

1#

BULLETIN

FEBRUARY 2022



26 SEP. TO 02 OCT. 2022

SHORT DISTANCE & LONG DISTANCE

SENIORS, UNDER 23 AND JUNIORS

MASTERS





# Welcome Message

Ponte de Lima, February 2, 2022

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 2022 ICF Canoe Marathon World Championships taking place in Lima River, in the century village of Ponte de Lima.

After the success of 2017 hosted in this venue, the goal is to host the biggest and most memorable world championships to date 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 their members with the best conditions at the venue and implement new standards into the discipline.

Our organizing committee is working hard with the International Canoe Federation to deliver a great show late September of 2022.

The task is big but our will is even bigger.

In Portugal we say we breed canoeing and canoe marathon runs in our veins, and that will be shown to all national Federations attending to this World Championships next year.

If you were in Ponte de Lima in 2017, be ready as we are setting up a new layout and location for this year.

This venue will also held the Masters World 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 we promise ... It will be memorable!



**Vitor Félix**  
**FPC President**

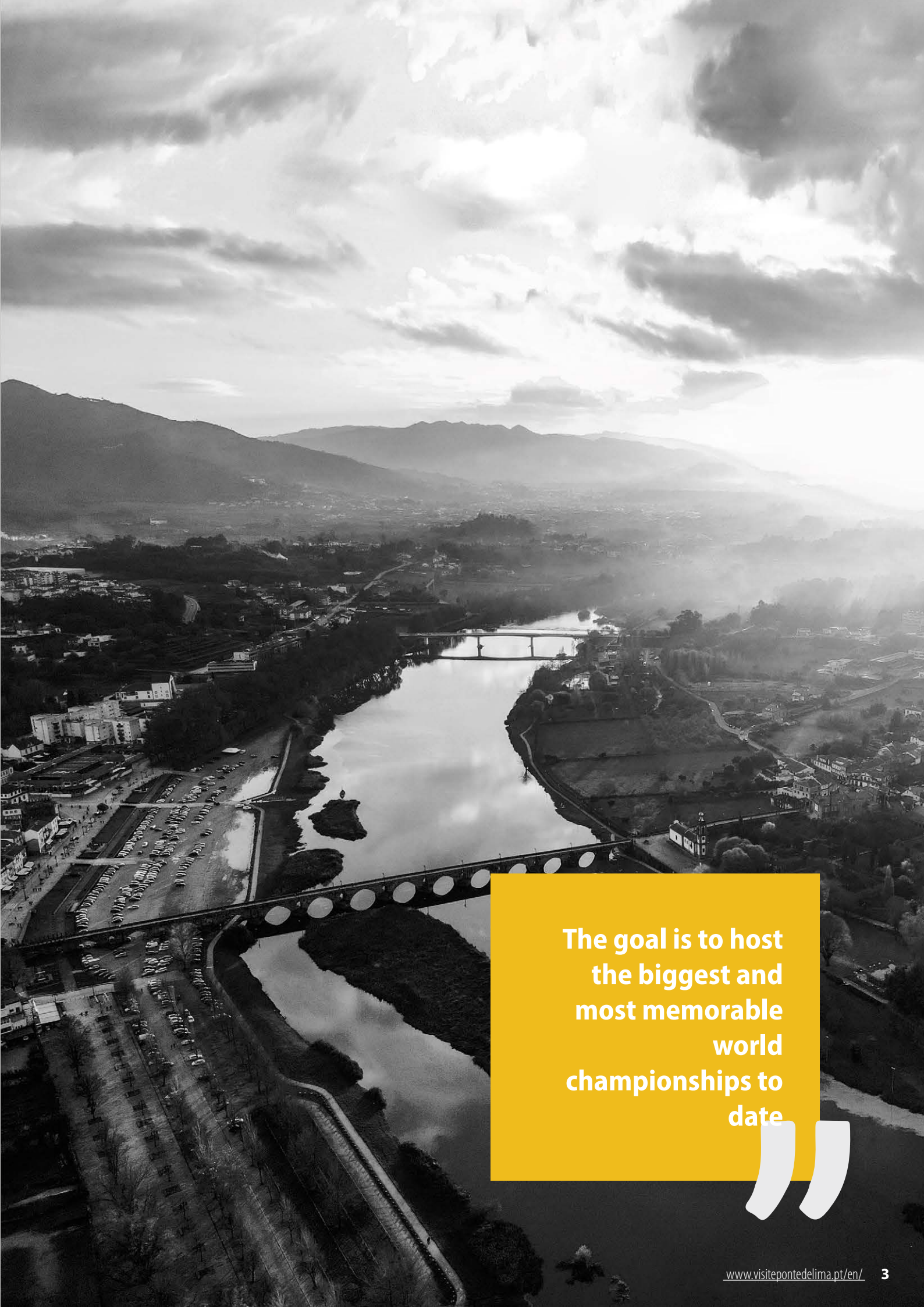


