



Ansião

Heart of Sicó

Travelling



Getting there



Discovering



Exploring



Experiencing



Feeling



Points of Touristic Interest

Heritage and Culture



Nature and Leisure



Eating Out



Accommodation



Getting there

Ansião is located in the centre of mainland Portugal (*Região Centro*), between the coast and the interior, in the Pinhal Interior Norte area.

This small village belongs to the district of Leiria bordering the municipalities of Pombal, Alvaiázere, Figueiró dos Vinhos, Penela and Soure.

Regarding the road networks, Ansião is served by the secondary road IC8 and the motorway A13, benefits from the nearby presence of the secondary roads IC2 and IC3, is approximately 20km away from the city of Pombal, where the access node to A1 motorway is located, along with the North line, the country's main railway line.

The region of Ansião covers 176 096 km² and comprises the parishes of Alvorge, Ansião, Avelar, Chão de Couce, Pousaflores and Santiago da Guarda. According to the 2011 population census undertaken by the Portuguese National Statistic Authority (*INE*), its population amounts to 13 128 inhabitants.

The municipality holiday happens on Ascension Day, also called "Ear Wheat Day".



Informations:

Ansião Municipality: +351 236 670 200
www.cm-ansiao.pt / geral@cm-ansiao.pt

Tourism Office: +351 236 670 206

Monumental Complex of Santiago da Guarda: +351 236 672 025

Municipal Library: +351 236 670 203

Business Centre: +351 236 670 160 / 205

Municipal Pool: +351 236 670 204





Discovering

Ansião establishes that the first mentions to its origin date to Iron Age, thanks to testimonies confirmed by certain findings made in the 19th and 20th centuries.

The Roman presence in this territory is undeniable not only because of archaeological finds - coins, mosaic, mills, Roman pavements - but also through the production of wine, olive oil and dried fruits, the name given to the Nabão River and, above all, because of the existence of the Santiago da Guarda Roman *Villa*, discovered in the 21st century.

The equally one-thousand-year old Muslim heritage particularly rests on the culture of certain plants; the use of units of measurement such as the alqueire and almud; irrigation systems such as bushels and norias; the construction of windmills on hills and of watermills in the valleys; and the usage of words for toponymy such as *Albarrol*, *Alcalamouque*, *Alqueidão*, *Aljazedo* or *Alvorge*.

Known as a German-rooted toponym, Ansião is mentioned in 1175 in the documents for the purchase of the property of Anson by the Santa Cruz de Coimbra monastery and, in 1216, in the concession charter (*foral*) of the same family estate.

In 1465, Ansião was granted the title of *mordomado* (administered), ordered by King Afonso V, and on 4th July 1514 it was upgraded to village by means of a concession charter given by King Manuel I.

In 1673, the property of Ansião is handed over to D. Luís de Meneses, third Earl of Ericeira, General of the Artillery, as a reward for services rendered during the War of Restoration. The 17th-century Stele was commissioned and erected by the senate of Ansião in 1686 as an award for D. Luís de Meneses' missions during several military campaigns, among which the battles of Ameixial and Montes Claros stand out.





Exploring

The municipality of Ansião, in the heart of Sicó, combines the symbiosis of the landscape with the richness of the archaeological, historical, ethnographic, gastronomic and cultural heritage. These characteristics give it a unique and multifaceted identity.

The landscape is characterised by oaks as far as the eye can see, by hills littered with oaks and wild olive trees where, next to the rupicolous vegetation, wild orchids flourish. The biodiversity of this territory includes hundreds of species of fauna and flora, where aromatic and medicinal plants rule, amid which Santa Maria's feature herb stands out, sheep and goats grazing, whose aroma makes the good cheese of this region unique.

In the sky, hawks and eagles gaze at rabbits, partridges, foxes, wild boars and wild cats, among other existing species.

Atop various hills, replicas of traditional windmills, which abounded until the last century, punctuate the landscape. These windmills – called “paltrock mills”– have unique characteristics in the world, because they differ from other mills by turning on two wheels and an axis, on the whim of most favourable winds.

