

# Portugal "0" Meeting '2025

**loulé - Algarve**  
1<sup>st</sup> - 4<sup>th</sup> March

## BULLETIN 02



**loulé**  
Aqui e Agora



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LAST REVIEW: SEPTEMBER 2024

# 2 WEEKS, 5 WRE

AGUIAR DA BEIRA | LOULÉ | CASCAIS

**ABOM 2025**  
AGUIAR DA BEIRA 'O' MEETING

- 21.02.2025 | FRIDAY  
PROLOGUE
- 22.02.2025 | SATURDAY  
LONG WRE + PREO
- 23.02.2025 | SUNDAY  
MIDDLE WRE

eventos.ori-estarreja.pt  
/OrientedForLife  
/orientedforlife

Logos: Esporito Aguiar, Loulé, AOF

**Portugal "O" Meeting 2025**  
**loulé - Algarve**  
1<sup>st</sup> - 4<sup>th</sup> March

Concelho de Loulé  
Compromisso com o Desporto  
www.loule.pt

**Program** **2 WRE**

- Stage 1 - 01<sup>st</sup> March - Middle Distance | Loulé
- Stage 2 - 01<sup>st</sup> March - Sprint | Algarve Stadium
- Stage 3 - 02<sup>nd</sup> March - Long Distance | Loulé
- Stage 4 - 02<sup>nd</sup> March - Sprint | Quarteiro
- Stage 5 - 03<sup>rd</sup> March - Middle Distance | Loulé
- Stage 6 - 03<sup>rd</sup> March - Pre-O | Loulé
- Stage 7 - 04<sup>th</sup> March - Long Distance | Loulé

Logos: Club BTT Loulé, Loulé, AOF

www.pom.pt | info@pom.pt | orientec@pom.pt | www.bttloule.com | @portugal.o.meeting

**8<sup>th</sup> AND 9<sup>th</sup> MARCH '25**

**Cascais International 'O' Meeting '25**

3 NEW MAPS

- 1 MIDDLE
- 1 MIDDLE
- 1 SPRINT
- 1 PRE-O

WRE CANDIDATE

Logos: CPDC, AOF, CASCAIS

**WORLD RANKING EVENT**  
- IOF -

# Welcome to Portugal "O" Meeting 2025

Welcome to Portugal "O" Meeting 2025, the most anticipated orienteering event of the year! This prestigious gathering will take place in the vibrant town of Loulé, nestled in the stunning Algarve region, during the Carnival weekend. Renowned for its rich culture, enchanting landscapes, and welcoming community, Loulé offers the perfect backdrop for this year's competition, promising an unforgettable experience for participants and spectators alike.

Join us as we explore the intricate terrains of the Algarve, where competitors from around the world will test their skills in the art of orienteering. The event coincides with the renowned Loulé Carnival, a spectacular celebration bursting with colorful parades, lively music, and captivating performances. This unique blend of sport and festivity provides an opportunity not only to challenge yourself on some of the most picturesque courses but also to immerse yourself in a carnival atmosphere unlike any other.

Beyond the thrill of the competition, discover the breathtaking beaches that make the Algarve a world-famous destination. From the golden sands of Praia da Falésia to the peaceful waters of Quarteira Beach, the region offers a myriad of seaside escapes perfect for relaxation and adventure. Whether you're navigating the courses or soaking up the sun, the Portugal "O" Meeting in Loulé guarantees an extraordinary journey through culture, nature, and sport. We look forward to welcoming you to our event!



## Message from the Event Director



Dear Athletes,

The Portugal "O" Meeting is a pedestrian orienteering event, included in the Ranking of the International Orienteering Federation (IOF) and in the ranking of the Portuguese Cup of the Portuguese Orienteering Federation – FPO.

It is an event open to people of any age, who can participate in competition levels or open classes, individually or in groups.

We invite all Orienteering lovers to participate in this event, wishing them a warm welcome.

We hope you enjoy your time in Algarve.

During POM, all athletes can enjoy and participate in LOULÉ Carnival.

You will also be able to enjoy the most beautiful beaches in Algarve, in Vilamoura, Quarteira.

There will also be events at the renowned Quinta do Lago.

