

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 Caniça route crosses a valley of rugged terrain where the landscape preserves a marked rural character. On the way, water is a constant presence with numerous places that encourage close contact with nature.

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.: 927 713 585 / 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

WHERE TO STAY AND WHERE TO EAT

www.aldeiasdemontanha.pt

Edition 2016 | En

CANIÇA ROUTE

MOUNTAIN
PATHWAYS



natureza autêntica, pessoas genuínas

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PR10
SEI



MOUNTAIN PATHWAYS

CANIÇA ROUTE

The Caniça route develops along the valley of the Caniça stream in a landscape dominated by woodlands, pine trees, meadows, scrubs and rocky outcrops.

On this route, the Lapa woodland worth's a special mention, woods of very old chestnut trees support a great diversity of species flora and fauna, some of which are rare in Portugal.

Along the stream and its surrounding area, the Caniça waterfalls, the Devil's Horns, a curious rock formation, and the Buraco do Sumo, were the water flows underground, merit specific attention.

CANIÇA ROUTE

NATURAL HERITAGE

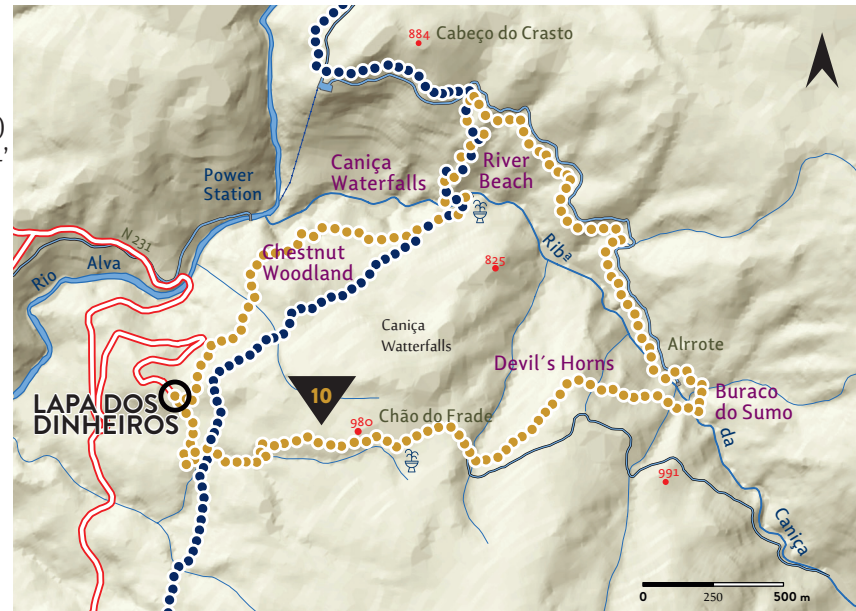
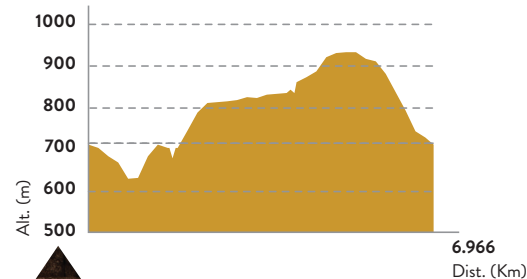
- > Chestnut Woodlands
- > River beach
- > Caniça waterfalls
- > The Devil's Horns
- > Buraco do Sumo
- > Flora and fauna

CULTURAL HERITAGE

- > Caniça bridge
- > Small outdoor shrines
- > Hydroelectric infrastructures
- > Chapel of Our Lady of Protection

TECHNICAL SHEET

Type of route: circular short distance path
 Recommended direction: clockwise
 Starting / finishing point: Lapa dos Dinheiros (main church)
 Starting / finishing coordinates: N 40° 22.731' / W 07° 42.564'
 Distance: 6.966 km
 Accumulated gradients: +471 m / - 471 m
 Altitude: minimum 622 m / maximum 922 m
 Approximate time: 2 hours 45 minutes
 Degree of difficulty: III – rather difficult
 Recommended season: all year
 Military map: (IGEOE / 1:25000) n.º: 223



Starting and finishing point

CANIÇA ROUTE

GR 22



Fountain



Waterlines



Elevation point



Paved road



Watercourse

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



SHORT DISTANCE
PATH CONFLUENT
WITH A LONG
DISTANCE PATH



RIGHT PATH



WRONG PATH



TURN LEFT



TURN RIGHT

DEGREE OF DIFFICULTY



I - VERY EASY



II - EASY



III - RATHER DIFFICULT



IV - DIFFICULT



V - VERY DIFFICULT



CIRCULAR PATH



LINEAR PATH



WALKING APPROXIMATE TIME