

## useful information

### HERITAGE SITES

Chapel of Amioso  
Chapel of N. S. da Nazaré

### PLACES OF INTEREST

Watermills  
Weirs

### WHERE TO EAT

Restaurant "A Paragem do Motorista" - 274 601 740  
Restaurant "Churrasqueira Grelha 2" - 274 604 270  
Restaurant "Delfim" - 274 601 256  
Restaurant "Feira da Comida" - 274 809 070  
Restaurant "Os Combatentes" - 961 176 652  
Restaurant "O Pic Nic" - 274 601 828  
Restaurant "Pizzaria Mega Pizza" - 274 603 714  
Restaurant "Ponte Velha" - 274 600 160  
Restaurant "Regional" - 274 808 095  
Restaurant "Rotunda Doce" - 917 994 444  
Restaurant "Sabores do Pinhal" - 274 604 458  
Restaurant "Santo Amaro" - 274 604 115  
Restaurant "Vilaça" - 274 608 610

### WHERE TO STAY

Casal Maio - 274 030 511  
Convento da Sertã Hotel - 274 600 160  
Hotel LarVerde - 274 603 584  
Quinta de Santa Teresinha - 274 600 160; 918 795 406  
Residencial Dom Nuno - 274 809 373  
Vila Maior - 274 603 052; 925 162 252

### 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.



Traditional Cork Beehive

## 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  
Sertã Town Council: 274 601 411  
ADXTUR – REDE ALDEIAS DO XISTO  
SCHIST VILLAGE NETWORK: 275 647 700; 960 101 873

[www.aldeiasdoxisto.pt](http://www.aldeiasdoxisto.pt)

### \_sponsors



### \_supporters



### \_route in phase of registration and approval by:



ADXTUR 2016

PR6  
SRT

Amioso  
Schist Trail  
Aromas and Flavours Route



# PR6 SRT

distance	duration	type of route	altitude gain	highest/lowest point
9 Km	4h 00min	circular	246 m ascent	496 m 325 m

## Amioso, Sertã

Amioso is a small settlement 9km from Sertã and very rural in character. It is the location of the source of the River Amioso, which joins the River Sertã at "Entre-as-Águas" (between-the-waters) in the town of Sertã. Amioso probably takes its name from a plant referred to as "âmio" (probably visnaga or Bishop's weed), which would have been found growing in abundance in the area when the first settlers arrived. Settlement began around the 14th century, when the fertile soil of the area began to be cultivated. Today, agriculture is still the main form of income for the majority of the local population, with the addition of forestry during the last century. Amioso has always been one of the most densely populated villages of the Sertã region - in 1730 there were already more than a hundred inhabitants, and by the start of the 20th century this number had doubled. The piety of the inhabitants is evident from early on, as a small chapel was constructed in the 18th century (and restored in 2011). A second chapel was built in 1974. Major improvements arrived in the 20th century: construction of a school (1914); public water taps (1940's); tarmac on the road connecting the village to Sertã (1951); and mains electricity (1972).



