

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 Fervença route begins in Sabugueiro, passing through a typical mountainous landscape. In the village, the traditions and customs related with pastoral activity remain deeply rooted in daily life.

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
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MOUNTAIN PATHWAYS

FERVENÇA ROUTE

The Fervença route develops in the surroundings of the village of Sabugueiro in a rugged area crossed by the *Covão do Urso* and *Fervença* streams.

The landscape is dominated by pine trees, hay meadows, heather and broom scrublands. In the *Covão do Urso*, a depression shaped by the action of glaciers, several sedimentary deposits, whose materials were carried by ice during the last cold period, are evident.

Near to the *Cabeço da Carnezedá*, at the top of the slope, the waters of the Fervença stream plunge into a waterfall, providing from this location an ample view over the valley and the village. Downstream, at the confluence of this stream with the *Cabaço* stream, the abundance of water keeps the meadows green all year and there is also a picturesque bridge.

FERVENÇA ROUTE

NATURAL HERITAGE

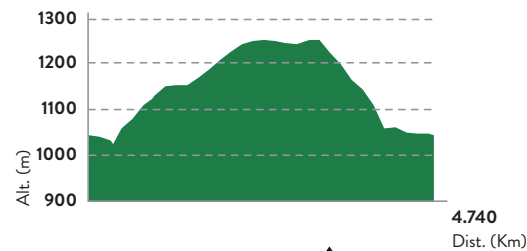
- > The Covão do Urso
- > Evidence of glacial activity
- > The Fervença waterfall
- > The Covão da Espada meadows
- > Flora and fauna

CULTURAL HERITAGE

- > Traditional granite houses
- > Communal oven
- > Watermills
- > The Porto Cabrito bridge

TECHNICAL SHEET

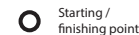
Type of route: circular short distance path
Recommended direction: anti-clockwise
Starting / finishing point: Sabugueiro (main church)
Starting / finishing coordinates: N 40° 24.128' / W 07° 38.395'
Distance: 4.740 km
Accumulated gradients: +220 m / -220 m
Altitude: minimum 1028 m / maximum 1232 m
Approximate time: 2 hours 30 minutes
Degree of difficulty: II - easy
Recommended season: all year
Military map: (IGEOE / 1:25000) n.º: 212



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FERVENÇA
ROUTE

● ● ● ● ●
VALE DO ROSSIM
ROUTE

● ● ● ● ●
GR 22



Starting /
finishing point



Paved road



Waterlines



Elevation point



Fountain

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