



CERDEIRA HOME FOR CREATIVITY

CATALOG OF **ACTIVITIES**

2024

Ceradeira - Home for Creativity

www.cerdeirahomeforcreativity.com

CREATIVE EXPERIENCES

2h30m duration | Minimum of 2 participants | 35€ per adult | 25€ per child



INITIATION TO POTTER'S WHEEL

The potter's wheel has maintained the same charm since it was invented 3000 years ago. With the help of this rotating tool, you will learn to focus, center, and pull through the clay to create small cups and bowls. In the end, you can take the clay pieces home. If you want to turn them into ceramic pieces, you can leave them in our atelier to be fired in a ceramics kiln and then sent to your home (price excludes shipping costs).



MINIATURE SCHIST HOUSES

The ancestral architecture of the schist villages is one of its greatest appeals. No two houses are the same here! In this creative experiment, we will discover the patterns and building rules used in these houses, creating our own miniature schist house. Bring a special memory of Cerdeira home with you on a journey to the past.



CERAMIC FIGURINES

With a long tradition in Portugal, ceramic figurines emerged as a spontaneous popular artistic expression that portrays everyday life. Using several modeling techniques, you will create unusual and fun clay figures. You can take the small clay sculptures home or leave them in the studio so they can be fired in our ceramics kiln. The price includes the firing but excludes shipping costs.

2h30m duration | Available for groups | 45€ per adult | 25€ per child



TRADITIONAL PORTUGUESE CUISINE

With a delicious aroma and excellent ingredients, "chanfana" is always on the table for the Portuguese from this region. In this experience, you will learn how to season goat meat, place the ingredients in special black clay pots, light the traditional wood-burning oven, and cook the chanfana for 4 hours. In the end, let's enjoy the meal!

CERAMICS IN A DAY

5 hours duration | Minimum of 2 participants | 80€ per person



INTRODUCTION TO MANUAL CERAMIC TECHNIQUES

There are so many ways to handle clay! In this one-day experience, you will try different manual techniques. These techniques were the first used by humans to meet their basic needs. You will be able to learn how to create objects using only your hands, such as cups, bowls, or plates. The experience includes all materials and the firing of your pieces, which can be shipped to your home or recycled to give them a new purpose! (price excludes shipping costs)

You will learn:

- Basic knowledge necessary for working with clay;
- Weigh, knead, store, reuse, and recycle clay;
- Drying processes;
- Hand-building techniques such as coiling, pinching, and slabbing;
- Basic tools.



INTRODUCTION TO THE POTTERS'S WHEEL

During this experience, you will have the chance to get in touch with an ancient form of art adapted to the present day! You will be able to feel up close what it's like to put your hands in the clay while taking an immersive journey between you and what will be your best friend throughout the day, the potter's wheel. You will use an electric wheel to learn the basics of creating small pieces such as a cup, vase, or bowl. The experience includes all materials and the firing of your pieces, which can be shipped to your home or recycled to give them a new purpose! (price excludes shipping costs)

You will learn:

- Basic knowledge necessary for working with clay;
- Weigh, knead, store, reuse, and recycle clay;
- Drying processes;
- Get to know some auxiliary tools;
- Focus mainly on the first steps of forming a piece on the potter's wheel: center the clay, open and first pulls.

WINE EXPERIENCES



THEMED WINE TASTING

Wine tastings are held in Cerdeira. They are divided by region, and there is a small introduction about the selected area, where we discover the terrain, the grape varieties, and the winemaking process. After the introduction, the test is carried out, guided by indications on how it should be done.

Wine tastings are divided by region: Beira Interior, Dão, Bairrada, and Beiras, and are guided by professionals. These do not require any experience in the area to participate and last for 1h30min.

PRICE

Beira Interior - 25€ (per person, a minimum of 2 participants and a maximum of 20 participants)

Bairrada - 25€ (per person, a minimum of 2 participants and a maximum of 20 participants)

Dão - 50€ (per person, a minimum of 2 participants and a maximum of 20 participants)

Beiras (Foz de Arouce) - 110€ (per person, a minimum of 2 participants and a maximum of 20 participants)



WINE GAMES

The Wine Games are made up of several games where different wines are related to the five senses.

These are perfect team-building activities, and anyone can participate with or without knowledge.

PRICE

60€ (per person, a minimum of 8 participants and a maximum of 40 participants)

OUTDOOR ADVENTURES



DEER WATCHING TOUR

Serra da Lousã is one of the most privileged locations to watch deer in their natural habitat. This tour includes the observation of the local fauna - especially the deer, their traces, and characteristic marks - but also bucks, wild boars, and other animal species that inhabit the mountains. Along the way, we will also observe and identify the main plant species that characterize the landscape of Serra da Lousã. In addition to nature, the human and cultural aspects of the Schist Villages will also be addressed as we visit some historical places. Part of the route will be done in an all-terrain vehicle, and the rest will be done on foot along a mostly flat and slightly hilly terrain. (accessible to children over 6 years old). The deer observation tour can be done throughout the year and becomes extra special during the “rutting” (their mating season). They are more easily spotted at this time as they choose more open places to be seen. The males chant and fight each other, making the experience truly unforgettable!

