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This is one of the sections of the Fishermen's trail that offer the most spectacular views. Just when you start to think that you have already seen it all, prepare to be amazed by the incredible rock formations and the otherworldly beaches - Amado, Murração and Manteiga are three unspoilt natural treasures that can be enjoyed by the hikers.

When this route reaches the coast, at the meeting where the road leads to the fishing harbor (Porto de Pesca do Forno), it is well worth it to see the Islamic village of Ponta do Castelo. Dated from the 12th to 13th centuries, the village had at least 15 dwellings, a drying terrace for fish and three ovens to bake bread, and would only have been used during the milder seasons of the year. It is located in a place so exposed to the wind and humidity of the sea, that it has also been suggested to have been an kind of observatory, perhaps for whaling. Whales were once abundant in the Algarve, with records of hunting up until at least the 14th century.










In the archaeological excavations of this town, they found remains of ceramics, hooks, harpoons, weights of fishing net and vestiges of marine fauna, including a whale bone. The large plateau that leads the hiker to

Vila do Bispo contains deep ravines, excavated in the shale by the water lines. One of them, Barranco da Pena Furada, flows into a beautiful little beach of the same name. The beach is a small sandy cove facing northwest, whose rocks hold interesting shapes made by marine erosion.

The natural abundance of game, fish and shellfish have attracted human populations to this coastline since prehistory. South of Barranco da Pena Furada, the trail passes through an archaeological station, currently without surface traces, but where stone artifacts belonging to the Paleolithic were found. The artifacts showed signs of temporary camps that were set up during the milder, more temperate seasons. During spring, take in the scents, watch the feast of pollinating insects and keep a look out for some rare and endemic plants of this coast: *Biscutella vicentina*, *Diplotaxis vicentina*, *Hyacinthoides vicentina*, *Herniaria algarvica*, *Cistus palhinhae*, *Teucrium vicentinum*, *Thymus camphoratus* and *Linaria algarviana*.

In the ravines, it is common to hear the common nightingale and the cetti's warbler. The white stork, western jackdaw, rock dove and the black redstart nest on the cliffs. In the plateau there are partridges, common kestrel, common linnnet and Iberian grey shrikes.

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





CARRAPATEIRA » VILA DO BISPO

FISHERMAN`S TRAIL | 16 KM

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DESCRIPTION OF ROUTE

Start by crossing the road and take the exit on the other side, directed Southwest. The path will take you through agricultural fields until you will arrive at the restaurant Sítio do Forno. Turn south and continue walking towards Amado Beach. Descend to the beach and turn left after you reach the bars, then head south. After 200 m, cross the valley through the sand and follow the trail that starts slightly above the beach. Cross another valley and follow along a coastal path going up to the Casa do Engenheiro (engineer's house) to enjoy an absolutely stunning view of the Vicentina Coast with its imposing cliffs. From here, walk down to Murração Beach. Before crossing the beach towards the south, pay attention to currents and the conditions of the ocean – it is not always possible to cross the beach. On the opposite side, start walking up. Once on top, leave the Circular Route on the left side and go straight for approximately 700 m. Take a path to the right and when you reach the top of the cliff, enter a trail on the left that follows the coastline up to Manteiga Beach. If you decide to go for a swim, be careful and check the ocean conditions. On the other side of the beach, climb up the cliff and continue walking south until you encounter the Circular Route Cordoama. Here you can choose whether to go directly to Vila do Bispo along the Fishermen's Trail, or to explore Barriga Beach and Cordoama Beach along your way by following the Circular Route, which also leads to the same destination. If you keep following the Fishermen's Trail, turn left and continue walking for 2 km, until you reach the Historical Way. Then, follow its white and red signs until Vila do Bispo.



FACT SHEET

Distance: 16 km

Approximate duration: 6h30m

Accumulated climb: 500 m

Accumulated descent: 420 m

Difficulty level: Hard

Max. / Min. Altitude: 140 m / 0 m

Recommended season: September to June

Where to start?

Carrapateira: at Largo do Comércio.

Vila do Bispo: at Largo da Igreja.

Important warnings

Pay attention to the sea conditions at Amado

and Murração beaches. In case you cannot cross Murração Beach, take the Circular Route through the interior.

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

