

OCTANT

Lousã

Experiences





From the mountains with HEART and SOUL

Here you have all the time in the world.

So why not use it to embrace experiences and activities you've never done before? Break with routine and create some memories. As a couple or as a family, everyone has something to discover here.

OCTANT



GPS: N 40°06'33" | W 8°14'47"
Rua Viscondessa do Espinhal
3200-257 Lousã
+351 239 990 800

www.lousa.octanthotels.com



Index

THE MOUNTAINS	07
THE HOTEL	17
THE LOCATIONS	21
HIKING	27
OTHER EXPERIENCES	31
NOT TO BE MISSED	37
LOCAL RESTAURANTS TO TRY	37
TERMS AND CONDITIONS	39



THE MOUNTAINS



Discover the Serra da Lousã mountain range

Serra da Lousã is known for its Schist Villages full of tradition and history. However, it's not just the villages that have a story to tell. The whole mountain range has a mystique just waiting to be discovered. During this off-road tour, we will be taking you deep into the mountain range with its lush oak, chestnut and pine forests, the perfect habitat for various species of deer.

PLACES TO SEE:

/ Serra da Lousã
/ Talasnal and Gondramaz Schist Villages
/ Trevim Swing

- ⌚ MORNING OR AFTERNOON / 4H
- 💰 €55 per person
- 📍 Lousã

INCLUDES: Hotel transfer and tour with specialist qualified guides for the duration of the tour, tea or coffee at one of the villages, Personal Accident Insurance and Civil Liability Insurance

INFO: Minimum 2 people. Book at least 72hrs in advance.

Discovering the Schist Villages

The Schist Villages are nicknamed "magical villages" and their names sound Roman, Arabic and even Barbarian, but it is their characteristic appearance that makes them so special. Their Medieval structures exude a special architectural beauty that is hard to find anywhere else, even today.

PLACES TO SEE:

Option 1: Lousã Castle + Candal Schist Village + Cerdeira Schist Village

- ⌚ MORNING OR AFTERNOON / 4H
- 💰 €55 per person
- 📍 Lousã

Option 2: Gondramaz Schist Village + Talasnal Schist Village + Casal Novo Schist Village

- ⌚ MORNING OR AFTERNOON / 4H
- 💰 €55 per person
- 📍 Lousã

Option 3: Jeep tour around Lousã mountain and Schist Villages in the morning, followed by 6 km hike in the afternoon.

- ⌚ WHOLE DAY / 8H - 9H
- 💰 €95 per person
- 📍 Lousã
- 🏃 Moderate

INCLUDES: Hotel transfer and tour with specialist qualified guides for the duration of the tour, tea or coffee at one of the villages, Personal Accident Insurance and Civil Liability Insurance. Option 3 includes a photo report of the tour.

INFO: Minimum 2 people. Book at least 72hrs in advance.





Discovering Conímbriga and Sicó Caves

Discover the Roman ruins at Conímbriga, where you can observe Roman architecture and how the Romans lived.

From there, we travel to another iconic site in this region, Buracas do Casmilo, majestic geological formations that were once underground cave complexes and are now exposed to the surface.

Finally, we visit the remains of a structure that was once used to defend from enemy attacks, Germanelo Castle, and another example of Roman ingenuity and design, Alcabideque Castellum.

PLACES TO SEE:

- / Sicó Limestone Hills
- / Conímbriga Monographic Museum and Roman Ruins
- / Rio dos Mouros Waterfall (winter only)
- / Buracas do Casmilo

⌚ **WHOLE DAY / 4H**

💰 €55 per person

📍 Condeixa

INCLUDES: Admission to Conímbriga Monographic Museum and Roman Ruins, transport with pick-up in the Condeixa and Coimbra areas, tour with specialist qualified guides for the duration of the tour, photo report of the tour, Personal Accident Insurance and Civil Liability Insurance.

INFO: Book at least **72**hrs in advance.



Paragliding

Have you ever dreamed of gliding over the magical Lousã mountains? Octant Lousã makes it happen. Enjoy your maiden paraglide from Cabeço da Ortiga at an altitude of **920** m.

