

3	welcome
4	general information
14	organizing committee
15	hosting experience
19	competition venue & Course
24	accommodation
27	entries & registration
28	provisional program and agenda
30	masters event



welcome

The municipality of Vila Verde, in partnership with the Nautical Club of Prado and Portuguese Canoe Federation would like to welcome you to the north of Portugal.

It is a huge challenge for us to host the 2013 Canoe Marathon European Championship and also the Masters Competition. We decided to move forward with this ambitious organization because we are convinced that we gather all the natural conditions and infrastructure designed to achieve this aim.

In parallel, it is our absolute conviction that all the necessary and exceptional conditions will be created so that the competition is placed at the level of the demands, not only for the organization, as well for the athletes, entourages, assistants and for the general public.

Be conscious that Vila Verde will ensure you a competition at the finest level with all the necessary requirements!

We hope to see you very soon in Cavado River.
Yours faithfully,

The Portuguese Canoe Federation
Mário Santos

The Nautical Club of Prado
Horácio Lima

The Mayor of Vila Verde City Hall
António Vilela

Event title
2013 ECA Canoe Marathon European Championship

Event dates
6 – 9 June 2013

The Country
Portugal

City
Braga

Municipality-Village
Vila Verde - Vila de Prado



general information

About Portugal

Location

Portugal is located on the west side of the Iberian Peninsula, ideally positioned between Spain and the Atlantic Ocean. Portugal's excellent geographical position makes it a stopover point for many foreign airlines at airports all over the country. Portugal has 5 international airports: Lisbon, Oporto, Faro, Funchal (Madeira) and Ponta Delgada (Azores).

With beautiful beaches, vineyards, sophisticated cities, countryinns and palaces, Portugal Invokes a romantic notion of breathtaking scenery, rich

history and cobble-stone roads. With such a long sea coast, Portugal has a long term tradition with the water and with water sports, such as Canoeing.

Language

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

considerable number of citizens are able to communicate in English, French and Spanish.

Climate

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

Portugal I.D.

Official name: Portuguese Republic
GPS: 39 30 N, 8 00 W
Founding of the Portuguese State: 1143
Founding of the Republic: 1910
Political system: Democracy
National symbols: National Flag and the National Hymn
Language: Portuguese
Territorial Organization: two autonomous regions (Azores and Madeira), 18 districts
Capital: Lisbon
Area: 92.142km
Population: 110.642.836 (July 2007 est.)
Active population: 5.523.000 (2004 est.)
Currency: Euro, divides into 100 centimes
G-Ross Domestic Product: 155.131 millions Eur (2006)
GDP per capita: 14.654 Eur (2006)
GDP - composition by sector: agriculture 7.9%; industry 25.9%; services 66.2% (2007 est.).



About Vila Verde

Location

The Vila Verde Municipality, located in the heart of the Minho province, makes part of the district of Braga. It is limited to the north by the Ponte da Barca Municipality, to the west by the Barcelos and Ponte de Lima Municipalities, to the east by Terras de Bouro and to the southwest by the Amares and Braga Municipalities, from which is separated by the Homem and Cávado rivers respectively. It is located just a few tens of kilometres from the beaches situated along the maritime coastline between the city of Porto and the Spanish province of Galicia, and it is close to the Peneda-Gerês National Park.

The Vila Verde Municipality has a privileged location, which means that its access doesn't constitute a concern.

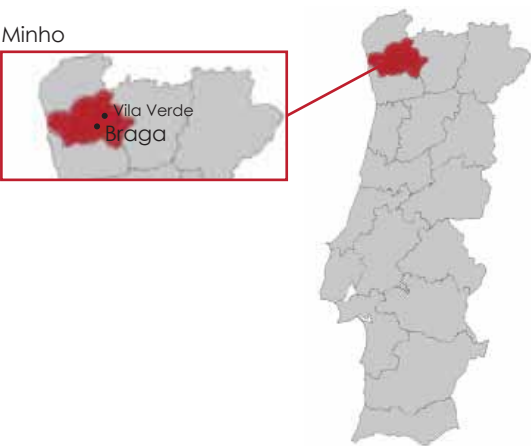
It will be in the town of Prado, a parish belonging to the Vila Verde Municipality, that the event will take place. Prado is located next to the Cávado river and beneficiates from privileged conditions for the practice of canoeing, which led to the development of this sport and the coming into existence of the Prado Nautical Club – one of the main drivers of this candidacy.

Climate

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

Vila Verde Municipality I.D.

Total area: 228,7 Km
GPS: 41°39'05.42"N 8°26'09.37"W
Territorial organization: municipality with 58 parishes
Total residente population: 46.000 inhab 46.579





Tourism VILA VERDE

Due to its ancient times and cultural richness, the Vila Verde Municipality has a vast patrimony, which results from archaeological remains, religious and civil architecture, typical rural scenarios, ethnographic aspects of popular culture, craftwork, traditional gastronomy, green landscape and the rivers that cross it. Parties and church fairs constitu-

te one of the numerous expressions of the religiosity of its inhabitants. These celebrations are characterized by religious and pagan manifestations, which live in communion and complement each other. About 150 of these festive and religious events take place throughout the year at chapels and churches of the municipality and demonstra-

te, by themselves, the dynamic and religiosity of these people committed to preserving their cultural heritage and to transmitting to the new generations their way of living and feeling. The weekly, bimonthly, monthly and annual street-markets, the cultural events and the different thematic exhibitions reveal the strong commitment towards the

cultural, social and economic development of the region. The craftwork occupies more and more an eminent position in the municipality due to its growing economic relevance, to the preservation of ancestral manufacturing techniques and to the innovative conception of other products.

