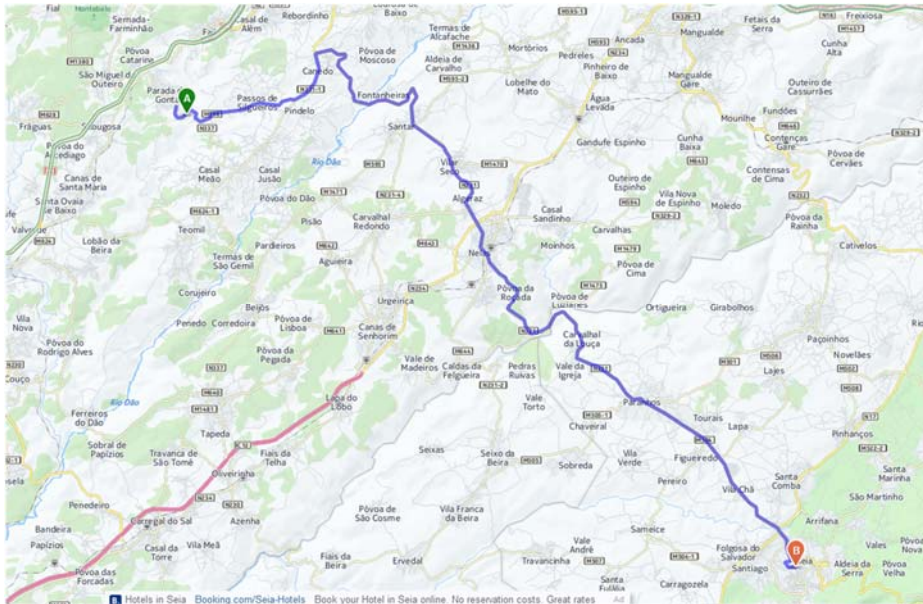


## Directions & Maps

### QDTR to CISE, Seia

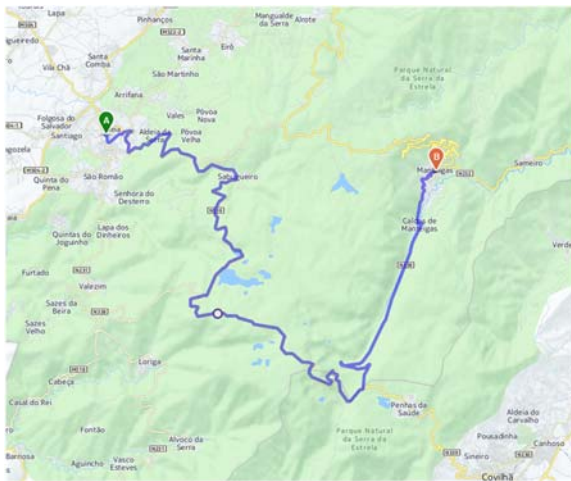


### Bread, Cheese and Glacial Terrain

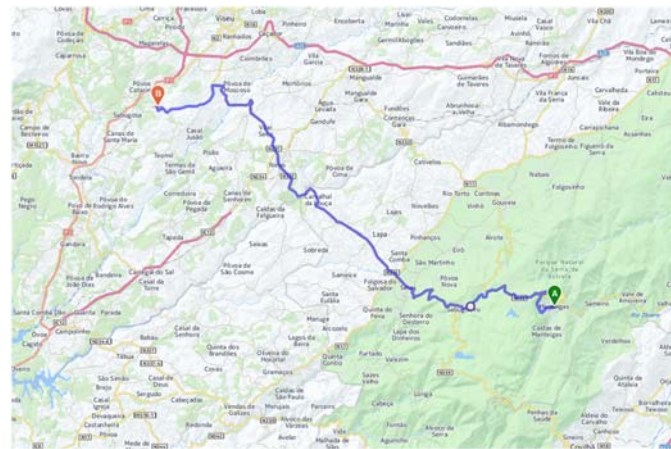
Day Trip to Seia and Serra da Estrela  
Drive 42 km, 49 min



### Seia to Manteigas



### Manteigas to QDTR



Quinta dos Três Rios

Avenida Padre Francisco de Oliveira, 239  
3460-391 Parada de Gonta  
Tondela, Viseu, Portugal  
Tel: 00351 232 959 189  
Mobile: 00351 916 684 484  
[www.minola.co.uk](http://www.minola.co.uk)

# Bread, Cheese and Glacial Terrain

## Day Trip to Seia and Serra da Estrela

This day trip is recommended for everyone. Minimal walking is necessary. However, there are many opportunities, especially near Manteigas, to find hiking trails in the highest mountains of Portugal, the Serra da Estrela.



*Serra Queijo*

Serra da Estrela cheese is highly acclaimed globally and is king of Portuguese cheese. It has been entirely hand-made for centuries by shepherds in the mountains of Serra da

Estrela. Throughout your day in the Serra, you will have opportunities to taste and buy this cheese, along with other regional specialties, such as leather goods and wool blankets. There are shops and kiosks at various locations along the route, including Torre Peak and just past the Pousada.

You will start your day in Seia, a charming town at the foot of the Serra. The Interpretation Centre of Serra da Estrela (CISE) provides an excellent introduction to the Serra da Estrela region. A nine-minute 3D film in English or Portuguese provides a virtual tour of



the region to buy maps.

There are two museums in town that may attract your attention. The Bread Museum (located at Quinta Fonte do Marrao) is set in a complex that includes a restaurant and bread shop and has all the information you'll ever need on bread production in Portugal now and in the past. Be sure to ask to see the children's section. The museum restaurant is a good place for a meal that specializes in the local cuisine. The Toy Museum, near the Turismo

mountains' main points of interest. Multimedia displays include an interactive scale model of the Serra. CISE is located in the heart of the city at Quinta do Carvalho (Rua Visconde de Molelos) and is open Tuesday thru Sunday. CISE also has very helpful information on hiking and is the best place in



*Museu do Pao (Bread Museum)*

office, traces the history of Portuguese toys. There's a play room and a workshop where kids can watch toys being made or repaired.

The large thick-coated dogs you will see, bred in Sabugueiro, are Estrela Mountain Dogs. One of the oldest breeds on the Iberian Peninsula, these dogs have been used in the cold mountain regions to accompany shep-



*Serra Dogs*

herds to guard and defend against wolves and thieves.

The next stop is the top of Torre Peak. At 1993 meters, it is the highest point in mainland Portugal. You will want to spend some

time here to take in the unparalleled panoramas and also a few photos. If you

Now, you will drive on to Manteigas, a great base for hiking and other exploration. Along the way you pass through the largest glacial valley in Europe, the valley of the River Zezere. You will see the lush green valley floor dotted with typical stone shepherds huts and terraced farms on the steep hillsides.



*Glacial Valley - River Zezere*

Many of the 16 different mapped hiking routes start



*Poco do Inferno*

in the town and are reasonably well marked. Just west of town, you can walk or drive to the Poco do Inferno (Hell's Well) where a waterfall flows wildly into a cool deep cave.

From Manteigas, head up the winding mountain road past the Pousada. When you see the sign saying "Cabeca do Velho", look to your right, following the arrow. You will see the rock outcropping resembling an old man's head.

