

Description

Distance: 4 Km (+ 4 Km return)
Time: 2h 30m
Maxim altitude: 110 m
Minim altitude: 5 m
Start: E.R. 109
End: E.R. 109

Warnings

- Do not get too close to the cliff-face as there are many places where the ground is not stable;
- Take sufficient drinking water;

Contacts

Emergency: 112
Civil Protection: 291700112
Bus SAM: 291706713
Taxis
Canical: 291961989
Machico: 291962480/1989/2220

Local festivities:

- Holly Sacrament Festivity in Machico.....24 and 25 August
- Holly Mother of pity Festivity in Canical.....4 and 15 September
- Holly Lord of Miracles Festivity in Machico.....9 October
- Gastronomic week of Machico.....beginning of August
- Anniversary day of Canical's small town.....8 September
- Anniversary day of Machico's Municipality.....9 October

Handcrafts:

Wale bone handcrafts; tapestry, Wool handcraft, Madeira embroidery, squared stone handcraft; basketry; wood handcrafts

Field Code



Walking Code

- Do not stray way from the path.
- Avoid noise or actions against nature.
- Do not take plants or animal with you.
- Do not throw rubbish away (fissues do not easily decompose).
- Do not light fires.
- If you are a smoker do not throw cigarettes ends on the floor, keep them for the dust-bin.
- Do not change or damage the signs..

For your own safety ...

- Never walk alone.
- Before starting out make sure you have update instructions on the route.
- Let someone else know where you're going and when you expect to return.
- Be sure to confirm the time it will take so that you can finish before nightfall.
- Take some extra food and water with you.
- Wear suitable clothes and shoes;
- If possible take a mobile phone whilt you;
- In case of heavy rain or strong winds do not go on and/or turn back using the same routes.
- Don't take risks.

Promotor



Technical Information

Texts: Regional Forest Bureau; Madeira Natural Park
Photography: Regional Forest Bureau; Madeira Natural Park
Field work: Regional Forest Bureau; Madeira Natural Park
Graphic design: PEC
Coordination: Sara Freitas

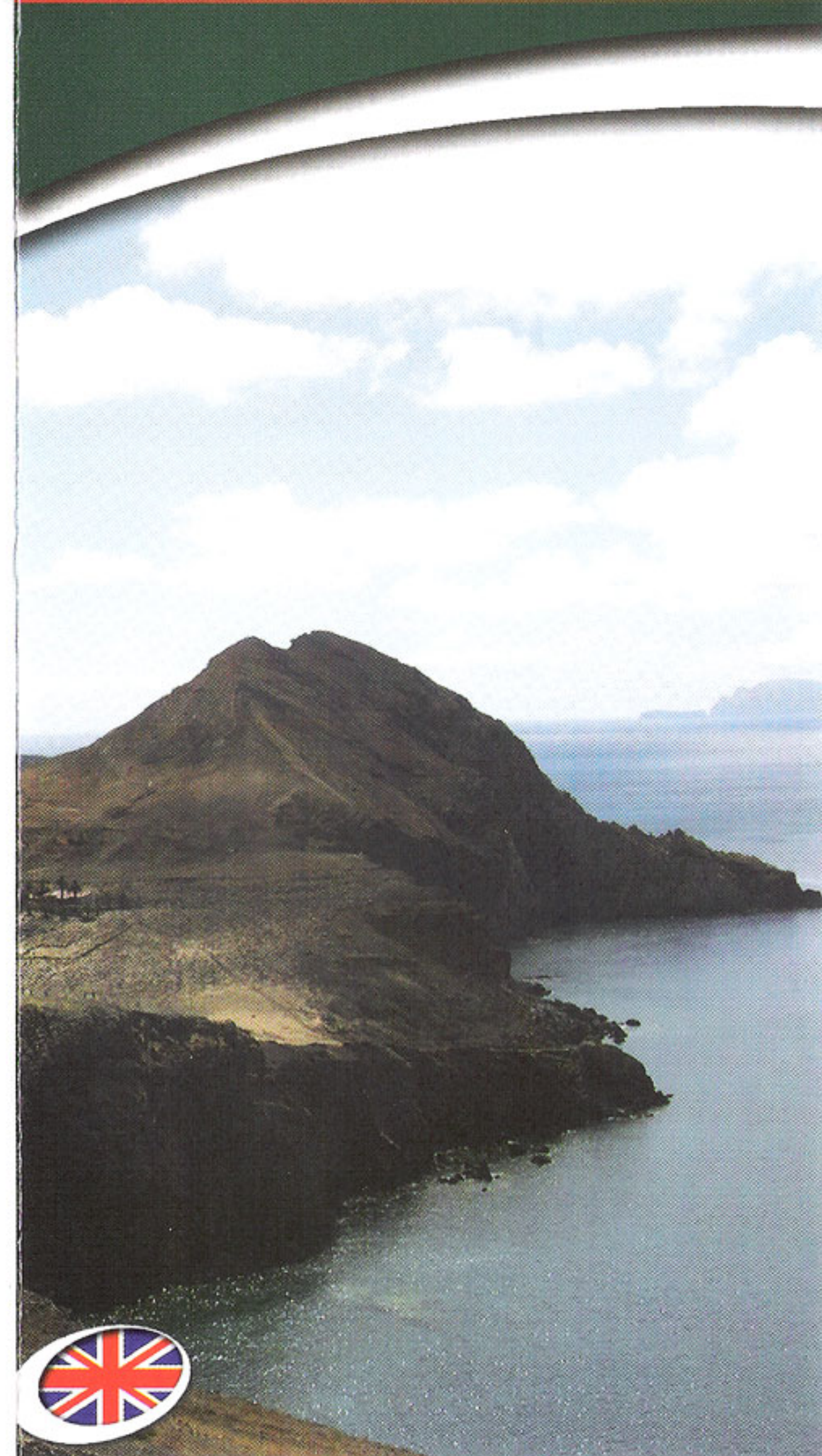
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REPRODUCTION INTERDICT

