

5 to 9 May 2027

# Crossing Madeira

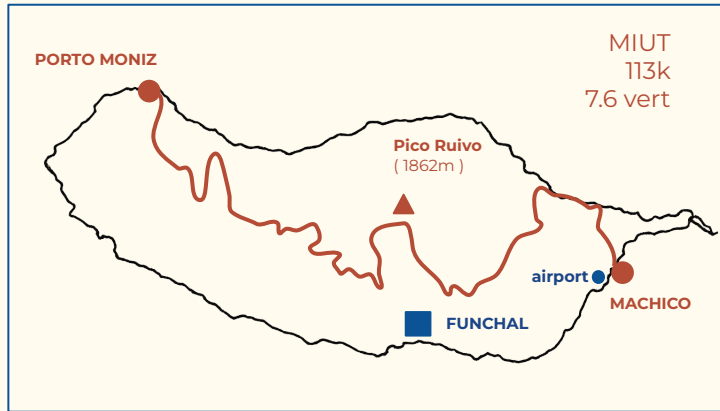
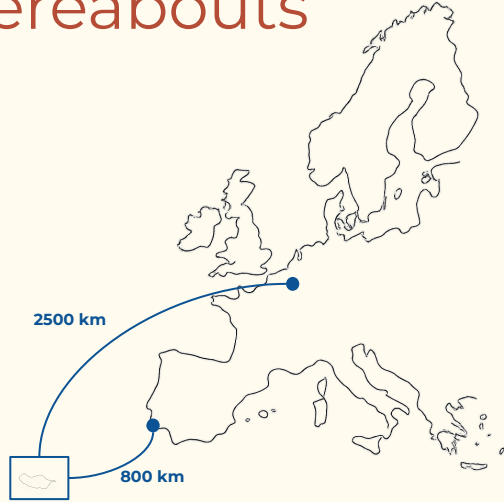
by Follow The Coast



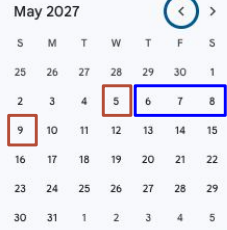
<b>trail</b>	<b>MIUT (Madeira International Ultra Trail) Route</b>
<b>price</b>	799 euro
<b>meeting point</b>	Funchal (E)
<b>start trail</b>	Porto Moniz (W)
<b>end trail</b>	Machico (E)
<b># stages</b>	3
<b># nights</b>	4 ( incl in price: 3)
<b>km per day</b>	30 - 40
<b>type</b>	expedition
<b>guided</b>	→ Guided by experienced trail runner with 100M alpine & multi-day expedition experience → All logistics sorted (car travel, trail route, hotel bookings, restaurant reservations)
<b>luggage</b>	<b>self supporting</b> : We drop our luggage in the (M) meeting point in Funchal, which we collect back when we arrive back. We take at least a 12L bag with sufficient space to <u>carry food</u> - knowing that there are points of replenishment on the road - <u>protective layers</u> (temp 12 - 20) & <u>additional clothing</u> for in the hotel.
<b>lodging</b>	<b>hotel</b> : we stay in hotels in towns with access to supermarket & restaurant facilities. We house people per 2 in one room, grouping people with the same gender.
<b>food</b>	<b>breakfast</b> , provided at hotel, incl in price lunch, provided in refuge / bar, excl in price dinner, provided close to hotel, excl in price
<b>levels</b>	suited for 'routinier' or 'expert' : we expect you to have completed at least a half marathon and have some experience in trail running. Distances are suited for hikers, but it's expected we run (at own pace) on the flatter parts



