



PLACES TO VISIT

I THE COUNTS OF CASTELO MELHOR STATELY HOME Santiago da Guarda, Ansião.

Guided visits. **Closed: Monday.**
 🕒 **SUMMER:** Weekdays: 10 am-1 pm and 2:30-6:30 pm; Saturday and Sunday: 2:30-6:30 pm. **WINTER:** Weekdays: 9 am-12:30 pm and 2-5:30 pm; Saturday and Sunday: 2-5:30 pm. 🏠 2€. Discounts available.
 📍 39°56'52.85"N; 8°28'48.51"O

III ROMAN RUINS OF CONIMBRIGA MUSEUM

Closed: 1st January. Easter Sunday. 1st May and 25th December.
 🕒 10h-19h 🏠 4,50€.
 Condeixa-a-Nova 📍 40°5'54.74"N; 8°29'26.05"O

II RABAÇAL ROMAN VILLA AND MUSEUM SPACE Rabaçal, Penela.

Guided tours of the villa. **Closed: Monday.**
 🕒 11h-13h e 14h-18h.
 🏠 €1,50. Discounts available.
 📍 40° 1'47.47"N; 8°27'17.27"O

IV ROMAN CRYPTOPORTICUS - MACHADO DE CASTRO NATIONAL MUSEUM

Closed: 1st January, Easter Sunday, 1st May and 25th December.
 🕒 **October to March:** 10 am-12:30 pm and 2-6 pm; **April to September:** 10 am – 6 pm.
 🏠 €6. Cryptoporticus visits only: €3. 📍 Coimbra



RESTAURANTS

V D. SESNANDO Penela

Speciality: 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

VIII LOGGIA Museu Nacional de Machado de Castro, Coimbra

Speciality: Panoramic views in the late afternoon.
Tuesday and Sunday: 10 am-6 pm; Wednesday to Saturday: 10 am-11 pm
Closed: Monday. Average price: €15 to €25
 📞 239 853 070 📍 40°12'31.97"N; 8°25'30.79"O

VI O CANTINHO DA CLOTILDE Rabaçal, Penela

Speciality: Traditional cuisine.
Closed: Sunday. Only serves lunch. Average price: €7
 📞 916 686 448 📍 40°1'53.66"N; 8°27'16.72"O

IX ADEGA PAÇO DO CONDE Coimbra

Speciality: Charcoal grill.
Open: Monday to Saturday.: 11h-22h **Closed: Sunday**
 Average price: €10€
 📞 239 825 605 📍 40°12'33.81"N; 8°25'49.02"O

VII BAIRRADINO DOS LEITÕES Condeixa-a-Nova, EN1

Speciality: Bairrada suckling pig (leitão).
Closed: Monday. Average price: €15
 📞 239 941 302 📍 40°6'48.97"N; 8°30'10.83"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 panel with sandstone figures created and executed by Carmina Anastácio for Casa da Estórias appeals to our imagination, giving life to new characters and plotlines. All of Cerdeira's accommodation has benefited from the intervention of artists.



