



5 DAYS *Foz Coa* DOURO

ADVENTURE

BY CARLOS SÁ NATURE EVENTS

OCTOBER 28TH TO NOVEMBER 1ST
2022



program



Train Trip



Centro de Alto Rendimento do Pocinho



Côa Museum

1st DAY OCTOBER 28th · FRIDAY

13:00 Meeting in the Campanhã Train Station

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13:25 Train Trip from Porto to Pocinho

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16:45 Arrival at Pocinho

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16:50 Transfer to Centro de Alto Rendimento

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17:00 Check-in at Centro de Alto Rendimento do Pocinho

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18:00 Transfer to the Côa Museum

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18:30 Start of **Sunset 15k**



Marialva Castle



Cidadelhe



Melhor Castle

2nd DAY OCTOBER 29th · SATURDAY

07:30 Breakfast at Centro de Alto Rendimento do Pocinho

08:30 Transfer to Cidadelhe

08:55 Stop in Marialva (Visit to the Castle)

10:00 Start **Cidadelhe - Melhor Castle 22k**

15:00 Estimated finish time for the last athlete

15:00 Transfer to Centro de Alto Rendimento do Pocinho

19:30 Dinner at Centro de Alto Rendimento do Pocinho



Barca D'Alva



Castelo Rodrigo



Castelo Rodrigo

3rd DAY OCTOBER 30th · SUNDAY

07:30 Breakfast at Centro de Alto Rendimento do Pocinho

08:30 Transfer to Barca D'Alva

09:30 Start **27k Barca D'Alva**

16:00 Estimated finish time for the last athlete

16:00 Visit at Rodrigo Castle

17:00 Transfer to Centro de Alto Rendimento do Pocinho

20:00 Dinner at Centro de Alto Rendimento do Pocinho



Numão Castle



4th DAY OCTOBER 31th · MONDAY

07:00 Breakfast at Centro de Alto Rendimento do Pocinho

08:00 Transfer to Numão

09:00 Start **44k Numão Castle**

16:00 Estimated finish time for the last athlete

19:00 Dinner at Centro de Alto Rendimento do Pocinho



Quinta Vale Meão



Quinta Vale Meão



5th DAY NOVEMBER 1st · TUESDAY

07:30 Breakfast at Centro de Alto Rendimento do Pocinho

08:30 Transfer TO Quinta Vale Meão

09:00 Start **14k Quinta Vale Meão - Centro de Alto Rendimento do Pocinho**

12:00 Estimated finish time for the last athlete

13:00 Lunch at Centro de Alto Rendimento do Pocinho

15:12 Train trip back to Porto.

FCDTA 5 DAYS

OCTOBER 28TH TO NOVEMBER 01ST 2022

FCDTA 5 DAYS / 5 STAGES - MAXIMUM NUMBER OF PARTICIPANTS: 100

PRICES:

Until October 21st 2022 - 650€

*Ability to pay 50% upon registration and the remaining 50% on the 1st day of the event

INCLUDES:

- Transfers between stages everyday
- 4 nights at Pocinho's High Performance Center (CAR) breakfast included, double or single occupancy (double rooms are limited in number (8))
- 4 dinners
- 1 light lunch (November 1st);
- 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;
- Train journey: Porto - start of the event (October 28th) / end of the event (November 1st) - Porto
- Any other services not specified above.

(No changes to the participant's data will be allowed after October 21st)