

# ***VOUGA TRAIL***

**9 . 10 . 11 JAN 2026**

**55KM**  
TRAIL ULTRA

## ***RACE REGULATIONS***

**35KM**  
TRAIL LONGO

**20KM**  
TRAIL CURTO

**12KM**  
MINI TRAIL

UPHILL  
VOUGA  
**NEW**

CAMINHADA  
VOUGA

KIDS  
VOUGA





# INDEX

## 1. PARTICIPATION CONDITIONS

|                                                |   |
|------------------------------------------------|---|
| 1.1 AGE PARTICIPATION IN THE DIFFERENT RACES   | 8 |
| 1.2 REGULARIZED REGISTRATION                   | 8 |
| 1.3 PHYSICAL CONDITIONS                        | 8 |
| 1.4 DEFINITION OF POSSIBILITY OF EXTERNAL HELP | 8 |
| 1.5 BIB PLACEMENT                              | 8 |
| 1.6 RULES OF SPORTS CONDUCT                    | 8 |

## 2. RACE

|                                                      |    |
|------------------------------------------------------|----|
| 2.1 RACE PRESENTATION / ORGANIZATION                 | 9  |
| 2.2 PROGRAM / SCHEDULE                               | 9  |
| 2.3 DISTANCE / ALTIMETRY                             | 11 |
| 2.4 MAP / ALTIMETRIC PROFIL                          | 11 |
| 2.5 TIME LIMIT                                       | 12 |
| 2.6 TIMING SYSTEM                                    | 12 |
| 2.7 CHECKPOINTS                                      | 12 |
| 2.8 AID STATIONS                                     | 12 |
| 2.9 MANDATORY MATERIAL / MATERIAL CHECKS             | 14 |
| 2.9.1 MATERIAL VERIFICATION                          | 14 |
| 2.10 INFORMATION ON PASSING POINTS WITH ROAD TRAFFIC | 14 |
| 2.11 PENALTIES / DISQUALIFICATIONS                   |    |
| 2.12 ATHLETE / PARTICIPANT RESPONSIBILITIES          | 15 |
| 2.13 SPORT INSURANCE                                 | 15 |
|                                                      | 15 |

## 3. REGISTRATIONS

|                                                    |    |
|----------------------------------------------------|----|
| 3.1 REGISTRATION PROCESS (SITE, WEB PAGE)          |    |
| 3.2 ELITE ATHLETES                                 | 16 |
| 3.3 FEES, REGISTRATION PERIOD AND RACE INFORMATION | 16 |
|                                                    | 16 |
| 3.4 REFUND OF REGISTRATION FEE                     |    |

|                                                                       |    |
|-----------------------------------------------------------------------|----|
| <b>3.5 RACE OFFICE / TIMES AND LOCATIONS</b>                          | 18 |
| <b>3.6 NON-TRANSFERABILITY OF REGISTRATION</b>                        | 19 |
| <b>3.7 REGISTRATION LIMITS</b>                                        | 19 |
| <b>4. CATEGORIES AND PRIZES</b>                                       |    |
| <b>4.1 DATE, PLACE AND TIME AWARDS CEREMONY</b>                       |    |
| <b>4.2 DEFINITION OF AGE/SEX CATEGORIES FOR INDIVIDUALS AND TEAMS</b> | 20 |
| <b>4.3 AWARDS</b>                                                     | 20 |
| <b>4.4 DEADLINES FOR COMPLAINTS ABOUT RATINGS</b>                     | 22 |
|                                                                       | 23 |
| <b>5. GENERAL INFORMATION</b>                                         |    |
| <b>5.1 HOW TO ARRIVE</b>                                              |    |
| <b>5.2 WHERE TO STAY</b>                                              | 23 |
| <b>5.3 PLACES TO VISIT</b>                                            | 23 |
|                                                                       | 24 |
| <b>6. OTHER INFORMATIONS</b>                                          |    |
| <b>6.1 MARKING AND CONTROLS</b>                                       |    |
| <b>6.2 ANTI-DOPING CONTROL</b>                                        | 24 |
| <b>6.3 ENVIRONMENTAL RESPONSIBILITY</b>                               | 24 |
| <b>6.4 IMAGE RIGHTS</b>                                               | 24 |
| <b>6.5 DATA PROTECTION</b>                                            | 24 |
| <b>6.6 SUPPORT AND EMERGENCY</b>                                      | 25 |
| <b>6.7 SUSPENSION AND / OR CANCELLATION OF THE RACE</b>               | 25 |
| <b>6.8 OMITTED CASES</b>                                              | 25 |
| <b>6.9 OTHER POINTS</b>                                               | 25 |
|                                                                       | 25 |
| <b>7. VOUGA KIDS</b>                                                  |    |
| <b>7.1 TERM OF RESPONSIBILITY</b>                                     |    |
|                                                                       | 26 |
| <b>INSURANCE POLICY CONDITIONS</b>                                    |    |
|                                                                       | 27 |



