



HEADING SOUTHWEST 2023

ULTRACYCLING AND ADVENTURE-CYCLING EVENT ACROSS PORTUGAL



# ADVENTURE MANUAL

## HEADING SOUTHWEST 2023

MAY 2023 - V.2

FINISTERRA CC



# - HEADING SOUTHWEST 2023 -

'Heading SouthWest' is a self-supported and 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 around 1.100KM & 15.000M of climbing, long-distance cyclists will face the diversity of the Portuguese landscapes - from mountains of the Central System to the hills/plains in South. The 2<sup>nd</sup> ed. starts on June 4 in Coimbra and finishes in Alte, Algarve (Germano biciArte Café).

## KEY DATES

### Accreditation and Briefing

June 03<sup>rd</sup> Saturday 16:30-18:30 | Coimbra

### Official Start

June 04<sup>th</sup> Sunday 08:00 | Coimbra

### Time Limit

June 09<sup>th</sup> Friday 23:59 | Alte

## WEBSITE & EMAIL

[www.finisterra.cc/heading-southwest](http://www.finisterra.cc/heading-southwest)  
[info@finisterra.cc](mailto:info@finisterra.cc)

# MANIFESTO

'Heading SouthWest' is an adventure-cycling and bikepacking experience. We seek for the true essence of cycling. We believe that the self-supported approach fits perfectly with the adventure-cycling spirit. This isn't about how far you can go, but how deep is your experience. Instead of rules, we prefer to see this minimalist list as a manifesto:

## **1 | RESPECT THE LOCAL TRAFFIC RULES, COMMUNITIES AND ENVIRONMENT:**

We are a community who wants to build a positive legacy. The way you behave will shape how society and institutions will look to ultracycling and long-distance cyclists.

## **2 | RIDE THE ROUTE, RIDE SAFE & ENJOY:**

The route was designed to tell a story across the route/landscapes and you are the main actor. Trust the script and let yourself go. You can leave the route temporarily (for water, food, WC, accommodation, tourism, etc.), but then return in the same exact point. The GPS live tracking shows your geographical position on the route and your tracker should always be on.

## **3 | NO THIRD-PARTY SUPPORT:**

This is about your personal experience and challenging your own limits. So, make no sense to receive help from your family or friends with food, accommodation or mechanical support (riders in the duo category can help each other). Sum up, you should use the commercial services available for all riders. If you have a

mechanical problem you should solve it by your own. If you can't solve it, you can use the commercial mechanical services available.

## **4 | NO DRAFTING:**

You cannot follow other participants, cyclists or vehicles for aerodynamical advantages.

## **5 | USE YOUR OWN ENERGY:**

Just you and your bicycle - the greatest transport invention of all time (no e-bikes and no doping).

If necessary, the organization will take decisions that are not foreseen in the 'Manifesto', with the aim of ensuring the common good, as well as equality of circumstances among the participants.

# SAFETY

## **PERSONAL INSURANCE**

Respecting the Portuguese law for amateur events, the organization assures personal insurance for accidents (expenses for treatment, disability and death) between June 4<sup>th</sup> and May 9<sup>th</sup>. We strongly recommend for riders who aren't living in Portugal to also have personal insurance covering civil liability and repatriation in case of severe physical injuries or death. We want to make clear that - from the our and organization perspective - 'Heading SouthWest' is not a race or competition. It's simultaneously a personal challenge and a collective cycling adventure. An opportunity to

face your own physical and emotional limits while other adventurers are doing the same. Individually, in community. We won't provide any kind of cash or prizes and we will collect and publish riders' results and times only for information and recreation purposes.

### **MANDATORY ITEMS**

Helmet, front and rear lights (including backup lights), a reflective vest and an emergency insulated blanket.

### **ACCREDITATION/BRIEFING (MANDATORY)**

We will verify – during the accreditation – the mandatory items. We won't allow the participation of any rider without mandatory items (mentioned above). In the briefing session, we will check together the 'Manifesto' and share last hour information.

## **SCENARIOS**

### **IF I HAVE A MEDICAL EMERGENCY**

(If possible) Call always first the medical emergency: 112.

