

#### 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.icfn.pt/turismodenaureza/codigosdeconduta](http://www.icfn.pt/turismodenaureza/codigosdeconduta)

## CASCAIS

The Charm of the Atlantic Coast

+351 912 034 214  
[info@visitcascais.com](mailto:info@visitcascais.com)



+351 214 604 230  
[geral@cascaisambiente.pt](mailto:geral@cascaisambiente.pt)



+351 213 500 900  
[icnf.pt](http://icnf.pt)



+351 219 247 200  
[pnsc@icnf.pt](mailto:pnsc@icnf.pt)



+351 218 505 300  
[igeoe@igeoe.pt](http://igeoe@igeoe.pt)



CONVENT OF PENINHA



EUROPEAN ROBIN



VIEW OVER GUINCHO



LIME KILN - BISCAIA

#### FOLLOW US AND DISCOVER A NEW RURAL WORLD



/WELCOME.CASCAIS.LIVE



@VISIT\_CASCAIS



+351 912 034 214 / CASCAIS VISITOR CENTER



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

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

#### 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

[PR3 CSC]

# ROUTE OF The Villages

The Sintra mountain range forms a condensation barrier for the prevailing moisture-laden N-NW winds and creates the conditions for the development of an exuberant vegetation. A place of mystery, famous for its atmosphere and populated since prehistoric times, of great splendour during the Arab occupation, was the destination of summer holidays and a refuge for the court, with a golden period at the end of the 18th century and throughout the 19th century.

In the 20th century, the reforestation began with the maritime pine, then the Buçaco cedar, native to Central America, and the Australian eucalyptus. Today, only 1% of the natural tree vegetation remains.

#### 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"W

##### DISTANCE:

12,5 km (Circular)

##### DURATION:

4 hours

##### DIFFICULTY:

II - Easy

##### ELEVATION:

Min. 67m / Max. 413m

##### WORTH SEEING:

Fauna, Flora, Peninha, Lime kilns.

##### BEST SEASON:

Spring, when the vegetation is in flower.

##### CONNECTIONS:

GR 11 Europe - Atlantic Way; PR 1 Route of the Farms and PR 4 Route Guincho Coastline

#### HOW TO GET THERE:



BUS - M02 / 403



CAR - BY EN 247



BICYCLE (BICYCLE PATH)

# THE TRAIL

The trail starts in Malveira da Serra, located in the foothills of the Serra de Sintra. It passes through planted forests, woods with native vegetation, woods with Atlantic and Mediterranean characteristics, meadows and areas occupied by invasive species. Arriving at Quinta da Peninha, the scenery is magnificent - near the coast you can see **Cabo Raso**, the **Guincho-Oitavos dune line** and, near the sea, the **villages of Biscaia and Figueira do Guincho**, remains of old lime kilns, quarries and forts that strategically defended the coast.

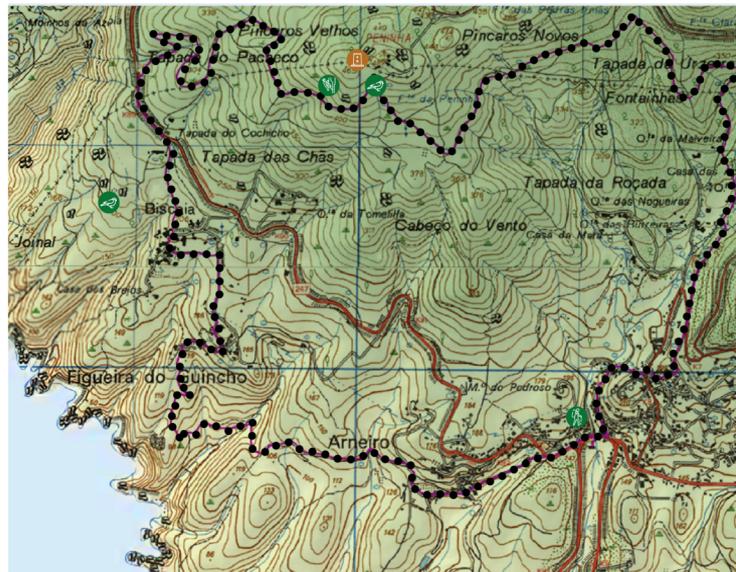
The **Sanctuary of Peninha**, located on one of the highest peaks of the Sintra mountain range, above Cabo da Roca, is part of an architectural complex formed by the remains of the **old chapel of São Saturnino** (founded by D. Pero Pais at the time of the foundation of the kingdom of Portugal), by the current chapel of São Saturnino and by the Romantic palace of revivalist style, which resembles a fortification, built in 1918 by António Carvalho Monteiro for his residence, although never inhabited.

