



# CANYONING

## Rio Frades Serra da Freita



From  
52,5€

### DESCRIPTION

This activity consists of descending **Rio de Frades** on foot, using **jumps** into the water, **sliding down**, **rappelling**, and **aquatic crossings**. This canyoning is located in **Freita Mountains**, next to the old tungsten mines of Rio de Frades, in the village of the same name.

It is a **river with a steep incline**, which originates at an altitude of approximately **1,097 meters**. It is a **technically interesting canyoning experience**, with wide and deep pools that allow jumps from various heights. The activity begins at the Carreiro bridge, which connects Rio de Frades to Cabreiros, and ends at the entrance to the Rio de Frades mine tunnel. The route begins with a drop of approximately **10 meters**, which can be traversed by **rappelling** or **jumping**, followed by another drop of about **6 meters**, which must be **rappelled down**. Along the descent, there are **several smaller sliding sections** and **jumps**.

In the **final section**, two consecutive shafts appear, with drops of approximately **12 and 10 meters**, which can be overcome through **simple rappelling**, **guided rappelling**, **jumping**, or **partial descent** with jumping. The route ends in an accessible way, with a walk along the bank and crossing the tunnel of the old mines.

**Recommended season:** spring and summer (May to September). **Minimum age:** 12 years.

### PRICE

Price per person (per booking):

- 6 participants: **60€**
- -2 participants: **55€**
- 20 participants: **52,5€**

Minimum required for operation: 360€.

### LOGISTICS

**Duration:** about 3 hours.

**Meeting point:** 9h30 in Rio de Frades, Arouca.

**GMaps:** <https://maps.app.goo.gl/LnujxWJTSUBJcjKm7>

The route starts and ends at the meeting point; no transfer is required.

### What to bring?

Water and a light snack or lunch. Swimsuit, change of clothes, flip-flops and towel. Footwear suitable for walking in the water (sneakers or shoes with thick soles; sandals and neoprene/canoe shoes are not allowed).

It is recommended to eat something before the activity, bring sunscreen and, if wearing prescription glasses, use a safety cord. The organization provides backpacks with waterproof containers for small items, when necessary.

### Food/Lunch

Contact us directly to receive lunch options from restaurants, catering, or pre-made snacks to complement your activity!

### BOOKING

You can make your reservation directly on our **website** [www.transserrano.com](http://www.transserrano.com) by **Email** [geral@transserrano.com](mailto:geral@transserrano.com) or **WhatsApp** [+351 961 787 772](https://wa.me/351961787772).

We always require the full name, contact number and email address of the person responsible for the booking.

For institutions or companies, a 50% deposit is required up to 5 days before the activity, payable to **IBAN PT50 0045 3453 4027 7641 08953**, with proof of payment sent by email.

### INCLUDED

- ✓ Neoprene Suit
- ✓ Neoprene Socks
- ✓ Helmet
- ✓ Technical canyoning equipment
- ✓ Buoyancy vest (ask for it)
- ✓ Photographic record (free)
- ✓ Guides and insurance included



Adventure yourself!

### Conditions

▶ Prices include insurance, as described on our website: [www.transserrano.com/seguro](http://www.transserrano.com/seguro)

▶ **VAT at the current legal rate (23%) will be added to the prices shown.**

▶ Trans Serrano reserves the right to cancel or modify the activity whenever weather conditions, physical conditions or other factors may compromise participants' safety.

▶ In case of no-show or cancellation within 24 hours prior to the activity, without prior notice, Trans Serrano reserves the right to retain or charge 50% of the activity fee.

▶ For more information and conditions, please visit: [www.transserrano.com/condicoes](http://www.transserrano.com/condicoes)



Ideal for groups!



Multiple obstacles!



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