

REGULAMENTO/PROGRAMA



PENEDA-GERÊS TRAIL ADVENTURE®
FROM 12TH UNTIL 19TH MAY 2018



Index

1. General	02
Age requirement	02
1.2. Confirmed registration	02
1.3. Physical condition	02
1.4. External help	02
1.5. Race bib	02
1.6. Sportsmanlike conduct rules	02
2. The event	03
2.1. Presentation of the event / organization	03
2.2. Program	03
2.3. Time check	06
2.4. Refreshments	06
2.5. Recommended gear	06
2.6. Information of places with road traffic	06
2.7. Penalties / disqualifications	07
2.8. Participation conditions	07
2.9. Personal accident insurance	07
3. Registrations	07
3.1. Registration process	07
3.2. Registration fee and deadlines	07
3.3. Secretariat (race bib distribution)	09
3.4. Other services	09
4. Ranks and Prizes	09
4.1. Prize giving: date and place	09
4.2. Categories	10
5. Information	11
5.1. How to get to Gerês	11
5.2. Accommodation	11
5.3. Places to visit	11
6. Respect of the environment	11
7. Image rights	11

1. General

1.1. Age requirement

The minimum age requirement for participation in Peneda-Gerês Trail Adventure is 18 years of age. The race is run individually. However, athletes 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, 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 their physical and mental stress and cope with adverse situations during the race;
- 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 not allowed, except on refreshment posts. Each athlete 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 runners 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

Peneda-Gerês Trail Adventure (PGTA) 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 7 Stages| 7 Days and 4 Stages| 4 Days. The courses pass through some of the most emblematic places of the region, with a natural and cultural heritage unique in the world.

PGTA also offers a version for beginners – PGTA Starter 7 Days and PGTA Starter 4 Days – in which participants can run a shorter distance in most stages. PGTA 7 Days participants will be given the possibility of booking an additional night after the 7th stage, on 18th May. This will be useful for those who want to rest before their return travel (the entry fee for PGTA 7 Days does not include the additional night; please see page 8 for more info).

On 19th May, it will take place the PGTA Solidarity Trail, which starts and finishes at Vila do Gerês. Participants who have booked the additional night can participate in this race (note: this race does not form part of PGTA 7 Days).

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–Saturday 12 May (Ponte da Barca)

**PGTA 7/4 Days Advanced | PGTA 7/4 Days Starter - 1st Stage Night-time (15 km 500D+/500D-)*
Walk (7 km)**

10:00 am – 1st Transfer from Oporto airport to the hotels in Arcos de Valdevez and Ponte da Barca

11:00 am – Secretariat opening in Arcos de Valdevez

03:00 pm – Transfer from Oporto airport to the hotels in Arcos de Valdevez and Ponte da Barca

07:00 pm – Secretariat closing

08:00 pm – Opening ceremony PGTA 2018 – cultural program and technical briefing (Paços do Concelho – Ponte da Barca)

08:30 pm – PGTA 1st Stage Night-time (15 km 500D+/500D-) and Walk 7 km

From 10:00 pm onward – Walking Dinner (near the finish line, at Ponte da Barca)

11:00 pm – Hotel check-in

2nd Day – Sunday 13 May (Arcos de Valdevez)

PGTA 7/4 Days Advanced - 2nd Stage (35 km 1.700D+/1.700D-)*

PGTA 7/4 Days Starter - 2nd Stage (17km 500D+/500D-)*

Walk (9 km)

07:30 am – Breakfast at the hotel

09:00 am – Start PGTA Advanced | PGTA Starter

09:00 am – Start Walk (9 km)

12:30 pm – Expected arrival of the first athletes

From 01:00 pm onward – Lunch and shower (finish line)

05:00 pm – Expected arrival of the last athletes

07:30 pm – Dinner at the hotel

3rd Day – Monday 14 May (Arcos de Valdevez – Melgaço)

