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The Circular Route Amoreira crosses hills covered by vegetation adapted to dry landscape and is rich in aromatic plants. The Mediterranean shrubs on shale soils are followed by pine forests and bushes on sand dunes that include rare species of plants. Along the coastline, schists and greywackes can be found in spectacular forms created by tectonic movements.

Along this course, we can understand the process of survival of the fittest for species living along the dunes, from sea level to the pine forest. By the sea, the conditions are rough - strong wind, intense sun exposure, poor dry soil, sea spray (salty water splashed from the sea). Only true “plant superheroes” are capable of growing under such conditions. Here you can find the Portuguese crowberries, globe amaranths, rosemary, thyme, sage-leaved rock-rose, pink rock-roses, the *Lithodora prostrata*, the juniper and the yellow restharrow. As you walk inland, the rough coastal conditions subside and the vegetation begins to grow in height until reaching the pine trees, the closest line of defense from the sea for the villages. This army of vegetation takes on the role of softening the most aggressive natural forces of the sea, providing to the coastal populations and their agricultural cultures a milder, more inhabitable environment. In the pinewoods you can also find one of the most numerous populations of a endemic plant species - the *Teucrium vicentinum*.









The mouth of Aljezur stream is a paradise for birdwatchers. If you are one, it's worth lingering by the stream mouth, with binoculars in hand. Take special notice of the areas that are exposed during the empty tide; in the marshes, rushes and sandbanks, you can frequently spot shorebirds. In the spring, you can also enjoy the vibrant colors of the bee-eaters.

Other endemic plants of this coast, such as the *Linaria ficalhoana*, *Biscutella vicentina*, *Diplotaxis vicentina*, and *Thymus camphoratus*, are also present in the dune zone of the mouth of Aljezur stream. From February till April, various species of wild orchids can be observed in the clearings of the bushes.

At the eastern side of the route, worn down by erosion, the soil of the hills is dominated by gum

rockroses. This plant's huge white flowers sometimes have a red tear at the base. For this reason, and because the flowering occurs during Easter, people say that this plant represents the five wounds of Christ that can be seen in the flowers of the rockrose.

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:

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AMOREIRA

CIRCULAR ROUTE | 7 KM

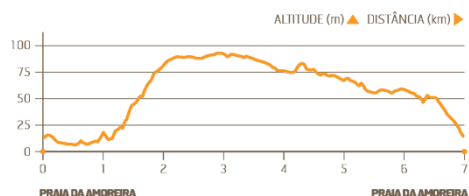
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DESCRIÇÃO DO PERCURSO

Start from the parking lot – for the first 400 m, follow the road towards Aljezur. After passing another parking area, turn left, walk along a floodplain and cross the stream. At the intersection, turn right before a large farmhouse. From here, the path starts to ascend and, after reaching a plateau, you will find the Historical Way – turn left and follow it for about 1.3 km. Just before the road leading to Carreagem Beach, turn left along a path that leads to the bottom of a dune. Continue walking straight and slightly up enjoying pine forests and dunes. When the trail turns to the left, you can go right and continue walking for about 300 m to visit the spectacular Carreagem Beach. After returning to the trail, keep walking south for 1.5 km, going back to the starting point.



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



FACT SHEET:

Distance: 7 km

Approximate duration: 2 h 30

Accumulated descent: 150 m

Difficulty level : Easy

Max. / Min. Altitude 90 m / 10 m

Recommended direction

counterclockwise

Recommended season September till June

WHERE TO START?

Praia da Amoreira (Amoreira Beach): in the parking lot on the north side of the beach.

IMPORTANT WARNINGS:

Pay attention to the signs marked in white, red and yellow on the Circular Routes that overlap with the Historical Way. The signs marked yellow and red are for the Circular Routes.

TIPS

Refreshments along the way: On Amoreira Beach, there is a cafe-restaurant, open from Easter until October.