

Welcome to Casa Bedrock

Your Guidebook to the Villa & the Area



Click here!



Enjoy your Holiday

Explore The Silver Coast from Pedrógão to Nazaré

A wonderful mixture of busy resorts & quiet hideaway coves + clean uncrowded beaches all connected by an amazing spine road through ancient pine forest. Choose a favourite beach from our feature or allow at least 1 full day to see all resorts.

Near the lighthouse just north of São Pedro de Moel, an ideal blend of rocky bays & golden sand



Nazare fishing boat on the beach in Pedrógão



Journey time approximately 45 minutes to nearest resort. Refer to Michelin road map 592 Central Portugal in conjunction with the following directions:

Please feel free to make use of the beach parasols at Casa Bedrock which are usually located in our wooden shed. Alternatively, they can be purchased quite cheaply at the resorts.

Prior to your trip we recommend that you key the following search term into Google - **'Garrett McNamara big wave'** and watch the Hawaiian surfer spectacularly break the world record in Sitio just north of Nazare in 2013.

Note: This feature contains details of 3 resorts (from north to south): Pedrógão, São Pedro de Moel and Nazaré. There are others along the way, mostly small with just a few facilities / shops, and others which are simply stretches of sand with parking spaces. There are no references to these 'lesser' resorts in this feature.

If you want to visit all the resorts in some depth - Pedrógão, São Pedro de Moel and Nazare, we suggest that you set off as early in the morning as possible.

Directions excluding Figueira da Foz

Drive towards Ansiao then head west towards the coast on the IC8 and exit at junction 2. Go to the roundabout and take the Figueira da Foz exit. At the next roundabout take Leiria exit and drive slowly for approx 800 metres then turn right signposted Matas Nacionais and Estrada Atlantica. Continue along for approx 1 kilometer to a level crossing (care required). Beyond here the road straightens out through forest. Go straight ahead at the next roundabout. From there, go to the next roundabout and follow the signs to the resorts of Pedrógão etc.

Directions to Figueira da Foz (see next feature for day in in this resort.)

Drive towards Ansiao, head west towards the coast on the IC8 & exit at junction 2. Go to roundabout and take the Fig Foz exit, after which, continue to follow the signs to the resort.

Figueira da Foz is a large town and we suggest that you allow at least half a day for this resort.

Pedrógão

Excluding Figueira da Foz - The resort of Pedrógão, approximately 50 minutes from Casa Bedrock is your first port of call and provides the first expansive view of the Atlantic as you approach. If you arrive early there are ample parking spaces along the promenade.

The balance of facilities; toilets, bars, restaurants and shops is perfect and if you want to buy a bucket and spade for the children (or yourself) there is an



excellent little parade of shops on the promenade at the opposite side of the road from the beach. The cafe's / restaurants on the sand near the promenade are, in Portuguese terms quite expensive but you can comfortably feed 4 people with lunch including drinks for around €40.00.



In common with all resorts in this feature, the quality of the beach and cleanliness of the ocean is excellent. The small town is busy in summer but because the beach is deep and extends unhindered beyond to the north and south, there are plenty of places to 'set up camp'. The first thing you'll probably notice on the beaches of all resorts are the life guards; there for a very good reason - the ocean is powerful with very strong undercurrents so beware! If you're lucky, you might witness one of the colourful traditional wooden fishing

boats coming ashore but if not, you're very likely to see one on the sands, complete with nets drying in the sun.



São Pedro de Moel

Approximately 15 minutes south of Pedrógão is our favourite resort of São Pedro de Moel. Shortly before arriving at the town you'll reach a lighthouse where you can add drama to your visit by parking in one of the dedicated spaces and crossing to the small headland with spectacular views of the rocky coastline northwards to the resort and southwards, back towards Pedrógão. THE CLIFFS HERE ARE

SHEER WITH PARTIAL BARRIERS SO DON'T LET CHILDREN RUN AHEAD! Continue by car into this lovely resort - smaller and more sedate than Pedrógão with a short promenade which rises above the ocean. Here again, it is usually quite easy to park near the sea if you arrive during the morning.

