



5 DAYS DOURO

Foz Coa

ADVENTURE

BY CARLOS SÁ NATURE EVENTS

NOVEMBER 1ST TO 5TH
2023



program



Centro de Alto Rendimento do Pocinho



Quinta Vale Meão



Quinta Vale Meão

1st DAY

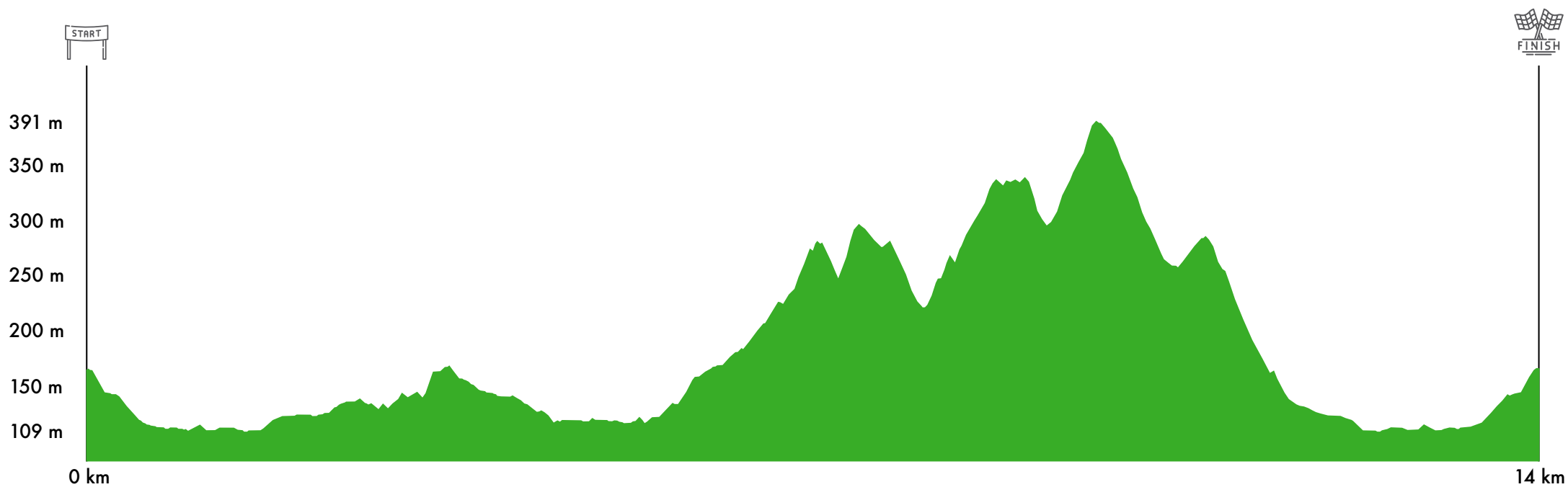
NOVEMBER 1st · WEDNESDAY

- 13:00 Meeting in Porto airport and transfer to Pocinho
- |
- 15:00 Arriving at Centro de Alto Rendimento do Pocinho
- |
- 15:40 Transfer to Quinta Vale Meão
- |
- 16:30 Start of **Sunset 14k**
- |
- 20:00 Dinner at Centro de Alto Rendimento do Pocinho

1st Day

📍 QUINTA VALE MEÃO >> CENTRO ALTO RENDIMENTO DO POCINHO

📊 14 km [682 D+ / 682 D-]





