



PLACES TO VISIT

I

SCHIST TRADITIONS ECO MUSEUM

AIGRA NOVA | 40°07'12"N; 8°09'15"O
 9 am to 6 pm (weekdays) | 9 am to 5 pm (weekends)
 1,50€ a 2,00€

CENTRE HEADQUARTERS

The story of the Góis Schist Villages is presented here, featuring the material contributions and collaboration of their inhabitants.

ENVIRONMENTAL INTERPRETATION CENTER

Learn about the aspects of the Lousã Mountains' natural heritage that justify its classification as a Site of Community Importance and integration in the Nature 2000 Network.

GÓIS SCHIST VILLAGES DONKEY CENTRE

Three friendly Miranda donkeys wait here to charm youngsters.

AUGUSTINE GARDEN CENTRE

A traditional vegetable garden adapted to create an educational space from which home grown products are used to prepare meals for visitors.

THE CLARO FAMILY OVEN AND STILL

In Aigra Velha a traditional bread oven and still have been renovated to bring back the taste of cornbread and the aroma of freshly distilled brandy (*aguardente*).

TREE NURSERY

Indigenous forest and shrub species are grown here to be used in reforestation activities intended to offset the carbon footprint produced by visitors.



RESTAURANTS

II

LOUSITÂNEA Aigra Nova

Typical dishes: Turnip soup. Kid roasted in a wood oven. Chanfana. Tigelada.
Open by appointment
Average price: €7.50 to €15

235 778 644

40°7'12.45"N; 8°9'15.27"O

III

CASA TI MARIA Góis

Typical dishes: Turnip soup. Kid roasted in a wood oven. Chanfana. Tigelada.
Open daily during the summer period; the rest of the year only open by appointment.
Average price: €6.50 to €15

912 703 071

40°9'19.14"N; 8°6'38.70"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 accommodation's outdoor spaces offer wonderful views of the mountains. The views from the *Casa da Arvore* and *Casa do Vale* balconies are breathtaking. It is a constantly changing spectacle of light and colour that stretches into the distance.



Cerdeira Village

Creative Center & Accommodation

Góis

The princess of the River Ceira

ROUTE
3

Penecos de Góis and Pena Village



ACTIVE



VILLAGES



HISTORY
AND CULTURE



RECREATION



LANDSCAPE



BEACHES
INLAND



NATURE

STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



C - Tomb of Lord Luís da Silveira, Góis Parish Church

WHAT TO EXPLORE

The eastern flank of the **Lousã Mountains** is bordered by a steeply sloped valley at the base of which the **River Ceira** flows. **Góis** is the main village that the river meets along its course and the marriage between them is perfect. Before reaching **Góis**, this tour takes you to four **Schist**

Villages that share the **Penedos de Góis**, a quartzite formation that stands out amid the **Lousã** massif, as a backdrop. After **Góis**, head slightly upwards along the Ceira valley to **Cabreira**, where the river and manmade constructions create a harmonious scene.

SCHIST VILLAGES

There are 27 villages within this network. Four of the smallest are settlements on this side of the mountain, each with a scenic setting.

GÓIS

In 2014, the village of Góis (200m altitude) celebrated the 900-year anniversary of the Letter of Donation in which Countess Teresa and her son Afonso Henriques delivered the lands of Góis to Anaia Vestrares and his wife Ermesinda Martins to administer. King Manuel I granted the village a new charter in 1516.

RIVER CEIRA

From a spring in the highest points of the Açor Mountains the Ceira's course follows the base of an enclosed valley until it eventually merges into the left side of the River Mondego, just outside Coimbra.



PRECAUTIONS

Part of the route (2km) follows a dirt road, which is drivable in a light vehicle with due care.

MOST IMPORTANT PLACES



A

PORTUGUESE LAUREL

On the banks of the Pena stream several examples of one of the rarest native trees in Portugal, the Portuguese laurel (*scientific name Prunus lusitanica*), can be found. It has shiny dark green leaves and exudes a pleasant aroma when in flower.

B

PENEDA RIVER BEACH – PEGO ESCURO

Winner of several awards since 2013 including Blue Flag, Gold Quality and Accessible Beach. The beach stretches along Góis' pleasant urban waterfront and offers various activities and quality services. Go for a dip in the river which begins in the Açor Mountains.

