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**In one of Rota Vicentina's most accessible sections - always wide and with mild ascents and descents - you'll walk along the Mira River and the São Teotónio Stream , getting in close contact with the beauty of the inland area of this municipality, between the hills and the sea.**

The first part of this section follows the Mira River. The banks are lined either by thick reed beds or by overhanging trees, and both are essential nesting habitats for various different species of bird, (including reed and sedge warblers), providing shelter, nesting material and food. Otters can also be seen frequently along this stretch, and its droppings, called "scats", mainly made up of fish scales and bones as well as the carapaces of signal crayfish, are unmistakable.

The crystal-clear water in the many streams you will cross along the way promote a great variety of different damselflies and dragonflies that flit in and out of the shade or cruise up and down their stretch of water. The strawberry tree

(*Arbutus unedo*) grows abundantly along this section, and has been used by man since time immemorial. No part of it goes to waste; the trunk and branches are used as firewood and to make charcoal, its leaves are used in decoration and its delicious fruit is used to make jam or the famous local brandy called medronho. Why not have a taste in one of the many cafes and tascas along the way, as you cross the region walking Rota Vicentina?

## 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](http://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





# ODEMIRA » S. TEOTÓNIO

HISTORICAL WAY | 19 KM

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## DESCRIPTION OF ROUTE

The route begins by the Mira River in the town of Odemira. After crossing the first bridge, continue walking straight. Take the first turn on the left and continue walking along the Mira, while enjoying the view of the town and the countryside surrounding it. After passing by the agricultural property Avé Sol, where you will see guard dogs, horses and cattle, the path will divert to the south, climbing and descending, until it finally crosses the asphalt road that connects the villages of Boavista dos Pinheiros and Sabóia. Walk along the road for about 150 m, and turn right at the first opportunity. From here, you will walk along the charming São Teotónio Stream that runs parallel to the path, providing coolness and making this part of walk a real pleasure. Before reaching Vale de Linhares, the trail will cross the river twice, first at a cement bridge and then across the riverbed – another opportunity to cool off as you might even have to take off your boots. Once in Vale de Linhares, you will have to turn left before the house on the side of the road and cross another bridge. Pass by two walled ruins and start ascending along a wide footpath, where the remains of an ancient pavement are still visible, then cross the irrigation channel. Near the end of this section, you will pass by Quintas – a row of houses nearby the roadside, which will signal your arrival in São Teotónio. Turn left and follow the road into the heart of this village.



### Fact Sheet

**Distance :** 19 km

Approximate duration: 6 h

**Accumulated climb:** 350 m

**Accumulated descent:** 220 m

**Difficult level:** Easy

**Max. / Min. altitude:** 180 m / 10 m

**Recommended season** September till June

### Where to start?

**Odemira:** at the roundabout with the iron tree sculpture, near the river.

**S. Teotónio:** at the Church square (Largo Gomes Freire, called Quintalão), heading towards Quintas.

### IMPORTANT WARNINGS

You will not find any refreshments along the way. You should bring water (1.5 L) and enough provisions for the day walk.

Pay attention to the signage as there are intersections with a Circular Route.

