

useful information

HERITAGE SITES

Chapel of Amioso
Chapel of N. S. da Nazaré

PLACES OF INTEREST

Watermills
Weirs

WHERE TO EAT

Restaurant "A Paragem do Motorista" - 274 601 740
Restaurant "Churrasqueira Grelha 2" - 274 604 270
Restaurant "Delfim" - 274 601 256
Restaurant "Feira da Comida" - 274 809 070
Restaurant "Os Combatentes" - 961 176 652
Restaurant "O Pic Nic" - 274 601 828
Restaurant "Pizzaria Mega Pizza" - 274 603 714
Restaurant "Ponte Velha" - 274 600 160
Restaurant "Regional" - 274 808 095
Restaurant "Rotunda Doce" - 917 994 444
Restaurant "Sabores do Pinhal" - 274 604 458
Restaurant "Santo Amaro" - 274 604 115
Restaurant "Vilaça" - 274 608 610

WHERE TO STAY

Casal Maio - 274 030 511
Convento da Sertã Hotel - 274 600 160
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.



Traditional Cork Beehive

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
Sertã Town Council: 274 601 411
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

PR6
SRT

Amioso
Schist Trail
Aromas and Flavours Route



PR6 SRT

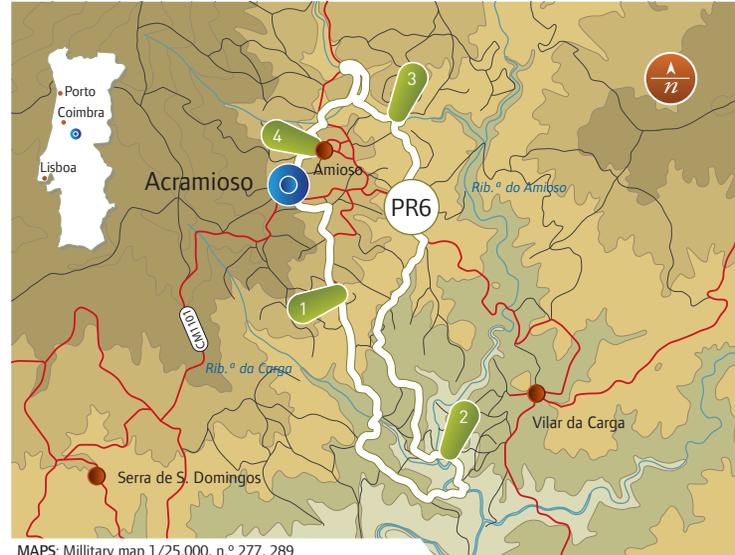
distance	duration	type of route	altitude gain	highest/lowest point
9 Km	4h 00min	circular	246 m ascent	496 m 325 m

Amioso, Sertã

Amioso Schist Trail

Anticlockwise: the trail leaves from the ACRAMIOSO Association building and heads south. The trail passes through the village of Corga Cega and around 2km further on takes a turning to the right, signposted Carga. After 2km a fork links to a tarmac road. The trail heads to the left and then joins a forest track on the next right turn. Immediately after the bridge the trail passes through agricultural terraces, follows the River Amioso, then heads uphill to a forest track and re-crosses the river at the next bridge. Once on the opposite bank it follows a country lane, which crosses the main road and heads uphill back to Amioso on a small path.

Clockwise: on leaving the ACRAMIOSO Association building the trail crosses the village and follows a small path towards the River Amioso. After crossing the main road the trail continues along a country lane that follows the river until a bridge. Directly after crossing the bridge the trail turns to the right. After a while the trail crosses a second bridge and continues on a forest track. Some metres further on, the trail turns onto a tarmac road on the left and then passes to an earth road on the right. Following the River Amioso in the direction of Carga, the trail crosses an iron footbridge and then joins tracks alongside the riverbank before crossing the river again and returning to Amioso via the village of Corga Cega.



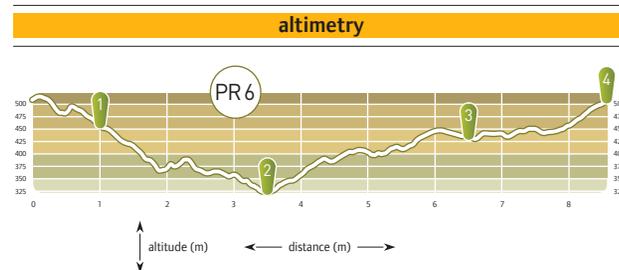
MAPS: Military map 1/25.000, n.º 277, 289

Places of interest and distance from the start point:

- 1 _ Corga Cega _ 1000m
- 2 _ Carga (Amioso Stream, weir, water canals and watermill _ 3500m
- 3 _ River Amioso _ 6500m
- 4 _ Amioso _ 8500m

Start and end point:

_ACRAMIOSO - Associação do Amioso
(39°51'52.08"N 8°5'7.14"W)



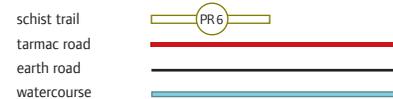
Vineyard



Waterfall



caption



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).



recommended season

Spring and autumn.



Detail

> natural heritage

The flora of Amioso includes **maritime pine** (*Pinus pinaster*), **eucalyptus** (*Eucalyptus globulus*), **olive** (*Olea europaea*), **oaks** (*Quercus spp.*), **sweet chestnut** (*Castanea sativa*), **Holm oak** (*Quercus ilex*) and **stone pine** (*Pinus pinea*). The understorey is made up of **heathers** (*Erica spp.*), **carqueja** (*Pterospartum tridentatum*), **Spanish broom** (*Spartium junceum*), **Kermes oak** (*Quercus coccifera*), **gum cistus** (*Cistus ladanifer*) and **strawberry tree** (*Arbutus unedo*). There is a variety of wildlife, such as **foxes** (*Vulpes vulpes*), **rabbits** (*Oryctolagus cuniculus*), **hares** (*Lepus capensis*), **wild boar** (*Sus scrofa*), **snakes**, **insects**, **moles** (*Talpa europaea*), **chaffinches** (*Fringilla coelebs*), **robins** (*Erithacus rubecula*), **goldfinches** (*Carduelis carduelis*), **crows** (*Corvus corax*) and **birds of prey**. In the rivers are found **Iberian nase** (*Chondrostoma polylepis*) and **barbel** (*Barbus bocagei*).