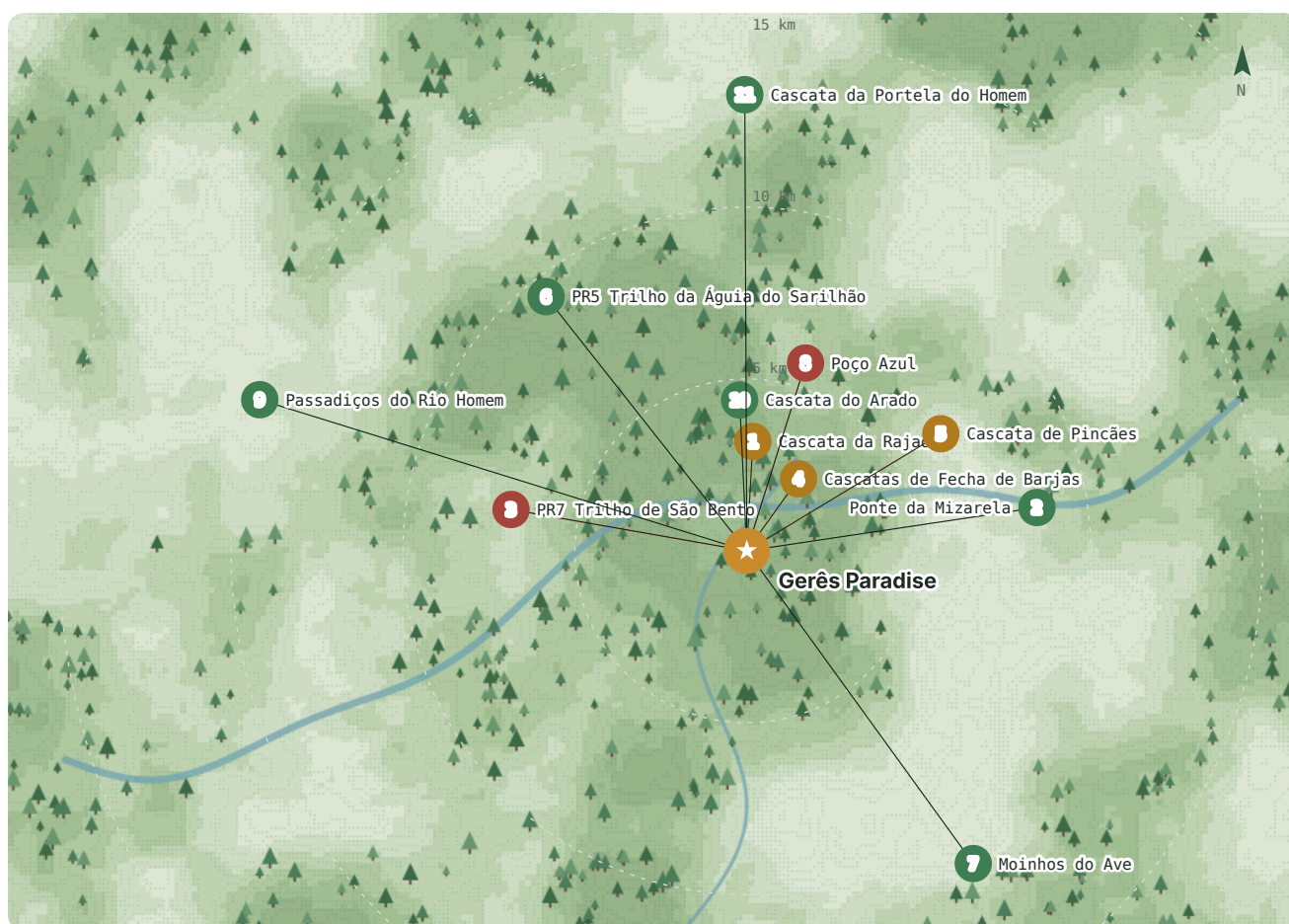


# Trails & waterfalls near Gerês Paradise

Eleven of our favourite walks, swimming pools and waterfalls, sorted by how long it takes to drive there from the villas. Drive times and distances are Google Maps' fastest car route from the villas with normal traffic. Mountain roads are narrow and winding, so allow a few extra minutes.

