



TRANS PENEDA-GERÊS

RULES

Index

1. Terms of participation	04
1.1. Age requirement	04
1.2. Confirmed registration	04
1.3. Physical condition	04
1.4. External help	04
1.5. Race bibs	04
1.6. Sportsmanlike conduct rules	04
2. The Event	05
2.1. Presentation of the event / organization	05
2.2. Program	06
2.3. Map / profile altimetry / courses	07
2.4. Time barriers	07
2.5. Time check	08
2.6. Control posts	08
2.7. Start and Finish Lines	08
2.8. Aid Stations	08
2.9. Recommended and mandatory gear	11
2.10. Information of places with car traffic	12
2.11. Disqualifications	12
2.12. Participation conditions	12
2.13. Insurance	12
3. Registration	12
3.1. Registration process	12
3.2. Registration prices and deadlines	13
3.3. Cancelations	14
3.4. Material included in the registration	14
3.5. Transfers	14
3.6. Secretariat	15
4. Rankings and prizes	15
4.1. Prize giving: time and place	15

4.2. Prizes	15
5. Informations	16
5.1 How to get there	16
5.2 Where to stay	16
6. Marks and control posts	16
7. Environmental responsibility	16
8. Photo copyright	16
9. Support and emergency	16
10. Omissions	16
11. Others	17

VERY IMPORTANT

- To participate in this competition, it is mandatory to be in a good physical condition; each athlete must be aware of his/her capacity to be autonomous in mountain trail and be prepared for unpredictable weather conditions;
- Registration on this competition implies full acceptance of the rules.
- You must drink and eat properly at the refreshment posts.
- The registration is personal, non-transferable and will be accepted on a first-come-first-served basis.
- All the data information provided by each participant is his/her own responsibility and must be legit.
- If a registered athlete can no longer participate the organization has no obligation to reimburse the registration fee.
- In the month prior to the event is not permitted to change personal details in the registrations and the organization is not obliged to reimburse the registration fee.
- In order to preserve a natural heritage of enormous wealth, we want you to enjoy it in full communion with nature, by respecting and protecting it. For this same reason, we inform you **that liquid refreshments will not be supplied in bottles or plastic cups. Athletes are responsible for bringing with them the container(s) they deem most suitable for their hydration (preferably also suitable for hot drinks).**
- **The Organization reserves the right to accept last minute registrations.**
- The contents of this manual are subject to change without notice.
- **This race is part of the “Best Trail Series”, organised by Carlos Sá Nature Events, and the ATRP (Trail Running Portuguese Association) Series.**

1. Terms of participation

1.1. Age requirement

The minimum age requirement for participation in **TransPeneda-Gerês (TPG)** is 18 years of age.

1.2. Confirmed registration

To participate in the competition, you must have your registration validated and agree to comply with the race regulations.

1.3. Physical condition

It is mandatory to be in a good physical condition; each athlete must be aware of his/her capacity to be autonomous in mountain trail. The terrain where this race is held is subject to sudden weather changes. Therefore, runners might be exposed to different weather conditions such as: heat, cold, strong wind, thick mist, intense rain and even snow. Each athlete must know how to manage his/her physical and mental stress and cope with adverse situations. Each athlete 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 allowed at any point along the route. Participants are advised to have some money with them so that they can stock up at the cafes in the villages where they will pass. Still, it is important that the athletes are aware of their needs during the race, as well as their ability to solve problems in unexpected situations.

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 runners must give back their race bib to the organization, thus informing their abandonment of the race.

1.6. Sportsmanlike conduct rules

Misbehavior, 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 authorities.

2. The Event

2.1. Presentation of the event / organization

The **TransPeneda-Gerês (TPG) “Corrida dos 4 Castelos”** - is an event under the organizational responsibility of Carlos Sá Nature Events®, which will take place from the 28th to the 30th of April 2023, with the collaboration of the 5 Municipalities of the Peneda-Gerês National Park.

The Peneda-Gerês National Park will be the main stage for this fantastic Trail event, which will feature races over several distances: 15km, 27km, 55km, 65km, 105km and 165km.

The TransPeneda-Gerês, was born for the realization of the World Trail Championship in 2016, with an 85km version, covering the central part of the National Park. This time, the event has grown over the last few years, differentiating itself in events of various distances. In 2020, the competition was held at the mythical distance of 100 miles (about 165kms), crossing the entire National Park. The launch edition of this mythical distance **TPG 165Kms**, called edition 0, took place between the 2nd, 3rd and 4th of October 2020, having been a huge success, with 88 finishers in the non-stop version and 29 teams in the Relay version. Starting inside the fantastic Castle of Melgaço, the participants also passed through the Castle of Castro Laboreiro, Castelo de Lindoso and ended up at the Castle of Montalegre.