To explore the heritage of Ansião, you must visit the municipality from north to south, because all the communes conceal a historical heritage, from religious to civil and military ones. The churches of Torre de Vale de Todos and Chão de Couce, differ from others: the first, by the Renaissance sculpture attributed to the French Master João de Ruão (Jean de Rouen) and the second, by the marked presence of Master José Malhoa. The latter used to spend the month of September at the Quinta de Cima, leaving on the main altar of the church his last complete masterpiece, an altarpiece dedicated to Our Lady of Consolation, dated 1933.

In the village of Ansião, the tour begins on the Cal Bridge, passing by the Pillory and the Stele, both dating from the sixteenth century and connected to D. Luís de Meneses, whose former residence currently houses the Town Hall.

On the Town Hall Square (*Praça do Município*), you can visit the Church of Mercy (*Igreja da Misericórdia*), with the Portuguese coat of arms represented on the ceiling. On the way to the Municipal Library, once the market, stands the Mother Church (*Igreja Matriz*), in honour of Our Lady of the Conception, enriched with images of the Renaissance, altars in gilding and a bas-relief of Coimbra's Renaissance, representing a sixteenth-century Calvary.



Emblem *par excellence* of the heritage of the Municipality of Ansião, the Monumental Complex of Santiago da Guarda integrates the Manueline palace, listed as a national monument in 1978 as being the seigneurial residence of the Earls of Castelo Melhor. The various historical epochs united in one space are still exposed by a fourteenth-century tower with a medieval base, built on the ruins of a 4th-5th-century Roman *Villa*, brought to light in 2002 and displaying a rich collection of Roman mosaics.

The variety of patterns existing on polychrome mosaics justifies a long visit to appreciate their richness. Note the presence of a large panel on one of the walls, where the lived experience of this people who has so marked our history, our culture and our architecture blends into the landscapes, on the oak leaves represented on this panel, the largest thus exhibited in Portugal.





Experiencing

By visiting Ansião, you will find its greatest wealth in the smile and the heart of its people, a community with open arms, hospitable people you will find rambling around and in every corner of Sicó.

Everything you visit, live and feel, will make this experience unforgettable. What will perdure is the discovery of Ansião through the eyes of its people: a mountain people, proud to be Ansianense, endowed with memories, experiences and incomparable knowledge, a people who shares with those who cross their path.

The genesis and identity of this people are imbued with all that surrounds it and make Ansião a region where tradition and progress go hand in hand: in the secular knowledge of pruned vines, planted olive trees, well-maintained oaks and colourful crafts. The promising future is based on a past and a present of lived experiences and events proudly presented to all those who visit Ansião.

Festivals, folklore, pilgrimages and peregrinations (through the Santiago and Fátima Roads), crafts and traditions, born of a millenary and popular knowledge, are intrinsically linked to the people of Ansião, who has a huge cultural wealth.

From the plain golden by the sun and filled with olive groves and vineyards are born olive oil and wine to accompany the cheese and the dishes of the regional gastronomy, in particular the kid and the lamb of Sicó, black puddings and *migas* (sort of salty fried bread pudding) with *chícharo*. Ansião's desserts and sweets are as simple as its people: the sweet bread pudding, the traditional bride's cake, raisins and walnut loaves, *lesmas* (slugs or loaches) - a century-old form of knowledge - under the appearance of a cake with cinnamon and olive oil and *pastéis* (small cakes) with pine nuts. The latter testify to the importance of this fruit, which gave rise to the creation of the "Franca Fair" in 1697 at Constantina, then moved to the centre of Ansião in 1892, and designated "Pine Nuts Fair".

Over the centuries, Ansião has been visited by illustrious national and foreign personalities who captured the essence of this village in their texts and illustrations. This village saw the birth of different personalities, in several areas, and among these famous people, Pascoal José de Melo Freire dos Reis (1738-1798) for his role as jurist, legislator and royal advisor. As for poetry, let us mention Políbio Gomes dos Santos, immortalised by giving his name to one of the rooms of the Municipal Library. In a literary context, Vale Florido, Alvorge, became well-known under the pen of Fernando Namora. Let us also mention António Soares Barbosa (1734-1801), philosopher, and his brother, Jerónimo Soares Barbosa (1737-1816), philologist, humanist and Latinist.





