



Portugal "O" Meeting '2024

ALMEIDA

08 > 13 Fevereiro . February

Almeida . Amoreira . Miuzela do Côa



- ▣ 7 ETAPAS . COURSES
- ▣ 5 DIAS . DAYS

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ALMEIDA
Estreito da Lameira
VILAR FORMOSO
FRONTEIRA DA PAZ



POM2024 - BULLETIN 0

8 to 13 february 2024



Welcome Message



It is with particular emotion that the city of Almeida and the villages of Amoreira, Miuzela do Côa, the Associação Desportiva do Mondego, and the whole organization of Portugal "O" Meeting 2024, the biggest orienteering event in Portugal, welcome you.

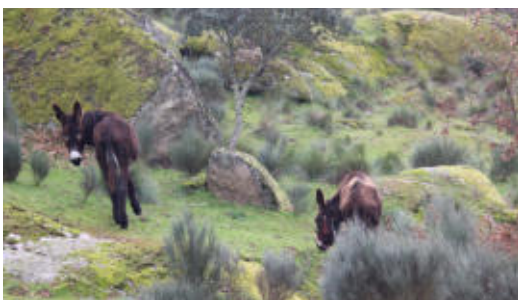
An important event Orienteering on the national sports calendar, which usually counts with a significant and important presence of the best national and international athletes, the Portugal "O" Meeting makes us pull through all our energies and wishes in order to organize a serious, capable, and memorable event.



And, because the organizational level of the previous Portugal "O" Meeting has already reached very high levels, there is always a great responsibility for those who, year after year, are struggling to organize another Portugal "O" Meeting.

But we are Almeida, the historical star-shaped village.

And it is also why, enjoying receiving with open arms anyone who visits us, enjoying showing what is ours, enjoying sharing, working, and loving orienteering, we are motivated to receive you. Being able to count on your presence at our "home" is not only a reason for pride but also a great source of satisfaction.



We are ready; let's roll up our sleeves, and, with the help and work of all, we will do everything to provide you moments of pure competition, conviviality, and pleasure. Give us the pleasure of your presence and company, and we are sure you will not regret it.

Accept our challenge and help us make POM 2024 an unforgettable event.

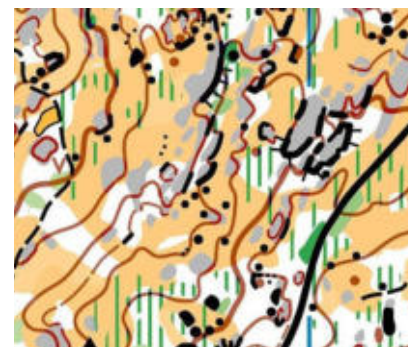
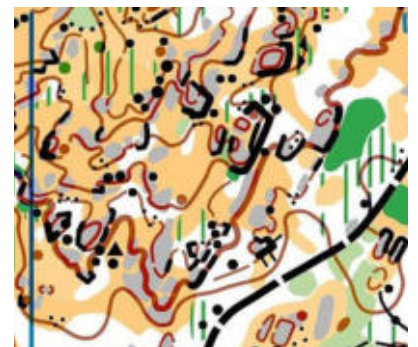
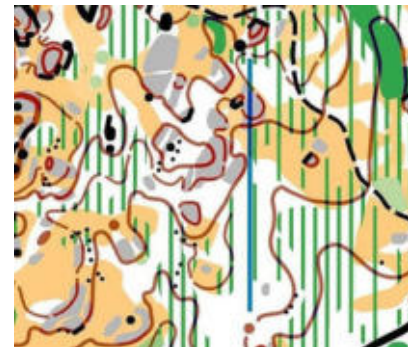
Model Event

Almeida

ALMEIDA - FOREST

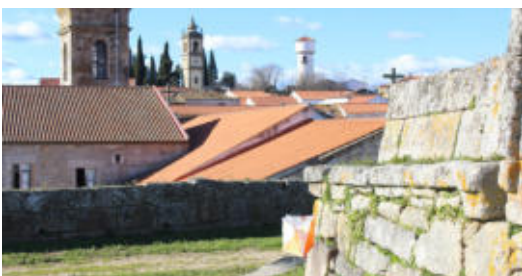


- Model Event will be in Almeida map (Forest);
- The maps will be distributed during the accreditation, at the Event Center in Almeida;
- Map scale:1/7500;1/10000; 1/15000



February 9th (day 0): Sprint Relay

Almeida



ALMEIDA

History

The village of Almeida is surrounded by a hexagonal defensive polygon of walls that constitute a rare example of military architecture.

In the history of the region, there remain important facts that marked the individuality of the territory and the nation of Portugal.

It is located at about 760 meters above sea level.

Map: Urban

The athletes will find courses full of challenges with narrow streets.

