



European  
Gymnastics

# Golden Age Gym Festival

MADEIRA ISLAND  
FUNCHAL

# 2022

2<sup>nd</sup> to 7<sup>th</sup> OCTOBER

# Bulletin #1

JUNE 2021



## INDEX

1. Welcome Messages	3
2. Welcome to Funchal / Madeira	6
3. 8th Golden Age Gym Festival	9
4. Event Logo, Slogan and Mascot	10
5. Program	11
6. Venues	12
7. Parade	14
8. Forum	15
9. Workshops	15
10. GAGF Garden	17
11. Registration	18
12. Accommodation Packages	20
13. Transportations	21
14. Touristic Tours	22
15. Local Organizing Committee	31
16. Our Partners	32
17. Oficial Contacts	33

## 1. Welcome Messages

*Farid GAYIBOV - President of European Gymnastics*



Dear Gymnastics Friends,

Besides offering thrilling competitions in Olympic and non-Olympic disciplines, Gymnastics has proven to be part of a global culture, that draws people together and unites them.

European Gymnastics has great opportunity to showcase that Gymnastics is really for All. One of these opportunities is the Golden Age Gym Festival aimed at people aged 50 & over. And its 8th edition will gather us in the beautiful city of Funchal, Region of Madeira (POR) on October 2-7, 2022.

This is the second time this Festival is held in Portugal, but the first time in the City of Funchal, which has significant cultural and historical value.

The Gymnastics Federation of Portugal is very experienced in hosting Gymnastics events which always distinguish themselves with great conditions, warm and friendly atmosphere.

The Local Organizing Committee (LOC) has already started their preparations which promises a great event ahead. I express my gratitude to the Gymnastics Federation of Portugal, its LOC and the Technical Committee of Gymnastics for All of European Gymnastics for their efficient cooperation. I wish them success in further stages of the preparation.

I am confident that all the work carried out will be appreciated by the participants and the Portuguese spectators who are also great fans of the Gymnastics for All events.

Brilliant performances, the social atmosphere, display of variant cultures, the festive mood and incredible emotions and impressions – these are our expectations for the Gymnastics for All events.

There are few events that give the opportunity to people from all different backgrounds and walks of life, to gather in one place and celebrate their love for our sport, and Gymnastics for All is exactly that! I am both proud and excited for all of us.



**European  
Gymnastics**

## 1. Welcome Messages (cont.)

### *Hlif THORGEIRSDOTTIR - President of the TC-GfA - European Gymnastics*



Dear gymnastics friends,

We, the Technical Committee of Gymnastics for All in Europe, welcome you all to the 8th edition of the Golden Age Gym Festival (GAGF) that will be held in October 2022, in beautiful Funchal, the capital of Madeira in Portugal.

Funchal is located in the south of Madeira and is known for its Madeira wine, gastronomy, historical and cultural value, flora, fauna and landscapes that are classified as a UNESCO World Heritage Site.

We hope that in Funchal you will experience the best gymnastics week of your life, performing, taking part in different workshops and socializing with friends from all over Europe.

This will be the 2nd time that the GAGF will be held in Portugal and we can assure you that the Gymnastics Federation of Portugal and the Local Organizing Committee are doing everything they can to prepare a great Gymnastics week for all of you.

We are certain that all our gymnastics friends taking part in GAGF will live an unforgettable week of sports, enjoying the hospitality of the Portuguese people.

We look forward to seeing you all.

### *Luís ARRAIS - President of the Gymnastics Federation of Portugal*



Be welcome!

Magic moments is what can be expected when you join Gymnastics, with its beauty of movements, to an Island that defines itself as a small pearl in the Atlantic and that has been considered the best Island of vacation destination in the world.

The Golden Age Gym Festival of 2022 has everything to be one of the best GfA events in Europe. In addition to the natural beauty of Madeira Island, the weather conditions at that time of the year remind us the best summertime.

The places chosen to carry out the activities, in the Funchal's downtown, manage to show the best that the city has to offer to those who visit us.

Along with gymnastic presentations, we always have time to enjoy the specialties of Madeiran cuisine, Madeira wine, walks in the "levadas", bathing in the sea, or in the natural pools.

We are prepared to receive you, feel welcome!

## 1. Welcome Messages (cont.)

### *Miguel SILVA GOUVEIA - Mayor of Funchal*



Funchal, Atlantic capital of Sports and Nature

In 2022, Funchal is proud to host the 8th edition of the Golden Age Gym Festival, the most important European international festival for senior gymnasts.

This will be a defining moment for the city and for our outermost region, and a natural consequence of the work the Municipality has made over the last few years in sports policies, with investment in infrastructure, in partnerships with associations and in the holding of events, many of them on an international level. This is also the result of an unequivocal commitment to the quality of life of citizens and to the promotion of healthy lifestyles.

This commitment by the City Council has allowed, not only to elevate the Municipality's sports policy to unprecedented levels of investment in the History of Funchal, but also to place our city as a reference destination on the world tour of different sports.

Today, Funchal is not only an outstanding Atlantic Capital; is a city with a global reputation in terms of Sports and Nature Tourism, with unique natural conditions to attract people from multiple backgrounds, combined with a logistical capacity to host events and, finally, the emblematic hospitality of our people.

### *Gonçalo MARQUES - President of Madeira's Gymnastics Association*



Dear Participant,  
Welcome to Golden Age Gym Festival – Funchal - Madeira 2022!

