



Serra da Estrela Glacier Valley Hike



From
20€

Description

Guided hike in the glacial valley of the river Zêzere in the heart of the Serra da Estrela. The route can be either circular, starting in Manteigas, going up the Glacial Valley to Covão d'Ametade and along the Candeeira valley, back to Manteigas, or linear, in a shorter version, along the Glacial Valley. Its length varies from 18 to 10km. It is convenient to have good physical endurance. Recommended season: spring, summer, and fall. The slopes are moderate.

Difficulty: Medium RANK: **

Duration (variable with the course): circular (18km - 6/7h) or linear (10km - 3h).

Meeting point: 9am in the Inatel of Manteigas (Manteigas).

Coordinates: <https://goo.gl/maps/n8gftz2xaUNkyAbLw5>

Price

Price per person:
groups between 10 and 19 pax: 25€ per person
groups over 20 pax: 20€ per person

Included: insurance and guide.

Minimum number of participants: 10.

We offer 1 free for each group of 25 participants.

Difficulty

* 1 Star: Short hike with gentle slopes.

** 2 Stars: Longer hike and/or with moderate slopes.

*** 3 Stars: Mountain hike. Requires preparation and physical condition. Long hike with steep slopes.

**** 4 Stars: Mountain walk with difficult climatic conditions (winter weather) and/or with technical passes using climbing equipment. Requires physical preparation, technique and equipment

Enrollment

To make the registration, simply indicate a name and a cell phone contact. A down payment of 50% of the reservation must be made until 5 days before the activity, to IBAN PT50004534027764108953, proof of payment must be sent by e-mail. It is mandatory to send the list of full names and date of birth of all participants by email (geral@transserrano.com) up to 2 days in advance.

Recommendations and what to bring

Hikers should carry water and a light packed lunch (consisting of sandwiches and fruit). It is recommended clothing and footwear suitable with climatic conditions: thermal, very breathable and lightweight clothing; a waterproof/windproof jacket; hiking trousers, that allow freedom of movements; comfortable mountain boots and hat or cap. Snow may occur in the highest points of the hike.

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, head office at Av. Fernão Magalhães, N.º 240, 1.º, 3000-172 COIMBRA, phone number +351 239 821 690, email geral@centrodearbitragemdecoimbra.com or or directly at the Online Complaint Book. More information on the consumer portal www.consumidor.gov.pt.

Meal Options

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

Meal in restaurant (Manteigas): menu with soup, dish, dessert, drinks and coffee. Ask us for available menus and prices.



www.transserrano.com



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