Castelo de Numão



2nd DAY NOVEMBER 2nd · THURSDAY

07:30 Breakfast at Centro de Alto Rendimento do Pocinho

08:30 Transfer to Numão

09:00 **Start 30k Numão Castle**

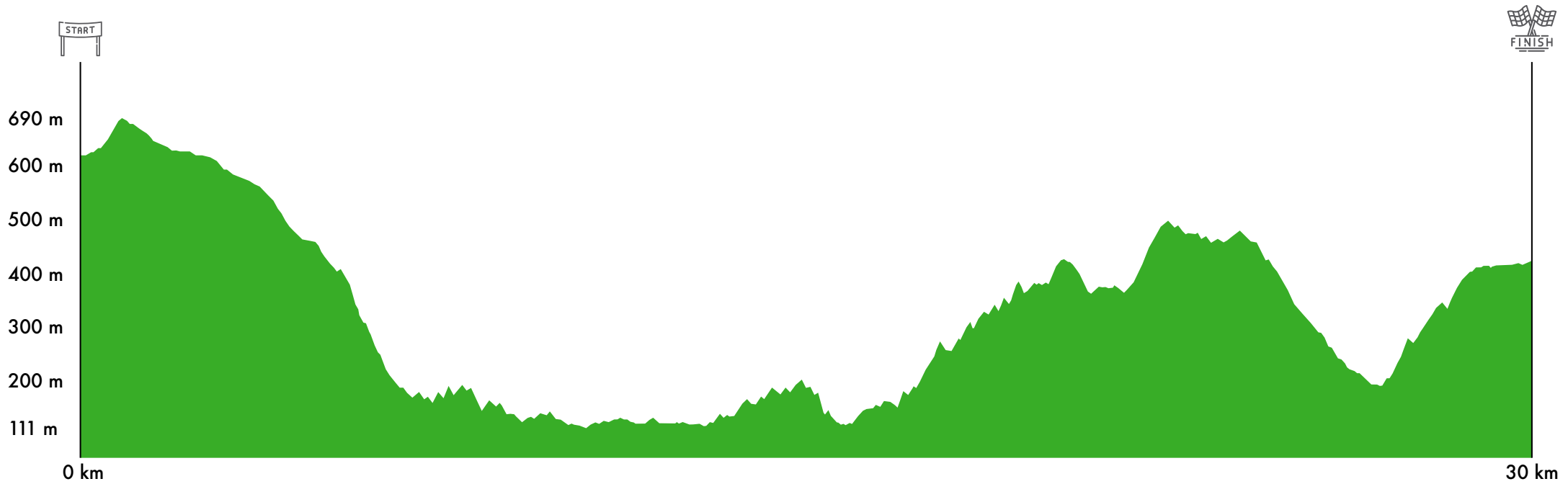
16:00 Estimated finish time for the last athlete

19:00 Dinner at Centro de Alto Rendimento do Pocinho

2nd Day

📍 NUMÃO CASTLE >> VILA NOVA DE FOZ CÔA

📊 30 km [1416 D+ / 1612 D-]





Castelo Melhor



Cidadelhe

3rd DAY NOVEMBER 3rd · FRIDAY

07:30 Breakfast at Centro de Alto Rendimento do Pocinho


08:15 Transfer to Cidadelhe


09:00 **Start 22k Cidadelhe - Castelo Melhor**

15:00 Estimated finish time for the last athlete

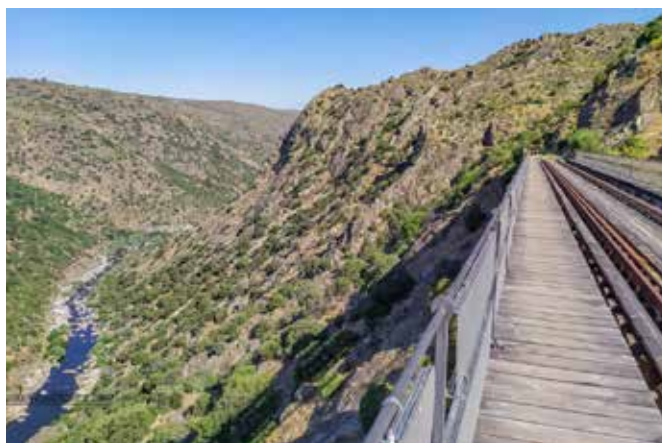
19:00 Dinner at Centro de Alto Rendimento do Pocinho

3rd Day

 CIDADELHE >> CASTELO MELHOR

 22 km [548 D+ / 638 D-]





