



Central Massive Route

Manteigas - Trilhos Verdes

www.manteigastrilhosverdes.com

**PR
5
MTG**



Extension: **10 km** (19,6 km with derivations)

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

Altitude: between **1423** and **1931** meters

Type: **Circular**

Advised direction: **Clockwise direction**

BTT: **No**



QR Code

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

Difficulty: **Hard**



Central Massive Route



Route detail



Route detail

“Precipitated ravines, gloomy Covões, chaotic cliffs, giant hills, several fantasies of an asperina creation, which accumulate, in disordered throng, there it has also those notes of delicate contrasts, withal nature of the roaring lion to the nightingale twittering, and the dreadful thunder storm to the plaintive whisper of the breeze.”

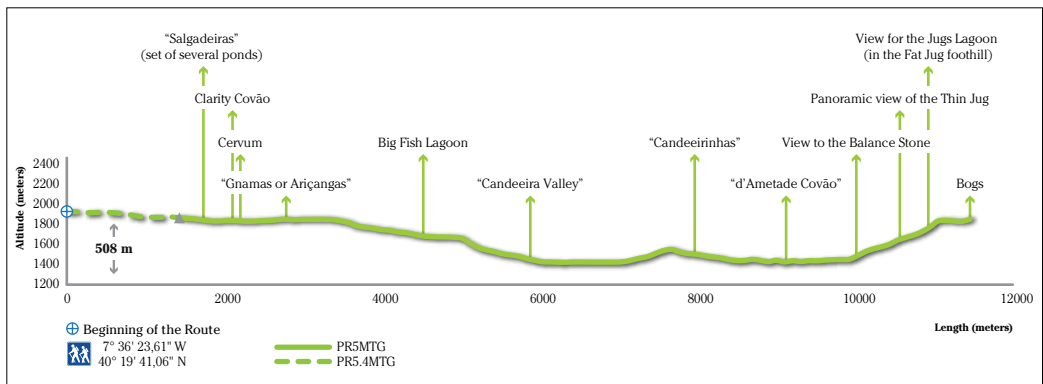
Emido Navarro in Four days at Mountain Star (1884)



Route detail

Majesty and harshness are features that turn the **Massive Central Route** unique in terms of layout and landscape. On this route, the walker is constantly surprised, and may contemplate emblematic places such as the **Covão d’Ametade**, the **High Covão**, the **Jugs (Thin, Fat and Flat)**, the **Salting**, the **Big Fish Lagoon** (or from Passion),

Relevant points





Route detail



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the “**Candeeira**” Stream, or the **Master Nave** (in the derivation to Golden Rocks – Coal Route).

The **Tower**, being the highest point in mainland Portugal, with 1993 meters, where D. John VI (1816-1826) order to erected a stone structure to complete the 2000 meters, is one of the important places to visit. Here there are facilities for the practise of winter sports, attracting visitors from all around the country.

Due to the high precipitation and the accidental topography of the land, there are in this area several aquatics environments that in the landscape, apparently monotonous, end up constituting singular elements, such as the **Big Fish Lagoon** and the **Salting** (set of several ponds).

In the landscape appear clippings through the vegetation, caused by grazing, living harmoniously with several species of fauna and flora.

Due to its high altitude, the Central Massive became an unique place in the country, contributing to the existence of ancestral and rare species, such as the *yew*, *common juniper*, the *birch*, the *rowan*, the *cervum*, the *cranberry* and the *broad water bean*. The *junipers*, responding to the particular environment conditions where they develop, grows in the horizontally, covering the rocks with an authentic green mantle.

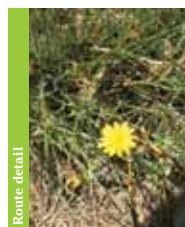
In what concerns to the fauna, there are traces of the existence of species with the conservation status such as the *montagu's harrier*, the *Bonelli's eagle*, the *eagle owl*, the *shorted toe eagle*, the *wild rabbit* and the *alpine accentor*. Facing the risk of extinction are, the *pyrenean desman*, *iberian rock lizard*, *snub-nosed viper*, the *common sandpiper* and the *pilgrim falcon*.