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

The pudding «Abade de Priscos», from the known «Papa dos cozinheiros - Abade de Priscos», original from the parish of Turiz and

that became famous due to his highly prized culinary qualities, is one of the delicacies which forms part of our gastronomic heritage and that you should taste. The «Pica-no-chão» is another trump card of the municipality, which led Vila Verde to register the brand 'Capital do Pica-no-chão'.

It is in this context that the municipality invests and centres its development. That's why there are so many events putting in evidence this richness, such as: event «Namorar Portugal» (in February), Festas Concelhias em Honra de Sto. António (in June), Festa das Colheitas - Feira Mostra de Produtos Regionais e Festival Gastronómico (in October) and 11 gastronomic weekends, where you can find the pudding Abade de Priscos and

the Pica no chão.

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

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

BRAGA

With more than 2000 years of history and located in the North region and the subregion of Cávado, the city of Braga is the district's capital and also the centre of the Greater Metropolitan Area of Minho (GAM). It is the third biggest city of the country, with 14 municipalities and 800 000 inhabitants.

Located in the heart of the Minho province, Braga finds itself in a region of transition from east to west, between mountains, forests, huge valleys, strips of land, plains and green fields. Lands constructed by the nature and moulded by the man.

Braga is characterized by its religious architecture. In the city centre, it is notable the Cathedral of Braga (Sé de Braga) that combines different styles from the roman to the baroque. Despite its grandness, the Bom Je-

sus do Monte Church and the Sameiro Church compete with it due to their location, which offers a panoramic view of the city. The predominance of the baroque style in the churches of the city granted it the name of «baroque city». Already at the limit of the city's borders, it is remarkable the Church and Monastery of Tibães that belonged to the Benedictine order and that have been subject to restorations. In the historical centre, it can also be seen many buildings from the 18th century and the Sta. Bárbara Garden, constructed under the rules of the romantic style.

GUIMARÃES

Guimarães is located 38km from Vila Verde (30 min). To get there just follow the direction of Braga and, after, the A11 highway towards Guimarães.

Guimarães is considered the cradle of Portuguese nationality, because it was here, according to what says the tradition, that was born and was baptized the one that, in 1179, it would come to be crowned the first King of Portugal, D. Afonso Henriques. Furthermore, it was in Guimarães that took place the Battle of S. Mamede, which gave victory to D. Afonso Henriques, thus, enabling him to gain independence for the Condado Portucalense from the Kingdom of León and paving the way for the founding of the Portuguese Nation.

The city of Guimarães rises in a valley from the bottom edge of the Santa Catarina mountain – Penha mountain, a place of mass pilgrimage during summer, from the top of which you get a view until the sea. Besides a unique natural landscape, this city presents a variety of mo-

numents, caves, viewpoints, a camping park, a mini golf field, a touristic mini train, an equestrian centre, places for walking and picnics. Visitors can reach the Penha mountain by cable car, which is located close to the historical centre.

The city's connection to the foundation of the Portuguese nationality, the building techniques here developed during the Middle Age and the fact

that the city illustrates the evolution of different types of construction from the 15th to the 19th centuries contributed for the inscription of Guimarães' historical centre in the UNESCO List Of World Heritage Sites in December 2001. The requalification to which this area was subject helped turning the historical centre of Guimarães a pleasant space with many students, locals and tourists. Here there are many cultural and re-

creational activities, especially during summer, which turn the city centre even more attractive. In the historical centre, you can find some monuments as the Nossa Senhora da Oliveira church and the Padrão do Salado (a Gothic shrine), and very close from here you can visit the Guimaraes Castle and the Palace of the Dukes of Bragança.

Tourism
BRAGA, GUIMARÃES, GERÊS





GERÊS

The Vila Verde Municipality is close to the Peneda Gerês National Park, at a distance of some 54km.

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

Among the trails available stands the Roman Military Road. This part of the XVIII road (classified as national Patrimony) of

Antonino's Itinerary, that linked Bracara Augusta (Braga) to Asturica Augusta (Astorga), is an extraordinary roman archaeological complex that maintains, practically intact, along its 30km, bridges, walls, houses and the largest collection of epigraphic milestones in the north-eastern peninsula, many of which exhibit inscriptions that date between the end of the 1st century and the 4th century D.C..

There's also a selection of Pedestrian trails "On the Path of Miguel Torga", which place nature lovers in direct contact with the land's natural and patrimonial riches. In simultaneous, it presents itself as a tribute to one of Portuguese literatures great talents, whom over four decades explored local landscapes, fountain of his inspiration. Offering more than dozen different routes, the difficulty will be choosing!

