

Beech Route

Manteigas - Trilhos Verdes
www.manteigastrilhosverdes.com

**PR
13
MTG**



Extension: **5,4** km (6,5 km with leads)

Duration: **3 hours** (approx.)

Altitude: between **880** and **1174** metros

Type: **Circular**

Advised direction: **Clockwise direction**

BTT: **Yes** (with limitations)



QR Code
For reading, point
your mobile phone
camera and activate
the capture of
the code.

Difficulty: **Medium**





Beech population



St. Lawrence Chapel

Beech Route

The **Beech Route** enables the discovery of something new and surprising at every turn, since the splendid vegetation to amazing landscapes, which together with agriculture and grazing provide a perfect ride for those who wish to know the mountains, its people and customs.

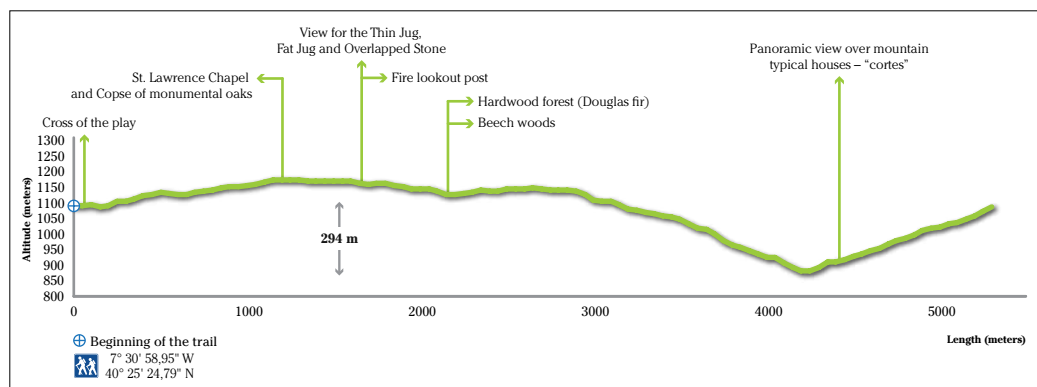
More than a pedestrian trail, the Beech Route is a sensory experience in which the scents of *rosemary*, *wild mint*, *thyme* and *lavender* merge with magnificent paintings that surround the eye of whom watches them.

Its name comes from the fact that this route dives inside a dense beech forest, planted by the **Manteigas Forest Service** at the beginning of the twentieth century.

Besides this species there is also to highlight the *chestnut*, *broom*, *Douglas fir* and the imposing **monumental oaks** that surround **S. Lawrence Chapel**, a place of worship of pagan reminiscences, related to the worship of trees and the sun – in Summer solstice, who is in **Manteigas** watches the sun rise over **S. Lawrence**.

In the natural landscape stands out the **Zêzere Glacier Valley**, forming a “U”, the **Tower**, The **Thin Jug**, the **Fat Jug** and the **Golden Rocks**.

Relevant points





On the ridge of the **“Lomba das Cancelas”**, which limits the **Beira Alta** from **Beira Baixa**, is the **Head of Holm**, which offers a panoramic view of the mountains accumulating that extends to Spain.

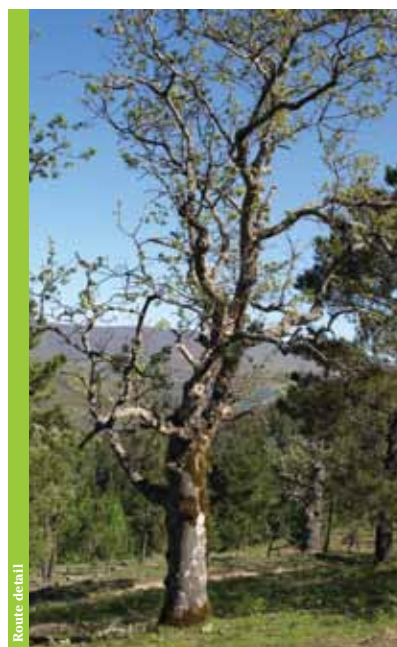
The contact with the rural and pastoral life is an emphasis present along the trail, since it is used by shepherds to move with their livestock grazing to the places, allowing for eventual interactions with anyone who travels along the route.

The forest forestations, the woods and water lines presents, provide diversity of wildlife.

To highlight the existence of mammals like the *fox*, *weasel*, *beech marten* or the *boar*.


In birds, the *common kestrel*, the *owl* and the *raven*.



The reptiles are represented by *snub-nosed viper*, *large psammmodromus* or the *ocellated lizard*.





Legend

 Beginning of the trail
07° 30' 58,95" W
40° 25' 24,79" N

 Rota das Faias
 Rota das Faias - derivação

Flora

- 01 - Pyrenean oak (*Quercus pyrenaica*)
- 02 - Lavender (*Lavandula angustifolia*)
- 03 - Rosemary (*Lavandula stoechas*)
- 04 - Chestnut (*Castanea sativa*)
- 05 - Beech (*Fagus sylvatica*)
- 06 - Red beech (*Fagus sylvatica purpurea*)
- 07 - Douglas fir (*Pseudotsuga menziesii*)
- 08 - Hawthorn (*Crataegus monogyna*)

Fauna

- Weasel (*Mustela nivalis*)
- Boga-common (*Chondrostoma polylepis*)
- Rabbit (*Oryctolagus cuniculus*)
- Tawny owl (*Strix aluco*)
- Weasel (*Martes foina*)
- Wild boar (*Sus scrofa*)
- Large Psammodromus (*Psammodromus algirus*)
- Iberian lizard (*Podarcis hispanica*)
- Common scops owl (*Otus scops*)
- Hedgehog (*Erinaceus europaeus*)
- Common Kestrel (*Falco tinnunculus*)
- Fox (*Vulpes vulpes*)
- Snub-nosed viper (*Vipera latastei*)

Natural landscape

- 01 - Grazing land
- 02 - Centenarians oaks woods
- 03 - View to the Thin Jug and Fat jug
- 04 - Mountain Cordillera - River Basin Zêzere
- 05 - Zêzere Glacier Panoramic view
- 06 - Mixed Forest hardwood and softwood
- 07 - Hardwood Forest (Faial)
- 08 - Coniferous forest (Douglas fir)

Human landscape

- 01 - Mattos Cunha family building
- 02 - Panoramic over Sameiro and Valhelhas
- 03 - S. Lawrence Chapel
- 04 - Lookout point of S. Lawrence
- 05 - Panoramic views of Manteigas Village
- 06 - Pastors and their flocks
- 07 - Panoramic of mountain typical houses
- 08 - Marshes, ledges, and walls of shale

Observation places

- 01 - Belvedere
- 02 - Belvedere

Rest places

- 01 - S. Lawrence Chapel

Scale: 1:4.000

