

## **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)

**1<sup>st</sup> Stage - 1<sup>st</sup> Section**

<b>Means of progression</b>	Inline skating/ Trikke
<b>Start</b>	<b>7h00-8h00</b> The start will be given according to the teams' classification in the Prologue, every two minutes
<b>Time limit to start</b>	08h00 of December 06, Thursday
<b>Place of the Start</b>	Cascais City Council, Praça 5 de Outubro
<b>End of the Section</b>	Guincho Beach, Parking (at the end of the cycling way)
<b>Map</b>	Military map 1:25 000
<b>CP</b>	<b>ZT1</b>
<b>Mandatory safety equipment specifically for this means of progression</b>	4 Helmets; 4 Protection pads; 4 Gloves.
<b>Remarks</b>	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**

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**MEDICAL EMERGENCY**

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## 1<sup>st</sup> Stage - 2<sup>nd</sup> Section

<b>Means of progression</b>	Trekking									
<b>Proposed activity</b>	Coasteering									
<b>Start of the Section</b>	Guincho Beach, Parking (at the end of the cycling way)									
<b>End of the Section</b>	Praia Grande, Parking									
<b>CPs</b>	1, 2 ( a, b, c), <b>3</b> , 4 ( a, b), 5 ( a, b), <b>6 ( a, b), ZT2</b>									
<b>Map</b>	Military map 1:25 000									
<b>Mandatory safety equipment specifically for this means of progression</b>	4 Helmet;									
<b>Prediction of the tide for Cascais:</b>	<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								
<b>Remarks</b>	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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## 1<sup>st</sup> Stage - 3<sup>rd</sup> Section

<b>Means of progression</b>	MTB
<b>Opening of the Section</b>	12h00 of December 06, Thursday (or upon arrival of the first team having visited all the proposed CPs)
<b>Start of the Section</b>	Praia Grande, Parking
<b>End of the Section</b>	Outeiro da Cabeça, Sports pavilion
<b>Map</b>	Military map 1:33 000
<b>CPs</b>	7, 8, <b>9</b> , 10, <b>11</b> , 12, 13, <b>14</b> , 15, 16, <b>AT1</b>
<b>Mandatory safety equipment specifically for this means of progression</b>	4 MTB helmets (approved model); 4 MTB front lights; 4 Flashing red lights; 2 MTB repair kits.
<b>Remarks</b>	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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## 2<sup>nd</sup> Stage - 1<sup>st</sup> Section

<b>Means of progression</b>	Trekking
<b>Opening of the Section</b>	22h00 of December 06, Thursday (or upon arrival of the first team having visited all the proposed CPs)
<b>Time limit to enter</b>	10h00 of December 07, Friday
<b>Start of the Section</b>	Outeiro da Cabeça, Sports pavilion
<b>End of the Section</b>	Outeiro da Cabeça, Sports pavilion
<b>CPs</b>	17, 18, 19, 20, 21, 22, <b>AT1</b> (shall only count if at least one of the CPs above is visited.)
<b>Map</b>	Military map 1:25 000
<b>Remarks</b>	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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## 2<sup>nd</sup> Stage - 2<sup>nd</sup> Section

<b>Means of progression</b>	MTB / Trikke (two/ per team)
<b>Opening of the Section</b>	02h00 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)
<b>Time limit to enter</b>	15h00 of December 07, Friday
<b>Start of the Section</b>	Outeiro da Cabeça, Sports pavilion
<b>End of the Section</b>	Outeiro da Cabeça, Sports pavilion
<b>CPs</b>	23, 24 (a, b), <b>ZT3</b> , 29, <b>AT1</b> (shall only count if at least one of the CPs above is visited)
<b>Map</b>	Military map 1:25 000
<b>Mandatory safety equipment specifically for this means of progression</b>	4 Helmets; 4 Protection pads and gloves.
<b>Remarks</b>	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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## 2<sup>nd</sup> Stage - 3<sup>rd</sup> Section