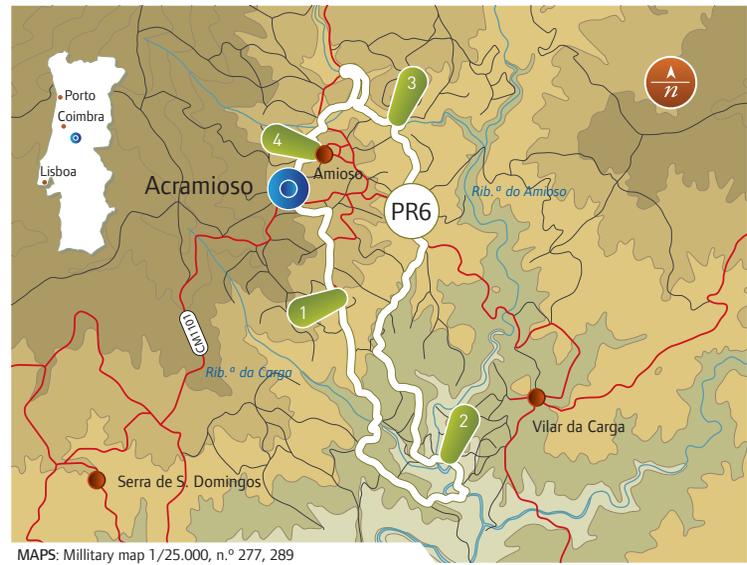
### > natural heritage

The flora of Amioso includes **maritime pine** (*Pinus pinaster*), **eucalyptus** (*Eucalyptus globulus*), **olive** (*Olea europaea*), **oaks** (*Quercus spp.*), **sweet chestnut** (*Castanea sativa*), **Holm oak** (*Quercus ilex*) and **stone pine** (*Pinus pinea*). The understorey is made up of **heathers** (*Erica spp.*), **carqueja** (*Pterospartum tridentatum*), **Spanish broom** (*Spartium junceum*), **Kermes oak** (*Quercus coccifera*), **gum cistus** (*Cistus ladanifer*) and **strawberry tree** (*Arbutus unedo*). There is a variety of wildlife, such as **foxes** (*Vulpes vulpes*), **rabbits** (*Oryctolagus cuniculus*), **hares** (*Lepus capensis*), **wild boar** (*Sus scrofa*), **snakes**, **insects**, **moles** (*Talpa europaea*), **chaffinches** (*Fringilla coelebs*), **robins** (*Erithacus rubecula*), **goldfinches** (*Carduelis carduelis*), **crows** (*Corvus corax*) and **birds of prey**. In the rivers are found **Iberian nase** (*Chondrostoma polylepis*) and **barbel** (*Barbus bocagei*).

## Amioso Schist Trail

**Anticlockwise:** the trail leaves from the ACRAMIOSO Association building and heads south. The trail passes through the village of Corga Cega and around 2km further on takes a turning to the right, signposted Carga. After 2km a fork links to a tarmac road. The trail heads to the left and then joins a forest track on the next right turn. Immediately after the bridge the trail passes through agricultural terraces, follows the River Amioso, then heads uphill to a forest track and re-crosses the river at the next bridge. Once on the opposite bank it follows a country lane, which crosses the main road and heads uphill back to Amioso on a small path.

**Clockwise:** on leaving the ACRAMIOSO Association building the trail crosses the village and follows a small path towards the River Amioso. After crossing the main road the trail continues along a country lane that follows the river until a bridge. Directly after crossing the bridge the trail turns to the right. After a while the trail crosses a second bridge and continues on a forest track. Some metres further on, the trail turns onto a tarmac road on the left and then passes to an earth road on the right. Following the River Amioso in the direction of Carga, the trail crosses an iron footbridge and then joins tracks alongside the riverbank before crossing the river again and returning to Amioso via the village of Corga Cega.



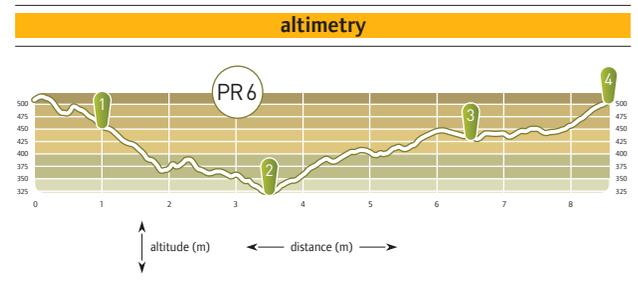
MAPS: Military map 1/25.000, n.º 277, 289

### Places of interest and distance from the start point:

- 1 \_ Corga Cega \_ 1000m
- 2 \_ Carga (Amioso Stream, weir, water canals and watermill \_ 3500m
- 3 \_ River Amioso \_ 6500m
- 4 \_ Amioso \_ 8500m

### Start and end point:

\_ACRAMIOSO - Associação do Amioso  
(39°51'52.08"N 8°5'7.14"W)



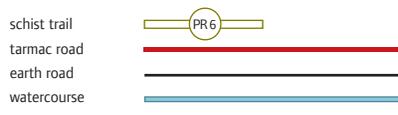
Vineyard



Waterfall



### 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).

difficulty of terrain <b>2</b>	orientation <b>2</b>	trail surface <b>3</b>	physical difficulty <b>3</b>
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### recommended season

Spring and autumn.