

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 Mass route follows an old path that ensures the connection between the villages along the Teixeira valley. The name of this route results from the fact that a large number of people, in the past, did this path on foot to attend the Sunday mass at the chapel of N. Sr.ª da Conceição in Teixeira.

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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Parque Nacional da Serra da Estrela



**PR6
SEI**

MASS ROUTE
MOUNTAIN
PATHWAYS



f /aldeiasmontanha

MOUNTAIN PATHWAYS

MASS ROUTE

The Mass route develops in a valley crossed by the Teixeira stream, following an old rural path that is the link between Teixeira, Teixeira de Baixo and the Alvoco stream.

The rugged landscape is dominated by cultivated fields installed on terraces, broom scrublands, patches of strawberry trees and pine stands.

The popular architectural features as the shale houses of the villages, the olive oil pressing mill of Teixeira, the man made shale walls along the stream to protect the fields and the traditional stills used for strawberry tree fruit distillation are some of the most peculiar aspects of this pathway.



MASS ROUTE

NATURAL HERITAGE

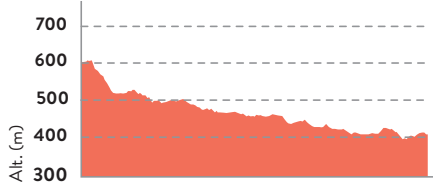
- > The Teixeira stream
- > River meandres
- > Flora and fauna

CULTURAL HERITAGE

- > The old centres of Teixeira and Teixeira de Baixo
- > The olive oil pressing mill
- > Strawberry tree fruits stills
- > Community oven
- > Agriculture terraces

TECHNICAL SHEET

Type of route: linear short distance path
Recommended direction: downwards
Starting point: Teixeira (Associação dos Amigos da Teixeira)
Starting coordinates: N 40° 15.280' / W 07° 44.472'
Finishing point: Aguincho manmade well
Finishing coordinates: N 40° 16.970' / W 07° 43.613'
Distance: 5.100 km
Accumulated gradients: + 230 m / - 421 m
Altitude: minimum 426 m / maximum 602 m
Approximate time: 2 hours
Degree of difficulty: II - easy
Recommended season: all year
Military map: (IGEOE / 1:25000) n.º: 234



5.100
Dist. (km)



○ Starting / finishing point

● ● ● ● ●
MASS ROUTE

— Paved road

△ Geodetic mark

● ● ● ● ●
RIBEIRA DE ALVOÇO ROUTE

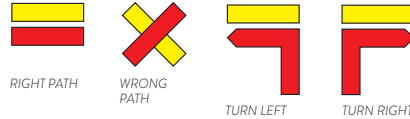
— Waterlines

⛑ 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



DEGREE OF DIFFICULTY



🔄 CIRCULAR PATH

➡ LINEAR PATH

⌚ WALKING APPROXIMATE TIME

