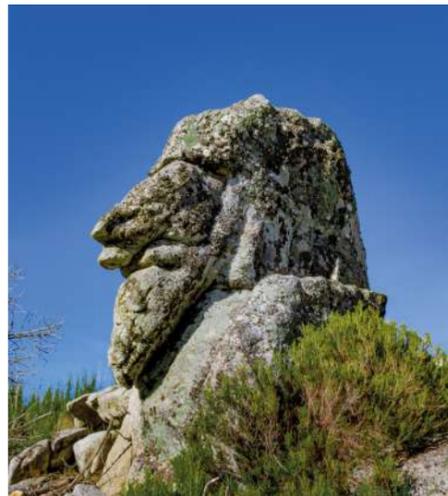
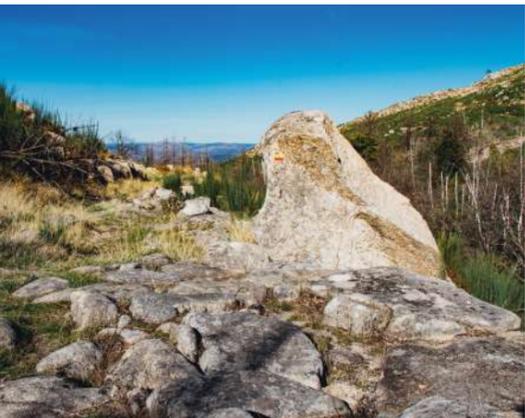




# Visit Gouveia

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PR1  
GVA

Small Route

# Galhardos

Local Waymarked Trails



# Small Route

## Galhardos

PR1  
GVA

The Galhardos pedestrian trail is located in the parish of Folgoso, in the heart of Serra da Estrela Nature Park, which values a set of environmental, geological and cultural spaces of exceptional value, along an 11-km circular path.

In addition to the mountain's strong environmental component, the various cultural elements comprise a strong landscape component, which guide the user through the timeless history of the community that lives in this territory, and which claims to descend from the Lusitanian warrior Viriathus.

The main cultural elements are made up of two stone-paved roads: the Roman one at Galhardos; and the medieval one at Serra de Baixo or Cantarinhos. Both connect the parish seat to the top of the slope. They are connected by the dirt road at the top, which correspond to a section of the Great Route (GR-22) of the Portuguese Historical Villages, between Portela de Folgoso and Pedra Furada, which are linked to ancient legends and traditions. In this upper section, the granitic models appropriated by the community, through their anthropomorphism, are highlighted, represented in Cabeço do Faraó and Cabeça do Lobisomem, which bear witness not only to the force of natural erosion, as a result of exposure to the environment of these hillocks, at the top of the mountain range, but also the close connection between community and landscape based on the cultural appropriation of these natural landscape elements.

The "forest shelter houses", built in the 1940s by initiative of João de Vasconcelos and the Parish Council, some recently rehabilitated, are another heritage feature of the region. These served as shelter for those who circulated on the mountain, either because of unexpected storms or for rest, corresponding, as is the case, to age-old circulation sections, which currently serve as spaces for leisure and for the ethnographic preservation of this community's identity.

### Useful Contacts

Parish Council (Folgoso)	238 745 842
Volunteer Firefighters (Folgoso)	238 745 129
Health Clinic (Folgoso)	238 745 140
Pharmacy (Folgoso)	238 745 416
Militar Police Station (Gouveia)	238 490 700



distance	11 km
duration	4h00
route type	circular
cumulative gap	500 m
lowest point/highest point	850 m   1340 m
When?	All year
Difficulty	Medium

Field Code

- Right way
- Wrong way
- Footpath turns left
- Footpath turns right

### Safety code

- Stay within the track
- Avoid noise or actions against nature
- Do not throw rubbish away
- Do not light any fire
- Do not change or damage the signs
- Do not take samples of plants or rocks