

5 DAYS DOURO

Foz Coa

ADVENTURE

BY CARLOS SÁ NATURE EVENTS

5 DAYS DOURO ADVENTURE

RULES

2023

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1. Terms of participation

1.1. Age requirement

The minimum age requirement for participation in 5 Days Douro Adventure is 18 years of age.

1.2. Confirmed registration

To participate in the competition athletes must have their registration validated and agree to comply with the race regulations.

1.3. Physical condition

- It is essential to be in a good physical condition to participate in this event;
- The terrain where this race is held is subject to sudden weather changes. Therefore, runners might be exposed to different weather conditions such as: heat, cold, strong wind, thick mist, intense rain and even snow;
- Athletes must know how to manage their physical and mental stress and cope with adverse situations during the race;

1.4. Sportsmanlike conduct rules

Unlawful behaviour, offensive language and verbal/physical aggressions will not be tolerated and will be reported to the appropriate authorities.

2. The event

2.1. Presentation of the event / organization

The 5 Days Douro Adventure is a non-competitive Trail Tour organized by Carlos Sá Nature Events®, with the support of the Municipality of Vila Nova de Foz Côa and will take place from 1 to 5 November 2023.

Alto Douro will be the main stage for this fantastic Trail event.

The points of interest go through the magnificent landscapes of mountains and terraced valleys, torn by the Douro and Côa rivers, through the agricultural fields with the vineyards (of the best wines in the world), almond trees in bloom and olive trees. The deactivated Tua and Pocinho railway line, the historic villages of Castelo Rodrigo and Marialva, the villages of Foz Côa, are some of the many highlights of the region. If the organization understands it and the safety of the participants justifies it, the routes previously established for the event may be changed.

2.2. Program of 5 Days Douro Adventure 2023

1st Day – Wednesday November 1st

- 01:00 pm** – Athletes meeting at the Porto airport.
- 03:00 pm** – Check-in at Centro de Alto Rendimento do Pocinho and Race bib distribution
- 03:40 pm** – Transfer to visit the famous Quinta de Vale Meão.
- 04:00 pm** – Start of 1st Stage **Sunset 14Km**
- 08:00 pm** – Dinner at Centro de Alto Rendimento do Pocinho.

2nd Day - Thursday November 2nd

- 07:30 am** – Start of breakfast at CAR
- 08:30 pm** – Transfer to Numão
- 09:00 am** – Start 2nd Stage **30km**
- 04:00 pm** – Expected arrival of the last athletes
- 07:00 pm** – Dinner at Centro de Alto Rendimento do Pocinho

3rd Day – Friday November 3rd

- 07:30 am** – Start of breakfast at CAR
- 08:15 pm** – Transfer to Cidadelhe
- 09:00 am** – Start 3rd Stage **22km**
- 03:00 pm** – Expected arrival of the last athletes
- 07:00 pm** – Dinner at Centro de Alto Rendimento do Pocinho

4th Day – Saturday November 4th

- 07:30 am** – Start of breakfast at CAR
- 08:00 pm** – Transfer to the start line
- 09:30 am** – Start 4th Stage **42km Tunnel Route**
- 07:00 pm** – Dinner at Centro de Alto Rendimento do Pocinho
- 08:30 pm** – Circuit Best Trails Series Awards Ceremony

5th Day – Sunday November 5th

07:30 am – Start of breakfast at CAR

08:30 pm – Transfer to the start line

09:00 am – Start 5th Stage **15km**

12:00 am – Lunch at Centro de Alto Rendimento do Pocinho

03:30 pm – End of the activities

***NOTE: The distances and altimetry can suffer changes**

2.3. Supplies

This race takes place in semi-autonomy, being essential that each athlete is accompanied by a minimum amount of calories and liquids for each stage, in order to satisfy their needs between supplies. Liquid/solid supplies will be approximately 10 km apart on average.

2.4. Time limit

- There will be no time limit to complete each step.