Helder Faísca

# GOLF

QUINTA DO LAGO



## Message from the Mayor of the Municipality of Loulé



Welcome to the Municipality of Loulé.

Loulé is located in the center of the Algarve and extends from the coast to the mountains. Territory of diverse landscapes, in this land in the south of Portugal, the beauty of nature combines with the typicality of the small villages in the interior and the modernity of its cities.

As President of the City Council, I invite everyone to get to know our municipality, rich in cultural heritage, located throughout the territory. I could not fail to highlight some ex-libris, such as the Municipal Market in the city of Loulé, the [Islamic Baths](#) and the Casa Senhorial dos Barreto, the [Igreja Matriz de São Clemente](#) with its characteristic bell tower, the [Municipal Museum](#), where you can observe two fossil remains of a phytosaurus and a metoposaurus algarvensis; and the Roman ruins of Cerro da Vila.

The natural heritage is also an unmissable business card of our municipality for lovers of outdoor walks. Because, the municipality of Loulé has part of its surface classified as a protected area, encompassing a great diversity of habitats, rich in fauna and flora, geological heritage and other important resources, such as the Local Natural Reserve of Foz do Almargem and Trafal; part of the Ria Formosa Natural Park; the Local Protected Landscape of Rocha da Pena and the Local Protected Landscape of Fonte da Benémola.

Gastronomy, made with fresh and local products, and handicrafts are also riches of our municipality that will greatly please those who visit us for the first time, as well as our lineup of celebrations and parties that attracts thousands of people to our municipality every year.

Loulé is traditionally a territory that promotes sport, providing excellent conditions for practicing different sports. The quality of its infrastructure allows the municipality to host several national and international sporting competitions throughout the year, in different parts of the territory.

It is with great satisfaction that we welcome another competition in 2025, an international orienteering event: Portugal "O" Meeting (POM), a race that promotes a growing sport all over the world, not only because of its unique sport characteristics outdoors, but also because it is practicable in urban, rural or forestry contexts. In Loulé, orienteers participating in this 2025 edition will find routes of unique beauty and interest.

I end by congratulating the organization of the event, namely the Terra de Loulé MTB Club, which, with the support of the City Council, will, without a doubt, once again project the name of our land across borders.

We wish everyone a good race and hope you enjoy everything that Loulé has to offer.

Vitor Aleixo



Image 1 - Municipal Market



# QUARTEIRA BEACH



## Tourism

Loulé enjoys a very special position in the Algarve region. Its central location and good routes means that this municipality is a touristic destination by excellence.

A visit to Loulé is a must for anyone coming to the region: it is 16km from Faro Internacional Airport, with easy access to the A22 (Via do Infante) motorway and to the motorway that links Algarve to the capital (A2), and just 68km away from Ayamonte.

