

EQUIPMENT NEEDED

- Map • Compass • Binoculars • Camera
- Flora and Fauna Guide • Notebook
- Comfortable clothes and shoes.

WARNINGS

- In some places, the trail runs along the coast, which requires special attention;
 - Windy area;
 - Do not leave the paths;
- Notify 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:
NATIONAL SOS 112

RESPECT THE CODE OF CONDUCT WHEN WALKING IN PROTECTED AREAS

www.icnf.pt/turismodenatureza/codigosdeconduta

CASCAIS

The Charm of *the* Atlantic Coast

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YELLOW ROCK



MULA RIVER DAM



LIME KILN



QUINTA DO PISÃO

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TECHNICAL INFORMATION

CONTENT: Sintra-Cascais Natural Park (SCNP)

PHOTOS: Sintra-Cascais Natural Park (SCNP)

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

CONCEPT: Tourism Association of Cascais 2021

[PR1 CSC]

Farms ROUTE

The Route of the Farms begins at Malveira da Serra, following the southern slope of Serra de Sintra, marked by the eruptive massif, an intrusive structure in the limestone and calcareous schist series dating back to the Jurassic and Cretaceous periods. Here, the ancient sedimentary formations have been eroded away and, today, the syenite core is surrounded by uncovered granites.

It is on this ring of granites that Malveira da Serra is located, the starting point of the Route of the Farms, a route that runs along the slope of this mountain range, an area integrated in the National Network of Protected Areas, classified as a Natural Park and included in the Sintra - Cascais site, under the Natura 2000 Network.

WHAT YOU NEED TO KNOW

DEPARTURE / ARRIVAL:

Malveira da Serra
(by the church and the restaurant Farol da Serra)

LATITUDE / LONGITUDE:

38°45'10.44"N / 9°26'58.98"O

DISTANCE:

15 km, 9.3 miles (circular)

DURATION:

3:30 hours

DIFFICULTY:

II - Easy

INCLINATION:

Low

POINTS OF INTEREST:

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

BEST SEASON:

Spring, when the majority of the vegetation is blossoming

CONNECTIONS:

GR 11 Europe - Atlantic Way; PR 3 CSC, Route of the Villages, PR 1 CSC Route of the Farms.

ASSISTANCE:

Signposted route. Information panels. Internet

HOW TO GET THERE:

BUS - M02 E 403

CAR - BY EN 247



THE TRAIL

One of the major highlights of this route is the granite peduncular formation resulting from wind erosion. To the south, the trail runs through the remaining sedimentary formations. You will be able to see lapis, special shapes caused by the non-uniform water erosion of limestone.

The geological wealth allows for a great diversity of flora and fauna, although highly disturbed by man. In the granite zone of the mountains there is a predominance of maritime pine forests, as a result of forestation, and Mediterranean and Atlantic-Mediterranean scrubland, conditioned by the expansion of invasive exotic species such as the acacia. Common species are: sage-leaved rockrose, strawberry trees, rosemary, Gal oak and heather.

Many Mediterranean plants are rich in substances that give them medicinal and aromatic properties, such as common centaury, calamint, pennyroyal, fennel, herb-Robert, St. John's wort and squirting cucumber.

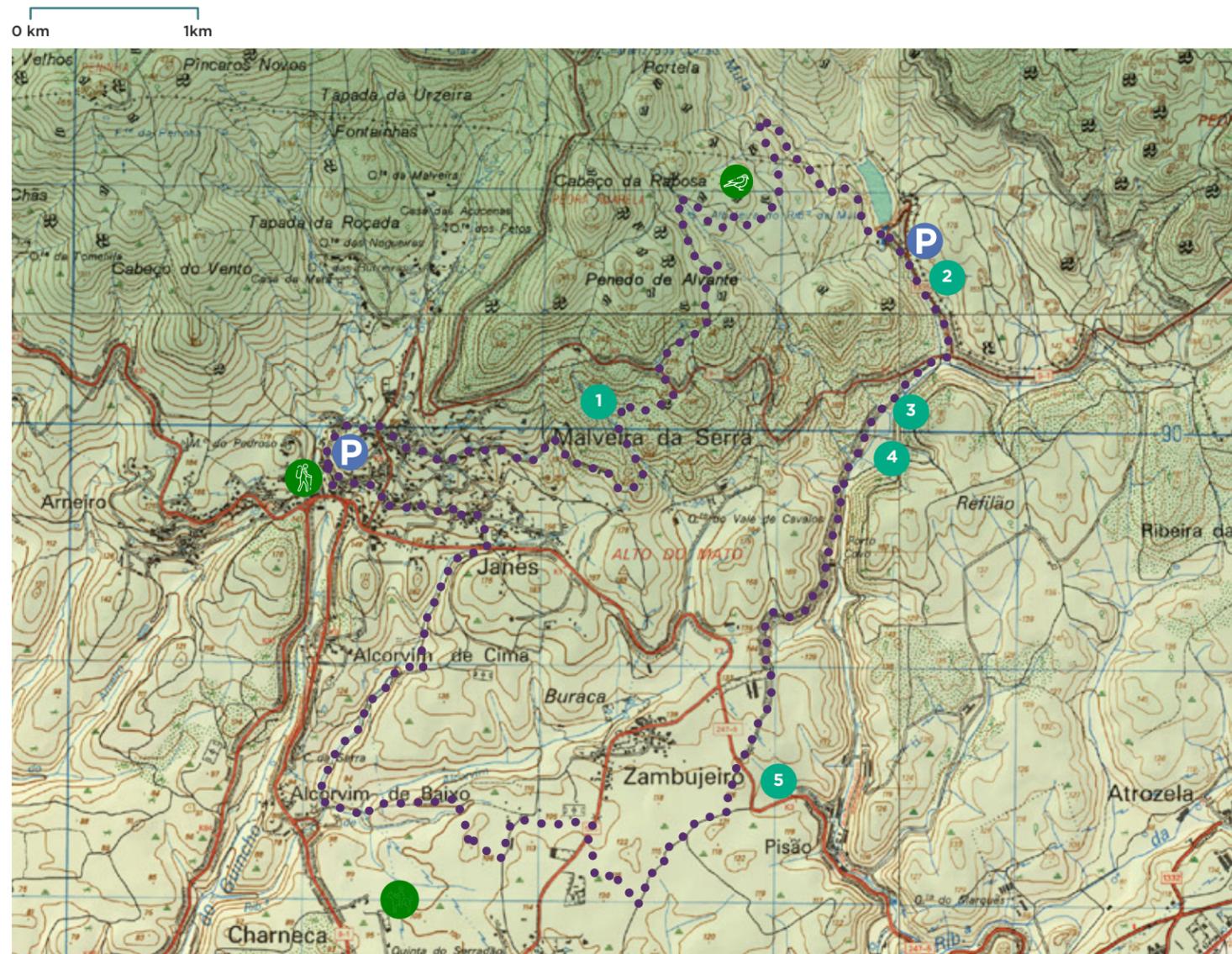
In the dry limestone areas, there are frequent cork oaks and Kermes oaks resulting from the degradation of the original oak forests. There are also abundant **Brazilian Peppertrees (fig.1)**, wild **olive trees (fig.10)**, Italian buckthorn, common snapdragon, sargassum, sea onion and wild carrots. In areas with some freshness, we find the European oak or the Butcher's broom.

