



Glacier Route

Manteigas - Trilhos Verdes

www.manteigatrilhosverdes.com

PR
6
MTG



Extension: **17,2** km

Duration: **6 hours** (approx.)

Altitude: between **755** and **1989** meters

Type: **Linear**



QR Code

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

BTT: **Yes** (with limitations)

Difficulty: **Medium**



Glacier Route



Finalist of “**7 Wonders of Portugal**”, the **Zêzere Glacier Valley** makes it go along the inside **Glacier Route**, pioneering a path of singular beauty.

The route follows the refreshing Zêzere between paintings that frame the blue sky and green valley.

Along the route you can admire the Zêzere Glacier Valley, one of the best examples of modelling the landscape by glaciers.

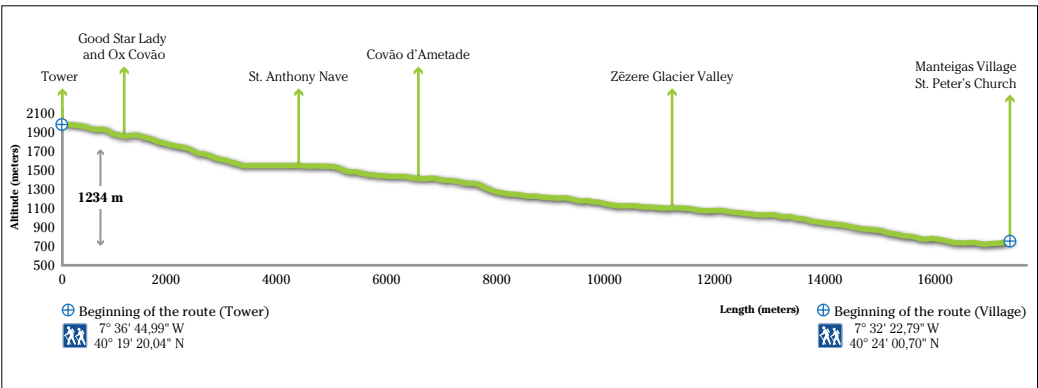
Its “U” shape due to the ice that formed a dome on top of Mountain where streams diverged that drained by peripheral valleys.

