

ILHA TERCEIRA

AÇORES



3 OUT 2026

BE BRAVE



GUIA DO ATLETA

ATHLETE GUIDE



GOVERNO
DOS AÇORES

OFFICIAL AZORES BRAVOS TRAIL MERCH

LOJA BRAVA



BE BRAVE

LOJA BRAVA

HOODIES & CASACOS · HOODIES & JACKETS



TOUVA

35 €

Exclusivo no secretariado
Race office exclusive



HOODIE PRETO
BLACK HOODIE

30 €

Oversized



HOODIE KHAKI
KHAKI HOODIE

30 €

Oversized



HOODIE VERDE
GREEN HOODIE

25 €

Corte normal · Regular fit



HOODIE MARFIM
IVORY HOODIE

25 €

Corte normal · Regular fit



CAMISOLA AZUL
BLUE SWEATSHIRT

15 €

Últimas unidades · Last units

VISITA O SECRETARIADO DA PROVA PARA ADQUIRIRES OS PRODUTOS

VISIT THE RACE OFFICE TO PURCHASE THE PRODUCTS

PROGRAMA

PROGRAM

01 / 02
OUT

14:00 **Secretariado** *Check-in*
20:00 Museu de Angra do Heroísmo

03
OUT

00:00 **START AzBT 100K**
Miradouro do Facho — Praia da Vitória.

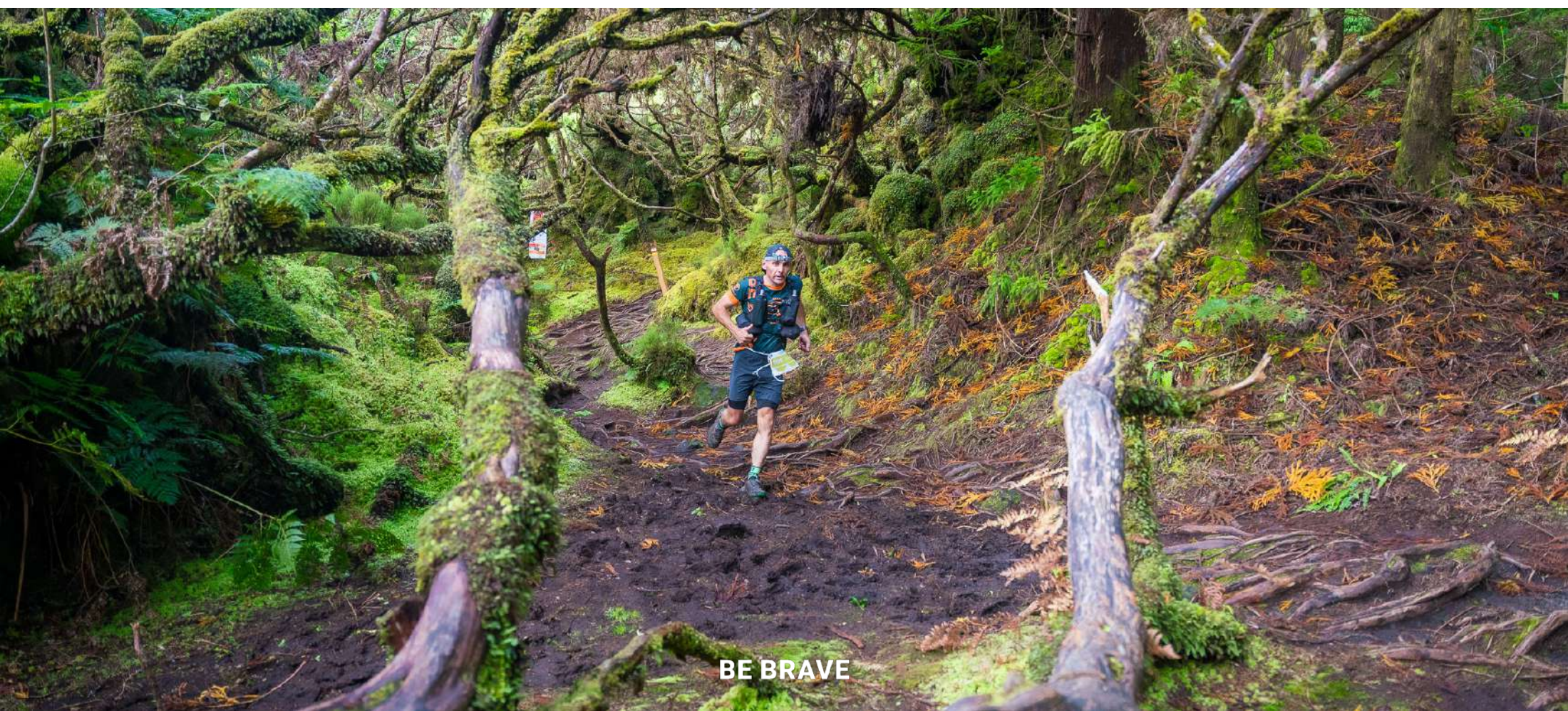
08:00 **START AzBT 50K**
Rua da Igreja — Agualva.

10:00 **START AzBT 35K**
Biscoitos.

11:30 **START AzBT 15K**
Posto Santo.

11:45 **START CAMINHADA**
Posto Santo.

