



PENHA MOUNTAIN GUIMARÃES



Guimarães
Oporto
50 Km

Lisbon



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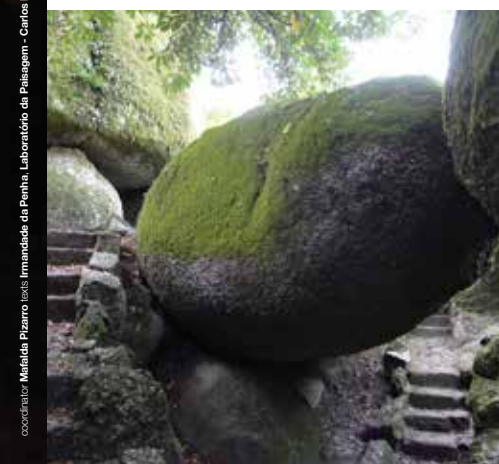


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GROTTO OF OUR LADY OF LOURDES

It is located in a rocky cavity, in the cliff next to the monument dedicated to Pope Pius IX. The practice of the cult of Our Lady of Lourdes at Penha received influences from the apparitions of the Virgin to the shepherdess Bernadette Soubirous, in Lourdes, France. This phenomenon occurred in 1858 and spread rapidly across borders. The marble image of the Grotto was offered by the meritorious Fernando de Castro Abreu Magalhães, from Fafe (small town close to Guimarães), who had emigrated to Brazil. The image of the Virgin of Lourdes was sculpted to be placed at a grotto in Penha, as a sign of thanks and praise to Our Lady of Penha and the people of Guimarães. The image was enthroned on the 19th July 1893, and from that year onwards, began to take place the "Annual Pilgrimage to Penha".



PIUS IX

The symbolism related to the Marian cult and Mary's Immaculate Conception dogma gave a devotional strength though out Portugal, to the point of being intending to erect a national monument, that pointed out the promulgation of Pope Pius IX. At Penha Mountain, the anniversary was celebrated with a monument. The construction of the statue began on the 18th June 1882, with the solemn laying of the first stone, and was inaugurated eleven years later (on the 8th September 1893), in honour of the Pope who, in 1854, allowed Penha to become a sacred place. The statue, with five metres high, made in Carrara marble, represents Pope Pius IX blessing, while holding the Papal Bull *Ineffabilis Deus*, with which he proclaimed, the Immaculate Conception as dogma, on the 8th December 1854, at St. Peter's Basilica. This was one of the most decisive moments of the affirmation of the Marian cult in Penha, endowing the space with a larger broader religious character. The sculpture was offered by the meritorious Fernando de Castro Abreu Magalhães. In this great viewpoint, very popular among all visitors, you can see over Guimarães and its surroundings hills.

ST. CATHERINE'S CHAPEL

It's a small temple from the 18th century, hidden among granite rocks, maintaining the nave's spans from that time. It has a portable pulpit in woodcarvings in the shape of a chalice. Despite the absence of documentary evidence, this old chapel was probably erected in a magnificent location, as a result of a belief based on the protection from evil legends and medieval inspired claims, very common in mountainous elevations, such as Serra de Santa Catarina (ancient name for Penha Mountain). Both the medieval origin of the chapel, the Saint's name, as well as, the mountain, reveal a remote concern for the sacredness of this space. The designation of the mountain has its origins in popular devotion to Saint Catherine. It is likely that this temple was built between the 15th and 16th centuries and has undergone several renovations over the years. The last interventions enable a complete restauration of the chapel and the surrounding area.



