

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 Circular Route allows you to combine a beautiful stretch of the Fishermen's Trail with the richness of the Seixe stream floodplain, the rural life of the inhabitants of the plains of Maria Vinagre and the best views of Odeceixe from the washhouse and the mill.

The mouth of the Seixe river is a delight to look at. The sweet flow of water from Monchique, after refreshing gardens and floodplains, spills in abundance in the ocean. In its final section, it leaves sediments on the banks, creating labyrinthine wetlands that are essential habitats for the fauna. Grey herons and great egrets have a regular presence, as well as shorebirds. The latter are frequent on the beach: dunlins, ruddy turnstones, and plovers run restlessly by the foam of the waves, devouring hastily all the small animals brought by the sea.









The vegetation, discreetly, does us the great favor of protecting the dunes from the attack of the wind. Without these aromatic, cushion-shaped shrubs to withstand the wind, the dunes would disappear. The sand that makes them would be taken to the agricultural fields, houses and roads by the wind that blows from the sea to earth. It is also worth to appreciate the forms that the erosion of the sea digs in the rocks of the cliffs. These ancient rocks were bent and broken by the formation of ancient mountain ranges. Now the sea and the small streams scuttle them, adding new shapes, equally spectacular.

In the clumps of this Circular Route, it is easy to find some very rare and endemic plants of the southwest of Portugal, such as *Adenocarpus anisochilus* (bush of beautiful yellow flowers), *Euphorbia transtagana* (very discrete plant with a milky seiva that is toxic) and *Centaurea vicentina* (with showy purple flowers in spring).

As to the birdlife, it is worth mentioning the tawny and meadow pipits (*Anthus campestris* and *Anthus pratensis*), carrion crow (*Corvus corone*), zitting cisticola (*Cisticola juncidis*), shrikes (*Lanius*), woodpecker (*Dendrocopos major*), corn-bunting (*Emberiza calandra*), Eurasian nuthatch (*Sitta europaea*), linnets (*Carduelis canabina*), European crested tit (*Lophophanes cristatus*) and the ciril bunting (*Emberiza cirilus*). Hidden in the woods, the birds of prey go out to hunt in the open fields. This

is the case of the short-toed snake eagle (*Circaetus gallicus*) or the black-winged kite (*Elanus caeruleus*).

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



ODECEIXE TO THE SEA

CIRCULAR ROUTE | 15 KM

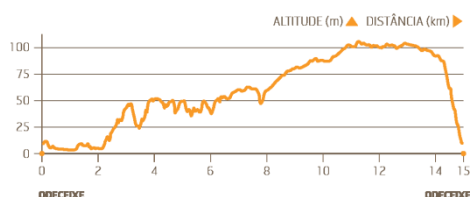
Warning: this is a document to support the walker, not being allowed to be reproduced for commercial purposes, without the written authorization of Rota Vicentina®.

DESCRIPTION OF ROUTE

Leave the main street and walk along Rua da Praia. After going through meadows along a dirt road, the route will join an asphalt road towards Odeceixe Beach. Here you can have a coffee and enjoy the view – considered one of the Wonders of Portugal. Continue walking along a road until you reach a large parking lot. Then, follow the path to the right, always in the south direction. From here onwards, the trail will continue along the coast, offering opportunities to appreciate cliffs and breathtaking views.

After crossing two water lines, you will reach the deep ravine of Maria Vinagre. Here, the trail leads inland along a small road. Walk for approximately 1 km; and at a fork, turn right, crossing the ravine of Maria Vinagre. When you reach another fork, turn left, leaving the Fishermen's Trail that will continue right, leading to Rogil. Walk towards Maria Vinagre. Shortly before entering this village, leave the road by turning left. Pass by a wash-house and keep following the path along the canal. After 400 m, the trail turns to the right, crossing a small road. After 500 m, turn left next to the houses. From here, the trail continues straight, leading through vegetable gardens and forests until the hamlets of Chabouco and Malhadais. From here, you will begin the descent towards Odeceixe. Enjoy the magnificent views, especially, on the left side after passing by the cafe Altinho next to a public wash-house (view over Vale do Seixe) and next to the mill of Odeceixe (view over the village of Odeceixe).

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



FACT SHEET:

Distance: 15 km

Approximate duration: 4 h 30

Accumulated descent: 200 m

Difficulty level : Easy

Max. / Min. Altitude 110 m / 10 m

Recommended direction

counterclockwise

Recommended season September till

June

WHERE TO START?

Odeceixe: at Largo 1º de Maio (main square in the village), heading towards the beach.

IMPORTANT WARNINGS:

Between the village of Odeceixe and the beach, the route follows along the road. Walk on the left side of the road (opposite the traffic) and be careful.

There are other routes in this area. Pay attention to the signage.

TIPS

Refreshments along the way: At km 3, at the Odeceixe beach (between May and October). Or at km 10 in Maria Vinagre.