ESTRELA MOUNTAIN RANGE HIKES

- Beech Forest
- Loriga Gorge
- Glacier Valley
- Upper Plateau

From 20€

DESCRIPTION

*We offer **guided hiking tours** in the **Estrela Mountain Range**, with **4 options available** at the same price. Participants choose based on their interests, physical condition, and the day's conditions.*

Zêzere River Glacial Valley

- Guided walking tour in the **Zêzere River Glacial Valley**, starting in **Manteigas**, which can be done in a **circular version** (via Covão d'Ametade and Vale da Candeeira) or **linear**, following the valley **alongside the river**. The distance varies between **10 and 18 km**. It is an **emblematic route** of the Estrela Mountain Range, marked by well-defined **glacial landscapes**. **Difficulty**: medium.

Loriga Gorge:

- **Loriga → Torre** – A linear **12 km** route with approximately **1200 m** of **elevation gain**, along the **Loriga glacial valley**, connecting the village of **Loriga** to **Torre** (1993 m). **Mountainous and uneven terrain**. **Difficulty**: high.

Central Plateau:

- **Penhas Douradas → Torre** – Guided route of approximately **18 km**, crossing the **Central Plateau**, glacial pools and lagoons, with a final ascent to Torre (1993m). **Difficulty**: medium/high

Beech Forest Route:

- A circular route of approximately **6/7 km**, starting **near Manteigas**, crossing a **dense beech forest** and passing by the **Chapel of São Lourenço** (viewpoint). The trail offers **views over the Zêzere Glacial Valley**, the **Cântaros** and the **Penhas Douradas**. **Difficulty**: easy

What to bring?

You should bring water and a light lunch (sandwiches and fruit). Clothing and footwear appropriate to the weather conditions of each season are recommended, prioritizing lightweight, thermal and breathable clothing, waterproof or windproof clothing, comfortable hiking boots, a hat for sun protection, and trousers that allow good mobility. In colder weather, there may be snow at the highest points of the route.

Food/Lunch

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

PRICE

Price per person (*per booking*):

- 10 participants: **20€**
- 20 participants: **25€**

Minimum required for operation: 200€.

LOGISTICA

Duration: about 3 to 8 hours (*depending on the hike*).
Meeting point: 9am at Inatel Manteigas.
GMaps: https://maps.app.goo.gl/FxDmHvt2Cw7hbprD7
Recommended season: spring, summer and fall

BOOKING

You can make your reservation directly on our **website** www.transserrano.com by **Email** geral@transserrano.com or **WhatsApp** +351 961 787 772.
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.*

LOGISTICS

- ✅ Guided tour
- ✅ Guided visits to villages, viewpoints and more
- ✅ Personal accident insurance
- ✅ Local guide
- ✅ Photographic record (free)

Conditions

▶ Prices include insurance, as described on our website: 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/condições

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