



# Maratona de Lisboa

## RUNNER'S GUIDE

October 10th 2026

# AGENDA

## 8 THURSDAY

10 am – 8 pm

BIBs & participation kits delivery

Pavilion 3, Feira  
Internacional de Lisboa

## 9 FRIDAY

10 am – 8 pm

BIBs & participation kits delivery

Pavilion 3, Feira  
Internacional de Lisboa

## 10 SATURDAY

10 am – 8 pm

BIBs & participation kits delivery

Pavilion 3, Feira  
Internacional de Lisboa

8 am

EDP Lisbon Marathon Start

Carcavelos

4 pm

EDP New Generation Start

Rossio dos Olivais

## 11 SUNDAY

09h20 am

Hyundai Half Marathon Start

Vasco da Gama Bridge

09h20 am

EDP 8K Start

Vasco da Gama Bridge

# HIGHLIGHTS



DATE: October 10th

RACE START: 08 am



CUT OFF: 6 hours

PARTICIPANTS: 15.000



# SPORT EXPO



**IMPORTANT notice for marathon runners:** BIBs and participation kits must be collected on Thursday or Friday. **NO BIBS OR KITS WILL BE DISTRIBUTED ON RACE DAY.**

The **Sport Expo** will take place at Pavilion 3 – FIL (Feira Internacional de Lisboa), Rua do Bojador, Parque das Nações, in Lisboa, and will be open from:

## 8 THURSDAY

10 am – 8 pm

BIBs & participation kits delivery

Pavilion 3, Feira  
Internacional de Lisboa

## 9 FRIDAY

10 am – 8 pm

BIBs & participation kits delivery

Pavilion 3, Feira  
Internacional de Lisboa



# BIB & PARTICIPATION KIT

At the Sport Expo, you can collect your BIB and participation kit, and get all the information about the race, including how to reach the start line, course details, and any other important information you may need.

## IMPORTANT

To pick up your BIB and Participation Kit you must present your registration **document (PDF)**.



Runners who do not have their registration document must go to the “Solutions” desk and request a copy. Participants may appoint another person to collect their bib. In this case, the representative must present the registered runner’s registration document.

## INFORMATION

**Where:** SportExpo, Pavilion 3 - FIL (Feira Internacional de Lisboa)

**When:** 8th and 9th of October, from 10 am to 08 pm. No BIBs or participation kits will be delivered on the race day.

**How:** presenting the registration document (PDF sent by email). The registration document can be directly from a mobile phone.

**Who:** BIBs and participation kits can be picked up by the runner or by another person presenting their registration documents.

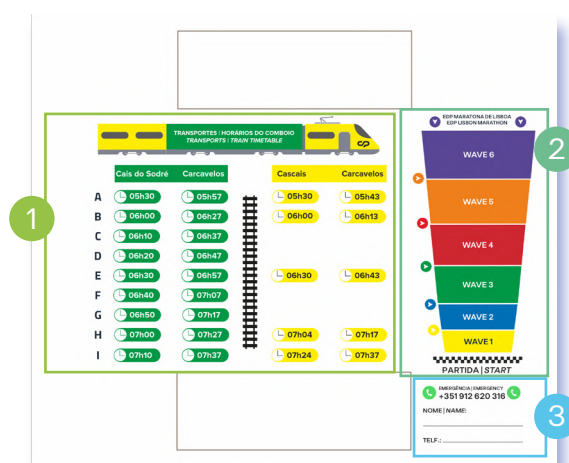
**What:** runners will receive one BIB, one official T-shirt, one official bag and other offers from sponsors. Please don't forget to pick up the safety pins available for runners to pin their BIB to the T-shirt.



## FRONT OF THE BIB



## BACK OF THE BIB



- 1 Runner's starting wave
- 2 Recommended train
- 3 Race year
- 4 Medal engraving service
- 5 Gear check bag service

- 1 Train Timetable
- 2 Start map
- 3 Emergency contacts



# GIFTS

All participants are intitle to an **OYSHO official race t-shirt** which must be picked up at the t-shirt desks. The T-shirt size is chosen when picking it up. There will be **six sizes** available (XS, S, M, L, XL and XXL).

**AFTER PICKING UP THE T-SHIRT IT IS NOT POSSIBLE TO CHANGE IT.**

## GEAR CHECK BAG

The **gear check bag service** is available to all **EDP Lisbon Half Marathon** participants. To use this service, **runners must use the specific bag and sticker, provided with their BIB.**

The **bag must be dropped** at the trucks present at the **start area** (please check the map in this guide) and **pick it up at the finish area** (please check the map in this guide).

## MEDAL ENGRAVING

Participants who **subscribed to the medal engraving service** (either during registration or at the Sport Expo) **simply need to present their BIB** at the **medal engraving tent at the finish line.**

Runners who did not subscribe in advance can still purchase the service at the medal engraving tent at the finish line.