### **IF I HAVE A MECANICAL PROBLEM**

Try to solve it by yourself. If you can't fix the problem, go to a bike shop (or similar commercial services) by your own or using public transportation (taxi, bus, train). Then return to the exactly same point where you left the route.

### **IF I FACE A SITUATION THAT DOESN'T ALLOW ME TO FOLLOW THE ROUTE**

The route was designed to avoid this kind of situations, but it is impossible to control and predict what happens in hundreds of kilometers. If you face a closed road, contact the "Race" Director. If the detour means just a few hundred meters of adjustment, find - by your own - the shorter way to back to the original route. Self-supported Ultracycling events will only work and make sense with values of integrity and a relationship of trust between organization and riders (and among riders).

### **IF I DECIDE TO ABANDON**

Inform the "Race" Director and return to Castro Verde by your own.

### **I HAVE MORE QUESTIONS**

Contact us via: [info@finisterra.cc](mailto:info@finisterra.cc)

### **"RACE" DIRECTOR CONTACT**

+351 91 88 78 360 (David). Only available during the event period and briefing day.

## **LOGISTICS**

### **TRAVEL TO COIMBRA**

The two closest airports to Coimbra (departure city/point) are located in Lisbon and Porto. Coimbra is halfway between Lisbon and Porto. You should travel in an 'IC Service' train (InterCity Train) which allows you the transportation of your bicycle without dismount it. The number of bicycles allowed per



train/carriage is very limited, so it is advisable to buy the tickets in advance online ([www.cp.pt](http://www.cp.pt)). Do not forget to add the bicycle transportation option on the ticket purchase form. The final destination station name is 'Coimbra B'

## **IN COIMBRA**

Our briefing session will be at 'Galeria de Santa Clara' (Rua António Augusto Gonçalves 67). Feel free to bring your bicycle. There is a lot of space in Galeria's backyard. In Coimbra we strongly recommend you to avoid/take care with the tram lines on the road (mostly in the closest roads to the river).

## **BIKE BAG/BOX STORE**

If necessary, it will be possible to store your bike bag/box in Lisbon at 'Oficina 35' Bike Shop (Rua Morais Soares 35c). Please, contact them (+351 939 586 194) in advance and mention 'Heading SouthWest'. If you need a bike card box in Algarve and close to Faro Airport, we recommend you 'OnTrack Your Bike Store'. Following the spirit of bikepacking events and due to the unpredictability factor in ultracycling, we won't transport any belongings between departure and arrival points.

# **RECOMMENDATION**

## **ACCOMMODATION ALONG THE ROUTE**

We don't recommend prior reservation of accommodation located along the route. Unpredictability are usual in ultracycling. Along the route, there are several villages/cities with

local accommodation, hostels, hotels. Route studying is very important in self-supported ultracycling and you should be aware of the accommodation options along the route.

## **WATER FOUNTAINS**

The probability of high temperatures is significant. However, we don't recommend you to drink water from fountains, namely with the info: 'Not Controlled Water' ('Água Não Controlada'). You will pass by several villages/cities with 'cafés'. Large bottles are a good solution thinking about the remote areas. We stress the importance of studying the route.

## **TYRES AND BIKE**

28 mm or above will be our recommendation, but it also depends of the profile/preferences of each rider (32 mm is a growing option among long distance cyclists thinking about increasing comfort). Make sure that your tires are good (punctures aren't exactly a matter of luck). You will ride in just a few days what you eventually ride in a month. The route was designed especially for road bikes, but any kind of bicycles are welcomed (except e-bikes).

## **DECISION TO ABANDON**

During a long-distance journey you will have highs and lows. Don't take important decisions during bad moments. Wait for the morning. A beautiful sunrise in Portugal will always help.

## **BE KIND WITH THE CREW**

The organization and crew will be under high pressure before and during the event. We will give our best. Good vibes are very welcome.

# THE ROUTE

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' 2023 route was designed to explore the diversity of Portuguese landscapes and cultural heritages. From the mountains in the 'transition zone' to the hills and "plains" in Alentejo, heading the ocean surroundings in Algarve. This is a set route event: 99,5% on-road and 0,5% smooth gravel/sterrato. A road bike with 28mm tyres is perfectly okay to face the cobblestones and gravel sections.

