



FAROL ADVENTURE TRAIL

FLORES | AZORES

25.04
2026



REGULATION



RACE REGULATIONS

1. Description

The Farol Adventure Trail – Flores Azores (FAT) is a sporting event organized by Atlético Clube Fajã Grande in conjunction with the Municipality of Lajes das Flores, which will be open to participants of all nationalities and competitive levels.

This event is a true immersion in the unparalleled beauty of Flores island in the Azores, where participants will run along stunning trails that will transport them to an ancient time when the locals used traditional paths to move between the parishes and their cultivated fields. The Farol Adventure Trail includes a Lighthouse to Lighthouse race, linking the Albarnaz Lighthouse to the Ponta das Lajes Lighthouse. With the various races, participants will pass through all the parishes in the municipality, exploring the rich diversity of landscapes and unique places on the island. Along the way, they will be challenged by footpaths and steep inclines, typical of the region, while enjoying iconic spots such as the Poço do Bacalhau Waterfall, the Poço do Ferreiro Waterfalls or Rocha dos Bordões, breathtaking viewpoints and intimate contact with lush nature, where the sound of falling water will be a constant. This experience will be one of the most memorable and demanding for the participants, testing their physique as they explore one of the most beautiful corners of the archipelago.

The third edition of the FAT will take place on April 25, 2026, with three competitive trail run races of 36km, 18km and 09km respectively and a 09km walk.

2. Races

The Farol Adventure Trail – Flores Azores (FAT) is a sports event certified by the **International Trail Running Association (ITRA)**, the **UTMB World Series**, the **Trail Running Portugal Association (ATRP)**, and is part of the **São Miguel Trail Circuit of the São Miguel Athletics Association and the Azores Regional Calendar**.

This event includes several activities that cross various types of terrain (dirt, stone, grass, mud, streams, etc.) and elevation changes, all finishing near the Ponta das Lajes Lighthouse.

- **FAT36** – a 36km race starting at the [Albarnaz Lighthouse, in the parish of Ponta Delgada, Santa Cruz das Flores;](#)
- **FAT18** – an 18km race starting at [Largo do Rossio, in the parish of Fajãzinha, Lajes das Flores;](#)
- **FAT09 and FAT09c** – a 9km race and walk, starting near the [São Caetano Parish Church, in the parish of Lomba.](#)

3. Minimum age for participation in the different races

The minimum age for participation is as follows: **FAT36** 20 years old, and **FAT18** 18 years old, **FAT09** 16 years old. Consider the age as of September 30, 2026.

The walk, **FAT09c**, does not require a minimum age for participation, as long as they are accompanied by a guardian who is of legal age and has the necessary conditions to complete the route safely.

All participants under the age of 18 will only be allowed to take part on presentation of a duly completed and signed declaration of authorization for minors to take part, which must be handed in at the event secretariat when collecting their kit.

[Declaration of authorization for the participation of minors,](#)

[available to download HERE](#)

4. Registration

4.1. General Conditions and Terms of Liability

The participant registered for any of the **FAT2026** races declares that:

- 4.1.a.** Agrees to participate voluntarily and under their own responsibility in the competition. Therefore, they agree not to claim or demand from the organization, collaborators, authorities, sponsors and other participants any responsibility towards them and their heirs, in

everything that exceeds the coverage of their responsibilities, those of their collaborators and participants;

