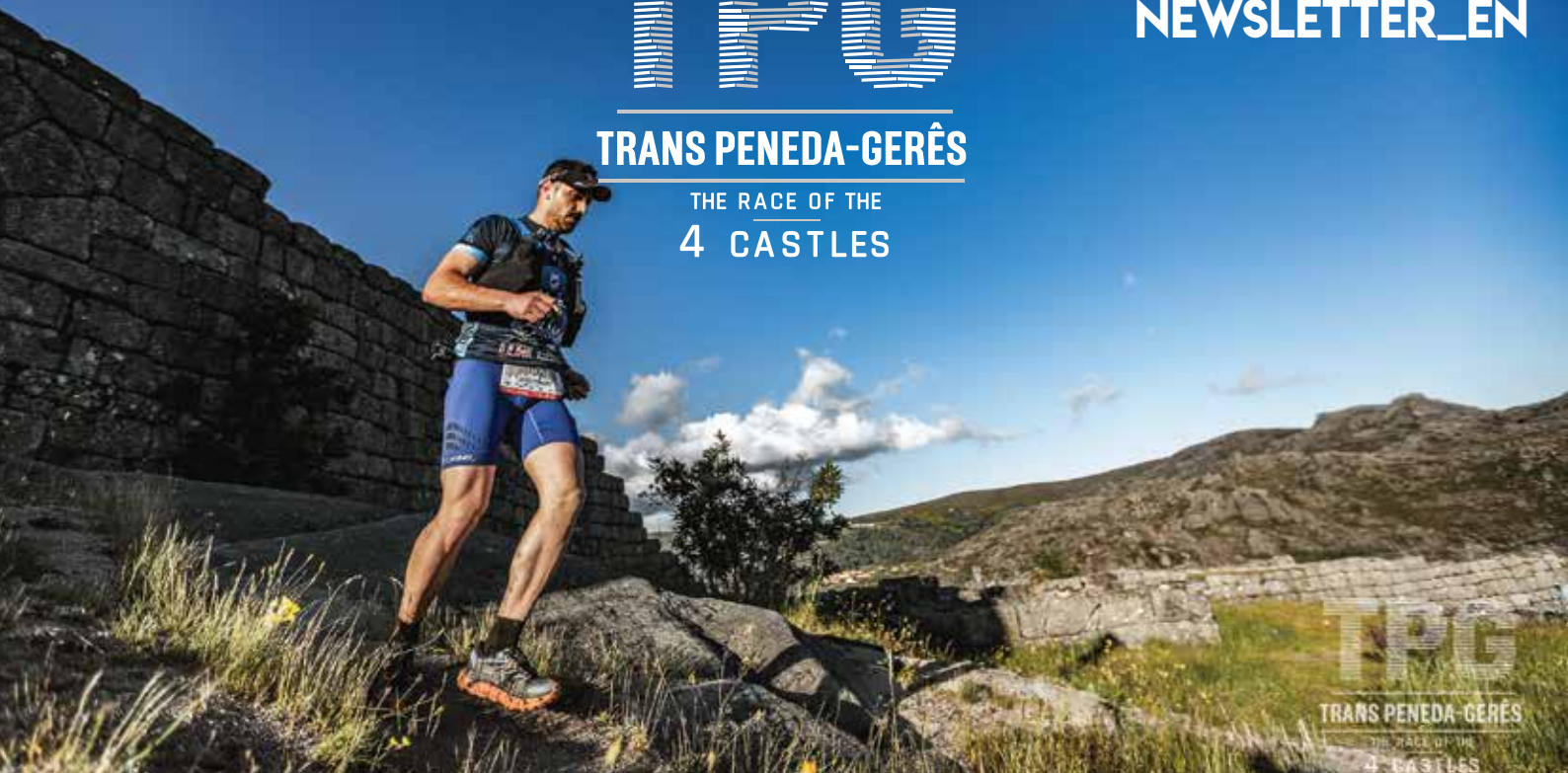




## TRANS PENEDA-GERÊS

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](mailto: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  
04h00 pm