⌚ **MORNING OR AFTERNOON / 1H**

💰 €75 per person

📍 Cabeço da Ortiga, Lousã

INCLUI: Book at least **72**hrs in advance. Transport to the launch site is not included.



Picnic at the mountain range's highest point

There is nothing better on a hot summer's day than enjoying a glass of good wine and watching the sunset from the highest point in the Lousã mountains. On a cold winter's day, enjoy the magic of a comforting sunset in the company of someone special.

⌚ **MORNING OR AFTERNOON / 3H**

💰 Prices on request

📍 Trevim Swing

INCLUI: Book at least **24**hrs in advance. Transport to the picnic site is not included.



Stag rutting

September to November is the perfect time to see the stags and their behaviour during the mating season. The Lousã mountain range is a special location for observing stags in their natural habitat. They can often be seen amongst the vegetation practically all year round. However, stag rutting, which takes place during the mating season, is one of the high points of the Serra's natural calendar.

🕒 **MORNING OR AFTERNOON / 7 am to 11 am / 4 pm to 8 pm.**

💰 €50 per person

📍 Lousã

INCLUDES: 4x4 tour and hike entirely dedicated to the stag rutting season through the Lousã mountains. The tour takes in some schist villages, where we can stop for tea or coffee.

INFO: Book at least 72hrs in advance.



Biological park tour

The Biological Park is the biggest showcase for local wildlife and flora and traditional Portuguese farming and shepherding. It has over **300** animals from over 60 species representing a good cross-section of Portugal's wildlife.

At the Wildlife Park, see the Iberian wolf, brown bear, lynx, birds of prey (impossible to reintroduce to the wild), wild boar, deer, and many others in practically untouched natural habitats.

At the Pedagogical Farm you can find out about, observe and discuss the differences between the various local species and breeds used in farming and shepherding (bovine, ovine, porcine, equine, fowl and caprines).

🕒 **MORNING OR AFTERNOON / 2H**

💰 Prices on request

📍 Serra da Lousã Biological Park, Miranda-do-Corvo

INFO: Book at least 72hrs in advance. Transport to the activity site is not included. Once inside the farm, there are many tour options available.



Sunset at the highest point in the Serra

Hike to the highest point in the Serra to watch the sunset and moonrise, while you enjoy local flavours.

🕒 **AFTERNOON-EVENING / 4H**

💰 €50 per person

📍 Trevim Swing

📶 Medium

📏 4km

INFO: Book at least 72hrs in advance. Transport to the activity site is not included. Includes dinner.



Electric bike ride

Venture into the open mountains and their winding roads to the Schist Villages.

Discover the mountain range at first-hand on an electric bike.

💰 €30 per bike

INCLUDES: Electric bike, water and snack for the journey, substantial snack when back at the hotel.

INFO: Book at least 24hrs in advance. A trailer can be added to the bike for carrying children.



Geocaching

SCHIST

Circular walk with the following sites of interest:

- / Talasnal
- / Chiqueiro
- / Casal Novo
- / Talasnal

🕒 **MORNING OR AFTERNOON / 4H**

💰 **€15** per person

📍 Lousã

📶 Medium

📏 5km

CULTURAL

Walk with the following sites of interest:

- / Historic Centre
- / Castle
- / Historic Centre

🕒 **MORNING OR AFTERNOON / 4H**

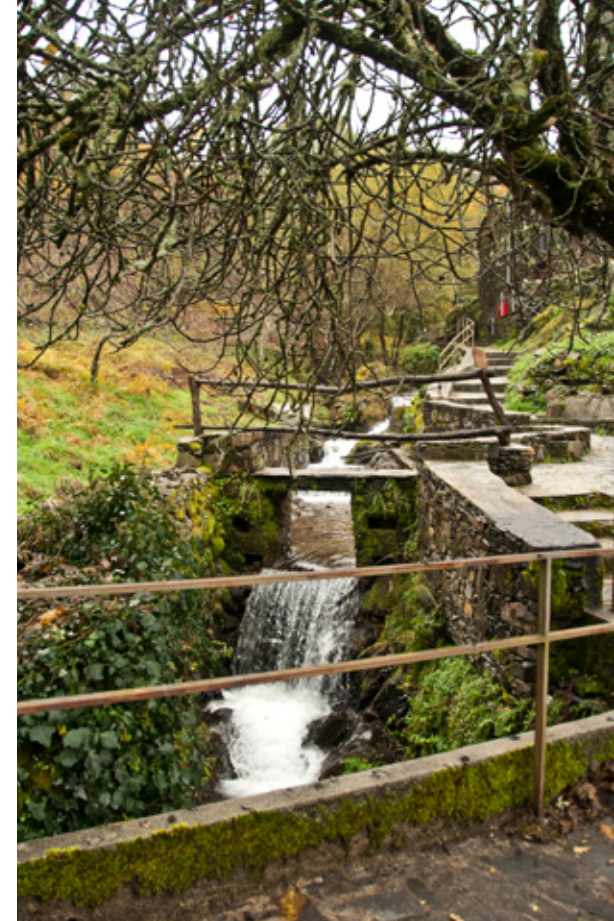
💰 **€15** per person

📍 Lousã

📶 Easy

📏 5km

INFO: Book at least **72hrs** in advance. Transport is not included in the price but can be added for **€54** per minibus.





THE HOTEL



Picnic time

After a day's hiking and exploring the region, or following some relaxation in the spa, enjoy a picnic in the Octant Lousã gardens. For two, with friends, or with the family.

You are also free to take the picnic with you as you hike and drive around Lousã.

i From €30 per person

Menu on request

INFO: Book at least **72**hrs in advance.



Chanfana Workshop with Chef

At the end of a day's hiking, there's nothing better than getting cosy and enjoying the most typical dish in the Lousã region. But what if you could prepare the meal yourself with the help of Chef?

⌚ AFTERNOON-EVENING / 1H

i €35 per person

📍 Octant Lousã

INCLUDES: Help from Chef Rafael in preparing the meal and dinner with Chanfana tasting.

INFO: Book at least **72**hrs in advance.



Chef's Table

Have you ever imagined yourself on a private and exclusive gastronomic journey through mountain flavours, in the company of Chef?

Now you can, when you book this gastronomic experience in which Chef prepares a private tasting menu. Our Sommelier will take care of wine pairings.

i Prices on request

INFO: Book at least **48**hrs in advance.



THE LOCATIONS



Become a beekeeper

Ever wondered how Lousã honey is produced? Join us and Lousãmel for a day surrounded by honey bees. Serra da Lousã DPO Honey is a premium-quality honey produced by local *Apis mellifera* (sp. iberica) bees. The honey is amber in colour and can sometimes be very dark and thick.

The bees feed on the nectar produced by the local flora, especially wild heather and, to a certain extent, the chestnut trees. They are kept in mobile hives in the mountains and valleys of the Lousã range. Serra da Lousã DPO Honey is made according to the ancient beekeeping tradition that has been practiced in the Lousã mountains and valleys since time immemorial.

⌚ **MORNING OR AFTERNOON / 3H**

📍 Prices on request

📍 Apimel, Lousã

INFO: Book at least **72hrs** in advance. Transport to the activity site is not included.

Visit the producers at Quinta da Foz de Arouce Wine tasting

Quinta da Foz de Arouce is located in the county of Lousã, in the Beira region. It is surrounded by the foothills of the Lousã and Penela mountain ranges and is bordered by the Arouce and Ceira rivers, where the former has its mouth.

The old documents held at the house make reference to the properties as belonging to the family since the **18th** century. It is known that some buildings are even older as the original house burned down twice. Today, the property is home to the vineyards that produce Quinta da Foz de Arouce wines, renowned internationally for their quality. The property's wine production is intertwined with the history and demarcation of the property itself. Today, it is the only known winery in the region.

⌚ TBC

📍 Prices on request

📍 Quinta de Foz de Arouce, Foz de Arouce, Lousã

INFO: Book at least **72hrs** in advance. Booking is subject to availability and partner confirmation. Transport to the activity site is not included.



