



Póvoa Dam reservoir

> Place of Interest

MENHIR OF MEADA

The Menhir of Meada is the most imposing megalithic construction of the entire geological line of contact between granites and schists of the Serra de São Mamede. Discovered in 1965, broken into two parts, it was restored in the 90's, attaining a prominent place in peninsular megalithism as the tallest and most expressive monument of its kind. With a length of 7.15 m, it rises to a height of 6 m above the ground, assuming a cylindrical figure of phallic aspect, accentuated by the sharpness of the carving and the presence of a salience in the stone that resembles a glans. It is a unique vestige of the material representation of myth, the symbol of fertility and belief in the Chalcolithic period, evidencing the prosperity of prehistoric communities that settled here.

GR
41

LONG-DISTANCE PATH OF CASTELO DE VIDE



PATH NETWORK IN NATURE

> Highlights

NATURE: well developed *montados* of cork oak and holm oak and some groups of Pyrenean oak. Special mention for the waterfowl in the Póvoa Dam reservoir: great crested grebe (*Podiceps cristatus*), great cormorant (*Phalacrocorax carbo*), mallard (*Anas platyrhynchos*) and grey heron (*Ardea cinerea*).

HERITAGE: Castle of Castelo de Vide; Fort of S. Roque; Parish Church of Santa Maria da Devesa; Jewish quarter; Synagogue.

HANDICRAFT: embroideries; *talegos* (bags embroidered with linen); art of working wrought iron, wood, cork and horn (miniatures); tiles; weaving.

GASTRONOMY: *sarapatel*; *cachafrito*; *molinhos* in tomato sauce; *alhada* of dogfish; liver, Castelo de Vide style; *pezinhos* of coriander; sausages. Sweets (*boleima*, *broas* of honey, *enxovalhada* – an Easter tradition -, cottage cheese cheesecake).

> Recommended season

This walking path can be done throughout the year. Nevertheless, users must be aware of high temperatures during summer time and the muddy ground or even flooded in some parts during winter or during periods of longer rainfall periods.

> Trail signage

right way



wrong way



turn left



turn right



coincident path
GR with PR



® FCMP

> Walking code

Follow sign-posted trails only. / Respect private property. / Avoid making unnecessary noise. / Do not disturb the animals. / Do not collect or damage plants or rocks. / Do not litter and leave no trace of your visit. / Do not light fire and do not throw cigarettes on the ground. / Be kind to local people. / Beware of cattle. Although gentle, they do not like strangers approaching their young. / Leave the gates as you found them. If they are closed, be sure they remain well shut.

> Useful contacts

Town Hall of Castelo de Vide: +351 245 908 220
Municipal Tourist Office: +351 245 908 227
SOS Emergency: 112
SOS Forest: 117
Medical Center: +351 245 900 160
Anti-Poisoning Information: +351 217 950 143
GNR (Republican National Guard): +351 245 901 314
Fire Department: +351 245 901 444
Village Hall of São João Baptista: +351 245 900 060
Village Hall of Santa Maria da Devesa: +351 245 900 060
Village Hall of São Tiago Maior: +351 245 900 060
Village Hall of N. Sr.ª da Graça de Póvoa e Meadas:
+351 245 968 500

Promotor:



Walking path registered
and approved by:



Partner institution:



Co-financing:



July 2015 / 2500 copies



> Walking path description



Menhir of Meada. National Monument. This impressive megalithic monument is the largest menhir of the Iberian Peninsula completely carved by Man.

This circular Long-Distance Path traverses a large territory of broad horizons and smooth contours, through ancient rural walled roads and paved roads.

Begins at the Dam of Póvoa and, following to north, goes through the village of Póvoa e Meadas and extensive areas of well developed *montados*. In more open areas the grazing is present and we can enjoy the serenity of the cows and the irreverence of the goats. Over several kilometers we are yet about to know a vast megalithic heritage consisting of several dolmens and the impressive Menhir of Meada, but also of more recent remains, such as anthropomorphic graves excavated in the rock, stone-paved roads and an olive press of medieval times. We still have to overcome some watercourses through old granite stepping-stones. In the southern area of this GR we pass next to Castelo de Vide, intersecting and following sections of Short-Distance Paths (PR) set in here, and crossing several times the deactivated Cáceres Extension of the Eastern Railway Line. Continuing further to south we transpose the São Paulo ridge and we go down to more open and flattened areas where large fields of cereal are still been cultivated.

