

► **useful informations**

LIST OF HERITAGE BUILDING

Chapel of Amioso
Chapel of Our Lady of Nazareth

PLACES OF INTEREST

Water mills
Weirs

PLACES TO EAT

“Ponte Velha” - 274 60 0160 _ Restaurant
“Santo Amaro” - 274 604 115 _ Restaurant
“O Regional ”- 274 808 095 _ Restaurant
“Pic Nic” - 274 601 828 _ Restaurant
“Delfim” - 274 601 256 _ Restaurant
“Vilaça” - 274 608 610 _ Restaurant
“Feira da Comida” - 274 809 070 _ Restaurant
“O Terminal” - 274 601 368 _ Restaurant
“Churrasqueira Grelha 2” - 274 604 270 _ Restaurant
“A Taskinha” - 967 833 641 _ Restaurant
“Rotunda Doce” - 917 994 444 _ Restaurant
“Pizzaria Mega Pizza” - 274 603 714 _ Restaurant
“A Paragem do Motorista” - 274 601 740 _ Restaurant
“Os Combatentes” - 961 176 652 _ Restaurant

PLACES TO STAY

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



Hive

► **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

_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 Amioso

The Route of Aromas and Flavours



PR 6 SRT

distance	duration	trail type	altitude variation	altitude máx/min
9 Km	4h 00min	loop	246 m rise	496 m / 325 m

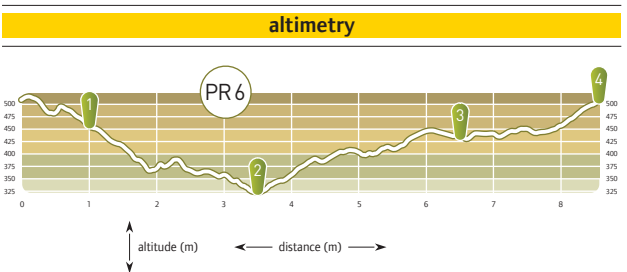


Schist Walking Trail of Amioso

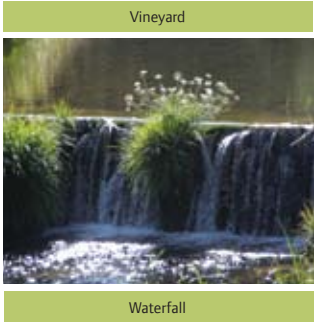
_Walk direction: Anticlockwise
Start from the office of ACRAMIOSO (Association for Culture and Recreation of Amioso) and head South. We pass through Corga Cega and about 2km further on, an arrow indicates Carga to the right. After about 2 km walk, we arrive at a fork which connects to a paved road. The route follows to the left going back into the forest path, turning on the next right. Immediately after the bridge, the route follows a path between terraced land, staying along the river, then climbing into a forest path and re-crossing the next bridge over the river. Then we follow a country road on the opposite side, cross the main road and climb back up via a small path to Amioso.

_Walk direction: clockwise
Starting from the office of ACRAMIOSO (Association for Culture and Recreation of Amioso), the route takes the main street through the village and then turns into a small track towards Amioso riverstream. After crossing the main road, it becomes a rural path following the river to a bridge, which we cross and then immediately turn right. Going straight ahead, we cross the river again on a bridge and then take a forest path. Some metres ahead we follow a sealed path on the left and soon turn into a dirt road to the right. Follow this to Carga, next to the Amioso River, which we cross again on a pedestrian bridge with iron railings, then after following the embankment we then cross over again and begin the way back to Amioso, passing by Corga Cega.

- Points of interest and distance to the starting point:**
- 1 _ Corga Cega _ 1000m
 - 2 _ Carga (Amioso Stream, weir, water canals and watermill _ 3500m
 - 3 _ Amioso stream _ 6500m
 - 4 _ Amioso _ 8500m
- Departure and arrival point:**
_ ACRAMIOSO - Office of the Association do Amioso
(39°51'52.08"N 8°5'7.14"W)



MAPS: Military map 1/25.000, n.º 277, 289



0 200 400 600 800 1000m

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 **2**

physical difficulty **3**

when to go

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

Amioso is a small village 9 km from Sertã and has an essentially rural character. It is the source of the River Amioso, which flows into the Sertã River, at the site of Entre-as-Águas in the municipality's capital. This village subsists mainly on the primary sector, in agriculture and forestry. This has always been one of the most populous villages of the municipality, due to the fertility of the fields and its strategic location. The religiosity of its people is evident as far back as the eighteenth century, with the building of a small chapel (rebuilt in 2011). In 1911 the village benefited from the construction of a school and 40 years later saw the asphaltting of the main road through the village. Electricity arrived after the 1970s, along with several other developments.



Detail

> natural heritage

The flora of Amioso: **martime pine** (*pinus pinaster*), **eucalyptus** (*eucalyptus globulus*), **olive** (*olea europaea*), **oak** (*quercus* sp.), **chestnut** (*castanea sativa*), **holm oak** (*quercus ilex*) and **stone pine** (*pinus pinea*). The scrub cover consists of **heather** (*erica* spp), **broom** (*baccharis trimera*), **spanish broom** (*spartium junceum*), **kermes oak** (*quercus coccifera*), **rock rose** (*cistus ladanifer*) and **strawberry tree** (*arbutus unedo*). The fauna is composed of a diversity of species, such as **foxes** (*vulpes vulpes*), **rabbits** (*oryctolagus cuniculus*), **hares** (*lepus capensis*), **wild boar** (*sus scrofa*), **snakes**, **insects**, **moles** (*mole talpa europaea*), **finches** (*fringilla coelebs*), **red robins** (*erithacus rubecula*), **goldfinches** (*carduelis carduelis*), **ravens** (*corvus corax*) and **eagles**. In streams you can find **iberian nase** (*chondrostoma polylepis*) and **barbel** (*barbus bocagei*).