

► useful information

HERITAGE SITES

_ Cernache do Bonjardim:

Chapel of Bom Jesus
Chapel of Santa Maria Madalena
Chapel of Nossa Senhora do Desterro
Missionary Seminary
Mother Church of Cernache do Bonjardim
Paços do Bonjardim
Túlio Victorino Gallery

_ Mendeira:

Chapel of Nossa Senhora de Lourdes

_ Quintã:

Chapel of S. Bento

PLACES OF INTEREST

Chapel of São João
Quintã Mansion House

WHERE TO EAT

Restaurant "A Rotunda" - 910 071 565
Restaurant "Grelha 3" - 274 809 545
Restaurant "Lampião 2" - 274 809 617
Restaurant "O Aquário" - 274 809 646
Restaurant "O Condestável" - 967 873 526; 917 947 509
Restaurant "Pina" - 916 160 792
Restaurant "Pizzaria Golfinho" - 917 022 615
Restaurant "Pôr do Sol" - 274 802 302

WHERE TO STAY

Quinta de Santa Teresinha - 274 600 160; 918 795 406
Albergue Bonjardim - 274 809 647

LOCAL CRAFTS

Wicker basketwork, tinwork, woven linens decorated with hand-embroidered motifs in a variety of stitch styles: openwork, Richelieu and satin stitch.

LOCAL CUISINE

"Cartuchos" of Cernache (cone-shaped sweet almond pastries), fish soup, "Bucho and "Maranho" (similar to haggis), "Filhós" and "Coscoréis" (fritters), "Aguardente de Medronho" (spirit distilled from the fruit of the strawberry tree) and cheeses.



Reflection on the water

► trail signage



correct path



wrong way



turn left



turn right

► code of conduct

Keep to the signposted route. Avoid making unnecessary noise;
Observe the wildlife without causing disturbance;
Do not damage the vegetation;
Do not leave litter or other signs of your presence;
Do not light fires. Do not collect samples of plants or rocks;
Treat the people you meet with politeness.

► useful contacts

Emergency (Fire/Police/Ambulance): 112
SOS Forestry Department: 117
Poisons Line: 808 250 143
Sertã Police Station (GNR): 274 600 730
Sertã Fire Station: 274 603 528
Sertã Health Centre (24hr A&E): 274 600 800
Trail promoter
Sertã Câmara Municipal: 274 600 300
Sertã Tourist Information: 274 600 326
Cernache do Bonjardim Town Council: 274 809 318
ADXTUR – REDE ALDEIAS DO XISTO
SCHIST VILLAGE NETWORK: 275 647 700; 960 101 873

www.aldeiasdoxisto.pt

_sponsors



_supporters



_route in phase of registration and approval by:



PR3
SRT

Quintã
Schist Trail
Azereiro Laurel Route



ALDEIAS DO
XISTO

Moinhos da Ribeira

ADXTUR 2016

PR3 SRT

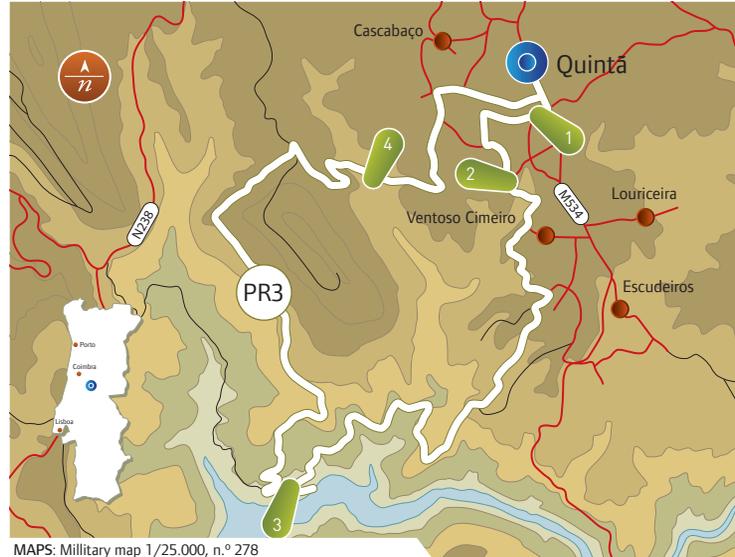
distance	duration	type of route	altitude gain	highest/lowest point
10,1 Km	4h 00min	circular	481 m ascent	339 m 125 m

