

► useful informations

LIST OF HERITAGE BUILDING

- _ **Quintã:**
Chapel of St Bento/Benedict
- _ **Cernache do Bonjardim:**
Chapel of St. Mary Magdalene
Church of Cernache Bonjardim
Chapel of Good Jesus
Chapel of Our Lady of Exile
Mission Seminary
Archaeological place
Studio of the painter Tullio Victorino
Bonjardim Club - Theatre Taborda
Statue Nuno Alvares Pereira
Quinta das Águias (formerly Convent of St. Joseph)
House of Pie Street
Chapel Our Lady of the Conception
- _ **Mendeira:**
Chapel of Our Lady of Lourdes

PLACES OF INTEREST

- Old house
- Chapel

PLACES TO EAT

- "Grelha 3" Restaurant - 274 809 545
- "Pina" Restaurant - 916 160 792
- "Lampião d' Aromas" Restaurant - 274 808 098
- "Pizzaria Golfinho" Restaurant - 917 022 615
- "Pôr do Sol" Restaurant - 274 802 302
- "Lampião 2" Restaurant - 274 809 617
- "O Aquário" Restaurant - 274 80 96 46
- "A Rotunda" Restaurant - 910 071 565
- "O Condestável" Restaurant - 967 873 523/917 947 509

PLACES TO STAY

- Quinta de Santa Teresinha - 274 600 160; 918 795 406 _ Rural tourism
- Albergue Bonjardim - 274 809 647 _ Hostal

HANDCRAFT

Wicker Basketry, Metalwork, Works in linen with hand embroidered motifs

GASTRONOMY

A rolled almond pastry, Cernache style, Fish soup, Tripe, A type of sausage with goat meat, rice and cured ham, Two types of fried pastry donuts, Arbutus Berry Liqueur, Cheeses



Lake

► trail signage



right way



wrong way



turn left



turn right

► code of conduct

- Follow sign-posted trails only; Avoid making unnecessary noise;
- Never scare the animals; Do not damage any vegetation;
- Do not litter and leave no trace of your visit; Do not light fire;
- Do not recollect or damage plants or rocks;
- Be kind to people you find along the way;

► useful contacts

- SOS Emergency : 112
- SOS Forest Fires: 117
- Anti-venom informations: 808 250 143
- Sertã Police: 275 600 730
- Fire Department: 274 603 528
- Health Center: 238 60 02 50
- Trail Promoter _ Sertã Municipality: 274 600 300
- Tourism Office: 274 809 010
- Parish Council of Cernache do Bonjardim: 274 809 318
- Schist Village Network - ADXTUR: 275 64 77 00; 960 10 18 73

