

## ► useful information

### HERITAGE SITES

Misericórdia Church (Sertã), Igreja Matriz (Mother Church) of Sertã, Chapel of Santo Antônio, Chapel of S. Sebastião, Chapel of Nossa Senhora da Conceição, Chapel of Santo Amaro, Chapel of Nossa Senhora dos Remédios, Chapel of S. Miguel, Chapel of S. Lucas, Chapel of São João Baptista, Convent of Santo Antônio, Chapel of São Domingos, Chapel of Amioso, Chapel of Nossa Senhora da Nazaré, Chapel of São Tiago, Chapel of Santa Isabel, Chapel of Sra. da Saúde, Chapel of S. Facundo, Sertã Town Hall, Sertã Town Pillory, Carvalha bridge, Clube da Sertã / Tasso Cine-Theatre, Fonte da Boneca, Castle, Mother Church of Troviscal, Chapel of S. Bartolomeu, Chapel of Santa Filomena, Chapel of N. S. das Dores, Chapel of S. Bárbara, Chapel of S. José, Fonte do Amioso.

### PLACES OF INTEREST

Mills  
Watercourses  
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 da Montanha - 236 480 000  
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.

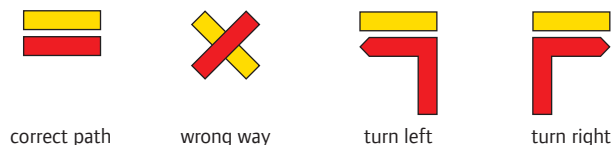
### LOCAL CUISINE

"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.



Picnic Area of Troviscal River Beach

## ► 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  
Sertã Town Council: 274 604 411  
Troviscal Parish Council: 274 664 300  
ADXTUR – REDE ALDEIAS DO XISTO  
SCHIST VILLAGE NETWORK: 275 647 700; 960 101 873  
[www.aldeiasdoxisto.pt](http://www.aldeiasdoxisto.pt)

### \_sponsors



### \_supporters



### \_route in phase of registration and approval by:



PR7  
SRT

## Sertã and Troviscal Schist Trail

*Celinda Route*



ALDEIAS DO  
XISTO





distance	duration	type of route	altitude gain	highest/lowest point
21,5 Km	7h 00min	linear	610 m ascent	430 m 225 m

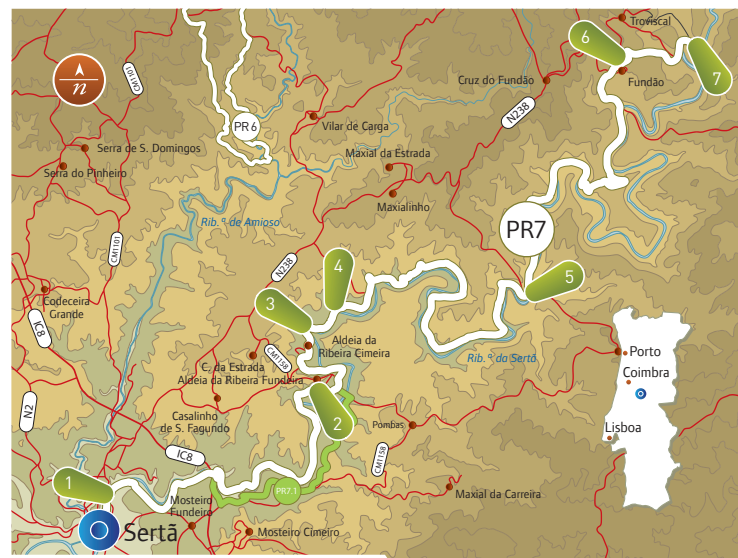


## Sertã and Troviscal Schist Trail

Starting from the Troviscal River Beach the trail leads uphill on an old track. On approaching the cemetery the trail turns to the left then, at the crossroads, continues straight on until the village of Fundão. On leaving the village the trail turns to the left and immediately before the bridge turns to the right to follow a path alongside the river. The trail rises and crosses the hill on the right hand side, then heads downhill and follows the river until the Portelinhas bridge. After crossing the road the trail rises and returns to the side of the river and follows the riverbank. After 2km the trail turns to the left and after passing some houses turns again to the left and follows the old watercourse to the villages of Aldeia da Ribeira Cimeira and Aldeia da Ribeira Fundeira. After passing the last houses the trail turns to the left and continues along an old riverside path, passing under the IC8 road and coming to its end in the town of Sertã.

Starting in Sertã the trail follows the river upstream, passing the Ribeira Grande River Beach and climbing in the direction of the school, before descending again to the river. After passing two weirs the trail takes a path to the left side of the river and heads in the direction of the villages of Aldeia da Ribeira Fundeira and Aldeia da Ribeira Cimeira. The trail passes a former olive oil mill and a pond before joining a small stretch of an old watercourse. Shortly after joining the main road the trail enters a forest track, which it follows until the Portelinhas bridge and, 5km later, the village of Fundão. From here it is approximately 2km to the end of the trail.

