

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.: 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

PASTOREIO ROUTE

MOUNTAIN
PATHWAYS

aldeias de
montanha
natureza autêntica, pessoas genuínas

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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, nardus meadows, 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



PASTOREIO ROUTE

NATURAL HERITAGE

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

CULTURAL HERITAGE

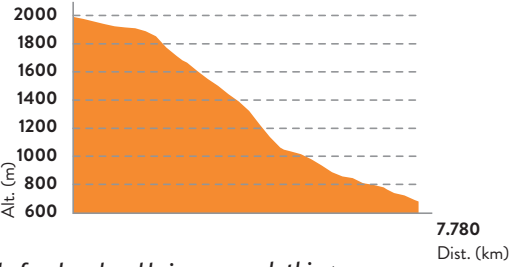
- > The Torre military installations
- > Shepherds shelters, cairns and animal pens
- > Stone walled paths - “Canadas”



TECHNICAL SHEET

Type of route: linear short distance path
Recomended direction: downwards
Starting point: Torre (GNR police post)
Starting coordinates: N 40º 19.268' / W 07º 36'.831'
Finishing point: Alvoco da Serra (chapel of Saint Anthony)
Finishing coordinates: N 40º 17.690' / W 07º 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: April to October
Military map: (IGEOE / 1:25000) n.º: 223, 234

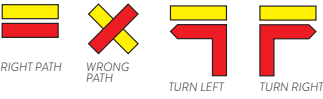


The weather conditions can change very quickly: check the weather forecast beforehand and bring warm clothing, a raincoat and mountain boots.

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
RIBEIRA DE ALVOCO ROUTE

CANADAS ROUTE

