



RG SPAIN
EXPEDITION RACE

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Intro

**Welcome to the first edition of the Raid Gallaecia Expedition Race!!!
After many years organizing local and national races at last we fulfil one of our dreams and have the opportunity of organizing one of the ARWS challenges and show the whole world the beauty of our Galician land. We hope that you enjoy what we have prepared during the last months and take with you the best remembrances for the rest of your lives!!**

The rules for this race have been taken from the ARWS standards, adding those specific for this race:

- No team in the Short Race shall start a section until the first team in the Full Race has done it.
- During the night race periods (the time within the sunset and dawn) the teams shall wear a high visibility vest as the outer most garment while riding with the bike during the course.

The race will have the following cut offs:

- **KAYAK FERVENZA'S RESERVOIR:** no team shall start rowing later than 17:00 hours on Wednesday 13th. Teams who have not arrived at this cut off shall go on their bikes to the Transition Area at O Ézaro (at the end of stage 6).
- **RIO XALLAS CANYON:** no team shall start the canyoning leg after 19:00 hours on Wednesday 13th. Those teams who have not arrived at this cut off shall continue on foot until the Transition Point at O Ézaro (at the end of stage 6).
- **MOUNT PINDO:** the stage 7 will have other cut off, so that no team shall start this stage later than 1:00 hours on Thursday 14th.
- **PONTE DO PORTO:** those teams who on their way from Muxia to Camariñas pass by Ponte do Porto later than 14:00 hours on Friday 15th shall stop at the Transition Point, leaving the loop in Camariñas and go on with stage 11 to Negreira.
- **SANTIAGO DE COMPOSTELA:** teams shall finish in Santiago before 14:00 hours on Saturday, May 16th.

STAGE	DISCIPLINE	KM	ASCENT	DESCENT	BEST TIME	KIT AT THE END OF STAGE
S1	Trekking	16	550	550	1:40	No bags
S2	MTB	54	1500	1700	4:30	Personal bags; Bike boxes; Kayak bag
	Foot O	7	300	300	1:00	
S3	Kayak	45	0	0	7:30	Personal bags; Bike boxes; Kayak bag
	Trekking	12	300	300	1:40	
S4	MTB	68	2300	1700	6:00	Bike boxes; Kayak bag; Trolleys
S5	Kayak	23	100	250	3:00	No bags
S6	Canyoneering	4	0	150	Neutraliz. 2:00	Personal bags
S7	Trekking	20	1100	1100	5:00	Personal bags; Bike boxes
	MANDATORY RESTING TIME					
					3:00	Personal bags
S8	MTB	30	1200	1200	3:00	Bike boxes
S9	Coastering	52	2100	2100	11:00	Personal bags; Bike boxes
S10	MTB	59	1500	1500	6:30	Personal bags
	Foot O	6	100	100	0:50	
	Trekking	14	450	450	2:00	
S11	MTB	60	1400	1200	6:00	Personal bags; Bike boxes
S12	Trekking	35	900	700	6:30	
	Foot O	6	200	200	1:00	
Trekking		172	6000	5950		
MTB		271	7900	7300		
Kayak		68	100	250		
TOTAL		511	14000	13500		

KIT BAGS SUMMARY		
AMOUNT	KIT	NOTES
4	Personal bags	Maximum weight of 30 kg per bag
4	Bike box	Maximum weight of 32 kg per box Limited to the standard ARWS size (140cm x 80cm x 30cm)
1	Kayak bag	Maximum weight of 30 kg It must be carried in the kayaks in the river descent stage
4	Kayak paddles	You can leave them to us outside of the previous bag, but in this case all the paddles of your team must be perfectly joined so they don't get separated in their transport
2	Kayak Trolleys	You can leave them to us separated from all the other packs but you should labelled them with your team number. They must be carried in the kayaks in the river descent stage
1	Final bag	You can leave to us another bag to be transported directly from Cuntis to the official hotel in Santiago de Compostela.



STAGE 1 - DISCOVERING CUNTIS' MOUNTS - TREKKING

Cuntis

The first section of the Raid will consist on a short but amusing loop trekking in the surroundings of Cuntis. This lovely and quiet village is located inside a wide valley formed by the rivers Gallo and Umia and its territory is lined by two mountainous systems, the Xesteiras (718 m) and the Castro Sebil (545 m). In addition, it is a well-known thermal centre since Roman times and has an important cultural and archaeological heritage (petroglyphs, menhirs and Celtic settlements spread all around the municipality) as well as huge natural richness which turns it into an ideal destiny for those nature-lovers.

The race will start at 09:00 hours at the city centre and you will have to pick up your GPS trackers between 08:30 and 08:45 hours in the surroundings of the start line. It is your responsibility to pick up the device and failing to do so will result in a penalty.

You will start at the city centre, will collect the first checking point in the surroundings of Castrolandín Celtic settlement and you will immediately proceed to the summit of Castro Sebil mount, from where you will be able to enjoy the breathtaking sights of Cuntis and its surroundings. Then you will proceed to A Ermida village and back along the river Umia and Gallo banks towards the very same starting point.

