



PORTUGAL TRAIL ADVENTURE RULES 2024



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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 organization

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 6 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 – 28th of April 2024

PGTA 5 Stages Advanced – 1st Stage (20 Km)

PGTA 5 Stages Starter – 1st Stage (10 Km)

09h00 – Reception at Porto Airport and bus ride to Vila do Gerês (approximate duration of 2h00)

11h00 – Arrival at Vila do Gerês and collection of dorsals and free lunch

12:00 – Check in at the Hotels

14:00 – Transfer to the starting point

15:30 – Start PGTA Advanced 1st stage, Ponte da Mizarela – Vila do Gerês (20km)

16h00 – Start PGTA Starter 1st stage, Fafião – Vila do Gerês (10km)

20:00 – Dinner

2^o Day – 29th of April 2024

PGTA 5 Stages Advanced – 2nd Stage (28 Km)

PGTA 5 Stages Starter – 2nd Stage (16 Km)

07h00 – Breakfast at the hotels

07h30 – Transfer in bus to the Start Line

08h20 – Start PGTA Advanced 2nd Stage, Brufe – Vila do Gerês (28km)

08h45 – Start PGTA Starter 2nd Stage, Vilarinho – Vila do Gerês (16km)

19h30 – Dinner at local restaurant

3^o Day – 30th of April 2024

PGTA 5 Stages Advanced – 3rd stage (31 km)

PGTA 5 Stages Starter – 3rd stage (22 km)

07h00 – Breakfast at the hotels

07h30 – Hotel Check-out and transfer to the Start Line

09h00 – Start PGTA Advanced 3rd Stage, Soajo – Castro Laboreiro (31km)

09h45 – Start PGTA Starter 3rd Stage, Miradouro de Tibo – Castro Laboreiro (22km)

20h00 - Dinner

4^o Day – 01st of May 2024

PGTA 5 Stages Advanced/Starter – 4th stage (20 km)

07h00 – Breakfast at the hotels

08h15 – Start PGTA Advanced/Starter 4th Stage, Castro Laboreiro - Castro Laboreiro (20km)

15h30 – Visit to Quinta Soalheiro

19h30 - Dinner

5º Day – 2nd of May 2024

PGTA 5 Stages Advanced – 5th stage (42 km)

PGTA 5 Stages Starter – 5th stage (26 km)

07h00 – Breakfast at the hotels

08h00 – Hotel check-out and transfer to the Start Line

08h30 – Start PGTA Advanced 5th Stage, Aveleira - Melgaço (26km)

09h30 – Start PGTA Starter 5th Stage, Sistelo – Melgaço (42km)

19:30 – Dinner and Awards Ceremony

6º Day – 3rd of May 2024

07h00 – Breakfast at the hotels

11h20 – Transfer to the Porto Airport

The end of PGTA 2023

***NOTE: Distances and altimetry may change.**

2.3. Time check

Time is controlled by a chip that is the bib.

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 6 Days/5 stages - Advanced/Starter

1st Fase - until December 31st 2023 – 890€

2nd Fase – from January 1st until April 1st 2024 – 990€

Includes:

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

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.

PGTA 6 Days/5 stages - Companion

Until April 1st 2024 – 790€

Includes:

- Transfers: Porto airport – start of the event / end of the event – Porto airport;
- Transfers between stages every day to see the departures and make some stops like at viewpoints and waterfalls and then those who want can walk the last kilometers of the stages and the rest will be taken to the finish to see the athletes crossing the finish line.;
- 5 nights in hotel, breakfast included
- 5 dinners;
- Personal accident insurance;
- Rescue and emergency services;

3.3. Other services

Wednesday April 28th 2024

11h00: Race bib distribution (Melgaço)

3.4. Services available

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

3.5. Cancellations

In case the athlete cancels his participation, part of the amount already paid will be refunded according to the table below:

Cancellation Date	Refund Percentage
until 30 th November 2023	70% of the registration fee
From 1 st December to 1 st April 2024	40% of the registration fee
After 1 st April 2024	No refund

In the event that weather conditions or reasons of force majeure do not allow the event to take place and lead to its cancellation, registrations will be automatically transferred to the 2025 edition, if a return is requested by the participant. 70% of the value will be refunded;

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 6 days/5 stages: 02 of May at 19h in Melgaço;

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 2024 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. 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.

9. Omissions

Omissions in this regulation shall be resolved by the organizing committee