We are delighted to welcome you to this great gymnastics event. We are already working very hard to offer you the biggest and best experience during your stay in Madeira. The weather in Madeira at this time of year is simply fabulous. Usually, we will have plenty of sunshine to brighten up your performances and warmth to give you a standing ovation on the different stages. Close your eyes... just imagine performing and having the Atlantic Ocean as a background. I don't think anyone would want to miss this opportunity. Everything has been thought through in detail and you will see that nothing has been left to chance... from the moment you arrive at the Cristiano Ronaldo airport until the day you, unfortunately, have to say

goodbye.

Just an introduction to the wonderful island... Madeira is a garden in a harmonious mix of flowers and trees. We are part of the Laurissilva Forest which is a type of humid forest, from Macaronesia. This region is formed by the archipelagos of Madeira and Azores, both Portuguese regions, by the Canary Islands and Cape Verde. But make no mistake... it's not all trees and flowers. We have a plethora of activities and experiences waiting for you, as Madeira has been the best island destination in the world for six consecutive years (World Travel Awards).

We look forward to seeing you!

Best regards.

## 2. Welcome to FUNCHAL / MADEIRA

### MADEIRA – PORTUGAL

The island of Madeira was discovered by Tristão Vaz Teixeira, Bartolomeu Perestrelo and João Gonçalves Zarco, three Portuguese explorers, in 1419, which dubbed the island 'Madeira' ("wood" in English) due to the abundance of this raw material.

Noticing the potential of the islands, as well as its strategic importance, the colonization of the islands began in 1425.

At the beginning of its settlement, some agricultural crops, such as cane sugar, were introduced, which quickly afforded the Funchal metropolis frank economic prosperity. This meant that, in the second half of the fifteenth century, the city of Funchal became a mandatory port of call for European trade routes.

The seventeenth and eighteenth centuries were marked by the emergence of a new culture that would boost the Madeira economy again: wine.

Throughout the nineteenth and twentieth centuries, Madeira flourished for the birth of the tourism sector, quickly becoming a mandatory reference for the European aristocracy that has set temporary residence here, attracted by the natural therapeutic qualities of the island.



## BEST ISLAND DESTINATION IN EUROPE

Madeira was elected "World's Leading Island Destination" in 2013, 2014, 2016, 2017, 2022, 2019 and 2020 by the World Travel Awards.

The World Travel Awards, also known as the "Oscars of Tourism", were created in 1993 and are held once a year. They aim to "recognise, reward and celebrate excellence in all sectors of the tourism industry" globally, as well as, to recognise this sector best practices.

In addition to electing the best European hotels, every year, the World Travel Awards (WTA) organisation also names the best hotels in each country, awarding Madeira hotels in a wide range of categories and thus recognising the quality of the hotel facilities and excellent service available in the region.



## FUNCHAL

The name of the city of Funchal derives from the plant "Foeniculum Vulgare", the fennel plant. Reports of the time indicate that when we landed on the island, the first sight was of a dense valley in trees and fennel, an essential plant in gastronomy and regional sweets.

Despite the abundance of fennel, it was the sugar that provided the formation of a sustainable economy in the city of Funchal and throughout the island. Madeira wine succeeded sugar, becoming today one of the region's ex-libris. The production of sugar and vines in the city of Funchal become indispensable for the local economy, and its icons are incorporated into the city's coat of arms.

The city of Funchal has become a key point of commerce in the center of the Atlantic, allowing for commercial exchanges, culture and experiences. From this port in the Atlantic, exports of regional products are made to the world, products that are still appreciated today.

Funchal is unique for its diversity, from the sea to the mountains, from fruits to flowers and embroidery to basket carts, all influenced by its tropical climate, which allows for unparalleled productions and activities.



## 8 TOP REASONS TO VISIT MADEIRA

### Levadas: a walk of Sensations

Levadas are small irrigation canals that can be found on Madeira Island and on the island of La Palma, in the Canary Islands. This term is also applied to canals, usually smaller ones that direct the water to watermills.

### A Unique Story

The Portuguese navigators Tristão Vaz Teixeira, Bartolomeu Perestrelo and João Gonçalves Zarco officially discovered the islands of Madeira and Porto Santo in 1419.

### A pallette of flavours

The simple food enjoyed in Madeira Islands reflects the soul of a simple but generous people. Nevertheless, a great variety of local products are available, as well as multitude of local, international and gourmet dishes.

### Laurissilva Forest – Heritage of Humanity

Laurissilva is the name given to a type of humid subtropical forest made up mainly of trees from the lauraceae family of trees and widespread in the Macaronesia - a region which includes the archipelagos of Madeira, the Azores, the Canaries and Cape Verde.

### Praça do Mar welcomes CR7 statue

The Portuguese international footballer, Cristiano Ronaldo, returned to Madeira to unveil a statue in his honour and he received the «Cordão Autonómico de Distinção», the highest honour awarded by the Regional Government.

### The Hotel Industry of Madeira – recognised quality

The range of accommodation in Madeira is vast and top quality, from the refined charm of traditional hospitality to the modern five-star hotels, the warm welcome of rural tourism establishments and traditional Madeiran manor houses (“Quintas da Madeira”).

### Breathtaking Scenarios

The mild climate of Madeira and Porto Santo allows for all kinds of outdoors sports and leisure activities, at any time of the year.

### Nature

One of the greatest tourist attractions of the Island of Madeira lies in its spectacular landscape. Its luxurious vegetation continues to fascinate all those closely drawn to nature.



### 3. Golden Age Gym Festival

## 8<sup>TH</sup> GOLDEN AGE GYM FESTIVAL

From 2nd to 7th October, the city of Funchal (Madeira/Portugal) will host the European Gymnastics over 50 Gymnastic Festival: Golden Age Gym Festival! The Golden Age Gym Festival is not only a week of recreation, but offers also the possibility to all participants to improve their abilities, to discover new activities and cultures, sports and make new friendships.