The trail crosses rural areas where, in former times, the population was dedicated to agriculture, pastoralism, cereal grinding in water mills and windmills, the use of bread kilns and lime kilns, from which they retrieved the food for their sustenance and the raw material to build their houses. One of the **lime kilns**, the **Gaiteiro kiln**, was located in **Almoinhas Velhas**. This whole community had unique characteristics in terms of customs, language, beliefs, clothing and even the way of work.

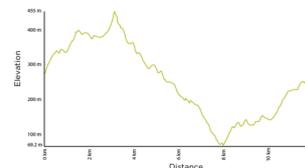
**Saloiço**: a word that comes from the Arabic *Cahrull* and means the inhabitant of the countryside, the peasant, a term used in Lisbon at the time of its conquest by D. Afonso Henriques.

Along the route, you will find some of the original vegetal cover: the holm oak, the **black oak (fig.1)**, the **kermes oak (fig.2)**, the **cork oak (fig.3)**, the **wild olive tree (fig.4)**, and the rare holly, laurel and **arbutus (fig.5)**. When the shade or humidity allows it, **butcher's broom (fig.6)**, ivy, **foxglove (fig.7)** or **western gorse (fig.8)** appear. In the scrubland, western gorse (fig.8), ornamental grass, **rough bindweed (fig.9)**, **rockroses**, **violets (fig.10)**, blue pimpernel, mediterranean spurge, Scotch heather and **rosemary (fig.11)** are common. In addition to the beauty of the landscape and the natural environment of this area, the consequences left on the vegetation after the great fire of 1966 are notable - conditions were created for invasive plants such as *hakea sericea*, *pittosporum undulatum* and especially the **acacia melanoxylon (fig.12)** and *A. longifolia* to occupy the available habitats, proliferating to this day, despite various voluntary invasive control activities. The fauna is difficult to observe, but it is rare to walk the path without seeing at least one of the most common birds of prey in these regions - the **buzzard (fig.13)** or the **kestrel (fig.14)**, surprise walkers with their unique flight.

0 km 1 km



PR3 CSC	distance	duration	difficulty	max. inclination
	12.5km	4h	low	413m



## CAPTIONS

### TOURIST INTEREST



Fort

### NATURE TOURISM



Climbing



Start of the trail



Bird watching

### SIGNAGE



Good route



Bad route



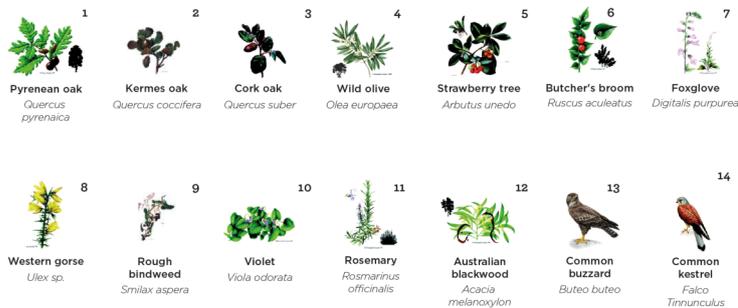
Turn left



Turn right

### WALKING TRAIL

PR3 CSC - Route of the Villages



FOXGLOVE