



2 TO 8 OF JUNE 2025

SHORT DISTANCE & LONG DISTANCE SENIORS, UNDER 23 AND JUNIORS MASTERS















Welcome Message

Ponte de Lima, January 23, 2025

The Portuguese Canoe Federation along with the municipality of Ponte de Lima and the local Nautical Club would like to invite all national Federations(NF's) back to Portugal for one more canoe Marathon event, this time for the 2025 ECA Canoe Marathon European Championships taking place in Lima River, in the century village of Ponte de Lima.

After the success of 2017 Europeans and 2022 Worlds hosted in this venue, the goal is set and to deliver a wonderful new European championship in this magnificent place, that has growth along with this sport and discipline of Marathon for many years now. With the level set by our own organizations in the recent past, we are making all efforts to receive all teams and theirs members with the best conditions at the venue and implement new standards into discipline.

Our organizing committee is working hard with the European Canoe Association to deliver a great show beginning of June of 2025.

In Portugal we say canoe Marathon runs in our veins and that will be shown to all national Federations attending to this European Championships this year.

This venue will also held the Masters European Championships and there will be a separate bulletin for This matter to be published soon.

In the following document you will find information to help you plan your participation and provide a safe and fair event.

We hope we can count on you to attend this event and join the best canoe marathon has to offer.



Ricardo Machado **FPC President**





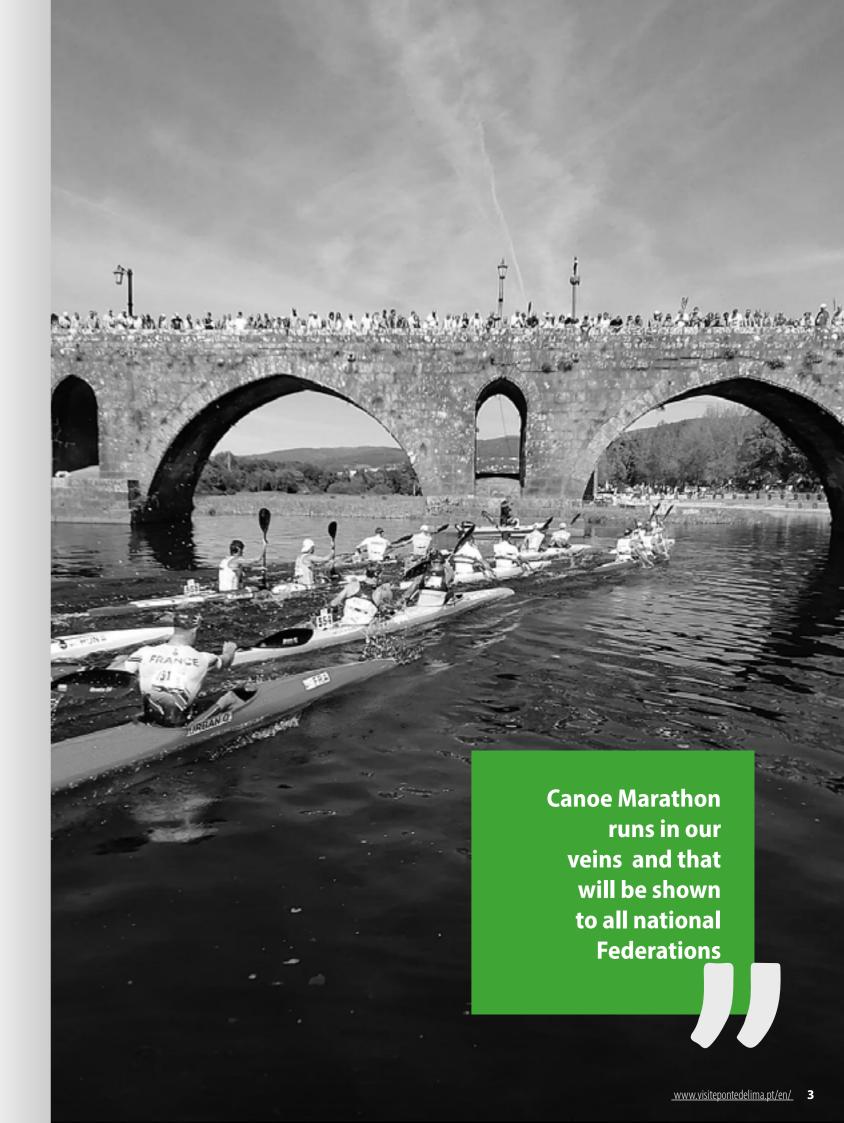
Vasco Ferraz





Jorge Castro **Nautical Club President**







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GeneralInformation

Known for being the oldest town in Portugal, Ponte de Lima has had the wisdom and ability to keep a healthy distance from the values that so often govern today's culture, instead directing science and rationality towards the areas of heritage, environment and the rural way of life.

The town has an integrated vision of spatial planning, coordinated policies and investments, that are common to various sectors, with a timely and committed belief in heritage and endogenous resources, that have contributed to a perfectly coordinated identity and authenticity, combining modernity, attractiveness and competitiveness, which are all very important factors for tourism, quality of life and the well-being of the population.

In the heart of the Lima Valley, the unique and genuine beauty of the oldest town in Portugal hides deep roots and ancestral legends. It was Teresa, Countess of Portugal, who, in the distant date of March 4th of 1125, signed the town's charter, calling it "Terra de Ponte" (Bridge Land).

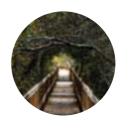
Years later, already in the fourteenth century, Pedro I, taking into account the strategic position of Ponte de Lima, ordered it to be walled, which resulted in a medieval walled burg with nine towers. Two of theseare still standing and there are traces of several others and of the whole defensive structure built at the time.