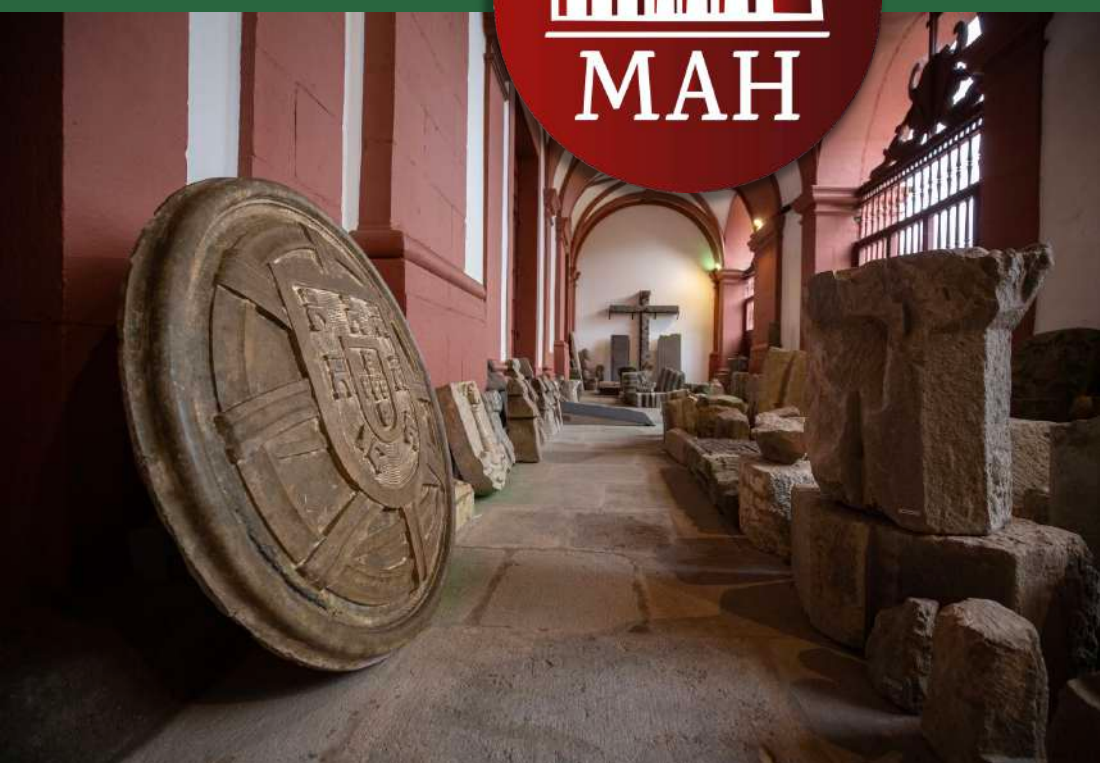
17:00 **Entrega de prémios** *Awards*
Relvão — Angra do Heroísmo.



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SECRETARIADO

CHECK-IN



MUSEU DE ANGRA DO HEROÍSMO

Ladeira de São Francisco
9700-181 Angra do Heroísmo



1 OUT: 14h - 20h
2 OUT: 14h - 20h

Fundado em 1949, o **Museu de Angra do Heroísmo** está instalado desde 1969 no antigo Convento de São Francisco, um edifício do século XVII que também acolheu o Liceu de Angra.

Gravemente afetado pelo sismo de 1980, foi restaurado e reabriu integralmente em 2000. As suas coleções contam a história da ilha Terceira e destacam o papel estratégico dos Açores no Atlântico.

Founded in 1949, the **Angra do Heroísmo Museum** has been housed since 1969 in the former São Francisco Convent, a 17th-century building that also housed the Angra Lyceum.

Severely damaged by the 1980 earthquake, it was restored and fully reopened in 2000. Its collections tell the story of Terceira Island and highlight the strategic role of the Azores in the Atlantic.

BE BRAVE



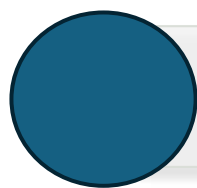
Fitness

BE BRAVE

LOCALIZAÇÕES

Angra do Heroísmo

LOCATIONS

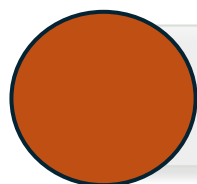


BUS TRANSFERS

Cerrado do Bailão Angra do Heroísmo

MAPS

[38.655415, -27.224999](#)

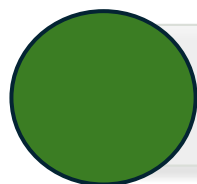


BANHOS SHOWERS

Piscina/Pavilhão Municipal de Angra do Heroísmo

MAPS

[38.655497, -27.224381](#)

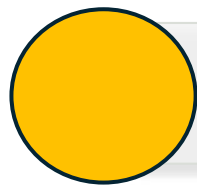


BANHOS SHOWERS

Campo Municipal de Angra do Heroísmo

MAPS

[38.653562, -27.224525](#)



META ARENA

Parque do Relvão

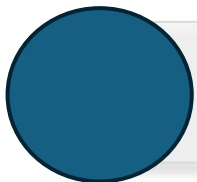
MAPS

[38.651588, -27.223493](#)

LOCALIZAÇÕES

Praia da Vitória

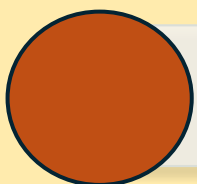
LOCATIONS



AEROPORTO *AIRPORT*
Lajes

MAPS

[38.761113, -27.090115](#)



FARMÁCIA SILVA *PHARMACY*
Largo Conde Praia da Vitória 26

MAPS

[38.730485, -27.065323](#)