PGTA 7/4 Days Advanced - 3rd Stage (45 km 1.750D+/1.750D-)*

PGTA 7/4 Days Starter - 3rd Stage (22 km) – First 22 km PGTA Advanced*

06:30 am – Breakfast at the hotel

08:00 am – Bus departure (Hotels – Sistelo)

08:30 am – Arrival in Sistelo

09:00 am – Start PGTA Advanced | PGTA Starter

10:00 am – Arrival in Branda da Aveleira (km 11)

11:00 am – Expected arrival of the first athlete PGTA Starter (finish line – Lamas de Mouro)

From 01:00 pm onward – Lunch and shower (finish line in Melgaço)

01:30 pm – Arrival of the 1st runner PGTA Advanced (finish line - Melgaço)

05:30 pm – Arrival of the last runner

07:30 pm – Dinner in restaurant

4th Day – Tuesday 15 May (Peneda – Lindoso)

PGTA 7/4 Days Advanced - 4th Stage (30 km 1.300D+/1.500D-)*

PGTA 7/4 Days Starter - 4th Stage (21 km 800D+/1.300D-)*

06:30 am – Breakfast at the hotel

07:30 am – Bus departure to Peneda

09:00 am – Start PGTA Advanced | PGTA Starter (in front of the Senhora da Peneda Sanctuary)

11:00 am – Expected arrival of the first athlete PGTA Starter (finish line – Soajo)

12:00 noon – Expected arrival of the 1st runner PGTA Advanced (Lindoso)

From 01:00 pm onward – Lunch and shower (finish line)

03:30 pm – Arrival of the last runners

04:00 pm – Prize giving PGTA 4 Days

05:00 pm – Transfer to Oporto airport (PGTA 4 Days)

05:00 pm – Transfer to Montalegre (PGTA 7 Days)

07:30 pm – Dinner and overnight stay in Montalegre

5th Day – Wednesday 16 May (Pitões das Júnias - Montalegre)

PGTA 7 Days Advanced - 5th Stage (24 km 940D+/830D-)*

PGTA 7 Days Starter - 5th Stage (15 km 500D+/400D-)*

06:30 am – Breakfast at the hotel

08:00 am – Bus departure to Pitões das Júnias

09:00 am – Start PGTA Advanced

10:00 am – Start PGTA Starter (Travassos do Rio)

11:30 am – Expected arrival of the 1st runner (Montalegre)

From 12:00 noon onward – Lunch and shower (finish line)

03:00 pm – Expected arrival of the last runner

07:30 pm – Dinner in restaurant

6th Day – Thursday 17 May (Mizarela – Ermida)

PGTA 7 Days Advanced - 6th Stage (36 km 2000D+/2000D-)*

PGTA 7 Days Starter - 6th Stage (15 km 950D+/1.000D-)*

06:30 am – Breakfast at the hotel

08:30 am – Bus departure to Mizarela Bridge

10:00 am – Start PGTA Advanced

11:00 am – Start PGTA Starter (Cabril)

01:30 pm – Expected arrival of the 1st runner (Ermida Community Village)

From 02:00 pm onward – Lunch and shower (finish line – Ermida Community Village)

05:30 pm – Arrival of the last runner

07:00 pm – Dinner in restaurant

7th Day – Friday 18 May (Gerês)

PGTA 7 Days Advanced | PGTA 7 Days Starter - 7th Stage (15 km 1000D+/1000D-)*

08:00 am – Breakfast at the hotel

10:00 am – Start PGTA Advanced | PGTA Starter

11:30 am – Expected arrival of the 1st runner

From the 12:00 noon onward – Lunch and shower (finish line)

02:00 pm – Prize giving PGTA 7 Days

04:00 pm – Transfer to Porto airport

07:30 pm – Dinner in restaurant (only for athletes who book the additional night)

8th Day – Saturday 19 May (Gerês) ~ OPTIONAL

PGTA Solidarity (25 km 1500D+/1500D-)*

07:00 am – Secretariat opening/race bib distribution

09:00 am – Start PGTA Solidarity

11:30 am – Expected arrival of the 1st runner

From 12:00 noon onward – Lunch and shower (finish line)

13:00 pm – Prize giving PGTA Solidarity

02:00 pm – Arrival of the last runner

04:00 pm – Transfer to Porto airport (athletes PGTA 7 Days)

End of the event PGTA 2018

***NOTE: Distances and altimetry may be subject to change.**

2.3. 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. Intermediate time controls will be opportunely defined.

