



Bulletin #4

European MTB Orienteering Championships 2015
EMTBOC'15

European Youth MTB Orienteering Championships 2015
EYMTBOC'15

European Junior MTB Orienteering Championships 2015
EJMTBOC'15

World Masters MTB Orienteering Championships 2015
WMMTBOC'15

World Cup MTB Orienteering 2015
WCup MTBO'15





In this Bulletin

1. General.....4

 1.1. Organizers4

 1.2. Event controlling4

 1.3. Information4

 1.4. General location.....5

 1.5. Program overview7

 1.6. Team leaders meeting and information session.....9

 1.7. Late start policy.....9

 1.8. Complaints and Protests9

 1.9. Model events 10

 1.10. Summary of entries received:..... 11

 1.11. Transport (extra cost) 12

 1.12. Accommodation (extra cost) 12

 1.13. Weather 12

 1.14. Health care..... 12

 1.15. Visas 12

 1.16. Media services 12

 1.17. Live coverage 12

 1.18. Bicycle storage, washing and repair 13

 1.19. Protocol at Prize giving ceremonies..... 13

 1.20. Catering service..... 13

 1.21. Training events..... 13

2. Rules & Maps 14

 2.1. Classes and participation restrictions 14

 2.2. Competition rules 15

 2.3. Start groups..... 15

 2.4. Start bibs / Race numbers..... 15

 2.5. Maps 15

 2.6. Embargoed areas 16

 2.7. Overall Terrain description 17

 2.8. Time keeping system 18

 2.9. Anti-doping 18

 2.10. External Assistance 18

 2.11. Previous orienteering maps..... 19

3. Competition days 21

 3.1. Day 1 - Monday, 8th June (Idanha-a-Nova) 21

 3.2. Day 2 - Tuesday, 9th June (Penha Garcia)..... 25

 3.3. Day 3 - Wednesday 10th June..... 30

 3.4. Day 4 - Thursday 11th June (Rest day)..... 35

 3.5. Day 5 - Friday 12th June (Monfortinho and Termas de Monfortinho) 36

 3.6. Day 6 - Saturday 13th June (Alcafozes)..... 41

4. Tourist Opportunities in the region 45



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

Portuguese Orienteering Federation (**POF**) is very glad to welcome the best Mountain bike orienteer's in the world to the Idanha-a-Nova County, in the east of Portugal.

Idanha-a-Nova is a very well preserved natural region and offers you beautiful landscapes.

Here you will have the opportunity to compete in hard but interesting terrain, to provide you with the best challenge for mountain bike orienteering.

<http://mtbo15.fpo.pt>

<https://www.facebook.com/mtbo15.portugal>



Armindo Jacinto
 Mayor of
 Idanha-a-Nova

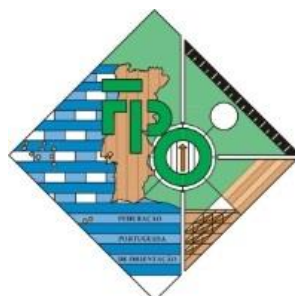
The County of Idanha-a-Nova is very pleased to cooperate in the organisation of the "MTBO'15" Orienteering Championships. We are very honoured to welcome all the athletes and their teams and friends who will participate in this major sports event.

Our County has excellent natural characteristics for all sorts of outdoor sports. These unique characteristics have attracted several national and international Orienteering competitions to Idanha-a-Nova in recent years. The world award granted to Monsanto's Orienteering Course in 2013 increased our duty to do ever more and better for this sport and this County.

Idanha-a-Nova has all infrastructures needed to meet the standards required by major and prestigious competitions such as the "MTBO'15". We count once more on the priceless support and commitment of the Portuguese Orienteering Federation and ADFA club, whose outstanding organisational skills deserve the highest praise.

A final word for all those who will honour us with their presence in our County in 2015. We welcome you warmly to Idanha-a-Nova and we wish you a very pleasant stay. We hope that the days you will spend with us will bring you good memories and immense wish to return.

We wait for you in Idanha-a-Nova!





7th to 14th June 2015
Idanha-a-Nova // PORTUGAL

1. General

1.1. Organizers

IOF - International Orienteering Federation - www.orienteering.org

POF - Portuguese Orienteering Federation - www.fpo.pt

CMIN - Municipality of Idanha-a-Nova - www.cm-idanhanova.pt

Event Director: Augusto Almeida

Event Vice-Director: Jacinto Eleutério

Event Secretary: Jorge Simões

Maps & Courses: Alexandre Reis

Logistics: Crispim Júnior

Media Coordinators: Fernando Costa

1.2. Event controlling

IOF Senior Event Advisor (SEA): Mark Stodgell / GBR

National Controller: Tiago Fernandes / POR

1.3. Information

Federação Portuguesa de Orientação - FPO

Estrada da Vieira, 4 - Bairro Florestal - Pedreanes

P - 2430-401 Marinha Grande

PORTUGAL

Tel.: (00) (351) 244575074

Email: mtbo15.portugal@gmail.com or geral@fpo.pt

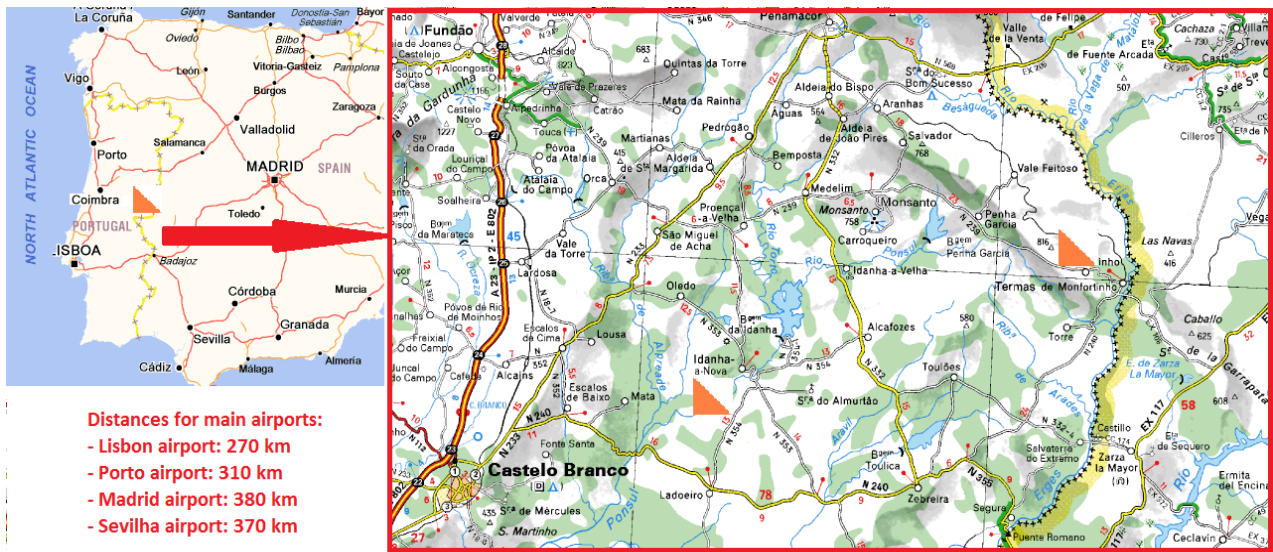
Website: www.mtboc2015.fpo.pt





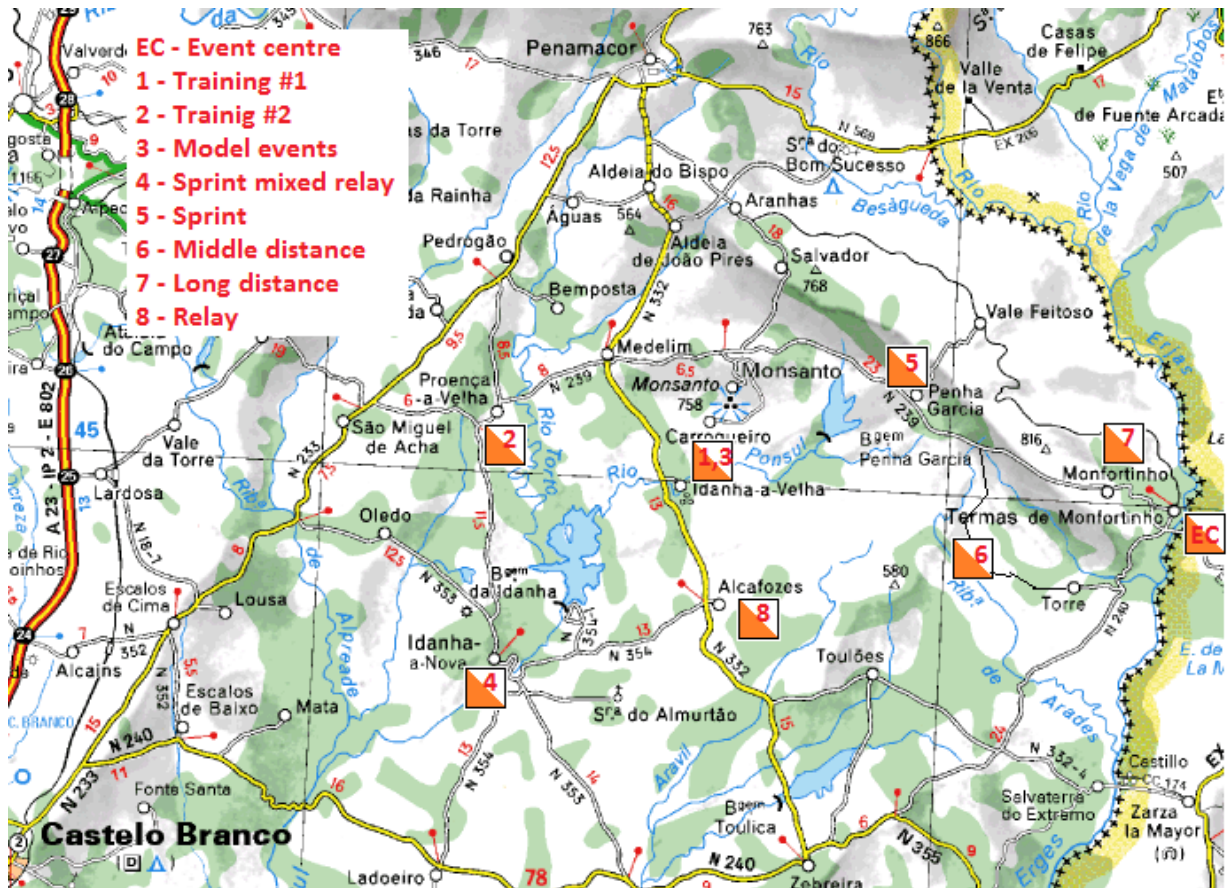
7th to 14th June 2015
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1.4. General location



Notes:

- Idanha-a-Nova: host county
- **Termas de Monfortinho: event centre (EC)**
- (270 km from Lisbon international airport)
- (310 km from Oporto international airport)
- (380 km from Madrid - Spain international airport)





7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

1.4.1. Event centre

Termas de Monfortinho - Idanha-a-Nova

Address: Av. Conde da Covilhã



Important:

- The pool can be used during the hours of operation of the EC.
- It is users responsibility the safe use of the facilities.
- It is not allowed to use glass materials throughout all the space.
- It is not allowed to carry food to the pool area.

