

► **useful informations**

LIST OF HERITAGE BUILDING

Church of Cumeada
Cova do Moinho Roman Bridge
Várzea Carreira Roman Bridge
Shrine of Chão da Telha
Shrine of Casal de St Anne (Our Lady of Good Paths)
Shrine of Junceira
Shrine Vale da Cortiçada
Shrine of Rebaixia dos Faustinos
Cross of Albergaria
Fountain (spring) of Albergaria
Plunge pools of Rebaixia dos Tomés
Plunge pools of Vaquinhas Fundeiras

PLACES OF INTEREST

Cross of St Anne
Shrines of Casal Santa Ana
Várzea da Carreira (Tamolha Bridge)
Mills
Weirs
Irrigation channels

PLACES TO EAT

"Bombas Bar" - 274 604 318

PLACES TO STAY

Casal da Cortiçada - 916 987 630 _ Rural tourism
Hotel LarVerde - 274 603 584
Convento da Sertã Hotel - 274 600 160 _ Hotel

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 Liquor, Cheeses



Roman Bridge of Cova do Minho

► **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 Cumeada: 274 604 159
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

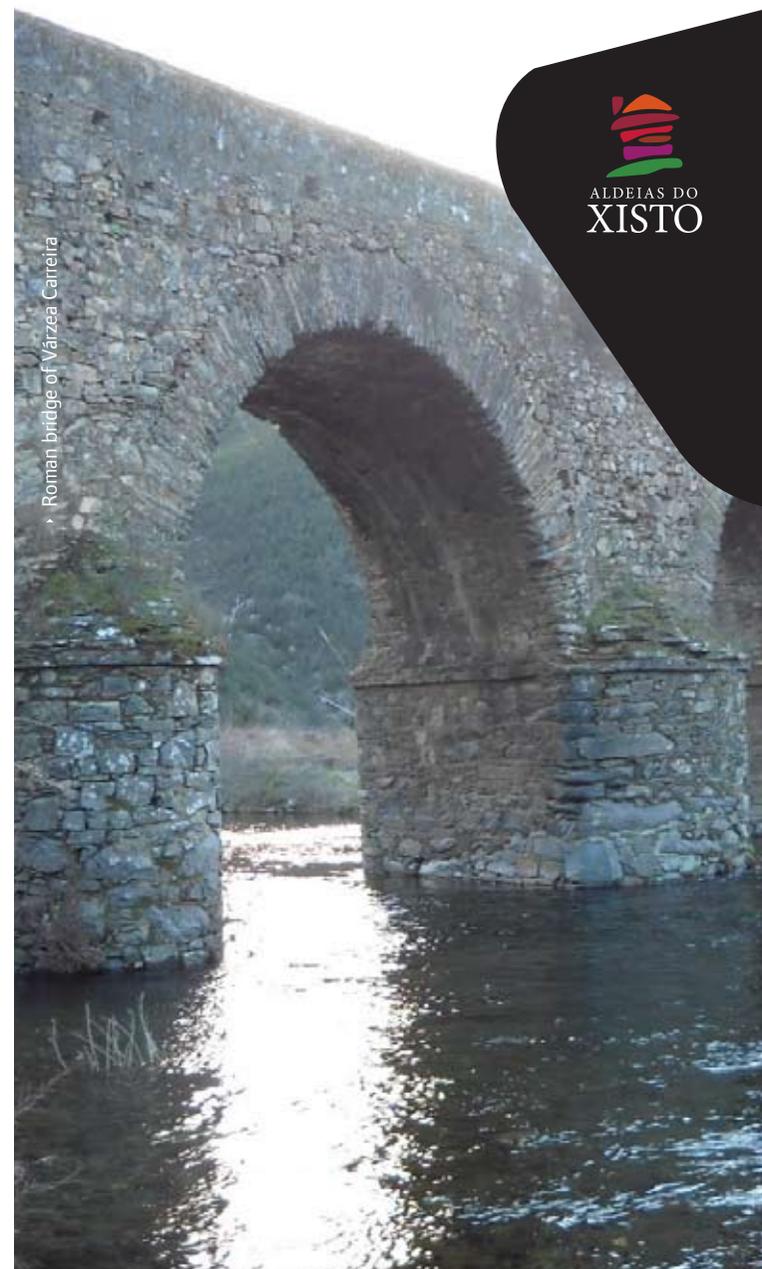


FÉDÉRATION EUROPÉENNE
DE LA RANDONNÉE PÉDESTRE



Schist Walking Trail of Quintã

The Rock Rose Trail



► Roman bridge of Várzea Carreira



ALDEIAS DO
XISTO

PR4 SRT

distance	duration	trail type	altitude variation	altitude máx/min
12,2 Km	4h 30min	loop	393 m rise	379 m / 179 m

Cumeada

Schist Walking Trail of Cumeada

_Walk direction: Anticlockwise

The route starts at the Church of Cumeada, dedicated to St. Anne, and passes through several villages such as Casal de Santana, Rebaixia dos Faustinos, Rebaixia dos Tomés and Chão da Telha. Arriving at the last village the route turns at the Tamolha River, by the side of the Várzea Carreira bridge, and then follows along the edge of the river upstream for approximately 4 km. Part of this route along the river's edge is the aqueduct of an ancient olive press, now in ruins. From Cova do Moinho, which has a water mill in excellent condition, continuing on to a dam after which begins the climb back to Cumeada.

