

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 trail brings us closer to the culture, geology and biodiversity of this extreme southwest of Europe, a unique and special place.

In terms of its climate, its distinct chalky soil and its proximity to the sea, the coast of Sagres and Cabo de São Vicente is quite unique, and was classified as Sagres Biogenetic Reserve in 1988. It is home to endemic species, occurring exclusively in this region and along on the southwest coast of Portugal. These endemic species include *Biscutella vicentina*, *Diplotaxis vicentina*, *Hyacinthoides vicentina*, *Herniaria algarvica*, *Cistus palhinhae*, *Teucrium vicentinum*, *Thymus camphoratus*, *Linaria algarviana*, *Bellevalia hackelii* and *Silene rothmaleri* (endemic to this reserve).










The peculiar rock formation of Telheiro Beach is a geological heritage invaluable for scientific research. It is highly recommended to go down to this beach in order to observe this fantastic geomonument. At the top of the cliff, you can observe raised beaches, that is, historic traces of sea erosion when the ocean was at a much higher level. Beneath these deposits is Silves sandstone with its fantastic reddish color, more than 200 million years old. Finally, at the base of the cliff, are schists and greywackes more than 300 million years old, broken and folded, the "root" of an old mountain chain, that has since been devastated by erosion.

Sagres is best place in Europe for observing migratory seabirds, such as scopoli's shearwater, great black-backed gull, great skua, sandwich tern and other terns. Especially when the weather is bad, these species can be observed from land. When the weather is good, it is the dolphins that attract your attention, traveling through the sea off the coastline. In October, don't miss the famous Sagres birdwatching festival. In addition to migratory birds, Sagres is home to an isolated population of red-billed croucher (*Phyrrocorax phyrrocorax*), which nests on escarpments and feeds on pasture fields.

Sagres means "sacred" and for three millennia, this was one of the limits of the known world within the extreme southwest of Europe. For the peoples who sailed from the Mediterranean (Phoenicians, Greeks, Carthaginians, Romans and Arabs), Cabo de São Vicente was the frontier for mare incognitum and was known as the Finis

Terrae, that is, the End of the World. A legend says that the relics of a Christian martyr named São Vicente, arrived there in the 8th century, adrift in a boat guarded by two crows. The cult of São Vicente became so important that D. Afonso Henriques, after taking Lisbon from the Moors, had the relics collected and transferred there to make São Vicente the patron saint of the city.

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 DO BISPO » SAGRES

FISHERMAN`S TRAIL | 20.5 KM

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DESCRIPTION OF ROUTE

Next to the restaurant Eira do Mel, take the left turn and walk west, following the Historical Way for 6 km until Ponta Ruiva. Here, leave the Historical Way and continue on the Fishermen's Trail walking along the coast. Before arriving at Telheiro Beach, the trail turns inland and crosses the ravine of Quebradas by a small wooden staircase. Walk to the parking area and take a path that crosses another valley with a stream, ascending to the other side. Be aware that from here on, the trail markings will be on stones; however, the trail always keeps going southwest, parallel to the coast, with the large lighthouse as a guide. When you reach a road, head towards Cabo de São Vicente. Leaving the lighthouse behind, continue towards Sagres for almost one kilometer. Just before the Beliche Fort, take a track going parallel to the road and the cliffs. In this area, the Fishermen's Trail and the Historical Way overlap. Continue for more than a kilometer along the road to Beliche Beach. Then, keep walking along the cliffs until the entrance of the Fort of Sagres.



FACT SHEET

Distance: 20.5 km

Approximate duration: 7 h

Accumulated climb: 150 m

Accumulated descent: 200 m

Difficulty level: Average

Max. / Min. Altitude: 150 m / 20 m

Recommended season September to June

Where to start?

Vila do Bispo: Praça da República, next to the Mother Church, following to the municipal market along the Historical Way marked with red and white.

Sagres: in the Sagres Garden, next to the tourism office.

Important warnings

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

When arriving at Telheiro Beach, the marking

can be spotted by piles of stones. Walk with the utmost attention so that you do not go off the right track. If you can, when you find fallen piles, rearrange the stones for future hikers. This section overlaps with other routes. Pay attention to the signs.

Tips

Except for the final section, on arrival at the lighthouse, there is no supply spot during the journey.

Take advantage of your stay in Sagres for a nautical excursion for whale and sea birds watching.