★ Start: Rua Outeiro das Coroas 77, Teixugueiras



● Gerês Paradise ● Easy ● Moderate ● Challenging

Rings every 5 km in a straight line · tap a marker to jump to its card · scenery is illustrative, use Google Maps for directions

01

MODERATE

## Cascata da Rajada • PR14 Levada dos Cedros

---

21 min drive 12.2 km

---

to Vilar da Veiga church (trail start)

A shady levada walk that ends at a lovely waterfall with small pools. Park by the church in Vilar da Veiga; there's no parking at the trailhead itself.

About 2.5–3 km each way, mostly flat along an old water channel, then a short rocky bit to the falls.

[Directions in Google Maps →](#)

02

EASY

## Ponte da Mizarela

---

21 min drive 15.5 km

---

via N103

An old stone bridge over the gorge with a waterfall beside it. Easy and very pretty, though not suitable for strollers.

Short uphill walk from the car.

[Directions in Google Maps →](#)

03

CHALLENGING

## PR7 Trilho de São Bento

---

23 min drive 12.5 km

---

via EN304

A loop on both sides of the São Bento valley with big views over the mountains and reservoir. Some junctions are poorly marked, so follow the route on your phone.

About 4 hours for the full loop, with some steep climbs. You can split it into two loops of about 2 hours each.

[Directions in Google Maps →](#)

04

MODERATE

## Cascatas de Fecha de Barjas

---

27 min drive 13.9 km

---

via N103

A chain of beautiful clear pools, one of the most famous spots in Gerês. Very busy in summer, and the rocks are dangerous when wet. Better for confident adults than small children.

Short, but a steep scramble over slippery rock to reach the pools.

[Directions in Google Maps →](#)

05

MODERATE

## Cascata de Pincães

---

30 min drive 15.2 km

---

via N308

A tall, unusual waterfall with a natural pool at the bottom. Quieter than the big-name falls and worth the climb.

About 20–30 minutes each way, steep and unsigned in places.

[Directions in Google Maps →](#)

06

EASY

## PR5 Trilho da Água do Sarilhão

---

34 min drive 20.4 km

---

via EN304

Follows part of the old Roman road through small villages with granite espigueiros, ending at the Vilarinho da Furna reservoir, where there's a spot to swim.

An easygoing, well-marked trail (red and yellow stripes), with sun and shade.

[Directions in Google Maps →](#)

07

EASY

## Moinhos do Ave · PR6

---

40 min drive 29.1 km

---

via N103 and EM526

A gentle river walk past old watermills, little cascades and two Roman bridges, ending near the village of Agra with stone picnic tables.

About 3 km along the river. Start at the church car park in Lamedo (small, so arrive early).

[Directions in Google Maps →](#)

08

CHALLENGING

## Poço Azul

---

42 min drive 17.4 km

---

via N103, to the nearest road

The reward is a deep blue mountain pool you can swim in. Not for small children or very hot afternoons, and bring plenty of water.

About 4.5 km each way, rough and steep at the start. Allow 2.5–3 hours return.

[Directions in Google Maps →](#)

09

EASY

## Passadiços do Rio Homem

44 min drive 27.8 km

via EN304 and N307

A peaceful riverside walk close to the water, with places to swim. Free parking at the start. Check that all sections are open after heavy rain.

About 3.5 km each way, almost all on flat wooden boardwalk.

[Directions in Google Maps →](#)

10

EASY

## Cascata do Arado

45 min drive 20.6 km

via R. da Ponte de Várzeas

One of the most-loved waterfalls in the park, with a viewpoint trail near the car park. Arrive before 9am in summer for parking and quiet.

5–10 minutes from the road to the viewing platform; a rougher path leads down to the pools.

[Directions in Google Maps →](#)

11

EASY

## Cascata da Portela do Homem

50 min drive 27.4 km

via N308-1

Famous waterfalls and swimming pools right by the Spanish border, often with wild garrano horses nearby. Parking is about 650 m away in summer.

A short walk down from the road; more falls are within about 2 km along the river.

[Directions in Google Maps →](#)

## Before you go

- Wear proper walking shoes. Rocks around waterfalls are very slippery, even when dry.
- Take water and a snack. Most trails have no café at the start.
- Go early in summer. The popular waterfalls fill up by late morning and parking is limited.
- Mobile signal is patchy in the valleys, so download the route offline before you leave.
- Leave no trace and take your rubbish home. Fires are not allowed in the park.

Happy walking! — The Gerês Paradise team