



TRANS PENEDA-GERÊS

THE RACE OF THE
4 CASTLES



The preparations for TransPeneda-Gerês are well underway and the supporting team is working diligently to provide you a fantastic adventure!

To help you plan your participation in TransPeneda-Gerês, here is some more information that you should read carefully. If you need any help or clarification do not hesitate to contact us through the usual communication channels:



info@carlossanatureevents.com



<https://www.facebook.com/transpeneda>



+351 968644158

IMPETUS



In addition to producing the official t-shirt of the event, Impetus has a special gift for you athlete!
15% off the entire online store with code: **TPG15**

Discount not combinable with other promotions and valid until THE END OF THE YEAR 2022

165KM



START LINE AND FINISH LINE

Castle of Melgaço

03h00 pm

Castle of Montalegre



EVENT'S SECRETARIAT

26th MAY

11h00am

Melgaço's volunteer firefighters

02h30pm

Secretariat's Closing

PROGRAM

Thursday 26th May 2022

09:00 am - Transport by bus from Porto airport to the center of Melgaço (journey lasting approximately 2 hours, only for participants who tick this option when registering)

11:00 am - Opening of the secretariat 4 Days and TPG 165K (Melgaço Volunteer Fire Department)

14:30 pm - Technical Briefing 4 Days (Melgaço City Hall)

15:00 pm - **Start 4 Days, Stage (Melgaço Castle - Peneda 35kms)**

24:00 noon - Estimated finish time for the last athletes 4Days at Km 35 in Peneda.

Friday 27th May 2022

07:00 am - **Start 4 Days, Stage (Peneda - Vila do Gerês 58kms)**

14:00 pm - Estimated finish time for the 1st athlete 4 Days at Km 58 in Vila do Gerês

23:00 pm - Estimated finish time for the last athlete 4 Days at Km 58 in Vila do Gerês.

Saturday 28th May 2022

08:00 am - **Start 4 Days (Vila do Gerês - Outeiro 41kms)**

13:00 pm - Estimated finish time for the 1st athlete 4Days at Km_41 in Outeiro

19:00 pm - Estimated finish time for the last athlete 4 Days in Outeiro

Friday 29th May 2022

07:30 am - **Start 4 Days (Outeiro - Montalegre 31kms)**

14:30 pm - Prize giving ceremony (Castelo de Montalegre)

16:00 pm - Event's closing TransPeneda-Gerês (TPG)

17:30 pm - Transport by bus from Center of Montalegre to Porto Aeroport

TRACK

Link to Download the track of the race:

<https://my.atrp.pt/evento/799>



Link to Download the tracks of the stages:

