

PORTUGAL
TRAIL ADVENTURE®

The best trails in Portugal.



PORTUGAL TRAIL ADVENTURE

A photograph of a trail runner in a yellow long-sleeved shirt and blue shorts, running through a narrow, rocky path. The path is covered in moss and green vegetation. The runner is wearing a backpack and has a watch on his left wrist. The background shows a dense forest with sunlight filtering through the trees.

**28TH APRIL TO 3RD MAY
2024**



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Welcome MESSAGE

Carlos Sá Nature Events® welcomes all athletes, hoping that the participation in the Portugal Trail Adventure states a positive mark on your course.

Portugal is located on the Iberian Peninsula, in southwestern Europe. The Portuguese territory has a total area of 92 090 km², comprising a continental part and two autonomous regions: the Azores and Madeira archipelagos. It is the westernmost country of mainland Europe, being bordered by the Atlantic Ocean to the west and south and by Spain to the north and east. The name of the country comes from its second largest city, Porto, whose Latin name was Celtic Portus Cale. This race, held by stages, will take place in Portugal's only National Park, World Biosphere reserve (declared by UNESCO in 2009).

The Peneda-Gerês National Park has a total area of about 70290 hectares. It's located in the extreme northeast of Portugal, covering the regions of Minho and Trás-os-Montes, which are deeply rural, where its population still preserves ancient traditions of priceless historical and cultural value. It is characterized for being a zone with stark relief and pronounced slopes, with a maximum elevation of 1545 m.

Carlos Sá Nature Events calls for athletes and participants' attention to the absolute respect for the preservation of nature.



The Portugal Trail Adventure® stages will be held in small villages in the north of Portugal, in the municipalities of Ponte da Barca, Arcos de Valdevez, Melgaço, Montalegre, Terras de Bouro and Ponte da Barca. Porto is the nearest major town, ensuring national and international arrivals, departures and connections.

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Program



**28TH APRIL TO 3RD MAY
2024**

1st DAY

28th APRIL · SUNDAY

Program

09:00	Reception at Porto Airport and bus ride to Vila do Gerês
11:00	Arrival at Vila do Gerês and collection of dorsals and free lunch
12:00	Check in at the Hotels
14:00	Shuttle to the Start Line
15:30	Start PGTA Advanced 1st stage, Ponte da Mizarela - Vila do Gerês (23km)
16:00	Start PGTA Starter 1st stage, Fafião - Vila do Gerês (10km)
From 19:00	Dinner at the tent at the finish line

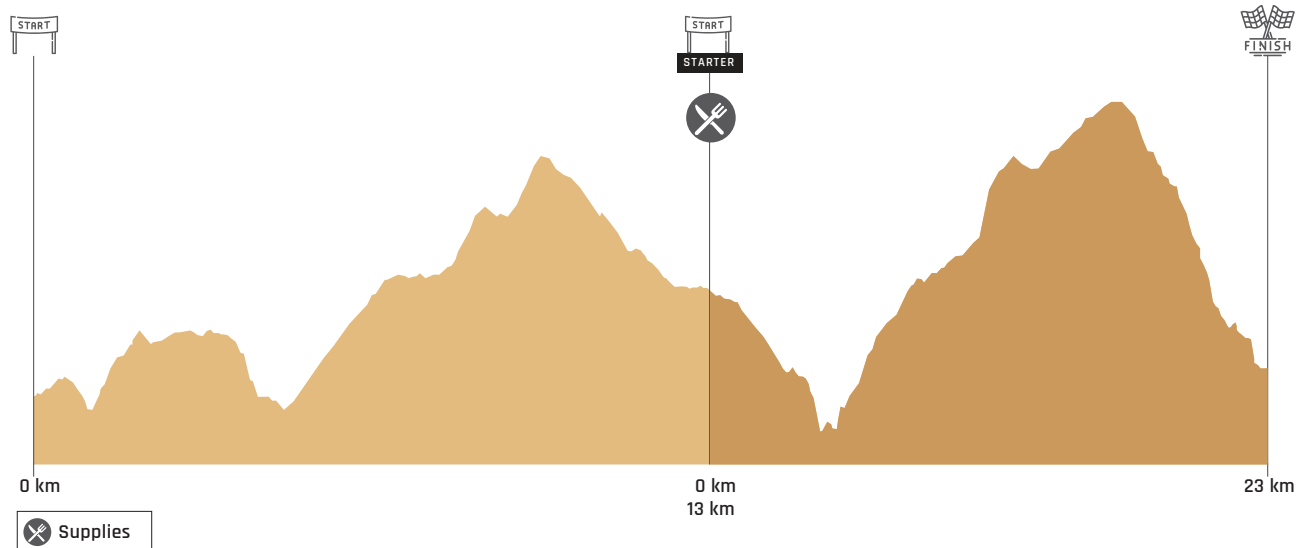
📍 PONTE DA MIZARELA >> GERÊS

📊 ADVANCED: 23km [1500d+ / 1450d-]