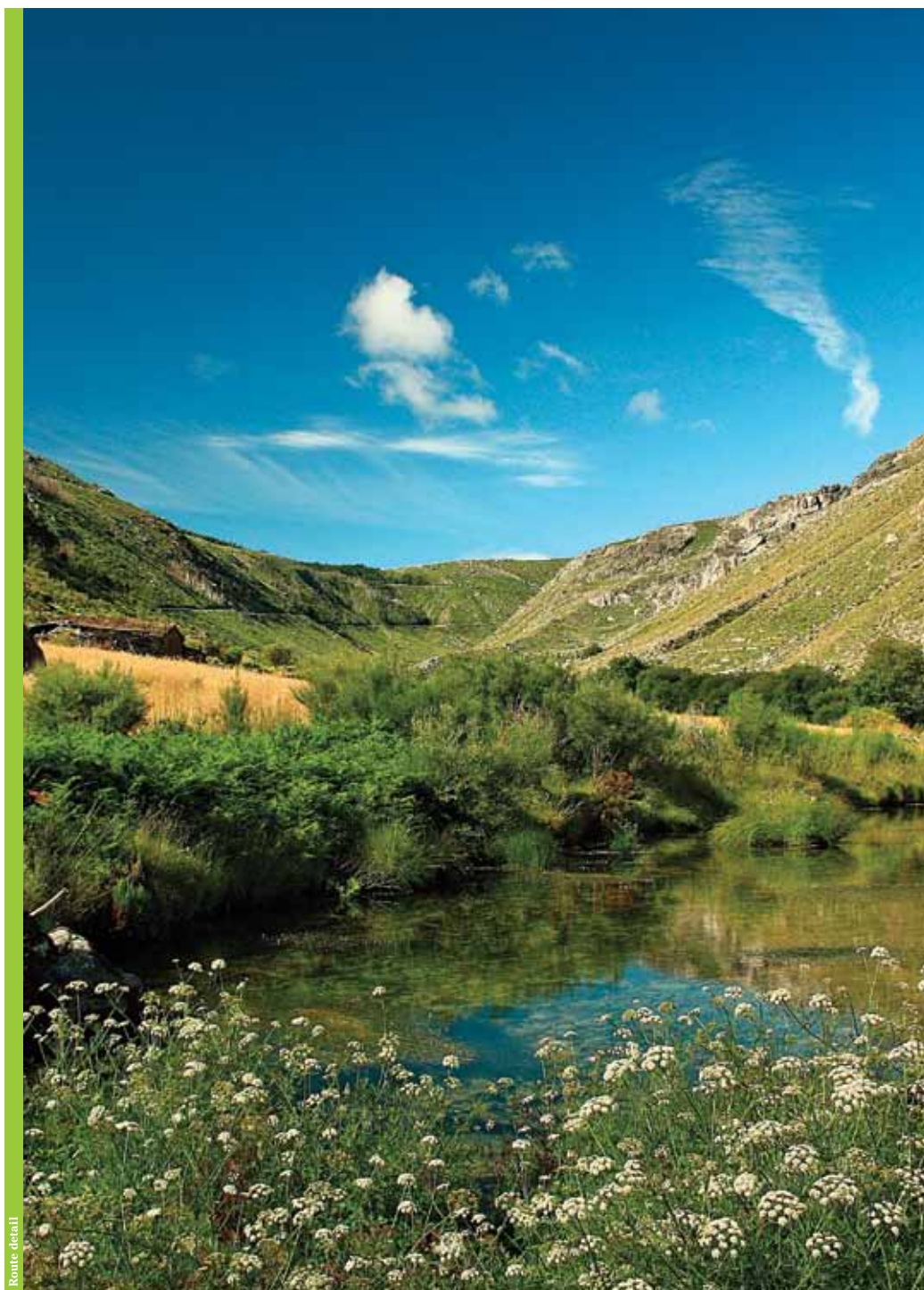
Although this is a glacier valley and therefore wide open, the slopes are very steep, covered granite balls and chaos blocks, especially at the base of the water lines.

The Glacier Route, understood in the three altitudinal stores (basal, mid and high), offers a broad perspective of the morphological characteristics of **Manteigas** and **Star Mountain**, marked by different types of landscape.

From the point of view of the countryside, the trail ends a set of natural and cultural values of invaluable interest.

Relevant points





Route detail



Route detail



Route detail



Route detail

Noteworthy are the many traces of the glacial action and natural vegetation with endemic species and others rare signs that indicate the human presence in the region since ancient times, presence is reflected in strong humanization marked in the surrounding landscape, and in traditional activities of grazing and hill farming, adapted to requirements of **Star Mountain** territory.

At the bottom of the Zêzere Glacier Valley is possible to observe the green pastures, the flocks of sheep's, typical **Mountain houses – “cortes”** and **Manteigas Village** perfectly embedded in the Valley.

The **Tower**, located on the **Upper Plateau of the Star Mountain** with status of **Biogenetic Reserve by Council of Europe** in March 1993, is a place of notoriety, being the highest point in mainland Portugal (1993 m), where D. John VI (1816 - 1826) ordered to erect the tower, all in stone, to complete the 2000 m and altitude where winter sports are practiced drawing visitors from all over the country.



Route detail

In this environment of a broad horizon grows low vegetation, shrubs and sparse elements of which the highlights rocky appearing in the depressions, lakes, lagoons, bog and mountain meadows dominated by *Nardus stricta* (Cervum). The **St. Anthony Nave** or “**Argenteira**”, as is also called, is a good example of such meadows.

The **Cova d’Ametade**, depression of glacial origin, once a cervum pasture was wooded with birches along the banks of the **River Zêzere**, and their subsidiaries water lines, to create shelter conditions for the flocks of sheep.

It is the encounter with a small earthly paradise where the micro-fauna and micro-flora of the Mountain reveals its formidable biodiversity.