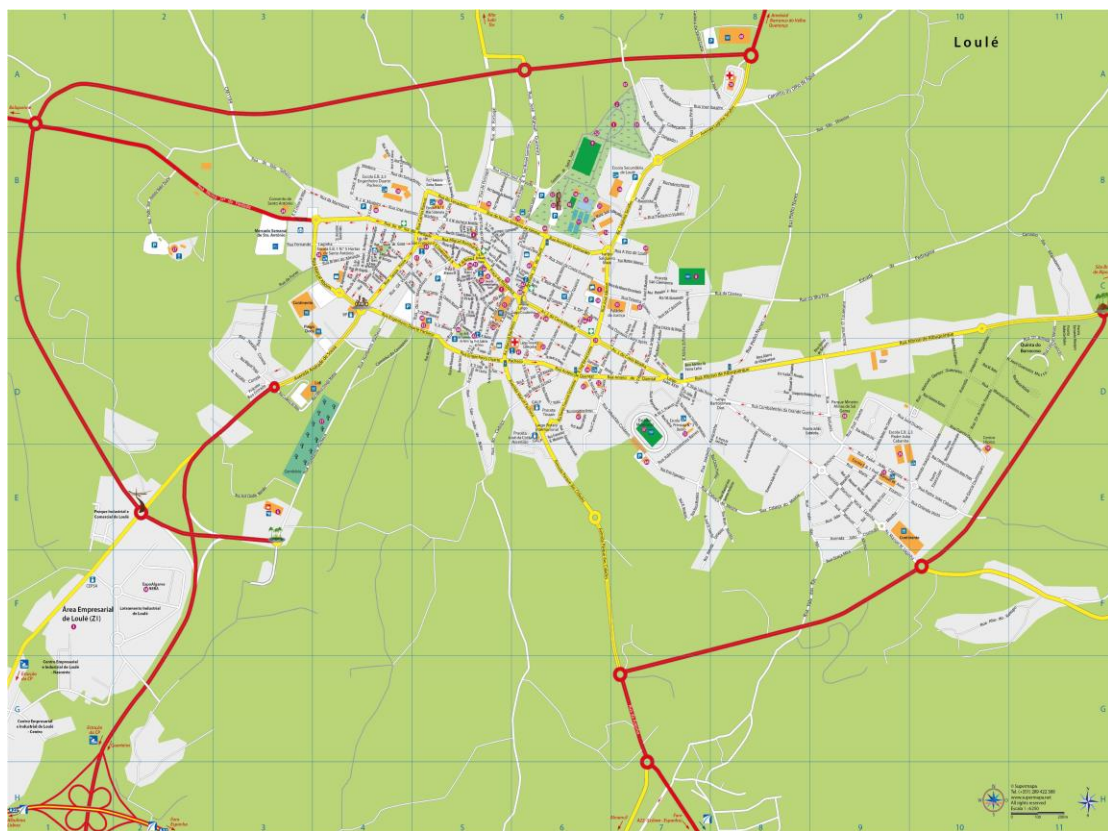


Image 2 - Loulé Map

With an area of about 765km<sup>2</sup> and a population of 69.230, the municipality extends over three climatic zones: the coastline, the Serra (the hills) and the Barrocal in between.

There is such an enormous range of touristic resources for visitors to discover.

Loulé has everything from the golden sands of the long, blue-flag beaches, which stretch for 13 km along the coast, to the picturesque villages of the Algarve "serra", from a high-quality architectural heritage to the richness of

the environment and scenery, from the lively nightlife to traditional festivals handed down from generation to generation, and in addition visitors can also make use of 13 excellent golf courses, and an international marina, and enjoy the rich variety of the local cuisine.

You can find out more through the [tourism](#) section of the municipality's website.

You can consult the tourist map of Loulé [here!](#)

## Accommodation

Loulé is the main city of the Algarve's largest and most populous municipality. Easy to get to and boasting a prime central location in the region, the municipality is a tourist destination par excellence. Visitors can choose from a huge variety of accommodation that ranges from 5\* hotels to rural tourism accommodation, the latter also being extremely popular with tourists visiting the municipality of Loulé.

See the full list of [accommodations](#) at section of the municipality's website.



Image 3 - Accommodation

# AQUASHOW

WATERPARK | INDOOR WATERPARK | HOTEL

aquashow INDOOR VERÃO TODO C

aquashow  
INDOOR



## Week Before

The training camps will be a simulation of the Portugal "O" Meeting 2025 competitions.

They will have a timing system with the SPORTIdent Air+ system active and will also have results.

The training camps are medium-distance orienteering events and there will be 3 courses with different degrees of difficulty:

- Green - For beginners
- Yellow - Medium course with technical difficulty
- Red - Medium/Long course with technical difficulty

Each training costs 5€ per person, per day until 31<sup>st</sup> October. After this day, the cost of each training camp per person, per day will be 7€.

The training camps do not have sports insurance included, unless requested. If requested, the insurance value will be added to the cost of the training camp.