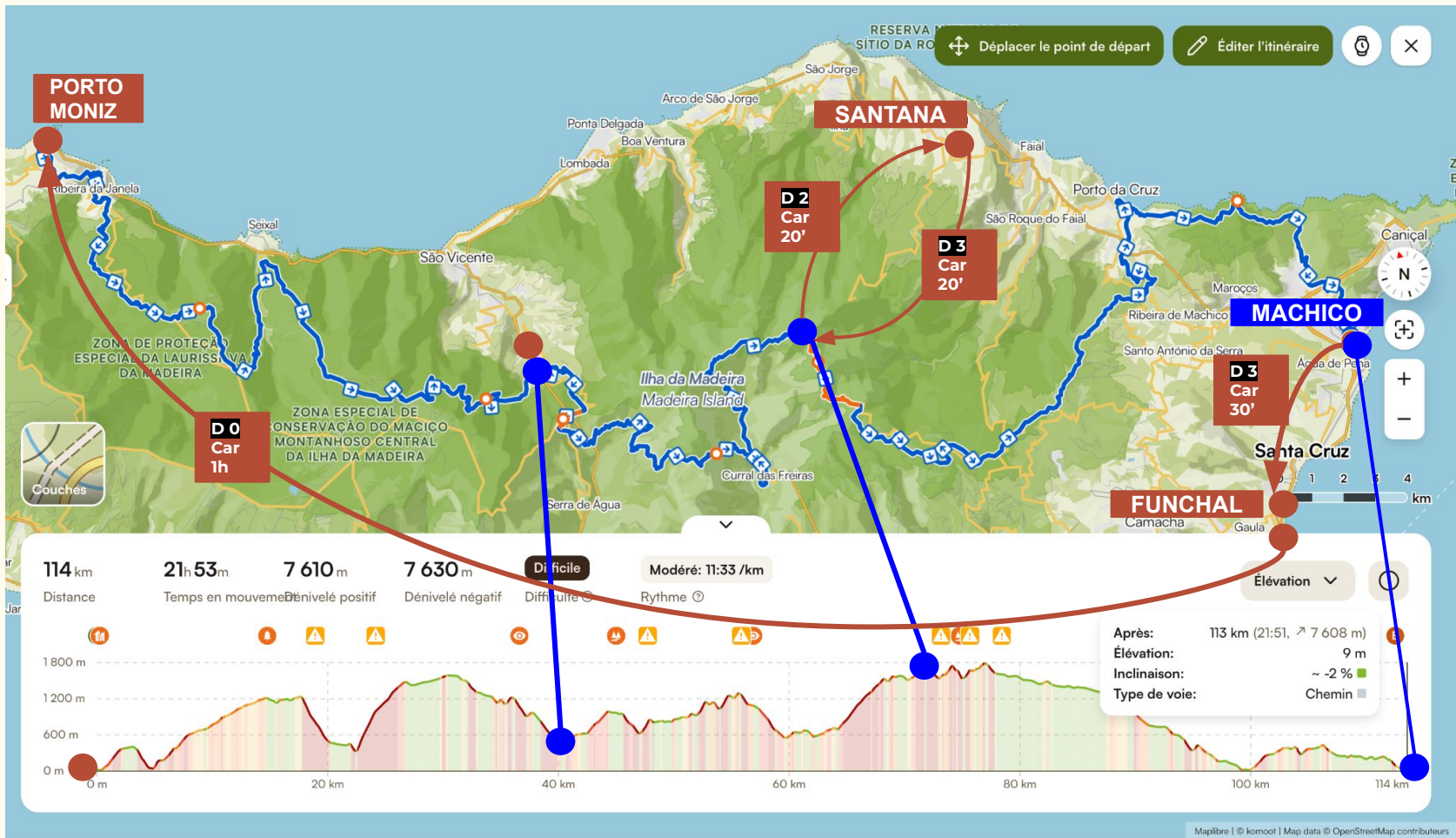
# whereabouts



# crossing madeira



	dist.	vert.	traject
DAY 0	na		<b>flight:</b> inbound, to Funchal. Luggage drop at meeting point (M) <b>car:</b> from Funchal to Porto Moniz (1h) <b>hotel:</b> Porto Moniz
DAY 1	40	3.2	<b>car:</b> na <b>hotel:</b> Vargem
DAY 2	32	3.5	<b>car:</b> from Pico Ruivo to Santana (20') <b>hotel:</b> Santana
DAY 3	41	1	<b>car:</b> from Santana to Pico Ruivo (20') <b>car:</b> from Machico to Funchal: Luggage pick at meeting point (M) <b>hotel:</b> Funchal
DAY 4	na		<b>flight:</b> outbound from Funchal (or stay)



