbonated water. · Highly mineralized sodium bicarbonate water. · Mineralization: 1,6 g/l. · 1 glass half an hour before lunch. 	 <ul style="list-style-type: none"> · Non-carbonated water. · Water with a low concentration of metals and low mineral content. · Mineralization: 0,18 g/l. · 2 glasses half an hour before dinner.

· **THE DOCTOR SAYS:** According to some authors, drinking bicarbonate waters could be considered as a **factor which helps to prevent cardiovascular diseases** and the metabolic syndrome. Consumption of sodium-rich bicarbonate mineral waters by healthy postmenopausal women seems to be related to an **increase in insulin sensitivity** and it might even improve the cardiovascular system when they are included in a balance diet.

· **FOLLOW OUR RECOMMENDATIONS: DESIGN YOUR HEALTHY DIET (PAGE 20) AND KEEP YOUR BODY FIT (PAGE 22).**

Reinforce your commitment

VIDAGO AND PEDRAS SALGADAS

Luxurious surroundings. We approach the second round as a way to reinforce our goals and we have chosen two highly evocative thermal villas for this purpose. The parks of Vidago and Pedras Salgadas bring back memories of the greatest concept of balneotherapy and well-being.



HEALTHY FOOD

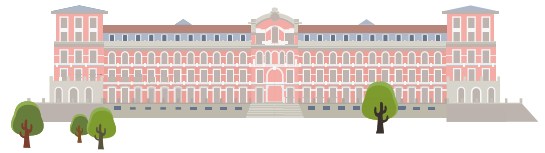
Biohealthy Menu

PLAN YOUR BIOHEALTHY MENU FOR THIS WEEKEND. Have a look at the suggestions made by Dr. Filipe Ferreira (pages 20-21) and find healthy ideas with the best local products in our restaurants.

DAY 1



1 PHYSICAL ACTIVITY Park of Vidago



12

We begin our tour with a curious fact: you are in the film setting of Vidago Palace, a successful series in Portugal and Galicia set in the *Belle Époque*. And you do not need much imagination to be taken to that time in these gardens. The great historical hotel gives you the first impression when you get into the area; then, you get lost among magnolias and camellias looking for the pond which seems to be designed to take a picture with its little bridge. Finally, you go around the golf course to visit the four fountains and their buvettes in different styles.

OUR COACH SUGGESTS

· **WARM UP.** Do some exercises to improve joint flexibility such as bending and stretching your arms and legs several times: do 1 to 2 series and spend 20" in each series. You must rest 20" after each series. Your warm up must not take more than 10'.

YOUNG PEOPLE	ADULTS	SENIORS
<ul style="list-style-type: none"> · Go for a 20' or 25' walk around the Park of Vidago, where you will enjoy the beauty of the garden and the Hotel. · When you finish, do some exercises to strengthen the muscles of your upper and lower limbs with your bodyweight: Bodyweight squats: 4x30. Arm bending: 5x20. · Descanso. 40" de descanso entre cada serie. 1' tras finalizar cada el ejercicio. 	<ul style="list-style-type: none"> · Go for a 20' or 25' walk around the Park of Vidago, where you will enjoy the beauty of the garden and the Hotel. · When you finish, do some exercises to strengthen the muscles of your upper and lower limbs with your bodyweight: Bodyweight squats: 5x25. Arm bending: 5x15. · Descanso. 40" de descanso entre cada serie. 1' tras finalizar cada el ejercicio. 	<ul style="list-style-type: none"> · Go for a 20' walk around Vidago Park, where you will enjoy the beauty of the garden and the Hotel. · When you finish, do some exercises to strengthen the muscles of your upper and lower limbs with your bodyweight: Bodyweight squats (sit down and stand up on a bench of the garden: 3x10. Arm bending on the back of a bench in the garden: 2x7. · Rest. Rest for 1'30" after each series. 3' after each exercise.

· **End of the workout.** Bound angle position: sit down bringing the soles of your feet together and clasp your fingers around your ankles. 5' controlled breathing. Close your eyes and breathe the fresh air of the area in and out nice and slowly.

· **HAVE A LOOK AT THE EXERCISES ON PAGES 22-23.**



② WATER INTAKE IN A SPRING Spring of Vidago 1

1 GLASS OF WATER WHEN YOU VISIT THE SPRING.
Highly mineralized sodium bicarbonate water: 2,1 g/l.

THE DOCTOR SAYS: Bicarbonate waters can help sports people to recover body water and salts (rehydration), make nitrogen clearing easier and counteract metabolic acidosis so common when doing strenuous exercise.

13



③ ADDITIONAL ACTIVITY Thermal villa of Vidago

You are in a historical thermal destination frequently visited by the European high society from the XX century. Before having lunch, we have a look at the landmarks in the villa such as the old railway station — there is also an additional stop — João Vieira Museum and the Conceição Church or we go to visit the buvette of Campilho.



④ AND IN THE AFTERNOON...

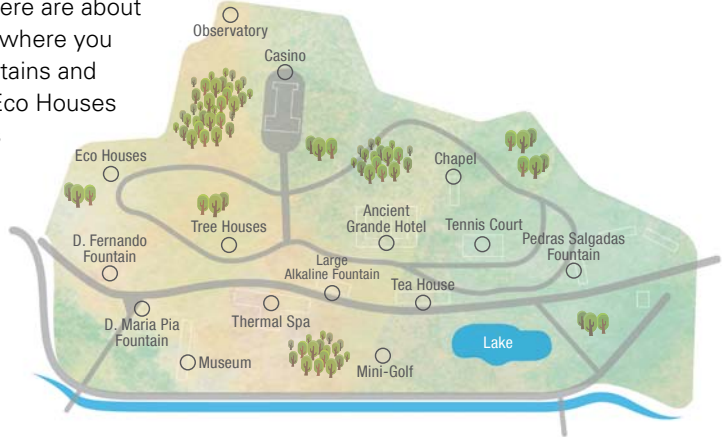
- Thermalism. Why not? The Balneário Pedagógico de Vidago is an innovative spa and school with quality services and really interesting prices. There are also other spas which offer treatments and wellness programs with the latest equipment.
- If you decide to take up golf, there are two golf courses in Vidago.
- You can also visit a cellar such as the Quinta de Arcossó in the surrounding area and in summer we have the family leisure complex of Quinta do Rebentão with several swimming pools.





