



# Visit Gouveia

*The best of Estrela starts here.*



Small Route

PR9  
GVA

# Sumo do Mondego

Local Waymarked Trails



### TOURIST OFFICE – GOUVEIA

Jardim da Ribeira – 6290 Gouveia

GPS: 40.492716, -7.594045

Tel. 238 490 222 – Tlm. 962 033 099

email: turismo@cm-gouveia.pt

website: www.cm-gouveia.pt



Get to know the Local Waymarked Trails!

For more information, visit: [www.cm-gouveia.pt](http://www.cm-gouveia.pt)

Share your experience with us!



GOUVEIA  
A NOSSA ESTRELA

Small Route

PR9  
GVA

# Sumo do Mondego

The Short Route (PR) of the Sumo do Mondego is a trail of approximately 10 km that runs through an area dominated by granite morphology, featuring numerous examples of granite block chaos formed by various geomorphological processes. These striking formations emerge from the shrub vegetation, where brooms (*Cytisus* spp.) are the dominant species. Along the route, visitors can stop at the source of the Mondego River (known as the Mondeguinho), the symbolic birthplace of the longest river entirely within Portuguese territory. From here, the river begins its 258 km journey toward Figueira da Foz. A few kilometers downstream lies the Sumo do Mondego – a peculiar site where, due to fluvial erosion and the collapse of large granite blocks, the Mondego flows underground, seemingly "vanishing" ("sumir") from the surface. To witness this natural curiosity, a short detour is required, after which the trail resumes; the location is marked with an interpretive panel. In addition to this geological phenomenon, the trail offers expansive views from the Taloeiro summit, including a striking panorama of the enigmatic Coruto de Alfátima. The diverse landscapes throughout the route invite prolonged contemplation – from the granite plateaus of the Mondego, where the Casais de Folgoso originated along its banks, to the superb views over Beira Alta. Throughout the hike, a significant variety of birdlife can also be observed. Depending on the season, visitors may enjoy remarkable encounters with both migratory and resident bird species. This walking trail intersects the Grande Rota das Aldeias Históricas – GR 22, specifically the section connecting the Historical Villages of Linhares da Beira and Piódão, making it a wonderful way to discover an iconic corner of the Serra da Estrela.

Texts: Geopark Estrela / Photographs: Leonardo Rosa

## Useful Contacts

Parish Council (Aldeias e Mangualde da Serra)	238 494 079
Volunteer Firefighters (Gouveia)	238 492 138
Health Clinic (Gouveia)	238 490 400
Militar Police Station (Gouveia)	238 490 700
Pharmacies	Feliz (Gouveia) – 238 498 080 Patrício (Gouveia) – 238 492 225