- 4.1.b.** Since there will be no road traffic disruption, you must comply with the traffic rules, as well as respecting agricultural areas and private property, under penalty of having to assume potential damages and compensation resulting from your non-compliance;
- 4.1.c.** You are physically and psychologically fit for the characteristics of the race, which combines distance, gradient, temperature, humidity, etc;
- 4.1.d.** You are aware of the medical contraindications that this race may trigger, and consequently release the Organization from any responsibility for any medical problem that may arise during the event due to negligence on your part;
- 4.1.e.** It is recommended that all participants undergo a sports medical examination to certify their fitness for this type of physical activity. At any time, the organization reserves the right to remove a participant if they show any sign of a pathology that jeopardizes their health and well-being, and/or that of others;
- 4.1.f.** In the event that a participant is unable to take part and/or the weather conditions do not allow the event to take place or it is cancelled, the organization will not be obliged to refund the registration fee, nor will it be obliged to refund the sponsors;
- 4.1.g.** You agree to the processing of your personal data as mentioned in the Data Protection Act;
- 4.1.h.** You acknowledge that you will receive communications from the Organization that are essential for your participation in the event and for your safety, whether by correspondence, e-mail, messages or any other electronic communication services;
- 4.1.i.** Authorizes the use of images and videos taken during the event, for the purposes of publicizing and promoting the event, without any charge or time restriction;
- 4.1.j.** In effect, by clicking on the registration confirmation field, you express your agreement to the conditions, terms and rules of registration and participation in the races, in accordance with the provisions of these regulations.

4.2. How to register

4.2.a. Entries are made via the platform [using a link provided for this purpose.](#)

4.2.b. The veracity of the data provided is the responsibility of the participant, and it is important that it is accurate for insurance purposes.

4.3. What regularized registration / Race Kit includes

4.3.a. Race bib;

4.3.b. Race T-shirt;

4.3.c. Access to supply stations;

4.3.d. Personal accident and liability insurance;

4.3.e. Finisher's gift for those who complete the race;

4.3.f. Social dinner ([please confirm your presence - Here](#));

4.3.g. The FAT09c walk will not have time control or classification;

4.3.h. Hard-floor accommodation (bring sleeping bag) ([subject to availability and reservation - HERE](#));

4.3.i. Transfers to the start of the race ([subject to availability and reservation - HERE](#))

4.4. Registration periods and fees

Event/Phase	Phase 1 until 31/12 2025	Phase 2 01/01 to 01/04 2026
FAT36	25€	30€
FAT18	20€	25€
FAT09 FAT09c	15€	20€
<p>Meals for those accompanying the participant: 15€ per person (aged 12 or over)</p> <p>Reservation required by April 1st</p> <p>Payment by bank transfer (send proof to:) faroladventuretrail.azores@gmail.com</p> <p>Atlético Clube Fajã Grande: PT50 003507140000507043045</p>		

4.4.a. After the deadline, registrations for which payment has not been confirmed will be updated to the monetary value of the next stage;

4.5. Registration requirements

4.5.a. Registration is regularized once payment has been made within the established deadlines and implies acceptance of all the information and Disclaimer contained in these regulations. It will not be necessary to send proof of payment;

4.5.b. Entries are limited to a total of **250 participants** in all four races;

4.5.b.1. The number of entries per race: **FAT36**: approximately 90 participants; **FAT18**: approximately 90 participants; **FAT09**: approximately 40 participants, and **FAT09c**: approximately 30 participants;

4.5.b.2. The Organizer reserves the right to change the number of places in order to meet its commitments to **FAT** members and organizers and to the event's official partners;

4.5.b.3. The Organization also reserves the right to reduce the number of places for safety reasons or for any other reason that may affect the smooth running of the race. All changes will be announced in advance on the event's official website and social media;

4.5.c. Entries are personal and non-transferable;

4.5.d. Each race will close registration as soon as it reaches its maximum capacity or, if not sold out earlier, on **April 1st, 2026**. The sell-out of one race does not prevent participants from registering for other races that still have available slots

4.5.e. All entries without confirmation of payment by **April 1st, 2026** may not be considered. It is up to the organization to assess the possibility of creating an extra registration deadline and decide according to vacancies and conditions;

4.5.f. If there is a possibility of registering after **April 1st, 2026**, this will cost an additional €5 and the organization does not commit to having the desired T-shirt size available;

4.5.g. The organization is not obliged to refund the registration fee to participants who have already been confirmed and are unable to attend on the day of the event;

