

## ► useful informations

### LIST OF HERITAGE BUILDING

House of the poet Brás Garcia de Marcarenhas, Bridge over the Alva river, Sra. da Assunção main church, Três Entradas bridge, Roman Path, Santa Maria do Mosteiro chapel or Sra. das Neves chapel, Sra. dos Anjos chapel, Avô castle, Ilha do Picoto river beach

### PLACES OF INTEREST

House of the poet Brás Garcia de Marcarenhas, Bridge over the Alva river, Sra. da Assunção main church, Três Entradas bridge, Roman Path, Santa Maria do Mosteiro chapel or Sra. das Neves chapel, Sra. dos Anjos chapel, Avô castle, Ilha do Picoto river beach

### PLACES TO EAT

#### \_ Aldeia das Dez:

Restaurant "João Brandão" - 238 67 00 10 / Email: info@quintadageia.com

#### \_ Avô:

Restaurant "O Passadiço" - 238 67 61 03

#### \_ Ponte das Três Entradas:

Restaurant "Varandas Verdes" - 238 67 10 32

### PLACES TO STAY

#### \_ Aldeia das Dez:

Quinta Geia - 238 67 00 10 / Email: info@quintadageia.com - Rural Tourism

#### \_ Alvô das Várzeas:

Quinta da Moenda - 238 66 64 43 / Email: quintadamoenda@gmail.com - Rural Tourism

#### \_ Ponte das Três Entradas:

Quinta Relva do Trigo - 238 67 71 05 / Email: info@relvadotriga.com - Rural Tourism

#### \_ Vila Pouca da Beira:

Pousada do Convento do Desagravo - 238 67 00 80 - Inn

### HANDCRAFT

Tapestry work, rag blankets

### GASTRONOMY

River fishes, Local deserts, roasted goat, greaves, arbutus berries grapa, Sponge cake and rice pudding



Avô Castel (inside)

## ► trail signage



right way



wrong way



turn left



turn right

## ► code of conduct

Follow sign-posted trails only; Avoid making unnecessary noise;

Never scare the animals; Do not damage any vegetation;

Do not litter and leave no trace of your visit; Do not light fire;

Do not recollect or damage plants or rocks;

Be kind to people you find along the way;

