



PLACES TO VISIT

I BUSSACO MILITARY MUSEUM

The museum focuses on the French invasions that occurred at the beginning of the 19th century, particularly the Battle of Bussaco which took place here on 27th September, 1810.

🕒 10 am-12:30 pm and 2 pm-5 pm. **Closed:** Monday, 1st January, Easter Sunday, 1st May and 25th December. 📍 €2. Discounts available.



TOURIST FACILITIES AND SERVICES

II FOREST TRAILS

Bussaco Forest has a network of footpaths that help you discover its most significant and interesting points.

III HISTORICAL TOURS

Those who prefer a more charming ride can also take a road trip through Bussaco Forest in a classic vehicle.

IV SALUT PER AQUA

The original Belle Époque style of Luso's important spa now serves to differentiate it from the sleek lines of a modern wellness centre.

V FOREST SHOP

Local products can be purchased next to the Holy Cross Convent of Bussaco.

VI RECONQUINHO RIVER BEACH

Blue Flag in 2015, Accessible Beach in 2015. It has parking and a campsite.



RESTAURANTS

VII LEITÃO DO AIRES Espinheira, Penacova

Speciality: Bairrada suckling pig (leitão)
Closed: Tuesday | Average price: €15

☎ 239 472 114 | 📍 40°18'11.08"N; 8°19'15.04"O

VIII CHURRASQUEIRA ROCHA Mealhada, EN234 (Mealhada-Luso)

Speciality: Bairrada suckling pig
Closed: Tuesday | Average price: €15

☎ 231 202 357 | 📍 40°22'59.87"N; 8°26'31.87"O

STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



Cerdeira is the best option for those seeking a balance between being immersed in the tranquil nature of the mountains and their interest in exploring the historical and cultural richness of the centre of Portugal.



Stay in one of eight comfortable houses built from schist, clay and chestnut wood in which art completes tradition. You can also have a creative experience with artists from around the world who choose Cerdeira as a place of inspiration.



The house interiors are made from **natural materials** - schist stone, chestnut and pine wood - and rendered with a mixture of clay and straw. The windows, doors and furniture were made by local specialists. Each accommodation unit has benefited from the intervention of artist.



Cerdeira Village

Creative Center & Accommodation

Bussaco Mountains *Romanticism in nature*

ROUTE
6

Fonte Fria, Mealhada



ACTIVE



HISTORY
AND CULTURE



RECREATION



LANDSCAPE

STAY IN CERDEIRA, EXPLORE THE CENTRE OF PORTUGAL



Walking trail in Bussaco Forest

WHAT TO EXPLORE

The Bussaco Mountains are notable for several reasons.

In the early 17th century, the Barefoot Carmelite friars were looking for a place to establish a coenobium (a convent which houses a religious community living in austerity and reclusion). When they reached the Bussaco Mountains, they were dazzled by the beauty of the place and decided to settle here. This resulted in the Barefoot Carmelites Convent, a set of religious buildings spread across the 105 hectares enclosed within its walls.

Bussaco Forest is contained within this 6 km perimeter wall, which now has 11 gates. The forest is internationally recognised as having an exceptional collection of trees and shrubs in terms of the number species and their age, size and rarity. The forest is also home to uncommon indigenous tree species such as the Portuguese laurel. The privet formation near the Caifaz steps is also a national rarity.

The gastronomy and wines produced to the west of Bussaco are renowned throughout Portugal, notably the suckling pig (leitão) and Bairrada wines.

BUSSACO MOUNTAINS

The Bussaco mountain range is a geomorphological formation of a 15 kilometre-long row of quartzite rocks of northwest-southeast orientation, with Luso at one end and Penacova at the other. At this point, it ends on the right

bank of the Mondego, giving rise to the Mondego Library rock formation. It reaches a maximum altitude of 548 meters. Its south-eastern section is also known as the Carvalho Mountains.

NATURAL MINERAL WATER

The Bussaco Mountains also have several natural mineral water springs that supply Portugal's two biggest bottling plants of this type of water, Luso and Caldas de Penacova.



PRECAUTIONS

Safeguard your physical safety when visiting the small isolated buildings in Bussaco Forest.

MOST IMPORTANT PLACES

A

SAINT JOHN'S SPRING

Located in the centre of Luso, the water from this spring is a constant 27°C. The simple Chapel of St. John the Baptist was built next to it.

B

HOLY CROSS CONVENT OF BUSSACO

The convent was built between 1628 and 1630 but was not consecrated until 1639. It was simple and modest, as dictated by the Order's rules. All that remains of it is the facade, the church and cloister. The facade is decorated with small inlaid stones of different colours. The altarpieces and sculptures are noteworthy. The forest was walled and at that time had only one entrance, the Coimbra Gates (1639), to ensure the isolation of the monastic community and the success of the forestation of the land.



Coimbra Gates



B - Holy Cross Convent of Bussaco

C

BUSSACO PALACE HOTEL

Designed by the Italian Luigi Manini, the Neo-Manueline palace was built between 1888 and 1907 as a hunting lodge for the royal family but was eventually transformed into a hotel. The tower is 40m high and the elaborately decorated interior houses important works by Carlos Reis and Jorge Colaço (tile panels).

