



**HEADING SOUTHWEST**

INAUGURAL EDITION

BY FINIS TERRA

# ADVENTURE MANUAL

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| MEDIA

| ADVENTURE DIRECTOR

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| EMERGENCY CONTACTS

Medical and Any Kind of Emergency | 112

Forest Fire | 117

GNR (policing transit inland areas) | 808 201 855

| EMERGENCY TERMS AND PHRASES IN PORTUGUESE

Pharmacy: Farmácia

Emergency: Emergência

I need a doctor: Preciso de um medico

Call an ambulance: Chame uma ambulancia

Where is the nearest hospital?: Onde é o hospital mais próximo?

I feel ill: Estou doente

Health Center: Centro de Saúde

Water: Água

| DRINKING WATER FOUNTAINS ([LINK](https://drinkingwater.directory/pt)): <https://drinkingwater.directory/pt>

("ÁGUA IMPRÓPRIA PARA CONSUMO" / "ÁGUA NÃO CONTROLADA" MESSAGES! DON'T DRINK!)

EMERGENCY CONTACTS



'Heading SouthWest' is an adventure-cycling challenge across Portugal in one-stage. The route starts in the Center of the most southwestern country of Europe and finishes in the most southwestern region: Algarve. Along the on-road (set) route with approximately 1.000K and 15.000M of elevation gain, long-distance cyclists will face the diversity of the Portuguese landscapes - from mountains to plains - heading the Atlantic Ocean.

## WHY HEADING SOUTHWEST?

The number of long-distance and self-supported cyclists in Portugal is growing and following the international scenario. Despite we are still a small community, the increasing number of participants in events and races is perceptible, especially in Spain. However, there isn't a proportional response considering the organization of events in the Portuguese territory. The biggest focus for amateur cycling is still on competitive road-cycling events, like Granfondos. Concerning self-supported ultracycling, the Portugal Divide hasn't a official group departure and the BikingMan Portugal isn't joining Portuguese riders. The main goal of the inaugural edition of Heading SouthWest is precisely to join the Portuguese community, including long-distance cyclists living in Portugal (Portuguese and Brazilian) and Portuguese living abroad, as well as to promote the territory as a cycling destination for international riders and showing the 'B-side' of the country that goes beyond the costal and urban areas.

1 | RESPECT: (I) the local traffic rules\* (II) the local communities (III) the environment;

1 | RESPEITA: (I) as regras de trânsito (II) as comunidades (III) o ambiente;

2 | RIDE THE ROUTE: (I) if you go off the route, then return in the same point (II) tracker always on;

2 | PERCORRE A ROTA: (I) se saíres do traçado, retorna no mesmo ponto (II) tracker sempre ligado;

3 | NO THIRD-PARTY SUPPORT: you aren't allowed to receive help from family, friends and other participants with food, accommodation or mechanical support (riders in the duo category can help each other) – use the commercial services available for all riders;

3 | SEM SUPORTE DE TERCEIROS: não é permitido receberes ajuda de amigos, família ou de outros participantes com comida, alojamento ou apoio mecânico (participante da categoria duplas podem ajudar-se mutuamente) – utiliza os serviços comerciais disponíveis para todos;

4 | NO DRAFTING: you are not allowed to follow other riders or vehicles for aerodynamical advantages;

4 | NO DRAFTING: não é permitido rodar no 'cone de ar' de outros ciclistas ou veículos e assim como forma de obter vantagens aerodinâmicas;

5 | USE YOUR OWN ENERGY: e-bikes aren't allowed or any kind of 'artificial' help.

5 | UTILIZA A TUA ENERGIA: não são permitidas e-bikes e qualquer tipo de ajuda 'artificial'.

\*basically the same of the European territories: helmet, lights, be (and your bike) as visible as possible, respect traffic lights, stop signs. We also strongly recommend to wear a reflective vest at night or with poor visibility conditions, as well as to carry an insulated blanket.



### ARRIVE TO COIMBRA BY TRAIN WITH YOUR BIKE

- Buy the [ticket online](#) in advance (IC and Regional service trains)
- You should leave the train in Coimbra-B station
- Remove all bags from the saddle, frame and handlebar
- If you have carbon wheels, extra care and attention



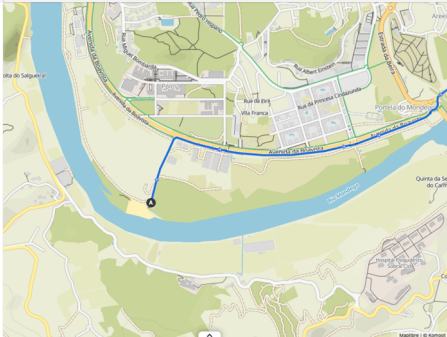
### BRIEFING SESSION & DINNER AT GALERIA BAR SANTA CLARA

- 40.201786584784244, -8.43261662398223
- Rua António Augusto Gonçalves 67, 3040-241 Coimbra
- Starts at 7-10PM (local time) on Friday May 20<sup>th</sup>
- Mandatory for the participants



## DEPARTURE: PRAIA FLUVIAL DO REBOLIM

- 40.17987231527416, -8.417057915517383
- Peripheral area of Coimbra to avoid academic festivities area
- Just 2 kilometers away from the end of the urban area
- Neutralized start during this first 2KM (until the roundabout)



