

# ONE MOUNTAIN, MANY WORLDS

The mountain pathways are a network of pedestrian routes that, due to the range and diversity of places covered, represent one of the most enriching ways of discovering the region.

The Vale do Rossim route follows old pathways that connect the Vale do Rossim, an important recreational site, to Sabugueiro, one of the most emblematic mountain villages. In the past, these paths were used by shepherds, coalmen and farmers who found part of their income in the mountain.

## EMERGENCY CONTACTS

European SOS Emergency Number

**112**

Environment and Territory SOS

**808 200 520**

GNR (Subgroup of the Mountain Intervention Group for Protection and Help)

Tel.: 961 188 070 / [ui.gips.samont@gnr.pt](mailto:ui.gips.samont@gnr.pt)

Nossa Senhora da Assunção Hospital: Tel.: 238 320 700

## OTHER CONTACTS

C.I.S.E. (The Serra da Estrela Interpretative Centre)

Visconde de Molelos Street, Seia / Tel.: 238 320 300 / [cise@cise.pt](mailto:cise@cise.pt)

ADIRAM (Association for the Integrated Development of the Network of Mountain Villages) Tel.: 238 310 246 / [centrodinamizador@aldeiasdemontanha.pt](mailto:centrodinamizador@aldeiasdemontanha.pt)

CERVAS (Ecology, Recovery and Wild Animal Surveillance Centre)

Tel.: 927 713 585 / [cervas.pnse@gmail.com](mailto:cervas.pnse@gmail.com)

Seia Tourist Office: Tel.: 238 317 762 / [postoturismo@cm-seia.pt](mailto:postoturismo@cm-seia.pt)

Loriga Tourist Office: Tel.: 238 951 175

Sabugueiro Tourist Office: Tel.: 238 315 336

Snow Clearing Centre: Tel.: 275 336 251

Penhas Douradas Weather Station: Tel.: 275 981 304

Serra da Estrela Natural Park (Seia Delegation): Tel.: 238 001 060

## WHERE TO STAY AND WHERE TO EAT

[www.aldeiasdemontanha.pt](http://www.aldeiasdemontanha.pt)

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VALE DO ROSSIM ROUTE



natureza autêntica, pessoas genuínas

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MOUNTAIN PATHWAYS

# VALE DO ROSSIM ROUTE

The Vale do Rossim route reaches out along the valley of the Fervença stream, making the connection between the Vale do Rossim and Sabugueiro.

The course follows ancient transhumance paths, crossing a wide area where brooms and rockroses, ample granite outcrops and grasslands predominate.

In the landscape, stands out the Perdiz Valley, an extensive meadow that in Spring is covered with a rich diversity of mountain plants, and the "Covão do Costa" a hillside depression where huge granite stones alternate with spine hedgehog scrubs. near to Sabugueiro, it is noteworthy the Fervença waterfall and the picturesque Porto Cabrito bridge.

