



Holm Route

Manteigas - Trilhos Verdes
www.manteigatrilhosverdes.com

PR
10
MTG



Extension: **18,4** km (20 km with derivations)

Duration: **6 hours** (approx.)

Altitude: between **574** and **1243** meters

Type: **Circular**

Advised direction: **Opposite to clockwise**

BTT: **Yes**



QR Code
For reading, point
your mobile phone
camera and acti-
vate the capture of
the code.

Difficulty: **Medium**



Holm Route



To the walker's lovers, the **Holm Route** is particularly attractive, allowing diversity and depth of consecutive visual plans, give by altitude and the transversal profile of the valleys and their graceful top hills.

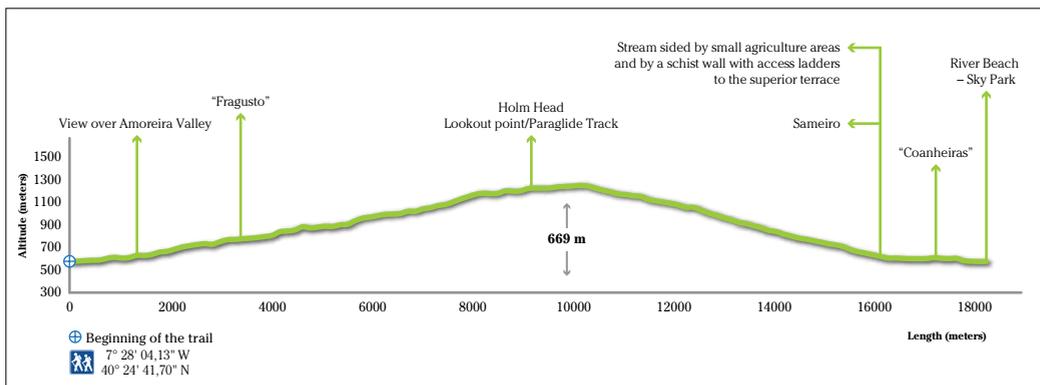
The multiplicities of shapes, textures and relieve movement, associates a rich and diversified vegetation.

Along the trail is possible to contemplate the landscape silhouette marks made by man. Stands out the **“Coanheiras”** – agriculture fields close to the village of Sameiro, taking advantage of the water from the **Zêzere River** that is conducted by streams, and includes meadows and horticulture (beans, potato, tomato, lettuce, onion, garlic, peas, cabbage, carrot, etc...).

In this place you can see the division of the rural parcels and from the water line, primarily constituted by *common ash, grey willow, white willow, alder* and *poplar*.

In higher altitude, the trail crosses the **“Fragusto” Farm** – rural property of bigger dimension where is done an mountain agriculture, based in grazing, in the rye cultivation and in forest, and the **Holm Head – Natural Belvedere** that provides an excellent panoramic to an accumulate of mountains and valleys until your eyes can't

Relevant points





Zezere river

see, where by the way is located a paraglide track and a fire stakeout place.

The **Holm Route** allows a visit to the old house of the **Forest Guard of “Gorgulhão”** – the Forest Guards houses were implemented to give conditions to the **Forest Perimeters** and respective management units, by providing infrastructures to support the forest activity, allowing the fixation of the Forest Guards and their families which job was the vigilance and control of the areas attached to them. The Forest Guards had an important role in the forestation and protection of these Forest Perimeters that are most part of the Mountain. The “Gorgulhão” still provides a pleasure area that includes a **fitness circuit**, **BTT trail** and a **picnic park** surrounded by dense woods.

In what concerns to flora, we can find species so relevant as the *holm*, *rowan*, *common ash*, *alder*, *pyrenean oak*, *broom*, *heather*, *rosemary*, *sargasso*, *wild cherry* and *willk*, among others.

The Holm Route is characterized by ecosystems that permit a diverse vegetation, at the same time that provides an diverse **fauna** habitat, such as the *kingfisher*, *partridge*, *montagu's harrier*, *kestrel*, *jay*, *wild rabbit*, *fox*, *less horseshoe bat*, *fire salamander*, *boga*, etc...

