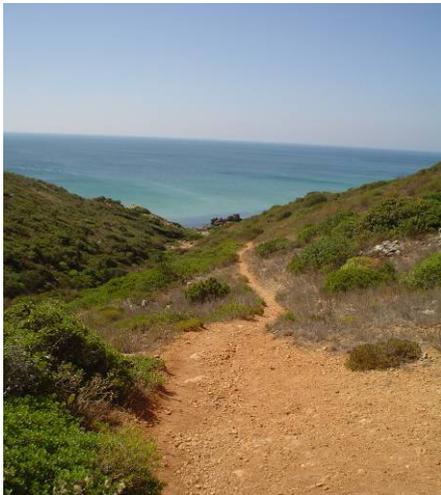


From the square at Salema, passing the small row of shops on your left follow the road to Figueira. After O Lourenco take the first on the left and keep following the road keeping the fishermen houses on the left hand side.

Past the big development on the right and at the final lamp-post you come to a wooded area.



Follow the path and you will soon see the sea ahead and the windfarm on your right hand side. After a short distance the path takes a sharp fork to the right and descends. You will see at the other side of this small valley a narrow lower path. You can get there by turning left at the bottom. Shortly you will see your first destination but watch your footing there are lots of stones and gravel. *15 minutes*



Looking to your right you will see rocks that you will need to climb to get to the cliff path. The path is not well defined but will take you to the next inlet. Take care when you descend. At the bottom of the next little valley turn sharp left and head down to the beach. *30 minutes*



Retrace your steps back through the valley but instead of following the cliff path go straight on. After 7 or 8 minutes you will come to a clearing. Follow the now wider path and after passing between some houses, two on the left and one on the right, the path takes a sharp right hand turn. A noisy dog lives down here so if you don't like dogs follow the path straight on. You will see an ancient windmill in the distance. Head straight for this and you will meet the main path again. *45 minutes*



On your left you will see a water tower and a modern telephone mast. Whenever you walk on the western side of Salema these are good indicators to get you back home

A) Soon you reach the main road between Salema and Figueira. Turn right here and you can be back in the centre of Salema in 15 minutes.

B) Where the path joins the main road you can see a red path to the windmill at the other side of the road. Follow this path and pass the windmill on your left. Do not forget to admire the view.



Follow the fence and when this ends continue to follow the path. Soon it turns to the right. *50 minutes* and even though the path becomes less noticeable the direction is

towards the top of the hill. You can see Figueira and then Parque da Floresta golf and country club to your left.



At the path end, keep straight on and follow the animal trails around the brow of the hill. These are narrow paths so watch your legs don't get scratched on the brush and the gorse. You will arrive at a white water tower. *1 hour if you've stopped to look at the view.*

Follow the road down the hill and take in the view through Salema to the sea. At the bottom of the road turn right onto the main Salema road. Keep left and take care this is a busy road. Drivers rarely give you a wide berth so if you hear cars coming wait on the corners until all clear.



You pass the campsite on your right hand side and in 20 – 25 minutes you are back in Salema square. *1 hour 30 minutes*