- 4.5.h.** If the participant requests to change their registration to a race with a longer distance, they will have to pay the difference in the amounts mentioned in point **4.3.** If you want to change to a race with a shorter distance, any difference in the registration fee will not be refunded;
- 4.5.i.** Kits or prizes not collected by **May 04, 2026** may be shipped by mail, after the situation is assessed and the shipping costs have been covered by the participant, by bank transfer before sending;
- 4.5.j.** All uncollected kits will be kept for **1 month**. After this period, the organization reserves the right to dispose of them, namely by donating them to local institutions, using them for promotional purposes or, as a last resort, disposing of them if they include perishable or personalized products that cannot be reused.
- 4.5.k.** All inquiries should be made to:
faroladventuretrail.azores@gmail.com or mobile: **918182186**.

5. Race Bib

The race bib is personal and non-transferable and should preferably be worn in front of the body and should be carried in this position throughout the race course. Consequently, if the participant does not have their race bib at any of the control points or at the finish, they will not be classified;

Any alteration of the race bib is not permitted, under penalty of disqualification. The integrity of the race bib must be guaranteed; if the race bib is torn, it may not be possible to identify it and the participant will not be classified;

In the event of withdrawal, the participant must notify the organization immediately (contact: 918182186).

6. Prizes and classes

6.1. Prizes

For the **FAT09**, **FAT18** and **FAT36** races – prizes for the top three in the individual general classification and by class (according to **table 6.3.**), for both men and women. Prizes for the top three teams (the team classification is mixed).

6.2. Team classification

- 6.2.a.** Teams are made up of a minimum of 3 members (without distinction as to class or gender);
- 6.2.b.** Based on the general classification, points are awarded corresponding to the classification obtained by each participant;
- 6.2.c.** For each team's score, the places of the top 3 finishers are added together;
- 6.2.d.** The team with the fewest points wins;
- 6.2.e.** In the event of a tie, the team that finishes first in the overall standings is declared the winner.

6.3. Age categories

The Age categories **are in accordance with the ATRP competition regulations**, but only the age categories listed in the table below will be awarded a trophy at the event:

Age groups					
FAT09		FAT18		FAT36	
Female	Male	Female	Male	Female	Male
≥ 16 years old		Seniors 18-34 years		Seniors 20-34 years	
		Veterans I 35 - 44 years		Veterans I 35 - 44 years	
		Veterans II 45 to 54 years old		Veterans II 45 to 54 years old	
		Veterans III over 55		Veterans III over 55	

7. Program / Schedule

Day	Time	Description	Information
until 31/12 2025		Phase 1 - registration	Platform https://acorrer.pt/
01/01 to 01/04 2026		Phase 2 - registration	
24/04	14h00 to 16h30 e 18h00 to 20h00	Collection Race Kits	To be determined
	19h00	Briefing Farol Adventure Trail	
25/05	06h15	Transfer to FAT36 start	Ponta das Lajes Lighthouse, Former Naval Radio
	08h00	Start of the race FAT36	Albarnaz Lighthouse, Ponta Delgada
	08h30	Transfer to the start FAT18	Ponta das Lajes Lighthouse, Former Naval Radio
	10h00	Start of the race FAT18	Largo do Rossio, Fajãzinha
	10h15	Transfer to the start FAT09 and FAT09c	Ponta das Lajes Lighthouse, Former Naval Radio
	11h30	Start of the race FAT09 and FAT09c	Largo da Igreja de São Caetano, Lomba
	16h00	Closing of the META	Ponta das Lajes Lighthouse, Former Naval Radio
		Dinner	
	18h00	Awards ceremony	

7.1. For reasons of force majeure, times and locations may be altered;

7.2. Transportation will only be available for participants who [have requested it – Book Here](#)

8. Mandatory/recommended material and material checks

During the competition, participants must be accompanied by all the compulsory material and all the material they started with throughout the race (in case of need). At any time during the race, the Organization may check this. Participants must accept these checks peacefully, without objection, or they will be excluded from the race.