GUIMARÃES CABLE CAR

If you are a fan of clean transport, the Cable Car is the choice to take you from the town centre to Penha Mountain – a perfect combination between the history and nature in Guimarães. The journey to the top of the Mountain takes a few minutes with a height difference of 400 meters between lower station, located in the town centre and Penha Mountain station. Each closed cabin has 6 seats, and 8 of these cabins are able to transport bikes. During the journey, depending on where you are seated, you can observe the magnificent slope of Penha or get a panoramic view of Guimarães.

tel.: (+351) 253 515 085
e-mail: geral@turipenha.pt
www.turipenha.pt



FLORA

With a green area of more than 60 hectares and being part of the National Ecological Reserve, Penha Mountain provide habitats of high value, each one housing its group of species, highlighting two of them, with priority conservation and stipulated by Directive 92/43/EEC of the Council: the Mediterranean scrubland of *Laurus nobilis* and the Alluvial Forests of *Alnus glutinosa* and *Fraxinus excelsior*. Recognised as a true green lung, there are already been registered a total of 321 species of plants in this area. Due to the abundance in water, vegetation grows easily, so it is possible to find species such as *Alnus glutinosa* (Alder), *Betula pubescens* (Birch), *Fraxinus angustifolia* (Common Ash), Hawthorn (*Crataegus monogyna*), *Salix* sp. (Willows) and *Ulmus minor* (Elm). We can also find some areas essentially covered by landscape forest Oak Trees (*Quercus* Sp.) and Chestnut (*Castanea* sp.), although some areas are threatened by the expansion of eucalyptus forest (*Eucalyptus globulus*) and invasive exotic flora. Among the various species in Penha Mountain, stands out the presence of two species listed in Annex IV of the Habitats Directive, which are under a legal regime of protection, such as wild daffodils (*Narcissus triandrus*) and butcher's broom (*Ruscus aculeatus*).



PENHA CAMPING

The Penha Camping is a very quiet and peaceful place to relax and forget the stress of everyday life. Staying here, is like entering in a unique place, were you can feel the respect for nature, the silence and breath pure air at the shadow of the grove of trees. The Camping has a swimming pool with a green area, exclusively for campers.

For more information:
tel.: (+351) 253 515 912
e-mail: campismo@turipenha.pt
www.turipenha.pt



FAUNA

Penha Mountain has a relevant value concerning different groups of species, registering more than 30% of the total existing species in all the country. There are more than a hundred terrestrial vertebrates, and about thirty of them, have some sort of national conservation level. Among the identified species, concerning wild animals, the richness of birds typical of woodlands and forest areas stands out, as for example the European honey buzzard (*Pernis apivorus*), the goshawk (*Accipiter gentilis*), the European night bird (*Caprimulgus europaeus*) and the Song thrush (*Turdus philomelos*), all considered to be vulnerable species and/or threatened in Portugal. In connection with the abundance of water, there are also multiple species, among wich, three Iberian endemisms (two amphibians and a reptile) with high conservation value in Portugal, the gold-striped salamander (*Chioglossa lusitanica*), the Iberian painted frog (*Discoglossus galganoi*) and the Iberian emerald lizard (*Lacerta schreiberi*). Finally, we can point out the diversity of mammals. Among the species of non-flying mammals, is worth mention two species with a threat status in Portugal: the rabbit (*Oryctolagus cuniculus*) and the European wild cat (*Felis silvestres*). The flying species, which includes at least 7 species of bats, we point out two particularly caverniculus bat spieces: the small horseshoe bat (*Rhinolophus hipposideros*) and the Escalera's bat (*Myotis escaleraei*).



ACTIVITIES AND TOURS

MINI TOURIST TRAIN

The Mini Tourist Train takes about 15 minutes and goes along the paths of Penha Park.

Irmandade da Penha
tel.: (+351) 253 414 114
e-mail: info@penhaguiмараes.com
www.penhaguiмараes.com

MINI GOLF

Games: Mini Golf, Petanca (Boccia) and Chincalhão (tradicional portuguese game)
GPS: 41°25'29.4"N 8°16'08.7"W

tel.: (+351) 963 069 726
e-mail: contatominigolfepenha@gmail.com
https://www.facebook.com/penhaminigolfe

PENHA ADVENTURE PARK

Traditional games, "Himalayan bridges", photo orientation, splatmaster, among other activities.

