



Dornes view

## NATURAL HERITAGE

### Zêzere River

The Zêzere is the second longest Portuguese river. It originates in the Serra da Estrela mountain range and flows into the river Tejo, located west of Constância, totalling more than 200 km of river route and a watershed of 5043 km<sup>2</sup>. Of all the landscapes created by this river, the “Zêzere’s Meanders”, a succession of curves around the mountain range of Pinhal Interior, deserve a special attention. This river also possesses a remarkable hydroelectric value, harnessed by three dams (Bouçã, Cabril and Castelo de Bode) which produce an output of around 700 million kWh annually.

The Zêzere waters are an important habitat for various fish species, namely the shad (*Alosa alosa*), the boga (*Chondrostoma occidentale*), the eel (*Anguilla anguilla*), the barbel (*Barbus bocagei*), the black bass (*Micripterus salmoides*) and the carp (*Cyprinus carpio*).

### S. Guilherme’s River and S. Guilherme’s Mill

The S. Guilherme’s River flows into the left bank of the Zêzere River in Dornes. The S. Guilherme’s Mill is located a few kilometres before. The surroundings offer a pleasant recreation area, transverse by the route and improved by the recent reconstruction work done to the mill.

On the route between the bridge of Dornes, over the S. Guilherme’s River, and the S. Guilherme’s Mill, a Biodiversity Station was installed, whose interpretive route is shared with this pedestrian trail.

Emblematic species: provencal fritillary butterfly (*Melitaea deione*), rock rose or sun rose (*Cistus populifolius*), flax-leaved daphne (*Daphne gnidium*), cicada (*Ciccada ornithine*), the common five-spot burnet (*Zygaena trifolii*), royal fern (*Osmunda regalis*) tutsan of gerês (*Hypericum androsaemum*), hazel tree (*Avelana coryllus*).

### Islands

In Vale Mosqueiro’s river mouth, there is a magical place that the locals call the “Ilhas” (Islands). Three islands were formed with the construction of the Castelo de Bode Dam and the subsequent rise of Zêzere water levels in that area. These Islands are the delight of both residents and visitors.

## PLACES TO STAY

Ca’D’oro Lda - 214 879 129 (Cagida)  
 Casa da Avó - 249 366 411; 962 912 485 (Dornes)  
 Casa da Eira - 934 740 848; 936 108 279 (Cagida)  
 Casa de Lis - 969 249 273 (Dornes)  
 Casa Nunes - 966 029 651 (Dornes)  
 Hospedaria N.º Sr.ª do Pranto - 249 366 447 (Vale Serrão)  
 Riverside - 917 257 255 (Dornes)

## PLACES TO EAT

Fonte de Cima - 249 366 302; 933 161 019 (Dornes)  
 O Rio - 249 366 411; 962 912 485 (Dornes)  
 Rest. N.º Sr.ª do Pranto - 249 366 447 (Vale Serrão)

## GASTRONOMY

- Fish stew;
- Fried fish with tomato / bean rice (carp, boga, black bass, barbel);
- Ferreirense roasted suckling pig;
- Roasted lamb;
- “Bolos dos Santos” (traditional dessert);
- “Tigeladas Ferreirenses” (traditional dessert)

## HANDICRAFT

- Rodilhas (small wheel shaped objects made of twisted rags used on the head to support heavy loads);
- Wicker basketwor;
- watercraft construction.

## USEFUL CONTACTS

Emergencies: 112  
 Ferreira do Zêzere Council: +351 249 360 150  
 Nossa Senhora do Pranto Parish Council: +351 249 366 745  
 Forestry Association “FlorZêzere”: +351 249 366 576  
 Ferreira do Zêzere’s Medical Centre: +351 249 360 090  
 Ferreira do Zêzere’s Fire Station: +351 249 361 170 /180  
 Ferreira do Zêzere Police: +351 249 360 100

## SIGNAGE USED



right way



wrong way



turn left



turn right

## CODE OF CONDUCT

Keep to the signposted track ;  
 Avoid making unnecessary noise;  
 Observe wildlife without disturbing it;  
 Do not damage the flora;  
 Do not leave rubbish or any other trace;  
 No naked flames;  
 Do not take samples of plants or rocks;  
 Be nice to the people you might meet along the way!

