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## Day 8 | TRADITION AND INNOVATION

### Lourosa » Pinheiro da Bemposta

The eighth day of the Route **begins in Lourosa** at the Chapel of the Feira dos Dez (Chapel of Sts. Michael and Lucia), **and ends in Pinheiro da Bemposta** at the Parish Church (Rua Padre José Mário de Sousa). It is 29 km long and can be completed in around 7hrs. There are barely any difficulties along the way and the altitudes range from 5 to 308 metres; it has a **medium level of difficulty**. The day's walk **covers a varied landscape** consisting of a predominantly rural region with a few cities. Despite being a lengthy stage of the Route it has everything needed to make it a **pleasant walk** and well-suited to a pilgrimage.

Over the course of the day the Route passes through the Municipalities of Santa Maria da Feira, São João da Madeira and Oliveira de Azeméis; a region, which has for many centuries linked **the coast with the inland areas**. The **climate is mild** and the environment offers a setting made up of **gentle slopes** descending into the **valleys** with their fields irrigated by **rivers and streams**.

Throughout this stage, and above all in the centre of the towns and villages, logistical support is available for pilgrims and walkers. The **cultural heritage** conserves the legacy of the past and celebrates contemporary cosmopolitanism and creativity. **Tradition and innovation** exist side by side and interact with each other, thereby demonstrating the specific culture of each place, with its monuments, museums, art galleries, festivals, celebrations and pilgrimages.

Begin your day in **Lourosa** and follow the Rua da Feira dos Dez. Then continue along the **Estrada Real**, which in many places follows the route of the old **Roman Road**, and then follow the local roads. The surroundings are wooded and peaceful, but take care and ensure you walk safely, above all on the sections of the Route used by both pedestrians and cars.

In **Meia Légua**, take Rua Dr. Domingos da Silva Coelho, and then Rua da Fonte do Coelho, and continue for a few metres parallel to the N1.

Then walk down Rua António Nobre and continue along Rua da Banda de Música. You have now reached the town of **Arrifana**, which is still in the Municipality of Vila da Feira.

Soon after you will get to **São João da Madeira**, which is the administrative centre of the Municipality it has given its name to since 1926. The city, which the **River Ul** runs through, was founded in ancient times, but its history is inextricably linked to the nineteenth and twentieth-century industrialisation, when the city's hat and shoe manufacturing industries were set up. As a result it conserves a multifaceted cultural heritage, and its intriguing **industrial heritage** is of particular relevance, and you will see examples of it as you make your way along this stage of the Route. In Rua da Fundação, stop to look at the **Oliva Creative Factory**, a historic factory building that has been converted into a cultural and art centre. Shortly afterwards, the **Hatmaking Museum** is one of the rare museums devoted to the theme of the manufacture of hats and their influence on clothes design and fashion. The city also has a number of delightful parks and gardens. Here you can gather strength by visiting the **Chapel of Our Lady of the**

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**Miracles**, a Marian temple located in a park with the same name, which is just 100 metres off the Route.

On leaving the city and continuing along the Route, you make your way through a landscape consisting of a combination of urban streets, patches of woodland and small farmers' fields. Not far from the historic **Couto de Cucujães**, in the Municipality of Oliveira de Azeméis, the Route makes its way over the ancient **Roman Bridge** that linked Cucujães and Pica.

Continue on until **Santiago de Riba-Ul**, a historic riverside settlement that grew up on the banks of the River Ul, a tributary of the River Antuã.

You will soon reach **Oliveira de Azeméis**, a city with both a historic heritage and contemporary appeal. In the centre you can see the singular bank **designed by the architect Álvaro Siza Vieira** (b. 1933). Close at hand is the **Casa-Museu Regional**, which is a museum devoted to the municipality's ethnography and history. All along this urban section you will see nineteenth and twentieth-century buildings that recall the era of emigration to Brazil. The Municipal Library, a contemporary building,

is named after the celebrated writer **Ferreira de Castro**, who was from Ossela (a village in this municipality) and author of *A Selva* (The Jungle), a novel which recalls the cultivation of rubber in Amazonia.

Leave the city by taking Rua do Cruzeiro followed by a number of old roads through the city's outskirts, the Route then enters an area of farming land through which flows rivers and streams of the Ul river system. In the Parish of **Macinhata da Seixa**, you will cross the **Senhor da Pedra**, a single span ancient Roman bridge, which was rebuilt in 1746. A number of **alminhas**, small memorials with niches, have been built along the bridge, which mark a place for prayer along the old **Pilgrimage Routes**.

You then pass through the Parish of **Travanca**, which in the twelfth century belonged to the Priory of the Monastery of Grijó.

Continue on until you reach **Pinheiro da Bemposta**, where the **Parish Church**, dedicated to St. Pelagius, is the final destination of this stage. A set of steps lead up to the churchyard, and the church itself is an eighteenth century building with a façade and tower adorned with baroque decorative features. Between 1514 and 1885, this town was the administrative centre for the Municipality, and the **Pillory** and **historic Council Chambers** testify to its past importance.