① PHYSICAL ACTIVITY Pedras Salgadas Nature Park

There are times when everything is perfect to give us a complete wellness experience for our soul, our body and our senses. The garden area and the combination of ancient buildings and modern facilities of Pedras Salgadas gives us a pleasant and healthy morning in this park, located ten minutes away from Vidago. There are about 3 km of paths among trees, a trail where you will come across the spa, the fountains and the spectacular Tree Houses and Eco Houses (you can stay in them). The waters of Pedras Salgadas and Vidago are managed by the same corporate group.



OUR COACH SUGGESTS

• **WARM UP.** Do some exercises to improve joint flexibility such as bending and stretching your arms and legs several times: do 1 to 2 series and spend 20" in each series. You must rest 20" after each series. Your warm up must not take more than 10'.

YOUNG PEOPLE

- Go for a walk or a run around Pedras Salgadas Nature Park for 25' or 35'; enjoy the beauty of the park.
- Do some cardio exercises:
Bird-dog: 4x5.
Abdominal Sit-up: 5x25.

ADULTS

- Go for a walk or a run around Pedras Salgadas Nature Park for 25' or 35'; enjoy the beauty of the park.
- Do some cardio exercises:
Bird-dog: 4x5.
Abdominal Sit-up: 5x25.

SENIORS

- Go for a walk or a run around Pedras Salgadas Nature Park for 25' or 35'; enjoy the beauty of the park.
- Do some cardio exercises:
Isometric plank leaning on the back of the bench in the garden: 2x30".

• **END OF THE WORKOUT.** Bound angle position: sit down bringing the soles of your feet together and clasp your fingers around your ankles. 5' controlled breathing. Close your eyes and breathe the fresh air of the area in and out nice and slowly.

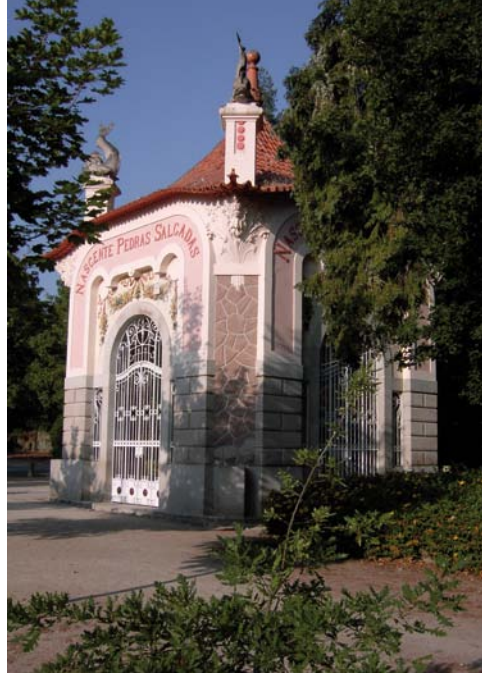




② WATER INTAKE IN A SPRING Spring of Pedras Salgadas

1 GLASS OF WATER IN THE AFTERNOON WHEN YOU VISIT THE SPRING.
Sodium bicarbonate water with calcium; mineralization: 1,7 g/l.

THE DOCTOR SAYS: Drinking bicarbonate waters improves the plasma lipid levels and lowers total cholesterol to an amount of 6.8%; LDL cholesterol is also reduced to 14.8%, while HDL cholesterol increases up to 8.7%. Given the fact that fasting glucose concentrations decreased by 6.7%, the blood lipid profile of subjects can be improved.



③ ADDITIONAL ACTIVITY Well-being in Pedras Salgadas

You can choose a thermal treatment for your face or your body without leaving the facilities. If you have already had a treatment the day before, you can ask the experts in Vidago and they will recommend you the most suitable one. You can also go to the Equestrian Centre in Pedras Salgadas, where you can get closer to a new world and you might take up a new activity to end your morning.

15

AT HOME

· A FIVE-DAY PROGRAM • FOLLOW OUR PLAN AT HOME WITH OUR BOTTLED WATERS

VIDAGO



- Naturally carbonated.
- Highly mineralized sodium de mineralización fuerte.
- Mineralization: 2,8 g/l.
- 1 glass before breakfast.

CAMPILHO



- Naturally carbonated.
- Average mineralization de mineralización media.
- Mineralization: 1,2 g/l.
- 1 glass half an hour before lunch.

FONTENOVA



- Non-carbonated water.
- Water with a low concentration of metals and low mineral content.
- Mineralization: 0,26 g/l.
- 2 glasses half an hour before dinner.

· **THE DOCTOR SAYS:** According to a research study by Schorr, drinking 1.5 l of bicarbonate water every day had a hypotensive effect in elderly populations. This fact has recently been verified in a test where the systolic blood pressure decreased substantially after drinking bicarbonate water for four weeks. When you drink bicarbonate-rich waters, the urinary pH increases.

· FOLLOW OUR RECOMMENDATIONS: DESIGN YOUR HEALTHY DIET (PAGE 20) AND KEEP YOUR BODY FIT (PAGE 22).

Keep your habits

CHAVES AND SOUSAS

This is just the beginning. This plan will make us feel proud of meeting our goals; it is not the end but the final step towards a healthier life. And we do that by visiting the two great neighbourhoods of the Eurocity, Chaves and Verín.



HEALTHY FOOD

Biohealthy Menu

PLAN YOUR BIOHEALTHY MENU FOR THIS WEEKEND. Have a look at the suggestions made by Dr. Filipe Ferreira (pages 20-21) and find healthy ideas with the best local products in our restaurants.

DAY 1



1 PHYSICAL ACTIVITY

Cycle Route of Chaves



The urban walk along the river Tâmega in Chaves is a delight; a circular path on both sides of the river offers good sights of the city and links its best green areas. It belongs to the Tâmega Eco Path, which gets all the way to Verín (28 km). We advise you to start the route next to Fonte do Povo; it is a circular path, so you can choose which way you go. You may also design your own route going across the elegant pedestrian footbridge and the well-preserved Roman bridge, which is the main artery of the city. The river follows the path up to the spring where the day's intake must be done.

OUR COACH SUGGESTS

· **WARM UP.** Move your upper limbs at the same time rotating your shoulders and opening your arms in front of you.