# PR1 FZZ DORNES ZÊZERE’S SENTINEL



Pat. Nacional Tower

Promoter:



Co-financing:



Hikes registered and approved by:



Design: floema



## ROUTE

Located on a small peninsula of the Castelo de Bode dam reservoir, the village of Dornes has a privileged surrounding landscape that looks over the river Zêzere, with which it has a very special relationship.

The route "Dornes – Zêzere's Sentinel" starts at the Tourism Office, goes along the path through the village centre (Pentagonal Tower and Nossa Senhora do Pranto Church), and continues, simultaneously with the Great Route of the Zêzere (GR33), towards Vale Serrão. Getting around the Serra dos Aguilhões, one follows to the village of Rio Cimeiro, and into the "Islands".

Returning to the trek and following the forest path to Peralfaia, one may observe a curious rock formation, locally known as "Penedos Amarelos" (Yellow Rocks). Shortly after going through the village, there is the option of either returning to Dornes or continuing the forest path towards the S. Guilherme's Mill, lined with eucalyptus or pine trees, and also some oaks, chestnut trees and arbutus. Regardless of the option taken, one is presented with an extraordinary panoramic view over the Peninsula of Dornes.

If you decided to visit the S. Guilherme's Mill, the return to Dornes will be done through the "Biodiversity Path", a forest path that follows the S. Guilherme's river right close to its mouth in Dornes.

## VARIANT

A variant to the main route that connects the top of Peralfaia village and Dornes' Fountain (2 km) is signalled. This variant allows you to divide the main route in two other routes: Dornes – S. Guilherme's Mill – Dornes (8 km) or Dornes' Fountain – Vale Serrão – Rio Cimeiro – Ilhas – Peralfaia – Dornes' Fountain (14,5 km).

## ROUTE'S SURROUNDINGS AND HISTORY

The history of Dornes is lost in time, however important monuments and archaeological remains still stand as witnesses. The first documents relating to Dornes date back to the 13th century (Arega's Foral and the Templar Commendation of Dornes). Later, the High Commander of the Order of Christ, D. Gonçalo de Sousa built, in 1453, the Nossa Senhora do Pranto Church. In 1513 Dornes received the Manueline Foral, remaining a municipality until 1836. In the 19th century, Rodrigo da Fonseca's reform extinguishes the municipality of Dornes, integrating it, since 1836, in the council of Ferreira do Zêzere. Since then, the Village of Dornes has assumed the role of a pole of attraction to tourists and of "drawing room" of the council of Ferreira do Zêzere. The main monuments of the village are the Pentagonal Tower, which was built by the Templar Knights in order to monitor the deep valley of the Zêzere River, and the Nossa Senhora do Pranto Church, dating back to the 15th century, but originated from a previous temple erected by Queen Saint Isabel at the end of the 13th century. Inside the Church a special attention should be paid to the tiles, the 19th century pipe organ, the stone images of Nossa Senhora do Pranto and Santa Catarina, a 1544 pulpit and an oil framework called "Rest during the escape to Egypt", referring to the Nossa Senhora do Pranto Legend. Every year, on August 15th, there is the festival celebrating Nossa Senhora do Pranto, attracting many devout people.

In its recent history, Dornes welcomed the recording of the film of Luis Galvão Teles "dot.com", in 2007.

