



HIKING TRAIL PELA ARRIBA FÓSSIL

Arribadas/Cruzinha) and tumuli (around 5,000 years old). In addition to the forts and settlements (Fort of São Lourenço) which provided shelter for the Galician people prior to the arrival of the Romans. With the advent of Romanization under the protection of the Christian emperors, the people moved down to the plains, giving birth to many of the parishes of the Minho region. In medieval times the São Lourenço mountain served as a base for the construction of a small castle said to have repelled attacks by the Normans (Vikings) and Almoravids. Time has buried these vestiges of the past, but they are gradually being brought back to the surface through archaeological excavations. The faith and devotion of the people gave rise to the clifftop chapels of São Lourenço and Senhora da Guia, in addition to a small hermitage dedicated to Nossa Senhora da Paz. These excellent lookout points give you the chance to appreciate the local birdlife and the splendid view of the coast. In relation to ethnography, one can almost imagine the busy activity of the windmills and watermills of Abelheira, an important part of the local economy in days gone by.

2nd edition 2016



ESPOSENDE



HIKING TRAIL PELA ARRIBA FÓSSIL



This short trail is included in the hiking trail network of the district of Esposende and is signed along its entire 12.4 kilometre route. Walking along the coast you will pass through the parishes of Belinho, Mar, Marinhas, Vila Chã and Palmeira de Faro. The points of departure are the sanctuary car park or the stairway leading to Monte da Senhora da Guia to the north; and Monte Faro (Palmeira) to the south. This route is an excellent way of getting to know the district of Esposende, and enables you to discover the natural, cultural and landscape heritage of the region. It also provides hikers with direct contact with the forest, providing the chance to view local flora and wildlife. Another of the region's charms is the magnificent landscape and the panoramic view of a large stretch of the coastline from Póvoa de Varzim to Viana do Castelo and far inland to the Temple of Bom Jesus de Braga and Serra d'Arga. Striding along the crest of the fossil cliff, formed around 80,000 years ago, you may come across coeval fossils from the advent of the first land plants. From more recent times you will be able to appreciate traces of the presence of man in the region, dolmens (Portelagem and

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EPS

ESPOSENDE
câmara municipal

Esposende Town Council
253 960 100
www.cm-esposende.pt

Tourism Website
www.visitesposende.com

Esposende Tourist Office
253 961 354
www.portoenorte.pt

North Coast Natural Park
253 965 830

Municipal Department of Civil Protection
961 317 339

Esposende Fire Brigade
253 969 110

Hospital
253 969 480

GNR (National Guard)
253 961 233

Forestry Department
117

SOS
112

Poisons Information Centre (CIAV)
808 250 143

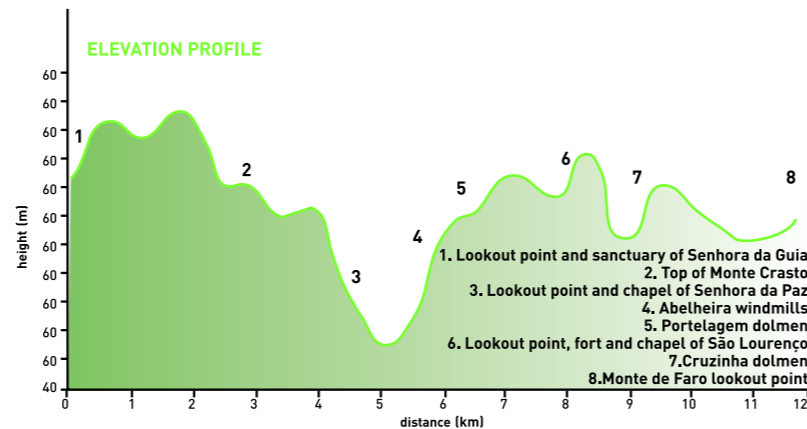
Taxis
253 964 455

contacts



Further information and route download:

<http://goo.gl/31hDGL>



- Do not leave the marked and signed route.
- Avoid making unnecessary noise.
- Respect private property.
- Do not disturb wildlife.
- Do not remove plants, animals or rocks.
- Do not light fires.
- Avoid hiking alone.
- Take extra care on misty days.
- Do not drop litter. Take it to an appropriate collection point.

SIGNAGE



START/FINISH



CORRECT ROUTE



WRONG ROUTE



TURN RIGHT



TURN LEFT



Legends

- animal watching
- bird watching
- flora watching
- religious heritage
- archaeological heritage
- lookout point

Data Sheet:

Route name: Pela Arriba Fóssil: from Senhora da Guia to Monte de Faro

Sponsor: Esposende Town Council

Route location: District of Esposende; parishes of Palmeira de Faro, Vila Chã, Marinhas, Belinho and Antas.

Route type: short, straight and open.

Route scope: Historic, landscape and natural.

Point of departure: Senhora da Guia chapel and lookout point; Monte de Faro lookout point.

Point of arrival: Senhora da Guia chapel and lookout point; Monte de Faro lookout point.

Length of route: 12.4 km

Time required: 5 hours

Level of difficulty: Average/easy

Minimum elevation: 65 metres (Palmeira de Faro)

Maximum elevation: 235.2 metres (Porrinhoso)

Points of interest: Lookout point and sanctuary of Senhora da Guia, lookout point and chapel of Senhora da Paz, the windmills and watermills of Abelheira, the Portelagem dolmen, the chapel, fort and lookout point of São Lourenço, the São Lourenço Cultural Centre, the Cruzinha/Arribidas dolmen, Monte de Faro lookout point.

Recommended time of year: all year round (subject to weather conditions)

Material needed/recommended: shoes, hiking boots, clothes suitable for hiking in the countryside and in accordance with the weather at the time.

