

► useful informations

HERITAGE SITES

Drinking trough at Rebaixia dos Tomês
 Drinking trough at Vaquinhãs Fundeiras
 Mother Church of Cumeada
 Roman Bridge at Cova do Moinho
 Roman Bridge at Várzea Carreira
 Shrines at Casal de Santa Ana (Sra dos Bons Caminhos)
 Shrines at Chão da Telha
 Shrines at Junceira
 Shrines at Vale da Cortiçada
 Shrines at Rebaixia dos Faustinos
 Spring at Albergaria
 Stone Cross at Albergaria
 Stone Cross at Cumeada – Sant'ana

PLACES OF INTEREST

Shrines of Casal de Santa Ana – Sra. dos Bons Caminhos
 Shrines of Chão da Telha
 Stone Cross at Sant'Ana
 Watercourses
 Watermills
 Weirs
 Várzea da Carreira (Tamolha Bridge)

WHERE TO EAT

"Bombas Bar" - 274 604 318

WHERE TO STAY

Casal da Cortiçada - 918 097 652
 Casal Maio - 274 030 511
 Convento da Sertã Hotel - 274 600 160
 Hotel LarVerde - 274 603 584
 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.

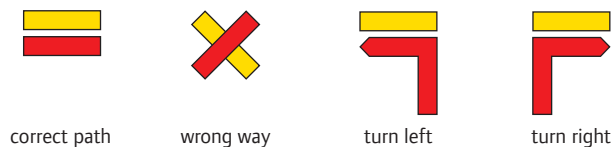
LOCAL CUISINE

"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.



Roman Bridge of Cova do Minho

► trail signage



► 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
 Cumeada Parish Council: 274 604 159
 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:



PR4
SRT

Cumeada
Schist Trail
Rockrose Route

ALDEIAS DO
XISTO

► Roman Bridge at Várzea Carreira

ADXTUR 2016



distance	duration	type of route	altitude gain	highest/lowest point
12,2 Km	4h 30min	circular	393 m ascent	379 m 179 m



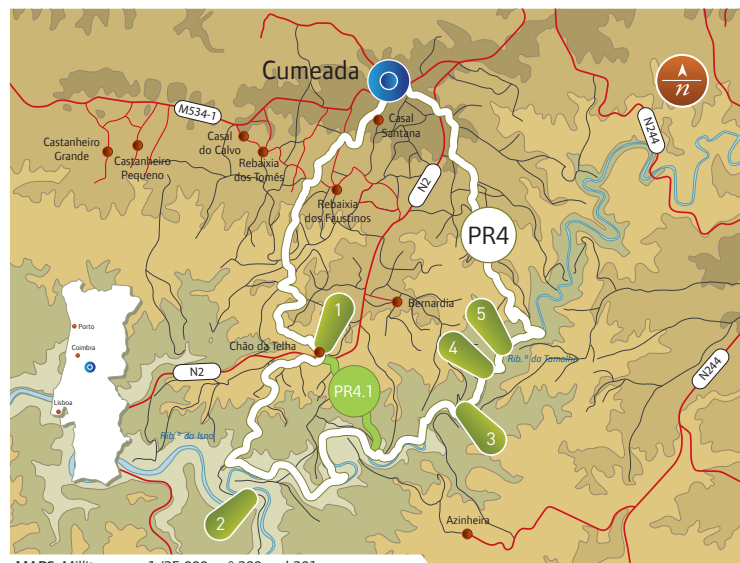
Cumeada Schist Trail

Anticlockwise: the trail starts at the Igreja Matriz (Mother Church) of Cumeada, which is dedicated to Santa Ana. After passing near the villages of Casal de Santana, Rebaixia dos Faustinos and Rebaixia dos Tomés the trail arrives at Chão da Telha. From there it heads towards the River Tamolha, alongside the Várzea Carreira bridge, where it descends to follow the river upstream for approximately 4km. Part of this stretch of the trail is made of an old watercourse running from the ruins of a former olive-oil mill, passing Cova do Moinho where a very well preserved "Rodízio" (wooden pole) mill still exists, and ending at a weir. Shortly after this the trail starts to head uphill to return to Cumeada.

PR4.1 is an alternative to the main trail, which begins in the village of Chão da Telha and then rejoins the main trail next to the River Tamolha. This creates 2 different possible routes:

- **Starting in Cumeada (9,7km):** Cumeada – Casal de Santana – Rebaixia dos Tomés – Chão da Telha – descent to the River Tamolha via alternative trail PR4.1 – riverside trail – Cova do Moinho – return to Cumeada via Palser.

- **Starting in Chão da Telha (5km):** Chão da Telha – descent to the River Tamolha by the side of the Várzea Carreira bridge – riverside trail – ascent to Chão da Telha via alternative trail PR4.1.



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



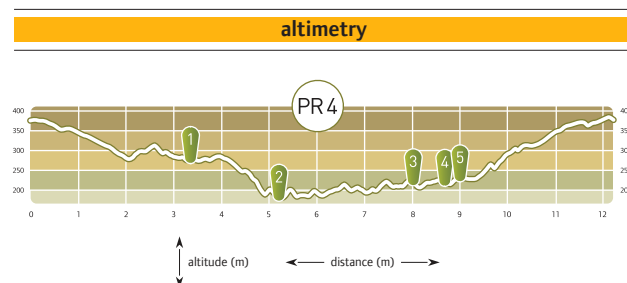
Places of interest and distance from the start point:

- 1 _ Chão da Telha (start of alternative trail PR4.1) _ 3300m
- 2 _ Várzea Carreira _ 5200m
- 3 _ Ruins of former olive oil mill _ 8000m
- 4 _ Cova do Moinho – Rodízio (wooden pole mill) _ 8700m
- 5 _ Weir _ 9000m

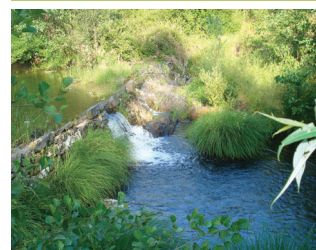


Start and end point:

_Igreja Matriz (Mother Church) of Cumeada
(39°46'22.12"N 8°6'53.77"W)



Path along watercourse



Weir



caption

schist trail	
tarmac road	
earth road	
watercourse	

difficulty level

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).

difficulty of terrain	orientation	trail surface	physical difficulty
2	2	3	3

recommended season

Spring and autumn.



Igreja Matriz (Mother Church), Cumeada

natural heritage

The parish of Cumeada is characterised by its diversity of species, which includes wild boar (*Sus scrofa*), partridge (*Alectoris rufa*), rabbits (*Oryctolagus cuniculus*), foxes (*Vulpes vulpes*), squirrels (*Sciurus vulgaris*), hedgehogs (*Erinaceus europaeus*), snakes and various bird species. In terms of flora the dominant species in the parish are the maritime pine (*Pinus pinaster*), eucalyptus (*Eucalyptus globulus*), olive (*Olea europaea*), acacia (*Acacia podalyriifoliae*) and "esteva" or gum cistus (*Cistus ladanifer*). Gum cistus, prevalent along the route, is a type of rockrose and it is from this plant that the trail takes its name.