2.5. Recommended material

- Food reserve;
- Reservoir for liquids with at least 0.5l capacity;
- Survival blanket;
- Whistle;
- Waterproof Jacket;
- Mobile phone;
- Headlight;
- Device that allows viewing geographic coordinates and altimetry - GPS or another that has this functionality

2.6. Information on passing places with road traffic

The organization will have a security system along the entire route, however, given that it will be impossible to cut off road traffic in some passages, participants must comply with the traffic rules on public roads, and must also respect the surroundings of the route, being aware that the route may cross private property under penalty of having to assume potential damages and compensation resulting from non-compliance.

2.8. Responsibilities towards the athlete / participant

Enrollment in the race will imply total acceptance of the present regulation. Participants will be responsible for all actions likely to produce material, moral or any other damage to themselves and/or third parties. The organization declines all responsibility, in case of accident, negligence, or theft of objects and/or valuables from each participant. The organization, as well as any of those involved in the organization of the event, are exempt from liability resulting from the acts described above.

2.9. Sports insurance

The organization contracts the insurance required by law to carry out this type of test. The insurance premium is included in the registration fee.

3. Registrations

3.1. Registration process (site, website, bank transfer)

Registration is done online through the website: <https://carlossanatureevents.com/en/douroadventure>

3.2. Registration fees and periods

5 Days Douro Adventure – limit of 100 participants

Until 20th October 2023 – 500€

The registration includes:

- Transfers to Pocinho and back to Porto
- Transfers between stages everyday
- 4 nights at Pocinho's High Performance Center (CAR) breakfast included, double or single occupancy (double rooms are limited in number (8))
- 4 dinners
- 1 light lunch (November 5th);
- Personal accident insurance;
- Rescue and emergency services;
- Refreshments (food and drinks) approximately every 10 km;
- Event souvenir;
- Other possible prizes.

3.3. Event secretariat / times and locations

Friday March 8th

3:00 pm: Functioning of the secretariat at the Pocinho High Performance Center (CAR)

3.4. Conditions for returning the registration fee

In case the athlete cancels his participation, part of the amount already paid will be refunded according to the table below:

Data de Cancelamento	Percentagem de Reembolso
Until 31st July, 2023	70% of the application fee will be refunded
1st August 2023 to 30th September 2023	40% of the application fee will be refunded
After 1st October 2023	No refund

In the event that weather conditions or reasons of force majeure do not allow the event to take place and lead to its cancellation, registrations will be automatically transferred to the 2024 edition, if a refund is requested by the participant, 70% of the amount will be refunded.

4. Information

4.1. How to arrive

If you are traveling from outside the country, you can choose Porto International Airport. The transfer to and from the race is included in the registration price, at a time and place to be agreed.

4.2. Places to visit

There are numerous places to visit in the area surrounding the test. Detailed information on the page of the municipality of Vila Nova de Foz Côa.

5. Environmental responsibility

The athlete is solely responsible for transporting all wrappings and natural waste (even if biodegradable), or unnatural, from gels, bars and/or others. You must deposit the waste at the nearest supply, or transport it to the finish line.

For 2023, Carlos Sá Nature Events, to all those who decide to register for its events, a small contribution of €5 (optional) for the purchase of native trees. Together with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events is committed, with the funds raised, to developing tree planting and reforestation actions in the geographical areas where it develops its activities. These actions will be scheduled and carried out by CSNE following the guidelines of these local partners who, better than anyone, know the region, the species and the right times to make the plantations.

You can join this initiative by selecting the EXTRA “Carbonic Compensation” when registering.

6. Image rights

The acceptance of the present regulation implies, necessarily, that the participant authorizes the organizers of the event to record all or part of their participation in the same, it also presupposes their agreement so that the organization can use the athlete's image for the promotion and dissemination of the event. in all its forms (radio, written press, video, photography, internet, posters, media, etc.) , to receive any economic compensation.

7. Others

Participants are obliged to help the injured and to respect the traffic rules at road junctions.

The organization reserves the right to make the changes it deems necessary, depending on the different conditions, as well as the suspension of the event, if weather conditions so require, or for reasons of force majeure.

In the event that a participant cannot participate and/or the weather conditions/force majeure do not allow the event to be held or its cancellation, the organization does not feel obliged to return the registration fee, as well as the reimbursement to the sponsors.

8. Omissions

Cases not covered by this regulation will be resolved by the organizing committee, whose decisions will not be appealed.