Feeling

The Municipality of Ansião combines different aspects throughout the territory, where the limestone massif predominates, materialised in the intermittent riverbed of Nabão, whose source gushes at Olhos d'Água.

The legend of the Holy Queen and the Elder permeates the popular imagination and is passed on from generation to generation like the Nabão River, through its bridges and dams.

According to the legend, on a summer's day, Queen Elizabeth bathed her feet in the Nabão River and, on its banks, met an elder who asked for alms. The land gained the name and the waters of the river were considered miraculous, which led to the celebration of feasts in honour of St. Peter and the Queen and, until very recently, the realisation of baths deemed "holy", in tanks built near the local where the queen would have passed.

What lives on the memory is the medicinal power of the Nabão waters. The river passes through Agroal, increases its flow to Tomar and flows into the Zêzere River.

An integral part of the Sicó limestone massif, Ansião, the cradle of Nabão, stands out in environmental and heritage terms.

The Portuguese oak (*cerquinho* or *Quercus faginea*) dominates in the forest on dense and formidable areas that make it possible to establish a direct contact with the nature and to enjoy moments of leisure, or to practise different sports such as hiking and cyclo-tourism.

The geoheritage is breath-taking and offers unique moments of adventure and entertainment at various points of the municipality, served by picnic areas and pleasant places to enjoy and relax. The site visit of the Green Park (*Parque Verde*) of the Nabão River is mandatory, as it combines leisure and varied sports, and promotes mobility in all its different forms.

Amidst oaks and mountains, where the morning breeze and the afternoon sun amplify the pleasure offered by the song of birds and the flavour of plants, Ansião invites with open arms.