1.4.2. Facilities locations

- **Supermarket:**
 - o Intermarché
 Opening times: from 9:00 am to 8:30 pm
 Address: Zona nova de expansão / 6060 **Idanha-a-Nova**
 Tlf: +351 277 202 590
 Distance from EC: 45 Km
- **Hospital:**
 - o Hospital Amato Lusitano.
 Address: Avenida Pedro Álvares Cabral / 6000-085 **Castelo Branco**
 Tlf: +351 272 000 272
 Distance from EC: 68 Km
- **Medical centres:**
 - o Centro de Saúde de Idanha-a-Nova
 Opening times: Monday to Friday, from 8:00 am to 12:00 pm
 Address: Rua Aprígio Leão de Meirelles /6060-101 **Idanha-a-Nova**
 Tlf: +351 277 200 210
 Distance from EC: 45 Km
 - o Extensão de Saúde das Termas de Monfortinho
 Opening times: Monday (9:00am to 1:00pm), Tuesday (10:00 am to 12:00 am),
 and Thursday (10:00 am to 12:00 am)
 Address: Avenida Conde da Covilhã / 6060-072 **Termas de Monfortinho**
 Tlf: +351 277 434 318



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

- Extensão de Saúde de Monfortinho
 Opening times: Monday (2:00 pm to 6:00 pm), Tuesday (8:00 am to 10:00 am),
 and Thursday (8:00 am to 10:00 am)
 Address: Rua Escolas Velhas / 6060-071 **Monfortinho**
 Tlf: +351 277 434 112
 Distance from EC: 3 Km
- **Pharmacies:**
 - Farmácia Andrade – Largo Município, Idanha-a-Nova – Tlf: +351 277202134
 - Farmácia Serrasqueiro Cabral – Estrada de Idanha, 45B, Ladoeiro – Tlf: +351 277927133
 - Farmácia Freitas – Rua da Prensa, 4B, Zebreira – Tlf: +351 277427264
 - Farmácia Monsanto – Rua da Capela, 4, Monsanto – Tlf: +351 277314040
- **Bike Shops:**
 - Bicicletas Santiago – Rua de Santiago, nº 83, Castelo Branco (66 km from EC) – Tlf: +351 960054008
 - Bicicletas do Amieiro – Quinta do Amieiro de Baixo, L2, R/C Direito, Castelo Branco (67 km from EC) – Tlf: +351 965167462 or +351 963031776
 - Motobrioso – Parque industrial do Fundão, 40, Fundão (67 km from EC).
- **Minimarkets in Termas de Monfortinho:**
 - Café "Manuel Toninho"
 - Artesanato das Termas de Monfortinho
- **Banks and ATM:**
 - Novo Banco – Termas de Monfortinho (200 m from EC)
 - ATM in Bombeiros (Fireman) – Penha Garcia
 - ATM (N239 in Eugénia) – Near Monsanto
 - Caixa Geral de Depósitos – Idanha-a-Nova (centre)
 - ATM – Idanha-a-Nova (centre)
- **Fuel stations:**
 - Penha Garcia in N239 (9 km from the EC)
 - Medelim in N239 (23 km from the EC)
 - Idanha-a-Nova in N353 (44 km from EC)
 - Idanha-a-Nova in Supermarket Intermarché (45 km from EC)
- **Restaurants (in Termas de Monfortinho):**
 - Restaurante & Bar "Beira Baixa"
 - Restaurante & Bar "O Luís"
 - Restaurante "O Paladar"
 - Restaurante "O Central"
 - Restaurante "O Garfo"
 - Restaurante & Bar "Hotel Boavista"
 - Restaurante "Clube de Caça e Pesca" (2 km, South)
 - <http://www.cm-idanhanova.pt/turismo/restauracao.aspx>

1.5. Program overview

Monday, 1st June

18:00: Start list of World Masters will be published

7th to 14th June 2015
Idanha-a-Nova // PORTUGAL**Friday 5th June**

11:00-15:00: Training event in Idanha-a-Velha

Saturday 6th June

10:00-19:00: Opening Hours of the Event Office (EO) in Termas de Monfortinho (EC).

11:00-15:00: Training event in Proença-a-Velha

Sunday, 7th June

9:00-21:00: Opening Hours of the EO in Termas de Monfortinho (EC).

10:00-15:00: Model events in Idanha-a-Velha

15:00: Deadline for EMTBOC Team Leaders to submit final entries for Mixed Sprint Relay (EC)

17:30: Team Leaders meeting at EC (EMTBOC, EJMTBOC, EYMTBOC and WCup).

Monday, 8th June (Idanha-a-Nova)

08:30-13:00: Opening hours of the EO at the Mixed Sprint Relay arena (Idanha-a-Nova)

10:00: Start for Mixed Sprint Relay (EMTBOC)

11:30: Start for the unofficial Mixed Sprint Relay (EYMTBOC, EJMTBOC and WMMTBOC)

13:30: Opening Ceremony (Idanha-a-Nova)

14:00: Prize giving ceremony for Mixed Sprint Relay (Idanha-a-Nova)

14:20: Prize giving ceremony for unofficial Mixed Sprint Relay (Idanha-a-Nova)

14:00-21:00: Opening hours of the EO at the EC.

15:00: Deadline for names/start group allocation for Sprint distance competition at the EC.

15:00-18.00: Model Events in Idanha-a-Velha.

18:00: World Masters Information session at EC.

19:00: Team Leaders meeting at EC.

Tuesday, 9th June (Penha Garcia)

08:30-14:00: Opening hours of the EO at the Sprint distance arena (Penha Garcia)

10:00: Start for Sprint course (EYMTBOC, EJMTBOC, WMMTBOC)

11:15: Start for Sprint course (EMTBOC)

13:00: Flower ceremony at finish area of Sprint distance

15:00-21:00: Opening hours of the EO at the EC

15:00: Deadline for names/start group allocation for Middle distance competition at the EC.

17:00: Team Leaders Meeting at EC.

18:00: Prize giving ceremonies at EC.

Wednesday 10th June (Vale das Eiras)**Portugal National Day – Public Holiday**

08.30-15.00: Opening hours of the EO at the Middle distance arena (Vale das Eiras).

10:00: Start for Middle distance course (EYMTBOC, EJMTBOC, WMMTBOC)

11.45: Start for Middle distance course (EMTBOC)

15:00: Flower ceremony at finish area of Middle distance

16:00-21:00: Opening hours of the EO at the EC

18:00: Prize giving ceremonies at EC.

Thursday 11th June

Rest day

10:00-21:00: Opening hours of the EO at the EC

15:00: Deadline for names/start group allocation for Long distance competition at the Event Office (EC).



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

18:00: Team Leaders Meeting at EC.

20:50: limit time to deliver water/refreshment of the Elite Athletes for the long distance at the EC.

Friday 12th June (Monfortinho and Termas de Monfortinho)

08:30-21:00: Opening hours of the EO at the EC

9.00: Start for Long distance course (EYMTBOC, EJMTBOC, WMMTBOC) (in Monfortinho)

11.00: Start for Long distance course (EMTBOC)

15:00: Deadline for names/start group allocation for Relay competition at the EO at the EC

17:00: Team Leaders Meeting

18:00: Prize giving ceremonies at EC.

Saturday 13th June (Alcafozes)

07:30-15:00: Opening hours of the EO at the Relay arena (Alcafozes).

08.30: Mass start first leg Relay (EYMTBOC, EJMTBOC)

10.30: Mass start first leg Relay (EMTBOC)

13.30 Mass Start first leg unofficial Relay WMMTBOC.

16:00-21.00 Opening hours of the EO at EC

18:00: Prize giving ceremonies at EC.

20:00: Party MTBO'15 at EC.

Sunday 14th June

Departures



1.6. Team leaders meeting and information session

The EMTBOC, EJMTBOC, EYMTBOC and World Cup Team Leaders meeting will take place in Event Centre (EC): Sunday, 7th June, at 5:30pm; Monday, 8th June, at 6:30pm; Tuesday, 9th June, at 5:00pm; Thursday, 11th June, at 6:00pm; Friday, 12th June, at 5:00pm.

A Masters Information Session will be held at Monday, 8th June, at 7:00pm, in the Event Centre preceding the beginning of the World Masters competition.

1.7. Late start policy

Rule deviations/special rules: For all the athletes except Elites – if it is still possible to start at the original minute, the athlete will be positioned in the start corridor in accordance with the start minute he/she has, if not, they will start in the next available 30 second slot, but the original start time stands and will be utilised to calculate the result.

1.8. Complaints and Protests

A special form should be used for the Complaints and Protest process which is available at the Event Office or is available on the IOF website

If the runner is not satisfied with the result of the Complaint, a Protest can be made against the organiser's decision no later than 15 minutes after that decision has been given to the runner.



Protests must be completed in writing in English and handed in at the Event Office in the Finish area or to a Jury member. Protests will be handled by the jury, who will communicate their decision to the complainant as soon as possible.

There is a fee of €50.00 for making a protest against the outcome of a complaint. This fee will be returned if the or Protest is accepted. See rules 27 and 28.

1.9. Model events

1.9.1. The maps are provided at the secretariat (EC).

1.9.2. Schedule of model events:

7th June 2015: 10:00-15:00 - Model event in Idanha-a-Velha

8th June 2015: 15:00-18:00 - Model event in Idanha-a-Velha

1.9.3. Travel & Logistic

Distance from EC to Idanha-a-Velha: 30 Km (30 min driving).

Directions: follow the direction Idanha-a-Nova (EN239 – National road 239). In Medelim village turn to the left for the EN332, direction Idanha-a-Velha. The event is signed with orienteering guiding arrows from the village entrance.

Parking: In areas marked with signs.

1.9.4. 1.9.4. Safety communication needed:

Masters travelling alone may leave their intentions to train at the model events with the event centre secretariat as a safety measure, however it is imperative that they then confirm their safe return.

1.9.5. Available maps

1/4.000, Eq 5m

1/7.500, Eq 5m

1/10.000, Eq 5m

1/15.000, Eq 5m,



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

1.10. Summary of entries received:

		WMMTBOC ENTRIES															
		M40	M45	M50	M55	M60	M65	M70	M75	W40	W45	W50	W55	W60	W65	W70	
	AUS		2	1		2		1			1	1		1			9
	AUT			1				1	1			1					4
	CZE	1	4		1												6
	DEN	2	2		3	2	4	4		1		1	2	1	2		24
	ESP	4	3	2							4	1	1				15
	EST		1														1
	FIN			3			2	1							1		7
	FRA	1		3	3		1				1		1				10
	GBR	1	4	1	3	3					1	1	1	1	1		17
	GER		1	1		1											3
	HUN			2							1						3
	ITA						1								1		2
	JPN	1		1													2
	NZL					1		1					1			1	4
	POR	7	3	5	2	3	1			2		1	1				25
	RUS	1		1													2
	SUI	1	2		1	1	1			1		1		1	1		10
	SWE		1	6	1	1	2	1						1			13
	SVK	2															2
	TUR												1				1
	USA				1							1					2
		21	23	27	15	14	12	9	1	4	8	8	8	5	6	1	162

		PRELIMINARY ENTRIES						
		WCUP/EMTBOC		EJMTBOC		EYMTBOC		
		ME	WE	M20	W20	M17	W17	
	AUT	6	3	0	2	3	1	
	CZE	6	4	2	2	2	0	
	DEN	3	3	2	0	2	1	
	ESP	6	2	1	0	0	0	
	EST	4	0	0	0	2	0	
	FIN	6	6	6	4	3	2	
	FRA	5	3	3	1	3	3	
	GBR	0	1	1	0	0	0	
	GER	0	1	0	0	0	0	
	ITA	4	1	0	0	1	0	
	JPN	0	2	0	0	0	0	
	LTU	4	3	0	1	1	0	
	NOR	2	0	2	0	0	0	
	POL	1	0	0	0	3	3	
	POR	6	2	6	1	4	3	
	RUS	5	4	6	4	6	6	
	SUI	0	1	0	0	1	0	
	SVK	0	1	0	0	0	0	
	SWE	4	3	6	2	6	2	
		62	40	35	17	37	21	
		102		52		58		212



1.11. Transport (extra cost)

By train:

If you want to travel from Lisbon to Castelo Branco by train please consult the timetable:
http://www.cp.pt/StaticFiles/CP/Imagens/PDF/Passageiros/horarios/regional/lisboa_covilha.pdf

By public bus:

If you want to travel from Lisbon to Castelo Branco by public bus please consult the timetable:
<http://www.rede-expressos.pt/horarios.aspx>

1.12. Accommodation (extra cost)

For the MTB Orienteering WCup, the EMTBOC'15, the EYMTBOC'15 EJMTBOCup and the WMMTBOC'15 we offer (**extra cost**) a variety of accommodation in Idanha-a-Nova County. We recommend that you make reservations through the organization.

For further details see our web page (all hotel units are disclosed).

1.13. Weather

During June you can expect temperatures from 20° to 38° Celsius during the day and from 10° to 25° during the night.

We strongly recommend that sufficient water is carried during competitions, as the areas are dry.

Sun protection is highly recommended

1.14. Health care

The Organizer will provide first aid at the competition centre and at the arenas of each event.

The Organizer will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance. Participants take part at their own risk.

The nearest hospital is on Castelo Branco (Hospital Amato Lusitano, EPE).

The nearest health centre is on Idanha-a-Nova [Rua (road) Aprígio Leão de Meirelles - Tlf: +351 277200210]

1.15. Visas

Countries that who need visas for entering into Portugal: please contact the Portuguese embassy in your country. If a personal invitation from the organisers is required for the visa, please contact us.

1.16. Media services

Media representatives are cordially invited to come to Idanha-a-Nova to cover the World Cup, European Championships and World Masters Championships races.

Registration for media entry should be made by email by 01st May 2015.

Media facilities will be available only to registered media representatives.

1.17. Live coverage

On our website you'll be able to follow MTBO'15 events with live results, live TV coverage, GPS Tracking, Live Blog, text commentary, pictures, video, and route choices.

Video: <http://original.livestream.com/Webtvex>

GPS: <http://www.tractrac.com/index.php?page=eventpage&id=503>



1.18. Bicycle storage, washing and repair

Bicycle storage (free) is located in the competition event centre. Access to the bicycle storage will be strictly limited and can only be permitted by presenting your competitor's card.

At the EC (north side) there will be a place for washing bikes.

We have our official bicycle repair partner (**Bikezone Leiria**, Mr Paulo Manaia) who will be working at the event centre during opening hours. Bikezone will have spare parts, CO2 cartridges, etc.

