



PORTUGAL ROWING TOUR – MONDEGO 2017

Date:	10 to 13 of August of 2017
Organization:	Ginásio Clube Figueirense www.ginasiofigueirense.com ; http://www.portugalrowingtour.blogspot.pt
Place:	Mondego river – Centre of Portugal (Figueira da Foz, Montemor-o-Velho, Mortágua)
Total distance:	about 70km
Boats:	4X, 4X yollete, 4+ yolle
Participants:	60
Lodging:	Hotel
Applications:	Final date: 9 of June of 2017

Entry forms must be signed and sent by email to portugalrowingtour@gmail.com or by postal mail to Ginásio Clube Figueirense, Av. 1º de Maio, 3080-011 Figueira da Foz, Portugal

Payment: by bank transfer to NIB: 0045 3050 40223919066 71 IBAN: PT50 0045 3050 4022 3919 0667 1
BIC/SWIFT: CCCMPTPL (send payment receipt with entry form by e-mail to portugalrowingtour@gmail.com)

Rowers - 425€;

Companion - 345€.

For more information: Rute Costa (tour director) +351 963710377 or +351 233418765 or portugalrowingtour@gmail.com

How to get to Figueira: The Oporto airport is roughly 130Km north of Figueira da Foz and Lisbon airport is approximately 200km south of Figueira da Foz.

By public transportation: from Lisbon –by bus Lisboa (Sete Rios) Rede expressos www.rede-expressos.pt or by train – Train station Gare do Oriente direction Coimbra. At Coimbra change train direction Figueira da Foz. From Porto – by train - Train station of Campanhã direction Coimbra. At Coimbra change train direction Figueira da Foz.

By car: from the north, A1 highway, exit after the service station of Antuã in output that is an indication Aveiro, enters the A25 highway and follow this path after paying the toll, then follow the A17 highway direction Figueira da Foz. (Travel time approximately PORTO / FIGUEIRA: 1h30m). From the south by the A8 highway and this route goes directly to the A17 highway and then exit on the indication of Figueira da Foz (Travel time approximately LISBON / FIGUEIRA: 2h00m).

Useful web links: Centre of Portugal Tourism www.turismodocentro.pt/
Portugal Rowing Tour 2017 <http://portugalrowingtour.blogspot.pt>
Ginásio Clube Figueirense www.ginasiofigueirense.com



PROVISIONAL PROGRAM

Thursday, 10 of August

17-19h: Meeting point – to be defined

Welcome dinner at Figueira da Foz

Overnight in a hotel at Figueira da Foz

Friday, 11 of August

AM: Rowing Figueira da Foz – Figueira da Foz (± 11 km)

Lunch at Figueira da Foz

PM: Rowing Figueira da Foz – Montemor-o-Velho (± 20 km)

Visit to the International Rowing Course and to the Castle of Montemor-o-Velho

Overnight in a hotel at Figueira da Foz

Saturday, 12 of August

AM: Visit to the village of Tentúgal and to a factory of conventual sweets

Lunch at Tentúgal

Bus drive to Mortágua

PM: Rowing Barragem da Aguieira (± 20 km)

Dinner at Mortágua

Overnight at a hotel at Mortágua

Sunday, 13 of August

AM: Rowing Barragem da Aguieira (± 15 km)

Farewell lunch

Return to Figueira da Foz

More information:

Rute Costa – 00351 963 710 377

Ginásio Clube Figueirense – 00351 233 418 765

Web: www.portugalrowingtour.blogspot.com / www.ginasiofigueirense.com

Email: portugalrowingtour@gmail.com / ginasiofigueirense@gmail.com



PROVISIONAL PROGRAM COMPANION

Thursday, 10 of August

17-19h: Meeting point – to be defined

Welcome dinner at Figueira da Foz

Overnight in a hotel at Figueira da Foz

Friday, 11 of August

AM: Walking tour and visit to the salt museum of Figueira da Foz

Lunch at Figueira da Foz

PM: Visit to the village and castle of Montemor-o-Velho

Overnight in a hotel at Figueira da Foz

Saturday, 12 of August

AM: Visit to the village of Tentúgal and to a factory of conventual sweets

Lunch at Tentúgal

Bus drive to Mortágua

PM: Walking tour at Mortágua

Dinner at Mortágua

Overnight at a hotel at Mortágua

Sunday, 13 of August

AM: Free morning

Farewell lunch

Return to Figueira da Foz