

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 water section, where a different, green and vibrant Alentejo reveals itself before your eyes, with refreshing water streams and ponds – Ribeira do Torgal being the protagonist – where forests of valuable species such as ash, willow and alder trees abound, covering the banks of water streams.

The first part of this section crosses farmland, cork oak forest and scrubland, a mosaic of habitats essential for the birds and mammals abundant in the area. You may well find evidence of wild boar, a species quite common in this region. Insect-eating birds such as tits, nuthatches, warblers and short-toed treecreepers fly restlessly from tree to tree fighting the forest's plagues efficiently and free of charge. There are years when weather conditions are anything but helpful to these efficient insectivores and the forests suffer as a result. The second half of this walk takes one along part of the very beautiful Torgal river, a major tributary of the Mira river that empties into the Atlantic at Vila Nova de Milfontes. Pego das Pias is a uniquely beautiful spot where you'll just want to stay a while, whether in the water or on land. It is a constant battle to keep this special place pristine so please don't litter. On the banks and amongst the undergrowth there are hundreds of scented and medicinal plants, such as Genista tridentata found during spring, oregano during summer and wild asparagus during autumn. When you get to Odemira, you'll meet the Mira river, still tidal here, even with over 20 km of its course to run.

ROTA VICENTINA GENERAL RULES AND RECOMMENDATIONS

-  Walk only along the market trails.
-  The circulation of motor vehicles puts hikers at risk. Choose alternative paths.
-  The trails cross private properties; always close gates and fences. The cattle are tame but can get aggressive if you approach their offspring.
-  Respect Nature. Do not collect or disturb animals, plants or rocks.
-  Do not camp or light fires outside designated areas.
-  Trails without WC, bring 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

HELP US

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

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Certified by the European wide label "Leading Quality Trails - Best of Europe".



Footpath registered and approved by FCMP, integrating GR 11 / E9, connecting Sagres to St. Petersburg.

Download the **Rota Vicentina APP** and take it with you all the information about this route





S.LUÍS » ODEMIRA

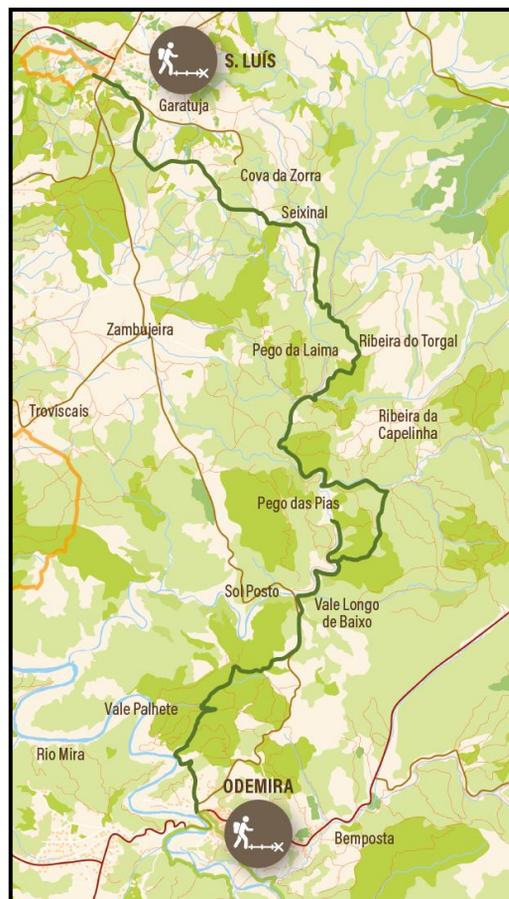
HISTORICAL WAY | 25 KM

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DESCRIPTION OF ROUTE

Follow the asphalt road for almost 1 km, and then turn right next to the houses that are nearby the path. The route initially will continue along a rural road with views of the hills, passing by large estates and descending gradually until crossing the Torgal River – one of the most important tributaries of the Mira –, which will accompany you during this walk. Cross the small cement bridge and go up until you pass through a eucalyptus wood. Then, start descending, enjoying from above the unspoilt forest-clad valley with its abundance of water and wildlife.

After crossing the bridge over the river of Vale de Ferro, you will find Pego da Laima an idyllic and unexpected site illustrating the environment characteristic to this section. The villages of Castelão and Zambujeira are 3.5 km away. The path will continue along the river until it crosses another bridge. Cross the bridge, turn left and, after 1.5 km, don't miss the road on your right intersecting a wider path. On your right, just 1 km away from the main path, there is one of the most iconic sites of this region – Pego das Pias – an area of monumental rocks and lush vegetation, which should not be missed. (Please, leave this place clean and help us by taking away any rubbish that you find.) After returning on the trail, continue to walk along the riverbank until reaching the national road. Follow it for 500 m and then, next to a house, take an ascending path on your right. From here, there are still 5 km to go through eucalyptus forest, followed by the highlight of this section – your arrival in Odemira, accompanied by the views of the Mira River, meandering through the fields below.



Fact Sheet

Distance : 25 km

Approximate duration: 8 h

Accumulated climb: 300 m

Accumulated descent: 450 m

Difficult level: Average

Max. / Min. altitude: 170 m / 10 m

Recommended season September till June

Where to start?

S. Luís : next to the bus stop on the N120 road, which crosses São Luís heading towards Garatuja and Cova da Zorra.

Odemira : at the roundabout with the iron tree sculpture, near the river, towards the health centre.

TIPS

This is a long section. If you want to shorten the walk we give two suggestions:

From S. Luís: Take a taxi to the village of Zambujeira/Castelão, 5 km south along the EN120. From here, head initially along an asphalt road and then on to a dirt track until it intersects with Rota Vicentina (4 km) on a concrete bridge over the Torgal

river. You will be 14 km from Odemira. Total: 18 km (note that this route is not marked).

From Odemira: Take a taxi to Ponte do Sol Posto (5 km) and ask to be dropped off at where the dirt track crosses on the right-hand side, 400 m before the bridge. Follow the path until you find the markers. It is 19 km from São Luís. You can also combine both suggestions and shorten the walk even more.

Refreshments along the way: At km 11, you will find a detour of 3.5 km signposted up to the villages of Zambujeira and Castelão. Bear in mind that by choosing to go to these villages, you will add 7 km to this section of 25 km (this route is not marked).