**D1** 40k 3.2 v

**D2** 72k 32k 6.7 v 3.5 v

**D3** 113k 41k 7.6 v 1 v

# highlights



Fanal Forrest



Stairway to Heaven / Pico do Arieiro



Vereda do Lorano



Levadas



Pico Ruivo



Porto da Cruz

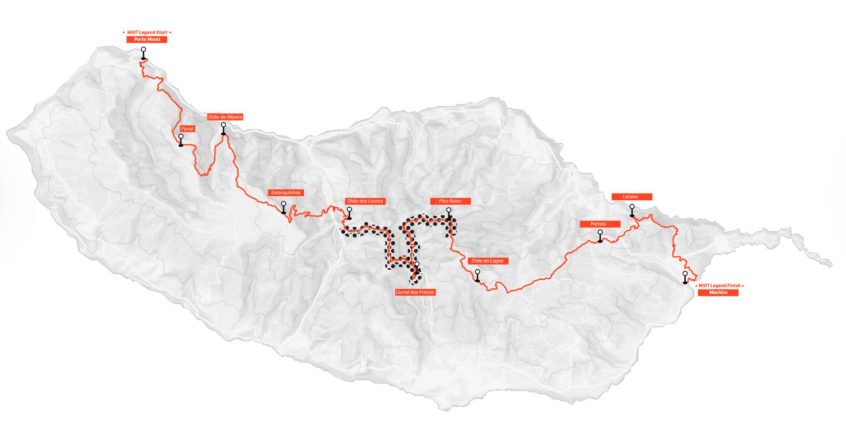
**DAY 1**

**DAY 2**

**DAY 3**

# typical day

## getting there



## typical schedule

### Breakfast - 7/8am

Served in hotel  
incl in price

### Departure - 8/9am

Ready with trail bag and necessary food

### Lunch - 1pm

Served in restaurant or refuge or prepared in meal box  
excl in price

### Arrival - 4/6pm

All stops are hotels..

### Dinner - 7pm

Served in hotel or restaurant  
excl in price

# faq

## what will be the pace of the group?

You can hike at your own pace. Every day we will split the course into at least 5 checkpoints (lunch & finish excluded). At these checkpoints, the entire group will wait until the last participant has arrived and allow this person the necessary rest. The journey is a collective journey. While individual trailing is possible, we always ask to remain reasonably close to the group.

## can I skip a stage?

As we are staying in hotels, it is theoretically possible to skip a stage. We will do our best to get you to the end of every stage but will always prioritise safety and health. Transportations between hubs outside of the trail are at the cost of the participant.

## can I give up?

We would be find it amazing for you to finish the challenge. We will do our best to support you as much as possible. In the case we or you really believes we should pull the plug, you can always stay in one of the villages we encounter. From all villages there is public transport or a taxi can be reached.



