

Departure	Arrival	Task	Directions
	<b>Cascais</b> 38,696939 -9,420483	Drop rollarblade equipment at Cascais (T1) from 7:00 to 8:00	<b>Recommended parking near the Park</b>
<b>Cascais</b>	<b>Peninha</b> 38,769272 -9,459156	Drop bikes at Peninha (T3) from 7:30 to 8:30	Take N9 in direction of Malveira da Serra. At malveira da Serra turn left towards Cabo da Roca. Immediately after the turn for Cabo da Roca, turn right towards Peninha.
<b>Peninha</b>	<b>Estoril</b>	Be present in Estoril until 9:00	Came back to Cascais and then forward to Estoril <b>Recommended parking north of Casino</b>
<b>Estoril</b>	<b>Cascais</b> 38,696939 -9,420483	Go to spectator point at Cascais (T1) from 10:00 to 12:00	
<b>Cascais</b>	<b>Malveira da Serra</b> 38,743172 -9,454942	Pick rollerblade equipment at Malveira (T2) from 12:30 to 14:00	At Malveira da Serra turn left towards Guincho, and than turn on the 2 <sup>nd</sup> on the right.
<b>Malveira da Serra</b>	<b>Cabo da Roca</b> 38,790256 -9,489133	Go to spectators point at Cabo da Roca from 13:00 to 14:30	Go back to Malveira, turn left to Cabo da Roca and follow the indications.
<b>Cabo da Roca</b>	<b>Murches</b> 38,714392 -9,429106	Go to spectators point at Murches (T4) and pick the bikes from 15:00 to 19:00	Came back towards Cascais turn left on the roundabout to Murches and then strait ahead to T4.
<b>Murches</b>	<b>Cascais</b> 38,696939 -9,420483	"Return to Cascais (T1) from 15:30 to 19:00	

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<b>Cascais</b>	<b>Lousã</b>	The assistances have to pack the vans at 7:00 and then are invited to assist to the restart of the race	A5 – Exit 6 to A9 A9 – Exit 8 Vila Franca / Porto A1 – Exit 11 to Lousã Condeixa; 1.1Km turn right to IC2 / IC3 / N1, 3 km after, turn right and at the roundabout take the 3 <sup>rd</sup> exit to IC3. 11 Km after turn left to 342 (Miranda do Corvo).
<b>Lousã</b>	<b>Esporão</b> 40,120364 -8,120952	drop bikes in Esporão (T5)(don't forget to drop also a bag for the wetsuits that will be transported by the organization to Barco (T7))	Follow the organization marks until enter the N 342; 12.6Km turn right to N2, at Esporão, follow the organization marks.
<b>Esporão</b>	<b>Fajão</b> 40,149504 -7,923390	Go to the spectators point at Fajão until 18:00 day 9/11	Go back and turn left to N2 towards Gois. At Gois turn right to N342 Arganil and Coja. At Coja turn right to N344 and then turn right to Fajão.
<b>Fajão</b>	<b>Barco</b> 40,171950 -7,613931	All assistances leave Fajão together led by APCA assistance team towards Barco (T7)	Go back to N344 and turn right. Passing thou Porto da Balça, Meãs, Unhais-o-velho, Dornelas do Zêzere and then turn left at N238 towards Silvares and Fundão. At Silvares Turn left to Barco
<b>Barco</b> 40,171950 -7,613931	<b>Penhas da Saúde</b> 40,306788 -7,549671	Drop the paddling equipment at Barco (T7) and proceed to Penhas da Saúde (A2)	Take directions towards Covilhã. At Covilhã follow the indications Serra da Estrela and Penhas da Saúde
<b>Penhas da Saúde</b> 40,306788 -7,549671	<b>Loriga</b> 40,327002 -7,678569	At A2 the assistances drop the team boxes, rest and wait the call to pick the bikes at Loriga (T6)	At the exit of the hotel, turn left to N399. 26 km after at the roundabout take the 3 <sup>rd</sup> exit to N231 towards Loriga

