



## Route of the Monforte Hills

**Type of route** - linear

**Distance** – 11 Km

**By bike:**

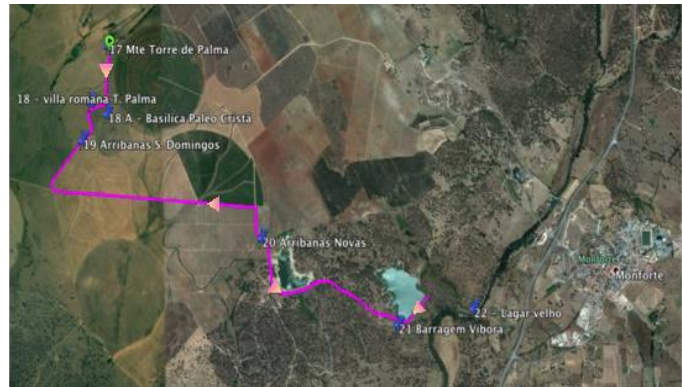
**Duration** – 1h05m

**Difficulty rate** – easy

**On foot**

**Duration** – 3h30m

**Difficulty rate** - moderate



**For water and food:**

Only at the beginning of the route, in Torre de Palma Wine Hotel

### Route Description

We leave Torre de Palma Wine Hotel heading to Monforte and across Monforte ZPE (Zone of Special Protection). This ZPE includes extensive pasture land and extensive and semi-intensive cereal crop fields. Some small traditional olive groves and “montados” of holm-oak, together with pastures and cereal plantations in the “sub-coberto” woodland are also part of this landscape. This zone was established in order to protect steppe birds, notably the bustard (*Otis tarda*) and the little bustard (*Tetrax tetrax*), which come here to nest. We should also highlight the presence of other bird species requiring conservation such as the Red Kite (*Milvus milvus*), the Montagu’s Harrier (*Circus pygargus*), the black winged Kite (*Elanus caeruleus*), the Calandra Lark (*Melanocorypha calandra*), the Short-toed Lark (*Calandrella brachydactyla*) and the European Roller (*Coracias garrulus*).

This area is like a giant puzzle whose pieces are the varied lands of numerous “montes” (local properties), now mostly abandoned. Attention should be paid when opening/closing gates along the route, as any negligence might encourage cattle to move to adjacent parcels of land.

This route can be used throughout the year. However, its users should be aware that temperatures can be quite high during Summers or, instead, muddy or partially flooded during Winters or at times of heavy rainfall. The crossing of some water streams may be restrained at certain times of the year.





## Monforte route

**Type of route** - circular  
**Distance** – 15,3 Km

**By bike:**

**Duration** – 1h30m  
**Difficulty rate** – easy

**On foot**

**Duration** – 5h00m  
**Difficulty rate** - moderate



**For water and food:**

In Torre de Palma, at the beginning of the route, and in Monforte, km 6,5

### Route description

We leave Torre de Palma Wine Hotel heading to Monforte and across Monforte ZPE (Zone of Special Protection). This ZPE includes extensive pasture land and semi-intensive cereal crop fields. Some small traditional olive groves and “montados” of holm-oak, together with pastures and cereal plantations in the “sub-coberto” woodland are also part of this landscape. This zone was established in order to protect steppe birds, specially the Bustard (*Otis tarda*) and the Little Bustard (*Tetrax tetrax*), which come here to nest. We should also highlight the presence of other bird species requiring conservation such as the Red Kite (*Milvus milvus*), the Montagu’s Harrier (*Circus pygargus*), the black winged Kite (*Elanus caeruleus*), the Calandra Lark (*Melanocorypha calandra*), the Short-toed Lark (*Calandrella brachydactyla*) and the European Roller (*Coracias garrulus*).

On our way back, near Monforte, we will cross Ribeira Grande via the Roman bridge. Its construction has probably taken place between 2nd and 4th century a.C. Built in granite masonry blocks, its 63 meter length includes 6 perfect round arches, larger in the middle and becoming smaller as they reach the river banks.. Here, probably because of numerous siltings and reconstructions, we can find another 6 arches. This total of 12 arches is mentioned in the parish’s registers from 1758.