<b>Means of progression</b>	Trekking
<b>Proposed activities</b>	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).
<b>Start of the Section</b>	Pragança, Quinta do Castro
<b>End of the Section</b>	Pragança, Quinta do Castro
<b>CPs</b>	25 (a,b), 26, 27 (a,b), 28 (a,b)
<b>Map</b>	Military map 1:25 000
<b>Mandatory safety equipment specifically for the climbing</b>	2 Helmets; 2 Harness; Recommended wear of climbing shoes
<b>Mandatory safety equipment specifically for the rappel/ abseil</b>	4 Harnesses; 4 Locking carabiners; 4 Descenders; 4 Helmets.
<b>Mandatory safety equipment specifically for the Trikke Downhill</b>	2 Helmets; 2 Sets of protection pads and gloves.
<b>Remarks</b>	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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### 3<sup>rd</sup> Stage - 1<sup>st</sup> Section

<b>Means of progression</b>	MTB
<b>Proposed activity</b>	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.
<b>Opening of the Section</b>	07h30 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)
<b>Time limit to enter</b>	23h00 of December 07, Friday
<b>Start of the Section</b>	Outeiro da Cabeça, Sports pavilion
<b>End of the Section</b>	Chãos, Cultural Centre
<b>CPs</b>	30 (a, b), 31, <b>32</b> , 33, 34, <b>ZT4</b>
<b>Map</b>	Military map 1:33 000
<b>Mandatory safety equipment specifically for this means of progression</b>	4 MTB helmets (approved model); 4 MTB front lights; 4 Flashing red lights; 2 MTB repair kits.
<b>Mandatory safety equipment specifically for the rappel/ abseil</b>	4 Harnesses; 4 Locking carabiners; 4 Descenders; 4 Helmets.
<b>Remarks</b>	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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## 3<sup>rd</sup> Stage - 2<sup>nd</sup> Section

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

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## 4<sup>th</sup> Stage - 1<sup>st</sup> Section

<b>Means of progression</b>	MTB
<b>Opening of the Section</b>	16h30 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)
<b>Start of the Section</b>	Olhos de Água, Interpretation Centre
<b>End of the Section</b>	Reguengo do Alviela, School
<b>CPs</b>	41 (a, b), 42, 43 (a, b), <b>ZT5</b>
<b>Map</b>	Military map 1:33 000
<b>Mandatory safety equipment specifically for this means of progression</b>	4 MTB helmets (approved model); 4 MTB front lights; 4 flashing red lights; 2 MTB repair kits
<b>Remarks</b>	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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## 4<sup>th</sup> Stage - 2<sup>nd</sup> Section

<b>Means of progression</b>	Inline skating/ Trikke (max. two/per team)
<b>Opening of the Section</b>	19h00 of December 07, Friday (or upon arrival of the first team having visited all the proposed CPs)
<b>Time limit to enter</b>	12h00 of December 08, Saturday
<b>Start of the Section</b>	Reguengo do Alviela
<b>End of the Section</b>	Reguengo do Alviela
<b>CPs</b>	44 (a, b), it is mandatory to follow this sequence
<b>Map</b>	Military map 1:25 000
<b>Mandatory safety equipment specifically for this means of progression</b>	4 Helmets; 4 sets of protection pads and gloves.
<b>Remarks</b>	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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## 4<sup>th</sup> Stage - 3<sup>rd</sup> Section

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

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

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## 5<sup>th</sup> Stage - 1<sup>st</sup> Section

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

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**5<sup>th</sup> Stage - 2<sup>nd</sup> Section**

<b>Means of progression</b>	Trekking
<b>Proposed activity</b>	Rappelling/abseiling (63)
<b>Time limit to enter</b>	12h00 of December 09, Sunday
<b>Start of the Section</b>	Sintra, Portela, Urbanism Department
<b>End of the Section</b>	Cascais (Praia dos Pescadores - Beach)
<b>CPs</b>	63 (a,b), 64, 65, <b>66 (a,b), ZT8</b>
<b>Map</b>	Military map 1:25 000
<b>Mandatory safety equipment specifically for the rappel/ abseil</b>	4 Harnesses; 4 Locking carabiners; 4 Descenders; 4 Helmets.
<b>Remarks</b>	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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## 5<sup>th</sup> Stage - 3<sup>rd</sup> Section

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

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