Don't miss this opportunity to extend your POM25 experiences

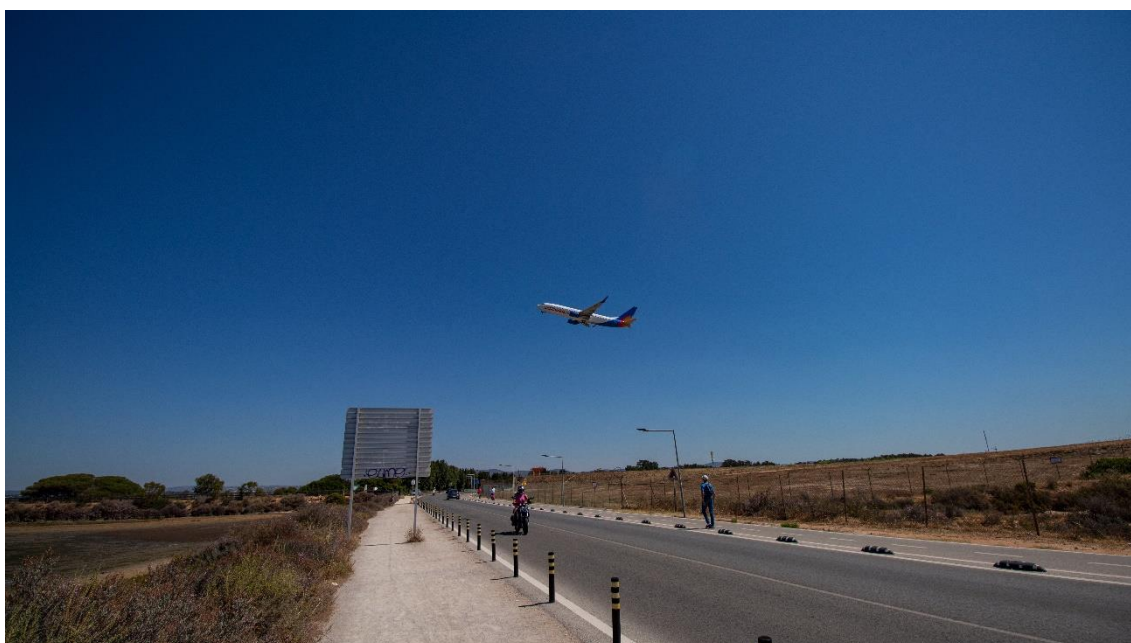


Image 4 - Faro Airport

## Program

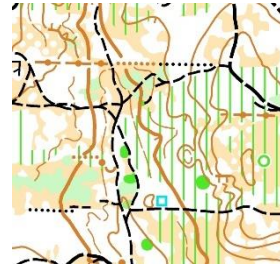
### February 25 (Day -3 – Tuesday): São Brás de Alportel

- 10:30 – First start
- 11:30 – Last Start
- 13:00 – TC close
- 



### February 26 (Day -2 – Wednesday): Tôr

- 10:30 – First start
- 11:30 – Last Start
- 13:00 – TC close



### February 27 (Day -1 – Thursday): Quinta do Lago

- 10:30 – First start
- 11:30 – Last Start
- 13:00 – TC close

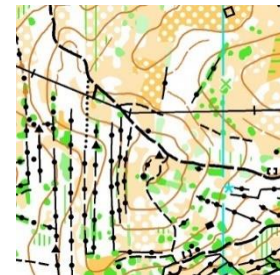


Image 5 - Terrain

## Locations



TC= Training Camp

## Distances

| Distances from Event Center |       |                          |             |
|-----------------------------|-------|--------------------------|-------------|
| Algarve Stadium             | 0 km  | 37°05'14.3"N 7°58'29.4"W | GOOGLE MAPS |
| Quinta do Lago TC           | 8 km  | 37°02'16.7"N 8°02'36.0"W | GOOGLE MAPS |
| Loulé                       | 9 km  | 37°08'20.0"N 8°01'19.7"W | GOOGLE MAPS |
| Faro                        | 11 km |                          | GOOGLE MAPS |
| Faro Airport                | 11 km | 37°01'23.4"N 7°58'14.1"W | GOOGLE MAPS |
| Faro Beach                  | 13 km |                          | GOOGLE MAPS |
| Quarteira                   | 14 km |                          | GOOGLE MAPS |
| Vilamoura                   | 15 km |                          | GOOGLE MAPS |
| São Brás de Alportel TC     | 20 km | 37°10'32.2"N 7°54'16.6"W | GOOGLE MAPS |
| Tôr TC                      | 20km  | 37°11'35.9"N 8°01'52.9"W | GOOGLE MAPS |

