



“Poios Brancos” Route

Manteigas - Trilhos Verdes

www.manteigastrilhosverdes.com

PR
7
MTG



Extension: **7,9** km (25,4 km with derivations)

Duration: **4 hours** (approx.)

Altitude: between **1440** and **1680** meters

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**



“Poios Brancos” Route

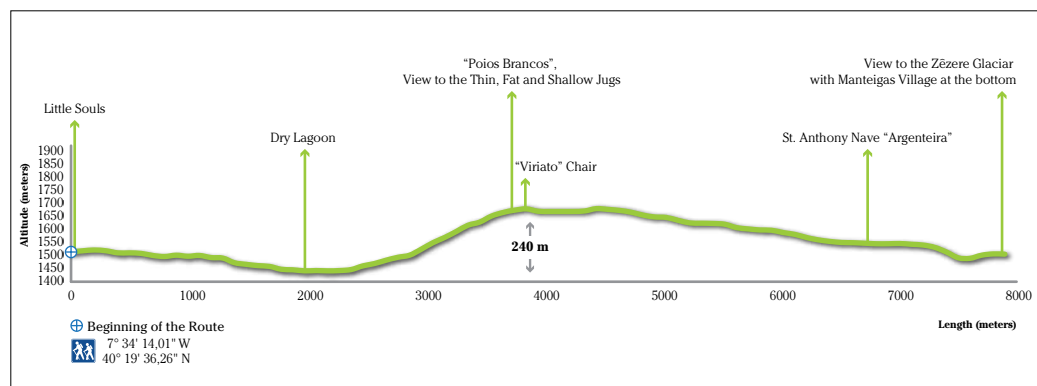
The **“Poios Brancos” Route** owes its name to the fact of crossing, in the highest point, granitic aggregation of Poios Brancos, which in the first snow of the year dresses white, giving a clear sign to the Manteigas population that the winter arrived. The Poios Brancos correspond to a **Tor** – typical granitic form of blocks that accumulate in situ, respecting the granitic joints system. In this location you can find the **“Viriato” chair**, like a real throne made by nature hands. Are the intrinsic characteristics of granite that confers the landscape of Mountain Star unique peculiarities, as if there had passed the human hand “fixing” the stones that stand out proud into the sky.

The **Saint Anthony Nave**, or **“Argenteira”**, plays an important ecological function, regulating the absorption and gradual release of the water by the cervum - herbaceous plant which is also an important resource for cattle. On this site you will find a fountain and a building used by shepherds as a shelter place.

“On the top of this mountain graze more than twelve thousand sheep since spring, those come from Alentejo, where are going to have the winter, until the Autumn, when they return there so that so large number of cattle miss by all this time grazing, because they own the populated Mountain in the most excessive abundance, in such way, that only



Relevant points





a grass close to the Saint Anthony of “Argenteira” Chapel, reported above, called by this reason Saint Anthony Nave, by all this account time graze more than five hundred sheep’s not feeling at the same time no lack of graze. And if it tells that the grazes are so pure, that not only feed the cattle, but also medicine to cure the diseases of those who are, that fade away with the use of those grazes. There is also in this mountain breeding of wolves, foxes, rabbits, partridges and Royal Eagles, that live in the high rocks.”

Priest Manuel Cabral de Pina (XVIII century)

Yet in the natural landscape emerges the **Covão d’Ametade**, depression of glacial origin, which lies downstream of the **High Covão**, once a cervum graze, that was planted with birches along the banks of the **river Zêzere**. In the derivation to the **Inferno Well** comes the magnificent landscape of the **Bee Covão**, where can be seen from the bottom of the canyon, at the confluence of two water lines that give origin to the **“Beijames” stream**, the **“Aguilhão”** – considerable massif rock that overlap one another’s. The water flows calmly, pure and cristal, among overlooking slopes covered with gravel.

Close to the trail is one of the many religious monuments existing in Manteigas County and an important vestige of portuguese popular art – **Souls**. We often find candles and lit oils lamps, left by the people that pass by, or even flowers offerings. The *yew*, *common juniper*, *birch*, the *wild apple tree*, *rowan*, the *cranberry* and the *water bean*, are some species examples that can be found in this route. The *Bonelli’s eagle*, *rufous-tailed rock thrush* and the *pilgrim falcon* are the birds that face a very high level of extinction. The *pyrenean desman*, *iberian rock lizard*, *snub-nosed viper* are also present.



