

# TPG

2022  
NEWSLETTER\_EN

## TRANS PENEDA-GERÊS

THE RACE OF THE  
4 CASTLES

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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>



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# 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

# 42KM



## START LINE AND FINISH LINE

Lapela

10h30am

Castle of Montalegre

Time Limit

12h



## EVENT'S SECRETARIAT

**27th MAY**

19h - 22h

Montalegre's Multiusos Pavillion

**28th MAY**

7h30 - 9h

Montalegre's Multiusos Pavillion

9h40 - 10h30

Lapela



- <https://www.cm-montalegre.pt/pages/388>

## PROGRAM

### Saturday 28th May 2022

**09:00 am** - Transport by bus to the athletes TPG 42Km, from Montalegre to Tourém (journey lasting approximately 40min, only for participants who tick this option when registering)

**10:30 am** - **Start TPG 42k ( Lapela)**

**14:30 pm** - Estimated finish time for the 1st athlete TPG 42km

**16:00 pm** - Prize giving ceremony (Castelo de Montalegre) to the athletes of the 60k and 42k.

**22:30 pm** - Limit Time (12h) for the last athlete TPG 42km

### Friday 29th May 2022

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

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

## 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



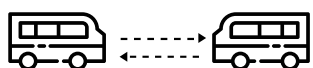
Rest Area



Food  
Reinforcement



Transfers



## TRANSFERS

TransPeneda-Gerês organization ensures the following transfers for registered participants of the **TPG 42km**:

- 28th May, 9:00am, from Montalegre to Lapela
- 29th May, 5:00pm, from Montalegre to Porto's airport

## INTERACTIVE MAP

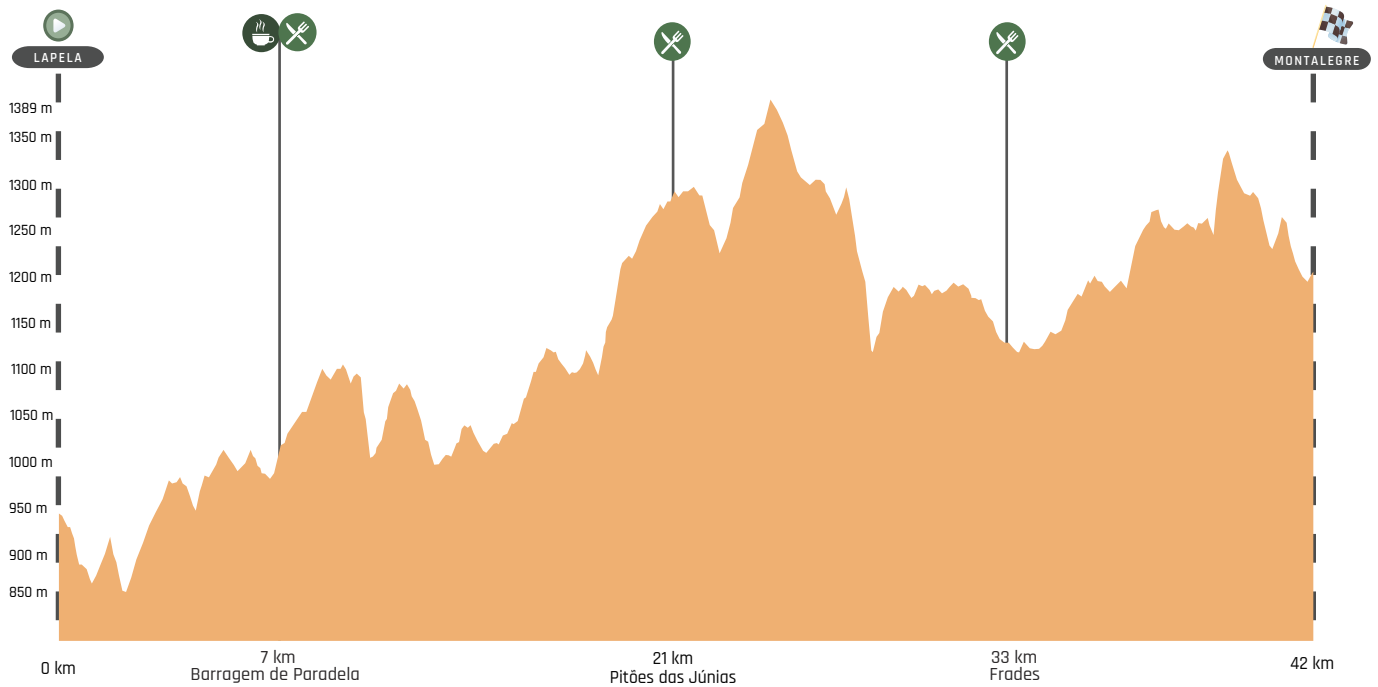
Interactive route map link:

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



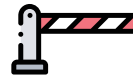


42 KM [ 2.300M D+ / 1.960M D- ]



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

REFRESHMENT POINTS



|                      |                    |       |       |                      |
|----------------------|--------------------|-------|-------|----------------------|
| BARRAGEM DE PARADELA | SOLIDS AND LIQUIDS | 7 KM  | ----- | 41.770153, -7.953590 |
| PITÕES DAS JÚNIAS    | SOLIDS AND LIQUIDS | 21 KM | ----- | 41.840987, -7.950037 |
| FRADES               | SOLIDS AND LIQUIDS | 33 KM | ----- | 41.815186, -7.864677 |

THE REGISTRATION INCLUDES:

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

MANDATORY GEAR:

REQUIRED

- SURVIVAL BLANKET ◀
- MOBILE PHONE ◀
- WHISTLE ◀
- STOCK OF WATER AND FOOD TO USE BETWEEN AID STATIONS ◀
- 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 Refreshment Points. In the Refreshment Points 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 Refreshment Points:

**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.**

## REST AREA

We inform you that there will be an Rest Area to sleep in the Montalegre Multiusos Pavillion. It will be available from Thursday to Sunday.

## ORGANIZAÇÃO



## APOIOS INSTITUCIONAIS



## APOIOS

IMPETUS