YOUNG PEOPLE

· Calisthenics circuit in the Cycle Route, next to the Ponte Nova:
Machine. Plyometric jumps on the platforms: 5x20.
Squat machine with free bar: 3x15.
Arm Bending Machine: 5x10.
Manual elliptical machine: 10' high intensity.

ADULTS

· Ride a bike or walk along the Cycle Route next to the riverbanks of Tâmega keeping a high intensity pace if your physical condition let you do it; if you cannot do that, just enjoy the beauty of the route and keep a moderate pace.
· On your way to the Calisthenics circuit next to the Ponte Nova, do the following exercises:
Machine. Plyometric jumps on the platforms: 6x15.
Squat machine with free bar: 3x10.
Arm Bending Machine: 5x8.
Manual elliptical machine: 10' high intensity.

SENIORS

· Calisthenics circuit in the Cycling Route next to the Ponte Nova:
Machine. Plyometric jumps (go up and down as if you were climbing the stairs): 3x5.
Grab the pole and do some squats: 3x5.
Manual elliptical machine: 10' moderate/low intensity.

· **END OF THE WORKOUT.** Bound angle position: sit down bringing the soles of your feet together and clasp your fingers around your ankles. 5' controlled breathing. Close your eyes and breathe the fresh air of the area in and out nice and slowly.

· **HAVE A LOOK AT THE EXERCISES ON PAGES 22-23.**



② WATER INTAKE IN A SPRING Fonte do Povo, Chaves

1 GLASS OF WATER WHEN YOU FINISH YOUR PHYSICAL ACTIVITY, BEFORE LUNCH.
Hyperthermal sodium bicarbonate water rich in carbon dioxide; mineralization: 1,7 g/l.

THE DOCTOR SAYS: According to a study by Bertaccini, consumption of average mineralized bicarbonate waters involves a **significant reduction of serum uric acid** and the increase in urinary excretion with no additional risk of developing kidney stones.



③ ADDITIONAL ACTIVITY Swimming pool or tennis

You can find an indoor pool where you can do a few lengths in the Alameda do Tabolado. Swimming provides a good all-round workout to exercise muscle groups in a gentle way and prevent injuries. In addition, it will help blood flow and breathing activity. Each person chooses the intensity. Amateurs may use tennis courts in the river area.



④ AND IN THE AFTERNOON...

- Thermalism. Chaves Termas & Spa, next to the Fonte do Povo, offers unusual possibilities with hyperthermal waters. It is one of the most important thermal complexes in Portugal dealing both with therapeutic treatments, and how to relax to improve well-being, which we recommend you to try.
- Contemporary Art Museum Nadir Afonso; a proposal of contemporary art in an avant-garde building.
- A tour around the historical center of Chaves. Praça de Camões is a landmark placed in a spectacular environment which reflects the past times of the villa.





① PHYSICAL ACTIVITY Tâmega River Eco Path, Verín

We can find a Riverside Footpath next to the town center; it is one of the best sections of the Tâmega Eco Path, which goes all the way to Chaves. We suggest that you choose one of the two sections; each section is about 2.6 km long (a return walk); do you dare to do both of them? The first section starts in the walkway of the beach and follows the path to Rua do Rio bridge. The second section starts in this bridge and goes through a riverside woodland with a great plant and ornithological diversity; after all, the course and the banks of the river Tâmega are included in the Natura 2000 Network. It is a comfortable and peaceful stroll that follows the riverside.

OUR COACH SUGGESTS

· **WARM UP.** Do some exercises to improve joint flexibility such as bending and stretching your arms and legs several times: do 1 to 2 series and spend 20" in each series. You must rest 20" after each series. Your warm up must not take more than 10'.

YOUNG PEOPLE

ADULTS

SENIORS

· A 2.6 km path. It is the ideal route to ride a mountain bike or go for a hike. People from all the age groups will be able to go along this path due to the characteristics of the route and the lack of any steep slopes. The intensity of the route (high/medium/low) can be adapted to the current physical condition of everybody.

· **END OF THE WORKOUT.** Bound angle position: sit down bringing the soles of your feet together and clasp your fingers around your ankles. 5' controlled breathing. Close your eyes and breathe the fresh air of the area in and out nice and slowly.



② WATER INTAKE IN A SPRING Spring of Sousas

1 GLASS WHEN YOU FINISH YOUR PHYSICAL ACTIVITY, BEFORE LUNCH.

Sodium bicarbonate water with potassium; mineralization: 1,5 g/l.

THE DOCTOR SAYS: The antioxidant capacity of mineral water has been studied in different research works, so the action of alkaline bicarbonate water against oxidative stress must be noted.



③ **ADDITIONAL ACTIVITY**
More sport
in Sousas



OUR COACH SUGGESTS

- **WARM OUT.** Move your upper limbs at the same time rotating your shoulders and opening your arms in front of you.




YOUNG PEOPLE	ADULTS	SENIORS
<ul style="list-style-type: none"> · Do the training circuit placed behind the spring. 30 times in each machine. Do the circuit again 6 times. · Abdominal strength exercises. Isometric plank: 4x1'. 	<ul style="list-style-type: none"> · Do the training circuit placed behind the spring. 30 times in each machine. Do the circuit again 4 times. · Abdominal strength exercises. Isometric plank: 4x50". 	<ul style="list-style-type: none"> · Do the training circuit placed behind the spring. 30 times in each machine. Do the circuit again twice. · Abdominal strength exercises. Isometric plank: 4x25".

- **END OF THE WORKOUT.** Bound angle position: sit down bringing the soles of your feet together and clasp your fingers around your ankles. 5' controlled breathing. Close your eyes and breathe the fresh air of the area in and out nice and slowly.



..... **AT HOME**

- **A FIVE-DAY PROGRAM** • FOLLOW OUR PLAN AT HOME WITH OUR BOTTLED WATERS

PEDRAS SALGADAS	MAGMA DE CABREIROÁ CON GAS	SOUSAS SIN GAS
 <ul style="list-style-type: none"> · Naturally carbonated water. · Highly mineralized sodium bicarbonate water. · Mineralization: 2,8 g/l. · 1 glass before breakfast. 	 <ul style="list-style-type: none"> · Carbonated water. · Highly mineralized sodium bicarbonate water. · Mineralization: 1,6 g/l. · 1 glass half an hour before lunch. 	 <ul style="list-style-type: none"> · Non-carbonated water. · Water with a low concentration of metals and low mineral content. · Mineralization: 0,17 g/l. · 2 glasses half an hour before dinner.

