

Rocha dos Soídos

Guided sunset walking tour with optional dinner at Rosmaninho Restaurant

Alte - Soídos - Rocha dos Soídos - Sarnadas - 10Km

July 26 at 18 pm

Information and Conditions

1- Organisation and objectives

1.1- The Guided Trail – Rocha dos Soidos is an event organised and promoted by the Escola Profissional de Alte and it will take place on the 26th July 2024;

1.2- The Escola Profissional de Alte is an institution that pursues aims in the public interest. This event raises awareness on the importance to practise physical exercise and aims to raise funds for the school.

2- Points of interest on the trail

2.1- The trail will be made on the Rocha dos Soidos geosite, of the aspiring Unesco World Geopark, called Algarvensis;

The rocky outcrop of Rocha dos Soídos stands out in the landscape for its prominent steep at the top of an elevation culminating at 467 metres, resembling the prow of a ship from where there is a panoramic view of the Serra do Caldeirão. This plateau is the result of differential erosion that has carved out the Hetangian clay-marl formations and the Volcano-Sedimentary Complex, emphasising a cornice of dolomites corresponding to a lenticular deposit of the Silves Sandstone Group in the Amorosa area. In this hill, there are some igneous rocks, consisting of essentially basaltic veins, which formation seems to be associated with that of the Monchique mountain range, while others probably correspond to sedimentary, doleritic, post-Triassic flows,



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associated with the Central Atlantic Magmatic Province. Rocha dos Soídos is one of the highest peaks in the Algarve and it becomes one of the Algarve's most sublime viewpoints at sunset.

2.2- A *talego* (traditional bag for food) will be provided, with a snack, composed by local products, at the beginning of the tour;

2.3- At the end of the tour, there will be an optional dinner at the Rosmaninho Restaurant, with the following menu:

- Bread, butter, olives and Algarve-style carrots;
- Fish gaspacho (traditional cold soup);
- Duck rice;
- Desserts: Custard - annona – cream pie with chocolate biscuits - fruit;
- Water, house wine, soft drinks;
- Coffee;

2.4- Other highlights:

- The *Fonte Pequena* (Small Fountain) leisure area features panels with the best poems by Cândido Guerreiro, the poet from Alte; the Naia sculpture by Vitor Picanço and the panel by the artists Daniel Vieira and Renata Pawelec;

- Mega lapiás in the Algarve's Barrocal;

- Fonte Grande with its natural pool, which springs from the discharge area of the Querença - Silves aquifer;

- The traditional dryland orchards with their drystone walls are a hallmark of the Algarve's Barrocal region;

- Passing through the settlements of Soídos de Baixo and Soídos de Cima;

- 360° view of the Rocha dos Soídos plateau;

- Flora and fauna of the Barrocal and Serra Algarvia.



3- Characteristics of the trail

3.1- The tour will be made along the trails of the *Barrocal* (Algarve clay area) and the Algarve range of mountains, passing through the settlements of Soídos de Baixo, Soídos de Cima, Rocha dos Soídos and Sarnadas, with a distance of around 10 kilometres;

3.2- It's a linear route that starts at the Largo Helmano Costa, near the Small Fountain and ends at Sarnadas;

3.3- The return to the starting point will be organised by the Escola Profissional de Alte, by bus.

3.4- The trail is generally easy, although there are some parts with slightly uneven terrain;

3.5- The trail will start at 18h00 (6pm) and it will be guided by Acácio Café and Ana Silva;

3.6 - The trail has an estimated duration of 3h00;

3.7- This trail is not wheelchair accessible.

4- Participants

4.1- Everyone can take part, regardless of their age;

4.2- All children must be accompanied by an adult.

5- Registration

5.1- The trail has a limit of 30 participants;

5.2- The participation's registration will be made exclusively online at www.acorrer.pt;

5.3- The registrations' deadline is on the 24th July 2024 or when the limit of paid participants is reached;



5.4- All participants, or the guardians of the under aged children (less than 18 years of age), must read the regulations beforehand, since the registering process implies the full acceptance of its terms;

5.5 - The participation fee for the Guided Walking Tour is €11.99, without dinner. Dinner, which will be an option, will cost €19.99;

5.6 - The participation fee includes:

- Guided trail by Acácio Café and Ana Silva;
- A *talego* (a traditional bag for food) with a snack composed by local products, at the beginning of the walk;
- Return to the departure point on the bus from the Escola Profissional de Alte;
- Dinner at the Rosmaninho Restaurant for those who choose this option, with the following menu:
 - Bread, butter, olives and Algarve-style carrots;
 - Fish *gaspacho* (traditional cold soup);
 - Duck rice;
 - Desserts: Custard - annona – cream pie with chocolate biscuits - fruit;
 - Water, house wine, soft drinks;
 - Coffee;
- Personal accident insurance (see point 7);

5.7- The participation's registrations will only be validated once the payment has been made;

5.8- Payments made after the deadline will not be considered. In case of refunds, they will be made by bank transfer, minus the respective bank fees.



6- Payment methods

6.1- By Multibanco or MB WAY following the instructions in the registration report of Acorrer enrolment report;

6.2- At the office of the Escola Profissional Cândido Guerreiro, at Alte;

6.3- For payments outside Portugal please contact geral@acorrer.pt.

7- Insurance

7.1- All participants are covered by personal accident insurance;

7.2- The insurance will have an amount of 75.00 euros for treatment costs;

7.3- Any accident or incident that occurs during the trail is the responsibility of the participants in everything that exceeds the risks covered by the insurance.

This insurance only covers accidents.

8- Safety

8.1- The trail has movement of vehicles, so the participants must respect the traffic rules. The organisation will not be held responsible for any accident or offence committed against the traffic rules by any participant;

8.2- By registering, the participant assumes full responsibility for ensuring that he/she fulfils the physical and psychological conditions to take part in this trail;

8.3- It is recommended to wear appropriate clothing and footwear and to carry a water container;

8.4- Participants must never lose sight of one of the guides.

9- Image Rights

Participants grant permission to the organisers to use their image, recorded on photographic or video media, or any other means, for promotional and publicity purposes of the event itself or of the organiser.



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10-Social and environmental duties

10.1- To help any participant, in the event of an accident, as long as the circumstances require it;

10.2- Not to cause damage to private or cultivated areas;

10.3- The organisation requests, to all participants, not to leave their empty containers along the route. They should do so strictly in the rubbish bins

11- Data protection

11.1- Every participant, by formalising their registration, authorises the publication of their personal data necessary for the development of the trail, for example in the insurance forms, as well as their use to send information about the event, including to subsequent editions;

11.2- Each participant is responsible for the veracity of the data provided in their enrolment registration and is aware that they will be part of a file for which the organisation will be responsible for;

11.3- The participant will have the right to access, rectify and cancel this data, in accordance with the General Data Protection Regulation (GDPR).

12- Omissions

12.1- Any cases not covered by these regulations will be decided by the organisation with legal and regulatory standards in use;

12.2- Due to other circumstances, the organisation reserves the right to make changes to these regulations, which will always be updated on the event's website.

