



Saint Mary Covão Route

Manteigas - Trilhos Verdes

www.manteigastrilhosverdes.com

**PR
15
MTG**



Extension: **11 km** (14,3 km with derivations)

Duration: **5 hours** (approx.)

Altitude: between **975** and **1276** metros

Type: **Circular**

Advised direction: **Clockwise direction**

BTT: **Yes**



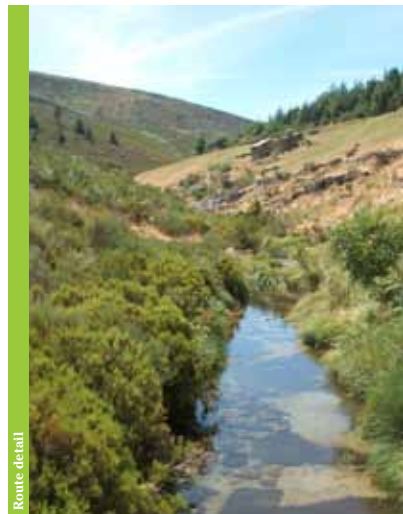
QR Code

For reading, point
your mobile phone
camera and acti-
vate the capture of
the code.

Difficulty: **Medium**



Saint Mary Covão Route



Route detail



Route detail

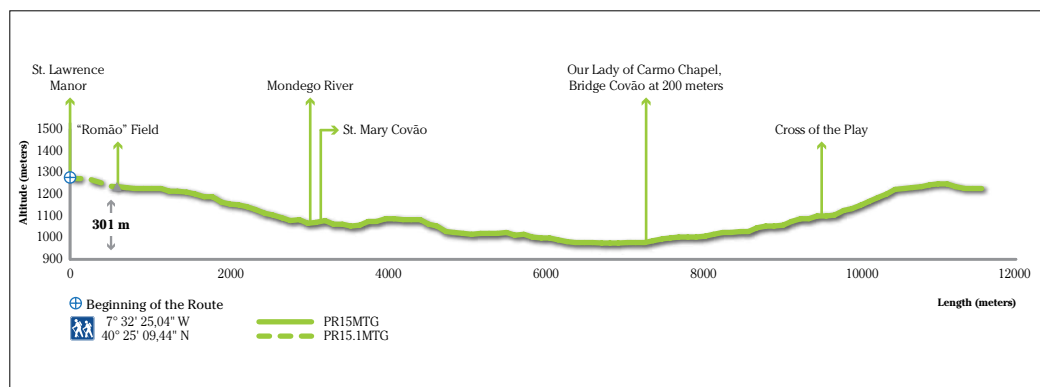
The **Saint Mary Covão Route** is bathed by the **Mondego river**, which runs fast and crisp in a natural amphitheatre, surrounded by marshes, where grows the graze and the herds feed.

Along the trail the walker comes into direct contact with the culture and traditions of the Manteigas County, submerging in rye harvests outlining the landscape shades of gold and brown, being transported by streams supported by the Mondego slopes, walking side by side with shepherd and their flocks.

In the humanized landscape stands out the **Saint Mary Covão**, recondite place shaped by the agriculture activity, **Castanheira**, a small rural village that once had a bigger population expression, and the **Saint Lawrence Hostel**, building of the late thirties, built from scratch for tourism, as part of the first group of buildings which contained in a national program to provide the country with a Hostels network – **Portugal Hostels**, Nature Hostels group.

Among revelations appears the **Chapel of “Nossa Senhora do Carmo”**, founded on the 1st of November of 1949 by the Bishop of the city of Guarda, which was order to built by José Ramos dos Santos so that his son, the Priest Zeferino Roque could preach the Catholic doctrine. Close to

Relevant points



this Chapel can be found the Bridge Covão, absolutely magic and mythical place for a visit, snack or a revitalizing rest.

In the derivation that leads to the **Coal Route**, we cross the **Boats Floor** and see the **Meteorological Observatory of Golden Rocks**, locally called **Gadelhas**, and that was built in 1882 to monitor the weather conditions of Mountain Star.

It consists by a three building nucleus, the Observatory, one outbuilding, residence for the people and the so called jackass house.

In what concerns to the route **flora**, we can find the *pyrenean oak*, the *rowan*, the *birch*, among other native species, and many others that were “introduced”.

