

October 25th
2025



Lisbon Marathon

RUNNER'S GUIDE

AGENDA

23 THURSDAY

10am - 08pm

BIBs & participation kits delivery

Centro de Congressos de Lisboa

24 FRIDAY

10am - 08pm

BIBs & participation kits delivery

Centro de Congressos de Lisboa

25 SATURDAY

10am - 08pm

BIBs & participation kits delivery

Centro de Congressos de Lisboa

08am

EDP Lisbon Marathon Start

Carcavelos

04pm

EDP New Generation Start

Rossio dos Olivais

26 SUNDAY

09h20am

Hyundai Half Marathon Start

Vasco da Gama Bridge

09h20am

EDP 8K Start

Vasco da Gama Bridge

HIGHLIGHTS



DATE: October 25th

RACE START SHOT: 08am



TIME LIMIT OF THE RACE: 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 the **Centro de Congressos de Lisboa** (Praça das Indústrias 1, Lisbon) and will be open from:

23 THURSDAY

10am - 08pm

BIBs & Participation kits delivery

Centro de Congressos de Lisboa

24 FRIDAY

10am - 08pm

BIBs & Participation kits delivery

Centro de Congressos de Lisboa





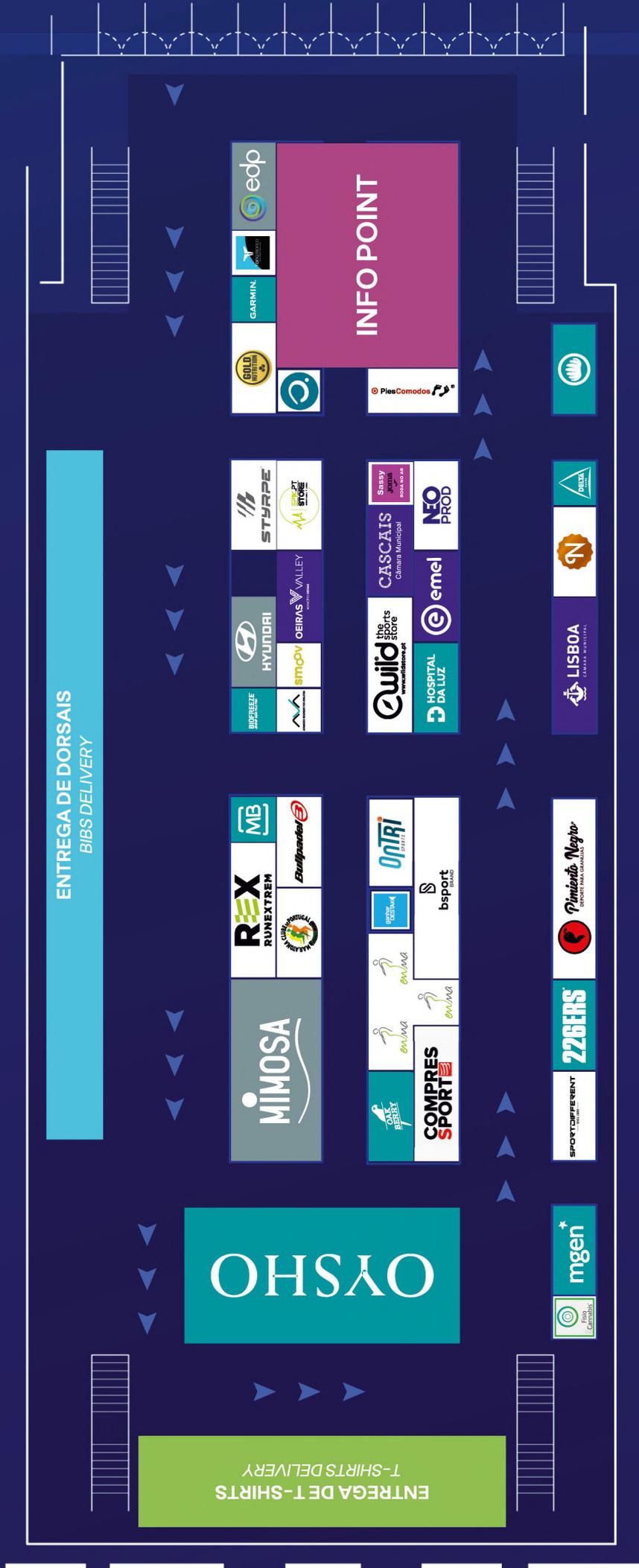
Maratona de Lisboa



HYUNDAI Meia Maratona PONTE VASCO DA GAMA



edp | New Generation



LEGENDA / KEY

- Entrega de dorsais
BIBs delivery
- Entrega de T-Shirts
T-Shirts delivery
- Ponto de informação
Information point
- Escadas
Stairs

Stands Naming Sponsors

- EDP
- Hyundai
- Mimosa

Stands Institucionais

- Câmara Municipal de Cascais
- Câmara Municipal de Oeiras
- Câmara Municipal de Lisboa
- EMEL

Stands Patrocinadores

- 226ers
- Bananas da Madeira
- Biofreeze
- Della
- Garmin
- Hospital da Luz
- MBWAY
- MGEN
- OakBerry
- Oysho

Stands Parceiros

- Advanced Recovery for Athletes
- Associação Salvador
- Bullpatel
- BSportbrand
- Compressport
- EMMA
- Epikstore
- Fabrica da Nata
- Fisicamabis
- Garhar Destak

- Gold Nutrition
- Loja Sassy/Roda no Ar
- NeoProd
- Ontrisports
- Piescomodas
- Pimenta Negra
- REX Run Extrem
- Smoov
- SportDifferent
- Stylpe
- TodoTrofeo
- Wildstore

BIBS & PARTICIPATION KITS

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).

