


## PROGRAMME

### March 29 (Saturday) – On the Route of Man in the Historic Centre

 09:30 – 13:00

Interpretive tour of the *Iter Hominis* sites in the Historic Centre of Arouca: Praça Brandão de Vasconcelos, Misericórdia Chapel, Arouca Pillory, Arouca Monastery (church, cloisters, kitchen, choir stalls and chapter house), Arouca Municipal Museum, Marialva River, Casa dos Malafaias and Calvary.

Meeting point: Praça Brandão de Vasconcelos

Cost: €7.5/person


Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), until March 27, 2025.

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### April 6 (Sunday) – Jeep Tour and Walking Tour: Flavours and Aromas of the Land – Rotas no Paiva

 09:00 – 14:00

Interpretive tour: Espiunca – Vila Cova and a 4 km guided walk between the villages via PR10 – Rota dos Aromas, with 289 m elevation gain. Ends at the Espiunca mill with traditional corn and rye bread baking and tasting, and musical entertainment by the Group of Singers from the Cultural and Recreational Association of S. Martinho de Espiunca.

Meeting point: Espiunca

Cost: €25/person


Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 6 to 14 participants

Registration required [here](#), until April 4, 2025.

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### April 12 (Saturday) – On the Route of the Mines and the Magical Village, with Natourway

 09:30 – 12:30

Jeep tour of the mining complexes of Regoufe and Rio de Frades, featuring scientific, cultural, archaeological, and scenic interest. Adventurers can enter the mines (equipment provided), while others enjoy the surrounding rural experience.

Meeting point: Avenida 25 de Abril, in front of Arouca Monastery

Cost: €35/person


Includes: 4x4 Jeep transport with interpreter-guide, safety gear (helmet and torch), local snacks and water, photo coverage, personal accident insurance

Group size: 5 to 24 participants

Registration required [here](#), until April 9, 2025.

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### April 19 (Saturday) – On the Route of Geosites in Serra da Freita

 09:30 – 12:30

Interpretive visit to several geosites of the Serra da Freita plateau: Merujal EBIO, Mizarela geological contact, Frecha da Mizarela waterfall, Giant's Kettles of Caima, and the São Pedro Velho Geodesic Landmark.

Meeting point: Merujal Campsite

 Cost: €7.5/person


Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), until April 17, 2025.

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### **May 24 (Saturday) – Beekeeping in the Arouca Geopark – Arouca Agrícola Itinerary**

 10:00 – 13:30

Interpretive visit to an ApisFreita apiary.

Meeting point: Senhora da Mó Chapel

Cost: €7.5/person


Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 6 to 12 participants

Registration required [here](#), by May 22, 2025.

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### **May 25 (Sunday) – On the Trail of Freitas's Botanical Treasures**

 09:30 – 13:00

Interpretive walk to observe and identify endemic and endangered plants along part of PR16 trail (approx. 10 km).

Meeting point: Vale da Raíz Park – Albergaria da Serra

Cost: €7.5/person


Includes: Arouca Geopark biologist, insurance, and Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), by May 23, 2025.

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### **June 8 (Sunday) – Along the Levada Trail with WhyNot – On Nature**

 09:30 – 13:00

Interpretive circular walk (11 km with 400 m cumulative elevation) along PR11 – Levada Trail.

Includes interpretation of the Barrosa Valley mills, irrigation channel system, Reguengo farmland, and Casa dos Camossas.

Meeting point: Santa Cristina Church in Mansores

Cost: €15/person


Includes: WhyNot – On Nature interpreter-guide, snack with locally made sweet potato cakes, and insurance

Group size: 5 to 20 participants

Registration required [here](#), by June 6, 2025.

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### **June 21 (Saturday) – On the Trail of Humanity in Serra da Freitas**

 09:30 – 13:00

Interpretive visit to the Iter Hominis sites in Serra da Freitas: Portela da Anta Dolmen, Monte Calvo Mound 2, and Casa das Pedras Parideiras (includes Iter Hominis documentary).

Meeting point: Entrance of Castanheira village

Cost: €7.5/person

Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), by June 19, 2025.

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**July 5 (Saturday) – Astronomy in Serra da Freita**

🕒 21:30 – 00:00

Guided skywalk and stargazing with the STELLINA digital telescope.

Meeting point: Arouca Meteorological Radar

Cost: €12.5/person

Includes: FISUA specialist guide and insurance

Group size: 15 to 40 participants

Registration required [here](#), until July 3, 2025.

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**July 6 (Sunday) – On the Route of Geosites: Mines and Hidden Corners of Paiva**

🕒 09:30 – 13:30

Interpretive tour of Regoufe village and mining complex.

Meeting point: Rua de Santo Amaro (Regoufe)

Cost: €7.5/person

Includes: Arouca Geopark interpreter-guide, insurance, Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), until July 4, 2025.