The Park belongs to the Terras de

Bouro Municipality that is crossed by the Cávado and Homem rivers, where the conditions for the practice of nautical sports are especially relevant. The Rio Caldo Marina with its access to the Caniçada Lagoon, nautical sports associations, pleasant restaurants and esplanades, is a place of choice. There are 689 hectares of navigable waters, thanks to the Rio Caldo Vessel, a recreational boat that offers an original touristic-environmental trip. A fun way to discover the region, all year!

You can also visit the Ethnographic Museum, relax at the Gerês Thermal Springs and sample the local cuisine.

If you are spending an extended stay in the region, you might also like to visit Viana do Castelo, Ponte de Lima and Porto.

Getting here

In order to reach Vila Verde (Prado) you have to travel, preferably, to the Oporto airport, though you can also fly into the Lisbon airport.

Oporto Airport

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

The Francisco Sá Carneiro Airport is located in the heart of the industrial north of the country, 11km from the city of Oporto, making it a privileged access point to this valuable commercial area.

Porto – Vila Verde (Vila de Prado)

This will be the official airport of the organization for this event. All team members are requested to arrive, preferably, to this airport. There will be a airport transfer fee of 15 euros per person, including return.

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

Lisbon Airport

GPS: N 38° 46' 12", W 9° 07' 41"

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

Lisboa – Vila Verde (Vila de Prado)

The principal point of entry for travelers arriving in Portugal. Connection to the city centre and interface with Railway Stations by Aeroshuttle and Bus.

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

If your team arrives to this airport, you will have contact the organization committee to check extra fees for your transport.



organising committee

About the organising committee

O.C. The structure of the Organization is defined as shown in the following diagram, with members of the Portuguese Canoeing Federation, Vila Verde City Hall and Prado Nautical Club.

The Portuguese Canoeing federation has the status of public sports utility, being the maximum legal entity for all the National Canoeing issues, responsible for the organization and regulation of all the competitions in national territory. The Portuguese Canoe Federation already organized several National Championships in this Venue. This great effort is being made to develop the sport, calling more athletes, audiences and sponsors. As part of this plan, the Portuguese Federation wants to organize majors events that can help to reach the goals defined. The ECA Canoe Marathon European Championship 2013, enjoys the support of government authorities, of the Secretary of state of sport and of local authorities.

European Canoe Association
Canoe Marathon Committee



ORGANISING COMMITTEE

- José Sousa - Portuguese Canoe Federation
- Marcos Oliveira - Portuguese Canoe Federation
- Paulo Pereira - Vila Verde City Hall
- Adelino Machado - Vila Verde City Hall
- Rafael Lima - Vila Verde City Hall
- Horácio Lima - Prado Nautical Club

hosting experience

Portuguese Canoe Federation

The Portuguese Canoe Federation has a high experience in International Competitions organization. Especially in Marathon, we are proud about our past in International competitions, like Crestuma Marathon, and the 2009 Marathon World Championship. This was one of, if not the most, competitive and well organized marathon competition in years, and became the proof of our potential as organizers. Also, the National Marathon Championships are usually organized in the venue and has more than 500 athletes in a two days race. Our Officials, staff and other human resources are very well prepared to deal not only with this venue, but also with the number of persons involved in the Europe Championships.





Prado Nautical Club

Prado Nautical Club is a cultural, recreational and sports association, founded in 24th February 1982, whose statutes were published in the Diário da República No 99, Series III, 29th April 1982, and whose subsequent amendment was published in the Diário da República No 287, Series III, 14th December 2000. The Club holds the status of public utility entity since 5th February 2002.

Its main activity consists of the practice of CANOEING, in its training, recreational and competitive aspects. At the moment, the Club has approximately 500 effective members. The Club's facilities are located in Avenida do Cávado, Faial, in the town of Prado, in a site whose building lease was definitively granted to the Club by the Vila Verde City Hall.

The town of Prado plays a leading part in the Portuguese ca-

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

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

The Club's participation in countless canoeing competitions held throughout the national 27 territory makes it the best means of dissemination of the town of Prado and the municipality in all the country.

The Prado Nautical Club has

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

It should also be underlined the career of Emanuel Silva, who

won the gold medal at the Indoor World Cup, in the Junior K1 500m and 1000m categories, and the bronze medal at the European Junior Championship in 1000m. As a cadet, he won the gold medal at the Spanish Winter Championship and he has taken part in European and world championships in the Athens and Beijing Olympic Games having achieved excellent results. Finally, in the London Olympic Games Emanuel Silva won a silver medal in the K2 1,000m canoeing race, with

Fernando Pimenta.

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

The protocols on cooperation concluded with Primary and Secondary schools of Prado, in order to promote and provide children a first experience with this sport, turn possible the

practice of canoeing by these students (about 150 children) free of charge. As an interdisciplinary area of the subject Physical Education taught in the Secondary school of Prado, the practice of canoeing provided by the Club contributes for the extensive range of activities at students' disposal.