# PARTNER

TIMMING SOLUTION



**TIC TAC  
TIMING**

CRONOMETRAGEM



Portugal "O" Meeting 2024  
Alameda Superior  
55125-000  
SNE  
Dist: 125820  
Pais: 125820  
Cronometragem  
21



# POM 2025

## Program

### **February 28 (Day 0 – Friday): Model Event – Algarve Stadium**

- 10:30 – Event Centre opens – Algarve Stadium
- 11:00 – Model Event opens – Algarve Stadium (Forest)
- 17:00 – Model Event closes – Algarve Stadium (Forest)
- 19:00 – Hard Floor opens
- 23:00 – Event Centre closes – Algarve Stadium

### **March 1 (Day 1 – Saturday): Middle Distance WRE – Ludo**

- 08:00 – Event Centre opens – Algarve Stadium
- 10:00 – Middle Distance WRE start – Competition
- 10:30 – Start for open categories
- 14:30 – Event Centre closes – Arena
- 15:00 – WRE Prize-giving Ceremony – Algarve Stadium

### **March 1 (Day 1 – Saturday): Night Sprint – Algarve Stadium**

- 17:30 – Event Centre opens
- 19:00 – Night Sprint start
- 19:30 – Start for open categories
- 21:00 – Night Sprint Prize-giving Ceremony
- 21:30 – Event Centre closes

### **March 2 (Day 2 – Sunday): Long Distance – Ludo**

- 08:00 – Event Centre opens – Arena
- 10:00 – Long Distance start – Competition
- 10:30 – Start for open categories
- 15:30 – Event Centre closes



### **March 2 (Day 2 – Sunday): Night Sprint – Quarteira**

- 17:30 – Event Centre opens
- 19:00 – Night Sprint start
- 19:30 – Start for open categories
- 21:00 – Night Sprint Prize-giving Ceremony
- 21:30 – Event Centre closes

### **March 3 (Day 3 – Monday): Middle Distance WRE – Canil Loulé**

- 08:00 – Event Centre opens – Arena
- 10:00 – Middle Distance WRE start
- 10:30 – Start for open categories
- 14:30 – Event Centre closes at the arena
- 15:00 – WRE Prize-giving Ceremony



### **March 4 (Day 4 – Tuesday): PreO – Quinta da Ombria**

- 13:00 – PreO Event Centre opens
- 13:30 – PreO starts
- 17:30 – PreO Prize-giving Ceremony

### **March 4 (Day 4 – Tuesday): Long Distance – Chasing Start – Canil Loulé**

- 08:00 – Event Centre opens
- 09:00 – Long Distance (chasing start for Elite categories in the arena)
- 09:30 – Start for open categories
- 10:00 – Mass Start for remaining Elite category athletes in the arena
- 13:30 – POM2025 Prize-giving Ceremony
- 15:00 – Event Centre closes
- 17:00 – Hard Floor closes

# NEXT EVENT IN LOULÉ

IBERIAN WOMEN'S ORIENTEERING CHAMPIONSHIP

26-27 OUT 2024

## II ORI LOULÉ CAMPEONATO IBÉRICO FEMININO ORIENTEIRÃO PEDESTRE

INFO: [WWW.BTTLOULE.COM](http://WWW.BTTLOULE.COM)



Concelho de  
**Loulé**  
Compromisso  
com o  
Desporto

[www.louledesporto.co](http://www.louledesporto.co)

