

A scenic forest path with two runners in the foreground. The path is covered in fallen leaves and is flanked by lush green trees and ferns. In the background, a large graphic logo features the number '90' with a red stag head silhouette integrated into the zero. Below the number, the word 'EXTREME' is written in a bold, white font with a red 'X', followed by 'ROAD ULTRAMARATHON' in a smaller white font. At the bottom of the logo, it says 'BY CARLOS SÁ NATURE EVENTS'.

90
EXTREME
ROAD ULTRAMARATHON
BY CARLOS SÁ NATURE EVENTS

THE CHALLENGE OF THE CHAMPIONS

The adverse effects that the pace of modern life has on the environment are a source of great concern and a topic of great discussion in today's society. As members of society and organizers of Outdoor events, we are aware that this activity also contributes to these adverse effects that affect the natural environment that we love so much and that contributes so much to our physical, mental, emotional and social well-being. That's why we cannot remain indifferent to the various calls to reduce our ecological footprint to preserve the environment that brings us so much happiness!

For 2024, Carlos Sá Nature Events proposes to everyone who decides to register for its events, a small contribution of €5 (optional) towards the purchase of native trees. Together with the local partners who have accompanied us over the last few years, Carlos Sá Nature Events is committed, with the funds raised, to developing tree planting and reforestation of burned areas in the geographical areas where it develops its activities. These actions will be scheduled and carried out by CSNE following the guidance of these local partners who, better than anyone, know the region, the species and the right times to plant the plantations. They will be announced as soon as possible on social media!

We will continue to call for the reduction of waste at our events, particularly the reduction of plastic, through actions that we have been implementing over the last few years: the call for the use of reusable cups by each participant in supplies, not making of water and other liquids in individual bottles, sending information about the races in digital rather than printed format, use of reusable materials to mark the trails, among others. We will invest in better separation of waste produced at events, separating organic waste from non-organic waste and separating everything that can be recycled.

These are small steps, but we remain determined to make our events increasingly sustainable! We count on each of you to help us!

Thank you very much!
The CSNE team



EXTREME 90 - ROAD ULTRAMARATHON

1. Race Presentation

The **Extreme_90k** event is held in line, along roads in the Peneda-Gerês National Park, joining the towns of **Castro de Laboreiro** and **Vila do Gerês**.

We named it Extreme_90 because the race is included in the category of our extreme marathon races, in this case it is a complementary distance to the Gerês Extreme Marathon.

Extreme because it is a road race with a considerable difference in level, more than 3.300m positive and around 7,000m of accumulated difference in level (+/-), "90" indicates the kilometers to be covered, therefore the distance is greater than two marathons.

The date of the fifth edition will be **December 6th, 2025**, and at that time the weather conditions can be really extreme.



EXTREME 90 - ROAD ULTRAMARATHON

Os atletas participantes, terão obrigatoriamente que ter uma equipa e um carro de apoio, sendo autorizado um elemento da equipa a correr consigo sempre que entender (denominado de (PACER), terá que o fazer ao seu lado, ou atrás, sem nunca interferir no seu desempenho, não poderá nunca correr à frente do atleta. (um carro/equipa pode dar apoio a mais que um atleta.)

Atletas e equipa de apoio são obrigados a cumprir com todas as normas de segurança rodoviárias, uma vez que as estradas estão abertas ao normal transito, um colete sinalizador refletor é obrigatório em toda a tripulação e atletas. Luzes frontais e dorsais tão tão obrigatórias em toda a equipa.

São ainda obrigados a sinalizar o carro com o nome e dorsal do atleta, assim como colocar dois autocolantes refletores com avisos (um atrás outro à frente do carro) com a frase (Corredores na estrada), fornecidos pela organização.

O percurso está apenas marcado nas viragens e cruzamentos, tendo que o atleta ou seu Pacer ter que levar um dispositivo gps, para navegar no traçado fornecido pela organização. Alertamos que não devem usar o gps do carro, uma vez que em algumas aldeias os atletas seguiram o percurso central dessas aldeias, e os carros terão que contornar as mesmas, para evitar constrangimentos.

O Atleta (nunca o pacer ou carro de apoio), está obrigado a levar consigo um dispositivo de rastreio gps (Tracker), fornecido pela organização.

Toda a alimentação e suporte é feito pelas equipas de apoio de cada atleta, sendo permitido a ajuda entre as equipas concorrentes se assim o entenderem.

As equipas de apoio terão que ter especial cuidado onde param o carro para não criar constrangimentos no normal funcionamento do trânsito, as estradas do Parque Nacional são normalmente estreitas e em muitos locais não têm berma para estacionamento. Terão ainda que respeitar os outros carros de apoio de equipas concorrentes. A GNR está em vários momentos a dar apoio ao evento e poderá multar as equipas que não estejam a cumprir cum o código e normas de trânsito.