## GIFTS



# START AREA

THE EPD LISBON MARATHON 20256 STARTS ON SATURDAY, OCTOBER 10TH, AT 8 AM. THE TIME LIMIT TO COMPLETE THE RACE IS 6 HOURS.

## HOW TO REACH THE START

The **start line** is located at **Estrada N6-7, Carcavelos**, about **20 km from central Lisbon**.

- Participants staying in Lisbon can take the **train to Carcavelos** (the start line is approximately **1 km from Carcavelos station**).
- The **Lisbon–Carcavelos train line** departs from **Cais do Sodré** and takes around **30 minutes** to reach Carcavelos.
- Besides Cais do Sodré, there are several intermediate stations along the line where runners can board.

**After 7:10 am**, trains starting at Cais do Sodré will no longer reach Carcavelos in time for the start.

To ensure smooth arrival at the start line, the organization will provide extra buses from Cais do Sodré station to Carcavelos.

Runners staying in the Cascais area can take the train from Cascais to Carcavelos. Trains start running at 5:30 am and take about 15 minutes to reach Carcavelos station.

**Trains are free for marathon runners; Simply present your bib to board.**

Please take the train indicated on your BIB and avoid waiting for the last departures. Trains have limited capacity and cannot transport all runners at once.

Please check the train timetable (see page 8) >>>

TO ENSURE A SMOOTH AND STRESS-FREE START, ORGANIZERS STRONGLY RECOMMEND THAT PARTICIPANTS TAKE THE DESIGNATED TRAIN INDICATED ON THEIR BIB.

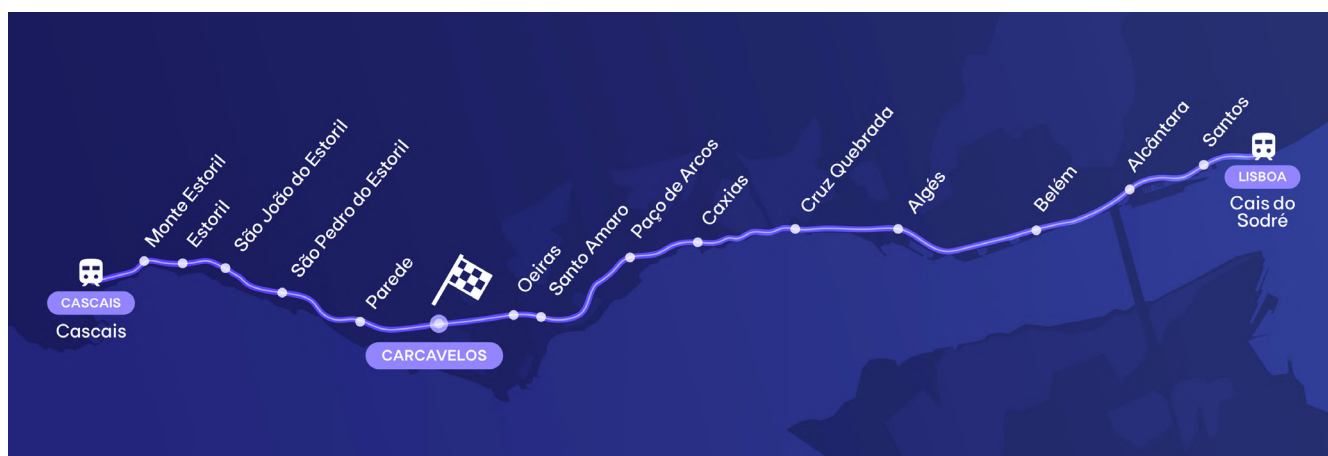
# TRAIN TIMETABLE

## Lisbon departures

| Cais do Sodré | » » » | Carcavelos |
|---------------|-------|------------|
| 05:30         |       | 05:57      |
| 06:00         |       | 06:27      |
| 06:10         |       | 06:37      |
| 06:20         |       | 06:47      |
| 06:30         |       | 06:57      |
| 06:40         |       | 07:07      |
| 06:50         |       | 07:17      |
| 07:00         |       | 07:27      |
| 07:10         |       | 07:37      |

## Cascais departures

| Cascais | » » » | Carcavelos |
|---------|-------|------------|
| 05:30   |       | 05:43      |
| 06:00   |       | 06:13      |
| 06:30   |       | 06:43      |
| 07:04   |       | 07:17      |
| 07:24   |       | 07:37      |



# START AREA

UPON ARRIVAL AT THE START AREA, RUNNERS WILL FIND: SEVERAL WCS, ONE INFO POINT, THE GEAR CHECK BAG TRUCKS AND SIX STARTING BOXES/WAVES.

To ensure the best possible start for everyone, there will be **six starting waves**, each separated by a short interval of **a few minutes each**.

