



PLACES TO VISIT

I

DR. LOUZÃ HENRIQUES ETHNOGRAPHIC MUSEUM

Excellent ethnographic collection, particularly the animal-drawn carts and carved wooden yokes. The exhibition displays the instruments in the context of the work involved in various rural activities.

LOUSÃ | 40°6'59.60"N; 8°14'54.42"O | Free

9 am-12:30 pm and 2 pm-5:30 pm (weekdays) |

10 am to 12:30 pm and 2 pm-4 pm (weekends)

II

PROF. ÁLVARO VIANA DE LEMOS MUNICIPAL MUSEUM

The collection assembled by Álvaro Viana de Lemos includes archaeological and geological artefacts and crafts. Added to these are other pieces acquired by the local authority: paintings, furniture, ceramics and armoury.

LOUSÃ | 40°6'33.42"N; 8°14'44.76"O | Free

SUMMER 9 am-12:30 pm and 2 pm-5:30 pm (weekdays)

10 am to 1 pm and 2:30 pm-6:30pm (weekends and public holidays).

WINTER 9 am-12:30 pm and 2 pm-5:30 pm (weekdays)

9:30 am to 1 pm and 2 pm-5:30 pm (weekends and public holidays).

III

LOUSÃ MOUNTAINS BIOLOGICAL PARK

Home to wild species and native breeds. Among the stars of the show are the otters, bears and lynx.

MIRANDA DO CORVO | 40°4'56.01"N; 8°20'0.15"O |

Opening times vary. May to September: 9 am-7 pm;

June to August: 9 am-8 pm; October to April: 9am-6 pm;

Weekends: 10 am-6 pm and in April: 10 am-7 pm.



TOURIST FACILITIES

IV

SENHORA DA PIEDADE RIVER BEACH

91 413 31 28 | 40°6'0.95"N; 8°14'4.26"O

V

LOUSÃ MOUNTAINS BIOLOGICAL PARK RIDING CENTRE

239 538 444 | 40°4'56.01"N; 8°20'0.15"O

VI

PR*1 MCV – GONDRAMAZ ACCESSIBLE SCHIST TRAIL

For anyone with somewhat reduced mobility.

VII

PR*2 MCV - GONDROMAZ SCHIST TRAIL - IN THE MILLER'S FOOTSTEPS

Linear. Distance: 5,6km Duration: 2h40m ↓ 3h45m ↑

VIII

LOUÇAINHA RIVER BEACH

239 551 142 | 40°1'34.50"N; 8°18'15.15"O

IX

PR1 PNL - FERRARIA DE SÃO JOÃO SCHIST TRAIL – SHEPHERD'S TRAIL

Circular. Distance: 4,9km Duration: 2h30m

X

FERRARIA DE SÃO JOÃO MOUNTAIN BIKE CENTRE

91 647 00 25 | 39°58'26.4" N; 8°19'26.724"O

*PR means Pedestrian Routes. You can download them in our site.



RESTAURANTS

XI

O BURGO Srª da Piedade, Lousã

Specialty: Cod with breadcrumbs. Wild boar with chestnuts.

Closed: Sunday dinner and Monday

Average price: 15€ to 20€

239 991 162 | 40°5'59.98"N; 8°14'4.09"O

XII

MUSEU DA CHANFANA Miranda do Corvo

Specialty: Chanfana.

Closed: Open every day

Average price: 10€ to 25€

239 538 445

40°4'56.01"N; 8°20'0.15"O

XIII

D. SESNANDO Penela

Specialty: Gratinated cod on a tile.

Closed: Open every day

Average price: 10€ to 20€

239 561 207 | 40°1'45.76"N; 8°23'27.21"O

STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



Cerdeira is the best option for those seeking a balance between being immersed in the tranquil nature of the mountains and their interest in exploring the historical and cultural richness of the centre of Portugal.



