



CANOEING

RIVER MONDEGO

PENACOVA / MISARELA RIVER BEACH

(this information must be known by all participants)

DESCRIPTION

This is the most requested tourism activity in Portugal. With 12km is ideal for beginners in canoeing. The activity starts downstream the weir of Carvoeira in Penacova and has dazzling natural surroundings with diversified vegetation and numerous birds. During summer there are 3 small rapids that provide some excitement. Halfway down (around 13h) there's a stop on the riverbank to have a snack, which participants must bring from home to the activity.

TECHNICAL INFORMATION

Meeting Point: GPS Coordinates 40°12'4.88"N 8°22'6.72"W: EN 110 Coimbra-Penacova, near the road sign that indicates "Praia Fluvial" (river beach), 3km from Portela's roundabout (Coimbra) at 10 AM (depending on the number of participants and service booked, the meeting point may be changed, as such, request us the best orientations).
Length: 12km. **Duration:** 3h/4h (depending on the river's flow and participants' rhythm. Includes stopping for lunch.) **Minimum:** 10 participants. **DIFFICULTY LEVEL:** **Class 1* (Easy / Beginners)**

PRICES

PRICE: 20€ p.p. Includes canoeing gear, insurance, framework, accompaniment by experienced guides and drivers' transportation between the beginning and the end of the activity.

OTHER PRICES AVAILABLE:

17.5€ p.p. for groups with more than 10 participants.

More than 25 participants, it is offered the transportation between the beginning and the end of the activity.

Children from 6 to 12 years pay half price (discount for groups larger than 10 participants).

15€ p.p. for groups with more than 10 participants that provide their own transportation.

Supplement for wetsuit + boots – 5€ p.p.



REGISTRATION

For the registration to be complete must be provided a Name, a Phone Number and a Payment in advance of 50% to Trans Serrano. The payment must be done up to 5 days before the activity through bank transfer to the NIB: 0035.0345.0000.6867.5301.1 / IBAN: PT50003503450000686753011 / Swift Code: CGDIPTPL.

A list with the complete names and birthdates of all participants must be sent by e-mail (geral@transserrano.com), 2 days in advance. In order to provide the proper gear (wetsuit and wet boots), must be sent by e-mail to geral@transserrano.com, the clothing size (S, M, L, XL, XXL, XXXL) and shoe size (36-44) of each participant. In case of doubt send the height, weight and foot size.

RECOMMENDATIONS

Please do not forget your personal items in the car. If you have some important personal items and no waterproof bag, inform our guides and they will keep them secure. Do not forget: glasses do not float, please bring glasses cord. We do not recommend the use of mobile phone, cameras and other electronic devices along the activity. During the activity, all the valuable belongings must be kept in a backpack (which will always be with the participants or members of the organization).

PERSONAL ITEMS

SUMMER: hat and sunscreen; light clothing (shorts and t-shirts, always depending on the weather); water bottle; light lunch (sandwiches, fruit, energy or cereal bars); old sneakers or closed sandals (flip flops are not recommended); dry clothes for the end and a bath towel.

WINTER: warm and light clothing to wear under the wetsuit (thermal shirt or lycra). If you do not wear neoprene boots, we recommend a pair of old sneakers; water bottle; light lunch (sandwiches, fruit, energy or cereal bars); dry clothes for the end and a bath towel.

DIFFICULTY LEVEL

This classification was adapted from the [International Scale of River Difficulty](#).

A river always has more than one level of difficulty due to the characteristics of its banks and riverbed. River classification also depends on weather conditions. Get advice with our professional guides.

Class 1(*): Easy / Beginners. Small waves, medium river flow, few or none obstacles and wide channels. Risk to swimmers is slight and self-rescue is easy.

Class 2(): Novice / Moderate difficulty.** It is recommended to have some experience. Some sections of the river may have medium waves and some obstacles. It is advised to have some knowledge on basic maneuvering. Swimmers are seldom injured and group assistance is rarely needed

Class 3(*):** **Intermediate / Difficult.** Very complex channels with many obstacles to be avoided. Considerable waves and white waters. Precision maneuvers are necessary. All participants must have experience in canoeing. Moderate risk of injury; water conditions may make self-rescue difficult. Group assistance may be required.

