

guide to
trails in the
algarve



Thanks to:

the organisations responsible for the trails, for the information provided and support in the validation of the trails; the Portuguese Federation of Camping and Mountaineering for the information about the approval and signposting of the trails; to Coronel Rosa Pinto, for his help and readiness to share his knowledge of plant life and vegetation in the Algarve.



preface



“Because the Algarve is a blend of distinct types of landscape – the coast, the hills of the “Serra” and the “Barrocal” in between – with many corners still undiscovered, this publication aims precisely to raise the profile of the least known natural sub-regions of the Algarve.

The “Guide to Trails in the Algarve”, which is the outcome of a partnership between the Algarve Tourism Board and the Algarve Regional Coordination and Development Commission, is a compendium of 33 trails with superb views which can be covered on foot or, in some cases by bicycle. This is a major challenge reflecting an approach which focuses on the observation and understanding of the natural and historical heritage of the municipalities in a region which, through this publication, is opening itself up to visitors as never before. The proposed trails, some of which are steeper and others more accessible, are a source of new interest in the segment of nature tourism, which it is the intention of this guide to stimulate. And in this timely guide, we show readers some different places that can be visited, described in more than 100 pages of text and high quality images, which will certainly absorb the attention of those who venture on to them.”

Helder M. Faria Martins

President of the Algarve Tourism Board

“Tourism plays a key role in the Algarve, especially because of its capacity to act as an impetus to development and competitiveness in the region in a national and international context. For tourism to become more sustainable, the protection and promotion of natural assets must be guaranteed, and these should not be regarded simply as a means of attracting visitors and as an alternative to the familiar “beach and sun” tourism, but also as having major potential for the development of the region’s economy.

And it is in this context that this guide is being published; it is part of the Action Plan on Tourism and Development in the Algarve which was the subject of an agreement in 2002 between the Algarve Regional Coordination and Development Commission, the Algarve Tourism Board, the Greater Metropolitan Area of the Algarve and the Institute for Nature Conservation. It aims to promote and publicise the natural assets of the Algarve and, more specifically, to encourage people to go walking, which combines the enjoyment of nature and sporting activity.”

José António de Campos Correia

President of the Algarve Regional Coordination and Development Commission

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introduction

The Algarve is the southernmost region in mainland Portugal, bounded to the west and the south by the Atlantic Ocean, to the north by the Odeceixe river, the hills of the Serra de Monchique and the Serra do Caldeirão and the Vascão river, and in the east by the Guadiana river, which separates it from Spain. Its special location and the strong influence of the Mediterranean give the region a unique environmental richness, reflected in the marked diversity of its scenery, to which natural assets and human activity have added other special characteristics over the years.

In this regard, it is essential that the conditions are created for the region's most authentic values to be protected and for these diverse and attractive landscapes to be preserved as areas of biocultural balance. These landscapes are necessary for the sustained development of the region, as they are places that attract visitors and lead to a diversification of tourism in the Algarve, something that is proved by the thousands of tourists who come to the region every year to explore the natural surroundings, and to discover authentic traditions and different customs.

Walking enables people to be in close contact with nature and can raise people's awareness about the importance of

protecting natural and cultural resources, and promote the well-being and quality of life of those who go walking. The activity is especially attractive from the points of view of education, science, recreation and tourism.

Providing an impetus to walking as a tourist pursuit is the challenge for this publication, which, by familiarising people with new trails in the Algarve also aims to set up new thematic routes which have been somewhat lacking in the nature tourism segment.

The segment reinforces the affirmation of regional heritage that is of unparalleled value to both visitors and the resident population.

33 trails have been included in the "Guide to Trails in the Algarve". The selection was made following a survey of existing trails in the region and after numerous visits to the countryside to validate them. The choice of routes was based on a number of criteria: their condition, safety, the selection of at least one walk per municipality, the existence of publicity material and information panels and signposting, the proximity of major water resources, the presence of significant natural, scenic and cultural assets and the existence of unusual features.

The guide is organised into five areas: the *Costa Vicentina* (West Coast), the South Coast, the *Barrocal*, the *Serra* and the *Guadiana*.

description of the region

There is a wide range of different types of landscape in the Algarve. The typical landscape types in the region include: scrub and Mediterranean scrubland, woods of oak trees and riverine forests in the upland areas of the *Serra*, karstic landscapes and dryland orchards in the intermediate zone of the *Barrocal*, and cliffs, dune and lagoon systems on the coast.

Much of the land is occupied by areas of agriculture and forest. The vegetation cover as it exists today is the result of a change in the natural cover of this region, which consisted mainly of woods of oak trees, cork and holm-oaks, as a consequence of the human activity carried out in the region over thousands of years, but mainly during the last century. As regards the natural vegetation, the Algarve has the typical elements of Mediterranean vegetation, with some of the species associated with this, such as cork-oaks, kermes oaks, rosemary, mastic trees, spurge flax, oleander, and strawberry trees.

Two especially important sites for endemic species are the southwest coast, in particular the Sagres promontory, and the higher part of the Serra de Monchique.

As regards cultivated vegetation, there are wide expanses of orchards, especially dryland orchards with olive, carob, fig and almond trees. In the upland areas there are woods of oak trees and scrubland, as well as large plantations of pine trees and eucalyptus. There is a wide range of animal life in the region, especially of vertebrates, owing to the diversity of biotopes. Fish such as the "saramugo" (*Anaecypris hispanica*) and the "escalo-do-Arade" (*Leuciscus aradensis*), the reptiles Schreiber's green lizard, the chameleon and the stripe-necked terrapin, the Cabrera vole and the wild cat (mammals) and birds such as the purple swamphen and Bonelli's eagle, are all names to be found on the list of species found in the Algarve, and some of these are only found in Portugal or the Iberian Peninsula.

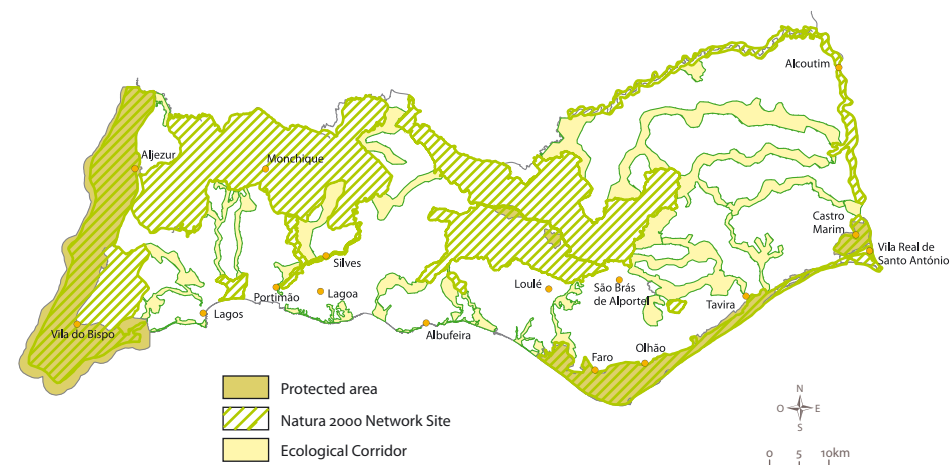


The wetland areas, especially estuarine areas and the lagoon systems known as "rias" (ria Formosa, ria de Alvor, Arade river, Guadiana estuary), have an important function for animal life as they sustain an important community of fish which, together with other wetland areas such as lakes, reed beds, rivers and streams, attract concentrations of bird species of national and even international importance, as breeding locations, for wintering or during migration. Many of the main rivers and streams are also key ecological corridors for the survival of fish, mammals, reptiles and amphibians, as they provide interconnections between the natural areas in the region.

The protected areas in the Algarve are the Ria Formosa Natural Park, the Southwest Alentejo and Vicentina Coast Natural Park (part of which is in the region), the Nature Reserve of the Castro Marim and Vila Real de Santo António Salt Marsh, in addition to the

Classified Sites of Rocha da Pena and Fonte da Benémola. Including the 14 sites that are part of Natura 2000 Network, some 38% of the total area of the Algarve has conservation status, which testifies to its biological and scenic importance in European terms. These protected areas and the ecological corridors constitute the Regional Structure for the Protection and Enhancement of the Environment, which is proposed by the Algarve Regional Land Regulation Plan, whose function is to define planning and management guidelines which enable nature conservation and human activity to be harmonised, and which are conducive to the development of nature tourism.

Depending on their location and characteristics, the trails that have been selected allow most of the above natural assets to be observed.





advice to walkers and cyclists

BEFORE SETTING OFF

Equipment and clothing to consider taking

- ▶ Hat, sunglasses and sun cream.
- ▶ Footwear that is suitable for the walk to be done.
- ▶ Light clothing that is suitable for the season, including rainwear.
- ▶ A small, light bag for carrying water, light, energy-providing meals, a basic first aid kit, compass, torch (in case you are walking after nightfall), mobile phone (although the mobile communication network does not cover all parts of the interior) and the guide to trails.
- ▶ In order to get full benefit from the natural surroundings, it might be a good idea to take a camera, a pair of binoculars and even a magnifying glass.

Other advice

- ▶ Find out what the weather forecast is.
- ▶ Check your departure time and confirm that you can complete the trail before it gets dark.
- ▶ For trails which are located in hunting zones, take care during the autumn and winter months, especially on Thursdays, weekends and public holidays. (For further information, please contact the "Núcleo Florestal do Algarve", the Algarve Forestry Centre).
- ▶ Do not take unnecessary valuables with you.
- ▶ Never set off on a walk alone.

IN THE COUNTRYSIDE

- ▶ Stick to the signposted trails.
- ▶ When going through inhabited and agricultural areas, respect people's customs, traditions and property.
- ▶ Respect the rules which are in force in protected areas.
- ▶ Avoid making a noise: do not shout or speak loudly.
- ▶ Never go on to the dunes. And, for your own safety, do not drive or park on cliff tops.
- ▶ Do not gather plants or rocks, and do not disturb animals.
- ▶ If faced with an aggressive animal, do not run. Continue walking.
- ▶ Never light fires.
- ▶ It is advisable to stop from time to time for light snacks. Drink a little water each time, but sufficient to avoid becoming dehydrated.
- ▶ Do not leave any kind of rubbish behind. Take it with you and leave it where there is a rubbish collection service.
- ▶ Be alert to what is around you.



map and index of trails



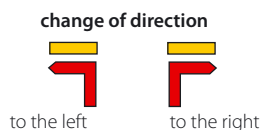
- | | | | |
|--|---|---|------------------------------------|
| 13. Trail of Aromas | 37. Sítio das Fontes Municipal Park Trail | 59. Masmorra Trail | 73. Ladeiras do Pontal Trail |
| 15. Trail of Tides | 39. Paderne Castle Trail | 61. D. Quixote Trail | 75. Flow, flow ... Guadiana |
| 17. Castelejo Environmental Trail | 41. Cerro de São Vicente Trail | 63. Reserva Trail | 77. Terras da Ordem Trail |
| 21. At the whim of the tides | 43. Rocha da Pena Trail | 65. Barranco das Lajes Trail | 79. Amendoeira Trail |
| 23. Rocha Delicada Trail | 45. Fonte Benémola Trail | 67. Between the Valleys, Springs and Memories of the Serra do Caldeirão | 81. A Window on the Guadiana |
| 25. Praia Grande Interpretation Trail | 47. A Walk to the Spring | 71. Uphill, downhill | 83. Venta Moinhos Salt-marsh Trail |
| 27. São Lourenço Trail | 51. Discovering the Forest – Red Trail | | 85. Boa Vista Trail |
| 29. Ilha da Culatra Trail | 53. Discovering the Forest – Lilac Trail | | |
| 31. Nature Discovery Trail of the Marim Environmental Centre | 55. Fóia Trail | | |
| 33. Praia do Barril Trail | 57. Lagoão Trail | | |

Note: The number of the trail corresponds to the number of the page where details can be found.



trail details layout

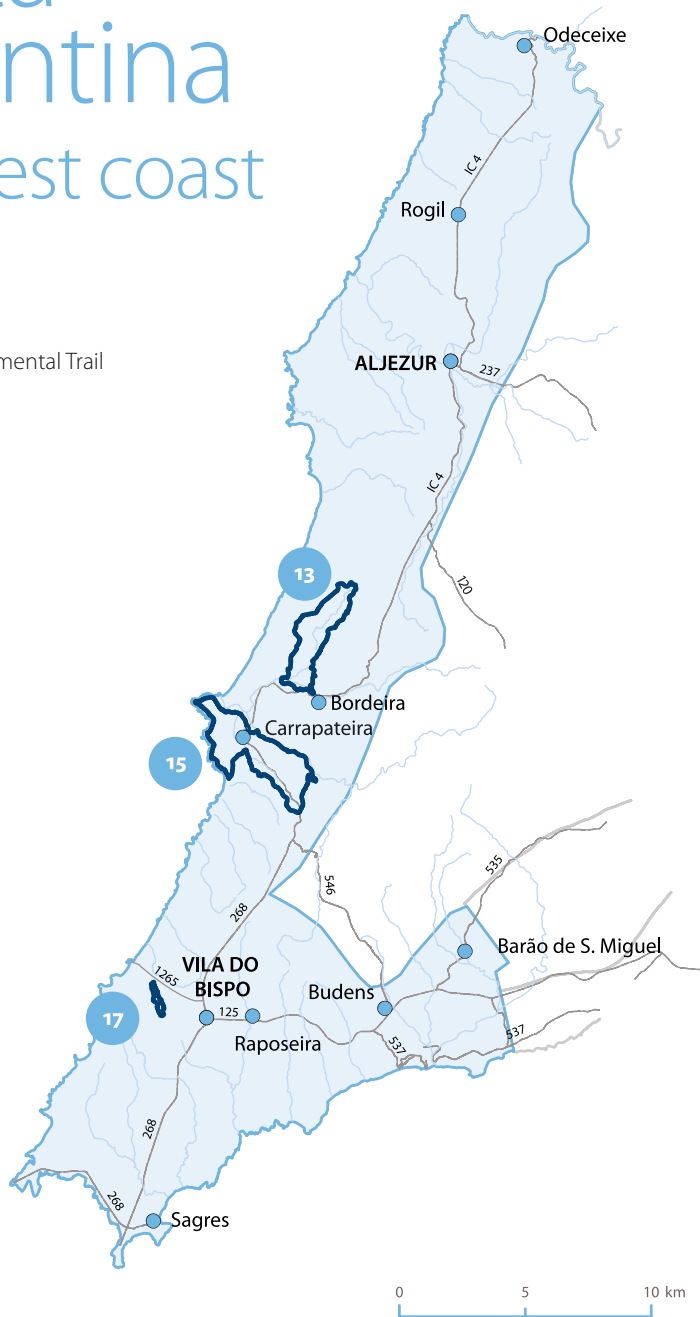
Name	Name of the trail.	Signposted	Whether there are signs on the trail, such as information panels and signposts (in some cases, particularly on beaches, only information panels are provided).
Parish Municipality Location	Place where it is located.	Special Features	Here reference is made to any peculiarities of the trail, to any points of cultural interest or to any additional information which could be useful to walkers.
How to get there	Indications about how to get there and about the starting point.	Natural interest	This gives information about whether the walk passes through a Protected Area or a place that is part of Natura 2000 Network. It also mentions different types of habitat that are of special natural interest.
Type	Type of trail selected (On foot / by mountain bike / on horseback).	Description	Brief description of what can be seen on the route in terms of landscape, fauna, flora, or things of cultural interest. The description of the route follows the direction suggested on the map.
Circular Trail	Trail which starts and ends at the same place and which, in most cases, only passes each point once.	Owners	Whether the paths are public or private.
Distance	Total distance to be covered including all the paths on the trail (reaching the starting point and returning from the finishing point must be added on non-circular trails).	Organisations Responsible	Organisation(s) responsible for the trail.
Average Duration	Calculated on the basis of the characteristics of the trail and on an average speed of 3-3.5 kmph in the case of walks.	Notes	Additional information, such as whether the walk is in a hunting zone.
Ascent/Descent Type of Path	Based on the topographic profile. Roads, tracks and footpaths.		
When to go?	The best time to visit, bearing in mind weather conditions and the characteristics of the trail.		
Approved	Shows if the trail has been awarded the sign of approval by the Portuguese Federation of Camping and Mountaineering. On "short routes" (PR), there are the following signs: "right way", "wrong way" and "change of direction" (to the left or the right).		



costa
vicentina
the west coast

costa vicentina the west coast

- 13. Trail of Aromas
- 15. Trail of Tides
- 17. Castelejo Environmental Trail



trail of aromas

Name	Trail of Aromas
Parish	Bordeira
Municipality	Aljezur
Location	Bordeira
How to Get There	Take the A22 motorway as far as Bensafirim, and continue on the EN 120 in the direction of Aljezur; after 14 km turn off towards Bordeira. The trail starts to the north of the Ribeira da Bordeiraw.
Type	Walk
Circular Trail	Yes
Distance	14 km
Average Duration	04h30 m
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of Path	Earth paths.
When to Go?	All year round, except on very hot days.
Approved	No
Signposted	Yes
Natural Interest	The trail is located in the Southwest Alentejo and Costa Vicentina Natural Park and in Natura 2000 Network (Costa Sudoeste site)
Owners	Public paths
Org. Responsible	Bordeira Parish Office
Notes	The trail is in a hunting zone.



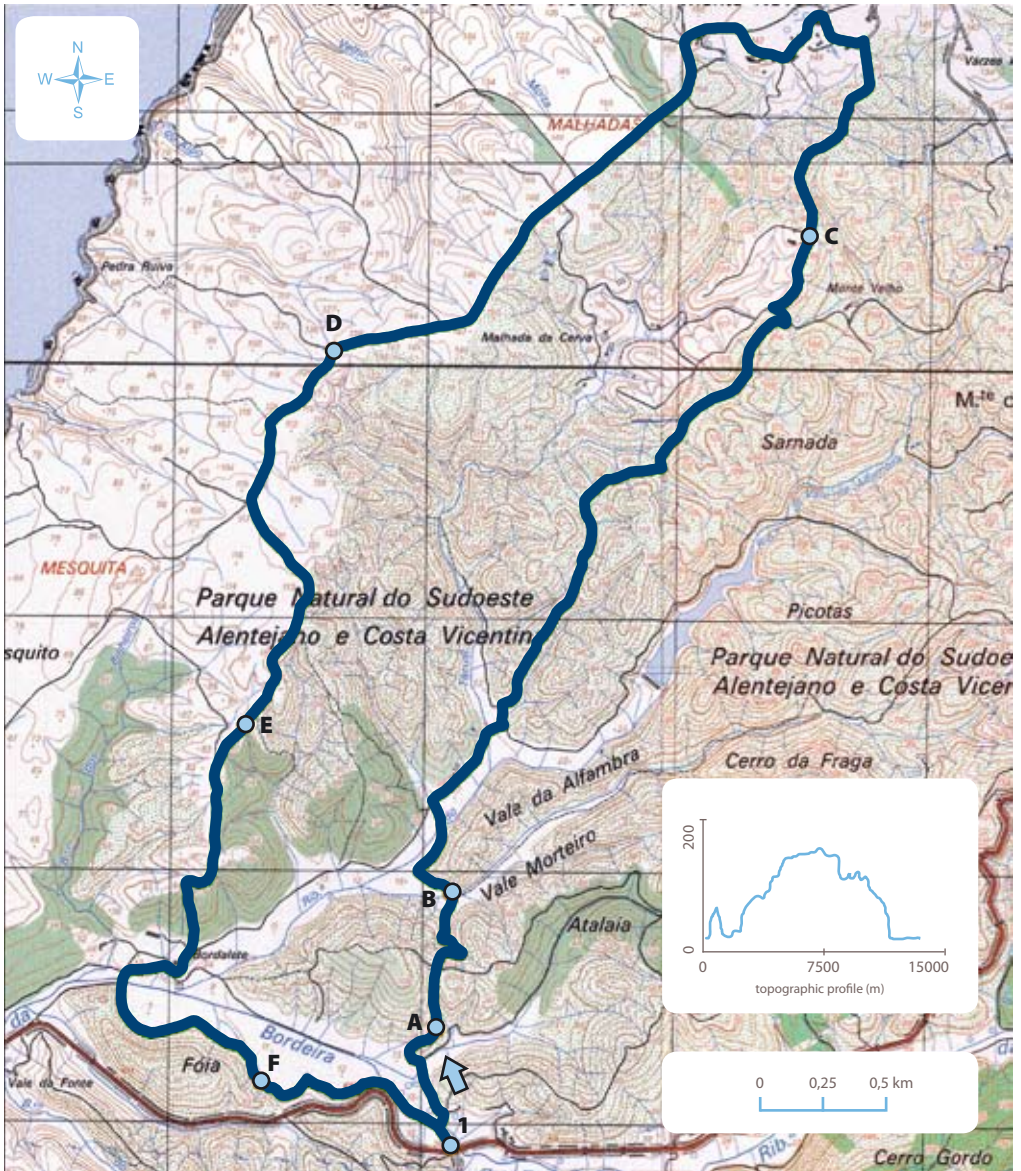
Kermes Oak

The trail begins at the information panel which is located to the north of the Ribeira da Bordeira, near the village of Bordeira. To begin with, you walk through a wooded area, with eucalyptus, stone pines and some cork-oaks. The shrubby vegetation consists mainly of cistus, Montpellier cistus, mastic trees, purple phlomis, spurge flax and heather. And the fauna is varied: here can be found the typical species of Mediterranean scrubland – wild boar, the Iberian hare, the European rabbit, the great tit, the common quail, the red-legged partridge, the common buzzard, the mongoose etc. Between the Ribeira do Tacual and the second panel, you enter a valley. The landscape


changes and you come across areas of wild olive and olive trees. On the way to Monte Novo, you walk through an area of scrubland with scattered pine trees.

Pedra Ruiva is an excellent place for seeing a wide range of plant species: the dwarf Spanish heath, the wrinkle-leaved Cistus, narrow-leaved phillyrea, the Spanish heath, camphor thyme, the large yellow restharrow and basil-like sunrose.

On the way back to the starting point of the trail and as you pass through Bordalete, you will see a wide variety of plants which, as throughout the walk, do full justice to the name of this trail.



 trail of aromas

- 1**  Start of the trail
- A**  View over the valley
- B**  Riverside vegetation
- C**  Panoramic view
- D**  Scrub
- E**  View over the sea and Bordaleta Pine wood
- F**  View over the plain
-  Trail



trail of tides

Name	Trail of Tides
Parish	Bordeira
Municipality	Aljezur
Location	Carrapateira
How to Get There	Take the A22 motorway as far as Bensafrim, continue on the EN 120 in the direction of Aljezur and after 14 km turn off in the direction of Carrapateira. The trail starts next to the restaurant "O Sítio do Rio", in Carrapateira.
Type	Walk/ Mountain bike / Horseback
Circular Trail	Yes
Distance	19 km
Average Duration	7 h
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of Path	Earth paths and tarred road.
When to Go?	All year round except in the summer months and on very hot days.
Approved	No
Signposted	Yes
Special Features	There are earth paths with a certain amount of vehicular traffic. The coastal area can be very windy.
Natural Interest	The trail is located in the Southwest Alentejo and Costa Vicentina Natural Park and in Natura 2000 Network (Costa Sudoeste site).
Owners	Public paths
Org. Responsible	Bordeira Parish Office
Notes	The trail is located in a hunting zone.

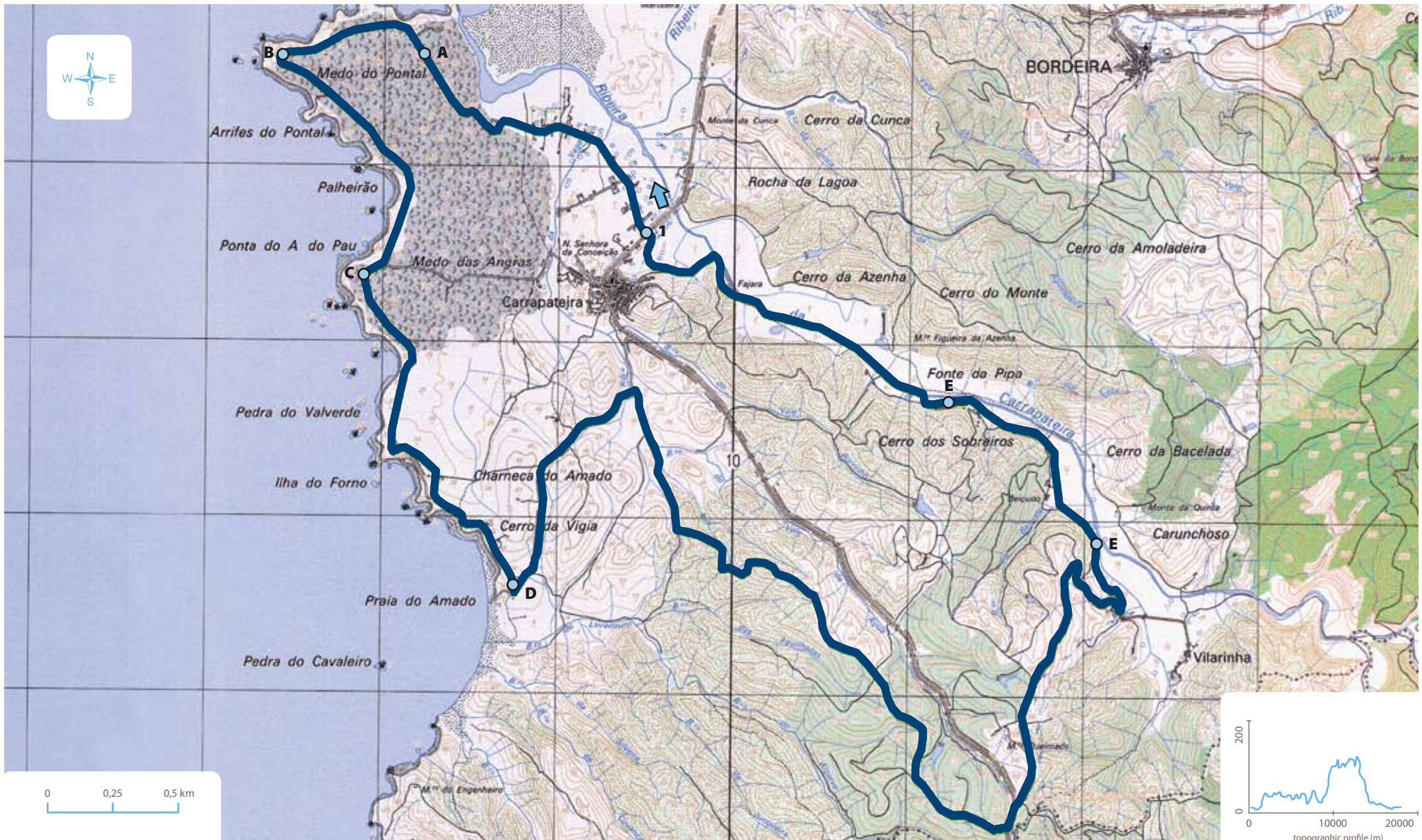


The trail begins in an area of dunes and continues along the coast on the coastal plateau as far as the beach at Praia do Amado, through juniper trees, mastic trees, marram grass and many other plants which have established themselves here and which have made the dunes important places of biological and scenic diversity.

