



Monte Cimeiro (village ruins)

> Place of Interest

MONTE CIMEIRO

One of the last strongholds of rural architecture of the region. The houses in this abandoned village are low or have two floors and were built with quartzite of the region, a dark and brownish stone that contrasts with the yellowish orange clay mortar, lime and sand that sustain them. Of the twenty homes, there remains a rock walkway flanked by high walls and walls in ruin, already without the small wooden doors and windows, in a pile of stones and roof tiles, where the lime mortar or some vestige of the interior architecture still persists, such as the eaves extended with a slab or the *pilheiras*, embedded in the wall, where the dishes were kept.

PR5
NIS

DISCOVERING SÃO MIGUEL



PATH NETWORK IN NATURE

> Highlights

NATURE: the Serra de São Miguel echoes with the chirping of the lark, the blackbird, the tit, the goldfinch or the robin. Birds such as the grey heron, the black stork, the red kite, the osprey, the black vulture, the eagle owl or the griffon vulture may be observed in its surroundings. This is the territory of the wild boar, the red deer, the fox, the genet, the hare, the mongoose and the wildcat. In Pé da Serra some donkeys still roam around the settlements.

HERITAGE: Vinagra (rustic houses with wooden doors and hasps and typical Alentejo chimneys); Monte Cimeiro (ruins of the village).

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqué and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da mataça*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *pezinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos cakes*, *esquecidos*, *nisas*, *barquinhos*). *Mestiço* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

> Recommended season

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

> Trail signage

® FCMP

right way



wrong way



turn left



turn right



coincident path
GR with PR



> Walking code

Follow sign-posted trails only. / Respect private property. / Avoid making unnecessary noise. / Do not disturb the animals. / Do not collect or damage plants or rocks. / Do not litter and leave no trace of your visit. / Do not light fire and do not throw cigarettes on the ground. / Be kind to local people. / Beware of cattle. Although gentle, they do not like strangers approaching their young. / Leave the gates as you found them. If they are closed, be sure they remain well shut.

> Useful contacts

Town Hall of Nisa: +351 - 245 410 000

Amieira do Tejo Tourist Office: +351 - 245 457 007

SOS Emergency: 112

SOS Forest: 117

Medical Center: +351 - 245 410 160

Anti-Poisoning Information: +351 - 217 950 143

GNR (Republican National Guard): +351 - 245 410 116

Fire Department: +351 - 245 412 303

Village Hall Union of Espírito Santo, Nossa Sr.ª da Graça and São Simão:

+351 - 245 412 219 / 245 413 490 / 245 743 436

Promotor:



Walking path registered
and approved by:



Partner institution:



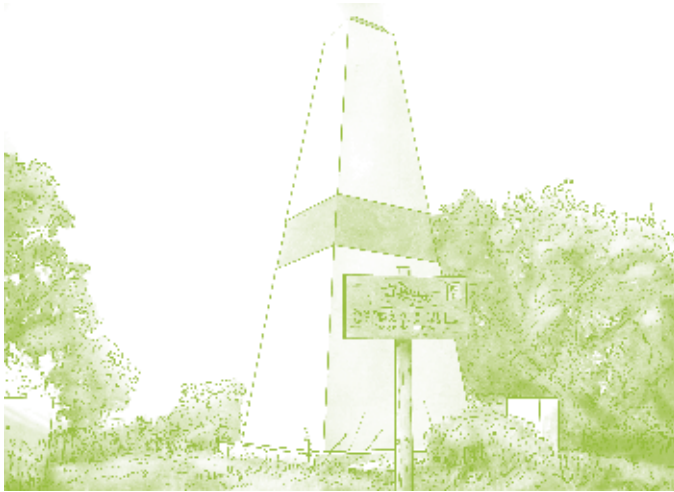
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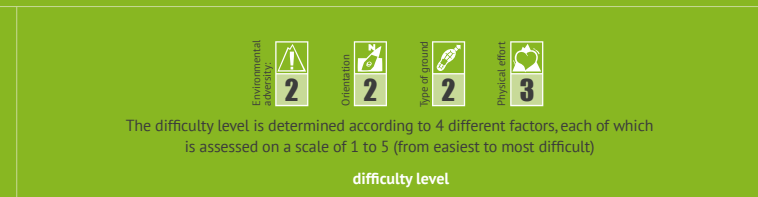
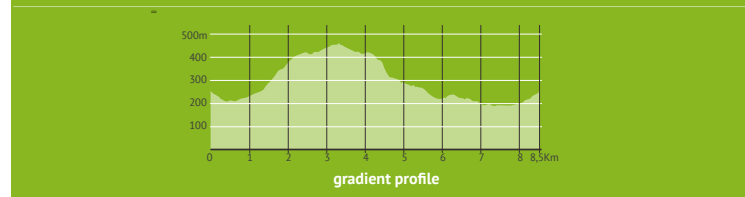


> Walking path description



Geodesic landmark of S. Miguel.

The walking path begins at the village of Pé da Serra, with its whitewashed houses with yellow and blue trim, or with the traditional roughened mortar. Passing next to the Church of S. Simão and the first fountain, it advances along the gravel pavement to a path flanked by sinuous low walls, past small vegetable gardens, olive groves and huts. After passing through Monte Cimeiro, uninhabited and in ruins, it becomes a steep pathway that leads to Penouco, pinnacle of the Serra de São Miguel. With Pé da Serra on the horizon, cross through a threshing-floor of schist and gravel and climb through oak trees, pine trees and eucalyptus to the highest point of the municipality (463m), which offers a full panoramic view of the region. The descent meander through cork oaks and gravel, remains of the walls that once supported the olive trees, as the traveler walks over clay soils. The path then takes the asphalt pavement towards Vinagra, where there is fresh water in the fountains and stone houses with their typical chimneys that surpass the height of the houses by far. The path again advances between walls that separate vegetable gardens or olive groves, until the cork oaks appear once again. On the way back to Pé da Serra you can see the bins of the ancient olive press.



Places of Interest

- 1 Monte Cimeiro (village ruins)
- 2 Threshing-floor
- 3 Viewpoint
- 4 Water well
- 5 Shelter for cattle
- 6 Penouco (Geodesic vertex of 1st order)
- 7 Hill of São Miguel
- 8 Vinagra
- 9 Bins of ancient olive press
- 10 Old olive press

São Mamede Special Area of Conservation

There are 116.114ha of great diversity of habitats, some of them priorities. The geomorphology and microclimate favour the southern limit of distribution for many species and plant communities of more Atlantic preferences, as occurs on the northern and western slopes, where the presence of the Pyrenean oak (*Quercus pyrenaica*) stands out. The regions facing the east, further south, have more Mediterranean influence and hence are the domain of the cork oak and holm oak. This Special Area of Conservation (SAC) has important watercourses related to the conservation of the *saramugo* (*Anaocypris hispanica*) and the rare and threatened river-mussel (*Unio crassus*). Here also is the most important cave in the country and one of the most important in Europe that serves as a shelter for breeding and hibernation of colonies of several species of bats.

Caption

- Walking path
- Asphalt road
- Path intersection

Starting/Ending: near the Recreational and Cultural Centre of Amigos do Pé da Serra (GPS: 39°34'42,09"N; 7°37'06,76"W)

Recommended direction of the walking path: clockwise