



Photo: Fernando Romão

Iberian frog (*Rana iberica*)

> Highlights

NATURE: among the natural aspects of this path worth mentioning are, in the highest part, the various outcroppings of quartzite that erupt on the landscape and, on the valley floor, the upper section of the Ribeira de Arronches, with an interesting riparian gallery.

HANDICRAFT: rag dolls; Portalegre tapestries (Portalegre stitch); basketry of Portalegre; *adufe* from Portalegre.

GASTRONOMY: grain baked with pods - Alentejo's way; cod *albardado*; *cachola*; rabbit in wine and garlic; fried hare. Sweets (blancmange, *toucinho-do-céu*, almond lamprey, candy eggs). Cherry from São Julião (Protected Designation of Origin).

> Recommended season

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time.

> Trail signage

® FCMP

right way



wrong way



turn left



turn right



> Place of Interest

RIBEIRA DE ARRONCHES

The Ribeira de Arronches rises near the highest points of the Serra de São Mamede, very close to this village, which acquired the same name from this permanent water course. Running to the south over a distance of almost 25km, it ends its course in Arronches, when it joins the River Caia. Next to this village, the stream reaches a width of about 3m and its mountainous section is the most winding.

> 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 Portalegre: +351 - 245 307 400/1
Municipal Tourist Office: +351 - 245 307 445
SOS Emergency: 112
SOS Forest: 117
Medical Center: +351 - 245 302 050
Hospital: +351 - 245 301 000
Anti-Poisoning Information: +351 - 217 950 143
GNR (Republican National Guard): +351 - 245 609 320
PSP (Public Security Police): +351 - 245 300 620
Fire Department: +351 - 245 307 000
Village Hall of Alegrete: +351 - 245 965 134
Village Hall Union of Reguengo and São Julião:
+351 245 208 954 / 245 964 918

Promotor:



Walking path registered and approved by:



Partner institution:



Co-financing:



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PR8
PTG

WALKING PATH OF VALE LOURENÇO



PATH NETWORK IN NATURE



> Walking path description



Griffon vulture (*Gyps fulvus*). Always patrolling the fields monitoring health.

This path runs along two distinct valleys. First, we climb up by the valley of Barranco da Caleira and then, we descend through the valley of the Ribeira de Arronches. Along both pathways there are numerous small farms dedicated to subsistence agriculture, which for centuries has been modelling the slopes of the mountain, with terraces that allowed the cultivation on these steep slopes and at the same time also maintaining an important pastoral activity. However, some of these small farms and lands are already abandoned, leading to the recent pine and eucalyptus plantations. But in the valley of the Ribeira de Arronches we still find some agricultural activity, mainly linked to cereal cultivation, small groves of chestnut trees (*soutos*), some traditional olive groves and pastures with goats or sheep. The path also passes along the east ridge of Ribeira de Arronches, where the view, despite the altitude, is blocked by nearby mountains, both Portuguese and Spanish. Here and there the landscape is interrupted by quartzite outcroppings. The summit of the Serra de São Mamede is within easy reach. We go down the valley until we have the chance to cross it in a leafy riverside gallery area. We keep walking past more farms and then we return to the starting point of this path.



type of path

18.8 Km

distance

7.00^H

time

uphill
608^m

altitude variation

IV
difficult

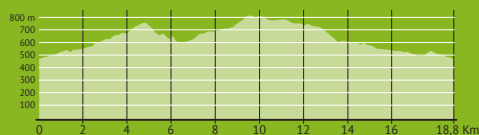


grading

815^m



altitude max/min



gradient profile



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



Surrounding of Pinheiro village



Cherry from São Julião (Designation of Protected Origin)



1:25000 Military Map n° 348 and 360 (Army Map Service)

Caption

- Walking path
- Asphalt road
- Watercourse

- Starting/Ending: next to the EM1044 road, Montarecos (GPS: 39°15'11, 19" N; 7°18'27, 02" W)
- Recommended direction of the walking path: clockwise
- Information on site

> Places of Interest

- | | | |
|-----------------------|-------------------------|--|
| 1 Caleira | 8 Ribeira de Arronches | |
| 2 Barroca da Figueira | 9 Quartzite outcrops | |
| 3 Souto Agostinho | 10 Montes | |
| 4 Souto Queimado | 11 Vale Lourenço | |
| 5 Freixo | 12 Pine tree | |
| 6 Pisão | 13 Souto Parradas | |
| 7 Fontes/Fazendinha | IT Interpretative table | |



Serra de São Mamede Nature Park

The Serra de São Mamede, which gives name to this Nature Park, is the largest mountainous formation south of the Tagus River. Due to its geographical location and the fact that it rises above 1000m, it has distinctive microclimate aspects that have allowed the establishment and survival of some animal and vegetal communities that occur here in an almost isolated manner. The Bonelli's eagle is represented in the symbol of this Protected Area. It is currently one of the rarest birds of prey found in our country.

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