



PATH NETWORK IN NATURE



Photo: João Sanguinho

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ALTO ALENTEJO

The 15 municipalities of the northeast corner of the Alentejo have a population of approximately 120,000 inhabitants, the principal cities being Elvas, Ponte de Sor and Portalegre.

The landscapes of this territory are marked by three remarkable geomorphological formations left here by nature.

To the north, the deep, broad valley of the Tagus River borders Beira Baixa, and continues on through the valley of its left bank tributary, the Sever River, which also serves to mark the border with the Spanish Extremadura.

The Serra de São Mamede, which runs in a northwest-southeast direction for over 40km, is the location of the only point above 1000m in elevation south of the Tagus River, and is part of a formation that comes from Beira, entering into the Alentejo through the *Portas de Ródão* and extending still further into Spain.



The remainder of the region is an extensive peneplain, punctuated by a hill here and there, the roughness of the surface depending on the granites or schists.

Cutting across this surface are important waterways: the Caia, Sor and Xévoa rivers and the Ribeira de Seda. These, like the Tagus and the Sever River, often have their flows interrupted and their waters retained in various reservoirs: Belver, Caia, Fratel, Maranhão, Montargil, Monte Fidalgo and Póvoa. But these are just the largest ones. Everywhere, small dams constitute elements that stand out in the landscape, enhance new agricultural activities and contribute to the maintenance of biodiversity.

The centuries-old defence of the border left marks on the horizons, which are formed by lines of walls, by the silhouette of watchtowers and by bastions, which no longer threaten, but invite us for a visit.

It is in the land of these fields and hills of Alto Alentejo - populated by cork oaks, holm oaks and olive trees, covered by meadows or cereals and inhabited by many rare wildlife species - that many products have found the aromas and flavours that differentiate them.









> ALTER DO CHÃO

DISTANCES

PORTALEGRE: 29km (IC13)

LISBON: 171km (N119)

PORTO: 297km (A1 and A13)

ITS HISTORY

Originating in the Roman settlement of *Abelterium*, which was founded on a site dating back to the Iron Age, it was under the government of the first caliph of *Al-Andalus*, Abd al-Rahmann III, that the original foundations of the castle were laid, before the Christian conquest by D. Afonso Henriques. In 1232 it received its charter during the reign of D. Sancho II, and remained under the influence of the Bishopric of Guarda until 1293, when D. Dinis granted the village a new charter. In 1357 D. Pedro I ordered the reconstruction of the castle. In 1748, D. João V founded the stud farm.

ITS GEOGRAPHY

The various waterways flowing into Ribeira de Seda add colour and freshness to this lowland area where along the slight undulations of its sandy terrain, *montados* of cork oak alternate with those of holm oak, the Serra de São Mamede always present on the eastern horizon, just a glance away in the distance.

MUST-SEE PLACES

**ROMAN BRIDGE OF VILA FORMOSA,
NEAR SEDA** (NM - 2nd century)

CASTLE OF ALTER DO CHÃO
(NM - 14th century)

ALTER PEDROSO
(ruins of the castle and village)

STUD FARM OF ALTER

**CHURCH OF THE CONVENT OF SANTO
ANTÓNIO, ALTER DO CHÃO**
(RPI - 17th and 18th centuries)

FOUNTAIN OF PRAÇA PÚBLICA
(RPI - 16th century)

Castle



Roman bridge of Vila Formosa



ANNUAL CALENDAR

ABRIL CAVALOS E TOIROS

A month of meetings and activities culminating in the traditional bull run on 25 April. Alter do Chão.

FESTIVAL DA JUVENTUDE - ALTER SUMMER FEST

Summer meeting for young people, in the Garden of Álamo, with three nights of live music.

SEMANA GASTRONÓMICA DO AÇAFRÃO
Easter week. A week of Indo-Portuguese cuisine, guided by the aromas and flavours of saffron.

CLASSIFIED AREAS

Cabeção Special Area of Conservation

> ARRONCHES

DISTANCES

PORTALEGRE: 26km (N246)

LISBON: 233km (A6)

PORTO: 318km (A1)

ITS HISTORY

The village surrounded by five bridges. That's how José Saramago referred to the village that was taken from the Moors in 1166 by D. Afonso Henriques, then was lost and again recovered by D. Sancho II in 1235, and definitively integrated in Portuguese territory in 1242, when it was reconquered by D. Paio Peres Correia. In 1255, D. Afonso III granted a charter to the village and, captured by the Castilians during the Interregnum, it was once again rescued, this time by D. Nuno Álvares Pereira in 1384. Privileged by monarchs, in 1475 it received the courts gathered by D. João II.

ITS GEOGRAPHY

The municipality is partially within the Serra de São Mamede Nature Park, being blessed by the coolness of waterways flowing from its southwestern slopes and form veritable arteries that irrigate the large plateau that further south is immersed by the Caia reservoir. To the east, the Abrilongo River forms the natural border with Spain.

Parish Church of Nossa Senhora da Assunção



MUST-SEE PLACES

PARISH CHURCH OF NOSSA SENHORA DA ASSUNÇÃO (NM - 16th century)

FORT OF ARRONCHES
(RPI - 14th and 17th centuries)

CHURCH OF THE CONVENT OF NOSSA SENHORA DA LUZ (RPI - 16th century)

FOUNTAIN OF VASSALO
(RPI - 18th century)

ROCK PAINTINGS OF LAPA DOS GAIVÕES, HORTAS DE BAIXO
(NM - Neolithic and Chalcolithic)

ANNUAL CALENDAR

FESTAS DE S. JOÃO

Throughout the month of June. Streets adorned with thousands of paper flowers.

FEIRA DAS ATIVIDADES ECONÓMICAS DE ARRONCHES

2nd weekend of July. With emphasis on traditional cuisine.

Fountain of Vassalo



CLASSIFIED AREAS

Serra de São Mamede Nature Park
São Mamede Special Area of Conservation



DISTANCES

PORTALEGRE: 59km (IC13 and N370)
LISBON: 165km (A2, A6 and N370) or 148km (N251)
PORTO: 298km (A1 and A13)

ITS HISTORY

On July 30, 1211, D. Afonso II donated this land to the Militia of the Freires of Évora, on the condition they build a castle, a convent and a village here. The Master D. Fernão Eanes, first Master of Avis, founded the village in 1214 and immediately ordered the construction of the castle. The headquarters of the Militia of the Freires of Évora was then transferred to Avis, where it would become the Military Order of St. Benedict of Avis, and which in 1385 would be at the birth of the 2nd dynasty of Portugal, with the crowning of its Grand Master, D. João I.

ITS GEOGRAPHY

A territory washed by the reservoir of Maranhão, where the torrid heat of the well preserved *montados* of cork oak and holm oak is alleviated by the waters of the Ribeira de Seda, its courses of water favouring the rich biodiversity that stands out for its species of birds and riparian forests.

MUST-SEE PLACES

CASTLE OF AVIS (NM - 13th century)

MEGALITHIC NECROPOLIS DA ORDEM / DOLMEN OF HERDADE DA ORDEM
(NM - Neolithic and Chalcolithic)

TOMBSTONE OF THE CHURCH OF BENAÍLA / CHAPEL OF NOSSA SENHORA DE ENTRE ÁGUAS
(NM - 15th century)

PARISH CHURCH OF NOSSA SENHORA DA ORADA (15th - 18th centuries)

DOLMENS OF THE MEGALITHIC SET OF ERVEDAL (Neolithic and Chalcolithic)

Overview of Avis



Parish Church and Pillory



ANNUAL CALENDAR

FEIRA MEDIEVAL IBÉRICA DE AVIS

In May, the town of Avis travels back to the thirteenth and fourteenth centuries with historical recreations of some of the most important facts celebrated here.

FEIRA FRANCA

On the last weekend of July, with music, crafts, small taverns and exhibitions. This is one of the most popular events in the region.

CLASSIFIED AREAS

Cabeção Special Area of Conservation

> CAMPO MAIOR

DISTANCES

PORTALEGRE: 48km (N246 and N371)

LISBON: 225km (A6)

PORTO: 340km (A1)

ITS HISTORY

Conquered from the Moors by the Pérez family of Badajoz, in 1219, the settlement was elevated to village in 1255 by D. Afonso X, King of Leon. The signing of the Alcañices Treaty in 1297 integrated it into the domains of the Portuguese crown and, in 1310, D. Dinis led the rebuilding of its castle. In 1512, D. Manuel I granted a charter to the village, which two centuries later, in 1732, saw two-thirds of its population decimated following a fire caused by the explosion of the powder magazine of the keep. The village was rebuilt by D. João V.

ITS GEOGRAPHY

Lying up against one of the easternmost points of the Portuguese-Spanish border in Alentejo, the municipality of Campo Maior is bounded and crossed by the Caia River, the Ribeira de Abrilongo and the Xévorá River, into which the Abrilongo flows in front of Ouguela. The wide valleys and small elevations dominate the landscape, which makes space for the Alentejo peneplain.

Festas do Povo



MUST-SEE PLACES

CASTLE OF CAMPO MAIOR

(NM - 13th - 16th centuries and reconstruction by D. João V in the 18th century)

PILLORY OF CAMPO MAIOR

(NM - 18th century)

PARISH CHURCH OF NOSSA SENHORA DA EXPECTAÇÃO

(RPI - 16th - 17th centuries) 1570-1646

CHAPEL OF BONES (18th century) - 1766

CASTLE OF OUGUELA

(RPI - 13th - 14th centuries)

COFFEE SCIENCE CENTRE

AGENDA ANUAL

ROMARIA DE NOSSA SENHORA DA ENXARA

Easter pilgrimage which starts on Good Friday, with procession, bullfight and a variety of entertainment.

ROMARIA DE SÃO JOÃOZINHO

Pilgrimage on June 23 to the Hermitage of São Joãozinho. Selling of *fogaças* (offer of cakes, fruits and animals by those who have seen a promise fulfilled).

FESTAS DO POVO

On dates chosen by the people, the streets of Campo Maior are adorned with flowers. In late August, early September.

Parish Church and historic borough, seen from the castle



CLASSIFIED AREAS

Campo Maior Special Protection Area | São Mamede Special Area of Conservation
Caia Special Area of Conservation

➤ CASTELO DE VIDE

DISTANCES

PORTALEGRE: 20km (N246) or 17km (EM523)

LISBON: 225km (A1 and A23) or 212km (N119)

PORTO: 289KM (A1)

ITS HISTORY

Castelo de Vide was nicknamed by D. Pedro V as the *Sintra of Alentejo*. It was the conflict between the heirs of D. Afonso III, Afonso Sanches and D. Dinis, that started the history of the village. D. Dinis, ascending to the throne in 1279, triggered the infamy of his brother who would order the construction of a defensive wall around Vide, which he had inherited. D. Dinis laid siege to the village, which ended only when an embassy of Aragon arrived with the king's proposal of marriage to D. Isabel of Aragon.

ITS GEOGRAPHY

Castelo de Vide occupies the north and northeast flank of the Serra de São Mamede, extending northwards along the granite peneplain, where the reservoir water mirror of the Póvoa Dam appears and where it comes alongside the Sever River. The Serra de São Paulo, opposite the village, is one of the parts of the Serra de São Mamede.

MUST-SEE PLACES

CASTLE OF CASTELO DE VIDE

(NM - 13th - 14th centuries)

MENHIR OF MEADA (NM-Neo-Chalcolithic)

JEWISH QUARTER AND SYNAGOGUE

(14th-15th centuries)

FOUNTAIN OF THE VILLAGE

(RPI - 16th century)

CHAPEL OF NOSSA SENHORA DA PENHA, SERRA DE SÃO PAULO (16th century)

PARISH CHURCH OF NOSSA SENHORA DA DEVESA (18th-19th centuries)

General view



Synagogue



AGENDA ANUAL

SEMANA SANTA

Week of Easter celebrations, where the sacred and the pagan coexist in harmony. Blessing of the lambs. *Chocalhada*.

FESTIVAL ANDANÇAS

At the Póvoa Dam. A popular festival of music and dance where learning is more important than seeing.

FEIRA MEDIEVAL

On the first weekend of September.

CLASSIFIED AREAS

Serra de São Mamede Nature Park
São Mamede Special Area of Conservation

**DISTANCES**

PORTALEGRE: 23km (IC13)
 LISBON: 183km (N119) or 223km (A1 and A23)
 PORTO: 286km (A1)

ITS HISTORY

The more than 70 dolmens registered in the municipality of Crato attest to the presence of Neolithic settlements long before history was told here, over 2,500 years ago. Founded by Carthaginians, until the conquest of D. Afonso Henriques in 1160, the village sheltered Romans, Vandals, Alans, Visigoths and Moors. In 1232, D. Sancho II donated the village to the Knights Hospitaller (Order of Malta from 1530), the Prior being Mem Gonçalves, grantor of the 1st charter of the village, which was succeeded, in 1512, by the charter donated by D. Manuel I.

ITS GEOGRAPHY

Lying far to the west of the Serra de São Mamede and with its terrain creased only by the passage of the Ribeira de Seda and the Ribeira de Alfeijós, the municipality of Crato is part of the continuum of the Alentejo peneplain landscape.

Dolmen of Aldeia da Mata

**MUST-SEE PLACES**

CHURCH-FORTRESS OF SANTA MARIA DA FLOR DA ROSA (NM - 14th century)

DOLMEN OF CRATO (NM-Neo-Chalcolithic)

DOLMEN OF ALDEIA DA MATA
 (NM - Neo-Chalcolithic)

PARISH CHURCH OF CRATO
 (RPI - 13th century, remodelled in the 15th and 17th centuries)

BALCONY OF THE GRAND PRIOR
 (RPI - 16th century)

MUNICIPAL MUSEUM OF CRATO

ANNUAL CALENDAR**FESTIVAL DO CRATO**

In late August, music, crafts and gastronomy.

SEMANA SANTA

Easter festivities with unique tradition which includes the Funeral Procession of the Senhor da Cana Verde, a nocturnal pilgrimage on Good Friday.

FESTIVAL DO MARISCO

Vale do Peso. So far from the sea but full of maritime delights, this is the festival that moves the entire Alto Alentejo in the search of ocean flavours, in August.

Church-fortress of Santa Maria da Flor da Rosa

**CLASSIFIED AREAS**

Nisa-Lage da Prata Special Area of Conservation

> ELVAS

DISTANCES

PORTALEGRE: 58 km (N246)

LISBON: 208km (A6)

PORTO: 350km (A1)

ITS HISTORY

Elvas, the garrison border town, saw its first fortification built by the Romans who arrived at the Iberian Peninsula in 218 BC. In the 8th century, at the time called *lalbax*, it was occupied by the Islamic communities that in the 12th century would be conquered by D. Afonso Henriques. However, it was only in the reign of D. Sancho II in 1229, that the fortress would be finally subdued. In the 14th century, D. João IV commanded the construction of the 3rd line of walls, completed during the reign of D. Fernando and, in 1513, D. Manuel I raised Elvas to the status of a city.

ITS GEOGRAPHY

The municipality lies against the Portuguese-Spanish border, which here is created by the flow of the Caia River and the Guadiana River, the great river of the south that here has its first encounter with Portuguese land. The reservoir of the Dam of Caia lies on the northern boundary. A zone of higher altitudes, reaching almost 500m, rises northwest of Elvas.

MUST-SEE PLACES



AQUEDUCT OF AMOREIRA

(NM - 16th-17th centuries)

MEGALITHIC COMPLEX OF ELVAS AND BARBACENA

CASTLE OF BARBACENA (RPI - 16th century)

FORT OF SANTA LUZIA (NM-17th century)

BRIDGE OF NOSSA SENHORA DA AJUDA (RPI - 16th century)

Aqueduct of Amoreira



Bastion fortifications



ANNUAL CALENDAR

FREEDOM FESTIVAL

In mid-August. A gathering that combines world music, dance, nature, ecology and non-conventional medical therapies.

FEIRA DE SÃO MATEUS

The Greatest Pilgrimage of the Alentejo. The festivities of devotion to the Senhor Jesus da Piedade, with roots in the 16th century, take place in late September.

SEMANA GASTRONÓMICA DAS SOPAS ALENTEJANAS

May / June. Fair focused on the huge variety of flavours and aromas of traditional Portuguese soups.

CLASSIFIED AREAS

Torre da Bolsa Special Protection Area | São Vicente Special Protection Area
Caia Special Area of Conservation

FRONTEIRA

DISTANCES

PORTALEGRE: 46km (IC13 and N245)
 LISBON: 171km (N251) or 198km (A2 and A6)
 PORTO: 314km (A1)

ITS HISTORY

A region rich in megalithic and Roman remains, its settlement is attested by pastoral communities from the Neolithic Period. Ruins of an ancient bathhouse in the *Termas da Sulfúrea* testify to its Romanization. The site of great battles, it was near Fronteira, in Atoleiros, that D. Nuno Álvares Pereira defeated the Castilian forces, in 1384, ensuring the Portuguese sovereignty of the region right in the midst of a crisis in succession. The foundation of the castle and the village is attributed to D. Dinis, with its charter being given it by D. Manuel I in 1512.

ITS GEOGRAPHY

The municipality of Fronteira extends along the Alentejo peneplain, being crossed by the Ribeira Grande and its other tributaries that funnel its waters to the reservoir of the Dam of Maranhão. The two most important towns - Fronteira and Cabeço de Vide – are worth a visit.

Interpretation Centre of the Battle of Atoleiros



ANNUAL CALENDAR

COMEMORAÇÃO DA BATALHA DOS ATOLEIROS

April 6 - Visit to the Battle Interpretation Centre and, in a few years, a historical recreation of it.

FESTAS EM HONRA DE NOSSA SENHORA DA VILA VELHA

In August, at Fronteira, celebrations which include the running of wild cattle starting at midnight.

MUST-SEE PLACES

PARISH CHURCH OF FRONTEIRA

(MPI - 16th-18th centuries)

CHURCH OF NOSSA SENHORA DA VILA VELHA

(16th-18th centuries)

HERITAGE DISTRICT OF CABEÇO DE VIDE

VEIROS: CASTLE (RPI - 14th century)

AND CHURCH OF SÃO SALVADOR

(RPI - 16th century)

COMPLEX OF SULPHUR BATHS -

Cabeço de Vide

Pillory and Clock Tower



CLASSIFIED AREAS

Monforte Special Protection Area

> GAVIÃO

DISTANCES

PORTALEGRE: 56km (IP2 and N118)

LISBON: 170km (A1 and A23) or 167km (N119)

PORTO: 261km (A1 and A13) or 268km (A1 and IC8)

ITS HISTORY

They are grateful and good people, and now I like the idea of being surrounded, when dead, by people who have dared to be grateful in my life. Mousinho da Silveira thus expresses his wish to be buried in Vale de Gaviões, in Margem. In 1194, D. Sancho I donated the land of Guidintesta (between the Tagus and Zêzere rivers) to the Knights Hospitaller, on the condition they build there a settlement and a castle, the name of which would have to be *Belver*. It was completed in 1212 and served as a defensive line against the Moorish attacks.

ITS GEOGRAPHY

This is one of Alentejo's municipalities that has territory north of the Tagus River: Belver. The deep valley of the Tagus River marks the geography of the municipality to the north. To the south, the territory is marked by the peneplain carved up by courses of water, chief among which are the streams of Salgueira and Sor.

MUST-SEE PLACES

CASTLE OF BELVER (NM - 13th century)

CHAPEL OF N. SR.ª DO PILAR, BELVER (MR)

DOLMEN OF PENEDO GORDO, TORRE FUNDEIRA (Neolithic and Chalcolithic)

SOAP MUSEUM, BELVER

FOOTBRIDGE OF ALAMAL

Soap Museum



Belver



ANNUAL CALENDAR

FEIRA MEDIEVAL EM BELVER

On the third weekend of June.

MOSTRA DE ARTESANATO, GASTRONOMIA E ATIVIDADES ECONÓMICAS

In July. An event with musical entertainment and eating area.

CLASSIFIED AREAS

Nisa-Lage da Prata Special Area of Conservation

MARVÃO

DISTANCES

PORTALEGRE: 21km (N359)
LISBON: 235km (A1 and A23) or 222km (N119)
PORTO: 298km (A1)

ITS HISTORY

In the 10th century, the Cordovan historian Isa Ibn Áhmad ar-Rázi referred to the Fortress of *Ammaia* atop the cliff where Marvão is located and which is believed to have served the Roman city of *Ammaia*, built in the 1st century. It would have been here that in 884, a muladi noble in rebellion against the Emirate of Cordoba took refuge. He was Ibn Maruán *The Galician*, founder of Marvão. During the campaigns of 1160-1166, D. Afonso Henriques reconquered the village, whose charter was granted in 1226, during the reign of D. Sancho II.

ITS GEOGRAPHY

This is the municipality on the north-northeast slope of the Serra de São Mamede. Fully enclosed by the Serra de São Mamede Nature Park, its territory is dominated by a quartzite ridge on the top of which the village of Marvão was built. The Sever River forms the border on the east and the north, where the granite terrain dominates.

Roman city of *Ammaia*



MUST-SEE PLACES

CASTLE (NM - 13th-14th centuries) **AND WALLED VILLAGE OF MARVÃO**

ROMAN CITY OF AMMAIA (NM)

LIME-KILNS OF ESCUSA (NM)

CALVARY OF ESTRELA (NM - 15th century)

CHURCH AND CONVENT OF NOSSA SENHORA DA ESTRELA (RPI - 15th century)

BRIDGE AND TOWER OF PORTAGEM (16th century)

ROMAN ARCHAEOLOGICAL SITE OF HERDADE DOS POMBAIS (RPI)

ANNUAL CALENDAR

FESTIVAL INTERNACIONAL DE MÚSICA DE MARVÃO

Late July. Classical music in nooks of Marvão and in the Roman city of *Ammaia*.

AL-MOSSASSA - FESTIVAL ISLÂMICO DE MARVÃO

Islamic Festival of Marvão - Early October. Celebration of the origins of the population.

FEIRA DA CASTANHA

Mid-November.

FESTIVAL DE CINEMA DO MUNDO

In Marvão, 3rd edition in 2015 (date varies).

Castle of Marvão with snow



CLASSIFIED AREAS

Serra de São Mamede Nature Park
São Mamede Special Area of Conservation

> MONFORTE

DISTANCES

PORTALEGRE: 30km (E802/IP2)

LISBON: 199km (A2 and A6)

PORTO: 321km (A1)

ITS HISTORY

With mythologies coloured in mosaics at the Roman *Villa* of Torre de Palma and pre-historic structures in dolmens between *montados*, the village of Monforte was conquered from the Moors by D. Afonso Henriques in 1139. Ruined by battles, it was rebuilt in 1257 by D. Afonso III, grantor of its 1st charter. In 1309, D. Dinis was in charge of the construction of the castle which resisted the siege of D. Nuno Álvares Pereira during the Interregnum crisis, when the village took the side of Castile. In 1512, a new charter was granted by D. Manuel I.

ITS GEOGRAPHY

The Ribeira Grande stream has its source in Monforte, to the south of Portalegre, and a group of modest elevations form a line to the northwest of the municipality, spanning Vaiamonte, Cabeço de Vide (Fronteira) and Alter Pedroso (Alter do Chão). Over the rest of its territory the slight undulation of the terrain of the peneplain prevails.

MUST-SEE PLACES

LUSITANIAN-ROMAN VILLA OF TORRE DE PALMA, VAIAMONTE (NM)

ROMAN BRIDGE OVER RIBEIRA GRANDE (RPI)

CHURCH OF S. JOÃO BAPTISTA (RPI - 17th – 18th centuries)

PARISH CHURCH OF NOSSA SENHORA DOS MILAGRES, ASSUMAR (MPI - 14th century)

Lusitanian-Roman *Villa* of Torre de Palma

Parish Church of Nossa Senhora dos Milagres, Assumar



ANNUAL CALENDAR

ROMARIA E FESTA RELIGIOSA EM HONRA DE NOSSA SENHORA DOS PRAZERES

Monday after Easter, pilgrimage to the church of Prazeres, 8km from Monforte.

CLASSIFIED AREAS

Monforte Special Protection Area
Veios Special Protection Area

NISA

DISTANCES

PORTALEGRE: 35km (IP2 and N18)
LISBON: 205km (A1 and A23) or 191km (N119)
PORTO: 257km (A1 and IC8)

ITS HISTORY

The territory of the current municipality of Nisa was donated by D. Sancho I to the Knights Templar in 1199, who built a fortress here. The site was settled by French settlers who came from Nice to populate and thus defend the deserted region, hence the name Nisa. The first charter was granted by Master D. Frei Estêvão de Belmonte between 1229 and 1232, which was followed by a new charter donated by D. Manuel I in 1512. Because of its role throughout the Interregnum crisis, the village was awarded the title of *Mui Notável* (remarkable) by D. João I.

ITS GEOGRAPHY

This is the northernmost municipality of the Alentejo, a quadrant confined by the Tagus and Sever rivers. Its geography is marked by the Serra de São Miguel, at whose northern end are the *Portas de Ródão*, and a large area of gently rolling hills, from which arise outcroppings and blocks of granite disguised by dense areas of cork oaks.

Castle of Nisa - Gate of the Village



MUST-SEE PLACES

CASTLE OF NISA - GATE OF THE VILLAGE AND GATE OF MONTALVÃO
(NM - 14th century)

DOLMEN OF S. GENS
(NM - Neolithic and Chalcolithic)

CASTLE OF AMIEIRA DO TEJO
(NM - 14th century)

CHAPEL OF CALVÁRIO, AMIEIRA DO TEJO (RPI - 18th century)

MENHIR OF PATALOU

ANNUAL CALENDAR

MOSTRA DE QUEIJOS E PRODUTOS TRADICIONAIS DE TOLOSA

In May, appreciation and promotion of regional products (Nisa Cheese - PDO).

NISA EM FESTA

In August, music and nocturnal entertainment.

TRIBOJAM FESTIVAL

Music and dance improvisation festival in the eco-project Triboar, in August.

FEIRA DOS ENCHIDOS DE ALPALHÃO

In Alpalhão between March / April. Fair and tasting of a of long-standing traditional production.

Dolmen of S. Gens



CLASSIFIED AREAS

Portas de Ródão Natural Monument | Nisa-Lage da Prata Special Area of Conservation
São Mamede Special Area of Conservation | Naturtejo GeoPark

➤ PONTE DE SOR

DISTANCES

PORTALEGRE: 62km (IC13 and N119)
LISBON: 140km (N119) or 160km (A1 and N119)
PORTO: 270km (A1 and A13)

ITS HISTORY

The name of the city located on the right bank of the Ribeira de Sor comes from a primitive Roman bridge, rebuilt in 1822 by D. João VI. Despite the charter having been granted by the Cathedral of Évora in 1161, in the reign of D. Sancho I, it was only in the 14th century that the settlement of the territory was encouraged by the order of D. Dinis. Before the reform of its charter in 1514 by D. Manuel I, the walls around the village were expanded at the initiative of D. Duarte in 1438, the last year of his reign, although today only traces remain.

ITS GEOGRAPHY

With its vast *montados* the territory of the municipality surrounds the almost straight course of Ribeira de Sor and the reservoir of the Dam of Montargil, where the waters of the stream are retained. The abundance of cork oak caused the cork industry to flourish, but the fertile soils and the water resources brought forth a diverse mosaic of farms and forests.

MUST-SEE PLACES

CHAPEL OF SÃO PEDRO

(16th-18th centuries)

FOUNTAIN OF THE VILLAGE

(18th century)

PEDESTRIAN BRIDGE OVER SOR RIVER

(21st century)

CHAPEL OF SANTA CASA DA MISERICÓRDIA, GALVEIAS (RPI)

RESERVOIR OF THE DAM OF MONTARGIL

Park of the Marginal



Pedestrian Bridge



ANNUAL CALENDAR

FESTIVAL SETE SÓIS SETE LUAS

Summer Festival that is held in a network of 30 cities from 10 countries of the Mediterranean and the Atlantic.

FEIRA DE OUTUBRO

Annual fair, with origins in the 16th century.

FEIRA DE JANEIRO

January 15. Originally from 1854, it was a fair of pigs in the nineteenth century.

CLASSIFIED AREAS

Cabeção Special Area of Conservation

PORTALEGRE

DISTANCES

LISBON: 227km (A6) or 230km (A1 and A23)

PORTO: 294km (A1)

ITS HISTORY

Capital of the Alto Alentejo, its first charter was granted in 1259 by D. Afonso III, later succeeded by the Manueline charter of 1511. In 1290, D. Dinis led the construction of the fortress and walls and in 1299 classified the region as a privilege *d'el Rei and his first male heir*. In 1549, Pope Paul III issued the Papal bull that raised Portalegre to Diocese, under the due diligence of D. João III, who turned the village into a city the following year. During that century, the Convent of Santo António (1552) and the Cathedral (1556) were built.

ITS GEOGRAPHY

Portalegre lies on a platform that connects the peneplain to the Serra de São Mamede. The municipality covers much of the mountain, with important areas of schist, granite and quartzite formations. It shares its point of highest altitude with Marvão. It borders Spain, but also extends to the west and south in a gentle plain.

Republic square



ANNUAL CALENDAR

PORTALEGRE JAZZFEST

February / March, at the Centre of Arts and Performance. Long-established festival offers the best national and international jazz.

FEIRA DE DOÇARIA CONVENTUAL E TRADICIONAL DE PORTALEGRE

Every year in April. Exhibition and display of the best convent sweets and the knowledge associated with them.

MUST-SEE PLACES

WALLS OF THE CASTLE OF PORTALEGRE (NM)

CATHEDRAL OF PORTALEGRE

(NM - 16th-17th-18th centuries)

MONASTERY OF SÃO BERNARDO AND CONVENT CLOISTER

(NM - 16th-17th-18th centuries)

HOUSE WINDOWS IN RUA AZEVEDO COUTINHO (NM - 16th century)

CASTLE OF ALEGRETE (ruins and city walls) (NM - 14th century)

MUSEUM OF PORTALEGRE TAPESTRY - GUY FINO

Manufacturing of Portalegre Tapestry



CLASSIFIED AREAS

Serra de São Mamede Nature Park

São Mamede Special Area of Conservation

> SOUSEL

DISTANCES

PORTALEGRE: 58KM (E802/IP2)
 LISBON: 186km (A2 and A6) or 160km (N251)
 PORTO: 327km (A1)

ITS HISTORY

Legends attribute the village name to one of the greatest military geniuses in the history of Portugal, the Constable D. Nuno Álvares Pereira. Among the other donations received for services to the crown, the lands of Sousel were given him by the grace of D. João I, in 1408. In fact, in the century before he was born, D. Afonso III already had made mention of Reguengos de Sousel in the medieval charter of Estremoz, in 1258. Distinguished with the Order of Avis, it was over the course of the 13th century that the first inhabitants settled here. It received the Manueline charter in 1515.

ITS GEOGRAPHY

Sousel is on the border with the district of Évora, at the southern limit of Alto Alentejo. Its landscape is dominated by cork oak and olive trees, under which are found vast pasture lands and dry land crops that depend on rainfall. The land rises to the southeast creating some hills over 300m in elevation, but none of them reach 500m.

MUST-SEE PLACES

TOWER OF ÁLAMO (15th century)

BRIDGE OF DOURADA

POÇO LARGO (19th-century well)

CASA BRANCA (village)

Tower of Álamo



Overview of Sousel



ANNUAL CALENDAR

BÊNÇÃO DO GADO

In May, in Sousel. Spring festival with blessing of cattle by the local parish priest.

AGENDA CONFRÁDICA DA CONFRARIA GASTRONÓMICA DE SOUSEL

Every month the Gastronomic Brotherhood of Sousel opens its doors and invites the public to taste dishes and regional products.

CLASSIFIED AREAS

Cabeção Special Area of Conservation
 Veiros Special Protection Area



CLASSIFIED AREAS OF ALTO ALENTEJO

The biodiversity and geodiversity of this territory have been the grounds for the assignment of a number of ratings, nationally, or under European Union regulations, or in more global terms.

There are 13 Classified Areas in Alto Alentejo:

1 NATIONAL NETWORK OF PROTECTED AREAS

PORTAS DE RÓDÃO NATURAL MONUMENT (Nisa and Vila Velha de Ródão, from Beira Baixa)

Created in 2009, this Natural Monument covers an area of 965ha, divided between the municipalities of Nisa and Vila Velha de Ródão. The geological formation designated *Portas de Ródão* is its most striking aspect. In its quartzite cliffs we find the nesting grounds for important species of rupicolous birds (griffon vultures, the black stork and the Bonelli's eagle) and some important plant formations, specifically junipers. This Protected Area also has geological and paleontological aspects that make it a geosite as well as an archaeological heritage that bears witness to human presence for thousands of years. The *Conhal do Arneiro* stands out for being a gold mining site from Roman times.

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REDE NACIONAL DE ÁREAS PROTEGIDAS

SERRA DE SÃO MAMEDE NATURE PARK (Arronches, Castelo de Vide, Marvão and Portalegre)

The Serra de São Mamede, which gives name to this Nature Park, is the largest mountainous formation south of the Tagus River. Due to its geographical location and the fact that it rises above 1000m, it has distinctive microclimate aspects that have allowed the establishment and survival of some animal and vegetal communities that occur here in an almost isolated manner. The Bonelli's eagle is represented in the symbol of this Protected Area. It is currently one of the rarest birds of prey found in our country.

Landscape, Serra de São Mamede Nature Park





Landscape, Campo Maior SPA

2 NATURA 2000 NETWORK

NATURA 2000 NETWORK (HABITATS DIRECTIVE) SPECIAL AREAS OF CONSERVATION (SAC)



CABEÇÃO SAC (Alter do Chão, Avis, Ponte de Sor and Mora)

With 48.607ha, this Special Area of Conservation is characterized by its gentle terrain, the main habitat of which is the *montado* with an undergrowth of pasture land, used extensively for livestock raising. It plays a leading role in the conservation of the (*Halimium umbellatum* var. *verticillatum*), an endemic plant which has over 60% of its distribution area in this Site.

CAIA SAC

(Arronches, Campo Maior and Elvas)

The great diversity of geomorphological conditions and land uses existing in its 31.115ha create a great diversity of landscapes and habitats.