Important: before the start, bikes shall be left ready as well as all the equipment you may require for the second section of the race, as on your return to Cuntis there will not be access to your bags or boxes. Moreover, all the equipment you have used in the first stage will have to be carried along during the second stage because the organization will not collect any equipment in Cuntis after this first section.

CP. N°	DESCRIPTION	PENALTY
1	Inside the mill	2 hours
2	Trig point on summit	2 hours
3	Rock terrace	2 hours
4	Mill lowest part	2 hours
5	End of stage: square	0 hours

RELEVANT INFORMATION OF THE STAGE

- **SCORE** stage: checking points may be collected in your desired order.
- You will **NOT** find any of your bags or boxes at the end of this section.
- There will be **NO** covered Transition Point to rest or sleep.
- There will be **NO** hot water available in the Transition.



Bridge over the Río Umia



STAGE 2 - GOING SOUTHWEST LOOKING FOR THE SEA - MTB

Cuntis - A Escusa

The second stage of the raid will be a MTB from Cuntis going southwest, until reaching Ribadumia village by the sea. You must remember that you will have to leave Cuntis loading everything that you have used in the first stage because the organization does not collect any material.

You will make a tour through the typical characteristics of Galician lands, where you will pass across numerous small villages, going constantly uphill and downhill through Galician mounts. You will have to be aware of the mandatory crossing points on the map to avoid illegalities on your course.

After several checkpoints of different features in your route to the south, en la parte final de la etapa afrontaréis la subida al Alto de Castrove situado a 613m de altura y prácticamente a pie de la ría de Pontevedra. In the final part of the stage you will have to climb to Alto de Castrove, 613m high, and practically at the foot of the Pontevedra's estuary.

CP. N°	DESCRIPTION	PENALTY
6	Trig point on summit	2 hours
7	Tree - River	2 hours
8	Path	2 hours
9	Re-entrant	3 hours
10	Copse (small area of trees). Start of A Escusa foot O map	2 hours



Stage 2 area



STAGE 2 - GOING SOUTHWEST LOOKING FOR THE SEA - FOOT O

A Escusa Foot O



Pontevedra estuary from A Escusa

Once at the top of Monte Castrove, you will go to the checkpoint number 10, where you will have to leave your bikes and wear the trekking shoes for a run on the orienteering map of "A Escusa" with the map that we will provide you at that point.

After this specific orienteering you will return to the starting point again to pick up your bikes and descend to the north to will cross the final part of the stage.

CP. N°	DESCRIPTION	PENALTY
11	Foot O: boulder cluster, top	1 hour
12	Foot O: knoll, northwest side	1 hour
13	Foot O: boulder cluster, west foot	1 hour
14	Foot O: building, south side	1 hour
15	Foot O: stream / path crossing	1 hour
16	Foot O: cliff, east side	1 hour



STAGE 2 - GOING SOUTHWEST LOOKING FOR THE SEA - MTB

A Escusa - Ribadumia

We will end the second stage going down Mount Castrove to the north. Last part that you will race along the Route of the Stone and the Water on the banks of the Armenteira River in which you will have to find the last two checking points of the section in order to get to the village of Ribadumia.

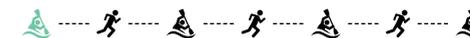
CP. N°	DESCRIPTION	PENALTY
17	Inside the mill	2 hours
18	Eastern mill - hole	2 hours
19	End of stage: sports centre	0 hours

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.
- At the end of the stage you will find your personal bag, the bike boxes and kayak bags.
- There will be **NO** covered Transition Point to rest or sleep.
- There will be **NO** hot water available in the Transition.



Ruta río Armenteira



STAGE 3 - GET ROWING! DAMN IT! - KAYAK

Ribadumia - Illa de Arousa



Illas de Arousa

At Ribadumia we will start the first kayaking leg of the race. It will be a really spectacular leg which we will start rowing in the final part of the River Umia in order to cover the Ria de Arousa to the north and getting inside, in its final part, the River Ulla, upstream to Pontecesures.

To get to the kayaks you will have to walk along the indicated route given in the map towards the spotted square point. In this point you will pick up the kayaks and will be able to row downstream. Later, along the leg you will have to set foot on land to make several small trekkings:

- Trekking in the south of Illa de Arousa
- Trekking in the north of Illa de Arousa
- Urban orienteering in Vilagarcia de Arousa



STAGE 3 - GET ROWING! DAMN IT! - TREKKING - KAYAK - TREKKING

Illa de Arousa (south area)

You shall disembark in the checkpoint number **20** marked in the main map. After collecting this checkpoint you will be given at this point map **3C** with a route with the location of the other three checking points to be visited on foot in this southern part of the island. These three marks can be collected in your desired order.

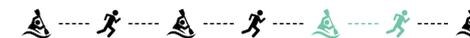
Finally, after finishing the run, go back to the kayak and proceed to the next disembarking point.