Every day there will be one person who can help with smaller problems in the Finish.

1.19. Protocol at Prize giving ceremonies

In line with IOF rules podium finishers are requested to dress in team uniforms and to refrain from taking to the podium items such as hats, sunglasses, bottles, headbands and various sponsors gadgets and accessories. No accompanying persons may be brought to the podium.

1.20. Catering service

There is catering service at sprint, middle distance, long distance and relay events:

- Only available for those who book before the 1st of June;
- Cost: €6.50 each lunch;
- Composition: Soup + Dish of the day (*) + fruit + bread + water
- Dishes of the day:
 - 9th June: Steak with mushrooms and rice
 - 10th June: Grilled mixed with spaghetti
 - 12th June: Duck rice
 - 13th June: Black beans with pork

1.21. Training events

Entries for the training events must be submitted 8 days in advance.

On 5th June the training event will be of long distance and on 6th June will be of middle distance.

There will be training maps **ONLY** for the entered athletes.

The maps will be given to the athletes at the training sites (on 5th June in Idanha-a-Velha and on 6th June in Proenca-a-Velha).



2. Rules & Maps

2.1. Classes and participation restrictions

Classes:

World Cup & EMTBOC: W/M 21

EYMTBOC: W/M 17

EJMTBOC: W / M 20

WMMTBOC: W/M 40, 45, 50, 55, 60, 65, 70, 75

Open: W/M 14, 21A

Participation restrictions:

MTBO World Cup & EMTBOC:

Each federation may enter a team of 12 competitors - up to 6 women and 6 men in each MTBO World Cup & EMTBOC event, and an unlimited number of team officials.

For each individual event format the current World Champion and European Champion will be given a wild card in addition to the entries from his/her Federation.

In the Relay each Federation may enter two women's teams and two men's teams, each consisting of 3 team members.

In Mixed Sprint Relay each federation may enter one relay team including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4).

EYMTBOC:

There is one class for women and one for men. Only competitors who are entitled to compete in the classes W17 or M17 may participate. Each Federation may enter a team of up to 12 competitors - up to 6 women and 6 men, and an unlimited number of team officials. In each competition every Federation may enter up to 6 women and 6 men.

In the Relay, each Federation may enter two women's team and two men's team, each consisting of 3 team members.

In Unofficial Mixed Sprint Relay each federation may enter one relay team including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4).

EJMTBOC:

There is one class for women and one for men. Only competitors who are entitled to compete in the classes W20 or M20 may participate. Each Federation may enter a team of up to 12 competitors - up to 6 women and 6 men, and an unlimited number of team officials. In each competition every Federation may enter up to 6 women and 6 men.

In the Relay, each Federation may enter two women's team and two men's team, each consisting of 3 team members.

In Unofficial Mixed Sprint Relay each federation may enter one relay team including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4).

WMMTBOC:

In the Unofficial Relay, by Country, teams in M 120 (3 men, whose the sum of classes is less than 160), M 160 (3 men, whose the sum of classes is equal or greater than 160), Mixed 120 (3 athletes, of both genders, whose the sum of classes is less than 120) and Mixed 160 (3 athletes, of both genders, whose the sum of classes is equal or greater than 160).

In the Unofficial Mixed Sprint Relay, by Country, teams including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4) in Class 80 and 100.



2.2. Competition rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events' as published by the IOF and valid of 1 January 2015, the Special Rules for the 2015 World Cup in MTB Orienteering, the Special Rules for the 2015 World Masters MTB Orienteering Championships and the IOF Anti-Doping Rules valid at the time of The Event. IOF MTB Orienteering Competition rules are available on: www.orienteeering.org.

Summary of the most important rules:

- Competitors must get to all control points with their bikes.
- Riding off the track, trail or path is **allowed** in areas marked as forest or freely ride able open area. Off road riding is strictly prohibited in all other areas, including settlements, cultivated land, orchards and vineyards. Competitors riding off road in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.
- In Portugal one drives on the RIGHT side of road.
- Therefore riders must ride on the RIGHT side on all roads and tracks.
- Overtaking slower riders should be done by the LEFT.

2.3. Start groups

In individual competitions with no qualification races, for both women and men, a fifth start group (Red Start Group) will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:

- the reigning World Champion and European Champion of the format;
- the 9 top-ranked competitors in the IOF World Ranking list as published 10 days before the event. In the case of a tie, all competitors concerned will be included in the Red Start Group. If the above rules provide less than 10 riders, the Red Start Group will be increased to comprise 10 riders by adding the next-best ranked competitors from the IOF World Ranking list (in the case of a tie, all competitors concerned will be included in the Red Start Group).

The Red Start Group is mandatory for competitors who qualify for it.

In individual competitions with no qualification races, for both women and men a fourth start group (Orange Start Group) will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:

- the 10 highest-ranked competitors in the IOF World Ranking list as published 10 days before the event who are not in the Red Start Group. In the case of a tie, all competitors concerned will be included in the Orange Start Group.

2.4. Start bibs / Race numbers

EMTBOC, EJMTBOC, EYMTBOC and World Cup participants for Sprint, Middle and Long distance will receive start bibs numbered according to their start order.

For all other competitors (Masters and Open)riders will use the same start bib for all races.

The start bib should be attached in front of the bike using zip ties.

2.5. Maps

New and updated MTB Orienteering maps;

Scales: 1:4.000, 1/7.500 (with 1:4.000 blow-up section), 1:10.000, and 1:15.000.

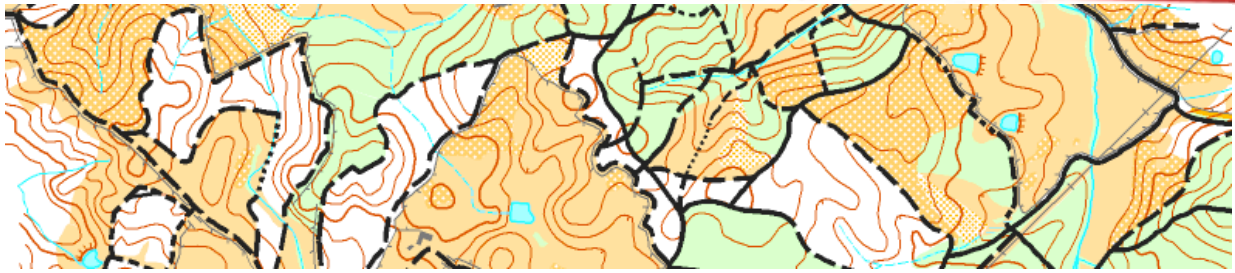
Vertical contour intervals: 5 m

Terrain type: hilly, variety of tracks and paths.

All events will be organized in accordance with the IOF International Specification for MTB Orienteering Maps (2010).



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL



Due to the type of vegetation you will find in the terrain, the organizers strongly recommend the usage of long socks.

We also suggest that all riders bring with them a spare rear mech hanger and to use puncture protection in the tyres. You can find on some paths many sticks from different types of trees, with predominance of Eucalyptus which can tangle easily in wheels and frames.

2.5.1. Special map symbols for stairs / steps:

For mapping stairs/ steps the symbol used in sprint orienteering maps is used.



2.5.2. Crossing fences when doing short cuts:

There are fences in the terrain on all competition days. When taking short cuts riders are only allowed to cross fences mapped with symbol 522 "Fence". It is forbidden to cross fences mapped with symbol 524 "High fence".

Note: The fences that are forbidden to cross are NOT marked additionally with the purple line (symbol 707 "Uncross able boundary").



2.5.3. First aid assistant point and water point:

1st aid assistant point and water point(s) will be marked on the Maps with the following ISOM symbols (Medical Cross and Water).

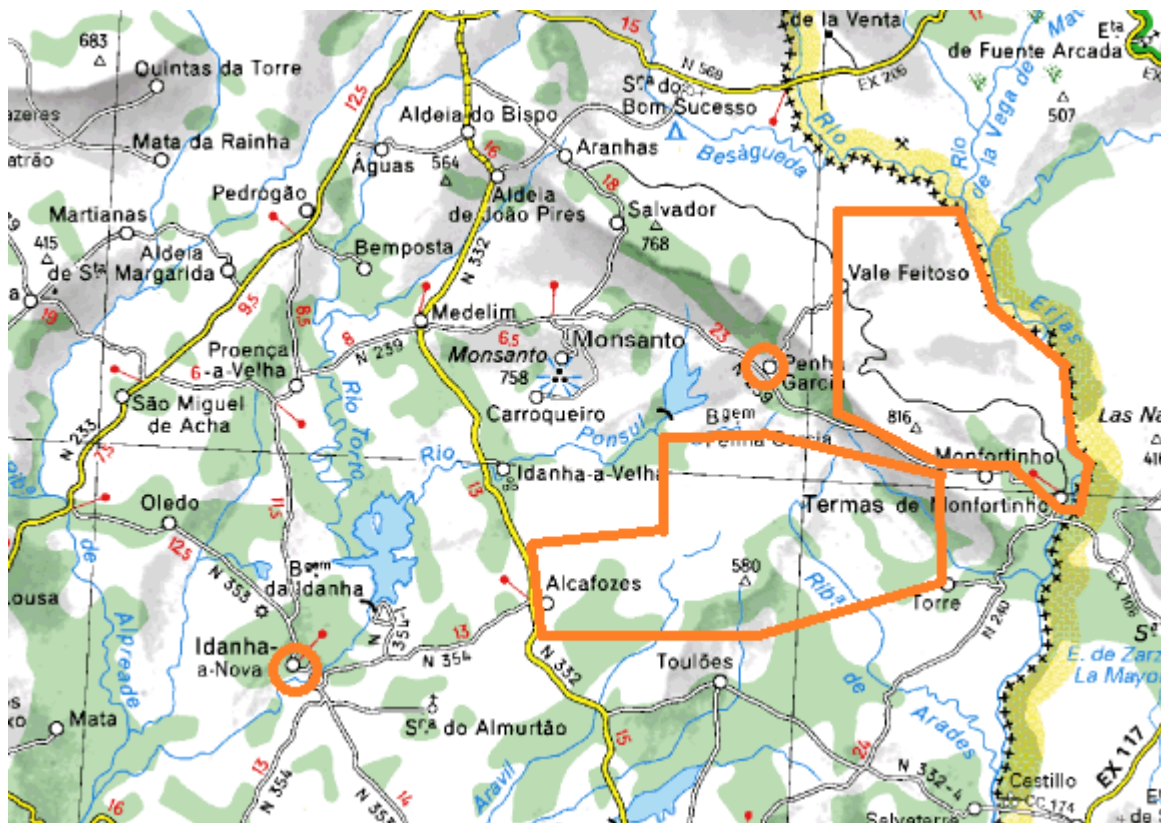


2.6. Embargoed areas

Idanha-a-Nova // Idanha-a-Velha // Alcafozes // Penha Garcia // Termas de Monfortinho.
 Areas embargoed during 01st January 2014 - 13th June 2015.



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL



Old maps in these areas:

- Idanha-a-Velha: MTBO - 1:20.000 / 5m (2013)
- Idanha-a-Nova: FootO - 1:5.000 / 5m (March 2013).

These old maps are published on the event website.

The areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions.

The areas of Idanha-a-Nova, Idanha-a-Velha, Alcafozes, Penha Garcia and Termas de Monfortinho are restricted for MTB Orienteering activity.

The exception is for Idanha-a-Nova city centre under certain restrictions: - using a map in the area is forbidden; - cycling or running is forbidden; - testing route choices is forbidden.

For all other terrains the access is forbidden.

2.7. Overall Terrain description

Middle and Long distance and Relay competitions are taking place in forest areas, with small urban areas; the forest characteristic features are typical Mediterranean forest, consisting mainly of Eucalyptus plantations, with multiple paths and roads and dense vegetation. The forest areas sometimes have underbrush that can hamper the shortcuts.

Sprint, Relay and Mixed Sprint Relay competitions are taking place in combined urban and forested areas with multiple paths, open areas, buildings, and numerous man made features. Some steep areas with technical up or downhill sections, including potentially unridable steps.



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

In all competition areas thorny vegetation can be found, therefore puncture protection is strongly recommended.

Most competitions area are open to public traffic. The courses cross several public roads. There will be marshal's at the most critical places to help safe crossing and minimize disruption. Riders should follow the instruction of marshals, still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

A small number of dogs could be found, some could be confined by a chain or fences, and others could be loose, please be careful and pay attention when discovering them. There has been no experience of problems in the past, however we cannot control that all will be chained and that they will not try to follow you or bark at your passage.

The long distance map, will be using a private property delimited with major high uncrossable fences and several gates. The gates will be open and a marshal will be in the present. On this area you will find several wild animals (mainly - Deer, Boar and Moufflon (wild sheep)).

Note: see 2.5.1. Special map symbols for stairs and 2.5.2. Crossing fences when doing short cuts.

2.8. Time keeping system

SPORTident will be used on all events with SI-Card 10/11 compatible Control Stations. Finish punch is required on all courses .