The undulating zones of gentle slopes, or even flat terrains, surrounding the Caia River, some of them seasonally flooded, create conditions for the development of intensive farming practices (due to the use of the river water for agricultural purposes) and for the occurrence of *montados* of holm oak and traditional olive groves with undergrowth of spontaneous pastures, especially the *Poetalia bulbosae*, which is characterized as a priority habitat.

The water courses are dominated by willows, especially the *Salix salviafolia* sbsp *australis*, and by the oleander (*Nerium oleander*).

The otter, the Cabrera's vole and

the *boga-de-boca-arqueada* (*Rutilus lemmingii*) are other important species occurring in this SAC.

GUADIANA - JUROMENHA SAC(Elvas)

The 2.501ha of this SAC about a 50 km portion of the Guadiana River cross-border section.

Groupings of holm oak harbouring important species of flora stand out here, including the *Narcissus humilis*. Its occurrence represents the maximum density of the species in the world, and this is the only place in Portugal where it is found. In the river beds of torrential water courses you can see the *tamujo* (*Securinega tinctoria*), the oleander (*Nerium oleander*), the *Marsilea batardae* in temporary ponds and in river banks, the *Festuca duriotagana* and the *Salix salviafolia* sbsp *australis*.

The *boga-de-boca-arqueada* (*Rutilus lemmingii*), the barbel (*Barbus comiza*) and the otter are also occurrences worth mentioning in this Special Area of Conservation.

NISA - LAGE DA PRATA SAC

(Crato and Nisa)

This Special Area of Conservation extends over an area of 12.658ha of peneplain, where the hilltops populated by huge granite blocks contrast with the valleys that channel



Photo: Humberto Ramos

Bonelli's eagle (*Aquila fasciata*)

the main watercourses. The Pyrenean oak (*Quercus pyrenaica*) is distributed throughout this environment, either in groups on its own, or associated with the cork oak (*Quercus suber*) or the holm oak (*Quercus rotundifolia*). One of the most important specificities of this SAC is precisely related to the Pyrenean oak, specifically when it is in the form of a *montado*, which is a rarity nationwide.

SÃO MAMEDE SAC (Arronches, Castelo de Vide, Marvão, Portalegre, Elvas, Nisa and Campo Maior)

There are 116.114ha of a wide variety of habitats, some of them priorities. Its geomorphology and microclimate form the southern limit of distribution for many species and plant communities

with more Atlantic preferences, as on the northern and western slopes, where the presence of the Pyrenean oak (*Quercus pyrenaica*) is prominent. The regions further to the south that face the east have a more Mediterranean influence and hence are the domain of the cork oak and holm oak. This Special Area of Conservation has important watercourses for the conservation of the *saramugo* (*Anaocypris hispanica*) and the rare and threatened river-mussel (*Unio crassus*). Here also is found the most important cave in the country and one of the most important in Europe to serve as shelter for the breeding and hibernation of colonies of several species of bats.

NATURA 2000 NETWORK (WILD BIRDS DIRECTIVE) SPECIAL PROTECTION AREA (SPA)

CAMPO MAIOR SPA (Campo Maior)

This is an area of almost 9.600ha of open and scattered *montado*, agricultural areas mainly for growing cereal crops, and where the Abridongo and Xéhora rivers flow. It is a critical area for the conservation of steppe birds - great bustard (*Otis tarda*) and little bustard (*Tetrax tetrax*), along with other bird species that deserve mention: black vulture (*Aegypius monachus*), red kite (*Milvus milvus*) and black-winged kite (*Elanus caeruleus*). The area is important for the wintering of cranes (*Grus grus*).

MONFORTE SPA

(Monforte and Fronteira)

This Special Protection Area encompasses the municipalities of Monforte and Fronteira, covering an area of 1.887,25ha. It is dominated by extensive pastures and cereal crops in extensive and semi-intensive regime. There are also some small traditional olive groves and *montados* of scattered holm oak, with pasture and cereals in the undergrowth. This area was established in order to promote the conservation of steppe birds, especially the great bustard (*Otis tarda*) and the little bustard (*Tetrax tetrax*), which occur here as breeders. Note also the presence of other bird species of interest for conservation, such as the red kite (*Milvus milvus*), the Montagu's harrier (*Circus pygargus*), the black-winged kite (*Elanus caeruleus*), the calandra lark (*Melanocorypha calandra*), the short-toed lark (*Calandrella brachydactyla*) and the European roller (*Coracias garrulus*).

SÃO VICENTE SPA (Elvas)

Cattle and sheep roam this area of extensive pastures and cereal production populated by *montado* of widely scattered holm oak and small traditional olive groves.

It is an important area for steppe birds such as the great bustard (*Otis tarda*) and the little bustard (*Tetrax tetrax*). The former uses this location as a nesting place and the latter is observable with significant density in this SPA. Also worth mentioning is the important presence of the kestrel (*Falco naumanni*).

TORRE DA BOLSA SPA (Elvas)

With 869ha, this Special Protection Area covers an agricultural area, mainly used for growing cereal crops and pastures, with some small traditional olive groves and new olive groves of an intensive regime. The SPA was established in order to promote the conservation of steppe birds and some birds of prey. The name is derived from the existence of a tower of medieval characteristics which is close to the northern limit of this SPA.

VEIROS SPA (Monforte and Estremoz, from Central Alentejo)

With approximately 2.000ha, this is an area of extensive pastures and cereal production and a *montado* of widely scattered holm oak, used by cattle and sheep. It represents an important breeding area for steppe birds - great bustard (*Otis tarda*) and little bustard (*Tetrax tetrax*).

Landscape, Monforte SPA



NATURTEJO GEOPARK

(Nisa and five other municipalities of Beira Baixa)

This area covers the territory of six municipalities: Nisa, in the Alto Alentejo, and the other 5 belonging to Beira Baixa. From a total of 170 geosites, Naturtejo Geopark has 16 geomonuments prepared to visit, 3 of which in the Nisa municipality: the Natural Monument of *Portas de Ródão*, the *blocos pedunculados* from Arez - Alpalhão and the Roman gold mine of *Conhal do Arneiro*. The *blocos pedunculados* are geological formations that resulted from the attack of erosive agents near the soil surface in granite outcroppings, acquiring the form of mushrooms. The *Conhal do*

Arneiro resulted from the mining activity developed in the sedimentary deposits located downstream of the *Portas de Ródão*, which took advantage of the hydraulic means diverted from the Nisa River, in the southwestern area of Serra de S. Miguel.

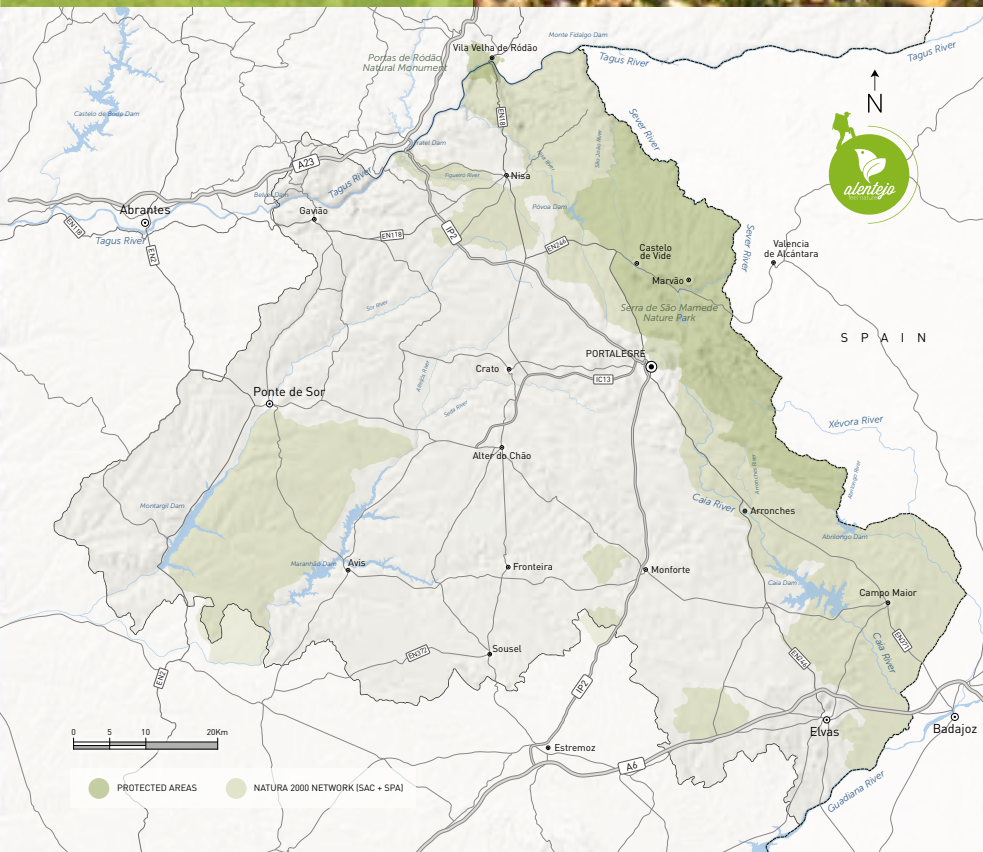


Conhal do Arneiro / Portas de Ródão





Olive harvest





QUALITY TRADITIONAL PRODUCTS AND CUISINE OF ALTO ALENTEJO

The Alto Alentejo agro-systems are responsible for fruit growing, cereal and livestock production, which form the basis of an extraordinary diversity of traditional quality products that are part of the secret of the success of its cuisine.

Your choice can focus on fresh or dried fruit, such as Cherries from São Julião (Protected Designation of Origin), Sweet Plums from Elvas (Protected Designation of Origin) or the Marvão Chestnuts (Protected Designation of Origin), and regional quality products (olive oil, cured meats or cheeses).

*Enjoy some traditional dishes (gazpacho, dogfish soup, golden cod, **cachafrito** of goat or lamb stew) or a delicious dessert (**sericaia**, **boleima** or traditional convent sweets).*

SERICAIA WITH SWEET PLUMS FROM ELVAS

It is a dessert that must not be missed. It is a sweet of convent origin in which eggs and cinnamon play a fundamental role. Decorating or accompanying the dessert, the Sweet Plums from Elvas (Protected Designation of Origin) must be present.

NISA CHEESE

(Protected Designation of Origin)

This is a cured cheese, with semi-hard paste, small eyes and whitish-yellow tint. In traditional production it is obtained by the slow draining of curd after coagulation of the raw milk from sheep of the race *Merina Branca*, by action of a thistle infusion (*Cynara cardunculus* L.).

A few years ago, it was considered by a US magazine as the best cheese in the world.

LAMB STEW

The pastures of the *montado* feed the flocks of sheep which produce the lambs used in the making of some of the best cuisine of the Alto Alentejo. The stew combines the best meat with the best traditional bread.

BOLEIMA OF CHESTNUT AND APPLE

A delightful traditional cake made of chestnuts, with cinnamon aroma and covered with slices of apple.

CHERRIES FROM SÃO JULIÃO

(Protected Designation of Origin)

While crossing the interior valleys of the Serra de São Mamede between May and June, look for the renowned São Julião cherries between Porto da Espada and Rabaça.

NORTHERN ALENTEJO OLIVE OIL

(Protected Designation of Origin)

Galega is the variety of olive (*Olea europaea* L. var. *Europaea*) dominant in northern Alentejo. Mixed and interspersed with the varieties *Blanqueta* and *Cobrançosa*, it generates the fruits that produce a mild olive oil with fruity flavour and aroma, low to very low acidity, and colours ranging from yellow-gold to slightly greenish. Its flavour is essential to a refined taste and it is widely used in traditional Alentejo cuisine in dishes such as *açorda*, cod soup, gazpacho, crumbs or *sarapatel*.

AGRO-SYSTEMS AND TRADITIONAL QUALITY PRODUCTS

The quality of food products is closely related to the sustainability of the agro-systems management. This is an aspect which is so striking in the Alto Alentejo.

The *montado* – of holm oak, cork oak, Pyrenean oak or mixed - is essential for livestock raising in extensive regime. From here come the meats of excellence, the milks that produce remarkable cheeses, and the cereals that are the basis for the tasty regional bread.

From the traditional olive groves comes the olive, which the olive presses turn into green gold or which we use as a starter to a meal, or for making or decorating various dishes.

The *soutos* of Marvão and Porto da Espada produce the chestnuts that cheer the autumn festivities and are used in the making of various dishes and sweets. And finally, it is in these agro-systems that we find the herbs and condiments that give a decisive touch to the taste of food and sweets: oregano, mint, pennyroyal, marjoram, sage, fennel and chard.

Tomato soup with figs

Prefer the cuisine of Alto Alentejo ***Promote local productions***

SOUPS

Tomato soup
Potato soup
Cachola soup
Hare soup

MEAT

Yellow rice with chicken
Potato crumbs with fried pork
Rabbit in wine and garlic
Lamb stew
Cachafrito of goat

FISH

Roasted fish
Dogfish soup
Grilled black bass
Golden cod

CAKES AND SWEETS

Candy eggs
Tecolameco cake
Boleima
Castelo de Vide cheese tarts
Aramenha pie



PATH NETWORK IN NATURE

1 SHORT-DISTANCE Paths

ALTER DO CHÃO

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ARRONCHES

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CAMPO MAIOR

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CASTELO DE VIDE

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PR2 CVD - Walking path of Torrinha 62

PR3 CVD-MRV - Castelo de Vide - Marvão walking path 66

PR4 CVD - Walking path of Póvoa Dam 70

PR5 CVD - Walking path of the fountains in the village 74

ELVAS

PR1 ELV - Walking path of Torre da Bolsa 78

MARVÃO

PR1 MRV - Walking path of Marvão 82

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MONFORTE

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PONTE DE SOR

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PORTALEGRE

PR1 PTG - Walking path of Senhora da Lapa 134

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2 LONG-DISTANCE Paths

NISA

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CASTELO DE VIDE

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MONFORTE

GR42 - Long-Distance path of Montes de Monforte 166





The Path Network in Nature - *Alentejo Feel Nature* is a network belonging exclusively to the Alto Alentejo.

It was promoted by the Intermunicipal Community of Alto Alentejo, through the involvement of 15 municipalities, under the initiative *PROVERE InMotion - Alentejo, Tourism and Sustainability*.

This network was set up by the recent establishment of **18** of Short-Distance Paths and **3** Long-Distance Paths.

Besides this set another **12** pre-existing paths were added:

8 that were already integrated in the Walking Paths Network of Nisa and **4** that were established and managed by the Institute for Nature and Forest Conservation - Serra de São Mamede Nature Park.

A distinguishing feature of the *Alentejo Feel Nature* network is based on the fact that the layout of any of the paths, short-distance path or long-distance path, lies fully or partially within the boundaries of at least one of 13 Classified Areas found in Alto Alentejo.

In this way, the intention is to promote and enhance the existing natural heritage, transforming it into a catalyst for development and placing it in the realm of general public knowledge.

The entire process of establishing new paths has been developed in collaboration with the INFC - Institute for Nature and Forest Conservation.

*The **Path Network in Nature - Alentejo Feel Nature** currently consists of: **30** Short-Distance Paths, with **309^{km}** and **3** Long-Distance Paths, with **126^{km}**. Altogether they total **435^{km}**.*





Photo: Manuela Murteira



It is important that all users of Path Network in Nature - *Alentejo Feel Nature* - have in mind its respective code of conduct.

A significant portion of the paths of this network cross private properties whose owners have given their permission. That is why you must:

- Respect private property.
- Follow sign-posted trails only.
- Be kind to local people.

All paths pass through areas of high environmental sensitivity, particularly for the conservation of wildlife, flora and vegetation:

- Avoid making unnecessary noise.
- Do not disturb the animals.
- Do not collect or damage plants or rocks.

- Do not litter and leave no trace of your visit.

The paths are in contact with agro-systems where agricultural, livestock and forestry activities are exploited and whose integrity must be preserved. A careless gesture or absence of a necessary gesture can cause serious damage:

- Do not light fires and do not throw cigarettes on the ground.
- Beware of cattle. Although gentle, they do not like strangers approaching their young.
- Leave the gates as you found them. If they are closed, be sure they remain well shut.



Póvoa Dam reservoir, Castelo de Vide

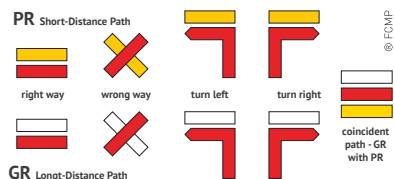


Plan and prepare your trip and your paths making use of the elements contained in this guide, including the presentation for each path.

1 Analyse the difficulty of each path based on the elements provided, including: length, elevation profile, total climb and the MIDI rating assigned to it.

2 Keep in mind the indications concerning the recommended time of year and adverse weather conditions.

3 Keep in mind the meaning contained in the signalling installed along the path.



4 When you are walking a path, use the information which is in this guide. The data contained in it allows you to track and predict the course of the path. Be aware of the indications contained in the start panel of each path.

5 Keep in mind the meaning of the symbols used on the path presentation, especially to foresee difficulties and the types of support that you can count on.

6 The Path Network in Nature - Alentejo Feel Nature is a network of pedestrian paths.

Some of the paths integrated in the network can be done entirely by mountain bike, while others can also be done by bike but keep in mind the possibility of some restrictions.

7 Keep in mind the clothing and footwear recommendations for the walking paths, according to the recommended season and weather conditions. Appropriate equipment and a full backpack make a difference in difficult situations.

The footwear is one of the most important pieces of equipment, since the feet support most of the efforts of walking and it is at the ankle, heel and toes that major problems can arise. Observe the following:

- wear light and comfortable trekking boots. Wear relatively thin socks with reinforced heels and soles, and fibres that breathe.
- if there is not a lot of mud, water or high level irregularities in the path, you may use jogging shoes.

- always carry a spare pair of socks.
- never try the footwear for the first time on the walk.
- protect the most sensitive areas with adhesive, grease your feet with petroleum jelly and spread talcum powder in the insoles.

The clothing should be suited to the time of the year and weather conditions. It is always advantageous:

- wear light and relatively light-coloured clothes in the summer (very light colours attract insects).
- on very hot days and with high sun exposure, wear a hat, sunscreen and sunglasses.
- shorts are an option although they do not protect the legs of eventual aggressions. We recommend trousers with horizontal zipper, easily turned into shorts.
- in the winter, wear lightweight and breathable waterproof clothing. A jacket, a wool or polar fibre sweater, trousers and a cap or waterproof hat.

- in cases of very cold weather, use breathable underclothes made of synthetic fibres.
- at any time of year gloves protect the hands from the cold, vegetation and stones.

A backpack is essential for carrying equipment, food and drink. Bring with you:

- a container with water (1 litre for every 6 km during the summer and a half litre during the winter). Avoid sugary drinks and during the winter bring hot drinks in a thermos.
- a light meal, with foods rich in glucose to provide you energy.
- a flashlight, very useful in areas with little light or in case it starts to get dark.
- binoculars, fundamental to observe the birds, the landscape and the path.
- an emergency kit consisting of a mirror to make signals, a whistle, a first aid box, insect repellent, matches, a knife or multipurpose tool and an anaesthetic spray.

Walking path, Marvão



WALKING PATH “LOOKING OVER SEDA RIVER”



Roman bridge of Vila Formosa - National Monument. Built at the end of the 1st century / early 2nd century AD. It was part of the road that linked *Olisipo* (Lisbon) to *Emerita* (Mérida).

Seda is the village that serves as starting point for this walking path. The churchyard of the Parish Church, facing to the west, is a scenic viewpoint: to the east, Alter do Chão and Alter Pedroso; to the south, Evoramonte, and to the west runs the Seda River, the source of which lies to the northeast in the Serra de São Mamede, and which we will follow from here. Let us take a while to walk through the village, finding the remains of its ancient walls and going to its northern end where, next to the Chapel of São João we find another space that serves as a viewpoint. We go down a stone-paved road, till we reach the left bank of Seda River, surrounded by a magnificent riverside forest. Ahead, we reach the deactivated road that leads us to the extraordinary Roman bridge of Vila Formosa. Back at the bank of the river, we soon cross it through an extensive set of stepping stones. We will pass by the Bridge of Mendes, a schist construction on the Alfeijós River, of uncertain origin but its current form goes back to medieval times. We again cross the same stream just before we pass through small farmlands that signal our arrival at Chança, where the path ends.

A → B
linear

type of path

10.5 Km

distance

3.45^H

time

uphill
167m

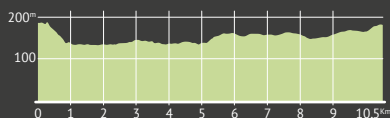
altitude variation

II
easy

grading

193m
136m

altitude max / min



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



> Variant PR1.1 ALT

Distance: 4,9km | **Time:** 1h45m

Starting from Seda and crossing its river to the right bank, the path follows the direction of the water course. In the initial part, it crosses new vineyards and olive groves in the Herdade de Vale de Barqueiros. Soon afterwards, it returns to the river's riparian gallery. The path ends at the boundary between the municipalities of Alter do Chão and Avis.

> Places of Interest

- 1 Seda River
- 2 Roman bridge of Vila Formosa
- 3 Water mill
- 4 Bridge of Mendes
- 5 Alfeijós River





Vineyards

> Highlights

NATURE: along Seda River: willow (*Salix atrocinerea*), ash (*Fraxinus angustifolia*), poplar (*Populus spp*) and alder (*Alnus glutinosa*). White stork (*Ciconia ciconia*), little egret (*Egretta garzetta*), grey heron (*Ardea cinerea*), great crested grebe (*Podiceps cristatus*), mallard (*Anas platyrhynchos*) and gadwall (*Anas strepera*). Otter (*Lutra lutra*).

HERITAGE: Roman bridge of Vila Formosa. Bridge of Mendes. At Seda: castle (vestiges of its ramparts and Parish Church.

HANDICRAFT: saddlery; stuffing with bulrush and straw; works in brass.

GASTRONOMY: yellow rice (saffron) with lamb stew; purslane with egg; gazpacho from Alentejo. Aromatic herbs: safflower, bay leaf, coriander, oregano. Saffron liqueur.

RECOMMENDED SEASON

This walking path can be done at any time of the year but users must take some precautions with the high temperatures that are common during the summer. During periods of greater precipitation, caution is recommended in crossing the streams of Seda and Alfeijôs using the stepping-stones. Occasionally, during the winter, it may be impossible to cross the Seda River due to the strong currents.

USEFUL CONTACTS

Town Hall of Alter do Chão:

+351 245 610 000

Municipal Tourist Office:

+351 245 610 004

Medical Center: **+351 245 619 160**

GNR (Republican National Guard):

+351 245 612 162

Fire Department:

+351 245 612 314

Village Hall of Seda:

+351 245 636 116

Village Hall of Chança:

+351 245 630 020



> Places of Interest

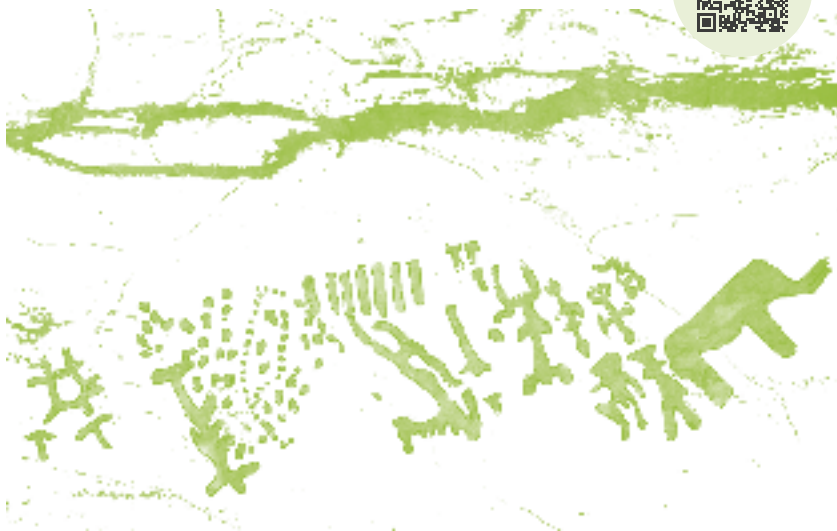
SEDA RIVER Its source is near Portalegre, resulting from the confluence of other small water streams. It crosses the districts of Portalegre, Crato, Alter do Chão, Avis and Mora, and held back by the Dam of Maranhão. When it joins the Ribeira de Tera, near Mora, it becomes the Ribeira da Raia. Here it has a developed riverside forest of

willows, ash and poplar trees chosen by the white stork (*Ciconia ciconia*) to build its nests. A few other waterfowl share its habitat. The otter (*Lutra lutra*) inhabits its waters and runs along its shores.

ROMAN BRIDGE OF VILA FORMOSA Legend has it that in a pact with the Devil, a shepherd sold his soul in exchange for a bridge to save his cattle from a deadly famine. When the devil was laying the last stone, a black rooster was born and crowed, to which the devil said, "With this I do not mess", fleeing without fulfilling the pact. It is said that the stone is still there and that it falls each time someone tries to put it in place. Now a National Monument, the Roman bridge of Vila Formosa was built at the end of the first century on the road linking *Olisipo* (Lisbon) to *Emerita* (Mérida), passing by *Abelterium* (now Alter do Chão village - 204 BC) mentioned in *Itinerarium Antonino*. An ode to resistance, it counts millennia of crossings.

Gazpacho



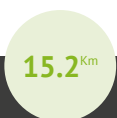


Rock paintings of Lapa dos Gaivões. Paintings on red, orange and black, about 5000 years old, decorate the natural shelter of Lapa dos Gaivões, classified as a National Monument.

The houses are white in Esperança - with only one floor and large chimneys - decorated with stripes, either blue, or ochre, such as in the Church of N. Sr.^a da Esperança, near where the path begins. Up to Hortas de Cima the path has an asphalt surface and, from there, we keep going along steeper roads. In fact, the whole path is set in a transition zone between the gently rolling plain and the rugged ups and downs that extend to the areas of rugged cliffs of the Serra de São Mamede. At Marco we realize that the international border follows the flow of water of the Abrilongo Stream. It takes only three steps and we are in Spain. The journey continues and penetrates an area where the largest oak trees in the whole region seem to have been assembled in order to form a green cathedral. We resume the path, going down to flatter land, reaching then Hortas de Baixo. We cross the road and go up to the Lapa dos Gaivões, where 5000 years ago, Man left his art or his beliefs painted on the walls of quartzite. The vineyards now appear, taking advantage of the shelter provided by the mountain and the exposure of its slopes. At modern wineries, mature wines are born, carrying the flavours of this path in their bottles.



type of path



distance



time



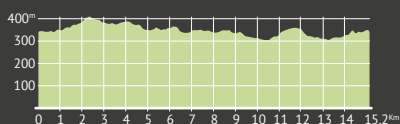
altitude variation



grading



altitude max / min



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourse

→ Recommended direction of the walking path: clockwise

▶ Starting / Ending: Esperança's Church Square
(GPS: 39°09'26,68"N; 7°11'33,59"W)

- Accommodation
- Restaurant
- Information on site
- Pharmacy

Places of Interest

- ① Typical habitation of Esperança
- ② Interpretation Centre of Local Identity
- ③ Former frontier post
- ④ Marco's frontier
- ⑤ Cork oak forest
- ⑥ Typical dwelling in Hortas de Baixo

- ⑦ Rock Paintings of Vale de Junco
- ⑧ Vale de Junco Cellar
- ⑨ Interpretative table
- ⑩ Monteda Esperança - Cellar and Rural Tourism
- ⑪ Casa do Marco - Accommodation



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Rock Paintings of Lapa dos Gaivões

> Highlights

NATURE: the magnificent *montados* of this path provide refuge for several species of bats - Bechstein's bat (*Myotis bechsteinii*) and Geoffrey's bat (*Myotis emarginatus*) - as well as for the cerambyx longicorn (*Cerambyx cerdo*). Birds: nuthatch (*Sitta europaea*), blue tit (*Cyanistes caeruleus*), short-toed eagle (*Circus buteo*) and common buzzard (*Buteo buteo*).

HANDICRAFT: oxcarts and agricultural equipment miniatures; wickerwork (baskets).

GASTRONOMY: *presinhas* from the bowl; gazpacho rich and poor; traditional sausages; lamb stew; *coscorões* (a Christmas sweet).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time.

USEFUL CONTACTS

Town Hall of Arronches:

+351 245 580 080

Municipal Tourist Office:

+351 245 580 085

Medical Center:

+351 245 589 100

GNR (Republican National Guard):

+351 245 580 020

Fire Department:

+351 245 583 274

Village Hall of Esperança:

+351 245 561 118



> Places of Interest

CORK OAK FOREST The cork oak (*Quercus suber*) is designated as the national tree. We are in a region where the soil and the climate favour their growth and development. So here we find a dense forest of adult cork oaks, some of a remarkable size, whose trunks and foliage appear like columns and arches of an

imaginary “green cathedral”, with the canopy forming a cover that protects us from the sun and rain. The numbers painted on the trunks indicate the digits of units of the year in which the cork was removed the last time.

TYPICAL DWELLING IN HORTAS DE BAIXO The houses beyond Tejo stand out for their modest rectangular geometry and the subtle framework that allows them to be harmonious between *montados* and olive groves, in a whitewashed adaptive camouflage, unique in the country. The white lime covering the houses reflects the intense sunlight, leaving the inside a more pleasant place to be. The coloured frame of the doors and windows, besides aesthetic adornment, keeps away the unwanted mosquitoes. The rectangular chimney signals where the kitchen is under the roof covered by orange clay tiles.

Typical dwelling in Hortas de Baixo



WALKING PATH OF OUGUELA, THE BORDER GUARD



Castle of Ouguela. On top of a small hill, the old castle, later a fortress, keeps its vigilant attitude.

The little hamlet of Ouguela, its castle and fortress, which were added to it later, are at the beginning of this path. Viewing the landscape from the castle's patrol pathway may be the ideal preparation for this hike. But first, the Cistern and the Governor's House, in the interior of the castle, and the Fountain of Ouguela, on the outside, need to satisfy our curiosity, too. We set off to the west where, camouflaged by the traditional olive grove, we come upon what was an advanced surveillance point for the fortress: the Watchtower of S. Pedro. Now, we go down this hill towards the banks of the Abrilongo River, where a long section of stepping stones helps us cross the river. Along the riparian gallery we follow the course of its waters to the point where they join and add to the flow of the Xévoa River. The ancient Roman bridge is now nothing but vestigial remains. But a new crossing allows us a visit to the Sanctuary of N. Sr.^a da Enxara. Back at Ouguela, we pass through the Environmental Centre of Xévoa, whose facilities were once a frontier post to control the traffic of men and goods.



type of path



distance



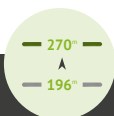
time



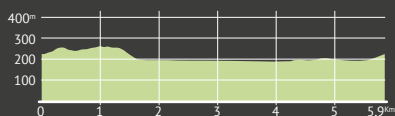
altitude variation



grading



altitude max / min



gradient profile



2

Environmental protection



2

Orientation



2

Type of ground



2

Private area

The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



1:25000

Military Map n° 386 and 387
(Army Map Service)

Caption

— Walking path

— Asphalt road

— Watercourse

— Path intersection

Starting / Ending: Ouguela's Praça da República
(GPS: 39°04'47, 11"N; 7°01'52, 81"W)

→ Recommended direction of the walking path:
clockwise

Information on site

Landscape



Places of Interest

- ① Geological contact
- ② Fountain of Ouguela
- ③ Governor's house
- ④ Cistern
- ⑤ Watchtower of S. Pedro
- ⑥ Riparian gallery



- ⑦ Saramugo



- ⑧ Ruins of the Roman bridge

- ⑨ Sanctuary of N. Sr.ª da Enxara

- ⑩ Environmental Centre of Xévoa / Old post border





Castle of Ouguela

> Highlights

NATURE: emphasis on the riparian galleries of the rivers Abrilongo and Xévora, with willows, ash and tamujo (*Flueggea tinctoria*) - an exclusive bush from Mediterranean watercourses of the southwest Iberian Peninsula - the perfect oasis for songbirds such as the nightingale (*Luscinia megarhynchos*) and the melodious warbler (*Hippolais polyglotta*). In the Xévora River lives the saramugo (*Anaecypris hispanica*), an endangered Iberian fish. In the traditional olive grove next to Ouguela we make special note of the stone-curlew (*Burhinus oedipnemus*), the red kite (*Milvus milvus*) or the black-winged kite (*Elanus caeruleus*).

HERITAGE: castle (13th and 14th centuries) and bastion fort of Ouguela (17th century). Church of Ouguela. Santa Fountain (Ouguela).

HANDICRAFT: wrought iron; paper flowers; objects in card (plough, sickle, dishes); hand-painted clay ware.

GASTRONOMY: chickpea with meat; olive (Protected Designation of Origin). Sweets (*sericaia* with plums, *tosquiados*, crumpled cakes, nougat and tortillas with almond, chickpea and chila).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during the summer time. Caution is advised with the water levels during floods and longer periods of rainfall.

USEFUL CONTACTS

Town Hall of Campo Maior:

+351 268 680 300

Municipal Tourist Office:

+351 268 689 367

Medical Center:

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GNR (Republican National Guard):

+351 268 680 390

Fire Department:

+351 268 686 227

Village Hall of São João Baptista:

+351 268 688 860



➤ Places of Interest

OLD BORDER POST / SMUGGLING

In almost every place in Alentejo we find stories and legends about smuggling. Praising or revisiting memories of a Portuguese and Spanish past of poverty, hunger and shortages, smuggling emerged as an ingenious solution to change arduous lives. The borders were controlled by the

fiscal guard and the ‘*carabineros*’ who, hidden in the hostile forest of the region, surprised with bullets the smugglers on both sides of the border who ventured to engage in the dangerous mission of illegal trade, focused on coffee, an unroasted product on the Spanish side. ‘*Carabineros! Carabineros!*’ was the warning that echoed along the border.

