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This Circular Route starting from the village of Carrapateira is a prime opportunity to observe the relationship between the people of this land and the sea. Along the route, you will find several viewpoints with superb views over the cliffs and beaches of Bordeira and Amado, as well as the ruins of an Islamic seasonal fishermen's village.

It is worthwhile to linger on the beach of Bordeira to appreciate how the sea has carved the sand into harmonious shapes, constantly changing with the seasons. This beach, unique and full of nooks and crannies, was the result of the interaction between sediments from Monchique, the deposits left by the sea, the insistent work of the wind, and the whims of the tides and currents. Carrapateira is a special place that delights vacationers, surfers, hikers, fishermen, goose barnacle hunters, and biologists alike. In the dunes, the vegetation is exuberant: thyme, yellow shrubby everlasting, rosemary, lavender, Portuguese crowberry, blue pimpernel, sea lavenders, gum rockrose...

Here in the south, the shape of the cliffs begins to take on new forms as the rock turns to limestone. The limestone dissolves easily in rainwater, which is slightly

acidic. Thus, the sea water eroding the cliffs below, combined with the dissolution of the top of the cliffs caused by rain and runoff water, gives rise to holes, caves, arches, and rock columns. Red deposits contrasting with the whiteness of the limestone can be seen; these are formed from insoluble materials that are found inside limestone, such as red clays.

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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CARRAPATEIRA CLIFFS

CIRCULAR ROUTE | 10.5 KM

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DESCRIPTION OF ROUTE

From the Largo da Carrapateira square, turn right, following the national road and then, turn left next to a mill, following a sand lane leading to the right towards a stream. Cross a wooden walkway, going in the direction of the beach. Then, continue walking along a narrow and stony track running parallel to the stream, until you arrive at another wooden walkway. The view over Bordeira Beach is impressive and on clear days, it is even possible to see the bay of Arrifana.

Ascend to a large dirt road. Near Ponta da Carrapateira, there are several viewpoints, from where you can enjoy the cliffs, dunes and the dense vegetation that populate them. Fishermen and seafood gatherers often can be seen – there are still two small fishing ports and an old fishing village. After you pass by Amado Beach and the parking lot, take the first path to the right, crossing a meadow with riparian vegetation and a small stream surrounded by tamarisk trees. From here, start ascending, soon you will see the village of Carrapateira.

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



FACT SHEET:

Distance: 10.5 km

Approximate duration: 3 h 30

Accumulated descent: 150 m

Difficulty level : Easy

Max. / Min. Altitude 50 m / 0 m

Recommended direction

counterclockwise

Recommended season September till June

WHERE TO START?

Carrapateira: in Carrapateira square.

IMPORTANT WARNINGS:

When strolling along Ponta da Carrapateira, you will find several paths that lead towards the sea. Remain only on the wooden walkways.

Due to the large number of routes in this area, pay special attention to the signage.

TIPS:

Refreshments along the way: In Carrapateira, in the fishing port and in the beach of Amado.