This course includes a variant which starts in the village of Chão da Telha, returning to the main route at the Tamolha river. To do the complete course, the walker would take this variant, and can choose between two different routes:

- starting at Cumeada (9.7kms): Cumeada - Casal da Santana - Rebaixia dos Tomés - Chão da Telha - down to the river Tamolha by the variant - path along the river's edge - Cova do Moinho - returning to Cumeada via Palser.
- starting at Chão da Telha (5kms): Chão da Telha - down to the river Tamolha by the side of the Várzea Carreira bridge - path along the river's edge - returning back up to the village of Chão da Telha by the variant.



MAPS: Military map 1/25.000, n.º 289 and 301

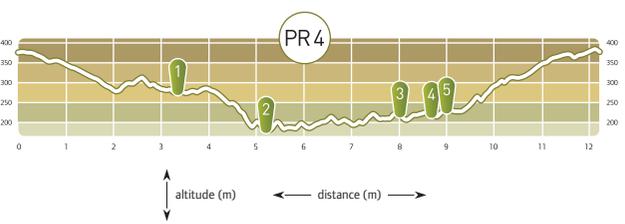
Points of interest and distance to the starting point:

- 1 _ Chão da Telha (Start of the Variant) _ 3300m
- 2 _ Várzea Carreira Bridge _ 5200m
- 3 _ Olive oil press in ruins _ 8000m
- 4 _ Mills (Cova do Moinho - Moinho de rodízio) _ 8700m
- 5 _ Weir _ 8700m

Departure and arrival point:

_ Cumeada "Igreja Matriz", Church of St. Anne (39°46'22.12"N 8°6'53.77"W)

altimetry



Irrigation channel Trail



Weir



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	2	orientation	2	type of terrain	3	physical difficulty	3
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when to go

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



Church of Cumeada

> natural heritage

The parish of Cumeada is characterized by its diversity of fauna, including **wild boar** (*sus scrofa*), **partridges** (*alectoris rufa*), **rabbits** (*oryctolagus cuniculus*), **foxes** (*vulpes vulpes*), **squirrels** (*sciurus vulgaris*), **hedgehogs** (*erinaceidae*), snakes and various species of birds. The flora in this area includes **maritime pine** (*pinus pinaster*), **eucalyptus** (*eucalyptus globulus*), **olive** (*olea europaea*), **acacia mimosa** (*acacia podalyriifoliae*) and **rock rose** (*cistus ladanifer*), the latter giving its name this route such is the extent of land it occupies.