Glacier Route is rich in symbolic elements of natural landscape, in particular, The **Iron Covão**, **Thin Jug**, **Fat Jug**, **Dog spine** (Morea), **Jew’s “Poio”**, **Balance Stone**, **High Covão**, **Yew Baroque**.



Route detail



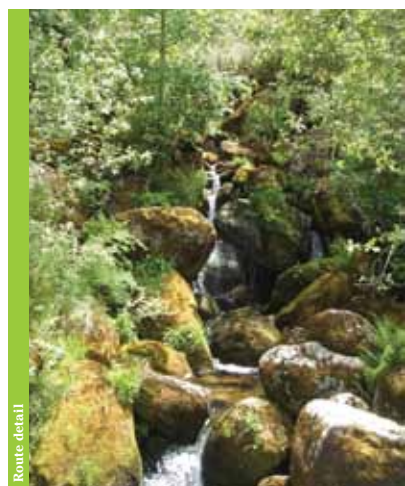
Route detail



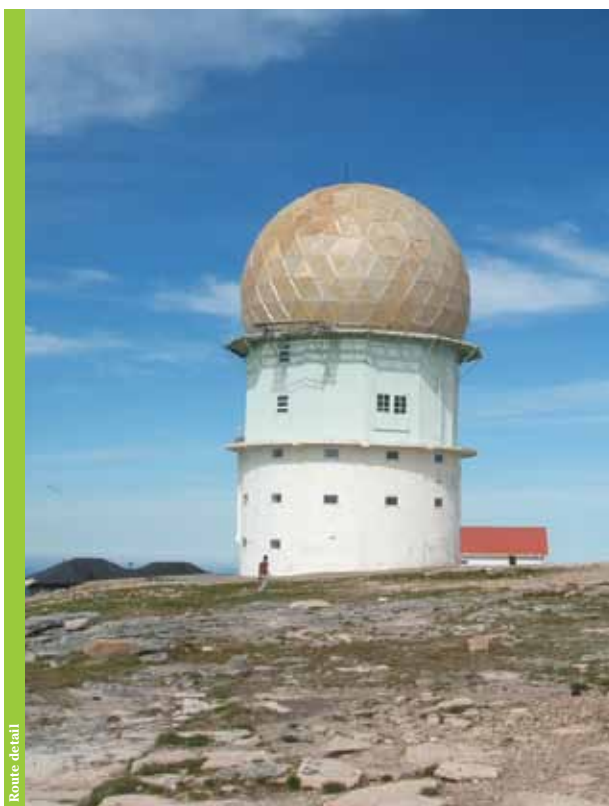
Route detail



Route detail



Route detail



Route detail

It deserves a special highlight the **Good Star Lady**, in the **Ox Covão**, which it is a masterpiece of religious nature, a sculpture of 40 years, embedded in rock the foothills of the Thin jug.

From this site is possible to observe the Fat, Thin and Shallow Jug, granite outcrops that reach, respectively, 1875, 1928 and 1916 meters.

In the **humanized landscape** is still to give evidence to the **shepherds shelter**, the fountain, **St. Anthony Nave**, the **Fountain of "Jonja"**, close to **Covão d'Ametade**, the industrial district, near the old wool factory and **St. Peter's Church**, already in Manteigas village.

The **Spa of Manteigas** is another element reference for its sulphurous waters indicated in the treatment of various diseases such as rheumatism, skin diseases, respiratory system and muscle-skeletal diseases.



Route detail



Route detail

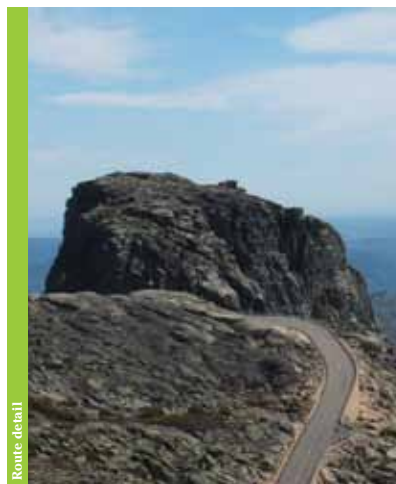
Glacier Route ends a fantastic biodiversity provided by species of flora and fauna of natural beauty.