D

HIGH CROSS

From its altitude of 548m, the panorama is vast, extending from the Atlantic to the sea of mountains that looms large in the East with the Estrela, Açor and Lousã ranges. In between are numerous Bairrada settlements, the Ria de Aveiro and the Caramulo Mountains to the north.



C - Bussaco Palace Hotel



D - High Cross

Bussaco Mountains

Romanticism in nature

ROUTE 6



JUST BETWEEN US ...

CONVENT RULES

Silence was strictly imposed in the convent. The friars' muteness was only broken once a fortnight. Tree-planting was a duty while felling and cutting them was severely restricted and, from 1643, was even punished with excommunication. The entry of women into the convent walls was similarly punished. Within the convent, the meagre cells were clad with cork to provide minimal comfort.

THE BUSSACO CEDAR

The scientific name given to this tree is *Cupressus lusitanica*, which is known as the Bussaco Cedar having first been found by scientists in Bussaco Forest. Within its territory is native to Spain, America and must have been brought here as seeds during the 16th century in order for the adult trees to have been here in the 18th century when the species was listed. In fact, the Bussaco Cedar is not even a cedar but a cypress.

WELLINGTON IN THE BUSSACO MOUNTAINS

The story goes that it was in the shadow of the olive tree next to the convent that Wellington met with his troops after the Battle of Bussaco. There is a stone plaque in the convent commemorating Wellington's stay in these cells on the night that followed the Battle of Bussaco. His military staff also spent the night here, occupying almost all of the cells.

CYCLONES

The 1941 and 2003 cyclones were absolutely devastating for the forest. Not only did thousands of trees die, but some of them ancient and rare specimens.

GOLD-STRIPED SALAMANDER

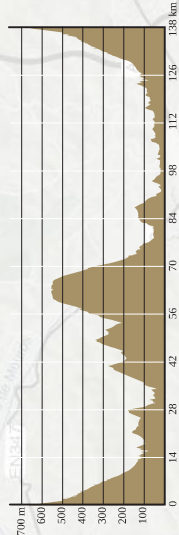
This amphibian, which is endemic to Iberia, was first described scientifically in 1869 using specimens taken from the Bussaco Mountains.

ROUTE DESCRIPTION

CERDEIRA - Louisa - to the EN17, follow this to Vila Nova de Poiares - then take the EN2 to Azinhão do Rio then cross the River Mondego towards Penacova - use the EN235 or the IP3 to reach Espinhoeira - take the EN235 to LUSO - we suggest entering Bussaco National Forest from the EN234 in the direction of Moura and Viseu, which takes you to the Serpa Gate (Porta de Serpa) - **BUSSACO FOREST** - Leave the forest by the Queen's Gate (Porta da Rainha) - opposite the **MILITARY MUSEUM**, follow the road that leads to the **HIGH CROSS (CRUZ ALTA)** - return to the EN234, passing through Luso and Mealhada - take the EN1 to Coimbra - then the EN17 to Louisa - **CERDEIRA**.

DISTANCE (ROUND TRIP): 140KM¹

ELEVATION PROFILE: 693M² (MAXIMUM) | 15M³ (MINIMUM)



KEY

- Starting point
- End point
- Route
- National highway
- Nature 2000 Network (protected natural area)
- A-D Most important places
- Points of interest
- Restaurants and places to visit (see back page)
- School Village
- Museum / Monument
- Restaurant
- Pedestrian route

2 STATIONS OF THE CROSS
The buildings corresponding to the Stations of the Cross were of a potential nature. Built in the late 17th century, they are situated along a route of around 3 km. Although the Stations of the Cross are the same as those used by the Carmelite monks. Of note among them are the Chapel of St. John of the Desert (1650), the Chapel of the Calvary (1683) and the Chapel of St. Anthony.

4 COLD FOUNTAIN
The staircase was built in 1866 and rebuilt in 1881. It has 10 flights of steps and as many levels and a small lake at the end. (See cover photo)

5 COIMBRA GATES
This entrance is reached by the Monastery Avenue (Avenida do Mosteiro). Decorated with inlaid coloured stones, it displays plaques engraved with the texts of two papal bulls relating to the excommunication penalties that were in effect within the convent walls.

6 ST JOSEPH'S CEDAR
The Bussaco Cedar next to St. Joseph's Chapel is one of the most majestic examples in the forest.

7 QUEEN'S GATE
This entrance is next to the Military Museum. Against the wall, there is a stone relief of the King of Portugal, the Duke of Bragança, who had returned to Portugal and intended to visit the forest. It seems the monks' prayers were heard in the heavens from where such a downpour and terrible weather issued that the visit did not take place and the gate was walled in. Queen Maria II's visit in 1852 led to its reopening although its current configuration was established in 1872.

8 OBELISC
Outside the forest, on the access road to the High Cross, there is a monument commemorating the Battle of Bussaco, crowned with a crystal rosette (1879).

1 THE CARVALHO LINE
The primogeniture of the Carvalho who appears to be the origin of the popular Portuguese surname was established here in medieval times.

2 BATTLE OF BUSSACO
When, on 27th September, 1810, the largest foreign army to invade Portugal sought to cross Bussaco en route to Lisbon during the third French invasion, the mountains served as a natural fortress. This led to the Battle of Bussaco, a victory for the defenders and which caused the delay of the invading army. It was an event that had important historical and military significance.