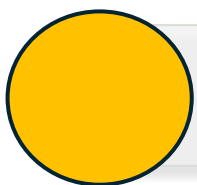


HORÁRIO REGULAR

Segunda-Feira a Sábado
08h30 às 19h00
Domingo: Encerrado

REGULAR SCHEDULE

Monday to Saturday
08h30 - 19h00
Sunday: Closed



HOTEL PRAIA MARINA *HOTEL*
Praia da Vitória

MAPS

[38.731764, -27.058756](#)

PROVAS *RACES*

NOTA:

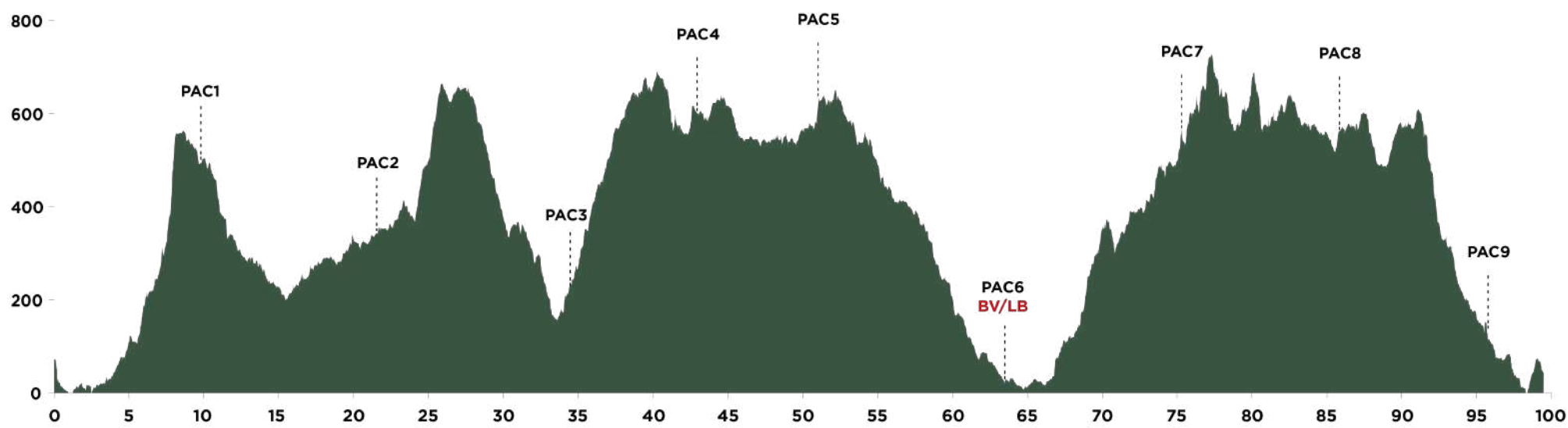
Os percursos encontram-se sujeitos a alterações condicionadas à avaliação das condições de segurança e apenas são válidos no dia da prova

Routes may be changed following a safety assessment and are valid only on race day.