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**July 26 (Sunday) – The Red Berries of Quinta de S. Lourenço – Agricultural Itinerary**

🕒 08:30 – 13:00

Interpretive walk from Senhora do Monte Chapel via PR1 Caminhos de Montemuro to Quinta de São Lourenço, with seasonal berry picking.

Meeting point: Senhora do Monte Chapel (Alvarenga)

Cost: €7.5/person

Includes: Arouca Geopark interpreter-guide, insurance, Arouca Agrícola tasting

Group size: 10 to 18 participants

Registration required [here](#), until July 24, 2025.

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**August 9 (Saturday) – Moonlit Geosite Route in Serra da Freita**

🕒 18:00 – 22:00

Evening walk through São Pedro Velho, Mizarela geological contact and Frecha da Mizarela waterfall.

Meeting point: Merujal Campsite

Cost: €10/person

Includes: Arouca Geopark interpreter-guide, insurance, Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), until August 7, 2025.

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**August 30 (Saturday) – Astronomy at the Trilobites Museum**

🕒 21:30 – 00:00

Guided skywalk and stargazing with the STELLINA digital telescope.

Meeting point: Trilobites Museum

Cost: €12.5/person


Includes: FISUA specialist guide and insurance

Group size: 15 to 40 participants

Registration required [here](#), until August 28, 2025.

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### **September 6 (Saturday) – Canyoning in Rio de Frades with Clube do Paiva**

 09:30 – 16:30

Interpreter-led canyoning route: “Caminho do Carteiro”, exploring flora, fauna and Rio de Frades waterfall.

Meeting point: Arouca Town Hall

Cost: €65/person


Includes: Neoprene suit, life jacket, harness, helmet and photos

Group size: 2 to 16 participants

Registration required [here](#), until September 4, 2025.

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### **September 20 (Saturday) – On the Route of Man in the Vale do Arda**

 10:00 – 13:30

Interpretive visit to *Iter Hominis* sites: Santo António Memorial, Roman Mansion of Malafaia, Sanfins Cultural Centre exhibition, and São Lourenço Chapel (Várzea).

Meeting point: Santo António Memorial

Cost: €7.5/person


Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), until September 18, 2025.

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### **October 4 (Saturday) – On the Route of Geosites in Vale do Paiva**

 09:30 – 13:30

Interpretive tour of Paiva boardwalk geosites: Paiva Gorge, Aguieiras Waterfall, Salto Gorge, Vau and Espiunca Fault.

Meeting point: Areinho Recreation Area (no return transport included)

Cost: €10/person


Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), until October 2, 2025.

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### **October 18 (Saturday) – Wild Mushrooms: From Field to Lab**

 09:00 – 12:30 & 14:00 – 17:00

Interpretive mushroom foraging and identification workshop.

Meeting point: Granja – Moldes

Cost: €15/person


Includes: Specialist guide, insurance, and Arouca Agrícola tasting

Group size: 15 to 25 participants

Registration required [here](#), until October 15, 2025.

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**October 25 (Saturday) – Visit to Quinta da Fonte do Souto – Agricultural Itinerary** (*part of Chestnut Festival*)

 09:00 – 12:00

Explore certified organic fruit production, and learn natural pest and soil management on this biological farm.

Meeting point: Quinta da Fonte do Souto

Cost: €15/person


Includes: Farm owners' host, insurance, and a snack

Group size: 5 to 15 participants

Registration required [here](#), until October 23, 2025.

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**October 26 (Sunday) – Ecovia in Autumn**

 09:00 – 13:00

Interpretive walk along part of the Ecovia do Arda, highlighting bio- and geodiversity and cultural insights.

Meeting point: Arouca Municipal Museum

Cost: €7.5/person


Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), until October 23, 2025.

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**November 9 (Sunday) – Rafting “Discovery” with Just Come**

 10:00 – 13:00

Interpretive rafting trip from Meitriz to Areinho (Class II in the IVA scale), with insights into biodiversity, geology, and cultural history.

Meeting point: 10:00 at Areinho

Cost: €55/person


Includes: Certified rafting guides, all gear, energizing snack, photo coverage, and accident insurance

Group size: 4 to 30 participants

Registration required [here](#), until November 2, 2025.

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**November 23 (Sunday) – From Pumpkins to Sweet Boroa – Agricultural Itinerary**

 09:15 – 13:00

Walk part of GR28 from Senhora da Laje Chapel to Souto Redondo, visiting Boroas & Companhia to harvest seasonal produce and participate in daily farm tasks.

Meeting point: Lourosa de Matos Crossroads

Cost: €7.5/person


Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), until November 21, 2025.

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**December 6 (Saturday) – Twilight at the Radar**

 16:00 – 17:30

Interpretive visit to the Arouca Meteorological Radar and surrounding landscape.

Meeting point: Casa das Pedras Parideiras

Cost: €7.5/person

Includes: Arouca Geopark interpreter-guide, insurance, and Arouca Agrícola tasting

Group size: 10 to 20 participants

Registration required [here](#), until December 4, 2025.