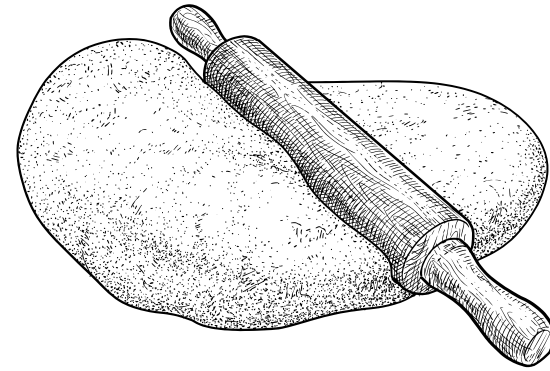


Passos Family Olive oil tasting

Visit the Passos Family olive grove or enjoy a tasting session at the hotel. The choice is yours.

i Prices on request

INFO: Book at least 72hrs in advance. Booking is subject to availability and partner confirmation. Transport to the activity site is not included.



Bread, liqueur or jam-making workshop

These workshops are a journey through time, recalling traditional practices and making the most of local products.

The experience can be combined with a hike or enjoyed on its own.

⌚ MORNING OR AFTERNOON / 2H

i Prices on request

📍 Aldeia de Xisto do Talasnal

INFO: Book at least 72hrs in advance. Transport to the activity site is not included.





HIKING

Windmill Route

Circular walk with the following sites of interest:

- / Lousã Town Hall
- / Prado Paper Factory
- / Regachina
- / Chapels
- / Visit to the Castle
- / Ribeira de S. João/Walkways
- / Lousã Historic Centre
- / Lousã Town Hall

⌚ **MORNING OR AFTERNOON / 4H**

👤 Up to 2 people: €25 per person / 3 people: €20 per person / 4 or more people: €17.50 per person

🏞️ Easy

📏 6km

INFO: Book at least 72hrs in advance.

Castle Route

Circular walk with the following sites of interest:

- / Castle
- / Talasnal
- / Castle

⌚ **MORNING OR AFTERNOON / 4H**

👤 Up to 2 people: €25 per person / 3 people: €20 per person / 4 or more people: €17.50 per person

🏞️ Medium

📏 6km

INFO: Book at least 72hrs in advance.

Three Village Route

Circular walk with the following route:

- / Castle
- / Talasnal
- / Chiqueiro
- / Casal Novo
- / Talasnal
- / Castle

⌚ 6H

👤 Up to 2 people: €50 per person / 3 people: €40 per person / 4 or more people: €32.50 per person

🏞️ Medium, with some steep slopes

📏 10km

INFO: Book at least 72hrs in advance.

Schist Waterfall Route

Circular walk with the following sites of interest:

- / Cerdeira
- / Candal
- / Waterfall
- / Candal
- / Cerdeira

⌚ 6H

👤 Up to 2 people: €50 per person / 3 people: €40 per person / 4 or more people: €32.50 per person

🏞️ Medium on dry days, high on rainy, frosty or damp days due to steep slopes

📏 7km

INFO: Book at least 72hrs in advance.

Waterfall Route

If you like waterfalls, Serra da Lousã is the perfect place. Some are bigger than others, but each has its own special charm.

/ Nossa Senhora da Piedade Waterfall

/ Candal Waterfall

/ Ribeira das Quelhas Waterfall

⌚ **MORNING OR AFTERNOON / 4H**

👤 €40 per person

📍 Serra da Lousã

INCLUDES: Tour guide and a snack at one of the waterfalls.

INFO: Book at least 24hrs in advance. Available from July to September.

Full moon in the mountains

A guided walking tour only on nights with a full moon, focusing on nocturnal wildlife and flora, lit only by the moon.

⌚ **1H30**

👤 €15 per person

📍 Serra da Lousã

INCLUDES: Specialist tour guide, Torches, Water and Snacks

INFO: Book at least 24hrs in advance. Available from July to September.

Riverbed walk

Walk along the bed of the River Ceira. The route involves crossing some weirs and rocks with more than 10 jumps ranging from 2 to 8 metres high. Half-way along the route, there is a water slide and the chance to jump into the river using a rope. The last part of the route can be swum or walked along the river bank. This activity is a less demanding form of canyoning and can serve as an introduction to the sport. It does require some skill and physical fitness.

⌚ **4H-5H**

👤 min. 4 people €43 per person / 6 to 9 people €36 per person

📍 Rio Ceira, Góis

INFO: Book at least 72hrs in advance. Minimum: 4 people.





