



Villages of Ruins, Olhas and Canhestros

The villages on this trail are part of the Union of Civil Parishes of Ferreira do Alentejo and Canhestros. The biggest of the three, Canhestros, was a civil parish until 2013 and is where more social and administrative services are located. The people who live in these villages, which have been occupied since time immemorial, have always been connected with agriculture in the fields in the surrounding area.



Cereal-growing steppes

The cereal-growing steppe area is characterised by the extensive cultivation of dryland cereals, which is an agricultural system comprising a wide range of cultivated cereal fields or lying fallow in order to derive the greatest benefit from the land. It is a landscape with wide undulating areas of herbaceous plants dotted occasionally with groups of trees.

Eat here!

Meals and snacks are very appealing in Ferreira do Alentejo. You can have lunch or dinner in a restaurant or have a snack in a tavern or in one of the cafés in the traditional Alentejo style that can be found in the municipality.



Region of Cork Oak

Region of Cork Oak *Montado* and Cork is the classification identifying the fact that more than 15% of the land in the municipality of Ferreira do Alentejo is covered by cork oak *montados* (oak forests) and is one of the main cork-producing areas in the country. Canhestros is one of the villages in the municipality with the biggest area of *montado*.



Professor Mariano Feio

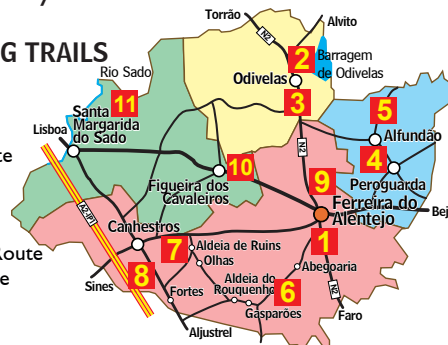
A famous Portuguese scientist and teacher (1914-2001), he was best known in the fields of geography, agronomy, geomorphology, palaeontology and cultural anthropology. He was the author of more than two hundred scientific works, the most important being the study of human geography "Hindu Castes in Goa". He was the owner of agricultural land in Ferreira do Alentejo and great benefactor in the municipality.

The municipality of Ferreira do Alentejo is located in the Lower Alentejo, exactly halfway between the Atlantic coast and the border with Spain. With an area of 648.25 km² and a population of 7,850, the municipality has a strong focus on agriculture, in the form of both traditional cultivation of olive trees and the cork oak forests of the *montado*, and modern cultivation using irrigation. There are traces of occupation by humans since the Middle Palaeolithic, with the region being used throughout all the periods of pre-history and history.



PR - SHORT WALKING TRAILS

- PR1 Eagle Hill Route
- PR2 Water Route
- PR3 Stone Route
- PR4 Michel Giacometti Route
- PR5 Lake of Ducks Route
- PR6 "Montes" Route
- PR7 Old Villages Route
- PR8 Cork Oak "Montado" Route
- PR9 Farms and Estates Route
- PR10 Olive Oil Route
- PR11 Sado River Route



CONDUCT AND SAFETY

This trail is reserved for walkers only. Walk in a group; avoid going alone. Wear a hat and suitable clothing and footwear for your intended walk. Take a backpack with plenty of food and water. Be respectful of public and private property. Leave gates and barriers the way you found them. Avoid using plastic items and dispose of rubbish in the proper places. No naked flames or lighting fires of any kind. Make use of local services for overnight stays, meals and shopping.