## IMPORTANT INFO

- \* By registering, you agree in full to these regulations.
- \* You need to be in the right physical condition for the characteristics of this extremely tough race, which combines mileage, duration, mountainous terrain, steep gradients, exposure to unfavorable weather conditions, etc.
- \* Vouga Trail stands for ethics and essential values: solidarity and respect for and towards the organization, the runners, volunteers, sponsors, partners, athletes' families and the public, allied to healthy sporting practice.
- \* It is essential to drink at every aid stations and to eat regularly.
- \* Registration is personal and non-transferable and is accepted on a first-come, first-served basis.
- \* The veracity of the data provided is the responsibility of the participant, including for insurance purposes
- \* In case that participant is unable to take part and/or the weather conditions do not allow the event to take place or even it is cancelled, the organization is not obliged to return the registration fees or refund the participant.
- \* Changes to the data provided by participants after **January 1, 2026** will not be accepted.
- \* Given the imperative need to preserve a natural heritage of enormous wealth, we want you to enjoy it in full communion with nature, respecting and protecting it. For this very reason, we would like to inform you that liquid refreshments will not be supplied in bottles or plastic cups. Each athlete is responsible for bringing with them the container(s) they deem most suitable for their hydration (preferably also for hot drinks).
- \* The organization reserves the right to accept last-minute registrations.
- \* This regulation is subject to change.

# 1. PARTICIPATION CONDITIONS

## 1.1 AGE PARTICIPATION IN THE DIFFERENT RACES

The competitive races in the Vouga Trail event are only for athletes aged 18 or over, with the exception of Vouga Trail Mini for athletes aged 16 or over, Vouga Trail Walk for athletes aged 14 or over and Vouga Kids for athletes aged 4 or over, with parental permission, by completing and signing the attached liability form - REQUIRED CONDITION. The disclaimer must be sent to the organization's email address or handed in when picking up the bib. The email address to be used is: geral@vougatrail.pt.

## 1.2 REGULARIZED REGISTRATION

In order to take part in the race, the athlete must have previously registered by the established deadlines and accept all the rules set out in these regulations.

## 1.3 PHYSICAL CONDITIONS

To take part, it is essential to:

- Be aware of the specific distances and difficulties of trail running and their unevenness, as well as being adequately prepared physically and mentally;
- Having acquired, before the event, a capacity for mountain autonomy that allows them to manage the problems that arise in this type of race, namely;
- Being able to cope without outside help with adverse environmental and weather conditions (wind, heat, cold, fog and rain);
- Being able to manage physical or mental problems resulting from extreme fatigue, digestive problems, muscle and joint pain, minor injuries, etc.

## 1.4 DEFINING THE POSSIBILITY OF EXTERNAL HELP

Support for athletes from outside the organization is only permitted at the aid stations. The athlete, in accordance with point 1.3, must be aware of their needs during the race, as well as their ability to solve problems in the event of unexpected situations.

## 1.5 BIB PLACEMENT

The bib is personal and non-transferable. The athlete's bib must be in a place that is easily visible to the organizers and other entities that support and/or collaborate with the race. In the event of withdrawal, the athlete must hand in the bib to the organizers at the race office, thereby communicating their withdrawal. Afterwards, the bib can be collected as a souvenir from the race director's office at the event venue.

## 1.6 RULES OF SPORTS CONDUCT

Inappropriate behavior, such as using offensive language, verbal or physical aggression or leaving litter on the tracks, will not be tolerated and will lead to disqualification.

## 2. RACE

### 2.1 RACE PRESENTATION / ORGANIZATION

On January 9, 10, and 11, 2026, the AZtrail Association, in partnership with the Municipality of Sever do Vouga, will organize the **seventh edition** of the Vouga Trail, divided into the following events: Vouga Trail Ultra, Vouga Trail Long, Vouga Trail Short, Vouga Trail Mini, UPHILL Vouga, Vouga Walk, and Vouga Kids. There will also be the Vouga Trail Green Stages, which will allow athletes to take part in a 3-stage race, with a total distance of 65km (5km, 38km, and 22km) over 3 consecutive days.

Starting and ending in the center of Sever do Vouga, at the Sever do Vouga Sports Pavilion (EN 328), at Av. Comendador Augusto Martins Pereira, 3740 Sever do Vouga, it will be a circular race covering distances of 55 km, 38 km, 22 km, 14 km, and a 12 km walk. UPHILL Vouga will start in Sra Dolorosa, Ribeiradio, and end at Baloço Serra e Mar, Ladário. In the Vouga Kids event, the distances will be adjusted to the age groups of the participants, with a minimum length of 500 meters and a maximum length of 2000 meters.

On January 9, UPHILL Vouga will take place.

On January 10, Vouga Trail Ultra, Vouga Trail Longo, and Vouga Kids will take place.

On January 11, Vouga Trail Curto, Vouga Trail Mini, and Caminhada Vouga will take place.

Participants in the Vouga Trail will have the opportunity to run in the natural heritage area of the municipality of Sever de Vouga, along inhospitable, verdant trails, levadas, the banks of the Vouga River, and Mirador do Castelo, located between the Serra da Freitas, Arestal, and Ladário mountain ranges.

Simultaneously with the competitive events (trail), there will be a medium-difficulty, non-competitive walk. On the second day of the competitive events, there will be a social event, Vouga Kids. At the end of their events, all participants will be entitled to showers.