**LOULÉ  
ALGARVE  
PORTUGAL**

**SÁBADO**  
DISTÂNCIA MÉDIA  
SPRINT  
**DOMINGO**  
DISTÂNCIA LONGA



## Locations



## Distances

| Distances from Event Center |        |                          |             |
|-----------------------------|--------|--------------------------|-------------|
| Algarve Stadium             | 0 km   | 37°05'14.3"N 7°58'29.4"W | GOOGLE MAPS |
| Ludo – Day 1 and 2          | 4 km   | 37°04'20.3"N 7°59'28.2"W | GOOGLE MAPS |
| Loulé                       | 9 km   | 37°08'20.0"N 8°01'19.7"W | GOOGLE MAPS |
| Faro                        | 11 km  |                          | GOOGLE MAPS |
| Faro Airport                | 11 km  | 37°01'23.4"N 7°58'14.1"W | GOOGLE MAPS |
| Loulé – Day 3 and 4         | 12km   | 37°07'43.1"N 8°03'27.1"W | GOOGLE MAPS |
| Faro Beach                  | 13 km  |                          | GOOGLE MAPS |
| Quarteira                   | 14 km  |                          | GOOGLE MAPS |
| Vilamoura                   | 15 km  |                          | GOOGLE MAPS |
| Sevilha Airport             | 220 km |                          | GOOGLE MAPS |
| Lisboa Airport              | 269 km |                          | GOOGLE MAPS |
| Porto Airport               | 542 km |                          | GOOGLE MAPS |
| Madrid Airport              | 734 km |                          | GOOGLE MAPS |

# PARTNER



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ALUGUER & VENDA DE AUTOMÓVEIS DESDE 1991

## Maps and Terrain

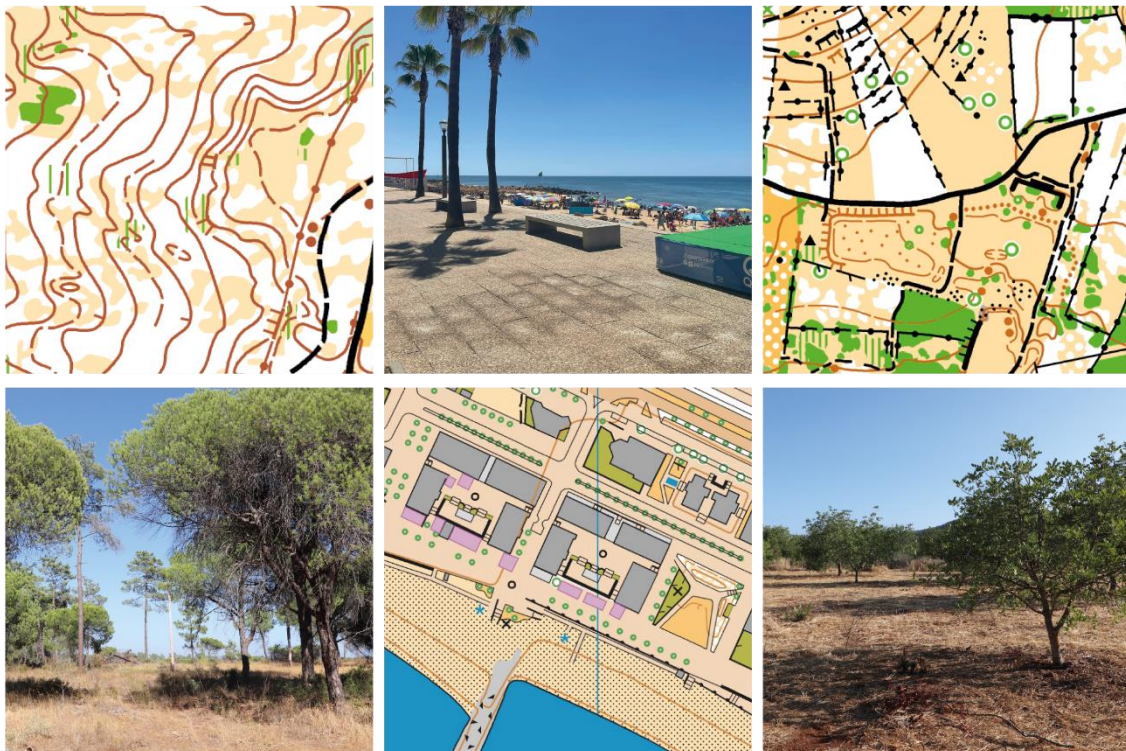
Loulé is located approximately 206 meters above sea level.

Competition venues are characterized in two ways. There are stages that will be contested in a Mediterranean forest, where carob trees predominate with a medium gradient and many stone details.

Other stages are in pine forest areas, where there are some open areas, with medium gradients and some undergrowth.

The forest maps were mapped by cartographer Alexandre Reis, and used the current International Specification for orienteering maps.

