



## ACTIVITIES IN THE SERRA DA ESTRELAS

The Serra da Estrela Natural Park (PNSE) was designated in 1976 to protect the rural character of the Serra villages and its landscape. The area has become famous for its cheeses, usually made from sheep's or goat's milk, and the annual cheese festivals which are held in Seia and Gouveia, in February and March, are well worth a visit.

This very traditional region is perfect for a number of activities, both sporting and leisure, for all ages and abilities.

Fishing is popular in the region particularly for trout, salmon and a number of coarse fish. See separate information sheet.

In August 2005 the Paragliding World Cup was held in the Serra da Estrelas. There are several official sights in the mountains and the main center for paragliding activity is Guarda.



Paragliding in the Serra da Estrela Mountains

Horse riding and pony trekking are popular and there are several stables and organisers in the area.

Portugal's only ski resort can be found in the mountains at Torre. During winter the resort becomes busy with the arrival of the snow on the peaks. There is also a permanent dry ski slope close to Manteigas.

Mountain biking is one of the most popular sporting activities in the region and a growing number of specialist holiday companies now promote mountain biking holidays. With so many rivers to choose from there are great canoeing and kayaking runs. Many of the mountain retreats and hotels have canoes and kayaks available for rent.



A beautiful and challenging route through the mountains

There are excellent rock climbing and hiking opportunities, with a number of designated rock climbs and several hiking routes, that take you through some of the most beautiful scenery in Portugal.



Rock climbing in the "Estrelas"

Other organised pastimes include motocross, skateboarding, shooting, bird watching, orienteering etc.,etc. Why not explore the area and see the potential for yourselves.