



PENEDA-GERÊS TRAIL ADVENTURE

RULES

Index

1. General	02
Age requirement	02
1.2. Confirmed registration	02
1.3. Physical condition	02
1.4. External help	02
1.5. Race bib	02
1.6. Sportsmanlike conduct rules	02
2. The event	03
2.1. Presentation of the event / organization	03
2.2. Program	03
2.3. Time check	06
2.4. Refreshments	06
2.5. Recommended gear	06
2.6. Information of places with road traffic	06
2.7. Penalties / disqualifications	07
2.8. Participation conditions	07
2.9. Personal accident insurance	07
3. Registrations	07
3.1. Registration process	07
3.2. Registration fee and deadlines	07
3.3. Secretariat (race bib distribution)	09
3.4. Other services	09
4. Ranks and Prizes	09
4.1. Prize giving: date and place	09
4.2. Categories	10
5. Information	11
5.1. How to get to Gerês	11
5.2. Accommodation	11
5.3. Places to visit	11
6. Respect of the environment	11
7. Image rights	11
8. Accompanying-persons program	11

1. General

1.1. Age requirement

The minimum age requirement for participation in Peneda-Gerês Trail Adventure is 18 years of age. The race is run individually. However, participants 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, participants might be exposed to different weather conditions such as: heat, cold, strong wind, thick mist, intense rain and even snow;
- Each participant must know how to manage their physical and mental stress and cope with adverse situations during the race;
- Each participant 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 participant 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 participants 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

Peneda-Gerês Trail Adventure (PGTA) is organized by Carlos Sá Nature Events, with the support of ADERE Peneda-Gerês and of the Municipal Chambers of Arcos de Valdevez, Melgaço, Ponte da Barca, Montalegre and Terras de Bouro, and authorized by Peneda-Gerês National Park (PNPG).

The race is run in 8 Days|7 Stages and 4 Days|4 Stages. In both cases, 8 Days|7 Stages and 4 Days|4 Stages, PGTA also offers a version for beginners – PGTA Starter – in which participants can run a shorter distance in most stages.

The courses pass through some of the most emblematic places of the region, with a natural and cultural heritage unique in the world.

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.

2.2. Program

1st Day – Saturday 13 April

PGTA 8/4 Days Advanced - 1st Stage (25 Km) – Misarela's Bridge - Gerês

PGTA 8/4 Days Starter – 1st Stage (11 Km) – Fafião - Gerês

08:30 am – Transfer for PGTA 8 and 4 days' participants, from Aliados' Avenue (Porto) to the hotels at Vila do Gerês

09:00 am – Transfer for PGTA 8 and 4 days' participants, from Oporto airport to the hotels at Vila do Gerês

11:00 am – Secretariat opening/Race bibs distribution at Vila do Gerês

01:30 pm – Transfer for PGTA 8 and 4 days' participants, from Oporto airport to the 1st Stage's start line (Misarela's Bridge)

03:15 pm – Transfer from Vila do Gerês to 1st stage Start line (Misarela's Bridge)

03:30 pm – Secretariat opening/Race bibs distribution at Start Line (Misarela's Bridge)

04:30 pm – Opening ceremony PGTA 2019

05:00 pm – PGTA 8/4 days Advanced 1st Stage 25 Km (Misarela's Bridge)

05:45 pm – PGTA 8/4 days Starter 1st Stage 11 Km (Fafião)

07:15 pm - Expected arrival of the first Advanced runner

07:45 pm - Expected arrival of the first Starter runner

From 08:00 pm onward – Dinner at the hotel's restaurant

09:00 pm - Expected arrival of the last Starter runner

10:30 pm - Expected arrival of the last Advanced runner

2nd Day – Sunday 14 April

PGTA 8/4 Days Advanced – 2nd Stage (44 Km)* - Gerês/Ponte da Barca

PGTA 8/4 Days Starter – 2nd Stage (20 Km)* - Germil/Ponte da Barca

06:30 am – Breakfast at the hotel

08:00 am – Start PGTA Advanced 44 Km

10:00 am – Start PGTA Starter 20 Km

12:30 pm – Expected arrival of the first Advanced/Starter runners to Ponte da Barca

From 01:00 pm onward – Lunch at local restaurant and shower (near the finish line)

05:30 pm – Expected arrival of the last runners

07:30 pm – Briefing and photos

08:00 pm – Dinner at the hotel

3rd Day – Monday 15 April

PGTA 8/4 Days Advanced – 3rd stage (45 km)* - Arcos de Valdevez/Arcos de Valdevez

PGTA 8/4 Days Starter – 3rd stage (27 km)* - Avelar/Arcos de Valdevez

06:30 am – Breakfast at the hotel

08:30 am – Start PGTA Advanced 45Km

09:30 am – Start PGTA Starter 27Km

12:00 am – Expected arrival of the first runners PGTA Starter

13:00 pm – Expected arrival of the first runners PGTA Advanced

From 01:00pm onward - Lunch

05:30 pm – Expected arrival of the last runner

07:30 pm – Briefing and photos

08:00 pm – Dinner at hotel

4th Day – Tuesday 16 April

PGTA 8/4 Days Advanced – 4th stage (23 km)* - Sistelo/Lamas de Mouro

PGTA 8/4 Days Starter – 4th stage (23 km)* - Sistelo/Lamas de Mouro

06:30 am – Breakfast at the hotel

07:30 am – Bus departure to Sistelo

08:30 am – Start PGTA Advanced | PGTA Starter

10:30 am – Expected arrival of the first runners

From 12:00 noon onward – Lunch and shower (finish line)