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<b>Loriga</b>	<b>Penhas da Saúde</b> 40,306788 -7,549671	Pick the bikes at Loriga (T6) and return to Penhas da Saúde (A2) to assist the team	Take the same way back
<b>Penhas da Saúde</b>	<b>Barco</b> 40,171950 -7,613931	"1h30 after the team departure, the assistance may leave A2 to pick the bikes at Barco (T7) and drop them at Barroca (T8)	Go back towards Covilhã. At Covilhã take N18 towards Fundão, turn right to n346 to Alcaria, then passing Vales do Rio, Peso, Barco.
<b>Barco</b> 40,171950 -7,613931	<b>Barroca</b> 40,107850 -7,718005	"The assistants are allowed to stay at Barroca (T8) spectator point until their team pass by and collect the paddling equipment - NO ASSISTENCE WILL BE ALLOWED	At Barco take directions towards Silvares, them turn right to N238 to Barroca
<b>Barroca</b>	<b>Castelo Branco</b> 39,816531 -7,511998	"1h00 after the team departure the assistance may leave Barroca (T8) to Castelo Branco (T9) passing by Fundão (maximum time to go to Castelo Branco 2h00)	Take N 238 towards Fundão, and take A23 to Castelo Branco
<b>Castelo Branco</b>	<b>Malpica do Tejo</b> 39,686694 -7,397270	At Castelo Branco (T9) drop the rollerblade equipment, go to Malpica (T10) and drop the paddling equipment and came back to Castelo Branco (T9).	Follow the organization indicantions towards N 18-8, then take the directions to Malpica do Tejo

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<b>Malpica do Tejo</b>	<b>Castelo Branco</b> 39,816531 -7,511998	In Castelo Branco the assistances have an opportunity to go shopping and wait for the team.	Take the same way back
<b>Malpica do Tejo</b>	<b>Vila Velha de Rodão</b> 39,651853 -7,667258	"when the team arrives pick immediately the bikes and prepare to follow the next team assuring them an active protection with the four lights blinking until further indication from the organization controller. <b>Abandon the team will disqualify your team</b>	As you are giving safety to a team, follow them until a controller give you other instructions towards Vila Velha de Ródão.
<b>Vila Velha de Rodão</b>	<b>Marvão</b> 39,396217 -7,379968	Drop the bikes at Marvão (T11)	Exit Vila Velha de Ródão towards Nisa N 18. Cross Nisa, and at Alpalhão take N 246 towards Castelo de Vide. At Castelo de vide take N 359 towards Marvão.
<b>Marvão</b>	<b>Póvoa e Meadas Dam</b> 39.478056 -7.553056		Go back to Castelo de Vide and take the direction to Alpalhão. 6 km after leaving Castelo de Vide turn right towards Barragem da Póvoa.
<b>Póvoa e Meadas Dam</b>	<b>Ortiga</b> 39,482631 -8,003092		Go back towards N 246 Alpalhão. At Alpalhão take IP2 towards A23, and take A23 towards A1. At A23 take exit 12 to Ortiga Beach
<b>Ortiga</b>	<b>Penedo Furado</b> 39,625917 -8,161907	Drop the paddling equipment at Penedo Furado (T12)	Go back to A23 towards A1 and take exit 10 to Vila de Rei N2. At N2 turn left to Milreu and follow indications to Praias Fluviais Penedo Furado.

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<b>Penedo Furado</b>	<b>Vila de Rei</b> 39,680386 -8,144677	Proceed to Vila de Rei (A4) where you will receive from the organization the rollerblade equipment	Go back to N2 towards Vila de Rei
<b>Vila de Rei</b>	<b>Aldeia do Mato</b> 39,544894 -8,277127	"Drop the bikes at Aldeia do Mato (T13) and pick the paddling equipment - NO ASSISTENCE WILL BE ALLOWED Wait at Aldeia do Mato (T13) to be called to pick the bikes at Bairro (T14)	Take N 2 for 17 km towards A23 and turn right to EM 548-2, towards Andreus. At Andreus turn left towards N 358, (10km) turn right to EM 544 until Aldeia do Mato.
<b>Aldeia do Mato</b>	<b>Bairro</b> 39,571888 -8,588223	Pick the bikes	Exit Aldeia do Mato towards Martinchel, torn left towards A23 take the direction A1. Exit A23 at the end and enter Ai towards Porto. Exit A1 to Fátima and take N 360 towards Boleiros. At Boleiros take the directions towards Bairro.
<b>Bairro</b>	<b>Alvados</b> 39,551951 -8,775170	Drop the bikes	Go back to Boleiros, Take N 360 towards Minde. At Minde take N 243 towards Mira D'Aire. At Mira D'Aire turn left to Alvados.
<b>Alvados</b>	<b>Foz do Arelho</b> 39,425274 -9,211721	Drop the wetsuits at Foz do Arelho (T16) and proceed to the finish line at Baleal	Go back to Minde, and take N 243 towards A1 to Lisbon. Exit A1 to A15 towards Rio Maior / Caldas da Rainha. Exit A15 to A8 towards Caldas da Rainha, take exit 18 to Caldas da Rainha, and at the roundabout take N 360 towards Foz do Arelho
<b>Foz do Arelho</b>	<b>Baleal</b> 39,372650 -9,338028	After the team arrived, go back to Foz do Arelho (T16) and pick the bikes.	Go back to A8 towards Lisboa, and exit to IP6 towards Peniche (exit 14). At the end of IP6 go towards Peniche and then to Baleal.