Quintã

Quintã Schist Trail

Clockwise: the trail starts next to the former Quintã Primary School, heads towards the centre of the village and takes the second turning to the right. The path quickly narrows, passes a small stream and enters into farmland. Arriving at a small fork in the path the trail turns to the left and, on meeting the tarmac road, turns again to the left to the Chapel of S. Bento. On arriving there the trail follows a path between cork trees, farmland and vineyards. At the end of a path flanked by vineyards the trail continues to the right in the direction of Moinhos da Ribeira village. After approximately 3km on a path through pine and eucalyptus forest the trail meets the village. On leaving the village the trail turns to the right to return to Quintã.

Anticlockwise: the trail starts next to the former Quintã Primary School and heads in the direction of the centre of the village, taking the first turning to the right. At the crossroads the trail turns to the left, initially on tarmac and then becoming a forest track. After passing a small weir the trail continues to the right for 4km until Moinhos da Ribeira village. The trail starts to head uphill until the first houses of Ventoso Fundeiro village, where it follows the path formerly used by the villagers when going to mass at the Chapel of S. Bento. Once there the trail continues in the direction of the bandstand via the tarmac road and then takes a path on the right that brings it to the centre of Quintã village.



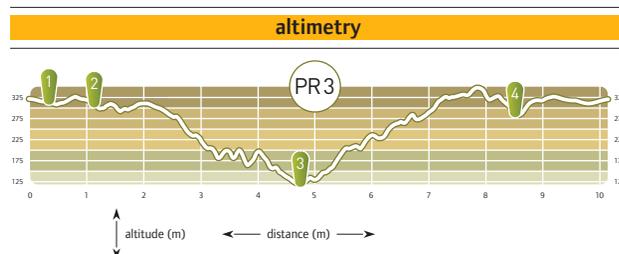
MAPS: Military map 1/25.000, n.º 278

Places of interest and their distances from the start point:

- 1 _ Quintã Mansion House
- 2 _ Chapel of S. Bento _ 1100m
- 3 _ Moinhos da Ribeira village _ 4600m
- 4 _ Weir/millpond _ 8500m

Start and end point:

- _ Escola Básica de Quintã (Primary School)
- (39°47'34.34"N 8°12'0.24"W)



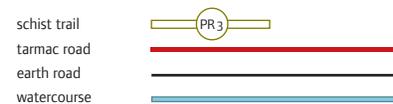
Moinhos da Ribeira



Swing at Moinhos da Ribeira



caption



difficulty level

The degree of difficulty is indicated by four different categories, each of which is evaluated on a scale of 1 to 5 (where 1 is easiest and 5 is most difficult).



recommended season

Spring and autumn.



Quintã Primary School

> natural heritage

20 million years ago, during the subtropical conditions so different to today's climate, the local flora was mainly composed of evergreen vegetation species collectively known as Laurissilva. Subsequent geological and climatic changes following the Ice Age limited the majority of these species to more sheltered sites amongst stands of deciduous forestation. One species belonging to the Laurissilva was the "azereiro" or **Portugal laurel** (*Prunus lusitanica l. subsp. lusitanica*), which now survives confined to rare locations where the micro-climate is similar to that of the Tertiary – the period when Laurissilva vegetation prospered in the west of the Iberian Peninsula. The azereiro is classed in the Rosaceae family, which numbers over 70 species in continental Portugal and includes the **apple tree** (*Malus domestica*) and the **strawberry** (*Fragaria x ananassa*). Several Rosaceae family members belong to the same genus as the azereiro – Prunus – such as the **cherry** (*Prunus avium*) and the **peach** (*Prunus pêrsica*). In Portugal the azereiro can be found in the North and Central regions, specifically the mountainous areas of Gerês, Amarela, Buçaco, Estrela, Açor, Lousã, Pampilhosa, Alvêolos, Sintra and Sertão.