Class 4(**): Advanced / Very difficult.** Large, long and violent rapids. Strong possibility of finding obstacles in the middle of fast current. Participants must be able to be in autonomy. High risk of injury; rescue is often difficult.

HOW TO GET THERE?

From South (Lisboa): A1 to Coimbra. Exit at Condeixa and Lousã. Take IC2 / N1 until Coimbra. Pass the bridge of Rainha Santa Isabel to N17 / Lousã / V.N.Poiares. At the end of the bridge, turn right to N17 / Lousã / V.N.Poiares. At the roundabout of Portela bridge (set of 3 parallel bridges), follow to Penacova. After approximately 3 km turn right (orange road sign indicating "Praia Fluvial" – river beach). Go down to the riverside and park on the right side (farthest from the river). Grab your own gear to the activity and walk back to the place where the orange road sign is. Your Transserrano's guide will be waiting you there.

From North (Porto) – A1 to Coimbra. Exit to Coimbra Norte. Continue along IC2 in direction to Lisboa. Take the 1st exit to Coimbra Centro. In the 1st traffic lights go ahead through the left side of the road, passing side by side with the gas station. Follow the directions to the Hospital (H.U.C.). In the next roundabout go forward to "Circular Externa". Pass 7 roundabouts (always heading forward; in direction to N17 "Estrada da Beira"). In the 8th roundabout, in Portela bridge (set of 3 parallel bridges), follow to Penacova. After approximately 3 km turn right (orange road sign indicating "Praia Fluvial" – river beach -). Go down to the riverside and park on the right side (farthest from the river). Grab your own gear to the activity and walk back to the place where the orange road sign is. Your Transserrano's guide will be waiting you there.

EXTRA ACTIVITIES

Only available for groups over 15 participants and with previous booking (Dependent on weather conditions):

- Rope sliding from one riverside to the other – 100m: 5€
- Rope sliding + abseiling: 7.5€
- Archery: 2,5€
- Paintball / mtb: 12,5€

MENU OPTIONS (GROUPS ONLY with more than 15 participants)

- **Cold Finger Buffet (served in the riverside):** - 2 sandwiches, 1 mixed croissant (cheese and ham), 1 peace of fried food (croquette or rissoles), 1 chocolate, fruit, water and juice. Price per Person: 5€. **MINIMUM:** 15 participants
- **Lunch in restaurant:**
 - In the river beach at the end of the activity: 11€ per person - grilled mixed meat, beverages, dessert and coffee. **Minimum of 15 participants.**

- **In a restaurant in Penacova:** 9€ per person (barbecued chicken, roasted pork shoulder); 10€ (Chanfana, grilled mixed meat or roasted duck in the oven). Includes appetizers, soup, beverages, dessert and coffee. **Minimum of 15 participants.** Restaurant close to the beginning of the canoeing activity
- **Barbecue (at the end of the activity)** / River beach of Casal da Misarela: 13.5€ - 3 joints of meat per person (pork belly, pork steak, steak) beans' rice, French fries, bread and "broa", fruit, wine, beer, water and juice and coffee. **Minimum of 20 participants**
- **Pork on the spit (at the end of the activity)** / River beach of Casal da Misarela: 17.5€ - appetizers (cheese / fried sausages), pork leg, beans' rice, French fries, bread and "broa", dessert (sweets), wine, beer, water, juice and coffee. **Minimum of 25 participants.**

FURTHER INFORMATION

- Insurance is included to the final price: **a) personal accidents 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 95/934311, Liberty Seguros, SA).
- To the prices will be added VAT at the standard rate prevailing in Portugal
- All prices include guides and insurance.
- Trans Serrano may cancel or change the date of the activity if the weather, participants' fitness or other conditions put in danger the safety of participants.
- Without previous information, these activities will only occur with a minimum of 6 participants.
- If, without any notification, the group does not attend or in case of cancellation within 24 hours prior to the activity, Trans Serrano reserves the right to withhold or require the payment of 50% of the activity price.

Unique moments! Unforgettable experiences!
Landscapes, emotions and flavours of Portugal! Professionalism of Trans Serrano!

Activities of ENVIRONMENTAL RESPONSIBILITY

Part of our income accrues to the reforestation of Serra da Lousã.

Activities of SOCIAL RESPONSIBILITY

Part of our income accrues to a Welfare Institution.