The Festival has the purpose to inform the gymnasts from 50 European National Federations about gymnastics benefits and let them experience different gym related activities. The gymnasts shall have the pleasure to be involved in this unique Gym Festival where group presentations and leisure activities are planned together.

The GAGF is open to gymnasts from all European federations affiliated to European Gymnastics.

Federations can register groups of people 50+. Although there will be no precise definition of the age of the participants, they should be 50 years or older.

## GAGF History

After the test event in 2005 and the 1st Golden Age Gym Festival 2008 in Maspalomas, Canaries (ESP), the 2nd GAGF was hosted by Portimao (POR) followed by 3rd GAGF in Montecatini (ITA), 4th GAGF in Toulouse (FRA), the 5th edition in Portoroz (SLO), the 6th GAGF in Pesaro (ITA), the 7th GAGF in Rethymno/Cretan (GRE) and now the 8th GAGF edition in Funchal in the beautiful island of Madeira/Portugal.

## INFO MEETING

Despite the current adversities that prevent us from organizing events and meetings in a safe way, the situation is finally on the way to a solution, and so it is expected that in the end of the next summer, it will be possible to travel within Europe respecting safety measures, for small events.

It is based on these predictions that the Organizing Committee will organize the Information meeting of the 8th Golden Age Gym Festival 2022, in the city of Funchal.

This will be an excellent opportunity to get to know each location and every detail related to the GAGF 2022 organization. The official invitation for this meeting has already been sent to all national federations, and can be consulted on the European Gymnastics website at [www.europeangymnastics.com](http://www.europeangymnastics.com).

The organizing Committee does not exclude the possibility, in case the pandemic gets worse, of organizing the info meeting in virtual format. This will be informed in due time, for the federations to organize themselves according to the decision.

## 4. Logo, Slogan & Mascot

### LOGO



The flower petals symbolizes the gymnasts and their joy

Strelitzia reginae  
Typical flower of Madeira

Bright colors that represent all the colorful scenery you'll find in Madeira

### SLOGAN

***Feel Madeira. Be Gymnastics.***

Have you ever been to Madeira Island? Well, prepare yourself to live an outstanding experience. Palm trees, ocean, sand and lots of sun... What a perfect place to feel the breeze while doing Gymnastics!

### MASCOT

Gymmy is our official mascot for the Golden Age Gym Festival 2022. Very popular in our national events, Gymmy represents a leopard that is an animal with agility and speed.

In the previous World Gymanestrada, Gymmy made its first international appearance and was very popular and requested to take pictures with the participants. We hope it will be the same at the GAGF 2022. We are looking forward to a higher popularity.



## 5. Program of the week

### PROVISIONAL PROGRAMME (SUBJECT TO CHANGE)

02 OCTOBER <i>Sunday</i>	03 OCTOBER <i>Monday</i>	04 OCTOBER <i>Tuesday</i>	05 OCTOBER <i>Wednesday</i>	06 OCTOBER <i>Thursday</i>	07 OCTOBER <i>Friday</i>	08 OCTOBER <i>Saturday</i>
Arrival of Delegations	Meeting LOC + HoD	Meeting LOC + HoD	Meeting LOC + HoD	Meeting LOC + HoD	Meeting LOC + HoD	Departure of Delegations
		Morning Gym	Morning Gym	Morning Gym	Morning Gym	
		Workshops	Workshops	Workshops	Workshops	
		Workshops	Workshops	Workshops	Workshops	
Meeting Group Leader + HoD			Educational Forum		Reception for HoD	
Parade + Opening Ceremony	City Performances	City Performances	City Performances	City Performances	Gala Closing	
		Social Activities	Social Activities	Social Activities	Social Activities	

The “Golden Age Gym Festival” is all about gymnastics, leisure, social and cultural activities as well as friendships and intercultural exchanges. Here are the main words of this week. The week will be filled up with the following events:

- > Parade & Opening Ceremony
- > City performances
- > Workshops
- > Cultural & social activities
- > Educational Forum
- > Closing Gala

As usual, every morning we will have a meeting with all Heads of Delegation in order to give you some more detailed information.

Do you wish to arrive earlier or stay a bit longer to explore Funchal and Madeira island? Well, guess what? It's possible!!

## 6. Venues

### MAP



## MUNICIPALITY SQUARE (1)

*Praça do Município*

Municipality Square is the main square in the city of Funchal, where you can find true historical gems.

It is surrounded by buildings such as the City Hall, the emblematic Church of São João Evangelista and its College and the Museum of Sacred Art. In the middle of the square you will find a fountain dated 1942 whose obelisk has the design of the city's weapons and elements of a nationalist character.

### > City Performances

Stage Size: 18m x 18m  
Tribunes: 1 side



## 6. Venues (cont.)

### PEOPLE'S SQUARE (2)

*Praça do Povo*

At the heart of the city bay, People's Square presents with majestic views over the Atlantic and with the glimpse of the unforgettable foothills of Funchal. Surrounding this, there are leisure areas, playful and sport spaces, pedantic rest benches, green carpets of plants and flowers that flank the entire pedestrian path.

#### > City Performances

Stage Size: 18m x 18m

Tribunes: 1 side



### SANTA CATARINA'S PARK (3)

*Parque de Santa Catarina*

Overlooking the Port of Funchal, Santa Catarina Park has an area of 36,000 m<sup>2</sup> with a large lawn surrounded by tree species from all over the World.

Santa Catarina Park, with an area of around 36,000 m<sup>2</sup>, is located near the city centre. With fantastic views over Funchal, from the bay to Ponta do Garajau, this park has a huge lawn surrounded by flowerbeds full of trees, shrubs and plant species from all over the world.