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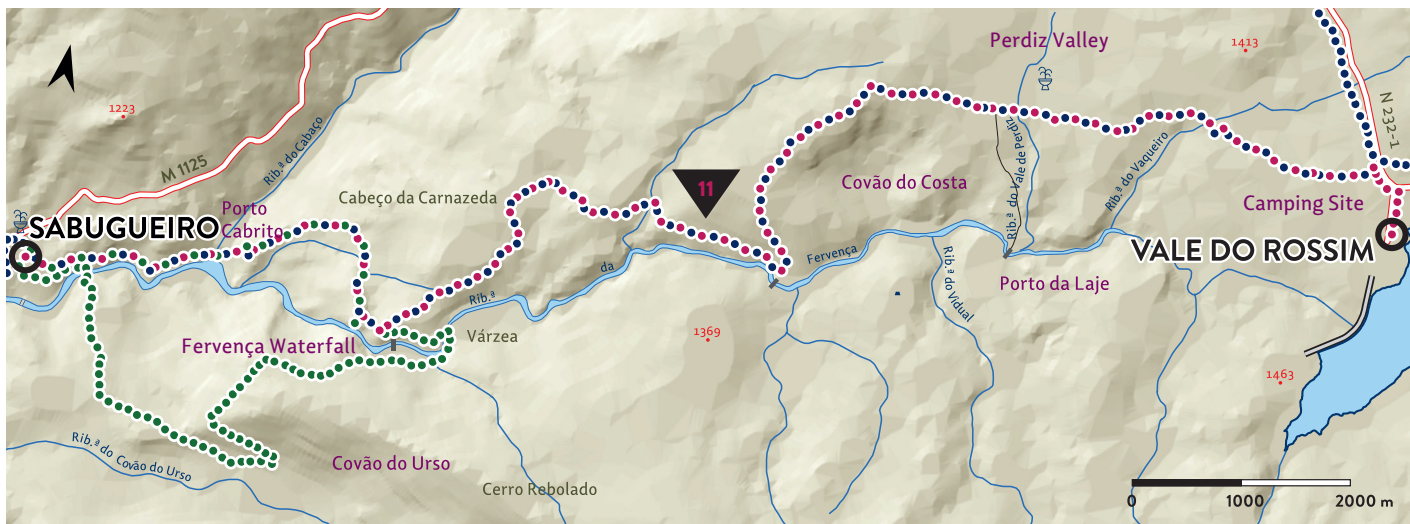
# VALE DO ROSSIM ROUTE

## NATURAL HERITAGE

- > The Vale do Rossim lake
- > Granite morphology
- > The Fervença waterfall
- > The "Covão do Costa"
- > Flora and fauna

## CULTURAL HERITAGE

- > The Vale do Rossim dam
- > The Porto Cabrito bridge
- > Sabugueiro's old granitic houses



## TECHNICAL SHEET

Type of route: linear short distance path

Recommended direction: downward

Starting point: Vale do Rossim (bar/restaurant)

Starting coordinates: N 40° 24.143' / W 07° 35.249'

Finishing point: Sabugueiro (main church)

Finishing coordinates: N 40° 24.128' / W 07° 38.395'

Distance: 6.345 km

Accumulated gradients: + 102 m / - 486 m

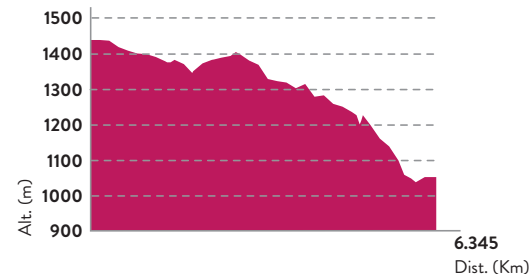
Altitude: minimum 1028 m / maximum 1445 m

Approximate time: 3 hours

Degree of difficulty: III - rather difficult

Recommended season: all year

Military map: (IGE0E / 1:25000) n.º: 212



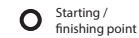
## BEHAVIOUR RULES

- > Plan the route you intend to do: gather beforehand the available, necessary information and make sure you finish the walk before nightfall.
- > Do not light fires.
- > Stay on signed paths and respect signs at all times.
- > Be polite to the local inhabitants and respect their customs and traditions.
- > Do not disturb cattle and do not damage cultivated areas.
- > Respect nature: do not remove and/or disturb animals, plants or damage geological formations.
- > If you find a wounded or debilitated wild animal, try to direct it to a recovery centre for wild fauna.
- > Do not drop litter or remains of your passage.
- > Always carry water, food, sun screen, appropriate clothes and footwear and a first-aid kit.
- > In some situations you will need to cross tarmac roads. Do so with care.

### SIGN SYSTEM



### DEGREE OF DIFFICULTY



The weather conditions can change very suddenly: check the weather forecast before setting off and take warm clothing, a raincoat and mountain boots.