Heritage and culture



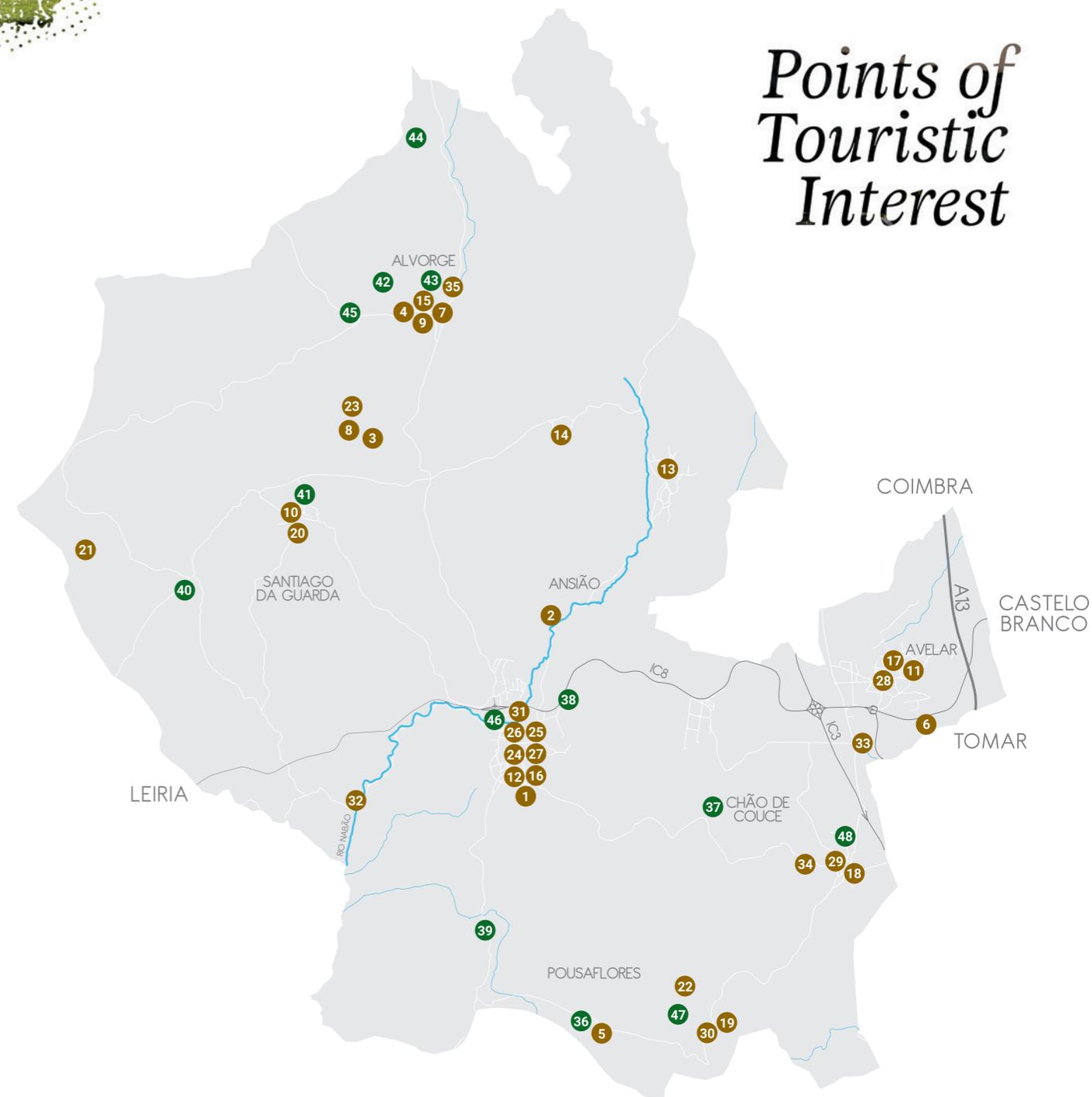
- | | |
|---|--|
| 1 Municipal Library | 19 Pousaflores Mother Church |
| 2 Constantina Chapel | 20 Santiago da Guarda Mother Church |
| 3 Granja Chapel | 21 Melriça Windmill |
| 4 Alvorge Chapel of Mercy | 22 Monte da Ovelha Windmill |
| 5 Venda do Negro Chapel | 23 Outeiro Windmill |
| 6 Santo Amaro Chapel | 24 Town Hall (Paços do Concelho) |
| 7 Alpendrada House | 25 17th-century Stele |
| 8 Sicó Fossil Museum - Granja | 26 Panel of the Holy Queen Elizabeth and the Elder |
| 9 Alvorge Ethnographic Centre | 27 Pillory of Ansião |
| 10 Monumental Complex of Santiago da Guarda | 28 Pillory of Avelar |
| 11 Senhora da Guia Medieval Oven | 29 Pillory of Chão de Couce |
| 12 Ansião Church of Mercy | 30 Pillory of Pousaflores |
| 13 Lagarteira Mother Church | 31 Cal Bridge |
| 14 Torre de Vale de Todos Mother Church | 32 Marquinho Bridge |
| 15 Alvorge Mother Church | 33 Bridge of Roman Origin at Pontão |
| 16 Ansião Mother Church | 34 Quinta de Cima |
| 17 Avelar Mother Church | 35 Tower of Ladeia Ruins |
| 18 Chão de Couce Mother Church | |

Nature and leisure



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| 36 Portuguese Oak Oakwood |
| 37 Serra do Mouro Belvedere |
| 38 Olhos d'Água and Nabão River Source |
| 39 Cavadas Park – Pilgrim Support |
| 40 Lagoa Parada Leisure Park |
| 41 Santiago da Guarda Leisure Park |
| 42 Charneca do Alvorge Picnic Area |
| 43 Fonte da Ladeia Picnic Area |
| 44 Ribeira de Alcalamouque Picnic Area |
| 45 Urjariça Picnic Area |
| 46 River Nabão Green Park |
| 47 Mount Portela |
| 48 Chão de Couce Leisure and Picnic Area |

