

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 Eira (threshing floor) route that begins in Loriga passes through a rugged valley, where a vast area of terraced agriculture stands out. In the town, amongst the picturesque houses, old textile factories can be seen as, an eloquent testimony of the woolen industry of the serra da Estrela mountain range.

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



**PR4
SEI**

EIRA ROUTE

MOUNTAIN
PATHWAYS



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MOUNTAIN PATHWAYS

EIRA ROUTE

The Eira route develops in the surrounding area of the Loriga town, in a landscape of rugged terrain crossed by the Nave stream.

The route covers a territory of rural characteristics marked by the presence of extensive areas of agricultural fields in the midst of terraces, chestnut woodlands and pine trees where a rich edified popular heritage stands out.

On the pathway, the Teixeira mill, the Mendes threshing floor and the place of Canada are emphasized. From the Resteves hill there is an ample view over the mountain slopes and the Loriga gorge. In the town it is worth drawing attention to a group of old, imposing manufacturing buildings and the main church.

EIRA ROUTE

NATURAL HERITAGE

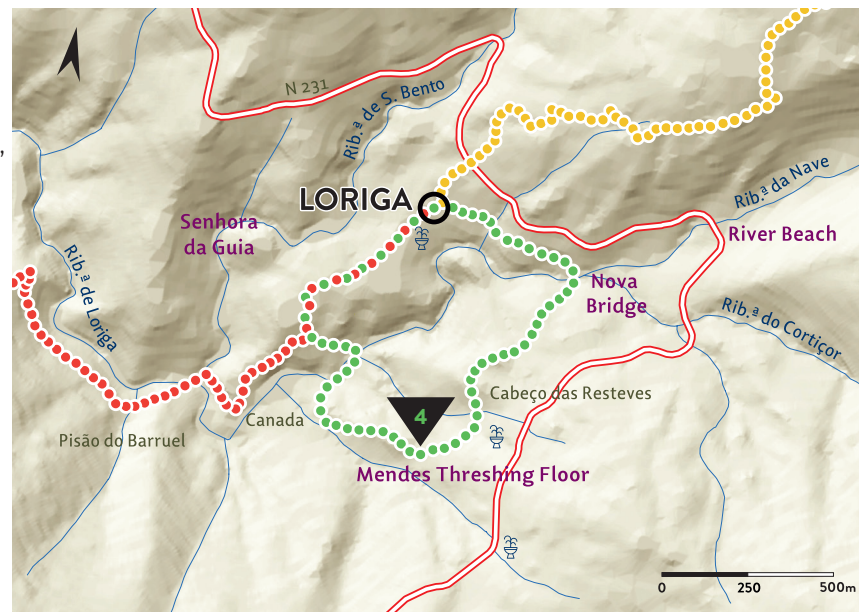
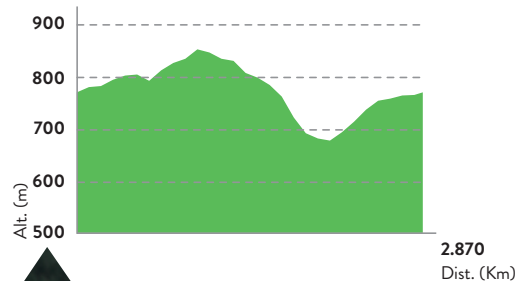
- > The Nave stream
- > Deciduous woodlands
- > Resteves Hill
- > Flora and fauna

CULTURAL HERITAGE

- > The old centre of Loriga
- > Old paving stones and the Nova bridge
- > The Teixeira mill
- > Terraced agriculture
- > The Mendes threshing floor
- > The Canada place

TECHNICAL SHEET

Type of route: circular short distance path
 Recommended direction: clockwise
 Starting / finishing point: Loriga (Largo da Carreira)
 Starting / finishing coordinates: N 40° 19.531' / W 07° 41.382'
 Distance: 2.870 km
 Accumulated gradients: +263m / -263m
 Altitude: minimum 678 m / maximum 850 m
 Approximate time: 1 hour 30 minutes
 Degree of difficulty: II - easy
 Recommended season: all year
 Military map: (IGEOE / 1:25000) n.º: 223



EIRA ROUTE

RIBEIRA DE LORIGA ROUTE

LORIGA GORGE ROUTE

Starting / finishing point

Waterlines

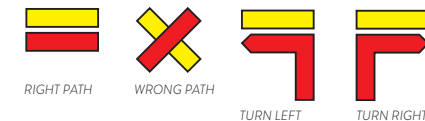
Paved road

Fountain

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.

SIGN SYSTEM



DEGREE OF DIFFICULTY



CIRCULAR PATH

LINEAR PATH

WALKING APPROXIMATE TIME