Along the coast you can see a number of aquatic birds that nest here or that pass through here during migration. There are also a large number of nests of white storks in the rocky cliffs, something that is unique in the world.

From Praia do Amado, the trail continues towards the interior, and the landscape begins to change: gradually species such as mastic trees, the white-leaved rockrose, the sage-leaf rockrose, cork-oaks and cistus begin to appear.

In Vilarinha you can find a number of plant formations which indicate the existence of a wetter environment associated with the Ribeira da Carrapateira. This part of the trail is particularly rich in vegetation. Alongside the wetland vegetation, there are also well developed formations that are typical of the Serra (e.g. areas of cork oaks or strawberry trees). The fauna is also rich here and, in addition to traces of the mammals that live here (wild boar, foxes etc), you may be surprised by rabbits or hares in the areas of pasture, scrubland or pine forest. This is also a very interesting part of the trail for observing birds, above all Passeriformes (such as blackbirds, the azure-winged magpie, the pied wagtail, the stonechat, the greenfinch, the great tit) and birds of prey (such as the short-toed eagle and the common buzzard).



trail of the tides

- 1 ○ Start of the trail
- A ○ View over the mouth of the Ribeira da Carrapateira
- B ○ Panoramic view
- C ○ Panoramic view
- D ○ View over Praia do Amado
- E ○ Riverside vegetation
- F ○ Well-developed plant communities
- Trail



castelejo environmental trail

Name	Castelejo Environmental Trail
Parish	Vila do Bispo
Municipality	Vila do Bispo
Location	Castelejo Leisure Area
How to Get There	On arrival in Vila do Bispo, take road number 1265 which goes to the beach Praia do Castelejo. The trail starts in the Castelejo Leisure Area, which is located about halfway along this road, right in the middle of the Southwest Alentejo and Costa Vicentina Natural Park.
Type	Walk
Circular Trail	Yes
Distance	3,5 km
Average Duration	01h30
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of Path	Earth path.
When to Go?	All year round.
Approved	No
Signposted	Yes
Natural Interest	The trail is located in the Southwest Alentejo and Costa Vicentina Natural Park and Natura 2000 Network
Owners	Public paths
Org. Responsible	Vila do Bispo Parish Office
Notes	There is a field guide available on CD.

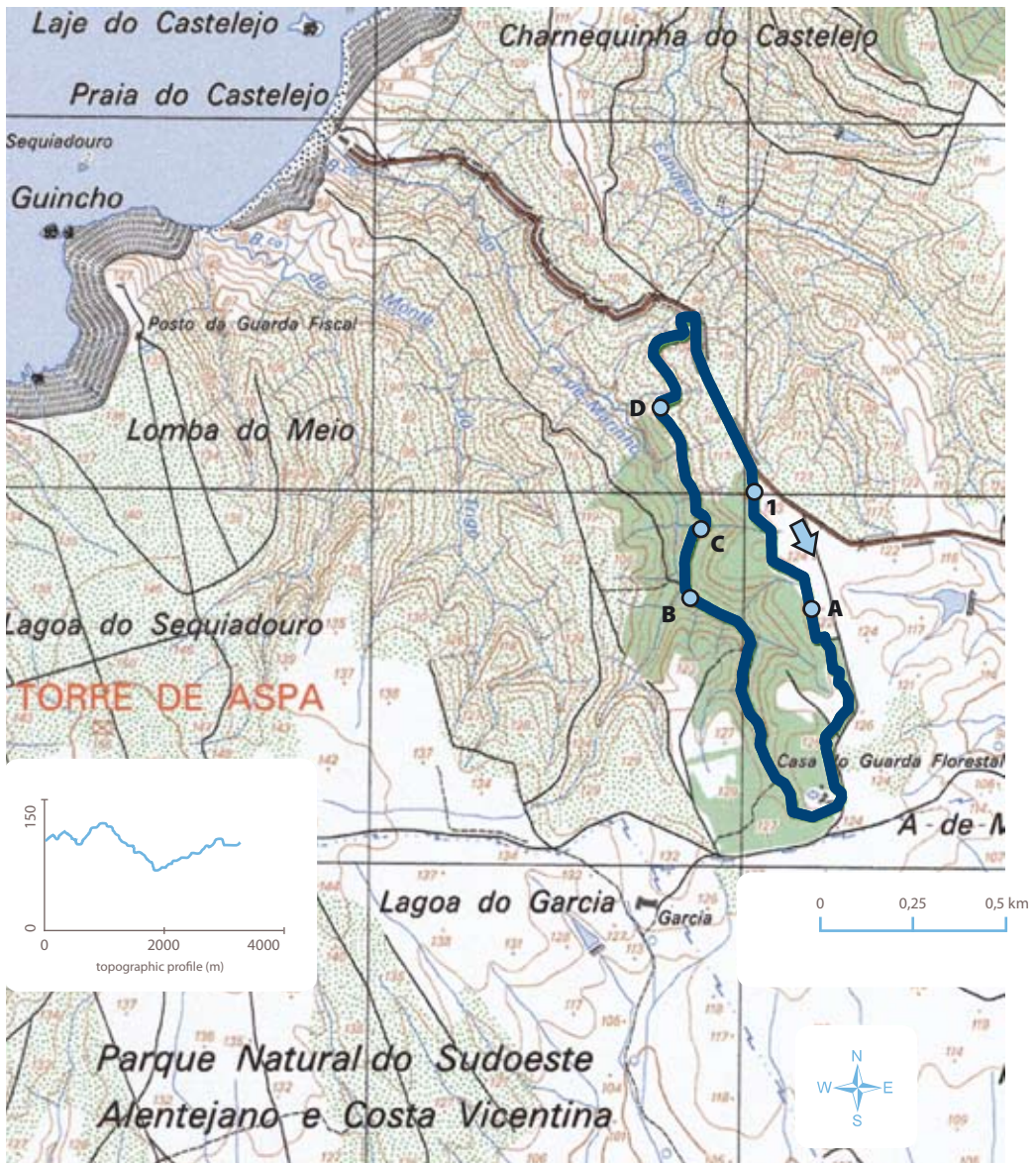


Stone Pine


At the beginning of the trail, as far as the warden's house, you walk through an area of pine trees (maritime and stone pines). The shrubby vegetation mainly consists of *Genista hirsuta* gorse-heaths, mastic trees, cistus, white-leaved rockrose, Montpellier cistus, lavender and strawberry trees. The middle part of the trail continues mainly through a gully wooded with stone pines and some eucalyptus. Here the trail runs along a small stream with the typical vegetation of such habitats on its banks, such as reed mace, tamarisk and giant reeds.

Then you enter an area covered mainly with shrubs, especially cistus.

On returning to the starting point of the trail, you can see the Praia do Castelejo at certain points in the distance. The fauna that can be seen here includes birds associated with areas of pine trees and scrubland, such as the great spotted woodpecker, the Eurasian jay and the great tit, certain reptiles and also signs of the presence of mammals such as wild boar, foxes and European rabbits.



castelejo
environmental trail

- 1** ○ Start of the walk in the Castelejo leisure area
- A** ○ Pine wood
- B** ○ Small lake
- C** ○ View over the valley
- D** ○ Panoramic view
-  Trail



the
south
coast

the south coast

- 21. At the whim of the tides
- 23. Rocha Delicada Trail
- 25. Praia Grande Interpretation Trail
- 27. São Lourenço Trail
- 29. Ilha da Culatra Trail
- 31. Nature Discovery Trail of the Marim Environmental Centre
- 33. Praia do Barril Trail





at the whim of the tides

Name	At the whim of the tides
Freguesia	Alvor
Concelho	Portimão
Location	The town of Alvor
How to get there	From Portimão, go to Alvor. In the riverside area, beside the fishing port, head for the beach. On the beach, turn right on to a path which leads through the salt-marsh.
Tipo	Walk
Circular trail	Yes
Distance	5 km
Average duration	2 h
Declive	(See diagram of the topographic profile on the map of the trail)
Type of path	Earth and sand paths.
When to go?	All year round.
Approved	No
Sinalizado	Yes
Natural interest	Salt-marsh wetland area. Dunes. Birdlife. Natura 2000 Network (Ria de Alvor site).
Owners	Public paths
Ent. responsável	Portimão Municipal Council



This is a very interesting trail for the detailed observation of aquatic birds, both along the beach and in the dunes and the Ria de Alvor. Birds such as the common tern, the dunlin, herons, plovers, the northern gannet, amongst many other species, can be seen in their different types of habitat.

Outside the summer season, and especially during periods of migration and in the winter, this area is rich in birdlife.

The trail starts in the riverside area of the Ria de Alvor, and follows a path along the salt-

marsh. Here, typical species such as the pink-flowered shrub *Limoniastrum monopetalum*, the glasswort *Sarcocornia fruticosa* and the shrubby sea-blite can be seen.

After walking for about 3 km as far as Medo Grande, you reach the beach, where the trail continues as far as a wooden construction, where you turn inland and return to the starting point.



 at the whim
of the tides

- 1**  Start of the Trail
- A**  Salt-marsh
- B**  Dune
- C**  Beach
-  Trail

rocha delicada trail

Name

Rocha Delicada Trail

Parish

Alvor

Municipality

Portimão

Location

Quinta da Rocha

How to get there

On the EN 125 in the direction of Lagos, go as far as Mexilhoeira Grande. The trail starts next to the railway station in this village.

Type

Walk

Circular trail

Yes

Distance

7 km

Average duration

2 h

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Earth path.

When to go?

All year round, except on very hot days.

Approved

No

Signposted

Yes

Special Features

At Quinta da Rocha, the association "A Rocha" has a Centre for the Study and Observation of Nature with regular activities (ringing birds and environmental education activities).



Natural interest

Salt-marsh wetland area. Dunes. Birdlife. Sítio da Natura 2000 Network (Ria de Alvor site).

Owners

Public paths

Org. responsible

Portimão Municipal Council



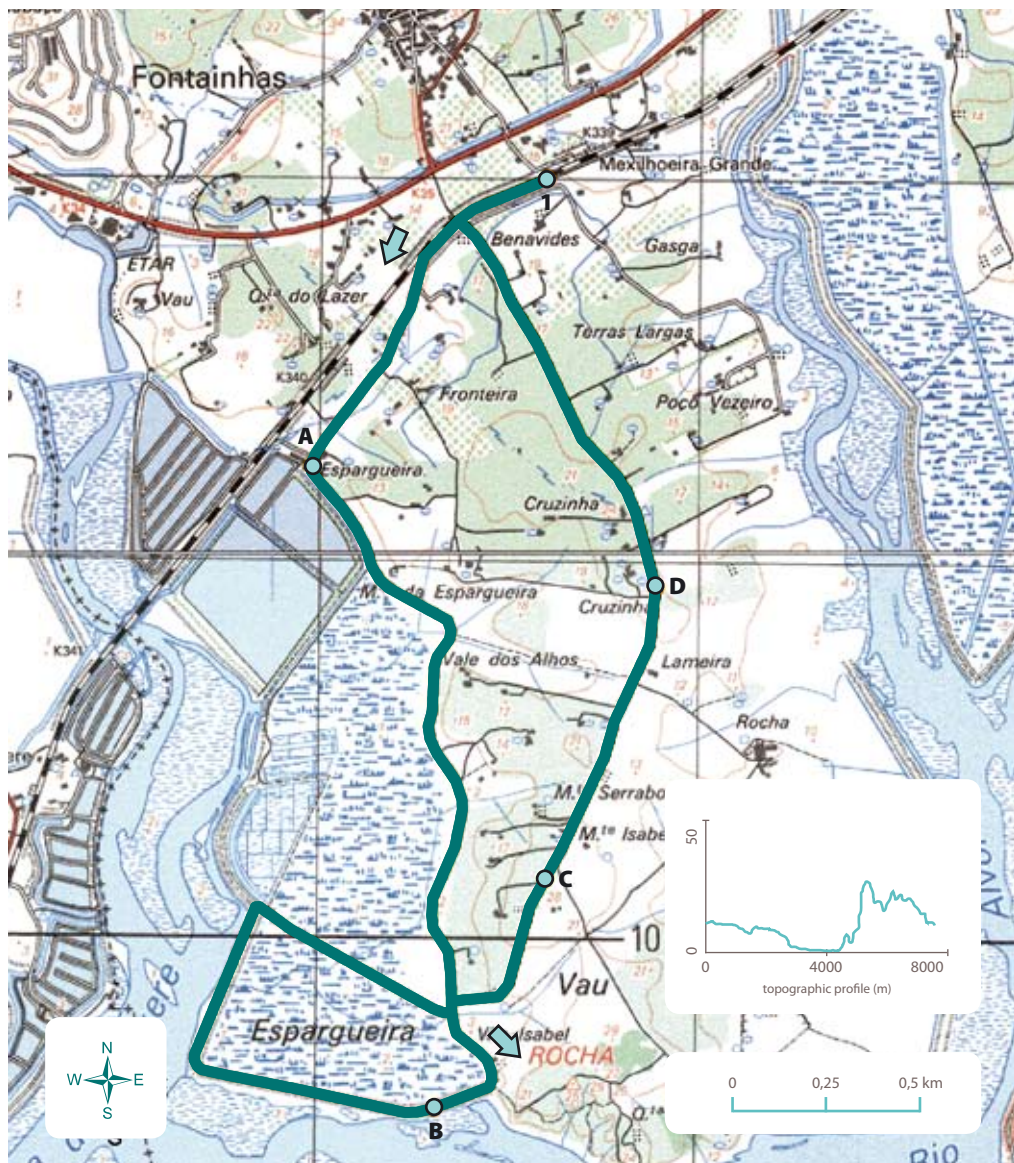
The trail begins on a peninsula in the Ria de Alvor. To start with, you walk through fields, where vines and cereals are growing, or cattle pasture, and there are some areas that are planted with dryland orchards (almond and fig trees) and citrus.

You then pass some fish-farming tanks, until you reach a junction, and the trail continues through a landscape of salt-marsh. In this habitat, interesting plant communities can be observed and a diversity of species associated with high, mid and low marsh zones. Adjacent to the agricultural fields, there are extensive areas of pine trees and Mediterranean scrubland.







This diversity of landscapes, concentrated in a relatively small space, provides a high degree of biodiversity, in particular birdlife, which varies significantly during the year.

The best times for bird-watching are the winter and the month of October, when large numbers of limicoline birds and Passeriformes can be seen.

Also of special interest are the birds of prey, most of which pass through the Ria de Alvor, although species such as the peregrine falcon, the common kestrel and the little owl are relatively common.



rocha delicada trail

- 1**  Start of the trail
- A**  Fish-farming tanks
- B**  Salt-marsh
- C**  Agricultural fields
- D**  Quinta da Rocha (Cruzinha)
-  Trail



praia grande interpretation trail

Name	Praia Grande Interpretation Trail
Parish	Pêra
Municipality	Silves
Location	Praia Grande
How to get there	From the A22 motorway, take the Algoz exit and head for Pêra, crossing the EN 125. After 300 m, turn left at the junction and, when you reach a roundabout, take the second exit. The trail begins on the right hand side of the road, where there are some windmills.
Type	Walk
Circular trail	No
Distance	5,5 km
Average duration	2 h
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Earth path and beach.
When to go?	All year round.
Approved	No
Signposted	Yes
Special Features	The return to the starting point can be done along the main road which provides access to the beach.
Natural interest	Salt-marsh wetland area and coastal lagoon. Birdlife. Dune system. Pine wood
Owners	Earth paths, except for the part in front of the dune system.
Org. responsible	CCDR-Algarve
Notes	There is another trail in the same area.



cattle egret

The trail begins in an area of dryland farming with carob, almond and fig trees.

Windmills and barns used some years ago can still be seen.

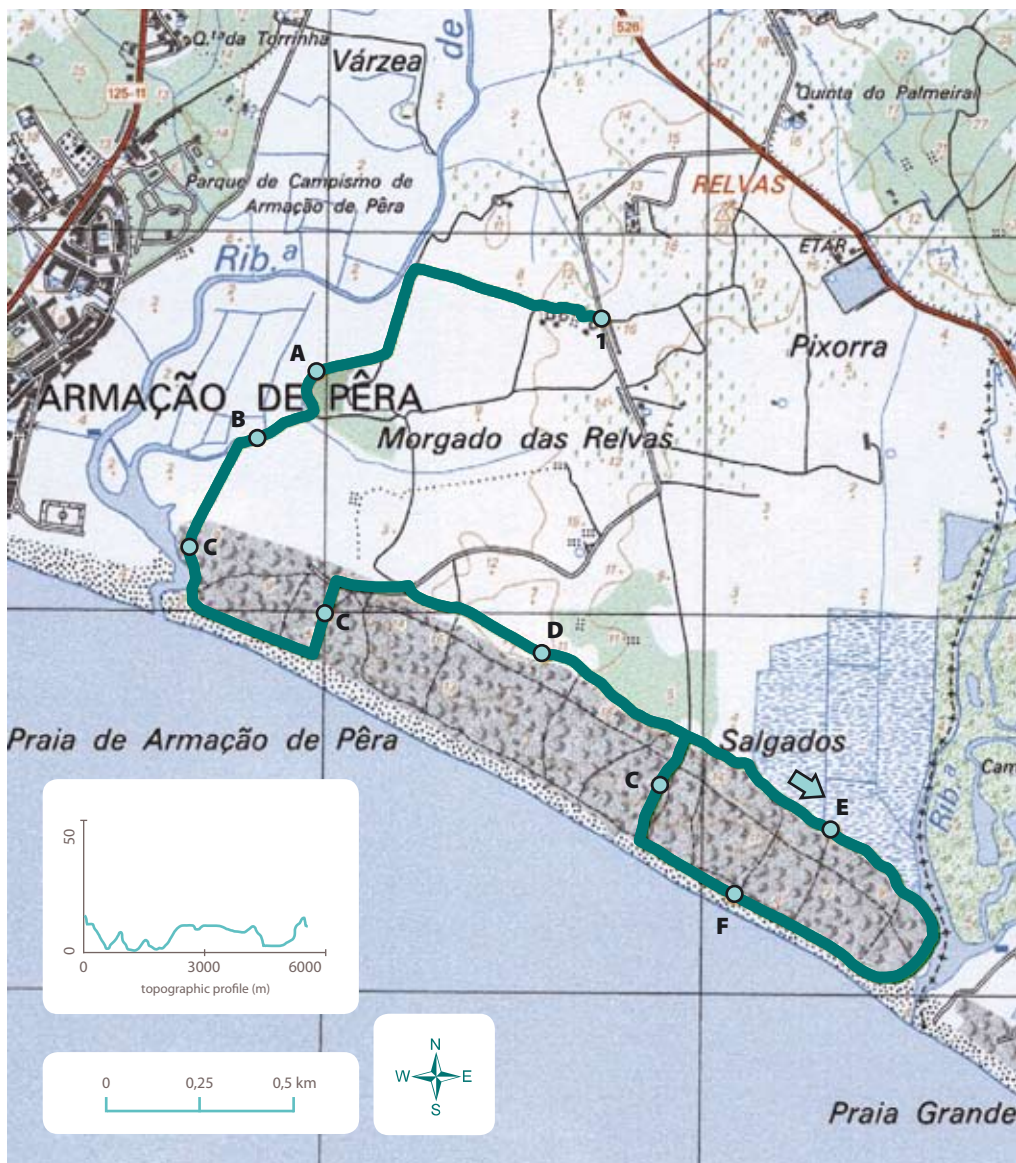
After crossing these fields, you can see an area of stone pines on a fossil cliff.

The undergrowth consists mainly of mastic trees, European fan-palms, spurge flax, white asparagus and conehead thyme.

Continuing in the direction of the beach, you reach the salt-marsh of the Ribeira de Alcantarilha, where the different plant communities can be seen that flourish in a wetland area: rush-beds, halophytic scrub and Mediterranean salt meadows, which, together with the silt banks, are of great interest from the point of view of conservation. You then walk through the dunes which join


the mouth of the Ribeira de Alcantarilha to the bar of the Salgados lagoon. This is the most interesting place to appreciate the dune vegetation, such as sea holly, European sea rocket, cottonweed, sea medick, curry plant, spiny thrift, coastal crucianella and large yellow restharrow.

When you reach the Salgados lagoon, on the other side of the rush-bed, areas of giant cane and reed mace can be seen, especially along the Ribeira de Espiche which flows out here. There is a major birdlife community here, with such interesting species as the ferruginous duck, the purple swamphen, the common spoonbill, the black-winged stilt, the purple heron and the little tern.



 **praia grande**
interpretation trail

- 1 ○ Start of the trail
- A ○ Pine wood
- B ○ Salt-marsh
- C ○ Dune sistem
- D ○ View over fields

- E ○ Salgados lagoon;
bird watching
- F ○ Beach
-  Trail

são lourenço trail

Name

São Lourenço Trail

Parish

Almancil

Municipality

Loulé

Location

Quinta do Lago

How to get there

When you get to Almancil, turn off to Quinta do Lago and follow the signposts as far as the car park at Praia da Quinta do Lago.

Type

Walk

Circular trail

No

Distance

3,4 km (there and back)

Average duration

01h30

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Earth path

When to go?

All year round.

Approved

No

Signposted

Yes, marked with stakes painted with a blue bar.

Special Features

The trail can sometimes be submerged due to the fact that the salt-marsh is an area affected by tides. Be careful of stray balls when walking near the golf course.

Natural interest

Salt-marsh wetland area and freshwater lakes. Birdlife. Trail located in the Ria Formosa Natural Park and Natura 2000 Network (Site Ria Formosa/ Castro Marim).



Owners

Public paths

Organisations responsible

Quinta do Lago, Loulé Municipal Council, PNRF and Infraquinta



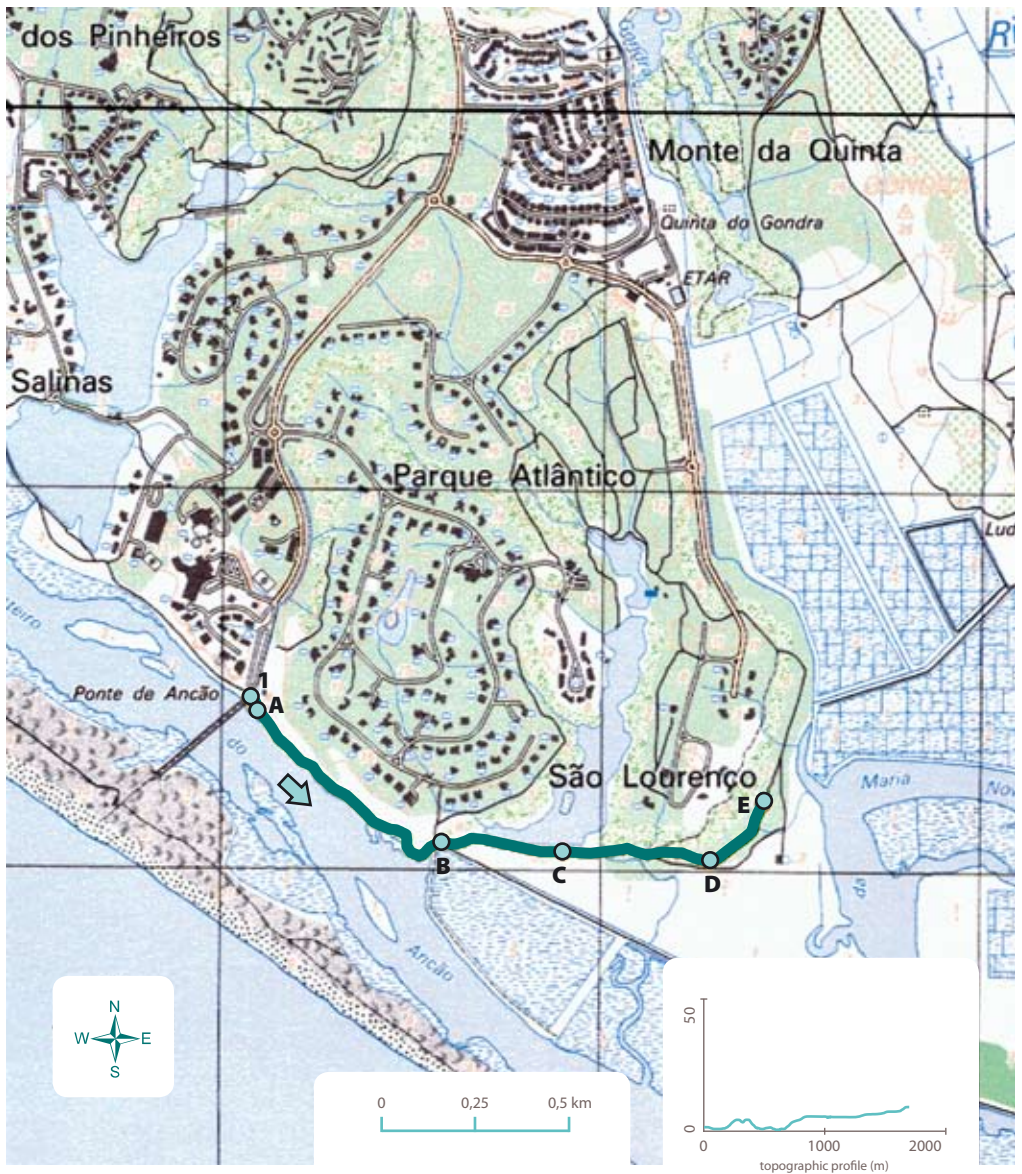
Purple swamphen

At the start of the trail, on the side of the ria, the dune system, the lagoon and the salt-marsh can be seen. The trail runs alongside the golf course, next to an area of housing located in the pine wood. In these areas of pine trees (stone pines and maritime pines) there are interesting animals such as the azure-winged magpie, and the chameleon, a reptile species which only exists in Portugal on the coastal strip of the Algarve.