📍 FAFIÃO >> GERÊS

📊 STARTER: 10km [700d+ / 800d-]

Altimetry



2nd DAY

29th APRIL · MONDAY

Program

07:00	Breakfast at the hotels
07:30	Shuttle in bus to the Start Line
08:20	Start PGTA Advanced 2nd Stage, Brufe - Vila do Gerês (27km)
08:45	Start PGTA Starter 2nd Stage, Vilarinho - Vila do Gerês (14km)
19:30	Dinner

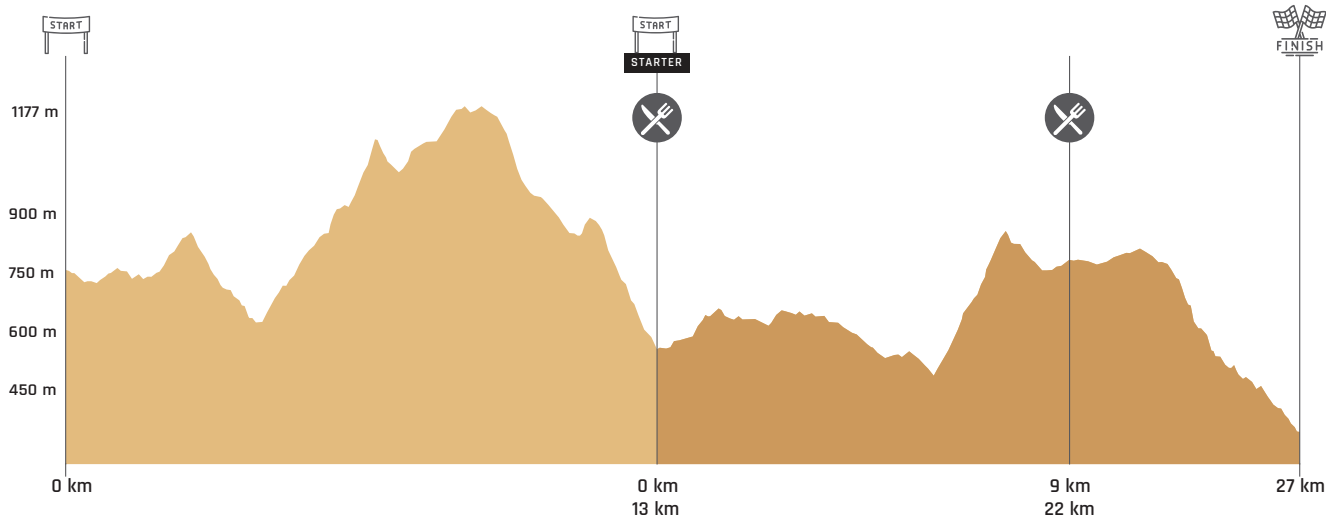
📍 BRUFE >> GERÊS

📍 VILARINHO >> GERÊS

📊 ADVANCED: 27km [1500d+ / 1900d-]

📊 STARTER: 14km [730d+ / 942d-]

Altimetry



3rd DAY

30th APRIL · TUESDAY

Program

07:00 Breakfast at the hotels

07:30 Hotel Check-out and Shuttle to the Start Line

09:00 Start PGTA Advanced 3rd Stage, Soajo - Castro Laboreiro (**31km**)

09:45 Start PGTA Starter 3rd Stage, Miradouro de Tibo - Castro Laboreiro (**22km**)

