

GENERAL EQUIPMENT

- 2 compasses;
- 2 whistles;
- 4 survival blankets;
- 4 canteens or similar;
- 4 backpacks;
- 1 First Aid Kit;
- 1 mobile cell phone, disconnected and sealed;
- 4 flashing red lights, fully working, plus spare batteries;
- 4 headlamps or lights, fully working, plus spare batteries;
- 4 polar layers or similar;
- 4 “windstopper” or rain jackets;
- 4 hats or caps/buffs
- 1 multi-tool pocket knife;
- 1 spare control card;
- 4 SportIdent cards
- 4 MTB helmets (approved model);
- 4 reflective vests (for night routes)

1st Stage - 1st Section

Means of progression	Inline skating/ Trikke
Start	7h00-8h00 The start will be given according to the teams' classification in the Prologue, every two minutes
Time limit to start	08h00 of December 06, Thursday
Place of the Start	Cascais City Council, Praça 5 de Outubro
End of the Section	Guincho Beach, Parking (at the end of the cycling way)
Map	Military map 1:25 000
CP	ZT1
Mandatory safety equipment specifically for this means of progression	4 Helmets; 4 Protection pads; 4 Gloves.
Remarks	At the end of the Section, teams must put their inline skates and protections in the pack they will find with their wetsuits (mandatory) and fins (optional) for the following section.

CONTACTS OF THE ORGANIZATION

Alexandre Silva (General Coordinator)	+351 93 3479467
Cláudio Barreto (Stages 1, 3, 5)	+351 96 8307950
Luís Borges (Stages 2, 4)	+351 96 1692905
Vasco Rodrigues (Logistics)	+351 93 2852402

MEDICAL EMERGENCY

112	
Dra. Láira Campello	+351 96 0271524

1st Stage - 2nd Section

Means of progression	Trekking									
Proposed activity	Coasteering									
Start of the Section	Guincho Beach, Parking (at the end of the cycling way)									
End of the Section	Praia Grande, Parking									
CPs	1, 2 (a, b, c), 3 , 4 (a, b), 5 (a, b), 6 (a, b), ZT2									
Map	Military map 1:25 000									
Mandatory safety equipment specifically for this means of progression	4 Helmet;									
Prediction of the tide for Cascais:	<table border="1" style="width: 100%; text-align: center;"> <tr> <td>06-12-2007</td> <td>06h15</td> <td>Low-tide</td> </tr> <tr> <td>06-12-2007</td> <td>12h28</td> <td>High-tide</td> </tr> <tr> <td>06-12-2007</td> <td>18h34</td> <td>Low-tide</td> </tr> </table>	06-12-2007	06h15	Low-tide	06-12-2007	12h28	High-tide	06-12-2007	18h34	Low-tide
06-12-2007	06h15	Low-tide								
06-12-2007	12h28	High-tide								
06-12-2007	18h34	Low-tide								
Remarks	At the end of the Section, teams must put their wetsuits (and fins, if any) in the bag and they will find their MTBs for the following section.									

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112	
Dra. Laíra Campello	+351 96 0271524

1st Stage - 3rd Section

Means of progression	MTB
Opening of the Section	12h00 of December 06, Thursday (or upon arrival of the first team having visited all the proposed CPs)
Start of the Section	Praia Grande, Parking
End of the Section	Outeiro da Cabeça, Sports pavilion
Map	Military map 1:33 000
CPs	7, 8, 9 , 10, 11 , 12, 13, 14 , 15, 16, AT1
Mandatory safety equipment specifically for this means of progression	4 MTB helmets (approved model); 4 MTB front lights; 4 Flashing red lights; 2 MTB repair kits.
Remarks	At the arrival, the teams must leave their MTBs outside the pavilion and they will find their gear boxes inside the pavilion.

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112	
Dra. Láira Campello	+351 96 0271524

2nd Stage - 1st Section

Means of progression	Trekking
Opening of the Section	22h00 of December 06, Thursday (or upon arrival of the first team having visited all the proposed CPs)
Time limit to enter	10h00 of December 07, Friday
Start of the Section	Outeiro da Cabeça, Sports pavilion
End of the Section	Outeiro da Cabeça, Sports pavilion
CPs	17, 18, 19, 20, 21, 22, AT1 (shall only count if at least one of the CPs above is visited.)
Map	Military map 1:25 000
Remarks	Helmets are not mandatory in this section. At the end of the section, teams will again have access to their gear boxes.

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112	
Dra. Laíra Campello	+351 96 0271524

2nd Stage - 2nd Section

Means of progression	MTB / Trikke (two/ per team)
Opening of the Section	02h00 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)
Time limit to enter	15h00 of December 07, Friday
Start of the Section	Outeiro da Cabeça, Sports pavilion
End of the Section	Outeiro da Cabeça, Sports pavilion
CPs	23, 24 (a, b), ZT3 , 29, AT1 (shall only count if at least one of the CPs above is visited)
Map	Military map 1:25 000
Mandatory safety equipment specifically for this means of progression	4 Helmets; 4 Protection pads and gloves.
Remarks	Towing systems to pull the Trikkes are allowed. At ZT3 (Pragança), the teams will only leave their MTBs and Trikkes. When they return to Outeiro, the teams will leave their MTBs and Trikkes outside the pavilion.