When you reach a small patch of pine trees, you can find other types of shrubby vegetation such as sage-leaved rockrose, *Genista hirsuta* gorse-heaths and mastic trees. A few metres further on, you get to a lake on

the São Lourenço golf course, where the common reed, reed mace and rushes are the dominant species. At this artificial lake, there is an observatory for bird watching with a wide range of aquatic birds, the main ones being the purple swamphen, the little bittern, the little grebe, different species of duck and the Eurasian coot. The lake can also be a good place to see the two species of terrapin that are native to Portugal.

On the way to the Roman ruins, you once again enter an area with a view of the salt-marsh, with an excellent view over the ria, where birds including limicoline birds and colourful flamingos can regularly be seen.



são lourenço trail

- 1**  **Start of the trail**
- A**  **Salt-marsh and view over the dune system**
- B**  **Beginning of the pine wood**
- C**  **Freshwater lakes and observatory for bird watching**
- D**  **View over the ria and the salt-marsh**
- E**  **Roman ruins**
-  **Trail**



ilha da culatra trail

Name	Ilha da Culatra Trail
Parish	Sé
Municipality	Faro
Location	Ilha da Culatra
How to get there	From Olhão, catch the boat at the quay; there is transport all year round to this island.
Type	Walk
Circular trail	No
Distance	5,6 km (there and back)
Average duration	2 h
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Wooden walkway and beach.
When to go?	All year round.
Approved	No
Signposted	Yes
Natural interest	Salt-marsh wetland area. Birdlife. Trail located in the Ria Formosa Natural Park and in Natura 2000 Network (Ria Formosa/ Castro Marim site).
Owners	Public paths
Org.(s) responsible	Ria Formosa Natural Park, Faro Municipal Council and Ambifaro



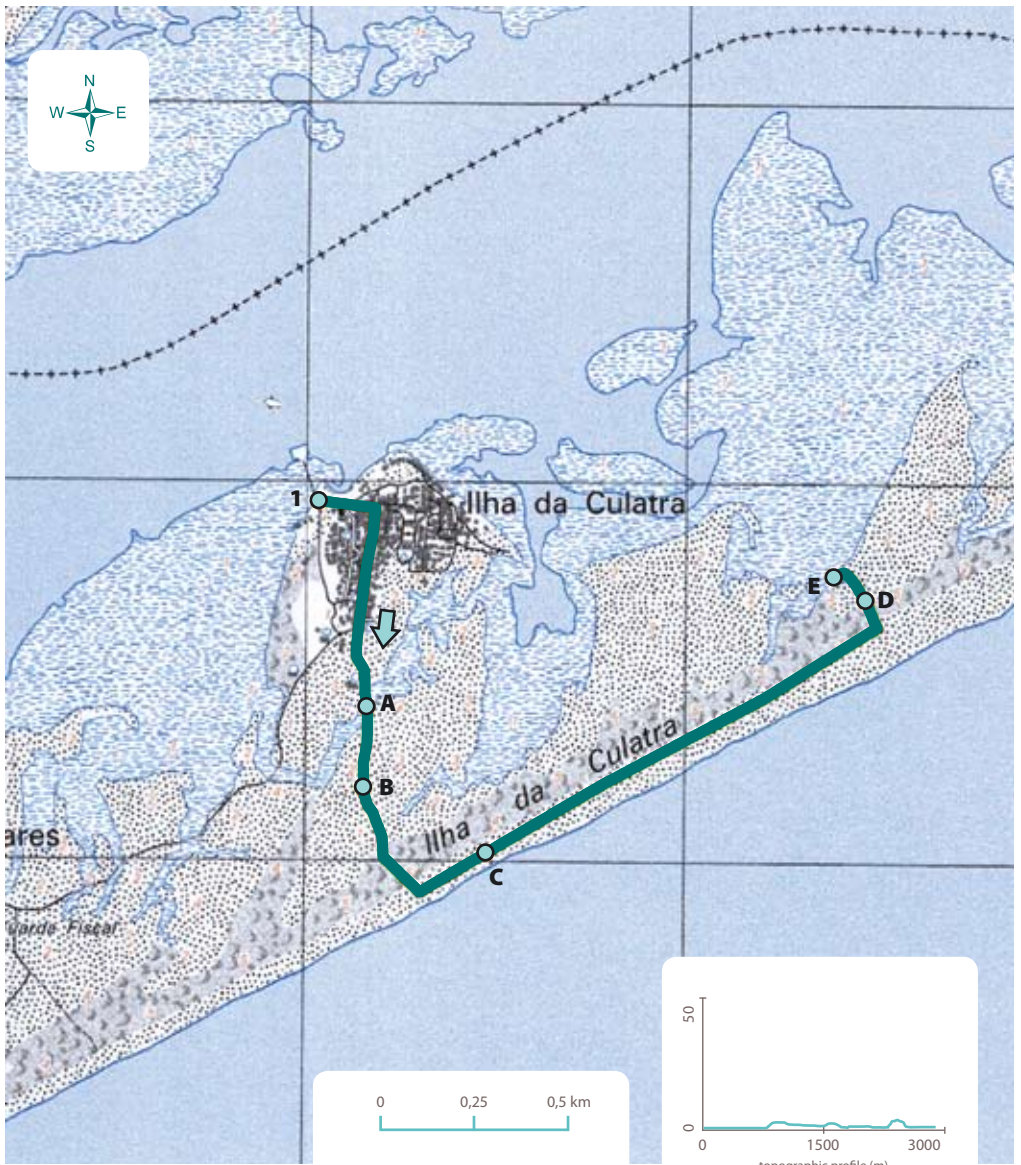
Marram grass

After crossing the ria and arriving in Culatra, you enter the village where there is an information panel for this trail. Take the main street towards the beach, where you will find a wooden walkway which leads walkers through the dune system.








The dune vegetation is of particular interest because of the way it has adapted to demanding conditions in terms of temperature, salinity and anchorage in the ground. Plants such as seaside chamomile, Portuguese thyme, curry plant, marram grass, sand couch-grass and sea holly are some of the dune species that are most abundant.

When you reach the beach, the trail continues to the left. The remains of shells and aquatic sea birds are some of the natural aspects that can be observed, until you reach a path signposted with a tree trunk, leading to a walkway which ends at an inlet of the ria. Here you will have a chance to observe the birds of the ria – such as the common redshank, the Eurasian curlew, the dunlin, the little tern, the great cormorant, and the grey heron, among many others – while you take the chance to have a rest.

To return, you walk back along the same trail.



ilha da culatra trail

- 1**  **Start of the trail**
- A**  **Salt-marsh vegetation**
- B**  **Dune vegetation**
- C**  **Beach**
- D**  **Dune vegetation**
- E**  **View over the Ria Formosa**
-  **Trail**

nature discovery trail of the marim environmental centre

Name

Nature Discovery Trail of the Marim Environmental Centre

Parish

Quelfes

Municipality

Olhão

Location

Quinta de Marim

How to get there

Travelling on the EN 125 in the direction Faro–Vila Real de Santo António, turn right next to a filling station 1 km after Olhão. Here you will see a sign to the access road leading to the head office of the PNRF. The Marim Environmental Education Centre is where the trail takes place.

Type

Walk

Circular trail

Yes

Distance

3 km

Average duration

01h30

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Earth path and beach.

When to go?

All year round.

Approved

No

Signposted

Yes



Special Features

Interpretation Centre with equipment and facilities for supporting environmental education activities.

Natural interest

Birdlife. Salt-marsh and freshwater and brackish water lakes. Pine wood. Salt pans. Trail located in the Ria Formosa Natural Park (PNRF) and in Natura 2000 Network (Ria Formosa/ Castro Marim site).

Owners

Institute for Nature Conservation (ICN)

Org. Responsible

ICN (Ria Formosa Natural Park).

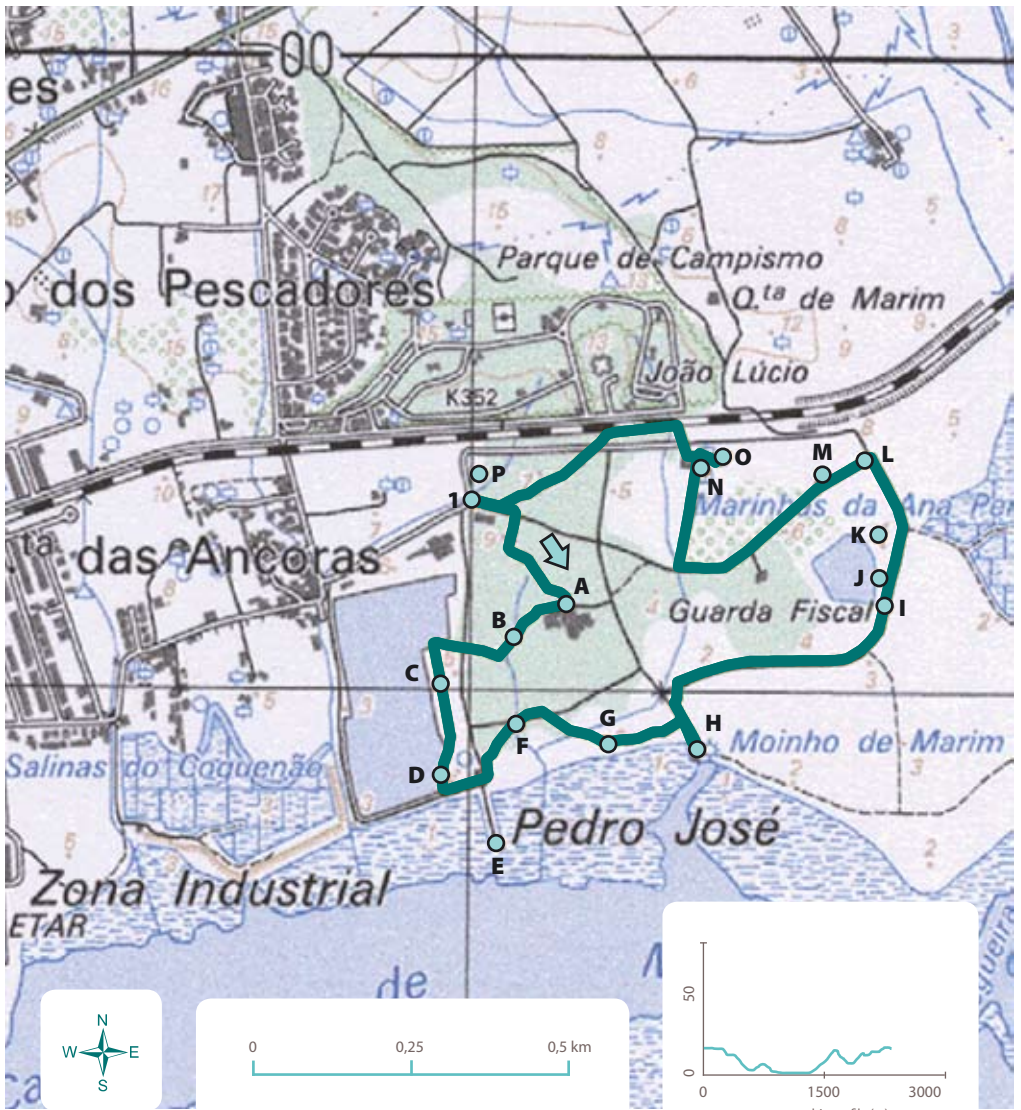
The trail starts in an area of pine trees at the Marim Environmental Education Centre (CEAM) and continues in the direction of the Interpretation Centre.

The trail goes through a number of points of natural interest, such as pine woods, salt pans, areas of salt-marsh and reed-beds, a freshwater lake, an area of dunes and another of dryland orchards. In these types of habitat, you can see a wide range of animal life, especially birds. Species such as the white stork, the great tit, the black-winged stilt, the little egret and the coot are some of those that can be seen here. In addition, the vegetation associated with each zone of the CEAM is especially interesting and varied.


The trail also includes other points of interest such as a tuna boat (a boat used for transporting tuna which was recovered by the PNRF), a tidal mill, observatories for bird-watching, Roman ruins (salting tanks), a centre for the rehabilitation of birds, a kennel which specialises in the Portuguese water-dog, a picnic site and the house of the poet João Lúcio.

In the Interpretation Centre you can obtain publications, see exhibitions and get information connected with environmental issues and in particular with the Ria Formosa.





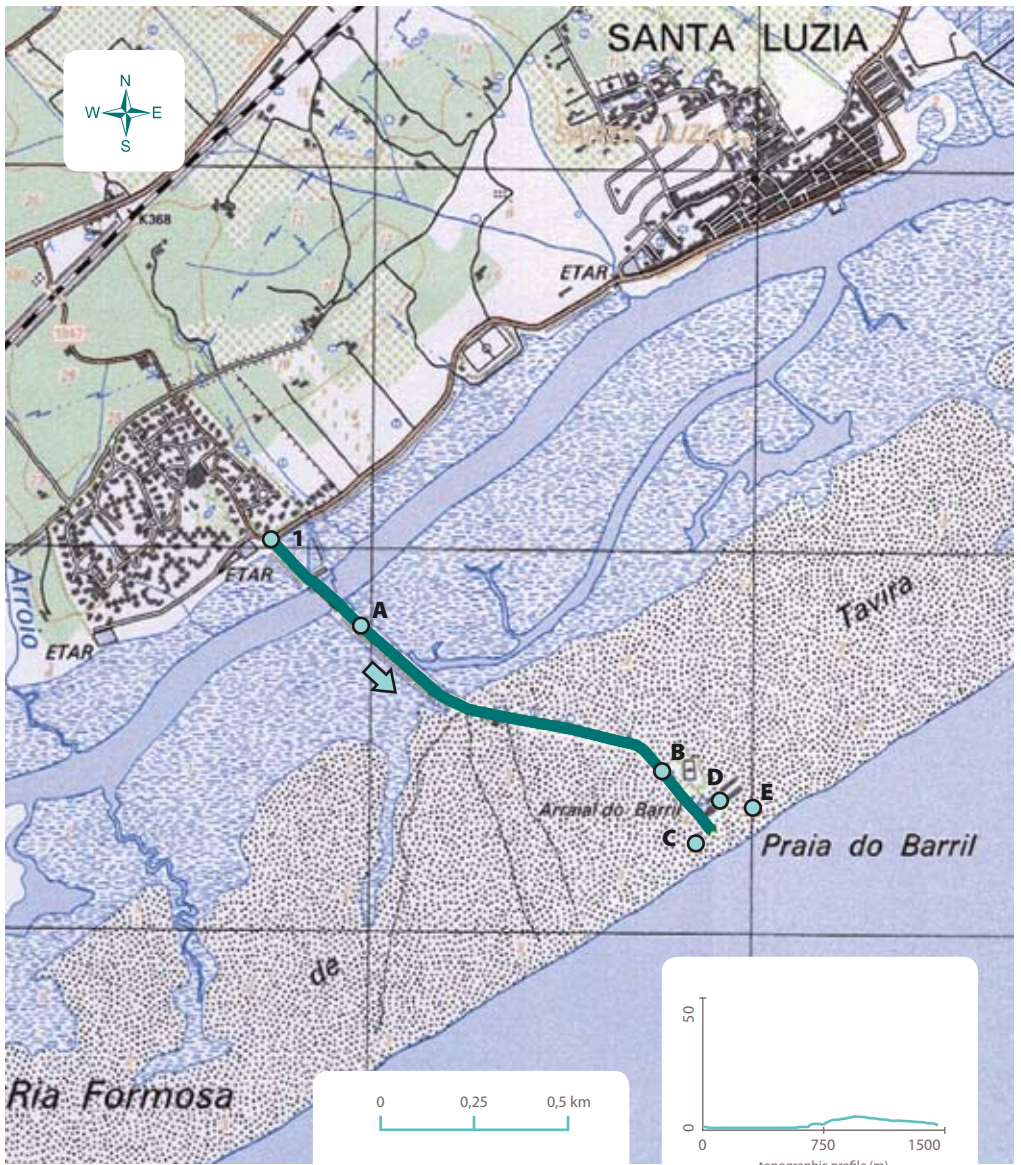
nature discovery trail of the marim environmental centre

- | | |
|--|---|
| 1 ○ Start of the trail | I ○ Salt-marsh |
| A ○ Marim Interpretation Centre | J ○ Freshwater lake and observatory for bird watching |
| B ○ Pine wood | K ○ Salting tanks (Roman ruin) |
| C ○ Salt pans | L ○ Dryland orchards |
| D ○ Fish-farming tanks | M ○ Centre for the rehabilitation of birds |
| E ○ Tuna boat | N ○ Water-wheel |
| F ○ Rush-bed | O ○ Portuguese water-dog kennel |
| G ○ Dunes | P ○ Picnic site |
| H ○ Tidal mill |  Trail |










praia do barril trail

Name	Praia do Barril Trail
Parish	Santa Luzia
Municipality	Tavira
Location	Pedras d'El Rei
How to get there	On the EN 125, between Luz de Tavira and Tavira, follow the signpost to Pedras d'El Rei. After you go through the tourist village, the trail starts near the walkway that crosses over the ria.
Type	Walk
Circular trail	No
Distance	3 km (there and back, excluding the trail on the beach)
Average duration	01h15
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Walkway and beach.
When to go?	All year round.
Approved	No
Signposted	Yes
Natural interest	Salt-marsh wetland area. Birdlife. The trail is located in the Ria Formosa Natural Park and in Natura 2000 Network (Ria Formosa/ Castro Marim site).
Owners	Public path
Org.(s) responsible	Tavira Municipal Council and ICN (Ria Formosa Natural Park)



praia do barril trail

- 1**  **Start of the trail**
- A**  Salt-marsh
- B**  View over the northern side of the dune system
- C**  Dune
- D**  Fishermen's buildings (turned into beach support facilities)
- E**  Cemitério de âncoras (anchor cemetery)
-  Trail



The Praia do Barril trail starts at the entrance to the beach, and goes through a wide area of salt-marsh as far as the dunes and the old fishermen's buildings, which have now been turned into beach support facilities.

This is an interesting trail for observing the birds of the ria and the vegetation of the dunes and the salt-marsh, especially at low tide when a large area of mud flats is uncovered where birds feed and interesting species such as the fiddler crab live.

The main species of birds that can be seen

here include limicoline birds (dunlins, plovers, the red knot, the black-winged stilt, the avocet), seagulls and terns, as well as herons.

When you reach the beach, you can continue the trail on either side: on the right, in the area where the dune system is being restored and is protected by a palisade, a variety of indigenous plant species can be seen; on the left, it is suggested that you read the information panel to find out a bit more about the history surrounding the "anchor cemetery".

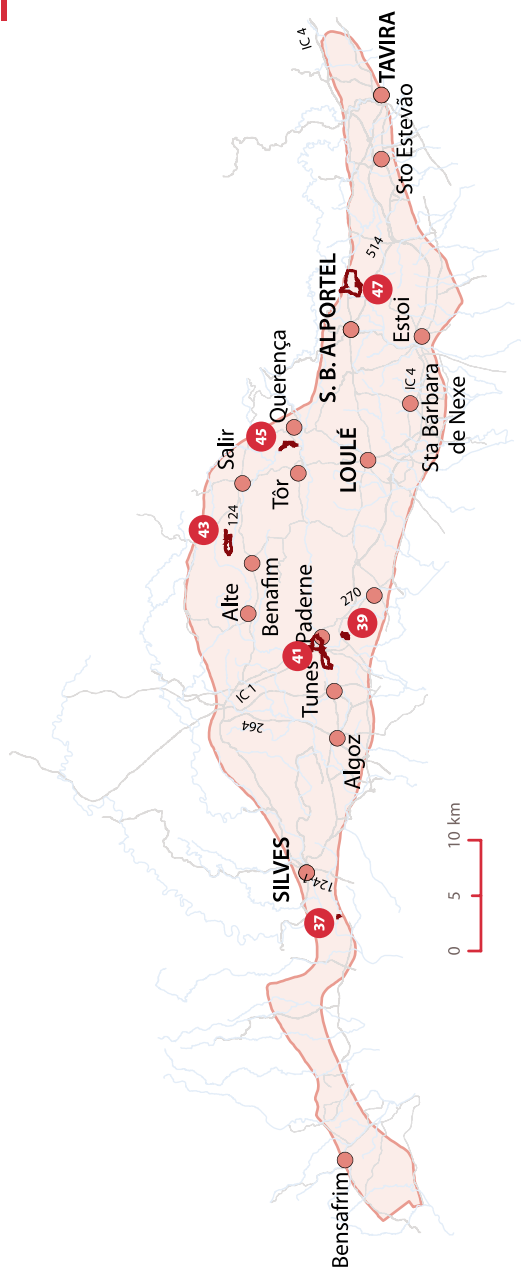




barrocal

barrocal

- 37. Sítio das Fontes Municipal Park Trail
- 39. Paderne Castle Trail
- 41. Cerro de São Vicente Trail
- 43. Rocha da Pena Trail
- 45. Fonte Benémola Trail
- 47. A Walk to the Spring



sítio das fontes municipal park trail

Name

Sítio das Fontes Municipal Park Trail

Parish

Estômbar

Municipality

Lagoa

Location

Sítio das Fontes

How to get there

Follow the A22 motorway, take the exit to Silves and continue in the direction of the railway station. At the next roundabout, turn right and continue until you see a sign indicating the municipal park. The trail begins next to the car park.

Type

Walk

Circular trail

No

Distance

1,2 km (there and back)

Average duration

30 min.

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Earth path.

When to go?

All year round.

Approved

No

Signposted

Yes



Natural interest

There are facilities for visitors at the park (e.g. a Nature Interpretation Centre, a picnic site, a training circuit and a playground).

Natural interest

Springs. Different types of habitat. Natura 2000 Network (Arade/Odelouca site).

Owners

Public paths

Org. responsible

Lagoa Municipal Council



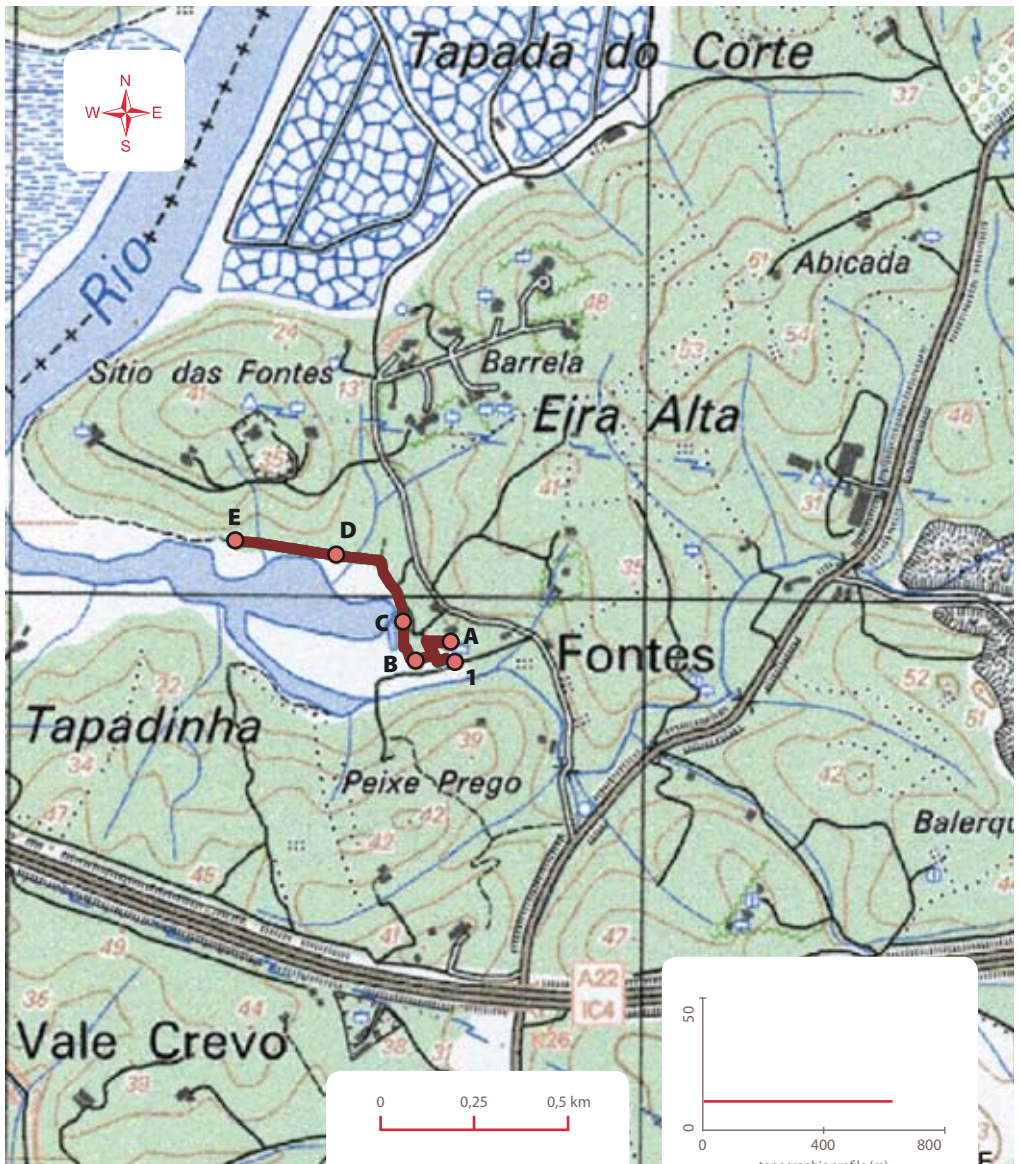
Mastic tree

“Sítio das Fontes” (Place of Springs) is located on the banks of a branch of the Rio Arade. The site occupies a small area with a wide range of environments, including areas of salt-marsh, marsh, Mediterranean scrubland, riverine vegetation and stretches of fresh, brackish and salt water.

At the beginning of the trail, a water-wheel can be seen, which at one time was used to irrigate agricultural fields and vegetable plots that have since been abandoned. You can also visit the Nature Interpretation Centre (CIN), which is housed in an old restored rural building, and find out about a system for wastewater treatment using plants.

Continuing along the signposted trail, you reach the springs from which the park derives its name, as well as a weir and the associated tidal mill. Near the mill in the area of salt-marsh can be seen a number of species that are typical of this habitat, such as saltwort and the sea rush.

