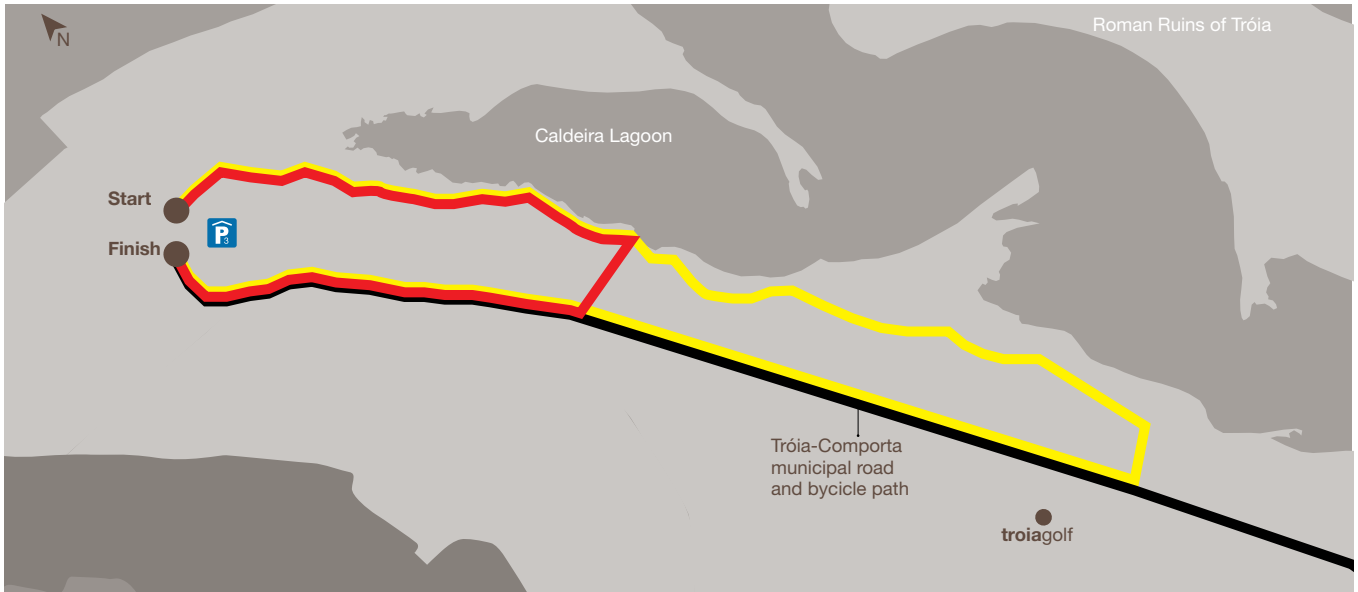


Caldeira Lagoon and Pinewood trail



✓ General recommendations

Trails marked with stakes.

Material comfortable shoes, water, hat, sun protector.

Help us to keep **TROIA RESORT** holding hands with nature, by staying on trails and keeping the area clean.

Recommended times of day

☁ Winter – anytime;

☀ Summer – early morning and late afternoon (in which case bug repellent is recommended).

For your safety, plan your hike so that you return before dark.

This trail takes you through two different environments: the Caldeira lagoon and surrounding pinewoods.

The **Caldeira** is a lagoon filled and emptied by the tide twice a day, exposing the salt marshes and the muddy bottom. It is an extremely important feeding and roosting area for a large number of aquatic birds, such as dunlins, godwits, herons or goosanders.

Salt marshes, typical of estuaries at temperate latitudes, support complex and varied food webs, and play important ecological roles such as water purification and biodiversity conservation.

In the **pinewood** area you will find Tróia's oldest dunes, with maritime pine (*Pinus pinaster*) and stone pine (*Pinus pinea*) and great plant diversity, including mastic tree (*Pistacia lentiscus*), sea pinks (*Armeria spp.*) and the Portuguese crowberry (*Corema album*). Noteworthy are the junipers (*Juniperus turbinata* and *J. navicularis*), lichens, as well as *Linaria ficalhoana* and *Ionopsidium acaule*, two small rare plants, which occur in this area.

●● Options

● Red (2.3 km; aprox. 1 h)

From parking lot P3, head SE towards the Caldeira. Follow the trail along the margin of the Caldeira and turn right at the red arrow. Cross the main road and return to Tróia by the bicycle path.

● Yellow (4.75 km; aprox. 2 h)

Extension of the previous trail. Follow the trail along the margin of the Caldeira and then through the pinewood. When you find a yellow arrow, head for the main road. Take a break and enjoy a refreshment at **TROIA GOLF's** clubhouse.

Return to Tróia by the bicycle path.

At the entrance of the Caldeira, you can see the chapel of Our Lady of Tróia, next to the Roman Ruins of Tróia, a National Monument worth visiting.

Schedules are available at:

www.troiaresort.pt | arqueologia@troiaresort.pt | (+351) 939 031 936

The presence of species and habitats of national and international conservation interest has led to the inclusion of the Caldeira and surrounding area in the Natura 2000 Network, a European network of protected areas. Throughout the year you will be able to contemplate different aspects of this territory:

- ☀ Spring – most flowering plants in bloom; arrival of swifts and swallows;;
- ☀ End of Summer – enjoy the succulent berries of the Portuguese crowberry;;
- ☀ Autumn/Winter – higher diversity and density of aquatic birds in the Caldeira;
- ☀ End of Winter: white veil brooms in blossom.

