

ONE MOUNTAIN, MANY WORLDS

The mountain pathways are a network of pedestrian routes that, due to the range and diversity of places covered, represent one of the most enriching ways of discovering the region.

The Ribeira de Loriga route runs along an extensive valley, lodged on the Southern flank of the Estrela mountain range. On the way, the tenacity of the people who live here is evident in the vast areas of fields built in terraces and in the manmade wells, known as "poços de broca", one of the most singular aspects of the mountain rural landscape.

EMERGENCY CONTACTS

European SOS Emergency Number

112

Environment and Territory SOS

808 200 520

GNR (Subgroup of the Mountain Intervention Group for Protection and Help)

Tel.: 961 188 070 / ui.gips.samont@gnr.pt

Nossa Senhora da Assunção Hospital: Tel.: 238 320 700

OTHER CONTACTS

C.I.S.E. (The Serra da Estrela Interpretative Centre)

Visconde de Molelos Street, Seia / Tel.: 238 320 300 / cise@cise.pt

ADIRAM (Association for the Integrated Development of the Network of Mountain Villages) Tel.: 238 310 246 / centrodinamizador@aldeiasdemontanha.pt

CERVAS (Ecology, Recovery and Wild Animal Surveillance Centre)

Tel.: 927 713 585 / cervas.pnse@gmail.com

Seia Tourist Office: Tel.: 238 317 762 / postoturismo@cm-seia.pt

Loriga Tourist Office: Tel.: 238 951 175

Sabugueiro Tourist Office: Tel.: 238 315 336

Snow Clearing Centre: Tel.: 275 336 251

Penhas Douradas Weather Station: Tel.: 275 981 304

Serra da Estrela Natural Park (Seia Delegation): Tel.: 238 001 060

WHERE TO STAY AND WHERE TO EAT
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Edition 2016 | En



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MOUNTAIN PATHWAYS

RIBEIRA DE LORIGA ROUTE

The Ribeira de Loriga route develops in an enclosed valley, crossed by the Loriga stream, which makes the connection between Loriga and Vide.

The pathway takes in a landscape dominated by woods, scrublands and terraced fields, following old footpaths and one of the longest networks of irrigation levées in the Estrela mountain range. In inaccessible places, groups of holm oak trees, Portuguese laurel trees and holly, relics of the natural vegetation of this valley, persist.

Along the stream, erosion has modeled cavities of large dimensions, known as giant pots ("marmitas de gigante"). In Serapitel and Muro, in tight meanderings, canals were opened to divert the water from the stream and be able to take advantage of the drained fields. Dating back roughly 200 years, these manmade wells resulted in the formation of imposing waterfalls.



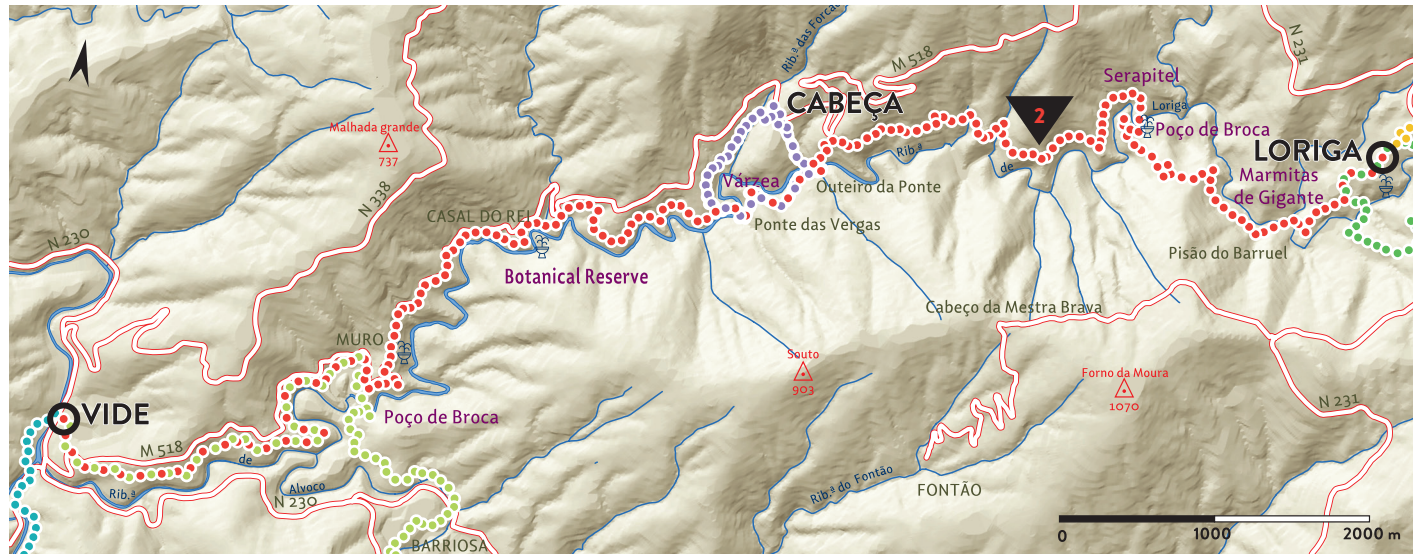
RIBEIRA DE LORIGA ROUTE

NATURAL HERITAGE

- > Valley of the Loriga stream
- > Giant pots ("marmitas de gigante")
- > River Meanderings
- > Botanical Reserve of Casal do Rei
- > Flora and fauna

CULTURAL HERITAGE

- > Terraced fields
- > Irrigation levées
- > Muro and Serapitel manmade wells
- > Watermills
- > The Casal do Rei village



TECHNICAL SHEET

Type of route: linear short distance path

Recommended direction: downwards

Starting point: Loriga (Largo da Carreira)

Starting coordinates: N 40° 19.531' / W 07° 41.382'

Finishing point: Vide (main church)

Finishing coordinates: N 40° 17.664' / W 07° 47.056'

Distance: 16.830 km

Accumulated gradients : + 805 m / - 1282 m

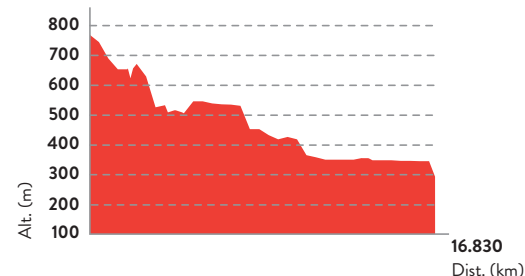
Altitude: minimum -292 m / maximum - 768 m

Approximate time: 5 hours 30 minutes

Degree of difficulty: IV - difficult

Recommended season: all year

Military maps: (IGEOE /1:25000) n.º: 222, 223,233



Special care is needed on the levées in the areas that are higher and narrower. These are not recommended for people with vertigo or fear of heights.

BEHAVIOUR RULES

- > Plan the route you intend to do: gather beforehand the available, necessary information and make sure you finish the walk before nightfall.
- > Do not light fires.
- > Stay on signed paths and respect signs at all times.
- > Be polite to the local inhabitants and respect their customs and traditions.
- > Do not disturb cattle and do not damage cultivated areas.
- > Respect nature: do not remove and/or disturb animals, plants or damage geological formations.
- > If you find a wounded or debilitated wild animal, try to direct it to a recovery centre for wild fauna.
- > Do not drop litter or remains of your passage.
- > Always carry water, food, sun screen, appropriate clothes and footwear and a first-aid kit.
- > In some situations you will need to cross tarmac roads. Do so with care.

DEGREE OF DIFFICULTY



SIGN SYSTEM

