



## TOURIST FACILITIES

I

### POÇO CORGA RIVER BEACH

Established around Ribeira de Pera, it offers plenty of facilities including those that make it an accessible beach. It has a restaurant, an old olive press and a picnic area amid oak trees.

📍 40°1'27.54"N; 8°11'21.94"O

II

### ROCAS RIVER BEACH

For those who want more than a simple dip in a freshwater beach, the complex has an extensive body of water with a large circular pool and a beach with waves. This section of the Ribeira de Pera is quite sheltered, creating an almost tropical environment. Bar and restaurant services. Entrance fees apply.

📍 40°0'17.30"N; 8°12'21.89"O

III

### PR\*1 LSA - LOUSÃ SCHIST TRAIL 1 - WATERMILL ROUTE

**Circular.** Distance: 6km Duration: 2.5 hours Minimum altitude: 133m Maximum altitude: 276m Difficulty: **Hard**

IV

### PR\*2 LSA - LOUSÃ SCHIST TRAIL 2 - LOUSÃ SCHIST VILLAGES ROUTE

**Circular.** Distance: 6km Duration: 3 hours Minimum altitude: 223m Maximum altitude: 574m Difficulty: **Medium**

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



## RESTAURANTS

V

### O BURGO Senhora da Piedade, Lousã

**Specialty:** Talasnal-style cozido with cornbread. Grilled kid. Chanfana. Tigelada.

**Closed:** Sunday (dinner) and Monday | Average price: €15 to €20

☎ 239 991 162

📍 40°5'59.98"N; 8°14'4.09"O

VI

### TI'LENA Talasnal, Lousã

**Specialty:** Oven-roasted kid with chestnuts.

**Closed:** October-June: only open during the week by appointment.

Average price: €15 to €20

☎ 933 832 624

📍 40°5'27.95"N; 8°13'34.34"O

VII

### O LAGAR DO LAGO Castanheira de Pera

**Specialty:** Baked cod in olive oil. Fried kid with chestnuts. Mountain-style roast kid.

**Closed:** Mon-Thurs (low season) but open by appointment; Monday (high season). | Average price: 15€

☎ 236 430 120

📍 40°00'07,75"N; 8°12'29,30"O

## STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



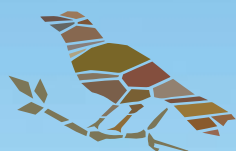
Cerdeira is the best option for those seeking a balance between being immersed in the tranquil nature of the mountains and their interest in exploring the historical and cultural richness of the centre of Portugal.



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 Neighbours, chestnut woodcarvings created by Kerstin Thomas, accompany visitors throughout their stay in Casa das Vizinhas. They are the old friendly residents of the village of Cerdeira.



# Cerdeira Village

Creative Center & Accommodation

## Peaks of Lousã *Ice for the Royal Court*

ROUTE  
**1**

Ice house and chapel of Santo António da Neve



ACTIVE



VILLAGES



HISTORY  
AND CULTURE



RECREATION



LANDSCAPE



BEACHES  
INLAND

STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



Late afternoon in Trevim with the Atlantic coast on the horizon.

## WHAT TO EXPLORE

You can see the flat serenity of the Atlantic Ocean as you gaze westwards from some the peaks in the Lousã mountain range. The peaks themselves form a choppy sea of mountains that extends inland and to the south.

Hidden in the valleys behind these mountains there are river beaches for you to dive into and many villages that await your visit. On one

of these peaks you will discover the Royal Ice Factory which, using only manual labour, produced ice that was transported to the capital of the kingdom to supply the royal kitchen and a few Lisbon shops in the 18th century.

Along the paths between peaks and valleys, you may be lucky enough to cross paths with some of the many deer that inhabit these mountain ranges.

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### LOUSÃ MOUNTAINS

The range is essentially formed from schist stone, which gives its peaks and slopes the smooth rounded shapes that are typical of mountain formations made up of this type of rock. The mountain range is part of the Montejunto-Estrela Massif, with a NE-SW orientation that aligns with the Estrela and Açor Mountains.

### RIVER BEACHES

Clear waters run along the base of the Lousã Mountains' deep valleys. In the summer months, they are used for bathing activities and water sports at several river beaches. Castanheira de Pera river beach even creates waves for its users.



### PRECAUTIONS

The highest points of the mountain are unpleasant in adverse weather (fog, rain and wind). On cold days, ice and snow on the road call for extra care when driving.

## MOST IMPORTANT PLACES



A

CANDAL

One of Lousã's 5 Schist Villages and the only one that is on a national road. This accessibility, and resulting prosperity, explains the existence of the rendered houses that line the road.

B

TREVIM

Trevim (1204m) is the highest point in the Lousã Mountains and one of the highest in the central mountain chain. Each of the surrounding valleys is deeply furrowed by the schist that this mountain range is formed from.