The town began to grow in the eighteenth century and as a consequence its walls began to be pulled down. Throughout the county of Ponte de Lima, opulent manorial houses were built by the nobility of the time. Over the years, Ponte de Lima has thus added to its natural beauty magnificent Gothic, Mannerist, Baroque, Neoclassical and nineteenth century facades, significantly increasing the historical, cultural and achitectural value of this unique corner of Portugal.

Ponte de Lima is a focal point among a large group of places that are characterized by their important ecologic value and diversity of ecosystems represented. Travelling from the mountain tops downwards with alluvial soil.

With diversified and dynamic landscapes of unique beauty, these areas support the great majority of a group of species which, constitutes one of the most representative biological collections of the region, with only the endemic elements of the higher mountainous areas and the species typical of coastal ecosystems missing.

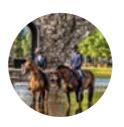




Worth mentioning, not only because of its existence, but also because it is the location where most of the outdoor tourist activities take place, is Área Protegida e Zona Húmida de Importância Internacional das Lagoas de Bertiandos e S. Pedro de Arcos.



Successful tourism, with increasing importance in the social-economic context of the county, cannot be dissociated from the diversity and high quality cultural and natural heritage, and its conservation, which have boosted eco and cultural tourism in Ponte de Lima.



Ponte de Lima is proud to be considered in recent years a national example as far as green spaces, environment and life quality are concerned. Visitors are immediately struck by its leisure facilities and also by the number of people walking, cycling and horse riding, enjoying the Ecovias (ecological- paths), canoeing,



swimming in the river Lima, and many other activities, in other words, people who indeed seek an excellent standard of living. Discover Ponte de Lima, a lively town, full of unique experiences, in a region that has been considered one of the eight best European destinations by the European Prize for Tourism and Environment.

www.canoemarathonportugal.com www.visitepontedelima.pt/en/



Lima, the river of forgetfullness

The connection between this town and the river that gave it part of its name is very strong and, even today, we have to recognise the value it adds to the land, creating an outstanding point for tourism and environment sectors.

Called Lethe - the River of Forgetfulness -by the Romans (who believed that those who crossed would forever lose their memory), for centuries it watered our lands, supplied water for our homes.

Nautical sports

The River allows locals and visitors to bathe in the Summer, since it has fortunately not been touched by pollution yet.

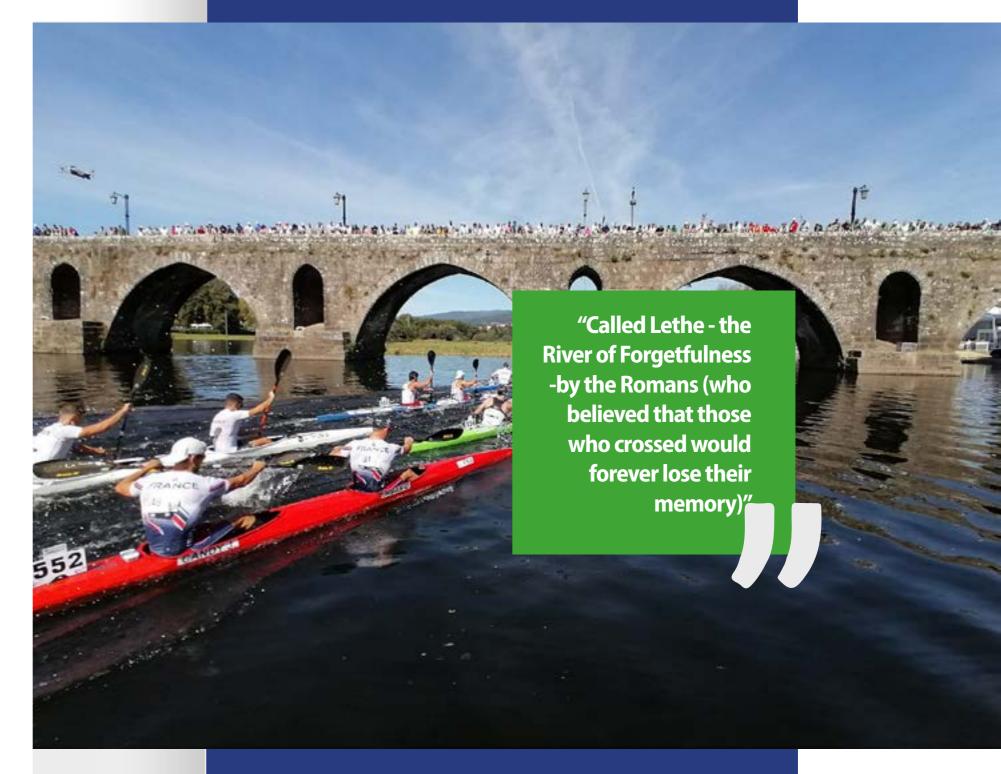
Nautical sports are more and more practiced and this causes growing demand for the facilities provided for athletes and apprentices of different aquatic sports.

Ponte de Lima, garden town

Ponte de Lima is the most floral town in Portugal.

The town's respect, and maintenance of its green spaces, is reflected in their characteristic harmony.

In the town and the surrounding area there are a notable series of gardens that invite for long walks, reading, resting and full relaxation.



"Discover Ponte de Lima, a lively town, full of unique experiences"



Getting to Ponte de Lima

In order to reach Ponte de Lima you have to travel, preferably, to Oporto airport, thought you can also fly from Vigo or Lisbon.