On the land around the trail, there are dryland orchards and well-developed areas of mastic trees and scrubland. The whole trail provides good opportunities for observing the local fauna, especially aquatic birds and birds associated with Mediterranean scrubland.



sítio das fontes
municipal park
trail

- 1 ● Start of the trail
- A ● Nature Interpretation Centre (CIN)
- B ● Springs
- C ● Weir and mill
- D ● Area of mastic trees
- E ● Panoramic View
- ~ Trail



paderne castle trail

Name	Paderne Castle Trail
Parish	Paderne
Municipality	Albufeira
Location	Around Paderne Castle
How to get there	Leave the A22 motorway in the direction of Albufeira, turn off to Ferreiras and follow the signs to Paderne. In Paderne, follow the road to the castle. This walk can begin on the way from Paderne or at the water-mill at the castle.
Type	Walk
Circular trail	Yes
Distance	4,5 km
Average duration	01h30
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Earth footpath.
When to go?	All year round.
Approved	No
Signposted	Yes
Special Features	Paderne castle. During the rainy season, the weir may become impassable which means that the walk would have to be done in the opposite direction to that in the description.
Natural interest	Riverine vegetation and juniper wood. Part of the Ribeira de Quarteira site of Natura 2000 Network.
Owners	Public and private paths
Org. responsible	CCDR-Algarve
Notes	There is another walk in the same area.



strawberry tree

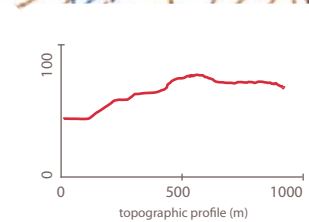
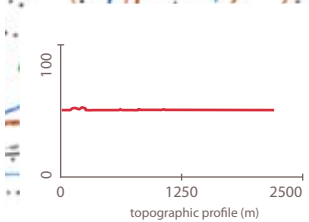
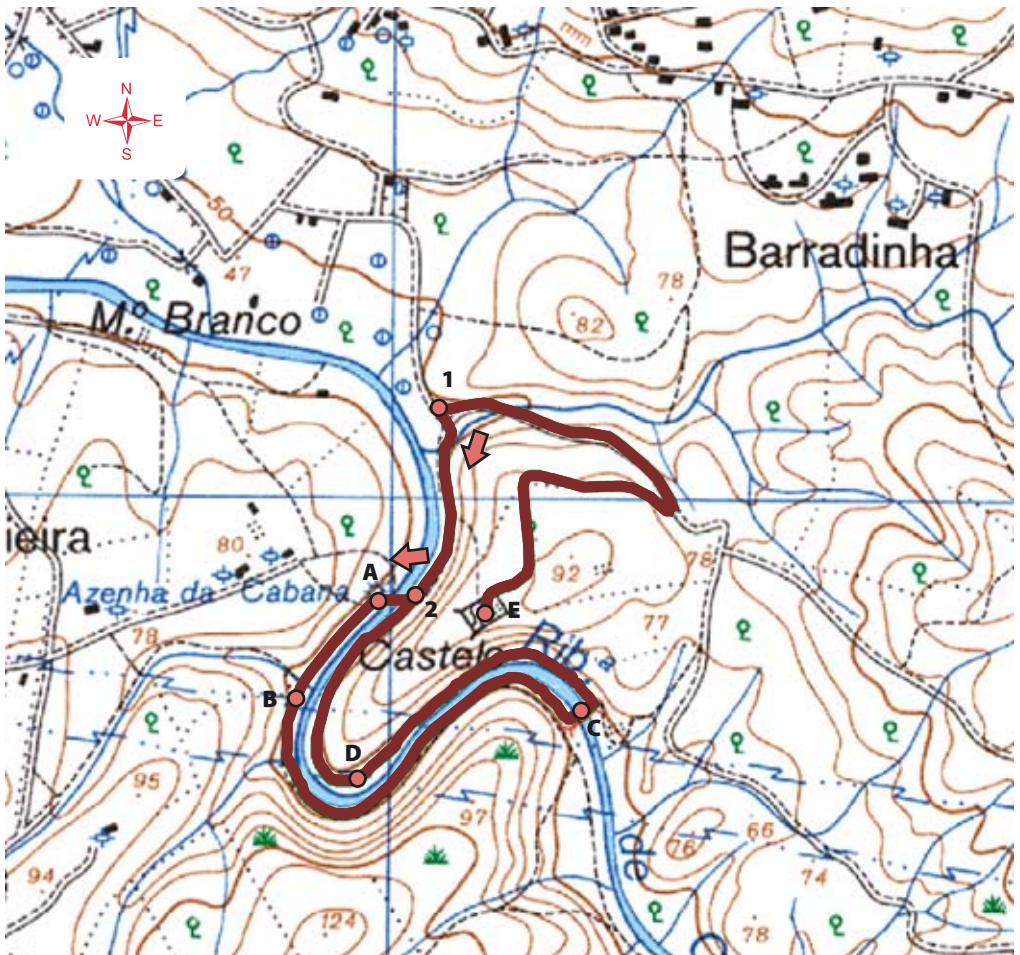
The walk follows both banks of the Ribeira de Quarteira. If you begin the walk at the castle water-mill, you cross the weir and continue along the right bank of the river.

In this valley, with steep sides, you can see a wide variety of plants such as purple phlomis, various species of *Cistus*, the European fan palm, the mastic tree, Montpellier cistus, the strawberry tree, the Kermes oak, spurge flax, wild olives, juniper and narcissi. The banks of the river are dominated by reeds, tamarisk, oleander and the narrow-leafed ash.

To reach the left bank of the river, cross the bridge (which is Roman in origin, according

to tradition) and from there you can continue along the left bank, along the valley where there is a narrow strip of flat land with carob and olive trees. It is well worth climbing up to the castle from where the view over the valley and the surrounding area is especially beautiful.

As regards fauna, there have been sightings of mammals such as the otter, the weasel, the lesser mouse-eared bat and the European hedgehog, and it is easy to observe some of the typical birds of Mediterranean woodland, aquatic birds and even a number of amphibians and reptiles.



- 1 ○ Beginning of the trail, starting from the access to Paderne
- 2 ○ Beginning of the trail, starting from the water-mill
- A ○ Water-mill and weir
- B ○ Vegetation on the banks of the river
- C ○ Roman bridge
- D ○ Paderne Castle
- E ○ Plain
- Trail

cerro de são vicente trail

Name

Cerro de São Vicente Trail (PR2)

Parish

Paderne

Municipality

Albufeira

Location

Paderne

How to get there

Leave the A22 motorway in the direction of Albufeira, turn off to Ferreiras and then follow the signs to Paderne until you reach the Estádio João Campos. The walk begins next to the Chapel of Nossa Senhora ao Pé da Cruz.

Type

Walk

Circular trail

Yes

Distance

11 km

Average duration

03h30

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Rural paths and tarred road.

When to go?

All year round.

Approved

Yes

Signposted

Yes

Special Features

It might not be possible to cross the Ribeira de Algibre during the rainy season.

Natural interest

The walk is located in an area of Natura 2000 Network (Barrocal site).

Owners

Public paths



Org. responsible

Albufeira Municipal Council

Notes

Located in a hunting zone.



Start near the Chapel of Nossa Senhora ao Pé da Cruz, and cross the Ribeira de Quarteira over the D. Carlos I bridge, also known as the Paderne bridge. As the Cerro de S. Vicente comes into view, you leave behind a landscape where there is a clear human presence.

Before you begin to climb, the path is flanked by dryland orchards with fig, carob and almond trees. On the ascent, the landscape is dominated by agricultural smallholdings.

Some of the shrubby vegetation already shows signs of typical Mediterranean vegetation, with species such as juniper, mastic trees, Kermes oak and lavender. At the top, you enter an area of Kermes oaks and carob trees. From here on, there is a panoramic view of the surrounding area, especially over Paderne, over areas of the typical scrubland of the Algarve Barrocal and even over the motorway, which has a major visual impact on the countryside.

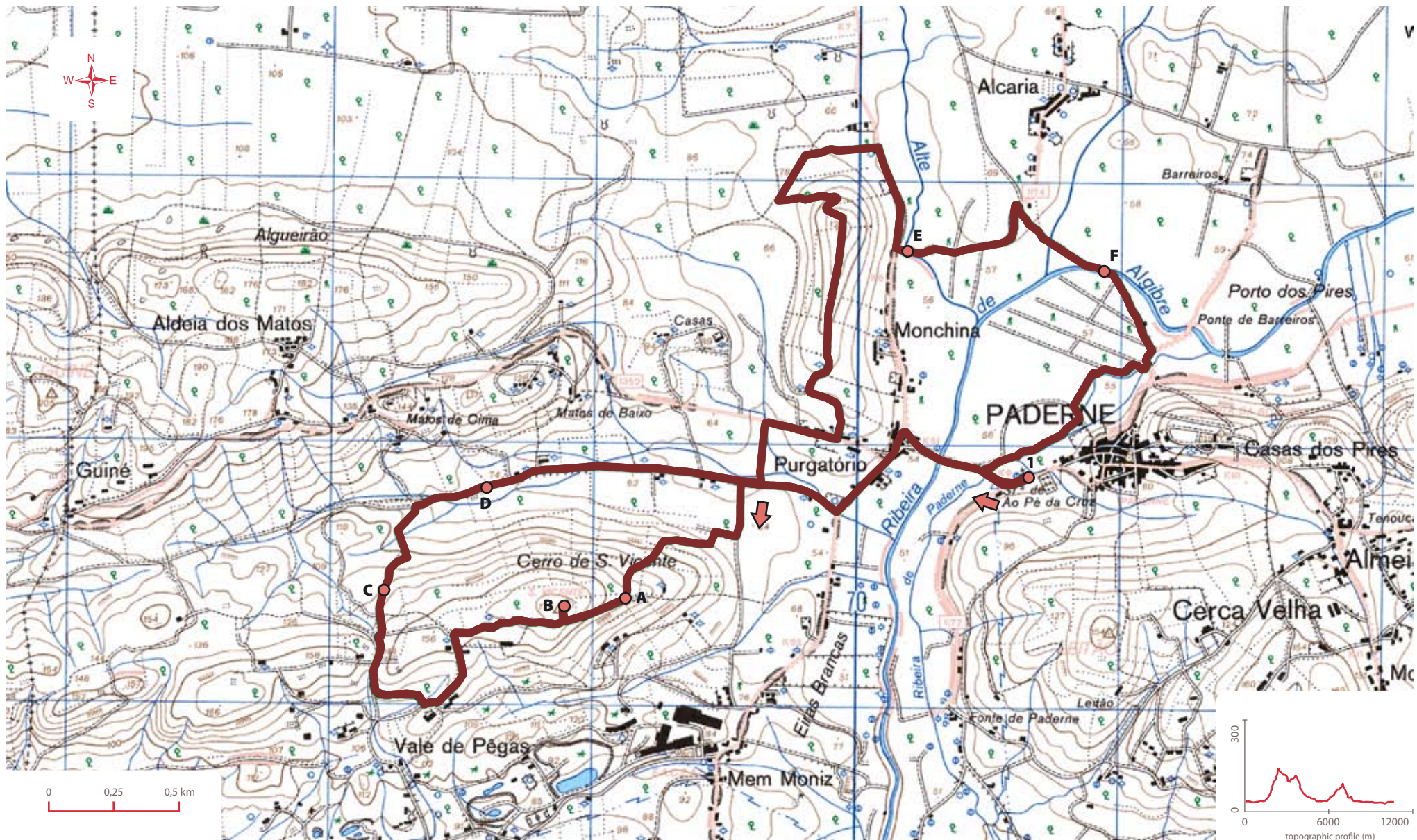
As you descend to the valley, the most commonly seen species of typical Mediterranean vegetation are the white-leaved rockrose, purple phlomis, the strawberry tree, Montpellier cistus, the Kermes oak, spurge flax, *Ulex argenteus* and *Genista hirsuta* gorse-heaths.

In the valley, the landscape consists of orchards of carob trees and citrus.

The final part of the walk takes you through the plains of the Ribeira de Alte and the Ribeira de Algibre. In the latter, you can cross at the ford or over small stones.

Fig trees, olive trees, vines and typical riverine vegetation can be seen alongside the walk until you get back to the starting point.

In terms of vertebrates, the principal ones to be seen are aquatic fauna and those seen near rivers: the otter, the stripe-necked terrapin or fish such as the Hybrid minnow *Rutilus alburnoides* and the Iberian endemic *Chondrostoma lemmingii*.



cerro de são vicente trail

- 1 ○ Start of the Trail
(Chapel of Nossa Senhora do Pé da Cruz)
- A ○ Panoramic view
- B ○ Ruins of São Vicente mill
- C ○ Mediterranean vegetation

- D ○ Valley with orchards
- E ○ Ribeira de Alte
- F ○ Ribeira de Algibre
- Trail

rocha da pena trail

Name

Rocha da Pena Trail

Parish

Salir e Benafim

Municipality

Loulé

Location

Rocha da Pena

How to get there

From Loulé, go to Salir and take the EN 124 towards Alte. Before you reach the village of Pena, turn off to Rocha da Pena. The trail begins at Rocha.

Type

Walk

Circular trail

Yes

Distance

6,4 km

Average duration

2 h

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Stony path and footpaths.

When to go?

Not during the summer or on very hot days.

Approved

No

Signposted

Yes

Special Features

Huge rocky outcrop. Karstic landscape.

Natural interest

Scenery. Vegetation. Birdlife. The trail is located in the Rocha da Pena Classified Site and in the Barrocal site of Natura 2000 Network.

Owners

Public paths

Org. responsible

Loulé Municipal Council





white-leaved rockrose

The trail starts up a steep slope to the plateau, which is 479 metres above sea level at the Talefe viewing point.

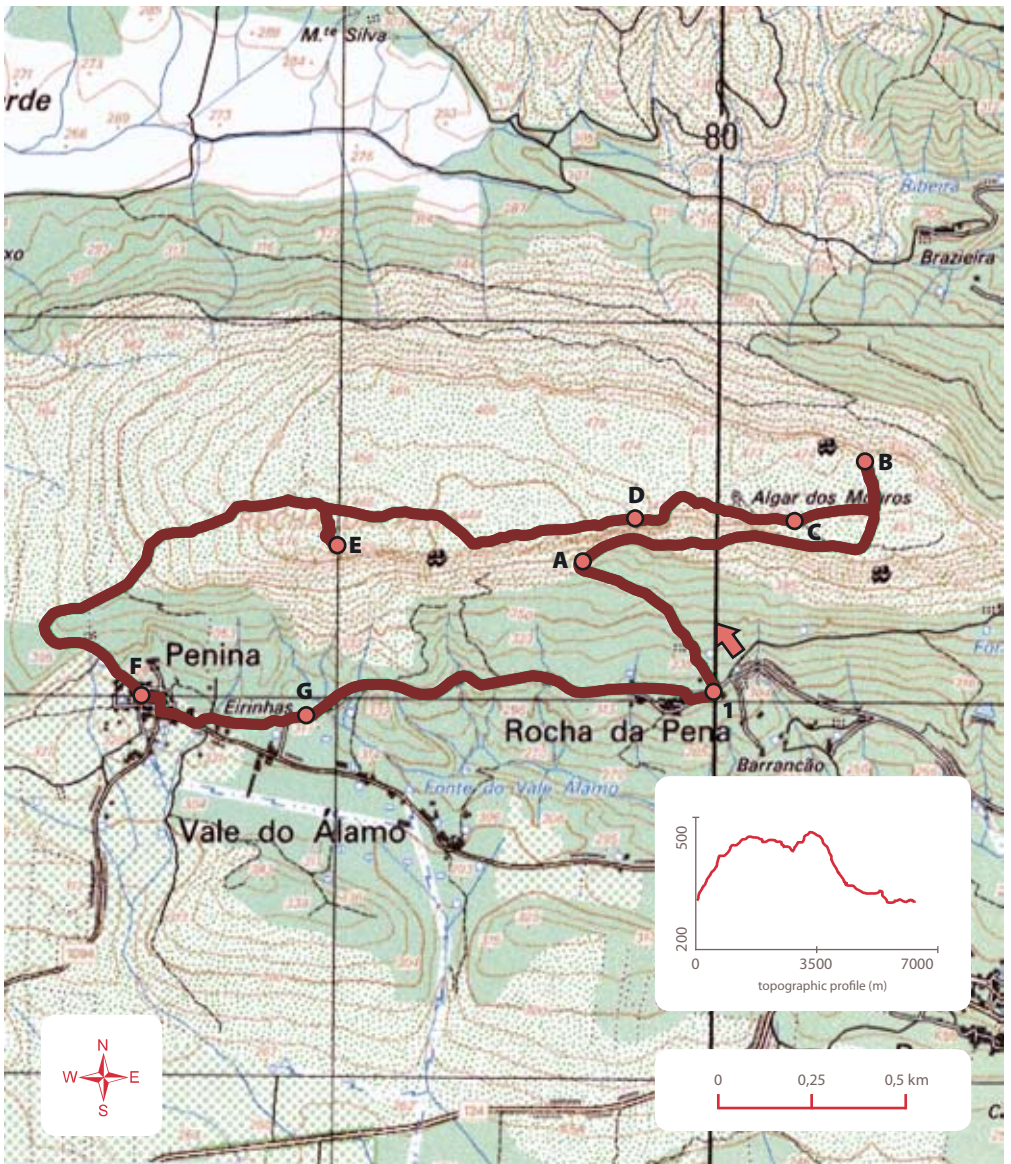
Rocha da Pena is located in a transitional area between the Barrocal and the Serra, which means that it displays a high degree of biodiversity. Mixed woods of holm-oaks and juniper trees, areas of Kermes oaks and species such as rosemary, the Western peony, the white-leaved rockrose and the European fan palm contribute to the high degree of diversity in plant life in this classified site. In terms of fauna, the highlight is Bonelli's eagle, which nested here regularly in recent times, as well as some species of cave-dwelling

bats, which have an important hibernation and breeding colony here.

During the trail you will be able to see a significant number of the typical flora and fauna of the Algarve Barrocal and Serra.

The view over the wide landscapes all around is another of this trail's main attractions. Also on the plateau, it is especially interesting to see the rock wall, which is thought to date back to the Iron Age.

The trail then descends to the village of Penina, and from there to Rocha, on a path from where most of the south-facing escarpment can be seen.



- 1 ● Start of the trail
- A ● Mediterranean vegetation
- B ● Panoramic view (North)
- C ● Panoramic view (South)
- D ● Rock wall
- E ● Talefia viewing point and panoramic view
- F ● Village of Penina
- G ● View over the escarpment
- Trail

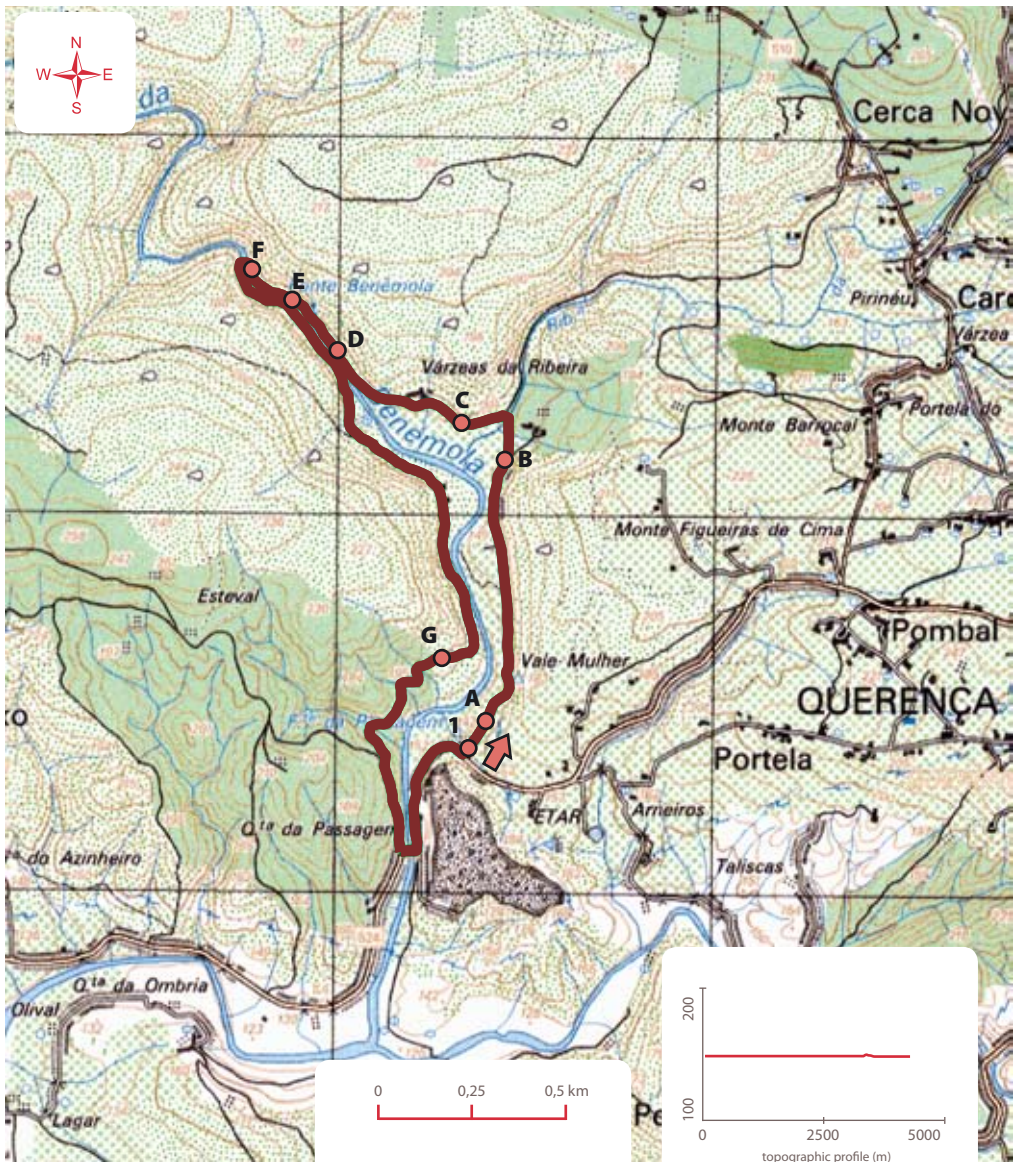


fonte benémola trail


Name	Fonte Benémola Trail
Parish	Querença
Municipality	Loulé
Location	Fonte Benémola
How to get there	From Loulé heading towards Salir, at the crossroads in Tôr turn towards Querença on the EM 524. After crossing the bridge over the Ribeira da Fonte Menalva, continue on the road along the river until you turn to the left on to a gravel road.
Type	Walk
Circular trail	Yes
Distance	4,4 km
Average duration	01h30
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Earth paths.
When to go?	All year round.
Approved	No
Signposted	Yes
Special Features	Springs
Natural interest	Riverine vegetation. Springs. The trail is located in the Fonte Benémola Classified Site and in the Barrocal site of Natura 2000 Network.
Owners	Public paths
Org. responsible	Loulé Municipal Council

The trail begins at Fica Bem, and you walk along an earth path through a valley with a number of agricultural fields and orchards. On the slopes of the valley, the vegetation is typical for the Barrocal, although at the end of the walk there is an area of schistose soils dominated by cistus and cork-oaks. Along the Ribeira da Fonte Menalva the riverine vegetation is dense and diverse, consisting of species such as narrow-leaved ash, tamarisk, white willow, oleander, laurustinus and European white poplar. The river is the habitat of some important species from a conservational point of view, such as terrapins, otters, and the common kingfisher, along with many species of vertebrates. The areas adjacent to the river are also of great importance as they contain a large number of Algarve species of flora and fauna. The Ribeira da Fonte Menalva flows all year round because of a number of springs. This is even the case in the summer, especially downstream from Fonte Benémola. There is also a picnic site on the trail.






fonte
 benémola trail

- | | | | |
|---|---|---|---|
| 1 | ○ Start of the trail | E | ○ Springs |
| A | ○ Lime kiln | F | ○ Picnic area |
| B | ○ Agricultural fields and orchards | G | ○ Basket-maker and sales of handicrafts |
| C | ○ View over the plain of the Ribeira da Fonte Menalva |  | Trail |
| D | ○ Riverside vegetation | | |

a walk to the spring

Name

A Walk to the Spring

Parish

S. Brás de Alportel

Municipality

S. Brás de Alportel

Location

Starts and ends at Fonte da Mesquita.

How to get there

On arrival at S. Brás Alportel, take the EN 270 in the direction of Tavira and turn right at the crossroads to Fonte da Mesquita. The trail starts at the crossroads in Fonte Mesquita.

Type

Walk

Circular trail

Yes

Distance

9 km

Average duration

3 h

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Country paths and tarred road.

When to go?

All year round.

Approved

No (in the process of being approved)

Signposted

Yes

Special Features

There is a point of geological interest and a water-mill.

Natural interest

Different types of habitat. Landscape.

Owners

Public paths

Org. responsible

S. Brás de Alportel Municipal Council





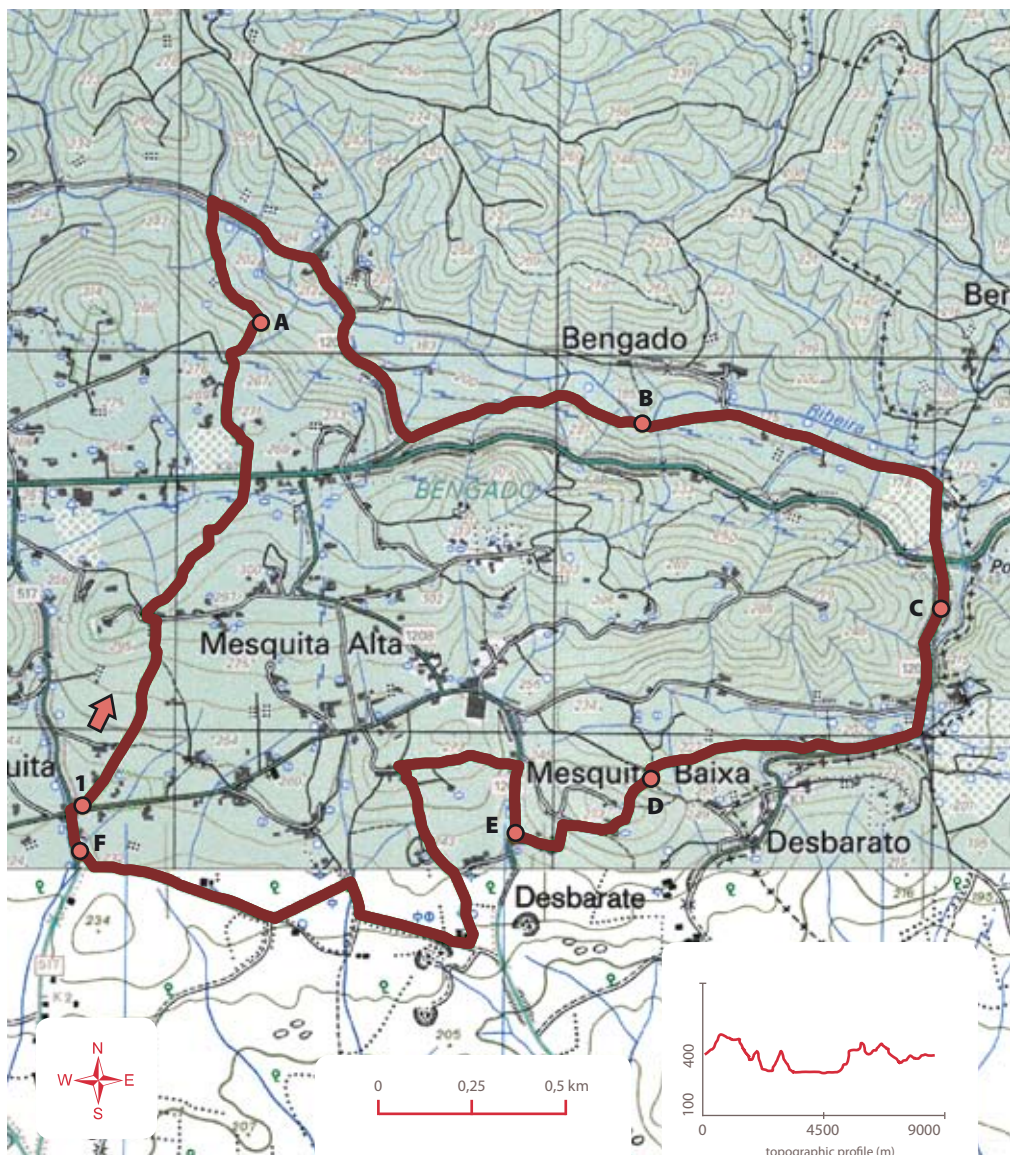
The trail starts on old rural paths flanked by fields. The descent on the path from Bugia leads to a place where there is a panoramic view over countryside of great diversity.