In areas where tree cover is degraded dominate the bush, in which are to consider the *white broom*, the *pioneer broom* and the *heather*.

The **Saint Mary Covão Route** consists in forest areas, bush and water lines open areas, providing wildlife diversity.

From the present species stands out the *peregrine falcon*, the *lesser horseshoe bat* and the *water mole* that faces a high risk of extinction.

Species like the *wild rabbit*, the *short toed eagle* and the *raven* find themselves as endanger specie status.

This path is full of landscapes and wonderful places and interesting attractive points of observation, nature activities and rest.



Route detail



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Route detail



Route detail



Route detail

Legend



Beginning of the Route
7° 32' 25,04" W
40° 25' 09,44" N



Covão of St. Mary Route



Covão of St. Mary Route – derivation

Fauna

Ladder snake (*Elaphe scalaris*)
viperine water snake (*Natrix maura*)
Wild rabbit (*Oryctolagus cuniculus*)
Common barn owl (*Tyto alba*)
Tawny owl (*Strix aluco*)
Pilgrim Hawk (*Falco peregrinus*)
Duncock (*Prunella modularis*)
Jay (*Garrulus glandarius*)
Kingfisher (*Alcedo atthis*)
Large psammotromus (*Psammotromus alpinus*)
Black Kite (*Milvus migrans*)
Common kestrel (*Falco tinnunculus*)
Partridge (*Alectoris rufa*)
Fox (*Vulpes vulpes*)
Montagu's harrier (*Circus pygargus*)
Badger (*Meles meles*)
Ferret (*Mustela putorius*)
Fario trout (*Salmo trutta kario*)
Rainbow trout (*Oncorhynchus mykiss*)
Short-toed eagle (*Circus gallicus*)
Pyrenean desman (*Galemys pyrenaicus*)
Greater horseshoe bat (*Rhinolophus ferrumequinum*)



Centaurea micrantha ssp. *Herminii*

Observation Places

01 - Belvedere - Geodesic Landmark of barque Floor
02 - "Romão" Field
03 - Belvedere
04 - Belvedere
05 - Belvedere

Resting Places

01 - Mondego Riverbank

Human Landscape

01 - View to the Meteorological Observatory of Golden Rocks
02 - Manteigas Village Panoramic View
03 - Rye cultivation - Barque Floor
04 - Geodesic Landmark of barque Floor
05 - St. Lawrence Lodge
06 - Rye cultivation in the "assentada" - "Romão" Field
07 - Farm - "Covão de Santa Maria"
08 - Mountain typical houses and schist walls
09 - Cattle Shed
10 - Crossing
11 - View to the Quartzite outcrop
12 - River Mondego Crossing
13 - Dam
14 - Stream
15 - View to the chestnut farm and rye "assentadas"
16 - Our Lady of Carmo Chapel
17 - Flock and Star Mountain typical house - "corte"
18 - Horticultural and Rye cultivation
19 - Panoramic view of rye cultivation in the "assentada"

Flora

01 - Dwarf Scotch Pine (*Pinus sylvestris*)
02 - Douglas-fir (*Pseudotsuga menziesii*)
03 - Rye (*Secale cereale*)
04 - Heather (*Erica arborea*)
05 - White Willow (*Salix salicifolia*)
06 - Alder (*Alnus glutinosa*)
07 - Alder (*Alnus glutinosa*)
08 - Grey Willow (*Salix atrocinerea*)
09 - Alder (*Alnus glutinosa*)
10 - Olive (*Olea europaea*)
11 - Alpine pinks (*Dianthus lusitanicus*)
12 - European Chestnut (*Castanea sativa*)
13 - Yellow Broom (*Cytisus striatus*)
14 - White Broom (*Cytisus multiflorus*)
15 - Sargasso (*Halimium alyssoides*)
16 - Maritime Pine (*Pinus pinaster*)
17 - Common Beach (*Fagus sylvatica*)

Natural Landscape

01 - Coniferous Forest (*pseudotsuga menziesii*) - Covão of "Jorge"
02 - View to the River Zêzere Glaciar Valley - Manteigas view
03 - View over the St. Mary Covão
04 - Water line (Mondego River)
05 - View to the Quartzite outcrop
06 - Mondego River and Riparian gallery
07 - Mixed foret (hardwoods and softwoods)

Scale: 1:10.000

0 125 250 500 meters