Visitors can also find some bird nurseries. The Santa Catarina Chapel and the lake are also in this park, where an island was built for birds to rest and live. In this park there is a statue of Infante Dom Henrique (Henry the Navigator) and one of Christopher Columbus.

- > Opening Ceremony
- > Gala/Closing Ceremony
- > City Performances

Stage Size: 20m x 20m

Tribunes: 1 side

## 6. Venues (cont.)

### TECHNICAL INFORMATIONS

The maximum time for each performance is 6 minutes (including preparation of the venue and marching in and out).

Groups should be composed of a minimum of 6 active performers and each group has the opportunity to perform twice during the week.

There will be changing rooms available at all sites. Performers should take care about props on their own. If you should require additional help from the LOC, please provide a written request as soon as possible.

## 7. Parade

The parade is the first official moment of the event. And for that reason, it must also be the first moment of celebration and sharing among the participants.

In the 8th edition of the Golden Age Gym Festival, the parade will have two starting points, which end in Santa Catarina Park, where the Opening Ceremony will take place. The colours of the participants' equipment will cover the main places and avenues in the city of Funchal. The Gymnastics party is about to begin!!



## 8. Forum

### Mind, Energy and Movement

This will be the topic of the next Educational Forum.

All the participants are already invited to join this important moment and learn more about physical activity for senior people, and the way to develop even more if we do it consciously.

This will also be a fabulous opportunity to create an exchange of ideas and experience between the participants of the Golden Age Gym Festival. Be part of the lectures and present your work.

## 9. Workshops



The workshops are an important part of the Golden Age Gym Festival's program of activities. From cultural to sports activities, the workshops are moments of experimentation and socialization among participants.

## 9. Workshops (cont.)

In this edition the workshops will be divided into two categories: Open Workshops and Closed Workshops.

### OPEN WORKSHOPS

- > Registration is not necessary
- > Every participant can go to 2 open workshops
- > Every participant can choose the time and the day that suits them for the workshop

### CLOSED WORKSHOPS

- > Registration is necessary
- > Every group can choose 3 closed workshops. The LOC guarantee at least 2 of them.
- > Groups must indicate their choice for the closed workshops with the definitive registration.

At the workshops, english speaking volunteers will be present to help participants find their way to the workshop. At least one volunteer will be present at each workshop to support the instructor, to guide the participants and to help in case of emergencies.

The duration of the workshops will be 45/60 minutes depending on the characteristics and needs of the workshop.

You can find a list of the workshops available in each category:

### OPEN WORKSHOPS

- > Yoga
- > Aerodance
- > Pilates
- > Zumba Gold
- > Salsa
- > Tradicional Dance
- > Photo paper
- > Tai-Chi
- > Martial Art with the Landscape
- > Trekking

### CLOSED WORKSHOPS

- > Special Choreography
- > Gymnastics (Seniorgym)
- > Traditional Games
- > Cycling
- > Step
- > Enjoy Rhythmics Gymnastics
- > Gymnastics with Special Apparatus
- > Stand up padel / canoeing
- > Table Tennis
- > Fencing
- > Water Fun
- > Acrobatics for All
- > Aerobic Gymnastics/Aerodance

## 10. GAGF Garden

GAGF Garden will be located at Municipality Garden. It is the ideal place to relax, to amuse, visit our sponsors stand, buy some merchandising, and gather all information about the festival.

In the village you can find:

- > Info Desk and Accreditation Centre
- > The Golden Age merchandising stand
- > Stands with food and traditional specialities
- > Meeting point for various activities (games, sport, music, workshops,...)
- > Dancing party every night
- > And many other surprises



## 11. Registration

Registration process will be done online only, through a special GAGF application that will be available in due time. Each National Federation will receive their own login credentials to access online application. Online application will open afterwards with the following deadlines:

### 1<sup>st</sup>

#### 2 DECEMBER 2021 - REGISTRATION OF INTEREST

- > Information concerning the federation
- > Contact person for GAGF
- > Expecting number of participants

### 2<sup>nd</sup>

#### 2 FEBRUARY 2022 - PROVISIONAL REGISTRATION

- > The number of participants
- > The number of groups
- > Accommodation interest
- > Email addresses of group leader
- > 19€ payment per registered participant

### 3<sup>rd</sup>

#### 2 APRIL 2022 - DEFINITIVE REGISTRATION

- > Registration with participants names
- > Workshop, City Performance and Forum registration
- > Accommodation subscription
- > Meals subscription
- > 50% deposit for Accreditation Pass GAGF 2022
- > 50% of accommodation
- > 50% of meals

### 4<sup>th</sup>

#### 2 JUNE 2022 - FINAL REGISTRATION

- > Touristic Program subscription
- > Arrival and Departure information with transfer options
- > Final balance of Accreditation Pass GAGF 2022
- > Remaining payment for accommodation
- > Remaining payment for meals

## 11. Registration (cont.)

### CANCELLATION POLICY

In case of cancellation the Preliminary Registration tax is not refundable.

All cancellation until 31st of May 2021 will receive 50% of the payment (except the Preliminary Registration tax) returned to their account.

No refunds will be available after 1st of June.

### ACCREDITATION PASS GAGF 2022

GAGF Accreditation is mandatory for attending all events during the event.

Accreditation pass GAGF 2022 includes:

- > Access to the official Golden Age Gym Festival program
- > Workshops
- > City performances
- > Forum
- > Opening and Gala/Closing Ceremony
- > Local transportation (2nd to 7th October)
- > Free access to the Museums
- > Traditional offers
- > Special discounts to use in Madeira

Price: 190,00 € per person.

**50,00 € discount for those who reserve the accommodation through the LOC.**

## 12. Accommodation Packages

The city of Funchal offers a wide range of quality accommodation to suit all tastes and budgets, where hospitality, personalized service, good taste and quality are the dominant features.