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112	
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2nd Stage - 3rd Section

Means of progression	Trekking
Proposed activities	Climbing (25 a) for two athletes; Rappel/abseiling (27 b) for four athletes; Trikke Downhill for two athletes (the beginning and the end of the course is at 28a and 28b, respectively).
Start of the Section	Pragança, Quinta do Castro
End of the Section	Pragança, Quinta do Castro
CPs	25 (a,b), 26, 27 (a,b), 28 (a,b)
Map	Military map 1:25 000
Mandatory safety equipment specifically for the climbing	2 Helmets; 2 Harness; Recommended wear of climbing shoes
Mandatory safety equipment specifically for the rappel/ abseil	4 Harnesses; 4 Locking carabiners; 4 Descenders; 4 Helmets.
Mandatory safety equipment specifically for the Trikke Downhill	2 Helmets; 2 Sets of protection pads and gloves.
Remarks	The two athletes who are not going to climb must wait for their team mates. The downhill Trikkes will be at the start of the course (28a) and the other team members will proceed on foot on the same course.

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3rd Stage - 1st Section

Means of progression	MTB
Proposed activity	Caving (34) for 4 athletes. The athletes will leave their MTBs outside the cave and they will descend abseiling in order to access the CP.
Opening of the Section	07h30 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)
Time limit to enter	23h00 of December 07, Friday
Start of the Section	Outeiro da Cabeça, Sports pavilion
End of the Section	Chãos, Cultural Centre
CPs	30 (a, b), 31, 32 , 33, 34, ZT4
Map	Military map 1:33 000
Mandatory safety equipment specifically for this means of progression	4 MTB helmets (approved model); 4 MTB front lights; 4 Flashing red lights; 2 MTB repair kits.
Mandatory safety equipment specifically for the rappel/ abseil	4 Harnesses; 4 Locking carabiners; 4 Descenders; 4 Helmets.
Remarks	After 3:00 of December 08, Saturday, the teams will have to proceed to AT2 on MTB (and AT2 will count for the classification). The teams who arrive until this time limit will leave their MTBs here.

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112	
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3rd Stage - 2nd Section

Means of progression	Trekking
Proposed activity	Caving (37) for 2 athletes
Opening of the Section	11h30 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)
Time limit to enter	03h00 of December 08, Saturday
Start of the Section	Chãos, Cultural Centre
End of the Section	Olhos de Água, Interpretation Centre
CPs	35, 36 , 37, 38, 39, 40, AT2
Map	Military map 1:25 000
Mandatory safety equipment specifically for ascension	2 Ascenders; 3 Locking carabiners; 2 Stitched slings.
Mandatory safety equipment specifically for the rappel/ abseil	2 Harnesses; 2 Locking carabiners; 2 Descenders; 2 Helmets.

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4th Stage - 1st Section

Means of progression	MTB
Opening of the Section	16h30 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)
Start of the Section	Olhos de Água, Interpretation Centre
End of the Section	Reguengo do Alviela, School
CPs	41 (a, b), 42, 43 (a, b), ZT5
Map	Military map 1:33 000
Mandatory safety equipment specifically for this means of progression	4 MTB helmets (approved model); 4 MTB front lights; 4 flashing red lights; 2 MTB repair kits
Remarks	At the end of this Section, the teams will leave their MTBs and will find their packs containing the inline skates and the protection pads.

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Luís Borges (Stages 2, 4)	+351 96 1692905
Vasco Rodrigues (Logistics)	+351 93 2852402

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112	
Dra. Laíra Campello	+351 96 0271524

4th Stage - 2nd Section

Means of progression	Inline skating/ Trikke (max. two/per team)
Opening of the Section	19h00 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)
Time limit to enter	12h00 of December 08, Saturday
Start of the Section	Reguengo do Alviela
End of the Section	Reguengo do Alviela
CPs	44 (a, b), it is mandatory to follow this sequence
Map	Military map 1:25 000
Mandatory safety equipment specifically for this means of progression	4 Helmets; 4 sets of protection pads and gloves.
Remarks	At the end of this Section, the teams will leave their packs with the inline skates and the protection pads and will take their life vests and paddles to the start of the paddling.

