



## HIKING TRAIL CASTRO DE S. LOURENÇO

route and a little more time should be allocated to the same. Once there you can visit the thousand-year-old ruins and imagine what the day-to-day life of the fort people was like whilst viewing the reconstructed surroundings. There again, it's landscape that captures your attention, the scenic beauty of the entire Atlantic coastline of the district of Esposende can be admired from alongside the chapel dedicated to the martyr Saint Lourenço, highlights of which are the Parque Natural do Litoral Norte and the mouth of the River Cavado. Once you get to Abelheira, spend some time admiring the windmills and watermills used to grind corn in days gone by. With regard to the numerous legends present in popular imagination, you might not be able to see the "enchanted Moors" hidden in the burial mounds, but if you're lucky you'll see embedded in a large slab of granite (Pata do Cavalo cliff) the hoofprints of the horse which carried Mary and the Boy Jesus when fleeing to Egypt from the Romans, or the "Fountain of Virtue" which would release him from the terrible burden of time with the water of eternal youth. Might this be the real secret of this hike?

2<sup>nd</sup> edition 2016



ESPOSENDE



## PERCURSO PEDESTRE DO CASTRO DE S. LOURENÇO



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ESPOSENDE  
câmara municipal

This route begins at the fort of São Lourenço and leads you on to discover thousand-year-old monuments and remnants of the presence of man in times prior to that of the forts located on the plateau of Vila Chã. However, it is not only the monuments that make this hike worthwhile, as there is plenty to appreciate in terms of nature, landscape, and ethnography. Walking in either direction, this well signed route will enable you to appreciate the different types of landscape to be found in the vicinity of the parish of Vila Chã. A wide variety of wildlife inhabits the pine forests, woods, gorse and heather, crop fields, vineyards, and the fossil cliff, including foxes, wildcats, wild boars, jays, buzzards, rabbits and squirrels, all of which will delight those embarking on the 10-kilometre trek. The secret is to let your wildlife watching activities and luck dictate the time spent on this trail. Archaeology fans will be able to enjoy some of the most emblematic examples of funeral monuments such as the Portelagem, Rapido and Cruzinha dolmens, the last of which is one of the rarest and most interesting due to its two stone structures built on the same tumulus. The fort of São Lourenço is one of the most captivating sites along the

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

Tourism Website  
www.visitesposende.com

Esposende Turism Office  
253 961 354  
www.portoenorte.pt

Parque Natural do Litoral Norte  
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

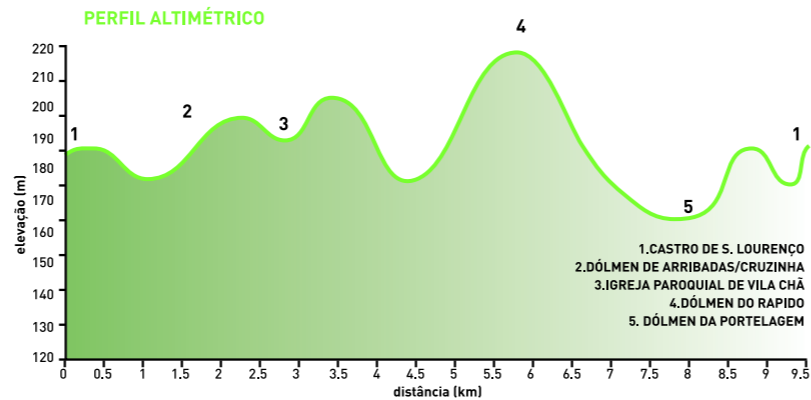
Poisons Information Centre (CIAV)  
808 250 143

Taxis  
253 964 455

# contacts



Further information  
and route download:  
[goo.gl/9GYg4S](http://goo.gl/9GYg4S)



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:** Castro de São Lourenço

**Sponsor:** Esposende Town Council

**Route location:** Vila Chã plateau - Esposende.

**Route type:** short, circular.

**Route scope:** Historic, landscape and natural.

**Point of departure:** São Lourenço Fort

**Point of arrival:** São Lourenço Fort

**Length of route:** 9.5 km

**Time required:** 4 hours

**Level of difficulty:** Easy

**Minimum elevation:** 159 metres (Estrada da Abelheira)

**Maximum elevation:** 222 metres (Aldeia de Cima)

**Points of interest:** The fort of São Lourenço, the chapel and lookout point of São Lourenço, the Cruzinha/Arribadas dolmen, the Vila Chã parish church, the Rapido dolmen and the Portelagem dolmen

**Recommended time of year:** all year round.

**Material needed/recommended:** hiking boots, clothes suitable for hiking and in accordance with the weather at the time, hat, sunglasses and sun cream.