This area is like a giant puzzle whose pieces are the varied lands of numerous “montes” (local properties), now mostly abandoned. Attention should be paid when opening/closing gates along the route, as any negligence might encourage cattle to move to adjacent parcels of land.

This route can be used throughout the year. However, its users should be aware that temperatures can be quite high during Summer, and muddy or partially flooded during Winters or at times of heavy rainfall. The crossing of some water streams may be restricted at certain times of the year.





## Vaiamonte Route

**Type of route** - circular

**Distance** – 17 Km

**By bike:**

**Duration** – 1h40m

**Difficulty rate** – easy

**On foot**

**Duration** – 5h40m

**Difficulty rate** - hard

**For water and food:**

In Torre de Palma Wine Hotel, at the beginning of the route, and in Vaiamonte, km 11,5



### Route Description

We leave Torre de Palma Wine Hotel heading to Vaiamonte, crossing the Cabeça Gorda hill and the Anta dos Esquerdos. The route crosses a large extension of “montado” woodland with holm-oak and cork trees of different ages and densities as well as areas of grazing pastures and forage vegetation. In some areas one can witness the intensive plantation of new olive groves. This area is like a giant puzzle whose pieces are the varied lands of numerous “montes” (local properties), now mostly abandoned. Attention should be paid when opening/closing gates along the route, as any negligence might encourage cattle to move to adjacent parcels of land.

After Vaiamonte, on our way back to Torre de Palma we enter the Monforte ZPE (Zone of Special Protection). This ZPE includes extensive pasture land and semi-intensive cereal crop fields. Some small traditional olive groves and “montados” of holm-oak, together with pastures and cereal plantations in the “sub-coberto” woodland are also part of this landscape. This zone was established in order to protect steppe birds, notably the bustard (*Otis tarda*) and the little bustard (*Tetrax tetrax*), which come here to nest. We should also highlight the presence of other bird species requiring conservation such as the red kite (*Milvus milvus*), the Montagu’s harrier (*Circus pygargus*), the black winged kite (*Elanus caeruleus*), the Calandra lark (*Melanocorypha calandra*), the short-toed lark (*Calandrella brachydactyla*) and the European roller (*Coracias garrulus*).

This route can be used throughout the year. However, its users should be aware that temperatures can be quite high during Summer, and muddy or partially flooded during Winter or at times of heavy rainfall. The crossing of some water streams may be restricted at certain times of the year.



## Route of the Monfort Hills

**Type of route** - circular

**Distance** – 30,6 Km

**By bike:**

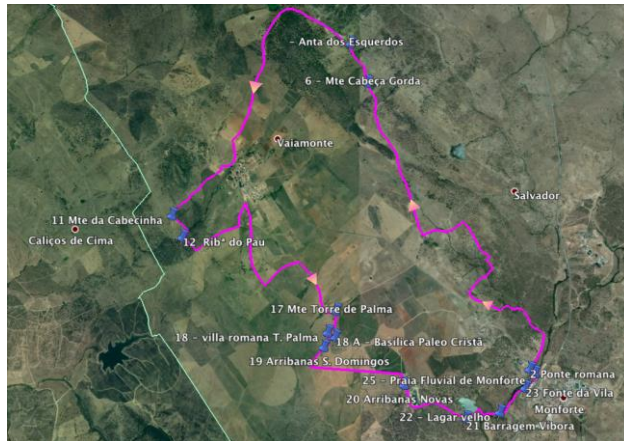
**Duration** – 3h

**Difficulty rate** – easy

**On foot**

**Duration** – 10h

**Difficulty rate** – very hard  
(we recommend 2 days to complete this route)



**For water and food:**

In Torre de Palma, at the beginning of the route, in Monforte, km 6,5 and in Vaiamonte, km 21,3

### Route Description

We leave Torre de Palma Wine Hotel heading to Monforte. The route crosses a large extension of “montado” woodland with holm-oak and cork trees of different ages and densities as well as areas of grazing pastures and forage vegetation. In some areas one can witness the intensive plantation of new olive groves. This area is like a giant puzzle whose pieces are the varied lands of numerous “montes” (local properties), now mostly abandoned. Attention should be paid when opening/closing gates along the route, as any negligence might encourage cattle to move to adjacent parcels of land.