"Discover Ponte de Lima, a lively town, full of unique experiences"



OFFICIAL NAME PORTUGUESE REPUBLIC

FOUNDING OF THE PORTUGUESE

1143

FOUNDING OF THE REPUBLIC

1910

POLITICAL SYSTEM DEMOCRACY

LANGUAGE PORTUGUESE

TERRITORIAL TWO AUTONOMOUS REGIONS (AZORES, MADEIRA). **ORGANIZATION 18 DISTRICTS**

CAPITAL LISBON

AREA 92.142 KM.²

POPULATION 10.642.836 (JULY 2007 EST.)

CURRENCY EURO, DIVIDES INTO 100 CENTIMES

Ponte de Lima I.D.

REGION NORTH

SUBREGION ALTO MINHO

TOTAL ÁREA 321KM.²

TERRITORIAL

ORGANIZATION MUNICIPALITY WITH 39 PARISHES

TOTAL RESIDENTE

POPULATION 44 343

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.

This will be the official airport for this event. All team members are requested to arrive, preferably, to this airport.

There will be a airport transfer fee of 40 euros per person, including a return trip.

If you are renting a car of by your own. take A28 highway in direction of Viana and before reaching the city take the exit to Ponte de Lima.

Vigo Airport

GPS: N 42°13'31.51" W 8°37' 18.96"

The Vigo airport [VGOJ is one of the smallest airports of Spain. It is located 9km from Vigo's city centre and 83km from the city of

The Vigo airport is located 9km from the city centre, where you have access to trains and busses services to Braga. From Braga there are busses direct to Ponte de Lima.

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.

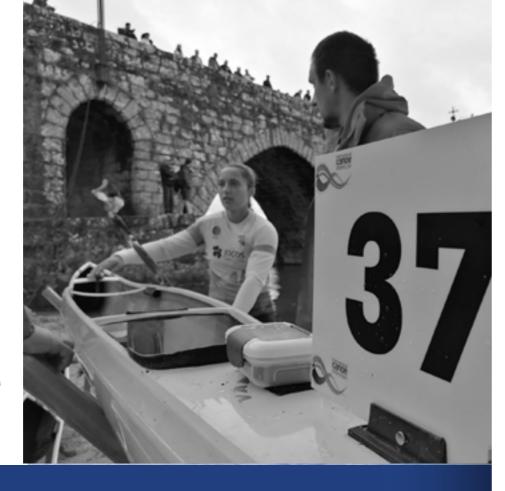
The principal point of entry for travelers arriving in Portugal. Connection to the city centre and interface with Railway Stations by Aeroshuttle and Bus to Braga. Check the alfa Pendular train to braga. From Braga there are busses direct to Ponte de Lima.

If you decide to come from Vigo or Lisbon, please contact us so we can help you. hugo@canoeportugal.com

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The Organizing Committee



The Organizing Committee is headed by members of the Portuguese Canoe Federation, the municipality of Ponte de Lima and Local Nautical Club.

A special workforce inside Portuguese Canoe Federation was created to plan and organize this event.

Contacts

General

All general queries from teams should be addressed to marcos@canoeportugal.com or in case of emergency call +351932080306

Transportation

If your question is about transportation system, then you should reach:

hugo@canoeportugal.com

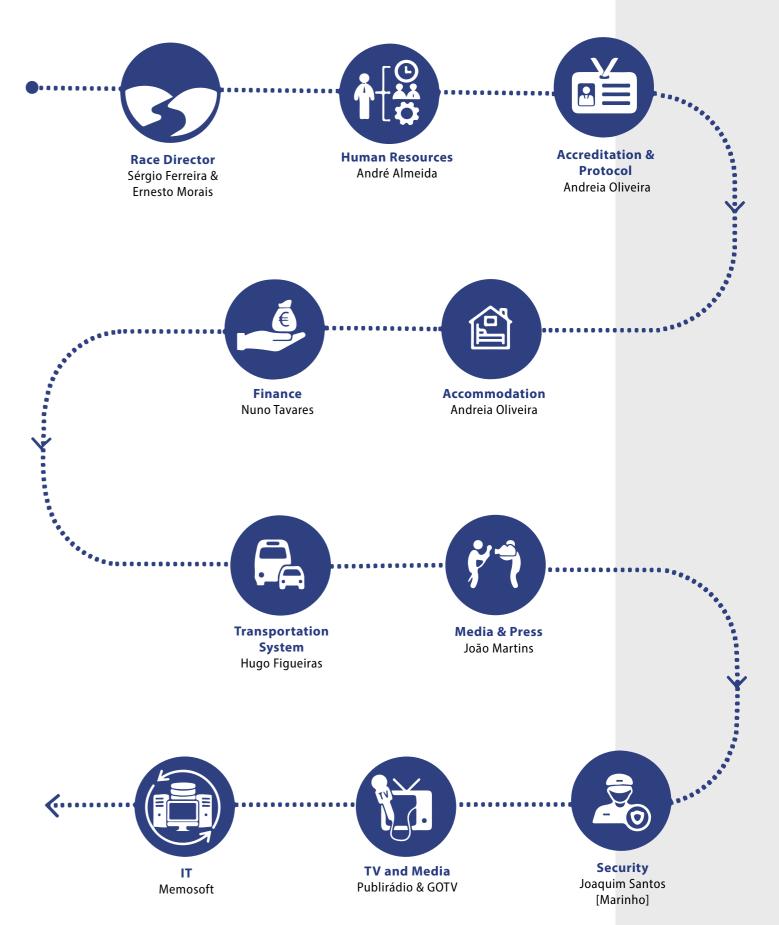
Accommodation

If the matter is accommodation, please contact: andreia@canoeportugal.com

Invoices or Payments

If you have any question about invoices or payments, please contact: contabilidade@fpcanoagem.pt



