

Information Bulletin Nr.1

JANUARY 2018



Vila de Prado
Vila Verde

3-4 September 2018

ICF CANOE MARATHON MASTERS WORLD CUP





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WELCOME

The Portuguese Canoe Federation along with the municipality of Vila Verde and the Nautical Club of Prado would like to invite all Masters Athletes back to Portugal for more canoe Marathon, this time for the 2018 ICF Canoe Marathon World Cup taking place in Cavado River, Village of Prado, Portugal, event integrated with the 2018 ICF Canoe Marathon World Championships.

After the success of the past Masters events at this venue in 2013 and 2016, the goal is now to host the biggest and most memorable masters race to date in this magnificent place, that has growth along with this sport and discipline of Marathon.

With the level set by our own organizations in the recent past, we are making all efforts to receive all of you with the best conditions at the venue and implement new standards into the discipline.

Our organizing committee is working hard with the International Canoe Federation to deliver a great show in Prado in September of 2018, in a year where Portugal will be the country of Canoeing, hosting not only the most important marathon event of the year but also the Sprint and masters World Championships. The task is big but our will is even bigger.

In Portugal we say we breed canoeing and canoe marathon runs in our veins, and that will be shown to of you attending to this World Cup next year.

We hope we can count on you to attend this event, and we promise... It will be memorable!

THE PORTUGUESE CANOE FEDERATION
VITOR FÉLIX



Vitor Félix

THE MAYOR OF VILA VERDE CITY HALL
ANTÓNIO VILELA



António Vilela

THE NAUTICAL CLUB OF PRADO
HORÁCIO LIMA



Horácio Lima



GENERAL INFORMATION

Portugal I.D.

Official name _ Portuguese Republic

GPS _ 39 30 n, 8 00 w

Founding of the Portuguese _ 1143

Founding of the Republic _ 1910

Political system _ Democracy

National symbols _ National flag and National hymn

Language _ Portuguese

Territorial organization _ Two autonomous regions (Azores and Madeira). 18 districts

Capital _ Lisbon

Area _ 92,142km²

Population _ 10,642,836 (july 2007 est.)

Active population _ 5,523,000 (2004 est.)

Currency _ Euro, divides into 100 centimes

G-Ross Domestic Product: _ 155.131 millions Eur (2006)

Gdp per capita _ 14.654 eur (2006)

DP - composition by sector _ Agriculture: 7.9% _ Industry: 25.9% _ Services: 66.2% (2007 est.)

LOCATION _ Portugal is located on the west side of the Iberian Peninsula, ideally positioned between Spain and the Atlantic Ocean. Portugal's excellent geographical position makes it a stopover point for many foreign airlines at airports all over the country. Portugal has 5 international airports: Lisbon, Oporto, Faro, Funchal (Madeira) and Ponta Delgada (Azores). With beautiful beaches, vineyards, sophisticated cities, country inns and palaces, Portugal invokes a romantic notion of breathtaking scenery, rich history and cobble-stone roads. With such a long sea coast, Portugal has a long term tradition with the water and with water sports, such as Canoeing.

LANGUAGE _ One of the Latin languages, Portuguese is the third most spoken European language in the world and the native tongue of about 200 million people. The Portuguese-speaking countries are scattered all over the world. Portuguese is spoken in Europe (Portugal), in Africa (Angola, Cape Verde, Guinea-Nissau, Mozambique), in South America (Brazil) and in Asia (East Timor, the youngest nation on the world). In Portugal, a considerable number of citizens are able to communicate in English, French and Spanish.

CLIMATE _ Portugal has a sunny climate. There are only slight fluctuations in temperature between summer and winter; the overall mean ranges from 25°C in summer to about 14°C in winter. The rainy season begins in November and usually lasts through January. Portugal has 220 days of sun and 3000 hours of sunshine every year!



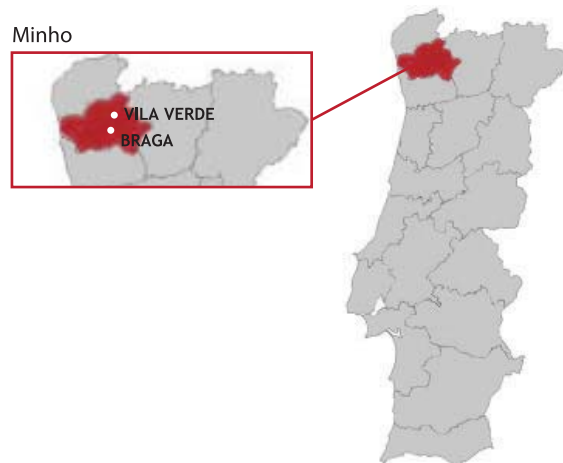
Vila Verde Municipality I.D.

Total area _ 228,7 Km²

GPS _ 41°39'05.42"N 8°26'09.37"W

Territorial organization _ municipality with 58 parishes

Total residente population _ 46.000 inhab 46.579



About Vila Verde

LOCATION _ The Vila Verde Municipality, located in the heart of the Minho province, makes part of the district of Braga. It is limited to the north by the Ponte da Barca Municipality, to the west by the Barcelos and Ponte de Lima Municipalities, to the east by Terras de Bouro and to the southwest by the Amares and Braga Municipalities, from which is separated by the Homem and Cávado rivers respectively. It is located just a few tens of kilometres from the beaches situated along the maritime coastline between the city of Porto and the Spanish province of Galicia, and it is close to the Peneda-Gerês National Park. The Vila Verde Municipality has a privileged location, which means that its access doesn't constitute a concern. It will be in the town of Prado, a parish belonging to the Vila Verde Municipality, that the event will take place. Prado is located next to the Cávado river and beneficiates from privileged conditions for the practice of canoeing, which led to the development of this sport and the coming into existence of the Prado Nautical Club.