Between the typical dryland orchards which dominate the landscape, you can find areas of the natural vegetation of the Barrocal, with the main species being western peonies, Kermes oaks, the white-leaved rockrose and conehead thyme.


When you reach the Ribeira do Bengado, a number of pieces of hydraulic equipment can be seen as well as a wide range of riverine vegetation. In the adjoining fields, much of the landscape is dominated by olive trees and by dryland orchards and vegetable plots. When you head south, there is an area

of cork-oaks along the whole length of this stretch of the trail, which is covered on a road. At Monte das Favas there is a panoramic view over the adjacent valley and you can also see a wide range of species which are typical of agricultural areas, especially passeriform birds.

The trail continues as far as the point of geological interest, where there is an information panel on which limestone breccia is highlighted, an ornamental rock of great beauty. At the end of the trail, you walk through an area where the traditional dryland orchards gradually make way for areas of carob trees, cork-oaks and holm-oaks.



 a walk
to the spring

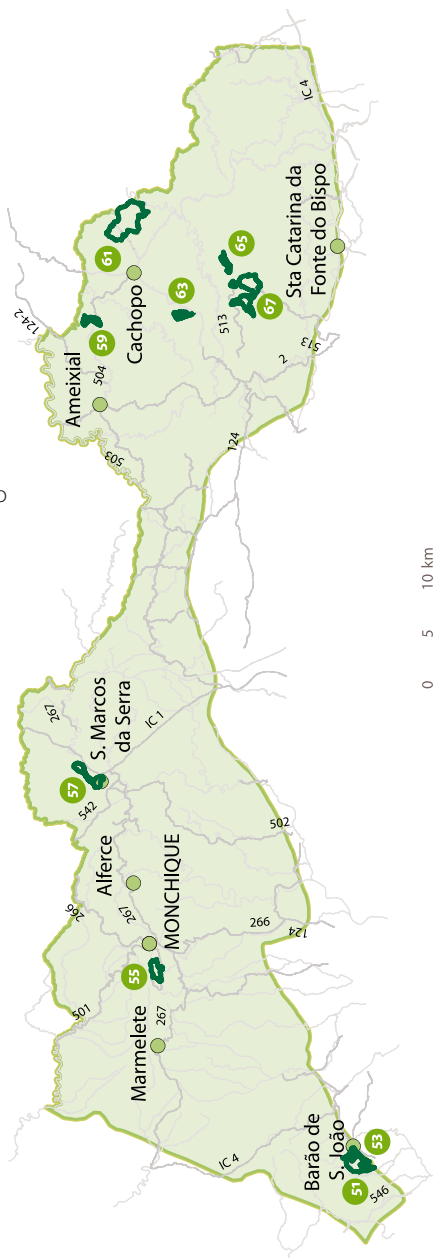
- 1 ● Start of the trail
- A ● Panoramic view
- B ● Valley of the Ribeira do Bengado
- C ● Sobreiral
- D ● Panoramic view
- E ● Point of geological interest
- F ● Water-mill
-  Trail

A large tree with reddish-brown bark is the central focus of the image. The tree's trunk and branches are covered in a thick, smooth layer of red bark, contrasting with the darker, rougher bark of other trees in the background. The background shows a dense forest of green trees. In the foreground, there is a field of tall, dry grass. The word "serra" is written in a white, lowercase, sans-serif font at the bottom left. A decorative graphic consisting of three stylized, light-colored flowers and a thin white line is positioned above the text.

serra

serra

- 51. Discovering the Forest – Red Trail
- 53. Discovering the Forest – Lilac Trail
- 55. Fóia Trail
- 57. Lagoão Trail
- 59. Masmorra Trail
- 61. D. Quixote Trail
- 63. Reserva Trail
- 65. Barranco das Lajes Trail
- 67. Between the Valleys, Springs and Memories of the Serra do Caldeirão





discovering the forest – red trail

Name	Discovering the forest – Red Trail
Parish	Barão de S. João
Municipality	Lagos
Location	Mata de Barão de São João
How to get there	Take the A22 motorway as far as Bensafrim. After driving through the town, turn right to Barão de São João. The trail begins near the Centro Cultural in this village. To the north there is an information panel produced by the Algarve Regional Agriculture Directorate.
Type	Walk
Circular trail	Yes
Distance	12 km
Average duration	4 h
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Earth paths.
When to go?	Not in the summer or on very hot days.
Approved	No
Signposted	Yes
Natural interest	Panoramic views. Natura 2000 Network (Costa Sudoeste site).
Owners	Public paths
Org. responsible	Lagos Municipal Council
Notes	Part of the trail is located in a hunting zone.



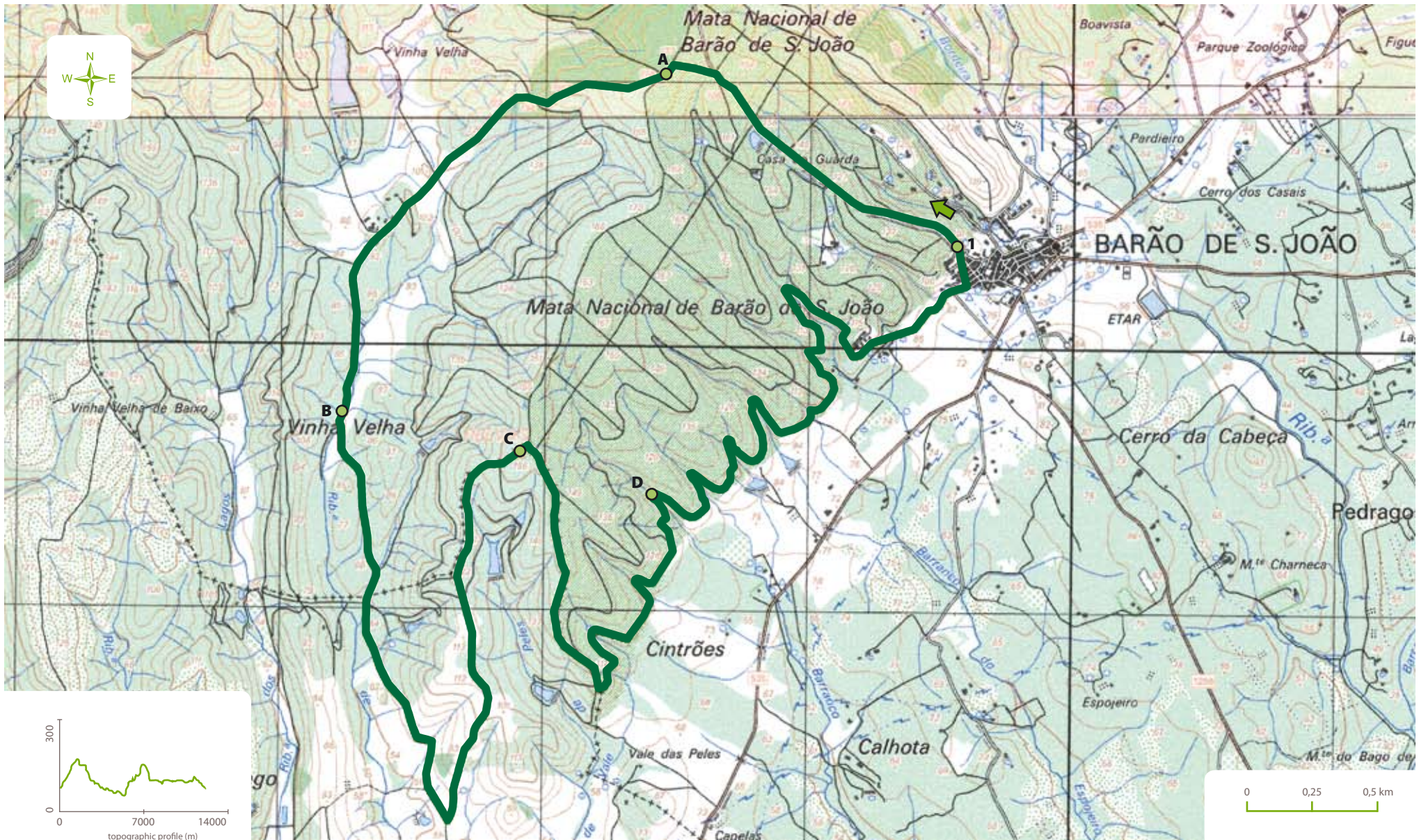
Cistus

From the beginning of the trail as far as the warden's house, the landscape is dominated by acacia trees. Sporadically, at the edges of this area, areas of pine and cistus can be found. Further ahead, the trail goes into an area where the vegetation changes to being dispersed, with the species of thyme *Thymus villosus*, *Ulex argenteus* gorse-heaths, Portuguese heath, cistus and some cork-oaks. In the middle section of the trail, which goes from Vinha Velha to Relvas, there are places from where views over the serra can be enjoyed.

From the southern edge of the forest back to the starting point of the trail, you pass

through an area of narrow gullies, and walk along the edge of small water courses.

The vegetation includes species such as the mastic tree, the strawberry tree, purple phlomis, wild olives, Kermes oaks, and different species of *Cistus*, although *Ulex argenteus* gorse-heaths and lavender are more abundant. The mammals seen here in the forest include Iberian hares and European rabbits, and there are also signs of wild boar and carnivores such as genets and the mongoose *Herpestes ichneumon*. As regards birdlife, there is a wide range of Passeriformes, and birds of prey such as the little owl, the common buzzard and Bonelli's eagle.



discovering the forest –
red trail

- 1 ○ Start of the trail
- A ○ Mediterranean vegetation
- B ○ Panoramic view

- C ○ Panoramic view (trig point)
- D ○ Riverside vegetation
- Trail



discovering the forest – lilac trail

Name	Discovering the Forest – Lilac Trail
Parish	Barão de São João
Municipality	Lagos
Location	Mata de Barão de São João (Woodland)
How to get there	Take the A22 motorway as far as Bensafrim. After driving through the town, turn right to Barão de São João. The trail begins near the Centro Cultural in this village. To the north there is an information panel produced by the Algarve Regional Agriculture Directorate.
Type	Earth paths.
Circular trail	Yes
Distance	6 km
Average duration	2 h
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Earth paths.
When to go?	Not in the summer or on very hot days.
Approved	No
Signposted	Yes
Natural interest	Landscape. Natura 2000 Network (Costa Sudoeste site).
Owners	Public paths
Org. responsible	Lagos Municipal Council



From the beginning of the trail as far as the warden's house, the landscape is dominated by acacia trees. From the warden's house, the path goes round the picnic site which is set in an area of stone pines.

The path now follows a water course.

On the edges of the forest, the vegetation comprises scrub with cistus, strawberry trees, *Ulex argenteus* gorse-heaths, purple phlomis, narrow-leaved phillyrea and false yellowhead, along with a number of cork-oaks.

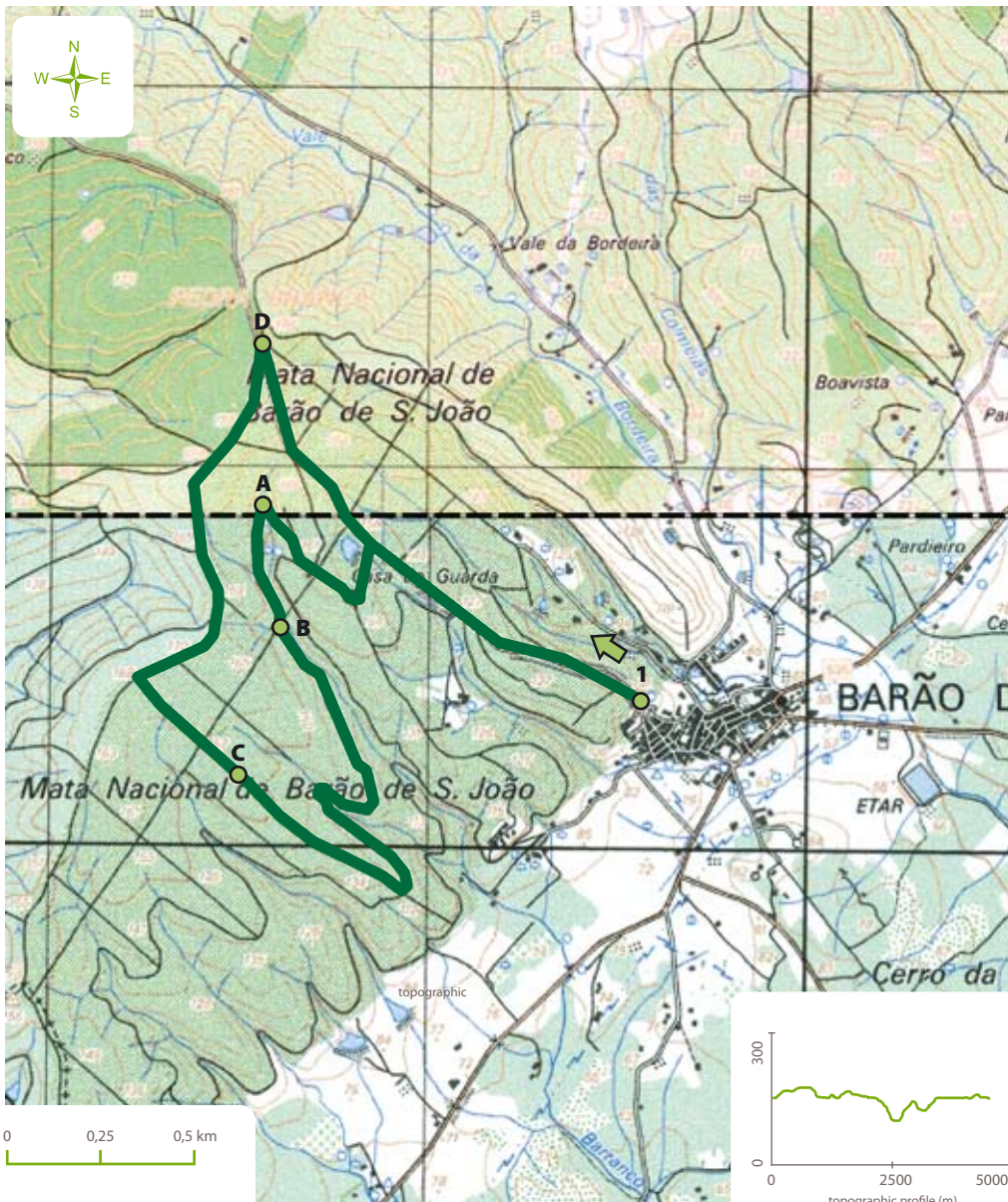
Once in the middle of the forest, you can find other interesting species such as the

species of thyme *Thymus villosus*, the dwarf Spanish heath and lavender.


From the northeast edge of the forest as far as Pedra Branca, the landscape is dominated by pine trees, this time maritime pine.

At the top of Pedra Branca there is a menhir from the Palaeolithic period (Pedra de Galo), and this is a good spot to enjoy the view of the hills of the serra. From here back to the starting point, acacias and pine trees are the main species.

In terms of fauna, the same species can be seen as on the "Red Trail".




 discovering the forest
 – lilac tour

- 1** Start of the trail
- A** Pine wood and picnic site
- B** Mediterranean vegetation
- C** Mediterranean vegetation
- D** Palaeolithic Menhir (Pedra do Galo)
-  Trail

fóia trail

Name

Fóia Trail

Parish

Monchique

Municipality

Monchique

Location

Fóia

How to get there

Leave Monchique on the EM 266-3 as far as the Fóia viewpoint, where the trail begins.

Type

Walk

Circular trail

Yes

Distance

7 km

Average duration

02h30

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Earth paths, footpaths and tarred road.

When to go?

Not in the summer, or on very hot or very cold days.

Approved

No

Signposted

Yes

Natural interest

Natura 2000 Network (Monchique site).

Owners

Public paths

Org. responsible

Monchique Municipal Council

Notes

The trail is located in a hunting zone.





Common rhododendron

You start the walk in Fóia, and head in the direction of Pegões, with the view stretching away over the northern slope. You can see a wide range of species of Portuguese flora, with *Genista hirsuta* gorse-heaths, tree heath, common rhododendrons and bracken being the most common.

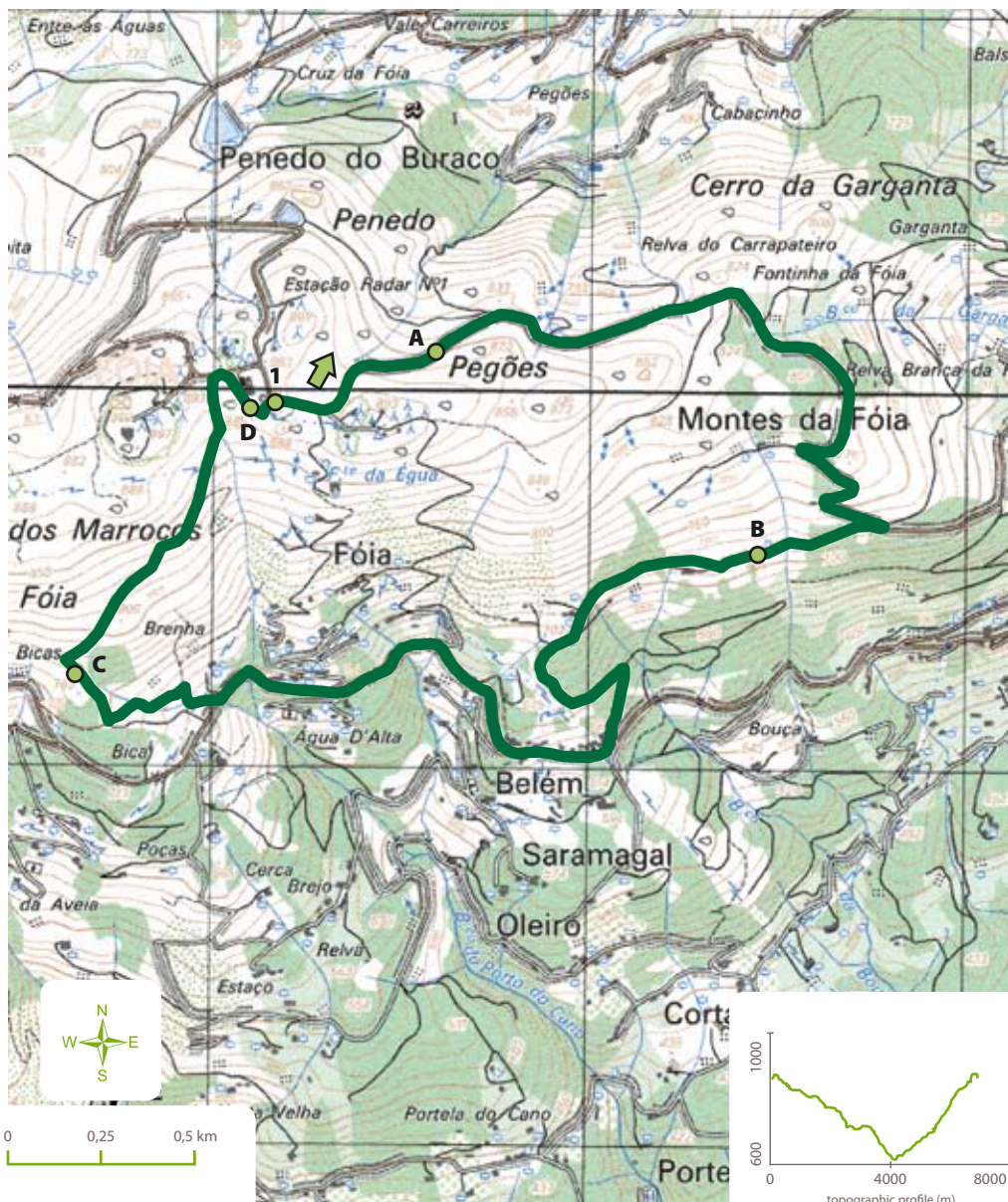
The trail continues through areas of eucalyptus trees which occupy a significant part of the Serra de Monchique, which was once dominated by oak trees (cork, Portuguese and Algerian oaks).

On the descent, after going through Montes da Fóia, the scenery changes to cork-oaks and to scattered chestnut trees and maritime pines. The panoramic view is now to the south, over hills and valley.


The trail then continues on a tarred road.

In this area the landscape is dominated by eucalyptus and pine trees. After a few hundred metres, the trail continues on footpaths, up an ascent where the vegetation is mainly shrubby (e.g. cistus, dwarf gorse, lavender, sage-leaved rockrose and wrinkle-leaved cistus.). Half way up the ascent, you can enjoy a view over the countryside to the south. Once back on Fóia, you can see the coastline and the ocean from the viewpoint when it is not too cloudy.

The Serra de Monchique is one of the places in Portugal where the endangered species Bonelli's eagle and the Iberian Schreiber's green lizard have found refuge. In addition to these, a large number of birds, reptiles and amphibians have been sighted, which is another of this trail's plus points.



 fóia trail

- 1 ○ Start of the trail
- A ○ Panoramic view
- B ○ Areas of oak and chestnut trees
- C ○ Panoramic view
- D ○ Viewpoint
-  Trail

lagoão trail

Name

Lagoão Trail

Parish

São Marcos da Serra

Municipality

Silves

Location

São Marcos da Serra

How to get there

Take the IC1 heading north. Turn off to São Marcos da Serra and head in the direction of the football pitch. The trail starts next to the fire station.

Type

Walk

Circular trail

Yes

Distance

10 km

Average duration

03h30

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Earth path

When to go?

Not during the summer or on very hot days.

Approved

No

Signposted

Yes

Special Features

It might not be possible to cross the river during the rainy season.

Natural interest

Part of the trail is located in Natura 2000 Network (Monchique site).

Owners

Public paths

Org. responsible

Silves Municipal Council

Notes

The trail is located in a hunting zone.



The trail goes along the banks of the Ribeira de Odelouca. To begin with, when you leave Monte Pereiro and head north, you pass through a landscape of cork-oaks, almond trees and cistus.

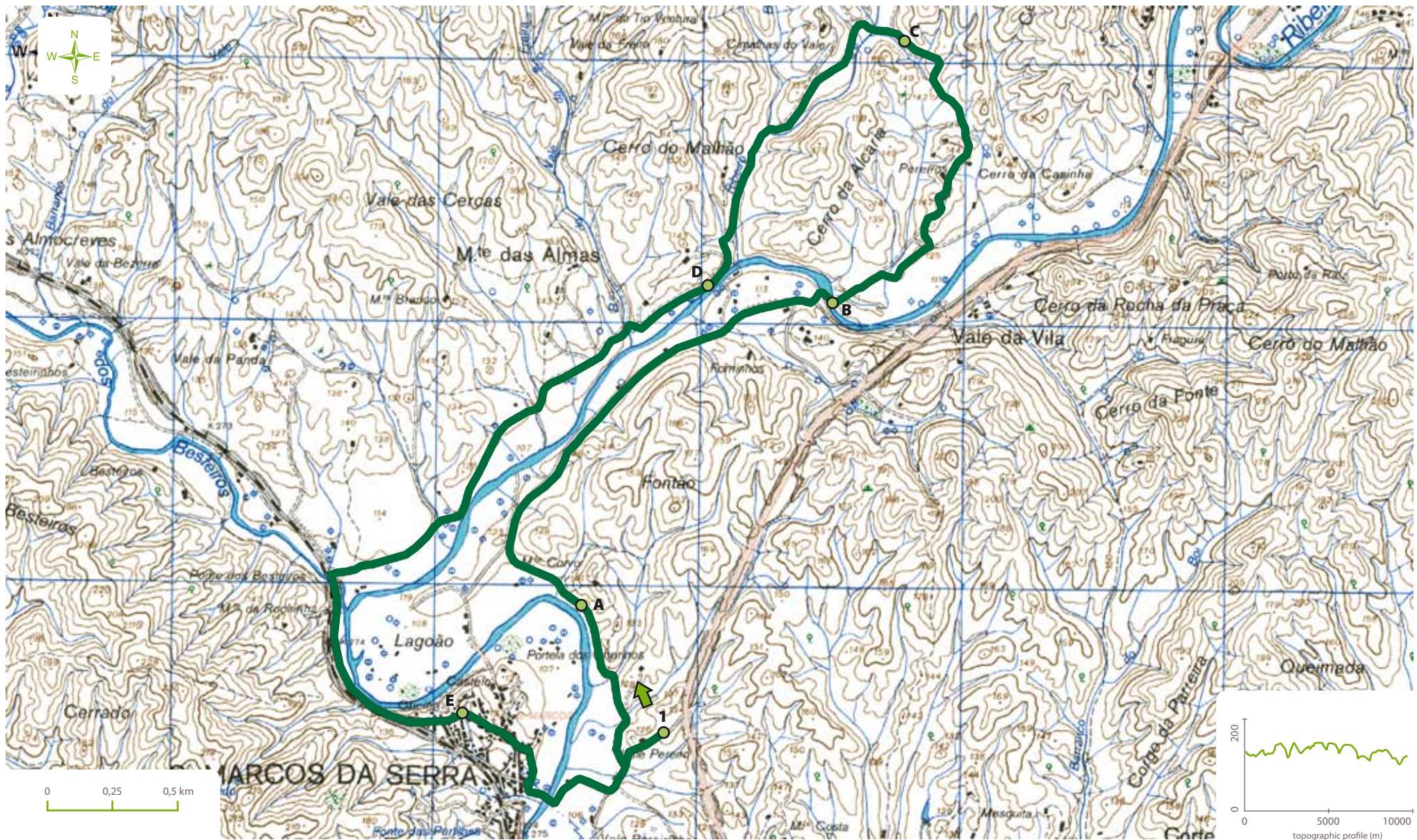
The views over the Ribeira de Odelouca enable you to see natural areas of riverine vegetation consisting of narrow-leaved ash, tamarisk and willow. These areas are interspersed with dense areas of reed-beds which have a well-known negative impact on the rivers of the Algarve.