Is important to refer that the Holm Route allows he interaction with the *Amoreira Valley Route*, *Moors Corridor Route* and *Sameiro Route*.



Route detail



Praia fluvial



Fontanário - Coanheltras



Route detail



Levada



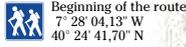
Forest Guard



Route detail

Holm Route

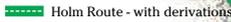
Legend



Beginning of the route
7° 28' 04,13" W
40° 24' 41,70" N



Holm Route



Holm Route - with derivations

Flora

- 01 - Holm (*Quercus ilex*)
- 02 - Gum Rockrose (*Cistus ladanifer*)
- 03 - Rye (*Secale cereale*)
- 04 - Rosemary (*Lavandula stoechas*)
- 05 - Sargasso (*Halimium ocymoides*)
- 06 - Heather (*Erica arborea*)
- 07 - White Broom (*Cytisus multiflorus*)
- 08 - European Chestnut (*Castanea sativa*)
- 09 - Douglas-fir (*Pseudotsuga menziesii*)
- 10 - Rowan (*Sorbus aucuparia*)
- 11 - Maritime Pine (*Pinus pinaster*)
- 12 - Common Ash (*Fraxinus angustifolia*)
- 13 - Alder (*Alnus glutinosa*)
- 14 - Pyrenean Oak (*Quercus pyrenaica*)
- 15 - White Willow (*Salix salicifolia*)
- 16 - Willow (*Salix atrocinerea*)
- 17 - Poplar (*Populus nigra*)
- 18 - Wilk (*Pteropartum tridentatum*)
- 19 - Wild Cherry (*Prunus avium*)

Resting Places

- 01 - Paraglide practice spot - Holm Head
- 02 - Fountain
- 03 - River Beach
- 04 - Sky Track - Sky Park
- 05 - Camping and Caravan Park
- 06 - Picnic park located in the proximities of the old Forest Guard House - "Gorgulhão"

