



PENEDA-GERÊS
TRAIL ADVENTURE

PENEDA-GERÊS TRAIL ADVENTURE RULES

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1. General

1.1. Age requirement

The minimum age requirement for participation in Portugal 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

Portugal Trail Adventure 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 9 days/9 stages or 5 Days/5 Stages in two different versions: Advanced Version, with longer distances, and Starter Version 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 – Friday 1st October 2021

02:00 pm – 06:00pm – Welcoming the participants and Race bibs distribution – Porto e Norte Tourism office, at Porto

06:30 pm – **Stage 1** – Turistic and non competitive stage at Historical Porto

2nd Day – Saturday 2nd October 2021

PGTA Advanced – 2nd Stage (21Km)

PGTA Starter – 2nd Stage (21 Km)

S. João da Pesqueira/Castelo de Numão

07:00 am – Transfer by bus from Porto city center to S. João da Pesqueira (2h15 journey approximately)

09:15 am – Arrival to S. João da Pesqueira

10:00 am – 2nd Stage 21 Kms, S. João da Pesqueira – Castelo de Numão

05:30 pm – Transfer to High Performance Center (CAR) at Pocinho

08:00 pm – Dinner at CAR

3rd Day – Sunday 3rd October 2021

PGTA Advanced – 3rd Stage (38 Km)*

PGTA Starter – 3rd Stage (15Km aprox.)*

Cidadelhe – Vila Nova de Foz Côa

07:00 am – Breakfast at CAR

07:45 am – Bus Transfer to Cidadelhe (40 min.)

08:45 am – Arrival to Cidadelhe

09:30 am – 3rd Stage 38 Kms, Cidadelhe – Vila Nova de Foz Côa

01:00pm – 05:00pm – Lunch and visit to Côa Museum

07:00 pm – Dinner at CAR

08:30 pm – Photos and Video/ Briefing

4th Day – Monday 4th October 2021

PGTA Advanced – 4th stage (40 km)*

PGTA Starter – 4th stage (15Km aprox.)*

Barca d’Alva – Castelo Rodrigo

07:00 am – Breakfast at CAR

08:00 am – Transfer by bus to Barca d’Alva – La Fregeneda (1h)

09:30 am – 4th Stage 40Kms, Barca d’Alva – Castelo Rodrigo

01:00pm – 06:00pm – Lunch and free afternoon to visit the cellar

07:00 pm – Dinner at CAR

08:30 pm – Photos and Video/Briefing

5th Day – Tuesday 5th October 2021

PGTA Advanced – 5th stage (21 km)*

PGTA Starter – 5th stage (21Km)*

Mizarela / Vila do Gerês

06:45 am – Breakfast

08:00 am – Bus transfer Pocinho – Ponte da Mizarela (to PGTA 9 DAYS’ participants)

08:00 am - Bus transfer Porto’s airport – Ponte da Mizarela (to PGTA 5 DAYS’ participants)

11:00 am – 5th Stage 21 Kms, Ponte da Mizarela – Gerês

09:00 pm – Dinner at Hotel

08:00 pm – Briefing and photos/video

6th Day – Wednesday 6th October 2021

PGTA Advanced – 6th Stage (30km)*

PGTA Starter – 6th Stage (15 km aprox.)*

Vila do Gerês/Terras de Bouro

07:00 am – Breakfast
08:30 am – 6th Stage 30Km, Gerês – Terras de Bouro
07:00 pm – Dinner
08:30 pm – Video and photos/ Briefing

7th Day – Thursday 7th October 2021

PGTA Advanced – 7th stage (35 km)*
PGTA Starter – 7th stage (15Km aprox.)*
Vila do Gerês/Soajo

07:00 am – Breakfast
08:00 am – 7th Stage 35 Kms, Gerês – Vila do Soajo
09:00 pm – Dinner at Hotel in Arcos de Valdevez
08:30 pm – Briefing and photos/video

8th Day – Friday 8th October 2021

PGTA Advanced – 8th stage (45 km)*
PGTA Starter – 8th stage (15Km aprox.)*
Sistelo – Peneda – Arcos de Valdevez

07:00 am – Breakfast
08:00 am – Transfer by bus to Sistelo (30min)
08:30 am – 8th Stage 45 Kms, Sistelo – Peneda – Arcos de Valdevez
09:00 pm – Dinner at Hotel in Arcos de Valdevez
08:30 pm – Briefing and photos/video

9th Day – Saturday 9th October 2021

PGTA Advanced – 9th stage (15 km)*
PGTA Starter – 9th stage (15Km aprox.)*
Ponte da Barca – Arcos de Valdevez

07:00 am – Breakfast
08:00 am – Transfer by bus to Ponte da Barca (15min)
08:30 am – 9th Stage 15 Kms, Ponte da Barca – Arcos de Valdevez
12:30 pm – Lunch and Prize Ceremony
02:00 pm – Transfer to Porto airport. Endo of the event PGTA 2021

***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. Start line and Finish line

If on the date of the event the Pandemic by COVID-19 still exists, the security measures that will be described in this and in the following points of the PGTA Rules will be applied.

