



PLACES TO VISIT

I

SANTOS ROCHA MUNICIPAL MUSEUM Figueira da Foz

Houses important collections of modern sculpture, religious sculpture, coins, Indo-Portuguese furniture, African ethnography, armoury, epigraphy and archaeology.

Closed: Monday.

🕒 1st September to 30th June: 9:30 am-5 pm, Saturday: 2-7 pm; 1st July to 31st August: 9:30 am-6 pm, Saturday, Sunday and public holidays: 2-6 pm.

📍 €2. Discounts available. 📍 40°9'7.80"N; 8°51'37.18"O

II

SALT MUSEUM Lavos, Figueira da Foz

Exhibition and interpretation space about salt production. Walking trails around the salt pans.

Closed: Monday and Tuesday.

🕒 1st May to 15th September: Wednesday to Sunday and public holidays: 10:30 am-12:30 pm and 2:30-6:45 pm; 16th September to 30th April: Wednesday, Saturday, Sunday and public holidays: 10 am-12:30 pm and 2-4 pm

📍 €1. Discounts available. 📍 40°6'43.29"N; 8°49'58.46"O



RESTAURANTS

III

A GRELHA Montemor-o-Velho

Speciality: House grill (Churrascão da Quinta) and fish/seafood grill (Churrascão do mar)

Closed: Monday evening and all day Tuesday.
Average price: €15

☎ 239 689 372 📍 40°11'58.68"N; 8°14'31.85"O

IV

MARÉGRAFO Buarcos

Speciality: : Fish and seafood dishes.
Closed: Tuesday. | Average price: €15 to €20

☎ 915 190 547 📍 40°9'53.56"N; 8°52'34.63"O

CONVENTUAL PASTRY

V

A POUSADINHA Tentúgal, EN111

Various convent cakes. ☎ 239 781 057

VI

AFONSO Tentúgal, EN111

Tentúgal pastries and cheesecakes (*queijadas*). *Espigas* de Montemor (corn-shaped cakes). ☎ 239 781 057

VII

QUEIJADINHA Vila de Pereira

Queijadas de Pereira. ☎ 239 645 901

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



TOURIST FACILITIES

VIII

PR*1 FIG MAIORCA ROUTE

Circular Distance: 12km
Duration: 3.5 hours. Easy

IX

PR*3 FIG BOA VIAGEM ROUTE

Circular Distance: 11,75km
Duration: 3.5 hours. Medium

X

PR*6 FIG SALT PANS ROUTE

Circular Distance: 4km
Duration: 2 hours. Easy / Medium

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.



Contemplation, thinking, reading, writing and creating are ideal activities for your stay in Cerdeira. The harmony between the houses, landscape and nature provides unforgettable moments of rest and relaxation.



Cerdeira Village

Creative Center & Accommodation



Figueira da Foz *Along the River Mondego*

ROUTE
7



ACTIVE



HISTORY
AND CULTURE



LAZER



LANDSCAPE



BEACHES



NATURE

STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



Cabo Mondego - dinosaur footprints

WHAT TO EXPLORE

The idea is to find the beaches with the Atlantic's best waves by following the final section of the River Mondego as it flows through the flat and fertile fields of the Lower Mondego. The journey includes a diverse range of experiences. Visit the magnificent Montemor-o-Velho Castle to admire the geometric layout of the surrounding rice fields. Choose from several different beaches including the prestigious Figueira da Foz and

others that are still lively with fishing activity. Climb to the top of the Mondego Cape and grab the binoculars at viewpoints to gaze out over the sea as well as the kilometres of sand that stretch from north to south. Enjoy the company of birds in the middle of a patchwork estuary that was once filled with salt pans. Then indulge your body and soul by sampling local convent cakes. You'll be spoilt for choice in every sense.