Already near the end, the path inflects to north and follows the shores of Póvoa's Dam to the point where this path begins.



type of path

61 Km

distance

22.30^H

time



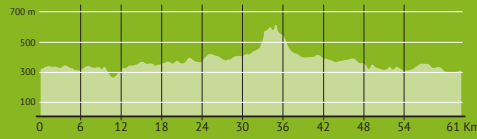
altitude variation



grading



altitude max/min

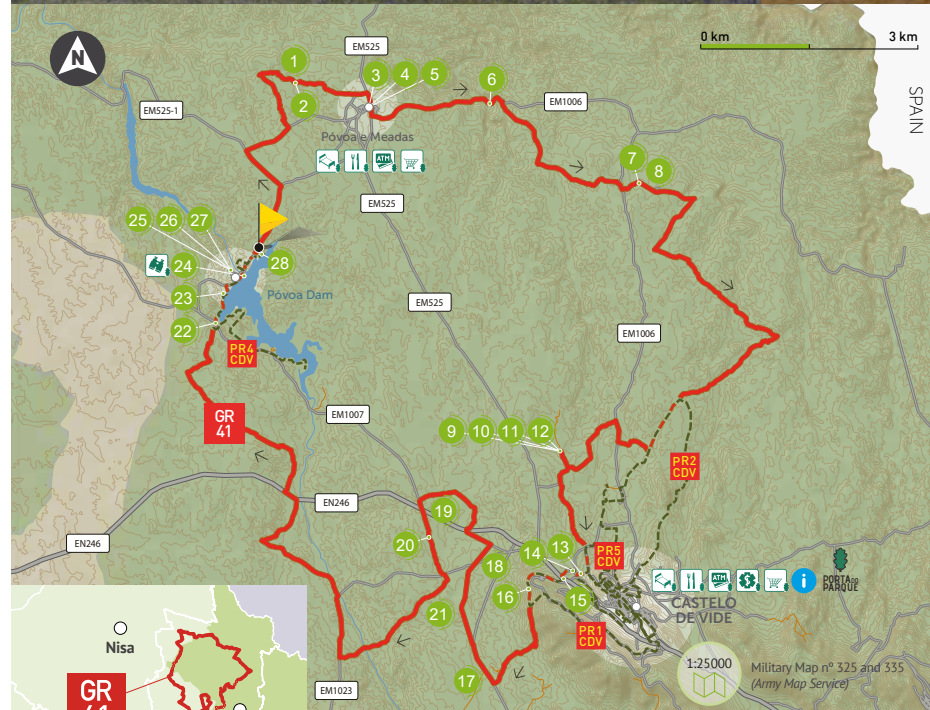


gradient profile



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)

difficulty level



Caption

- Walking path
- Asphalt road
- Watercourse
- - - Path intersection
- Recommended direction of the walking path: clockwise



Starting/Ending: Póvoa Dam, near the Service Area for Campers (GPS: 39°29'01, 99° N; 7°32'51, 01° W)



Walking path reception centre - GPS: 39°24'59, 39° N; 07°27'18, 75° W



Accommodation



Restaurant



ATM



Landscape



Information on site



Tourist office



Pharmacy



Market



Serra de São Mamede Nature Park

The Serra de São Mamede, which gives name to this Nature Park, is the largest mountainous formation south of the Tagus River. Due to its geographical location and the fact that it rises above 1000m, it has distinctive microclimate aspects that have allowed the establishment and survival of some animal and vegetal communities that occur here in an almost isolated manner. The Bonelli's eagle is represented in the symbol of this Protected Area. It is currently one of the rarest birds of prey found in our country.

> Places of Interest

- | | |
|---|---------------------------------------|
| 1 Dolmen of Pai Anes | 14 Church of Senhor do Bonfim |
| 2 Passage of Piçarra River | 15 Nova Fountain |
| 3 Church of N. Sr.ª da Graça | 16 Alminha of São Paulo |
| 4 Museum of Póvoa and Meadas | 17 Dolmen of Sobral |
| 5 Church of Santa Margarida | 18 Railway Station of Castelo de Vide |
| 6 Duarte Pacheco bridge | 19 Dolmen of Melriça |
| 7 Tapada das Galegas oil press | 20 Lavadores Fountain |
| 8 Menhir of Meada | 21 Tapada das Lameiras rural shelter |
| 9 Dolmen 4 of Coureiros - Megalithic Park of Coureiros | 22 Grave excavated in the rock |
| 10 Dolmen 3 of Coureiros - Megalithic Park of Coureiros | 23 Graves excavated in the rock |
| 11 Dolmen 2 of Coureiros - Megalithic Park of Coureiros | 24 Póvoa Dam |
| 12 Dolmen 1 of Coureiros - Megalithic Park of Coureiros | 25 Hydroelectric plant |
| 13 Cortiço Fountain | 26 Rural shelter of "The Dam" |
| | 27 Water mill |
| | 28 Necropolis of Boa Morte |