BE BRAVE



100K



SACOS BAG DROP

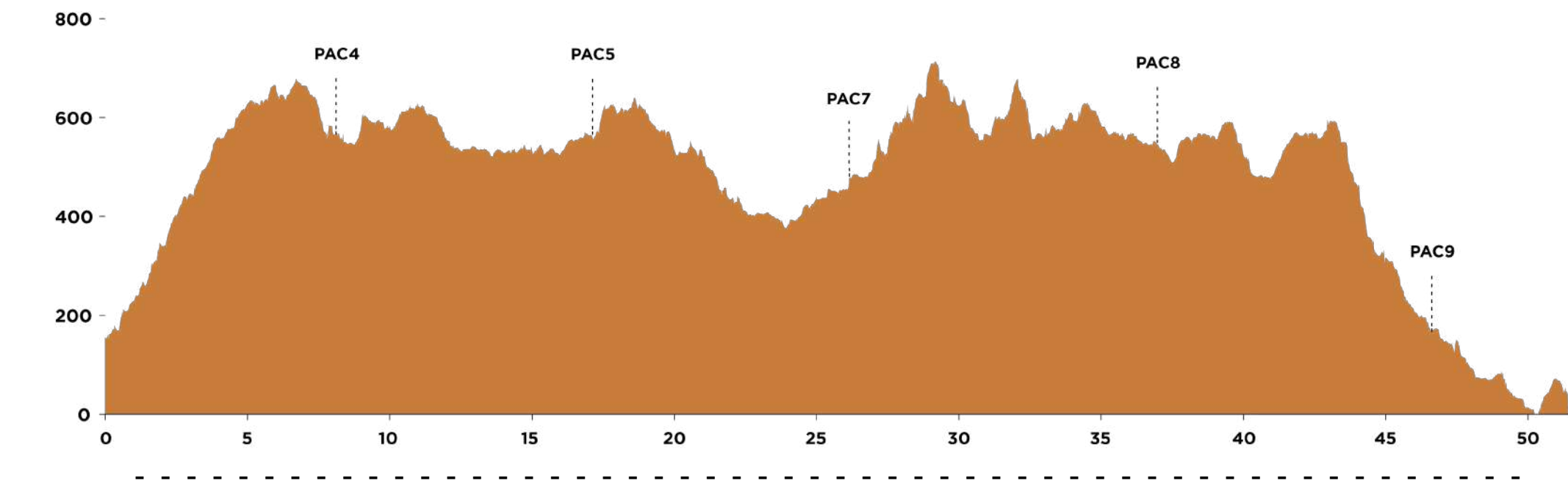


Localization		GPS	Elevation	Partial distance	Accum. Distance	Partial D+	Accum. D+	Partial D-	Accum. D-	Fastest	Slowest	Cut-off time
			m	km	km	m	m	m	m	h:m	h:m	hh:mm (horas locais)
AzBT_100												AzBT_100
	Praia da Vitória	38.734292, -27.053555	70	-	-	-	-	-	-	0:00	0:00	0:15
PAC1	Serra do Cume	38.713404, -27.115180	548	9,70	9,70	637	637	637	159	1:08	2:07	2:00
PAC2	Golfe	38.735015, -27.159541	319	12,00	21,70	216	853	159	605	2:32	4:46	5:00
PAC3	Agualva	38.771838, -27.176163	149	13,00	34,70	489	1342	658	1 263	4:04	7:37	7:00
PAC4	Algar do Carvão	38.728179, -27.216472	561	8,30	43,00	615	1957	203	1 466	5:02	9:27	10:00
	Crossroads 1	38.735277, -27.222355	590	1,40	44,40	59	2 016	31	1 497	5:12	9:45	
PAC5	Mistérios Negros	38.731826, -27.269072	551	6,80	51,20	145	2 161	183	1 680	6:00	11:15	12:00
PAC6	Biscoitos / Life Base	38.793844, -27.265477	86	12,10	63,30	229	2 390	698	2 378	7:25	13:54	14:00
PAC7	Vimieiro	38.758884, -27.250660	455	12,30	75,60	596	2 986	223	2 601	8:52	16:37	16:00
	Rocha do Chambre	38.751835, -27.235167	713	3,00	78,60	295	3 281	43	2 644	9:13	17:16	
	Crossroads 2	38.735277, -27.222355	590	4,60	83,20	214	3 495	323	2 967	9:46	18:17	
PAC8	Furna do Enxofre	38.725708, -27.233784	551	3,20	86,40	77	3 572	124	3 091	10:08	18:59	19:00
	Serra do Morião	38.700252, -27.217029	562	5,80	92,20	213	3 785	202	3 293	10:49	20:16	
PAC9	Nasce Água	38.679394, -27.212809	196	3,60	95,80	53	3 838	419	3 712	11:14	21:03	21:00
FINISH	Angra do Heroísmo	38.650922, -27.223353	42	4,30	100,10	95	3 933	255	3 967	11:45	22:00	22:00

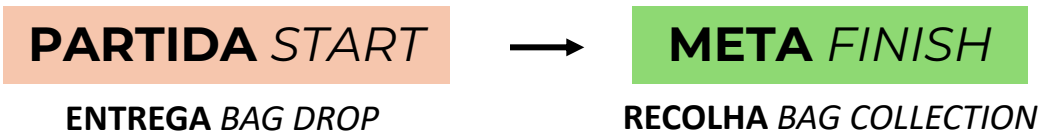
DOWNLOAD TRACK → <https://azoresbravostrail.com/corridas/>