## ► useful contacts

SOS Emergency : 112

SOS Forest Fires: 117

Anti-venom informations: 808 25 01 43

Oliveira do Hospital Police: 238 60 27 07

Fire Department: 238 60 27 27

Health Center: 238 60 02 50

Trail Promoter \_ Oliveira do Hospital Municipality: 238 60 52 50

Tourism Office: 238 60 92 69

Parish Council of Avô: 238 67 14 73

Parish Council of Aldeia das Dez: 235 67 10 09

Parish Council of Santa Ovaia: 238 67 16 84

Schist Village Network - ADXTUR: 275 64 77 00; 960 10 18 73

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

### \_promotors



### \_support



UNIÃO EUROPEIA

Fundo Europeu de Desenvolvimento Regional



### \_walking trail process of registration and approval by






# Schist Walking Trail of Avô

Around the Alva



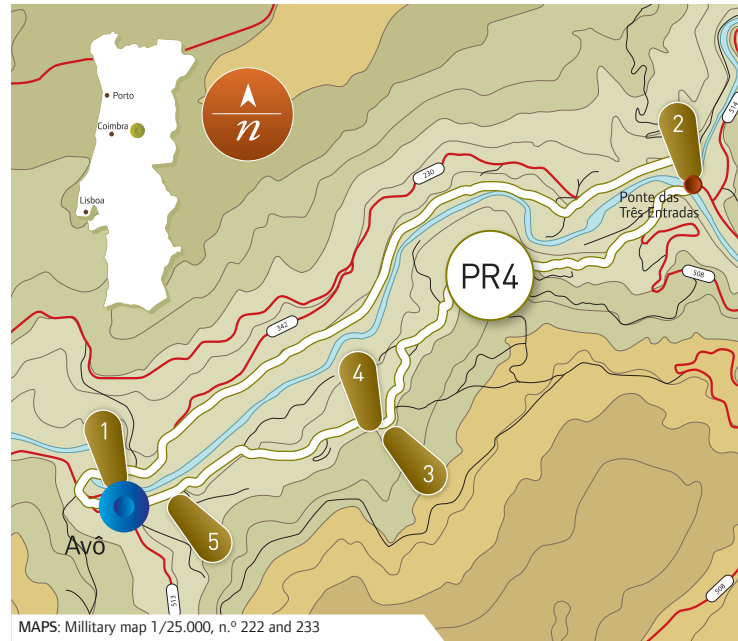
► Avô Castel

distance	duration	trail type	altitude variation	altitude máx/min
8 Km	2h 10min	loop 	 164 m rise	 310 m 215 m

## Avô Schist Walking Trail

\_Walk direction: anticlockwise

The Schist walking trail of Avô is a circular trail that starts and ends at Ilha do Picoto river beach. After passing over the bridge of the Alva river we take the stairs that lead us to the main road and parish church of Avô. The trail follows the road, and by the Day Center we enter on a dirt road that leads us to a single track along the Alva river. This single track was in the past the connection between Avô and Ponte das Três Entradas villages. After the single track we turn right in the paved road and pass the bridge. This bridge is one of a kind in Portugal, it's over the junction of the rivers Alva and Alvôco and it connects the parishes of Santa Ovaia, São Sebastião da Feira and Aldeia das Dez. The trail continues on the paved road and it turns right on a dirt road towards Avô. Before Avô the trail passes by Mosteiro and Nossa Senhora dos Anjos chapels. At the crossroads keep straight towards S. Miguel chapel and castle passing by the stone pillory. After the bridge the trail goes right to Ilha do Picoto river beach where it ends.





MAPS: Military map 1/25.000, n.º 222 and 233



Santa Maria do Mosteiro Chapel



### caption

walking trail	
paved road	
dirt road	
water course	

### difficulty level

the difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult).

overall difficulty	orientation	type of terrain	physical difficulty
 1	 2	 1	 2

### when to go

All year. Beware of high temperatures in the summer and slippery terrain in the winter.



## Avô, Aldeia das Dez and Santa Ovaia



Sra. da Assunção Main Church

This Schist villages trail runs through the villages of Avô, Aldeia das Dez and Santa Ovaia, three parishes of the municipality of Oliveira do Hospital and Coimbra district. Aldeia das Dez is part of the Schist Villages network and it was built on the northern slope of Colcurinho mount in Açor mountain range. This location gives the village a state of great beauty and nostalgic. The village is surrounded by a harmonious ensemble of mountains, cliffs and valleys, water reservoirs, rivers and streams that feels like exploring. At the core of the village, comes in sight the white tower of the parish church and the home of the "S". Avô was built on the slopes between the hills Mendacha and Almoinhos by the Alva river and the Pomares stream. Avô has a rich heritage, which include the Castle and the São Miguel Chapel, the house and the monument of the poet Brás Garcia de Mascarenhas, the parish church of Senhora da Assunção, the Chapels of Santa Maria do Mosteiro and Nossa Senhora dos Anjos and the Ilha do Picoto river beach.



### Points of interest and distance to the starting point:

- 1 \_ Ilha do Picoto River Beach; Avô Castle; Senhora da Assunção Parish Church \_ (Avô)
- 2 \_ Ponte das Três Entradas \_ 3900m
- 3 \_ Roman Road (Old Imperial Route) \_ 3900m
- 4 \_ Mosteiro Chapel \_ 6400m
- 5 \_ Senhora dos Anjos Chapel \_ 7500m



### Departure and arrival point:

\_Ilha do Picoto River Beach, Avô (N 40°17'.720"W 007°51.957")

### altimetry