Route detail



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Central Massive Route

Paisagem Natural

- ▲ 01 - Salgadeiras
- ▲ 02 - Salgadeiras
- ▲ 03 - Salgadeiras
- ▲ 04 - Covão da Clareza
- ▲ 05 - Charca temporária em cervalunal
- ▲ 06 - Gnamas ou oriçangas
- ▲ 07 - Passagem pela abertura entre as rochas
- ▲ 08 - Lagoa do Peixão
- ▲ 09 - Vale da Candeeira
- ▲ 10 - Ribeiro da Candeeira
- ▲ 11 - Candeeirinhas
- ▲ 12 - Vale Glaciar do Zêzere
- ▲ 13 - Linha de água corrente - Rio Zêzere
- ▲ 14 - Floresta de folhosas - Covão d'Ametade
- ▲ 15 - Vista para a Pedra do Equilíbrio
- ▲ 16 - Vista a partir do Covão Cimeiro
- ▲ 17 - Vista panorâmica do Cântaro Magro
- ▲ 18 - Vista panorâmica da Nave de Sto. António
- ▲ 19 - Lagoa dos Cântaros

- ▲ 20 - Vale da Candeeira e Nave de Baixo
- ▲ 21 - Cântaro Gordo
- ▲ 22 - Vista para os Poios Brancos
- ▲ 23 - Turfeiras
- ▲ 24 - Nave da Mestra e Talisca da Nave da Mestra
- ▲ 25 - Vista para o localmente denominado "Altar"
- ▲ 26 - Vale Glaciar do Zêzere
- ▲ 27 - Vista da Moreia Glaciar - Espinhaço do Cão

Human Landscape

- 01 - Tower
- 02 - Sky track
- 03 - Lagoon
- 04 - Cattle shed
- 05 - Goat and sheep cattle
- 06 - Edification in the Master Nave – Judge House
- 07 - Water reserve
- 08 - Panoramic view of the Zêzere River and of the connection bridge
- 09 - Typical house with Culm roof
- 10 - Marshes
- 11 - "Mariola"

Locais de Repouso

- 01 - Torre
- 02 - Covão d'Ametade
- 03 - Nave da Mestra

Locais de Risco

- ▲ 01 - Rocha com declive acentuado
- ▲ 02 - Talisca

Flora

- 01 - *Bruchia vogesiaca*
- 02 - *Gramigna (Festuca henriquesii)*
- 03 - Common tormentil (*Potentilla erecta*)
- 04 - Marsh Gentian (*Gentiana pneumonanthe*)
- 05 - Fritillary (*Senecio caespitosus*)
- 06 - Fritillary (*Senecio caespitosus*)
- 07 - Sargasso (*Halimium alyssoides*)
- 08 - Common Juniper (*Juniperus communis* ssp. *Alpina*)
- 09 - Canterbury Bells (*Campanula herminii*)
- 10 - *Festuca summitulstana*
- 11 - Yellow Broom (*Cytisus striatus*)
- 12 - Birch (*Betula celtiberica*)
- 13 - Western Rustwort (*Marsipella profunda*)
- 14 - *Centaurea micrantha* ssp. *herminii*
- 15 - Three birds flying (*Echinopartum ibericum pulviniformis*)
- 16 - Purple heath (*Erica vulgaris*)
- 17 - Domeset heath (*Erica ciliaris*)
- 18 - "David Small" (*Erica umbellata*)
- 19 - *Jasione crispa* subsp. *centralis*
- 20 - *Leontodon pyrenaicus* ssp. *Cantabricus*
- 21 - *Cravinas-bravas (Dianthus lusitanicus)*
- 22 - *Jasione crispa* subsp. *centralis*
- 23 - Great yellow gentian (*Gentiana lutea*)
- 24 - *Cervum (Nardus stricta)*
- 25 - *Piomeira-da-estrela (Cytisus oromediterraneus)*
- 26 - "Castellar Blush" (*Erica australis*)
- 27 - Rowan (*Sorbus aucuparia*)
- 28 - Spanish Bluebell (*Hyacinthoides hispanica*)
- 29 - Common tormentil (*Potentilla erecta*)
- 30 - *Festuca elegans* Boiss