*Kilometers, Elevation Gain and Predictable Moving Time according Average Speed (Komoot)*

|                           | KILOMETERS | D+ METERS | AV. SPEED (KM/H) | MOVING TIME |
|---------------------------|------------|-----------|------------------|-------------|
| S1 COIMBRA - MANTEIGAS    | 209        | 4.850     | 13,3             | 15H43M      |
| S2 MANTEIGAS - MONSANTO   | 341        | 4.940     | 15,2             | 22H26M      |
| S3 MONSANTO - ÉVORA       | 320        | 3.360     | 16,1             | 19H50M      |
| S4 ÉVORA – ALTE (ALGARVE) | 225        | 1.950     | 12,8             | 13H49M      |
| HEADING SOUTHWEST         | 1.095      | 15.100    | 14,3             | 76H19M      |

According to Komoot, the route has approximately 1.100 kilometers and more than 15.000 meters of elevation gain. Just as a reference, a rider with an average speed of 14,3 km/h will need 76 hours and 19 minutes of moving time to complete the route. The Section 1 (S1) of the route – between Coimbra and Manteigas is definitely the hardest and hilly part of the route (almost 5.000 meters of climbing in 209KM).

Concerning elevation gain, you should be aware that the measurement provided by GPS Cycling Computers usually overestimates the field terrain reality comparing with route planning apps (e.g. Strava, Komoot, Ride with GPS). So, according to your perception of elevation gain, you should be aware that the route could be harder (in terms of meters of climbing) than what you could expect.

## SECTION 1 | COIMBRA > CP1 MANTEIGAS

209 km | 4.850 m d+

Climbs are the essence of road cycling. From this point of view, the first 200 KM of the route are a road cycling anthem. 'Selada das Eiras/Açor' is the first mountainous challenge. The numbers aren't impressive in terms of difficulty (10KM at 3,8% average slope and 2<sup>nd</sup> category according to Strava), but it will be the first major mountain obstacle of the route. Serra do Açor is the most well-kept secret of road cycling in Portugal and – for sure – it will surprise a lot of riders with the breathtaking views. After, it's time for 'Adamastor' (9.1K at 7,6%)! Probably the most feared road-cycling climbing sector in Portugal. 'Adamastor' is a mythological character – that comes out of a storm – created by the poet 'Luís de Camões' in his masterpiece 'Os Lusíadas' – about the epic voyages of the Portuguese sailors during the Discovery Age. It is a personification of the Cape of Good Hope (South Africa), symbolizing the power of nature and sea. Face 'Adamastor' in first day or leave it to the second day and spend the night at Loriga? It will be an important decision. After this "monster", Sabugueiro is a good option to rest and for supplies. If your legs are fine, go to Manteigas and complete the first section of the route.



