



## Sameiro Route

Manteigas - Trilhos Verdes

[www.manteigatrilhosverdes.com](http://www.manteigatrilhosverdes.com)

PR  
12  
MTG



Extension: **1,3** km (**5,9** km with derivations)

Duration: **1 hour** (approx.)

Altitude: between **616** and **633** meters

Type: **Circular**

Advised direction: **Clockwise direction**

BTT: **Yes**



QR Code

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

Difficulty: **Easy**



# Sameiro Route

Walking by the **Sameiro Route** we plunged in a tradition and history atmosphere. Along the trail we can observe monuments of popular and religious use, that allows to absorb the whole singular existence. In terms of urban heritage buildings of genuine projects appear, being the highlight the **St. John Baptist Church** and, yet in the derivation, the **St. Lawrence Chapel**, with all its associated mysticism.

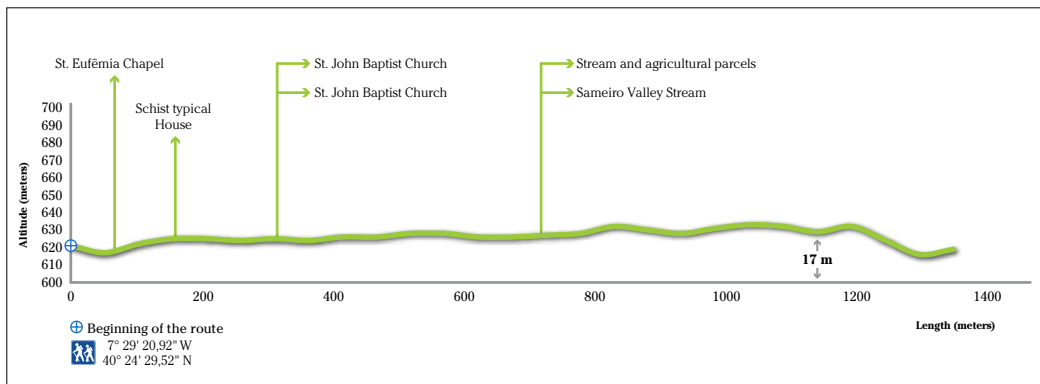
In fact, treading this route is to inspire the essence of the mountain people and their history. The life of the town is marked in each monument that crosses the path, in each schist or granite house, each “stream” of fresh water, each plowed field, on each face that greets us.

In the **Sameiro Parish** building operate the **Sameiro Marigold Folklore Ranch**, which promotes the mountain culture preservation, through the recollection of experiences account and other times costumes, with the diffusion of costumes and typical songs.

Another element of notoriety in the history of the population is the **Community Oven**. Although these structures have lost the social, cultural and economic importance against the mass production and industrialization, represent an important factor in the history and experience of the community.



## Relevant points





Route detail



Route detail

Along the Sameiro Route overcomes the panoramic views over the agriculture fields, water lines that cross the village, pasture and forest places that surround it.

In the derivation that connects Sameiro to Saint Lawrence we are confronted with a natural landscape to the **Bear Valley Stream**, of enchanting beauty and magnificence. In this place, according to the note of the former Manteigas newspaper, the «Star of Beira» nº 138, from the 21 of December of 1935: “In the place called Bear Stream, of the neighbour Sameiro parish, were found, a short time ago, four Roman millstones and a milliard marc and by ignorance of its archaeological value have been disabled by its owner. (...) All this attest the antiquity of the neighbour village.”

Regarding the **flora**, this course is composed by the *willk*, the *heather*, *gum rockrose*, *broom*, *rosemary*, *ash*, *alder*, *wild pine*, *Douglas-fir*, and the *holm*, among other species that give the Sameiro Route a dazzling color palette.

The Sameiro Route is, in the most part, covered with bush mosaics, open meadows, streams, forest areas, agriculture areas, providing ideal habitats for many species, including the *slow worm*, *common swift*, *common frog*, *common boga*, *crow*, *common cuckoo*, *hedgehog*, *common kestrel*, *ocellated lizard*, *iberian lizard*, *large psammodromus*, *iberian frog*, *save*, *tawny owl*, *common barn owl*, *wild rabbit*, among others.

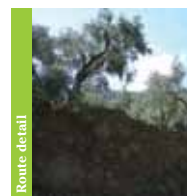
It deserves a special note the less *horseshoe bat*, that faces a high risk of extinction.