Depending on the weather conditions, the Organization may announce which recommended material may become mandatory

8.1. Mandatory/Recommended Material

Mandatory/recommended material (x/-)	FAT36	FAT18	FAT09	FAT09c
Race Bib	X	X	X	X
Functional cell phone	X	X	X	X
Whistle	X	X	X	X
Thermal blanket (min. 140cm x 200cm)	X	X	X	X
Water tank(s) (0.5 liters minimum combined capacity)	X	X	-	-
Waterproof	X	X	-	-
Backpack or similar equipment	-	-	-	-
Walking Sticks	-	-	-	-

9. Support/External Help

Support for participants from outside the organization is only permitted at the supply stations. In accordance with point **4.1.c**, participants must be aware of their needs during the race, as well as their ability to solve problems in unexpected situations.

10. Supply stations and time limit

10.1. Description of time limit and supply stations (approximate distances).

Supply stations and time limit	FAT36	FAT18	FAT09	FAT09c
Fajã Grande	15km ->3h00	-	-	-
Fajãzinha	18,5km ->4h15	0km	-	-
Mosteiro	21,5km ->5h15	3km ->1h30	-	-
Costa do Lajedo	27km ->6h30	9km ->3h00	-	-
Fazenda	-	-	4,8km -> 2h00	4,8km -> 3h00
META - Farol	36km ->8h	18km ->6h00	9km -> 3h30	9km -> 4h30

10.2. For reasons of force majeure, the time barriers may be altered;

10.3. There may be surprise controls at various points along the route and there will be liquid and solid fuel stations;

10.4. Failure to comply with the time barriers will result in the disqualification of the participant and the continuation of the race is the responsibility and autonomy of the participant.

11. Disqualifications / Penalties:

11.1. Participants who are not accompanied by the mandatory material and/or who have started the race will be penalized 15 minutes for each missing item.

11.2. The organization will disqualify or not allow the permanence in the race participants who:

- 11.2.a.** Does not comply with these regulations;
- 11.2.b.** Does not assist a participant who needs help;
- 11.2.c.** Does not complete the entire course;
- 11.2.d.** Receive external help outside the areas defined by the Organization;
- 11.2.e.** Deteriorate or dirty the environment through which they pass;
- 11.2.f.** Do not comply with the time barriers;
- 11.2.g.** Ignore the organization's instructions;
- 11.2.h.** Behave in an unsportsmanlike manner;
- 11.2.i.** The organization may not accept, in future editions, the registration of participants who are covered by any of the last two paragraphs.

12. Race insurance

Participants will be automatically insured, in accordance with Decree Law no. 10/2009 of January 12.

All occurrences must be reported to the Organization after the end of the event, or to the following e-mail address: faroladventuretrail.azores@gmail.com by 8pm on the day of the Trail and Walk races.

13. Toilets and bathing facilities

Participants may use the toilets and showers at the [Lajes das Flores Municipal Pavilion](#).

14. Transportation and Parking

Transport will be available from the finish line (Lajes Lighthouse) to the start of the races, subject to booking with the organization.

There are several parking lots near the finish line:

- [Lajes Municipal Pavilion parking lot](#)
- [Arco-íris nursery school parking lot](#)
- [Parking lot next to the Municipal Museum Lajes](#)
- [Parking lot next to the Lajes Municipal Museum 2](#)
- [Parking lot next to Lajes Town Hall](#)

15. Information

15.1. How to get there

Flores island has regular flight connections and an airport, the main way to get there being by air. There are only flights to Flores island operated by SATA Air Açores, usually with stopovers on the islands of São Miguel, Faial or Terceira. Visitors can make use of cab services, car rental or transport provided by tour operators to better discover the many charms of Flores island. More information [here](#).

