

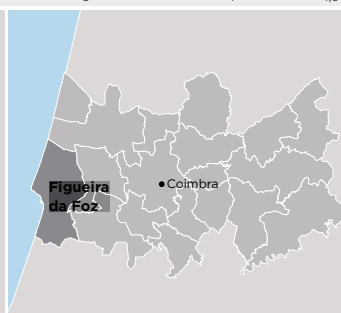


Key

- PR6 Saltern Route
- Main roads
- Unpaved roads

Points of Interest

- 1 Salt Museum
 - 2 Municipal Saltern
 - 3 Pedário
 - 4 Glasswort
 - 5 Bird observatory
 - 6 Pranto River
- Mill of the Twelve Stones



Extension

4,6 km

Duration

00h55m

Type of Route

Circular

Total ascent/descent

+ 0,8 min

Height

max/min
6 / -1 m

Recommended season

Year-round

Difficulty

The level of difficulty is expressed in 4 different categories, rated 1 to 5 (1: easy; 5: hard)



Type of terrain



Physical exertion



Difficulty



Orientation

Signage



Right way



Wrong way



Turn right



Turn left

Special care and standards of conduct

- Special care and standards of conduct
- Follow only the marked trails
- Respect the birdlife. Do not touch the nests and avoid noise and disturbance
- Observe wildlife from a distance, preferably with binoculars
- Do not litter, drop the trash at a collection point
- Do not collect or damage the flora
- Respect private property
- Avoid behaviours that disturbs the local environment
- Do not light fires
- Be friendly to local people, clear about your purpose and about the waymarks

Contacts

Sponsor

Comunidade Intermunicipal da Região de Coimbra
Rua do Brasil, N.º 131
3030-175 Coimbra
tel. 239 795 200 · 239 795 209
geral@cim-regiaodecoimbra.pt

Information

Municipal Tourism Office - Avenida
Avenida 25 de Abril
3080-501 Figueira da Foz
tel. 233 422 610
figueiraturismo@cm-figfoz.pt
SCHEDULE everyday
09h30-13h00 · 14h00-17h30

Closed on december 25th

Emergency 112

further information



Sponsored by



Co-financed by



Route registered and approved by



SALTEN ROUTE

Figueira da Foz



**PR6
FIG**

The Saltern Route is a small, circular route of rare natural beauty, spanning 4.6 km, and part of the CIM-RC “Sea and Dunes” project. It is set in the surrounding Mondego estuary, among secular salterns and fish farms, and a classified RAMSAR site for its wetland environmental characteristics.



American Flamingos



Salts



Pranto River



Flora 1 Glasswort *Salicornia ramosissima* 2 Sea purslane *Halimione portulacoides* 3 Lesser sea-spurrey *Spergularia marina* 4 *Sarcocornia fruticosa* 5 Sea aster *Aster tripolium* subsp. *pannonicus* 6 Sea rush *Juncus maritimus* 7 Brass-buttons *Cotula coronopifolia* 8 Salt cedar *Tamarix africana* 9 Small cordgrass *Spartina maritima*

Fauna 1 Black-winged stilt *Himantopus himantopus* 2 Kentish plover *Charadrius alexandrinus* 3 American flamingo *Phoenicopterus ruber* 4 Grey heron *Ardea cinerea* 5 Great cormorant *Phalacrocorax carbo* 6 Little egret *Egretta garzetta* 7 Sandwich tern *Sterna sandvicensis* 8 Black-tailed godwit *Limosa limosa* 9 Common sandpiper *Anas platyrhynchos*

The Saltern Route is an extraordinary living museum, a route for those who love nature and the craft of salt farming. Despite the decrease in importance of salt extraction during the 70s, the Municipality of Figueira da Foz acquired and activated the Corredor da Cobra [Snake Corridor] Saltern, which is part of the route, to preserve this legacy’s historical and cultural value.

The suggested starting point is the Salt Museum, created in 2007 to preserve the memory of the secular relationship between Man and the salterns, and the salt warehouse, constructed in a typical style of Salgado da Figueira da Foz. From here, this course cuts through the Corredor da Cobra Saltern, a unique experience of this heritage and its relation to salt.

So-called “green salt”, known locally as “cachelro”, is a type of glasswort, a halophyte plant found throughout the saltern, among other characteristic salt marsh species such as sea purslane, lesser sea-spurrey, *Sarcocornia fruticosa*, sea

aster, sea rush and brass-buttons, an exotic species, and an invading species in these habitats. Salt cedar can be found bordering the canals, and eelgrass and small cordgrass can be found growing on the marsh bed. The route leads to Bird Observatory, where waders and seabirds can be spotted, such as the black-winged stilt, the kentish plover, the pied avocet, the American flamingo, the grey heron, the great cormorant, the little egret, the sandwich tern, the dunlin, the black-tailed godwit, the common sandpiper and the mallard.

The route follows River Pranto, born in the neighbouring district of Leiria, and the last tributary of River Mondego , past stays and fields. Points of interest include the city of Figueira da Foz, the Edgar Cardoso bridge (built in 1982) and Moinho das Doze Pedras [Mill of the Twelve Stones] (a tidal mill from the 18th century) among others. The final part of the route skirts past several fish farms.