Stay in one of eight comfortable houses built from schist, clay and chestnut wood in which art completes tradition. You can also have a creative experience with artists from around the world who choose Cerdeira as a place of inspiration.



The cosy **Café da Videira** is a renovated old space where guests can have breakfast or simply hang out with each other.

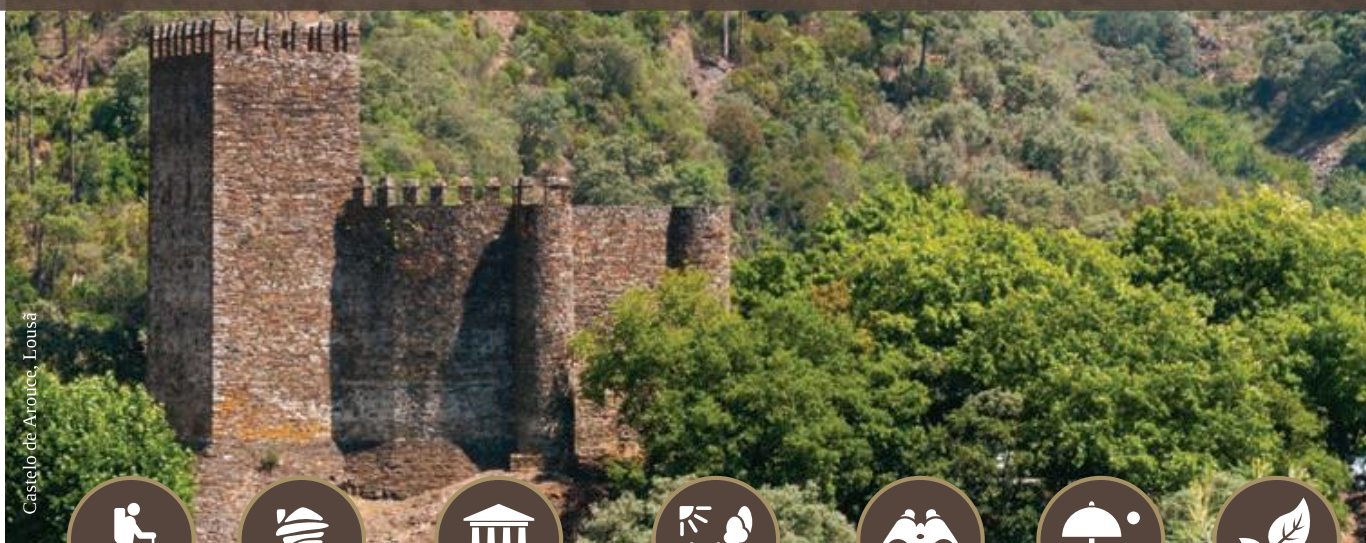


Cerdeira Village

Creative Center & Accommodation

Villages and Castles *Lousã*

ROUTE
2



Castelo de Avóuce, Lousã



ACTIVE



VILLAGES



HISTORY
AND CULTURE



RECREATION



LANDSCAPE



BEACHES
INLAND



NATURE

STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



Ferraria de São João

WHAT TO EXPLORE

Cross the western flank of the Lousã Mountains from **Lousã** to **Miranda do Corvo** and as far as **Penela** to the point where this mountainous schist formation reduces altitude and comes into contact with the limestone massif of the Sicó Mountains. This takes you through a geological complex of schist, quartzite (St. John's Mountains and **Ferraria de São João**) and limestone (Penela). The soils change, as does the landscape - vineyards and olive groves, which

result in good wine and olive oil, appear. The succession of villages established on the hillside in this area once took part in typical mountain activities (shepherding, charcoal production and small scale agriculture in plots of land near the villages) which are far less practiced in these modern times. A set of new tourist facilities provides new ways of enjoying the region: walking, cycling, swimming, horse riding and wildlife observation.

