





# EVENT PROGRAM

www.carlossanatureevents.com https://pt-pt.facebook.com/carlossaultrarunner



## **PROGRAM**

### From Tuesday 25th October till Thursday 27th October

Welcome at Oporto International Airport and transfer to Braga city and then to Bom Jesus Hotels

#### Wednesday 26th

8:00 am - Breakfast at each hotel

11:00-12:00 am - Secretariat opening for accreditation procedure

12:30 am - Lunch at Colunata

2:30 pm - Transfer using LOC transportation Bom Jesus - Gerês (optional)

5:30 pm – Transfer back to the hotels

7:00 pm - Dinner at Colunata

#### Thursday 27th

8:00 am - Breakfast at each hotel

11:00 am – Secretariat opening for accreditation procedure

12:30 am - Lunch at Colunata

2:30 pm – Transfer using LOC transportation Bom Jesus – Braga city centre (optional); free afternoon, using public transports

5:30 pm - Secretariat closing

7:00 pm - Dinner at Colunata

### Friday 28th

8:00 am - Breakfast at each hotel

9:00 am - Secretariat opening for accreditation procedure and anti-doping control

11:00 am - Technical meeting

12:00 am - Press conference

12:30 am - Lunch at Colunata

2:30 pm – Bus transfer of all the delegations from the hotels to the opening ceremony

4:00 pm - Opening ceremony

6:30 pm - Bus transfer back to the hotel

7:00 pm – Dinner at Colunata



#### Saturday 29th

3:00 am - Breakfast at each hotel

3:30 am - Departure to Rio Caldo bridge (start line) - 45 min ride by bus

5:00 am - Start of the Trail World Championships

6:15 am – Arrival of the frontrunners to Fafião (Water Supply 1 - 15 km)

7:39 am – Arrival of the frontrunners to Vila do Gerês (Aid Station 1 – 30 km)

9:00 am - Start of the Open Race 16 km (Arcos de Valdevez)

9:50 am - Arrival of the frontrunners to the up of the Serra Amarela (Water Supply 2 - 46 km)

10:15 am - Cut-off time Trail World Championships (Aid Station 1)

10:30 am - Start of the Open Race 55 km (Vila do Gerês - Arcos de Valdevez)

10:30 am - Start of the Open Race 55 km (Ambos-os-Rios - Arcos de Valdevez)

10:15 am – Arrival of the frontrunners to Lindoso (Aid Station 2 – 56 km)

11:00 am - Arrival of the frontrunners to Soajo (Water Supply 3 - 64 km)

12:27 am – Arrival of the frontrunners to Mezio (Aid Station 3 – 73 km)

1:40 pm – Arrival of the frontrunners to Arcos de Valdevez

2:00 pm – Starting of the lunch service in Arcos de Valdevez

3:00 pm - Cut-off time Trail World Championships (Aid Station 2) and other races

3:30 - Arrival of the frontrunners of the Open Races

4:30 pm - Flower ceremony of the Trail World Championships

5:00 pm - Award ceremony of the Open Races

5:30 pm - Start of the transfer back to the hotel

7:00 pm – Cut-off time Trail World Championships (Aid Station 3) and other races

7:30 pm - Dinner at Colunata

9:00 pm – Arrival of the last runners

#### **Sunday 30th**

8:00 am - Breakfast at each hotel

10:30 am – Award and closing ceremony of the Trail World Championships

11:00 am - Light lunch

12:00 am – Start of the transfer by bus from the hotel to Braga bus station

Departure to the Oporto Airport from Braga bus station, according to the timetable