

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.: 919 457 984 / 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

Taxi Ranks Tel.: 238 953 278 (Alvoco da Serra) / 238 666 170 (Vide)

WHERE TO STAY AND WHERE TO EAT

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MOUNTAIN
PATHWAYS

RIBEIRA DE ALVOCO ROUTE


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MOUNTAIN PATHWAYS

RIBEIRA DE ALVOCO ROUTE

The Ribeira de Alvoco route develops in an extensive and winding valley, accompanying, for most of the way, a pathway that in the past was the main link between the small villages scattered along the valley.

The landscape is dominated by pine forests, scrublands and agricultural areas. There are innumerable signs that testify the agricultural character of this valley. One can point out the agricultural lands arranged in terraces, the olive oil pressing mill of Barroca Escura, manmade wells, irrigation levées and stone walls to protect the crops from flooding.

On the banks of the stream thickets of Portuguese laurel cherry and holly stand out for the exuberance of their foliage and by their biodiversity.

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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: Alvoço 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)

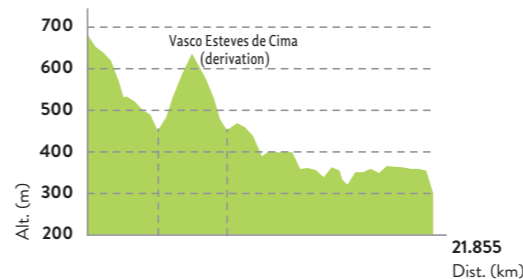
Altitude: minimum 292 m / maximum 682 m

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

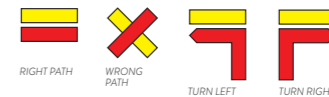


Special care on the levées on the higher and narrower parts is recommended.

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

●●●●● GR22

●●●●● MASS ROUTE

●●●●● RIBEIRA DE LORIGA ROUTE

○ Starting / finishing point

△ Geodetic mark

• Elevation point

— Waterlines

— Paved road