CASTLES

The line of defence for the new Portuguese kingdom also ran through this area at a time when the River Mondego formed the border and Coimbra had been chosen as its capital. The remains of a number

of castles, which almost looked at each other, survive as evidence and recently became part of the Mondego Castles and Town Walls Network. They now serve as platforms from which to see the evolution of military

architecture and learn stories of past wars. Take advantage of their location as viewing points to admire the mountainous scenery that surrounds them.



PRECAUTIONS

Take care regarding your physical safety when visiting monuments or natural areas.

MOST IMPORTANT PLACES



A - Our Lady of Mercy Sanctuary

A

OUR LADY OF MERCY SANCTUARY

A visit to this religious complex allows you to explore the rugged area surrounding Ribeira de São João. Next to the castle is the Chapel of Our Lady of the Afflicted. Head downhill to cross the 18th century schist bridge from where you can walk a few meters downstream to the waterfall. Climbing the steep cliff at the centre of this complex, you'll find the 15th century Chapel of St. John (sec. XV). The steps continue past the Chapel of Our Lady of Agony and on to the 18th century Chapel of Our Lady of Mercy at the top of the rocky outcrop. In this setting, surrounded by the gigantic mountains, all the buildings seem smaller and the castle more defiant.

B

LOUSÃ

The settlement that eventually gave rise to the town of Lousã was originally founded on the site where Arouce Castle stands. Established on top of a hill, surrounded by the enclosed valley through which the River Arouce flows, this small schist castle was well defended by the topography, which was too harsh to sustain a settlement around it. The pacification of the border brought the security that allowed the village to transfer to the flat area where Lousã now is. The golden age of this town is evidenced in the noble houses of its historical centre and other nearby locations (Foz de Arouce and Vilarinho).

C

LOUSÃ'S STATELY HOMES

The area around Lousã's parish church deserves a short stroll to appreciate the manor houses, some of them with coats of arms, which were built between the 18th and 19th centuries. Of particular note is the Palace of the Viscountess of Espinhal (now converted into a luxury hotel).



C - Stately homes, Lousã

VILLAGES

11 of the 27 Schist Villages are distributed along the western slopes of the Lousã Mountains. This route passes by two of them, Gondramaz and Ferraria de São João.



Gondramaz

CASTLES

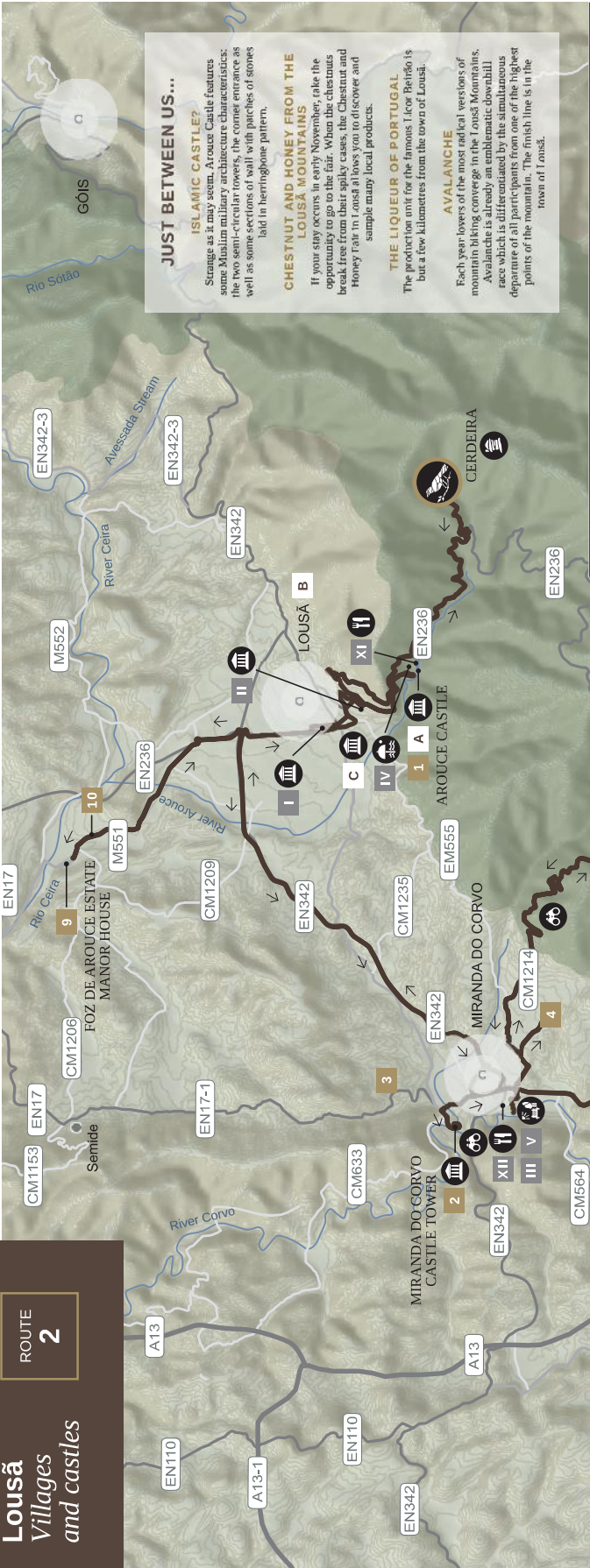
The era of Portugal's reconquest of territory from the Moors motivated both the Christian and the Muslim sides to establish and occupy a set of military defence structures along an oscillating border line. Among the remains of these are Arouce Castle (Lousã), the tower and cistern of the former Miranda do Corvo Castle and Penela Castle. Once conquered by the Christians they became important as the first line in the defence of Coimbra, the capital.