CP. N°	DESCRIPTION	PENALTY
20	Beach	2 hours
21	Tree	0.5 hours
22	Bench	0.5 hours
23	Tree	0.5 hours

Illa de Arousa (north area)

Back into the kayaks go on rowing to the next disembarking point which will be checking point number **24** of the main map of the section. Here the same proceeding will be repeated, you will be given a new map (**3D** in this case), and you will make another loop route in the northern part of the island, to locate two CPs and back again to the kayaks and go on with the track rowing. As well as in the previous section, you may visit these checking points in the order you choose.

CP. N°	DESCRIPTION	PENALTY
24	Pier	2 hours
25	Lighthouse	0.5 hours
26	Trig point on summit	0.5 hours



STAGE 3 - GET ROWING! DAMN IT! - KAYAK - URBAN ORIENTEERING

Vilagarcía

The third disembarking will take place in the city of Vilagarcía de Arousa at the checking point marked on the main map with number **27**, where we will repeat the proceeding once again. You will be given a new map (**3E** in this occasion) and you will make an urban route along the capital city of the Ria de Arousa and where you will have the opportunity to fill up your backpack with liquid or even have something hot to eat to face the final part of the section.

You will have to visit four checking points which as well as the previous ones you may visit them in the order you choose.

CP. N°	DESCRIPTION	PENALTY
27	Building (CEMAR: Centro Interpretación del Mar)	2 hours
28	Monument: anchor	1 hour
29	Information panel	1 hour
30	Monument: Christian cross	1 hour
31	Tree	1 hour



Vilagarcía de Arousa



STAGE 3 - GET ROWING! DAMN IT! - KAYAK

Vilagarcía - Pontecesures

Once finished the orienteering in Vilagarcía, go back to the kayaks and row to the nearby Cortegada Island where you will have to visit two more checking points whose location you can see straight on the main map of the section. In this occasion you will not need to step foot on the island and take the two CPs; you will be able to go to near of each checkpoint with the kayak.

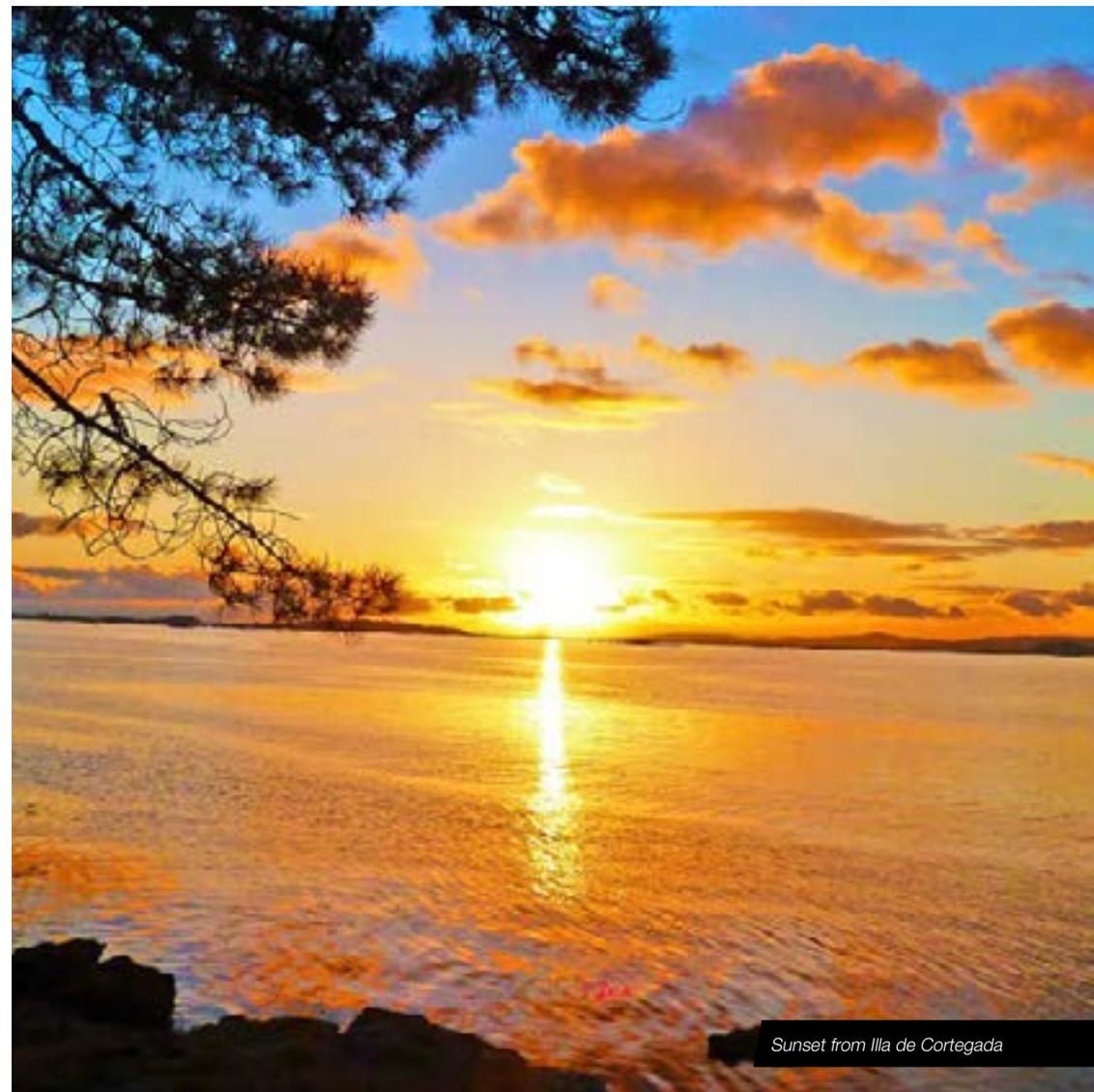
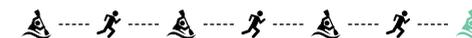
An important quote is that the Cortegada Island shall be rounded **by its western side**, because as it is indicated in the map the access by its eastern side is forbidden due to environmental reasons.