All **Marathon runners** are entitled to use the **bag drop service**. To do so, they must use the **official bag and sticker provided with their BIB**. Bags must be dropped off at the **start line area** and can be collected after the race.

## WAVES

WAVE 1: 08:00

WAVE 2: 08:08

WAVE 3: 08:15

WAVE 4: 08:21

WAVE 5: 08:27

WAVE 6: 08:35

## PACERS

Finish in **3h00**

Finish in **3h15**

Finish in **3h30**

Finish in **3h45**

Finish in **4h00**

Finish in **4h15**

Finish in **4h30**

Finish in **4h45**

Finish in **5h00**





Maratona  
de Lisboa



# PARTIDA / START LINE

## 10.10.2026

CARCAVELOS  
TRAIN STATION



WC

PONTO DE  
INFORMAÇÃO  
INFO POINT

WC

BENGALEIRO  
GEAR CHECK BAG TRUCKS

WC

### VAGAS / WAVES

- ELITE: 08h00
- 1 VAGA 1 / WAVE 1: 08h00
- 2 VAGA 2 / WAVE 2: 08h08
- 3 VAGA 3 / WAVE 3: 08h15
- 4 VAGA 4 / WAVE 4: 08h21
- 5 VAGA 5 / WAVE 5: 08h27
- 6 VAGA 6 / WAVE 6: 08h35

BAIRRO DA TORRE

BAIRRO DA TORRE

ENTRADA / ENTRY GATE

WC

WC

WC

ENTRADA / ENTRY GATE

WC

VAGAS DOS CORREDORES  
START WAVES

PARTIDA DA ELITE  
ELITE START

PARTIDA / START

EDP LISBON MARATHON

### LEGENDA / KEY

Partida da elite  
Elite start

Caixas de corredores  
Start waves

WC

Percorso  
Race course

Entradas  
Entry gates

Acesso à partida  
Access to the start

Bengaleiro  
Gear Check Bag Truck

Ponto de Informação  
Information point

# RACE COURSE

THE EDP LISBON MARATHON COURSE RUNS ENTIRELY ALONG THE SEA AND RIVER, OFFERING UNIQUE AND INSPIRING VIEWS THROUGHOUT THE 42 KM.

Along the course, runners will find:

- **12 aid stations** (with water, gels, and isotonic drinks)
- **6 music stages** (live bands and DJs)
- **15 WC areas** (most located near aid stations)
- **4 cooling stations** (showers at km 21, 32, 38 e 40)

## Important:

During the race, please listen to your body. If you experience any discomfort, slow down, cool off and if necessary seek assistance from the medical staff available along the course. Your health always comes first.

## SUPPLIES

|                                                                                     |                         |
|-------------------------------------------------------------------------------------|-------------------------|
|  | Vitalis water           |
|  | Powerade                |
|  | Gel 226ERS              |
|  | Music bands             |
|  | WC                      |
|  | Medical station         |
|  | Protein Mimosa          |
|  | Banana da Madeira       |
|  | La Menorquina ice cream |

## LINKS

|                                                                                                                |                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
|  <a href="#">Course Map</a> |  <a href="#">Course Video</a> |
|  <a href="#">Transports</a> |  <a href="#">Elevation</a>    |

## AID STATIONS

| KM      | SUPLIES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| START   | WC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| KM 5    |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| KM 6    | WC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| KM 9,5  |  WC                                                                                                                                                                                                                                                                                                                                                          |
| KM 15   |  WC                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| KM 20   |   WC                                                                                                                                                                                                                                                                                                                                                         |
| KM 22,5 |  WC                                                                                                                                                                                                                                                                                                                                                          |
| KM 24   |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| KM 25   |  WC                                                                                                                                                                                                                                                                                                                                                          |
| KM 26   | WC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| KM 27,5 |  WC                                                                                                                                                                                                                                                                                                                                                          |
| KM 30   |  WC                                                                                                                                                                                |
| KM 32,5 |  WC                                                                                                                                                                                |
| KM 35   |  WC                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| KM 36,5 |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| KM 37,5 |   WC                                                                                                                                                                                                                                                                    |
| KM 40   | WC                                                                                                                                                                                                                                                                                                                                                           |
| KM 41   |                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| KM 42   |  WC      |