[↶ Link to the PDF](#)



Participants 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 athlete’s registration document.

INFORMATION

Where: Sport Expo at **Centro de Congressos de Lisboa**, in Lisbon (Junqueira Area).

When: 23rd and 24th 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.

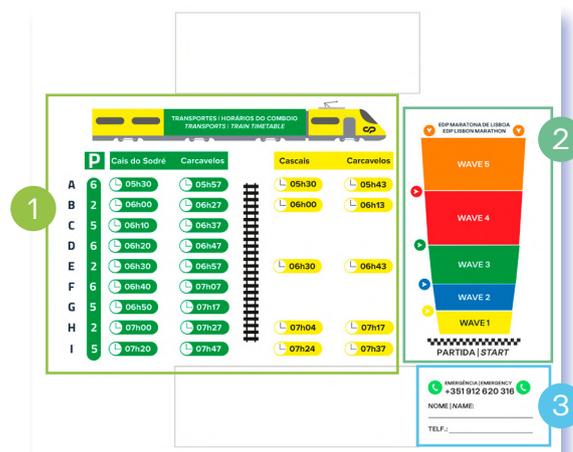


BIBs

FRONT OF BIB



BACK OF BIB



- 1 Runners starting wave
- 2 Start line recommended train
- 3 Race year
- 4 Engraving service subscribed

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



GIFTS

All runners are intitle to an official race OYSHO t-shirt delivered when picking up their BIBs. The T-shirt size is chosen when picking it up. There will be five sizes available (S, M, L, XL and XXL).

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

GEAR CHECK BAG SERVICE

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

Runners 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.

GIFTS



START LINE

THE EPD LISBON MARATHON 2025 STARTS ON SATURDAY, OCTOBER 25TH, AT 8:00 AM. THE TIME LIMIT TO COMPLETE THE RACE IS 6 HOURS.

HOW TO REACH THE START LINE

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

- Runners 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 7:20 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 25 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 participants at once.

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

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

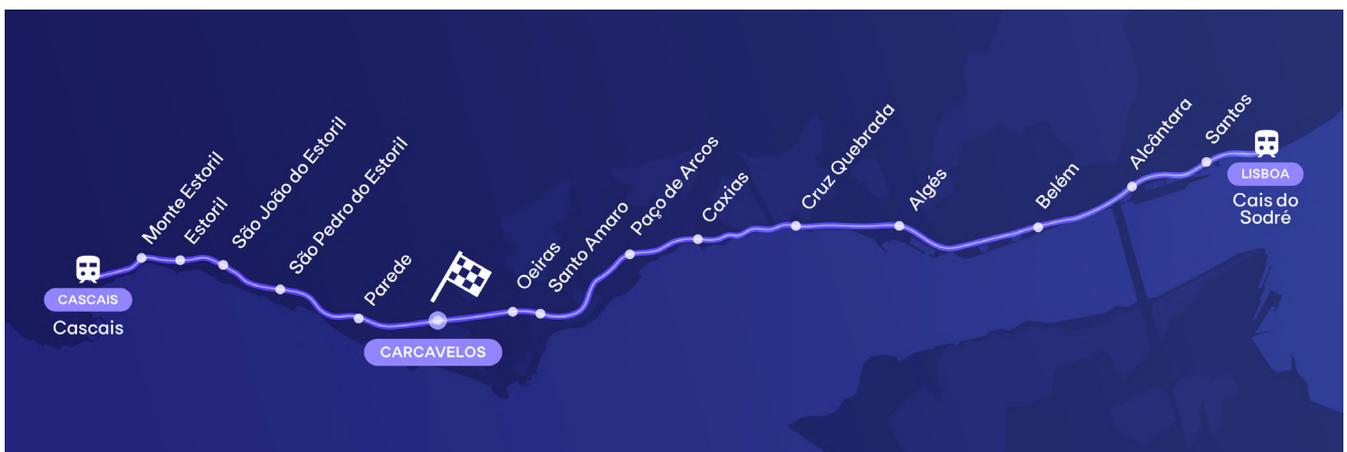
TRAIN TIMETABLE

Lisbon departures

Cais do Sodré	> > >	Caravelos
05:30 AM		05:56 AM
06:00 AM		06:26 AM
06:10 AM		06:36 AM
06:20 AM		06:46 AM
06:30 AM		06:56 AM
06:40 AM		07:06 AM
06:50 AM		07:16 AM
07:00 AM		07:26 AM
07:20 AM		07:49 AM

Cascais departures

Cascais	> > >	Caravelos
05:30 AM		05:43 AM
06:00 AM		06:13 AM
06:30 AM		06:43 AM
07:04 AM		07:17 AM
07:24 AM		07:37 AM



START AREA

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

To ensure the best possible start for everyone, there will be **five waves**, each separated by a short interval of **6 minutes each**.

