



# Freita Mountain, Arouca Canyoning - Frades River



From  
46€

## Description

This activity involves descending Frades River (Arouca) on foot, using water jumps, descents, abseiling and water crossings. This canyoning is located in Serra da Freita, near the old tungsten mines of Frades River, in the village of the same name. The surroundings of this canyoning suffered a strong fire some years ago, so it is characterized by bare schist that gives the landscape a charming roughness. It is a river that has a strong inclination, since it starts at 1097m and, with a basin of 14km<sup>2</sup>, flows into the Paivô at 240m altitude.

It is a very interesting canyoning with some technical level. It starts at the trail bridge that connects Frades River to Cabreiros (450m) and ends at the access to the tunnel of the mines of Frades River (370m or 320m). It has very wide and deep shafts, allowing jumps of various heights. It starts with a 10 meter ledge that can be traversed by rappelling or jumping from various heights. As it allows the descent, it is possible to climb several times. At the exit of this ledge, there is another ledge (possible to circumvent) with 6 meters that must be overcome by rappelling. During the course there are several smaller steps and jumps until reaching the last wells: there are two wells in a row with 12 and 10 meter jumps respectively, that can be overcome by simple rappelling, guided rappelling, jumping or partial stepping with jump. The end of the course is quite accessible with a walk along the bank and crossing the tunnel of Frades River mines. In canyoning the following material is provided by the organization: neoprene suit, neoprene stocking, personal protective equipment (helmet, harness, descender), proper backpacks, waterproof bags and drums. At the end it is necessary to take a walk of about 5 minutes to reach the cars. Recommended time of year: spring and summer (May to September).

**Duration:** about 3 hours.

**Meeting point:** 9:30 am at Parque de Estacionamento on rua Eça de Queirós, Arouca.

**Coordinates:** <https://goo.gl/maps/HZDdr7B1wMXRffmBA>

## Price

**Price per person:**

- Groups higher than 6 paxs: 55€
- Groups larger than 12 paxs: 51,5€
- Groups over 20 paxs: 46€

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

**Minimum number of participants:** 6.

Offer 1 gratuity for each group of 25 payers.

## Logistics

After the meeting, participants will have to take the vehicles to the beginning of the canyoning, which is 15km away from Arouca, where they will put on the neoprene suits and the remaining equipment. The rest of the course does not require transfers.

## 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 to [geral@transserrano.com](mailto:geral@transserrano.com)). A list with the complete names and birthdates, as well as body sizes (height and weight) for the wetsuits and foot size for the neoprene boots, 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

Participants must bring a water bottle and light lunch: sandwiches, fruit, energy or cereal bars. 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.** A Lycra sweater can be worn underneath the wetsuit. The guides will provide waterproof backpacks to carry the participants' lunch, although due to its size, has to 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

**Mobile 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 (Arouca):**

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



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