RIPARIAN GALLERY Riparian gallery or riparian forest refers to the vegetation that accompanies the banks of watercourses. Although the region has a strong Mediterranean influence, along the permanent water lines we will find typical species of the Atlantic climate. In this stretch of the Abrilongo River, for example, there is ash (*Fraxinus angustifolia*) and willow (*Salix spp*). Associated with these we find other species, such as the giant cane (*Arundo donax*), the tamujo (*Flueggea tinctoria*) and the oleander (*Nerium oleander*). This leafy, moist and cool habitat, is home to bird species such as the Cetti’s warbler (*Cettia cetti*), the common nightingale (*Luscinia megarhynchos*), the Sardinian warbler (*Sylvia atricapilla*), the kingfisher (*Alcedo atthis*) and the golden oriole (*Oriolus oriolus*).

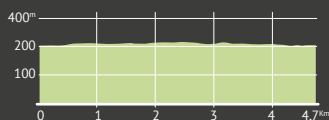
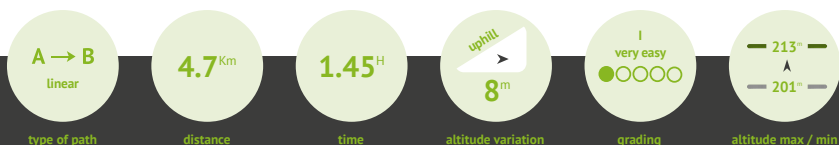
Ruins of the Roman bridge





Crane (*Grus grus*). Welcome to one of the few spots in the country where the cranes are regularly sighted during their wintering period, from early November to late February.

This is a linear walking path that follows the border very closely, at one of the easternmost points of the Portuguese territory. This path begins next to the church of the Sanctuary of N. Sr.^a da Enxara, on the left bank of Xévora River. It passes through an extensive area of low density *montado*, on essentially flat ground. This rare configuration causes the incipient courses of water to leave the soil saturated and swampy in the periods of the year with more abundant rainfall, due to the difficulties in drainage. The path follows a dirt road and to facilitate the observation of birds it is equipped with an observatory. In fact, this path is especially laid out with birdwatchers in mind. The success of any birdwatching session depends on the time of year, the equipment, discretion and silence. It is one of the few places in the country especially designed for the observation of cranes, a wintering bird usually sighted here between November and February, feeding on these areas of wide-open *montado*.

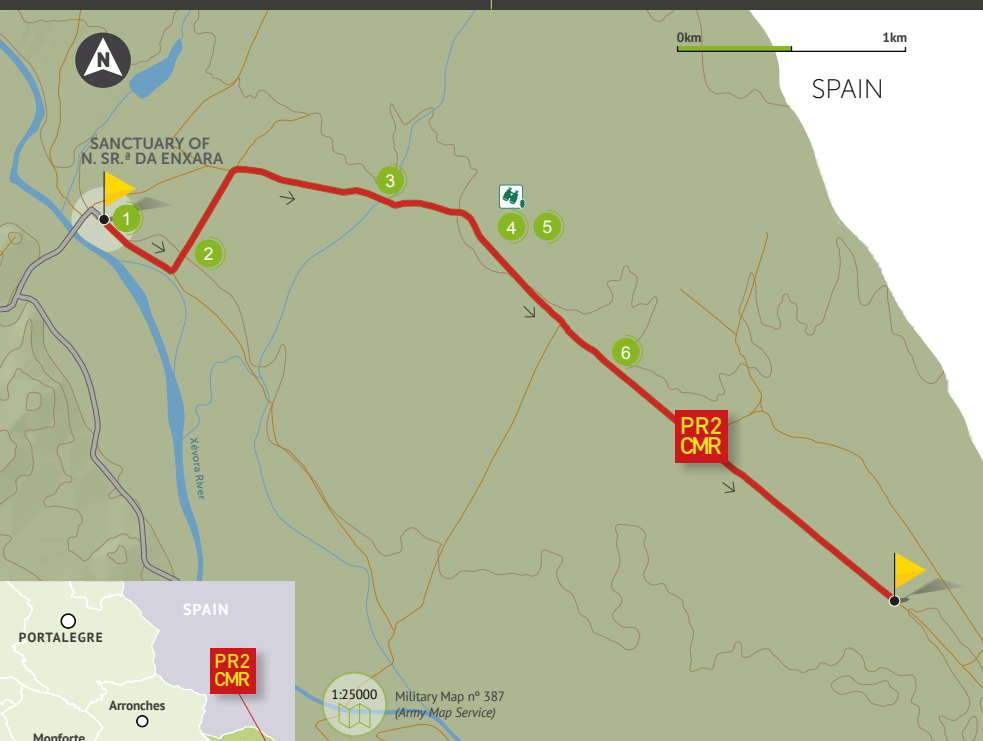


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



1:25000 Military Map nº 387 (Army Map Service)

Caption

- Walking path
- Asphalt road
- Watercourses
- Recommended direction of the walking path: West - East

- Starting: Sanctuary of N. Sr.ª da Enxara, Ouguela (GPS: 39°04'51, 21"N; 7°00'59, 24"W)
- Ending: near Lagoa da Garrota, Ouguela (GPS: 39°04'04, 26"N; 6°58'44, 49"W)
- Information on site
- Landscape

> Places of Interest

- ① Sanctuary of N. Sr.ª da Enxara
- ② Birdlife
- ③ Riverside vegetation

- ④ Observatory for birdwatching
- ⑤ The cranes and the *montado*
- ⑥ SPA (Special Protection Area)





Photo: João Sanguinho

Riverside vegetation

> Highlights

NATURE: the main habitat is the *montado* of holm-oak, with natural pastures of extensive use. Seasonal water courses maintain groups of tamujo (*Flueggea tinctoria*), a bush exclusive to Mediterranean watercourses of the SW Iberian Peninsula. Birds of prey: short-toed eagle (*Circaetos gallicus*), the Montagu's harrier (*Circus pygargus*), the black kite (*Milvus migrans*). In the spring: the bee-eater (*Merops apiaster*) and the stone-curlew (*Burhinus oedipnemos*). In the winter: cranes (*Grus grus*).

HANDICRAFT: wrought iron; paper flowers; objects in card (plough, sickle, dishes); hand-painted clay ware.

GASTRONOMY: chickpea with meat; olive (Protected Designation of Origin). Sweets (*sericaia* with plums, *tosquiados*, crumpled cakes, nougat and tortillas with almond, chickpea and chila).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and the muddy ground or even flooded during winter or during periods of longer rainfall.

USEFUL CONTACTS

Town Hall of Campo Maior:
+351 268 680 300

Municipal Tourist Office:
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Medical Center:
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GNR (Republican National Guard): **+351 268 680 390**

Fire Department:
+351 268 686 227

Village Hall of São João Baptista:
+351 268 688 860



> Places of Interest

THE CRANES AND THE MONTADO The common crane (*Grus grus*) is a wading bird that reaches 1 m in length and 2.20 m in wingspan. It nests in northern Europe and moves south in flocks during the winter to settle in large groups along lakes and open fields. The border area of Ouguela represents one of the most important wintering grounds of this bird in Portugal. Here, where the

landscape is flat and open, with *montados* of intermediate density and natural pastures, hundreds of common cranes (adult and immature) find the ideal place to rest and look for food (especially acorns) and thus pass a mild and safe winter.

BIRDLIFE Birds are the main theme of this path. Here we can see a wide range of species throughout the year. Residents: the white stork (*Ciconia ciconia*), the azure-winged magpie (*Cyanopica cyanus*), the stone-curlew (*Burhinus oedipnemos*), the little bustard (*Tetrax tetrax*), the crested lark (*Galerida cristata*), the corn bunting (*Emberiza calandra*), the black-winged kite (*Elanus caeruleus*) and the Montagu's harrier (*Circus pygargus*). Spring visitors: the short-toed snake eagle (*Circaetus gallicus*), the bee-eater (*Merops apiaster*), the cuckoo (*Cuculus canorus*), the common quail (*Coturnix coturnix*), the black kite (*Milvus migrans*), the lesser kestrel (*Falco naumanni*), the red-rumped swallow (*Cecropis daurica*) and the European roller (*Coracias garrulus*). Wintering birds: the northern lapwing flocks (*Vanellus vanellus*), the meadow pipit (*Anthus pratensis*) and hundreds of cranes (*Grus grus*) that find shelter and food here.

Bee-eater (*Merops apiaster*)

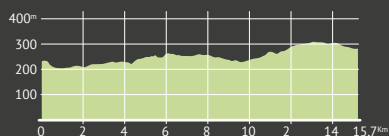
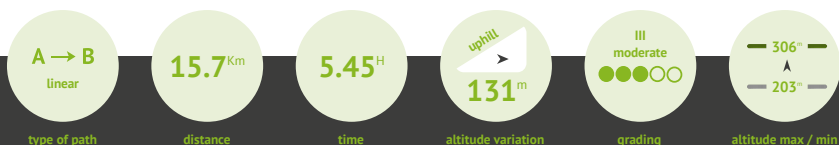


BORDER WALKING PATH AMONG LIME AND HONEY



Interpretation Centre of Nature, Honey and Biodiversity (Homestead of Adães). A project for a sustainable future.

From the bastions of Ouguella it is possible to sight the location to the west where this pathway ends. The path starts by going down a large road between traditional olive groves that quickly puts us on the bank of Abrilongo River, which we cross over using some stepping-stones. For a kilometre we follow the river upstream and with its riparian forest at our side. Then we turn to the border. The soil acquires reddish tones indicating a change in the local geology. We will soon come upon the ruins of ancient lime-kilns that transformed limestone into lime. Then, we align our course with that of the border, always watched by olive trees that line this side of the border. Once more, we cross the Abrilongo River and then we enter the Herdade dos Adães. In addition to an excellent *montado*, when we reach the Interpretation Centre of Nature, Honey and Biodiversity, we realize that the corporate management of the estate is oriented towards specific environmental goals: from the organic production process to biodiversity conservation and environmental awareness. We say goodbye to this centre and move towards Degolados, the end of the path. We are 8 km away from Campo Maior.



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourse
- Path intersection
- Recommended direction of the walking path: East - West

Starting: Ouguela's Praça da República
(GPS: 39°04'47, 11"N; 7°01'52, 81"W)
Ending: Nossa Senhora da Graça dos Degolados
(GPS: 39°03'36, 46"N; 7°07'14, 57"W)

- ATM
- Market
- Landscape
- Information on site
- Accommodation
- Pharmacy

Places of Interest

- 1 Ouguela

2 Geomorphology of Abrilongo River valley

3 Ancient Lime-kilns

4 The Border
- 5 Herdade dos Adões

6 Interpretation Centre of Nature, Honey and Biodiversity



Photo: Fernando Romão

Herdade dos Adões

> Highlights

NATURE: Caia and São Mamede SAC*: The Abrilongo River riparian gallery, with poplars, alders, ash, willows and oleanders (*Nerium oleander*), blackcap (*Sylvia atricapilla*), Cetti's warbler (*Cettia cetti*), nightingale (*Luscinia megarhynchos*) and kingfisher (*Alcedo atthis*). In the river we find the little and rare saramugo (*Anaocypris hispanica*), a fish exclusive to the Guadiana River basin.

*Special Area of Conservation

HERITAGE: Ouguela: Castle and bastion fort; Church (with eighteenth-century wall painting depicting St. John the Baptist); Santa Fountain.

HANDICRAFT: wrought iron; paper flowers; objects in card (plough, sickle, dishes); hand-painted clay ware.

GASTRONOMY: chickpea with meat; olive (Protected Designation of Origin). Sweets (*sericaia* with plums, *tosquiados*, crumpled cakes, nougat and tortillas with almond, chickpea and chila).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during the summer time. Caution is advised with the water levels during floods and longer periods of rainfall.

USEFUL CONTACTS

Town Hall of Campo Maior:
+351 268 680 300

Municipal Tourist Office:
+351 268 689 367

Medical Center:
+351 268 699 700

GNR (Republican National Guard): **+351 268 680 390**

Fire Department:
+351 268 686 227

Village Hall of N. Sr.ª da Graça dos Degolados:
+351 - 268 685 153

Village Hall of São João Baptista:
+351 268 688 860



> Places of Interest

THE BORDER Here passes the imaginary line that is 1241 kilometres long and that - almost since 1297, when D. Dinis and Fernando IV of Castile and León signed the Treaty of Alcañices - separates Portugal and Spain politically and administratively. Due to the impossibility of drawing a line on the ground, the border is punctuated by

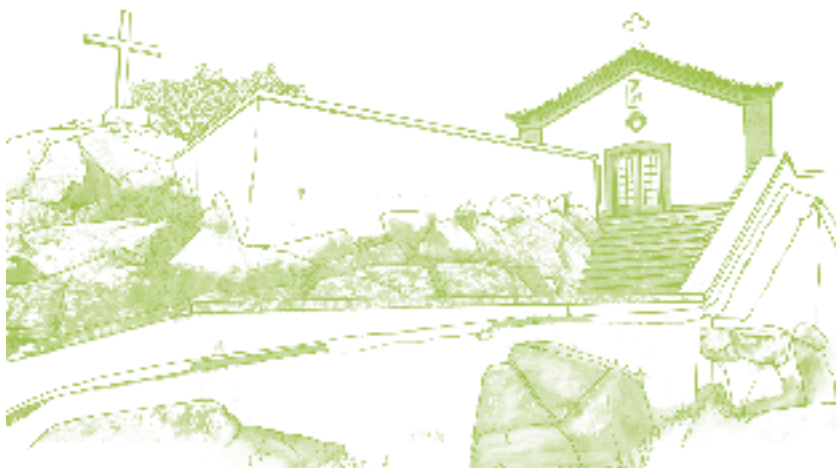
robust granite landmarks - Border Markers - establishing the alignment.

ANCIENT LIME-KILNS Calcium oxide, better known as lime, is one of the most important and typical materials of construction in the Alentejo. It is obtained by thermal decomposition of limestone at 900°C. It is then used in the preparation of fluid mortars which serve to whitewash and mark the urban landscape of the region. The houses rise in white, and churches and fountains, plastered with the same mortar, alternate in colour with the crystalline greys of the granites. It was around the ancient artisanal lime-kilns that the steps of extracting, producing and transforming the limestone into the whitish substance took place. Heated in a wood oven dug in the ground, coated by brick and schist, the rock is transformed into the quicklime that covers the region.

Sericaia with plums



WALKING PATH THROUGH SERRA DE SÃO PAULO



Chapel of N. Sr.ª da Penha. On the top of the rocky outcrop, a place of worship, a viewpoint over Alto Alentejo.

The path begins at Castelo de Vide near the Church of N. Sr.ª dos Remédios, following a gently descending pathway until it crosses the water courses that will form the São João River. Leaving the urban area we stay on the path, climbing up the northeastern slope of the Serra de São Paulo. At a certain point we notice the misalignment of the quartzite outcropping, evidence of a geological fracture with an oblique slip. The range of views over the village increases step by step. The Santa Fountain is a perfect place to rest and enjoy the landscape. From here the path will follow a very well preserved section of a medieval stone-paved roadway which leads us to the culmination of the journey: the Chapel of N. Sr.ª da Penha. The location gives us a view of the landscape that, from west to east, stretches to the distant horizons. Here, the more adventurous ones can enjoy a *via ferrata* (an itinerary laid out along the rock walls of a mountain). We resume the path downhill by the municipal road, but soon we will move onto an old medieval stone-paved roadway that will lead us to the *Alminha* of S. Paulo. In a gentle descent we reach the Nova Fountain, next to the EN246 road. Carefully, we across this road and we continue until we come to the São João River, which is no longer the trickle of water that we saw at the beginning of our walk. Here we begin the last climb that will bring us back to the centre of Castelo de Vide.



type of path



distance



time



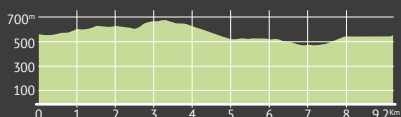
altitude variation



grading



altitude max / min



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



1:25000 Military Map nº 335 (Army Map Service)



Caption

- Walking path
- Asphalt road
- Watercourse
- - Path intersection
- - Downhill track
- - Via Ferrata

→ Recommended direction of the walking path: clockwise

- Starting/Ending:** close to the Chapel of Nossa Senhora dos Remédios
(GPS: 39°24'38, 25"N; 7°27'00, 77"W)
- Porta do Parque** (Walking path reception centre)
(GPS: 39°24'59, 39"N; 07°27'18, 75"W)
- | | |
|----------------|---------------------|
| ATM | Information on site |
| Market | Accommodation |
| Landscape | Pharmacy |
| Tourist office | Restaurant |

Places of Interest

- | | | |
|--|--------------------------------|------------------------------|
| ① Regalo Fountain | ⑥ Medieval stone-paved roadway | ⑪ Alminha of São Paulo |
| ② Fitness Circuit | ⑦ Downhill trail | ⑫ Nova Fountain |
| ③ Geological fracture of Castelo de Vide | ⑧ Chapel of N. Sr.ª da Penha | ⑬ Church of Senhor do Bonfim |
| ④ Medieval stone-paved roadway | ⑨ Via Ferrata | ⑭ Cortiço Fountain |
| ⑤ Santa Fountain | ⑩ Medieval stone-paved roadway | ⑮ Alminha of Santo André |



Geological fracture of Castelo de Vide

> Highlights

NATURE: pallid swift (*Apus pallidus*), common redstart (*Phoenicurus phoenicurus*), golden oriole (*Oriolus oriolus*), blue rock thrush (*Monticola solitarius*), lesser spotted woodpecker (*Dendrocopos minor*) and booted eagle (*Hieraaetus pennatus*). Special mention, as well, for the two amphibians exclusive to the Iberian Peninsula: the Bosca's newt (*Lissotriton boscai*) and the Iberian frog (*Rana iberica*).

HERITAGE: Castle of Castelo de Vide; Fort of S. Roque; Parish Church of Santa Maria da Devesa; Jewish quarter; Synagogue.

HANDICRAFT: embroideries; *talegos* (bags embroidered with linen); art of working wrought iron, wood, cork and horn (miniatures); tiles; weaving.

GASTRONOMY: *sarapatel*; *cachafrito*; *molinhos* in tomato sauce; *alhada* of dogfish; liver, Castelo de Vide style; *pezinhos* of coriander; sausages. Sweets (*boleima*, *broas* of honey, *enxovalhada* – an Easter tradition -, cottage cheese cheesecake).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Castelo de Vide:
+351 245 908 220

Municipal Tourist Office:
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Medical Center:
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GNR (Republican National Guard): **+351 245 901 314**

Fire Department:
+351 245 901 444

Village Hall of São João Baptista:
+351 245 900 060

Village Hall of Santa Maria da Devesa: **+351 245 900 060**

Village Hall of São Tiago Maior:
+351 245 900 060



> Places of Interest

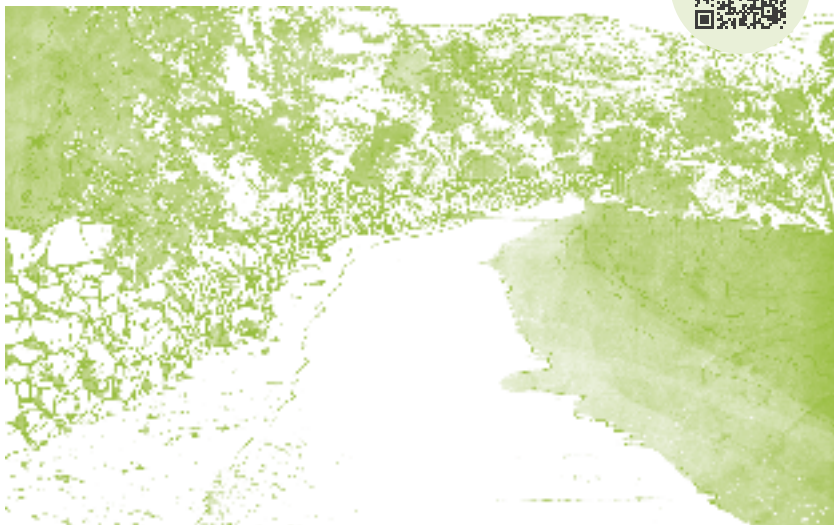
CHAPEL OF N. SR.^a DA PENHA Built in 1570, in the golden age of the Portuguese Renaissance, the Chapel of N. Sr.^a da Penha was designed with a trapezoidal nave joined to a rectangular sacristy and a circular main chapel lined with 17th-century ceramic tiles in a blue-white-and-yellow pattern. Under the dome there is a typical Baroque-style

altar. Sitting alone at the top of the Serra de São Paulo, at 710 m elevation, it offers a marvellous view over the surrounding countryside to those who succeed in climbing its steep stairway. From here one can see Castelo de Vide and its fields, the monumental quartzite ridge on which Marvão sits, to the east, the Sever River marking the border and to the north, the horizon formed by the mountain ranges of Açor, Gardunha and Estrela.

MEDIEVAL STONE-PAVED ROADWAY This ancient path of medieval origin was built in order to connect Castelo de Vide to the merchant road linking the village to Portalegre along the west side of the mountain. The path here and there is an unpaved dirt track, the medieval stone pavement being used in more difficult and steeper sections in the mountains, in places where the slope became too difficult and unsafe to cross, due to the erosion by the action of rain and running water. This path made the crossing easier and allowed the movement of people and goods in horse-drawn two-wheeled carts, connecting to another road, that went from the south side of Castelo de Vide to Portalegre, through Carreiras.

Blue rock thrush (*Monticola solitarius*)





Paths with stone walls surrounded by oak trees. The stones removed from the farmlands served to sustain the land and mark the property lines.

From the point of departure and arrival, next to the building of the old thermal springs of Castelo de Vide, one can see almost all the granite area where the pathway leads. From here, we foresee a big descent and a big climb. The downward section follows paths and roads flanked by stacked stone walls, beyond which the lands are densely wooded. We will cross the Cáceres Branch of the Eastern Railway Line for the first of four times, after which we can choose an alternative path that will take us towards the Dolmen of Pombais. Before we cross the line for the third time we will have to our side the Dolmen of Pincho. We will then take a little-used municipal road, which we will soon abandon in order to walk along ancient footpaths flanked by stone walls. We come out at the Church of Bom Jesus, the start of the northeast slope of the hill where the village of Castelo de Vide is set. We reach the by-pass highway, but soon afterwards, a steeper section of the path appears to us as the ultimate challenge for a final attack to conquer the Plaza Alta.



type of path

12.3 Km

distance

4.30^H

time

uphill

235 m

altitude variation

III moderate

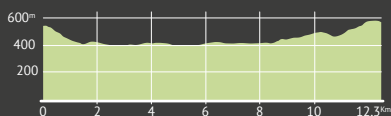


grading

587 m



altitude max / min



gradient profile



1



2



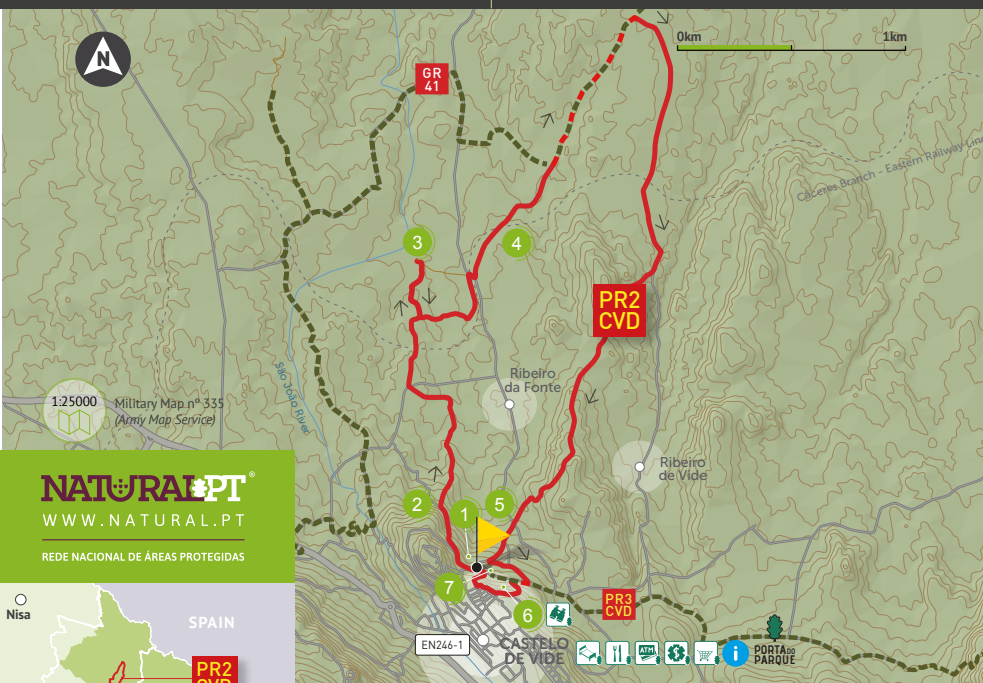
2



3

The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

Walking path

Asphalt road

Watercourse

Path intersection

→ Recommended direction of the walking path: clockwise

Starting/Ending: Estrada da Circunvalação, near the viewpoint, Castelo de Vide (GPS: 39°25'02,03"N; 7°27'15,54"W)

Porta do Parque (Walking path reception centre) (GPS: 39°24'59,39"N; 07°27'18,75"W)



ATM



Market



Landscape



Tourist office



Information on site



Accommodation



Pharmacy



Restaurant



Places of Interest

1 Old hot baths of thermal springs

2 Areia Fountain

3 Dolmen of Pombais

4 Dolmen of Pincho

5 Church of Bom Jesus

6 Plaza Alta

7 Arch of Santa Catarina





Old thermal springs

> Highlights

NATURE: path that is highly significant for its flora in the areas of Pyrenean oak forests, where the Solomon's seal (*Polygonatum odoratum*) stands out.

HERITAGE: Castle of Castelo de Vide; Fort of S. Roque; Parish Church of Santa Maria da Devesa; Jewish quarter; Synagogue.

HANDICRAFT: embroideries; *talegos* (bags embroidered with linen); art of working wrought iron, wood, cork and horn (miniatures); tiles; weaving.

GASTRONOMY: *sarapatel*; *cachafrito*; *molinhos* in tomato sauce; *alhada* of dogfish; liver, Castelo de Vide style; *pezinhos* of coriander; sausages. Sweets (*boleima*, *broas* of honey, *enxovalhada* – an Easter tradition -, cottage cheese cheesecake).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Castelo de Vide:

+351 245 908 220

Municipal Tourist Office:

+351 245 908 227

Medical Center:

+351 245 900 160

GNR (Republican National Guard): **+351 245 901 314**

Fire Department:

+351 245 901 444

Village Hall of São João Baptista:

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Village Hall of Santa Maria da Devesa: **+351 245 900 060**

Village Hall of São Tiago Maior:

+351 245 900 060



> Places of Interest

DOLMEN OF POMBAIS Megalithic monument, the dating of which places it in the transition from the Neolithic to the Chalcolithic (Copper Age), was built with granite slabs that form an irregular polygonal chamber with a delineated rectangular entrance, facing north. Originally composed of seven pillars, the Dolmen of Pombais has

only five today, gently sloping into the chamber and sustaining the covering slab. Intervention works in the recent past greatly deformed the morphology and structure of this ancient tomb, which in the last century served as storage for agricultural materials as well as a shelter for shepherds and cattle. It has been a National Monument since 1910.

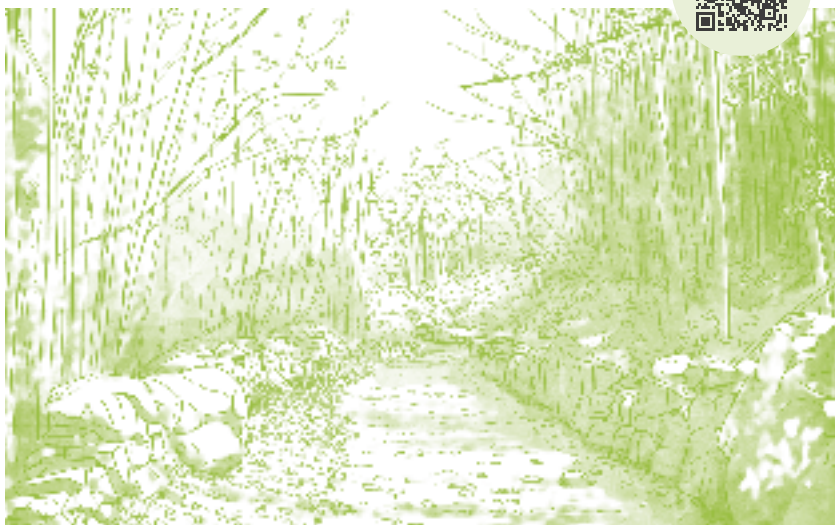
PLAZA ALTA As far as the eye can see. This could be the motto of this contemplative place set apart in the bastion fortification of Castelo de Vide. It was built in the seventeenth century, starting from and extending beyond the oldest medieval military structure, with its castle, a timeless witness of the history of the town. Known as *Meio-Baluarto da Morena*, the Plaza Alta connected the *Meio-Baluarto do Cipresteiro* to the Fort of São Roque, designed by the Frenchman Nicholas Langres during the period of the Restoration War, in order to modernize the town's defences in the face of the modern power of the Spanish artillery. It is a vantage point from which to look at these Renaissance walls that surround the old town along the greater part of their length.

Solomon's seal (*Polygonatum odoratum*)



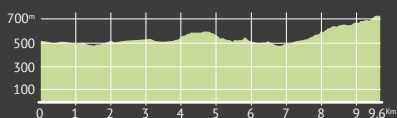
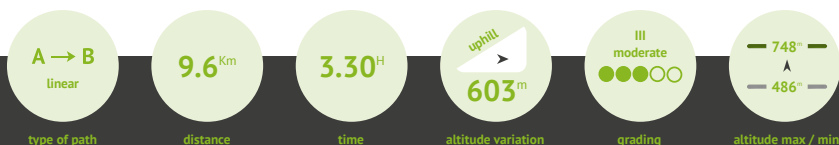
PR3
CVD-MRV

CASTELO DE VIDE – MARVÃO WALKING PATH



Walking along the old medieval stone-paved roadway linking Castelo de Vide to Marvão.

This is a historical connection between two strategic points, Castelo de Vide and Marvão. A centuries-old path through a landscape of rural and natural features, along old walled pathways with some stretches still having medieval stone-paved roadways. The path is marked by the presence of numerous small farms dominated by olive growing and extensive grazing, where the occasional sound of a sheep's bell denounces the presence of these friendly ruminants. We point out the important representation of the Pyrenean oak, which in this region forms little woods of high ecological value. Along these rural roads we will find some constructions characteristic of bygone times, such as ancient fountains, hovels, churches, and a grave excavated in rock, etc. The last 3km, always climbing, represent a challenge to our strength, attenuated by the surrounding landscape disappearing out of sight on the horizon, and the magnificent and well-preserved medieval road that runs through the famous chestnut groves that produce the Marvão Chestnut. At over 800m of altitude we reach the end of the path, opposite the Gate of Ródão, the village gate.



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourse
- Path intersection

→ Recommended direction of the walking path: West - East

Starting: Estrada da Circunvalação, near the viewpoint, Castelo de Vide (GPS: 39°25'02,03"N; 7°27'15,54"W)
 Ending: at Gate of Ródão - Marvão's entrance (GPS: 39°23'44,59"N; 7°22'38,63"W)

Porta do Parque (Walking path reception centre) (GPS: 39°24'59,39"N; 07°27'18,75"W)



PORTA DO PARQUE

- ATM
- Market
- Landscape
- Tourist office

- Information on site
- Accommodation
- Pharmacy
- Restaurant

Places of Interest

- 1 Arch of Santa Catarina
- 2 Church and Convent of N. Sr.ª da Vitória
- 3 Amieira Fountain
- 4 Noria
- 5 Pyrenean oak grove
- 6 Church of N. Sr.ª da Graça
- 7 Shack

- 8 Grave excavated in rock
- 9 Carvalho Fountain
- 10 Pipa Fountain
- 11 Chestnut tree forest
- 12 Calvary of Cruz da Caveira
- 13 Gate of Ródão

- 1
- 2
- 3
- 4
- 5
- 6



Arch of Santa Catarina, Castelo de Vide

> Highlights

NATURE: woods of Pyrenean oak with a great diversity of flora in its undergrowth, which attract numerous species of butterflies and birds. Special notice goes to the chestnut tree forest along the slope of Marvão and the geological formation where the village is set.

HERITAGE: historic boroughs of Castelo de Vide and Marvão.

HANDICRAFT: embroideries; *talegos* (bags embroidered with linen); art of working wrought iron, wood, cork and horn (miniatures); tiles; weaving.

GASTRONOMY: *sarapatel*; *cachafrito*; *molinhos* in tomato sauce; *alhada* of dogfish; liver, Castelo de Vide style; *pezinhos* of coriander; sausages. Sweets (*boleima*, *broad* of honey, *enxovalhada* – an Easter tradition -, cottage cheese cheesecake).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Castelo de Vide:
+351 245 908 220

Municipal Tourist Office:
+351 245 908 227

Medical Center:
+351 245 900 160

GNR (Republican National Guard): +351 245 901 314

Fire Department:
+351 245 901 444

Village Hall of São João Baptista:
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Village Hall of Santa Maria da Devesa: +351 245 900 060

Village Hall of São Tiago Maior:
+351 245 900 060



> Places of Interest

GATE OF RÓDÃO Getting to the Gate of Ródão, at the top of the rocky ridge from which the village of Marvão observes unhindered the endless horizons and its border surroundings, could be considered a deed worthy of a Greek demigod, climbing up to the unattainable Olympus. The settlement dates back to prehistoric times, and this

enormous quartzite ridge sheltered the Roman communities who built the city of *Ammaia*. It was here that in 884, a noble muladi, leader of a Sufi movement in rebellion against the Emirate of Cordoba, took refuge. His name was Ibn Maruán “The Galician”, founder of Marvão.

CHESTNUT TREE FOREST The north side of Marvão is covered by a dense forest of chestnut trees. Because the stems are used in the basketry works that still exist, the trees are only sticks a few meters high and not old thick trunks. The chestnut tree occurs mainly inside the centre and north of the country, being rare in the south, appearing only in higher areas such as the Serra de São Mamede. Formerly used in residential construction, it is now valued by the furniture industry. In Portugal, the chestnut was part of the basic diet until the 17th century, when it was replaced by corn and the potato. The Marvão Chestnut is a product with Protected Designation of Origin (PDO), with three different varieties.

Shack





One of the two observatories of the path: follow the banks of the reservoir of the Póvoa Dam, with your eyes on the birds.

