

> **useful informations**

**LIST OF HERITAGE BUILDING**

- \_Figueiredo:**  
Church of St. John the Baptist  
Prehistoric rock art site of Fechadura
- \_Ermida:**  
Church of Ermida (Our Lady of Hope)  
Prehistoric rock art site of Lajeira  
Roman Brigde
- \_Sipote:**  
Chapel of Our Lady of Fatima
- \_Relvas:**  
Chapel of St Dominic
- \_Dona Maria:**  
Chapel of Our Lady of Guides
- \_Castanheira Cimeira:**  
Chapel of St Mark
- \_Ribeiro Figueiredo:**  
Chapel of Our Lady of the Conception

**PLACES OF INTEREST**

- Big wind farm
- Prehistoric rock art site of Fechadura
- Prehistoric rock art site of Lajeira
- Valley of the Tamolha River

**PLACES TO EAT**

- "Ponte Velha" Restaurant - 274 600 160
- "Delfim" Restaurant - 274 601 256
- "O Regional" Restaurant - 274 808 095
- "Pic Nic" Restaurant - 274 601 828
- "Santo Amaro" Restaurant - 274 604 115

**PLACES TO STAY**

- "Quinta de Santa Teresinha" - 274 600 160; 918 795 406 \_ Rural tourism
- Hotel "Lar Verde" - 274 603 584
- "Dom Nuno" - 274 809 373 \_ Hostel
- "Rainha do Zêzere" - 236 487 494 \_ Hostel

**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



Vegetation

> **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 Figueiredo: 274 685 024
- Parish Council of Ermida: 274 685 785
- Schist Village Network - ADXTUR: 275 64 77 00; 960 10 18 73

[www.aldeiasdoxisto.pt](http://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 Ermida and Figueiredo

Route of Pastores and Lajeira



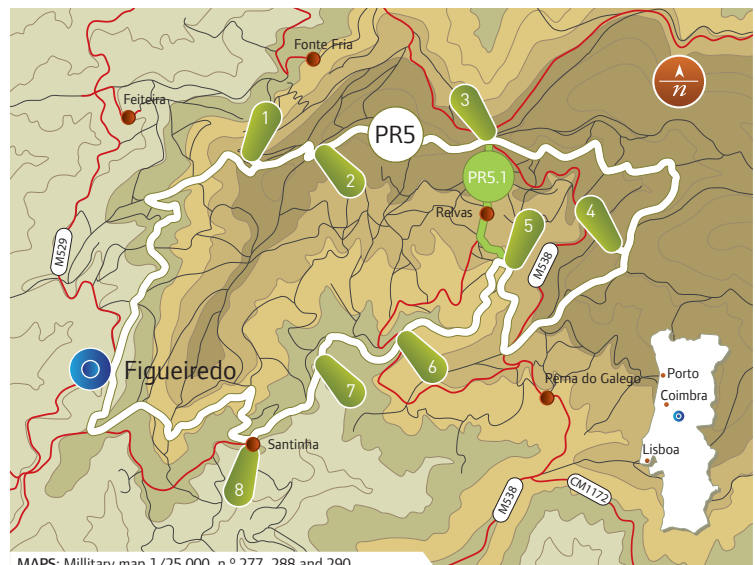
Prehistoric rock art site of Fechadura

# PR5 SRT

distance	duration	trail type	altitude variation	altitude máx/min
13,5 Km	5h 00min	loop	703 m rise	916 m 587 m