Everybody should provide the number of their SI cards with the entry.

SI cards can be rented from Organizers for €15 / for the event (€50 deposit).

2.9. Anti-doping

Doping is strictly forbidden, the organisers of the European MTB Orienteering Championships are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Rules apply as of 1st January 2015.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

Please consult <http://orienteering.org/anti-doping/>

2.10. External Assistance

In Accordance with the "COMPETITION RULES FOR INTERNATIONAL ORIENTEERING FEDERATION (IOF) MOUNTAIN BIKE ORIENTEERING (MTBO) EVENTS" valid from 1 January 2015, please note the following:

26.2 Except in the case of an accident or mechanical failure, seeking to obtain or obtaining assistance from other riders or providing assistance to other

7th to 14th June 2015
Idanha-a-Nova // PORTUGAL

competitors during a competition is forbidden. It is the duty of all competitors to help injured riders.

- 26.3 The provision of mechanical (spares or repairs) assistance between competitors during a competition is permitted but is not compulsory. No outside mechanical assistance is permitted. It is the duty of all competitors to help injured competitors.

Please note as a clarification, assistance between competitors of different competition classes for mechanical failure is not allowed: eg a master helping an elite.

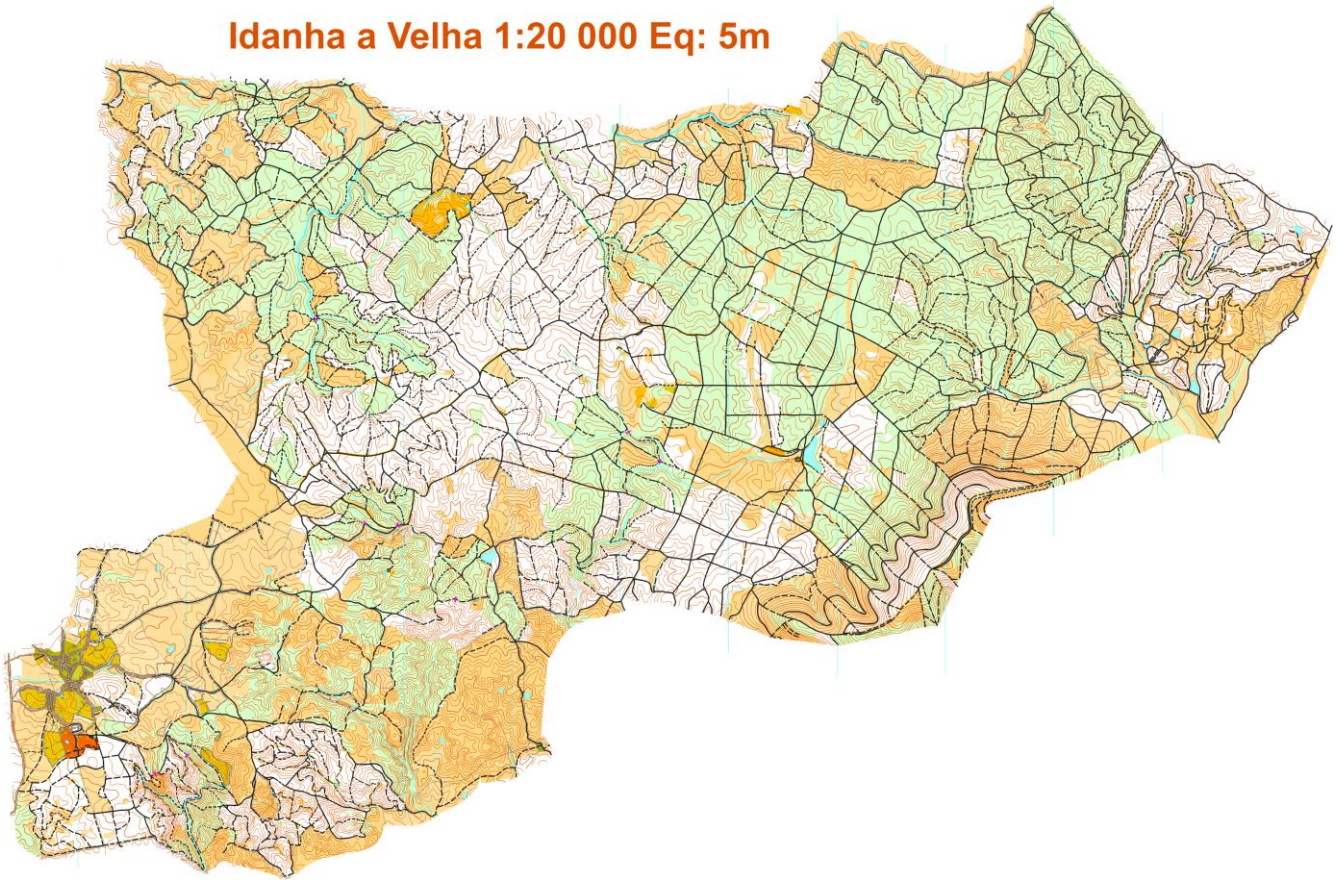
2.11. Previous orienteering maps





7th to 14th June 2015
Idanha-a-Nova // PORTUGAL

Idanha a Velha 1:20 000 Eq: 5m





3. Competition days

3.1. Day 1 - Monday, 8th June (Idanha-a-Nova)

Mixed Sprint Relay

3.1.1. Schedule of the day

- 08:30-13:00: Opening hours of the EO at the Mixed Sprint Relay arena in Idanha-a-Nova
- 09:30: Entrance to warm up area (EMTBOC)
- 09:40: Start demonstration and handover / transition for Mixed Sprint Relay
- 10:00: Start for Mixed Sprint Relay (EMTBOC)
- 11:15: Entrance to warm up area (EYMTBOC, EJMTBOC, WMMTBOC)
- 11:30: Start for the unofficial Mixed Sprint Relay (EYMTBOC, EJMTBOC and WMMTBOC)
- 13:15: Preparation for Opening Ceremony
- 13:30: Opening Ceremony (Idanha-a-Nova)
- 14:00: Prize giving ceremony for Mixed Sprint Relay (Idanha-a-Nova)
- 14:20: Prize giving ceremony for unofficial Mixed Sprint Relay (Idanha-a-Nova)
- 14:00-21:00: Opening hours of the EO at the EC.
- 15:00: Deadline for names/start group allocation for Sprint distance competition at the EC.
- 15:00-18.00: Model Events in Idanha-a-Velha.
- 18:00: World Masters Information session at EC.
- 19:00: Team Leaders meeting at EC.

3.1.2. Travel & Logistic

- Distance from EC to the arena in Idanha-a-Nova: 45 Km (50 min driving).
- Directions: follow the direction Idanha-a-nova (centre). The event is signed using orienteering guiding arrows from the edge of the town..
- Parking: In areas marked with signs. Distance from parking to start and finish / arena is a few hundred meters. Start and finish are in the same area.

3.1.3. Quarantine times

- 09:30: Entrance to warm up area (EMTBOC)
- 11:15: Entrance to warm up area (EYMTBOC, EJMTBOC, WMMTBOC)

3.1.4. Facilities

- There is no sale of food and drinks at the Mixed Sprint Relay arena, but there are many restaurants, cafés and bars nearby.
- There is water available in warm up area and in arena.

3.1.5. Map collection

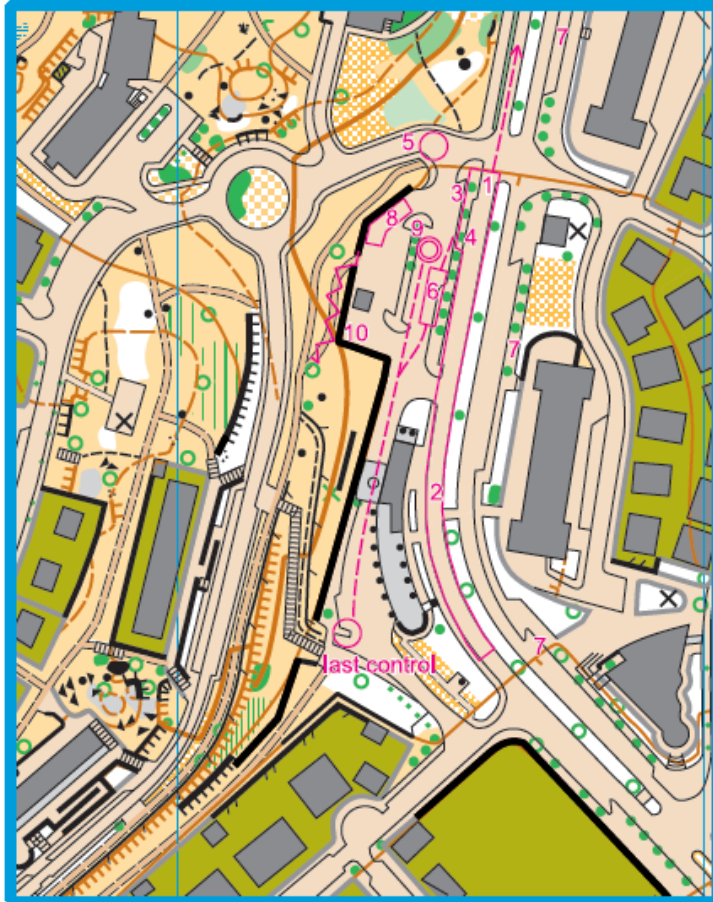
- All Maps will be collected. They will be returned before the meeting of team leaders.
- For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors in the open and unofficial races.



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

3.1.6. Map of Arena

Mixed Relay Arena



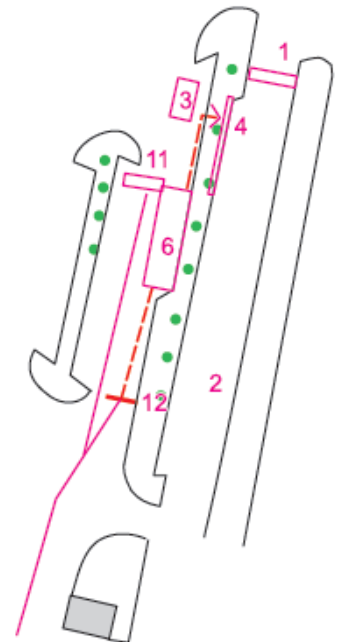
- 1 - Mass start -1st runner and mounting line for next runners
- 2 - Warm up
- 3 - SI Download
- 4 - Exchange relay
- 5 - Spectator control
- 6 - Maps
- 7 - Parking
- 8 - Sponsors and secretariat
- 9 - Speaker
- 10 -Toilets
- 11 - Finish
- 12 - dismounting line
- 13- Bikes
- 14- mounting line for 1st runner
- walking route



Spectators control



- 1- first access to spectators control
- 2- Start 2nd loop
- 3- 2nd access to spectators control
- 4- Start 3rd loop
- 5- spectator control
- barriers





7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

3.1.7. Course Detail

- **Start procedures:**

- **first leg:**

Competitors will be placed with their maps some meters in front of them. At the start signal they run to the map and continue to their bike which is further some 30-40 meters away. You are not allowed to ride the bike until you have passed a line further away (similar to triathlon transition). From this line you have to follow the road to the map start point marked by a flag in the terrain.

- **second, third and fourth leg:**

The preceding rider on your team will give you the map (see below).

- **Finish procedures:**

- **first, second and third legs:**

First, second and third leg riders do not cross the finish line. After the last control, they enter into the transition area (pushing the bike on foot) where they collect the next riders map and deliver it to the next rider in the transition zone. After this the rider download their SI Card, and returns to warm up area.

- **fourth leg:**

Crossing the finish line is decisive. The winner is the first to cross the finish line (Marshaled). A finish SI box will be 5 meters after the finish line to record a time. Please follow marshal's directions to keep in order.

- **Distance tables and climb per categories:**

Mix Relay			
	Length (km)	Climb (m)	controls
EMTBOC	3,0-3,4	40	17
EYMTBOC	3,0-3,4	40	17
EJMTBOC	3,0-3,4	40	17
WMMTBOC	3,0-3,4	40	17

- **Maps:**

Map scale: 1:4.000

Contours: 5 meters

Map size: 22 x 32 cm

Paper type: Waterproof

3.1.8. Terrain description



Takes place in combined urban and scrubland area with multiple paths, open areas, buildings, and numerous man made features. Some steep areas with technical up or downhill sections, including potentially unridable steps.

Thorny vegetation can be found. Therefore puncture protection is strongly recommended.

The competition areas are open to public traffic and the courses cross several public roads. There will be marshal's with whistles at the most critical places to help safe crossing and minimize disruption.

Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices. As in any town dogs could be found near to



houses, chained or otherwise, efforts will be made to ask owners to control them, part could be confined by a chain or fences, others can be loose, please be careful and pay attention when crossing them, there have been no experience of problems in the past, however we cannot control that all will be chained and that they will not try to follow you or bark at your passage.