CATEGORY A HOTEL			
	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM
Bed & Breakfast (7 nights)	910,00 €	525,00 €	455,00 €
Additional night	130,00 €	75,00 €	65,00 €
Meals	35,00 € / per meal		

CATEGORY B HOTEL			
	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM
Bed & Breakfast (7 nights)	805,00 €	490,00 €	420,00 €
Additional night	115,00 €	70,00 €	60,00 €
Meals	30,00 € / per meal		

CATEGORY C HOTEL			
	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM
Bed & Breakfast (7 nights)	525,00 €	385,00 €	350,00 €
Additional night	75,00 €	55,00 €	50,00 €
Meals	25,00 € / per meal		

The package rates are in Euros, per person per 8 days (7 nights), from 1st to 8th October 2022, and include:

- > Accommodation at Hotel located in Funchal, breakfast included;
- > Drinks not included, to be paid on spot;
- > Local city tax not included: to be paid directly on-site upon departure (to be informed).

## 13. Transportations

### HOW TO GO TO FUNCHAL / MADEIRA

Cristiano Ronaldo International Airport (FUN) is the main gateway to the region. It is used on a regular basis by the main European airlines. The landing strip is a remarkable piece of civil engineering that deserves admiration.

It connects Madeira to all airports in Portugal in a 1h30m flight and to the main airports in Western Europe in just over 3 hours.

The airport is located only 16 km from Funchal, which takes around 15 minutes.



We are pleased to be at your service for the booking of your transfer from and to the Cristiano Ronaldo International Airport.

The price is per person and transfer (round trip): 35,00€

## 14. Touristic Tours

Cosmos Viagens is the Official Partner of the 8th Golden Age Gym Festival for tourist services. Check all the tours that we have prepared specially for you during the event.

# COSMOS

## VIAGENS

### Eira do Serrado & Botanical Garden

Going up towards Eira do Serrado (1094m), stop at the viewpoint of Pico dos Barcelos (335m) from where you can enjoy a magnificent view over Funchal Bay. The path to Eira do Serrado is winding and lined with eucalyptus trees. From Eira do Serrado we walk for a few minutes through a path, to a viewpoint. From here the view over Curral das Freiras, which is 800m below, is fabulous. The next stop will be at the Botanical Garden, where you can enjoy a magnificent view over Funchal, both from the café terrace and from other viewpoints. Here you will find, in addition to orchids, countless tropical and subtropical plants from around the world. Finally, we will pay a visit to one of the oldest wineries on the island, the Madeira Wine Company, here you will have the opportunity to taste the famous Madeira Wine. Return to the hotel.

Minimum Participants = 10 persons  
Maximum Participants = 40 persons per bus with Guide



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Funchal and Monte Tour

Departure from the hotel to discover the Old Town, which is part of the Historic Center of Santa Maria, dating from 1425, the beginning of the settlement of the Madeira island. From this time the nucleus still preserves the urban layout, the Chapel of Corpo Santo and a small Manueline door. Soon after, visit to Praça do Peixe, where we can see various types of fish typical of Madeira, such as tuna, swordfish and rockfish, and is included in the Mercado dos Lavradores, built in 1941. Inside, baskets are grouped with exotic fruits and vegetables, florists dressed in typical costumes who sell orchids, estrellias, anthuriums and dried flowers of all colors are waiting for you at the entrance. Not far from the market is an embroidery factory. Here you will have the opportunity to get acquainted with one of the most beautiful works of regional crafts and witness its execution. With the Madeira guarantee seal you will be presented with tablecloths, napkins, monogrammed handkerchiefs, blouses, among others. Ascent to Monte (ascent by cable car) parish in the municipality of Funchal, which is still a pilgrimage site today.

Here we will visit the famous Church of Nossa Senhora do Monte, where the tomb of Emperor Charles I of Austria is located. To finish, you will also have the possibility to go down the slope in the famous basket cars. These cars are controlled by ropes, by men with straw hats, dressed in white and with leather boots that will take you to Livramento.

Minimum Participants = 10 persons  
Maximum Participants = 40 persons per bus with Guide

### Visit and Taste – Madeira Vintage Wine

For wine lovers, this tour in the cellars of Madeira Wine, lasting approximately 1 hour, must be held on weekdays.

The origins of Madeira Wine Company began in 1913 when two companies, Welsh & Cunha and Henriques & Camara, joined to form Madeira Wine Association Lda. Over the years of scarcity that followed, more companies joined together to guarantee their survival through cost reduction and production pooling, maintaining commercial independence.

Vintage visit: includes a visit to the aging warehouse "Leões" where some of the oldest Madeira wines are stored in cask; "Demi John" room; Beco - History of the City and the Building; private collection of the Blandy family, ending with 2 wine glasses, one of which is a Frasqueira | vintage.

A selection of cheeses can be added.

Minimum Participants = 2 persons  
Maximum Participants = 10 persons

## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Canyoning

Canyoning consists of going down a stream bed, overcoming the natural obstacles that nature offers, using mountaineering techniques, swimming and overcoming obstacles. The reason for this activity is to enjoy natural landscapes hidden in the valleys and gorges of Madeira and to practice an adventure activity.

The places to perform the canyoning will depend on the experience of the customers.

Note: bathing suit and towel required.

Minimum Participants = 4 persons  
Maximum Participants = 50 persons



### Coasteering

Located on the easternmost tip of Madeira, Ponta de São Lourenço, a natural reserve since 1982, presents a unique landscape, very different from the rest of the island, with stunning rock formations, several endemic plants and where the sea is calm and crystalline. Therefore, this place presents the ideal conditions for the practice of coasteering.