About Vila Verde

Climate _ Characterized by rainy winters and hot and dry summers, Vila Verde beneficiates from a moderate climate, with average annual temperatures of 15° C.



Tourism _ Due to its ancient times and cultural richness, the Vila Verde Municipality has a vast patrimony, which results from archaeological remains, religious and civil architecture, typical rural scenarios, ethnographic aspects of popular culture, craftwork, traditional gastronomy, green landscape and the rivers that cross it. Parties and church fairs constitute one of the numerous expressions of the religiosity of its inhabitants. These celebrations are characterized by religious and pagan manifestations, which live in communion and complement each other. About 150 of these festive and religious events take place throughout the year at chapels and churches of the municipality and demonstrate, by themselves, the dynamic and religiosity of these people committed to preserving their cultural heritage and to transmitting to the new generations their way of living and feeling.





The weekly, bimonthly, monthly and annual street-markets, the cultural events and the different thematic exhibitions reveal the strong commitment towards the cultural, social and economic development of the region. The craftwork occupies more and more an eminent position in the municipality due to its growing economic relevance, to the preservation of ancestral manufacturing techniques and to the innovative conception of other products.

The «Lenços de Namorados» (love's handkerchief), a true ex-libris of this region, the articles in linen, the weaving, the miniatures and wood toys, the oxen yokes, the musical instruments, the pottery, the hand painted ceramics and the granite pieces are some examples of handmade products.

The pudding «Abade de Priscos», from the known «Papa dos cozinheiros - Abade de Priscos», original from the parish of Turiz and that became famous due to his highly prized culinary qualities, is one of the delicacies which forms part of our gastronomic heritage and that you should taste. The «Pica-no-chão» is another trump card of the municipality, which led Vila Verde to register the brand 'Capital do Pica-no-chão'.

It is in this context that the municipality invests and centres its development. That's why there are so many events putting in evidence this richness, such as: event «Namorar Portugal» (in February), Festas Concelhias em Honra de Sto. António (in June), Festa das Colheitas - Feira Mostra de Produtos Regionais e Festival Gastronómico (in October) and gastronomic weekends, where you can find the pudding Abade de Priscos and the Pica no chão.

The natural patrimony of the municipality provides many leisure activities, including, among others, walking, jeep tours, mountain biking and hunting. The Cávado and Homem rivers offer excellent conditions for the practice of canoeing and sport fishing and have wonderful fluvial beaches on the rivers' banks.

Finally, when visiting Vila Verde, take the change to rest in the rural tourism houses at your disposal in order to feel with more intensity this cosy rural ambience. Vila Verde is situated very close to the city of Braga (13km), the city of Guimarães (38km) and the Gerês mountain (54km), places of obligatory visit in this region of Portugal.

BRAGA

With more than 2000 years of history and located in the North region and the subregion of Cávado, the city of Braga is the district's capital and also the centre of the Greater Metropolitan Area of Minho (GAM). It is the third biggest city of the country, with 14 municipalities and 800 000 inhabitants. Located in the heart of the Minho province, Braga finds itself in a region of transition from east to west, between mountains, forests, huge valleys, strips of land, plains and green fields. Lands constructed by the nature and moulded by the man.

Braga is characterized by its religious architecture. In the city centre, it is notable the Cathedral of Braga (Sé de Braga) that combines different styles from the roman to the baroque. Despite its grandness, the Bom Jesus do Monte Church and the Sameiro Church compete with it due to their location, which offers a panoramic view of the city. The predominance of the baroque style in the churches of the city granted it the name of «baroque city». Already at the limit of the city's borders, it is remarkable the Church and Monastery of Tibães that belonged to the Benedictine order and that have been subject to restorations. In the historical centre, it can also be seen many buildings from the 18th century and the Sta. Bárbara Garden, constructed under the rules of the romantic style.



GUIMARÃES

Guimarães is located 38km from Vila Verde (30 min). To get there just follow the direction of Braga and, after, the A11 highway towards Guimarães. Guimarães is considered the cradle of Portuguese nationality, because it was here, according to what says the tradition, that was born and was baptized the one that, in 1179, it would come to be crowned the first King of Portugal, D. Afonso Henriques. Furthermore, it was in Guimarães that took place the Battle of S. Mamede, which gave victory to D. Afonso Henriques, thus, enabling him to gain independence for the Condado Portucalense from the Kingdom of León and paving the way for the founding of the Portuguese Nation.

