



Church ruins in Vila Flor

Place of Interest

CASTLE OF AMIEIRA DO TEJO

Built in the 14th century by Álvaro Gonçalves Pereira, prior of the Order of Malta, the Amieira do Tejo Castle was part of the Tagus line of defence. A battle ground during the dynastic crisis of 1383-85, it served as the residence of mayors, a prison and a cemetery. Next to one of the four towers of this national monument is the Chapel of St. John the Baptist, with a ceiling decorated with sgraffito.

PR1
NIS

WALKING PATHS OF JANS



PATH NETWORK IN NATURE

Highlights

NATURE: in this area abound cork oaks, holm oaks, olive and eucalyptus trees, and also rockrose, broom, the rosemary, heather, strawberry trees and wild asparagus. Here it is possible to observe various migratory birds such as the robin and the thrush, or other larger ones such as the grey heron, the black kite, the osprey, the cormorant and the griffon vulture, which nests upstream, at the *Portas de Ródão*. The Tagus, on whose shores abound reed, willow, poplar and ash, can be fished for barb, carp, black bass, lamprey, dace, shad and perch.

HERITAGE: Amieira do Tejo: Castle of Amieira do Tejo (NM – 14th century); Chapel of Calvário (RPI – 18th century); Church of Misericórdia and Chapel of São João Baptista.

HANDICRAFT: stoned pottery; embroidery and stitched from Nisa; bobbin lace; tatting; felt appliqués and pulled thread hems.

GASTRONOMY: *cachola* rice from Alpalhão; *febras da matança*; *sarapatel* soup; *afogado* soup; potato crumbs; *papa ratos*; *maranhos*; *peixinhos* with tomato sauce; *feijões das festas*; lamprey rice; river fish soup. Sweets (*cavacas*, *dormidos* cakes, *esquecidos*, *nisas*, *barquinhos*). *Mestijo* cheese from Tolosa (Protected Geographical Indication); Nisa cheese (Protected Origin Designation); sausages from Alpalhão.

Recommended season

This walking path can be done throughout the year, preferably in the spring or fall. Nevertheless, users must be aware of high temperatures during summer time and some slippery points during winter and rainy days.

Trail signage

right way

wrong way

turn left

® FCMP



Walking code

Follow sign-posted trails only. / Respect private property. / Avoid making unnecessary noise. / Do not disturb the animals. / Do not collect or damage plants or rocks. / Do not litter and leave no trace of your visit. / Do not light fire and do not throw cigarettes on the ground. / Be kind to local people. / Beware of cattle. Although gentle, they do not like strangers approaching their young. / Leave the gates as you found them. If they are closed, be sure they remain well shut.

Useful contacts

Town Hall of Nisa: +351 - 245 410 000

Nisa Tourist Office: +351 - 245 410 000 - extension 353

Amieira do Tejo Tourist Office: +351 - 245 457 007

SOS Emergency: 112

SOS Forest: 117

Medical Center: +351 - 245 410 160

Anti-Poisoning Information: +351 - 217 950 143

GNR (Republican National Guard): +351 - 245 410 116

Fire Department: +351 - 245 412 303

Village Hall Union of Arez and Amieira do Tejo:

+351 - 245 457 048 / 245 748 146

Promotor:



Walking path registered
and approved by:



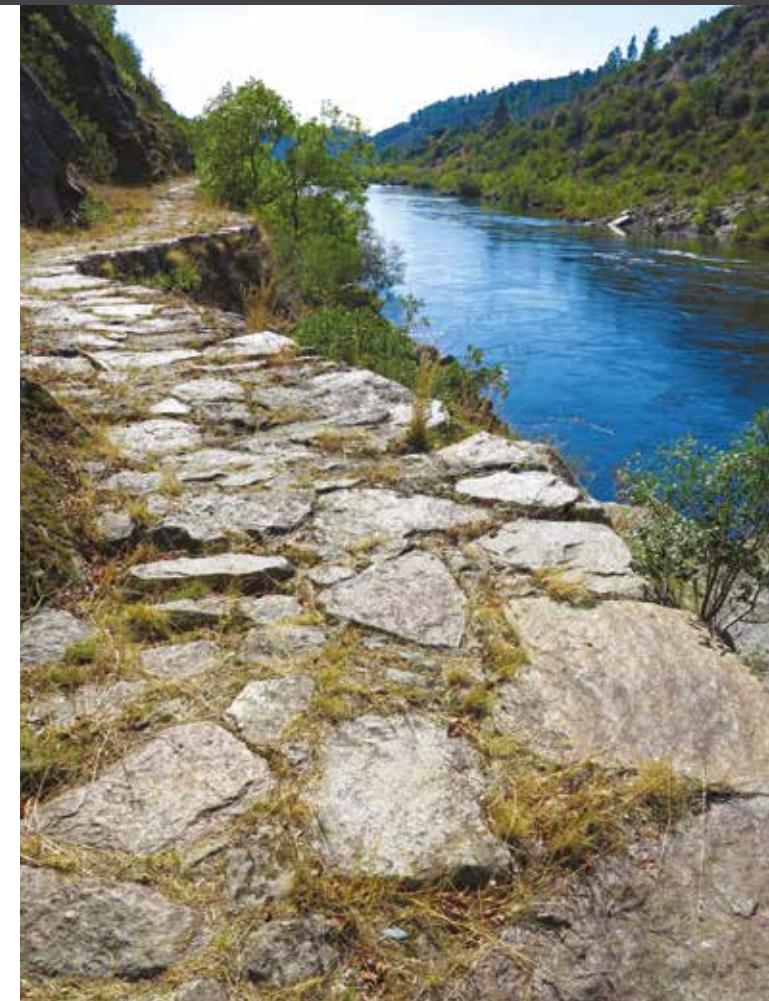
Partner institution:



Co-financing:



July 2015 / 2500 copies



> Walking path description



Castle of Amieira do Tejo. With square floor plan and equipped with four towers, the north corner tower was the Keep, which was also palace.