Magna Outdoor
tel.: (+351) 938 404 520
e-mail: magnaoutdoor@grupomagna.pt
www.grupomagna.pt/magnaoutdoor

WALKING TOURS

Guided tours to Parque da Penha

tour duration: 2 hours / min./max. people: 5 / 30
languages spoken: Portuguese, Spanish, French and English

Irmandade da Penha
tel.: (+351) 253 414 114
e-mail: info@penhaguiмараes.com
www.penhaguiмараes.com

Guimarães and Penha Mountain

Walking tour in Guimarães, which includes a visit to the Penha Mountain, including a trip to the mountain by cable car.



tour duration: 3 hours
min./max. people: 1 / 4
languages spoken: Portuguese and English

Milhas e Pergaminhos
tel.: (+351) 927 343 838
e-mail: milhas.pergaminhos@gmail.com
www.milhaspergaminhos.pt

PR3 Penha walking trail departure and arrival

from Penha Mountain GPS: 41°25'57.0"N 8°16'08.3"W
from town centre:
Parque da Cidade GPS 41°26'48.5"N 8°16'55.1"W
Church of Santos Passos GPS 41°26'27.3"N 8°17'21.7"W

distance: 8,5Km
difficulty level: easy
more information: www.guimaraesturismo.com

BIKE TOURS

Zen Cycling Route

The tour departs from the town centre and goes along 18km. You can cycle on your own or with a tourist guide. The tour company rents out regular and electric bikes.

min./max. people: 1 / 10
languages spoken: Portuguese, Spanish and English

Get Green
tel.: (+351) 935 310 373 /
(+351) 916 201 294 / (+351) 937 417 499
e-mail: getgreen.pt@gmail.com
https://www.facebook.com/GetGreenMobilidadeElétrica/

BTT TOURS

BTT Challenging Tour

The activity starts in the centre of Guimarães, passes through the historic centre of the city, through the City Park and continues to Penha Mountain. The tour company rents out bikes.

tour duration: 3 to 4 hours
min./max. people: 3 / 6
languages spoken: Portuguese, Spanish, French, and English



BTT Gravity Tour – Pure Adrenalin

This activity is ideal for adrenaline junkies who want to try the fabulous DH and Enduro mountain bike trails of Penha Mountain. The ascent is made by the Cable Car, equipped with special cabins to transport riders and bikes to the top of the Mountain. The tour company rents out bikes.

tour duration: 3 to 4 hours
min./max. people: 3 / 6
languages spoken: Portuguese, Spanish, French and English

MTB In Portugal
tel.: (+351) 967 254 354;
e-mail: info@mtbportugal.pt
www.mtbportugal.pt

Guimarães – the Surrounding Hills

Tour starting in the centre of Guimarães, with a visit to the hills surrounding Guimarães, to Penha Mountain and visit to the Basilica of Saint Torcato.

tour duration: half day
min./max. people: 2 / 7
languages spoken: Portuguese, Spanish, French and English.

Léguas Tantas
tel.: (+351) 928 094 003
e-mail: geral@leguastantas.com
www.leguastantas.com

FESTIVITIES AND EVENTS

Rampa da Penha
(Portuguese Mountain Championship)
April
Saint Catherine's Feast
4th Sunday in June
Our Lady of Carmo of Penha's Feast
(patron saint of the Brotherhood)
16th July or following Sunday
Saint Christopher's Feast
(patron of drivers/travellers)
25th July or following Sunday
Pilgrimage to Penha
2nd Sunday in September
Minho BTT Championship (Downhill)
September

HOW TO GET TO THE PENHA MOUNTAIN

GPS coordinates

41°25'57.1"N 8°16'07.6"W

From the motorway exit

Leaving the motorway (A7, A11) you should take the exit Guimarães-Sul and follow the signs towards Abação – Taboadole (Municipal Road 579-2)

From the town centre on foot by using the Penha walking Trail (PR3)

see information on this map

By cable car

see schedule and contacts on this map

By bike (regular or electric)

