



FOZ COA DOURO TRAIL ADVENTURE
REGULATIONS

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1. General

1.1. Age requirement

The minimum age requirement for participation in Foz Côa Douro Trail Adventure is 18 years of age. The race is run individually. However, athletes can participate on behalf of a team.

1.2. Confirmed registration

To participate in the race your registration must be validated and you must 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 race;
- 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;
- Each athlete must know how to manage their physical and mental stress and cope with adverse situations during the race;
- Each athlete must know how to manage physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, etc;

1.4. External help

External help is not allowed, except on refreshment posts. Each athlete must know how to adapt to the problems encountered during the race.

1.5. Race bibs

The race bib is personal and not transferable. Race bibs must be clearly visible throughout the race. In the case of abandonment runners must return their race bib to the organisation.

1.6. Sportsmanlike conduct rules

Unlawful behavior, offensive language and verbal/physical aggressions will not be tolerated and will be punished with penalties, fines or disqualification. Any illegal acts will be reported to the appropriate authorities.

2. The event

2.1. Presentation of the event / organization

Foz Côa Douro Trail Adventure® (FCDTA) is organized by Carlos Sá Nature Events with the support of the Municipal Chamber of Vila Nova de Foz Côa.

The event Foz Côa Douro Trail Adventure 7 days/6 stages will be held from 5th to 11th October 2019.

FCDTA also offers a version for beginners – FCDTA Starter – in which participants can run a shorter distance in most stages.

FCDTA's participants will be able to enjoy the magnificent landscapes of mountains and terraced valleys, ripped by the rivers Douro and Côa, the agricultural fields with vineyards (one of the best wines in the world), the almond trees in blossom and olive trees. The disabled railway line of Tua and Pocinho, the trips on the Douro River from Pocinho dock, the Côa Museum (the largest collection of rock art in the world), the historic villages of Castelo Rodrigo, Marialva, Foz Côa, Castelo Melhor, Castelo de Numão, the most varied sightseeing spots and the city of Porto are some of the outstanding places of the region.

Gastronomic tourism with delicacies and typical ingredients from the region, as well as art and culture and the modern Côa Museum, led the region to be awarded as World Heritage in 1998. On boat trips along the Douro River, from the Pocinho dock to Barca d'Alva (on the "Senhora da Veiga" boat, owned by the Municipality of Vila Nova de Foz Côa), FCDTA participants will observe the cliffs and terraces of Alto Douro Vinhateiro's vineyards, also classified as World Heritage.

There's no time limit for each stage. However, the organization reserves the right to create new time barriers at any time during the event, for safety reasons.

The organization also reserves the right to change the established courses at any time during the event, for the sake of safety, if necessary.

There will be also an accompanying-persons program for the families and friends who want to make this unique trip with their athletes!

2.2 Program Foz Côa Douro Trail Adventure 2019

1st Day – Saturday 5th de October – non competitive, not obligatory

FCDTA 7 Days/ 6 stages Advanced/Starter/Hiking - 15km* - Historical Porto

The athletes that wish to run this stage must book an hotel in Porto.

17h00 – Meeting point to athletes and accompanying-persons at Porto (place to be defined) and race bibs distribution

18h00 – Start FCDTA 1st stage: Sunset 15Km - non competitive; near the D. Luís' Bridge

2nd Day - Sunday 6th October

FCDTA 7 Days/ 6 stages Advanced – 18km* Régua - Lamego

08h30 – Meeting point to athletes and accompanying persons at the train station in Porto

09h10 – Train journey to Régua

11h20 – Arrival at Régua

11h30 – Start FCDTA 1st stage Advanced and Starter

13h30 – Expected arrival of the first athletes at Lamego

From 13h30 onward – Showers and lunch at Lamego

15h00 – Cultural Visit

17h18 – Transfer by train to CAR Pocinho

19h00 – Check-in at CAR Pocinho

20h00 – Dinner, briefing and overnight stay at CAR

3rd Day – Monday 7th October

FCDTA 7 Days/6 stages Advanced/ Starter/ Hiking 21km (Museu do Côa – Foz Côa)