The buildings here are generally more colourful and characterful than those in some other resorts and the small town certainly possesses more character than its rivals. In summer the small square near the beach with shops and cafe's to 3 sides is also occupied by vendors selling a variety of goods. From here you can simply step over the low wall onto the beach. A short walk up the hill in a northerly direction reveals more cafe's and shops and also an excellent restaurant situated above the rocks which specialises in seafood dishes and has wonderful views of the ocean and beach (see photo on



previous page - restaurant is twist beach and promenade buildings.)

If you enjoy walking, the beach stretches unhindered for many miles in a southerly direction but be aware of a short section of approximately 300m where high tide could, in places, leave you stranded - your only escape being to scramble up the rocks! If however the tide is out, the walk of 2 kilometers to the tiny resort of Agua de Madeiros will reveal some interesting rock formations protruding through the sand. From there, it's an easy climb to the cliff top where you can return along a winding sandy track through an area which in spring and early summer is carpeted with spectacular displays of the magenta succulent *Lampranthus Spectabilis*.

Nazaré & Sitio

Approximately 10 to 15 minutes south of São Pedro de Moel you'll reach a roundabout where you should follow the signs to Sitio. It's essential to visit Sitio first as its location on the headland just north of Nazaré has spectacular views of the bay and beach. When you reach the centre of Sitio, drive clockwise round the large square and continue beyond the shops and cafe's.

This road leads down to the headland and the Lighthouse of Nazaré (Farol da Nazaré) where the Hawaiian surfer Garrett McNamara broke the world



record for surfing the highest wave in 2013. The magnificent waves are created by a deep undersea ravine (Nazaré Canyon) 125 miles long and up to 5,000 ft deep narrowing and more shallow as it reaches to within ½ mile from the shore - forming a natural funnel. Waves converge and then accelerate before pushing upwards into shallower water, breaking the surface in turmoil. You can either drive to the lighthouse or - for better views - park nearer the top and walk down, but don't go too near the edge of the cliffs which are crumbling and unstable.

The square in Sitio, is a huge open space surrounded by shops selling tourist items / trinkets plus clothing etc. It's a pleasant enough place, certainly in terms of its architectural splendour including the beautiful Church of Our Lady of Nazaré (Igreja de Nossa Senhora da Nazaré).

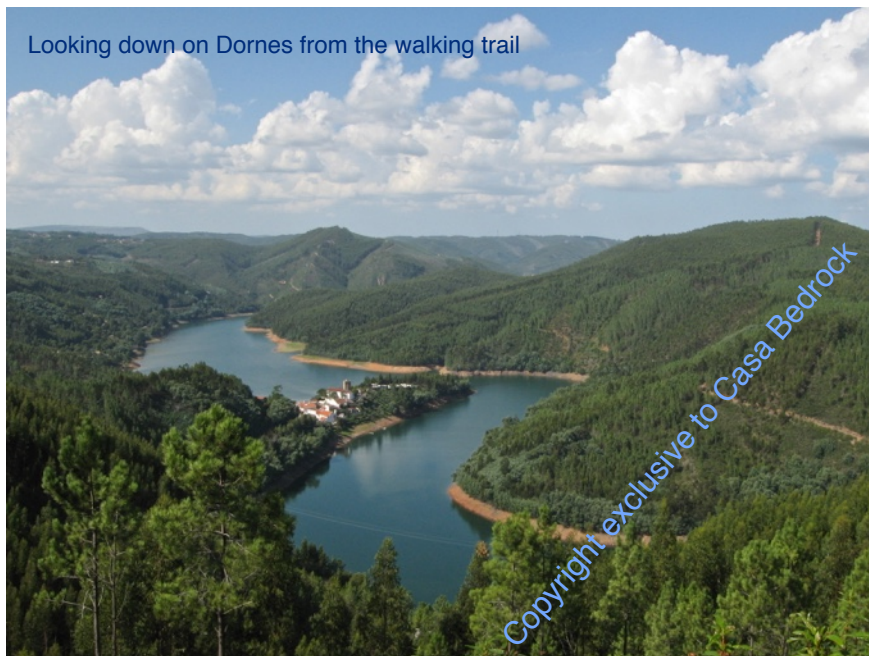
From Sitio, follow the signs to Nazaré which gets very busy, particularly in summer. The beach - as you've already witnessed from the headland in Sitio - is superb. The town, once a small fishing port has grown rapidly in line with the increase in tourism but lacks the character of the smaller resorts. Shops along the modern sea front sell a wide range of goods including the ubiquitous bucket and spade emporiums and there is certainly no shortage of places to eat and drink. On the beach, a row of colourful old fishing vessels bear explanatory plaques giving a brief history of the role each one played in the fishing industry and a bit farther along, old fishermen and their families sell fish, drying on racks in the sun.