01:30 pm - Expected arrival of the last runners

02:00 pm – Prize giving PGTA 4 Days

04:00 pm – Transfer to Oporto airport (PGTA 4 Days)

04:00 pm – Transfer to Melgaço (PGTA 8 Days)

07:30 pm – Briefing and photos

08:00 pm – Dinner and overnight stay in Melgaço

5th Day – Wednesday 17 April

PGTA 8 Days Advanced – 5th stage (15 km)* - Melgaço/Melgaço

PGTA 8 Days Starter – 5th stage (15 Km)* - Melgaço/Melgaço

07:00 am – Breakfast at the hotel

08:30 am – Start PGTA Advanced | PGTA Starter

10:00 am – Expected arrival of the first runner

From 12:00 noon onward – Lunch (finish line)

12:30 pm – Expected arrival of the last runner

04:00 pm – Bus departure to “Adventure Experience”

07:30 pm – Briefing and photos

08:00 pm – Dinner at hotel

6th Day – Thursday 18 April

PGTA 8 Days Advanced – 6th stage (30 km)* - Peneda/Lindoso

PGTA 8 Days Starter – 6th stage (19 km)* - Peneda/Lindoso

06:30 am – Breakfast at the hotel

07:15 am – Bus departure to Senhora da Peneda Sanctuary

08:30 am – Start PGTA Advanced

09:15 am – Start PGTA Starter

11:30 am – Expected arrival of the first runner

From 12:00 noon onward – Lunch and shower (finish line)

03:00 pm – Expected arrival of the first runner

04:00 pm – Transfer to Montalegre

06:30 pm - Briefing

07:00 pm – Dinner in local restaurant and overnight stay at Montalegre

08:00 pm – Transfer to Country houses/Check-in

7th Day – Friday 19 April

PGTA 8 Days Advanced – 7th stage (27 Km)* - Pitões das Júnias/Montalegre

PGTA 8 Days Starter – 7th stage (15 Km)* Travassos do Rio/Montalegre

07:00 am – Breakfast at the Country Houses

09:00 am – Bus departure to Pitões das Júnias

10:00 am – Start PGTA Advanced

11:00 am - Start PGTA Starter – Travassos do Rio

12:30 noon – Expected arrival of the first runner

From the 12:30 noon onward – Lunch (finish line)

03:00 pm - Expected arrival of the last runner

07:00 pm – Dinner in local restaurant

08:00 pm – Photos/Video and Prize giving PGTA 8 Days

8th Day – Saturday 20 April

07:30 am – Breakfast at the Country Houses

09:00 am - Bus departure to Guimarães

10:30 am – Arrival to Guimarães (free time to visit the castle and the Paço dos Duques and for lunch – not included)

01:30 pm – Transfer to Porto airport (runners PGTA 8 Days)

02:30 pm – Arrival at the airport

End of the event PGTA 2018

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

2.3. Time Check

Time is controlled by chip; participants 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 participant 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

Participants must comply with this regulation and must have an appropriate sportsmanlike conduct, in accordance with the rules of PGNP and the Portuguese Law. Participants must be aware that part of the course takes place within the PGNP – Portugal's only National Park – a territory with a very restrictive legislation. The territory of PGNP is not physically delimited, but all participants should note that, once within it, they must comply with its rules (follow the tracks, don't throw rubbish away, don't get close to animals, don't collect plants, etc.).

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/pgta>

3.2. Registration prices and deadlines

PGTA 8 Days/7 stages (hotel) - maximum number of participants: 150

Until 1st September 2018 – 950€

Until 31st March 2019 – 1050€

Includes:

- Transfers: Porto airport – start of the event / end of the event – Porto airport;
- Transfers between stages every day;
- 7 nights in hotel, breakfast included, double or triple occupancy (+ 250€ for single occupancy – single rooms are limited in number) **[the first people to register will be accommodated in the best hotels – 4 stars];**
- 7 dinners;
- 6 light lunches (at the end of each stage);
- Personal accident insurance;
- Rescue and emergency services;
- Refreshments (food and drinks) approximately every 10 km;
- Finalist prize;
- Event souvenir;
- Expedition bag;
- Other possible prizes.

It does not include:

- Flight or trip to Porto;
- Massages (15€ each);
- Castle and Dukes Palace visit and lunch at Guimarães;
- Any other services not specified above.

PGTA 8 Days/7 stages (camping) - maximum number of participants: 50

Until 1st September 2018 – 550€

Until 31st March 2019 – 600€

Includes:

- Transfers: Porto airport – start of the event / end of the event – Porto airport;
- Transfers between stages every day;
- 7 dinners;
- 6 light lunches (at the end of each stage);
- Camping tent;
- Personal accident insurance;
- Rescue and emergency services;
- Refreshments (food and drinks) approximately every 10 km;
- Finalist prize;
- Event souvenir;
- Expedition bag;
- Other possible prizes.