4th DAY

NOVEMBER 4th · SATURDAY

07:30

Breakfast at Centro de Alto Rendimento do Pocinho

|

08:00

Transfer to the start line

|

09:30

Start 42k Tunnel Route

|

18:00

Estimated finish time for the last athlete

|

19:00

Dinner at Centro de Alto Rendimento do Pocinho

|

20:30

Circuit Best Trail Series Awards Ceremony



5th DAY NOVEMBER 5th · SUNDAY

07:30

Breakfast at Centro de Alto Rendimento do Pocinho

|

08:30

Transfer to Quinta Vale Meão

|

09:00

Start 15k Vila Nova de Foz Côa

|

12:00

Estimated finish time for the last athlete

|

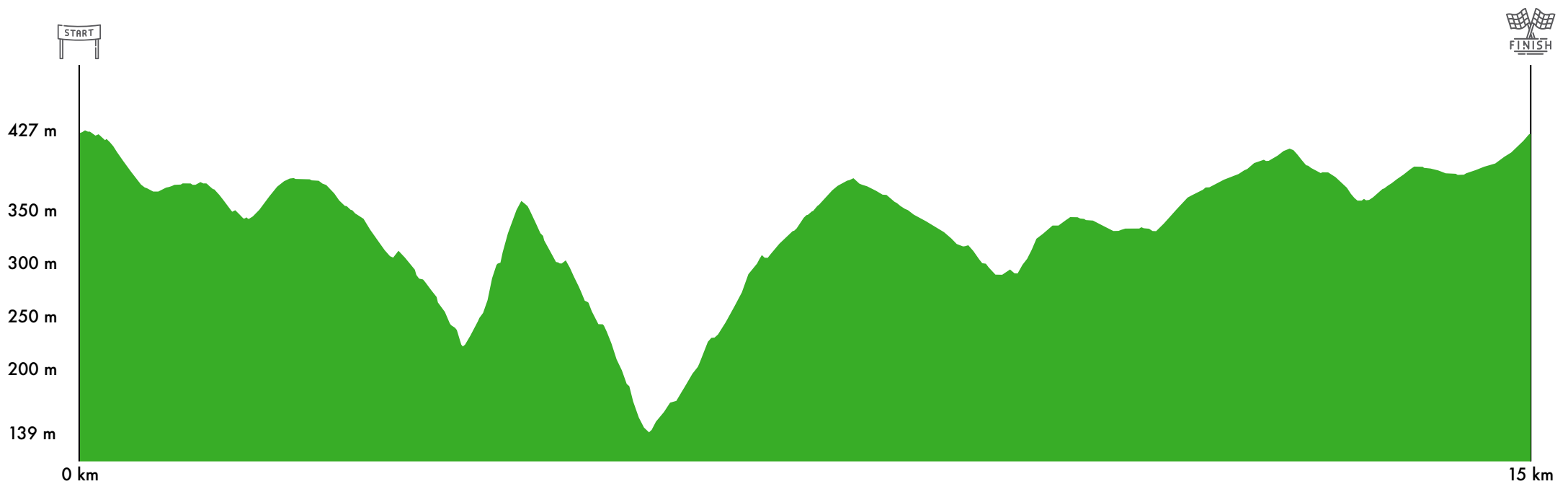
15:12

Train trip back to Porto.

5th Day

 VILA NOVA DE FOZ CÔA

 17 km [670 D+ / 671 D-]



FCDTA 5 DAYS

NOVEMBER 1ST TO 5TH 2023

FCDTA 5 DAYS / 5 STAGES - MAXIMUM NUMBER OF PARTICIPANTS: 100

PRICES:

Until October 25th 2022 - 500€

*Ability to pay 50% upon registration and the remaining 50% on the 1st day of the event

INCLUDES:

- Transfers to Pocinho and back to Porto
- Transfers between stages everyday
- 4 nights at Pocinho's High Performance Center (CAR) breakfast included, double or single occupancy (double rooms are limited in number (8))
- 4 dinners
- 1 light lunch (November 1st);
- 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:

- Any other services not specified above.

(No changes to the participant's data will be allowed after October 25th)