

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 Canadas route follows an wide natural amphitheatre lodged in the foothills of the south side of the Torre plateau. At the entrance to this amphitheatre, lies the picturesque village of Alvoco da Serra, the starting point of a pathway that develops through a network of intricate stone paths known as “canadas”.



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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**PR7
SEI**

CANADAS ROUTE

MOUNTAIN
PATHWAYS



natureza autêntica, pessoas genuínas

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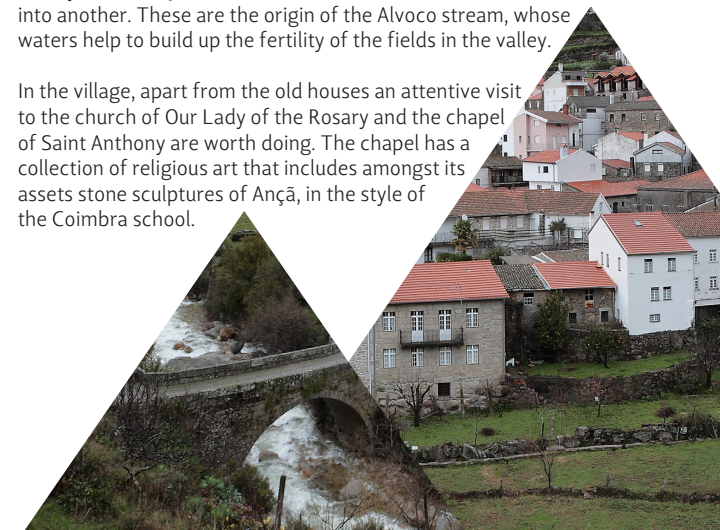
MOUNTAIN PATHWAYS

CANADAS ROUTE

The Canadas route develops at the headwater of the wide valley of Alvoco, upstream from the village of Alvoco da Serra, encompassing a landscape dominated by granite outcrops, brooms, heathers and cultivated fields.

In this part of the valley, framed by the upper area of the Torre plateau and by the Alvoaça mountain, innumerable sources of water courses flow into another. These are the origin of the Alvoco stream, whose waters help to build up the fertility of the fields in the valley.

In the village, apart from the old houses an attentive visit to the church of Our Lady of the Rosary and the chapel of Saint Anthony are worth doing. The chapel has a collection of religious art that includes amongst its assets stone sculptures of Ançã, in the style of the Coimbra school.



CANADAS ROUTE

NATURAL HERITAGE

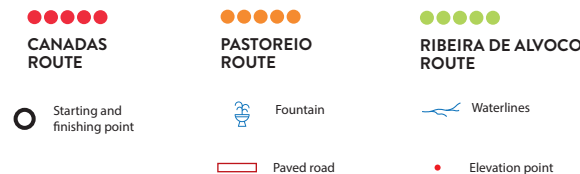
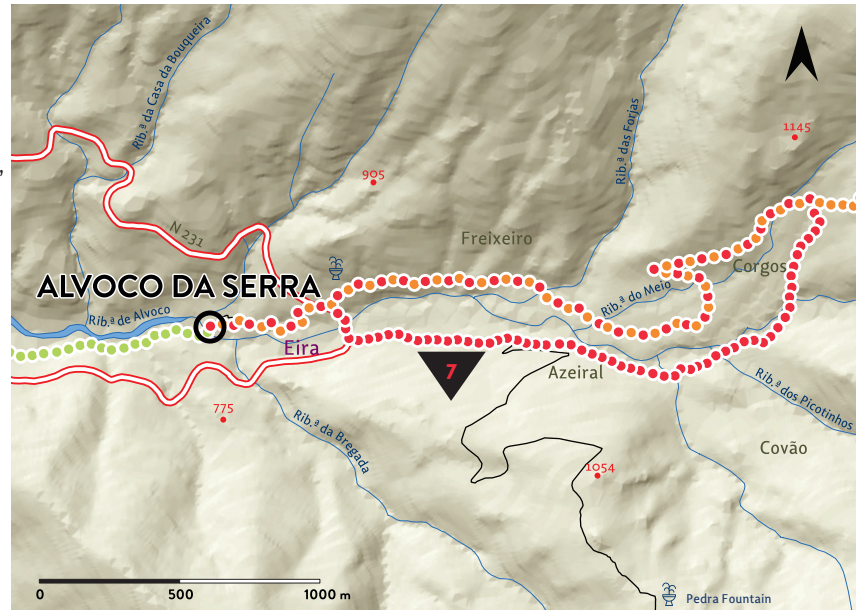
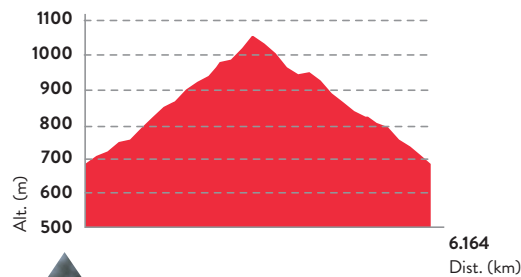
- > The Alvoco stream
- > Fluvial-glacial deposits
- > Flora and fauna

CULTURAL HERITAGE

- > The old nucleus of Alvoco da Serra
- > Museum of Religious Art
- > Medieval bridge
- > Stone agricultural huts and “canadas”
- > Watermills and communal oven
- > The XVIII century threshing floor

TECHNICAL SHEET

Type of route: circular short distance path
Recommended direction: anti-clockwise
Starting / finishing point: Alvoco da Serra
(chapel of Saint Anthony)
Starting / finishing coordinates: N 40° 17.690' / W 07° 40.277'
Distance: 6.164 km
Accumulated gradients: +379 m / -379 m
Altitude: minimum 682 m / maximum 1050 m
Approximate time: 2 hours
Degree of difficulty: III – rather difficult
Recommended season: all year
Military map: (IGEOE / 1:25000) n.º: 223, 234



Crossing some of the streams is not advisable when the water flow is strong.

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

