

#### EQUIPMENT NEEDED

- Map • Compass • Binoculars • Camera
- Wildlife guide • Notebook
- Comfortable clothes and shoes

#### WARNINGS

- In some places, the trail runs along the coast, which requires special attention;
    - Windy area;
    - Do not stray off the trail;
  - Notify the Civil Protection before starting the route
- Civil Protection of Sintra - 800 211 113**  
**Civil protection of Cascais - 214 607 610 / 214 815 960**

EMERGENCY CONTACT:  
**NACIONAL SOS 112**

#### RESPECT THE CODE OF CONDUCT WHEN WALKING IN PROTECTED AREAS

[www.icnfp.pt/turismodenaatureza/codigosdeconduta](http://www.icnfp.pt/turismodenaatureza/codigosdeconduta)

## CASCAIS

The Charm of the Atlantic Coast

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GUINCHO BEACH



THRIFT



DUNE SYSTEM



SEA DAFFODIL

#### FOLLOW US AND DISCOVER THIS UNIQUE HABITAT



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With this QR code, access our website and discover more information about this route.

[visitscascais.com](http://visitscascais.com) | [info@visitscascais.com](mailto:info@visitscascais.com)

#### TECHNICAL INFORMATION

**CONTENT:** Sintra-Cascais Natural Park (SCNP)

**PHOTOGRAPHIES:** Sintra-Cascais Natural Park (SCNP)

**ILLUSTRATIONS:** Sintra-Cascais Natural Park (SCNP) | Alfredo da Conceição, Marco Correia, Marcos Oliveira, Nuno Farinha

**CONCEPTION:** Tourism Association of Cascais 2021

[PR2 CSC]

# ROUTE Cabo Raso

In the Sintra-Cascais Natural Park (CNP) and in the Sintra-Cascais natural reserve 2000, the coastal trail stands out for the ruin-like appearance of the coastal sandstone field, the **dune system of Guincho-Oitavos**, the view from the promontory of Cabo da Roca and, in the background, the Sintra mountain range. Human occupation of the coast dates back to the Palaeolithic period. The place where Quinta da Marinha is located today, was where the troops that led to the Philippine occupation (16th century) landed. After the restoration of independence (17th century), a vast defensive line was built along the Tagus bank with sea fortifications that intersected to defend the landing sites from enemies. The Guincho Battery: **Crismina** (in ruins), **Ponta Alta** (near the Guincho Hotel) and **Galé** (Muchaxo hostel) defend the coast near the Guincho beach. This line crossed fire with the Guincho fort (to the north) and S. Brás de Sançhete (to the south). The fort of S. Brás de Sançhete became the lighthouse of Cabo Raso.

#### WHAT YOU NEED TO KNOW

##### DEPARTURE/ARRIVAL:

Area

##### LATITUDE / LONGITUDE:

38°43' 13.14" N / 9°27'47.29" W

##### DISTANCE:

15 km (circular)

##### DURATION:

3h30

##### DIFFICULTY:

II - Easy

##### INCLINATION:

Max 166 m

##### POINTS OF INTEREST:

Fauna, Geology, Flora and History

##### BEST SEASON:

Spring is the time to observe the flowering of the vegetation and, in autumn, the migratory bird routes.

##### CONNECTIONS:

GR 11 Europe - Atlantic Way

#### HOW TO GET THERE:



BUS - M05 / M15



CAR - BY EN247



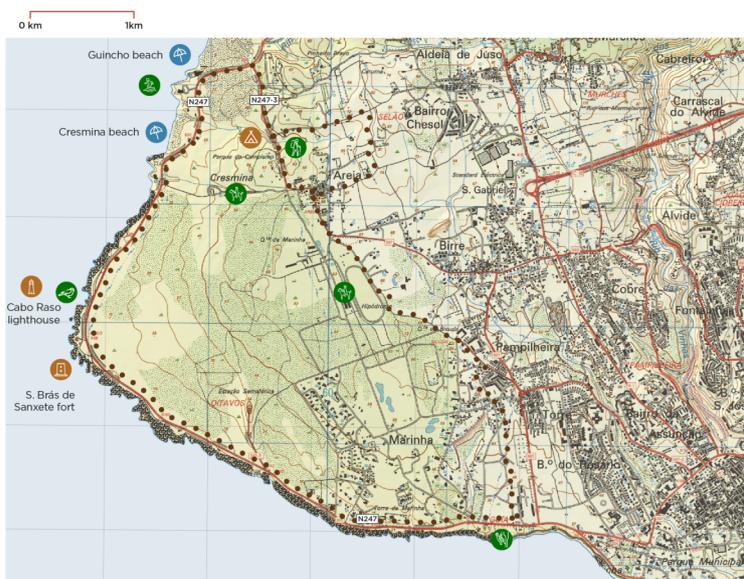
BICYCLE (BICYCLE PATH)