The walking path begins in Amieira do Tejo, one of the twelve villages of the Order of Malta. It starts on the square of the village council by the paved road and follows a pathway between walls, holm oaks and olive trees. After a short climb, the vegetation is formed by cistus, brooms, cork oaks and some vineyards.

The path goes onward or by the variant to Vila Flor, where a narrow street leads to the ruins of the church. On a shortcut there's a lookout point over Albarrol and the Figueiró River. The path heads towards the Tagus River, with a fantastic view of Gardete and of the Fratel Dam, preceding the steep descent to the riverside, where the extension of 3 km of towpath wall begins, heading to Barca da Amieira. It runs parallel to the river, from where we can contemplate the flyby of birds such as the grey heron. We leave behind us a pontoon with a schist arc, the mouth of the Ocreza River and the abundant myrtle and strawberry trees. We then arrive at the wharf, with fishing boats and a train-station in front. Go through the picnic area with a lookout point over the Tagus River and then continue along another path. Go up to the paved road, where the Castle of Amieira and the Maia River are waiting you.

VARIANT TO VILA FLOR:

Distance: 2,5km | Time: 1h00m

Forks in the variant to Vila Flor:

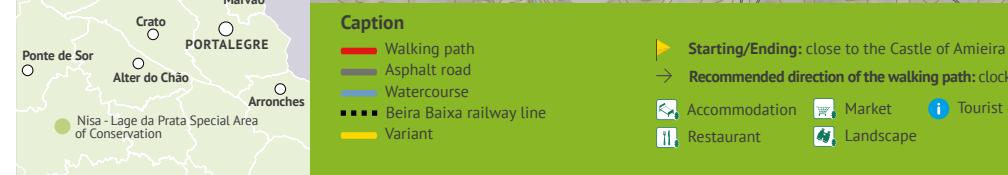
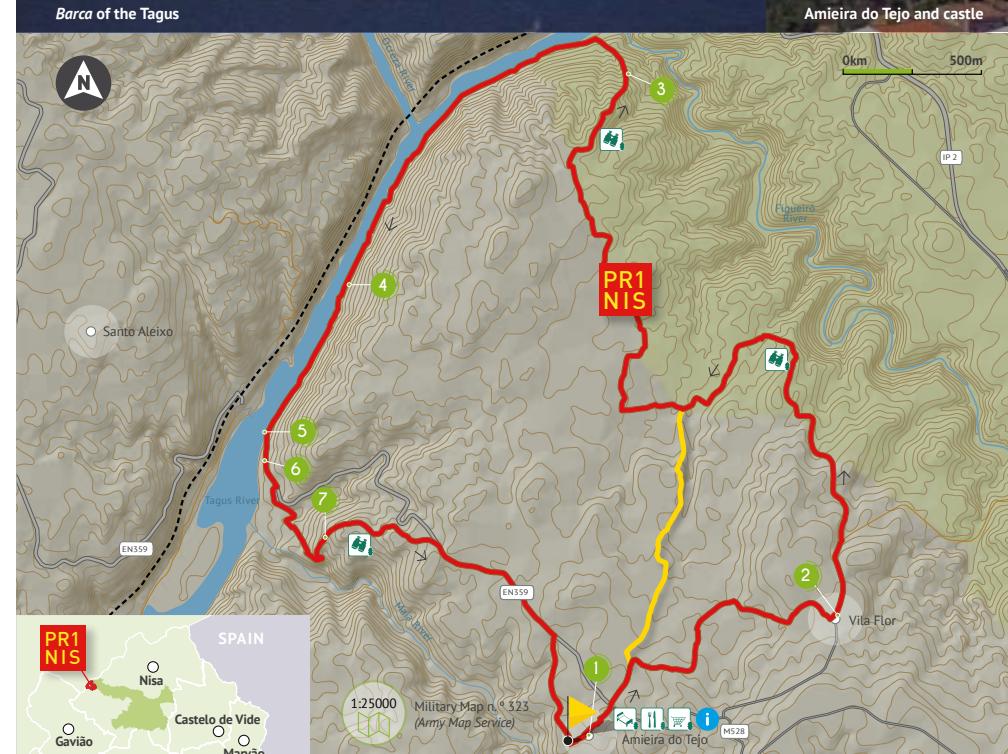
GPS: 39°30'44, 53"N; 7°48'42, 94"W

and GPS: 39°31'27, 74"N; 7°48'31, 67"W



The difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult)

difficulty level



> Places of Interest

- 1 Castle of Amieira do Tejo
- 2 Church ruins in Vila Flor
- 3 Viewpoint
- 4 Towpath wall
- 5 Barca da Amieira
- 6 Resting area
- 7 Viewpoint "the way of the Holy Queen"



Nisa - Lage da Prata
Special Area of Conservation

This Special Area of Conservation (SAC) extends over an area of 12.658 hectares of peneplain where the only contrast is from the hilltops populated by huge granite blocks and the valleys where the main watercourses are found. The Pyrenean oak (*Quercus pyrenaica*) is distributed throughout this environment, either singly in groupings or associated with the cork oak (*Quercus suber*) or the holm oak (*Quercus rotundifolia*). One of the most important specifics of this SAC is precisely related to the Pyrenean oak, namely when it occurs under the form of *montado*, a rarity nationwide.