## DEPARTURE RULES

- No closed roads, so 3 groups departure for safety reasons:
- (08:00) Solo under 72 hours, (08:05) solo more than 72 hours;
- (08:10) Pair category and special teams.
- Due to the road profile, drafting allowed until KM 20.6 (bridge in Penacova village)

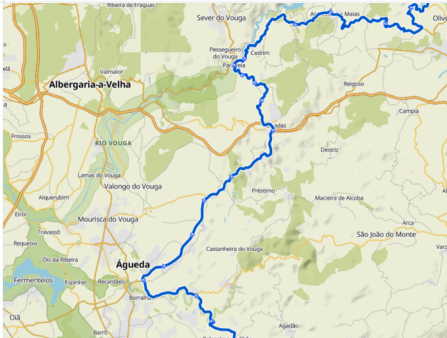
The route was designed to explore the diversity of Portuguese landscapes and cultural heritages from the mountains in the Center to the plains and hills in the South (Alentejo & Algarve regions). In the mid-XX century, the geographer Orlando Ribeiro developed the first in-depth study on territorial conditions and society in mainland Portugal. He identified two opposite realities in terms of geomorphology, climate and social organization. In the North the Oceanic climate prevails and in the South the Mediterranean/Semi-Desert climate. These conditions and the different geological elements have shaped - over time - the diversity of cultural heritage that remains today. The Central System Mountain Range and the Tagus river divide the two realities. The name of Orlando Ribeiro's masterpiece is precisely: 'Portugal, the Mediterranean and the Atlantic'.

Heading SouthWest explores the diversity of Portuguese landscapes and cultural heritages. The on-road route was designed with the contribution of those who know Portuguese roads best: long-distance cyclists living in Portugal. From the mountains in the 'transition zone' to the "plains" in Alentejo, heading the ocean surroundings in Algarve. This is a set route event: 99% on-road and 1% gravel. A road bike with 28mm tyres is perfectly okay to face the 'pavé'/cobblestones sections and the smooth gravel sector.



### MATA NACIONAL DO BUÇACO GATE

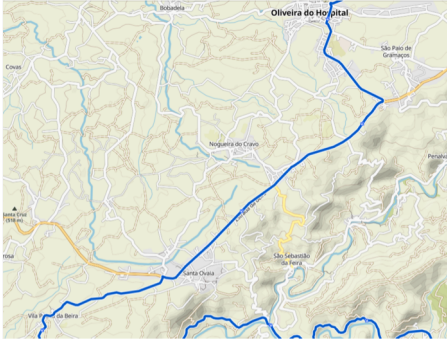
- 40.37977077054686, -8.37565389787285 | KM 38.9
- Car checkpoint for payment to entry in Mata do Buçaco
- Bicycles/Cyclists don't need to pay
- Don't need to stop (they are used to cyclists)



### ROADS N333 & N328

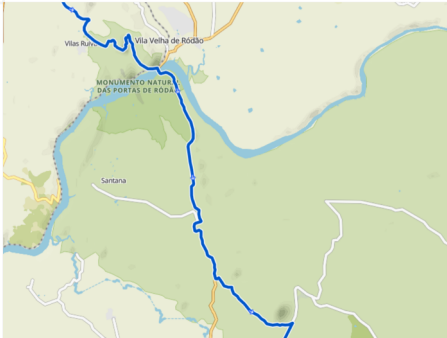
- From KM 81 (Águeda) to KM 106 (Paradela)
- High speed car traffic and some trucks
- Bike lane during the first kilometers but then disappears
- From KM 98.5 descent with short space on the road margin





## ROAD N17 – ESTRADA DA BEIRA

- From KM 313 (Oliveira do Hospital) to km 318 (Venda Galizes)
- Relevant National Road with high level of car traffic
- As well as truck traffic
- Try to avoid rush hours



## ROAD N18

- From KM 534 (Ródão Bridge) to KM 543 (Pé da Serra crossing)
- Warning Point starts in Portas de Ródão Bridge: trucks traffic
- Trucks go faster as possible to not lose speed during the climb
- Attention: truck traffic also in the opposite way



### ROAD N255 IN ALENTEJO

- From KM 753 (Reguengos de Monsaraz) to KM 815 (Pias)
- Linking medium size villages of Alentejo
- Low level of car traffic, but road with high speed profile,
- Trucks aren't common



### GRAVEL SECTOR (6 KM)

- From KM 860 to KM 866 (nice shortcut comparing to the road)
- Smooth sector (eventually smoother than the road you left)
- To add an extra sauce to the challenge
- To honour the profile of the landscape/region

**DURING: WARNING POINTS**



### FINISH IN ALTER – GERMANO BICIARTE CAFÉ

- Deliver the tracker to the 'race director' (RD) or Germano staff
- If you didn't finish, the alternative spots to deliver the tracker:
- Lisbon: Grupeto Bike Shop/Oficina35 & Coimbra: Trouxa Bicla
- You should always inform the RD where you left the tracker



### ACCOMODATION IN GERMANO, TRAIN STATION & FARO AIRPORT

- Shared room (shower, bed & kitchen) for 20€ p/night (7 spots):
- Alte: cute village with river beach;
- Train: 'Messines-Alte' Train Station 13KM away from Alte
- Airport: cardboard boxes & service in 'OnTrack Your Bike Store'

| DOTWATCHING  
[FINISTERRA.CC](https://finisterra.cc)  
[FOLLOW MY CHALLENGE](https://finisterra.cc)

| LIVE COMMENTARIES/UPDATES  
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| INSTAGRAM PAGE AND TAGS:  
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