**Locations to be announced in the athlete's guide.**

### 2.2 PROGRAM / TIMETABLE - PROVISIONAL

#### JANUARY 9TH (FRIDAY)

|                          |                                         |
|--------------------------|-----------------------------------------|
| <b>3p.m</b>              | Opening Expo Vouga Trail                |
| <b>4p.m</b>              | Opening Ceremony                        |
| <b>4p.m - 8p.m</b>       | Functioning of the race office          |
| <b>5:45p.m - 5:55p.m</b> | Mandatory material control UPHILL Vouga |
| <b>6p.m</b>              | Race Start UPHILL Vouga                 |
| <b>7:30p.m</b>           | Closure of the UPHILL Vouga goal        |

## JANUARY 10TH (SATURDAY)

- 6a.m - 10a.m ; 4p.m - 8p.m** Functioning of the race office
- 7a.m** Mandatory material control Vouga Trail Ultra
- 7:30a.m** Race Start Vouga Trail Ultra
- 8a.m** Mandatory material control Vouga Trail Longo
- 8:30a.m** Race Start Vouga Trail Longo
- 10a.m** Race Start Vouga Kids
- 10:05a.m** Race Start Mini Benjamins
- 10:15a.m** Race Start Benjamins A
- 10:30a.m** Race Start Benjamins B
- 10:45a.m** Race Start Infantis
- 11a.m** Race Start Iniciados
- 11:15a.m** Final ceremony / Vouga Kids awards ceremony Vouga Kids
- 11:30a.m** Expected arrival of the 1st runner in the Vouga Trail Longo
- 12:30p.m** Expected arrival of the 1st runner in the Vouga Trail Ultra
- 4:30p.m** Final ceremony/awards ceremony Vouga Trail Ultra, Longo and UPHILL
- 8p.m** Finish line closing

## JANUARY 11TH (SUNDAY)

- 07-9:30a.m** Functioning of the race office
- 08:30a.m** Mandatory material control Vouga Trail Curto
- 09a.m** Race Start Vouga Trail Curto
- 09:10a.m** Mandatory material control Vouga Trail Mini
- 09:30** Race Start Vouga Trail Mini
- 09:45a.m** Race Start Caminhada Vouga Trail
- 10:30a.m** Expected arrival of the 1st runner in the Vouga Trail Mini
- 10:45a.m** Expected arrival of the 1st runner in the Vouga Trail Curto
- 14p.m** Final ceremony / Vouga Kids awards ceremony
- 16p.m** Finish line closing

Access to the departure area will be restricted.

## 2.3 DISTANCE / ALTIMETRY

**Vouga Trail Ultra (VTU)** 55 km, gradient: d+2 50 meters

**Vouga Trail Longo (VTL)** 38 km, gradient: d+2100 meters

**Vouga Trail Curto (VTC)** 22 km, gradient: d+1 50 meters

**Vouga Trail Mini (VMT)** 1 km, gradient: d+ 00 meters

**UPHILL Vouga (UPV)** 5 km, gradient: d+550 meters

**Caminhada Vouga** 12 km, gradient: d+ 400 meters

**Vouga Kids** 500 mts to 2000 mts: d+100 meters (maximum)

- **Mini Benjamins** 400 mts
- **Benjamins A** 500 mts
- **Benjamins B** 1000 mts
- **Infantis** 1500 mts
- **Iniciados** 2000 mts

## 2.4 MAP / ALTIMETRIC PROFILE

(Altimetry data will be available in the Athlete's Guide, to all registered athletes, as well as on the Vouga Trail digital channels).

## 2.5 LIMIT TIME

Any participant in any of the events who withdraws must notify the organization of their withdrawal, providing their race number.

The time limit for completing the Vouga Trail Ultra event will be 12:30 hours.

The time limit for completing the Vouga Trail Long event will be 8:00 hours

The time limit for completing the UPPHILL Vouga event will be 1:30 hours.

The time limit for completing the Vouga Trail Short and Vouga Trail Mini events will be 5:00 hours and 4:00 hours, respectively.

There will be time barriers at locations defined by the organization, with a view to the safety of participants in the event. The time barriers can be consulted on the altimetry maps. The time barriers are subject to change.

Vouga Trail Ultra

**1º Time Barrier** - 5:30 total time race, 1:00 p.m. on January 10, in Ribeiradio, Sr.ª

Dolorosa, km25

**2º Time Barrier** - 10:30 total time race, 6:00 p.m. on January 10, in Silva Escura km 45

Vouga Trail Longo

**Time Barrier** - 5:30 total time race, 2:00 p.m. on January 10, in Ribeiradio, Sr.ªDolorosa, km25

## 2.6 TIME SYSTEM

Control carried out using a chip that athletes must validate at each checkpoint. Failure to return and/or loss of a chip to the organization is the sole responsibility of the participant. Participants will be responsible for all costs associated with its replacement.

## 2.7 CHECKPOINTS

Intermediate controls will be in place as defined by the organization.