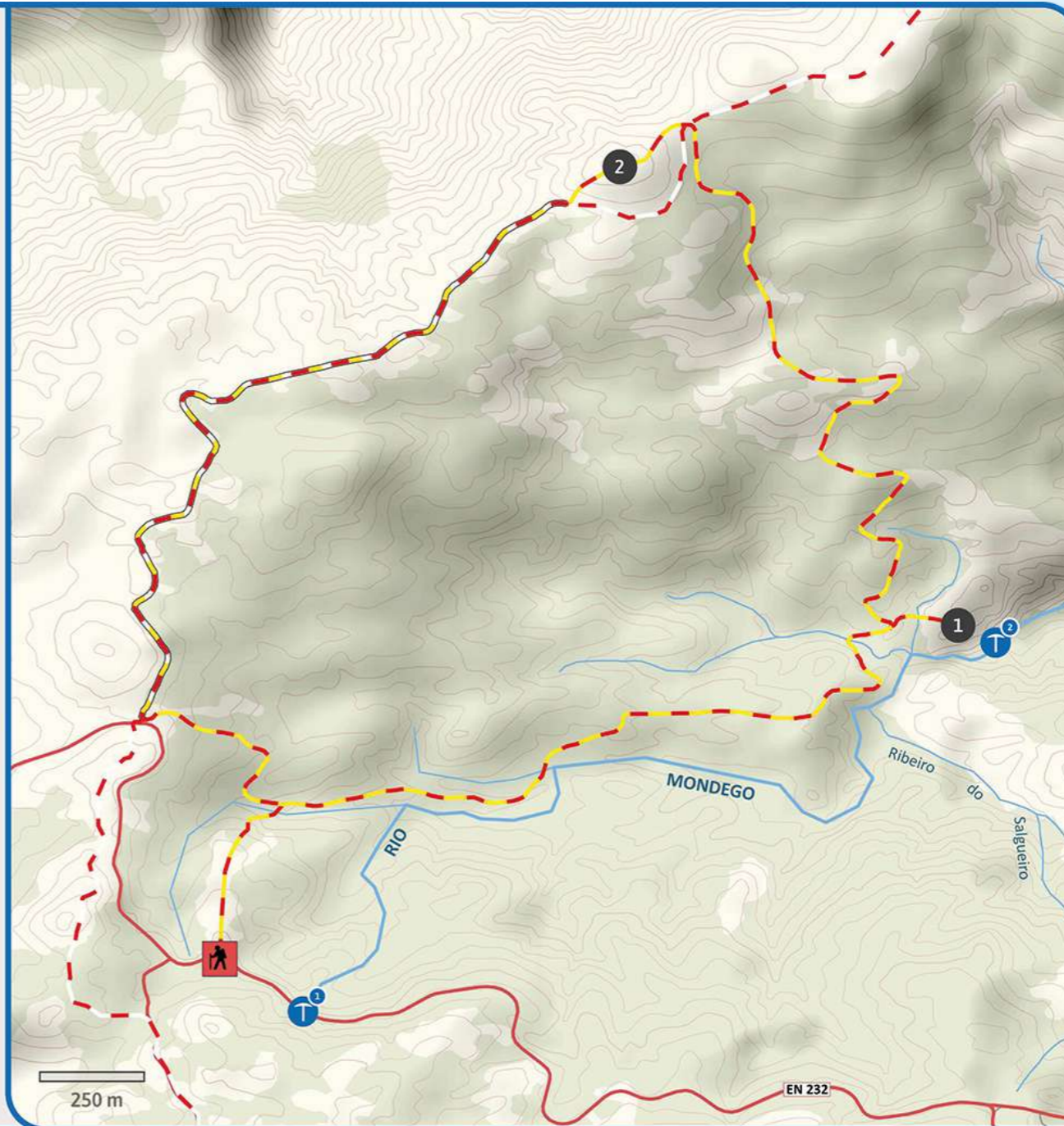
## Legenda / Caption

-  **Início/Fim de percurso**  
Start/Finish of the route
-  **Rota do Sumo do Mondego**  
Mondego pothole route
-  **Grande Rota 22**  
Great Route 22
-  **Ponto de interesse**  
Point of interest
-  **Geossítio**  
Geosite
-  **Painel Interpretativo**  
Interpretative panel
-  **Vértice Geodésico do Taloeiro**  
Taloeiro Geodetic Vertex
-  **Mondeguinho**  
Mondeguinho
-  **Sumo do Mondego**  
Mondego pothole

**Contactos úteis / Useful contacts**

Linha de emergência / Emergency line 112  
 Bombeiros Voluntários Gouveia / Firefighters +351 238 492 138  
 GNR Gouveia / National Guard +351 230 490 700  
 PSP Gouveia / Police +351 238 490 290  
 Centro de Saúde de Gouveia / Health centre +351 238 490 400  
 Farmácias / Pharmacies +351 238 498 080 | 238 492 225

**Município de Gouveia**  
Gouveia municipality



distance  
**9,5 km**

duration  
**2h45**

route type  
**circular**

cumulative gap  
**196 m**

lowest point / highest point  
**1267 m | 1463 m**

When?  
All year

Difficulty  
Easy - Medium

Field Code



GPX / KMZ  
available for download.



Attention! Area with car traffic  
Observation zone



## Safety Code

- ★ Stay within the track
- ★ Avoid noise or actions against nature
- ★ Do not throw rubbish away
- ★ Do not light any fire
- ★ Do not change or damage the signs
- ★ Do not take samples of plants or rocks