



Day 7 | CROSSING THE RIVER DOURO

Porto ➔ Lourosa

The Northern Route's seventh stage **begins in Porto** at the Cathedral, and **ends in Lourosa** at the Chapel of St. Michael (also known as the Chapel of the Feira dos Dez) in Largo da Feira dos Dez. This stage is 23 km long, and it can be completed in 6hrs and 30mins. There are barely any difficulties along the way and the altitudes range from 2 to 238 metres; it is an **easy level of difficulty**. The landscape covered is a **diverse one**. At the start it is predominantly an urban landscape, whereby attention and care must be paid to ensure a **pleasant day's walking**.

Over the course of the day, the Route **crosses the River Douro** and passes through the Municipalities of Porto, Gaia and Santa Maria de Feira, which form part of the Metropolitan Area of Porto. Throughout this stage logistical support is available for walkers and pilgrims.

➔ 41°8'33" N 8°36'45" W





►► 41°8'18" N 8°36'32" W

There are numerous views of striking natural beauty to prompt contemplation. The landscape along **the River Douro** is unforgettable, while crossing the **Negrelos Mountains** is invigorating. The cultural heritage includes **monuments and museums** that attest to the value of history and contemporary developments. In order to visit them we recommend you plan your day so as to allow time for a break to **explore and enjoy the sights**. You can also divide the day into two parts with Grijó as the midway point.

Before leaving the **Cathedral Square**, from the top of the hill that the locals call Cathedral Hill, take note of the **scale of both the natural and urban landscape** along both sides of the river, which was and continues to be a defining element in the geography of the region as well as the country as a whole. Along the northern bank you can see the city of Porto, while along the southern one is the city of Vila Nova de Gaia, or simply, Gaia. The wealth of architecture that makes up Porto's historic centre, the Dom Luís I Bridge and the Monastery of the Serra do Pilar were classified as a **UNESCO World Heritage Site** in 1996.

Along both **banks of the Douro**, the historic riverside communities with their architectural heritage linked to **port-life and Porto's wine trade**, have now been restored and today provide a cosmopolitan setting for a range of cultural and leisure activities.

Head down to the Cais da Ribeira and get ready for an unforgettable experience. Cross the river on the pedestrian deck of the ironwork **Dom Luís I Bridge**. It was designed by the German engineer Théophile Seyrig (1843-1923), built by the Belgian company, Societé Willebroeck, and opened in 1886, thereby linking the two banks of the River Douro.

In **Gaia**, take the Avenida da República. The architecture of the **Monastery of the Serra do Pilar**, was built between the sixteenth and the eighteenth centuries by Augustinian monks. It can be seen on the left up on a hill and can be reached by taking the path leading up to it. The monastery is worth visiting for both its church built on a centralised plan and circular cloister. Furthermore, there is a striking view from the **Serra do Pilar viewpoint**, where the monastery is located. You can see all of Porto as it runs alongside the Douro.

➔ 41°08'33.7"N 8°36'43.0"W



As you make your way along the **Avenida da República**, you will see various examples of Art Nouveau architecture, and in particular the old Barbot House (today the Casa da Cultura) and the Municipal Hall. Nearby you can visit the Teixeira Lopes House-Museum. Originally the residence and studio where the sculptor António Teixeira Lopes (1866-1942) lived and worked, it is today a renowned museum.

From the **Rotunda de Santo Ovídeo**, follow Rua Soares dos Reis and continue until you reach the end of Rua Fonte dos Arrepêditos. Then, having crossed the IC2, the Route continues along Rua Alto das Torres and the other roads that lead on from it as you make your way through a much calmer stretch of cityscape.

As you approach the **Negrelos Mountains**, the landscape undergoes a gradual transition with expanses of vegetation and some uphill climbs until you reach the top, where large clumps of pine, oak, chestnut and cork oaks are the predominant feature. A range of regional fauna, including hawks, foxes, rabbits and various types of eagle and owl inhabit this natural setting.

In **Perosinho**, you can visit the **Parish Church** (Rua da Igreja) with its classical façade and side tower adorned with baroque decoration.

Then after Sermonde, you will get to **Grijó**, where you can take a rest at the **Monastery of the Holy Saviour of the World**. On the site of the original tenth-century monastery the community of Hermits of the Order of Saint Augustine built this new monastery. The church and cloister date back to the sixteenth and seventeenth centuries and are examples of mannerist classicism. The church's façade was built on a monumental scale. Inside the church and in the cloister you can see tile decoration and carved altarpieces. Of particular note is the Tomb of Rodrigo Sanches, an illustrious knight, as well as the illegitimate son of King Sancho I and Maria Pais Ribeira, known as the Ribeirinha. It is an exceptional example of gothic tomb design with the recumbent statue lying upon the tomb chest, which is adorned with figurative and naturalistic details.

On leaving the monastery, the Route continues on to the **Senhor do Padrão Memorial**, from where you should follow the Rua do Ermo. On reaching the **Chapel**



➔ 41°4'14" N 8°35'6" W

of Saint Rita, whose façade and tower are clad in tiles, take Rua da Farrapa and continue along the series of roads that follow a historic local path, and lead as far as Rua das Costeiras, from where you head south.

In **Olivães**, you are in the **Municipality of Santa Maria da Feira**. Sticking to the indicated route, you will make your way along narrow local roads, and pass through various **villages belonging to the parishes of Nogueira de Regedoura, Mozelos and Lourosa**.

However, take care with some sections that pass close to large roads with considerable traffic. At the junction with the N316, make your way into a wooded area, where the Route follows Rua da Estrada Romana, whose name recalls the historic Roman road. Take the Estrada Real, and carry on, always in the same direction.

You will reach the city of **Lourosa**. Continue until you reach Rua da Feira dos Dez, where the **Chapel of Sts. Michael and Lucia** marks the end of this day's walk. Also known as the **Chapel of the Feira dos Dez**, this small church has an imposing tower that forms part of its main façade.