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Kayaking, walking & relaxing in Dornes. The beautiful village of Dornes sits on a small peninsula on a meander of the Rio Zêzere. Only a 40 minute drive from Casa Bedrock, this remote but easily accessible area is ideal for either a leisurely visit or exploration by kayak or on foot.

Looking down on Dornes from the walking trail



Departing from Dornes on a 3 hour kayaking trip

Dornes is easy to reach from Casa Bedrock and is simply one of the most beautifully located villages in Portugal. Its splendid peninsula location on the Rio Zêzere is difficult to surpass and although the village itself is small and pretty, it is the majesty of its location which give it the wow factor. Park just outside the village and enter on foot along a calçada (cobble) street. Walk up to the pentagonal Templar tower and church which were built in the 13th century and rebuilt in 1453. The views up the river from the small car park near the tower are wonderful. Dornes is a place of religious pilgrimage and many shrines can be found in the area.

Kayaking / Boat trips / Speed boating / Wake boarding / Rock climbing / 4x4 cross country / Paintballing. All activities available through ALVENTURA.

Contact name: Antonio - by telephone: 00351 918 662 285. Text 00351 918 662 285. Email alventura.organizacaoeventos@hotmail.com

Arrange a suitable time and he'll meet you on the river bank in Dornes (see directions to Dornes below.) We can arrange the events on your behalf but only if you are unable to contact him yourself. Please email, text or phone us. Note: Our property management do not provide a booking service.

Kayaking details and prices (at summer 2014)

Available between the hours of 10.00am and 7.00pm daily.

€5.00 per person per hour or €18.00 per person for a full day - on either 1 or 2 person kayaks.

Boat Trips

Available between the hours of 10.00am and 7.00pm daily.

Maximum 8 people. Minimum 2 people.

€5.00 per person per 20 minutes or €10.00 per person for 1 hour. Additional hours charged pro rata.

Speed Boat

Available between the hours of 10.00am and 7.00pm daily.

Maximum 8 people. Minimum 2 people.

€45.00 per person per hour. 3 hours is €100 per person.

Wakeboarding (Waterskiing but on a board similar to a snowboard)

Available between the hours of 10.00am and 7.00pm daily.

€40.00 per person per 20 minutes, tuition given.

Rock Climbing

Available between the hours of 10.00am and 7.00pm daily.

Maximum 20 people. Minimum 2 people.

Due to the intensiveness of the instruction and supervision the price is fixed at €150.00 for a 4 hour session irrespective of the number of participants, 2 to 20.

Paintball

Available between the hours of 10.00am and 7.00pm daily.

Maximum 8 people.

Fixed price of €160.00 irrespective of number of participants.

4 x 4 (Rough terrain and tracks unsuitable for normal vehicles)

Available between the hours of 10.00am and 7.00pm daily.

Minimum 2 people.

€10.00 per hour. €25.00 per 3 hours.

2 hours 4 x 4 + 1 hour Boat Trip

Available between the hours of 10.00am and 7.00pm daily.

€40.00 per person.



