

The Water Trail



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The Water Trail is a footpath known as the short route. The respective markings and signs conform to international standards. The course is mainly within the Protected Area (PA) of influence of the Bertandos and St. Pedro de Arcos ponds, allowing for a better understanding of the origin and movement of the water within that same space.



At the same time, it portrays a frame of human occupation in the area surrounding the PA. We begin the route in the Environmental Interpretation Center (EIC), following the signs to the Pentieiros Estate – integrated in the project of the PA - which includes associated housing, recreation and leisure equipment, as well as an educational farm. It can be visited for a symbolic value. In this vast expansion, there are predominantly urban areas associated to complex and partial agricultural systems. Back to the route, we head toward Estorãos, facing the mountains d'Arga and Cabação –the upper limits of the hydrographic basin of the river Estorãos. This basin, of about 5440ha, is the main water line of the Estorãos river. Its features, associated to local climate conditions, explain the forming of a valley subject to periodic flooding, where the PA is located. Near the Church of Estorãos, we turn right towards the bridge and the watermill of Estorãos. We then leave the riverside landscape,

crossing the bridge towards the fertile plain of Lousa. In this agricultural area there are allusive signs of irrigated Estorãos whose water comes from funding made upstream in the river. At the Statue of Four Hands, symbol of the union between four parishes in face of serious subsistence problems, we turn right, heading towards the former Co-op of Estorãos. Flexing to the left and we are accompanied by an irrigation canal that carries water for irrigating the fertile valley of corktrees, and the lagoon of S. Pedro de Arcos, thus ensuring the maintenance of this biotope in the summer. After crossing anew over the river Estorãos, we turn left, on a trail that leads to the pond Mimoso, bypassing a wooden bridge where, in the winter, the river water enters the Fujacos brook leading to the formation of a temporary lake in the PA.

The pond, a biotope of capital importance for local wildlife, serves as a refuge zone for feeding and reproduction and consists of a seasonal body of water surrounded by hygrophilous woods that host species of high conservation value. The lagoons of the PA, located in natural depressions in the ground are fed by rainwater, the increase in the water table, by the brooks of Leira Longa and Portela as well as being irrigated by Estorãos. From the Mimoso pond, following the route instructions, we head to the National Road (EN) 202, where the Bertandos Manor is located, one of the more emblematic symbols of the north. Trekking parallel to the EN 202 whilst contemplating the Mountain of Arga, and then looking in the opposite direction, we glimpse the riparian gallery of the river Lima, southern boundary of the hydrographic basin of the river Estorãos. The River Lima receives the draining water from Estorãos as well as the Estado ditch, a watercourse built to drain the lagoon of S. Pedro de Arcos, skirting the water from the basin. In the final stretch, turn right and follow the signs to the EIC, through the Lage Estate founded in the XVth century.



Regulation

- Do not leave the marked and signposted route. Pay attention to the markings.
- Avoid making noise and clatter.
- Respect private property.
- Do not leave trash. Leave it in the appropriate collection point.
- Leave nature intact. Do not collect plants, animals or rocks.
- Avoid walking alone. Take water with you.
- Always use appropriate footwear, waterproof sunscreen and a hat.
- On public roads, always circulate with caution.



