

► **useful informations**

LIST OF HERITAGE BUILDING

São Bartolomeu church
Casa da Obra ou Solar da Família Matos Pereira (house)
Nossa Senhora das Preces Sanctuary in Vale Maceira
São Lourenço Chapel in Chão Sobral

PLACES OF INTEREST

"S" house,
Nossa Senhora das Preces Sanctuary
Alvão das Várzeas river beach
Medieval bridge
São Bartolomeu church.

PLACES TO EAT

_Aldeia das Dez:
Restaurant "João Brandão" - 238 67 00 10 / Email: info@quintadageia.com
_Alvão das Várzeas:
Café Snack-Bar "A Sobreira" - 238 66 61 16

PLACES TO STAY

_Aldeia das Dez:
Quinta Geia - 238 67 00 10 / Email: info@quintadageia.com - Rural Tourism
_Alvão das Várzeas:
Quinta da Moenda - 238 66 64 43 /Email: quintadamoenda@gmail.com - Rural Tourism
_Ponte das Três Entradas:
Quinta Relva do Trigo - 238 67 71 05 / Email: info@relvadotriga.com - Rural Tourism

HANDCRAFT

Clogs
Tin
Weaving
Wood Works
Stone Works
Rag blankets

GASTRONOMY

Goat stew
River fishes
Local deserts
Greaves
Roasted goat
Arbutus berries grapa
Sponge cake
Rice pudding



River Beach of Alvão das Várzeas

► **trail signage**



right way



wrong way



turn left



turn right

► **code of conduct**

Follow sign-posted trails only; Avoid making unnecessary noise;
Never scare the animals; Do not damage any vegetation;
Do not litter and leave no trace of your visit; Do not light fire;
Do not recollect or damage plants or rocks;
Be kind to people you find along the way;

► **useful contacts**

SOS Emergency : 112
SOS Forest Fires: 117
Anti-venom informations: 808 25 01 43
Oliveira do Hospital Police: 238 60 27 07
Fire Department: 238 60 27 27
Health Center: 238 60 02 50
Trail Promoter _ Oliveira do Hospital Municipality: 235 60 52 50
Tourism Office: 238 60 92 69
Parish Council of Aldeia das Dez: 235 67 10 09
Parish Council of Aldeia das Dez: 235 66 10 26
Schist Village Network - ADXTUR: 275 64 77 00; 960 10 18 73

