

**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 route will be a memorable day hiking, that will take you through remote paths covered in native and well preserved vegetation, descending into deep valleys and climbing again up into mountain heights to enjoy the view over the house of Odeceixe and the sea. At the end the Algarve will be in sight and the route will connect with the Fishermen's Trail.**

It is worth doing this trail in the spring, when the turbulence of the winter floods has subsided and life is emerging all around you. Both along the streams and in the shrubs, the biodiversity is absolutely astounding. *Pterospartum tridentatum*, oregano, sage-leaved rock-rose, pink rockrose, *laurustinus*, myrtle, heather, broom, common hawthorn, mastic tree or flaxleaved daphne are just some of the bushes that abound along the route. Birds respond to this diversity by filling the space with the sound their singing and the views of their skillful flights. The vegetable gardens and fields occupy the floodplains with flat, fresh and fertile soils, ground that is quite rare in this landscape of poor, sparse soil.

The riparian galleries are fantastic, with ash, alder, portuguese oak, willow and tamarisk. The leaves of these trees are deciduous, letting the light enter the flowing streams in the winter and protecting the habitats during the summer with their shade. When crossing the streams, note the holes carved into the bedside barriers: they are made by the southwestern water vole, a friendly rodent reminiscent of a small beaver, not only in the shape of its body, but also in its aquatic agility. In autumn, it is worth asking the inhabitants of the rural houses to taste the unique fruit from their orchards. There are many local varieties of fruits and vegetables that are now being defended from extinction, by associations and by the rural communities themselves.

## 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:

**E:** [info@rotavicentina.com](mailto:info@rotavicentina.com)

**T:** (+351) 283 327 669

**M:** (+351) 969 275 975



**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. TEOTÓNIO » ODECEIXE

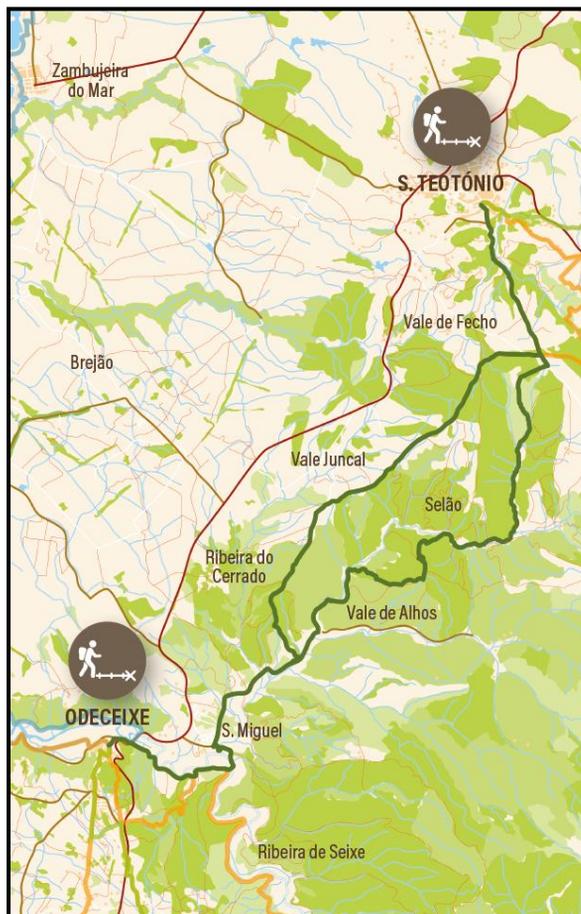
HISTORICAL WAY | 15 KM / 17 KM

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## DESCRIPTION OF ROUTE

Start from the church square walking towards the cemetery and follow the path to the left. Watch your steps, as you will be walking on old pavement. When you reach the crossroads, the path will turn left, ascending and leading through a serene grove, rich with cork oaks, Portuguese oaks, pine and strawberry trees. At the top, look back down on São Teotónio village, nestled below. After walking along the plateau for 200 m on the wide dirt road that leads to the village of Delfeira, the path will turn to the right and go south, descending through the well preserved ravine of Vale de Fecho. At the end of the descent, continue walking straight through a forest of tall eucalyptus. When the main road turns to the right, you must continue straight, passing by ruins and walking through a plantation of eucalyptus until arriving at and crossing the Cerrado Stream. Now, you will start a steep ascent with several twists and turns. Yet, the arrival at the top will be well worth the effort, as you will experience the magnificent views from the mountain range of the village of Odeceixe and the Atlantic Ocean. From here, you will begin to descend towards Vale de Alhos. This is a demanding part of the walk that can be hard on your knees and joints, especially, if you are traveling with a heavy backpack.

Afterwards, the route will now continue along a road for 2.5 km towards the village of São Miguel. At the entrance of the village, turn left, walking across two bridges – one of cement, the other of wood – and arriving at Odeceixe along the southern bank of the river. From here, it is possible to continue to the south towards Aljezur either by following the Historical Way, or the Fishermen's Trail.



### Fact Sheet

**Distance :** 15 km / 17 km

Approximate duration: **5h / 6 h**

**Accumulated climb:** 200 m / 400 m

**Accumulated descent:** 350 m / 550 m

**Difficult level:** Easy / Average

**Max. / Min. altitude:** 189 m / 10 m

**Recommended season** September till June

#### Where to start?

**S. Teotónio:** in the church's square (Largo Gomes Freire, called Quintalão), go in the direction of the cemetery, where you will find a trail marker.

**Odeceixe:** in the beginning of Rua do Rio. Continue parallel to the stream on the south side, without crossing the road bridge.

#### Important warnings

**There are two options to take on this route:** The longer trail passes through an incredibly beautiful valley. However, keep in mind that it cannot be hiked during periods of high precipitation. If there is rain during your hike, opt for the shorter trail. In these periods of intense rain, the section between São Miguel and Odeceixe can be flooded, making it impossible to cross the Seixe stream. In this case finish your walk in the village of São Miguel, or follow the road to Odeceixe.

The alternative, shorter trail starts at the marking to exit S. Teotónio: 1 km after the departure of São Teotónio, the road is marked alternately with mariolas (stacked stones) in order to safeguard the interests of the landlords and the hikers of Rota Vicentina.

#### Tips

**Refreshments along the way:** At 14 km, in the village of São Miguel.

