










**Warning: this is a document to support the walker, not being allowed to be reproduced for commercial purposes, without the written authorization of Rota Vicentina®.**

**This is the beaches section, where you will walk along the vast sand dunes area of Ilha do Pessegueiro, Aivados and Malhão beaches and discover small deserted coves that will surprise you. It is a tiring walking day though, given its extension and the constant sandy terrain.**

The diversity of beaches you will find just on this section is absolutely fantastic! Beaches like Aivados with pebbles shaped by the constant rough and tumble of the waves. Beaches like Faquir or Farol where lace-like sandstone dunes seem to slide down into the ocean. Sandy beaches like Malhão gently and constantly changing. Beaches such as Milfontes (which means thousand fountains), with either rivers, small streams or tiny fresh water springs fed from the hilly interior through a network of underground channels. These beaches are interspersed by ancient, dark erosion-resistant rocks that make up the cliffs and tiny islands (locally called palheirões) that one comes across from time to time.

The sand dunes' biodiversity and plant life is remarkable and reaches its peak between March and June, with a vast array of amazing colours, aromas and shapes. These plants are true masters of adaptation in this hostile environment and have to put up with poor quality soil, a dry season that can last over six months and a constant buffeting by the strong, salty winds, and you will see that the most obvious adaptation is their shape. Pines, rosemary and rockrose are bent nearly horizontal and thus better adapted to these harsh conditions. Some of these plant species are endemic to this coast and cannot be found anywhere else in the world.

## RULES & RECOMMENDATIONS

-  The trails cross sensitive areas of the Southwest Alentejo and Vicentina Coast Natural Park. Maximum of 20 people per group.
-  Only for hikers. The circulation of vehicles on the dunes is prohibited.
-  It is forbidden to camp along the entire Fishermen's Trail. Look for authorized camping grounds.
-  Trail with some degree of difficulty are not recommended for people with vertigo or fear of heights.
-  The cliffs are in a constant process of erosion. Walking along them be careful of the danger of falling.
-  Respect Nature. Do not collect or disturb animals, plants or rocks.
-  Trails without WC, bring a bag and leave the paths clean.
-  Keep your dog on a leash and clean up after it.
-  Prepare your hike well, don't run any risks from lack of preparation or planning.

## SOS

Emergency: 112  
Environment and territory Police  
Department: 808 200 520  
For further information on accommodation, restaurants and nature/cultural activities please contact the local Tourism Office or go to [rotavicentina.com](http://rotavicentina.com)

## HELP US

For any further information or help regarding the Rota Vicentina, please contact us:

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Download the [Rota Vicentina APP](#) and take it with you all the information about this route





# PORTO COVO » VILA NOVA DE MILFONTES

FISHERMAN`S TRAIL | 20 KM

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## DESCRIPTION OF ROUTE

The route begins at the Largo Marquês de Pombal square in the village of Porto Covo and continues towards the fishing harbour. After crossing the river, walk along the cliffs towards Ilha do Pessegueiro Beach. Cross the beach, afterwards, you will arrive at a fort. From here, to cross the Barranco do Queimado Stream you will have to go a little back inland. Until Alturas do Norte, the path follows a wide track that bypasses a chain of dunes of the beaches of Malhão and Aivados. If it is low tide and the ocean is calm, you can continue walking along the water's edge until the end of the beaches. Here, the landscape will change as the beaches give way to towering cliffs that convey the personality of this wild coast and continue up to Cape Saint Vincent (Cabo de São Vicente). Up to Porto das Barcas or Canal, you will walk through a remarkable landscape that represents the largest area of lithified dunes in Portugal and includes a huge variety of rare botanical species endemic to the Southwest. From here, Vila Nova de Milfontes is only 2.5 km away. Continue walking along a wide path between enclosures and buildings, some of which are still under construction, until you reach Avenida Marginal Street near the waterfront. Go towards the barbican of the Castle, also known as Forte de Milfontes, and enjoy the views over the river and the ocean.



### FACT SHEET

**Distance:** 20 km

**Approximate duration:** 8 h

**Accumulated climb:** 200 m

**Accumulated descent:** 180 m

**Difficulty level:** Fácil

**Max. / Min. Altitude:** 50 m / 0 m

**Recommended season** September to June

#### Where to start?

**Porto Covo:** from the market square (Largo do Mercado) head towards the fishing harbour.

**Vila Nova de Milfontes:** at the tourist office in the village (Rua António Mantas), going down Rua Custódio Brás Pacheco towards the river.

#### Important warnings

**Unmarked path:** Between the beaches of Queimado and Malhão, the path is not fully signposted. Follow the broad sand track that skirts the extensive succession of dunes, of the beaches of Aivados, Galé and Malhão, following the instructions that you find on the signs. Alternatively, and only at low tide, you can walk along the beach.

**A long and tiring section!** Covering 20 km and with a

sandy path, this section is long and tiring, especially if you are going to start your journey through Porto Covo. Prepare yourself well and bring at least 1.5 L of water.

Pay attention to the signage as there are intersections with several Circular Routes.

#### Tips

**Refreshments along the way:** At km 3.5, on the beach of Ilha do Pessegueiro; at km 6.5, making a detour of 1.8 km to Ribeira da Azenha; at km 16, at the fishing harbour of Canal.

**Shorten this section:** Finish this walk at Canal (fishing harbour) and get a taxi to Milfontes, saving the last 3 km.

You can combine this stage with the Circular Routes Sissal Beach or Mediterranean Ponds.

