

BRING WITH YOU

- Water
- Supplies
- Garbage bag
- Weather appropriate footwear and clothing
- Hat
- Sunscreen
- Area map
- Compass
- Local authorities contact details

IMPORTANT CONTACT DETAILS

NATIONAL REPUBLICAN GUARD 265 242 600/604
SOS 112
FIRE DEPARTMENT 269 498 450
TOURISM 269 750 429
SOS FOREST 117

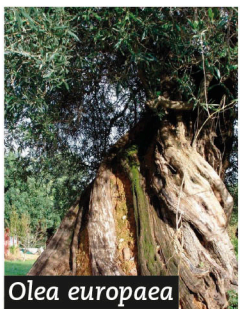


MOUNTAIN ROUTE



This trail is a circular itinerary that starts opposite City Council, at Dr. Jacinto Nunes Garden, and ends in the exact same place after a 24 km walk around the mountain range environment. The Marquês de Pombal Square, with a 15th century church deserving a visit, follows the first location, and is where you turn right and walk towards the market. Then, straight along Luís de Camões Street up to Anchieta Street, and here turn left and rush past São Pedro Church Museum Centre before entering Melides street, which ends in an alleyway leading to the mountains.

At this point, **you should be very careful crossing the National Highway**. The crossing shall be made via the pedestrian bridge on location.



Olea europaea

When you find yourself on the other side, continue the route via a pathway going through a secular olive grove. Look at the tree trunks. How old are these olive trees? This lane stops at the road leading to Melides. Walk 50 meters in and find yourself back at a dirt track again. Just follow the signage.

When in Corte do Freire de Cima, take a moment to rest at the fountain site – "a diving fountain" – as it is locally known. Contemplate the scenery around – a garden of white and red heaths, strawberry trees, brooms, lily-of-the-valley trees, cork trees, and olive trees...

Then continue through leafy and fresh valleys up to Outeiro dos Píncaros, representing the highest point in the entire trajectory. Look around. Outstanding! Go down the valley where the sub-forest vegetation reaches a considerable size, especially the heaths and the strawberry trees.

Move along in silence, hear the chirping of the many birds nesting around – tits, blackbirds, robins, stonechats, doves, wood pigeons and listen to the rattling from the woodpeckers on old tree logs or the squawking from the crow family. The short-toed snake eagle and the common buzzard also live here, together with some nocturnal bird of prey, as the little owl, barn owl or mottled owl, among other species.

There are rabbits, mongooses, common genets and foxes in the sub-forest area.

Climb another valley up to Estreito, a small hill in ruins. Right at the entrance, a majestic, huge and secular olive tree extends its branches and welcomes you. Stop there for a few minutes. Contemplate it. It's a living monument.

Climb a bit further until you win the race with the top. Go through it and behold the valleys on both sides. After passing set of remains from a few hills, start your gentle descent towards Fontainha, cross the road and the Grândola brook (Davino river), here running in clear waters. Go forth through mountains and valleys and finally reach the 16th century Sr.^a da Penha hermitage, the region sacred mountain.

You can contemplate the white housing of Grândola, the Vila Morena, and everything around it until you lose sight of it all. Rest a little and return to your journey. Continue going down through a smooth path, cross another olive grove, the home of big olive trees, cross the river again and arrive back in Grândola.

The Grândola municipality holds a unique environmental and landscape wealth, where high value ecosystems subsist – the Sado Estuary Natural Reserve, the Reserve Botany of the Dunes of Tróia... The Grândola mountain range, known for its rugged terrain and dense vegetation dominated by holm oak, cork oak, gum rockrose, strawberry tree and rosemary, in addition to a diversity of other flower species, includes a botanical, biological and landscape heritage of unquestionable interest, and the reason behind it being a classified biotope within the Corine program. Its landscape richness and climatic features offer optimal conditions for practicing orienteering sports, hiking, mountain biking, geocaching and a vast number of other outdoors activities.