The city of Guimarães rises in a valley from the bottom edge of the Santa Catarina mountain – Penha mountain, a place of mass pilgrimage during summer, from the top of which you get a view until the sea. Besides a unique natural landscape, this city presents a variety of monuments, caves, viewpoints, a camping park, a mini golf field, a touristic mini train, an equestrian centre, places for walking and picnics. Visitors can reach the Penha mountain by cable car, which is located close to the historical centre. The city's connection to the foundation of the Portuguese nationality, the building techniques here developed during the Middle Age and the fact that the city illustrates the evolution of different types of construction from the 15th to the 19th centuries contribute for the inscription of Guimarães' historical centre in the UNESCO List Of World Heritage Sites in December 2001. The requalification to which this area was subject helped turning the historical centre of Guimarães a pleasant space with many students, locals and tourists. Here there are many cultural and recreational activities, especially during summer, which turn the city centre even more attractive. In the historical centre, you can find some monuments as the Nossa Senhora da Oliveira church and the Padrão do Salado (a Gothic shrine), and very close from here you can visit the Guimaraes Castle and the Palace of the Dukes of Bragança.



GERÊS

The Vila Verde Municipality is close to the Peneda Gerês National Park, at a distance of some 54km. Peneda-Gerês National Park is a giant amphitheatre of nature, where the purest of natural resources remain intact, as well as the variety of fauna and flora, its almost savage corners, hide wild horses, boars, wolves, badgers, otters, roebucks and the famous, but rare, royal eagle, but also lookouts and waterfalls. Today, it shares its stage with adventure tourism, where nature walks, hikes, trails and horseback riding, along with radical sports, are attracting more and more followers.

Among the trails available stands the Roman Military Road. This part of the XVIII road (classified as national Patrimony) of Antonino's Itinerary, that linked Bracara Augusta (Braga) to Asturica Augusta (Astorga), is an extraordinary roman archaeological complex that maintains, practically intact, along its 30km, bridges, walls, houses and the largest collection of epigraphic milestones in the north-eastern peninsula, many of which exhibit inscriptions that date between the end of the 1st century and the 4th century D.C.. There's also a selection of Pedestrian trails "On the Path of Miguel Torga", which place nature lovers in direct contact with the land's natural and patrimonial riches. In simultaneous, it presents itself as a tribute to one of Portuguese literatures great talents, whom over four decades explored local landscapes, fountain of his inspiration. Offering more than dozen different routes, the difficulty will be choosing! The Park belongs to the Terras de Bouro Municipality that is crossed by the Cávado and Homem rivers, where the conditions for the practice of nautical sports are especially relevant. The Rio Caldo Marina with its access to the Caniçada Lagoon, nautical sports associations, pleasant restaurants and esplanades, is a place of choice. There are 689 hectares of navigable waters, thanks to the Rio Caldo Vessel, a recreational boat that offers an original touristic-environmental trip. A fun way to discover the region, all year! You can also visit the Ethnographic Museum, relax at the Gerês Thermal Springs and sample the local cuisine. If you are spending an extended stay in the region, you might also like to visit Viana do Castelo, Ponte de Lima and Porto.

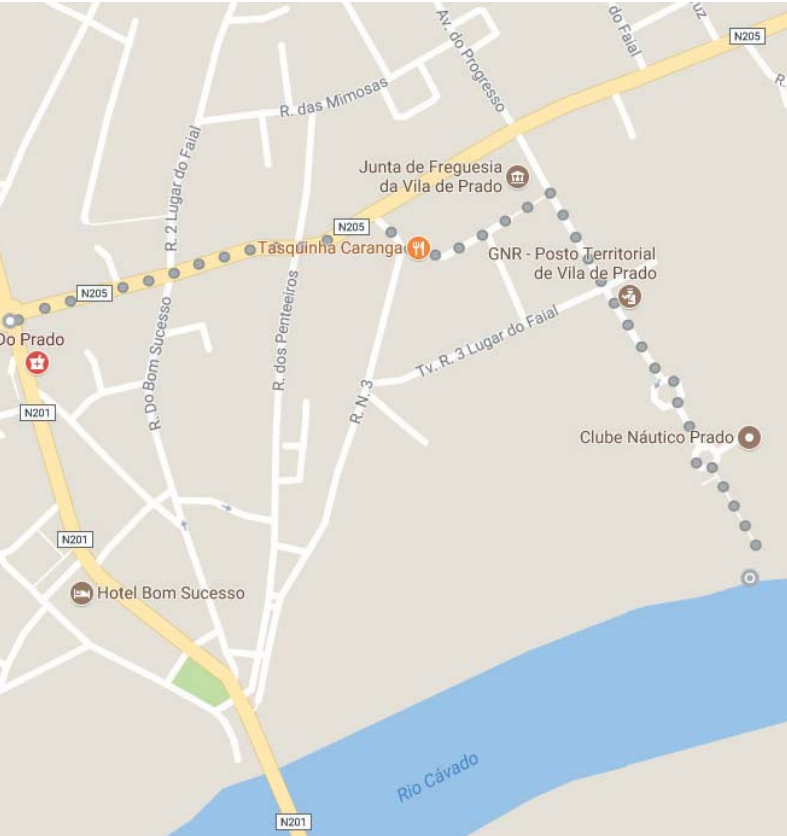


THE VENUE

the World Cup will take place inside Vila Verde council, a small parish, home of canoeing, identify in its entrance with a monument to this sport, dedicated to the Olympic canoeists of Prado.

Prado is a very small but modern village, where Cavado River has a huge impact, specially in summer with the most fluvial beach located right in the heart of the venue for this event.

The venue is set in the shore of Prado nautical Club, just a few meters from the village centre.