Route detail



Schist House



Route detail



Cruz



St. John Baptist Church

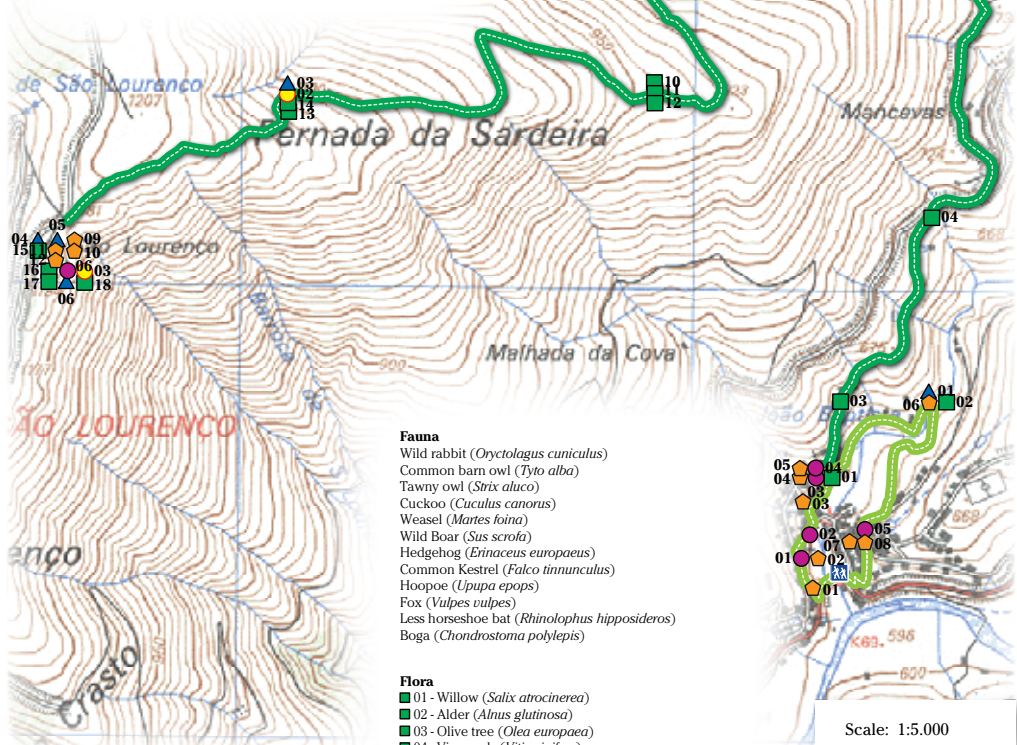


Route detail

## Sameiro Route

### Humanized Landscape

- 01 - Mountain typical house
- 02 - St. Eufémia Chapel
- 03 - Community Oven
- 04 - St. John Baptist Fountain, rebuilt in 1966
- 05 - St. John Baptist Church
- 06 - Stream sided by small agriculture fields and schist wall with access stairs to the fields located in the superior terrace.
- 07 - Antonios Stairs
- 08 - Fountain
- 09 - Panoramic view over Sameiro and "Valhelhas"
- 10 - Panoramic view over the agriculture fields and grazing places in the proximities of Sameiro and "Valhelhas"
- 11 - St. Lawrence Chapel
- 12 - Building belonging to the Mattos Cunha family



### Fauna

- Wild rabbit (*Oryctolagus cuniculus*)
- Common barn owl (*Tyto alba*)
- Tawny owl (*Strix aluco*)
- Cuckoo (*Cuculus canorus*)
- Weasel (*Martes foina*)
- Wild Boar (*Sus scrofa*)
- Hedgehog (*Erinaceus europaeus*)
- Common Kestrel (*Falco tinnunculus*)
- Hoopoe (*Upupa epops*)
- Fox (*Vulpes vulpes*)
- Less horseshoe bat (*Rhinolophus hipposideros*)
- Boga (*Chondrostoma polylepis*)

### Flora

- 01 - Willow (*Salix atrocinerea*)
- 02 - Alder (*Alnus glutinosa*)
- 03 - Olive tree (*Olea europaea*)
- 04 - Vineyards (*Vitis vinifera*)
- 05 - Maritime pine (*Pinus pinaster*)
- 06 - Willow (*Salix atrocinerea*)
- 07 - Holm (*Quercus ilex*)
- 08 - Heather (*Erica arborea*)
- 09 - Peónia (*Paeonia broteroi*)
- 10 - Rosemary (*Lavandula stoechas*)
- 11 - Gum rockrose (*Cistus ladanifer*)
- 12 - White Willow (*Salix salviifolia*)
- 13 - Torga (*Erica umbellata*)
- 14 - Wilk (*Pteropartum tridentatum*)
- 15 - Pyrenean oak (*Quercus pyrenaica*)
- 16 - Yellow broom (*Cytisus striatus*)
- 17 - Rosemary (*Rosmarinus officinalis*)
- 18 - Lavender (*Lavandula angustifolia*)

### Legend



Beginning of the Route  
7° 12' 20,92" W  
40° 24' 29,52" N

----- Sameiro Route

----- Sameiro Route - derivation

### Resting Places

- 01 - St. Eufémia Chapel
- 02 - Council of Sameiro Parish
- 03 - St. John Baptist Church
- 04 - St. John Baptist Fountain, rebuilt in 1966
- 05 - Resting Places
- 06 - St. Lawrence Chapel

### Observation Places

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

### Natural Landscape

- ▲ 01 - Torrential water line
- ▲ 02 - View to the Sameiro Valley and the Sameiro Valley Stream
- ▲ 03 - View to the Bear Valley Stream
- ▲ 04 - View to the Thin Jug and Fat Jug
- ▲ 05 - Mixed forest (hardwoods and softwoods) in all the surrounding and intervention of the Primary Fire Combat Network in the top hill - St. Lawrence
- ▲ 06 - Woods and Bushes Forests