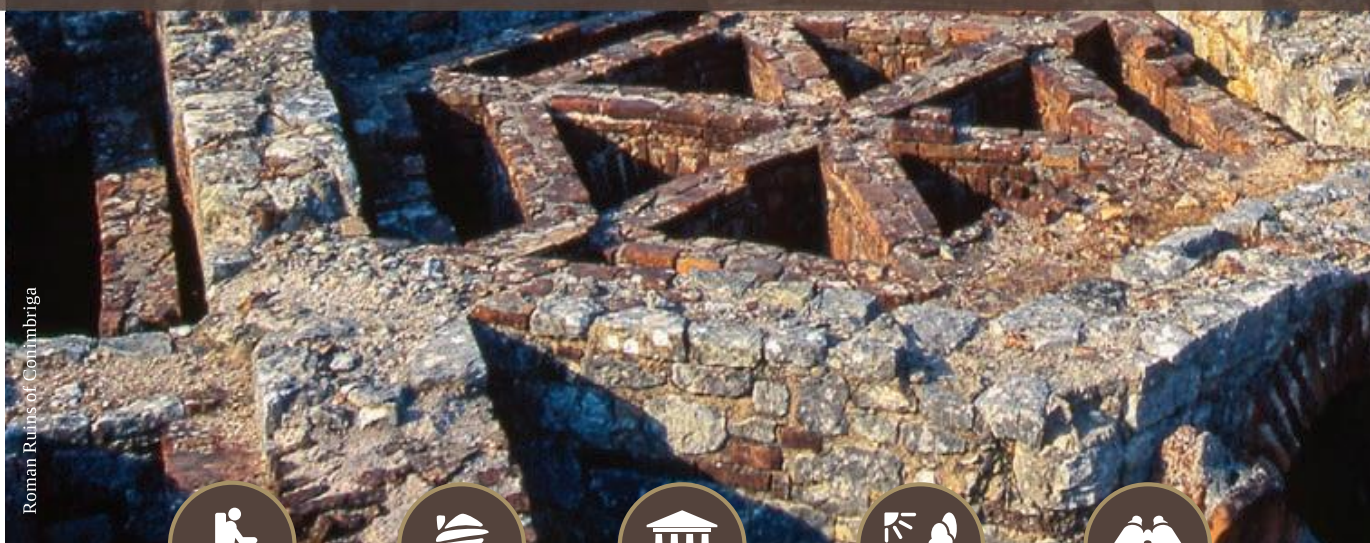
Cerqueira Village

Creative Center & Accommodation



Sicó Lands *Legacy of the Roman Empire*

ROUTE
8



Roman Ruins of Conimbriga



ACTIVE



VILLAGES



HISTORY
AND CULTURE



RECREATION



LANDSCAPE

STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



Casmilo Caves

WHAT TO EXPLORE

Not far from Cerdeira important traces of the presence of Rome can be found along what was once a major highway that began in Lisbon (Olissipo) and passed through Tomar (Sellium) and Coimbra (Aeminium) to reach Braga (Bracara Augusta). It was the road for attacks and retreats while Portugal was expanding its territory to the south as well as for northbound pilgrimages to the tomb of St. James in Santiago de Compostela. You will follow this ancient route from south to north starting from Santiago da Guarda and passing

through Rabaçal, Conímbriga and Alcabideque before ending in Coimbra. As for Roman remains, this is, if not the most, at least one of the most remarkable centres of Roman civilisation in Portugal. This route crosses the extensive limestone mass south of Coimbra known as the Sicó Mountains. They exhibit various geological formations that are characteristic of this type of rock, vagaries of nature that surprise and fascinate visitors.

SICÓ MOUNTAINS

This limestone formation, with a maximum altitude of 553m, has an interesting set of karst geomorphological aspects: the unique Casmilo Caves, a series of impressive caves especially Soprador do Carvalho; several points where rivers spring from the Earth's depths such as the Olhos de Água from the Anços and Dueça rivers and the source of the River Nabão;

limestone cliffs like Poio Velho, Poio Novo and Senhora da Estrela; almost conical hills like Germanelo and Jerumelo; river-cut canyons as in the case of Rio dos Mouros; fields of karst topography and numerous sinkholes and potholes. Some higher points form magnificent natural viewpoints over the surrounding areas of Monte de Vez near Penela and Senhora do

Circo near Casmilo. The vegetation includes patches of Portuguese oak or gall oak, an arboreal species which is occasionally accompanied by holm oaks to form unique woods. This is one of the reasons that led to the area's classification as the Sicó-Alvaiázere Site of Community Importance within the Nature 2000 Network.



PRECAUTIONS

Bearing in mind the route's theme (Roman times), in addition to visiting the monuments we highly recommended that you visit the places indicated. Take into account opening days and hours.

MOST IMPORTANT PLACES



C - Alcabideque Castellum

A

THE COUNTS OF CASTELO MELHOR STATELY HOME

The 16th century residential palace encased a sturdy 15th century tower, which was built on the base of a 12th century tower. In turn, the whole complex sits atop a late Roman villa from the 4th to 5th centuries. The highlight is the set of 17 floors with Roman mosaics belonging to the villa, which can now be observed through glass flooring.

B

RABAÇAL MUSEUM SPACE AND ROMAN VILLA

This archaeological site is that of a 4th century Roman farm where the manor house, the servants' residences and structures for agricultural support are clearly visible. Most notable is the set of four mosaic panels representing the four seasons. The museum space presents a collection of the archaeological materials found in the villa as well as elsewhere in the region.

C

ALCABIDEQUE CASTELLUM

CONDEIXA-A-NOVA

📍 40°06'23"N; 8°27'54"O

The water that supplied the Roman city of Conimbriga was captured in Alcabideque. The location benefits from a fast-flowing spring to which a ground-level reservoir is connected. The remaining building was the tower used for collecting and elevating the water to enable its gravitational transport to the city via an aqueduct over 3 kilometres long.



B - Rabaçal Roman Villa - Mosaic

D

ROMAN RUINS OF CONIMBRIGA

CONDEIXA-A-NOVA

One of the most important sites in Portugal from the period of Roman rule. Unmissable!



