



Foz Coa

DOURO

TRAIL ADVENTURE®

BY CARLOS SÁ NATURE EVENTS

23th To 25th April 2022



CARLOS SÁ
NATURE EVENTS



*There it is Silence, Solitude, Mountain!
There she is, her forehead crowned with lightning!
Here is the nest of eagles, of storms,
The somnambulist retreat from the clouds...
There is an altar where the stars burn!*

”

Teixeira de Pascoaes



Jusoma Luzix

PROGRAM DAY 1


23 OF APRIL
SATURDAY


15KM

14h00

Meeting of athletes at the station from Campanhã trains. We recommend this trip by train, being this one of the most beautiful in the world.

14h30

Transfer to Foz Côa

17h30

Expected arrival to Foz Côa

17h30

Check-in at the Centro de Alto Rendimento do Pocinho and bib delivery to athletes

18h30

Start of the 1^o Stage
15km - Sunset

21h00

Dinner at Centro de Alto Rendimento do Pocinho



Centro de Alto Rendimento do Pocinho



Alto Douro Vinhateiro



Alto Douro Vinhateiro

PROGRAM DAY 2



24 OF APRIL
SUNDAY



ULTRA TRAIL: 45KM
SHORT TRAIL: 17KM



07h00

Breakfast at Centro de
Alto Rendimento do Pocinho
(just for athletes
with 3 days pack)

08h00

Start Trail Ultra 45km

10h30

Start Trail Curto 17km

12h00

Expected arrival of the
first athletes

15h00

Prize giving ceremony
(athletes version 1 day)

19h00

Dinner at Centro de
Alto Rendimento do
Pocinho (just for athletes
with 3 days pack)



Marialva



Reserva da Faia Brava



Castelo Melhor

PROGRAM DAY 3


25 OF APRIL
MONDAY


25KM

07h00

Breakfast at Centro de
Alto Rendimento do Pocinho

09h00

Start of the 3^o Stage
25km

11h30

Expected arrival of the
first athletes

14h00

Expected arrival of the
last athletes

15h00

Prize giving ceremony
(para atletas
com pack 3 dias)

17h20

Return to Porto
in train



Museu do Côa



Vila Nova de Foz Côa



FCDTA 3 DAYS / 3 STAGES

23TH AT 25TH APRIL 2022

FCDTA 3 DAYS / 3 STAGES **TENT** - MAXIMUM NUMBER OF PARTICIPANTS: 100

PRICES:

Until 1st March 2022 - 120€

Until 15th April 2022 - 160€

*Ability to pay 50% upon registration and the remaining 50% on the 1st day of the event

INCLUDES:

- Transfers between stages everyday
- 1 light lunch (25th);
- Personal accident insurance;
- Rescue and emergency services;
- Refreshments (food and drinks) approximately every 10 km;
- Finalist prize;
- Event souvenir;
- Other possible prizes.

IT DOES NOT INCLUDE:

- Flight or trip to Porto;
- Train journey: Porto - start of the event (23th April) / end of the event (25th April) - Porto
- Any other services not specified above.

(No changes to the participant's data will be allowed after 15th April.)

23TH AT 25TH APRIL 2022

FCDTA 3 DAYS / 3 STAGES **HOTEL** - MAXIMUM NUMBER OF PARTICIPANTS: 150

PRICES:

Until 1st March 2022 - 200€

Until 15th April 2022 - 250€

*Ability to pay 50% upon registration and the remaining 50% on the 1st day of the event

INCLUDES:

- Transfers between stages everyday
- 2 nights at Pocinho's High Performance Center (CAR) breakfast included, double or single occupancy (double rooms are limited in number (11))
- 2 dinners
- 1 light lunch (25th);
- Personal accident insurance;
- Rescue and emergency services;
- Refreshments (food and drinks) approximately every 10 km;
- Finalist prize;
- Event souvenir;
- Other possible prizes.

IT DOES NOT INCLUDE:

- Flight or trip to Porto;
- Train journey: Porto - start of the event (23th April) / end of the event (25th April) - Porto
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FCDTA 45KM

24TH OF APRIL 2022

FCDTA 45KM

PRICES:

From 10th December 2021 to 1st March 2022 - 35€

From 1st March 2022 to 15th April 2022 - 40€

INCLUDES:

- Personal accident insurance;
- Rescue and emergency services;
- Refreshments (food and drinks) approximately every 10 km;
- Finalist prize;
- Event souvenir;
- Other possible prizes.uir.

IT DOES NOT INCLUDE:

- Train journey: Porto - start of the event (24th April) / end of the event (24th April) - Porto
- Any other services not specified above.

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FCDTA 17KM

24TH APRIL 2022

FCDTA 17KM

PRICES:

From 10th December 2021 to 1st March 2022 - 17€

From 1st March 2022 to 15th April 2022 - 20€

INCLUDES:

- Personal accident insurance;
- Rescue and emergency services;
- Refreshments (food and drinks) approximately every 10 km;
- Finalist prize;
- Event souvenir;
- Other possible prizes.

IT DOES NOT INCLUDE:

- Train journey: Porto - start of the event (24th April) / end of the event (24th April) - Porto
- Any other services not specified above.

(No changes to the participant's data will be allowed after 15th April.)