OTHER EXPERIENCES



Mountain boat

Setting off from Reconquinho river beach, journey through the natural tranquility of the Penacova countryside and observe the surrounding wildlife and flora.

i €28 per person, including tapas on board

INFO: Book at least 72hrs in advance. Transport to the activity site is not included.



Canyoning Ribeira da Pena – Góis

This activity involves descending Ribeira da Pena (Góis) on foot, including water jumps, toboggans, climbing down, abseiling and crossing the river through the water. This river meanders along a steep valley, whose bed, banks and slopes are impressive cliffs that make the site almost inaccessible. The features make the valley a perfect haven for exclusive and rare plants and animals.

The entire route follows the course of the river (either in or out of the water), involving climbing down and jumping from one rock to another. The final leg of the trail is a 30-minute walk to the village of Ribeira Cimeira.

@ 5H

i €70 per person (min. 4 people)

📍 Góis

INFO: Book at least 72hrs in advance. Transport to the activity site is not included.

Canoeing along the Mondego river

Descent of the Mondego, Portugal's longest river, along a 12-km stretch between the weir at Carvoeira (Penacova) and Palheiros / Zorro River Beach (Coimbra).

This is Portugal's biggest and most popular tourist activity and is suitable as an introduction to canyoning. The natural surroundings are stunning and include varied vegetation and countless birds. During the summer, the river develops some small rapids for an extra thrill factor.

Half-way through the descent (around 1 pm) there is a stop on the river bank where participants can eat a snack brought from home.