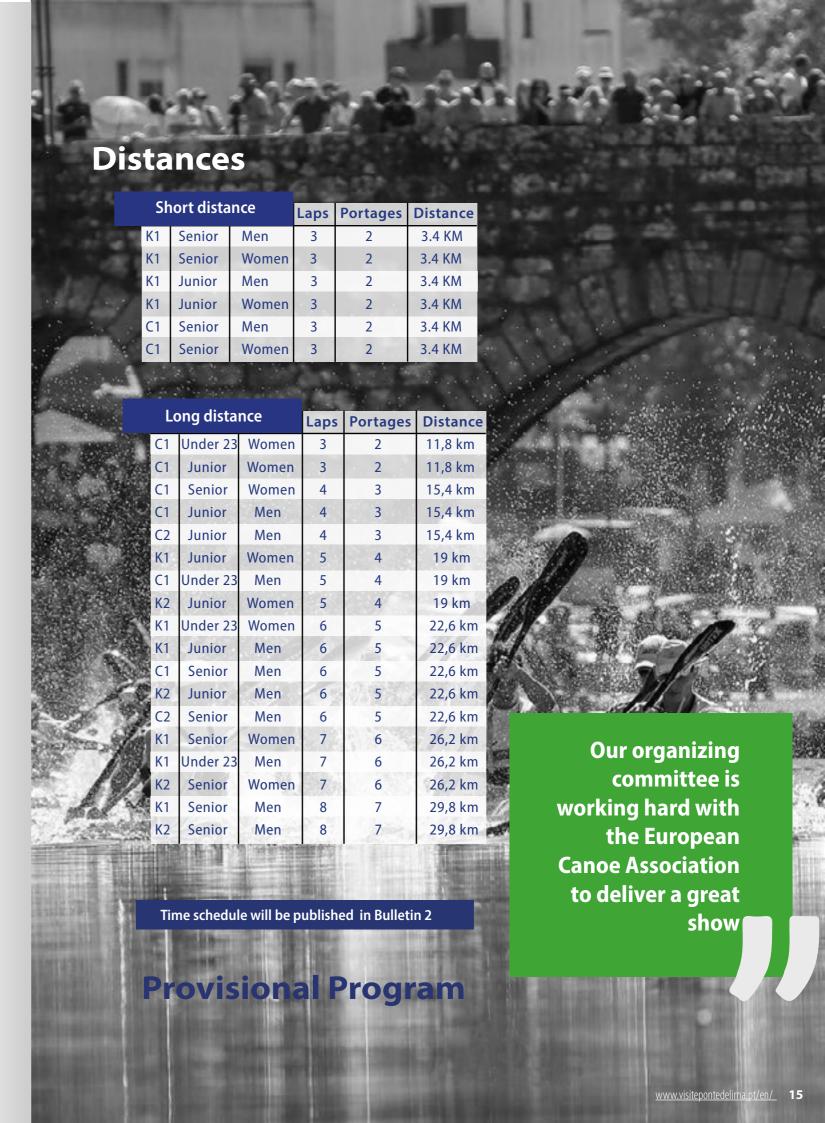




Competition **Information**

The 2025 ECA Canoe Marathon European Championships will be held in the week of 2 to 8 of June and it will include the Masters European championships in the first days of the week.

Day	Time	Activity
Sunday, June 1 st	08:00 - 19:00	Arrival of Teams
		Access period Begins Opening of Accreditation
		opening of Accidatation
Monday, June 2 nd	08:00 - 19:00	Arrival of Teams
		Accreditation
		Masters Day 1
Tuesday, June 3 rd	08:00 - 19:00	Arrival of Teams Accreditation
		Masters Day 2
		Free training between Master's event
Wednesday, June 4 th	08:00 - 19:00	Arrival of Teams
		Accreditation
		Team Leaders Meeting
		Paracanoe Demonstration races Opening Ceremony
		Opening ecremony
Thursday, June 5 th	08:00 - 19:00	Day 1 of competition
Friday, June 6 th	08:00 - 19:00	Day 2 of competition
•		· ·
Saturday, June 7 th	08:00 - 19:00	Day 3 of competition
Sunday, June 8 th	08:00 - 16:00	Day 4 of competition





Venue **layout**

For this Europeans we will be using the same venue as for the Worlds in 2022, inside EXPOLima facilities.

It's a big complex, where all teams can enjoy a calm, safe and natural environment during the championships.

Attached the provisional layout for this venue.













Deadlines, **Entries** and Registration

All team entries, numerical and nominal, must be done online through SDP system from ICF. Link https://icf.mev.atos.net/icf/main.jsp

Entries can only be submitted by the National Federation through the online entries system SDP by the specified closing date [midnight European time/ European summer time GMT+1 or GMT+2].

Anyone having issues accessing the system or with the entries should contact ECA Event Manager at issues accessing the system or with the entries should contact ECA Event Manager at issues accessing the system or with the entries should contact ECA Event Manager at issues accessing the system or with the entries should contact ECA Event Manager at issues accessing the system or with the entries should contact ECA Event Manager at issues-accessing the system or with the entries should contact ECA Event Manager at issues-accessing issues-accessing issues-accessin

Please ensure the personnel responsible for submitting athlete profiles and entries on SDP first check whether an athlete is already in the database for another discipline before adding the athlete.

Any athlete can have additional disciplines added to their record as required by checking the box for their new discipline in the profile. This will ensure all competition entries and results will be attributed to the one profile.