The PR7.1. variant it is mandatory from october to june.



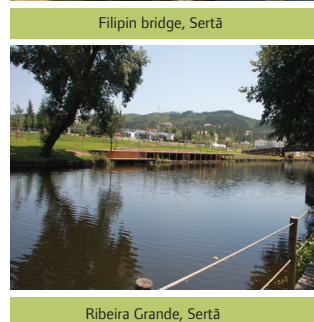
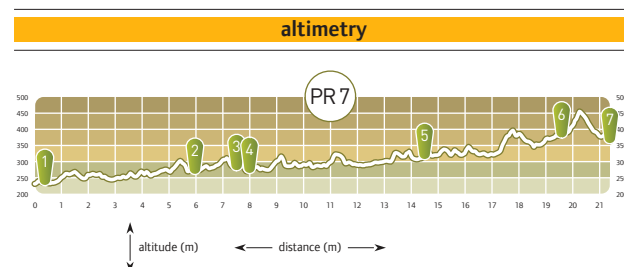
MAPS: Military map 1/25.000, n.º 277, 289

### Places of interest and distance from the start point:

- 1 \_ Ribeira Grande River Beach \_ 400m
- 2 \_ Aldeia da Ribeira Fundeira \_ 6000m
- 3 \_ Aldeia da Ribeira Cimeira \_ 7500m
- 4 \_ Watercourse \_ 8000m
- 5 \_ Portelinhas Bridge \_ 14500m
- 6 \_ Fundão village \_ 19700m
- 7 \_ Troviscal River Beach \_ 21500m

### Departure and arrival point:

\_Praia Fluvial (River Beach) of Troviscal (39°51'36.28"N 8° 0'28.62"W)  
\_Sertã, Riverside Picnic Area (39°48'7.10"N 8° 5'55.73"W)



### 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).



### recommended season

All year. Avoid periods of heavy rain.

Sertã is a traditional Portuguese town and the seat of the municipality of Sertã, which forms part of the district of Castelo Branco. Early human habitation of the region dates back to the end of the Neolithic period, around 3000 BC. Through the centuries various peoples have settled in the area: Lusitanians, whose legacy includes small "castros" or hill-forts; Romans, who left various archaeological remains; and Arabs, who were responsible for the construction of the Castle.

At the time that the Portuguese nation was coming into existence the lands of Sertã belonged to the Order of the Temple, in whose possession they remained for seven years (1165-1174), before King D. Sancho I handed them to the Knights Hospitaller (later the Order of the Knights of Malta) in the Charter of Guidintesta.

Álvaro Gonçalves Pereira, Prior of the Order of Knights Hospitaller, chose to settle in the County of Sertã and to have his residence built in the town of Cernache do Bonjardim. It was there that his son, Nuno Álvares Pereira, was born in 1360. Immortalised by his heroic deeds at the battle of Aljubarrota, Nuno Álvares Pereira was canonized as São Nuno de Santa Maria in April 2009.

In the "Igreja Matriz", or Mother Church, of Sertã lie the remains of another Grand Prior of the Knights Hospitaller, Álvaro Gonçalves Camelo, who lived in the area for at least a decade.

Under the rule of King D. Duarte (1433-1438), Sertã saw the confirmation of all of the privileges, jurisdictions, customs and traditions that it had until then held. The successor to the throne, King D. Afonso V (1438-1481), bestowed various favours on the local inhabitants. In 1513 King D. Manuel I granted Sertã a Town Charter, as the original document (probably written in the 12th century) could not be found in the regional archives.

At the time of the implantation of the Republic, Sertã played an important role in the dissemination of republican ideas throughout the district of Castelo Branco. Several key figures of that episode of Portuguese history came from the area.



Sertã Castle and the Chapel of São João Baptista

### > natural heritage

A great variety of plant species can be seen along the route, such as **maritime pine** (*Pinus pinaster*), **eucalyptus** (*Eucalyptus globulus*), **olive** (*Olea europaea*), **oaks** (*Quercus* spp.), **sweet chestnut** (*Castanea sativa*), **Holm oak** (*Quercus ilex*), **stone pine** (*Pinus pinea*), **heathers** (*Erica* spp), **carqueja** (*Pterospartum tridentatum*), **Spanish broom** (*Spartium junceum*), **Kermes oak** (*Quercus coccifera*), **gum cistus** (*Cistus ladanifer*) and **strawberry tree** (*Arbutus unedo*). This beautiful countryside provides a habitat for **foxes** (*Vulpes vulpes*), **rabbies** (*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*), **herons** (*Ardea cinerea*) and **birds of prey**. In the rivers can be found **otters** (*Lutra lutra*), **Iberian nase** (*Chondrostoma toxostoma*) and **barbel** (*Barbus haasi*).