



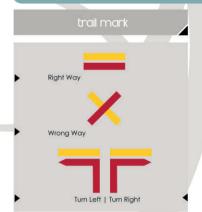


Cabeco Cuturo Cabaco dos a Bedreira SCALE | 1:25 000

Start Point/ End Point

- 1 Santo António Chapel and "Castro"
- 2 Parochial Church
- 3 Ancient Parrish Council Building
- 4 Cross
- Senhora da Rocha Chapel
- 6 Afife Casino and Afife Museum Nucleus
- Nossa Senhora da Nazaré Chapel
- 8 Loureiro Bridge and Mills
- 9 São João de Cabanas Convent
- Water Mills
- Formiga Watermill
- Agrichouso "Castro" (Archaeological Site)
- (B) Senhora das Dores Chapel
- 1 Poço Azul (Lagoon)
- (5) Senhora do Amparo Chapel
- 16 Vale Stone Cross
- Rupestrian Engravings
- 18 Afife Iron Age Village
- (19 Calvary





responsibilities

"The recommended walking trails do not exempt their users or those who promote them from taking the responsibility for any possible damage to property or personal injury which may occur when using the trails."

trail rules

>Stay on the trail at all times - Pay attention and obey trail signs and markings.

>Avoid making loud noises.

>Respect Private Property.

>Do not litter. Take all litter with you and

place in rubbish bins. >Be careful with livestock. Do not disturb

animals. >Preserve nature. Do not pick flowers,

collect rocks or catch animals.

>Avoid walking alone in the mountains. >Be careful when foggy.

>Always use appropriate gear and clothing – hiking boots, a raincoat and a hat.

>Do not make fire at any time.

>Help preserve the trail.

information PR 24

Name of Trail PR 24/ Trail of Castros - Afife

Sponsoring Organization

Trail System

Location

Distance

Initial Level

Maximum Level Reached

Minimum Level Reached

Time 3h00m

Dificulty

Trail Type& Character

Start Point/End Point

Latitude: 41° 46′ 52.67″ N Longitude: 08° 51′ 41.94″W



0km 0,75km 1.5km 2.25km 3km 3.75km 4.5km 5.25km 6km 6,75km 7,5km 8km

DISTANCE (KM)