C

SANTO ANTÓNIO  
DA NEVE

This is close to the second highest point in the Lousã mountains (1193m) which is slightly above the chapel, next to the abandoned airstrip.

D

ICE HOUSES

Of the 7 wells that were once here, perhaps even before the chapel was built, only 3 remain. The pits were excavated from the schist crag and a circular or polygonal roof structure was then built to cover them. The well enabled snow collected from the surrounding area to be pressed to turn it into ice and then stored inside for months. The cover prevented rainwater from getting in and maintained sufficiently cool temperatures inside the well.



E

COENTRAL AND THE  
WOOL INDUSTRY

Numerous flocks of sheep traversed these mountains, enabling the development of traditional domestic practices that made good use of their wool. When hydropower came into use in the mid-19th century, an important centre for the wool industry sprang up along the valley. Its decline began in the mid-20th century with the influx of cheaper textiles.

F

CASTANHEIRA  
DE PERA

Nestled in the Ribeira de Pera valley and sheltered from the north winds by the Lousã Mountains, the village hosts Rocas river beach and Casa do Tempo, a typography museum and cultural space.



# Peaks of Lousã

## Ice for the Royal Court

ROUTE 1



### JUST BETWEEN US...

**DEER**  
The whole area of woods and forests surrounding the peaks of the Lousã Mountains is discreetly inhabited by deer. The September rutting season makes them easier to find and observe. Occurring during the mating period, "ruttling" describes the behaviour of and guttural sounds emitted by the males in order to attract females and ward off other males.

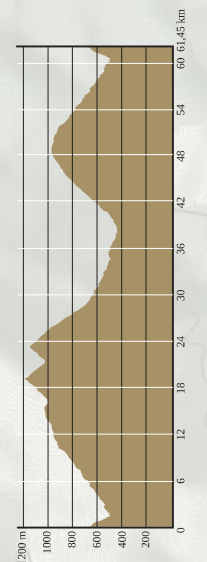
**ATLANTIC OCEAN**  
Trevim is only 60km from the sea. Look west on a clear day to see the dark, dark strip of the Atlantic Ocean or watch the sun dip into its sparkling waters at the end of the day.

### ROUTE DESCRIPTION

**CERDEIRA** – take the EN236, turn left to go uphill - **CANDAL** - continue to climb until the left turn for **TREVIM** - **TREVIM** - go back just over 1km and bear left, going up and downhill - **SANTO ANTÓNIO DA NEVE** - go back to the end of the descent, keeping to the left - **Coentral** - **Sarmadas** - **Pisões** - **Pera** - **CASTANHEIRA DE PERA** - return to **CERDEIRA** along the EN236.

**DISTANCE (ROUND TRIP): 61,45<sup>km</sup>**

**ELEVATION PROFILE: 1200<sup>m</sup> (MAXIMUM) | 450<sup>m</sup> (MINIMUM)**



### KEY

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

- CANDAL SCHIST VILLAGE SHOP**  
Closed: Tuesday.  
Monday to Friday: 10h30m-17h30m  
Saturday, Sunday and public holidays: 10h30m-18h30m  
☎ 239 991 393
- LOUSÃ MOUNTAINS**  
The masses of moist Atlantic air coming from the northwest encounter their first hurdle here. Upon being forced to rise, the temperature of the air drops. In colder seasons, this increases the likelihood that precipitation will take the form of snow rather than rain.
- CHAPEL OF ST. ANTHONY OF THE SNOW**  
This small chapel of simple architecture was built in the 18<sup>th</sup> century and dedicated to Saint Anthony of Lisbon by the royal ice factory that operated here.
- OAK TREES (Quercus robur)**  
There are still some ancient oaks in the area surrounding the ice houses, testimonies to the ones that covered much of these mountain ranges in times gone by. We can still find many examples of remarkable size along the Coentral side of the Ribeira de Pera valley.

**5 THE ROYAL ICE FACTORY**  
Trevim and Santo António da Neve are the points closer to Lisbon where it snows most frequently. In the 18th century, these sites were used as an ice factory that supplied the capital of the kingdom. The Royal Ice Factory was responsible for maintaining the local structures and for the logistics that began with snow collection in winter and ended with the transportation and sale of ice in Lisbon during the summer.

### ICE COMPETITION

Around the same period, another Royal Ice Factory was set up in the Montejunto Mountains, much closer to the capital. There, the ice was obtained from water, which was placed in large outdoor tanks and froze during cold nights. The sheets of ice were collected, compressed and stored in a cool place.

### THE ICE JOURNEY

The ice produced in Santo António da Neve was sent by land and then by waterway to the capital. It was destined for the royal kitchen and some commercial establishments, where it was used for cold drinks and ice creams. On the first leg of this journey, the ice was taken down in mules and carts, along with the workers who accompanied the carts. The route led towards the section of the River Tagus between Abrantes and Constância.