3.1.9. Warnings

- **GPS Tracking:** All riders in EMTBOC/WCup will be wearing tracking units (GPS).
Note: At the team leaders meeting riders will be given information about the delivery of equipment and how they will be worn.
 - There is a spectators control with taped routes which will be visited on multiple occasions, butterfly style: It is forbidden to shortcut from marked route.
 - The courses are planned to avoid crossing, however as riders can lose their way please take care on narrow passages and on blind corners.
 - Use of any kind of maps in the area is strictly forbidden. Violation will cause disqualification of the team involved.
 - The use of telecommunication devices (mobile phones etc.) inside the warm up zones is not allowed.
 - The time limit for complaints is 12:00. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.
- Prize giving ceremony**
- starts at 14.00 for EMTBOC. There are prizes for the 6 best placed teams, and, for unofficial relay EYMTBOC, EJMTBOC and WMMTBOC, there are prizes for the 3 best placed teams.

3.1.10. Opening Ceremony

- 13:00 - Gathering / preparation: at the top southern part of the warm up area. Please can all participants dress in team / country dress to help create a good spectacle.
 Each delegation will be given a national flag and a sign with the name of the country (or organization representative if the team is not present).
 The procession will be by alphabetical order of participating countries.
- 13.05 - Start of procession towards the town square where the opening ceremony will take place (400 m / 10 min) very slowly (can be on foot or by bike).
- 13.15 - Arrive at the opening ceremony location in front of the stage. The flag bearer will put the flag on the stage and the team delegation occupies the space for athletes.
- 13.30 - Start of the Ceremony (expected to last 30 minutes, followed by the prize giving ceremony)



3.2. Day 2 - Tuesday, 9th June (Penha Garcia)

Sprint Distance Race

3.2.1. Schedule of the day

- 08:30-14:00: Opening hours of the Event Office at the Sprint distance arena in Penha Garcia
- 09:00: Start quarantine open.
- 09:50: Last entry to the start quarantine
- 10:00: Start for Sprint course (EYMTBOC, EJMTBOC, WMMTBOC)
- 11:15: Start for Sprint course (EMTBOC)
- 13:00: Flower ceremony at finish area of Sprint distance
- 15:00-21:00: Opening hours of the EO at the EC
- 15:00: Deadline for names/start group allocation for Middle distance competition at the EC.
- 17:00: Team Leaders Meeting at EC.
- 18:00: Prize giving ceremony (EYMTBOC) for Sprint distance at EC.
- 18:15: Prize giving ceremony (EJMTBOC) for Sprint distance at EC.
- 18:30: Prize giving ceremony (WMMTBOC) for Sprint distance at EC.
- 19:30: Prize giving ceremony (EMTBOC) for Sprint distance at EC.

3.2.2. Travel & Logistic

Distance from EC to the arena in Penha Garcia: 12 Km (15 min driving).

Directions: follow the direction Penha Garcia (EN239 – National road 239). The event will be signed from the EN239, with orienteering guiding arrows on the village approaches.

Parking: In areas marked with signs. Distance from parking to start and finish is a few hundred meters (start with 50 m climb). The athletes of ME and WE classes are allowed to park their vehicles inside the general quarantine zone (Parking 2).

Competitors' clothes and other personal belongings will be transported by the organiser from the start quarantine to the finish arena. Please pack your things in a plastic bag provided at the start quarantine and mark the bag with your start number.

3.2.3. Quarantine times

General quarantine open at 08:30. All athletes have to go into quarantine before 9:50.

3.2.4. Facilities

- There is sale of light meals and drinks at the Sprint arena.
- There is catering service with daily menu (needs to be booked 8 days in advance)
- There are toilets in the quarantine and in the arena.
- There is water available in quarantine, in warm up area and in arena.

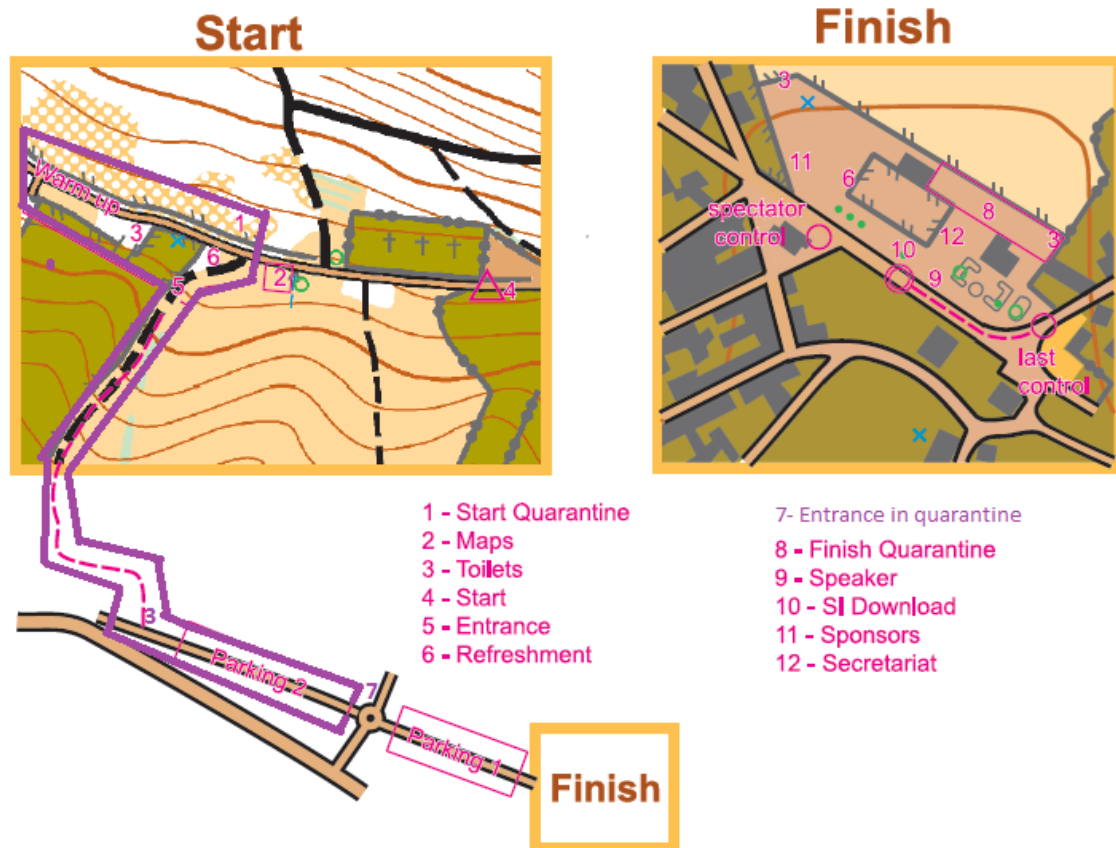
3.2.5. Map collection

All maps will be collected. They will be returned before the prize giving ceremony. For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors.



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

3.2.6. Map of Arena



3.2.7. Course Detail

- **Start procedures:** SI-clear is found outside start boxes. There are 3 start boxes, which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you pick up your map (it is your responsibility to pick up the correct map). After your time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.
- **Tracking:** Athletes of Red and Orange start groups will wearing tracking units (GPS). Another 10 athletes (to be indicated) too.
Note: At the team leaders meeting riders will be given information about the delivery of equipment and how they will be worn.
- **Finish procedures:** Finish SI stations will be on the finish line. **It is a punching finish.**
- **Distance tables and climb per categories:**

European	Sprint		
	length (km)	climb (m)	controls
ME	7,5	170	29
WE	6,6	130	27
M20	6,3	105	26
W20	4,6	115	20
M17	3,8	90	19
W17	3,1	85	16



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

Masters	Sprint				Sprint		
	length (km)	climb (m)	controls		Length (km)	Climb (m)	controls
M40	6,4	160	28	M45	6,4	160	28
W40	6,3	105	26	W45	6,3	105	26
M50	6,6	130	27	M55	6,6	130	27
W50	4,5	115	19	W55	4,5	115	19
M60	4,6	115	20	M65	4,6	115	20
W60	4,3	95	21	W65	4,3	95	21
M70	4,3	95	21	M75	4,3	95	21
W70	3,8	90	19				

- **Maps:**

Map scale: 1:7.500, with a part at 1/4.000 (The centre of the old urban area will be a blow up of the map to show a better understanding of the high density of buildings, stairs, roads and alleyways. This can be viewed and used during the Model Event of Idanha a Velha where the concept can be tested by all the athletes)

Contours: 5 meters

Map size: 32 x 23 cm

Paper type: Waterproof

3.2.8. Terrain description



The event take place in combined urban and farmland / scrub area with multiple paths, open areas, buildings, and numerous man made features. Some steep areas with technical up or downhill sections, including potentially unridable steps.

Thorny vegetation can be found, therefore puncture protection is strongly recommended.

All the competitions area is open to public traffic. The courses cross and use several public roads. There will be marshal's with whistles at the most critical places to help safe crossing and minimize disruption.

Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

As in any village some dogs may be found, chained or loose. Efforts will be made to ensure owners restrain them during the event.

3.2.9. Warnings

- Sections of the course will take place in the old part of the village, on very narrow streets with close angle corners, all riders need to pay special attention to the possibility of an unexpected resident exiting of their house or walking on the street. An announcement of the competition was done with several notices for the possible danger to the local population but we cannot control that there will be no movements in the streets and that a car will not block one of this passages , although extra effort will be made on the morning of the event.



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

- On critical and more dangerous passages routes and junctions there will be marshals with whistles present to control the traffic and announce the presence of any possible obstacle or arrival of a car.

- **Start groups for EMTBOC:**

According to the world ranking the provisional RED start group is:

Men	Women
Jussi Laurila - FIN	Marika Hara - FIN
Anton Foliforov - RUS	Emily Benham - GBR
Ruslan Gritsan - RUS	Svetlana Poverina - RUS
Jiri Hradil - CZE	Martina Tichovska - CZE
Baptiste Fuchs - FRA	Ingrid Stengard - FIN
Hans Jorgen Kvale - NOR	Tatiana Repina - RUS
Valery Gluhov - RUS	Cecilia Thomasson - SWE
Lauri Malsroos - EST	Gaelle Barlet - FRA
Pekka Niemi - FIN	Hana Garde - FRA
Jonas Maiselis - LTU	Eeva-Lisa Hakala

The provisional ORANGE start group is:

Men	Women
Luca Dallavalle - ITA	Renata Paulickova - CZE
Marek Pospisek - CZE	Camilla Soegaard - DEN
Clement Souvray	Antonia Haga - FIN
Cedric Beill - FRA	Nina Hoffmann - DEN
Yoann Garde - FRA	Laura Scaravonati - ITA
Jan Svoboda - CZE	Nadezda Skacelova - CZE
Vojtech Stransky - CZE	Sonja Zinkl - AUT
Martin Sevcik - CZE	Marie Brezinova - CZE
Bernhard Schachinger - AUT	Anastasiya Svir - RUS
Tobias Breitschadel - AUT	Marina Reiner - AUT

Note: the final groups will be published on June 1st on the event website.

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Monday 8th June at 15.00. Note: before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

- **Start groups for EJMTBOC and EYMTBOC:**

The start draw shall be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation shall not start consecutively. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

- There is a spectator point / control: It is forbidden for riders to diverge from the marked route.
- The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.

7th to 14th June 2015
Idanha-a-Nova // PORTUGAL

- The time limit for **complaints** is 13:15. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.
- **Flowers ceremony** starts at 13.30 for EYMTBOC, EJMTBOC, WMMTBOC and EMTBOC.
- **Prize giving ceremony** starts at 18.00 (in the EC). There are prizes for the 6 best placed women and men in EYMTBOC, EJMTBOC, WMMTBOC and EMTBOC/WCup.



3.3. Day 3 - Wednesday 10th June (Vale das Eiras) **(Portugal National Day – Public Holiday)**

Middle Distance Race

3.3.1. Schedule of the day

- 08.30-15.00: Opening hours of the EO at the Middle distance arena (Vale das Eiras).
- 10.00: Start for Middle distance course (EYMTBOC, EJMTBOC, WMMTBOC)
- 10:05: Finish quarantine activated.
- 11:30: Start quarantine activated (EMTBOC).
- 11:35: Finish quarantine finished.
- 11.45: Start for Middle distance course (EMTBOC)
- 15:00: Flower ceremony at finish area of Middle distance
- 16:00-21:00: Opening hours of the EO at the EC
- 18:00: Prize giving ceremony (EYMTBOC) for Middle distance at EC.
- 18:15: Prize giving ceremony (EJMTBOC) for Middle distance at EC.
- 18:30: Prize giving ceremony (WMMTBOC) for Middle distance at EC.
- 19:30: Prize giving ceremony (EMTBOC) for Middle distance at EC.

3.3.2. Travel & Logistic

Distance from EC to the arena in Vale das Eiras: 17 Km (45 min driving).

