

Ansião



Bofinho

Day

[15]

13,5km
± 3h00



Day 15 | IN THE SHADE OF THE OAK GROVES

Ansião ➔ Bofinho

The fifteenth day of the Route **begins in Ansião**, at the Parish Church (Rua da Igreja), and **ends in the village of Bofinho** (parish of Pelmá), at the Chapel of Saint Anthony (at the junction of Rua da Fonte and Rua da Capela). It is a **short day of walking** covering 13.5 km, which can be completed in 3 hrs. It consists of a combination of local roads and footpaths. It covers a varied terrain with a maximum altitude of 350m, and it is a **medium level of difficulty**.



It crosses the Municipalities of Ansião and Alvaiázere as it makes its way through the **Alvaiázere Mountains**, which is the highest part of the Sicó Karstic Massif. The landscape is characteristic of limestone regions, with subterranean water courses, small hills with panoramic views, slopes sheltered from the wind and lowland plains. The predominant features of this scenery are farmhouses and manor houses, **centuries-old rural settlements** and small villages. The **natural environment is vibrant**, both for its beauty and wealth of fauna and flora.

Over the course of the day you can enjoy the natural features to the full and discover the points of interest in each place you visit, both observing and feeling the vitality all around you. Be attentive to the **diversity of the landscape**. At the outset, don't fail to stop at **Nature Reserve**, which conserves the largest Iberian expanse of *Quercus faginea* (better known as Portuguese oak) and where protected species of **wild orchid** flourish. At the end of the walk pause as you cross the **River Nabão**, another significant feature of the natural heritage.



In this region, the **cultural heritage** is also deeply connected with nature and it underscores the relationship between religiosity, history and life. The walker will pass by **churches, small chapels and traditional buildings**. You can sample the specialities of the local **cuisine**, for which olive oil and wild herbs are essential. You will be able to discover the life of communities and the land they live off; they both preserve and value the past and thereby forge the future.

Having left the urban area of Ansião, the Route passes through a mountainous and densely wooded zone. In **Casal Soeiro**, at the base of the mountain range, you will discover the small village of Serra de Alvaiázere. Continue along a series of tracks, and pass through **Venda do Negro**. Continue through the large **Inter-municipal Nature Reserve** of Algarinho – Gramantina – Ariques, which is an area of landscape that includes the largest Iberian expanse of *Quercus fraginea*, or Portuguese Oak. Here, amidst this striking natural landscape, you will pass the small **Chapel of Santiago de Ariques**, from there continue on through the **Couda Valley**.

The day ends in the Parish of Pelmá, in **Bofinho**, at the **Chapel of Saint Anthony** (Rua de Capela). Here you can muster your strength enjoying the genuine ambience of this village surrounded by the Sicó Mountains.