



# Coal Route

Manteigas - Trilhos Verdes  
[www.manteigatrilhosverdes.com](http://www.manteigatrilhosverdes.com)

**PR  
4  
MTG**



Extension: **20** km

Duration: **8 hours** (approx.)

Altitude: between **767** and **1683** meters

Type: **Circular**

Advised direction: **Opposite to clockwise**

BTT: **Yes**

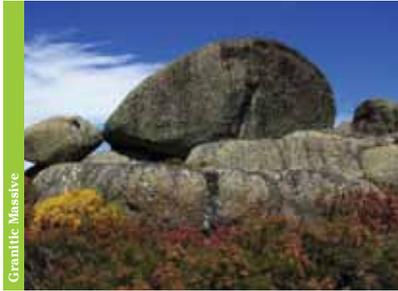


**QR Code**  
For reading, point your mobile phone camera and activate the capture of the code.

Difficulty: **Hard**



# Coal Route



Granitic Massive



Route detail



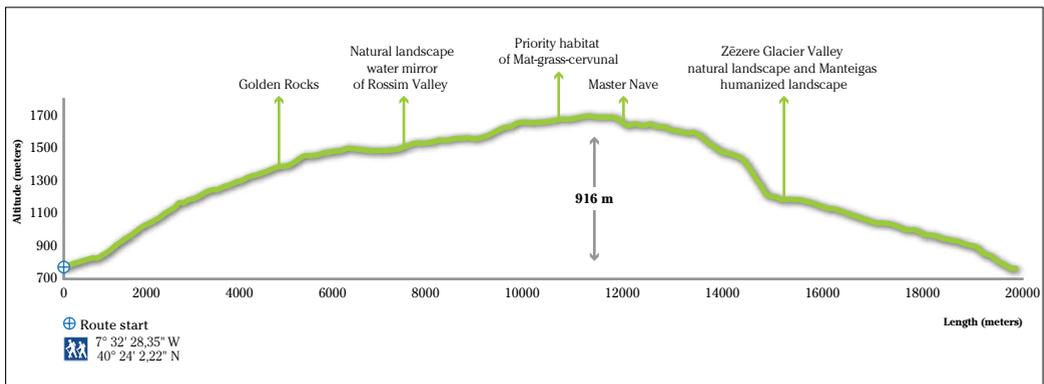
Cleft (Master Nave)

The **Coal Route** tells a part of the history of Manteigas, closely related to grazing, rye and forest. In the area with the higher altitude of the course, beside the use of the natural pastures for the cattle, that is still grazed nowadays, the coal was produced through the burning of heather root, for sale in the village of Manteigas, popularly designed by ember.

The beauty of the natural landscape that the course offers is demonstrated by the presence of Bushes and Scrubs and by Hardwood Forests, in contrast with the natural sculptures conceived by the rocky scarps, as the **Fraga da Cruz** (Cross Fraga) – majestic granitic hillock, the **Fragão do Corvo** (Crow Fragal) and the **Pedras Sobrepostas** (Overlapping Stones).

This course, besides crossing the **Penhas Douradas** (Golden Rocks) – Small mountain village that had its origin in the treatment at altitude of respiratory diseases, you can see the **Nave da Mestra** (Master Ship) – topographic depression that presents a large plan surrounded by a massive granitic very fractured. The privilege of getting to know these sites is complemented by the **Vale das Éguas** (Mares Valley), the water mirror of **Vale Rossim** (Rossim Valley), the **Charca do Perdigueiro** (Pointer Pond), by the incredible panoramic view over the **Vale Glaciar** (Glacier Valley) and for the accumulation of mountains that spreads until Spain.

## Relevant points



Still in what concerns to the humanized landscape, this course covers the **Observatório Meteorológico das Penhas Douradas** (Golden Rocks Meteorological Observatory), built over more than hundred years ago to monitor weather conditions in the region.

By going through basal storey, intermediate and Upper Mountain, this course presents a huge variety of fauna and flora. The *white willow*, the *buster maple*, the *cervum*, *red comfrey*, *hyacinth fields*, *beech*, *chestnut* and *black oak* make up part of the vegetation set. Enhances the value of the *rowan*, the *juniper* and the *birch*, due to its rarity in Portugal. You can also find the “*Caldoneira*” (thorny shrub of the legume family), which holds the conservation status of the Habitats Directive, its consider to be of communitarian interest.