MONDEGO CAPE

This is one of the few Portuguese mountain ranges to be met by the waves of the Atlantic. Its highest point, Bandeira (257m), is a just few hundred meters from the coastline. The limestone strata that form the mountains are about 160 million years old. Originally from the bottom of the ocean, the sea creatures that once lived in them can

be seen in the form of millions of fossils. The mountains end at Cabo Mondego. The line of sand that forms the coastline both north and south is only interrupted by the mouth of the River Mondego. The best viewpoints from which to enjoy this panorama are: Miradouro da Vela, Miradouro da Bandeira and the Cabo Mondego lighthouse.

MONDEGO ESTUARY

The most important part of the Mondego Estuary is Murraceira Island and the channels that envelop it to the south. The old salt pans are almost all abandoned, replaced by fish farms or serving as a feeding place for many aquatic birds, notably the hundreds of flamingos that can be found here.

📍 40°06'43.62"N; 8°49'58.32"O



PRECAUTIONS

Do not swim at beaches without lifeguards and comply with the safety rules, especially the flag system, in bathing areas. Don't forget your binoculars when visiting Quinta do Taipal or the Mondego estuary.

MOST IMPORTANT PLACES

A

MONTEMOR-O-VELHO

An imposing village within the Lower Mondego landscape due to the majesty of its castle.

In addition to the structure's various military components, the Church of St. Mary of the Citadel inside the castle walls was probably built on the site of the old Muslim mosque. A more extensive remodelling in the 16th century gave rise to the Manueline features. Look out for the Mudejar tiles, an altarpiece in Ançã stone and the 18th century painted murals. Next to the castle there is a lift that provides easy access to the lower part of the village.



A - Montemor-o-Velho Castle



B - Figueira da Foz

B

FIGUEIRA DA FOZ

The site of St. Catherine's Fortress, on the right of the mouth of the Mondego, was settled in the 15th century but construction work on the fortress began only in the late 16th or early 17th century. Together with Buarcos Fort, the fortress defended this stretch of the coast, sheltered to the north by the Mondego Cape. The settlement was only elevated to the category of a town in 1771 but by 1882 it had acquired city status. It benefitted from being located at the point where the Mondego fades into the Atlantic. The

fishing port, shipyards and the influx of holidaymakers who began coming here in the late 19th century were factors that dictated its destiny.

It became established as a seaside resort on the extensive Portuguese coastline when Bairro Novo, the new district, was designed where hotels, a casino and other entertainment establishments have created a relaxed space that satisfies cosmopolitan desires. Beyond that, Figueira da Foz was, and is known for sun and its massive beach (Praia da Claridade).



D - Mondego Cape

C

BUARCOS

This may have been an ancient Muslim settlement, then called Emide, which would have been established due to the existence of a small but rare sheltered bay which functioned as a sea port on a coast dominated by extensive beaches.

D

MONDEGO CAPE

Part of the mountain is covered by Mondego Cape Natural Monument, a protected area that aims to protect and enhance the geological heritage represented by the limestone strata. Among these is a particularly significant stratum that best tells us the Earth's history from a geological period that occurred 50 million years ago.

Figueira da Foz Along the Mondego

ROUTE
7

JUST BETWEEN US...

CLOCK TOWER

This Figueira da Foz icon was built in 1947. Its modernist lines aroused considerable controversy at the time.

PIRATES ATTACK BUARCOS

In July, the Pirate Festival takes place on the sands of Buarcos Beach. Kids love it.

CONVENT CAKES

Try one of these but be warned that the others will become even harder to resist: *Montemor espigas*; *Tentúgal pastries*; *Tentúgal queijadas* and *Pepein queijadas*.