- **THE DOCTOR SAYS:** According to some research works by Pérez-Granados **significant reductions of total colessterol (6.3%), LDL colessterol (10%) and blood sugar levels (with no changes in insuline levels)** have been observed after drinking mineral sodium bicarbonate water; **including this type of water in the daily diet could reduce cardiovascular risks.**

- **FOLLOW OUR RECOMMENDATIONS: DESIGN YOUR HEALTHY DIET (PAGE 20) AND KEEP YOUR BODY FIT (PAGE 22).**

Design your healthy diet

..... BY THE DOCTOR FILIPE DANIEL DE ALMEIDA FERREIRA

From Chaves-Verín we want to help you to design your own biohealthy diet. Follow the advice of **Dr. Filipe Ferreira**, the dietitian of Chaves Termas & Spa. Have a varied diet and eat tasty food; the most important thing is to combine different products and eat the right amount of food.

	YOUNG PEOPLE	ADULTS	SENIORS
BREAKFAST	<ul style="list-style-type: none"> · 1 to 2 servings of cereals, by-products or tubers · 1 serving of fat · 1 serving of dairy products · 1 serving of fruit 	<ul style="list-style-type: none"> · 1 serving of cereals, by-products or tubers · 1 serving of fat · 1 serving of dairy products 	<ul style="list-style-type: none"> · 1 serving of cereals, by-products or tubers · 1 serving of dairy products
MID-MORNING	<ul style="list-style-type: none"> · 1 serving of cereals, by-products or tubers · 1 serving of fruit · 1 serving of nuts 	<ul style="list-style-type: none"> · 1 serving of cereals, by-products or tubers · 1 serving of fruit 	<ul style="list-style-type: none"> · 0,5 servings of cereals, by-products or tubers · 1 serving of fruit
LUNCH	<p>Starters:</p> <ul style="list-style-type: none"> · 1,5 servings of horticultural products · 1 serving of legumes <p>Main course:</p> <ul style="list-style-type: none"> · 2 to 3 servings of meat, fish or eggs · 2 to 3 servings of cereals, by-products or tubers · 1 serving of horticultural products <p>Dessert:</p> <ul style="list-style-type: none"> · 1 serving of fruit 	<ul style="list-style-type: none"> · 1 serving of horticultural products · 0.5 servings of legumes · 2 servings of meat, fish or eggs · 1 serving of cereals, by-products or tubers · 1 serving of horticultural products · 1 serving of fruit 	<ul style="list-style-type: none"> · 1 serving of horticultural products · 0.5 servings of legumes · 1 to 2 servings of meat, fish or eggs · 1 serving of cereals, by-products or tubers · 1 serving of horticultural products · 1 serving of fruit
MID-AFTERNOON I	<ul style="list-style-type: none"> · 1 serving of cereals, by-products or tubers · 1 serving of dairy products 	<ul style="list-style-type: none"> · 1 serving of dairy products · 0.5 servings of cereals, by-products or tubers 	<ul style="list-style-type: none"> · 1 serving of cereals, by-products or tubers · 1 serving of fat · 1 cup of tea or barley
MID-AFTERNOON II	<ul style="list-style-type: none"> · 1 serving of cereals, by-products or tubers · 1 serving of fruit 	<ul style="list-style-type: none"> · 1 serving of nuts · 1 cup of tea 	
DINNER	<p>Starters:</p> <ul style="list-style-type: none"> · 1,5 servings of horticultural products · 1 serving of legumes <p>Main course:</p> <ul style="list-style-type: none"> · 2 to 3 servings of meat, fish or eggs · 2 to 3 servings of cereals, by-products or tubers · 1 serving of horticultural products <p>Dessert:</p> <ul style="list-style-type: none"> · 1 serving of fruit 	<ul style="list-style-type: none"> · 1 serving of horticultural products · 0.5 servings of legumes · 1 serving of meat, fish or eggs · 0.5 servings of cereals, by-products or tubers · 1 serving of horticultural products · 1 serving of fruit 	<ul style="list-style-type: none"> · 1 serving of horticultural products · 0.5 servings of legumes · 1 serving of meat, fish or eggs · 0.5 servings of cereals, by-products or tubers · 1 serving of horticultural products · 1 serving of fruit
BEFORE BEDTIME	<ul style="list-style-type: none"> · 1 serving of dairy products · 1 serving of fruit 		<ul style="list-style-type: none"> · 1 serving of dairy products · 1 serving of nuts



BUT, HOW MUCH IS A SERVING?

WE HELP YOU TO DETERMINE A SERVING SIZE
IN A SIMPLE WAY

1 SERVING OF CEREALS, BY-PRODUCTS OR TUBERS

- Mixed or rye bread (50 g).
- 1 thin slice of corn bread (70 g).
- 5 tablespoons of breakfast cereal (no added sugar) or 5 tablespoons of oatmeal soup or 4 tablespoons of muesli (35 g).
- 6 Maria cookies (35 g).
- 1 ½ potato or sweet potato, medium size (125 g).
- 4 tablespoons of cooked rice or pasta (110 g).
- 4 tablespoons of cooked quinoa or bulgur or couscous or millet (100 g).

1 SERVING OF FRUIT AND NUTS

- 1 serving of fruit is 1 medium sized piece of fruit (160 g) or 12 grapes or 5 big strawberries or 1 banana.
- 1 serving of nuts are 2 walnuts or 6 hazelnuts or 7 almonds or 4 macadamia nuts or 7 cashews or 8 pine nuts or 8 pistachios.

1 SERVING OF MILK AND DAIRY PRODUCTS

- 1 cup of milk (250 ml).
- 1 plain liquid yoghurt (200 ml).
- 1 plain yoghurt (200 g).
- 2 thin slices of cheese (40 g).
- Quark cheese (125 g).
- ¼ medium sized fresh cheese (50 g).
- ½ medium sized cottage cheese (100 g).
- Information: in case of intolerance or allergy, you can choose lactose-free dairy products or enriched plant-based alternative beverages such as soy, rice, oat and almond drinks.

1 SERVING OF HORTICULTURAL PRODUCTS

- 2 cups of raw horticultural products (180 g).
- 1 cup of cooked horticultural products (140 g).

1 SERVING OF LEGUMES

- 1 tablespoon of dry beans (25 g).
- 3 tablespoons of raw fresh beans (80 g).
- 3 tablespoons of dry beans or cooked fresh beans (80 g).