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Vereda da Ponta de São Lourenço

Madeira Island Footpaths



The Foothpath

The trail follows S. Lourenço Point, the eastern-most peninsula of Madeira Island, named after the caravel sailed by João Gonçalves de Zarco, one of the three discoverers of Madeira island, who on coming near this piece of land shouted to his ship "São Lourenço, that's enough!". This peninsula is volcanic in origin, and is mainly made of basalt, although there are also some limestone sediment formations. At the end of the Point there are two islets: the Cevada, Metade or Desembarcadouros Islet, and the S. Lourenço Point, Farol or For a Islet. The stone partition marks where the Regional government's land begins, and is part of the Madeira Natural Park. The peninsula is classified as a partial natural reserve and the Desembarcadouro Islet is a total natural reserve. All the land and sea by the North coast, up to a depth of 50m, is part of the European network of important community sites - Natura 2000.

The semi-arid climate and its exposure to North winds have sculpted the low vegetation and explain the lack of trees, which distinguish this area from the rest of the Island and is a veritable natural heritage. Here you can see the Island's basal plate at its best and several rare and endemic plants. Of the 138 species of plant identified on the peninsula, 31 are endemic (exclusive) to Madeira island. In terms of fauna there is one of the largest colonies of seagull (*Larus cachinnans atlantis*) in the region, which nests on the Desembarcadouro Islet.

Along the route you can often see several bird species such as the Berthelot's Pipit (*Anthus bertheloti madeirensis*), the Goldfinch (*Carduelis carduelis parva*), the Common Canary (*Serinus canaria canaria*), and the Kestrel (*Falco tinnunculus*). Protected marine birds also nest here such as Cory's Shearwater (*Calonectris diomedea*), the Band-rumped Storm-Petrel (*Oceanodroma castro*), Bulwer's Petrel, (*Bulweria bulwerii*), and the Common Tern (*Sterna hirundo*). The Madeiran lizard (*Lacerta dugesii*), which is the Island's only reptile, is very common here. Another interesting aspect of this area is the high number of endemic land molluscs (24), commonly known as snails. In the sea, you may be lucky enough to spot the world's rarest seal, known in Madeira as a Sea-wolf (*Monachus monachus*).

At the end of the trail, you can dive in the Sardinha port, named after the old owners. The Sardinha house is the base for a group of Rangers who work for the Madeira natural park, and who are responsible for watching over the area.

On the horizon to the South you can see Ilhas Desertas (Deserted Islands) and to the North the Porto Santo Islands.



Legend

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|--|---------------|--|-------------------|--|---------------------------|
| | Regional road | | Information point | | Natural flora |
| | Foothpath | | Beach | | Fauna |
| | Rural road | | Bus stop | | Natural Park surveillance |
| | Water course | | | | |
| | Stream | | | | |
| | House | | | | |