**Vasco Ferraz**  
**Mayor of Ponte de Lima**



**Jorge Castro**  
**Nautical Club President**





**The goal is to host  
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# General Information

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.

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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 these are 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 architectural 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.

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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.

“In the heart of the Lima Valley, the unique and genuine beauty of the oldest town in Portugal hides deep roots and ancestral legends.”



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 Bertandos 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.





# Lima, the river of forgetfulness

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.

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## Nautical sports

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

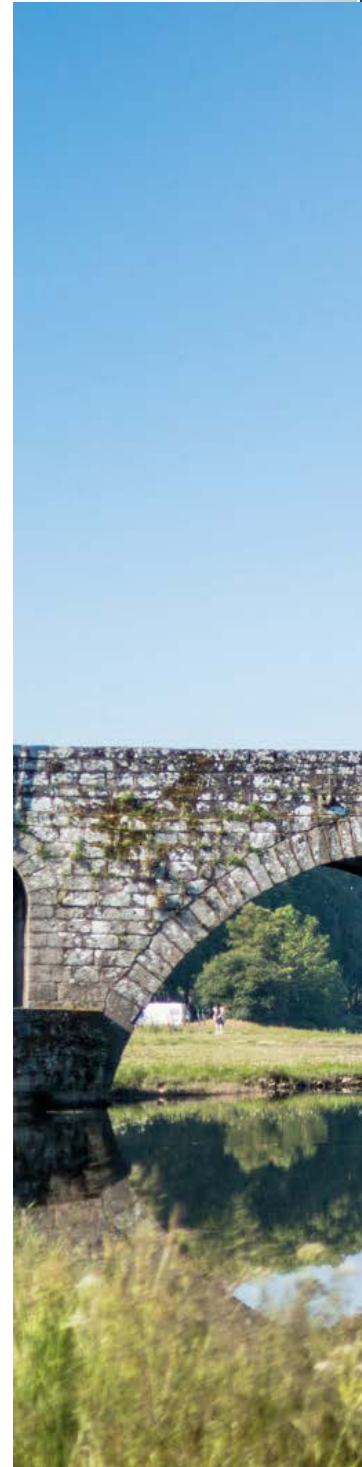
Nautical sports are more and more practiced and this causes growing demand for the facilities provided for athletes and apprentices of different aquatic sports.

