

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 Loriga Gorge route passes through places still used today by shepherds and their flocks of sheep's and goats. The path is demanding, but the landscape rewards the effort with moments of complete absorption with nature.

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.: 238 953 109 - 238 953 188 - 238 953 290 (Loriga)

WHERE TO STAY AND WHERE TO EAT

www.aldeiasdemontanha.pt

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PR5
SEI

LORIGA GORGE ROUTE



aldeias de
montanha

natureza autêntica, pessoas genuínas

f /aldeiasmontanha

MOUNTAIN PATHWAYS

LORIGA GORGE ROUTE

The Loriga Gorge route makes the link between the upper plateau of the Estrela mountain range and the town of Loriga.

The route comprises a landscape made up of characteristic glacier remnants from the last ice age, which hit this area 10.000 years before present.

On the way, a succession of four depressed areas known as "covões" Boieiro, Meio, Nave and Areia, are highlighted. This areas shelter a flora and fauna rare and exclusive from mountainous environments.

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LORIGA GORGE ROUTE

NATURAL HERITAGE

- > The Loriga glacier valley
- > "Covões" Boieiro, Meio, Nave and Areia
- > Glacier geological formations
- > Mountain flora and fauna

CULTURAL HERITAGE

- > The "Covão do Meio" dam
- > Rustic structures connected with transhumance
- > "Eira da Pedra" area



TECHNICAL SHEET

Type of route: linear short distance path

Recommended direction: downwards

Starting point: Salgadeiras (EN 338 / Km 27)

Starting coordinates: N 40° 20.386' / W 07° 37.137'

Finishing point: Loriga (Largo da Carreira)

Finishing coordinates: N 40° 19.531' / W 07° 41.382'

Distance: 8.770 km

Accumulated gradient: +1188 m / -122 m

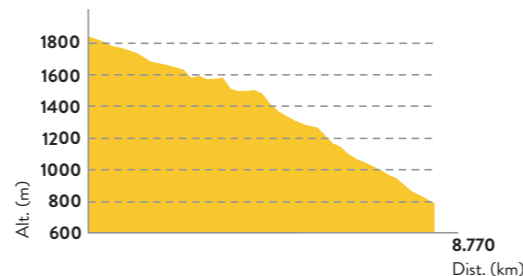
Altitude: minimum 768 m / maximum 1838 m

Approximate time: 3 hours 30 minutes

Degree of difficulty: IV - difficult

Recommended season: from May to October

Military map: (IGEOE / 1:25000) n.º: 223



The weather conditions can change quickly: check the weather forecast beforehand and bring warm clothes, a waterproof coat 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



●●●●● LORIGA GORGE ROUTE

●●●●● EIRA ROUTE

●●●●● RIBEIRA DE LORIGA ROUTE

○ Starting / finishing point

▬ Paved road

△ Geodetic mark

Waterlines, lakes or ponds

Fountain

🕒 WALKING APPROXIMATE TIME