
Schist villages

ABOUT



Photo: Turismo Centro de Portugal

Schist villages

Hidden between mountain slopes of leafy vegetation, the schist villages are one of our best kept secrets, but one that their pleasant, friendly inhabitants enjoy helping to reveal.

In this magical world, where time passes more slowly, the hospitable people always have the time to welcome visitors, and to share their **stories, crafts and traditions**. Just as we like to savour their **gastronomic delights**, made from recipes passed down from generation to generation! Or take with us a **handmade article** in linen or wood into which the local craftsmen have put all their knowledge.

This land also has preserved **castles** that appear to emerge out of the mist, straight out of fairy tales, and **museums and monuments** that bear witness to what life was like many years ago.

But much of their charm is in the pure **nature**. In the river beaches with crystal clear water where you can spend moments of relaxation. And in the **forests** you can discover on foot following the "Schist paths ", or on the **bike trails** defined by the Mountain Bike Centres according to various levels of difficulty, and which also provide support to bikers. There are also other extreme sport alternatives such as canoeing, climbing, abseiling and rope slides.



Photo: Praia Fluvial nas Aldeias do Xisto © Turismo do Centro

The **27 villages** spread across the Lousã and Açor ranges, and quite close to Serra da Estrela, are called schist villages because this is the stone used in the construction of houses and is abundant in the region. The various shades of this rock, also used for paving the narrow winding streets, mingle seamlessly into the colours of the natural landscape, and it is not always easy to distinguish them. But it's worth a try.

To organise your trip better, take a look at the offers of activities and accommodation that the [Schist Villages](#) have for you at <https://bookinxisto.com>, or check the list of accommodation options by municipality at Visitportugal.

Don't miss

- > relax on the river beaches of the schist villages
- > try extreme sports in Serra da Lousã
- > go hiking on the schist paths
- > try the roast kid, maranhos (lamb sausage) and tigeladas (an oven baked egg dessert)
- > admire the Fraga da Pena waterfall and the Penedos de Góis rock formations
- > buy herbs for cooking and tea
- > enjoy the thrilling experience of the mountain bike trails