The construction of the Póvoa Dam (1927) created a water surface of 236 hectares, the perimeter of which this pathway will allow us to accompany in part. Starting out at the Service Area for Motor Caravans, we soon come across the Necropolis of Boa Morte (Good Death), an indication that the territory is rich in archaeological sites. At the entrance to the dam wall we make a detour to visit the area downstream: a water mill and a rural shelter (*chafurdão*) are evidences of old rural constructions and the activities that were carried out here. At the end of the wall we follow the path along the line that corresponds to the maximum water storage level of the dam. As we pass close to the municipal road, we come across in its verge a well-preserved anthropomorphic grave. We remain along the verge of the road to the point where a bird observatory awaits us. It is time to take the binoculars from the backpacks. From here, we leave the reservoir a little ways in order to cross an area of oak forest where the granite appears in outcroppings, in loose boulders or in crudely stacked stone walls. The last part of the path follows unpaved dirt roads, ending at a second observatory where we can take the opportunity to say goodbye to the dam and its birdlife.

A → B
linear

type of path

7.3 Km

distance

2.45^H

time

uphill

86 m

altitude variation

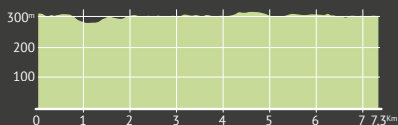
I
very easy

● ○ ○ ○ ○

grading

— 324° —
^
— 286° —

altitude max / min



gradient profile



1



2



2



2

The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



> Variant PR4.1 CDV

Distance: 2,2km | **Length:** 1h

The path follows a practically flat course, along one arm of the right bank of the reservoir of the Póvoa Dam, ending at a point opposite the place of departure.

> Places of Interest

- 1 Necropolis of Boa Morte
- 2 Water mill
- 3 Rural shelter of "The Dam"
- 4 Hydroelectric plant
- 5 Póvoa Dam
- 6 Graves excavated in the rock
- 7 Grave excavated in the rock
- 8 Observatory
- 9 Dolmen of Currais do Galhordas
- 10 Observatory
- 11 Water mill of Porto de Nisa





Rural shelter

> Highlights

NATURE: special emphasis on waterfowl. At this reservoir we may see the great crested grebe (*Podiceps cristatus*), the great cormorant (*Phalacrocorax carbo*), the mallard (*Anas platyrhynchos*), the little egret (*Egretta garzetta*), the grey heron (*Ardea cinerea*), the little ringed plover (*Charadrius dubius*) and the common sandpiper (*Actitis hypoleucos*).

ARTESANATO: embroideries; *talegos* (bags embroidered with linen); art of working wrought iron, wood, cork and horn (miniatures); tiles; weaving.

GASTRONOMY: *sarapatel*; *cachafrito*; *molinhos* in tomato sauce; alhada of dogfish; liver, Castelo de Vide style; *pezinhos* of coriander; sausages. Sweets (*boleima*, *broas* of honey, *enxovalhada* – an Easter tradition -, cottage cheese cheesecake).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Castelo de Vide:

+351 245 908 220

Municipal Tourist Office:

+351 245 908 227

Medical Center:

+351 245 900 060

GNR (Republican National Guard): **+351 245 901 314**

Fire Department:

+351 245 901 444

Village Hall of São João Baptista:

+351 245 900 060

Village Hall of São Tiago Maior:

+351 245 900 060

Village Hall of N. Sr.ª da Graça de Póvoa e Meadas: **+351 245 968 500**

Porta do Parque (Walking path reception centre):

GPS: 39°24'59,39"N; 07°27'18,75"W



> Places of Interest

NECROPOLIS OF BOA MORTE Of great archaeological value, this necropolis was discovered in 1971 and excavated 10 years later, revealing 8 tombs aligned towards the east, inscribed in what can be considered a cemetery of individual burial. Ascribed to the period of the High Middle Ages (5th to 11th centuries), the

material booty that surrounded it was fascinating, which included ceramic containers, a ring and two buckles. All this contributed to the thesis that it would be associated with a housing unit, now submerged under the waters of the Póvoa Dam, confirming a human presence in this region since the remote prehistory up to the High Middle Ages.

PÓVOA DAM The dam in dates and numbers: Waterway: Ribeira de Nisa. Constructor: Hydro-Electric of Alto Alentejo. Main person in charge of the dam construction: Eng. ° José Custódio Nunes (Born: Póvoa e Meadas, 1887; Deceased: 1961). Year of the project: 1925. Opening year: 1928. Area of watershed upstream: 155km². Area flooded by the reservoir: 236 hectares. Total capacity of the reservoir: 22 million m³. Height of crest: 28.5m. Length of crest: 400m. Elevation of the coping of the curtain wall: 313m. Full level storage: 312m..

Boleima of apple



PR5
CVD

WALKING PATH OF THE FOUNTAINS IN THE VILLAGE

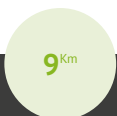


Vila Fountain. The ex-libris of Castelo de Vide almost certainly dates from the reign of D. João III.

The set of fountains of Castelo de Vide and its surroundings reveal the wealth in water resources of this locality. Beginning next to the graveyard, the pathway passes through the busiest areas of the village leading us to discover some of its most noble spaces and to explore some of its hidden corners. Here we find monumental fountains and fountains of highly artistic workmanship. The path, then, leads through the peri-urban area, following the Ribeira de São João, surrounded by agricultural lands and farms. In this section we see that the fountains were places that served simultaneously for human consumption, watering cattle and even washing clothes. From them the waters are channelled for irrigation, and in the end, the remaining water always finds the closest watercourse. The path encircles Castelo de Vide, passing through narrow walled pathways and along a medieval stone-paved roadway at the point where it heads back to the village. The path enters the village's oldest borough through one of the ancient gates of the wall - the Gate of São Pedro - and crosses the main street of the walled citadel, the Rua Direita. It crosses through the wall again, coming out by the Gate of the Village and continues, fountain by fountain, through the former Jewish quarter. The path ends at the Vila Fountain, but ends up going through some of the noblest areas of the village.



type of path



distance



time



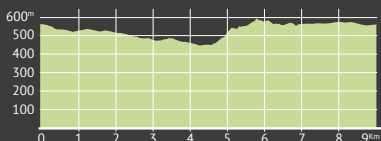
altitude variation



grading



altitude max / min

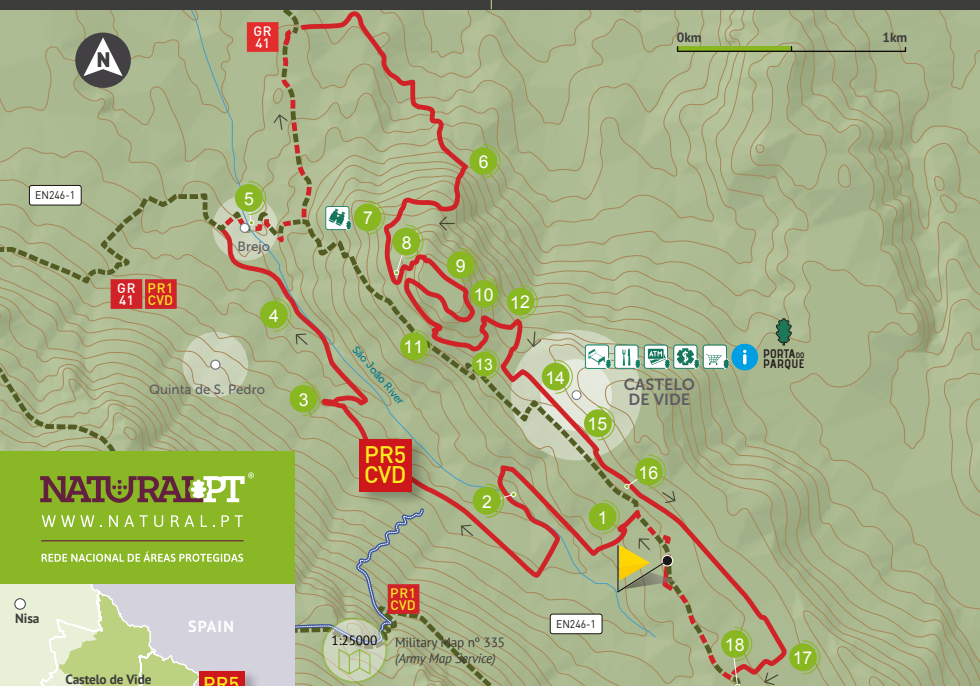


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



NATURALPT
WWW.NATURALPT

REDE NACIONAL DE ÁREAS PROTEGIDAS



Caption

— Walking path

— Asphalt road

— Watercourse

— Path intersection

— Downhill track

→ Recommended direction of the walking path: clockwise

Starting / Ending: close to the Chapel of Nossa Senhora dos Remédios (GPS: 39°24'38,25"N; 7°27'00,77"W)

Porta do Parque (Walking path reception centre) (GPS: 39°24'59,39"N; 07°27'18,75"W)

PORTA DO PARQUE

ATM

Market

Landscape

Tourist office

Information on site

Accommodation

Pharmacy

Restaurant



Places of Interest

1 Mealhada Fountain

2 Besteiros Fountain

3 Martinho Fountain

4 Pêro Boi Fountain

5 Cortiço Fountain

6 Areia Fountain

7 Penedo Monteiro Fountain



8 SantAna Fountain



9 Bom Jesus dos Presos Fountain



10 Castle Fountain



11 São Tiago Fountain



12 Vila Fountain



13 Ourives Fountain



14 Montorinho Fountain



15 Cascata Fountain



16 Pedra do Alentejo Fountain



17 Vale Serrão Fountain



18 Regalo Fountain



18 Regalo Fountain



18 Regalo Fountain



Ourives Fountain

> Highlights

NATURE: special mention of the native species occurring in the undergrowth of some groups of Pyrenean oak: butcher's broom (*Ruscus aculeatus*), Solomon's seal (*Polygonatum odoratum*) and canafrecha (*Ferula communis subsp. Catalaunica*), an Iberian endemism.

HERITAGE: Castle of Castelo de Vide; Fort of S. Roque; Parish Church of Santa Maria da Devesa; Jewish quarter; Synagogue.

HANDICRAFT: embroideries; *talegos* (bags embroidered with linen); art of working wrought iron, wood, cork and horn (miniatures); tiles; weaving.

GASTRONOMIA: *sarapatel*; *cachafrito*; *molhinhos* in tomato sauce; alhada of dogfish; liver, Castelo de Vide style; *pezinhos* of coriander; sausages. Sweets (*boleima*, *broas* of honey, *enxovalhada* – an Easter tradition -, cottage cheese cheesecake).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Castelo de Vide:
+351 245 908 220

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Medical Center:
+351 245 900 160

GNR (Republican National Guard): **+351 245 901 314**

Fire Department:
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Village Hall of São João Baptista:
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Village Hall of Santa Maria da Devesa: **+351 245 900 060**

Village Hall of São Tiago Maior:
+351 245 900 060



> Places of Interest

MARTINHO FOUNTAIN Built in the late seventeenth century, where once a fountain would already have been flowing, the sumptuous Martinho Fountain honours the Portuguese Baroque with its four marble spouts carved in the shape of a dolphin. The symbolism and representation of ornamental aquatic elements in the fountains of Castelo

de Vide, indeed, is not only shown in the figure of the dolphins of the Martinho Fountain, but also in the trident of Poseidon or in figures of various kinds of fish, peculiar figures in the decorative style of the noblest fountains of the village. Built in granite with nine pillars of imperial dimension, it still serves today as a drinking trough and resting place for animals.

VILA FOUNTAIN Ex-libris of Castelo de Vide, the Vila Fountain enriches whoever drinks the famous medicinal mineral waters that continually spring up throughout the region. Its role in the urban planning of the old Jewish quarter is undeniable, with all the surroundings being developed around its function. Five streets leave from it and on it five streets will end. Built in the reign of D. João III in the sixteenth century and considering that the Jewish quarter dates back to the fourteenth century, we can conclude that before the splendid architectural building we observe today came into being, there was already a spring of water there. Real Estate of Public Interest since 1953, the Fountain of Vila embodies in its waters a historical heritage of incalculable value.

Mealhada Fountain

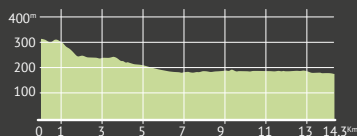


WALKING PATH OF TORRE DA BOLSA



Little bustard (*Tetrax tetrax*). The Torre da Bolsa Special Protected Area, with its grain fields and pastures, is one of the best places in the country to observe this steppe bird.

This path is specially designed for birdwatchers, given the extraordinary richness of avifauna in this area. The pathway consists of two distinct sections. From the vicinity of the Fort of Santa Luzia through the end of the descent where we come upon another municipal road, the surroundings are characterized by a dryland farming area with cereal crops and pastures under the cover of an open holm oak forest and some traditional olive grove. It is the preferred area for steppe species and the one that crosses the Torre da Bolsa Special Protected Area. The observatory allows more favorable viewing angles on the fields, where we can observe the little bustard, the Montagu's harrier and the kestrel. Already in the flatter area - included in the Caia Special Area of Conservation - a parallel track to Caia River, the irrigated cereal crops dominate, together with increasingly larger areas of intensive olive groves. Here we can find the calandra lark. As we passed by the Dam of Alfarófia Nova we can highlight the presence of the western swampphen, the flufftail and the collared pratincole. In the adjacent agricultural lands is usual the presence of the white stork and the cattle egret. Here the walking path is developed through a section on dirt roads, finishing along the right bank of the Caia River.



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourses

→ Recommended direction of the walking path: West - East

Starting: near the parking place of the Fort of Santa Luzia (GPS: 38°52'24, 78°N; 7°9'31, 07°W)
Ending: close to Cala River and the frontier, Cala (GPS: 38°51'46, 09°N; 7°3'12, 29°W)

- | | |
|----------------|---------------|
| ATM | Accommodation |
| Market | Pharmacy |
| Landscape | Restaurant |
| Tourist office | |

Places of Interest

- 1 Fort of Santa Luzia and Fort of S. Mamede
- 2 Observatory for birdwatching



Observatory

> Highlights

NATURE: nesting birds: great bustard (*Otis tarda*) and little bustard (*Tetrax tetrax*). Migratory period: lesser kestrel (*Falco naumanni*). Wintering: black-winged kite (*Elanus caeruleus*). Other bird species of interest for conservation: red kite (*Milvus milvus*), Montagu's harrier (*Circus pygargus*), calandra lark (*Melanocorypha calendra*) and European roller (*Coracias garrulus*).

HERITAGE: Elvas - World Heritage.

HANDICRAFT: traditional embroidery; pottery and painting on clay; *roncas* (musical instrument); traditional garments (*samarra* and Alentejo overcoat).

GASTRONOMY: plums from Elvas (Protected Designation of Origin); golden cod; olive from Elvas; *presinhas* from the bowl; *sericaia*.

RECOMMENDED SEASON

Preferably during the spring, due to the ease of observing a large number of bird species. In summer we recommend the early morning or late afternoon, due to high temperatures and lack of shade along the walking path.

USEFUL CONTACTS

Town Hall of Elvas:
+351 268 639 740
Municipal Tourist Office:
+351 268 622 236
Medical Center:
+351 268 637 170
Hospital: **+351 268 637 200**
GNR (Republican National Guard):
+351 268 637 730
PSP (Public Security Police):
+351 268 639 470
Fire Department: **+351 268 636 320**
Village Hall of Assunção, Ajuda, Salvador and Santo Ildefonso:
+351 268 639 560
Village Hall of Caia, São Pedro and Alcáçova: **+351 268 639 740**



> Places of Interest

FORT OF SANTA LUZIA AND FORT OF S. MAMEDE

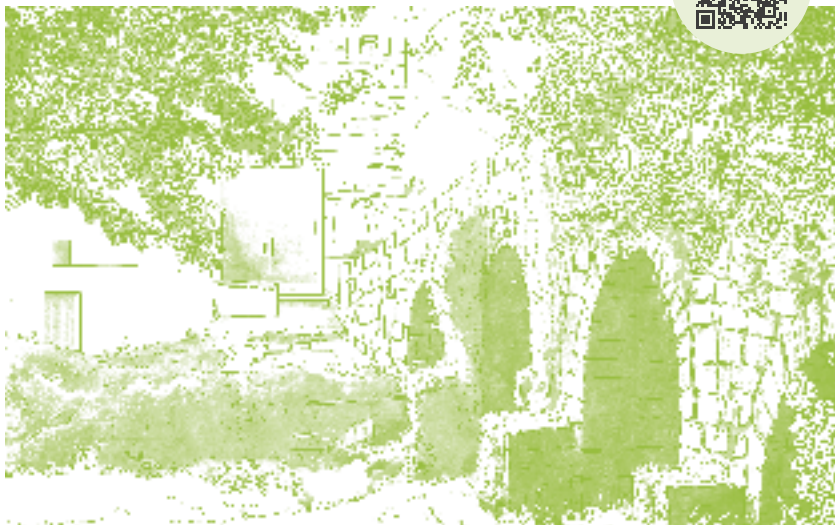
Military construction of beauty and grandeur unparalleled in Portugal, the Fort of Santa Luzia is an essential milestone of military architecture. The Restoration War between Portugal and Spain was the major factor in the building of this structure which began in 1641

under the lines of Martim Afonso de Melo. The following year, King D. João IV brought together in Elvas some of the most recognized military architects of the time, leaving to Cosmader and Gillot the final lines of the fort, completed in 1648. At the beginning of the 19th century, with the country's sovereignty in question due to the Napoleonic Invasions, the Marquês de Alorna ordered the construction of fortalices on several hills surrounding the city, thus strengthening its defensive lines. The Fort of S. Mamede dates from this time.

SISÃO Their populations are mainly distributed throughout much of the Alentejo. Occupying open areas of gentle terrain, dominated by low vegetation, the species mainly occurs in areas of extensive pastures and fallow land and in places where the extensive cultivation of cereals is practiced. Their mating strategy involves complex moves on the part of males, with mating calls, quick head movements, pawing the ground, while shaking the wings and making small jumps. In these exhibitions, the males gather in certain areas visited by the females to mate. Their diet is mainly based on plants and invertebrates.

Plums from Elvas (Protected Designation of Origin)





Portagem Bridge and Toll Tower. The old medieval bridge and the tower that used to watch and guard.

The walking path begins and ends in Largo das Almas, at the Portagem, where magnificent poplars line the banks of the Sever. Further on are small farmsteads with olive, cherry and chestnut trees. At the end of the tarred road we come to a medieval cobbled lane, possibly of Roman origin. The pathway passes through a wooded area embracing cork oak, Pyrenean oak and chestnut. As we approach Sr.^a da Estrela, cork trees become more plentiful. The view is magnificent; to the southeast, the dramatic peaks of quartzite; and to the south, the Serra Selada and the Pico of São Mamede. After a short stretch of tarred road we come to another medieval road, flanked by granite walls overgrown with ivy and lichen. At the end of the cobbled lane the path turns towards Abegoa, a cluster of small houses with large chimneys. From here, the convent church of Sr.^a da Estrela is visible against the backdrop of granite. From Abegoa, the path continues through a granite landscape where oaks dominate, with cork trees in drier areas. At Fonte Souto, there is a 19th century chapel worth mentioning, now derelict and deconsecrated, and two medieval tombs excavated in the rock. The pathway then meets up with the first stage of the path, passing through an important cork oak forest.



type of path



distance



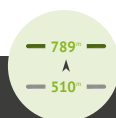
time



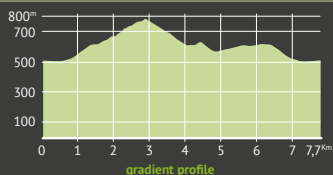
altitude variation



grading

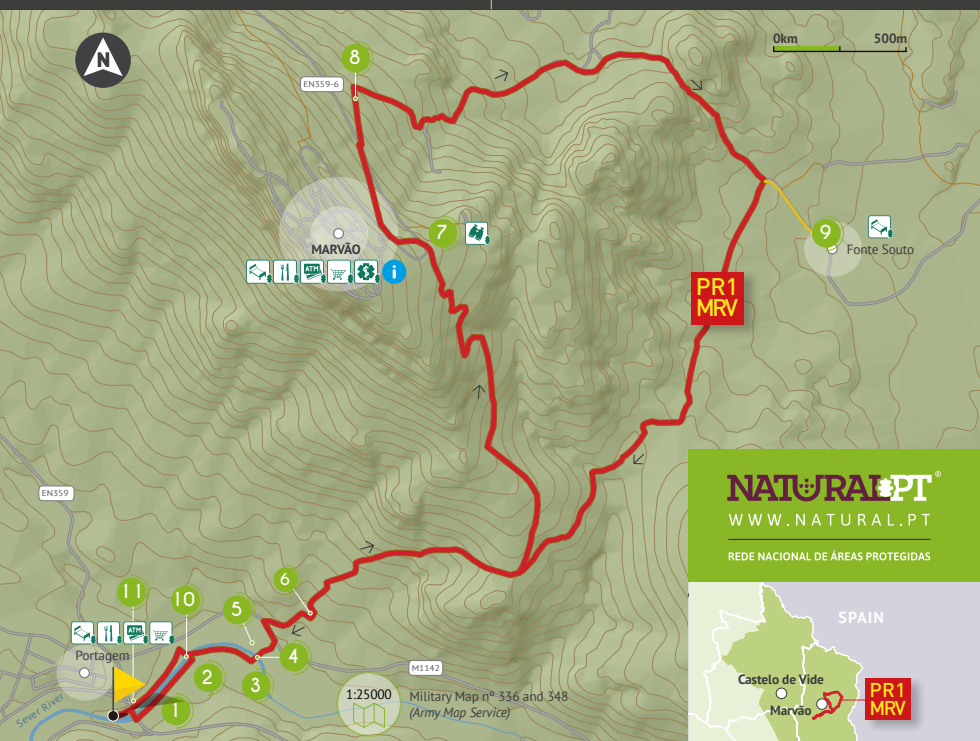


altitude max / min



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



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REDE NACIONAL DE ÁREAS PROTEGIDAS



Caption

Walking path

Asphalt road

Watercourse

→ Recommended direction of the walking path: clockwise

Starting/Ending: Almas square, Portagem
(GPS: 39°22'55, 55"N; 7°23'01, 24"W)

Tourist office

Accommodation

Restaurant

Pharmacy

ATM

Market

Landscape

Places of Interest

- 1 River Pool
- 2 Portagem Toll Tower
- 3 Pontoon over Sever River
- 4 Old Watermill
- 5 Palace of Araújo
- 6 Stone-paved roadway and cork oaks up to Marvão

- 7 Church and Convent of N. Sr.^a da Estrela
- 8 Marvão to Abegoa - Stone-paved roadway and chestnut tree forest
- 9 Anthropomorphic graves
- 10 Medieval bridge
- 11 Cova Mill



Castle of Marvão

> Highlights

NATURE: among the bird species, the following are worth mentioning due to their rarity: the ring ouzel, the blue rock thrush and the black wheatear. Also some birds of prey, namely the buzzard, the kestrel, the little owl and the tawny owl. Amongst the mammals are the wild boar, the civet cat, and otters in the Sever River. In the reptile family, note-worthy species include the snub-nosed viper, the Iberian frog and the Iberian emerald lizard, which are endemic to the Iberian Peninsula.

HERITAGE: medieval stone-paved roadway; castle, fortifications, pillory and historic borough of Marvão; Manueline cross; Church and Convent of N. Sr.^a da Estrela; Portagem Bridge and Toll Tower.

HANDICRAFT: traditional embroidery with chestnut peel; basketry in chestnut tree wood.

GASTRONOMY: soup of *sarapatel*; lamb stew; *cachafrito* of little goat; *alhada* of dogfish; thin bread with chestnuts. Sweets (chestnut cake, apple boleima, *aramenha* pie). Chestnut (Protected Designation of Origin).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Marvão:

+351 245 909 130

Municipal Tourist Office:

+351 245 909 131

Medical Center:

+351 245 909 100

GNR (Republican National Guard): **+351 245 993 617**

Fire Department:

+351 245 920 135

Village Hall of Santa Maria de Marvão: **+351 245 993 832**

Village Hall of Santo António das Areias: **+351 245 992 370 / 245 920 121**



> Places of Interest

CHURCH AND CONVENT OF N. SR.ª DA ESTRELA

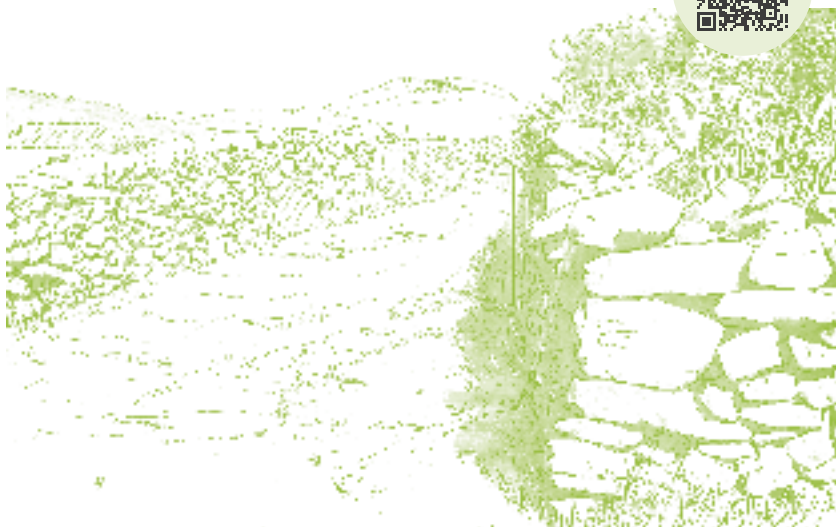
The convent, belonging to the Order of St. Francis, was founded in about 1448. It underwent alterations in the 16th, 17th and 18th centuries. It has a single nave with a 17th century altar made of Estremoz marble. The main chapel contains remnants of 17th century

tiles, while the chapel screen is a wonderful example of 16th century ironwork. The cross in the churchyard (a national monument) dates back to the 15th century and is in marble on granite steps. Today the convent is a residential care home for the elderly, run by the Holy House of Mercy (Santa Casa de Misericórdia) of Marvão.

BRIDGE AND TOLL TOWER OF PORTAGEM The 16th century bridge may be a reconstruction, undoubtedly larger, of a former Roman bridge. Many of the building materials are undoubtedly from Roman times. About 20 m from the end of the bridge there is a square stone tower dating from the 14th century, designed to serve as a lookout point and to collect bridge tolls.

Fluvial swimming pool of Portagem



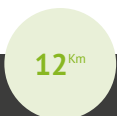


Medieval path. Sometimes in granite slabs, between scarps and stone walls.

The walking path begins in the village of Galegos, by the old bus stop in the Largo da Ponte. On the granite bed of a stream are large cavities (giants' cauldrons), scoured out by the action of stones which, propelled by the water and agitated by currents, gradually wore down and dug out the rocky stream bed. The walk continues in the direction of the border (La Fontañera). On this stretch of the walk, between Galegos and La Fontañera, the Portuguese sundew (*Drosophyllum lusitanicum*), a very interesting insect-eating plant, can be found. The walk continues through a gently rolling landscape, towards and across the stream at Galegos and on to the Sever River, a place at once wild and pleasant, with the harshness of granite together with the sound of rippling water and the restful poplars and ash trees along its banks. Ahead, a magnificent view over the valley, including impressive granite blocks of huge size. Looking towards the valley to the right (southeast) there is a dark green patch of chestnut trees which we will pass on the walk. Straight ahead (northeast) there is a threshing floor and a small farm. Returning to Galegos we come again to the stream of the same name next to the tarred road that leads back to the village.



type of path



distance



time



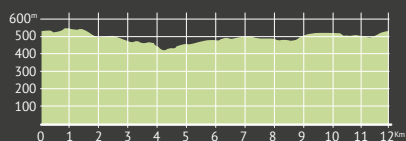
altitude variation



grading



altitude max / min

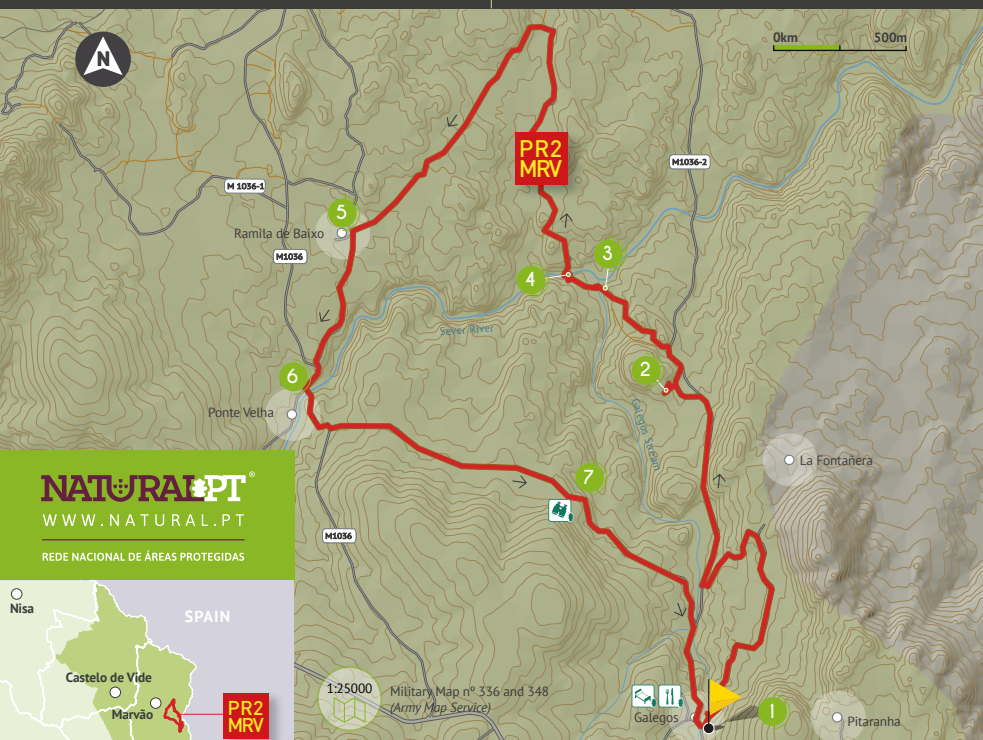


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



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Caption

Walking path

Asphalt road

Watercourse

→ Recommended direction of the walking path: counter clockwise

Starting / Ending: Bridge square, Galegos
(GPS: 39°22'07, 34°N; 7°19'30, 52°W)

Accommodation

Restaurant

Landscape

Places of Interest

- 1 Giants' Cauldrons
- 2 Castro da Crença
- 3 Treadmills of Gallegos's stream
- 4 Sever River

- 5 Granite
- 6 Sever River - Old Bridge
- 7 Viewpoint



Walking path

> Highlights

NATURE: this walking path passes through hilly granite countryside, offering wild but beautiful landscapes. In the poor soil, the granite massif fills the horizon with giant blocks, faults, fissures, boulders. Impressive cork trees burst out of the crags, in prodigious displays of beauty, balance and strength. Chestnut trees, oaks, olive trees, and pines complement the scenery which, on the banks of the Sever River, also offers poplars, and ash. It is worth noting the following species: the Iberian midwife toad, the griffon vulture, the Egyptian vulture and the otter.

HERITAGE: *Castro da Crença* (Iron Age); Church of S. Sebastião.

HANDICRAFT: traditional embroidery with chestnut peel; basketry in chestnut tree wood.

GASTRONOMY: soup of *sarapatel*; lamb stew; *cachafrito* of little goat; *alhada* of dogfish; thin bread with chestnuts. Sweets (chestnut cake, apple *boleima*, *aramenha* pie). Chestnut (Protected Designation of Origin).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Marvão:
+351 245 909 130

Municipal Tourist Office:
+351 245 909 131

Medical Center: **+351 245 909 100**

GNR (Republican National Guard):
+351 245 993 617

Fire Department:
+351 245 920 135

Village Hall of Santa Maria de Marvão: **+351 245 993 832**

Village Hall of Santo António das Arelas: **+351 245 992 370 / 245 920 121**



> Places of Interest

GIANTS' CAULDRONS This vantage point is in Galegos itself, about 50 m from the starting point of the walking path. On the granite bed of a stream are large cavities, scoured out by the action of stones which, propelled by the water and agitated by currents, gradually wore down and dug out the stream bed. Also worth

looking out for is the contact between the granite and the surrounding, older rock in the ditch alongside the road. This contact gave rise to a dense, black and very hard rock called corneana, created by the effect of the heat from the fiery mass on slate.

CASTRO DA CRENÇA (IRON AGE) The outer ramparts consisting of enormous stone blocks form the perimeter of a most unusual settlement, and the architecture of the houses, in general rectangular, seems to suggest that this was an area populated during the Second Iron Age. The site was clearly chosen for its natural defences (at least a double row of ramparts), and its position, dominating a valley of great strategic importance in military terms, indicates that it was probably built during a time of great socio-political upheaval. On the other hand, the apparent scarcity of pottery remains and other artefacts of daily life suggests a gradual and peaceful surrender, evidence perhaps that the Roman occupation was relatively pacific in this region.

Sever River



WALKING PATH OF THE COFFEE SMUGGLING



Cork oak forest. This path crosses through one of the finest areas of cork oaks of the Serra de São Mamede Nature Park.

