

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 Wolfram route runs around the village of Sazes da Beira, on a slope where there are numerous traces of the wolfram mine tunnels that were part of the old mining area of Malha Pão.

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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WOLFRAM ROUTE



aldeias de
montanha
natureza autêntica, pessoas genuínas

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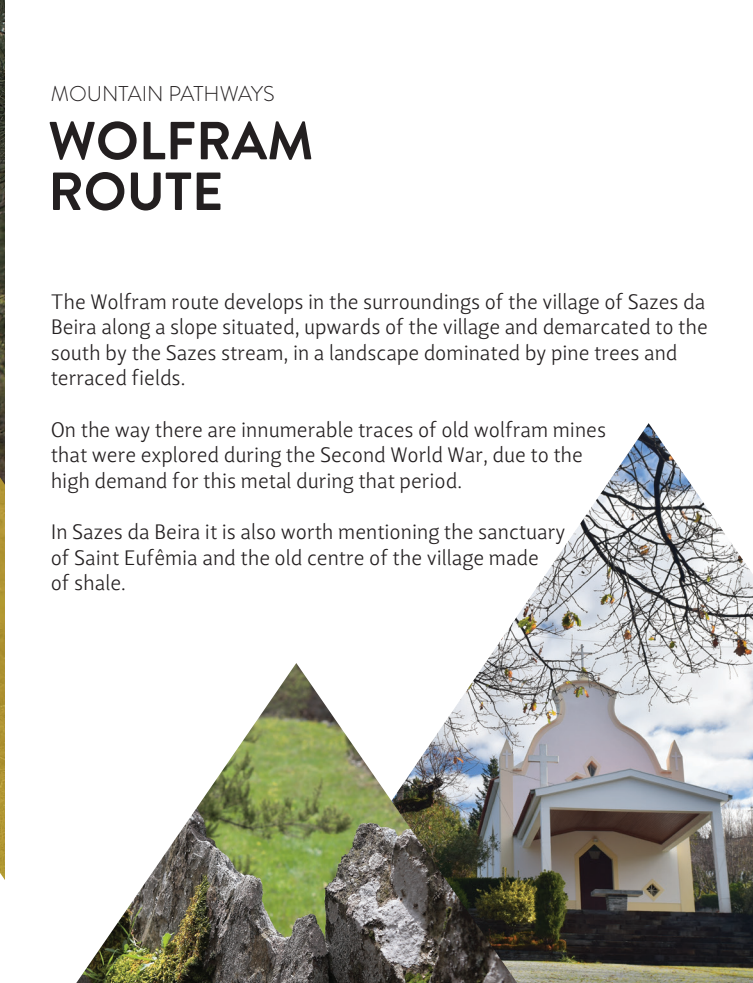
MOUNTAIN PATHWAYS

WOLFRAM ROUTE

The Wolfram route develops in the surroundings of the village of Sazes da Beira along a slope situated, upwards of the village and demarcated to the south by the Sazes stream, in a landscape dominated by pine trees and terraced fields.

On the way there are innumerable traces of old wolfram mines that were explored during the Second World War, due to the high demand for this metal during that period.

In Sazes da Beira it is also worth mentioning the sanctuary of Saint Eufêmia and the old centre of the village made of shale.



WOLFRAM ROUTE

NATURAL HERITAGE

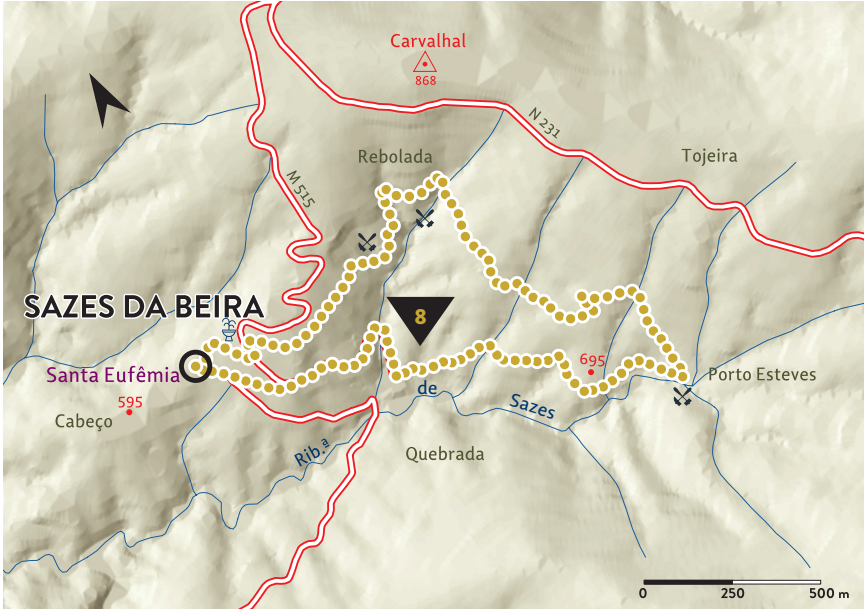
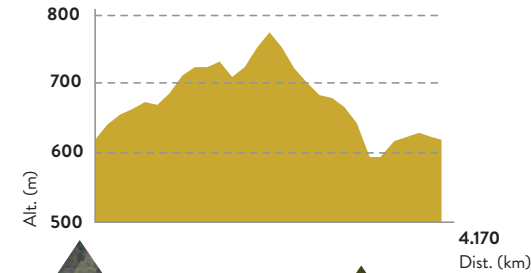
- > Sazes stream
- > Flora and fauna

CULTURAL HERITAGE

- > The sanctuary of Saint Eufêmia
- > Terraced agriculture
- > Wolfram mines
- > Watermills
- > Old centre of Sazes da Beira

TECHNICAL SHEET

Type of route: circular short distance path
Recommended direction: clockwise
Starting / finishing point: Sazes da Beira (sanctuary of Saint Eufêmia)
Starting / finishing coordinates: N 40º 21.056' / W 07º 44.292'
Distance: 4.170 km
Accumulated gradients: + 306 m / - 306 m
Altitude: minimum 590 m / maximum 770 m
Approximate time: 2 hours
Degree of difficulty: II - easy
Recommended season: all year
Military map: (IGE0E / 1:25000) n.º: 223



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

