



# Beech Route

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

PR  
13  
MTG



Extension: **5,4** km (6,5 km with derivations)

Duration: **3 hours** (approx.)

Altitude: between **880** and **1174** meters

Type: **Circular**

Advised direction: **Clockwise direction**

BTT: **Yes** (with limitations)

Difficulty: **Medium**



**QR Code**

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

# Beech Route

The **Beech Route** enables the discovery of something new and surprising at every turn, since the splendid vegetation to amazing landscapes, which together with agriculture and grazing provide a perfect ride for those who wish to know the mountains, its people and customs.

More than a pedestrian trail, the Beech Route is a sensory experience in which the scents of *rosemary*, *wild mint*, *thyme* and *lavender merge* with magnificent paintings that surround the eye of whom watches them.

Its name comes from the fact that this route dives inside a dense beech forest, planted by the **Manteigas Forest Service** at the beginning of the twentieth century.

Besides this species there is also to highlight the *chestnut*, *broom*, *Douglas fir* and the imposing **monumental oaks** that surround **S. Lawrence Chapel**, a place of worship of pagan reminiscences, related to the worship of trees and the sun – in Summer solstice, who is in **Manteigas** watches the sun rise over **S. Lawrence**.

In the natural landscape stands out the **Zêzere Glacier Valley**, forming a “U”, the **Tower**, The **Thin Jug**, the **Fat Jug** and the **Golden Rocks**.

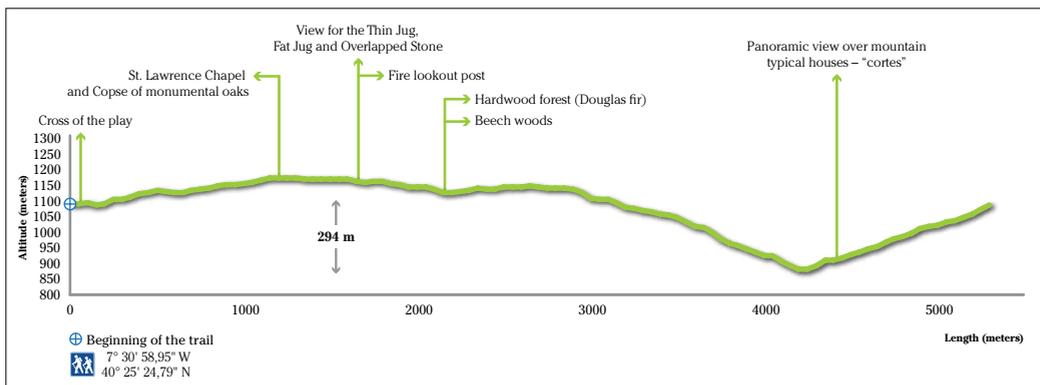


Beech population



St. Lawrence Chapel

## Relevant points





Route detail



Route detail

On the ridge of the “**Lomba das Cancelas**”, which limits the **Beira Alta** from **Beira Baixa**, is the **Head of Holm**, which offers a panoramic view of the mountains accumulating that extends to Spain.

The contact with the rural and pastoral life is an emphasis present along the trail, since it is used by shepherds to move with their livestock grazing to the places, allowing for eventual interactions with anyone who travels along the route.

The forest forestations, the woods and water lines presents, provide diversity of wildlife.

To highlight the existence of mammals like the *fox*, *weasel*, *beech marten* or the *boar*.

In birds, the *common kestrel*, the *owl* and the *raven*.

The reptiles are represented by *snub-nosed viper*, *large psammodromus* or the *ocellated lizard*.



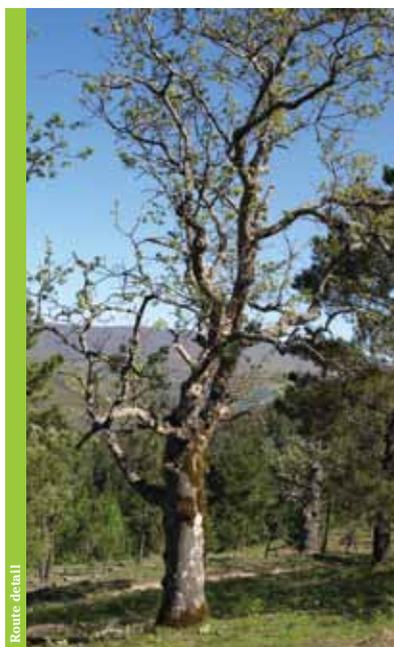
St. Lawrence lookout point



Monumental Oak



Route detail



Route detail



Pandil stream



Route detail

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