Directions: follow the direction Penha Garcia (EN239 – National road 239). In the EN239, at KM 49,4 turn to the LEFT if you come from Termas de Monfortinho (or turn to the right if you come from direction Idanha / Penha Garcia). From KM 49,4 there will be orienteering guiding arrows (the last 5,5 kms will be made on a dirt road – driving time 20 min). SPEED LIMIT 30 KMPH on dirt road.

Please note if you have a camper van or large vehicle / bus please contact the EC before travelling to confirm entry route as the dirt road is steep in places with overhanging trees.

Parking: In areas marked with signs.

Middle distance, competitors' clothes and other personal belongings will be transported by the organiser from the start quarantine to the finish arena. Please pack your things in a plastic bag provided at the start quarantine and mark the bag with your start number.

3.3.3. Quarantine times

- 10:05: Finish quarantine activated (EYMTBOC, EJMTBOC, WMMTBOC).
- 11:30: Start quarantine activated (EMTBOC).
- 11:35: Finish quarantine finished.

3.3.4. Facilities

- There is sale of light meals and drinks at the Sprint arena.
- There is catering service with daily menu (needs to be booked 8 days in advance)
- There are toilets in the quarantines (finish and start) and in the arena.
- There is water available in quarantines, in warm up area and in arena.
- Tents are provided for shade in quarantine areas.

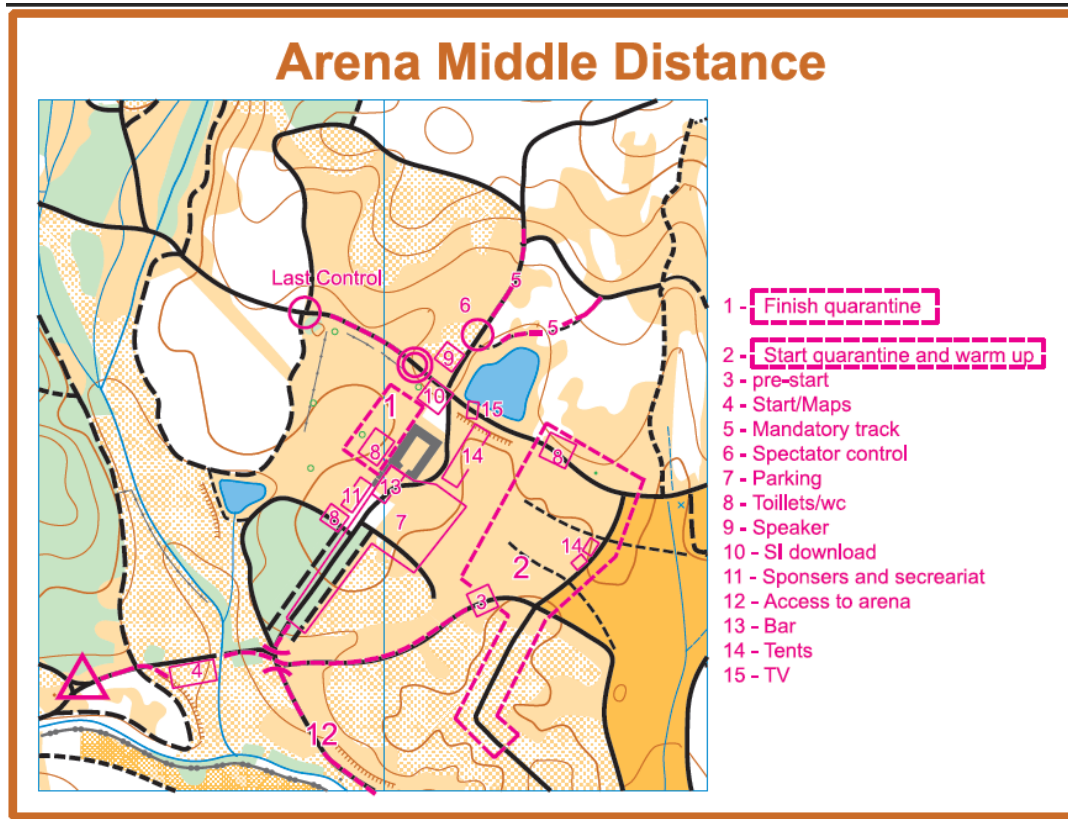


7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

3.3.5. Map collection

All maps will be collected. They will be returned before the prize giving ceremony.
 For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors in the open and unofficial races.

3.3.6. Map of Arena



3.3.7. Course Detail

- **Start procedures:**
 - Pre-start: There is a pre-start in the starting quarantine : exit at - 8 minutes.
 - Start: SI-clear is found outside start boxes. There are 3 start boxes, which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you raises your map (it is your responsibility to raise the correct map). After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.
- **Tracking:** Athletes of Red and Orange start groups will wearing tracking units (GPS). Another 10 athletes (to be indicated) too.
Note: At the team leaders meeting you will be given information about the delivery of equipment and how they will be worn.
- **Finish procedures:** Finish SI stations will be in the finish line. **It is a punching finish.**



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

• **Distance tables and climb per categories:**

Europeans	Middle		
	length (km)	climb (m)	controls
ME	18,3	530	19
WE	14,5	440	16
M20	14,4	420	16
W20	12	350	16
M17	8,5	250	12
W17	6,7	190	12

Masters	Middle						
	length 8km	climb (m)	controls		length 8km	climb (m)	controls
M40	16,5	440	17	M45	16,5	440	17
W40	14,4	420	16	W45	14,4	420	16
M50	14,5	440	16	M55	14,5	440	16
W50	12	350	16	W55	12	350	16
M60	11,8	340	17	M65	11,8	340	17
W60	8,5	255	12	W65	8,5	255	12
M70	8	280	13	M75	8	280	13
W70	7,7	215	13				

• **Maps:**

Map scale: 1:15.000 (for M/WE, M/W20, M/W17, M/W40, M/W45, M/W50, M/W55)

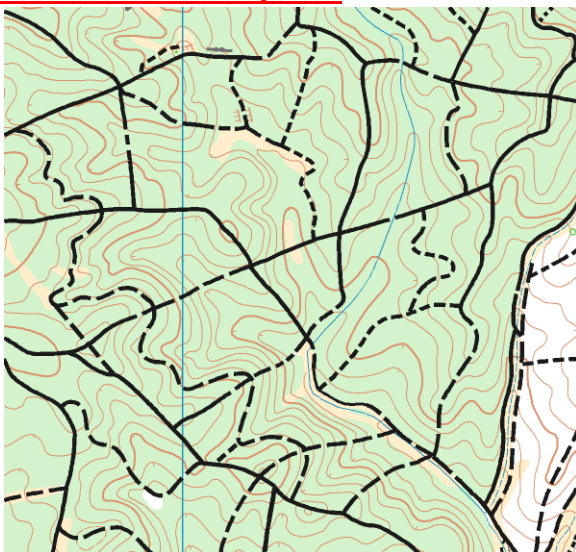
Map scale: 1:10.000 (for M/W60, M/W65, M/W70, M/W75)

Contours: 5 meters

Map sizes: 32 x 36 cm (1/10.000) and 29 x 22 cm (1/15.000)

Paper type: Waterproof

3.3.8. Terrain description



Takes place in a mainly mature forest with some areas of recent clear felling and young trees; the forest characteristic features are typical Mediterranean forest, consisting mainly of Eucalyptus plantations, with multiple paths and roads, dense vegetation. The forest areas sometimes have underbrush that can hamper the shortcuts.

Thorny vegetation can be found. Therefore puncture protection is strongly recommended. It is unlikely that you will come across any vehicles or forest machinery but please be careful as normal to watch for other forest users.

Due to significant spring growth following a wet winter some paths have become overgrown. The organisers have done their utmost to clear and flatten vegetation and avoid the worst



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

affected areas, however some track junctions can be difficult to see on the ground. The unclear track junction mapping convention has **NOT** been used due to the fast changing nature of this problem and for consistency.

3.3.9. Warnings

- **Start groups for EMTBOC:**

According to the world ranking the provisional RED start group is:

Men	Women
Valeriy Gluhov - RUS	Emily Benham - GBR
Ruslan Gritsan - RUS	Cecilia Thomasson - SWE
Jiri Hradil - CZE	Marika Hara - FIN
Baptiste Fuchs - FRA	Svetlana Poverina - RUS
Jussi Laurila - FIN	Martina Tichovska - CZE
Anton Foliforov - RUS	Ingrid Stengard - FIN
Hans Jorgen Kvale - NOR	Tatiana Repina - RUS
Lauri Malsroos - EST	Gaelle Barlet - FRA
Pekka Niemi - FIN	Hana Garde - FRA
Jonas Maiselis - LTU	Eeva-Lisa Hakala

The provisional ORANGE start group is:

Men	Women
Luca Dallavalle - ITA	Renata Paulickova - CZE
Marek Pospisek - CZE	Camilla Soegaard - DEN
Clement Souvray	Antonia Haga - FIN
Cedric Beill - FRA	Nina Hoffmann - DEN
Yoann Garde - FRA	Laura Scaravonati - ITA
Jan Svoboda - CZE	Nadezda Skacelova - CZE
Vojtech Stransky - CZE	Sonja Zinkl - AUT
Martin Sevcik - CZE	Marie Brezinova - CZE
Bernhard Schachinger - AUT	Anastasiya Svir - RUS
Tobias Breitschadel - AUT	Marina Reiner - AUT

Note: the final groups will be published on June 1st on the event website.

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Monday 8th June at 15.00. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

- **Start groups for EJMTBOC and EYMTBOC:**

The start draw shall be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation shall not start consecutively. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

- There is a spectator control and compulsory taped route – competitors are forbidden to short cut or deviate from this route. (see arena plan).



7th to 14th June 2015
Idanha-a-Nova // PORTUGAL

- The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.
- The time limit for **complaints** is 14:30. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.
- **Flowers ceremony** starts at 15.00 for EYMTBOC, EJMTBOC, WMMTBOC and EMTBOC
- **Prize giving ceremony** starts at 18.00. There are prizes for the 6 best placed women and men in EYMTBOC, EJMTBOC, WMMTBOC and EMTBOC/WCup.



3.4. Day 4 - Thursday 11th June (Rest day)

3.4.1. Schedule of the day

10:00-21:00: Opening hours of the EO at the EC

15:00: Deadline for names/start group allocation for Long distance competition at the Event Office (EC).

18:00: Team Leaders Meeting at EC.

20:50: limit time to deliver water/refreshment of the Elite Athletes for the long distance at the EC.



3.5. Day 5 - Friday 12th June (Monfortinho and Termas de Monfortinho)

Long Distance Race

3.5.1. Schedule of the day

- 08:30-21:00: Opening hours of the EO at the EC
- 9.00: Start of Long distance course (EYMTBOC, EJMTBOC, WMMTBOC) (in Monfortinho)
- 10:45: Last entry to Start quarantine.
- 11.00: Start of Long distance course (EMTBOC)
- 15:00: Deadline for names/start group allocation for Relay competition at the EO at the EC
- 17:00: Team Leaders Meeting
- 18:00: Prize giving ceremony (EYMTBOC) for Long distance at EC.
- 18:15: Prize giving ceremony (EJMTBOC) for Long distance at EC.
- 18:30: Prize giving ceremony (WMMTBOC) for Long distance at EC.
- 19:30: Prize giving ceremony (EMTBOC) for Long distance at EC.

3.5.2. Travel & Logistic

In order to access the best parts of the Long race event area and to maximize course planning opportunities the start is some distance from the event centre and parking with significant climb, particularly just before the start itself. The organisers hope that riders will feel that this effort is worth the slightly complicated quarantine procedure outlined below.

Distance from EC to the arena in Termas de Monfortinho: 1 Km.

Distance from EC to the Start quarantine in Monfortinho: 3 Km.

Directions: There will be orienteering guiding arrows in Termas de Monfortinho.

Parking: In areas marked with signs.

Long distance, competitors' clothes and other personal belongings will be transported by the organiser from the start quarantine to the finish arena. Please pack your things in a plastic bag provided at the start quarantine and mark the bag with your start number.

3.5.3. Quarantine times

- 10:45: Last entry in start quarantine.

3.5.4. Facilities

There is sale of light meals and drinks at the Long finish arena.

There is catering service with daily menu (needs to be booked 8 days in advance)

There are toilets in the quarantine and in the arena.

There is water available in quarantines, in warm up area and in arena.

There will be 1st Aid Assistant point(s) and Water point(s) in the terrain; it will be possible for the Elite athletes to receive their own refreshment bottles at these points, to permit this, all must be delivered to the **EC the day before till 20:50**, clearly labelled with riders name and country. It will be difficult to keep bottles cool for this period so please bear this in mind when choosing your bottle contents.

3.5.5. Map collection

All maps will be collected. They will be returned before the prize giving ceremony.

For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors in the open and unofficial races.



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

3.5.6.1. Map of Start

2 - Access to Quarantine 2800km
 3 - Entrance - quarantine
 4 - Quarantine [Warm up]
 5 - Toilets / WC - Quarantine
 6 - Pre-start
 7 - Toilets / WC
 8 - Access to start 1150mts
 9 - Maps

3.5.6.2. Map of Arena

Embargo – out of bounds: the finish arena adjacent to the Termas building is not out of bounds but competitors are requested not to explore further North from the Termas as shown on the map extract below.