## Ponte de Lima, garden town

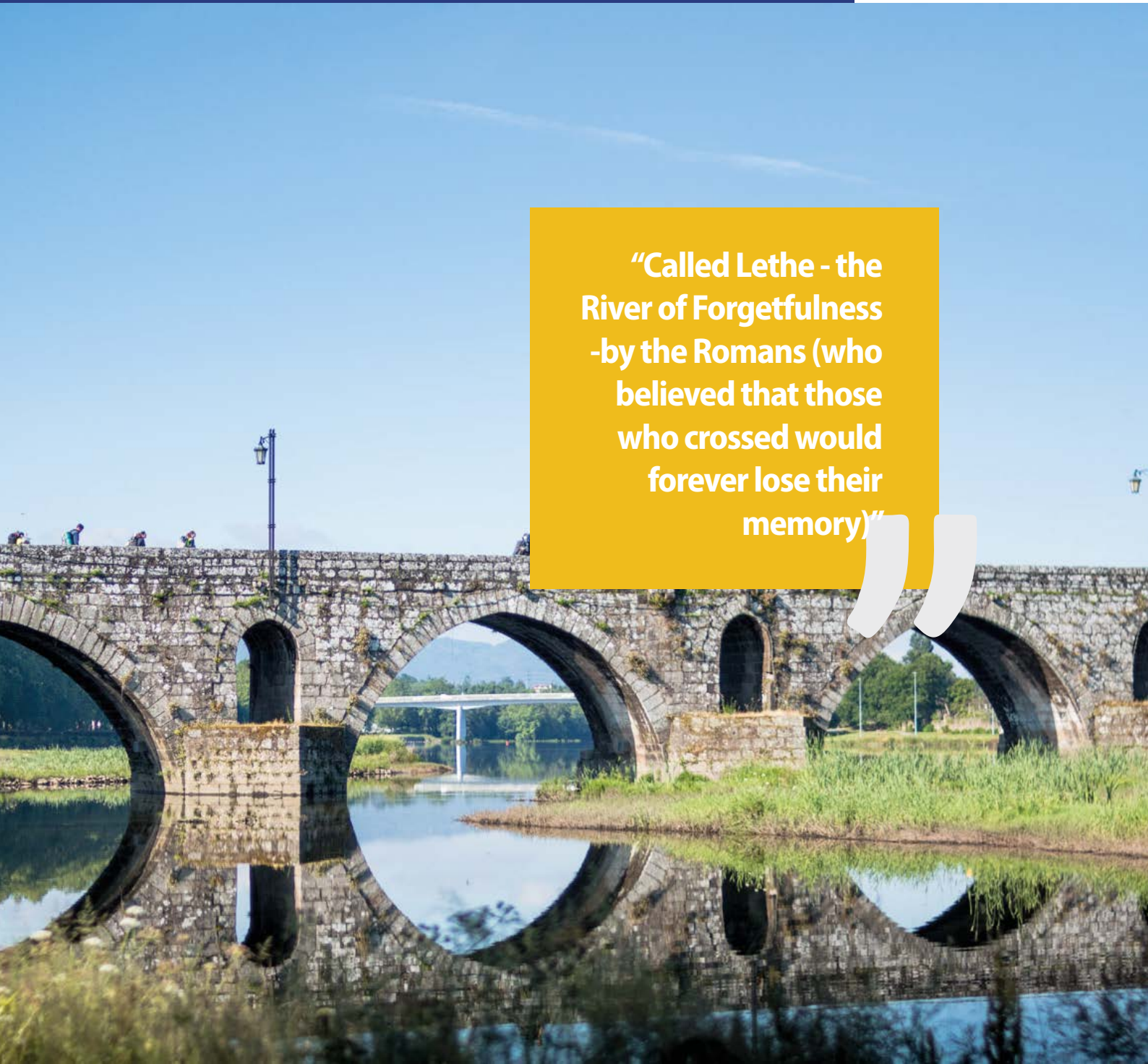
Ponte de Lima is the most floral town in Portugal.

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.







**“Called Lethe - the River of Forgetfulness -by the Romans (who believed that those who crossed would forever lose their memory)”**

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**“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, though you can also fly from Vigo or Lisbon.






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

## Portugal I. D.

OFFICIAL NAME	PORTUGUESE REPUBLIC
FOUNDING OF THE PORTUGUESE	1143
FOUNDING OF THE REPUBLIC	1910
POLITICAL SYSTEM	DEMOCRACY
LANGUAGE	PORTUGUESE
TERRITORIAL ORGANIZATION	TWO AUTONOMOUS REGIONS (AZORES, MADEIRA). 18 DISTRICTS
CAPITAL	LISBON
AREA	92.142 KM. <sup>2</sup>
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. <sup>2</sup>
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 25 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 Braga.

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](mailto:hugo@canoeportugal.com)





# 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@canoportugal.com](mailto:marcos@canoportugal.com) or in case of emergency call +351932080306

### Transportation

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

[hugo@canoportugal.com](mailto:hugo@canoportugal.com)

### Accommodation

If the matter is accommodation, please contact :

[maria@canoportugal.com](mailto:maria@canoportugal.com)

### Invoices or Payments

If you have any question about invoices or payments, please contact: [contabilidade@fpcanoagem.pt](mailto:contabilidade@fpcanoagem.pt)





**Race Director**  
Sérgio Ferreira &  
Ernesto Morais



**Project Manager &  
Technical Organiser**  
Marcos Oliveira



**Technical, Project  
Support & Logistics**  
Juliana Dias



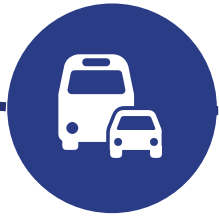
**Finance**  
Nuno Tavares



**Human Resources**  
Catarina Oliveira &  
André Almeida



**Accreditation &  
Protocol**  
Marli Valentim



**Transportation  
System**  
Hugo Figueiras



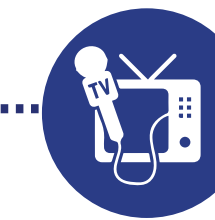
**Accommodation**  
Maria Paz &  
Carla Campelo