Castle of Montalegre  
Time Limit  
48h



## EVENT'S SECRETARIAT

**27th MAY**  
10h00am

Melgaço's volunteer firefighters  
04h30pm  
Secretariat's Closing



- <https://www.cm-melgaco.pt/visitar/onde-dormir/#mainContentOfPageID>
- <https://www.cm-montalegre.pt/pages/388>

## PROGRAM

### Friday 27th May 2022

**08:00 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)

**08:00 am** - Transport by bus from the center of Melgaço (journey lasting approximately 2 hours, only for participants who tick this option when registering)

**10:00 am to 14:30 pm** - Secretariat opening TPG165K (Melgaço Volunteer Fire Department)

**16:00 pm** - Start TPG 165km

**18:00 pm** - Estimated passage of the 1st athletes TPG165K in Castro Laboreiro

**18:45 pm** - Estimated passage of the 1st athletes TPG165K in Porta de Lamas de Mouro.

**19:30 pm** - Estimated passage of the 1st athletes TPG165K in Peneda.

**22:00 pm** - Estimated passage of the 1st athletes TPG165K in Peneda.

**23:40 pm** - Estimated passage of the 1st athletes TPG165Km at Km 63 in Lindoso

### Saturday 28th May 2022

**03:45 am** - Estimated passage of the 1st athletes TPG 165Km at Km 93 in Vila do Gerês.

**06:30 am** - Estimated passage of the 1st athletes TPG 165Km at Km 113 in Cabril.

**08:45 am** - Estimated passage of the 1st athletes TPG165Km at Km 128 in Paradela Dam

**10:30 am** - Estimated passage of the 1st athletes TPG 165Km at Km\_143 in Pitões das Júnias

**13:20 pm** - Estimated finish time for the 1st athlete TPG 165Km (Montalegre Castle)

### Friday 29th May 2022

**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>



# MONTALEGRE'S MAP



Way to Montalegre Multiusos Pavillion

Race Track



Showers



Secretariat  
60k, 42k e 27k



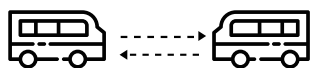
Rest Area



Food  
Reinforcement



Transfers



## TRANSFERS

TransPeneda-Gerês organization ensures the following transfers for registered participants of the **TPG 165km**:

- 26th May , 09:00am, from Porto's airport to Melgaço
- 27th May , 08:00am, from Porto's airport to Melgaço
- 27th May, 08:00am, from Montalegre to Melgaço
- 29th May, 5:00pm, from Montalegre to Porto's airport