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Cláudio Barreto (Stages 1, 3, 5)	+351 96 8307950
Luís Borges (Stages 2, 4)	+351 96 1692905
Vasco Rodrigues (Logistics)	+351 93 2852402

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112	
Dra. Laíra Campello	+351 96 0271524

4th Stage - 3rd Section

Means of progression	River paddling on sit-on-top									
Opening of the Section	20h00 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)									
Time limit to enter	14h30 of December 08, Saturday									
Start of the Section	Reguengo do Alviela									
End of the Section	Rainha Palace (Azambuja)									
CPs	45, 46 , 47, 48 , 49, 50, ZT6									
Map	Military map 1:33 000									
Mandatory safety equipment specifically for this means of progression	4 Life vests, one whistle per kayak (stuck to the vest); 2 light sticks and 2 white strobe lamps									
Specific equipment	4 Paddles; 4 Dry bags; 4 Wetsuits.									
Prediction of the tide for Carregado	<table border="1" style="width: 100%; text-align: center;"> <tr> <td>07-12-2007</td> <td>21h35</td> <td>Low-tide</td> </tr> <tr> <td>08-12-2007</td> <td>03h21</td> <td>High-tide</td> </tr> <tr> <td>08-12-2007</td> <td>9h59</td> <td>Low-tide</td> </tr> </table>	07-12-2007	21h35	Low-tide	08-12-2007	03h21	High-tide	08-12-2007	9h59	Low-tide
07-12-2007	21h35	Low-tide								
08-12-2007	03h21	High-tide								
08-12-2007	9h59	Low-tide								
Remarks	At the beginning of this Section, the teams must walk to the Tagus river bank, Porto das Pereiras, where the paddling starts. At the end of the section, the teams will pack their life vests and paddles to be collected.									

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112	
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4th Stage - 4th Section

Means of progression	Trekking
Opening of the Section	06h00 of December 08, Saturday (or upon arrival of the first team having visited all the proposed CPs)
Start of the Section	Rainha Palace (Azambuja)
End of the Section	Meca, Largo da Igreja (Church's Square)
CPs	51, 52, 53 , 54, 55 (a, b), AT3
Map	Military map 1:25 000

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Luís Borges (Stages 2, 4)	+351 96 1692905
Vasco Rodrigues (Logistics)	+351 93 2852402

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112	
Dra. Láira Campello	+351 96 0271524

5th Stage - 1st Section

Means of progression	MTB
Opening of the Section	11h00 of December 08, Saturday (or upon arrival of the first team having visited all the proposed CPs)
Time limit to enter	04h00 of December 09, Sunday
Start of the Section	Meca, Largo da Igreja (Church's Square)
End of the Section	Sintra, Portela, Urbanism Department
CPs	56, 57 (a,b), 58 , 59 (a,b), 60 , 61(a,b), 62, ZT7
Map	Military map 1:33 000
Mandatory safety equipment specifically for this means of progression	4 MTB helmets (approved model); 4 MTB front lights; 4 Flashing red lights; 2 MTB repair kits
Remarks	After 12h00 of December 09, Sunday, the teams will have to proceed to ZT8 on MTB. The teams who arrive until this time limit, will leave their MTBs here. Restriction: Do not ride on roads EN 250-1 or EN 9.

CONTACTS OF THE ORGANIZATION

Alexandre Silva (General Coordinator)	+351 93 3479467
Cláudio Barreto (Stages 1, 3, 5)	+351 96 8307950
Luís Borges (Stages 2, 4)	+351 96 1692905
Vasco Rodrigues (Logistics)	+351 93 2852402

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112	
Dra. Láira Campello	+351 96 0271524

5th Stage - 2nd Section

Means of progression	Trekking
Proposed activity	Rappelling/abseiling (63)
Time limit to enter	12h00 of December 09, Sunday
Start of the Section	Sintra, Portela, Urbanism Department
End of the Section	Cascais (Praia dos Pescadores - Beach)
CPs	63 (a,b), 64, 65, 66 (a,b), ZT8
Map	Military map 1:25 000
Mandatory safety equipment specifically for the rappel/ abseil	4 Harnesses; 4 Locking carabiners; 4 Descenders; 4 Helmets.
Remarks	At the end of this section the teams will find their life vests and paddles and they can leave the abseiling gear in an identified pack.

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Alexandre Silva (General Coordinator)	+351 93 3479467
Cláudio Barreto (Stages 1, 3, 5)	+351 96 8307950
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Vasco Rodrigues (Logistics)	+351 93 2852402

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112	
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5th Stage - 3rd Section

Means of progression	Ocean paddling on sit-on-top
Proposed activity	Snorkelling for two athletes
Opening of the Section	07h00 of December 09, Sunday (or upon arrival of the first team having visited all the proposed CPs)
Time limit to enter	15h00 of December 09, Sunday
Time limit <small>(final)</small> to finish	16h00 of December 09, Sunday
Start of the Section	Cascais (Praia dos Pescadores - Beach)
Finish	Estoril (Tamariz Beach)
CPs	67, Finish
Map	Military map 1:25 000
Mandatory safety equipment specifically for this means of progression	4 Life vests; One whistle per kayak (stuck to the vest)
Specific equipment	4 Paddles; 4 Dry bags; 4 Wetsuits.
Specific equipment for the proposed activity	Diving masks and snorkels (fins are optional)

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Vasco Rodrigues (Logistics)	+351 93 2852402

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112	
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