## 2.8 AID STATIONS

Vouga Trail Ultra

PA 1 - CDR Silveira, Silveira (solids/liquids) 13,5 km

PA 2 - Sra.ª Dolorosa Ribeiradio (solids/liquids) 25 km

PA 3 - Catives (solids/liquids) (Time Barrier) 35km

PA 4 - Silva Escura (solids/liquids) (Time Barrier) 45 km

Food reinforcement 55 km (finish line)

### **Vouga Trail Longo**

PA 1 - CDR Silveira, Silveira (solids/liquids) 13,5 km  
PA 2 - Sra.<sup>a</sup> Dolorosa Ribeiradio (solids/liquids) 25 km  
PA 3 - Ribeirada (solids/liquids) 31 km  
Food reinforcement 38 km (finish line)

### **Vouga Trail Curto**

PA 1 - Silva Escura (solids/liquids) 12,5 km  
Food reinforcement 22 km (finish line)

### **Vouga Trail Mini**

PA 1 Folharido (solids/liquids) 6 km  
Food reinforcement 14 km (finish line)

### **Caminhada Vouga Trail**

PA 1 Folharido (solids/liquids) 6 km  
Food reinforcement 12 km (finish line)

### **Vouga Kids**

Food reinforcement

### **NOTA: LOCATIONS / DISTANCES MAY BE REDEFINED**

We also inform you that liquid supplies will not be provided in bottles or cups, so each athlete is responsible for bringing the container(s) they deem most suitable for their hydration (preferably also suitable for hot drinks). Only staff members will touch the containers with the food and drinks provided. Athletes should not touch the containers and should only indicate what they want.

## 2.9 MANDATORY MATERIAL / MATERIAL CHECKS

| MANDATORY MATERIA                   | TRAIL ULTRA | TRAIL LONGO | TRAIL CURTO | TRAIL MINI + CAMINHADA | UPHILL VOUGA |
|-------------------------------------|-------------|-------------|-------------|------------------------|--------------|
| Water tank                          | Mandatory   | Mandatory   | Mandatory   | Mandatory              | -            |
| Working phone (with enough battery) | Mandatory   | Mandatory   | Mandatory   | Mandatory              | Mandatory    |
| Thermal blanket                     | Mandatory   | Mandatory   | Obrigatório | Mandatory              | Mandatory    |
| Whistle                             | Mandatory   | Mandatory   | Obrigatório | Mandatory              | Mandatory    |
| Windproof or waterproof             | Mandatory   | Mandatory   | Obrigatório | Mandatory              | Mandatory    |
| Front                               | Mandatory   | -           | -           | -                      | Mandatory    |
| Cap or headgear                     | Mandatory   | Recommended | Recommended | Recommended            | Recommended  |
| Cup                                 | Mandatory   | Mandatory   | Mandatory   | Mandatory              | Mandatory    |
| Bib (visible)                       | Mandatory   | Mandatory   | Mandatory   | Mandatory              | Mandatory    |

**Please note:** The organization does not offer cups/plates at the aid stations.

### 2.9.1 MATERIAL CHECK

There will be a material check at the zero control, at which the athlete will be subject to disqualification if they fail to comply with the mandatory material.

### 2.10 INFORMATION ON PASSING POINTS WITH ROAD TRAFFIC

The organization will have a safety system in place along the entire route. however, given that it will be impossible to close some roads to traffic, participants must comply with traffic rules on public roads and respect the environment along the route, bearing in mind that the route may cross private property, under penalty of having to assume potential damages and compensation resulting from non-compliance.

## 2.11 PENALTIES / DISQUALIFICATIONS

### The athlete is penalized:

- 60min for lack of compulsory material at the checkpoints.

### The athlete is disqualified:

- If they arrive at the intermediate checkpoint after the time set by the organization.
- If they arrive at the finish line control after the closing time.
- If they do not follow the stipulated route.
- If you don't follow the instructions of the organizers.
- Any unsportsmanlike conduct.
- Any polluting behavior.

In future editions, the organization will prevent the registration of athletes and pedestrians who display bad conduct during the event.

## 2.12 RESPONSIBILITIES TOWARDS THE ATHLETE/PARTICIPANT

Registration for the race implies full acceptance of these regulations. Participants will be held responsible for all actions likely to cause material, moral or other damage to themselves and/or third parties. The organization declines all responsibility in the event of an accident, negligence or theft of objects and/or valuables from each participant. The organization, as well as any of those involved in organizing the race, are exempt from any liability resulting from the acts described above.

## 2.13 SPORTS INSURANCE

The organization contracts the insurance required by law for this type of event. The insurance premium is included in the registration fee.

**Payment of the insurance deductible in the event of an accident is the sole responsibility of the athletes.**

Any accident or incident that occurs during the course of the race is the responsibility of the participants for anything that exceeds the risk covered by the insurance.

The organization will not assume any expenses for claims of which it was not notified in a timely manner to activate the insurance.

To activate the insurance, and in case it is not activated during the race, the athlete and/or organization must use the email geral@vougatrail.pt. **The maximum time for activation will be 24 hours after the conclusion of the event.**

See the specific insurance conditions on page 29..

## 3. REGISTRATIONS

### 3.1 REGISTRATION PROCESS (SITE, WEB PAGE)

Entries will be made via the Stop and Go platform in accordance with the rules issued there.

Registration is a condition of the athlete's acceptance of these participation rules. The bib will be picked up individually and identification will be required.