Coasteering in Madeira consists of exploring the sea coast through walking, swimming, climbing and jumping, summarizing everything we did as a child, but with appropriate equipment and with the supervision of the guides. It is an appropriate activity for all ages, from the most afraid to the most adventurous, as it adapts to the profile of each person. We have jumps from 1 meter to 10 meters, all of which are optional.

Must bring: Bathing suit and a towel.

Minimum Participants = 4 persons  
Maximum Participants = 30 persons



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Nau Santa Maria

Sail along the coast at Nau Santa Maria de Colombo. This ship was built in one year (July 97 to July 98) in the fishing village of Câmara de Lobos, by 7 local artisans who used 320m<sup>3</sup> of wood. You will sail, from the marina of Funchal, along the south coast, to Cabo Girão. After a short stop for a swim, return to Funchal.

Minimum Participants = 2 persons (Regular Tour)  
Maximum Participants = 80 persons (Boat maximum capacity)



### Jeep Ride with (some) Off Road in the Mountain

Not far from Funchal and hidden in the middle of mountains and deep valleys are small villages like Jardim da Serra with a superb viewpoint over Curral da Freiras. Meet another world by joining us on this Land Rover trip with panoramic views, places of real interest and encounters with the real Madeira.

Visit to Cabo Girão viewpoint, located on the highest promontory in Europe, at 580 m altitude, which offers a dizzying view of the Rancho and Cabo Girão fajãs - small areas of land cultivated at the foot of the cliff, as well as magnificent panoramic views over the ocean and the municipalities of Câmara de Lobos and Funchal through a suspended glass platform, called the skywalk.

Minimum Participants = 6 persons  
Maximum Participants = 120 persons (6 to 8 persons per Jeep)



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Serra do Faial “Levada”

Levadas are irrigation channels that can be found on the island of Madeira and on the island of La Palma, in the Canaries. It is also called Levada to the channels, usually of smaller dimensions, that take the water to the water mills.

Also known as Vale Paraíso.

A hidden forest, an undiscovered paradise. This trail starts in the valley of paradise, south of the island of Madeira and takes hikers on a pleasant journey filled with the green tones of the island's forest. Along this path, carried out side by side with the levada, there are several species of flora and fauna that you can observe. Enjoy the natural sound and surroundings of this magnificent tour.

From time to time there are beautiful panoramic views of the small towns in the Camacha area, which allow you to get to know the island from another perspective. This is an easy and accessible route for anyone who, being located in the south of the island, represents a valid option throughout the year.

Camacha is the arrival point of this trip. A parish well known for its strong cultural and traditional aspects. Take this tour and take the opportunity to get to know a little more about Madeira, you will see that it is worth it!

Duration: 1h30

Degree of difficulty: easy

Minimum Participants = 10 persons

Maximum Participants = 25 persons per Guide (maximum 75)

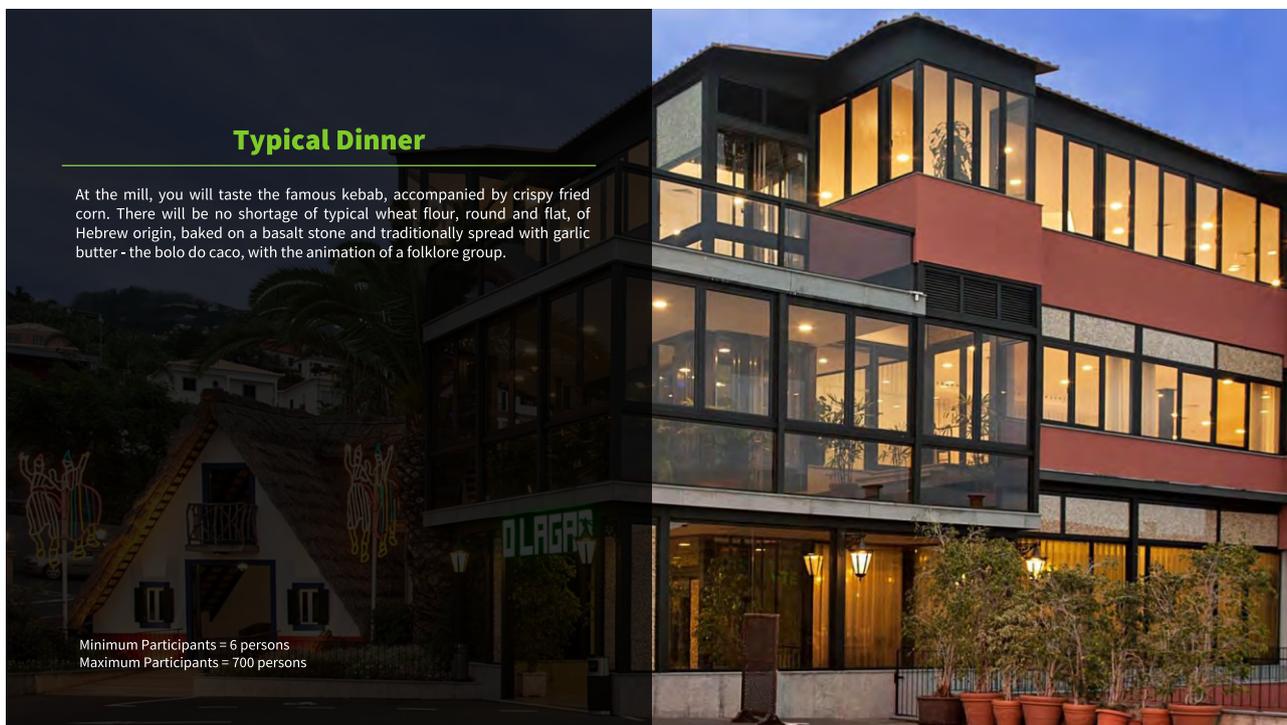


### Typical Dinner

At the mill, you will taste the famous kebab, accompanied by crispy fried corn. There will be no shortage of typical wheat flour, round and flat, of Hebrew origin, baked on a basalt stone and traditionally spread with garlic butter - the bolo do caco, with the animation of a folklore group.