C

GÓIS PARISH CHURCH

Built in the 15th century, the church underwent several interventions over the following centuries, particularly the façade, which dates from the 19th century. Once inside you will see why it is classified as a National Monument. In addition to the 16th century Manueline chapel by Diogo de Castilho, there is the 16th century tomb of Lord Luís da Silveira and family, embellished with an exquisitely decorated arch evoking the Assumption of Our Lady. It is a Renaissance masterpiece.



D

CHAPEL OF ST. SEBASTIAN

In front of the entrance to the Royal Bridge, the octagonal 18th century chapel on the left bank features square stone blocks on its corners, an ornate portal and a stone-capped cupola. It houses an 18th century altarpiece and two wooden sculptures from the same period.

F

CISTERN IN LARGO DO POMBAL

A fountain with a perfect arch, the interior of which is clad with 16th century Hispano-Moresque tiles.

E

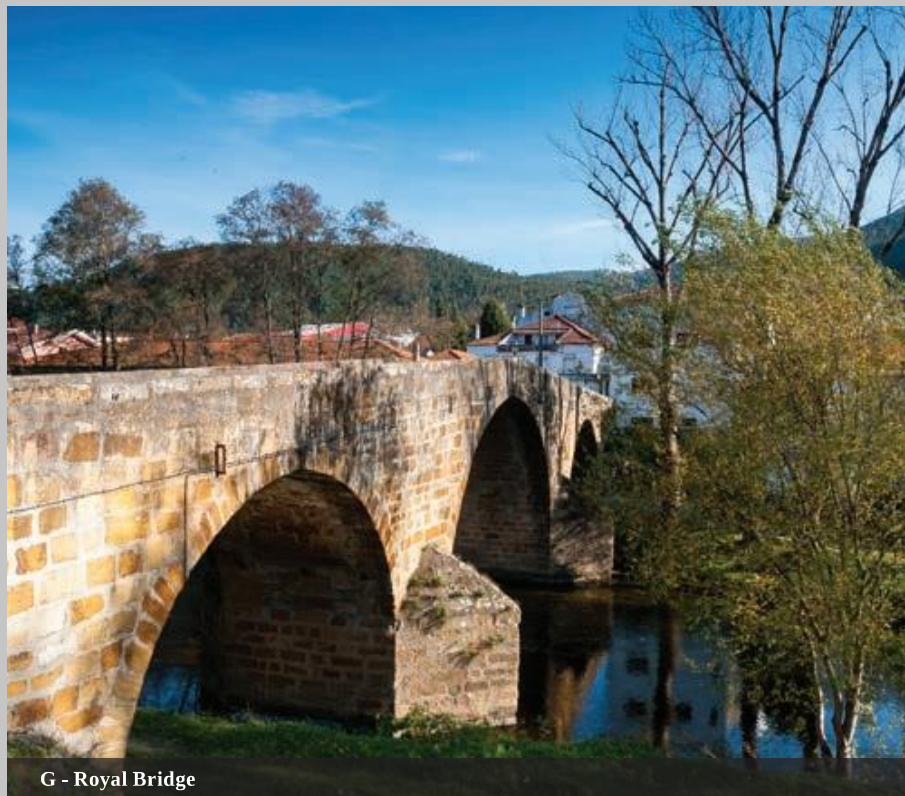
CASTLE CHAPEL

A 16th century Manueline building which features a coat of arms above the doorway pertaining to the lords of the village. The chapel is crowned with battlements and composed of two distinct sections with ribbed vaulted ceilings. The square stones stand out against white walls.

G

ROYAL BRIDGE

Built in the 16th century during the reign of King João III, the bridge has three semicircular arches. A national emblem, the Cross of Christ and the armillary sphere, adorns the central arch. The 450 years during which it has withstood the foul winter moods of the River Ceira attest to its robustness. It is classified as a Monument of Public Interest.



H

CABREIRA

Within the natural environment of the right bank of the River Ceira we find a harmonious complex made up of an olive oil press (1876), the structures where olives were stored (lofts), the watermill and the Old Bridge.

