



# PENEDA-GERÊS TRAIL ADVENTURE RULES

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## **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, 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

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 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

#### 1<sup>st</sup> Day – Wednesday 29 April 2020

##### **PGTA 5 Days Advanced - 1st Stage (18 Km; 650mD+/950mD-) – Geira Museum/Vila do Gerês**

**11:00 am** – Transfer for PGTA 5 days' participants, from Oporto airport to Vila do Gerês

**11:30 am** – Transfer for PGTA 5 days' participants, from Oporto airport to Vila do Gerês

**01:00 pm** – Secretariat opening/Race bibs distribution at Vila do Gerês/Check-in at the hotels

**05:30 pm** – Technical Briefing with the race director

**06:30 pm** – Opening ceremony PGTA 2020

**07:00 pm** – PGTA 5 days Advanced 1<sup>st</sup> Stage 18 Km (Geira Museum/Vila do Gerês)

**08:30 pm** - Expected arrival of the first runner

**From 09:00 pm onward** – Dinner

**10:30 pm** - Expected arrival of the last runner

#### 2<sup>nd</sup> Day – Thursday 30 April 2020

##### **PGTA 5 Days Advanced – 2nd Stage (49 Km; 2530mD+/2930mD-)\* - Brufe/Vila do Gerês**

##### **PGTA 5 Days Starter – 2nd Stage (24 Km; 1300mD+/1700mD-)\* - Brufe/Vila do Gerês**

**07:00 am** – Breakfast at the hotel

**08:00 am** – Bus Transfer to Start line

**09:30 am** – Start PGTA Advanced 49 Km

**11:00 am** – Start PGTA Starter 24 Km

**01:30 pm** – Expected arrival of the first Starter runner

**02:30 pm** – Expected arrival of the first Advanced runner

**From 01:30 pm onward** – Lunch (near the finish line)

**07:30 pm** – Briefing and photos

**08:00 pm** – Dinner

**3<sup>rd</sup> Day – Friday 01 May 2020**

**PGTA 5 Days Advanced – 3rd stage (32 km; 1650mD+/1750mD-)\* S. Bento/Terras de Bouro**

**PGTA 5 Days Starter – 3rd stage (18 km; 1200mD+/1200mD-)\* S. Bento/Terras de Bouro**

**07:00 am** – Breakfast at the hotel

**09:00 am** – Start PGTA Advanced 32Km

**10:00 am** – Start PGTA Starter

**12:00 am** – Expected arrival of the first runners PGTA Starter

**12:00 pm** – Expected arrival of the first runners PGTA Advanced

**From 01:00pm onward** – Lunch

**07:30 pm** – Briefing and photos

**08:00 pm** – Dinner

**4<sup>th</sup> Day – Saturday 02 May 2020**

**PGTA 5 Days Advanced – 4th stage (55 km; 2200mD+/3000mD-)\* - Pitões das Júnias/Vila do Gerês**

**PGTA 5 Days Starter – 4th stage (23km; 1400mD+/1400mD-)\* - Mizarela/Vila do Gerês**

**06:30 am** – Breakfast at the hotel

**07:00 am** – Bus departure to the Advanced start line

**08:00 am** – Start PGTA Advanced 55Km

**09:00 am** – Bus departure to the Starter start line

**11:00 am** – Start PGTA Starter 23Km

**01:30 pm** – Expected arrival of the first Advanced runners

**01:30 pm** – Expected arrival of the first Starter runners

**From 01:30 pm onward** – Lunch and shower (finish line)

**08:00 pm** – Briefing and photos

**08:30 pm** – Dinner

**5<sup>th</sup> Day – Sunday 03 May 2020**

**PGTA 5 Days Advanced – 5th stage (15 km; 1100mD+/1100mD-)\* Vila do Gerês/Vila do Gerês**

**PGTA 5 Days Starter – 5th stage (15 Km; 1100mD+/1100mD-)\* Vila do Gerês/Vila do Gerês**

**07:00 am** – Breakfast at the hotel

**09:00 am** – Start PGTA Starter/Advanced

**11:00 am** – Expected arrival of the first runner

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

**02:00 pm** – Award Ceremony

**03:00 pm** – Bus transfer to Porto's airport

**End of the event PGTA 2020**

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

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.

## 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/en/pgta>

### 3.2. Registration prices and deadlines

#### **PGTA 5 Days/5 stages (hotel)**

**Until 3<sup>rd</sup> November 2019– 650€**

**Until 24<sup>th</sup> April 2020 – 750€**

#### **Includes:**

- Transfers: Porto airport – start of the event / end of the event – Porto airport;
- Transfers between stages every day;
- 4 nights in hotel (always the same hotel), breakfast included, double or triple occupancy (+ 250€ 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;
- Massages (15€ each);
- Any other services not specified above.

**PGTA 5 Days/5 stages (camping)**

**Until 3<sup>rd</sup> November 2019 – 450€**

**Until 24<sup>th</sup> April 2020 – 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;
- Massages (15€ each);
- Breakfast;
- Any other services not specified above.

In order to be officially signed up for Peneda-Gerês Trail Adventure you need to pay half of the registration cost once you register (this amount is non refundable). The other half can be payed at the reception desk in the 1<sup>st</sup> 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. Secretariat (race bib distribution)**

**Wednesday 29<sup>th</sup> April**

**01:00 pm – 05:00 pm** – Secretariat opening/Race bibs distribution at 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 5 Days: 03rd May at 02:00 pm, at Vila do Gerês' centre

### 4.2. Categories

#### Prizes

#### Peneda-Gerês Trail Adventure 5 Days/ 5 stages Advanced

##### **Male:**

1<sup>st</sup> – Trophy, 50% discount in the registration for PGTA 2021 or FCDTA 2020

2<sup>nd</sup> - Trophy

3<sup>rd</sup> - Trophy

##### **Female:**

1<sup>st</sup> – Trophy, 50% discount in the registration for PGTA 2021 or FCDTA 2020

2<sup>nd</sup> - Trophy

3<sup>rd</sup> - Trophy

#### Peneda-Gerês Trail Adventure 5 Days/5 stages Starter

##### **Male:**

1<sup>st</sup> – Trophy

2<sup>nd</sup> – Trophy

3<sup>rd</sup> – Trophy

##### **Female:**

1<sup>st</sup> – Trophy

2<sup>nd</sup> – Trophy

3<sup>rd</sup> – 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 depose 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.).

## 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:

- **Wednesday 29th April:** Visit to Campo do Gerês and Geira Museum; possibility to hike 8kms at the Geira Romana (Roman way);
- **Thursday 30th April:** Visit to Brufe's village; visit to Germil's village; visit to Ermida's village; possibility to hike 7kms (Ermida-Germil);
- **Friday 1st May:** Visit to S. Bento da Porta Aberta Sanctuary; visit to Seara's village; possibility to hike 7kms (Seara/Abadia); visit to Abadia's Sanctuary; visit to Vila de Terras de Bouro centre (finish line);
- **Saturday 2nd May:** visit to Pitões das Júnias' village; visit to Pitões das Júnias Monastery; visit to Paradela's village; Walk to the Mizarela Bridge; stop at Pincães' Waterfall; visit to Xertelo's Fojo do Lobo; stop at Tahiti's Waterfall; visit to Ermida's village; stop at Pedra Bela's viewpoint; possibility to hike 6kms (Ermida - Gerês);
- **Sunday 3rd May:** Interaction with the athletes during the race at Curvas de S. Bento viewpoint.