



PORTUGUESE ROWING FEDERATION

DOURO' 2012



ROWING TOUR

26th August - 1st September

GENERAL INFORMATION

Barca d'Alva to Tormes – Caldas de Aregos

A different kind of journey up the Douro line...

*One of the best known descriptions of a train journey in Portuguese literature was written by Eça de Queiroz in «A Cidade e as Serras». (The city and the mountains). The journey revives memories of Jacinto's trip from Paris to the welcoming village of Tormes, close to Régua. The story takes place on the journey along the Douro line between Pocinho (the nearest station to Barca d'Alva) and Caldas de Aregos. **The exact same path we are doing by boat. Enjoy!***

1 .PROGRAM AND LOCATION

From 26th to 1st September - Douro River, Portugal.

2. DISTANCE

133 km – From Barca d'Alva to Caldas de Aregos.

3. ITINERARY

5 stages – 3 locks

Day 26 - 1st day– trip to Figueira Castelo Rodrigo and opening event.

Day 27 - 2nd day - Barca d'Alva - Pocinho (28 km).

Day 28 - 3rd day - Pocinho - Ferradosa (31 km).

Day 29 - 4th day - Ferradosa - Tabuaco (30 km).

Day 30 - 5th day - Tabuaco - Barragem de Bagaúste (15 km).

Day 31 - 6th day - Barragem de Bagaúste- Caldas de Aregos (29 km).

Day 1 - Closing event – Dinner.

Day 2 - 7th day – trip to O'Porto – other destinations.

4. PARTICIPATION

Maximum 50 rowers, above 18 years old, able to swim 300 meters, good rowing and physical skills, average daily distance – up to 30 km.

5. BOATS

Coxed Yollete 4+X.

6. SOUVENIRS

Welcome kit with event's t-shirt.

7. ACOMMODATION

The organization is responsible for meals and rooms. Accommodation is in double room in small hotels or sport centers.

8. TRANSPORT

The organization will be responsible for the transportation during the event and from and to O'Porto.

9. SAFETY

All rowers must bring a safety jacket and be covered by their own accident insurance, 1 water bag, sets of rowing wear, anorak, pullover and sun cape – FISA Tour rules are applied.

10. ENTRIES AND INFORMATION

Federação Portuguesa de Remo
Doca de Santo Amaro
1350 - 353 LISBOA

Isabelhorta@remoportugal.pt

Franciscocardoso@remoportugal.pt

Tel: 00351 21 39298464

Fax: 00351 21 3929849

11. APPLICATION AND ENTRY FEE

650€ (six hundred and fifty euros + taxes). Copy of the bank transfer to be sent along with the entry form, **till April 30th**. **The payment is mandatory to consider the application concluded and confirmed.**

Payment Details:

NAME	Federacao Portuguesa de Remo
ADDRESS	Doca de Santo Amaro 1350-353 Lisboa
BANK:	Caixa Geral de Depósitos
IBAN:	PT50 0035 0027 00082152930 83
BIC SWIFT:	CGDIPTPL

12. MEETING POINT

O'Porto – Campanhã Railway Station, August 26th (Sunday) till 14h00.

ENTRY FORM/BOLETIM DE INSCRIÇÃO

Country and club/ País e clube:

Name/Nome:

Birth date/Data de Nascimento:

Male/masc.

Female/fem.

Address/Morada:

Tel(s):

Fax:

E-mail:

Other Tour participation (Ex:FISA Tours)/ participação noutros eventos:

The participants agree with his signature to the following:

- Candidates shall possess good knowledge and ability of rowing techniques.
 - Candidates shall be in good health and have the physical condition necessary for rowing the distances proposed, and shall be able to handle dangerous situations on their own and not depend on the help from others.
 - Candidates shall be capable of swimming a distance of at least 300-meter.
 - Each participant shall carry with them, a life saving jacket as recommended by their national authorities.
 - Each participant shall be responsible for his/her own medical and personal insurance arrangement
- It is recommended that candidates shall become familiar with The Rowers Guide obtainable through National Federations.

Os participantes com a sua assinatura declaram o seguinte:

- possuir uma boa prática e experiência da modalidade e das técnicas de remar.
- estar com boa saúde e boa condição física, condições necessárias para remar as distâncias propostas e ser capaz de enfrentar condições adversas por si próprio não dependendo da ajuda de outros.
- ser capaz de nadar o mínimo de 300 metros.
- fazer-se acompanhar de um colete de salvação
- ser responsável pelo seu próprio seguro de saúde e de vida nos termos da lei em vigor (serve o seguro desportivo FPR)

È recomendado aos candidatos que se familiarizem com os regulamentos FISA para este tipo de eventos

Participant signature

Assinatura do participante:

Rowing Club or Federation confirmation:

Confirmação pelo Clube:

Please mail this form duly fulfilled not later than 30th April 2012 by:

Fax. 00351 21 3929849

E-mail Isabelhorta@remoportugal.pt

THE DOURO RIVER

It rises in Spain and flows more or less East – West across Northern Portugal reaching the sea at Portugal's second city, Oporto. Once a fast flowing river of rapids and narrow ravines it has been tamed over the past 25 years by the construction of 8 dams along its length giving it, in most places, a **tranquil, lake-like appearance**.

The valley is spectacularly beautiful with the hills falling steeply down to the water's edge becoming more and more sparsely populated and wild the further inland one travels, with more of the land being given over to terraces of vines and, to a lesser extent, olive groves.



This is port country and was, in fact, the world's first demarcated wine region being established in 1756. Evidence of the port industry can be seen along the valley with all the famous company names – Cockburns, Taylors, Sandeman and others – appearing on large placards on the hillsides.

The colour of the land changes throughout the year as the vines mature. February and March though also see the almond trees in blossom, particularly in the upper reaches, creating blankets of pink-white everywhere which, with fine weather, brings the Portuguese out for the first picnic of the year.



Generally, though, there is little in the way of developed tourism, visitors are comparatively few and, as far as crowds are concerned, getting around is fairly easy. The **Douro railway line** which runs 175 kilometres from Oporto to Pocinho joins the river at Mosteiro and for the next 100 kilometres does not leave the

bank, making this one of Europe's great rail journeys.

Apart from the port, the excellent **Douro wines**, both white and red, make excellent garnishes to the food of the region.



Whilst fresh fish is readily available (just as it is everywhere in Portugal) here the meats of the interior start to come into their own with excellent smoked hams and some spicy sausages. If lucky you might see wild boar (javali) on some of the menus.



RÉGUA



This is the “capital” of the Douro Valley – a town (actually a city) that grew up because of the development of the port industry being a collecting point for the wines before being transported down river to Vila Nova de Gaia, the other side of the river from Porto.

Regua is also the headquarters of the Port Wine Institute, which oversees all matters relating to the production of port wine. The tourist office in Regua will be able to provide details of those wine estates offering tours and tasting as well as details of boat trips. The town straddles the river with the station at the eastern end.

The centre with its narrow streets and interesting selection of small shops is at the western end. Between the two the river front especially, but also the streets immediately behind, contain a lively selection of cafes, bars and restaurants which really come alive at night.

VILA NOVA DE FOZ CÔA

Associated to the name of this village, usually are the ancient drawings in the Côa Valley. The most important clusters of painted and engraved rocks are those at Canado do Inferno, Ribeira de Piscos, Penascosa, Quinta da Barca, Fariseu and Faia.

These clusters contain engraved animals of Paleolithic age, Neolithic and Copper Age paintings, and rock engravings of the Iron Age. All these sites are located along the banks of the Côa or of its tributaries, in areas of schist bedrock, where the terrain is granitic.