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



In the last olympic cycles, the Prado Nautical Club has provided the practice of canoeing to an average of 85 federated athletes. The Prado Nautical Club, as a big association, has also experience in the organization of big sports competitions at national and regional level. Thus, in the last years, among the organization of innumerable sports events, the most relevant are the following:


2012 – Canoe Marathon National Championship;
 2011 – Canoe Marathon National Championship;
 2010 – Canoe Marathon National Championship;
 2009 – National Championship Hopes;
 2007 – Canoe Marathon National Championship;
 2006 – I Canoe Marathon National Championship;
 2005 – II Canoe Marathon National Championship;
 2004 – II Canoe Marathon National Championship;
 Long distance Regional Championship;
 Indoor Regional Championship;
 2003 – I Canoe Marathon National Championship;
 2002 – I Canoe Marathon National Championship;
 2001 – Long distance National Championship Cadets/Infantile;
 2000 – II National Championship Young Promises;
 In 2008, as a result of the intervention for enlargement and reorganization to which its sports facilities were subject, the Club didn't organize national competitions, since, in this case, the ideal conditions for those competitions to be carried out were not met.

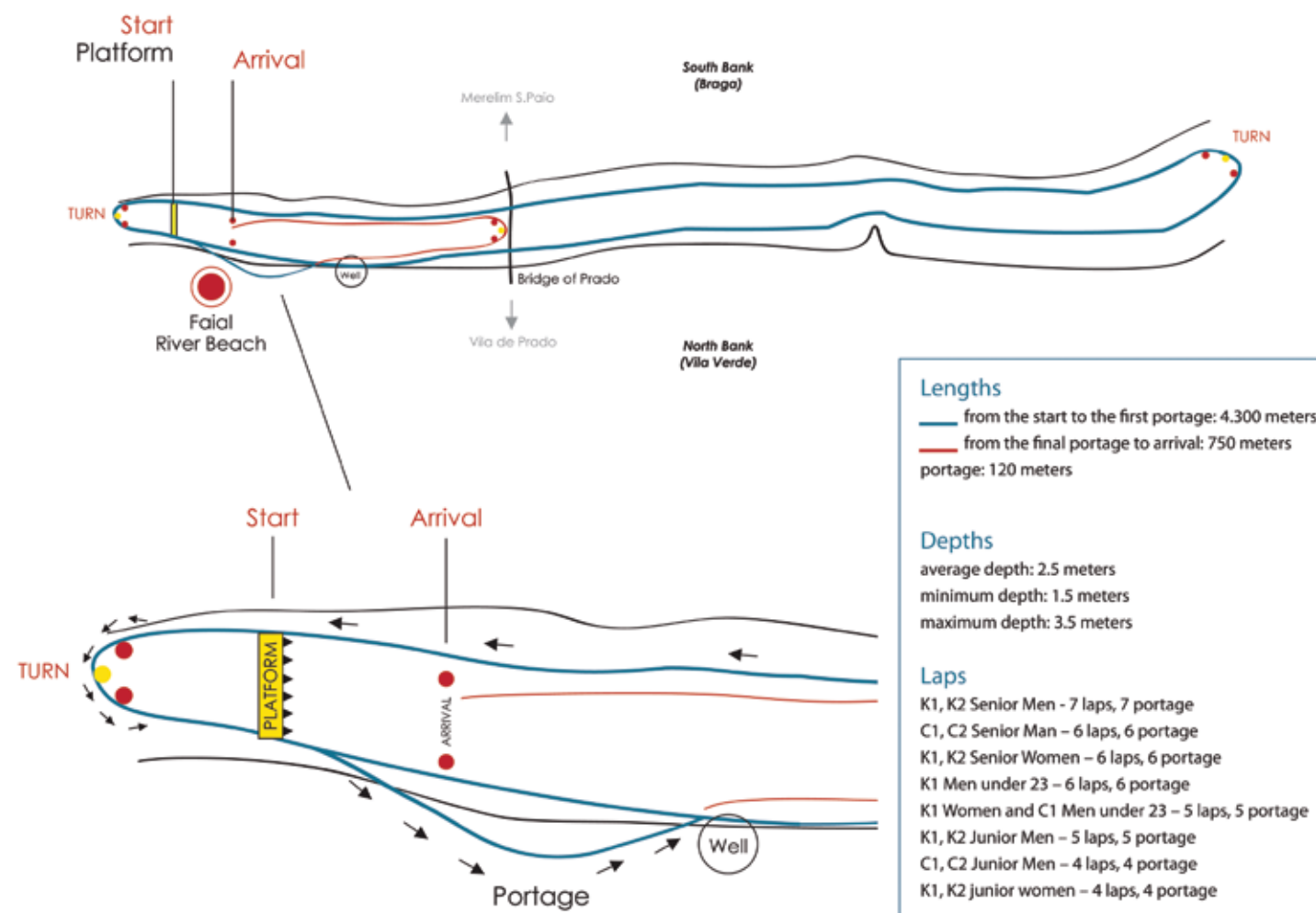
competition venue & course





PROVISIONAL SITE PLAN

 Control access	D. Lunch tent	H. Teams boats	L. Medical room	P. Podium	T. Portage
A. Camping	E. Teams and org. parking	I. Teams tents	M. Press room	Q. 2nd boat control	
B. BUS parking	F. Technical area	J. Free scale/boat control	N. Stands	R. Cerimony preparation	
C. Comercial zone	G. Trailers parking	K. ECA Office	O. Red Cross	S. Finish tower	



Provisional site plan
Course



Spectators

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

Grandstands

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

Food

This service, located in the public and VIP area, will be made with the local Café/Bar.