Points of Touristic Interest



Eating out

Casa do Ensaio Restaurant

facebook.com/casadoensaio
39°55'02.12"N | 8°25'35.36"W
236678048

Solar da Rainha Restaurant

facebook.com/rrsolardarainha/
39°55'09.76"N | 8°26'16.81"W
236676204

Alquimia Seafood Restaurant

facebook.com/alquimiansiao/
39°54'40.09"N | 8°26'14.14"W
919460106

Adega Típica Restaurant

facebook.com/adega.tipicadeansiao/
39°54'42.04"N | 8°26'11.33"W
236677364

Manjar do Diogo Restaurant

facebook.com/pages/Pastelaria-Diogo-
Ansiao/345441245538190
39°54'37.28"N | 8°26'11.00"W
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Mau Maria Bistro

facebook.com/Mau-
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39°54'47.83"N | 8°26'14.14"W
236673191

Dinolândia Pizzeria

39°54'28.08"N | 8°26'25.27"W
236031563

Canto da Vila Pizzeria

facebook.com/cantodavilaansiao/
39°54'48.52"N | 8°26'10.53"W
236672012

A Lareira Restaurant

facebook.com/restaurantalareira/
39°57'13.32"N | 8°28'59.26"W
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Barrocas Restaurant

39°58'34.17"N | 8°27'03.27"W
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5 Sentidos Restaurant

facebook.com/5Sentidos
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Ti' Matilde Restaurant

facebook.com/pages/Restaurante-Ti-
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Estrela Pizzeria

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O Serranito Restaurant

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Pérola - O Gandin Restaurant

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236621231

Santiago Restaurant

facebook.com/santiago.restaurante.7
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Kate Espero Restaurant

39°55'17.35"N | 8°21'58.56"W
236622608

Dona Vitalina Restaurant

facebook.com/Casa-pasto-Vitali-
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236622534

O Jamaica Pizzeria

facebook.com/OJamaicarest/
39°55'17.54"N | 8°23'47.79"W
236622020



Accommodation

Ansiturismo - Alojamento & SPA

facebook.com/ansiturismo/
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965767418

Residencial Solar da Rainha - Fernando Freire Castela, Lda.

facebook.com/rrsolaradarainha/
39°55'09.76"N | 8°26'16.81"W
236676204

Casa de Campo Casal dos Valentes

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915890937

Otium-Country House

facebook.com/otiumcountryhouse/
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914784547

Cantinho do Outeiro

facebook.com/cantinhoouteiro/
39°58'06.56"N | 8°28'34.59"W
916677599

Aljazede Low Cost Accommodation

facebook.com/Unidades.Alojamento.Local.
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39°58'48,4"N | 8°25'04,4"W
236620500

Adega Típica

facebook.com/adega.tipicadeansiao/
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236677364

Casa do Vale Florido

https://www.facebook.com/Casa-Vale-Flori-
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236981398

Casal Frias – Turismo Rural

facebook.com/casalfrias.turismorural/
39°52'377"N | 8°26'134"W
962736479

Sicó Lodge

https://www.airbnb.pt/rooms/19860123
39°96'84.72"N | 8°47'62.75"W
916677599

Casais da Granja Low Cost Accommodation

facebook.com/Unidades.Alojamento.Local.
ETPSico/
39°57'18,4"N | 8°27'44,9"W
236620500



