



<b>Key</b>		<b>Points of interest</b>  <b>1</b> Replica of boat used in the Xávega-Art <b>2</b> Fountain of the Avenida dos Pescadores <b>3</b> Tocha Beach Chapel <b>4</b> Haystacks <b>5</b> Xávega-Art <b>6</b> Dune System <b>7</b> Vela das Levadias <b>8</b> National Woods <b>9</b> Beach of Tocha	
<b>PR4</b> Golden Sands Route  Main roads  Dirt roads			
<b>Extension</b>  5,9 km	<b>Total ascent/descent</b>  27 m	<b>Difficulty</b>  The level of difficulty is expressed in 4 different categories rated 1 to 5 (1: easy; 5: hard)  <b>1</b> Type of terrain  <b>2</b> Physical exertion  <b>3</b> Difficulty  <b>2</b> Orientation	
<b>Duration</b>  02h20m	<b>Height</b> max/min 15 / 5 m		
<b>Type of route</b>  Circular	<b>Recommended season</b>  Year-round		

## Synalectics®



Right path



Wrong path



Turn right



Turn left

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## Special care and standards of conduct

- Only follow trails that are signposted.
- Respect the local birdlife. Do not touch the nests and avoid any behaviour that disturbs them.
- Observe the fauna from a distance, preferably with binoculars.
- Do not abandon your garbage, place it at a collection point.
- Do not harvest or damage the flora.
- Respect private propriety.
- Avoid behavior that disturbs the local environment.
- Don't make fire.
- Be friendly to the locals, clarifying the activity in course and the marks of the route.

## Contacts

### Promoter

Município de Cantanhede  
Praça Marquês de Marialva  
3060-133 Cantanhede  
tel. 231 410 100  
geral@cm-cantanhede.pt

### Informations

Tourist Office  
Largo Conselheiro Ferreira Freire  
3060-201 Cantanhede  
tel. 231 410 155  
turismo@cm-cantanhede.pt  
HORÁRIO seg. a sex, 10h-13h • 14h-18h

## Emergency 112

more informations



Organizado por



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Desenvolvimento e Inovação por



Zona Especial de Conservação PTOCD055  
Dunas de Mira, Gândara e Gafanhos

**GOLDEN SANDS ROUTE**  
Cantanhede

**PR4**  
**CNT**





The Golden Sands Route is a circular pedestrian route about 5.9km long. It is developed in the Dune Zone of the Tocha Beach, having as major points of interest the Xávega-Art and all the heritage linked to traditional fishing, the surrounding forest environment and the diversity of fauna and flora.

The route starts at the Tocha Beach Residents' Association, on Avenida dos Pescadores, towards the beach, but before reaching it turn right at Rua dos Carreirós and then left along Rua dos Rapoleiros, reaching than the seafront (Avenida Dr. Silva Pereira), where some traditional haystacks characteristics of Tocha Beach stand out. Traveling along the main road overlooking the sand, heading north, it passes by the "Casa dos Pescadores" on Rua Dr. Francisco Guímaro, followed by the small section of Rua das Caranguejeiras on the left, and Rua do Norte also to the left of the latter, until exiting from the urban area. On the sand path that arises from there, there is a privileged view of the "Dune of Gândara", a dune system that is considered the widest and best preserved in the entire Central Region of Portugal, and the route then extends adjacent to the Vala da Levida (small coastal lagoon) crossing it to the North.

In the middle of the national forest, it continues eastwards towards the road to the Beach of Palheiro, where it is possible to see a very unique flower, namely Maritime Pine (*Pinus Pinaster*), also some Stone Pine (*Pinus Pinea*) and Portuguese Crowberry (*corema album*), as well as certain invasive species, such as Golden Wattle (*A. longifolia*) and the Hottentot-fig (*Carpobrotus edulis*), among others. The size of some of the trees is affected by exposure to sea winds, which are felt in this area in a very severe way.