Fauna existing stand out the rock bunting, the *ortolan bunting*, the *kingfisher*, the *iberian rock lizard*, the *ringed snake*, the *pyrenean desman*, *black jackdaw*, *fario trout*, *rainbow trout*, the *boga*, etc..

Flora falls through the remarkable diversity of floristic survey, covering species such as the *yew*, *common juniper*, *birch*, *rowan*, a *fritillary*, the *cervum*, the *three birds flying*, etc..



Route detail



Route detail



Route detail



Route detail

Legenda



Beginning of the trail (Village)
7° 32' 22,79" W
40° 24' 00,70" N



Beginning of the trail (Tower)
7° 36' 44,99" W
40° 19' 20,04" N

Glacier Route

Flora

- 01 - *Bruchia vogesiana*
- 02 - *Cervum (Nardus stricta)*
- 03 - Bells blueberries (*Narcissus bulbocodium*)
- 04 - Common Juniper (*Juniperus communis ssp. Alpina*)
- 05 - *Phalacrocarpum oppositifolium*
- 06 - *Viola langeana*
- 07 - Fritillary (*Fritillaria nervosa*)
- 08 - Sargasso (*Halimium alyssoides*)
- 09 - Three birds flying (*Echinopsium ibericum ibericum*)
- 10 - Spanish bluebells (*Narcissus asturiensis*)
- 11 - *Festuca elegans Boiss*
- 12 - Rowan (*Sorbus aucuparia*)
- 13 - Black oak (*Quercus pyrenaica*)
- 14 - Yew (*Taxus baccata*)
- 15 - Rowan (*Sorbus aucuparia*)
- 16 - Ash (*Fraxinus angustifolia*)

Natural Landscape

- 01 - Mountain meadow and bog
- 02 - View to the Rocky Climbing - Thin and Fat Jug
- 03 - Ox Covão
- 04 - View of the Iron Covão
- 05 - Mountain Meadow (Cervunal) – St. Anthony Nave
- 06 - Forest after fire in 2005
- 07 - Zêzere Glacier Valley
- 08 - Hardwood Forest (d'Covão Ametade)
- 09 - Water Line (Zêzere river affluent)
- 10 - View to the Yew Baroque
- 11 - View to the Dog spine (Moreia)

Fauna

Scarlet tiger *quadripunctaria*
Euphydryas aurinia
Boga (*Chondrostoma polylepis*)
Rock bunting (*Emberiza cia*)
Ringed snake (*Natrix natrix*)
Black jackdaw (*Corvus corone*)
Kingfisher (*Alcedo atthis*)
Iberian rock lizard (*Lacerta monticola*)
Ortolan bunting (*Emberiza hortulana*)
Pyrenean desman (*Galemys pyrenaicus*)
Fario trout (*Salmo trutta fario*)
Rainbow trout (*Oncorhynchus mykiss*)

Human Landscape

- 01 - Tower
- 02 - Good Star Lady
- 03 - View to the Iron Covão Dam
- 04 - Fountain – St. Anthony Nave
- 05 - Shepherds Shelter – St. Anthony Nave
- 06 - Panoramic view of Manteigas Village
- 07 - "Jonja" fountain dated 1954
- 08 - Mini-hydro dam
- 09 - Granite Typical houses - "cortes"
- 10 - View of breed trout
- 11 - Fabric District created by the presence of the wool factory Sotave
- 12 - St. Peter's Church

Resting places

- 01 - Good Star Lady
- 02 - St. Anthony Nave
- 03 - "Jonja" fountain dated of 1954
- 04 - Covão d'Ametade
- 05 - Mini-hydro Dam
- 06 - Manteigas Caldas - Spa

Observation Places

- 01 - Belvedere
- 02 - Belvedere