Finally you will have to go on rowing upstream the river Ulla to the village of Pontecesures, where you will get to the end of the stage 3.

CP. N°	DESCRIPTION	PENALTY
32	Ruins	1 hour
33	Vegetation limit	1 hour
34	End of stage: building (Rowing Club)	0 hours

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.
- This stage is allowed kayaking without the kayak helmet.
- At the end of the stage you will find your personal bag, the bike boxes and kayak bags.
- There will be a covered Transition Point to rest or sleep.
- There will be hot water in the Transition Point.



Sunset from Illa de Cortegada



STAGE 4 - GOODBYE PONTEVEDRA, IT HAS BEEN A PLEASURE - MTB

Pontecesures - Baiñas (Vimianzo)



Pontecesures Roman bridge

Stage 4 will consist on a new MTB northbound. We will start at Pontecesures to immediately cross River Ulla, leaving Pontevedra county to go deep into A Coruña via the village of Padrón.

In the first part of the stage you will have to go through the final part of the Barbanza Range and after visiting a number of checking points on the highest part of the mountains you will have to go down to the sea shore close to the villages of Noia and Serra de Outes where the River Tambre flows into in the Ria of Muros and Noia.

From here you will have to go up step by step until the final part in which surrounded mainly by cultivated land you will head to the Fervenza Reservoir up to the small village of Baiñas, which belongs to the town council of Vimianzo, filled with a great number of dolmens. Precisely, you will visit one of the most famous in your last mark before the Transition.



CP. N°	DESCRIPTION	PENALTY
35	Re-entrant	2 hours
36	Vegetation limit within firebreak	2 hours
37	Track	2 hours
38	Rocks to the west of track.	2 hours
39	Power line pylon	2 hours
40	Dolmen	2 hours
41	End of stage: building	0 hours

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.
- At the end of the stage you will find only the bike boxes and kayak bags (you should leave on them your trekking shoes to be able to do the following two sections).
- There will be a covered Transition Point to rest or sleep.
- There will be hot water in the Transition Point.



Dolmen



Fervenza reservoir and River Xallas



We get to the second kayak leg, in which we are sure you will spend a good time. This section **will not be opened until 07:00 hours** on the second race day (13th May), which means that those fast teams who go really fast on the first day ;) will be neutralized until that hour.

On the other hand, this section will have **a cut off at 17:00 hours on 13th May**, so that teams who do not start it before that time will not be allowed to do it by kayak and will have to ride on their bikes towards O Ézaro (finishing point of stage 6).

Important: in the next transition you will not have either your running bags or your bike boxes. So you will have to take with you all the equipment you may need for this kayaking section and for the following stage, where you will do the canyoning. All the gear you have in your kayak bag, including the bag itself, will have to be taken with you as well as the trolleys for the transport (those of you who had given them to us).

At the end of the kayaking leg you may leave your paddles and the gear you are not using in the canyoning leg inside the kayak bag which should have been carried by you. Bear in mind that you will not have access to this bag until you finish the race.



When leaving the transition proceed on foot until the marked point with a square in the map, close to the reservoir where you will take the kayaks, get to the shore and start rowing. This section is divided into two well-differentiated parts:

- **Fervenza Reservoir:** in the first kilometers of the section you will row along the quiet waters of the reservoir to proceed to the beginning of the river where you will disembark before the dam and perform the first portage of the kayaks (following the mandatory route marked on the map to get to the wall bottom and start the second leg of this stage).
- **Río Xallas:** once in the river, you will start downstream, where you will face another two minor reservoirs (Ponte Oliveira reservoir and Castrelo reservoir), which will make you land and transport the kayaks with the trolleys to avoid falls into the reservoirs. We have situated a checkpoint in each of the points in which these transports begin (checkpoints numbers **42** and **43**) to show the exact point and avoid you passing by them. After collecting these checkpoints you will have to get out of the water with the kayaks and follow the **mandatory** routes to go back into the river.

A few hundred meters downstream after the first portage, you have marked on the map an forbidden area due to works near of the river. At that point you will have to keep your kayaks glued as possible to the right bank of the river to be kept as separate as possible from the works.

After the second kayak portage you will face the most amusing part of rough waters in the stage, where may more of one of you feel the water temperature and help you awake after the first night with no sleep at all :)

Finally, to end up this section along the river you will get deeper into the fourth and last reservoir of the section (Santa Uxía reservoir) where you will finish the section.