The preliminary entries, travel and accommodation requests must be done at www.canoemarathonportugal.com using your NF's Login and password used in the past events done in Portugal.

If your NF does not have a user and password please contact us to marcos@canoeportugal.com with the topic NF LOGIN.

We will need to be provided with a proof of being someone from the NF's to contact us.

After the approval from the organization you will receive a new email with your login details and you are ready to proceed.





At SDP system

Numerical entries until April 21th

Nominal entries until May 26th



At canoemarathonportugal.com

Preliminary entries from January 2025 to 31 of June

Accommodation: Opens in February 2025 until 30 of April. (after April 30th, 10% will be added to the packages prices)

Travel info: Open in February 2025 and must be sent at least until May 2nd [to avoid price increasing].

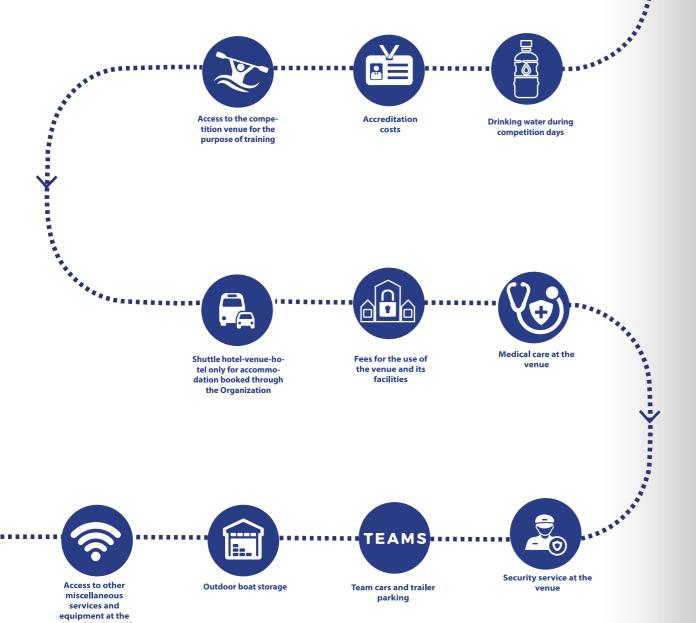
www.visitepontedelima.pt/en/ 19



Lunch at the venue

Participation fee

The Organizing Committee will use the International Canoe Federation protocol guidelines for the participation system. All team members must pay a fee of 35 Euros per person per day during the access period [week of the event]. This fee includes:





Participation fee

The participation fee applies from the day of arrival of the person to the last day of competition on Sunday.

The Participation Fee will not be charged to ICF Officers [including ICF Jury, Technical Officials, ICF Sponsors and Suppliers, Board of Directors, ICF Headquarters Staff, ICF future World Championships organizers up to 4 people from each organizing committee, NF Presidents and Secretary Generals as registered with the ICF, not part of the NF team management and to the Development program [TIP] participants.



The Participating fee does NOT include the transport from and to the airport. Extra fees will apply.

Check page 11 for more information on this topic.

The Participating fee is already included in the prices for our accommodation packages. The fee must only be paid for those who decided not to book accommodation through our organizing committee.



Accommodation

The Organizing Committee has established protocols with local hotels to provide several options for accommodation and assure reasonable rates. The main focus
Lunch will be served at the Venue. for accommodation will be in the cities of Ponte de Lima and Viana do Castelo.

Other accommodations are also planned limited availability of hotel rooms in to be able to guarantee enoguh beds for all participants.

The accommodation categories and number of beds were established according to the statistics from the past European Championships.

Different zones of accommodation are your reservation is only confirmed with divided by letters.

There will be accommodaiton in Ponte de Lima, Viana do Castelo, Braga and Arcos de Valdevez. The longest distance to the venue is 35 minutes by car.

Accommodation package fee is to be paid for the length of the team's stay during the access period which starts on Monday June 2nd and ends on Sunday, June 8th.

Considering different categories accommodation package fees are as follows:

All above prices are on per person per day basis, full board (three meals per day).

Please keep in mind that because of various categories reservations will be accepted on a 'first-come, first-served' basis which means your team will be redirected to a different category than initially requested if there is not enough space left in the required category. Also the 1st payment being done.

Some of the provided hotel options include dinner or at the venue or in a close by restaurant.

The Organizing Committee does not take responsibility for any extra service of the hotel, like mini-bar, telephone, parking, etc., these costs are to be paid directly to the hotel.

In case your team would cause any damage to the rooms you are to pay for it at the hotel before the checkout.

Prices include 3 meals per day and the participating fee.