### 3.2 ELITE ATHLETES

The organization reserves free and discounted spots for elite athletes. The criteria for distinguishing an elite runner is their ITRA performance index (Men  $\geq 825$  / Women  $\geq 700$ ), or having been a winner in one of the previous editions of the Vouga Trail. Any request to obtain an elite athlete registration must be submitted by email to geral@vougatrail.pt.

THE REQUEST MUST ALWAYS BE MADE BEFORE THE ATHLETE VALIDATES THEIR REGISTRATION. REQUESTS ARE ALWAYS SUBJECT TO REVIEW BY THE RACE DIRECTOR.

### 3.3 FEES, REGISTRATION PERIOD AND RACE INFORMATION

**Online registration opens on August 28, 2025.**

#### Vouga Trail Ultra (VTU)

55 km, elevation gain: 2,850 meters Race  
with timing and classification system.

**38 euros** (1st phase: August 28 to September 28)

**48 euros** (2nd phase: September 29 to December 26)

The registration fee includes: Official Technical T-shirt; personal accident insurance; finisher's prize; refreshments; showers; photographers; firefighters and medical support during the event, as well as any other offers that the organization may secure. The organization may replace some of these offers with similar ones.

#### Vouga Trail Longo (VTL)

38 km, elevation gain: 2,100 meters. Race  
with timing and classification system.

**32 euros** (1st phase: August 28 to September 28)

**37 euros** (2nd phase: September 29 to December 26)

|                   | PHASE 1<br>Aug 28 to Sep 28 | PHASE 2<br>Sep 29 to Dec 26 |
|-------------------|-----------------------------|-----------------------------|
| Trail-Ultra(VTU)  | 38€                         | 48€                         |
| Trail Longo (VTL) | 32€                         | 37€                         |
| Trail Curto (VTC) | 21€                         | 26€                         |
| Trail Mini (VTM)  | 15€                         | 20€                         |
| UPHILL Vouga      | 9€                          | 13€                         |
| VT Green Stages   | 55€                         | 65€                         |
| Caminhada         | 13€                         |                             |
| Vouga Kids        | Free                        |                             |

The registration fee includes: Official Technical T-shirt; personal accident insurance; finisher's prize; refreshments; showers; photographers; firefighters and medical support during the event, as well as any other offers that the organization may secure. The organization may replace some of these offers with similar ones.

#### **Vouga Trail Curto (VTC)**

22 km, elevation gain: 1050 meters.

Race with timing and classification system.

**21 euros** (1st phase - August 28 to September 28)

**26 euros** (2nd phase - September 29 to December 26)

The registration fee includes: Official Technical T-shirt; personal accident insurance; finisher's prize; refreshments; showers; photographers; firefighters and medical support during the event, as well as any other offers that the organization may secure. The organization may replace some of these offers with similar ones.

#### **UPHILL Vouga (UPV)**

5km, elevation gain: 550 meters.

Race with timing and classification system.

**9 euros** (1st phase - August 28 to September 28)

**13 euros** (2nd phase - September 29 to December 26)

#### **Vouga Trail Green Stages**

65km (total), elevation gain: 3,700 meters (total). Race with timing and classification system.

**55 euros** (1st phase - August 28 to September 28)

**65 euros** (2nd phase - September 29 to December 26)

### **Vouga Trail Mini (VTM)**

14 km, elevation gain: 600 meters.

Race with timing and classification system.

**15 euros** (1st phase - August 28 to September 28)

**20 euros** (2nd phase - September 29 to December 26)

The registration fee includes: Official Technical T-shirt; personal accident insurance; finisher's prize; refreshments; showers; photographers; firefighters and medical support during the event, as well as any other offers that the organization may secure. The organization may replace some of these offers with similar ones.

### **Caminhada Vouga**

12 km, elevation gain: 400 meters.

Non-timed race.

**13 euros**

The registration fee includes: race number, personal accident insurance, race t-shirt, refreshments, showers, as well as any other offers that the organization may be able to provide. The organization may replace some of these offers with similar ones.

### **Vouga Kids**

As Vouga Kids is a social event, registration is free but mandatory. To participate, children must have a signed liability waiver from their parent or guardian, provided by the organization – MANDATORY REQUIREMENT.

In order to promote and motivate young people to participate in sports, no timing or classification system will be used.

### **3.4 REFUND OF REGISTRATION FEE**

The organization is not obligated to refund the registration fees of athletes who have already confirmed their participation but are unable to attend on the day of the event. If an athlete requests to change their registration to a shorter distance race, any difference in price will not be refunded.

### 3.5 RACE OFFICE/TIMES AND LOCATIONS

The race office will be open on the following days and at the following times:

- January 9: 4:00 p.m. to 8:00 p.m.
- January 10: 6:00 a.m. to 10:00 a.m. and 4:00 p.m. to 8:00 p.m.
- January 11: 7:00 a.m. to 9:30 a.m.

All athletes must bring identification and four pins.

As the Athlete Kit contains an item that is mandatory for the race, the race number, it can only be collected and handed over to the athlete themselves. Kits cannot be delivered after the official closing of the secretariat. There is no option to have race numbers sent to your home address.

