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The best of Estrela starts here.



PROMOTER



PARTNERS



Get to know the Municipal Walking Trails Network!
For more information, consult: www.cm-gouveia.pt
Share your experience with us!



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Trail

Veredas e Barrocas

PR8
GVA

Local Waymarked Trails




GOUVEIA
A NOSSA ESTRELA

Trail

Veredas e Barrocas

PR8
GVA

The Short Trail 'Veredas e Barrocas – Trails & Ravines' (PR8 GVA) is a circular hiking route in the Serra da Estrela Natural Park, connecting the villages of Freixo da Serra and Figueiró da Serra. The 12,3-kilometre route passes two streams and takes in all the diversity of a mountain landscape molded by activities such as agriculture and pastoralism.

The trail can be initiated in the centre of either village, however, we advise taking the route in the recommended direction (clockwise) to ensure the best landscape experience and safety on the steep parts.

Starting the route in Figueiró da Serra, we set off from Fonte Invicta **i**, next to the old primary school which is now the parish council headquarters. On the way out of the village centre, we pass by the church **1** and enter an alleyway that leads to an old wash house. Here we begin the ascent to the archaeological site of Penedos dos Mouros **2**, and the community irrigation Lakes **i** which sustain the village's traditional agriculture. From here, a path between walls leads to the chestnut forest of Veredas da Estrela association **3**, that is being regenerated by the community after the fire of 2022. A short stretch on a dirt track is followed by the route's steepest ascent, which begins in a valley formed by a small stream. We cross two streams and climb up to the remains of an old shepherd's shelter **4** where we can enjoy the view of Linhares da Beira.

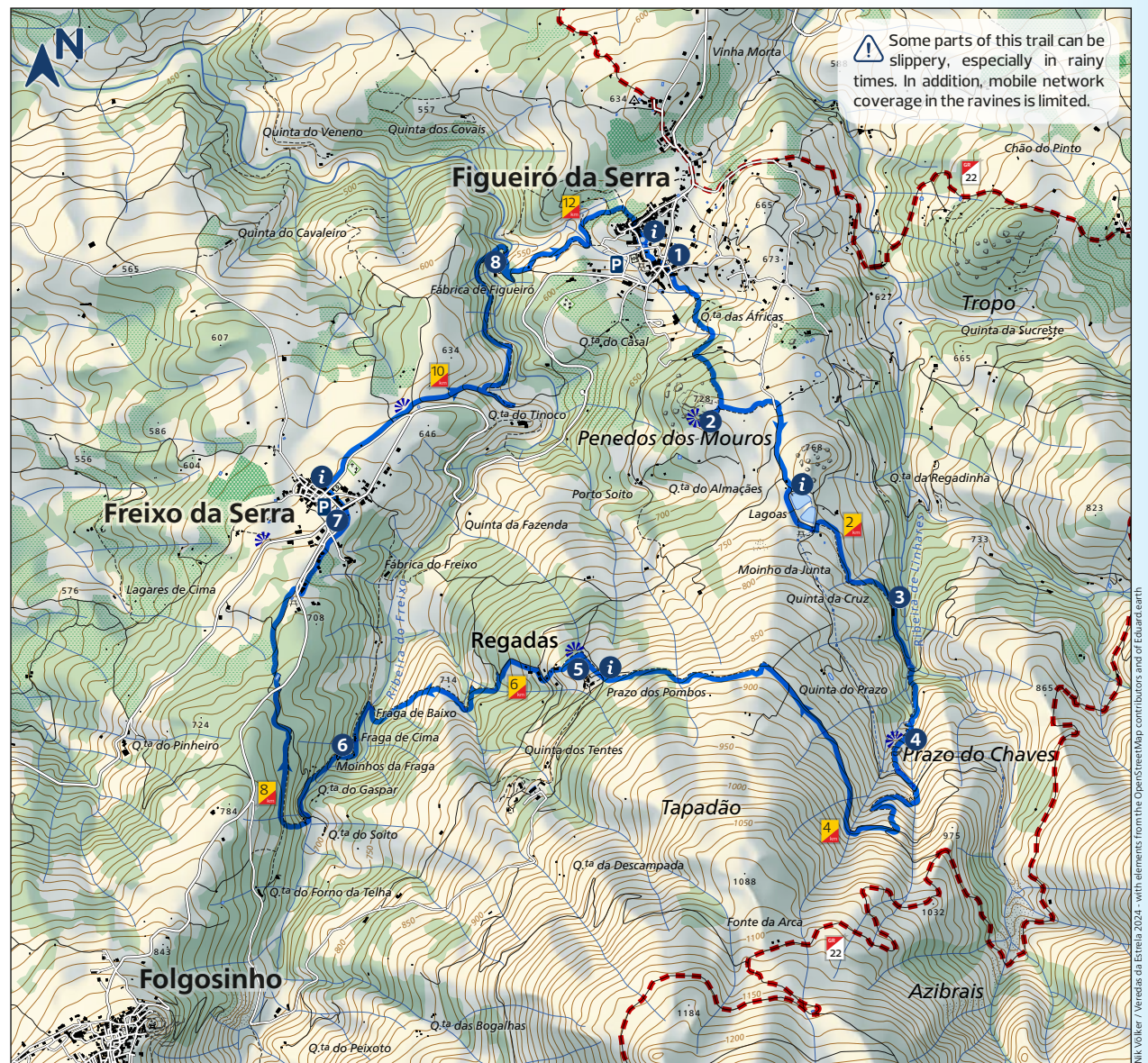
From the highest point (951 metres), we follow a track to the old settlement of Regadas **i** where New Life Portugal wellness tourism centre is located today. A rock-cut grave **5** at the entrance to the village harks back to the high medieval period. We start to descend along a dirt track, then turn onto a path that takes us to the Freixo stream. We cross the stream and climb up to the mills Moinhos da Fraga **6** where, until the last century, corn and rye were ground to make homemade bread. After a stretch of road and a steep climb, we reach an irrigation channel. On a slight descent we enter Freixo da Serra **i**, passing the main fountain **7**. After leaving the village between vineyards and olive groves, we enter a narrow path through a young oak forest that follows the Freixo stream to the ruins of the Figueiró da Serra textile factory **8**. Here, we cross a bridge and hike back up to Figueiró da Serra.

