



Hawthorn (*Crataegus monogyna*)

Foto: João Sanguinho

PR1 MFT WALKING PATH AMONG WATERCOURSES



PATH NETWORK IN NATURE

> 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.

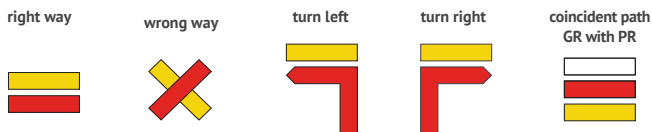
GASTRONOMY: *açorda* of coriander or pennyroyal; potato soup with purslane; stew and lamb roast. Sweets (*fintos* cakes (Easter), *mexericos* and nougat (Christmas), cigars of Vaiamonte, rancid bacon of

> 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.

> Trail signage

® FCMP



> Place of Interest

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.

> Walking code

Follow sign-posted trails only. / Respect private property. / 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. / Do not light fire and do not throw cigarettes on the ground. / Be kind to local people. / 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.

> Useful contacts

- Town Hall of Monforte: +351 245 578 060
- Municipal Tourist Office: +351 245 578 067
- SOS Emergency: 112
- SOS Florest: 117
- Medical Center: +351 245 578 210
- Anti-Poisoning Information: +351 217 950 143
- GNR (Republican National Guard): +351 245 573 220
- Fire Department: +351 245 573 420
- Village Hall of Monforte: + 351 245 578 200

Promotor:



Walking path registered and approved by:



Partner institution:



Co-financing:



> Walking path description



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



circular

type of path

4.6 Km

distance

1.45^H

time

uphill

29^m

altitude variation

I easy

●○○○○

grading

243^m

▲

227^m

altitude max/min



gradient profile



1

environmental alert



2

vegetation



2

type of ground



2

physical effort

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



Extensive grazing



Landscape of pastures



1 Roman bridge over Ribeira Grande

2 Cubo Fountain

3 Cubo Bridge

4 Cubo Watermill

5 Old Bridge

6 Old bridge of EN18 road

IT Interpretative table

Monforte Special Protection Area

This Special Protection Area encompasses the municipalities of Monforte and Fronteira, covering an area of 1887.25 ha. 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*).

Caption

— Walking path

— Path intersection

— Asphalt road

— Watercourse

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

Recommended direction of the walking path: clockwise

 Accommodation

 Restaurant

 ATM

 Pharmacy

 Market

 Tourist office