

► **useful informations**

**LIST OF HERITAGE BUILDING**

Torre da Paz in Benfeita  
Parish church in Benfeita  
Nª Senhora das Necessidades  
Sardal chapel  
Pardieiros chapel

**LIST OF CLASSIFIED AREAS**

Protected Landscape of the Açor Mountains

**PLACES OF INTEREST**

Benfeita river beach  
Water mills  
Waterfalls on Carcavão stream  
Source of the cliffs of Pena  
Irrigation canals  
Schist buildings, housing rural activities  
Schist constructions around the farmlands (walls, stairs, ...);  
Small museum in Pardieiros

**PLACES TO EAT**

**\_Pardieiros:**  
Pardieiros Improvements Commission Bar – 235 74 00 00  
**\_Benfeita:**  
Martins Cafe – 961 37 96 57  
**\_Côja:**  
“Lagar do Alva” Restaurant – 235 72 16 40  
“Prensa da Ribeira” Restaurant – 235 72 96 14  
“D. Ramiro II” Restaurant – 235 72 11 52  
“Varandas do Alva” Restaurant – 235 72 14 32

**PLACES TO STAY**

**\_Pardieiros:**  
Pardieiros Improvements Commission - 235 74 00 00  
**\_Côja:**  
“Flor do Alva” Hostel – 235 72 11 52  
“Victocális” Hostel – 235 72 93 83  
Côja Camping - 235 72 96 66  
**\_Arganil:**  
“Arganil” Hotel - 235 20 59 60  
“Canário” Hostel - 235 20 24 57/235 20 53 64  
Arganil Municipal Camping - 235 20 57 06/ 235 20 01 33

**HANDCRAFT**

Miniature schist houses - 235 74 11 12/914 09 66 69  
Wooden spoons: - 235 74 14 56/ 917 86 62 45  
Art and textile work - 235 74 10 08/235 74 15 42  
Schist Villages Shop of Benfeita - 235 74 19 03

**GASTRONOMY**

“Chanfana” lamb or goat stew  
Kid, Stuffed craw  
Egg pudding; rice pudding  
Pumpkin pastries



Overlooking the village of Benfeita

► **trail signage**



right way



wrong way



turn left



turn right

► **code of conduct**

Follow sign-posted trails only; Avoid making unnecessary noise;  
Never scare the animals; Do not damage any vegetation;  
Do not litter and leave no trace of your visit; Do not light fire;  
Do not collect or damage plants or rocks;  
Be kind to people you find along the way;

► **useful contacts**

SOS Emergency : 112  
SOS Forest Fires: 117  
Anti-venom informations: 808 25 01 43  
Arganil Police: 235 20 05 20  
Fire Department: 235 72 11 22  
Health Center: 235 72 80 10  
Trail Promoter \_ Cumes do Açôr: 965 54 67 82  
Arganil Municipality: 235 20 01 50  
Tourism Office: 235 20 01 37  
Parish Council: 235 74 19 03/961 37 96 57  
Schist Village Network - ADXTUR: 275 647 700; 960 10 18 73

[www.aldeiasdoxisto.pt](http://www.aldeiasdoxisto.pt)