Map maker: Alexandre Reis

Map scale: 1/4000

Contour Interval: 2.5m

February 10th (day 1): Night Sprint

Miuzela do Côa



MIUZELA DO CÔA

History

Map: The Miuzela region had good conditions for the existence of prehistoric man. It has a vast horizon on which the game and the enemy could be seen. It has natural grottoes and caverns in the various ravines, and underneath the baroque ones, there is water from fountains, rivers, and streams.

Terrain: Urban area with a tangle of very narrow streets and alleys.

Map maker: Alexandre Reis (Portugal)

Map scale: 1/4000

Contour Interval: 2.5 m

Parking: Parking available 1000 meters from the arena.

Additional information:

- The use of lighting is recommended.
- Prizes for the first 3 in each class



February 10th to 13th (day 2,3,4): Forest Competition

Amoreira



AMOREIRA FOREST

Map: Amoreira (2023)

Map maker: Alexandre Reis and Tiago Aires

Terrain: The forest is mostly covered by pine trees (*Pinus pinaster*). In some areas, you can find some deciduous trees, such as chestnut trees (*Castanea sativa*) and oak trees (*Quercus*). The area has moderate to high climbs, and large areas of bare rock can be found. A lot of rock details are present in most of the areas, both boulders and cliffs.

Map scale: 1/7500; 1/10000; 1/15000

Contour Interval: 5 meters

10th - Day 1 - Middle distance - WRE

11th - Day 2 - Long distance

12th - Day 3 - Middle distance - WRE

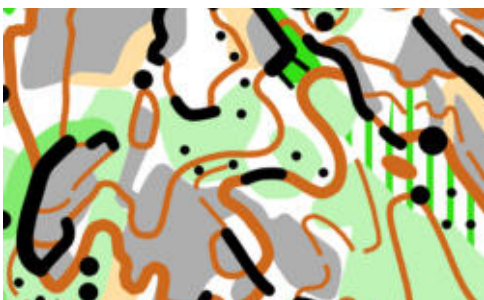
13th - Day 4 - Chasing Start - Long distance.

Parking: In the Arena

Start- 700m - 1 Km from the arena

Additional information:

- There will be refreshment controls (long distance).



ARENA FOREST

Amoreira



February 12th (day3): PreO



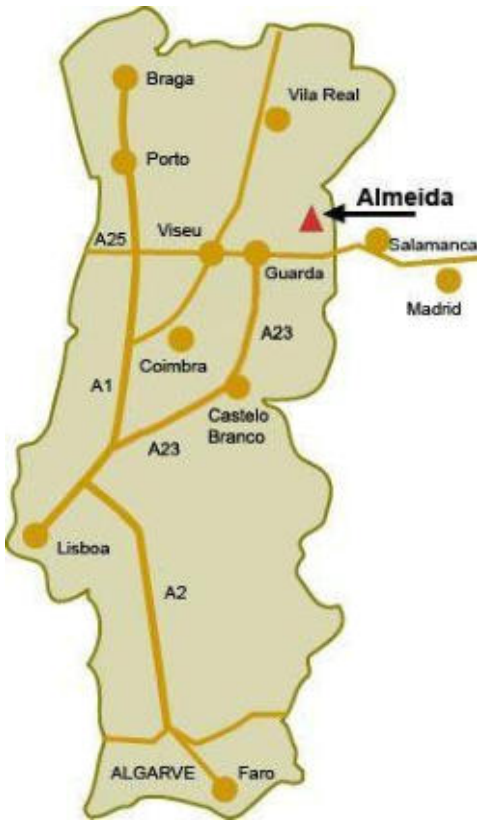
ALMEIDA

Almeida is one of the 14 municipalities that make up the district of Guarda. It is located at about 760 meters above sea level.

Origin of Vila de Almeida

Almeida, despite all its affirmation since the Middle Ages, reveals traces of the prehistoric period, visible, not only in Almeida but throughout the county, Castros such as Castelo Mendo and Castelo Bom, buildings of the dolmen type, and some objects that have been found on the banks of the River Côa.

As for the presence of the Romans, numerous traces were found located in the "Enchido da Sarça". This place, also called Sítio dos Pedregais, which is 1 km from the village to the north, was where the population first settled, moving a few centuries later to next to the castle. Of equal importance was the Arab occupation, which, with its productive character, made these arid lands a productive center for agriculture and livestock. After the Arab occupation, the Christian reconquest of this territory took place in the 11th century, and it became a Castilian area. After several struggles with the reign of D. Dinis in 1297, with the Treaty of Alcanices, it definitively belongs to Portuguese territory.



HOW TO GET

The municipality is served by the Beira Alta line and the A25. This itinerary has two access points to the Municipality, one in Alto de Leomil and the other in Vilar Formoso.

In terms of intra-municipal accessibility, the municipality of Almeida also has 3 national roads: – The EN 332, the EN 324 and the EN 16.

Car

- From Lisbon

Entering the A1 heading North, at kilometer 90, exit the A1 towards Abrantes on the A23 passing through Castelo Branco, Covilhã to Guarda. In Guarda, take the A25 towards Vilar Formoso. Alternatively, you can opt for the Alto Leomil junction, taking the EN324, joining the EN340 towards Almeida.

