



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 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

1º Day – 12nd of April 2022

PGTA 5 Days Advanced – 1st Stage (27 Km)

PGTA 5 Days Starter – 1st Stage (14 Km)

09h00 – Transfer from Porto to Montalegre

11h00 – Arrival in Montalegre

11h00 - Opening of the secretariat

13h15 – Transfer to Pitões das Júnias

14h30 – Start PGTA Advanced 1st stage, Pitões das Júnias - Montalegre (27km)

15h30 – Start PGTA Starter 1st stage, Travassos - Montalegre (14km)

19h30 – Dinner at a local restaurant

2º Day – 13th of April 2022

PGTA 5 Days Advanced – 2nd Stage (45 Km)

PGTA 5 Days Starter – 2nd Stage (18 Km)

07h00 – Breakfast at the hotels

08h00 – Transfer in bus to Outeiro

09h15 – Start PGTA Advanced 2nd Stage, Outeiro - Vila do Gerês (45km)

10h00 – Início PGTA Starter 2nd Stage, Cabril - Vila do Gerês (18km)

After the race – Check-in Hotels Gerês

19h00 – Dinner at the hotel

20H30 – Briefing and photo/video projection stage

3º Day – 14th of April 2022

PGTA 5 Days Advanced – 3rd stage (29 km)

PGTA 5 Days Starter – 3rd stage (18 km)

07h00 – Breakfast at the hotels

08h00 – Hotel Check-out

08h30 – Start PGTA Advanced 3rd stage, Vila do Gerês - Entre-ambos-os rios (29km)

08h40 – Transfer of Starter the athletes to Vilarinho

09h00 – Start PGTA Starter 3rd stage, Vilarinho - Entre-ambos-os rios (18km)

After the race – Transfer to Arcos de Valdevez

19h00 - Dinner

20h30 – Briefing and photo/video projection stage

4º Day – 15th of April 2022

PGTA 5 Days Advanced – 4th stage (36 km)

PGTA 5 Days Starter – 4th stage (20km)

07h00 – Breakfast at the hotels

08h00 – Start of the bus from Soajo to Peneda

08h30 – Start PGTA Advanced 4th Stage, Soajo - Sistelo (36km)

09h30 – Stage PGTA Starter 4th Stage, Peneda - Sistelo (20km)

After the race – Transfer from Sistelo to Arcos de Valdevez

19h00 - Dinner

20h30 – Briefing and photo/video projection stage

5º Day – 16th of April 2022

PGTA 5 Days Advanced/Starter – 5th stage (15 km)

07h00 – Breakfast at the hotels

08h30 – Departure of the buses to Ponte da Barca

09h00 – Start PGTA Advanced and Starter 5th Stage, Ponte da Barca - Arcos de Valdevez (15km)

10h00 – Expected arrival of the first athletes

From 12h – Lunch and prize giving

14:00 – Transfer in bus to the Porto aeroport

The end of PGTA 2022

***NOTE: Distances and altimetry may 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. 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;

2.6. 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.

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.

2.9. Accident insurance

The entry fee includes a personal accident insurance premium.

3. Registrations

3.1. Registration process

Online registration at <https://www.carlossanatureevents.com/pt/pgta>

3.2. Registration prices and deadlines

PGTA 5 Days/5 stages (hotel)

Until 1 of April 2022 – 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;
- Any other services not specified above.

PGTA 5 Days/5 stages (camping)

Until 1 of April 2022 – 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;
- Breakfast;
- 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. Other services

Tuesday 12 of April 2022

11h00: Race bib distribution (Montalegre)

3.4. Services available

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

4. Rank and prices

4.1. Date and local of the race bibs distribution

- The award ceremonies will take place on the following days and times:
- PGTA 5 days/5 stages: 16 of April at 12h in Centro da Vila do Gerês;

4.2. Categories

The classification will be solo, regardless of the ages of the athletes who compose them.

Prizes

Portugal Trail Adventure 5 Days/ 5 stages Advanced

Masculine:

- 1º – Trophy
- 2º – Trophy
- 3º – Trophy

Feminine:

- 1º – Trophy
- 2º – Trophy
- 3º – Trophy

Portugal Trail Adventure 5 Days/ 5 stages Starter

Masculine:

- 1º – Trophy
- 2º – Trophy
- 3º – Trophy

Feminine:

- 1º – Trophy
- 2º – Trophy
- 3º – Trophy

5. Informations

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 2022 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:

- **Tuesday 12 of April:**
 - See the Start of the Race ;
 - Walk (4k) with a view to the Pitões Waterfall and visit to the Pitões da Júnias Monastery.
 - Transport to Montalegre.

- **Wednesday 13 of April:**
 - See Advanced departure
 - See Starter departure in Cabril
 - Walk +/- 3kms to see Ponte da Misarela (Ponte do Diabo)
 - Walk +/- 3kms to see Cascata de Pincães
 - Taiti Waterfall Stop
 - Pedra Bela viewpoint stop
 - Arrival at Vila do Gerês
- **Thursday 14 of April:**
 - Visit to the Curvas de S. Bento Viewpoint
 - View Starter Barragem Vila- rinho das Furnas departure
 - Visit to the Geira Roman Museum
 - Stop in Germil
 - Anyone who wants can walk the last 7 km of the stage.
- **Friday 15 of April:**
 - Visit to the village of Soajo and see advanced departure
 - Tibo viewpoint stop
 - Visit to Peneda Sanctuary and see Starter departure
 - Visit to the gates of Lamas de Mouro PNPG
 - Visit to the Tourist Village Branda da Azeiteira
 - 9 km walk, always going downhill for those who want to go to Sistelo (Portuguese Wonder Village)
- **Saturday 16 of April:**
 - Visit Ponte da Barca village
 - See departure
 - 5 km flat walk on Ecovia do Vez
 - Free time to visit Vila de Arcos Valdevez

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