## INTERACTIVE MAP

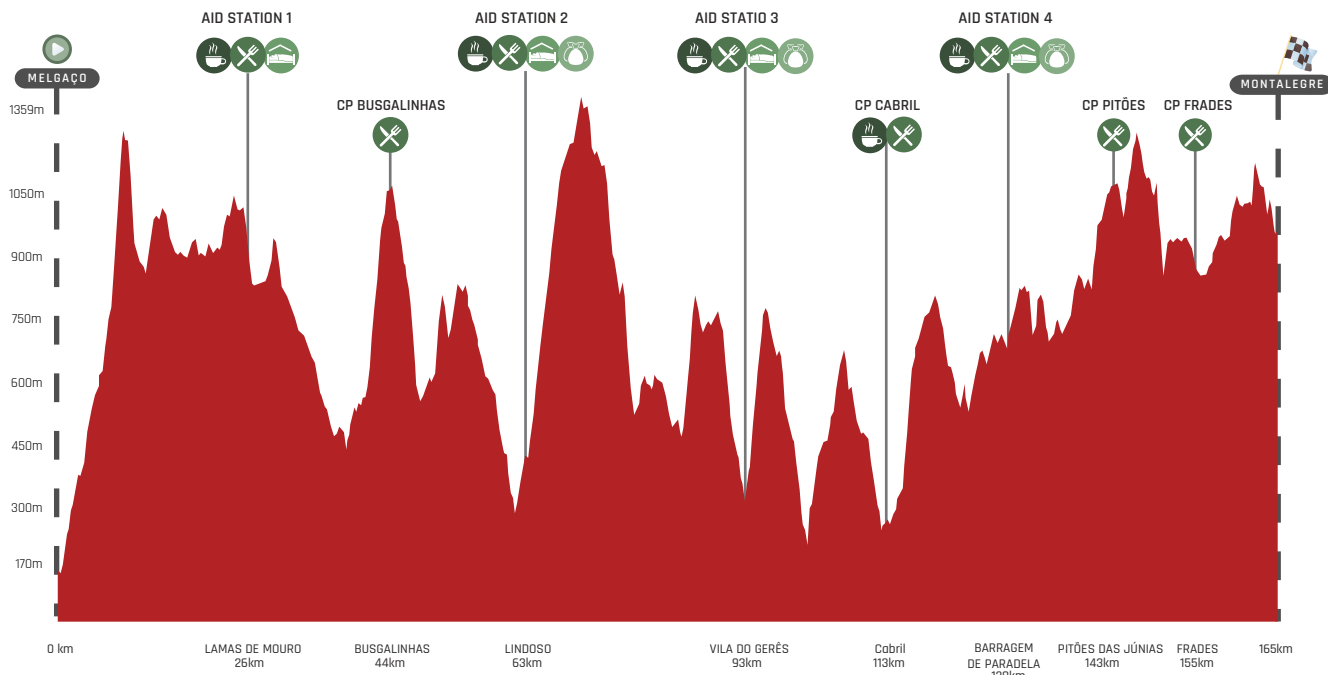
Interactive route map link:

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





165 KM [ 9.300M D+ / 8.490M D- ]



- HOT DRINKS
- AID STATION
- REST
- LIQUID STATION
- BAGS

## AID STATIONS



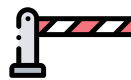
LAMAS DE MOURO



LIQUIDS AND SOLIDS



26 KM



22H00 /FRIDAY



42°02'21.7"N 8°1'46.0" W

LINDOSO

LIQUIDS AND SOLIDS

59 KM

05H30 /SATURDAY

41°51'57.4" N 8°11'56.7" W

VILA DO GERÊS

LIQUIDS AND SOLIDS

90 KM

14H00 /SATURDAY

41°43'40.7"N 8°09'42.3" W

PARADELA DAM

LIQUIDS AND SOLIDS

124 K M

06H00 /SUNDAY

41°46'00.5" N 7°56'54.5" W

## THE REGISTRATION INCLUDES:

- ▶ BIB NUMBER
- ▶ OFICIAL JERSEY IMPETUS
- ▶ 4 AID STATIONS WITH HOT MEALS
- ▶ 4 REFRESHMENT POINTS
- ▶ FINISHER MEDAL
- ▶ VEST
- ▶ PERSONAL ACCIDENTS ENSURANCE
- ▶ ASSISTANCE AND URGENT CARE SERVICE
- ▶ MEAL IN THE FINISH LINE
- ▶ SHOWER

## MANDATORY GEAR:

### REQUIRED

- 2 HEAD LAMPS WITH EXTRA BATTERIES, WORKIN 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, 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.**

**TPG 165Km's participant** will be allowed to have the support of an external helper in the Aid Stations. The external helper should enter inside the Aid Stations/Refreshment post at the same time as the athlete, to be able to support the athlete.

## INDIVIDUAL BAGS

Each participant will receive from the organization a bag for each Aid Station where they can put their individual belongings and the material they will need throughout the race.

These bags must be delivered to the organization before departure, duly identified with the cards that will be provided when lifting the dorsal, and will be transported to the respective Aid Stations/Supplies by the organization.

## EXTERNAL HELP

External help is allowed at any point along the route. Participants are advised to have some money with them so that they can stock up at the cafes in the villages where they will pass.

Still, it is important that the athletes are aware of their needs during the race, as well as their ability to solve problems in unexpected situations.

## 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

