










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 is a day to purify your soul thanks to the overwhelming views over Vila Nova de Milfontes and the Mira river that meets the ocean here. It is a short and accessible hiking day so that you may enjoy the area to its fullest extent.

Crossing the bridge over the river in Vila Nova de Milfontes provides stunning views of the river's mouth, the small town beside it and the natural vegetation that covers the local hillsides. This vegetation is important as it attracts many different species of birds and small mammals. At low tide, enjoy the view of the marshes on the river bends, partially submerged and covered with reeds, important in their own way also as breeding grounds for several species of fish. Between March and October you'll be able to see many swifts as alpine, pallid and common swift all nest along this coast. Their breeding season starts as soon as they arrive and their acrobatics as they constantly search for enough food for their chicks is one of the wonders of the area. They spend over 90% of their life on the wing and have extreme difficulty in becoming airborne should they land anywhere but on a cliff or high building.

There are stretches along this part of the coast where native vegetation displays all its diversity and other areas where it has been destroyed and wiped out by a most aggressive exotic plant – the acacia. This invasive plant is quite capable of reducing the sand dunes' biodiversity almost to zero. At times intensive farming stretches right down to the ocean, but you can also enjoy other less invasive traces of human presence such as local, non-commercial, fishing or small Stone-Age quarries amongst the dunes, a reminder that man has been shaping this coastline since time immemorial.

RULES & RECOMMENDATIONS

-  The trails cross sensitive areas of the Southwest Alentejo and Vicentina Coast Natural Park. Maximum of 20 people per group.
-  Only for hikers. The circulation of vehicles on the dunes is prohibited.
-  It is forbidden to camp along the entire Fishermen's Trail. Look for authorized camping grounds.
-  Trail with some degree of difficulty are not recommended for people with vertigo or fear of heights.
-  The cliffs are in a constant process of erosion. Walking along them be careful of the danger of falling.
-  Respect Nature. Do not collect or disturb animals, plants or rocks.
-  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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Download the [Rota Vicentina APP](#) and take it with you all the information about this route





VILA NOVA DE MILFONTES » ALMOGRAVE

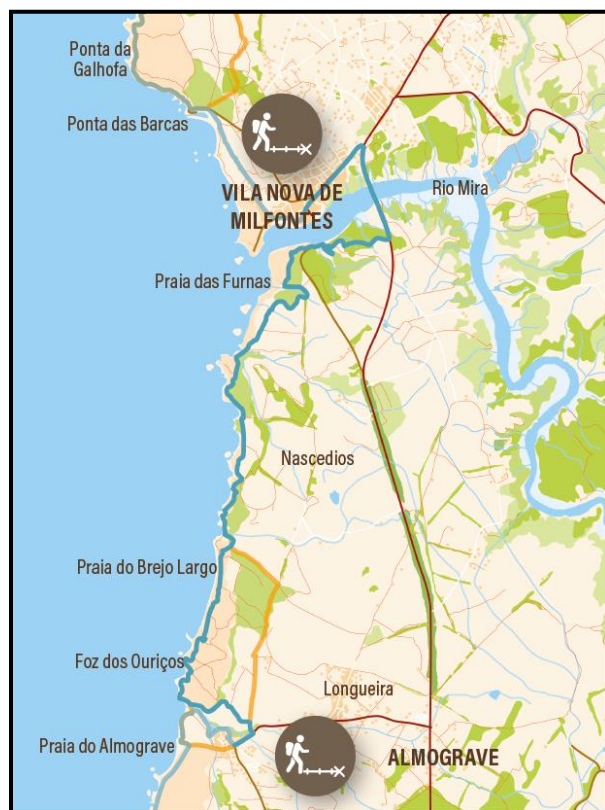
FISHERMAN`S TRAIL | 15,5 KM

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DESCRIPTION OF ROUTE

Start by walking along Rua Custódio Brás Pacheco until the roundabout with the national road EN390/393, and turn south, crossing the bridge over the river, where you will be able to see the Mira and its impressive river mouth, perfectly portraying the beauty of Milfontes. After about 500 m along the asphalt road, turn right, passing through a wooden gate opening onto a narrow trail, which goes through farmland and pasture, down to the river beach of Furnas. The view of Milfontes now can be enjoyed from the southern shore of the Mira, as the trail will continue along a path until reaching the end of Furnas Beach.

Afterwards, keep walking along a wide track; you will bypass a protected area, where an endemic species that only exist in this region can be found - the *Plantago almogravensis*, currently in danger of extinction. Please, respect the signs and walk only on designated trails. The unexpected scenery of large agricultural fields that extend almost to the ocean, will give way to a walk through forest of acacia trees, crossing two wooden bridges. After passing an abandoned house, the trail will join the Circular Route The Dunes of Almogrove and return to the coast at Brejo Largo Beach. During low tide, you can walk a few hundred meters along the beach. Otherwise, keep walking along the cliffs until Foz dos Ouriços Beach, where the path will turn inland, towards the village of Almogrove.



FACT SHEET

Distance: 15,5 km

Approximate duration: 5 h 30 m

Accumulated climb: 150 m

Accumulated descent: 130 m

Difficulty level: Average

Max. / Min. Altitude: 60 m / 10 m

Reccomended season September to June

Where to start?

Vila Nova de Milfontes: at the tourist office (located on Rua António Mantas), following the Rua Custódio Brás Pacheco towards the main road.

Almogrove: at the roundabout (beginning of Avenida da Praia), heading along Rua do Chafariz to the wash-houses. Further on you will find sign posts to join the path to the left.

Important warnings

Between Vila Nova de Milfontes and the Furnas Beach, the path initially goes along Rua Custódio Brás Pacheco. Be careful and always walk on the pavement.

From the roundabout on the main road to the road bridge (500 m), and from the end of the bridge to the wooden gate that gives access to Vila Formosa (500

m), the path goes along the verge of the road. Walk with the utmost caution, as far over as possible on the right hand verge.

Remember to close the gate so that the cattle cannot get out of the property.

When crossing the property between the gate and the beach of Furnas, take care with the livestock, avoid sudden movements and stay away. Although docile they don't like strangers approaching their offspring. This section overlaps with other routes. Pay attention to the signs.

Tips

Refreshments along the way: At km 4, in Furnas beach.

Go along the river! If you want to avoid crossing the bridge, you can cross the river by boat. Check our website for more information about this service.