**\_promoters**



**\_support**



UNIAO EUROPEIA  
Fundu Europeu  
de Desenvolvimento Regional



PROGRAMA  
OPERACIONAL  
DA REGIÃO CENTRO

**\_walking trail process of registration and approval by**

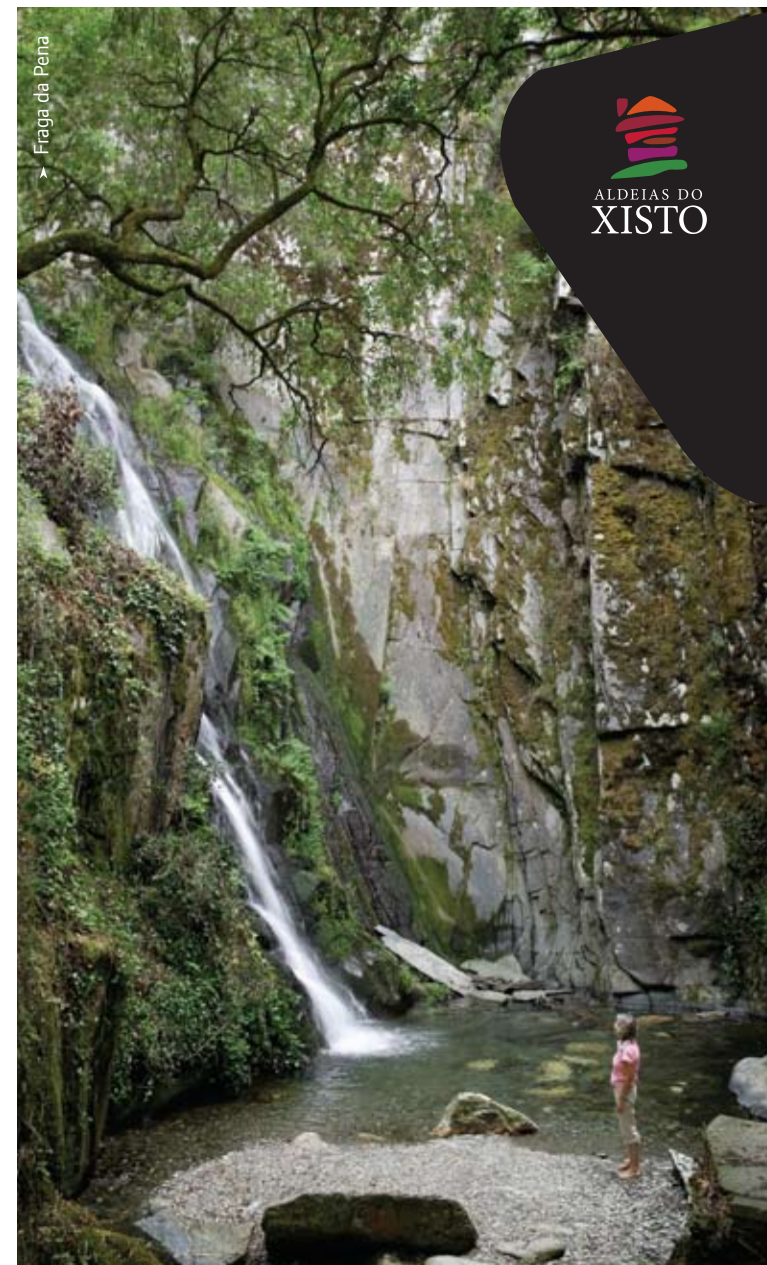


FÉDÉRATION EUROPÉENNE  
DE LA RANDONNÉE PÉDESTRE



Benfeita Schist trail

*The freshness of waterfalls*



Fragia da Pena



ALDEIAS DO  
XISTO



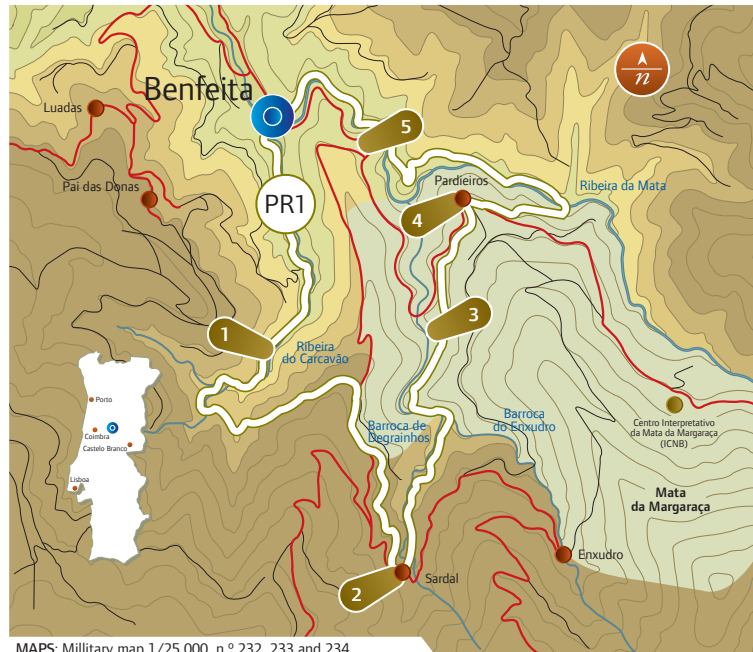
**PR 1  
AGN**

distance	duration	trail type	altitude variation	altitude máx/min
10,4 Km	5h 00min	loop	576 m rise	598 m / 299 m

