



ROAST LAMB WITH  
OVEN-BAKED RICE



# Baião

## Gastronomy and Wines

The gastronomy of Baião is so special that some say that *Eça de Queiroz* did not only fall in love with the landscape of this land, but also with the flavours of its traditional dishes when he wrote “**The City and the Mountains**” in which he makes reference to the magnificent broad bean rice with fried chicken. The proof of this is the title that the Brazilian ambassador, *Dário Castro Alves*, gave to the cultural gastronomic dictionary on *Eça de Queiroz: Era Tormes e Amanhecia*.

The *anho assado* (roast lamb) with oven-baked rice is a must on special days, weddings, baptisms and birthdays. However, many people do not want to forego the **green cabbage soup** or *bazulaque* (lung and liver stew), which was offered to the guests of the bride and groom before they made their way to the church.



The **traditional smoked meats** have a unique flavour and are very popular. This product and the *anho assado* (roast lamb), are the reason behind two annual festivals, which attract thousands of visitors to Baião.



The **veal chop** from the native *arouquesa* breed is, of course, a delicacy that should not be missed.

Not to forget: the **biscuit of Teixeira** – the authentic one – found at all festivities and markets in the north of Portugal!



## Land of Flavours

And what would all these delicacies be if they were not accompanied by the wines made with the *avesso* grape variety, grown by several producers like a true art in a region where natural sparkling wines have already started to make their mark? Baião is the place of that wine, which “touches the soul more than many a poems or holy books”.



Visitors can also enjoy **corn bread**, the **citric fruits of Pala** and orange juice, the regional sweets, liquors, cheeses, jams, mushrooms, chocolates, scented olive oils, wild berries, aromatic herbs, honey and almonds.



BAIÃO IS PART OF THE NATIONAL “**GASTRONOMIC ROUTE**”, SO PLAN IN A VISIT TO THE FOLLOWING EVENTS:



**FEIRA DO FUMEIRO, COZIDO À PORTUGUESA E DOS VINHOS DE BAIÃO**  
Smoked meats, meat and vegetable stew and wines of Baião market  
MARCH



**FESTIVAL DO ANHO ASSADO E DO ARROZ DE FORNO**  
Festival of the roast lamb with oven-baked rice  
LAST WEEKEND IN JULY



**FEIRA DO VINHO VERDE E DAS TASQUINHAS**  
Verde wine and small tavern festival  
1st WEEKEND IN SEPTEMBER

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\* approximate and reference values (in hours)

# BAIÃO

SO CLOSE, YET SO FAR

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ANCIENT LAND	QR CODE	LAND OF ADVENTURE
LAND OF CULTURE		MAGIC LAND
LAND OF FLAVOURS		NATURAL LIFE
WHERE TO EAT	WHERE TO SLEEP	WHAT TO SEE AND DO



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 www.visitbaiao.pt

**Tourism Office**  
 T +351 255 540 562

## HIGHLIGHTS

- 1 Riding centre
- 2 Dolmen of Outeiro de Gregos 2 e 3
- 3 Dolmen of Outeiro de Ante 1 e 3
- 4 Chapel of Senhora da Guia
- 5 Dolmen of Meninas do Crasto 3
- 6 Dolmen of Chã de Parada I (National monument)
- 7 Teixeira's biscuit
- 8 Walking stick's house (core of traditional arts)
- 9 Valadares's church
- 10 Eça de Queiroz Foundation
- 11 Casa do Lavrador (rural and ethnographic museum)
- 12 Ancede's monastery
- 13 Esmoriz's bridge
- 14 Museum (archeological centre)
- 15 Leisure areas
- 16 Reixela oak forest



Serra da Aboboreira



Serra do Marão



Dolmen of Chã de Parada I (National monument). Part of the megalithic set of serra da Aboboreira. GPS 41.202882 -8.007727



- County seat
- Parish
- Anchorage
- Station
- River
- National highway (E.N.)
- Municipal road (E.M.) / Municipal track (C.M.)
- Railroad



Rio Douro



Eça de Queiroz Foundation – Exhibition centre. Quinta de Vila Nova – Tormes. GPS 41.124972 -8.004266



Monastery of Santo André de Ancede. Monument of the Romanesque route. GPS 41.101891 -8.056794



Details of the mural painting in Valadares's church. Monument of the Romanesque route. GPS 41.144538 -7.982819



Reixela oak forest. The most important area of native forest in the region. GPS 41.186546 -7.994783