### 3.6 NON-TRANSFERABILITY OF REGISTRATION

Registration for the Vouga Trail is non-transferable, rendering it irregular and consequently invalid and not covered by insurance.

Any change of details or user of the registration/bib number must be communicated to the organization, which will assess the feasibility of the possible change and subsequently inform the participant of the decision taken. The transfer of registration has an **administrative cost of €5.00**. Within 5 days, the organization will contact the participant in order to expedite the process. If there is no confirmation of the change by the race organization, it shall not be considered.

**The deadline for exchanging registration data is January 1, 2026.**

### 3.7 REGISTRATION LIMITS

Registration for the Vouga Trail 2026 is limited according to the following allocation:

**VougaTrail Ultra** 350 participants

**VougaTrail Longo** 350 participants

**VougaTrail Curto** 500 participants

**VougaTrail Mini** 300 participants

**UPHILL Vouga** 100 participants

**VougaTrail Caminhada** 200 participants

## 4. CATEGORIES AND PRIZES

### 4.1 DATE, PLACE AND TIME AWARDS CEREMONY

Date January 10 and 11

Location Sever do Vouga Sports Pavilion

Award ceremony 4:30 p.m. (January 10) and 2:00 p.m. (January 11)

### 4.2 DEFINITION OF AGE/SEX CATEGORIES FOR INDIVIDUALS AND TEAMS

Age categories will be defined automatically based on the information provided by participants at the time of registration and using the athlete's age on October 31 of the current competitive season as a reference.

There will be classifications by age group in the events:

#### Vouga Trail Ultra

General male and female

#M SUB23 and FSUB23 - 18 to 22 years old (as of October 31 in the reference period)

#MSEN and FSEN - 23 to 34 years old (as of October 31 in the reference period)

#M35 and F35 - 35 to 39 years old (as of October 31 in the reference period)

#M40 and F40 - 40 to 44 years old (as of October 31st in the reference period)

#M45 and F45 - 45 to 49 years old (as of October 31st in the reference period)

#M50 and F50 - 50 to 54 years old (as of October 31st in the reference period)

#M55 and F55 - 55 to 59 years old (as of October 31st in the reference season)

#M60 and F60 - 60 to 64 years old (as of October 31st in the reference season)

#M65 and F65 - 65 to 70 years old (as of October 31st in the reference season)

#M70 and F70 - over 70 years old (as of October 31st in the reference period)

#General\_Team (1st, 2nd, and 3rd place)

Trophies will be awarded to the top 3 men and top 3 women.

#### Vouga Trail Longo

General male and female

#M SUB23 and FSUB23 - 18 to 22 years old (as of October 31 in the reference period)

#MSEN and FSEN - 23 to 34 years old (as of October 31 in the reference period)

#M35 and F35 - 35 to 39 years old (as of October 31 in the reference period)

#M40 and F40 - 40 to 44 years old (as of October 31 in the reference period)

#M45 and F45 - 45 to 49 years old (as of October 31 during the reference period)

#M50 and F50 - 50 to 54 years old (as of October 31 during the reference period)

#M55 and F55 - 55 to 59 years old (as of October 31 during the reference period)  
 #M60 and F60 - 60 to 64 years old (as of October 31 during the reference period)  
 #M65 and F65 - 65 to 70 years old (as of October 31 during the reference period)  
 #M70 and F70 - over 70 years old (as of October 31 during the reference period)  
 #Overall Team (1st, 2nd, and 3rd place)  
 Trophies will be awarded to the top 3 men and top 3 women.

## **Vouga Trail Curto**

### **General male and female**

#M JUNIOR and F JUNIOR - 18 to 19 years old (as of Oct 31 in the reference period)  
 #M SUB23 and FSUB23 - 20 to 22 years old (as of October 31 in the reference period)  
 #MSEN and FSEN - 23 to 34 years old (aged 35 to 39 on Oct 31 of the reference season)  
 #M35 and F35 - 35 to 39 years old (aged 35 to 39 on Oct 31 of the reference season)  
 #M40 and F40 - 40 to 44 years old (aged 40 to 44 on Oct 31 of the reference season)  
 #M45 and F45 - 45 to 49 years old (as of October 31 during the reference period)  
 #M50 and F50 - 50 to 54 years old (as of October 31 during the reference period)  
 #M55 and F55 - 55 to 59 years old (as of October 31st in the reference period)  
 #M60 and F60 - 60 to 64 years old (as of October 31st in the reference period)  
 #M65 and F65 - 65 to 70 years old (as of October 31st in the reference period)  
 #M70 and F70 - over 70 years old (as of October 31st in the reference period)  
 #General\_Team (1st, 2nd, and 3rd place)

Trophies will be awarded to the top 3 men and top 3 women.

