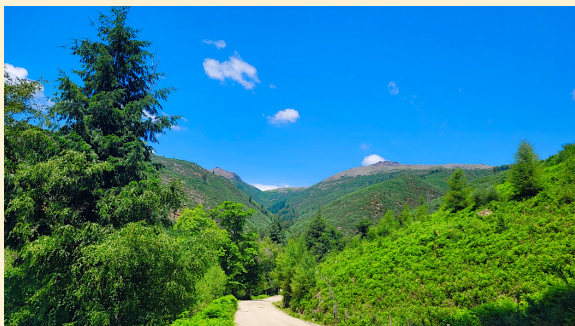


LANDSCAPE, RHYTHM AND PRESENCE

PORTA DO MEZIO — PENEDA GERÊS NATIONAL PARK



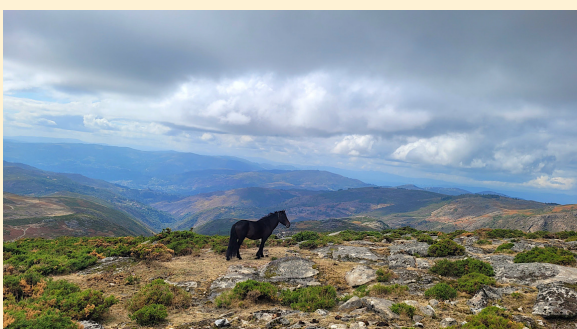
5 NIGHTS

OVERVIEW

A proposal centred on immersion in the landscape of Peneda-Gerês National Park, from Porta do Mezio — a starting point to explore mountains, valleys, and surrounding natural systems.

The experience unfolds between movement and pause: walking and traversing, but also observing and attuning — allowing the landscape to be not only crossed, but perceived.

Throughout the stay, the territory reveals itself through three complementary dimensions: nature (Mezio), constructed landscape (Sistelo), and community (Soajo) — variations within a single relationship with place.



PROGRAMME STRUCTURE

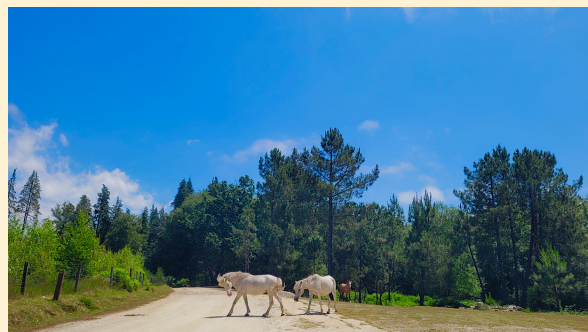
DAY 0 — ARRIVAL | ENTERING THE PARK

Arrival and check-in at the hotel, with a first contact with the surroundings.

Brief WWG introduction:

- General orientation
- Reading the territory
- Initial route suggestions

A gradual entry, without a fixed structure



DAY 1 — FIRST ROUTES (ATTUNING TO THE RHYTHM)

Independent exploration from Mezio.

Suggestions:

- Short to medium walking routes
- Initial cycling trails
- Familiarisation with the surroundings

Free end of day

WWG suggestion:

- Recovery session (spa / pool)
- Stretching and unwinding

First balance between effort and rest

DAY 2 – IMMERSION IN NATURE


A day focused on more continuous exploration.

Suggestions:

- More demanding trails
- Longer routes
- Alternation between walking and pause

Late afternoon:

- Sauna / dry heat
- Muscle recovery

 **The body integrates the landscape experienced during the day**

DAY 3 – SISTELO | CULTURAL LANDSCAPE

WWG moment (half day):

- Reading the terraced landscape
- Guided route
- Interpreting the relationship between territory and human activity

Simple tasting included

After the WWG moment:

- Return and pause

Suggestions:

- Pool / rest
- Unstructured time

 **The constructed landscape extends inward**



DAY 4 – SOAJO | COMMUNITY AND MOUNTAIN


WWG moment with local interlocutor (2h30):

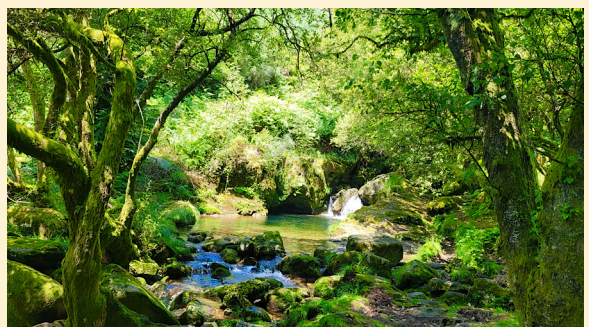
- A reading of the village, its identity and communal organisation, with a focus on the granaries, mountain life, and the relationship between settlement and territory.
- A short walk in the surroundings integrates local stories and lived experiences, followed by a simple tasting.
- In the afternoon, free time for exploration: natural mountain pools, short walks, and time in the village surroundings.
- Return to the hotel at the end of the day and spa session.

 **From communal landscapes to inner stillness.**

DAY 5 – CLOSURE AND DEPARTURE

- Departure
- No formal closing

 **Continuity beyond the stay**



WE WAN GREEN

RNAAT: 251/2022

(+351) 922243380

Chamada para a rede móvel nacional

<https://wewantgreen.pt/>

geral@wewantgreen.pt