



Saint Mary Covão Route

Manteigas - Trilhos Verdes

www.manteigatrilhosverdes.com

PR
15
MTG



Extension: **11** km (**14,3** km with derivations)

Duration: **5 hours** (approx.)

Altitude: between **975** and **1276** meters

Type: **Circular**

Advised direction: **Clockwise direction**

BTT: **Yes**



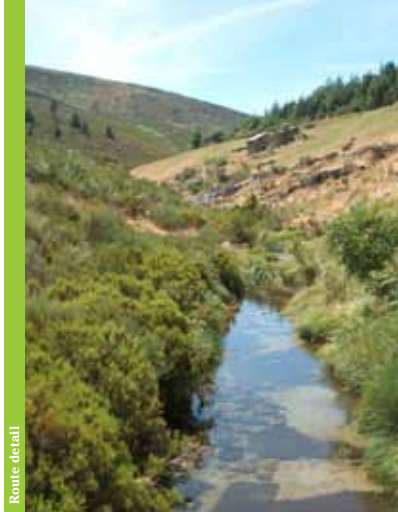
QR Code

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

Difficulty: **Medium**



Saint Mary Covão Route



The **Saint Mary Covão Route** is bathed by the **Mondego river**, which runs fast and crisp in a natural amphitheatre, surrounded by marshes, where grows the graze and the herds feed.

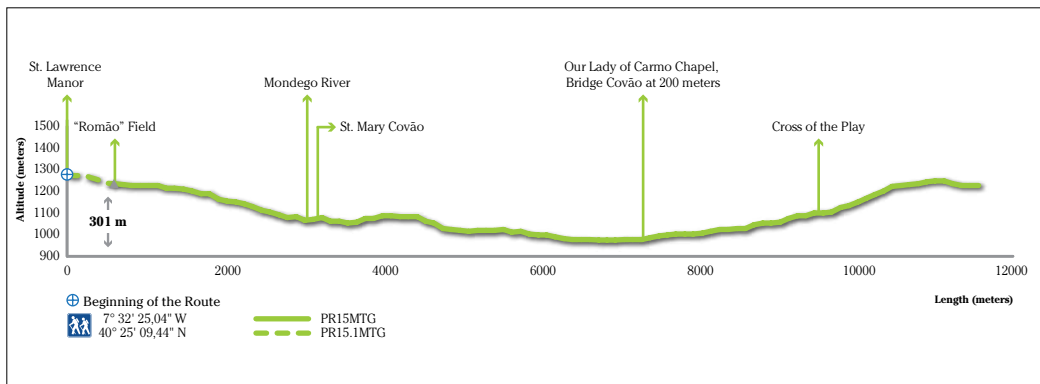
Along the trail the walker comes into direct contact with the culture and traditions of the Manteigas County, submerging in rye harvests outlining the landscape shades of gold and brown, being transported by streams supported by the Mondego slopes, walking side by side with shepherd and their flocks.

In the humanized landscape stands out the **Saint Mary Covão**, recondite place shaped by the agriculture activity, **Castanheira**, a small rural village that once had a bigger population expression, and the **Saint Lawrence Hostel**, building of the late thirties, built from scratch for tourism, as part of the first group of buildings which contained in a national program to provide the country with a Hostels network – **Portugal Hostels**, Nature Hostels group.

Among revelations appears the **Chapel of “Nossa Senhora do Carmo”**, founded on the 1st of November of 1949 by the Bishop of the city of Guarda, which was order to built by José Ramos dos Santos so that his son, the Priest Zeferino Roque could preach the Catholic doctrine. Close to



Relevant points



this Chapel can be found the Bridge Covão, absolutely magic and mythical place for a visit, snack or a revitalizing rest.

In the derivation that leads to the **Coal Route**, we cross the **Boats Floor** and see the **Meteorological Observatory of Golden Rocks**, locally called **Gadelhas**, and that was built in 1882 to monitor the weather conditions of Mountain Star.

It consists by a three building nucleus, the Observatory, one outbuilding, residence for the people and the so called jackass house.

In what concerns to the route **flora**, we can find the *pyrenean oak*, the *rowan*, the *birch*, among other native species, and many others that were “introduced”.

In areas where tree cover is degraded dominate the bush, in which are to consider the *white broom*, the *pioneer broom* and the *heather*.

The **Saint Mary Covão Route** consists in forest areas, bush and water lines open areas, providing wildlife diversity.

From the present species stands out the *peregrine falcon*, the *lesser horseshoe bat* and the *water mole* that faces a high risk of extinction.

Species like the *wild rabbit*, the *short toed eagle* and the *raven* find themselves as endanger specie status.

This path is full of landscapes and wonderful places and interesting attractive points of observation, nature activities and rest.