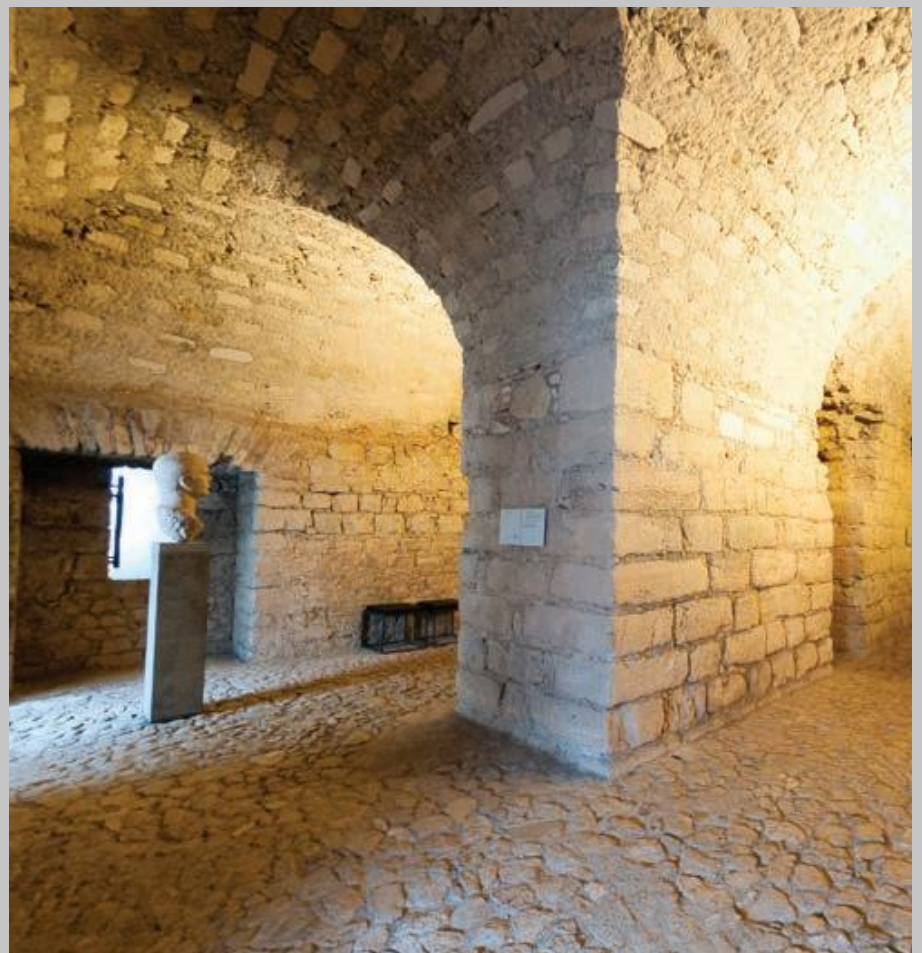
D - Roman ruins of Conimbriga

E

ROMAN CRYPTOPORTICUS - MACHADO DE CASTRO NATIONAL MUSEUM

COIMBRA

The Roman cryptoporticus is the largest existing Roman construction in the country. It is a platform that was built to counteract the slope of the hillside and support Aeminium's forum. Unmissable!

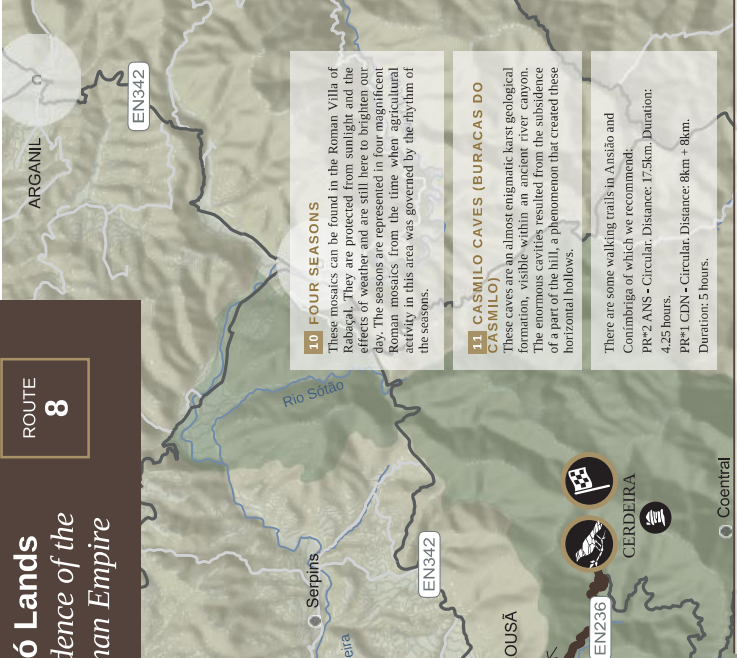


E - Aeminium forum Roman cryptoporticus

Sicó Lands

Evidence of the Roman Empire

ROUTE
8



10 FOUR SEASONS

These mosaics can be found in the Roman Villa of Rabaçal. They are protected from sunlight and the effects of weather and are still here to brighten our days. The seasons are depicted in a very original way. In the seasons from the time when agricultural activity in this area was governed by the rhythm of the seasons.