1 SERVING OF MEAT, FISH AND EGGS

- Raw meat or fish (30 g).
- Cooked meat or fish (25 g).
- 1 medium egg.

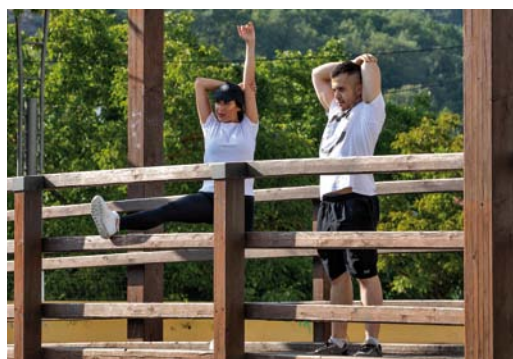
1 SERVING OF FAT OR OIL

- 1 tablespoon of oil (10 g).
- 1 dessert spoon of butter or margarine (15 g).

Keep your body fit

..... BY THE PROFESSOR CHRISTIAN GONZÁLEZ ESTEVES

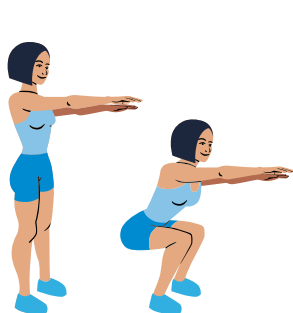
This is a guide to do the exercises suggested by our coach, **Christian González**, in the Bio-healthy Plans. You can also do them when you get home after spending some relaxing days in Chaves-Verín; it is better to do these exercises outdoors.



22

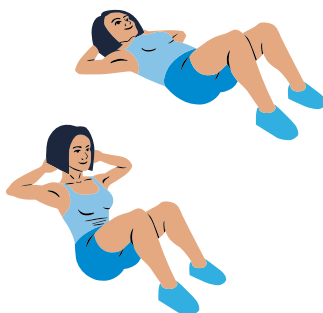
SQUATS

Stand straight and stretch your arms in front of you. Bend your knees as if you were lowering yourself onto a seat. Stand up again.



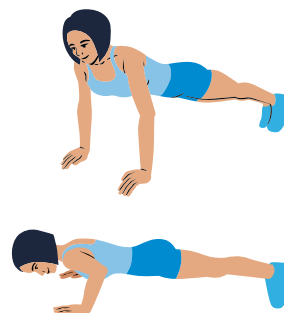
ABDOMINAL SIT-UP

Lie on your back and bend your knees about 90°. Lift your back off of the ground until you are fully upright.



ARM BENDING

Put your hands and fingertips on the ground and lean on them; bend your elbows to lower and lift your back and your buttocks.



PUSH UP

Put your hands on a bench or bar about 45 cm from the ground; rest your fingertips on the ground. Bend your elbows and keep your body straight.



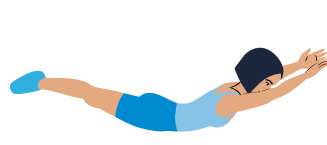
BIRD-DOG

Get down on all fours, straighten your arms. Reach your right arm forward and left leg back. Return to the starting position and repeat on the other side.



BACK HYPEREXTENSION

Lie face down on your chest with your arms straight in front of you. Lift your head, your shoulders and your legs.



ABDOMINAL CRUNCH

Lie on the ground face up with your legs bent about 90°. Lift your upper back.



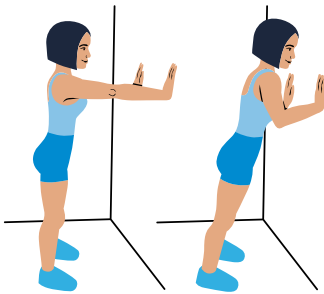
ISOMETRIC PLANK

Lie face down with your elbows under your shoulders and your toes on the ground; lift your body off the ground keeping your back and legs straight.



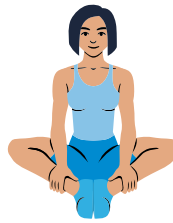
ARM BENDING (Leaning on the wall)

Lean your hands on a wall and stand on your fingertips in a slightly angled position. Bend your elbows.



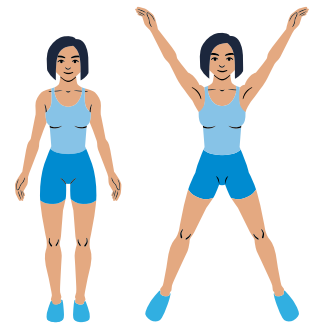
BOUND ANGLE POSITION

Sit down bringing the soles of your feet together and clasp your fingers around your ankles.



JUMPING JACK

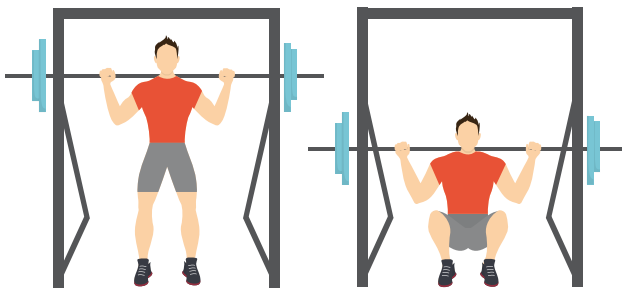
Stand upright with your arms at your sides. Jump into the air spreading your legs and stretch your arms out over your head. Jump again to the starting position.



CALLISTHENICS IN THE CYCLE ROUTE IN CHAVES

SQUATS USING A FREE BAR

Stand up with the bar on your back and take it. Raise and lower your body keeping your back straight.



PLYOMETRIC JUMPS

Jump from the ground onto the different platforms with your feet together.



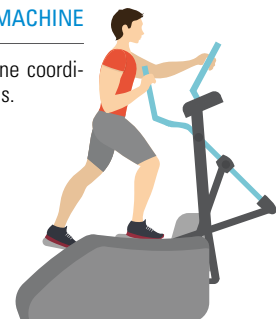
ARM BENDING WITH A BAR

Lean your hands on the bar; stand on your tiptoes. Bend your arms keeping your body straight.



MANUAL ELLIPTICAL MACHINE

Use the elliptical machine coordinating your arms and legs.



