

useful informations

HERITAGE SITES

_Castanheira Cimeira:

Chapel of S. Marcos

_Dona Maria:

Chapel of N. Sra. da Guia

_Ermida:

Lajeira Prehistoric Rock Art Site

Mother Church of Nossa Senhora da Esperança

Roman Bridge

_Figueiredo:

Fechadura Prehistoric Rock Art Site

Mother Church of S. João Baptista

_Relvas:

Chapel of S. Domingos

_Ribeiro Figueiredo:

Chapel of N. Sra. da Conceição

_Sipote:

Chapel of N. Sra. Fátima

PLACES OF INTEREST

Fechadura Prehistoric Rock Art Site

Lajeira Prehistoric Rock Art Site

River Tamolha valley

Wind Farm

WHERE TO EAT

Restaurant "Delfim" - 274 601 256

Restaurant "O Regional" - 274 808 095

Restaurant "Pic Nic" - 274 601 828

Restaurant "Ponte Velha" - 274 600 160

Restaurant "Santo Amaro" - 274 604 115

Restaurant "Sabores do Pinhal" - 274 604 458

WHERE TO STAY

Casal Maio - 274 030 511

Hotel LarVerde - 274 603 584

Quinta de Santa Teresinha - 274 600 160; 918 795 406

Residencial Dom Nuno - 274 809 373

Vila Maior - 274 603 052; 925 162 252

LOCAL CRAFTS

Wicker basketwork, tinwork, woven linens decorated with hand-embroidered motifs in a variety of stitch styles: openwork, Richelieu and satin stitch.

LOCAL CUISINE

"Cartuchos" of Cernache (cone-shaped sweet almond pastries), fish soup, "Bucho and "Maranho" (similar to haggis), "Filhós" and "Coscoréis" (fritters), "Aguardente de Medronho" (spirit distilled from the fruit of the strawberry tree) and cheeses.



Heather

trail signage



correct path



wrong way



turn left



turn right

code of conduct

Keep to the signposted route. Avoid making unnecessary noise;
Observe the wildlife without causing disturbance;
Do not damage the vegetation;
Do not leave litter or other signs of your presence;
Do not light fires. Do not collect samples of plants or rocks;
Treat the people you meet with politeness.

useful contacts

Emergency (Fire/Police/Ambulance): 112

SOS Forestry Department: 117

Poisons Line: 808 250 143

Sertã Police Station (GNR): 274 600 730

Sertã Fire Station: 274 603 528

Sertã Health Centre (24hr A&E): 274 600 800

Trail promoter

Sertã Câmara Municipal: 274 600 300

Sertã Tourist Information: 274 600 326

Figueiredo Parish Council: 274 685 024

Ermida Parish Council: 274 685 785

ADXTUR – REDE ALDEIAS DO XISTO

SCHIST VILLAGE NETWORK: 275 647 700; 960 101 873

www.aldeiasdoxisto.pt

_sponsors



_supporters



_route in phase of registration and approval by:

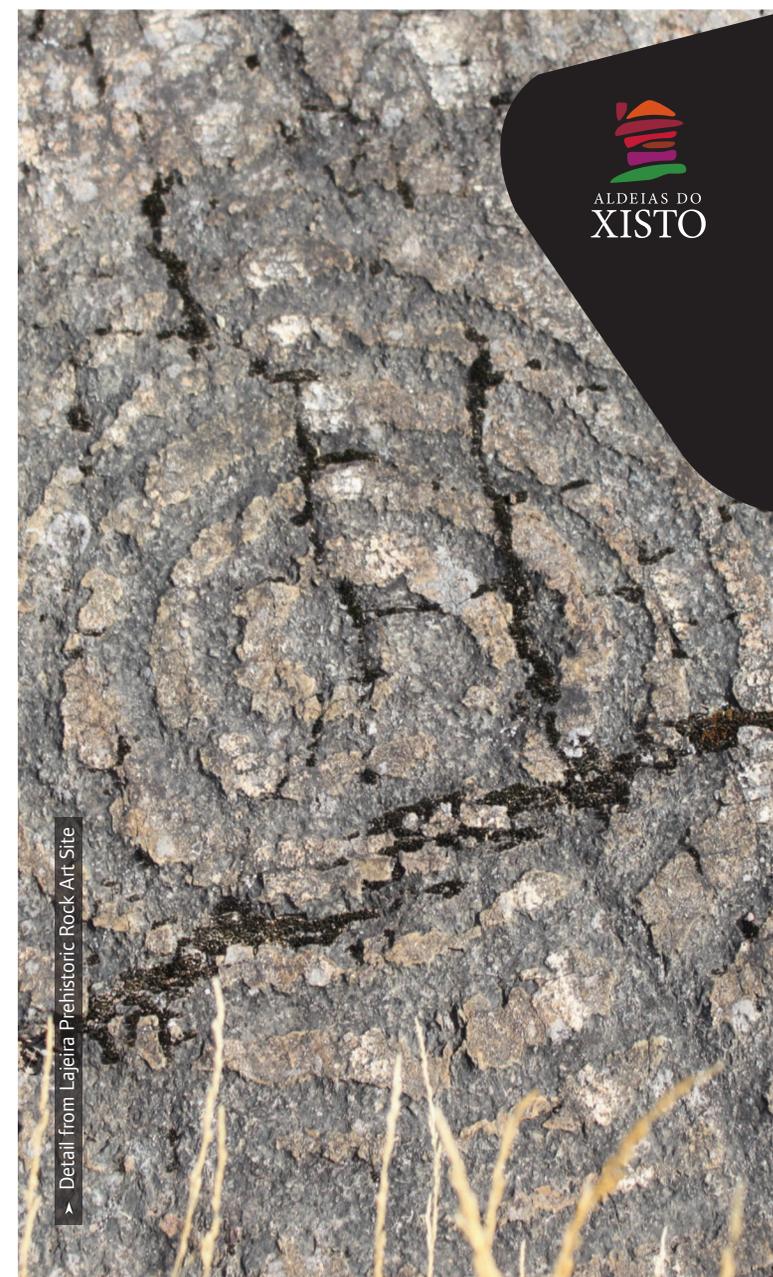


ADXTUR 2016

**PR5
SRT**

**Ermida and Figueiredo
Schist Trail**

Shepherds and Lajeira Route



Detail from Lajeira Prehistoric Rock Art Site

PR5 SRT

distance	duration	type of route	altitude gain	highest/lowest point
13,5 Km	5h 00min	circular	703 m ascent	916 m / 587 m

Ermida and Figueiredo

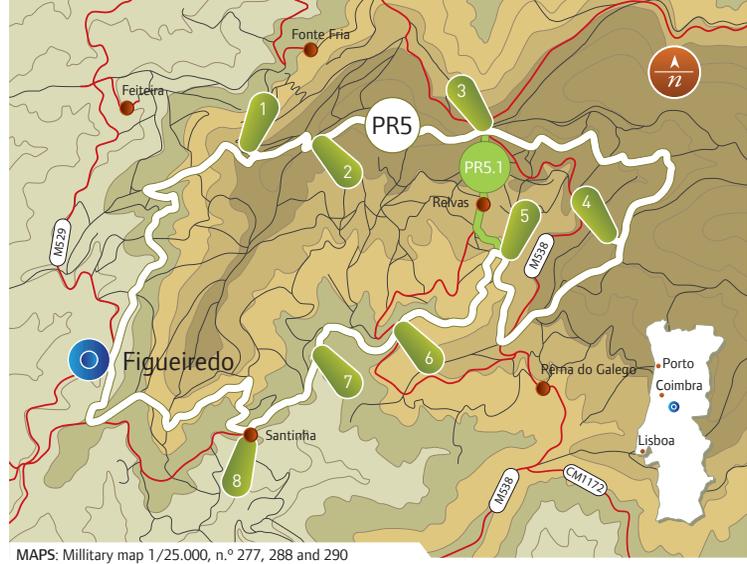
The parish of Ermida was only formally established in 1793, by the Grand Prior of Crato (donee of the area). This despite the fact that the chapel or "ermida" of Nossa Senhora de Esperança, which is located in the village and gave it its name, had been much visited by pilgrims since the 15th century. Following the inauguration of the parish, the chapel was enlarged and several roads were built. Education arrived in the village in 1911 with the first school, extending its spread in the following years with the opening of schools in Relvas and Castanheiras. Further 20th century improvements included the installation of telephones, mains water (first in the form of public taps and later as a domestic supply), mains electricity and tarmac roads. The creation of the Figueiredo parish took somewhat longer, with inhabitants having to wait until 1817 for the Grand Prior to approve their long-standing claim. As the parish had no existing church it was necessary to construct one, which was completed in 1820. This was followed by other improvements: a school (1898); public water taps (1930's); a public transport service connecting the village to Cernache do Bonjardim (1954); a public telephone (1956); cobbled streets (1970); and mains electricity (1977).