07h00 – Breakfast at CAR

08h30 – Bus departure to Côa Museum

09h00 – Côa Museum's visit

10h00 – Start FCDTA Advanced/Starter 2th stage

12h00 – Expected arrival of the first athletes to Vila Nova de Foz Côa's centre

13h00 – Lunch at CAR

14h30 – Expected arrival of the last athletes

19h00 – Dinner, briefing and overnight stay at CAR

4th Day – Tuesday 8th October

FCDTA 7 Days/6 stages Advanced 25km* (Castelo de Numão - S. João da Pesqueira)

- 07h00** – Breakfast at CAR
- 08h00** – Bus departure to Castelo de Numão
- 08h40** – Arrival to Castelo de Numão
- 09h00** – Start FCDTA Advanced 3th stage 25 Km (Castelo de Numão)
- 11h30** – Expected arrival of the first athletes to S. João da Pesqueira
- 12h30** – Lunch at local restaurant
- 14h00** – Visit to Wine Museum
- 16h00** – Transfer to CAR
- 19h00** – Dinner, technical briefing and overnight stay at CAR

5th Day – Wednesday 9th October

FCDTA 7 Days/ 6 stages Advanced 24km* (Barca d’Alva - Castelo Rodrigo)

FCDTA 7 Days/6 stages Starter/Hiking 12km* (Escalhão – Castelo Rodrigo)

- 06h30** – Breakfast at CAR
- 07h30** - Departure of the Cruise Pocinho - Barca D’Alva – Starter athletes
- 08h00** – Bus Departure to Barca d’Alva – Advanced athletes
- 09h00** – Arrival to Barca d’Alva – Advanced athletes
- 09h30** – Start FCDTA 4th stage 24Km (Barca d’Alva)
- 10h10** – Arrival of the cruise to Barca d’Alva (starter athletes) and transfer to Escalhão
- 10h30** – Start FCDTA 4th stage Starter 12Km (Escalhão)
- 11h30** – Expected arrival of the first athletes to Castelo Rodrigo
- 13h00** - Lunch at Castelo Rodrigo
- 14h00** – Expected arrival of the last athletes to Castelo Rodrigo
- 15h00** – Bus transfer to Pocinho - Starter athletes
- 15h00** – Transfer to Barca d’Alva – Advanced athletes
- 15h30** – Departure of the Cruise Barca D’Alva – Pocinho – Advanced athletes
- 18h00** – Arrival to Pocinho
- 19h00** – Dinner, technical briefing and overnight stay at CAR

6th Day – Thursday 10th October

FCDTA 7 Days/ 6 etapas Advanced 53km* (Cidadelhe – CAR)

FCDTA 7 Days/6 etapas Starter/Hiking 23km* (Cidadelhe – Castelo Melhor)

- 06h30** – Breakfast at CAR
- 07h30** – Bus departure to Marialva
- 08h15** – Arrival to Marialva and cultural visit
- 09h15** – Bus departure to Cidadelhe

- 10h00** - Start FCDTA 5th stage Advanced 53Km (Cidadelhe)
- 10h00** - Start FCDTA 5th stage Starter 23Km (Cidadelhe)
- 12h00** – Expected arrival of the first Starter athletes to Castelo Melhor
- 14h00** – Lunch at CAR
- 15h00** – Expected arrival of the first Advanced athletes to CAR
- 20h00** – Expected arrival of the last athletes to CAR
- 20h00** – Dinner, technical briefing and overnight stay at CAR

7th Day – Saturday 11th October

FCDTA 7 Days/6 stages Advanced/ Starter/ Hiking 12km (Torre de Moncorvo - CAR)

- 07h00** – Breakfast at CAR
- 08h00** – Bus departure to Torre de Moncorvo
- 08h20** – Arrival to Torre de Moncorvo
- 09h30** – Start FCDTA Advanced/Starter 6th stage
- 10h45** – Expected arrival of the first athletes to CAR Pocinho
- 12h30** – Lunch
- 13h00** – Expected arrival of the last athletes to CAR Pocinho
- 14h30** – Prize giving ceremony
- 17h20** – Transfer by train Pocinho - Porto
- 20h35** – Arrival to Porto (Events' end)

***NOTE: Distances and altimetry may be subject to change.**

2.3. Time Check

Time is controlled by chip; athletes must validate it in the checkpoints. The loss of a chip is the sole responsibility of the participant. All the costs associated with its replacement shall be borne by the participant. Intermediate time controls will be opportunely defined.

