

# ONE MOUNTAIN, MANY WORLDS

The mountain pathways are a network of pedestrian routes that, due to the range and diversity of places covered, represent one of the most enriching ways of discovering the region.

The Pastoreio route is located on the south side of the upper massif of the Estrela mountain range, providing great sights over a vast area of Portugal Central region. In the past, these pathways, were followed by shepherds and their transhumant flocks, when, in the summer, they rose from the foothills of Estrela to the high mountain grasslands.

## EMERGENCY CONTACTS

European SOS Emergency Number

**112**

Environment and Territory SOS

**808 200 520**

GNR (Subgroup of the Mountain Intervention Group for Protection and Help)

Tel.: 961 188 070 / ui.gips.samont@gnr.pt

Nossa Senhora da Assunção Hospital: Tel.: 238 320 700

## OTHER CONTACTS

C.I.S.E. (The Serra da Estrela Interpretative Centre)

Visconde de Molelos Street, Seia / Tel.: 238 320 300 / cise@cise.pt

ADIRAM (Association for the Integrated Development of the Network of Mountain Villages) Tel.: 238 310 246 / centrodinamizador@aldeiasdemontanha.pt

CERVAS (Ecology, Recovery and Wild Animal Surveillance Centre)

Tel.: 919 457 984 / cervas.pnse@gmail.com

Seia Tourist Office: Tel.: 238 317 762 / postoturismo@cm-seia.pt

Loriga Tourist Office: Tel.: 238 951 175

Sabugueiro Tourist Office: Tel.: 238 315 336

Snow Clearing Centre: Tel.: 275 336 251

Penhas Douradas Weather Station: Tel.: 275 981 304

Serra da Estrela Natural Park (Seia Delegation): Tel.: 238 001 060

Taxi Rank Tel.: 238 953 278 (Alvoco da Serra)

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PASTOREIO ROUTE

  
aldeias de  
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MOUNTAIN PATHWAYS

# PASTOREIO ROUTE

The Pastoreio route develops on the south side of the upper massif of the Estrela mountain range, establishing a link between the Torre, at an altitude of 1993 m, and the village of Alvoco da Serra.

The route comprises a landscape dominated by rocky outcrops, mat-grass swards, dwarf juniper and mountain-broom scrublands and, in the surroundings of Alvoco da Serra, cultivated fields laid out in terraces.

Traces of the last glacial age are evident on the highest areas, among which stand out wide granite outcrops marked by the ice erosive action and the Alvoco glacial valley

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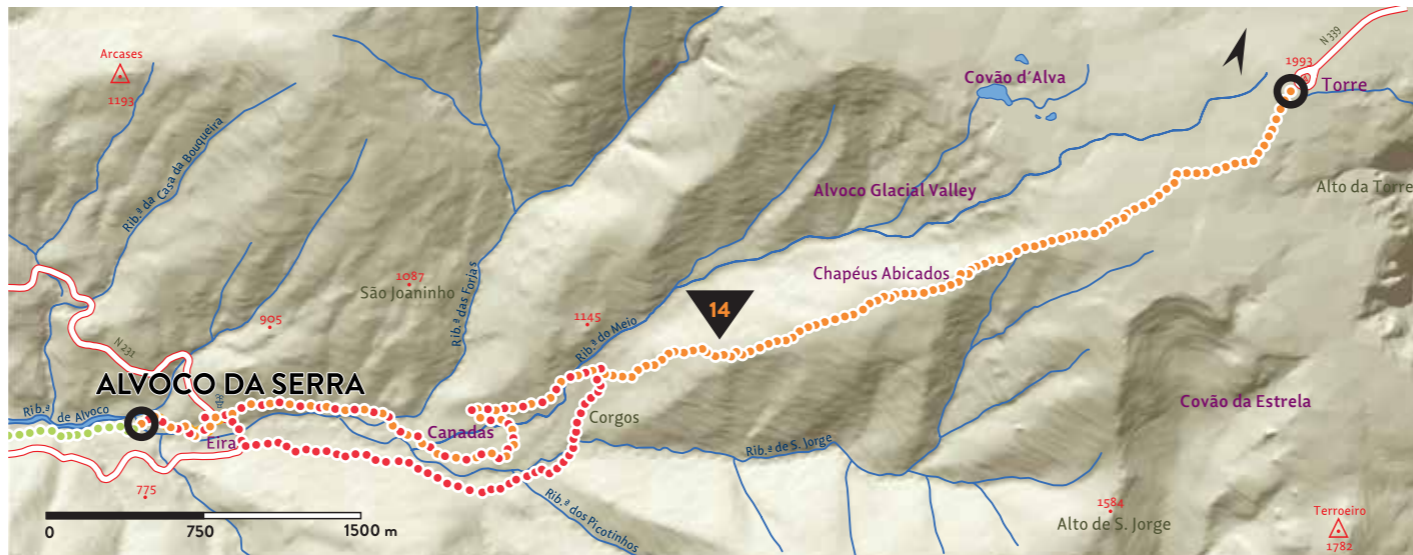
## PASTOREIO ROUTE