50K

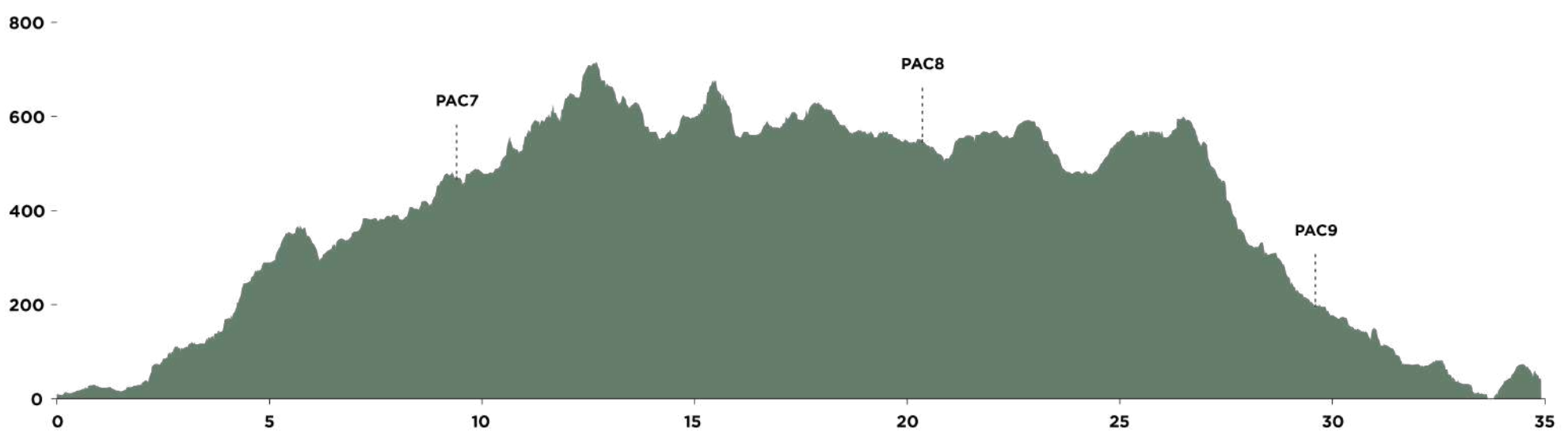


SACOS BAG DROP

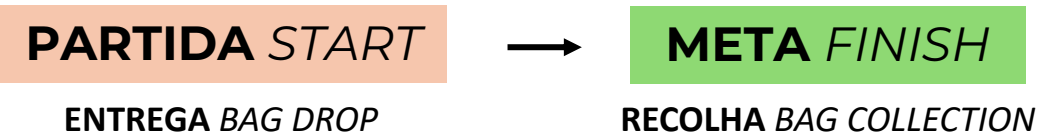


Localization	GPS	Elevation	Partial distance	Accum. Distance	Partial D+	Accum. D+	Partial D-	Accum. D-	Fastest	Slowest	Cut-off time	
		m	km	km	m	m	m	m	h:m	h:m	hh:mm (horas locais)	
AzBT_50											AzBT_50	
	Agualva	38.771838, -27.176163	149	-	-	-	-	-	8:00	8:00	8:15	
PAC4	Algar do Carvão	38.728179, -27.216472	561	8,20	8,20	615	615	203	203	8:42	9:34	10:00
	Crossroads 1	38.735277, -27.222355	590	1,70	9,90	59	674	31	234	8:51	9:54	
PAC5	Mistérios Negros	38.731826, -27.269072	551	7,20	17,10	145	819	183	417	9:29	11:18	12:00
PAC7	Vimieiro	38.758884, -27.250660	455	9,10	26,20	300	1 119	403	820	10:16	13:03	13:00
	Rocha do Chambre	38.751835, -27.235167	713	3,10	29,30	320	1 439	61	881	10:32	13:39	
	Crossroads 2	38.735277, -27.222355	590	4,70	34,00	201	1 640	325	1 206	10:57	14:33	
PAC8	Furna do Enxofre	38.725708, -27.233784	551	3,10	37,10	81	1 721	119	1 325	11:13	15:09	15:00
	Serra do Morião	38.700252, -27.217029	562	5,80	42,90	193	1 914	182	1 507	11:43	16:16	
PAC9	Nasce Água	38.679394, -27.212809	196	3,60	46,50	30	1 944	407	1 914	12:02	16:58	17:00
FINISH	Angra do Heroísmo	38.650922, -27.223353	42	5,20	51,70	101	2 045	246	2 160	12:29	17:58	18:00

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SACOS BAG DROP

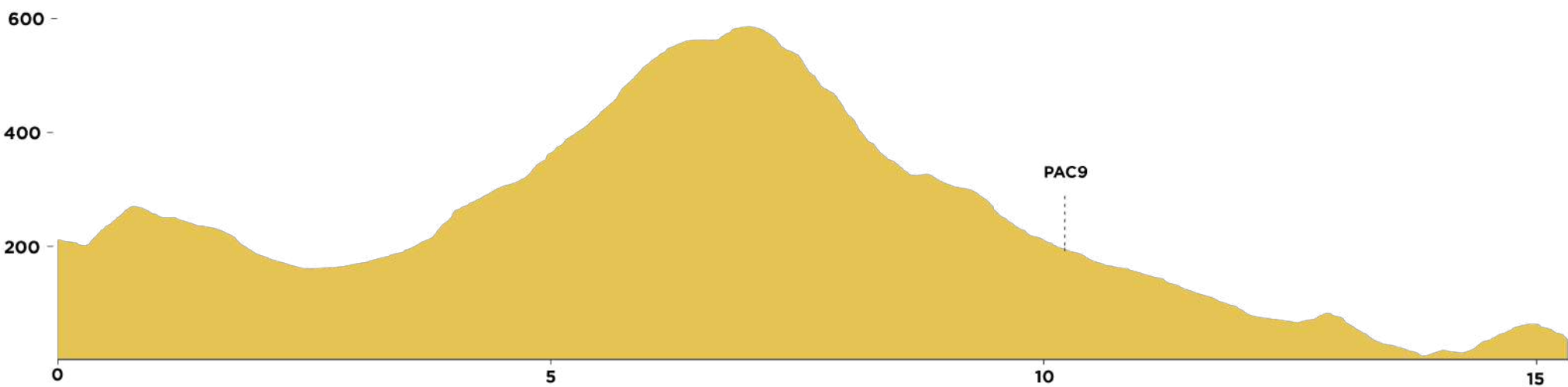


Location		GPS	Elevation	Partial distance	Accum. Distance	Partial D+	Accum. D+	Partial D-	Accum. D-	Fastest	Slowest	Safety Sector	Cut-off time
			m	km	km	m	m	m	m	h:m	h:m		hh:mm (horas locais)
AzBT_35													AzBT_35
	Biscoitos	38.801667, -27.257188	10	-	-	-	-	-	-	10:00	10:00		10:15
PAC7	Vimieiro	38.758884, -27.250660	455	9,50	9,50	590	590	111	135	10:48	12:09		12:00
	Rocha do Chambre	38.751835, -27.235167	713	3,20	12,70	316	906	68	203	11:04	12:53		
	Crossroads 2	38.735277, -27.222355	590	4,60	17,30	223	1 129	339	542	11:28	13:55		
PAC8	Furna do Enxofre	38.725708, -27.233784	551	3,10	20,40	73	1 202	119	661	11:44	14:38		15:00
	Serra do Morião	38.700252, -27.217029	562	5,80	26,20	202	1 404	193	854	12:13	15:57		
PAC9	Nasce Água	38.679394, -27.212809	196	3,60	29,80	66	1 470	430	1 284	12:32	16:46		17:00
FINISH	Angra do Heroísmo	38.650922, -27.223353	42	5,40	35,20	99	1 569	253	1 537	12:59	17:59	FINISH	18:00