**Media & Press**  
João Martins



**IT**  
Memosoft



**TV and Media** Publi-  
rádio & GOTV



**Security**  
Joaquim Santos  
[Marinho]



# Competition Information

The 2022 ICF Canoe Marathon World Championships will be held in the week of 26(Monday) of September and 2(Sunday) of October and it will include the Masters World championships in the first days of the week.

**This event will also include a paracanoe demonstration race open to all 12 classes. More information soon.**

Day	Time	Activity
Sunday, 25 September	08:00 - 19:00	Arrival of Teams Access period Begins Opening of Accreditation
Monday, 26 September	08:00 - 19:00	Arrival of Teams Access period Begins Opening of Accreditation Masters Day 1
Tuesday, 27 September	08:00 - 19:00	Arrival of Teams Accreditation Masters Day 2 Free training between Master's event
Wednesday, 28 September	08:00 - 19:00	Arrival of Teams Accreditation Free training between Master's event Team Leaders Meeting
Thursday, 29 September	08:00 - 19:00	Day 1 of competition
Friday, 30 September	08:00 - 19:00	Day 2 of competition
Saturday, 1 October	08:00 - 19:00	Day 3 of competition
Sunday, 2 October	08:00 - 16:00	Day 4 of competition

## Provisional Program



# Distances

## Short distance

<b>K1 men and women seniors</b>	3 laps, 2 portages	(3,4 km)
<b>C1 men and women seniors</b>	3 laps, 2 portages	(3,4 km)

## Long distance

<b>Juniors C1- women juniors</b>	3 laps, 2 portages	(11,8 km)
<b>Juniors K - women, juniors C-men</b>	5 laps, 4 portages	(19 km)
<b>Seniors C1-senior women</b>	4 laps, 3 portages	(15,4 km)
<b>Juniors K- men and K1 under 23 women</b>	6 laps, 5 portages	(22,6 km)
<b>C1 Under 23 Men</b>	6 laps, 5 portages	(22,6 km)
<b>Seniors C-men, K- women</b>	7 laps, 6 portages	(26,2 km)
<b>K1 under 23 men</b>	7 laps, 6 portages	(26,2 km)
<b>Seniors kayak men</b>	8 laps, 7 portages	(30 km)