20:00 Dinner

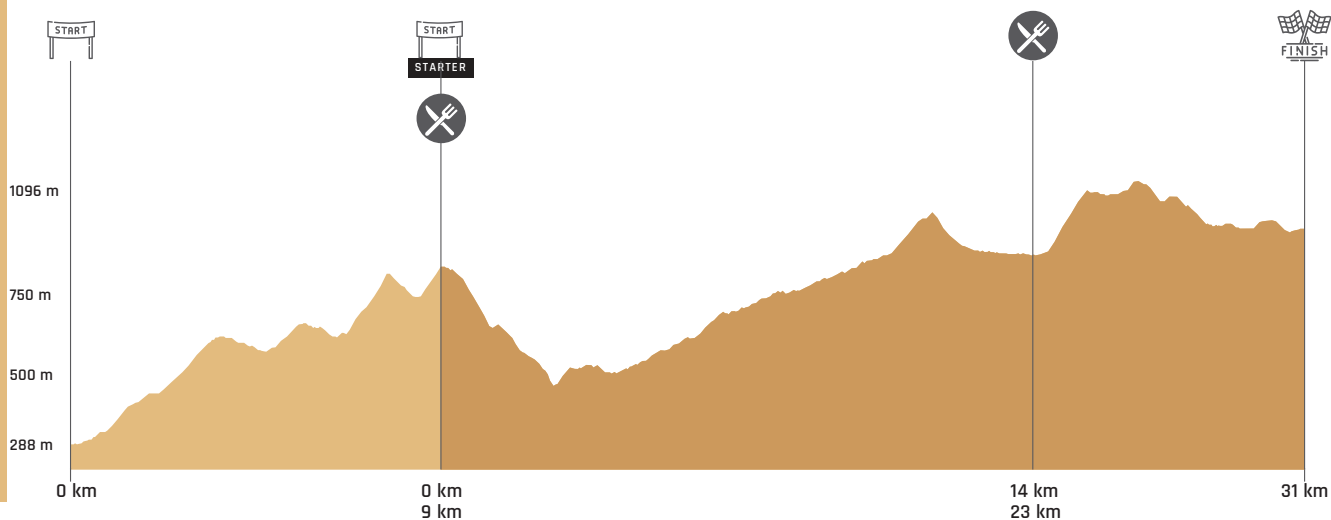
📍 SOAJO >> CASTRO DE LABOREIRO

📊 ADVANCED: 31km [1730d+ / 1065d-]

📍 MIRADOURO DE TIBO >> CASTRO DE LABOREIRO

📊 STARTER: 22km [980d+ / 870d-]

Altmetry



4th DAY

1st MAY · WEDNESDAY

Program

07:00 Breakfast at the hotels

08:15 Start PGTA Advanced/Starter 4th Stage, Castro Laboreiro - Castro Laboreiro (20km)

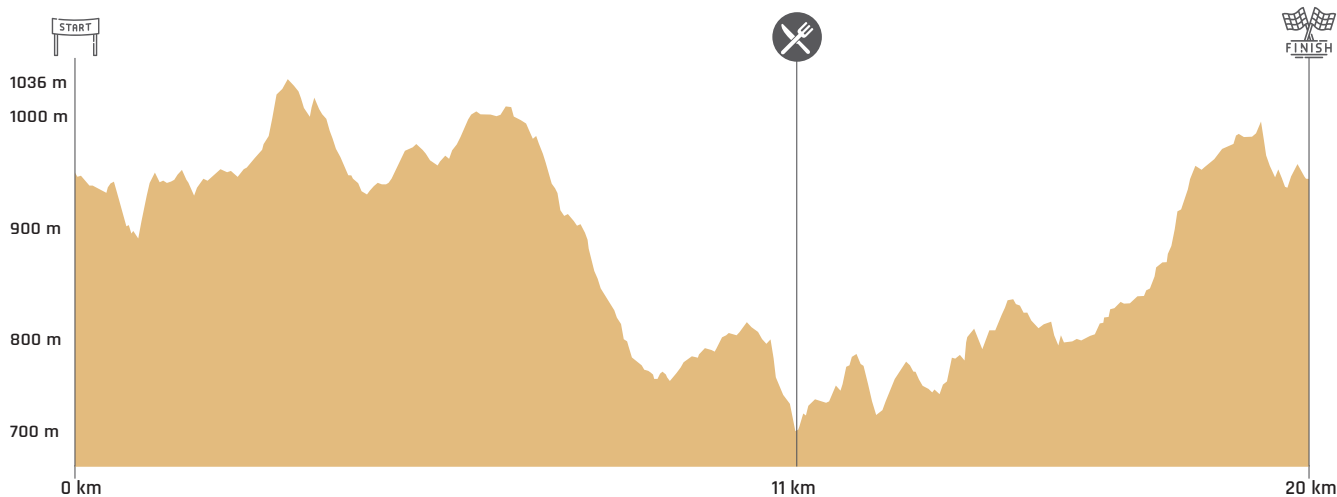
15:00 Hotel Check-out

19:30 Dinner

📍 CASTRO DE LABOREIRO

📊 ADVANCED/STARTER: 20km [1044D+ / 1044D-]