CP. N°	DESCRIPTION	PENALTY
42	Tree	3 hours
43	Vegetation limit	3 hours
44	End of stage: shore	0 hours

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.
- Remember that it is mandatory to wear a **kayak helmet** in this stage.
- You will **NOT** find any of your bags or boxes at the end of this section.
- There will be **NO** covered Transition Point to rest or sleep.
- There will be **NO** hot water available in the Transition.



STAGE 6 - THE BEST CANYON OF GALICIA - CANYONING

River Xallas Canyoning

Breathtaking section once again in the final part of the River Xallas, where we will find one of the best places in Galicia to practise canyoning.

You will make the last downstream part of the river, saving a 150-metre drop in an approximate distance of 1 kilometer from Santa Uxia reservoir to the river mouth in the village of O Ézaro.

This section will have a **cut off at 18:30 hours on 13th May**. So any team who do not start the section before that hour will not be allowed to do it through the canyon and will have to proceed on foot towards O Ézaro (end of section).

During the canyoning you will have the track marked with biodegradable paint so that you know along where to proceed and go through huge granite rocks, enjoy a number of drops, slide descents, different rappels and the known as 'Pias' or 'Caldeiras', which are natural cavities built along centuries by the river stream and filled with pristine turquoise waters.

You will start this section getting down to the bottom of the reservoir walls following the mandatory marked route on the map. There you will find the first checkpoint of the section (number **45**) which will mark the start of the neutralized time but that you won't be able to pick up before that you have dressed all the gear for canyoning. The canyoning will be performed out of the race timing so that you do it as relaxed as it might be and the hurries will not lead you to commit any negligence which might put you into danger. Anyway, during this time you shall proceed steadily and you shall not take advantage of this neutralization to sleep or rest.

Then you start the canyoning, where it is noteworthy that the water level that the river is carrying is less than that shown in the map. You will begin with a small swimming and then walking forward on the left part of the river until the wall where the checkpoint 46 is. You will cross hear to the right side where you will progress for a few meters and then swim again to cross to the left margin, as shown in the mandatory path painted on the map. Later you have to continue along this side until reaching the first rappel. Once down, you have to swim again to the left side of the river and continue advancing along the riverbank.

Finally you will get to the mouth of the river and end of the canyoning. An absolutely unique mouth as we face the only river in Europe which flows with a waterfall directly onto the sea, full of legends, princesses indifferences, mighty powers, enchantments and rites where you finish firstly crossing the river with a guided rappel and finally with a 60-metres rappel. Once finished the rappel you must go outside the river swimming and collect the checkpoint number **47** which marks the end of the neutralization and your time will start running again.

Next, with your race clock running again, you will proceed to the transition point located on O Ézaro.



CP. Nº	DESCRIPTION	PENALTY
45	Shore	Start Neutraliz
46	Wall	5 hours
47	Fence	End Neutraliz
48	En of stage: building	0 hours

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.
- Remember that it is mandatory to wear a **mountain helmet**.
- At the end of stage you will find only the personal bags.
- There will be a covered Transition Point to rest or sleep.
- There will be hot water in the Transition Point.



River Xallas Canyoning



STAGE 7 - THE MAGIC MOUNT PINDO - TREKKING

Mount Pindo



Monte Pindo

In this seventh stage we abandon the water to go back to the wild in order to perform a loop trekking from the village of O Ézaro in which you can visit the checking points in the order you choose. A **new cut off** will limit the beginning of this section, so that no team can start it **after 1:00 Thursday 14th**.

We start at sea level and crossing the river again to the south we face directly with Mount Pindo, which will be the main figure of this section, guiding the raiders to a height of 629 metres in just a few trekking kilometers.

Historians named this mount as the Celts Sacred Olympus, because according to tradition, its stones were carved by the ancient Celts and our ancestors could only explain Mount Pindo's curious geomorphology full of granite ball shapes through deities, sculptures or monsters and mythical stories. On its summit we can appreciate the Pedra da Moa with 'Pias' (natural bathtubs) where it is thought Celtic rituals were performed and where it is said that sterile couples go to have children.

During this section you have to wear the **mountain helmet**, as although it is not a specially dangerous area you must be careful to avoid drops or bangs against any rock (specially those who go through this section at night). Its use will be mandatory during the whole section. You will have to also wear the orienteering gaiters to protect your legs from vegetation.

After the trekking through this mythical mount, you will go back to the village of O Ézaro and will have a **mandatory 3-hour rest** before leaving for the next section. These 3 hours will not start counting until you have prepared your bikes for the next section and handed its boxes to the officials in order to deliver them to the next transition.



Once finished the resting time you will have access to your personal belongings so that you may put your sleeping bags away, but you will not have access to your bike boxes.