Cistus ladanifer

FLORA

Along the route you will find scrubland areas dominated by gum rockrose *Cistus ladanifer*, rosemary *Lavandula stoechas*, pennyroyal *Mentha pulegium*, Portuguese broom *Cytisus striatus*, white tree heath *Erica arborea* and red tree heath *Erica australis*. A highlight towards the presence of cork oak *Quercus suber*, of high relevance and symbolic value within our landscape and providing great pleasure due to the majestic company it offers those walking this route. Other than cork oak, the leading actor of this trail, holm oak also marks its presence by providing resting areas to visitors alongside the proper enjoyment of its wide shadow areas extremely appreciated in the hottest sunny days. In the words of Zeca Afonso "In the shadow of an holm oak..."

Traces from rose-pink peony *Paeonia broteri* can also be spotted. An endemic plant from the Iberian Peninsula, rare and protected, it performs a shrub that blossoms between the middle of March and June, with its flowers only being visible for a few days. Along the way, you also find several species of mushrooms, some of which are

PR1 GDL



PEDESTRIAN TRAIL

MOUNTAIN ROUTE

used in the local cuisine, as the parasol mushroom *Macrolepiota procera*, bronze bolete *Boletus aereus*, chanterelle *Cantharellus cibarius* and Caesar's mushroom *Amanita caesarea*.



Sus scrofa

FAUNA

On your way you will likely encounter a variety of avifauna, as the common blackbird *Turdus merula*, European robin *Erithacus rubecula*, African stonechat *Saxicola torquatus*, Eurasian collared dove *Streptopelia decaocto*, short-toed snake eagle *Circaetus gallicus*, together with the common buzzard *Buteo buteo*, the little owl *Athene noctua* or the barn owl *Tyto alba*.

In addition to the chirping of birds nesting in the mountains, you can also observe here and there the European rabbit *Oryctolagus cuniculus*, the Egyptian mongoose *Herpestes ichneumon*, the common genet *Genetta genetta*, also known as the wild cat, the red fox *Vulpes vulpes* or the wild boar *Sus scrofa*.

Around the riverside areas, you can also find the fire salamander *Salamandra salamandra* and the grass snake *Natrix natrix*.



CHURCH OF NOSSA SENHORA DA ASSUNÇÃO

Grândola Parish Church

From the fifteenth century (or earlier), with a baroque and neoclassical religious architecture, this church of ground style, for the simplicity and clarity of its shapes, has very few entrances within its baroque interior. The church original patron saint was Santa Maria A Bem Dada. In 1482 the site was degraded and in need of building works, similar circumstance taking place in 1513 upon the visit of D. Jorge, the Master of the Order of Santiago. In the sixteenth century, Nossa Senhora da Assunção became the church patron saint.

Location: 38°10'32.64"N; 8°34'6.40"W Marquês de Pombal Square, Grândola. (C.M.P. 1:25.000, sheet 495).

Status: Monument of Public Interest / ZEP, Decree n° 192/2013, Official Gazette, 2nd series, n.° 69, of April 9th 2013.



CHURCH OF APÓSTOLO S. PEDRO*

A hermitage with a late sixteenth century foundation belonging to the "Alentejano Gothic" style and rebuilt in the eighteenth century. Of longitudinal plant and presenting a single nave, it maintains its main façade portal that houses the Order of Santiago religious habit.

Location: 38°10'30.24"N; 8°34'12.13"W S. Pedro Square, Grândola. (C.M.P. 1:25,000; sheet 495). Status: Classified as a Monument of Municipal Interest on November 25th 2015. Official Gazette, 2nd series, Statute n.° 1057/2015.

*Open in 2018 as Museum



HERMITAGE OF N. SR.^a DA PENHA DE FRANÇA

Senhora da Penha, whose hermitage is located at one of the highest points in the Mountain and from where the meadows and the village housing can be glimpsed, is considered the protector of the Grândola population, to the extent of some people believing that she is the land patroness, due to the degree of

devotion exhibited.