From the outset and despite the uneven landscape terrain, it becomes apparent that this is the kingdom of the cork oak. Continuous tree groves of this species, only interrupted by the granite outcroppings and the cultivated valleys, accompany us for most of the pathway. Along this path we will find a set of three small border towns, Galegos, Monte de Baixo and Pitaranha, which suggest a close complicity with their Spanish counterpart, La Fontañera, an area where smugglers used to traffic coffee. Narrow and winding paths, sometimes on medieval stone-paved roadways flanked by walls and hidden in the shade of leafy oak trees, were once smugglers' paths. Now, they guide us through the same landscapes but on other adventures. On the way up to Pitaranha we get views to the hill of Marvão Castle. Already on the outskirts of the village we can see part of the Porto de Roque ridge, a steep crag that is part of a narrow but long rocky ridge that extends along the border and serves as a shelter for colonies of griffon vultures, a large gliding bird which often patrols these border skies.



type of path



distance



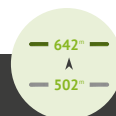
time



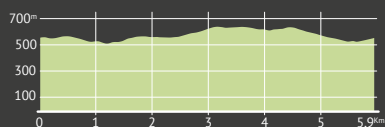
altitude variation



grading



altitude max / min

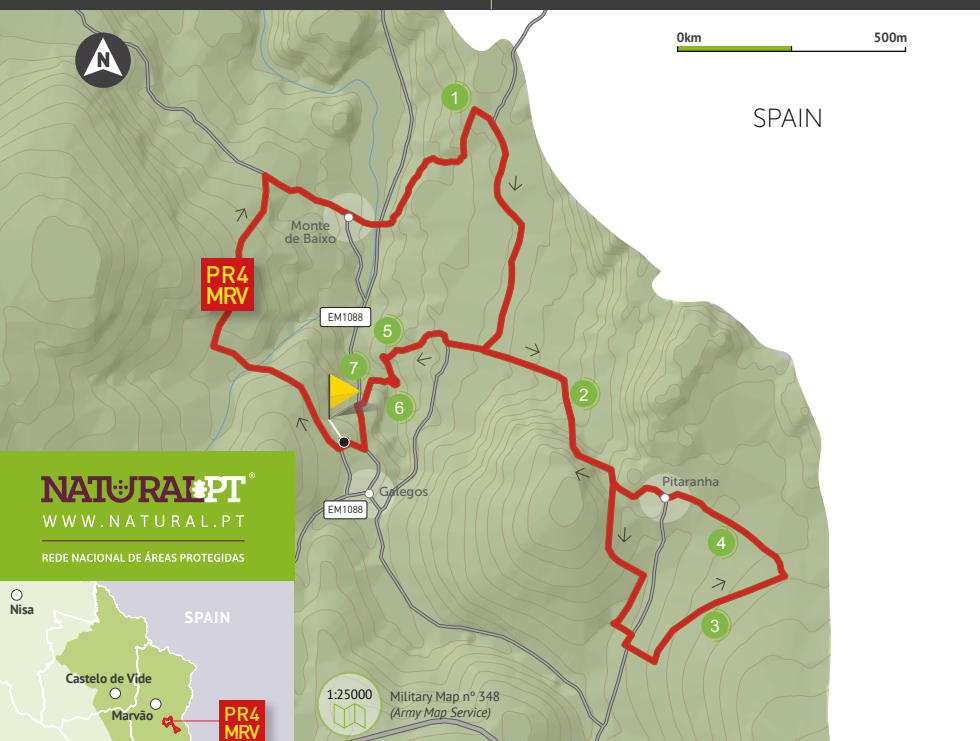


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



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REDE NACIONAL DE ÁREAS PROTEGIDAS



1:25000 Military Map n° 348 (Army Map Service)

Caption

Walking path

Asphalt road

Watercourse

→ Recommended direction of the walking path: clockwise

Starting / Ending: near the cemetery, Galegos
(GPS: 39°22'12, 61"N; 7°19'35, 11"W)

Information on site

Places of Interest

- 1 Smugglers' waiting area
- 2 View towards Marvão castle and geological formation
- 3 Chestnut tree area
- 4 Remarkable cork oak

- 5 Medieval stone-paved roadway
- 6 Fountain
- 7 Medieval bridge of Pomar Velho





Marvão seen from the path

> Highlights

NATURE: in the undergrowth of the cork oak forests we find the white Spanish broom (*Cytisus multiflorus*) and the rare Solomon's seal (*Polygonatum odoratum*). Bird species: great spotted woodpecker (*Dendrocopos major*), chaffinch (*Fringilla coelebs*), griffon vulture (*Gyps fulvus*) and raven (*Corvus corax*). Special mention goes to the giant peacock moth (*Saturnia pyri*), the largest nocturnal moth in Europe (a wing span of up to 15 cm) and the demoiselles damselflies (*Calopteryx spp.*).

HANDICRAFT: traditional embroidery with chestnut peel; basketry in chestnut tree wood.

GASTRONOMY: soup of *sarapatel*; lamb stew; *cachafrito* of little goat; *alhada* of dogfish; thin bread with chestnuts. Sweets (chestnut cake, apple *boleima*, *aramenha* pie). Chestnut (Protected Designation of Origin).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Marvão:

+351 - 245 909 130

Municipal Tourist Office:

+351 245 909 131

Medical Center: **+351 245 909 100**

GNR (Republican National Guard):

+351 245 993 617

Fire Department:

+351 245 920 135

Village Hall of Santa Maria de

Marvão: **+351 245 993 832**



> Places of Interest

SMUGGLERS' WAITING AREA With the border and La Fontañera a foot away, we walk along the smuggling paths, etched in popular oral memories and heroically celebrated by poets and writers, testimonies of the nervous, uncomfortable silence of the daring ones who ran risks in the dark night of the mountain. Among

dense vegetation and icy waterways, between the fear of the fiscal guard and the desperate fear of a life of poverty, it was between 1935 and 1960 that illegal commerce between Portugal and Spain was more accentuated. Triggered by the Spanish civil war, the widespread misery of the Alentejo streak and the emergence of dictatorial states, found in coffee the principal cause for such great adventures.

REMARKABLE CORK OAK The geomorphological formations and the altitude of the Serra de São Mamede cause a greater retention of Atlantic moist winds, thus ensuring the existence of a hot Mediterranean climate, with some humidity, responsible for creating excellent conditions for the development and occurrence of some species. This is the case of cork oak (*Quercus suber*) which, although widely distributed throughout the country, it is here in Alto Alentejo that it establishes its domain, forming well-developed Mediterranean *montados*, with many trees of notable size.

Giant peacock moth (*Saturnia pyri*)





Roman bridge over the Ribeira Grande. Currently displays 6 arches, but it may have another 6 arches buried by silting.

This path is characterized by its almost flat profile and by the frequent crossing of watercourses, features that make it easy and fresh for walking. Early on, the Roman bridge allows us to cross the Ribeira Grande. The *montado* is dense and consists of large holm oaks. Following the right bank of Cubo River we come to the Cubo Fountain and the Cubo Bridge, of uncertain origin. We move to the other margin of the river and ahead we arrive at the ruins of the Cubo Watermill. Then, we reverse our direction of travel in order to reach the Ribeira do Freixo, which we cross before it joins the Ribeira Grande. The riverside corridors are leafy and dense. We head northeast to the point where the so-called Old Bridge was built. Here we start our return. We follow along the right bank of Ribeira Grande, which we cross by a road bridge built in an abandoned section of the national road EN18, and from there to the end, the path passes through farmland and olive groves.



type of path

4.6 Km

distance

1.45^H

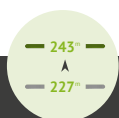
time



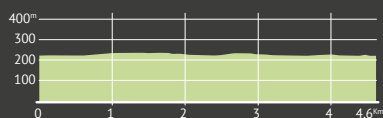
altitude variation



grading



altitude max / min



gradient profile



1



2



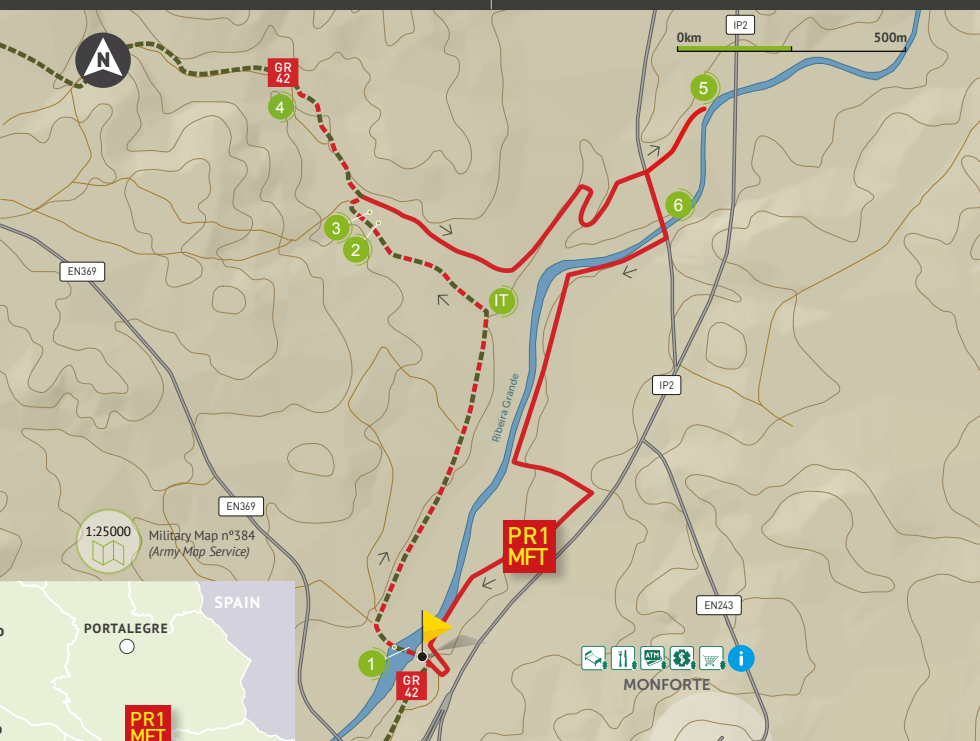
2



2

The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourse
- - - Path intersection

→ Recommended direction of the walking path: clockwise

Starting/Ending: Roman bridge over Ribeira Grande, Monforte
(GPS: 39°03'27,24"N; 7°26'35,04"W)

- Tourist office
- Accommodation
- Restaurant
- ATM
- Market
- Pharmacy



Places of Interest

- ① Roman bridge over Ribeira Grande
- ② Cubo Fountain
- ③ Cubo Bridge
- ④ Cubo Watermill
- ⑤ Old Bridge
- ⑥ Old bridge of EN18 road
- ⑦ Interpretative table



Landscape of pastures

> Highlights

NATURE: watercourses running through a well-developed *montado* of holm oak with varied shrub (hawthorn (*Crataegus monogyna*), elm (*Ulmus minor*), butcher's broom (*Ruscus aculeatus*), flax-leaved daphne (*Daphne gnidium*) and mock privet (*Rhamnus alaternus*)). Dense and rich riparian forest. Presence of otter (*Lutra lutra*) and genet (*Genetta genetta*).

HERITAGE: historic borough of Monforte.

HANDICRAFT: pastoral artwork on wood, horn, cork, skin and leather.

GASTRONOMY: *açorda* of coriander or pennyroyal; potato soup with purslane; stew and lamb roast. Sweets (*fintos* cakes (Easter), *mexericos* and nougat (Christmas), cigars of Vaíamonte, rancid bacon of Monforte). Black pork sausages; Nisa cheese (Protected Designation of Origin).

RECOMMENDED SEASON

The walking path can be made at any time of the year but users have to take some precautions with the high temperatures that can be felt during the summer and with the muddy ground or even covered with water during the winter or during periods of higher rainfall. The crossing of some water lines may be constrained in some periods of the year.

USEFUL CONTACTS

Town Hall of Monforte:

+351 245 578 060

Municipal Tourist Office:

+351 245 578 067

Medical Center: **+351 245 578 210**

GNR (Republican National Guard):

+351 245 573 220

Fire Department:

+351 245 573 420

Village Hall of Monforte:

+351 245 578 200



> Places of Interest

BRIDGE OF CUBO This small bridge over the Ribeira do Cubo, 15m long and 2m wide, is formed by two arches, trestle deck and guardrails. There is no data on its origin or construction date, but it seems to go back to Roman times, since its intrados are distributed longitudinally along the arches. It is regarded as a medieval construction, however, in the absence of more studies to clarify this point.

ROMAN BRIDGE OVER RIBEIRA GRANDE Real Estate of Public Interest, it is believed that its construction took place between the 2nd and 4th centuries. In the ancient *Antonine Itinerary* map of the routes and roads of the Roman Empire (3rd century), the first reference appears, somewhere between Merida and Lisbon. Built in granite masonry and 63 meters in length, the bridge has six round arches, decreasing in size from the centre to the edges, where, perhaps because of silting and several reconstructions, another six arches are hidden, of a total of twelve mentioned in Parish Memories of 1758.

Hawthorn (*Crataegus monogyna*)





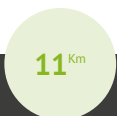
Castle of Amieira do Tejo. With square floor plan and equipped with four towers, the north corner tower was the Keep, which was also palace.

The walking path begins in Amieira do Tejo, one of the twelve villages of the Order of Malta. It starts on the square of the village council by the paved road and follows a pathway between walls, holm oaks and olive trees. After a short climb, the vegetation is formed by cistus, brooms, cork oaks and some vineyards.

The path goes onward or by the variant to Vila Flor, where a narrow street leads to the ruins of the church. On a shortcut there's a lookout point over Albarrol and the Figueiró River. The path heads towards the Tagus River, with a fantastic view of Gardete and of the Fratel Dam, preceding the steep descent to the riverside, where the extension of 3 km of towpath wall begins, heading to Barca da Amieira. It runs parallel to the river, from where we can contemplate the flyby of birds such as the grey heron. We leave behind us a pontoon with a schist arc, the mouth of the Ocreza River and the abundant myrtle and strawberry trees. We then arrive at the wharf, with fishing boats and a train-station in front. Go through the picnic area with a lookout point over the Tagus River and then continue along another path. Go up to the paved road, where the Castle of Amieira and the Maia River are waiting you.



type of path



distance



time



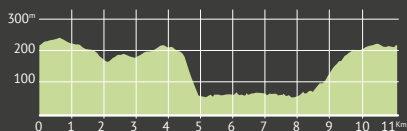
altitude variation



grading



altitude max / min



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourse
- Beira Baixa railway line
- Variant

Starting / Ending: close to the Castle of Amieira do Tejo (GPS: 39°30'29,66"N; 7°48'57,10"W)

Recommended direction of the walking path: counter clockwise

- Accommodation
- Market
- Tourist office
- Restaurant
- Landscape

Variant to Vila Flor

Distance: 2,5km | Time: 1h00m

Forks in the variant to Vila Flor:

GPS: 39°30'44,53"N; 7°48'42,94"W and

GPS: 39°31'27,74"N; 7°48'31,67"W

Places of Interest

- Castle of Amieira do Tejo
- Church ruins in Vila Flor
- Viewpoint
- Towpath wall
- Barca da Amieira
- Resting area
- Viewpoint "the way of the Holy Queen"



Church ruins in Vila Flor

> Highlights

NATURE: in this area abound cork oaks, holm oaks, olive and eucalyptus trees, and also rockrose, broom, the rosemary, heather, strawberry trees and wild asparagus. Here it is possible to observe various migratory birds such as the robin and the thrush, or other larger ones such as the grey heron, the black kite, the osprey, the cormorant and the griffon vulture, which nests upstream, at the *Portas de Ródão*. The Tagus, on whose shores abound reed, willow, poplar and ash, can be fished for barb, carp, black bass, lamprey, dace, shad and perch.

HERITAGE: Amieira do Tejo: Castle of Amieira do Tejo (NM – 14th century); Chapel of Calvário (RPI – 18th century); Church of Misericórdia and Chapel of São João Baptista.

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqués and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

RECOMMENDED SEASON

This walking path can be done throughout the year, preferably in the spring or fall. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Nisa:
+351 245 410 000

Nisa Tourist Office:
+351 245 410 000 - extension 353

Amieira do Tejo Tourist Office:
+351 245 457 007

Medical Center: **+351 245 410 160**
GNR (Republican National Guard):
+351 245 410 116

Fire Department:
+351 245 412 303

Village Hall Union of Arez and
Amieira do Tejo:
+351 245 457 048 / 245 748 146



> Places of Interest

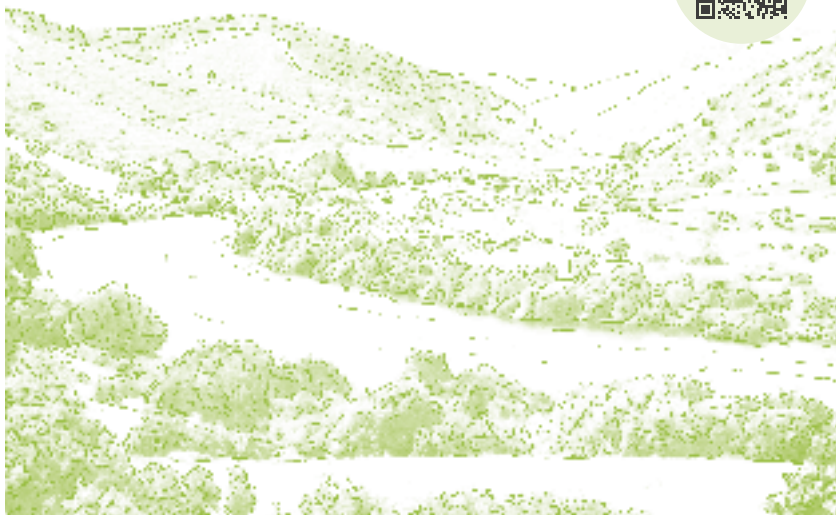
TOWPATH WALL Downstream from the Fratel Dam the walls of towpaths are visible, once essential to navigation to Ródão. The name refers to the thick sisal rope used to tow the boats from the shore. In this case, walk the three kilometres that stretch from Barca da Amieira to the Fratel Dam, always parallel to the river, through

a beautiful example of these traditional constructions, contemplating the beauty of the surrounding landscape.

CASTLE OF AMIEIRA DO TEJO Built in the 14th century by Álvaro Gonçalves Pereira, prior of the Order of Malta, the Amieira do Tejo Castle was part of the Tagus line of defence. A battle ground during the dynastic crisis of 1383-85, it served as the residence of mayors, a prison and a cemetery. Next to one of the four towers of this national monument is the Chapel of St. John the Baptist, with a ceiling decorated with sgraffito.

Amieira do Tejo and castle



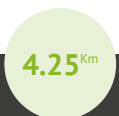


Tagus River. The peaceful water plane is formed by the Fratel Dam.

The walking path starts next to the old Primary School of Chão da Velha, where you see the old houses of the village with the characteristic chimneys of Alentejo. Once upon a time, agriculture and grazing of cows and goats were the main sources of livelihood for this village, now practically deserted. However, there are still some vegetable gardens and vineyards around, proving that there are still people who have not abandoned these fields. Walking through the woods, populated by eucalyptus, go down by a footpath, snaking along a narrow path down the slope, lost in the barriers of the Tagus, leading to the south bank of the river. After reaching the spot where there is a small dock and a picnic area, you get a good perspective of the embedded valley of the river that marks the transition between the south of the country, hot and dry, and the north, temperate and humid. Here you may see some birds such as the grey heron or cormorants. Then comes the climb, on a dirt trail, passing through several eucalyptus groves. Follow the path until you reach the highest point of the track, at a threshing-floor, accompanying a schist wall. Before arriving at Chão da Velha, you will pass by a fountain and some buildings in schist.



type of path



distance



time



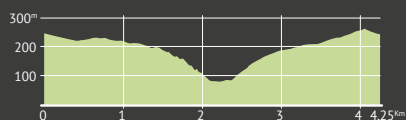
altitude variation



grading



altitude max / min



gradient profile



1



2



2



2

The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

Walking path

Asphalt road

Watercourse

Beira Baixa railway line



Starting / Ending: next to the old primary school of Chão da Velha (GPS: 39°34'51, 51"N; 7°43'37, 56"W)



Recommended direction of the walking path: counter clockwise



Landscape



Places of Interest

- 1 Viewpoint
- 2 River wharf
- 3 Resting area

- 4 Traditional vegetable garden
- 5 Threshing-floor



Chão da Velha, Nisa

> Highlights

NATURE: along the Tagus River, you can fish barbel, boce, carp, black bass, eel, dace and perch. The avifauna that live here includes species such as the grey heron, the black stork, the red kite, the osprey, the black vulture, the eagle owl, the cormorant and the griffon vulture. This is also the natural territory of the wild boar, the red deer, the rabbit, the fox, the genet cat, the hare, the mongoose and the wildcat.

HERITAGE: Cacheiro: Parish Church of São Matias, with stone image of St. Peter, from the 16th century; old fountains; community oven.

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqués and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezzinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Nisa:
+351 245 410 000

Nisa Tourist Office:
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Medical Center: **+351 245 410 160**

GNR (Republican National Guard):
+351 245 410 116

Fire Department:
+351 245 412 303

Village Hall of São Matias:
+351 245 469 226



Places of Interest

TRADITIONAL VEGETABLE GARDENS

Much of the Nisa Municipality is used for agriculture, predominately fruit trees, olive groves and traditional vegetable gardens and vineyards. Most of the houses of the villages have a yard where legumes and vegetables are grown, the subsistence agriculture also being used by retired

people as an occupational therapy.

THRESHING-FLOORS In the threshing-floors, wide spaces on dirt ground, slab or concrete, located in sunny areas near the houses, cereals such as wheat, rye or corn were dried and beaten. Between July and September, at harvest, the ears of the cereals were beaten, making the grain come off the ears. This was then tossed in the wind to release the chaff that was used to fill the pads. After this process, the grain was gathered and later milled, the straw serving as food for animals.

Threshing-floor





Fishing vessels of the Tagus River.

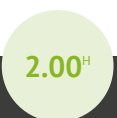
The walking path begins at the Velada Hydroelectric Plant. The first metres follow along the Nisa River, until the path passes next to a watermill. Ahead, cross the pontoon of the dam and follow the dirt trail that goes along the right bank of the river towards the mouth of the Tagus. As the pathway meanders through the terrain where rockroses abound, you find olive trees in terraces, once an important source of income. With the eucalyptus forest getting denser, the most demanding point in the path occurs in the climb to the top of the hill, where there is an excellent lookout over the Nisa River and the Tagus River. In front, the line of Beira Baixa marks the landscape at a prime location for birdwatching. After a few metres, there is a descent through eucalyptus and rockroses, culminating at the pontoon linking the two banks of the Nisa River, waters that invite us to take a break to eat lunch or to fish. The path ends at the Velada Hydroelectric Plant where you can quench your thirst from a fountain with excellent fresh water.



type of path



distance



time



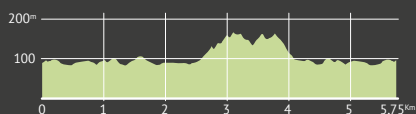
altitude variation



grading



altitude max / min



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



1:25000 Military Map n° 314 (Army Map Service)

Caption

Walking path

Asphalt road

Watercourse

Beira Baixa railway line

Starting / Ending: Velada Hydroelectric Plant (GPS: 39°35'28,60"N; 7°42'33,45"W)

Recommended direction of the walking path: clockwise

Landscape

Places of Interest

1 Velada Hydroelectric Plant

2 Dam / Watermill

3 Electric Central from the river mouth / Pontoon of the dam

4 Mouth of Nisa River



Península, seen from the viewpoint

> Highlights

NATURE: along the Tagus River, you can fish for barbel, boce, carp, black bass, eel, dace and perch. The avifauna here consists of species such as the grey heron, the black stork, the red kite, the osprey, the black vulture, the eagle owl, the cormorant and the griffon vulture. The landscape is dominated by cork oak, holm oak, olive, maritime pine, eucalyptus, alder, white and black poplar, as well as by the rockrose, broom, lavender, juniper, the strawberry tree, heather and rosemary. The banks of Tagus abound with reeds, white and common willows, poplar and ash.

HERITAGE: Velada Hydroelectric Plant.

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqués and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Nisa:
+351 245 410 000
Nisa Tourist Office:
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Medical Center: **+351 245 410 160**
GNR (Republican National Guard):
+351 245 410 116
Fire Department:
+351 245 412 303
Village Hall of São Matias:
+351 245 469 226



> Places of Interest

VELADA HYDROELECTRIC PLANT

The Velada Hydroelectric Plant began operating in 1935 and was built by the Hydroelectric of Alto Alentejo, the company responsible for six other units: Póvoa and Meadas, Bruceira and Foz (located on the Nisa River), Cabeço Monteiro (Ponsul River), Pracana (Ocreza

River) and Belver (Tagus river). At present, the Velada Hydroelectric Plant is part of the Hidrotejo - Hydroelectric of Tagus, belonging to the EDP Group, which comprises the units of Belver, Póvoa and Meadas, Bruceira and Caldeirão (Almonda River).

OLIVE GROVES Since the foundation of Nisa, in the time of D. Dinis, the grafting of wild olive allowed the production of high quality olive groves, now scattered down the slopes, flat grounds and vineyards throughout the entire municipality. Due to the poverty of the soils and the microclimate of the region, olive groves thrive alongside fruit trees and cereals such as wheat, producing an olive that provides olive oil with a fruity and smooth taste.

Pontoon of the dam



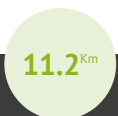


Conhal do Arneiro. Large mine waste tip of rolled pebbles that testify to the gold mining that took place here.

The walking path begins at Arneiro, along a dirt track, heading towards the Serra de São Miguel. With the *Portas de Ródão* on the horizon, the olive grove is gradually replaced by holm oaks, fields covered with gravel and quartzite walls. Entering the mountains with their dense vegetation, meander through terraces hiding old olive trees. At the top, now among pine trees, pass next to *Buraco da Faiopa* (Faiopa's Hole). The path carries on towards the castle of Ródão from which the traveler may contemplate the silent flight of protected birds such as the griffon vulture. In the distance lie the Tagus River, the mouth of the Ribeira do Vale, *Conchal* and Vila Velha de Ródão. Visit the viewpoint over the *Portas de Ródão*, with privileged views of the bridge of the Tagus River and Vila Velha de Ródão and over the *Conchal*, Pego das Portas and the Fountain of Virtues. The pathway goes down the rock, next to the hill full of junipers and strawberry trees and progressing towards *Conchal*. Take a moment to climb one of the giant piles of pebbles that compose it. Before reaching the *Conchal* we can visit the Wharf of Pego das Portas, on the bank of the Tagus. After passing by the small vegetable gardens, with their wells, norias, schist walls and Moorish tile houses, the path reaches the fountain of Ribeiro do Vale. Back at Arneiro, visitors can see the community ovens where bread was baked and appreciate the houses, unique in their painted trim, chimneys and tiny shutters allowing the passage of light.



type of path



distance



time



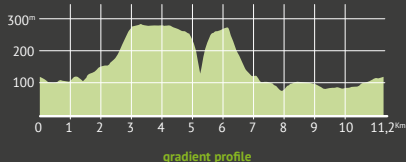
altitude variation



grading

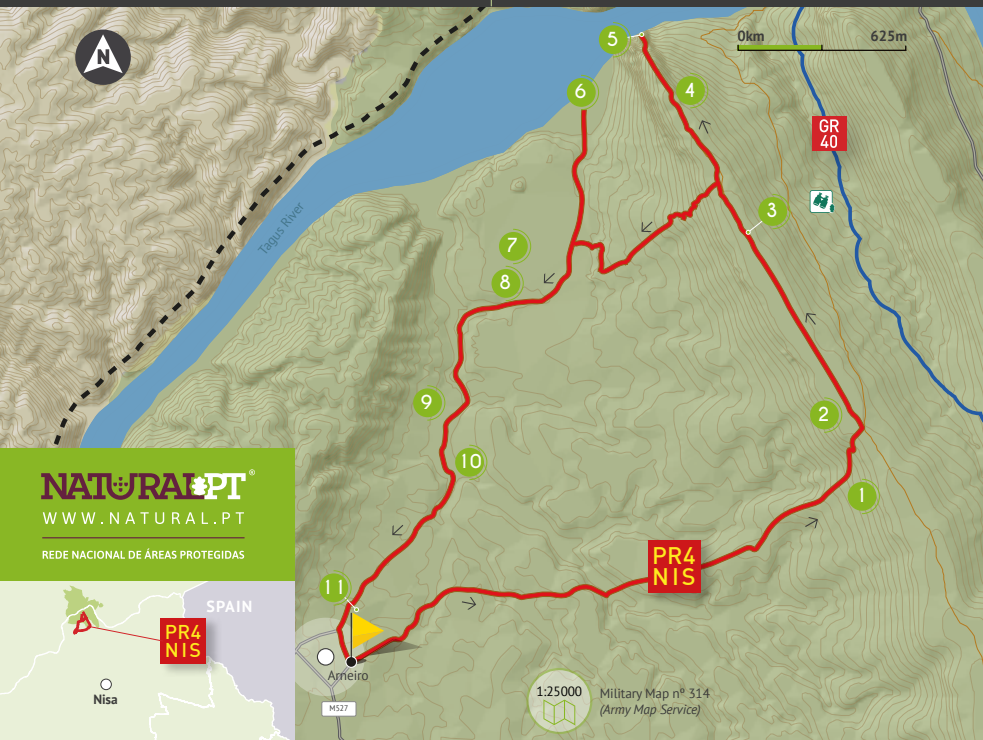


altitude max / min



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



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Caption

- Walking path
- Asphalt road
- Watercourse
- - - Beira Baixa railway line

- ▶ Starting / Ending: next to the Village Hall of Arneiro (GPS: 39°36'57,54N; 7°42'08,00°W)
- Recommended direction of the walking path: counter clockwise
- ⬆ Landscape

Places of Interest

- ① Resting area
- ② Faiopa's hole
- ③ Viewpoint / Resting area
- ④ Viewpoint Conhal / Vila Velha de Ródão
- ⑤ Portas de Ródão
- ⑥ Fluvial wharf of Pego das Portas

- ⑦ Conhal
- ⑧ Resting area
- ⑨ Traditional vegetable gardens
- ⑩ Resting area (fountain)
- ⑪ Community oven



Tagus River

> Highlights

NATURE: this area is covered by cork oak, holm oak, olive, maritime pine and eucalyptus. Near the ground appear the rockrose, broom, lavender, juniper, the strawberry tree, heather and rosemary. You may observe the jay, the robin, the thrush, the goldfinch, the blackbird, the partridge and the quail, or larger birds such as the grey heron, the ciconia, the kite, the osprey, the vulture, the eagle owl, the cormorant and the griffon vulture. The banks of Tagus abound with reeds, white and common willows, poplar and ash, and you may fish for barbel, boce, carp, black bass, eel, dace, allis shad and perch.

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqués and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Nisa:
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Nisa Tourist Office:
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Medical Center: **+351 245 410 160**

GNR (Republican National Guard):
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Fire Department:
+351 245 412 303

Village Hall of Santana:
+351 245 469 130



> Places of Interest

CONHAL DO ARNEIRO In a valley on the left bank of the Tagus, downstream from *Portas de Ródão*, is the *Conchal do Arneiro*, a large heap formed by gigantic piles of pebbles, a witness to the gold mining that took place in Roman and medieval times. The precious metal was washed with water from the Nisa River, taken from the

area of Senhora da Graça. Proving the quality of the Alentejo ore, D. João III ordered the manufacture of a sceptre in gold extracted from this river, and Vasco da Gama a cross, showing to the Venetians that in Portugal there were more precious metals than in the Eastern world. Iron, steel and silver are other metals once exploited on the banks of the Tagus.

FAIOPA'S HOLE In the hills of São Miguel, where Moors and Christians fought, is found Faiopa's Hole, which would have been a gold mine operated by Carthaginians and Phoenicians. Legend has it that D. Urraca, wife of a Christian nobleman, fell in love with a Moorish nobleman and used that passage to the river to go to meet him. The husband soon had his revenge, throwing his wife off the hill, tied to a rock.

Griffon vulture (*Gyps fulvus*)





Geodesic landmark of S. Miguel.

The walking path begins at the village of Pé da Serra, with its whitewashed houses with yellow and blue trim, or with the traditional roughened mortar. Passing next to the Church of S. Simão and the first fountain, it advances along the gravel pavement to a path flanked by sinuous low walls, past small vegetable gardens, olive groves and huts. After passing through Monte Cimeiro, uninhabited and in ruins, it becomes a steep pathway that leads to Penouco, pinnacle of the Serra de São Miguel. With Pé da Serra on the horizon, cross through a threshing-floor of schist and gravel and climb through oak trees, pine trees and eucalyptus to the highest point of the municipality (463m), which offers a full panoramic view of the region. The descent meander through cork oaks and gravel, remains of the walls that once supported the olive trees, as the traveler walks over clay soils. The path then takes the asphalt pavement towards Vinagra, where there is fresh water in the fountains and stone houses with their typical chimneys that surpass the height of the houses by far. The path again advances between walls that separate vegetable gardens or olive groves, until the cork oaks appear once again. On the way back to Pé da Serra you can see the bins of the ancient olive press.



type of path



distance



time



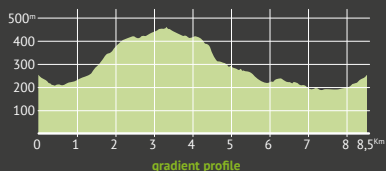
altitude variation



grading



altitude max / min



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Path intersection

- Starting / Ending:** near the Recreational and Cultural Centre of Amigos do Pé da Serra
(GPS: 39°34'42,09"N; 7°37'06,76"W)
- Recommended direction of the walking path:** counter clockwise



Places of Interest

- 1 Monte Cimeiro (village ruins)
- 2 Threshing-floor
- 3 Viewpoint
- 4 Water well
- 5 Shelter for cattle
- 6 Penouco (Geodesic vertex of 1st order)

- 7 Hill of São Miguel
- 8 Vinagra
- 9 Bins of ancient olive press
- 10 Old olive press



View over Pé da Serra



Highlights

NATURE: the Serra de São Miguel echoes with the chirping of the lark, the blackbird, the tit, the goldfinch or the robin. Birds such as the grey heron, the black stork, the red kite, the osprey, the black vulture, the eagle owl or the griffon vulture may be observed in its surroundings. This is the territory of the wild boar, the red deer, the fox, the genet cat, the hare, the mongoose and the wildcat. In Pé da Serra some donkeys still roam around the settlements.

HERITAGE: Vinagra (rustic houses with wooden doors and hasps and typical Alentejo chimneys); Monte Cimeiro (ruins of the village).