www.aldeiasdoxisto.pt

_promotors



_support



UNIÃO EUROPEIA

Fundo Europeu de Desenvolvimento Regional



PROGRAMA OPERACIONAL DA REGIÃO CENTRO

_walking trail process of registration and approval by

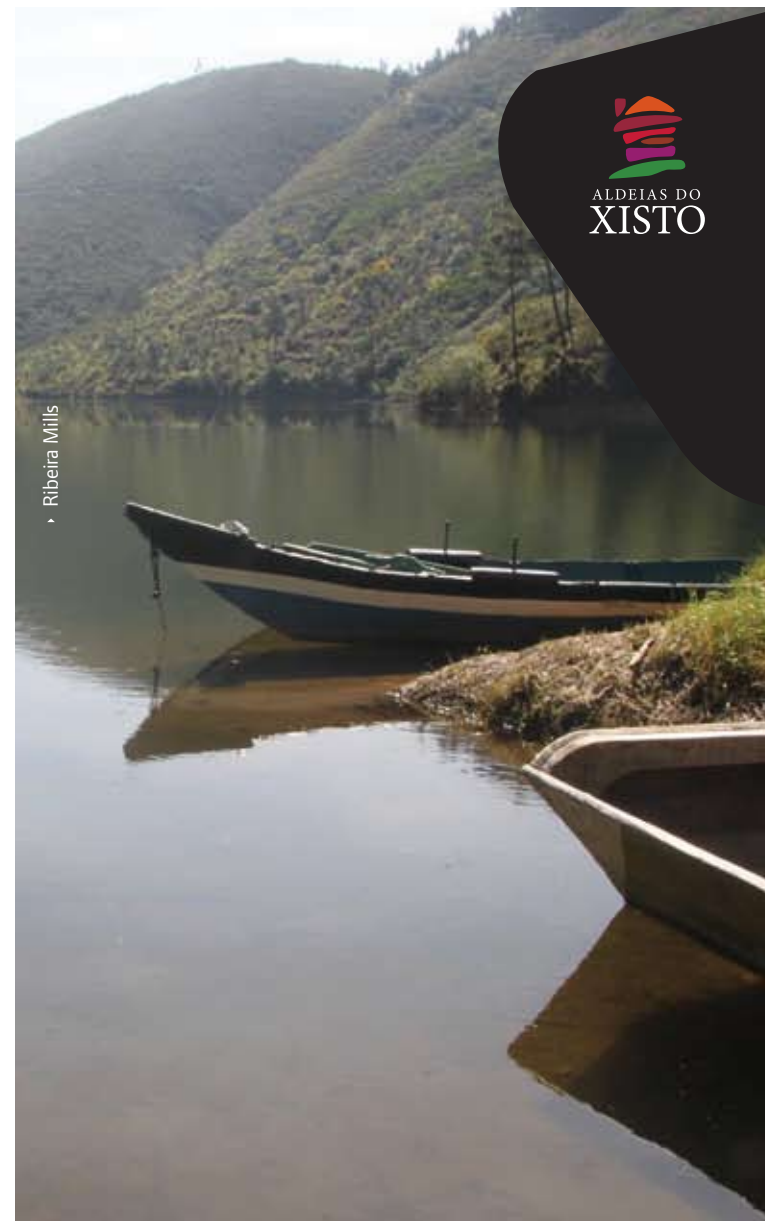


FÉDÉRATION EUROPÉENNE DE LA RANDONNÉE PÉDESTRE

ADXTUR 2013



Schist Walking Trail of Quintã
The Azereiro Route



PR3 SRT

distance	duration	trail type	altitude variation	altitude máx/min
10,1 Km	4h 00min	loop	481 m rise	339 m / 125 m

Schist Walking Trail of Quintã

_Walk direction: Clockwise

The route begins at the old primary school of Quintã, heading for the centre of the village and taking the second turn on the right. Quickly the narrow path passes a small stream and enters an agricultural area. We come to a small branch line, turn left and finds the road, then turns left again to the Chapel of St. Bento. Once there the route enters a track through oaks, farmland and vineyards. When leaving the path surrounded by vineyards, it veers to the right towards the village of Moinhos da Ribeira. The path continues 3 km through pine and eucalyptus forest to the village. On leaving the village the route veers to the right to return to Quintã.