On May 15th 1664, the Order of Santiago authorized the construction of this hermitage, which took place within the following years.

Location: 38°09'56.5"N; 8°35'08.3"W Outeiro da Penha (Grândola Mountain), Grândola. (C.M.P. 1: 25.000, sheet 495).

VISITORS CODE OF CONDUCT

- Respect private property; close the gates if you happen to find them on your way.
- Avoid making noise or adopt attitudes that disturb the local peace.
- Keep your distance from the animals; do not feed them; observe them with binoculars.
- Do not pick plants up or collect any geological sample; let other visitors be able to also contemplate the natural richness.
- Take pictures only; they perform good memories from past times and record the landscape beauty.
- Respect the signage.
- Each visitor is responsible for any garbage or debris produced; dispose of it at the appropriate places.
- Contact the local authorities whenever you detect any irregularity.
- Always follow the marked trails.
- Beware of the cattle; although it is meek it does not like its offspring to be approached by strangers.
- Do not forget that at times you may find other visitors on your trail; in this circumstance we appeal to the principles of mutual respect and common sense.

ICONIC SPECIES



Cork oak
Quercus suber



Little owl
Athene noctua



Strawberry tree
Arbutus unedo



Gallipoli rose
Cistus salvifolius



Rose-pink peony
Paeonia broteri



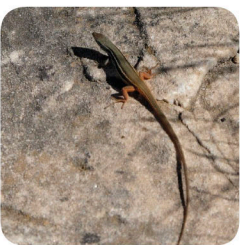
Wild boar
Sus scrofa



Red-legged partridge
Alectoris rufa



Eurasian jay
Garrulus glandarius



Large psammodromus
Psammodromus algirus



Iberian painted frog
Discoglossus galganoi

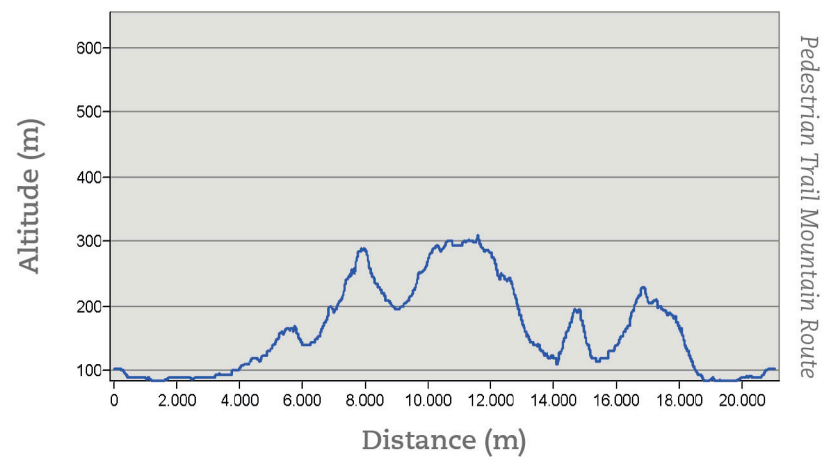


Gum rockrose
Cistus ladanifer

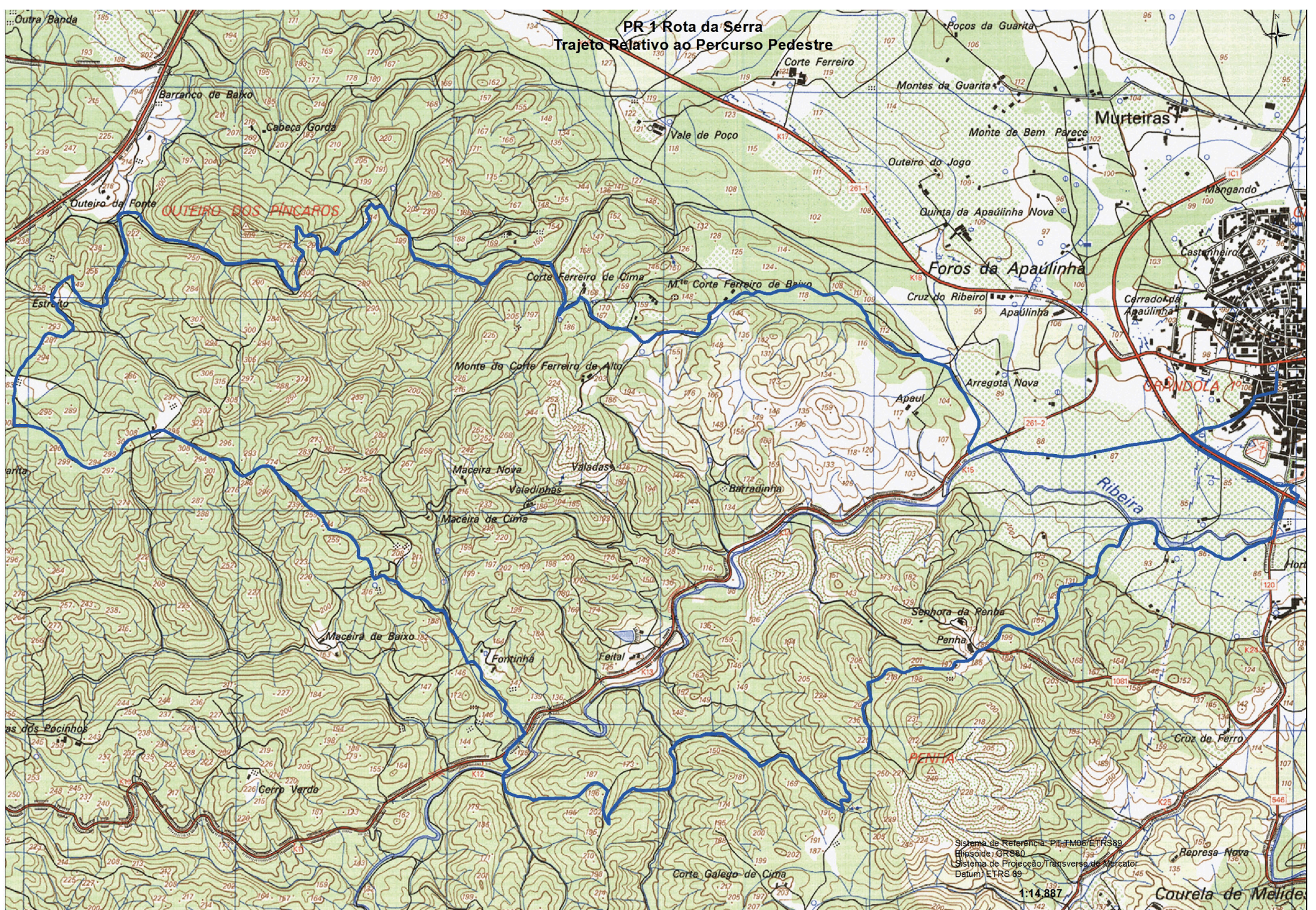


Stone pine
Pinus pinea

ELEVATION PROFILE



Among nature, leave no more than footprints and take no more than photographs.



PR1 GDL MOUNTAIN ROUTE

- **Starting point/arrival:** Dr. Jacinto Nunes square – Grândola
- **Advised Direction:** Counter clockwise
- **Travelled distance:** 24 km
- **Route duration:** approx. 6 hours at a speed of 4 km/h
- **Degree of difficulty:** Medium/High
- **Type of route:** Small circular route
- **Route scope:** Ecological/ Landscaping/ Geocaching/ Mountain Biking

SMALL ROUTE SINGNAGE

Signs found along the trail



In process of FCMP re-homologation

GeocacherZONE

