



FLYING FISHING

The rivers and streams originating in the Serra da Estrela mountains are of a really high quality and most are populated by a number of species of fish but especially trout and some salmon. In the lowland areas at the base of the mountains there are a number of popular trout fishing rivers, most notably the river Mondego, the river Paul and the river Torto which eventually flows into the Mondego.

In 2005 the world fly fishing championships were held in the area, such is the reputation of the quality of the fishing here and visitors from around the world regularly travel to this area for fishing holidays.



A lovely brown trout caught on the fly

The Portuguese care deeply about the conservation of the rivers and river species and on most rivers there are quite strict rules governing when, how and where you are permitted to fish.

The season for trout fishing is from 1st of March until 1st August. The months of June and July usually provide the best fishing, which usually coincides with the rivers being at their lowest level.

Before anyone can fish you have to obtain a local license which costs around 10 Euros and is valid for one year.

Usually only barbless hooks are permitted, fishing can be restricted to two or three days in the week, and at weekends you may not be allowed to take fish from the water.

On the days you are allowed to take fish you are only allowed to take up to a maximum of 6 fish with a minimum size limit of 22cm.

The fish are very wild and are easily spooked by sudden movements and it is difficult to stalk fish because of the gin-clear nature of the water in the rivers. Most methods of fishing can be used including trotting and spinning.

In addition to the fly fishing opportunities in the Serra da Estrela region, there is excellent sport to be had on the river Alva and the river Ceira.

Natural pools and lakes dotted along many of the rivers provide excellent fishing opportunities, not just for trout but also for a number of other species such as barbel, carp and chub.

Popular places to stay for a fly fishing holiday in the mountain Beiras region are Gouveia, Covilha, Celorico da Beira, Seia, Viseu, Coimbra and Guarda.



A view of the weir at Cativelos on the river Torto

The best places to stay when visiting to fish the river Alva or the river Ceira are, Arganil, Oliveira da Hospital and Gois.