



# Sun Route

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

PR  
11  
MTG



Extension: 4 km (8,5 km with derivations)  
Duration: **2,5 hours** (approx.)  
Altitude: between **684** and **779** meters  
Type: **Circular**  
Advised direction: **Clockwise direction**  
BTT: **Yes**



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

Difficulty: **Easy**





## Sun Route

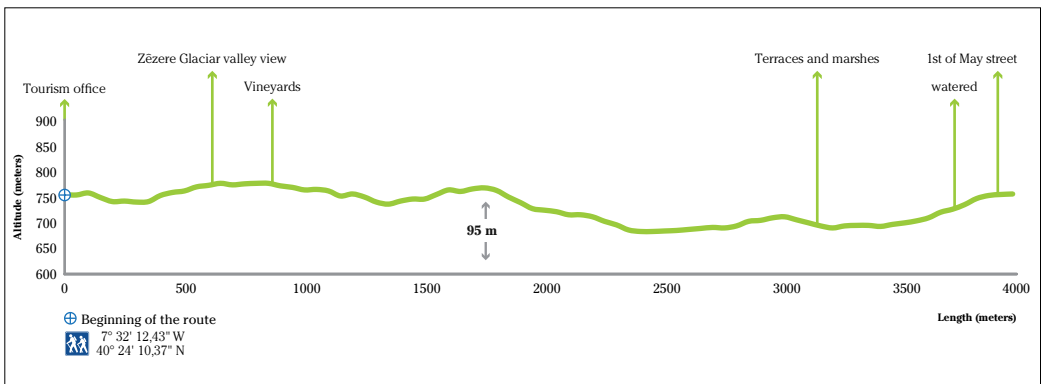
The **Sun Route** owes its name to the sun exposure it is subject. It is a route with different and emblematic scenarios.

The walker can enjoy a landscape marked by the influence of traditional agriculture, with vineyards, terraces, gardens, marshes and watercourses, dazzle with the typical houses of the mountains (granite or schist), paths and ornamented walls and flavored with rosemary that enchant and particularize the landscape.

The highest altitude, the coverage shows beautiful visual panoramic over the **Zêzere Glacier Valley** and on riparian compound galleries, reflecting the intense green of mountains that surround them, not to mention the curious mark that gravel gives to the scenery.



## Relevant points





Route detail

The landscape is marked by mixed forest of hardwoods and conifers, which can be observed over large part of the route. In the derivation that connects the **Sameiro** to **Manteigas**, the highlight is the head of Satan where you can enjoy a fascinating and overall landscape of the woods involving the **Zêzere Valley**.

Browse the **Sun Route** is still an opportunity to observe the varied hues that are happening throughout the seasons.

In what regards to **flora**, is to emphasize the *oak*, *thyme*, etc.. It is also possible to view specimens *ash*, *english oak*, *alder*, *poplar*, *rowan*, *gum rockrose*, *rosemary*, among others.

Regarding to the **fauna** stands out from the *lesser horseshoe bat* and the *snub-nosed viper* with conservation status vulnerable. Are also present the *tawny owl*, the *jay*, the *rabbit*, *fox*, the *slow worm*, the *hedgehog*, etc.

The trail allows to nature and walker's lovers enjoy the silence, tranquility, clean air and meet better the culture and tradition of Manteigas population.



Route detail



Route detail



Route detail

## Sun Route

### Legend



Start of Route  
7° 32' 12,43" W  
40° 24' 10,37" N

Sun Route

Sun Route - derivation

### Flora

- 01 - Rowan (*Sorbus aucuparia*)
- 02 - Poplar (*Populus nigra*)
- 03 - Holly (*Ilex aquifolium*)
- 04 - Douglas-fir (*Pseudotsuga menziesii*)
- 05 - European chestnut (*Castanea sativa*)
- 06 - Common Ash (*Fraxinus angustifolia*)
- 07 - English oak (*Quercus robur*)
- 08 - Heather (*Erica arborea*)
- 09 - Rosemary (*Lavandula stoechas*)
- 10 - Sargasso (*Halimium alyssoides*)
- 11 - Sanganho (*Cistus psilosepalus*)
- 12 - Gum rockrose (*Cistus ladanifer*)
- 13 - Holm (*Quercus ilex*)

### Fauna

- Boga (*Chondrostoma polylepis*)
- Ringed snake (*Natrix natrix*)
- Tawny Owl (*Strix aluco*)
- Jay (*Garrulus glandarius*)
- Large psammotromus (*Psammotromus alginus*)
- Slow worm (*Anguis fragilis*)
- Lesser horseshoe bat (*Rhinolophus hipposideros*)
- Hedgehog (*Erinaceus europaeus*)
- Fox (*Vulpes vulpes*)