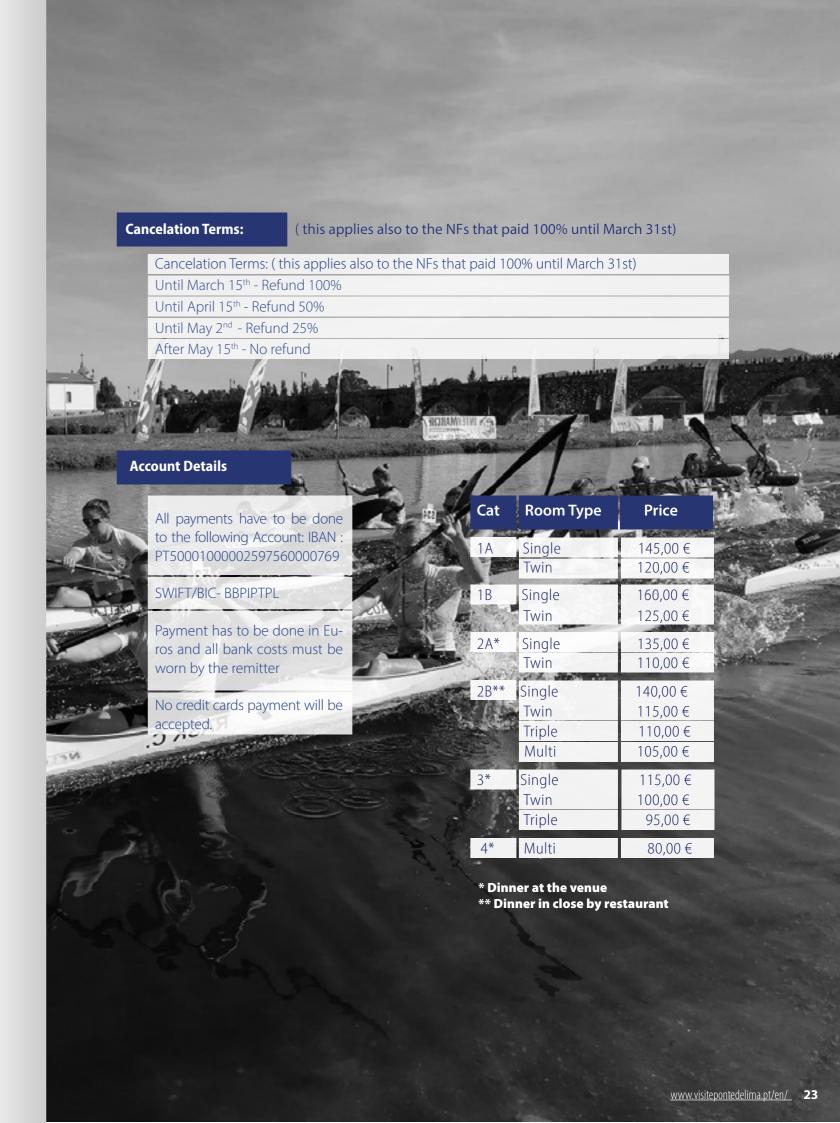
Regular terms of payment

30% of the total invoice after the reception of the invoice and to confirm the reservation 50% of the total invoice until march 31st

75% of the total invoice April 21st

100% of the total invoice until May 19th

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





Masters Championships

The Masters European Championships will take place on Monday June 2nd and Tuesday June 3rd, in the same venue and course as the Juniors, Under 23 and Seniors.

Monday the competition will be for K1 and C1 Categories and Tuesday for K2 and C2.

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Monday the competition will be for K1 and C1 Categories and Tuesday for K2 and C2.

The organizing committee will be in charge to collect all masters registrations and entries, and do it according to the ICF canoe Marathon rules:

- No limit of entries per country
- In K2/C2 boats, athletes from different countries can compete together
- Age groups in singles are defined in 5-year bands, starting with 35 to 39 years.
- Age groups in doubles are defined in 10-year bands, starting with 35 to 44. A minimum of 4 boats are required to be entered for that category to compete. There is no upper limit to the age bands
- In one K2 or C2 the youngest competitor will determine the age group in which a crew can compete.





Distances

Long distance

Masters men in kayaks in their 64th year and younger will race five (5) laps

Masters Women and all Canoe classes in their 64th year and younger will race four (4) laps

Masters in their 65th year and older will race one (1) lap less than the younger Masters and will do no portages



Entry System

All entries must be done using the local organization website at <u>www.canoemarathonportugal.com</u> and using the Masters TAB. Inside the menu and after choosing the event, you will need to:

1st – Register to the event

During the registration you will be able to request accommodation and transport from the airport, if needed.

After this registration you will get one email with your personal ID.

2nd – Entry system

As soon as you have your Personal ID you can start making your nominal entries for the championships go into the Entry Masters menu and add your email and Select the boat you are entering for.

After this selection you must enter your ID and your name will be automatically filled.

If you are adding one K2 or C2, you must already have the ID for your partner created.

You can add as many entries as you need. <u>Please be aware not to add</u> <u>duplicate entries in K2/C2</u>, only one of the participants of the boat need to enter the boat into the system.

Anyone having issues accessing the system or with the entries should contact Marcos Oliveira at marcos@canoeportugal.com.

Entries will close at midnight on 23th may, 10 days before the first masters' events.

The entries until 23th may will be used to finalise the events which have a European championships status. To achieve this status there must be 4 or more boats from at least 4 nations entered by the deadline.

Late entries will be accepted subject to a late entry fee of 25 Euros per athlete. To be paid onsite in cash or credit card. In case of K2, it will be 50 Euros. Late entries deadline will June 1st for single races and June 2nd for doubles. No later entries will be accepted after this deadline.

In case there are K2/C2 events without 4 or more entries from at least 4 nations, those will not be included in the start list and the entries will be allocated in the younger age group.

One athlete can only compete in one event in K1/C1, one event in K2/C2 and one event in K2/C2 mix.

It is not allowed to compete in more than one age groups in the same boat type.

If entries are made in more than one age group, the one to be considered will be the correct one according to your year of birth.

At the accreditation it will be mandatory to present ID or passport for confirmation of year of birth. Without this check, accreditation will not be given.

www.visitepontedelima.pt/en/ 25



Masters Fee

The OC will be charging one fee per event per person.

The Participation fee for the masters will be: 1 entry 65 Euros, 2 entries 80 Euros, 3 entries 95 Euros.

Part of the fee will be returned to ECA for covering ITOs costs.

Payments can be made using OC online payment service **stripe.com**.