Journey time 40 to 45 minutes. Refer to Michelin road map 592 in conjunction with the following directions:

From Casa Bedrock go towards Ansião (see directions at beginning of book.) Just before reaching Ansião go east on the IC8/N237 and leave at junction 16 onto the IC3/N110 & head south towards Tomar. After passing through numerous villages, go straight ahead at



the island / roundabout and a bit farther along you'll pass a left turn to Cabacos. Ignore this and continue along for approx 1200 metres and turn left at the next Cabacos turnoff. Go around the left hand bend past the palm trees and restaurant and bear left into Cabacos. A short distance along take the right hand turn sign posted to Ferreira do Zêzere. A few minutes later you'll pass under the A13 then continue along and take the left hand turn sign posted Dornes and Beco etc. On reaching Beco go straight ahead at the crossroads, then on to a 'T' junction where you should turn left, sign posted Dornes. As you approach Dornes drive over the bridge, immediately after which, take the

2nd exit (left) into Dornes. There are ample parking places on your left as you approach the village. Alternatively you can continue past the village where you'll find additional space alongside the river.



Meeting Antonio and / or exploring the village.

Walk into the village along the calçada (cobblestones). If you are meeting Antonio for any of the adventure activities, go to the small crossroads in the centre of the village and follow the signs (which are attached to a wall) down to the river where he will meet you at your pre arranged time. He can be busy in summer so please allow a few minutes leeway.



Cafe Bars

There are a few cafe bars in and around the village but if you want to enjoy the views, go to the one with the viewing area overlooking the river.

The walk

6 km (3 ¾ miles) Allow 2 hours.
Stunning views of the Rio Zêzere & Dornes along well established tracks.

From your parking place walk back towards the small roundabout (mentioned in the road directions.) Before reaching the roundabout you'll see a cafe bar elevated above the road on your right, opposite which, is a narrow road forking off to your left. If you wish, take this opportunity for refreshments because the route you need to follow is up the aforementioned fork. Climb steadily past houses until you reach a ceramic sign on your left Rua da Faisca. Turn left here, onwards and upwards, through 2 sharp double bends, firstly to the right and then the left (ignore the right hand track situated on the apex of the left hand bend). Beyond this the track descends round a more gradual right hand bend after which it runs parallel to the river which is down to your left. Along the way you'll firstly catch glimpses of the river through the trees and farther along, views back to the Dornes peninsula and the road bridge along the river north west of Dornes. Continue along as the track begins to climb and veer away from the river before returning once again on a descent. The surrounding area beyond this point is less densely forested - eucalyptus being

supplanted by the fresh smell of pine. Once again you begin to veer away from the river. Continue along and ignore a significant track leading left down to some houses / buildings. Keep ahead and upwards for approximately 400 metres and your route levels out to a major junction of tracks. Turn right here and shortly afterwards keep right at the fork. The track meanders along and eventually it once again returns parallel to the river which is now on your right. The views along here of Dornes and beyond are quite spectacular. Take this opportunity to take some photo's because very soon you'll reach densely planted eucalyptus forest. Shortly after entering this, you arrive at a junction of tracks. Go straight ahead and very soon your route descends quite sharply through the forest. Eventually you'll arrive at a crossroads of tracks. Bear right here and after approximately 1km of mainly downhill walking you'll reach the cafe bar near your starting point.

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A half or full day out in Soure & Redinha & the opportunity to have a huge buffet lunch at Quinta de Santa Ana. Soure is a 25 minute drive from Casa Bedrock & if timed correctly you can include lunch in the town or for something a bit more special (but not expensive) have lunch at Quinta Santa Ana in Redinha. Avoid Sundays as it gets very busy & the prices are higher.

The bridge at Redinha

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Tiled plaque depicting French rear guard action during their third invasion of Portugal during the Peninsula War





Journey time 25 to 30 minutes. Refer to Michelin road map 592 Central Portugal in conjunction with the following directions: At the bottom of Outeiro village, turn left at the small crossroads. Climb up through the village & then downhill to a junction & bear right. Within a few metres you'll arrive at a 'T' junction. Turn left here, passing firstly through the village of Sobral then continue

along through Degraças, shortly after which go straight ahead at the roundabout. This wide road is initially quite straight & begins to descend steeply. Take care farther down as there are very sharp bends around limestone quarries. When you reach the junction at the bottom of the hill turn left along the IC2 (take care entering this busy road) & then almost immediately afterwards turn right and follow the road to Soure.