PRICE

Full day activity: €100*

Half day activity (morning or afternoon): €60*

*pickup fee: 12,30€



CANOEING ON THE MONDEGO RIVER

In this activity, you will have the opportunity to canoe down the largest Portuguese river, in a 12km sector between the Carvoeira dam (Penacova) and the River Beach of Palheiros / Zorro (Coimbra). During the route, you will observe different vegetation types and birds in a stunning natural environment. During the summer, there are little rapids that provide an extra dose of excitement! Halfway down the descent (around 13:00), you'll make a stop and rest on the riverbank with a snack that should be brought from home or request a “lunchbox” at Cerdeira. Suitable for beginners.

PRICE - Minimum of 8 participants

ACTIVITY + TRANSFER

Includes canoeing equipment, insurance, guides and transport for the drivers of the group's vehicles between the end and beginning of the descent.

- Groups of up to 9 people - €37 per person

OUTDOOR ADVENTURES



JEEP TOUR IN SERRA DA LOUSÃ - "SCHIST VILLAGES" ROUTE

This route in an all-terrain vehicle with a guide is the ideal tour for anyone who wants to know the places of greatest natural, human, and cultural interest in Serra da Lousã. The half-day tour includes visiting two schist villages in Serra da Lousã and Trevim (the highest point in the mountain), passing by places of rare beauty, such as centenary chestnut trees, deciduous and coniferous forests, and breathtaking viewpoints. The organization will define the schist villages to be visited in each program. As a rule, they are Gondramaz (Miranda do Corvo), Aigra Nova (where the Schist Traditions Eco-Museum is located), Aigra Velha (Góis), and Candal or Talasnal (Lousã).

PRICE

Half a day program - (less than 8 people) - 234€

Full day program - (less than 8 people) - 278€



WATER WALK ON THE CEIRA RIVER

Along the Ceira river, it is possible to observe the autochthonous vegetation on its slopes that advances between water and land. The water walk starts at Monte Redondo Hydroelectric Power Plant reservoir, where there is a spectacular waterfall, and ends at Pego Escuro River Beach. This activity is a more accessible form of canyoning, where it is possible to make jumps with ropes, between rocks and weirs, and to snorkel, so it is ideal for beginners. The final part of the route can be done by swimming or walking along the bank. Minimum number of participants: 6

PRICE

€44 per person

Includes 4-5 hour water walk + neoprene suit and socks + helmet + insurances + guidance by experienced monitors + goggles and snorkel tubes for the group (optional) + photo report of the activity



CANYONING ON RIBEIRA DA PENA

If you're looking for adrenaline, try to venture down the Ribeira da Pena (Góis) on foot, with jumps into the water, toboggan runs, rappel slides, and crossings in and out of water. This spectacular stream runs through an abrupt valley between waterfalls, lagoons, and abundant vegetation. Its slopes are formed by impressive cliffs that make this place almost inaccessible. For this reason, this wild and remote valley remains a refuge for rare and peculiar plants and animals. This canyoning has an initial rappel of 35 meters to enter the stream, which is optional and depends on weather conditions. In the end, there's a 30-minute walk to reach the village of Ribeira Cimeira. Minimum of 6 participants. Recommended season: April to October.

PRICE

73€ per person (discounts available for groups)

Includes 5h canyoning + wetsuit and socks + personal protective equipment (helmet, harness, descender) + own backpack + insurance + guidance by an experienced monitor + photo report.

OUTDOOR ADVENTURES



TREE CLIMBING

For anyone who is a fan of a great challenge, arborism consists of crossing trails and obstacles from tree to tree. At a 40-minute drive from Cerdeira, in Penela, the Arborism Park has 6 routes that get progressively higher and more difficult. The activity has an average duration of 2h30/3h, and participants must have a minimum of 4 years of age. Minimum booking of 3 people between October and May.

The available routes are distributed by the level of demand and height:

LEVEL	ROUTE	INCLUDES	PRICE
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Easy			13€
Medium			16€
Hard			19€
Family Pack	2 adults + 2 children:		70€

SCHEDULES

January to May: under reservation
June and September: 10am-6pm
October to December: under reservation



MULTIACTIVITY - TEAMBUILDING

For those looking for an activity to unwind and share a good time, this experience will stay in the memory of the whole group. Several team-building and icebreaker challenges will be held. The group will participate in many games, such as the rope elevator, tube game, zip line, ski game, and rope maze, among others. The activity can be organized in Cerdeira or in the Castelo da Lousã area, with a duration of 3 hours (in the morning or in the afternoon). The price includes the material needed for the activity, monitors, and insurance.

PRICE

36€ per person (minimum of 10 participants)



MULTIACTIVITY - "KING ARUNCE" CHALLENGE

This activity will bring a good dose of laughs and competition to the group! In this "Olympics" style activity, participants will be grouped into teams and will be challenged to perform a group of challenges in the Castelo da Lousã area: from zip-line, mountain biking, parallel bridge, target shooting, and the most varied games. Teams will earn points through these tests and, in the end, we will announce the big winner!