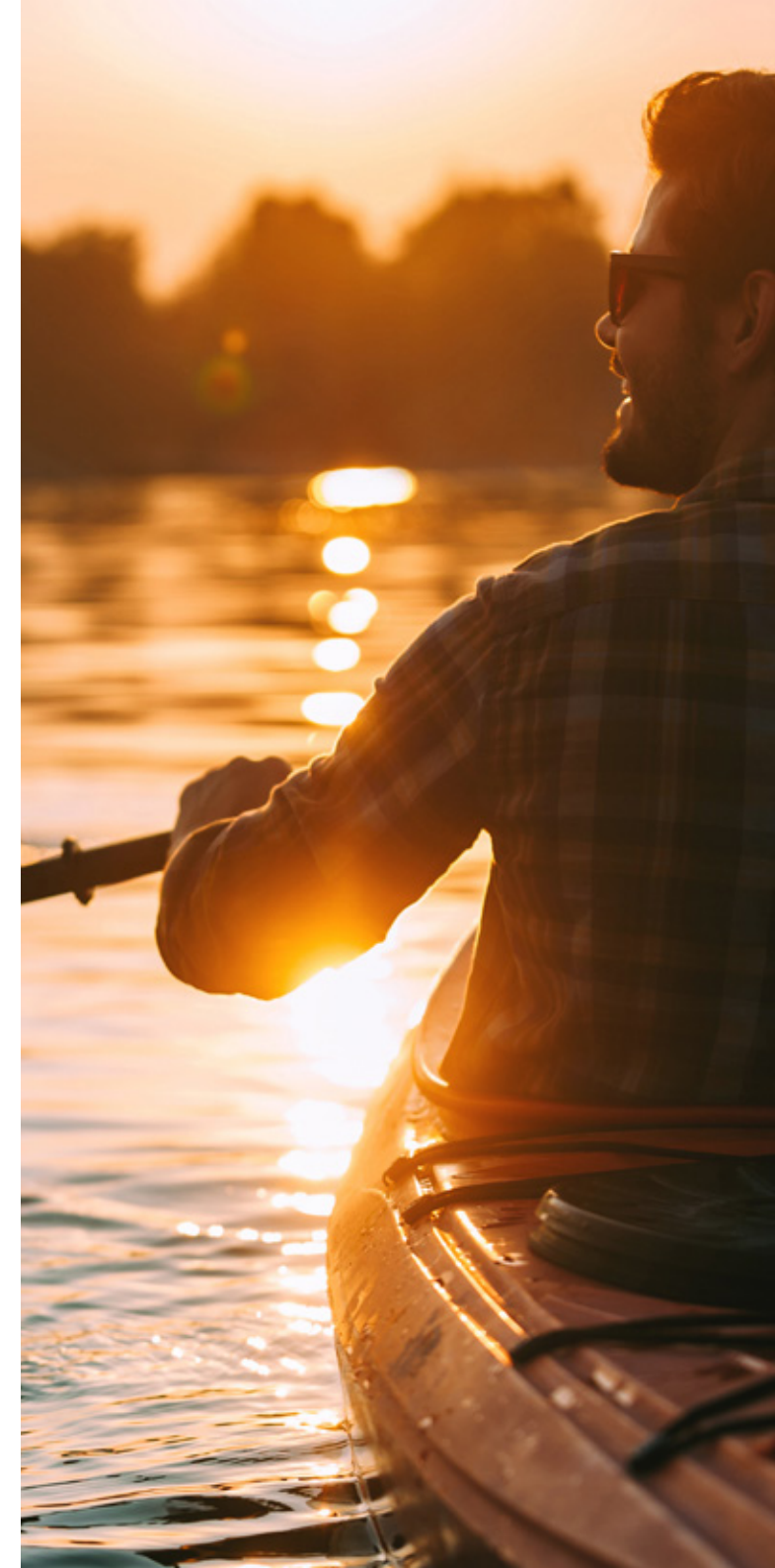
@ 3H-4H

i €36 per person (min. 8 people)

📍 Penacova

INFO: Book at least 72hrs in advance. Minimum 8 people.

Transport to the activity site is not included. Children from the ages of 6 to 12 enjoy 50% off the adult price, provided they are part of a group of 10 or more people and take the tour in a kayak with a rowing adult. Children aged 5 and under who travel in the central part of the kayak (non-rowing seat) pay €3.50 per child.





Tour of the Soprador do Carvalho Cave

The Sicó mountain's biggest, and one of Portugal's biggest, cave complexes. Soprador do Carvalho cave, with a recorded length of **3 km** but an estimated length of **4.5 km**, is the most important area of the Dueça river cave system. Due to its morphological and structural complexity, tours of the cave are carried out only under guidance and accompanied by a team of speleologists who are devoted to the complex's caves and the entire surrounding area.

- 📍 Prices on request
- 📍 Góis

INFO: Book at least **72hrs** in advance. Transport to the activity site is not included.



Expertree Park Aerial Walkway

- 📊 Easy / €12 per person
- 📊 Medium / €15 per person
- 📊 Hard / €18 per person

INFO: Book at least **48hrs** in advance.



Escape Room

A team-building activity that encourages strategizing and problem-solving.

- 📍 €70 per group (**3 to 7** people)

INFO: Book at least **72hrs** in advance. Over-**16s** only.



NOT TO BE MISSED

-
1. Schist Villages
 2. Lousã Castle
 3. Bogueira and Senhora da Graça River Beaches
 4. Swimming in the Cold Waters of Nossa Senhora da Piedade River Beach
 5. Walk along the Ribeira das Quelhas Walkways
 6. "Isto É Lousã" Frame and Letters
 7. Visit to the Highest Point in the Lousã Mountain Range – Trevim – to Enjoy the Swing at Sunset
 8. Hike Along the Trilho dos Moleiros
 9. Picnic at Cabril do Ceira
 10. Tour of the N236 Road Viewpoints
-

LOCAL RESTAURANTS TO TRY

-
- / O Burgo
 - / Ti Lena
 - / Casa Velha
 - / Q.B Resto Bar
 - / Villa Lausana
-



TERMS AND CONDITIONS

All experiences are subject to advance booking and confirmation of availability. Outdoor experiences are subject to weather conditions.

Bookings are made through our Experience Manager (via email experience-lousa@octanthotels.com) or through the Reception team.

If any of the activities are cancelled less than **48** hours in advance, the Hotel reserves the right to charge the full amount of the experience. Free cancellation up to **72** hours beforehand. Cancellations up to **48** hours in advance will be charged **50%** of the cost of the experience.

Information may be updated and changed without prior notice.
All prices shown include VAT at the legal rate.



Siga-nos para mais experiências

facebook / instagram
@octant.lousa



Rua Viscondessa do Espinhal
3200-257 Lousã
+351 239 990 800

www.lousa.octanthotels.com