

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®.










On this trail, you can see cliffs up to 100 meters' high that unveil a fascinating geological history.

The small fishing ports have operated since remote times in the most sheltered places of the coast, naturally sheltered from north and northwest winds. Some of the most fished species on this coast are sardines, mackerel, meagre, monkfish, lobster, Mediterranean moray, European conger, octopus, Atlantic seabream, European bass, red porgy, horse mackerel and goose barnacles.

On this route, the cliffs reach up to 100 m high, displaying rocky strata with spectacular folds and presenting a rich geological history. When the supercontinent Pangea was formed, the clash between continents lifted, compressed, split and folded the continental shore rocks and the sediments deposited on the ocean floor, forming mountains with altitudes of more than 4 km. The present rocks of the cliffs (schist and grauvaques) have resulted from these giant movements of the compression of sedimentary strata that occurred more than three hundred million years ago!

The sustenance of the people of the southwest coast of Portugal has always been linked to the sea, and the land, too hard to work. In the most fertile and fresh lands near the streams, people grow corn, beans, potatoes, tomatoes, broad beans and chickpeas. The sargassum (seaweed) has been used as fertilizer. On the slopes, the rich flora provides grazing land to the cattle and supports bees that produce a fine and aromatic honey.

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:

E: info@rotavicentina.com

T: (+351) 283 327 669

M: (+351) 969 275 975

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





ARRIFANA » CARRAPATEIRA

FISHERMAN`S TRAIL | 20 / (21.5) 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

After passing the parking lot next to Arrifana Beach, take the asphalt road towards Aljezur. After one kilometer, turn onto the dirt road to the right. Walk through a shrubby area enjoying the ocean on one side, and the hills and valleys on the other, until you pass an intersection with directions to Aljezur. Continue straight, and at the next intersection, turn left, descending to Canal Beach surrounded by the breathtaking view of the coast and the area of Vale Figueiras. The final part of the descent will follow a narrow path. Cross a small stream and continue along the path that goes up to the other side, leaving the beach behind. At the end of the climb, you will enter an area of eucalyptus. After reaching the end of a long, straight path, take a path to the right. After 1.5 km, you will encounter a small asphalt road to the right. Keep walking along it; a little further, the route will separate from the Historical Way, leaving it behind to follow the green and blue signs of the Fishermen's Trail. The route continues the southwest direction, first among houses and then surrounded by vast sceneries of the ocean and the hills. Approximately 3.5 km after the separation from the Historical Way, you will find signs of the Circular Route From Bordeira to the Sea. Turn right onto a sandy path. It is recommended to ascend to the geodetic mark to witness a stunning landscape. Afterwards, the path reaches the coastline and continues along the north side of Bordeira Beach. Attention: under normal conditions, you will be able to walk along the beach until the cape of Pontal da Carrapateira and reach the village by following the Circular Route named after it. However, there may be circumstances when it is not possible or advisable to cross the Bordeira River. In that case, you will have to follow the signs to the pine forest do Bordalete, cross the bridge there and, afterwards, turn right. A little further ahead, you will find an asphalt road that you should follow for 2.8 km until reaching Carrapateira.



FACT SHEET

Distance: 20/ (21.5) km

Approximate duration: 6 h 30m / (7h30m)

Accumulated climb: 300 m / (350)

Accumulated descent: 250 m / (350)

Difficulty level: Average

Max. / Min. Altitude: 30 m / 0 m

Recommened season September to June

Where to start?

Arrifana: at the top of Arrifana beach

Carrapateira: at Largo do Comércio.

Important warnings

The first part of this Route corresponds to the Historical Way, marked only in white and red.

Pay attention to the sea conditions at Bordeira Beach. If you can't cross because of poor conditions, walk up to Pinhal do Bordalete and follow the rad until Carrapateira.

This section overlaps with other routes. Pay

attention to the signs.

Tips

Consider staying a few extra days in this área in order to walk and explore the Circular Routes of Bordeira and Carrapateira.

Refreshments along the way: at km 9 in Monte Novo