Near Monforte, we will cross Ribeira Grande via the Roman bridge. Its construction has probably taken place between 2nd and 4th century a.C. Built in granite masonry blocks, its 63 meter length includes 6 perfect round arches, larger in the middle and becoming smaller as they reach the river banks.. Here, probably because of numerous siltings and reconstructions, we can find another 6 arches. This total of 12 arches is mentioned in the parish’s registers from 1758.

After Vaiamonte and Monte da Cabecinha, we cross Ribeira do Pau and enter the Monforte ZPE (Zone of Special Protection) on our way back to Torre de Palma Wine Hotel and its archaeological centre, where one finds an interpretive centre dedicated to the estate’s Roman villa and what remains of a paleo Christian “basílica” (cathedral) with its very rare baptistery. This ZPE includes extensive pasture land and extensive and semi-intensive cereal crop fields.

This zone was established in order to protect steppe birds, specially the Bustard (*Otis tarda*) and the Little Bustard (*Tetrax tetrax*), which come here to nest. We should also highlight the presence of other bird species requiring conservation such as the Red Kite (*Milvus milvus*), the Montagu's Harrier (*Circus pygargus*), the black winged Kite (*Elanus caeruleus*), the Calandra Lark (*Melanocorypha calandra*), the Short-toed Lark (*Calandrella brachydactyla*) and the European Roller (*Coracias garrulus*).

This route can be used throughout the year. However, its users should be aware that temperatures can be quite high during Summer, and muddy or partially flooded during Winters or at times of heavy rainfall. The crossing of some water streams may be restricted at certain times of the year.







## Route of the Monforte Hills (short)

**Type of route** - circular

**Distance** – 27,4 Km

**By bike:**

**Duration** – 2h45m

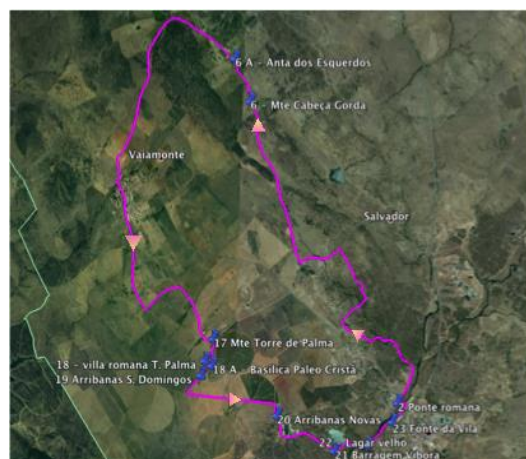
**Difficulty rate** – easy

**On foot**

**Duration** – 9h

**Difficulty rate** – very hard

(we recommend 2 days to complete this route)



**For water and food:**

In Torre de Palma, at the beginning of the route, in Monforte, km 6,5 and in Vaiamonte, km 21,3

**Route description**

We leave Torre de Palma Wine Hotel heading to Monforte.

The route crosses a large extension of “montado” woodland with holm-oak and cork trees of different ages and densities as well as areas of grazing pastures and forage vegetation. In some areas one can witness the intensive plantation of new olive groves. This area is like a giant puzzle whose pieces are the varied lands of numerous “montes” (local properties), now mostly abandoned. Attention should be paid when opening/closing gates along the route, as any negligence might encourage cattle to move to adjacent parcels of land.

Near Monforte, we will cross Ribeira Grande via the Roman bridge. Its construction has probably taken place between 2nd and 4th century a.C. Built in granite masonry blocks, its 63 meter length includes 6 perfect round arches, larger in the middle and becoming smaller as they reach the river banks.. Here, probably because of numerous siltings and reconstructions, we can find another 6 arches. This total of 12 arches is mentioned in the parish’s registers from 1758.

After Vaiamonte and Monte da Cabecinha, we cross Ribeira do Pau and enter the Monforte ZPE (Zone of Special Protection) on our way back to Torre de Palma Wine

Hotel and its archaeological centre, where one finds an interpretive centre dedicated to the estate's Roman villa and what remains of a paleo Christian "basílica" (cathedral) with its very rare baptistery. This ZPE includes extensive pasture land and extensive and semi-intensive cereal crop fields.

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