<https://bit.ly/38CKA2g>





MAP OF SR. DA PENEDA



-  Final Track
-  Food Reinforcement
-  Transfer to Hotel Castrum Villae

MAP OF VILA DO GERÊS



-  Track to the HOTEL
-  Final Track
-  Sleep
-  Food Reinforcement

MAP OF OUTEIRO



Final Track



Sleep

MAP OF MONTALEGRE



Track to Multiusos

Final Track



Showers



Food Reinforcement



Transfer



TRANSFERS

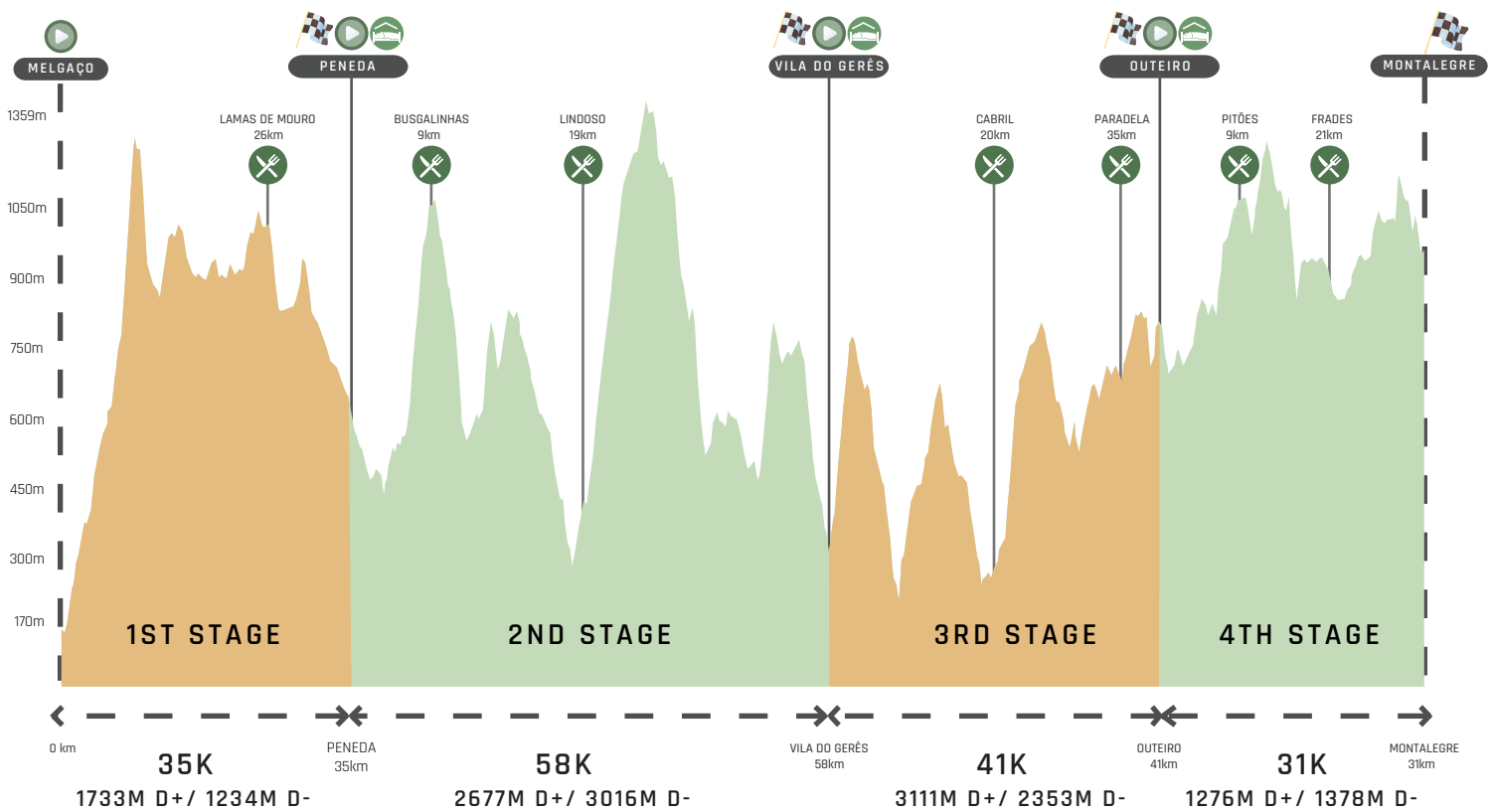
TransPeneda-Gerês organization ensures the following transfers for registered participants of the **TPG 4 Days**:

- 26th May , 09:00am, from Porto's airport to Melgaço
- 29th May, 5:00pm, from Montalegre to Porto's airport

INTERACTIVE MAP

Interactive route map link:

<https://bit.ly/3Mt9JLm>



MANDATORY GEAR:

REQUIRED

- ▶ 1 HEAD LAMP WITH EXTRA BATTERIES, WORKING IN PERFECT CONDITIONS
- ▶ SURVIVAL BLANKET
- ▶ GPS SYSTEM
- ▶ MOBILE PHONE
- ▶ LONG SLEEVES SHIRT
- ▶ WHISTLE
- ▶ WATERPROOF JACKET WITH HOOD
- ▶ STOCK OF WATER AND FOOD TO USE BETWEEN AID STATIONS
- ▶ ELASTIC TAPE
- ▶ REUSABLE CUP

RECOMMENDED

- ▶ POLES
- ▶ WATERPROOF TROUSERS
- ▶ GLOVES
- ▶ FACIAL MASK

FOOD AT THE AID STATIONS

Racing in semi-autonomy will be the rule, which means that the athletes must run with a minimum amount of calories and liquids, in order to satisfy their needs between Aid stations. In the Aid Stations will always be available the following food and drinks:

orange, banana, chips, biscuits, cereal bars, nuts, chicken soup, salt, water, coca-cola and isotonic.

In addition to these the organization will have other food that will vary over the Aid Stations:

vegetables soup, pasta, ham / cheese, bread, sweet pasta, cakes, watermelon/melon, tomatoes ...

Please be advised that liquids will not be supplied in bottles or plastic cups. Each athlete is responsible for taking with them the container(s) they deem most suitable for their hydration.

PARTICIPANT'S CODE OF CONDUCT

We alert all participants in the TPG "Race of the 4 Castles" to the fact that this race takes place within the area of the Peneda-Gerês National Park and the neighboring villages. So it is essential that every participant adopts a respectful behavior with Nature and that area's populations.

We remind you to collect all your waste along the course, do not cause damage to passages or on private and public properties and do not leave gates open that might lead to the escape or improper exit of animals.

Please also be aware that you may cross paths with wild animals, domestic animals grazing, domestic dogs with or without muzzles or stray dogs.

We recommend to the longer races' participants that will run during the night, not to do it alone. You should do it accompanied by another participant.

ORGANIZAÇÃO



APOIOS INSTITUCIONAIS



APOIOS

IMPETUS

