

### **Includes**

- guide
- 2 nights with accommodation including breakfast
- 1 lunch in restaurant
- 1 Hiking Trail
- Visit to the Schist Villages of Álvaro, Figueira, Sarzedas and Martim Branco
- Craftsmen Workshop in the Typical Village of Oliveiras
- Flavours of the Mountain Tasting
- Workshop and visit to the Living Science of the Forest Centre

# Program Profile

For families
For groups (please consult the special prices)
Nature
Gastronomy
Culture

#### **Difficulty level**



## **Geomonuments**

Zêzere Meanders



Comfortable shoes Stockings without sewing Appropriate clothing Water Camera

# **Experience the Traditions of the Schist Villages**

### **ITINERARY**

### 1st Day

Arrival to the accommodation

### 2nd Day

Breakfast at the Hotel

Morning: Visit to the Schist Village of Álvaro, perched high upon the imposing river and walking the Hiking Trail "In the Zêzere Meanders", ending with the delicious Flavours of the Mountain Tasting (Oleiros) Lunch in a restaurant with original regional gastronomy

Afternoon: Visit to the Schist Village of Figueira, once defended from the wolf attacks; Visit to the Village of Oliveiras Centre and its craftsmen workshop, passing by the River Beach of Fróia; experience the Living Science of the Forest Centre with a workshop of wax candles and tasting of honey made from native flowers.

Accommodation

### 3rd Day

Breakfast at the Hotel

Morning: Visit to the Schist Village of Sarzedas and Martim Branco, between the heath and the mountain, from the ancient medieval village to the picturesque village next to the stream



