



# Ceira River, Góis Aquatic Hike



From  
17,5€

## Description

Aquatic hike along Ceira's riverbed. This river has a well preserved riparian gallery. It starts at the reservoir of Monte Redondo Hydroelectric Power Plant. The route includes the passage and transposition of some weirs and rocks through around 5 jumps, between 2m and 8m (depending on conditions). Next to the power plant there is a spectacular waterfall. In the middle of the course we have a slide into the water and the possibility of jumping with a rope on the river bank. The final part of the course can be done swimming or walking along the riverside. It ends at the Peneda Fluvial Beach. This section of the river is undoubtedly the most spectacular, as it has a very exuberant landscape. During the activity it is possible to do apnea. This activity is a smoother form of canyoning, allowing the initiation to the sport. It requires some dexterity and physical resistance.

**Duration:** About 4/5 hours.

**Meeting point:** 9h30 Vale do Ceira Country House

**Coordinates:** <https://goo.gl/maps/bAmF2CXemjnYn6Db6>

## Price

**Price per person:**

- Groups over 4 paxs: 30€

- Groups over 6 paxs: 25€

- Groups over 10 paxs: 20€

- Groups over 30 paxs: 17,5€

Includes insurance, transfer of participants between the beginning and the end of the activity, equipment and monitors.

**Minimum number of participants:** 4.

## Logistics

This activity requires shuttle services, in the company's own vehicle between the beginning and the end points (about 2km), which will be explained and accompanied by the guides, on the day itself.

## Enrollment

For the registration to be complete must be provided the name and phone number of the person leading the group. Also, a payment of 50% is required up to 5 days in advance using IBAN: **PT50004534534027764108953** (proof of payment must be sent by email). A list with the full names and birthdates, as well as body sizes (height and weight) for the wetsuits and foot size for the neoprene socks, of all participants, must be sent by e-mail up to 2 days in advance ([geral@transserrano.com](mailto:geral@transserrano.com)).

## Recommendations and what to bring

Must bring water and light lunch: sandwiches, fruit, energy bars, nuts. It is mandatory to be equipped with strong shoes to walk in the water: sneakers or boots with thick and rough soles, preferentially with ankle protection (do not bring sandals or wet shoes). Footwear is on the participants' responsibility. Lycra sweater (thermal) can be worn (underneath the wetsuit). The guides will provide waterproof backpacks to carry the participants' lunch, although due to its size, it must be a moderate quantity. We recommend that participants have something to eat before the activity, so they do not have to carry so much weight. Also, the use of sunscreen is recommended. Whoever wears prescription goggles should apply a lanyard for these to be safer.

## Other Conditions

- Insurance is included to the final price: **a) personal accident insurance** - includes death's coverage or permanent disability - 20.000€ and treatment costs - 3.500€ (insurance policy 202126631, Allianz Portugal); **b) civil liability insurance** - includes 75.000€ coverage per incident (insurance policy 203249524, Allianz Portugal).
- Add to the presented prices the current legal IVA Tax.**
- Trans Serrano may cancel or change the activity if the weather, fitness of the participants or other conditions put in danger the safety of the group.
- If, without any notification, the group does not appear or, in case of cancellation, 24 hours before the activity, Trans Serrano reserves the right to withhold or demand payment of 50% of the activity price.
- In the event of a dispute, the consumer can use the CACRC (Centro de Arbitragem de Conflitos de Consumo da Região de Coimbra), on the website [www.centrodearbitragemdecoimbra.com](http://www.centrodearbitragemdecoimbra.com), head office at Av. Fernão Magalhães, N.º 240, 1.º, 3000-172 COIMBRA, phone number +351 239 821 690, email [geral@centrodearbitragemdecoimbra.com](mailto:geral@centrodearbitragemdecoimbra.com) or or directly at the Online Complaint Book. More information on the consumer portal [www.consumidor.gov.pt](http://www.consumidor.gov.pt).

## Lunch Options

**Individual lunch:**

Individual bag with 1 mini meat pie, 1 bar, 1 fruit, 1 water. Price per person: 3,5€ (minimum of 10 payers);

**Restaurant meal (Góis):**

Menu with soup, main plate, dessert, drinks and coffee. Ask us for available menus and prices.



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