Minimum Participants = 6 persons

Maximum Participants = 700 persons



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Rabaçal - 25 Fontes

Duration: approximately 3 hours - 10km  
Medium difficulty, it is recommended for people with some experience. In this levada the journey is often narrow and muddy. Comfortable shoes are mandatory.

We go west and make a brief stop to visit the highest cliff in Europe: Cabo Girão, with 580m of altitude and where we can say that the land "falls" vertically to the sea. The journey continues along the coast to the city of Ribeira Brava. After passing through several tunnels, we arrived at Ponta do Sol. The forests disappear and we continue to find Paúl da Serra (1,500m). For approximately 30 minutes, we walked to the house in the Rabaçal forest, the starting point of the trip. During this short trip, we enjoy one of the most spectacular panoramic views of Madeira: the gorges of Rabaçal, the fantastic waterfalls and the rugged south coast. Above, in Ribeira da Janela, the levada flows into a lagoon called Risco. It is necessary to bring a flashlight, because we will have to go through a tunnel.

Minimum Participants = 10 persons  
Maximum Participants = 25 persons per Guide (maximum 75)



### Queimadas - Caldeirão Verde

Duration: 5 hours - 18km  
Medium, recommended only for people with some experience and without vertigo.

Imagine an emerald green forest - they are the Queimadas!  
The walk starts at Parque das Queimadas, from the wooden bridge and continues along the old Levada do Caldeirão.

The levada passes through one of the most remote areas of the island. After an hour on the way, the first tunnel will be reached. After that tunnel, three more follow. The highest point of this walk is 300m high from the waterfalls and lagoons (Caldeirão Verde).

A ledge on a sun-drenched stone invites for a picnic break. From here it is possible to look at the Ribeira Grande Valley. (500m)

Minimum Participants = 10 persons  
Maximum Participants = 25 persons per Guide (maximum 75)



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Ponta de São Lourenço

Duration: approximately 4 hours - 8km  
Medium difficulty, but it is recommended only for people without vertigo and a steady step.  
This tour shows us the contrast between this desert area and the green mountains of Madeira. The high northern peaks are shown in shades of blue and gray, while the escarpments shine in shades of green and black over the sea.  
The return is by the same route, or you can return to Funchal by sea in Semi Rigid, having the opportunity to spot cetaceans.

Minimum Participants = 10 persons  
Maximum Participants = 25 persons per Guide (maximum 60)



### Funchal – São Vicente – P. Delgada – São Jorge – Santana – Faial – Poiso

After breakfast at the hotel, departure from the hotel on Jeeps (up to 6 people by jeep) and thus explore this inspiring Northeast Coast of the island. Mountain villages and valleys contrasting with breathtaking cliffs, surrounded by vineyard terraces.  
From São Vicente to Santana we arrive at the point where we can find the well-known thatched houses, and with a 4X4 visit to the Parque das Queimadas. Lunch with drinks will be served at a local restaurant. On the way back to the hotel, stop at a Taberna to taste the traditional Poncha Madeirense.

Minimum Participants = 6 persons  
Maximum Participants = 120 persons (6 to 8 persons per Jeep)



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Funchal, Lugar de Baixo, Candelaria, Lombo Mouro, Paul Serra, Santa, Porto Moniz, Seixal, São Vicente

We take you through Ponta do Sol and Paul da Serra to the other side of the island through paths outside of ncluím. Lunch will be served in a restaurant in the village of Porto Moniz, by the sea. On the way back to Funchal, we will stop at the Cabo Girão viewpoint, the highest cable in Europe, 580 m high, famous for its suspended glass platform. On the way back to the hotel, stop at a Taberna to taste the traditional Poncha Madeirense.

Minimum Participants = 6 persons  
Maximum Participants = 120 persons (6 to 8 persons per Jeep)



### The North is a Charm

09:00 - Departure from the hotel for a walk to the North of the Island. We leave towards Poiso, stopping at Ribeiro Frio. Here, you will have the possibility to take a short walk along a levada to the Balcões viewpoint - about 45 minutes. After this stop, we proceed to Santana, where you will find the typical and colorful thatched houses. At Quinta do Furão a folklore group welcomes you. To the sound of Bailinho da Madeira you will have an explanation of how the kebabs are made and seasoned in laurel stick which will be the main dish of the lunch. On the way back we stop at Engenheiros do Norte where the brandy we use at Poncha is produced. Return to Funchal via Machico.

Minimum Participants = 10 persons  
Maximum Participants = 40 persons per bus with Guide



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Porto Moniz

Breakfast at the hotel, and departure towards Cabo Girão, one of the highest cliffs in Europe (580 m) with a glass platform, which offers a wide view over Funchal and the south coast. From there we continue to the quiet village Madalena do Mar, where small houses are inserted in gardens and plantations. Here we walk through a small banana plantation, a path of about 200 m that shows us how the banana from Madeira is planted and cared for.

We cross the plateau of Paúl da Serra (1,600m) to Porto Moniz, a fishing village known for its natural pools, carved out of black basalt rocks.

Lunch at a local restaurant by the sea.

Return to Funchal will be made by Encumeada (1,007 m).

Minimum Participants = 25 persons  
Maximum Participants = 40 persons per bus with Guide



### A Day at “Fajã”

Discover Madeira in a different way.

