

> Walking path description



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 of 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

10 Km

distance

4.00^H

time

uphill
325 m

altitude variation

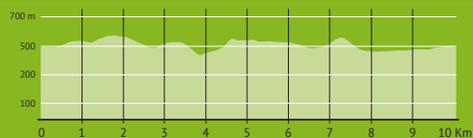
III
moderate



grading

586^m
▲
443^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)

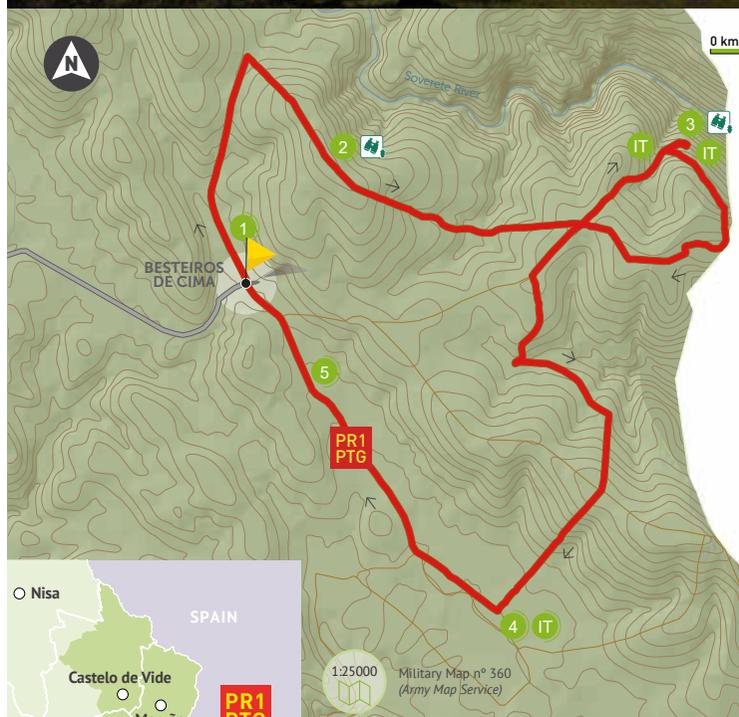
difficulty level



Montado with extensive grazing



Rockrose (*Cistus ladanifer*)

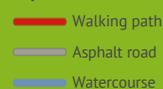


SPAIN



1:25000 Military Map n.º 360 (Army Map Service)

Caption



- ▶ Starting/Ending: close to the bus stop in Besteiros village (GPS: 39°13'57, 96°N; 7°16'07, 67°W)
- Recommended direction of the walking path: clockwise
- 🌿 Landscape

> Places of Interest:

- 1 Besteiros de Cima
- 2 Cabeço das Águas
- 3 Chapel of N. Sr.ª da Lapa
- 4 Vale de Mouro
- 5 Mina Ridge/Feiteirinha
- 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.