Link for 65€ payment

https://buy.stripe.com/6oEdTLgue9zheKA4gr

Link for 80€ Payment

https://buy.stripe.com/eVadTL2Doh1J45W28k

Link for 95€ Payment

https://buy.stripe.com/5kA8zrem6h1J8mcaER

No accreditation will be given without all payments done.

This fee includes:

- Lunch at the venue (for the days the athlete is competing)
- Free drinkable water
- Accreditation costs
- Shuttle only for hotel accommodation booked through the Organization
- Fees for the use of venue and other facilities
- Medical care at the venue
- Security service at the venue

Camping site (for caravans only) inside EXPOlima

Access to other miscellaneous services and equipment at the venue, like free wifi, etc.

Accommodation for Masters

All registered masters may request for accommodation pack from Saturday, May 31st to Wednesday June 4th. For more information check the accommodation information in this bulletin. The prices are the same as for national Federations. These requests should be done during the registration period. In case of any thought please contact andreia@canorportugal.com.

The Accommodation packages include lodging and full board for this period. Accommodation outside these dates is not guaranteed.

If you plan to bring your caravan and stay inside the Organization complex during your stay, please contact <u>marcos@canoeportugal.com</u> in advance and wait for confirmation.

Paracanoe

These championships will include demonstration races for all paracanoe classes. All Nfs are invited to participate.

MEN		
Boat	Laps	Distance
KL1	2	8,2KM
KL2	3	11,8KM
KL3	3	11,8KM
VL1	2	8,2KM
VL2	3	11,8KM
VL3	3	8,2KM
Open+	3	11,8KM

WOMEN				
Boat	Laps	Distance		
KL1	2	8,2KM		
KL2	2	8,2KM		
KL3	2	8,2KM		
VL1	2	8,2KM		
VL2	2	8,2KM		
VL3	2	8,2KM		
Open+	3	11,8KM		

These events are demonstration events. All twelve categories and a special Open Category will be raced. The Open Category is for all non-eligible impairment groups.

OPEN EVENTS

The OPEN Events are for all IPC defined impairment categories which are not included in the IPC approved impairment categories for Paracanoe.

Consequently, the Open event is for the following: Visual Impairment, Intellectual impairment, Short Stature, Leg Length Difference, Hypertonia, Ataxia, Athetosis. It is also open to Impaired Muscle Strength, Impaired Passive Range of Motion and Limb Deficiency affecting the Upper Limbs.

Guides will be permitted for the Visual Impairment and the Intellectual Impairment categories.

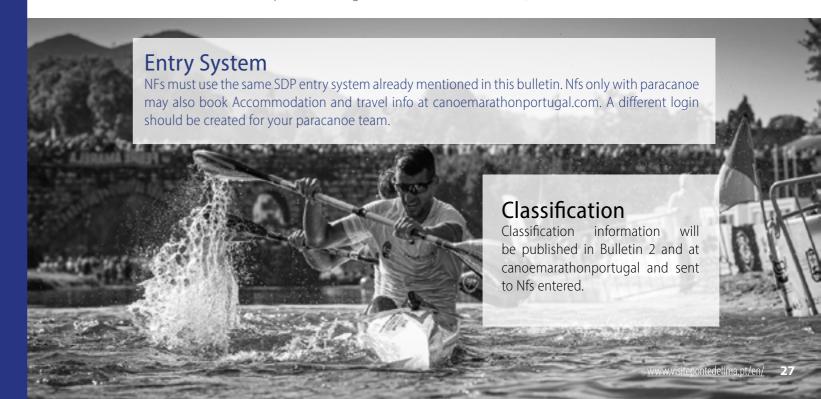
REQUIREMENTS

NOTE: All competitors are required to use kayaks and Va'a boats which meet the ICF Paracanoe technical standards.

See Chapter 3 of the Paracanoe Competition Rules: https://www.canoeicf.com/rules#paracanoe

Participation Fee

The Participation fee will be: 1 entry 65 Euros and 2 entries 80 Euros.
Payments will be done by NFs after invoicing from the OC.





General Sport Information

Insurance and Medical Care

The event will be covered by a civil responsibility insurance in case of damage of 3rd party elements at the venue.

All hospital services provided in our public health care service must be paid directly by the athlete or by the National Federation he/she represents.

All participants are strongly advised to have appropriate medical insurance policy from their respective countries.