11 CASMILO CAVES (BURACAS DO CASMILO)

These caves are an almost enigmatic karst geological formation, visible within an ancient river canyon. The enormous cavities resulted from the subsidence of a part of the hill, a phenomenon that created these horizontal hollows.

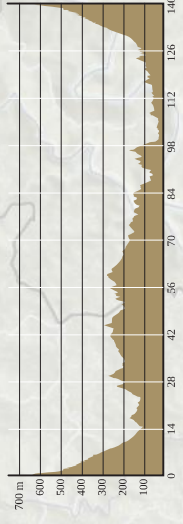
There are some walking trails in Ansião and Combriga of which we recommend:
PR*2 ANS - Circular. Distance: 17.5km. Duration: 4.25 hours.
PR*1 CDN - Circular. Distance: 8km - 8km. Duration: 5 hours.

ROUTE DESCRIPTION

CERDEIRA - Louisa - take the EN342, exiting at the turn-off for PENELA - Miranda do Corvo - take the EN17-1 - at the roundabout, follow signs for TOMAR / PENELA until Casas do Cabra - turn left at the crossroads and follow the IC8 - take the IC8 to Ansião, exiting at the sign for SANTIAGO DA GUARDA - SANTIAGO DA GUARDA - head north and turn right at the junction with the EN526 to get to the EN348 - turn left at the crossroads - RABAÇAL - continue north on the EN348 - turn left at the crossroads with the EN110 - then right at the intersection with the EN342 towards - AL CABIDEQUE - return to the EN110 and bear right to - COMBRIGA - return to the EN110 and bear left - turn right towards Condeixa - at the roundabout take the second exit to the EN1 - COMBRA (head for the centre, cross the Santa Clara bridge and follow the road to your right for 1km to the Parque Verde car park) - turn right to leave the car park, keep right at the fork and go straight ahead at the roundabout - take the EN17 - Louisa - CERDEIRA.

DISTANCE (ROUND TRIP): 140KM

ELEVATION PROFILE: 692M (MAXIMUM) | 19M (MINIMUM)



KEY

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

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



1 LOUÇAINHA RIVER BEACH

☎ 239 351 142 | 📍 40°06'00"N; 8°47'04"E

2 CISED - DUEÇA SPELEOLOGICAL INTERPRETATION CENTRE

Ferratas, Penela. 📍 39°59'00.17"N; 8°23'03.02"E
Dueça Speleological Interpretation Centre. Those who want to go underground can be a spelunker for a few hours and explore the caves formed by the River Dueça, including Soprador do Carvalho.
<https://papel.facebook.com/sopratrotocavalho/>
☎ 914871122

3 SOURCE OF THE RIVER NABÃO

In the village of Ansião, next to IC8, there is a place called Oitos d'Água. During the rainy season, the Cabão begins its journey to the surface here, in a fascinating way. The type of terrain is a limestone massif of the Sicó Mountains. The limestone massifs of the Sicó Mountains to create other waterways such as the Dueça, Anços (Redinha and Tromba) and Arrifana (Condeixa-Nova) rivers.

4 WAY OF ST. JAMES PILGRIM ROUTE

In medieval times, the ancient Roman road from Sallium (Tomar) to Aeminium (Coimbra) began to be used by those coming from the southwest of the Iberian Peninsula on their pilgrimage to Santiago de Compostela. This pilgrim route was recently marketed as the Way of St. James and accompanies the Santiago da Guarda - Coimbra section of this route.

5 WILD ORCHIDS

March to July. At this time of year there are thousands of orchids of dozens of species in the clearings of the woods and thickets and the abandoned olive groves of the Sicó massif, transforming it into a garden of surprises.

6 RABAÇAL VALLEY

This extensive open valley is geologically made up of limestone rocks flanked by small hills with slopes that are sometimes almost bare. Mediterranean flora dominates here, especially olive trees.

7 GERMANELO AND 8 JERUMELO

On the eastern side of the Rabaçal valley there are two small villages, Germelelo (Germanic origin in Portuguese) to which most of the Germanic population of the Sicó massif moved, once had a castle, but only vestiges and a reconstructed part of it exist today. Jerumelelo is further south. This views from the top of both are magnificent.

9 RABAÇAL CHEESE

One of the most popular national cheeses. The best is produced with milk exclusively from the herds of goats that graze the slopes and valleys of the Sicó massif. You can visit the factory by appointment and buy it directly on their shop.