Information

The information/results system will be set in 2 steps:
 a. In the teams limited area
 b. In the public area

Merchandising

There will be official Merchandising of the event that will be available in competition days in at the venue

Event Broadcast

The CO is making every efforts to be able to give to the Canoe World the chance to follow the 2013 Canoe marathon European Championship live, with live streaming of all competition days.

Boat rental

NELO

In partnership with NELO, the organization committee asks all national Federation requesting boats for rent, to contact NELO

Immigration and Custom Procedure

All participants are kindly requested to contact the Portuguese Embassy or consulate regarding the visa Requirements. When required the organizing committee will help in matter of issuing the visas.

PRESS

The organization will provide a press center for local and international media with all conditions. Accreditation can be made upon arrival at OC office.

Additional Information

Daily news and other important Information about the competition can be found at the official website www.canoemarathonEC2013.com
 Also add our official Facebook page at <http://www.facebook.com/EcaCanoeMarathonEuropeanChampionship2013>

Language

The official language of the competition will be able English. All the information documents, forms, local identity signs & comments will be in English and mother language of the host Committee, Portuguese.

In order to assure the equal access to information to all the delegation, we will provide Volunteers with interpreter services for French & English and Russian.

Security System

There will be local policy at both venues to assure that everyone is

safe and to guarantee that only authorized athletes go into the athlete's area for example. All the athletes will have a card and must be showed at the venue entrance to prove that they are in the race.

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

Anti-doping control

The Doping control will be provide according to the ICF standards, in partnership with the Nationals entities ADOP. At the venue, it will be located in specific room.

Medical support

The medical center will be divided in two places. One in the athlete's area and other near the the public stands
 At the venue there will be two ambulances and paramedics that will follow the race on the water as well.

CAR RENTAL

The organization has a official car rental company partner. You can find more information at <http://www.iberent.pt/>. Special prices for national teams are granted. If you need to rent a vehicle please contact this company by email and use the following title : ECA European Canoe Sprint Championship 2013.
 E-mail: reservas@iberent.pt

acomodation

About acomodation

For this event the OC have made partnerships with several hotels in Braga City.

Hotel Melia
Hotel Mercure
Hotel Ibis
Hotel Lapações

Category 1

Hotel Meliã Braga

The Meliã Braga Hotel & Spa adds an impressive new dimension to Braga's accommodation portfolio. Located a 5-minute walk from the city's historic centre, this newly-built 5-star hotel has 182 modern rooms, including 20 connecting rooms, 20 executive suites with kitchenette, a presidential suite and 2 rooms specially adapted for handicapped guests, all fully equipped with an LCD cable TV, mini-bar, safe-deposit box, broadband Internet access, air-conditioning and private bathroom. The 150-seat "El Olivo" restaurant offers show-cooking and various themed buffets, while the 1st-floor bar serves tapas, light meals and cocktails to the sound of live musical entertainment. Specialising in massage and beauty therapy, the hotel's El Spa features a gym, sauna, Jacuzzi, Turkish bath and various health treatments. Covering 750 square-metres of space, the on-site congress centre has 7 multi-purpose meeting rooms and a business centre.

Av. General Carrilho da Silva Pinto, nº 8, Tenões, 4715-380 Braga
www.meliabraga.com | melia.braga@solmeliaportugal.com
Tel. + 351 253 144 000 | Fax. +351 253 144 009



Hotel Mercure

The Mercure Braga Centro hotel is located a few minutes from the city center, 547 yards (500 m) from the famous Sé cathedral and 1.9 miles (3 km) from the Bom Jesus sanctuary. Whether here for business or leisure, relax in one of our 128 rooms and suites featuring LCD TV, hairdryer and free WIFI. You can also take advantage of our excellent facilities, such as the restaurant, bar and gym. The hotel also has an indoor car park for 250 cars and 3 modern, fully equipped meeting rooms for 150 people.

Praceta João XXI, 4715-036 - BRAGA
www.mercure.com | h8308@accor.com
Tel. +351 253 206 000 | Fax. +351 253 206 010



Category 2

Hotel Ibis

The Ibis Braga hotel is exceptionally located in the center of Braga, close to a range of historic attractions, such as Braga Cathedral, various museums and the Bom Jesus Nature Park. Relax in one of the 72 contemporary rooms of this entirely non-smoking hotel or in the bar and enjoy our services, including Wi-Fi Internet access, 24-hour snack service and paying private indoor car park. The Ibis Braga also has 3 conference rooms.

Rua do Carmo 38, 4700-309 - BRAGA
www.ibis.com | h1802@accor.com
Tel. +351 253 204 800 | Fax. +351 253 204 801



Category 2b

Hotel Lapações

The Lapações Hotel is located in the city of Braga, near the University of Minho, with excellent access, you found the Lapações Hotel with 52 rooms, 4 of them equipped for It is part of Verd'Hotel since 2004. It is a recent hotel that answers with modern norms and exigences that offers to you, the quality and good services in a calm and pleasant environment. Following the advent of new technologies, the Hotel places at your disposal access Internet in all the rooms. During your stay you will enjoy an high quality service ensured by a team of profesionnals qualified, that it will be dedicated to you for having a pleasant stay.

Avenida D. João II Nº75, 4715-313 Braga
www.hotel-lamacaes.com | info@hotel-lamacaes.com
Tel. +351 253 603 680 / 919 668 256 | Fax. +351 253 603 689



Prices

The prices below are per person and per day with full board.