Departure from the Hotel to the Marina of Funchal for a Catamaran tour, bring comfortable clothes and suitable shoes, and enjoy a 3-hour trip with the possibility of watching cetaceans. Lunch will be served at Fajã dos Padres.

Despite being almost inaccessible by land, Fajã dos Padres has a history that goes back to the beginning of the colonization of the island of Madeira.

Throughout the ages it was the summer home of Jesuit priests, the property of choice in the production of the famous Madeira Wine, the stage for the adventures of privateers, the granary of neighboring villages.

Today it is with great pleasure that we invite you to visit this small island within Madeira Island, which is so dear and special to us. After lunch served in the fajã, return to the marina of Funchal.

Maximum Participants = 90 persons



## 15. Local Organising Committee



**President**  
Luís Arrais



**Executive Director**  
Alberto Cláudio



**Deputy Executive Director**  
Ricardo Lima



**AGIM**  
Gonçalo Marques



**Advisor**  
Rogério Valério



**Financial Director**  
Sandra Vieira



**Technical**  
Bruno Oliveira



**City Performances**  
José Lagoas



**Workshops**  
Domingos Fradinho



**Workshops**  
João Paulo Jordão



**Opening, Gala and  
Closing Ceremony**  
Duke Oliveira



**Accommodations  
and Touristic Tours**  
Josefina Cruz



**Equipment and  
Infrastructure**  
Tiago Horta



**Administrative**  
Paula Araújo



**Marketing and  
Communication**  
Joana Patrocínio



**Protocol and Social  
Program**  
Andreia Sanches



**Volunteers**  
Patricia Jorge



**Meals**  
Bernardo Tomás



**Other Projects**  
André Nogueira



**Transports and  
Security**  
AGIM

## 16. Our Partners



## 17. Official Contacts



**European  
Gymnastics**

**EUROPEAN GYMNASTICS**

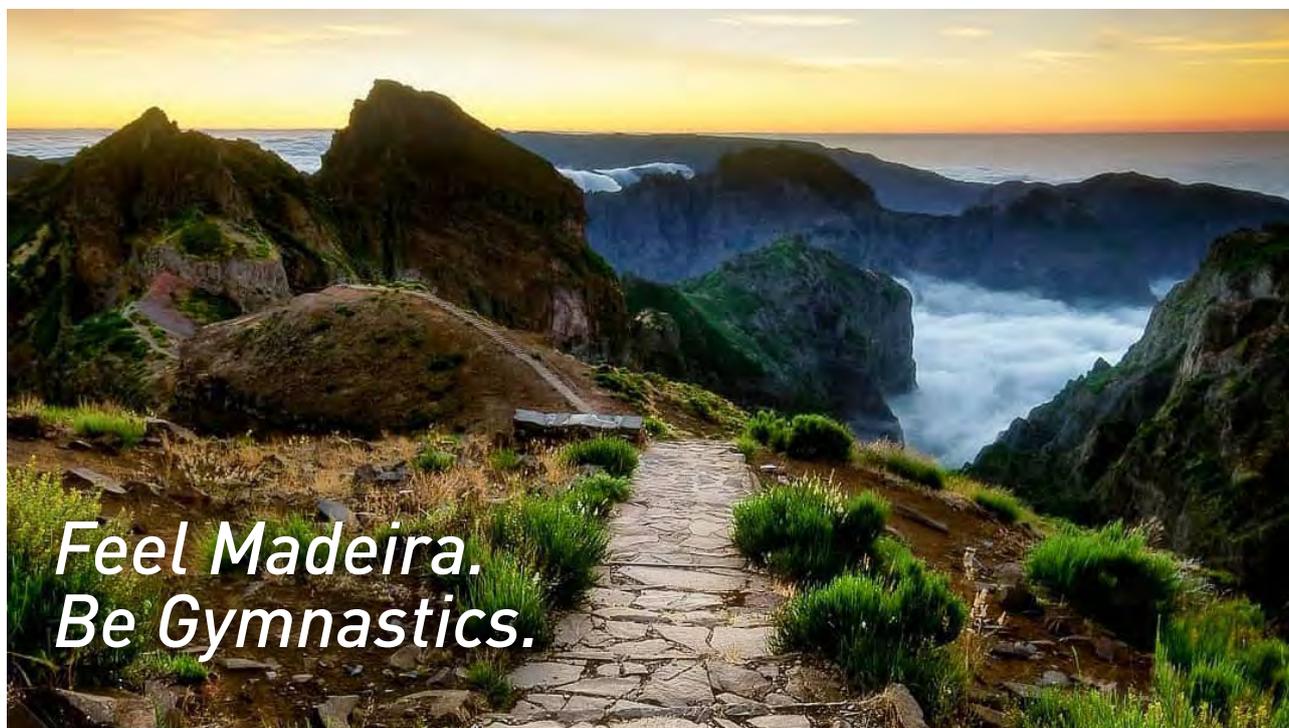
Avenue de la Gare 12  
1003 Lausanne  
Switzerland  
Email: [info@europeangymnastics.com](mailto:info@europeangymnastics.com)



Federação  
de **Ginástica**  
de **Portugal**

**GYMNASTICS FEDERATION OF PORTUGAL**

Estrada da Luz N° 30 - A  
1600-159 Lisbon  
Portugal  
Email: [gagf2022@ginastica.org](mailto:gagf2022@ginastica.org)





**Golden Age  
Gym Festival**  
MADEIRA ISLAND  
FUNCHAL **2022**



🌐 [www.europeangymnastics.com](http://www.europeangymnastics.com) ✉ [gagf2022@ginastica.org](mailto:gagf2022@ginastica.org)

***Feel Madeira. Be Gymnastics.***