## **Vouga Trail Mini**

### **General male and female**

#M JUVENIL e F JUVENIL - 16 a 17 anos (feitos até 31 de outubro na época de referência)  
 #M JÚNIOR e F JÚNIOR - 18 a 19 anos (feitos até 31 de outubro na época de referência)  
 #M SUB23 e FSUB23 - 20 a 22 anos (feitos até 31 de outubro na época de referência)  
 #MSEN e FSEN - 23 a 34 anos (feitos até 31 de outubro na época de referência)  
 #M35 e F35 - 35 a 39 anos (feitos até 31 de outubro na época de referência)  
 # M40 e F40 - 40 a 44 anos (feitos até 31 de outubro na época de referência)  
 #M45 e F45 - 45 a 49 anos (feitos até 31 de outubro na época de referência)  
 #M50 e F50 - 50 a 54 anos (feitos até 31 de outubro na época de referência)  
 #M55 e F55 - 55 a 59 anos (feitos até 31 de outubro na época de referência)  
 #M60 e F60 - 60 a 64 anos (feitos até 31 de outubro na época de referência)  
 #M65 e F65 - 65 a 70 anos (feitos até 31 de outubro na época de referência)

#M70 e F70 - mais de 70 anos (feitos até 31 de outubro na época de referência)

#General\_Team (1st, 2nd, and 3rd place)

Trophies will be awarded to the top three men and top three women.

### Caminhada Vouga Trail

#There will be no trophies and/or rankings.

### UPHILL VOUGA

#Trophy and prize for the top 3 men and women.

#There will be no classification by age group in this race.

### Vouga Trail Green Stages

#Trophy and prize for the top 3 men and women (overall).

#There will be no classification by age group in this race.

### Vouga Kids

#Age categories will be automatically defined based on the information provided by participants during registration.

#Classification by age group will be based on the athlete's age on the day before the race:

- **Mini Benjamim** 4 to 5 years;
- **Benjamin A** 6 to 9 years;
- **Benjamin B** 10 to 11 years;
- **Infantis** 12 to 13 years;
- **Iniciados** 14 to 15 years.

## 4.3 DEADLINES FOR COMPLAINING CLASSIFICATIONS

The Vouga Trail® event awards cash prizes to the top finishers in the following races: VTU (Vouga Trail Ultra – 55km), VTL (Vouga Trail Long – 38km), VTC (Vouga Trail Short – 20km). There will also be a cash prize for the “Downhill segment,” included in the VTU and VTL races, but athletes must finish the race in question. There will be a separate classification for each distance.

• VTU - 5200,00€

. UPV - 200,00€

• VTL - 1450,00€

. VTGS - 650,00€

• VTC - 800,00

• Downhill Segment - 400,00€

**Total Prize Money: 8.700,00€** \*\* Mandatory Issuance of Receipt:

Athletes who are entitled to prize money must submit a receipt in order to receive the corresponding amount (in accordance with current law). This receipt may be issued by the athlete's representative club or through a separate act on behalf of the athlete themselves. The prize will only be awarded after the receipt has been submitted.

|                    | 1°         | 2°   | 3°   | 4°   | 5°   |               |
|--------------------|------------|------|------|------|------|---------------|
| Trail-Ultra(VTU)   | 1000€      | 750€ | 500€ | 250€ | 100€ | Male / Female |
| Trail Longo(VTL)   | 300€       | 200€ | 100€ | 75€  | 50€  | Male / Female |
| Trail Curto(VTC)   | 150€       | 100€ | 75€  | 50€  | 25€  | Male / Female |
| Downhill           | 100€ Ultra |      |      |      |      | Male / Female |
| Downhill           | 100€ Longo |      |      |      |      | Male / Female |
| UPHILL Vouga (UPV) | 100€       |      |      |      |      |               |
| VT Green Stages    | 150€       | 100€ | 75€  |      |      |               |

#### 4.4 DEADLINES FOR COMPLAINING CLASSIFICATIONS

Any and all complaints must be submitted in writing and sent to the Race Director, accompanied by a deposit of €50 (non-refundable if the complaint is rejected) within 1 hour of the participant's arrival.

The complaint must include the name of the complainant, ID/CC or passport number, name(s) of the participant(s) affected, bib number, and reasons for the complaint. The Jury will make its decision before the official results are posted.

## 5. INFORMAÇÕES GERAIS

### 5.1 HOW TO ARRIVE

Pack your bags and head to Sever do Vouga in the district of Aveiro, in the central region of the country, taking advantage of the A1, A25, A17, A32, and IC2 highway connections and the proximity of the Northern railway line. A stone's throw from the cities of Aveiro and Viseu and an hour from Coimbra and Porto, you will find a municipality blessed by nature, nestled between mountains and rivers. Let yourself be captivated by the unique features and contrasts of this territory, the gateway to the Ria de Aveiro and the Magic Mountains.

### 5.2 WHERE TO STAY

Sever do Vouga is presented in shades of green, among rivers and streams, waterfalls and reservoirs, surrounded by the magnificent landscapes of the grand Vouga Valley up to the highest mountain in the municipality, Arestal. This entire setting creates an undeniable sense of refreshment and well-being. A municipality of choice for enjoying peaceful moments and contemplating unforgettable details, marked by the greenery and fragrance of nature.

Sever do Vouga offers a wide variety of accommodation options:

[Encosta dos Túneis](#)

[Santiago Family House](#)

[Moleiro da Costa Má](#)

[Hotel "O Cortiço"](#)

[Casa da Aldeia](#)

Vougaldeias

### 5.3 PLACES TO VISIT

With a privileged location, Sever do Vouga is a territory blessed by nature, where rivers and waterfalls invite adventure and relaxation, where crafts keep traditions alive, and the genuine flavors and knowledge of gastronomy are passed down through generations.