## SECTION 1 | ROADBOOK / POINTS OF INTEREST

| POI                                      | KM   | TO CP1 | TYPE             | NOTES  |
|--|------|--------|------------------|--|
| <b><u>COIMBRA</u></b>                    | 0    | 209    | START            | ALL SERVICES AVAILABLE                             |
| <b>COIMBRA</b>                           | 1,9  | 207    | DANGER           | TRANSITION FROM THE BIKE LANE TO THE ROAD          |
| <b>N2 LOUREDO</b>                        | 16,7 | 192    | CLIMB            | 2K > 5,7% > <b>C4</b>                              |
| <b>VILA NOVA POIARES</b>                 | 22,4 | 187    | VILLAGE          | <b>CAFÉS</b> , SUPERMARKETS                        |
| <b>GÓIS</b>                              | 42,4 | 167    | VILLAGE          | <b>CAFÉS</b>                                       |
| <b>CORTECEGA</b>                         | 42,5 | 167    | CLIMB            | 2,2K > 8,3% > <b>C3</b>                            |
| <b>COLMEAL</b>                           | 61,0 | 148    | SMALL VILLAGE    | <b>CAFÉ</b>  |
| <b>SELADA DAS EIRAS<br/>(SERRA AÇOR)</b> | 62,1 | 147    | CLIMB            | 10K > 3,8% > <b>C2</b>                             |
| <b>MATA DA<br/>MARGARAÇA</b>             | 88,8 | 120    | DANGER           | COBBLES DESCENT                                    |
| <b>COJA</b>                              | 103  | 106    | VILLAGE          | <b>CAFÉS</b> , RESTAURANTS                         |
| <b>VIDE</b>                              | 130  | 79     | SMALL VILLAGE    | <b>CAFÉ</b>  |
| <b>ALVOCO DA SERRA</b>                   | 147  | 62     | CLIMB            | 4,6K > 4,7% > <b>C3</b>                            |
| <b>LORIGA</b>                            | 155  | 54     | MOUNTAIN VILLAGE | <b>CAFÉ</b> , RESTAURANT,<br>HOSTEL, PHARMACY, ATM |
| <b>ADAMASTOR<br/>(SERRA ESTRELA)</b>     | 159  | 50     | CLIMB            | 9,1K > 7,6% > <b>C1</b>                            |
| <b>SABUGUEIRO<br/>DOWNHILL</b>           | 170  | 39     | DANGER           | DANGEROUS DESCENT                                  |
| <b>SABUGUEIRO</b>                        | 178  | 31     | MOUNTAIN VILLAGE | <b>CAFÉS</b> , RESTAURANTS,<br>ACCOMODATION        |
| <b>SABUGUEIRO</b>                        | 180  | 29     | CLMB             | 3,4K > 6,8% > <b>C3</b>                            |
| <b>TI BRANQUINHO</b>                     | 191  | 18     | VIEWPOINT        | CHEESE&HAM SANDWICHES                              |
| <b>MONDEGUINHO</b>                       | 191  | 18     | VIEWPOINT        | WATER FOUNTAIN                                     |
| <b><u>CP1 MANTEIGAS</u></b>              | 209  | 0      | VILLAGE / CP1    | <b>CAFÉS</b> , RESTAURANTS,<br>ACCOMODATION, ATM.  |

## SECTION 2 | CP1 MANTEIGAS > CP2 MONSANTO

341 km | 4.940 m d+

In theory, the section two of the route it's less hard than the first one in terms of climbing. However, the challenging orography will be there, specially entering in Spanish territory at (the magnificent) 'Arribes Del Duero' with a double climb. The first - 'Salto de Saucelle' - has 6,2 KM, 402 meters of elevation gain and an average slope of 6.5%. The panoramic view over the Douro River/Valley and the peculiar mountain range of Penedo Durão in the Portuguese territory will certainly motivate the riders during the climb. After a fast descent, 'La Molinera' appears: 6,8 KM, 286 meters of elevation gain and 4% average slope. It's not as demanding as the previous climb, but after 380 kilometers everything seems much harder. Altogether, we are talking about approximately 13 kilometers and 688 meters of elevation gain. After this challenge, "flat" highlands for one hundred kilometers and backing to Portuguese territory at Fuentes de Oñoro/Vilar Formoso border crossing. Before reaching the "most Portuguese village in Portugal" - Monsanto (virtual Check Point 2) - you will face a short and hard climb: 2,2 KM at almost 9% of average slope and with a cobblestones sector during the first part of the climb. Welcome to the 'House of the Dragon'!





