

ATAHCA

Associação de Desenvolvimento das Terras Altas do Homem, Cávado e Ave



In this territory that stretches from the mountain to the sea in less than one hour!

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Alto Cávado

CÁVADO WITH... LIFE!

The Cávado territory is situated in the northwest of the province of Minho, having a border with Spain (region of Galicia) in the north limit of Terras de Bouro county. In this mountain area you can find The National Park Peneda-Gerês and The World Protected Biosphere Gerês-Xurés. It is one of the landmarks of the territory and an essential element of natural heritage and local environment. Cávado is a region full of cultural, historic and architectonic heritage with a lot of Benedictine monasteries, convents, churches, aqueducts, bridges and pillories. The rivers Homem and Cávado cross this territory, in which water as well as an erratic orography confer the landscape its distinctive features, ranging from meadow, suitable for agriculture, to hillside and mountain.

CÁVADO TERRITORY - NATURAL HERITAGE -



RIVERS



The territory is also known for its important medicinal water sources in Terras de Bouro and Amares and several fluvial beaches suitable for the practice of nautical sports.



CÁVADO TERRITORY - NATURAL HERITAGE -



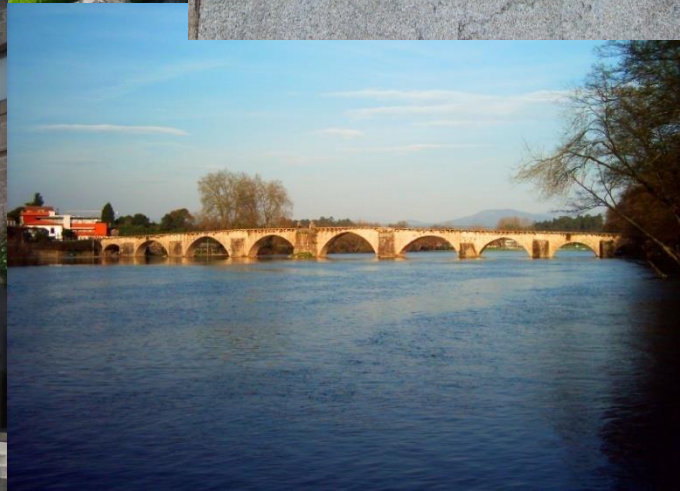
GERÊS NATIONAL PARK



The National Park of Peneda-Gerês was the first protected area created in Portugal, the only one with the status of National Park, recognized internationally with the same classification, since its creation, by the International Union for Conservation of Nature (IUCN), due to the richness of its natural and cultural heritage, being one of the last strongholds of the country where there are ecosystems in their natural state, with little or no human influence, integrated in a humanized landscape. This Protected Area forms a joint with the Spanish natural park of Baixa Limia - Xurés mountain range, constituting with this, since 1997, the Gerês-Xurés Transfrontier Park and the Biosphere Reserve of the same name.



CÁVADO TERRITORY - RELIGIOUS AND RURAL HERITAGE -



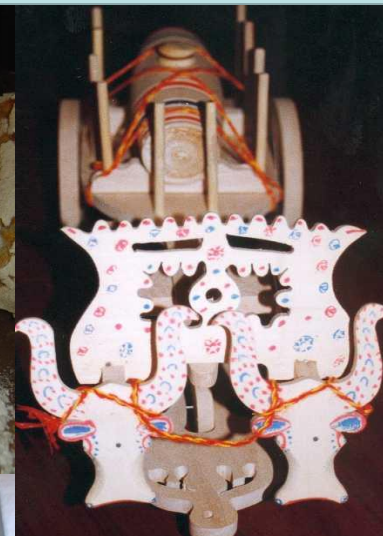
CÁVADO TERRITORY - RURAL TOURISM -



The so-called Aldeias da Saudade are villages situated in the Cávado region along the banks of the rivers Homem, Cávado and Ave. They are traditional rural settlements, located in a mountain area, where the built heritage, the traditional architecture and the rural modus vivendi are combined in order to provide contact with nature, with natives, with tradition and culture. These villages are not desert nor soulless spaces, on the contrary, they are villages that despite its location in inland mountain areas are undergoing a process of sustained development over the last years having as a starting point the enhancement of its endogenous resources.

CÁVADO TERRITORY

LOCAL PRODUCTS

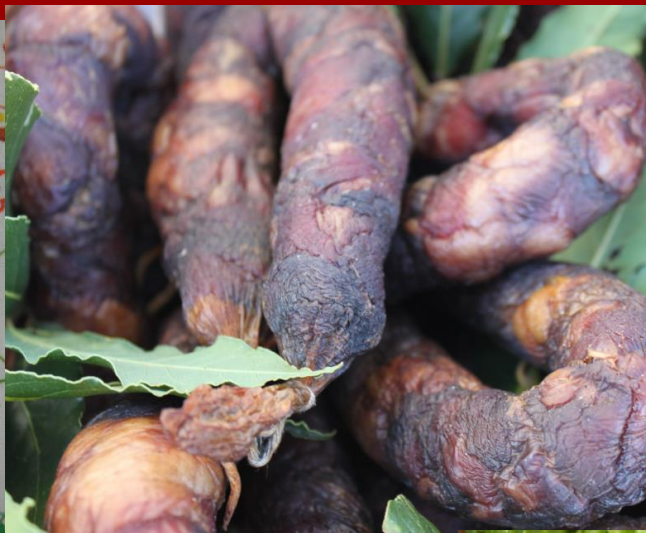


The richness, diversity and quality of the Portuguese gastronomy is strongly related to the different regions of the country, making it a truly cultural and social heritage. The whole region of Minho, and Cávado in particular, have got a rich and varied gastronomy for each of the four seasons of the year. When it comes to sweets, pilgrimages sweets, rabanadas (bread slices soaked in milk and egg and then boiled) and Abade de Priscos pudding excelled. Other typical dishes are Braga cod dishes, roasted goatling, roasted veal and chicken rice (cabidela), all of them come with the unique wine of the region Vinho Verde. As for handicraft, we must call your attention to the linen embroidery, especially the embroidered scarves of Minho, pottery of Barcelos and the gold filigree work.

CÁVADO TERRITORY



LOCAL PRODUCTS



CÁVADO TERRITORY - NATURAL HERITAGE -



LOCAL PRODUCTS



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- CONTACTOS -

ATAHCA

Rua Condestável D. Nuno Álvares Pereira, 356-380

4730-063 Vila Verde

PORTUGAL

Tel 253321130

altocavado@mail.telepac.pt

www.atahca.pt

www.facebook.com/atahca