Get Green
tel.: (+351) 935 310 373/
(+351) 916 201 294 /
(+351) 937 417 499
e-mail: getgreen.pt@gmail.com

By public transport

Transdev
tel.: (+351) 225 100 100
https://www.transdev.pt/cic/10

By taxi

tel.: (+351) 253 525 252 /
(+351) 253 513 535 /
(+351) 253 520 800



USEFUL CONTACTS

SOS Medical Emergency
112

SOS Forest
tel.: 117

Police – PSP
tel.: (+351) 253 540 660

Tourist Information
Penha: tel.: (+351) 253 414 114
Guimarães centre: tel.: (+351) 253 421 221



PENHA MOUNTAIN

Located in Guimarães, 5 kilometers from the town centre and 10 minutes by cable car, the Penha Mountain is 617 meters high, with 60 hectares of green area, which impresses for its beauty and harmony, combining two elements of extraordinary importance: religiosity and nature. To the splendour of the Sanctuary at the top of the Mountain, we add a magnificent landscape with a dense and well preserved grove tree, discontinued by the imponent of granite and unique spots, like big granite rocks, grottos, chapels, walking paths, fountains and water courses, picnic areas and viewpoints with a fantastic landscape as far as the eye can see.

This place dates back to the prehistoric period, but the occupation of the Mountain was intensified in the last three centuries. The existing inhospitable geographical area, difficult to access between the granite rocks, had its religious occupation started in 1702, when the hermit Guilherme Marino, born in Italy, chose the Mountain of Saint Catherine (ancient name of Penha mountain) to settle in an existing natural cave. The hermit selected this mountain, because he considered it suitable for contemplative life and had placed here a small carved image of the Virgin, for devotion. The presence of the hermit on the mountain spread all over and the Grotto of Our Lady of Carmo became a small temple, having been authorised to celebrate masses, divine services, confess and receive communion.

A natural heritage to discover

Still in the 18th century, the Carmelites Order, aware of the existence of a holy place at Penha Mountain, also came looking for silence, in this retreat of nature. This community increased the cult, enthroning the image of the Virgin and building a simple hospice. Other spaces emerged near the Grotto, which today we name by "Casa do Despacho", "Saint Christopher's Chapel", "Adega do Ermitão" (a tavern), "Grotto of Father Caldas", the "Hanging Garden" and "Hanging Boulder", as a result from the work and effort of the hermit and also of the alms of the devotees that reached the sacralisation of Penha. During the second half of the 19th century, the cult of the image of Our Lady of Carmo has increased, benefiting all the natural, religious, historical and cultural values of this sacred space. The devotion to Our Lady of Carmo became the origin of other demonstrations around the Marian cult, such as Our Lady of Penha or Our Lady of Lourdes. The cult of Saint Elias "Patron Saint of the Sleep", was established precisely next to the Grotto of Our Lady of Carmo. Since the adaptation of a grotto into a place of devotion to the Virgin Mary, Penha Mountain has undergone a profound transformation throughout the years, until the present time. The area was covered by forest in the 19th century, creating the Penha Park, and from a wild and inhospitable area, it became a beautiful natural green park, where visitors can find spiritual comfort and discover unique places, along with unforgettable moments of tranquility and leisure.



PENHA SANCTUARY

The Penha Sanctuary was designed by the well-known Portuguese architect Marques da Silva. The choice of the exact place was related to the need for a large big space, that better suited the growing of many devotees that came in pilgrimage and assist at the Mass in honor to Our Lady. From 1930 onwards, the Commission who was responsible for the works obtained financial aid and asked the architect to build a project for the construction of the Sanctuary. The construction began in March 1931. In the following years the works went on very slowly until, due to the lack of funds in 1937 and 1938, they had to stop. On 13 February 1939, a big fire partially affected the Sanctuary, still under construction, destroying completely the carving of the high altar and an image of Our Lady of Concepcion. In response to this adversity, it was implemented a new strategy by collecting contributions and donations, which allowed on the following month, to proceed the construction works of the main body of the Sanctuary, with a modern architectural design. It was completed at the end of 1945, together with the "Big Terrace" in front of the Sanctuary. The Sanctuary was blessed and opened to the public on the 14th September 1947 (annual pilgrimage day), by his Eminence the Cardinal Patriarch of Lisbon, D. Manuel Goncalves Cerejeira. In September 1949, the church was finished with a cross in the bell tower and the church corbel with an angel facing the town. Next to the Sanctuary tower there is a viewpoint, which gives a stunning panorama, not only of the centre of Guimarães, but also, weather allowing, the nearest coast area located 50 kilometres away.

