

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

CASCAIS

The Charm of the Atlantic Coast

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CROSSED VEINS



NAVELWORT



ABANO BEACH



FORT OF GUINCHO

FOLLOW US AND BE INSPIRED BY THE BEAUTY OF THE COAST



/WELCOME.CASCAIS.LIVE



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

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TECHNICAL INFORMATION

CONTENT: Sintra-Cascais Natural Park (SCNP)

PHOTOGRAPHERS: 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

[PR4 CSC]

ROUTE Guincho Coastal

Located in the Sintra-Cascais Natural Park (SCNP) and in the Sintra-Cascais Natural Reserve 2000, the trail is distinguished by its jagged coastline with the Sintra Mountains in the background. The Serra de Sintra is an igneous structure installed under Jurassic and Cretaceous sedimentary series, about 3 85 MA ago, and constitutes an important geological heritage of the SCNP.

This sedimentary series, deformed by successive tectonic events, has undergone erosion making a complex set of igneous rocks and minerals visible today (e.g., granites, syenites, gabbro, among others).

To the south of the mountain range, there is a short band of metamorphic rocks (e.g., the Ramalhão schist, with a banded appearance), followed by Jurassic and Cretaceous sedimentary rocks.

WHAT YOU NEED TO KNOW

DEPARTURE/ ARRIVAL:

Malveira da Serra (near the church and the restaurant) O Farol da Serra)

LATITUDE / LONGITUDE:

38°45'10.44"N / 9°26'58.98"O

DISTANCE:

9.9 km (circular)

DURATION:

3 hours

DIFFICULTY:

II - Easy

INCLINATION:

Max. 361 m

WORTH SEEING:

Fauna, Geology, Flora, History, Almoinsas Velhas, Abano, Guincho, Charneca, Alcorvim, Janes, Malveira da Serra.

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; PR 3 CSC, Route of the villages, PR 1 CSC Route of the Farms.

HOW TO GET THERE:



BUS - MO2 / 403



CAR - BY EN 247



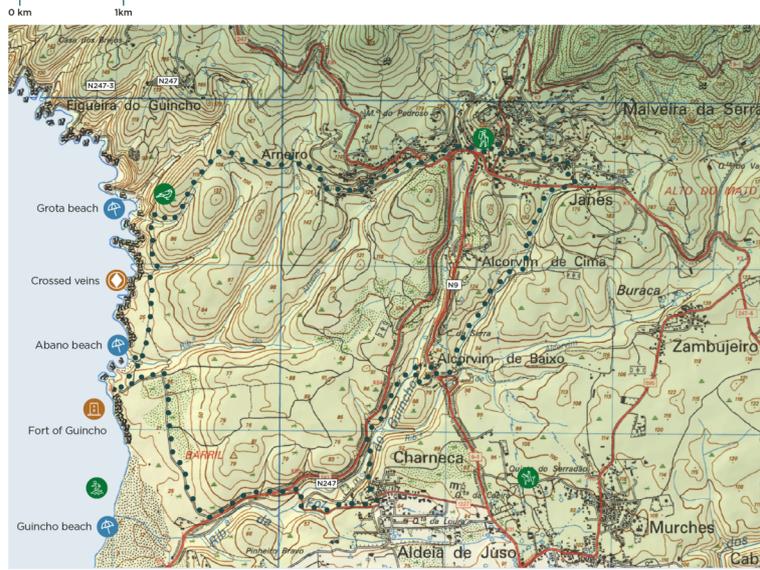
BICYCLE (BICYCLE PATH)

THE ROUTE

The climate, characterised by intense winds, hot and dry summers, low rainfall on the southern side of the mountain, and the intense prevalence of human activity, has made it difficult to establish arboreal species, allowing only the existence of meadows and bushes, with Mediterranean and Atlantic-Mediterranean characteristics. The "Carrascos" **kermes oaks** (Fig. 1) are the result of the degradation of the original oak groves, with cork oaks still common today. On the limestone soils, **false pepper trees** are frequent (Fig. 2), as well as **wild olive trees** (Fig. 3), **buckthorn** (Fig. 4), **curly rockrose** and **gorse** (Fig. 6).

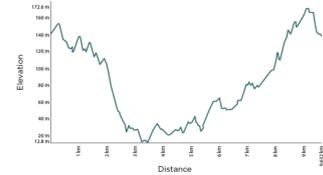
Mediterranean plants with medicinal and aromatic properties include spearmint, **chicory** (Fig. 7), fennel, oregano, **honeysuckle** (Fig. 8), hypericum or **rosemary** (Fig. 9). On the coast, there are veins of igneous material that have intruded into the pre-existing sedimentary rock (e.g., intersecting veins). Geological strata with large pebbles ("raised beaches") are a consequence of tectonics and eustatic level variations (fig.10). Further south, reef structures are recognisable in the limestones of marine origin (Fig. 10). The cliffs are a safe nesting place for the **european shag** (Fig. 11), **common kestrel** (Fig. 12), peregrine falcon, **blue rock thrush** (Fig. 13), or seagulls. The sands of Guincho beach are home to endemic species of flora, **red juniper thickets** (Fig. 14) coastal dunes with endangered species of limonium sheltered by the cliffs and characteristic species such as the seaside plantain.

In these beach sands, we find species such as the **thrift** (fig.15), the **navelwort** (fig.16), of great conservation value, and the common immortelle. The fauna is not very visible: the **wild rabbit** (fig.17); the fox; the weasel; the lizard; the **algerian sand racer** (fig.18); snakes and their predators such as the **mongoose** (fig.19); the **barn owl** (fig.20); the tawny owl; the **buzzard** (fig.21); the turtle dove; and a great diversity of insects. As suggested by the remains found on the beaches of Guincho and Abano, it was from the sea that prehistoric man sourced his precious food. Later, the dependence on the sea became less and less important and the first settlements appeared, closer to the shelter and the riches provided by the mountains: game, fruit and water.



1 Kermes oak <i>Quercus coccifera</i>	2 Brazilian pepper tree <i>Schinus terebinthifolius</i>	3 Wild olive <i>Olea europaea var. sylvestris</i>	4 Italian buckthorn <i>Rhamnus alaternus</i>	5 Rough bindweed <i>Smilax aspera</i>	6 Lusitanian gorse-heaths <i>Ulex densus</i>	7 Common chicory <i>Cichorium intybus</i>
8 Italian Honeysuckle <i>Lonicera caprifolium</i>	9 Rosemary <i>Rosmarinus officinalis</i>	10 Rolled pebble	11 European Shag <i>Phalacrocorax aristotelis</i>	12 Common Kestrel <i>Falco tinnunculus</i>	13 Blue rock thrush <i>Monticola solitarius</i>	14 Phoenician juniper <i>Juniperus phoenicea</i>
15 Thrift <i>Armeria welwitschii</i>	16 Navelwort <i>Omphalodes kuzinskyanae</i>	17 Wild rabbit <i>Oryctolagus cuniculus</i>	18 Algerian sand racer <i>Psammotromus algricus</i>	19 Egyptian mongoose <i>Herpestes ichneumon</i>	20 Common barn-owl <i>Tyto alba</i>	21 Common buzzard <i>Buteo buteo</i>

PR4 CSC	distance	duration	difficulty	max. inclination
	9.9km	3h	low	361m



CAPTIONS

TOURIST INTEREST

- Fort
- Geological phenomenon
- Beach

SIGNAGE

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

NATURE TOURISM

- Equestrian centre
- Water sports
- Start of the trail
- Bird watching

WALKING TRAIL

PR4 CSC - Guincho Coast



CHICORY