## Time schedule World Championships, in Bulletin 2

The goal is to host the biggest and most memorable world championships to date



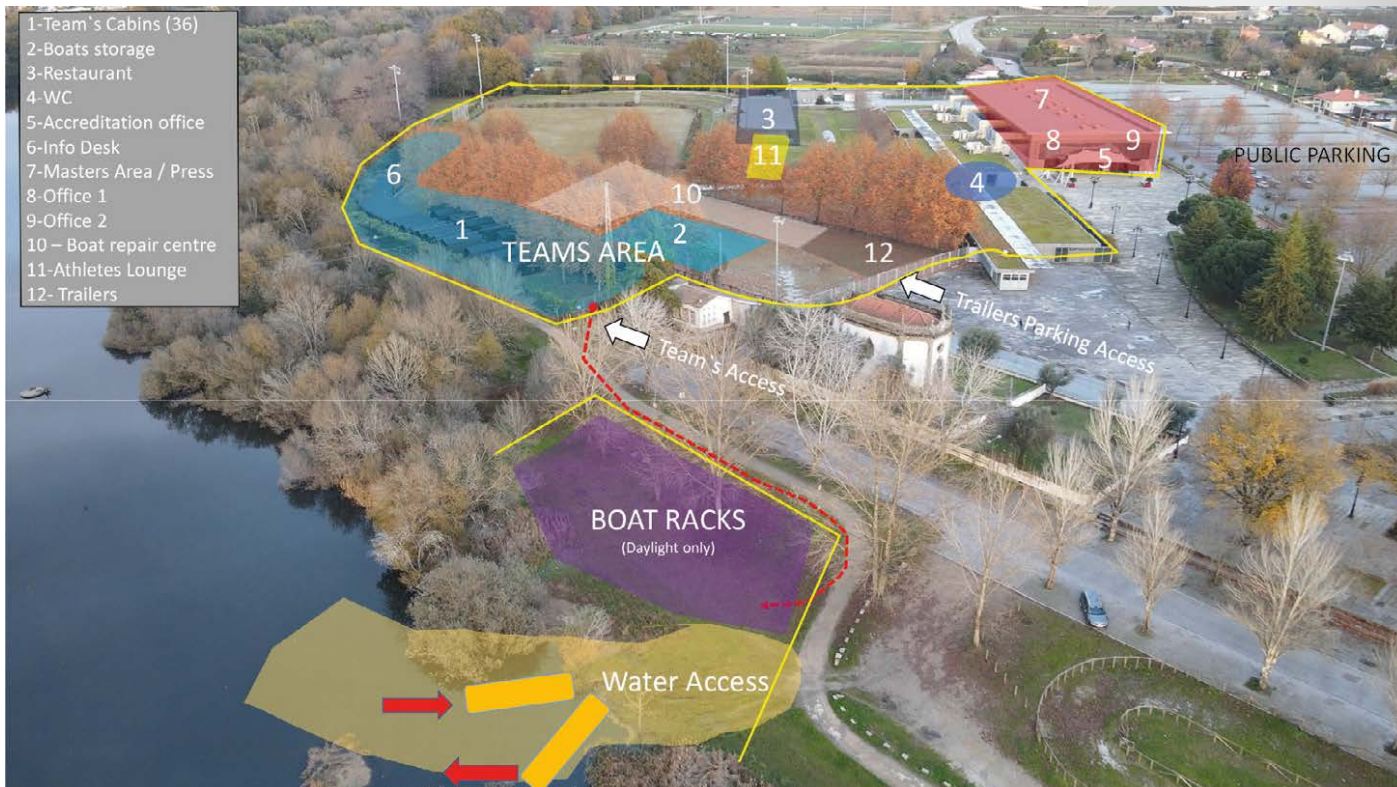


# Venue layout

With the goal of improving conditions from 2017 European Championships the organizing committee presents a new venue for this year World Championships.

Just next to the area where we hosted the event in 2017 is Expolima, an area with all the amenities needed to host this event.

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.msl.es/icf/main.jsp>

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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 Narelle Henderson at ICF HQ at [sdp@canoeicf.com](mailto:sdp@canoeicf.com)

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](http://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](mailto: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.

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The entries system will be on line and available in following dates:



### At SDP system

Numerical entries until August 15th

Nominal entries until September 19th



### At Canoemarathonportugal.com

Preliminary entries from February 2022 to 31 of June.

Accommodation: Opens in February 2022 until 30 of August.

Travel info: Open in February 2022 and must be sent at least until 30 of August [to avoid price increasing].