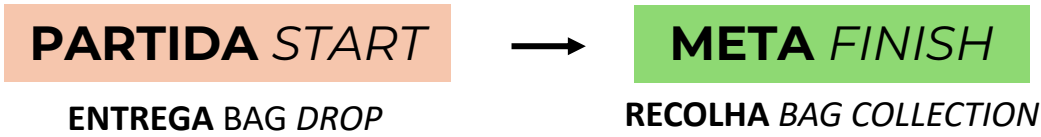
DOWNLOAD TRACK

→

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SACOS BAG DROP



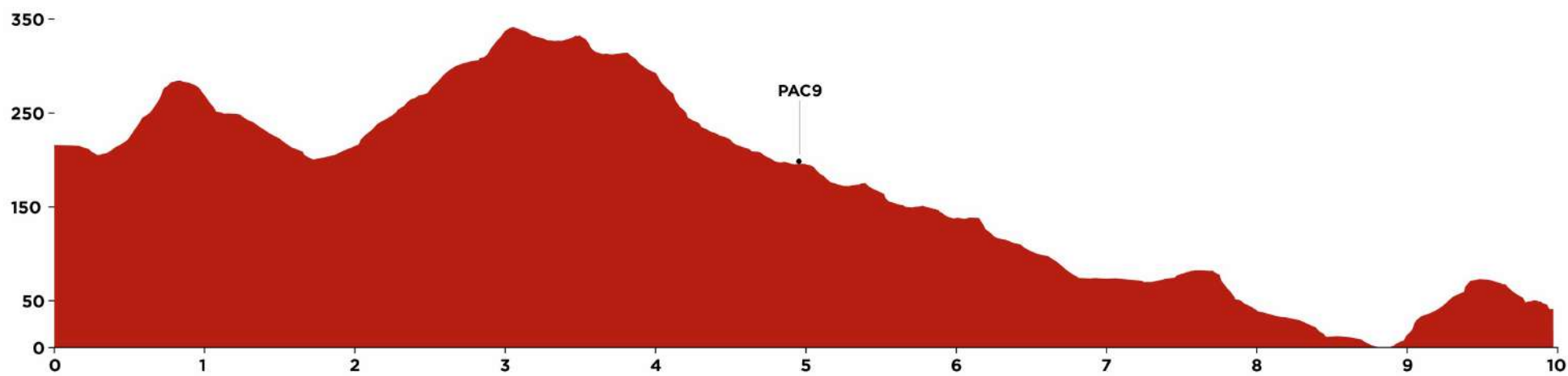
Localization		GPS	Elevation	Partial distance	Accum. Distance	Partial D+	Accum. D+	Partial D-	Accum. D-	Fastest	Slowest	Cut-off time
			m	km	km	m	m	m	m	h:m	h:m	hh:mm (horas locais)
AzBT_15										AzBT_15		
	Posto Santo	38.678723, -27.231398	213	-	-	-	-	-	-	11:30	11:30	11:45
	Serra do Morião	38.700252, -27.217029	562	6,50	6,50	507	507	149	149	12:01	12:45	
PAC9	Nasce Água	38.679394, -27.212809	196	3,70	10,20	53	560	427	576	12:19	13:28	13:30
FINISH	Angra do Heroísmo	38.650922, -27.223353	42	5,30	15,50	90	650	244	820	12:45	14:30	15:30

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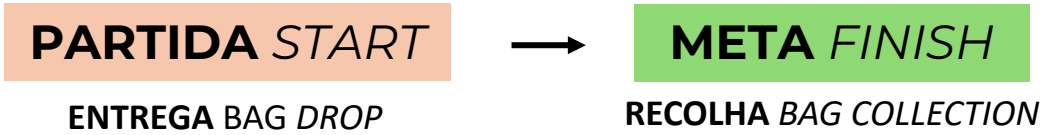
CAMINHADA



 ↔ 10.03 km ⬆ 339 m ⬇ 510 m



SACOS BAG DROP



PAC

GPS

INFO

PAC 9 Nasce Água

38.679394, -27.212809



DOWNLOAD TRACK



<https://azoresbravostrail.com/corridas/>

BE BRAVE

PAC
PAC



PAC	GPS	INFO
PAC 1 Serra do Cume	38.713404, -27.115180	[Icons: First Aid, Bottle, No Fork]
PAC 2 Golfe	38.735015, -27.159541	[Icons: First Aid, Bottle, No Fork, Cup, People]
PAC 3 Agualva	38.771838, -27.176163	[Icons: First Aid, Bottle, No Fork, Cup, People, Bowl]
PAC 4 Algar do Carvão	38.728179, -27.216472	[Icons: First Aid, Bottle, No Fork]
PAC 5 Mistérios Negros	38.731826, -27.269072	[Icons: First Aid, Bottle, No Fork, People]
PAC 6 Biscoitos / Life Base	38.793844, -27.265477	[Icons: First Aid, Bottle, No Fork, People, Cup, Bowl, Shower]
PAC 7 Vimieiro	38.758884, -27.250660	[Icons: First Aid, Bottle, No Fork, People]
PAC 8 Furna do Enxofre	38.725708, -27.233784	[Icons: First Aid, Bottle, No Fork, Cup, People]
PAC 9 Nasce Água	38.679394, -27.212809	[Icons: First Aid, Bottle, No Fork, People]
META Finish	38.650922, -27.223353	[Icons: First Aid, People, Shower]

