










**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®.**

**Small fishing harbours, reddish sand dunes, the scent of pine tree forests and the sight, seen nowhere else in the world, of storks nesting on the cliffs make this walk a true balm for your senses.**

The high cliffs you will see during this part of the journey, despite being exposed to the constant salty ocean winds, are the nesting site for over twenty species of bird! These include jackdaw, shag, common kestrel, "pure" rock dove, white stork, peregrine falcon and black redstart. It is worthwhile taking the time to stop and watch these birds especially during spring, around the Cape Sardão area. The rock doves are especially interesting as they are the original species from which all the feral pigeons in the world descend.

If you look carefully along this coastal stretch it is easy to see past climate change written in the rocks. The sandstone was formed when the sea was at least 100 m, lower than at present, with the beach over 60 km further west. Prehistoric settlements have been found here with remains of colder climate animals and shellfish, clear signs of a colder, drier past, but it is equally possible to find signs of times when the climate here was warmer, wetter and more tropical, displayed by impressive reddish tones in the sand and sandstone, resulting from the accumulation of iron oxides.

## 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](http://rotavicentina.com)

## HELP US

For any further information or help regarding the Rota Vicentina, please contact us:

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**T:** (+351) 283 327 669

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Download the [Rota Vicentina APP](#) and take it with you all the information about this route





# ALMOGRAVE » ZAMBUJEIRA DO MAR

FISHERMAN`S TRAIL | 10 KM

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## DESCRIPTION OF ROUTE

The route starts on the footpath you have seen on the previous day from the other side of the ravine. Pass by the church and turn right to join the path that goes to Foz dos Ouriços Beach. When you reach the car park of Almogrove Beach, head towards the small natural fishing harbour of Lapa das Pombas – an alternative starting point of this section. From here on, the trail will lead along cliffs over a landscape of craggy rocks and red sand, set against an impressive backdrop with the lighthouse of Cape Sardão in the distance. Before reaching the village of Cavaleiro, you will have to bypass an area with a high degree of erosion. Enjoy the bright yellow shades of the dunes that appear through the pine forest. As you arrive at the Cavaleiro, take an opportunity for a break. Nearby the lighthouse, notice the various stork nests that adorn the coastline - a phenomenon unique in the whole world.

From here until the fishing harbour of Entrada da Barca (located 3 km from Zambujeira do Mar), a well-defined path, also suitable for cycling, goes along the shore, bypassing small beaches and inaccessible coves. The descent to the small fishing harbour requires some caution because of the steepness of the track. From here to Zambujeira do Mar, follow the pedestrian path parallel to the road. Visit the several viewpoints along the way, until you arrive at Nossa Senhora Beach, where the trail returns to the coastline.



### FACT SHEET

**Distance:** 22 km

**Approximate duration:** 7 h

**Accumulated climb:** 200 m

**Accumulated descent:** 200 m

**Difficulty level:** Average

**Max. / Min. Altitude:** 90 m / 10 m

**Reccomended season** September to June

#### Where to start?

**Almogrove:** at the roundabout (beginning of Avenida da Praia), towards church.

**Zambujeira do Mar:** at the Chapel of Nossa Senhora do Mar, in the direction of the beach of Nossa Senhora and the fishing harbour of Entrada da Barca.

#### Important warnings

Between Entrada do Pau and Ponta da Carraca the trail deviates inland entering an area of pine forest in order to avoid a strip of coastline with a high degree of erosion. As a matter of security and environmental preservation, be aware and

observe this divergence. We rely on your consideration!

This section overlaps with other routes. Pay attention to the signs.

#### Tips

**Refreshments along the way:** At km 9.5, you pass through the village of Cavaleiro; at km 18, in the fishing harbour of Entrada da Barca there are two restaurants.

**Shorten this section:** From Almogrove, you can go straight to the beach saving half an hour of hike; From the fishing port of Entrada da Barca, you can go to Zambujeira by taxi (4 km).