1 **TAIPAL MARSH**
Nature 2000 Special Protection Zone. This means it is a paradise for birds, especially aquatic species. Simply leave the EN111 and pull over near the observatory. Binoculars will make all the difference.
40°10'41.42"N; 8°41'24.837°O

2 **VELA VIEWPOINT (MIRADOURO)**
From Buarcos, continue along the coast road towards the Mondego Cape. At a mere 50 metre altitude, the hillside provides an excellent viewpoint. You can see Buarcos, Figueira da Foz, the mouth of the Mondego and the line of sand and forest that stretches to the south. On very clear days you can make out Península Island in the distance.
40°10'45"N; 8°34'15°O

3 **BANDEIRA VIEWPOINT (MIRADOURO)**
At the top of the mountain, on its northern flank, Boa Viagem offers one of the most spectacular panoramic views of this coastline. The line of golden sands extends to the north and reveals the position of Martimimera, Quátos, Tocha, Mira and the Costa Nova lighthouse.
40°12'06"N; 8°52'47°O

4 **ST. CATHERINE'S FORTRESS**
Built between the late 16th century and the early 17th, the fortress was intended to guard and defend the sheltered cove of Buarcos, which served as a sea port at that time, from pirates and corsairs. The architecture of this type of defensive military structure was designed to resist attack from the new weapons resulting from the already widespread use of gunpowder.

5 **BUARCOS FORT**
Unlike St. Catherine's Fortress near the mouth of the Mondego, Buarcos Fort is not strictly speaking a fort. It is a 700m-long low wall equipped with three bulwarks.

6 **ON THE ATLANTIC SANDS**
If you want to lay your towel on a beach, the only difficulty lies in choosing one. There are some suggestions, from north to south, along a coastal strip of about 30km of beaches:
6 - **Quátos Beach**
40°13'00.68"N; 8°53'36.01°O
7 - **Buarcos Beach**
40°09'49.82"N; 8°52'33.13°O
8 - **Clock Beach (Praia do Relógio)**
40°09'00.72"N; 8°52'00.78°O
9 - **Cova-Gala Beach**
40°07'30.60"N; 8°51'50.72°O

2 **MONTEMOR-O-VELHO CASTLE**
The early defensive structure was built during the period of British rule. It was awarded the title of National Monument in 1910. In the 14th century, the castle was remodelled by an extensive barban and in the following century a Royal Palace was built. It was here that, in 1355, King Alfonso IV decided the fate of Inês de Castro, the Galician noblewoman known to be his son Pedro's mistress, and therefore a threat to the dynastic succession of the Portuguese crown. Her assassins set off from this castle to carry out the king's orders.

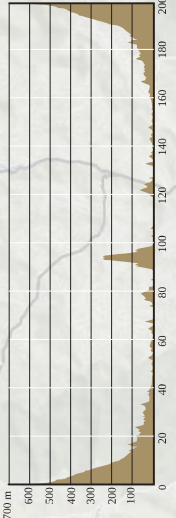
11 **TENTÚGAL**
Although its name is associated with the convent cakes, the village has important architectural heritage in the form of the 15th century Clock Tower, 16th century Misericórdia Church and the 16th-century Convent and Church of Our Lady of Mount Carmel.

ROUTE DESCRIPTION

CERDEIRA - Louçã - to Coimbra on the EN17 - follow the EN111 to Figueira da Foz - **MONTEMOR-O-VELHO** - after Montemor, get onto the A14 after Quinhentos - at the end of the A14 follow the signs to the centre of **FIGUEIRA DA FOZ** - follow the coast road to **BUARCOS** - stay on the coast road following the EN109-8 up to the **SERRA DA BOA VIAGEM** - return to the start of the A14 using the Edgar Cardoso Bridge to head south on the EN109 - take the **HOSPITAL / PRAIAS / ECOMUSEU DO SAL** exit - in Lavos, head to the - **SALT MUSEUM (E)** - make your way back to **TENTÚGAL** - Coimbra - Louçã - **CERDEIRA**.

DISTANCE (ROUND TRIP): 200 KM

ELEVATION PROFILE: 692m (MAXIMUM) | 1m (MINIMUM)



IC KEY

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