Legend



Beginning of the route
7° 34' 14,01" W
40° 19' 36,26" N

"Poios Brancos" Route

"Poios Brancos" Route - derivations

Fauna

Beech Marten (*Mustela nivalis*)
Common Buzzard (*Buteo buteo*)
Eurasian eagle-owl (*Bubo bubo*)
Ladder snake (*Elaphe scalaris*)
Ringed Snake (*Natrix natrix*)
Wild Rabbit (*Oryctolagus cuniculus*)
Common barn owl (*Tyto alba*)
Tawny owl (*Strix aluco*)
Raven (*Corvus corax*)
Pilgrim hawk (*Falco peregrinus*)
Alpine Accentor (*Prunella collaris*)
Weasel (*Martes foina*)
Jay (*Garrulus glandarius*)
Genet (*Genetta genetta*)
Black jackdaw (*Corvus corone*)
Wild boar (*Sus scrofa*)
Large psammomrodromus (*Psammomrodromus algirus*)
Iberian lizard (*Podarcis hispanica*)
Hare (*Lepus granatensis*)
Blue rock-thrush (*Monticola solitarius*)
Rufous-tailed rock thrush (*Monticola saxatilis*)
Black kite (*Milvus migrans*)
Common scops owl (*Otus scops*)
Fox (*Vulpes vulpes*)
Iberian frog (*Rana iberica*)
Common toad (*Bufo Bufo*)
Ortolan bunting (*Emberiza hortulana*)
Ferreter (*Mustela putorius*)
Snub-nosed viper (*Vipera latastei*)
Bonelli's eagle (*Hieraetus fasciatus*)
Short-toed Eagle (*Circus pygmaeus*)
Boga (*Chondrostoma toxostoma*)
Pyrenean desman (*Galemys pyrenaicus*)
Iberian rock lizard (*Lacerta monticola*)
Slug (*Geomalacus maculosus*)
Otter (*Lutra lutra*)

Centaurea rothmalerana

Human Landscape

- 01 - Little souls
- 02 - Dry lagoon
- 03 - "Mariola"
- 04 - Fountain - St. Anthony Nave
- 05 - Cable car ruins
- 06 - Shepherds Shelter - St. Anthony Nave
- 07 - View of the Zêzere Glacial Valley and Manteigas Village
- 08 - Rye cultivation
- 09 - Goat and sheep cattle grazing by the marshes
- 10 - Artificial Lagoon and Rye cultivation
- 11 - Rye cultivation and mountain typical house
- 12 - Panoramic view of Manteigas Village
- 13 - Rye cultivation in the "assentada"
- 14 - View to the terraces

Natural Landscape

- 01 - View to the Candeeirinhas
- 02 - Forest after the fire of 2005
- 03 - Dry lagoon
- 04 - View to the jugs Thin, Fat and Shallow
- 05 - Panoramic view of Zêzere Glacial Valley
- 06 - Dry lagoon panoramic view
- 07 - "Poios Brancos" and the Chair of "Viriato"
- 08 - Panoramic view in "Piornos" vicinity
- 09 - Cervum - St. Anthony Nave
- 10 - Celtiberic Birch Copse
- 11 - Panoramic view of Covão d'Ametade and the Jugs
- 12 - Population of Pinus pinaster and Pinus sylvestris
- 13 - View to the Zêzere Glacial Valley
- 14 - Panoramic view of Manteigas
- 15 - View to the Bee Covão
- 16 - Panoramic view to the Gravels
- 17 - View to the torrential water line - "Beijames" Stream
- 18 - View to the "Aguilhão"
- 19 - Mix Forest

Rest Places

- 01 - Poios Brancos
- 02 - Fountain - St. Anthony Nave

Flora

- 01 - Sargasso (*Halimium alyssoides*)
- 02 - "Torga" (*Erica umbellata*)
- 03 - Cervum (*Nardus stricta*)
- 04 - Common tormentil (*Potentilla erecta*)
- 05 - White broom (*Cytisus multiflorus*)
- 06 - Heather (*Erica arborea*)
- 07 - Dorset heath (*Erica ciliaris*)
- 08 - Black Pine (*Pinus nigra*)
- 09 - *Genista cinerascens*
- 10 - Deodar cedar (*Cedro-deodara*)
- 11 - Rowan (*Sorbus aucuparia*)
- 12 - Pinheiro-de-casquinha (*Pinus sylvestris*)
- 13 - Douglas-fir (*Pseudotsuga menziesii*)
- 14 - Birch (*Betula celtiberica*)
- 15 - Maritime Pine (*Pinus pinaster*)
- 16 - Rye (*Secale cereale*)
- 17 - Three birds flying (*Echinospartum ibericum pulviniformis*)
- 18 - Orobancha ramosa (*Orobancha rapum-genistae*)
- 19 - Grey willow (*Salix atrocinerea*)
- 20 - White willow (*Salix salicifolia*)

Observation places

- 01 - Panoramic view to the background of the Zêzere Glacial Valley
- 02 - Panoramic view of Covão d'Ametade and to the jugs Thin, Fat and Shallow
- 03 - View to the Zêzere Glacial Valley with Manteigas Village at the bottom
- 04 - View to the Zêzere Glacial Valley
- 05 - Panoramic view of Manteigas Village
- 06 - View to the Bee Covão
- 07 - Panoramic view to the Gravels
- 08 - View to the torrential water line - "Beijames" Stream
- 09 - View to the "Aguilhão"

Scale: 1:15.500

0 125 250 500 meters