## Schist Walking Trail of Ermida and Figueiredo

The route starts in the Church Square of Figueiredo, heading towards the Pre-historic rock art site of Fechadura dated between the Chalcolithic Period and Iron Age. It consists of Schist stones, whose vertical panel was tapped to engrave motifs by pecking and incision. In addition to geometric motifs (quadrangular and rectangular), they have depictions of arrows and arrowheads; vulvas and stars of David, along with shield-shaped elements, a pentagram, pre-alphabet and Latin characters, and finally, distinctive dotted designs. The site is spread over approximately six square metres. After passing a substantial cluster of chestnut trees, the route continues up towards the wind farm in Serra Cabeço Rainho, the highest point of the municipality of Sertã (1080 m altitude). Continuing forward we go on to the rock art site of Lajeira (1000 BC), in the Cabeço Rainho Mountains. This site is also dated between the Bronze Age and Iron Age, provides a good illustration of cultural progression of the successive human communities that lived here. Besides geometric shapes (circles and spirals), there are also serpentine meanderings and elements, again with characteristically aligned points and dots, and anthropomorphic representations, spread over the site of about twelve square metres. From here the route takes us towards the Tamolha River until the Bridge of Relvas, where it goes to a river swimming pool, a waterfall and the village of Santinha. Then the route returns to Figueiredo.



MAPS: Military map 1/25.000, n.º 277, 288 and 290

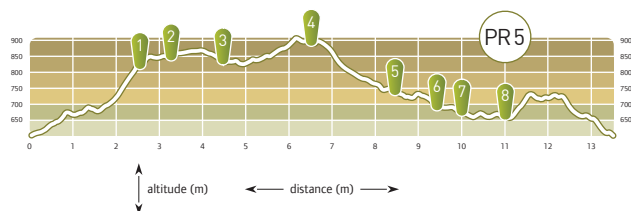
### Points of interest and distance to the starting point:

- 1 \_ Prehistoric rock art site of Fechadura \_ 2600m
- 2 \_ Wind farm \_ 3200m
- 3 \_ Old windmill \_ 4400m
- 4 \_ Prehistoric rock art site of Lajeira \_ 6500m
- 5 \_ Relvas bridge \_ 8400m
- 6 \_ Santinha weir; Watermill; Picnic area \_ 9400m
- 7 \_ Waterfall and watermill \_ 10000m
- 8 \_ Santinha \_ 11000m

### Departure and arrival point:

\_ Square of the Church de Figueiredo and/or Relvas  
(39°50'10.97"N 7°59'8.54"W)

### altimetry



Prehistoric rock art site of Fechadura



Wind farm



### 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.

## Ermida and Figueiredo

The parish of Figueiredo is 17 km from the municipality town capital, Sertã. It used to have an abbey granted by the Grand Prior of Crato, who, as well as being the head of the Knights of St John, also had the title of Prince (Infante, not in line for the throne) in the second half of the eighteenth century. Prince Pedro developed the village parish. The decree establishing the parish was signed by King John VI on August 21, 1817, but Figueiredo only began operating on June 12, 1826. Initially the boundaries had been incorrectly recorded which led to a revolt by the people. By 1826 the proper boundaries were finally restored. It was the last parish to be created in the municipality. The parish chapel is 20 km from the Sertã town and is located on the right bank of the stream of Isna, a tributary of the river Zêzere. It contains the villages of Castanheira Cimeira, Castanheira Fundeira, Dona Maria, Monte Fundeiro, Perna de Galego Cimeira, Perna de Galego Fundeira, Relvas and Sipote. Currently, the parish of Ermida serves the primary sector, with agriculture and forestry the main economic activities.



Riber Beach of Santinha

### natural heritage

In terms of fauna, the parishes of Figueiredo and Ermida are home to many species of mammals, such as foxes (*vulpes vulpes*), rabbits (*oryctolagus cuniculus*), hares (*lepus capensis*), wild boar (*sus scrofa*) and moles (*talpa mole europaea*). It is still possible to see some reptiles and amphibians. The significant birds species are finches (*fringilla coelebs*), red robins (*erithacus rubecula*), goldfinches (*carduelis carduelis*), ravens (*corvus corax*) and eagles. Regarding the flora, there is maritime pine (*pinus pinaster*), eucalyptus (*eucalyptus globulus*), olive (*olea europaea*), oaks (*quercus faginea*), chestnut (*castanea sativa*), holm oak (*quercus ilex*) and stone pine (*pinus pinea*). The shrub cover consists of heather (*erica spp*), broom (*baccharis trimera*), broom (*spartium junceum*), executioner (*quercus coccifera*), rock rose (*cistus ladanifer*) and strawberry tree (*arbutus unedo*).