Route detail



Route detail



Route detail



Route detail



Route detail

Saint Mary Covão Route

Legend



Beginning of the Route
7° 32' 25,04" W
40° 25' 09,44" N



Covão of St. Mary Route



Covão of St. Mary Route – derivation

Fauna

Ladder snake (*Elaphe scalaris*)
viperine water snake (*Natrix maura*)
Wild rabbit (*Oryctolagus cuniculus*)
Common barn owl (*Tyto alba*)
Tawny owl (*Strix aluco*)
Pilgrim Hawk (*Falco peregrinus*)
Duncock (*Prunella modularis*)
Jay (*Garrulus glandarius*)
Kingfisher (*Alcedo atthis*)
Large psammotromus (*Psammodromus alpinus*)
Black Kite (*Milvus migrans*)
Common kestrel (*Falco tinnunculus*)
Partridge (*Alectoris rufa*)
Fox (*Vulpes vulpes*)
Montagu's harrier (*Circus pygargus*)
Badger (*Meles meles*)
Ferret (*Mustela putorius*)
Fario trout (*Salmo trutta kario*)
Rainbow trout (*Oncorhynchus mykiss*)
Short-toed eagle (*Circus gallicus*)
Pyrenean desman (*Galemys pyrenaicus*)
Greater horseshoe bat (*Rhinolophus ferrumequinum*)



Centaurea micrantha ssp. *Herminii*

Observation Places

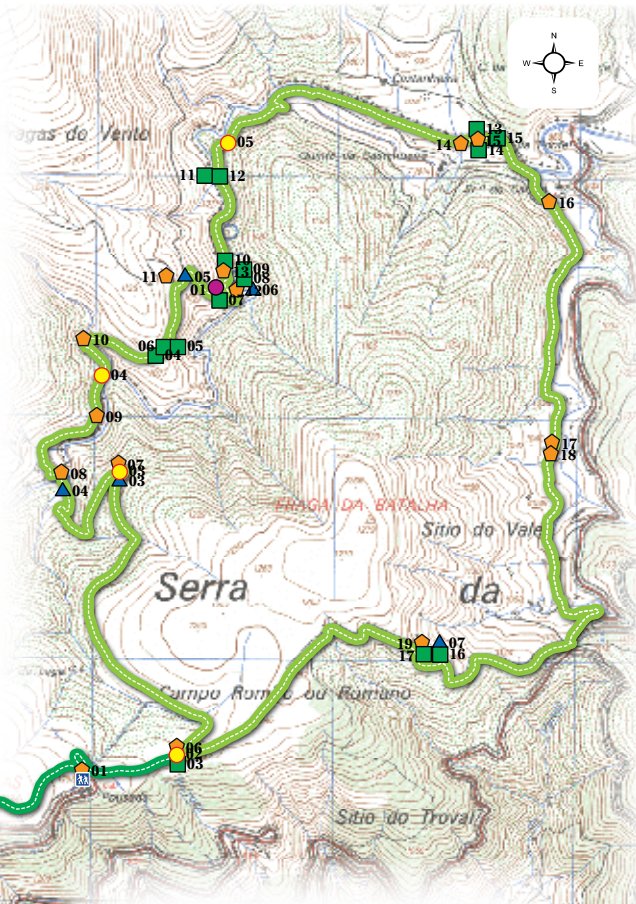
- 01 - Belvedere - Geodesic Landmark of barque Floor
- 02 - "Romão" Field
- 03 - Belvedere
- 04 - Belvedere
- 05 - Belvedere

Resting Places

- 01 - Mondego Riverbank

Human Landscape

- 01 - View to the Meteorological Observatory of Golden Rocks
- 02 - Manteigas Village Panoramic View
- 03 - Rye cultivation – Barque Floor
- 04 - Geodesic Landmark of barque Floor
- 05 - St. Lawrence Lodge
- 06 - Rye cultivation in the "assentada" – "Romão" Fieldo
- 07 - Farm - "Covão de Santa Maria"
- 08 - Mountain typical houses and schist walls
- 09 - Cattle Shed
- 10 - Crossing
- 11 - View to the Quartzite outcrop
- 12 - River Mondego Crossing
- 13 - Dam
- 14 - Stream
- 15 - View to the chestnut farm and rye "assentadas"
- 16 - Our Lady of Carmo Chapel
- 17 - Flock and Star Mountain typical house – "corte"
- 18 - Horticultural and Rye cultivation
- 19 - Panoramic view of rye cultivation in the "assentada"



Flora

- 01 - Dwarf Scotch Pine (*Pinus sylvestris*)
- 02 - Douglas-fir (*Pseudotsuga menziesii*)
- 03 - Rye (*Secale cereale*)
- 04 - Heather (*Erica arborea*)
- 05 - White Willow (*Salix salicifolia*)
- 06 - Alder (*Alnus glutinosa*)
- 07 - Alder (*Alnus glutinosa*)
- 08 - Grey Willow (*Salix atrocinerea*)
- 09 - Alder (*Alnus glutinosa*)
- 10 - Olive (*Olea europaea*)
- 11 - Alpine pinks (*Dianthus lusitanicus*)
- 12 - European Chestnut (*Castanea sativa*)
- 13 - Yellow Broom (*Cytisus striatus*)
- 14 - White Broom (*Cytisus multiflorus*)
- 15 - Sargasso (*Halimium alyssoides*)
- 16 - Maritime Pine (*Pinus pinaster*)
- 17 - Common Beach (*Fagus sylvatica*)

Natural Landscape

- ▲ 01 - Coniferous Forest (*pseudotsuga menziesii*) – Covão of "Jorge"
- ▲ 02 - View to the River Zêzere Glaciar Valley – Manteigas view
- ▲ 03 - View over the St. Mary Covão
- ▲ 04 - Water line (Mondego River)
- ▲ 05 - View to the Quartzite outcrop
- ▲ 06 - Mondego River and Riparian gallery
- ▲ 07 - Mixed foret (hardwoods and softwoods)

Scale: 1:10.000

0 125 250 500 meters