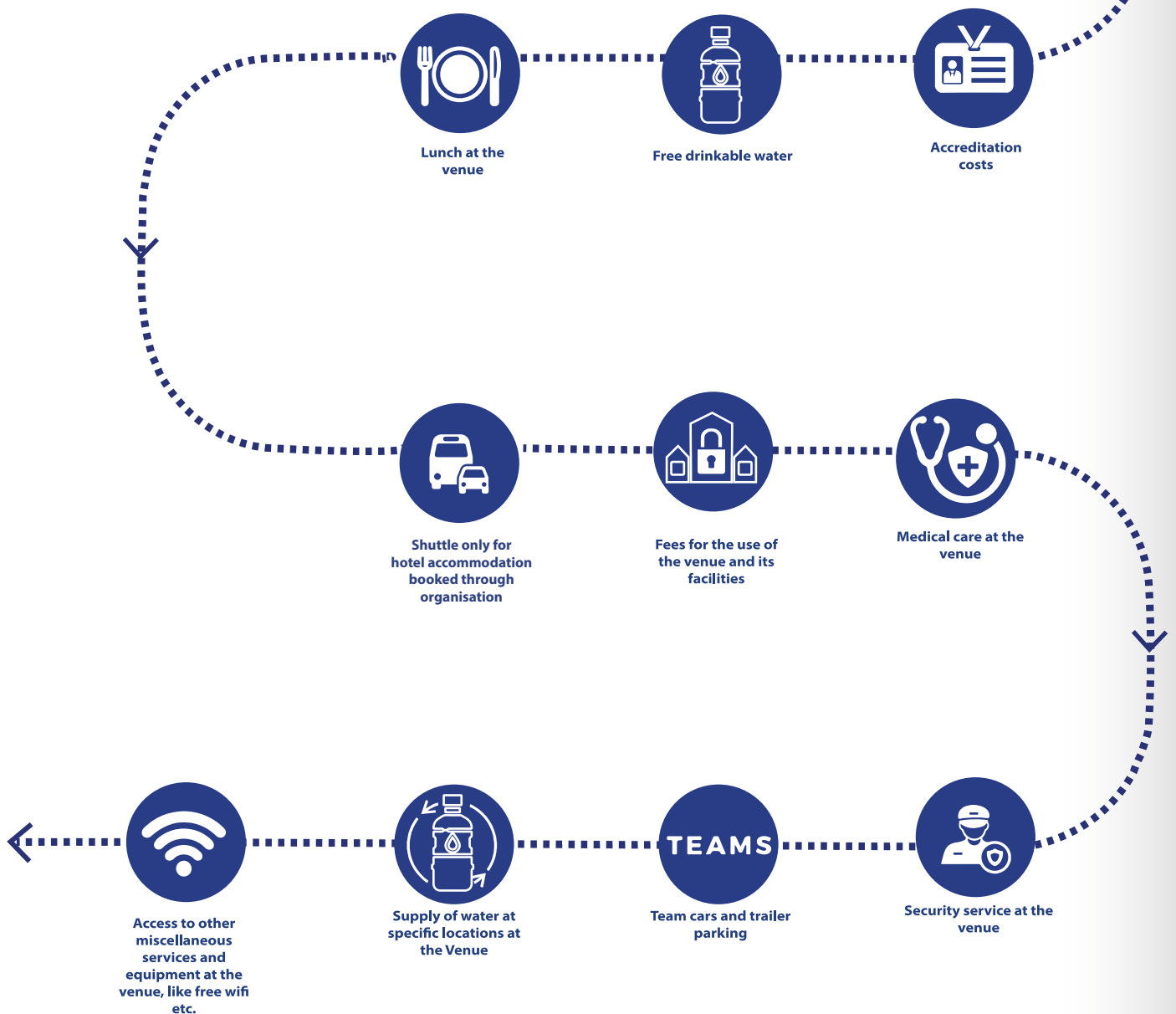




# Participation fee

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 Participating fee does NOT include the transport from and to the airport. Extra fees will apply. Check page 9 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 for accommodation will be in the cities of Ponte de Lima and Viana do Castelo.

Other accommodations are also planned to be able to guarantee enough beds for all participants.

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

Different zones of accommodation are divided by letters.

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

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Accommodation package fee is to be paid for the length of the team's stay during the access period which starts on Monday September 26th, 2022 and ends on Sunday, October 2nd, 2022.

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).

## 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 to secure the best prices

75% of the total invoice until 31 of July

100% until 31 of August

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

Lunch will be served at the Venue.

Please keep in mind that because of limited availability of hotel rooms in 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 your reservation is only confirmed with 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.

According to the accommodation options, there is two different prices, one if the reservation and 100% payment is done until the end of March and a different price is this is done after this deadline.

**Cancelation Terms:**

( this applies also to the NFs that paid 100% until March 31st)

Cancelation Terms: ( this applies also to the NFs that paid 100% until March 31st)

Until July 15th - Refund 100%

Until July 31st - Refund 50%

Until August 15th – Refund 25%

After August 15 – No refund

**Account Details**

All payments have to be done to the following Account: IBAN : PT50001000002597560000769

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 accepted.

**If booked & paid**

Cat	Room Type	Until 31/03	After 31/03
A1	Triple	100,00 €	110,00 €
	Twin	105,00 €	115,00 €
	Single	135,00 €	145,00 €
A2*	Twin	90,00 €	100,00 €
	Single	115,00 €	125,00 €
A3*	Triple	75,00 €	85,00 €
	Twin	85,00 €	95,00 €
	Single	95,00 €	105,00 €
A4*	Multi	65,00 €	75,00 €
	Twin	70,00 €	80,00 €
B1	Triple	105,00 €	115,00 €
	Twin	110,00 €	120,00 €
	Single	135,00 €	145,00 €
B2**	Triple	90,00 €	100,00 €
	Twin	95,00 €	105,00 €
	Single	125,00 €	135,00 €
B3**	Triple	80,00 €	90,00 €
	Twin	90,00 €	100,00 €
	Single	105,00 €	115,00 €
B4**	Multi	70,00 €	80,00 €
	Twin	75,00 €	85,00 €
C1	Twin	100,00 €	110,00 €
	Single	125,00 €	135,00 €
D1	Twin	100,00 €	110,00 €
	Single	125,00 €	135,00 €