route

Cumulative Distance and Elevation Gain

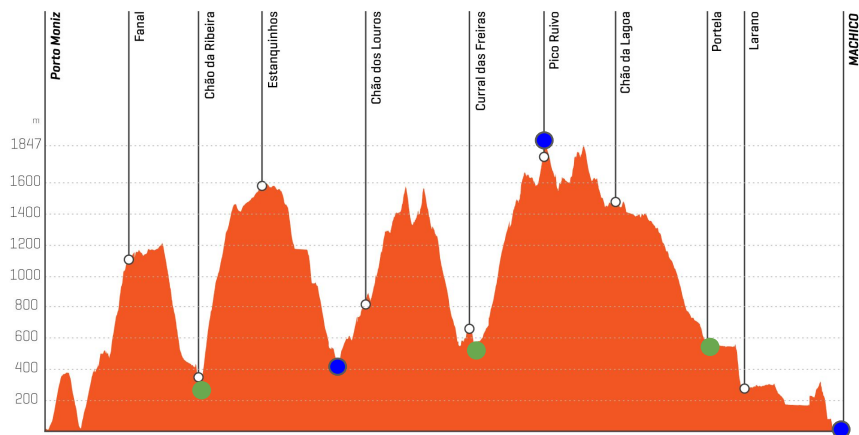
● lunch  
● finish

< MIUT Legend >

Section	Distance (km)	Distance Cum.(km)	Elevation + (m)	Elevation+ Cum.(m)	Elevation - (m)	Elevation - Cum.(m)
Porto Moniz ▶ Fanal	12.3	12.3	1580	1580	435	435
Fanal ▶ Chão da Ribeira ● lunch	7.9	20.2	130	1710	850	1285
Chão da Ribeira ▶ Estanquinhos	9.7	29.9	1400	3110	260	1545
Estanquinhos ▶ Chão dos Louros ● finish	14	43.9	490	3600	1270	2815t
Chão dos Louros ▶ Curral das Freiras ● lunch	14.5	58.4	1295	4895	1445	4260
Curral das Freiras ▶ Pico Ruivo ● finish	11	69.4	1430	6325	320	4580
Pico Ruivo ▶ Chão da Lagoa	9.6	79	480	6805	760	5340
Chão da Lagoa ▶ Portela ● lunch	11.9	90.9	95	6900	975	6315
Portela ▶ Larano	5.1	96	35	6935	315	6630
Larano ▶ Machico ● finish	12.9	108.9	230	7165	545	7175

Elevation Profile

< MIUT Legend >



equipment

# equipment weather & conditions

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## **weather**

During the month of August in the Mont-Blanc area, the weather can get very hot (more than 30°C), or very cold (up to -10°C experienced above 2000m), with rain, hail or even snow. Your equipment must be suitable for confronting all types of conditions and allow you to spend a long time outdoor, on the route, depending on your speed of progress. In case of an incident, your equipment must also allow you to wait for the rescue team in sufficiently safe conditions. We do not intend to spend night time on the course, but we should be prepared for high altitude and exceptional conditions during longer stages

FTC Staff may ask to check your equipment at any time during the route to preserve your safety.

Don't forget that the equipment we request includes an essential list of basic items that each trail runner must adapt according to their own abilities. We highly recommend you to test it during training sessions under different conditions and to carry everything you need with you.

## **lodging**

Most of the time we will be staying in hotels, but a few times the stop will be in a refuge without access to roads. On these days, you need to pack accordingly. Your bag needs to include the necessary clothes to spend the night on higher altitude. Indoor rooms are heated but you might experience cold exposure when walking outdoor or when sleeping.

## **trail conditions**

The trail is considered accessible. While in nature, it's not expected that you use your hands to climb or descent at any points, except for a few non-dangerous occasions. Gear is therefore limited to trail gear, climbing gear is not needed.

# equipment

## 01 \_ 0A \_ mandatory equipment

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### **01 \_ Running pack**

Intended to carry the mandatory equipment and which must be worn throughout the race.

### **02 \_ Smartphone**

Activated with international roaming allowing for its use in the three countries, incl Switzerland. Some carriers don't support Swiss cellular data on their native package. Be informed as charge on Swiss carriers can be significant with amounts far above 100 euro

The runner must be reachable at any time before, during and after the journey:

Keep the phone on, airplane mode is forbidden. An external battery is highly recommended.

### **03 \_ Water carrier - flasks or camel bag**

Capable of carrying at least 1L of water, designed for hydration (plastic bags are prohibited).