Useful contacts

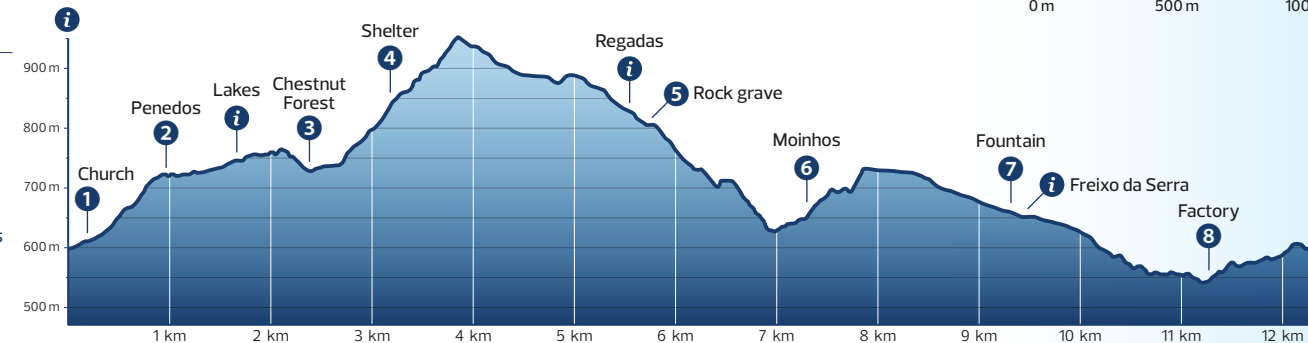
Volunteer Firefighters, Melo	238 492 138
Militar Police, Gouveia	230 490 700
Police Station, Gouveia	238 490 290
Gouveia Health Centre	238 490 400
Farmacy Central, Melo	238 745 252
Farmacies in Gouveia	Feliz - 238 498 080 Patrício - 238 492 225

Safety code

- ☆ Stay on the trail
- ☆ Avoid noise or actions disturbing nature
- ☆ Do not throw rubbish away
- ☆ Do not light any fire
- ☆ Do not damage the way marks
- ☆ Do not take samples of plants or rocks



Fonte Invicta



Some parts of this trail can be slippery, especially in rainy times. In addition, mobile network coverage in the ravines is limited.

distance

12,3 km

duration

4h00

type

circular

cumulative height

688 m

lowest point

545 m

highest point

951 m

When?

All year

Difficulty

Moderate-high

Field code



Right way



Wrong way



Left turn



Right turn

GPX / KMZ
to download