Datasheet

Route name: The Water Trail

Promoter: Ponte de Lima Municipality

Type of Route: Circular, Small Route

Route Scope:
Ecological, Natural and Cultural

Departure point / arrival:
Environmental Interpretation Centre

Distance Travelled: 12.5km

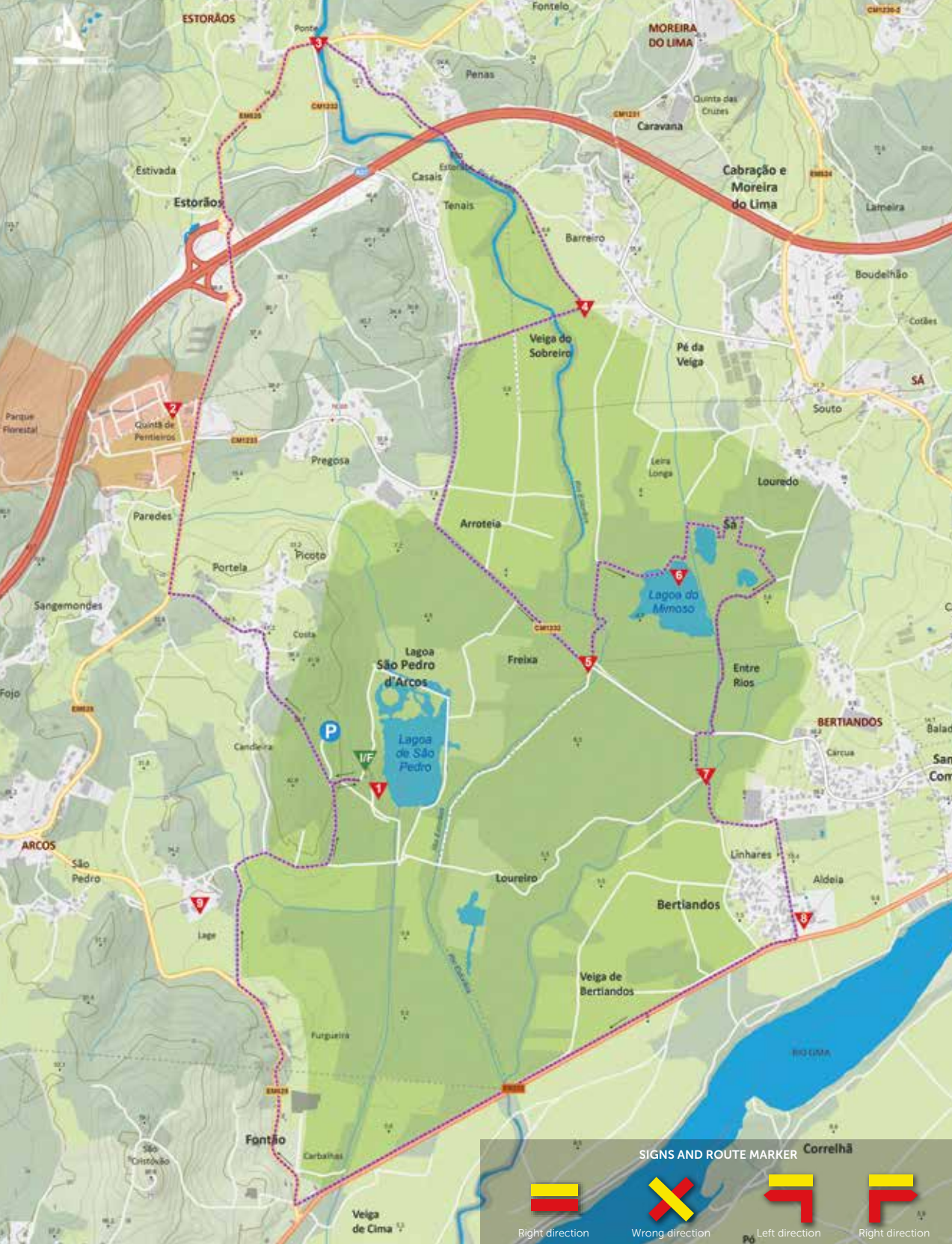
Duration of course: 6h:00m

Degree of Difficulty: Moderate

Maximum Quota Reached: 41 meters

Texts: Municipality of Ponte de Lima

Design: Xpto Design



Starting point / finish

41° 45' 52,289" N | 8° 38' 34,596" W

Points of Interest

1. Environmental Interpretation Centre
2. Pentieiros Estate
3. Watermill, Bridge and River Estorãos
4. Statue of Four Hands
5. Bridge Freixa and River Estorãos
6. Lagoa do Mimoso
7. Pond Mimoso
8. Bertandos Manor
9. Lage House



Municipality of Ponte de Lima
tel. 258 900 400

Volunteers' Fire brigade of Ponte de Lima
tel. 258 909 200

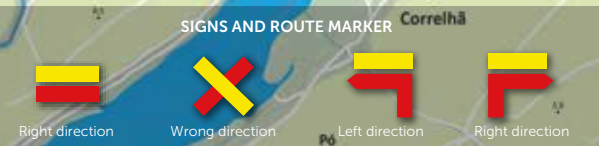
Health Center of Ponte de Lima
tel. 258 909 280

Ponte de Lima Hospital
tel. 258 909 500

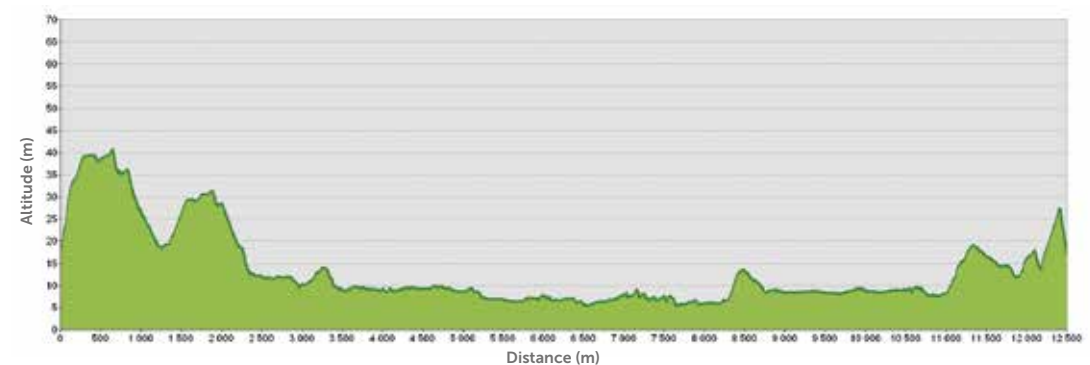
Tourism Shop of Ponte de Lima
tel. 258 240 208

Protected Area of Ponte de Lima
SOS Ponds: Cell phone. 963 520 002

Useful Contacts



Altimeter Profile



Download the application