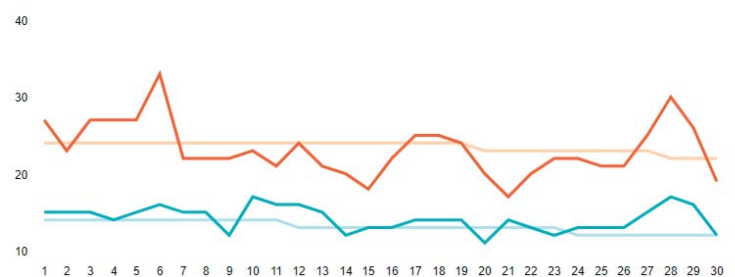
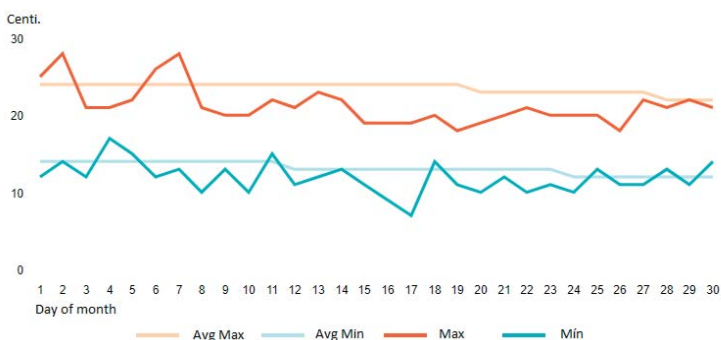


WEATHER

The north of Portugal is known for its high and dry weather in the summer, especially in the month of August and in the interior side of the country, far from the ocean. Prado is exactly a place where this happens and temperatures can reach 40°C easy in a peak day. With the event being run already in September temperatures should be lower, as normally they go down with the arriving of this month, but being still so close to August, it will for sure be hot.

Below we present a graphic with statistics from September 2016 and 2017 where we can identify an average temperature in the first days of the months of around 25°C but with peaks of 30+ in some days and a minimum of 15°C, especially at night.

The water temperature you will probably find it warm, depending on the outside temperature. It can go from 15 to 20°C, and in very hot days even more as the place has not many flow and it is not deep, at least in front of club house.



GETTING TO PRADO

In order to reach Prado you have to travel, preferably, to the Oporto airport, though you can also fly into Vigo or Lisbon airport.

OPORTO AIRPORT

GPS: N 41°14' 19", W 8° 40' 14", N 41 14.328 W 8 40.234

The Francisco Sá Carneiro Airport is located in the heart of the industrial north of the country, 11km from the city of Oporto, making it a privileged access point to this valuable commercial area. It is home for many of the low cost flight companies in Europe.

Porto –Prado

The Francisco Sá Carneiro Airport has connections to Railway Stations, Metro and Aerobusses to Braga.

From Braga there are busses direct to Prado.

By car, take A3 highway in direction of Braga - 52Km; once in Braga, take the exit to Vila Verde (by the Arterial road or the EN101) - 13Km; then, follow the indications to the town of Prado.

VIGO AIRPORT

GPS: N 42°13'31.51" W 8°37'18.96"

The Vigo airport (VGO) is one of the smallest airports of Spain. It is located 9km from Vigo's city centre and 83km from the city of Braga.

Vigo –Prado

The Vigo airport is located 9km from the city centre, where you have access to trains and busses services to Braga. From Braga there are busses direct to Prado.

By car, drive in direction of Valença (Portugal) - 33Km; once in Valença, take the A3 highway in direction of Porto and, then, take the exit to Vila Verde - 83Km and then follow the Prado signs.

LISBON AIRPORT

GPS: N 38° 46' 12", W 9° 07' 41"

The Lisbon Airport, providing service to the capital of Portugal, is the busiest and most important airport in the country.

Lisboa –Prado

The principal point of entry for travelers arriving in Portugal. Connection to the city centre and interface with Railway Stations by Aeroshuttle and Bus to Braga. Check the Alfa Pendular train to Braga. From Braga there are busses direct to Prado.

By car, take the A1 highway in direction of Porto - 305Km; continue through A3 highway in direction of Braga - 52Km; once in Braga, take the exit to Vila Verde (by the Arterial road or the EN101) - 13Km; then, follow the indications to the town of Prado.

Airport Pickup and drop off

The organization would like to propose all athletes that will not have personal transportation to use our partner shuttle service between Oporto Airport and Braga.

www.getbus.eu/en/ Prices from 8 euros.

If you arrive from Lisbon the best option would be to get to Oriente train station and catch the AlfaPendular to Braga. It will be a 3 hour trip with prices from 30 euros.

Organizing committee will provide shuttle service between Braga(City Centre) and Prado during the competition days. This service is included in the participation fee.

If you need any assistance please contact our staff at

registration@canomarathonportugal.com



HOSTING EXPERIENCE

Prado Nautical Club

Prado Nautical Club is a cultural, recreational and sports association, founded in 24th February 1982. The Club holds the status of public utility entity since 5th February 2002.

Its main activity consists of the practice of CANOEING, in its training, recreational and competitive aspects. At the moment, the Club has approximately 500 effective members.

The Club's facilities are located in Avenida do Cávado, Faial, in the village of Prado, in a site whose building lease was definitively granted to the Club by the Vila Verde City Hall.