CP. N°	DESCRIPTION	PENALTY
49	Saddle	2 hours
50	Wall	2 hours
51	Trig point on summit	3 hours
52	Boulder field	2 hours
53	Re-entrant	2 hours
54	Mill	2 hours
55	Saddle	2 hours
56	Wall inside the southwestern corner	2 hours
57	End of stage: building	0 hours

RELEVANT INFORMATION OF THE STAGE

- **SCORE** stage: checking points may be collected in your desired order.
- You will have to take mandatory **mountain helmet** and **orienteering gaiters** to protect legs.
- At the end of stage you will find your personal bags and the bike boxes.
- There will be a covered Transition Point to rest or sleep.
- There will be hot water in the Transition Point.



Mount Pindo's Warrior



STAGE 8 - TOWARDS THE END OF THE WORLD - MTB

O Ézaro - Cee - Fisterra

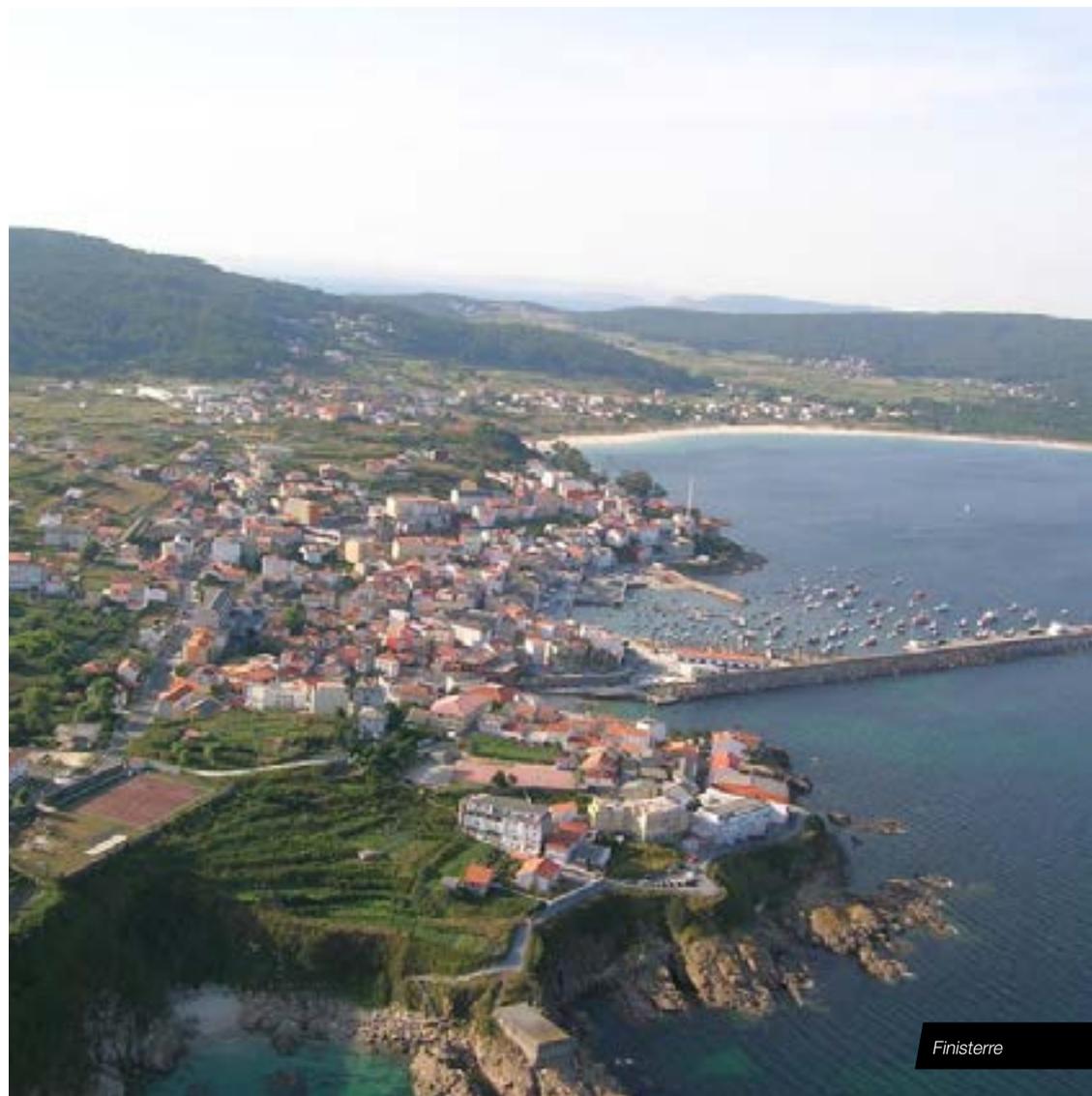
Short BTT section, transition between the villages of O Ézaro and Fisterra. After the mandatory 3-hour rest and with renewed strength you will proceed in the northwest direction, go through the village of Cee taking your route to the west and finally you will proceed southbound along Cape Fisterra towards the village with the same name where the next transition is located.

The origins of its name come from latin 'finis terrae' -land's end- as Romans believed that this cape was the western-most portion of land and subsequently the world ended here.

CP. N°	DESCRIPTION	PENALTY
58	Re-entrant	2 hours
59	Antenna	2 hours
60	End of stage: building	0 hours

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.
- At the end of stage you only will find your bike boxes (you should leave on them some trekking shoes to face the next section).
- There will be a covered Transition Point to rest or sleep.
- There will be hot water in the Transition Point.