If very hot weather is announced, we can activate the heat pack, heat pack containing 1.5L water capacity

### **04 \_ Safety equipment**

0A \_ Survival blanket : of 1.40m x 2m minimum

0B \_ Whistle

0C \_ Self-adhering elastic bandage for bandaging or strapping - (minimum 100 cm x 6 cm)

### **05 \_ Food reserve**

At each start of trail, every runner should have sufficient high-carb food to cover stretches of remote trail.

Recommendation: 800kcal (2 gels + 2 power bars each of 65 grams)

### **06 \_ Long-legged trousers (waterproof)**

or race leggings OR a combination of leggings and socks to cover the legs completely.

Use case: usage at night or in case of stand-still emergency

# equipment

## 01 \_ 0B \_ mandatory equipment

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### **07 \_Jacket with hood (waterproof)**

For bad weather in the mountains. The jacket must be made of a waterproof\* and breathable\*\* membrane (e.g. Outdry).

(\* minimum recommended 20 000 Schmerber, \*\* RET recommended inferior to 13)

→ The jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.

→ The seams must be sealed.

→ The jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) since they do not damage in any obvious way the impermeability – are accepted.

→ The runner must judge whether, according to the aforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the staff's opinion on the matter shall prevail.

### **08 \_ Cap**

cap or bandana, or multifunctional neck gaiter designed to protect the head from the sun.

### **09 \_ Additional warm second layer:**

a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium – M) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium – M) and a windproof jacket\* with durable water-repellent protection (DWR protection)

\*The wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa

### **10 \_ ID – passport**

ID card

# equipment

## 01 \_ 0C \_ mandatory equipment

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### **11 \_ Functioning torch**

with spare batteries or power sources for the lamp

(recommendation: 200 lumens – phones and watches are not accepted)

use case: wandering at night (toilet) or in exceptional emergency situation when trail stage takes longer than foresee

### **12 \_ sun screen**

we will be travelling on many exposed trails on mountain ridges or flanks.

we expect everyone to be self-fulfilling in their sun screen needs

# equipment

## 02 \_ recommended equipment

### **01 \_ Personal beaker 15 cl minimum**

Easy to use during short stops

### **02 \_ anti-chaffing**

Vaseline or anti-heat cream

### **03 \_ bowl**

Reusable bowl

### **04 \_ bowl**

Knife or scissors for cutting elastic bandage

### **05 \_ GPS watch**

So you can upload the gpx of the trail and navigate independently

### **06 \_ some cash**

At least **50€** cash (just in case...)

### **07 \_ sun glasses**

We will be travelling on many exposed trails on mountain ridges or flanks.

### **08 \_ earplugs**

For sensitive sleepers: in refuges we might sleep in dorm rooms with more than 4 people.

### **09 \_ rehydration salts**

If weather is hot, it's advised to take in salt & fluid, with salt being procured by using salt tablets, ORS or specialised rehydration powder or tables

### **10 \_ spare clothes**

spare sport clothing incl

→ socks

→ shoes

→ shorts

→ shirt (2x)

# equipment

## 03 \_ not needed equipment

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### **01 \_ sleeping bag**

Both refuges and hotels have beds with the necessary equipment foreseen

### **02 \_ cooking gear or supplies**

All principal meals - breakfast, lunch & dinner - will be provided by hospitality environments such as restaurants, refuges or hotels.

### **03 \_ climbing gear**

All trails are accessible and do not require climbing gear

# terms & conditions

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## cancellation policy

### for participants

- challenges: registration price is non-refundable
- retreats & expeditions: a non-refundable deposit of 500 euro is paid upon payment. The rest is refundable according to the following conditions
  - > 1 month before event: 500 euro deposit will be kept
  - < 1 month before event: non-refundable

### for the organisation

Organisation reserves the right to cancel the event in case attendance is too low. This right is reserved until 3 months before the event. Upon cancelation, all registration fees will be reimbursed to the participants