Lunch will be at the venue. Breakfast and Dinner at chosen hotel.

Category 1

Double – 90

Single – 110

Category 2

Double – 70

Single – 90

Category 2b

Double – 65

Single – 85

All participants (athletes, coaches, attendants, functionaries) have also included:

- accreditation card
- shuttle bus: on the competition days according to the timetable to be published;
- training bus running from 11th June – according to the timetable to be published;
- security service at the course;
- medical care at the course;
- fees for the use of the regatta course and its facilities;
- bottled water and coffee during competition days.

The participation fee does NOT include:

- Transfer from and to the Airport

In case if hotel is booked independently, instead of through Organizing committee, then all team members of that national federation will have to pay a participation fee of 30,00 Euros per person per day. This fee does not include bus transfers from and to the Venue, daily.

All team members have to pay for the Airport transfers.

Terms of Payment

30 % of the total cost has to be paid before 21th of February 2013

75% of the total cost has to be paid before 23th of April 2013

100% of the total cost has to be paid before 24th of May 2013

No reservations are made until 30% is paid. The organization may cancel any reservation if no regular payments are made.

No Transport from the airport is guarantee or accreditation cards will be given without 100% payment has been done.

Cancelation Terms:

Until 60 days before the arrival – Refund 100%

Until 30 days before the arrival – Refund 50%

From 29 to 15 days before the arrival – Refund 25%

Minus 15 days before the arrival – No Refund

Account Details

All payments has to be done to the following Account

Beneficiary : Federação Portuguesa de Canoagem

IBAN : PT50 0010 0000 2597 5600 0067 2

SWIFT/BIC- BBPIPTPL

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

No credit cards payment will be accept.

entries & registration

About entries and registration

All team entries must be made online at www.vilaverdemarathonec2013.com

The registration system to be used will be the same from 2012 canoe Sprint European Junior and u23 Championship, so all national federations will use the same login at TEAM AREA in www.vilaverdemarathonec2013.com

If you lost your password, used in 2012, you can request a new one to the OC or fill the lost password option.

If your federation did not registered in the 2012 canoe sprint event you will need to make a new registration in the same area. There you will have to provide general information about your federation and use a national Federation official email, so the OC can recognize you and give you full access. After the approval from the organization you will receive a new email with your login details and after that you are ready to fill the different entries and make the accreditations.

During the accreditation all nations are asked to upload a digital photo of all team members. OF a correct size and type of picture is uploaded, your team members will have to do this at the venue, taking a lot more time.

The entries system will be online and available in following dates:

Preliminary entries – January 2013 to February 15th

Numerical entries – Until April 23th

Nominal Entries – Until May 24th

In case of any problems with the online system please contact the organization by email at registra-tion@vilaverdemarathonec2013.com.

DAY	TIME	ACTIVITY	LAPS
Thursday June 6	14:00	Team leaders meeting	
	00:00	Assemble for Opening Ceremony	
	00:00	Opening Ceremony	
	09:00	Start raft marshalling juniors	
	09:25	Raft marshalling closing	
Friday June 7	09:00	K1 Men Juniors	5
	09:33	K1 Women Juniors	4
	09:40	C1 Men Juniors	4
	11:15	Start raftmarshalling	
	11:40	Raft marshalling closing	
	11:45	K1 Women u23	5
	11:50	C1 Men u23	5
	14:15	Start raft marshalling juniors	
	14:40	Raft marshalling closing	
	14:45	K1 Men u23	6

provisional program & agenda

DAY	TIME	ACTIVITY	LAPS
Saturday June 8	09:00	Start raft marshalling juniors	
	09:25	Raft marshalling closing	
	09:30	K2 Men Juniors	5
	09:33	K2 Women Juniors	4
	09:40	C2 Men Juniors	4
	11:15	Start marshalling closing	
	11:40	Raft marshalling closing	
	11:45	K1 Women	6
	11:50	C1 Men	6
	14:15	Start raftmarshalling	
	14:40	Raft marshalling closing	
	14:45	K1 Men	7
Sunday June 9	09:00	Start raftmarshalling	
	09:25	Raft marshalling closing	
	09:30	K2 Women	6
	09:35	C2 Men	6
	12:00	Start raftmarshalling	
	12:25	Raft marshalling closing	
	12:30	K2 Men	7
	15:15	Closing Ceremony	

COMPETITION TIME SCHEDULE

MASTERS SCHEDULE

DAY	Nr	TIME	AGEGROUP	LAPS
.....				
June 5 (Wednesday)		08:30	Briefing	(IF NECESSARY SEE NOTICE BOARD)
	1	09:00	K1 women	55-59
	2	09:05	K1 women	60-64
	3	09:10	K1 women	65-69
	4	09:15	K1 women	>70
	5	09:20	C1 men	55-59
	6	09:25	C1 men	60-64
	7	09:30	C1 men	65-69
	8	09:35	C1 men	>70
	9	09:40	K1/V1	Disabled
.....				
		10:45	Prizegiving	Start with the youngest group K1 women
.....				
	10	11:15	K1 men	55-59
	11	11:20	K1 men	60-64
	12	11:25	K1 men	65-69
	13	11:30	K1 men	>70
	14	11:35	K1 women	35-39
	15	11:40	K1 women	40-44
	16	11:45	K1 women	45-49
	17	11:50	K1 women	50-54
	18	11:55	C1 men	35-39
	19	12:00	C1 men	40-44
	20	12:05	C1 men	45-49
		12:10	C1 men	50-54
.....				
	21	13:45	Prizegiving	Start with the youngest group K1 men
.....				
	22	14:00	K1 men	35-39
	23	14:05	K1 men	40-44
	24	14:10	K1 men	45-49
	25	14:15	K1 men	50-54
.....				
		16:00	Prizegiving	Start with the first group
.....				