Finisterre



STAGE 9 - O CAMIÑO DOS FAROS (PATH OF THE LIGHTHOUSES) - COASTERING

Fisterra - Muxía



Cape Fisterra

Ninth raid section and third trekking, in this occasion a coastal track following the route between Fisterra and Muxía, along the so-called "Lighthouses Path", crossing lovely beaches, going up and down hills and skirting around the edges of spectacular cliffs which will undoubtedly remain in your memory for a long time.

We will start the route at the village of Fisterra to proceed towards the very end of Cape Fisterra. Its name come from latin 'finis terrae' -land's end- as Romans believed that this place was the western-most portion of land and subsequently the world ended here. Nowadays, with its powerful lighthouse, Cape Fisterra still exerts a special attraction on the pilgrims to Santiago de Compostela, who in a number of occasions do not end their pilgrimage in Santiago but keep on walking till this breathtaking spot.

Then you will have to go on your route to Muxia observing the forbidden roads which will keep your route following the coast line. At the ending part of the section you will find several passes which you can use to shortcut the route in case some of you may prefer to leave some of the checkpoints behind.

Once you get to Muxía, before heading to the transition you will have a last checking point located in the surroundings of the village lighthouse and its well-known Nosa Señora da Barca sanctuary and the 'Pedra de Abalar', that according to the legend is the vessel on which the Virgin arrived.

CP. N°	DESCRIPTION	PENALTY
61	Shoe monument	3 hours
62	Summit	2 hours
63	Rocks	2 hours
64	Rocks	2 hours
65	Rocks	2 hours
66	Wooden bridge	2 hours
67	Re-entrant	3 hours
68	Rocks	3 hours
69	Building: lighthouse	2 hour
70	End of stage: building	0 hour

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.
- At the end of stage you will find your personal bags and the bike boxes.
- There will be a covered Transition Point to rest or sleep.
- There will be hot water in the Transition Point.



Muxía Lighthouse



STAGE 10 - A LACE OF CHECKPOINTS - MTB

Muxía - Camariñas

After the long trekking section we take up the bikes again to go on with the next stage. In this occasion we start from Muxía to round the whole estuary of Camariñas, getting to the village with the same name and perform the main part of the section in the surroundings of this village and finishing it in the village of Ponte do Porto.

In this section you will do two stops in-between to do two routes on foot so do not forget to carry your trekking shoes.

The first part of the section will take you from Muxía to Camariñas, making an intermediate pass through the village of Ponte do Porto, end of section, so it will be a good opportunity for those teams short of time to shorten part of the route.

In fact, at this point **a new cut off will be established at 14:00 hours on Friday** 15th May, so that those who may arrive later will not proceed to Camariñas and shall finish the section at this point.

CP. N°	DESCRIPTION	PENALTY
71	Building	1 hour
72	Wall	1 hour
73	Wall	1 hour
74	Building	1 hour
75	Stones / crossroads	2 hours
76	Foot of cliff	2 hours
77	Building - Nautical Club. Start Foot O map of Camariñas	2 hours



Muxía Beaches


STAGE 10 - A LACE OF CHECKPOINTS - FOOT O - MTB

Camariñas Foot O

The village of Camariñas is formed by a big succession of tiny and narrow streets which make it an ideal place to carry out a specific orienteering map a bit labyrinthical and this is what you will face here. Upon arriving to checking point number **77** situated in the Camariñas Nautical Club, you will be provided with map **10B** with this route with three checking points.

CP. N°	DESCRIPTION	PENALTY
78	Foot O: Top of cliff	1 hour
79	Foot O: Tunnel	1 hour
80	Foot O: Bottom of wall	1 hour

Once finished the foot orienteering you will go back to take your bikes to the yacht club and will follow your route by bike to the next trekking in this section, going along the coastline until getting to the famous English Cemetery where lay the 172 drowned victims of the shipwreck of HMS Serpent in 1890 in the wild surroundings of Cape Vilán.

CP. N°	DESCRIPTION	PENALTY
81	Wall	2 hours
82	Car Park. Start of Trece Beach Trekking	2 hours



Trece Beach and Duna remontante


STAGE 10 - A LACE OF CHECKPOINTS - TREKKING - MTB

Trece Beach

Trece Beach is a virgin and extraordinary beautiful spot where we will find one of the most important geological formations in Camariñas and Galicia: Mount Branco, or the highest moving dune in the Peninsula and in Europe with its more than 150 metres high. Here once again on getting to checking point number **82** you will leave your bikes and perform a short loop trekking as indicated on map **10C**.

CP. N°	DESCRIPTION	PENALTY
83	Summit	1 hour
84	Re-entrant	1 hour
85	Re-entrant	1 hour
86	Re-entrant	1 hour
87	Stones	1 hour

Once finished the trekking you will go back to your bikes and will head to the end of the section at the village of Ponte do Porto, visiting on your way back checkpoint number 88.