# THE TRAIL

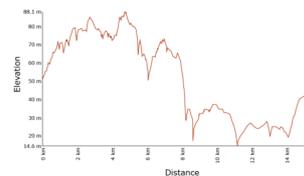
Coastal lappets fields (fig.1) is the karstic relief resulting from the process of limestone erosion by the power of water, visible between Santa Marta and Cabo Raso. The rough earth of the lappets provides a fertile base for low, resistant vegetation that is adapted to the sea winds: **beach Juniper** (fig. 2), **archoe halime** (fig. 3) and **armeria** (fig. 4). The sand deposited by the sea on the beaches of Guincho and Crismina, carried by the prevailing north-west winds, feeds the Guincho-Oitavos dune system. It runs along the Cretaceous limestone platform where it is deposited once the wind loses its carrying ability, thus leaving the system between Oitavos and Guia to the south.

In this fragile system, the vegetation faces unfavourable conditions - burial, excessive loss of water and wind resistance. It is threatened by the invasion of exotic species, acacia and **witch-hazel** (Fig. 5), by trampling and changes in sand dynamics. On Guincho beach, the dune ridges show the early stages of dune vegetation: sand couch-grass and cottonweed. During transition, the dunes are covered with, among others, **ammophilla** (fig. 6), which is the best natural stabiliser. In the already stabilised dunes, species such as beach grenadier and **beach daffodil** (fig.7). **Dunes with pine trees** (fig. 8 and 9) support populations of threatened species. Coastal dunes with Juniperus, endangered in the EU and Oitavos - **mullein thickets** can be seen (fig.10). The fauna is varied, with insects, birds (the crested lark), small reptiles (the bush lizard), mammals (**the wild rabbit**) (fig.11) rodents and predators such as the **mongoose** (fig.12). The coast is important for bird nesting.

Cabo Raso is one of the best places to observe seabirds, especially during the migration season (March, April and September/October): the cormorant nests on the cliffs, unlike the **white-faced cormorant** (fig. 13) the **black duck** (fig. 14) or the gannet, which in spring gather in large flocks and start their migration. The vegetation on the cliffs is sparse, with species of limonium, **sea fennel** (fig. 15) and armoury. This is a rare habitat at European level.



<b>PR2 CSC</b>	distance	duration	difficulty	inclination max.
	15km	3h30	low	166m



## CAPTIONS

### TOURIST INTEREST

- Fort
- Camping
- Beach
- Lighthouse

### SIGNAGE

- Good route
- Bad route
- Turn left
- Turn right

### NATURE TOURISM

- Equestre
- Water sports
- Climbing
- Start of the trail
- Birdwatch

### WALKING TRAIL

.....  
PR2 CSC - Cabo Raso route



1 Coastal lappets



2 Phoenician Juniper  
*Juniperus phoenicea*



3 Mediterranean saltbush  
*Atriplex halimus*



4 Thrift  
*Armeria welwitschii*



5 Hottentot fig  
*Carpobrotus Edulis*



6 Marram grass  
*Ammophila Arenaria*



7 Sea Daffodil  
*Pancratium maritimum*



8 Aleppo pine  
*Pinus halepensis*



9 Parasol pine  
*Pinus pinea*



10 Mullein  
*Verbascum litigiosum*



11 Wild Rabbit  
*Oryctolagus Cuniculus*



12 Egyptian Mongoose  
*Herpestes Ichneumon*



13 Great cormorant  
*Phalacrocorax carbo*



14 Common scoter  
*Melanitta nigra*



15 Sea Fennel  
*Cithrum maritimum*