The start will be phased. The athletes will start in groups of 20 elements, with breaks of 30 seconds between them. **The use of a face mask is mandatory in the START area and up to 400m after it. It can then be removed in a place properly signed.** Upon arrival, after cutting the finish line, all participants are required to put on the face mask again.

2.5. 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.

Hands disinfection is mandatory at the entrance of the Refreshment posts and the use of a face mask during the stay in it. All participants are advised to maintain a social distance of 2m and to do effective hand washing whenever possible.

The organization staff will manage the good functioning of the Refreshment posts and the compliance with the safety rules (i.e. regarding the time spent in the refreshments posts), always appealing to the reasonableness of all parties involved. Participants should always follow the organization guidelines.

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.

Only the staff members will touch the containers with food and drinks available. **Athletes must not touch the containers.** They should only point to the food and drinks they want and wait to be served by the staff.

2.6. Mandatory and recommended gear

The use of a face mask is mandatory at the secretariat, at the start and finish lines area and at the refreshment posts.

Recommend 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;

2.7. 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.

2.8. 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.).

2.9. 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.

During the race, athletes will be able to overtake as long as they do not put their and other competitors' integrity at risk, taking care to signal it and always keep a distance of 2 meters from the athlete to be overtaken. Athletes being overtaken should facilitate the overtaking maneuver by leaning as far as possible or stopping if necessary.

2.10. 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 5 Days (hotel) - 750€

Includes:

- Transfers: Porto airport – start of the event / end of the event – Porto airport;
- Transfers between stages every day;
- 4 nights in hotel, breakfast included, double or triple occupancy (+ 200€ for single occupancy – single rooms are limited in number);
- 4 dinners;
- 4 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 5 Days (camping) – 550€**Includes:**

- Transfers: Porto airport – start of the event / end of the event – Porto airport;
- Transfers between stages every day;
- 4 dinners;
- 4 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;
- Other possible prizes.

It does not include:

- Flight or trip to Porto;
- Massages (15€ each);
- Breakfast;
- Any other services not specified above.

PGTA 9 Days (hotel) - 1050€

Includes:

- Transfers: Porto airport – start of the event / end of the event – Porto airport;
- Transfers between stages every day;
- 3 nights at High Performance Center (CAR) at Pocinho, breakfast included, double or single occupancy (double rooms are limited in number);
- 4 nights in hotel, breakfast included, double or triple occupancy (+ 200€ for single occupancy – single rooms are limited in number);
- 7 dinners;
- 8 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.

In order to be officially signed up for Portugal Trail Adventure you need to pay half of the registration cost once you register (this amount is non-refundable). The other half can be paid at the reception desk in the 1st day of the event.

To book a single room there's an additional cost of 200€, that have to be paid at the online registration.

3.3. Secretariat (race bib distribution)

Friday 1st October 2021

02:00 pm – 06:00 pm – Secretariat opening/Race bibs distribution (Porto e Norte Tourism office – Porto)

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 5 Days and PGTA 5 days: 9th October at 12:30 pm, at Arcos de Valdevez Village's centre

4.2. Categories

Prizes

PGTA 9 days Advanced and PGTA 5 Days Advanced

Male:

1st – Trophy, 50% discount in the registration for PGTA 2022

2nd - Trophy

3rd - Trophy

Female:

1st – Trophy, 50% discount in the registration for PGTA 2022

2nd - Trophy

3rd - Trophy

PGTA 9 days Starter and PGTA 5 Days Starter

Male:

1st – Trophy

2nd – Trophy

3rd – Trophy

Female:

1st – Trophy

2nd – Trophy

3rd – Trophy

5. Information

5.1. How to get to the race

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.

For 2021 Carlos Sá Nature Events wants to suggest, to all who decide to register for its events, a small contribution of 5 € (optional) for the purchase of native trees, choosing the EXTRA Carbon Compensation at the registration. In partnership with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events, commits itself, with the funds raised, to develop tree planting actions and reforestation of burnt areas in the geographic areas where it develops its activity. These actions will be scheduled and carried out by CSNE following the knowledge of these local partners who, better than anyone, know the region, the species and the right time to make the plantations.

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 (to be announced soon).

9. Others

Participants are required to assist the injured and to respect the traffic rules in road crossings.

The organization reserves the right to make changes it deems necessary depending on different conditions, such as the cancelation of the race due to weather conditions or reasons of force majeure.

If a registered athlete can no longer participate; or in the case of cancelation of the event due to climatic conditions/ reasons of force majeure, the organization has no obligation to reimburse the registration fee.

10. Omissions

Omissions in this regulation shall be resolved by the organizing committee