profile graph / hight/distance





































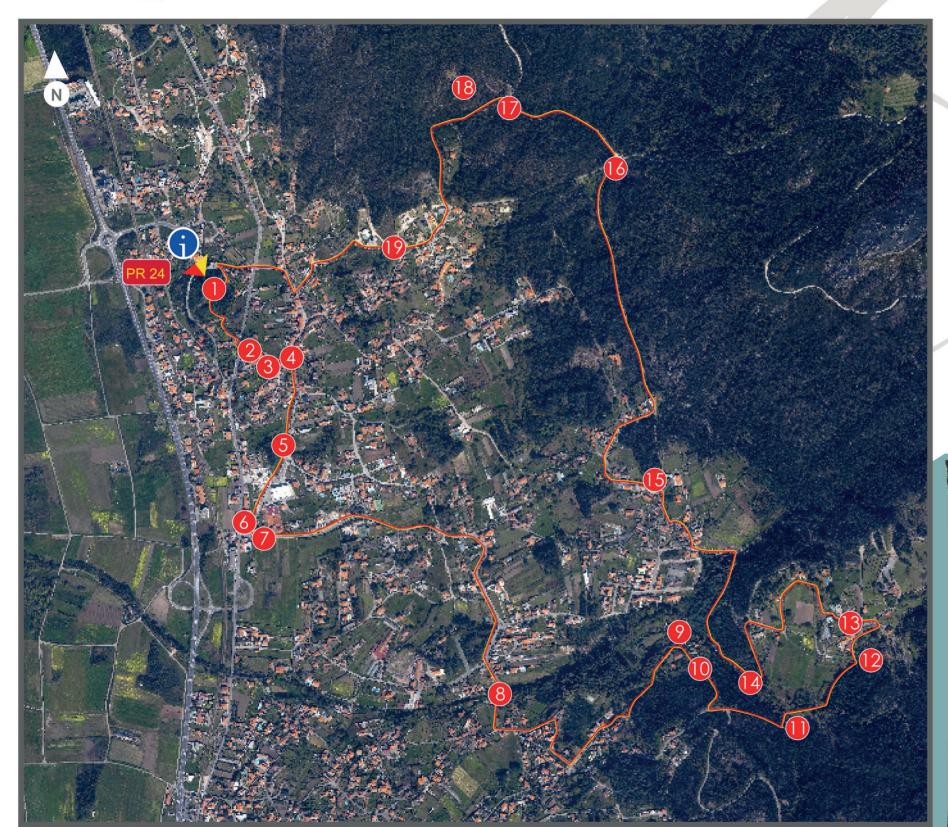












This pedestrian trail begins and ends by "Santo António" Mount in the Parrish Council of Afife. Beginning on site at the Park located next to the stairs providing access to "Santo António" Chapel, we descend using the "Castro" pathway, and between narrow pathways and farm walls, we arrive to the "Pedro Homem de Melo" street, that we cross heading towards the Parochial Church. Next we follow heading towards the "Largo do Cruzeiro" (Stone made Crucifix Square), not without passing by the Parish Council ancient building, once hosting the Ethnographic Museum and a Parochial Household. We can still nowadays find the NAIAA (Amateurish Archaeological Nucleus of Investigation) as well as the "Afife" Popular Radio Station. After passing by the Stone made Cross, we turn right towards the "Paranhas" path, then follow until getting to the Affie Casino, going through "Senhora da Rocha" Chapel. We then turn to the left, following using "Cabanas" pathway, then to the right using "Loureiro" pathway, to finally end on a bridge over the "Cabanas" river, leading to quite the pleasant location. After crossing the bridge, we turn left towards the "Cabecinho" pathway then once again left in direction of "Barroso" pathway, actually merging into the "Caminho Português da Costa – Caminhos de Santiago" path, keeping until leading us to the "Cabanas" Monastery, which was founded in 564. A quite bucolic place, that undoubtedly inspired the poet "Pedro Homem de Melo" that once lived here, leaving us remnants of his poetry engraved in some of the wall mosaics. We then ascend until we get to the "Gateira" pathway through a forest path, passing by an ancient rotation mill nucleus, from which the one alongside the pathway is fully functional and renovated. Arriving to the "Gateira" pathway, we turn left, following the path a few more meters then once again left, descending a staircase leading us to the river. After passing by the river, we can see, a little further upfront and to the right, the "Formiga" Watermill, fully restored. We keep on going; until, around the grove, we get to an old house on the right, part of the "Agrichouso" Archaeological Site, from which we can still observe visible structural remains. Arriving to the "Senhora das Dores": Chapel, one can benefit from a magnificent view over the Sea and Parrish Council. A few meters before, turning right, we can visit the Calvary of Agrichouso, and then return to the trail. We then descend using the "Agrichouso" pathway, turning then to the left until getting the "Poço Azul" (Blue Lagoon), a paradisiac location by the "Cabanas" river, part of various cascading lagoons. We then go down through an itinerary leading to the "Cabanas" Monastery, then turn right once again using the "Caminho Português da Costa - Caminhos de Santiago" path, then keeping forward using it until arriving to "Nossa Senhora do Amparo" Chapel. Following up to the "Pedreira" pathway, passing by a beautiful house presenting magnificent artistic stuccos, then we ascend until once again catching the "Caminho Português da Costa – Caminhos de Santiago" path, always forwarding until the "Cruzeiro do Vale" (stone made cross). Arriving here, we then follow upfront until the "Afife" settlement, which was inhabited since the Iron Age presenting Romanization traces, overlooking the "Ancora" river. After visiting the Archaeological settlement, we then go down the mount to the "Revolta" pathway until getting to the "Calvário" (Calvary). Keeping forward towards the "Agro" pathway, then turning right using the "Agrela" pathway. We finally cross the "Pedro Homem de Melo" Street, going up a pavement until "Santo António" Mount, which concludes our journey.