In 2023 it will once again be possible to participate in this fantastic 165km crossing of the National Park, with the participants having a total time limit of 49h. It will be, therefore, an authentic journey of discovery and adventure, in this unique corner of Peneda-Gerês.

Carlos Sá Nature Events, together with the municipalities of the National Park, thus continues to innovate and create conditions for unique events that have greatly contributed to the promotion of this territory.

2.2. Program

Friday 28th April 2023

- 07h00** - Transport by bus from Porto Aeroporto to Melgaço 165k (journey lasting approximately 2h, only for participants who tick this option when registering);
- 07h00** - Transport by bus from Montalegre to Melgaço 165k (journey lasting approximately 2h, only for participants who tick this option when registering);
- 08h00** - Transport by bus from Lindoso to Melgaço 65k (journey lasting approximately 1h, only for participants who tick this option when registering);
- 08h00 to 10h45** – Secretariat opening TPG165K and TPG 65k (Melgaço Volunteer Firefighters)
- 11h00– Start TPG165k and 65k**
- 17h30** - Transport by bus from Montalegre to Castelo do Lindoso 105k (journey lasting approximately 1h10, only for participants who tick this option when registering);
- 18h00–** Secretariat opening 105k (Castelo Lindoso)
- 20h30** - Awards Ceremony (Castelo Lindoso) for the 65k athletes
- 22h00– Start TPG 105k (Castelo Lindoso)**

Saturday 29th April 2023

- 06h00 to 07h30** – Secretariat opening 55k and 27k (in Montalegre Multiusos Pavillion)
- 06h30–** Transport by bus from Montalegre to Cabril 55k (journey lasting approximately 1hour, only for participants who tick this option when registering);
- 07h30** – Transport by bus from Montalegre to Pitões das Júnias 27k (journey lasting approximately 40 min, only for participants who tick this option when registering);
- 08h00– Start TPG 55k (Cabril)**
- 09h00– Start TPG 27k (Pitões das Júnias)**
- 17h00** - Prize giving ceremony (Castelo de Montalegre) to the athletes of 165k, 105k, 55k and 27k

Sunday 30th April 2023

- 08h00** – Secretariat opening 15k (in Montalegre Multiusos Pavillion)
- 08h30** – Transport by bus from Montalegre to Travassos 15k (journey lasting approximately 15 min, only for participants who tick this option when registering);
- 09h00 – Start TPG 15k (Travassos)**
- 11h00** - Prize giving ceremony (Castelo de Montalegre)
- 12h00** - Event's closing TransPeneda-Gerês (TPG);
- 13h30–** Transport by bus from Center of Montalegre to Porto Aeroporto

2.3. Map / profile altimetry / courses

More information soon at:

<https://www.carlossanatureevents.com/en/tpg>

2.4. Time barriers

Any runner who abandons the race must inform the organisation and return his race bib.

Time limits for the event's races:

- TPG 165 Km: time limit of 49h;
- TPG 105Km: time limit of 29h;
- TPG 65Km: time limit of 14h
- TPG 55Km: time limit of 12h;
- TPG 27Km: time limit of 7h.
- TPG 15Km: time limit of 3h.

Time barriers for TPG 165km Non-stop

- 1st Aid Station, Lamas de Mouro, Km 26, at 17h30 pm Friday 28th April
- 2nd Aid Station, Lindoso, Km 63, at 01h00 am Saturday 29th April
- 3rd Aid Station, Vila do Gerês, Km 93, at 09h00 pm Saturday 29th April
- 4th Aid Station, Barragem de Paradela, Km 128, at 01h00 am Sunday 30th April
- Refreshment Post, Pitões das Júnias, Km 143, at 05h00 am Sunday 30th April

Time barriers for TPG 105km

- 1st Aid Station, Barragem de Paradela, Km 65, at 15h00 pm Saturday 29th April
- 2nd Aid Station, Lindoso, Km 80, at 19h00 am Saturday 29th April

2.5. Time check

Time is controlled by chip; athletes 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.

2.6. Control posts

Intermediate time controls will be opportunely defined.