Soure

Wandering around the narrow cobbled streets of the small picturesque town of Soure where the rivers Anços & Arunca meet is a very pleasant way to spend a morning; perhaps also indulging in a coffee and cake at one of the numerous cafe bars which line the streets. Or cool down in the welcome shade of the small park alongside the river or in front of the Câmara (town hall.) If your preference is for something a bit more energetic a track can be followed alongside the river.



The river walk: Two choices; you can either walk along & return at any point via the same route, or walk up one side of the river & return down the opposite side (latter walk is 6km = 3¾ miles, total 1 hour 20 minutes) Both walks commence at the same point.

From the bridge spanning the confluence of the 2 rivers, go down past the Casa do Rio cafe bar (see photo above) & walk north keeping the river to your left. After approximately ½ km you'll pass under a road bridge. Continue along & you'll soon be passing by tall bamboo lining the river with an array of trees & shrubs to your right, planted in rows which appear to be grown for sale in garden centre's,

nurseries etc. After 2.5 km you'll arrive at a railway bridge. Pass under this railway bridge, shortly after which, cross a bridge onto the opposite bank of the river. Turn left & head back down the river, soon crossing under the railway bridge again. Continue along keeping to the main track with the river to your left. Return via this route back to Soure.



Redinha

From Soure, return via your arrival route and when you reach the IC2 turn right. Approximately 2km further along turn left at a sign to Redinha. After approximately 500m look out for a sign indicating left to Santa Ana & Redinha. A few hundred metres later you'll reach the small bridge in the village.

Parking: Park either just beyond the bridge on your left or drive a bit farther along & park near the church on your right. It's certainly worth taking a look at the pretty bridge with its resident ducks and if you're very lucky the small museum near the bridge will be open.

Redinha's part in The Peninsula Wars

In 1811 during Napoleon's third invasion of Portugal, British and Portuguese forces under the command of Viscount Wellington (Duke of Wellington) were confronted by



a French rearguard action at Redinha. French Marshal Ney's bold attempt to protect the main body of the French army led by Marshal Masséna during its retreat back into Spain almost succeeded but for the fact that Masséna failed to make a swift attack which could have overcome the feeble forces holding Coimbra. As a result of this, the French were hemmed in by Wellington's

approaching forces and continued their retreat east into Spain.

The tiled panel located near the bridge in Redinha depicts the aforementioned event but is inaccurate in that it appears to show Napoleon

Bonaparte (on the right) leading the rearguard action at Redinha when in fact he was in Paris. Also note Redinha bridge depicted at the bottom.

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Walk revised 2016

Revised June 2017

We hope you have enjoyed
this 15 page sample of our
200 page guidebook....

Ansião The true heart of Portugal

Ansião is a remarkable town & region, shaped by its history & its people, from the earliest inhabitants dating back to prehistoric times through to the town as it stands today, maintaining a rich sense of tradition & pride which is carefully balanced by modernity & excellent local facilities.

The surrounding area is beautiful and diverse, ranging from pastoral valleys containing orchards, vineyards and olive groves, through deep gorges with waterfalls and tranquil pools for bathing, or to bare mountainsides with exposed limestone and miles of tracks and paths offering exciting opportunities for walks and exploration. Flora & fauna abound here & during spring & summer months the ground is alive with wild flowers growing through & around areas of limestone paving.

You'll also discover rich layers of history, Roman mosaics & villas, medieval towers & the well preserved castles of Tomar or Penela where you can sit & watch the sun dip below the horizon, taking the heat out of the day as a warm glow from the west picks out the mountains of the Serra do Espinhal away to the east. The most outstanding benefit of this area is it's diversity, which enables visitors to tailor their holiday to suit the whole family regardless of age.

The warmth of character & friendliness of the local populace extends to all those who visit - whether that be a trip to the lively local Saturday market in Ansião or help with choosing from the many delicious traditional dishes at one of the regions excellent restaurants.

This is the true heart of Portugal - a place that visitors describe as "The REAL Portugal". It simply doesn't get better than that!

David Lambert



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