\* Dinner at the venue

\*\* Dinner in close by restaurant





# 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.

# Boat rental

## Information

The official rental service for the ICF Canoe Marathon World Championships will be [NELORENTAL](#) provided by our partner [NELO](#).

Other Portuguese boats manufacturers will also be available for rentals, please feel free to contact them:

<a href="#">SIPRE</a>	<a href="mailto:sipre@sapo.pt">sipre@sapo.pt</a>
<a href="#">ELIO</a>	<a href="mailto:info@eliokayaks.com">info@eliokayaks.com</a>
<a href="#">CONNECT</a>	<a href="mailto:info@connectkayaks.eu">info@connectkayaks.eu</a>

If none of this Portuguese boat manufacturers can provide you enough boats, the nautical club of Ponte de Lima might help you with a limited number of NELO boats. Please contact them at :

[CLUBE NÁUTICO](#) [geral@clubenautico.pt](mailto:geral@clubenautico.pt)

The official  
language of the  
competition will be  
English





# 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. **This is also mandatory for masters.**

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.

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Albania <sup>1</sup>	Micronesia
Antigua and Barbuda	Moldova
Argentina	Monaco
Australia	Montenegro
Bahamas	New Zealand
Barbados	Nicaragua
Bosnia Herzegovina <sup>1</sup>	Palau
Brazil	Panama
Brunei	Paraguay
Canada	Peru
Chile	Saint Kitts and Nevis
Colombia	Saint Lucia
Costa Rica	Saint Vincent and the Grenadines
Dominica	Samoa
East Timor	San Marino
El Salvador	Serbia <sup>1 2</sup>
Georgia <sup>1</sup>	Seychelles
Grenada	Singapore
Guatemala	Solomon Islands
Honduras	South Korea
Hong Kong	Tonga
Israel	Trinidad and Tobago
Japan	Tuvalu
Kiribati	United Arab Emirates
Macao	United States of America
Macedonia	Ukraine <sup>1</sup>
Malaysia	Uruguay
Marshall Islands	Vanuatu
Mauritius	Vatican
Mexico	Venezuela

## Visa information

All countries in the table below are not required to request a visa to enter in Portugal.

The Organizing Committee through the Portuguese Canoe Federation will write an invitation letter on request. Only persons inside the SOP ICF system and accredited for the event will be able to apply for this invitation letter. Requests should be sent to [marcos@canoeportugal.com](mailto:marcos@canoeportugal.com)



**[1] only people with a biometric passport are exempt from visa**

**[2] passports issued by the koordinaciona uprava are not accepted**



# Event Sustainability



Therefore, the 2022 ICF Canoe Marathon World Championships Organizing Committee has committed in several sustainability initiatives, including waste management,



The ICF recognises the responsibility of sport and follows the Olympic movement's agenda 21 recommendations that establish a clear and systematic framework on 3 pillars: social, economic and environment.



Utilising local products and use of water dispensers in order to avoid the use of plastic bottle.



Competitions take place on natural sites, they can have direct impact on pollution and waste.

ICF wants to reduce environmental impact, and show responsible behaviour in social and economic sectors at its events.



Meals served at the venue will not be using plastic and start lists and result documents will be printed upon request only.

**Further details about actions that will be taken at the event will be communicated to you shortly. Thank you in advance to all of you for your support in this respect.**

**Meantime, we invite you to visit the ICF website section about sustainability here <https://www.canoeicf.com/sustainability/tool-kit>.**



## COVID-19

Being still far from the date of the event, the Portuguese Government and the local organization cannot predict the conditions of the country and the world on the dates of the event, but at this moment we believe this event can and it will be done.