Miranda do Corvo Castle Tower

Lousã Villages and castles

ROUTE 2



1 AROUCE CASTLE (LOUSÃ)

There is little information to be found about the early history of this small castle. It was one of the structures within the defensive arch established south of the River Mondego to protect Coimbra as capital of the new Portuguese nation. Built on the side of the mountain, its purpose was to oversee the difficult mountain passes and defend the western lowlands. It may be of Islamic origin. It would have been reconstructed by Domênis Teresa, after the 11th century Christian conquest, while the castles of the high schist were kept tower in tower. The castle was built during the reign of King Afonso Henriques.

2 MIRANDA DO CORVO CASTLE TOWER

The origin of this castle, now reduced to little more than a tower, is not known either. The tower only arose from the ruins of a castle that was adapted to the hill for the St. João Schist church. A recent renovation revealed its schist construction with corners reinforced by the use of limestone. The medieval eastern a little higher up was also renovated. It is a site worth visiting for the view over the village and the slopes of the Lousã Mountains.

3 CARAPINHAL POTTERY

Next to the town of Miranda do Corvo is one of the region's centres for traditional pottery.

4 MIR FALÇÃO'S SHOP

A faithful reconstruction of the traditional grocery store that used to be here, complete with tavern and a modern social space. Local and traditional Portuguese brands. Not to be missed!
Pereira, Miranda do Corvo
☎ 239 533 105
📍 40°04'33"N; 8°18'43"E

5 GONDRAZ SCHIST VILLAGE

Alter long and winding climb Gondraz appears, framed by chestnut trees. Structured by a main road, the village also has other small alleys lined with finely renovated schist dwellings. The benches at the entrance to and on the terrace at the end of the village are there to help you contemplate and enjoy the peaceful setting.

6 PEDRA DA FERIDA

A geomorphologic accident resulted in a set of small waterfalls through which the waters of Ribeira da Azenha cascade. It is worth the few hundred-metre walk to get to the site.

7 FERRARIA DE SÃO JOÃO SCHIST VILLAGE

One of the Schist Villages in the extreme southwest of the Lousã Mountains. In the landscape, quartzite outcrops stand out in the line of peaks known locally as St. João's Mountains. For this reason, schist was largely replaced with quartzite here, which makes the village stand out. The main structure located in the village is the 16th-century tower of St. John. The village has a wide valley in front of it.