The landscape for much of the trail consists of olive trees and cork-oaks (with well-developed tree cover and also more recent plantations). In terms of shrubs, there are species such as cistus, lavender, wrinkle-leaved cistus, sage-leaved rockrose, purple phlomis, strawberry trees and green lavender.

After crossing the river in the direction of Pereiros, you reach a small dam flanked by plantations of pine and olive trees. You then walk through the valley, which contains wooded areas and agricultural fields, and cross a wide area of valley - known as Lagoão – until you reach the village of São Marcos da Serra. Once you have crossed the village and the Ribeira de Odelouca, you return to the beginning of the trail.

Turtle-doves, golden orioles, European rabbits, common kingfishers, azure-winged magpies, Iberian green frogs and Mediterranean tree frogs are just some of the species that can be seen on this trail, where there is an interesting mosaic of different types of land use.





lagoão trail

- 1 ○ Start of the trail
- A ○ View over the Ribeira de Odelouca
- B ○ Crossing point over the Ribeira de Odelouca
- C ○ Area of forest

- D ○ Water-wheel
- E ○ Main church
- Trail



masmorra trail

Name	Masmorra Trail (PR8)
Parish	Cachopo
Municipality	Tavira
Location	Mealha
How to get there	In Cachopo, at the roundabout, turn off in the direction of Martim Longo and turn left when you see the sign to Mealha. The trail starts at the “Centro de Descoberta” (Discovery Centre).
Type	Walk
Circular trail	Yes
Distance	5,5 km
Average duration	2 h
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Rural paths and road.
When to go?	All year round, except on very hot days.
Approved	Yes
Signposted	Yes
Special Features	Dolmens of Masmorra, remains of ancient civilisations. Typical barns. In Mealha, the “Centro de Descoberta” is equipped to enable people to stay and also serves as a support facility for walks.
Natural interest	Landscape. Birdlife. Types of habitat associated with water courses.
Owners	Public paths
Org. responsible	“In Loco” Association and Tavira Municipal Council
Notes	The trail is located in a hunting zone.

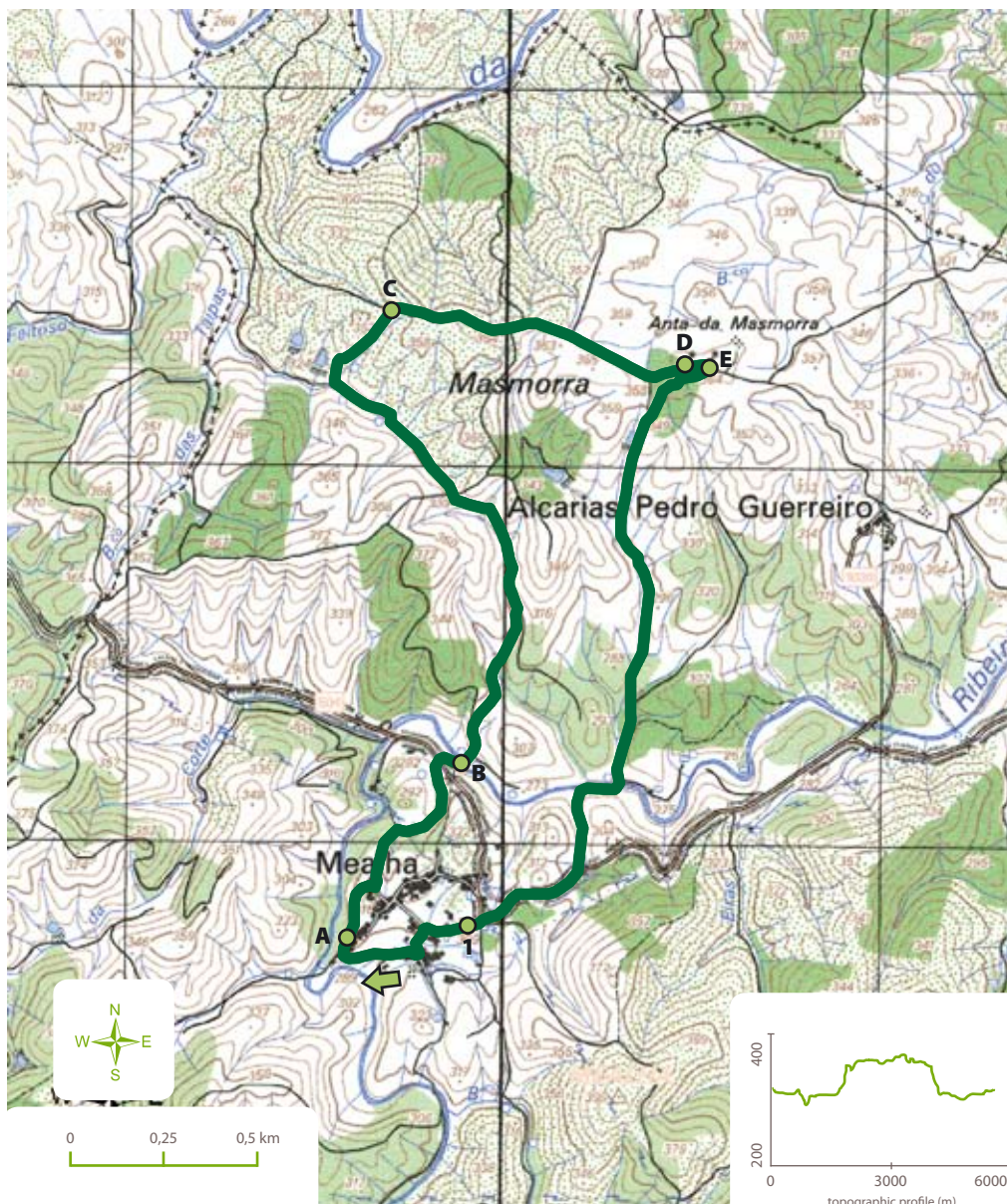
The trail begins at the “Centro de Descoberta” and leads between houses, vegetable plots, barns and cattle pens, following the Ribeirinha, until you cross over it. In this area, the vegetation consists of holm-oaks as well as cork-oaks, almond trees and Kermes oaks. Further on, the vegetation cover includes other species such as mastic trees, purple phlomis, rushes, myrtle, oleander and carob trees. And when you start to climb up to the hill of Masmorra, species that can be seen more often are wild olive, cistus, spurge flax and lavender. At the top of this hill, there is a nice view over the surrounding countryside. After passing the windmills, have a look at the dolmens of Masmorra, which were once used for funeral ceremonies.

From here to the starting point, the trail descends until you pass over the Ribeirinha once again, and then through vegetable plots until you reach Mealha.

The different habitats that this trail passes through allow you to see a wide range of the typical fauna and flora of the Algarve mountains.



Dolmen



- 1 ○ Start of the trail
- A ○ Barns and cattle pens
- B ○ Mediterranean vegetation
- C ○ Panoramic view
- D ○ Windmill
- E ○ Dolmens of Masmorra
- Trail

d. quixote trail

Name

D. Quixote Trail (PR1)

Parish

Cachopo

Municipality

Tavira

Location

Casas Baixas

How to get there

When you reach Cachopo, turn towards Tavira and after about 1 km you will see a sign to Casas Baixas on the left. The trail begins close to the "Centro de Descoberta" (Discovery Centre).

Type

Walk

Circular trail

Yes

Distance

17 km

Average duration

6 h

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Earth path and tarred road.

When to go?

Not during the summer or on very hot days.

Approved

Yes

Signposted

Yes

Special Features

The "Centro de Descoberta" in Casas Baixas is equipped to enable people to stay and serves as a support facility for walks.

Natural interest

Landscape and biodiversity of the serra.

Owners

Public paths



Org. responsible

"In Loco" Association and Tavira Municipal Council

Notes

The trail is located in a hunting zone.



The trail starts in a northerly direction, and passes through the village of Alcarías Baixas. The landscape consists of cistus, but gradually changes to areas of cork-oaks and plantations of pine trees. In some places there is an abundance of lavender and spotted rockroses, which makes the scenery very colourful during the flowering season.

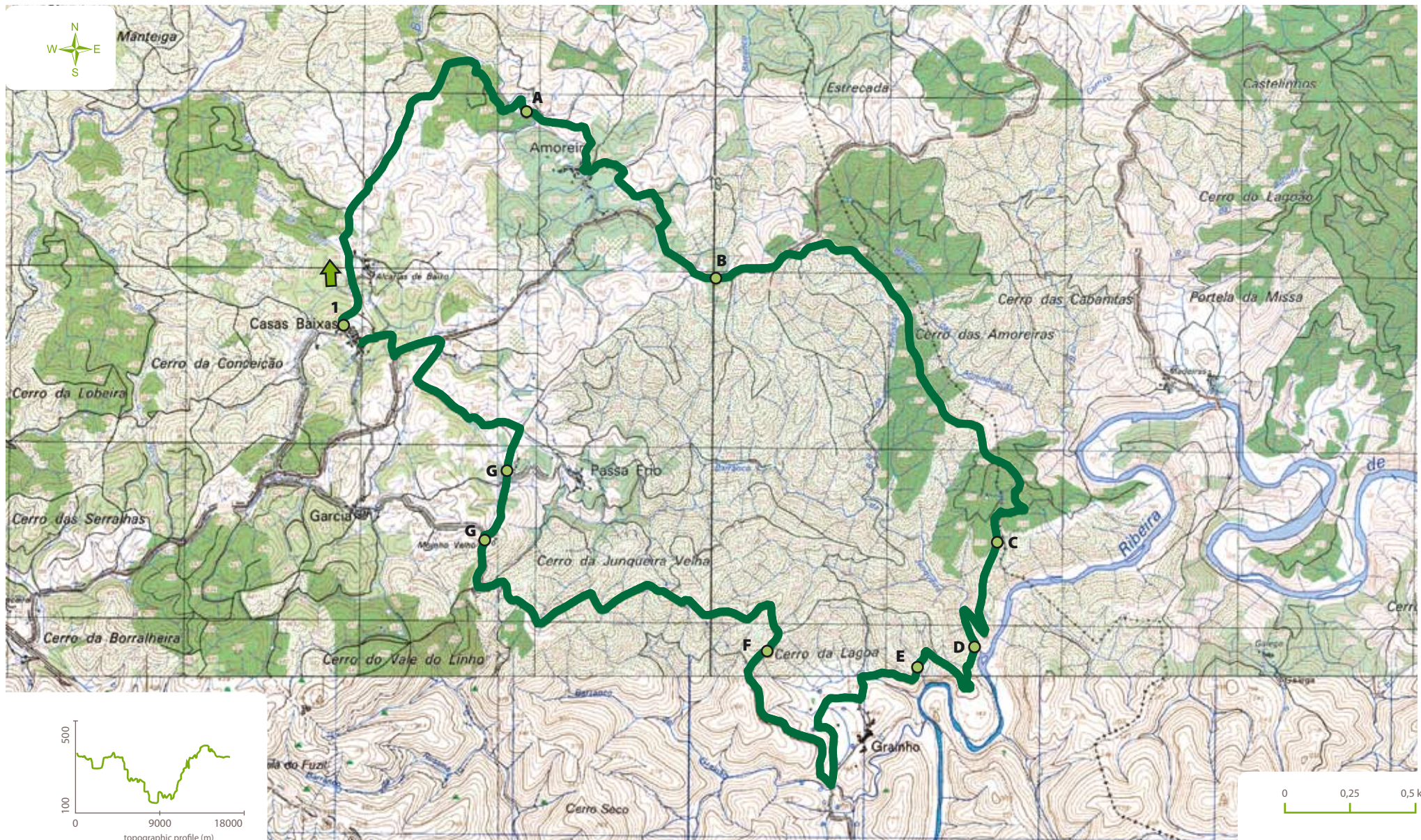
As far as Amoreira, you walk alongside a river and through orchards and vineyards. The trail continues through areas of cork-oaks, cistus and pine trees as far as the hill of Cerro do Bicudo. From there, you can see the Ribeira de Odeleite and the valley, and the hillsides covered with cistus, strawberry trees, pine trees and holm-oaks.

Next to the river there is a picnic site which

is a nice place to stop for a rest and enjoy the countryside. Maybe you will see some of the many species of birds, mammals, amphibians and reptiles to be found in this area.

Species such as the European rabbit, the Iberian green frog, the lark, the Eurasian jay, the red-legged partridge and the golden oriole are relatively common.

After leaving Graíno you cross an area of flat land with agricultural fields, orchards, vineyards and pasture. The vegetation includes cistus and holm- and cork-oaks, and close to Passa Frio, the trail continues next to two windmills which are evidence of another way of life in the Algarve Serra. The trail continues as far as the “Centro de Descoberta” in Casas Baixas.



 d. quixote trail

- 1 Start of the trail
- A Riverside habitat
- B Cork-oaks
- C Panoramic view
- D Picnic site

- E View over the Ribeira de Odeleite
- F Panoramic view
- G Windmills
-  Trail

reserva trail

Name

Reserva Trail (PR5)

Parish

Cachopo

Municipality

Tavira

Location

Feiteira

How to get there

On the EN 124 in the direction of Cachopo, you reach Feiteira 11 km after Barranco do Velho. The trail starts at the "Centro de Descoberta" (Discovery Centre) in this village.

Type

Walk

Circular trail

Yes

Distance

5,2 km

Average duration

2 h

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Country paths.

When to go?

All year round except on very hot days.

Approved

Yes

Signposted

Yes

Special Features

In Feiteira, the "Centro de Descoberta" is equipped to enable people to stay and serves as a support facility for walks.

Natural interest

Landscape. Birdlife.

Owners

Public paths

Org. responsible

"In Loco" Association and Tavira Municipal Council

Notes

The trail is located in a hunting zone.





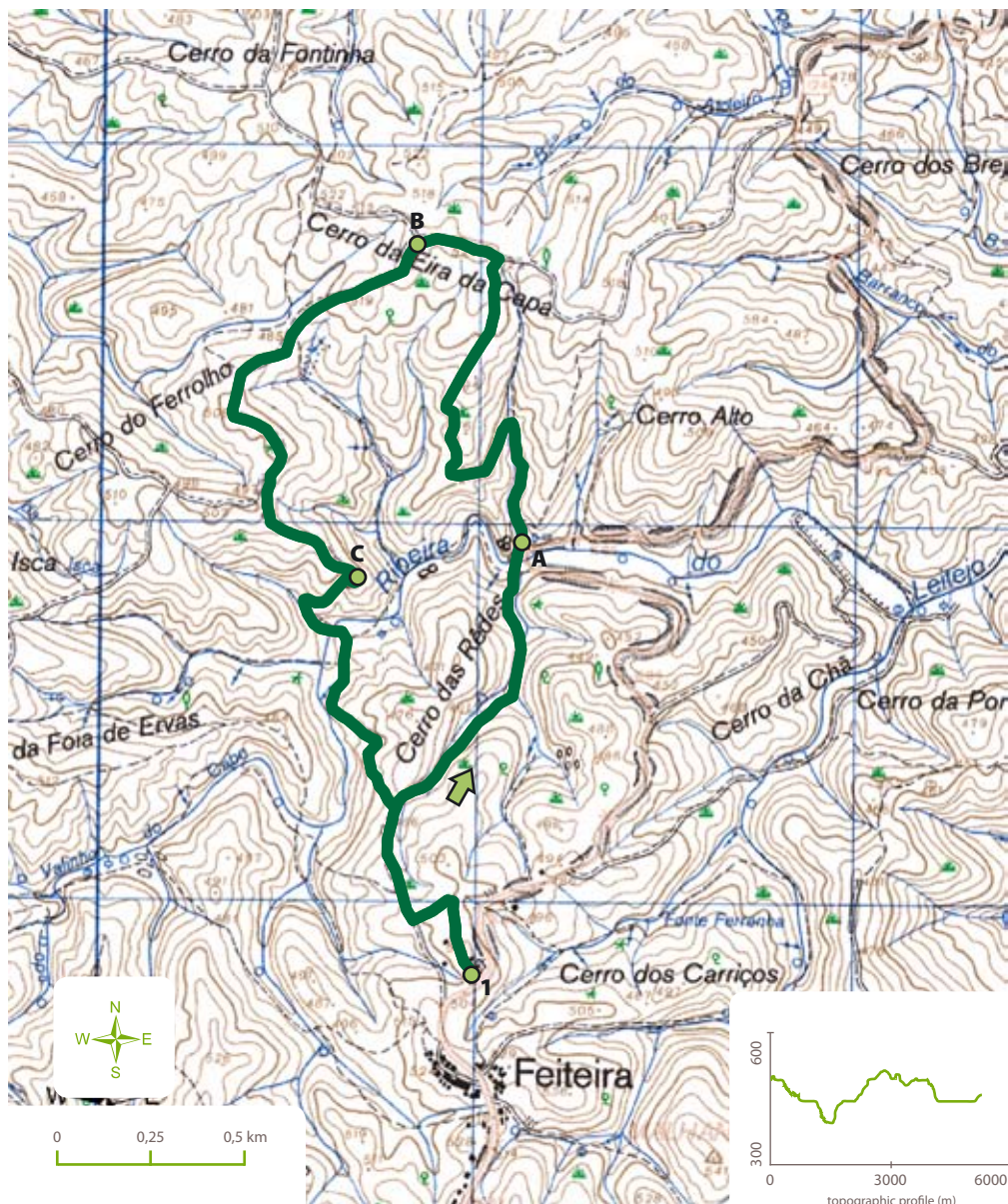
Basil-like sunrose

The trail starts at the “Centro de Descoberta” and heads in a northerly direction. The trail begins through cork-oaks, eucalyptus and maritime pines. Once you pass the Ribeira do Leitejo and as far as the hill of Cerro da Eira da Capa, the landscape begins to change, with the typical vegetation of Mediterranean scrubland.


At the top of the Cerro da Eira da Capa there is a magnificent view. The vegetable cover on this trail may allow you to see some of the animal species that live in this type of habitat: European rabbit, red-legged partridge and different types of reptile such as Spanish

Sand Racers, Iberian Schreiber’s Green Lizard and snakes – and also to see signs of the presence of mammals such as wild boar and foxes, as it is difficult to actually see them. The birdlife is varied, and occasionally some of the different species of eagles that live here can be seen.

From Cerro da Eira da Capa as far as Feiteira, the landscape is dominated by shrubby vegetation and by eucalyptus and scattered cork-oaks. Species such as green lavender and heathers are common in the valley close to the new crossing over the Ribeira do Leitejo.



 reserva trail

- 1** ○ Start of the trail
- A** ○ Crossing point over the river
- B** ○ Panoramic view
- C** ○ View over the valley of the Ribeira do Leiteiro
-  Trail



barranco das lajes trail

Name	Barranco das Lajes Trail
Parish	S. Brás de Alportel
Municipality	S. Brás de Alportel
Location	The trail starts and ends in Cabanas
How to get there	When you arrive in S. Brás de Alportel, head north as far as Alportel. Here, continue to Cova da Muda and pass through Javali, Parises, Cabeça do Velho, and finally you get to Cabanas.
Type	Walk
Circular trail	Yes
Distance	5,5 km
Average duration	2 h
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Country paths and tarred road.
When to go?	All year round, except on very hot days.
Approved	No (in the process of being approved)
Signposted	Yes
Special Features	It is advisable to follow the trail in the direction Lajes – Cerro da Ursa.
Natural interest	Landscape. Vegetation. Birdlife. The trail is in an area adjacent to the Caldeirão site of Natura 2000 Network.
Owners	Public paths
Org. responsible	S. Brás de Alportel Municipal Council
Notes	The trail is located in a hunting zone.



Foxglove

The trail starts in the village of Cabanas, and continues on a tarred road as far as Lajes. This whole stretch is dominated by cork-oaks and cistus. In some places, species such as strawberry trees, holm-oaks and olive trees can also be seen in significant numbers.

On the path beyond the two villages, you can see some orchards of olive and fig trees.








At the end of the descent to the valley of Barranco das Lajes you reach a water-course where the vegetation consists of reed beds, ferns and other riverside vegetation,

combined with that on the adjacent slopes, where the foxgloves which flower between May and August are particularly noteworthy. In the same valley, you can see dense woods of cork-oaks along the slopes. On some parts of the trail, it is worth looking out for the diversity of fauna associated with plantations of cork-oaks, especially in terms of birdlife and mammals.

From the hill of Cerro da Ursa, the surrounding hills can be seen as well as the sea.



 barranco das lajes trail

- 1  Start of the trail
- A  Orchards
- B  Riverside vegetation
- C  Cork-oaks
- D  Poço do Ribeirinho
- E  Panoramic view
-  Trail

between valleys, springs and memories of the serra do caldeirão

Name

**Between Valleys, Springs and Memories
of the Serra do Caldeirão**

Parish

S. Brás de Alportel

Municipality

S. Brás de Alportel

Location

The trail starts and ends in Parises

How to get there

When you arrive in S. Brás de Alportel, head north as far as Alportel. From there, take the Cova da Muda road as far as Parises.

Type

Walk

Circular trail

Yes

Distance

20 km

Average duration

7 h

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Country paths, tarred road and paved footpaths

When to go?

Not in the summer or on very hot days.

Approved

No (in the process of being approved)

Signposted

Yes



Special Features

This trail can be divided into three shorter circular walks. Where it crosses the river, the trail can present difficulties during the winter months.

Natural interest

Types of habitat that are characteristic of water-courses. Partly located in the Caldeirão site of Natura 2000 Network.

Owners

Public paths

Org. responsible

S. Brás de Alportel Municipal Council

Notes

The trail is located in a hunting zone.

The trail begins a few metres before you get to the information panel in Parises, along rural paths. In the landscape, which is dominated by cork-oaks, the shrubby and sub-shrubby layer comprises species such as green lavender, lavender, cistus, rock roses and Spanish heath.

On the descent to the valley, the flora becomes more diverse and plants such as the strawberry tree, spurge flax and laurustinus can be seen. In the valley itself, the trail follows a stream.

After this water-course has been crossed the landscape is dominated by cistus and by scattered areas of maritime pine and cork-oaks.

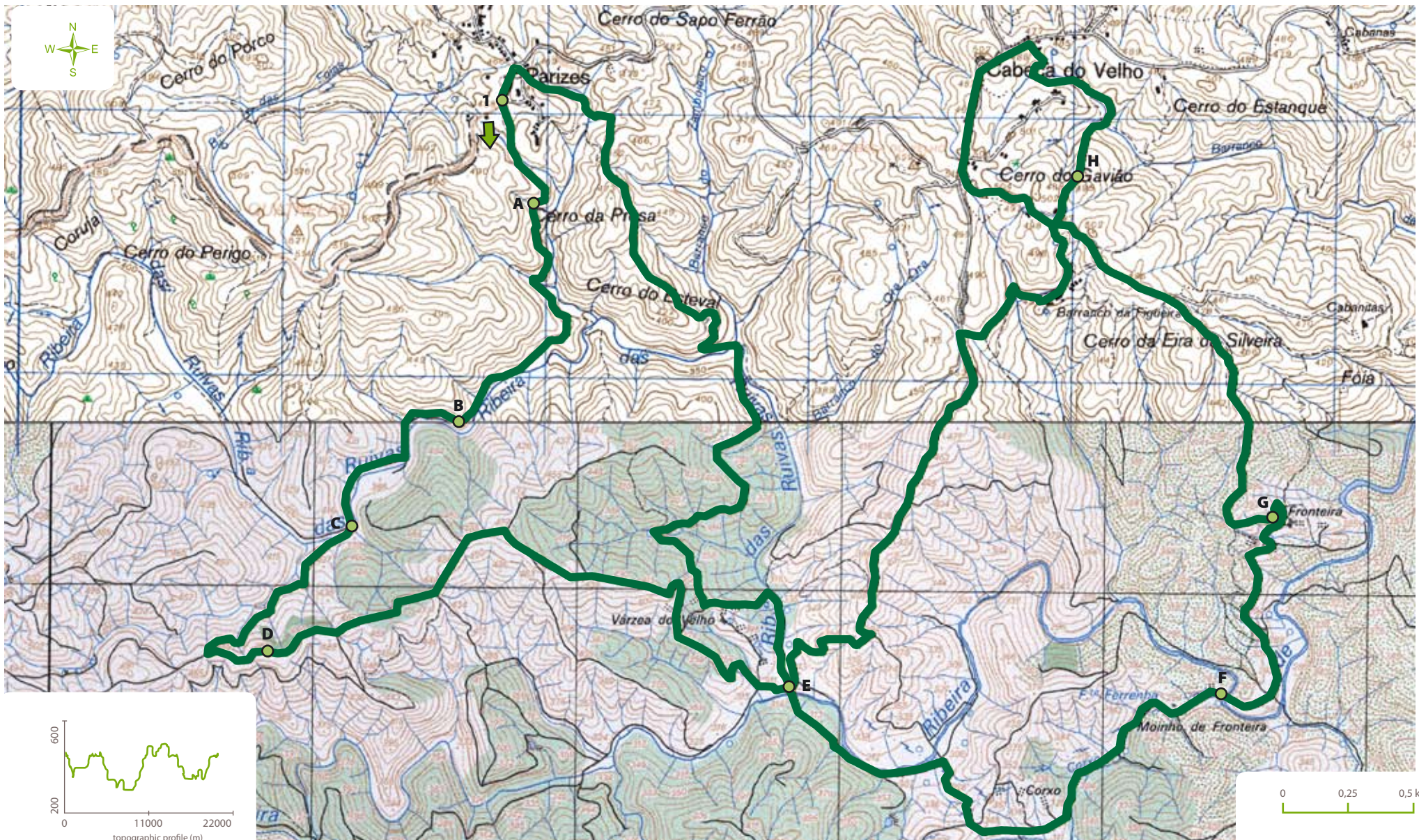
Then the trail enters an area where three rivers join and where there are two alternative routes:

- If you walk in the direction of Várzea do Velho, the path in the valley follows the edges of vegetable plots along the Ribeira das Ruivas, heading in the direction of some ruined houses. Then the trail returns to the starting point through areas of cork-oaks.
- Following the Ribeira da Ameixeira, and along the Ribeira de Fronteira as far as Fronteira, the landscape is wooded with maritime pines, carob trees and cork-oaks. From Cerro da Cova, taking the path of Azinhaga da Eira da Fóia, the landscape is wooded with pine trees and cork oaks. From there as far as Cabeça do Velho, the trail goes through more of a wetland area, with ferns being the main species. Once again on Cerro da Cova, following the path to Várzea do Velho, you reach the Ribeira da Ameixeira again.