DAY	Nr	TIME	AGEGROUP	LAPS
.....				
June 6 (Thursday)		08:30	Briefing	(IF NECESSARY SEE NOTICE BOARD)
	1	09:00	K2 women	55-59
	2	09:05	K2 women	60-64
	3	09:10	K2 women	65-69
	4	09:15	K2 women	>70
	5	09:20	C2 men	55-59
	6	09:25	C2 men	60-64
	7	09:30	C2 men	65-69
	8	09:35	C2 men	>70
	9	09:40	K1/V1	Disabled
.....				
		10:45	Prizegiving	Start with the youngest group K1 women
.....				
	10	11:15	K2 men	55-59
	11	11:20	K2 men	60-64
	12	11:25	K2 men	65-69
	13	11:30	K2 men	>70
	14	11:35	K2 women	35-39
	15	11:40	K2 women	40-44
	16	11:45	K2 women	45-49
	17	11:50	K1 women	50-54
	18	11:55	C2 men	35-39
	19	12:00	C2 men	40-44
	20	12:05	C2 men	45-49
	21	12:10	C2 men	50-54
.....				
		13:45	Prizegiving	Start with the youngest group K1 men
.....				
	22	14:00	K2 men	35-39
	23	14:05	K2 men	40-44
	24	14:10	K2 men	45-49
	25	14:15	K2 men	50-54
.....				
		16:00	Prizegiving	Start with the first group
.....				
		12:00	Prizegiving	
.....				
		16:00	Prizegiving	
.....				

About Masters Event

The masters race will be organized between 5 and 6th June 2013, as usual.

All Masters registration and entries are made in the same online portal as for European Championship event. National federation will have to choose the masters race and fill the entries and accreditations in the same way.

No entries will be accepted if not coming from national Federation of the athlete

The organization will not cover or promote any type of accommodation or transport for the participants. We think that the best option is for everyone deal with they one arramenbts.

We are available to help you find the best options in Braga, Vila Verde or Prado.

There will be a participation fee for all masters: 50 euros per event per person.

This will include:

- Event participation
- Security & First Aid
- Car and trailer Parking
- Accreditation
- Camping on site.

It is possible to have lunch at the regatta course from 4 to 6th June 2013 for all masters participants. The price will be 12 euros per persons per meal. Lunch tickets can be bought in the day before, at info point, or by email to the OC.

The participation fee has to be paid, before arrival. No accreditation and boat numbers will be given, without 100% payment confirmed.

Account Details

All payments has to be done to the following Account

Beneficiary : Federação Portuguesa de Canoagem

IBAN : PT50 0010 0000 2597 5600 0067 2

SWIFT/BIC- BBPIPTPL

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

No credit cards payment will be accept.

In addition to the touristic suggestions made in Chapter 2 of this document, the O.C. prepared an itinerary/route throughout Vila Verde, to allow guests to experience the best this region has to offer.

Itinerary – Ways of Romance, in Vila Verde

Passion, Adventure, Flavors, Discovery, Fun

Vila Verde offers you all this. Vi-

siting, exploring and learning about Vila Verde can be a surprising experience, by allowing history and art to speak about the architectural and intangible heritage, throughout the love manifestation contained in the “Valentine’s Handkerchiefs”(lenços dos namorados), embroidered, in time, by passionate young girls.

It is also a great opportunity to be surprised by the rural tourism in rural areas that focus

mainly on familiar hospitality, in the beauty of the surrounding countryside, in the gastronomy (jams, cheese and juices made with natural products from their own homes and that are served at breakfast for guest tasting), in local architecture and traditions, as well as in a diverse range of entertainment activities.

masters event



Social program

Designation: Ways of Romance in Vila Verde.

Product group: Cultural and landscape touring.

Product justification: Vila Verde's main brand image is the Valentine Handkerchiefs, which are related with a vast and rich tangible and intangible heritage, spread throughout the 58 parishes.

Product description: Implementation of an itinerary in the municipality of Vila Verde in particular to the cultural heritage of religious and civil nature, with the inclusion of various touristic entertainment activities.

Location: Parishes of Vila Verde.

Program

Duration: 1 to 2 days.

Transport: Bus, mini-bus, private car or rented.

Accommodation type: Rural Tourism Enterprises - quality hotels.

Schedule

Open all year round. However, it's recommended on the long weekends.

Program description

Day 1

Starting place / still to be defined.

Show up 30 minutes before departure time (time and place still to be determined). Starting with personalized greeting and accommodation service on the bus. Departure to the Craft Alliance, followed by a visit to the Regional Cheese Production Factory Moínhos Novos (New Mills). Visit to the Museum of Sacred Art of Pico de Regalados. Wine tasting at Quinta do Pico.

