



FOZ CÔA DOURO TRAIL ADVENTURE RULES 2025



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1. Terms of participation

1.1. Age requirement

The minimum age requirement for participation in Foz Côa Douro Trail Adventure® is 18 years of age.

1.2. Confirmed registration

To participate in the competition athletes must have their registration validated and 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;
- Athletes must know how to manage their physical and mental stress and cope with adverse situations during the race;

1.4. Possibility of outside help

Support for athletes by elements external to the organization is only allowed at fuel stations, and the athlete, according to point 1.3., must be aware of their needs during the race, as well as their ability to solve problems in unexpected situations.

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 behaviour, offensive language and verbal/physical aggressions will not be tolerated and will be reported to the appropriate authorities.

2. The event

2.1. Presentation of the event / organization

The Foz Côa Douro Trail Adventure® (FCDTA) is organized by Carlos Sá Nature Events®, with the support of the Municipality of Vila Nova de Foz Côa and will take place from 7 to 9 March 2025.

Alto Douro will be the main stage for this fantastic Trail event, which will feature the 3 days/3 stages pack and also, on the 9th, with distances to count for the Best Trail Series and ATRP circuit, 46km, 31km and 15km. The points of interest go through the magnificent landscapes of mountains and terraced valleys, torn by the Douro and Côa rivers, through the agricultural fields with the vineyards (of the best wines in the world), almond trees in bloom and olive trees. The deactivated Tua and Pocinho railway line, the historic village of Castelo Melhor, the villages of Foz Côa, are some of the many highlights of the region.

If the organization understands it and the safety of the participants justifies it, the routes previously established for the event may be changed.

2.2. Program of Foz Côa Douro Trail Adventure 2025

1st Day – Friday 7th of March

01:00 pm – Athletes meeting at the Porto airport.

01:20 pm – Transfer to Foz Côa (only for participants of the 3 stages to mark this option when registering)

4:40 pm – Check-in at Pocinho High Performance Center and Race bib distribution

5:00 pm – Transfer to Quinta Vale Meão

6:00 pm – Start of 1st Stage **14km**

8:00 pm – Dinner at Pocinho High Performance Center (only for participants of the 3 stages)

2nd Day - Saturday 8th of March

08:00 am – Start of breakfast at CAR

08:40 am – Transfer and visit to the Côa Museum.

09:30 am – Start 2nd Stage **23km**

- **Lunch in Castelo Melhor**

1:00 pm – Expected arrival of the last athletes

5:30 pm – 8:00pm – Race bib distribution at Pocinho High Performance Center

7:30 pm – Dinner at Pocinho High Performance Center (only for participants of the 3 stages)

3rd Day – Sunday 9th of March

07:00 am – Start of breakfast at CAR

07:00 am – Race bib distribution (Vila Nova de Foz Côa Parish Council)

08:00 am – Transfer the athletes of 46km and 31km to the start line

09:00 am – Start **46km** and **31km**

09:30 am – Transfer the athletes of 15km to the start line

10:00 am - Start **15km**

2:30 pm – Trail KIDS

3:00 pm – Prize giving ceremony

6:30 pm – Transfer to return to Porto (only for participants of the 3 stages to mark this option when registering)

***NOTE: The distances and altimetry can suffer changes**

2.3. Time control methodology

Control performed through a chip inserted in the dorsal.

2.4. Supplies

This race takes place in semi-autonomy, being essential that each athlete is accompanied by a minimum amount of calories and liquids for each stage, in order to satisfy their needs between supplies. Liquid/solid supplies will be approximately 10 km apart on average.

2.5. Time limit

- The athlete who withdraws must notify the organization of his abandonment, communicating his bib number.
- The time to complete the **Trail Ultra 46km** is 10h.
- For the **31 km** and **15 km** there will be no time limit.

2.6. Recommended and Mandatory Material

Mandatory Material

- Survival blanket;
- Whistle;
- Operational Phone;

Recommended Material

- Head lamp;
- Food reserve;
- Reservoir for liquids with at least 0.5l capacity;
- Waterproof jacket
- Device that allows you to view geographic coordinates and altimetry – GPS or another device that has this functionality.

For each missing item, the athlete will be penalized with 15 minutes added to their final time.

2.7. Information on passing places with road traffic

The organization will have a security system along the entire route, however, given that it will be impossible to cut off road traffic in some passages, participants must comply with the traffic rules on public roads, and must also respect the surroundings of the route. , being aware that the route may cross private property under penalty of having to assume potential damages and compensation resulting from non-compliance.

2.8. Penalties / disqualifications

Athletes must comply with this regulation and have an appropriate sporting and environmental conduct, in compliance with the rules of Portuguese Law.

Don't leave more than footprints, don't take more than pictures

2.9. Responsibilities towards the athlete / participant

Enrollment in the race will imply total acceptance of the present regulation. Participants will be responsible for all actions likely to produce material, moral or any other damage to themselves and/or third parties. The organization declines all responsibility, in case of accident, negligence, or theft of objects and/or valuables from each participant. The organization, as well as any of those involved in the organization of the event, are exempt from liability resulting from the acts described above.

2.10. Sports insurance

The organization contracts the insurance required by law to carry out this type of test. The insurance premium is included in the registration fee.