Ermida and Figueiredo Schist Trail

Starting in Figueiredo: the trail begins at the Figueiredo churchyard and heads in the direction of the Fechadura Prehistoric Rock Art Site. After passing through an extensive stretch of chestnut trees the trail continues uphill towards the Serra do Cabeço Rainho wind farm. Continuing straight on, the trail arrives at the Lajeira Prehistoric Rock Art Site (1000 BC). From there the trail follows the direction of the River Tamolha until meeting the Relvas bridge, before continuing to the Santinha River Beach, a waterfall and Santinha village. From Santinha the trail returns to Figueiredo.

Starting in Relvas: on leaving Relvas the alternative route PR5.1 heads uphill towards the summit of the Serra. On meeting the main trail the route turns to the left, passing first alongside the ruins of an old-fashioned windmill and then the modern wind farm. At a certain point the trail joins the main wind farm access road heading north and after several metres follows the signpost to the Fechadura Prehistoric Rock Art Site. On leaving Fechadura the trail descends towards Figueiredo village. The trail continues to the neighbouring village of Santinha, where it follows the main road before turning off to the right on a small path that passes next to a waterfall. The trail follows the River Tamolha upstream, passing the Santinha River Beach and meeting the alternative trail PR5.1 at the Relvas bridge. The alternative trail then returns to the start point in Relvas.

The alternative trail PR5.1 also allows a shorter circular route of 4.9km.



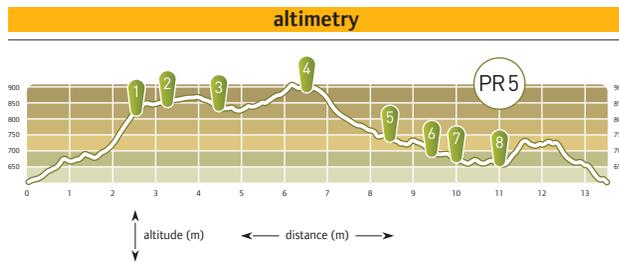
MAPS: Military map 1/25.000, n.º 277, 288 and 290

Places of interest and distance from the start point:

- 1 _ Fechadura Prehistoric Rock Art Site _ 2600m
- 2 _ Wind farm _ 3200m
- 3 _ Ruined Windmill _ 4400m
- 4 _ Lajeira Prehistoric Rock Art Site _ 6500m
- 5 _ Relvas Bridge _ 8400m
- 6 _ Santinha River Beach; Watermill; Picnic Area _ 9400m
- 7 _ Waterfall and Watermill _ 10000m
- 8 _ Santinha _ 11000m

Start and end point:

_Largo da Igreja (Churchyard) of Figueiredo
(39°50'10.97"N 7°59'8.54"W)



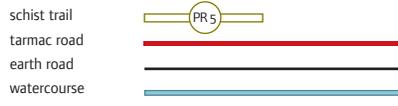
Fechadura Prehistoric Rock Art Site



Wind farm



caption



The degree of difficulty is indicated by four different categories, each of which is evaluated on a scale of 1 to 5 (where 1 is easiest and 5 is most difficult).



recommended season

All year



Santinha River Beach

natural heritage

In terms of wildlife the parishes of Figueiredo and Ermida provide a habitat for various mammals such as **foxes** (*Vulpes vulpes*), **rabbits** (*Oryctolagus cuniculus*), **hares** (*Lepus capensis*), **wild boar** (*Sus scrofa*) and **moles** (*Talpa europaea*). It is also possible to observe reptiles and, along the margins of the river, amphibians. Notable bird species include the **chaffinch** (*Fringilla coelebs*), **robin** (*Erithacus rubecula*), **goldfinch** (*Carduelis carduelis*), **crow** (*Corvus corax*) and various **birds of prey**. In terms of flora, common tree species are **maritime pine** (*Pinus pinaster*), **eucalyptus** (*Eucalyptus globulus*), **olive** (*Olea europaea*), **Portuguese oak** (*Quercus faginea*), **sweet chestnut** (*Castanea sativa*), **Holm oak** (*Quercus ilex*) and **stone pine** (*Pinus pinea*). The understorey is composed of **heathers** (*Erica* spp.), **carqueja** (*Pterospartum tridentatum*), **Spanish broom** (*Spartium junceum*), **Kermes oak** (*Quercus coccifera*), **gum cistus** (*Cistus ladanifer*) and **strawberry tree** (*Arbutus unedo*).