The range of animal's species is huge and extremely varied. In this area inhabiting the *boar*, the *fox*, the *mole*, the *hedgehog* and the *hare*. As for reptiles, the *lizard* and the *bush lizard* are present. The water lines promote the existence of amphibians like the *iberian frog*, the *green frog* and the *water lizard*. The *kestrel*, the *towers owl* and the *hunter harrier* are the masters of the high skies of the Coal Route. With less postage, we have the *blue merle*, the *rocks merle*, the *black martin* and the *kingfisher*.



Overlapped rock



Route detail



Pointer pond

# Coal Route

## Legend

 Route start  
7° 32' 28.35" W  
40° 24' 2.22" N

 Coal route

### Flora

-  01 - Common Beech (*Fagus sylvatica*)
-  02 - European Chestnut (*Castanea sativa*)
-  03 - Common Beech (*Fagus sylvatica*)
-  04 - Iberian White Birch (*Betula celtibetica*)
-  05 - Pyrenean Oak (*Quercus pyrenaica*)
-  06 - Douglas-fir (*Pseudotsuga menziesii*)
-  07 - The Three Birds Flying (*Echinopartum ibericum*)
-  08 - Common juniper (*Juniperus communis* ssp. *Alpina*)
-  09 - Cervum (*Nardus stricta*)
-  10 - *Ranunculus abnormis* (Shining lemon-gold buttercup)
-  11 - Spanish Bluebell (*Hyacinthoides hispanica*)
-  12 - *Narcissus asturiensis*
-  13 - Common Tormentil (*Potentilla erecta*)
-  14 - The Rowan (*Sorbus aucuparia*)
-  15 - Grey Willow (*Salix atrocinerea*)
-  16 - Sycamore (*Acer pseudoplatanus*)
-  17 - White Willow (*Salix salicifolia*)

-  *Centaurea rothmalerana*
-  *Centaurea micrantha* subsp. *herminii*
-  *Marsupella profunda*

### Fauna

- Common Swift (*Apus apus*)
- Hedgehog (*Erinaceus europaeus*)
- Ocellated Lizard (*Lacerta lepida*)
- Fox (*Vulpes vulpes*)
- Boar (*Sus scrofa*)
- Large Psammodromus (*Psammodromus alpinus*)
- Common Barn Owl (*Tyto alba*)
- Wheatear (*Oenanthe oenanthe*)
- Rock Bunting (*Emberiza cia*)
- Duncock (*Prunella modularis*)
- Montagu's Harrier (*Circus pygargus*)
- Pyrenean Desman (*Galemys pyrenaicus*)
- Red-legged Partridge (*Alectoris rufa*)
- Ortolan Bunting (*Emberiza hortulana*)
- Iberian Emerald Lizard (*Lacerta schreiberi*)
- Iberian Frog (*Rana iberica*)
- Perez's Frog (*Rana perezi*)
- Common Kestrel (*Falco tinnunculus*)
- Rufous-tailed Rock Thrush (*Monticola saxatilis*)
- Kingfisher (*Alcedo atthis*)
- Iberian Hare (*Lepus granatensis*)
- Mole (*Talpa occidentalis*)
- Blue Rock-Thrush (*Monticola solitarius*)
- European Otter (*Lutra lutra*)

### Resting points

-  01 - Resting place and/or meal

### Observation spots

-  01 - Penhas Douradas
-  02 - Nave da Mestra
-  03 - Laje do Gamão

### Natural Landscape

-  01 - Broadleaves Forest – Carvalhais
-  02 - Penhas Douradas
-  03 - Bushes and Shrubs Forest – Panoramic View from the Resting Points, Fraga da Cruz do Campo Romão and Fraga do Corvo
-  04 - Rossim Valley water mirror panoramic view
-  05 - Nave do Gamão from the Nave da Mestra
-  06 - Pointer Pond
-  07 - Overlapped Rocks panoramic view
-  08 - Zêzere Glacier panoramic view
-  09 - Current water line – Fragmented riparian gallery
-  10 - Zêzere Glacier Valley panoramic view

### Human Landscape

-  01 - Manteigas panoramic view
-  02 - Carvalhais Forest Guard House (Carvalhais Ranger House)
-  03 - Penhas Douradas Meteorological Observatory
-  04 - César Henriques House or Fraga House
-  05 - Mares Valley
-  06 - Piles of rocks from ancient rye cultivated fields
-  07 - Wolftram old excavation
-  08 - Geodesic Mark – Martins Corral
-  09 - Nave da Mestra
-  10 - Zêzere Glacier Valley and Manteigas Humanized Landscape

Escala: 1:12.000

0 125 250 500 metros