15.2. Where to stay

The municipality of Lajes has several lodgings, check them out [here](#). Participants wishing to use the Hard-floor accommodation (bring sleeping bag) must fill in the form:

- [subject to availability and reservation – HERE](#)

or contact:

- 918 182 186
- 960 084 837
- faroladventuretrail.azores@gmail.com

16. Image Rights and Publicity

Acceptance of these Regulations implies that the participant authorizes the use of his or her image for the dissemination of the race in all its forms of communication (radio, written press, video, photography, posters, social media, etc.) and that these may be used in a timeless manner in any publicity action, for the sole purpose of promoting and publicizing the event now and in the future. It also assigns all rights to its commercial and advertising exploitation that it deems appropriate to carry out, without the participants' right to receive any economic compensation.

17. Data Protection

By registering, all participants authorize the publication of their personal data necessary for the running of the race, be it the official lists, in the media and/or internet, as well as its use for sending information about the event, including future editions. You also authorize that the images collected (photo or video) may be used in a timeless way in any advertising campaign, with the sole

purpose of promoting and publicizing the event. Each participant is responsible for the accuracy of the data provided in their registration, and is aware that this will form part of a file for which the organization will be responsible.

18. Contacts

For any queries, questions or complaints, the contacts are:

- 918 182 186
- 960 084 837
- faroladventuretrail.azores@gmail.com

19. Omissions

Omissions will be resolved by the organizers, who will apply the solutions recommended by the general regulations governing the sport.

The organization reserves the right to make any changes it deems necessary depending on the different conditions encountered on the day of the event, as well as to suspend the race if the conditions do not allow it to take place safely.

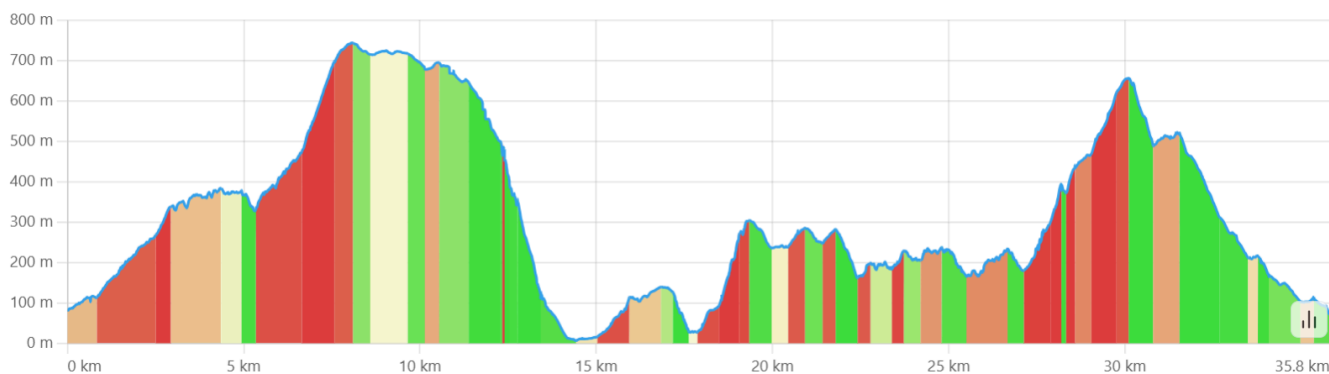
These regulations may also be amended in order to provide more complete information.

ANNEX I

1. FAT36: [Download the FAT36-GPX file HERE](#)

Start time	Starting Location	Distance	Slope +	Level -	Time limit
08h00	Albarnaz Lighthouse, Ponta Delgada	35,8 km	1899m	1907m	08 hours

Distances are approximate and may not coincide with all GPS.



ANNEX III

3. FAT09 and FAT09c: [Download the FAT09 and FAT09c-GPX file HERE](#)

Departure Time	Place of Departure	Distance	Slope +	Slope -	Time limit
11h30	Largo da Igreja de São Caetano, Lomba	8,8km	288m	406m	FAT09 - 03h30 FAT09c - 04h30

Distances are approximate and may not coincide with all GPS devices.