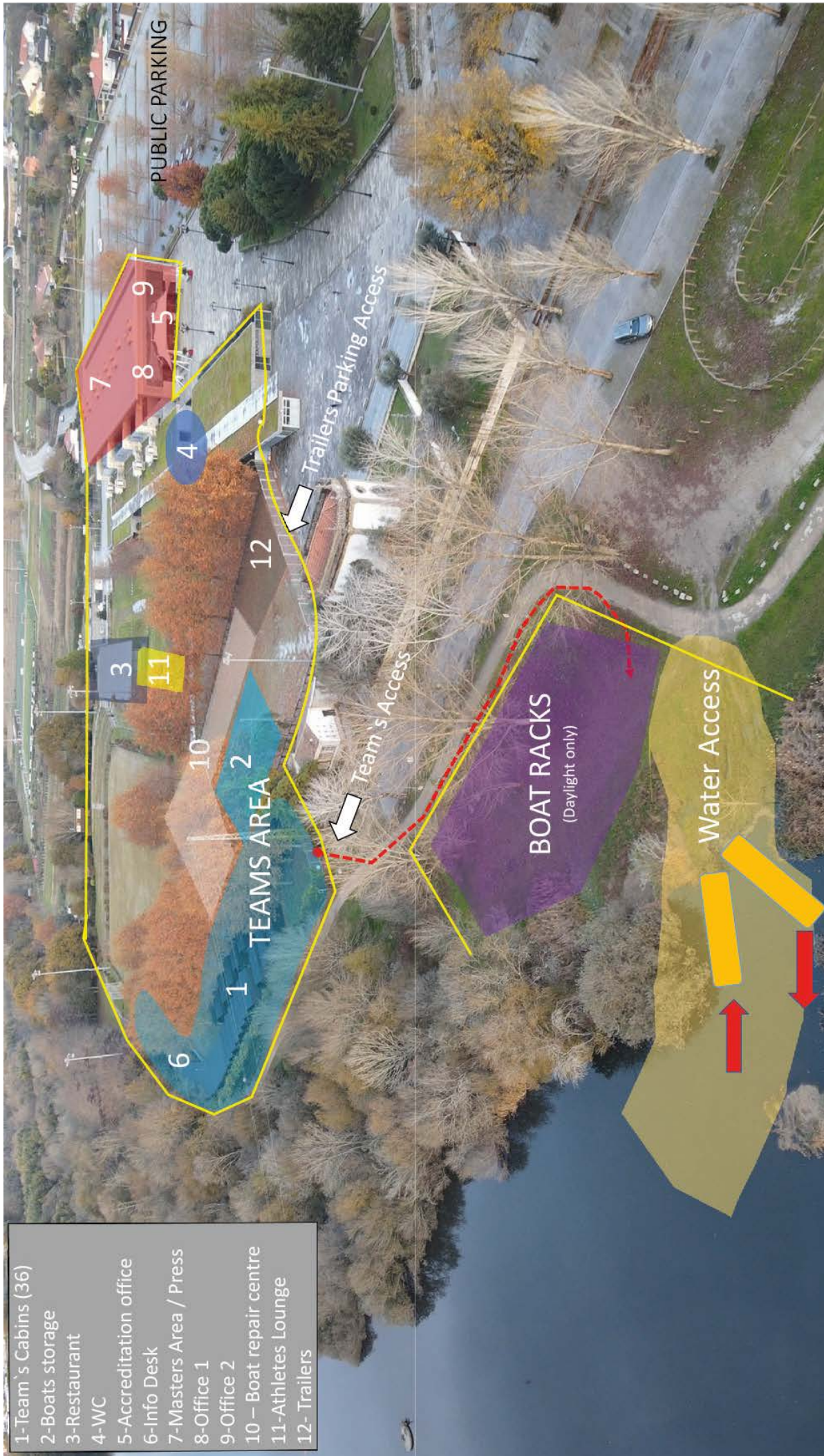
The event covid-19 protocol will be adapted to the international and local law at the moment of this organization.

As this moment, there are no major limitations besides quarantine for some persons travelling from red marked countries.





# Attachments



- 1- Team's Cabins (36)
- 2- Boats storage
- 3- Restaurant
- 4- WC
- 5- Accreditation office
- 6- Info Desk
- 7- Masters Area / Press
- 8- Office 1
- 9- Office 2
- 10 - Boat repair centre
- 11- Athletes Lounge
- 12- Trailers







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

ICF EVENT OFFICIAL PAGE



26 SEP. T O 02 OCT. 2022

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