It does not include:

- Flight or trip to Porto;
- Massages (15€ each);
- Castle and Paço dos Duques visit and lunch at Guimarães;
- Breakfast;
- Any other services not specified above.

PGTA 4 Days/4 Stages (hotel) - maximum number of participants: 100

Until 1st September 2018 – 500€

Until 31st March 2019 – 550€

Includes:

- Transfers: Porto airport – start of the event / end of the event – Porto airport;
- Transfers between stages every day;

- 3 nights in hotel, breakfast included, double or triple occupancy (+ 150€ for single occupancy - single rooms are limited in number) **[the first people to register will be accommodated in the best hotels – 4 stars];**
- 3 dinners;
- 3 light lunches (at the end of each stage);
- 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;
- Massages (15€ each);
- Any other services not specified above.

PGTA 4 Days/4 Stages (camping) - maximum number of participants: 50

Until 1st September 2018 – 350€

Until 31st March 2019 – 400€

Includes:

- Transfers: Porto airport – start of the event / end of the event – Porto airport
- Transfers between stages everyday
- Camping tent;
- 3 dinners;
- 3 light lunches (at the end of each stage);
- 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;
- Massages (15€ each);
- Breakfast;
- Any other services not specified above.

No changes to the participant's data will be allowed after 31st March 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 31 st December 2018	50 %
Until 31 st January 2019	25 %

3.3. Secretariat (race bib distribution)

Saturday 13th April

11:00 am – 01:30 pm – Secretariat opening/Race bibs distribution at Vila do Gerês

03:30 pm – 04:30 pm - Secretariat opening/Race bibs distribution at 1st stage start line (Misarela's Bridge)

3.4. Other services

- Transportation to the finish line will be guaranteed in the case of abandonment.
- Other services will be announced soon

4. Rank and prizes

4.1. Prize giving: date and places

- PGTA 4 Days: 16th April at 02:00 pm (Lamas de Mouro)
- PGTA 8 Days: 19th April at 8:00 pm (Montalegre)

4.2. Categories

Prizes

Peneda-Gerês Trail Adventure 8 Days/ 7 stages Advanced and 4 Days/4 Stages Advanced

Male:

1st – Trophy, registration 2020

2nd - Trophy

3rd - Trophy

Female:

1st – Trophy, registration 2020

2nd - Trophy

3rd - Trophy

Peneda-Gerês Trail Adventure 8 Days/7 stages Starter and 8 Days/7 stages Starter

Male:

1st – Trophy

2nd – Trophy

3rd – Trophy

Female:

1st – Trophy

2nd – Trophy

3rd – Trophy

5. Information

5.1. How to get to Gerês

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 Chambers of Montalegre and Terras de Bouro.

6. Respect of the environment

You must respect all the rules of Peneda-Gerês National Park. 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.).

8. Accompanying-persons program

The accompanying-persons registration fee and the items included in it (in the several options) are the same as for runners. Instead of the running courses the accompanying - persons will have a tour/visits to some historical places and interesting points of the region:

- **SATURDAY 13th APRIL** – Gerês: Walk from the observation point of Pedra Bela to Vila do Gerês' centre and receive the athletes at the finish line.
- **SUNDAY 14th April** – Gerês/Ponte da Barca: Visit to Campo do Gerês; Vilarinho das Furnas Dam; 5 Km walk from Brufe's Village to Germil's Village; visit to Ponte da Barca.
- **MONDAY 15th April** – Arcos de Valdevez: Visit to Paço de Giela Castle and Mezio Interpretative Center; free afternoon to walk around the Arcos de Valdevez Village's centre and receive the athletes at the finish line.
- **TUESDAY 16th April** – Sistelo/Peneda: Quick visit to the village of Sistelo; possibility of making a short 2Km walk around Sistelo; visit to the Sanctuary of Peneda, Observation Point of Peneda and visit to Lamas de Mouro.
- **WEDNESDAY 17th April** – Melgaço: During the morning, visit to Quinta do Soalheiro Cellar (production of Alvarinho wine) and visit to Quinta da Folga to receive the athletes at the finish line. During the afternoon, possibility to participate in several activities: rafting, horse riding, visit to the castle and Alvarinho museum at Melgaço Village's centre.
- **THURSDAY 18th April** – Peneda/Lindoso: Visit to Soajo's (possibility of making a short 3 Km walk until the village's centre); visit to Lindoso's village and its castle; free time to receive the athletes at the finish line.
- **FRIDAY 19th April** – Montalegre: Visit to Pitões das Júnias Village and to Santa Maria das Júnias Monastery; possibility of making a short 1,5 Km around the monastery; visit to Montalegre's Ecomuseum. Free afternoon to walk around Montalegre Village's centre and its castle and receive the athletes at the finish line.
- **SATURDAY 20th April** – Guimarães (optional): visit to the Castle and Dukes Palace and lunch at Guimarães (not included in the registration fee).