The fauna is diversified, with **rabbits (fig.12)**, **foxes (fig.19)**, **European Minks (fig.13)**, **genets (fig.15)**, **jewelled lizard (fig.21)**, horned vipers, Mediterranean terrapins, barn owls, mottled owls, **Common Buzzard (fig.11)**, wood pigeons, **partridges (fig.18)** and even the **grey heron (fig.14)**.

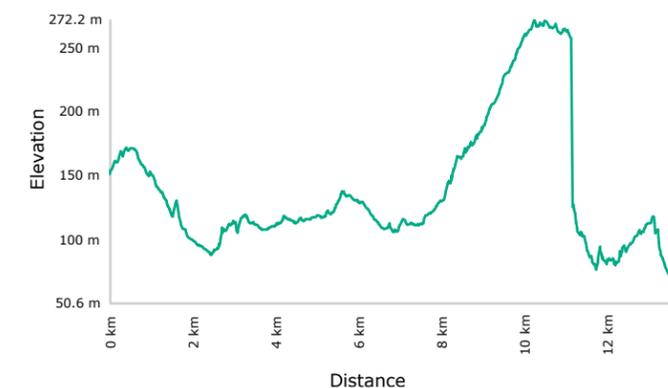
There are also historical landmarks to observe. The mildness of the climate, the abundance of water and the fertility of the soil soon attracted populations. There are numerous traces of water veneration from the first settlers.

During the Roman occupation, some inhabitants of Olisipo (which would later be known as Lisbon) chose this region to build their villae, and the Arabs also left a deep mark on the region, contributing to its evolution with the construction of windmills, fountains, tanks, waterfalls, fountains, aqueducts and watermills that are still visible today.

Later, these farms (Quintas) attracted the inhabitants of Lisbon again, just as they once attracted the inhabitants of Olisipo, representing a place of refuge for the clergy and nobility. The summer holiday tradition continues to the present day, but the decline of agriculture and the progressive urbanisation of rural areas have led to the abandonment of the majority of the farms, and today there are only remnants of what was once this rural community. In Quinta do Pisão we intend to safeguard the natural, cultural and historical heritage, dynamizing the humanised landscape and the natural space. It is open to visitors and several nature activities are developed there.



PR1 CSC	distance	duration	difficulty
	15km	3h30	low



CAPTION

TOURIST INTEREST

- 1 Pendular granite
- 2 Mula River Dam Quinta do Pisão
- 3 Lime kiln of Pisão
- 4 Quinta do Pisão
- 5 Lapis

SIGNAGE

- Right route
- Wrong route
- Turn left
- Turn right

NATURE TOURISM

- Equestrian centre
- Start of the trail
- Animal and Bird watching

WALKING TRAIL

PR1 CSC - Farms Route

 Brazilian Peppertrees <i>Schinus terebinthifolius</i>	 Kermes oak <i>Quercus coccifera</i>	 European Oak <i>Quercus faginea</i>	 Gilbardeira <i>Ruscus aculaetus</i>	 Italian woodbine <i>Lonicera Caprifolium</i>	 Italian stone pine <i>Pinus pinea</i>	 Sarsaparille <i>Smilax aspera</i>
 Cork oak <i>Quercus suber</i>	 Gorse <i>Ulex sp.</i>	 Wild Olive tree <i>Olea europaea var. sylvestris</i>	 Common Buzzard <i>Buteo buteo</i>	 European Rabbit <i>Oryctolagus Cuniculus</i>	 European Mink <i>Mustela lutreola</i>	 Grey heron <i>Ardea Cinerea</i>
 Genets <i>Genetta genetta</i>	 Algerian sand racer <i>Psammodromus algirus</i>	 Common kestrel <i>Falco Tinnunculus</i>	 Red-legged Partridge <i>Alectoris rufa</i>	 Red Fox <i>Vulpes vulpes</i>	 Egyptian Mongoose <i>Herpestes Ichneumon</i>	 Ocellated lizard <i>Lacerta lepida</i>



PENDULAR GRANITE