## SECTION 2 | ROADBOOK / POINTS OF INTEREST

| POI                                  | KM   | TO CP2 | TYPE          | NOTES   |
|--------------------------------------|------|--------|---------------|---|
| <b><u>CP1 MANTEIGAS</u></b>          | 0    | 341    | START         | <b>CAFÉS</b> , RESTAURANTS, ACCOMODATION, ATM.                    |
| <b>VALHELHAS</b>                     | 16,0 | 325    | DANGER        | <b>CAFÉ</b> , RESTAURANTS   |
| <b>ALTO FAMALICÃO</b>                | 16,5 | 325    | CLIMB         | 8,6K > 4,8% > <b>C2</b>   |
| <b>TRINTA-CORUJEIRA</b>              | 30,6 | 310    | DANGER        | DANGEROUS DESCENT   |
| <b>ALDEIA VIÇOSA</b>                 | 46,3 | 295    | SMALL VILLAGE | <b>CAFÉ</b>   |
| <b>VILA FRANCA DAS NAVES</b>         | 66,2 | 275    | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, MINIMARKET, PHARMACY.                 |
| <b>PINHEL</b>                        | 85,7 | 225    | TOWN          | <b>CAFÉS</b> , RESTAURANTS, MARKETS, ACCOMODATION, PHARMACY, ATM. |
| <b>MAROFA</b>                        | 88,8 | 252    | CLIMB         | 6,6K > 4,1% > <b>C3</b>   |
| <b>CASTELO RODRIGO</b>               | 109  | 232    | VIEWPOINT     | <b>CAFÉ</b>   |
| <b>FIGUEIRA DE CASTELO RODRIGO</b>   | 112  | 229    | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, SUPERMARKETS, ATM.                    |
| <b>BARCA DE ALVA</b>                 | 132  | 209    | SMALL VILLAGE | <b>CAFÉS</b> , RESTAURANTS, MINIMARKETS.                          |
| <b>SALTO SAUCELLE</b>                | 149  | 192    | CLIMB         | 6,2K > 6,5% > <b>C2</b>   |
| <b>LA MOLINERA</b>                   | 166  | 175    | CLIMB         | 6,8K > 4,0% > <b>C3</b>   |
| <b>LOMBRALES</b>                     | 181  | 160    | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, PHARMACY.                             |
| <b>FUENTES OÑORO / VILAR FORMOSO</b> | 236  | 105    | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, SUPERMARKETS, PHARMACY, ATM.          |
| <b>ALFAIATES</b>                     | 266  | 75     | SMALL VILLAGE | <b>CAFÉS</b> , RESTAURANTS  |
| <b>PENAMACOR</b>                     | 317  | 24     | VIEWPOINT     | <b>CAFÉS</b> , RESTAURANTS, MARKETS, ACCOMODATION, PHARMACY, ATM. |
| <b>MONSANTO</b>                      | 339  | 2      | CLIMB         | 2,2K > 8,7% > <b>C3</b>   |
| <b><u>CP2 MONSANTO</u></b>           | 341  | 0      | VILLAGE / CP2 | <b>CAFÉS</b> , RESTAURANTS, ACCOMODATION, ATM.                    |

### SECTION 3 | CP2 MONSANTO > CP3 ÉVORA

320 km | 3.360 m d+

The section three of the route marks the transition from the mountainous part of the route to the hills and “plains” of Alentejo. But before, you will first pass through the most remote parts of the route in ‘Beira Baixa’ region, namely ‘zona raiana’ – close to the border and ‘Tagus International Natural Park.

In Vila Velha de Rodão you will pass by one of the most iconic natural monuments in Portugal: the Gates of Rodão. In the context of ‘Heading SouthWest’ it’s also an important landmark and symbolically represents the midway point of the route (in terms of kilometers you are actually already entering in the last third of the route) and the dramatic change of the landscape. However, you will only cross Tagus River and enter the South of Portugal after passing through Belver – a historic village with stunning views over the river. During this section, you have two “runaway points” of the route via train stations: Vila Velha de Rodão is two hours away from Lisbon and Évora is one hour and half away. However, think twice if you are thinking about drop out: you have already left the hardest part of the adventure behind!



