



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.

> Trail signage

® FCMP

right way



wrong way



turn left



turn right



> Place 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.

> 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 Ribeira de Nisa and Carreiras:

+351 - 245 341 454 / 245 907 181

Promotor:



Walking path registered and approved by:



Partner institution:



Co-financing:



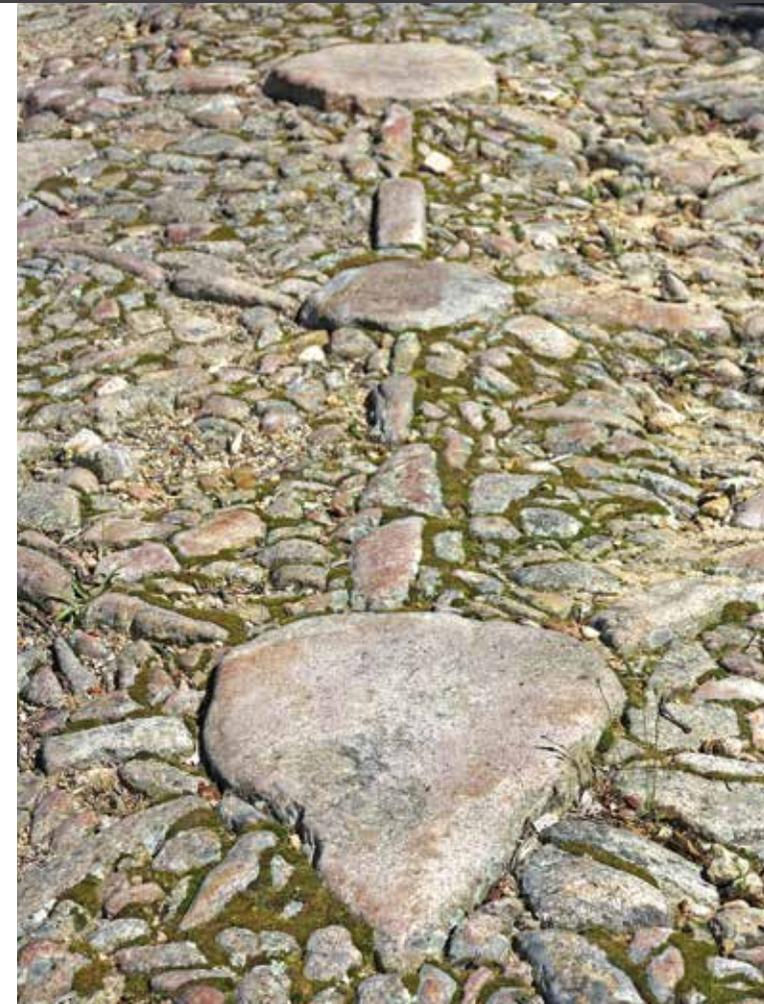
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WALKING PATH OF CARREIRAS



PATH NETWORK IN NATURE



> Walking path description



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



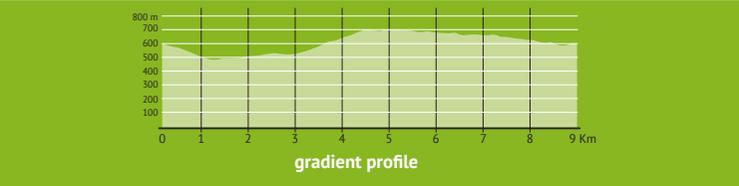
altitude variation



grading



altitude max/min



gradient profile

Environmental protection: **2**

Orientation: **2**

Type of terrain: **2**

Physical effort: **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)

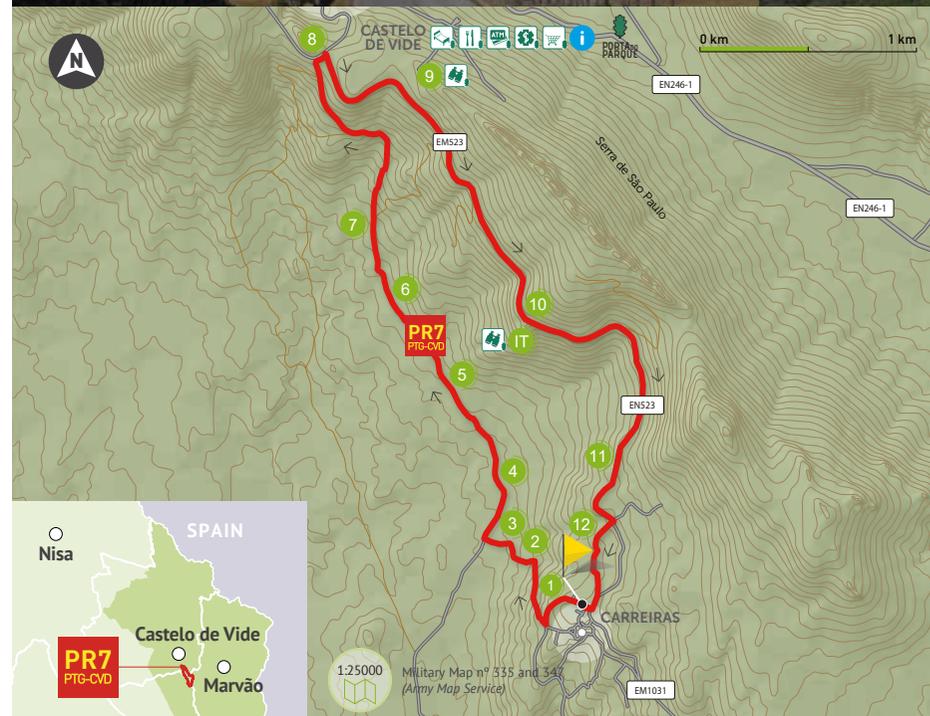
difficulty level



Carreiras



Viewpoint from the Park of the Fountain of Carvoeiros



> Places of Interest:

- | | |
|------------------------------------|-------------------------|
| 1 Santa Fountain | 9 Quartzite ridge |
| 2 Cabris | 10 Carvoeiros Fountain |
| 3 Marujo / Casépio | 11 Cancho do Lobo |
| 4 Horta das Cinco / Prior's Farm | 12 Fria Fountain |
| 5 Tapada Grande / Ribeiro de Jorge | IT Interpretative table |
| 6 Manuel da Torre | |
| 7 Água de Todo o Ano / Ramalhete | |
| 8 Medieval stone-paved roadway | |

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.

Caption

- Walking path
- Asphalt road
- Recommended direction of the walking path: clockwise

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

- Walking path reception centre - GPS: 39°24'59, 39" N; 07°27'18, 75" W
- Accommodation
- Restaurant
- ATM
- Landscapes
- Pharmacy
- Market
- Tourist office
- Information on site