2.8. Aid Stations/Refreshment posts

Only for TPG 168Km and TPG105's participant will be allowed to have the support of an external helper in the Aid Stations. The external helper should enter inside the Aid

2.8. Aid Stations/Refreshment posts

Only for TPG 168Km and TPG105's participant will be allowed to have the support of an external helper in the Aid Stations. The external helper should enter inside the Aid

Stations/Refreshment post at the same time as the athlete, to be able to support the athlete.

The organization staff will manage the good functioning of the Aid Stations/Refreshment. Participants and external helpers should always follow the organization guidelines.

At the Aid Stations, participants will have food, drinks and a rest area available.

Food at the Aid Stations

Racing in semi-autonomy will be the rule, which means that the athletes must run with a minimum amount of calories and liquids, in order to satisfy their needs between Aid stations. In the Aid Stations will always be available the following food and drinks: orange, banana, chips, biscuits, cereal bars, nuts, chicken soup, salt, water, Coca-Cola and isotonic.

In addition to these the organization will have other food that will vary over the Aid Stations: vegetables soup, pasta, ham / cheese, bread, sweet pasta, cakes, watermelon / melon, tomatoes...

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.

Individual bags – only for TPG 165KM e TPG 105KM participants

Each participant will receive from the organization a bag for each Aid Station where they can put their individual belongings and the material they will need throughout the race.

These bags must be delivered to the organization before departure, duly identified with the cards that will be provided when lifting the dorsal, and will be transported to the respective Aid Stations/Supplies by the organization.

2.9. Mandatory and Recommended Gear

The Mandatory Gear Inspection can be done at the secretariat during the bib number collection or at any time during the race, including the start line.

2.9. Mandatory and Recommended Gear

The Mandatory Gear Inspection can be done at the secretariat during the bib number collection or at any time during the race, including the start line.

MANDATORY	165KM	105KM	65KM	55KM	27KM	15KM
GPS System	✓	—	—	—	—	—
2 Head lamps	✓	✓	—	—	—	—
Mobile phone	✓	✓	✓	✓	✓	✓
Survival blanket	✓	✓	✓	✓	—	—
Whistel	✓	✓	✓	✓	✓	—
Expedition bag <small>(provided by the organization)</small>	✓	✓	—	—	—	—
Sleeping bag <small>(if you wanted to rest)</small>	✓	✓	—	—	—	—
Waterproof jacket with hood	✓	✓	—	—	—	—
Long sleeves shirt	✓	✓	—	—	—	—
Stock of food to use between supplies	✓	✓	✓	✓	✓	—
Reusable cup	✓	✓	✓	✓	✓	✓
Elastic tape	✓	✓	✓	—	—	—
RECOMMENDED	165KM	105KM	65KM	55KM	27KM	15KM
Poles	✓	✓	✓	✓	—	—
Waterproof trousers	✓	✓	✓	✓	—	—
Gloves/Hat	✓	✓	✓	✓	—	—

Regardless of the weather conditions the participants should consider this material as their survival kit, so they must always carry it while being in mountainous terrain with difficult access.

2.10. Information of places with car 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.

2.11. Disqualifications

Disqualification, based on the following chart:

- No complying with the rules;
- Not finishing the route;

- Throwing away rubbish;
- Race number not visible;
- Refusal to comply with the orders from the organization;
- Anti-sporting behavior.

Participants who engage with one of the last two points won't be able to register in future editions.

2.12. Insurance

Insurance is included in the registration fee and is guaranteed by the organization.

3. Registration

3.1. Registration process

Online registration at: <https://www.carlossanatureevents.com/en/tpg>

3.2. Registration prices and deadlines

Registrations will be open on 1st April 2022 and will close at 22th April 2023 or when the limit number is achieved.

TransPeneda-Gerês 165 km

From 1st July 2022 to 15th of March 2023 - 130€

From 15th of March 2023 to 22th of April 2023 - 140€

(Note: possibility of paying in 2 parts)

(extra 15€: transport from Porto airport to Melgaço; reservation at the time of registration

Extra 15€: transport from Montalegre to Melgaço; reservation at the time of registration

extra €15: transport from Montalegre to Porto airport; reservation at the time of registration

extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, official race jersey, injury assurance, finisher vest, finalist medal, 4 Aid stations + 5 refreshment post, assistance and urgent care services,

transport to the finish line in case of withdrawal, showers. The organization may replace some of these offers with similar ones.