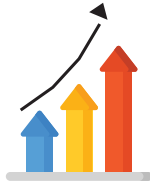
EXTREME 90 - ROAD ULTRAMARATHON

CHARACTERISTICS



DISTANCE

90 KM



POSITIVE LEVEL

3.300 D+



NEGATIVE LEVEL

3.890 D-



START LINE

CASTRO DE LABOREIRO

FINISH LINE

VILA DO GERÊS
(NEAR PRACETA HONÓRIO
DE LIMA)



DEPARTURE TIMES

1ST DEPARTURE

06:00

2ND DEPARTURE

08:00

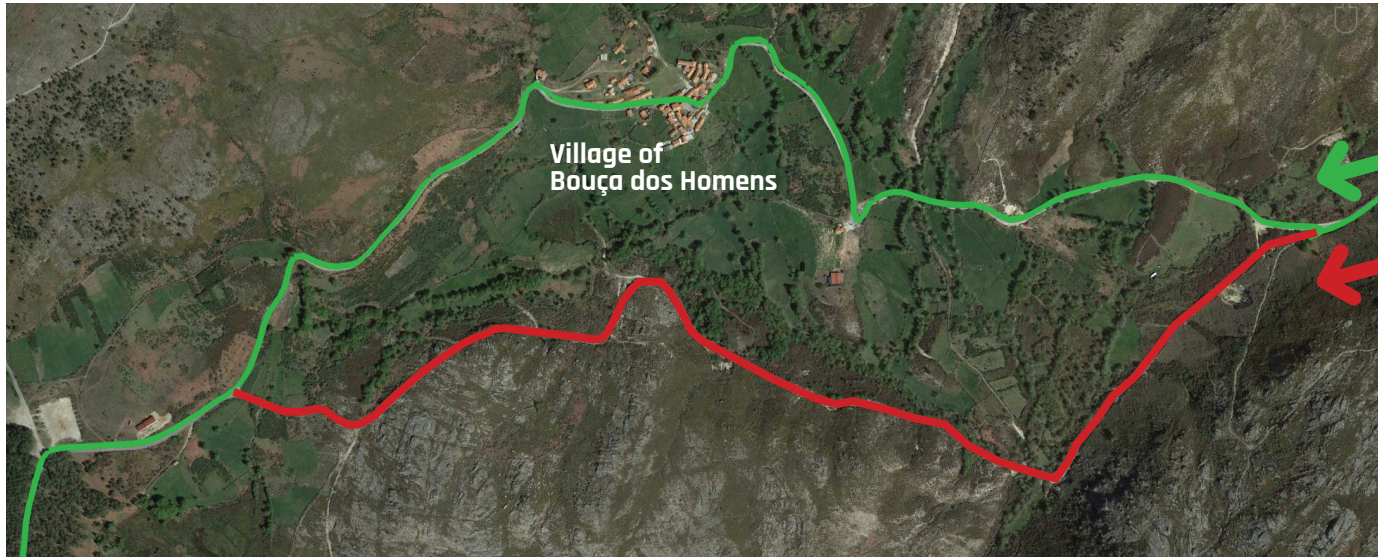
EXTREME 90 - ROAD ULTRAMARATHON




Given the start in Castro de Laboreiro, **support cars can only leave 45 minutes later, and can only stop to assist the athlete, at km_9 in Lamas de Mouro.**

As you can imagine, a caravan with more than 100 cars trying to overtake athletes who are still very focused would be unpleasant and not very functional.

Support cars can only stop in places where there are shoulders and never on the road, the race is taking place with normal traffic flow.

At **km_15** in Bouça dos Homens, **the athletes follow the route through the interior of this beautiful village**, the cars follow the main road, it is a detour of just 2km. A member of the organization will be on site to provide guidance.