These paths can provide a good opportunity to see the range of fauna and some types of habitat that are characteristic of the Mediterranean. Here species have been sighted such as the mongoose, the genet, wild boar, the



fox, the red-legged partridge, the hawfinch, the Eurasian jay, the lesser spotted woodpecker, the azure-winged magpie, the green woodpecker, the golden oriole, the wood nuthatch and the common kingfisher. Taken together, the many other species that live here are a good indicator of the environmental quality of this part of the Serra do Caldeirão.



between valleys,
springs and memories
of the serra do caldeirão

- 1 Start of the trail
- A Spring
- B Mediterranean vegetation
- C Riverside vegetation
- D Panoramic view
- E Confluence of three rivers
- F Water-mill
- G Panoramic view
- H Area of botanical interest
- Trail



guadiana

guadiana



uphill, downhill

Name

Uphill, downhill (PR7)

Parish

Vaqueiros

Municipality

Alcoutim

Location

Vaqueiros

How to get there

In Vaqueiros, next to the primary school.

Type

On foot and by mountain bike.

Circular trail

Yes

Distance

13 km

Average duration

04h30

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Stony and earth paths.

When to go?

Not in the summer or on very hot days.

Approved

Yes

Signposted

Yes

Special Features

Cova dos Mouros Mining Park

Natural interest

Countryside, fauna and flora associated with rivers.

Owners

Public paths

Org. responsible

Odiana Association and the Alcoutim Municipal Council

Notes

The trail is in a hunting zone.





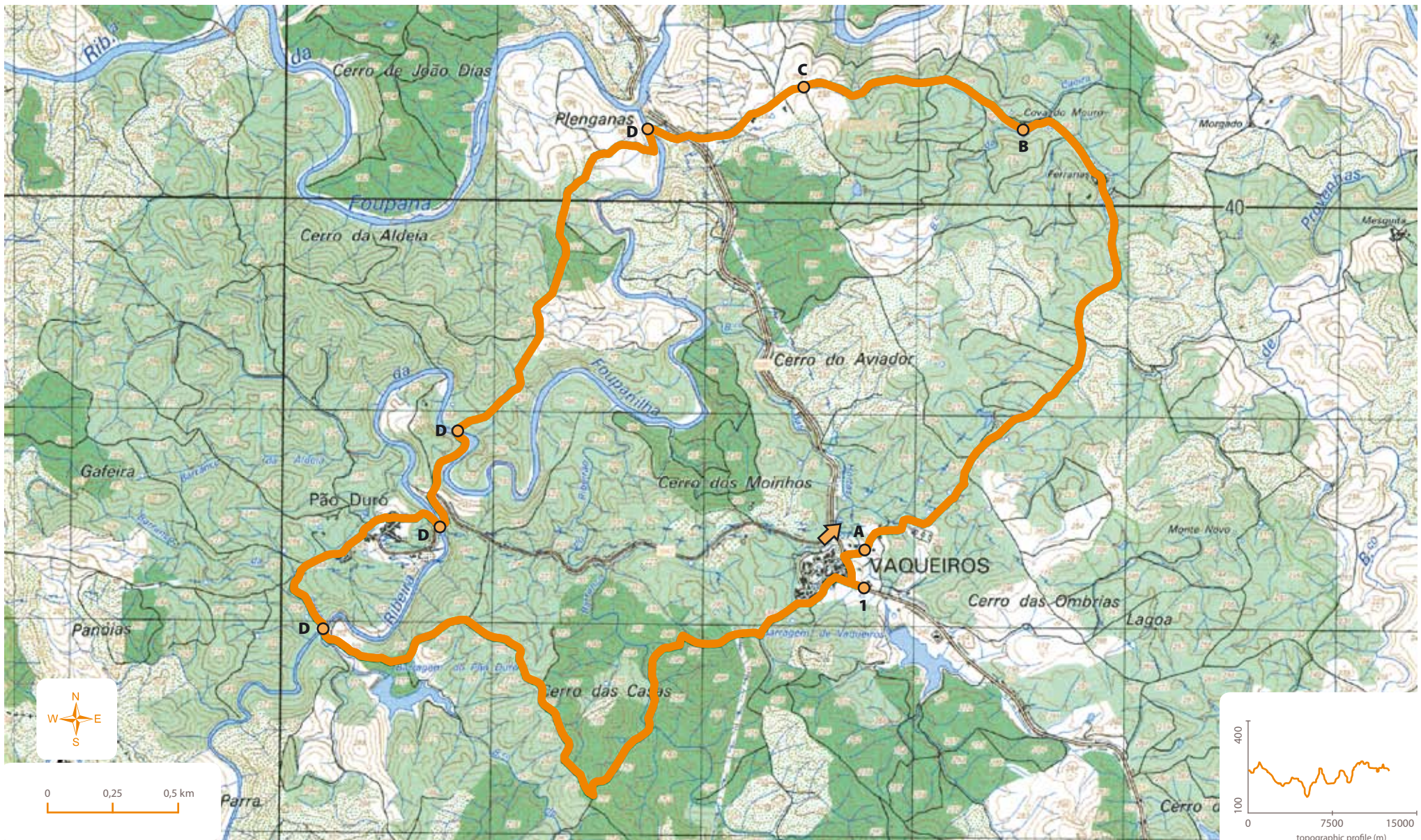
Donkeys

The trail starts in Vaqueiros, next to the primary school, and heads in the direction of Ferrarias, where you cross the Barranco das Hortas in areas of oleanders and reed mace. Trees that can be seen on the trail include holm-oaks, and also cork-oaks and stone-pines, while the shrubs are dominated by cistus, which covers a wide expanse of the surrounding countryside.

In the Cova dos Mouros Mining Park, there are archaeological remains of a copper mine dating from the Calcolithic period (or Copper

Age) up to the Roman period. There is also an enclosure of donkeys, a domestic animal whose use is now in decline. From this park, you can enjoy a wonderful view over the landscape of the Ribeira da Foupana.

The trail continues to the south and crosses the Ribeira da Foupanilha at four points and also the water-course of the Barranco do Ribeirão, where rich vegetation can be found as well as the animal life associated with this type of habitat, such as water-snakes, terrapins, frogs, fish and a wide variety of insects.



 uphill, downhill

- 1  Start of the trail
- A  Riverside vegetation
- B  Cova de Mouros Mining Park
- C  Panoramic View (Ribeira da Foupânia)
- D  Crossing point over the Ribeira da Foupânica
-  Trail



ladeiras do pontal

Name	Ladeiras do Pontal (PR2)
Parish	Alcoutim
Municipality	Alcoutim
Location	Miradouro do Pontal (Pontal Viewpoint)
How to get there	The EM 1063 passes the Miradouro do Pontal; this road leads off the EN 122 and the IC 27.
Type	Walk/Mountain bike
Circular trail	Yes
Distance	13,5 km
Average duration	04h30
Ascent/descent	(See diagram of the topographic profile on the map of the trail)
Type of path	Earth paths.
When to go?	Not in the summer or on very hot days.
Approved	Yes
Signposted	Yes
Natural interest	Partly located in the Guadiana site of Natura 2000 Network.
Owners	Public paths
Org.(s) responsible	Odiana Association and the Alcoutim Municipal Council
Notes	The trail is in a hunting zone.



Iberian green frog

The trail starts at the viewing point of Miradouro do Pontal and it is recommended that the walk begins in the direction of Torneiro. On this stretch there is mainly herbaceous and shrubby vegetation, such as cistus, mastic trees, lavender, Montpellier cistus, *Genista hirsuta* gorse-heaths and, closer to Barranco das Fontainhas, oleander, elm-leaved brambles, spurge flax, rosemary and purple phlomis.

On the ascent until you are close to the village of Torneiro, the landscape is dominated by cistus, some dryland orchards and vines. Between Torneiro and Balurcos de Baixo there are more orchards, areas of holm-oak and some areas of pine trees (stone pines). Following the trail towards the Guadiana, the landscape continues to be lightly wooded,

with holm- and cork-oaks, until you reach a high point where there is a panoramic view over the river and the adjacent valleys. From Vale da Alfarrobeira, and passing through plantations of pine trees, the trail continues through cistus and holm-oaks until you cross the tarred road again. From here back to the starting point you follow a path alongside the Rio Guadiana, which includes interesting scenery.

Of the varied fauna in this area, the birdlife associated with the different types of land occupation along the route deserves special mention. The Rio Guadiana is very important, as well as its main tributaries, because of the large number of fish species found there, some of them endemic to this hydrographic basin.



ladeiras do pontal trail

- 1 ○ Start of the trail
- A ○ Panoramic view
- B ○ Panoramic view
- C ○ Orchard
- D ○ Panoramic view
- Trail

flow, flow... Guadiana

Name

Flow, flow... Guadiana (PR1)

Parish

Alcoutim

Municipality

Alcoutim

Location

Laranjeiras

How to get there

Along the EM 507-2, which leads off the EN 122 and the IC 27, as far as the village of Laranjeiras. The trail begins next to the car park and the fountain.

Type

Walk

Circular trail

Yes

Distance

8,5 km

Average duration

3 h

Ascent/descent

(See diagram of the topographic profile on the map of the trail)

Type of path

Earth footpaths and tarred road.

When to go?

All year round, except on very hot days.

Approved

Yes

Signposted

Yes

Natural interest

The trail is located almost completely within the Guadiana site of Natura 2000 Network.

Owners

Public paths

Organisations responsible

Odiana Association and Alcoutim Municipal Council

Notes

Located in a hunting zone.





Green lavender

At the beginning of the trail, as you head in the direction of Guerreiros do Rio and Álamo, and also in Laranjeiras, you can see some traditional structures made of schist (barns, ovens etc.). As soon as you leave this village behind you, the path ascends to a high point with a view over the Rio Guadiana. On the descent to Guerreiros do Rio and as far as the village of Álamo, the trail follows a tarred road. Between Álamo and Corte das Donas the scenery is dominated by dryland orchards mainly with almond trees at first, and olive trees further on. On this stretch there are also scattered trees of other species such as holm-oaks and stone pines. Before reaching the village of Corte das Donas, you pass an old windmill.

From there as far as Barranco das Laranjeiras the landscape becomes more varied and a large number of species of Mediterranean flora and fauna can be seen: mastic thyme, rosemary, *Genista hirsuta* gorse-heaths, green lavender, lavender, tamarisk, purple phlomis, mastic trees, carob trees, Montpellier cistus and spurge flax.

During the walk, a large number of local species of fauna can also be seen such as the azure-winged magpie, the European rabbit, the Iberian hare, the red-legged partridge, the European roller, the golden oriole etc. Near Laranjeiras, the countryside is dominated by almond- and olive trees, and vegetable plots.



flow, flow...
guadiana

- 1 ○ Start of the trail
- A ○ Panoramic view
- B ○ Panoramic view
- C ○ Windmill
- D ○ Varied landscape
- E ○ Panoramic view
- Trail

terras da ordem trail

Name

Terras da Ordem (PR5)

Parish

Odeleite

Municipality

Castro Marim

Location

Terras da Ordem National Forest

How to get there

You reach Odeleite along the IC 17, or the EN 122. About 3 km north of Odeleite, on the EN 122, you reach the entrance to the national forest. The trail begins at the warden's house.

Type

Walk and mountain bike

Circular trail

Yes

Distance

12,5 km

Average duration

4 h

Declive

(See diagram of the topographic profile on the map of the trail)

Type of path

Earth path.

When to go?

All year round, except on very hot days.

Approved

Yes

Signposted

Yes

Natural interest

The southeast part is in an area of Natura 2000 Network (Guadiana site). Landscape, fauna and flora associated with rivers and areas of pine trees.

Owners

Public paths

Organisations responsible

Odiana Association and Alcoutim Municipal Council

Notes

The trail is located in a hunting zone.





The trail starts in the direction of Tenência. Until you reach a water-course, the landscape is characterised by tree cover dominated by stone pines, with some areas of holm-oaks, and by shrubby plants such as green lavender, purple emperor and spurge flax.

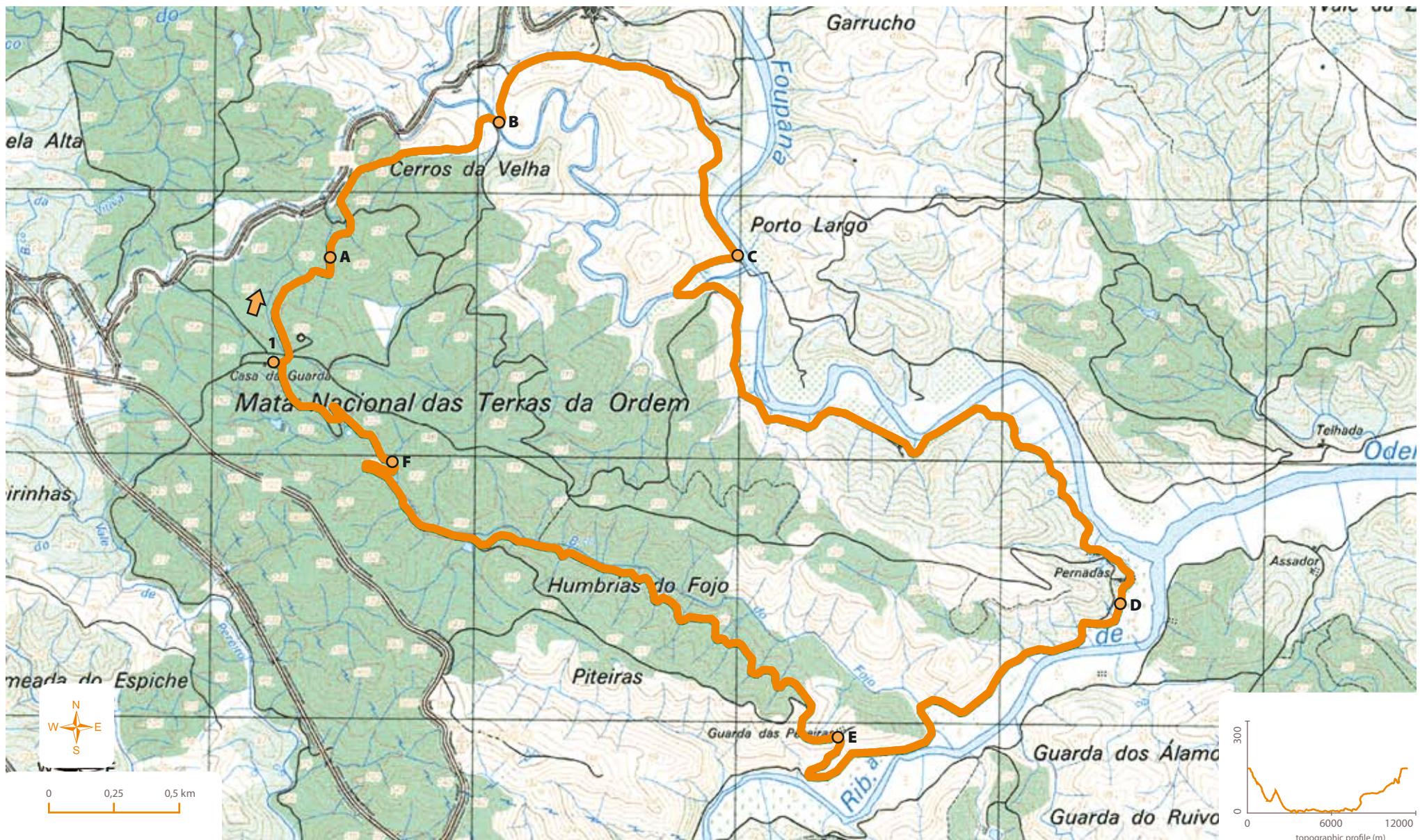
Close to the old mill, Moinho do Carvão, the final stretch of the Ribeira da Foupana can be seen, which joins the Ribeira de Odeleite a little bit further on, at Sítio das Pernadas, and flows into the Rio Guadiana about 4 km downstream. The whole riverside area is of great biological interest. The natural vegetation is relatively well-developed, combining areas of holm-oaks and carob trees, olive trees and agricultural fields, in particular orange groves close to the river. The riverside vegetation comprises reed-beds and some well-conserved areas of poplars, tamarisk, willow, oleander, reed mace, rushes etc. (with the natural vegetation of rivers in the Algarve).

The fauna in the forest is very diverse: European rabbit, red-legged partridge, the azure-

winged magpie and turtle doves can easily be seen, along with many passeriform birds. A considerable number of species of reptiles and amphibians (herpetofauna) have been sighted, so that, with a certain amount of luck, you could see the ladder snake, the Montpellier snake, Iberian Schreiber's Green Lizard, the Spanish sand racer, the Iberian midwife toad, the natterjack toad, the sharp-ribbed salamander and the spotted salamander.

In Pernadas, on the right bank of the Ribeira de Odeleite, there is a water-mill (Moinho das Pernadas) which has recently been restored to become a point of cultural interest in the region. On the steep ascent that follows, there is diverse shrubby vegetation such as rosemary, lavender, mastic thyme, cistus, purple emperor, green lavender, spurge flax, and Montpellier cistus.

On the path which runs along the Barranco do Cavalo, the landscape is once again dominated by pine trees, until you arrive back at the warden's house.



terras da ordem trail

- 1 ○ Start of the trail
- A ○ Pine wood
- B ○ Riverside vegetation
- C ○ Ruins of a water-mill (Moinho do Carvão)
- D ○ Moinho das Pernadas (water-mill) (right bank)
- E ○ Panoramic view
- F ○ Pine wood
- Trail



amendoeira trail

Name	Amendoeira Trail (PR8)
Parish	Odeleite
Municipality	Castro Marim
Location	Alta Mora
How to get there	Access along the EM 512 (Azinhal-Alta Mora), which leads off the EN122 and the IC 27, as far as the village of Cruz de Alta Mora. The trail begins at the square/crossroads.
Type	Walk and mountain-bike
Circular trail	Yes
Distance	11 km
Average duration	4 h
Declive	(See diagram of the topographic profile on the map of the trail)
Type of path	Earth path and tarred road.
When to go?	Not in the summer or on very hot days.
Approved	Yes
Signposted	Yes
Natural interest	Landscape, fauna and flora associated with rivers.
Owners	Public paths
Org.(s) responsible	Odiana Association and Alcoutim Municipal Council
Notes	The trail is located in a hunting zone.

The trail begins in the direction of Soalheira, in a landscape of scattered almond trees and holm-oaks. Near a small water course, the vegetation consists of giant reeds and olean-der. Species such as the water snake and the terrapin are common in this type of aquatic habitat.

On the ascent that follows, the undergrowth consists of species such as purple phlomis, *Genista hirsuta* gorse-heaths, Montpellier cistus, lavender, green lavender, cistus and false yellowhead, which make the countryside especially colourful, particularly at the time of flowering in spring.

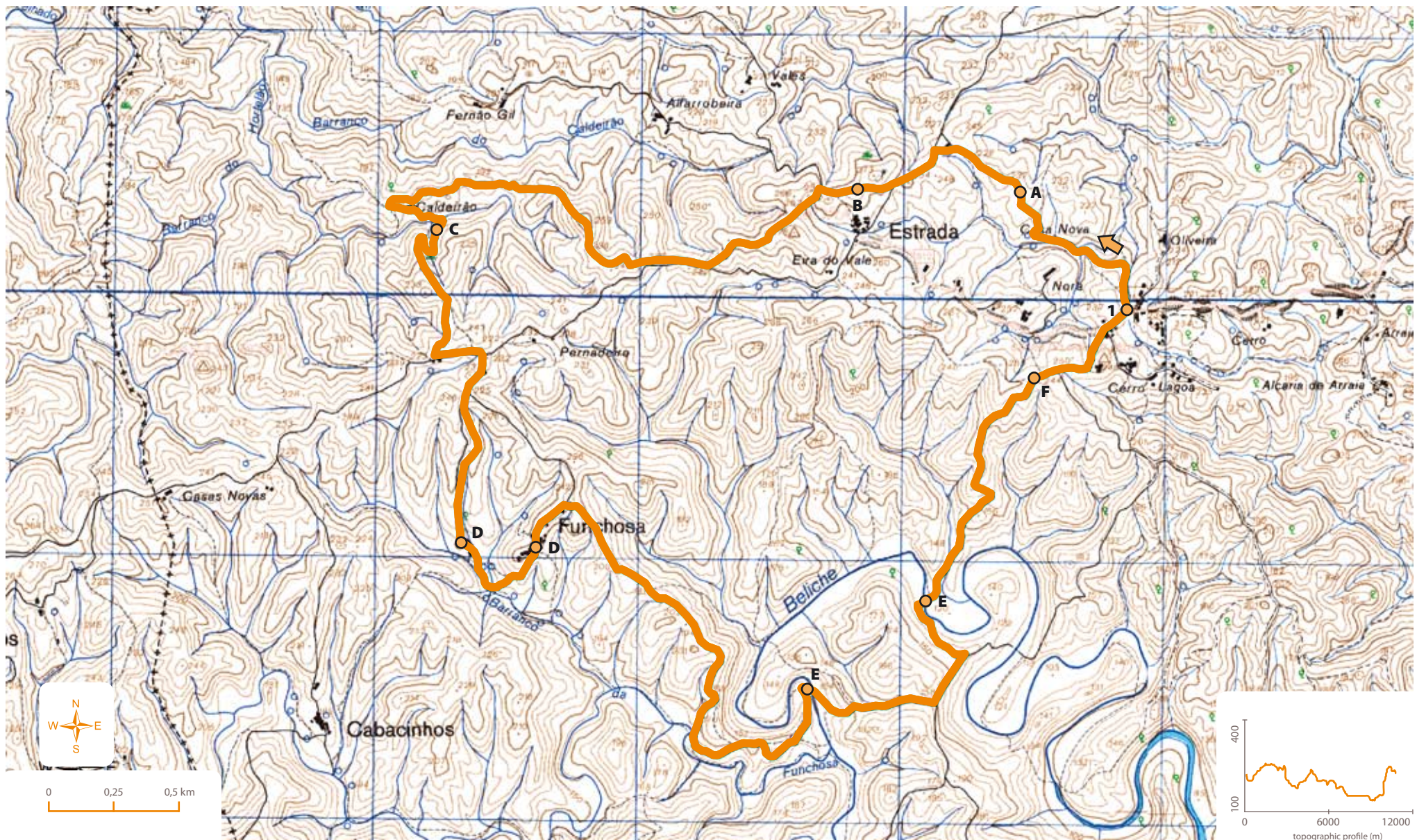
Once back on the earth path and passing the ruins of a windmill, you can enjoy the surrounding scenery. After leaving the second tarred road, the trail continues along a narrower stretch between hills.

As far as the village of Caldeirão, the landscape is dominated by cistus, but then there is a wide area of scattered almond trees. And during the months of January and February, the landscape is covered in white from the almond blossom.

Continuing the walk in the direction of the Ribeira de Beliche, you pass through two villages which are typical of the inland areas of the Algarve. At the two crossing points over the Ribeira de Beliche, you are advised to stop to have a look at this interesting water-course and to have a rest before the final difficult climb.



Oleander



 amendoeira trail

- 1 ○ Start of the trail
- A ○ Mediterranean vegetation
- B ○ Panoramic view
- C ○ Almond trees
- D ○ Typical hamlet
- E ○ Crossing point over the Ribeira do Beliche
- F ○ Panoramic view
-  Trail

a window on the guadiana

Name

A Window on the Guadiana (PR3)

Parish

Azinhãl

Municipality

Castro Marim

Location

Azinhãl

How to get there

Take the EN 122 or the IC 17. The trail starts next to the building of the Azinhãl Parish Office, located in the Largo do Mercado.

Type

Walk and mountain bike

Circular trail

Yes

Distance

7,5 km

Average duration

02h30

Declive

(See diagram of the topographic profile on the map of the trail)

Type of path

Stony and earth paths.

When to go?

All year round, except on very hot days.

Approved

Yes

Signposted

Yes

Natural interest

Landscape. Fauna and flora associated with Mediterranean scrubland.

Owners

Public paths

Organisations responsible

Odiana Association and Alcoutim Municipal Council

Notes

The trail is located in a hunting zone.