Tasty and healthy



MARKETS OF CHAVES-VERÍN: LOCAL, TASTY AND NATURAL

Some habits are worth keeping. Nowadays, when shopping habits have changed so much it is a great advantage not to have given up on the new rules of the market. We have learnt to acknowledge the value of the old habits, such as going to the markets and buying fresh-picked proximity products offered by the same producers with barely any retailers.

This practice is already forbidden for the inhabitants of many cities and villages, but it is an everyday privilege for us and for the people who visit us. The feiras of the Eurocity Chaves-Verín also offer this opportunity.



Look at this, have you grown it?

Come to the Municipal Market of Chaves on Wednesday; it is one of those few places where farmers and local producers can show and offer their products in a direct way. Have a look around at the different stalls and ask where the products come from; they will probably tell you about some place in the fertile Veiga de Chaves. Ask for the fruit or vegetables that are in the right time to be eaten. Do not rush and find the inspiration for your next biohealthy menu in the shades of green, the different colors or the whimsical shapes of the garden products and even the advice of those people who have been growing and living with the product for their whole lives.

Our commitment to a healthy life is encouraged by the pleasure of the smells of the traditional market, the bustling environment and the relationship with the people. Knowing in advance that local products are available, that these products have ripened on the plant and have been picked up yesterday (or even early this morning) is priceless.

Then, at home all this leads to more intense flavors and healthier meals. Those delicacies have the power to bring back memories from the past for the old people and help all of us to feel that we have recovered that sense of communion with nature which we should have never lost.

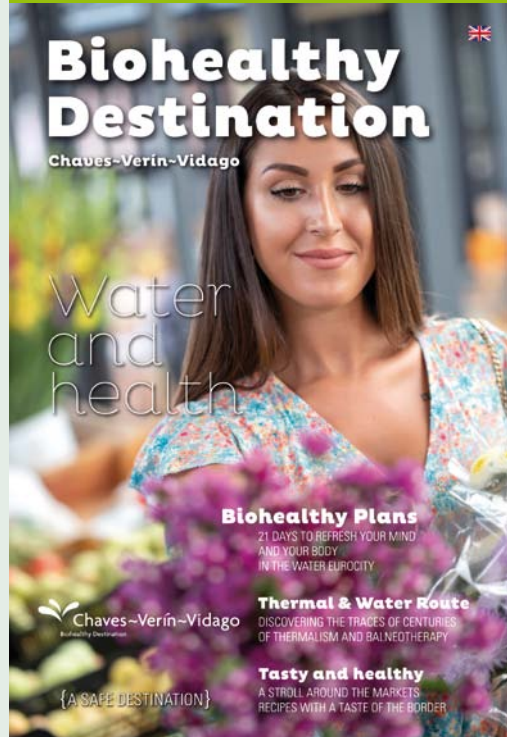
BIOHEALTHY PLANS CHAVES-VERÍN IN YOUR MOBILE

If you buy bio,
you will buy quality.

A growing number of producers of our Tâmega Valley are being granted the seals of Agricultura e Produção Biológica (Portugal) and the Regulatory Council of Organic Agriculture in Galicia. There are several ways to find these products; you can go to the markets or visit the specialized stores that you will find on your way around the historic city centers.

These seals comply with the European regulation on a healthier and more environmentally friendly agriculture. For example, they guarantee that genetically modified organisms are not being used and ensure that production processes protect soil fertility avoiding the use of synthetic chemical products. The Quality Manuals provide rules which aim to let you enjoy more nutritious food with better organoleptic properties and to make our world more liveable.

The markets are held in **Chaves** on Wednesdays; in **Verín** on the 3rd, 11th and 23rd of every month, there are several stalls where you can taste Galician style octopus in the whole town; and in **Vidago** on Thursdays. But there are more dates you should keep in mind: the **Feira das Varandas** takes place in el Largo de Arrabalde on the first and the third Saturday of every month and the **Mercado da Madalena** is held on the second and fourth Saturday, both in Chaves.



25

DOWNLOAD THIS MAGAZINE
AND ALL THE TOURIST
INFORMATION THAT YOU NEED
FOR YOUR VISIT TO CHAVES-VERÍN



visitchavesverin.com

Tâmega Eco Path



THE LAGOONS AND THEIR BIRD OBSERVATORIES
CAN BE FOUND BY THE RIVERBANK IN THE ECOLOGICAL
CORRIDOR THAT LINKS VERÍN AND CHAVES

The Tâmega Eco Path is the Cross-border Ecological Corridor that runs alongside the river and joins Chaves and Verín. The path can be explored on foot or by bicycle, enjoying the contact with the scenery, and starting at either end or from an intermediate point, or even covering its more urban stretches. The entire path covers over 30 kilometres along a smooth, mostly flat pathway.

In Verín, it is better to start (or finish, if you are going the other way) at the River Beach. Then, the path follows the way to Pazos, where km 0 is located. The traveller can move around on both sides of the river, enjoying the forest Bosque do Pracer; but the path that runs on the left side of the river will take you to Chaves. You will almost immediately come upon the series of lagoons that mark the river and the detours to the bird watching routes. The first lagoons are in Oímbra, Mourazos and Tamaguelos. Crossing the border, or *Raia*, is currently done through the old frontier posts, before going down to the river again at Açude da Veiga (A Veiga River Dam). The path runs alongside the river and the canal that irrigates Veiga de Chaves, just outside Vila Verde da Raia. Next, we can find the cereal crops and orchards and the first glimpse of the largest cluster of lakes, the lagoons of Chaves, with their vast amounts of water. And so we reach the city, where once again, the Eco Path turns back along the edges of the river, on the Cycle Route of Chaves, coming in below the Forte de São Neutel or through La Madalena parish.

TÂMEGA RIVER, NATURA 2000 NETWORK

The star of the Eco Path is a tributary of the Douro, which starts some kilometres north of Verín, in Alberguería, in Sierra de San Mamede; the river follows its upper course up to Feces de Abaixo in a protected area included in the Natura 2000 Network. It runs between steep banks through mountainous terrain until it reaches the Monterrei Valley and the *Veiga* of Chaves. It is in this area where agriculture was developed long time ago and many towns were born. The river flows into Portugal as far as Entre-os-Ríos, next to Porto, where it meets the Douro. The river gives its name to several locations — Tamagos, Tamaguelos, Vilela do Tâmega... — and also to one of the tribes the Romans found when they arrived here, the *Tamagani*, mentioned in the *Padrão dos Povos* set atop the Roman bridge of Chaves.