# Benfeita Schist Trail

\_Walk direction: Anticlockwise

The Schist trail of Benfeita is a circular route that starts in the centre of the village. The route is best followed in an anti-clockwise direction, initially heading towards the valley of the Carcavão stream. We follow a narrow path, on the banks of the stream, which tumbles down small but stunning waterfalls, and the landscape changes around us, showing the signs of Man's activity over the years. Given how steep this area is, the route leaves the stream and climbs by ancient rural paths with countless stone steps. You need to be especially careful in this section. We reach the top of the climb shortly after a section of the stream where the water seems to have literally carved its way through the rocks. From the top of the rocky ridge there are spectacular views over the whole valley. The route crosses a paved road before reaching the village of Sardal on a gentle path that contours the hill. After crossing through the centre of the village, where we can stop to recharge our batteries, we begin to descend, using narrow paths and irrigation canals, but that are clearly visible. We are already in the heart of the Protected Landscape of the Açor Mountains. There is an (optional) short cut here that descends straight to the cliffs of Pena, and the impressive waterfalls.. The main route carries on until the village of Pardieiros, where there are various amenities. A visit to the Rural themed small museum is well worth a visit. From here we drop back down to Benfeita following the Mata stream again, crossing farmlands that are still in active use today.



MAPS: Military map 1/25.000, n.º 232, 233 and 234



### Points of interest and the distance to the starting point:

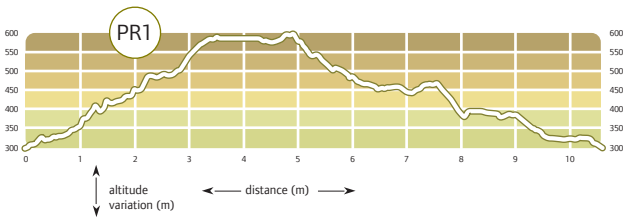
- 1 \_ Spring \_ 1500m
- 2 \_ Spring in Sardal \_ 4700m
- 3 \_ Cliffs of Pena (waterfall) \_ 6380m
- 4 \_ Small Museum of Pardieiros \_ 7250m
- 5 \_ N. Sª das Necessidades \_ 9250m



### Departure and arrival point:

\_Ameal square, Benfeita (40° 13' 46" N 7° 56' 40" W)

### altimetry



Stream



caption	
walking trail	
paved road	
dirt road	
water course	

### difficult level

the difficulty level is determined according to 4 different factors, each of which is assessed on a scale of 1 to 5 (from easiest to most difficult).

overall difficulty		orientation		type of terrain		physical difficulty	
	<b>2</b>		<b>1</b>		<b>3</b>		<b>4</b>

### when to go

All year. Beware of high temperatures in the summer and slippery terrain in the winter.

# Benfeita

The village of Benfeita has many unique and interesting places and buildings such as the highly symbolic Torre da Paz (Peace Tower), the Parish Church, the traditional narrow streets and the river beach. The Schist Villages Shop and the Simões Dias House Museum provide an insight to the cultural heritage and local history, and so does the local handicraft. The wooden spoons and miniature Schist houses are the most typical items. The small museum in Pardieiros explains how these rural populations lived, showing a large collection of tools that have been used through time in farming and forestry. In Pardieiros you can also taste the local gastronomy, specialities including kid, "Chanfana" lamb or goat stew, Vila Cova do Alva craw and egg pudding. Much of the parish is within the limits of the Protected Landscape of the Açor Mountains.



Tower of Peace

### > natural heritage

Protected Landscape of the Açor Mountains ([www.icnb.pt](http://www.icnb.pt)).  
 Margarça woods: classified as a Biogenetic Reserve, one of the few remaining examples of the primitive Portuguese vegetation in the schist slopes of the central region of Portugal.  
 Besides tree species such as oak, chestnut, portuguese laurel, cherry and elm, there are also numerous endemic vascular plants of significant scientific interest in this forest, including solomon's seal and the martagon lily.  
 The cliffs of Pena: this leisure and recreation area, with its waterfalls, also has an extremely interesting variety of unique plants which make the area quite special.