Legend



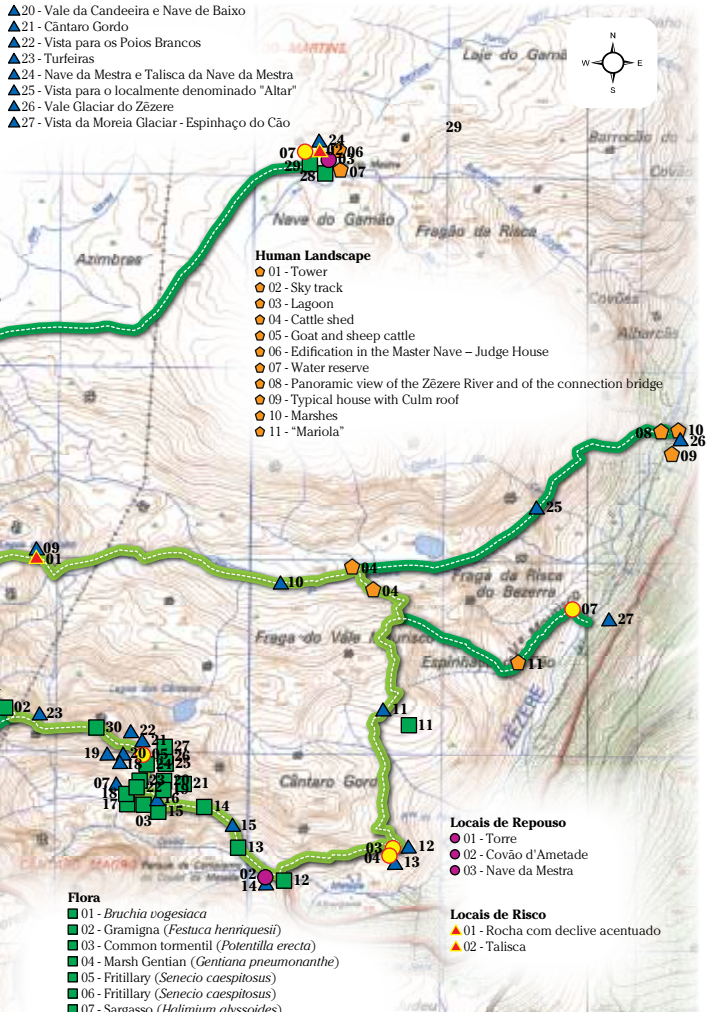
Beginning of the Route
7° 36' 23,61" W
40° 19' 41,06" N

Massive Central Route

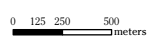
Massive Central Route - derivations

Locais de Observação

- 01 - Torre
- 02 - Vista para as Salgadeiras
- 03 - Vista panorâmica
- 04 - Vista panorâmica
- 05 - Vista panorâmica
- 06 - Nave da Mestra
- 07 - Vista panorâmica do Vale Glaciar do Zêzere



Scale: 1:12.500



Fauna

- Common buzzard (*Buteo buteo*)
- Eurasian eagle-owl (*Bubo bubo*)
- Rock bunting (*Emberiza cia*)
- Ladder snake (*Elaphe scalaris*)
- Ringed snake (*Natrix natrix*)
- Viperine water snake (*Natrix maura*)
- Kingfisher (*Alcedo atthis*)
- Large psammudromus (*Psammudromus algirus*)
- Blue rock-brush (*Monticola solitarius*)
- Ortolan bunting (*Emberiza hortulana*)
- Short-toed eagle (*Circus gallicus*)
- Pyrenean desman (*Galemys pyrenaicus*)
- Marsh Fritillary (*Euphydryas aurinia*)
- Iberian rock lizard (*Lacerta monticola*)