The village of Prado plays a leading part in the Portuguese canoeing landscape due to the exceptional natural conditions for the practice of this sport and due to the action taken by the Prado Nautical Club, successor of the Rowing and Canoeing Schools (formed in the mid-1960s) of the old Mocidade Portuguesa (Portuguese Youth) and of the old Rowing and Canoeing section of the Prado Sports Group.

The growing adhesion of young people to the practice of Canoeing, as result as the continuous action taken by the Prado Nautical Club in the training and dissemination of this sport, places the Club as an important reference at regional and even national level.

The Club's participation in countless canoeing competitions held throughout the national territory makes it the best means of dissemination of the town of Prado and the municipality in all the country.

The Prado Nautical Club has currently the best sporting performance of the municipality of Vila Verde and one of best of the municipality of Braga. Its athletes take often part in world and European championships, Olympic Games and International regattas. It should be noted that the athletes António Brito and Rui Fernandes won a silver medal at the World Championship, in the Junior K4 500m category; Silvestre Pereira won a silver medal at the Canoe Marathon World Cup, in the Senior C1 category; and Luísa Azevedo and Susana Pereira won a bronze medal at the Canoe Marathon European Championship, in the Senior (Women) K2 category. Also worth emphasising, the presence of Rui Fernandes in the Barcelona and Atlanta Olympic Games, as well as the presence of Silvestre Pereira in the Atlanta Olympic Games.

It should also be underlined the career of Emanuel Silva, the most know former athlete of the club, who won silver at London 2012 Olympic games and as already 4th presences in Olympic games.



It must be taken into account the growing activity of the Club in terms of sport, but also, and mainly, in social terms, especially consider the actual problems which ravage the youth (drugs, alcohol, prostitution, unemployment, failure at school, ...).

The protocols on cooperation concluded with Primary and Secondary schools of Prado, in order to promote and provide children a first experience with this sport, turn possible the practice of canoeing by these students (about 150 children) free of charge. As an interdisciplinary area of the subject Physical Education taught in the Secondary school of Prado, the practice of canoeing provided by the Club contributes for the extensive range of activities at students' disposal.

In order to attain the sports and social objectives pursued, the Prado Nautical Club formed a technical team to monitor continuously the students, as well as the competition athletes.

In the last olympic cycles, the Prado Nautical Club has provided the practice of canoeing to an average of 200 filiated athletes.

The Prado Nautical Club, as a big association and one of the most important clubs in canoeing in Portugal, has also experience in the organization of big sports competitions at national and regional level. Thus, in the last years, among the organization of innumerable sports events, the most relevant are the following:

- 2017 - National finals Regional youth categories 2000m
- 2016 - Canoe Marathon World Cup
Canoe Marathon National Championship;
- 2015 - Canoe Marathon National Championship;
Regional youth categories 2000m
- 2014 - Canoe Marathon National Championship;
5000m Regional Championships
- 2013 - Canoe Marathon European Championship;
Canoe Marathon National Cup;
- 2012 - Canoe Marathon National Championship;
- 2011 - Canoe Marathon National Championship;
- 2010 - Canoe Marathon National Championship;
- 2009 - National Championship Hopes;
- 2007 - Canoe Marathon National Championship;
- 2006 - I Canoe Marathon National Championship;
- 2005 - II Canoe Marathon National Championship;
- 2004 - II Canoe Marathon National Championship;
Long distance Regional Championship;
Indoor Regional Championship;
- 2003 - I Canoe Marathon National Championship;
- 2002 - I Canoe Marathon National Championship;
- 2001 - Long distance National Championship for youth categories
- 2000 - II National Championship youth categories



In 2008, as a result of the intervention for enlargement and reorganization to which its sports facilities were subject, the Club didn't organize national competitions, since, in this case, the ideal conditions for those competitions to be carried out were not met.



Portuguese Canoe Federation

The Portuguese Canoe Federation has a high experience in International Competitions organization.

Especially in Marathon, we are proud about our past in International competitions, like Crestuma International Marathons, 2009 Marathon World Championship, 2013 and 2017 European Championships and 2016 World Cup.

The last European Championships were the most, competitive and well organized marathon competition in years, said by European Canoe Federation President, and became the proof of our potential as organizers.

Also, the National Marathon Championships are usually organized in the venue and has more than 500 athletes in a two days race.



COMPETITION INFORMATION

Provisional Dates & Program

The 2018 ICF Canoe Marathon Masters World Cup will be held in the week of 2 to 9 of September and it will be included during the ICF Canoe Marathon World Championships.

DAY	TIME	ACTIVITY
02/09/2018 (Sunday)	10:00 19:00 17:00	Accreditation, Trainings Masters meeting
03/09/2018 (Monday)	08:00 18:00 9:00 17:00	Accreditation K1 and C1 masters all ages men and Women
04/09/2018 (Tuesday)	08:00 18:00 9:00 17:00	Accreditation K2 masters all ages Men, Women and Mix C2 masters all ages Men and Women

Masters detailed timetable(by age groups) will be published after the deadline of the entries.



DEADLINES, ENTRIES & REGISTRATION

During the week of the World Championships the Organizing Committee will run a masters World Cup, open to all national athletes. The event runs on Monday and Tuesday, September 3rd and 4th.