BIRD WATCHING ROUTES

The lagoons of Tâmega, created artificially by extracting the gravel from the river bed, are bird sanctuaries and crossing and nesting places for some species of migratory birds. Associated with the Tâmega Eco Path, three tours have been specially created for birdwatching enthusiasts: they are the Bird Watching Routes of Tamaguelos-Mourazos, A Raia and Lagoons of Chaves.

You can ask for the
bird watching kit
in the Tourist Information
Network Chaves-Verín.



The natural wealth of Tâmega river

THE RIVERBANKS AND ARTIFICIAL LAGOONS INCLUDE A RICH ECOSYSTEM

Riparian forests

You can walk along the riverbanks under the shade of alder trees (*Alnus glutinosa*), ashes (*Fraxinus excelsior*), willows (*Salix sp.*) and other native species of the river course which share this area with oaks (*Quercus robur* and *Quercus pyrenaica*) and chestnuts (*Castanea sativa*). Daffodils (*Narcissus asturiensis*) and thistles (*Eryngium viviparum*) grow among the forest. In the area of the lake, we can also find bulrush (*Typha latifolia*) and rushes (*Juncus sp.*).

Birds

This riparian landscape which merges with the farmland is a privileged spot for the birds. Migratory species such as the grey heron (*Ardea cinerea*) or the great cormorant (*Phalacrocorax carbo*) get here in winter. Other species like the black-winged kite (*Elanus caeruleus*), the ortolan bunting (*Emberiza hortulana*) or the kingfisher (*Alcedo atthis*) stay here all the year round. Tâmega river is also a sanctuary for the white stork (*Ciconia ciconia*) or the Montagu's harrier (*Circus pygargus*) to breed.

And more...

There is a great diversity in Tâmega. Several species such as otters (*Lutra lutra*), the Pyrenean desman (*Galemys pyrenaicus*) and fish like the rainbow trout (*Oncorhynchus mykiss*) or the Iberian nase (*Chondostroma polylepis*) swim in the water. There are also bats flying in the air and an endless number of reptiles and invertebrate species that make us take a closer look with every step we take.

Biohealthy recipes

PREPARE YOUR BIOHEALTHY RECIPES AT HOME WITH PRODUCTS FROM CHAVES-VERÍN

The nutritionist of Chaves Termas & Spa, Dr. Filipe Daniel de Almeida Ferreira, the chef Vitor Cunha, the chef Paulo Dias, who are teachers in the Culinary and Pastry School of the Escola Profissional de Chaves, and their students have chosen some of our best local products to develop some recipes that will help you keep a healthy lifestyle.

Be daring

From Chaves-Verín we want to be with you in your commitment for a healthier lifestyle at home. That is why we offer you our bottled waters and some tips to follow a healthy diet. In addition, we also recommend you some recipes made with our local products.



28

THESE ARE SOME OF OUR (NON) SECRET INGREDIENTS WHICH WILL HELP YOU SUCCEED...

Bísaro Pork meat from Trás-os-Montes, P.D.O.

A typical pig breed from Trás-os-Montes. It was on the brink of extinction and today this breed is raised under extensive and semi-extensive production systems.

Chestnut from Galicia, P.G.I.

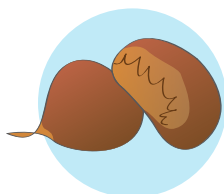
The big chestnut forests next to Verín prove the fact that chestnuts have played an important role as a source of food for centuries. Potatoes have replaced chestnuts in the food chain for several generations, but today the traditional recipes and new creations have brought them back.

Honey from Galicia, P.G.I.

A hint of honey, a traditional sweetener, is a cooking trick that brings out this delicious flavor to your meal. In this area there are several types of honey such as chestnut, heather or mixed flower.

Vinos de Monterrei, D.O. and Vinhos de Trás-os-Montes, C.D.O.

are our certified wines. White wines are included in some of our recipes. We advise you to drink water and wine from this area with your meals.





Cooked salt cod with garnish



Make the most of your stay here, get unique products and when you are in your kitchen, introduce them in your dishes or give our recipes a try.

INGREDIENTS

(Recipe for two people)

Salt cod previously desalted	250 g
Vegetable stalks	100 g
Carrots	100 g
Salt	10 g
Cooked chickpeas	200 g
Olives	100 g
Olive oil	1 dl
Parsley	20 g
Onions	120 g
Garlic	10 g
Bay leaf	1 g

MORE PRODUCTS...

...that you should take home are **wild mushrooms**, which are in season at the same time as **chestnuts**; or **alheira**, a typical sausage from the fumeiro (smokehouse) in Trás-os-Montes, which should be eaten occasionally; **azeite** and **batata** from Trás-os-Montes (oil and potatoes) and **young goat** from Trás-os-Montes (three products with P.D.O.) in addition to the **ecological beef** of Verín. We also suggest taking some market garden produce such as **Oímbra peppers** (P.D.O.) because this area keeps traditional methods of cultivation, which produce tastier and higher quality products. Although our land is not the sea — or even because of that — we have included **salted cod** in our diet for several generations.

D.O. - P.D.O. - C.D.O. - P.G.I. are recognized seals that guarantee the origin and production methods in line with tradition, health and quality: Denomination of Origin, Protected Denomination of Origin, Controlled Denomination of Origin and Protected Geographical Indication.

Cook the drained salt cod in a pot with water. Put the cabbage and carrots in another saucepan with water and season with salt. Peel the chickpeas and strain the mixture through a sieve. Next, fry the onions in oil and add some garlic and the bay leaf. When the salt cod is cooked remove the skin and bones to crumble it. Pit the olives and crush them with oil and sauce. Alternately, layer the chickpea puree in a square dish, the salt cod and the mixture of onions, the cabbage and carrots and then the salt cod again. Finally, pour the mixture of oil, olives and parsley.