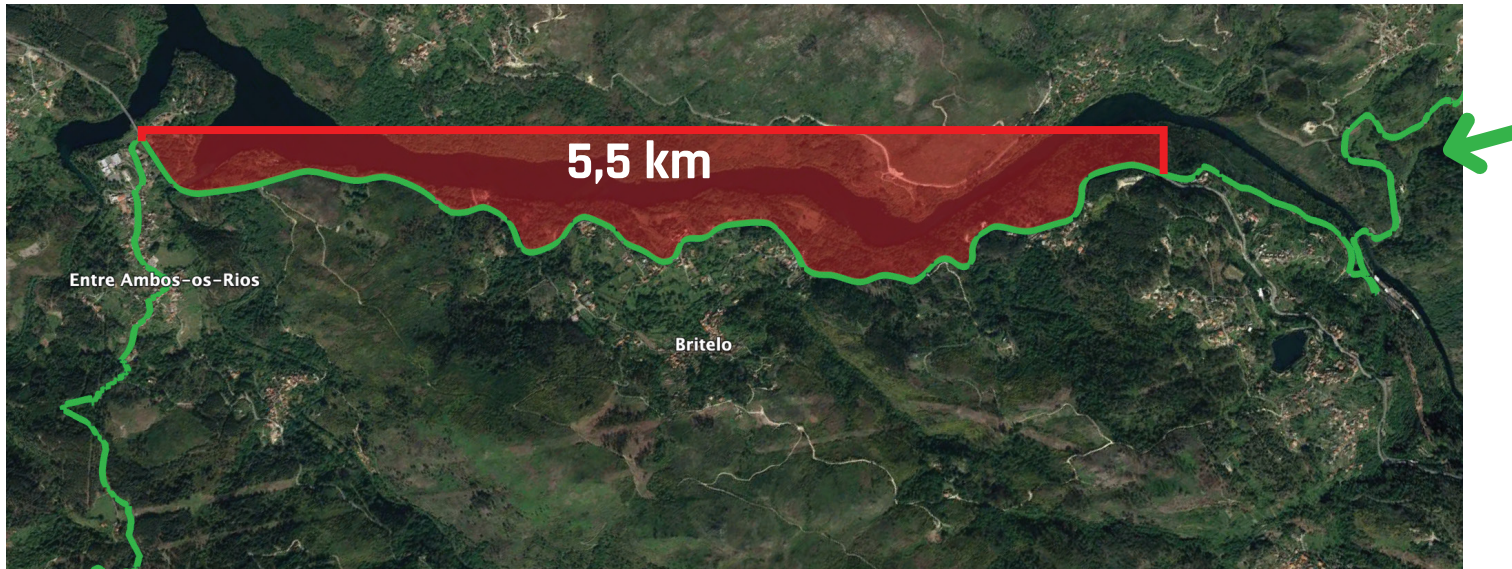


-  Extreme_90k route
-  Route to be taken by support cars
-  Direction of the Race

EXTREME 90 - ROAD ULTRAMARATHON

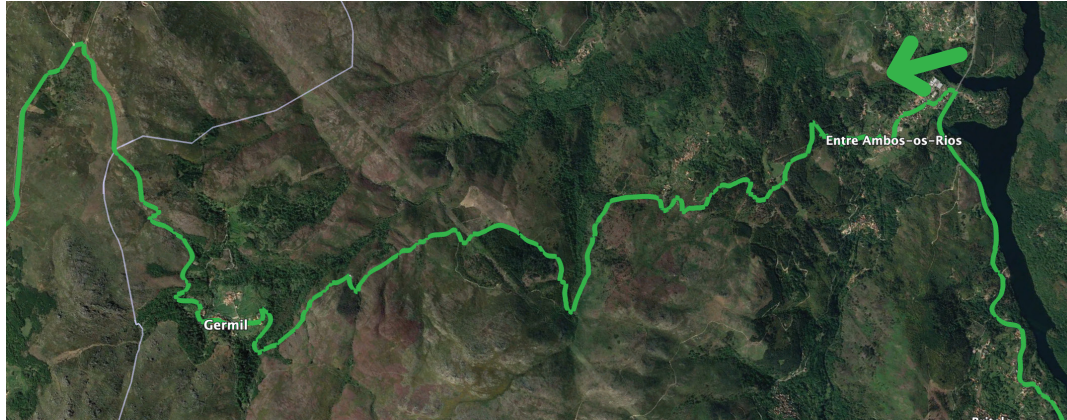
The Pacer can only run alongside or behind its athlete, never in front. Both are required to always have a reflective vest and front and rear lights when it is dark or with reduced visibility, such as fog.

Between **Km_44 and Km_49.5** it is **prohibited for support cars to provide assistance**, there are 5.5km on National Road 203 with the highest traffic, on this route if the athlete finds help necessary, the Pacer can accompany your athlete on these 5.5km.



EXTREME 90 - ROAD ULTRAMARATHON

Between **Km_50 and Km_60** you will find the “Germil Wall” it is 860m D+ in 10km, it will be the hardest part of the race, we warn you to manage your effort well in the initial kilometers of the race.



Between **Km_76 and KM_83** we will be inside Mata da Albergaria, in this 7km section cars are prohibited from **stopping**, once again we recommend following the Pacer.



EXTREME 90 - ROAD ULTRAMARATHON

On all these routes where cars are prohibited from stopping, they will be marked with vertical signs alluding to the event.

As in previous editions, we will provide stickers to stick on the support vehicles, one with the athlete's name that must be placed on the left side, and another warning of "Runners on the Road" that must be pasted on the back of the vehicle.

The official Track is attached, the athlete or their Pacer must carry the track on a navigation device, the route will only be marked at the turns with orange ribbons or direction arrows.



SECRETARIATS

FRIDAY

DECEMBER 5th 2025

19h00 - 21h00

Castro de Laboreiro

SATURDAY

DECEMBER 6th 2025

05h30 - 07h50

Castro de Laboreiro

EXTREME 90 - ROAD ULTRAMARATHON



DEPARTURE:
CASTRO DE LABOREIRO
ARRIVAL:
VILA DO GERÊS



EXTREME 90k
[3300M D+ / 3890M D-]

CASTRO DE LABOREIRO

VILA DO GERÊS