ICF Rules will be applied to all wanted participants of this event:

- Only members of clubs or associations affiliated with an ICF National Federation have the right to participate in an international competition.
- A competitor is always allowed to take part individually in an international competition, but must in each case obtain special permission from his/her National Federation
- A competitor can compete in a Masters event in the year he or she reaches the lower limit of the age category, i.e. in the 35-39 age group in the year of his or her 35th birthday.
- In K2, C2 or K4 events the age of the youngest competitor will control the category in which a crew can compete.
- Age group categories will commence from age 35-39 and increase upward in 5-year age intervals.

Limitations:

A maximum class of 70+ will be applied.

Groups:

35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

There is no limit of entries per country in each race.

Organization will allow Athletes from different countries compete in K2 or C2.

Categories:

K1 Men | K1 Women | C1 men | C1 Women | K2 Men | K2 Women | C2 Men | C2 Women | K2 Mix

Registration and entries must be done at www.canoemarathonportugal.com.

There are 3 steps to register:

1st - To make the registration you must go to www.canoemarathonportugal.com and use the menu MASTERS. Please do not use TEAMS AREA, as this is for World Championships ONLY.

Here you should make the complete registration and use a valid email.

After this registration you will get one automatic email with your unique ID. Example: POR001

Please do not register more than once. If you don't get the confirmation email, please check your spam mailbox or contact the organizing committee at registration@canoemarathonportugal.com

2nd – Go again to www.canoemarathonportugal.com and use the menu MASTERS. After that click in make entry.

Here you should use your unique ID to build a boat. If you want to add a K2 or a C2, you must have the two unique IDs of the athletes you want to add to that boat. Make sure that later the same K2 or C2 is not added again by your partner.

3rd – After making the entry check the updated Entry list, available in Canoemarathonportugal.com (this list is updated every 15 days).

If you are not in the list please contact the organizing committee at registration@canoemarathonportugal.com

If you are in the list, you are ready to go.

4th – All entry fees must be paid for that boat be able to compete. Payment can be made by Bank Transfer or upon arrival at the accreditation centre in cash.

There will be a participation fee for all masters of 50 euros , including lunch at the venue on September 3rd or 40 euros not including lunch. If you are competing also in K2/C2 you will have to pay an extra of 20€ per person for the second day , that will include also the lunch on the second day.

This fee will include:

- Event participation
- Security & First Aid
- Car and trailer Parking
- Accreditation
- Camping on site.
- Lunch
- Free water
- Toilets and hot water shower

The masters fee has to be paid, before race day. No accreditation and boat numbers will be given, without 100% payment.

Account Details

All payments has to be done to the following Account

Federação Portuguesa de Canoagem

IBAN : PT50001000002597560000769

SWIFT/BIC- BBPIPTPL

Payment has to be done in Euros and all bank costs must be worn by the remitter.

No credit cards payment will be accept before or during accreditation.

Masters wanting to Camp, will have to inform the organizing committee during the registration process. This will be a service free of charge, at the venue. It includes power supply nearby, water and toilets at the club house.

Masters can also apply for the accommodation package of the World Championships. In that case an email should be sent with the request to carla@canoportugal.com.

Those masters will be able to use the shuttle system provided for the teams during during the days the accommodation is booked.

Deadlines:

The deadline to make the registrations and entries at canoemarathonportugal.com is set to 20th of August 2018.

Later entries in K2/C2 boats will be accepted at the venue between 2 and 3 of September 2018.



LOGISTICS

Lodging options

The Organizing Committee has established protocols with local hotels to provide several options for accommodation and assure reasonable rates.

The main focus for accommodation will be in the city of Braga, that is situated 10 minutes by car from Prado.

The accommodation categories and number of beds were established according to the statics from the past World Championships, and was translated into this setup:

Category 1 – 120 beds | Category 2 – 180 beds

Category 3 – 100 beds | Category 4 – 100 beds



Category 1 4 stars hotel



Hotel Meliã Braga



Av. General Carrilho da Silva Pinto, nº 8, Tenões,
4715-380 Braga

The Meliã Braga Hotel & Spa adds an impressive new dimension to Braga's accommodation portfolio. Located a 5-minute walk from the city's historic centre, this newly-built 4-star hotel has 182 modern rooms, including 20 connecting rooms, 20 executive suites with kitchenette, a presidential suite and 2 rooms specially adapted for handicapped guests, all fully equipped with an LCD cable TV, mini-bar, safe-deposit box, broadband Internet access, air-conditioning and private bathroom.

The 150-seat "El Olivo" restaurant offers show-cooking and various themed buffets, while live musical entertainment. Specialising in massage and beauty therapy, the hotel's El Spa features a gym, sauna, Jacuzzi, Turkish bath and various health treatments. Covering 750 square-metres of space, the on-site congresscentre has 7 multi-purpose meeting rooms and a business centre.

Category 2 3 stars hotel



Basic Braga Hotel Axis



Largo da Estação - Maximinos
4700-223 Braga

The Basic Braga by Axis offers all the comforts of its rooms, including basic rooms with double bed for 1 or 2 people, standard rooms with two beds which the option of an extra bed for a third person or child. All rooms are fully equipped with private bathroom, telephone, air conditioning, television and wireless Internet.

