

Beach and Dune trail



✓ General recommendations

📷 Material comfortable shoes, water, hat, sun protector.

Help us to keep **TROIA RESORT** holding hands with nature, by keeping the beach clean and using the boardwalks.

Recommended hiking hours

☁ Winter – any time;

☀ Summer – early morning and late afternoon.

The sandy beach between Tróia and Sines, stretching for more than 60 km, is shaped by the winds and the NW swell. This trail takes you first along the beach and then through the dunes.

With some luck you will be able to see flocks of small birds – sanderlings (*Calidris alba*) – running hastily at the edge of the surf, and plunging their beaks in the sand. The birds that can be seen in Tróia during the Winter, migrate in the Spring, to breed north of the Polar Arctic Circle. It is one of the bird species that breeds further north.

Along the upper level reached by waves, the first colonizing plants, such as the European searocket (*Cakile maritima*), appear, followed, on the embryonic dune, by the sand couch grass (*Elymus farctus*), the sea holly (*Eryngium maritimum*) and the cotton weed (*Otanthus maritimus*), which promote deposition of wind-blown sand. Next, are the primary dunes, with higher crests, and only a few years old, dominated by marram grass (*Ammophila arenaria*). Beyond them, is the secondary dune, already a few decades old, covered with small aromatic shrubs, such as the eternal flower (*Helichrysum stoechas*) and the restharrow (*Ononis ramosissima*). Finally, you come across older dunes where bigger bushes, such as the bridal veil broom (*Retama monosperma*), junipers (*Juniperus* spp.), or even trees, such as the stone pine, appear (*Pinus pinea*).

●● Options

● Blue (1.7 km; aprox. 1 h)

Beginning at the boardwalk giving access to Tróia-Mar beach, at the end of Rua do Rosmaninho.

Walk along the beach, facing the Cambalhão sandbank, and return through the boardwalk of Tróia-Bico das Lulas beach.

● Green (3.0 km; aprox. 1.5 h)

Extension of the blue trail. Keep heading south along the beach. Return through the boardwalk located south of the concession area of Tróia-Bico das Lulas beach. You may wish to go by the “observatory” overlooking the lakes and return along the road bordering the dunes.

Sometimes, the sand is tinged with pink due to large accumulations of the small shells of a bivalve, the brown-pea (*Ervilia castanea*), which are deposited on the beach by the sea.

Throughout the year you will be able to contemplate different aspects of this territory:

⚙ Spring – most dune plants in bloom;

☀ Summer – explore the sea life at low tide;

🍂🌨 Autumn/Winter – observe the incessant race of the sanderlings.

⚠ ATTENTION If you decide to explore the Cambalhão, the huge sandbank in front of the beach, which is exposed at low tide, pay close attention to the rising tide, which rapidly covers it completely and may prevent your safe return to the beach!

📞 Useful contacts

GNR Tróia | (+351) 265 499 610

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Medical center | (+351) 933 338 932

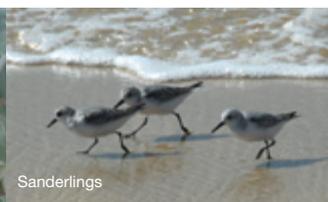
troiaresort reception | (+351) 265 105 500



Cambalhão sandbank



Sea holly



Sanderlings



Southern birdsfoot-trefoil