8 PENELA CASTLE

This is one of the most emblematic castles in the region and has also maintained one of the country's oldest defensive structures, the upper castle. Its architecture bears witness to various modernising interventions between the 11th and 14th centuries.

JUST BETWEEN US...

ISLAMIC CASTLE?

Strange as it may seem, Arouce Castle features some Muslim military architecture characteristics: the two semi-circular towers, the corner entrance as well as some sections of wall with patches of stones laid in herringbone pattern.

CHESTNUT AND HONEY FROM THE LOUSÃ MOUNTAINS

If you stay occurs in early November, take the opportunity to go to the fair. When the chestnuts break free from their spiky cases, the Chestnut and Honey Fair in Lousã allows you to discover and sample many local products.

THE LIQUEUR OF PORTUGAL

The production unit for the famous Licor Beirão is but a few kilometres from the town of Lousã.

AVALANCHE

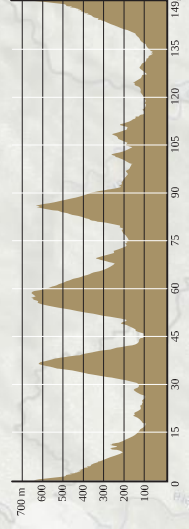
Each year lovers of the most radical versions of mountain biking converge in the Lousã Mountains. Avalanche is already an emblematic downhill race which is distinguished by the simultaneous departure of all participants from one of the highest points of the mountain. The finish line is in the town of Lousã.

ROUTE DESCRIPTION

CERDEIRA - AROUCE CASTLE AND OUR LADY OF MERCY SANCTUARY - LOUSÃ - take the EN342 to the exit marked PENELA - MIRANDA DO CORVO - after the roundabout turn left - take the 2nd exit at the roundabout - follow the signs to the PARQUE BIOLÓGICO DA SERRA DA LOUSÃ (6.500m) - return to the previous roundabout and take the 3rd exit - go right at the next roundabout - and right again at the next roundabout - go straight over the next roundabout - take the 2nd exit at the roundabout - Meãs - turn right before the petrol station and after 200m, turn left - LOJA DO SR. FALÇÃO (0.1km) - return to the petrol station and bear right - turn right at the crossroads and after 600m, turn right - Chapinhã - Trôa - GONDRAZ - go back to the access roundabout for the Parque Biológico da Serra da Lousã, continuing straight ahead - turn left at the next roundabout - in Cerejeiras turn left towards PF DA LOUÇAINHA - get back on the EN174 and bear left to Espinhal - follow signs for PEDRA DA FERIDA - back in Espinhal again, continue to Casas do Cabano - then head south on the EN110 - in Venda dos Moínhos turn left towards to FERRARIA DE SÃO JOÃO - go back to the EN110 and follow it to Penela - Lousã - CERDEIRA.

DISTANCE (ROUND TRIP): 149.5KM

ELEVATION PROFILE: 690^M (MAXIMUM) | 70^M (MINIMUM)



KEY

- 1-10 Points of interest
- 1-10 Restaurants and places to visit (see back page)
- 1-10 Schist Village
- 1-10 Recreation
- 1-10 Museum / Monument
- 1-10 Nature
- Starting point
- End point
- Route
- National highway
- Nature 2000 Network (protected natural area)
- A-C Most important places
- Landscapes
- Pedestrian route
- River Beach
- Restaurant

9 FOZ DE AROUCE ESTATE MANOR HOUSE

The manor house and chapel date from the 18th century and are close to the bridge over the River Celta, which was the scene of a battle during the third French invasion when the Napoleonic troops beat their retreat en route to Almeida. The episode is recorded with a memorial which stands at the entrance to the bridge.

10 FOZ DE AROUCE ESTATE

João Portugal Ramos Wines.
Foz de Arouce, Lousã
📍 40°09'26"N; 8°16'38"E