2.4. Refreshments

Racing in semi autonomy is the rule, which means that each runner must have the capacity to be autonomous between two refreshment posts, not only on the food front but also that of clothing and security. The refreshment posts have an approximate distance between each other of about 10 km.

2.5. Recommended gear

- Food reserve;
- Stock of water (minimum 0,5l);
- Survival blanket;
- Whistle;
- Waterproof jacket;
- Cellphone;
- Frontal torch;
- Device that allows reading geographic coordinates and altimetry – GPS or other that has this functionality;

2.6. Information of places with road traffic

The organization will have a security system throughout the course. However, as it will be impossible to cut road traffic in some places, participants must comply with the traffic rules on public-use roads and must respect the surrounding environment.

2.7. Penalties / disqualifications

Athletes must comply with this regulation and must have an appropriate sportsmanlike conduct, in accordance with the Portuguese Law.

2.8. Participation conditions

Registration on this competition implies full acceptance of the rules.

Participants will be held accountable for all actions that may cause material or moral damages to themselves and/or to third parties. The organization declines all responsibility in case of accident, negligence, or theft of objects.

2.9. Accident insurance

The entry fee includes a personal accident insurance premium.

3. Registrations

3.1. Registration process

Online registration at <https://www.carlossanatureevents.com/en/fcdta2019>

3.2. Registration prices and deadlines

FCDTA 7 Days/6stages - maximum number of participants: 150

Until 31st October 2018 – **550€**

Until 31st July 2019 – **750€**

Until 30th September 2019 – **900€**

Includes:

- Transfers by train: Porto – start of the event (6th October) / end of the event – Porto (11th October)
- Transfers between stages everyday
- 5 nights at Pocinho's High Performance Center (CAR), breakfast included, double or single occupancy (double rooms are limited in number)
- 5 dinners
- 6 light lunches (at the end of each stage);
- Douro River cruise, Pocinho - Barca D'alva - Pocinho;
- 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;
- Night in Hotel and dinner at 5th October 2019
- Massages (10€ each);
- Any other services not specified above

(No changes to the participant's data will be allowed after 30th September 2019.)

In the case of cancelation, the amount of the entry fee will be held in credit exclusively for next year's edition (2020) for the same athlete; in accordance to the following conditions:

Cancelations	Amount held in credit
Until 30th June 2019	50%
Until 31 st July 2019	25%

3.3. Secretariat (race bib distribution)

FCDTA 7 Days/6 stages – Saturday 5th October 2019

17h00 – 18h00: Race secretariat opening and bib distribution (place to be defined at Porto)

3.4. Other services

- In case of drop out, transportation until the finish line is assured.
- Any other services that the organizer may grasp until the day of the event will be opportunely announced.

4. Rank and prizes

4.1. Prize giving: date and places

- FCDTA 7 Days/6 stages: 11th October at 13:30 (Vila Nova de Foz Côa's centre)

4.2. Categories

Prizes

Foz Côa Douro Trail Adventure 7 Days/6 stages Advanced

Male:

1st – Trophy, registration 2020

2nd - Trophy

3rd - Trophy

Female:

1st – Trophy, registration 2020

2nd - Trophy

3rd – Trophy

Foz Côa Douro Trail Adventure 7 Days/6 stages Starter

Male:

1st – Trophy

2nd – Trophy

3rd – Trophy

Female:

1st – Trophy

2nd – Trophy

3rd – Trophy

5. Information

5.1. How to get to Vila Nova de Foz Côa

If you travel from abroad, we recommend you to choose the Porto International Airport. Transfers from/to the airport are included in the entry fee (see program).

5.2. Accommodation

Accommodation between stages is included in the entry fee.

5.3. Places to visit

There are several places to visit in the surrounding area. You can find out more on the official Webpages of the Municipal Chamber of Vila Nova de Foz Côa.

6. Respect of the environment

You can't throw down your litter (whether it's biodegradable or not) along the course. You must dispose your litter either in the nearest refreshment post, or at the finish line.

Don't leave more than footprints, don't take more than pictures!

7. Image rights

Each participant authorizes the organizers to use any images or recordings taken during the event. Those images may be used for promotional documents and/or advertising mediums (radio, press, video, photo, internet, outdoors, etc.).