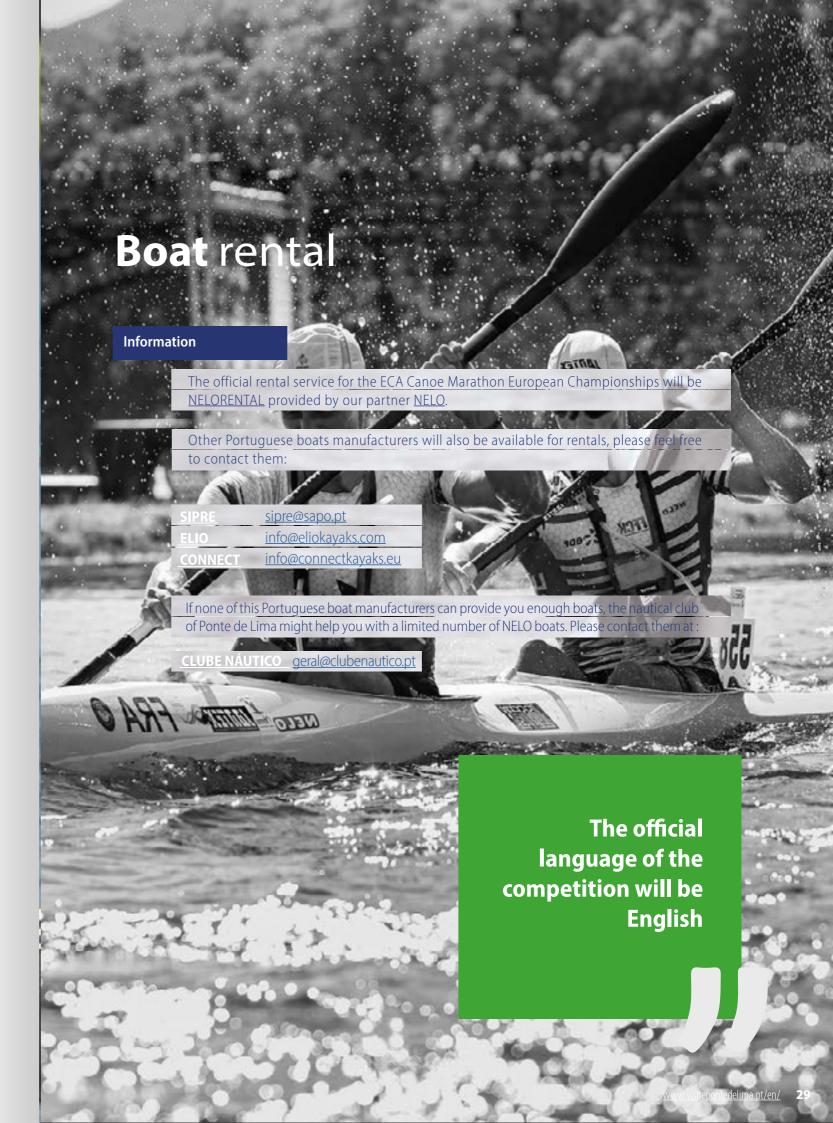
Medical assistance at the venue will be provided for first aid and it is included in the daily fee. Urgent or more complicated cases will be taken into hospital. Transportation service will be responsibility of the organizing committee.

Official Language

The official language of the competition will be English.

All the information documents, forms, local identity signs & comments will be in English and in the mother tongue of the host Committee, Portuguese.

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





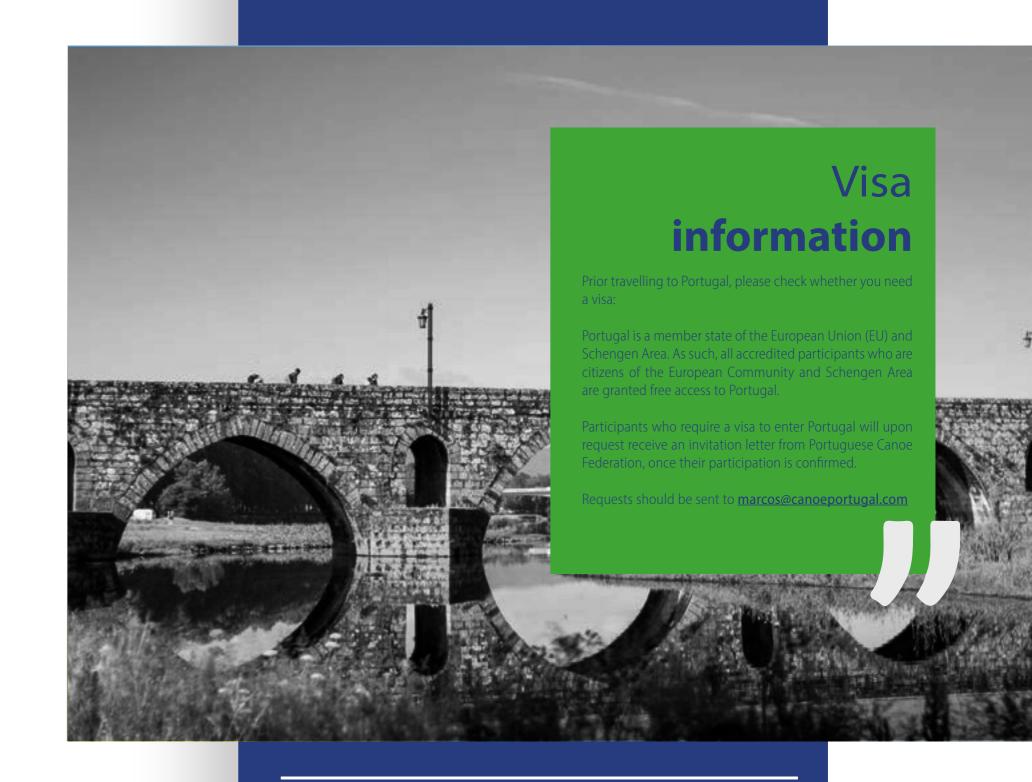
Anti-Doping & ADEL (ALPHA) Certificate

For the ICF World Championships, ICF World Cups and ICF Ranking Races and Continental Championships, every athlete, coach and support personnel must pass the relevant Anti-doping online course on the Anti-Doping Education Learning platform (ADEL) corresponding to their role.

Athletes who have completed the online Anti-Doping education in the previous years are not required to complete again the course.

To access to the courses, please click https://adel.wada-ama.org/learn

The anti doping during the event will follow the ICF protocol guidelines.



NEXT BULLETIN, BEGINNING OF APRIL AND UPDATED INFORMATION ON THE WEBSITE

CANOEMARATHONPORTUGAL.COM



2 TO 8 OF JUNE 2025

SHORT DISTANCE & LONG DISTANCE SENIORS, UNDER 23 AND JUNIORS MASTERS







