

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®.

After the magnificent views over Bordeira Beach, the beauty of pristine valleys, where one can barely feel the human presence, the picturesque villages of Vilarinha and Pedralva, you will be ready to face the strong winds that are expected with the arrival in Vila do Bispo. A section where is possible to experience the essence of the Vicentina Coast.

The beginning of this section treats us to scenery in which the mountain range spreads as far as the coast, ending up on the beach. Rocks, hillsides, streams or plains in deep valleys, are some of the features that make up the aesthetic landscape and constitute a mosaic of habitats with distinct ecological functions. En route to the interior, on the way to Vilarinha and Pedralva villages, along the riverbanks, there are tamarisk, willow, ash and Portuguese oaks. On the drier slopes, grow cork oak, maritime and stone pines, oleaster and olive trees. On the steepest slopes, you can admire the natural vegetation, virtually untouched by man, with dense scrub under the cover of cork trees. In this undergrowth strawberry tree, white heather, scotch heather, Viburnum tinus, rock rose, lentiscus, wild asparagus, laurel and gorse are in abundance.

Next to the wind farm, which you will pass after Pedralva, you can find some temporary ponds. These constitute a habitat of priority conservation, since they are environments with a very original flora and fauna, adapted to a life of 3 to 6 months in aquatic environment and the rest of the year in terrestrial environment. The ponds are perhaps the richest habitat in biodiversity in Southwest Portugal, fundamental, for example, for the reproduction of most of its amphibians. The ponds are free from predators of eggs and tadpoles precisely because they are temporary (they dry up in summer), so they are a safe place in which to lay eggs. The most emblematic species of the ponds of Vila do Bispo is Triops vicentinus, an endemic tadpole shrimp from the Southwest Portugal.

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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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





CARRAPATEIRA » VILA DO BISPO

HISTORICAL WAY | 21.5 KM

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DESCRIPTION OF ROUTE

Departing from Carrapateira, start walking upwards along narrow and steep alleys towards the Land and Sea Museum, continuing your ascent until you reach a geodesic mark. Look around and enjoy the stunning views over Bordeira Beach, the village and the surrounding hills. After descending to the valley, turn right next to an old house and continue walking along a footpath until it joins a road, parallel to the river and leading to the village of Vilarinha. At the junction, choose which way you want to walk (see Important warnings). Opting for the right path, you will go through the village of Vilarinha and then go up the hill on the left. Alternatively, you can choose to continue walking through the valley, along the streams of Carrapateira and Sinceira, which you will have to cross several times.

Once the both paths meet, head south and cross the village of Pedralva through a valley with vegetable gardens, houses, orchards and grazing areas. Approximately 1.2 km after the village, the path will ascend leading right until it reaches the wind farm. From here, cross to the other side of the road, pass by the walled ruins and start descending, following the path on your right through a well-preserved valley rich in strawberry trees and other local species. After climbing up again, turn left and proceed along a sandy path, surrounded by pines and scrubland, crossing several wide dirt tracks until you reach the national road. Continue walking along the road for approximately 700 m, then turn to a parallel track on the right. From here, have a glimpse of the houses and the ocean of the south coast of the Algarve, as you arrive in the village of Vila do Bispo.



Fact Sheet

Distance : 21.5 km

Approximate duration: 7 h

Accumulated climb: 350 m

Accumulated descent: 200 m

Difficult level: Easy

Max. / Min. altitude: 140 m / 10 m

Recommended season September till June

Where to start?

Carrapateira: at the main square (Largo do Comércio), going up towards the Land and Sea Museum (Museu da Terra e do Mar).

Vila do Bispo: at the church, in the direction of the soccer field.

IMPORTANT WARNINGS

During the winter and periods of heavy rain:

Between Vilarinha and Pedralva, you can choose to follow the valley (not possible in case of heavy rains), or follow a very beautiful trail through the mountains. Pay attention to the signage as there are intersections with several Circular Routes.

TIPS

Refreshments along the way: At km 9.5, you'll pass the village of Pedralva.