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqués and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Nisa:
+351 245 410 000

Nisa Tourist Office:
+351 245 410 000-extension 353

Medical Center: **+351 245 410 160**
GNR (Republican National Guard):
+351 245 410 116

Fire Department:
+351 245 412 303

Village Hall Union of Espírito Santo, Nossa Sr.^a da Graça and São Simão: **+351 245 412 219 / 245 413 490 / 245 743 436**



> Places of Interest

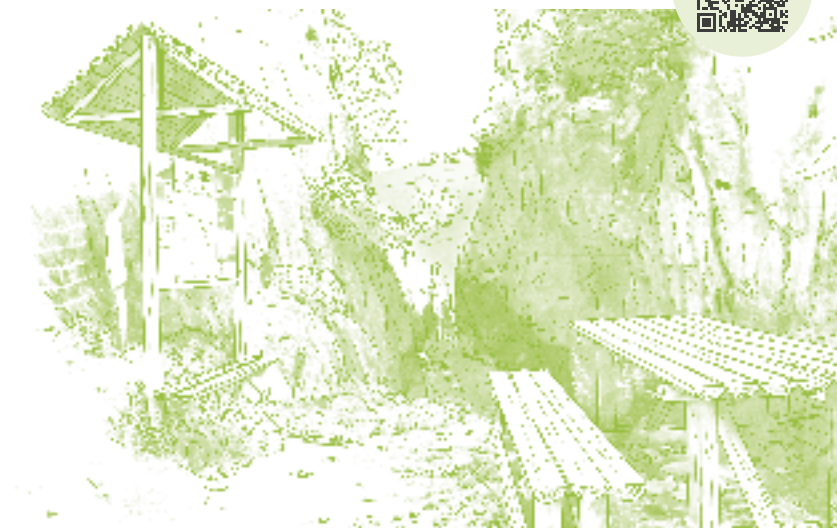
MONTE CIMEIRO One of the last strongholds of rural architecture of the region. The houses in this abandoned village are low or have two floors and were built with quartzite of the region, a dark and brownish stone that contrasts with the yellowish orange clay mortar, lime and sand that sustain them. Of the

twenty homes, there remains a rock walkway flanked by high walls and walls in ruin, already without the small wooden doors and windows, in a pile of stones and roof tiles, where the lime mortar or some vestige of the interior architecture still persists, such as the eaves extended with a slab or the *pilheiras*, embedded in the wall, where the dishes were kept.

SERRA DE S. MIGUEL, PENOUÇO The Penouço, a geodesic landmark situated at 463 meters above sea level, at the highest point of Nisa municipality, would have been built with the stones of an old chapel that already existed in the sixteenth century in the Serra de S. Miguel. From this lookout we obtain a full panoramic view of Pé da Serra, Salavessa, Nisa, Monte Claro, Montalvão, Arneiro, Vila Velha de Ródão, Castelo Branco, the mountains of Gardunha and Estrela, as well as the Spanish Extremadura.

Eagle owl (*Bubo bubo*)



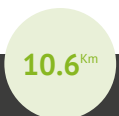


Fisga do Tejo. Artificial crevice, about 10 m high, made with the aim of diverting the course of Ribeira do Fivelô.

The walking path begins in the village of Salavessa, where the white houses with colourful trim or with the traditional roughened mortar and large chimneys stand out. Walk through the narrow streets of the village, admiring the traditional windows and doors and visit the hermitage dedicated to São Jacinto. Leave through the rear part of Salavessa, where the first houses were built. The landscape changes dramatically, with schist hay sheds, the corrals and huts. The path continues on between walls, over dirt and stone paths, over steep slopes, accompanied by a landscape of cork oak forest, down towards the Tagus. It reaches the bank of the Tagus River at a pontoon on the water's edge and follows an old pathway that ends at *Fisga do Tejo*, an artificial rift that once crossed leads to the first weir of Ribeira do Fivelô, in the heart of the Serra de São Miguel. Continue following the Ribeira do Fivelô, and you pass by a second weir and, later, by an apiary wall disguised in the vegetation. Wind your way through the hills, admire the dams and pass by norias with their irrigation channels, formerly used for irrigating vegetable gardens. The climb continues passing next to the terraces of olive trees, until you return to Salavessa.



type of path



distance



time



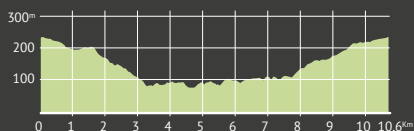
altitude variation



grading



altitude max / min



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



1:25000 Military Map n° 314 (Army Map Service)

Caption

- Walking path
- Asphalt road
- Watercourse

- ▶ **Starting / Ending:** close to the old primary school of Salvavessa (GPS: 39°36'26,56"N; 7°36'38,07"W)
- **Recommended direction of the walking path:** counter clockwise



Places of Interest

- ① Viewpoint
- ② Pontoon in schist
- ③ Tagus's pathway
- ④ *Fisga do Tejo*
- ⑤ Resting area
- ⑥ a ⑫ Dams
- ⑬ Viewpoint



Noria

> Highlights

NATURE: next to the estuary of Tagus River, where you can fish for barbel, boce, carp, black bass, eel, dace and perch, various bird species make their home, such as the grey heron, the black stork, the red kite, the osprey, the black vulture, the eagle owl and the griffon vulture. This is the territory of the wild boar, the red deer, the fox, the genet cat, the hare, the mongoose and the wildcat.

HERITAGE: pontoon in schist; dams and watermills.

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqués and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezzinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Nisa:
+351 245 410 000

Nisa Tourist Office:
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Medical Center: **+351 245 410 160**

GNR (Republican National Guard):
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Fire Department:
+351 245 412 303

Village Hall of Montalvão:
+351 245 743 132



> Places of Interest

DAMS AND WATERMILLS Along the watercourse of Fivelo River we find a series of dams and watermills, dating to medieval, modern and contemporary periods, used in the exploitation of the river waters and rain. The dams are stone walls that retain water, conducting it through a channel to the watermills, in

a downward path in order to move the wheels and the millstone that turns the grain into flour. The noria consists of a toothed wheel, disks and buckets, powered by a pack animal, which pumps water to a *levada*, taking it back to the reservoir by the action of gravity, after watering gardens and orchards located upstream.

FIVELO RIVER The Fivelo River rises from the marshes of São Silvestre, in Montalvão, entering this village next to Pé da Serra. This water course flows into the Tagus near the fishing area of Bispo. Climbing the hill and following the course of the stream of Fivelo, almost dry in the summer, you can see the traditional engineering present in the dams and norias, which were used to exploit the watercourse and rainfall, as well as the supporting walls for the olive trees, useful against soil erosion.

Pontoon





Sever River. Rising in the Serra de São Mamede, two-thirds of its course forms the boundary between Portugal and Spain.

The walking path begins in Montalvão, a village whose white houses stand out on the top of an isolated hill in the landscape. After a visit to the castle, the parish church and the historic area, follow the paved road that leads to the slopes of the Sever River, passing next to the village cemetery and the ruins of the Chapel of Santa Margarida. Having gone through Ferreira's threshing-floor, use well-worn trails between eucalyptus trees and some pines, once trodden by farmers and smugglers. Further down, you come to the banks of the river, hidden in the dense forest, in an area of steep slopes where water fountains and springs abound. Once you come to the water's edge, a spot ideal for sport fishing, you find Nogueira's watermill, now submerged. With Spain on the other side, the path follows a dirt trail along the river, headed north, until Artur's watermill, also covered by water, a favourite place to eat lunch, with water springs and a small shelter in schist. Abandoning the riverside, you begin a steep climb through a eucalyptus plantation. Higher up, the landscape of cork oak forest marks the return to Montalvão over dirt roads, between walls and ruins in schist.



type of path



distance



time



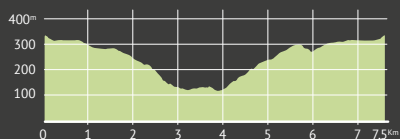
altitude variation



grading



altitude max / min

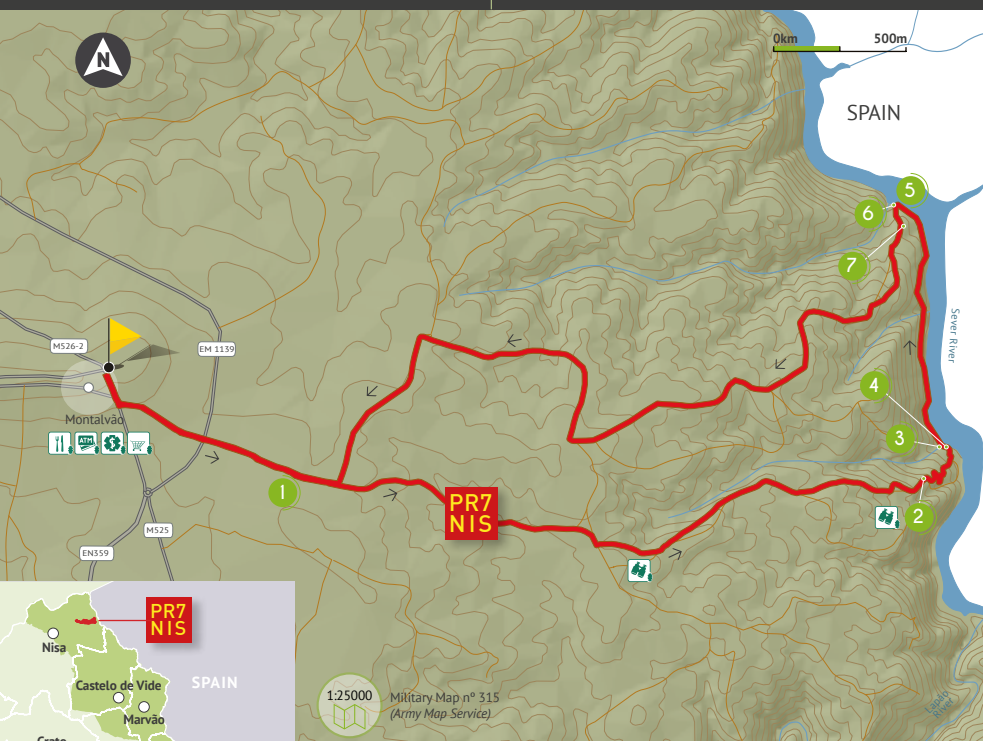


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



1:25000 Military Map n° 315 (Army Map Service)

Caption

Walking path

Asphalt road

Watercourse

→ Recommended direction of the walking path: counter clockwise

Starting/Ending: next to the Parish Church of Montalvão (GPS: 39°35'44,15"N; 7°31'38,10"W)

Restaurant

ATM

Landscape

Pharmacy

Market



Places of Interest

- ① Chapel of Santa Margarida (ruins)
- ② Viewpoint
- ③ Resting area
- ④ Nogueira's watermill

- ⑤ Resting area
- ⑥ Artur's watermill
- ⑦ Shelter in schist



Nogueira's watermill

> Highlights

NATURE: on the Portuguese side, on the hills around the Sever River, once used for raising wheat where cows and sheep used to graze, the holm and cork oaks remain, to which was added a dense eucalyptus forest, an indication of the abandonment of these lands. Down here, the river banks are filled with ash trees, poplars and reeds, while along the dirt roads the rockrose, the broom, the strawberry tree, the myrtle and the wild olive are common.

HERITAGE: Montalvão: Castle (probably from the reign of D. Dinis); Parish Church (13th – 14th centuries); Church of Misericórdia; Chapel of S. Pedro; Chapel of the Holy Spirit.

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqués and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Nisa:

+351 245 410 000

Nisa Tourist Office:

+351 245 410 000–extension 353

Medical Center: **+351 245 410 160**

GNR (Republican National Guard):

+351 245 410 116

Fire Department:

+351 245 412 303

Village Hall of Montalvão:

+351 245 743 132



> Places of Interest

HERMITAGE OF N. SR.^a DOS REMÉDIOS

Together with the bullfights, the feast of N. Sr.^a dos Remédios, which takes place on 8 September, is one of the main cultural events of Montalvão. Not far from this hermitage, next to the road linking the village to the Spanish town of Cedillo, there is a dolmen, a common

monument in these parts.

WATERMILLS OF ARTUR AND NOGUEIRA Fully built of schist, they are two of the structures where formerly the wheat grown in the hills around the Sever was ground, both now completely submerged by the Cedillo dam. Traditionally, the current of the river was diverted to the watermill, moving the millstone by action of the driving wheel. The system reached the peninsula in the tenth century through the Arabs, a precursor of hydraulic devices such as the dam, the bucket *alcatruz*, the *noria* and the *picota*.

Strawberry tree (*Arbutus unedo*)



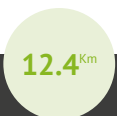


Watermill of Moinho Branco. On the banks of the Sever River, an ideal place to eat lunch and rest.

The walking path begins in Montalvão, a rural village situated high on a hill from which you can see the landscapes of Alentejo, Beira and Spain. We suggest a visit to the old town, castle, parish church and the community oven. The path follows the road of Montalvão - Póvoa, leaving the village and turning on the first pathway on the left to the steep slopes of the Sever River. Travelling paths once used by farmers and smugglers, you pass by the Fountain of Pales, the Tapada da Queijeira and at the Alto da Pobreza there is a good lookout point over the mouth of the Ribeira de São João. You then come to the mill of Moinho Branco, an area of steep slopes carved by watercourses, ideal for sport fishing. Follow the bank of the Sever River, with Spain always the other side, in an area of dense vegetation where fountains and springs abound, with some traditional buildings and shelters in schist, now used by fishermen. Below, the path leaves the river, reaching the pontoon of Ribeiro do Lapão, built in schist over a polished stone bed. Located close by, surrounded by olive trees in terraces, is the *Abrigo do Pescador* (fisherman's shelter). On the way back to Montalvão, the climb follows footpaths that pass by the threshing-floor of Ferreira.



type of path



distance



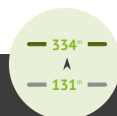
time



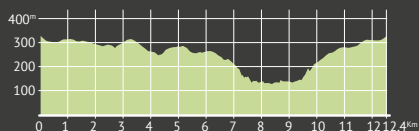
altitude variation



grading



altitude max / min



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



1:25000 Military Map n° 315 and 325 (Army Map Service)

Caption

Walking path
Asphalt road
Watercourse

→ Recommended direction of the walking path: counter clockwise

Starting / Ending: next to the Parish Church of Montalvão (GPS: 39°35'44,15"N; 7°31'38,10"W)

Restaurant
ATM
Landscape
Pharmacy
Market

Places of Interest

- 1 Fountain of Pales
- 2 Monte do Estacal
- 3 Monte da Pobreza
- 4 Mouth of Ribeira de São João / Sever River
- 5 Moinho Branco (watermill and fountain)
- 6 Resting area
- 7 Pontoon of Ribeira de Lapão
- 8 Shelter in schist
- 9 Viewpoint
- 10 Resting area
- 11 Chapel of Santa Margarida (ruins)



Walking path

> Highlights

NATURE: the spring, when everything is in flower, and the autumn are the recommended seasons to undertake the route. In the surrounding hills, of the old wheat fields, where cows and sheep once grazed, only the holm and cork oaks remain, to which was added a dense eucalyptus forest. At the mouth of the Sever River barbel, carp and black bass abound, which can be fished in the deeper parts of the river, along its course. The margins are filled with ash trees, poplars and reeds, while along the dirt roads the rockrose, the broom, the strawberry tree, the myrtle and the wild olive are common.

HERITAGE: Montalvão: Castle (probably from the reign of D. Dinis); Parish Church (13th – 14th centuries); Church of Misericórdia; Chapel of S. Pedro; Chapel of the Holy Spirit.

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliques and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

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GNR (Republican National Guard):

+351 245 410 116

Fire Department:

+351 245 412 303

Village Hall of Montalvão:

+351 245 743 132



> Places of Interest

PONTOON OF LAPÃO RIVER In addition to the houses and walls, the pontoon of Lapão River stands out in the traditional architecture of the area. Built entirely of schist, its stones embedded side by side seem to defy gravity, reminding us of the thick stone splinters from the hill slopes.

In the bed of the Sever River you can see the giants' cauldrons, where the stone, together with the action of water, was slowly excavated by small rounded pebbles.

FOUNTAIN OF PALES Located in Tapada da Queijeira, near the Lapão River, this fountain with drinking spouts can be reached from the road that leads us to the steep slopes of the Sever River, crossing the Alto da Pobreza through trails once trodden by peasants and smugglers. The Fountain of Pales is located on the outskirts of Montalvão, in uninhabited mountains, and which in other times were filled with cereal crops. Today, there remain only the holm and cork oaks, and a marvellous view over the banks of Sever.

Sever River



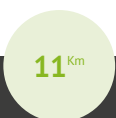


Mills of Tramaga. When the water mills were indispensable to human subsistence.

The Sor River will be the main axis of this path, framed by the constant presence of the cork oak. It begins at the point furthest upstream of the Riverside Area. We cross the river over the original Pedestrian Bridge to the left bank, where most of our path will be. We follow the river and pass over the bridge of the city, continuing along a dirt road that takes us on a pathway across the pedestrian bridge of the Vale do Bispo River. Continuing downstream we will pass through areas that are more rural, that take advantage of the proximity to water, and we start climbing the hill. This small elevation is covered by a forest of oak trees that we have to cross until we come to the gates of the village of Ervideira, at the southern end of the path. We go down the hill and walk back to the margins of the Sor River, now following the counter current of the water. Along this path we will find some old mills, the mills of Tramaga, the hydraulic mechanics of which once transformed cereal grain into flour for bread dough. In this natural stretch of the river, the sound of flowing water is mixed with the birds singing. Returning to the bridge over the Sor River, we have to cross it and go down to the delightful Park of the Marginal, continuing along the river bank and passing by the various leisure facilities built here, concluding the path at the same point where we start.



type of path



distance



time



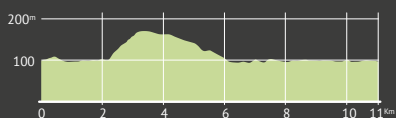
altitude variation



grading



altitude max / min

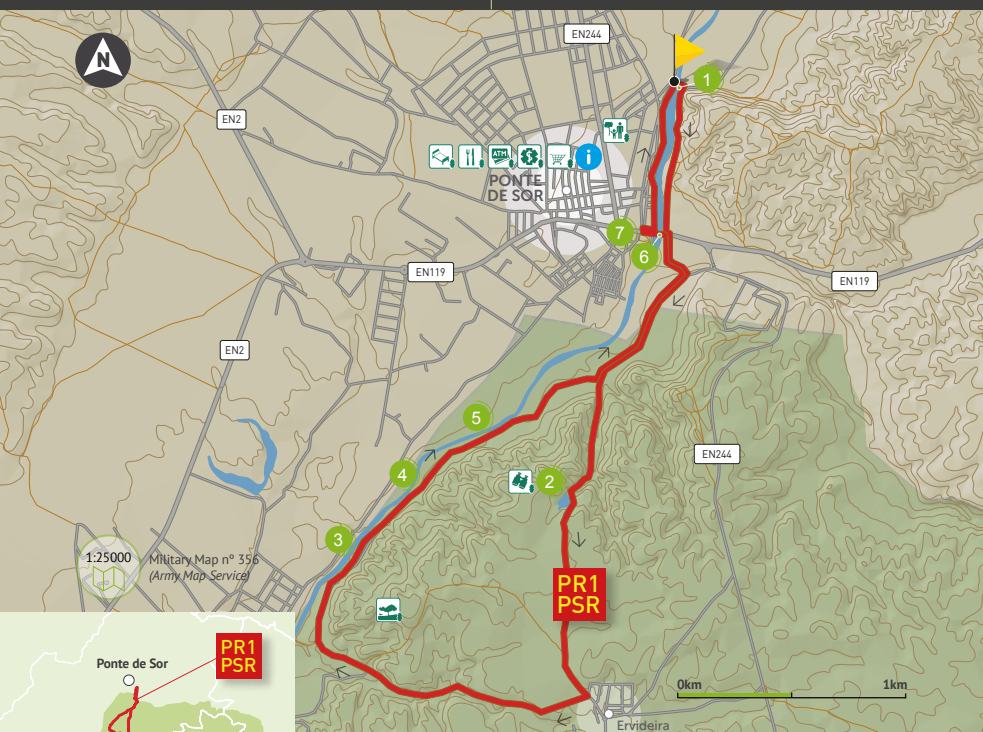


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourse

→ Recommended direction of the walking path: clockwise

Starting / Ending: near the Pedestrian Bridge at the riverine park of Ponte de Sor
(GPS: 39°15'18, 17°N; 8°00'15, 84°W)

- | | |
|-----------------|----------------------|
| ATM | Information on site |
| Market | Accommodation |
| Landscape | Pharmacy |
| Tourist office | Restaurant |
| Area of montado | Park of the Marginal |



Place of Interest

- 1 Pedestrian Bridge
- 2 Viewpoint
- 3 Watermill
- 4 Watermill (Tramaga's watermills)

- 5 Sor River
- 6 Bridge
- 7 Vila Fountain





Pontinha Mill, Tramaga

> Highlights

NATURE: the Ribeira de Sor stands out with its *montado* and riparian gallery, where several species of birds are found: white stork (*Ciconia ciconia*), black-winged kite (*Elanus caeruleus*), black kite (*Milvus migrans*), booted eagle (*Hieraetus pennatus*) and the bee-eater (*Merops apiaster*).

HERITAGE: chapel of São Pedro (16th to 18th centuries). Vila Fountain (18th century).

HANDICRAFT: objects and utensils in cork; basketry in wicker and withe; saddlery.

GASTRONOMY: fish soup; bean soup with cabbage and fried *jaquinzinhos*; grilled black bass; hare / wild rabbit baked with rice; lamb stew; *açorda alentejana*; gazpacho and *sarrabulho*. Sweets (candies of almond and gila, cake from the bowl, honey cake, gypsy cake).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time.

USEFUL CONTACTS

Town Hall of Ponte de Sor:

+351 242 291 580

Municipal Tourist Office:

+351 242 291 580

Medical Center: **+351 242 292 000**

GNR (Republican National Guard):

+351 242 202 707

Fire Department:

+351 242 292 160

Village Hall Union of Ponte de Sor, Tramaga and Vale de Açor:

+351 242 202 146



> Place of Interest

WATERMILL (TRAMAGA'S WATERMILLS)

Formerly known as Água de Todo o Ano ("Year Round Water"), Tramaga saw its name change under popular reinvention in the twentieth century. Surrounded by the natural richness of Rib.^a de Sor, it has been a place of mills and millers since the thirteenth century, as the royal letter of D.

Afonso III, of July 13, 1256, testifies referencing the mills of his Chancellor Estêvão Nunes "*molendinos quos habetis in Ripa de Soor*". Parish Memories of 1758 mention three water mills in the stream bed of the river: the Sobreira Mill, where George Robinson spent his holidays; the Pontinha Mill, the most imposing of the three, of old miller João Marcelino, and the Novo Mill, that allows the river crossing in a wonderful fishing area.

SOR RIVER The Sor River rises near Portalegre and, after crossing through the area of Ponte de Sor, ends its course in Coruche, where it joins the stream of Raia, forming the Sorraia River. After Ponte de Sor, the river begins to be dominated by stone dams and by the Montargil Dam. The old dams had allowed the raising and the diverting of water to the water channels that used to power the numerous water mills, which then, transformed the cereal grain into flour for bread dough. Its riparian gallery is bordered by well-developed alders, willows, ash and tamarisk, while its left side is covered by an extensive forest of cork oaks.

Pedestrian Bridge



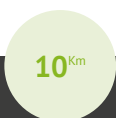


Chapel of N. Sr.ª da Lapa. Place of worship and contemplation.

Beginning and ending at the village of Besteiros, the path we follow heads eastwards towards the border, going up and down hills covered with *montados* and steppes, with a more marked presence of eucalyptus and pine. In the valley of the Ribeira do Soverete the quartzite cliffs are home to a small colony of vultures, the griffons. During the morning you can see them in low circular flights over the valley, trying to gain altitude. At the end of the path, almost with a foot in Spain, we find its ex-libris, the Chapel of N. Sr.ª da Lapa. Protected by the escarpment where it was built, this ancient temple has hidden behind the altar a secret passage to a cave where you can see on the walls the paintings left by primitive Man of several thousand years ago. The path continues on in the same way, going up and down hills, through pine and eucalyptus forests until, in a last descent, we are transported to the Vale de Mouro, a magnificent *montado*. Further ahead in the pathway, the cork oaks give way to pastures where herds of goats graze and soon afterwards we return to the starting point of this path.



type of path



distance



time



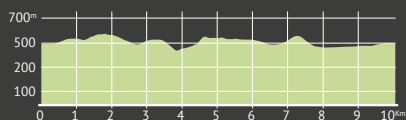
altitude variation



grading



altitude max / min



gradient profile



1



2



2



3

The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level





Montado with extensive grazing

> Highlights

NATURE: colony of griffon vultures (*Gyps fulvus*) in the valley of the Soverete River near the Chapel of N. Sr.ª da Lapa. Landscape formed by forests of maritime pine and eucalyptus. It is worth mentioning the *montado* found in some sections with pastures under extensive regime.

HANDICRAFT: rag dolls; Portalegre tapestries (Portalegre stitch); basketry of Portalegre; *adufe* from Portalegre.

GASTRONOMIA: grain baked with pods - Alentejo's way; cod *albardado*; *cachola*; rabbit in wine and garlic; fried hare. Sweets (blancmange, *toucinho-do-céu*, almond lamprey, candy eggs). Cherry from São Julião (Protected Designation of Origin).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time.

USEFUL CONTACTS

Town Hall of Portalegre:

+351 245 307 400/1

Municipal Tourist Office:

+351 245 307 445

Medical Center: **+351 245 302 050**

Hospital: **+351 245 301 000**

GNR (Republican National Guard):

+351 245 609 320

PSP (Public Security Police):

+351 245 300 620

Fire Department:

+351 245 307 000

Village Hall of Alegrete:

+351 245 965 134



> Place of Interest

MONTADO OF VALE DE MOURO The *montado* of cork oak of the Vale de Mouro corresponds to a type of landscape similar to that which for thousands of years was kept by herds of wild herbivores. Thousands of years ago, when Man became sedentary and took the first steps in agriculture, taming some wild

herbivores, he started to use these same spaces as pastures. And so, the system has remained till the present day. Cork oak, holm oak and Pyrenean oak are the arboreal species that are suited to this agro-system, which combines agriculture, forest and livestock raising. Its adaptation to natural conditions made the *montado* a typical habitat in the central and southern regions of the Iberian Peninsula and in Portugal, particularly, it is very well represented in the Alto Alentejo.

CHAPEL OF N. SR.ª DA LAPA Built in a worship space in the fields and *montados* surrounding the villages of Alegrete and Besteiros, the Chapel of N. Sr.ª da Lapa is a pinnacle of stories, pilgrimages and devotions with five thousand years of sacredness. Although it was built between the 16th and 17th centuries, with an ancient legend involving a medieval knight inlaid in its worship, recent discoveries illuminated traces of a rich and colourful prehistoric past. Under the main chapel altar a secret passage was found leading to a cave that under layers of time and lime, revealed schematic cave paintings of reddish tones, dating between the Neolithic and Chalcolithic Periods.

Griffon vultures (*Gyps fulvus*)





Souto. Around here there are still many secular chestnut trees.

Beginning and ending at Reguengo parish church, this walking path goes through countryside which is particularly uneven, with ridges and peaks, escarpments and step hills overlooking the gently undulating plain below, with its scattering of white houses, stretching out towards the horizon. Leaving the tarmac road, just outside Reguengo, we come across woodland, with oak, cork oak and pine. Further along the way there is a grove of chestnut trees showing signs of ageing. Both the sweet chestnut (for its nuts) and the horse chestnut (for forestry development) are common in the mountains, growing at altitudes of between 450 and 600 metres. The area adjoining the main buildings of the Quinta da Relva estate is an interesting example of mixing indigenous species with exotic ornamentals, natural pastures and screens of cultivated trees providing protection from the wind. Higher up there is a pine forest with trees at various stages of growth. Then comes the Quinta da Lameira, at 800 metres from the Reguengo parish council offices and from the end of the path, where there are various fountains, ponds, marble statues and decorative tiles that frame the 18th century building.



type of path

10.3 Km

distance

3.45^H

time

uphill

351 m

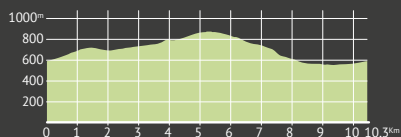
altitude variation

III
moderate

grading

877 m
555 m

altitude max / min

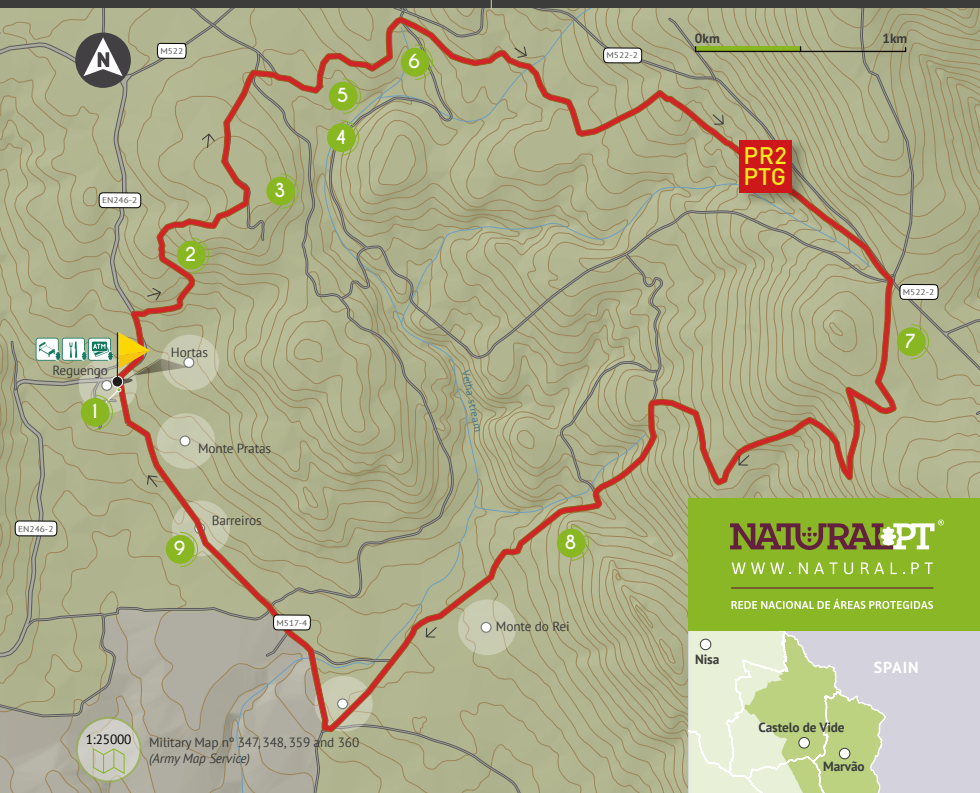


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



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Caption

Walking path

Asphalt road

Watercourse

Starting/Ending: Parish Church, Reguengo
(GPS: 39°17'48,50"N; 7°23'31,20"W)

Recommended direction of the walking path:
clockwise



Restaurant

ATM

Places of Interest

1 Parish Church of Reguengo

2 Cork oaks, oaks and pine trees

3 *Souto* (chestnut tree forest)

4 *Montado* of Pyrenean oak and Holm oak

5 Quinta da Relva

6 Livestock area

7 Pine forest

8 Quartzite cliffs of Feiteirinha

9 Quinta da Lameira



Parish Church of Reguengo

> Highlights

NATURE: this walking path passes through a priority area for the conservation of amphibians and reptiles. The most prevalent species are the Iberian frog, the midwife toad, the lizard fish and the five-toed legged snake.

HERITAGE: Reguengo: Parish church (18th century); Manor house of Quinta da Lameira (18th century).

HANDICRAFT: rag dolls; Portalegre tapestries (Portalegre stitch); basketry of Portalegre; *adufe* from Portalegre.

GASTRONOMIA: grain baked with pods - Alentejo's way; cod *albardado*; *cachola*; rabbit in wine and garlic; fried hare. Sweets (blancmange, *toucinho-do-céu*, almond lamprey, candy eggs). Cherry from São Julião (Protected Designation of Origin).

RECOMMENDED SEASON

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USEFUL CONTACTS

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GNR (Republican National Guard):
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PSP (Public Security Police):
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Fire Department:
+351 245 307 000

Village Hall Union of Reguengo
and São Julião:
+351 245 208 954 / 245 964 918



> Places of Interest

QUINTA DA LAMEIRA The estate lies just 800 m from the Reguengo parish council offices. It offers a fine 18th century one-storey manor house with two taller angular buildings. In the centre of the main building is a coat of arms. On the grounds of the building there are various fountains, ponds, marble statues and decorative tiles.

The chapel, integrated into the house, has an 18th century gilded altar with three remarkable statues depicting: St. John the Baptist, S. Diogo and Our Lady of the Sorrows. The latter is attributed to the sculptor Machado de Castro and is the most valuable of the three statues.

QUARTZITE ESCARPMENT OF FEITEIRINHA Between Reguengo and Relva estate and from Monte de Rei to Reguengo, the walking path crosses a granite landscape around 500 million years old. The granite formations are the result of intense compression and twisting 200 million years later, which are clear to the naked eye, which is why geologists call this “Portalegre tectonic granite”. The land beyond “Relva” presents quartzite peaks (Ordovician), followed by shale and quartzite (Silurian) and clayey shale and quartzite (Devonian). The lie of the land runs diagonally from NW-SE. Man’s far-reaching influence has heightened the variety of plant life (there are several successive stages showing characteristic species) and created well-appointed and harmonious spaces, as well as examples of extreme degradation of the soil, woodland and the landscape.

Quartzite cliffs of Feiteirinha



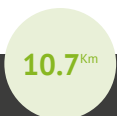


Castle of Alegrete. Although with the ruined tower, the castle is an excellent viewpoint.

