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Along this route, the hardest section of the Fishermen's Trail, the hiker is rewarded by the view of the enormous calcareous cliffs, hugged by the beaches of Martinhal, Barranco, Ingrina, Zavial, Furnas, Figueira and finally Salema.

The Baleeira Cove is home to several unique habitats, which include the water lines dominated by the tamarisk (*Tamarix africana*), the coastal marshes containing limestone, the Martinhal Lagoon, the dunes, the sandy beach, the intertidal rocky zone and the coastal islets that emerge from the sea in the middle of the cove.










The Martinhal Lagoon is dry in the summer, but during the winter, it is filled with as much salt water during the winter storms as fresh water from Barrancos das Mós and from Vale do Lobo. The species that colonize it are adapted to these variations in salinity and water availability. It is a great spot for birdwatching, especially during migration time, when very rare species emerge. Two birds that live here are the blue rock thrush and the red-billed cough, identifiable only by the most attentive observer, since at first glance they appear totally black. The Baleeira Islets are small rocky islands whose submerged walls are explored by divers to see fish, shrimp, anemones, crabs and gorgonians (a family of soft corals).

Calcite, a dominant mineral in the clear rocks of the cliffs, is dissolved by the water into irregular forms, creating arcs, great rocks emerging from the water and caves. Although on a smaller scale, the sea and the water runoff also carve fine and delicate traces into the limestone.

Since at least the Neolithic period, this area had human occupation. Between the beaches of Martinhal and Rebolinhos there are vestiges of Roman occupation (3rd to 5th centuries AD) - including a cistern, nine furnaces for producing amphorae and a kiln for producing tiles and bricks. A large potter's center would have most likely existed here, specialized in the production of amphoras to pack salted fish and fish sauces. The location of this center was chosen due to the proximity of clay pits and the ease of transport by sea, thanks to the protection of Baleeira Cove.

At Ponta da Figma, a rocky ledge between the beaches of Zavial and Ingrina, was once the thriving Zavial Fort. Nowadays, it remains the basis of what would have been a small, rectangular military fort, built in the 18th century. Before this, there was the fort of Santo Inácio, destroyed by the earthquake of 1775. From this point on, the landscape is magnificent and you can see the coast until Ponta da Torre (900 m) to the east and to Ponta da Atalaia (6 km) to the west.

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





SAGRES » SALEMA

FISHERMAN`S TRAIL | 19.5 KM

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DESCRIPTION OF ROUTE

Start by walking east along an avenue. Turn left before the port and cross Martinhal Beach. On the other side of the beach, start following a trail that begins in front of the bar of a 5-star hotel. Continue walking for more than 3 km – in the beginning, the trail will lead along the coast and then a little inland. Be careful, when descending to Barranco Beach and climbing up the opposite side. Enjoy the spectacular view over a small bay and continue following the trail, first to Ingrina Beach and then to Zavial Beach. Before Zavial, there is a passage close to the cliff, which is not recommended for people afraid of heights. If you prefer, you can walk the distance between the both beaches by following an asphalt road, which goes a little more inland. From the restaurant Zavial, cross the beach walking towards the pine forest, where the path will be marked again just a bit higher above the beach. Once you reach the top of the cliff overlooking Zavial Beach, enjoy the breathtaking view from both sides. Continue walking east to Furnas Beach and when arriving, turn inland by following a dirt path. after 1 km take the agricultural path on the right. Shortly after, turn right, towards the sea. Ahead, follow the trail marked on the left above the cliff. Continue and be careful when descending to Figueira Beach, especially, if the terrain is wet. Once you reach the other side of the beach, climb up to the Figueira Fort along the marked path and continue walking for approximately 500 m. From here, the path will turn inland and go up towards Salema.



FACT SHEET

Distance: 19.5 km
Approximate duration: 8 h
Accumulated climb: 600 m
Accumulated descent: 650 m
Difficulty level: Very Hard
Max. / Min. Altitude: 80 m / 0 m
Recommended season: September to June

Where to start?

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

Salema: in Salema Beach.

Important warnings

When the ground is wet, you must take special care when descending to the beaches. In winter the beach bars may be closed, so there are only supplies at the beginning and end of the route. The route also contains steep areas, so make

sure to watch your step.

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

Tips

During low tide, it is easy to cross the road between Furnas and Figueira Beaches. 200 m west of the parking lot of Salema beach, look out for the beautiful footprints of the dinosaurs that crossed the Fishermen's Trail 250 million years ago!

