

# Canyoning S. João da Serra, Oliveira de Frades Teixeira River



From  
**41€**

## Description

Activity that implies the descent on foot of Rio Teixeira (Arouca), taking advantage of waterfalls, natural slides, rock progression, abseiling and several passages in the water. This canyoning is one of the most commercial in Continental Portugal. The surrounding area is characterized by rocky escarpments and the river has spectacular wells. Sometimes in the riverbed, it seems that the river disappears, because it flows under the rocks, but soon a well or a waterfall appears. At the beginning of this activity, we walk along a water pipe until we reach the first 2 rappels, one with 25 meters and the other with 35 meters. Further ahead there is a large and deep pool with a 4-meter ledge, which can be done with a slide or with jumps of different heights. Then, the river enters a narrower area with shale benches, where the last ledge appears that can be crossed with a jump or rappel with 15 m to a long and deep pool. At the end it is necessary to take a walk of about 5 minutes to reach the cars. To each participant, will be provided with the following material: wetsuit, neoprene socks, personal protective equipment (helmet, harness, descender), backpacks, and watertight containers.

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

**Meeting point:** 9am at Largo das Carvalhinhas in S. João da Serra (Oliveira de Frades).

**Coordinates:** <https://goo.gl/maps/F5ZT2hRDfM15Aoe29>

## Price

**Price per person:**

- Groups over 6 paxs: 50€

- Groups over 12 paxs: 46,5€

- Groups over 20 paxs: 41€

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 paying members.

## Logistics

After meeting with the guides, participants will have to take their own vehicles to the beginning of the activity, where they get equipped with the wetsuits and remaining equipment, having to go on a dirt path of about 4km.

## 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 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

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).

## Opções de Almoço

### 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 (Sever do Vouga):

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



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