

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 Ribeira de Alvoco route runs through a valley jammed between the Açor and Estrela mountain ranges, making the connection between Alvoco da Serra and Vide. In the landscape there are numerous aspects that confirm the agricultural past of the peoples of the valley, with special attention to the singularity of manmade wells, known as "poços de broca", where the course of the streams was diverted.

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

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PR13
SEI

RIBEIRA DE ALVOCO ROUTE



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RIBEIRA DE ALVOCO ROUTE

NATURAL HERITAGE

- > The valley of the Alvoco stream
- > Alluvial deposits
- > The river meanderings
- > The river beach of Poço do Lagar
- > Flora e fauna

CULTURAL HERITAGE

- > Buildings and other constructions in shale
- > Terraced agriculture
- > Manmade wells of Aguincho, Frádigas, Barriosa and Muro
- > Ruins of the olive oil pressing mill of Barroca Escura
- > Watermills
- > Levées for irrigation



TECHNICAL SHEET

Type of route: linear short distance path

Recommended direction: downwards

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

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

Finishing point: Vide (main church)

Finishing coordinates: N 40° 17.664' / W 07° 47.056'

Distance: 17.095 km + 4.760 km (derivation from Vasco Esteves de Cima)

Accumulated gradient: +214 m / -587 m (excludes derivation from Vasco Esteves de Cima)

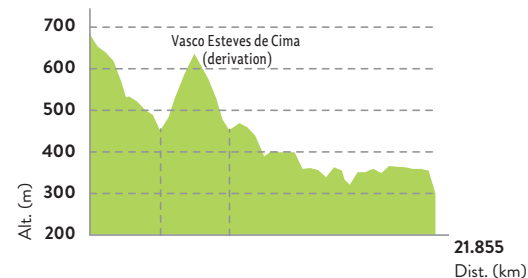
Altitude: minimum 292 m / maximum 682 m

Approximate time: 6 hours 30 minutes

Degree of difficulty: IV - difficult

Recommended season: all year

Military map: (IGEOE / 1:25000) n.º: 222, 233, 234

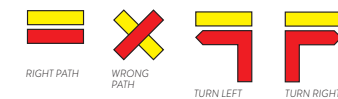


Special care on the levées on the higher and narrower parts is recommended.

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



RIBEIRA DE ALVOCO ROUTE

RIBEIRA DO PIODÃO ROUTE

CANADAS ROUTE

PASTOREIO ROUTE

MASS ROUTE

RIBEIRA DE LORIGA ROUTE

GR22

- Starting / finishing point
- Geodetic mark
- Elevation point
- Paved road
- Waterlines