



Breafing

Locations:

Coliseum (hq. centre): <https://goo.gl/maps/4e2UEuMyy37PzQVB9>

Finish: <https://goo.gl/maps/JSMRbBLqkJHSFD4u5>

- **Wednesday, 29th September**

Picking up the teams at the airport.

- Transfer 1-> 13:30
- Transfer 2-> 18:30
- Transfer 3-> 23:30

Arrival in A Coruña -> 1 hour aprox.

The transfer will arrive at the Coliseum where the teams will be allowed to leave their bike boxes. Teams must know the location of their corresponding hotels. Many teams have booked the hotel very close to the Coliseum. Other teams that have a hotel in the city will have to go to their hotels. The taxi service in A Coruña is cheap and can be requested on this phone: 981 287 777

- **Thursday, 30th September**

From 9:00 to 15:00 -> Coliseum. Pass the antigen test. Once passed the antigen test, the teams must wait outside the Coliseum for about 30 minutes, until the reception of the result of their tests. The teams will be called at a specific time between those times. They can not enter the Coliseum until obtaining the results.

Check in the material/equipment.

All your documentation, stickers for the race, accreditations and flags will be in your team boxes. It is compulsory to prepare the material/equipment in the same place. You will not take your boxes to the hotel. You must wear a face mask inside the area.

During the afternoon you will be allowed to access to your boxes to prepare your material, inside the Coliseum.

- **Friday, 1st October**

From 9:00 to 14:00-> Preparation of the material/equipment. Coliseum.

15:30 -> Race boxes and Bike boxes will be given (the teams will have to carry them to the lorries). Coliseum.

18:00 -> The bus will depart from the Coliseum to go to the flag parade (it is obligatory to wear the numbered vest and to carry the flag of your country provided by the organisation).

19:00 -> Presentation of the teams and maps will be given.

20:00 -> End of flag parade.

20:15 -> Return to the Coliseum by bus.

- **Saturday, 2nd October**

7:30 -> The hotel bag will be provided in the Coliseum.

7:45 -> The bus will depart from the Coliseum to Monforte de Lemos.

10:00 -> Arrival in Monforte de Lemos. There will be cafés and bars.

12:00 -> Championship Start 2021.

- **Start. Monforte de Lemos.**

It is compulsory the use of the face mask before the departure. Besides, it will be obligatory to use the face mask along the first kilometres. The departure will be neutralised, accompanied by the police car from Monforte de Lemos which will accompany the teams as far as the departure triangle marked on the map. From there, the free route of the raid starts.

SECTION 1

122 Kms. Trekking.

On foot section which will have as protagonist *A Serra do Courel*. The trekking will be fast in its first 15 kilometres, where we will go along St. James' Way. From there, we will enter a mountainous area characterised by strong slopes. The trekking will transit through paths, trails and firebreaks. Pay attention to the summits and high areas, as well as in the steep descents, especially during the night.

It is forbidden to walk around not allowed roads. Pay attention to the ways you take. O Courel is an area full of rivers where it is easy to obtain water, but it is

recommended calculating the quantity of food for such a long section.

T1 – Manzaneda station. Bike Box.

In this transition, you will find the Bike boxes. It is allowed to leave food and clothes in this box.

You can buy food in the station as the establishment will be open. There are usually sandwiches and dishes in this establishment.

This section will be indoor, there will be power and hot water.

Before leaving for the MTB, you have to do the following:

2 raiders downhill special race. You will take the chairlift and descend the trail called *Medras*. You will have Cp (control point) in the middle of this trail.

2 raiders will do the zip line. Equipment provided by the organisation.

Once the team is gathered, you can get on the chairlift and as soon as you reach the high part of the station, you can continue in the MTB section.

SECTION 2

80 Kms. MTB

This section will take place in the highest part, more exposed and coldest of the race. We recommend that you wear warm clothes, a hat, winter gloves. Don't skimp on clothes, above all if the weather is adverse and it rains.

Be careful with the descents. It is easy to warm up the disc brakes and make them work worse. The descent is very steep.

The rest of the route does not prove to be difficult. You will transit through pasture areas, forests, paths and good running tracks.

Be extremely careful in the last descent before the T3, especially at night. It is a steep area, with an abrupt descent along firebreaks and with remains of tree felling.

T2 – Quiroga. Box A, Bike box, kayak bag.

The transition will take place in the sports hall. Outside, you will have some restaurants/bars where you can buy food during their regular hours. In this transition, you will have hot water and electric current.

The kayaks and the kayak bags won't be located in the transition. They will be in the football pitch, marked on the map, in the way to the boarding place.

You will have to carry the kayak bags along the kayak section.

SECTION 3

90 Kms. Kayak.

It is a section by kayak which doesn't present any technical difficulty. However, it is compulsory the use of a helmet. At the beginning of the section, you will find small rapids. Owing to safety reasons, during the night, these rapids will be avoided by land. Carriages and obligatory carriage times will be marked on the map. It will be also explained in the road book. Once you have avoided the rapids, you will enter an area of damned water along many kilometres to get inside the incredible Canyons of the Sil river, one of the most impressive river cliffs in the world.

Having finished this kayak stretch, Embalse de Santo Estevo (Santo Estevo dam), you have to leave the kayaks and make a carriage along 10 kilometres. The places for the disembarkation will be indicated on the maps. Please, pay attention to the disembarkation and don't get close to the dam, as it is strictly forbidden to approach within 200 metres.

