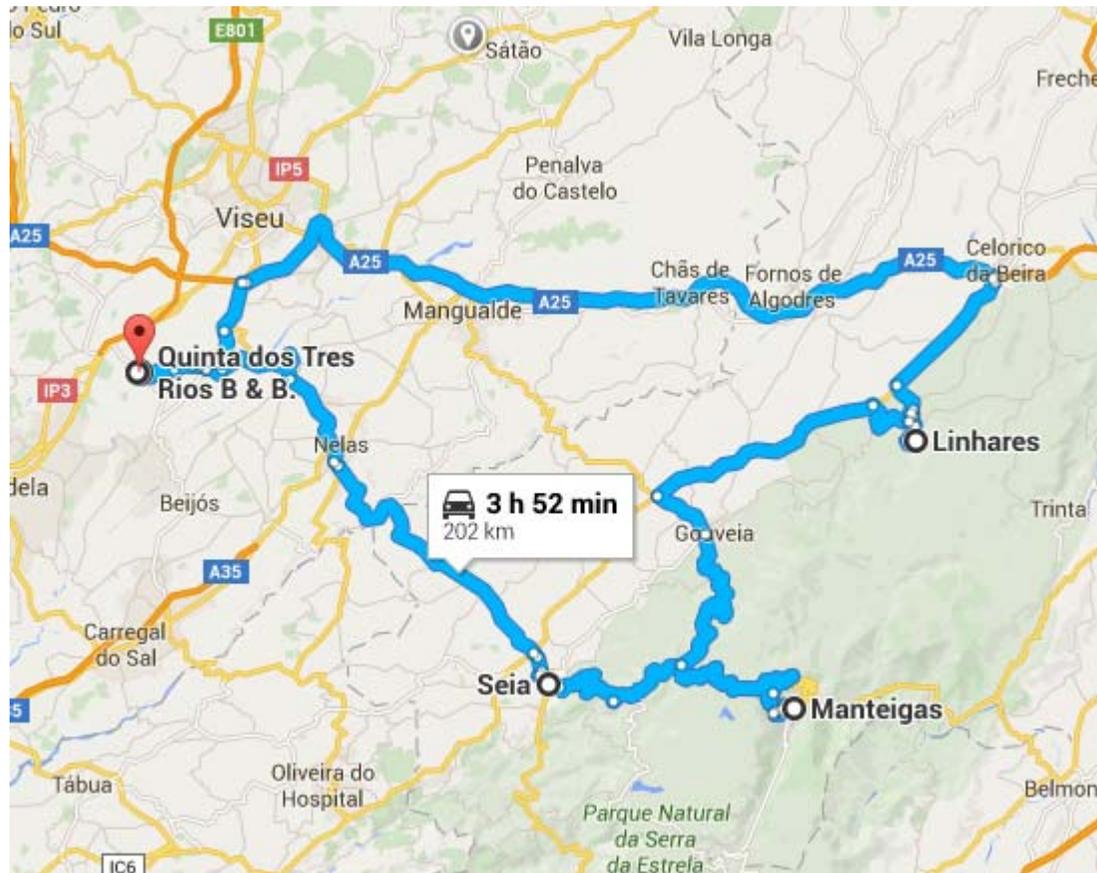


Directions & Maps

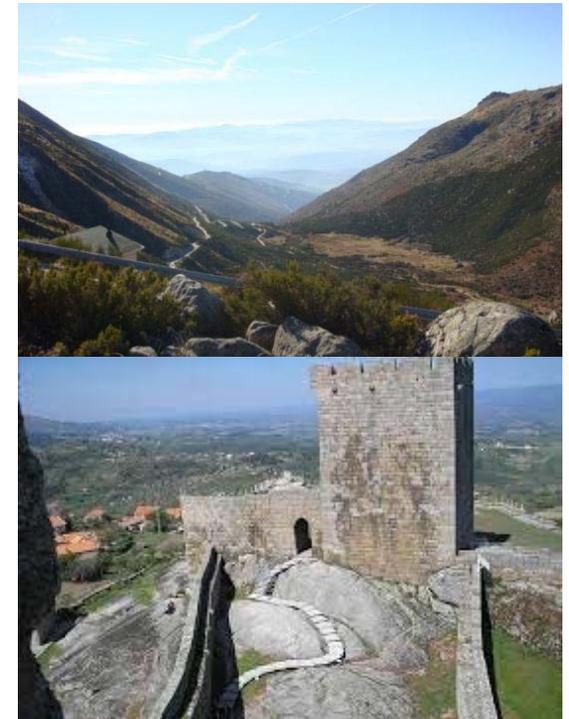
To Seia, Manteigas, Linhares and return



Serra da Estrela

Day Trip to Seia and Linhares

Drive 202 km, 3 hr 52 min



Quinta dos Três Rios

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Serra da Estrela

Day Trip to Seia and Linhares



Queijo da Serra

This trip is recommended for people including mature teenagers who appreciate history. 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 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.

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 office, traces the history of Portuguese toys. There's a play room and a workshop where kids



Seia—Museu do Pao

can watch toys being made or repaired.

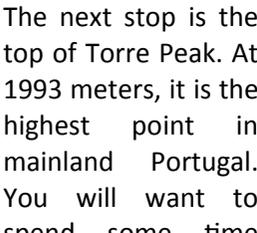
The large thick-coated dogs you will see, are Estrela Mountain Dogs which are bred in Sabugueiro. One of the oldest breeds on the Iberian Peninsula, these dogs have been used in the cold mountain regions to accompany shepherds to guard and defend against wolves and thieves.

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.



Serra Dogs

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.



Torre



Glacial Valley

Once you leave Manteigas, you will be heading onward toward Gouveia, approximately 30 km away. About 5 km after leaving Man-

teiga is the Nascente do Rio Monteginho, the source of the Mondego River. You will find a parking area and picnic tables. Just one kilometer past is a roadside market where you will find well-priced wool blankets, cheeses, meats, sandwiches and cold drinks, and authentic souvenir items.



Nascente do Rio Mondego

Situated on the western slopes of the Serra da Estrela, about 700 meters high, Gouveia provides a wonderful panorama of the valley of the Mondego and the surrounding landscape. However, don't spend too much time here, as Linhares da Beira is a much more charming village.

Linhares is a 12th century medieval village, one of many Aldeias historicas, with old stone buildings, walkways, and the Castelo de Linhares da Beira. King Afonso Henriques chartered the village in 1169. However, the imposing castle was built later as part of the Beira defense system at over 800 m above sea level on rocky, irregular terrain. It existed in the time of King Sancho I and was restored by King Dinis in 1291. It has two walled enclosures, two towers, four gates and two cisterns. The tourist office in the central part of town can provide much more information on the sights.

The Restaurante Cova Da Loba is a first rate restaurant, also centrally located, that serves both lunch and dinner.

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Farmers Market