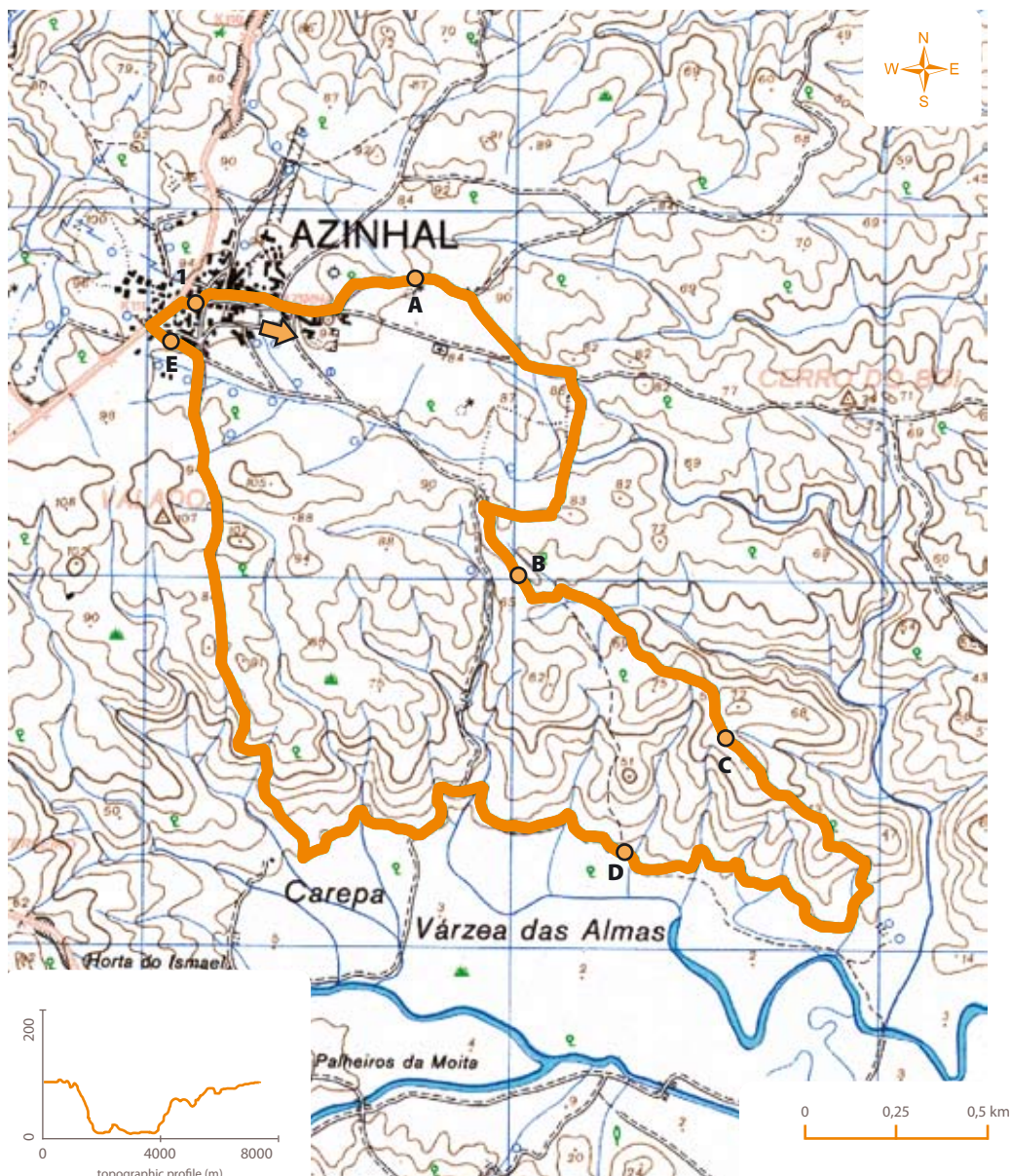




The trail begins in the Largo do Mercado in Azinhal. The trail is very interesting because of the uninterrupted view over the countryside, especially to the east, from where the Rio Guadiana can be seen as well as the adjacent hills and valleys.

The landscape consists of cistus, dryland orchards and scattered trees (wild olives, carob and almond trees). The fauna is varied and in the areas of scrub and orchards you can see species such as the European rabbit, the red-legged partridge, the Iberian hare, the

Dartford warbler, the azure-winged magpie, the blackbird, the Thekla lark, the turtle dove, the golden oriole and the red-backed shrike. At the end of the descent to Várzea das Almas, you continue to the right. In this area, to the south of the gully, the riverside vegetation is well-developed and includes some ash-groves. When you reach Carepa, a climb starts to the right which leads back to the starting point. On this path, the scenery consists of vineyards, fig trees and carob trees.



a window
on the guadiana

- 1 ○ Start of the trail
- A ○ Ruins of a windmill
- B ○ Panoramic view
- C ○ Panoramic view (Mouth of the Guadiana)
- D ○ Riverside vegetation
- E ○ Museum
- Trail



venta moinhos salt-marsh trail

Name	Venta Moinhos Salt-marsh Trail
Parish	Castro Marim
Municipality	Castro Marim
Location	Interpretation Centre of the Nature Reserve of the Castro Marim and Vila Real de Santo António Salt-marsh (RNSCMVRSA).
How to get there	Leave the A22 motorway in the direction of Beja and at the next junction, Monte Francisco, turn right to the Interpretation Centre of the RNSCMVRSA. The trail starts near this junction.
Type	Walk and mountain bike.
Circular trail	No
Distance	7 km (there and back)
Average duration	2 h
Declive	(See diagram of the topographic profile on the map of the trail)
Type of path	Earth path.
When to go?	All year round.
Approved	No
Signposted	Yes
Special Features	The trails in this Nature Reserve are well documented, and there are more specific guides to the local birdlife.
Natural interest	Salt-marsh wetland area. Birdlife. Trail located in the Nature Reserve of the Castro Marim and Vila Real de Santo António Salt-marsh and in Natura 2000 Network (Ria Formosa/Castro Marim site).
Owners	Public paths
Org.(s) responsible	Nature Reserve of the Castro Marim and Vila Real de Santo António Salt-marsh and the Castro Marim Municipal Council



Common spoonbill

The trail begins in the village of Monte Francisco and continues in the direction of the Interpretation Centre of the Nature Reserve. During the trail, there are six information panels about the natural and cultural aspects of the area.

The landscape consists of salt-marsh, salt-pans, cultivated agricultural areas and stretches of fresh, brackish and salt water, where the typical vegetation of this type of habitat can be seen, and the corresponding fauna, in particular birdlife for which this is one of the most important sites in the country. Rare birds can be seen in the wetland areas, often in significant numbers, such as the common spoonbill, the avocet, the white stork and the black-winged stilt.

Large numbers of aquatic fauna - fish, crustaceans and molluscs - are also present in the Nature Reserve, which makes this protected area one of the parts of the Algarve with greatest diversity of animal life.

At the Interpretation Centre, you can get information from the exhibitions and panels on display, as well as from the publications available at the reception. From there, you can also enjoy the magnificent views over the salt-marsh and over the lagoons alongside the Rio Guadiana. The building's large windows provide an excellent opportunity for observing the reserve's fauna and scenery.



venta moinhos
salt-marsh trail

- 1 ○ Start of the trail
- A ○ Salt-marsh and salt-pans
- B ○ Interpretation centre of the Nature Reserve
- C ○ Shelter
- Trail

boa vista trail

Name

Boa Vista Trail(PR1)

Parish

Vila Nova de Cacela

Municipality

Vila Real Santo António

Location

Corte António Martins

How to get there

From the EN 125, take the EM 509, which joins V. N. de Cacela to Corte António Martins.

Type

Walk and mountain bike

Circular trail

Yes

Distance

9 km

Average duration

3 h

Declive

(See diagram of the topographic profile on the map of the trail)

Type of path

Country paths and tarred road

When to go?

Not in the summer or on very hot days.

Approved

Yes

Signposted

Yes

Natural interest

Landscape. Fauna associated with agricultural areas and Mediterranean scrubland.

Owners

Public paths

Organisations responsible

Odiana Association and Alcoutim Municipal Council

Notes

The trail is located in a hunting zone.





Holm-oak

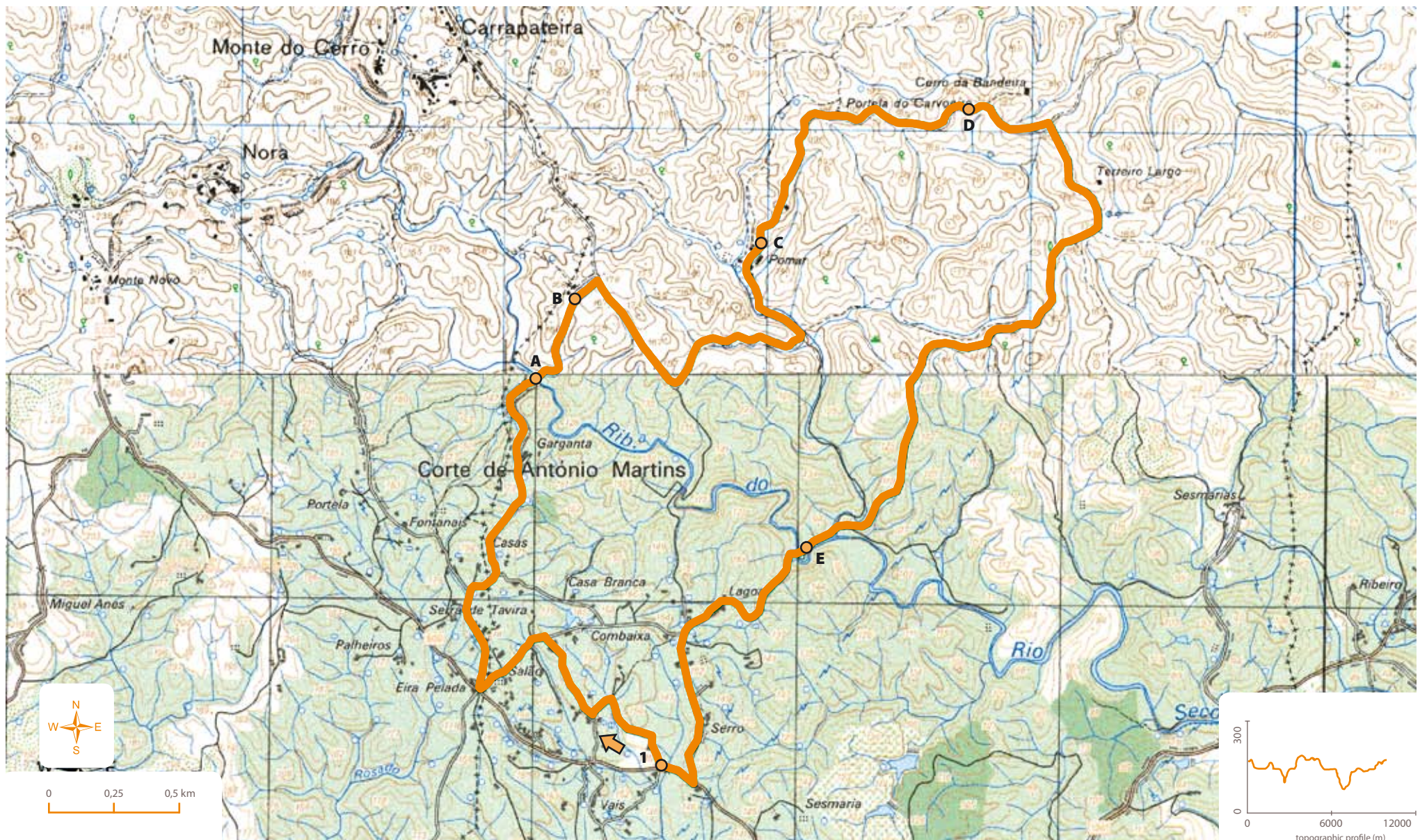
The trail starts in Corte António Martins, in the direction of Eira Pelada. On the first part of the trail, you walk through areas of carob trees and holm-oaks, until you reach the first crossing over the Ribeira do Rio Seco, a small water-course with oleander the main vegetation.

On the ascent towards Pomar, the shrubby vegetation is varied, with plants such as cistus, Montpellier cistus, *Genista hirsuta* gorse-heaths, mastic thyme, lavender and false yellowhead, and the tree cover consists of olive trees and cork-oaks. Mammals such as the European rabbit and the Iberian hare, and birds

such as the Eurasian jay, the hoopoe and the azure-winged magpie, and many others, are relatively common.

In Pomar, you can see a number of structures that are typical of traditional building in the serra, such as walls, houses, ovens and others. Beside this small village, there are orchards, mainly of citrus.

From Portela do Carvoeiro onwards, you enter an area with magnificent panoramic views, especially from the hill of Cerro da Boa Vista. Then you walk down in the direction of Lagoa and Corte António Martins, once again crossing the Ribeira do Rio Seco.



boa vista trail

- 1 Start of the trail
- A Crossing point over the Rio Seco
- B Mediterranean vegetation
- C Typical hamlet
- D Panoramic view
- E Varied vegetation
- Trail

list of species

FLORA

Nome Comum . Common Name . Cientific Name

A

Acácia . *Acacia* . *Acacia* sp.

Adelfeira . *Common rhododendron* . *Rhododendron ponticum* ssp. *baeticum*

Aderno,

aderno-de-folhas-largas . *Broad-leaved phillyrea* . *Phillyrea latifolia*

Alecrim . *Rosemary* . *Rosmarinus officinalis*

Alfarrobeira . *Carob tree* . *Ceratonia siliqua*

Amendoeira . *Almond tree* . *Prunus dulcis*

Aroeira . *Mastic tree* . *Pistacia lentiscus*

Azinheira . *Holm-oak* . *Quercus rotundifolia*

B

Bela-luz . *Mastic thyme* . *Thymus mastichina*

C

Cana . *Giant reed* . *Arundo donax*

Caníço . *Common reed* . *Phragmites australis*

Cardo-marítimo, cardo-rolador . *Sea holly* . *Eryngium maritimum*

Carrasco . *Kermes oak* . *Quercus coccifera*

Carvalho de Monchique . *Algerian oak* . *Quercus canariensis*

Carvalho-português . *Portuguese oak* . *Quercus faginea*

Choupo . *Poplar* . *Populus* sp.

Choupo-branco . *European white poplar* . *Populus alba*

Cordeiros-da-praia . *Cottonweed* . *Otanthus maritimus*

Cravo-das-areias . *Spiny thrift* . *Armeria pungens*

D

Dedaleira . *Foxglove* . *Digitalis purpurea*

E

Eruca-marítima . *European sea rocket* . *Cakile maritima*

Esteva . *Cistus* . *Cistus ladanifer*

Estevão . *Rock rose, sun rose* . *Cistus populifolius*

Estorno . *Marram grass* . *Ammophila arenaria*

Estrepes, espargo . *White asparagus* . *Asparagus albus*

Eucalipto . *Eucalyptus* . *Eucalyptus globulus*

F

Feno-das-areias . *Sand couch-grass* . *Elymus farctus*

Feto-do-monte . *Bracken* . *Pteridium aquilinum*

Figueira . *Fig tree* . *Ficus carica*

Folhado . *Laurustinus* . *Viburnum tinus*

Freixo . *Narrow-leaved ash* . *Fraxinus angustifolia*

G

Granza-da-praia . *Coastal crucianella* . *Crucianella maritima*

J

Joina-dos-matos . *Large yellow restharrow* . *Ononis natrix* ssp. *ramosissima*

Junco . *Rush* . *Juncus* sp.

Junco-agudo . *Sharp rush* . *Juncus acutus*

Junco-das-esteiras, junco-marítimo . *Sea rush* . *Juncus maritimus*

L

Lentisco-bastardo,

aderno-de-folhas-estreitas . *Narrow-leaved phillyrea* . *Phillyrea angustifolia*

Loendro . *Oleander* . *Nerium oleander*

Luzerna-das-praias . *Sea medick* . *Medicago marina*

M

Malmequer-das-praias . *Seaside Chamomile* . *Anthemis maritima*

Marioila . *Purple phlomis* . *Phlomis purpurea*

Mato-branco . *Basil-like sunrose* . *Halimium ocyroides*

Medronheiro . *Strawberry- tree (Arbutus)* . *Arbutus unedo*

Murta . *Myrtle* . *Myrtus communis*

O

Oliveira . *Olive tree* . *Olea europæa* var. *europæa*

P

Palmeira-anã,

palmeira-das-vassouras . *European fan-palm* . *Chamaerops humilis*

Perpétuas-das-areias . *Curry Plant* . *Helichrysum italicum* ssp. *picardii*

Pinheiro-bravo . *Maritime pine* . *Pinus pinaster*

Pinheiro-manso . *Stone pine* . *Pinus pinea*



Q

Queiró, queiroga . Dwarf Spanish heath . *Erica umbellata*

Quiróga . Portuguese heath . *Erica lusitanica*

R

Rosa-albardeira . Western peony . *Paeonia broteroi*

Roselha . Wrinkle-leaved Cistus . *Cistus crispus*

Roselha-grande, roselha -maior . White-leaved rockrose . *Cistus albidus*

Rosmaninho . Lavender . *Lavandula luisieri*

Rosmaninho-verde . Green lavender . *Lavandula viridis*

Rosmaninho-maior . Purple emperor . *Lavandula pedunculata ssp. sampaiana*

S

Salgueiro . Willow . *Salix sp.*

Salgueiro-branco . White willow . *Salix alba subsp. vitellina*

Sanganho-mouro, sanganho-manso . Sage-leaved rockrose . *Cistus salvifolius*

Sarcocornia fruticosa . Glasswort . *Sarcocornia fruticosa*

Sargaço, sargaço terrestre . Montpellier cistus . *Cistus monspeliensis*

Silva, silva-brava . Elm-leaved bramble . *Rubus ulmifolius*

Sobreiro . Cork-oak . *Quercus suber*

T

Tabúa . Reedmace (bulrush) . *Typha sp.*

Tabúa-larga . Greater Reedmace . *Typha latifolia*

Tamargueira . Tamarisk . *Tamarix africana*

Táveda, táqueda . False yellowhead . *Dittrichia viscosa ssp. revoluta*

Tojo-do-sul . *Genista hirsuta* gorse-heaths . *Genista hirsuta*

Tojo-galego, tojo-prateado . *Ulex argenteus* gorse-heaths . *Ulex argenteus ssp. argenteus*

Tojo-molar . Dwarf gorse . *Ulex minor*

Tomilho . Camphor thyme . *Thymus camphoratus*

Tomilho-carnudo . Portuguese thyme; fleshy thyme . *Thymus carnosus*

Tomilho-de-creta . Conehead thyme . *Thymbra capitata*

Tomilho-peludo . Thyme . *Thymus villosus*

Trovisco, trovisco-fêmea . Spurge flax . *Daphne gnidium*

Tuberária-mosqueada . Spotted rockrose . *Tuberaria guttata*

U

Urze-branca . Tree heath . *Erica arborea*

Urze-vermelha . Spanish heath . *Erica australis*

V

Valverde-dos-sapais . Shrubby sea-blite . *Suaeda vera*

Verdolaga-seca . Pink-flowered shrub *Limoniastrum monopetalum* . *Limoniastrum monopetalum*

Z

Zambujeiro, zambujo, oliveira-brava . Wild olive . *Olea europæa var. sylvestris*

Zimbro, zimbreira . Juniper . *Juniperus turbinata*

FAUNA

Nome Comum . Common Name . Name científico

A

Águia-cobreira . Short-toed eagle . *Circæetus gallicus*

Águia-d'asa-redonda . Common buzzard . *Buteo buteo*

Águia de Bonelli . Bonelli's eagle . *Hieraæetus fasciatus*

Alfaiate . Avocet . *Recurvirostra avosetta*

Alvéola-branca . Pied wagtail . *Motacilla alba*

B

Bico-grossudo . Hawfinch . *Coccothraustes coccothraustes*

Boga-de-boca-arqueada . (Iberian endemic fish) *Chondrostoma lemmingii* . *Chondrostoma lemmingii*

Bordalo . Hybrid minnow *Rutilus alburnoides* . *Rutilus alburnoides*

Borrelho-de-coleira-interrompida . Snowy plover . *Charadrius alexandrinus*

Burro . Donkey . *Equus asinus*

C

Cágado-mediterrânico . Stripe-necked terrapin . *Mauremys leprosa*

Camaleão . Chameleon . *Chamaeleo chamaeleon*

Camão . Purple swamphen . *Porphyrion porphyrio*

Caranguejo-cava-terra . Fiddler crab . *Uca tangeri*

Cartaxo . Stonechat . *Saxicola torquata*

Cegonha-branca . White stork . *Ciconia ciconia*

Chapim-real . Great tit . *Parus major*

Chilreta . Little tern . *Sterna albifrons*

Cobra-de-água . Water snake . *Natrix sp.*

Cobra-de-escada . Ladder snake . *Elaphe scalaris*

Cobra-rateira . Montpellier snake . *Malpolon monspessulanus*

Codorniz . Common quail . *Coturnix coturnix*

Coelho-bravo . European rabbit . *Oryctolagus cuniculus*

Colhereiro . Common spoonbill . *Platalea leucorodia*

Corvo-marinho . Great cormorant . *Phalacrocorax carbo*

Cotovia-escura . Thekla lark . *Galerida theklæ*

D

Doninha . Least weasel . *Mustela nivalis*

E

Escalo do Arade . Iberian chub . *Squalius aradensis*

F

Felosa-do-mato . Dartford warbler . *Sylvia undata*

Falcão-peregrino . Peregrine falcon . *Falco peregrinus*

Flamingo . Flamingo . *Phoenicopterus ruber*

G

Gaio . Eurasian jay . *Garrulus glandarius*

Gaivota-de-patas-amarelas . Yellow-legged gull . *Larus cachinnans*

Galeirão . Coot . *Fulica atra*

Galinha-d'água . Moorhen . *Gallinula chloropus*

Ganso-patola . Gannet . *Morus bassanus*

Garça-branca . Little egret . *Egretta garzetta*

Garça-pequena . Little bittern . *Ixobrychus minutus*

Garça-real . Grey heron . *Ardea cinerea*

Garça-vermelha . Purple heron . *Ardea purpurea*

Gato-bravo . Wild cat . *Felis silvestris*

Geneta . Genet . *Genetta genetta*

Guarda-rios . Common kingfisher . *Alcedo atthis*

Guincho-comum . Black-headed gull . *Larus ridibundus*

J

Javali . Wild boar . *Sus scrofa*

L

Lagartixa-do-mato-ibérica . Spanish sand racer . *Psammadromus hispanicus*

Lagarto-de-água . Iberian Schreiber's green lizard . *Lacerta schreiberi*

Lebre . Iberian hare . *Lepus granatensis*

Lontra . Otter . *Lutra lutra*

M

Maçarico-de-bico-direito . Bar-tailed godwit . *Limosa limosa*

Maçarico-real . Eurasian curlew . *Numenius arquata*

Melro . Blackbird . *Turdus merula*

Mergulhão-pequeno . Little grebe . *Tachybaptus ruficollis*

Mocho-galego . Little owl . *Athene noctua*

Morcego-rato-pequeno . Lesser mouse-eared bat . *Myotis blythii*

O

Ouriço-cacheiro . **European hedgehog** . *Erinaceus europæus*

P

Papa-figos . **Golden oriole** . *Oriolus oriolus*

Pato-real . **Mallard** . *Anas platyrhynchos*

Pega-azul . **Azure-winged magpie** . *Cyanopica cyanus*

Peneireiro . **Common kestrel** . *Falco tinnunculus*

Perdiz . **Red-legged partridge** . *Alectoris rufa*

Perna-vermelha . **Common redshank** . *Tringa totanus*

Pernilongo . **Black-winged stilt** . *Himantopus himantopus*

Peto-verde . **Green woodpecker** . *Picus viridis*

Picanço-de-dorso-ruivo . **Red-backed shrike** . *Lanius collurio*

Pica-pau-malhado . **Great spotted woodpecker** . *Dendrocopos major*

Pica-pau-malhado-pequeno . **Lesser spotted woodpecker** . *Dendrocopos minor*

Pilrito-comum . **Dunlin** . *Calidris alpina*

Poupa . **Hoopoe** . *Upupa epops*

R

Raposa . **Fox** . *Vulpes vulpes*

Rã-verde . **Iberian green frog** . *Rana perezi*

Rato de Cabrera . **Cabrera vole** . *Microtus cabreræ*

Rela-meridional . **Mediterranean treefrog** . *Hyla meridionalis*

Rola-brava . **Turtle dove** . *Streptopelia turtur*

Rola-do-mar . **Ruddy turnstone** . *Arenaria interpres*

Rolieiro . **European roller** . *Coracias garrulus*

S

Sacarrabos . **Mongoose** . *Herpestes ichneumon*

Salamandra-de-costelas-salientes . **Sharp-ribbed salamander** . *Pleurodeles waltl*

Salamandra-de-pintas-amarelas . **Spotted salamander** . *Salamandra salamandra*

Sapo-corredor . **Natterjack toad** . *Bufo calamita*

Sapo-parteiro-ibérico . **Iberian midwife toad** . *Alytes cisternasii*

Saramugo . **Iberian minnow** . *Anæcypris hispanica*

Seixoeira . **Red knot** . *Calidris canutus*

T

Trepadeira-azul . **Wood nuthatch** . *Sitta europæa*

V

Verdilhão . **Greenfinch** . *Carduelis chloris*

Z

Zarro-castanho . **Ferruginous pochard** . *Aythya nyroca*

glossary

Barrocal

Strip of land in the Algarve between the coast and the uplands of the serra, with its own characteristic vegetation, which is in part unique to this area.

Biodiversity

Includes diversity within a species, between species and comparative diversity between ecosystems.

Dolmen

Megalithic monument consisting of a large horizontal stone supported by vertical stones.

Dryland orchard

Area of fruit-bearing trees. Can comprise trees of various species (almond, carob, fig and olive trees).

Dune

A mound or ridge of sand deposited by the action of the wind and the sea.

Habitat

A place with specific geo-physical conditions where a particular species or group of species lives.

Halophytic vegetation

Vegetation found in environments of high salinity.

Hibernation

Dormant state adopted by some animals during the winter as a means of adapting to the cold and a lack of food, and with the aim of saving energy.

Karstic landscape

Limestone area characterised by a lack of surface water and a well-developed under-water drainage system with caves.

Limestone breccia

A rock consisting of angular fragments cemented together by calcium carbonate.

Limicoline bird

Belonging to a group of birds including a number of families, which are normally found in wetland areas (e.g. dunlins, godwits, curlews, plovers).

Mediterranean scrubland

Area of very dense scrub dominated by shrubby species that are typically found in a Mediterranean climate (e.g. the *genera Cistus, Erica, Rosmarinus* and *Lavandula*).

Mediterranean woodland

Densely wooded zone, which is dominated by holm-oaks, cork-oaks and pine trees when most developed.

Menhir

Megalithic monument consisting of a single standing stone.

Passeriform birds

Birds belonging to the order of *Passeriformes*, characterised by the habit of perching (e.g. sparrows, finches, tits).

Pequena Rota

(literally 'short route') This is a walk that is identified by the abbreviation "PR", followed by the registration number of the corresponding municipality.

It is indicated on the ground by red and yellow posts, takes less than a day to complete and is less than 30 km in length.

Natura 2000 Network

Ecological network in Europe which aims to ensure that biodiversity is maintained through the conservation of different types of natural habitat and wild flora and fauna within the European Union.

Ribeira

In Portuguese, a small river.

Riverine

Refers to vegetation found on the banks of water-courses.

Salt-marsh

Wetland area with vegetation that tolerates salty soil.

Serra

Upland areas of the interior, e.g. Serra de Monchique, Serra do Caldeirão.

Silt

Muddy deposit at the bottom of a river etc.

Wetland

Any coastal or inland area which is dominated permanently or temporarily by water.

Weir

A low dam built across a river. It is used to raise the level of the water and to divert the water to a mill.

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