Category 2 3 stars hotel



Hotel Ibis

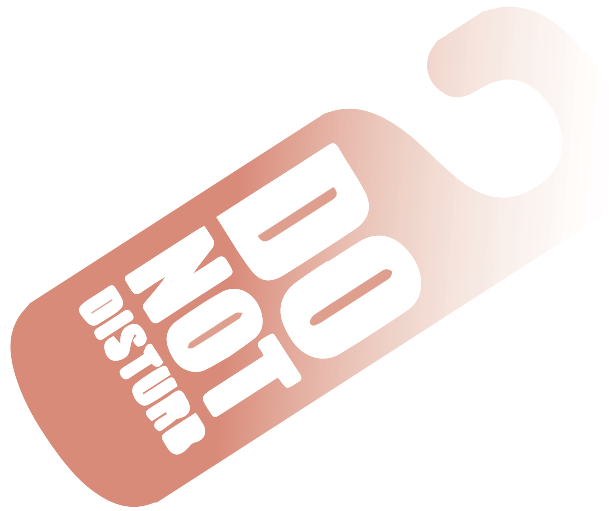


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www.ibis.com | h1802@accor.com
Tel. +351 253 204 800 | Fax. +351 253 204 801

The Ibis Braga hotel is exceptionally located in the center of Braga, close to a range of historic attractions, such as Braga Cathedral, various museums and the Bom Jesus Nature Park. Relax in one of the contemporary rooms of this entirely non-smoking hotel or in the bar and enjoy our services,

including Wi-Fi Internet access, 24-hour snack service and paying private indoor car park.

LOGISTICS



Category 3 3 stars hotel



Hotel Lamações



Avenida D. João II N°75
4715-313 Braga
www.hotel-lamacaes.com | info@hotel-lamacaes.com
Tel. +351 253 603 680 / 919 668 256 | Fax. +351 253 603 689

The Lamações Hotel is located in the city of Braga, near the University of Minho, with excellent access, you found the Lamações Hotel with more than 50 rooms. It is a recent hotel that answers with modern norms and exigencies that offers to you, the quality and good services in a calm and pleasant environment.

Following the advent of new technologies, the Hotel places at your disposal access Internet in all the rooms.

The dinner for team staying in this hotel will be made in a nearby restaurant.

Category 4 Youth residence/Hostels

Organizing committee is still closing the negotiations for this accommodation category and more information will be provided in a bulletin update, shortly. This category will include accommodation in Youth residence or hostel, in double room and multi room.

Camping will be possible and free of charge (payment of the daily fee will be needed) for those who wish to do it at the venue. This will be a shared area with masters. This place includes power supply, water and the use of the club house facilities

► Prices

The prices below are per person and per day with full board (Lunch will be at the venue. Breakfast and Dinner at chosen hotel.)

Prices shown include already the daily fee.

Category 1	Category 2	Category 3	Category 4
Twin – 105€ Single – 125€	Twin – 85€ Single – 105€	Twin – 80€ Single – 100€	Double/Multi room – 60€

Terms of payment

30% Right after the reception of the invoice
75% Until 1st of July 2018
100% Until 1st of August 2018

No reservations are made until 30% is paid. The organization may cancel any reservation if no regular payments are made. No Transport from the airport is guarantee or accreditation cards will be given without 100% payment has been done.

Cancelation Terms:

Until 60 days before the arrival – Refund 100%
Until 30 days before the arrival – Refund 50%
From 29 to 15 days before the arrival – Refund 25%
Minus 15 days before the arrival – No Refund

Account Details

All payments has to be done to the following Account:
IBAN : PT50001000002597560000769
SWIFT/BIC- BBPIPTPL
Payment has to be done in Euros and all bank costs must be worn by the remitter
No credit cards payment will be accept.

CATERING | TRANSPORT SERVICES

Catering

The Organizing committee includes in the above price packs, full board, with Breakfast, Lunch and Dinner. Breakfast and Dinner will be served at chosen hotel or restaurant given to a certain team, close by to the accommodation. Lunch is always served at the venue.

Transport Services

Besides the Airport shuttle, described already in this document we will supply daily shuttle service from Chosen hotel to the venue and return.

Timetable will be supplied at least 15 days before the event week.

Only accredited persons from teams may use this transportation system.



GENERAL SPORT INFORMATION

Insurance and Medical Care

The event will be covered by a civil responsibility insurance in case of damage of 3rd party elements at the venue.

All hospital services provided in our public health care service must be paid directly by the athlete or by the National Federation he/she represents.

Medical assistance at the venue will be provided for first aid and it is included in the daily fee. Urgent or more complicated cases will be taken into hospital. Transportation service will be responsibility of the organizing committee.

Visa information

All countries in the table below are required to request a visa to enter Portugal.

The Organizing Committee thought the Portuguese Canoe Federation will be available to make invitation letter to those who need it.

Only persons inside the SDP ICF system and accredited for the event will be able to apply for this invitation letter.

