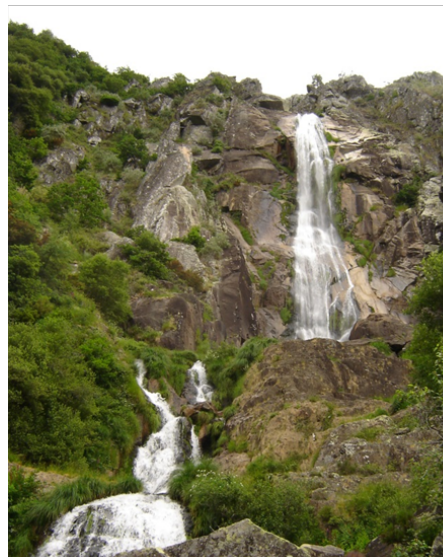


DAFx 2018 Optional Tour

Saturday, 8 September 2018

Arouca Geopark Serra da Freita and Arouca

Arouca is a mountainous region of 328 km² renowned for its outstanding natural and cultural heritage, declared, in its entirety, a UNESCO Global Geopark. It is also a biodiversity hotspot, with 47% of its total area protected under the Natura 2000 Network.



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- 09.00 **Departure from Aveiro city centre to Serra da Freita** (approx. 1h drive).
The *enchanted mountain* of Freita is the core of the Geopark, featuring 17 of its 41 geosites. Enjoy the stunning scenery on the way up to its peak, at a height of 1100m.
- 10.15 **Frecha da Mizarela viewpoint**
The 70-metre waterfall of *Mizarela* on the river *Caima*, the highest in mainland Portugal, reveals the contact between the granite massif and the pre-Cambrian schist. On a clear day, the panoramic view reaches as far as Aveiro and the Atlantic sea.
- 10.35 **Guided visit of Pedras Parideiras (stone-delivering rocks)**
On the way to the tiny rural settlement of *Castanheira*, where the main outcrop of stone-delivering rocks is located, you're likely to come across some docile cattle of the local *Arouquesa* breed roaming around freely. Learn about *Arouca's* most iconic geological phenomenon and the local legends about it. A 3D documentary will be on show at the Interpretation Centre, where a coffee break will be offered.
- 12.15 **Departure to Espinheiro**
Lunch will be served at *Casa no Campo*, the ideal place to taste some of the region's finest food and wine produce. Tuck into a hearty lunch of *Arouquesa* steak, smoked meats and fresh home-grown veggies.

Shortly before lunch, a sample of the region's folk music will be presented by the superb choir *Senhoras de Rô*. They will be performing a few *Cantas* and *Cramóis* – exquisite two and three-part traditional chants linked to rural life and sung exclusively by women.
- 14.45 **Departure to the centre of Arouca**
- 15.00 **Mosteiro de Arouca (Arouca Monastery) and organ concert**
Founded in the 10th century, the monastery of *Arouca* was donated by Portugal's second king to his daughter *Mafalda*, who turned it into one of the wealthiest in the country. The imposing architecture visible today results from major 18th century refurbishment works. The pipe organ, built in 1739-1741 by one of the most representative artisans in Portuguese baroque organ building, has been restored in 2009 by Gerhard Grenzing. Enjoy its unique timbre and incredible audio effects in a mini-concert by the Master organist Nicolas Roger, while sitting at the magnificently decorated choir stalls. Guided by Nicolas, you will have the chance of taking a peek at the organ's inner mechanism.
- 16.00 **Tasting of Arouca monastery delectable sweets**
To finalise the trip, indulge in a feast of sweet treats at the monastery's stunning kitchen, still prepared according to their original recipes: *castanhas doces*, *morcelas doces* and *charutos de amêndoa*.
- 17.00 Return to Aveiro.
- 18:00 Expected arrival to Aveiro.

PRICE PER PERSON: €95 (VAT INCLUDED)

GROUP SIZE - up to 50 participants

INCLUDED - private coach, all admissions, coffee break, Arouca Geopark guiding, lunch with wine, pipe organ concert, taste of the Arouca Monastery sweet treats and personal accident insurance.

Tour Leader: Eduarda Paz | Managing Director
Biologist (U. of Coimbra); MA in Conservation - Historic Gardens and Landscapes (U. of York)