









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®.

Coinciding with part of the Fishermen's Trail, it offers an insight on the agricultural side of the region, offering a great coastal walk by the vast sand stretch of the beach of Brejo Largo.

This Circular Route allows you to experience one of the most marked dichotomies of the Southwest Alentejo – conservation of nature versus intensive farming. The former is first and foremost a moral imperative for future generations, the latter a priority for the survival of current generations. Management of this dichotomy is one of the biggest challenges of local and national agents today.

The geomorphology of this stretch of coast, and in particular at Foz dos Ouriços, is notable. Folds, faults, discordances and extensive networks of quartz seams, make these cliffs a geological manual where the history of the last 300 ma of the planet is told live. The flora of the dunes is rich and scented. Rosemary, lavender, crowberry, myrtle, lentiscus, immortelle and camphorated thyme, are just some of the species that are present throughout the route. There is also an abundance of mammals on the dunes who build their systems of burrows under the dense scrub of the more set back dunes. The most common are the rabbit, the Egyptian mongoose (locally known as escalabardo), the beech marten (also known as papalvo), badger, genet and otter. In the innermost section of the route there are several temporary ponds, one of the most unique and protected habitats of the Natural Park, where European pond turtle is a protected species.

RULES & RECOMMENDATIONS

-  Walk only along the marked 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 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

HELP US

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

E: info@rotavicentina.com

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THE DUNES OF ALMOGRAVE

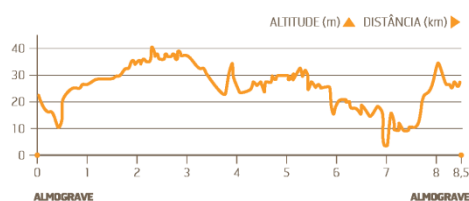
CIRCULAR ROUTE | 8.5 KM

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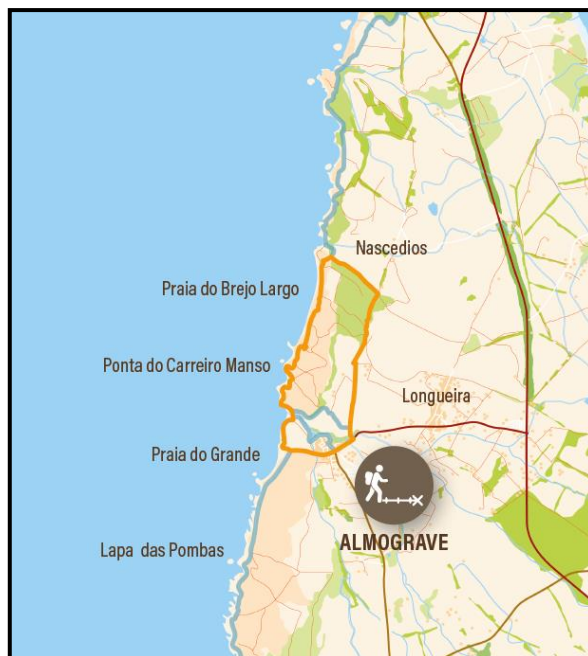
DESCRIPTION OF ROUTE

The trail starts from the Almogrove roundabout and follows the tarmac road, passing by the youth hostel Pousada de Juventude, the public wash-house, and then turning onto the first dirt track on the left. When you arrive at the crossroads, keep walking straight (the Fishermen's Trail will continue along the path on the left). Carry on for 1.5 km and turn left at the second crossroads, entering an area of acacias. Keep walking until the route turns slightly to the right, crossing a small stream and leading into a pine forest. A little further, walk along a fence, until you re-enter the acacia grove and join a sandy lane. Turn right and carry straight on, you will cross a cement bridge. From here, turn left and continue walking until the end of the cultivated field. Before the abandoned house turn left, crossing a bridge and climbing a sandy track. Here the route overlaps with the Fishermen's Trail.

Proceed walking along the coast and Brejo Largo Beach, passing several small coves leading to Foz dos Ouriços Beach, where the Circular Route will separate from the Fishermen's Trail again. Follow a track that runs to the right and descends to the beach. Cross the stream and follow the track on the other side of the beach, leading along the coast until reaching the parking area at Almogrove Beach. Turn left and walk along the boardwalk, returning to the village of Almogrove.



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



FACT SHEET:

Distance: 8.5 km

Approximate duration: 3h

Accumulated descent: 100 m

Difficulty level : Average

Max. / Min. Altitude 40 m / 0 m

Recommended direction counterclockwise

Recommended season September till June

WHERE TO START?

Almogrove: at the roundabout, going on the Rua do Chafariz and passing the public wash house. Ahead follow the trail signs pointing left.

IMPORTANT WARNINGS:

Difficulty level: Although it has no steep ascents, this route has much sand and a river crossing. **Route marking:** Circular Routes are marked with yellow and red markers. Along the coast, when this route coincides with the Fishermen's Trail (blue and green), route markers have both sets of colors. Pay attention to markers and study the map in order to understand the points at which the two routes split.

Crossing the beach of Foz dos Ouriços: The tides and the rainy season have a strong influence on this beach, and the crossing is always different and a challenge. On days when the sea is raging, do not cross the river, instead follow Fishermen's Trail till Almogrove.

TIPS

Refreshments along the way: Only at Almogrove.

Depending on the sea conditions, you can follow partially the beach of Brejo Largo.