This circular walking path starts and ends next to the Nova Fountain, a pleasant riverside recreation area in Alegrete, and offers a variety of settings. It runs through part of one of the most humanized Natural Parks of the country, which here has a landscape strongly influenced by human activities. It is precisely this characteristic that we see along the way: a mixed forest of maritime pine and eucalyptus, *montados*, olive groves, vineyards and vegetable gardens. The rockrose fields are also present, as well as some viewing angles from the highest points of the mountain, where the Pico de São Mamede is located. One of the most refreshing sections of the path follows the banks of Ribeira Arronches, which flows along in the shade of alders, willows, *sanguinhos* and cherry trees. The points of interest remind us of long-abandoned farming practices: threshing-floors, apiary walls, dams and *levadas*. The diversity of agro-systems is complemented by the diversity of habitats.



type of path



distance



time



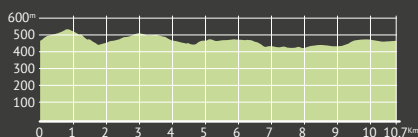
altitude variation



grading



altitude max / min

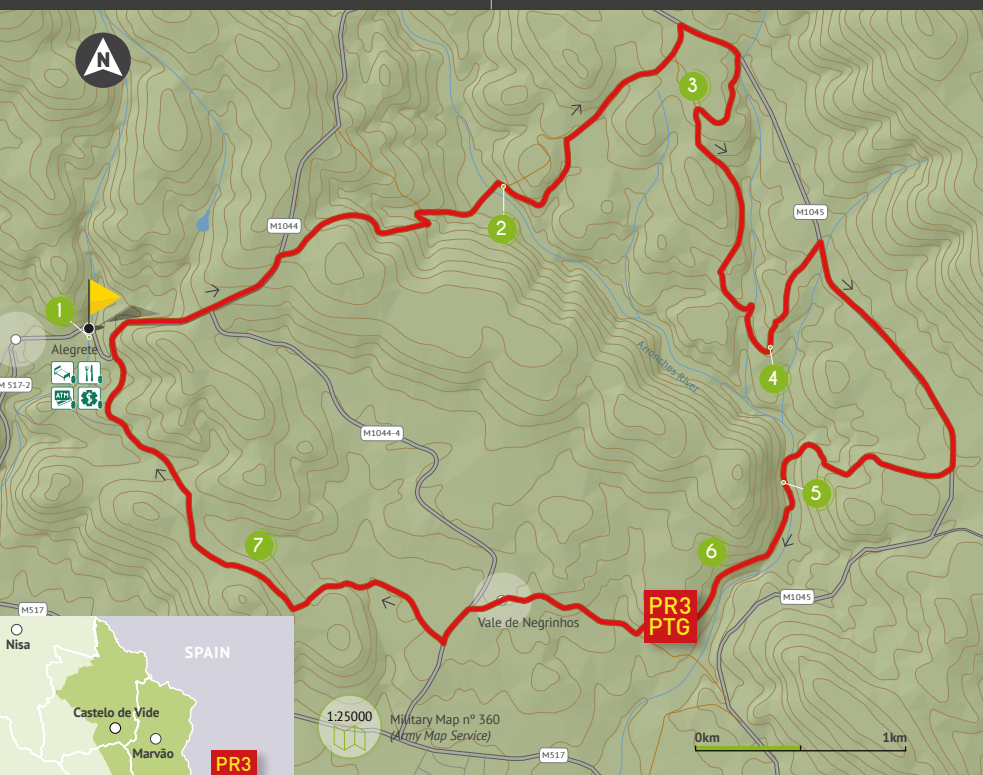


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourse

→ Recommended direction of the walking path: clockwise

Starting / Ending: close to the Nova Fountain of Alegrete (GPS: 39°14'27,36"N; 7°19'7,69"W)

- Accommodation
- Restaurant
- ATM
- Pharmacy



Places of Interest

- 1 Nova Fountain
- 2 Threshing-floors
- 3 Monte alentejano
- 4 Threshing-floor
- 5 Ribeira de Arronches
- 6 Apiary wall
- 7 Rural landscape

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REDE NACIONAL DE ÁREAS PROTEGIDAS



Parish Church of Alegrete

> Highlights

NATURE: Mediterranean turtle, linnet, otter. Flora: *montados* of cork oak, pine forests, alder and ash along the water courses; royal fern and sundew (insectivorous plant).

HERITAGE: Alegrete: Castle (ruins) (NM – 14th century); Parish Church of São João Baptista (16th – 18th centuries); Church of Misericórdia (17th century); Clock Tower (17th century).

HANDICRAFT: rag dolls; Portalegre tapestries (Portalegre stitch); basketry of Portalegre; *adufe* from Portalegre.

GASTRONOMY: grain baked with pods - Alentejo's way; cod *albardado*; *cachola*; rabbit in wine and garlic; fried hare. Sweets (blancmange, *toucinho-do-céu*, almond lamprey, candy eggs). Cherry from São Julião (Protected Designation of Origin).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Portalegre:
+351 245 307 400/1

Municipal Tourist Office:
+351 245 307 445

Medical Center: **+351 245 302 050**

Hospital: **+351 245 301 000**

GNR (Republican National Guard):
+351 245 609 320

PSP (Public Security Police):
+351 245 300 620

Fire Department:
+351 245 307 000

Village Hall of Alegrete:
+351 245 965 134



> Places of Interest

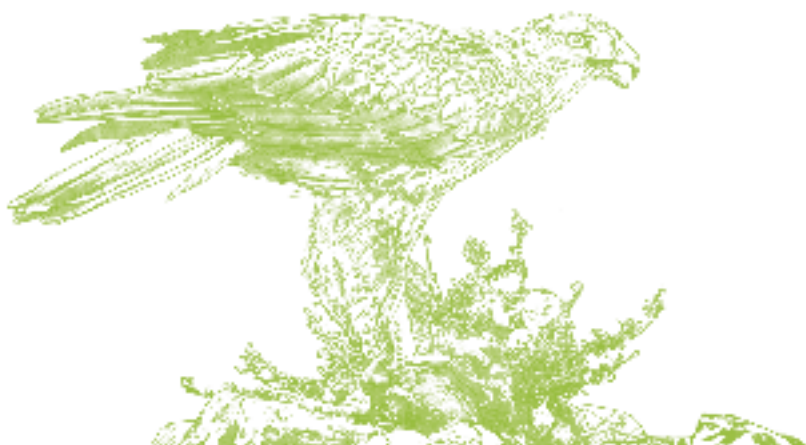
CASTLE OF ALEGRETE Set on top of a rocky hill more than 500m high, towering and dominant over the surrounding landscape, along with other castles of the defensive line of Alentejo, it ensured the maintenance and the protection of these agitated and rarely peaceful borders of the kingdom. Of unknown origins, prior to the conquering

expeditions of D. Afonso Henriques, it was first mentioned during the reign of D. Afonso III, in 1267, in the Badajoz Conference. This led to its integration into the Portuguese crown, cemented 30 years later with the signing of the Treaty of Alcañices. In 1319, D. Dinis granted a charter to Alegrete, an event believed to coincide with the construction of the medieval fortification.

APIARY WALL Popularly known as *silhas* or *malhadas*, these authentic defensive walls, the stronghold of the always bustling bees, are referred to in this border region as “walls of bees”. The protection of the hives of these tireless workers, from the various predators seduced by the honey, was their main function, all the more necessary in the past due to the presence of the brown bear in various regions of the Iberian Peninsula. They are enclosed spaces, generally of circular format, with only an opening functioning as a door, built with stones stacked on places of difficult access generally characterized by a steep slope, with strong sun exposures and sheltered from the wind.

Royal fern (*Osmunda regalis*)





Bonelli's eagle (*Aquila fasciata*). The queen of skies in Alto Alentejo.

This path takes us through the surrounding area of Portalegre, along its north-eastern highest points, sometimes with panoramic city views from which we can identify some of its most emblematic buildings, other times by ancient narrow stone-paved roadways, passing numerous properties and small villages. This is very green pathway, with numerous groves of Pyrenean oak, chestnut trees, cork oak and pine that are home to other flora and fauna. The abundance of mosses and lichens covering the walls and tree trunks are not only an indication of the cool atmosphere of the place, but its air quality as well. In its more eastern section we have marvellous views of the Serra de São Mamede. Towards the end we go down by *Estrada do Boletim Meteorológico* and we pass along the Meteorological Station of Portalegre. Just below, the old watchtower called Atalaião arises. Returning to *Estrada da Serra*, we can still relax and enjoy another view of the city from either the Fountain of Amores, or from the viewpoint located a few meters ahead.



type of path

9.5 Km

distance

3.30^H

time

uphill
345 m

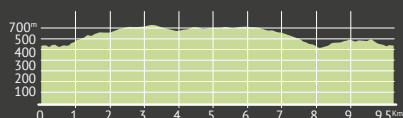
altitude variation

III
moderate

grading

739 m
524 m

altitude max / min

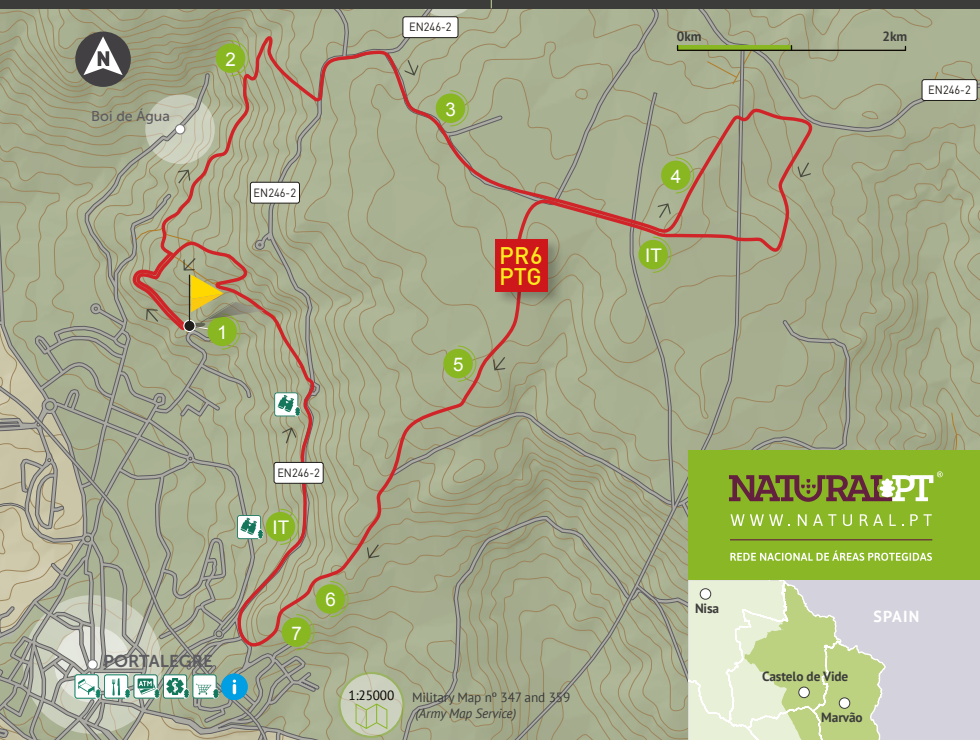


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



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REDE NACIONAL DE ÁREAS PROTEGIDAS



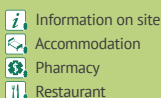
Caption

Walking path

Asphalt road

→ Recommended direction of the walking path: clockwise

Starting/Ending: close to Santo António's Farm, Portalegre (GPS: 39°18'07,08"N; 7°25'35,50"W)



Places of Interest

- 1 Santo António Farm
- 2 Boi de Água / Belo Horizonte
- 3 Salão Frio / Saúde Farm
- 4 Três Lagares / Charais

- 5 Paraíso / Matinhos
- 6 Weather Station
- 7 Atalaião Tower
- 11 Interpretative table





View over Portalegre

> Highlights

NATURE: special mention for the groups of Pyrenean oak and chestnut trees, with cork oaks and strawberry trees, where we find some rare plants, such as the narrow-leaved helleborine orchid (*Cephalanthera longifolia*), the Solomon's seal (*Polygonatum odoratum*) and the three bird toadflax (*Linaria triornithophora*), an Iberian endemism.

HERITAGE: historic monuments of Portalegre.

HANDICRAFT: rag dolls; Portalegre tapestries (Portalegre stitch); basketry of Portalegre; *adufe* from Portalegre.

GASTRONOMIA: grain baked with pods - Alentejo's way; cod *albardado*; *cachola*; rabbit in wine and garlic; fried hare. Sweets (blancmange, *toucinho-do-céu*, almond lamprey, candy eggs). Cherry from São Julião (Protected Designation of Origin).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

Town Hall of Portalegre:

+351 245 307 400/1

Municipal Tourist Office:

+351 245 307 445

Medical Center: **+351 245 302 050**

Hospital: **+351 245 301 000**

GNR (Republican National Guard):

+351 245 609 320

PSP (Public Security Police):

+351 245 300 620

Fire Department:

+351 245 307 000

Village Hall Union of Sé and São Lourenço: **+351 300 440 330**

Village Hall Union of Ribeira de Nisa and Carreiras:

+351 245 341 454 / 245 907 181



> Places of Interest

WATCHTOWER OR TORREJÃO CASTLE

This powerful square tower was strategically built in one of the lofty parts of the city, serving as a lookout point and defensive structure. It is believed that it dates from the same period in which the castle was built (13th century), also following the Gothic construction

model. It was remodelled at the end of the sixteenth century / beginning of the seventeenth century. Abandoned for more than two centuries, it is in advanced state of disrepair. As it is private property, access to it is restricted.

QUINTA DA SAÚDE (HEALTH FARM) The shoe merchant João Augusto de Carvalho Serra was at the epicentre of tourism development in the Alentejo city of Portalegre, located on the slope of a ridge with sweeping views and an excellent atmosphere. Owner of some properties on the mountain, around 1912 he was advised by a doctor to take his son, who suffered from bronchial asthma, to the purest air of the mountain. He had the brilliant idea of creating a rest resort there, and the venture was a booming success. In 1927, the newspaper *A Rebeca* announced that, upon the suggestion of a pleased guest, the resort had been christened with the name of Health Farm (Quinta da Saúde).

Three bird toadflax (*Linaria triornithophora*)





Medieval stone-paved roadway. Walking on a path of medieval times.

Starting in Carreiras, the path follows along the western flank of the Serra de São Paulo, the northwest extremity of Serra de São Mamede. To the west the views are always breath-taking and vast, which we can enjoy with serenity from the Picnic Park of the Fountain of Carvoeiros or from one of the mountain peaks. Livestock-raising is the main rural activity, taking advantage of soils that rest on a granite substrate, 500 million years old. So the presence of cattle is not surprising. The arboreal cover is dominated by the Pyrenean oak and the cork oak, which share their habitat with olive trees, the chestnut trees and maritime pines, but the focus is on the agrarian system that takes advantage of this situation: the *montado*, a formation that differs here from the others by the fact that it is essentially constituted by an oak (*Quercus pyrenaica*) or a mixture thereof with the cork oak. A significant portion of the path is based on a medieval stone-paved roadway that, on this side of the mountain, used to connect Portalegre and Castelo Vide.



type of path



distance



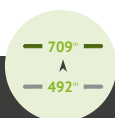
time



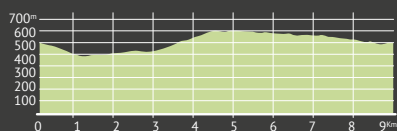
altitude variation



grading



altitude max / min

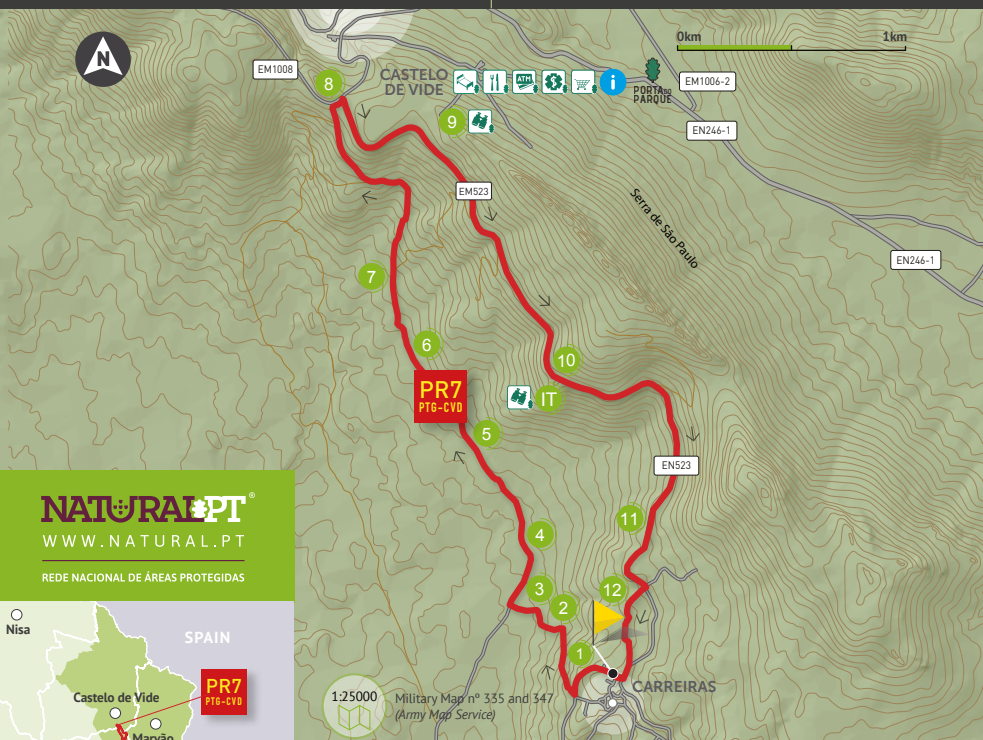


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



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REDE NACIONAL DE ÁREAS PROTEGIDAS



Caption

— Walking path
— Asphalt road

→ Recommended direction of the walking path: clockwise

Porta do Parque
(Walking path reception centre)
(GPS: 39°24'59, 39°N; 07°27'18, 75°W)

Starting / Ending: Rossio square at Carreiras village
(GPS: 39°22'20, 23°N; 7°25'56, 62°W)

ATM Information on site
Market Accommodation
Landscape Pharmacy
Restaurant Tourist office



Places of Interest

- 1 Santa Fountain
- 2 Cabris
- 3 Marujo/Casépio
- 4 Horta das Cinco / Prior's Farm
- 5 Tapada Grande/Ribeiro de Jorge
- 6 Manuel da Torre

- 7 Água de Todo o Ano/ Ramalhete
- 8 Medieval stone-paved roadway
- 9 Quartzite ridge
- 10 Carvoeiros Fountain
- 11 Cancho do Lobo
- 12 Fria Fountain
- 13 Interpretative table





Quartzite ridge

> Highlights

NATURE: in the valley and on the slopes the predominant feature is a *montado* accompanied by Pyrenean oak. On the quartzite cliffs we can see rupicolous birds such as the griffon vulture (*Gyps fulvus*), the blue rock thrush (*Monticola solitarius*), the crow (*Corvus corax*) and the black redstart (*Phoenicurus ochruros*).

HERITAGE: Church of São Sebastião (Carreiras).

HANDICRAFT: rag dolls; Portalegre tapestries (Portalegre stitch); basketry of Portalegre; *adufe* from Portalegre.

GASTRONOMY: grain baked with pods - Alentejo's way; cod *albardado*; *cachola*; rabbit in wine and garlic; fried hare. Sweets (blancmange, *toucinho-do-céu*, almond lamprey, candy eggs). Cherry from São Julião (Protected Designation of Origin).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

USEFUL CONTACTS

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Village Hall Union of Ribeira de Nisa and Carreiras:
+351 245 341 454 / 245 907 181



> Places of Interest

MEDIEVAL STONE-PAVED ROADWAY

The route of this medieval stone-paved roadway was the shortest way - and perhaps the only one in identical conditions - which in medieval times linked Portalegre and Castelo de Vide. The mountain slopes provided the abundant raw material, essentially granite stones,

that was used in its construction. To avoid degradation of the surface, a star-shaped interlocking system was used in the pavement, similar to what we find on the pavements of the old borough of Castelo de Vide, dating from the 12th – 13th centuries. This pavement may have been improved or put down over an older track, probably Roman.

QUARTZITE RIDGE Here, we are facing the natural wall created by the quartzite ridge that emerges from the granites of the Serra de São Paulo. This rocky crest of Armorican quartzite (formed in the Lower Ordovician Period, about 480 million years ago) was created by the Hercynian orogeny, which took place about 350 million years ago. These metamorphic rocks are extremely hard and resistant to erosion, giving rise to distinct outcroppings of angular cut-outs that appear on the horizon. The quartzite crests of the Serra de São Mamede Nature Park are remarkable and imposing and have significant scientific and landscape value.

Carreiras



PR8
PTG

WALKING PATH OF VALE LOURENÇO

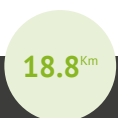


Griffon vulture (*Gyps fulvus*). Always patrolling the fields monitoring health.

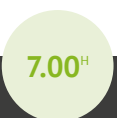
This path runs along two distinct valleys. First, we climb up by the valley of Barranco da Caleira and then, we descend through the valley of the Ribeira de Arronches. Along both pathways there are numerous small farms dedicated to subsistence agriculture, which for centuries has been modelling the slopes of the mountain, with terraces that allowed the cultivation on these steep slopes and at the same time also maintaining an important pastoral activity. However, some of these small farms and lands are already abandoned, leading to the recent pine and eucalyptus plantations. But in the valley of the Ribeira de Arronches we still find some agricultural activity, mainly linked to cereal cultivation, small groves of chestnut trees (*soutos*), some traditional olive groves and pastures with goats or sheep. The path also passes along the east ridge of Ribeira de Arronches, where the view, despite the altitude, is blocked by nearby mountains, both Portuguese and Spanish. Here and there the landscape is interrupted by quartzite outcroppings. The summit of the Serra de São Mamede is within easy reach. We go down the valley until we have the chance to cross it in a leafy riverside gallery area. We keep walking past more farms and then we return to the starting point of this path.



type of path



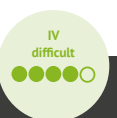
distance



time



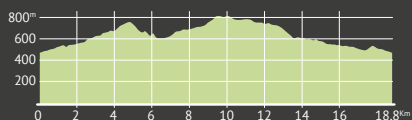
altitude variation



grading



altitude max / min

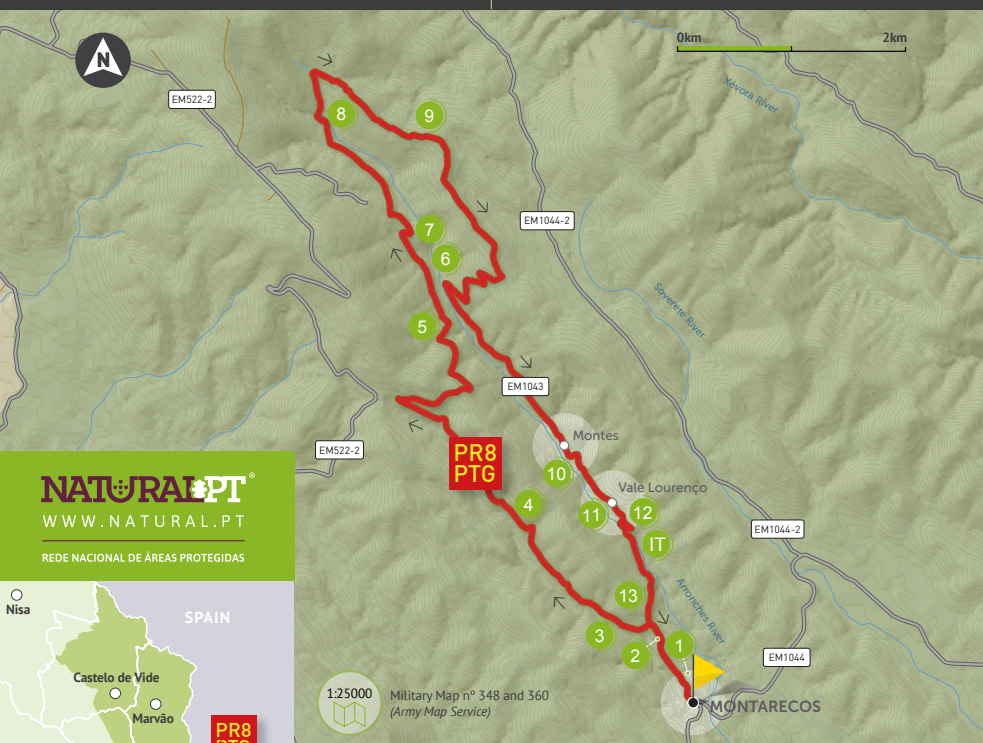


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



1:25000 Military Map n° 348 and 360 (Army Map Service)

Caption

— Walking path

— Asphalt road

— Watercourse

→ Recommended direction of the walking path: clockwise

Starting/Ending: next to the EM1044 road, Montarecos
(GPS: 39°15'11,19"N; 7°18'27,02"W)

[i](#) Information on site



Places of Interest

- 1 Caleira
- 2 Barroca da Figueira
- 3 Souto Agostinho
- 4 Souto Queimado
- 5 Freixo

- 6 Pisão
- 7 Fontes/Fazendinha
- 8 Ribeira de Arronches
- 9 Quartzite outcrops
- 10 Mountains

- 11 Vale Lourenço
- 12 Pine tree
- 13 Souto Parradas
- IT Interpretative table





Cherry from São Julião (Designation of Protected Origin)

> Highlights

NATURE: among the natural aspects of this path worth mentioning are, in the highest part, the various outcroppings of quartzite that erupt on the landscape and, on the valley floor, the upper section of the Ribeira de Arronches, with an interesting riparian gallery.

HANDICRAFT: rag dolls; Portalegre tapestries (Portalegre stitch); basketry of Portalegre; *adufe* from Portalegre.

GASTRONOMY: grain baked with pods - Alentejo's way; cod *albardado*; *cachola*; rabbit in wine and garlic; fried hare. Sweets (blancmange, *toucinho-do-céu*, almond lamprey, candy eggs). Cherry from São Julião (Protected Designation of Origin).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time.

USEFUL CONTACTS

Town Hall of Portalegre:
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Hospital: **+351 245 301 000**

GNR (Republican National Guard):
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PSP (Public Security Police):
+351 245 300 620

Fire Department:
+351 245 307 000

Village Hall of Alegrete:
+351 245 965 134

Village Hall Union of Reguengo
and São Julião:
+351 245 208 954 / 245 964 918



> Places of Interest

RIBEIRA DE ARRONCHES The Ribeira de Arronches rises near the highest points of the Serra de São Mamede, very close to this village, which acquired the same name from this permanent water course. Running to the south over a distance of almost 25km, it ends its course in Arronches, when it joins the River Caia.

Next to this village, the stream reaches a width of about 3m and its mountainous section is the most winding.

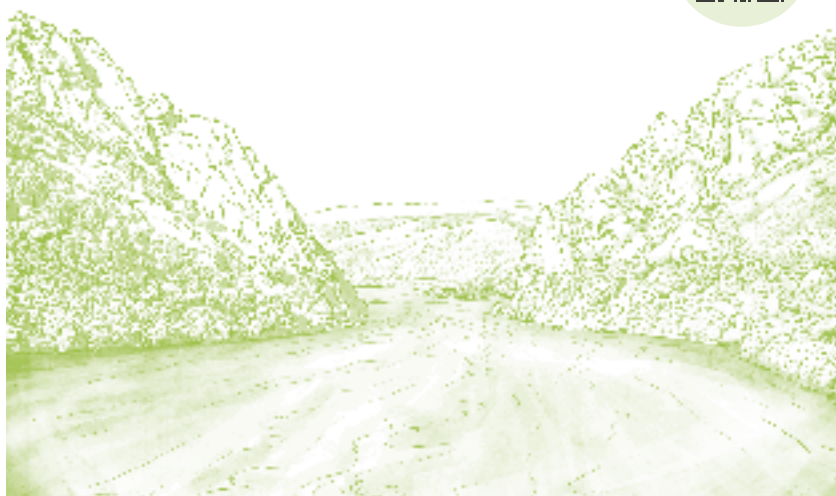
QUARTZITE OUTCROPPINGS Quartzite is a metamorphic rock the main component of which is quartz. It may also contain mica (biotite, muscovite, fuchsite), feldspar and other minerals. The quartzite rocks of this area were formed 420 million years ago (in the Silurian, Palaeozoic era). This rock is used in construction. In the traditional mountain dwellings it was used in the construction of the walls. More recently it has been used in flooring and coatings, in carved and polished form. It is also used in the glass and ceramic industries and in the manufacture of bricks and the refractory of silica (used, for example, in the lining of furnaces).

Iberian frog (*Rana iberica*)



GR
40

PORTUGUESE WAY OF ST. JAMES – NISA SECTION



Portas de Ródão. The rocky formation that once joined the Alto Alentejo to the Beira Baixa region.

This linear path is a section of the Portuguese Way of St. James through the interior of the country (Tavira - Nisa - Viseu - Chaves). The Nisa section connects the municipality of Crato to Vila Velha de Ródão. Largely passing through a gentle terrain, it is composed of traditional olive groves and *montado*, where sheep and cattle graze. The path crosses Alpalhão, revealing its patrimonial heritage. Right before Nisa, it goes through an older stone-paved roadway, parallel to the Figueiró River, in a gentle, pleasant stretch. This village impresses by its built heritage: the old gates and the remains of its fortified structure, churches and narrow streets. The path continues for a few more kilometres by road up to the Chapel of São Lourenço, then going through the hills until it descends to the winding valley of Nisa River, which is crossed by means of a footbridge. The terrain is more irregular and the *montado* gives way to eucalyptus and pine trees. The path goes through the eastern slope of the São Miguel ridge. Now with views to the Tagus River, it crosses the N18 road and goes down through a valley dominated by cistus and pine trees. At the end, we are surprised and amazed by the magnificent landscape of the *Portas de Ródão* and the Tagus River. The Alto Alentejo ends here. At the other end of the bridge is the Beira Baixa.



Photo: CM Nisa

Nisa cheese (Protected Designation of Origin)

> Highlights

NATURE: Naturtejo Geopark. Nisa-Lage da Prata SAC* São Mamede SAC. Special note for the *montado* areas and the sections that follow the streams of Figueiró and Nisa. Next to the *Portas de Ródão* the aspects of geology and rupicolous birds stand out.

*Special Area of Conservation

HERITAGE: Alpalhão: jewish marks; Nisa: historic borough; Museum of Embroidery and Pottery-Embroidery Centre and Central Core; Museum of Sacred Art.

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqués and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Designation of Origin); sausages from Alpalhão.

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time.

USEFUL CONTACTS

Town Hall of Nisa:
+351 245 410 000

Nisa Tourist Office:
+351 245 410 333

Amieira do Tejo Tourist Office:
+351 245 457 007

Medical Center: **+351 245 410 160**
GNR (Republican National Guard):
+351 245 410 116

Fire Department:
+351 245 412 303

Village Hall of Alpalhão:
+351 245 742 154

Village Hall Union of Espírito Santo, Nossa Sr.ª da Graça and São Simão: **+351 245 412 219**

Village Hall of Santana:
+351 245 469 130



> Places of Interest

GATE OF THE VILLAGE Constructed in the 13th century, the gate has a pointed arch and is flanked by two towers, of rectangular cross-section, provided with battlements. Adjoined to one of the towers is the Clock Tower, built at a later time. Over the keystone, facing the exterior, there are two shields. One

of them corresponds to the shield of Portugal, with its five shields (the lateral ones still reposing, indicating a dating previous to the reform of 1485). The other corresponds to the municipal heraldry. Also the Tower of the Parish Church stands out at this door.

GATE OF MONTALVÃO The Gate of Montalvão is so called because it faces the nearby town of the same name. It has a depressed arch without impost or pillars. Next to the door there is the building of the Cadeia Nova and a tower of identical configuration to the ones at Gate of the Village, but without battlements, yet retaining a sixteenth-century tombstone with the cross of the Order of Christ and two representations of the five shields. Built in the 13th century, it has been a National Monument since 1922.

Path, next to the Cross



GR
41

LONG-DISTANCE PATH OF CASTELO DE VIDE

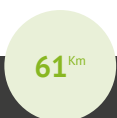


Menhir of Meada - National Monument. This impressive megalithic monument is the largest menhir of the Iberian Peninsula completely carved by Man.

This circular Long-Distance Path traverses a large territory of broad horizons and smooth contours, through ancient rural walled roads and paved roads. Begins at the Dam of Póvoa and, following to north, goes through the village of Póvoa e Meadas and extensive areas of well developed *montados*. In more open areas the grazing is present and we can enjoy the serenity of the cows and the irreverence of the goats. Over several kilometers we are yet about to know a vast megalithic heritage consisting of several dolmens and the impressive Menhir of Meada, but also of more recent remains, such as anthropomorphic graves excavated in the rock, stone-paved roads and an olive press of medieval times. We still have to overcome some watercourses through old granite stepping-stones. In the southern area of this GR we pass next to Castelo de Vide, intersecting and following sections of Short-Distance Paths (PR) set in here, and crossing several times the deactivated Cáceres Extension of the Eastern Railway Line. Continuing further to south we transpose the São Paulo ridge and we go down to more open and flattened areas where large fields of cereal are still been cultivated. Already near the end, the path inflects to north and follows the shores of Póvoa's Dam to the point where this path begins.



type of path



distance



time



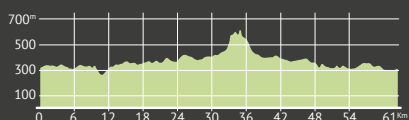
altitude variation



grading



altitude max / min



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

Walking path

Asphalt road

Watercourse

Path intersection

→ Recommended direction of the walking path: clockwise

Starting / Ending: Póvoa Dam, near the Service Area for Campers (GPS: 39°29'01,99"N; 7°32'51,01"W)

Porta do Parque (Walking path reception centre) (GPS: 39°24'59,39"N; 07°27'18,75"W)



ATM

Market

Landscape

Tourist office

Accommodation

Pharmacy

Restaurant

Information on site

NATURALPT

WWW.NATURALPT

REDE NACIONAL DE ÁREAS PROTEGIDAS



Places of Interest

- 1 Dolmen of Pai Anes
- 2 Passage of Piçarra River
- 3 Church of N. Sr.ª da Graça
- 4 Museum of Póvoa and Meadas
- 5 Church of Santa Margarida
- 6 Duarte Pacheco Bridge
- 7 Tapada das Galegas oil press
- 8 Menhir of Meada
- 9 Dolmen 4 of Coureiros-Megalithic Park of Coureiros
- 10 Dolmen 3 of Coureiros-Megalithic Park of Coureiros

- 11 Dolmen 2 of Coureiros-Megalithic Park of Coureiros
- 12 Dolmen 1 of Coureiros-Megalithic Park of Coureiros
- 13 Cortiço Fountain
- 14 Church of Senhor do Bonfim
- 15 Nova Fountain
- 16 Alminha of São Paulo
- 17 Dolmen of Sobral
- 18 Railway Station of Castelo de Vide

- 19 Dolmen of Melriça
- 20 Lavradores Fountain
- 21 Tapada das Lameiras rural shelter
- 22 Grave excavated in the rock
- 23 Graves excavated in the rock
- 24 Póvoa Dam
- 25 Hydroelectric plant
- 26 Rural shelter of "The Dam"
- 27 Water mill
- 28 Necropolis of Boa Morte



Póvoa Dam reservoir

> Highlights

NATURE: well developed *montados* of cork oak and holm oak and some groups of Pyrenean oak. Special mention for the waterfowl in the Póvoa Dam reservoir: great crested grebe (*Podiceps cristatus*), great cormorant (*Phalacrocorax carbo*), mallard (*Anas platyrhynchos*) and grey heron (*Ardea cinerea*).