The activity lasts 4 to 5 hours and takes place in the Castelo da Lousã area, so participants should use their vehicles to reach the destination or request a transfer. The price includes the material needed for the activity, monitors, and insurance.

PRICE

40€ per person (minimum of 10 participants)

OUTDOOR ADVENTURES



PAINTBALL - ABANDONED VILLAGE (GÓIS)

Paintball is a game that requires teamwork, quick reactions, and strategic thinking. It is an extreme sport that involves high levels of adrenaline. However, it is seen as a relaxing and “anti-stress” activity in which personal contact and contact with nature are privileged. The sessions are organized in an urban setting in an abandoned village in Serra da Lousã, with secret passages between the ruins and lots of natural vegetation. In this game, the participants, equipped with markers with paintballs, played several group games. Registration allows you to play between 3 and 4 games, and the activity will last 2 hours.

PRICE

33€ per person (minimum of 8 participants)

GUIDED WALKS



WATERFALL ROUTE

Distance: 7km | **Duration:** 4h | **Difficulty:** Medium (or very hard on rainy days) | **Sites:** Cerdeira, Candal, Cascata | **Route:** Part of the PR3 trail

On this route, we will follow the path that the children of Cerdeira used to take to school, located in the neighboring village of Candal. With open views and the sound of streams along the way, we will descend to a beautiful 6m high natural waterfall, where you can refresh yourself under the stream of pure water. The waterfall is next to some mills used in the past to grind cereals and make bread. The walk starts and ends in Cerdeira. The walk ends at the village's restaurant if you choose to have lunch at Candal.

PRICE: 75€ per person (minimum of 2 participants)



WATER MILLS ROUTE

Distance: 6km | **Duration:** 3h | **Difficulty:** Easy | **Sites:** Lousã City Council, Fábrica do Prado, Regachina, Ermidas, Castle, Ribeira de São João | **Route:** Part of the PR1 trail

This route is a privileged route from the center of Lousã to the Castelo and Sr^a da Piedade area. On the trail of great beauty, vegetation on one side and a magnificent view of the Serra da Lousã hillside on the other. Next to the river is the “levada” that carries water to the Papel do Prado factory, created in 1716, which coincides with the beginning of the route “A Rota dos Moinhos da Ribeira de São João”. The walk starts and ends at Lousã City Hall. On rainy and/or winter days, it is not possible to complete the entire route, opting for an alternative. Possibility to have lunch in Burgo restaurant, where the walk will end.

PRICE: 38€ per person (minimum of 2 participants)

GUIDED WALKS



THREE VILLAGES ROUTE

Distance: 10km | **Duration:** 6h | **Difficulty:** Medium/High | **Sites:** Castle, Talasnal, Chiqueiro, Casal Novo | **Route:** Part of the PR2 trail

This walk starts at the Castle and takes us along the original paths between this group of three villages that maintained close connections. In Talasnal was the school that children from these villages attended and in Chiqueiro was the common chapel. On the other hand, Casal Novo got its name because a new couple settled there. In a journey through the history of our ancestors, the walk ends at the Castle, with some steep slopes along the path.

PRICE: 75€ per person (minimum of 2 participants)



CASTLE ROUTE

Distance: 7km | **Duration:** 4h | **Difficulty:** Medium | **Sites:** Cerdeira, Candal, Levada, Castelo | **Route:** Part of the PR3 trail

The route starts at Cerdeira and passes through Ribeira de S. João, which feeds the natural pools of Sra. da Piedade. Part of this route is made next to a “levada”, which channeled water from the mountains to what was the first power plant of its kind built in Portugal and is still in operation today. After visiting the village of Candal, centenary chestnut trees, oaks, cork oaks, and maritime pines dominate the path until reaching the Castle of Arouce, where the walk ends (transportation not included between the castle and Cerdeira). The route is recommended only in dry weather due to the steep slopes and should not be done by people with the fear of heights.

PRICE: 75€ per person (minimum of 2 participants)

IMPORTANT INFO

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CREATIVE EXPERIENCES

No previous experience is required to participate in these experiences.

Each experience lasts for 2h30m. We have a minimum of 2 participants and it costs €35/person. Children up to 11 years can participate for €25, when accompanied by 1 paying adult.

Reservations should be made up to 48h in advance.

To book or for more info, please contact us at:
artsandcrafts@cerdeirahomeforcreativity.com
+351 913 989 281

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OUTDOOR ADVENTURES AND GUIDED WALKS

These activities are managed by our trusted partners.

If you don't have enough people to book the activities with a minimum number of participants, it's possible to do the activity simultaneously with other groups. Contact us to know if that's available. Reservations should be made up to 48h in advance.

To book or for more info, please contact us at:
reservations@cerdeirahomeforcreativity.com
+351 911 789 605
Opening hours: 09h30 - 17h30 (Monday to Friday)

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You can order a "lunchbox" to bring on the outdoor activities. Make your order and collect it at the Café da Videira in Cerdeira - Home for Creativity.

LUNCHBOX - 16€

2 sandwiches + 1 bottle of water + 1 cereal bar + 1 piece of fruit + 1 small juice (Compal brand)