

NATURE ACTIVITIES

CASCAIS



PR1 CSC
Rota das Quintas

Departure/Arrival point:

Malveira da Serra

Distance: 15.3 Km

Duration: 4 hours

Difficulty: average

Inclination:

average, some inclination

Type of trail: circular

Point of interest:

Janes, Vale de cavalos, Rio da Mula, Zambujeiro, Alcorvim

Connects to:

PR3 CSC ROTA DAS ALDEIAS e PR4 CSC ROTA DO LITORAL DO GUINCHO



PR2 CSC
Rota do Cabo Raso

Departure/Arrival point:

Areia or Farol da Guia (lighthouse)

Distance: 15 Km

Duration: 3.30 hours

Difficulty: low

Inclination: low inclination

Type of trail: circular

Point of interest:

Bicuda, Farol da Guia (rock climbing school), Cabo Raso, Guincho, Cresmina, Casais Velhos, Areia

Connects to:

GR11 E9 CAMINHO DO ATLÂNTICO



PR3 CSC
Rota das Aldeias

Departure/Arrival point:

Malveira da Serra

Distance: 12.5 Km

Duration: 4 hours

Difficulty: average

Inclination: steep

Type of trail: circular

Point of interest:

Fornos do Arneiro, Biscaia, Peninha, Tapada Urzeira

Connects to:

GR11 E9 CAMINHO DO ATLÂNTICO, PR1 CSC ROTA DAS QUINTAS and PR4 CSC ROTA DO LITORAL DO GUINCHO



PR4 CSC
Rota do Litoral do Guincho

Departure/Arrival point:

Malveira da Serra

Distance: 9.9 Km

Duration: 3 hours

Difficulty: low

Inclination:

average, some inclination

Type of trail: circular

Point of interest:

Almoinhas Velhas, Abano, Guincho, Charneca, Alcorvim, Janes

Connects to:

GR11 E9 CAMINHO DO ATLÂNTICO, PR3 CSC ROTA DAS ALDEIAS and PR1 CSC ROTA DAS QUINTAS

■ WHERE TO GO BIRD WATCHING



The Common Firecrest



Tawny Owl



Black Redstart

Cabo Raso, located near Lisbon, is one of the top sites to watch sea birds. Some examples include Cory's shearwater, the Balearic shearwater, the Sooty shearwater, the Great Skua and the Parasitic Jaeger.

At **Cabo da Roca** one can observe either migrating or local birds. Among the latter we have the occasional European Shag, that can be observed from Boca do Inferno to the northern part of the Serra de Sintra; or, at Cabo da Roca, the Peregrine Falcon. The most easily seen migratory bird is the Northern Gannet, visible between Guincho and Cabo Raso, in the autumn and winter, and also in March.

The **Serra de Sintra** is one of the freshest places in the Lisbon area, thanks to its lush vegetation. Here we can observe several species which are relatively scarce in this area of the country. Among these we can find the Eurasian Sparrowhawk, the Alpine Accentor, the Common Wood Pigeon, the Eurasian Collared Dove, the Common Swift, the Great-spotted woodpecker, the Winter Wren, the European Robin, the Black Redstart, the Common Firecrest, the Long-tailed Tit, the Coal Tit, the Short-toed Treecreeper, the Jay, the Chaffinch, the European Serin, the European Greenfinch, the European Goldfinch, the Linnet and the Cirl Bunting, among many others.

The common Buzzard is a resident bird, easily observed in the **mountain**, in the **south and west hills**, and in the **farmlands** belonging to the SCNP. Although the Bonelli's eagle once nested closer to shore, it has taken refuge in the denser forests, due to the increase in human presence. It is a difficult species to observe. The Black Redstart can be observed all across the rocky coastline, and in the granite areas of the mountain, all year-round. In September and October we can watch migratory birds like the Pied Flycatcher or the Sedge Warbler.



Green Woodpecker