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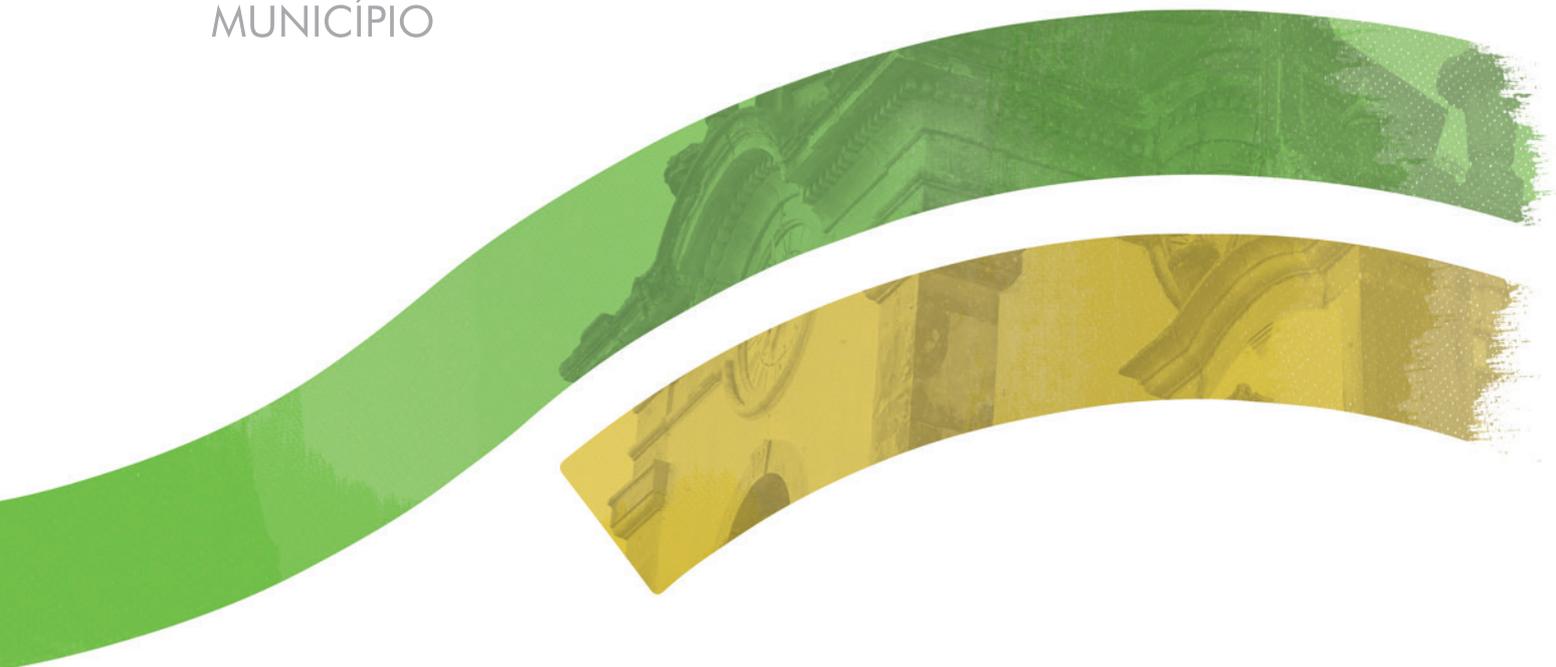
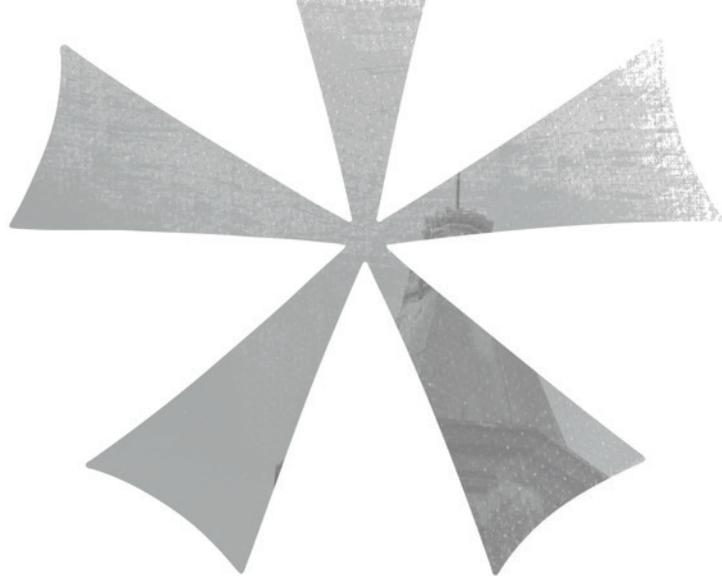
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