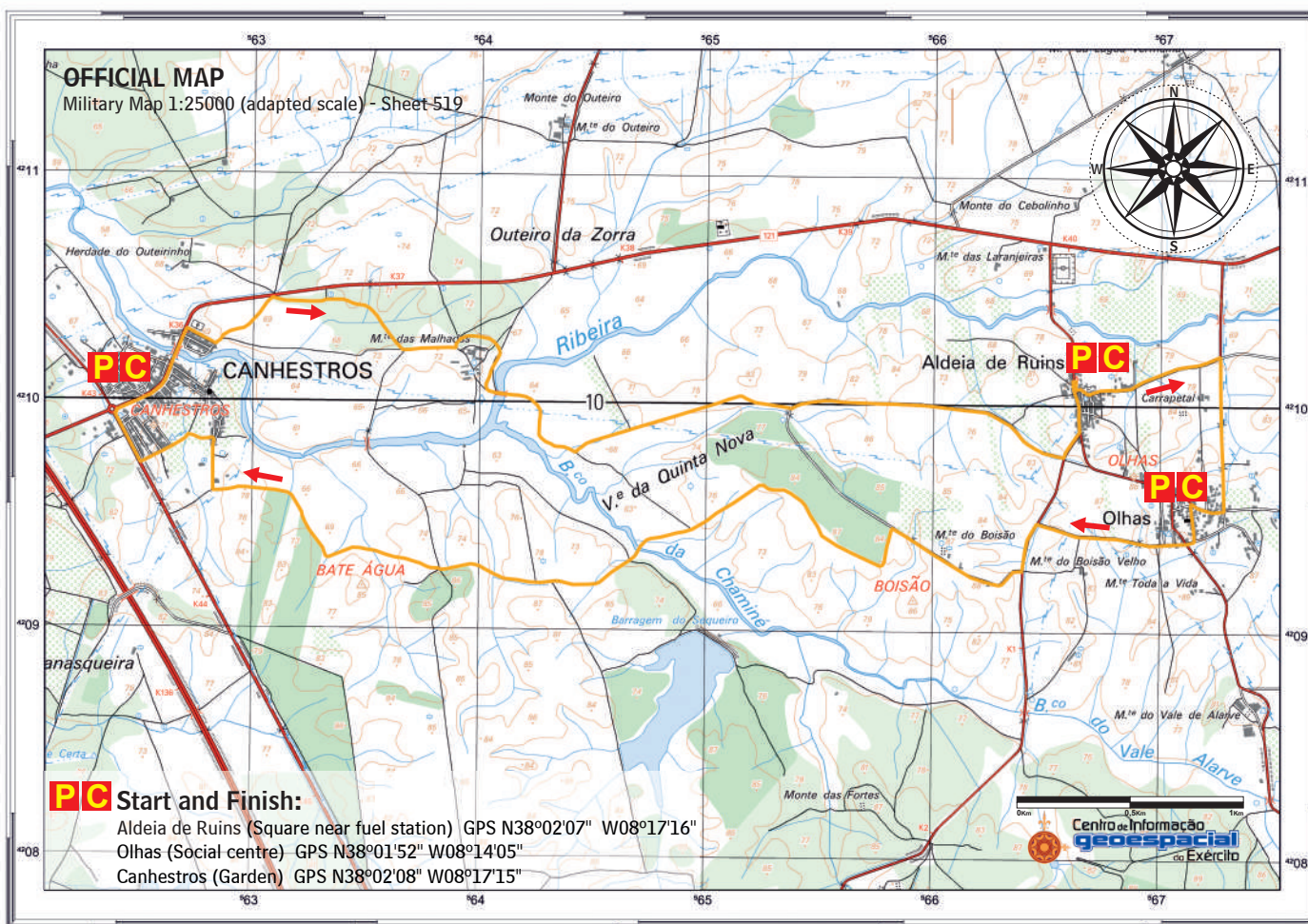
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PR 7
FAL

This part of the municipality of Ferreira do Alentejo displays the typical characteristics of dryland cultivation and the traditional oak forest *montado*, because the abundant irrigation water from Alqueva does not reach this far. The landscape is green in winter and full of flowers in spring, but, in the summer months, this gives way to golden meadows dotted with the dark green of the holm oaks and cork oaks. The small villages at the start and the end of the trail and the scattered *montes* (small estates) are indications of ancient agricultural settlement.



POINTS OF INTEREST

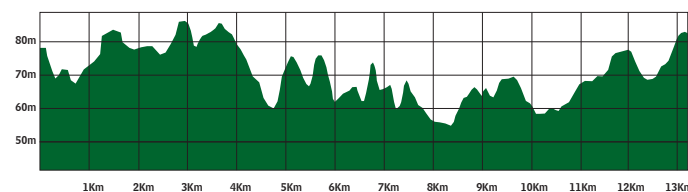
Villages of Ruins, Olhas and Canhestros
Riverside of Canhestros
Region of cork oak "Montado"
Professor Mariano Feio
Cereal-growing steppes
Forest of cork and holm oak

DATA SHEET

Path: Loop.
Distance: 13.1 km.
Accumulated elev.: 202 m.
Duration: 3 to 4 hours.
Difficulty: Low.
Surface: Country paths and secondary roads.
Season: All year.

ALTITUDE GRAPH

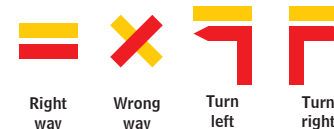
Check the relationship between distance and altitude scales.



DESCRIPTION OF THE TRAIL

As this is a circular trail passing through three villages, it is possible to start from any of the villages, where information panels are located. In this description, we suggest that you set off from Aldeia de Ruins. Follow Rua Poeta Bocage heading east on a rural track and turn right in a southerly direction at the second crossroads. When you arrive in Olhas, turn right into Rua Alexandre Herculano and then left into Rua Gil Vicente. At the end of the street, turn right and go as far as the final junction and turn left. Head south, take the first turning on the right, go uphill a bit and go past some old houses. Proceed along a dirt track, turn left and continue alongside the arable land until you cross the river, on the other side of which is a small area of beautiful *montado* oak forest. Go straight on and walk along a rural track between huge fields of cereal crops until you reach the first agricultural building, where you turn right to enter the oldest part of Canhestros. Turn left and go through Canhestros along the EN383 national road as far as the roundabout where you turn right. Continue along the EN121 national road as far as the end of the village and turn right before the sportsground. Turn onto a rural track to the left almost until you reach the road, and then bear right through the oak trees of the *montado*. Walk around the small estate, and cross the Ribeira de Canhestros river continuing through irrigated fields of cereal crops until you turn left, at the last junction, and reach Aldeia de Ruins.

SIGNAGE



FCMP - Federação de Campismo e Montanhismo de Portugal

EMERGENCY

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