About 900 meters after this forest section, the Golden Sands Route crosses Vala da Levidia again, this time in the opposite direction/East/West, following 1km of the road that leads to the beginning of the cycle path, continuing along it until you reach the entrance to the Tocha Beach. There it crosses the national road 335-1, where on the right side, at the central roundabout, there is a replica of a typical Xávega-Art boat, ordered by the Cantanhede City Council in 2020.

After passing the main door of the Municipal Camping Park, the path bends slightly to the left, crossing a neighborhood with architecture inspired by the the haystacks, which shows that despite the inevitable urban growth resulting from the demand for tourism and the beach, it was developed while preserving some of the village's identity.

The local market appears right after, on the left and the last section of the route then extends along Rua São João, towards the marginal (Av. Dr. Silva Pereira), on the right along the marginal until the CIAX - Interpretive Center of Xávega-Art, which is intended to disseminate and promote knowledge of the historical, sociocultural and ethnographic dimensions of a traditional fishing activity that is still very much alive in Tocha Beach.

Going down the steps of Avenida dos Pescadores, next to the aforementioned cultural facilities, you can see the beginning of the Golden Sands Route in the background.



### 1. REPLICA OF BOAT USED IN XÁVEGA-ART

The so-called "Art Boat", "Boat of the Sea" or "Xávega-Art Boat" has a high bow and stern, high edges and a flat and arched bottom, which give it the adequate constructive strength to more easily face the strong surf of the waves.

This replica was executed by Mestre Evangelista Loureiro in 2020, commissioned by the City Council of Cantanhede.

### 2. AVENIDA DOS PESCADORES FOUNTAIN

The Fountain of S. João in the homonymous square, adjacent to the Rua dos Pescadores in Nª Senhora da Tocha was inaugurated in 1962. At the time the water extraction mechanism was done manually using a flywheel pump, consisting of a wheel with four spokes.

### 3. TOCHA BEACH CHAPEL

Built in the 1980s by the then Residents Commission of Beach of Tocha and expanded in 2004. It during this requalification that, in 2005, tile panels were placed, painted by Jorge Guerra, depicting the daily works of the gandraesa woman and the arrival from the Xávega-Art boat to the beach, pulled by a team of oxen.

### 4. HAYSTACKS

Stilt buildings that served as occasional or temporary housing for fishermen who dedicated themselves to Xávega-Art during the harvest season and that still dot the beachfront today. Emphasis on the fact that they are based on stilts so that the open space serves as a defense against adverse conditions.

### 5. XÁVEGA-ART

Xávega-Art is a traditional form of fishing deeply rooted in the identity and memory of Tocha Beach. This is a practice in which an developing net is used connected to a central bag where the fish are trapped, a bag that extends over two long side sleeves to whose ends the hauling cables are tied. Currently the net is pulled to the beach by tractors which have replaced the strength of arms or the use of yoke of oxen.

### 6. DUNE SYSTEM

Beach of Tocha, bounded by the beaches of Palheiro and Mira north, and by the Quiaios beach south, is located in a vast dune field that is informally called "Dunas da Gândara". This dune system is considered the most extensive and well preserved in the Central Portugal region.

### 7. VALA DAS LEVADIAS

Located 500 meters north of Tocha Beach, the "Levidia" of Tocha Beach is a small coastal lagoon that extends between the beach, the dunes and the forest. Part of the Lagoa dos Teixoeiros, it crosses the forest and flows into the Almadoiros Lagoon in the Tocha Beach.

### 8. VEGETATION OF THE NATIONAL FOREST

In addition to being a characteristic flora, the National Forest is vital for the reproduction of all the species of amphibians existing in the Tocha Beach area and essential for the survival of countless species of birds and mammals.

### 9. TOCHA BEACH

Tocha Beach is a picturesque village, calm and peaceful with a golden sand where the typical boats and hammocks are still spread today, while the fishermen wait for the weather to allow them to go out to sea.