Observation Places

- 01 - Belvedere
- 02 - Belvedere
- 03 - Holm lookout point

Humanized Landscape

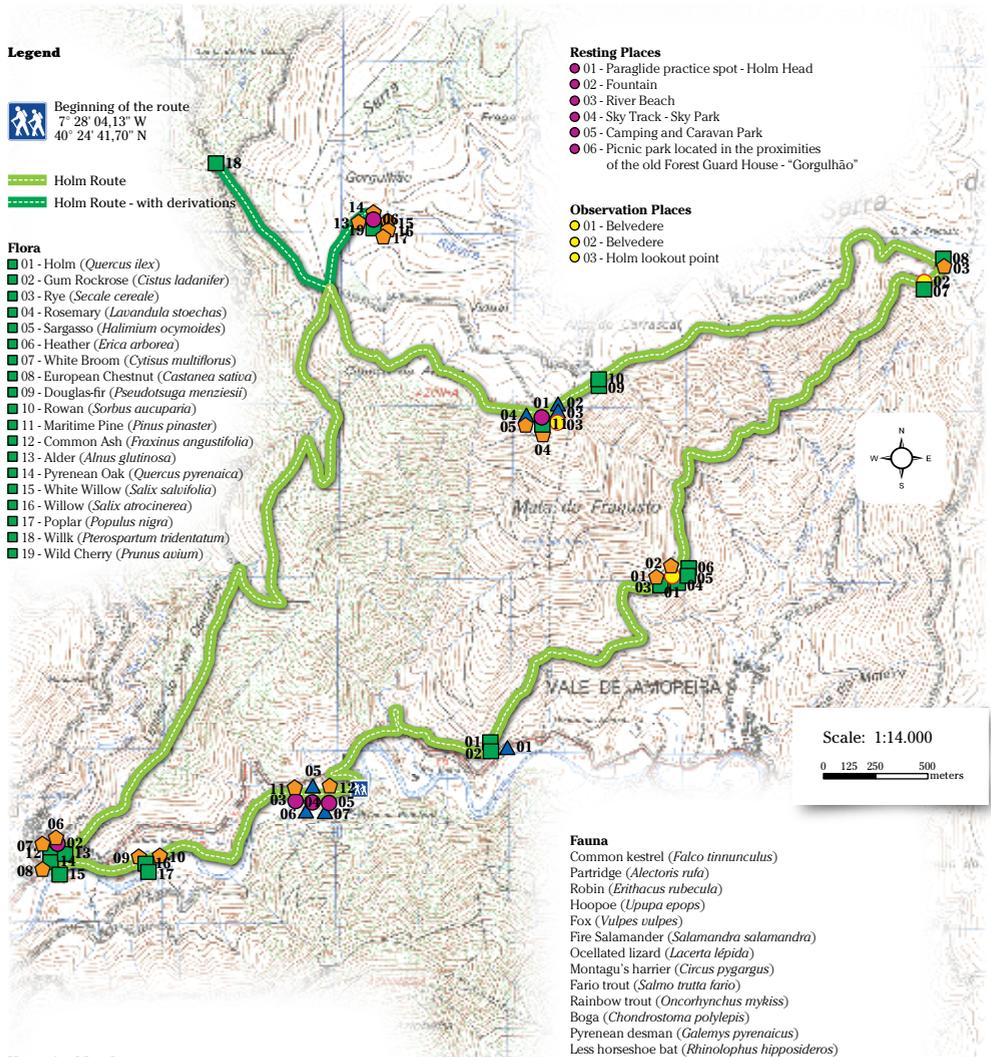
- 01 - View to the Amoreira Valley
- 02 - Rye cultivation
- 03 - "Fragusto" Farm
- 04 - Holm Lookout point (located in the Holm Head)
- 05 - View over the Sky track
- 06 - Antonios Stairs
- 07 - Fountain
- 08 - Stream sided by small agriculture areas and by a schist wall with access ladders to the superior terrace
- 09 - "Coanheiras" (agriculture parcels of potato, beans, big beans, tomato, etc.)
- 10 - Fountain
- 11 - River Beach
- 12 - Camping and Caravan Park
- 13 - Old house of the Forest Guard
- 14 - Fountain
- 15 - Deactivated plant nursery and water tank (it was used as water point for the fireman and it furnished water to the plants of the nursery)
- 16 - "Gorgulhão" Forest Guard House
- 17 - Fitness and BTT circuit - "Gorgulhão"

Fauna

- Common kestrel (*Falco tinnunculus*)
- Partridge (*Alectoris rufa*)
- Robin (*Eritacus rubecula*)
- Hoopoe (*Upupa epops*)
- Fox (*Vulpes vulpes*)
- Fire Salamander (*Salamandra salamandra*)
- Ocellated lizard (*Lacerta lepida*)
- Montagu's harrier (*Circus pygargus*)
- Fario trout (*Salmo trutta fario*)
- Rainbow trout (*Oncorhynchus mykiss*)
- Boga (*Chondrostoma polylepis*)
- Pyrenean desman (*Galemys pyrenaicus*)
- Less horseshoe bat (*Rhinolophus hipposideros*)
- Weasel (*Mustela nivalis*)
- Common buzzard (*Buteo buteo*)
- Viperine snake (*Natrix maura*)
- Wild rabbit (*Oryctolagus cuniculus*)
- Tawny owl (*Strix aluco*)
- Cuckoo (*Cuculus canorus*)
- Peregrine falcon (*Falco peregrinus*)
- Jay (*Garulus glandarius*)
- Kingfisher (*Alcedo atthis*)
- Slow worm (*Anguis fragilis*)

Natural Landscape

- 01 - Amoreira Valley view
- 02 - Paragliding practice spot - Holm Head
- 03 - View to the Moors Corridor and Sameiro Parrish - Holm Head
- 04 - Primary network of reduction lanes of petrol, and view to the "Fragusto" Woods.
- 05 - View to the hardwood forest
- 06 - Water line
- 07 - Water line (Zezer River)



Scale: 1:14.000

0 125 250 500 meters