



ADVENTURE SPORTS AND TOURISM RECREATION

Mountain Bike “TRILHO DOS MEROUÇOS” GÓIS

(This information must be known by all participants)

PROGRAM

Off-road cycling guided between Penedos de Góis and Góis village. This trail has an average elevation of 400m. It's a downhill trail. Difficulty: medium/low. It is required some physical capacity and practice of off-road cycling.

Duration: afternoon (4 hours).

Meeting point: 2.30 p.m. – Trans Serrano office (Góis).

Coordinates: 40° 9'19.74"N 8° 6'48.50"W

WHAT YOU SHOULD BRING?

Sports clothes/equipment, hat, waterproof/windproof coat, sunglasses, sun block, a bottle of water, swimsuit and a towel and a change of clothes for the end of the activity.

HOW TO GET THERE?

Coming from the south (Lisboa): Highway A1 to Coimbra/Porto. Leave the A1 at Coimbra Sul/Taveiro exit. Then, catch the IC2 to Coimbra. When arriving at Coimbra cross the bridge over Mondego River and follow the signs to the right indicating N17/Lousã/ VN Poiares. You must cross another bridge and continue through N17 to Vila Nova de Poiares. 25km later you arrive to Poiares. On the second round square, turn right to go to Góis. It is about 15km more. In Góis Village go straight ahead until the end of the road. Trans Serrano office it's in your left side.

Coming from the north (Porto): Highway A1 to Coimbra/Lisboa. Left the A1 at Coimbra Norte and catch there the IP3 in the direction of Viseu. On the 2nd way out to Penacova, where the sign indicates V.N. Poiares and Penacova, go out IP3 and on the 1st round square turn right. On the next round square turn left and keep straight in the direction of V.N. Poiares. Arriving to the bridge, cross it and turn right. After that is always straight, through N2. At Poiares keep straight, crossing all round squares until you see the sign to Góis. It is about 15km more. In Góis Village go straight ahead until the end of the road. Trans Serrano office it's in your left side.

PRICES PER PARTICIPANT

Price: 17.5€. Include insurance, off-road bike, helmet, guide and support vehicle.

Minimum: 8 participants.

MENU OPTIONS (only for groups with more than 15 participants)

- **Cold Finger Buffet** - 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.
- **Barbecue in Parque do Cerejal** - 3 joints of pork meat per person (pork belly, pork steak, steak), beans' rice, French fries, bread and corn bread, fruit, wine, beer, juice, water and coffee. *Price per person:* 13.5 € - **MINIMUM:** 20 participants.
- **Hand Pork Barbecue in Parque do Cerejal** - appetizers (cheese and fried sausages), hand pork roast, rice with beans, French fries, bread and cornbread, desserts (sweets), house wine, beer, juice and water, coffee. *Price per person:* 17.5 € - **MINIMUM** 25 participants.

- Lunch or dinner in a restaurant near Gois village. Prices based on group booking. Please, you should choose only a menu and only one of the main course of that menu.
 - 1) **Budget menu** – appetizers (traditional meat bread, cheese and olives), traditional soup. **Main course: a)** Roasted leg pork with boiled or fried potatoes, green salad and boiled kale or savoy cabbage (it depends on the season of the year); **b)** “Torresmos” – stewed lean pork, ribs pork and belly pork with boiled potatoes and boiled kale or savoy cabbage (it depends on the season of the year); **c)** Baked pork spare ribs with roasted or fried potatoes, green salad and boiled kale or savoy cabbage (it depends on the season of the year); **d)** “Bacalhau à Brás”- made from shreds of salted cod, onions and thinly chopped (matchstick sized) fried potatoes in a bound of scrambled eggs and it is usually garnished with black olives and sprinkled with fresh parsley; **e)** Fried trout and rice with beans or roasted trout with boiled potatoes. **Menu desserts:** menu day desserts, fruit salad or seasonal fruit. **Beverages and drinks:** house winy, juice and water, espresso, tea or coffee.
 - 2) **Traditional Menu** – appetizers (traditional meat bread, cheese, fried sausages, olives, river fish in escabeche sauce, pork ear salad), traditional soup. **Main course: a)** “Chanfana” – roasted goat in wood oven; traditionally is cooked in a black clay pot with boiled potatoes and boiled kale or savoy cabbage (it depends on the season of the year); **b)** “Tibornada” - typical local dish with roasted cod, roasted, all mixed with onion, garlic and hot olive oil. With boiled kale or savoy cabbage (it depends on the season of the year); **c)** “Bacalhau à lagareiro” - baked cod in the oven in olive oil with roasted potatoes. **Menu desserts:** menu day desserts, fruit salad or seasonal fruit. **Beverages and drinks:** house winy, juice and water, espresso, tea or coffee
 - 3) **Special Menu** - appetizers (traditional meat bread, cheese, fried sausages, olives, river fish in escabeche sauce, pork ear salad), traditional soup. **Main course:** Roasted kid goat cooked in a traditional wood oven with boiled potatoes and green salad. **Menu desserts:** “Tigelada”(traditional eggs pudding cooked in a wood oven) or sweet rice pudding or fruit salad or seasonal fruit. **Beverages and drinks:** special wine “Tranca da Barriga”, juice, water, espresso, tea or coffee.

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 should be done up to 5 days before the activity through 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, up to 2 days before the activity, by e-mail (geral@transserrano.com).

FURTHER INFORMATION

- 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 95/934311, Liberty Seguros, SA).
- To the prices it will be added VAT at normal rate in force in Portugal
- Trans Serrano may cancel or change the activity if weather, fitness of the participants or other conditions put in danger the safety of 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.

