

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®.

São Teotónio is the last Alentejo town before the Algarve, a small center of pulsating economic life, between the mountain range and the sea. Starting in the famous Quintalão, the town's yard, this trail leads us along the stream, by narrow paths, into the heathlands rich with mediterranean wildlife.

The streets with modest houses, with its traditional commerce, give way to vegetable gardens and meadows, which provide half of the livelihood of this land's inhabitants. With extensive pastures where cattle graze slowly, forests of cork trees, strawberry trees and pines, this land gives much to the local inhabitants. From these forests cork, wood, firewood, pinecones, acorns, mushrooms, and wild asparagus are extracted, among many other generous gifts from nature.

Of all of them, the strawberry tree stands out. The harvest of its fruit begins in autumn, when the branches of the tree are full, and goes on until December. The harvest is a group activity, in which families and neighbors come together very early to pick the ripe fruits that guarantee the quality of the aguardente (a clear brandy) produced, leaving them in barrels to ferment. In the month of December, the distiller immerses in the art of fermentation, which has something of magic about it, as well as of science. It is a creative process, requiring the intuition and sensitivity of the distiller, but also an important accuracy of the process. The transformation of the fermented fruit mass into the medronho aguardente is a complex process that has passed from generation to generation.

Along the side of the road, enjoy the flowering plants that grow throughout the year – strawberry tree, lavender, shrubby everlasting, heathers, brooms and wild orchids. Some of these wild plants are popularly used for healing, as is the case with the centaury, which is known to quickly end a hangover. In the open fields, spot the birds of prey on the hunt, or listen to the pipits, larks and zitting cisticola singing. On mud or dirt roads, look for the footprints of foxes, genets, badgers and Egyptian mongoose. In wetlands, where rushes predominate, lives the only protected European rodent, Cabrera's vole. In the shrubs, where the ground is revolved, that is a sure sign that the wild boar has been looking for bulbs and small animals. The adult male boar is usually solitary, joining the female only in the breeding season. However, sometimes the boar allows a young male to join him, using it as a batter.









The route crosses the ravine of Água de Peixe, with its gallery of willow and

Portuguese oak. As you cross this water line, keep an eye out for the river otter's feces and footprints. This elusive creature fishes in the calm of the twilight. Its feces are easy to identify by the presence of fish bones and carapace of crayfish, left in places visible in order to mark its territory.

São Teotónio não dorme (São Teotónio does not sleep) is a common expression of the region, originating in the fact that Friar Teotonius spent the night before the Battle

of Ourique praying for the victory of King Afonso Henriques. The expression is now used to emphasize the tough character of the people of São Teotónio, who are capable of overcoming the greatest adversities, but also their party side, which can be witnessed in the biannual celebration of the masts, an event that requires a dedicated preparation, including many nights covering the village with colorful paper flowers.

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

T: (+351) 283 327 669

M: (+351) 969 275 975



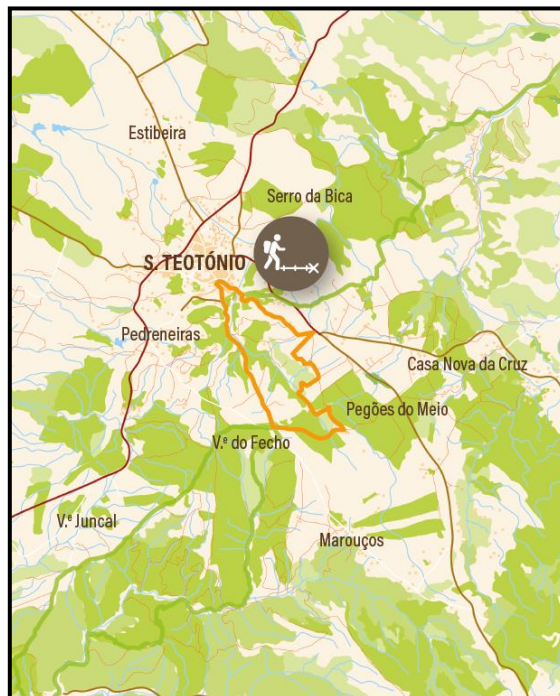
S.TEOTÓNIO`S HEATHLANDS

CIRCULAR ROUTE | 8.5 KM

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DESCRIPTION OF ROUTE

Start by following the Historical Way in the direction of Odeceixe. Near the cemetery, enter the valley, still following the Historical Way and looking for the white, red and yellow signs. Continue walking for about 1.5 km, and be careful – the markings here can be discreet and not easy to notice. A little further on, you will arrive at a plateau and a wider road. Here, the Circular Route separates from the Historical Way. Turn left and follow only the yellow and red signs, crossing a valley. At the exit of the valley, next to an old farm, turn to the left. The path will descend the valley again and lead to the São Teotónio Stream, which you will have to cross. On the other side, turn right and continue walking for about 300 m. Cross the stream again and ascend along the other bank, passing by a farm. About 250 m after the farm, take a path to the left and cross a moorland, making sure to always follow the signs. The trail will continue for a while along a narrow path. When you find a path next to the road, turn sharply left. After passing by a fence, follow the same path leading right and keep going straight until you reach São Teotónio. The return path to the village overlaps with the Historical Way's section Odemira » S. Teotónio.



FACT SHEET:

Distance: 8.5 km

Approximate duration: 3h

Accumulated descent: 200 m

Difficulty level : Easy

Max. / Min. Altitude 180 m / 130 m

Recommended direction counterclockwise

Recommended season September till June

WHERE TO START?

S.Teotónio: in the Largo Gomes Freire, called Quintalão, the church's square.

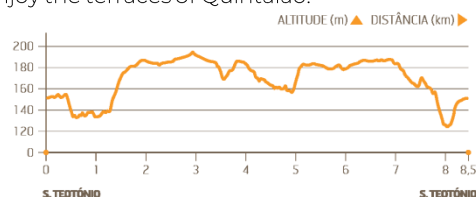
IMPORTANT WARNINGS:

Pay attention to the white, red and yellow marks on the Circular Routes, when these overlap with the Historical Way; the yellow and red marks are for Circular Routes only

TIPS:

The Mother Church is one of the few churches in this region that is open for the public . It is well worth to make a short visit.

Enjoy the terraces of Quintalão!



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

