



Hiking Trail

Palmela Hillside



Município
Palmela
conquista



- | | | | |
|--|-----------------------|-------------------------------------|---|
| 1 Alameda 25 de Abril | 5 Cobra gravel road | 10 Moinho da Páscoa (rural lodging) | 15 Geodesic landmark/Oyster shell fossil site |
| 2 D. Maria I Fountain | 6 Fireroad | 11 Quinta da Escudeira Chapel | 16 Alto da Queimada Moorish settlement |
| 3 Portela street | 7 Gaiteros hill | 12 Barris Valley | 17 Chibanes fortified settlement |
| 4 Fonte Nova and Lavadouro (Public wash house) | 8 Casal da Serra | 13 Louro hill | 18 Quinta do Piloto Winery |
| | 9 Municipal road 1054 | 14 Windmills | 19 Helena Cardoso street |

Trail type: Circular

Duration: 4hrs

Distance: 11,6 km

Difficulty level: III (I to V)
Medium difficulty with some gradient

Fact sheet

 **Distance:** 11,6 km
 **Duration:** 4hrs
 **Trail type:** Circular
 **Total Ascent/Descent:** 490 m / -490 m
 **Max. altitude:** 224 m
 **Min. altitude:** 40 m

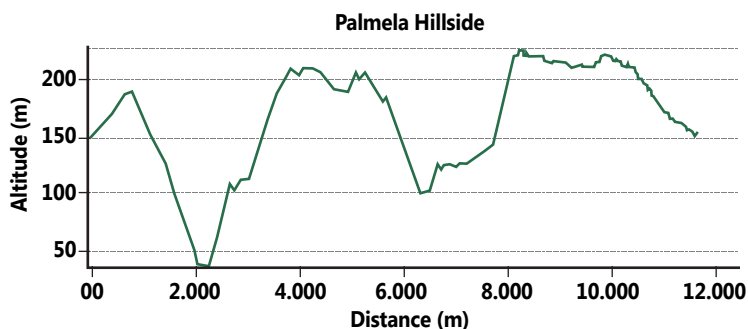
 **Difficulty level (1 a 5)**
(1-easiest to 5-most difficult)
Overall difficulty
 **Orientation**
Type of terrain
Physical difficulty

Starting and arrival point: Alameda 25 de Abril - Palmela (1) | 38° 34'13.36" N / 8° 54' 20.23" O

Points of interest and distance to the starting point:

2. D Maria I Fountain – 150 m | 4. Fonte Nova – 1.350 m | 15. Geodesic landmark / Oyster shell fossil site - 9.830 m
 16. Alto da Queimada Moorish settlement – 9.900 m | 17. Chibanes fortified settlement – 10.350 m

Altimetry:



When to go: All year round. Beware of high temperatures in the summer and slippery terrain in the winter

Suggestions: Leave your car at the parking area at the Alameda 25 de Abril (close to the bus station).

Discover Palmela hillside and follow the information on the map.

Have a pleasant walk. Admire the beautiful landscape, as well as the Sado Estuary, the Arrábida hill range:

Gaiteiros, São Luís, São Francisco and Louro hills, and enjoy the natural and archaeological heritage that you'll find along the way.

Informations / guided visits:

Louro Windmills + 351 935 331 264 • Escudeira Chapel +351 963 916 031 • Quinta do Piloto Winery +351 212 333 030

Rules and recommendations

Code of conduct:

- Keep to signposted trails
- Respect the area and let nature's sounds prevail. Avoid loud voices and noise
- Observe the fauna from a distance, preferably with binoculars
- Do not damage the flora, do not collect plant or rock samples
- Do not litter, take it with you and dispose it in appropriate garbage containers
- Respect private property
- Respect farm animals; give way whenever you may come across them
- Be pleasant to the locals
- Do not light fires

Useful contacts: SOS emergency – 112

Basic safety information:

- Select clothing according to the environment and the weather
- Choose comfortable clothes or thermal wear, mainly in cotton or other synthetic fibres adequate to the activity
- Use good trail shoes or hiking boots
- Use suitable sock wear, seamless and quick-to-dry
- Use sun glasses and sunscreen (for most exposed skin)
- On rainy days use a waterproof or a wind stopper jacket (with hood)
- Avoid walking while hungry. Always bring water and food supplies with you (sandwiches, fruit, energy bars, etc.)
- Use a small backpack to allow you to walk with the hands free as well as the spinal column in the right position
- Don't walk alone. Enjoy your trails with family and/or friends
- Remember that in some locations on the trails, mobile phone network can be intermittent or even non-existent