10 - Last control
 11 - Finish
 12 - SI Download
 13 - Speaker
 14 - Parking
 15 - Sponsors

3.5.7. Course Detail

• **Start procedures:**

Pre-start: On exiting the quarantine there is a prestart allowance of -20 minutes. Then there is a 850 m long uphill stretch on the road with 40 meters climbing until crossing the EN239 main highway (here will be the last WC). Then there is a challenging steep, loose track 300 m long with 60 m climbing to reach the start (there is some shade from trees at the start and water is available).



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

Start: SI-clear is found outside start boxes. There are 3 start boxes, which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you raises your map (it is your responsibility to pick up the correct map). Following your start time you have to follow a very short uphill route to the start point which is marked by a flag in the terrain.

- **Tracking:** Athletes of Red and Orange start groups will wear tracking units (GPS). Another 10 athletes (to be indicated) will also be asked to carry trackers.
Note: At the team leaders meeting riders will be given information about the delivery of equipment and how they will be worn.
- **Water:** All athletes must start with a minimum of 1 litre of water / sports drink due to the dry, uninhabited nature of the terrain and probable high temperatures.
- **Refreshment point:** A water point will be provided on all longer courses. Fresh water will be provided. Due to the distances and logistics involved in carrying riders' bottles to the terrain, we will only provide this possibility to the Elite riders, who will need to deliver their bottles to the EC the day before till 20:50, clearly labelled with riders name and country. It will be difficult to keep bottles cool so please bear this in mind when choosing your bottle contents.
- **First Aid point:** A first aid assistance point will be available in the terrain with a 4x4 ambulance to quick provide assistance to any athlete in need.
- **Finish procedures:** Finish SI stations will be in the finish line. **It is a punching finish.**
- **Distance tables and climb per categories:**

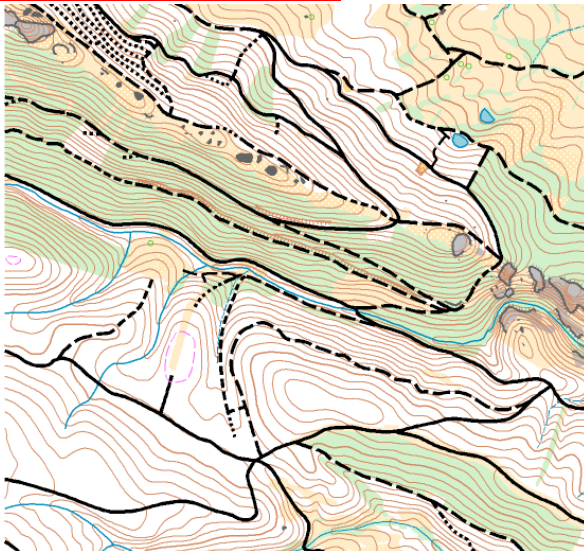
	Long					
	length (km)	climb (m)	controls	refreshment (km)		
ME	39,1	895	23	9	19	26
WE	30,7	740	19	8	18	25
M20	30,2	590	18	8	18	26
W20	21,9	380	16	4,6	11	15
M17	15,7	375	12	4	10,5	
W17	13,7	300	12	5	8	
M40	35	785	19	9	18	26
M45	35	785	19	9	18	26
W40	30,2	590	18	8	18	26
W45	30,2	590	18	8	18	26
M50	33	745	22	8	18	26
M55	33	745	22	8	18	26
W50	26,7	505	19	8	12,5	17
W55	26,7	505	19	8	12,5	17
M60	26,7	505	19	8	12,5	17
M65	26,7	505	19	8	12,5	17
W60	21,5	385	16	4,6	11	15
W65	21,5	385	16	4,6	11	15
M70	21,5	385	16	4,6	11	15
M75	21,5	385	16	4,6	11	15
W70	16,4	275	14	7,5	10	



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

- **Maps:**
 Map scale: 1/15.000
 Contours: 5 meters
 Map size: 32 x 35 cm
 Paper type: Waterproof

3.5.8. Terrain description



Takes place in a steep forest area to the South, punctuated with derelict farmsteads, meadows and rolling meadows and scrubland to the north. The forest characteristic features are typical Mediterranean forest, consisting mainly of Eucalyptus plantations, with multiple paths and roads, dense vegetation. The area is a working forest with recent felling. The forest areas sometimes have underbrush that can hamper the shortcuts.

On some of the very steep valley sides in the Eucalyptus plantations there are many parallel extraction lanes that could be viewed as tracks. They are too numerous and close together to map accurately in places.

Due to a very wet winter some track junctions are difficult to see, however the indistinct track junction symbol has not been used. Efforts have been made to clear track junctions and over grown tracks wherever possible.

Thorny vegetation can be found. Therefore puncture protection is strongly recommended.

We will be using a private property dissected with very high fences that are not to be crossed except for marked crossing points (on the map) where there are gates which will be marshalled where there is risk of them being closed.

The fences are NOT marked on the map using the solid red uncrossable line due to map clarity issues; riders should take special care to plan their routes accordingly.

On this area you will find several wild animals, mainly - Deer, Boar and Wild sheep (Mouflon).

3.5.9. Warnings

- **Start groups for EMTBOC:**
 According to the world ranking the provisional RED start group is:

Men	Women
Jussi Laurila - FIN	Cecilia Thomasson - SWE
Anton Foliforov - RUS	Emily Benham - GBR
Ruslan Gritsan - RUS	Marika Hara - FIN
Jiri Hradil - CZE	Svetlana Poverina - RUS
Baptiste Fuchs - FRA	Martina Tichovska - CZE
Hans Jorgen Kvale - NOR	Ingrid Stengard - FIN
Valeriy Gluhov - RUS	Tatiana Repina - RUS
Lauri Malsroos - EST	Gaelle Barlet - FRA



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

Pekka Niemi - FIN	Hana Garde - FRA
Jonas Maiselis - LTU	Eeva-Lisa Hakala

The provisional ORANGE start group is:

Men	Women
Luca Dallavalle - ITA	Renata Paulickova - CZE
Marek Pospisek - CZE	Camilla Soegaard - DEN
Clement Souvray	Antonia Haga - FIN
Cedric Beill - FRA	Nina Hoffmann - DEN
Yoann Garde - FRA	Laura Scaravonati - ITA
Jan Svoboda - CZE	Nadezda Skacelova - CZE
Vojtech Stransky - CZE	Sonja Zinkl - AUT
Martin Sevcik - CZE	Marie Brezinova - CZE
Bernhard Schachinger - AUT	Anastasiya Svir - RUS
Tobias Breitschadel - AUT	Marina Reiner - AUT

Note: the final groups will be published on June 1st on the event website.

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Monday 8th June at 15.00. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

- **Start groups for EJMTBOC and EYMTBOC:**

The start draw shall be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation shall not start consecutively. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

- The competition will take place on a private property, it is an area without inhabitants and with very low coverage of Mobile phone services, also the distances from the terrain to the EC are significant and we recommend that the riders carry some tools, spares and knowledge of how to use them to prevent a long walk.
- There will be one or two first aid points, marked on the map, in case of any eventuality, please go to this point for aid or support.

Important: Everyone must record the emergency telephone numbers in full format (00 3 51 9.....) because due to the proximity to the border mobile phones connect to a Spanish network and communication becomes inaccessible if you don't have the full format number.

- In case of catastrophic bike mechanical failure although the first aid point will do their best to help riders get back to the finish there will be a long wait until their job is done in the terrain.
- The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.
- The time limit for **complaints** is 16:30. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.
- Prize giving ceremony starts at 18.00 (in EC). There are prizes for the 6 best placed women and men in EYMTBOC, EJMTBOC, WMMTBOC and EMTBOC/WCup.



3.6. Day 6 - Saturday 13th June (Alcafozes)

Relay event

3.6.1. Schedule of the day

- 07:30-15:00: Opening hours of the EO at the Relay arena (in Alcafozes).
- 08:30: Mass start first leg Relay (EYMTBOC, EJMTBOC)
- 08:45: Finish quarantine for EYMTBOC and EJMTBOC activated
- 10:15: Mass start for remaining athletes (EYMTBOC, EJMTBOC)
- 10:15: Start quarantine activated (EMTBOC).
- 10:25: Finish quarantine finished.
- 10:30: Mass start first leg Relay (EMTBOC)
- 12:40: Mass start for remaining athletes (EMTBOC)
- 13.30 Mass Start first leg unofficial Relay WMMTBOC.
- 16:00-21.00 Opening hours of the EO at EC
- 18:00: Prize giving ceremony (EYMTBOC) for Long distance at EC.
- 18:15: Prize giving ceremony (EJMTBOC) for Long distance at EC.
- 18:30: Prize giving ceremony (WMMTBOC) for Long distance at EC.
- 19:30: Prize giving ceremony (EMTBOC) for Long distance at EC.
- 20:00: Party MTBO'15 at EC.

3.6.2. Travel & Logistic

- Distance from EC to the arena in Alcafozes: 39 Km (45 min driving).
- Directions: follow the direction Idanha-a-Nova (EN239 – National road 239). In Medelim village turn to the left for the EN332, direction Idanha-a-Velha. Follow the national road to Alcafozes. Orienteering guiding arrows will sign the arena from the edge of the village.
- Parking: In areas marked with signs.

3.6.3. Quarantine times

- 08:45: Finish quarantine for EYMTBOC and EJMTBOC activated
- 10:15: Start quarantine activated (EMTBOC).
- 10:25: Finish quarantine finished.

3.6.4. Facilities

- There is sale of light meals and drinks at the Relay arena.
- There is catering service with daily menu (needs to be booked 8 days in advance)
- There are toilets in the quarantines and in the arena.
- There is water available in quarantines and in arena.

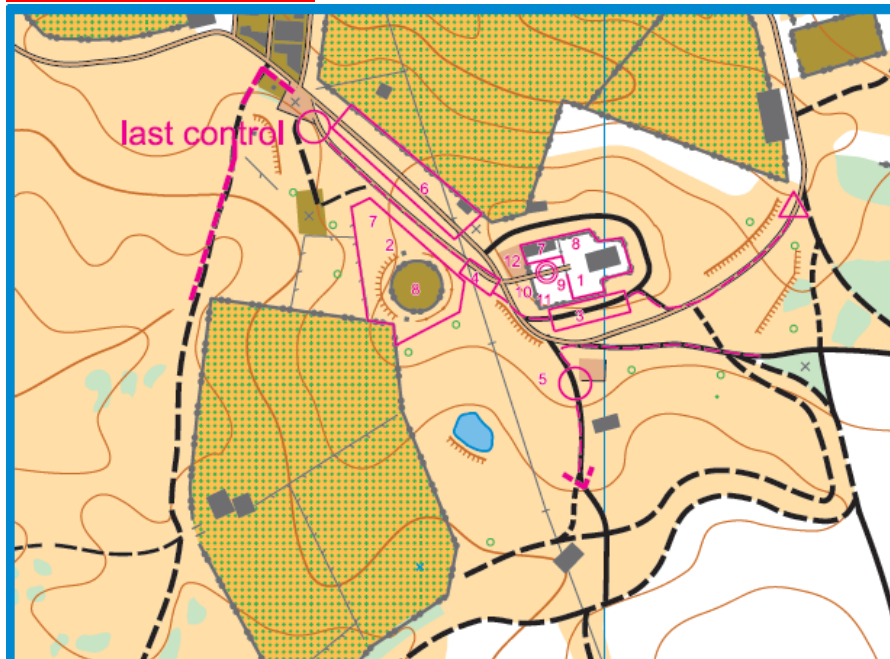
3.6.5. Map collection

- All Maps will be collected. They will be returned before the prize giving ceremony.
- For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors in the open and unofficial races.



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

3.6.6. Map of Arena



- 1 - Finish quarantine
- 2 - Start quarantine
- 3 - Start
- 4 - Exchange relay
- 5 - Spectator control
- 6 - Parking
- 7 - Toilets / WC
- 8 - Tents
- 9 - SI Download
- 10 - Secretariat
- 11 - Speaker
- 12 - Sponsors

3.6.7. Course Detail

- **Start procedures:**

- **first leg:**

Competitors will be placed with their maps in front of them. At the start signal they pick up the map and run to their bike which is further, some 20-30 meters away. You must run with your bike until you have passed a line after the lines of bikes (triathlon transition style). From this line you have to follow the track to the map start point marked by a flag in the terrain. – **Please note warning regarding first leg safety below.**

- **second and third leg:**

The preceding rider on your team hands over to you in transition area by touch. You then proceed to the start area and collect your map and start your race. Note: running with the bike is not required for second and third leg riders.

- **Finish procedures:**

- **first and second legs:**

First and second leg riders do not cross the finish line. After the last control, when entering into the transition area they hand over to the next rider by touch. After this the rider downloads their SI Card, and after this operation goes in to the finish quarantine.