ALIMENTOS PACS

PACS SUPPLIES

PACS	SERRA DO CUME	GOLFE	AGUALVA	ALGAR DO CARVÃO	MISTÉRIOS NEGROS
Produto	PAC1	PAC2	PAC3	PAC4	PAC5
Água sem gás <i>Water</i>	X	X	X	X	X
Água gaseificada <i>Sparkling water</i>	X	X	X	X	X
Bebida isotónica <i>Isotonic</i>	X	X	X	X	X
Café solúvel <i>Instant coffee</i>	X	X	X	-	-
Chá preto <i>Black tea</i>	X	X	X	-	-
Coca Cola <i>Coke</i>	X	X	X	X	X
Sumos de fruta <i>Fruit juices</i>	-	-	X	-	-
Bolo de chocolate <i>Chocolate cake</i>	X	X	X	X	X
Chocolate negro <i>Black chocolate</i>	X	X	X	X	X
Marmelada <i>Marmalade</i>	X	X	X	X	X
Banana <i>Banana</i>	X	X	X	X	X
Laranjas <i>Orange</i>	X	X	X	X	X
Tomate <i>Tomato</i>	X	X	X	X	X
Amendoim sem casca <i>Shelled peanuts</i>	X	X	X	X	X
Batata Frita <i>Chips</i>	X	X	X	X	X
Bolachas salgadas <i>Saltine crackers</i>	X	X	X	X	X
Ovos <i>Eggs</i>	-	-	X	-	-
Gomas <i>Gums</i>	-	X	X	X	X
Queijo <i>Cheese</i>	-	X	X	-	X
Canja de galinha <i>Chicken soup</i> Sopa de Legumes <i>Vegetable soup</i>	-	-	X	-	-
Massa Bolonhesa <i>Bolognese meet with pasta</i>	-	-	-	-	-
Sal Grosso <i>Salt</i>	X	X	X	X	X

ALIMENTOS PACS

PACS SUPPLIES

PACS	BISCOITOS LIFE BASE	VIMIEIRO	FURNA DO ENXOFRE	NASCE ÁGUA	AH RELVÃO
Produto	PAC6	PAC7	PAC8	PAC9	PAC10
Água sem gás <i>Water</i>	X	X	X	X	X
Água gaseificada <i>Sparkling water</i>	X	X	X	X	X
Bebida isotónica <i>Isotonic</i>	X	X	X	X	-
Café solúvel <i>Instant coffee</i>	X	-	-	-	X
Chá preto <i>Black tea</i>	X	-	-	-	X
Coca Cola <i>Coke</i>	X	X	X	X	X
Sumos de fruta <i>Fruit juices</i>	X	-	X	-	X
Bolo de chocolate <i>Chocolate cake</i>	X	X	X	X	X
Chocolate negro <i>Black chocolate</i>	X	X	X	X	-
Marmelada <i>Marmalade</i>	X	X	-	-	X
Banana <i>Banana</i>	X	X	X	X	X
Laranjas <i>Orange</i>	X	X	X	X	X
Tomate <i>Tomato</i>	X	X	X	X	-
Amendoim sem casca <i>Shelled peanuts</i>	X	X	X	X	X
Batata Frita <i>Chips</i>	X	X	X	X	X
Bolachas salgadas <i>Saltine crackers</i>	X	X	X	X	-
Ovos <i>Eggs</i>	X	-	-	-	X
Gomas <i>Gums</i>	X	X	X	-	-
Queijo <i>Cheese</i>	X	-	X	-	X
Canja de galinha <i>Chicken soup</i> Sopa de Legumes <i>Vegetable soup</i>	X	-	-	-	X
Massa Bolonhesa <i>Bolognese meet with pasta</i>	X	-	-	-	-
Sal Grosso <i>Salt</i>	X	X	X	X	-

MATERIAL *EQUIPMENT*

MATERIAL OBRIGATÓRIO

MANDATORY EQUIPMENT

MATERIAL OBRIGATÓRIO MANDATORY MATERIAL	AzBT 100	AzBT 50	AzBT 35	AzBT15 AzBTC
DOC. DE IDENTIFICAÇÃO ID DOCUMENT	X	X	X	X
PEITORAL/DORSAL (FORNECIDO PELA ORGANIZAÇÃO E VISÍVEL) BIB NUMBER (PROVIDED BY THE ORGANIZATION AND VISIBLE)	X	X	X	X
MOCHILA OU CINTOS DE HIDRATAÇÃO BACKPACK OR HYDRATION BELT	X	X	X	
DEPÓSITO(S) DE ÁGUA 1 LITRO (CAPACIDADE MÍNIMA CONJUGADA) WATER TANK(S) 1 LITRE (MINIMUM COMBINED CAPACITY)	X	X	X	
DEPÓSITO(S) DE ÁGUA 0,5 LITRO (CAPACIDADE MÍNIMA CONJUGADA) WATER TANK(S) 0.5 LITRE (MINIMUM COMBINED CAPACITY)				X
MANTA TÉRMICA (MÍN. 100 × 200 CM) THERMAL BLANKET (MIN. 100 × 200 CM)	X	X	X	X
TELEMÓVEL FUNCIONAL FUNCTIONAL MOBILE PHONE	X	X	X	X
IMPERMEÁVEL COM CAPUZ WATERPROOF JACKET WITH HOOD	X	X	X	X
COPO CUP	X	X	X	X
APITO WHISTLE	X	X	X	X
FRONTAL + BATERIA(S) DE SUBSTITUIÇÃO HEADLAMP + REPLACEMENT BATTERY(S)	X			
LUZ VERMELHA TRASEIRA REAR RED LIGHT	X			
GEOLOCALIZADOR (FORNECIDO PELA ORGANIZAÇÃO E LEVANTADO PELO ATLETA ANTES DO INÍCIO DA PROVA, JUNTO DA PARTIDA) GEOLOCATOR (PROVIDED BY THE ORGANIZATION AND COLLECTED BY THE ATHLETE BEFORE THE START, NEAR THE START)	X			