Altimetry




5th MAY


2nd MAY · THURSDAY

Program

07:00	Breakfast at the hotels
08:00	Shuttle to the Start Line
08:30	Start PGTA Advanced 5th Stage, Aveleira - Melgaço (26km)
09:30	Start PGTA Starter 5th Stage, Sistelo - Melgaço (42km)
19:30	Dinner and Awards Ceremony

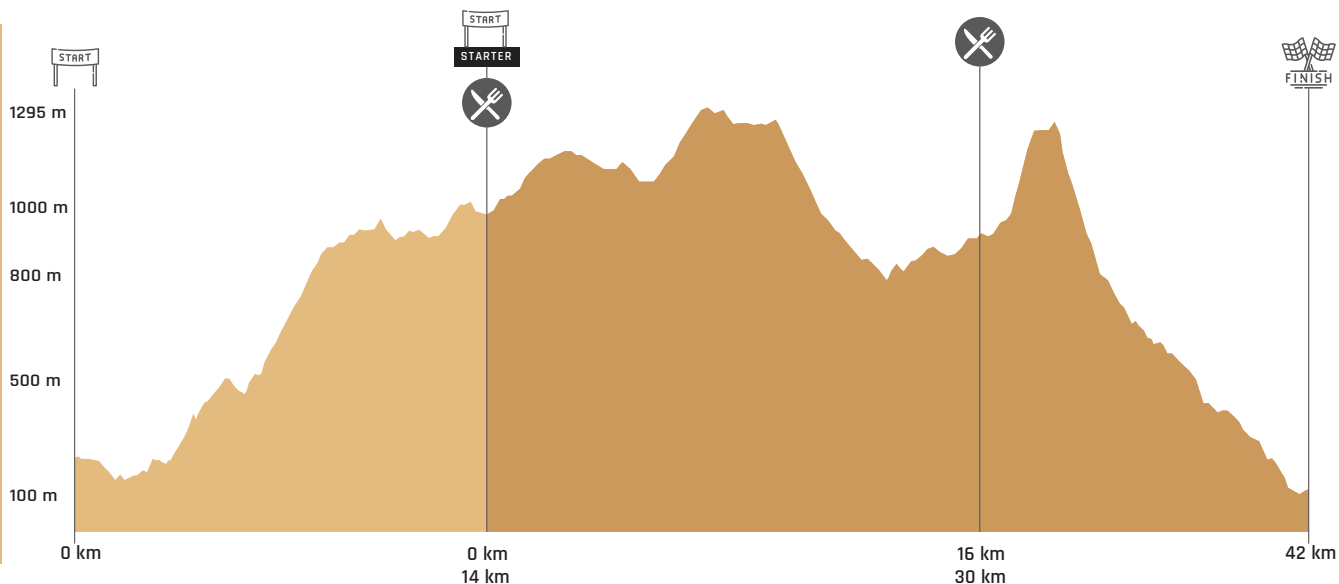
 SISTELO >> MELGAÇO

 ADVANCED: 42km [2222D+ / 2311D-]

 AVELEIRA >> MELGAÇO

 STARTER: 26km [1110D+ / 191D-]

Altimetry



6th DAY 3RD MAY · FRIDAY

Program

08:00

Breakfast at the hotels

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11:20

Shuttle to the Porto Airport

More Information

Shuttle

The **Portugal Trail Adventure** Organization guarantees the following transfers to participants (already included in the registration fee).

- 28th of April 2024:

9:00 am: Porto Airport to Vila do Gerês. The meeting point will be in the arrivals Hall, near the Porto e Norte Tourism Interactive Shop and next to Campanhã train station. There will be a CSNE staff member duly identified to welcome the participants.

- 3rd of May 2024:

11:20 am: Melgaço to Porto airport

- Shuttle between stages

The organization will only assure the above mentioned transfers. It will not be possible to provide transfers at other times or to attend individual requests.

We ask you to inform us until April 10th if you will need or not the available transfers.
Please inform us to info@carlossanatureevents.com

Recommended Material

The organization advises all participants to always be accompanied by the gear described below, taking into account the characteristics of the race and the terrain where it takes place:

- FOOD SUPPLIE;
- STOCK OF WATER (MINIMUM 0,5L);
- SURVIVAL BLANKET;
- WHISTLE;
- WATERPROOF JACKET;
- CHARGED CELLPHONE;
- FRONTAL TORCH (Mandatory);
- DEVICE THAT ALLOWS READING GEOGRAPHIC COORDINATES AND ALTIMETRY - GPS OR OTHER THAT HAS THIS FUNCTIONALITY (watch or mobile phone)

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).

Food Restrictions

In case you have any dietary restrictions regarding food of animal origin, we kindly ask you to inform us by e-mail to info@carlossanatureevents.com