### Human landscape

- 01 - Tourism office
- 02 - Little Souls
- 03 - Village of Manteigas
- 04 - Terraces and marshes
- 05 - Olives
- 06 - Stream
- 07 - Vineyard
- 08 - Traditional shale house

### Observation place

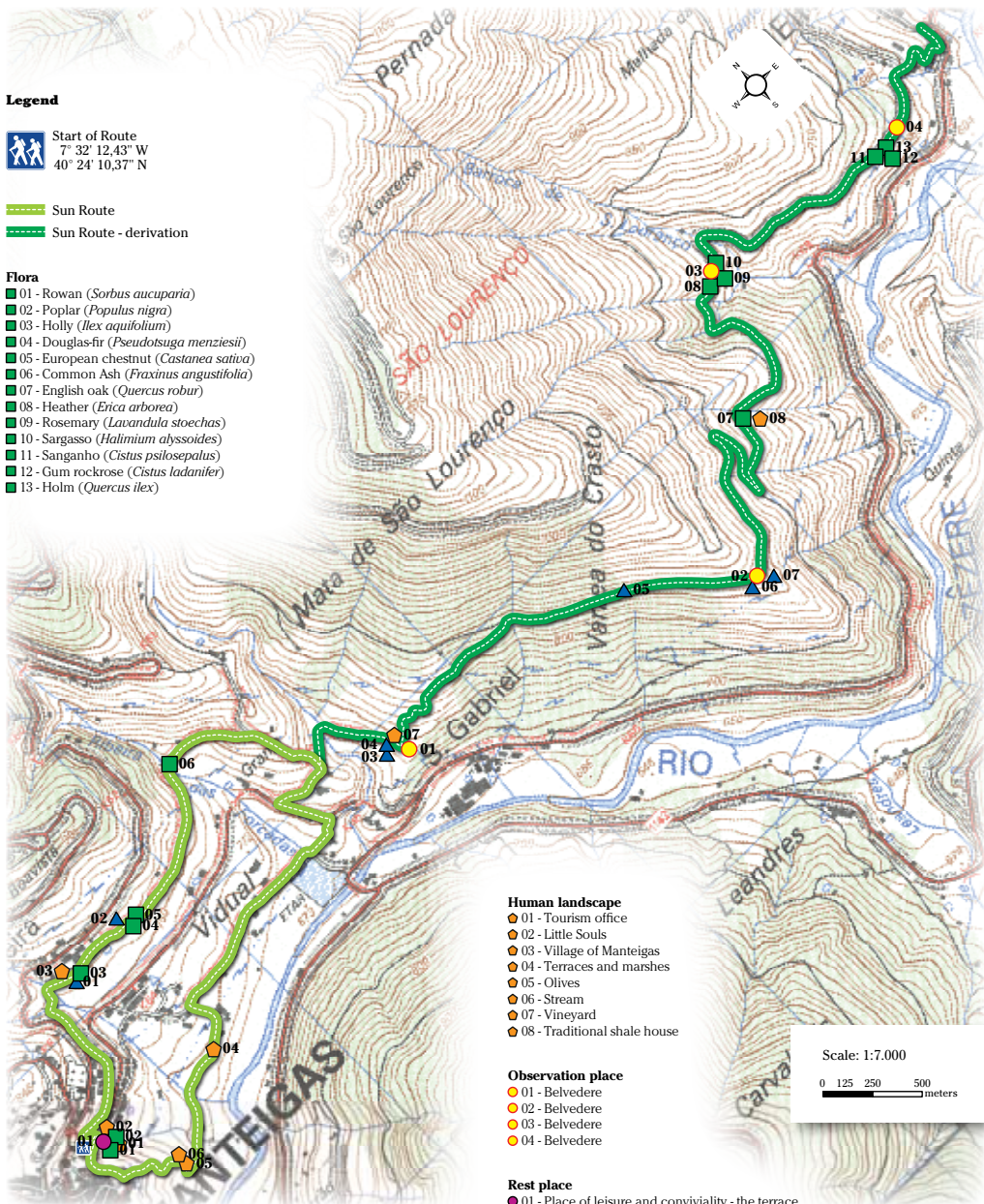
- 01 - Belvedere
- 02 - Belvedere
- 03 - Belvedere
- 04 - Belvedere

### Rest place

- 01 - Place of leisure and conviviality - the terrace

### Natural landscape

- 01 - Zézere Glacier Valley
- 02 - Forest mixed (hardwood and softwood)
- 03 - Panoramic view with terraces, mixed forest, gravel
- 04 - Water line (Zézere) with marginal tree gallery
- 05 - Gravel (natural geological phenomenon caused by glaciations)
- 06 - Water line (Zézere) with a view from the head of Satan
- 07 - Trees Gallery, marginal to the water line



Scale: 1:7.000

0 125 250 500 meters