- **third leg:**

The winner is the first rider to cross the finish line. A finish SI box will be 5 meters after the finish line to record a time. Please follow marshal's directions to keep in order.

- **Tracking:** Athletes of 16 teams will wearing tracking units (GPS).

Note: At the team leaders meeting riders will be given information about the delivery of equipment and how they will be worn.

- **Maps:**

Map scale: 1:10.000

Contours: 5 meters

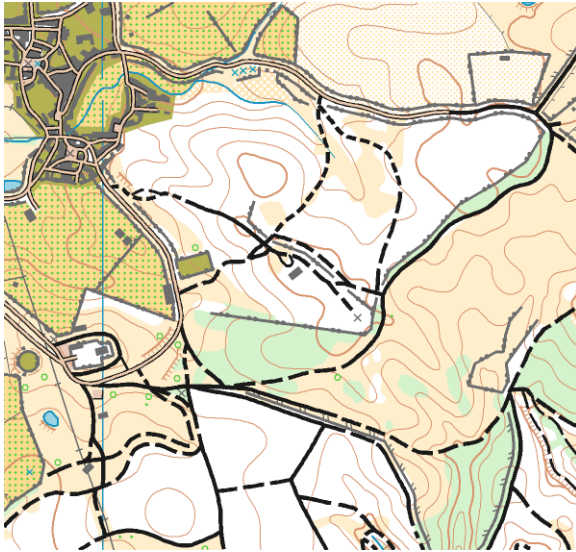
Map size: 34 x 32 cm

Paper type: Waterproof



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

3.6.8. Terrain description



Takes place in a forest area and farmland, with small urban areas; the forest characteristic features are typical Mediterranean forest, consisting mainly of Eucalyptus plantations, with multiple paths and roads, dense vegetation. The forest areas sometimes have underbrush that can hamper the shortcuts.

Thorny vegetation can be found. Therefore puncture protection is strongly recommended. All the competitions area are open to public traffic. The courses use and cross several public roads. There will be marshal's with whistles at the most critical places to help safe crossing and minimize disruption.

Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

Some dogs could be found some chained and some loose, there has been no experience of problems in the past, however we cannot control that all will be chained and that they will not try to follow you or bark at your passage.

3.6.9. Warnings

IMPORTANT - DANGER: The path to access to the first controls' dispersion point is downhill, narrow on smooth tarmac and will be **very fast**. With many competitors in a bunch there is a significant danger, especially if a rider uses their brakes or turns sharply whilst others are map reading. Marshals will be present with yellow and red flags to request attention to the riders:

Yellow – slow down,

Red – ride very slowly or need to stop).

Please be sensible and do not take risks.

Part of the course will take place in the old part of the village, on very narrow streets and close angle corners, all riders need to pay special attention to the possibility of an unexpected inhabitant could be leaving a house or walking on the street. An announcement of the competition was done with several notices for the possible danger to the local population but we cannot control that there will be no movements in the streets and that a car will not block one of the passages.

On critical routes there will be marshals with whistles present to control the traffic and announce the presence of any possible obstacle or arrival of a car.

We recommend all athletes attend the various relays for elite, masters, juniors and youth and remain in the area when not competing. The arena will allow a very good view over the start, transition, spectator point and approach of the athletes to the spectator point and finish. We expect a very good atmosphere and experience for all.

- The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.
- The time limit for complaints is 13:30. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.
- Flowers ceremony starts at 14.00 for EYMTBOC, EJMTBOC, and EMTBOC

7th to 14th June 2015
Idanha-a-Nova // PORTUGAL

- Prize giving ceremony starts at 18.00 (in EC). There are prizes for the 6 best placed women teams and men teams in EYMTBOC, EJMTBOC, WMMTBOC. There are prizes for the 3 best placed teams in the classes M120, M160, Mx120 and Mx160 in WMMTBOC.

3.6.10. Details of Party / Banquet:

Location:

Background open space of the EC, outside the delimited area of the swimming pool.

It is forbidden the carrying or usage of any glass materials in the swimming pool and outskirts areas of the same (all the background area of the EC)

It is not allowed to carry any type of food or drinks inside the swimming pool.

Entertainment:

20:00: performance of the folk group

20:30: performance of the folk group

21:30-23:00: Music by DJ

Dinner:

20:00: various appetizers / drinks: water, juices, wine and beer

20:30: Pig on a spit with bean rice + salad + fruit + regional sweet / drinks: water, juices, wine and beer



4. Tourist Opportunities in the region

Naturtejo Geopark

Deep in the interior of the country, where the Tagus River becomes Portuguese, there is a preserved territory where people live at the pace of nature and seem to have all the time in the world to share their stories and knowledge with others.

Here you will find the **Naturtejo Geopark** of the Southern Plateau, which covers the municipalities of Castelo Branco, **Idanha-a-Nova**, Nisa, Oleiros, Proença-a-Nova and Vila Velha de Rodão. **There are** 16 geomonuments in this area whose importance is recognised by UNESCO, such as the imposing Ródão Gateway which force the longest river in the Iberian Peninsula through a narrow gap, and the striking curious formations of the **ichnofossils of Penha Garcia**.

But there is much more to discover in these lands which include the **Tagus International Natural Park**. On arrival, you immediately smell the aromas of pine, lavender and rosemary released from the vegetation, where rabbits, deer and foxes lurk and disappear instantly when they notice your presence.

If you look carefully, you might see the colourful bee-eaters perched on the branches of trees, or nightingales and hoopoes outdoing each other with their singing. Black storks fly higher and spend some time here between February and August. And there are imperial eagles and vultures living in colonies that enjoy landing on the river cliffs from which they have the best view of the landscape. The Geopark organises birdwatching trips on which you can admire all this diversity – there are about 154 species that frequent these parts!

<https://www.visitportugal.com/en/destinos/centro-de-portugal/73757>

Monsanto Village

In their geography, climate and fauna, the plains of the Beira Interior region, between the foothills of the Serra da Gardunha and the River Ponsul, form the transitional zone between the north and south of Portugal. Standing above them on a high crag is the historical village of Monsanto.

It is said that, from this bulwark, the village was able to withstand the siege imposed by the Romans in the 2nd century BC for as long as seven years. This extraordinary feat is commemorated by the villagers in their Festa das Cruzes (Festival of the Crosses), every year on 3 May.

The village offers visitors some of the most interesting human landscapes in Portugal. It spreads along the hillside, making use of the granite boulders to form the walls of the houses. In some cases, a single block of stone forms the roof, which is why the houses are popularly said to have "only one tile".

A stroll through the village's steep and narrow streets is enlivened by a number of emblazoned palaces, Manueline doorways, and the house where the doctor and writer Fernando Namora lived and practised. It was in fact here that he found the inspiration for his novel "Retalhos da Vida de um Médico" (Fragments of a Doctor's Life). One of the most notable buildings amidst all the houses is the 14th-century Torre de Lucano (Lucan's Tower), crowned by a silver cock, the trophy awarded to Monsanto in a competition organised in 1938 to find the most quintessentially Portuguese village in Portugal, in recognition of the authenticity of its culture.

The steep climb up to the castle is rewarded by one of the most breathtaking views in the whole region.

<https://www.visitportugal.com/en/encontre-tipo?context=480&localidades=156>

Castle:

D. Afonso Henriques gave this castle to the Knights Templar, who gave it its present-day form.

Having once been an imposing mediaeval fortress, all that now remains are the Torre de Lucena and the quadrangular Torre do Pião, a mediaeval watchtower.



<https://www.visitportugal.com/en/NR/exeres/ACD1B130-58C4-4A4F-A000-2B6A0EE4573B>



7th to 14th June 2015
 Idanha-a-Nova // PORTUGAL

Idanha-a-Velha Village

Successive settlements of the region by different peoples have left Idanha-a-Velha with a most valuable historical heritage.

Anyone visiting the modest village to be found here nowadays and observing its peaceful pace of life will have difficulty imagining that this was once the site of the ancient and prosperous Roman town of Civitas Igaeditanorum, which was situated on the great Iberian road linking Emerita (Mérida) to Braccara (Braga).

At Egitânia, the Episcopal see in the time of the Visigoths (6-7th century), gold coins were minted for almost all the Visigothic kings, from Recaredo to Rodrigo; later on, the Muslim Idânia (8-12th century) grew to be a large and prosperous city, almost as rich as Lisbon.

After this came the battles between Christians and Muslims in the first century of Portuguese nationhood, when D. Afonso Henriques gave the city to the Order of the Knights Templar in order for it to be repopulated. His son, D. Sancho I, gave Idanha its first charter in 1229, recognising its strategic importance.

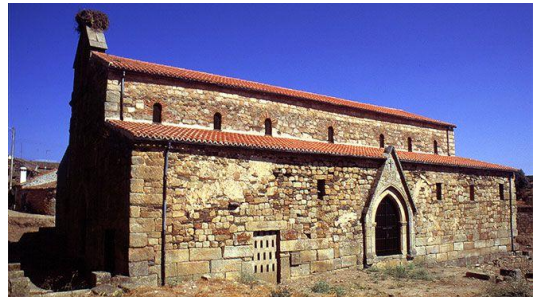
Over time, with a shift occurring in the major military and strategic axes, the city gradually diminished in size. Yet it has never lost its atmosphere from the past, seeming more like an open museum for the culturally-minded tourists, who will find here a system of signs clearly marking their itinerary.

<https://www.visitportugal.com/en/encontre-tipo?context=480&localidades=156>

Idanha-a-Velha Cathedral:

Currently referred to as the "Cathedral", this church stands on the foundations of another early Christian church, built in the time of the Suevi and integrated into the kingdom of the Visigoths from 585 onwards.

The baptistery close to the south door dates from the time of the Suevi, although the new basilica is the work of the Visigothic period.



Later, the mediaeval church was built on the site of this building, with some traces still being visible today, most particularly the Gothic door from the late 14th century with its simple pointed arch.

The interior of the church now houses the Museu Egitanense, a museum exhibiting a whole host of inscriptions that represent an important collection of epigraphs from the period of Roman domination in the Iberian Peninsula.

<https://www.visitportugal.com/en/NR/exeres/79ACB243-5136-43CD-84B5-81B3C4F8747B>

Penha Garcia Village

The oldest part of the village of Penha Garcia, situated between Monsanto and Monfortinho stands perched on the top of an escarpment overlooking a deep narrow gorge of the River Ponsul. From here, where the modest houses display the sense of nobility conferred upon them by their walls of schist and granite, nobody will remain indifferent on seeing the imposing and austere beauty of this particular region.



7th to 14th June 2015
Idanha-a-Nova // PORTUGAL

The small village is crowned by the castle built by D. Sancho I, the second king of Portugal, reminding us that Penha Garcia was once part of the kingdom's strategic defence system, particularly in the disturbed early years of the nation's existence. In the 14th century, both the town and castle were given to the Order of the Knights Templar, who fought hard to defend the Christian territory. Before that, however, the land belonged to a certain lord of the manor, D. Garcia Mendes, who gave his name to the village.

The interior of the parish church houses a most valuable treasure: the image of Our Lady breastfeeding her child, carved in Ançã stone and a most touching demonstration of motherhood, which is based on a Gothic inscription dating from 1469.

<https://www.visitportugal.com/en/NR/exeres/0B6B86DA-668F-491F-9A81-D5619E5F472A>

Castle:

From Penha Garcia visitors can see the edge of the frontier. And from its majestic height you can enjoy an impressive view that stretches deep in the heart of Portugal. The castle is situated on the southern slope of the Serra de Penha Garcia, overlooking the River Pônsul, where there is also a dam that is an oasis of coolness on hot summer afternoons.

This village was reconquered in the reign of D. Afonso II, in 1220, and then donated to the Order of Santiago. Since 1220 until the XIX century was Penha Garcia the region's Council. Today, what still is to see is nonetheless impressive and worth recording.



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Others:

Sanctuary of Nossa Senhora do Almortão:

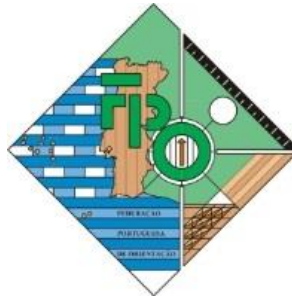
According to legend, a statue of the Virgin Mary appeared in a myrtle bush. The people who discovered the statue brought it to the Church of Monsanto. It then disappeared and was discovered once more in the same myrtle bush, as a consequence of which a hermitage was constructed on the site.

The main chapel and the altar have eighteenth century azulejo panels. The church also includes simple paintings and ex-votos of miracles. The church has a plain architectural style, is many centuries old but has undergone numerous transformations which have altered the original design.

The Sanctuary, which falls within the dominion of the Archbishop, is the site of pilgrimages. The main period of festivities is during the fifteen days following Easter Sunday.



<https://www.visitportugal.com/en/NR/exeres/339FAE45-5DA9-4CC7-B916-E0F98E43D9D4>



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