## LEGENDA / KEY

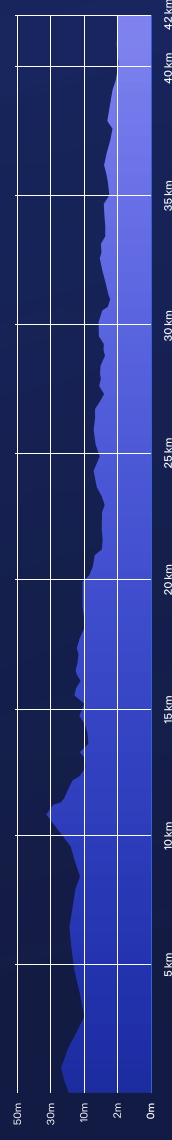
|                                                                                     |                                      |                                                                                     |                                                        |                                                                                   |                                        |
|-------------------------------------------------------------------------------------|--------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------|
|  | Água Vitalis<br><i>Vitalis Water</i> |  | Mimosa Proteína                                        |  | Bandas<br><i>Music bands</i>           |
|  | Powerade                             |  | Banana da Madeira<br><i>Madeira bananas</i>            |  | WC                                     |
|  | Gel 226ERS                           |  | Gelado La Menorquina<br><i>La Menorquina ice cream</i> |  | Posto Médico<br><i>Medical station</i> |

## PONTOS DE INTERESSE / POI

|                                                                                   |   |                              |                                                                                   |   |                           |
|-----------------------------------------------------------------------------------|---|------------------------------|-----------------------------------------------------------------------------------|---|---------------------------|
|  | A | Forte de São Julião da Barra |  | E | Padrão dos Descobrimentos |
|  | B | Paço de Arcos                |  | F | Ponte 25 de abril         |
|  | C | Torre de Belém               |  | G | Sede EDP                  |
|  | D | Mosteiro dos Jerónimos       |                                                                                   |   |                           |



## ALTIMETRIA / ELEVATION



# RUNNERS SUPPORT

THE EDP LISBON MARATHON COURSE GIVES RUNNERS' FRIENDS AND FAMILY THE OPPORTUNITY TO BE CLOSER TO THEM AND GIVE THEM THAT EXTRA SUPPORT! HERE ARE A FEW LOCATIONS:

| KM        | LOCATION                   |
|-----------|----------------------------|
| KM 8   16 | Casino Estoril Garden      |
| KM 12     | Boca do Inferno            |
| KM 14     | Baía Hotel                 |
| KM 24     | Torre Beach   Av. Marginal |
| KM 32     | Vasco Gama Aquarium        |
| KM 33     | Algés Train Station        |
| KM 36     | Coches' Museum             |
| KM 36,5   | MAAT                       |
| KM 42     | Public Grandstand          |



# FINISH LINE AREA

At the finish line, all finishers will receive an exclusive medal, Vitalis water, Powerade, Banana da Madeira, a La Menorquina ice cream, and a Mimosa Protein milk.

In the finish line area, runners will find various activities and services such as an info point, celebration bell, medical support, massages, medal engraving, and much more!

Access to the finish area is reserved for runners only. If you wish to meet your friends and supporters, please go to the designated meeting points.

The provisional results will be available at the end of the day on the official race website.

See the finish line map (next page)

## SUPPLIES

-  Água Vitalis
-  Powerade
-  Banana da Madeira
-  Mimosa Proteína
-  La Menorquina ice cream



### LEGENDA / KEY

|                                                                                     |                                                                  |                                                                                     |                                                         |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------|
|  | Guest Lounge                                                     |  | Pontos de encontro<br>Meeting points                    |
|  | Zona de ativação do patrocinador<br>Sponsor activation zone      |  | Ponto de Informação<br>Information point                |
|  | Entrega Kit Final<br>Final kit delivery                          |  | Bengaleiro<br>Gear Check Bag Trucks                     |
|  | Entrega & Gravação de medalhas<br>Delivery & Engraving of medals |  | Bancadas - Público<br>Public Grandstand                 |
|  | Zona de massagem<br>Massage area                                 |  | Percurso<br>Race course                                 |
|  | Pontos médicos<br>Medical points                                 |  | Acesso ao Bengaleiro<br>Access to Gear Check Bag Trucks |
|  | Saídas<br>Exits                                                  |  | Acesso à meta<br>Access to the finish line              |
|  | Pódio<br>Podium                                                  |  | WC                                                      |



# SUSTAINABILITY

Every race is a moment of overcoming challenges. But it is also an opportunity to care for the environment. Small actions make a difference:

- On race day, before and after, use public transportation or carpool with friends—this way we reduce traffic and pollution.
- Put your trash in the appropriate containers at the start and finish lines and recycle. Don't throw water bottles on the ground, but in the bins located after the refreshment stations;
- Use the portable toilets at the start, along the course, and at the finish line;
- Bring clothes to the start that you can donate to a charity.
- Don't throw away your race number! Keep it so you can remember this experience later!



# SPONSORS

THESE WEEKEND'S RACES WERE ONLY POSSIBLE THANKS TO THE CONTRIBUTION AND EFFORTS OF DIFFERENT BRANDS, ORGANIZATIONS AND INDIVIDUALS, TO WHOM WE WOULD LIKE TO SAY A BIG THANK YOU!

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