For information about church worship time please contact:
Irmãdade da Penha
tel.: (+351) 253 414 114
e-mail: info@penhaguimaraes.com
www.penhaguimaraes.com



PILGRIMAGE TO PENHA

The Pilgrimage to Penha takes place annually on the 2nd Sunday of September and is always very popular with the participation of many pilgrims. The walker with the image of Our Lady of Penha leaves the Church of Our Lady of Oliveira in the historic centre at 8:30 am, with fanfare and scouts, making the way up towards the Penha Sanctuary, arriving around 11:00 am, followed by a big outdoor mass. Sunday afternoon is lively with musical performances and folkloric groups. In September 2013, on the day of the "Annual Pilgrimage to Penha", Pope Francis granted a plenary indulgence to pilgrims that were attending the Sanctuary's outdoor mass.



Legenda

- Camping Penha
- Coffeshops/bars
- Picnic areas
- Viewpoints
- Penha walking Trail
- Mini Tourist Train Stop
- Mini Golf
- Souvenir shops
- Public toilets
- Car park
- Bus park
- Local Tourist Office (Irmãdade da Penha)

Restaurants and Taverns

- 1 Restaurant Dan José
- 2 Restaurant Hotel da Penha
- 3 Tavern Merendas
- 4 Restaurant Montanha
- 5 Tavern Ermitão
- 6 Tavern Amigos da Penha



GROTTO OF OUR LADY OF CARMO AND SAINT ELIAS

The Grotto of Our Lady of Carmo is a cavity between huge rocks, where the hermit Guilherme Marino lived in spiritual retreat, at the beginning of the 18th century. He was a visionary of the potential of this place for living as hermit, and as founder of the spirituality in Penha, predicted that his religious work would be continued after his death. In 1731, by a testament decision, he bequeathed this place to the Carmelites Order in Guimarães. Later on, the cult of this place was abandoned for about a century. In 1870 occurred a new phase of occupation and religious expansion at Penha, with the creation of a new movement to lead the works of the Chapel. In the following years of the pilgrimages to Our Lady of Carmo, there was an improvement of the Grotto Chapel, thanks to the almsgiving from many faithful and benefactors. At the entrance of the Grotto stands the image of Saint Elias "Patron Saint of the Sleep", who receives great devotion by many of the visitors of Penha.



ST. CHRISTOPHER'S CHAPEL

The St. Christopher's Chapel emerge next to a castellated tower and over huge rocks, under whose we can find a grotto where the image of Our Lady of Carmo da Penha is venerated. It is a religious temple, initially named "Casa Relicário", whose construction started in 1880 and completed the following year, being blessed on the 18th June 1882. The chapel was renovated to accommodate the image of St. Christopher, that was offered by the local taxi drivers in order to be venerated by the community. The chapel only opened to the public in 1936, in the occasion of the celebrations in honour to the Saint, with a procession beginning in the town centre, that brought the images of Our Lady of the Air and Our Lady of the Sea to Penha. The chapel was blessed and changed to the name to "St. Christopher's Chapel" on the 25th July 1936. Today it is a place of worship, namely visited by taxi drivers and drivers, from whom is considered the patron saint. This faith originated an annual festivity dedicated to the Saint, that occurs on the last Sunday of July (after St. Christopher's Day on the 25th July).