In this transition in Ponte do Porto, teams on *Full Race* may be neutralized again just to match the accumulated neutralization time until this point, either at the start of the kayak stage 5, during the canyoning stage or otherwise unplanned neutralization.

CP. N°	DESCRIPTION	PENALTY
88	Water tank	3 hours
89	End of stage: edificio	0 hours

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.
- At the end of the section you will only find your personal bags.
- There will be a covered Transition Point to rest or sleep.
- There will be hot water in the Transition Point.



STAGE 11 - WE LEAVE THE COAST HEADING INLAND - MTB

Ponte do Porto - Vimianzo - Negreira

After the transition at Ponte do Porto, we change stage but not discipline as we go on riding our bikes for a long section to Negreira. We are in front of a linear section where it will not be easy to find places to shorten the route to gain time, so teams with its time narrowed will have to take this into account in the previous sections.

Due to the fact that in this section you go on riding your bikes, the transition at Ponte do Porto you will only find your personal belongings but not your bike boxes.

Few kilometres after the start we will get to the village of Vimianzo where we will pay a visit to its castle, dated from the beginning of the XIII century and in a very good state. From there we will go on our route to the south-east to pass bay again next to the Fervenza reservoir (where the second kayak leg had begun) and proceed to Negreira. This last leg will demand from the orienteers their best to keep the concentration required to go through the high density of crossroads and tracks which continuously criss-cross your way, which added the accumulated tiredness up to this point of the race will for sure make very easy to mislead the track and lose your position.

Finally we will get to Negreira, a village close to the city of Santiago and that is one of the most important passing-by places in the way to Santiago from Fisterra, the so-called Fisterra Pilgrims' Way.

Emphasize that the transition point at Negreira will not be in a closed building but it will count with a covered area but open from the sides.



Vimianzo Castle



CP. N°	DESCRIPTION	PENALTY
90	Bridge	1 hour
91	Rocks	2 hours
92	Castle courtyard	1 hour
93	Wall in northwestern corner	2 hours
94	Celtic settlement	2 hours
95	Wall	2 hours
96	Bridge	2 hours
97	Building northern side	2 hours
98	Trig point on summit	2 hours
99	Bridge	2 hours
100	End of stage: level ground area	0 hours

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.
- At the end of stage you will find your personal bags and the bike boxes.
- There will be a covered (but open from the sides) Transition Point to rest or sleep.
- There will be **NO** hot water available in the Transition.



Negreira



STAGE 12 - THE END OF THE PILGRIMAGE - TREKKING

Negreira - Santiago

Last section of the raid, but not least. We will leave the bikes and will face the last kilometers of the adventure with a trekking to Santiago de Compostela following in the opposite direction the surroundings of the Pilgrims' Way which joins Santiago with Fisterra.

Those teams with their times more tightened will have a number of passes in the forbidden roads to save some time and head more directly to the finish.

CP. N°	DESCRIPTION	PENALTY
101	Wall / Significant tree	3 hours
102	Rock	2 hours
103	Ruin	2 hours
104	Rock	3 hours
105	Vegetation limit	2 hours
106	Building. Start of foot orienteering Mount Pedroso	2 hours



Ponte Maceira - Negreira



STAGE 12 - THE END OF THE PILGRIMAGE - FOOT O

Foot O Mount Pedroso

The last challenge before crossing the finish line will be a new foot orienteering in Mount Pedroso. This is one of the highest points surrounding Santiago, as it gets to 461 metres high, and is located in an outstanding environment with hillsides covered by conifer forests. From it you can get a nice panoramic view of the city.

At checking point **106** you will have to pick up the foot orienteering map to fulfil this route with five checking points.

CP. N°	DESCRIPTION	PENALTY
107	Foot O: cliff, on the foot	1 hour
108	Foot O: cliff, northwest end	1 hour
109	Foot O: rock	1 hour
110	Foot O: power line pylon	1 hour
111	Foot O: hole covered with vegetation	1 hour



Mount Pedroso



STAGE 12 - THE END OF THE PILGRIMAGE - TREKKING

FINISH

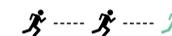
Once finished the specific orienteering route you will proceed to the so long sought finishing line. There is nothing left but a triumphant stroll along the last steps of the Pilgrims' Way to Santiago to get to the very Obradoiro Square before the western main facade of the Cathedral.

It is very hard to imagine a better end for this adventure: Santiago de Compostela, capital city of Galicia. A place every year millions of people from all over the world visit and admire, many of them after covering the Pilgrims' Way. Its historic city has been declared World Heritage by the UNESCO and in it we find the Cathedral and the Portico da Gloria, emblematic squares such as Obradoiro Square, Quintana Square and O Toural Square, tens of churches, monasteries and romanic, gothic and baroque-style palaces. Also, you will find shops, 'tascas' and restaurants for those who still have some strength left will be able to enjoy themselves. ;-)

CP. N°	DESCRIPTION	PENALTY
112	Fence / Building	2 hours
113	Finish: Obradoiro Square (Santiago de Compostela Cathedral)	0 hours

RELEVANT INFORMATION OF THE STAGE

- **LINEAR** stage: checkpoints shall be picked up in their order.



Cathedral de Santiago

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