## SECTION 3 | ROADBOOK / POINTS OF INTEREST

| POI                          | KM   | TO CP3 | TYPE          | NOTES  |
|------------------------------|------|--------|---------------|--|
| <b><u>CP2 MONSANTO</u></b>   | 0    | 320    | VILLAGE / CP2 | <b>CAFÉS</b> , RESTAURANTS, ACCOMODATION, ATM.                             |
| <b>TERMAS DE MONFORTINHO</b> | 25,3 | 295    | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, ACCOMODATION.                                  |
| <b>ROSMANINHAL</b>           | 74,4 | 246    | SMALL VILLAGE | <b>CAFÉS</b> , RESTAURANTS.  |
| <b>MONFORTE DA BEIRA</b>     | 97,2 | 223    | SMALL VILLAGE | <b>CAFÉ</b>  |
| <b>ALFRIVIDA</b>             | 123  | 197    | SMALL VILLAGE | <b>CAFÉS</b>   |
| <b>EN 241</b>                | 140  | 180    | DANGER        | TRUCKS   |
| <b>VILA VELHA DE RODÃO</b>   | 140  | 180    | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, ACCOMODATION, ATM, <u>TRAIN STATION</u> .      |
| <b>PORTAS RODÃO</b>          | 141  | 179    | CLIMB         | 3,2K > 6,8% > <b>C3</b>  |
| <b>ENVENDOS</b>              | 176  | 144    | SMALL VILLAGE | <b>CAFÉ</b>  |
| <b>BELVER</b>                | 190  | 130    | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, ACCOMODATION, PHARMACY, <u>TRAIN STATION</u> . |
| <b>TEJO - GAVIÃO</b>         | 192  | 128    | CLIMB         | 3,6K > 4,5% > <b>C3</b>  |
| <b>GAVIÃO</b>                | 196  | 124    | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, ACCOMODATION, PHARMACY, ATM.                   |
| <b>VALE DE AÇOR</b>          | 224  | 96     | SMALL VILLAGE | <b>CAFÉS</b>   |
| <b>EN 370</b>                | 246  | 74     | DANGER        | FAST CAR TRAFIC  |
| <b>BENAVILA</b>              | 249  | 71     | SMALL VILLAGE | RESTAURANT   |
| <b>AVIS</b>                  | 255  | 65     | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, ACCOMODATION, PHARMACY, ATM.                   |
| <b>VIMIEIRO</b>              | 286  | 34     | VILLAGE       | <b>CAFÉS</b> , RESTAURANTS, MINIMARKET.                                    |
| <b>IGREIJINHA</b>            | 302  | 18     | VIEWPOINT     | <b>CAFÉS</b> , RESTAURANTS.  |
| <b><u>CP3 ÉVORA</u></b>      | 320  | 0      | CITY / CP3    | ALL SERVICES AVAILABLE + <u>TRAIN STATION</u> .                            |

## SECTION 4 | CP3 ÉVORA > ALTE, ALGARVE

225 km | 1.950 m d+

Section 4 and Alentejo region are synonyms ON the Heading SouthWest route. It is also the flattest section, but doesn't mean that it's going to be the easiest. The heat can be a tremendous challenge. There are two sterrato/gravel sectors in Alentejo. The first one – located immediately after Castro Verde – has approximately 250 meters and allows you to avoid a dangerous road intersection. The other sector - with 4.7 kilometers - will work as a shortcut and appears before Almodôvar village. Both sectors are located in the last 100 kilometers of the route and are basically flat. The Alentejo off-roads are a characteristic element of the region and allow a greater sensory immersion in the local landscape context and will add a special sauce to the experience. However, the last challenge along the route is the hilly transition between Alentejo and Algarve regions. The two hardest climbs in 'Serra do Caldeirão' don't have impressive numbers, but tiredness will play a role. 'Pico do Mú' climb is long and Malhão is a climb with a very irregular slope. 'Serra do Caldeirão' is a remote territory and Almodôvar will be an important spot for resupplies, thinking about the last effort until the arrival at Germano BiciArte Café in Alte.