Visit to Mixões da Serra, followed by a visit to the Wolf Trap in Gondomar. Lunch at a local restaurant where one can taste the county's main gastronomic delicacies Pica no Chão (chicken Blood Rice, an exotic and delicious Portuguese recipe) and Abbot of Priscos pudding. Visit to the Municipal Stadium, Sgooting Range and Municipal Leisure Complex. Departure to Vila de Prado. Visit to the Bridge and Pillory of Prado. Dinner at a local restaurant with a folklore group. END OF THE VISIT.

Day 2

Starting place / still to be defined.

Show up 30 minutes before departure time (time and place still to be determined). Personalized greeting services and accommodation on the bus. Visit to the Tower House, a magnificent example of Baroque architecture and religious architecture of the period of the Estado Novo. Following is the Church of Soutelo and the Sanctuary of Our Lady of Relief and the House of Alms to know the Legend of the

Snakes. Lunch at a local restaurant with traditional animation. Departure to Penegate Tower, built in the sixteenth century that had as its agent Mem Rodrigues de Vasconcelos, Captain-General of the castle of Guimarães, whom, after obtaining a royal license from D. Dinis on 5th of 1322, began its construction. Visit to the Lusitana Equestrian Academy of Art. This will be the ideal moment to delight yourself with a body and mind renewal at the SPA of Mercy and get caught up in an inspiring atmosphere,

full of unique and unforgettable moments, through the magic of light scenarios, scents, the touch of soft delicate hands, the sound of water drops and the touch of the essential oils. Before a brief passage through Teciborda, where if you desire you may purchase a piece of regional craft to always have Vila Verde near you. Dinner at a local restaurant with folklore group. END OF VISIT.



Resources to integrate in the itinerary

Stº António Municipal Events1

Location: Vila Verde

Key features: Concerts, traditional village party, concertina meetings, regional tavern, etc..

Aliança Artesanal (Craft Alliance)

Location: Vila Verde

Key features: The Moinhos Novos (New Mills) Farm is a company specialized in the production of artisanal goat cheeses, the result of a great work of research and experimentation.

Museu de Arte Sacra de Pico de Regalados

Location: Pico de Regalados

Key features: Sacred art museum.

Quinta do Pico

Location: Vila do Pico de Regalados

Key features: Wine tasting and Equestrian Centre.

Fojo do Lobo

Location: Gondomar

Key features: The wolf trap of Gondomar, considered one of the largest traps in the Iberian Peninsula, has two ditches and a wall with a length at about 2km. The constant attacks from wolves to livestock and the insecurity among the population led to the construction of this wolf trap.

Santo António de Mixões da Serra

Location: Valdreu

Key features: Viewpoint; Animal blessings.

Municipal Stadium visit

Location: Vila Verde

Key Features: The Municipal Stadium of Vila Verde is a modern infrastructure created to be at the service of sports training and it's prepared for practices and games of football and soccer, clubs, associations and informal groups, offering a bench with capacity of 3000 people, a weight room for athletes and a synthetic turf.

Complexo de Lazer Municipal

Location: Vila Verde

Key features: The Leisure Complex of Vila Verde is equipped with a spacious and very modern gym with more than 20 modern weight training machines and cardio-fitness, a 25 meter pool for swimming and water aerobics, a pool for children, 2 rooms for Beat Attack, Beat Combat, Beat Pump, Beat Step, Beat Limit, Cardio Beat, Beat Cycle and K1, sauna, bar and lounge with panoramic view. Outside there are two multisport fields with synthetic turf to play tennis and soccer.

Shooting range

Vila Verde

Key features: The Hunting and Fishing Club of Vila Verde. It's consisted of three fields of fire with Olympic rules Pit, Universal Trap, Trap, Double trap, Flight Shooting. Secretariat, the lodge, gunsmith, snack-bar and restaurant.

Ponte e Pelourinho de Prado (Prado's bridge and pillory)

Location: Vila de Prado

Key features: National Monument and a Public Property of Public Interest; Cávadp river.

Casa da Torre (Tower House)

Location: Soutelo

Key features: It was built in the

eighteenth century, being a magnificent example of Baroque-type house – tower of the period of the Estado Novo (New State).

Soutelo's Mother Church

Location: Soutelo

Key features: Considered as a unique example in the north of the country, with a rich set of stone statues of saints, placed on the walls of the churchyard opposite the façade, to the north of the church.

Nossa Senhora do Alívio

Location: Vila Verde

Key features: Marian Shrine and Snake Legends.

Penegate Tower

Location: Carreiras S. Miguel

Key features: A visit to the Penegate Tower is an excellent opportunity to experience a remarkable example of a medieval tower house.

Equestrian Academy Arte Lusitana

Location: Lage

Key features: Riding, training, equestrian shows such as games practiced in the court of the eighteenth century.

Teciborda

Location: Vila Verde

Key features: Local crafts.

SPA da Misericórdia

Location: Vila Verde

Key features: Jacuzzi, Scottish Shower, Turkish Bath, Sauna, Vichy Sower, Nutritional Guidance, Dermatology, Fitness, Water Aerobics.

