

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 Terraces route, which begins in the picturesque village of Cabeça, runs through a green valley where vast areas of terraces stand out. In this eminently rural landscape, it is still possible to witness the typical customs and traditions of the villages in the Estrela mountain range.

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

WHERE TO STAY AND WHERE TO EAT
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promoters



partners



PR3
SEI

TERRACES ROUTE


aldeias de
montanha

 /aldeiasmontanha

MOUNTAIN PATHWAYS

TERRACES ROUTE

The Terraces route develops in the surrounding area of the village of Cabeça in a valley with abrupt slopes and with a distinct rural character.

In Cabeça, lodged at the top of a hill high above the Loriga stream, the traditional houses and the old streets and squares represent one of the best examples of a shale village in the Estrela mountain range.

Along the pathway, wide areas of terraces are crossed and on the banks of the stream thickets of Portuguese laurel and holly come into view, testimony to the natural vegetation of the valley from periods before the last glacial age.

PR3
SEI



TERRACES ROUTE

NATURAL HERITAGE

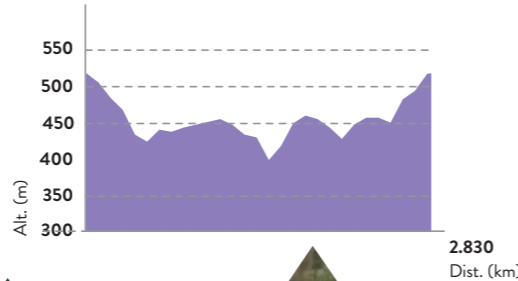
- > The valley of the Loriga stream
- > The stream meanderings
- > The Outeiro da Ponte monumental cork oak tree
- > Flora and fauna

CULTURAL HERITAGE

- > The shale village of Cabeça
- > Cultivated terraces
- > The Porto bridge
- > Watermills

TECHNICAL SHEET

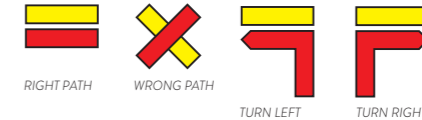
Type of route: circular short distance path
 Recommended direction: clockwise
 Starting / finishing point: Cabeça (main church)
 Starting / finishing coordinates: N 40° 19.174' / W 07° 44.119'
 Distance: 2.830 km
 Accumulated gradients: +197m / -197m
 Altitude: minimum 400 m / maximum 522 m
 Approximate time: 1 hour 45 minutes
 Degree of difficulty: II - easy
 Recommended season: all year
 Military map: (IGEOE / 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



RIGHT PATH WRONG PATH TURN LEFT TURN RIGHT

DEGREE OF DIFFICULTY



I - VERY EASY II - EASY III - RATHER DIFFICULT IV - DIFFICULT V - VERY DIFFICULT



CIRCULAR PATH



LINEAR PATH



WALKING APPROXIMATE TIME



TERRACES ROUTE



RIBEIRA DE LORIGA ROUTE



Starting and finishing point



Paved road



Fountain



Waterlines

