



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

60KM



START LINE AND FINISH LINE

Fafião

08h00am

Castle of Montalegre

Time Limit

14h



EVENT'S SECRETARIAT

27th MAY

19h - 22h

Montalegre's Multiusos Pavillion

28th MAY

5h30 - 6h30

Montalegre's Multiusos Pavillion

07h30 - 08h

Fafião



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

PROGRAM

Saturday 28th May 2022

06:30 am - Transport by bus to the athletes TPG 60Km, from Montalegre to Fafião (journey lasting approximately 1hours, only for participants who tick this option when registering)

08:00 am - **Start TPG 60Km (Fafião)**

14:20 pm - Estimated finish time for the 1st athlete TPG 60km

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

22:00 pm - Limit Time (14h) for the last athlete TPG 60km

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 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



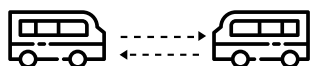
Rest Area



Food
Reinforcement



Transfers



TRANSFERS

TransPeneda-Gerês organization ensures the following transfers for registered participants of the **TPG 60km**:

- 28th May, 6:30am, from Montalegre to Fafião
- 29th May, 5:00pm, from Montalegre to Porto's airport

INTERACTIVE MAP

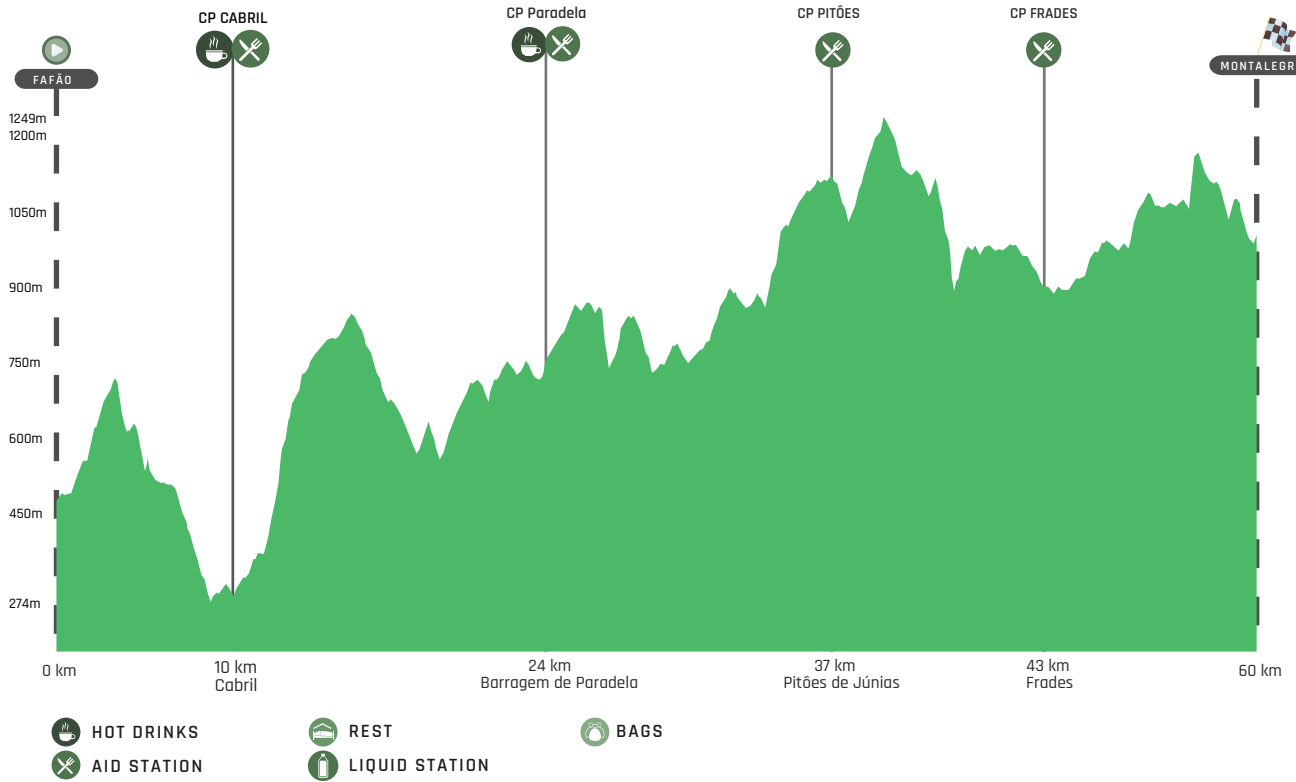
Interactive route map link:

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





60 KM [3.350M D+ / 2.820M D-]



REFRESHMENT POINTS



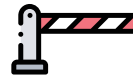
CABRIL



SOLIDS AND LIQUIDS



10 KM





41.715106, -8.035035

BARRAGEM DE PARADELA

SOLIDS AND LIQUIDS

24 KM

41.770153, -7.953590

PITÕES DAS JÚNIAS

SOLIDS AND LIQUIDS

37 KM

41.840987, -7.950037

FRADES

SOLIDS AND LIQUIDS

43 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 ◀
- 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 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