### NATURAL HERITAGE

- > The Torre plateau
- > The Alvoco glacial valley
- > "Chapéus Abicados" (hat-shaped rock formations)
- > Flora and fauna

### CULTURAL HERITAGE

- > The Torre military installations
- > Shepherds shelters, cairns and animal pens
- > Stone walled paths - "Canadas"



### TECHNICAL SHEET

Type of route: linear short distance path

Recommended direction: downwards

Starting point: Torre (GNR police post)

Starting coordinates: N 40° 19.268' / W 07° 36.831'

Finishing point: Alvoco da Serra (chapel of Santo António)

Finishing coordinates: N 40° 17.690' / W 07° 40.277'

Distance: 7.780 km

Accumulated gradients: +11m / -1217m

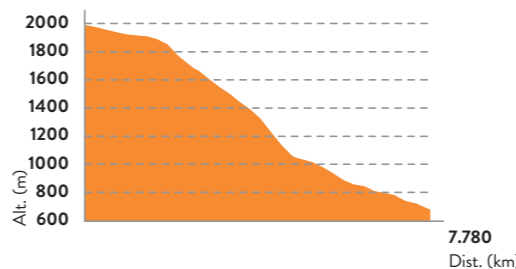
Altitude: minimum 682 m / maximum 1890 m

Approximate time: 3 hours 30 minutes

Degree of difficulty: IV - difficult

Recommended season: May to October

Military map: (IGEOE / 1:25000) n.º: 223, 234



## BEHAVIOUR RULES

- > Plan the route you intend to do: gather beforehand the available, necessary information and make sure you finish the walk before nightfall.
- > Do not light fires.
- > Stay on signed paths and respect signs at all times.
- > Be polite to the local inhabitants and respect their customs and traditions.
- > Do not disturb cattle and do not damage cultivated areas.
- > Respect nature: do not remove and/or disturb animals, plants or damage geological formations.
- > If you find a wounded or debilitated wild animal, try to direct it to a recovery centre for wild fauna.
- > Do not drop litter or remains of your passage.
- > Always carry water, food, sun screen, appropriate clothes and footwear and a first-aid kit.
- > In some situations you will need to cross tarmac roads. Do so with care.

### SIGN SYSTEM



### DEGREE OF DIFFICULTY



PASTOREIO ROUTE

CANADAS ROUTE

RIBEIRA DE ALVOCO ROUTE

Starting / finishing point

Paved road

Geodetic mark

Elevation point

Waterlines and ponds

Fountain

CIRCULAR PATH

LINEAR PATH

WALKING APPROXIMATE TIME



**The weather conditions can change very quickly: check the weather forecast beforehand and bring warm clothing, a raincoat and mountain boots.**