www.aldeiasdoxisto.pt

_promotors



_support



UNIÃO EUROPEIA

Fundo Europeu de Desenvolvimento Regional



PROGRAMA OPERACIONAL DA REGIÃO CENTRO

_walking trail process of registration and approval by

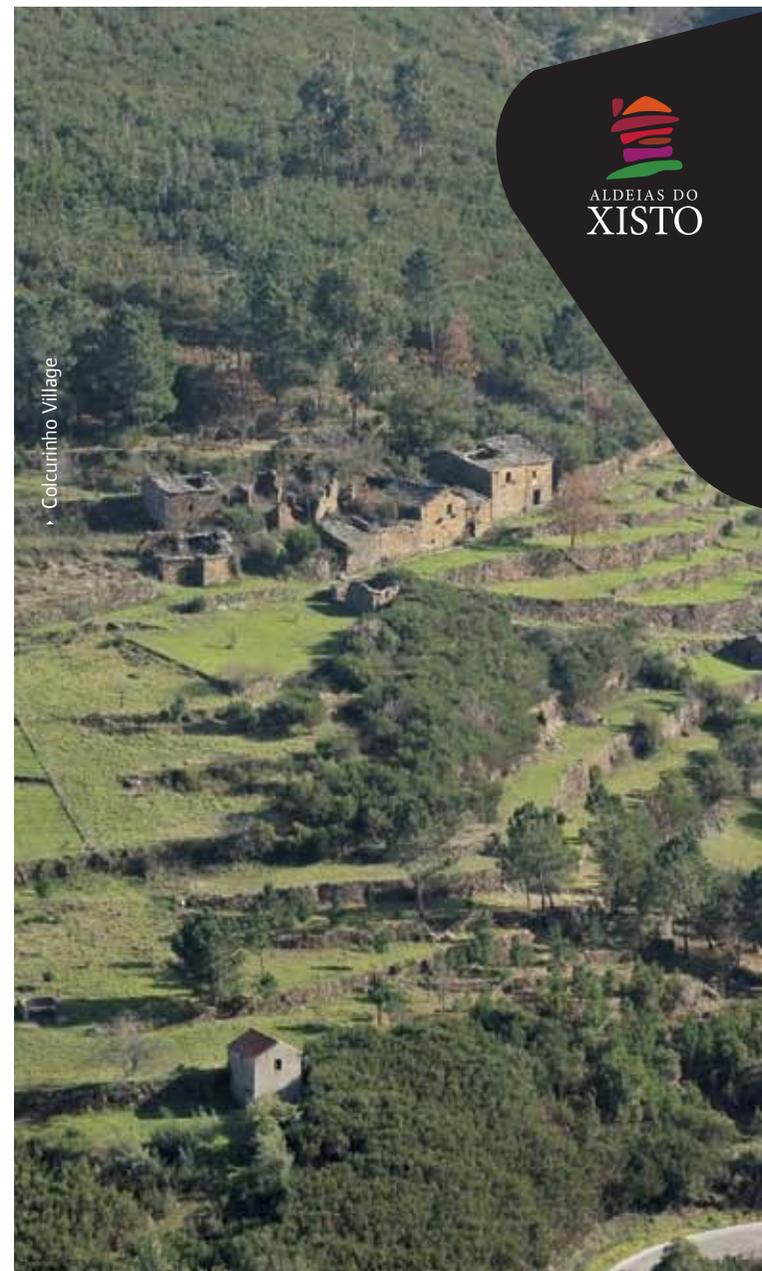


FÉDÉRATION EUROPÉENNE DE LA RANDONNÉE PÉDESTRE



Schist Walking Trail of Aldeia das Dez I

By the floodplains of Alvoco



Colcurinho Village



PR1
OHP

distance

19,9 Km

duration

5h 15min

trail type



altitude variation



altitude máx/min



Aldeia das Dez I - Schist Walking Trail

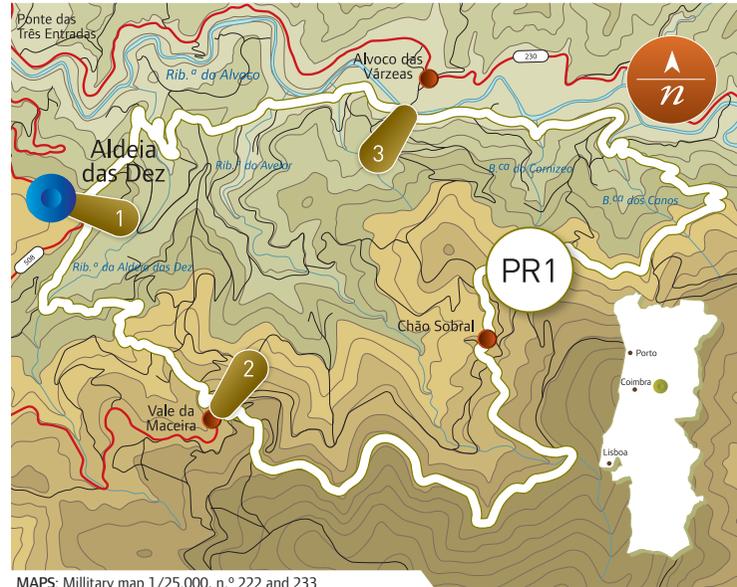
_Walk direction: Anticlockwise

The Schist Walking Trail 1 of Aldeia das Dez is a circular trail that starts and finishes in Alfredo Duarte square in Aldeia das Dez village and it goes in direction of Vale Maceira. After passing by the house of the "S" it goes down along the stream on trails surrounded by agricultural fields. The trail goes now to Vale Maceira where is located the Nossa Senhora das Preces sanctuary and the botanic garden. Without a question, this is a unique place of rare beauty that is worthed to look on.

By continuing the route we will find the chapel of Santa Eufemia and the former forest house. At this point, we can do a bypass route for Nossa Senhora das necessidades chappel, this is also a reference site, located at 1230 meters of altitude. Continuing the route turning left and heading towards Chão Sobral, we are stunned with a spectacular view over the Serra da Estrela mountain range and the surrounding region.

In Chao Sobral we laeave the village by narrow streets, passing streams and valleys, sighting old schist houses until we arrive to ancient Medieval bridge and river beach of Alvoco of Várzeas.

In here, we can rest a bit to enjoy the clear waters of the river and all its surroundings. We continue along the banks of the river Alvoco to enter again in a forested area which leads us back to Aldeia das Dez village.



MAPS: Military map 1/25.000, n.º 222 and 233

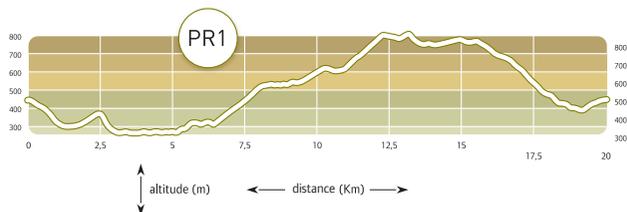
Points of interest and distance to the starting point:

- 1 _ "S" House _ 50m
- 2 _ Shrine of Nossa Senhora das Preces _ 3500m
- 3 _ Alvôco Várzeas River Beach and Medieval Bridge 15800m

Departure and arrival point:

_Largo da Rua dos Entalhadores, Aldeia das Dez (N 40°17.720' W 7°51.957')

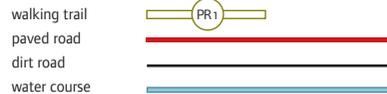
altimetry



Alvôco das Várzeas



caption



difficulty level

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).



when to go

All year. Beware of high temperatures in the summer and slippery terrain in the winter.

Aldeia das Dez



Nossa Senhora das Preces Sanctuary

Aldeia das Dez village is the home parish and celebrates in the first Sunday of July the pilgrimage to Nossa senhora das Preces Sanctuary from the eighteenth century, located at 1242 meters on Mount Colcorinho.

The Mount Colcorinho is located in Açor mountain range at 1242 meters and is part of the Parish of Aldeia das Dez. Its name dates back, depending on the version, to the presence of the Romans and "Lusitanos". This hill was formed approximately 600 million years ago together with the Estrela mountain range. Geologically it is essentially formed by schist. It is a place of rare beauty that comes from the vast horizon that extends to from Estrela to Caramulo and from Montemuro and Açor mountains range. It's probably one of the best places to watch the sun rise and the sun set. At the top of the hill is the chapel of Nª Sr.ª das Necessidades, which is part of the sanctuary of Nª Sr.ª das Preces.