2.4. Refreshments

Racing in semi autonomy is the rule, which means that each runner 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. Recommended 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

Athletes 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.

2.9. Accident insurance

The entry fee includes a personal accident insurance premium.

3. Registrations

3.1. Registration process

Online registration at <http://www.carlossanatureevents.com/>

3.2. Registration prices and deadlines

PGTA 7 Days - maximum number of participants: 150

Until 1st September – 850€

Until 30th April 2018 – 950€

- Transfers: Porto airport – start of the event / end of the event – Porto airport
- Transfers between stages everyday
- 6 nights in hotel, breakfast included, double or triple occupancy (+ 250€ for single occupancy – single rooms are limited in number) **[the first people to register will be accommodated in the best hotels – 4 stars];**
- 6 dinners
- 6 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;
- Expedition bag;
- Other possible prizes.

It does not include:

- Flight or trip to Porto;
- Massages (10€ each);
- Any other services not specified above

PGTA 4 Days - maximum number of participants: 50

Until 1st September –500€

Until 30th April 2018 –550€

- Transfers: Porto airport – start of the event / end of the event – Porto airport
- Transfers between stages everyday
- 3 nights in hotel, breakfast included, double or triple occupancy (+ 150€ for single occupancy - single rooms are limited in number) **[the first people to register will be accommodated in the best hotels – 4 stars];**
- 3 dinners;
- 3 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;
- Expedition bag;
- Other possible prizes.

It does not include:

- Flight or trip to Porto;
- Massages (10€ each);
- Any other services not specified above.

ADDITIONAL NIGHT 18TH MAY – 100€

It includes:

- Participation in the race PGTA Solidarity (19th May);
- 1 night in hotel, breakfast included;
- 1 dinner (18th May);
- 1 light lunch (19th May).

No changes to the participant's data will be allowed after 30th April 2018. In the case of cancellation, the amount of the entry fee will be held in credit exclusively for next year's edition (2019) for the same athlete; in accordance to the following conditions:

Cancelations	Amount held in credit
Until 31 st January	100%
Until 28 th February	75%
Until 31 st March	50%
Until 30 th April	25%

Cancelations in the case of injury, accompanied with a medical report:

Cancelations in the case of injury	Amount held in credit
Until 31 st March	100%
Until 15 th April	75%
Until 30 th April	50%

PGTA Solidarity (no limit of participants) – registrations open on January 1st, 2018

- **15 Euro:** it includes a personal accident insurance premium, a race bib, refreshments, a light lunch (finish line) and other possible prizes.

3.3. Secretariat (race bib distribution)

Saturday 12th May (PGTA 7 Days | PGTA 4 Days)

11:00 am –07:00 pm –Arcos de Valdevez

Saturday 19th May (PGTA Solidarity)

07:30 am –Vila do Gerês

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 4 Days: 15th May at 4:00 pm (Lindoso)
- PGTA 7 Days: 18th May at 2:00 pm (Vila do Gerês)
- PGTA Solidarity: 19th May at 1:00 pm (Vila do Gerês)

4.2. Categories

Prizes

Peneda-Gerês Trail Adventure 7 Days Advanced / 4 Days Advanced / Solidarity Trail

Male:

1st – Trophy, registration 2019

2nd - Trophy

3rd - Trophy

Female:

1st – Trophy, registration 2019

2nd - Trophy

3rd - Trophy

Peneda-Gerês Trail Adventure 7 Days Starter / 4 Days Starter

Male:

1st – Trophy

2nd – Trophy

3rd – Trophy

Female:

1st – Trophy

2nd – Trophy

3rd – Trophy

5. Information

5.1. How to get to Gerês

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.

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.).