_Walk direction: Anticlockwise

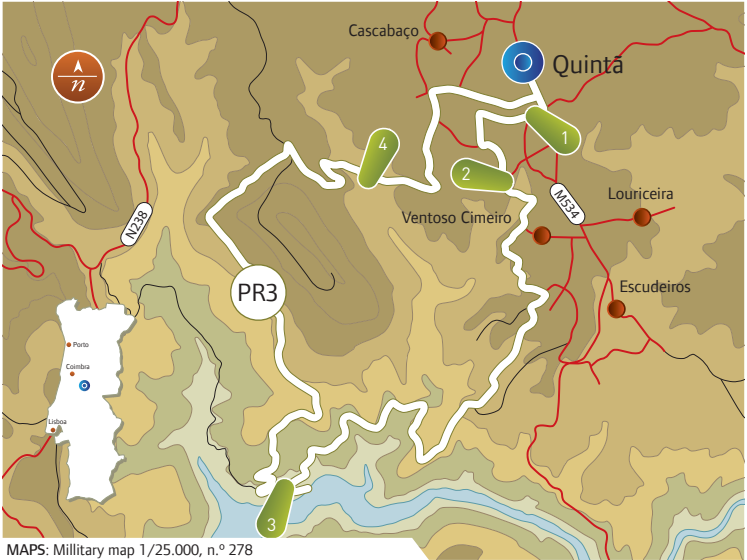
Beginning at the old primary school of Quintã, the route heads towards the centre of the village, before which we turn on the first right. When you reach a junction veer to the left, initially on tar, and then enter the forest path. The path passes by a water catchment and continues to the right, over 4 km, to the village of Moinhos da Ribeira. Continue straight ahead, climbing to the first houses of Ventoso Fundeiro. Then we take the old path that the people of the village used to attend Mass at the Chapel of St. Bento. Amongst the farmland, vineyards and oak trees, you arrive at the rear of the chapel. The route then continues towards the bandstand via the road and then turns off onto a path to the right which connects to the centre of Quintã.

Points of interest and distance to the starting point:

- 1 _ Quintã's Big House _ 330m
- 2 _ Chapel of St Bento _ 1100m
- 3 _ Ribeira Mills _ 4600m
- 4 _ Water tank / Catchment _ 8500m

Departure and arrival point:

_ Primary school of Quintã (39°47'34.34"N 8°12'0.24"W)



MAPS: Military map 1/25,000, n.º 278



Ribeira Mills



Swing in Ribeira Mills



caption

walking trail	
paved road	
dirt road	
water course	

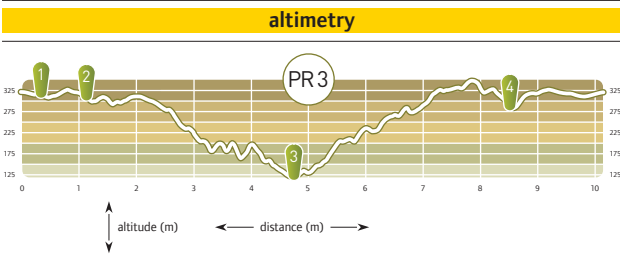
difficulty level

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).

overall difficulty		orientation		type of terrain		physical difficulty	
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when to go

All year. Beware of high temperatures in the summer and slippery terrain in the winter.



The locality of Quintã belongs to the parish of Cernache do Bonjardim and is approximately 3 km from the small town of that name. In Cernache is a great house, known as the "Big House", built more than 100 years ago which belonged to a nobleman who was the lord of most of the land that is today known as Quintã. According to local folklore, a Pillory named the "Royal Arms" belonged to the house, and if the owner or his band of thieves were on the run, and reached the pillory before the authorities could apprehend them, then there was nothing more the authorities could do!



Primary school of Quintã

> natural heritage

For 20 million years, this area had a subtropical climate and the forest was primarily made up of evergreen vegetation, called Laurel Forest. However, the Ice Age led to geological changes and, in turn, climate change which forced most of these plant species to seek refuge in formations of deciduous trees. **Azereiro** (Portuguese Laurel - *prunus lusitanica* L. subsp. *lusitanica*) belongs to the same plant family as the Laurel Forests, and survives today confined to locations where climatic conditions are similar to that existing in the Tertiary Age (65 million to 1.806 million years ago). **Portuguese Laurel** is a species of the family Rosaceae, represented in Portugal by more than 70 species such as **apple** (*malus domestica*), the **strawberry** (*fragaria ananassa* ð), among others, and some belonging to the same genus of **Portuguese Laurel** - Prunus - such as the **cherry tree** (*prunus avium*) or **peach** (*prunus persica*). In Portugal, **Azereiro** can be found in protected areas in Northern and Central Portugal, more specifically in the mountains of Gerês, Amarela, Buçaco, Estrela, Açor, Lousã, Pampilhosa, Alvêolos, Sintra e Sertã.