TransPeneda-Gerês 105 km

From the 1st of July 2022 to the 15th of March 2023 - 90€

From March 15, 2023 to April 22, 2023 - €100

(note: possibility of payment in 2 parts)

(extra €15: transport from Montalegre to Lindoso; reservation at the time of registration)

extra €15: transport from Montalegre to Porto airport; reservation at the time of registration)

extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, official race jersey, injury assurance, finisher vest, finalist medal, 2 Aid stations + 2 refreshment post, assistance and urgent care services, transport to the finish line in case of withdrawal, showers. The organization may replace some of these offers with similar ones.

TransPeneda-Gerês 65 km

From the 1st of July 2022 to the 15th of March 2023 - 60€

From March 15, 2023 to April 22, 2023 - €70

(extra €10: transport from Lindoso to Melgaço; reservation at the time of registration)

extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, official race jersey, injury assurance, finalist medal, refreshment posts, assistance and urgent care services, showers. The organization may replace some of these offers with similar ones.

TransPeneda-Gerês 55 km

From the 1st of July 2022 to the 15th of March 2023 - 50€

From March 15, 2023 to April 22, 2023 - 60€

(extra €10: transport from Montalegre to Cabril; reservation at the time of registration)

extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, official race jersey, injury assurance, finalist medal, refreshment posts, assistance and urgent care services, showers. The organization may replace some of these offers with similar ones.

TransPeneda-Gerês 27 km

From the 1st of July 2022 to the 15th of March 2023 - 30€

From March 15, 2023 to April 22, 2023 - 40€

(extra €5: transport from Montalegre to Pitões das Júnias; reservation at the time of registration)

extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, official race jersey, injury assurance, finalist medal, refreshment post, assistance and urgent care services, showers, light meal in the finish line. The organization may replace some of these offers with similar ones

TransPeneda-Gerês 15 km

From the 1st of July 2022 to the 15th of March 2023 - 20€

From March 15, 2023 to April 22, 2023 - 30€

(extra €5: transport from Montalegre to Travassos; reservation at the time of registration)

extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, official race jersey, injury assurance, finalist medal, refreshment posts, assistance and urgent care services, showers. The organization may replace some of these offers with similar ones.

3.3. Cancelations

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 2022	70% of the registration fee
From 1 st December to 1 st April 2023	40% of the registration fee
After 1 st April 2022	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 2024 edition, if a return is requested by the participant. 70% of the value will be refunded;

3.4. Material included in the registration

See 3.2.

3.5. Transfers

There will be several optional transfers to facilitate logistics for athletes who do not travel with family or in a group.

- • 28 April 2023, **07h00** - Transfer of athletes **165km** from Porto airport to Melgaço (about 2h travel time); cost of 15€; reservation at the time of registration
- 28 April 2023, **07h00** - Transfer of the **165Km** athletes from Montalegre to Melgaço (about 2h travel time); cost of 15€; reservation at the time of registration
- 28 April 2023, **17:30** - Transfer of athletes **105Km** from Montalegre to Castelo Lindoso; cost of 15€; reservation at the time of registration
- 28 April 2023, **08h00** - Transfer of athletes **65Km** from Lindoso to Melgaço (about 1h of travel); cost of 10€; reservation at the time of registration
- April 29, 2023, **6:30 am** - Transfer of athletes **55Km** from Montalegre to Cabril (about 40min journey); cost of 10€; reservation at the time of registration
- April 29, 2023, **7:30 am** – Transfer of athletes **27Km** from Montalegre to Pitões das Júnias (about 40min journey); cost of 5€; reservation at the time of registration
- April 30, 2023, **8:30 am** – Transfer of athletes **15Km** from Montalegre to Travassos (about 15min travel); cost of 5€; reservation at the time of registration
- 30 April 2023, **1:30 pm** - Transfer of athletes to Porto Airport; cost of 15€; reservation at the time of registration

3.6. Secretariat

For the **TPG 165Km** distance, the secretariat will work on April 28, 2023, at the Voluntary Fire Brigade of Melgaço, between 8 am and 11 am.

For the **TPG 105Km** athletes, the secretariat will work at Castelo de Lindoso, on the 28th of April at 18:00.

For the **TPG 65Km** distance, the secretariat will work on April 28, 2023, at the Voluntary Fire Brigade of Melgaço, between 8 am and 11 am.

For the **TPG 55Km** distance, the secretariat will work at the Pavilhão Multiusos de Montalegre, on the 28th of April, between 19:00 and 22:00.

For the **TPG 27Km** distance, the secretariat will work at the Pavilhão Multiusos de Montalegre, on the 28th of April, between 19:00 and 22:00.