Requests should be sent to Teams Management chief, Ana at ana@canoportugal.com

AFGHANISTAN	CHINA	IRAN	MOROCCO	SOUTH AFRICA
ALBANIA	COMORES	IRAQ	MOZAMBIQUE	SRI LANKA
ALGERIA	CONGO	JAMAICA	NAMIBIA	SUDAN
ANGOLA	COSTA DO MARFIM	JIBUTI	NAURU	SURINAME
ARMENIA	CUBA	JORDAN	NEPAL	SWAZILAND
AZERBAIJAN	DEMOCRATIC REPUBLIC	KAZAKHSTAN	NIGER	SYRIA
BANGLADESH	OF CONGO	KENYA	NIGERIA	TAJIKISTAN
BAREN	DOMINICA	KIRIBATI	NORTH KOREA	TANZANIA
BELARUS	DOMINICAN REPUBLIC	KOWEIT	OMAN	THAILAND
BELIZE	ECUADOR	KYRGYZ	PAKISTAN	TOGO
Benin	EGYPT	LAOS	PAPUA NEW GUINEA	TRINDADE-TOBAGO
BHUTAN	EQUATORIAL GUINEA	LEBANON	PHILIPPINES	TUNISIA
BIRMANIA / MYANMAR	ERITREY	LESOTHO	QATAR	TURKEY
BOLIVIA	ETHIOPIA	LIBERIA	REPUBLIC OF KOSOVO	TURKMENISTAN
BOSNIA HERZEGOVINA	FIJI	LIBYA	RUSSIA	TUVALU
Botswana	GABON	MADAGASCAR	RWANDA	UGANDA
BULGARIA	GAMBIA	MALAWI	SAINT VINCENT AND THE	UKRAINE
BURKINA FASO	GHANA	MALDIVES	GRENADINES	UNITED ARAB EMIRATES
BURUNDI	GRENADE	MALI	SAMOA	UZBEKISTAN
CAMBODIA	GUIANA	MARIANAS DO NORTE	SANTA LUCIA	VANUATU
CAMEROON	GUINEA (CONACRI)	(ISLANDS)	SAO TOME AND PRINCIPE	YEMEN
CAPE VERDE	GUINEA BISSAU	MARSHALL (ISLANDS)	SAUDI ARABIA	ZAMBIA
CENTRAL AFRICAN	HAITI	MAURITANIA	SENEGAL	ZIMBABWE
REPUBLIC	INDIA	MOLDOVA	SIERRA LEONE	
CHAD	INDONESIA	MONGOLIA	SOMALIA	



SPORT PRESENTATION & SERVICES

▶ BOAT RENTAL OPTIONS

The official rental service for the ICF Canoe Marathon World Championships will be NELORENTAL provided by our partner NELO. All queries should be made at nelorental.com

Other Portuguese boats manufacturers will also be available for rentals, please feel free to contact them:

SIPRE: sipre@sapo.pt

ELIO: info@deliokayaks.com

Zedtech: zedtech@zedtech-kayaks.com

Connect: info@connectkayaks.eu

MISCELLANEOUS TEAMS SERVICES

▶ CHANGING ROOMS

Teams will have, inside their area, fixed and temporary structures. Also the use of the clubhouse will be possible.

▶ SANITARY FACILITIES

All the showers and toilets are adjacent to the changing facilities in Teams area. Again the use of the clubhouse is possible.

▶ MASSAGE

There will be provided communal areas with individual curtains to separate men and women, all in teams area.

▶ SECURITY SYSTEM

There will be day and night security inside teams area to assure that everyone and all equipment's are safe and to guarantee that only authorized athletes go into the athletes area.

There will be a control Access inside the venue. Accreditations are mandatory to access this controlled zones.

The security plan will be practice by the local security authorities: Portuguese national Guard, Police, civil protection unit and Red Cross Portugal.

▶ MEDICAL SUPPORT

The medical center will be divided in two places. One in the athletes area and other near the the public stands.

At the venue there will be two ambulances and paramedics that will follow the race on the water as well.



MISCELLANEOUS PUBLIC SERVICES

▶ SPECTATORS & GRANDSTANDS

All entrances to the competition will be free of charge. We will provide temporary structures for leisure. This will include entertainment, food and beverage kiosks, merchandising kiosks and other activities for the public to enjoy.

There will be a natural stand with 500 seats capacity. The media and VIP zones, including the balcony on the top, will be in a special stand.

▶ FOOD

This service, located in the club house nearby the grandstands, will be provided by the Snack Bar, that will not have any connection to the organizing committee.

▶ INFORMATION

The information system will be set in 2 places:

- Inside teams area, to provide assistance to all Masters
- In the public area, near the snack bar

▶ MERCHANDISING

The merchandising will be set near the main entrance of the venue. It will serve to all Masters and Public in general.

▶ SANITARY FACILITIES

There will be temporary structures, placed in strategic location. It will be provided at least 20 units.

▶ BANKING & POSTAL

There are several banks and a post office nearby the venue, in a walking distance.

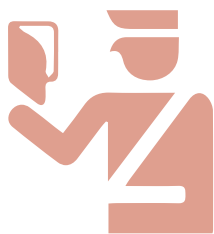
▶ PRESS INFORMATION

The organization will provide a press center for local and international media inside the clubhouse.

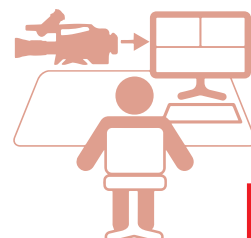
Accreditation can be made upon arrival at the venue or by filling up a online form at canoemarathonportugal.com.

Questions can be done to our media department chief, Carlos at carlos@canoeportugal.com

Photographers will be given a special vest and it will be mandatory to use it every time pictures or video are being recorder inside the venue.



ABC_D





3 TO 4 SEPTEMBER 2018

ICF CANOE MARATHON MASTERS WORLD CUP

Portuguese Canoe Federation

| ana@canoportugal.com

| Telephone +351225432237

| FAX: +351225432238