CALORIC VALUE (per person) 397 kcal

Bísaro pork cheeks with beans and baked pumpkin



INGREDIENTS

(Recipe for two people)

Bísaro pork cheeks	250 g
Garlic	10 g
Bay leaf	1 g
White wine	2 dl
Paprika	10 g
Salt	10 g
Thyme	5 g
Onions	100 g
Beans	120 g
Pumpkin	120 g
Olive oil	1 dl
Black pepper	1 g
Oregano	1 g
Spicy pork sausage	60 g
Tomato	10 g

Lease the Bísaro pork cheeks to marinate with white wine, thyme, paprika, garlic, the bay leaf and salt. Then, brown the pork cheeks in a frying pan with some hot oil. Put some oil, onions, garlic and the bay leaf in a saucepan to make some vegetable stock. When it starts boiling, add the pork cheeks, the spicy pork sausage and the sauce you have made. Let it simmer slowly and add the beans which have been previously prepared and poached. Add some salt and pepper to taste. Cut the pumpkin into small cubes and season it with oil, oregano, salt and black pepper. Bake it in the oven at 180° C for 10 minutes.

Mackerel with marinated vegetables



INGREDIENTS

(Recipe for two people)

Mackerel	450 g
Potatoes	120 g
Turnip	120 g
Onions	200 g
Cabbage	100 g
Salt	10 g
White wine	1 dl
Carrots	200 g
Bay leaf	1 g
Garlic	5 g
Vinegar	1 ml
Flour	50 g
Thyme	0,01 g
Olive oil	1 dl

Prepare and fillet the fish. Cut the vegetables (cabbage, carrots, turnip) into thin julienne strips and sauté them in a frying pan with oil, garlic and the bay leaf. Add some white wine and vinegar. Finally, check the seasonings. Peel and wash the potatoes to cut them into thin slices. Dry them and put them on a baking tray to season with thyme and salt. Bake them at 200° C for three minutes (until they are golden and crispy). Season the fillets with salt, pepper and lemon juice. Coat them with flour and fry them in olive oil.

Marinated rabbit with honey and chestnuts



INGREDIENTS (Recipe for two people)

Rabbit	250 g
Honey	100 g
Chestnuts	200 g
Vegetable stalks	100 g
Garlic	5 g
Onions	200 g
Olive oil	2 dl
Salt	10 g
Rosemary	2 g
Bay leaf	1 g
Sweet paprika	5 g
White wine	1 dl
Wild mushrooms	120 g

Prepare the rabbit and leave it to marinate with oil, white wine, the bay leaf, sweet paprika, onions, garlic and salt for an hour. Then, place the rabbit with this marinade into the oven and add some honey. Next, put the vegetable stalks in a pot with water and boil them for three minutes. When they are ready, drain them and cut them into pieces. Make a vegetable stock with some onions, garlic and the bay leaf. When the onions are soft, add the cabbage, chestnuts and wild mushrooms. Leave it to simmer and add some salt and pepper to taste.

CALORIC VALUE (per person) 420 kcal

Poached egg with peas and cornmeal polenta



INGREDIENTS (Recipe for two people)

Egg	1
Tomato	80 g
Onions	100 g
Carrots	100 g
Bay leaf	1 g
Peas	200 g
Olive oil	2 dl
Salt	1 g
Pepper	0,5 g
White wine	2 dl
Garlic	1 g
Cornmeal	80 g

Use the following ingredients to make some broth for the cornmeal polenta: cabbage, carrots, unpeeled onions, unpeeled garlic and thyme. When it is ready, strain the broth through a sieve and add the cornmeal until reaching a homogeneous mixture. Place the polenta on a silicone tray and bake it in the oven at 180° C. Make a vegetable stock with some chopped onions, garlic and a bay leaf in a frying pan. When it is brown add some tomato *concassé* and let it boil. Pour some white wine. Take another frying pan to fry the peas (which have been previously boiled and some sparkling water has also been added so that they do not darken). Add the peas to the vegetable stock which has been previously made. After checking the seasonings, place the peas in an earthenware dish. Open a hole in the middle of the peas and crack the egg on it. Preheat the oven at 180° C and put the tray into the oven to poach the egg. When it is ready, take it from the oven and place some pieces of crispy polenta to decorate it.

CALORIC VALUE (per person) 460 kcal

Stuffed chicken breasts with 'alheira'



INGREDIENTS

(Recipe for two people)

Chicken breast	220 g
Onions	120 g
Chilli	2 g
Brown sugar	50 g
Lupini beans	100 g
<i>Alheira</i> (smoked sausage from Trás-os-Montes)	50 g
Hazelnuts	30 g
Red berries	15 g
Salt	5 g
Pepper	3 dl
Honey	50 g
Savoy cabbage	100 g
Turnip	50 g
Carrots	100 g
Pumpkin	100 g
Light cream or vegetable cream	1 dl
Olive oil	1 dl

Peel the vegetables and lupini beans. Cook the peeled lupini beans. When they are all cooked, take the water, add the cream and blend everything. Check the seasonings. To make the chutney, chop the onions and sauté them with some butter and oil. When the onions are brown, add a little bit of chilli, brown sugar, red berries, honey and balsamic vinegar and mix it until it is caramelized with honey. Check the seasonings. Cut the vegetables into julienne strips. Sauté the vegetables with some hot oil in a frying pan. Stuff the chicken breasts with the sausages and red berries (peel the sausages and cut the red berries into small pieces until you get the desired mixture). Add some salt and pepper. Then, wrap the chicken in cling film and put it inside a vacuum bag to cook it in a water bath. Cover the chicken breast with hot oil on both sides, cut it and serve it in a dish with the garnish.

Baked trout, Flaviense style



INGREDIENTS

(Recipe for two people)

Turnip greens	100 g
Carrots	100 g
Cured ham	50 g
Butter	10 dl
Potatoes	100 g
Milk	2 dl
Trout	700 g
Salt	20 g
Lemon juice	1 dl
White wine	2 dl
White pepper	1 g
Nutmeg	1 g


Prepare the trout, fillet the fish and leave it to marinate with salt, pepper and lemon juice. Then, cut the ham and wrap it around the fish fillets. Bake them into the oven with some butter and white wine. Wash, peel and cut the carrots. Cook and drain them. Next, prepare and cook the turnip greens. Drain them when they are cooked. Sauté the carrots and turnip greens with some olive oil and garlic. Check the seasonings. Peel, wash and cut the potatoes to boil them. When they are ready, drain and push them through a food mill. Then, put them in a saucepan and gradually pour the milk, the butter and the egg yolk. Finally, season the mixture with white pepper, salt and nutmeg. Use the trout sauce to make a new sauce adding the egg yolk while it simmers.



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