For the **TPG 15Km** distance, the secretariat will work at the Pavilhão Multiusos de Montalegre, on the 29th of April, at 08:00.

3.6. Secretariat

For the **TPG 165Km** distance, the secretariat will work on April 28, 2023, at the Voluntary Fire Brigade of Melgaço, between 8 am and 11 am.

For the **TPG 105Km** athletes, the secretariat will work at Castelo de Lindoso, on the 28th of April at 18:00.

For the **TPG 65Km** distance, the secretariat will work on April 28, 2023, at the Voluntary Fire Brigade of Melgaço, between 8 am and 11 am.

For the **TPG 55Km** distance, the secretariat will work at the Pavilhão Multiusos de Montalegre, on the 28th of April, between 19:00 and 22:00.

For the **TPG 27Km** distance, the secretariat will work at the Pavilhão Multiusos de Montalegre, on the 28th of April, between 19:00 and 22:00.

For the **TPG 15Km** distance, the secretariat will work at the Pavilhão Multiusos de Montalegre, on the 29th of April, at 08:00.

4. Rankings and prizes

4.1. Prize giving: time and place

- Awards Ceremony on April 28, 2023, at 8:30 pm at Castelo de Lindoso for 65k athletes.
- Prize Giving Ceremony on April 29, 2023, at 17:00 at Montalegre Castle for 165k, 105k, 55k and 27k athletes.
- Awards Ceremony on April 30, 2023, at 11:00 am at the Castle of Montalegre

4.2. Prizes

Regarding the overall ranking, the athletes will be awarded with trophy and monetary prizes according to the table bellow:

- Awards Ceremony on April 30, 2023, at 11:00 am at the Castle of Montalegre.

4.2. Prizes

Regarding the overall ranking, the athletes will be awarded with trophy and monetary prizes according to the table bellow:

TPG
TRANS PENEDA-GERÉS
THE RACE OF THE
4 CASTLES

	M/F
TPG - 165k	
Record	
1º Place*	✓
2º Place	✓
3º Place	✓
4º Place	✓
5º Place	✓
6º Place	✓
7º Place	✓
8º Place	✓
9º Place	✓
10º Place	✓
TPG - 105k	
1º Place	✓
2º Place	✓
3º Place	✓
TPG - 65k	
1º Place	✓
2º Place	✓
3º Place	✓
TPG - 55k	
1º Place	✓
2º Place	✓
3º Place	✓
TPG - 27k	
1º Place	✓
2º Place	✓
3º Place	✓
TPG - 15k	
1º Place	✓
2º Place	✓
3º Place	✓

As for team classifications, the times of the 3 best athletes in the general classification will be considered, (regardless of sex or age).

There will be rankings by categories:

- M/F Juniors – 18 and 19 years old
- M/F Sub 23 - 20 to 22 years old
- M/F Seniors - 23 to 39 years old
- M/F40 – 40 to 49 years old
- M/F50 – 50 to 59 years old
- M/F60 - over 60 years old

Prizes will be given to the first 3 men and 3 first women of each rank.

5. Informations

5.1 How to get there

<https://www.cm-melgaco.pt/visitar/como-chegar/#mainContentOfPageID>

<https://www.cm-montalegre.pt/pages/409>

5.2 Where to stay

More info at:

<https://www.cm-melgaco.pt/visitar/onde-dormir/#mainContentOfPageID>

<https://www.cm-montalegre.pt/pages/388>

6. Marks and control posts

The TPG 165Km route will be fully marked, however, it will be mandatory to have a GPS.

In the remaining distances (TPG 105Km, TPG 65Km, TPG 55Km, TPG 27Km and TPG 15Km) the course will also be marked with brightly colored ribbons and flags.

7. Environmental responsibility

You can't throw down your litter (whether it's biodegradable or not) along the route. You must dispose your litter either in the nearest refreshment post, or at the finish line.

For 2023 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.

8. Photo copyright

Each participant authorizes the organizers to use any images taken during the event. These images may be used for promotional documents and/or advertising mediums (radio, press, video, photo, internet, outdoors, etc.).

9. Support and emergency

There will be support, help, emergency teams, to provide care to the participants who need it.

10. Omissions

Omissions in this regulation shall be resolved by the organizing committee

11. Others

Participants are obliged to help the injured and to respect the traffic rules at road junctions.

The organization reserves the right to make the changes it deems necessary, depending on the different conditions, as well as the suspension of the event, if weather conditions so require, or for reasons of force majeure.