Museu Municipal  
Parque Urbano de Sever do Vouga  
Ponte Poço de Santiago  
Ecopista do Vale do Vouga  
Praia Fluvial Quinta do Barco  
Parque de Lazer Cascata da Cabreira  
Rio Gresso (Cascata)  
Parque do Areeiro  
Pedras Talhadas  
Minas do Braçal  
[Rede de Percursos pedestres](#)  
Feira Nacional do Mirtilo (Junho)  
[Território Montanhas Mágicas®](#)  
Lugar da eira / talhadas

## 6. OTHER INFORMATIONS

### 6.1 MARKING AND CONTROLS

The route will be marked with brightly colored ribbons and flags, and passing through established controls will be mandatory.

### 6.2 ANTI-DOPING CONTROL

All athletes are strongly advised not to use any substances, pharmacological groups or methods intended to artificially increase their physical capabilities. In this, as in any Trail Running event, any athlete may be chosen to participate in an anti-doping control, so it is recommended that you carefully read the ATRP Federal Anti-Doping Regulations.

### 6.3 ENVIRONMENTAL RESPONSIBILITY

The athlete is solely responsible for transporting all natural (even biodegradable) or non-natural wrappers and waste, originating from gels, bars and/or others. You must deposit the waste at the nearest gas station, or transport it to the finish line.

### 6.4 IMAGE RIGHTS

Acceptance of this regulation necessarily implies that the participant authorizes the race organizers to record all or part of their participation in it, it also presupposes their agreement so that the organization can use the athlete's image for the promotion and dissemination of the race in all its forms (radio, written press, video, photography, internet, posters, media, etc.) and assigns all rights to its commercial and advertising exploitation that it deems appropriate to carry out, without the right, on the part of the athlete, to receive any compensation economic.

## 6.5 DATA PROTECTION

By formalizing their registration, all participants authorize the publication of their personal data necessary for the running of the race, whether in official lists, in the media, or on the internet, as well as its use for sending information related to the event, including subsequent editions. They also authorize the images collected (photographs or videos) to be used indefinitely in any advertising campaign, for the sole purpose of promoting and publicizing the event.

Each participant is responsible for the accuracy of the information provided in their registration.

All participants may exercise their right to access, rectify, or cancel their personal data by sending an email to **geral@vougatrail.pt**. If the participant is a member of the ATRP, the act of registration implies authorization for their data to be transmitted for the purposes of compiling the classification and ranking for the various trophies.

## 6.6 SUPPORT AND EMERGENCY

There will be support, relief and emergency teams to provide assistance to participants who need it.

## 6.7 SUSPENSION AND/OR RACE CANCELLATION

The organization may cancel the event whenever it understands that the safety of participants may be at stake.

If weather or environmental conditions are extreme, the start may be delayed by a maximum of two hours, after which the race is cancelled.

They can also be suspended or canceled by decision of official entities such as Civil Protection, GNR, MAI, ICNF, etc.

## 6.8 OMISSIONS CASES

Any cases not covered by these regulations will be resolved by the organization, whose decision will not be appealed.

The organization reserves the right to modify these regulations up until the date of the event.

## 6.9 OTHER POINTS

Completing and sending the registration form implies that the athlete who registers is aware of and accepts these regulations without any reservations.

Participants are obliged to help injured parties and respect traffic rules at road intersections.

The organization reserves the right to accept last minute registrations.

The organization reserves the right to make any changes to the program and route that it deems necessary depending on different conditions, as well as to suspend the race if weather conditions so require, or due to force majeure.

The event can also be canceled as long as it is decreed by the Civil Defense, General Directorate of Health or any other higher authority.



## AUTHORIZATION FROM THE EDUCATIONAL RESPONSIBLE

I, \_\_\_\_\_, being  
\_\_\_\_\_ (degree of kinship) and responsible for the  
athlete \_\_\_\_\_  
(name of the athlete) and holder of Citizen Card no. \_\_\_\_\_  
(athlete), authorize my son/daughter to participate in Vouga Trail - Vouga  
Kids Race, to be held on January 10, 2026. I further declare that I have read  
and accept the rules for this event.

On \_\_\_\_\_, \_\_\_\_, \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Signature of the person in charge

Data from the Education Officer:

B.I./C.C. \_\_\_\_\_

Cell phone contact \_\_\_\_\_

Email \_\_\_\_\_

| COVERINGS                         | SAFE CAPITAL (1) |
|-----------------------------------|------------------|
| Death or Permanent Disability (2) | 30.363,38 Euros  |
| Treatment Expenses (3)            | 4.858,14 Euros   |
| Funeral Expenses                  | 2.429,07 Euros   |

(1) The policy capital (number of people in the same risk location / means of transport x capital per person) is limited to 7.000.000 €.

(2) For children under 14 years of age, the Death guarantee will not apply and will be converted into Funeral Expenses up to the limit of 2.429,07€;

(3) A deductible of €75.00 per claim and insured person will apply to Treatment and Repatriation Expenses.



# ***VOUGA TRAIL***

*UM DESAFIO PINTADO DE VERDE*