The carriage has a steep slope at the beginning and it will take place on the asphalt. You will have to wear the reflective vest and take the lights on during the night for this carriage. You will transit on the left side of the road.

From here, you will continue descending the river up to the Balneario de Lias where there is a pier to get off the kayaks.

T3- Lias. Box B and Bike Box.

You have to leave the kayak bag with all your kayak equipment in that transition. This transition will be in a hotel and spa. The ones who have booked a room can rest for 6 hours maximum. The ones who have booked showers will be informed where you can get a shower and those who have ordered some food will be informed where to get it.

SECTION 4

210 Kms. MBT – Orienteering.

The longest section of the raid. At the beginning of the section, you will have to cross a main road. Be extremely careful when you arrive in Lugo; it is a town with heavy traffic.

Once having arrived in the transition point, you must leave your bikes locked. You will be given a map containing photos and you must walk a section of 8 km.

You must take photos in every place of Cp (control point), and you have to show them in the transition where they will be verified. In the photos, at least three members of the team must appear.

Having verified that the route is completed you can continue the section.

We were asked if it is recommendable to carry a pair of trekking shoes for this section: as it is an urban section, it would be advisable to take a pair of comfortable MTB shoes which allow you to walk. The rest of the section doesn't present any difficulty. Pay full attention to the crossings of forbidden roads to avoid any infraction.

T4- As Pontes. Box A and Bike Box.

This transition will be under a big tent. There won't be hot water or electricity. It will be the last place where you will find the Bike Box. It will be possible to buy food around the transition (restaurants, bars...), whenever they are open.

SECTION 5

65 Kms. Trekking -Special SUP (stand up paddle) challenge.

When starting this trekking, you have to go to Lago As Pontes (Lake). There, there will be a special section of paddle surf. The section will be very short, 1.5 Kms., where you will have to reach a control point and return. Only 2 raiders have to do this section, the other two will wait in the start point. The organisation staff will provide the paddle boards, oars and life vests. Once you have finished this paddle surf challenge, you will go on the trekking. Be very careful when crossing the main road when leaving the lake. Placed on the trails, the trekking doesn't present important technical difficulties.

T5 – Betanzos. Box B and kayak Bag.

This will be an indoor transition. Not hot water or electricity available. The kayak will be placed at a distance of 700 m. from the transition. You have to walk carrying your kayak equipment up to the pier. The helmet and the trolley are not necessary for this section. You can leave the trolleys in the transition; it is unnecessary to carry them. For section 6, you have to carry the kayak bag.

SECTION 6

Kayak, 11 Kms.

At the mouth of the river, specifically, after passing the Puente do Pedrido

(Bridge), you have to be placed at the right bank of the river as far as passing the cape on your right (Punta Xurelos). The recommended way will be marked. As soon as you reach the sea, you have to go to Sada, a small town where the transition is going to be. This estuary is really affected by the tide so, if you do this section in low tide, you must choose the best place to go. Besides, you must consider that depending on the tide, low or high, you will find more or less difficulty when moving forward.

- **Tuesday, 5th October**

Low tide - 10:30

High tide – 16:45

Low tide – 22:42

- **Wednesday, 6th October**

High tide – 5:00

Low tide – 11:00

High tide – 17:15

Low tide – 23:30

- **Thursday, 7th October**

High tide – 5:45

Low tide – 11:45

High tide – 18:00

- **Friday, 8th October**

Low tide – 00:10

High tide – 7:00

Low tide – 12:20

High tide – 18:25

- **Saturday, 9th October**

Low tide – 00:45

High tide – 6:20

T6 – Sada

In this transition there won't be any team bag or box. You have to leave the kayak bag which you have been carrying with all the material inside. This section will be under a big tent so, there won't be any hot water or electric current. This transition will be the point of the raid where you have to pay the possible penalties of the raid.

SECTION 7

32 Kms. Trekking

This last trekking will go along the coastal area between Sada and A Coruña. You must transit through coastal ways and paths next to the cliffs.

Be extremely careful when entering A Coruña town: there can be heavy traffic at rush hour. We beg you keep the social distance with the people you meet when getting the finish of the raid.

FINISH -> You have got it!!!! FINISHERS OF THE WORLD CHAMPIONSHIP, 2021!!!!

The finish line close will be on Saturday 9th, at 12:00 am.

The acts and awards ceremony will take place at 18.00 pm in the same place as the finish line (Explanada del Parrote= Parrote Esplanade).

Giving the event bracelet, you will be given some food and a drink per raider.

At 20:00 pm, *León Benavente's performance.*

Covid-19

It is obligatory to wear the face mask in every transition. You always have to take 2 face masks each along the whole raid.

When getting the transitions, it is compulsory to disinfect your hands before picking up your material/equipment.

There will be designated sleeping areas far from the transition areas.

RULES

All the rules of the raid will be found in the following link:

<https://raidgallaecia.com/wp-content/uploads/2021/09/ARWS-Rules-of-Competition-1.6.1.pdf>

Remember that penalisations will be paid in the **T6** (last transition). The penalisation for using forbidden areas or roads will result in the best time estimated by the organisation in that part multiplied by 5.