All maps that will be used are new, with the exception of the urban map of Quarteira



# TIMING SYSTEM

AIR MODE WILL BE ACTIVE



## Entries and Prices

The runners must register their entries using the platform [OriOasis](#). The registration in the Model Event must also be made on the same platform using one extra available field.

In case of doubts or problems with entries, please contact us by the following e-mail: [entries@pom.pt](mailto:entries@pom.pt)

The entries deadline is 15<sup>th</sup> February 2025.

**ELITE CLASSES:** During entry process, Elite runners must provide their IOF World Ranking ID. All the athletes in those classes need to be registered in IOF Eventor.

**MODEL EVENT:** Don't forget to register for the Model Event.

**HARD FLOOR:** If you want to use Hard Floor the registration for it is mandatory.

**SOUVENIR:** All athletes will receive an event t-shirt.

| Prices  |       |                           |          |              |
|---------|-------|---------------------------|----------|--------------|
| Terrain | Stage | Classes                   | POF/FEDO | Non-POF/FEDO |
| Forest  | 1     | Open Young + T10 + M/W 12 | 5,5€     | 6€           |
|         | 3     | Open Senior               | 10€      | 11€          |
|         | 5     | Young Competition         | 5,5€     | 10€*         |
|         | 7     | Senior Competition        | 10€      | 17€*         |
| Sprint  | 2     | Open Young + T10 + M/W 12 | 4,5€     | 5€           |
|         |       | Open Senior               | 8€       | 9€           |
|         | 4     | Young Competition         | 4,5€     | 9€*          |
|         |       | Senior Competition        | 8€       | 14€*         |
| PreO    | 6     | Paralimpic                | 10€      | 17€*         |
|         |       | Open                      | 10€      | 17€*         |
| Forest  | Model | ALL                       | 5€       |              |

**Note:** Any changes outside the deadlines have a cost of 3€.

\* The value of sports insurance is added to the table values (2€/day).



## Sport insurance

Athletes affiliated in POF / FEDO and Open Classes are covered by POF insurance. Fee of €2/day to be applied to all remain athletes on competition classes and PreO.



Image 6 - Algarve Stadium | Event Centre

## Classes

| Classes                 |                            |                       |  |
|-------------------------|----------------------------|-----------------------|--|
| Terrain                 | Stage                      | Type                  | Classes  |
| Forest<br>and<br>Sprint | 1<br>2<br>3<br>4<br>5<br>7 | OPEN                  | White<br>Green<br>Yellow<br>Red  |
|                         |                            | Extra-Competition     | T 10<br>M/W 12   |
|                         |                            | Young<br>Competition  | M/W 14<br>M/W 16<br>M/W 18<br>M/W 20<br>ME / WE  |
|                         |                            | Senior<br>Competition | M/W 21A<br>M/W 21B<br>M/W 35<br>M/W 40<br>M/W 45<br>M/W 50<br>M/W 55<br>M/W 60<br>M/W 65<br>M/W 70<br>M/W 75<br>M/W 80<br>M/W 85<br>M 90 |
|                         |                            |                       | PREO   |
|                         |                            |                       | Open   |
|                         |                            |                       | Paralimpic   |

# PLAN YOUR TRIP WITH...

WHERE DO YOU LIVE? MAYBE YOU HAVE  
SOMEONE OUT THERE WHO CAN HELP YOU!



EMAIL: [INFO@O-PORTUGAL.PT](mailto:INFO@O-PORTUGAL.PT)

[WWW.O-PORTUGAL.PT](http://WWW.O-PORTUGAL.PT)



EMAIL: [INFO@WMOC.FI](mailto:INFO@WMOC.FI)

[WWW.WMOC.FI](http://WWW.WMOC.FI)



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[WWW.DANIELSTRAVELS.FI](http://WWW.DANIELSTRAVELS.FI)

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[WWW.SUUNNISTUSMATKAT.FI](http://WWW.SUUNNISTUSMATKAT.FI)



**ULU'S  
REISEWELT**

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**PWT travel**

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## Contacts

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[info@pom.pt](mailto:info@pom.pt) - For general matters

[entries@pom.pt](mailto:entries@pom.pt) - for general entries matters

[payments@pom.pt](mailto:payments@pom.pt) - for payment management

  @portugal.o.meeting