MATERIAL RECOMENDADO

RECOMMENDED EQUIPMENT



MATERIAL RECOMENDADO
RECOMMENDED EQUIPMENT

MOCHILA OU CINTOS DE HIDRATAÇÃO
HYDRATION PACK OR BELT

RESERVA DE ALIMENTAÇÃO
FOOD SUPPLIES

BANDA ELÁSTICA OU LIGADURA (MÍN. 100 × 6 CM)
ELASTIC BAND OR BANDAGE (MIN. 100 × 6 CM)

MEDICAMENTOS (EX.: LOÇÃO SOLAR, LOÇÃO ANTIFRICÇÃO)
MEDICATION (E.G. SUNSCREEN, ANTI-CHAFING CREAM)

MUDA DE ROUPA
CHANGE OF CLOTHES

BASTÕES
TREKKING POLES

FRONTAL DE RESERVA
SPARE HEADLAMP

PROTEÇÃO DE CABEÇA (BUFF, CHAPÉU OU BONÉ)
HEAD PROTECTION (BUFF, HAT OR CAP)

AzBT
100

AzBT
50

AzBT
35

AzBT15
AzBTC

X

X

X

X

X

X

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X

X

X

**Estamos
a investir hoje
para transformar
o amanhã.**



BUS TRANSFER

BUS TRANSFER

BUS TRANSFER

Para atletas que seleccionaram esta opção . For athletes who selected this option.

100K

2 OUTUBRO 2026

- 22:20

PONTO DE ENCONTRO MEETING POINT

Cerrado do Bailão · Angra do Heroísmo
- 22:30

BUS TRANSFER

Angra do Heroísmo → Praia da Vitória

50K

3 OUTUBRO 2026

- 06:30

PONTO DE ENCONTRO MEETING POINT

Cerrado do Bailão · Angra do Heroísmo
- 06:45

BUS TRANSFER

Angra do Heroísmo → Agualva

- 06:45

PONTO DE ENCONTRO MEETING POINT

Hotel Praia Marina · Praia da Vitória
- 07:00

BUS TRANSFER

Praia da Vitória → Agualva

35K

3 OUTUBRO 2026

- 07:50

PONTO DE ENCONTRO MEETING POINT

Angra do Heroísmo e Praia da Vitória

Cerrado do Bailão · Hotel Praia Marina
- 08:00

BUS TRANSFER

Angra do Heroísmo e Praia da Vitória → Biscoitos

BUS TRANSFER

Para atletas que seleccionaram esta opção . For athletes who selected this option.

15K

3 OUTUBRO 2026

09:00

PONTO DE ENCONTRO MEETING POINT

Praia da Vitória
Hotel Praia Marina

09:10

BUS TRANSFER

Praia da Vitória → Posto Santo

09:30

PONTO DE ENCONTRO MEETING POINT

Angra do Heroísmo
Cerrado do Bailão

09:40

BUS TRANSFER

Angra do Heroísmo → Posto Santo

CAMINHADA

3 OUTUBRO 2026

09:00

PONTO DE ENCONTRO MEETING POINT

Praia da Vitória
Hotel Praia Marina

09:10

BUS TRANSFER

Praia da Vitória → Posto Santo

09:30

PONTO DE ENCONTRO MEETING POINT

Angra do Heroísmo
Cerrado do Bailão

09:40

BUS TRANSFER

Angra do Heroísmo → Posto Santo

Os horários e locais poderão sofrer alterações por motivos de força maior.

INFO
INFO

SINALIZAÇÃO

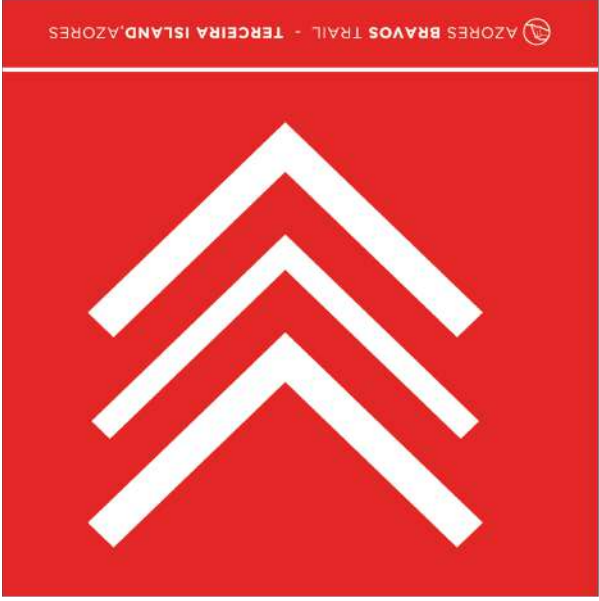
RACE SIGNS



VIRAR DIREITA
TURN RIGHT



VIRAR ESQUERDA
TURN LEFT



EM FRENTE
STRAIGHT AHEAD



ATENÇÃO
ATTENTION



DIREÇÃO ERRADA
WRONG DIRECTION



MIRADOURO
VIEWPOINT



FITA TAPE





CONTACTOS

CONTACTS

112

**NÚMERO EUROPEU
DE EMERGÊNCIA**
*EUROPEAN
EMERGENCY NUMBER*

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BE BRAVE

OBRIGADO THANK YOU

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