- From Porto

Take the A1 heading south, then at Albergaria, turn left onto the A25, follow this route towards Vilar Formoso. Alternatively, you can opt for the Alto Leomil junction, taking the EN324, joining the EN340 towards Almeida.

- From Coimbra

Entrance to the IC2 heading North. Turn right towards IP3. Before Santa Comba-Dão, turn right towards Mangualde. In this location, turn right onto the A25, heading towards Vilar Formoso. Alternatively, you can opt for the Alto Leomil junction, taking the EN324, joining the EN340 towards Almeida.

Programme

8 a 13 February



January, 26th

- Final entries deadline in competition classes and for online entries with discount.

January, 29th

- Final entries deadline in competition classes and for online entries.

Entries for Open Classes are accepted until the day of the event but always subject of map availability.

February 8th - 9th

- Model event - Almeida

February 9th

- Opening ceremony
- Sprint Relay – Almeida

February 10th

- Middle Distance **WRE** – Amoreira
- Night sprint – Miuzela do Côa

February 11th

- Long Distance – Amoreira

February 12th

- Middle Distance **WRE** – Amoreira
- PreO – Almeida

February 13th

- Long Distance – Amoreira
- Closing ceremony

TRAINING CAMPS - FIGUEIRA DA FOZ February 5th to 7th



Quiaios and Leirosa - forest

Map: Quiaios (update in 2021)

Terrain: Typical Portuguese Sand Dunes terrain, with pine forest and some very small open areas. Several small green areas/dots mostly caused by mimosas (*Acacia dealbata*) and some undergrowth vegetation areas. Good/very good visibility and runnability.

Map area uses parts of the maps from POM2019.

Map maker: Alexandre Reis (Portugal)

Map scale: 1:15000, 1:10000, 1:7500

Contour Interval: 2.5m

Parking: In the places indicated by organization

BUARCOS - urban

Map: Buarcos (updated in 2021)

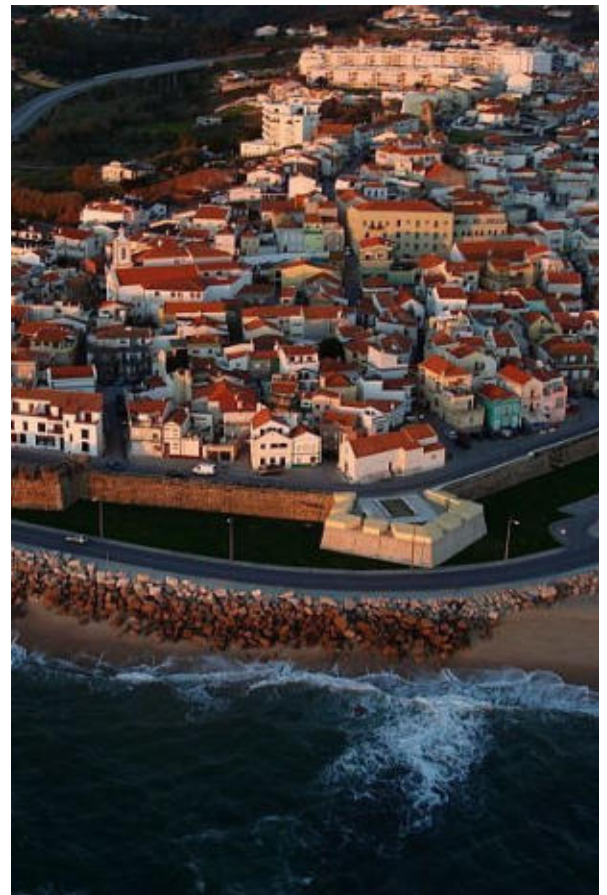
Terrain: Urban area with two distinct parts, one with narrow streets and the other very geometric.

Map maker: Rafael Miguel (Portugal)

Map scale: 1:4000

Contour Interval: 2.5m

Parking: Parking available close the school Infante D. Pedro in Buarcos



ORGANIZATION AND CONTACTS

Associação Desportiva do Mondego



We are a non-profit sports association, focused on the activity and sports training in general and, more particularly, in the sport of Orienteering. Founded in November 2014, fruit of the passion for sports in general and Orienteering in particular, with this project we intend:

- to create new challenges;
- to become a pole of dynamism and congregation of initiatives and sports practices among all segments of the local population;
- to promote and disseminate the potential and characteristics of the Baixo Mondego region for the practice of physical activity, namely Activities of Nature Exploration.

We already organized several international Orienteering events like BLOM2017 (Beira Litoral "O" Meeting) in Coimbra and POM2019 (Portugal "O" Meeting) in Figueira da Foz.

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Social Media

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website event: pom.pt

Facebook club: <https://www.facebook.com/orimondego>

Facebook event: <https://www.facebook.com/portugal.o.meeting>

instagram: POM