If the athlete needs to activate the insurance, it has a deductible of around €60 that will have to be paid by the insured athlete

3. Registrations

3.1. Registration process (site, website, bank transfer)

Registration is done online through the website. <https://carlossanatureevents.com/en/fcdta2020>

3.2. Registration fees and periods

FCDTA 3 Days/3 stages (without accommodation) - limit of 100 participants

Until 28th February 2025 – **120€**

Extra **20€**: Round trip transfer (Porto-Foz Côa // Foz Côa-Porto); reservation upon registration

The registration includes: Transfers between stages every day; 2 Nights in a tent at the Pocinho High Performance Center (CAR); 2 dinners (8th and 9th); Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

FCDTA 3 Days/3 stages (with accommodation) – limit of 100 participants

Until 28th February 2025 – **250€**

Accompanying person – €110 subject to availability in a double room

(note: possibility of payment in 2 parts)

Extra **20€**: Round trip transfer (Porto-Foz Côa // Foz Côa-Porto); reservation upon registration

The registration includes: Transfers between stages every day; 2 Nights at the Centro de Alto Rendimento do Pocinho (CAR) with breakfast included, in a single or double room (double rooms have a limited number of 8); 2 dinners (8th and 9th); Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

ULTRA TRAIL 46km – Limit 200 participants

1st Fase: Until 26th January 2025 – **35€**

2nd Fase: Until 28th February 2025 – **40€**

The registration includes: Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

LONG TRAIL 31km – Limit 200 participants**1st Fase:** Until 26th January 2025 – **25€****2nd Fase:** Until 28th February 2025 – **30€**

The registration includes: Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

TRAIL SPRINT 15km – Limit 300 participants**1st Fase:** Until 26th January 2025 – **15€****2nd Fase:** Until 28th February 2025 – **20€**

The registration includes: Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

3.3. Event secretariat / times and locations**Friday March 7th****4:40pm:** Bib distribution at the Pocinho High Performance Center (CAR)**Saturday March 8th****5:00pm – 8:00pm :** Bib distribution at the Pocinho High Performance Center (CAR)**Saturday March 9th****07:00am:** Bib distribution at the Parish Council of Vila Nova de Foz Côa**3.4. Conditions for returning the registration fee**

In case the athlete cancels his participation, part of the amount already paid will be refunded according to the table below:

Data de Cancelamento	Percentagem de Reembolso
Until 31 st December, 2024	70% of the application fee will be refunded
1 st January 2025 to 15 th February 2025	40% of the application fee will be refunded
After 16 th February 2025	No refund

4. Categories and Awards**4.1. Date, place and time of prize delivery**

The award ceremony will take place on the following day and time:

- FCDTA_46km, 31km and 15km: March 9th at 15:00 at Municipal Square

4.2. Categories

With regard to the general classification of the 9th, trophies and prizes will be awarded to the general to be announced in due course, prizes will also be given to the following categories:

Prizes	M/F	3 Stages STARTER	3 Stages ADVANCED	Ultra 46km	Long 31km	Sprint 15km
General	1º,2º,3º,4º,5º	-	-	X	-	-
General	1º,2º,3º	X	X	-	X	X
Jun 18 to 19 years	1º,2º,3º	-	-	X	X	X
Sub-23 20 to 22 years	1º,2º,3º	-	-	X	X	X
Seniors 23 to 39 years	1º,2º,3º	-	-	X	X	X
M/F 40 40 to 49 years	1º,2º,3º	-	-	X	X	X
M/F 50 50 to 59 years	1º,2º,3º	-	-	X	X	X
M/F 60 + 60 years	1º,2º,3º	-	-	X	X	X

With regard to the general classification of the 3 Stages, the classification will be the sum of the 3 stages, in the different categories, STARTER and ADVANCED, regardless of the ages of the athletes that compose them.

Distances for **STARTER** athletes:

- March 7th – 14km
- March 8th – 23km
- March 9th – 31km

Distances for **ADVANCED** athletes:

- March 7th – 14km
- March 8th – 23km
- March 9th – 46km

*In the 3 stage version, there will be no classification by tiers, due to the reduced number of participation.

5. Information

5.1. How to arrive

If you are traveling from outside the country, you can choose Porto International Airport. The transfer to and from the race is included in the registration price, at a time and place to be agreed.

5.2. Where to stay

Accommodation during the stages is included in the registration fee.

5.3. Places to visit

There are numerous places to visit in the area surrounding the test. Detailed information on the page of the municipality of Vila Nova de Foz Côa.

6. Carbonic Compensation

The athlete is solely responsible for transporting all wrappings and natural waste (even if biodegradable), or unnatural, from gels, bars and/or others. You must deposit the waste at the nearest supply, or transport it to the finish line.

For 2025, Carlos Sá Nature Events, to all those who decide to register for its events, a small **contribution of €5 (optional)** for the purchase of native trees. Together with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events is committed, with the funds raised, to developing tree planting and reforestation actions in the geographical areas where it develops its activities. These actions will be scheduled and carried out by CSNE following the guidelines of these local partners who, better than anyone, know the region, the species and the right times to make the plantations.

You can join this initiative by selecting the **EXTRA “Carbonic Compensation”** when registering.

7. Image rights

The acceptance of the present regulation implies, necessarily, that the participant authorizes the organizers of the event to record all or part of their participation in the same, it also presupposes their agreement so that the organization can use the athlete's image for the promotion and dissemination of the event. in all its forms (radio, written press, video, photography, internet, posters, media, etc.) , to receive any economic compensation.

8. Others

Participants are obliged to help the injured and to respect the traffic rules at road junctions.

The organization reserves the right to make the changes it deems necessary, depending on the different conditions, as well as the suspension of the event, if weather conditions so require, or for reasons of force majeure.

In the event that a participant cannot participate and/or the weather conditions/force majeure do not allow the event to be held or its cancellation, the organization does not feel obliged to return the registration fee, as well as the reimbursement to the sponsors.

9. Omissions

Cases not covered by this regulation will be resolved by the organizing committee, whose decisions will not be appealed.

