



Traditional vegetable garden



PATH NETWORK IN NATURE

> 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*; *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.

> Trail signage

® FCMP

right way



wrong way



turn left



turn right



> Place of Interest

TRADITIONAL VEGETABLE GARDEN

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.

> 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 Nisa: +351 - 245 410 000
- Nisa Tourist Office: +351 - 245 410 000 - extension 353
- SOS Emergency: 112
- SOS Forest: 117
- Medical Center: +351 - 245 410 160
- Anti-Poisoning Information: +351 - 217 950 143
- GNR (Republican National Guard): +351 - 245 410 116
- Fire Department: +351 - 245 412 303
- Village Hall of São Matias: +351 - 245 469 226

Promotor:



Walking path registered and approved by:



Partner institution:



Co-financing:



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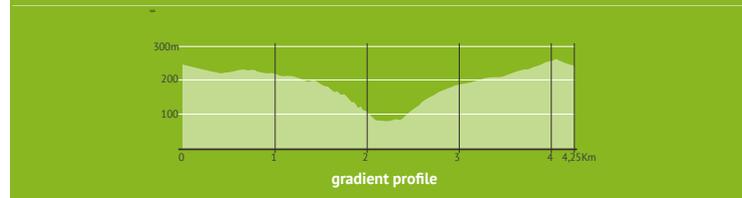
> Walking path description



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.

 circular type of path	 4.25 ^{Km} distance	 1.30 ^H time	 uphill 188 ^m altitude variation	 II easy ●●○○○ grading	 265 ^m ▲ 82 ^m altitude max / min
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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 314 (Army Map Service)

Caption

	Walking path		Starting/Ending: next to the old primary school of Chão da Velha (GPS: 39°34'51, 51°N; 7°43'37, 56°W)
	Asphalt road		Recommended direction of the walking path: clockwise
	Watercourse		Landscape
	Beira Baixa railway line		

> Places of Interest

- 1 Viewpoint
- 2 River wharf
- 3 Resting area
- 4 Traditional vegetable garden
- 5 Threshing-floor



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.