HERITAGE: Castle of Castelo de Vide; Fort of S. Roque; Parish Church of Santa Maria da Devesa; Jewish quarter; Synagogue.

HANDICRAFT: embroideries; *talegos* (bags embroidered with linen); art of working wrought iron, wood, cork and horn (miniatures); tiles; weaving.

GASTRONOMY: *sarapatel*; *cachafrito*; *molinhos* in tomato sauce; *alhada* of dogfish; liver, Castelo de Vide style; *pezinhos* of coriander; sausages. Sweets (*boleima*, *broas* of honey, *enxovalhada* – an Easter tradition -, cottage cheese cheesecake).

RECOMMENDED SEASON

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and the muddy ground or even flooded in some parts during winter or during periods of longer rainfall periods.

USEFUL CONTACTS

Town Hall of Castelo de Vide:

+351 245 908 220

Municipal Tourist Office:

+351 245 908 227

Medical Center: +351 245 900 160

GNR (Republican National Guard):

+351 245 901 314

Fire Department: +351 245 901 444

Village Hall of São João Baptista:

+351 245 900 060

Village Hall of Santa Maria da

Devesa: +351 245 900 060

Village Hall of São Tiago Maior:

+351 245 900 060

Village Hall of N. Sr.^a da Graça de

Póvoa e Meadas: +351 245 968 500



> Places of Interest

DOLMEN 2 OF COURELEIROS– MEGALITHIC NECROPOLIS OF COURE-LEIROS

Among the entire Coureleiros Megalithic Park complex, Dolmen 2 of Coureleiros is the only one classified as a National Monument. Perhaps because of its better preservation compared with that of the others and its monumental size, it cannot escape the eye of even the

most casual visitor. It is an element of exceptional attraction among all the megalithic constructions in the area of Castelo de Vide. Also called Big Dolmen of Coureleiros, the composition of the seven granite pillars that give it structure and the entrance door in a triangular shape indicate what would have been in ancient times its majestic burial chamber.

MENHIR OF MEADA The Menhir of Meada is the most imposing megalithic construction of the entire geological line of contact between granites and schists of the Serra de São Mamede. Discovered in 1965, broken into two parts, it was restored in the 90's, attaining a prominent place in peninsular megalithism as the tallest and most expressive monument of its kind. With a length of 7.15 m, it rises to a height of 6 m above the ground, assuming a cylindrical figure of phallic aspect, accentuated by the sharpness of the carving and the presence of a salience in the stone that resembles a glans. It is a unique vestige of the material representation of myth, the symbol of fertility and belief in the Chalcolithic period, evidencing the prosperity of prehistoric communities that settled here.

Walking path



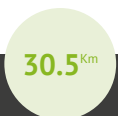


Bustard (*Otis tarda*). The area of Torre de Palma and Arribanas is an important area of occurrence of this steppe bird, one of the most northerly sites where it is found.

We leave Monforte using the Roman bridge over the Ribeira Grande. The path passes through an extensive area of *montado* of holm and cork oak, with varying ages and densities, interspersed with treeless areas dedicated to pasture or forage crops. In some areas we note the implementation of new intensive olive groves. The whole area is like a puzzle where the land of successive farms fit together, almost all of them abandoned nowadays. It is important to respect the fences of the properties, especially in the various passages that we find along the way, lest any neglect allow the passage of livestock to other parcels of land. Besides several small dams and the many and extensive stretches where the view extends to the far horizons, the Marmeleiro Valley stands out - a wide open valley lying at a slightly higher altitude. After Vaiamonte and Monte das Freiras we pass by the foot of the hill of Cabeça de Vaiamonte and we enter into the Monforte Special Protected Area, on the way to Torre de Palma with its hill and Archaeological Site, where an interpretive centre is dedicated to the Roman *villa* and to the remains of a paleo Christian basilica and its very rare baptistery.



type of path



distance



time



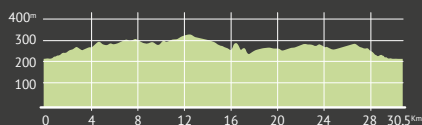
altitude variation



grading



altitude max / min

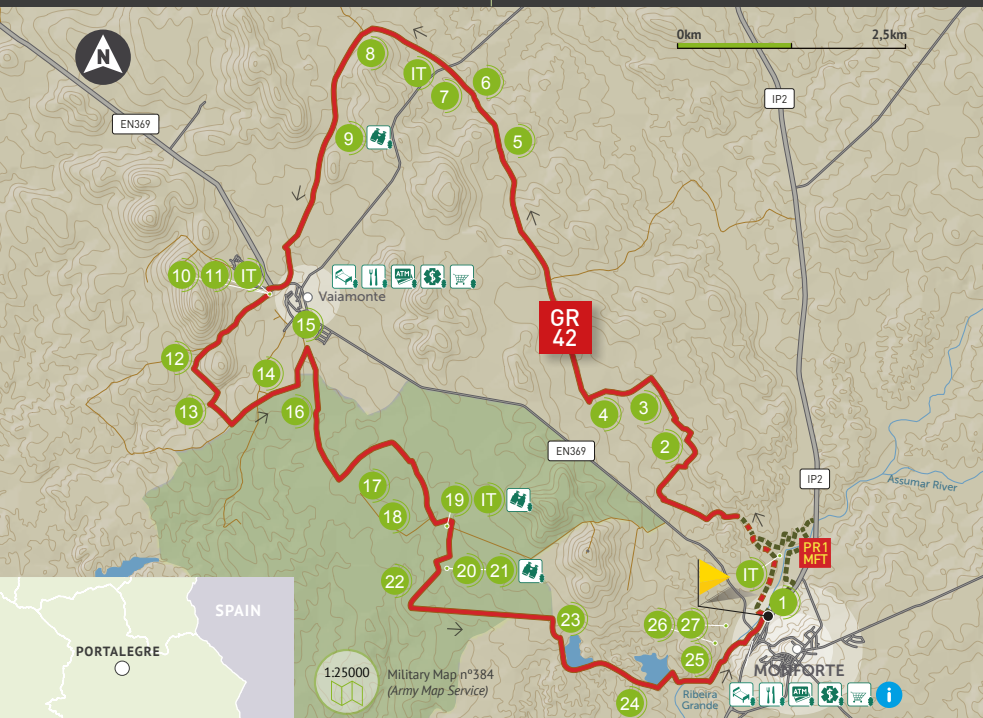


gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourse
- Path intersection

→ Recommended direction of the walking path: counter clockwise



Starting / Ending: Roman bridge over Ribeira Grande, Monforte
(GPS: 39°03'27,24"N; 7°26'35,04"W)

- | | |
|----------------|---------------------|
| ATM | Accommodation |
| Market | Pharmacy |
| Landscape | Restaurant |
| Tourist office | Information on site |



Places of Interest

- | | | | |
|-----------------------|---------------------|----------------------------------|-------------------------|
| 1 Roman bridge | 8 Cantos Farm | 15 Zé Neca Farm | 22 São Domingos Sheds |
| 2 Zambujal Farm | 9 Marmeleiro Valley | 16 Manteigas Farm | 23 Novas Sheds |
| 3 Almo Farm | 10 Vaia Monte | 17 Menhir of Carrilha | 24 Víbora Dam |
| 4 Santo António Farm | 11 Freiras Farm | 18 Carrilha Farm | 25 Old olive mill |
| 5 Cabeça Gorda Farm | 12 Cabecinha Farm | 19 Torre de Palma Farm | 26 Vila Fountain |
| 6 Dolmen of Esquerdos | 13 Pau River | 20 Roman Villa of Torre de Palma | 27 Monforqueijo |
| 7 Esquerdos Farm | 14 Relvacho Farm | 21 Paleo Christian Basilica | 11 Interpretative table |



Roman bridge over Ribeira Grande

> Highlights

NATURE: pasture, cereal areas in extensive regime, *montado* of scattered holm oak (important habitats for the conservation/maintenance of the Monforte Special Protection Area).

HERITAGE: historic borough of Monforte.

HANDICRAFT: pastoral artwork on wood, horn, cork, skin and leather.

GASTRONOMY: *açorda* of coriander or pennyroyal; potato soup with purslane; stew and lamb roast. Sweets (*fintos* cakes (Easter), *mexericos* and nougat (Christmas), cigars of Vaiamonte, rancid bacon of Monforte). Black pork sausages; Nisa cheese (Protected Designation of Origin).

RECOMMENDED SEASON

The walking path can be made at any time of the year but users have to take some precautions with the high temperatures that can be felt during the summer and with the muddy ground or even covered with water during the winter or during periods of higher rainfall. The crossing of some water lines may be constrained in some periods of the year.

USEFUL CONTACTS

Town Hall of Monforte:

+351 245 578 060

Municipal Tourist Office:

+351 245 578 067

Medical Center: **+351 245 578 210**

GNR (Republican National Guard):

+351 245 573 220

Fire Department:

+351 245 573 420

Village Hall of Vaiamonte:

+351 245 564 105

Village Hall of Monforte:

+351 245 578 200



> Places of Interest

ROMAN VILLA OF TORRE DE PALMA Of the one-time wealthy and self-sufficient Roman *villa* of Torre de Palma belonging to the *Basilli* family, little else remains besides its foundations. By the extent of traces that extend over the gentle hill, the place still radiates a mystery of how sumptuousness it would have been. Built

in the first century with a layout designed for activities predominantly linked to agricultural functions, it was expanded to make room for a *villa* with a peristyle for social gatherings and the relaxation of its owners, thus lasting until the 5th century. To the west is what remains of the Roman baths used by the owner, with its rooms destined for hot, tepid and cold baths.

PALEOCHRISTIAN BASILICA Built over a Roman temple, it underwent several restructuring projects in the 4th and 7th centuries, having lasted until the 16th century. Part of the primitive foundations of the basilica were reused during the construction of the Chapel of São Domingos. It had three naves with seven sectors and a double apse. A baptistery in the shape of the Cross of Lorraine was added in the basilica, with two opposite flights of stairs of 4 steps each, one of the most complex and well preserved in the Iberian Peninsula. Next to it was also installed a Visigothic necropolis.

Intensive pasture in *montado*



WAY OF ST.JAMES | ALTER DO CHÃO

linear
A → B17^{Km}

STARTING: Monte das Ferrarias (GPS: 39°9'00,85"N; 07°35'20,29"W) | **ENDING:** Herdade do Murtal (GPS: 39°14'53,83"N; 7°40'13,49"W) | **RECOMMENDED SEASON:** All year | **PLACES OF INTEREST:** Alter Pedroso: Walls of the Castle; Church of Nossa Senhora das Neves. Alter do Chão: Chapel of Santa Ana, Church of Nossa Senhora da Alegria / Ancient Hermitage of Espírito Santo; Parish Church; Chapel and old hospital of Misericórdia; Casa do Álamo; Pillory; Church of São Francisco; Church of Senhor Jesus do Outeiro.

WAY OF ST.JAMES | CRATO

linear
A → B23^{Km}difficulty
MODERATE

STARTING: Historic borough of Crato (GPS: 39°16'34,52"N; 07°38'57,54"W) | **ENDING:** Railway Station of Vale do Peso (GPS: 39°22'20,35"N; 07°38'07,17"W) | **RECOMMENDED SEASON:** All year | **PLACES OF INTEREST:** Church of Misericórdia; Pillory; Balcony of the Grand Prior and Parish Church; Village of Flor da Rosa; Church-fortress of Santa Maria da Flor da Rosa; Roman bridge; Railway Station of Vale do Peso.

PR1- MEGALITHIC WALKING PATH | FRONTEIRA

circular

18.5^{Km}difficulty
HIGH

STARTING AND ENDING: Parish Church, Fronteira (GPS: 39°03'24,90"N; 07°38'56,48"W) | **RECOMMENDED SEASON:** All year | **PLACES OF INTEREST:** Parish Church; Church of Misericórdia; Pillory; Town hall; Clock Tower; Chapel of Arco dos Santos; Gate of Arco dos Santos; Street of Trigueiros; Cross of São Brás; Necropolis of Herdade Grande.

PR3 - ATOLEIROS WALKING PATH | FRONTEIRA

circular

14^{Km}difficulty
MODERATE

STARTING AND ENDING: Railway Station, Fronteira (GPS: 39°02'51,55"N; 07°38'39,22"W) | **RECOMMENDED SEASON:** All year | **PLACES OF INTEREST:** Railway Station; Monte dos Aroeirais; Monte dos Atoleiros.

PR1 - CLIFFS OF THE TAGUS | GAVIÃO

circular

15^{Km}difficulty
MODERATE
LOW

STARTING AND ENDING: Largo Luís de Camões, Belver (GPS: 39°29'40,00"N; 7°57'32,32"W) | **RECOMMENDED SEASON:** All year | **PLACES OF INTEREST:** Church of N. Sr.ª da Visitação; Castle of Belver; Interpretative Centre of the Castle of Belver; Chapel of S. Brás; Soap Museum; Olive mill of Fraga; Dolmen of Penedo Gordo; Belver Dam; Thermal springs of Fadagosa; Fluvial swimming pool of Alamal; Passage of Alamal; Museological centre of rugs and tapestries of Belver; Walking path of Fonte Velha; Tagus River.

PR2 - ECOLOGICAL CORRIDOR OF THE ALFERREIREIRA AND BARROCAS STREAMS | GAVIÃO

circular

19^{Km}difficulty
MODERATE
LOW

STARTING AND ENDING: Atalaia (village) (GPS: 39°27'15"N; 7°52'28"W) | **RECOMMENDED SEASON:** All year (weather constraints under warning) | **VARIANT:** PR 2.1 / PR2.2 - Variant of Olhos d'Água / Variant of Vale da Azenha | **PLACES OF INTEREST:** Church of N. Sr.ª Mãe dos Homens; Lameira Fountain; Old graveyard of Atalaia; Olhos d'Água of Barrocas stream; Water mills along the streams of Alferreireira and Barrocas; Miller core of Foz; Fauna and flora along the streams of Alferreireira and Barrocas; Tagus River; Towpath wall; Fonte Velha da Bica.

ECOLOGICAL CORRIDOR OF ALEGRETE | PORTALEGRE

linear
A → B3.38^{Km}difficulty
MODERATE

STARTING: Parking lot next to Alegrete's graveyard (GPS: 39°14'06,71"N; 07°19'23,33"W) | **ENDING:** Sítio do Pico, Torre das Rapinas (GPS: 39°14'23,74"N; 07°19'58,77"W) | **RECOMMENDED SEASON:** All year | **PLACES OF INTEREST:** Castle and *Castelejo* of Alegrete; Stream of São Pedro and Fonte em Baixo; Sítio do Pico.



EAT AND SLEEP

In Guide of Certified Restaurants in Alentejo
Edition and copywriting: Turism of Alentejo, ERT

EAT



PÁTEO REAL

Alter do Chão

GPS: 39°12'01,01"N; 07°39'32,86"W
✉ info@pateoreal.com | ☎ (+351) 245 612 301
🌐 www.pateoreal.com

A ESTALAGEM

Arronches

GPS: 39°07'26,48"N; 07°16'58,64"W
✉ restauranteestalagem@gmail.com
☎ (+351) 245 583 537
🌐 www.restauranteaestalagem.com.pt

SANTO ANTÓNIO

Arronches

GPS: 39°07'17,53"N; 07°16'45,77"W
✉ reservas@santoantoniohotel.com
☎ (+351) 245 589 003
🌐 www.santoantoniohotel.com

TASCA DO MONTINHO

Avis

GPS: 39°00'29,52"N; 7°54'58,58"W
☎ (+351) 242 412 954
🌐 www.facebook.com/tascadomontinho

A MURALHA

Campo Maior

GPS: 39°00'51,03"N; 07°04'03,60"W
✉ reservas.hotelsb@grupo-nabeiro.pt
☎ (+351) 268 680 040

D. PEDRO V

Castelo de Vide

GPS: 39°24'54,28"N; 07°27'20,27"W
✉ luis.mergulhao@exchange.pt
☎ (+351) 245 901 236

CASA DO PARQUE

Castelo de Vide

GPS: 39°24'49,98"N; 07°27'09,06"W
✉ geral@casadoparque.net
☎ (+351) 245 901 250
🌐 www.casadoparque.net/restaurante.html

PALADAR TERRACE

Castelo de Vide

GPS: 39°24'42,34"N; 07°27'00,72"W
✉ arturpaladar@gmail.com | ☎ (+351) 967 355 528
🌐 www.facebook.com/paladarrerrace

POUSADA MOSTEIRO DO CRATO

Crato

GPS: 39°18'24,48"N; 07°38'53,82"W
✉ rececao.frosa@pousadas.pt
☎ (+351) 245 997 210
🌐 www.pestana.com/en/hotel/pousada-crato

MARISQUEIRA LUSITÂNIA

Elvas

GPS: 39°52'28,54"N; 07°10'18,92"W
✉ jldlavadinho@sapo.pt | ☎ (+351) 268 623 000

POMPÍLIO

Elvas

GPS: 38°57'14,34"N; 07°12'45,48"W
✉ restaurantepompilio@sapo.pt
☎ (+351) 268 611 133

SEGREDO D'ALECRIM

Fronteira

GPS: 39°03'23,89"N; 07°38'58,71"W
✉ segredo.dalecrim@gmail.com
☎ (+351) 245 609 132
🌐 www.facebook.com/segredo.dalecrim

SABORES DA GUIDINTESTA

Gavião

GPS: 39°30'01,80"N; 07°57'02,43"W
✉ catiaisabelrosa_simoes@hotmail.com
☎ (+351) 938 507 201
🌐 www.facebook.com/saboresdeguidintestabelver

CHURRASQUEIRA SEVER

Marvão

GPS: 39°22'59,76"N; 07°22'33,51"W
☎ (+351) 245 993 458

SEVER

Marvão

GPS: 39°22'54,3"N; 7°23'00,3"W
✉ sever@mail.telepac.pt | ☎ (+351) 245 993 192
🌐 www.sever.pt

POUSADA DE SANTA MARIA

Marvão

GPS: 39°23'35,95"N; 07°22'35,46"W
✉ rececao.stamaria@pousadas.pt
☎ (+351) 245 993 201 | 🌐 www.pousadas.pt

BASILII

Monforte

GPS: 39°04'06,17"N; 07°29'20,85"W
✉ reservas@torredepalma.com
☎ (+351) 245 038 890 | 🌐 www.torredepalma.com

REGATA

Nisa

GPS: 39°25'05,00"N; 07°37'13,00"W
✉ joaojunceiro@sapo.pt | ☎ (+351) 245 742 162

O CHAPARRO

Nisa

GPS: 39°24'46,49"N; 07°37'15,59"W
✉ info@montefilipehotel.com | ☎ (+351) 245 745 044
🌐 www.montefilipehotel.com

OLIVENÇA

Ponte de Sor

GPS: 39°15'58,83"N; 08°00'44,46"W
✉ restauranteolivenca@hotmail.com
☎ (+351) 242 206 201

SOLAR DO FORCADO

Portalegre

GPS: 39°17'26,76"N; 07°25'46,36"W
✉ solardoforcado@sapo.pt
☎ (+351) 245 330 866
🌐 www.facebook.com/solardoforcado

TOMBALOBOS

Portalegre

GPS: 39°16'53,41"N; 07°24'16,40"W
✉ tombalobos@gmail.com
☎ (+351) 245 906 111 | 🌐 www.facebook.com/Tombalobos.Restaurante.Alentejano



SLEEP

Alter do Chão

other accommodations



HOTEL VARANDAS DE ALTER ***

📍 GPS: 39°14'40,62"N; 07°49'13,93"W | ✉️ varandas@varandasdealter.com
📞 (+351) 245 610 110 | 🌐 www.facebook.com/VarandasDeAlterLda

HOTEL CONVENTO D'ALTER ****

📍 GPS: 39°11'49,87"N; 07°39'30,09"W | ✉️ reservas@conventodalter.com.pt
📞 (+351) 245 619 120 | 🌐 www.conventodalter.com.pt

Arronches

other accommodations



HOTEL RURAL DE SANTO ANTÓNIO ***

📍 GPS: 39°07'14"N; 07°16'42"W | ✉️ reservas@santoantoniohotel.com
📞 (+351) 245 589 003 | 🌐 www.santoantoniohotel.com

MONTE DA ESPERANÇA - TER - AGRITOURISM

📍 GPS: 39°09'28,02"N; 07°11'35,53"W | ✉️ reservas@montedaesperanca.pt
📞 (+351) 245 561 019 / 924 044 196 | 🌐 www.montedaesperanca.pt

Avis

other accommodations



HERDADE DA CORTESIA HOTEL ***

📍 GPS: 39°03'3,00"N; 07°54'35,25"W | ✉️ recep@herdadedacortesia.com
📞 (+351) 242 410 130 | 🌐 www.herdadedacortesia.com

CAMPSITE ALBUFEIRA DO MARANHÃO

📍 GPS: 39°03'24,81"N; 07°54'40,95"W | ✉️ parque_campismo@cm-avis.pt
📞 (+351) 242 412 452 | 🌐 www2.cm-avis.pt/parquecampismo/pagina_parque.html

Campo Maior

other accommodations



HERDADE DO MONTE ALTO - TER - AGRITOURISM

📍 GPS: 39°04'43,17"N; 07°07'22,81"W | ✉️ geral@montealto.com.pt
📞 (+351) 268 688 176 / 968 544 020 | 🌐 www.montealto.com.pt

HOTEL SANTA BEATRIZ DA SILVA ***

📍 GPS: 39°00'51,03"N; 07°04'03,60"W | ✉️ recepcao.hotelsb@grupo-nabeiro.pt
📞 (+351) 268 680 040 | 🌐 www.adegamayor.pt

Crato

other accommodations



CASA DO CRATO - LOCAL ACCOMMODATION

📍 GPS: 39°17'10,11"N; 07°38'46,63"W | ✉️ reservas@casadocrato.com
📞 (+351) 245 990 002 / 964 809 819 | 🌐 www.casadocrato.com

SOLAR A FLOR DA ROSA - TER

📍 GPS: 39°18'18,95"N; 07°38'44,36"W | ✉️ solar_aflordarosa@hotmail.com
📞 (+351) 245 996 550 / 964 219 728 | 🌐 www.solar-aflordarosa.com

Castelo de Vide

Elvas



Fronteira

other accommodations



MONTE DOS AROEIRAS - TER

📍 GPS: 39°2'29,04"N; 07°37'50,18"W | ✉️ montedosaroeiras@gmail.com
📞 (+351) 969 016 681 / 912 427 161 | 🌐 www.montedosaroeiras.pt

QUINTA DO CABEÇOTE - TER

📍 GPS: 39°07'33,7"N; 07°34'54,2"W | ✉️ geral@quintadocabecote.com
📞 (+351) 245 634 538 / 919 802 732 | 🌐 www.quintadocabecote.com



SLEEP

Gavião

other accommodations



ALAMAL RIVER CLUB

📍 GPS: 39°29'16,51"N; 07°58'04,83"W | ✉ geral@alamalriverclub.com
☎ (+351) 241 638 000 | 🌐 www.alamalriverclub.com

HERDADE DA MACHUQUEIRA - TER - AGRITOURISM

📍 Herdade da Machuqueira - 6040 Margem

Marvão

accommodation in the village

accommodation in the municipality



Monforte

other accommodations



QUINTA DOS AMARELOS - TER - COUNTRY HOUSE

📍 GPS: 39°05'53"N; 07°31'16"W | ✉ geral@amarelos.com
☎ (+351) 245 564 130 / 968 685 099 | 🌐 www.amarelos.com

TORRE DE PALMA, WINE HOTEL *****

📍 GPS: 39°04'06,17"N; 07°29'20,85"W | ✉ reservas@torredepalma.com
☎ (+351) 245 038 890 | 🌐 www.torredepalma.com

Nisa

other accommodations



MONTE FILIPE HOTEL & SPA ****

📍 GPS: 39°24'46,49"N; 07°37'15,59"W | ✉ reservas@montefilipehotel.com
☎ (+351) 245 745 044 | 🌐 www.montefilipehotel.com

RESIDENCIAL NOSSA SR.ª DA GRAÇA

📍 GPS: 39°30'57,04"N; 07°38'58,54"W
☎ (+351) 245 413 558 / 965 538 075

Ponte de Sor

other accommodations



MONTE DA SANGUINHEIRA - TER - AGRITOURISM

📍 GPS: 39°21'54,01"N; 07°59'35,99"W | ✉ herdadedasanguinheira@gmail.com
☎ (+351) 938 196 208 | 🌐 www.herdadedasanguinheira.com

MONTE DAS TEXUGUEIRAS - TER

📍 GPS: 39°15'45,65"N; 07°57'34,00"W | ✉ luisvarelamartins@gmail.com
☎ (+351) 919 998 977

Portalegre

other accommodations



CASA DALEGRETE - TER

📍 GPS: 39°14'24,76"N; 07°19'26,41"W | ✉ casadalegrete@sapo.pt
☎ (+351) 245 965 133 / 914 995 482 | 🌐 www.casadalegrete.net

CONVENTO DA PROVENÇA - TER

📍 GPS: 39°19'43,89"N; 07°25'41,24"W | ✉ convento@provenca.pt
☎ (+351) 245 337 104 / 913 219 100 | 🌐 www.provenca.pt

Sousel

other accommodations

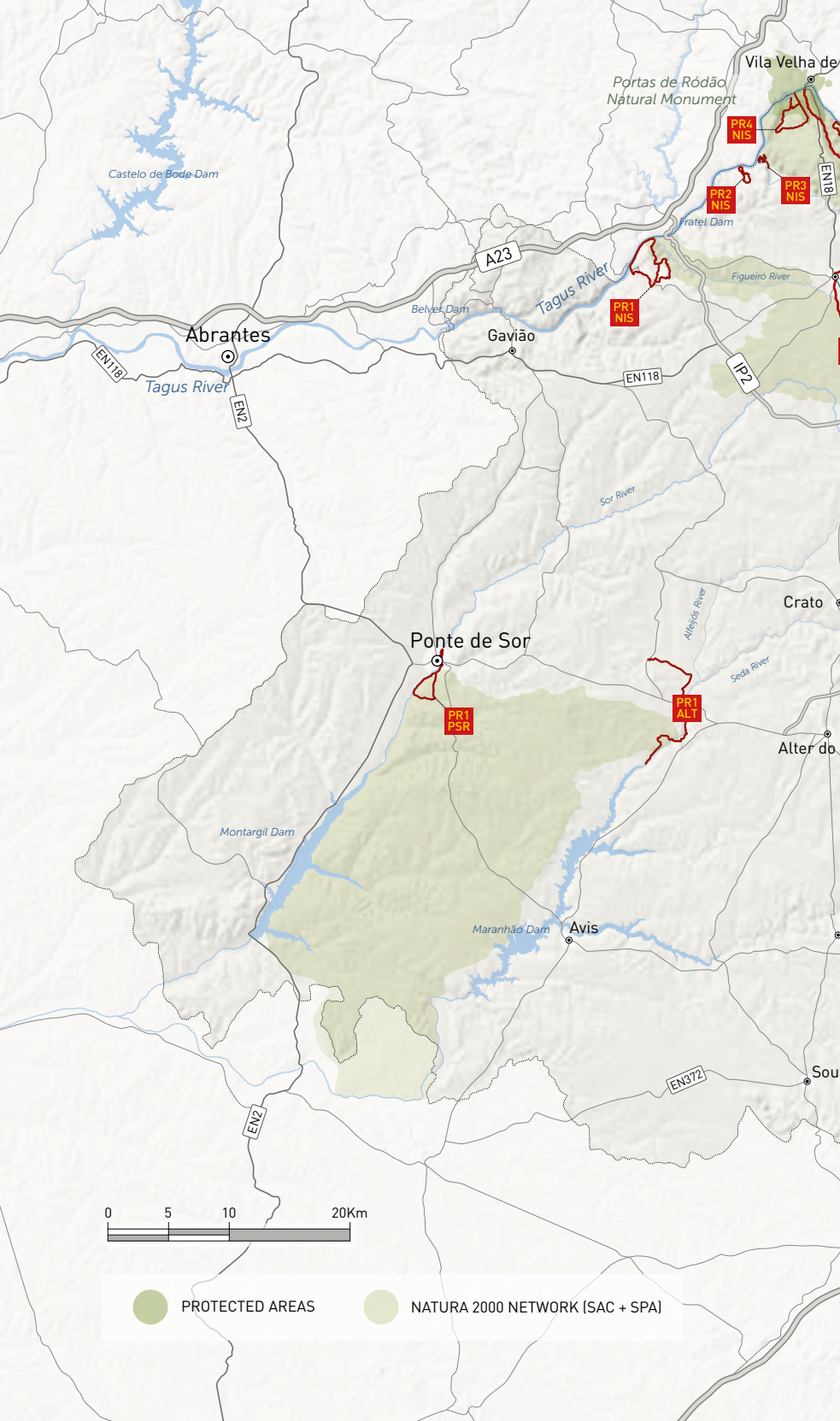


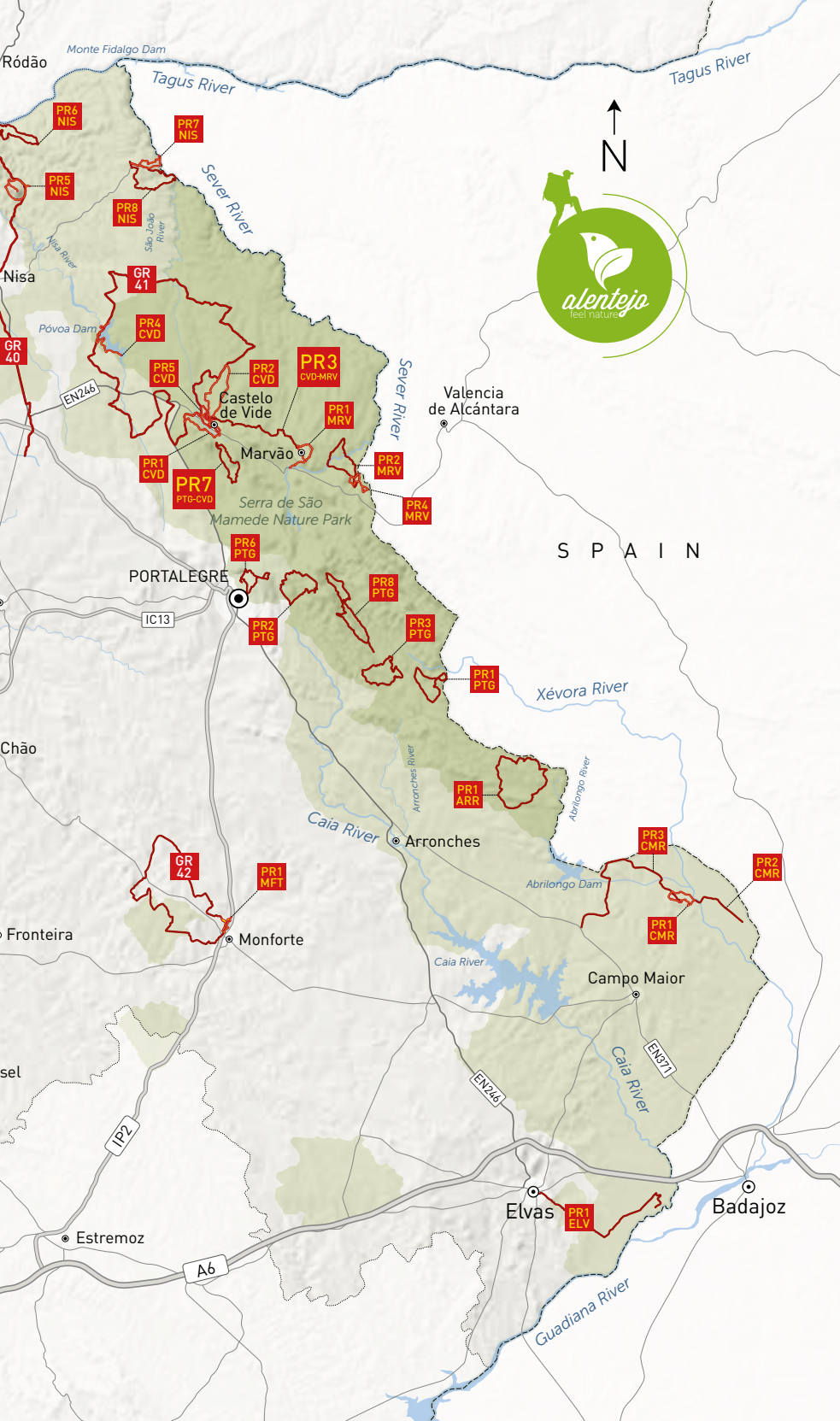
PATEO DO MORGADO - TER

📍 GPS: 38°56'50,68"N; 07°48'31,82"W | ✉ pateodomorgado@gmail.com
☎ (+351) 268 539 103 / 963 668 560 | 🌐 www.pateodomorgado.pt

QUINTA DA PEDRA MOURA - TER

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Print run: 14.000 exemplares

The walking paths registered and ratified by:



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