## SECTION 4 | ROADBOOK / POINTS OF INTEREST

| POI                             | KM   | TO END | TYPE             | NOTES   |
|---------------------------------|------|--------|------------------|---|
| <b><u>CP3 ÉVORA</u></b>         | 225  | 225    | CITY / CP3       | ALL SERVICES AVAILABLE +<br><u>TRAIN STATION</u> .                              |
| <b>NATIONAL ROUTE 2</b>         | 27,4 | 198    | DANGER           | TRUCKS AND FAST CAR<br>TRAFFIC  |
| <b>ALCÁÇOVAS</b>                | 44,3 | 181    | VILLAGE          | <b>CAFÉS</b> , RESTAURANTS,<br>MINIMARKETS, ATM.                                |
| <b>TORRÃO</b>                   | 58,3 | 167    | VILLAGE          | <b>CAFÉS</b> , RESTAURANTS,<br>MINIMARKETS, ATM.                                |
| <b>ODIVELAS</b>                 | 74,8 | 150    | VILLAGE          | <b>CAFÉ</b> (OUTSIDE THE ROUTE)   |
| <b>FERREIRA<br/>ROUNDBOUT</b>   | 87,0 | 138    | DANGER           | FAST CAR TRAFFIC  |
| <b>FERREIRA DO<br/>ALENTEJO</b> | 87,4 | 138    | VILLAGE          | <b>CAFÉS</b> , RESTAURANTS,<br>ACCOMODATION,<br>PHARMACY, ATM.                  |
| <b>S. JOÃO NEGRILHOS</b>        | 104  | 121    | SMALL VILLAGE    | <b>CAFÉ</b>   |
| <b>MESSEJANA</b>                | 121  | 104    | SMALL VILLAGE    | <b>CAFÉS</b> , RESTAURANTS.   |
| <b>CASTRO VERDE</b>             | 146  | 79     | VILLAGE          | <b>CAFÉS</b> , RESTAURANTS,<br>ACCOMODATION,<br>PHARMACY, <u>ATM</u> .          |
| <b>CASTRO VERDE</b>             | 147  | 78     | STERRATO         | 250 METERS  |
| <b>PIÇARRAS</b>                 | 155  | 70     | SMALL VILLAGE    | <b>CAFÉ</b>   |
| <b>ALDEIA DOS<br/>FERNANDES</b> | 166  | 59     | SMALL VILLAGE    | <b>CAFÉ</b>   |
| <b>SANTO AMARO</b>              | 147  | 78     | STERRATO         | 4,7 KM  |
| <b>ALMODÔVAR</b>                | 178  | 47     | VILLAGE          | <b>CAFÉS</b> , RESTAURANTS,<br>ACCOMODATION,<br>PHARMACY,<br>SUPERMARKETS, ATM. |
| <b>PICO DO MÚ</b>               | 188  | 37     | CLIMB            | 9,7K > 2,7%   |
| <b>MALHÃO (VÉGUAS)</b>          | 205  | 20     | CLIMB            | 4,4K > 2,5%   |
| <b>MALHÃO DOWNHILL</b>          | 209  | 16     | DANGER           | DANGEROUS DESCENT   |
| <b><u>FINISH ALTE</u></b>       | 225  | 0      | VILLAGE / FINISH | <b>CAFÉS</b> , RESTAURANTS,<br>ACCOMODATION,<br>PHARMACY, MINIMARKET.           |



# RIDERS' AGREEMENT

- ☐ I confirm that I have read the 'Manifesto' and I agree with the principles, namely respect the local traffic rules, ride the route, self-supported approach, no drafting and no e-bike.
- ☐ I am aware that 'HEADING SOUTHWEST' is an extreme emotional and physical challenge and I understand the risks associated with it (as well my family, relatives and friends).
- ☐ I am aware that 'HEADING SOUTHWEST' is a non-competitive event and that if I see it as a race/competition it is my own perspective/responsibility.
- ☐ I am informed that participation in the entire briefing session - which will take place on the eve of the day of departure - is mandatory and that my absence will result in disqualification.
- ☐ Concerning security, I will have/use all mandatory items: helmet, reflective vest (nights and poor visibility conditions), frontal and rear lights (including a backup kit), emergency blanket.
- ☐ I am aware that the organization will assure personal insurance for accidents (expenses for treatment, disability and death) during the event (June 4<sup>th</sup> to June 9<sup>th</sup> 2023).
- ☐ I am aware that the insurance of the event doesn't cover any damage to my bicycle/equipment, as well as damages caused - by my responsibility - on third parties.
- ☐ I will cooperate with the organization and their media team to reach maximum coverage.
- ☐ If I have a personal media team covering my progression/participation I will contact previously the organization asking for authorization and I will always mention 'HEADING SOUTHWEST' and use the logotype in the video/documentary credits.
- ☐ I am responsible for the tracker and to delivery it back to the organization (tracker loss: 250€).
- ☐ I trust the organization to be able to take decisions that are not foreseen in the 'Manifesto', with the aim of ensuring the common good, as well as equality of circumstances among the participants.

## RIDER

CAP NUMBER

NAME (FULL)

SIGNATURE

## EMERGENCY / NEXT OF KIN CONTACT

NAME

PHONE

EMAIL

Coimbra, June 03<sup>rd</sup> 2023



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