



## RULES

### PRESENTATION / ORGANISATION

The 'FIVE SIERRAS ROUTE' is a bikepacking event organised by 'Valleys & Peaks' owned by Mário Jorge Afonso Alves, NIF 123 245 435, RNAAT n.234/2025, with registered office at Rua do Covão n.1, 2425-029 Monte Real, Municipality of Leiria, Portugal.

### ROUTE

The event has a circular route of approximately 750km with around 5,000m of positive accumulation. It starts in Vila Nova de Milfontes, in the municipality of Odemira. The route passes through the following towns, among others: Zambujeira do Mar, Odemira, Barragem de Santa Clara, Mértola, Serpa, Beja, Castro Verde, Aljustrel, Ourique, Almodôvar and Porto Covo. It runs from the south-west coast of Alentejo to the Guadiana Valley, close to the Spanish border, crossing the entire Alentejo plain!

### TIMETABLE AND PROGRAMME

The event starts on October 12, 2025 with the following programme:

October 12:

- 19h00 check-in
- 20.00 welcome dinner
- 21h00 briefing

October 13:

- 08h00 departure

October 17:

- 20h00 time limit

**PLACE OF DEPARTURE AND ARRIVAL**

The event starts and finishes in the town of Vila Nova de Milfontes, in the municipality of Odemira.

**PARTICIPATION**

The event is open to both sexes. Given the demanding nature of the event, minors are not allowed to take part.

**BIKES ALLOWED**

Only two-wheeled vehicles (gravel bikes, cyclocross bikes, mountain bikes) without any type of motorisation are allowed at the event.

Electric bikes (E-BIKE) are also allowed. However, no support, such as charging points, will be provided.

This is an endurance event, so participants must use bikes and equipment appropriate to the profile of the event. They are also responsible for their proper maintenance.

**GPS NAVIGATION**

The event has no markings. The entire route will be travelled exclusively by GPS navigation. To do this, participants must be equipped with a device capable of navigating via GPX track.

**REGISTRATION**

Participation in the event must only be formalised by completing the registration form available at [www.valleyspeaks.com](http://www.valleyspeaks.com).

Mere registration and participation in this event presupposes unconditional acceptance of the rules contained in these regulations. Registration closes on September 21, 2025.

**Registration includes:**

- Participation in the event
- GPS track
- GPS monitoring with online tracking
- Civil liability and personal accident insurance
- Manual with instructions and tips

**PRICE AND PAYMENT**

Registration for the event is €210.00 (two hundred and ten euros). Using the registration form available at [www.valleyspeaks.com](http://www.valleyspeaks.com), you can choose to pay by credit card or PayPal.

**TRACK GPS AND HELP MANUAL**

Up to a month before the start of the event, participants will receive the GPS file in GPX format by e-mail. They will also receive a manual (in PDF) with help, hints and tips.

**SECRETARIAT AND CHECK-IN**

On October 12, 2025, participants will be checked in between 19:00 and 20:00. Participant kits and GPS tracking chips will be handed out at this time.

After dinner, a briefing will be held with the participants, where the route will be prese

**TIME AND LOCATION CONTROL**

Using the GPS tracking chip, the organisation will follow the progress of the event online and monitor the location of the participants.

The public will be able to follow the event at [www.followmychallenge.com](http://www.followmychallenge.com).

Participants who think they can't arrive within the time limit should inform the organisation so that the necessary steps can be taken.

**INSURANCE**

All participants, with regularised registration and of legal age, are covered by personal accident insurance, in accordance with current legislation, with the following coverage/capitals:

- Death or Permanent Disability: €32,500.00
- Treatment Expenses: €5,200.00 - (Deductible of €75 borne by the athlete)
- Funeral Expenses: €2,600.00

**ETHICS AND SAFETY**

It is compulsory to wear an approved cycling helmet. Failure to comply with this rule will result in immediate exclusion from the race.

Participants must stay on the route defined by the organisation and made available on the GPS track.

Participants are responsible for their physical and psychological state. The organisation is not responsible for any occurrences related to adversities in the participant's clinical profile.

Participants must behave ethically, respecting others and the environment. Any behaviour considered unsportsmanlike and/or anti-environmental will be sanctioned with the disqualification of the participant.

Road traffic rules must be respected, as well as the instructions of the authorities.

Participants must carry valid identification.

This is an endurance race. If, during the course of the event, a participant finds that, due to physical incapacity, injury or serious mechanical breakdown, they are unable to continue, they must contact the organisation to arrange transport to the finish line.

In the event of a serious accident, the national emergency service should be contacted on 112.

The organisation's contact details will be provided at the start briefing.

### **SUPPLIES AND OVERNIGHT STAYS**

This is a bikepacking event, so it takes place in complete autonomy. The organisation does not provide any supplies. Likewise, the decision on how to spend the night is entirely the responsibility of the participant.

The help manual, which will be provided in advance, will give information and tips on where to refuel and/or stay overnight.

It's very important to stay hydrated!

### **IMAGE AND DATA RIGHTS**

The most sensitive personal data is collected by the organisation as part of participation in the event, as an obligatory requirement of the personal accident insurance policy or express authorisation in the Term of Responsibility (whichever is applicable) and legitimisation of its holders as participants in the event.

Participants authorise the organisation to use their contact details for communications relating to the event and its promotion. The organisation may use them for future communications with participants, as well as to qualify the participant base so that it is easier to access them in future participations.

The organisation does not voluntarily disclose or transfer to third parties any personal data collected during the registration process.

Participants/guests are free to take photographs and film the event.

The organisation may make image/video recordings of participants during the event, and has full rights to these recordings.

Participants must contact the organisation in writing if there are any factors that prevent the organisation from using their image.

The organisation does not allow the unauthorised use of images of the event in actions of any kind by brands/companies not associated with it by means of a partnership protocol.

### **CANCELLATIONS AND RETURNS**

If weather, environmental or safety conditions are extreme (e.g. forest fires, storms, landslides, falling trees, cyclones, armed conflict, epidemics, pandemics, etc.) the event may be cancelled by decision of the organisation.

Likewise, the event may be suspended or cancelled by decision of official entities such as Civil Protection, the National Republican Guard, the Ministry of Internal Affairs, the Ministry of Health, etc. on the basis of the situations referred to in the previous points or others.

In any of the situations described above, the organisation reserves the right to postpone the race to a date when it is possible to hold the event and when the organisation believes that the conditions are met to hold the event as expected.

In the event of postponement due to any of the circumstances mentioned in the previous points, there will be no right to a partial or total refund.

In the event of the event being cancelled in good time before August 31, 2025, the organisation may decide to charge each athlete a registration fee, resulting from the costs already incurred with registration and insurance.

In the event of withdrawal by August 31, 2025, the athlete may be reimbursed 50% of their entry fee. After that date, no money will be refunded to cancelling athletes.

Any questions about cancellations should preferably be addressed to: [info@valleyspeaks.com](mailto:info@valleyspeaks.com).

### **OTHER**

The organisation is not responsible for any loss or damage that may affect participants' bicycles or other equipment. The participant releases the organisation from responsibility for any loss or damage to personal belongings under any circumstances.

These regulations are identified with a date and version number and have been approved by the organisation. If any changes are made, they will be reasonable and will always be based on the safety and well-being of the participants.

Any changes/additions will be highlighted to make them easier to read and will also be communicated through the channels used by the organisation.

Omissions must be dealt with directly by the organisers, who are sovereign in their decisions.

### **Mere registration implies acceptance of the provisions of these regulations.**

The organisation may send information to participants after registration.