



Three bird toadflax (*Linaria triornithophora*)

> Place 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.

PR6
PTG

WALKING PATH OF SALÃO FRIO



> 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.

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.

> Trail signage

® FCMP

right way



wrong way



turn left



turn right



> 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 Portalegre: +351 - 245 307 400/1

Municipal Tourist Office: +351 - 245 307 445

SOS Emergency: 112

SOS Forest: 117

Medical Center: +351 - 245 302 050

Hospital: +351 - 245 301 000

Anti-Poisoning Information: +351 - 217 950 143

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

Promotor:



Walking path registered and approved by:



Partner institution:



Co-financing:



Walking path description



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



distance



time



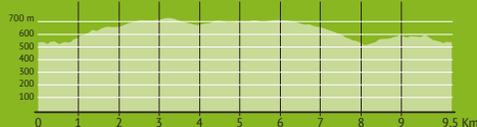
altitude variation



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



Oak forest surrounded by wall



View over Portalegre



Caption

- Walking path
- Asphalt road
- ▶ Starting/Ending: close to Santo António's Farm, Portalegre (GPS: 39°18'07, 08"N; 7°25'35, 50"W)
- Recommended direction of the walking path: clockwise
- ATM
- Landscape
- Accommodation
- Pharmacy
- Information on site
- Market
- Restaurant
- Tourist office

Places of Interest

- 1 Santo António Farm
- 2 Boi de Água / Belo Horizonte
- 3 Salão Frio / Saúde Farm
- 4 Três Lagares / Charais
- 5 Souto Relva / Souto do Castelo
- 6 Xancrão / Ferreira Farm
- 7 Paraíso / Matinhos
- 8 Weather Station
- 9 Watchtower
- IT Interpretative table



Serra de São Mamede Nature Park

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.



NATURALPT

WWW.NATURALPT

REDE NACIONAL DE ÁREAS PROTEGIDAS