 19 km  
distance

 5h  
time

 885 m  
positive height gain

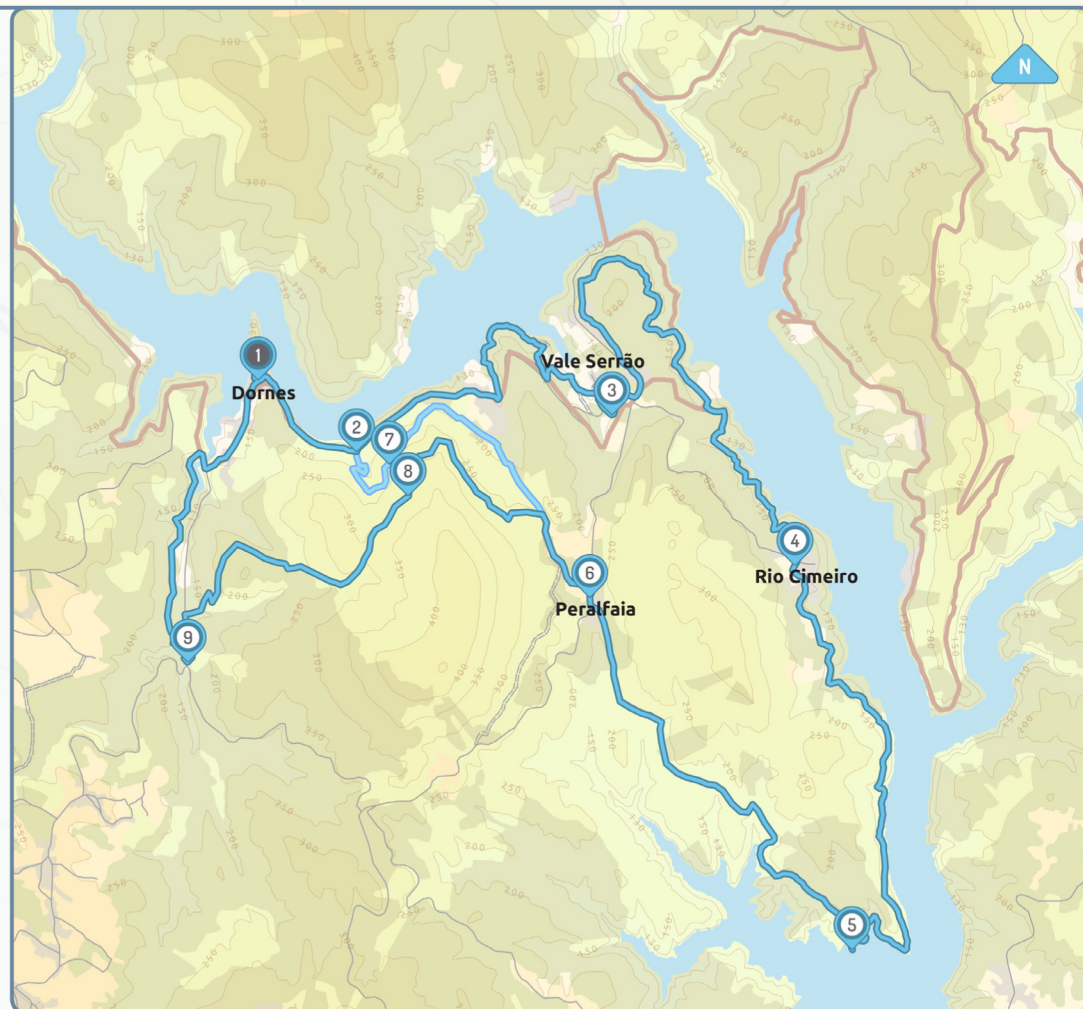
 330/125 m  
altitude max/min

 Circular  
type of route

 Some difficulty  
Level III  
difficulty level  
FCMP (I to V)

 All year round  
recommended season

 N 39°46'11.251"  
W 8°16'12.596"  
coordinates



## ELEVATION GRAPHIC



## POINTS OF INTEREST

- 1 Dornes' Village (Pentagonal Tower and Nossa Senhora do Pranto Church)
- 2 Dornes' Fountain
- 3 Vale Serrão (village)
- 4 Rio Cimeiro (village)
- 5 Islands
- 6 Peralfaia (village)
- 7 Panoramic View
- 8 Panoramic View
- 9 S. Guilherme's Mill

## LEGEND

- PR1 FZZ
- PR1.1 FZZ
- GR 33 - Great Route of the Zêzere
- Roads
- Dirt roads
- Countour lines
- Buildings
- Forest
- Brushwood
- Water surfaces

0 1 km