All **Marathon runners** are entitled to use the **bag drop service**. To do so, they must use the **official bag 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 AM

WAVE 2: 08:06 AM

WAVE 3: 08:12 AM

WAVE 4: 08:18 AM

WAVE 5: 08:24 AM

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 25.10.2025



VAGAS / WAVES

- ELITE : 08h00
- 1 VAGA 1 / WAVE 1: 08h00
- 2 VAGA 2 / WAVE 2: 08h06
- 3 VAGA 3 / WAVE 3: 08h12
- 4 VAGA 4 / WAVE 4: 08h18
- 5 VAGA 5 / WAVE 5: 08h24

LEGENDA / KEY

- Partida da elite / Elite start
- Caixas de corredores / Start waves
- WC
- Guest Lounge
- Bengaleiro / Gear Check Bag Truck
- Ponto de Informação / Information point
- Percurso / Race course
- ▲ Entradas / Entry gates
- ▲ Acesso à partida / Access to the start

RACE

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, fruit, and isotonic drinks)
- **6 music stages** (live bands and DJs)
- **14 WC areas** (most located near aid stations)
- **3 cooling stations** (showers at km 21, 32, and 37.5)

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 AND SERVICES

-  Vitalis Water
-  Powerade
-  Gel 226ERS
-  Music bands
-  WC
-  Medical station
-  Mimosa proteína
-  Madeira bananas
-  Olá Ice cream

LINKS

-  [Course Maps](#)
-  [Course Video](#)
-  [Google Maps](#)
-  [Elevation](#)

AID STATIONS

KM	SUPPLIES SERVICES
START	WC
KM 5	Water
KM 6	Music, WC
KM 9,5	Water, WC
KM 15	Water, WC
KM 20	Water, Powerade, WC
KM 21	Medical station, Music
KM 22,5	Water, WC, Gel 226ERS
KM 25	Water, WC, Music
KM 26	WC
KM 27,5	Water, WC, Music
KM 30	Water, WC, Powerade, Music, Medical station
KM 32,5	Water, WC, Music, Gel 226ERS
KM 35	Water, WC, Madeira bananas
KM 36,5	Music
KM 37,5	Water, Powerade, WC
KM 40	Medical station, WC, Water, Music
KM 42	Medical station, WC, Water, Music, Madeira bananas, Mimosa proteína, Olá Ice cream



Maratona de Lisboa

LEGENDA / KEY

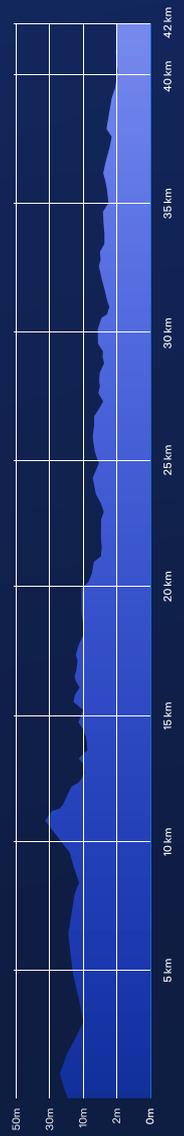
- Água Vitalis *Vitalis Water*
- Mimosa Proteína
- Banana da Madeira *Madreira bananas*
- Gelado Olá *Olá Ice cream*
- Gel 226ERS
- Bandas *Music bands*
- WC
- Posto Médico *Medical station*

PONTOS DE INTERESSE / POI

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



ALTIMETRIA / ELEVATION



FINISH LINE

At the finish line, all finishers will receive an exclusive medal, Vitalis water, Powerade, Madeira banana, an Olá 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.

[See the finish line map \(next page\)](#)

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

SUPPLIES

-  Vitalis water
-  Powerade
-  Madeira bananas
-  Mimosa Protein
-  Olá ice cream



LEGENDA / KEY

	Guest Lounge		Pontos de encontro Meeting points
	Zona de ativação do patrocinador Sponsor activation zone		Ponto de Informação Information point
	Entrega Kit Final Final kit delivery		Bengaleiro Gear Check Bag Trucks
	Entrega & Gravação de medalhas Delivery & Engraving of medals		Autocarrões para convidados Guest buses
	Zona de massagem Massage area		Percurso Race course
	Pontos médicos Medical points		Acesso ao Bengaleiro Access to Gear Check Bag Trucks
	Saídas Exits		Acesso à meta Access to the finish line
	Pódio 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!

INSTITUTIONAL PARTNERS



NAMING SPONSORS



OFFICIAL SPONSORS



INTERNATIONAL PARTNERS



MEDICAL SERVICES



EVENT PARTNERS



TECHNICAL SPONSOR



TIMING PARTNER



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