Góis

The princess of the River Ceira

ROUTE 3

JUST BETWEEN US...
 Try gemmeiras, the characteristic cakes from Góis.
SWEET SECRETS
ON TWO WHEELS
 Every year in mid-August the village becomes a capital for motorcycling enthusiasts, offering one of the largest international bike shows in Portugal and the most highly praised festival of this nature.
SHROVETIDE (ENTRUDDO)
 Góis Schist Villages are among the few places in Portugal where Shrovetide celebrations are really genuine, with masked merry-makers running amok.



4 PR-1 GOI
 Góis Villages Schist Trail - Schist Traditions Route
 Circular. Distance: 9.2km. Duration: 4 hours.
 Minimum altitude: 543m. Maximum altitude: 792km. Easy.

5 PR-9 GOI
 Góis Villages Schist Trail - Dance Footpath
 Circular. Distance: 12.7km. Duration: 5 hours.
 Minimum altitude: 589m. Maximum altitude: 873m.
 Easy.

6 AIGRA VELHA
 At 770m, this is the highest village in the network. It is surrounded by grazing land for cattle and deer and has the Peredos de Góis as a backdrop.

7 OITAVA FOREST PARK
 A wooded area with a small dam and picnic area.

8 PENA
 Distinguished by being perched on the banks of a stream that bears its name, Pena offers two accommodation units and a small shop that sells local products.

9 PENEDES DE GÓIS
 The Góis crags are a mountainous formation with an almost North-South orientation and an outcrop of hard quartzite rocks along the ridge. Tribbles and cruzeiros can be found here and there was a gold mine in operation until just a few dozen years ago. Altitude: 1045m.

10 RIBEIRA DA PENA
 This stream is formed from the water that drains from the northern slopes of Santo António da Neve and eventually flows into the River Ceira. Downstream from Pena bridge lie unique places like Poco Escuro de Clima, Poco Escuro de Baixo and Pião.

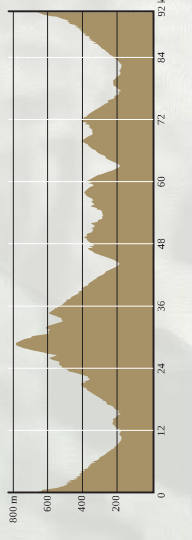
11 EN2
 This is a section of National Highway 2, the longest road in Portugal (729km), which connects Chaves in the far north with Faro, deep in the south.

1 COMAREIRA
 This is the smallest of the Schist Villages. The peace of its few inhabitants is only disturbed by the passing of occasional cars. It is the location of choice for those who wish to escape the bustle and hassle as there is holiday accommodation in the village.

2 SCHIST VILLAGES GR
 Section of the Grande Rota (long distance hiking trail) that connects the Góis Schist Villages with those of Louisa (Cerdeira). Linear. Distance: 9km. Duration: 5 hours. Minimum altitude: 485m. Maximum altitude: 924m. Medium.

3 AIGRA NOVA
 The activity for these 4 villages centres in this village, ISTRANAVE 1 reggae Friends of Louisa Music, like in its heady days, has been replaced by a set of facilities (see PLACES TO VISIT) that have brought new life to the place and also serves as a support centre for visitors.

ELEVATION PROFILE: 792^M (MAXIMUM) | 189^M (MINIMUM)



ROUTE DESCRIPTION

CERDEIRA - Louisa - follow EN342 towards Boavista - on the descent after entering Góis municipality, bear right to Comareira - the first 1 km is a steep climb. COMAREIRA - then continue to AIGRA NOVA - you will have to return almost as far as Comareira to turn right to reach the crossroad that provides access to AIGRA VELHA - go back to the crossroads and take the dirt road that goes downhill to PENA - from here the road is tarmac and passes through Ribeira Cemeira before reaching Esporão - follow the EN2 down to GÓIS - enter the village, cross the bridge over the River Ceira and follow the road until the fire station - turn right to CABREIRA - return to Góis and then drive to Louisa - CERDEIRA.

DISTANCE (ROUND TRIP): 92,3^{KM}

KEY

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

APP means Pedestrian Routes. You can download them from our site.